



URBRUM
Issue: # 2
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GRAFFITI ART

In Birmingham



HEALING TEAMWORK

Ignorance To Mental Health Issues



SHE LOVES ME

She Loves Me Not



DIAMOND IN THE ROUGH

Nothing Worth Having Comes Easily





Different Junior James Life Story

For the last 20 years I've either been in jail or out on the road doing drugs, stealing and smuggling. I've never done anything legit. I wrote and edited the book while I was in prison.

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Steroids the inside story

Steroids have long been linked to the idea of the athlete striving to reach the utmost peak of performance, and with this being Olympic year they will be very much in the news.

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Healing Teamwork

Andy, who lives in the Hockley area of Birmingham, spoke very openly about his life journey, in the hope that it would help tackle the day to day stigma that's all too often a result of ignorance in relation to mental health issues.

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Birmingham Met Collage

Working with the magazine has given the opportunity to Extended Diploma in Photography student's real industry experience and the chance to have work published.

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Diamond in the rough

My name is Duane Courtney, and Lozells will always hold a special place in my heart, as this is where I was born, bred, and have some of my fondest memories.

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Graffiti art

Graffiti art originated from New York in the 1970s and was a big part a of the hip hop movement, it was mainly painted on subway trains and a new art form had been created.

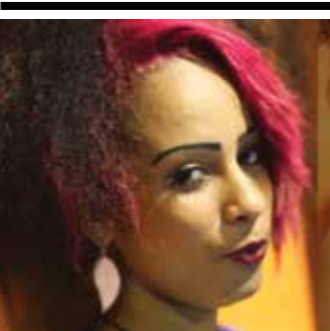
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Little Big Planet

Who would have thought, that a small little character, filled with wool, zipped up, would turn out to be the most loved character on PlayStation 3.

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Thoughts, feelings and faith

The URBRUM team have been searching for Birmingham's talent and we were successful in finding just that.

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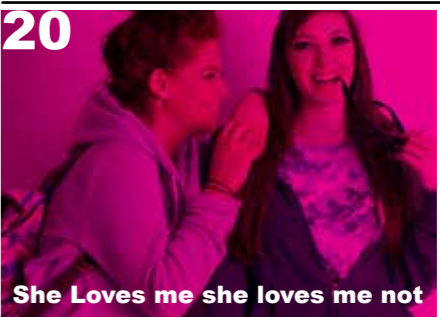
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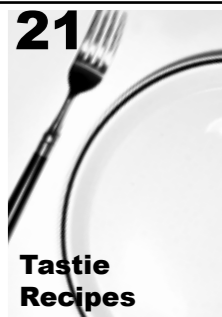
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She Loves me she loves me not



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Why not find us on:

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My top tips to keeping well

WELCOME TO URBRUM ISSUE 2, BIRMINGHAM'S OWN COMMUNITY MAG.

This issue is packed with a wide range of topics and also features the **URBRUM** games review and tastie recipes. **URBRUM** links up with ex Birmingham city player Duane Courtney who gives us a glimpse in to his life and upbringing in the article Diamond in the Rough.

Junior James who was once an international drugs smuggler tells us about his life and how he has turned it around and written a very interesting book. Steroids have long been linked to the idea of the athlete striving to reach the utmost peak of performance, and with us just coming out of an Olympic year they were very much in the news. Are steroids becoming a fashion trend? One of our readers shares his personal experience.

Local and national jazz saxophonist Andy Gayle talks openly to **URBRUM** about his battle with depression. Reach the charity, took a few guys from their young people's services down to MTV in Camden Town to help plan the EMAs (Europe Music Awards), which were hosted in Festhalle, Frankfurt Germany.

Read all the above and much more.

Enjoy.

Welcome

By Editor: Stephen Lewis

Thoughts, feelings and faith

By Assistant Editor: Chanelle Yearwood



The URBRUM team have been searching for Birmingham's talent and we were successful in finding just that. Here is the interview Chanelle Yearwood undertook with an up and coming solo artist by the name of MS Martha J. URBRUM took time out with Ms Martha J to listen to her story on her success as an up and coming solo artist in Birmingham. She gave us a tale of inspiration, organisation, appreciation and people helping each other out.

URBRUM: So Ms Martha J when did you start singing seriously?

Ms Martha J: I have always written songs but never went as far as recording them because I didn't really take it seriously, I just liked doing it.

I was, however, in a group called 'Anaiah Music', where we did live performances but never really got round to recording because our timetables always clashed.

It grew more and more difficult to get rehearsal times we could all commit to, so unfortunately we had to stop.

I would say I started taking singing seriously as a soloist in September 2011 when one of my friends Stefan 'DJ 4Real' Davis was working on a Christian Dubstep project called 'True Paradox' and he asked me to jump on it.

I also had the opportunity of working with a Birmingham based Christian organisation called GL360, who often host events that are well supported.

I was able to sing at their most recent event and from that I had a lot of positive feedback and encouragement which was lovely.

I think that's what made me think, yeah, I'm going to take this up seriously, and it seemed like my singing was appreciated and supported which was very humbling.

URBRUM: Does singing help when you're feeling a bit low or do you take time out until you feel inspired again?

Ms Martha J: When I write my songs I get my inspiration from an experience: something I've read in the Bible, something someone has told me, or something I've learnt. If I'm annoyed about a situation that's not too serious, then I would normally just write a poem because it helps me put my annoyance into the poem but if it's something that's deeply stressful or bugging me, I pray about it and leave it with God.

URBRUM: What do you class your music as?

Ms Martha J: My gosh, well at the moment I'm a new artist so since late September I've made two songs: one is Drum n Base, and the latest song is like a mix between R'n'B and Funky House, I don't know how that works, it's called 'WWJD', when you hear it your be like oh ok but I don't class myself as a Hip Hop artist, R'n'B artist, Soul artist etc. I don't think I have found my genre, I wouldn't put myself in a category as yet because I like a wide range of music.

URBRUM: Do you class what you do as a hobby?

Ms Martha J: It's not really a hobby, it's just something that I like to do, to be able to express my thoughts, feelings and faith, and give out a positive message which I think is a good thing especially in today's society.

URBRUM: Do you see entertainment as a career? If not what do you see yourself doing in the future?

Ms Martha J: You know how some artists live, eat and breathe music for breakfast, that's not really me, I like to do it but that's not really my priority. My future career, God willing would be database development and programming, I love computing and that's part of what I'm studying for my degree (Business Information Systems).

URBRUM: What message do you aim to send out to your audience?

Ms Martha J: Mainly the good news of the Gospel and positive living.

URBRUM: Which artists would you say are your major influences?

Ms Martha J: I wouldn't really say I have any artists that are my major influences, although there is this group called the Clarke sisters who are old school, and their harmonies are on point and I do love their music, but I don't sing like that.

URBRUM: finally when will then next video be out?

Ms Martha J: Well at the moment I'm finishing of my finals at university so my hands are kind of tied, I won't let on what kind of track it will be, you will just have to stay posted and see.

BIRMINGHAM MET COLLEGE

Working with the magazine has given the opportunity to Extended Diploma in Photography student's real industry experience and the chance to have work published.

BIRMINGHAM METROPOLITAN COLLEGE IS NOW SUPPORTING URBRUM MAGAZINE

The Magazine has given Extended Diploma in Photography students the opportunity to gain some real industry experience and the chance to have work published.

This is really important for the students because it contributes to their Portfolios and CVs.

The students are presented with specific themed articles, which mean that they can use previous work and also develop new concepts through their imagery to meet editorial deadlines.

THE COURSE

The course allows students to experience a wide range of photographic practices and to develop and extend their photographic skills and to be involved in live projects linked to relevant media businesses.

Whilst on the course the students will visit Galleries, museums, host guest speakers and go out on location and field trips, this all provides the foundation of the course.

Also the group will be exhibiting work at a gallery later on in the year. The URBRUM team would like to thank Birmingham Met College all the students involved and their tutor Stephen Lloyd.

Preparing for my dream

My name is Bushra Peart, I'm 18 and originally from London. I moved to Birmingham in 1999 with my family. Next year I plan to study midwifery at university. And Now....

At present I'm fund-raising for a voluntary trip to South Africa in early 2013 with a Charity called PROJECT TRUST. I won't know where in South Africa until I attend my training before the trip. The training will be delivered in Scotland on the isle of Cole. The charity runs a twelve month programme, and an eight month programme. I will be on the eight month programme with two other volunteers and the three of us will be living in Africa together.

Preparing for my dream

Preparation and research took a lot of time, eventually I found a Charity called PROJECT TRUST, a schoolmate of mine had volunteered for this charity before and travelled to India. She told me it was all legit and helped me to apply. I have to raise £4,500 to cover my living expenses, Visa, Insurance, and support from England while I am over there so I've held a cake and sweet sale, baked a wedding cake for a family friend, taken part in a sponsored walk and hope to put on a fashion show..

Ready to live the dream

I have volunteered in the UK already but have always wanted to go abroad to help others who are less fortunate than myself, not just a normal holiday. I will be travelling with my co volunteers but feel a bit fearful not having my parents or family with me.

My mother and sister are happy for me but my brothers are more worried about me travelling so far alone. I will find out on the training what to expect and what I may experience, so I just intend to go with the flow, what you hear and what you see is not always the reality.

A new me

I am excited because South Africa is a new country to me and I think it will help me see the world in a different light, I will realise the benefits of living in England and all the luxuries we have and take for granted. In Africa I won't have many luxuries for eight months, so when I come back I don't want to get back into a selfish mode, hopefully it will give me a life lasting change in mind set. I also hope to continue helping the people I meet when I come back to England. If there's an internet café, then I hope to do an online blog so I can keep you updated if not, I can when I come back.



Doing things in style

One boiling hot Friday in May Reach the People Charity were invited down to MTV in Camden Town, London for a one off special master class hosted by Media Trust.

Media Trust is a national youth organisation who works with young people in the media. I took Alex and Martin from one of our young people's services down to the studios to get involved in the planning of the EMAs being hosted in Festhalle, Frankfurt Germany.

MTV do things in style!!

There was bowls of haribo's lying around and platercine to get the creative juices flowing. I think this is certainly an idea we could bring back to Reach.

We were asked to attend as the core audience for the EMAs are 16 to 25 year olds and they wanted the input from a young and dynamic group of people, MTV have produced some wild and wonderful ideas for the EMAs in the past.

We were let into the secret gossip of past EMAs with exciting backstage information and an insight to the after parties. We found out who was leaving with who, what they wore and who was misbehaving. Nike hosted a room at one of the after parties where they gave each person their very own customised trainers. That would have been amazing!!

There was even a room that only played sad music, where everyone would stay for one drink and disappear because it was so depressing.. This was the losers lounge!! The staff at MTV were so friendly and really made us feel welcome. We sat outside by the river planning some crazy ideas of what they wanted the EMAs to look like whilst the hustle and bustle of Camden Town went by. It was blue sky thinking.

They had to think of who they wanted to host the show, who and what performances there could be, what the stage layout would look like, the invitations, the guest list and the after party. The ideas they came out with were really cool. They looked into a mainly futuristic style with holograms and elaborate stage sets. No expense spared. But I can't give too much away in case any of them will be used.

Alex and Martin presented back their ideas with the other young people. I was really impressed with what they had come up with and how professional they delivered them. We left with loads of MTV goodies. Geordie Shaw pens, bus pass wallets, hoddies and DVD's. It was a fantastic opportunity for Alex and Martin they both loved it and will never forget it.

DIFFERENT JUNIOR JAMES LIFE STORY

For the last 20 years I've either been in jail or out on the road doing drugs, stealing and smuggling. I've never done anything legit. I wrote and edited the book while I was in prison.

For part of my sentence I was in an open prison, so I was coming home for five days, so a lot of people on the streets had already heard about me writing the book and were already asking when could they get a copy. That sort of gave me a buzz before I actually came out. When I finally come out of prison I started advertising the book on my Facebook and put it on disc.

In August 2011 I started selling the disc, people downloaded it to their phones and some printed it off so they could read on the move. After a week of this I started getting messages saying how much they admired me, and they couldn't believe that I wrote the book.

I put my mom through a lot when I was taking drugs, so she was glad when I came out and stuck to what I said I was going to do. She saw me selling the disc and gave me a bit of money to get the books printed.

From September 2011 I started selling the books on the street, to people I knew and family. It just escalated from there, people started to spread the word. I would be walking down the street and people would be shouting 'where can I get a copy of that book?'

On my travels I met this guy and it just so happened that he built websites, so when I told him what I was doing he set my book up on a site called Lulu, which is an international book site. The more active I was the more the links started coming. By April 2012 I had sold over 500 copies just off my own back.

A friend helped me put on a book launch. The launch was packed and people had to be stopped from coming in. People were waiting outside in the rain just to get a copy; I sold quite a few books that day.

I started selling the book at arts and craft events, book shops, music festivals. Leo Graham has supported me. I've been on the radio. I've had to come out of my comfort zone. I have now done talks: in prisons, young offender's prison, colleges, drug rehabilitation centres and on youth crime prevention programmes.

Some youths seem to think that prison is easy because you've got a TV in your cell, so I had to tell them what jail is really like: three men in a cell from different parts of the world with different cultures and you just got to get on, you all got to live together,

one television one remote, one toilet and you got to put up with the smell and if you're going to argue with a man you got to know how to do it without bullying him, because if you want to get to an open prison in the long run you can't when you got 'bully' on your record. There are a lot of things you have to adapt to in prison.

People ask me why I don't have any kids and when they hear my story they will know why. I wouldn't have been there for a child. I put my mom through three strokes and put my girl in a grand's worth of debt - credit cards, bank loans - because she bailed me out, but that's all in the book for people to read.

You have to believe in yourself. If you have a dream, believe in it and don't let people tell you that you can't do it. My probation officer wasn't convinced. Now I've been to their headquarters to sign copies of the book and they're reading about my life.

The book was a reality for me, and I want people who are going through recovery for any form of addiction to know they're not alone, and it's a worldwide problem, so don't suffer in silence I've been clean for five years; before I just couldn't stay clean, I would come out of prison and repeat the cycle.

I've stayed positive this time. I don't sell drugs, do crime or any of that bad stuff. I just focus on my book, and because I'm doing something positive people are willing to help and chip in; sometimes I wonder how I'm going to get through this and then help just appears, and that's through me living a clean and positive life.

What I'm trying to show the youth is that you need some education behind you, and if you reach a certain age and don't listen to your elders you will learn how hard a road life is. Whereas if you study it's better for you; education is the most important tool you're going to need in life.

I never had anyone say they're proud of me until now, not even my mom was proud of me before. Imagine the fulfilment a youth would get from positive words, it would help him stay on track.

HEALING TEAMWORK

The URBRUM team caught up with local and national jazz saxophonist Andy Gayle, who has just completed an album entitled “The Healing Process” in conjunction with the NHS .

Andy, who lives in the Hockley area of Birmingham, spoke very openly about his life journey, in the hope that it would help tackle the day to day stigma that's all too often a result of ignorance in relation to mental health issues

Andy started playing the saxophone at the age of 19, and has toured with the likes of Jazz Jamaica and Ziggy Marley just to mention a few.

He also studied at London's Guildhall School of Music. At times music wasn't enough to support Andy financially and he had to think about his future. He was fortunate to win a scholarship to the then University of Central England where he trained as a teacher. Things were looking good for Andy, but in 2006 events in his personal life led to him to depending on alcohol in order to block out the pain he was experiencing. He'd have manic episodes and display severe depression, which left him totally exhausted. It all ended up with this talented young man being sectioned under the Mental Health Act for his own safety.

Andy was then diagnosed with bipolar disorder, which explained the mood swings he was experiencing. Andy believed that his life had come to a standstill at this point, as most of us would. But under the care of the Handsworth Home Treatment Team, part of Birmingham and Solihull Mental Health Trust, things started to look positive yet again.

With the encouragement of the Trust Andy applied for a £5,000 grant to create a CD which would tell his story by the way of music. He was successful in his application and “The Healing Process” was born.

“The Healing Process” is a CD containing 12 tracks all recorded here in Birmingham. So far Andy has received positive reviews from publications such as The Voice, The Phoenix, Local Radio, Jazz Wise UK, Jazz West Midlands ,and has featured in What's On June 2012 edition.

“Writing the album was very liberating for me and I hope that it will help others who find themselves in the same situation. The message I want to get out is that it is possible to come through the tough times, through the depression, if you share your problems, talk about them, talk to one another, because it does help”.

I asked Andy what plans he has for the future, and from his answer it's obvious that he is a man who likes to keep busy and is passionate about what he does: “I'm currently writing new material for a second album entitled 'Who feels it knows it'. I have applied for funding from the BBC for future projects, and I'm also gigging at local and national venues, hospitals, and old people's homes.

Paul Foade is another person I am working with: he is the son in law of the legendary Andy Hamilton. My aim is also to finish building a home studio”.



LITTLE BIG PLANET

PS VITA REVIEW



Who would have thought, that a small little character, filled with wool, zipped up, would turn out to be the most loved character on PlayStation 3.

Who am I talking about?

Let me re-introduce Sackboy! He was born on PlayStation 3 back in 2008, and went on to become the PlayStation mascot! Sackboy appealed to many people of all ages, and is certainly a family favourite.

Each weekend we get together, and play a four player series of games. After the success of the first game, a sequel was released in 2011, and Sackboy grew from strength to strength.

To this date, over 7 million levels have been created (and counting) all over the world.

So what was next for Sackboy?

Where could developer Media Molecule take him? Well he has a little baby brother now, and he has made his debut on Sony's new handheld PS VITA. The development of LBP PS VITA was handed over to Tarsier Studios, but Media Molecule did oversee the project, and provided the tools/feedback during the development process.

So how is the story of LBP PS VITA?

The story (no spoilers) involves Sackboy, on a mission to destroy a Puppeteer, who has turned against the people of Carnivalia. The people on Planet Carnivalia decide they are no longer enjoying the puppet performances, and the Puppeteer decides to destroy the planet. Sackboy must now react, and save the people of the planet, but the Puppeteer has other ideas, and is creating an army to destroy Carnivalia.

The adventure is set across five planets, each with around nine levels. In each planet, you have a set of objectives that you need to fulfil, and help the characters that occupy each planet.

The levels were very enjoyable to play, and this is where the PS VITA shines. Each level is filled with obstacles, and to get through them, you have many Gadgets & Gizmos at your disposal. A favourite to return on PS VITA, is the grappling hook.

This is my favourite piece of kit, which allows you to swing across a dangerous gap like Spiderman. Each level has a different gadget for you to use, so the gameplay is varied and keeps you engaged.

As with all previous LBP games, the replay value is what made them great. LBP on the PS VITA is no exception. If you are new to the game, then basically what the game requires you to do is collect Prize Bubbles.

Each of the levels has a set of Prize Bubbles. In-order to obtain all of the items, you must collect 100% of the bubbles so that everything is ready for use in the Create Mode.

I dived straight into this mode, and as the name suggests, this is where you can now create a level of your own. For me this is what LBP is about, and on PS VITA, I found that creating a level was so much more enjoyable. Sackboy's latest adventure fully utilises what the PS VITA was designed for in the first place.

I created a level, where I would use the front and rear touch screens on the PS VITA. I didn't stop there! I also applied photos that I had taken on the PS VITA, which I could include in the level.

There is a helpful tutorial mode for each of the scenarios you would come across while you create a level.

In fact a total of 67 tutorials are there to help you understand what you need to do.

They are spread over six categories: Getting around, Editing, Making Levels, Gadget & Gizmos, Advanced Gadgets and Mastermind.

Although the tutorials are very helpful, I was often left frustrated, because I could not figure out what had gone wrong? Why were the items not working? It would have been nice to add a feedback option. Instead I would head back to the tutorials and play that video again. Please Media Molecule; add this feedback option in your next game!

After I had finished creating the level, I then decided to publish the level.

This is where the whole world can then play your level, and leave comments.

Overall Sackboy has made a great debut on the PS VITA. A game that I have not put down since it was released.

The story will keep you gripped throughout, and the levels created by yourself and the World will keep you engaged until the next adventure.

If you have a PS VITA, what are you waiting for? Sackboy will bring you joy on PS VITA!

SCORE

8/10



Dreams to reality

“I don’t want to be a spectator watching the world go by I want a role, to be a part of it”

Meet Leviete Gibbs an aspiring entrepreneur and single mom on a mission to turn her dreams into reality.

Life has thrown many obstacles in Leviete direction but she has done her best to conquer them, making sure that every mistake she makes is a lesson learned. Having her son at 19 meant Leviete had to grow up pretty fast and face up to her responsibility.

“It is important for me to set a good example for my son, that hard work, ambition and education are all you need to accomplish your aspirations”

Raising such a bright, imaginative and fun loving child is Levietes chance to mould and nurture the future heir to the soon to be Le Vita Couture empire. Being a single mom and a student was hard work for Leviete, achieving good grades at Uni without neglecting both the mommy daddy role at home...multitasking at its best! With 6 years at the School of Jewellery in Birmingham under her belt she is confident that she has enough knowledge and passion in designing and making fabulous jewellery to last her a lifetime.



Le Vita Couture creates jewellery collections that interpret the abundant and diverse range of fashion styles and trends we use to express our persona. If you have any advice information or anything that you think could help Leviete to achieve her goal please leave a commentat Website: <http://urbrum.org/dreams-to-reality/>

Education

National Diploma (Precious Metals and Gemstones), Higher National Diploma (Jewellery and Silversmithing), BA HON (Jewellery and Silversmithing Design for Industry), AIR (Artist in Residence) Teaching.

Awards

Rowlinson Scholarship 2008, The Goldsmiths' Company (Assay office London Technology award 2nd Prize) 2010 , Jewelcast (Award for casting) 2010, Delcam (Prize for Design for Industry) 2010.

Being one of the only members in her family to attend university Leviete is a diamond in the rough so to speak. This vivacious and bubbly young lady has a very positive and motivated outlook to life. She aims high and has great faith that with perseverance and dedication she will achieve her goal of creating a famous and renowned fashion empire starting with jewellery then progressing into accessories and clothing.



Justine had always dreamt of becoming a TV presenter, with her huge smile and bubbly personality you can see why. This was her chance to become a star for the day and create her very own news report. Prior to this opportunity Justine didn't know what steps to take to achieve her career ambitions and with a little help from Reach and the other partners involved she is now a bit closer.

URBRUM caught up with Justine to get the low down on her day.

Justine Greene a 19 year old from Reach's services in Highgate, was given the opportunity along with other young people from across the nation to attend a practical workshop at the prestigious Sky Television Headquarters in London's Middlesex . This all came about due to Reach the people's charity working in partnership with media trust and Sky Television.

Behind the Screen : On arriving at the studios we were given an exclusive behind the scenes tour , which took us to all departments and we found out who did what jobs, from the runners, makeup artists, directors and of course the presenters.

We got to see every aspect of what makes a TV programme, and believe me there is a lot that goes into it, things you would never have thought of when you're sat down on the sofa flicking through the channels. The sky studios were very impressive, and are the size of a small village. Sky promotes itself as an eco-friendly organisation and most definitely do their bit.

The lifts are run on solar energy and the lighting system is able to tell the difference between night and day. I'm still trying to figure out how.

Time to get involved: The group was split into working teams and were given a brief of Regional Accents, and were asked to highlight the issues faced around this, such as playground bullying, unemployment and understanding.

Funnily enough the researchers found out that the Birmingham accent is the one which most employers discriminate against, but what do they know!! Being a proud brummie and not always being understood, this was potentially a good starting point for me.

Each young person had to step into their new roles and create a working studio environment and then produce a news item they could be proud of. The team had a producer, camera men, 2 editors 2 researchers, script writer, director and a presenter.

Everyone was on it and took their roles very seriously. We had to work to a tight time scale and even had a few disagreements and diva moments.

Welcome to the world of television: The cameras and editing kit were top quality and easy to operate. Our team kick started the report by introducing the news team; I then read the news report in front of the green screen while the team ensured it ran as smoothly possible. The other team filmed their clip and all the clips moulded together surprisingly well to create a news report that potentially could have been broadcast It goes to show how each team member is valuable and all need to pull their weight otherwise there wouldn't have been a final piece.

Now more than ever Justine wants to be a presenter. She is definitely one to watch out for, our very own Davina!!

Housing & Accommodation, Homeless Advice & Guidance

Citizens Advice Bureau
0121 248 4950

Birmingham City Mission
Resource Centre
0121 643 4324

Birmingham Foyer
0121 236 6298

Salvation Army
0121 2366554

Males 25+ St Anne's Hostel
0121 772 4406

St Basils Youth Line 24hr
Telephone
0300 30 30 99

Trinity Housing Resource
Centre
0121 554 8745

Housing Support

Trident Housing
0121 633 4633

Local Communities My Time
Small Health, B10 0PR
0121 766 6699

Housing Support

Ashram Housing Association
0121 764 3800

Family Housing Association
0121 766 1100

FCH Housing & Care
0300 123 1745

Future Health & Social Care
0121 265 2650

Moseley & District Churches
Housing Association
0121 442 5000

Nehmain Housing Association
0121 358 0966

Drugs & Alcohol

Birmingham East and North
Primary Care trust (BEN)
0800 328 3205

Solihull Care Trust
0121 711 7171

South Birmingham Primary
Care Trust
0121 465 8000

Multikulti
www.multikulti.org.uk
(Health information in
community languages)

Patient Uk
www.patient.co.uk (Health
information)

Health Exchange
www.healthexchange.org.uk

KIKIT Drop in Centre
153 Straford Rd, Sparkbrook
0121 771 1119

Terrance Community Drugs
Team
0121 301 1660

Alcoholics Anonymous
Helpline
0121 212 0111

Aquarius Community Alcohol
0121 414 0888

Birmingham Drugline
0121 632 6363

FRANK
0800 776600

Narcotics Anonymous
0300 999 1212

Sign Posting
Useful contacts across birmingham

Useful Links

Common Unity
Health and wellbeing
Specialist
common-unity.com

Nation Mind
www.mind.co.uk

Mind Birmingham
www.mindbirmingham.org

Birmingham & Solihull Mental
Health Foundation NHS Trust
www.bsmhft.nsh.uk

The Mental Health Foundation
www.mentalhealth.org.

uk Royal College Of
Psychiatrists
www.rpsych.ac.uk

SANE
www.sane.org.uk

Carers UK
www.carersuk.org

Sign Posting
Useful contacts across birmingham

Useful National & Regional Numbers

Mental Health & Learning
Disabilities Foundation
0207 803 1100

MIND
0208 519 2122

MIND Infoline
08457 660 163

Rethink Nation Advice Service
0845 456 0455

Centre for Mental Health
0207 827 8300

Useful Contacts

Birmingham Voluntary
Services Council
0121 643 4343

Central Switchboard for West
Midlands Police
0845 113 5000

(ask for Community safety
Bureau in your area)
CENTRO Hotline
0121 200 2700

African Caribbean

Cope Black Mental Health
Foundation
0121 551 7984

Midland Heart Accommodation
Based Mental Health Services
Servol Community Trust
0121 454 3081

African Carribean Millennium
Centre, Winson Green,
B18 4HB
0121 455 6382

Asian

Asian Resource Centre
0121 523 0580

Community Engagement
0121 301 1060

Sparkhill Mental Health team
0121 301 5370

Rethink Asian Language
Mental Health Helpline
0808 800 2073

Bangladesh Multipurpose
Centre, Ashton B6 5HH
0121 326 9500

Midlands Vietnamese
Community Association
Handsworth, B19 1DA
0121 554 96 85

Young People

Amazon Young Peoples
Counselling Service
0121 236 9222

Life Line Birmingham
0121 622 7780

Birmingham Space
0121 212 2855

Legal services

Communy Legal Service
Advice Helpline
0845 345 4345

Independent Complaints
Advocacy Services
08451203 748

Out Of Hours Numbers

In an Emergency
999

Birmingham Focusline
0800 953 0045

Samaritans
0845 790 9090

Saneline
0845 767 8000

British Red Cross
0121 766 5444





A man might like or dislike a women based on one or two things he sees in her. A woman will look at the whole package, and if any part of that package is not to her standard she might find it hard to warm to him. Whether you believe the last paragraph or not, first impressions do count so here are some tips to perfect that overall package.

She Loves: Touchable Hair
Women with long hair know that hair you want to touch gives them sex appeal, so make the most of your locks in a similar way. Make sure your hair's clean, preferably using conditioner as well as shampoo to keep it soft, and neatly trimmed -straggly bits over the collar or ears look unsightly and tend to get greasy quickly.

She Loves: Attention to Detail
Remember, women notice everything, so getting the small stuff right can only boost your image in their oh-so sharp eyes. If you've got facial hair, wash it. Stray hairs in the nose and ear area, creased shirts or socks with holes are all very off-putting, so don't give anyone any excuse to complain about your presentation.

She Loves Not: Over-styled hair
Loads of gel or enough wax for a candle might keep your hair in place, but using too much product not only hints of intolerable vanity, it feels like running your fingers over a dirty stove top. Groom it into place by all means, but remember a slightly ruffled look is much sexier.

She Loves Not: Cheesy Chat-up Lines
Contrary to popular belief, a chat-up line does not prove you have a sense of humour - it simply makes you look unoriginal. Begin with an overly familiar come-on and you risk looking as if you're only after one thing, which is a surefire way to guarantee you won't get it. It's much safer and more effective to stick to small talk.

She Loves Not: Dirty Fingernails
You might think your dirt-encrusted hands and nails make you look like a rugged, macho labouring type, but to women it just looks as if you don't know how to wash - and they certainly won't want you touching them. Get busy with the nail brush and use an emery board to remove rough edges. It's not effeminate, just practical.

She Loves: A Hint of After-shave
Men who smell great appeal to women's baser senses more than those who don't use anything. Experiment to find something you like - perfumes smell different depending on the individual and what suits one person won't necessarily work for you. Don't, under any circumstances, apply more than half a teaspoonful. Any more and the aroma will be so overpowering you risk suffocating every woman within a two-mile radius.

She Loves: A Sense of Humour
There's a reason funny men are at the top of every woman's wish list. Making jokes carries multiple benefits; it breaks conversational ice, relaxes the people in your company and makes you look like a fun person to be with. Slip in the odd gag as you chat to your preferred woman, and chances are you'll be laughing all night long. Source MSM.

She Loves Not: Body Odour
It sounds obvious, but it's amazing how many men seem to be immune to their own smell. Wash and add decent anti-perspirant before you go out on the town - even if you weren't sweaty beforehand, pubs and clubs are invariably overheated and overcrowded. If you're prone to sweating, get a good mate to have a quick sniff before you leave the house and tell you honestly whether more deodorant's needed.

It's said that women don't judge attractiveness the same way us men do, that's bad news for us guys because that means we've got it wrong yet again.



Tacos fish wrapped in Tortilla

Ingredients

- 1 tablespoon fresh lime juice
- 2 teaspoons canola oil
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 3/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 1 pound firm white fish fillets
- 8 (6-inch) fat-free whole-wheat tortillas
- Tomato-green onion relish

Preparation

- Combine first 8 ingredients in a bowl. Add fish; toss to coat. Cover and refrigerate 15 minutes.
- Wrap tortillas in foil. Place fish and tortillas on a grill rack coated with cooking spray. Grill fish, covered with grill lid, over medium-high heat (350° to 400°) 3 minutes on each side or until fish flakes easily with a fork.
- Divide fish among tortillas; top with relish. Serve with lime wedges.

Pasta Bake

Ingredients

- 1 lb Pasta, penne, rotini or shells
- 1 tbsp Oil, vegetable
- 1 Onion, chopped
- 1 can Tomatoes, 28 oz, crushed
- 1 tsp Oregano, dried
- Salt & Pepper to taste
- 2 cup Cheese, grated, any type

Method

- Preheat oven to 325°f.
 - Cook pasta on stove and drain.
 - Meanwhile, heat oil in saucepan. Add onion and garlic, sauté till soft (about 5 minutes).
 - Add tomatoes, oregano, salt and pepper, cook till heated through, about 5 minutes.
 - Combine cooked pasta, sauce and 1/2 cups grated cheese in ovenproof dish.
 - Sprinkle remaining cheese on top.
- Bake 15-20 minutes at 350°f.

CASTLE VALE MEETS LOZELLS

Guns, gangs, knives and reputation, these are some of the reasons young people give for rarely travelling to, or through, some areas of Birmingham. How much of this is down to hype? To try and dispel the image Lozells has for being riddled with crime and violence the Urbrum team hooked up with the Castle Vale Regeneration Service, which is an organisation that works with young people in Castle Vale. URBRUM invited a group of nine young people from Castle Vale over to Lozells for the day to hang out and have a guided tour.

The Arrival - Once the group arrived and introductions were out of the way, we asked the guys from Castle Vale if they ever visit this part of Brum, and what comes to mind when they hear the names Lozells or Handsworth ?

They answered by telling us that they rarely or never visited this area, and the words 'riots, rugged, loud, fear of the unknown, violence and gangs' come to mind.

Dead Ends - Taniyah, an ex-gang member, told his life story in great detail, of how he and his friends' bad choices and peer pressure contributed to him going to prison. He described the primitive violence, bullying and boredom of prison life, and how difficult it was being separated from his family. He talked about how, even when he wasn't in prison, he lived in a state of constant fear and tension. Many of his friends are dead.

Taniyah went on to say that his story can be told by many people up and down the country not just in Lozells. The Castle Vale guys were really interested in finding out more about Taniyah, and asking him questions at the end of his talk. Most of them had wanted to get out of gang life but couldn't see how.

The material things that came with the fast lifestyle could not compensate for all this. For him it was the discipline and hope provided by his faith in Islam which gave him a way out.

The Drum - Next on the agenda was a visit to the Drum Arts centre, a venue dedicated to promoting African, Asian and Caribbean arts and performances.

Jonathan Morley, who is the events organizer at the Drum, told us about the history of the venue and named some of the famous people who have performed or exhibited there.

We were also treated to an 'access all areas' tour including Admin offices, meeting rooms, halls and stages. With it being the 50th anniversary of Jamaican independence this year the Drum had a dedicated exhibition to celebrate this.

He talked us through some of the cultural and political highlights of Jamaican life – a long drawn out struggle for expression of identity and freedom from oppression, now crowned with startling successes such as those of the Olympic team.

Jonathan walked us around the exhibition, and at some points it almost felt like we were actually in Jamaica, his knowledge was amazing. He also talked about the range of activities and workshops in music, drama, painting, photography, and other creative arts, which are available to young people there.

Creative opportunities and dead ends

Reach Music Studio

Last but definitely not least Trident Reach: now the young people of Castle Vale found exactly what they were looking for here. They were in their element.

We were all shown around by the lovely Danny, who showed us several different music studios and also a room specially designed for hosting a Radio Station.

What Was Achieved?

We learned a lot about life in Castle Vale, and were encouraged to find that none of the young people felt they were under the kind of pressures described by Taniyah.

They felt that his talk had given them a 'wake up call' about the realities of prison life, and he encouraged them to see his experience as proof that you can still find yourself and make your own choices in even the most difficult circumstances.

We definitely saw the kids' faces light up when they were allowed to try out the different musical instruments, and we found out that several of them would love to have these types of creative facilities in their own community of Castle Vale.

We found the kids really relaxed themselves by this point, and we were able to capture some great photos and gain some positive feedback of the day's events.

The young people said that the visit had definitely given them a different view of the Lozells and Handsworth area: they had experienced a peaceful atmosphere, and been surprised at the opportunities and support available at The Drum and Trident Reach

(opportunities which they can book and come across to from Castle Vale) - the hype about the area had given way to a much more positive reality.



Graffiti art in Birmingham

Graffiti art originated from New York in the 1970s and was a big part a of the hip hop movement, it was mainly painted on subway trains and a new Art form had been created. Graffiti Art came over the seas to the UK in the early 1980s by way of a book called Subway Art and a documentary film called Style Wars. It was about 1984 - 1985 when Graffiti art hit the streets of Birmingham with teenagers from across the city and from many different back grounds and cultures were inspired by both the book and the film to start a movement of their own.

During the mid and late 1980s Birmingham had started to develop its own style and became a respected City throughout the Country even winning competitions, Birmingham also had its own legal Graffiti Park in Selly Oak and artist across the UK and Europe wanted to paint there. By the 1990s there were only a handful of artist left and the Birmingham scene had started to die down however by the mid 1990s the next generation of artist had been inspired by what they had seen in the 1980s kept the movement going, while some artist from the 1980s and 1990s carried on some stopped completely and some only painted occasionally.

In the last few years more artists from the 1980's and 1990's have once again started to paint and have come together to form BHX the legal graffiti collective. If you would like an event covering, wall painted designs, workshops, customised painting or customised clothes contact:

Title
graffitibyttitle.com

Kem & Mef
kemefinc.co.uk

Steroids

the inside story

Steroids have long been linked to the idea of the athlete striving to reach the utmost peak of performance, and with this being Olympic year they will be very much in the news. There are side effects from using steroids, and this prompts the question of why people would risk their health by taking them. We spoke to Terry about his and other people's use of steroids in body building, and his story is one of a journey towards self awareness and a more balanced way of life.

The drive

I think possibly the culture of it has changed since I started training seriously, over the last 18, 19 years. I've been training since I was 16. Personally, I just loved the look of it. It was something that I enjoyed doing. I don't know if you've heard of Steve Reeves before? For me he was an ideal way a man should be. But, over time that's changed a great deal, our culture has changed as well. In a way, it's a lot more violence orientated and obviously the club scene as well. People are taking steroids to get a rep in the clubs. It's all different.

There are a lot more people insecure about their physical appearance now in comparison to before. Whereas steroids used to be attributed to body builders, weightlifters and athletes, now every man and his son's on it for whatever reason. Before people used to pay a lot of attention to the magazines as well – what this pro, that pro was doing but even now people just bypass all of that, it's the gym stuff, number one, and if that don't work then it's steroids. That's the way the world is.

– quick satisfaction. Everybody wants to do something quickly. Everyone wants shortcuts. A lot of guys now are comparing themselves to the next man on the street, as opposed to the man next to them on stage. It's a different mentality totally. It's the wrong reasons for doing it. People just want to look good, in front of their mates, girls, that's it.

When I first started using steroids, I got a couple of books out at the time and read them thoroughly. But I still had that eagerness to do it, and probably now I think I should have waited three or four years, but you do what you do when you do it.

The results

I never thought when I was say 18, 19 about the effect it would have on my body with regard to fertility and how that would be in my head in 10 or 15 years time when I wanted to have kids. Those sorts of thing in life you kind of take for granted – you just see the next man doing it. The older you get, you start to think about it.

All steroids are just different forms of testosterone. The more you take, in theory, the more muscle you are going to develop.

But your body is not used to carrying that sum of muscle which is why you cannot go on without training because your body has what they call homeostasis – the point where it likes to stay. So your body will fight against that point because that's where it's supposed to be. So, with regards to how much steroids you take, unless you're gifted genetically it won't mean much.

The training will stimulate muscle growth so that the body adapts and it's only then that the testosterone will use the extra nutrition and make the body grow, as it does when you're going through puberty.

All the steroids do is enhance the other things that you do. There's a set point where your body won't go past naturally. Steroids won't replace anything. That's what a lot of people think – it's the easy route. When I was 21 and did my first show and I'm sitting down to eat five times a day, I'm going to the gym and doing my weights and doing my cardio – nobody knows about all that, nobody takes that into consideration.

It's impossible to get medical advice. The doctor will just tell you outright don't do it because they'd be condoning something which is illegal in reality. From my experience, getting to the point where I'm having myself checked out, my sperm count is zero. So I decided to take some time off because I was competing for the last four years before, so I was constantly on and off them. One of my liver levels has risen.

You realise some things maybe you can't put right. When Doctors find out reasons why you've been doing what you're doing they say, "Well, it's your own fault." You go and your liver's screwed because you've been drinking and it's, "ok well we'll do what we can for you." One is socially acceptable but probably more harmful in reality to a lot more people but if it's steroids....

They just know the side effects.

Reaching for self awareness and balance

When you get into bodybuilding or weight training, a lot of people do have, to put it bluntly, mental health issues. There's always something that makes somebody do that or want to change their physical appearance that way.

There are very few people who get into it purely for the love of what they're doing or very few people actually born to it. There's always some reason for it. Whether it's down to insecurity, issues at home, issues with the way they've been brought up.

People who come to it a little later in life, maybe their early 20s, it's different for them because they've gone through that developmental stage but when you're 18, 19, you start going to the gym, there's always a reason for it. Whether you know it or not - I'd say there was for me. I had a few bullies at school, a few problems at home. I left home at 16.

I always knew as soon as I got into it that I wanted to compete. A lot of people have reasons like that, they just don't realise it. It's not in reality to look like that or to want to look like that – it's not a normal thing. You could compare it to other sports as well, like formula one driving.

To like cars that much or to want to drive that fast, it's not normal. It's what gives you that adrenaline, that satisfaction or that rush. Sometimes I don't think it's natural to actually need that.

Born and bred

My name is Duane Courtney, and Lozells will always hold a special place in my heart, as this is where I was born, bred, and have some of my fondest memories. I lived in Lozells with my parents for approximately 11years.

“Believe you me” living in Lozells in the 90’s as a young black male was challenging, it was easy to be side tracked or miss led by your peers, not intentionally or out of spite, but mainly out of boredom.

My parents then decided to move to Oldbury, at the time I didn’t understand why, but now I know that it was for the best, the reason being , my life may have taken a different path if I stayed in Lozells, Many people say this, but in my case it’s the truth.

Football

Linsford Courtney, (Dad) has been a major influence in my life; he encouraged me to start playing football, “the sport which I would later grow to love”. At that time most of my friends never had much support from both parents as they were mainly from a single parent background. This made it difficult for them to travel to trials, games and sometimes even training due to certain circumstances. I was very fortunate to be brought up by both parents. I think this is one of the main reasons I had the drive to succeed, and for that I am truly blessed.

Club to club

I have played for several clubs in my career such as Derby County, Birmingham City, Burnley, Kidderminster Harriers, York and now Tamworth. I have also played with and against some of the premierhips current top players such as Wayne Rooney, Joleon Lescott, and Luke Moore.

Highs and Lows...

During my playing career, there has been many highs; one of them being, able to own my own property at the age of 21. I have also experienced some low points; the one that comes to mind is being released from Derby County in 2001, I think that was the lowest I ever felt, I was only 16 years old and found it extremely difficult to accept rejection, I felt powerless. At this point I was inches away from quitting football altogether, If it wasn’t for my dad who said “Nothing worth having comes easily” this helped me pick myself up, brush myself off, and go in hard. The low points and getting through them have helped me to be more mentally prepared for life, and make me who I am today.

Wake up call

Throughout my life I’ve always been a party animal, and have always taken risks, a guy who had to learn the hard way. Over time I grew tired of living that lifestyle, and needed humbling. It took the birth of my son “Marley” to give me that wake up call, to get that hunger and desire back for life. I realise that the decisions I make have to be made with thought, as they don’t just affect me.

What can I say...

If it wasn’t for football, moving to Oldbury, and having supportive parents I would have probably been a gang banger, in fact most definitely . I did my toe in the ends from time to time to show love, because I ain’t better than anyone else in Lozells.

Word of advice...

No matter how many times you fall, you’ll always be able to get up. Remember

“NOTHING WORTH HAVING COMES EASILY”
Duane Courtney (K.I.M.)

Diamond In The Rough

“NOTHING WORTH HAVING COMES EASILY”

The History

Edgbaston United was established in 2007 by Birmingham City Council (Social Services) and Birmingham and Solihull Mental Health Foundation Trust. The club was started following 12 years of organizing and developing 5-a-side teams and tournaments that offered opportunity, for people who had experienced mental health difficulties, to have access to socially inclusive activities such as football.

Like any football club the team has evolved with each season. Realising that it would be a big step up from a game of 5-a-side to ‘proper ‘ football, the founders decided that for the team to be successful, and not too daunting for the players, it would benefit from including a few players with experience of playing in Saturday League Football.

Apart from this, there has never been a set of entry criteria for playing football with Edgbaston, although there is a continual awareness that the club is there to actively encourage mental health service users to participate.

The Team

There has never been a pecking order for selection. It has always been the responsibility of the manager/coach to select the best available team, with consideration given to those that train regularly. Many players’ involvement has been that of player/ keeper/ coach/ captain/scout, you name it, and Edgbaston believe that this involvement is crucial to the ongoing success of the club.



Edgbaston United has provided opportunity for many people from disadvantaged backgrounds to participate in the national sport, without the spectre of mental health looming. In 2008/9 the club was nominated for and won an NHS award for innovative social inclusion practices, and has been involved in mental health football events across Europe during the last 5 years: in Germany, Austria and Holland, as well as across the U.K.

As a new season beckons so does a new start for the team, with the support of Start Again Project CIC and UrBrum. Start Again Project will be running the team in the Birmingham Communities League, and UrBrum will be supporting the development and promotion of the team across Birmingham.

Edgbaston United this session will be looking to develop and grow further, with participants taking an even bigger role in the development of the team and the successful continuation of the service and that of its partners.

Start Again Project CIC are thankful for the support of a gift from the late Phyliss Parker in the running of the club for the forthcoming season, and also to all the supporters who wish to see this unique football team: Edgbaston Utd FC.



URBRUM Sponsor

Edgbaston United



Loving life loving my job

I'm loving life and loving my job. I have been working at Birmingham Mind for nearly 2 months now and have managed to marry my two passions; caring for people and being creative.

It hasn't been easy and I know all too well how hard living life can be when you have no job, no income and bills to pay. But staying positive and finding things to do to keep myself active and interested was essential in getting to where I am now.

Studying Fine Art at Birmingham City University allowed me the freedom to express myself creatively and I soon found that creating short films was what I was good at. I made loads of films throughout my three years at Uni. My subject matter took inspiration from my personal life experience and themes of failure and artistic reputation.

I enjoyed filming the actions of lifting and dragging people, coping and recreating the form of Jesus in Baroque paintings.

I saw the shape of Jesus as he was being lifted on or off the cross as one that symbolised many things to me such as loss, freedom, failure, release and many more.

During my time at Uni I worked as a support worker, note taking and generally supporting students in their studies.

This work experience has proved invaluable in my current job role and kept me going whilst looking for a full time permanent job. I found the time between leaving university and starting my job at Birmingham Mind difficult.

I reacted in a negative way initially as I felt powerless and that I would never get a job, but I realised that I was not alone and shared my worries with friends in the same situation, and talked to wise family members.

One of the benefits of re-writing so many CV's was that I could clearly identify my skill areas, and the interviews, although

not always successful, meant I could confidently verbalise my strengths and experience.

Finally starting full time work was a massive relief. I even facilitate an art class in which I can indulge in my love of art, as well as share the art of thinking creatively. I strongly believe that thinking creatively can open endless possibilities and fill a soul with energy.

The art class are currently learning how to develop their ability visualise in their 'mind's eye,' thinking about the colours of the rainbow initially and then developing on the ideas and feelings certain colours give them.

We will consider the significance of prominent colours each week to see if they reflect mood. Using colour as a starting point for inspiration the class are also developing the technical skill of watercolour painting.

My top tips to keeping well if you're currently job hunting and worried about money, bills, housing, relationships and your future are:

01

Share your worries don't keep them to yourself. Talk to friends and family. People aren't mind readers so if you need help, say so! It is not a weakness.

02

Get out the house! Don't just mope around the house, watching Jeremy Kyle won't motivate you, but a brisk walk will.

03

Take every opportunity that's given to you; try out something new, you might love it!

04

Make opportunities.

05

Enjoy simple things; take pleasure in a beautiful sunny day, or a rainy walk.

06

Remember that you will not feel like this forever, it is temporary and you will be successful and happy.

I'd like to round up on this quote by Maya Angelou, a wise American author and poet who seems to have an uplifting quote for everything...

"You can't use up creativity. The more you use, the more you have."

Finally if you'd like to view my work check out my website www.jesskey.co.uk



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