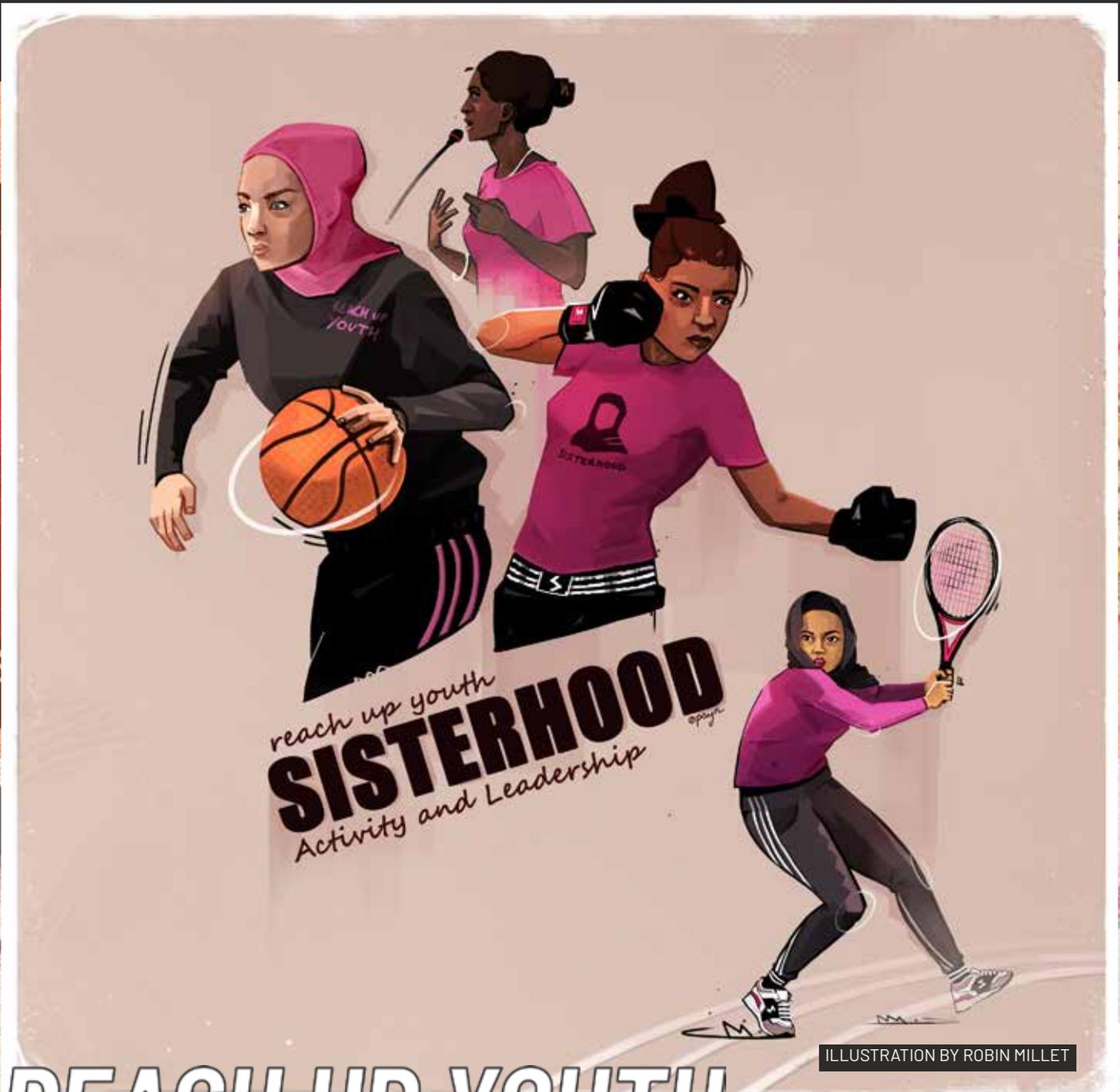


Mini Messenger



THIS EDITION BY REACH UP YOUTH SISTERHOOD



reach up youth
SISTERHOOD
Activity and Leadership

ILLUSTRATION BY ROBIN MILLET

REACH UP YOUTH

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I DON'T WANT TO FIT IN

STORY BY FATIMA

PHOTOS BY

SAFIYA SAEED BERBERAAWII

“ I used to receive a lot of hateful and insensitive comments which made me develop an insecurity. ”

When I was in Year 5, it was one of my hardest years. I felt completely out of place considering I weighed over 10 stone. As much as I used to hear that it's only baby fat and that most likely I will grow out of it, I also used to receive a lot of hateful and insensitive comments which made me develop an insecurity.

“ I feel that learning to love yourself should be a priority from when you learn how to speak. ”

My biggest challenge was not to lose weight, it was to learn to love myself regardless of my size and not let other people affect my journey.

Then it was time to make the decision to do something about my weight, so I began to attend Sisterhood, it's where I call home now. I was the youngest at the start but that didn't affect me, it actually allowed me to mature and build my confidence before I started to play with girls my age.

Entering secondary school was brutal at the start. I had lost a lot of weight but I was still bigger than average. Luckily, I had already built the confidence and I developed a routine of sport, meals and work and I made it my goal to not allow anything to ruin that. Nothing did.

I feel that learning to love yourself should be a priority from when you learn how to speak. It's putting your mental well-being whether that be physical or emotional. It's having compassion and loving yourself unconditionally and I can say it changed my whole perspective on the world and gave me a sense of contentment and I have a much more positive attitude towards life.

I also changed my friends who were getting negative attention, and with friends who shared a goal, thought about future, laughed and simply were humble. My environment is something I want to always protect.

The **Mini Messenger** needs **youth groups, schools and people aged 5-25** to help create a section made by and for young people. Training and support is available. If you would like to **get involved** please contact **mail@burngreavemessenger.org**

I FOUND MY LIGHT



STORY BY A.M. (18YRS)

Anxiety has affected me since I was 15 and had a massive impact on my sleep, appetite and mental health and always finds any chance to creep up on me, especially if I am heavily stressed, and I can only be described as a hollow black hole filled with doubts and self-hate. I've never been able to get completely rid of it as it stands and it's been nearly 7 years. I've only just learnt how to manage and it's allowed me to get to know myself.

I have realised that there are many things that worsen the response to anxiety and not how the anxiety actually affects you. For example, I find that when I haven't had enough sleep, I seem to get anxious and frustrated very quickly. I also figured out that there are things that help prevent anxiety for me personally, such as anything that

benefits my body like basketball, which I absolutely love and I'm a terrible player, but simply because it exercises my brain as well as my body. I leave feeling empowered and able to think outside the box rather than stuck inside my own head.

Going to Sisterhood made me grow massively by normalising situations that I go through with my anxiety, because it made me realise there are other people like me that suffer too and there's a way we can connect and share experiences whilst having fun!

Spending time with my friends sounds easy, but when you overthink situations it can be hard to motivate

yourself to even step a foot out of the front door. I find that family or having someone at home can give me motivation and it feels like a gateway to get me out of the front door.

Anxiety can be sort of like a practical person to speak to before you go out into the big world, that's how I would describe mine. It's actually become one of my friends because it challenges me every day to be better than the day before.

Thank you.

This is a poem I wrote to remind myself every day:

Don't worry about the pain,

Don't worry about the people that drain you,

Because it's all down to vain.

You are you

And they can never be you so don't complain.

Someday there will be someone appreciates you,

Love you can't explain,

In a way that's inhumane.

You will never get what you can't handle,

So no one has the power to drive you insane.

ALL ABOUT THE SISTERHOOD

PHOTOS BY
SAFIYA SAEED
BERBERAAWII

We started this project because there were no activities for girls at this age and there was also a lack of BAME female mentors to support local girls, as well as a lack of representation from the community, to communicate with the schools, colleges and universities.

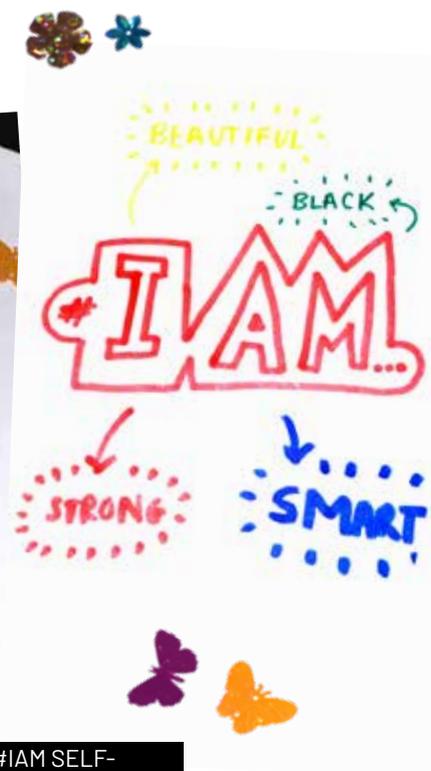
The Sisterhood is aimed at young girls aged 11- 20 years old. It is important that young BAME girls have a safe space to wear headscarves without discrimination and without male staff present.

Although the Sisterhood has an open-door policy, it is mainly targeted at BAME girls as they have more limited access to sports facilities and activities.

We want to create leadership, community champions and confidence building through sports. There are now 25 girls attending the various sessions we do. We want to mentor them to become young leaders and help to build their self-esteem as there is a lack of female representation in sports in both the professional world and the community. Young girls are very vulnerable in Burngreave as they don't have a lot of women mentors from their background whom they can identify with.



ALL PHOTOS TAKEN AT THE IWD #IAM SELF-AFFIRMATION CONFIDENCE BUILDING WORKSHOP



LEADERSHIP PROGRAMME

- Self-development training
- Identity training
- Mental health/anti bullying workshops
- Mother and daughter communication skills
- Structured leadership training
- Social media workshop
- Self defence
- Healthy eating, health and wellbeing course
- Also trips for awards

Our sessions are on Sundays 1pm-3pm at Verdon Centre Sheffield S3 9QQ.



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