



Women's health in schools

Inspire Cheshire was founded in 2019 as a response to reports of support being needed since teenage years within service users of Motherwell Cheshire- highlighting the need for early intervention, with tailored, female-specific mental health and wellbeing support services.

The Inspire project works with young women aged 13-25, with the aim of promoting and improving health, mental health, and general wellbeing through a variety of services. These included one-to-one counselling, workshops, training, and activities.

What we know:

“Across different stages of women’s lives there are different social and economic factors which drive health and associated health inequalities; including experiences during early childhood, education, family building and working life and through retirement and into older age.”

Although Women in the UK on average live longer than men, they spend a significantly larger proportion of their lives in ill health and disability in comparison.

“To achieve sustainable change and improvement, it is important to recognise that better health for women extends beyond our health and social care system. Every sector in society has a role to play”. -Professor Dame Lesley Regan

Why we need to take action:

To improve the support and services offered to Women, it is clear that education needs to be provided to everyone to create a wider understanding of women's health.

- 46% of young people learnt nothing at all or not enough about how to access local sexual health services
- 35% learnt nothing at all or not enough about sexually transmitted infections
- young people under 25 experience the highest rate of unplanned pregnancy

Which may have contributed to the substantial (25% annually) increase in overall common STI infections in the 15-24 age group

Sexual ill-health has been estimated to cost the NHS more than £700 million a year. The cost of treating STIs in England, Wales, and Northern Ireland has been calculated at approximately £165 million per year.

- (37%) of young people have learned nothing about 'power imbalances in relationships', and almost three in ten (29%) learned nothing about how to recognise grooming for sexual exploitation.
- 71% learnt all they needed to about 'understanding sexual consent'
- 64% learnt all they needed to about sexual harassment

The impact of this is that A quarter (25%) of girls and 18% of boys reported having experienced some form of physical violence from an intimate partner. Additionally one in three girls (31%) and 16% of boys reported some form of sexual abuse within their relationships, and 72% of girls and 51% of boys had experienced emotional violence.

What we can do to help young people:

We can offer assemblies, and RSE talks to all genders to ensure that they are receiving the right knowledge to empower them. These sessions will be delivered by members of our team with a wide range of experiences within women's health including:

Kate Blakemore is CEO and founder of Motherwell Cheshire and a trained counsellor who understands that women have been repeatedly failed by inadequate and disjointed services and aims to ensure that the voices of women will finally be heard in the mental health and health system.

Debb Sharrad has worked as a teacher, and has also worked with young women in supported accommodation, supporting them back into education, work, volunteering and training, Debb now coordinates the Wellbeing program for Motherwell Cheshire.

Georgie Kay-Phillips is the young persons coordinator for Motherwell Cheshire. Georgie delivers workshops and training to young people in local places of education as well as host external groups and activities to help young women build confidence.

Carys Jones is one of the counsellors at Motherwell. Carys is passionate about supporting people in their mental health and wellbeing since studying psychology, and has worked with young people in a variety of settings.



**School Engagement
2024**

What we can offer your school...

Funded counselling

A confidential service for students in Year 9 to Year 13 who identify as female. Our Inspire counsellors offer support with low mood, anxiety, self-esteem, body image and self harm.

Period poverty kits

We would like to offer all schools a free, ongoing supply of sanitary products. In the current cost of living crisis, it is crucial that young people who menstruate have access to these products.

Training and Workshops

We can offer training and workshops to staff and students alike. Topics include: self harm, county lines, substance misuse, self defence, online grooming and more.

Wellbeing ambassador training

Our wellbeing ambassador training is a workshop for students designed to give young people an understanding of supporting the wellbeing of themselves and their peers, and where to go when further support is needed.

Empowerment Groups

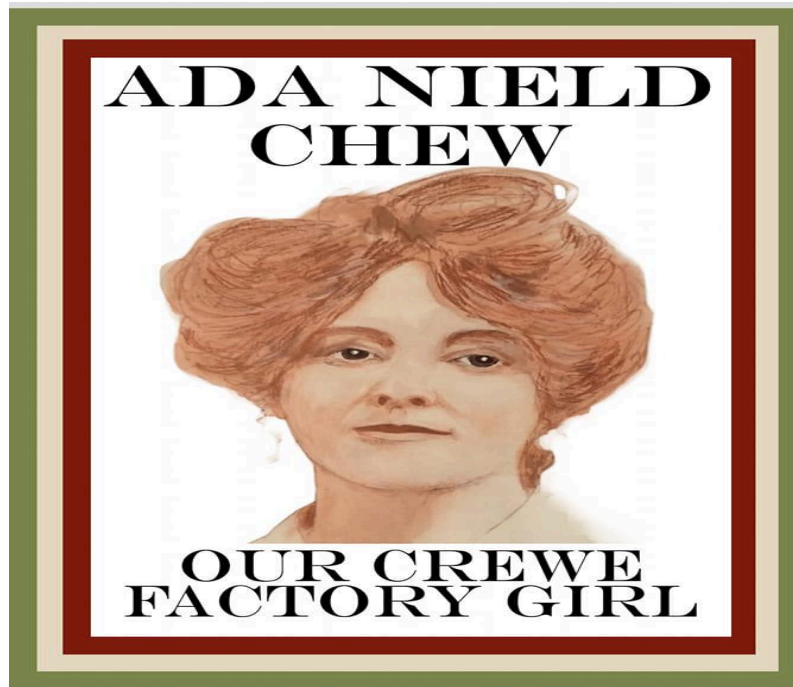
These groups are for young people who are passionate about campaigning for meaningful change, this is an opportunity for young people to have their voices heard, and have a safe space to discuss the topics they are passionate about.

Ada workshops

Learn more about the life of Ada Neild-Chew, her history, and her importance to Crewe in our creative activities based workshops.

International women's day participation project

Get involved in our women's day celebration, we have opportunities for young people to join in by offering them a space to showcase their artwork, performances, or projects that celebrate the theme of 'Women of words'



[Education Workshops on Ada Nield for Schools \(this is funded for Crewe Schools\)](#)

Ada Nield is Crewe's most famous daughter and a Socialist Feminist of national significance. Now using a newly commissioned Arts project, Ada's story can be vividly brought to life for Crewe's school population.

By learning about her working life in Crewe students are not only understanding her and their history but are learning something important about themselves and their lives today.

The workshops are designed to give pupils a profound learning experience by using a variety of performing arts techniques which allow them to experience Ada's struggle first hand.

The workshops will be delivered by a small team of Ada "Ambassadors," in partnership with schools.

Each workshop covers a different aspect of Performing Arts made; to engage the whole class, to give opportunities for personal creativity and to encourage critical thinking.

There is Ensemble Work, Supported Improvisation and Small Group work.

Movement includes Physical Theatre and Dance opportunities.

Voice includes Choral Speaking and Song.

All the language used is based on Ada's actual words.

Visual Art is based on Ada's profession as a means of political messaging.

Each workshop can stand alone but is structured to connect to all the other workshops, giving the opportunity to create a unique piece of theatre suitable for an audience. Each workshop builds on the one before so the more workshops, the more immersive and memorable the experience.

Just as Ada herself was anonymous, the workshops are designed so that none of the pupils or the audience know who Ada is until the very end.

[The project can be used in schools in a variety of ways.](#)

For primary schools a whole “Ada Day” post SATS has obvious advantages, particularly with pupils who have studied Victorians or Suffragettes. Because of its workshop structure, the activities can be expanded or contracted to fit the timetable; Ada Week, Ada Afternoons for example. Schools wanting to create a performance will need extra time.

For secondary schools the workshops are suitable for students of performing arts, drama, dance, music and visual arts and textiles. They can be adjusted to fit an exam timetable for Year10 or for KS3 and 4 possibly over a few weeks or for an “Ada Day.”

The workshops are also important for those studying History, English, Citizenship and RSE. There is a particular opportunity to increase awareness of the roots of gender disparity, misogyny and equality.



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What we can offer your school...

Hourly

£150 per hour

Example: RSE lessons, citizenship class

Half day

£300 Per half day

Example: RSE lessons plus an assembly

Full day

£500 per full day

Example: Multiple assemblies- age appropriate