

Firle C of E & Laughton Community Primary Schools Present

This is Me 2

in Lockdown!





The Oak Tree
Federation

Thank You's

Firstly, we would like to thank Underwater, Bugs and Cherry Classes (Reception and KS1) from Laughton CP School and Firle C of E School: the inquisitive questions composed and emailed from home helped to reveal much about the lives and occupations of a variety of role-models, particularly in relation to Covid-19. Thank you also to the children for their creativity when designing the artwork for pages of this booklet.

The second launch of 'This is Me!' could not have happened without the inspirational individuals who agreed to take part in the project, during a time of change and when life for many has been especially challenging. We appreciate the enthusiasm of all participants, and the time taken from already busy schedules: you are all equally valued, however it was necessary to limit the entrants into the final book to just eight role-models. We would therefore like to mention here those that are not included in this book:- Andrew the engineer, Clare the midwife, Georgia the zoo-keeper, Jodie the entrepreneur and therapist, Julia the organic community gardener, Kate the doctor, and Lucy the BBC news presenter.

Thank you to Alexander Masters who launched the first 'This is Me!' project, and the wider team who continue to support this initiative. Finally, thank you to Megan Ricca-Richardson, graphic designer, who created this book using the children's work, and to local printers, Chilli Graphics Ltd.

- Emma Ricca, Nicole Coakley (class teachers at Laughton CP School) and Liz Fitzpatrick (class teacher at Firle C of E School)



Tara Murray

Paramedic



Who am I?

I grew up in a town just outside of London called Hornchurch. From a very little aged I liked helping people. My family always nicknamed me Nurse Tara, because whenever anyone was hurt, I would be there like lightening! As I grew older I realised I needed to do something more to help people, so I decided to pack my bags, leave London and my family, and join Brighton University to learn how to be a paramedic. It's also very handy that my uniforms have been green, I seem to suit this colour! The best thing about my job is being able to help people, but also that I get to drive around and be outdoors all day.

Paramedics & Covid-19

The virus is very scary, and it is harder to help people as it can make people very sick. We have to wear masks to see everyone, which are quite hard to breath in, and there are elderly people who are hard of hearing who find it very hard to understand us with masks on. However, I just shout extra loud to make sure they can hear me. Sometimes I have to be extra brave to help someone who may have the virus, however instinct kicks in. I'm so grateful for everyone following the rules at the moment and staying at home (even If it means being bored and missing your friends). I think we are all being brave by doing so. I cannot wait for this to be over, so that I can go back to not wearing a mask, and therefore not having to shout at patients who can't hear me, and also, so they can see who I am! It's also humbling to see everyone clapping at us when we finish our shift on a Thursday, with people keeping their distance but coming together. It makes this difficult time so worth it.



Questions?

1. How old do you have to be to drive an ambulance?

You have to get what's called a C1 driving license, you have to be 18 to do this. Then when you are hired by an ambulance service you can learn to drive an ambulance. It's a 4 week course to learn how to use blue lights. So, 18!

2. Is it fun driving over the speed limit on emergencies?

Sometimes, when people behave properly! Sometimes it can be super scary because people don't see us. At first I was terrified, but now I'm learning to find it fun.

3. Have you ever had someone who is about to give birth in the back of your ambulance?

I delivered my first baby last week, although not in the back of the ambulance, it was in her own bedroom - still just as emotional, and just as cute.

4. Do you have to clean your ambulance?

Yes, after each patient. In addition, once a week our ambulances are taken to Brighton to the Make Ready Team, who work very hard to clean and restock our ambulances to perfection.

5. What time do you work?

We usually work 12 hour shifts. My shift pattern is 4 days in a row and then 4/5 days off. We do days, nights, weekends and all the holidays. My normal rota is 7am-7pm, 8am-8pm, 1pm-1am, and then 7am-7pm. Every now and then we don't follow our pattern and we cover for people who are sick or on holiday.

6. How do you know where the streets are?

We have a screen in the ambulance we call an MDT (I don't know what it stands for after all these years) that tells us the patient's name, what's wrong with them, the address and shows us a map. This also connects to a Sat Nav – it's all very clever.





Simon Rose

DJ



About me

When I was young I really enjoyed school. I struggled with some subjects, like maths, but I loved anything creative. Art, drama and storytelling were my favourite subjects. On my birthday I always hoped people would buy me 'grown up' presents rather than toys. The one I remember most was a tape recorder that I received when I was around ten years old. I took it everywhere with me, recording sounds and voices, mine and other people. Around this age I was spending a lot of time going out to work with my father whenever I could and as we drove around in the car, we would listen to the radio. With my friends we created our own 'pre-tend' radio station and we would record ourselves introducing songs and reading the news.

Becoming a DJ

When it came time to leave education and enter the workplace I worked in a number of different industries until, by chance, I had to visit a radio station for business. To my surprise, they offered me the chance to come in during the evenings, after work, and learn how to use the studio. I did this for some weeks until finally, they offered me that chance to present my first show...on real commercial radio! Initially I worked as a radio presenter at a number of independent radio stations, and within a few months I'd worked my way up to Capital Radio Group.

I now work at Eagle Radio where I present the Drivetime show from 4pm to 7pm weekdays. It's great to be able to provide entertainment, information and news to our listeners; many of them think of us as their friends.



Questions?

1. Who is your favourite singer? Mine is Ellie Goulding.

At the moment I like Dua Lipa, we are playing a lot of her songs. I've met Ellie Goulding, she is very nice. We played a bit of a joke on her and asked her to listen to one of our DJs play her song on the piano. He's really good, but deliberately played really badly. She was too nice to say anything bad about it. She really laughed when we told her the truth!

2. Can you go to the toilet while you are live on air?

Yes! We can press a button called 'AUTO' on the computer that plays all the music and commercials and it will keep playing while we are out of the studio. Sometimes we forget to press the button though. Then you'll see a DJ running across the office to the studio to press the 'PLAY' button.

3. How many people usually listen while you're on?

It's really hard to say as our audience figures cover a longer period of time. There are 74 radio stations in our area, we are always between number one and number three for listeners. We generally have between 250,000 and 300,000 during this period.

4. Do you get to choose all the music?

I don't choose any of the music. We have a Music Manager called Chris who chooses and schedules all the songs. We have to play them in exactly the order he says. He spends his day researching music and talking to record companies. We also ask listeners to take part in a 'Soundcheck' survey where they listen to little clips of songs and rate them.

5. Who do you usually work with in your studio?

Some of our shows, like the breakfast show, can have up to four people in the studio but I work on my own. Sometimes my colleagues will pop in just to say hello or to offer me a coffee from the coffee shop across the road. I always say yes to that!





Maggi Sandy

homeless hostel manager



Who am I?

I live and work in London which is the capital city of England. My job is to help people who do not have their own home. When people do not have a home of their own they are called homeless, so my job is to help people who do not have anywhere to live. There are lots of reasons why a person or a family might become homeless. Sometimes people become sick. They might not have family to help them so they might come and stay in a special building called a hostel until they find somewhere to live. That is where I come in.

How I help

My job is to help them with their problems and find them somewhere to live. There are other people who work in the hostels with me. Their job is also to help people while they are getting stronger after being unwell. Sometimes people need help with things like cooking and shopping too. We often give people lessons in how to cook which is usually a lot of fun. Most people really enjoy learning how to cook new dishes and it is an exciting thing to do. When people are feeling well they might find a job and I help them with that too. When I was a little girl I wanted to have a job where I could help people. I really enjoy my work. It is lovely when people living in the hostel find somewhere permanent to live and are strong enough to look after themselves once more. That makes me happy.



Questions?

1. Why did you want to work in the hostel?

I love the job I do. I love helping people who have fallen out with their family to get back in touch, to help them get a job or into college, help get the medication they need, help them get a flat and to help get them back on their feet.

2. Are there people you can't help sometimes?

Yes. Coming to live in the hostel is a two- way thing: the person is wanting to change and work with us and in return we can get them all the help and support they need, BUT if they don't want to work with us we can't help them and they can't live in the hostel.

3. How did you get inspired to do the job?

I was homeless for 2 years and lived on the street and lots of people helped me and I just wanted to help other homeless people.

4. Is it fun helping the people cook?

I love helping my residents cook because they get to learn that you don't need to spend a lot of money to have a good meal. We have fun with some of the concoctions that they cook! It's important to learn how to cook because when they get their own place to live they won't have a lot of money so need to learn how to cook the basics. They won't be able to afford the ready meals they buy at the moment or take away meals. They also learn that cooking your own meals is the healthier option: even if it isn't a success first time, you will make it better next time.

5. Do you ever cook cakes?

We do, but we call our cakes 'It's the thought that counts' cakes: we follow the recipe and carefully weigh the ingredients but once it goes in the oven, something happens - very rarely do our cakes come out looking like the picture! However, it's good fun and the cakes always get eaten anyway.





Josh Downey

midwife & lecturer



Who am I?

I was born in Peterborough in 1990 so I am 29 years old.

I lived in a little village called Leasingham in Lincolnshire (not too far from Skegness). In school I loved science and learning about the body.

I talk and talk and talk: I always used to be in trouble for talking!

I liked helping my friends and family with jobs and I always felt sad for my friends when they were sad or poorly so would try to cheer them up.

I always liked to be outside, climbing trees with my little brother and building dens. I went to look around some universities when I was doing my A* Levels and a midwife teacher at the university spoke about being a midwife and what it means. I really liked the sound of it.

What is a midwife?

Midwife means 'with woman'. We care for women when they are pregnant, when they have their babies and look after them afterwards so that they can be great mums. We support dads and other mums too. We look after mums in their homes to have their babies or they can come into the hospital. I was really brave and left home to go to Nottingham University and learnt all about being a midwife for 3 years. I won a trophy and a certificate for being the Midwife of the Year 2016 in Nottingham! This was exciting and I felt really proud that lots of women and families had voted for me. I wanted to help other people learn to be midwives as I looked after lots of student midwives so I decided to be a teacher.

They are called lecturers when you go to university. I have been a lecturer for 2 years now. I still try to work in the hospital and help women have their babies when I can.



Questions?

1. Is it scary delivering a baby?

The first time can be a bit scary, just like loads of things we all do. First you have lots of teaching and learning and the midwives that you work with help. You are never alone when you help to deliver your first baby.

2. Is it weird seeing your first ever baby come out?

It is amazing. It is one of the most natural things that a woman can do. It really is the most amazing thing to see and be a part of.

3. Do you give babies a bath when they are born?

It is good for the baby if we do not wash them straight away. The baby's skin is sensitive so we like to wait a couple of days for it to get used to being in the outside world. Parents do like to bath babies after that though.

4. Have you had a baby named after you?

What a great question! Yes, I think 3 or 4 babies have been named after me. Sometimes the parents have a few choices of names for a boy and when they have been looked after by me they make the decision. Sometimes they have given Joshua as the baby's middle name too.

5. Are the parents scared when they are going to have the baby?

Some are excited, some are scared. That is one of the most important parts of being a midwife: keeping everyone calm, happy and excited for the baby's arrival.

6. Do you like being a midwife?

Being a midwife is a real honour and privilege. It can be exciting, busy, scary, sad, happy, fun and hard work. I would not change my job at all! Every day is different, you get to talk to the parents about so many things and be part of one of the most special times in their lives. Ask your mum about their midwife and I bet they can tell you. WWomen never forget their midwives.



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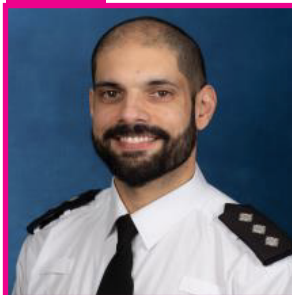
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Adam Hays

police officer



My life in Pictures!

1. Some clues as to my origins and the year I was born.
2. I was born and grew up in Eastbourne.
3. I loved drama and arts at school.
4. I joined the police because I wanted to help people who can't always get help.
5. I wore a uniform until I became a detective (home clothes!)
6. I lived in New Zealand for a year and worked for the police there.
7. I came back to Sussex because I missed it so much.
8. I left the police to work for a big company in London.
9. I learned lots of interesting things, mainly about robots.
10. I came back to the police because I love it and will never leave again! I look after the police control room which takes all the 999 calls in Sussex and sends police cars, dogs, bikes and the helicopter to emergency calls. We are taking a lot of calls from people who are worried about the virus, and it is our job to reassure people and make people feel safe. If everybody is careful and follows the guidance then everything will get back to normal really soon.



Questions?

1. What are the things on your shoulders?

They are called epaulettes. The pips are called 'Bath stars.' Police officers have epaulettes to denote their rank, while police staff tend to wear the police crest and sometimes have their job title written on them too.

2. Do all police officers have to wear badges?

All police officers must carry their warrant card all the time, on and off duty. This is particularly important for officers who wear home clothes, because unfortunately pretending to be a police officer is a particularly nasty crime. If you think a police officer might not be real then you can check - a real police officer will not mind you asking to look at their warrant card.

3. How many criminals have you caught?

Me personally, I literally have no idea! My police force arrested somewhere between 16,000 and 17,000 people last year though. I think it is important to remember that catching criminals is a team game - one officer can't do it alone.

4. How do you find criminals if they don't leave clues?

Excellent question! Everyone leaves a clue... but they might not know it. So lots of burglars know about fingerprints and wear gloves, but they might not know that our dogs can sniff them out.

5. Do you dislike ants?

No way! Ants are amazing. If they come up against an obstacle they just step back and work out a way around it. They are also amazing at teamwork.

6. Are you scared of Lions?

Oh wow yes. I'm more scared of plants though. Giant plants with sprawling rubbery leaves – they really freak me out.





Claire Sumners

zero waste maman



Who am I?

My name is Claire and I am an environmental campaigner. I am a mama to 2 children and they help me try and teach their friends about waste and how we can all save the planet together. I don't like single-use plastic because it is littering the oceans; I want to care for the planet so I choose not to buy single use plastic, things like crisps, drinks bottles, shampoo, conditioner, balloons, wrapping paper even - lots of things! I write a blog and post photos, ideas and help for anyone who wants to make changes to help the planet. I only put my waste bin out for collection 8 times in 2019! I like to make my own things like cleaning products so I am not polluting the planet.

Regional Rep

I also volunteer for Surfers Against Sewage, a charity that wants to stop plastic from entering the oceans. I run beach cleans and a campaign called Plastic Free Seaford. In relation to Covid-19, my life has changed a lot as I now home school my children so I have less time to write helpful hints for people who read my website/blog/social media. I also can't run beach cleans in Seaford because we aren't allowed to be with lots of people right now. It's actually made me grateful for what I do make at home because I don't worry about having to buy certain things like pizza, crisps, bread, because I was making them all myself before! It's been a very strange time and has made many adults feel very uncertain but I hope it's been a time for communities to realise we can all work together to make change and support each other.



Questions?

1. Do you ever go out on a boat, collect plastic from the sea, and bring it back to shore?

I would love to go to the Great Garbage Patch in the north central Pacific Ocean; it's where most of the rubbish that's in the ocean collects because of something called a gyre. It would make me very sad to see all of the plastic rubbish that's collected there but I would like to collect some. I have been on a SUP (standup paddle board) to remove litter from the Cuckmere River. That was cool.

2. What is the weirdest thing you have found at a beach clean?

A dolls leg that dates from the 1950's!

3. Why do you want to look after the sea?

70% of the oxygen we breath comes from marine plants so it's really important to keep the oceans free from man made items like plastic and to limit the fuel from boats, so that the plants can remain healthy. We share the planet with the living space of marine life like fish, dolphins and whales; they provide us with so much that we need to be kind and take care of their home, not destroy it.

4. How do you make cleaning products?

I like to eat grapefruit for breakfast and drink lemon with hot water. Before I learnt to make cleaning products I would throw the peelings in my compost bin, not now! Now I pop them in a jar and add white vinegar, leave it for 2 weeks so that all the oils from the peels go into the vinegar, mix half of the vinegar solution with water: a chemical free general purpose cleaner!

5. How do you make your own crisps?

This is a great recipe to start living 'zero waste'! You keep the peelings of your vegetables like washed potatoes, carrots, parsnips that you might ordinarily throw away, rub them in oil and a little salt then roast them low and slow at 180 for about 20 minutes or until they are crispy and there you are, homemade crisps!





Trevor Shaw

firefighter



About me

I was an average student at school. I really disliked exams and was terrible at maths but enjoyed practical work much more. I joined my job purely by chance. I saw an advert and thought 'That looks interesting'; it took nearly a year of entrance tests, physical tests and interviews competing against others for the job. I still love my job 15 years later. The Fire Brigade is like one big family. Anyone can join, it doesn't matter who you are or where you are from. As long as you can pass the entrance tests and are physically fit enough you can join, although you do have to have a head for heights and be able to crawl through incredibly tight spaces!

About firefighting

It's not just fighting fires; we deal with car accidents, flooding, chemicals, water rescues... the list is endless! A large part of our job nowadays is focused on education: we visit schools and households to explain how fires can start and what to do to help prevent them. Every day is different, you never know what you will be doing when you start your shift. Sometimes we have to deal with things that are not very nice like house fires, people getting hurt, and sometimes when people have died. It's hard but we work together as a team to do the best we can for people. Our job has changed slightly with the Coronavirus that we are all adapting to. We have to be a lot more careful when dealing with the public and going into people's properties than before, it takes some getting used to.



Questions?

1. What is the best bit about being a fire-fighter?

The people you work with and not knowing what incidents you will be going to each day. Every day offers something different.

2. What is the biggest fire you've ever put out?

The Reeves furniture store in Croydon during the London Riots in 2011. We were the first crew to arrive at the fire and spent all night there. It was hot!!

3. How tall is the ladder on your fire engine?

13.5 metres tall. Its tall enough to reach the top of most buildings but takes 4 people to lift it.

4. Why do you need maths for working in the fire brigade?

When we send crews into a building to fight a fire, someone on the outside has to work out how much air they have in their breathing sets, and how long it will last them. Using maths we can then work out how long they will be able to last before they run out of air.

5. Can you tell us an interesting story from working as a fire-fighter?

Lots of interesting things happen, we once had to rescue someone from a ride at a themepark when the ride had got stuck and had left them up in the air!

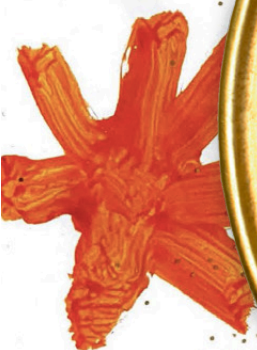
6. Do you work with some girls?

Yes there are lots of women in the Service: until recently (when they retired) the Chief Officer of the London Fire Brigade was female.

7. Why do fires start?

Normally by accident – leaving cooking unattended, falling asleep etc, but sometimes deliberately. It's always important to have a smoke alarm so that if a fire does happen you can get out as quickly as possible.





Nikki Gatland

Sea Adventurer



Who am I?

I am aged 27, live in Lancing near Brighton and I love the ocean. I teach Police Officers, training them in how to talk to members of the public and how to control someone if needed, including using handcuffs. During this time, I have also been out on the street as a Police Officer, keeping people safe, making sure they are abiding by the COVID 19 rules and helping them if needed.

Hobbies

We are incredibly lucky to live on an island, surrounded by water, and even more lucky to live in the South East of England. I would spend my whole time at the beach if I could, watching and listening to the waves and sometimes it is even more important for me when things get a bit tricky or I feel sad or upset: if go to the beach, there is something about feeling at one with nature and watching the waves roll in that seems to make everything better. There is something magical about being on the pebbles or sand, looking out at the horizon, and appreciating the natural wildlife below, which is why we need to do our best to keep it clean. I enjoy the sea in many different ways, from swimming to kitesurfing and paddle boarding, but from a young age I have dreamt of self-sufficiently crossing an ocean, so now is the time: I will be rowing 3000 miles across the Atlantic Ocean. I have done lots of water-based challenges before, and although none as big as this, they have all shown me that anything really is possible. You just have to have the dream, confidence in yourself and willingness to learn and adapt. I will be rowing the Atlantic to raise money and awareness for cleaner oceans and mental health.



Questions?

1. When you row across the Atlantic where will you sleep?

In the boat there is a little compartment, usually at the stern, which is the back of the boat. It is sealed and protected from the elements. This will just be big enough for one person to sleep in.

2. When you row across the Atlantic how will you know where you are?

We are very lucky with technology and we will be able to use a GPS (global positioning system) but we will also have to learn how to map-read in case the GPS stops working. To do this we will need to understand the latitude and longitude so we can plot coordinates along the route.

3. Are you scared of sharks?

"YES!" would be the easy answer but it depends in what context. Fear is an interesting emotion, I think it represents respect for something, especially something with such power like a shark. In their natural habitat, sharks shouldn't be scary to humans, they shouldn't really be interested in us. But if I came across one on our row I think my be a little! :)


4. How long will it take to row across the Atlantic and how much food will you need?

We are hoping the row will take about 50 days which is about a month and a half. We hope to leave in December 2021 and finish in Antigua by the beginning of February 2022. We will need a lot of food because on average we will use about 4,500 calories a day (normally an adult uses between 2000-2500 calories a day). Most of the food will be dry and vacuum packed, but high in energy to keep weight and size to a minimum. If we are lucky we might try and take a vacuum packed roast dinner to have on Christmas Day!!



"I would like to thank the dedication of the three teachers, Emma, Liz and Nicole, who worked collaboratively in such a challenging time, to make this project work. Their enthusiasm and careful planning culminated in the creation of this successful book, suitable for all ages. It is something the children will be able to look back on in the future as a positive memory of this time and be proud that they were a part of it."

Rachel West- Executive Headteacher of the Oak Tree Federation



When we are shut
inside it is more
important than
ever to have
role models.