



Hi all,

Wow — that somatic workshop at the last Equal Voices in Action was something else.

There was so much honesty and vulnerability in the room, and it felt completely okay to be there with it. I hope we all left thinking a little more deeply about how we look after ourselves while continuing to support others.

I know I did. I'm now asking myself: **how do I sustain myself while doing this work?**

That question, along with everything you have shared across the first four forums, has helped shape what comes next.

At our first Equal Voices in Action, you told us you wanted more spaces where people and groups could come together, talk openly, share ideas and build stronger relationships. The opportunities below have grown directly from those conversations.

HELD: The next three Equal Voices in Action sessions

HELD focuses on sustainable anti-racism, community cohesion and inclusion. It is for people doing important work in their communities who need space to pause, reconnect and find practical ways to keep going.

Each session will include a professionally facilitated somatic workshop, community spotlight stories, reflection and a networking lunch.

Hold

Wednesday 19 August 2026, 10:00am–2:00pm
Southport Community Centre

[Register for HELD Part 1: Hold](#)

Embody

Tuesday 22 September 2026, 10:00am–2:00pm
Crosby Library

[Register for HELD Part 2: Embody](#)

Develop

Tuesday 27 October 2026, 10:00am–2:00pm
Crosby Library

[Register for HELD Part 3: Develop](#)

We are also looking for people to share short, five-minute spotlight stories about why they do the work they do and how they help hold communities together.

Inclusion Circles

The Inclusion Circles use important international awareness days as a starting point for deeper, more human conversations.

Curiosity, Compassion & Courage

Inspired by World Humanitarian Day

Thursday 6 August 2026, 2:00pm–4:00pm (Burlington House)

A conversation about what we owe one another and how curiosity, compassion and courage can shape our everyday actions.

Reg Link:

[Inclusion Circle - Curiosity, Compassion & Courage | Sefton CVS Directory](#)

The Stories We Tell Ourselves

Inspired by the International Day for the Remembrance of the Slave Trade and its Abolition

Thursday 27 August 2026, 2:00pm–4:00pm (Burlington House)

A conversation about how history, inherited stories and the stories we create shape how we see ourselves and one another.

Reg Link:

[Inclusion Circle: The Stories We Tell Ourselves | Sefton CVS Directory](#)

Both circles will include a reflective opening, a creative activity and a facilitated discussion. Places are limited to 10 people at Burlington House.

Ripple Sefton

RIPPLE: Real Inclusive People Power Locally Every Day

Pull up a chair. Join the circle.

Ripple has grown directly from your request for more ways for people and groups to meet, talk, listen and build relationships.

We are looking for up to **30 people or community groups** to join the first programme.

You don't need to be confident.

You don't need to have the right words.

You don't need to be perfect.

Come as you are. We'll support you from there.

Participants will learn how to create warm, respectful conversations, run a Ripple Circle in their own community and connect with another group through a Ripple Exchange Circle.

The first two workshops will be led by **Clare Jasmine Beloved**, who has been bringing people together through circle work for more than 30 years.

Thursday 3 and Tuesday 15 September 2026

10:00am–4:00pm

Crosby Library

Lunch and refreshments will be provided. Participants will need to attend both days.

[Register for Ripple Sefton](#)

Sefton Neurodiversity Network

Working With, Not For: Co-production with Neurodivergent People

Join us for a friendly and practical conversation about co-production with neurodivergent people.

Aintree Initiatives for Performing Arts and Hyper Social Circles will share a short introduction, followed by a relaxed group discussion exploring:

- What good co-production feels like
- How to make it easier for people to take part
- How to avoid tokenism
- How to create safe and supportive spaces

People can take part by talking, writing, drawing, listening or simply being in the room. Sharing is always optional.

Friday 18 September 2026

10:00am–12:00pm

Crosby Library

[Register for the Sefton Neurodiversity Network](#)

I'll be sharing more information about all of these opportunities soon. In the meantime, please feel free to contact me or pass on my details to anyone who would like to know more.

I'm always happy to speak directly with community groups, volunteers or individuals who may be interested.

A personal invitation can make all the difference. Sometimes all someone needs is to know there is a place for them.

Best wishes,

Charanjeet