

12 **Council says 'it's natural'**

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A council will launch a campaign addressing negative attitudes to breastfeeding in public.

To mark this year's UNICEF breastfeeding awareness week, which was starting today, Telford & Wrekin Council will be running its own campaign called "It's Only Natural".

Mothers and fathers, and owners and managers of premises and businesses, are being asked to show their support by posting photographs of themselves on social media holding up a card with any of these messages "We welcome breast feeding", "I breast fed", "I breast feed", "I support breast feeding" and "My partner breast fed" using the hashtag "#itsonlynatural".

Councillor Arnold England, cabinet member for communities, health & well-being, said: "Through this campaign we want everyone to remember 'It's Only Natural' to breastfeed."

# Elishah's Chico time

Report by Deborah Hardiman  
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**A BEAUTY queen and fitness instructor has bagged a modelling contract and says her success is all due to overcoming low self-esteem as a youngster.**

Telford's Elishah Crutchley beat low self-confidence issues after taking up exercise as a hobby and is full of praise for TV's Mr Motivator for helping her after she contacted him.

## Clubbercise

She is now working on former X Factor star Chico's Clubbercise fitness project.

Despite her work commitments, the 23 year old finds time to participate in beauty contests and raise cash for charities, including Dreams Come True and Sport Relief, as well as fundraising for Mr Motivator's primary school, and The Christie Charity.

She said: "After a few years of teaching and building something truly incredible up I organised fundraising for different charities and found my love for just helping others. While I was fundraising, I decided to attack my worst fear and link it in with dreams come true, so I decided to jump out



Elishah, left, reigning Miss Telford International, has been short listed for Miss Galaxy England



Model and beauty queen Elisha Crutchley

of a plane and from that point on I knew I could achieve anything.

"When I get nervous now I always look back to that moment.

"It has been the most incredible few years and I still pinch myself - I just can't believe it. I got approached to become and presenter

for Clubbercise, which was amazing, a few years ago. That led me onto working for Chico who has not only become my boss but a very very special friend with a heart of gold who wants to inspire everybody around him. He is an amazing person to be around, as well as Mr Motivator. I sometimes feel

like I am dreaming I can't believe how fast and how far things have come since I left school."

Elishah is the reigning Miss Telford International and has been short listed for the Miss Galaxy England competition, which takes place in March.

## Surgery shuts for training

A doctors' surgery will be closed for half a day next week for staff training.

Hodnet Medical Centre, near Market Drayton, will be closed to patients from 12.30pm on Thursday.

The medical practice will reopen to patients as usual the following morning at 8.30am.

While the surgery is closed, patients needing medical attention are advised to call the Shropdoc service on 0333 2226655.

Meanwhile, the surgery's patient participation group is seeking more members.

The group has face-to-face meetings with practice staff three times a year and works on assigned tasks between meetings. A wide age range of patients are needed over a good spread of areas served by the practice.

The group particularly needs more men, young people and anyone with a good grasp of IT skills.

For further information call 01952 540970.

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Alongside the financial incentives the emotional rewards of teaching often come in the classroom: two thirds of teachers (68%) feel they have the opportunity to inspire people every day, according to research from the national Get Into Teaching campaign. It's why teaching as a career attracts high achievers and those who want to make a difference.



\*Selected subjects only. Subject to eligibility.

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