

INSPIRE IMPACT REPORT 2024



INSPIRE

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WHAT IS INSPIRE?

VISION

To eradicate health inequalities and amplify voices for young women in Cheshire and beyond with the aim of improving physical and mental wellbeing outcomes.

MISSION

- To encourage young women to find their voice and recognise their true value.
- To inspire young women to take action and make positive changes within their lives and the wider community.
- To empower young women to improve their mental and physical health, and wellbeing.

AREAS WE OFFER SUPPORT IN

- Body image
- Eating anxieties
- Social anxiety
- Low self-esteem
- Adverse childhood experiences (to include looked after child/care leaver)
- Self-harm

“ My counsellor has helped me with my mental health and understood me when no one did. ”

“ You have been a huge support over this year with all of our students. ”

“ I hope that the next kid you help and have sessions with improves as much as I did and uses the help. ”

“ I found it quite helpful as it was somewhere I could say what was on my mind ”



MENTAL HEALTH SUPPORT

To support the mental health of young women age 13-25 in Cheshire, The Inspire Project offers counselling for a variety of presenting issues including social anxiety, body image and self-harm. We provide a safe, non-judgemental space for our service users to explore their experiences and feelings, and develop resilience and coping strategies.

WELLBEING ACTIVITIES

The Inspire Project offers a range of activities to young women in Cheshire age 13-25 in order to promote and foster their wellbeing. From flower arranging, to zumba, to oil painting - there is something for everyone. These activities encourage young women to socialise, learn new skills and practise self-care, all in a safe and welcoming environment.

MEET THE TEAM



GEORGIE KAY-PHILLIPS

Inspire Coordinator

* I have lived experience with some of the issues that impact local young people, including living with a complex mental health condition and being a care leaver.

I use my life experience to encourage young women and others in the community to build confidence to speak up about the issues that they face, as well as using their voice to create positive social change.



ABBI JARVIS

Inspire Counsellor

* Having worked in education for several years, I have supported many young people in building their confidence and aspirations to help them become the best version of themselves. I continue to do this through my work at Motherwell, taking a person-centred approach to encourage, empower and inspire young women to improve their mental health and wellbeing.



LAUREL GRIFFITHS

Inspire Counsellor

* I am one of the young person counsellors here at Motherwell. I have a passion for supporting young people and helping them in finding their voice. When I am not counselling I can be found spending time with my family on adventures, I also love to travel and explore new places.

MEET THE VOLUNTEERS

- * Georgia has been supporting our work to empower women and girls for six months. Georgia is a young entrepreneur, and uses her experience to deliver workshops to encourage young women to become CEOs! So far Georgia has delivered to a total of 89 young women, over a total of 4 sessions, helping to inspire girls to break stereotypes. Georgia also supports Motherwell's Period Dignity campaign and helps out at various events and activities, including our Fairy Prom Mother pop-ups and girls-only #BeActive sessions.



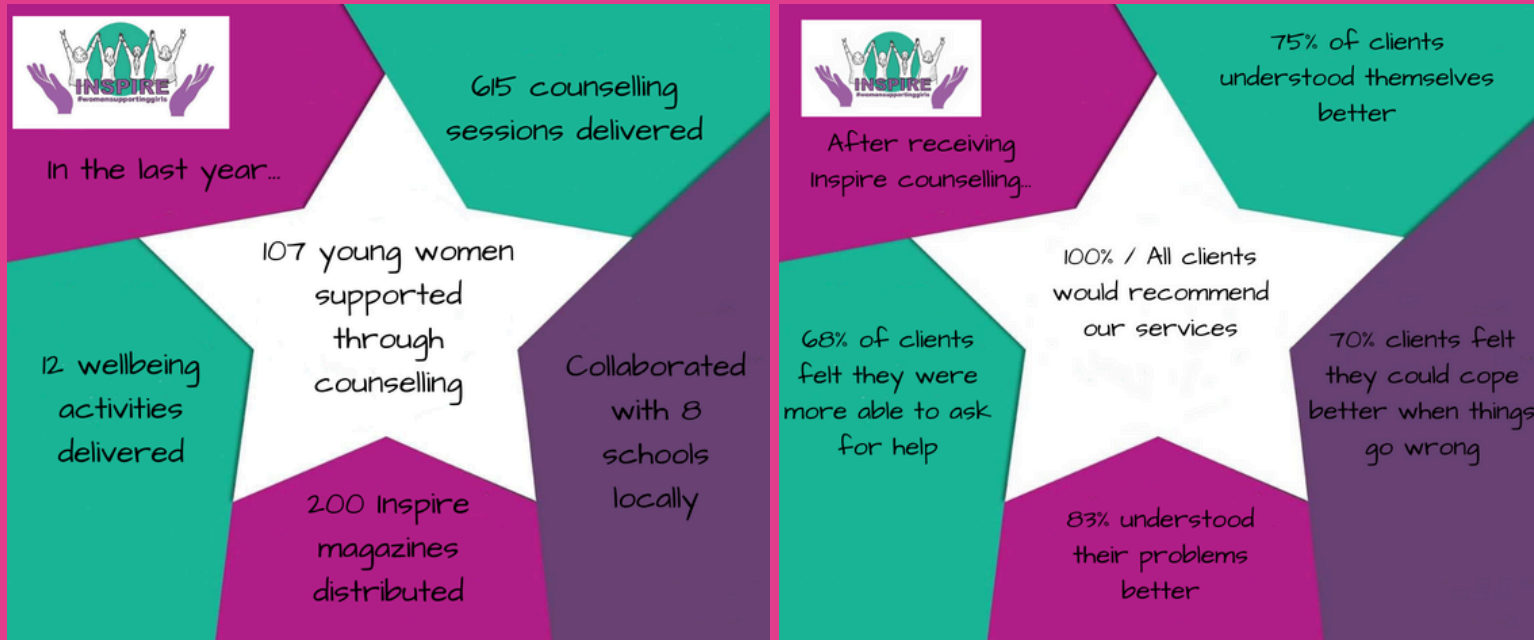
GEORGIA

- * Milly has volunteered for Inspire for three months, and in that time has helped to support many of our activities, including the girls-only #BeActive sessions, Fairy Prom Mother pop-ups, and the girls group at Autism Inclusive, where she has helped to support activities and has become a trusted member of staff by the young people who attend. Milly also helps to support the charity by creating Tik-Tok videos, and supporting Vinted and the Community Share Hub.



MILLY

OUR IMPACT 23-24



YOUTH ZONE PROJECT

Last year, we got the exciting news that OnSide would be opening a brand new Youth Zone in Crewe, which will launch in 2025. Open to young people aged 8 to 19, it will provide access to a state-of-the-art building filled with arts, sports, wellbeing and social spaces all supported by a team of highly skilled youth workers who truly believe in young people.

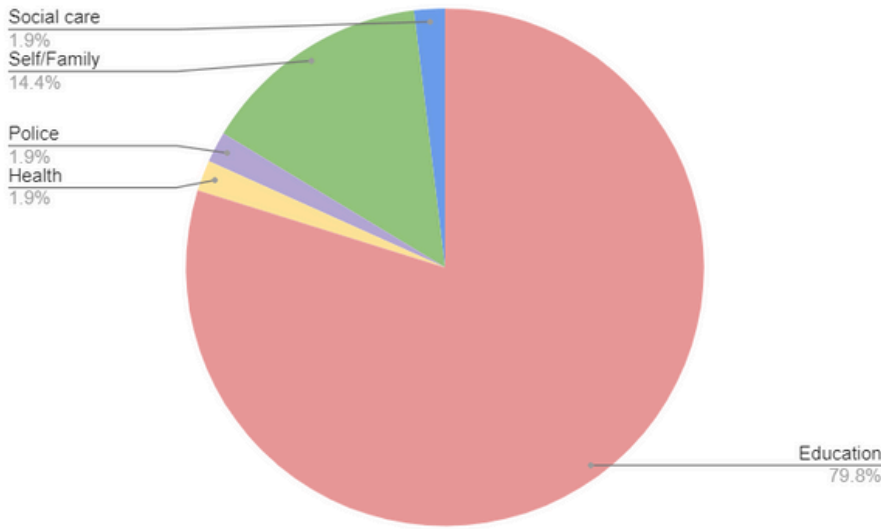
However, data has shown that the uptake of youth provision by young women and girls can often be lower than uptake by young men and boys. In light of this, OnSide and Inspire teamed up, committed to better understanding what the barriers might be so that we can shape Crewe Youth Zone to be as accessible and open as possible for everyone.

This collaboration saw the formation of a research group, comprised of young women living in Crewe and the surrounding areas. They have travelled to several Youth Zones across the country, making observations and giving valuable insight as to how they want their Youth Zone to look and operate, from the layout to the types of activities offered.

And their work doesn't stop there! The research group has conducted safety assessments with the police and council to determine how safe walking and bus routes are to the Youth Zone, delivered focus groups to local schools to gain feedback from all ages, and taken part in several workshops to collate and present their findings.

We are so proud of the invaluable work our researchers have done for this project, and can't wait for their efforts to shine through in the creation of Crewe's Youth Zone!

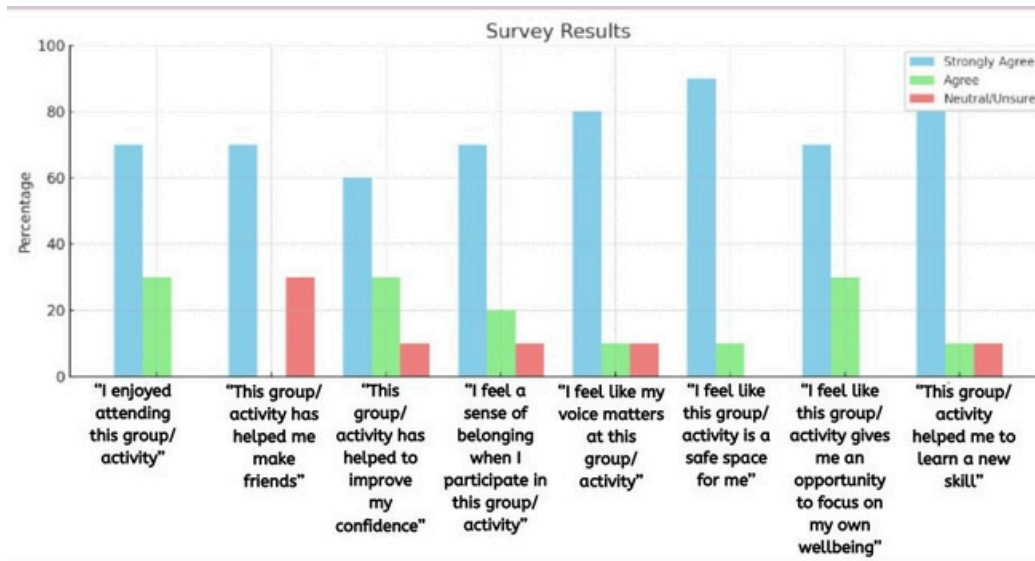
INSPIRE REFERRERS



Our referrals come from a range of sectors across cheshire east. These include

- Education
- Health
- Police
- Self/Family
- Social care

Professionals and individuals can refer via our website, by telephone or by emailing us directly.



The feedback from young women who attend our school empowerment groups shows the positive effect having a safe space has on them.

Number of girls active sessions held: 5

Oct 23-Oct 24

Our Impact

Number of girls attended active sessions overall: 26

Additional wellbeing activities held: 7

Number of girls attended wellbeing activities overall: 28

119 attended our school empowerment group overall

Oct 23-Oct 24

Our Impact

98 young Women attended the Autism inclusive group overall

179 Wellbeing ambassadors trained overall

69 attended the girls youth group at Wishing well overall

CASE STUDIES - INSPIRE COUNSELLING CLIENTS

Jenny's Story

Jenny is 14 years old and was referred to counselling through her school for low mood and struggling to socialise with others in her year group. At initial assessment she spoke of wanting to gain confidence when speaking to others her age and when answering questions in lessons.

Jenny's sessions started in March 2024. In the first session she was reluctant to talk as she was unsure what to speak about, throughout the next couple of sessions she and her counsellor worked on building a rapport and with time she began to open up. Some of the things she spoke about were her fear of judgement from others and how this fear has negatively impacted her social life.

Jenny showed commitment to working through this fear with her counsellor during the following sessions. Together they looked at unpicking her fear and the origin of this. She was able to identify that certain elements of her upbringing had contributed to this fear. By the sixth session Jenny felt more confident within herself and had formed a new friendship in school which resulted in growing confidence within lessons.

Jenny's sessions ended in June 2024. She is very much looking forward to a summer out with her friend and has taken an interest in the Inspire summer activities. When asked how she found the counselling Jenny said: "I have found counselling very helpful as I can tell that the way I speak to people and friends around me has changed so that I am able to talk about myself more."

Gemma's Story

Gemma is 17 years old and was referred to the Inspire Project by her college in November 2023 for support with her mental health. At the time of referral, Gemma was reported to be struggling greatly with her mental health which, at one point, saw her hospitalised. During her initial assessment some months later, she expressed that she wanted to use the counselling sessions to help prevent her from getting to that point again.

With this in mind, Gemma and her counsellor began exploring how her bad mental health days impacted her. She acknowledged that the biggest impact was on her motivation, and she would often stay in bed and not take care of herself on bad mental health days. Gemma has also previously self-harmed, but since her hospitalisation, she has formed a bank of strategies for when she feels the urge to do it - which she has not felt the need to do.

From this, the focus of the sessions moved to exploring the triggers for Gemma's stress and anxiety. She identified being in crowded places, overwhelm and change in routine as her main ones. There was also discussion around her struggle to connect with and open up to others, which exacerbated feelings of being different and contributed to her anxiety.

Gemma has been very proactive in her sessions, working together with her counsellor to find strategies to mitigate her anxiety. These included visualisation, journalling, mindfulness and meditation. While her stress levels have not been as high recently, Gemma has tried a couple of these strategies and found them to be useful.

By the end of her sessions, Gemma reported improvements in her mental health, self-esteem and friendships. When reflecting on her counselling, she said: "At first I found it very nerve wracking but eventually I settled into it and found I was speaking more during the sessions. I liked how I was given a variety of strategies to use and how I was given prompts if I wasn't sure what to say or how to word something. My counsellor was so kind and I felt quite comfortable when talking to her."

Having found her sessions so helpful, Gemma said she would definitely recommend Inspire counselling to anyone who might be struggling with their own mental health.

LOOKING TO THE FUTURE

FUTURE PLAN

Over the next year, we aim to...

- Work closely with schools to offer young women's health promotion.
- Establish a Cheshire Feminist Wave, connecting young change makers.
- Increase our wellbeing support to help with demand on our mental health support.



THANK YOU TO OUR FUNDERS

CHESHIRE
COMMUNITY
FOUNDATION

JULIA RAUSING
— TRUST —



Pilgrim
Trust

