



## ***Inspiring the Next Generation***

Welcome to our Inspire-Her School's Offer. We provide engaging, empowering sessions for schools that build confidence, raise awareness, and support young people's wellbeing and development.

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### **In-School Offers**

#### **1. Ada Workshops**

##### **Celebrating Local History, Voice & Activism**

**Duration:** 2 hours

**Subject Focus:** Art, Drama, or English

##### **Outcomes:**

- Discover the life and legacy of **Ada Nield-Chew**, a Crewe factory girl who became a powerful voice for working-class women's rights
- Explore themes of **activism, voice, and justice** through creative expression
- Build confidence in speaking out and expressing identity
- Develop teamwork, critical thinking, and communication skills

Workshop formats available:

- **Art:** Create protest posters, illustrations, or visual storytelling pieces
- **Drama:** Devise and perform short scenes, monologues, and songs inspired by Ada's letters and campaigns
- **English:** Creative writing using historical newspaper entries, or persuasive letters



This session links to **local history**, and **PSHE**, while empowering students to see how one voice can create change.

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## 2. Feminist Talks (Campaigning & Activism)

**Duration:** 1 hour

**Outcomes:**

- Understand the history and impact of feminism
  - Learn about real-world campaigns and how to create change
  - Encourage critical thinking and positive social action
    - Includes examples of successful campaigns
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## 3. Wellbeing Ambassador Training

**Duration:** 2 hours

**Outcomes:**

- Train young people to support personal and peer wellbeing
  - Build emotional literacy and confidence
  - Equip ambassadors with leadership and communication skills
    - Certificate and badge on completion
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## 4. Women's Health Talks

**Duration:** 1 hour

**Outcomes:**

- Promote positive and inclusive menstrual health education
- Reduce stigma and normalise conversations
- Share resources, products, and self-care strategies
  - Tailored sessions available for:
    - **Younger Girls (9–12)**
    - **Teen Girls (13–17)**
    - **All Genders (General Health & Period Positivity)**



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## 5. White Ribbon & Healthy Relationship Talks

**Duration:** 1 hour

**Outcomes:**

- Educate about consent, respect, and recognising unhealthy behaviours
- Support the White Ribbon campaign to end gender-based violence
- Encourage young people to be allies and upstanders
  - Delivered with age-appropriate content for KS3 & KS4

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## Out-of-School Activities

We also offer **free programmes** for young people outside of school hours, including:

- **Active-Her Sessions** (wellbeing and fitness)
- **Fairy Prom Mother Events** (access to dresses, suits, and accessories on a donations basis)
- **Inspire Magazine** (Opportunities for young people to submit and showcase their work, achievements, campaigns, or write articles)
- **Her Revolution** (Upcoming online community and empowerment group to discuss campaigning and empowerment topics)

These can be signposted to families, carers, or included in school newsletters.

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"Looking forward to seeing the impact of this for our girls. It's a great way to give them a voice and some positive attention"- Head Teacher

"I just wanted to express my gratitude for your training last week, it was honestly one of the best sessions I have witnessed in a such a long time"- Organisation facilitator