







Football has always been part of my life since being small. My earliest memories are going with my Dad to his Sunday league games in the 80s. I naturally wanted to join in and play too; and found it hard growing up as a young girl and teenager being told that 'girls don't play football'. I have constantly pushed back against this and finally found a team to join when I was 16 and played competitively until my early 30s. In the past 4 years I have rekindled my love for Football through Walking Football which I now play and coach twice a week.

Personally; I am married to a former team mate whom I wasn't romantically involved with at the time; but re connected with some 14 years after being team mates. So I guess you could say Football also brought me happiness in married life too. We both now enjoy playing walking football together again and helping other grow and achieve their goals on and off the pitch.

Football also has a massive difference on the local community.

Football is like a family to so many people I know. It's also a great way to keep active and healthy. I see my ladies who I coach smile and grow and develop each week.

The County FA has helped greatly in recent years to raise the profile of the female side of the game and I hope will continue to do so. I think that the recent turn out to some key events in the county speaks for itself.