

# EMPOWER HER

## MG NEWS

We have had a busy first half of the year, will lots of Mighty Girls fun. Below are some of the highlights:

### Quiz Night

We kicked off 2023 in style with a sold-out Quiz Night, a lot of fun was had while raising over £1000 to support our work. Huge thank you for all your support.

### Mighty Girls Club

Our BOA Thursday groups continue to enjoy meeting up & we are now delighted to have a Bath MG Group running with our Mighty Clare at the helm.

### V Coding Event

We collaborated with Bath University to offer 25 girls a day of STEM Coding fun.

### Workshops so far in 2023 include:

#### Selfcare Skincare For Teens

**Self Defence** with Helen from Systema **Animation** where the girls created films surrounding positive friendships.

**Art - What's your Super Power?** where girls created a personallised canvas recognising their mighty strengths.

### Strategy Day - All volunteers & staff

All the "mighty" girls & women came together to reflect, recognise & look forward, so we can continue to support young girls & women "Be Inspired. ... Be Empowered.... Be themselves".

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# WHAT IS OUR Positive Relationships Project ALL ABOUT?

Mighty Girls were awarded a Reaching Communities National Lottery Grant of £128,000 over 3 years to promote Positive Relationships within secondary schools in Wiltshire.

Kingsbury Green Academy in Calne, St Laurence in Bradford on Avon and John of Gaunt in Trowbridge have been taking part.


.Participants have tackled street harassment, highlighted the impact of sexist language & behaviours and created resources to help people de-escalate difficult situations.

Do you want to get your school involved? Please get in touch:

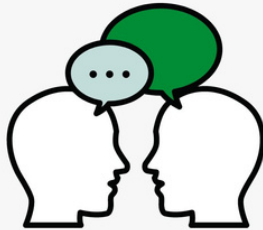


team@mightygirls.co.uk.



Gives young people opportunities in  
**LEADERSHIP,**  
and to  
**MAKE A  
CHANGE**  
in their school community.

Encourages youth led, and inclusive  
conversations & activities regarding what  
**POSITIVE RELATIONSHIPS**  
looks like in school communities.

We aim to make all  
young people feel  
safer and more equal.



Our  
**POSITIVE RELATIONSHIPS**  
project is currently funded to operate in  
secondary schools in Wiltshire.



## STEERING GROUP

We are currently recruiting for volunteers to join our steering group.. If you are a girl age 11-18 and want to help shape what Mighty Girls do then please get in touch.

There is not much time commitment and you can take part in some great activities and discussions. You can message us at [info@mightygirls.co.uk](mailto:info@mightygirls.co.uk) or call Marsha on 07538 421494 for more information.



## CRFC Girls outstanding finish to the season

Chippenham Rugby Girls finished the season on top form. The U14's came away with gold, so did the U16's and the U18's came an impressive second place.

The icing on the cake was that they were also awarded the spirit of rugby award for their support of other teams throughout the two day tournament. The rugby values are Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.

Mighty Girls collaborate with Chippenham girls teams, as we pilot our 3R's workshops on Reasons, Resilience, and Recognition. These sessions are designed to support the players on their individually, as well as foster teamwork and emotional resilience in the face of gender stereotypes and other barriers facing girls in sport.



The CRFC Girls Under 14's showing off their tour kit

# Period Poverty

Help us fight  
period inequality

All  
Yours



Mighty Girls

## Drop off donations **HERE**

You can donate period products to All Yours Bin located at Sainsbury's, Bradford on Avon. We will distribute period boxes directly to those in need.

## Send monetary donations

A small amount can go a long way. All Yours accept bank transfers through this link or the All Yours website [www.allyoursbox.co.uk](http://www.allyoursbox.co.uk)



Scan me!

## Volunteer

Can you volunteer a few hours per month to co-ordinate our period equality project in Bradford on Avon - email us at [team@mightygirls.co.uk](mailto:team@mightygirls.co.uk)

[www.allyoursbox.co.uk](http://www.allyoursbox.co.uk)

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Mighty Girls

## Period Poverty Statistics

#FREEPERIODS



1 in 10 girls can't afford to buy menstrual products in the UK.



Over 137,700 children in the UK have missed school because of period poverty.



Menstrual products cost around £13 every month (£18,000 during a woman's lifetime).



A survey of more than 1,000 girls found nearly half were embarrassed by their period and many were afraid to ask for help because of the stigma.

SOURCE: FREEPERIODS.ORG  
FREEPERIODS MADE SOURCE: ALICE SKINNER

## MIGHTY MERCHANDISE

Eco friendly bags, pens and notebooks available on our [website shop](http://www.mightygirls.co.uk).

All proceeds go to our work with young people. Bag a treat for the Mighty Girls in your life.





# Mighty Girls

## UPCOMING EVENTS



### MUSICAL GATHERING 3

Friday 23rd June 2023

All local youth aged 11-18 are invited to this free music event, book your ticket now.



### SUMMER HOLIDAYS 2023

31st July - 2nd August 2023

3 days of Mighty Girls activities in BOA. Hang out, have fun and enjoy the outdoors, crafts and more.



### SUMMER HOLIDAYS 2023

Tuesday 8th August 2023

Animation workshop with Emily looking at friendships.

## BE MIGHTY & GET INVOLVED

- We seek new members of our Steering Group.
- Volunteer at our events, including our weekly youth groups
- Share your experiences in the world of work with younger people
- Support us in the office with administration
- Improve our social media presence
- Help with fundraising
- Advise on our board of directors
- Help on our Positive Relationships Project

Please get in touch via our socials or email [info@mightygirls.co.uk](mailto:info@mightygirls.co.uk).



### BOOK ONLINE

[www.mightygirls.co.uk](http://www.mightygirls.co.uk)



[Mighty Girls CIC](https://www.facebook.com/MightyGirlsCIC)



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