

2024

RECIPES FOR LIFE

A pinch of this
and a dollop of that

BY THE WOMEN OF WOMEN FRIENDLY LEEDS



LIFE IS IN THE STORIES WE SHARE

Welcome with a dash of Emily Turner

Welcome to our 'Recipe' book: Recipes For Life

With a dollop of this and a pinch of that and a glug of the other, we are some of the women behind Women Friendly Leeds. It's people that make places, and people that drive movements, and create change.

Women Friendly Leeds is the movement for Leeds to be the 1st UK Women Friendly City: A city women choose. Born out of the women's hub in Leeds, and the Women & Girls Alliance Leeds, we strive to make Leeds safer, healthier, equal and more fulfilling for women and girls. It's a diverse and wide range of women and girls that drive the ideas, conversations, campaigns, and events that have shaped Women Friendly Leeds and influenced a strong gender-based approach in our city.

From the woman down the road who looks out for her local community, to influential women leaders, to local women's groups, and our Ambassadors, supporters and hub members, we are all contributors in equal measure. Our recipes sit side by side in this book. Some are recipes that are passed down through generations, some are clever life hacks, some are designed to support women's wellbeing, power and resilience, and some are pretty abstract! But all these recipes are personal to the women who wrote them, and help tell her unique and special story, and the story of Women Friendly Leeds

We hope you enjoy them,

In solidarity

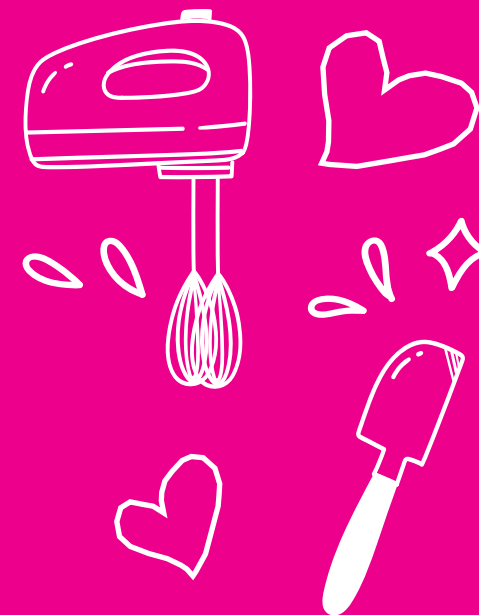
The Women Friendly Leeds team



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ALIA NEESA



A recipe for Handesh

Servings
celebrations
and connections

Preparation
inspired by
my mother

Cook
to break the fast
and re-connect

INGREDIENTS

METHOD

A dollop of 250g rice flour and plain flour in equal parts

A spoonful of date molasses 250g

An ounce of ground cinnamon 1/8tsp (optional)

A pinch of desiccated coconut 1/8tsp (optional)

A sprinkle of lukewarm water 400ml

Handesh are a popular sweet treat throughout Bangladesh. They're typically served during holidays and celebrations, bringing people together to share and enjoy the treats and taste and are one of the many pitha (rice-based snacks) enjoyed in the country.

Add the molasses to a large mixing bowl and begin by pouring 400ml of water to start with and whisk together.

Pour in the flour and spices or coconut whichever you prefer (if using) and whisk for 3-5 minutes, until you have a smooth batter. Cover the batter and rest 2 hours.

After 2 hours, thoroughly whisk the batter until smooth, as the rice flour will have settled at the bottom of the bowl. The batter should have a fairly thick consistency, yet remain loose enough to pour- similar to thick pancakes or waffle batter.

Take a cast-iron korai or wok and add enough oil to half-fill the pan, enough to deep fry and turn the heat to high. Once the oil is hot reduce the heat to low medium. Drop in a teaspoon of batter to test the oil- if it rises slowly to the surface the oil is ready.

Pour batter in a quick steady stream into the centre of the pan, using a Pyrex jug about 45ml of batter. It should rise to surface in about 15-20 seconds and slowly puff up. Cook for 45 seconds until golden.



HI, I AM ALIA

Advocating for women

I am Alia, I am the Operations Manager at Getaway Girls, my role involves supporting the daily operations of Getaway Girls, and this includes responsibility for the following areas overseeing staffing, HR and monitoring systems. Along with functioning at a strategic level representing the organisation.

I enjoy working with girls and young women, promoting and advocating for women to have a voice and access their rights within society. I want to empower women and girls to aspire for the future and to gain access to better health care, education, and job prospects.

I am passionate about reading, visiting green spaces, travelling and learning about history and culture.

I grew up eating Handesh during the festivals of Eid and during special occasions. During Ramadan you'll find Handesh being fried on the roadside in giant pans wrapped up in newspaper for taking away for the breaking of the fast with family and friends and connecting with others. This recipe is inspired by my mother who is renowned for her traditional pitha recipes, passed on from my mother, to me and now to my daughters!

ALISON LOWE OBE

A recipe for life

Servings gratitude and hope	Preparation acknowledge and recognise	Cook in your own time
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INGREDIENTS METHOD

A dollop of gratitude for what you have

A spoonful of kindness to yourself and others

An ounce of forgiveness for your mistakes

A pinch of living your values

A sprinkle of hope

Life is hard enough without us beating ourselves up about it. My experience is that acknowledging the bad stuff that has happened in our lives gives us the ability to deal with it; however, we each choose to do this, and then we can heal and become survivors.

Recognise the good stuff in your life, your kids, family, friends, health, or whatever works for you, helps me to keep the dark thoughts at bay and means the people who sought to harm me cannot win.

Giving myself time to do things that keep me well, food, family, reading and so on, are all part of my first aid kit for wellness. To stay well, I need to forgive myself when I get things wrong when I make mistakes or don't live up to my values all of the time. Tomorrow is another day, and life is the best self-improvement journey we can have.

Knowing what my values are and honouring these are key to my mental health being good. Justice and fairness are essential to my happiness; I use these principles as my touchstone whenever I doubt or forget why I am on this earth.

Finally, I live in hope; the hope of a better today and tomorrow, of a kinder world, of a cure for all the ills in the world and for acceptance of all differences. I hope the work I am doing today will make a difference for the next generations to come, and this gives me purpose and joy.


Life is
the best
journey
xx



HI, I AM ALISON

Deputy Mayor for policing and crime

I am Alison, Deputy Mayor for Policing and Crime in West Yorkshire. Previously, CEO at Touchstone, a mental health and wellbeing charity in the county, specialising in diverse communities. A former Leeds City Councillor for Armley, 1990-2019.



ASHA GROUP

A recipe for Nakshi Pakha

Servings
connected

Preparation
friends & threads

Cook
together

INGREDIENTS

METHOD

Bamboo frames

Discarded cigarette boxes

Sari yarn

Bedsheets, pillow covers, chair covers, were also embroidered by women to take with them as part of their wedding collection.

When women left Bangladesh to join men in the UK they were lonely and isolated. They used empty cigarette boxes thrown out by men to create flower decorations.

Designs may be embroidered or woven. Usually a round bamboo frame is attached to a bamboo handle. Coloured yarn, drawn from sari borders, is then drawn tightly across the round bamboo frame. With the help of a needle, coloured threads are woven in geometric patterns across the fixed strands. Occasionally, words or phrases are worked across the fan.

To make embroidered nakshi pakha, white cloth is attached to the round bamboo frame and then different motifs are embroidered. The finishing touch is given with a narrow strip of red cloth stitched around the edges of the frame to make a frill. Such fans are very popular in villages.

BREATHE FREE GROUP

A recipe or self-care

Servings
endless

Preparation
a deep breath

Cook
for courage



HI, WE ARE WOMEN'S HEALTH MATTERS

Who needs this recipe?

Breathe Free is a 24-week course aimed at women in Leeds who have survived domestic abuse and complex trauma.

Self-care presents as a significant theme throughout the course; in every session, we think about how we can begin to rebuild our self-esteem, regain our identities and move forward with our lives.

For many of us in the group, it is the first time we have ever put ourselves first, and self-care is a massive part of that.

If you haven't been practising self-care, you might be:

- Isolated and withdrawn
- Neglecting your basic needs: food, water, sleep and hygiene
- Spending too much time on Social Media
- Feeling hopeless, worthless and depressed
- Blaming yourself or feeling ashamed
- Feeling overwhelmed and having emotional outbursts

INGREDIENTS

- 1 dollop of physical safety
- 2 teaspoons of looking after your body
- 1 ounce of self-compassion
- 2 ounces of healthy boundaries
- 300g of seeking help
- 150g of a good support network
- 3 tablespoons of moving your body
- A sprinkling of pampering

METHOD

You'll need start with your physical safety noticing that this is the first step in caring for ourselves.

Add in looking after your body — If you don't have good sleep to hand, think about what changes you can make, e.g. reading, listening to a podcast, journaling or meditating before bed and getting into a good routine. You don't have to commit to eating healthily all of the time, but eating regular meals and nourishing your body is a great way to look after yourself.

Mix in some self-compassion — which is an essential part of self-care, think about journaling, using positive affirmations, practicing mindfulness, taking breaks, saying no to things you don't want to do and remind yourself that you are not to blame for what has happened to you. Loving yourself can be hard to begin with, but try treating yourself with the love and compassion you would show to a friend.

Begin setting healthy boundaries — which are an amazing way of practicing self-care. We can set boundaries with ourselves, with colleagues, friends, family and intimate partners which allow us to feel safe and happy. Remember: nice women say NO all of the time!

Pour over seeking help — Organisations and GPs can help with lots of issues such as Domestic Violence and Abuse and mental health. Reaching out to professionals is a great way to care for yourself and get the help you need.

Mix in a good support network — this can be made up of friends, family and professionals. If you don't have a good support network already, you could think about joining groups or starting a new hobby. Connecting with others can help us to feel less alone and improve our self-esteem.

Add in some movement — this can impact on mental health by reducing stress and anxiety, improving mood, boosting self-esteem, increasing cognitive function, and providing social interaction.

Mix in a pamper session — this doesn't need to break the bank, pampering yourself can include a face mask, a nice hot shower or bath, painting your nails or doing your hair. Sometimes these little steps can provide us with the boost we need.

The collaborative artwork shown opposite is created in the final Breathe Free session.

Like anything, self-care takes practice, but it's a major part in feeling safe, happy and worthy.



BRIONY BURKE

A recipe for enjoying hiking

- Servings: plentiful
- Preparation: the right shoes
- Cook: at your own pace

INGREDIENTS

- Some sturdy shoes (I once had to walk bare foot through mud after my sole broke)
- A friend you can natter with
- A raincoat (we live in the UK)
- Snacks (my favourite is oreos)
- Water



HI, I AM BRIONY

Championing equity

I'm Briony and I work on the Women Friendly Leeds Movement. My job is very varied, but my main tasks involve the co-ordination of Ambassador action, communication of WFL messages and campaigns and advocacy of women and girls. In and out of work I am a huge advocate for intersectional feminism where everyone is included to create a fairer, more equitable society.

I have put together a little recipe inspired by my lovely co-worker Paulette, who wants to know more about hiking! When I googled "3 peaks training" I was confronted with the fact that it seemed to be very male-dominated. So, here are my ideas for a softer approach.

MY RECIPE FOR LIFE



METHOD

If you have never been for a long walk then start small! I started walking during the Pandemic with my Dad in our local woodlands. I walked 30mins to work and 30 mins back. Even 15 mins is a great achievement when you're not used to it.

Start with flat walks and a pair of wellies or some sturdy trainers if you have them. In Leeds, there are loads of walks accessible by public transport. For example, you can reach the canal in Leeds City Centre, Kirkstall or Horsforth on the 33/34 bus route. For a leisurely hour walk try walking along the canal from Horsforth and looping in a circle so you come back out at the same place. You can access this entrance from the Abbey Inn pub. Start on the left path off the canal and eventually you come to a slope where you can walk back along the canal to the pub. You can also find an accessibility map online for the canal which details fixed points, ramps, and path surface.

Take a friend along! The best conversations I have are on walks. Use it as a chance to open up to your friend and appreciate the weather around you.

Take snacks and food. If I'm going for a long walk then I have to make sure I have energy. I usually take a mix of things like a sandwich, fruit, biscuits and nuts. Jelly beans are a really good, light source of energy.

Stop and enjoy the scenery. My favourite thing about any walk I do is appreciating how beautiful the world is both because of buildings people make and the natural world around us. If you walk along the canal, you could take some seed and feed the ducks! I like to find waterfalls or pick blackberries for pie.

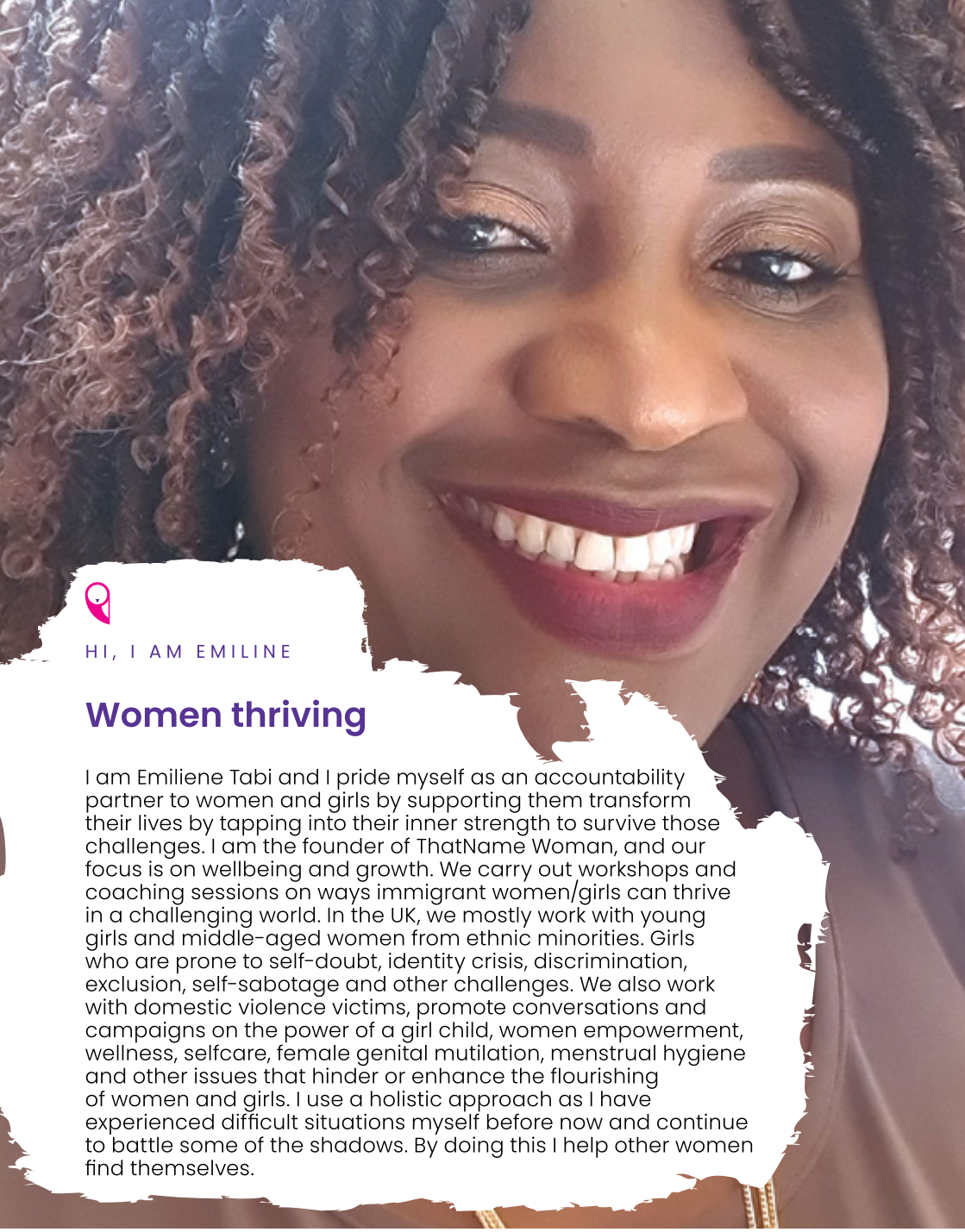
If you want something less flat and want to practice navigating a bit more, I would recommend trying a forest park like the Chevin or Meanwood Valley trail. There are trails with arrows to keep you going in the right direction.

Make sure you always have water with you, when you can. If there is a pub or café nearby you and you are running low on water, you can ask them to fill up your water for you for free.

Stop when you want to. As with anything in life, if you're not enjoying it, you can stop at any point! Sometimes that might mean having to walk back on yourself, or sitting down for some food before you finish your walk. But that is ok. A 'hike' is a long walk. But a long walk is very subjective. Remember to go at your own pace.

Try not to be scared if the walk seems big. I have quite bad asthma and have been through periods where I struggle with walking because of breathlessness. I also hadn't walked anywhere longer than a couple of hours as a child before 2020. Since regularly walking to travel, say walking 20 mins instead of a 10 min bus journey, I have managed to get really used to walking and really enjoy it. I managed to get from no walking to walking the 3 Yorkshire Peaks within a year and now I go out for a big walk most Sundays. It can be possible, you don't have to be an athlete, I have come across all sorts of different types of people walking. From groups of older people with their walking boots and sticks, to mums with kids and prams.





EMILIENE TABI

A recipe for intentional Living

INGREDIENTS

- 1 dollop of purpose
- 2 teaspoons of consciousness
- 1 ounce of self-belief
- 2 ounces of resilience
- 3 tablespoons of gratitude

METHOD

Intentional living for me is the art of living your best possible life. Involving making choices that align with your values and goals.

Purpose is a driving force. It's the 'why' behind your goal. It fuels you to persevere when the journey to the goal inevitably gets challenging. Purpose explains how the world is better because you're here.

Be careful of what goes into the subconscious mind. Words and thoughts that are repeated often get stronger by the repetitions, sink into the subconscious mind and affect behaviour, actions and reactions.

Servings for one	Preparation see yourself	Cook just enough
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My faith in God gives me assurance that there's light at the end of the tunnel. It helps me journey within constantly and make those positive affirmations on myself daily. I have trained my mind not to keep in anything that causes pain, rather in faith I surrender.

I have come to realise that my biggest success and tenacity has come from my imperfections — from a place of failure. Those things we don't share. I have learned to normalise failure because resilient people share their failures and don't hide behind a veil of perfection.

Self-belief is important. When I think back to my childhood, I am often surprised at the things I remember. On the surface level, they are seemingly random scenes stitched together by a general sense of how my childhood felt. But as I dig deeper, I uncover attitudes, beliefs, judgments, and abilities that originated from the impressions those experiences left upon my mind and soul. Knowing that you are enough is the starting point of self-acceptance and love. Being enough starts by loving yourself. How can you expect another person to love you if you don't love you?

Showing gratitude is one of the simplest yet most powerful things humans can do for each other. And feeling gratitude and not expressing it is like wrapping a present and not giving it.



HI, I AM EMILINE

Women thriving

I am Emiliene Tabi and I pride myself as an accountability partner to women and girls by supporting them transform their lives by tapping into their inner strength to survive those challenges. I am the founder of ThatName Woman, and our focus is on wellbeing and growth. We carry out workshops and coaching sessions on ways immigrant women/girls can thrive in a challenging world. In the UK, we mostly work with young girls and middle-aged women from ethnic minorities. Girls who are prone to self-doubt, identity crisis, discrimination, exclusion, self-sabotage and other challenges. We also work with domestic violence victims, promote conversations and campaigns on the power of a girl child, women empowerment, wellness, selfcare, female genital mutilation, menstrual hygiene and other issues that hinder or enhance the flourishing of women and girls. I use a holistic approach as I have experienced difficult situations myself before now and continue to battle some of the shadows. By doing this I help other women find themselves.



HI, I AM EMILY

The power of women

Hi, I'm Emily, the Women's Lives Leeds Project Manager and have been working on the Women Friendly Leeds movement since it began. I believe in the power of women, particularly when they work together, hold each other up, and believe in their own strength. I'm passionate about the work I lead, to make Leeds a city women choose, a Women Friendly City. I also love to be out in nature: foraging, cold water swimming, or simply taking a stroll in the woods.

Here's a little recipe to help you relax and set your monthly intentions. You can practice this little ritual outdoors, or the comfort of home, with friends or by yourself. Hopefully it will enable you to recharge and help renew your spiritual energy.

Take care, Emily x



RELAX AND REFLECT 07

EMILY TURNER

A recipe for owning your power

Servings
refreshing

Preparation
relax

Cook
mindfully

INGREDIENTS

METHOD

A scented candle and incense

Himalayan pink salt (from supermarkets or bargain shops)

A few drops of your favourite essential oil

Some foraged flower petals

Paper and pens

Wait until the day of the new moon.

Light your candle and incense and get comfy in your chosen space.

Write on a slip of paper your intention for the month, perhaps to start a new hobby, reconnect with a friend, take time for yourself or finish that job you started ages ago!

Mix in a bowl a good handful of salts, the foraged petals and a few drops of essential oil. Whilst thinking of your intention, burn the paper using the candle (Please be careful, and make sure your space is safe to do so. It can be helpful to have a heat proof dish to light it in).

Mix the salts around with your fingers to release the aromas, then set the salts aside to be used at full moon. On the full moon (a couple of weeks later) take a relaxing bath or foot spa with your salts and focus in again on your intention, reminding yourself what you set out to do, and re-focussing.

At the next full moon, you can set a new intention and congratulate yourself and reflect on last month's.



March intention:
10 minutes of exercise every day. x

JEANNETTE MORRIS-BOAM

A recipe for work life balance

Servings
large

Preparation
boundaries

Cook
saily



INGREDIENTS

METHOD

A big dose of Dog
A spoonful of seriousness
A mountain of work
A drizzle of gym
With splashes of laughter,
fun, and who cares
Served on a mirror with
a glass of wine



HI, I AM JEANNETTE

Making it happen

Leeds Women's Aid Projects and Partnerships Director and I am responsible for the organisations none Domestic Violence and Abuse partnerships, projects, activities and initiatives, which includes the Women Friendly Leeds movement, the Women's Night Safe Space and developing Safer Parks and public spaces.

Life is complicated enough without blurring the edges between work and home and what doesn't help is the flexibility TO work from home! A double-edged sword one might say. How did we all survive before the pandemic when we all had to work from the office which made that work life balance much easier to manage?

Use the mirror, Step back and reflect on yourself – who is looking after you?

You silly! - that's your job to look after you! Yep family and friends can help big time but you are the one who looks after you. You know when you're done, are struggling or just cannot cope and that's when YOU take responsibility.

Take that time for you, me time or in my case me and dog time. Take an early walk and soak in the fresh and yes very often wet air, just to remind yourself there is more to life than work.

Whatever is sat in that outlook account – it CAN wait and its NOT the end of the world if you don't immediately respond to that message that's just gone "ping" in your inbox – how do they know you are there?

Add a bit of "is it that important" and "who really cares if you respond in an hour's time"?

Really – do you HAVE TO respond to emails so late at night and just to say did you know that NO is not actually a hard word to say?

Put that phone away, close down the computer and get that essential priceless "ME" time, go for a swim, walk, meet friends, read a book or spend time with family – whatever floats your boat and leave that laptop at home!

HELEN BARLOW-SCOTT

A recipe for a smile (turning it around when things get hard)

Servings
individual

Preparation
breathe

Cook
till golden

INGREDIENTS

METHOD

A dollop of knowing what matters to you most
A teaspoon of a list you don't need to look at right now
3 deep breaths
A spoonful of my little girl's energy
An ounce of my little boy's laughter
A dash of embracing the moment



HI, I AM HELEN

In my 10+ years as a designer and creative marketing consultant I've worked with Leeds Women's Aid, The World Fair Trade Organisation and the health sector. When I'm not working I love nothing more than cuddling my babies and sharing a good cuppa and a giggle with a friendly face.

Recognise how you're feeling; you don't need to understand why or have all the answers. Just listen to your body.

Acknowledge that the things on your mind matter, write them down but don't feel you have to do them all right now; know that they are organised for you when you feel ready.

Find the thing or the people that you love the most, hold them close and enjoy what it is you love about them.

Notice your surroundings and be present in them.

Feel the resulting laughter and smile form for you – cherish and enjoy it.

Working on happiness...



LORRAINE WHEWELL

A top secret recipe

Servings
at the office

Preparation
a smile

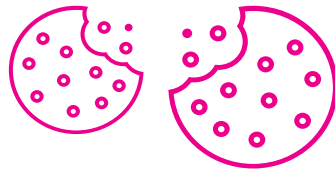
Cook
with love

INGREDIENTS

8oz sugar
4oz Golden Syrup
4oz Butter or margarine
12oz S.R. Flour
2 teaspoons ground ginger
¼ teaspoon ground
cinnamon
1 teaspoon bicarbonate
of soda
1 beaten egg

METHOD

Melt butter and syrup (microwave).
Sieve flour, spices and bicarb into large
bowl. Mix in sugar.
Add beaten egg and melted ingredients
and mix to form a paste.
Place walnut sized balls, well spaced,
onto a greased baking tray.
Bake gas mark 4, 180°C (fan oven)
for 10 – 12 minutes.
Cool on a rack.



"In a session I usually make four batches of double these quantities - about 14lbs of biscuits! When I bring them into work they are gone before tea-break is over. I've never shared the recipe before now!"

HI, I AM LORRAINE

Top-secret – till now!

"Lorraine's Ginger Biscuits are folk lore at Leeds Women's Aid. When I started, I would hear whisperings about how tasty the ginger biscuits were and magically, they appeared one day. It was only later after I had tried the biscuits that I found out it wasn't magic that was putting the biscuits in our office but one of the LWA Trustees, Lorraine, who kindly baked a batch of the biscuits each month for the board of trustees meeting. Rumour has it that Lorraine has kept this recipe top secret, even with lots of staff members asking her for the recipe... until now! Lorraine has revealed the ginger biscuit recipe for our book. A recipe that is well sought after, and brings joy to the work days once a month for all LWA staff." — Briony



LUMINATE

A recipe for taking up space in the workplace

Servings
empowered

Preparation
think about you

Cook
and keep cooking

INGREDIENTS

METHOD

A dollop of boundaries

A spoonful of audacity

An ounce of boldness

A pinch of empowerment

A sprinkle of self-worth

Optional: Positive affirmations

Following these steps will help you to own your space in the workplace. You can establish yourself as a strong woman and you'll be empowered to take on new challenges and opportunities.

First, set up your boundaries. Spend some time thinking about what you are comfortable with and what makes you feel uncomfortable. Try writing these down if it helps. Once you know what these boundaries are, communicate them to your colleagues; this will help you establish yourself as a strong and confident person in the workplace.

Secondly, add a dash of audacity. Don't be afraid to take risks and speak up. If you have an idea, share it with your team. Try not to let fear or doubt hold you back from expressing yourself.

Following this, mix in some boldness. Don't shy away from challenging tasks or opportunities. Instead, push yourself to learn and grow and cultivate a belief in yourself and your abilities.

Next, sprinkle in some empowerment. Seek out opportunities for personal and professional growth. For example, you could attend conferences, network with other professionals, and invest in your education. The more you empower yourself, the more confident you will become.

Top up with self-worth. Know your value as a person and as an employee. Recognise your achievements, celebrate your successes and use these to propel yourself forward. Don't allow anyone to undermine your accomplishments.

Lastly, you can scatter in some positive affirmations to your taste. Every day, remind yourself of your worth, your abilities, and your accomplishments. Tell yourself you are capable, confident, and deserving of success. This will help you maintain a positive mindset and overcome any self-doubt.



HI, WE ARE LUMINATE

Hearing the perspective

Hello! We are members of the Women's Forum at Luminare Education Group. This forum is made up of staff members who identify as female or non-binary from Leeds City College, Keighley College, Harrogate College and Leeds Conservatoire. The forum provides the space and opportunity to share experiences, discuss issues, learn and connect with others across the group. We meet regularly and have a focus on important topics such as wellbeing, safety, careers and progression, and we aim to ensure that our perspective is heard and utilised in all decision making.

MADDIE FRANCE

A recipe for self-confidence

Servings
heaps

Preparation
find your heart

Cook
go lucky style

INGREDIENTS

- A dollop of knowledge
- A spoonful of courage
- An ounce of heart
- A pinch of intuition
- A sprinkle of love and luck

METHOD

A huge dollop of knowledge is a key ingredient to self confidence, know who you are, and your endless capabilities.

Throw all of you into life's bowl, give it everything you've got.

Take a large heaped spoonful of courage to try new things, take on challenges, push boundaries and break down stigma.

Beat it together with every ounce of your heart.

With every pinch of intuition, you must not be defeated by fear, but allow the intuition to guide you.

Bake the mixtures of ever changing possibilities that life brings, layer and build your own unique you.

Always add a sprinkle of love and luck everywhere you go.

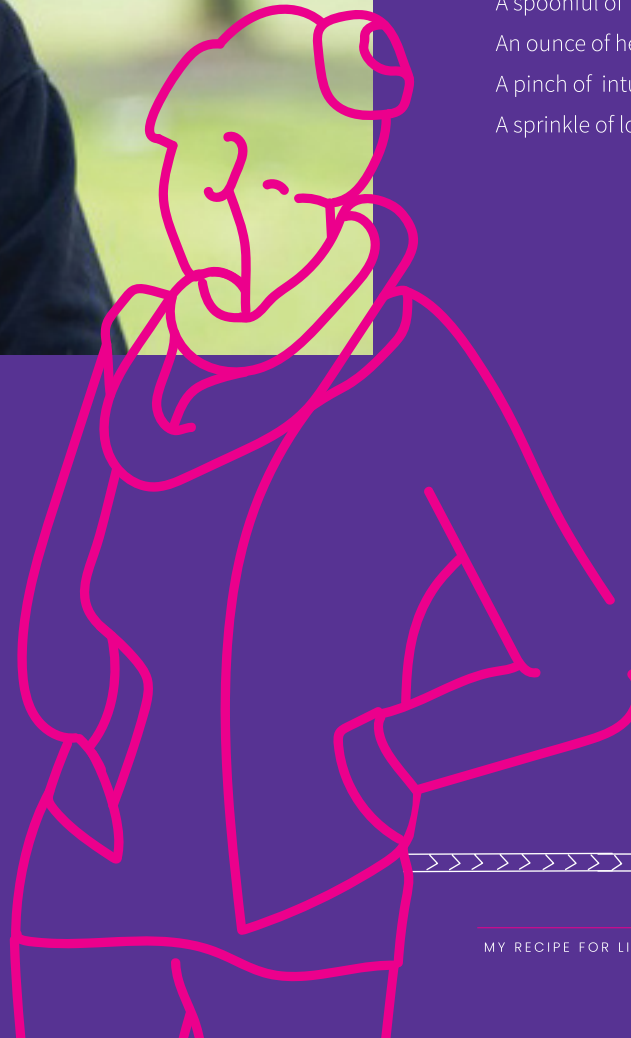


HI, I AM MADDIE

Influencing change

Founder of Blossom Training and development, delivering self-confidence through unique self-defence training.

A company built on personal experience, our success comes from our desire to influence change and promote positive outcomes through effective education and training. Our training guarantees our delegates leave feeling much more confident, resilient, courageous and empowered.



MAGGIE DAWKINS

A recipe for re-connecting

Servings quality over quantity	Preparation life experience	Cook to your favourite music
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INGREDIENTS

- A dollop of calm attention
- A spoonful of unconditional love
- An ounce of personal wisdom
- A pinch of best wishes
- A sprinkle of good humour

METHOD

Look at your hand. You need one handful of people in life (review and refresh regularly). One to make you laugh; one to collude with you; one to pull you into shape and make you step up to the mark; one to lend you a lump of money with no questions asked (well, maybe just one or two); and one more. Try to have different people for different things, not the same person for everything (there may be overlaps).

When your mind's in a bit of a whirl, check out: Do I need to pick something up, or put something down?

Watch a candle flame calmly and connect with your own goodness and the goodness 'out there'.



HI, I AM MAGGIE

Flying the flag

Hi, my background is in counselling, therapy, groupwork, community development and project work. I'm interested in supporting peoples personal growth and development. I'm the founder and secretary of Leeds LGBT+ Forum – with some good work to do there; and LGBT+ member of Third Sector Leeds (TSL) Leadership Group.





NIK PEASGOOD

A recipe for partnerships

Servings
Social

Preparation
Foundations

Cook
Happily

INGREDIENTS

METHOD

- A dollop of respect
- A spoonful of care
- An ounce of listening
- A pinch of understanding
- A sprinkle of generosity



HI, I AM NIK

Fighting for equity

I am the Chief Executive of Leeds Women's Aid and I have spent over 25 years working and fighting for women and girls. I've lived in Leeds since the '90s coming up from Leicester to study in Bradford before making Leeds my home.

Doing something in a partnership is such a pleasure, whether that's socially or within work, but they take time, attention and real effort – ask anyone! At home it takes patience and love, at work it takes the same really (but obviously love in a completely different way). You need to start as you mean to carry on, respectfully and honestly – what's the point in developing any partnership/relationship without those. Don't pour everything out onto the table in one go, take your time, let things develop slowly and naturally, and show respect for each other.

Be generous, learn from your mistakes and build the foundations of something really brilliant. I've learned lots over the years both personally and privately about what makes a good partnership. You can't create change without learning about mistakes, and you can't get anywhere great without being positive.

Enjoy the partnerships and the relationships you make, but I always remember in home life or work life, there has to be a balance, there has to be respect, you have to listen and if you are lucky enough to get real trust, you can make brilliant things happen.



PAULETTE MORRIS

A recipe for growing

Servings
Fruitful

Preparation
Very little

Cook
Patiently

INGREDIENTS

METHOD

- A small plant pot with holes for drainage.
- Peet free compost
- Pkt seeds of your choice
- Water
- Patience



HI, I AM PAULETTE

Listening

I am the community conversation worker for Womens Lives Leeds. In my role I consult with women and girls across our city, listening is an important aspect of my Job. I enjoy empowering and encouraging women and girls to speak up, use their voices to create change.

Fill your plant pot or pots with compost. Read the instructions on how deep to plant the seeds you have chosen.

Place the seed in the plant pot, cover lightly with compost, water well, put your pot on a window sill in the kitchen, or a light bright room. Do not let the compost dry out, be patient in 5-7 days you should see green shoots coming up.

As your plant grows bigger you will have to transfer it to a larger pot, or plant it outside in the garden. Buying seeds is much cheaper than buying a plant that has been grown on.

Sit back relax, watch your seeds grow, enjoy the beauty of growing your own flowers or Veg. If you do not have a garden you can grow chilli peppers, lettuce, herbs, on a window sill in the light bright room.

If you don't succeed keep trying, you get a lot of seeds for your money.

Happy planting.

To see a seed grow into a beautiful flower or something you can eat is nothing short of a miracle, the natural world has a calming and a positive effect on my wellbeing.



RAINBOW HEARTS

Recipes for life

Servings rich	Preparation life's curveballs	Cook because you know you can
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A recipe for life after Cancer from Asma

I am Asma a doctor with thyroid cancer and a mother of five children.

INGREDIENTS	METHOD
-------------	--------

- A dollop of patience
- A spoonful of faith
- An ounce of trust
- A pinch of support
- A sprinkle of judgement decision-making

Mix together 100g of patience and 100g of faith, with an ounce of trust.

Add a pinch of support and maybe add more.

A good sprinkle of judgement decision-making.

A recipe for joining a group from Annette

I am Annette I come to Rainbow Hearts because it's a good place to be

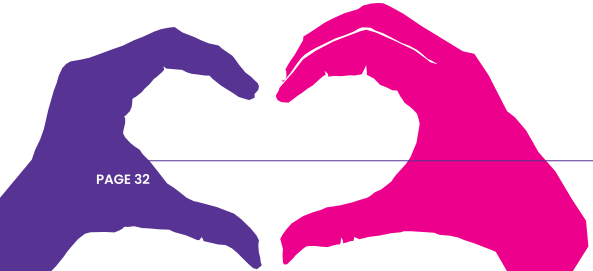
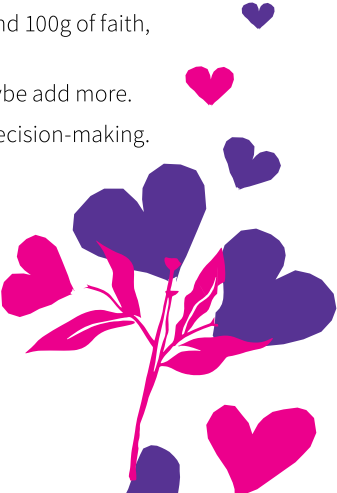
INGREDIENTS	METHOD
-------------	--------

- A dollop of good communication
- A spoonful of freedom
- An ounce of confidence
- A pinch of a friend
- A sprinkle of trust

Mix together rainbow hearts, a very good team and a good place to be.

Learning everyday new things.

Always look forward to meeting at this place.



A recipe for life from Isabella

I am Isabella a happy person. I like meeting new people. I like helping

INGREDIENTS	METHOD
-------------	--------

- A dollop of love
- A spoonful of sharing
- An ounce of communication
- A pinch of trust
- A sprinkle of confidence
- Some song and dance

Mix together all the ingredients.

Join hands as you do this and listen to each other.

Correct each other with love.

Appreciate one another.

Serve that on a platter of laughter, song and dance.

A recipe for entertainment opera with Anne

I am Anne. I'm creative, love arts, music, walking, cooking and singing.

INGREDIENTS	METHOD
-------------	--------

- A dollop of freedom
- A spoonful of communication
- An ounce of laughter
- A pinch of trust
- A sprinkle of love

Mix together freedom and communication.

Relax and walk into the Opera House.

Make yourself comfortable.

Sit back and all the other ingredients will fall into place in the right time.

You will experience magical sprinkle of love.





ROLLER GIRL GANG

A recipe for mental wellness

Servings
joyful

Preparation
determination

Cook
wildly



INGREDIENTS

METHOD

A sprinkle of curiosity

A dollop of courage

A flutter of nervousness

A pinch of self care

A spoonful of determination

A cup of friendship

A pair of roller skates

Sprinkle the curiosity over your social media feed to find @roller_girl_gang and connect with what we do. If required, add a further sprinkle of curiosity to your life and visit our Corn Exchange shop to chat with the team.

Add the dollop of courage to the mixture and book your place at our Sunday afternoon, Adult Learn to Roller Skate class. Make sure you add a good pinch of self care and mark this time in your calendar as an essential appointment.

If you find the nervousness causes an imbalance in your recipe, watch our YouTube video about what happens at roller skate class.

On the day, add the pair of roller skates and a spoonful of determination to the mix to get started. Leave for about 30 minutes then check if the confidence has risen. Not every recipe takes the same amount of time, so please be patient as it may take a further 30 - 60 minutes to be fully effective. If you have questions at any point, do check with our coach team for support.

At the end of the session, we suggest you pour the confident energy you've created into a cup of friendship, to share with others who began their roller skate journey along with you.



HI, WE ARE ROLLER GIRL GANG

Helping others find joy

Roller Girl Gang support roller skaters to connect through a range of classes, events and provide a carefully curated range of roller skates and accessories in their Corn Exchange Shop.

We love to help folks unlock their hidden talents to find more confidence and joy.

We believe roller skating should be accessible for everyone as we have seen the life changing power it can have! We would love to have a roller rink in Leeds to support the community and provide so much more - by supporting our classes, events and buying from our shop you can help to make that a reality.





RUTH KETTLE

L.E.A.P

A recipe for coping

Servings
fruitful

Preparation
reflection

Cook
with a leap of faith



HI, I AM RUTH

Simplifying the juggle

Hi, I'm Ruth, I'm Chief Executive of Inspire North a mental health, housing and domestic abuse charity working across Yorkshire & Humber and the North of England. I'm also a single Mum to 2 kids, an occasional tri-athlete, and dog/cat owner (if that's the right word, not sure who is really in charge!)

INGREDIENTS

METHOD

- A dollop of love
- A spoonful of humour
- An ounce of self-care
- A pinch of don't sweat the small stuff
- A sprinkle of luck

Lower your expectations
This doesn't mean lowering standards it's about being kind to yourself and understanding that you can't do it all. Of course, we can all improve in every area of our life but how about saying, do you know what, you are doing ok, you do not have to be perfect, and you don't have to do it all.

Embrace change
It's coming whether we like it or not – ever heard the phrase, growing through discomfort? If we embrace change, we can truly grow.

Ask for and accept help
We all need help at some point, can you ask for help? If not give it a go, try, what's the worst that can happen. Do you turn down offers of help? People probably wouldn't offer to help if they weren't genuine, say yes, what's the worst that can happen.

Plan and prepare
Plan your day or week ahead so you know what is around the corner. Plan in your day things that support your well-being or give you joy– put it in your diary if you have to.



SARA ALONSO-HARRIS

A recipe for self-love Paella

Servings
filling

Preparation
feel

Cook
with humour

INGREDIENTS

- Several dollops of time
- Two spoonfuls of reflection
- An ounce of TLC
- A cup of focus
- A garnish of acceptance

METHOD

First, take a dollop of time. Use that dollop to spend some extended time in your own company. You can begin to think about your relationship with yourself and how you are feeling towards yourself.

Next, add one spoonful of reflection to identify which parts of this relationship need some TLC. Maybe you are being too harsh on yourself or not looking after your needs.

Add a second spoonful of reflection to think of ways you personally might like to improve this relationship.

Now add a generous ounce of TLC rice. Don't hold back... the more you add the better. The rice is small to begin with. Use utensils like kindness, affirmations, mindfulness, exercise, meditation, nourishing food, rest, hobbies, admittance, realising the patriarchy is a load of rubbish, any utensils that suit you best to help it grow.

Remember your cup of focus. It's easy to forget amongst a busy life but rice can't grow unless you give it water! Focus helps to direct our love and energy inwards before sharing it wider!

The finishing touch is a garnish of acceptance. It's important to be patient and not to put a lid on the paella, else the rice won't grow as we want! Every paella recipe is different and it will taste different every time you make it. With acceptance and kindness, the rice will feel empowered and confident to continue growing.

"Remember your cup of focus, it's easy to forget while you're busy but rice can't grow unless you give it water..."



HI, I AM SARA

Helping others find joy

Hello and Hola! My name is Sara, and I'm part of the Women Friendly Leeds team. I'm the 'Ask For Angela' Project Worker and a Women's Night Safe Space Sessional Worker.

I am super proud to be working with a powerhouse of women on liberation projects. A little bit about me, I am half English half Spanish. Outside of work, I am a social butterfly. I love the beach (especially in Galicia!) playing netball, travelling and cooking.





SARAH DRANSFIELD

A recipe for getting outside

Servings
energetic

Preparation
motivation

Cook
one step at a time

INGREDIENTS

- A dollop of time
- A spoonful of effort
- An ounce of energy
- A pinch of faith
- A sprinkle of self belief

METHOD

Firstly, take your dollop of time, no matter how big or small. Muster up a spoonful of effort and put on your shoes. With your ounce of energy, throw on your coat and open the door.

Take that little bit of faith, you will feel much better once you have done this, and with your self belief step outside and breathe in the fresh air. Place one foot in front of the other and you will feel your mood rise like the batter of a birthday cake!



HI, I AM SARAH

Creativity in the city

Hi, My name is Sarah Dransfield.

I am the founder of Vision Performing Arts, an enterprise that seeks to provide creative & performing arts activities in the community for all.

I am also a facilitator, trainer and mentor for different organisations throughout the city.



SHAMMA

A recipe for delight

Servings
fresh

Preparation
patience

Cook
continuously

INGREDIENTS

- A cup of enthusiasm
- A dollop of patience
- A spoonful of water
- A generous amount of fertile soil
- A pinch of sunshine
- A sprinkle of quality seeds
- A dash of joy

METHOD

Begin by cultivating a patient and dedicated mindset. Gardening is a journey that requires time, effort, and continuous learning.

Find a suitable location for your garden. Consider the amount of sunlight, access to water, and the type of soil present.

Like the foundation of a recipe, soil is crucial for successful gardening. Remove any weeds, rocks, or debris from the soil. Use a shovel to turn



HI, I AM SHAMMA

Listening

I leverage my knowledge of the intricacies of domestic abuse to empower my team at Leeds Women's Aid, and continue the fight against domestic violence and abuse.

the soil, breaking up clumps and creating a loose, aerated texture. Incorporate organic matter such as compost or well-rotted manure to enrich the soil.

Choose the seeds of the plants you wish to grow. Use your finger or a small gardening tool to create holes in the soil. Drop the seeds into the holes and cover them gently with soil. Pat the soil down lightly to ensure good seed-to-soil contact.

After planting the seeds, give them a gentle drink of water. Avoid overwatering, as it may lead to root rot. Check the soil regularly and water when it feels dry to the touch.

Provide sunlight: Most plants thrive in direct sunlight, while some prefer shade. Observe the sun patterns in your garden and position your plants accordingly.

Feed your plants: Just like we nourish our bodies with food, plants need nutrients to thrive. Use organic fertilisers or compost to provide essential nutrients to your garden.

Cultivate creativity: Add your personal touch to your garden. Experiment with different plant combinations, colours, textures, and smells!

Harvest your crops when they are ripe and enjoy the freshness and flavours of homegrown produce. Share your garden's abundance with friends, family, and neighbours, spreading the joy of gardening!!

Let your garden be a source of joy and inspiration in your life. Embrace the opportunity to grow not just plants but also yourself.



SHANAZ KASHEM

A recipe for belonging and connection (Bangladeshi style!)

Servings
social

Preparation
sunshine

Cook
like no-one is watching

INGREDIENTS

METHOD

A very generous dollop of Granny Smith Apples or Sour Mangoes or Pink Grapefruit or Strawberries (or any tangy fruit available on a summery day)

A spoonful of fresh coriander leaves, very finely chopped

An ounce of fresh and dried chillies finely chopped

A pinch of garlic (or 2 cloves)

A sprinkle of salt

Using a mandolin, finely grate or chop one of the sour summery fruits!

Dry fry a couple of cloves of garlic until they are soft and then mash. Add to this, dry fried crushed chilli. Use gloves to avoid burning fingers at the end of your hot day!

Add finely chopped chillies, coriander and a pinch of salt to the finely chopped sour fruit of your choice.

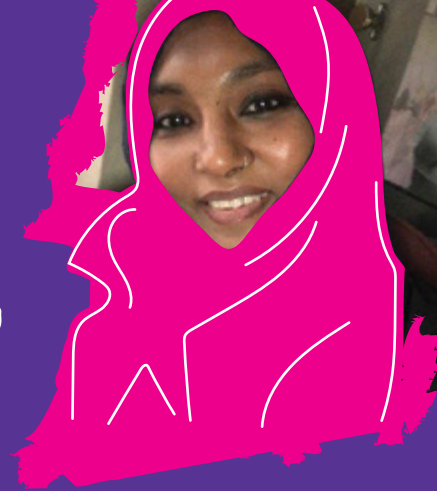
Add soaked tamarind or a squeeze of fresh lemon to increase sourness.

Invite all your family members, neighbours and random passers-by to enjoy a mouth-watering satni with a chat and a chuckle.

Keep handy a few jugs of water to help you cool down after eating this spicy but highly enjoyable Bangladeshi tangy treat!

Traditional mouth-watering delicious Bangladeshi Summer Chutney (Satni). For consumption together in the villages of Bangladesh after fishing, working the fields or sorting grains on hot summer days. Now consumed in all parts of Bangladesh, both rural and urban! This recipe has followed first generation Bangladeshi migrants to all parts of the world and is passed down the generations!

This recipe for life is compulsory on those really unbearable hot days for creating a sense of belonging and connection with loved ones and strangers alike!



HI, I AM SHANAZ

Supporting young women

I'm Shanaz Kashem, Complex Needs Worker working for Women's Lives Leeds based at Getaway Girls. My role is to offer one to one support to young women facing multiple challenges with their emotional well-being.

I'm passionate about creating lasting change in communities that experience barriers and disadvantage. I enjoy walking, travelling and spending time with my family and friends! Here's a recipe that is enjoyed all over the UK in streets where the Bangladeshi community have put down their roots. It's something that I love now and enjoyed growing up. Only to be eaten with others, it creates belonging and connection for everyone who gets to enjoy this mouth-watering recipe!





SHREENA GOBEY

A recipe for one of those mornings

Servings
daily

Preparation
none

Cook
freely

INGREDIENTS

- Your favourite mug
- Your favourite brew
- Dressing gown
- Your phone and headphones
- An outfit that makes you feel good (for me it's all about the trainers!)
- Hand cream
- Not feeling bad for the bad habits, (mine's a cigarette.)

METHOD

One too many snooze buttons on the alarm, it's going to be one of those mornings.

Get out of bed, chuck on your dressing gown and get the kettle on.

Make your favourite brew in your mug!

Next indulge in your personal ritual... I sit on my front step, headphones in, listening to music, chaining a few smokes, drinking my coffee, taking time to detangle the to do list in my brain by writing a short 'must' do list.

Get in front of the mirror while you're getting ready. Sing a long to something that makes your mouth smile and your toes tap. I love Amy Winehouse, Mr Magic or Stevie Wonder, As.

Choose something to wear that makes you feel good. One of those days can be the days you don't feel like you want to wear your best because you don't feel it, but for me it's exactly when I most need my favourite go to outfit.

As you get ready imagine and visualise positive outcomes for the day.

A good slather of hand cream as you dash out the door, always makes me stop for a minute and feels like an act of self-care.

Take a little selfie feeling proud of what you've achieved so far, it might already feel like a big step since the snooze button.

Head off into the day – taking it at about 20 minutes at a time.



HI, I AM SHREENA

Better for women, for everyone

Hello I'm Shreena, I'm Women's Night Safe Coordinator, running the Women's Night Safe Space in Leeds City Centre and working to make a Leeds night out better for women, better for everyone.

Sometimes I can struggle with my sleep, which means sometimes I struggle with mornings. Waking up far too early or snoozing for too long. Here's my recipe when you need a bit of self-love, and time to feel ready for the day.

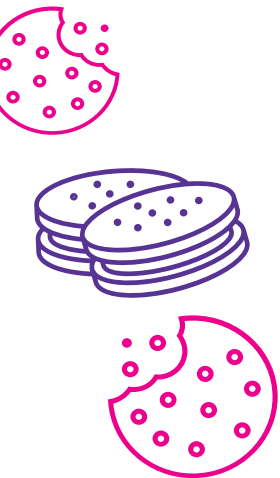
THE BISKERY

A recipe for creating a life you love

- Servings**
inspiring
- Preparation**
self-belief
- Cook**
as you like it

INGREDIENTS METHOD

- A dollop of courage
- A spoonful reflection
- An ounce of support
- A pinch of belief
- A sprinkle of naiveté



First, check in with yourself, and ask yourself if you are living a life in line with your values, or those of someone else. You will need to unlearn and discard some 'truths' that are really just other people's opinions. For best results, repeat this step regularly.

Next, you find the courage to change things. It might be uncomfortable, it might be scary, you might feel lonely. Stepping out of your comfort zone, and questioning the status quo is however a crucial step to creating a life you love, and staying true to who you really are, and what you stand for.

While you are working on that, make sure to surround yourself with people who: truly want the best for you, make you feel good, love you for who you are, support you no matter what.

During the whole process keep adding belief in yourself and your vision. After all, if you don't believe in yourself, nobody else will. Own it, keep your path in mind. At some stages it will seem as though you are stagnant or going backwards, but that is part of the process. Stick with it.

Lastly, and this is optional, a little bit of naiveté can go a long way whilst figuring out this new way of living. People might not take you seriously, you might encounter challenges, you will have so many questions and nobody will have the answers. With a sprinkle of naiveté, you will eventually realise that everything you really need is already inside you. Which in return will fire up and keep feeding your courage to keep going, and create a life you love.



HI, WE ARE THE BISKERY

Baking, mum-ing, togetherness

Saskia Roskam and Lisa Shepherd are two friends who in 2016 started a little baking venture as an outlet for their creativity. They were new mums to young children and at risk of losing themselves. Baking and sharing stories brought them closer to themselves and each other. With the help of their digital marketing knowledge, their passion and love for what they did, they grew their little idea into a baking business.

What started as a kitchen table idea with the aim to introduce the flavours from their home countries (The Netherlands and Germany) to Yorkshire, grew into an online biscuit bakery specialising in personalised and branded biscuits. They have supplied many well-known brands (Burberry, Dr Oetker, Amazon, and many more) with their hand-made biscuits, and brought smiles to people from as young as 9 months to 101 years old!

Today The Biskery is a team of seven wonderful women, most of them working mums. Their vision is to bring more female qualities into the world of work, and to create a truly inclusive and family-friendly workplace.





HI, WE ARE THE EGALATARIAN

Tackling vulnerability

Just your normal gals helping bars and clubs tackle spiking, harassment and vulnerability — creators of Spike Report.



THE EGALATARIAN

A recipe for a safe night out

Servings
safe and
sound

Preparation
a date for
girls night

Cook
because you
matter most



INGREDIENTS

METHOD

A dollop of clothes that you like

An ounce of your phone on full charge

A cup of your best buddies

A spoonful of having your wits about you

Get ready and wear whatever the hell you want because clothes are not consent

Get a group chat going

Make sure your phone's charged

Decide on the taxi company everyone will use

Add each other on Find My Friends and have location on

Buddy up with your friends so there's never anyone going round alone

Decide a location to meet if someone goes missing

If you're taking drugs get them tested and do them safely

Visit a Safe Place Project certified venue!

Identify safe faces, door staff, bar staff and other friends in the venue

Team wees always

Call out strangers behaving suspiciously around you/ making people feel uncomfortable

Check in on your pals and make sure they're okay

Avoid getting a taxi home on your own

Always take the taxi drivers name and numberplate.

Text your pals when you're home safe!

Drink a pint of water, eat something and get a long sleep.





WOMEN'S SPEAK

A recipe for creating a safe space for women and girls

Servings
diversity

Preparation
consideration

Cook
daily

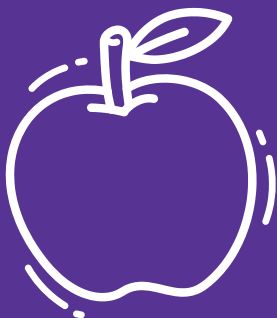


INGREDIENTS

METHOD

- A pinch of consistency
- A dollop of respect
- A sprinkle of support
- A spoonful of communication
- A pinch of open-mindedness

- Firstly, treat everyone with respect.
- Don't judge us for where we come from.
- Listen! Show you care and want to know what we have to say.
- Support us all, regardless of our needs or histories.
- Be consistent – turn up when you say you will.
- Keep us in the loop.
- Have you thought about how we can get there and will we feel safe there?
- Be yourself so that we can be ourselves too.
- Ask us and include us before you decide.



HI, WE ARE WOMEN'S SPEAK

Voices heard

Women Speak is the advisory group for the Women and Girls Alliance Leeds. It is made up of women who have used one or more of the 12 organisations in the alliance, and who are passionate about supporting the Alliance to make Leeds a safe and equal city for women and girls. The group meets bimonthly to work on internal Alliance projects, and also gets involved with external voice and influence projects across the city, whether that be sitting on focus groups or taking part in campaigns. For their recipe, they thought about ways services can provide safe and inclusive spaces so that women and girls can have their voices heard.

SPACE2

A recipe for self-love

Servings
energetic

Preparation
motivation

Cook
one step at a time



INGREDIENTS

METHOD



A dollop of recognising that you are good enough

A spoonful of fun

A dash of generosity of spirit

An ounce of trust and kindness in and to yourself

A pinch of rebel spirit

Sprinkle of magic

Be brave, be bold, challenge yourself. Mix these all together.

Take time to smile, enjoy life because it is too short.

Join in, get to know yourself and do the things that you like.

Laugh, express yourself.

Throw in an ounce of trust and kindness in and to yourself.

Trust your own judgement and think for yourself

Sprinkle in your magic; when you wake up in the morning, use your glitter. Adorn yourself with the things that make you feel good.

Have good intentions for yourself

Work hard and carry on, its not easy, life can be tough but you've got this.



HI, WE ARE SPACE2

Sharing wisdom

Four women were brave and came to Space2 for a Recipes for Life workshop. Despite their different experiences, they all shared mutual curiosity and care for community. They recognised the importance of self-love, particularly when choosing romantic partners, so they produced this self-love recipe to pass onto younger generations.

A recipe for loving yourself from Julie

I am Julie – open to new experiences

INGREDIENTS

METHOD

A dollop of honesty, trust, compassion and kindness

A spoonful of luck

An ounce of balance

A pinch of faith and confidence

A sprinkle of fun and personality

A little extra openness and practicality

First take time for yourself.

Relax, be calm.

Do your own things.

Dream but also be practical.

A recipe for love with Irene

I am Irene – curious!

INGREDIENTS

METHOD

A dollop of trust, honesty, reliability.

A spoonful of fun

An ounce of personality

A pinch of balance

A sprinkle of attraction, compassion generosity

A dash of forgiveness, nobody is perfect

Meet someone you are attracted to, get to know their personality

Have fun

Learn to trust each other, add honesty and reliability

Balance the scales

Add compassion and generosity

Mix well and bake for as long as it takes

A recipe for love from Theresa

I am Theresa – I want to learn new things

INGREDIENTS

METHOD

A dollop of kindness and compassion

A spoonful of trust – reliable – honest

An ounce of fun

A pinch of love

A sprinkle of personality

A tablespoon of balance

A beautiful balanced personality

Entrusted with kindness

And a lot of compassion

With a lot of fun

Reliable and honest is a must

A practical person would be a bonus

REBECCA PARKER

A recipe for self-compassion

Servings celebrations and connections	Preparation inspired by my mother	Cook to break the fast and re-connect
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INGREDIENTS

- An ounce of self-reflection
- A measure of gratitude
- A gallon of acceptance
- The courage to challenge critical thoughts!

METHOD

Take a moment to reflect and remind yourself of things you're proud of. What do you like about yourself? What do you enjoy doing? What positive things do you think that people close to you like about you?

Think about things that you feel critical about and try and think of a counterpoint to these thoughts. If they're about your appearance, is there really a reason that you need to look a certain way? If it's about a quality that you think you have, think about it in perspective

of everything else that you are. Sometimes a helpful way to do this can be to imagine saying the negative things that you think about yourself to a friend. Would you judge a friend for the things you judge yourself for or would you see them through a more compassionate lens?

Celebrate the little victories. Sometimes, just getting out bed is an achievement! Just managing to do your life every day can sometimes feel like a struggle so being kind to yourself about whatever you have managed to do, no matter how small, is important.

Don't be afraid to put yourself first sometimes! Setting boundaries can be a good way to demonstrate to yourself that you value your time, mental space, and energy. Saying no to things that you don't want to do isn't selfish, sometimes it's a healthy decision to make to preserve your energy and to show yourself that you are worth prioritising.

Stop comparing yourself to others!

Don't only value yourself for your achievements. As much as it's great to push yourself sometimes, recognising that you have inherent worth, that doesn't come from how productive you are, or how many goals you've reached is an important part of self compassion. You're here, you exist, and that, without anything else considered, is enough to mean that you have value, deserve to be happy, and deserve to love yourself!



HI, I AM REBECCA

Kindness and confidence

I am Rebecca and I work on the Women Friendly Leeds and Women's Lives Leeds teams. My role is in communications so it involves a lot of social media and website work, and often involves getting creative!

I love being a part of Women Friendly Leeds because I'm a big believer in women supporting women, and really believe in the work we do. I've always been interested in feminist activism so it's amazing to be surrounded by amazing women doing great stuff.

In my spare time I like to do lots of arts and crafts, including making jewellery, collaging, life drawing, and I also DJ and love to dance!

My recipe is around being kind to yourself, and fostering a positive relationship with self-love, because I believe that finding compassion for yourself is the most important thing you can do. I also believe that women finding confidence and love for themselves is a feminist action, and helps us to unlearn the way that we as women are taught to put ourselves down or be self-critical!



CHARITY SHOP

A Recipe for a healthy retirement

Servings
colourful

Preparation
self-belief

Cook
with kindness

INGREDIENTS

A dollop of routine

A spoonful of purpose

An ounce of support

A pinch of kindness

A sprinkle change

METHOD

Have a plan - give something back to the community

Have one golden nugget for what you do - you don't have to plan your whole retirement at once. One activity is enough to start.

Find a routine

Have a new purpose or interest

Keep learning - it is never too late to learn

Take inspiration from those around you

Maintain social networks, keep your community

Charity shops can be a hub to keep in touch with community. It can be flexible. You can come into our shop and arrange a trial shift.

Don't be afraid to ask for help

Exercise is important - local community facebook groups have communities you can join like a walking group.

Be open to change. You're not tied into what you had originally planned

Don't be embarrassed

Be proactive - you don't have to accept your circumstances. You can be an agent of change.

Empower yourself - seek out those who embrace themselves and seek out those you can relate to.

Take self-care steps - be kind to yourself

You can and should go talk to a doctor if you're struggling. Or talk to a therapist. Don't be afraid to say you're struggling

Be vulnerable. Be brave! Other people feel the same and you are not alone.



HI, THE LEEDS WOMEN'S AID CHARITY SHOP

Give something back to the community

Leeds Women's Aid Charity Shop is in Horsforth, Leeds. You can spot the shop with its bright purple paint and often colourful and themed window displays. The volunteers who wrote this recipe spoke candidly about their experiences as women. Of pain that has stayed with them throughout their whole lives, of becoming invisible as we age and of how to live life to the fullest no matter what stage you are in.

WOMEN'S AID REFUGE



HI, LEEDS WOMEN'S AID REFUGE

Sharing safety

This group came together as residents of refuge accommodation for Leeds Women's Aid. All the women had their own unique and adventurous backgrounds and stories. All the women spoke of the challenges that life can bring, and how friends, taking a moment of peace and participating in your passions can ease those hardships. The recipes were spoken in a discussion and transcribed by Women Friendly Leeds staff. Here are their recipes.

Recipes for peace

Servings
passion

Preparation
trust

Cook
ease your
hardships

Recipe for calm By M

INGREDIENTS

- A dollop of breath
- A spoonful of letting go
- An ounce of trust
- A pinch of silence
- A sprinkle of hugs

METHOD

Breathe in and out 20 times slowly, or however you feel works. Make sure you count.

Focus for 2 minutes on staying present and letting everything go

Ask yourself how you feel and trust yourself

Tell yourself thank you and give yourself a big hug

Being mindful of the breathing and giving yourself space to react

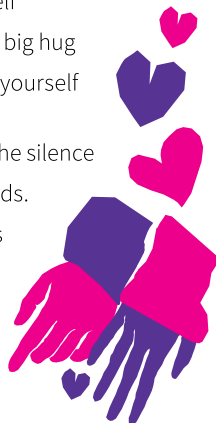
Take the silent moments and appreciate the silence

Wake up and sit down and listen to the birds.

It is important to find space and moments of quietness

We need to recharge like we recharge our phones.

Don't feel guilty for it.



Recipe for writing By Hazhar

INGREDIENTS

- A dollop of thoughts
- A spoonful of paper
- An ounce of mindfulness

METHOD

Write down your words to empty your heart

You are in control of your words and thoughts

Write in your own language as it is easy, it can be put on paper from your heart; your mind.

This is my story, my words can validate, my words will live on. The pen holds the stress, the pen does what you need it to do. Put on your favourite music and dance when you feel sad. Write because it happened to you.

What do you do when the trust is gone... you talk! Talk to the page.

I take from my bones, I will make a pen. I take from my skin, I make paper. I take from my blood, I make ink. I write my heart.

I dream, I wake up and I write it down. It is a record.

You don't have to write, if you want to talk, talk. Talk to your phone. Record it.

Find your method, get the words out

Find a safe space, no matter how small, where you can share

Be in that moment. I can do this.

Recipe for Anxiety

By the Leeds Women's Aid Recipes for Life Writing Group

INGREDIENTS

- A dollop of music
- A pinch happiness
- A sprinkle of forgiveness

METHOD

Distract yourself. Listen to music; look at something funny

Make yourself laugh as it will make your body happy

Writing, music and walking doesn't always help but try to identify the physical feeling and intervene. Talk to your loved ones. Then you can cry, fight or laugh.

Breathe

Seek out advice from professionals, it is hard to reach out but try to see that no one will judge you.

Talk to a counselor and build up trust. You can get your feelings out.

Understand that it does take a lot to ask for help. Don't listen to what society puts on you. What you have is enough.

Be patient and have self-compassion.

Use affirmations on gratitude, you can find them on Youtube.

Forgive yourself. Women carry so much weight and guilt. Forgive yourself of this.

Sometimes our anxieties come from society and the roles we fill.

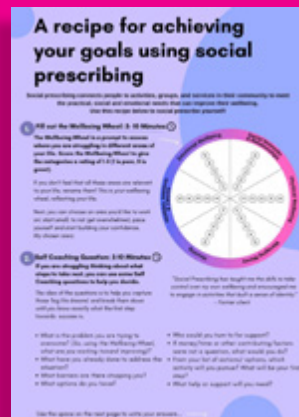


HI, WE ARE B AND DANIELLE

Gender based abuse activists sharing their experiences

This recipe for life has been created by B and Danielle two passionate, gender based abuse activists sharing their experiences of positive change through achieving goals in social prescribing. B and Danielle resilience shines through and with the support of Linking Leeds former clients who have formed the 'People Voice Group', the recipe for achieving your goals using social prescribing'

Social prescribing connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that can improve their wellbeing. Use this recipe below to social prescribe yourself!



B & DANIELLE



A recipe for social prescribing

Servings
action

Preparation
small steps

Cook
with success

INGREDIENTS

METHOD

1 social prescribing worksheet (as pictured)

A pinch of confidence

A dollop of community

A sprinkle of starting small

For achieving your goals using social prescribing, take a pinch of confidence and a dollop of community to connect with others and try something different and new.

You can start small, make use of the social prescribing worksheet tools like the well-being wheel and SMART Goals to begin thinking about what achievable steps you can take towards your goals.

With practice and support you can take control of your wellbeing and build a sense of identity.

Start small, try not to get overwhelmed. Each task on the social prescribing worksheet will take 5 - 10 minutes to complete.



The social prescribing worksheet has been designed and created by workers at linkingleeds. For more information about social wellbeing and social prescribing, please visit linkingleeds.com

Thank yous

The Recipes for Life project was 18 months in the making. Every contribution for this book, from the incredible and personal recipes and advice, to the beautiful illustrations and photos, was essential to the creation of such an honest and hopeful piece of work. This book is dedicated to all the women of Leeds who, not only believe that the city we all live, work and socialise in can be a better place for us, but also believe that through themselves and our movement, can dream, imagine and make those changes. This book represents only a handful of these women, but we strongly believe any woman who wants a better future for themselves and their loved ones, is an activist and a welcome member of our wonderful, brave and magnetic community.

We would like to say a huge thank you to all of our contributors, for taking the time to write such inspiring nuggets of wisdom for our book. From your own experiences, you have created a piece of art that can be picked up and passed onto any woman or girl, giving them a moment of reassurance, inspiration, or joy.

The creation of this book would not have been possible without our wonderful creatives! The incredible design team Helen and Ancke, whose creativity and hard work have brought the recipes to life visually, and made something that is completely recognisable as Women Friendly Leeds. Furthermore, Hebe, who provided some beautiful photographs.



Finally, thank you to the wonderful Women Friendly Leeds team for putting into action a powerful team of women supporting each other, and helping each other grow:

Paulette, for being a powerful advocate and always showing women that their voice is important and heard

Briony, for your positivity, hard work, and inclusive stance on everything we do

Shreena, for always having words of encouragement and a non-judgemental listening ear

Sara, for consistently bringing positivity and laughter to our work

Jeannette, for coming up with tangible ways to action ideas, no matter how impossible they may feel, and always having our back

Rebecca, for reminding us all that life outside of work is just as important as life within

Emily, without whom, none of this would have been possible. Not just the book, but the Women Friendly Leeds Movement. Thank you for being the pillar of the movement, an inspiration to all of us, by demonstrating what can be achieved through dedication to something you believe in.

What a team!

This book was created from women's creativity, laughter, community and trust with each other. We hope if you read Recipes for Life you might just take on some of our ideas and understand a little more about the awesome, inspiring women in Leeds, and the values behind the Women Friendly Leeds Movement.

- **Briony Burke**





DAWN WOOD