

#GirlsSupportingGirls

#Inspirethenextgeneration

Volume 2, Summer

A newsletter to inspire girls in Cheshire

May 2020

Covid 19 keeps us stuck inside,
 Keeping us from the Hellos, and the Goodbyes,
 The sunshine shines through the windows,
 From outside,
 Lots of things are hard, while we're in lockdown,
 The downside is rough and hard.
 But,
 This is not the end,
 Together we will stand together,
 To help defeat,
 The loneliness of all,
 Some may have lost their loved ones,
 Others may have almost lost,
 You and your loved is all you need to protect,
 Others will do the same,
 To help.

By Ellie

In this edition:

- Interviews with local women who can! - 999 and sport
- Entries on our Friends and Family theme
- Recommended Book
- Inspirational Woman from History
- Women in science
- Help from local companies
- Story corner
- A fantastic competition!



#InspireMe Campaign

- ❖ Inspiring girls and young women by showcasing the achievements of women past and present both internationally and locally
- ❖ Highlighting the need to support the mental health of young women
- ❖ Enabling young women to feel empowered by women from history and today

Coming soon!

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@motherwellcheshire



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999 interview: Kerrie Cobourne – Emergency Medical Technician

How long have you been doing your job? I qualified as an EMT in October 2016.

How difficult is it to see people upset? It is very difficult to see people upset but I always try to remember that I have been called because they need someone who is calm and in control. If I do find a job particularly upsetting, I always seek support from my colleagues after I have treated the patient.

Did you always want to do your role? I've always wanted to work in a caring, fast paced environment and I became a Veterinary Nurse when I left school/college. As much as I love animals, I felt I would be more suited to caring for people. I left Vet Nursing and became a Health Care Assistant at Leighton Hospital and it was there, at the age of 19, I realised I wanted to work for the Ambulance Service.

Are you finding you are busier than normal with the Covid 19 outbreak?

There never seems to be a time when the Ambulance Service is busier or quieter.

We are the only service which provides medical assistance 24 hours a day, 365 days of the year so we find ourselves being called when people are frustrated with the lack of availability of other services.

The Covid-19 outbreak has changed our service dramatically but we are just as busy but in a different way. We are responding to high volumes of calls but the type of calls has changed and peoples attitude to the appropriate use of ambulances seems to have changed as well.

How do you stay calm when driving? It can be frustrating driving on blue lights at times but as part of the driving course we are required to undertake, dealing with 'red mist' is a big part of the training.

It is important to remember that you are on your way to somebody who needs your help and becoming angry will have a negative effect on your reactions and your driving which puts yourself, your colleagues, other road users and the patient who is waiting for you to arrive, at risk. It is much better and safer to remember that 99% of the time, other motorists are trying to help but panic when they see us driving towards them quickly.

What training do you need to do your job? The current training for an EMT is an apprenticeship consisting of 16 weeks clinical training in a classroom setting and 4 weeks practical driver training (including driving on blue lights). You will then be mentored on the road for 12 months.

To be able to get onto the apprenticeship you must have:

- Minimum of 5 GCSEs including Mathematics, English Language and a Science at Grade 4-9 or equivalent
- Candidates with healthcare experience and GCSEs in Mathematics and English Language at Grade C or above, or equivalent will be considered

- You must hold a full and valid EU Driving Licence with no more than three endorsement points (in exceptional circumstances a maximum of six points may be considered)
- You must hold a minimum of a C1 Category provisional entitlement on your licence. C1 driver training must be completed in your own time prior to commencing employment. This may be funded by NNAS and reclaimed through salary
- Able to undertake the full duties of the job role including manual handling of patients and equipment using appropriate support
- Post holder must weigh no more than 120kg to comply with the ambulance safe seat weight limit
- Excellent communication and caring skills, with a willingness to work within our values

Also what is your exact title? I am an Emergency Medical Technician - we are also known as EMT's or 'Techs'. I don't mind either.

Are people changing their roles in the ambulance service to help with other jobs in the community? Working in the ambulance service opens up other opportunities for working within the community. There are things I can do as an EMT such as give talks to schools, colleges, recruitment fairs etc.

We also have Community Paramedics who respond to emergencies but also visit frail, elderly patients, frequent callers, homeless people, and people who've been directed to them by other crew members to advise them on what health and social care services are available to them, working with patients over a longer period of time to help make sure they have the care in place that they need.

What do you enjoy most about your job ? There are so many things I love about my job - I have had many jobs before this one but always say that this will be my last career path as I enjoy it so much.

There are the big, obvious things like delivering babies and seeing a patients' condition improving because of the treatment you have provided but there are also the smaller things like the sense of working not just as a team but a big family. My colleagues have been amazing at supporting myself and each other through so many things.

I also find my 'office' the best - my place of work could be somebody's front room, workplace, the roadside or any other number of places we find ourselves in that other jobs just don't do! One of my favourite things is hearing peoples stories - we meet so many different and amazing people and being given a little window into the fascinating lives they've lived is incredibly humbling.

It can be a very difficult job - whether that be because of the heavy lifting, the long hours, the changing shifts, the emotional jobs but for me, the highs outweigh the lows and I wouldn't change jobs for the world.

Women and science

Most people think of scientists such as Issac Newton, Charles Darwin, Albert Einstein and Stephen Hawking. However, many people don't realise or know that lots of the very important scientific discoveries were found and worked on by women. This segment is all about ensuring their work inspires other women to continue the expanse of scientific study!

Tu Youyou Tu Youyou is a Chinese pharmaceutical chemist and malariologist. She discovered artemisinin and dihydroartemisinin, used to treat malaria. This breakthrough saved millions of lives in South China, Southeast Asia, Africa, and South America. Tu Youyou was born in Ningbo, Zhejiang, China, on 30 December 1930. During her high school education, a tuberculosis outbreak interrupted her education, much like all of us today, coping with the Coronavirus. However, this stressful event inspired her to be a medical researcher when she grew up. From 1951 to 1955 she trained in university and then continued to go into Chinese herbal medicine research. She then trained for 2 and a half years in traditional Chinese medicine. She worked incredibly hard in a time where women were not treated fairly in the scientific field, especially in such a highly educated area. In 1967, during the Vietnam war, many North Vietnamese soldiers were being diagnosed with malaria which is a life-threatening disease. Malaria infections can develop to anemia, hypoglycemia or cerebral malaria, this is where veins and capillaries that send blood to the brain are blocked, causing life long complications and death. North Vietnam asked China to develop treatment for malaria and due to many people in China also dying of this disease, a secret project was created by the Chinese to find a cure. In early 1969, Tu was appointed head of this secret project and she studied patients who had been infected with the disease. However, scientists worldwide had researched over 240,000 compounds to find a treatment for the disease, with no luck. Until Tu had an idea to research into Chinese herbs. After her team made 380 herbal extracts from 200 different herbs they finally found one compound that was effective in 1971. Tu was inspired by hundreds of years old texts and classical herbal remedies that had been largely ignored by other scientists. Her main inspiration was a 1,600 year old text and another that dated back to 340 AD. In 1972, she and her colleagues obtained the final substance and named it qinghaosu (青蒿素), or artemisinin. This medicine has saved millions of lives. Furthermore, Tu was brave enough to volunteer to be the first human test subject for her cure. She said that 'As head of this research group, I had the responsibility'. Her work was published anonymously in 1977. For her work on malaria, she was awarded the Nobel Prize in Medicine on 5 October 2015. Before 2011, Tu Youyou had been hidden for years and years. She was described as "almost completely forgotten by people". Tu is now known as a representative figure of the first generation of Chinese medical workers since the establishment of the People's Republic of China in 1949. She is an inspiration to us all to learn, help, overcome and to never give up, especially in this medically confusing time. **Kalis, Shavington High School**



Hello Calm Boxes are the go to monthly subscription box for teens, containing goodies specially picked to help boost relaxation, motivation and confidence in teens going through high school.

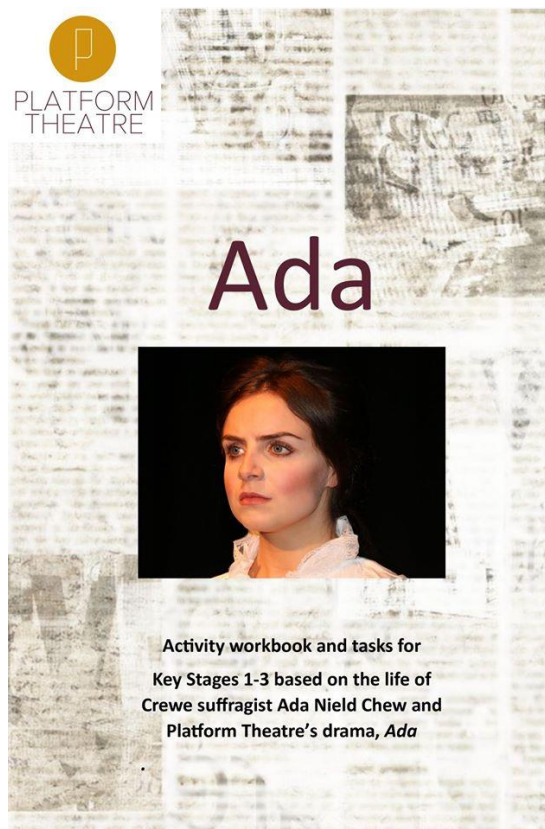
Each box contains a handful of surprises including bath bombs, candles or chocolates alongside 'affirmation', 'motivational reminder' and 'mental health check-in' cards.

Email subscription.helloalm@gmail.com for more information

*'your value doesn't
decrease based on
someone's inability to
see your worth'*

-TED RUBIN

An offer of help from Platform Theatre, Crewe



We know that there are thousands of young people across Cheshire that are currently being home-schooled by their parents or guardians and we wanted to do something to help.

Based on our production of 'Ada', we have created the 'Ada at Home' workbook to add something a little different to the 'school day'.

The workbook is predominantly aimed at key stages 1 and 2 and encompasses literacy, comprehension, creative thinking and creative writing. For key stage 3, we have included excerpts of script for older learners who can flex their dramatic muscles and have a go at performing as either Ada or the factory manager.

We would love to see some recordings so please do video yourselves and share with us using the hashtag [#Adaathome](#).

This workbook is available in other formats - please get in touch for more information.

We hope everyone is safe and well and to the parents who have recently become teachers - you're doing great!

Available on facebook - @PlatformTheatreCrewe

The Night Before Lockdown

T'was the night before lockdown, and all through the house
Every person was stirring, even the pet mouse.
Parents stocked up food with care,
In hope that a shop had bog rolls to spare.



Some children were happy with no school to dread,
While some had memories of friends in their head.
And mother looking worried with living in a flat,
Wishing she could just go outside like the cat.
But dad's looking happy as instead of a phone,
The kids want their freedom to go out on their own.

Away to the window the kids move so fast,
To get some fresh air that would hopefully last.
The beautiful outdoors where they were forbidden to go,
The world that they judged wrongly below.
But what after should then suddenly appear,
That from the shadows of doubt gave a glimmer of cheer.

The dusty drawer was never opened so quick,
As they took out all games (even the ones made by Nick),
That had been forgotten as new ones had came,
And dad whistled and shouted,
"Lets all play a game!"

"No mouse trap, or just dance, or even cluedo,
More battleship, or connect four, or monopoly though.
To the top of the leaderboard, I'll win them all,
And after this, you can give your friends a call!"



And the family let all their problems fly,
Never to be seen up into the sky.
The message of the virus and the thing they should do,
Was spread and others started doing it too.
And then slowly but surely the coronavirus lingers,
Start disappearing thanks to washing their hands and fingers.

At the end of a while, all the doctors and nurses,
Thank them all for their obedience, songs and verses.
They can take off their masks and their PPE,
And be the things they want to be.
Like being a mother or father, giving time to THEIR kid,
Playing hide and seek, having times they never did.

The world - so peaceful! Everyone - so merry!
As they got happier smiles and connections like cherries.
The hope of the people dropped down before they knew,
But raised up again after what they went through.



The feeling of love held tight in their hearts,
As everyone used time to practice arts.
Dancing, painting, making good jelly,
Cooking until there's no room in their belly.

Big or small, in pain or in health,
We all can get it, even myself.
But that doesn't mean we must be worrying our head,
If you stay at home, you have nothing to dread.

As coronavirus kills and the death rate climbs,
How will you remember these times?
The time where you disobeyed the rules,
Putting doctors at risk and shutting down schools?
Surely that, the family thinks,
Is the wrong thing to do as the population shrinks.
So be like the family that's in this story,
And help return the world to its former glory.
If you wash your hands and stay inside,
This time will be over and you've survived.



By Charlotte.H.Price

Name: Hanna

Age: 13

Fav colour: Orange

Fav animal: Gorilla

Biggest passion: Judo and wrestling.

Biggest fear: Becoming vulnerable.

Aspiration: To compete in the olympics with my awesome Judo skills!

Greatest achievement: Trying something new that became something I love.

Greatest challenge: Overcoming my anger.

My hero: Kanō Jigorō!!!

Siblings: I have a big sister who is 16 and a brother who's almost 6.

What battles with mental health do you have: Fighting my anger. That's why I do judo. Before, I used to take my anger out on those around me. I didn't mean to, I just get so frustrated sometimes! So, I was told to give a martial art class a go. I felt scared to go at first. I gave it a go though, and now I'm the best in my class! More importantly, I've learnt a way to safely and effectively express my self and my anger.

Nationality: British

What do you do to cope when things get difficult: When things get difficult, I get annoyed and frustrated. So to release my negative emotions I practise my Judo.

Who do you go to for help: I go to my Sensei at my Judo class. He helps me to see more clearly.



Meet Hanna, a member of our Inspire family - see some of her story on the back page.
Profile by Kyla, based on art by Imani

Interview ~ Name: Katie Heirene
Position: Flanker or Outside Centre (Captain this season)

What inspired you to play rugby?

I've always loved sports and when I was at school I played football and hockey but unfortunately in the late 90s rugby wasn't an option. However when I went to university the rugby team were one of the first group of people to accost me at the Fresher's Fair...Eager to give it try and hang out with this crazy bunch of girls I went along to my first training session and have never looked back! I was pretty rubbish for a long time, but my team mates were awesome and it's such a fun game, so I persevered!



What do you enjoy about the game?

I'm naturally quite a competitive person and I especially love the physicality of rugby. There are so many different elements to the game, I never find it get's boring and there is a position on the pitch for everyone! But the thing I love the most is the close bond between the players. Rugby girls are a breed of their own and because you are essentially putting your body on the line for each other week in week out, in order to win games together, it can create an unbreakable bond and a team spirit like no other!

Have you ever had anything negative said to you about playing rugby?

No, most people are really intrigued! I think previously there have been negative connotations about how female rugby players typically look or behave, but the profile of the game has grown so much in the last 10 years that I strongly believe those stereotypes are changing.

Who are your role models?

I am a big fan of the former England Rugby legend Maggie Alphonsi - she has done so much to raise the profile of women's rugby and was an incredible player. I also really admire the former All Black Captain Richie McCaw, they both play 7, which is my preferred position on the pitch too - I just wish I could play it half as well as them!

Were your family supportive of you playing Rugby?

Yes! None of my family play rugby and are not massive rugby fans, but they come along to watch my big games as much as they can.

Crewe and Nantwich RUFC Ladies -

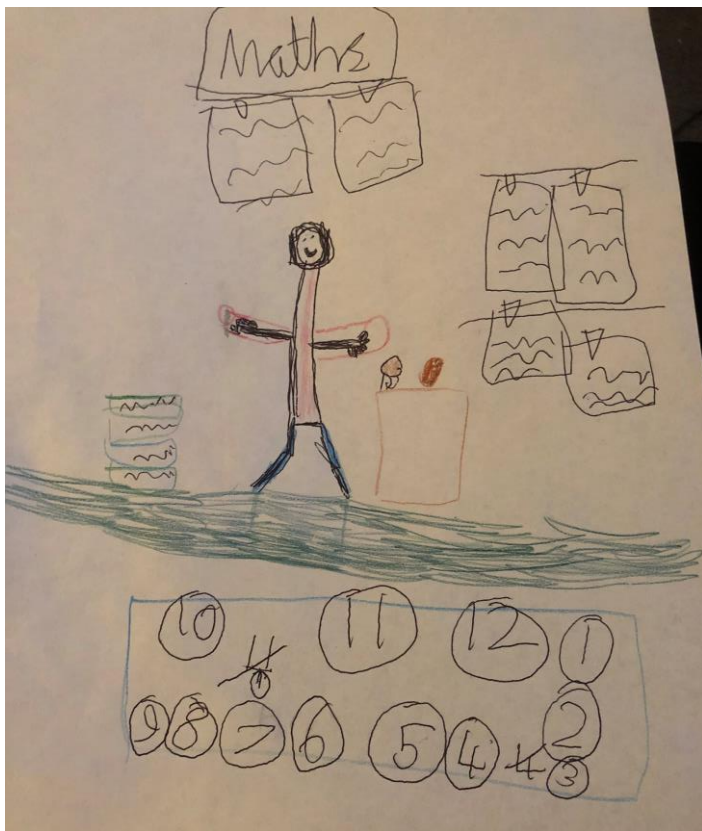


Competition Time!

We are running a competition to win this fantastic 1000 piece Inspirational Women Jigsaw!

For a chance to win, we want to know in less than 300 words who your most inspirational woman is and why?

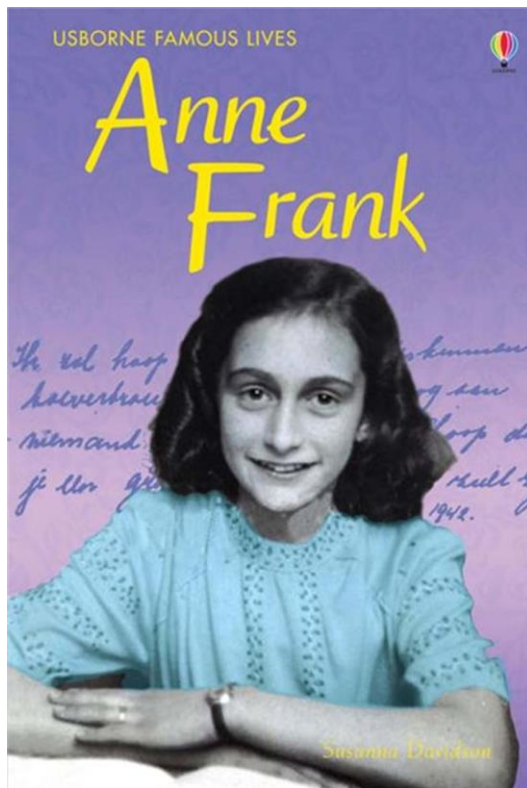
Please email entries to inspirecheshire@motherwellcheshirecio.com including your name, age & a contact number. This competition is open to girls aged 6-16 year olds. All entries need to be received by 30th June 2020.



Mrs Hodgson is my teacher. She is my role model because she guides people in the right direction for their future. She is really enthusiastic about sports and she especially likes netball. She encourages everyone to take part in different sports. My favourites are netball and cheerleading. I never knew how to play netball until Mrs Hodgson told me how.

She really pushes everyone and it's amazing how everyone can do it eventually because she shows us how to. Thank you Mrs Hodgson

Max, 7, Willaston Primary Academy



Recommended Book: Zanna Davidson - "Anne Frank"

A thoughtful account of the extraordinary life of Anne Frank.

Lively narrative text, colourful illustrations and photographs bring the subject alive.

Includes essential facts and insightful details to help the reader understand the famous person and their times.

Internet links to recommended websites to find out more about Anne Frank's life and times.

£5.99, free delivery

 freyausborme

Inspirational Woman from History: Anne Frank

Anne Frank was born in 1929 in Frankfurt am Main, Germany. She had an older sister, Margot. Anne's parents, Otto and Edith Frank, moved to Amsterdam to try and escape the hatred building toward Jews. On 10th May 1940, the Nazis invaded the Netherlands and 5 days later the Dutch surrendered. Restrictions were introduced for Jewish families; they couldn't go to parks or cinemas, couldn't run their own business, and their children had to go to separate schools. Jews also had to wear a cloth Star of David on their clothes to identify them. On 5th July 1942, Margot was called up for a 'labour camp' and so the next day the family went into hiding. In the spring of 1942, Anne's father had started creating a hiding place in the annex of his business premises at Prinsengracht 263. He had help from his former colleagues. Before long, they were joined by four more people. The hiding place was cramped. Anne had to keep very quiet and was often afraid. She had been given a diary just before they went into hiding. During the next two years, Anne wrote about events in the Secret Annex, but also about her feelings and thoughts. In addition, she wrote short stories, started on a novel and copied passages from the books she read in her *Book of Beautiful Sentences*. Writing helped her pass the time. On 4th August 1944 the hiding place was discovered and Anne was arrested with her family and the other occupants. They were taken to Auschwitz-Berkenau. Anne and her sister were moved to Bergen-Belson in November 1944, where they both died of typhus. Her father, Otto, published her diary after the war, fulfilling her dream to be a writer.



Story by local artist, 14 year old Imani Lindo from Middlewich. Imani's beautiful original digital art here has been inspired by girls and women we find in our local communities. Her design services are also available by contacting Madina@graphic-designer.com.

You can also view some more of her work at https://www.youtube.com/channel/UCiKYCtHqWR7HF_LRM4s1-SnA

We need you!

How do you feel right now? Can you write / draw about it? Our next topic is "how I feel" - you can write about any emotion.

We are also introducing a "letters" page - who do you want to write to? Have you got a message you'd like to share?

All submissions welcome - please send them to inspirecheshire@gmail.com by 10th July.