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# JUST GEEN

## FIT FOR THE DIGITAL AGE

### IN THIS ISSUE:

4. OPINION - DEALING WITH PEER PRESSURE
5. OPINION - ENTREPRENEURSHIP VS 9-5
6. OPINION - DATING IN GEN Z
8. WHAT I WISH I KNEW BEFORE... BEFORE I STARTED A BUSINESS
9. WHAT I WISH I KNEW BEFORE... BEFORE I TOOK MY FIRST SOLO TRIP
11. OPINION - HAS SOCIAL MEDIA MADE THE YOUTH LESS SOCIAL?
12. INSPIRE ME - SADE AGBOOLA, AMIKA GEORGE, CEPHAS WILLIAMS, MIKEY TRAPSTAR, OMARI MCQUEEN
14. UNDER THE MICROSCOPE - AMANI SIMPSON
16. MENTAL HEALTH EDITION - PROS AND CONS OF COUNSELING
18. SUCCESS LEAVES CLUES - JUST GEEN
20. DISCOUNT COUPONS
22. HEALTH & FITNESS - PROTECTING YOUR HEALTH
23. FOOD AND DRINK - SHORTBREAD FINGERS / CREAMY CARAMEL MOCHA
24. EDUCATION - HOW TO MANAGE YOUR NOTES
26. EMPLOYABILITY - ASKING FOR A PAY RAISE
27. BUSINESS - TIPS ON WHAT TYPE OF BUSINESS YOU SHOULD START
28. FINANCE - UNDERSTANDING TAX DEDUCTIONS
29. TRAVEL - WHY YOUNG PEOPLE SHOULD TRAVEL
30. POLITICS - UK POLITICAL PARTIES
31. STEP FORWARD DREAM BIG - YOUTH VENDING EMPLOYMENT PROGRAMME
32. ABOUT INSIDE SUCCESS
33. TESTIMONIALS
34. WORKSHOP & COURSES - PROJECT MANAGEMENT WORKSHOP
35. WORKSHOP & COURSES - BECOMING HER WORKSHOP
36. WHERE ARE THEY NOW?
41. NU FASHION - DREAMS 2 REALITY
42. WHAT'S THE MOTIVE?
44. INSIDE SUCCESS - MEET THE EDITORS
46. QUICK BITES - HUNGRY? GRAB A QUICK BITE!
48. SUPPORT SMALL BUSINESS - DRIP PUNCH
50. SEE / BUY / READ

# Dealing with peer pressure

OPINION



Peer pressure involves the direct or indirect influence on peers and the feeling like you must do something because people around you want or expect you to.

Peer pressure involves the direct or indirect influence on peers and the feeling like you must do something because people around you want or expect you to. One's beliefs, values and behaviour are influenced; essentially, they're encouraged to follow the ones of their peers to conform.

**There are several causes of peer pressure, such as:**

- The need to fit in
- Low-self esteem
- Fear of rejection
- The need to feel safe
- Security from peers

**Tips for dealing with peer pressure:**

1. **Make your own decisions**  
Do whatever makes you feel happy and confident to ensure you're sure of your decision. Don't let anyone push you out of your comfort zone in a negative way; think about the consequences of your decisions before you act. Don't base your decision on other people's expectations or what you think it is they want you to do.
2. **Know what's right**  
Trust your gut on what you know is right and wrong. Ask yourself, 'is this the right thing to do?' That will tell you everything you need to know. When you know the right thing to do,

you're more likely to stand firm on it.

3. **Set boundaries and be assertive when communicating your discomfort**  
The most basic way to respond to peer pressure is by saying 'no' and stating what you are and aren't comfortable with. That way, you're saving yourself a lot of trouble in the future, as you've clearly communicated what you are and aren't interested in. Set boundaries so others know your limits.
4. **Choose positive friends**  
Surround yourself with friends who accept you, like you for you and won't put you in uncomfortable situations to change. Don't simply be friends based on who is 'popular and cool' but based on who cares about you and with whom you share common interests. If your friends don't make bad decisions, you'll be less likely to be influenced or even influence yourself.
5. **Seek advice from a trusted adult**  
Whether that be a parent, career, guardian, teacher, counsellor or a close relative or friend, seek help and ask for advice if you're feeling lost and confused. Peer pressure happens to every young person, but speaking to a trusted advisor means getting help from someone with experience who could put you in the right direction. Seek and ask before it's too late.

# Entrepreneurship vs 9-5



The term entrepreneurship is defined as the activity of making money by starting or running a business

Having a 9-5 involves a paid job, working for a company or organisation with regular work set hours

The term entrepreneurship is defined as the activity of making money by starting or running a business, especially when this involves taking a financial risk in the hope of making a profit.

Having a 9-5 involves a paid job, working for a company or organisation with regular work set hours, usually from 9 am to 5 pm. Employees have a regular schedule, a set salary and job security. They typically receive benefits such as paid time off, health insurance and retirement plans.

Nowadays, being an entrepreneur and earning your own business is way more glamorised than having a 9-5, mainly due to the financial benefits. However, there are pros and cons to both and reasons why one outweighs the other. So, let's discuss it: entrepreneurship vs a 9-5.

## The pros and cons of a 9-5

- **Security and stability vs boredom and long-term commitment**  
A 9-5 offers stability and security with a set salary and regular schedule, in addition to benefits such as paid time off, health insurance and retirement plans: this gives the employee reassurance and peace of mind. A 9-5 role offers predictability because the employee knows exactly what to expect daily. However, its predictability can cause one to feel boredom due to the repetitiveness of the routine.
- **Predictable income vs restricted potential for financial growth.**  
A 9-5 comes with a set salary and essentially a foreseeable source of income. But this set salary restrains the potential for financial growth.

- **Work-life balance vs lack of creative control and fulfilment.**

A 9-5 comes with a set schedule, which provides a better work-life balance so employees can make time for personal commitments outside work. Whilst this is a benefit, it does mean limited opportunities for creative expression and, instead, involves work within set regulations and procedures. As a result, one may not get the same sense of fulfilment and purpose entrepreneurship offers.

## The pros and cons of entrepreneurship

- **Unlimited potential for financial growth vs financial risk and uncertainty**  
Being an entrepreneur means having the potential to earn more based on their business success with no restrictions from employers on their potential income. However, one must be ready to take on a huge financial risk, facing uncertainties in terms of income and success whilst having no guarantee of success.
- **Control and flexibility vs long hours causing stress**  
Entrepreneurs have total control over their business and the directions it is heading in, as well as the flexibility to create a schedule on their own terms. But with this independence comes responsibility, and they must solely bear the responsibility of their business's failure or success. Some are under an immense amount of pressure, working long, hard hours. This can cause high-stress burnout.
- **Creativity and Innovation vs lack of support**  
Entrepreneurs are free to be creative and innovative, implementing their own decisions and solutions into their business. But this freedom may come with a lack of support and resources provided at a 9-5, such as networking and professional training.

# Dating in Gen Z

Gen Z, born between the mid-1990s and early 2010s, is a generation heavily influenced by technology and social media. Because of this they take a different approach to relationships compared to the older generations.

## Here are some key aspects of dating in Gen Z:

**Online Dating:** Gen Z is the first generation to grow up with widespread access to the internet and smartphones, which has greatly influenced their dating habits. Online dating apps and websites, such as Tinder, Bumble, and OkCupid, are popular ways for Gen Z individuals to meet potential partners. These platforms provide a convenient and accessible means of connecting with others, particularly for introverts or those with limited social circles.

**Casual Dating:** Gen Z tends to embrace a more casual approach to dating. Many prefer to keep their options open and engage in non-exclusive relationships, hookups, or friends with benefits arrangements. This mindset is often attributed to a desire for personal freedom, exploration, and focusing on individual goals rather than committing to a long-term relationship at a young age.

**Social Media Influence:** Social media platforms, like Instagram, Snapchat, and TikTok, play a significant role in Gen Z dating culture. They provide avenues for self-expression, showcasing one's lifestyle, and building personal brands. Relationships and dating milestones are often shared online, and social media can influence how individuals perceive themselves and others, leading to increased emphasis on physical appearance and curated online personas.

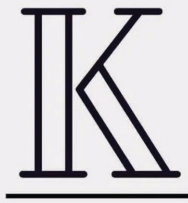
**Communication:** Gen Z heavily relies on texting and messaging apps for communication, often preferring it over phone calls or face-to-face conversations. Platforms like WhatsApp, Facebook Messenger, and Snapchat are commonly used to maintain contact and arrange meetups. Emojis, GIFs, and memes are popular forms of expression in digital conversations.

**Gender and Sexual Fluidity:** Gen Z tends to have a more open-minded and accepting attitude toward gender and sexual diversity. Many individuals in this generation identify as non-binary, genderqueer, or fluid, and prefer inclusive dating terms like "partner" instead of "boyfriend" or "girlfriend." There is also greater awareness and acceptance of various sexual orientations, with terms like LGBTQ+ being widely recognized and supported.

**Focus on Personal Growth:** Gen Z places importance on personal development and self-care. They prioritize mental health, individual goals, and education. Consequently, dating is often seen as a part of personal growth rather than a primary focus. Gen Z individuals may be more inclined to take a break from dating or prioritize self-improvement over pursuing romantic relationships.

**It's important to note that these observations are generalizations, and dating experiences can vary widely among individuals within Gen Z. People are unique, and not everyone conforms to these trends or experiences dating in the same way.**





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# ...Before I started a business

WHAT I WISH I KNEW

**Starting a business is one of the most daunting yet courageous things a person could do**

It involves taking risks, going out of your comfort zone, overcoming doubts, and dealing with what-if questions. All this can have a toll on a person's confidence, so we are here to give you some tips:

- ▶ Have patience: good things come to those who wait.
- ▶ Surround yourself with a good team filled with people whom you trust.
- ▶ Be resilient. Every business takes a few knockbacks and blows, so it's important to be strong as well as quick to bounce back. For example, rather than taking it as criticism, take it as feedback to improve on or a reason to keep on going.
- ▶ Time management. Organising your time allows you to be better prioritised, efficient and avoids stress and rushed products.
- ▶ Make sure the business is in a field you're passionate about. There's no point in making the focus of your business something you do not have a passion in, as you won't enjoy the process and find success much harder to achieve.





# ...Before I took my first solo trip

Flying out with friends without paternal/adult supervision is always an exciting time

Flying out with friends without paternal/adult supervision is always an exciting time. However, too many young people go on these trips with little to no knowledge, information or guidance. So we are here to give you some tips.

- ✓ Do a bit of research on the country you are going to. Read up on their laws and regulations: every country is different, so never visit one with the same expectation that they operate in the same manner as your own.

- ✓ Read through all the booking details and regulations. It isn't uncommon to hear people getting refused entry onto their flight because, for example, they didn't check the expiration date on their passport or went to the wrong terminal.

- ✓ Organise your holiday. Know what activities you want to do and ensure you have booked a safe hotel. Planning everything out ensures maximum enjoyment.

- ✓ Most importantly, **HAVE FUN!**





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SCAN ME



# Has **social media** made the youth less social?

In our modern-day era, social media is a dominant force. It's the tool that connects the world and is the quickest and easiest means of communicating, interacting, sharing, and expressing.

In our modern-day era, social media is a dominant force. It's the tool that connects the world and is the quickest and easiest means of communicating, interacting, sharing, and expressing. With this, we have seen a profound shift in the nature and manner humans interact and how we communicate. Because everything is available online, physical interaction is on the decline, especially among young people. Why meet up with friends when we can call and visit and text? Why go visit family when we can video chat? One must ask: has social media made the youth less social?

It would be silly to deny the obvious benefits social media brings, particularly among young people. It's a good way to develop better social and real-world skills to become more independent, in addition to being an informative network educating the youth on worldwide current events outside of their immediate environment. Discussion is held in a monitored environment, so young people can safely be creative and share ideas. Most importantly it's a place to have fun!

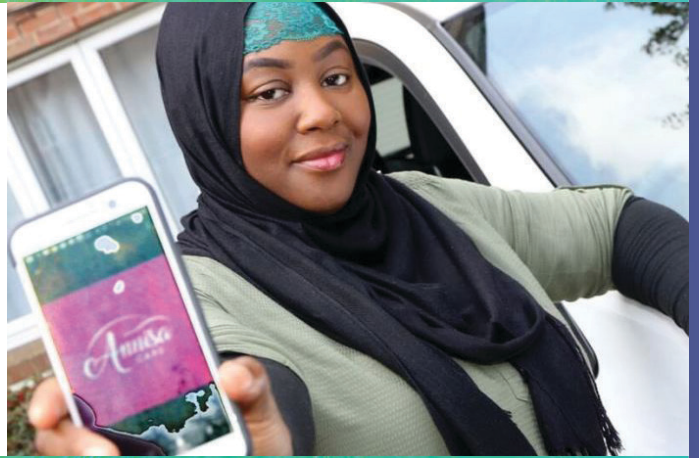
However, recently young people have become less sociable, sacrificing in-person interactions for the convenience of social media.

- 🌀 Virtual communication has reduced face-to-face socialising, with young people no longer arranging meetups because it's easier to do via social media.
- 🌀 Young people spend too much time online; they've disconnected from the real world. Increasing levels of screen time combined with decreasing degree of in-person engagement has left the youth lacking adequate social skills.
- 🌀 We are seeing a new age of 'anti-social teens' where young people are becoming glued to their devices and lacking impersonal skills. As a result of physical bonding not taking place, loneliness among teens is increasing.
- 🌀 Young people are struggling to learn and understand basic emotions since they're so connected to the digital web. They struggle to express themselves and are simply avoiding communication.



## SADE AGBOOLA

Sade Agboola launched a new taxi company that caters mostly for women – with only female drivers. Set up the firm in a bid to make women feel safer when getting a lift in a taxi late at night or on the school run. The only passengers that the all-female team of drivers at Annisa Cars will accept are women or children.



## AMIKA GEORGE



Amika George is a campaigner who founded the "Free Periods" movement to address period poverty and ensure that all girls have access to menstrual products.

## CEPHAS WILLIAMS



Cephas Williams is a creative entrepreneur who founded the "56 Black Men" project to challenge negative stereotypes of Black men in the media.

## TRAPSTAR

# TRAPSTAR

Trapstar is a British streetwear brand founded by Mikey Trapstar, Lee Trapstar, and Will Trapstar in 2005. Mikey and Lee were childhood friends who grew up in London, while Will was a friend they met later on. The three of them shared a passion for fashion and music, particularly hip-hop and grime, and they decided to create a brand that reflected their interests and the culture around them. Today, Trapstar has become a popular clothing brand worn by many celebrities and has collaborated with brands such as Puma and Nike.

## OMARI MCQUEEN

Omari McQueen is an award winning celebrity chef. He is the youngest person to ever open a restaurant in the UK, opening the first of many at the age 11. Additionally when only 8 years old he founded his company Dipalicious which specializes in vegan dips and snacks, as well as a cooking YouTube channel called *Omari*, which goes wild, and his own cooking show on CBBC called *What's cooking Amari?*



# AMANI SIMPSON

UNDER THE MICROSCOPE

AMANI SIMPSON is an award-winning Youth Coach, Speaker and Filmmaker who has become a role model to both young and old after sharing his story of being stabbed seven times. As a young person he struggled constantly after being bullied in school; eventually being expelled, arrested with an imitation firearm, and groomed to county lines. However, he was able to turn his life around through mentorship and now lives to help steer other young people away from darkness.

Fast forward to the present day and Amani is really making a positive impact. In 2015 he founded a social enterprise called 'AVIARD Inspires CIC', which empowers young people through personal development, digital media, and enrichment opportunities. He is also part of the founding team behind *Apprentice Nation* and has recently become the patron of The AMANI Project, an employability project in partnership with global corporates incl. Goldman Sachs where Black teens in need of a second chance are paired with professional mentors. On top of that he is also a secondary school governor, on a number of influential boards and a trustee of

London's largest creative college!

Amani uses his storytelling skills to create powerful social impact short films. His first film 'AMANI' starred Hollywood actor, Joivan Wade was about his experiences growing up and was watched one million times in four days! His latest short film 'SAVE ME' explores the need for contextual safeguarding to prevent young people being groomed and exploited. It follows two teenagers, connected through trauma, who embark on a cab journey in search of freedom. *SAVE ME* has been released widely with digital resources incl. a facilitators handbook to enable national conversations in professional and youth settings. You can watch *SAVE ME* on YouTube now or learn more at:

<http://www.aviard.co.uk/SAVEME>

Amani's mission is to be a servant leader who strives to add value to others through his lived experience, loving nature, and influential network. To find out more about his impact and story please visit [AmaniSimpson.com](http://AmaniSimpson.com) or follow him on Instagram: [@amani.simpson](https://www.instagram.com/amani.simpson)



FROM THE MIND OF AMANI SIMPSON

# SAVE ME

WHAT DO YOU SEE?

AVIARD INSPIRES PRESENTS "SAVE ME" AN ENFIELD COUNCIL / OPERATION ENGAGE FILM

STARRING ELLE DAVIES RAPHAEL HIGGINS-HUMES AIDEN SMALLS YASSINE MKHICHEN LEVI 'LIGHTZ' OJO INTRODUCING ALFIE CAIN

EXECUTIVE PRODUCERS AMANI SIMPSON OLA CHRISTIAN ANNE STOKER KATE KELLY DIONNE LINDEZEY

WRITTEN AND DIRECTED BY AMANI SIMPSON PRODUCED BY GABY LAFOR CASTING BY OLA CHRISTIAN

CINEMATOGRAPHER BANI MENDY 1ST AD NATASHA ADAMS COMPOSER PASCAL AKARAONYE

MUSIC SUPERVISOR ANDRE INCE-MCDOWELL EDITED BY CATRIONA DELBRIDGE SOUND DESIGN STUART ALLEN-HYND

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# Pros and Cons of Counseling

**Counselling sessions are a form of talking therapy that involves a trained therapist helping clients find ways to deal with emotional issues and tackle stress. As mental health problems are rising, it is important to know how to get the most from your counselling sessions.**

- Active listening is important in counselling sessions because it helps the counsellor understand the client's perspective and build trust. This involves giving the client your full attention, reflecting back what they say, and clarifying any misunderstandings.
  - Counselling sessions can help clients improve their mental health by providing a safe space to discuss their thoughts and feelings, and by teaching them coping skills to manage stress and anxiety. Counselling can also help clients improve their relationships by teaching them communication and conflict resolution skills.
  - Individual counselling is one-on-one sessions between a client and a counsellor and is helpful for people dealing with personal issues such as depression or anxiety. Group counselling involves a group of people with similar issues and can be helpful for people who feel isolated or who benefit from hearing other perspectives. Couples counselling is for couples who are having relationship issues and can help them improve communication and work through conflicts.
  - The counsellor's role is to help clients identify their goals and work towards achieving them. This involves building a strong therapeutic relationship with the client, assessing their needs, and developing a treatment plan. Counsellors may use different techniques such as cognitive-behavioural therapy or mindfulness to help clients achieve their goals.
- Ethical considerations that counsellors must follow include confidentiality, informed consent, and avoiding dual relationships. Confidentiality means that the counsellor cannot share information about the client without their permission, except in certain circumstances such as if the client is a danger to themselves or others. Informed consent means that the client must be fully informed about the counselling process and their rights as a client. Dual relationships means that the counsellor should avoid having a personal relationship with the client outside of counselling.

## Here are some pros and cons of counselling

### Pros:

- Counselling can provide a safe space for clients to talk about their thoughts and feelings without fear of judgement.
- Counselling can help clients develop coping skills to manage stress and anxiety and improve their mental health.
- Counselling can improve relationships by teaching communication and conflict resolution skills.
- Counsellors can help clients identify and achieve their goals and improve their overall quality of life.

### Cons:

- Counselling can be expensive and difficult to access as it may not be covered by the NHS or private insurance.
- Not all counsellors are a good fit for every client, and it may take some time to find the right counsellor.
- Counselling can be time-consuming and may require a significant commitment from the client.
- Clients may feel uncomfortable talking to a stranger about their personal issues.
- Counselling may not be effective for everyone, and some people may require additional treatment such as medication.



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# HIDE YOUR UNHAPPY



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# JUST GEEN

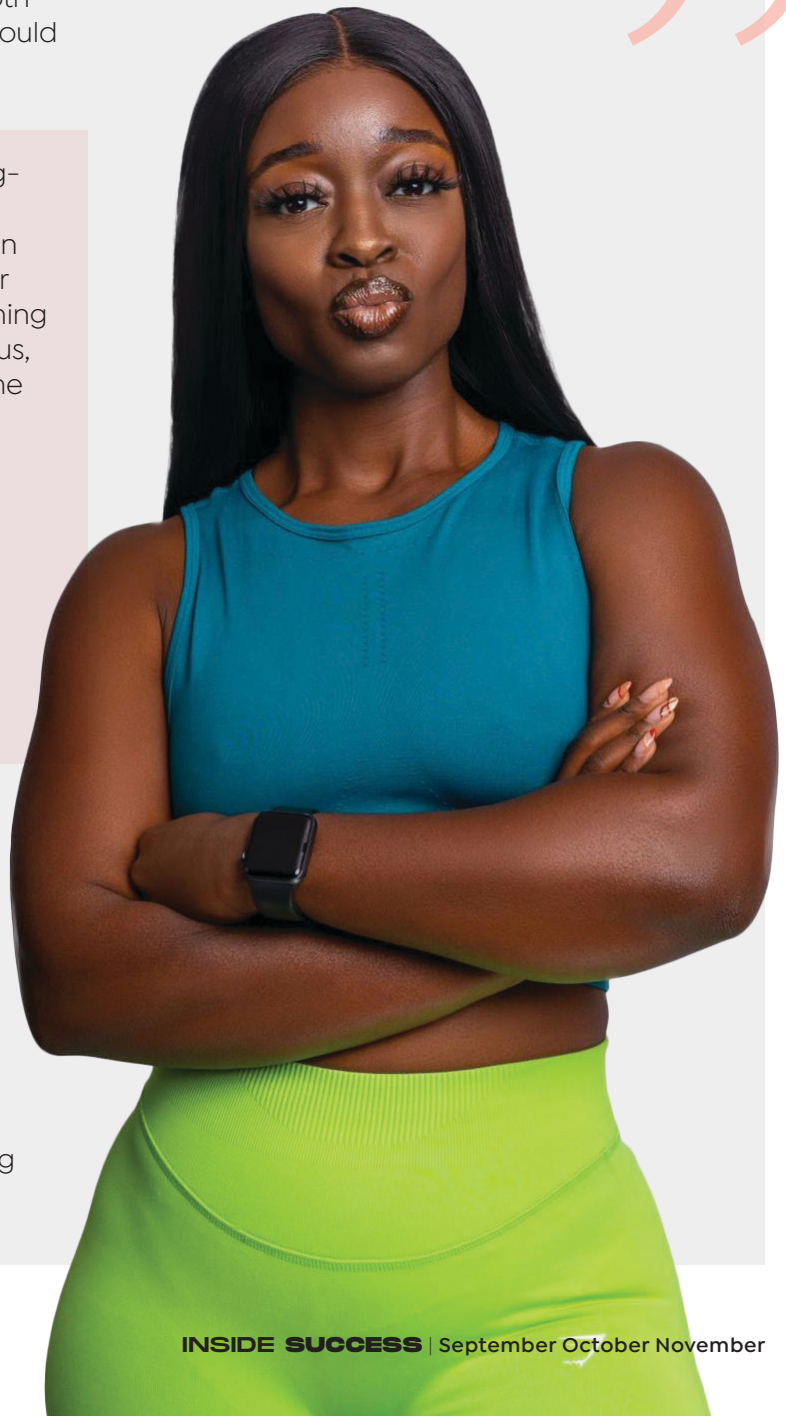
SUCCESS LEAVES CLUES

Just Geen Journey is an online fitness platform started by a young woman named Gina to empower others to change their mindset towards health and fitness. Her inspiration for her programme was her own life experiences. During a turbulent time in her life, she found fitness to be an efficient stress reliever as well as the cheapest form of therapy. Through health and fitness, Gina built herself up and focused on becoming a better version of herself. The name "Just Geen" is a constant reminder that all you can be is you, nothing more and nothing less, so we should aspire to be the best we can be.

During her younger years, Gina struggled greatly with her health and fitness. With a breakup, puberty, and an unhealthy relationship with food, her health was in great jeopardy. Becoming extremely fed up with this continuous, unhealthy cycle, she decided that the self-pitying had to stop and went for a run. She found it to be so soothing and therapeutic, and it quickly became a way for her to channel her negative energy. She very soon became addicted and decided to trade in all her negative emotions for a long-term relationship with health and fitness.

Now Gina focuses on encouraging other people to live by the same ethos of fitness: "living for the journey," because fitness is not a destination but a journey. To her, fitness isn't about just losing weight or achieving your desired body shape; it's about taking little steps to reach your milestones on your own unique and special journey. Just Geen is about empowering others to change their mindset.

**JUST GEEN JOURNEY IS AN ONLINE FITNESS PLATFORM STARTED BY A YOUNG WOMAN NAMED GINA TO EMPOWER OTHERS TO CHANGE THEIR MINDSET TOWARDS HEALTH AND FITNESS.**



*Just  
Teen*



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Photo: Kevin Grieve

## SUPPORT SMALL BUSINESS

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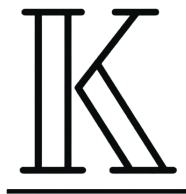
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# Protecting Your Health



As a young person, there are many things you can do to protect your health and promote a healthy lifestyle. Here are some suggestions:

1. **Eat a nutritious and balanced diet:** A healthy diet is essential for maintaining good health. Be sure to eat a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.
2. **Exercise regularly:** Regular exercise helps strengthen your body, improve your mood, and reduce your risk of chronic diseases. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
3. **Get enough sleep:** Getting enough sleep is important for your physical and mental health. Aim for at least 7–8 hours of sleep each night.
4. **Manage stress:** Stress can have a negative impact on your health. Find healthy ways to manage stress, such as through exercise, meditation, or spending time with friends and family.
5. **Avoid smoking and excessive alcohol consumption:** Smoking and excessive alcohol consumption are major risk factors for many chronic diseases. Avoid smoking and limit your alcohol intake to moderate levels.
6. **Practise safe sex:** If you are sexually active, it's important to practise safe sex to protect yourself from sexually transmitted infections (STIs) and unintended pregnancy.
7. **Stay up-to-date on vaccinations:** Vaccines are important to preventive health care. Make sure to stay up-to-date on recommended vaccines, such as the COVID and flu vaccines and HPV vaccine.
8. **Take care of your mental health:** Mental health is just as important as physical health. If you are struggling with mental health issues, seek help from a mental health professional.

# Shortbread Fingers



## EQUIPMENT:    INGREDIENTS:

- |               |                                   |
|---------------|-----------------------------------|
| • Mixing bowl | • 200g butter (softened)          |
| • Rolling pin | • 100g caster sugar               |
| • Baking tray | • 300g plain/ all – purpose flour |

### STEP 1

Heat the oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a mixing bowl. Use your hands to combine the ingredients until the mixture looks like breadcrumbs, then squeeze until it comes together as a dough.

### STEP 2

On a lightly floured surface, use a rolling pin to roll out the dough to ½ cm thick. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.

### STEP 3

Chill the dough in the fridge for 20 mins, then bake for 15–20 mins until golden brown. Remove the shortbread fingers from the oven and leave to cool on the tray for 10 mins.

# Creamy Caramel Mocha

## INGREDIENTS:

- ½ cup double cream
- 1 tablespoon icing sugar
- 1 teaspoon vanilla extract, divided
- ¼ cup cocoa powder
- 4 cups hot strong brewed coffee
- ½ cup caramel syrup
- Butterscotch-Caramel ice cream topping

## RECIPE:

### Step 1:

In a small bowl, beat the cream until it begins to thicken. Add the icing sugar and 1/2 teaspoon vanilla; beat until stiff peaks form.

### Step 2:

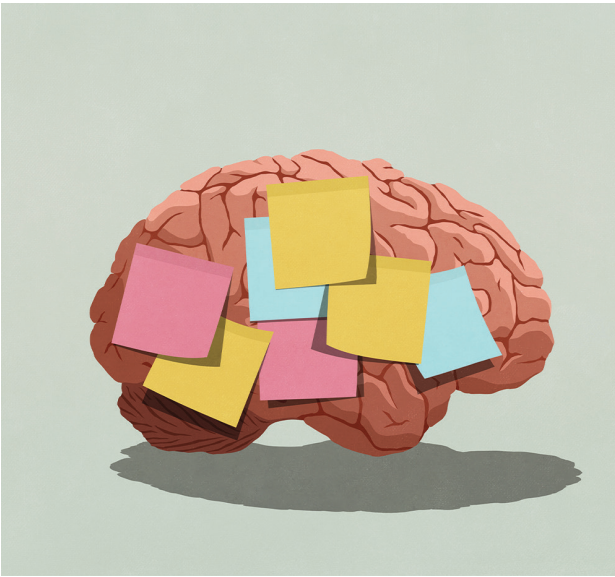
In a large saucepan over medium heat, whisk the cocoa and more cream until smooth. Heat until bubbles form around the sides of the pan. Whisk in coffee, caramel syrup and remaining vanilla. Top servings with whipped cream; drizzle with butterscotch topping.

### Step 3:

To prepare in a slow cooker: Prepare whipped cream as directed. Whisk together cocoa, cream, coffee, caramel syrup and remaining vanilla in a slow cooker. Cook, covered, 2–3 hours or until heated through. Serve as directed.



# HOW TO MANAGE YOUR NOTES



**ORGANISING YOUR SCHOOL NOTES CAN HELP YOU STUDY MORE EFFECTIVELY AND EFFICIENTLY. HERE ARE SOME TIPS TO HELP YOU ORGANISE YOUR NOTES:**

1. **USE A SEPARATE NOTEBOOK OR BINDER FOR EACH SUBJECT:** Keep your notes for each subject separate to avoid confusion and make it easier to find what you need.
2. **USE HEADINGS AND SUBHEADINGS:** Use headings and sub-headings to organise your notes by topic. This will make it easier to review and study later on.
3. **USE BULLET POINTS AND LISTS:** Use bullet points and lists to break down information and make it easier to read and understand.
4. **HIGHLIGHT IMPORTANT INFORMATION:** Use a highlighter to mark important information, such as key terms or formulas, so that you can quickly find them later on.
5. **SUMMARISE KEY POINTS:** At the end of each class or study session, summarise the key points in your own words. This will help you remember the information and make it easier to review later on.
6. **KEEP YOUR NOTES NEAT AND LEGIBLE:** Make sure your notes are easy to read and understand. Use a pen with good ink flow and take your time to write neatly.
7. **REVIEW AND ORGANISE YOUR NOTES REGULARLY:** Review your notes after each class or study session and organise them as needed. This will help you stay on top of the material and be better prepared for exams.





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





# ASKING FOR A **PAY RAISE**

Asking for a pay raise can be intimidating, but there are some steps you can take to increase your chances of success.

## Here are some tips:

1. **Do your research:** Before you ask for a pay raise, research the market rate for your job and experience level. Look at job postings and salary surveys to get a sense of what other people with similar qualifications are being paid.
2. **Document your accomplishments:** Make a list of your accomplishments and contributions to the company. Be specific and quantify your achievements when possible. This will help you make a strong case for why you deserve a pay raise.
3. **Schedule a meeting with your boss:** Request a meeting with your boss to discuss your compensation. Be professional and respectful in your request.
4. **Make your case:** During the meeting, be clear and concise about why you believe you deserve a pay raise. Use the research and documentation you gathered earlier to support your case. Be open to feedback and be willing to negotiate.
5. **Be prepared to compromise:** Your boss may not be able to give you the exact raise you're asking for. Be prepared to compromise and consider other forms of compensation, such as additional vacation time or a bonus.
6. **Follow up:** If your boss agrees to a pay raise, make sure to get the agreement in writing and follow up to ensure that it is implemented.

Remember, asking for a pay raise is a normal part of professional development. Be confident and respectful in your approach and be prepared to make a strong case for why you deserve a raise.

# TIPS ON WHAT TYPE OF BUSINESS YOU SHOULD START

Deciding what type of business to start can be a challenging process

Here are some tips to help you decide:

1. **Identify your skills and interests:** Think about your skills and interests and how they can be turned into a business. Consider the things you enjoy doing and are good at, as well as any past work experience or education that may be relevant.
2. **Research the market:** Look at the market and identify any gaps or opportunities that you can fill. Consider the demand for your product or service, as well as the competition and pricing.
3. **Consider your target audience:** Think about who your target audience will be and what their needs are. Consider their age, gender, location, income, and other relevant factors.
4. **Evaluate the start-up costs:** Determine how much money you will need to start your business. Consider the cost of equipment, supplies, rent, and other expenses.
5. **Assess your risk tolerance:** Starting a business involves risk. Consider how much risk you are willing to take on and whether you have a safety net in case things don't go as planned.
6. **Explore different business models:** Consider different business models, such as franchising, licensing, or starting a business from scratch. Research the pros and cons of each model and determine which one is the best fit for you.
7. **Seek advice from others:** Talk to other entrepreneurs, business owners, and experts in your field. They can provide valuable insights and advice based on their experiences.

**Remember, starting a business is a big decision. Take your time to consider all the factors and do your research before making a final decision.**



# Understanding Tax Deductions

As a young person starting your first part-time or full-time job in the UK, understanding how employment tax deductions and National Insurance (NI) contributions work is crucial. These financial obligations ensure that you contribute to public services and social security. In this article, we will provide a simplified overview of employment tax deductions and NI contributions to help you navigate these aspects of your financial responsibilities.

## 1. Income Tax:

Income tax is a fundamental component of your tax obligations. The amount of income tax you pay depends on your total income and the tax bands set by HM Revenue and Customs (HMRC). Typically, income tax is deducted automatically from your earnings through the Pay-As-You-Earn (PAYE) system. Your employer calculates and withholds the appropriate tax amount from your pay, ensuring that you meet your income tax liability throughout the year.

## 2. National Insurance Contributions:

In addition to income tax, you will also contribute to National Insurance. National Insurance contributions are divided into two categories: Class 1 and Class 2 or 4, depending on your employment status and earnings.

- Class 1 National Insurance (NI): This applies to most employees in the UK. Both you and your employer contribute to Class 1 NI. The contributions go towards your state pension, healthcare (NHS), and other state benefits. The amount of Class 1 NI you pay is calculated based on your income and the NI threshold set by HMRC.
- Class 2 and Class 4 National Insurance: If you are self-employed or earning above a certain threshold, you may be liable for Class 2 and/or Class 4 NI contributions. These contributions go towards your state pension and other benefits. The amount you pay depends on your earnings and the relevant NI rates.

## 3. Personal Allowance:

The UK tax system provides a Personal Allowance, which is the amount of income you can earn before paying income tax. For the tax year 2023/2024, the Personal Allowance is set at £12,570. This means that if your annual income is below this threshold, you won't pay income tax on that portion of your earnings. If your earn-



ings are above £12,570 in that tax year, you will pay income tax only on the income above that threshold.

## 4. Tax Codes:

Your tax code determines how much income tax is deducted from your pay. It takes into account your tax allowances and any other factors affecting your tax liability. Your employer will provide you with a tax code, usually indicated on your payslip. It's important to review your tax code to ensure its accuracy and notify HMRC if any changes are needed.

## 5. Record-Keeping and Tax Returns:

Keeping accurate records of your income, tax deductions, and NI contributions is essential. These records will be necessary when filing your annual tax return, usually required if you have additional sources of income or if you have overpaid taxes. It's important to maintain organised records, such as pay slips, P60 forms, and any relevant receipts or statements.

Understanding employment tax deductions and National Insurance contributions is crucial for young workers in the UK. Becoming familiar with income tax, NI contributions, tax codes, and record-keeping practices will help you navigate your financial responsibilities effectively. Consider consulting HMRC's guidance or seeking advice from financial professionals to ensure compliance and optimise your overall financial well-being as you embark on your part-time or full-time job.



# Why Young People Should Travel

There are many different types of travel and holiday options for young people, depending on their interests, budgets, and preferred experiences. Here are a few examples:

1. **Backpacking:** Backpacking is a popular option for young people who want to travel on a budget. This involves travelling light with just a backpack and often staying in hostels or budget accommodation. Many young people choose to go backpacking in Europe, Asia, or South America.
2. **Adventure travel:** Adventure travel involves activities such as rock climbing, hiking, kayaking, or other outdoor activities. These types of trips can be physically challenging and require some level of fitness, but they can be very rewarding for those who enjoy the outdoors.
3. **Cultural travel:** Cultural travel involves exploring different cultures and immersing oneself in local traditions, food, and customs. This can include visiting museums and historical sites and attending cultural events.
4. **Volunteer travel:** Volunteering abroad is a great way for young people to make a positive impact while travelling. There are many different types of volunteer opportunities, such as teaching English, working on a community project, or helping with wildlife conservation.
5. **Beach holidays:** Beach holidays are a classic option for young people who want to relax and soak up the sun. Popular beach destinations include Thailand, Bali, and the Caribbean.
6. **City breaks:** City breaks involve visiting a city for a short period of time, often for a long weekend. This can be a great way to explore a new city, try new foods, and experience a different culture.

These are just a few examples of the different types of travel and holiday options available to young people. The choice depends on personal interests, budget, and preferred experiences.

# UK Political Parties



Here are some examples of political parties in the UK and their policies towards helping young people:

## 1. Labour Party:

**Ideology:** Social democracy, democratic socialism  
The Labour Party is a centre-left political party in the UK. It emerged from the labour movement and historically represents the interests of the working class. The party advocates for social justice, workers' rights, and public services. It has a strong focus on reducing inequality and has been in power multiple times throughout UK history.

The Party's primary focus is reducing inequality and improving social mobility. They prioritise affordable housing initiatives, including building more affordable homes and introducing rent controls. Labour also supports raising the minimum wage, protecting workers' rights, and investing in public services, such as education and healthcare.

**Policies:**

- Introduce a £10 minimum wage for workers, including those under 18
- Increase funding for apprenticeships and job training
- Scrap tuition fees for university students and cancel outstanding student debt
- Increase funding for mental health services for young people
- Increase funding for affordable housing and cap rent prices

## 2. Green Party:

**Ideology:** Green politics  
The Green Party is an environmental and progressive political party that focuses on ecological sustainability, social justice, and grassroots democracy. They advocate for environmental protection, renewable energy, and social equality. The Green Party has representation in both the UK Parliament and the European Parliament.

The Green Party prioritises environmental sustainability and social justice, which also have implications for youth. They advocate for investment in green jobs and renewable energy, providing opportunities for young people in the growing green sector. The party also supports measures to address the climate crisis, which will have long-term effects on future generations.

**Policies:**

- Introduce a universal basic income for all citizens, including young people
- Scrap tuition fees for university students and cancel outstanding student debt
- Increase funding for youth services and community centres
- Increase funding for affordable housing and cap rent prices
- Invest in renewable energy and create green jobs for young people

## 3. Liberal Democrats:

**Ideology:** Liberalism, social liberalism  
The Liberal Democrats are a centrist political party that

promotes liberal policies, including individual freedom, social liberalism, and environmentalism. They support issues such as electoral reform, civil liberties, and pro-European Union stances. The party was in a coalition government with the Conservatives from 2010 to 2015.

The Liberal Democrats prioritise investing in education and expanding opportunities for young people. They aim to ensure free access to early years education, provide more funding for schools, and expand apprenticeship and training opportunities. The party also focuses on mental health support for young people and advocates for youth participation in decision-making processes.

**Policies:**

- Scrap tuition fees for university students and cancel outstanding student debt
- Increase funding for apprenticeships and job training
- Increase funding for mental health services for young people
- Increase funding for affordable housing and cap rent prices
- Introduce a Youth Services Guarantee to ensure every young person has access to youth services

## 4. Conservative Party:

**Ideology:** Conservatism  
The Conservative Party, aka the Tories, is one of the UK's oldest and most prominent political parties. It traditionally advocates for conservative policies, such as limited government intervention, free markets, and social conservatism. The party has been in power since 2010, with Rishi Sunak being the Prime Minister since October 2022.

The Party focuses on promoting economic growth and opportunities for young people. They have introduced policies such as apprenticeships and vocational training programs to improve employability. They also emphasise expanding access to quality education, including funding for schools and increasing the number of university places.

**Policies:**

- Increase funding for apprenticeships and job training
- Increase funding for mental health services for young people
- Introduce a Lifetime Skills Guarantee to provide training opportunities for people of all ages
- Increase funding for affordable housing and cap rent prices
- Increase the National Living Wage, which would also benefit young workers

It's worth noting that political parties' policies can vary over time and can be different in different regions, so this is not an exhaustive list. Additionally, there may be other parties and movements that are not represented here.

# 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!





**CHRISANDRE**

Hello, my name is Chrisandre, and I have been working at Inside Success since September. Inside Success has helped me with a variety of skills and traits I have developed further, such as confidence, self-esteem, decision making, accountability, money management, time management, and the list continues further. I feel if you were to ask others you would get a similar answer which shows the impact Inside Success has had on young people like me and how they are able to help support them and form them for the real world.



**OMARI**

Hi, I'm Omari. I've been working at Inside Success for a couple of months and at the age of 18, Inside Success gave me my first job while helping me become more social and confident to speak to people. Dealing with rejection has helped me be more resilient and happier as I've met many new people.



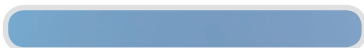
**JODY**

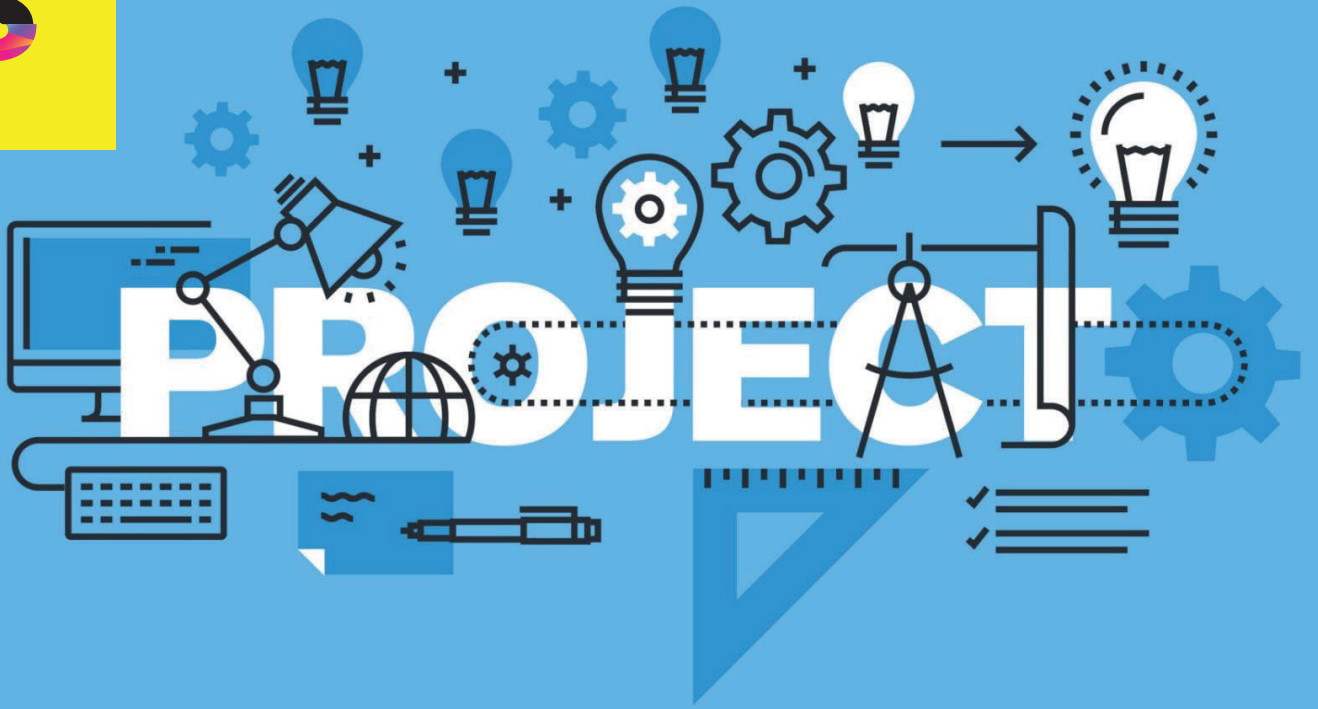
Hi, my name is Jody! I have been a member of Inside Success for almost a year now, and my time in Inside Success has most definitely made an impact on my life. Since I am a full-time student, I am only able to work two days a week, which is unrealistic for most jobs. However, at Inside Success, I am able to do that whilst gaining work experience and networking with new people. This job has also helped me gain teamwork and conversational skills since I am a naturally shy person. I would definitely recommend this job to any young person who is looking for a flexible job that builds their social skills and personal attributes.



**MOUAL**

Inside Success has been a beneficial part of my journey, and I am happy to have found this organisation at my age. I work for the branch in Birmingham, and it has helped me communicate and network with different people of different ages, which I wasn't able to do before. Not only this, but it has improved my leadership skills since I have had the opportunity to become a Team Leader and manage a team which encouraged me to step out of my comfort zone and excel.





# MANAGEMENT WORKSHOP

**Inside Success conducted a "Mastering Project Planning and Controls" for our youth, providing participants with a comprehensive understanding of project planning and learning control as a discipline.**

The workshop aimed to equip the youth with the necessary knowledge and skills to develop robust project plans, establish effective controls, and monitor project progress. The workshop covers essential topics, offers practical exercises and case studies, and encourages active participation from committed individuals seeking to enhance their project management expertise.

The young people at Inside success found the workshop to be very insightful and practical: "We didn't just discuss what project management was, but the mindset we need to have in life in order to succeed in our future careers." - Charlotte

"The Workshop was very useful, educational and something I would like to get into long term." - Conrad

"Overall it was a very insightful experience. It was more than just covering what project management is, but the mindset needed to be successful in the career which isn't something you usually get. It was very inspiring to hear from an expert who has his own company and I'm very grateful for the opportunity I'm interested in learning more." - Theresa

"Really good and amazing. It wasn't your typical workshop, however it was very unique and a great learning experience." - Pharrell

Overall, the workshop had a successful impact on the youth, because not only did it equip the younger workers with the skills and knowledge of project management, but taught them the mentality needed to achieve success.

# BECOMING HER WORKSHOP

Inside Success conducted a “ladies empowerment workshop” for our female workers, with the agenda becoming “Her.”

The workshop offered the young ladies advice that will allow them to become the best version of themselves. This includes advice on increasing your confidence, boosting your self esteem, overcoming anxiety and fears, financial advice and loving your authentic self. Through guest speakers and group activity and discussions, this workshop has been a great inspiration for the young women of Inside Success.

The workshop had a great effect on the young women, providing them with a comfortable space to share their issues, thoughts and troubles.

*“The Ladies Empowerment Workshop was an amazing experience. It has boosted my confidence and self esteem, as well as taught me to embrace self love. It was nice to be able to talk and relate with a group of women about our issues. Overall I am grateful for the experience.”*  
- Toni

*“Running the six week, 'Becoming Her' event has been nothing short of powerful. Inside Success has given me the ability to impart my knowledge, passion and drive onto the next generation. Both the girls and I have grown so much in valuable substance. These six weeks have accentuated my strengths in leadership and public speaking to a level I didn't think was possible in such a short period.”* - Ijenu



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OR [INSIDESUCCESSUK@GMAIL.COM](mailto:INSIDESUCCESSUK@GMAIL.COM) - WEB: [WWW.INSIDESUCCESSUK.CO.UK](http://WWW.INSIDESUCCESSUK.CO.UK)



# Ladies Special

WHERE ARE THEY NOW?



## IJENU

I am in second-year medical school at King's College, as well as a Financial Advisor in Kharis Financial group, which most definitely would not have been possible without the skills I gained at Inside Success. On the side, I am a Keen Property Investor, which I hope to grow in and flourish. I am looking forward to hosting a female empowerment six-week event to give back to Inside Success for everything and hopefully pass on my knowledge to some of the current members.



## AMEERA

Before coming to Inside Success, I struggled with severe social anxiety to the point where I couldn't even go up to the till to order food and was dependent on my friends to do so. Now, Inside Success has moved me out of that comfort zone and taught me the way to interact with others, which has assisted me even more as I'm now able to speak to the public, which I hadn't imagined I would be able to do a few years ago. I've even learned how to network and progress to where I am now: I'm a team leader and trainee sales manager studying psychology in my second year of university, and I'm constantly developing further into my career path from my persistence and confidence.

## WHERE ARE THEY NOW?



### ANTHEA

Hi my name is Anthea and I am currently a sales manager and an admin staff at Inside Success at the age of 19. I have been a member of Inside Success for almost 4 years and my time here has taught me vital lessons that I apply in my everyday life. It has taught me resilience and patience and that hard work pays off. I started off as an outreach worker at the age of 16 and after a couple months got promoted to a team leader. Inside Success has taught me how important communication is, and the value of teamwork, as I have had the pleasure of building teams and watching people grow. Now looking back as a sales manager I am excited to see the youths grow and excel just as I have at Inside Success.

### AMIRA

Being a member of the Inside Success team has been a beneficial part of my independence. The organization has given and opened many opportunities for my future. I started my journey around four years ago as a beginner outreach worker, and I have now been promoted to senior team leader! I've learnt to use the knowledge around the organization to help me prosper as an individual. Joining IS has empowered me with many different skills, such as effective communication, punctuality and, most importantly, teamwork. As a current member of Inside Success, I would definitely recommend a young adult to join our team!





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## 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.





**NEWHAM FC: TRANSFORMING SUCCESS FC INTO A SEMI-PROFESSIONAL POWERHOUSE**

Success FC, a Newham-based football club, is undergoing a remarkable transformation. With a renewed focus on representing the borough of Newham, the club has welcomed new management and shifted to Saturday football. There are even discussions about changing the club's name to Newham FC. This article explores their journey and the search for sponsors to support their ambitions.

Under new management, Success FC is determined to elevate its status and create opportunities for aspiring footballers in Newham. The potential name change to Newham FC aims to strengthen the club's connection with the local community and foster a sense of pride among residents. By embracing Saturday football, the club aims to engage with the community and draw support from passionate football enthusiasts in the borough.

To achieve their ambitious goals, Success FC

is actively seeking sponsors. Local businesses, corporations, and philanthropists are being approached to form partnerships that will support the club's growth. Sponsors will not only have the opportunity to align their brand with a rising football club but also contribute to the development of footballing talent within Newham.

Newham FC's transformation represents an exciting chapter in the club's history. With new management, a potential name change, and a shift to Saturday football, the club is poised to become a prominent semi-professional football club representing the borough of Newham. The search for sponsors highlights their commitment to building a sustainable future and nurturing local talent. As Newham FC moves forward, the support of sponsors and the community will be vital in realising their vision of success both on and off the pitch.

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**And be entered to win £500 worth of Westfield's vouchers**



.....  
**The winner will be announced on the last Friday in November 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



# WHAT'S THE MOTIVE?



WHAT'S THE MOTIVE

## LONDON - SWINGERS

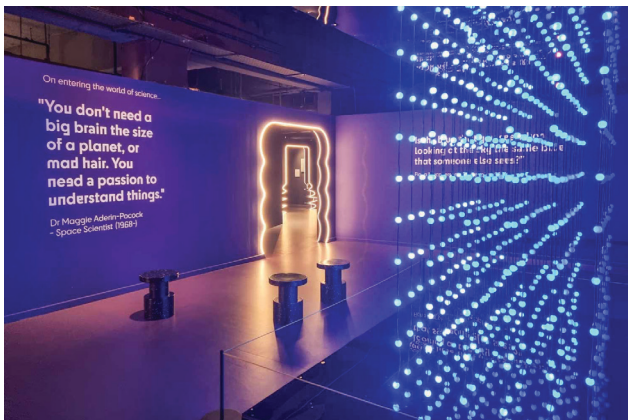
Enjoy an incredible social experience combined with crazy golf, street food, cocktails and live DJs at two stunning venues across central London. It's the mini golf you grew up seeing, just with a fun twist!!

<https://swingers.club/uk>



## LONDON - TWIST MUSEUMS

Developed in collaboration with a range of artists, neuroscientists and philosophers, Twist Museums present to you an immersive experience that explores and tests the power of your mind in experiencing the world around you.



## MANCHESTER - PARADISE SKATE WORLD

Immerse yourself in an alternate reality where roller skating and music collide with deep fantasy and good-times-only vibes.



## MANCHESTER - THE IMMERSIVE GAMEBOX

With a variety of different games bundled together, such as squid game, the Alien Aptitude Test, Angry Birds and Ticket to Mars, head on down to the immersive game box to be a part of an experience that promises the most fun!!

## ESSEX - BANNATYNE HEALTH CLUB AND SPA

Looking for a place to unwind and relax? Head on down for a luxurious spa day, where you can have a chill day amid 20 acres of idyllic Essex countryside. Enjoy a luxurious day, offering guests a wide range of leisure facilities. It's the perfect destination for some relaxing quality time, whether that be a solo trip or with friends.



## ESSEX - CLUE HQ

Offering the perfect, exhilarating, exciting team-building experience, Club HQ is the place to be. It involves you and a group of friends having one hour to escape a locked room by solving puzzles and opening locks and navigating different rooms. It's a place to improve your problem-solving skills, put your mind to the test and just have fun!

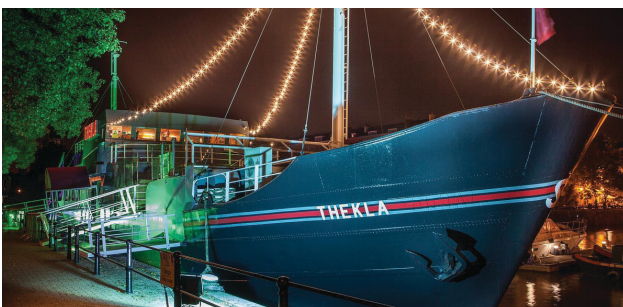
## BRISTOL - STREET ART AND BANKSY

Bristol is known for its vibrant street art scene, with works by the renowned artist Banksy scattered throughout the city. Take a street art tour or explore areas like Stokes Croft and Nelson Street to discover impressive murals and graffiti.



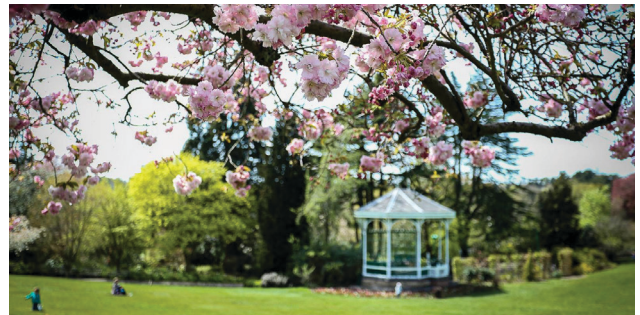
## BRISTOL - THEKLA

Thekla is a unique music venue situated on a converted cargo ship docked in Bristol's Harbourside. It hosts a variety of live music events, club nights, and gigs across different genres.



## BIRMINGHAM - BOTANICAL GARDENS

Take a peaceful stroll through the beautiful Birmingham Botanical Gardens. Enjoy the diverse plant collections, glasshouses, and tranquil landscapes. It's a great place to relax and appreciate nature.



## PORTSMOUTH - GUNWHARF QUAYS

Gunwharf Quays is a vibrant waterfront shopping and entertainment complex. It features numerous designer outlet stores, restaurants, cafes, a cinema, and even a bowling alley.



# Meet the editors of this edition of Inside Success magazine



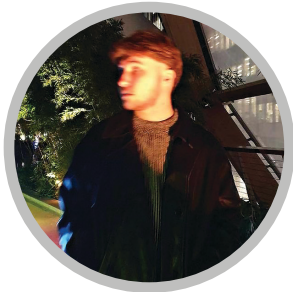
**ANTHEA**

Hi, my name is Anthea, and I am one of the magazine editors. This is my third magazine with Inside Success, and this one is one of my favourites! 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 improve my writing abilities. Me and my team 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](mailto:INSIDESUCCESSUK@GMAIL.COM)**

MY WORK IS CALLED  
MUSIC

## 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!

London: **KTOWN**

K Town BBQ in New Malden is a Korean-style barbecue establishment that offers an all-you-can-eat buffet for £29 per person.



Offering an all you can eat variety of meat and seafood dishes and a range of Korean Cuisine.

Located at 8-12 Coombe Rd,  
New Malden KT3 4QE

Birmingham: **BILL'S RESTAURANT AND BAR**

Bill's is a real home-from-home atmosphere; a healthy and indulgent menu and wine list, with candles and lots of little touches to give the place a real glow. Whether you go for breakfast, lunch or dinner, their fresh and



seasonal food is at the heart of everything they do. Open from 8 am 'til late most days, we're serving up classic food with a fresh twist – so rest easy knowing you'll have full bags and full bellies.

Located at Bullring Shopping Centre Bullring,  
Middle Hall East, Birmingham B5 4BU

Essex: **GENTING CASINO WESTCLIFF**

Overlooking the sea, Genting Casino Westcliff offers a premier casino experience like no other. Our casino has both a restaurant and a late night bar if you get peckish or want to quench your thirst. Alongside this, at our



Westcliff venue, you'll find some great live events, deals and promotions, and, of course, a wide assortment of casino games including live-dealer and electronic titles.

Located at Western Esplanade,  
Westcliff-on-Sea, Southend-on-Sea SS0 7QY

Manchester: **CIAOO PIZZERIA**

Located on the edge of Manchester's Northern Quarter, Ciaooo is a must-visit pizzeria for lovers of authentic Italian food. Perfect Neapolitan sourdough pizzas with a signature crust are served up at this exciting spot, with big flavours guaranteed. With vegan



and gluten-free options also available, there's something for everyone on Ciaooo's menu.

Located at 62-64 Swan St, Manchester M4 5JU



# ADULTING

## ONLINE WORKSHOPS



Mental Health

Credit Score

Money Management

LinkedIn

Property

CV writing

Employability

Weekly workshops

New Speakers each week

Only on Zoom



My friends and I started this business whilst we were still in school, at the age of 16 years old. In a nutshell, we took part in a competition at our local youth club and decided to use the money to make my grandmother's famous punch drink.

After buying our very first bottles and cold press machine we made the first batch of Drip Punch. We sold our first 100 bottles across local food markets, business events and shops.

After doing our first Carnival the people told us Tropical Fruit Punch was a hit! It went so well, it's how we landed our first contract with Mum's Caribbean on Harrow Road. That's when we decided to send the punch for testing, get licensed and manufacture and distribute Drip Punch across the UK.

Being originally manufactured in London, in the mix of urban lifestyle and youth culture we are proud to be an intrinsic brand representing youth culture in the UK drinks market.

Our drinks are now currently distributed across 50 stores, three franchises (Morley's, Amigos) and one distributor (Windrush Bay).

## TASTE THE DRIP

Contact and More info on:

[drippunch.com](http://drippunch.com)

[@drippunch](https://www.instagram.com/drippunch)

[info@drippunch.com](mailto:info@drippunch.com)





# 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](http://www.insidesuccessuk.co.uk)
- [Insidesuccessuk@gmail.com](mailto:Insidesuccessuk@gmail.com)
- +44 7594 828383





**SEE:**

## GUARDIANS OF THE GALAXY VOL 3

Still reeling from the loss of Gamora, Peter Quill must rally his team to defend the universe and protect one of their own. If the mission is not completely successful, it could possibly lead to the end of the Guardians as we know them.

**BUY:**



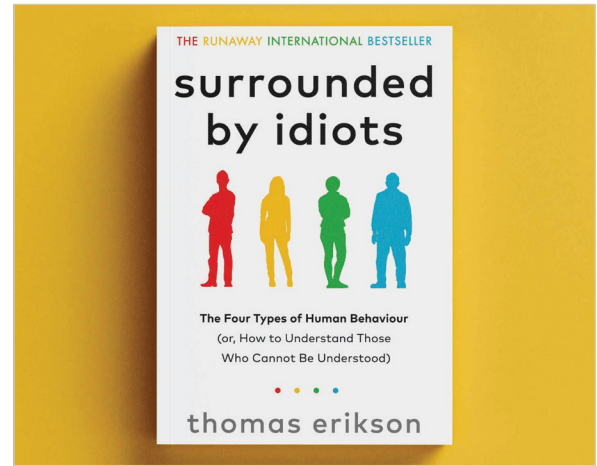
## A PORTABLE PROJECTOR

Buy a portable projector and save money on buying a TV; it will be perfect for your accommodation in your room.

**READ:**

## SURROUNDED BY IDIOTS

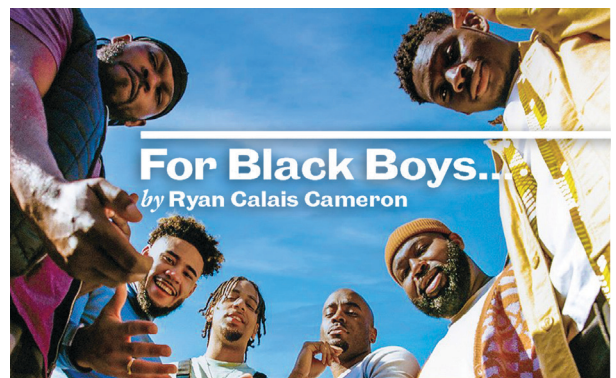
Do you ever think you're the only one making any sense? Or tried to reason with your part-



ner with disastrous results? Do long, rambling answers drive you crazy? Or does your colleague's abrasive manner get your back up? You are not alone.

## FOR BLACK BOYS WHO HAVE CONSIDERED

I found a king in me, and now I love you, I found a king in you, and now I love me. Father figures and fashion tips. Lost loves and joy of rice. African empires and illicit sex. Good days and bad days. Six young Black men meet for group therapy and let their hearts – and imaginations – run wild. Located on the threshold of joyful fantasy and brutal reality, this is a world of music, movement, storytelling and verse, where six men clash and connect in a desperate bid for survival. *For Black Boys* is a profound and playful new work from multi-award-winning company Nouveau Riche and playwright Ryan Calais Cameron, whose 2021 film *Typical*, based on the 2019 play with Richard Blackwood, was heralded as a landmark event in digital theatre. This edition was published to coincide with the production at the Royal Court Theatre, London, in March 2022, following a critically acclaimed world premiere in October 2021 at New Diorama Theatre, London. It was co-commissioned by Boundless Theatre.





INSIDE SUCCESS UK PRESENTS

# LET'S TALK

# ABOUT IT!

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

Hosted by



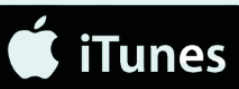
Zita Salum

&



Weekly Guests

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**TOJU**  
COMEDIAN

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GET YOUR TICKETS NOW



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.

