

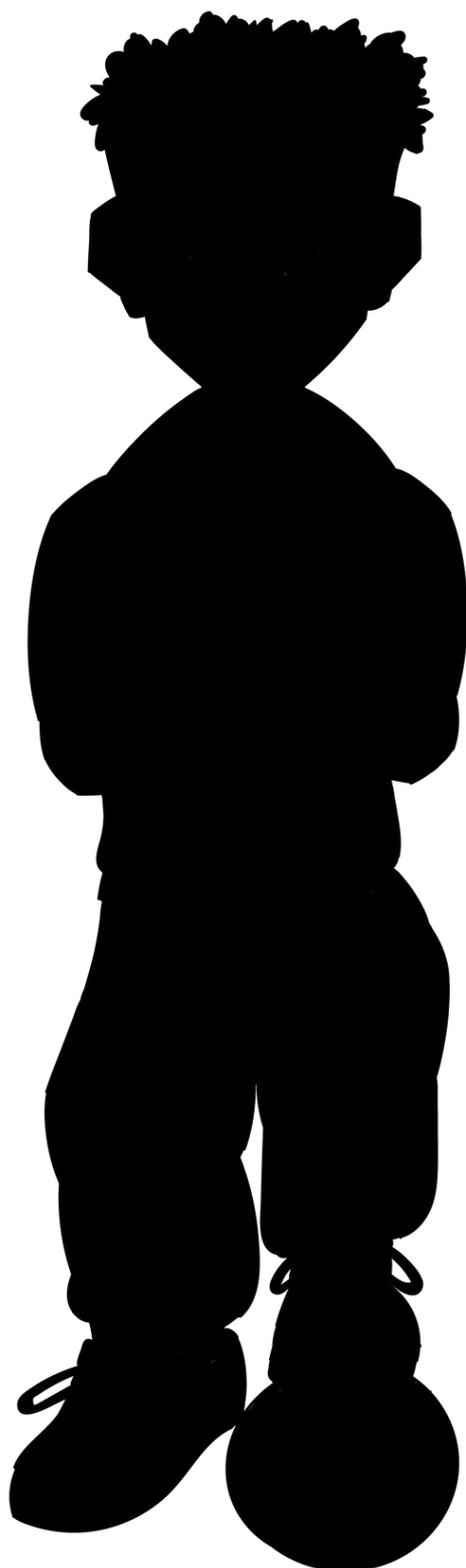
# Q4

MAGAZINE

Q4 | OCTOBER - DECEMBER 2021



**HOTSEAT  
ONLINESTORE  
LETS TALK SPORTS**



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Find out who we put in this quarters hot seat. An ambassador for one of the biggest brands out there...

# LET'S TALK SPORT

## FROM THE GROUND UP

It's almost that time again! Children are back in school settings and have completed various amounts of training sessions with their football, basketball, netball and athletics teams ready for an exciting season ahead.

We have been fortunate enough to support a number of grassroots football clubs over the years we have been running and will continue to shine a light on those teams making a difference for young people who have needed this outlet over the pandemic and even life before Covid-19 hit.

By Daniel Bowen-Smith

Having played football for a number of years myself from Sunday league to semi-pro level, I understand the need for children and young people to have that outlet to get away from the world around them and play the game they love, it honestly helps keep them focused, disciplined and motivated for the future ahead. I am excited to see the next generation of sports players progress up the ladders from all walks of life and become something they have always wanted to be and play the game their way. The future looks promising for many of our young people. The key to them succeeding is having those around them to keep them uplifted and focused on the goal at hand.

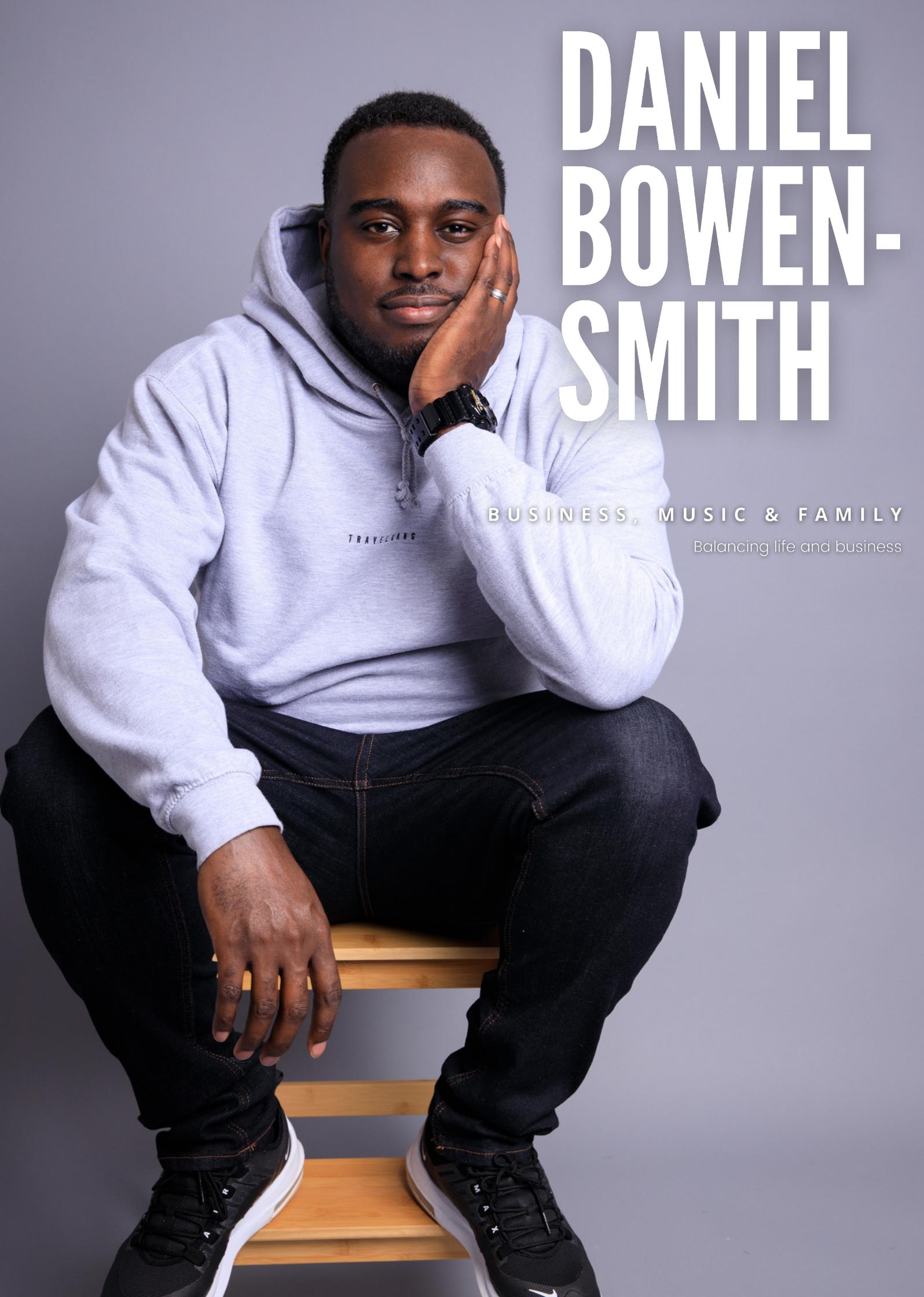




5 THINGS I NEVER KNEW

SEASON TWO  
COMING SOON

@SPORTSFORKIDSUK



# DANIEL BOWEN- SMITH

BUSINESS, MUSIC & FAMILY

Balancing life and business



The thing I feared the most is not having something for my kids to build on. There's 3 areas of my life that I focus on: Family, Business and Music/Sports (Well four!).

Growing up I was used to having family around, that is a very important part of life and as the saying goes "You can choose your friends but you can't choose your family". Family looks different for everyone, a friend who has looked out for them from the beginning, An aunty or uncle who is raising you as their own or even a foster parent who took you in when you was a teenager and you found them to be the only family you ever knew.

It's important because we learn from those people around us and we grow up with values installed by them.

#### **My Love For The Arts...**

If you know me, you know football has been my passion and escape for many years. But music I feel has always been that refuge I've needed when things are getting a little too rough.

**"YOU CAN  
CHOOSE  
YOUR  
FRIENDS BUT  
YOU CAN'T  
CHOOSE  
YOUR  
FAMILY"**

I've been fortunate enough to see the world with music, performing with soul and motown bands within the UK to being one of the official Drifters and touring with names such as Roberta Flack, Mary Wilson of the Supremes and Dione Warwick. Going to the other side of the globe and singing has also been

enjoyable. The feeling of making others feel good by singing makes me smile even more because I understand what that means.

#### **Business is Business**

Now moving into the more "adult" side of life. Business has opened my eyes to more! I will talk about this more in our new Youtube season (5 things I never knew) but let's just say, it's been a journey of mixed emotions but a journey I would rewind and replay like an old classic with a different ending every time. There's tools and gems I've learnt from others along the way which I will and am passing down to my own children for them to understand what I never did in the beginning.

I say all this to say, Sports For Kids is now more than a small business run by me! It's slowly but surely turning into an exciting brand run by the family who understand the legacy we are trying to leave.



@TheRealDanielBowenSmith



# SAVING HINTS AND TIPS

BY TAMMY BOWEN - SMITH

## **WHATS THE GOAL?**

Labelled budgeting wallets enables you to see each of your goals clearly. Some can be weekly goals, monthly or even yearly, set yourself a task to pocket maybe £10 or £5 every week (the aim of this is to only add notes to your wallet) until you reach a goal, then treat yourself!

## **BAD HABITS**

Locate the source of your most expensive craving, whether it be a £2 coffee or a £40 handbag and every time you have the urge to splurge put that money into your tight lock savings jar until you reach your desired goal - soon enough you'll have enough money to satisfy over 1,000 of your urges!

## **SKIES THE LIMIT!**

This one is for families, a fun money saving tip and a great way of tricking the kids into saving your electricity. If you're finding you're having problems getting the family to turn the lights off after leaving a room place a small money pot in each room, whoever is discovered to be the culprit is tasked with placing £2 in the correlating jar - soon enough your electricity will go down Or small change pots will be sky high!

## **VOUCHERS & COUPONS**

Groupon and Coupons- this one was inspired by the famous Mc'donalds Monopoly, never underestimate the savings power from apps like Groupon, student beans and Uni-days where you can get a multitude of savings as well as useful items and fun days out for spectacular prices!

## **EAT OUT THE FRIDGE!**

Now I know I'm not the only one who is a victim of this, every time we food shop I end up buying what myself and the kids want, as opposed to what we really need so next month we have challenged ourselves to shop for what we Need and eat out of the fridge and freezer as much as possible. Whether its making soups or a well loved Sunday roast, my mission to you is to use up everything you possibly can out of your fridge and freezer and trust me you'll be surprised how long it lasts...

# Travel Inc



**Returning to  
Our Store**

# OUR PRODUCTS

WE ARE BEGINNING A NEW CYCLE ,READY FOR THE NEW YEAR. TRAVELGANG WILL BE MAKING AN EXCITING RETURN AS AN EXCLUSIVE BRAND UNDER OUR NEW ARM TRAVEL INC CONSISTINGTHREE MAIN CATEGORIES



TRAVELGANG aimed at our teens, where you are able to access the latest and greatest fashion ready for the back to school season.

Travel Tots for our youngest supporters so they can be all dripped out in the freshest fashion.

Last but by no means least

Travel Club for the hardest workers of all – our Adults!

In order that you can be as comfy as possible while you work and relax during this busy season.

So be prepared and keep a keen eye out for all the new changes we have in store for all your favourites! To make the most of this opportunity and to make sure you don't miss out on your chance to get some cool merchandise be sure to sign up to our mailing list (which you can access through our members tab immediately after logging in). So get clicking to make the most of our jaw dropping prices because once its gone...

ITS GONE!



@SportForKidsonlinestore

# HOT SEAT

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We caught up with Instagram stylist Cidonye to put her in the HOT SEAT and see what she thought about a few things.



@WHATCIDSID

CIDONYE

# HOT SEAT



*Night out or Night in?*

Night IN!

*Jamaica or Dubai?*

You are so out of order!  
But it has to be Jamaica.

*Lunch date with the ladies  
or Pamper day with the  
Hubby?*

Oh Chuh! Again!  
Lunch Date with the ladies.  
Hubby doesn't like spas like I  
do!

*RnB or Dancehall?*

RnB - it raised me!

*Online or Off Line?*

Offline

# HOT SEAT

*Home cooked meal or  
Take out?*

Home Cooked Meal

*Instagram or Twitter*

Instagram

*Early Bird or Night owl?*

Night Owl

*Netflix and Chill or Cinemas?*

Cinemas

*Gym workout or Home work  
out?*

Home work out.  
Converted my garage so  
loving the privacy and my  
own space!





# TAMMY TALKS

By Tammy Bowen-Smith

Hello one and all, well we are kissing Summer goodbye and saying a big hello to winter, but first we go through Autumn which happens to be one of my favourite times of the year.

The leaves fall from the trees the tones are strikingly beautiful which brings about an array of new ideas for lots, don't you think?!

Redecorating, redesigning and refurbishing springs to mind as I personally embark on learning another skill I am knee deep in the world of acrylics, tones, ombre, designs and hundreds of videos teaching technics which brings me back to remembering that everyday is a learning curve and with our young people who have gone off to university to achieve great things and allowing their brilliance to shine, but even still we cannot allow our young people to learn only from others.

Following a conversation with Daniel we agreed that we are the generation that has the advantage knowing the workings of "the old worldly ways" shall we say, what once was and what will be "The Technological future" and how its on us to teach our children both ways of survival should they ever need to use it, for example how to use a road map and not just a sat-nav. Its scary how dependant we have become on technology, social media, I for one am grateful I am of my generation!

Good luck to all our young ones and good luck to us all may be your winter be cosy and blessed and whilst I'm here Merry Christmas - too soon? Of course not, Merry Christmas & a Happy New Year!

love

Tammy Talks

## ➔ Meet the Team



When making big steps it calls for bigger decisions. Both Tammy and Daniel have been thinking about expanding the Sports and Mentoring team for a very long time.

Finally we have made that move a reality and have added more experience to our team. Make sure you visit our about us page and social media for more information on our new arrivals.

[www.sportsforkids.co.uk](http://www.sportsforkids.co.uk)

## ➔ Back to doing sessions



We are back in schools and youth centres in Birmingham and Sandwell areas. We had a entertaining summer and are now ready to get back to working ways.

Thank you to all our schools and youth organisations for trusting us to deliver Sports mentoring and P.E sessions this academic year. To find out more about our sessions go to

[www.sportsforkids.co.uk/home](http://www.sportsforkids.co.uk/home)

## ➔ Our Social Media Manager



VirtuallyRay is a social media manager and virtual assistant that supports small businesses regardless of whether they are new or well established.

She works by offering social media management, administrative and branding services for business owners who are busy tackling the day to day physical side of their business. Focusing on the Instagram platform, Ray helps business owners with marketing to generate more sales and a strong community with the ultimate goal being to increase brand awareness through a range of studied techniques and methods.

The most common duties she can handle for the common small business owner are:

- Content creation
- Engagement and organic growth
- Instagram for Business setup
- Hashtag research
- Data and Insights analysis
- Social Media Audits

You can head over to @Virtuallyray.va to follow her for the free tips and advice she gives on how you can use Instagram to efficiently market your business.



TRAVELGANG