



## Women in Community Rail

Achieving Change Together



### 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 NorthWestern, Penny Greenwood - Friends of Glossop Station, Karen Bennett— Community Rail Lancashire, Richard Lysons— Chair, Friends of Littleborough stations. Edna Woname, Chair of Southern Branch

## Stress Awareness Training

On Monday 10th May WiCR hosted Stress Awareness training.

In the training we learnt ways of turning 'stress' into a positive influence. We walked away with tools to cope more effectively with challenges, present and future.

The training course was booked up very quickly, and due to the amazing feedback we received we will be looking to host another session led by Charlotte Wiseman.



## Confidence Building Course

Most of you will remember our good friend Rachel Gillett. Rachel will be helping us to build our confidence while coming out of lockdown completely. We will be holding a session for members on 2nd June from 10:00-1400 so please book early. Further details will be shared once you are registered.

For more information on training events please email Jayne McLoughlin at [jayne.mcloughlin@liverpoolcityregion-ca.gov.uk](mailto:jayne.mcloughlin@liverpoolcityregion-ca.gov.uk) or by phone on 07306168409.

## WiCR Southern Branch are looking for Volunteers

WiCR South are looking for volunteers to help the CRPs plant up some new planters on the **Abbey Line** at **St Albans Abbey, Park Street, How Wood, Watford North** and **Watford Junction**.

This will take place over three days on : **20th, 27th May and 3rd June, between 10:00 13:00.**

For further information Direct Message on Twitter [@Abbeylinecrp](https://twitter.com/Abbeylinecrp)

or email Jayne McLoughlin at

[jayne.mcloughlin@liverpoolcityregion-ca.gov.uk](mailto:jayne.mcloughlin@liverpoolcityregion-ca.gov.uk) or by phone on 07306168409.



## Breathing space session

WiCR South hosted another Breathing Space Session with helpful tips on how to fill in Risk Assessment forms and Method Statements, here is an example of a form:



Visit our website [www.wicr.org.uk](http://www.wicr.org.uk) and follow us on Twitter [@wicrail](https://twitter.com/wicrail) for all up to date information.