



InspireCheshire

VOLUME 9

DECEMBER 2021

A MAGAZINE TO INSPIRE GIRLS IN CHESHIRE



#BEYOUROWNINSPIRATION



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FIRE & RESCUE SERVICE



Welcome

Welcome to our Winter edition of Inspire Cheshire. We have lots to Inspire you this issue - young people who have made fantastic sporting achievements, and others who have been busy being creative.

Why not enter our competition to win some of our brand new merchandise, plus read our tips on beating the winter blues.

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

Local Shining Stars: Summer Owen

Hi everyone. My name is Summer Owen and I'm 12 years old. Since I can remember I've always had a love for gymnastics even at home I would always be trying out different moves and be flipping all over the house or practising on my trampoline outside. I think I started going to my first gym club at around 3 years old. I loved it and would watch the older gymnasts and hoped I'd be as good as they were one day.

After a couple of years, I was asked by the club to join their TeamGym classes which is a team of gymnasts that compete across 4 disciplines, floor, tumble, trampet and vault. Teamgym requires great teamwork, excellent technique and huge acrobatic elements. I love being part of a team as we are always there to support and encourage each other and to cheer each other on.

I started to compete with the team at quite a young age. Each year there is a qualifying competition where we compete with other teams from around the country to qualify for the British Finals. Our team have been very lucky to qualify for the finals for several years now and we have travelled to different parts of the country to compete in the British finals. I found a real passion for gym as the years went on and it gave me a sense of freedom and I've made amazing friends along the way. I currently train 3 times a week with the team at my local club LS Gymnastics Crewe Academy (LSGCA). We have amazing coaches who are supportive and encouraging and have a huge passion for what they do. As I train at least 10 hours a week I make sure I do my homework on my days off, so I don't fall behind at school. I don't have to worry on the days that I'm in gym then and can concentrate on my training sessions and working on my skills especially if we have a competition approaching.



My biggest achievement so far was actually this year when we took part in the TeamGym British Finals in Stoke. Our first competition since Covid. We'd worked really hard to qualify this year and we were over the moon to get through to the finals. It was a tough competition, but we came away in 2nd place and a silver medal! It was the best feeling ever and a dream come true! All the hard work had paid off especially as Covid had put a stop to our training for quite some time. It's given me even more drive and determination to keep improving and pushing myself even further.

My ultimate goal is to one day compete in the TeamGym European Championships. Only last weekend we got to watch 3 of our senior gymnasts from our club compete in the European Championships in Portugal with their teams. It was amazing to watch, they were such an inspiration and Team GB made history by getting a gold medal in the mixed junior team and 2nd place in the Senior mixed Team! We were all so proud of them and I hope one day I can inspire our younger gymnasts to also follow their dreams and to never give up in whatever it is you may choose to do.



If you work hard and dream big you can achieve anything you put your mind to. If you think you'd like to give gymnastics a try at any level at all then please come along and see what it's all about or visit the website at www.lsgymnastics.co.uk

I hope you've enjoyed reading about my gymnastics journey so far and hopefully there will be lots more to come in the future! Love from Summer

Local Shining Stars: Mia Brookes

Mia is a Team GB snowboard slopestyle athlete and last year in December we decided to take and live in our caravan out in the Swiss alps just as the lockdown happened and schools announced they would be closing for a few months over the winter period and children would be able to learn remotely. It was a difficult decision as it meant we would be apart as a family, Dad needed to stay home and work, but if we didn't take the plunge and go, then Mia quite possibly wouldn't be able to leave the UK to train and compete abroad at all this past season.

This year Mia turned 14 in January so she was able to step up to senior European competitions and she was very excited about this as she has been competing world wide in junior championship since she was 10, winning many and also ranked no1 in the World rookie champs (pre pandemic). Mia was the youngest competitor by 3 years but she felt she wanted to compete against other nations to see what the level was if she wanted to represent Great Britain the XGames and Winter Olympics. Mia's aim was maybe to be top 10 at the events & to just see what she needed to work on moving forward, but she did much better and podiumed at every competition even winning two events in Davos and Leysin, both in Switzerland. Mia's results after all of the competitions entered this winter meant that Mia finished ranked no3 in the FIS Europa cup championships 2021, something she could only dream of in her first year in Europa cups!



Mia is about to begin a 4 year training and qualification journey with Team GB for Milan 2026 Winter Olympics for both snowboard slopestyle and big air. Although capable now, Mia is 19 days too young to qualify for Beijing in January. Mia has always been very humble about her achievements within snowsports, & when home settles down and concentrates hard when back at school so she can catch up with school work. I just thought it would be nice to share with you about our local snowboarding athlete, from mountainless Cheshire, it just proves with hard work, dedication and commitment anything is possible.

Last month, Mia won her first two Europa cup competitions that she attended in Europe. Mia was also nominated for and then awarded Cheshire's Everybody Young Sports Achiever of the year 2021.

Mia attends Sandbach High school and has a few links on BBC sport and also featured weekly this Jan/Feb on ski Sunday from where we were based in Laax, Switzerland. You can also find Mia on Instagram and the GBsnowsport platforms. - Victoria Brookes (Mia's mum)

Inspire designers

You may remember that we said we were working with some fabulous young designers to design our INSPIRE MERCHANDISE.

Well we are so happy to introduce our Inspire designers:

Grace aged 8 from Wistaston Church Lane Academy designed this beautiful lined note book.



Find out more about Grace:

♥ Hobbies Drawing, dancing, swimming, reading, origami.

♥ Inspired by the adults in my family.

♥ When I'm older I'd like to be an author and illustrator

♥ I really like animals and nature, my favourite animal is a koala and I'd like to see them in the wild in Australia one day.



If you would like to purchase a book (or more!) they are only £3 & available by emailing your name phone number to inspirecheshire@motherwellcheshirecio.com

If you want a book posting it will be £2 postage.

Meet another of our young designers:

Harley Mellor aged 8, from Underwood West Academy



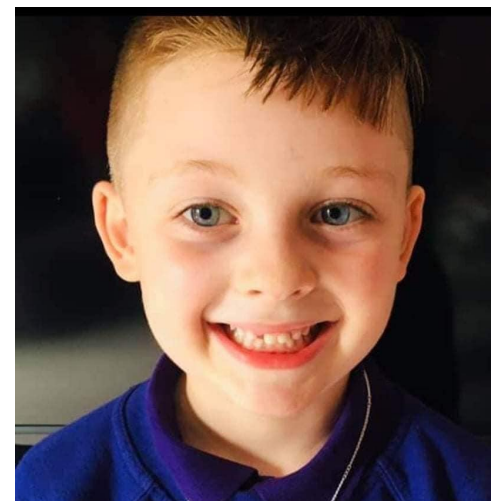
Find out more about Harley:

♥ Hobbies - Building with Lego and football

♥ Who inspires me - Inspired by game shows.

♥ I Love to help others and always keen to learn new things and make new friends.

Harley designed this fabulous tote bag, would you like a bag for only £3 please email inspirecheshire@motherwellcheshirecio.com with your phone number to order one.



These fabulous t-shirts were designed by Georgina, age 7, who goes to school in Shrewsbury.

Find out more about Georgina:

♥ Loves art and swimming.

♥ Admires Greta Thunberg and Coco Channel.

♥ She has recently donated 11.5 inches of her hair to a children's wig charity The Princess Trust.



Get your t-shirt now for only £6.

Available in the following sizes

6 Months, 4 years, 5 years, 6 years, 7 years, 8 years.

To place an order please email inspirecheshire@motherwellcheshirecio.com with age and telephone number so we can send a payment link.

#inspirethenextgeneration

#beyourowninspiration

Youth board

Join our youth board!

If you are passionate about joining other young women about having your voice heard and influencing change join our [#iam](#) youth board currently meeting in Crewe but want to set up a Winsford board as well.

Current topics the board are discussing and working on are :

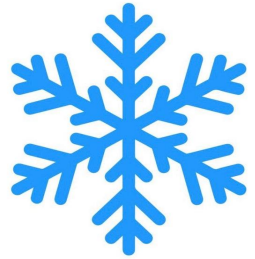
- Promoting women in sport & sport options in schools.
- Climate Change - what can we do locally to help support sustainability.
- Gender identity in schools.

The board is open to young women aged 11 plus if you would like to join us please email inspirecheshire@motherwellcheshirecio.com



Beating the Winter Blues

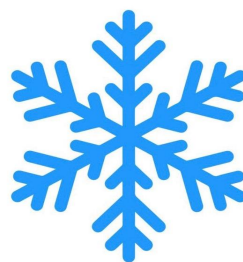
Many people feel their mood is lower or they just feel sad for no real reason during the colder winter months during the shorter, darker days. With less time to do the really fun things that you usually enjoy when there is lots of sunshine.



Some of the things individuals may experience could be irritability, tiredness, not being able to concentrate, a change in school work, a loss of appetite or losing interest in things previously enjoyed.

Read on to find some good healthy ways to keep your mood in tip top condition:

- * Keeping a journal can really help to express what it is you are thinking and feeling. Clearing your mind through expressing your thoughts, feelings and emotions by writing or drawing them out is a good way to release things that feel trapped inside.
- * Boost your vitamin D intake by getting out in the daylight hours especially around midday when the natural light is at its best, going out for a walk is a really good way to do this. Eat foods that are naturally rich in vitamin D or take a vitamin D supplement.
- * Make sure you have a good sleeping pattern getting too much sleep can be just as bad as not getting enough sleep, try to limit watching too much TV later in the evening or playing on video games as these contribute to keep you awake
- * Laughter is good for the soul, play a family game, watch your favourite funny tv programme or film and laugh away. Laughter is one of the quickest and easiest ways to instantly make you feel better.
- * Talk it out with someone you trust, spending quality time with loved ones doing a favourite activity, reading a book or just sharing with each other is another really good way to lift your mood



Competition corner

This issue's competition prize is our fab Inspire Cheshire merchandise pack including a notebook, t-shirt and bag featuring young people's designs.



To enter please answer the following question:

What's been your highlight of 2021 and why?

To enter send your answer to: inspirecheshire@motherwellcheshirecio.com

Closing date 20th January 2022.

Wellbeing Ambassadors

Want to become a Youth Wellbeing Ambassador?

In the new year we start our [#mentalhealthmatters](#) campaign.

Training young people (all genders up to) in level 1 First Aid in Mental Health.

Ideal for aged 11 years and up.

First Date 25th February 2022 12pm till 4pm

at our Crewe office, lunch will be provided.

To join us please email inspirecheshire@motherwellcheshirecio.com

Christmas Word Search



Words:

Christmas	Giving
Santa	Snowman
Carols	Holly
Elves	Wreath
Star	Reindeer
Lights	Joy

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 - 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

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