



31} years

2023.
Inspiring
Women
AWARDS

Inspiring Women

FOUNDER'S MESSAGE

After Covid and Zooms came to dominate life, the 2022 Inspiring Women Awards felt like the afterparty, where long lost friends met up to celebrate. So welcome to the 2023 party!

When the first Inspiring Women Awards (NWW of AA) lunch was held in 1993, it was relatively unique. It is, therefore, a testament to the women recognised then and since, that these awards have continued to thrive amongst the multitude of award ceremonies that exist today. Inspiring stories told by inspiring women.

Whilst the format and categories have been updated, the philosophy remains the same: to recognise and celebrate the inspiring achievements of women in the North West, North Wales and now, Nationally & Internationally.

Judging, for my independent panel of judges, gets no easier and I am indebted to them for their time and diligence in discussing the merits of all the nominations before reaching their decisions.

The Finalists represent the diversity of nominees in each of the main categories and they all inspired the judges with their stories.

Our Emcee is long-time supporter of the Awards, BBC Radio Guernsey executive producer, Michelle Daniel.

We are delighted to welcome two special guests: Dr Shikha Pitalia, the 2019 Business Award winner and now overall sponsor of the Awards and Viv Barclay, who is setting out to smash a world record at the age of 59.

A huge thank you to our sponsors Pall Mall Medical, Deloitte, Hall Brown, The Lowry Hotel, Cheshire Life and Lancashire Life, BBC Radio Manchester who are also broadcasting live from the event today and Cocoa Cabana chocolatiers for supplying the chocolates.

For all their professional support and understanding, I would like to thank Lynne Waterfield for her cool judgement and support; young filmmaker Amelia Chamberlain and her mentor, Carol-Ann Whitehead; programme designer, Steve Dutton; The Lowry Hotel's team; Eamonn Hunt from Very Creative; photographer, Paul Grogan; Helpers Nadine Isaacs, Frankie Mears and Angela Powers and of course Hank and Olivia who started the whole thing!

I would like to thank you all for attending and supporting these Awards both today and over the years. I hope you have an enjoyable and memorable lunch.



Jacqueline Hughes-Lundy
Awards Founder

Inspiring Women

2023 Inspiring Women AWARDS

Email: Jacqueline@inspiringawards.co.uk

www.inspiringawards.co.uk



@InspWomenAwards



inspiringwomenawards



Inspiring Women Awards

TIMETABLE

12.00-12.20 – **Drinks Reception**

12.30 – **Welcome**

Jacqueline Hughes-Lundy
Founder: Inspiring Women Awards

Women Making Waves Award
Sponsored by The Village Green
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Inspiring Young Woman Award
Sponsored by Hall Brown LLP

**Inspiring Young Women
Foundation**
Charity Appeal

**Sustainable Award for Women
Making an Impact**
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Here Come the Girls Award
Sponsored by Cheshire Life

Awards Sponsor
Dr Shikha Pitalia, Co-founder,
Pall Mall Medical

Entrepreneur Award

Community Award
Sponsored by BBC Radio
Manchester

Raffle Draw
On behalf of Inspiring Young Women
Foundation

Guest speaker
Q&A with Viv Barclay

5.00pm – **Close**

Emcee: Michelle Daniel, BBC Radio Guernsey

MENU

Goats' Cheese & Beetroot Tart Tatin, Beetroot Salad,
Toasted Hazelnut Granola

Corn-fed Roasted Chicken Breast, Sweet Potato Fondants,
Artichoke, Hazelnuts, Shallot, and Parsley Salad

OR

Spiced Butternut Squash, Pea, Tender Stem, Chilli,
Torched Baby Leeks, Coconut Shavings, Red Curry Sauce

Amalfi Lemon, Gin and Tonic Gel, White Chocolate

Tea and Coffee



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WOMEN MAKING WAVES FINALISTS

This award seeks to recognise women's contributions worldwide in community, sustainability, education or business.

ALICE HENDY



In November 2020, Alice lost her 21 year old brother, Josh, to suicide. When she examined the search history on his mobile phone and laptop, it was evident that Josh had been researching ways to end his life by

visiting certain sites online.

It was after this personal tragedy that Alice came up with the idea of R:pple, a browser extension which can be downloaded onto computers and laptops and has become a mental health and suicide prevention campaigner.

Once downloaded, if an individual is searching online for harmful material relating to self-harm or suicide, their search will be interrupted. Instead of reaching potentially harmful sites, the user will be presented with a message of hope followed by a short breathing exercise, before being signposted to one of the many mental health resources that can give them help and hope.

BASARAT KAZIM



Pakistan is one of the lowest-performing countries in the Southeast Asian region in terms of access to primary education, its quality, and learning outcomes, with an estimated 22.8 million

children aged 5-16 not attending school.

For over 40 years, Basarat has been at the forefront of tackling these problems bringing meaningful education and literacy initiatives to vulnerable communities in Pakistan. All done through the Alif Laila Book Bus Society (ALBBS), which transforms spaces like parks, community centres, public spaces and classrooms into learning spaces.

Since 2020, 1017 box libraries have been set up in the form of 17 unique mobile libraries in the form of camels, rickshaws, bicycles, motor-bikes, pick-up vans, and yaks running in the most difficult terrains and urban slums of the country. This initiative has covered over 50 districts and benefited over 160,000 children.

NANA ADJOA A. SIFA

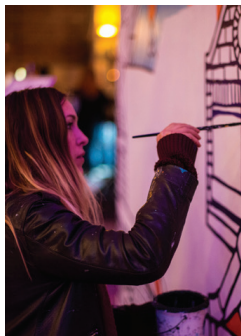


Nana is a Ghanaian Social Entrepreneur helping female Agribusiness founders and women farmers to make impact. She is currently the President of Direct Impact Foundation (an organisation

that seeks to bridge the wide gap between rural and urban education) and the initiator of Guzakuza, a social enterprise that empowers young women to create jobs, wealth and food security.

Through Guzakuza, she has inspired and nurtured over 7,000 young women from 30 countries to build game-changing Agribusinesses in Africa.

The 'Ignite' programme, which she leads, is bringing female Agribusiness founders together from across the African continent and helping the displaced to be equipped to build resilient Agribusinesses.



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Inspiring Women

JACQUELINE HUGHES-LUNDY AWARDS FOUNDER & ORGANISER

Following a 17 year career in Financial Services, bowing out as a Director of a Legal 500 company, I moved into consultancy setting up Olivia Henry Associates. Working with National and International businesses, delivering events and conferences, research projects and marketing campaigns with international finance houses, universities, cancer hospitals, banks, brokerages, leading restaurants, hotel groups and Michelin starred chefs.

Through board and public appointments, including chairing, I have gained invaluable experience in matters of governance and supporting strategic planning across commercial, charity and regulatory sectors. Board experience includes appointments for: the Advertising Standards Authority; Fareshare (GM); Emerge 3Rs; The Millennium Quarter Trust; Urbis Trading; Forever Manchester and ITC's viewers consultative council.

I am fortunate enough to be able to use my writing skills as a published travel writer and food and drink reviewer, even enjoying a spell as a food and drink judge for a prestigious magazine.

Whilst still working in OHA and organising the Inspiring Women Awards, I was approached to join the North Wales Business School as a lecturer to create, develop and deliver a new degree course in tourism, hospitality, and events management. Promoted to senior lecturer after two years, I thoroughly enjoyed taking students through their university experience and beyond. Despite leaving HE, I am still a visiting lecturer at the Universite de Picardie Jules Verne in France and an External Examiner to University of Wales Trinity St David.

I have recently been appointed Director of Global Development at qualification provider BQSL.



SPEAKER PROFILES



MICHELLE DANIEL - EMCEE

During her 20 years at BBC Radio Manchester, Michelle led a team covering, arguably, one of the busiest news patches outside London. She and her team covered everything from the 1996 IRA bombing of Manchester City Centre and the Commonwealth Games in 2002, to the terror attack on the Manchester Arena in 2017.

She started her career as a trainee reporter at BBC Guernsey and has recently returned to the island as senior manager. 'At my very first BBC interview they asked me why I thought I'd make a good journalist' Michelle says 'So I told them 'because I'm nosey!'

Nothing changes! Michelle is passionate about the Inspiring Women awards and is a long time supporter of the Awards.



DR SHIKHA PITIALIA

Dr Shikha Pitalia is an award-winning entrepreneurial doctor who has brought improved healthcare for hundreds of thousands of patients across the North West within both the public and private sector.

She co-founded SSP Health and Pall Mall Medical, which have helped to provide better care for people in need. Her work has been recognised with numerous awards, and she continues to strive for excellence in everything she does.

Dr Pitalia is also an advisor on the UK Council for the British Asian Trust. Founded by King Charles III, BAT works across the South Asian sub-continent on projects, particularly to empower women and provide better opportunities for children.



VIV BARCLAY

Our guest speaker for the 31st annual Inspiring Women Awards is 59 year old Viv Barclay, who is attempting to set a world record as the oldest solo woman to row the Atlantic. Oh and let's add that she is not a rower...

"Around 2016, I watched The Yorkshire Rows, four ladies in their 40's and 50's, compete in the Atlantic Challenge and was utterly inspired by them.

At this point in my life, I had become less than I wanted for myself. It was a combination of school run, working and caring for elderly parents with little focus on my own desires. I had been helping my dad to care for my mother, who had Alzheimer's, until her death in 2017.

At that time, menopause was really in full swing and I retreated into myself and stopped engaging with the world. Since then, I've been 'staying small' and going largely unnoticed running my little beeswax wraps business at the same time as continuing to care for my now 92-year-old father.

With my daughter going to Uni, I knew I had a choice to make.

Was I going to sit on the sofa, with a glass of red watching Netflix for the rest of my life (fine for those who want to, I'm not knocking it) or am I going to actually DO something?

I knew I wanted more for myself than the sofa, an adventure that really pushed me and so, with no rowing experience, I signed up for the 2023 Atlantic Challenge, inspired by those Yorkshire Rows back in 2016.

I'm not from a sailing or rowing background, however, many participants are as inexperienced as me and train specifically for this adventure.

The race rules stipulate mandatory training in navigation, sea survival and first aid and I have to complete a minimum number of hours of training rows beforehand. On the start line there will be inspections and I will have to know what everything is for, how it works and how to fix it should an issue occur otherwise I won't be allowed to begin the challenge. Their main priority is safety and they take it extremely seriously.

Am I mad?

Well, you will find out today! I look forward to your questions.



“The most important thing we can do to close the gender gap in technology jobs, is to start with our girls at school.”

Sheena Evolution
Founder & CEO, House My Pet

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INSPIRING YOUNG WOMEN AWARD 2023

ALISHA MAINI



Alisha (right) is currently reading Medicine at the University of Leeds and due to graduate in July 2023. During her studies, Alisha has undertaken a clinical elective in Infectious Diseases

and Neurology at Hospital de Restauracao, Recife, Brazil and from 2018, has acted as an online tutor in university admission tests including, A-level Biology and Chemistry, GCSE Mathematics and Science

She is passionate about widening access to medical school (WAMS) and worked as a volunteer supporting students from WAMS participating backgrounds in applying for Medicine and helping at Leeds School of Medicine interviews.

During the pandemic, Alisha was a volunteer responder delivering essentials such as food and medications to local people unable to leave the house due to health and lockdown restrictions and taught A Level students university material when exams were cancelled, via zoom.

A lover of all things sporting, Alisha has been a training volunteer for Disabled Snow Sports UK 2017 – learning how to use adaptive ski and snowboard equipment for children and adults with physical disabilities.

INSPIRING YOUNG WOMEN FOUNDATION



The IYW Foundation is a fund administered by Cheshire Community Foundation.

Charity number 1143711

In 2010, to mark 18 years of the Inspiring Women Awards, we set up the Inspiring Young Woman award to inspire our next generation. The Inspiring Young Woman Foundation was set up alongside to provide bursaries for the winners of this Award and to fund projects aimed at supporting our region's young women.

So far more than £17,000 has been paid out in bursaries and in 2019 we also fully funded our first external project through Warrington Youth Zone, The Pretty Tough programme, which supported 30 vulnerable young women over 6 months. During Covid, we were part of the Emergency Funds group within the Cheshire Community Foundation.

The awards lunch is our main fundraising activity to support our IYWA winners and related projects and therefore, your generous contributions are important to continuing this financial support.

Thank you

RAFFLE

We are grateful to the following businesses which have donated prizes to the raffle in aid of the Inspiring Young Woman Foundation. We hope you will consider supporting them in the future.

A year's subscription to Cheshire Life print and digital magazines. www.cheshirelifemagazine.co.uk

Cheshire society kings and queens grace these pages – including the Inspiring Women Awards.

A 2-night bed and breakfast stay for two at The Old England Hotel & Spa, Lake District.

www.macdonaldhotels.co.uk/old-england

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Cocktail Masterclass for four at Revolucion Du Cuba.

www.revoluciondecuba.com/bar/manchester

Learn the tricks of the trade as you shake, muddle and stir your way through a 90-minute class including a welcome cocktail, fiesta games and plenty of shots.

Overnight Stay for two at The Leven Hotel, Manchester City Centre. www.liveleven.com

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A year's subscription to Lancashire Life print and digital magazines. www.lancashirelifemagazine.co.uk

A who's who of Lancashire grace these pages – including the Inspiring Women Awards.

Afternoon Tea for two with a House Cocktail at Cocoa Cabana Chocolatiers. www.cocoa-cabana.co.uk

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Overnight stay for two with breakfast at The Lowry Hotel. www.thelowryhotel.com

The Lowry Hotel is an iconic five star hotel with a large sprinkling of the extraordinary.

SUSTAINABLE AWARD FOR WOMEN MAKING AN IMPACT FINALISTS

Recognising those women who are making a positive and sustainable impact, whether it's environmental, digital or educational transformation or through the circular economy or supply chain transparency.

MAIRA AZHAR



Since 2021, Maira, who has a Masters in Sustainable Development from UCL and a PGC in Sustainable Business from Cambridge, has been actively promoting cork fabric to combat the

environmental impact of both fast fashion and the leather industry. Cork leather is a carbon negative product and her handbags are all biodegradable.

Based in Chester, Maira set up 'House of Ethics' to help men and women choose vegan fashion over leather. She sells her cork based products on ETSY. The cork used in Maira's products is sourced from the bark of oak trees found in Portugal, where the leather is made by chipping off bark, boiling and shaving it into thin tissue paper-like sheets, and then laminating it into usable pieces of material.

PROFESSOR LIZ PRICE



Liz Price is Professor of Environmental Education and serves as Deputy Pro-Vice-Chancellor Sustainability at Manchester Metropolitan University. She has responsibility

for driving sustainability in every aspect of University strategy, as well as developing a sustainable mindset and skills for students and within their communities, including accelerating education for Sustainable Development Goals, Carbon Literacy and Net Zero skills.

Liz is the institutional strategic sponsor and lead for Responsible Futures and representative on the Manchester Climate Change Board and Partnership. Liz also chairs the Committee of Heads of Environmental Sciences, is a Council Member of the Institution of Environmental Sciences and a member of the Advance HE Advisory Group reviewing the Education for Sustainable Development Guidance for the UK.

Her research interests are in education for sustainable development and processes governing plant community composition.

GAYNOR THOMASSON



Gaynor founded Heelz and Toez as a business committed to disrupting the children's footwear market by enabling the manufacture of completely recyclable shoes made wholly from recycled

products. Her mission? To create shoes that are recyclable, comfortable and customisable.

The average lifespan of children's shoes is less than six months and with over 300million pairs of shoes ending up in landfill annually or being burned, Gaynor spotted a gap in the market for a sustainable product.

Her products are made of 100% recycled materials and are 100% recyclable. They are also adjustable to any foot size/shape, extending the life span of the shoe.

She survived Dragon's Den, walking away with a £50,000 investment from Touker Suleyman and in December 2022, Gaynor picked up a European Award in Sustainability.

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HERE COME THE GIRLS FINALISTS

Recognising those women or organisations who are challenging systems that don't work for women, promoting gender informed products, services or role models.

KERRY DAYNES



Kerry is a qualified forensic psychologist specialising in working with violent and sexual offenders. She began her career at the notorious HMP Wakefield, a Category A men's prison which houses

a large number of high-profile, high-risk sex offenders and murderers.

This experience has led Kerry to being recognised for her ability to engage with, and treat, complex, challenging and often dangerous patients. She is a published author and regular expert on TV true crimes programmes.

A victim herself – stabbed by a patient, stalked by a stranger; harassed by prison officers – these harrowing experiences have led her to work extensively with female victims of violence and trauma.

She challenges both the legal and mental health systems that disadvantage women and campaigns for changes in the laws around stalking and domestic violence.

CONTACT HOSTEL



The Contact Hostel was set up by former nun, Brigid Murphy, and celebrated its 50th anniversary in 2020. Brigid was concerned that too many girls were leaving education with nowhere safe to call

home. She realised that they were sometimes ending up on the streets or turning to drugs and alcohol to survive.

Whilst Brigid died in 2005, her legacy lives on, providing a safe shelter for young women aged 16-19 who are homeless or are “at high risk of being abused or exploited”. They may have experienced relationship breakdowns, domestic violence, forced marriage, threatened abduction as well as physical and emotional abuse.

The Hostel, situated in Manchester, also supports young women to move on to better and happier futures with the requirement that they must be prepared to attend college, training or full-time employment.

Since 1970, the hostel has helped over 800 young women get back on their feet.

KRYSTINA PEARSON-RAMPPEAREE



Krystina is a Chartered Aerospace Engineer, mother, STEM Ambassador, mentor and business owner. She is passionate about careers in STEM and attracting a diverse workforce,

particularly advocating for women in engineering, where there is a lack of women in senior positions, especially women of colour.

Krystina believes that it is important to show other young women that her career trajectory (she is a Senior Flight Systems Engineer at BAE Systems on the Tempest programme) happened after becoming a mother, as research shows that there are far too many women who do not return to engineering after taking maternity leave.

In 2020, she started her own small business, AviateHer, which creates pin badges highlighting different professions in STEM, starting with a badge that says: 'This is what an engineer looks like'. She is smashing stereotypes.

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ENTREPRENEUR FINALISTS

Recognising women who take that leap of faith and develop businesses which benefit the economy.

HEATHER GLOVER & KATE MAURICE



Skarlette was founded by friends Heather Glover & Kate Maurice in 2021 when Heather, a nurse and two-time breast cancer survivor, and Kate, a retired pilot and passionate

seamstress, noticed a lack of flat chested lingerie. Through their supportive friendship and determination, they created a unique bra that empowers flat-chested women and cancer survivors across the world.

Skarlette was launched with just two designs, but quickly gained customers from around the globe and in 2022 they were able to grow the business and extend the product range to include two more designs and five colourways.

Products are made in Stockport, enabling local women to return to work as seamstresses, working from home, working around family commitments and working as lingerie seamstresses.

JENNIE JOHNSON MBE



In 2020, Jennie sold her business, Kids Allowed, and retired for a life of leisure. Fast forward a year and a friend sent her a video of their baby, sharing how proud they were of their little one's achievements. Jennie

was immediately struck by how many other accomplishments her baby had in this short clip and excitedly explained to her friend the long list of milestones that had just been reached.

She imagined how empowered parents would feel if they could really understand and embrace their child's unique journey of development according to their child's individuality, with scientifically backed information and in one accessible place – a next generation App. And so the My First Five Years (MFFY) App business was 'born', a personalised parenting app targeting 250,000 users in the next three years.

DELIGHT (DEE) MAPASURE



At 19 Dee arrived in England as a refugee, initially struggling to settle into a new culture and facing many incidents of racism, bias and often stereotyped as being 'one of those people'.

Through a resilience that has shaped her life since, Dee concentrated on opportunities rather than any misfortunes.

Dee is founder of K's Wors, a multi-award-winning eclectic range of Southern African inspired Boerewors (sausages). Dee started the food brand from her kitchen table in Manchester with the help of her husband and children. It took two years of experimenting with flavours and recipes to develop K's Wors sausage into a shelf-ready product, which has been praised by BBC TV's Dragon's Den.

K's Wors is her second enterprise after establishing a successful urban cleaning company whilst working in the civil service and securing an Open University Diploma in Law.



COMMUNITY FINALISTS

Recognising women whose contributions to society make a substantial difference to the lives of others.

LOUISA BLAKE



Around 2015, assistant Headteacher Louisa recognised that as the school holidays approached quite a few of her pupils demonstrated significant mood changes and all

shared a common factor – they all had free school meals. On further investigation, she found that during the holidays their parents were struggling to feed their families and these children were going hungry.

She decided to tackle the problem head on and when the summer holidays came around, decided to help 50 families by establishing Looby Lou's Lovely Lunches.

From those first families, Looby Lou's now delivers free lunches to disadvantaged children across the Wirral during non-term time. On average, she and her team now make approximately 250 packed lunches a day throughout the main school holidays, the majority of which are delivered by Louisa herself.

SHERITA MANDONGWE



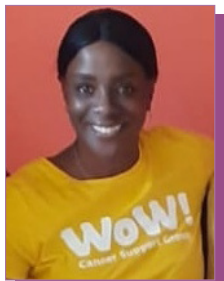
Sherita established The Dimobi Children's Disability Trust in 2016, a specialist charity in Manchester which provides support for children and their families with special needs, after she realised there was

a general lack of awareness surrounding the needs of children with learning disabilities and/or autism, specifically within different cultural backgrounds and beliefs.

In addition, cultural and religious stigmas associated with children with disabilities can preclude some parents from actively seeking professional help for their children at the earliest opportunity. This results in the marginalisation of children with disabilities, which ultimately affects their health and wellbeing in later life.

Sherita went on to achieve a degree in Social Work to better understand her two sons' disabilities and offer greater support within the charity.

MARCELLA TURNER



Marcella founded Can-Survive UK (support and information for people with cancer) from her home in 2016 with a phone, laptop and unbounded passion to provide culturally appropriate support

to Black people and other minority communities affected by cancer.

Having been heavily involved in the end-of-life care for her father, who died from prostate cancer, she was determined to address the lack of culturally appropriate support services for Black African, Black Caribbean and other culturally diverse community members.

Can-Survive UK provides an array of services, including men and women's support groups, yoga, walking groups, creative activities (with an exhibition hosted by the Whitworth Gallery, Manchester), counselling, cancer workshops and a team of service users who raise awareness in local communities as community champions.

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