



Women in Community Rail
Achieving Change Together



WicRail



@wicrail

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

Steering Group Members: Tim Bellenger -LNR ,Penny Greenwood - Friends of Glossop Station, Karen Bennett- Community Rail Lancashire, Richard Lysons- Chair, Friends of Littleborough stations, Lucja Majewski and Edna Woname, Chair of Southern Branch

Join Our Training Day

WiCR have been working with a number of different charities and organisations with the aim of introducing the railway to those harder to reach communities.

Recently we met with Tomorrow's Women Wirral and NHS Social Prescribers to see how we can add value to the fantastic work they already do. Feedback confirmed three areas of focus, **Mental Health & Motivation, Combating Social Isolation and standing out from the crowd Effective Interview Techniques.**

We have designed a training day for those in the harder to reach communities and WiCR members.

The training day will be held at:-

Liverpool City Region Combined Authority HQ,

1 Mann Island, Liverpool, L3 BP.

22nd October from 09:30 until 12:30 (lunch included)

Places are limited so please book early!

Email Jayne at Jayne.McLoughlin@liverpoolcityregion-ca.gov.uk or telephone 07306168409.

What's Coming up and what are you doing?

Celebrate Community Rail week 18th –22nd October, this year is championing the **GO GREEN BY TRAIN** campaign, sponsored by Rail Delivery Group.

What are you doing to raise awareness of the environmental benefits of travelling by rail? Can WiCR support you with anything?

Building Relationships– Back out there

WiCR attended a women's health and wellbeing event at the PAL Centre (Pakistan Association Liverpool) recently.

The centre is open to the local community for recreation, health, education, life styles offering various sports and activities for diverse attendees.



We shared our mission and our values and were delighted that some of the women in attendance wanted to learn more about what we do and our training event. We had interest from potential new members too. Great Job.

World Mental Health Day

World Mental Health Day takes place on **10th October**, this is an all too familiar topic in a lot of our lives at the moment, this year the theme is "**mental health in an unequal world**". Lets get together help raise mental health awareness. Promote on social media and with face to face conversations, lets be kind to each other.

**Forward Together
for Mental Health**

#WorldMentalHealthDay

10 October 2021