

SCHOOL ENGAGEMENT PACK 2022



What we can offer your school...

- Inspire Counselling Service
- Period Poverty Bags
- Toolkit & Resources #NOMORE
- Educational Workshops
Young People
- Educational Workshops
Parents/Guardians/Carers
- Involvement in our International
Women's Day Celebrations
- #IAM Youth Board
- First Aid For Mental Health
Training (Open to all genders)
- Uniform Hub

All of our services are free but funded!

INSPIRE COUNSELLING

We can offer your school our Inspire Counselling Service, this is for girls Year 9, up to age 18. We can provide you with a BACP registered counsellor who can come into your school, one day per week, to counsel, or you can refer to our counselling rooms at our Crewe office.

To refer to the Inspire project, please contact us on 01606 557666 or email referrals at referrals@motherwellcheshirecio.com






PERIOD POVERTY



WE WOULD LIKE ALL SCHOOLS TO HAVE 'PERIOD POVERTY' DISTRIBUTION STATIONS. WE WILL PROVIDE YOUR SCHOOL, FREE OF CHARGE, SELF-CARE BAGS & ONGOING SUPPLIES OF SANITARY WEAR.



PLEASE CONTACT US TO MAKE ARRANGEMENTS

hr@motherwellcheshirecio.com

When period poverty has become a coined and well-established term, we need to realize that we have a problem. Period poverty describes the struggle many low-income women and girls face while trying to afford menstrual products. The term refers to the increased economic vulnerability people face due the financial burden posed by menstrual supplies. These include not only sanitary towels and tampons, but also related costs such as pain medication and underwear.

(Nobel Peace Center 2020)



TOOLKIT & RESOURCES

#NOMORE



Our toolkit has been specially designed by the Motherwell Cheshire team.

We have made the toolkit as user-friendly as possible and it is available, on our website

www.motherwelcheshirecio.com

Click on the #NOMORE Campaign button to give you quick and easy downloadable resources. Each section is bespoke to young people, parents, and schools, providing unique support and guidance.

We can also offer free training on how to use the toolkit.

EDUCATIONAL WORKSHOPS
YOUNG PEOPLE

UNDERSTANDING SELF-HARM

TACKLING THE IMPACT OF SUBSTANCE MISUSE

COUNTY LINES

ANGER WORKSHOP



EDUCATIONAL WORKSHOPS
PARENTS/GUARDIANS/CARERS

WORKING WITH ANXIOUS THOUGHTS IN YOUNG PEOPLE

WHY DOES MY CHILD SELF-HARM?

AWARENESS & SIGNS OF GROOMING IN CHILDREN AND
YOUNG PEOPLE

STARTING A CONVERSATION HANDBOOK FOR PARENTS





INVOLVEMENT IN OUR INTERNATIONAL WOMEN'S DAY CELEBRATIONS

INTERNATIONAL WOMEN'S DAY 2022

WE ARE VERY EXCITED TO BE ONCE AGAIN DEEP INTO THE PLANNING STAGES OF OUR ANNUAL WOMEN'S DAY CELEBRATIONS. HAVING BEEN VIRTUAL IN 2021, WE ARE LOOKING FORWARD TO RETURNING TO CREWE AND WINSFORD IN PERSON ON THE 5TH AND 19TH OF MARCH 2022 RESPECTIVELY. WE WILL BE BRINGING YOU TWO WONDERFUL, INTERACTIVE CELEBRATIONS COMPLETE WITH MARKETPLACES SUPPORTING LOCAL TRADERS.

HOWEVER, ONE BIG DIFFERENCE THIS TIME IS THAT WE WILL ALSO BE OFFERING A FULL PROGRAMME OF TALKS THAT WILL BE VIRTUAL, ALLOWING YOU TO WATCH FROM THE COMFORT OF YOUR OWN HOME AND TO ASK QUESTIONS, OR TO WATCH BACK AT A TIME CONVENIENT TO YOU.

WE WOULD LIKE TO DO 'BRICK WALLS' WITH SCHOOLS - SECONDARY SCHOOLS, WE ARE ASKING YOUR STUDENTS TO CHOOSE EITHER SOMETHING POSITIVE A WALL REPRESENTS (EG SAFETY, HOME, ETC) OR SOMETHING NEGATIVE (EG BARRIER, SHUT OUT, ETC). WE ARE ASKING EACH YOUNG PERSON TO WRITE OR DRAW ON A BRICK TEMPLATE (WE CAN PROVIDE THESE). PLEASE CONTACT US IF ANY OF YOUR FORMS WOULD LIKE TO TAKE PART IN THIS BY JANUARY 31ST WHEN WE WILL DROP OFF THE TEMPLATES. WE WILL PICK THESE UP AGAIN ON FEBRUARY 18TH.

IF YOUR SCHOOL CAN IDENTIFY ANY YOUNG PEOPLE WHO WOULD LIKE TO READ THEIR OWN POEM AT THE OPEN MIC, OR ANY YOUNG SINGERS, DANCERS, MUSICIANS, ETC WHO MAY WISH TO PERFORM WE WOULD LOVE TO HEAR ABOUT THEM. PLEASE EMAIL:

events@motherwellcheshirecio.com

International Women's Day

Crewe Women's Day

Saturday 5th March 2022

#Encourage #Inspire #Empower

Celebrating Women of Words #WOW

Encourage, Inspire, Empower

International Women's Day

Winsford Women's Day

Saturday 19th March 2022

#Encourage #Inspire #Empower

Celebrating Women of Words #WOW

Encourage, Inspire, Empower

#IAM YOUTH BOARD



We are looking for girls Year 9, up to age 18 who would like to join our #IAM 'Inspire@Motherwell' Youth Board.

If you know any of your students who are passionate about mental health & would like to have a say on our services, help shape our next campaign, have ideas about designs and merchandising, then please get in touch via our social media or email us @ inspirecheshire@motherwellcheshirecio.com



FIRST AID FOR MENTAL HEALTH TRAINING
(OPEN TO ALL GENDERS)

MENTAL HEALTH MATTERS CAMPAIGN



WANT TO TRAIN AS A
MENTAL HEALTH
AMBASSADOR?

FREE ACCREDITED FIRST
AID FOR MENTAL HEALTH
COURSE

FOR YOUNG PEOPLE AGED 14 PLUS

25TH FEBRUARY
12-4PM

MOTHERWELL HUB
54-64 BEECH DRIVE
WISTATSON, CW2 8RQ

DELIVERED BY UNIPART RAIL
TEL: 07825 786997
LIZ.HANCOCK@UNIPARTRAIL.COM



UNIFORM HUB

MOTHERWELL COMMUNITY SHARE HUB

OUR SUSTAINABLE, ACCESSIBLE TO ALL SCHEME, PROVIDES A RANGE OF DIFFERENT SERVICES FOR ALL OF OUR COMMUNITY.

WE CAN PROVIDE EVERYTHING FROM OUR BABY BANK AND MATERNITY HAMPERS TO SCHOOL UNIFORMS, STATIONERY, AND PERIOD POVERTY SUPPLIES. AND IN ADDITION, WE HAVE OUR FANCY DRESS, PROM DRESS, AND A COMMUNITY LIBRARY RENTAL SERVICE.

WHATEVER YOU MAY NEED, WE WILL TRY OUR BEST TO HELP. NO QUESTIONS ASKED!

AT MOTHERWELL, OUR VISION IS THAT WOMEN AND GIRLS ARE ABLE TO MEET THE CHALLENGES IN THEIR LIVES AND ACCESS SUPPORT, EDUCATION, AND ADVOCACY WHENEVER THEY NEED IT, IN ORDER TO FULFIL THEIR POTENTIAL. WE WANT TO SET OUR COMMUNITY UP FOR SUCCESS WHILST REDUCING INEQUALITIES; WE WANT ALL OUR COMMUNITY TO BENEFIT FROM THIS VITAL SERVICE.

THE HUB STARTED IN 2019 AS CREWE AND NANTWICH UNIFORM EXCHANGE, FOR THE LOCAL COMMUNITY, A SUSTAINABLE SERVICE THAT GAVE THE LOCAL COMMUNITY A PLACE TO DONATE THEIR NO LONGER NEEDED SCHOOL IN RETURN THEY COULD COLLECT ITEMS THEY REQUIRE. IN OCTOBER 2020 WE LAUNCHED AS THE COMMUNITY SHARE HUB AND THE SERVICE HAS CONTINUED TO EXPAND.

SCHOOL UNIFORMS

WE STOCK BOTH PRIMARY AND SECONDARY SCHOOL UNIFORMS FOR ALL GENDERS, BRANDED ITEMS, AND GENERIC ITEMS.

ITEMS HAVE BEEN DONATED BY THE LOCAL COMMUNITY, MANY LIKE NEW.



Motherwell Cheshire

#womensupportingwomen



Believe - supporting mums and mums to be whose child/children are on a child protection plan. Each mum has a dedicated support worker who offers bespoke mental health support, and a Mentor to assist with life skills, inspiring more confidence and self belief.



Mums Uniting Mums - empowering women to support themselves and other women on the mothering journey. Support includes: counselling; wellbeing programmes; New Life and Me group for mums of children up to 2 years; Mindful Mums for work life balance.



Inspire - Supporting girls aged 14-18 with their mental health. Includes counselling, peer support, mentoring, therapeutic groups and #IAM Youth Board. Inspire aims to help girls feel more positive about themselves, have improved relationships and feel more able to cope.

Motherwell Community



Community Share Hub - helping families facing financial difficulties access appropriate school uniform so they don't feel singled out. The Hub provides access to preloved school uniform, school bags, winter coats and even fancy dress.



Bright Stars - our intergenerational mentoring programme for the over 45s. Volunteering opportunities for more mature ladies to share their life experience and nurturing by supporting younger generations of mums who need a helping hand or listening ear.



#IAM Youth Board - girls and young women encouraging, inspiring and empowering other girls. Our board is made up of volunteers aged 14-19. They are shaping campaigns, creating merchandise and creating our Inspire Magazine. The project aims to help other young people with their mental wellbeing.



Womens Day - Our Womens Day Committee meets monthly to help plan our Womens Day Celebrations. Our Womens Days are to celebrate International Womens Day on March 8th each year. The events are themed to address local issues. We welcome all to join our committee.



VISION

Our vision is that women and girls are able to meet the challenges in their lives and access support, education, and advocacy whenever they need it, in order to fulfil their potential.

MISSION

Encourage, inspire and empower all women and girls to improve their mental health and challenge the associated stigma.

OBJECTIVES

In order to achieve Our Mission, we aim to:

Expand our services for women and girls in Cheshire and beyond, allowing us to reach more people and change more lives;

Continue to grow as an organisation, developing and delivering new activities and projects and diversifying and maximising our income;

Maximise the skills and capacity of staff and volunteers, and create training opportunities for people who want to volunteer to support, develop, and extend our services;

Ensure appropriate premises and infrastructure are in place to support our continued development;

Ensure the appropriate governance and leadership to improve Motherwell's sustainability, allowing us to be forward-looking and continue to provide high-quality services that are responsive to the needs of our beneficiaries.

CONTACT

Call referrals on 01606 557666 or email us
at referrals@motherwellcheshirecio.com

hr@motherwellcheshirecio.com

inspirecheshire@motherwellcheshirecio.com

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