



# InspireCheshire

VOLUME 8

OCTOBER 2021

A MAGAZINE TO INSPIRE GIRLS IN CHESHIRE



#DARETOBEDIFFERENT



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## Welcome

Welcome to our Autumn edition of Inspire Cheshire. In this issue we take a look at Black History Month, focus on sport, and highlight some great things going on locally. 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](mailto:inspirecheshire@motherwellcheshirecio.com)

## Local Super Stars

Local Scouts Superstar Emily tells us a little about getting her Chief Scout's Gold Award:



"Hello, I'm Emily. I recently achieved my Chief Scout's gold award; this is the highest award in scouts. In scouts we learn how to improve our teamwork and leadership skills. During my time in scouts, I have taken part in many scout camps where we take part in lots of activities such as orienteering, abseiling, cooking, shooting, archery and hiking. Nothing stops us when we are on our camps even torrential rain and mud - we like to get muddy.

We are recognised for our achievements in the scouting community with challenge badges.

Since joining scouts I have grown in my confidence and become more outgoing and I'm not afraid to try something new!

I am now working towards my young leader belt and also my platinum award within the Explorer Scouts section. My advice to anyone wanting to join scouts is to try it and give it a go even if it takes you out of your comfort zone as you may enjoy it!"

**Find out more about Scouting in Cheshire, and find your local pack at  
[www.cheshirescouts.org.uk](http://www.cheshirescouts.org.uk)**

# Inspiring Community Spirit

A close-knit neighbourhood can give people a sense of pride and belonging that's great for wellbeing. One of the key aims of the Inspire Project is to empower girls and young women to shape their local community.

There are lots of good reasons to support your local community, which includes fantastic benefits for you and your neighbourhood., some of which are outlined here:

## Benefits for you:

- Build self-confidence and self-worth
- Gain new skills and experiences
- Make friends with likeminded people
- Feel a sense of pride and achievement from making a difference
- Acquire experience you can add to your CV, which will support your career and job prospects
- The feeling of being part of something greater than yourself.

## Benefits for everyone:

- A friendlier place to live
- Improved amenities and environment
- Happier people connected through friendship and support
- A sense of security

## Ways you can help:

Create a healthy environment: how can you improve the are you live in? Could you organise a litter pick with friends and neighbours, or take part in a wild flower planting scheme or conservation work.

Be a good neighbour: this can be as simple as saying a cheery hello to older residents you see, or maybe you could run an errand for someone who finds it hard to get out (check with a parent or guardian first).

Be innovative: do you have an idea for an event, activity or resource that could make a real difference to your community? Discuss your ideas with friends and neighbours to get support.

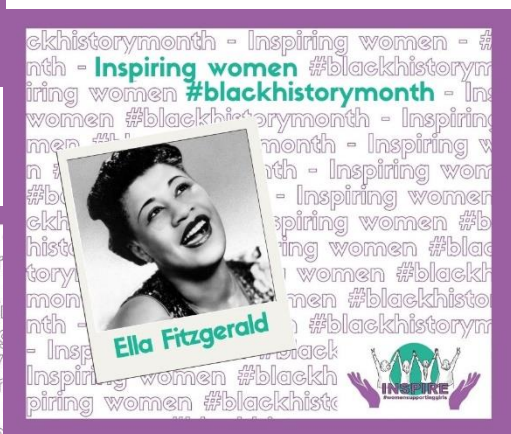
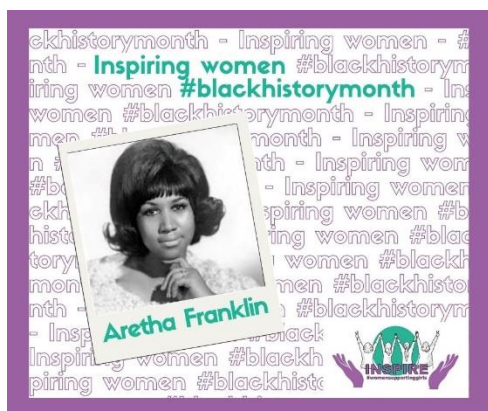
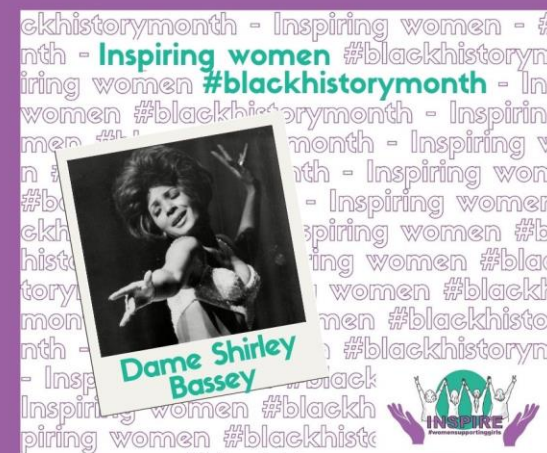
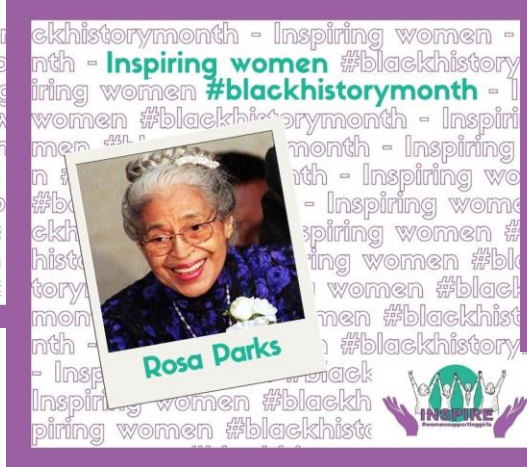
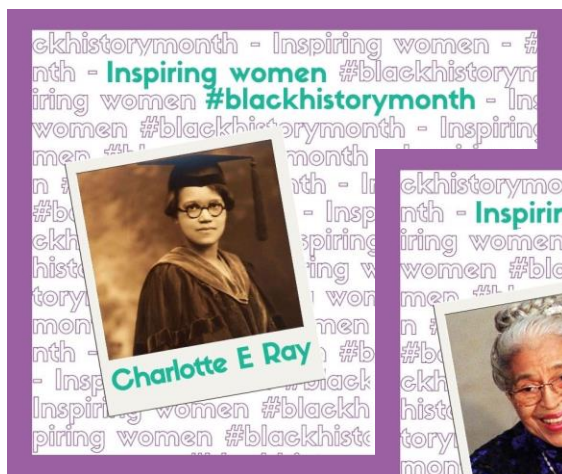
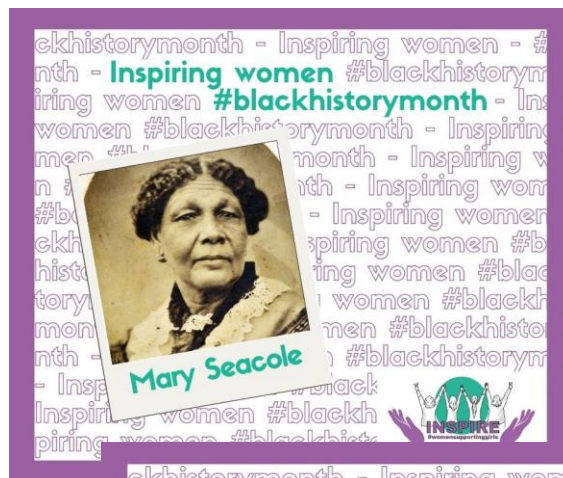
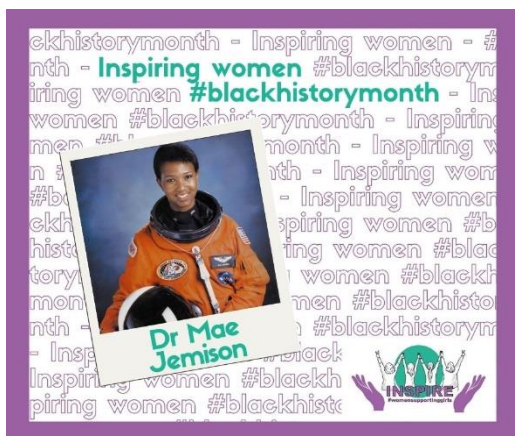
Share your gifts: are you good at art? Can you play a musical instrument? How can you share your talents with the community? Perhaps you'd like to share a story, artwork or photos in the Inspire Magazine? Email us your ideas!

Get involved: Why not join our #IAM youth board? The board is made up of volunteers aged 14-19 who are passionate about mental health and wellbeing for other young people, shaping campaigns, and training as Mental Health First Aid ambassadors.



# Black History Month

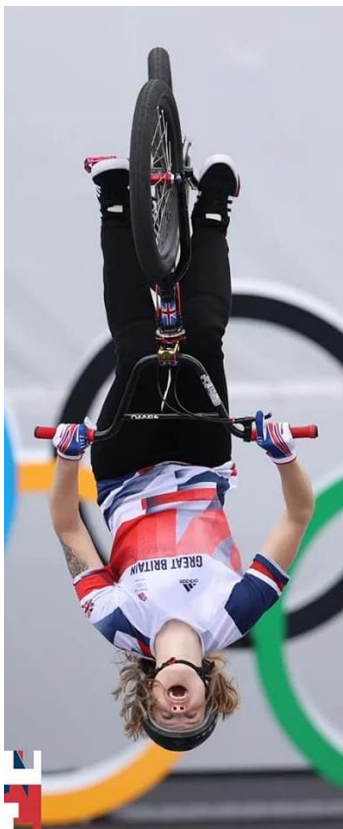
October is Black History Month. These are a few of the many influential and inspiring black women in history. Which have you heard of? What can you find out about them?





## Celebrating in sports

There have been some fantastic sporting achievements from sportswomen recently - here's some of our favourites:



**Charlotte Worthington**

Gold medal winner at Tokyo 2020 in Cycling BMX Freestyle. She became the first woman in history to land a 360-degree backflip in competition.



**Kate Ledecky**

Owens more individual Olympic Gold Medals than any other female swimmer in Olympic history (6)

**Charlotte Dujardin**

Won individual bronze and team bronze at Tokyo 2020, to take her medal tally to six, to become the most decorated British female Olympian.



**Emma Raducanu**

Won the US Open at only 18 years old. The first UK woman to a Grand Slam for more than 40 years. She played more matches than anyone else, but didn't lose a single set.



# Cheshire East Youth Council

Exciting news! Cheshire East Youth Council is now recruiting 11-16 year olds who would like to become a Member of Youth Parliament from March 2022-February 2024.

Please share this opportunity far and wide!

If you know of any young people who are passionate about having a say in decisions that affect them, having a voice within the communities in which they live, or being involved in local and national decision making - then this opportunity is for them! The Youth Council will help to develop their confidence and communication skills, it's a great chance to meet new people and looks great on their CV.

The selection event takes place on:

**27th and 28th October from 10:00am-3:30pm at Crewe Lifestyle Centre**

(through the family centre entrance).

The selection event will include the following activities:

- Writing/Creating a manifesto
- Debate
- Icebreaker/team building games
- Issue based discussions
- A trip to the council chamber

Spaces are limited so please encourage your young people to book a space quickly to avoid disappointment.

If you would like us to come and meet with your young people about the opportunity (virtually or face to face) then please let us know. Also, if you would like any further information, please call Annie Britton on 07890321844 or email [participation@cheshireeast.gov.uk](mailto:participation@cheshireeast.gov.uk).



# UK Parliament Week 1 - 7<sup>th</sup> November 2021



## WHAT IS UK PARLIAMENT WEEK?

UK Parliament Week (UKPW) is a celebration of people power. Designed especially for young people, you'll get a kit that helps you get informed about your UK Parliament, take action and make an impact on the issues you care about.

Last year almost 1 million people took part in every nation and region of the UK, and countries all over the world.

## WHAT'S IN IT FOR YOU?

When you sign up, you'll be sent a free kit packed with goodies including an activity booklet, a ballot box, some seeds to plant, and more!

You can pick and choose from the options in the booklet to tailor your UK Parliament Week activity to suit whatever time you have available and age groups you're working with.

Plan ahead or just open your kit and go! Taking part is that easy!



## NEED SOME INSPIRATION?

With over 8,000 activities last year, UK Parliament Week was celebrated in all sorts of ways. Here are a few ideas to get you started:

- online Q&A sessions, quizzes and lively debates
- creating petitions and campaigning for change
- making videos and posting online
- debating issues and holding votes
- themed assemblies and school council elections
- baking, crafting and colouring
- virtual chats with MPs, members of the House of Lords, local councillors or mayors, MLAs, MSs and MSPs

For more information or to sign up go to [www.ukparliamentweek.org](http://www.ukparliamentweek.org)

## Competition corner

This issue's competition is all about sport – send us a photo of yourself taking part in a sporting activity to win a gorgeous Hello Calm gift box filled with treats to help you relax.



Entries can be sent to:

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

## Managing Emotions – talking about and understanding them

Managing and understanding what and how we are feeling can be really hard to recognise in ourselves. Why we are feeling a certain way. Why we react to certain situations differently to our friends and peers. Talking our feelings out can help us to process what we are feeling and make sense of them. This can also help us to feel calmer and more relaxed.

A good way to begin recognising our emotions and feelings is to talk about them. Try to describe to yourself or somebody else what you are feeling and where you are feeling it. Maybe closing your eyes and seeing the feeling helps, or writing it down or drawing it out. What happened to make you feel this way?

Once you have recognised the feeling, put a name or label to it. If you are feeling happy, what made you happy? If you are feeling sad, what was it that made you sad? If you are feeling angry what happened to make you cross? If you are feeling frustrated, what made you frustrated? If you are feeling jealous, what made you feel jealous? Doing this can make it easier the next time we feel or experience the same thing.

It is really important to know that it is ok to feel all of these different emotions, even the ones that we do not think are very nice or feel very nice like feeling angry, envious, jealous or selfish.



These feelings and emotions may feel challenging and overwhelming but they are normal and something that we all feel at different times. Understanding why we are feeling or reacting to certain situations and things can help us to better understand ourselves.

A good way to help us explore what we are feeling is through feeling it in our face. Our different facial expressions can help us to make the connection with the feeling or emotion we are experiencing. An upturned mouth could mean we are happy, a downturned one unhappy, a scrunched up face could mean we are angry. Try yourself and see what you feel, what is your nose doing? How do your eyebrows look? Are you frowning?

The below emojis show what our face might or might not look or feel like.



Another good way to explore how we are feeling is to use an emotions thermometer like the one here, see if you can use the one shown here to identify some of the different feelings and emotions you may be using and what level they are at.

Our emotions and feelings can be complex to understand, sharing how we feel with other people can help us to understand that our peers, friends and family also feel the same things. Hearing how other people feel can help us to understand and manage the way we are feeling yourself.

## Fancy dress hire!

Our Community Hub at Wistaston now hires out children's fancy dress - including lots of options for Halloween! **Open 2pm - 4pm Tuesday and Thursday.**



## Motherwell Community Share Hub

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

Facebook [www.facebook.com/MWCommunityHub](https://www.facebook.com/MWCommunityHub)





# 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



## 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](mailto:cadet27@cheshirefire.gov.uk) - Winsford



### Army Cadets

[www.armycadets.com](http://www.armycadets.com) - Crewe and Nantwich

## 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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