



Women in Community Rail

Achieving Change Together

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WiCR Steering Executive Group

Chair: Marion Atkinson - Merseytravel

Deputy Chair & Secretary: Marjorie Birch -
Community Rail Lancashire, Director

Treasurer: Dawn Bigland - CRN

Membership Secretary: Sheila Davidson - Friends of
Hindley Station

Support Officer: Jayne McLoughlin

Events organiser: Hazel Bonner-CRN

Steering Group Members: Vicky Cropper Clarke -
London North Western, Penny Greenwood -
Friends of Glossop Station, Karen Bennett— Com-
munity Rail Lancashire, Richard Lysons— Chair,
Friends of Littleborough stations. Edna Woname,

April is National Stress Awareness Month

Let's spring into April and leave the stress behind, lockdown restrictions have eased so let's get out and about when and where we can.

5th – 11th April is Community Garden Week, gardening is a great way to get active not only for the body but for the mind. Members of the WiCR Steering Group have been visiting stations such as Stone and Old Roan to help our CRPs and Friends of Station Groups give some attention to their much-loved station gardens.



Please share any of your activity photos with us so we can tweet and get everyone back involved in our fantastic community rail family. Please send them to Jayne.mcloughlin@liverpoolcityregion-ca.gov.uk or by phone to 07306168409.

WiCR South AGM

WiCR South hosted their first AGM meeting on 24th March celebrating and reflecting on the achievements of the first year and the aspirations for the year ahead.



Jo Bridger from Women's Aid was a guest speaker at the AGM talking about the Rail to Refuge scheme. Information regarding the scheme can be found at <https://www.womensaid.org.uk/rail-to-refuge/>

The positions for the Steering Group for the next year are as follows:

Chair – Edna Woname, Vice-Chair – Val Male,

Secretary – Julia Singleton-Tasker, Treasurer – Jayne Sumner.

Due to the success and popularity of the Breathing Space sessions there are three more sessions already planned for 2021. Keep an eye on your emails for more details on:

- How to do Risk Assessments and Method Statements - 11th May
- Event Management - TBC
- How to Host Hybrid Events - TBC

Training sessions to improve our members mental health

After speaking with many of our members we will be delivering two training sessions. The first is aimed at helping support you to deal with stress and the challenges it can bring and as it is Stress Awareness Month we will be looking to deliver this session towards the end of April. The second training session will be on confidence building after lockdown. Our confidence building course will be held in May.

The dates and times will be confirmed via email in the next few days. These sessions are really popular so if you would like to attend please contact Jayne McLoughlin at Jayne.mcloughlin@liverpoolcityregion-ca.gov.uk or by phone on 07306168409.

