



Somayeh is out there in a league of her own

By Ruth Anders

We all cheered when we saw the Lionesses win their glorious European football victory last summer and when the British Women's Curling team won at last year's Winter Olympics. Women's sport has finally come into sharp profile over the last couple of years,

But how often do we hear about those unsung heroes behind the scenes whose grassroots efforts ensure that women of all ages are being encouraged to participate in sport and that the very young are being nurtured and trained to continue the trend? Our own Somayeh Caesar is one such person.

Power List

Somayeh is celebrating being given a place on the BBC *Woman's Hour* Power List 2023, a list of 30 exceptional achievers in UK women's sport. Earlier this year the programme's listeners were invited to submit names under the categories of Sportswomen, Leaders, Change-makers, Amplifiers or Grassroots and Somayeh's name was suggested under that

in her after-school sports clubs. A teaching assistant at Martin Primary School, she has inspired girls from the school to join Lymore Gardens FC, where she is lead coach of the girls' and women's provision. Currently over 145 women and girls play regularly at the club, ranging from five to 40 years of age.

Somayeh leads four youth teams playing in three age groups, and they all compete in the Girls Super League London. She has also arranged tickets for her students to attend Women's Super League football matches, giving the girls a sense of inspiration and belonging when they see that their efforts are part of something bigger.

Throughout Covid, she



Medal winner: Somayeh Caesar is an inspirational cyclist, footballer and all-round sportswoman

last heading.

Somayeh told *The Archer*: "I am thrilled to be recognised for my work in encouraging women in sport, plus I've been able to meet most of the amazing women on the list."

Netball and football for all ages

Mentioned in our April edition in connection with here efforts to establish a netball league for older women, Somayeh has worked for years to engage girls

arranged cycling sessions for women wanting to keep fit and maintain their mental wellbeing. Her efforts have brought together young girls and older women to engage in sports and foster a sense of community spirit.

Others alongside Somayeh on the *Woman's Hour* Power List include Lionesses captain Leah Williamson OBE, Team GB gymnast Ellie Downie and Queen's Park Rangers assistant coach Manisha Tailor.



Fixation owners Laura Davitt and Carly Pryke collect their award from TV dragon Theo Paphitis

Arts academy awarded for all-round high performance

Fixation Academy of Performing Arts, which runs sessions at the Finchley Youth Theatre in the High Road, N2, has picked up an award from TV entrepreneur Theo Paphitis. Owners Laura Davitt and Carly Pryke were handed the Small Business Sunday award by the *Dragon's Den* star at an event in late February. Fixation Academy offers training in acting, singing, dance, drama and musical theatre for ages four to 18, and adults with learning disabilities and autism.

Why hedges are so important

By Jenny Storer

A hedge holds a community of animals and plants working together to help each other live. In food chains, if somebody removes an animal or plant, slowly the whole food chain will die out.

At Cherry Tree Wood, a group of volunteers are laying new hedges along the fence next to Brompton Grove. They are hoping to attract wildlife, such as squirrels and birds of all species that will make their own food chains.

Hedge laying requires partially cutting through and then bending, without breaking, the branches of shrubs or small trees set in a row. There are many different styles of hedge laying, such as Midland style, Derbyshire style and Isle of Wight style, with many other styles around the world.

Next time you are in the park, if you look carefully, you might be able to see wildlife between the branches. Please help the Friends of Cherry Tree



Wood, and do not litter your rubbish as there are plenty of bins in the park, and do not disturb or hurt any wildlife you see.



Natural habitat: The new hedge in Cherry Tree Wood, with a squirrel taking up residence.

Photos Jenny Storer



THE MUSWELL HILL CLUB FITNESS AND LEISURE

Membership from £35.95 (T&Cs apply) • Day passes £10

Over 100 classes per month • Swimming Pool • Sauna • Steam • Fully equipped gym • Spin • Yoga • Pilates Studio • Free weights room • Pop in for a tour or free trial

140 FORTIS GREEN, N10 3EF
TEL: 0208 883 0500

WWW.MUSWELLHILLCLUB.COM



INFO@MUSWELLHILLCLUB.COM
@THEMUSWELLHILLCLUB