

Southport's Journey

How to become
your *best self*

with Amanda

Unite Martial Arts

Helping women to be seen, safe and strong.

**WHAT'S ON in
May**

Ivy Streets Legacy

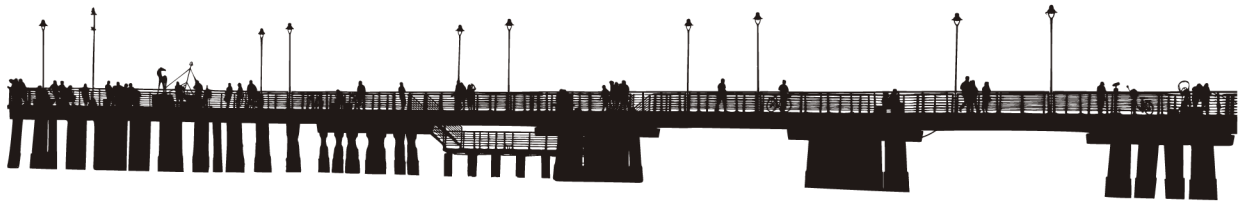
Journey back to discover a fascinating tale

Meet Sharon

"Endometriosis was the wake
-up call I didn't know I needed".

Southport in Bloom

Meet the people supporting its community by providing safe spaces,
supportive networks, and hope.



Intro

Southport: The People, The Passion, The Legacy

Welcome from the editor



Hello lovely readers, and welcome to the May edition of Southport's Journey.

As the town begins to bloom into spring, this issue is all about inner strength—the kind that rises quietly when you need it most. Whether it's overcoming personal battles, lifting others up, or simply finding peace in your day-to-day, this month we're spotlighting the resilience that often goes unseen but never unfelt. I'm also incredibly excited to introduce our newest blogger, Kate McEntee, whose bold and refreshing voice brings years of experience to the page. Her perspective is as insightful as it is inspiring, and I have no doubt she'll become a regular part of our growing family of contributors.

This edition is packed with powerful, heart-led stories from people across Southport who are quietly making a difference. From small acts of community kindness to deep reflections on what it means to start again, May's issue is your reminder that strength isn't always loud—but it is always present.

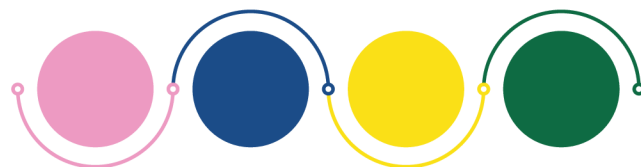
Thank you for reading, sharing, and being part of this journey. Here's to strength, spring, and storytelling.

With warmth,
Lizzie

Contents

Your Journey starts here

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



Spotlight

Women's Self Defence 04

What's on

What's on in Southport 06

Wellness

Your *Best Self* 08
Wellness Blog 10
Sharon Stock 12

Journey Back

Ivy Street Legacy 15
Southport Best Bits 17
Southport Quiz 17



Unite for Strength

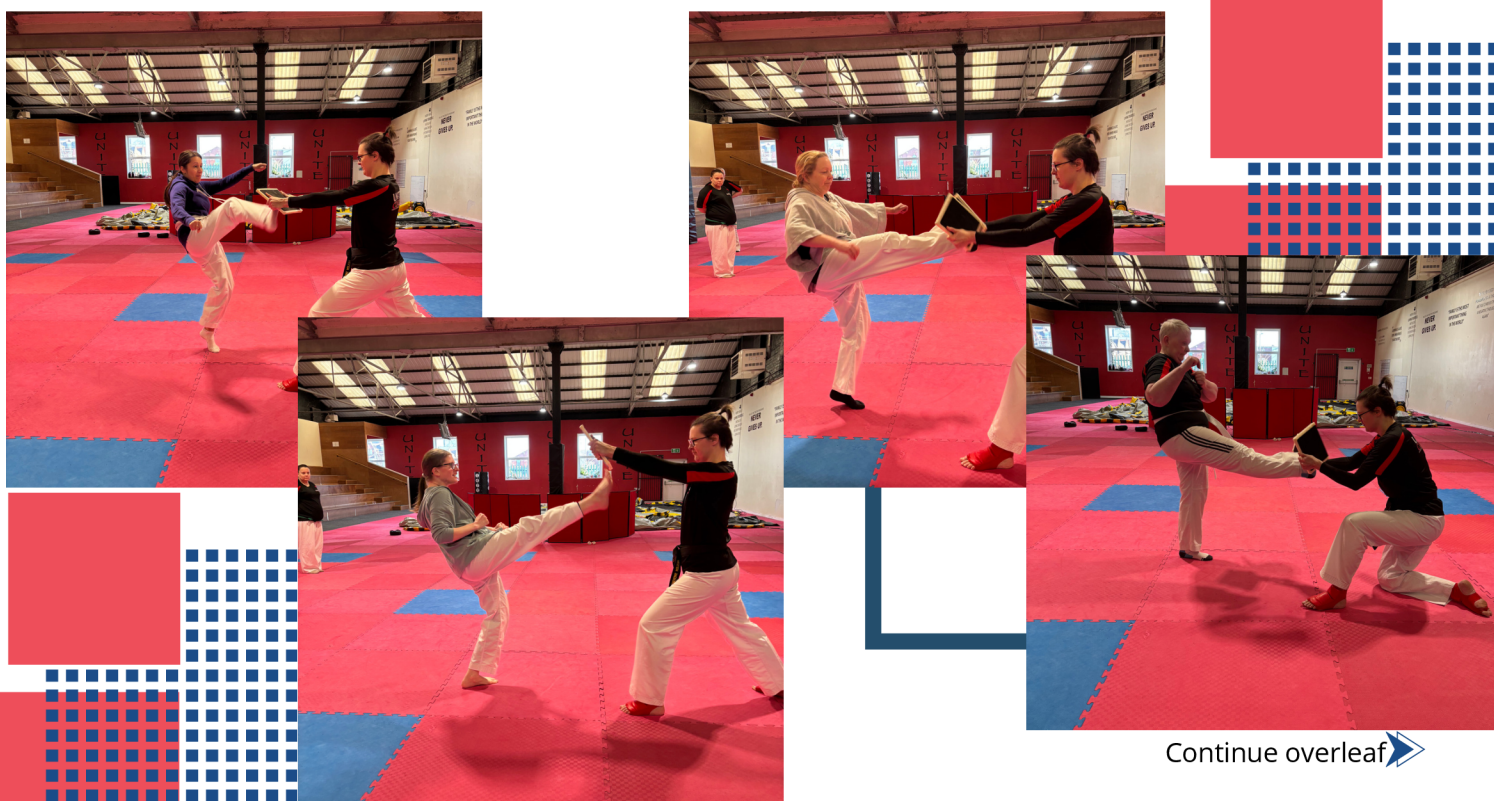
Strong. Safe. Seen.

Under the expert guidance of Helen, one of the club's senior female instructors, the women start with dynamic warm-ups: kicks, jabs, and movement drills that get the blood flowing and the energy high. But this isn't just about breaking a sweat—it's about building control, awareness, and resilience.

From 1:1 support in pairs to technique breakdowns in slow motion, each class is carefully designed to ensure every woman, regardless of background, body type, or ability, feels supported. "This isn't about becoming a fighter," says one participant. "It's about becoming strong in yourself."

Helen, who has an army background and a quiet but commanding presence, tailors the sessions with great care. There's attention to every detail—stance, footwork, spatial awareness—all with the goal of helping women respond with calm confidence in real-life scenarios. Techniques include how to escape from ground-based assaults, how to defend against being pushed against a wall, and how to maintain self-control under pressure.

"We don't teach aggression, we teach control. We're not trying to turn anyone into a fighter—we're showing them that they already have the power. It's just about unlocking it." - Helen



Safety First, Always

Discussions around knife crime are treated with extreme sensitivity—especially in light of Southport's recent tragedy, which has deeply shaken the community. The class offers honest, realistic advice: if you see a knife, run. The goal here is not to glamorise confrontation, but to help women understand how to protect themselves and get to safety if ever caught in a threatening situation.

"The techniques we teach aren't a replacement for getting away. They're a last resort. But knowing you have them—it changes something in you. You walk taller. You feel stronger."



Strength in Every Belt

The women training at Unite come from all walks of life. One student living with fibromyalgia and nerve damage originally feared she'd be in a wheelchair. Now, thanks to tailored sessions and a deeply supportive environment, she's growing stronger every week. Her 13-year-old daughter is now a black belt.

Final Words

If you're reading this and wondering if it's for you, it probably is. This isn't about being brave or tough—it's about knowing you're worth protecting. Worth showing up for. Worth fighting for. And at Unite, you'll never have to do that alone.



Why It Matters

According to data from the Office for National Statistics, 1 in 4 women in England and Wales will experience some form of domestic abuse in their lifetime. Women also report feeling unsafe in public spaces at twice the rate of men. These aren't just numbers—they're reasons why community-driven, confidence-building classes like this are so vital.

But the true heart of this story isn't about fear. It's about what happens when women feel empowered. When they find each other. When they take their power back.



Support is a phone call away

If you or anyone you know is suffering from domestic violence please see the information below. If you need immediate local support in Southport or across Sefton, call Sefton Women's & Children's Aid (SWACA) on 0151 394 1400 or email help@swaca.com SWACA

For free, 24/7 confidential advice anywhere in the UK, phone the National Domestic Abuse Helpline on 0808 2000 247 or visit nationaldahelpline.org.uk



What's On

Life's a journey

What's on this

May

Savour the Flavours at the Southport Food & Drink Festival

Get ready for a mouth-watering weekend as the Southport Food & Drink Festival returns from Friday, May 30 to Sunday, June 1, 2025. Held in Victoria Park, this free event is packed with over 130 street food vendors, artisan stalls, craft beer, gin bars, and sweet treats galore.

Enjoy live music, family-friendly entertainment, and a vibrant festival atmosphere. With inflatables, crafts, and face painting for the kids, there's something for everyone. Come hungry and leave happy —Southport's tastiest weekend awaits!



Victoria Park | May 30 – June 1 | 10am–6pm | Free Entry



80's Comedy Bingo Night

Friday May 9th

6:30pm

£10

Waterfront Hotel

Southport



Southport Crazy Golf !

The Masters Putting Course.

King's Gardens

10am - 6pm

07568905163



Rotary Club of Southport

Charity Gala Event

Thursday 8th May

6:45pm

07780733440



May Day Magic

Live Music, craft workshops, food & drink and lots more.

11- 4pm

Wayfarers Creative Village



Lilac forest Painting

Saturday 17th

12- 2pm

Shoreside Craft Studio

Ainsdale



The Carefree Café ☺

Tuesdays | 9:30 – 11:30 AM |

Studio Nine | £5

The Carefree Café — a gentle, drop-in space where the kettle's always on and your imagination can roam free.

Finding *your* Best Self

From Grief to Growth: A Personal Awakening

Meeting Amanda in Birkdale feels like exhaling after holding your breath. Warm, wise, and quietly powerful, she's the soul behind Best Self Solution Focused Hypnotherapy. Years ago, she was deep in a successful dental career—splitting her time between patients and running her own practice. Life was structured, certain. Until one moment of collective grief cracked everything open.

The Catalyst: Grief That Changed Everything

When Amanda and her close-knit team lost a beloved colleague, the grief was seismic. It forced her to stop, reflect, and sit with the deeper questions. In the quiet that followed, she discovered hypnotic sleep techniques. What began as a gentle curiosity soon grew into a fierce calling. Within two weeks, she enrolled in a hypnotherapy course—and everything changed.



Discovering Her Calling Through Healing Others

She hadn't expected the work to resonate so deeply. But as she practiced on volunteers, the results were undeniable. People were healing in ways they hadn't thought possible. She realised she had found not just a tool—but a lifeline.

Reclaiming Control Through the Mind

At Best Self Solution Focused Hypnotherapy, Amanda helps clients reclaim control. She explains in adults, 95% of our behaviours run as unconscious patterns which includes patterns of thinking—leaving many stuck in loops of anxiety, fear, and overwhelm. Her approach is practical but deeply human.



She guides people to understand how their minds work, to break free from the stories they tell themselves, and to gently redirect their nervous system out of survival mode.

The Brain's Blueprint and Breath as a Tool

Amanda helps clients understand that the brain can't tell the difference between imagination and reality—so when we anticipate the worst, our bodies respond as if it's happening. But there's real hope: using a tailored mix of techniques—from intentional breathwork and visualisation to thought-challenging tools and understanding the brain's emotional blueprint—Amanda empowers people to take back control. It's not about one method; it's about finding what works for you, and using it to create lasting change from the inside out.

"You already have the tools to change—sometimes you just need the right guide to help you find them." – Amanda, Best Self Solution Focused Hypnotherapy

A Future-Focused Path to Inner Calm

Amanda's work is future-focused. Sessions begin by explaining how the mind responds to stress and are then tailored to each person's goals. This is therapy with direction—with movement. She reminds her clients that all emotions are valid, but not all of them are welcome guests in the present. Importantly, Amanda works content-free: clients are not asked to talk through past events or issues, so no 'unpacking' is required. Her mission is to help people shift before the spiral begins—quickly, gently, and with purpose.

Living At Cause, Not At Effect

Her story is a powerful reminder that out of grief can come profound clarity. That when life shakes your foundation, it may also reveal your purpose.

Amanda now devotes her life to showing others they don't have to live at the mercy of our feelings or unhelpful thoughts. With kindness, clarity, and the right tools, we can all live more fully, more freely—and more at cause.

Can Your Job Alter Your Brain Chemistry?

It's not just your workload that's affecting your energy levels — your job might actually be changing your brain chemistry, too. Yep, you read that right. The stress, the deadlines, the constant juggling of tasks... it all plays a part in how our brains function. Here's the scoop on how it happens and, more importantly, what you can do about it.

The Science Behind It

Let's start with the facts. Jobs can impact our brain chemistry in big ways:

Burnout and Neurotransmitters: If you've ever felt totally drained by work, it's no surprise. Research shows that stress at work lowers levels of important brain chemicals like serotonin and dopamine (the ones that help you feel calm and motivated). That can mess with your mood and energy levels in a big way.

Job Strain and Memory: If you're stuck in a high-stress, low-control job, it can affect your memory and ability to learn. But here's the twist — jobs that challenge you with complex tasks can actually sharpen your brain and keep it firing on all cylinders.





5 Top Tips to Keep Your Brain in Tip-Top Shape at Work

1. **Move Your Body!**

Get your heart pumping with a little exercise. Even a 20-minute walk can boost the brain's "growth hormone" and help you feel more alert.

2. **Catch Some Zzz's**

I know it's tempting to power through late nights, but your brain really needs sleep. Like, it needs it to stay sharp and calm.

3. **Eat Brain Food**

What you put in your body really matters. Focus on a diet rich in fruits, veggies, healthy fats, and whole grains. Think Mediterranean diet vibes.

4. **Socialise & Connect**

Socializing isn't just fun; it's a brain booster!

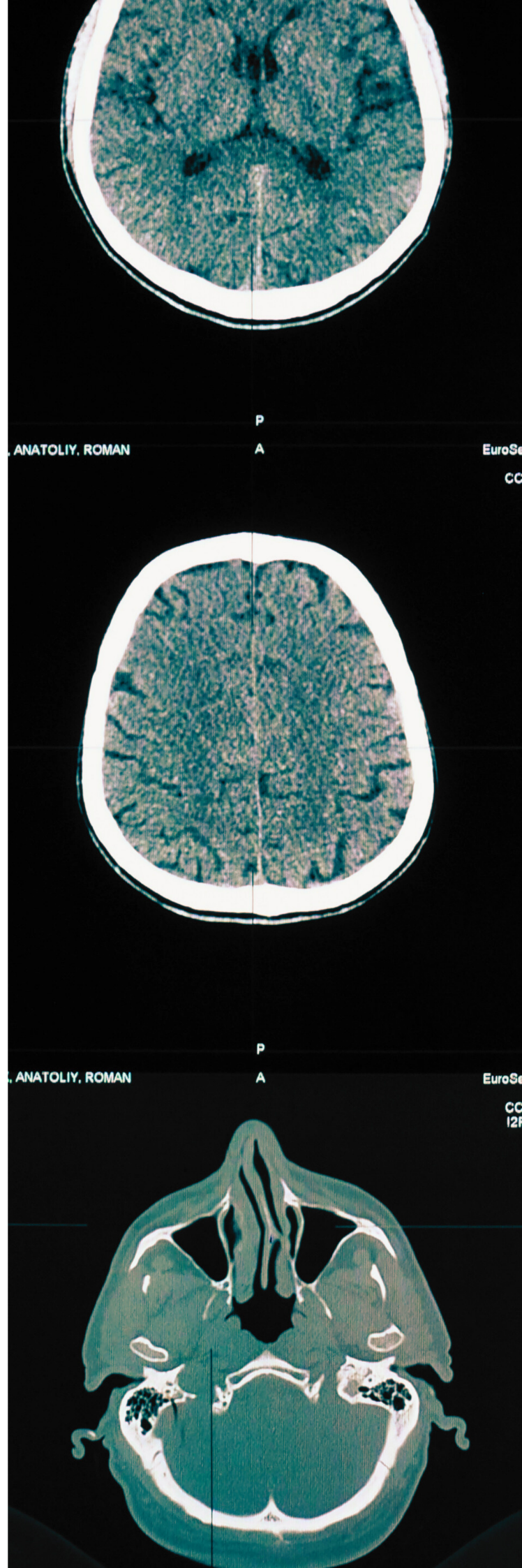
5. **Mindfulness & Stress Relief**

It's easy to get caught up in the hustle, but taking time to pause can really benefit your brain. Meditation, deep breathing, or even a quick yoga session can help your brain relax and reset, so you're ready to take on the next challenge without feeling fried.

Final Thoughts

Your job is more than just a paycheck — it's shaping your brain, too!

So, take care of that amazing brain of yours — it's doing a lot, and it deserves the love!



From the Skies to Southport's Sanctuary



Sharon first discovered yoga in the most unexpected of places—35,000 feet in the air. As a British Airways stewardess, life was fast-paced, constantly moving between time zones, with little time to pause. But yoga became her anchor, a way to feel grounded and balanced no matter where in the world she found herself. It was a personal ritual, a moment of stillness in an otherwise chaotic routine

"When you're flying constantly, your body isn't your own anymore. Yoga gave me back a sense of control and calm." – Sharon

A Turning Point: From Skies to Stillness

At first, she trained simply to deepen her own practice, never imagining it would lead to a career. But life has a way of nudging us toward our true path. After being diagnosed with Endometriosis, Sharon was forced to re-evaluate everything. The high-flying lifestyle that once felt so exhilarating no longer aligned with what her body and mind needed. It was a turning point—one that led her to leave aviation behind and dedicate herself fully to her passion. The Dairy was born.

Endometriosis was the wake-up call I didn't know I needed. It was time to listen to my body instead of pushing through the pain." – Sharon



The Birth of The Dairy

What started as a yoga practice soon became something far greater. Sharon trained in women's yoga, determined to help others facing the same challenges she had. Over time, The Dairy evolved into more than just a yoga studio—it became a sanctuary. A place for meditation, sound bathing, Reiki, moon gatherings, and self-care. But most importantly, a community. A space where women could come to heal, reconnect, and rediscover their strength.

"You are not your pain.

You are not broken. And you are definitely not alone." – Sharon

Returning Home to Southport

Southport has always been home for Sharon. No matter how far she travelled, it remained the place she was drawn back to. Now, with The Dairy, she has created a haven for others—one where self-belief, healing, and transformation are at the heart of everything.

For anyone struggling, Sharon wants them to know they are not alone. Whether it's through yoga, mindfulness, or simply finding a safe space to pause, there is always a way forward. The Dairy is here, ready to welcome those who need it.

What Is Endometriosis?

Endometriosis is a chronic, often painful condition where tissue similar to the lining of the uterus grows outside of it—on the ovaries, fallopian tubes, and other areas within the pelvis. It can cause severe period pain, fatigue, digestive issues, and even fertility challenges. It affects 1 in 10 women and often goes undiagnosed for years due to the normalization of painful periods.

Support and Resources

While there is no cure, treatments can include pain management, hormone therapy, and surgery.

If you suspect you may have endometriosis or are navigating a diagnosis, you're not alone.

Visit [Endometriosis UK](https://www.endometriosisuk.org/) for more information, support groups, and advice. Their helpline is open to anyone who needs a listening ear:
0808 808 2227.



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.





Ivy Street

***The little Southport workshop
that quietly changed motoring history***

***An Ordinary Street with an Extraordinary
Past***

Tucked away just off the main thoroughfares of Southport, Ivy Street might seem like an ordinary road. But if you stop and look a little closer—if you glance up and spot the remnants of overhead line shafts still clinging to old workshop beams—you'll find yourself standing in the birthplace of a quiet revolution.

Felix Hudlass and the Phoenix Works

In 1896, long before Southport saw its first motor vehicle, a determined young man named Felix Hudlass rented a modest two-storey premises on Ivy Street. The building had just been vacated by a local builder and his brother, a church organist, and as luck would have it, Hudlass saw not just a space—but a possibility.

He called it The Phoenix Works.

With a small staff of just six men, he set about installing line-shafting and bringing in machinery that would allow him to do the unthinkable: build a car. Not copy one—build one from scratch. At the time, he had never even seen a motor vehicle in real life.

Southport's Journey

Southport's First Car, Built from Scratch

Over the course of just three or four months, Hudlass and his team handcrafted almost every single part of that first prototype on-site. In that little Ivy Street workshop, he created what is believed to be one of the very first motor vehicles ever seen in Southport, and certainly one of the earliest in all of Lancashire.

A Journey to Witness History in Motion

In 1900, hungry for inspiration, Hudlass drove his handmade car from Southport to Preston to witness the legendary 1,000 Mile Trial—a nationwide event testing the reliability of motorcars and captivating a skeptical public. He didn't compete, but his journey itself was a triumph, a symbol of Southport's own quiet contribution to the dawn of the motor age.

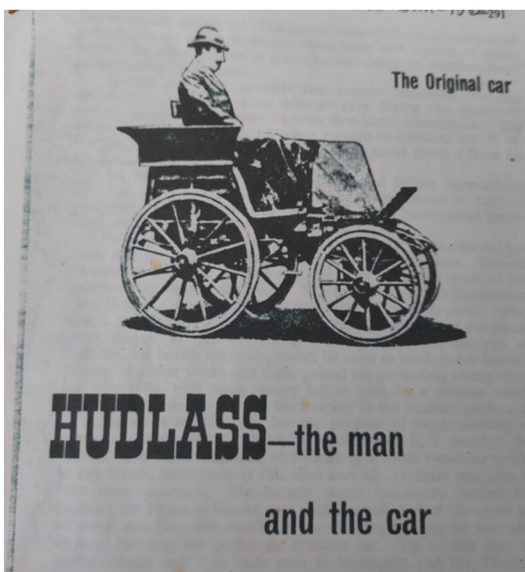
The Legacy Lives On

What's perhaps most poetic is that the very same Ivy Street premises—once filled with the clang of forging metal and the whir of belts spinning through the Phoenix Works—is still occupied by builders today. Passed from brother to brother, generation to generation, the site continues to evolve. It still plays its part in shaping and supporting the changing face of Southport.

The bones of the past are still there if you know where to look. The shafts above your head. The sense of grit and innovation in the air. And the spirit of a man who dared to build something no one had ever seen, right here in our seaside town.

History at its heart

Southport continues to grow, not just through new ideas, but by honouring the footsteps that came before. As we uncover these fragments of the past, we reconnect with the heart of the town—its people, its resilience, and its stories. This story comes from the writing of R.J. Wyatt with special mention to the V.C.C. Gazette, June 1962, and with special thanks to the local resident who turned up on Ivy Street to see the remanence of a time gone by. Here's to those who remember, those who seek, and those who keep Southport's spirit alive.



Journey Back...

Let's hear from a local

These are personal responses and an insight into the top spots in town.

This month we hear from Lynne from Southport Netball Club



Where do you go for a rejuvenating nature walk or outdoor escape? *I love the Hillside walk, the peaceful stretch alongside Royal Birkdale Golf Club. From the highest point, you can look out to sea and see all the way to the wind farms on the horizon. It's one of those rare spots where you can breathe a little deeper, think a little clearer, and feel completely connected to nature.*

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

There's something special about the Tea Rooms on a Friday evening—a crisp glass of white wine in hand, good company, and the delicious addition of a pizza from Purely Slice. It's the perfect way to unwind and toast the start of the weekend. A little local joy, served just right.

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

The Southport Flower Show might steal the summer spotlight—and rightfully so, it's a true seasonal gem—but the monthly events at Wayfarers Arcade are quietly brilliant too. From craft fairs to pop-up performances, there's always something worth wandering in for.

Can you share a memorable experience from a Southport show?

Tina Turner once danced through the aisles at the Floral Hall—an unforgettable moment of pure star power.

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

A simple smile, a warm "good morning," or just being kind to those around you—it all adds up. Being part of your community and showing kindness to your neighbours often brings unexpected moments of joy. You never know what someone might be carrying, and your small act could be the brightest part of their day. And more often than not, that kindness comes right back to you.

Quiz

What body of water does Southport sit next to?

Which large seaside park in Southport includes a miniature railway and lake?

Which famous golf course near Southport has hosted The Open Championship multiple times?

What year did Southport officially become part of Merseyside?

- A) 1965
- B) 1974
- C) 1982
- D) 1990

Which famous TV presenter was born in Southport?

- A) Holly Willoughby
- B) Phillip Schofield
- C) Lee Mack
- D) Ant McPartlin

Find the answers on our website

A photograph of a squirrel sitting on a thick, dark tree branch. The squirrel is facing left, with its tail curled. The background is a clear blue sky with some light clouds. The tree has many bare, thin branches reaching out. In the lower part of the image, there is a body of water and a line of trees.

Southport's

Journey

Southport's

Journey

Want to be featured, email studio9southport@gmail.com