



CARING AND SHARING ROCHDALE

Empowering
Women for Equality
and Progress

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Snapshots of Women
Who Have Impacted
The World

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WOMANHOOD

celebration

Prioritizing your
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***"Empowered Women Empower Women - Inspire
Inclusion, Accelerate Progress"***



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Nicky Iginla

CEO - Caring and Sharing Rochdale

Our CEO'S Message

As the CEO of Caring and Sharing Rochdale, it brings me immense joy to welcome you to this special edition of our magazine dedicated to celebrating the remarkable achievements and contributions of women.

Today, we celebrate the indomitable spirit, resilience, and achievements of women from all walks of life. It is a day to honor their invaluable contributions to our workplaces, communities, and societies at large.

At Caring and Sharing Rochdale, we recognize the invaluable role that women play in shaping our world, driving innovation, and fostering positive change. This magazine serves as a tribute to the strength, resilience, and diversity of women everywhere, showcasing their stories, successes, and aspirations.

As we navigate through these pages, I invite you to join me in celebrating the accomplishments of women from all walks of life – from trailblazing leaders and entrepreneurs to unsung heroes and changemakers.

Their stories inspire us to break barriers, challenge stereotypes, and champion gender equality in every aspect of society.

Let us use this magazine as a platform to amplify women's voices, advocate for their rights, and create a more inclusive and equitable future for all. Together, we can build a world where every woman has the opportunity to thrive, fulfill her potential, and make her mark on the world.

Thank you for your unwavering dedication and support in championing the cause of womanhood. Your efforts are truly making a difference, and I am proud to stand alongside each of you in this important journey.

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02

Not all Heroes Wear Capes

—Professor Erinma Bell, *MBE, DL, JP*

Professor Erinma Bell:

A Trailblazer in Peacebuilding and Community Development

Professor Erinma Bell, a remarkable figure whose life and outstanding work exemplify the power of compassion, courage, and community leadership. Born and raised in Manchester, England, Professor Bell has dedicated her life to promoting peace, social justice, and positive change in her community and beyond. In honor of Women's history month, we will take a dive into her significant contributions to peacebuilding and community development which has created an enduring legacy in the lives she has touched and the communities she has transformed through her passion, vision, and leadership.

Professor Bell's early life experiences deeply influenced her commitment to social justice and peacebuilding. Growing up in Moss Side, a diverse and vibrant neighborhood in Manchester, she witnessed firsthand the impact of poverty, violence, and social inequality on individuals and communities. Despite facing numerous challenges, including the loss of loved ones to gun violence, Professor Bell remained determined to make a difference in her community.

One of Professor Bell's most significant contributions to peacebuilding is her role as co-founder of the charity, CARISMA (Community Alliance for Renewal, Inner South Manchester Area).

CARISMA was established in response to escalating gun and gang violence in Moss Side in the 1990s, aimed to address the root causes of violence and created opportunities for positive change. Under Professor Bell's leadership, CARISMA implemented a range of innovative programs and initiatives focused on youth engagement, conflict resolution, and community empowerment. These initiatives included mentoring programs, youth forums, and community events aimed at fostering dialogue, understanding, and reconciliation.



In addition to her work with CARISMA, Professor Bell has been actively involved in various peacebuilding and community development initiatives at the local, national, and international levels. She has served on numerous advisory boards and committees, providing expertise and guidance on issues related to violence prevention, community cohesion, and social inclusion. Professor Bell's commitment to building bridges across communities and promoting dialogue and understanding has earned her recognition and respect both locally and globally.

Professor Bell's leadership and advocacy have not only helped to reduce violence and promote peace in her community but have also inspired countless individuals to become agents of change in their own right. Her tireless efforts and unwavering dedication has seen to the transformation of community-led initiatives and grassroots activism in creating positive social change.

In recognition of her outstanding contributions to peacebuilding and community development, Professor Erinma Bell has received numerous awards and honors, including the Queen's Medal for Community Service and an MBE (Member of the Order of the British Empire) for services to the community in Greater Manchester.

Professor Erinma Bell is a true trailblazer whose life's work has made a lasting impact on peace, justice, and community development. Her journey from a young girl growing up in Moss Side to a respected leader and advocate for change is a testament to the power of resilience, determination, and compassion. As we celebrate her achievements and honor her legacy, let us be inspired by her example to continue working towards a more just, peaceful, and inclusive world for all.

Recognizing Legend-ary Women Who Have Impacted the World



Leyla Hussein (born 1980)

Leyla Hussein is a British psychotherapist, author, and activist known for her work to end female genital mutilation (FGM) and promote gender equality. She is the founder of "The Dahlia Project," the UK's first therapy service for survivors of FGM, and she has been a leading voice in the global movement to eradicate this harmful practice.



Mary Seacole (born 1805)

Mary was born over 200 years ago in Jamaica. Through her life she learnt a lot about medicine and nursing from her mother and from her travels around the world. When she heard about British soldiers being injured in the Crimean war, she wanted to help. But despite all her experience, she was not allowed. This was part of the discrimination Mary experienced through her life, for being a Black woman. She didn't let this stop her and went to Crimea by herself. She set up a hotel where she treated the injured and shared food and medicine. After her death, her work was largely forgotten, but thanks to modern campaigners she is now considered a brave heroine of the war.



Karen Blackett OBE (born 1971)

Karen Blackett OBE is a British businesswoman and advertising executive who has been a trailblazer for diversity and inclusion in the advertising industry. She is the former CEO of WPP UK, one of the world's largest advertising and marketing companies, and she has been a vocal advocate for increasing diversity and representation in advertising campaigns.



Baroness Valerie Amos (born 1954)

Baroness Valerie Amos is a British politician and diplomat who served as the first black woman to hold the position of Leader of the House of Lords and became the first black woman appointed as a British cabinet minister. She has also held various leadership roles in international organizations, including serving as the UN Under-Secretary-General for Humanitarian Affairs and Emergency Relief Coordinator.



Dr. Maggie Aderin-Pocock (born 1968)

Dr. Maggie Aderin-Pocock is a British space scientist and science communicator who has made significant contributions to the field of astronomy and space exploration. She is best known for presenting the BBC documentary series "The Sky at Night" and inspiring young people, particularly girls and minorities, to pursue careers in STEM.



Dr. June Eric-Udorie (born 1996)

Dr. June Eric-Udorie is a British-Nigerian writer, feminist activist, and public speaker known for her advocacy for girls' education and gender equality. She is the founder of the nonprofit organization "The Iroko Project," which supports education initiatives for girls in Nigeria, and her writing has appeared in publications such as *The Guardian* and *The New York Times*.



Baroness Doreen Lawrence (born 1952)

Baroness Doreen Lawrence is a British campaigner for racial equality and justice. Following the murder of her son, Stephen Lawrence, in a racially motivated attack in 1993, she became a leading advocate for police reform and combating institutional racism in the UK.



Dr. Nicola Rollock (born 1970)

Dr. Nicola Rollock is a British academic and expert on racial inequality in higher education. Her research and writing have shed light on the experiences of Black students and staff in British universities and have been instrumental in driving policy changes to promote diversity and inclusion in higher education institutions.



Dame Linda Dobbs (born 1951)

Dame Linda Dobbs is a British barrister and judge who made history as the first non-white person to be appointed to the High Court of England and Wales in 2004. She has been a trailblazer for diversity and inclusion in the British legal system, advocating for greater representation of minorities in the judiciary.



Baroness Floella Benjamin (born 1949)

Baroness Floella Benjamin is a British actress, author, and children's television presenter who has dedicated her career to advocating for children's rights and racial equality. She was appointed a Life Peer in the House of Lords in 2010 and continues to be a prominent voice for diversity and inclusion in British society.

These Black women in the United Kingdom have made significant contributions to the global feminist movement and have fought tirelessly for women empowerment, girl child education, gender equality, and justice. Through their activism, scholarship, and leadership, they continue to inspire and empower women and girls around the world to challenge inequality and create a more just and equitable society.

Meet Our Speakers

International Women's Day Speakers



Dr. Faye Ruddock

Dr. Faye Ruddock is a renowned healthcare leader, educator, and advocate deeply committed to health equity and social justice. With a diverse background in nursing, education, and research, she brings extensive expertise to her roles.

Dr. Faye serves as the Chair of the Caribbean & African Health Network, a vibrant national network focused on addressing health disparities within the Black community and advocating for policy and practice changes. With a background as a clinician, Dr. Faye currently holds the position of Executive Director of Health Equity and Social Justice at the University of Bolton. Additionally, she chairs various boards and contributes to maternal panels, including the Race and Health Observatory.

Dr. Faye's dedication to maternal health equity is evident through her leadership in key initiatives such as the NHS Race & Health Observatory Maternity Stakeholder Group and the North West Maternal Medicine Network Co-Production Group, advocating for marginalized communities' needs. Her commitment to systemic change and promoting social justice beyond healthcare is evident through her role as a Deputy Lieutenant and her leadership as the chair of Trafford District in Greater Manchester county.



**Dr Fikelephi
Jackson**

Dr. Fikelephi Jackson is a distinguished humanitarian activist and philanthropist. She hosts her own weekly TV show, "Untold Stories," and is happily married with seven children. In addition to being an author, mentor, international speaker, and broadcaster, Dr. Jackson is renowned for her impactful work, notably through her book, "Against All Odds I Survived!" Her efforts convey messages of hope, restoration, and forgiveness, resonating with women globally.

She actively contributes to various organizations, including Victim Support UK, and holds leadership roles within her church. Dr. Jackson's unique mentoring program positively influences the lives of numerous women and girls from diverse backgrounds, embodying her mission to rebuild lives and restore dignity.

As the founder and CEO of the nonprofit organization, "Against All Odds Still Standing Charity (AOS)," Dr. Jackson and her team have made significant strides in supporting secondary students in Africa and constructing a secondary school in Malawi. Their efforts have empowered women and girls affected by gender-based issues, including widows and those living with HIV/AIDS, across the globe.

Over the past decade, Dr. Jackson has embarked on numerous mission

trips to various countries, emphasizing the empowerment of women and girls in Africa. She advocates for sustainable solutions, believing in teaching individuals to fish rather than merely providing them with fish. Her impactful work has garnered recognition from the Malawi government and has been featured on prominent media outlets such as the BBC, Malawi Broadcasting Television, ZBC, and Yanga TV.

Recently, Dr. Jackson was invited to the United Nations 67th Commission on the Status of Women (CSW67), where she served as a voice for the voiceless, engaging with ministries of women's affairs from Malawi and Nigeria. Her inspiring presence and unwavering commitment continue to transform lives, both directly and indirectly, underscoring her remarkable influence as a Christian and humanitarian activist.



**Princess Folashade
Alonge:**
Founder, De Butterfly

Princess Folashade Alonge brings over 17 years of diverse experience in psychotherapy and counseling across both public and private sectors, including healthcare and voluntary organizations. She holds various roles, serving as a Community Influencer, Inspirational Speaker, and Wellbeing Lead for MAMA Health and Poverty Partnership, where De Butterfly CIC is a valued member partner. Additionally, she plays a pivotal role in the Elephant Trail Project, contributing to broader systemic changes in Greater Manchester to support individuals facing multiple disadvantages.

Folashade is actively involved in numerous boards across Greater Manchester and Cheshire East, Northwest, England, demonstrating her commitment to community service and advocacy.

Her passion for educating and supporting victims and survivors of FGM is evident in her work as a seasoned facilitator, conducting stress management workshops and executive support programs to empower both individuals and corporate entities.



Cllr. Janet Emsley

Councillor Janet Emsley is the Labour and Co-operative Councillor representing the Littleborough Lakeside ward. She is equally the Deputy Leader and Portfolio Holder for Equity, Safety, and Reform at Rochdale Borough Council. Councillor Emsley has been pivotal in promoting equity, safety, and reform within the community, showcasing her dedication to making Rochdale Borough a better place for all its residents.

Beyond her council duties, Councillor Emsley plays a significant role at the regional level as Chair of the Greater Manchester Police, Fire and Crime Panel, where she contributes to overseeing and supporting the police, fire, and crime services across Greater Manchester. This role underlines her commitment to safety and justice across the wider region. Councillor Emsley's background in education, particularly as a teacher and Director of Performing Arts at Wardle Academy, has equipped her with a unique perspective on community engagement and reform. Her transition from education to public service underscores a deep-rooted commitment to social reform, equality, and community safety.

Empowering Women Through Financial Literacy

-by Omolara Kolajo

Financial literacy is a critical skill that empowers individuals to make informed decisions about their finances, investments, and future financial well-being. While financial literacy is essential for everyone, its significance is particularly pronounced for women. In many societies, women face unique challenges and barriers when it comes to financial independence and security. Therefore, enhancing financial literacy among women is not only imperative for their individual empowerment but also for promoting gender equality and socio-economic development on a broader scale.

Financial Literacy for Women aids the following:

Economic Empowerment

Financial literacy equips women with the knowledge and skills needed to take control of their financial lives. By understanding concepts such as budgeting, saving, investing, and managing debt, women can assert greater control over their financial resources. This empowerment enables women to pursue their economic goals, whether it's starting a business, buying a home, or saving for retirement.

Decision-Making Autonomy

Financial literacy helps women to make informed decisions about their finances, without relying solely on others for guidance. When women understand financial concepts and are confident in managing their money, they can make decisions that align with their values, priorities, and long-term aspirations. This autonomy fosters a sense of independence and self-reliance, enhancing women's overall well-being.

Protection Against Financial Vulnerability

Women are often disproportionately affected by financial insecurity due to factors such as the gender pay gap, career interruptions for caregiving responsibilities, and longer life expectancy. Financial literacy empowers women to safeguard themselves against economic vulnerabilities by building emergency funds, understanding insurance options, and planning for retirement. With enhanced financial knowledge, women are better equipped to navigate life transitions and unexpected financial challenges.

Breaking the Cycle of Poverty

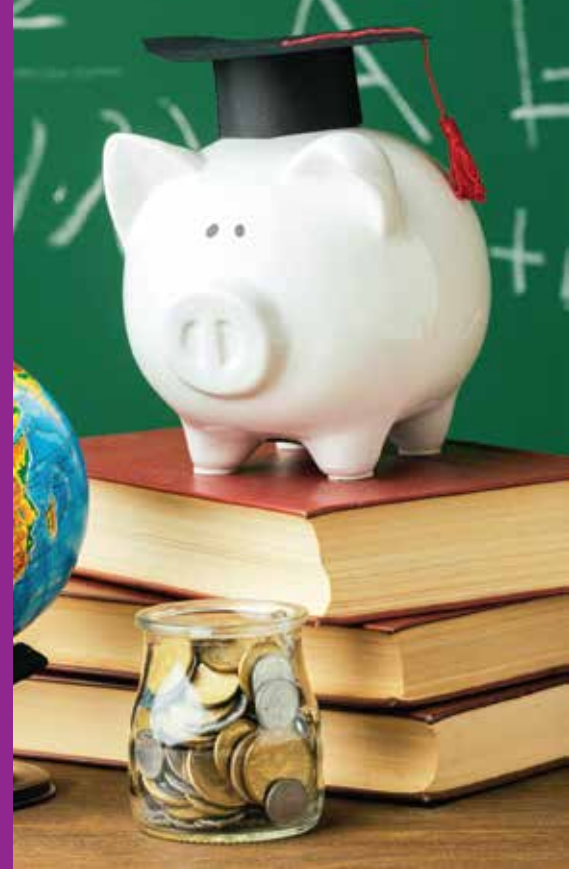
Financial literacy plays a crucial role in breaking the cycle of intergenerational poverty.

When women are financially literate, they can pass on valuable money management skills to their children, thereby equipping future generations with the tools they need to achieve financial stability and success. By investing in women's financial education, societies can create a ripple effect of empowerment and economic progress that extends far beyond individual households.

Bridging the Gender Wealth Gap

The gender wealth gap, which refers to the disparity in assets and wealth accumulation between men and women, remains a persistent issue worldwide. Financial literacy initiatives targeted at women can help bridge this gap by providing them with the knowledge and resources to build wealth over time. By encouraging women to invest, save for retirement, and build assets, financial literacy efforts contribute to narrowing the wealth disparity between genders and promoting greater economic equality.

In conclusion, financial literacy is a powerful tool for empowering women and advancing gender equality. By equipping women with the knowledge, skills, and confidence to manage their finances effectively, we can unlock their full potential as economic agents and decision-makers. Governments, financial institutions, nonprofits, and educational institutions must prioritize initiatives that promote financial literacy among women, ensuring that all women have the opportunity to achieve financial security, independence, and prosperity. By investing in women's financial education today, we invest in a more equitable and prosperous future for all.



Celebrating Lensa Birhanu:

A Pillar of Strength and Dedication at Caring and Sharing

Still in the celebration of women's history month, we at Caring and Sharing take immense pride in celebrating a truly remarkable individual in our midst, Lensa Birhanu. Lensa's journey with us began as a service user but it was only the beginning of a journey marked by remarkable transformation and selfless contribution.

Having experienced firsthand the support and empowerment our charity strives to provide, Lensa made the laudable decision to join our volunteer team. This decision has been nothing short of a blessing for our community. Lensa embodies the very essence of volunteerism—resourcefulness, initiative, and an unwavering commitment to service.

Her ability to anticipate needs and offer support where it's most needed has made her an indispensable part of our charity. Lensa's dedication goes beyond mere participation; she has become a pillar of strength, inspiring those around her with her passion and perseverance.

As we celebrate womanhood, we spotlight Lensa as a shining example of what it means to empower oneself and, in turn, empower others. Her journey is a beacon of hope and a model of what we strive to achieve at Caring and Sharing. Lensa, your exceptional dedication, and hard work have not gone unnoticed. You have touched many lives, including ours, and for that, we are incredibly proud and grateful.



Lensa Birhanu

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Health Corner

Prioritizing your Physical and Mental Health *-by Blessing Wheto*

In today's fast-paced world, we as women often find ourselves juggling multiple roles and responsibilities, from careers and caregiving to personal pursuits and societal expectations. In the midst of these demands, it's easy for us to neglect our physical and mental well-being. However, prioritizing self-care is not selfish; it's essential for us to thrive and fulfill our potential. In this article, we'll explore the importance of women prioritizing their physical and mental health and provide practical strategies to achieve this.

The Intersection of Physical and Mental Health

Physical and mental health are intricately linked, forming a crucial aspect of overall well-being. The demands of daily living often lead to neglecting our health needs. Balancing work, family, and societal expectations can take a toll on both the body and mind.

It's essential to recognize the impact of stress, hormonal changes, reproductive health, and societal pressures on women's health.

The following are the importance of prioritizing our physical and mental well-being as women:-

Personal Well-being: Prioritizing physical and mental health allows us to feel better physically, emotionally, and mentally. It enhances overall quality of life, increases energy levels, and improves mood and self-esteem.

Resilience: Taking care of one's health builds resilience, enabling us to better cope with life's challenges and stressors. It equips us with the strength and stamina to navigate obstacles and setbacks effectively.

Role Modeling: By prioritizing our health, women set a positive example for their families, friends, and communities. They demonstrate the importance of self-care and inspire others to do the same, creating a ripple effect of well-being.

Longevity: Investing in physical and mental health early on can have long-term benefits, reduci-

ng the risk of chronic diseases, enhancing longevity, and improving overall quality of life as women age.

The following challenges have been linked to women's health:-

Reproductive Health: Women experience unique health challenges related to menstruation, pregnancy, childbirth, and menopause. Access to reproductive healthcare services, including contraception, maternal care, and family planning, is vital for women's overall health and autonomy.

Mental Health Stigma: Despite progress in raising awareness about mental health, stigma and discrimination still surround mental illness, particularly for women. Societal expectations of women as caregivers and nurturers may discourage seeking help for mental health issues, leading to underdiagnosis and inadequate treatment.

Gender-based Violence: Gender-based violence, including domestic abuse, sexual assault, and harassment, poses significant threats to women's physical and mental well-being. The trauma resulting from such experiences can have long-lasting effects on women's health, requiring comprehensive support and intervention.

Health Disparities: Women from marginalized communities, including women of color, LGBTQ+ women, women with disabilities, and socioeconomically disadvantaged women, often face intersecting health disparities due to systemic inequalities and discrimination in healthcare access and treatment.

Having looked at these challenges, certain strategies can be implemented to improve our overall well-being as women which also double as beauty tips and these include:-

Self-awareness: Take time to check in with yourself regularly and assess your physical and mental well-being. Pay attention to signs of stress, fatigue, or burnout, and take proactive steps to address them.

Establish boundaries: Set clear boundaries in your personal and professional life to protect your time and energy. Learn to say no to commitments that drain you and prioritize activities that nourish and rejuvenate you.

Regular exercise: Incorporate physical activity into your daily routine, whether it's going for a walk, practicing yoga, or participating in a group fitness class. Exercise not only improves physical fitness but also boosts mood and mental clarity.

Healthy eating habits: Fuel your body with nourishing foods that provide essential nutrients and support overall health. Aim for a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

Self Care rituals: Practice stress-reduction techniques such as mindfulness meditation, deep breathing exercises, or journaling to calm the mind and

relax the body.

Find activities that help you unwind and recharge, whether it's spending time outdoors, listening to music, or engaging in creative hobbies.

Prioritize sleep: Make sleep a priority by establishing a regular sleep schedule and creating a relaxing bedtime routine. Aim for 7-9 hours of quality sleep each night to support physical and mental health.

Seek support: Don't hesitate to reach out for support from friends, family, or mental health professionals if you're struggling with your physical or mental well-being. Asking for help is a sign of strength, not weakness.

Skincare Routine: Establishing a regular skincare routine can help keep your skin healthy and glowing. Cleanse your face twice a day, moisturize, and don't forget to use sunscreen daily to protect against sun damage.

Embrace Imperfection: Remember that beauty comes in all shapes, sizes, and forms. Embrace your unique qualities and imperfections, and practice self-love and acceptance. Celebrate what makes you unique and focus on inner beauty as well as outer appearance.

Women's Health and Well-being can be promoted by:-

Accessible Healthcare: Ensuring equitable access to comprehensive healthcare services, including preventive screenings, reproductive healthcare, mental health support, and treatment for chronic conditions, is essential for promoting women's health and well-being.

Education and Awareness: Empowering women with knowledge about their bodies, health risks, and available resources can enable them to make informed decisions about their health.

Education campaigns and community outreach programs play a crucial role in raising awareness and breaking down stigma surrounding women's health issues.

Supportive Environments: Creating supportive environments that prioritize women's health and well-being, including workplaces, schools, and communities, can help alleviate stressors and promote work-life balance, mental wellness, and healthy lifestyle choices.

Advocacy and Policy Change: Advocating for policies and initiatives that address women's health needs, protect reproductive rights, combat gender-based violence, and promote mental health awareness and support is essential for advancing women's health equity and justice.

The following types of screening tests can be carried out.

Breast Cancer Screening: The NHS Breast Screening Programme offers mammograms for women aged 50-70 every three years.

Cervical Cancer Screening (Smear Test): Cervical screening, also known as a smear test, is available for women aged 25-64.

Ovarian Cancer Screening: Ovarian cancer screening is not routinely offered to women with no symptoms. However, if you have a family history of ovarian

can discuss screening options with your GP or a specialist.

Sexual Health Screening: Sexual health clinics in Manchester offer a range of services, including STI testing, contraception advice, and cervical screening.

Bone Density Screening (Osteoporosis Screening)

Heart Disease Risk Assessment: Your GP can assess your risk of heart disease and recommend appropriate screening tests, such as blood pressure measurement, cholesterol testing, and electrocardiogram (ECG).

Diabetes Screening: If you're at risk of diabetes or have symptoms such as increased thirst, frequent urination, and fatigue, your GP can arrange screening tests, including blood glucose tests and HbA1c tests.

Skin Cancer Screening: Dermatologists and skin cancer clinics offer screenings for skin cancer, including mole checks and skin examinations.

Thyroid Function Test: If you're experiencing symptoms of thyroid dysfunction, such as fatigue, weight changes, and mood swings, your GP can arrange a thyroid function test to assess your thyroid hormone levels.

Genetic Testing and Counseling: If you have a family history of hereditary conditions or genetic disorders, you may benefit from genetic testing and counseling.

Please note that the availability of screening tests and centers may vary depending on factors such as location, eligibility criteria, and healthcare provider. It's essential to consult with your GP or healthcare provider to determine the most appropriate screening options for your individual needs and circumstances.

As women, our physical and mental health are invaluable assets that deserve attention and care. By prioritizing self-care and adopting healthy habits, women can enhance their well-being, resilience, and overall quality of life. Remember, investing in yourself is not only beneficial for you but also for those around you.



Empowerment Through Listening:

Why Women Should Tune Into Meaningful Women Podcasts - by Temitope Adeyemi

In today's digital age, podcasts have emerged as a powerful platform for storytelling, learning, and connection. From thought-provoking conversations to insightful interviews, podcasts offer a wealth of content that can inspire, empower, and uplift listeners. For women seeking to expand their horizons, gain new perspectives, and find community, meaningful women podcasts provide a unique opportunity to engage with topics that resonate with their experiences and interests.

Here is a list of insightful podcasts ranging from topics on fashion, travel, leadership, marriage and motherhood, career development and entrepreneurship that women can tune into everyday.

Beyond the Business Suit: This podcast offers career advice and insights for professional women of color. Listeners can expect discussions on leadership, personal development, navigating corporate culture as a minority, financial independence, salary negotiation, building wealth in male-dominated industries, work-life balance, building a business, job searching and networking.

The Guilty Feminist: Comedian Deborah Frances- explores topics around feminism, activism, and equality with humor and honesty. Each episode features discussions, interviews, and comedy segments.

The Mom Hour: This podcast covers a wide range of topics related to motherhood, from pregnancy and childbirth to parenting teenagers. Listeners can expect honest conversations, expert interviews, and practical advice for navigating the challenges of motherhood.

The Alton Browncast: This podcast

covers all things food-related, from cooking techniques and kitchen gadgets to food science and culinary history.

Bon Appétit Foodcast: This podcast covers a wide range of topics, including cooking techniques, culinary trends, and restaurant recommendations. Each episode features interviews with chefs, food writers, and industry insiders.

Fat Mascara: This podcast covers all things beauty, from skincare and makeup to haircare and fragrance. Listeners can expect expert interviews, product recommendations, and insider tips from the beauty industry.

The Budget-Minded Traveler: This podcast offers practical advice and inspiration for women looking to travel more and spend less. Listeners can expect tips on budget travel strategies, destination guides, and interviews with

female travelers who have embraced a minimalist lifestyle.

The Family Looking Up Podcast: This podcast offers humor and wisdom for parents navigating the ups and downs of family life. Listeners can expect candid conversations on parenting, marriage, and finding joy amidst the chaos of raising children.

Women Who Travel: This podcast explores the experiences and perspectives of women travelers from around the world. Listeners can expect inspiring stories, practical tips, and discussions on topics such as solo travel, cultural immersion, and adventure.

Parenting Beyond Discipline: This podcast offers practical advice and strategies for raising well-behaved and resilient children. Listeners can expect discussions on positive discipline, communication techniques, and fostering emotional intelligence.



Breaking Barriers, Challenging Stereotypes:

Empowering Women for Equality and Progress— by Olajesu Cole

Despite significant progress in recent decades, women around the world continue to face barriers and stereotypes that limit their opportunities and perpetuate inequality. From the workplace to the home, these barriers hinder women's ability to achieve their full potential and contribute to society. In this article, we will explore the critical importance of breaking down barriers and challenging stereotypes against women, and highlighting the transformative impact it can have on individuals, communities, and societies as a whole.

Understanding the Barriers

Women face a myriad of barriers, including gender discrimination, unequal access to education and healthcare, limited economic opportunities, and cultural norms that dictate traditional gender roles. These barriers not only restrict women's rights and freedoms but also inhibit social progress and economic development, depriving societies of the full potential of half of their population.

Challenging Stereotypes

Stereotypes about women perpetuate harmful gender norms and reinforce unequal power dynamics. These stereotypes portray women as less competent, less capable, and less deserving of opportunities than men.

By challenging these stereotypes, we can dismantle the false narratives that perpetuate gender inequality and create a more inclusive and equitable society where women are valued for their talents, skills, and contributions.

Empowering Women in the Workplace

In many industries and sectors, women continue to face barriers to advancement, including unequal pay, limited leadership opportunities, and workplace discrimination. Breaking down these barriers requires proactive measures to promote gender equality in the workplace, including pay transparency, parental leave policies, and initiatives to address unconscious bias.

Investing in Education and Health

Access to education and healthcare is essential for empowering women and girls to reach their full potential. Yet, millions of girls around the world still lack access to quality education and essential healthcare services. By investing in girls' education and health, we can break the cycle of poverty, improve maternal and child

health outcomes, and foster economic empowerment for women and girls.

Promoting Women's Leadership and Representation

Women's leadership and representation in decision-making roles are critical for advancing gender equality and promoting inclusive governance.

By promoting women's participation in politics, business, and civil society, we can ensure that women's voices are heard, their perspectives are valued, and their rights are protected.

Creating Supportive Communities

Building supportive communities and networks is essential for empowering women and challenging gender stereotypes. By fostering solidarity and mutual support, we can create spaces where women feel empowered to speak out, advocate for their rights, and support one another.

10th Women History Month



Mobilizing for Change

Achieving gender equality requires collective action and sustained advocacy at the local, national, and global levels. It requires engaging men and boys as allies in the fight for gender equality and challenging the patriarchal systems that perpetuate discrimination against women.

By mobilizing for change and demanding accountability from governments, businesses, and institutions, we can create a more just, equitable, and inclusive world where women can thrive.

Breaking down barriers and challenging stereotypes against women is not only a moral imperative but also essential for achieving sustainable development and building a more just and equitable world. By empowering women, promoting gender equality, and challenging harmful stereotypes, we can create a future where every woman and girl has the opportunity to fulfill her potential and contribute to society. Let us commit to breaking barriers, challenging stereotypes, and building a world where gender equality is a reality for all.

- _____ 1. I am known as a strong capitalist with an iron fist.
 - a. Mary Woolstone Craft
 - b. Margaret Thatcher
 - c. Hellen Mirren
- _____ 2. I am the first female president of my continent.
 - a. Ruth Perry
 - b. Michelle Bachelet Jeria
 - c. Ellen Johnson Sirleaf
- _____ 3. I am the first woman to ever lead a democracy.
 - a. Sarojini Naidu
 - b. Indira Gandhi
 - c. Margaret Thatcher
- _____ 4. I played an integral role in the formation of the United Nations.
 - a. Eleanor Roosevelt
 - b. Dorris Leuthard
 - c. Mary McAleese
- _____ 5. Where was International Women's Day first celebrated?
 - a. Berlin
 - b. New York
 - c. Moscow
 - d. France
- _____ 6. When is International Women's day celebrated every year?
 - a. January 8th
 - b. May 8th
 - c. March 8th
 - d. April 8th
- _____ 7. What is the significance of this day?
 - a. Anti-sexism day
 - b. Civil Awareness day
 - c. Women and Girls' day
 - d. Civil awareness, anti-sexism, women and girls' and anti-discrimination day.
- _____ 8. What was the theme for this year (2024) International Women's day?
 - a. Inspire Inclusion, Accelerate Progress
 - b. Equality for Women is progress for all
 - c. Long live our queens!
 - d. Fight for women, fight for justice!
- _____ 9. In how many countries is International Women's Day an official holiday?
 - a. 20
 - b. 23
 - c. 35
 - d. 27
- _____ 10. What is the name of the second female prime minister of the United Kingdom?

MAMA Health and Poverty Partnership

Mama Health & Poverty Partnership (MHaPP) CIC was established in 2018 under the registration number 13857497 and comprises a network of 10 independent organizations in collaboration with other associated Black African women-led entities operating in Greater Manchester and its environs.



Our primary focus lies in deep community organizing, addressing the intersections of gender, racial, and economic justice for Black African women and girls residing in the UK. We are dedicated to ensuring that those who have experienced marginalization and oppression feel a sense of belonging within our community.

Our collective aim is to foster conditions conducive to a more equitable and just life for Black African women and girls. In line with our community organizing efforts, we develop and provide culturally sensitive, person-centered, inclusive, and accessible specialized services.

Below is a list of our partner organizations and their respective areas of expertise within MHaPP. Any female who interacts with any of the Mamas gains access to all other Mamas, thereby receiving the necessary support to comprehend and navigate the UK's social and healthcare systems.

Moreover, while offering crucial supportive services is paramount, every woman and girl engaging with MHaPP is embraced by a community founded on friendship, love, and collective healing. These attributes serve as the bedrock for lasting systemic change to take shape and, most importantly, to flourish.



Support and Action for Women's Network (SAWN) is the lead organisation for MHaPP and their services include Information and Advocacy, Cultural competency and harmful cultural practices training, Furniture packs, HIV support, Ecotherapy, One-to-one support, Community organising, Individual destitution grants, Supporting women business startups.

Older Black Africans Day Opportunities
Creating culturally sensitive Daily Opportunities for Older Black Africans in the Community by promoting social inclusion and eliminating isolation and loneliness.

Prosper Life Initiatives serves as a platform where women unite to learn, share, inspire, and cultivate relationships aimed at effecting positive changes to enhance their well-being and that of others. Our mission is to actively engage, educate, and empower BAME women through various initiatives designed to enhance their economic and overall well-being.

Zimbabwean Women Organisation - ZIWO focuses on Zimbabwean women's issues and social justice based in Manchester.



De Butterfly is a community that provides culturally sensitive and appropriate professional psychological support and Creativity skills for African women, youth, and families.

Blossom Foundation aims to educate, inspire and empower Black African girls between the ages of 10 and 20 through the transitional stages of becoming an adult.

Unity School Support for African Families (USSAF) mentors' African parents about the UK school curriculum and supporting children with school work.

Olive Pathway's main objectives are to educate, equip, empower women to become independent and self-reliant. To effectively support victims and survivors of domestic abuse and Gender Based Violence (GBV) women and families; and to prevent and reduce domestic abuse within BME communities.

Wonderfully Made Woman provides holistic support for women and girls across Greater Manchester who have experienced significant adversity, helping them build their confidence and support network, so they can thrive.

Caring and Sharing empowers and supports people from disadvantaged backgrounds within Rochdale Borough and surrounding areas. They promote community unity, ensuring equal opportunities and fair access for all, with a particular focus on marginalised individuals, and offer tangible solutions to pressing issues such as poverty, social isolation, immigration, and mental health challenges.



Address: Unit 1 Stockfield Mill, Melbourne Street, Chadderton, Oldham, OL9 9ES

Phone Number: 07960 501 088

Email: info@mamahealthandpoverty.org/

Website: <https://mamahealthandpoverty.org/>

Weekly Activities

MONDAYS

- Creative Connections – Physical Session (10:30am–12:30pm)
- ICT Session (12:30pm–2pm)
- Adult Befriending Group Sessions (11am – 1pm, every first Monday of the month)

TUESDAYS

- Tea & Chat (10:30am–12:30pm)
- Global Cooking Sessions (11am – 1pm, every fortnight)

WEDNESDAY

- Women Workshop – Well-being, Ladies Exercise, and Mental Health (11am–1pm)

THURSDAY

- Refugees and Asylum Seekers Drop-In (11am–2pm)
- ESOL Class (11am – 1pm)

FRIDAY

- Multilingual IT Sessions (10am–12pm)
- Women's Fitness Sessions (12 – 1pm)
- Creative Connections – Online Session (4pm – 5pm)

SATURDAY

- Girls Football Session (1pm – 2pm)
- Men's Fitness Session (1pm – 2pm)

Upcoming Activities & Events

Children Easter Holiday Activities:
April 2 - 10, 2024


Africa Day:
May 25, 2024


CAS Talent Showcase:
August 2, 2024


Collaborate for Change Conference:
September 12, 2024


Black History Month Celebration:
October 24, 2024

Contact Us

 +44 7944238892

 info@caringandsharingrochdale.org

 78 Yorkshire Street, Rochdale, Manchester OL16 1JU

 www.caringandsharingrochdale.org/

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CARING AND SHARING
MAKING A POSITIVE CHANGE IN OUR COMMUNITY

Are you looking to get fit, meet like-minded individuals, and improve your overall wellness?

JOIN OUR MEN'S FITNESS SESSIONS

Expert-Led Workouts | Community Spirit | Supportive Environment

ROCHDALE LEISURE CENTRE, ENTWISLE RD, ROCHDALE OL16 2HZ

SAT 1pm-2pm

Free Entry

07944238892
info@caringandsharingrochdale.org
www.caringandsharingrochdale.org

Ready to make a difference in your physical health and wellbeing? **SCAN TO SIGN UP**

Call For INPUT

We Want to Hear from You:
Help Shape Our Charity's Youth Programs!

WHAT'S ON YOUR MIND?
Are there specific skills you wish to learn or hobbies you want to explore?
Do you have ideas for community projects that can make a difference?

WE NEED YOUR BRILLIANT IDEAS!
We believe that the best way to serve our youth is by understanding exactly what you need, desire, and dream of. That's why we're reaching out to ask for your valuable input. We're in the process of developing new programs and initiatives, and your ideas could play a pivotal role in shaping these offerings.

HOW TO SHARE YOUR THOUGHTS
Online Survey: Fill out this quick survey where you can share your ideas and suggestions.
Email Us: Feel free to send your thoughts directly to info@caringandsharingrochdale.org

Let Your Voice Be Heard
Together, we'll make a difference in the lives of young people in our community!

07944238892 | info@caringandsharingrochdale.org | www.caringandsharingrochdale.org

CARING AND SHARING
MAKING A POSITIVE CHANGE IN OUR COMMUNITY

Are you a young girl between the ages of 12 and 18?
We have an exciting opportunity for you!

Weekly Girls' Football SESSIONS

sat. 1-2pm

FREE ENTRY

PROFESSIONAL COACHING
TEAM BUILDING
SKILL DEVELOPMENT

FUN & FITNESS
INCLUSIVITY & EMPOWERMENT

VENUE: Rochdale Leisure Centre, Entwisle Rd, Rochdale OL16 2HZ

07944238892
info@caringandsharingrochdale.org
www.caringandsharingrochdale.org

SCAN HERE TO SIGN UP

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Numeracy Skills EMPOWERMENT

REGISTRATION IS FREE

Are you aged 16 and above?
Have you lived in the UK for at least 3 years?
Can you commit to an intensive 7-week session focused on improving your math and numeracy skills?

Empowerment through Education | Learning Support | Building a Brighter Future

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Scan the link to register

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CARING AND SHARING
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ENHANCE JOB OPPORTUNITIES

EVERY THURS | **TIME 11AM-1PM**

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CARING AND SHARING
MAKING A POSITIVE CHANGE IN OUR COMMUNITY

FREE FOOD PARCELS

MON-FRI 11:00AM- 4:00PM

We are thrilled to extend an open invitation to our community members to come and receive free food parcels. Our charity is dedicated to supporting those in need, and we believe that no one should go hungry.

FOOD FOR EVERYONE | COMMUNITY & CARE | HOME, WORTH & SUPPORT

CARING AND SHARING HUB, 78 YORKSHIRE STREET, ROCHDALE OL16 1JU

07944238892
info@caringandsharingrochdale.org
www.caringandsharingrochdale.org

CARING AND SHARING
COMMUNITY FUND

Refugee & ASYLUM SEEKERS
drop-in Sessions

This drop-in will provide a safe space for people to connect and share their experiences

- Confidential One-to-one Mental health advice and support
- Information and access to Esol English Classes
- Emotional Health and Well-being resources will be made available
- Information about different organisations supporting refugees and Asylum Seekers

EVERY THURSDAYS | **11:00 to 14:00** | **VENUE** 78, Yorkshire Street, Rochdale, OL16 1JU

CONTACT | Nicky 07944238892, caringandsharing@gmail.com

MAMA HEALTH and POVERTY PARTNERSHIP
MHaPP -CIC

MAMA is a partnership of Black led women organisations established to eradicate health inequalities and poverty faced by Black women and girls. MAMA provides culturally appropriate advice to minimise the negative impacts of health inequalities and poverty.

Contact Information:

Phone: 07960 501088

Email: info@mamahealthandpoverty.org

Website: https://mamahealthandpoverty.org

Address: Unit 1, Stockfield Mill, Melbourne Street, Oldham O19 9ES

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Closing Remarks

>>>>>>>>>>

As we conclude this special edition celebrating womanhood, we want to extend our heartfelt gratitude to each and every one of you for joining us on this journey of empowerment, inspiration, and celebration.

Throughout the pages of this magazine, we've had the privilege of spotlighting the incredible achievements, resilience, and diversity of women around the world. From trailblazing leaders and advocates to everyday heroes making a difference in their communities, the stories shared here are a testament to the strength and power of women everywhere.

As we close this chapter, let us carry forward the spirit of this celebration, remembering to uplift and support one another, to challenge stereotypes and break down barriers, and to continue striving for a world where every woman and girl is valued, respected, and empowered to pursue her dreams.



Thank you for being part of this journey with us. Together, we can create a brighter, more inclusive future for generations to come.

With gratitude,
Caring and Sharing Rochdale



Our Sponsors

To our sponsors, your unwavering support has been instrumental in making this magazine possible:

Rochdale Town Hall: For your continuous support towards Caring and Sharing Rochdale's vision of building a stronger and more inclusive community.

The National Lottery: For investing in initiatives that celebrate diversity and foster community connections.

Mama Health and Poverty Partnership: For your unwavering commitment to improving health outcomes and reducing inequalities.

Lankelly Chase Foundation: Your dedication to system change and social justice is an inspiration to us all.

***"Here's to strong women: may we
know them, may we be them, may we
raise them."***

CARING AND SHARING

MAKING A POSITIVE CHANGE IN OUR COMMUNITY

Website: www.caringandsharingrochdale.org/
Email: info@caringandsharingrochdale.org
Instagram: @cas_rochdale
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