

InspireCheshire

#GirlsSupportingGirls

#Inspirethenextgeneration

Volume 3, Summer

A newsletter to inspire girls in Cheshire

July 2020

How am I feeling? By Caitlin During the course of lockdown, I think I've felt every emotion. Sad at the fact I missed the birth of my niece and taking my exams. Happy, that I got to spend time with my family that I wouldn't usually. Lockdown has taught me to be grateful for what I have and to appreciate each new day. In the future, I know I'll never take anything for granted. Now lockdown has started to ease, I've been able to spend time with my niece and watch her grow, rather than on facetime.

Over the couple of past weeks or so, I've been visiting my grandparents after not seeing them since the start of lockdown. I make them their favourite cake, usually a banana or lemon cake, and walk with my sisters, and dog, to their house. We sit in their garden (at a safe distance of course), have a cup of tea and a slice of cake, and talk. Whether that be about what we've watched on TV, any books we've been reading, our plans for September when I go off to university, or just any family gossip we've heard about. Usually, my grandparents will have a funny story to tell about their food delivery driver, or their postman making comments about the absurd amount of amazon deliveries my grandma will get. But no matter what we talk about, she always knows what to say to cheer us up, and gives the best advice.

By Grace

In this edition:

- Interviews with Crewe Ladies FC and the chair of the British Youth Council
- Entries on our How do you Feel theme, Reflections on life in lockdown
- Recommended Book
- Inspirational Woman from History ...& more!

#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

Happening now on Instagram and Facebook! See us live in Crewe on 26th August - follow us to find out when and where.

Follow us on -





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• Player Profile		 
Name:	Kate Evans	
Nickname:	Kate	
Squad Number:	#3	
Position:	Left-back	
If you didn't play football you would...?	Playing any other sport that I was good at	

What inspired you to play football? My brothers and my dad. When I was younger I copied everything they did and without them I wouldn't be playing for Crewe now.

What is it like being in a profession that is predominately associated with men? I think nowadays women's football is more prominent and we are definitely giving the boys a challenge. I have always played football alongside the men, so for me it doesn't feel any different. It's just been what I was meant to do.

Who is your biggest role model? My biggest role model is my dad. He is very big into football and some may say that he spends too much time invested in the sport. But without him showing me his passion everyday, I wouldn't have the same passion to play. I always want to impress him and make him proud.

What is your main goal in your career? To continue playing in the first team and see them through to a title winning season in the cup and league.

What is the biggest problem you've faced so far? I have suffered with migraines for a few years and at one point they were so bad that I had to stop playing football. That set me back in my development.

What advice do you have for any women/girls wanting to get into football? You should do it. Playing football is amazing. Try for all the opportunities you get at whatever level and work hard. As long as you have good team mates you will enjoy playing.

What motivates you? My team motivates me. If I see them working hard, I want to work just as hard so I don't let them down.

How do you relax after playing football? A bath is the best way to chill out after football. It relaxes all your muscles and can warm you up, especially if you have been playing in the cold.

What do you do in your spare time? In my spare time I play football with my boyfriend and his friends. I also enjoy playing sports such as cricket, netball and Frisbee with my friends. I also watch a lot of movies and read books.



If you weren't to do football, what job would you be doing? Unfortunately, our team isn't paid to play football. So alongside this most of our team have jobs or are studying. I work for Healthwatch, which means I get to meet lots of new people everyday.

What do you think about men openly being paid more than women in this profession?

I understand this and for the most part I agree when it comes down to league level. The men's game has a lot more followers than the women's. This means they get more money coming into their club. But I would say that women need more investment, so we can start competing with the men's clubs for more support from fans.

What is your personal footballing highlight?

My favourite memory for playing for Crewe was when I got a call up when I was just 17 to the first team. We were playing against a Manchester team and we only needed to win, to win the whole league. I scored in this match and got Player of The Match. We won the league. I was so proud of how I played in that game and to get the support from the rest of the team was amazing.

Player Profile			
Name:	Shanice Finbow		
Nickname:	Shanice		
Squad Number:	#16		
Position:	Midfield/Striker		
If you didn't play football you would...?	Take up Javelin 😊		

What inspired you to play football? My mums boyfriend was huge on football, putting the ball at my feet and pushing me every weekend to get better. Then growing up I went from team to team, playing in teams of just boys, wanting to show them that girls can be just as good as boys.

What is it like being in a profession that is predominately associated with men? Personally sometimes it's frustrating, hearing what some people will say about 'how girls can't play football', but then you've just got to rise above it and actually prove them wrong.

Who is your biggest role model? Steph Houghton, every day! I've always wanted to play for England, even though it's way out there, you can never say never.

What is your main goal in your career? My main goal is to carry on playing football as long as possible. It's not about what league I'm playing in, it's to play football as long as I can, hopefully not injuring myself again, causing too much damage.

What is the biggest problem you've faced so far? I ruptured my Anterior Cruciate Ligament (ACL) in the 2017-2018 season. This resulted in surgery and a long 14 month wait to be back on the pitch playing football.

What advice do you have for any women/girls wanting to get into football? Go for it! Don't ever think that because you're a women, you can't play, if someone wants to complete something or join in doing something, you can!

What motivates you? Getting feedback from my friends, family and coaches. I feel like sometimes, even if it's criticism, it'll make me want to work even harder than before, to prove them wrong.

How do you relax after playing football? I'm a sucker for food! I will usually eat a little something straight after and have a nice cold shower! Nothing beats it.

What do you do in your spare time? I love to spend time with my friends and family, but love to chill out watching TV, even more football, if it's on!

What do you think about men openly being paid more than women in this profession?

I totally understand about paying more, as there is a significant difference in money between both genders playing. Moreover, when players of both genders are using up just as much time playing and training, I feel like women should be paid more than what they are currently getting as I know of some players, still working on the side of playing football.

What is your personal footballing highlight?

think it's got to be, being picked to play for Cheshire football team when I was in high school. It was scary, seeing all the other players coming from top teams like Manchester City, Arsenal and Manchester Utd and little old me was from Crewe Alexandra!

Our series of football interviews was carried out by Caitlin, as part of #IAM, more to follow in the next issue!

Our next three pages cover two views on loneliness and friendship written toward the start and end of lockdown and both full of great advice.

Keeping in touch during Quarantine -18th April 2020

So...being in Lockdown sucks. You've gone from seeing your mates every day to, well, here. But just because we can't see our favourite people in person that doesn't mean you can't hang out!

Make the most of the time with the people in your house!

Chances are that you're at home with other members of your family. So perhaps this newly found free time is a great opportunity to spend time with the people in your house! Whether that be a Mario Kart battle with your Dad, baking with your siblings or watching a film or a family work out session. Make this lock down all about really building on connections and I promise you'll all come out stronger ☺.



Keeping in touch outside of the house!

As much fun as making new memories with the people at home is, we all need a wider circle and connections with our friends.

Technology for the win!

In many ways we are so lucky that this pandemic has happened in our lifetime, not in the 1920s or even 1820s. As well as having advanced in medicine and science making the Corona Virus easier to treat, we also live in an age of technology so it might be worth risking those square eyes (sorry Nan!) and finding ways to see your friends through our screens at home. New apps such as Houseparty and Zoom are on the front line but you can use any software you like! Whether that be a skype call with your besties or a team meetup on facebook messenger there are plenty of ways to stay in touch with just your phone!

My friend Tenzin and I making pancakes for the first time!



My friend Courtney and I on facetime

Find new ways to connect?

This could be anything! Think of creative ways for you and your friends to stay in touch and connect, perhaps you and your friends all want to learn a new language and could try texting each other in French? Maybe you want to become pen pals and send each other letters filled with your thoughts and worries, or perhaps something more lighthearted and filled with puzzles and little games? It's up to you but this seems the perfect time to start a new project!

Keeping contact with your community! This lockdown is not only an opportunity for self-growth but to help your community grow too! Whether that be volunteering to tutor local children on facetime, doing a concert on your community Facebook page or writing letters to any high risk neighbours and offering to get bits of shopping for them. It doesn't need to be a grand gesture that takes up a lot of your time, it could be as simple as a smile and a wave at your neighbours through the window or saying hello as you walk the dog, paint a rainbow and stick it to your windows, clap for the NHS and say hello to your neighbours each evening. The more we help others, the better it makes us feel.

Getting to know yourself It's so easy to feel lonely in this period of self-isolation but while interaction is limited it might be the perfect time for some self-discovery, did you know that only 10% of our happiness comes from other people, the other 90% is down to you. In the same sense that we aren't responsible for anyone else's happiness nobody else is responsible for ours. Use this time to find a new favourite film, a series that you love, write poems and music just for you, start a journal; find ways to express yourself and ways to appreciate this time we've been given.

Know that Lockdown will end Nothing lasts forever! So even if you are struggling with this period of uncertainty know that the Lockdown will end and life will get back to 'normal' (if it ever was!)

Stay Safe Everyone! **By Phoebe**

FEELING LONELY?



Loneliness can affect anybody, especially with the sudden change to our ordinary routines due to Covid-19. You might be finding yourself feeling more isolated with no school, work, clubs or hobbies to attend. This can make your daily social interactions harder to come by and leave you wondering what you can do to get connected.

If you do find yourself feeling lonely, here are some simple tips that might benefit you.

1. Take care of yourself

It's easy to neglect ourselves when we are feeling low. However, it is important we still take care of ourselves mentally and physically. Exercise is one great way that will reduce stress whilst also taking care of our bodies. However, if this is not for you, writing is another effective method for helping you process your emotions and clear your head. Whether you like creating stories, journaling or doodling it will allow you to deal with your feelings of isolation and loneliness.

2. Message a friend or a loved one

We don't always need a reason to talk to the people we love. A simple text or phone conversation letting your friend know how you're feeling can go a long way. If you can, you could arrange to go to a park or café. Just remember to only take on what you can handle and not to over exert yourself.

Similarly check in on your friends if you haven't heard from them in a while, they might be feeling lonely but don't want to burden you.

Reachout.com is a safe, anonymous platform that offers advice on common problems as well as forums where people with similar issues can provide help and support.

3. Master a new hobby or volunteer

If you want to meet new people taking up a hobby can be a great way to find people with similar interests. This way you can meet new people whilst also doing something that you love.

If you are more of an introvert, you could find something to occupy your time whilst at home such as reading or learning a new language. This can further your skills and even progress into joining a book club when you feel ready or creating your own.

4. Be careful on Social Media

As great as social media can be for keeping in touch with our friends and family, sometimes it can leave you feeling lonelier than ever. Don't always compare yourself to what you see others posting online as this can then impact on your mood negatively. Limiting your screen time is a useful tool to making sure you're not spending too much unnecessary time online.

If you feel like you have nobody to talk to, there are many places that can provide more advice and guidance if you are feeling lonely.

- Motherwell Cheshire- If you're 14+ you can email referrals@motherwellcheshirecio.com for a referral to the Inspire or Befriending services.
- Giveusashout.org- 'A 24/7 anonymous text support for when you feel like you can't cope.'

By Kimberley

Life Stories

When I was born life was easy
but the older I got
more of that time I had forgot.
Baby memories erased by the toddler ones
and from then life got complicated,
as a teenager it turned into a life I hated.
Now I survived the worst times,
I've learnt to help others
told them to remove the covers
and tackle problems head on.
From then on we grow
and spread love everywhere we go.
No-one should feel alone,
so please take time
listen to each other
support each other
Remember we are stronger together.

The Storms Will Pass

The dark clouds were looming
Staring me straight in the face
I could hear the rumbles of thunder
I could see the blinding flashes of lightning
Before I had time to prepare.
I was struck and flung into the eye of the storm
For what felt like years
I was being thrown around
Obstacles thrown at me
No matter how bad the objects were
I knew I had to overcome them
After being at the brink of giving up
I rose up
Stronger than before
I gave my all to this fight!

All of a sudden everything froze
Time stood still
I went in for the final kill,
For I and I alone had destroyed the demon.
The demon that trapped me in this storm
The storm now began to clear,
A few clouds remained
But the air was more clear
The suffocating clouds were no more
For you see no storms last forever
The storms clear your path for a brighter
future.

Poems both by Keeleigh



Elizabeth Garret Anderson

Women & Science

☆ Elizabeth Garrett

Anderson ☆



Elizabeth Garret Anderson and
Emmeline Pankhurst

—+☆3+—

Most people think of scientists such as Isaac Newton, Charles Darwin, Albert Einstein and Stephen Hawking. However, many people don't realise or know that lots of the very important scientific discoveries and milestones 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!

Elizabeth Garrett Anderson was born on the 9th of June 1836 in Whitechapel, London. When she was 13, she was sent to a private school where she learnt English literature, French, Italian and German as well as how ladies should act in the Victorian era. However, Elizabeth didn't get on with her teachers and hated the school because of the lack of science and mathematics taught. A few years after leaving school Elizabeth joined the Society for Promoting the Employment of Women, and in 1860 she became especially interested in advancing Women's rights in the medical profession and she decided she wanted to become a doctor!

From August 1860, Elizabeth spent 6 months as a surgery nurse at Middlesex Hospital, London and due to being such a hard-working and determined nurse, she was allowed to attend an outpatient's clinic and then assist in her first operation. After that, she attempted to enrol at the Hospital's Medical School, but was rejected because she was a woman. However, she was allowed to study Latin, Greek and Materia Medica (pharmacy) whilst still working as a nurse. Additionally, she hired a private tutor to teach her anatomy and physiology three nights a week. She was then eventually allowed into the Hospital's dissecting room and the chemistry lectures alongside the other male students but due to their complaints that a woman was present during their lectures she was forced to leave the hospital in 1861. However, she was awarded with an honours certificate in Chemistry and Materia Medica.

After this she applied to many, many different medical schools, all of which refused her admittance. Throughout this hardship she continued her private tutoring and obtained a certificate in anatomy and physiology. Because of this (and the fact that she found a loophole meaning she could obtain credentials in admissions) she was finally admitted in 1862 by the Worshipful Society of Apothecaries. There she continued her studies with the help of various private tutors. She was then able to take her exam and obtained a license to practise medicine in 1865, meaning she was the first openly female doctor in Britain. However, due to the fact that she was able to pass, the Society of Apothecaries immediately changed their regulations to prevent other women from gaining a license. Although Elizabeth was now a licensed doctor, no one was willing to hire her. Therefore, she opened her own practice that gradually grew but then in the same year, there was a huge outbreak of Cholera. In response she opened St Mary's Dispensary for Women and Children and in the first year, she looked after around 3,000 patients.

Elizabeth was also active in the Women's suffrage movement and in 1866 she joined the first British Women's Suffrage Committee and continued to present a petition that was signed by more than 1,500 people for women to be given the vote.

After the Cholera outbreak, she applied at the University of Sorbonne, Paris in order to obtain a medical degree, which she achieved in 1870. That same year she was elected to the first London School Board and was made one of the visiting physicians of the East London Hospital for Children therefore becoming the first woman in Britain to be appointed to a medical post.

In 1874 Elizabeth co-founded London School of Medicine for Women, which was also the only teaching hospital in Britain to offer courses for women. Elizabeth worked there as a lecturer and dean for the rest of her career, as well as being the mayor of Aldeburgh from 1908, this also made her the first female mayor in England. Elizabeth Garrett Anderson achieved so many incredible milestones for women and science, as well as for women as a whole. Her work as a feminist and later suffragette was phenomenal. Despite being rejected and told no over and over again, she stayed determined and fought against the prejudice and sexism thrown at her. She continued her work and stayed courageous despite many tragedies occurring in her life, including the loss of her one-year old daughter in 1875. Her life and journey show us just how much we can achieve if only we follow her footsteps in determination and courage.

By Kalis

All contributions to the next edition welcome - please email your articles, opinions, poems, stories, artwork and more to inspirecheshire@motherwellcheshirecio.com by 30th September on the theme of 'My future'.

An opinion piece by **Chloe**

Have you been feeling more down since the start of lockdown? Has covid had a negative impact on you?

For the majority of lockdown I too felt that way!

At the beginning I wasn't taking care of myself, going to the local shops buying ice cream, crisps, sweets, chocolate, sugary drinks. All of this and on top of that, not exercising. Over the past weeks I had been becoming more down and not the same person that my family and friends knew.

I decided enough was enough! I started to eat healthier, have a more balanced diet and incorporate some exercise. I cut down on all the unhealthy stuff, occasionally treating myself to the odd unhealthy foods or sugary drink.

The main difference was reintroducing exercise back into my life. Exercising daily or even every couple of days can do you the world of good. Even just going for a walk can make you feel better.

Since incorporating all of this back into my life, the change has been noticeable. Not just by me but also the people who are around me.

As boring as it may seem, why not try? The motivation might be hard to find, but it's worth it.

#IAM Youth Panel - applications welcome from girls aged 14-18 who want to help develop the mental health support available locally to young people, to design and develop merchandise to support the project and to develop the Inspire Cheshire newsletter - email inspirecheshire@motherwellcheshirecio.com



Meet Chinara, a member of our Inspire family
Profile by Kyla, based on art by Imani

Name: Chinara

Age: 17

Favourite colour: Light blue

Favourite animal: Hyenas

Biggest passion: Helping the planet.

Biggest fear: People going against me.

Aspirations: To help the world and become a great leader.

Greatest achievement: Becoming the leader of the Gardening Club and helping everyone there.

Greatest challenge: Fighting my way to where I'm standing today.

My hero: Leonardo DiCaprio.

Sibling: I have two little brothers who are twins, they are 12 years old.

What battles with mental health do you have:

I battle with my OCD for example while being the leader of the Gardening Club. Sometimes it's hard to not have everything a certain way but I feel like I'm getting better at it.

Nationality: British

What do you do to cope when things get difficult:

Sometimes I bake as it calms me down. I love to bake and to give treats to my family and my two brothers.

Who do you go to for support: Surprisingly I go to my brothers and they make me laugh and feel happy.



The British Youth Council was created to empower young people aged 25 and under to influence and inform the decisions that affect their lives. They support young people to get involved in their communities and democracy locally, nationally and internationally, making a difference as volunteers, campaigners, decision-makers and leaders.

Amanda Chetwynd-Cowieson, chair of the British Youth Council board of trustees was interviewed by Chloe, a member of #IAM youth panel.



Why and when was the British Youth Council set up? The British Youth Council (BYC) was founded in 1948, originally by the Foreign Office to help promote unity in the face of the Cold War. The timing was partly to ensure that British young people could be represented at the World Assembly of Youth – we didn't become an independent charity until the 1960s, and remain a youth led charity today!

What were your reasons to start this job, were there any specific reasons? I'd sat on the BYC trustee board as an ordinary trustee for a year already – and loved it – and having chaired a charity before (and loved it) I was excited at the opportunity to potentially chair a national charity.

I think everyone always has things they want to try and achieve, bits of work you want to keep progressing that maybe someone else started and I was no different with BYC. I'm really passionate about things being done properly and all members of a team being valued in what they bring, so I think going for positions of leadership fits quite well with my personality. I also just really value the work BYC does and wanted to help in any way I could!

What inspired you to join the board in the first place? I had just finished my term of a different trustee board – for an educational campaigning charity in Cornwall – and was looking for another opportunity where I could use my skills and knowledge to the benefit of young people. A friend of mine sat on the BYC trustee board already and encouraged me to apply.

What training was required for your job, if any? The whole board has a training and welcome weekend at the beginning of each 'board' year (there's a change of trustees each year in October – it covers everything from safeguarding to managing charity risk and increasing our financial literacy. There was a requirement for my role that the person had been a member of at least one other charity trustee board prior to going through to the chair election so whilst not 'training' as such this does set the precedent that the person who is fortunate enough to be chair has had a variety of training before joining BYC.

Did you always want to work in an organisation like this? I've always really valued organisations that give young people the opportunity to be meaningfully heard on the issues that impact our lives – so I suppose so yes! I hadn't been involved in BYC for long when the opportunity to run for the Chair role came about, and I'd only been a trustee for a few months at that point. But it just felt like a pretty obvious next step to try and take – I'd always worked in youth led organisations so the opportunity to lead a National one felt really exciting to me.

What do you enjoy most about working for the British Youth Council? I always struggle with this question as there's so many brilliant aspects! Getting to work with such incredible young activists, being able to play a leadership role in a charity that gives marginalised voices a national platform, learning so much from our genuinely excellent staff team – honestly the list really does go on. I guess one thing I really enjoy is the overarching attitude of the charity (members, staff, trustees etc) is that nothing young people set their mind to is impossible. Having this kind of underlying attitude have really driven us all to achieve some truly excellent progress in the last few years and I feel is quite unique to BYC as a charity.

How come you campaigned to end child poverty in just rural areas, why not urban as well? I've always been a huge advocate of people involving themselves in campaigns relevant to their local areas - from the age of 12 I lived in Cornwall, a very rural county where child poverty is a particular problem and exacerbated by the rural nature of the county. So it's perhaps not so much that I haven't been involved in campaigns that have a focus on more urban problems too, more that I was involved in the areas near me which happened to mostly be rural.

Why did you think of getting young people's voices at the forefront of Brexit negotiations? I think I'm very lucky in that my group of friends are all quite like-minded to me in that we all firmly believe younger generations deserve to be involved in shaping their future, and that currently in the UK that really isn't the norm when it comes to politics. Brexit was such a dominating issue of the last few years that it didn't take long before we realised that every time we saw people on TV, in the paper or even just on social media discussing Brexit - literally none of them were young people, and the vast majority were white men. Myself and two other friends started asking around to see what was being done about this, and then decided (a little spontaneously!) to just do it ourselves. We all worked in the youth and education sector so could see the huge gap in what was happening in politics and compared to what was being said on campuses and wanted to try and bridge that gap slightly.

What encouraged you to get young people engaged with politics? I consider myself pretty lucky to have been brought up in a family where being 'politically involved' was just the done thing. My parents were always clear that things such as being able to vote were a privilege not available to everyone around the world and that really was what started my journey in politics off. The older I got the more I became convinced that we measure someone's political engagement completely wrong - currently young people are blanket referred to as 'disengaged' purely because less young people vote once every five years in General Elections. To me that's ridiculous - how can we see primary school children striking against climate change and young people leading the Black Lives Matter protest and then still brandish them as 'not politically engaged'?! So I took that feeling and ran with it slightly, there are so many ways to engage with politics (local elections, localised campaigns, educating people on issues that matter) and I've never really looked back.

What services are available to the young people from the British Youth Council? One of the best things about BYC is the unbelievable variety of ways people can engage with us. We have lots of our more 'formal' routes that promote working with Parliament to promote youth voice - such as the Youth Select Committee and Youth Parliament - to our more unique events - like Equality4Us and our international representation work. We also are really starting to push ourselves in engaging with other important national organisations and helping them embed youth voice into their structures - we currently work with both the NHS and the Bank of England to facilitate their youth forums. I think one of the most impactful 'services' we offer young people is building leadership skills, so many young people tell us they feel they can lead teams and create change after being involved with BYC which is just brilliant.

What do you do to try make mental health services better for young people? We make sure all of our campaigning is led by young people and is done for young people. The, with regards to this campaign, when Members of Youth Parliament are meeting with their MPs, local councillors or other important decision makers they make sure they are using facts, evidence and stories from young people to make the case for better mental health provision for young people. It's so important, especially as the impact of the Covid19 pandemic is truly coming to light, that we prioritise youth mental health support. Many of these services have been really under resourced over the last few years despite the increasing demand for their support from young people and children - so we need to make sure that as we navigate our new normal together supporting youth mental health is a priority.

What are some positives that have come from the work done by the British Youth Council?

So many! Perhaps the most high profile positive work we've done recently has been around the last Youth Select Committee which focussed on collecting evidence to produce youth led solutions to tackling knife crime. This is an issue that has rightly got more focus from policy makers and Government recently, and I was really proud of the impactful and clear recommendations that the young people on the committee came up with. Whilst this is such a serious and often devastating topic, I believe it was positive work that BYC helped facilitate and many organisations, campaign groups, and MPs have used the report and its recommendations in their work to reduce violent crime. But there's so many examples! We now work with the Government to facilitate joint youth voice

groups - who advise Government on policy making and were instrumental in securing the 2050 Net Zero target as part of the campaign to tackle climate change.

Are there any negatives about working for the British Youth Council? Perhaps I'm biased, but I do often struggle to think of a negative about working with BYC as such! I guess if pushed I would say that a lot of MPs and people from Government and Whitehall massively underestimate our impact and ability to help them embed youth voice into policy making, and that can sometimes be a bit draining when to me it's obvious how beneficial it is to involve young people in decisions.

How has COVID-19 affected your job? It's fair to say I was not expecting my last few months as Chair of BYC to be almost completely revolving around steering the charity through the pandemic. The whole staff team now work from home (we had a few non-office based colleagues prior to the restrictions anyway) and all of our events are now online. I think I've found the uncertainty around all of the Covid19 situation quite mentally tiring, and there's definitely a lot of pressure to do the best for the staff and young members.

Inspirational Woman in History: Sojourner Truth

By Caitlin



Truth was born into slavery in 1797 and once freed in 1827, she fought against gender inequality and racial injustice. She was united with another slave who she had five children with. She ran away from the slave owners with her daughter and an abolitionist family helped her get back her son. She became a women's rights activist and in 1851, she went on a conference tour to remind people of gender inferiority. In her later years, she still fought for what she believed in and spoke out against slavery. Truth's work is still relevant today as we haven't won the fight against racial and gender injustice. She is an inspiration to us all to stand up against what is wrong.

Recommended Book: Looking After Your Mental Health

With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, this is an essential book for young people.

£6.99, free delivery



freyausborne

Competition Time!

Win a copy of "Looking After Your Mental Health" - email

inspirecheshire@motherwellcheshirecio.com with your name, age and tell us who your inspirational women is and why by 30th September.

