

2022

APRIL - JUNE 2022

SPORTS FOR KIDS MAGAZINE

QUARTER
TWO



CONTENTS

01 WHAT'S HAPPENING?

Take a glimpse at whats going on in and around the Birmingham area.

13 INTERVIEW WITH...

Meet Shalika Fogarty and the powerful movement she has formed for women. This quarters main feature...

Interviewed By Daniel

20 TAMMY TALKS

Everything you need to know about this year and more. Find out what plans Tammy has for the future.

Written By Tammy

04 WHY I LOVE MUSIC

An inside look at how music affects our teens in 2022

Written By Kyrah

08 HOT SEAT

Join Dave from the Safe haven team as he takes on some tough decisions...

10 ONLINE STORE

New lines, New ambassodrs, same goal. "Keep it Simple, Play it Smart"

Written By Daniel

What's happening?

In and around Birmingham



- 02 Commonwealth Games
- 10 Online Store
- 07 Easter Half Term
- 24 Mad Hatter Tea Party
- 20 Recreational Football
- 03 Taekwondo Silver
- 04 My Love For Music



WHATS HAPPENING WHERE YOU ARE?

➔ Taekwondo Silver



Burt was coaching Rachel Higgins and Captain Grace Leppard at the tournament. With the former winning Bronze and Leppard winning Silver in ITF sparring.

The competition was the first of the year and due to Covid-19 was reduced from a two day event to just one. This meant Leppard had a lot of preparation and organising to do on the day...

Page 3



➔ My Love for Music



In my opinion and after a brief online search into the exact definition of 'art', I came to the conclusion that gracefully and simplistically described "Art- the creation of things whose

purpose is to be beautiful or full of meaning". This definition perfectly justifies my reason for calling music art.

Page 5

➔ New Clothing in Store



Yes! its finally here, our latest line has come back to store just in time for the summer. Choose from a stylish hoody, T-shirt or lounge dress for the ladies.

Having enjoyed travelling around the world it was important that "travel clothes" became a priority to feel comfortable when moving on and off planes, trains or any other transport. Our team needed to find the right company to help us bring our vision to life. Something youthful but classy and stylish for all ages to wear hence the name "Travelgang".

Page 10

COMMONWEALTH GAMES

By Daniel Bowen-Smith

If you're not a sports fan then this summer is not for you! However it is a good way to find out about some of the sports that is happening around the world. As you may know this year the FIFA World Cup has been moved to the winter, so this will be starting in Nov 2022. However, Birmingham is hosting one of the most important events in Europe. Thats right, The 2022 Commonwealth Games will be in our back yard this year. With a host of athletes attending and taking part in a variety of sports this event is going to be amazing.

This event will also give a number of young people the opportunity to find out about commonwealth countries.

The games have already started pointing eyes towards the big opening this summer. With many of their ambassadors going out into Birmingham spreading the word as well as a showcase in front of Birmingham central library in March of this year.

I'm pretty sure over the next few Half term camps, many of Birmingham's organisations will be running activities dedicated to the games.

We're all looking forward to the games and can't wait to see and learn more about it.

YOUNG COACH LEADS UNIVERSITY TO TAEKWONDO SUCCESS

Written by Isaac Darvill

Coach Bethany Burt, 20, guides UOB students to medals at the BUCS Autumn Championships.



Burt was coaching Rachel Higgins and Captain Grace Leppard at the tournament. With the former winning Bronze and Leppard winning Silver in ITF sparring.



Leppard, Burt and Higgins at the Autumn BUCS Championships

The competition was the first since of the year and due to Covid-19 was reduced from a two day event to just one. This meant Leppard had a lot of preparations and organising to do on the day.

The club captain said: "Overall, as the first student competition back it was very chaotic, with everything being crammed into one day and a record number of competitors attending, But it was a great day spent with the team, we had four medallists and new students gained valuable experience in competitions."

Leppard added: "I'd also like to think I dealt with challenges as best I could and it has made me a lot more alert to what needs to be considered in the future."

Burt's other competitor, Higgins, is new to Taekwondo since joining at the start of university.

The former kick-boxer said: "The competition was a big challenge, I haven't competed since February 2020,

So I didn't feel I was as prepared in terms of training, even though I had attended all sessions, I didn't think I was mentally ready to go out and fight."

Despite this, Higgins came away with a bronze medal only losing to the eventual champion.

Burt said: "Rachel did very well considering it was one of her first taekwondo competitions."

Higgins is determined to do better as she trains towards the next competition.

She said: "I'm very much set on working on weaker points during my fights and hopefully I can be better prepared mentally now I've got the first competition under my belt."

The competition although very successful for both fighters, wasn't about the outcome for former Welsh Champion Burt.

She used the competition to see more of how her fighters work.

She said: "Rachel, is very strong on her front leg. I want her to carry on with this but help her use it to dominate the ring as this can be important against scrappier fighters, With Grace, I want her to use her height more effectively and come over the top of her opponents, this will make it easier to utilise stronger kicks during fights."

Burt, now working towards becoming head coach as she gains experience at UOB said:

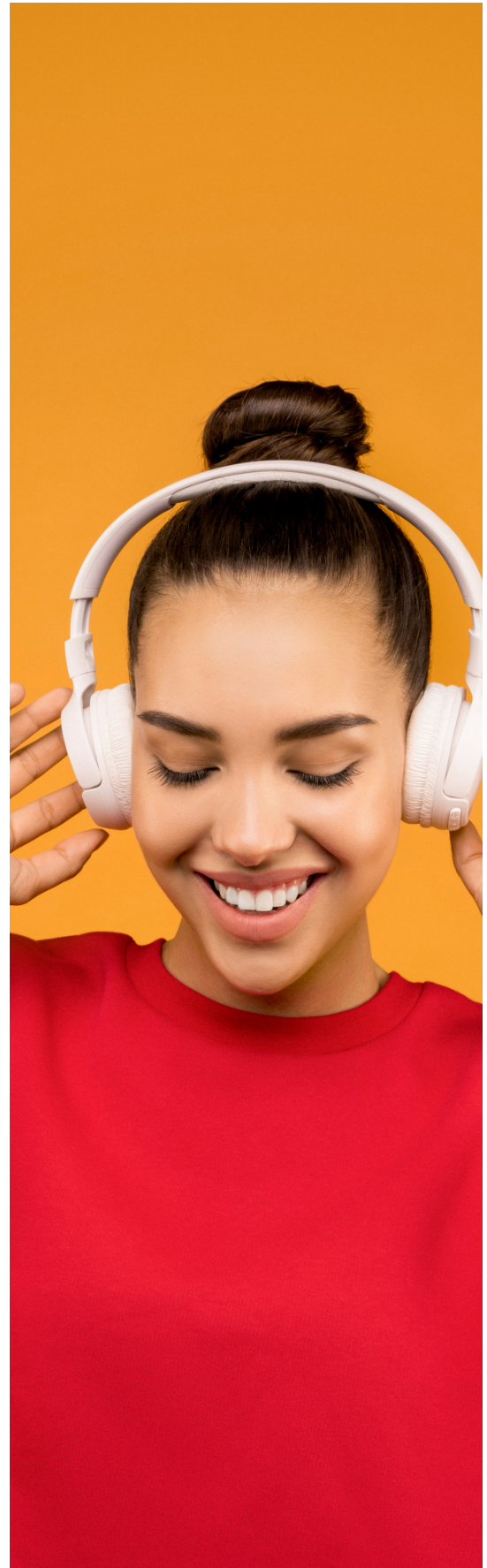
"I was really excited when the head coach position was suggested to me, it made me want to engage more in the club, Unfortunately it isn't a possibility for now, but I am looking forward to future competitions to gain experience and hopefully land the role soon."

WHY I LOVE MUSIC

Written by Kyrah

Growing up being from a Caribbean background music has always been a big part of my life. As I've grown older I no longer view it as just a form of entertainment but as a language for me to express my feelings - both internally and externally. Whether its flowing into my ears or out of my mouth, something about the repeated melodies of a song never fails to leave a deep sense of contentment that can resonate inside of me for hours. No matter the genre, tempo or length, a deep appreciation seems to fill me up inside. As I digest the lyrics and notes of each song I begin to feel a deep humbling sense of admiration for the artists who produced the piece. Because to me, music isn't just sounds and noises- music is a form of Art!

In my opinion and after a brief online search into the exact definition 'art', I came to the conclusion that gracefully and simplistically described "Art- the creation of things whose purpose is to be beautiful or full of meaning". This definition perfectly justifies my reason for calling music art.



Often times when someone writes a song, their lyrics come from an impassioned place within, heaping with beautiful, intense emotions and feelings which they talentedly translate into human words. This construction of words paired with a complementary melody, creates an auditory portal for us as listeners, allowing us to see into the hearts and minds of the artist in order to feel and embrace the feelings they are experiencing too.

Now are you telling me that isn't a "beautiful creation" that's "full of meaning"? In the same way that some people will go to a museum to bask in the array of colours in each painting, getting lost in its textures and details, leaving the museum with a new sense of invigoration.

Sitting down with my AirPods in my ears, opening Spotify and playing one of my various playlists transports me to a world beyond human comprehension where I can relax release and indulge myself in the audio artwork gifted to me by the talented artist.



If you've ever been to a party, its likely you'll have experienced that moment, when the tune of a particular song begins to play and before you know it, all the guests are on the dancefloor, everyone's singing their hearts out, and getting their grooves on, jamming to the song they so clearly love. For me growing up, the song that had this hypnotising effect was one called "candy", by an artist named Cameo. Even from a very young age, something about the electric feeling I'd get from seeing all my family and friends, singing and dancing along to this particular song made me wanted to sing and dance to it too. See that's the thing with music, the joy and exhilaration you feel when listening to it, is contagious and can within seconds be passed around to everyone in a room. Music brings people together in ways I've never witnessed anything else do. Its powerful. It lifts your spirits when it seems like nothing else can and allows you to form memories with those who are closets to you at the most unexpected times. There's power in songs and a recent study showed that music stimulates more parts of the brain than any other human function. Listening to music causes dopamine a "happy hormone" to be produced in the body, showing that the joy experienced from music surpasses just a physical happiness, but positively affects you inside also.

Just as pens were made for paper, and butter is made for bread. I believe music was specifically made for humans. And when I say humans in reality, I mean myself. To me, music is magical. It's something we should all, in our own unique and wonderful ways, learn to embrace. It's a way of deciphering our feelings when they can't be understood, voicing our emotions when words just won't do and lastly a way of letting go having a good time whilst making great memories. There's a lot of bad in the world, I won't deny that. But in amongst all that bad, the human capability to string together notes and make beautiful songs will always be something I'm immensely grateful for. Music is a part of who I am, always has been and always will be. And that's what music means to me!



SPORTING SPIRIT CIC PRESENTS...

MULTI SPORTS CAMP 2022



SPORTING SPIRIT

***CHILDREN IN RECEPTION TO YEAR 6
TUESDAY 12TH TO FRIDAY 15 APRIL, 2022
10:00 AM TO 2:00 PM
GOALS, CAKEMORE ROAD, ROWELY REGIS,
B65 9QX***

**THIS CAMP
IS FREE**

LIMITED PLACES AVAILABLE
For a registration form email:
sportingspiritcic@gmail.com



**Department
for Education**



Sandwell
Metropolitan Borough Council



Holiday activities and food



LUNCH PROVIDED FOR CHILDREN ON FREE SCHOOL MEALS

IN THE
HOT SEAT
WITH...



DAVE STEADMAN

in the **Hot Seat** with

DAVE STEADMAN

THIS OR THAT!

1: Tea or Coffee? Coffee every day of the week

2: Fine dining or fast food? fast food...

3: Morning person or night owl? Morning person definitely.

4: Bear grills or love island? Has to be bear
Grills all the way.

5: Gym life or couch potato? Defo gym life!

6: Thriller or comedy? I'm going to go for a comedy.

7: Facebook or instagram? Has to be instagram.

8: Home or away? Always home

9: Milk chocolate or white chocolate? Milk Chocolate.

10: Apple or Samsung? Samsung, because I can't afford apple....



@safehaventeam

Where to find them

The team are operating in various areas within Birmingham and have partnered with organisations to keep young people safe. The likes of Sporting Elite, Birmingham City, Aston Villa and Strike 9 Training are just a few of the sports organisations currently running sessions in Birmingham.

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② TG Original Hoody



③ Ladies Lounge Dress



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STORE

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Fempower Fotoz

FEMALE EMPOWERMENT PHOTOSHOOTS



FIND OUT MORE INSDIE



FEMPOWERFOTOZ

FEMALE EMPOWERMENT PHOTOSHOOTS

Let's start with a question;
What is FempowerFotoz?

- FempowerFotoz is an experience and an opportunity to transform the way women think about themselves, feel about themselves, and see themselves. We are grounded upon the transformation of a deficit-orientated perception to a strength-orientated perception. In the end, we want all of our women to challenge their deficits and embody strength, ownership and self - determination.

We do this by providing women (18+) with an opportunity to promote powerful messages through photography, evoking emotion and motivating self-discovery, power and liberation. It is an opportunity for women to see beyond their insecurities, illuminate their feminine beauty, enhance their self-esteem and embody their self-expression.

At FempowerFotoz, we believe it is time that our visuals showcase the thought-provoking stories of strength that we as women encounter, battle & overcome. We combine photography with womanhood, empowerment and growth and aim to provide women with a day of empowerment – one that they would wish to repeat and find hard to forget. To view our photoshoots visit our website; www.fempowerfotoz.com

- *Shelika Fogarty*
Creator and Founder of FempowerFotoz

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SHELIKA FOGARTY

TELL US A LITTLE BIT ABOUT YOURSELF?

My name is Shelika, I am 28 years old and I am the Founder of FempowerFotoz, a Birmingham based service for women 18+. I have an MSc in Counselling Psychology and work as a counsellor for children and young people. I am a poet, I enjoy writing poetry about being a woman and finding the light in my darker experiences. I love nature, reading and watching movies. I represent myself through love, laughter and light and I ensure I serve kindness to those around me.

WHEN DID FEMPOWERFOTOZ FIRST BECOME A REALITY?

FempowerFotoz first became a reality in 2020. I conducted my first pilot to test the potential of FempowerFotoz and rehearse the impact that could be made. This went beyond my expectations and I began to visualise FempowerFotoz at a larger scale.

I then conducted 3 more pilots, with a total of 4 successful pilots across the year to improve my service. During 2021, I continued to work on the service, and prepare all our upcoming photoshoots, making sure each photoshoot was based on a topic that was relatable to all women. On March 8th 2022 – Women's international day; I launched FempowerFotoz as an opportunity for all women to embrace. This year I aim to focus on engagement and reputation. In 2022, my mission is to promote FempowerFotoz in all ways that I can, with the hope of launching our first photoshoot in 2023.

WHERE DID YOU GET YOUR INSPIRATION FOR THE FOUNDATION OF FEMPOWERFOTOZ?

The FempowerFotoz foundation is grounded upon Unity. This was simply inspired by a quote that was sent to me via Instagram. “Alone we are strong, but together we are stronger” – On reflection, I asked myself what can be more powerful, what can be more inspiring, than a group of empowered women? Not much, right? – So, I decided to start my journey towards building a group of liberated, empowered women who can recognise themselves as beautiful and confident.



what an amazing feeling, we feel honoured that we contribute to a woman feeling beautiful. Another, “Every shoot we become a bigger, stronger and more empowered family bringing out everyone’s confidence. Since the first shoot, I have felt my self-confidence grow” – We love this because it demonstrates our womanhood and unity as females. We showcase these testimonies on our website; www.fempowerfotoz.com.

ARE YOU PLANNING TO DO PARTNERSHIPS OR COLLABORATIONS IN THE FUTURE?

We are certainly open to collaborations and expanding our service through partnerships. If you would like to partner with FempowerFotoz and support our expansion.

WHAT IMPACT HAS FEMPOWERFOTOZ HAD ON WOMEN SO FAR?

The impact we have on women is a feeling that drives us to keep pushing on with FempowerFotoz. At all our photoshoots, we encourage ladies to write a brief testimonial for us to share. We love to hear about the experience women have had with us, and with every testimony we read, our work becomes justified. Our ladies paint a picture with their words and their words capture our value and highlight their experience. We are truly grateful for their kind words. Some of the ones that stand out to us are “I felt beautiful today and I haven’t felt like that in a long time – this confirmed that FempowerFotoz has the power to reintroduce women to their beauty -



WWW.SPORTSFORKIDS.CPO.UK

WHAT IS THE LONG-TERM VISION FOR FEMPOWERFOTOZ?

Our vision statement is "To be a Global Female Empowerment Movement, providing a transformative experience for women in every community and country around the world". We aim to increase the number of photoshoots we host a year, we aim to increase our local reputation and reach global recognition, expanding our reach to women all around the world. We aim to build a global community of transformed women who embody self-acceptance. We aim to provide women in disadvantaged countries with an opportunity to experience everlasting empowerment through FempowerFotoz.

WHAT SORT OF PACKAGES ARE AVAILABLE ON YOUR WEBSITE?

On our website, we have 12 upcoming photoshoots available to view and sign up for. Words Have Power, Body Love, Purity, Behind the make up, Female Strength and so much more...

HOW CAN FEMPOWERFOTOZ FIT INTO A WOMAN'S EVERYDAY LIFE?

Every time a woman wakes up in the morning, she meets herself all over again. We like to contribute to that single moment. The moment where a woman walks over to the mirror and looks at her reflection. We like to make sure that women smile at themselves, feel proud of the person they are each day, making sure they feel liberated, powerful, confident and beautiful – with that single moment being just that – a woman's day will be one that is flourishing with self-acceptance and self-belief.





WHAT WOULD YOU TELL YOUR YOUNGER SELF LOOKING BACK?

I would tell my younger self to seek support groups of empowered women to learn from and be inspired by. This is why I have created our FempowerFotoz Forum on our website, open to all women to discuss different topics, share views and get to know each other, creating a virtual support group of empowered women to access at any point of their day.



IS THERE ANYTHING YOU WOULD SAY TO YOUNG WOMEN TRYING TO FIND THEMSELVES TODAY?

Gift yourself with patience, gentleness and kindness.

To find out more about FempowerFotoz, visit their website or social media pages where you can speak direct to the founder Shelika Fogarty...



info@fempowerfotoz.com



[@fempowerfotoz_](https://www.instagram.com/fempowerfotoz_)



www.FempowerFotoz.com

A black and white close-up portrait of a woman with long, straight hair, looking directly at the camera with a slight smile. She is wearing a dark-colored hoodie. On her left shoulder, a large, detailed tattoo of a rose is visible. The background is a plain, light color.

“ GIFT
YOURSELF
WITH
PATIENCE,
GENTLENESS
AND
KINDNESS

SHELIKA FOGARTY

”



RECREATIONAL FOOTBALL SESSION

5 A SIDE FOOTBALL

9-10PM EVERY THURSDAY

£3 PER SESSION

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TAMMY TALKS



*WHEN THE FAMILY GROWS UP "FAMILY TIME"
SHOULD NOT CHANGE, JUST ADAPTED...*

Family is a beautiful thing, I think we often take for granted those blessings around us and we don't even realise a blessing as little as having someone to call our own! My eldest two children have now flown the nest and my home environment is very different.

Not quiet because the younger two are still roaming free, simply different. I keep expecting to see one of the elders coming out of their rooms lol. Even though they aren't at home I still call or text them everyday!

Maintaining healthy relationships are important therefore encourage communication and supporting each other and all in our community!

So many of us have lost so many loved ones, friends, colleagues and although we are turning a corner in society, we still remain very much the same...

So, continue to stay safe, wash your hands more often minimise contact and sharing and live a long happy life.

HEALTHY



RELATIONSHIPS

Summer is supposedly here although someone needs to inform the weather lol. We took the kids to the park last week during those couple of sunny days and O.M.G it was packed, it would've been great to get some family fun activities going, meeting new people and mixing skills sets, what do you think about that? Maybe an idea for the weeks ahead, a community family activity in the park day?!

Exams Season



It's a busy time of year what with Exams approaching and some already having taken place, we want to wish all our year 11's all the best in the exams and we hope they get the results they're looking for. On another school note all the year 6 students who will be transitioning into secondary school we wish you all the best also,

"EDUCATION IS THE PASSPORT TO THE FUTURE, FOR TOMORROW BELONGS TO THOSE WHO PREPARE FOR TODAY" MALCOM X

BREATH take it one day at a time, its not as daunting as it may seem, enjoy the journey thats about to start and make the most of every opportunity to learn whilst you have it at your fingertips!

Mad Hatters Tea Party



Don't be late for this very important date!!

Saturday 9th April

11:00AM-3:00PM

Free Entry

Free Food & Drink



**Celebrate the grand opening of
Hateley Cross 'Big Local
gym equipment on Kesteven Green!!**

**4 Community Trust Hub, Wiltshire Way,
B71 1JU**



0121 752 5969



enquiries@4communitytrust.co.uk



4communitytrust.co.uk

