



InspireCheshire

VOLUME 7

JULY 2021

A MAGAZINE TO INSPIRE GIRLS IN CHESHIRE



"BE YOUR OWN
INSPIRATION"



SPONSORED BY CHESHIRE
FIRE & RESCUE SERVICE



Welcome

Welcome to the last edition of Inspire Cheshire before the end of term. The magazine is dedicated to Inspiring young women in Cheshire, we hope you find it interesting.

We would love for you to write some stories, blogs or poems for us – please ask a parent to get in touch.

Email inspirecheshire@motherwellcheshirecio.com

Local Super Stars

Some of the local Super Stars we've heard about recently:

Amazing Jessica Oakes from Winsford has raised over £500 after climbing Snowdon aged just 8. She took on the climb to raise money for both Cheshire Dogs' Home and her school, Winsford High Street Primary School.

Her mum says "Jessica would like to thank everyone who has supported her and donated to both organisations."



Three gymnasts from a Crewe & Nantwich club have made the GB squad ahead of the European Championships. Chloe Gough (pictured) made the squad last year before lockdown until an injury ruled her out. However the championships were postponed due to Covid, giving Chloe time to recover from her injury, train again, and incredibly make the squad once more. Alongside Chloe will be fellow club mates

Nicole Hazel and Will Calder. The Championships will now take place in Guimares, Portugal between 29th November - 5th December 2021.

Sophie from Sir William Stanier School in Crewe has been asked to play for Stoke U14s team - congratulations!

Do you know an inspiring local Super Star?

Drop us a line at inspirecheshire@motherwellcheshirecio.com



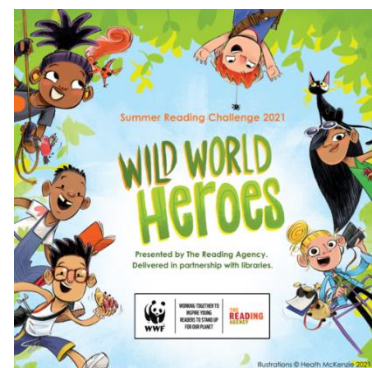
Summer activities

At a loose end this summer? There are loads of local events going on, here are a few which are FREE!

The **Summer Reading Challenge 2021** is now here! We're teaming up with WWF for a very special nature-themed Challenge that will inspire you to stand up for the planet!

You can take part in the Challenge by signing up at your local library. It's completely free to sign up! Your library will give you a special Collector Poster map of Wilderville and help you find books to read. As you read books for your Challenge, return to the library to receive stickers to add to your map - some of them even have smells!

Collect all the stickers to complete the Challenge and transform Wilderville, You'll get a special Wild World Heroes certificate too!



Free holiday clubs and with healthy lunches are being provided through the government's **Holiday Activities and Food Programme (HAF)** for children who qualify for free school meals.

There are a wide range of sports, activities and music opportunities.

Providers include local schools, Everybody Leisure, Wishing Well Project and town councils.

The programme for Cheshire West can be found at edsential.com/holidayactivityfund2021/ for Cheshire East search 'Cheshire East HAF' and follow the link to the Family Information Service Events page.



Mako Create are offering a FREE 5 week **online course in animation** to residents of Cheshire East. Not only is it free but children and young people completing the full course will receive a £25 Amazon voucher!

For ages 11 and up, 5 weeks starting 26th July.

Visit makocreate.co.uk to book your place



I can make...

Homemade lava lamp

Amaze your friends and family with a homemade 'lava lamp'!

What you will need:

- A tall glass
 - Sparkling water
 - Raisins
 - A drop of food colouring (optional)
1. Fill you glass with sparkling water
 2. Add a drop of food colouring if using
 3. Add some raisins
 4. Watch the raisins take turns to rise to the top of the glass then drop back down again, just like the lava in a lava lamp!



What's happening?

Carbon dioxide bubbles form on the surface of the raisins (look carefully and you should be able to see them). The bubbles lift the raisins up to the top of the water. Then the bubbles pop, and the raisins sink down again.

Competition corner



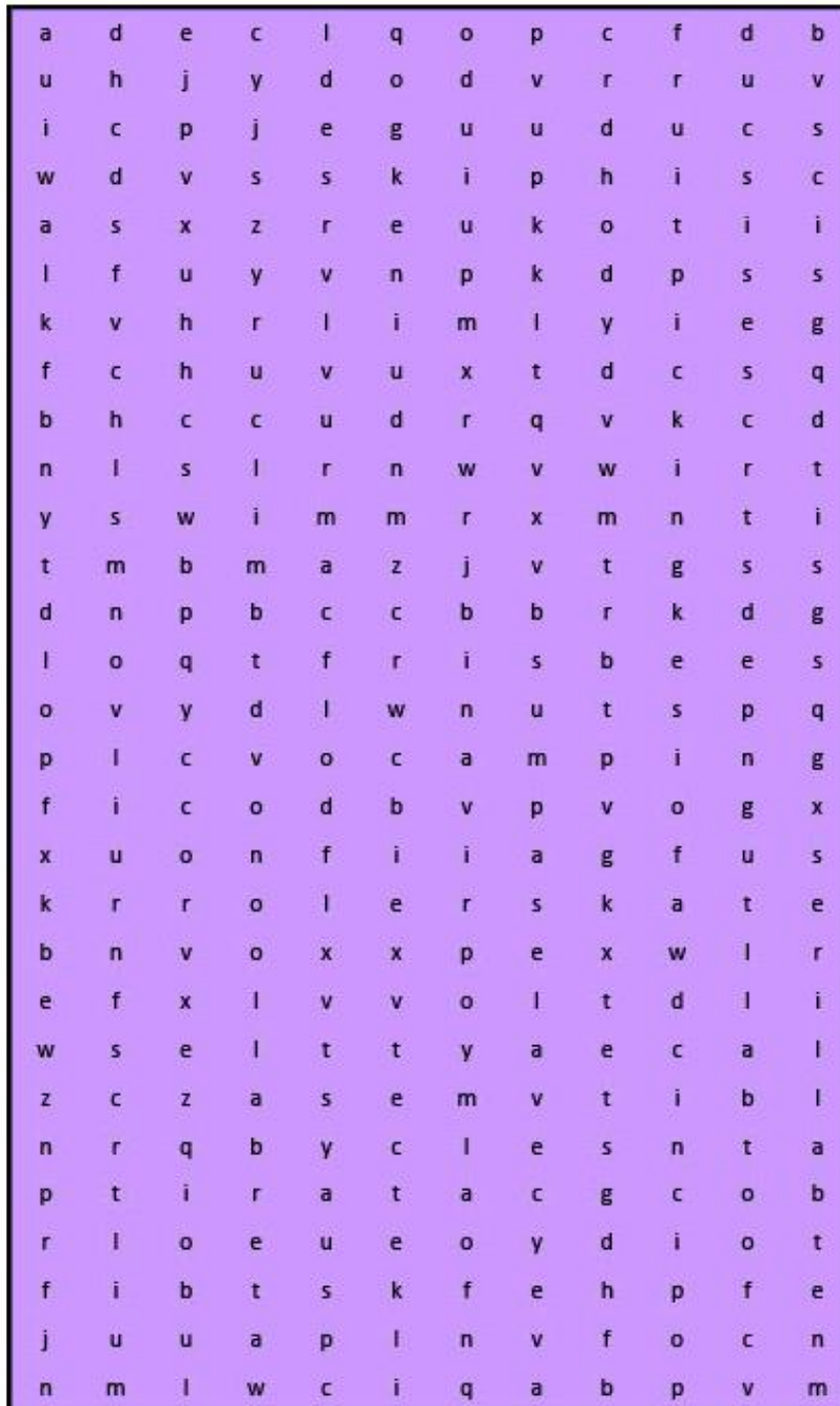
How will you be keeping fit this summer?

Send us a photo or write a paragraph about how you like to keep fit, and you could win one of our Inspire Cheshire activity packs to keep you busy.

Entries can be sent to:

inspirecheshire@motherwellcheshirecio.com

Summer activities wordsearch



Words to find:

Skip

Walk

Swim

Climb

Cycle

NetBall

Football

Rollerskate

Fruit picking

Camping

Waterballoon

Frisbee

Picnic

Anxiety – what's it all about?

Hey, do you ever get Anxious, worried, really nervous or scared?

Do you know what anxiety is? No, then read our short article to find out more.

What is anxiety?

Anxiety is a little bit like our brain's fire alarm system, deep in our brain sits a tiny part called the Amygdala which acts a little bit like an alarm system for our brain and body when it thinks we are in danger. Like an alarm system it is always on the lookout for signs of danger and acts to keep us safe.



Think for a moment what it is like when you have a fire alarm practice at school, it's a sudden loud noise that can startle and unsettle us, and it's really not very nice to hear or listen to. But you know what you have to do through the practice fire alarm drills you have done in school. The tiny part in our brain called the amygdala is kind of like the same thing, it prepares our body to get ready for whatever danger we are facing or our brain and body thinks we are facing.

What happens when we get anxious?

What would happen if a big snake, a giant tiger or a big grizzly bear came crashing towards us, we would want to run away and hide or stay really still and hope it didn't see us or we might want to fight it off.

You might begin to feel really hot and sweaty, or dizzy, shaky and short of breath, you might get a tummy ache, headache or want to go to the toilet. All of these are reactions to our brain and bodies preparing to keep us safe, although it might not feel like that. This is called our Flight, Fight, Freeze response and it is our brain preparing our body for whichever response it thinks will be the best way to keep us safe by allowing us to run away quicker, Stay really still or fight.

All of these responses are really useful if we did see a big snake, a giant tiger or a big grizzly bear but sometimes our



brain gets it wrong or confused and sees danger when there really isn't any. Like going to a new school for example, it can also be scary and feel different and you might want to try and stay away from the places that make you feel like this, because it feels like something bad or scary might happen, but there aren't any scary animals at school.

When do you get these thoughts and feelings?

You might get these thoughts and feelings before going to a new place that you are worried about like a new school or the doctors or you might get them at night and find it hard to go to sleep. Understanding when you are feeling anxious, worried, nervous or scared is the first step in learning how to deal with it. So the next time you start to have those thoughts or feelings like feeling really hot and sweaty or dizzy, shaky and short of breath. Getting a tummy ache, headache or suddenly wanting to go to the toilet remember there is nothing wrong with you or your body. You are just having normal feelings of anxiety and they are your brain and body's way of trying to help you although it might not feel like they are being very good at it.



Let somebody else know.

It's really important to let someone like your Mum, Dad, grandparent, teacher, friend or someone else you feel safe with, know how you are feeling. Just telling somebody else can help to ease the thoughts and feelings you might be having by them being there to support you. It is also important to remember having anxious thoughts is normal. Everybody has them sometimes although we all experience them in different ways.

Motherwell Hub Library

Did you know our hub also has a library of books on wellbeing and mental health suitable for all ages? These are just a small selection of our children and teen books, why not pop in and have a browse.

Open 10am-12pm

Monday - Thursday through August.



Express Yourself



Drawing and writing can help you think about your feelings or anything that's worrying you or making you feel anxious. Doing something creative can help you to feel calmer and distract you from problems. And you don't have to be "good" at art to be creative. Expressing yourself is for you - here are a few activities to try.

Connection

Write 1 or 2 words about how you're feeling.

Take a piece of paper and draw a heart or a star for yourself and write 3 kind words or messages to yourself.

Remind yourself that no matter how difficult things feel, you are not alone - someone in your street, neighbourhood, town or city is likely to be feeling similar emotions to you right now.

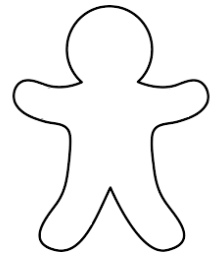


Draw a heart or a star for someone else who is feeling like you do and write 3 kind words for them too. You can do this for as many people you like.

Stress and Anxiety

We hold tension in our bodies when we're under pressure, feeling stressed or feeling anxious.

Draw the outline of a gingerbread person and add where you feel stress and anxiety in your body - that might be butterflies in your tummy, your legs feeling weak or your heart beating fast.



Draw how it feels in each part of your body and use colours or numbers to show where you feel the strongest sensations. Let go of any tension by unclenching your hands, dropping your shoulders, stretching, doing yoga or dancing and draw or write any changes on your picture.

Crystal ball

Imagine 3 months from now.



Draw or write what could look different, what challenges you will have faced and what positive changes you want to make.

Try to focus on things that seem possible to achieve like feeling more confident about an exam, starting a new hobby or making a new friend.

If it's hard to think that far ahead, you could start by imagining next week or next month.

SUMMER



HOLIDAY

Uniform Exchange

New school or just a new school year? Get a head start on getting ready - pop into your local uniform exchange to drop off items you've grown out of and pick up some new kit. As well as saving money on buying new, it's great for the environment too.

Motherwell Community



Motherwell Community Hub

54 Beech Drive, Wistaston Crewe
CW2 8RG

Open 10am - 12pm Mon & Thurs, 2pm
- 4pm Tues & Weds during August.

Uniform, coats, stationery, sanitary
products, available free of charge.

Email motherwellhub@motherwellcheshirecio.com

Facebook www.facebook.com/MWCommunityHub



**Prom dresses and
fancy dress
available to hire!**



Winsford Uniform Exchange

The Old Job Centre, High Street, CW7 2AS

Open Monday and Thursday 9.30am - 12pm,
Saturday 11am - 1pm

Uniform (branded and generic), shoes, trainers, PE
kit available free of charge

**Don't forget to drop off
your old uniform when
you've finished with it!**

Contact via website:

www.uniformexchangewinsford.co.uk

Or Facebook www.facebook.com/uniformexchangewinsford

Fundraising - can you help?

Can you help us to raise funds for the work we do supporting and inspiring girls in Cheshire? Maybe you could set yourself a sporting challenge, hold a bake sale or make some crafts? Want to help but not sure how - contact us for ideas! Email:

inspirecheshire@motherwellcheshirecio.com



Princes Trust

The Prince's Trust TEAM Programme is a FREE 12-week personal development course for 16 to 25 year olds. The course includes a team building residential week, participation in a community project and a 2-week work placement.



**START
SOMETHING**

This is a FREE personal development course that helps young people develop and improve skills in key areas such as:

- Communication
- Confidence
- Working with Others
- Setting and achieving goals
- Job Search skills
- Leadership

The program in Cheshire is delivered by Cheshire Fire & Rescue Service & is designed to develop skills, self confidence & motivation. The TEAM programme is open to young people up to the age of 25 who are not currently in education, employment or training. If you are interested in meeting new people, gaining qualifications, working with the community, building confidence and having fun, please call:

Crewe TEAM - Megan Stanley on 07817 087187 or Megan.Stanley@cheshirefire.gov.uk more information.

Winsford TEAM- Jennie Pye on 07875 565 095 or email jennie.pye@cheshirefire.gov.uk

Or see www.cheshirefire.gov.uk/young-people/princes-trust

Boys Corner

We asked some boys which women inspire them. Here's what they said:

"Aunty Molly (Professor Molly Stevens) as she can remake skin and bones, when someone loses one in an accident. She grew a human ear on a mouse - that's amazing!"

Louis age 11

"My Mum is the person who inspires me the most, she works for the NHS and always tries to do what she thinks is right for me, during the pandemic she has always done something to cheer me up and help to keep me motivated with my school work."

LB

Local Sports Groups & Activities

Fancy a new challenge, or want to join a sports team? There are loads of local groups to get involved in, here are just a few local groups. If you want to add your group to our list, get in touch.

Girlguiding - groups from age 4-18

<https://www.girlguidingnwe.org.uk/join-us/>

Winsford Diamonds FC - girls teams from age 5

www.winsforddiamonds.co.uk

Crewe FC - girl's teams from under 8s

www.crewefc.org.uk/teams/girls

Crewe and Nantwich RUFC mini and juniors

www.facebook.com/CNRUGBYMJ

Ladyhawks Netball club. Junior teams from age 5-17

www.facebook.com/ladyhawksnetball

Nantwich Town FC Wildcats under 11 and under 12s teams

www.nantwichtownfc.co.uk

National Helplines

Shout- Crisis Text Line - 24hr textline - Text 85258 www.giveusashout.org

Child Line - 24hr helpline - 0800 1111 www.childline.org.uk

Bullying UK - advice and helpline - 0808 800 222 www.bullying.co.uk

Papyrus - Prevention of Young Suicide - 0800 068 4141 papyrus-uk.org

Kooth - online mental wellbeing community for young people kooth.com

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