
Helen James – Soccerise Activator and Women's Football Health and Safety

What course do you do?

Photography and Videography

Why did you join your club when you came to DMU?

I came to DMU knowing I wanted to be in a sports club, at sixth form I was in the girl's football team in second year I was captain of this sport team. I joined DMU women's football because I had a passion for football and all the girls who I met on the fresher's week seemed so friendly and wanted to get to know me. I joined this team as I knew they did things outside of football as well so I would make lifelong friends which I know I already have done.



What made you want to get involved in the club?

I think my intake of the DMUWFC has been a major impact this year, since I am the social media, health and safety and help out with socials every now and again.

I wanted to get involved more this year as I am studying photography and videography, so this is the perfect excuse for myself to get my photos on social media. I also wanted to do health and safety as it is valued by employers in any job spectre I would like to go into.

Have any females in sport inspired you and how have they inspired you?

Yes, many females have inspired me whether that be Leslie Osborne who kept on going when she kept on getting heavily defeated by the media. Serena Williams for her Olympic record, she talks openly about racial equality, she has more grand slam titles than any man, and is serious about closing the gender pay gap and helping woman. Even my favourite footballer, Barbara Latorre, her amazing solo goal which she tackled through four women, fell over still shot and scored.

What advice do you have for any other females looking to get involved in sport or physical activity?

I would say "Do it", while you're in your prime years. Why not? What have you got to lose? You gain so much experience whether that's a total new sport that you have never tried, people skills and the people you play with will treat you well. You get better at it every time you're on the field, on a track or pool.

Would you ever try another sport?

Yes

How has playing sport helped you in your day to day life/career?

It helps me a lot with highs and lows of life. At university it has given me new connections whether that be with DMUsport itself or my club or team players. It has Improved my mental health and reduces stress of (university) life.

Favourite personal sporting moment?

I would say winning varsity last year, and hopefully this year! There were tears and sweat put into it and that's before the game even started! Our captain, Imy Alps, really pushed all the girls in the right direction whether that be mentally or physically. We were there to win and it showed each and everyone wanted to win that game and we did. My parents came all the way down form Newcastle to watch the game, I'm sure they even cried at the end!