



Thank you for expressing interest in our sponsored cycle. Please read the following information.

Our website is [www.motherwellcheshirecio.com](http://www.motherwellcheshirecio.com) - you can find out all about us here, or on our Facebook page [www.facebook.com/motherwellcheshirecio](https://www.facebook.com/motherwellcheshirecio)

**Vision**

“Giving mothers, on their journey, the tools to rehabilitate their lives whilst living with poor mental health”

**Contact**

Facebook: Motherwell Cheshire  
Website: [www.motherwellcheshirecio.com](http://www.motherwellcheshirecio.com)  
Twitter: MotherwellCEO  
Instagram: MotherwellCEO  
Mixcloud: Motherwell Cheshire  
Phone: 01606 557666

**Objectives**

The promotion and protection of good health, in particularly but not exclusively for women in the area of Cheshire by:

- 1) Offering a holistic approach to supporting local mums at all stages of the mothering journey.
- 2) Providing awareness sessions and workshops to encourage positive relationships within the family, the local community and with self.

**Location**

Crewe Office	Winsford Office
156 Nantwich Road	Unit 11 and 12
Crewe	Verdin Exchange
CW2 6BG	Winsford
	CW7 2AN

**Mission**

To provide relief to those and their families affected by emotional mental health on the mothering journey by means of therapeutic support, in particular, counselling, advice and services in addition to those provided by statutory services. To promote and sustain individual positive coping strategies of resilience, self care and self esteem rough a person-centered approach by way of community, education and developing individual capabilities, skills and understanding.

The Sponsored cycle will take place on Saturday 15th June 2019. You will have the option of starting from either Crewe or Winsford, and cycling to Chester. We will have two groups from each start point - faster riders will go ahead and slower riders in a second group.

Money raised from this event will go to our Cherry Blossom Infant Loss Support Service - <https://www.motherwellcheshirecio.com/copy-of-mum-peer-support-groups>

On completion and return of A) the reciprocal agreement, B) registration form and C) registration fee of £20, you will receive - 1) access to an online support group, 2) full route information, 3) information on collecting sponsorship and 4) email support and regular updates.

The forms can be returned electronically or via post - please note they must contain your signature. If posting, please return to our Crewe address (above) and mark FAO Freya O'Brien (Cycle)

The registration fee can either be returned with the form, if via post - please make cheques payable to Motherwell Cheshire CIO, or via bank transfer. If sending via bank transfer, then the details are as follows:

Barclays Bank PLC

Motherwell Cheshire CIO

Sort code: 20-51-08

Account number: 73464881

Please include a reference: CR your name (as it appears on the registration form)

This ensures we can match payments to entries.