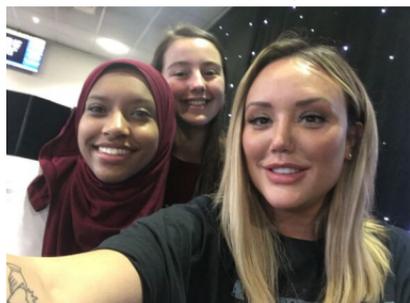


# CELEBRITY SOCCER MATCH INTERVIEWS

THE DE FERRERS ACADEMY

We attended the football match which was organised to raise money for Burton Albion Community Trust's mental health projects and interviewed some of the celebrities that took part.



## CHARLOTTE CROSBY

**What does mental health awareness mean to you?**

Mental health is really important and I think in the last two years it's become a big thing which is great as I don't think a lot of people spoke about it before that. Now it's become more common to talk about it and people are feeling more comfortable coming out and being more expressive about it which is really great.

## FRAZER CLARKE

**In our society men often don't feel as if they can speak about mental health. How would you encourage young boys and men to look after their mental health?**

I just think it's one of the things that seems to have gotten worse as I've grown up so I think it's a pride thing for most people but look at me I'm massive, a big six foot six seventeen stone guy, boxer and I get down at times too. Without having a good family, good people to talk to, great girlfriend and stuff I'd be in a lot of trouble so they've helped me a lot. You shouldn't be embarrassed to ever express your feelings it makes you more of a man than anything else in the world so I think talking to people and just knowing someone's there is a massive thing. You should never be embarrassed, never be embarrassed of anything in your life, people are going to judge you, so what. You are what you are and you are who you are, I don't care what anyone else thinks of me. As long as you make yourself proud and you know who you are.

**What would you say to someone currently struggling with their mental health?**

Come speak to me, I'll have a chat with anyone. It's okay not to be okay and everyone goes through it, I've been through it. Life swings in roundabouts and it's a big up and down. Anyone that's struggling needs to speak up. Send me a message, let me know how you're feeling and I'll message you back no matter who you are.

Speak to someone but first and foremost when you wake up in the morning everyday, look in the mirror and be glad to be here, be glad to be breathing because there's a lot of people worse off, I've been all round the world and have seen a lot of struggle. If you're in this country and you're breathing then you've got a chance.

## What do you wish to achieve from playing in matches like this one?

It's just the publicity I think. At the moment, especially after coming off a show like Love Island, there's so many issues around mental health and we need to make it more public so doing an event like this is just massive. It's where we all get together, it highlights everything and it just gets people talking as well. It's a good chance for us to come and have a chat with our friends and I just think it's a really good occasion so that's what I wanted out of it.

## What does mental health awareness mean to you?

It's massive - I've got so many close friends who, you know, they got their troubles and they go through their times, and I've actually starred in like talks around Wales just to help with mental health. Again obviously coming off a show like Love Island does give the platform where people do know you and I want them to realise like even the likes of myself, you do have your times and everyone's got their own issues - everyone just needs to speak out and talk about it and that's what I want from it.

## Finally, we're currently in Sixth Form in our final year.

## What kind of advice would you give people struggling with education?

Talk. Talk, talk, talk. Everything you do just talk, whether it's friends or family. Anytime you feel down talk, speak out, and don't be ashamed because everyone's the same - we all go through our ups and downs and, you know, I'm not ashamed to say it like even coming off the show you do have your times where you feel down, and you've just gotta speak out, talk about it and then it is true when they say that a problem shared is a problem halved, so that's what I always say.



## MILAD SHADROOH- SINGH DENTIST

### What is one thing you would like to tell the young people here today?

If you are ever struggling with anything, talk about it, don't be alone, don't think that no one's there to listen, don't think that no one's there to help you through it. Just reach out, whoever you're comfortable with, but you have to reach out to someone.

### So why does mental health awareness mean a lot to you?

Because I know especially in my industry, in dentistry, there are people that suffer with it, and a lot of the time. Obviously being a man as well, men do struggle with it, so I just want to encourage more people to be open about it, talk about it and have that conversation.

### What would you say to someone currently struggling with mental health?

I mean take steps, it's a slow process you know but as long as you've got a plan and have started to take steps then that's the beautiful thing to do and people are there to support you one hundred percent. I know sometimes it can feel like no one's there but there are people out there that love you, there's people there to support you and you've just got to reach out.



## TOM WALKER

### **What do you wish to achieve from playing in matches like this one?**

Just to highlight how important it is to be aware of your mental health. You know, support charities that support those that are struggling, so anything we can do to raise money is a good thing.

### **What would you say to somebody currently struggling with their mental health?**

Just open up, you know get out your own way, talk to someone you trust. There's no harm in talking, the weight will be lifted off your shoulders so just do it, open up.

### **What is one thing you would like to tell the young people here today?**

Just be yourselves, you know nobody's perfect, and trust me the popular kids at school now aren't popular kids when they get older. Just be yourself, be true to yourself, you can't be anyone else so just do a good job of being yourself.

## JOE PLANT

### **Do you feel that the stigma surrounding mental health has reduced in the recent years?**

It happens to so many people and it's such a common thing these days. Many people think others are putting on a show and trying to get attention when it really hits home to many people. People need to step back and realise that they don't know what others are going through and think I shouldn't comment on it or say anything bad as they might end up making it worse

## SHERIF LANRE

### **In our society men often don't feel as if they can speak about their feelings and mental health. How would you encourage young boys and men to look after their mental health?**

We need more awareness and more transparency as this helps men to speak out more. But there is more of an option to come out nowadays which is good. I would say that only the positives are shown on social media, so we need more honesty to help people talk about how they're really feeling more.

**MESSAGE FROM THE  
WELLBEING COMMITTEE:  
IF ANYONE IS STRUGGLING  
PLEASE SPEAK TO  
SOMEONE.  
WE'RE ALWAYS HERE TO  
HELP AND OFFER  
SUPPORT.**

**#BREAKTHESTIGMA**

## HELPLINES

**MIND: 0300 123 3393**

**ANXIETY UK: 03444 775 774**

**CALM: 0800 58 58 58**

**SAMARITANS: 116 123**

**PAPYRUS: 08000 684141**