



THAT'S WHAT SHE SAID

CHANGE ✦ ✦



The Who, The What, The Why

INTRO

Welcome back to our fabulous readers, and for those who are only joining us HELLO from all us women here at 'That's what she said'. We are an intergenerational female magazine for women age 14+ . This magazine is all about creating a space for women to speak their truth on topical issues that affect them. We want to educate, empower and inspire all women regardless of their, age, race, religion, abilities or sexual orientation to be more confident in being themselves.

This month's edition is around 'Change' the definition of change is ;'a transformation or the act of changing; to make or become different'

As women we have faced and will face a lot of situations in life that has or will influence change.

Change can occur in many different aspects of life, our physical body, our mind and society and the world around us.

YESTERDAY I WAS CLEVER, SO I WANTED TO CHANGE THE WORLD
TODAY I AM WISE, SO I AM CHANGING MYSELF



FLASHBACK

For all those just joining us we want to recap on our last month's edition so that you are all in the loop Last month we focused on 'identity'

We explored and posed thought provoking questions to gain a deeper sense of ourselves, asking ourselves 'who are we really?'

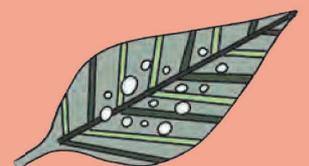
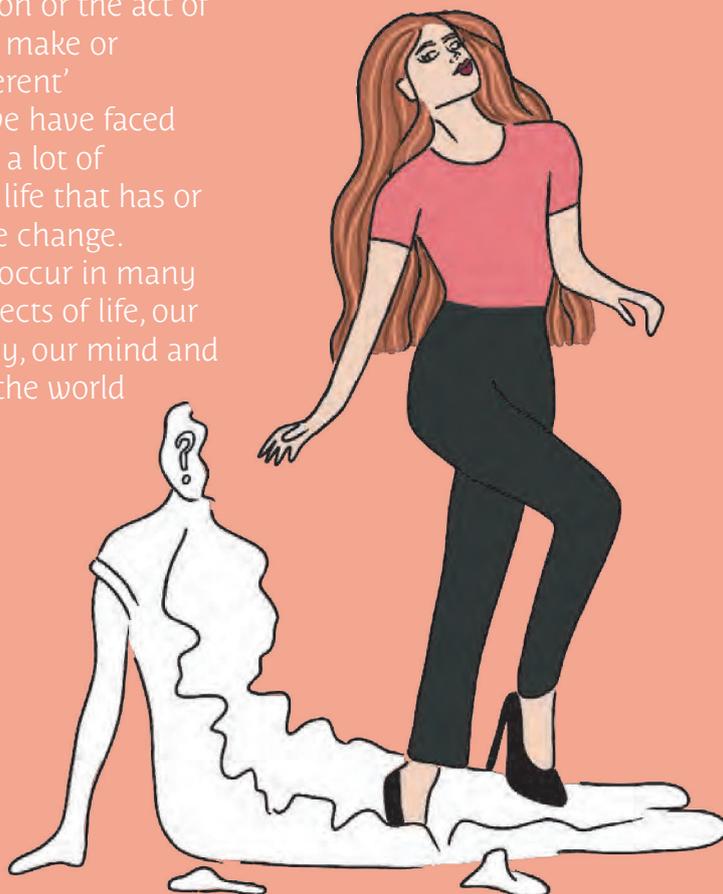
We looked at personal identity, how we see ourselves and how we want others to see us.

What we love about being a woman

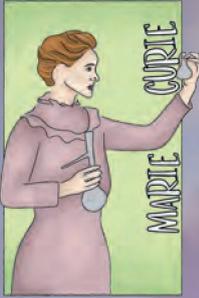
And we also described and complimented every type of woman in every circumstance to celebrate how wonderful and amazing each and every single one of us are

Ohh and also we have given some recommendations on a book, music, podcast and tv/film that's main focus are around identity.

We hope you enjoy this months edition, That's what she said!!



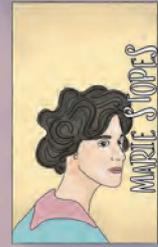
WOMEN WHO HELPED CREATE CHANGE IN THE WORLD



Marie Curie- Marie Curie discovered two chemical elements polonium and radium. These two elements were crucial in the development of x-rays in surgery. She was most known for her contribution to finding cancer treatments.



FRIDA KHALO
Frida Kahlo was a Mexican painter known for her many portraits, self-portraits, and works inspired by the nature and artifacts of Mexico. She used her art to explore questions of identity, postcolonialism, gender, class, and race in Mexican society.[2] Her paintings often had strong autobiographical elements and mixed realism with fantasy. Kahlo's work has been celebrated internationally by feminists for what is seen as its uncompromising depiction of the female experience and form.



Marie Stope- Maria Stope opened a family planning clinic in Holloway, north London, the first in the country. It offered a free service to married women and also gathered data about contraception. By 1930, other family planning organisations had been set up and they joined forces with Stopes to form the National Birth Control Council (later the Family Planning Association).



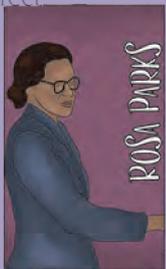
GRETA THUNBERG
Greta Thunberg is an 18 year old climate change activist known for challenging world leaders to take immediate action for climate change and spreading awareness about the environment and the actions we as humans need to take to help save our planet. Her influence on the world stage has been described by The Guardian and other newspapers as the "Greta effect".



Emma Watson- Emma started the united nations HeforShe Campaign which invites men and peoples of all genders to stand in solidarity with women to create a bold, visible, and united force for gender equality.



Malala has spoken out for young women's rights to education across the world. When the Taliban took control of the Swat Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education. Mala was shot in the head on her way home from school, she was resilient and at sixteen, she became a global symbol of peaceful protest and the youngest nominee ever for the Nobel Peace Prize.



Rosa Parks was an American activist in the civil rights movement best known for her pivotal role in the Montgomery bus boycott. On December 1, 1955, in Montgomery, Alabama, Parks rejected a bus driver's order to vacate a row of four seats in the "colored" section in favor of a white passenger, once the "white" section was filled.



Emmeline Pankhurst- Emmeline was one of the founders of the 'Women's Social and Political Union' who fought for equal voting rights for women in Britain. They used radical and extreme methods to get their message heard, they were the first woman labelled as the 'Suffragette's'.



“Change is a process of transformation”

Change, wow, it's a big topic, especially since over this past year we have all had a lot of changes in our lives. Some have been forced on us or happened unexpectedly and some have been directed and chosen by ourselves. Either way change has a way of making us feel uncomfortable, it actually has a way of making us feel many different emotions but uncomfortable is definitely there. Even when the change has come about from our own decisions and choices it can feel scary and bring up feelings of anxiety. Why is this? Well partly its because we are leaving something behind, we are saying goodbye to what was and saying hello to something new. Change has an element of the unknown in it and that can always be scary if we don't know what is ahead of us.

As human beings we go through many different changes in our lives that can alter us mind, body and soul. Change is a process of transformation, a series of steps to achieve something different, and we look for something different when we are not content with what we have. I have had many different changes in my life some good and some bad but when I've looked back on all those changes, I've learnt something from each of them that has helped me in my future. When I was 27 I went traveling the world by myself, it was scary because there were a lot of unknowns. When I got to New Zealand everybody was talking about doing a skydive and while this may seem cool or just something people do when they go traveling, for me it was massive because I am terrified of heights!

I kept saying “Nope.”, “I'm not doing it.”, “Theres no way I could do that.”, “Ain't happening.”. I was really fighting against the idea that I could be the type of person that could jump out of a plane, it would change me and I wanted to stay in my nice, safe comfort zone. But something deep in my soul was telling me “You have to do this.”, “You can do this!”, “This is going to change you for the better.”. So, I booked it, spent the next few days in complete denial that it was happening, not going to lie I was in complete denial even when I was in the plane and the door opened! It was the most amazing experience though, not just because of the views and the feeling, but because it taught me something very valuable. That I can do “it”! I can do the things that make me uncomfortable, I can get through the fear and anxiety, I can push myself beyond my comfort zone, I can accomplish change in my life. And you know what, it felt really good to push beyond what I thought I could accomplish and realise I can accomplish way more than I ever expected.

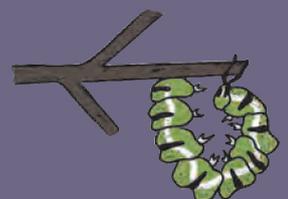
I've had a lot of changes over the last 3 years including family illness, leaving a job I loved, taking on caring responsibilities in my late 20's early 30's. It's been tough, there have been low points, there have been changes that have stretched me. But you know what helped me change my viewpoint? Thinking back to that time I travelled by myself and faced my fear. It reminds me that I have the ability to make change happen for myself and that I can accomplish more than I think I can. This last year and a half, when the world was making so many unexpected changes to our lives, I decided to take control and make some changes that I knew would benefit me. I went to counselling, I spoke to a life coach and did a personal development programme for women. I invested in myself and my wellbeing and now I've started my own personal development business. And anytime I've thought about giving up on my business because it feels too much, too big for me to take on, I remind myself that I jumped out of a plane once, and I can face a lot more than I think I can.

So how do we make positive changes happen in our lives and embrace the change that isn't always welcome?

We step outside our comfort zones (those nice cosy places we like to hide), I know it's nice and feels safe and can be a comfort when we are hurt or feeling vulnerable, but it can turn into a prison that keeps us from fulfilling our dreams and the people we are meant to be. We have to communicate with ourselves by taking the time to journal, write your feelings, emotions, thoughts down and clear them out to give you headspace. Communicate feelings, thoughts and dreams to someone who will listen; not try and fix them for you or tell you what to do but just listen. Talking to a mentor, counsellor, life coach, youth worker, mental health worker is beneficial, they know how to actively listen and provide a safe space. Get involved in personal development programmes and processes, they will help you reconnect to your values, identity and skills in order to make the changes you want or need to. Try, just try, something new, take chances, do something that makes you move forward, even if it's a small step. Accept the truth about failure... it's growth, it's learning, it's maturing. Yes, it's difficult not meeting your own or others expectations but we aren't here to please everybody, we're here to do the best we can do.

There are many different paths in life and some we stand at doubting if we'll make it through, but with the right people supporting us, a willingness to try, an openness to accept the changes along the way and a little bit of faith you can have a life that is full of purpose and fulfils your own definition of success.

Lucinda Vance
Mentor | Coach | Youth Worker



WHAT KEPT ME HERE...

Born in Brittany, France, many changes and experiences have made me the person I am today. A lesbian mother and grandmother, a community activist living in South Belfast, Communications Officer in Ardoyne Youth Enterprise and volunteer with Belfast Friendship Club (a mutual support group for people from around the world). A feminist with a passion for human rights and migrant rights. Also my family, dog, cat, photography, gardening, art and crosswords ☒

My parents were poor farmers, Catholic, who left school at 13, worked at home until they got married, rented a farm and brought up 7 children.

But we lived in times of massive change. I was 6 in 1968, the year of Paris student demos, Irish and US civil rights movements, anti-Vietnam war demos. I grew up through the hippie 70s. The nuns at schools and my parents were keen on working-class girls getting the education our parents couldn't have. And university was free. So as a young woman I could study, move away from home and question the beliefs and value systems around me.

I was also very timid, so it's still a surprise to me that I ended up in Ireland. I kind of fell into it. At Uni, a lecturer told us about a scheme for a year abroad practising English while working as language assistants in schools. So I filled in the form. As Ireland was on the news – it was the start of the hunger strikes – I thought it would be good to find out more. And so I ended up in Newry then Belfast, and made it my home.

What kept me here? Chance, curiosity about the world, secret relief at being able to reinvent myself and escape from my grief (my eldest sister had died in an accident). Also the people I became friends with. In Belfast I met people who, like me, wanted to change the world, but who unlike me at the time, believed that they could. Anarchists, feminists, anti-imperialists, some punks, some vegan, some pacifist and some not. They also helped me believe that I could be myself no matter what 'myself' was.

The thought didn't enter my head until I was 22 or 23 that I may be a lesbian. But when I did come out I was welcomed by people who thought that was cool and worthy of respect. Which was amazing because both Ireland and France were extremely homophobic. Male homosexuality had just been decriminalised in the North but it was legal to discriminate against you for being gay, sack you from your job, remove children from their mother if she was in a relationship with a woman. Political parties, churches, most workplaces, neighbourhoods, families and educational establishments expected you to remain in the closet and it was OK for anyone to tell you they disapproved of your existence. The first Belfast Pride parade, in 1991, was a VERY small scary march.

But I was part of a 'scene' that worked to change that and it was extremely empowering. I volunteered in Justbooks (an anarchist café and bookshop), got involved in starting LORAG (a community organisation in Lower Ormeau), campaigned with Stop the Strip Searches (a campaign for women prisoners) and Defend the Clinics (a reproductive rights campaign), volunteered then got a job in Women's News feminist magazine, organised Pride events... Helped friends paint an aboriginal mural in New Lodge (mostly I held the ladder) and wrote Lesbians Are Everywhere in massive letters beside the Duke of York...

Later I worked in the Law Centre, had a child with a friend as a single lesbian then met my partner Sally who also had a child. We joined our families, started a lesbian mothers' group, campaigned for LGBT families' rights, civil partnership then equal marriage and had lots more adventures.

Catherine, 58



WHO ARE YOU?

Do you feel you make a difference in the world today?



yes i feel i do

I'm not sure how to



Do you try to be better than the person you were the day before

Do you do this with actions or thoughts?

Yes always

I try but sometimes it can be hard

Actions

Thoughts

Do you act alone or as a group?

Are you a manifestor or positive thinker?

You are resilient what helps you bounce back

Alone

Group

Positive thinker

Manifestor

Environment, Family and people around me

My Strength, My Courage My Power

EMPOWERING

INSPIRING

STRONG



CHANGES IN LIFE THAT HAVE CHANGED ME

From a young age I was always very dependant on others, my family, money and all things luxurious. I never had any doubts that I couldn't get what I wanted or wouldn't get the best of clothes or shoes. This was until what I knew as my life and my support began to fall apart.

In P7 going into 1st year, my dad was diagnosed with cancer which took a massive toll on me. I had to grow up a lot faster than i had hoped. He was the main financial piece in the family and without him in work, we began to loose all luxurious items and started to struggle a lot financially. Due to this, it started arguments between my parents and everything a child has nightmares about came true. My parents later separated and still are now.

At the age of 13/14 I was working in any place that would take me due to being so young. Answering phones in take aways, St. George's market stalls just to name a few. With my mum away and it being me and my dad now, I had to get the financial income for the house. At the age of 14 I was the only income to the house, I was the woman of the house, when really I was still a child. It was hard growing up faster than the people around you, they were out having fun and going on day trips where I was stuck in work or stuck in the house.

When I was younger, I took that as a burden. I hated the thought that I had to work whilst everyone else was out enjoying themselves. I hated the fact that I couldn't get what I wanted anymore and that I had to work for it. But now that I am older, I have realised that that is the reality of things. One day you could be a millionaire the next you could be bankrupt. It's scary how things can change so fast and what was so normal to you is now a far dream.

Due to working so much and having to take on responsibilities that no one else my age has, I have learnt so much about myself that i would not have known. I have learnt that I'm a strong, independent woman. I can have my own financial income and help the people around me. I have found friends for life who have supported me from a young age and are always there when I need a shoulder to cry on and are there when I need a pick me up.

Still now, I work 2 jobs and I am always flat out. I still find time for my friends, for the youth club, going out and what not. It may be hard and exhausting but one thing I have realised is that I would do anything to help and support my family. I have faced a lot of hurdles, but it has allowed me to realise that I will do what I believe needs done to help my family, that there are people far worse off than me that have went through far worse, and that my experience and story has allowed me to grow into the woman I am today and I for one am very proud of that.

Caitriona, 18

Change?

What is change and how can it affect us all differently as individuals?

The biggest change in my life occurred when I was 17 years old, in the blink of an eye I lost the person closest to me; my mummy, and life as I knew it was never the same again. ' This is something that happens to other people, not me' I thought to myself.

My story describes only a snippet of how it affected and changed me as a person as I cant quite put into words how different the person I was before this happened to the person I was after

I was your typical teenager living my life going to school, going out with my friends and, working. Until one morning when in school I got called out of class and everything changed. my mummy had collapsed at home and we got took out of school to go to the hospital where we found out that my mummy had a Brain aneurysm and was going in for surgery. We got to speak with her in a&e and she told us all it would be okay and her being the strongest women in my family we knew it always would be. We were planning when she got out what we as a family would do, we planned girls trip away to a hotel to pamper ourselves a well deserved trip after a successful surgery. We were all so happy and pleased and couldn't wait until we got up to see my mummy the next day, little did we no she wouldn't survive the night and our lives would change forever and our world would crumble and be turned upside down. At home 4 kids left heartbroken with no mummy, my daddy left without a wife, and a heartbroken family struggling with this news., My whole house hold changed completely us girls had to step up, our roles within the family immediately changed everything that my mummy once done the cooking, cleaning, running a household and looking after us all was divided amongst us daughters.

This is the hardest situation that I have ever had to face as a human, a female and a daughter of an amazing independent woman. One thing I would say is ;change is scary and a hard thing to get through but this change has made me the strong female I am today 11 years on, change isn't always something that comes lightly but it is there to help us grow, to be strong, and resilient in any challenges that come our way.

A question I always asked myself growing up was ' are we as females taught from a young age that these domestic household roles are what we should aspire to be and when things change we automatically step into these or did I do this automatically because this is what my mummy done and I wanted to aspire to be exactly like her ' an independent, strong, amazing and powerful woman?'

I think I know the answer now

"Change isn't always easy but when you have the right people beside you change will make you to be the person you are today "

Rebecca 28





From us to you

'if not me, who?
If not now, when?'



TV programme
Becoming: A documentary film about former First Lady Michelle Obama in Becoming, director Nadia Hallgren follows Obama across a 34-city book tour for the former First Lady's memoir of the same name. The result is an inspiring look at not only Obama's life, but the countless young Black lives she has changed with her accomplishments. It's also stylish, heartwarming, and very, very fun.



Song
"Survivor" by
Destiny's Child



Podcast
How to Be a Girl: Marlo Mack is a single Seattle mom raising a transgender daughter, and this podcast explores their mother-daughter relationship, the duo's life together, and the challenges and successes they face. It's heartwarming, sometimes funny, and a must-listen for parents everywhere



Book
I am Malala: This is a book written by Malala herself alongside co-writer Christine Lamb about Malala's life to date and the experiences she has had. Malala has spoken out for young women's rights to education across the world. "When the Taliban took control of the Swat Valley in Pakistan, one girl spoke out. Malala Yousafzai refused to be silenced and fought for her right to an education.



This social Action/Civic Engagement Project delivered by New Lodge Youth Centre is part of the Communities in Transition Community Safety Programme (North Belfast) led by Ashton Community Trust

