



**ENGLAND  
FOOTBALL**

## ***CHARLOTTE AKASTER***

Football coach with  
Lincoln United under 12s Whites (Girls) and  
University of Lincoln Women's football team







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*"Football has provided me with a space to develop and to learn new skills. Since taking up coaching I have grown in confidence and taken part in different development opportunities. Football has given me the opportunity to work with amazing groups of girls, providing a chance to experience and develop in the game.*

*It provides an opportunity for people in the local community to come together. Football provides more than technical opportunities but opportunities to make friends, build confidence and improve mental health. Football provides a safe space for people to engage in what they love, with friends and or meet new people.*

*Football has power to change lives, it provides a space for people, once or twice a week to enjoy themselves, free of judgement and away from the stresses of everyday life."*