Vol. 01

Tourney Southport's Tourney Southport's

Emmy brings the colour

Discover the person behind the art and her community goal.

What's On

Discover a local business just for you

Journey Back

Learn about a local story from a time gone by, uncover hidden gems, and put your Southport knowledge to the test!

Connect mind, body and soul Discover a forgotten connection



Intro

Southport Rising: Your Front-Row Seat to Creativity & Community

Page 02

Welcome from the editor

I'm Lizzie Barnett, and I created 'Southport's Journey.' A magazine to champion Southport's past, present, and future—bringing the town's identity to its people through the stories they have to tell and the echoes of the past that shape the place we call home. Southport is more than just a seaside town; it's a tapestry of history, community, and ambition. I wanted to create a platform that connects all that Southport is and celebrates the incredible people who make it special.

Southport's Journey celebrates the heart and soul of Southport—its **culture**, **arts**, **and wellness**. In every issue, we will spotlight an inspiring individuals making waves in these areas, champion unmissable local events, and take a nostalgic trip down memory lane through the eyes of our older residents. Alongside showcasing the incredible work of Southport's businesses, we're building a vibrant identity for the town's future—together with its people. Let's celebrate Southport's past, present, and future!



Contents

Your Journey starts here

Want to be featured or have an event to promote. Get in touch studio9southport@gmail.com

Spotlight

Meet Emmy

04

What's on

What's on in Southport 06

Wellness

Solar Plexus Creations 08 Breathwork - why do it? 10

Journey Back

Southport Story 13 Southport Best Bits 14 Southport Quiz 14





Meet the fabulous Emmy Oranges

If you haven't met **Emmy Oranges** yet, you're in for a treat. She's that kind of person who brings a little bit of colour everywhere she goes—literally. Emmy is a remarkable force of creativity who is reshaping Southport's art scene. Once a dedicated nurse, Emmy has reinvented herself as a passionate community artist and illustrator.

Based at **The Engine Rooms in Wayfarers Arcade**, Emmy is not just an artist—she's a storyteller, a healer, and a connector, using her art to bring people together and *inspire change in the community*.

With a unique ability to blend **compassion** and **creativity**, Emmy is creating art that speaks to the heart of Southport, one vibrant piece at a time. Emmy dreamed of using art to break barriers, reduce isolation, and build stronger communities.

"This journey have been incredible"

Emmy Oranges

Thanks to the **National Lottery Community Fund**, that dream is now a reality! Emmy's project will provide free and low-cost creative workshops, making art accessible to everyone in Southport and beyond.

"This journey has been incredible," Emmy shares.

Her goal? To get more people picking up a paintbrush, doodling in a sketchbook, or simply feeling the joy that creativity brings. Southport isn't just getting an artist—it's getting a creative force determined to make art a part of everyday life for everyone. Through free and low-cost workshops, Emmy is making sure no one is left out, whether you're a seasoned painter or just fancy giving it a go..

She's already got an impressive list of projects under her belt, having worked with big names like BMW and The Atkinson Gallery, but it's her heart for the local community that really sets her apart. She's not just here to create—she's here to connect, inspire, and build a community where art is for everyone.

So, if you fancy getting involved (and trust us, you do!), check out

www.artease.org.uk or drop her a message at

arteasenorthwest@gmail.com.

Southport's art scene is getting a glow-up, and Emmy is leading the way!

www.emmyoranges.com











What's On

Life's a journey

What's on this

February

We are in love. Come by and say hi.

Studio Nine is an exciting new venture, designed to bring people together through connection, growth, and well-being. Throughout the year, it hosts a diverse range of

wellness activities led by expert practitioners, from mindfulness and anxiety management to hormone therapy, art classes, breathwork, and meditation.

More than just a venue, *Studio Nine* is a flexible, welcoming *space available to hire* for workshops, private functions, and community events. As it builds strong links across Southport, it remains dedicated to supporting and uplifting the local community. Step inside, explore, and be part of something truly special.





The **Engine Room**, nestled in Southport's iconic **Wayfarers Arcade**, is more than just a creative hub—it's a beacon of hope for our community. Inspired by the Southport Town Deal's mission to retain young talent and spark innovation, **Eric Lybeck** is working tirelessly to breathe life into this space.

With a passion for championing local causes and connecting people, The Engine Room brings together schools, businesses, cultural institutions, and individuals to create opportunities, foster collaboration, and shape a brighter future for Southport.

WWW.ARCADE-PROJECT.COM/



Local author *Charlotte of Healing Horizons* offers
inspiring workshops, blending
storytelling and wellness to
promote *emotional healing* and *growth*. Visit their website to
find out more:-

WWW.STUDIONINE.UK/EVENTS





Experience the award-winning
The *Curious Incident of the Dog in the Night-Time* with

Southport Dramatic Club. The theatre welcomes new members of all ages and abilities, on stage and behind the scenes—join the magic!

<u>LITTLETHEATRESOUTHPORT.CO.UK/</u>



Julie creates bespoke floral designs and therapeutic workshops, blending art and nature to inspire mindfulness, wellness, and emotional connection. Her classes are fun, calming and uplifting.

WWW.BLOOMSBYJULIE.CO.UK



Painting in Pairs event! Whether it's for Valentine's, a bestie date, or quality time with family, this guided session lets you and a partner create a stunning portrait together. Enjoy a creative atmosphere and take home a beautiful keepsake of your time together.

WWW.STUDIONINE.UK/EVENTS



Find your true happiness

Your journey to Wholeness

In the heart of Southport, Maria stands as a beacon of transformation and healing. Through her practice, Solar Plexus Creations, she offers a **sanctuary for individuals** seeking to reconnect with their authentic selves.

Specialising in **somatic** (mind-body) coaching, **neuro-linguistic** programming (NLP), and **sound healing**,

Maria creates personalised experiences that guide her clients toward fulfilment, balance, and inner peace.

Maria's dedication extends beyond her practice—she's a trustee board member at The Engine Rooms and actively collaborates to uplift and support the local community.

Empowering minds, uplifting spirits, and building community.

Her work is infused with compassion, creating a safe space where people can heal, grow, and thrive.

Visit her website at solarplexuscreations.com to learn more about her offerings and book a session. Whether you're seeking guidance, creativity, or connection, Maria's warm spirit and expertise make her a cornerstone of Southport's wellness and creative community.

"Redesign your life and relationships with mind body awareness"

Maria



Breathwork - Learn to

breath again!

Breathwork is more than just taking a deep breath—it's a transformative practice that can have profound effects on your mental, emotional, and physical well-being. At its core, breathwork is about using intentional breathing techniques to reduce stress, clear your mind, and reconnect with your body. But how exactly does it work, and why should you make it a part of your wellness routine?

Why Do Breathwork?

In today's fast-paced world, it's easy to feel overwhelmed, anxious, or disconnected. Breathwork offers a simple yet powerful tool to shift your state of mind and regain control. When you consciously focus on your breath, you engage your body's parasympathetic nervous system, which activates your relaxation response. This process helps lower heart rates, reduce cortisol levels, and calm the body and mind, leading to a sense of peacefulness and clarity.

Find clarity, calm and new energy



How It Helps

One of the key benefits of breathwork is its ability to **release trapped emotions**. Our breath is a mirror to our inner state, and when we breathe deeply and consciously, we can begin to release tension and emotional blockages. This can lead to feelings of freedom, lightness, and emotional healing.

For those who struggle with **chronic stress** or anxiety, breathwork can be a game-changer. By

response to stressors, you can begin to rewire your body's reaction to anxiety, reducing its hold on you. This helps you cultivate resilience in the face of life's challenges.

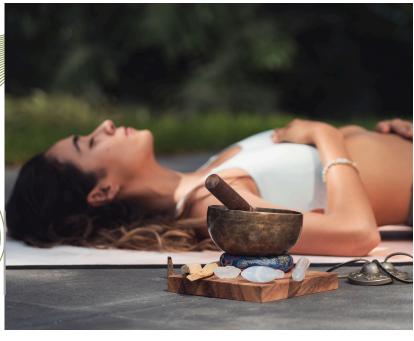
learning to control your breath and slow your

"Your breath is your power. Controlling it helps you stay calm, focused, and in the moment whether it's on the court or in life." LeBron James

The Secret Weapon in Your Sporting Journey

Breathwork is a game-changer in any sporting journey. It enhances focus, boosts endurance, and aids recovery by regulating stress and oxygen flow. Mastering your breath helps you stay calm under pressure, improve performance, and push beyond limits—both physically and mentally.

In sports like boxing and diving, belly breathing (diaphragmatic breathing) is crucial for conserving energy and maintaining control under intense pressure. Runners rely on rhythmic breathing to maximize oxygen intake, while weightlifters use controlled exhales to stabilise their core and generate power. No matter the sport, proper breathwork can elevate performance and build lasting resilience.



The celebrity element

Breathwork practices are infused with compassion, creating a safe space where people can heal, grow, and thrive.

Actor Emma Watson has shared how meditation and mindful breathing help her stay grounded, while fitness guru Joe Wicks encourages breathwork for stress management and improved focus.

Start Your Breathwork Journey Today

Whether you're seeking guidance, creativity, or connection, breathwork can be a cornerstone of personal growth and transformation.

Discover the transformative power of breathwork and see how it can change your life.



Breathe, focus, thrive

www.studionine.uk

Journey Back

The Southport Nostalgia pages are dedicated to preserving the town's rich history while shaping its future. By listening to the fascinating stories of the past, we celebrate Southport's legacy—astonishing moments, intriguing people, and unforgettable events. It's a space to keep the best of Southport's history alive and thriving.



Journey



Raja the Lion: Southport's Legendary Gentle Giant

Have you own story to share about Southport get in touch. studio9southport@gmail.com

Page 13

From Home to Zoo: Raja's Unlikely Beginnings

Southport Zoo, originally Farrar Zoo, was home to many fascinating animals, but none more unforgettable than Raja the lion. With his full mane and regal demeanour, Raja was a visitor favourite. However, few know the story of his early days. Raja wasn't always confined to the zoo. Mrs. Farrar, his owner, took him into her home when he became lonely in his enclosure. Picture a fully grown African lion playing in the garden or being walked on a lead! Raja quickly became a local legend, with neighbours fondly recalling encounters with this gentle giant. One memorable incident involved a postman's holiday replacement, who was startled when Raja bounded over to greet him like a Labrador.

A Bond Like No Other: Mrs. Farrar and Raja's Heartwarming Story

Eventually, Mrs. Farrar decided it was time for Raja to return to the zoo. To help him settle in, she stayed overnight in his enclosure. Though Raja disliked travelling, his story remains a charming part of Southport's history—a testament to the bond between humans and animals.

Let's hear from a local

Personal responses to the top spots in town.

Where do you go for a rejuvenating nature walk or outdoor escape?

Vitoria park, I love its open spaces. Perfect spot for walking the dog and watching the seasons change.

What's your favourite local place to unwind and relax?

Word of Mouth, a fantastic dog friendly ,little bar in Churchtown. Every breed of dog you can think of with personalities of their own.

Which Southport festival or event is a mustattend for visitors?

The Southport Flower Show has been running sine 1924, its a gem that keeps blooming.

Can you share a memorable experience from a Southport show?

Tina Turner Feb, 1984 at the Southport Convention Centre, one word 'sensational'

What's your personal philosophy on wellbeing, and how do you incorporate that into daily life in Southport?

Nothing beats a walk in the fresh air to clear your head and lift your mood! I've been walking everyday for the last 50 years!

Quiz

- 1.In what year was Southport Pier first opened?
- 2.What is the name of the historic shopping arcade in Southport?
- 3.What is the name of Southport's oldest park, opened in 1868?
- 4. What year did Southport officially gain its status as a seaside resort town?
- a) 1824
- b) 1844
- c) 1900
- d) 1910
- 5. Which famous Southport landmark is home to the oldest wooden carousel in the UK?
- a) Southport Pier
- b) Victoria Park
- c) Pleasureland
- d) Botanic Gardens

Answers in the next months issue

