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## Women's Days 2020

Crewe - Cheshire College South & West - Saturday 29th February

Winsford - Warrington & Vale Royal College - Saturday 7th March

Ellesmere Port - Cheshire College - Saturday 14th March

Join us between 10-4, all events are free to attend. All the community are invited.  
Hosted by Motherwell Cheshire CIO

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## Inspiring Speakers

**Sammy Woodhouse** will be holding a talk about her lived experience, talking about her own experiences of child abuse and how systems need to change to safeguard the vulnerable.

Hear her at the Crewe Women's Day - this is going to be an informative talk for parents and professionals. You can read about Sammy [via her website](#)



**Sally Carmen** from Coronation street will be joining us at our Winsford event, talking about pursuing our dreams.



**Sophie Osbourne** will be speaking at our Winsford Women's Day. She is an actor born & brought up in Winsford. She has roles in Dalziel & Pascoe and Emmerdale, with many theatre productions. She also has her very own theatre company. Sophie will be talking about how her very own health struggles led her to drama and how much it has helped her over the years.



**Professor Claire Taylor** from Wrexham Glyndwr University, joins us at Ellesmere Port. Her talk on 'Unlocking Opportunity for All' is sure to be truly inspiring and thought provoking.



**Rachel** from Out of the Bubble podcast will join us at the Ellesmere Port event. She is a fab podcaster, and also a plus size silver model. We can't wait to hear Rachel's fab story, promoting body confidence.



**Professor Wendy McCracken** is currently the only professor of deaf education in the country and the first female to hold this position. Wendy's passion for her subject is clear both in her teaching and at the numerous conferences she has presented at nationally and internationally.



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Did you know?

International Women's Day 2020 is on 8 March 2020



We are thrilled to have a performance of "Ada" by Platform Theatre at 1pm on Saturday 7th March at Crewe Women's Day and sponsored by Unique Children's CIC.

[Get your tickets now](#)

Admissions are free for under 16s.



## Lots to see and do

### Crewe

Saturday 29th February

Sponsored by Unique Children's CIC

Crewe Alexandra Womens FC  
 Crewe & Nantwich Womens RUFC  
 Dabbers Ladies, from Nantwich Town FC  
 Fraser's School of Irish Dance  
 Live Lounge with Phoebe Crewe, Faye McCallum, The Nightingales, and more  
 Soroptomist International Nantwich & District  
 The Wishing Well Project  
 #thisisme catwalk sponsored by Foundations Nantwich  
 Performance of 'Ada' - [tickets available here](#)  
 Kids Zone sponsored by Kids Planet Crewe  
 Matrix Cheer Squad  
 Alice from Goddess Education

### Winsford

Saturday 7th March

Sponsored by Unique Children's CIC

#WonderfulWomenInWinsford  
 Wellbeing Zone sponsored by SO Coach  
 Live Lounge with Chantal Louise Lappin  
 Local author HL Morgan  
 Jo Conchie, Producer and Director  
 Cheshire Fire and Rescue Service  
 Cheshire Police  
 Winsford Men in Sheds  
 Gathered Voices Women's Choir  
 BDC Bethz Dance Company  
 Central Cheshire Maternity Voices  
 Healthwatch Cheshire West  
 Survive  
 Body Positive Cheshire & North Wales

### Ellesmere Port

Saturday 14th March

Sarah Hilton, footballer for Wales, and lecturer  
Chester Frosties open water swimming group  
Musician Dolly Boo  
Professor Wendy McCracken  
Anna Jackson, Paralympian  
Live Lounge

...and so much more

See our website to find out more

[www.motherwellcheshirecio.com](http://www.motherwellcheshirecio.com)

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### More news from Motherwell

♥♥♥♥ 'Motherwell membership' ♥♥♥♥♥

for just £10 a month you will have access to :

- \* 10% discount on our wellbeing days
  - \* 10% discount on all our inhouse training
  - \* 10% from local businesses, in the towns of:
    - Congleton and Macclesfield
    - Crewe and Nantwich.
    - Winsford and Northwich.
    - Chester and Ellesmere Port.
  - \* Access to online resources covering a full range of topics.
  - \* A podcast a month with our panel of "experts"
  - \* A secret group on facebook where we will have different topic once or twice a week,  
like success sunday, Wellbeing wednesday.
  - \* welcome pack with our 'little book of sparkle' sent to you in the post.
- We have worked hard in pulling this all together and hope you be interested in joining  
our community.

### Fancy a challenge...

... we have many opportunities this summer:

- Simply Health Manchester 10k Run on on 24th May
- a midnight walk up Mount Snowdon on the night of 13th June





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## Social Media

You can find us on;



<http://www.facebook.com/motherwellcheshirecio>



- @motherwellcheshire



- @motherwellCEO

Each of our projects have their own page

The Journey of the Wonder Women (for events and fundraising opportunities)

- <http://www.facebook.com/thejourneyofthewonderwomen>

Cherry Blossom Infant Loss Support Service

- <http://www.facebook.com/cherryblossominfantloss>

Bright Stars Mentoring (women aged over 50)

- <http://www.facebook.com/brightstarsmentoring>

## Find out more



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