



Talk **UR** Speak **BR** Yell **UM**

BIRMINGHAM

FLIPSIDE ART //...
GIRLS WITH FILM //...
MY COI //...
WAITING ROOM //...
TOO HEAL WITH INK //...
REAL ACTION //...
HELLO WORLD //...

URBRUM
Issue: #3

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So it's that time, URBRUM is back with its third issue of the MAGAZINE!

Welcome to the third issue of URBRUM, your community magazine.

This issue is packed full of inspiring articles. As we know Brum has many talented young people who are trying to fulfil their dreams, in this issue we hear from a promoter, hairdresser, clothing designer and youth workers as to how dreams can become reality.

URBRUM held its first young people's event at the Lighthouse, if you couldn't make it you can catch up with the days goings on inside.

Chlamydia is known as the silent infection; read about the reasons why in our article on the subject.

NHS manager by day, fitness instructor by night, Khurram Khan has changed his life and is working with others to do the same, read his story on **page 21**.

Is it me, or were things really different back in the days? why not check out Deborah Courtney's article on **page 22** and see whether you think so.

We've all heard about getting our five a day, which should make us a healthier nation but what about our overall well-being, check out the Five Ways App on **page 27** which claims to do the same for our mind. Why not download it and give it a try? See if it works for you. Read about this and much more.

Enjoy!

Welcome
By Editor: Stephen Lewis

Content
URBRUM Magazine

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Rigby // Lana Salmon //
David Tims // Chanelle
Yearwood // Shakeal
Ahmed // Lucy Bird //
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Pinkney // Shakes //
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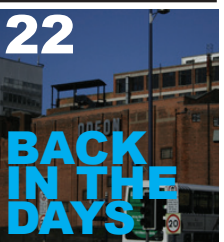
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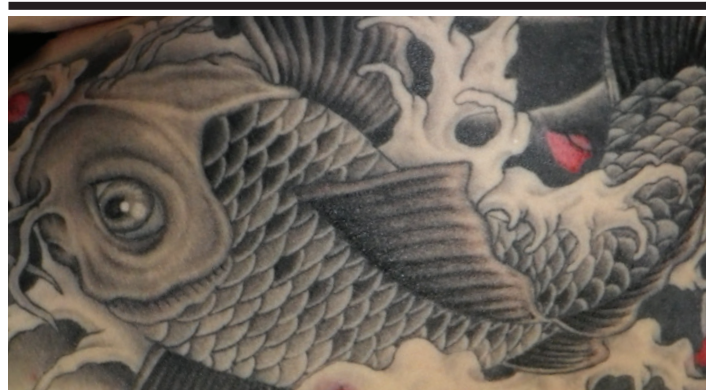
Useful links and contact information for everyone



MY COI BRAND

For years now, I have worked on, designed and developed brands for a range of businesses and seen business flourish and expand with support from my design input...

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To heal with ink

My first tattoo was a bit of a mistake. I visited a couple of tattoo studios, not that there was much choice in the early 80's; the first place I visited was Micky Sharpz...

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I'm Shakes

The name **"Touch"** comes from the ability that sound has to touch a person's very being without permission; changing their mood in anyway it chooses. Touch Agency UK Provide musicians, bands and photographers for all occasions. Our aim is to make the experience to book artists for events easy and affordable...

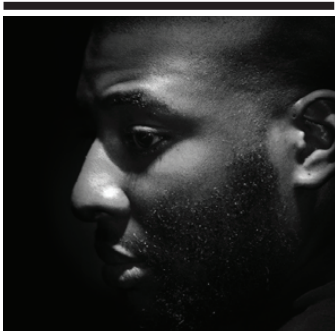
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Real Action

Craig Pinkney is a youth work specialist and Director of Real Action UK - a charitable, outreach organisation based in Birmingham...

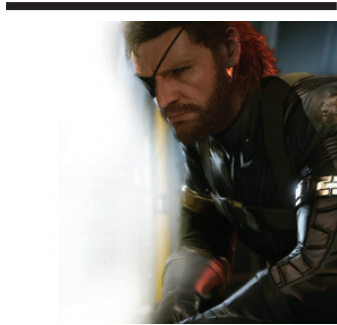
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Girls with film

Becky Millington and Brogan Ryan are two students who attended Birmingham Metropolitan College studying photography...

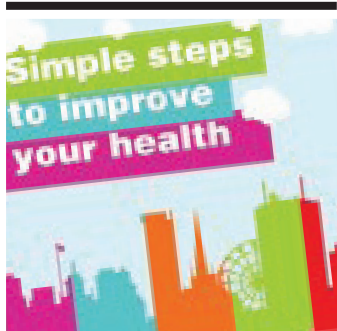
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URBRUM GAMER

It began for me with MGS1 on the Playstation one console; using stealth in the open world as a tool to tackle the game was mind blowing!

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Five ways to well being

FIVE WAYS TO WELLBEING app developed by Caron Thompson of Common Unity to challenge stigma and discrimination...

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Flipside Art

A group of talented young people from Reach The People Charity have been working as young curators for an art exhibition with a difference...

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My Cut

Damarah Gayle

From as far back as I can remember I have always enjoyed styling hair, whether it was trying new styles on my Barbie dolls' hair or playing with my Moms.

I would always create different and unusual styles in my hair that tended to 'wow' a lot of people. This made me feel proud of my work as it caught people's attention.

When I left school I knew I wanted to continue with hairdressing and progress as far as I possibly could. At my first year of college I studied European hair which was exciting, as prior to attending the course it was rare that I was able to experience the different types of hair. Then as I continued into my second year I had the option to incorporate Afro Caribbean hair and I continued until my third year.

I wanted to be a diverse stylist and do something a little different to other young women that was also doing hairdressing. I had a keen interest in the creative art of cutting & styling men's hair and it seemed more of a challenge.

Whilst I was working in the salon I noticed that more and more women were having their hair cut short, this led me to thinking about doing barbering.

I knew that if I had the formal qualification it would mean that I could cut both men and women's hair so I decided to go to college to get qualified in Barbering.

Once I had fully qualified I started doing free haircuts for the local guys in my area, it wasn't long before I had more and more men asking me to cut their hair all the time which helped to build not only my confidence but my reputation. I love the idea that I can cater to both men and women.

"Hairdressing is my passion, to make people look and feel good about themselves is my mission."

Hopefully I will open my own salon in the future and eventually train other women to become unisex stylists (The Barberettes) and push the boundaries of haircutting to its full limitations.



MADE WITH LOVE

Teenage years for many of us are filled with troubles and many unanswered questions of life, identity and our reason for being – and we all need an opportunity to take time ‘outside of ourselves’ and the pressures that we feel bearing down upon us. For many of us it was music, for others, the ear of a friend – but for me it was something quite different; when I was in my teens, my father had a koi pond I found myself transfixed at the fish, their movement and the calmness of the water that enveloped them. Each time I visited this spot, whatever the stresses and troubles, the experience of the Koi pond lifted everything that was bothering me – my troubles faded away.

As I got a little older, reality of the real world kicked in - I had to put on hold my clothing ideas and look at what things that I loved doing could start to pay the bills, so my passion for the arts moved to that of graphic design and website development.

For years now, I have worked on, designed and developed brands for a range of businesses and seen business flourish and expand with support from my design input.

My interest for clothing design lay dormant for many years until I met and started working alongside a local singer. Her passion for her music and the meaning behind her songs was immeasurable and rekindled old memories in me of what I wanted to achieve. MY COI brand was born.

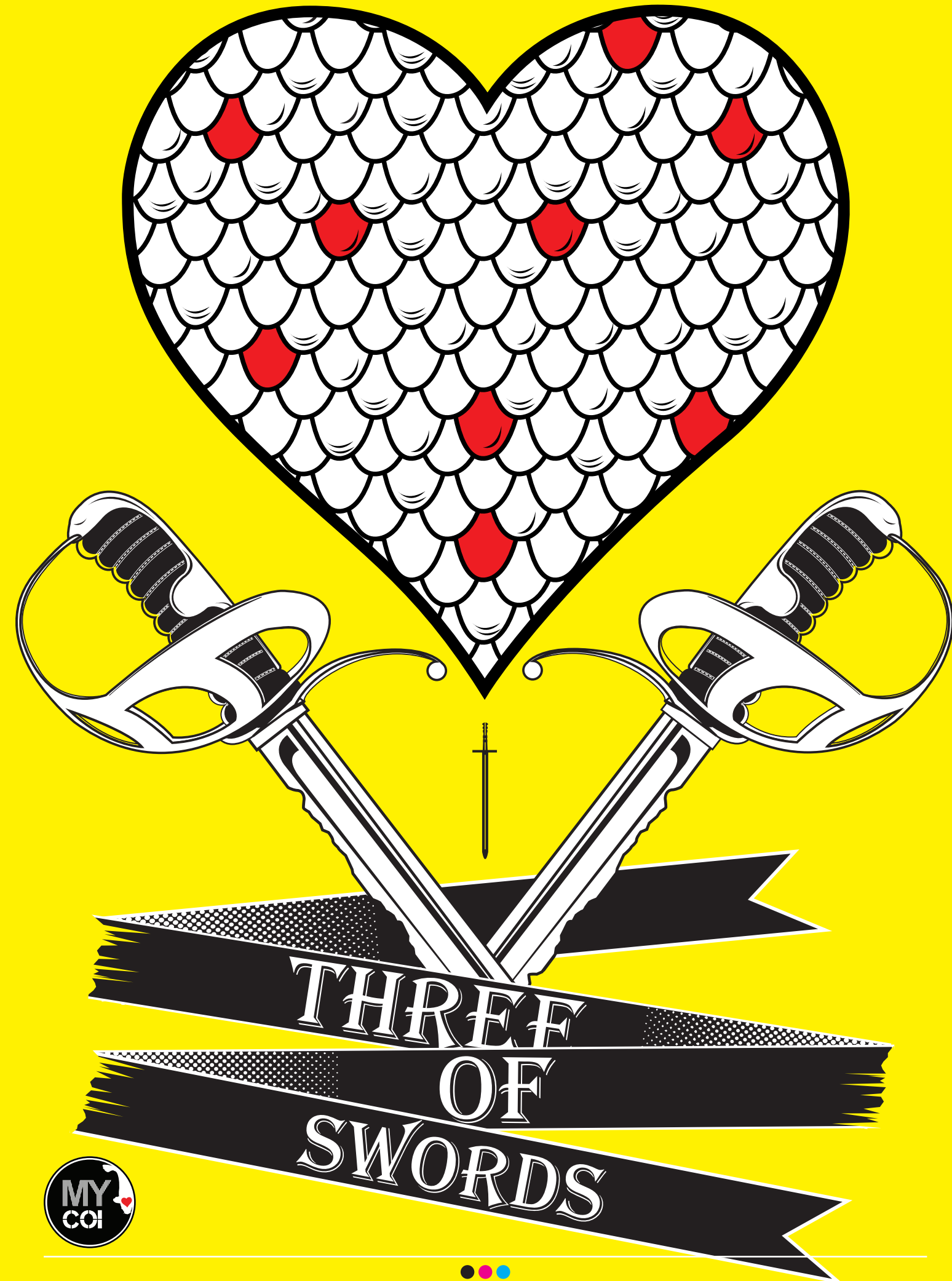
The Japanese tattoo of the Koi Carp has multiple meanings depending on where you have it on your body and the direction it faces; it also represents liberty and independence, courage and achievement, the list could fill this magazine, but quite simply put, the MY COI brand represents the wearer of the garment, it represents you.

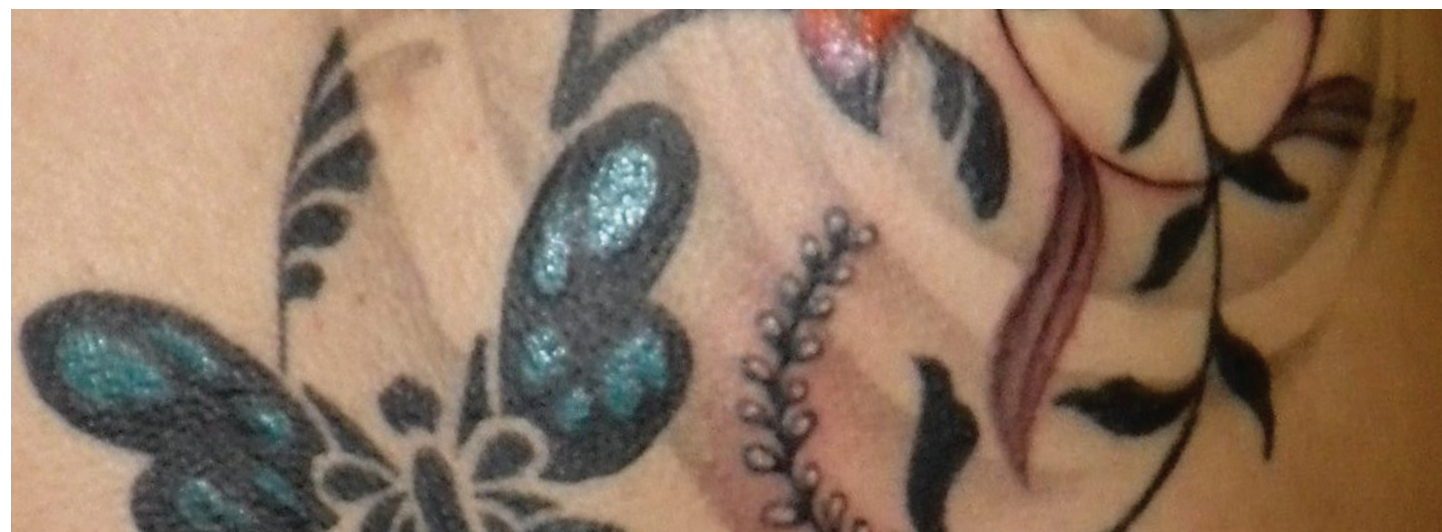
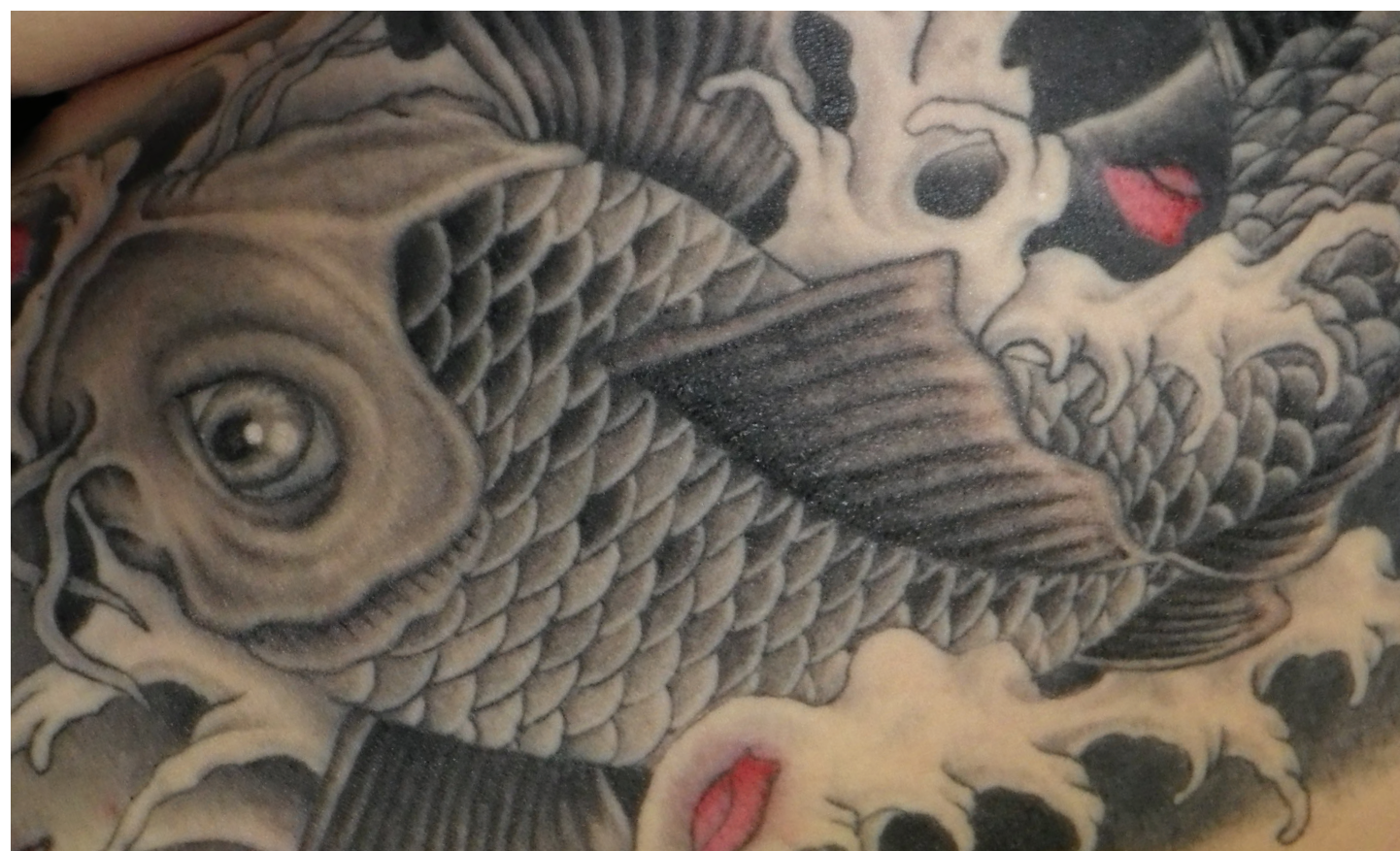
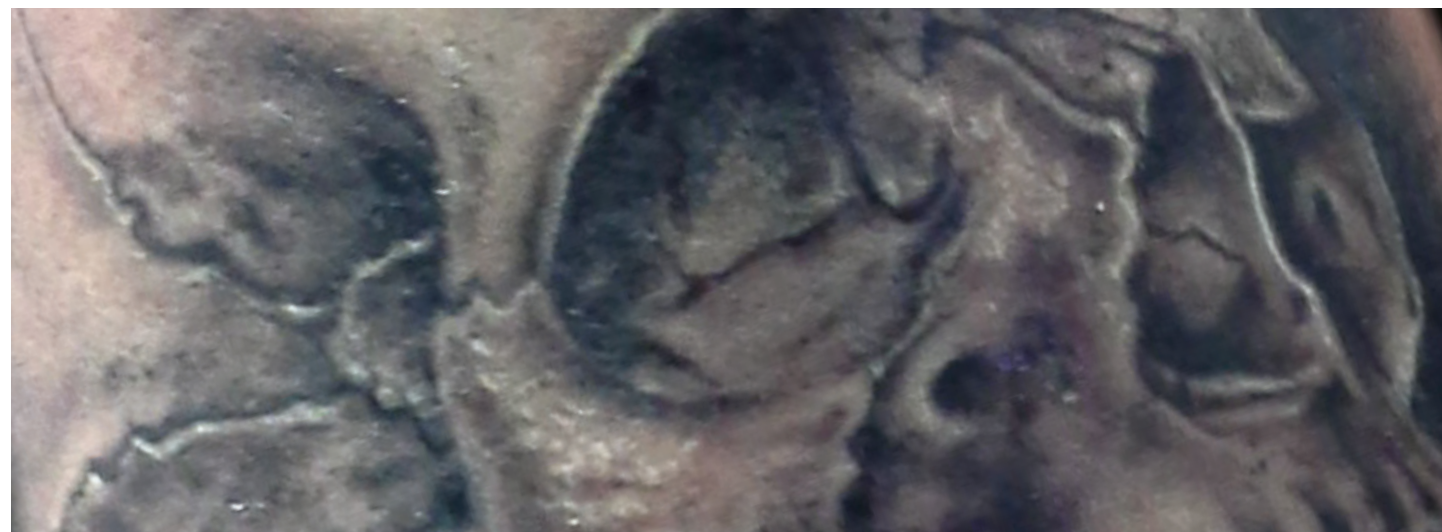
MY COI brand represents freedom of feelings, where a design doesn't have to be a part of a group or explain a story; it's not designed to be a solo brand that just claims status through its name on a garment. It is however designed to have a little depth,

a little mystery to each piece with an individual and personal meaning to its wearer.

The way I've designed the art work represents a personal emotional response towards that particular piece of art, and as we all think differently everyone will have their own reasons for wearing a particular garment. My COI is designed to represent the person wearing it and of course all the items are designed to be aesthetically pleasing apparel.

WWW.MYCOI.CO.UK
BLOG.MYCOI.CO.UK





TO HEAL WITH INK

My first tattoo was a bit of a mistake. I visited a couple of tattoo studios, not that there was much choice in the early 80's; the first place I visited was Micky Sharpz. I looked at the designs he had on the wall and decided they were not exactly what I wanted to see, so instead of doing the smart thing and asking to see Mick's photos of his work and asking for something a bit different to the displayed designs I went off to a different studio. This place had designs along the lines of what I wanted, again, I should have asked to see some photos of his work...big mistake...and a really bad tattoo experience that turned out to be!

Because I'd always heard good things about Mick I went back to see him as soon as my arm had healed to hopefully get the mess on my arm sorted. At that time I had a business with my wife designing and hand making leather goods- all the pieces we made were carved with designs that were very labour intensive and involved a lot of travel selling around the country at various shows.

With my tattoo sorted and many more hours of tattooing practice I had become more and more obsessed with everything related to the tattoo world. Mick and I became friends and I started helping him with his supply business - this was the start of my apprenticeship and over the next six years I learned everything from mixing the inks to building Micky Sharpz range of signature hand-made tattoo machines and of course the absolute most important thing any apprentice needs to perfect... brewing a good cup of tea.

I now have more than twenty years of full time tattooing under my belt and there is an immense feeling of satisfaction I experience with every piece I finish. Also, there is always something special whenever you are able to do something that affects someone else in a positive way such as covering an old bad tattoo that has been causing them to dress in a way that always covers the thing that they hate, restricting their dress sense; but when they have a new piece that looks great it opens up a whole new world.

I have on numerous occasions been asked for tattoos over scars. I remember one customer in particular- they had some quite large self harm scars that had been causing emotional problems for about ten years. The customer could never wear short sleeves and was always trying to make sure that nobody ever saw their arm. I

was able to design a tattoo that covered the scars and was even able to use the raised texture of the scars as part of the design.

The positive effect this tattoo had was quite astounding – the customer went from being really embarrassed and self-conscious about their arm to a place in the world where the customer regularly wore short sleeves to show off the tattoo- it appeared to give them a huge boost of confidence.

Obviously, not every tattoo leaves me with that warm, tingly feeling. I have constantly wondered about the reasons why people choose particular tattoos and it seems there's as many reasons as there are tattoos; memorial tattoos are always popular and to my way of thinking, memorial tattoos are better if they make you smile rather than reminding you of the loss and sadness – It's much better to remember good times than to be reminded of loss.

Often clients want something to mark a new chapter in their lives or some other significant event or even to achieve a sense of belonging, I think sometimes getting a tattoo can be seen as a self-inflicted "right of passage" because of the society we live in we have no culturally driven

rituals that mark our transition into adulthood and being tattooed is an outward sign to the rest of the world to prove the point.

Here at Graven Images we do not insist that customers have a heart wrenching story like the popular Ink TV shows- there is nothing wrong with having a tattoo for no apparent reason other than you like the way it looks.

I would say getting a tattoo done ought to warrant some thought- it should be a journey not a race; it's a lot easier to make the right choice initially than rectify a mistake...and a cheap tattoo often turns out to be a costly mistake.

When the decision to be tattooed has been reached visit the studio of your choice and talk with the artist...ask to see examples of their work; you should feel comfortable before you start.

One of the most common questions I am asked is about the pain of having a tattoo. Whilst there is some degree of discomfort it should be no barrier...infact, a surprising number of people find it quite relaxing.



I'm SHAKES

I'm Shakes, the founder and managing director of Touch Agency UK. I was born in Birmingham living initially in Lozells and after moving home locally a few times, settled in Aston. I attended St. Francis primary school at 4 years old but by 8 years old I moved to South East London with my mum to start a new life for us there. I was quickly enrolled in Stillness Junior School, and then by 11, I was accepted to Sedgill Secondary School.

My confidence took many knocks from an early age due to my under achieving which held me back from speaking up and requesting to be more involved in other activities. By 13 I decided that I would no longer be held back by my education, family finances or my own confidence. I decided to speak more and put my foot down and challenge myself, get myself out there. As my forte was not my academic skills I took advantage of choosing to be part of the school council, contributing to the changes in my school. I also attended Olivers Theatre School where I played a small role in Joseph and the Technicolor Dream Coat and Little Shop of Horrors. I didn't attend Olivers for a long time, but the confidence that I experienced from others younger and older than myself was enough to build my own confidence.

At 14 I was nominated by the school to be the Chairman of the school council which I remained until my last year of school. My head of school council was the late (OBE) Patrick Stack. I was fortunate to learn and take part in movements that involved me and a chosen few to be mentors to the new school starters.

By 16 I attended a church where I was heavily involved in throwing events and special youth meetings in Peckham. I was asked to learn the keyboard to help with weekly church services and I jumped at the opportunity! Two years on I was moved to their headquarters in Finsbury Park (Rainbow Theatre) where I played for thousands weekly. My role enabled me to meet other singers, musicians, radio presenters, camera operatives, journalists and others from the world of media. In 2009 I moved back to Birmingham to spend time with my grandmother and other family members. I genuinely felt like I was home. So of course I decided to stay a little longer.

I found a full time position doing sales in the motor trade. But something was missing. My talent was being buried? So to create a second income, I decided to start my own business for what I then called TPG (Treat People Good) where I would do keyboard lessons in my local area.

A parent contacted me asking me to teach her daughter to play the keyboard, I agreed and set a date. Some days before the date the parent cancelled and asked if I could find other musicians to perform at an event she was hosting.

I sent out BB messages and emails asking people to spread the word that I was in need of musicians. **WHAT A RESPONSE!** Birmingham based rappers, poets, singers, bands and musicians of all genres were interested. Of course I couldn't use all of their services. So I decided to keep them up my sleeve for something special and thus Touch Agency UK was born! Since that day we have covered private parties, family events, weddings, local (charity) events, funerals and church services.

We are proud to say that The Princes Trust is happy to back Touch Agency UK this year, as we not only offer a service to the public, but also provide part time employment for others. We were fortunate to be invited to manage the sound at the last UrBrum event Talk, Speak & Yell on the 30th May while having our artist Asher Sole perform his mastermind rendition of the King of Pop – Michael Jackson favourite- Billie Jean.

The name **"Touch"** comes from the ability that sound has to touch a person's very being without permission; changing their mood in anyway it chooses. Touch Agency UK Provide musicians, bands and photographers for all occasions. Our aim is to make the experience to book artists for events easy and affordable.

Facebook : facebook.com/touchagencyuk

Twitter: [@touchagencyuk](https://twitter.com/touchagencyuk)

Website: touchagencyuk.com



Stephane Spiteri and Stefan Brown are both 17 and go to the Spearhead Trust Youth Group at Bells Farm Community Centre in Druids Heath. When Stonham Young Carers Support Service asked them to help design a confidence building course for their young carers, they said yes without any hesitation.

Stefan Brown is a keen sportsman. He plays for 3 football teams, has completed a sports leadership course and is an advocate for leading a healthy lifestyle; he trains 6 times a week and follows a junk free diet.

Stephane Spiteri is a spoken word poet and an artist currently studying at the Birmingham Ormiston Academy - a specialist academy of the performing, digital and creative arts. Because of his dyslexia Stephane faced a number of challenges at school and as a result has been inspired to help others in the same situation by teaching them to appreciate the power of words.

Stephane writes:
After finishing secondary school I thought *“forget English I am never going to write again ha-ha”* well 6 months later, let’s just say that was the dumbest thing I ever said. For me, spoken word poetry was my inner voice that was held back for so long by the limitations forced on me by the education system. But as they say *“creativity can’t be held back”* so after being inspired by a mate after he performed spoken word I thought *“This is what I need to be doing”* and I have been writing and performing ever since. I now use this love of poetry to help people express their hidden feeling and ideas. Whatever they have to say, whether they choose to share or keep it to themselves is up to them. I personally believe they should read it out as it shows different viewpoints and brings out confidence and a sense of achievement.

Stephane and Stefan write:
We wanted to combine our different talents and skills to create a course where the group could feel comfortable enough to try new things. The 6 week sessions we designed consisted of art and poetry workshops and team building exercises. The group was encouraged to step out of their comfort zone and work on their communication and confidence skills.

The poetry sessions enabled the group to open up and find alternative ways to express their emotions. We felt as though the young people became more and more enthusiastic about the workshops as the weeks went by. The group became comfortable in their environment by week 2 which then allowed them to open up more and engage themselves with their emotions; therefore providing the foundations for their individual poetry.

The team building workshops encouraged the young people to develop their trust for one another. We played football to allow the young people to gain an understanding of the importance of working in a team. The game encouraged them to have self-awareness, team acknowledgment as well as trust in others.

We wanted to help them to find new coping mechanisms as well as having fun, however we feel that the project was not only beneficial for the young people but also for us.

Seeing them becoming more confident encouraged us to be more confident in our teaching role. Although we weren’t sure what to expect when we agreed to do this we came out feeling a

Healing Teamwork



sense of accomplishment and enthusiasm.

Lee a young carer who attended the course said: *“It was different. The Stephans helped us to be creative and more confident. They were very encouraging. I wasn’t sure what to expect but I enjoyed it - all of it was really good.”*

Jan Summers, Stonham Young Carers Support Worker writes: *“They were brilliant!”* We asked them to get involved with this project because they are both excellent role models with a great attitude to life - always leading by example.

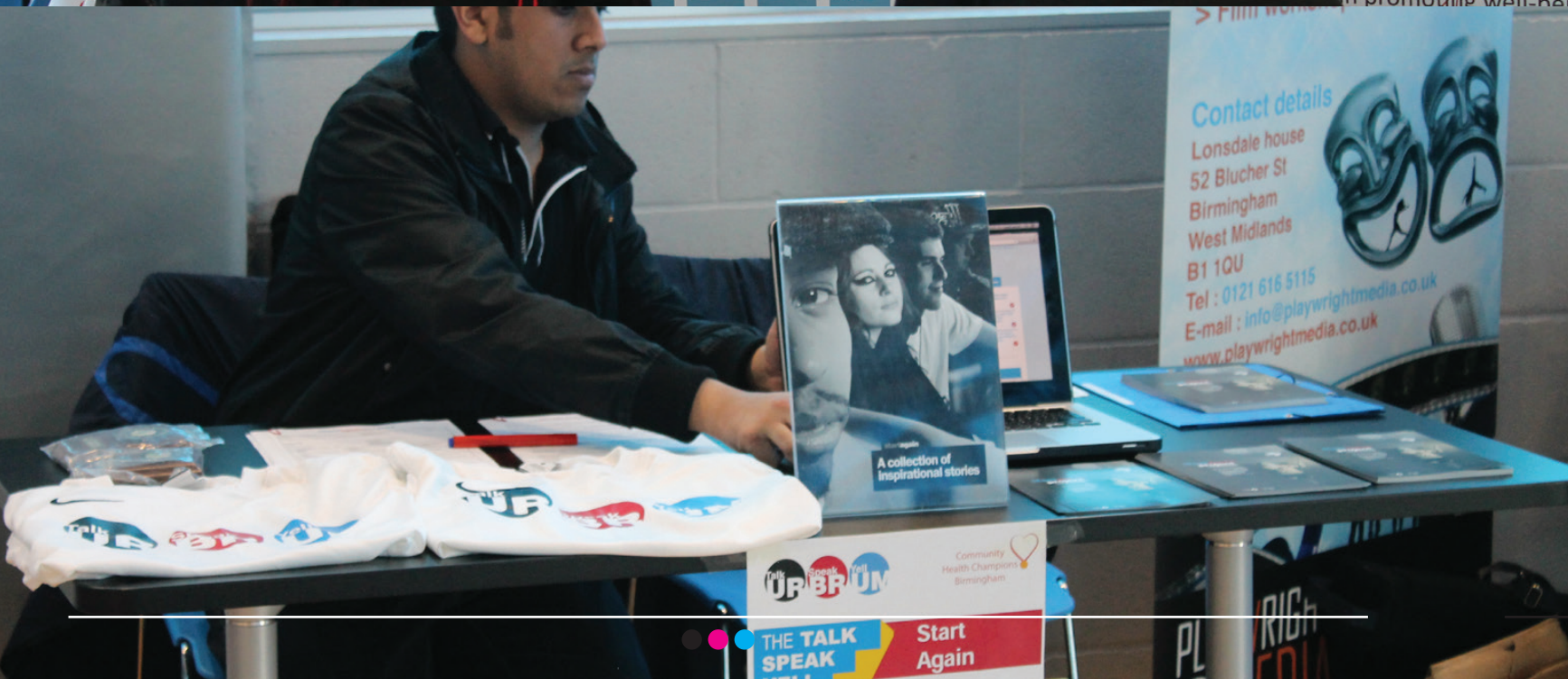
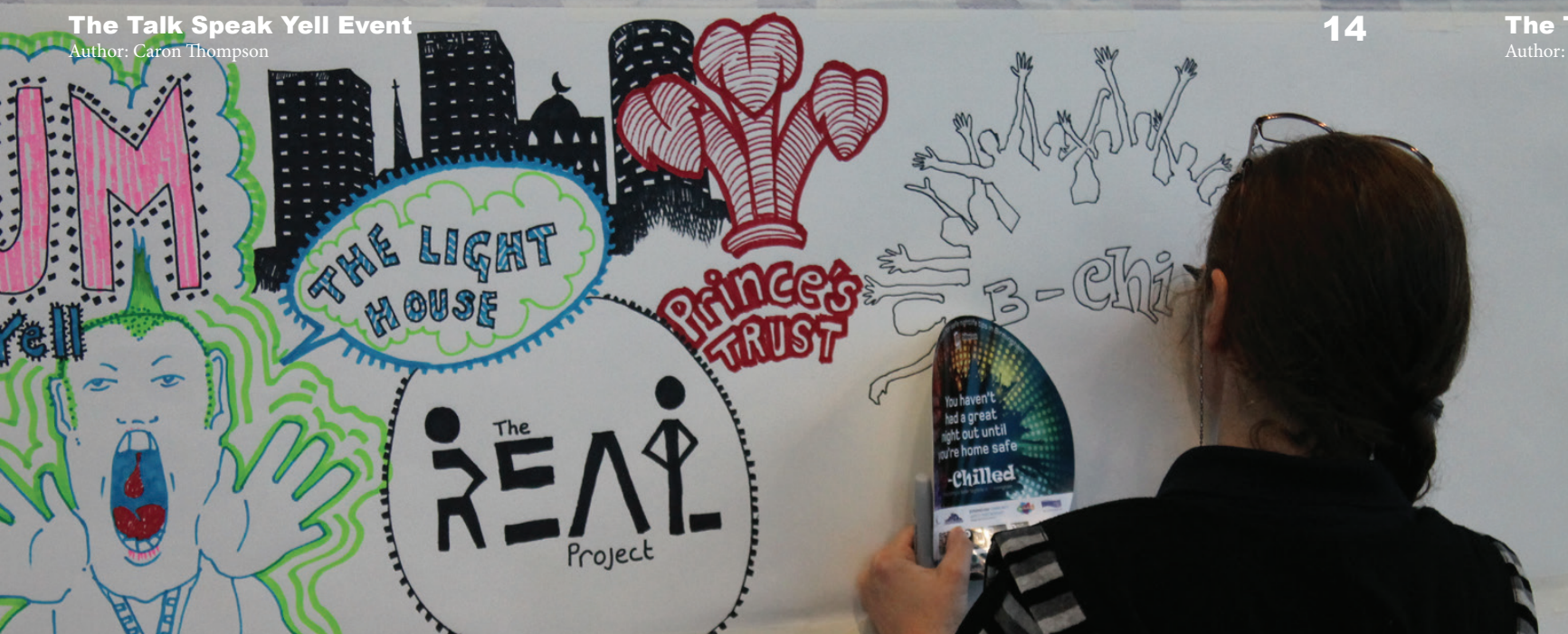
I originally thought their input would be in more of a

supporting role, however it was clear from the start that Stephane and Stefan were more than capable of planning and delivering the sessions themselves - so I took a back seat and handed it over to them.

They are inspirational and should be very proud of what they have already achieved in their lives. In these days where celebrity and instant fame are highly prized- it’s young people like Stephane and Stefan who are the real stars of the future – here to make a difference!

Stonham Young Carers
Contact Jan Summers
on 0121 380 4949
or 07713385888





The TALK SPEAK, YELL

Event held at the newly built Lighthouse in Lozells, was attended by over 100 young people.

THE EVENT

Organised by Common Unity Social Enterprise and the Community Development Workers. **TALK, SPEAK, YELL** event was designed to promote **URBRUM** Youth Inclusion Programme and the Community Health Champion project which are both part of the Community Cohesion Programme currently being delivered by the Community Development Team and partnering organisations.

Though the weather on the day was grey and chilly with only the occasional glimpse of the sun, there was a lot on offer to brighten the day.

URBRUM SPONSORSHIP

A special feature of the day was the Start Again Football Award ceremony.

The awards were given in recognition of achievements by the members of a local football team, Edgbaston United, sponsored by the **URBRUM** project.

ACTIVITIES

The day was filled with a variety of activities, the pampering sessions seemed to be the most popular on the day.

There were free haircuts, henna, nail art and massage. Some of the young people participated in the football and basketball games. The musical entertainment was supplied by Touch Agency.

The event was also a great opportunity to engage with young people around issues such as drugs, alcohol, sexual health, diet, wellbeing, art, music and sport.

SUPPORTING ORGANISATIONS

Special thanks to the Princes Trust, Edgbaston United, Pertemps, Aquarius, Trident Reach Charity, Health Exchange, Freshwinds, Touch Agency and others for their support. We would also like to thank all the volunteers who worked so tirelessly to make the event a success.



Twisted Money

This thing called **Money** is an anomaly to me It's mainly paper like **Monopoly** but somehow it runs this never sleeping city **Wait...scratch city** - I mean **humanity**. Over paper with **famous** faces in different colours we kill inhumanely, **Fight**, while brothers and sisters starve left hungry and not just in third **world** countries but second world and even in first world 21 century advanced **economy** countries.

So don't try justify your **reason** why me dishing out the money I can just about latch onto literally can change this world even for a mili...second...it troubles me...**theoretically** that is a lot of **faith** you must have in **humanity** confusing us all in the name of **insanity**, oh wait – what do you call it... **reality**? Now that's a mockery.

Because living daily trying to break the bread and **forgiving** those who trespassed against us seems to be a difficulty and when bellies are hungry, rational thinking is set **free** yano out of mind **mentality**.

So we fight like wild **beasts** for the dropping crumbs sadly, **savagely** drawin blood from your own kin, your homie, your brejrin, your **family** Seriously?

So I guess to **lead** us from **temptation** would be a possibility to keep me **sane** and thinking straightly if no too lately to saveuth me and to **deliver** us from evil to live **purely** In this sin riddled world of sacrilegious blasphemy. **Twisted**, entwined, fermented in lies aiming to cause catastrophe is what we need to live **righteously**?

Which is why I try to live **peacefully** writin verses that mean something to me that **strikes** your **heart** hypothetically not **physically**, not **entertaining** everybody but to verbalise my hypotheses. Now you tell me where is the **power** and the **glory** which is supposed to last **forever** and ever and a day I plea, I pray... Amen.

Fat cats living large **looking** down on we living the **good life** but humane is a **word** you will never be nor understand **truly** so you may live in a mansion so fancy inherited by passed away family, have expensive jewelry worth more than my whole **life's** salary.

But I have things you will never see let alone **believe...** something that can be **experienced** momentarily but can last a **lifetime** something that can only be **achieved** single handedly **spiritually**

connecting us with the world as one like a **colony** leading to **psalms** and scriptures encrypted with **divine** knowledge holding **secret** keys to the world in which we live **crafted** so **perfectly**

evidence backed up by hieroglyphs, olden day **typography** which **tattooed** the caves of many complex **civilizations** sophisticatedly from **Egypt** and its pyramids to **Atlantis** the underwater city the great beings of **history** which have molded the **future** making today's worlds **3D** if not **2D** if you get what I mean.

So you can try and enforce **regulation** and **rules** to make me see materialistically but it will neva work cuz mummy brought me up **realistically** the family not the currency and the life given to each and every one of us **blessedly** not the money we have been **burdened** with to live fixated on surviving...ly

REAL ACTION

CRAIG PINKNEY

Craig Pinkney is a youth work specialist and Director of Real Action UK - a charitable, outreach organisation based in Birmingham (UK), which specialises in working with disaffected youth. Craig is an experienced youth worker and has a BA (Hons) in Youth & Community Development and a Master's degree in Criminology.

He has over 9 years experience as an outreach worker, transformational speaker, gang exit strategist, mediator, mentor and film maker. He is also well known for working with some of the cities most challenging young people, potentially high-risk offenders, victims of gang violence and youth who are deemed as hard to reach.

Through mentoring, discussion, advocacy, sport, media, film and faith based interventions. Real Action UK aims to give a platform to young people, which will raise attainment and promote positive social change.

Campaign:

'Don't Get Gassed'

One of Real Action UK's well-known campaigns was called 'Don't Get Gassed.' This project delivered high impact workshops throughout cities across the country affected by knife and gun crime, at a time when young people were losing their lives to violence and trivial 'beef'.

Film Making

'Advice to a Son' (2009) and 'Advice to a Daughter' (2013) are two films that Real Action UK has made that have taken communities nationally by storm, along with other short online films.

Passions

One of the passions that Craig has is capturing the life stories of young people growing up in areas of urban disaffection, giving them the platform to speak and raising awareness to audiences that are not 'in tune' with the reality of what young people are going through in today's society.

Lecturing

As well as being Real Action UK's Director, Craig also finds time to be a visiting lecturer at the University College of Birmingham, De Montfort University, Newman University and North Warwickshire and Hinckley College, specialising in criminology, urban street gangs, trauma in relation to violence and black men's desistance.

History

Community activism is in Pinkney's blood as he comes from a long line of Pinkneys who have been stalwarts in Handsworth – from his grandmother Mavis Pinkney who set up the area's first-ever youth club during the 1960s in the front room of her home, to his aunt and uncle Delores and Hector Pinkney, who are still very active within the community.

Email: info@real-action.org
Twitter: @RealActionUK
Website: www.real-actionuk.com



Real Action

Author: Craig Pinkney

Girls with film

Authors: Becky Millington, Brogan Ryan



GIRLS WITH FILM

Becky Millington and Brogan Ryan are two students who attended Birmingham Metropolitan College studying photography; they've supported the URBRUM project with their photography skills.

The URBRUM team caught up with them to find out how they both got into photography.

1 How did you both get into photography?

Becky: I took photos all the time, after having a bridge camera for about a year I begged my mom for a DSLR.

I shot everywhere but I decided I wanted to get into a career after a media project in year 11.

My teacher was blown away with what we created, she tried to convince me to do a media course but I fell in love with Editorial Photography so I looked around for a college and Matthew Boulton was the one for me!

Brogan: I'd always been interested in photography but I'd always considered it a hobby and not actually something I could pursue. But, in 2009 I started working at

an animal shelter and taking photos of all the animals.

2 How's your college course going?

Becky: The whole experience has been an amazing. We've not only had the chance to learn about Photography, but loads of different creative areas too, like Graphics, Film, Animation and Textiles.

Brogan: The college course is amazing! We cover all sorts of genres within photography from Documentary to Fashion. We also do a lot of experimentation, with other subjects that Becky mentioned, It's a great course to get onto for my development within photography.

3 Future plans

Becky: We're both off to the same

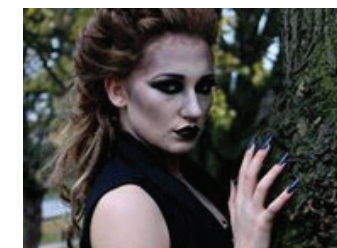
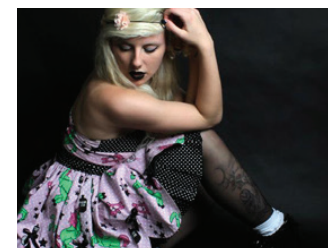
University, Gloucestershire, which isn't too far away from Birmingham. We're studying Editorial and Advertising. I'm so excited to join the course and learn even more things.

Brogan: My future plans, for now, are to go to university and gain lots of experience and industry links.

4 Advice to someone who would like to get into photography

Becky: Look into it. The internet is your friend! Talk to other photographers, watch tutorials and follow blogs.

Brogan: Think outside of the box and don't be afraid that an idea is too big or too extravagant to achieve, and don't undervalue yourself!





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www.forwardforlife.org

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believe "one suicide is one too many"
we are Forward For Life

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Is a Health and Social Care organisation specialising
in working on mental health and well-being with
'hard to reach' communities.

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HELLO WORLD



My name is Khurram Khan and I am a personal trainer. Do I do it for money or fame? No! I am a personal trainer because I have a passion for helping people achieve all that they are capable of becoming. I am a firm believer that EVERYONE is capable of doing amazing things if they challenge themselves and put forth effort. It's my job to assist them and guide them, keeping them motivated along the journey.

As a personal trainer I have the unique opportunity to work with many types of people, all with

different goals, lifestyles and medical conditions. The one thing they have in common is they are all interested in becoming a healthier and stronger version of themselves.

Growing up in one of the more challenging areas of Birmingham I was able to pursue my passion for health and fitness at a young age. I had always been physically active and was fortunate enough to study boxing and karate, sports I enjoyed as you must be able to excel as an individual. My interest in the science behind being healthy began at college and continued into university where I studied Human Biology at University.

This naturally led me to becoming a Fitness Instructor and Personal Trainer. Currently working a 9-5 job in the NHS as a senior manager is rewarding but I have found I really enjoy my time in the gym where I am able to help others achieve their fitness goals. I have found I am able to easily transition between management and fitness as it requires similar traits; discipline, focus and hard work.

My decision to become a personal trainer was one of the easiest in my life. As a personal trainer I am able to make my own schedule and help others achieve their personal goals. In today's image obsessed society looking good is everything-this is one of many reasons my clients have the burning desire to get in shape.

Currently I am part of Team Premium Fitness and I have the opportunity to really make a change with today's youth and educate others on the benefits of appropriate health and fitness. Male or female, young or old I cater for all, whether it's nutritional advice, weight training programs, circuit classes or 1 to 1 sessions. Getting in shape with me means greater confidence, improved self esteem and a healthier lifestyle! Give it a go!

Khurram Khan

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Email: Khurram.khan.fitness@gmail.com



BACK THE DAYS

*When we were young,
Things differed from the life we live today,
There was a better feel of communities,
As in the front or backyard we'd play.*

*We knew most of the families,
That lived within our street,
In and out each others houses,
Our life then was really sweet.*

*We'd play a game of baseball,
The girls against the boys,
In those days of our childhood,
No one really missed having toys.*

*No Nintendo DS, No play station,
We were a lot fitter than the kids now,
If we disagreed with one another,
All we'd mumble was 'you stupid cow'.*

*On Sundays we'd attend Sunday school,
We'd be picked up in the van,
All smelling sweet of ponds cream,
With our church offering in our hand.*

*The life today is sure different,
Society has changed by far,
They invent these games and gadgets,
Then wonder why the kids are as they are.*

*If you pass them on the street,
And look at them too hard,
They ask who you think you're looking at,
So it's best to stay in your yard!*

Pumpkin Soup

Ingredients

4 tbsp olive oil, 2 onions finely chopped, 1kg pumpkins or squash (try kabocha), peeled, deseeded and chopped into chunks.

700ml vegetable stock or chicken stock, 142ml pot double cream, 4 slices wholemeal seeded bread, a handful of pumpkin seeds from a packet.

Recipe

1. Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured. Add 1kg peeled, deseeded and chopped pumpkin or squash to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

2. Pour 700ml vegetable stock into the pan, then season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft. Pour the 142ml pot of double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can now push the soup through a fine sieve into another pan.

The soup can now be frozen for up to 2 months.

3. While the soup is cooking, slice the crusts from 4 slices of wholemeal seed bread, then cut the bread into small croutons. Heat the remaining 2 tbsp olive oil in a frying pan, then fry the bread until it starts to become crisp. Add a handful of pumpkin seeds to the pan, then cook for a few mins more until they are toasted. These can be made a day ahead and stored in an airtight container. Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.



The famous figure which started the era of stealth was Mr Hideo Kojima. It began for me with MGS1 on the first Playstation console; using stealth in the open world as a tool to tackle the game was mind blowing - the story was gripping and it was the introduction to one of the greatest characters of all time *‘Snake’*.

So how is MGS Ground Zeroes?

Well I’m pleased to say that it is great. Mr Kojima went back to the drawing board and took on board the criticism of MGS4. The most obvious change was the voice of Snake, for the entire series up to GZ, David Hayter was the heart and soul of Snake. His voice was unique with a deep accent that I loved ever since MGS 1.

So has Kiefer Sutherland stepped up to the challenge? I was doubtful at first, but it was a great choice from Kojima It makes a lot of sense to change from Hayter because Kojima wanted to give Boss Snake a different identity to Solid Snake.

The mission is to rescue two of snake’s volunteers in his private army, which have been captured by XOF Military at a prison base camp in Cuba. So we shall go and rescue and be home in time for dinner? No! I couldn’t just walk in and say ‘Hi just passing through. Ignore me’. The prison camp is heavily guarded and you need to use stealth in-order to complete the mission. For the first few minutes I was admiring the graphics, at 1080p/60fps the new fox engine showcased how great this was. From the great lighting effects, to the detail of the environment, it was amazing! But I had a mission to do!

SNAKE is equipped with advanced binoculars - with this I could scan the area and mark the guards and track them on screen. You also have an I-Droid which you can use to see the layout of the map. By using the touchpad on the Dualshock 4 a screen will show where your enemies are; you can also mark a location to head towards before you resume the game. With these tools at my disposal, it was a new way of playing MGS, and it showed that Kojima was thinking of the concept technology that exists today.

Many will argue that this is will be easier to play, but for me it was a vital tool to making sure that I enjoyed the game. The mission starts with the pilot giving you an area of where to find the targets - after making my way through without being detected; I managed to put the guards to sleep with the tranquilliser. By doing this it allowed me to clear the area - I was then able to call in for the helicopter which could safely land in a designated area, otherwise it would be taken down.

But where was Paz? She was meant to be with Chico in the same area; at this moment Chico hands over a Walkman to you that has a recording of Paz being taken by ‘Skull face’. This is where I had to listen carefully to where I think she could be – I could hear a vehicle being driven to a security door, so I followed a certain path.

After interrogating guards, shutting down the security system, I

eventually found her. It didn’t quite go to plan and the remaining soldiers were alerted and had to try and find me - after carefully manoeuvring through the shadows I was able to complete Ground Zeroes.

!!!! SPOILER !!!!

But it wasn’t a smooth ride out of there. Snake receives a distress call to help his army on a cargo ship, and in the process is able to rescue one of the members of his team ‘Kaz’. Unfortunately I can’t mention what happens to Paz I would recommend playing the game or you can choose to view the cut scenes. What I can say is that you will witness how Snake ends up in the hospital.

After completing the main mission, you unlock a few side-op missions which are a great added bonus. If you manage to find all of the nine XOF patches that were scattered on the GZ mission, you unlock the ‘DE JA VU’ mission where you re-create all of the famous moments from MGS 1; it certainly bought back great memories. Overall Metal Gear Ground Zeroes was short but sweet, and with around 2-3 hours of game play (excluding side missions), this was a great build up to the main blockbuster ‘Phantom Pain’. I can’t wait to find out what happens next, and I’m sure Kojima will not disappoint when it is released in 2015.



9/10



Chlamydia

The silent infection

Chlamydia is known as the silent infection. 1 in 14 people in Birmingham and Solihull, aged 15-24, who were tested for Chlamydia...have Chlamydia. There are NO Symptoms it is the most common sexually transmitted infection in the UK. Left untreated, Chlamydia can stop you from having children, however if detected you can get treatment early.


I'm Gurpreet. I have been working for Besure for 3 years now and work with communities and community services offering free confidential advice and testing to anyone between the ages of 15-24. The test: It's a free, simple and painless urine test for the men and a simple self taken vaginal swab for the women and we send you your results through confidential e-mail, text message or letter.

Infact, ALL of the advice and testing we offer is completely CONFIDENTIAL. We also have a mobile clinic called the Besure Bus which we take events around Birmingham and Solihull. Providing Chlamydia advice is challenging but enjoyable - I usually get mixed reactions from the young people though mostly people appreciate the advice and free testing we providing.

Most young people tell us 'that they are glad we approached them as they were planning on getting themselves tested' or 'they never thought to take a test even though they are sexually active.' A few negative comments I get from the young people with Chlamydia testing is 'I ain't dirty' or 'I use protection' or 'I've only been with only one partner' unfortunately there is still stigma around Chlamydia testing, which we are trying to break down

My advice to them would be that having a test for Chlamydia does not make you dirty, Chlamydia has no signs or symptoms and most people do not know they have it - you don't have to sleep around to catch it and it can be passed on through different partners. Most people don't know that you can get Chlamydia from oral sex and foreplay, so protection should be used at all times.

The best advice I would give is to take a Chlamydia test every time you put yourself at risk, which can be when: You've changed your partner you've had unprotected sex, you've had oral sex, if the condom has split during sex, if you have shared sex toys.

Basic take home tips; Always use a condom and check the expiry date! Make sure the condom package is undamaged and displays the Kitemark standards  There are different variety of condoms you can get, as well as sizes and flavours e.g. Male condoms, Femidoms (Female Condom) and Dental Dams (thin square piece of latex used for oral sex)

You can order a free Chlamydia test from our website www.besure.org.uk

Chlamydia is treatable with Antibiotics and is free for anyone under the age of 25 who gets tested for Chlamydia and is positive. If positive, their partners, who can be of any age, can also be tested and treated for Chlamydia for free through us.

www.besure.org.uk - Text Besure to 80010 - Call 0800 953 3399



FIVE WAYS ON THE GO!

FIVE WAYS TO WELLBEING App developed by Common Unity to challenge stigma and discrimination experienced by people with mental health issues.



Take Notice, Give, Learn, Be-active and Connect

What do these words mean to you?

Well-being is important to all of us. If we believe what we are told these are the five approaches to our lives we should try and adopt in our lives to better our well-being. As individuals we may interpret the five ways differently. With this in mind the team at Common Unity came up with the idea of developing an App around well-being so people can explore how to improve their mental well-being.

The Five Ways App has been designed to get people thinking about ways of using each of the Five Ways to Well-being by offering practical examples as well as links to services or activities available in cities such as Birmingham. Using the Five Ways App doesn't have to be difficult or costly, there are many simple things you can do to include the Five Ways to Well-being into your daily life. **Why not check out this free app on the Apple App store?**

"So Let's Talk About Recovery!"

What is Recovery?

When anyone mentions 'recovery', most people's first thought is 'from what?' This is because recovery is usually about regaining something we have lost or our need to do so. Recovery, for us, could mean something physical such as recovering from a cold, virus or broken leg; or something emotional like a traumatic event, a relationship breakdown or the stress of moving house or changing jobs.

What we seem to find most difficult during the recovery process is accepting, at times, we can't regain what we have lost in the full sense of the word and we have to find an alternative way of living without, or with a slightly different version of what we had before. For example, after a relationship breakdown, we may not be able to rebuild that relationship – but accepting that it is over; taking some responsibility for it and appreciating the positive aspects of being single may be a good way to move forward.

So Why Talk about Recovery?

Each and every one of us will experience hardship during our lives and this is one thing that binds us together as a community. We will all struggle to find ways to manage life's challenges and for each of us this journey is unique. For most however, one thing that is most helpful is having a support network. Everyone needs someone to help them through tough times. Sharing stories of hardship and the recovery process can be helpful for the person that has been through difficult times.

It can be a great way to reflect on what helped and what didn't which can be useful for the future. It can also be therapeutic. As readers, it can help us to realise we are not alone in our troubles and give us ideas for how we might better deal with the difficulties we face. So let's celebrate the hard times we have had because what doesn't kill you can only make you stronger!

How you can help?

Help yourself and others by sharing your story. If you have fallen on hard times and thought the difficulties you faced were almost too much to bear – what helped? What advice would you give to others to get through difficult times?

If you have a story to share email stephen@urbrum.org. You can either email your story or we can arrange an interview that could see your story featured in the recovery page in the next issue of URBRUM. If you run or work for a community based local service that supports people in Birmingham, get in touch by telling us how you support recovery. Your experiences and tips could be valuable to the readers of URBRUM across the city.

Learning about the 'Flipside' of art



A group of talented young people from Reach [The People Charity](#) have been working as young curators for an art exhibition with a difference. Reach have been working with the mac and Tin Box Theatre Company to put on their art show. The aim to attract young people into the gallery where they will feel comfortable in the space.

Their exhibition, entitled Flipside, has split a gallery into two sides – with 'street' art on one half and a more 'comfy' inside feel on the other. They have planned every aspect of their Flipside exhibition!! The team visited galleries big and small to learn about being art curators, meeting artists who are known worldwide, working with gallery professionals and people in the artistic know.

They created the theme for their show, sat on a panel to pick the artwork they wanted to display, planned the staging of the exhibition, learnt how to handle the art work, picked up and coming music producers to create an ambiance ... everything even down to the lighting and marketing the successful launch event.

Community Organisations

Birmingham & Black Country Community Foundation

Contact: Tel: 0121 322 5560,
Website: www.bbccf.org.uk

Ashiana Community Project

Contact: Tel: 0121 687 6767,
Website: www.ashianacp.org.uk

Start Again

Contact: Tel: 07974 241194,
Website: www.start-again.co.uk

My Time

Contact: Tel: 0121 766 6699,
Website: www.mytime.org.uk

Mental Health Services

Birmingham and Solihull NHS Trust

Contact: Tel: 0121 301 0000, Website: www.bsmhft.nhs.uk

The Mental Health Foundation

Contact: Tel: 08457 90 90 90, Website: www.mentalhealth.org.uk

UK Royal College of Psychiatrists

Contact: Tel: 020 7235 2351, Website: rcpsych.ac.uk

Sane

Contact: Tel: 08457678000, Website: www.sane.org.uk

National Mind

Contact: Tel: 020 8519 2122, Website: Mind.org.uk

Young People Services

URBRUM//Common Unity

Contact: Tel: 0121 554 9360 ext 4,
Website: urbrum.org

Youthspace.me, my5

Contact: Email: contact@youthspace.me

British Youth Council

Contact: Tel: 0845 250 1299,
Website: byc.org.uk

YMCA

Contact: Tel: 0121 477 4644,
Website: www.ymca.org.uk

The Prince's Trust

Contact: Tel: 0800 842842

Birmingham Youth Empowerment Project

Contact: Tel: 0121 692 1066

Housing and Homeless Services

Shelter

Contact: Tel: 0300 330 1234,
Website: www.shelter.org.uk

Trident Reach

Contact: Tel: 633 4633,
Website: www.reachthecharity.org.uk

Birmingham City Council

Contact: Tel: 3037410,
Website: www.birmingham.gov.uk

Citizen Advice Bureau

Contact: Tel: 0844 477 1010,
Website: www.citizensadvice.org.uk

THE WAITING ROOM

Well-being Services

Common Unity

Contact: Tel: 0121 554 9360 ext 4,
Website: www.common-unity.org

West Midlands IAPT Services

Contact: 0121 3012525,
Website: www.iapt.nhs.uk

University Of Birmingham Counselling & Wellbeing Service

Contact: Tel: 0121 414 5130,
Website: www.intranet.birmingham.ac.uk

Creative Support

Contact: Tel: 0121 200 3147,
Website: www.creativesupport.co.uk

Suicide Prevention Services

Forward For Life

Contact: Tel: 07585776800,
Website: www.forwardforlife.org

Common Unity

Contact: Tel: 0121 554 9360 ext 4,
Website: www.common-unity.org

Samaritans

Contact: Tel: 08457 90 90 90,
Website: www.samaritans.org

Cruse Bereavement Care

Contact: Help Line: 0121 687 8010, Website: www.cruse.org.uk

The Calm Zone

Contact: Tel: 0800 58 58 58,
Website: www.thecalmzone.net

Papyrus

Contact: HOPELine: 0800 068 41 41,
Website: www.papyrus-uk.org

Drugs and Alcohol Services

Talk to Frank

Contact: Tel: 0300 123 6600, Website: www.reachthecharity.org.uk

Aquarius

Contact: Tel: 0121 414 0888, Website: www.reachthecharity.org.uk

Health Exchange

Contact: Tel: 0800 158 3535, Website: www.reachthecharity.org.uk

Alcoholics Anonymous Helpline

Contact: Tel: 0121 212 0111, Website: www.reachthecharity.org.uk



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