



Hello,

Not sure how it's May already, the year seems to be going so fast. It's been a busy start to the year in many ways, homeschooling was a big shock to me at the start of the year.

Poverty and the impact on Mental Health

Something I want to explore this year is how poverty impacts mental health. Equality for all is so important to me and mental health support is so much more readily available for people that can afford. We also know how living in poverty can impact mental health but I want to explore this more and capture the voices of those that have lived experiences. I am hoping to work alongside the Poverty Truth Commission to be able to feedback lived experiences. If you can help support me in this in anyway please email me kablakemore@gmail.com

Ladder Down interview with Kate Cousens

I was recently asked to be interviewed for Kate Cousens Podcast called Ladder down, in the interview I was asked all about how and why I set up the Motherwell Charity, click on the link to take a listen.

<https://ladderdown.libsyn.com/ladder-down-kate-blakemore>

Forever mums:

After June I am taking a break from delivering training and will be back in the Autumn. My next training is Forever Mums - focussing on Infant loss and best practices to support women and partners after Miscarraige, Medical Termination, Still Birth and Ectopic pregnancy.

Click on the link below for more details and to book:

<https://www.eventbrite.co.uk/e/forever-mums-tickets-136283620979>

Mental Health Conference :

Tickets are now available for my Mental Health Conference being held on 14th May 2021 10-3pm. Tickets only £20 and certificates for attendees

The themes for the day are as follows:

- Men's mental health - with a guest speaker from Warrington MoveMENT
- Young people mental health - speaker to be confirmed
- Birth Trauma - with guest speaker from Make Birth Better
- The links of poverty and mental health - talk delivered by me!

- Understanding Mental Health in the BAME Community - speaker to be confirmed, in talks with some fab possible speakers.

More details to follow, keep an eye on my website www.kateblakemore.com

Link to get your tickets available from

<https://www.eventbrite.co.uk/e/mental-health-conference-what-next-life-after-covid19-tickets-140927599243>

FlorisHER update

I have been working on our new project in Motherwell Cheshire FlourisHER a workplace Wellbeing Hub. It's a project that promotes and helps educate people in the workplace about mental health issues, in the main but not exclusively women's issues. Over the years I have worked alongside so many women in the counselling room who have developed anxiety stress because of the issues with work.

Our hub will offer workshops, talks, support with mental health campaigns etc.

I know when I was working in retail more talk about mental health and wellbeing really would have made such a difference to the culture of the organisation and this is my hope for our FlourisHER package.

If you could help project this project it would be very much appreciated, its has its very own twitter page @HerFlouris

Cheshire Collaboration Women Focus Group

After the success of Women's Day, I am in the middle of setting up a Cheshire Womens Collaboration Group with the aim of bringing women together to share local news regarding women services, share resources and identify any partnership working that could take place.

I am currently finalising the Terms of Reference, and will be sending these out when finished, if this is something that you would like to be involved in please do let me know, kablakemore@gmail.com

Womens Directory

I am so proud of the amazing women that I come into contact with locally and I am in a privileged position to help support these charities through our Women's Day and promotion through social media etc.

This year I want to put together all local women's groups, charities, singers, podcasters etc and add to a directory that I have added to my website and over the next few months I would like for this to be completed and hopefully others will have the opportunity to use it.

If you know any groups, performers, authors etc that would be great to add to my directory please do let me know.

Here is the link to the directory although needs adding to as you will see.

<https://kateblakemore.com/womens-directory>

Podcast / Youtube channel

I am still absolutely loving doing my youtube channel/ podcast. I don't expect to be on any top ten list soon, I just love meeting people and talking to them. I have met some amazing people and love finding out about them and their passions.

I have just finished my series #womeninsport which was really great interviewing a wide range of women in Sport and discussions about women in Sport.

My next series is #inspiringwomen, interviewing all the Women that we shortlisted for our Women's Day #seeitbeit campaign.

These Women were identified as being true role models in their local community, i cant wait to chat to them all.

Please subscribe to my youtube channel for regular updates.

https://www.youtube.com/channel/UCzxDirQC4Abue_Jk9176JUw

"Mums the Word" - my book!

This year my main personal (work) goal is to get my book written!

My book will be called "Mums the Word" and capture the full journey of Motherhood. From my years of counselling I have worked alongside many women who have struggled at different stages of Motherhood. I want to capture these stories and put them all together in a book. We all know the power of "*I have been there*" and this book wants to capture these stories.



As well as struggles I certainly want to capture the good times there are so many. I want the book to capture every moment of the mothering journey. If you would like to send me any stories, blogs, poems, please send them to me, i would love to include them in my book and social media.

One new chapter that I am adding to my book is Lock down Life, Covid-19 has impacted mums in many ways, I feel it's only right to capture these moments both good and not so good in my book.

Please see all the links below to find out more and my social media pages.

<https://kateblakemore.com/mums-the-word>

Facebook <https://www.facebook.com/mumsthewordjourneythroughmotherhood>

Instagram @mumstheword2020

Recent blogs.

Finally I have been busy blogging ...

I find blogging helps me get things out my head and make sense of things..

Recently I started to blog about my observations about Charity life...a world that truly fascinates me, it's a tough world!

<https://kateblakemore.com/charity-life>

As always i have continued to blog about mental health my recent blogs being:

1. New Life and You - A blog about my reflections on becoming a mum in a national lockdown.
2. The Forgotten Mums - A blog explaining why we must not forget the mums who are not able to see their children in a lockdown.

All blogs are on my website under "lets talk more"

Hello calm boxes

I couldn't miss the opportunity to promote my daughter's business that she has set up . She is 13 years old and is offering subscription boxes to other teenagers with treats all promoting self-care, please take a look at her facebook page and promote if possible.

<https://www.facebook.com/helloalmboxes>

Thinks that's it!

Take care and stay safe.

Kate

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