

### **Introducing the WOW Group 21 May 2024**

The WOW Group is a safe and empowering space designed for young women aged 13/14- 24 or those who identify as female.

It serves as a supportive community where members can come together to uplift, inspire, empower, and care for one another. The group's foundation lies in the idea of empowering young women to not only take charge of their well-being but also to inspire other women through their shared.

### **Primary Focus**

The WOW Group's primary focus is not to focus on individual past experiences struggles but to collectively inspire and uplift one another through shared experiences and triumphs.

### **Focus and Purpose:**

#### ***EMPOWERING YOUNG WOMEN***

The group aims to motivate and empower its community members to embrace their strengths, support one another, and strive towards personal growth, positive mental health and well-being. Recognising the importance of holistic support, the WOW Group organises activities, workshops, and trips to offer a diverse range of experiences and opportunities for members to feel empowered, confident and build positive friendships. These supplementary events serve as avenues for learning, growth, empowerment, and bonding within the group. The group extends additional support as needed through tailored group sessions to address specific challenges or provide personalised assistance, ensuring that every member receives the support they require. experiences. As the group continues to inspire, empower and grow the group will separate into age categories ensuring that the young women within the group get the most out of their group.

### **Aims**

The group aims to motivate and empower its community members to embrace their strengths, support one another, and strive towards personal growth and well-being.

### **Weekly Team Video Calls:**

Each week, the WoW Group convenes for a structured video call session facilitated by me (Jane Horan). During these video calls, members can connect face-to face via video (members have the option to join with camera off) share their thoughts, feelings, and experiences, and offer support to one another and create ideas to reach other women in the community. It serves as a pivotal platform for building a sense of community and creating a deeper connection and positive relationships among group members.

### **Group Chat:**

In addition to the scheduled video calls, the WOW Group maintains an active WhatsApp group chat. This chat forum provides a continuous channel for communication throughout the week, enabling members to seek advice, share inspirational stories, offer support, and stay connected with each

other in real-time. Along with additional wellbeing support and guidance from myself (Jane Horan) and our Mental Health Volunteers. It serves as a virtual support system that ensures members are supported beyond the confines of structured meetings.

## **WHATS ON 2024**

Transformative events that empower individuals by providing them with the opportunity to actively engage in facilitate workshops focused on personal growth to inspire others young women.

Group members and participants can delve into topics such as self-discovery, goal-setting, confidence-building, and leadership development. #

### **WORKSHOPS ON PERSONAL GROWTH:**

Regular workshops focused on personal growth, self-development, and empowerment will be conducted to equip members with valuable skills, insights, and strategies for personal development. These workshops aim to promote self-awareness, self-esteem, resilience, and confidence among participants.

**GROUP DISCUSSIONS AND SHARING CIRCLES:** Structured group sessions and sharing circles will be organised to encourage open dialogues, shared experiences, and mutual support among members. This will be across Cheshire east, Cheshire west and possibly Wirral areas with venues in that area. These sessions create a safe space for individuals to express themselves, seek guidance, and connect with others who share similar aspirations and challenges.

## **WORKSHOPS**

May 2024

Glow workshop – *See flyer.*

May 2024

Inspiring Podcasting Workshop – *See Flyer*

June 2024

Woman's Brunch Workshop - *See Flyer*

October 2024

Art & Craft Creative Workshop – *See Flyer*

November 2024 7

Vision Board Workshop – *See Flyer*

## **TRIPS**

### **July 2024 - Womanifest**

#### **The Wellbeing & Empowerment Festival for Women & Teen Girls**

In true festival style, hosted at the fabulous Cherry Orchard Farm in Oakmere, Cheshire, this 2 day extravaganza will bring together like-minded women for fun, entertainment, education, wellbeing and empowerment. The event is designed to help women to live the happy, fulfilling & successful life they deserve and inspire the next generation of young women through an amazing line up of activity.

In the main festival arena there will be workshops, activities and entertainment from women from all walks of life, fabulous performances – comedians, singers, dancers etc, yoga and meditation sessions, a pamper tent for spa treatments, great food & drinks on offer, silent disco with an epic EMPOWER HOUR, liberating experiences like walking on hot coals or broken glass, a bit of retail therapy from an array of stalls of female led businesses selling products and services for women and so much more!

### **October 2024 - Escape Rooms**

This trip has been inspired by the wow group to promote problem-solving skills, team work and building stronger friendships within the group. It provides a fun and interactive way for them to collaborate, think critically, and support each other in a challenging yet rewarding environment. Additionally, it offers a unique and thrilling experience that encourages communication and boosts confidence, making it a perfect opportunity for empowerment and creating lasting memories.

### **November - 2024 Cinema Trip**

This Cinema trip again has been inspired by the young women of the group as they believe it is a wonderful way to unwind, relax, and enjoy quality time together. Watching a movies provide a shared experience that sparks conversations, laughter, and emotions, promoting a sense of togetherness and connection. It allows them to escape reality for a while, explore different perspectives, and simply have fun in a comfortable setting. A cinema trip offers a laid-back yet engaging activity that promotes bonding and creates lasting memories for the women within the group.

### **December – Musical Theatre Trip**

Many of the group members are creative in music, writing and art and have suggested a musical theatre trip to empower them further. The aim is to create an inspiring experience that combines the magic of live performance with storytelling and music. Attending a musical allows them to immerse themselves in powerful narratives, vibrant music, and compelling performances, sparking creativity, and igniting passion for the arts. It offers an outing that encourages appreciation for talent, aesthetics, and culture, promoting a sense of joy, excitement, and cultural enrichment among the group.

## **December - A Christmas Theme Celebration Dinner 2024**

Hosting a Christmas-themed dinner for the whole group serves as a heartwarming celebration of their accomplishments, participation, and dedication throughout the year to young women. It provides a festive and cozy setting to reflect on their achievements, growth, and contributions to empowering young women in the community. Awarding certificates to each young woman for their commitment adds a special touch, recognising their efforts and reinforcing a sense of pride and accomplishment. The dinner creates a memorable and meaningful experience that celebrates unity, empowerment, and the spirit of giving back to inspire and uplift others.

## **WOW COMMUNITY EMPOWERING EVENTS - August 2024**

### 1. 'Inspire' Event – *Venue to be confirmed – LED BY THE WOMEN FROM THE WOW GROUP*

The event is designed to help women to live the happy, fulfilling & successful life they deserve and inspire the next generation of young women through an amazing line up of activity. The Inspire event is facilitated by the wow group who will find inspiration from the focuses on young women empowering each other through inspirational talks, workshops, and mindful practices. Trips and team-building activities will be arranged to promote, teamwork, and positive relationships and a sense of adventure and empowerment among members. These offer opportunities for members to bond, explore new environments, and engage in recreational activities that foster personal growth, confidence, and resilience.

## **Volunteers**

A wonderful opportunity to make a positive impact and gain valuable experience in mental health support. Working with myself (Jane Horan) and the WOW group to support young women to empower them. This is a meaningful way to contribute to their own well-being and personal growth as well as help support others. It can be a rewarding experience to offer support and guidance to help them navigate challenges and unlock their potential. If you have someone that you feel would benefit from this role and you decide to put them forward to pursue this volunteer opportunity, they will find themselves forming meaningful connections, developing skills and awareness in mental health advocacy, and contribute to a more inclusive and supportive community. Along with a possible opportunity for further training in mental health awareness.

We are open to volunteers who are passionate about mental health and dedicated to empowering young women.

Join us in making a positive impact and gaining valuable experience in support and advocacy. Together, let's create a community of care and empowerment.