

Vol 202

Southport's Journey

Anxiety

Finding light through the fog

Journey Back

The Southport Suffragettes

**Carran
Waterfield**

Finding joy in the nature of Southport

What's On

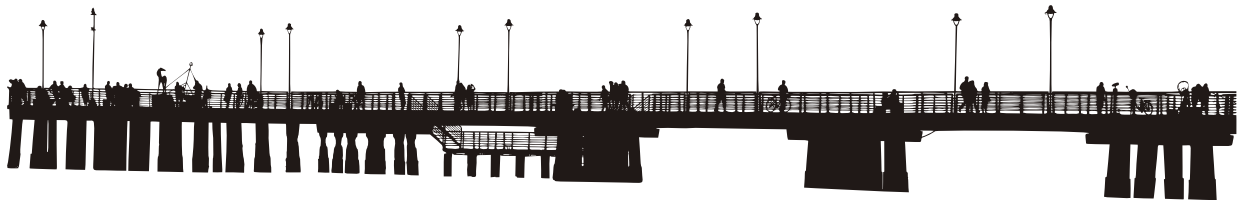
Discover a local business
just for you

Go Run

A wellness lifeline

The Female Influence

Meet the women shaping Southport's past, present and future



Intro

Tide & Triumph: The Women Shaping Southport

Welcome from the editor



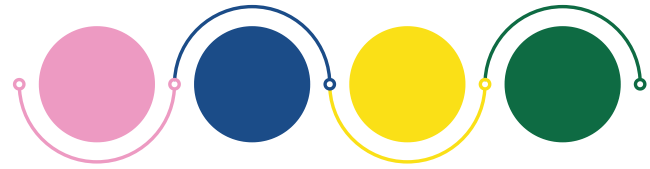
I'm Lizzie Barnett, and I created Southport's Journey to celebrate the heart of this town—its people, its past, and the stories that make it special. The response to our first edition was overwhelming, and I can't thank you enough for the support, messages, and enthusiasm you've shared. If you're new here, welcome! This magazine is for you.

As we step into March, with International Women's Day as our backdrop, this issue is dedicated to the women of Southport—those shaping its future, those who changed it in the past, and those building communities in ways both seen and unseen. Their strength is woven into the town's identity, from the entrepreneurs and creatives to the quiet resilience of women raising families, running businesses, and supporting each other.

In this edition, we'll spotlight the female-led businesses, the history-makers, and the events celebrating women this month. But more than that, we're honouring the power of connection—the way women uplift, inspire, and champion one another. Because strength isn't just about standing tall; it's about knowing you don't have to stand alone.

Thank you for being part of this journey. Here's to Southport's past, present, and future—and to the incredible women at its heart.





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Want to be featured or have an event to promote. Get in touch studio9southport@gmail.com

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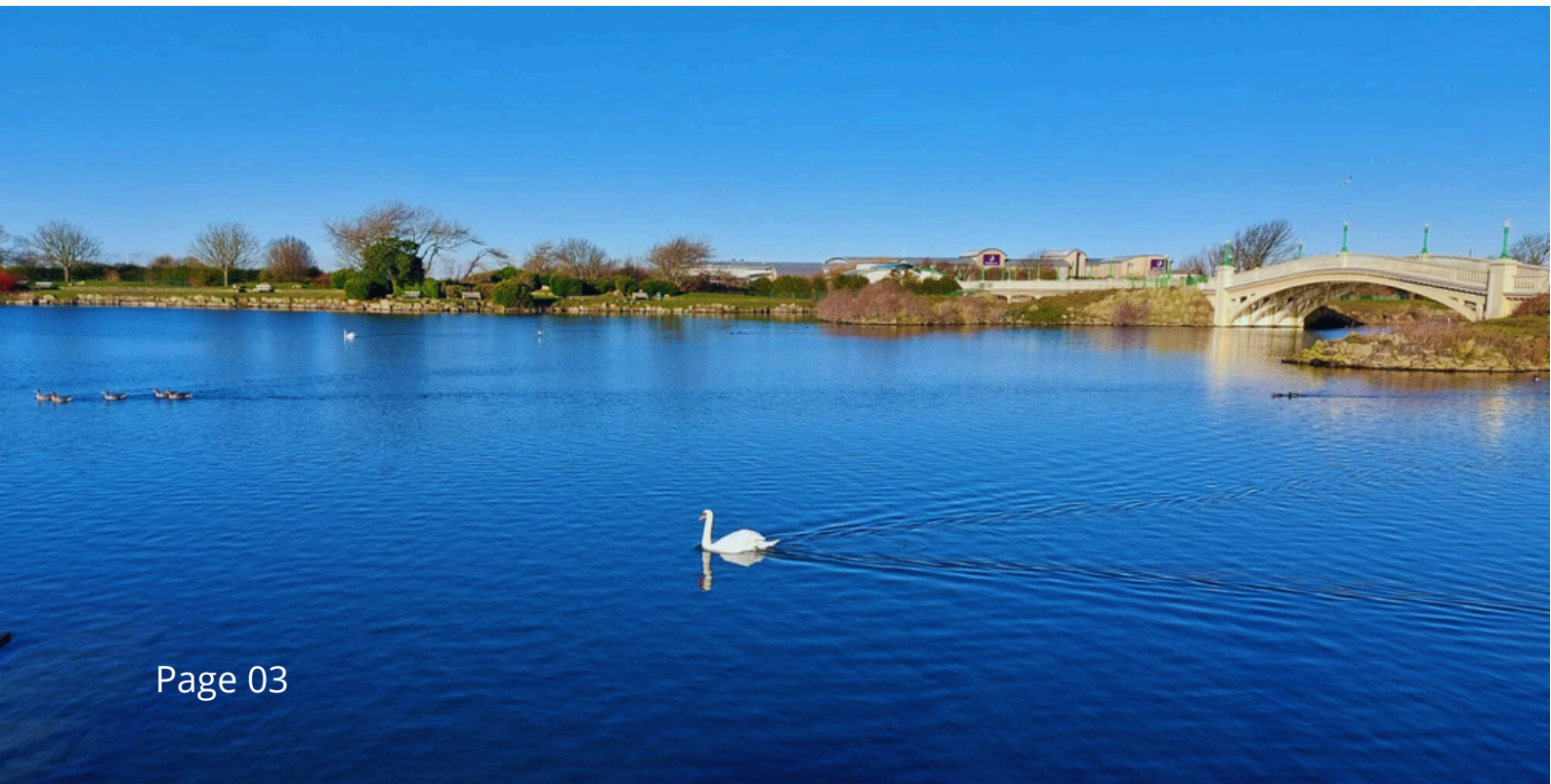
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Spotlight

Carran Waterfield

A Life Woven with Story and Strength

Carran Waterfield's life is an intricate tapestry of art, storytelling, and resilience. A force of creativity, she has dedicated herself to exploring the human condition through theatre, blending history, mythology, and deeply personal narratives into her work. Her performances are more than art—they are lived experiences, woven from her own journey of love, loss, and self-discovery.

From her early days as a drama and English teacher in Coventry to founding her own theatre company in the mid-80s, Carran has always championed the transformative power of storytelling.

Her body-based performances, influenced by her time in Denmark training with Odin Teatret, are visually striking and emotionally profound. Through mentoring and youth theatre, she has shaped future generations of performers, ensuring that creativity continues to flourish.

Walking, poetry, and storytelling remain her sanctuary

Throughout her career, Carran has been a passionate advocate for women's stories, exploring themes of feminine power, resilience, and the complexities of womanhood. Her work often grapples with understanding antagonistic characters, seeking to unearth the motivations behind their actions. For instance, in her exploration of Cruella de Vil, Carran delved into the character's backstory, portraying her empathetically and examining the haunting obsessions that shaped her.



After relocating to Southport, she embraced new beginnings, using art as a means of healing and connection. Her latest works, **Redhair and Daffodil Friend** and **The Brinepoint Colouring Book**, echo her love for folklore, fairy tales, and the rituals that shape us. She is also working on her upcoming *young adult historical fantasy novel*, **Pink Granite**, weaving together history, myth, and adventure.



Personal experiences have deeply influenced Carran's artistic journey. The loss of her parents, with her mother's passing in 2022 due to dementia, brought about a period of profound grief and introspection.

During this time, Carran turned to her art for healing, finding solace in poetry, storytelling, and walking. These activities became intertwined with her creative process, leading to projects that explore the connection between nature, movement, and well-being.

Carran's resilience and unwavering dedication to her craft have not only enriched the artistic landscape but have also provided a beacon of inspiration for many. Her story is one of *passion, perseverance*, and an unyielding commitment to exploring the depths of human experience through art.

As she continues to create, teach, and inspire, **Carran Waterfield** stands as a testament to the enduring power of creativity and its ability to heal, connect, and transform.

Life's a journey

What's on this

March



Celebrating Strength, Inspiration, and Community on International Women's Day

International Women's Day is more than just a date on the calendar—it's a moment to pause, reflect, and celebrate the resilience, achievements, and contributions of women everywhere. It's about lifting each other up, recognising the challenges still faced, and standing together in solidarity.

In celebration of International Women's Day, a special event will take place at The Grand Hotel on Friday, 8th March 2024, from 12pm to 4pm. Guests will enjoy a fabulous afternoon of lunch, live music, and inspiring speeches from remarkable speakers—all in the spirit of equality and empowerment.

Beyond the celebration, this event is dedicated to raising vital funds for Queenscourt Hospice, a charity providing compassionate care for those facing life-limiting illnesses. This incredible gathering has been made possible thanks to the generous sponsorship of Morecrofts Solicitors.

Together, we can celebrate the strength, resilience, and achievements of women—lifting each other up, forging connections, and creating a future where every woman's voice is heard and valued.





Flower Festival – 29th March. A vibrant floral farmers market in the *Wayfarers Arcade*, unique stalls, hands-on workshops, and a fabulous connection with **Southport Flower Show!**


WWW.ARCADE-PROJECT.COM/




Boogie Bounce

Everyone welcome - Absolute beginners

📍 Venue: Leyland Road Methodist Church

 Date: Mondays & Wednesdays

 Time: 6.15-7.00pm

Limited spaces so book quick
07717600064 - Amy B Thompson



Candle Painting & Fizz 🕯️🍷

★ Friday 28th March 2025

★ Candle painting 7pm-9:30pm

★ Welcome drinks from 6:30pm.

☐ Tickets £35 per person

☐ Includes 4 candles, 2 white, 2 colours.

☐ 1 glass of Prosecco (or non alcohol equivalent)

WWW.TAPPERSCAFE.CO.UK



Join us, Fools!

Step into the spotlight at our Open Mic Night—where musicians, poets, comedians, and performers of all kinds can take the stage!

 21st March |  7:00 PM

Dare to share? See you there!

WWW.THEFOOLSOUTHPORT.CO.UK




Southport Dance Academy Presents: All That Jazz!

Get ready for a spectacular evening

📍 Venue: Greenbank High School

 Date: Saturday, 22nd March

 Time: 7:00 PM

WWW.SOUTHPORTDANCEACADEMY.CO.UK



Mother Day Events. *Mothers day is on the 30th March. There are so many arts and wellness events to attend. This year do something a little different and try something new. Southport has lots to offer.*





Open Invite

Saturday 5th April

Studio Nine is opening its doors
between 2- 5pm



Discover what Studio Nine has to offer—meet like-minded people, explore upcoming workshops and events, and learn how you can rent the space for your own events!



Join us at Studio Nine

✉ studio9southport@gmail.com

■ DM us [@studio9southport](https://www.instagram.com/studio9southport)

📍 www.studionine.uk

We would love for you to join us

St Lukes Bridge, PR8 6BP

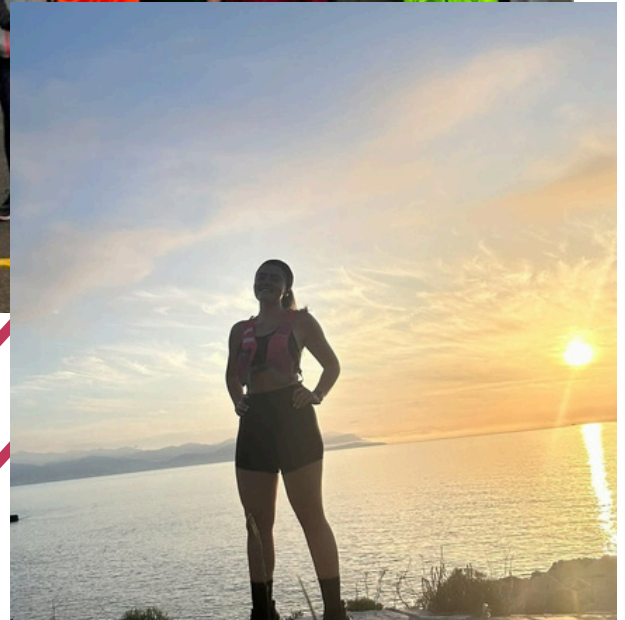


A Wellness Lifeline in Motion

Go Run Birkdale

It started with a run. Then, a conversation over coffee. And now, a year later, **Go Run Birkdale** is a movement—**changing lives, building confidence**, and proving that the simple act of putting one foot in front of the other can transform both body and mind.

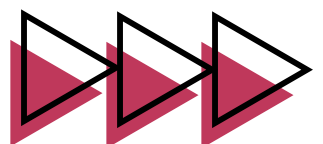
In April 2024, **Elle Matthews met Flo** in a Costa Coffee after finishing a 10K run. They got chatting, an idea formed, and by that afternoon, *Go Run was in motion*.



That same evening, Elle set up the club's Instagram page, and by Sunday, the first runners laced up their trainers and took to the streets.

The first few sessions saw 8-10 runners join in, just a small group finding their rhythm together. But the energy of Go Run was infectious. Word spread, friendships formed, and now, on the verge of its **50th run on April 13th**, Go Run welcomes over 35 runners every Sunday morning.

But this is more than just a running club!

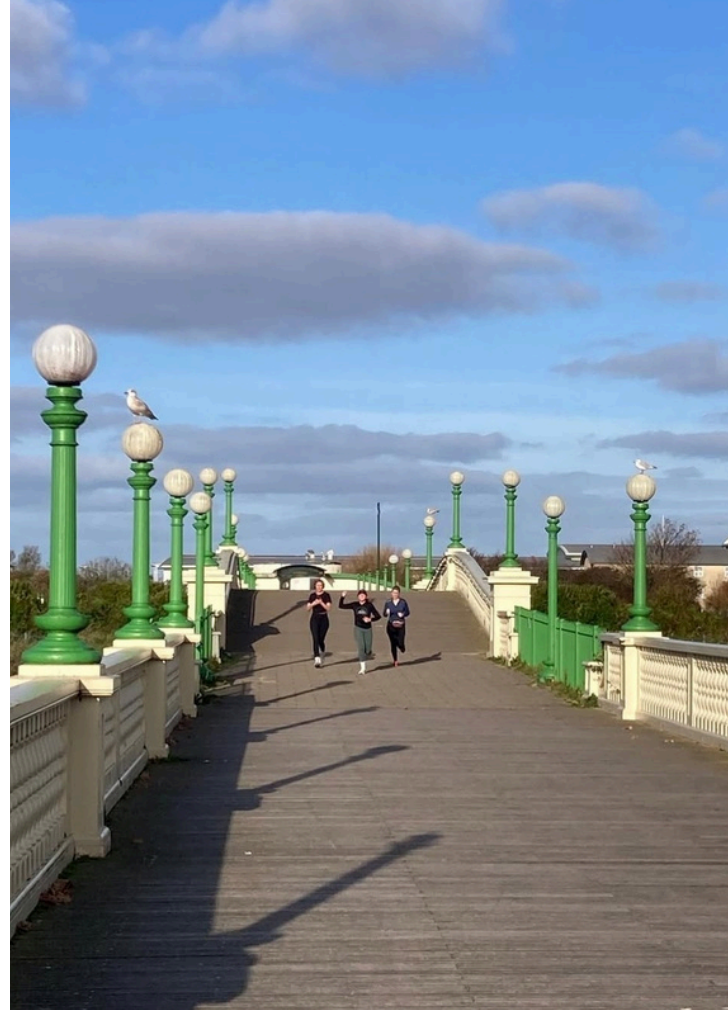


“It’s been such a great lifeline to meet new people, and everyone is so supportive.”

A Lifeline for the Body and Mind

For many, Go Run has become a weekly ritual—a space to feel **supported, to connect**, and to push through **mental barriers**. It’s a reminder that no matter where you are in your journey, there’s always a place to start.

The atmosphere is encouraging, uplifting, and free from pressure. Progress is celebrated, whether it’s a first-time 3K or a personal best. What matters is showing up—for yourself and for those beside you. **Elle** herself knows what it’s like to take a leap of faith. At the time **Go Run** was created, she was in the middle of her personal training course, unsure of what the future held. But that first Sunday morning, seeing people come together, she knew she was exactly where she was meant to be.



Running Towards Something Bigger

One message sent to Elle sums up the heart of Go Run:

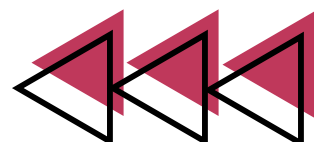
“What you’re doing for the community and getting people running is just fab, Elle. We should be so grateful that people like you exist and are willing to give up their time to inspire others.”

And now, Go Run’s impact reaches beyond the club itself. People recognise Elle around town, sharing how running has helped them.

This is how movements start—through small, everyday moments that build into something bigger than imagined. As Go Run Birkdale approaches its **milestone** 50th run, it stands as a testament to the power of community, connection, and the belief that **movement heals**.

Want to Join?

Go Run Birkdale meets every Sunday morning 9am in Birkdale.
Follow @GoRunBirkdale on Instagram for updates



Unraveling Anxiety: Finding Light in the Fog

Anxiety is often misunderstood. It's not always the racing heart or visible panic attacks that we expect—it can be far quieter, creeping into our lives like ivy, slowly wrapping itself around even the most joyous moments.

It can manifest as an unexplained sense of dread before a social event, a sudden need for perfectionism, or the exhaustion that comes from constantly overthinking.

Strength grows in
stillness.

What makes anxiety particularly challenging is that it doesn't always come with an obvious trigger. One day, you're fine. The next, you feel overwhelmed by something you can't quite name. And because anxiety is so deeply personal, it can be isolating—like a battle no one else can see.

"What the mind
forgets, the body
remembers."



When Anxiety Lies in Wait

You're sitting there, frozen. Your heart pounds, but you can't move, can't think. Anxiety grips you, and you don't even know why. Maybe it's an old wound, a moment you never had time to process. But then—the phone rings. A loved one needs you. Instantly, you switch into action mode, pushing your feelings aside. Again. This is how trauma hides, buried beneath responsibility, waiting. And the longer it waits, the deeper it roots. But awareness is the first step. It's time to stop suppressing and start healing.

A 20-second hug releases oxytocin, lowers cortisol, and creates a sense of safety—proving that sometimes, the simplest human contact can ease the weight of anxiety.

Finding Your Way Back

Start small. Acknowledge how you feel without judgment. Write it down, let the words make sense of what your mind won't. Breathe deeply—long exhales calm the nervous system. Move, even if it's just a walk. Anxiety hates momentum. Talk to someone you trust, say it out loud, let it exist. And when the urge to push it down comes? Pause. Choose to sit with it instead. Healing isn't about erasing the past; it's about letting yourself feel safe in the present.



Reclaiming Your Spark

Anxiety may dim your joy, but it can't erase it. The fact that you're here, searching for answers, is a victory. Small steps—getting up, making a call, stepping outside—matter more than you think.

Find what soothes you—art, movement, deep conversations, or even a quiet cup of tea. Let yourself feel safe in your own presence. Reaching out for support can be the hardest part—changing how others see you and asking for help takes courage. But every act of self-care and connection loosens anxiety's grip. You are not alone—brighter days are ahead.

Checking In: How to Support Someone Struggling

If you're worried about someone, the most powerful thing you can do is start the conversation. A simple "I've noticed you haven't been yourself lately—do you want to talk?" can open the door. Let them know they're not alone, and that their feelings are valid. Encourage them to reach out—to a trusted friend, a GP, a support group, or a crisis helpline. If you believe they're in immediate danger, don't hesitate to seek professional help. Your kindness could be the lifeline they need.

Where to Turn

www.mind.org.uk
www.anxietyuk.org.uk
www.samaritans.org

There are lots of local support hubs in Southport. Ask your GP about social prescribing.

Journey Back

The Southport Nostalgia pages are dedicated to preserving the town's rich history while shaping its future. By listening to the fascinating stories of the past, we celebrate Southport's legacy—astonishing moments, intriguing people, and unforgettable events. It's a space to keep the best of Southport's history alive and thriving.





Southport's past

The Southport Suffragette

Southport's rich history includes notable figures who have significantly contributed to social change, among them **Vera "Jack" Holme**, a distinguished suffragette born in the town. Holme's journey from Southport to becoming a prominent activist offers a compelling narrative of courage and transformation.

Born in **Southport**, Vera Holme pursued a career in acting before dedicating herself to the women's suffrage movement. She became a militant suffragette in Edwardian Britain, serving as a chauffeur to the Pankhursts and engaging in various forms of activism. Her role as a driver and mechanic was unconventional for women at the time, highlighting her commitment to challenging societal norms.

Holme's contributions extended beyond the suffrage movement. During the First World War, she worked as an aid worker, further demonstrating her dedication to service and equality. Her life and work have been the subject of research, with collections of her letters, papers, and photographs held at the Women's Library, providing valuable insights into her experiences and the broader suffrage movement.

Vera Holme's legacy is a testament to the impact individuals from Southport have had on broader social movements. Her story serves as an inspiration, reflecting the town's historical connection to the fight for women's rights and social justice.

Source: Research from Carran Waterfield (2020, updated 2021) and Susan K. Stacey's Southport Visitor article.

Local Voices

This month, we hear from 60-year-old Jill, who shares her favourite places in town and what makes them special to her.

Where do you go for a rejuvenating nature walk or outdoor escape?

There's nothing like a walk through Hesketh Park, to reset the mind. The lake, the flowers, and the little hidden corners make it a perfect place to breathe deeply and switch off.

What's your favourite local place to unwind and relax?

A quiet coffee at Remedy in Churchtown always feels like a little treat, especially when paired with a good book.

Which Southport festival or event is a must-attend for visitors?

The Comedy Festival is a hidden gem, with some brilliant acts that turn local venues into laughter-filled hubs.



Can you share a memorable experience from a Southport show?

I'll never forget seeing the Southport Air Show as a kid—the sheer thrill of the planes soaring overhead and the whole crowd looking up in awe.

What's your personal philosophy on well-being, and how do you incorporate that into daily life in Southport?

Well-being, for me, is about balance—fresh air, good company, and making time for what makes you feel good. Living in Southport makes that easy, whether it's morning walks along the sand dunes, or simply taking a moment to sit by the Marine Lake and watch the world go by.





Quiz Time

1. What is the name of Southport's historic theatre, hosting performers since 1874?
2. Which Southport park has an ornamental lake and a historic fernery?
3. What is Southport's town motto?
4. Which famous artist, known for his seascapes and maritime paintings, had strong connections to Southport?
 - a) J.M.W. Turner
 - b) L.S. Lowry
 - c) Claude Monet
 - d) William Turner
5. Which famous writer visited Southport in 1860 and was inspired by its scenery?
 - a) Charles Dickens
 - b) Charlotte Brontë
 - c) Lewis Carroll
 - d) Jane Austen

Answers in next month's issue!

Thank you to everyone who took part in our Southport trivia! Here are the answers:

- 1 Southport Pier first opened in 1860.
- 2 The historic shopping arcade in Southport is Wayfarers Arcade.
- 3 Southport's oldest park, opened in 1868, is Hesketh Park.
- 4 Southport officially gained its status as a seaside resort town in 1844 (b).
- 5 The famous Southport landmark home to the oldest wooden carousel in the UK is Pleasureland (c).



Southport's **Journey**

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