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FROM THE KITCHEN TO THE RING:
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Should the minimum legal drinking age be raised, lowered, or kept the same?

The UK minimum legal drinking age is a controversial topic, with some being content with it being 18, and others wanting it either lowered to 16 or increased to 21. So, let's discuss it.

Let's lower it down:

- The law states someone aged 16 or 17, accompanied by an adult can drink (but not buy) beer, wine, or cider with a meal at a licensed premises. But it's illegal for them to drink spirits in a pub anywhere in the UK, even with a meal. A 16- or 17-year-old working in a licensed bar, restaurant or shop can serve alcohol if the license holder or bar manager has approved the sale and it's in line with any other restrictions set out in the license. Essentially at 16+ you are lawfully capable of dealing with alcohol, so why not widen this capability to be able to drink?

Erm, no, let's keep it the same:

- We can't dismiss the health risks that come with drinking at 16, such as affecting the normal development of vital organs and functions like the brain, liver, bones, and hormones. There's also a mental impact including raising the risk of alcohol-related injuries, involvement in violence, suicidal thoughts and attempts, risky behavior, etc.
- 18 is the age you become an adult, so therefore you should have the right to make your own decisions

about alcohol consumption. The current drinking age encourages responsible drinking habits and reduces the risk of underage teenager's binge drinking.

- Despite claims otherwise, those aged 18–23 don't have the highest proportion of casualties in drink-drive accidents (at 23%), as those aged 23–59 make up 63% of such incidents.
- All increasing the drinking age will do is encourage illegal drinking. In the USA, despite the legal drinking age being 21, 18–20-year-olds are still found to drink.

Both are wrong. Let's raise it:

- In addition to it being medically irresponsible to allow 18–20-year-olds to drink, we're creating dangerous situations by letting them into unsafe drinking environments. It's simply irresponsible to allow a greater segment of the population to drink alcohol in bars and nightclubs.
- People are more mature and responsible at 21 than 18. Increasing the minimum legal drinking age encourages responsible drinking habits and reduces the risk of underage teenager's binge drinking.

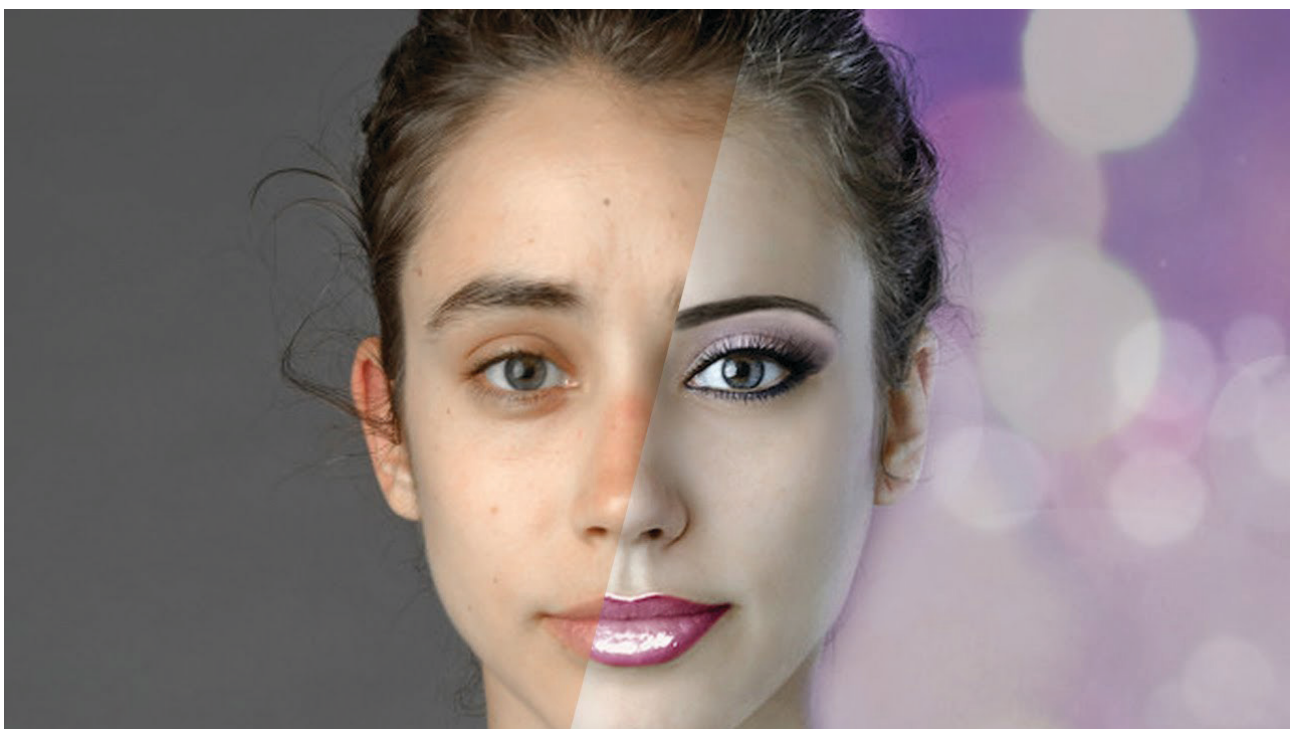
In conclusion, there are benefits and risks to the current minimum legal drinking age policy. There are several reasons that support all three arguments and disregard them. So, what do you think? Should it be lowered, raised, or kept the same?

Battling society's beauty standards



The beauty standards are continuously changing over time and the pressure of keeping up is plaguing teenagers. Some of the most watched influencers such as Kylie Jenner, the Kardashians, Molly Mae etc. are constantly changing beauty standards and causing trends in body types such as having thick lips or an hourglass figure and a flat stomach, making people feel the need to adapt e.g., get lip fillers. The percentage of women that have had lip-fillers has increased over the past few years to fit in with the beauty standard; the same has occurred with BBLs to fit aesthetics. The reality of it is that beauty standards change

all the time and if we spend our lives trying to fit in, we will never truly be happy with ourselves. Social expectations for beauty can impact self-esteem and can cause real damage to one's mental health. The problem with beauty standards is that it promotes an unrealistic, unnatural image that society has set for women to live up to. Currently, humans are facing an identity crisis from society dictating what is 'beautiful'. The battle against beauty standards means seeing beyond physical attractiveness and more about who we all are as a person.



Has Gen Z Broken Gender Norms?

OPINION

Gender norms are social roles encompassing a range of behaviours and attitudes that are generally considered acceptable, appropriate, or desirable for a person based on that person's gender.

So, what are examples of gender norms?

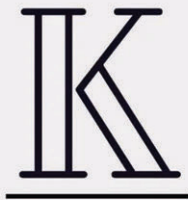
- Stoicism v Empathy: Men are stereotyped as being stoic and not letting their emotions rule them, while women are stereotyped as being highly empathetic and compassionate.
- Preoccupied with Power or Looks: Men are stereotyped as being preoccupied with money and power, while women are stereotyped as being obsessed with their looks.
- Provider v Nurturer: The man is seen as the provider or breadwinner, while the woman is seen as the nurturer of the family.
- Construction v Caring Industries: When women move into the workforce, they move into domestic or 'caring' industries such as healthcare and education. Despite there being modernization of the workforce to include men and women, nonetheless the idea that the domestic sphere is the women's sphere continues to be perpetuated indirectly.

Gender norms are internalised early in life, and therefore can establish a life cycle of gender socialisation and stereotyping. However recent trends have shown Gen Z distinguishing themselves from typical gender roles, being more inclusive of gender fluidity and subscribing less to gender stereotyping. So, it's fair to say

that Gen Z are breaking gender norms, but how?

- According to a new study conducted by the advertising insights agency Bigeye, half of the members of Gen Z agree that traditional gender roles and binary gender labels are outdated.
- Despite most Americans being cisgender (gender identity corresponds with the sex registered for them at birth), a significant percentage of younger generations believe the notion of identity is fluid and non-traditional. Additionally, they favour gender role flexibility (62% v 55% among older generations), allowing boys to be emotional and girls to be strong, breaking 'traditional' role patterns.
- Gen Z are not supporters of patriarchy (a male-dominated society). Gen Z is least supportive of this model alongside the typical nuclear family, consisting of a male breadwinner, a female caretaker, and their children. Instead, we see Gen Z being more accepting of same-sex marriages (60% v 52% among older generations).
- Even in education, gender stereotyping within Gen Z has decreased. In A-levels we see girls doing subjects that are typically defined as masculine (e.g., maths, computer science, economics) and boys doing more typically feminine subjects (e.g., English, humanities, sociology, and psychology). As a result, we see gender barriers in careers breaking, with more women going into male dominated careers such as engineering, mechanical work, medicine, the military and taking lead CEO jobs. We are also seeing more men in typical feminine jobs, e.g., nursing and teaching.





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...Before I Started Wearing Wigs

- » You can't get a good install without a clean, high-quality lace. It's very, very important!
- » Maintenance is key when it comes to a wig. Knowing how to take care of a wig will save you a lot of money, because instead of buying new wigs you can simply wear ones you already own.
- » When booking a hairstylist, read their policies and take all their posts and reviews from their clients into consideration. These will tell you everything you need to know about their professionalism.
- » When buying a wig, look at customers' reviews, pictures and ratings. If it's not at least 4.7 stars, then don't buy!
- » It's undeniable that wigs are beautiful but remain appreciative of protective hairstylists and appreciate your natural hair. Wigs are addictive, so don't fall into the trap and embrace your natural beauty.





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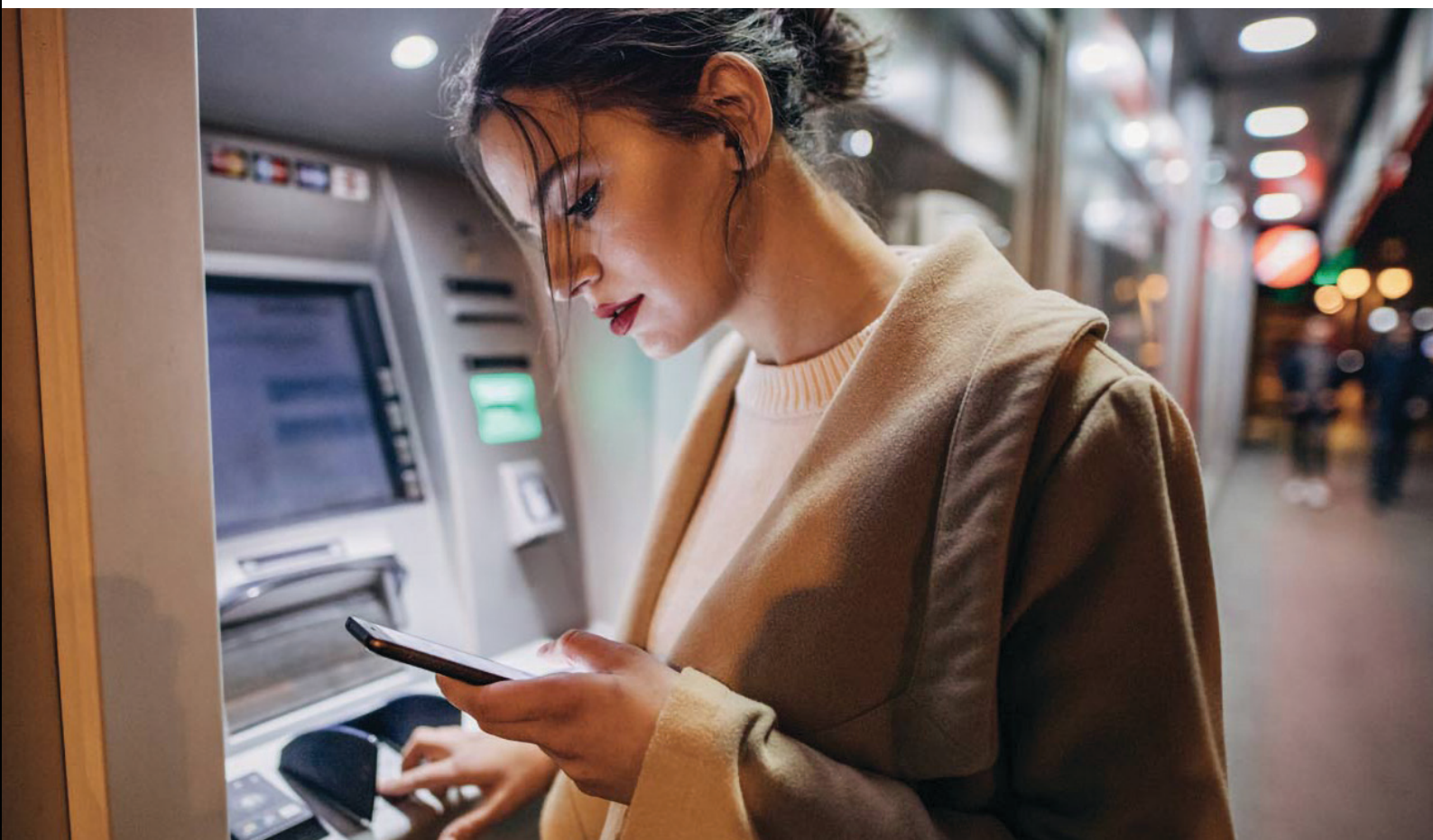


SCAN ME



Opening My First Bank Account

When opening a bank account, there are many ways to apply e.g., via applications or discussing what you require from your bank and accounts in person. You will need a form of identification before an account can be opened.



What should I look for?

If the bank account is for a child, you might be concerned with the interest that the bank gives whereas if it is for a student or adult, your main priority might be a card you can use to withdraw cash or an overdraft facility. Another important factor to look out for is where the branches are located and how easy it is to contact the bank rather than speaking to the automated robots on the phone or online chat bots.

To open a first current account, you need to be within the age of 11–18 and for an adult bank card you need to be 18 or over. You will need two forms of identification, one confirming your identity and the other confirming your address and place of residence.

What can I use as ID?

You will need a form of photo ID such as a driver's license or passport or ID card and for the proof of address it is often recommended you provide a utility bill. If you have recently moved to the UK, an option would be a reference from an employer or university.

Alternatives

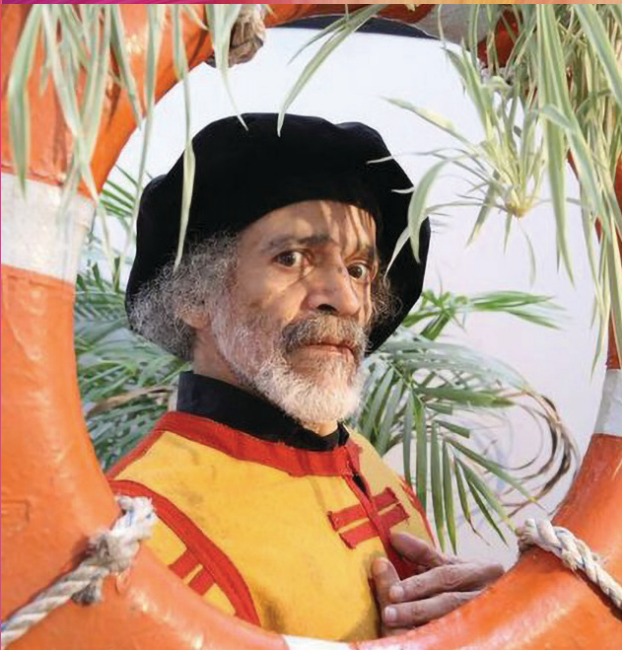
Some may have issues with their credit history and may be turned down by a mainstream bank. However, you can always apply at basic banks such as Monzo or Revolut as well as credit unions who are far more likely to accept your application and can be flexible with the identity documents that need to be provided.

AMARIA BB

Amaria BB grew up in Hackney East London and found a passion for music at the age of 8. She won the first season of 'Got What It Takes' at 12 years old. In September 2021, she performed in a festival alongside the likes of Little Simz, Koffee and Burna Boy and has been featured on BBC's very own Radio 1xtra.



JOHN AGARD



John Agard is a well-renowned poet known across England. He has taught in schools using his famous poem 'Half-Caste', which won many awards including the Queen's Gold Medal for poetry. The infamous 'Checking Out Me History' was studied and featured in the AQA English GCSE anthology meaning millions of kids aged 13-16 have studied his work in order to get their GCSE qualifications. He was awarded with the Book Trust's lifetime award in November 2021. His first published piece of writing was in sixth form which goes to show that you're never too young to start anything.

FIDELIO VAZ



Fidelio Vaz studied graphic design at the University of East London and became a UK, France and Italy retail area manager and worked with brands along the lines of Dsquared2, Maison Martin Margiela (MMG) and many more. Presently, not only is he a CEO of Giga Positive Solutions LTD, but he is also a football agent as well.

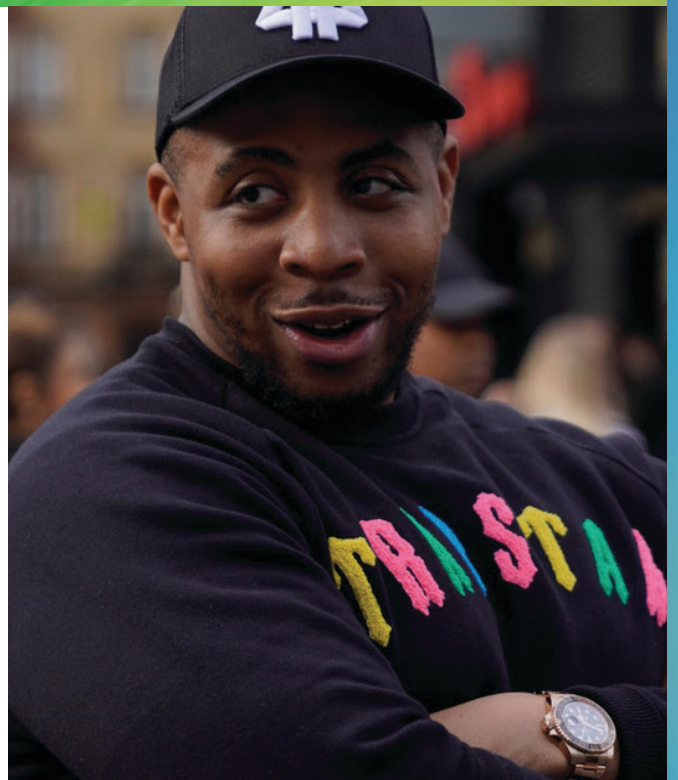
SHARON WHITE



Dame Sharon Michele White, Lady Chote DBE is a British businesswoman. She is currently the chair of the John Lewis Partnership having previously held a variety of roles in the Civil Service. She was a chief executive of the British Media regulator Ofcom from 2015–2019 and was the second permanent secretary at HM Treasury from 2013 to 2015. She was the first black person and the second woman to become a permanent secretary at the treasury.

BOUNCER PLAY DIRTY

Myles Harris also known as 'Bouncer', the director of Wicked and Bad, has worked on managing, investing in, developing and nurturing artists. His first artist to be on the Top 20 charts was Digdat with 'Air Force' and he has managed top 10 artists including Hardi Caprio and Kwengface. In 2022, he started an affordable Bouncer music hub live music course that teaches artists everything they need to know in the music industry including marketing and contracts. In 2021, he founded Wicked N' Bad Energy as a refreshing way to keep yourself energised throughout the day. Wicked N' Bad energy drinks use high quality Taurine, B-group vitamins and caffeine to give optimum effects and are designed to enhance endurance and strength. It is offered in over 30+ stores nationwide and is available to shop on Amazon. Wicked N' Bad is an immersive experience combining all forms of entertainment and powered by technology bringing the best of music, boxing, podcasting, film and events. Founded by Myles in early 2020 it has grown from strength to strength with two successful shows bringing in over one million+ viewers worldwide and all events trending at number one on Twitter. They also hosted the first UK dwarf boxing fight. Their YouTube channel has generated three million+ views on The Select Channel (podcast).



MARIE SWINDELLS

UNDER THE MICROSCOPE

Marie Swindells, a court advocate, after 18 long weeks of challenges was officially hired as Lord Sugar's business partner in the Apprentice 2023. Her Unique selling point is her creativity in her gym that sets her aside from other candidates. She studied for legal exams whilst working as a boxing trainer before being called to the bar in October 2019 and pledged to give other people the life that she wasn't able to receive when she was younger. She will receive 250,000 investment and a 50/50 partnership with Lord Sugar for her boxing gym business and was described as an 'imaginative business woman'.



COMPANIES/PEOPLE DOING GREAT THINGS:

YOUTH PARLIAMENT:

The UK Youth Parliament is a youth organisation in the United Kingdom, consisting of democratically elected members aged between 11 and 18. Formed in 2000, the parliament has 369 members who are elected to represent the views of young people in their area to government and service providers.



STEMETTES:

Imafidon is the founder of Stemettes, a social enterprise which encourages girls aged 5–22 to pursue careers in Science, Technology, Engineering and Maths. Prior to founding Stemettes she worked at institutions including Goldman Sachs, Deutsche Bank and Hewlett-Packard and graduated from Oxford University with a master's degree in Mathematics and Computer Science at 20 years old.



THE RIDING DREAM ACADEMY:

The Riding Dream Academy is a wonderful, thoughtful academy to help talented young riders from diverse communities and underprivileged backgrounds. It was inspired by Khadijah Mellah who was the first British woman to ride in and win a UK horse race. They offer a wide range of programmes and scholarships for riders aged 14–18.



UR4 DRIVING:

The Upper Room is a registered charity that gives people with convictions the opportunity to get a full driving license. They provided free driving lessons and practical tests as well as in-house theory, practice and mock tests, work placement and employability support. Previous participants have gone on to be professional drivers, self-employed plumbers, gas fitters, market traders, gardeners or work for BMW. To be eligible you must live in Greater London, hold a valid provisional driving license, and be committed to not reoffending.



ACCESS-UK:

Access UK (African Caribbean Careers & Employment Support Services UK), is a BME careers solutions specialist. They are a charity/social enterprise that offers end-to-end, bespoke IAG services for young BME (Black Minority Ethnic) beneficiaries. The company revolves around improving outcomes within the three E's of EDUCATION, EMPLOYMENT & ENTERPRISE. They help young people access Russell group universities in greater numbers, as well as secure employment, establish businesses or become self-employed. They work closely with stakeholders/corporates and refer their beneficiaries for additional specialist support and ringfenced opportunities. Access UK also offers highly personalised IAG (Information Advice & Guidance) support for gang members and ex-offenders. They have embedded innovative preventative programmes and interventions in

their delivery model, designed to positively affect the mindset and form the foundations for a more productive life for youths who are repeat offenders or active gang members. Their mission is to reverse the 50% national unemployment rate amongst black youths.





Letter to my Future Self Where I Want to Be In five Years

JOHN A

Within the next five years I would like to buy my first house as well as having completed my uni degree. I would love to have a job in quantity surveying which is estimating and controlling costs for large construction projects to ensure the work is of quality and reaches the standards as well as being financially viable.

KASHAI

In five years' time I would have finished my law degree; I will then take a gap year to find myself, travel around and explore experiences in different career paths that I can diverge into. I would also like to invest my money into something that I will reap the benefits from after.

MALIK

I see myself owning a business in property development as an entrepreneur as well as buying my little brother a property. I would love to buy two properties and maybe rent it out but use my own company to refurbish it. Ultimately, I would love to find ways to make passive income and see my friends excel by supporting my brothers in D2R.

SUKI

I would like to be consistent and build my business of Licked N Lush and throw more unforgettable parties. I have a vision of having a car, a house (mortgage) and maybe renting it out to generate some passive income.

BINTU

In five years I see myself working in corporate law with many investments as well as married to a God-fearing man with one child. I would like to work on my health, take the gym and my diet more seriously, and have a toned body. In order to do this, I will take my studies seriously and network to form many connections that will be beneficial to me in my future career.

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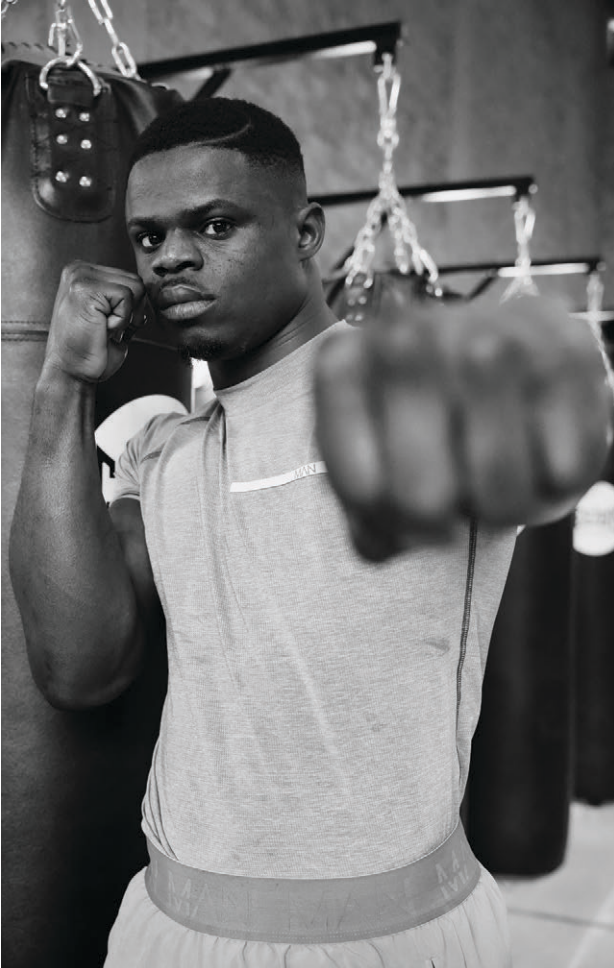
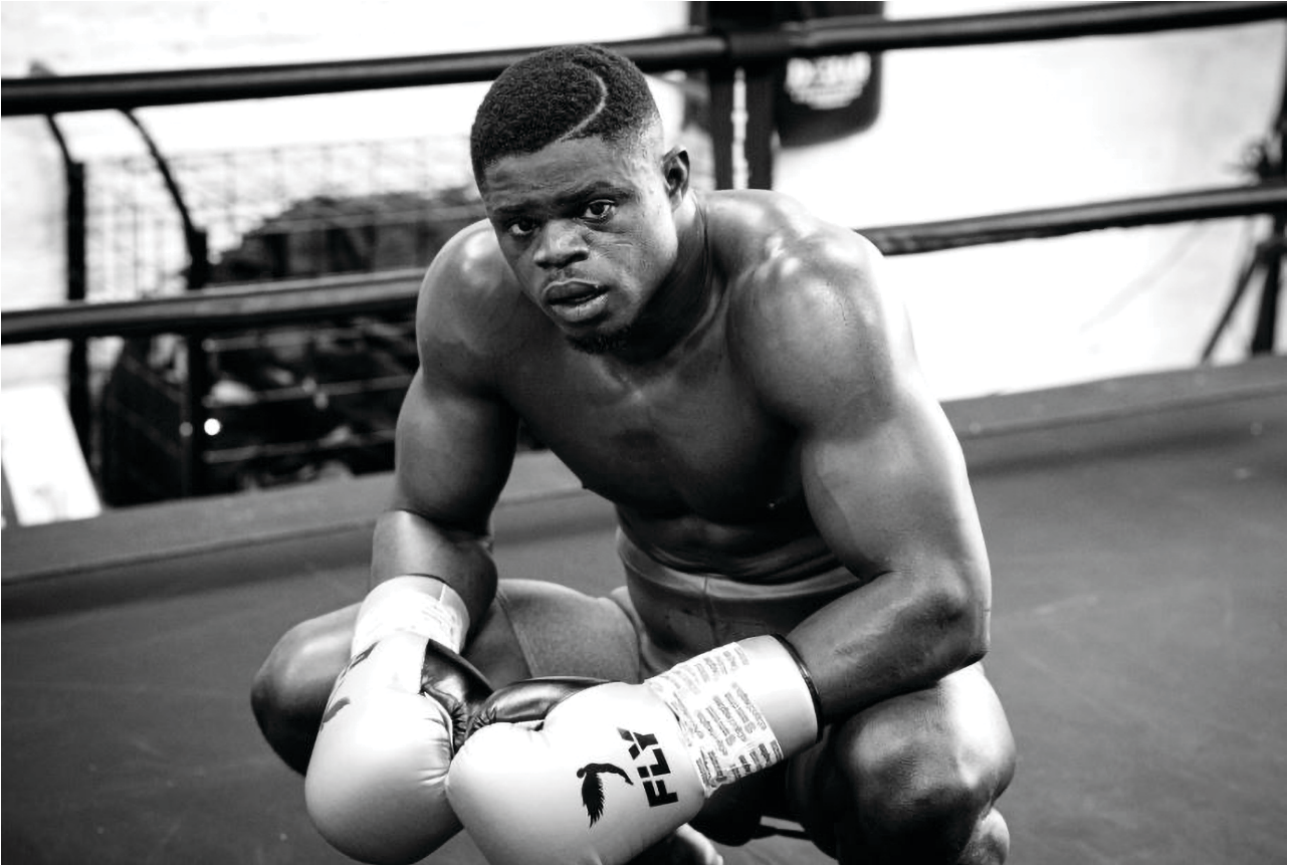
Full interview

SUCCESS LEAVES CLUES

Macbones was born in Ghana in 1990 and struggled working as a labourer on construction sites to be able to feed himself. He came from a family of 13 among 11 siblings. When he came to the UK he was a kitchen porter and when one of the head chef's called in sick he was given an opportunity to replace him and from then he was given the opportunity to work as a chef. This is an example of how a small opportunity can change into a lifechanging opportunity. During the pandemic he was living in Loughborough junction, and it was tough and even now it still is. Freezy Macbones has put on daily fitness workshops and giving the locals something to do in a life of isolation. At 27 he made his first boxing debut.

“Macbones has put on daily fitness workshops and giving the locals something to do in a life of isolation. At 27 he made his first boxing debut!”





Freezy Macbones claims Plantain Chips help him train hard during his training camp. As a result, he launched an innovative idea of a food line of plantain chips. You can pick up the chips in various places in South London and you can also buy a box via the Merchandise page.

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ISUK have decided as a reward for purchasing the magazine and supporting young people to supply you with discount voucher codes from some of your favourite retailers & restaurants. Redeem these vouchers by typing in the code at the place of your choice and treat yourself.



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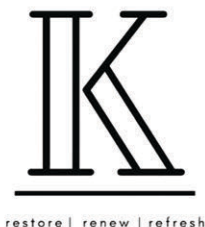
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Things to Consume to Naturally Reduce Stress and Anxiety

- Oatmeal keeps your blood sugar regulated and reduces stress hormones regulated in the brain. TOP TIP: Ditch the sugar granules and go for natural sugars such as apple, bananas, or raisins for extra Vitamin C.



- Berries such as strawberries, raspberries, blueberries, and blackberries are rich in antioxidants and fiber which are good for tackling stress. Vitamin C assists the body to return blood pressure to normal levels after they have peaked. TOP TIP: They are best enjoyed frozen in a smoothie.



- Asparagus is high in iron, high in folate and many vitamins. It stabilizes your mood and helps prevent depression and anxiety.



- Salmon and Tuna are fatty fish that contain Omega 3 acids. These oils keep the stress hormones under control whilst regulating adrenaline levels. These acids protect against heart disease, stroke, and depression and assist in lowering blood pressure. TOP TIP: For those that do not eat fish, spinach, flaxseeds and walnuts are rich in these acids as well with the same benefits.



- Dark chocolate relieves stress by reducing cortisol in the body and contains antioxidants that prevent heart disease, BUT some dark chocolate contains sugar so eat in moderation. TOP TIP: Look for cocoa content of 70 percent and higher.



- Chamomile tea is the best-known stress soothing tea which helps to calm stomach distress and migraines. It also decreases stress and is a wonderful sedative and has muscle relaxing properties. TOP TIP: after a stressful day sip a cup before bed and drift off to a good night of sleep.

Milkshake



MILKSHAKE RECIPE:

200g vanilla ice cream

500ml semi-skimmed milk, or whole milk

2tsp vanilla extract

Melted white chocolate and sprinkles, to serve (optional)

METHOD:

STEP 1

Blitz the ice cream, milk and vanilla extract in a blender until combined and creamy. Pour into a large jug.

STEP 2

Dip the rims of four glasses in the melted white chocolate, then some sprinkles, if you like. Leave to set slightly, then divide the milkshake between the glasses. You can customise your shake with different toppings, such as mini cookies, marshmallows, pretzels, sweets and squirty cream.

STEP 3

Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.

STEP 4

Put on a plate, cover with cling film and leave in the fridge to firm up for at least 30 minutes.

STEP 5

Heat the barbecue to medium hot (there will be white ash over the red-hot coals – about 40 minutes after lighting). Lightly brush one side of each burger with vegetable oil.

STEP 6

Place the burgers, oil-side down, on the barbecue. Cook for 5 mins until the meat is lightly charred. Don't move them around or they may stick.

STEP 7

Oil the other side, then turn over using tongs. Don't press down on the meat, as that will squeeze out the juices.

STEP 8

Cook for 5 mins more for medium. If you like your burgers pink in the middle, cook one minute less each side. For well done, cook one minute more.

STEP 9

Take the burgers off the barbecue. Leave to rest on a plate so that all the juices can settle inside.

STEP 10

Slice four burger buns in half. Place, cut side down, on the barbecue rack and toast for one minute until they are lightly charred. Place a burger inside each then top with your choice of accompaniment.

Burger



BURGER RECIPE:

1 small onion, diced

500g good-quality beef mince

1 egg

1 tbsp vegetable oil

All of the following to serve: sliced tomato, beetroot, horseradish sauce, mayonnaise, ketchup, handful of iceberg lettuce, rocket, watercress.

METHOD:

STEP 1

Put 500g of beef mince into a bowl with one small, diced onion and one egg, then mix.

STEP 2

Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.

PREPARING FOR THE NEXT SCHOOL YEAR



It's that time of the year where we are closing a chapter that is one school year and starting another. Whilst this time of year generally generates excitement and new beginnings in our lives, it can alone be daunting, seeing as it shows that we are aging and moving into more mature stages of life. To help we are providing words of advice with a list of tips to help prepare you for the next school year.

1. EATING BREAKFAST

In recent years, research has discovered that school children who eat breakfast regularly perform better in exams, scoring on average two grades above their fellow students, and pupils who skip breakfast are more likely to fail their GCSEs. So, in order to prosper this school year, get into the habit of having meals first thing in the morning.

2. PUNCTUALITY IS ESSENTIAL

There's an obvious connection between attendance, punctuality and attainment. The more time a pupil spends in school the more likely they are to improve their opportunity to reach their full potential.

So, to be a successful student, be on time!

3. BETTER YOURSELF

Take the new school year as an opportunity to make self-improvements, so you can be the best possible version of yourself.

4. AVOID STRESS

Remind yourself that you are far too young to be dealing with additional stress and school should be your main priority. Cut out all negativity and remove yourself from toxic situations.

5. PREPARE YOURSELF

Clean up your room, tidy up your desk and shelves, buy new school equipment, get all the necessary textbooks you need, and get familiar with your timetable. Those who are more prepared are more likely to thrive.

6. SET POSITIVE EXPECTATIONS

Have goals and targets for yourself, and then be determined to achieve them. Set yourself the task of achieving a specific grade by the end of the school year, tell yourself that you are going to improve in a certain subject. Tell yourself that you will achieve, and then adopt a poster outlook. Be a committed student.

7. HAVE A ROUTINE

Get yourself into a familiar pattern that hits your needs. Have an established bedtime and a time you wake up in the morning. This will give you time for additional schoolwork, better your attendance and punctuality, create time to eat as well as do extracurricular activities. This way you can make time for all your needs.

8. ENJOY YOURSELF

These are the years that you will never get back. As important as it is to take your studies seriously, don't forget to have fun! Make memories, live your life and enjoy yourself.



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**PRIMARY &
SECONDARY
KS2- KS4 (5-16)**





QUESTIONS THAT WILL MAKE YOU UNIQUE AND HELP YOU LAND MORE JOB OFFERS

1. What traits and characteristics have made employees successful at this workplace? This shows that you would like to assess your performance and are willing to learn how to be most beneficial in your role.

2. Fast forward one year from this hire, what would an employee have to do to exceed every expectation? This shows the interviewer that you are results-focused and you want to know exactly what success looks like so that you can create a plan to make it happen.

3. Why is this role open? It is critical you try and find out as much information about your role as possible and why the role was open e.g., is the company expanding to capitalise on a new market or did the previous employee quit or get laid off?

4. How many people in this role have been promoted to more senior positions? Growth trajectory is something that every candidate should factor into their decisions. You need to understand whether your growth will be stagnant in this job role or if there is an opportunity to be promoted internally.

5. Ask the interviewer why they like working for the company. People love a chance to talk about themselves, so it shows you are interested.

HOW TO DEAL WITH PROCRASTINATION

The solution is to break the tasks down into more manageable steps and focus your attention on one step at a time.

As summer exam season is swiftly approaching, it is time we control our emotions and get rid of any bad habits developed during the year, for example procrastination. Below are explanations on how we can do this through our thoughts and emotions.

If you are feeling overwhelmed with the amount of work you have to complete or learn, staring at it is not going to make a difference. The solution is to break the tasks down into more manageable steps and focus your attention on one step at a time. Then, there is less pressure on you allowing you to be relaxed and in the best state to retain information rather than cram it.

If the problem is you're simply bored and disinterested, the solution is to make a start by setting 10 minutes aside to start one of the tasks. The hardest part is initiation and

starting; the easiest part is to keep going. If you need a break, set a 10-minute break and return to work.

Another emotion that prevents someone from completing work is anxiety. To tackle this, practice breathing and dedicate time to work on a task. This will ensure the task will get done but just not right now. When you've ticked off something you've set out to do, you'll feel relief and be proud of yourself.

Self-doubt is another emotion that needs to be eradicated. Remind yourself that action builds confidence.

Enjoy the process of learning and embrace making mistakes as lessons come from it.

Finally, stay strong in your belief that you will improve as you keep working on the tasks.



What is National Insurance?

National Insurance contributions are a tax on earnings and self-employed profits paid by employees, employers and self-employed.

It is essential that you make these contributions for two reasons:

- Helps to build your entitlement to certain benefits depending on whether you are employed, or self-employed, such as state pension and maternity allowance.
- Because payments of NI contributions establish entitlement to certain state benefits for workers and their families, it acts as a form of social security.

NI contributions are made through a national insurance number. This ensures that your payments are recorded against your name only, because it never changes. Contributions go to HM revenue and customs who keep a record of every individual payment.

So, how do you know how much you are meant to be paying?

There are different types of national insurance known as classes. The type you pay depends on your employment status and how much you earn. The classes are the following:

- **Class 1:** Employees earning more than a £242 a week and under state pension; automatically deducted by employer.
- **Class 1A/1B:** Employers pay these directly on their employee's expenses or benefits.



- **Class 2:** Self-employed people earning profits of £12,570 or more a year.
- **Class 3:** Voluntary contributions paid to fill or avoid gaps on a national insurance record.
- **Class 4:** Self-employed people earning profits of £12,570 or more a year.

To conclude, national insurance payments are vital, because they protect your interest in the future. For more information, visit <https://www.gov.uk/national-insurance>.

Why Young People Should Travel



Travelling is an encounter that every young person should experience. Exploring the globe and visiting new places allows a young person to gain valuable life experiences and life-changing lessons. We could go on and on about the reasons why it's important for young people to go abroad, but here are some of the most significant:

1. Cultural immersion: Going abroad provides an opportunity for young people to experience new cultures and ways of life. This can broaden their perspectives and help them develop empathy and understanding for people from different backgrounds.

2. Language acquisition: Living in a foreign country and interacting with locals can help young people improve their language skills. This can be particularly valuable for those who are studying a foreign language in school or who plan to work in a global field.

3. Personal growth: Living abroad can be

challenging, but it can also be incredibly rewarding. Young people who go abroad often report increased confidence, independence, and adaptability as a result of their experiences.

4. Career benefits: In today's global economy, international experience can be a valuable asset for young people seeking jobs. Employers often value candidates who have lived and worked abroad, as they tend to have a broader perspective and a greater ability to navigate different cultures.

5. Networking opportunities: Going abroad can provide young people with opportunities to build networks and make connections with people from all over the world. This can be valuable both personally and professionally.

Overall, going abroad can be a transformative experience for young people, providing them with new skills, perspectives, and opportunities.

Why should young people vote?

Young people fail to realize the potential they have to transform politics. So, let's look at the positive side of things, the benefits there are to voting and answer why young people should vote.



The government of today shapes the youth's future.

The decisions made today are long term and will ultimately alter our future. Because of this we should be voting so that those in power making decisions feel obliged to do so in a manner that better our future.

We're making it easier for politicians to ignore our issues.

It's often said that politicians don't care for young people and remain uninterested in our concerns, yet by not voting youths are giving them a reason not to be. They don't deem it necessary to include young people because they aren't of any service to them getting in government, so why should they bother? But if they start voting, they'll be forced to take on board youth issues and opinions if they hope to be elected. If young people continue to not vote, they make it easier for politicians to ignore them, and lose the right to complain when things don't go their way.

It's time to stop being whiners and start being doers.

Young people are the first to complain about

what's wrong with politics, criticize the system, its leaders and its members, yet they do nothing to try and create change. We have a voice that should be used to bring out newer, contemporary outcomes that incorporate us and what we represent. Instead of whining, moaning and complaining, use that energy to become doers, making the difference desired for.

When you ask a young person why they don't vote, they'll probably say the following:

"Does my vote really mean anything? No, so why should I bother?"

Did you know that young voters gave Labour a significant boost in 2017? Age was a significant factor in the 2017 general election. Labour was favoured by the youth with a great 60% of voters aged 18–24 voting for the former Labour leader Jeremy Corbyn. Despite their loss, young people's input allowed 262 Labour MPs to get elected to parliament. This proves that young people's votes do mean something.

"None of the political parties running have done anything for me so far. They fail to represent me and my views. So, what would I gain from voting for them?"

"I don't know how to vote. I don't know how to sign up to the electoral roll."

It's simple! **Go to gov.uk** to find out how to vote, where to vote and sign up to the electoral roll.

It's now or never. We need to be active partakers in the electoral system, because if we don't, we aren't helping ourselves or our future. So, let's get involved, become interested and start voting.

Sign up on gov.uk

Youth Vending Employment Programme



SCAN TO JOIN

Inside Success Union is a social enterprise that empowers the youth to be independent as they transition to adult life. They learn sales skills to sell magazines to the public to fund courses, workshops and training for youths aged sixteen to twenty-four. Last year we helped a thousand and six hundred young people.

THE COST OF INSIDE SUCCESS UNION WORKING WITH ONE YOUNG ADULT:

A young adult one day is £50

A young adult for one week £150

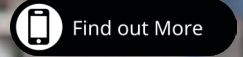


Young adults who complete IS Youth Vending Employment Programme get to:

- Learn sales skills by selling magazines
- Network and meet new people
- Get free access to workshops to support their career aspirations
- Four counselling sessions through our counsel culture initiative
- Access to paid employment
- Access to extracurricular activities such as football and basketball
- An employment reference



The youth go out and simply sell magazines to raise contributions that give other young people the opportunity and chance they were given. Your helpful contributions will go towards funding one young person into the youth vending programme, which we monitor and use the data for the next magazine to show improvement.



About Inside Success

At Inside Success Union C.I.C., we know young people like you are seeking a clear path toward a viable career (IS: a clearer path in life). In order to do this, you need an organisation that understands you as an individual as well as the desire to create a self-made income stream. However, young people may not understand that a specific set of life skills are needed to thrive and reach your true potential—giving you an overwhelming sense of impending disaster around your future.

We believe young people need a safe space to develop their skills and shouldn't feel judged because of their background and experience! We also understand that while there are many opportunities for young people to build a career, most (if not all) of these don't help strengthen and teach valuable attributes such as confidence, independence and financial intellect.

This is why in the past 6 years, we have partnered with businesses and individuals to help over 2000 young people from different backgrounds find their path in life by developing practical skills that enable them to become employable or venture into their own successful businesses.

HOW THE PROCESS WORKS:

1. Give us a call.
2. Book to attend an interview/training and taster day.

3. Kickstart your Inside Success journey and watch as your life skills, attributes, abilities, financial circumstances and intelligence all improve before your very eyes (with the help of our workshops too, of course!).

PROBLEM:

Do you know how many young people worry about failure because they lack the right skillset to succeed? Although some may not fit into this category, research proves this is often the case on a statistical basis. Challenges such as this can lead to a search for short-term fixes, whether to help with mental health and doubts (e.g., via drugs) or financial situations (e.g., via illegal activities).

SOLUTION:

At Inside Success, we partner with businesses and individuals to offer a safe space for young people from all backgrounds to develop practical skills through practical activities (IS: paid employment) and workshops to help build their confidence. This makes them employable or paves the way for entrepreneurship. Our on-site counsellor is also available to help with mental health concerns.

RESULT:

Over the past six years, we have helped over 2000 young people from different backgrounds find their path in life whilst earning an income. This has helped lessen local knife and gang crime while nurturing skill sets and mental health!



KAMERON TAYLOR

Since I've been working at Inside Success my confidence has improved when talking to people and has brought me out of my shell as I was a shy person. I also learnt how to lead by example.



KAI RUTTY

Since I have been at Inside Success I have learnt how to talk to people from different cultures, learnt how to lead by example and I have additionally boosted my confidence to be able to approach people on the street.



NOLAN (Colchester)

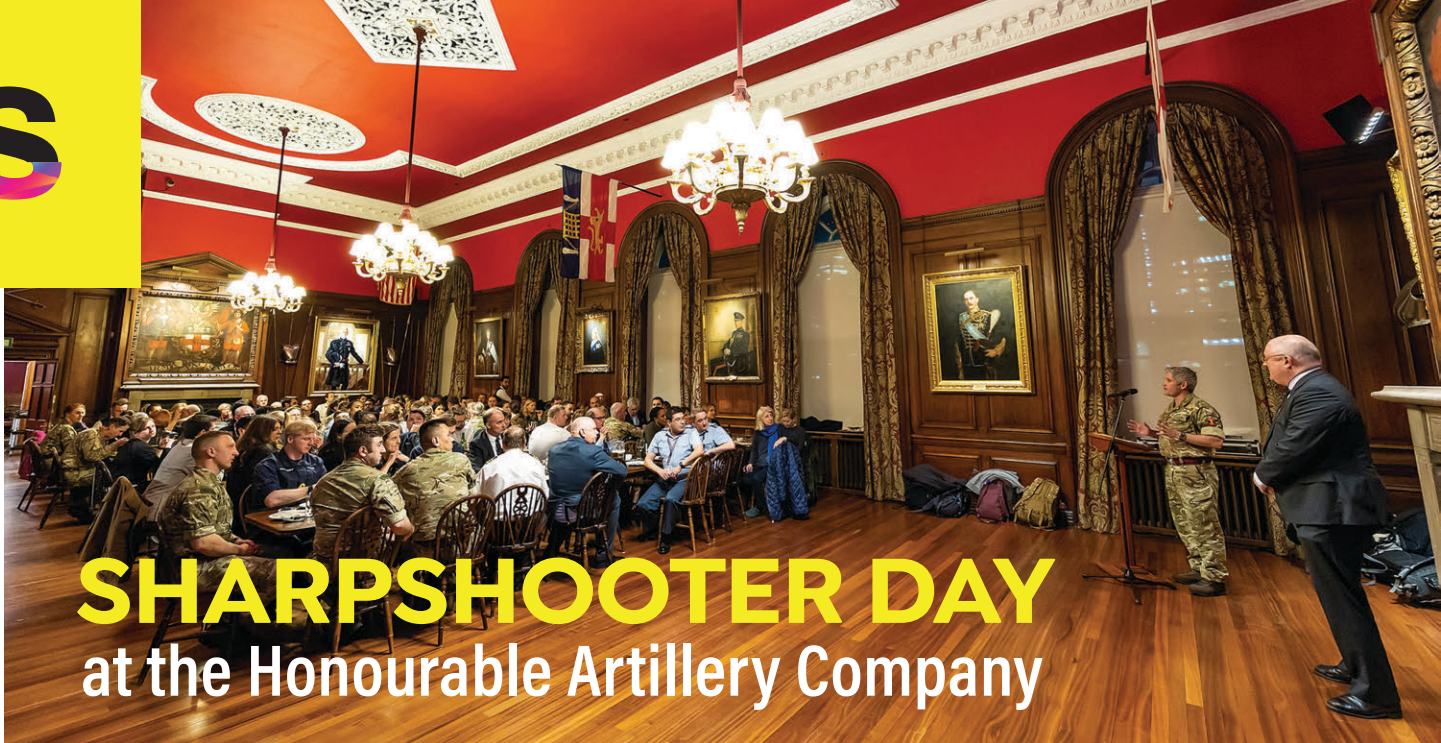
My name is Nolan. Working for Inside Success has helped to alleviate many problems in my life. Before IS I was on the wrong path, I was getting involved with the wrong crowds and doing many things I regret to make money. Inside Success has provided me with a legitimate income as well as enabled me to learn so much in terms of experience and knowledge as well as make friends and associates for life. It's taught me resilience, discipline, determination and so much more; I can't encapsulate my gratitude into words. Thank you!



JUSTIN (Manchester)

I've been working at Inside Success since last summer and I feel as though it has helped me massively with improving my communication skills. It's also granted me social solidarity, in the sense of belonging to a community and has changed my life considerably.





SHARPSHOOTER DAY

at the Honourable Artillery Company

The Inside Success members had the opportunity to participate in the Sharpshooter Day at the Honourable Artillery Company, being trained by City Reserve Forces and the Cadets Association and London's reserve units. The youth were able



to gain knowledge of shooting and share skills and techniques, and find confidence. They partook in group exercises which taught them resilience and hard work. The task that the youth found most

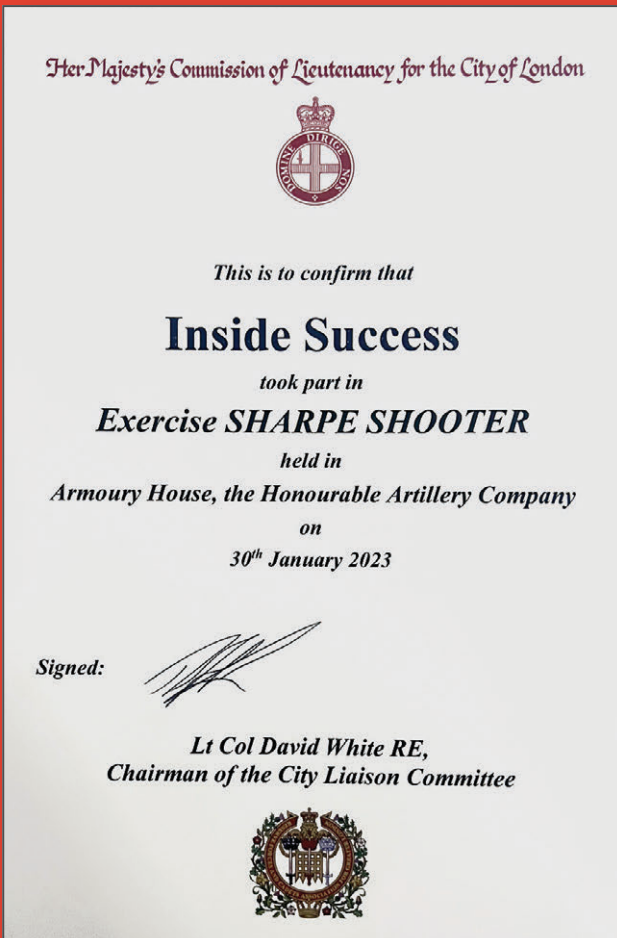


intriguing was assembling a gun blindfolded and following instructions from a teammate blindfolded. This demonstrated the importance of listening skills and patience. The youth were also encouraged to network with other city businesses. A prize giving took place to reward and congratulate the youth for their hard work. The youth enjoyed this opportunity, and it sparked their interest in considering cadet training which was amazing. Not only this, but the youth were taught first aid, which



is an important life skill. They were taught about firing weapons in different conditions, whether with paired fire and manoeuvring down the street or a defensive shoot, even with night vision sights.

We'd like to thank the Honour Artillery Company for this insightful opportunity!





University Special

WHERE ARE THEY NOW?



ZITA

Hi, my name is Zita. I have been a member of Inside Success for five years. I would say my time at Inside Success has definitely been beneficial to my life. It has played a big part in my development as a young adult as it has helped me network and obtain skills sets which will help me progress in the working world. I am currently at university studying journalism and I have managed to make it to my second year. Success has been a support system to me whilst I have been at university in terms of money management, time-keeping and mental health and it has played a huge part in preparing me for university and onwards.



LLOYD

My name is Lloyd and I've been a part of Inside Success for over three years. The organization has highly benefited me over time and it has given me many attributes such as confidence and being a responsible adult. I am now studying Accounting and Finance at university. I'd recommend this organization to any young individual that would like to better themselves.



WHERE ARE THEY NOW?



It's been quite a journey with Inside Success UK so far and yet the story still unfolds day by day as new opportunities come to light. As it stands, I'm currently in my last year at university studying a BA in Acting. There's been highs and lows; however, I'm grateful for the skills set I've attained with the company.



DAMI

I'm a second-year student at the University of Birmingham, studying sports and exercise health science. Before university, at Inside Success, I gained the ability to work better in a team and also the courage to approach people and speak confidently. This has benefited me in university as working in groups for tasks has become second nature and I do not shy away from building new relationships as Inside Success has helped build my character and shown me the benefits of knowing and networking with new people.



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WEB: www.insidesuccessuk.co.uk

WORKSHOPS & COURSES

During this workshop, students will cultivate and strengthen their work ethic and team skills by enhancing and building their trust and courage. They will also learn how to present themselves in a working environment.

Leadership skills in a digital modern world

TV PRODUCTION IN A DIGITAL MODERN WORLD

During this workshop, students will handle film equipment, learn about different roles within the media sector, analyse the evolution of the media industry, display and learn how to shoot video and pictures.

WOMEN EMPOWERMENT IN A DIGITAL WORLD

This workshop will feature a panel to discuss relationships, finding your voice, women behind the mask, body positivity, mental well-being and wealth creation. It will also cover controversial topics to raise awareness and stimulate conversation and debate.

ACTING IN A DIGITAL WORLD

This workshop focuses on improvised comedy and theatre to test and challenge youth creativity and build skills as performers, touching on confidence, spontaneity and connections.

CONSTRUCTION

This workshop showcases the various ways to break into the competitive construction industry. Conducted by professionals, it will cover the many avenues and opportunities ripe for exploration in construction.

PROPERTY

This workshop focuses on the specifics behind buying your first property. It provides insight into building your credit score, gaining an understanding of property investment and employing ideal strategies within this competitive sector.

MARKETING

This workshop provides knowledge regarding branding and promoting products and services to the public. Students will learn the importance of effective communication, utilising the correct marketing strategy and so much more.

SPORTS

This workshop examines various ways sports can exert a positive impact on your body, mind and lifestyle. It will motivate young individuals to understand the significance of including sports in daily life and how to achieve this in smaller steps that fit into their existing lifestyle, viewing sports as a hobby rather than a chore.





Inside Success have recently built a football team called **Inside Success FC**, and in the 2022-2023 season, we were promoted to Division 2 of the Essex Sunday Corinthian Football League. We also have a new manager and a new location to place us in the best position for next season. We play at Redbridge Stadium and have made some new additions to the team, strengthening our play and teamwork. We have had mixed results so far this season and are in a mid-table position, but in the second half of the season, we aim and strive to be better!

PLEASE GET IN CONTACT WITH US - TEL: **07594 828 383** EMAIL: **INFO@INSIDESUCCESSUK.CO.UK**
OR **INSIDESUCCESSUK@GMAIL.COM** - WEB: **WWW.INSIDESUCCESSUK.CO.UK**



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The winner will be announced on the last Friday in August 2023

DREAMS 2 REALITY



Scan the QR code

NU FASHION



DREAMS 2 REALITY is a London-based fashion brand established in 2020, inspired by a hustler's ambition and dedication of entrepreneurs worldwide. The young collective came together after meeting between the ages of nineteen and twenty-one and decided to use their love of fashion to create their own space in the fashion world. This group from south and east London used the brand to show the youth that even in a crippling and negative world, you can always turn your dreams into a reality, as none of them were born with a silver spoon.

For orders or enquiries please contact via Instagram @d2rlondon or @D2Rgallery



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WHAT'S THE MOTIVE?



WHAT'S THE MOTIVE

MANCHESTER - LANE 7

Imagine the best bar you've been to with a first-class dining experience, ten-pin bowling, ping pong, pool and Karaoke, shooting pods and the lot. Definitely an epic experience not to miss!



KENT - BOTANY BAY KENT

Botany Bay is the northernmost seven bays in the Broadstairs. It features chalk cliffs, a sea stack, and caves famed for smugglers. It is a famous film location famous for its 'Battle of Botany Bay'.



TENPIN - COLCHESTER

With a team of experts in the bowling business, and a featured amusement arcade it's certain you will have a great time at Tenpin Bowling Centre.



GHETTO GOLF - BIRMINGHAM

Featuring DJs, street food, a graffiti covered indoor space and cocktails, head on down to Ghetto Golf to experience crazy golf, 21st-century style.

Meet the editors of this edition of Inside Success magazine



ANTHEA

Hi, my name is Anthea, and I am one of the magazine editors. As a first-year student in Politics and International Relations, as well as an admin staff and sales manager, I hope this magazine has been a great read for you.



TONI

Hi, my name is Toni, and I am an editor for the Inside Success magazine. As a first-year student in Politics and International Relations, working on this magazine has helped improved my writing abilities. My team and I worked extremely hard on this magazine, so I hope you enjoy reading it, just as much as we enjoyed making it!!!



ALFIE

Hi, I'm Alfie, the head director of the Inside Success magazine, and this is currently the fourth issue I have worked on. I joined Inside Success back in November 2021 on work experience and immediately knew this was the job for me as I got to express my media and business expertise. After proving what I could offer, I was quickly offered a job in January 2022, and I have been on one hell of a journey since. This company has opened many doors for me, enabling me to become a photographer and work on many creative projects with the company.



ESTHER

Dear readers, I'm Esther, one of the magazine editors who wrote an article for the INSPIRE ME sections and others. Before joining Inside Success as an Outreach, I was timid, reserved, and unassured. However, Inside Success has dramatically improved my performance in those areas. I am now able to hold conferences and presentations.

IF YOU WOULD LIKE TO WRITE OR CONTRIBUTE TO THE NEXT EDITION OF INSIDE SUCCESS MAGAZINE PLEASE CONTACT US AT INSIDESUCCESSUK@GMAIL.COM

MY WORK IS A
MUST

Mask your face Not your feelings

2020 was a tough year and you're not alone in what you're going through. More than 50% of people who contact us feel they don't have anyone else to talk to. We're here to help.

Text SHOUT to 85258 for free, confidential support if you're struggling to cope.

shout
85258
here for you 24/7

QUICK BITES

Hungry? Grab a quick bite!

Colchester: **MIMOSA**

A luxurious space with décor designed by award winning interior designers, the restaurant offers live entertainment and an all-



day menu. So, whether it's breakfast, lunch, or dinner you're after, the menu offers a range of dishes to help cater your needs.

Located at
The Crescent, Colchester business park
Colchester CO4 9YQ

Essex: **AURA GRILL AND BAR**

Aura is an exciting new restaurant, bringing in new, unique, and authentic vibes. This place offers a restaurant, bar and al fresco dining alongside a halal-certified menu containing an assortment of scrumptious meals.



Located at 179- 181 High Road Loughton
Essex IG10 4LF

London: **COQFIGHTER**

A fried chicken restaurant, spread across 5 locations in London: Soho, Finsbury Park, Kings Cross, Shoreditch and Croydon, the place offers a range of yummy chicken burgers, served with delicious sides and top-quality drinks. All dishes are halal.



Located in Soho, 75 Beak St
London W1F 9SS

--

Located in Finsbury Park, 110 Fonthill Rd
London N4 3HT

--

Located in Kings Cross, 3 Caledonian Rd
London N1 9DX

--

Located in Shoreditch, Unit 42, Boxpark
Shoreditch 2-10 Bethnal Green Rd
London E1 6GY

--

Located in Croydon, Unit 19, Boxpark Croydon
99 George St CR0 1LD
Birmingham B5 4BU



ADULTING

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LinkedIn

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Fit For Life Youths

HISTORY ON HOW IT STARTED AND THE PURPOSE

From a young age I was very interested in business, and I have always been motivated to put myself out there and create things. Before *Fit For Life Youth* I had previously set up and successfully ran two other businesses, one which I eventually sold and one that I am still part owner of.

I was made redundant in January 2014. That was a turning point in my life as it gave me the push I needed to become 100% self-sufficient via my business and not rely on a salary from an employer. In 2019, I made the decision to start a non-for-profit community organisation, focused on supporting the youth and families in my area. I named it "Fit For Life Youth". My primary focus was to make a positive impact in the lives of young people from my community. My passions have always been sports, health and fitness, and they have led me to create a phrase that I now live by and that guides my decisions in business: "Passion Over Profits".

I started with nothing but £500, determination, a willingness to work hard and the ambition of building something that my family and I could be proud of. Four years later, I am proud to say we are achieving this. *Fit For Life Youth* CIC has impacted the lives of hundreds of children, young people and their families. We are an award-winning organisation and have built sustainable partnerships with the council, schools, youth clubs, colleges and community centres within North Kensington.

YOUR VISION

Our mission which you can find on our website FitForLifeYouth.co.uk is as follows: *"We believe health, fitness and sports are the gateways to a fulfilled life. Achieving in these areas leads to self-empowerment and personal development. Our mission is to have a lasting positive impact within the lives of the young people we come in contact with."*

My personal vision is to keep working towards this mission vehemently, leaving no stone unturned and for *Fit For Life Youth* CIC to become the leaders for the development and success of young people.

WHY YOU THINK IT'S HELPFUL TO THE YOUTH

Our focus on the health and personal development of young people in all areas is what I believe makes us unique from other not-for-profit youth organizations. It's my belief that a healthy lifestyle is paramount to the quality of life for young people because positive health practices and habits impact and influence other areas of their lives.

Our ability and keenness to mentor and develop young people to reach their full potential is very beneficial to them as we are able to guide them when they are making key choices and decisions in their lives. I and those that work within my organization try to enrich all areas of a young person's life and help give perspective and guidance in areas such as career choice, decisions about education or any other area that they may need help with at any given time.

INSIDE SUCCESS

JOB SHOP

Coming soon...

Calling out for anyone with opportunities for the youth (16+) including:

- JOBS
- APPRENTICESHIPS
- WORKSHOPS
- PROGRAMMES
- COURSES

And more!

If you do please get in contact so we can feature the opportunity HERE within the next edition of the INSIDE SUCCESS MAGAZINE

CONTACTS:

- www.insidesuccessuk.co.uk
- Insidesuccessuk@gmail.com
- +44 7594 828383





SEE:

BLUE BEETLE

The movie follows the story of a Mexican-American teenager named Jaime Reyes as he gains superpowers when a mysterious scarab binds to his spine and provides him with a powerful suit of alien armor.

BUY:

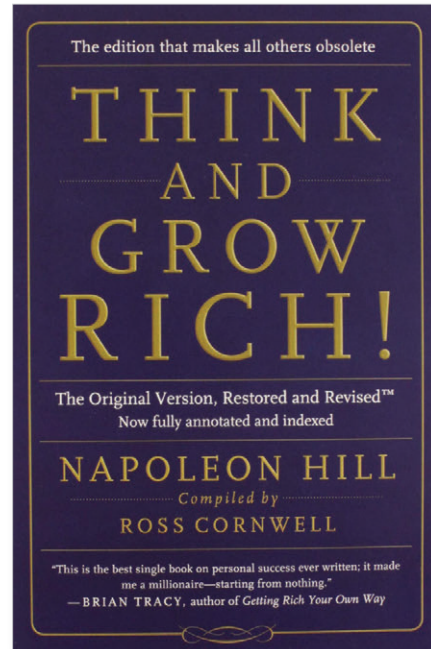
A JOURNAL



Mental health is evidently a big issue among youths. A journal allows you to write, gather and work through your thoughts. It also allows you to plan your time, record your achievements and track your progress.

READ:

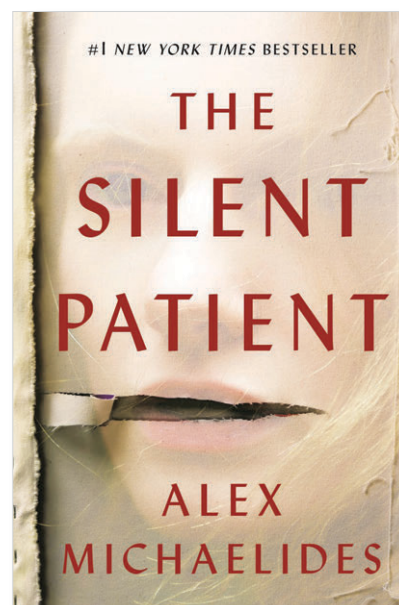
THINK AND GROW RICH - NAPOLEON HILL



The book follows the theme that anyone can achieve success and wealth by following a specific set of principles defined as the “13 steps of riches”, such as developing a positive mental attitude, setting clear and specific goals and developing a plan to achieve those goals, acting and maintaining a strong belief in yourself and abilities.

THE SILENT PATIENT - ALEX MICHAELIDES

A woman shoots her husband and goes mute for years. The book follows the obsession of a therapist who is determined to uncover the mystery of why she shot her husband, and the reason for her silence.





INSIDE SUCCESS UK PRESENTS

LET'S TALK ABOUT IT!

A podcast about the youth,
for the youth & by the youth.

Hosted by



Zita Salum

&



Weekly Guests

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SCAN ME

**OUT
NOW!**

AMERICAN HERO

TOJU COMEDIAN SEMI-FINALIST OF SERIES 8 OF BRITAIN'S GOT TALENT IS HERE WITH HIS ONE MAN SHOW AMERICAN HERO. BE PREPARED TO BE IN STITCHES AS TAKES AN ON AN AMERICAN JOURNEY WITH HIS NO HOLDING BACK ENERGETIC COMEDY HILARIOUS STORY TELLING AND IMPRESSIONS.

