

INSPIRE CHESHIRE

MAGAZINE

AUTUMN/WINTER 2023

WINTER
WELLBEING

THE YOUNG VOICES
SHAPING OUR
COMMUNITY



CHESHIRE GIRLS CAN!



Hello and welcome back to another edition of Inspire Cheshire!

This time, we find ourselves in the midst of the autumn-winter term. This is always a busy one, and some might say it feels like the longest. You might be returning for yet another school year and getting to grips with your new timetable. Maybe you're in Year 11 and mocks are looming. Or perhaps you've made the transition from secondary to further education, meaning lots of new places, faces and things to learn. Throw in the excitement of Halloween, Bonfire Night and Christmas on top of all that, and you've got a packed four months!

It can be quite easy to get swept up in the hustle and bustle of these months; after the long summer break, you can often feel like you've hit the ground running. So it's important to keep in mind that your wellbeing may well fluctuate during this time.

The most noticeable changes might be to your physical wellbeing. With the changing of the seasons, the temperatures begin to drop. Of course, this is the time of year where lots of people start to get ill - colds, bugs and all manner of things can easily spread around school, so you might find yourself feeling under the weather. Keeping on top of your symptoms and treating them early can help before things get too bad and you have to take time off.

Another significant but slightly more subtle change can be your emotional wellbeing. Do you find yourself feeling more anxious, snapping at people or unable to focus in lessons? All these and more may be signs that your emotional wellbeing needs tending to. And it's perfectly understandable for it to suffer in these months - between the back to school rush, the stress of GCSEs and exams, and even just the prospect of change, there's a lot that can impact us.

Lastly, it is possible for your social wellbeing to be affected. The people in your classes may change, and so may your friend groups as a result. If you're starting somewhere new, you might have the challenge of making a new circle of friends entirely and feel isolated for a time. Or it could be the opposite - you could have gone from a quiet summer with a select few people to classes full of 30+ of your peers, and you may feel overwhelmed by this. Seeking out meaningful relationships, knowing who you can go to and knowing when to take some time for yourself are important parts of maintaining your social wellbeing.

However you're feeling, and however busy this term gets, it's important to check in with yourself regularly. How am I feeling? What helps me feel good? And if you're unsure of those answers, don't be afraid to reach out - be it to a family member, a friend or a trusted adult. Your wellbeing is essential for you to thrive and succeed!

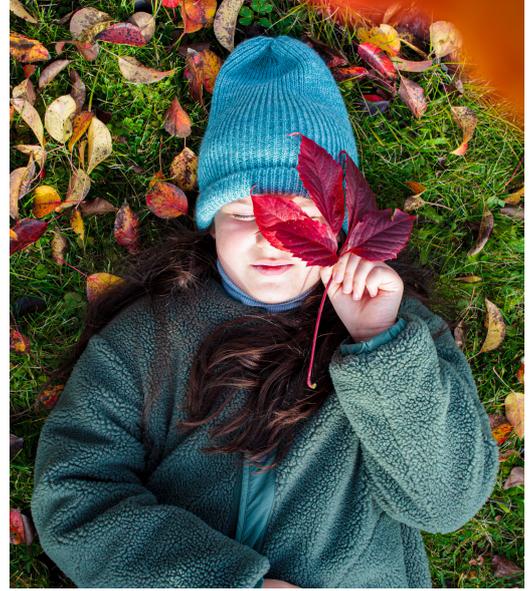
In this edition, you'll find tips and tricks on how to look after your wellbeing, along with ideas for studying and hobbies you may not have considered before. We hope you'll take something from our autumn-winter edition, and that you'll reach Christmas feeling happy and healthy.

Happy reading!
The Inspire Team



WINTER WELLBEING

As the leaves turn and temperatures drop, it's more important than ever to keep on top of our wellbeing! Here you can find some quick tips and tricks on how to look after the various aspects of your wellbeing.



Physical Self Care

- Bath/ shower
- Skincare session
- Eat nice food
- Exercise
- Go for a walk
- Do your nails
- Boxing
- Punch a pillow
- Gardening
- Drink water
- Walk the dog
- Take a nap

Social Self Care

- Talk to someone
- Join a club
- Movie night
- Sleepovers
- Days out
- Text a mate
- Bake together
- Game night
- Cuddle a pet
- Video chat
- Study groups
- Family time

Emotional Self Care

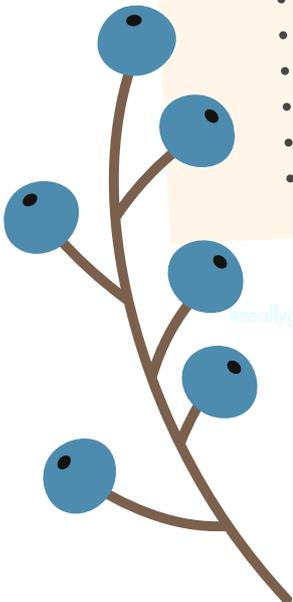
- Meditation
- Yoga
- Fidget toys
- Listen to music
- Arts and crafts
- Journaling
- Paint your feelings
- Breathing exercises
- Mindfulness
- Digital detox
- Make a playlist
- ASMR videos

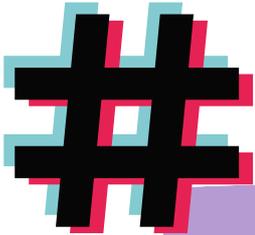
Practical Self Care

- Clean your room
- Get up early
- Plan your day
- Do your chores
- Get an early night
- Write a to-do list
- Declutter
- Make your bed
- Cook a meal
- Ask for help
- Dust your room
- Have a shower

areallygreatsite

Do you have any self care tips that work for you? Share them with us on Instagram @inspirecheshire





WHAT TO WATCH



STUDYTOKS TO HELP YOU #BEYOUROWNINSPIRATION!

It can be hard to stay motivated, and if you ever feel overwhelmed while studying it can make it difficult to focus. But did you know there are different methods to keep yourself focused? The following #StudyTok pages can help you to identify where your strengths lie, and also make you aware of new ways to help yourself with school or college work.



@studywithsoybean

Shares her favourite school supplies, stationary essentials, and apps to help you to study and stay organised!

1

2

studywithlizzz

Provides tips and life hacks to help you to study- suggesting different methods to those who may find it difficult to concentrate, and giving handy tips like how to memorise information, and organise your desk to create the best environment to work in.

3

@Jesstudyofficial

A real biomedical engineering student shares her tips to stop procrastinating, and motivation to stop you from focussing on failures in an honest, down to earth and sometime humorous way

4

@biesblog.study

One for the stationary lovers!
Videos of organising stationery and stationary collections with an ASMR vibe

LIVE

CHESHIRE GIRLS CAN!



51% of secondary girls say that “girls are put off sport and physical activity because of their experiences of school sport and PE”. This is a story we hear all too frequently at Inspire, so we want to break down barriers and change the narrative through our Cheshire Girl Can campaign.

What Are The Barriers Girls Face that Impacts Them Participating In Sport?

1. Lack of self-confidence

Girls, on average, have less self-confidence than boys and rate their performance or ability more negatively than do boys. Self-confidence is also linked to competition. Although some women enjoy the competitive element of sport, many girls and women are turned off sport because it's competitive. This is one of the reasons why 'aesthetic activities', such as aerobics, gymnastics, yoga, are

increasingly popular amongst girls and young women, and why some traditional team sports are less popular.

2. Male-dominated culture of sport

The culture of sport itself presents a problem. Some women/girls are turned off 'sport' altogether because they see it as a male-dominated activity. It is just not seen as feminine or 'girly' to be interested in sport and, for many girls, being sporty is felt to be at odds with being feminine.

3. Period and puberty

Puberty is a confusing time of significant physical, emotional and social change for girls, which they feel unprepared to deal with due to a lack of education. During this transition to adulthood, girls can form negative attitudes towards sport.

Local sports groups to break the stigma

46% of the least active girls agreed that they “don't like the activities we get to do in PE”. If your school doesn't offer something you're interested in, check out some of these local sports groups below!

Crewe and Nantwich Rugby club - <https://www.cnrugby.uk/>

Crewe football club - <https://crewefc.org.uk/teams?category=girls>

Nantwich football club- <https://www.nantwichtownfc.co.uk/community-football/>

Gymnastics - <https://www.british-gymnastics.org/discover/clubs/crewe>

Tennis - <https://www.nantwichtennisclub.co.uk/membership/junior-members/>

Hockey - <https://crewevagrants-hockeyclub.teamapp.com/clubs/133789?webpage=v1>

Netball - <https://www.facebook.com/ladyhawksnetball/posts/pfbid0KNvE9hEyC6jXZmN8Dno5djh37xnrTufWFFvYnyTg4D1695kBhrircpDx8YDbmz7VI>



THE YOUNG VOICES SHAPING OUR COMMUNITY

Have you heard? There's an exciting new development coming to Crewe... We will be getting our very own Youth Zone!

But what is a Youth Zone? Put simply, it is a centre that runs a large variety of activities for young people, in a safe and aspirational environment. Some of the many activities include climbing, boxing, arts and crafts, film and multimedia, and performing arts. There will also be opportunities to attend workshops and take part in a number of projects concerning youth and gender-specific issues. All of these are done with the aim of building confidence, forming new friendships and achieving new heights.

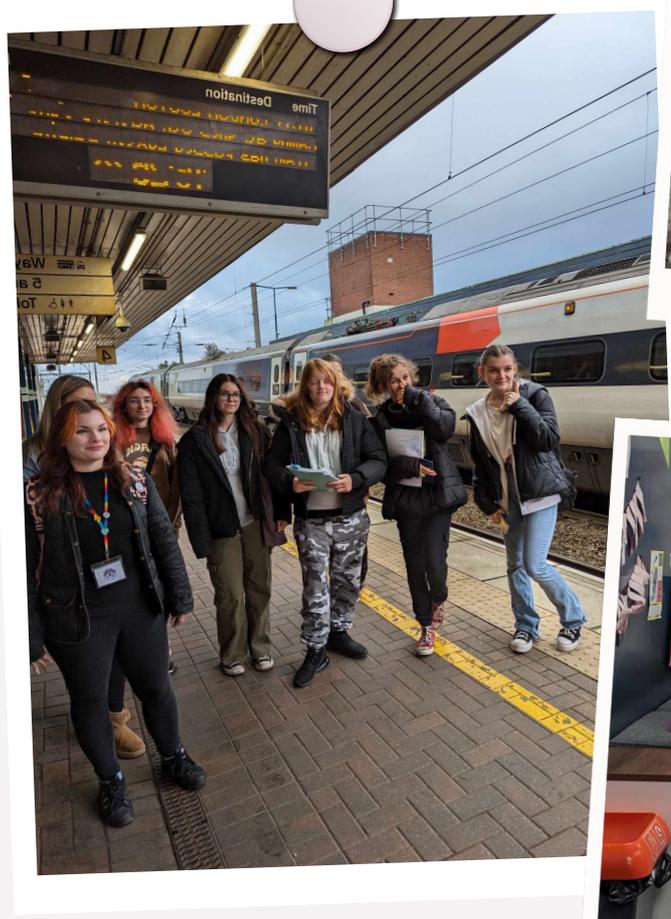
Sounds amazing, right? But of course, a place for young people has to be shaped by young people. And we at Inspire have been able to collaborate with OnSide to offer an incredible opportunity for our local young people to do exactly that! We have hired a group of young people to offer valuable insight in the creation and planning of Crewe's Youth Zone - with a particular focus on how that should look for young women and girls.

This project has become the legacy of our collaboration with Make Space For Girls which was a huge success last year. This was a project in which three local young women studied several public spaces in the Crewe area to answer the question of whether girls had been designed out of public spaces. The answer, unfortunately, was yes. And their findings called for better lighting and paths, amenities that are more accessible and female friendly, and above all to feel safe and welcome.



Now, we have the chance to act upon these findings and ensure that this new public space in our community is one that is welcoming to all genders. One that is shaped by the voices of those who will use it and gain a real benefit from it. We can't wait to share the results and see Crewe's Youth Zone come to life - stay tuned to follow our progress!

If you would like to find out more about the Make Space For Girls campaign, you can find more information on our website: www.inspire-motherwell.co.uk





shine!



INSPIRE PROJECT IN ACTION!



HELP LINES

If you're struggling and need a little extra support, we at Inspire Cheshire are here to help. Below you'll find our contact details along with a few others. It's okay to reach out and ask for help.

Inspire Cheshire - wellbeing and mental health support

Telephone: 01606 557666

Email: inspirecheshire@motherwellcheshirecio.com

Instagram: [@inspirecheshire](https://www.instagram.com/inspirecheshire)

Body Positive - sexual health and LGBT+ support

Telephone: 01270 653150

Email: health@bpcnw.co.uk

Instagram: [@bpcnw](https://www.instagram.com/bpcnw)

CWP Crisis Line - 24/7 mental health crisis support

Telephone: 0800 145 6485

Text line: Text YM to 85258

Samaritans - suicide helpline

Telephone: 116 123

Email: jo@samaritans.org

Wellbeing Enterprises - mental health and wellbeing signposting

Telephone: 01928 589799

Website: wellbeingenterprises.org.uk

Mid Cheshire Mind - mental health support

Telephone: 01606 863305

Email: office@midcheshiremind.org.uk

WEDNESDAY'S
4pm-5.30pm
YOUTH CLUB

Running During Term time Only

Start date: September 2023

Meet Outside Sherbourne hut between 3.40pm-3.50pm then leave, to arrive at the Children and families Hub in Crewe town for 4pm.

*Refreshments provided *

ARTS AND CRAFTS
 QUIZ'S

GAMES SESSIONS
 SPORTY ACTIVITIES

YMCA

For further details, please contact Tracey (Communities and volunteer manager) on 01270 257673/ 07590883049

Youth club

Every Friday 6-8pm
 at Wishing Well Children and Families Hub for 10-16 year olds

For more information, please contact Mabyn via Facebook@TheWishingWellCharity or email mabyn.meredith@wishingwellproject.net

Registered Charity 1180756

wishing well
 healthy living project

YMCA

After School Club
 Tuesdays
 4pm-5:30pm
 Sherborne Bungalow (no.27)

For more information call Tracey on 07590 883049

INSPIRE
 #womensupportinggirls

Young Women's group at Autism Inclusive!

Every Thursday during term time 4-7
 Hosted at Autism Inclusive, Bramhall Road, Crewe.

A safe space for young women and girls (13-25) to try new activities and crafts, meet new people or just relax. Snacks provided.

Accompanying parents/carers, and friends welcome!

No referral needed, no diagnosis needed - all are welcome!

Free to attend- just pop in!

autism inclusive

BUZZ YOUTH GROUP

(commissioned by Cheshire East Local Authority)

12-18 years

For young people with lived experience of disability and long-term health conditions. Members must be registered with us before attendance at activity sessions.

Biweekly sessions in Crewe and Macclesfield on a Thursday 6.30-8.30

Young people attend independently of parent/carer - personal care and behaviour support provided by qualified staff team.

Waiting list currently in place for membership.

Contact via website for further information **HYPERLINK**

"http://www.disabilitypositive.org/" \t "https://mail.google.com/mail/u/0/?ogbl" \l

"inbox/_blank" www.disabilitypositive.org