




# Inspire Cheshire

VOLUME 6

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A MAGAZINE TO INSPIRE GIRLS IN CHESHIRE



"NEVER LET  
ANYONE MAKE  
YOU FEEL YOU  
ARE NOT GOOD  
ENOUGH. YOU  
HAVE ALWAYS  
BEEN ENOUGH  
JUST AS YOU  
ARE"



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## Welcome

Welcome to our Summer 1 edition of Inspire Cheshire. A magazine dedicated to Inspiring young women in Cheshire.

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](mailto:inspirecheshire@motherwellcheshirecio.com)

## This edition's Super Star

This edition's Super Star is Izzy Fletcher who took the honour of the junior who walked the furthest as part of Winsford Amateur Swimming Club's walking challenge over lockdown.

Over a period of just under 13 week, the club members and their families walked 19,678 kilometres, even further than the airline distance to Australia!

Swimmers swapped their goggles for walking shoes as club representative Claire Turner organised the event with the ambition of walking the distance between John o' Groats and Land's End, the total distance being 1,407 kilometres.

Distances were logged using the Strava app and a small prize was arranged for the family and junior that walked the greatest distance. Izzy topped the junior leader board at a total of 940 km walked - well done Izzy!



**Do you know an inspiring local Super Star?**  
**Drop us a line at [inspirecheshire@motherwellcheshirecio.com](mailto:inspirecheshire@motherwellcheshirecio.com)**





## I can cook...

### Chocolate chip cookies

Sometimes only a sweet treat will do!  
These cookies are simple and delicious.

125g Unsalted butter or margarine  
115g Light Brown soft Sugar  
110g Caster Sugar  
1 Medium egg  
1 tsp Vanilla Extract  
220g Self Raising Flour  
0.5 tsp Salt  
200g Chocolate chips (we used milk chocolate)

1. Preheat oven to 180°C
2. Line a baking tray with greaseproof paper.
3. Mix the butter and both sugars together until soft.
4. Add in eggs and keep stirring until well mixed.
5. Sieve the flour into the bowl and add the salt and vanilla.
6. Finally add in chocolate chips and stir everything together until the mixture sticks together and looks like a dough.
7. Divide mixture into little balls and place on baking tray, spacing them well apart.
8. Put into oven for 7 minutes then check in on them, they should be a golden brown and have spread out.
9. Remove from oven and allow to cool (at least a little!) before eating.



## Competition corner

Fancy winning one of our fabulous #IAM pin badges? Designed by our Youth Board these are very exclusive!

This issue's competition is about friendship. What does friendship mean to you?

Send us your poem, picture, or short story about what friendship means to you, and you could win one of these lovely badges.

Entries can be sent to:

[inspirecheshire@motherwellcheshirecio.com](mailto:inspirecheshire@motherwellcheshirecio.com)

## Activities to help with anxiety

### Stress Sock

Fill an old sock with something soft.

You could use bubble wrap, foam packaging, a washing up or shower sponge, rolled up socks or scrunched up wrapping paper.

Tie a knot in the top of the sock or use a hair bobble or elastic band to keep the contents in.

Squeeze and release the sock in a rhythm that feels right for you.

### Let it go box

Find a box, something small like a shoe box or a chocolate box.

Write down what's worrying you on a piece of paper and place it in the box.

Tell yourself that you don't need to think about the worry at the moment and you can let it go and leave it in the box for now.

You can do this as many times as you like.

Remember to keep the box somewhere private.

### Sense drawer

Make a space in a cupboard or drawer for things that will help you when you're feeling anxious or panicked.

Choose things with a noticeable smell, taste, feel, colour or that make a noise.

You could include shampoo or soap to smell, a mint to taste, a fluffy sock to touch, a brightly coloured drawing or wrapping paper to look at or a plastic container with beads or dried pasta in to shake.

### Nature

Spend 5 or 10 minutes every day to connect with nature.

Look out of the window and watch the clouds. Look at holiday photos on the beach or in the countryside. Watch a video of the sea or a walk through a forest. Listen to birds singing or dogs barking nearby. Imagine being outdoors somewhere calm and peaceful by a waterfall or on a mountain path.

### Write it down.

Ask yourself if that thought or activity is helping you or not right now.

If it's not helping, choose to think or do something different.

You could try getting out of bed and doing 10 star jumps, thinking about a happy memory instead of a sad one or chatting to a friend online instead of feeling alone

## Breathing exercises

Taking slow, deep breaths can help you feel calmer and more relaxed. You can try just one of these exercises or as many as you like. You might need to repeat an exercise a few times until you feel it working.

Try to take deep breaths where you can feel your chest rising. When you breathe out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.

### Deep breathing basics

Breathe in, breathe out

If you're feeling overwhelmed,  
take some long, deep breaths.

Breathe and sigh

Breathe in through your nose

Make a big sigh and drop your  
shoulders downwards as you  
breathe out through your mouth

**Repeat 4 times**

### Calming words

Breathe in while you say to  
yourself "I feel calm"

Breathe out while you say to  
yourself "I let go of stress"

Breathe in while you say to  
yourself "Feel calm"

Breathe out and say to yourself  
"Let go of stress"

### Slow breaths

Breathe in slowly while you count

1, 2, 3, 4

Breathe out slowly while you

count 4, 3, 2, 1

**Repeat 4 times**

### Deep calm

Breathe in for 4 seconds

Hold for 7 seconds

Breathe out for 8 seconds

**Repeat 4 times**

### Square breathing

Breathe in as you count 1, 2, 3, 4

Hold as you count 1, 2, 3, 4

Breathe out as you count 1, 2, 3, 4

Hold as you count 1, 2, 3, 4

Keep your counting even and trace  
your finger along the 4 edges of a  
box of tissues or a dice if that  
helps you to keep focus

**Repeat 3 times**

## Uniform Exchange

Had a sudden growth spurt? Lost your PE kit? Starting a new school? If you need some new uniform get in touch with one of the local uniform exchanges to find what you need. 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 Tuesday and Wednesday  
2-4pm

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



Email [motherwellhub@motherwellcheshirecio.com](mailto:motherwellhub@motherwellcheshirecio.com)

Facebook [www.facebook.com/MWCommunityHub](https://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](http://www.uniformexchangewinsford.co.uk)

Or Facebook [www.facebook.com/uniformexchangewinsford](https://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](mailto: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.

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

Crewe and Winsford Prince's Trust Teams are recruiting for their next team programme starting on 1 June 2021.

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](mailto:Megan.Stanley@cheshirefire.gov.uk) more information.

**Winsford TEAM**- Jennie Pye on 07875 565 095 or email [jennie.pye@cheshirefire.gov.uk](mailto:jennie.pye@cheshirefire.gov.uk)



**START  
SOMETHING**

## Boys Corner

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

Miss Sally inspires me because she really makes you understand what to do in swimming and she is very gentle.  
Manomay (7 years)

my auntie claire was great at playing hide and seek with me and this made me happy!!!  
James age 6

## Local Sports Groups

Now lockdown is easing, organised sports groups are back on! There are loads of local groups to get involved in, here are just a few:

**Winsford Diamonds FC** - girls teams from age 5

[www.winsforddiamonds.co.uk](http://www.winsforddiamonds.co.uk)

**Crewe FC** - girl's teams from under 8s

[www.crewefc.org.uk/teams/girls](http://www.crewefc.org.uk/teams/girls)

**Crewe and Nantwich RUFC** mini and juniors

[www.facebook.com/CNRUGBYMJ](https://www.facebook.com/CNRUGBYMJ)

**Ladyhawks Netball club**. Junior teams from age 5-17

[www.facebook.com/ladyhawksnetball](https://www.facebook.com/ladyhawksnetball)

**Nantwich Town FC Wildcats** under 11 and under 12s teams

[www.nantwichtownfc.co.uk](http://www.nantwichtownfc.co.uk)

## National Helplines

**Shout**- Crisis Text Line - 24hr textline - Text 85258 [www.giveusashout.org](http://www.giveusashout.org)

**Child Line** - 24hr helpline - 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**Bullying UK** - advice and helpline - 0808 800 222 [www.bullying.co.uk](http://www.bullying.co.uk)

**Papyrus** - Prevention of Young Suicide - 0800 068 4141 [papyrus-uk.org](http://papyrus-uk.org)

**Kooth** - online mental wellbeing community for young people [kooth.com](http://kooth.com)

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