

Inspire Cheshire

#GirlsSupportingGirls

#Inspirethenextgeneration

Volume 4, Winter

A magazine to inspire girls in Cheshire

December 2020

In this edition:

- Interviews with Crewe Ladies FC and Lucy Thomson-Smith of the Crewe Lyceum



- An article on our 'future' theme
- Fire Cadets



- Recommended Book
- Inspirational Woman in History
- Mental health tips
- A great new competition
- And more!



The Inspire Project is supporting girls aged 14-18 through counselling, peer support, mentoring and therapeutic groups.

Young women's mental health is currently on the rise with very little support available.

Our Inspire project is named to "Inspire" every young women that we support, empowering young women to have a voice with:

The support they receive

Supporting other young women

To shape their local community

Shaping future mental health support service locally and nationally.

This support includes counselling, joining our #iam youth board, being involved in our Inspire Cheshire magazine.

Follow us on -



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Player Profile	
Name:	Katie Nuttall
Nickname:	Nuts
Squad Number:	#2
Position:	Right-back (Club Captain)
If I didn't play football I would...	Take up athletics or netball



What inspired you to play football?

I started playing football at primary school as my good friends were predominantly boys, my best friend also played for Burnley FC Girls so I was surrounded by football.

What is it like being in a profession that is predominately associated with men?

I have mostly found playing football a positive experience and most people, male or female, have been supportive. When I was younger and there was less coverage of women's football people were always surprised that I played, but it has become far more acceptable and acknowledged that women play football!

Who is your biggest role model?

Growing up I looked up to Alex Scott, as a superbly talented right-back she was a fantastic role model. In more recent years I have had the privilege of watching Kieran Trippier week in and week out and learned a lot.

What is your main goal in your career?

To play football for as long as I can but also ensure that the club is left in a better position than when I started here back in 2012. It has been an honour to lead the club and I want to ensure the girls get to play at the highest level possible.

What is the biggest problem you've faced so far?

Juggling work, family and training can be tough, we are not paid here at Crewe so we all need to work during the day and then train 2 nights a week (8-10) as well as playing our games on a Sunday. These games can be a few hours away so it is tough making time to see your loved ones and friends away from football.

What advice do you have for any women/girls wanting to get into football?

Go for it! Find a club where you feel happy and confident, somewhere where your coaches believe in you and will push you to continually improve yourself.

What motivates you?

I am really competitive, not only towards other people but also myself so I enjoy training and working hard. I love to win but I know to do that you have to work 10 times harder away from the training ground and always be outworking the players you come up against.

How do you relax after playing football?

I enjoy food- going out to eat or putting my feet up and ordering my favourite food to be delivered on a Sunday night is bliss!

What do you do in your spare time?

I enjoy running and I also enjoy travelling up to my hometown (Burnley) to see my family and friends.

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

As a supporter of men's football this honestly has never bothered me. Simply because it doesn't yet make financial sense. With more TV coverage this may start to change in the future...

What is your personal footballing highlight?

Playing in cup finals is always something I enjoy and I have been fortunately enough to win a number of cup finals with Crewe Alexandra. Our promotion into the Women's Premier league after an unbeaten season is a tough highlight to beat though!

Player Profile	
Name:	Beth Grice
Nickname:	Gricey
Squad Number:	#18
Position:	Right wing
If I didn't play football I would...	Play cricket



What inspired you to play football?

I watched my brothers play football for as long as I can remember and my cousin of the same age played for a team too. However, there were no female football teams so my mum was apprehensive about me playing for a boys team. This soon changed when I stole my cousin's football boots because of my desire to play, so I eventually began my career aged 7 for a boys team.

What is it like being in a profession that is predominately associated with men?

Having grown up in the generation where football has majorly dominated by men, it is great to see the successful development of women's football and the continuing interest of upcoming generations in the sport.

Who is your biggest role model?

My biggest role model has to be Cristiano Ronaldo, from a very young age he is the player I have watched and aspired to play like.

What is the biggest problem you've faced so far?

Tearing both hamstrings within the same season has to be my biggest problem I have faced in my football career. Months were needed for a full recovery and it was hard to get match fit again!

What advise do you have for any women/girls wanting to get into football?

Go for it, in all the sports I have participated in I have never felt as though I belong to a sport more than football.

What motivates you?

Pre-match music!

How do you relax after playing football?

Listen to Abba and eat a roast dinner.

What do you do in your spare time?

I am currently at university, so when I'm not studying I am spending time with friends and family or playing football.

If you weren't to do football, what job would you be doing?

As well as playing football I coach sports in primary schools.

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

I am quite open minded about the situation, as we know football has very much been a male dominated sport up until recently. Therefore, they have generated a lot more money into the game that will take a long time for women to generate the same amount; if women's football continues to develop as rapidly as it is we may one day reach equal pay.

What is your personal footballing highlight?

Scoring a hattrick on my first team debut for Crewe Women FC.

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

My future

By Chloe

Everyone's future is different, and your idea of what you want from your future will change as you get older. For example, when I was 8, I wanted to be a bin man and now at the age of 14 I aspire to have my own chain of cafes, so quite the opposite of a bin man!

Cooking and baking are things that bring calmness to me. Which, is needed as you start to do more with your life.

When I got my first job I found it stressful. It was something new and was quite hard to get used to, even though it was just helping out my grandad in his office! Any job is hard to get used to and it can be hard to learn what you're doing in a pressured environment.

My job consisted of being under the pressure of getting the correct change for the customers. The change of being in a work environment is a lot different. You have more time to work on your mistakes when you are in school where as when you are in a work environment you can't make as many.

As I have suffered with mental health I understand the difficulties of dealing with stress and focusing on school, let alone thinking of whats next in life. Some of my friends have no idea what they want to do with their futures, so I for one am quite lucky to be experiencing what it is like to work and to also know exactly what I want from my future.

When thinking of "your future" it may be different to what you thought when you were say 7 years old. Everyones future is different, but what you do today affects it. You write your own future and no one else. Some ways to achieve a better future are trying in school, doing your best in everyday life and having a positive attitude to everything.

Competition time!

Our next edition will be an International Women's Day special. Email inspire@motherwellcheshirecio.com and tell us who inspires you and why - it can be any woman, for any reason as long as they inspire you.

The winner will have their nomination shared at a special virtual Women's Day event, hosted by Motherwell Cheshire CIO, on 7th March 2021, as well as a special gift bag.



Open to under 18s in Cheshire. Closing date 1st February 2021.

International Women's Day event runs 6th-8th March 2021, free entry, open to all.



Cheshire

Fire & Rescue Service

Fire Cadets

Are you aged between 12 and 17 and want a new challenge?

Fire cadet units provides an insight into working within a uniformed service, providing an exciting and unique opportunity to develop both personal and social skills by promoting self-discipline, team work and citizenship.

What we do

As a cadet, young people have the opportunity to learn the basic skills of a firefighter while participating in a wide range of activities in and around their local fire station. Cadets also have the opportunity to gain recognised qualifications and awards including BTEC and Duke of Edinburgh awards.

What does being a fire cadet mean?

As a fire cadet you will be treated as a young firefighter. Provided with your own uniform, you will be expected to attend a weekly drill night at your local fire station. Here you will learn many of the skills of a firefighter and work towards a number of awards while having fun and making new friends. You will be expected to show a certain amount of discipline and commitment, just like a firefighter.

Life as a cadet - fun and games

In addition to weekly activities at your local fire station there are many opportunities during weekends and school holidays; such as outdoor activities, camps and social trips. Many of our cadet groups play an important role in the community with cadets helping fit smoke alarms and supporting other local initiatives.

Cheshire Fire Cadets have travelled abroad to communities in Northern Ireland and Germany. We also run an international project with destinations including Ghana and Nepal, where we will assist with building a school.

Cadets in my area

In total we have 24 cadet groups across Cheshire - you can find your nearest unit by visiting our website and accessing the relevant links.

How to join the Fire Cadet scheme

If you are interested in joining a cadet unit please see our website using the link below:

<https://www.cheshirefire.gov.uk/young-people/cadets>

Contact Us

If you want to find out more about cadets in Cheshire, please contact contact us:

Phone: (during office hours) 01606 868700



#SeeItBeIt



Who inspires you? Motherwell Cheshire CIO are relaunching #SeeItBeIt and searching for our next inspirational women. They could be your teacher, your friend, your colleague, someone who has helped during lockdown or a family member - or any other woman or girl who has inspired you in some way. They must either live or work in Crewe, Winsford or Ellesmere Port.

A panel will go through all entries and those chosen will be revealed and celebrated at International Women's Day 2021.

All nominations welcome - you can find the nomination links at
<https://motherwellcheshirecio.com/campaigns/>

Inspire Motherwell Cheshire

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AFFIRMATIONS
BELONGING
FUTURE
HEALTH
HOPE
INSPIRE

JOURNEY
MEDITATION
MINDFULNESS
OPTIMISM
POSITIVITY
SELF CARE

STRENGTH
WELLBEING
WORTH

Created by Caitlin.

Answers over the page

Inspire Motherwell Cheshire

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Word directions and start points are formatted: (Direction, X, Y)

AFFIRMATIONS (E,4,3)
 BELONGING (E,5,11)
 FUTURE (SE,1,1)
 HEALTH (SE,2,1)
 HOPE (SE,13,5)
 INSPIRE (E,4,2)

JOURNEY (E,6,10)
 MEDITATION (E,1,7)
 MINDFULNESS (E,6,4)
 OPTIMISM (E,4,1)
 POSITIVITY (S,18,2)
 SELF CARE (E,3,9)

STRENGTH (S,17,3)
 WELLBEING (E,7,8)
 WORTH (E,9,5)



The Ups And Downs Of A Teenager

Be who you want to be not what others want

<https://upsanddownsofteens.wixsite.com/website> is the blog created by Chloe, a member of #IAM, the youth panel who, amongst other things, create this newsletter. Chloe was interviewed by Maddie:

1. What's your favourite part of having your own website?

#IAM enjoying being able to run my own website as each time someone reaches out to me, I can help them be a slight bit happier and knowing that people can trust me enough to open up and tell me what's going on. Supporting people makes me feel better as I know that I can help them and they know I'm always just a message away!

2. In the future do you think you will still be running your website?

#IAM planning on running my website for as long as I possibly can. In the future I plan to expand on it, with friends and making it into a well known website that can help numerous people in different ways.

3. What is on your website?

#IAM helping people. My website consists of a get in touch section where you can reach out to me with your troubles or even just any question that may relate to mental health or how to boost your mood when you're slightly upset.

4. Do you help others with their mental health? If yes what made you start helping them?

#IAM helping others with their mental health in every way that I possibly can. The website started up because of my friends. I've always helped my friends when they've been feeling down or need some advice. One day they told me I should start helping more people, and so Chlowowo's Happy Pit was created!

5. How did you think of the idea for your website?

#IAM not sure how I got the idea for my website as it was a bit ago. I wanted to make it look cute and welcoming to anyone who may come across my website.



visit <https://motherwellcheshirecio.com/our-services/iam-youth-panel/> to find out more.

Hello everyone! Hope you are well. I recently asked some questions about working at the Lyceum Theatre to a lovely lady called Lucy. Lucy Thomson-Smith is a creative learning and engagement manager at the Crewe Lyceum Theatre which means she is in charge of the activity, education and community. Maddie.



What is it like working at the theatre?

Usually, working at the theatre is a wonderful job and a bit of a dream come true. With different shows coming in all the time, each day can be very different and bring new challenges, new people and new ideas. The staff at the Lyceum are great - we all get on and help each other, so it's really nice being part of a supportive team. Sometimes working in theatre can be stressful, as there are tight immovable deadline all the time, no matter what area you work in. However, if you're the kind of person who enjoys being busy - like I do!- it's helpful to always have different goals and aims to be working towards.

What do you focus on working there ?

My role at the Lyceum is Creative Learning and Engagement manager. That means I'm in charge of activity to do with outreach, education and community. In short, I deliver projects and programmes which are designed to make sure as many people can enjoy our theatre and the arts, in as many different ways possible - not just through seeing shows. I run a choir, holiday clubs for young people, work experience opportunities, creative workshops, competitions and more. I'm always looking for new, creative and fun ways for people to enjoy being a part of theatre and expressing their creativity.

What is your favourite part of your job?

It's hard to choose, but I think for me it's being creative. I find being creative very fulfilling and the chance to come up with ideas and then be able to develop them into deliverable projects is really good fun. I also love helping other people being creative and I love seeing other people find joy in creativity as well as that gives me the drive to create more opportunities for other people to join in.

How did you begin your career?

I've always been interested in theatre and was on stage as a child. I picked drama to study at university as it was the subject I was best at in school. Doing my degree helped me see how many different jobs were involved in theatre and the arts as an industry. After leaving uni, I did lots of little jobs freelancing or volunteering to build up my experience. I worked in shops to earn more money and did theatre in the evenings. I started working for a company delivering creative workshops in schools. After going above and beyond to show how committed I was to the company (and a bit of nagging to the company owner!) they gave me the opportunity to work full time. I always say that there are opportunities out there, but sometimes you have to either ask them or make them yourself – at the time, the job I was doing didn't exist in the company and they weren't intending to hire, but I helped create my job and make a role for myself in the company. After that, it was just a case of continuing to develop my professional practice, to take each new opportunity that came along with more experience.

What are you planning on doing in the future with performances?

We're still waiting to find out when we can properly reopen, but I'm extremely hopeful that as life return to normal, people will be keen to come back to the theatre. There's a huge amount of work going on behind the scenes at the moment to make theatre safe again so hopefully that will help people to come back.

Have you met any famous people during work and who?

I always get asked this and I always have to disappoint! I tend to work 9-5 and despite having worked in the building when there's famous people around, I always manage to miss them. I'm sure I would meet more famous people if I hung around more in the evenings. So far, the most famous people I've met at the Lyceum are Cannon and Ball (of course), Chico and Jaymi Hensley from Union J.

Have you been in any of the shows before?

I haven't been in a show since university! Although I enjoy performing on stage and being in shows is really fun, I prefer being in more organisational roles like directing or stage management, or creative roles like costumes and set.

How do you feel not being able to go to work at the moment?

It's incredibly frustrating, as my job is something that really fulfils me and I can see how much people locally are missing out, especially not having a panto this year. However, it's been amazing to see how creative companies have adapted to the circumstances. The arts as an industry is so good at being adaptable and so many creative people show their talent and skills in time of pressure and crisis. Plus I can't complain as I'm very lucky to still be in my job and being able to work, so I'm very grateful that our theatre is managing to survive such a tough time.

Work wise, what have you missed the most during lockdown?

Definitely the people! I miss my colleagues a lot and being able to get help, advice and support from those I work with when I need it. Plus it's lovely just seeing them every day and feeling part of a team. Also I miss the people that come into our theatre, both the people that come in regularly such as our lovely choir members, as well as getting the chance to meet new people, which is usually such a lovely part of the job.

Is there anything you've benefited from not being at the theatre all of the time?

Sometimes it's good to take a step back from things to be able to look at the bigger picture. Also, the arts and entertainment industries are so good at adapting to difficult circumstances, so sometimes it's positive to be reminded of that and look at creative and different ways of doing things in order to achieve the same goals. However, I'm definitely still looking forward to when we can all be back at the theatre and I think I'm not alone in that!

Recommended Book : *Jemima Small Verses the Universe*, by Tamsin Winter

Shortlisted for the Waterstones Children's Book Prize 2020

I'm going to tell you the word that ruins my entire life: BIG. Because my name is Jemima Small. But I am exactly the opposite.

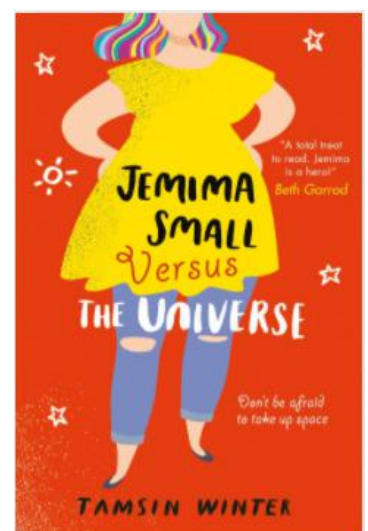
Jemima Small is funny and super smart. She knows a lot of things. Like the fact that she's made of 206 bones, over 600 muscles and trillions of cells. What she doesn't know is how that can be true and yet she can still feel like nothing... Or how being made to join the school's "special" healthy lifestyle group - A.K.A Fat Club - could feel any less special.

But Jemima also knows that the biggest stars in the universe are the brightest. And maybe it's her time to shine...

'An empowering story about body confidence' *The Observer*

Each issue we recommend one book.

Available from <https://www.facebook.com/FreyaUsborne>



Inspirational Woman in History: Kamala Harris



Born in 1964 in Oakland, California, Kamala Harris has made history as not only the first female vice-president elect of the United States of America, but also the first Black and first South Asian to hold the role. Her mother was an immigrant from India whilst her father was from Jamaica. From a young age, her parents took her to civil rights marches.

In 2003, Kamala Harris became the first woman to hold the role of district attorney in San Francisco. In 2010 she became the first Black woman to be elected to the post of California attorney general and in 2016 she became only the second US woman to be elected as a US senator.

Kamala fits our future theme as she brings a message of hope, saying, on her election to the post of vice-president elect;

"While I may be the first woman in this office, I will not be the last," she said in Wilmington, Delaware.

"Because every little girl watching tonight sees that this is a country of possibilities, and to the children of our country, regardless of your gender, our country has sent you a clear message: Dream with ambition, lead with conviction and see yourselves in a way that others may not, simply because they've never seen it before. But know that we will applaud you every step of the way".

Do you want to be in the next edition?

Send a poem, article, puzzle, artwork on the theme: Inspirational Women

Want to do something but not sure what? Email for ideas!

All submissions welcome - please send them to inspirecheshire@motherwellcheshirecio.com by 1st February 2021.