

International Women's Day

# Motherwell Cheshire's Women's Day Celebrations



**Full Programme**  
**3rd - 19th March 2022**

#Encourage #Inspire #Empower

**Celebrating Women of Words**  
**#WOW**



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# Welcome to our Women's Day celebrations!

Hosted by Motherwell Cheshire CIO

Welcome back! It has been a long two years since our last in person Women's Day. These two days in Crewe and Winsford are such a special part of our calendar. The community coming together is something we have really missed. We are so pleased to be able to welcome you back to both Cheshire College South and West and The Winsford Academy this year. We are not only back in person, but with bigger and better events. We have a full range of virtual talks, live music, a virtual church service, family trails and walks, and more this year! We hope you'll come along, and bring friends and family - our events are open to everyone.

This year we have gone for the theme 'Women of Words' #WOW - words play such an important role in society, and in history. Whether it's a speech, a poem, a slogan, a book - words surround us. What is said matters, but so does what is left unsaid. We hope some of our talks and workshops encourage you to think of the words that are important to you, the words you perhaps need to say.

*Kate*

Kate Blakemore, CEO Motherwell Cheshire

## Motherwell Cheshire CIO

Motherwell are a local registered charity, we are based on Beech Drive in Crewe and also run projects in Winsford. Motherwell promotes positive health and wellbeing, by offering a range of education services, holistic therapies and mental health support. We have a range of projects, built up over the past seven years, which provide support to local women and girls and now also to the whole family through our community share hub. We are pleased to host the Women's Day events - come and say hello to us and find out more.



## A bit more about this year's celebrations

We are back with our in person Women's Days in both Crewe and Winsford, but we also have a programme of events surrounding those days, which you'll find over the next few pages. You are welcome to come to as much of it as you would like to. Unless an event states otherwise, it's open to everyone and free to enter. We really can't wait to see you all again!

## Virtual Talks

Our talks remain virtual, this means that not only can we bring you some amazing speakers but you can watch them from anywhere. If you watch live, just go to the Facebook group at the right time and you'll see it appear live. You can ask questions via the chat and they'll be answered at the end of most talks. If you miss one, scroll down the group and you can watch it back.

The group to watch in is: **International Womens Collaboration - Choosing to Challenge**

## Our Legacy

We don't want the conversation to end there. Women of Words will continue with two more wonderful speakers already scheduled.

They will be announced in the group toward the end of our celebrations.

## Silent Auctions

Another new addition to our two Women's Day celebrations is our silent auction. Take a look at the fantastic prizes on offer - place your bid (one of our volunteers will help). Will you go for a caravan holiday, a unicorn party, an amazingly delicious cake, a Manchester City tour, or something else?



# Events in Crewe

## When

## Event

- 5th March 10am - 3.00pm**    **Crewe Women's Day, Cheshire College South and West**
- 5th March 6pm - 11pm**    **Live Lounge at Crewe Market Hall**
- 6th March**    **Our friends at the Crewe Lyceum have the brilliant Matrix Cheer performing - go to [www.crewelyceum.co.uk](http://www.crewelyceum.co.uk) to book**
- 8th March 10am - 2pm**    **Find our stall in Crewe and help us #BreaktheBias on International Women's Day**
- Our friends at the Crewe Lyceum have a performance of the hilarious Menopause the Musical 2 - go to [www.crewelyceum.co.uk](http://www.crewelyceum.co.uk) to book
- 9th March 11am**    **Women's Walk around Nantwich Lake - open to all women, children and dogs welcome - meet at the Lake car park**
- 12th March 11am - 3pm**    **Family Treasure Trail - join a self-guided trail around the park and follow the clues to find the name of a famous woman -start at the cafe, Queens Park**
- 15th March 10am - 2pm**    **In partnership with South Cheshire Chamber, 'Women in Business' - email [kate@motherwellcheshirecio.com](mailto:kate@motherwellcheshirecio.com) to join**

More information on these events can be found on the following pages of this programme,  
on our social media

Facebook - Motherwell Cheshire Where Women and Girls Matter

Twitter - @motherwellches or @womenmotherwell

and on our website [www.motherwellcheshirecio.com/our-services/international-womens-day-2022/](http://www.motherwellcheshirecio.com/our-services/international-womens-day-2022/)



# Crewe Women's Day Programme of Activities Saturday 5th March 10am - 3pm

<b>When</b>	<b>Where</b>	<b>What's happening</b>
10.00	Main area	Official opening - Sarah Pochin, Mayor of the Borough of Cheshire East and Kate Blakemore, Motherwell Cheshire CIO.
11.00	Main area	Performance - Gosia
	Theatre	VIP session - invitation only
	Library 1st Floor	Workshop - "Creative Harmony Movement" - 'combining the beauty and grace of dance movement fitness, with emotional well-being' with Majenta Dance - open to all
11.45	Main area	Workshop - "Celebrating Women of Words" - Sue Piazza - simple embroidery featuring a meaningful word, open to all
12.30	Library 1st Floor	Workshop - "Conversations with myself - 'A delve into using creativity to tap into your intuition' " - Holly Webster, open to all
13.00	Main area	Performance by Together We Dance
13.15	Main area	Performance by Mid Cheshire Hospitals Nightingale Choir
13.45	Main area	Motherwell - Women of Words
14.00	Main area	Performance - Dance to Health
14.00	Library 1st Floor	Workshop - Rockbox - stress busting therapy for the mind body and soul. More than just a workout - punch, kick, and smash drumsticks to classic and modern day rock music. - Emma Wilkinson Fitness
14.30	Main Area	Performance - Motherwell's Gathered Voices

# Women in the Workplace

## Cheshire College South and West

### 15th March 10am - 2pm

Hosted by Motherwell Cheshire CIO in partnership with South Cheshire Chamber

#### Speakers



**Kate Cousens**

[kate.cousens@dicebusiness.co.uk](mailto:kate.cousens@dicebusiness.co.uk)

#### "Imposter Syndrome"

Kate is Director and Co-Founder of DICE Business based in Chester, which provides leadership development, mentoring and strategic advice to a wide range of small and medium sized enterprises. Kate's specialist area is leadership, internal communications and employee engagement which come together to create business cultures where people feel a sense of belonging and can fulfil their potential which ultimately increases the productivity of the business.

Kate classes herself as something of a business geek who loves to learn and find ideas of how to make businesses even better. Currently studying her CPID Level 7 in Human Resource Management, which helps her to advise her clients on the latest thinking from the industry.

After spending 20 years climbing the career ladder herself in a range of leadership roles spanning the public and private sector, she has been working as a business advisor since 2018 and is passionate about 'sending the ladder down' to help others on their own ascent.

She has written and self-published a book called 'Ladder Climbing in High Heels' and hosts a podcast called 'Ladder Down' where she interviews people about their business and career progression and asks them for the advice/tips they would share with others to help them on their own climb.

Wife and Mum to three teen/tweens, there is never a dull moment for Kate who loves nothing more than putting her feet up with a good book and a glass of wine!

You can connect with Kate at: <https://linktr.ee/katecousens>

Listen to her podcast here: <https://ladderdown.libsyn.com/2021>





Carole McKellar, MA CMM Chartered FCIPD  
Email: cmckellar@helmsbriscoe.com

## "Women's beliefs about workplace politics and how to better navigate that maze for success"

From archaeologist to inclusiveness advocate: Carole's career started outdoors in muddy fields and tents and the experience of teaching students on archaeological sites led into a professional career in training and development. In 2019, Carole was inducted into the Events Industry Council's Hall of Leaders for her work to seamlessly integrate her deep and personal commitment to support others with her day-to-day work.

She holds an Executive leadership position as the Vice President EMEA for HelmsBriscoe and upholds the company's transparency, diversity and inclusiveness values.

Carole has a personal interest in workplace politics for women, having experienced them in former employed roles. She is researching how women approach workplace politics, what limits or improves our ability to get things done and how understanding your beliefs, and improving your skills, can help women to succeed in their personal goals and ambitions.

As the 2018 AWE Woman of Influence, Carole is a supporter of 'flexible working'; and works with people who love the freedom of working for themselves, helping them to become successful business owners.



Helen Pullan  
helenpullan@safeopportunities.co.uk

## "The Safe Opportunities Model"

Helen originally trained in Hospitality Management and then journeyed into workplace training and then onto working with young people via the government run Connexions Careers and guidance company, to then setting up and running Safe Opportunities.

Safe Opportunities are an established provider of work related opportunities for young people requiring additional support to develop employability skills.

The organisation started in 2014 working with just a couple of schools and are now working with over 25 schools and the local authority in the Cheshire area.

Safe Opportunities now also have a strong team of 15 employees supporting and encouraging young people to move forward and plan for their future careers.

Helen is committed to improving work related learning activities for each school they work with and passionate and dedicated to ensure every student is given the opportunity to develop essential employability skills and move to employment.

## "The Importance of Mentoring" - Liz Hancock

Liz has been a chartered member of IOSH since 2008 and holds a degree in safety, health and environmental management with over 20 years of cross industry experience. Having worked in insurance, enforcement, consultancy and management across the globe in a wide variety of sectors including logistics, manufacturing, education and leadership, Liz brings a wealth of knowledge. Also as a mental health first aid instructor she is able to build on experience and share best practices on health, safety and wellbeing strategy.



**Kate Blakemore**  
CEO Motherwell Cheshire CIO

## "FlourisHER Wellbeing Hub"

My passion in life is to support and inspire women and girls of all ages throughout the mothering journey. As a trained counsellor who has needed counselling myself in the past, I talk openly about my own struggles having suffered an ectopic pregnancy and miscarriage. In my experience, we have been repeatedly failed by inadequate and disjointed services so my goal is to ensure that the voices of women will finally be heard in the mental health system. Women and girls with complex mental health problems, especially those who have suffered abuse and violence, are in need of specialist support and this cannot be purely clinical.

This is why I set up my charity Motherwell which offers community-based projects for vulnerable mothers – giving them access to a support network and bridges the gap in services for women’s wellbeing across Cheshire. My charity is run by women for women and is open to all mothers, whatever their stage in life. I’m a strong believer that information empowers people and I work hard to drive forward change so that our voices are heard.

I am a mum of 3 children 1 daughter and 2 boys, I have been with my partner 23 years. I am passionate about the towns that our charity works in and like to feel that we play a part in the being the heart of the community.

My idea of the women’s hub comes from my years of experience as a counsellor and my observations since the inception of Motherwell Cheshire, plus my own experience of a women in the business/charity sector.

Before life in the charity/ counselling world I worked in retail management and later project management, I was young, ambitious and willing to learn, so I completely fitted into that world well, and very quickly climbed the ladder, and at the time was the youngest deputy store manager the company had, I loved my job and so thrived on how fast paced it was.

2022

# Events in Winsford

## When

## Event

<b>8th March 10am - 2pm</b>	<b>Find our stall in Winsford and help us #BreaktheBias on International Women's Day</b>
<b>13th March 11am - 3pm</b>	<b>Family Treasure Trail - join a self-guided trail around the park and follow the clues to find the name of a famous woman (start at the steps, Winsford Town Park)</b>
<b>16th March 11am</b>	<b>Women's Walk - open to all women - children and dogs welcome - meet at the Red Lion car park</b>
<b>18th March 7pm</b>	<b>Women's Night at The Hive - live music followed by a female DJ, £5 per ticket book via <a href="https://www.eventbrite.co.uk/e/womens-night-in-winsford-tickets-272289704837">https://www.eventbrite.co.uk/e/womens-night-in-winsford-tickets-272289704837</a></b>
<b>19th March 10am - 3pm</b>	<b>Winsford Women's Day Celebration, The Winsford Academy</b>

More information on these events can be found on the following pages of this programme, on our social media

Facebook - Motherwell Cheshire Where Women and Girls Matter

Twitter - @motherwellches or @womenmotherwell

and on our website [www.motherwellcheshirecio.com/our-services/international-womens-day-2022/](http://www.motherwellcheshirecio.com/our-services/international-womens-day-2022/)



# Winsford Women's Day

## Timetable of Activities

### Saturday 19th March 10am - 3pm

<b>When</b>	<b>Where</b>	<b>What's Happening</b>
10.00	Main Area	Official opening - Cllr Jackie Weaver and Kate Blakemore, Motherwell Cheshire CIO
11.00	Main Area	Performance - Gosia
11.00	VIP zone	VIP session - invitation only
11.30	Main Area	Workshop - "Celebrating Women of Words" - Sue Piazza - simple embroidery featuring a meaningful word, open to all
11.30	Workshop room	Workshop - "Conversations with myself - 'A delve into using creativity to tap into your intuition' " - Holly Webster, open to all
12.30	Main area	Workshop - express emotions through words and colour. The end result of the workshop is to write and/or draw a RAINBOW Letter to Mother Earth - ChriSOULa, open to all
13.00	Workshop room	Workshop - "4 steps for personal safety" and self defence - Matt
14:00	Main Area	Children's session - Laughter Tots -open to all children and their parents/carers
14.30	Main Area	Performance - Motherwell's Gathered Voices

# Virtual Speakers

## When

## Speaker and Subject

**8.00pm 3rd March**

**Coronation Street star Sally Carman (interview)**

**6.30pm 4th March**

**Cllr Tom Dunlop, Mayor of Crewe - Men and their role in International Women's Day (interview)**

**7.00pm 7th March**

**Dr Lisa Oakley, "Better Understanding, Earlier Intervention - rethinking trauma"**

**6.30pm 8th March**

**Thank You NHS - Sue Rodgers "The Return" and Precious Ogie, "Improving Representation and Diversity in the NHS"**

**7.00pm 9th March**

**Denise Brasil "How you can help to end sexism in schools"**

**7.00pm 11th March**

**Maxine "My Believe Journey" - a Motherwell service user who has turned her life around**

**7.00pm 14th March**

**Trudie Newhouse "From long Covid to the Strictly Dance Floor"**

**7.00pm 15th March**

**Cllr Joanne Anderson, Mayor of Liverpool interview**

**7.00pm 17th March**

**Panel on Gender and Sexuality - Sally from Body Positive and members of Motherwell's #IAM youth panel**

**7.00pm 18th March**

**Jo Conchie "More than Words: It's time to take direct action for women's safety"**

# Live Lounge, Crewe Market Hall

Join us after Crewe Women's Day at Crewe Market Hall, 6-11pm, - bring your friends, grab some food and a drink or two and enjoy some fabulous live music in aid of Motherwell Cheshire CIO. Free entry but please do donate!

Our line up includes:

- Megan Lee  
<http://www.meg-lee.com/singer.html>
- Emillie Jasmin  
<https://www.facebook.com/EmilieJasmineMusic>
- Kelly (Tigerheart)  
<https://www.facebook.com/kelleytigerheart>
- Faye McCallum  
<https://www.facebook.com/faye.mccallum.5>
- Gaynor Black  
<https://www.facebook.com/gaynor.black.5>



## Women's Night at the Hive, Winsford

18th March 7-11 - start the weekend with a girls night out at The Hive, bring your friends and enjoy live music and then get up and dance the night away!

Line up includes:

- Christi Bratherton  
<https://open.spotify.com/artist/23LsTX3WeQCHpC7aTmwqjS>
- Amy Antrobus  
<https://soundcloud.com/amy-antrobus>
- Followed by DJ Krystal

Tickets on Eventbrite or on the door - only £5

# Join us for a moment of calm and reflexion

## Virtual church service 10th March 1.30-2

Join Rev Suzie Eddleston for a zoom service as part of our celebrations.

This is open to all, whatever your beliefs.

You can have your camera on or off as you please.

## Women's Walks

Our two Women's Walks at Nantwich Lake and in Winsford are both open to all abilities, they are on level paths suitable for prams. If you have children they are welcome to join you. Dogs are also welcome. We hope you'll enjoy them. On arrival, look out for Aimee who will be wearing a purple Motherwell sash.

## Family Treasure Trails

On 12th and 13th March we have our Women's Trails - family treasure trails at Queens Park (12th) and Winsford Town Park (13th). These trails are self guided, following simple clues and remembering the letter on each. Unscramble them to reveal the name of a famous woman. In Crewe, start at the cafe, whilst in Winsford you need to start at the top of the steps.

## For more information

For more information on anything in the programme please email [events@motherwellcheshirecio.com](mailto:events@motherwellcheshirecio.com)



## With thanks to...

We want to say thank you to  
Bentley, Barclays, So Coach, Mrs Darlington's, Cheshire West and Chester Council, Winsford Town Council, Cheshire Fire, Cheshire College South and West, The Winsford Academy, Crewe Market Hall, The Hive, South Cheshire Chamber.

To all of the stall holders, performers, workshop facilitators and speakers who support our events.

A very big thank you to everyone volunteering at any of our events as without you, they wouldn't happen.

A final thank you goes to our Women's Day committee, for all their time in bringing the events together.

## Want to get involved?

Our events are planned by a committee of local people, if you'd like to be involved next year please contact [events@motherwellcheshirecio.com](mailto:events@motherwellcheshirecio.com)

## Finally...

If you have enjoyed yourself today, please do consider donating to Motherwell Cheshire CIO. We are a local registered charity and work to support local people. All donations really are appreciated and really do make a difference.





**A local charity, providing support to women  
and young girls.**

**Promoting positive health and wellbeing, by offering a range of  
wellbeing projects, holistic therapies, and mental health support.**

**Our services are;**

**MUM WellBeing  
Motherwell Community Share Hub  
WellBeing Program  
Believe  
Inspire  
FlourisHER  
Cherry Blossom  
Counselling  
Womens Day**

**You can contact one of the Motherwell Team on:**

**CALL: 01606 557666**

**EMAIL: [referrals@motherwellcheshirecio.com](mailto:referrals@motherwellcheshirecio.com)**

**TXT: 07496160939**

**54 - 64 Beech Drive, Crewe CW2 8RG**



**@MotherwellCheshireCIO**



**motherwellcheshirecio.com**

**Charity Number 1173554**

**#encourage #inspire #empower**