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Mel tells us about her passion for shooting

I first tried shooting through the scouts at the age of 12. My troop visited Twickenham Rifle Club for an evening. I didn't want to go as I didn't like loud noises, but my mum told me to go and try it, and if I didn't like it, I could sit out with her friend who was a member at the club. So, I went, had a go and loved it.

I joined the GB junior squad at 13, and by 14 I was in the youngest member of the full GB and England shooting squads. I travelled to many different countries to compete internationally in both Air Rifle and .22 disciplines, including Germany, Croatia, Prague, Denmark, Holland and Switzerland.

Past successes include; competing at the World Championships in Zagreb at the age of 16. Winning the English Junior Ladies Championships at 14. Middlesex Air Rifle champion 3 times, and competing at the European championships in Switzerland.

I am currently a member at Surbiton Postal Rifle Club. I have been their top air rifle shooter for the last 9 years. Our club have been the team of 3 Air rifle champions for 8 years in a row.

I think Mel teaches us a valuable lesson to push ourselves out of our comfort zones and try something new! Because you never know where it might lead! If you've got a hobby you want to share please write in!

'IT'S A BATTLE' Selena Gomez reveals she's prioritising her health after mental health struggles and kidney transplant



After undergoing a secret kidney transplant due to Lupus complications, 25-year-old Selena has opened up about her health issues and vowed to put her health first from now on.

The singer says: “Anyone who knows me knows I will always start with my health and my well-being. I’ve had a lot of issues with depression and anxiety, and I’ve been very vocal about it, but it’s not something I feel I’ll ever overcome. There won’t be a day when I’m like, ‘Here I am in a pretty dress— I won!’

“I think it’s a battle I’m going to have to face for the rest of my life and I’m okay with that because I know that I’m choosing myself over anything else. “I’m starting my year off with that thought. I want to make sure I’m healthy. If that’s good, everything else will fall into place.”

In October, Selena opened up about the moment she thought she was going to die after finding out she needed an emergency kidney transplant. Speaking on the Today show, Selena said: “It was really kind of life or death. “My kidneys were just done. That was it and I didn't want to ask a single person in my life.”

The 25-year-old kept the operation a secret and only revealed it had happened when she posted a picture of herself and best friend Francia Rasia lying in a hospital bed holding hands. Selena smiled as she explained how Francia had saved her life and spoke candidly about her recovery. Selena’s emotional Instagram post went viral within minutes of it being posted.

(The sun, Feb 2018)

What is Lupus?

Lupus is an autoimmune condition when the body makes antibodies that attack itself.

Some patients will only suffer from mild problem such as aches and feeling tired, while others can have life threatening organ damage to the heart and kidneys.

Other symptoms include depression, lung and heart disease and hair loss.

It is 10 times more common in women than men and usually develops between the ages of 12 and 25.

There is currently no cure for Lupus, however it can be tackled with chemotherapy and anti-inflammatory and steroid tablets