



InspireCheshire

VOLUME 11

JULY 2022

A MAGAZINE TO INSPIRE GIRLS IN CHESHIRE



#FRIENDSANDTHE
COMMUNITY



SPONSORED BY CHESHIRE
FIRE & RESCUE SERVICE



Welcome!

Welcome to the Summer edition of our Inspire Cheshire magazine. This issue's theme mirrors the Queen's Platinum Jubilee, taking on the topic of 'Friends and the Community' as we have all recently come together to celebrate her 70 years of service as a much loved and well-respected monarch, and as we are approaching the summer holidays.

The 6th February 2022 marked the 70th anniversary for when the Queen came to the throne in 1952, with her coronation following later in the summer on June 2nd. Official nationwide celebrations began on Thursday 2nd June, and continued until the 5th June, over a four-day weekend. The celebrations marked an opportunity for communities to come together, with many streets and communities across the nation hosting street parties and events to celebrate.

How did you celebrate the Jubilee?

If you'd like to share how you have celebrated the Queen's Jubilee, please get in touch!

Email: inspirecheshire@motherwellcheshirecio.com

Local Shining Star

This issue's shining star is Emily.

Emily is a local cub scout, who met with The Duchess of Cambridge (who is the scouts vice-president) and Colonel David Blum OBE, to commemorate 100 years of the Royal British Legion and to discuss the importance of Remembrance.

What a fantastic opportunity for Emily. She did a great job at representing her scout group, district and county!

Amazing Emily - keep it up!

You can watch the full video on YouTube:

"Marking Remembrance with 98-year-old veteran Colonel Blum and Cub Scout Emily"

https://www.youtube.com/watch?v=ffG_G2u6-bI



Do you know someone who is a shining star?

Send us their details and they could be featured in our next issue!

Email inspirecheshire@motherwellcheshirecio.com

A Royal Wordsearch!

Think you can spot all the words relating to the Royal Family and the Jubilee Celebrations? Give it a go! How quick can you find them all?

R	L	Y	E	R	J	U	B	I	L	E	E	R	C
C	S	B	S	A	E	S	W	E	N	K	S	N	N
S	E	N	O	L	E	E	I	G	N	C	O	E	D
M	C	L	N	E	N	S	N	I	W	A	S	L	T
J	U	O	E	I	U	Y	D	Y	O	J	G	I	Q
U	E	N	R	B	L	O	S	N	R	N	N	Z	K
L	L	R	I	G	R	D	O	Y	C	O	I	A	N
O	S	O	L	T	I	A	R	G	N	I	D	B	T
N	C	Y	R	I	A	I	T	A	L	N	D	E	E
D	I	A	D	N	T	L	N	I	Z	U	E	T	I
O	M	L	A	I	E	L	P	I	O	E	W	H	Y
N	R	T	A	N	N	S	S	E	C	N	I	R	P
B	B	Y	Y	E	N	O	M	O	I	R	S	D	A
L	Q	U	E	E	N	C	A	S	T	L	E	I	S

QUEEN
 CORGI
 CELEBRATIONS
 JUBILEE
 ROYALTY
 WINDSOR
 LONDON
 CROWN
 ELIZABETH
 UNION JACK
 CASTLE
 PLATINUM
 MONEY
 PRINCESS
 WEDDINGS

Isabelle - Football Super Star!

Isabelle, aged 10, has been playing football since she was 4 years old. In 2015 she joined her first football club learning the basic fundamentals of football, then in 2017 she joined a local team playing out of the Crewe Alex Soccer Centre with Betley FC. She has remained at the club since, currently playing for Betley Dragons.

Isabelle has grown to demonstrate the core values of playing a competitive team sport. Discipline, sportsmanship, teamwork and respect are expectations in training and on match days where she has had to work hard, support her teammates and come back stronger the following week whether win, lose or draw.



Throughout her football journey, playing in a mixed team has meant Isabelle has had to show resilience and determination. Girls often have to raise their level of play when playing against boys of a similar age who are often, stronger, taller, faster, and more comfortable. Isabelle has improved her awareness, reactions and positioning in this mixed environment as getting past the boys sometimes requires some out-of-the-box thinking.



This has been valuable experience as Isabelle has taken what she has learnt into playing up a year in a girls only team recently joining Cheshire Blades - Pumas. Isabelle's ambition has always guided her football journey. Playing in both mixed and single gender teams has taught Isabelle teamwork, cooperation, and leadership. This combined with the physical fitness benefits, football has proven to be transformational in Isabelle's development.

This summer she has been incredibly lucky to have the opportunity to train with Liverpool FC's Charlotte Clarke. An excellent role model of girls in sport.

Inspiring Royal women

The Queen is perhaps one of the most inspiration women known in this country, but there are many other inspiring royal women too! Here are just a few of our favourite inspiring royal women:



Princess Diana



Kate Middleton



Queen Elizabeth I



Anne Princess Royal



Duchess of Kent



Queen Victoria



Zara Tindell



Queen Elizabeth II



Anne Boleyn

Blast from the past! What was it like to be a woman in Crewe in the past?

Ada Nield



Ada Nield moved to Crewe in 1887 with her family, following her father selling his farm.

Aged 24, she worked as a tailor in a clothing factory on Bridle Road, Crewe. Her job was to sew clothes to fit people, and she often made the uniforms for the train staff that worked on Crewe railway.

Ada was very influential in creating change for women in the workplace. She began writing letters to the Crewe Chronicle in May 1894, writing about the unfair conditions that women in the workplace experience, such as being paid less than men, being charged for tea breaks and expecting to work long hours for little pay (she earned the equivalent of £33 pound a week!).

These letters were anonymous and were very popular amongst the Crewe community, as they eagerly awaited for her to write the next one to hear more about the conditions she was experiencing.

Eventually, her identity was uncovered as people found out that she was the one writing the anonymous letters, and she had to quit her job working at the clothing factory. However, her letters were a success, as pay was eventually improved for women in the factory.

She then became a member of the independent Labour Party (ILP), and began her role as the Nantwich Poor Law Guardian, where she would tour local workhouses to improve the working conditions for women. One of her initiatives was passed, and she was able to get rid of the rule stating that workers could not talk to each other during mealtimes.

She then became an active supporter for the Women's suffrage movement, to try to get votes for women. Following the first world war, an act was passed which allowed women over the age of 30 to vote, and so the suffragette movement had won!

You can read Ada's letters online, on the Nantwich Museum website -

<https://nantwichmuseum.org.uk/permanent-exhibitions/famous-nantwich-people/ada-nield-chew/ada-nield-chew-letters/>



Daisy Haywood

Daisy Haywood was born in 1888, and played an important role in making ammunition for the British Army to use in World War 1 (1914-1918).



Credit: Cheshire Archives and Local Studies

At the age of 26, Daisy worked in a munitions factory in Crewe, and made bullets and bomb shells that were packed with explosives. Over 90% of the workers in these factories were women, and these women had to work both day and night to make sure the army could carry on fighting, working up to 12 hours a day with very little, if any breaks.

These factories were dangerous and were not

designed for women workers and working as a 'munitionette' was a very dangerous job, due to the risks of working with dangerous explosives and other materials. The job involved lifting and carrying heavy equipment and machinery, and the factories were very loud due to the machinery being used and the conversations between all the workers.



Picture credit: Teignmouth and Shaldon remembers WW1

Competition corner

For this issue's competition we are taking inspiration from the letters that Ada used to write. We are asking for a letter, as though you are writing to the local paper like Ada did, on the topic:

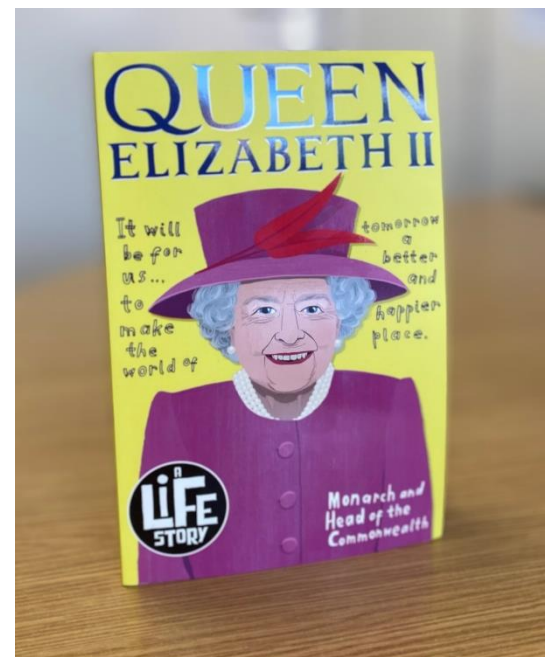
What is school like for young people today?

The prize will be this amazing book all about the life of Queen Elizabeth II, detailing her life story and the many difficulties she has had to face both as the Queen of this country but in her personal life too.

Send your entries to:

inspirecheshire@motherwellcheshirecio.com

Closing date 31st July.



Don't forget to check our website!

inspire-motherwell.co.uk

Our great website includes details of the project, #IAM Board, forthcoming events and all other great inspire content! Plus you can catch up with back issues of the Inspire Magazine!



HOME ABOUT US ▾ RESOURCES ▾ SHOP NEWS & EVENTS CONTACT US

Encourage Inspire Empower

Welcome to Inspire

Where we aim to break down the barrier's girls face on a daily basis together. Helping to build brighter futures through the acceptance of all cultures, race, gender and individuality by eliminating inequality and prejudice. Recognising your voice matters, that it's okay to make mistakes, picking yourself up and trying again. Valuing your choices, noticing they are key in developing and

Check out our merch!

Our fabulous Inspire merchandise, designed by the young people we support, is available to buy on Etsy!

www.etsy.com/uk/shop/InspireMeUK



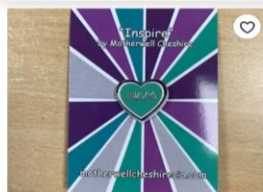
Peachy Children's top
£6.00



Encourage, Inspire, Empower top
£8.00



We're stronger together lined A5 notebook
£3.00



IAM pin badge
£3.00



Love and believe in yourself tote
£5.00

Why not treat yourself, or someone you love, to a fabulous new top? Or a lovely new tote bag?

#SummerFun - Wellbeing tips

In this edition of our Inspire magazine, we are focussing on ways that you can maintain and improve your wellbeing over the summer months, especially once school has finished for summer.

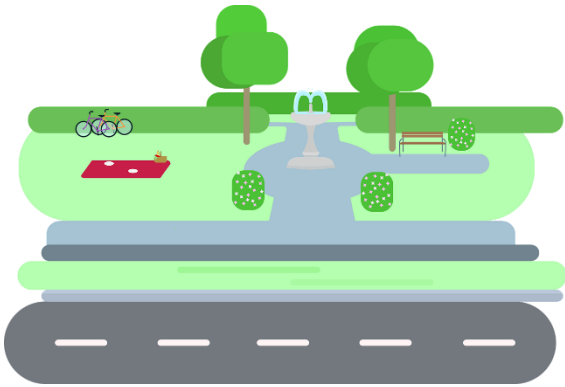
Summer is all about relaxing and having fun (and no school!), but going from seeing your friends everyday at school to not seeing them as much over summer and losing a routine can be quite challenging, and can have an impact on your mental health. It is okay to miss your friends and feel lonely, anxious, sad or uncertain about what you will be doing over summer.

But don't worry! Here are some tips and things you can do to look after your mental health and wellbeing and to have fun over summer!

- Connect with your friends. Try to organise meet ups and chats with the people that are close to you, and the people you enjoy chatting with. These can be online, such as on zoom, or in person, whatever suits you best.
- Get outside and enjoy the sunshine! Getting outside has been shown to increase your mood and can make you feel much happier. There are many things you can do to enjoy your time outside over summer, why not go for a walk? Organise a picnic? Arrange a game of sports with your family and friends? Have a water fight? The possibilities are endless!
- Try something new! Having more free time over summer is the perfect opportunity to explore new hobbies and interests, and just give something a go. This is great for increasing your confidence and your creativity. This can

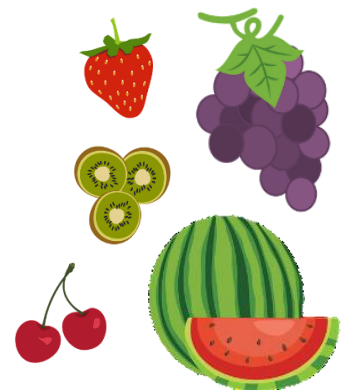


be in anything you are interested in, such as trying a new sport, writing, scrapbooking, getting crafty, repurposing something and turning it into something new, baking, dancing, singing or playing music.



- Joining a summer club is also a great way to enjoy the summer and to socialise. You can go with your friends or even meet new ones! They also give you structure to your summer and give you something to look forward to and can provide you with fun and exciting opportunities. There are many clubs locally that you can try out.

- The summer season is great for lots of healthy fruit, which is important to eat as part of your balanced diet. Eating fruit gives you a fab source of vitamins and minerals, and can help to protect your health and wellbeing. It can also be super refreshing to eat in the hot weather! Refreshing summer fruits include; watermelon, strawberries, plums, grapes, pineapple, kiwi, mango.



- When the sun is shining is the perfect time to do some exercise outside. Exercise doesn't just help our physical health, but it also releases endorphins and helps us to feel happier, can help us sleep better and can help reduce negative emotions.
- Summer is the perfect time to recharge your batteries! It's a great time to catch up on sleep, have a well-earned rest and even catch up on some TV. It is also a great time to relax, read a book or go on a nice walk. Recharging your batteries helps you to feel more energised, positive and can help you to manage your mental health.

Raising Awareness – FND

As part of the inspire project, we aim to help improve acceptance of the differences between individuals, including culture, race, gender and individuality (and many more) by eliminating inequality and prejudice, to build a better and brighter future for the young people in our local community. One way that we can do this is by raising awareness. Read below for Chloe's story, who reached out to us with her story of her recent diagnosis.

Back in 2019, I began to experience a strange feeling in my right arm. This was concerning as I'd never experienced a pain like this before. It became even more concerning a few moments later when my left hand wouldn't move. I'd never even heard of something like this to happen, and for a 13-year-old this was extremely confusing and scary. I went home from school that day and told my mum exactly what had happened, and she too was just as concerned as I was. It later went away, so perhaps it was nothing, right? A few days later this happened again, but instead of going after a little while my hand stayed 'frozen', as we like to say, for a few weeks.

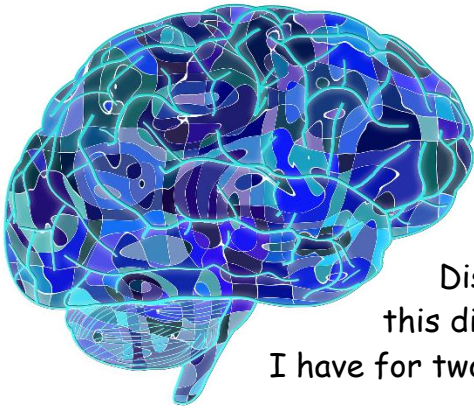


We went into A&E and they had never seen anything like this. They were all confused and puzzled. It was an extremely scary experience and me and my mum spent many nights struggling, and it was getting worse, to the point that I couldn't even put my hand down as I was in that much agony. Within a week or two my hand went back to normal, but I was experiencing horrific back pains as well as my hand no longer moving on occasion.

Around February 2020, both of my hands had stopped moving and so I went back to hospital, who sent me for emergency MRI's. Anytime they put me into the MRI, I could feel my hands getting even more tense. It was not a pleasant experience. As a result of these MRI's, the hospital said that I had an inflamed spine but later said that wasn't the case. They put my condition down to 'Stress and Anxiety'.

I did not take that diagnosis well at all. As someone who has devoted a vast majority of my time to supporting mental health I felt as though I had failed myself and would never be any good at helping others through their own difficult times. I refused to accept this diagnosis. I knew it was something much more than just stress and anxiety, there was no way my body could do that. I was right.

Two and a half years later from the beginning of all of this, I went to an osteopath as the problem started to develop in my legs as well. This caused me to have another two MRI's and blood tests. I have a low B12 deficiency which the blood tests showed to be getting worse, so this led to the doctors to send me for B12 injections, as they said there was a possibility this could be related to my B12 deficiency. Which, it again wasn't.



My mum then decided enough was enough. She decided we'd go private. She was determined to get an answer and she wasn't going to give up without a fight! That's exactly what she did, she got me the answers I needed. On the 16th May 2022, I have been diagnosed with FND, Functional Neurological Disorder. I'm now on a journey to promote my story and promote this disorder. So that hopefully, no one else will have to suffer the way I have for two and a half years.

Thank you for sharing your story with us Chloe.

If you would like to know more about FND, check out these resources:

All about FND - <https://www.medicalnewstoday.com/articles/318534>

Rare disease database, FND - <https://rarediseases.org/rare-diseases/fnd/>

What is FND? - <https://fndhope.org/fnd-guide/>

Wise words from the Queen herself!



BUSINESS INSIDER



Family does not necessarily mean blood relatives, but often a description of a community, organization or nation."

Are you in year 6, going into year 7 in September?

How are you feeling about starting high school?

The transition from primary school to high school can be a scary one, so it is important to understand how you are feeling about it all, to help you to manage your emotions and to mentally prepare for the change.

It is normal to feel:



Top tips to be prepared:

- Get plenty of sleep
- Organise your uniform and school bag the night before
- Have a checklist for all your school supplies, to make sure you have got everything (such as your books, pencil case, etc.)
- Speak to your friends and family about how you are feeling
- Write a journal to help express your worries or concerns
- Arrange to travel to school together with a friend
- Join any clubs that sound fun to help you meet new friends

Junior Park Run

Fancy trying something new and getting fit and active?
Why not give parkrun a go!



These FREE 2k weekly runs are great for getting involved and keeping active - and the great thing is you don't even have to run if you don't want! You can walk, jog, run or even just spectate and support everyone else who is involved by volunteering.

Parkruns take place across the country and are positive, welcoming and inclusive experiences for everyone, with no pressure to compete and race, but just enjoy yourself and have fun. The Junior parkrun's are open to anyone aged between 4 to 14 years.

Junior Parkruns that are local to Crewe and Winsford include:

- Every Sunday at 9am, at Queen's Park, Victoria Avenue, Crewe, CW2 7SE.
- Every Sunday at 9am, at Gardenhurst Estate, Whitchurch Rd, Tiverton, Nr Tarporley, Cheshire, CW6 9NA.

How do I get involved?

It's easy, simply sign up on their website to register to take part, at:

<https://www.parkrun.org.uk/register/> (you should be able to find it easily by searching for it online too).

All you need is your personal details (name, date of birth, address, contact information etc.), which parkrun is your local parkrun, and to answer a quick question about your exercise level.

You only have to register once so its very quick and simple to do!

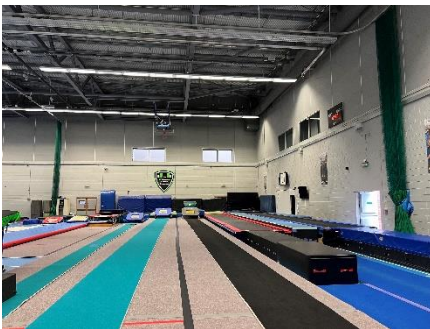
Then, once you have registered, you will be sent a barcode that you need to have when you go to the Parkruns, which has to be scanned for you to take part. You can go as many times as you want and you don't need to re-register.



And that's it - enjoy the run!

LS Gymnastics

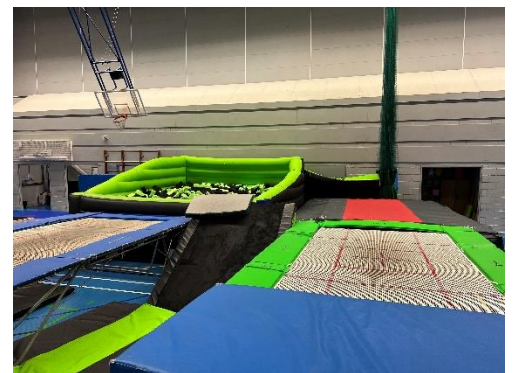
LS Gymnastics Crewe Academy is a family run gymnastics club, aiming to support the community by making the sport of gymnastics accessible to all. Based at the Apollo Buckingham Health and Science Campus, their ethos is to teach every individual, regardless of age or ability, to reach their full potential in the sport of TeamGym - a dynamic sport incorporating tumbling, trampets and trampolines. Not only do they specialise in TeamGym, they also offer pre-school, recreational gymnastics and trampolining as well as advocating disability gymnastics.



With over 700 members of the club aged from 18 months to 85 years, they strive to support all levels of gymnast from grassroots all the way to Team GB. This year the club has been successful in qualifying 5 teams to the TeamGym British Championships, where they gained 2 British titles, as well as having 5 gymnasts selected for Team GB for this year's European Championships.

Congratulations LSGCA!

LSGCA recognises the importance of accessibility and the love and understanding of their coaches for the needs of their gymnasts allows them to hold a space for every moment in a gymnast's journey, whether that be learning something new or overcoming a fear. Their biggest motivation comes from the success of their integrated and disability gymnasts who demonstrate that you can achieve anything if you believe in yourself and are supported by an amazing team.



Throughout the summer holiday they will be holding a variety of summer camps which are open to all ages and abilities to allow them to come and see what LS Gymnastics is all about. These range from free play sessions to teaching the foundations of gymnastics and using rebounding equipment to advance gymnast learning.

If you would like to get in touch with LS Gymnastics and want to go to one of their summer camps:

Email: lsgymnastics@outlook.com

Telephone: 07880344227

Facebook: [LS Gymnastics Crewe](#)

Summer fun in Crewe Parks!



#HAF2022



Come and join us for Free activities in the parks.

Families Welcome.

Summer Holiday Fun in the local Parks.

Date	Place	Times
Monday 1 st August,	Queens St Park, Hall O'Shaw St, Crewe CW1 4AE	10-12pm and 1-3pm
Tuesday 2 nd August,	McLaren Park, McLaren St Crewe CW1 3SP,	10-12pm and 1-3pm
Thursday 4 th August	Derby Docks Park, Derby St, Crewe CW1 3ER,	10-12pm and 1-3pm
Friday 5 th August,	Gutterscroft Playing Field, Primrose Ave, Haslington CW1 5TZ,	10-12pm and 1-3pm
Monday 8 th August,	Lime Tree Park (Webby) Queen St, Crewe CW1 4JD,	10-12pm and 1-3pm
Tuesday 9 th August,	Westminster St Park, 55 Westminster St, Crewe CW2 7LQ,	10-12pm and 1-3pm
Thursday 11 th August,	Samuel St Park Crewe CW1 3AE,	10-12pm and 1-3pm
Friday 12 th August,	Milton Park, Alsager, Crewe Rd, ST7 2ES,	10-12pm and 1-3pm
Monday 15 th August,	Queens St Park, Hall O'Shaw St, Crewe CW1 4AE,	10-12pm and 1-3pm
Tuesday 16 th August,	McLaren Park, McLaren St Crewe CW1 3SP,	10-12pm and 1-3pm
Thursday 18 th August,	Derby Docks Park, Derby St, Crewe CW1 3ER,	10-12pm and 1-3pm
Friday 19 th August,	Gutterscroft Playing Field, Primrose Ave, Haslington CW1 5TZ,	10-12pm and 1-3pm
Monday 22 nd August,	Lime Tree Park (Webby) Queen St, Crewe CW1 4JD,	10-12pm and 1-3pm
Tuesday 23 rd August,	Westminster St Park, 55 Westminster St, Crewe CW2 7LQ,	10-12pm and 1-3pm
Thursday 25 th August,	Samuel St Park Crewe CW1 3AE	10-12pm and 1-3pm
Friday 26 th August,	Milton Park, Alsager, Crewe Rd, ST7 2ES,	10-12pm and 1-3pm

Free Healthy Refreshments provided

For information contact Mabyn

mabyn.meredith@wishingwellproject.net

or via Facebook @TheWishingWellCharity

or ring 01270 256919



Sporting fun!

Multi-sports school holiday Courses - LSC

Fancy having a go at lots of different sports? Try out LSC's Multi-sports school holiday course, for reception to year 6 children. You can learn cricket, tennis, basketball, football, hockey, tag-rugby, dodgeball and many more through warm-ups, skills, practices and small sided games. They even have Unique Sports, Team Day, Nerf Wars, Wet Wednesday and Olympic Day! No day is the same!

Each sport is suitable for the above age group and all abilities welcome, nurtured by a team of fully-qualified, professional coaches.



Where? - Wistaston Church Lane Academy

When? - 09:30am - 15:30pm, **Every Monday, Tuesday, Wednesday, Thursday and Friday** - starting Monday 25th July, till Friday 26th August.

How do I book? - Visit LSC's website to book onto the dates you want: <https://wearelsc.co.uk/>

Crewe Lifestyle Centre

Multi-Activity Days

Crewe Lifestyle centre are running Multi-

Activity Days over summer. These are days filled with fun, for young people aged 8 to year 8 in school, doing activities such as team races, crafts, sports hall activities and fun swims.

When? - 9:00am - 15:00pm, from 1st - 5th Aug, then the 8th - 12th Aug.

How do I book? - Visit the everybody website to book: to the dates you want:

<https://everybody.org.uk/what-we-offer/activities-for-kids/active-holidays/multi-activity-days/>

Next Gen Gym

These are fun and safe sessions at the gym for 11 to 15 year-olds, with a trained instructor on hand to help you improve your fitness, using any of the gym equipment that suits your age.

How do I book? You can book them online on the Crewe Everybody page:

<https://everybody.org.uk/locations/crewe/get-fit-and-healthy/next-gen-gym/>



Free Canoeing Sessions

**FOR THOSE WITH SEND
(SPECIAL
EDUCATIONAL
NEEDS/DISABILITY)
13-25YRS**

Starting Wed 13 July.
Every Wednesday 5-7pm @ The Marina, Winsford



Due to limited
small group
numbers
Pre-Booking is
Essential!

We aim to accommodate all children
where we can - Please call to discuss and
to ensure we can meet your needs!

For more info and to book, contact us:
01606 593724. email: office@wycf.co.uk



Prince's Trust Team programme

delivered by Cheshire Fire and Rescue Service

FREE programme for 16 - 25 year olds

A twelve-week programme that gives you practical skills, self-belief and help with getting a job



What's in it for me?

- Gain new skills and qualifications
- Mix with new people and make new friends
- It won't cost you anything and you are entitled to maintain your benefits within the framework of jobcentre procedure*
- The chance to make a difference in your community
- Help with job-hunting and writing your CV
- A better chance of moving into a job, education or training
- And most importantly - a big boost to your confidence and a real sense of achievement!

Interested?

Call: **01606 868700**

Email: **Princetrust@cheshirefire.gov.uk**

Visit: **[www.cheshirefire.gov.uk/
young-people/princes-trust](http://www.cheshirefire.gov.uk/young-people/princes-trust)**

* Please take individual advice from your Team Leader, Job Centre Adviser or Prince's Trust member of staff around your benefits claims and participation on the Team programme

www.cheshirefire.gov.uk

Local Cadet Groups

Looking for something a little different to do? Why not try one of the local Cadet groups:



Sea Cadets

01270 505984 - Crewe

01606 836716 - Winsford



Air Cadets

01270 252896 - Crewe

01606 77620 - Northwich



Fire & Rescue Cadets

cadet27@cheshirefire.gov.uk - Winsford



Army Cadets

www.armycadets.com - Crewe and Nantwich

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

Follow us:



@inspirecheshire



@inspirecheshire



motherwellcheshire/inspire