

THE RESILIENT KID PODCAST

Season 2 – Episode 4

Interview with Kim Smith

Ashley: Hello and welcome to the resilient kid podcast with me, Ashley Costello, psychotherapist of over 25 years, um, really helping families, kids, adolescents, you name it out there, just build some resilience and get some support. Now, today's podcast is a little bit different because I was asked to go into. Um, our local radio station, Radio Northwich, shout out to Radio Northwich, um, and our radio station, probably like a lot of others, is owned by, you know, just the average person.

So Kim and John, um, both did a little bit of volunteering and then they decided they would buy the radio station and they have taken it over. Since then, our local radio station has not got bigger and better, but also it brings in huge events to, um, our area, which is so lovely. They put on probably four or five gigs a year.

I'm really lucky in, um, being a part of the events team with Sam Newey, shout out Sam. Um, and we absolutely love it. Everybody who's involved in the radio station is a volunteer. They, um, Yeah, you can do everything from kind of collecting the coats, you know, doing, um, the cloak room because Erin, my daughter, Erin does that with her mate, Caitlin.

Um, and Sam and I are very fortunate is we get to meet the bands. So one of our favourite bands, Heaven 17, who it was actually. Northwich seen the biggest gig since the Beatles came, um, a couple of years ago is to hang out with the bands at the back, make sure they've got everything they need. And yeah, it's just really lovely, exciting.

If you have a local radio station, absolutely get involved, get involved. It is such good fun, really good fun. We love it. Anyway, so Kim, who has a show on every morning, um, asked me if I would like to come on a show and talk about the nomination, the F entrepreneur, and they have a big campaign every year and it's called #Ialso100 not easy to say, but, um, it highlights the top 100 women in the

UK that have their own business and are just getting out there and doing it, you know, and it was really, really lovely to be part of that list to be chosen to be part of that list, um, feel very honoured. As you will hear in the interview, going to House of Lords on International Women's Day to have a little celebration with them.

However, why have I put the interview as a podcast? Well, when Kim and I get together, we always debate lots of things and there are some real golden nuggets on here that will really help you understand sometimes the struggles that kids go through, um, understand and help. The kind of things that they're coming across and I just thought you know what this is too good to miss really, it's too good not to put it out there and so yes, we do talk a little bit About the, um, F entrepreneur nomination.

But it's really only at the beginning, just, you know, honestly, it's like seconds, um, Kim does this really lovely thing, which we now do as a family, and I would absolutely recommend that you do this and it is, um, think of four songs, something old, something new, something borrowed, which would be a cover version and something blue now, because of the.

Nominations and the women less being, although these fantastic women being on this list, I used, um, I picked all women artists this time. So have a little think, have a listen to the podcast. Honestly, there is really some golden nuggets in there, or I wouldn't have asked our lovely Chantal, um, to splice this up.

So there's some lovely nuggets in there, things that, you know, you might not know things that you. will learn that would just help you as a parent, support you as a parent. And also, um, just if you work with kids in general. So there's some nuggets in there. Listen to the podcast and have a little think about what is your, um, old new song.

Borrowed song, blue song. So blue, by the way, just so you know, uh, blue can be blue in the title, blue in the, as in it makes you feel sad, or you listen to it when you feel sad, so it's quite loose, so you can get away with most on that one. So yeah, have a, have a little think while you're listening to the podcast.

What four songs would you pick? And then I will tell you what I did right at the end. Enjoy.

Kim: We've got a really exciting Ashley Costello, uh, sat opposite me. Talking about something very different. Uh, because it's not about anybody else.

It's all about Ashley today. Not about anybody else. It's all about Ashley. So I've got Ashley with me. Good morning. Ashley Costello, how are you?

Ashley: I'm very good. Happy Valentine's Day, everyone.

Kim: Happy valentine's Day. Isn't it lovely to be here on the day of love? Now, is Valentine's Day a big thing in your household?

Ashley: it is because it comes off the back of two birthdays. I know, two birthdays.

Kim: So you've had two birthdays. So, you're

Ashley: Finn. So how old was he? Finn was 14 on Friday and then my David, not your David, my David was 50 on Sunday.

Kim: So, first of all, Finn, did you have a really fantastic time? And what is it like to have a 14-year-old boy?

Ashley: Uh, as you would expect, 14-year-old boys, messy bedrooms, you know, in the shower for half an hour, lots of cologne, that sort of thing.

Kim: Lots of gel, lots of hair gel, lots of hair gel. And then, of course. The big man, the top guy, Dave, 50. So for a kick off, your husband still looks about 35. I mean, to be fair, I mean, I've not known him very long, but he is, doesn't look to me as if he's got a line on his face.

Ashley: Yeah, he is, he is lovely. And you know, Dave, he's very humble and stuff. And we had a bit of a gathering on Saturday just at the house, but we had, friends from, uh, Abu Dhabi, family from Ireland who all just sent videos in. The Electromatic.

Kim: The Electromatic, and you know, halfway through my night out on Saturday, I went, I know what I should have done.

I should have sent Dave Kelly a video of me in my onion goggles. And I totally and utterly forgot. I can just say one thing about your husband. Your husband, at a drop of a hat, will put up twinkling lights at the back of the plaza, so Heaven 17 feel that a very cold room looks Christmassy. He will run to the middle of nowhere, where he's not meant to know where we are, and drop off matches for candles for a cake that we'd forgotten.

Ashley: Yes, he is very good.

Kim: He is very good.

Ashley: He is.

Kim: Everybody needs a Dave.

Ashley: Everybody needs a Dave. Without a doubt.

Kim: Without a doubt. Well, this is all about you. So, my goodness.

Ashley: Yeah, so it's really surprising. I was Nominated for, F entrepreneur, F as in female entrepreneur, yes. Yeah. and they have a big campaign that they do every year called I Also 100.

And it's really to showcase women in business, women that are thinking outside of the box, thing, women that are doing things like yourself, Kim, who are doing things for their community and doing it differently, not, not following, you know, the usual rules and stuff. And I was kind of like, Well, why me? You know, and I think, I think the important thing about it is, you know, recognizing, especially on Valentine's Day, but recognizing the women in our lives who go, do you know what?

They go above and beyond that. They are really pushing the boundaries and really trying to bring business their way. So like, I know lots of women entrepreneurs and the reason that they do it is because employers are not always set up to. Go and watch your kid's assembly or finish early because you want to go and see him in a play Yeah, and you know as an entrepreneur as somebody who runs my own business.

I can do that. I can take an hour off to come and see you on the radio.

Kim: I know and that you know is you've got freedom. Yes, absolutely. You've got absolute freedom, which is a joy Isn't it? Because if you had, if you were working across the road somewhere, in one of the shops across the road, you would have to start at 8.

30 for 9, kick off, and finish at 4. And I know, I've, uh, honestly, I've missed that many school things and productions and stuff. I just know. So I think that's brilliant. So, who nominated you, do you think?

Ashley: a lovely lady called Michelle Collins, who works for Pink Spaghetti.

Kim: Oh, lovely, Michelle.

Ashley: Which again is, Pink Spaghetti is a franchise that they, they are VAs, PAs for businesses and they all work for themselves.

And it's just, you know, and it's a massive big network across the UK and she's involved, with F Entrepreneur, and it's run by Small Business Britain. And what they do is they do lots and lots of workshops like imposter syndrome, how to scale up your business, all free to really support and champion the women.

And if you have a look on F Entrepreneur on any of the socials, you will see that the hundred, the, the campaign that they run, the I also 100, they literally put-up women every single day and champion their business. Put in links back to their business putting pictures of them. Yeah, it's an amazing Opportunity.

Kim: As well for you. So is it a whole year that you are part of that campaign now?

Ashley: Yes, I am the celebration is actually on International Women's Day at the House of Lords believe it or not.

Kim: Oh, I saw that and I thought to myself, are you going to the House of Lords then? All 100 of you?

Ashley: I don't know if everybody goes, but we all have the opportunity to go.

Kim: And you're going to go?

Ashley: Yeah, so, that's on International Women's Day in March. And it just is, you know, they have celebrities there and it is just a chance to celebrate being a part of the list. Yeah. Well, you know, get to know different people and, and chat with them and see how you can help each other out.

Um, so yeah, really, really looking forward to that. It's really special occasion.

Kim: That sounds absolutely amazing. Now you've chosen some fantastic tunes and I love this one because this first one, Beyonce is just perfect because it's about women in business and just by the by, in case any of the guys are listening, going, hang on a minute.

Do the guys have similar? Guys have lots of stuff like this, don't they?

Ashley: Yeah, there's loads and loads of awards out there, and loads of business awards, and I think the reason that this is different is because it is specific for women, and it's quite often specific for women who have their own business, and I think there's a lot of corporates that recognize, and there's lots of big businesses, but not kind of small business.

And I'm recognizing particularly women just, just because they think, you know, to try and think out of the box to try and make things balanced for their family and, and for the business as well. .

Kim: So now, your business. Tell me about your business, Ashley, and you, when did it start, your business? And because you've worked So tell me about your career, your pathway and your business, please.

Ashley: yeah, so I did, I went to university straight after, straight after college and first, kind of first in the family to do that, you know, and which is something that my grandparents, I think, were really proud of.

Absolutely proud of.

But then when I told them I was doing psychology, they were just like, what the what now? And it was probably at the time that Maureen Littman was doing theology.

Kim: So, why psychology?

Because psychology for me, because I've done it as part of nursing, it is really tough. So, so I'm evidence-based nursing, so this happens because that happens.

But psychology for me is like a bit like more flowery.

Ashley: Well, it's, it's actually funny because lots of people have that impression, but it's all based on research. So very much evidence based. So the degree is science based, even though if you asked me, I would have always gone, no, I'm never doing science. And so lots of studying about the brain, the behavior, why we behave in that way, what happens in the brain when we behave that way and vice versa.

So yeah, lots of things like that. so kind of after, after uni, um. Well, the reason I guess that I wanted to do psychology is my dad had a nervous breakdown when he, when I was younger and we didn't know what was happening. Like none of us had ever seen this before and we were just like, Oh my goodness.

And it had a massive impact on the family. My youngest sister was only five at the time. So she didn't really. You know, she didn't really know she was shipped off to Nana's and me and mum had to kind of deal with it. And that was really a real tough time for the family. He was fine. It was a chemical imbalance brought on by stress.

And, you know, once they got medication, he was absolutely fine. and so it really gave me that thirst to find out more. Why does this happen? Why do we get stressed? What, what is it? And I always then vowed. That I would look after kids in that situation.

Kim: But you were a young person yourself then. I mean, you're still very young now, but you were a young person and you decided that you would look after children, because I don't think it was called mental health then.

Mental health is this new thing that we all band around everywhere. But it was the kind of thing that was sort of, I don't know. I, I know, remember big institutions where I lived in, in Warrington. Winnick Hospital was where everybody went when they'd gone a bit, like, back in the day. They said, do lally.

Ashley: Yeah, absolutely.

Kim: And so, we didn't really know. So, you were young when you were dealing with this. And how amazing that you had the foresight to think, I'm going to look after children. Because, as a kid, I wouldn't have presumed that anybody would have any mental health issues.

Ashley: But you think about when, you know, every child eventually loses a grandparent.

Who's looking after that child in that situation who, you know, yes, at that time, my dad was poorly, nobody, there was no support for, for me or my sister. Why am I staying at Nana's for weeks on time? You know, stuff like that. But then you think about when my Nana died, it's all about. My mum losing her mum and yes, you can support your children But actually to have somebody else who does that support while you're still grieving you know have that support because especially now at the moment, you know, we've got a lot of um children being kind of, uh, assessed for neurodiversity or they are displaying traits or it might be behaviors like separate, like this morning, the podcast was literally about separation anxiety, who's supporting those parents with going through this?

Because we don't get a manual, do we? And you and I have spoken about this a lot. And if you. You know, if you did get a manual, with you first? If you have another, you'd have to put that manual in the bin. Yeah. So who's supporting the parents and who's supporting those young people around these kinds of topics that they're struggling with, whether it's stress, whether it's anxiety, grief.

Um, so yeah, so that's really why and busier than ever, Kim.

Kim: Also, because you know, it's, it's, we had a weekend, uh, away of girls all at the same age. We all did our nurse training together and we were all reminiscing and we were talking about our day at school. And, you know. We were talking massively about Brianna Gay and the situation there.

I don't know when I grew up, if there were any young people who were struggling with their gender, it wasn't talked about. So I'm presuming it happened. I don't mean goodness me, the poor, the poor kids going through that because I don't know of any, and it just seems to be now that it's, it's open, thank goodness, but you must have to deal with.

Children that have got those kinds of issues, but also the parents. Because I was reading about her dad had really, really struggled to come to terms with what had happened to his little boy.

Yes.

Ashley: Yeah, absolutely. And I think as well, it's, I think the awareness is amazing. I think with that we have to be very cautious about at what age we're broaching this.

Um, but also, I think having that awareness and giving that education piece. To parents, to kids, and knowing that they're supported, whether it's gender, whether it's sexuality, to really help them with their identity, because as we know, as kids move into their teen years, everything in them pulls away from us as parents and identifies with that peer group.

Ashley: But what if you don't see somebody that looks like you? What if you don't see in your peer group anybody who you want to identify with? You're left out on a limb. And that is when kids get themselves into trouble.

Kim: Got you.

Ashley: That's when, if they don't feel they belong, if they don't feel they found their tribe, the anxiety rises and they are then open to drugs and sex and, you know, experimenting because they want to belong.

It's, it's in our DNA as human beings.

Kim: And do you know, do you watch, do you watch Waterloo Road, for example?

Ashley: I know of it. And I've watched a couple, I've not.

Kim: Is it called Appley Bridge? Yes. The other one I used to watch. Which I thought was real at the real cutting edge of education. but you know, if you watch those things, you can actually see how quickly a little thing like that can manifest.

There's a group of girls, I'm not saying it always happens to girls, you know, and for some unknown reason, uh, one of the girls doesn't quite fit in. And you can see how they surround themselves but ignore the girl. And you can see quite quickly on a TV drama how things can happen and manifest. And it's, wow.

Ashley: Yeah. And one of the biggest, one of my biggest bugbears at the moment is, and locally this is happening quite a lot because, so if we just go up the road in Hertford, we have got the biggest establishment, educational establishments in Europe in the village of Hertford. Wow. Right? So, so you, you know, apart from transport and all that we're struggling with, what is happening is there is more and more kids going into schools.

The classrooms are getting smaller. Class sizes are getting bigger and if you are putting a child that may be more sensitive than others and that's without any additional needs, just, just if you're not as hardy, shall we say, you're not as resilient and you're putting them in a class size of 30, 32 kids and it's noisy and that you've got one person trying to, one adult.

Safe adult trying to control all that. They're stressed out to the hilt and, and the buildings for school are getting smaller and smaller and yet the class sizes are getting bigger and we're expecting them to sit for hours and hours at a time. And it's no wonder these kids are coming home with anxiety.

It's no wonder they're struggling in an environment where they almost, it's, it's getting like prisons.

Kim: I mean, you're so right. And it is so interesting. I mean, your, your job is like a can of worms in a way because you must be pulled in directions of all sorts of things. I mean, some of the things that have shocked me is that, uh, girls aren't allowed to go to the toilet when they're on a period in between a thing, because you have people vaping or whatever drugs in the toilets and stuff, you imagine being a young girl.

On a period and we've all been young girls on periods at schools and we so we know but not being able to go to the toilet Yeah, I mean, I mean all these things. I mean goodness

Ashley: What I would say is a big part particularly at high school but for most of most of my job when I sit so, I work a little bit Differently than other therapists or the other psychotherapists.

Um, because what I do is I support that child, whatever the age, you know, and I've got uni students, I've got high school, six farmers right down to nursery kids. Wow. and then what I do is I, I have a few sessions with them and then I have a session with parents and most of my job with the parents is giving them agency.

Advocating for them in school and saying, if your child is refused toilet pass, you fight it. You know, if your child needs to come in later and come through the front door, because they can't manage the crowd, uh, in a morning before school, you fight for that. And you'll get the schools for the majority of them are very supportive.

What they do is these blanket rules sometimes. And then what happens is you get. the stress levels and then people start to school refuse. And once you've got a child that school refuses, it's very, very difficult to get them back in.

Kim: Wow. So honestly, it's so interesting.

So how do you, so how do you plan your day? Because you must do lots of work in lots of different environments and a lot of it on Zoom, I'm guessing.

Ashley: so it really depends. So on a Monday, I am actually just over at Rosebank Wellbeing Centre for the day.

Perfect. Perfect. So people come to me there. So some of them are adults. some of them are older students, so kind of high school or 6 formers that come over there during the day. Tuesday I am in schools around the area and also Wednesday is, like I've literally come from a school this morning to come straight here.

Kim: And what would you do in a school? What, do you, do you chat to a group of kids or are you chatting to teachers? What, what is your role in a school?

Ashley: So a little bit, like I was saying before, so I'll see the, I'll see the students within the school individually, which the parents pay for that service.

However, because I'm based in the school, it's like a bridge. So just like I talk to the parents, I also talk to the teachers. So I might say, how are they doing today? You know, what's come up lately. And it just means that I can work there and then on what's going on for that. Child in that school immediately.

So as much as I have like a, a framework and a program that I'll take them through to kind of build that resilience, it is sometimes reacting to what's going on for them there and then, and then kind of being that bridge between parents and teachers and being able to feed back that. Cause especially, you know.

It's not like when you drop them off at nursery and you get an update every day. You, you drop them off, you hardly really get to speak to the teachers. They don't have time and they want to support the kids. and so it's really, it's a really good opportunity for me to do that as well. and then I'll do, I often do some corporate training about building resilience in the workforce, things like that.

So yeah, it's really varied.

Kim: Wow, it is varied.

So what kind of work would you do corporately? So what's your, without naming any names. What could you, how could you build resilience in the workplace? What could you talk about?

Ashley: So, because resilience we think about is, oh, you know, get down, get back up. You know, that's how we see it with it.

Well, actually it's not, it's made up of like components like community. You know, that's why I'm always a big fan of Radio Northwich because you champion those community. You've got the back of those. Charities, those causes out there in the community and rally others for it. So community is a big part of resilience.

Having confidence. How do we build our confidence this morning? I have been talking about, you know, a young girl who's really struggles at school and actually, a mom's like, should I just go and get her? And I'm like, absolutely not. We can't, we, you know, we are built to be brave. We often think of, when we go, when we get.

When we get scared or we get anxious, I always think about it as like a fire alarm, as a, as a smoke detector, as you were. So that fire alarm goes off when we're in danger and we've run out of the house. Right. But it also goes off, don't know about you, Kim, if you burn the toast. Yes. Right. Now the burning the toast, that alarm that's just gone off, we're not in danger.

So I always say to parents. Ask yourselves and talk to the kids about this. Is this a dangerous situation where I don't feel safe? Or is this a situation where I need to be brave today? And actually, if it's the latter, then we need, as parents and as adults who care about them, give them the opportunity to do that.

Because once we start making those accommodations and going, I'll pick you up. Absolutely. Taking away that opportunity for them to learn, to grow, for their comfort zone to stretch and their confidence to build. So, you know, there's lots of components like that, that are really important. So in businesses, I will tailor that to what do you do, you know, if it's a business, that work for themselves, like small businesses that work for themselves, it's like, what are you doing to build your resilience?

In because business is hard. Oh, business is true. You know, business is hard. Yeah, totally. you know, if it's, if it's franchises or co or big corporate companies, I'll go in and say, okay, how do you build your own resilience? And we'll go through like step by step each of the components and see where they're lacking and what they can do to build it.

Kim: Wow. What an interesting, so when you started at university aged 18, you would've been Mm-Hmm. . Did you ever feel that, that you, you know, every day you must be stretched and given a different situation.

Ashley: Do you know what? It's really funny. My first job straight out of university was a residential social worker with deaf young adults.

And every day you were on your toes, you never knew what was going to happen. You could be interpreting, you know, at college for one, for one young person, and then you'd get home and there'd be another young person who would be deaf, but would be also. Also autistic and be stressing out or struggling with something.

So you never knew. And I think that was a really good test. I mean, just, yeah. And it just means for me, I don't always know what I'm working into, but I do know that. As long as these kids are being seen and being heard, they'll be okay.

Kim: They'll be okay. And then something you just said, and one of the first things you said, as a parent, it's not a guidebook.

And like you're saying, you just said, you know, and the parent says, should I pick them up? And you go, no, because as a parent, sometimes you can't do right for doing wrong because you know, when you get your child home and the crying and going, oh, you picked me up because I can't bear that walk. I'm being bullied on that walk from school to the bus stop or whatever.

And it's so easy as a parent to go, I'll pick you up to take that situation away. But that. That isn't going to change it, is it? So it's hard for you, for you've got to really lay it down with parents, haven't you?

Ashley: Yeah. And there's, there's times when I have to have quiet, you know, frank conversations, but also, I really empathize with the parents because we want to take away that pain.

Of course we do. And of course we want to make it easier, but actually in the long run, what I call future proofing kids is not gonna be in their best interest so it's not that if they're being bullied, so I have a, I have a bit of a, like top tip that I always give my parents, right? And parent, kids will come home and you know, they'll be worried about something or they'll want to tell you something.

And I always say three things, right? Ask them, do you want me to just listen to you? Do you want me to help your problem solve? Now that's, that's not you jumping in with a solution. Or do you need me to take over this? So for instance, is, do you want me to just listen? That is a really big one because as parents, we want to solve it.

We want to shut it down because it not only hurts them, but it hurts us. We feel like we're failing as parents. So when we say, do you want us to just listen? Reflect back what you're hearing. Don't be jumping in with your own opinion. You know, when we say, do you want me to help your problem solve? Stuff like, well, what could you do differently next time?

What is it you're going to do now? You know, how do you feel about this? So they're reflecting themselves because what you're doing is you're not only helping them Future proof and so they can cope with it next time you're wiring their brain to say they can cope Absolutely, and then the third one is if it is bullying absolutely you jump in and do something about it You go to school you go to those parents.

You say that I'm not having this. This is my child, but there's very few and far between situations as parents, we need to jump in.

Kim: Oh, but it's just, this is a minefield.

It is. It is a minefield. It is because

Ashley: we always think we're failing and you know, I've said this before on, on the show and this is kind of why the whole premise about my book is as a parent, we only have to get it right 30 percent of the time and you still turn out okay.

Kim: That is so interesting and listen, if you are as a parent and you've got your head in your hands thinking, oh my goodness, 30 percent of the time you've got to get it right.

That's all.

And please tell us the name of your book.

Ashley: A Parent's Guide to Building a Resilient Kid.

Kim: And it's an absolutely must have.

Everybody, I don't think you should give it to people when they've just had a newborn baby. Along in the wicker basket full of little booties. But it's certainly a book that is gonna help take you through things, isn't it?

Ashley: Yeah, and I think as well right up into, you know, into the 20s, if we think that as a You know, as girls, our brains don't finish developing until we're 22, 23.

Wow. And as boys, it's 27, 28. So, you know, we, we need that help as parents. We need that, yes, I am doing okay.

Kim: Now that's amazing.

A lovely message has come in from Carol. Gorgeous Carol Salmon. Oh, hello. She said, I always learn from Ashley and I love it. It is important because, you know, I remember getting to a certain point where my boys were a certain point and I just thought, oh, thank goodness they've got to 16 and they've as yet not gone on drugs and they've not done this and just think, oh my Lord, I mean, there are that many curve balls today.

They seem to be more curve balls today than there were and, and you know, I, I knew one of my sons out of the two would bow to peer pressure because it was that kind of child. He's now 38 and thank goodness hasn't bowed to peer pressure. He's come out of it. Okay. And didn't do drugs and et cetera, et cetera. But I think there's so many curve balls thrown at kids today.

I mean, listen, my big worry is every single child I see walking past here vaping. Yeah. Actually, I don't know what to do.

Ashley: It is worrying. Vaping is worrying because you know, it's one of those things where it's. Like we said before, when they want to belong, they want to vape, absolutely. everybody's going to vape together.

But actually, it's about having open and honest conversations. You know, I know my, son, I know some of his mates, vape and he, he will openly talk about it. He wants, you know, he wants, a career. Acting and singing. Vaping, he can't do that. We don't know what the effects of vaping is going to be. And I'm not talking about lecturing our kids, but having open and honest conversations.

Use their friends. Use what they're telling you. Keep that communication and, and be open. I had, you know, um. honest conversation with my daughter who is not there yet, but I was telling her about somebody I'd heard who'd got, you know, we'd picked up a sexually transmitted disease and it's awful because you know, that will now.

Follow her for the rest of her life. My daughter's not in that stage yet, but she's old enough to have those conversations and be aware. And I think using other people, real life examples, is a good way of giving that lesson rather than lecturing.

Kim: Absolutely right. And one girl who was an absolute star.

But fell to the wayside and as her parents, you know, as her parents, I think when somebody's living their life in the public eye, as did Amy Winehouse, you know, her mum and dad, who split up in the middle of her being popular, they must have had their head in their hands because it was like a, it was like a train that was going and they just couldn't hold on to her legs because she was off there and going and, you know, marrying the guy that she wanted to marry and da da da da da.

But that must be tough if you've got somebody in the public eye because it's a difficult.

Ashley: And there's a lot of people around them as well, giving advice, because I think one of her songs talks about, oh, you do, you know, it's okay. You don't need to go to rehab. And actually her dad has admitted that at one time he should have maybe sent her, but he was told, no, it's fine.

She'll be fine. She'll be fine. And obviously she wasn't. But what I would say to you is for me, it's around. Resilient. We talked about community spirit that building your resilience is building those people around you that are going to support you that want the best for you, not just the best for them.

And it doesn't matter if you're, you know, 13 making new friends or you're our age surround yourself with those people who want the best.

Kim: Absolutely. We were just talking off air really about youngsters that have sort of lost their way. And, you know, we hear all the time, when anything nice happens to Northwich. Say, for example, Toppers of Northwich have set up, uh, you know, beautiful pina colada things on the end of each bollard.

And a group of youngsters have gone and pulled them off. We don't know who they are. Everybody goes, oh, it's those youngsters. You know, we don't know where they come from particularly. They seem to always be a permanent group of kids. That are, if you come shopping late, they're in Baron's Quay revving up the cars.

And, it's a tough one, isn't it? Because, I think for every age group, everybody goes, there's never anywhere for us to go.

Ashley: And there really isn't. And we talked about, you know, we've talked a couple of times this morning about how kids want to belong. So where are they

belonging? And where we are in Northwich, and, and our good friend Sam and I talk about this, we're right between Liverpool and Manchester.

So we're perfect for that drug run. And if we're not careful, if we don't really Embrace our young people, make them a role within our community, give them a space. We're going to end up with kids who are going to turn to drugs or other anti-social behaviours.

Kim: County lines.

Yep, absolutely. It is just an, I think we're very short sighted as an older generation to think that they'll just get on with it.

That they've got social media, they've got their mates. Actually, we need to create a space and go, you belong here. You belong here, whether that's a youth club, whether that is clubs, communities. There is a real high, connection between those kids who do after school activities and, staying out of trouble.

Kim: Yeah, I've always said if your kids have got a hobby, they haven't got any time for drugs. They haven't got any money for drugs because all the money's been invested on, Whatever the hobby is and both mine had hobbies and they still wash cars and clean motorbikes like you've never known because that was their hobby.

They did motocross and I've been passionate about that and I, and I think it's a shame because we do see, uh, there's something somebody trying to text in. Sorry, and it's coming through and it's making a bit of a buzz. I can only apologize. but we do see kids wandering around here. And it's a shame because it was directing them.

Ashley: We haven't, we haven't made space for them yet in Northwich. That doesn't mean to say we can, you know, and I think we absolutely can. but you look, football stadiums around the country are full every weekend. Thousands and thousands of people. Why is that? Because they all belong, they've got a common cause.

They want to come together and celebrate that team. That's what we need to create for youngsters.

Kim: Do you know, Ashley, you need to come out. This has been so interesting. If you found this interesting, uh, or you want to ask Ashley further, how do people find you, Ashley? Because you're just a godsend. So how do people find you?

Ashley: so I'm on social media. I'm on Facebook, The Resilient Kid. I'm on Insta, at the Resilient Kid. You can find me, Ashley Costello. I'm on LinkedIn. You name it, I'm there. but you're more than welcome. Anybody, you've got a question, you know, you're not sure you're struggling with something.

Email me at ashley@theresilientkid.co.uk

Kim: And I will make sure all that information is shared when we do the show replay either later on today or tomorrow, because that is so crucial. If you are listening and you've got your head in your hands and you can't take on board what Ashley said, message me.

I'll refer. Oh, this phone. See, the phones are all buzzing as if, you know, as if you're going to get a text. As if somebody's like, I'm about to text. But message me and I will send everything across to Ashley.

Ashley: Okay, welcome back. How was it? Kim is so lovely, isn't she? And actually we probably did a really, um, gave Chantel, um, my VA a really hard task because when we get together, um, we really like, we get so excited. We start to talk over each other, Kim and I. So yeah, quite funny. So you can just imagine when our other friend Sam is in the mix, we were all talking over each other because we get so excited.

So I hope you found that useful. Um, I said that I would give you a little list of my songs. I'd love to hear what your four songs are. This is a feature that Kim does every day, but we do this as a family, especially if we've got like extended family coming around for you know, lunch or dinner or whatever.

Well, everybody will write down little post it notes and, and one of the kids will make it into a playlist and then we have to guess who's who and, oh my God, I've not heard this for ages. It's a really fab kind of family game. Really? Yeah, we love it. We play it a lot. So my choices where my old song was Beyonce, Girls Run the World.

That's 12 years old. Can you believe it? Like, I'm like flabbergasted that it would be in an old section. I was going to pick it for new and then thought, actually, can I legitimately choose that when it's 12 years old? Um, the new one is Emmy Mio, I am woman. Now there is. That was the clean version, there is an explicit version.

Um, me and the, my eldest, uh, Erin, my daughter, we chose that together. It's a lovely, beautiful, beautiful song. Borrowed, got to be Amy Winehouse. Valerie. Um, she covered that. I think it's by the Zutons, is it? Originally. Um, but absolutely love Amy Winehouse. And then Blue, I Was Five by Gloria Gaynor. And it's just because it is a little bit of a sad song, but also, you know, that one of rising and, um, yeah, it's just a bit of a girl anthem, isn't it?

So couldn't not put that one on. Um, so thank you for listening today. Take care, everyone. Watch out for the pictures of going to the House of Lords. I can't wait. That'd be kind of exciting. Never been before. Have been, have been to St James's Palace and have been to Westminster, but never inside the House of Lords.

So excited to go to London Village. Take care, everyone. Thank you for listening. And yeah, drop me a message. Tell me what your Four Songs choice would be. Bye for now