

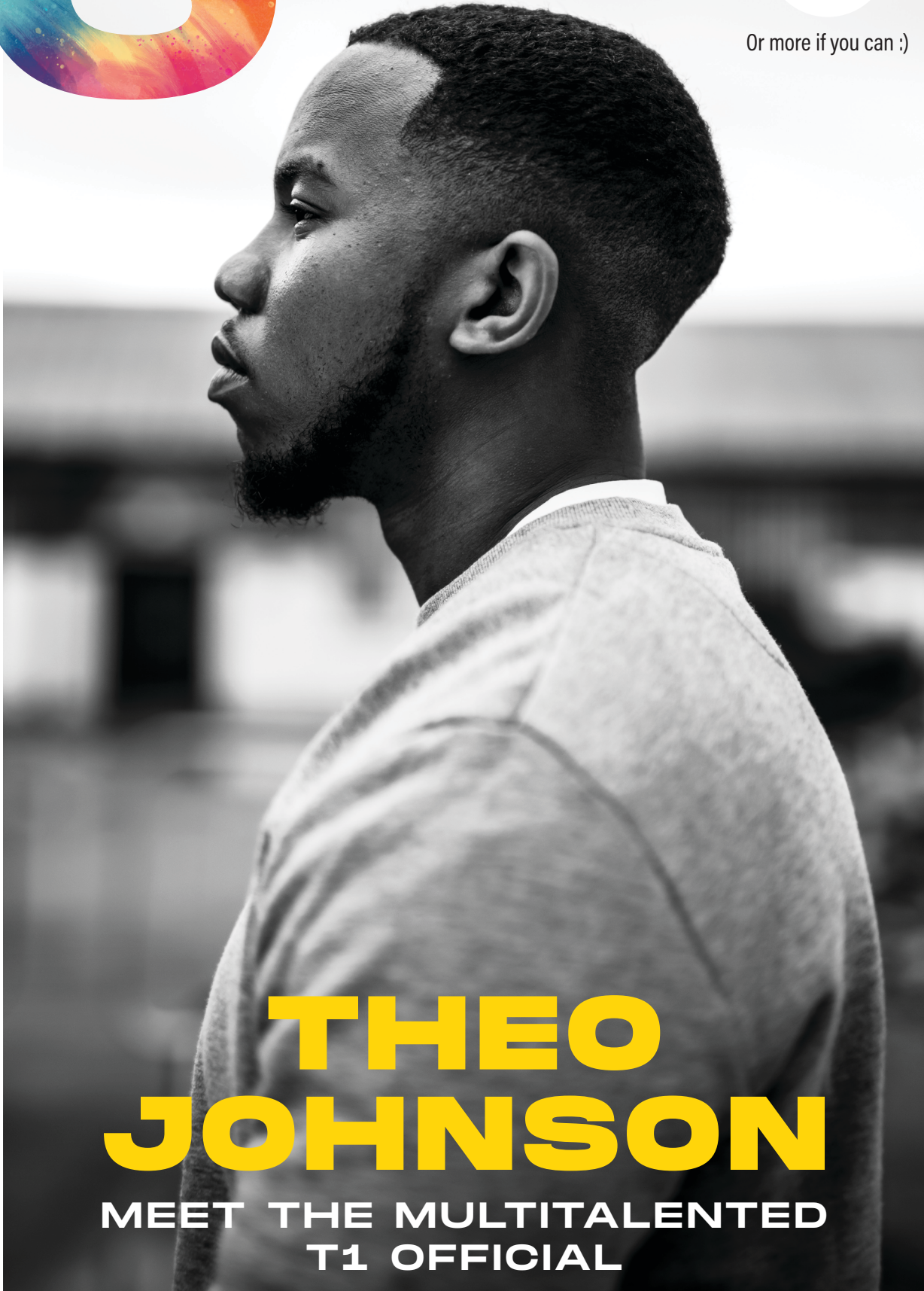


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FROM THE MIND OF AMANI SIMPSON

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What would you do if your child's life of crime was affecting your family?

Emma is a mother of 3 living in south London, who recently just started her own domestic cleaning business.

She describes her family life to on the whole be good, having a close relationship with her 2 youngest children, them even being very close. On the other hand, she describes her relationship with her oldest, Quinn, as okay, but it was very strained and difficult in the past due to his involvement with gangs and her calling the police on him.

Emma began noticing changes when Quinn was 8, right after she had her youngest daughter. He became very troublesome, hard work, and was just very angry. It became so bad Emma consulted the school, saying he'd just become too hard to manage at home. He later got an ASD (Autism spectrum disorder) and ODD (oppositional defiant disorder) diagnosis. From 8 until the present day, he only got progressively worse.

His relationship with his father definitely played a huge role in Quinn's behavior. Having his father in and out of his life was a lot of his anger, which made him feel extremely unwanted. He constantly sought his love, approval, and affection, which prohibited him from getting the emotional support and development needed. He was struggling to overcome the symptoms from his ASD whilst also proving his manhood. Despite only being 14 at his time, he felt the need to act mature around his dad.

She also claimed that Quinn had an identity crisis being a white-passing young man, with kids not believing him to not be a mixed race. Quinn later began telling people his father had passed because he found it easier to say than telling people that his dad didn't want to see him.

When Quinn joined the gang he was living with his grandparents, as his relationship with his immediate family had become so strained it became way too difficult for anyone to cope with.

From a mother's perspective, it was nerve-racking for Emma. Quinn would commonly disappear, going out of London for days and no one knew of his whereabouts or if he was coming home. It was constant fear and questions wondering whether he was alright, when he was coming back or even if he was coming back, had he caused harm. Quinn was very detached, so even Emma would try to speak to him. He would be very dismissive, rude, untrustworthy, inconsiderate and arrogant, seeing no wrong in what he was doing.

Quinn was very paranoid about the police coming and all around loved in a constant state of uncertainty. But he was also very scared as he soon realized how deeply involved he was. The gang life changed him completely, as well as his relation-

ships with his family. He pushed people away and completely isolated himself because of the possibility of something happening to him, and he didn't want his loved ones to be as hurt. "It was horrible in every aspect."

In October 2019, Quinn had just returned from an 8 day trip in Leicester. Around this time, Emma had learnt how serious his involvement was in the gang.

She had called the police, social services, and his father but no one was willing to help. Throughout the entirety of the 8 days, she called him. He would either ignore or dismiss what they had to say. At the time, they had reported Quinn as a missing person, so when the police did get in touch with him and instructed him to go home, he would lash out at his family for contacting the police.

When he returned home, Emma described him to be very cocky, looking filthy, disgusting and tired. Quinn had it in his mind that the police were coming to debrief about being a runaway, however Emma had made the very hard call to call the police on her own son as the last resort to save her son from himself. When the police arrived, she explained the situation to them, providing videos as proof of her claims, however their response was initially nonchalant. Emma recalls crumbling and breaking down, begging for help out of fear that if no one intervened, her son would be found in a ditch. The officers took sympathy for her case and eventually took him in.

Quinn's arrest was definitely an emotional, yet revelation moment for Emma. "We heard



commotion coming from Quinn's bedroom and then we just started to see police officers taking out bags and bags of evidence. There was a knife so big the police didn't even have a knife box big enough for. "It was shocking. I knew he was trouble, but seeing those things destroyed me. I knew what he was involved in, but I didn't know the extent." They eventually took him into a police station at west-end central, where he was held and questioned for 13 hours.

The night Emma was overwhelmed with emotion, feeling destroyed, disappointed and hurt. When at the police station

she found out Quinn had been involved in muggings and was later shown by the CCTV. She was also told that she had to leave her life behind and locate some place else due to the repercussions of Quinn's gang affiliation. "I was angry. I wasn't scared, just angry that Quinn had done this to us and even after the arrest, he still didn't seem to understand the severity of it."

Eventually, the case did make it to trial, but the drug and knife possession charges were dropped, so he was only prosecuted for stolen property and muggings. He pleaded not guilty until the day of his trial. Quinn

was fined and faced a 2 year suspension sentence.

Emma did admit that snitching on her own son definitely was normal, with even police officers commenting on how unshakable the situation was. It was also one of the hardest things she's ever had to do. "For a long time I questioned whether I had done the right thing because of the possibility of me grassing him up ending him up in prison." But she maintains that she did it to save him. She then argues that there needs to be a big change surrounding the ideas of snitching and how parents deal with it.

As it stands today, Emma has a good relationship with her son, claiming that they get on well and they can have a good chat. His relationship with his little sister has greatly improved since leaving the gang life behind him, with him now able to take her out, something he couldn't do before.

When asked whether Emma regrets her decision, she answered no. "I believed that if I didn't do something, I would have 6-12 months before he was killed. I believed that then and I believe it now. If I had to put him in a cell to stop him from being killed, then that's what he has to be. I'm just lucky that it was enough to turn him away from it all and not return to that life."

Her actions have stirred up a mixture of responses from people, but she maintains that she did it purely out of love and never out of hatred. She did at first feel guilty, but knew she was doing what was necessary to protect him. "As a parent, you will do anything to protect your child, and sometimes what you need to do isn't always the best thing for them. But sometimes it's cruel to be kind."

How important is to have a good credit score

OPINION

A CREDIT SCORE IS A NUMERICAL REPRESENTATION OF AN INDIVIDUAL'S CREDITWORTHINESS, WHICH IS USED BY LENDERS AND FINANCIAL INSTITUTIONS TO ASSESS THE RISK OF LENDING MONEY TO THAT PERSON.

It helps creditors determine the likelihood of a borrower repaying their debts on time.

Your credit score is determined by a number of different factors:

- **PAYMENT HISTORY**
(whether you pay your bills on time)
- **AMOUNT OF DEBT OWED**
- **LENGTH OF CREDIT HISTORY**
- **TYPES OF CREDIT ACCOUNTS**
(e.g. credit cards, loans)
- **NEW CREDIT APPLICATIONS**

Credit scores play a crucial role in a person's financial life. Having a good credit score is essential for several reasons, as it can significantly impact a good credit score is essential for several reasons, as it can significantly impact your financial life and opportunities.

Access to credit: A good credit score makes it easier to qualify for credit cards, loans, and other forms of credit. Lenders are more likely to approve your applications and offer you more favorable terms, including lower interest rates and higher credit limits. This access to credit can be crucial for making important purchases, like a home, car, or education.

Lower Interest Rates: With a good credit score, you're more likely to secure loans and credit cards with lower interest rates. This means you'll pay less in interest over the life of your loans, potentially saving you a significant amount of money. Whether it's a mortgage, auto loan, or credit card balance, lower interest rates translate to lower monthly payments and less overall debt.

Increased Financial Flexibility: Good credit provides financial flexibility. You can use credit cards for emergency expenses, take advantage of 0% financing offers, or consolidate high-interest debt with a personal loan. Having access to affordable credit options can help you manage your finances more effectively.



Better Rental and Employment Opportunities: Landlords and employers often check credit scores as part of their screening process. A good credit score can make it easier to secure rental housing or even land a job, especially in roles that involve financial responsibility or access to sensitive information. Poor credit can be a barrier to these opportunities.

Insurance premiums: Some insurance companies use credit-based insurance scores to determine premiums for auto and home insurance. A good credit score can lead to lower insurance premiums, reducing the cost of protecting your assets and providing you with potential savings over time.

They affect the interest rates you receive on loans (such as mortgages, car loans, and credit cards), the approval or denial of credit applications, and even the ability to rent an apartment or get a job in some cases.

In summary, a good credit score is a valuable financial asset that opens doors to credit opportunities, reduces borrowing costs, and enhances your overall financial well-being. It can provide you with the financial flexibility and opportunities needed to achieve your goals and navigate life's unexpected challenges more effectively. It's crucial to manage your credit responsibly to maintain or improve your credit score over time.



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... before starting my YouTube channel

WHAT I WISH I KNEW

“Starting your first YouTube channel can be an exciting venture, but it also requires careful planning and execution.”

HERE ARE FIVE TIPS TO HELP YOU GET STARTED ON THE RIGHT TRACK:

DEFINE YOUR NICHE AND TARGET AUDIENCE:

Choose a specific niche or topic that you are passionate about and knowledgeable about. Focusing on a niche allows you to stand out in a crowded platform and attract a dedicated audience.

Identify your target audience and create content that caters to their interests, needs, and preferences. Understanding your audience is key to building a loyal following.

PLAN YOUR CONTENT:

Develop a content strategy that outlines the types of videos you'll create and their frequency. Consistency is essential for growing your channel.

Create a content calendar to help you stay organized and ensure a steady flow of videos. Planning ahead can also help you tie your content to trending topics or events.

INVEST IN QUALITY EQUIPMENT:

While you don't need the most expensive equipment to start, invest in decent recording and audio equipment to produce high-quality videos. A good camera, microphone, and video editing software are essential.

Pay attention to lighting and audio quality, as these factors can significantly affect the overall production value of your videos.

OPTIMIZE YOUR CHANNEL:

Create an appealing channel banner, profile picture, and channel description that clearly convey what your channel is about.

Optimize video titles, descriptions, and tags to improve discoverability. Use relevant keywords to help your videos appear in search results and recommended content. Consider creating a custom thumbnail for each video that is visually appealing and represents the video's content.

ENGAGE WITH YOUR AUDIENCE:

Encourage interaction by responding to comments on your videos and engaging with your viewers. Building a community around your channel can foster a sense of loyalty and support.

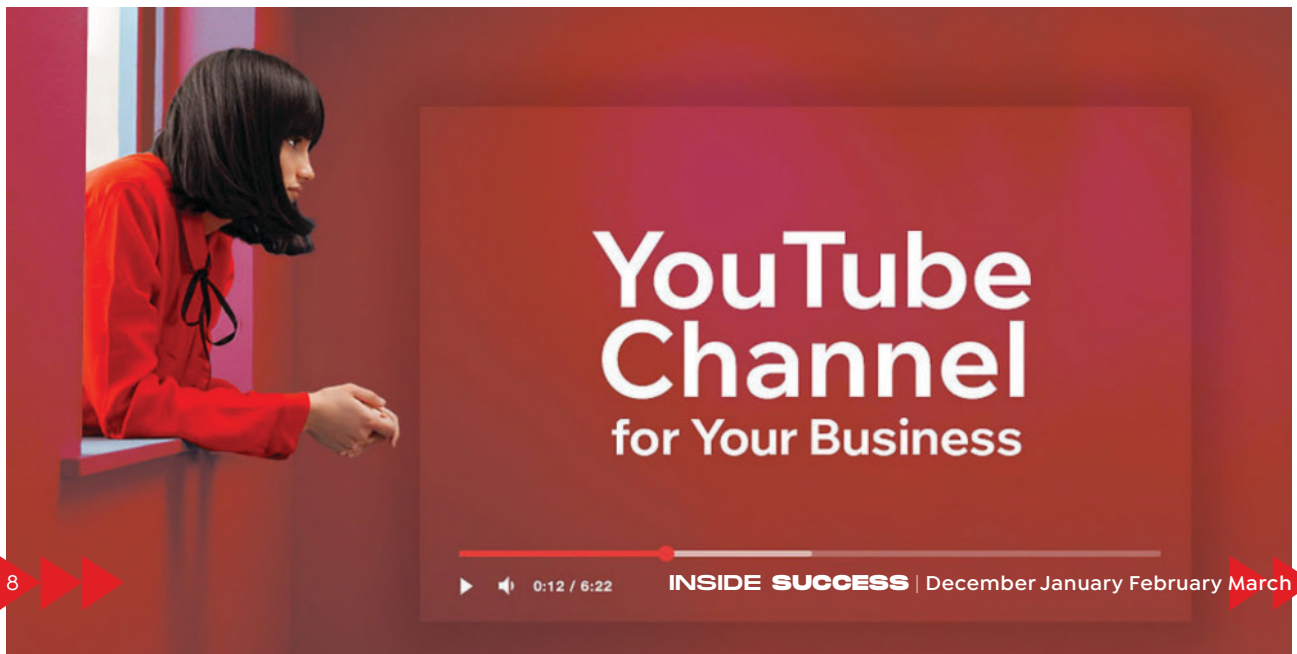
Promote your channel on social media platforms and participate in relevant online communities or forums to increase your visibility and attract new subscribers. Pay attention to feedback and adapt your content based on what resonates most with your audience.

BONUS TIP:

BE PATIENT AND PERSISTENT:

Building a successful YouTube channel takes time and effort. Don't be discouraged if you don't see rapid growth in the beginning. Keep creating quality content and refining your approach based on audience feedback and analytics.

CONSISTENCY AND PERSISTENCE ARE KEY FACTORS IN GROWING YOUR CHANNEL AND ACHIEVING LONG-TERM SUCCESS.



... when Building healthy relationships and friendships

When you pay attention to your conversation partner, you show that person they are being heard, thus building trust and making that person feel like their words matter to you.



Tip 1 - Being loyal

... is important in any healthy relationship or friendship because being loyal to your partner builds mutual trust and will enable you to share thoughts and feelings openly. It also builds a mutual respect for all of you.

Tip 2 - Always fulfill your promises

The consequences of not keeping a promise can be severe, impacting not only our personal relationships but also our professional reputation.

When we break a promise, we are essentially telling others that we cannot be trusted. This can have ripple effects on our ability to build and maintain relationships, as well as our credibility.

On the other hand, keeping a promise can have profound positive effects on our personal and professional lives.

TIP 3 - Listen to them, don't let your ego interfere

Active listening is an important part of your communication skill set because it encourages openness, honesty, and success. When you pay attention to your conversation partner, you show that person they are being heard, thus building trust and making that person feel like their words matter to you.

Tip 4 - Taking responsibility

Taking responsibility creates trust and dependability. When you take responsibility for your behaviors, you demonstrate to your partner your willingness to be honest and vulnerable, which in turn encourages your partner to be open and authentic with you.

Point 4 - Be supportive

It's especially important in times of stress or sadness, as it stabilizes the relationship and provides a positive foundation for both partners.

Point 5 - Forgiveness

Forgiveness helps us shed our ego and become more vulnerable. With it, we're able to look at the other person through a lens of compassion and empathy, as opposed to frustration, pain, and hurt. Forgiveness is also a tool for personal growth. Relationships are a two-way street.

Point 6 - Know your worth

When you know your self-worth in a relationship, you understand that you deserve a loving and caring partner. You're able to practice gratitude and effective self-care once you understand what is self-worth in a relationship. That way, healthy boundaries can be made.



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SCAN ME



Are they a friend or acquaintance?

Know the difference

... In a world where our social circles expand through virtual connections and casual encounters, it's crucial to discern between friends and acquaintances. While both play unique roles in our lives, understanding the difference can enhance our social interactions and relationships.

FRIENDS:

True friends are the ones who stand by your side through thick and thin. They share your joys and sorrows, offer emotional support, and invest time in nurturing the relationship. Friends are individuals you trust, confide in, and can rely on when you need them most. They know your history, quirks, and dreams intimately.

ACQUAINTANCES:

Acquaintances, on the other hand, are people you know but haven't formed a deep bond with. They could be colleagues, neighbors, or those you've met through mutual friends. Acquaintances may be pleasant to be around, but your interactions are typically more surface-level. You may not know much about their personal lives, and they may not know much about yours.

The distinction between friends and acquaintances matters for several reasons:

EXPECTATIONS:

Understanding the nature of a relationship helps manage expectations. You can't expect the same level of commitment and support from acquaintances as you do from friends.

TIME INVESTMENT:

Friends often require more time and effort to maintain, while interactions with acquaintances can be more casual and occasional.

Emotional Well-being: Friends contribute significantly to our emotional well-being. They provide a support system that acquaintances may not offer.

NETWORKING:

Acquaintances are valuable for networking and expanding your social circle. They can introduce you to new opportunities and connections.

BALANCE:

Striking a balance between friends and acquaintances is essential. You can't maintain deep friendships with everyone you meet, but nurturing a few close relationships is vital for your happiness.

Ultimately, the key is to be mindful of these distinctions and invest your time and energy accordingly. Cultivating meaningful friendships while maintaining pleasant acquaintanceships can lead to a richer and more fulfilling social life.



JOVIAN WADE

Jovian Wade is an English actor, best known for his roles in Eastenders, Shiro story, Doom Patrol, and the First Purge. But in addition to acting, Wade co-owns JPD3 Entertainment, a production company, and Wall of Production, one of the UK's leading and go to creators and producers of high quality entertainment programming and branded content for the Gen Z audience.



BOBBY KASANGA



Bobby Kasanga is the founder of the London leading community football club, Hackney Wick FC. But before all of this, Kasanga led a life of crime, spending nearly 8 years in prison for armed robbery. While in prison, he wrote 2 books: The life I live not the life I chose: part 1 and the life I live not the life I chose: part 2, in addition to getting a degree in criminology from the Open University. When he was released, he was determined to help young people so they could avoid making the same mistakes he made, so he started a football club to help inspire talented young players.

SILVASTONE



Silvastone is one of the UK's most active Afro beats Artist/Producer/Songwriter. He describes his music as “a creative hybrid of African Beats and UK street sounds marinated in Global Melodies.” But in addition to all this, Silvastone runs his own professional studio, White Hut Studio. He remains an active member in the community, delivering music workshop programmes in local schools that engage young people in discovering and harnessing their creative talents.

MARVYN HARRISON

Marcy Harrison is the founder of Dope Black Dads, a support group and podcast that works to challenge outdated negative stereotypes about Black fatherhood, and cultivate a progressive, inclusive community of parents.



Geoff Thompson MBE

UNDER THE MICROSCOPE

His outstanding commitment towards young people through the work of the Youth Charter is an inspiration to all.

But in addition to being a world karate champion, Thompson is one of the country's most respected sports administrators and youth activists, with over 35 years of experience in the bidding, hosting and legacy of major games and the positive impact of sports and arts in the social and human development of young people.

After retiring from competitive sports, he established himself as an influential sports politician, taking on a variety of roles with his overall aim being to promote and initiatives equality, diversity and inclusion at all levels of society.

Raised in Hackney, Thompson has maintained unique connections to East London, and is a lifelong advocate of the role that education, sport and culture play in improving the lives of young people.

Thompson is the founder and executive chair of Youth Charter, a UK-based international charity and United Nations Non-Governmental Organization that uses the ethics of sports and artistic excellence to tackle the problems of educational non-attainment, health inequality, anti-social behavior and crime in some of the UK's most troubled.

Geoff Thompson MBE DL FRSA is a British karate fighter. The former five-time world karate champion holds over 50 national and international titles, including multiple European Karate Championships and World Karate Championships medals.







The mental health spectrum

MENTAL HEALTH IS A VERY DIVERSE TOPIC. THERE IS A WHOLE RANGE OF MENTAL HEALTH EXPERIENCES AND CONDITIONS THAT PEOPLE CAN FACE. THE MENTAL HEALTH SPECTRUM PROVIDES A FRAMEWORK THAT SHOWCASES THE VARIOUS DEGREES OF CHALLENGES AND ILLNESSES.

The spectrum takes into account that mental health is ever changing; an individual's position on the spectrum can change over time due to various factors, including genetics, life experiences, and access to treatment and support.

LET'S GO OVER ALL THE ELEMENTS OF THE SPECTRUM:

Optimal Mental Health:

At one end of the spectrum is optimal mental health. This represents a state of well-being where individuals experience a positive sense of self, emotional resilience, and the ability to cope with life's stressors effectively. People in this category generally have a high level of functioning and life satisfaction.

Good Mental Health:

This category includes individuals who may not be in a state of optimal mental health but are generally functioning well. They might experience occasional stress or mild symptoms but can manage them and continue to lead productive lives.

Mild Mental Health Challenges:

In this part of the spectrum, individuals may experience mild symptoms of mental health challenges, such as anxiety or depression. These

symptoms may not significantly impair their daily functioning, and they may be able to address them with self-help strategies or support from friends and family.

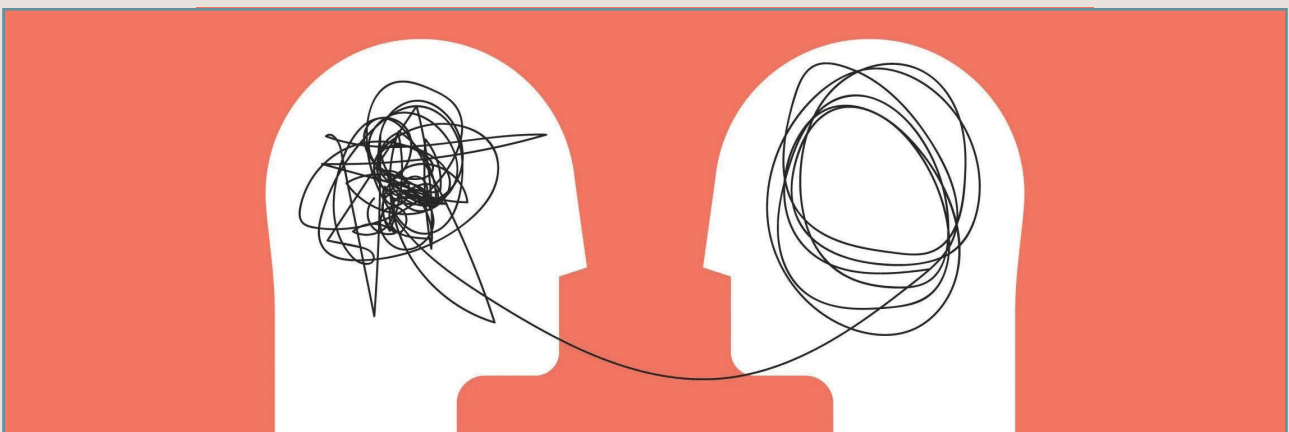
Moderate Mental Health Challenges:

Individuals in this category experience more significant mental health challenges that can interfere with their daily lives, relationships, and work or school responsibilities. They may require professional intervention, such as therapy or medication, to manage their condition effectively.

Severe Mental Illness:

At the other end of the spectrum are individuals with severe mental illnesses, such as schizophrenia, bipolar disorder, or major depressive disorder. These conditions can have a profound impact on a person's life and often require ongoing treatment, including medication, therapy, and support services.

Understanding the mental health spectrum helps reduce stigma around mental health issues and emphasizes the importance of early intervention and support for individuals at all points along the spectrum. It also highlights the need for a holistic approach to mental health care that considers the social, psychological, and biological factors that contribute to mental well-being.



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Theo Johnson

SUCCESS LEAVES CLUES

Theo Johnson, better known as 'TI,' is a Birmingham-born content creator, actor, musician, filmmaker, and presenter.

He has established a great reputation for himself, amassing a large online following and garnering millions of views.

In terms of his career in the filmmaking industry, as an actor, he has starred in Channel 4's series "Raised by Wolves" and appeared in the films "Intent 2" and "Blue Story." Additionally, he has made guest appearances on "Crimewatch Roadshow" and "Doctors." In the world of theater, Theo played the lead role in the National Theatre's production of "Gap."

In the realm of radio, he starred in the BBC West Midlands drama "Jesus Piece," written by BAFTA winner Robert Beckford and Sarah Chukwudebe. When BBC 1Xtra launched their first-ever dedicated show to showcase unsigned and undiscovered artists across the UK, Theo was the host of the weekly Sunday evening radio slot (10pm-midnight) from the Mailbox in Birmingham, marking the first permanent show on the station's schedule to be broadcast outside of London.

However, TI hasn't confined himself to just the acting and radio industry. He is well-known for his lyrical prowess and ability to produce music that goes viral on social media. His freestyle remix of "Man Can't Challenge" in 2019 received over a million views online. As a musician, he has gained support from music platforms such as GRM Daily and Link Up TV. He also wrote and produced the soundtrack for his 2020 short film "Just One Drop," which was picked up by FilmDoo and Amazon Prime.

Furthermore, he has been acclaimed as a great storyteller and a relatable content creator, amassing a loyal following of over 150,000 followers across TikTok and Instagram. He has also collaborated with major brands like JD, Nike, and Subway.

TI's success and accomplishments serve as an inspiration to all and a valuable lesson for young creative minds to be bold and explore the various opportunities available to them.





ACID CAN EFFECT MANY LIVES WITH...

JUST TWO DROPS

OPULENT FILMS



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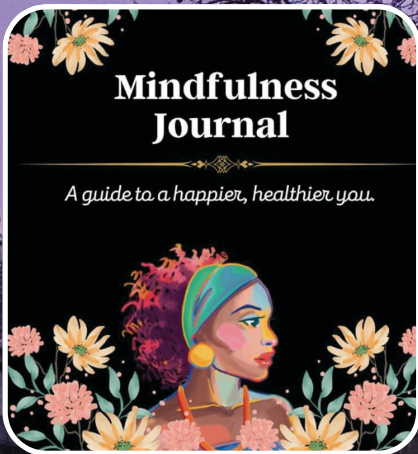
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What's the hype about gym?



- ▶ Recently, there's been a growing awareness of the importance of having a healthy lifestyle. People are now more motivated to engage in regular physical activity to maintain and improve their health. As a result, gym has become more popular, offering a controlled environment for exercise, making it easier for individuals to achieve their health and fitness goals.
- ▶ Gyms are the only place that facilitates a range of different exercise equipment, including cardio machines, strength training apparatus and free weights. The variety allows people to tailor their workouts to their specific fitness objectives. Additionally, gym is a designated place catered for exercising, allowing individuals to not only establish and maintain a consistent fitness routine, and eventually reach their goals. I mean, with all these benefits; it makes sense why the gym is so hyped!!!
- ▶ Exercise has been linked to improved mental health, including reduced stress, anxiety, and depression. Gym has become a highly effective tool for managing their mental well-being. Additionally, gyms offer recreational activities such as racquet sports, swimming, and group fitness classes that provide an enjoyable outlet for stress relief and leisure.



- ▶ To answer the question, the hype about gym is this: gyms provide a productive and controlled space that reflects the diverse motivations and needs of individuals seeking to improve their physical fitness and overall well-being. Furthermore, gym has been proven to improve mental health, being a great way to relieve stress, anxiety and depression.

Gingerbread cookies

Put your feet up and enjoy these moreish gingerbread cookies with a cuppa, made with aromatic cloves, ginger, cinnamon and rich black treacle.

INGREDIENTS:

- 120g unsalted butter, softened
- 1½ tbsp black treacle
- 170g soft light brown sugar
- ½ tsp fine sea salt
- 1 medium egg
- 200g plain flour
- ¼ tsp bicarbonate of soda
- ¼ tsp ground cloves
- 1½ tsp ground ginger
- ½ tsp ground cinnamon
- 60g golden caster sugar

METHOD:

Step 1:

Beat together the butter, treacle, brown sugar, and salt in a large mixing bowl. Add the egg, then beat through all the remaining dry ingredients apart from the caster sugar. Chill the mixture in the fridge for 1 hr.

Step 2:

Heat the oven to 200C/180C fan/gas 4. Line two baking sheets with baking parchment. Roll the mixture into 20 even-sized balls (weighing for accuracy, if you like). Tip the caster sugar onto a small plate, then add each ball and roll around to coat. Space each ball out on the baking sheets. Bake for 9-10 mins until golden brown. Leave to cool completely on a wire rack.



Gingerbread latte



Warm up this winter with a sweet and creamy gingerbread latte filled with spices and whipped cream. You can enjoy it with or without a shot of espresso.

INGREDIENTS:

- 1½ tsp ground ginger, plus extra to serve
- ½ tsp cinnamon
- ¼ tsp ground nutmeg plus extra to serve
- 2 tbsp soft brown sugar
- ½ tsp vanilla extract
- 600ml whole milk
- 2 shots hot espresso (optional)

STEP 1

In a bowl, mix together the spices, sugar and vanilla extract. Heat 100ml of the milk in a pan with the spice and sugar mix, whisking until the sugar has dissolved. Whisk in the remaining milk in additions until incorporated, then heat through until steaming.

STEP 2

Put a shot of espresso in each glass (if using) and top up with the spiced milk. Top with whipped cream, extra spices and a mini gingerbread man.

Alternatives to Universities/College



IT'S THAT TIME OF THE YEAR FOR SOME OF US WHERE WE NEED TO START THINKING ABOUT OUR NEXT ACADEMIC STEPS. NOT EVERYONE ENJOYS SCHOOL, SO NOT EVERYONE IS GOING TO FOLLOW THE TRADITIONAL PATH OF ATTENDING A UNIVERSITY OR COLLEGE. THERE ARE NUMEROUS ALTERNATIVES TO CONSIDER BASED ON YOUR INTERESTS, CAREER GOALS, AND PERSONAL CIRCUMSTANCES.

HERE ARE SOME ALTERNATIVE OPTIONS TO HIGHER EDUCATION:

APPRENTICESHIPS:

APPRENTICESHIPS PROVIDE ON-THE-JOB TRAINING COMBINED WITH CLASSROOM INSTRUCTION. THEY ARE COMMON IN SKILLED TRADES LIKE CARPENTRY, AUTOMOTIVE MECHANICS, AND HVAC (HEATING, VENTILATION, AND AIR CONDITIONING). APPRENTICES TYPICALLY EARN WHILE THEY LEARN.

ENTREPRENEURSHIP AND STARTUPS:

IF YOU HAVE A BUSINESS IDEA OR ENTREPRENEURIAL SPIRIT, YOU CAN START YOUR OWN BUSINESS OR JOIN A STARTUP. THIS PATH OFTEN INVOLVES LEARNING ON THE JOB AND SEEKING MENTORSHIP FROM EXPERIENCED ENTREPRENEURS.



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PROFESSIONAL CERTIFICATIONS:

MANY PROFESSIONS, SUCH AS PROJECT MANAGEMENT, IT, AND HEALTHCARE, REQUIRE CERTIFICATIONS RATHER THAN TRADITIONAL DEGREES. EARNING CERTIFICATIONS CAN BE A COST-EFFECTIVE WAY TO QUALIFY FOR THESE ROLES.

ONLINE COURSES AND MOOCS (MASSIVE OPEN ONLINE COURSES):

PLATFORMS LIKE COURSERA, EDX, AND UDEMY OFFER A WIDE RANGE OF ONLINE COURSES AND CERTIFICATES ON VARIOUS SUBJECTS. THIS OPTION ALLOWS YOU TO LEARN AT YOUR OWN PACE, OFTEN AT A LOWER COST THAN TRADITIONAL COLLEGE.



FREE

*assessment to ensure
tailor made learning*



**AFFORDABLE
ENGLISH & MATH
ONLINE TUITION SESSIONS**

(MAX 5 STUDENTS FOR EFFECTIVE LEARNING)

1:1 sessions available



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



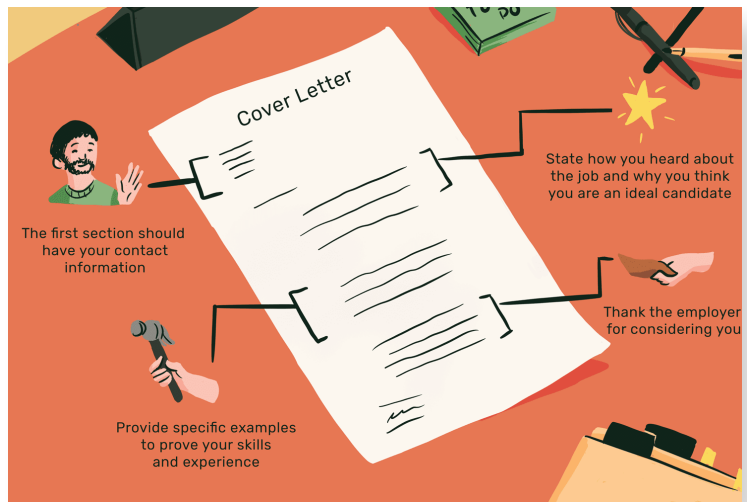
How to write a strong cover letter

A good cover letter could secure you the job, so here are some tips on how to structure your cover letter and what to include to make you stand out.

A cover letter is a written document that accompanies a job application, typically including a resume or CV (curriculum vitae). It serves as an introduction to the employer and provides additional information about your qualifications, experiences, and reasons for applying for a specific job.

LET'S FIRST GO OVER THE STRUCTURE

- [Your Name]
- [Your Address]
- [City, State, ZIP Code]
- [Your Phone Number]
- [Your Email Address]
- [Date]
- [Employer's Name (if available)]
- [Company Name]
- [Company Address]
- [City, State, ZIP Code]
- Dear [Hiring Manager's Name or "Hiring Manager"],
- [Opening Paragraph]
- [Body Paragraph 1]
- [Body Paragraph 2]
- [Body Paragraph 3]
- [Closing Paragraph]
- Sincerely,
- [Your Typed Name]
- [Enclosure: Resume (if applicable)]



NOW LET'S GO OVER SOME TIPS TO INCLUDE IN YOUR COVER LETTER TO MAKE A GOOD COVER LETTER.

TAILOR YOUR COVER LETTER TO THE JOB:

Customize your cover letter for each job application. Highlight the specific skills and experiences that are most relevant to the position you're applying for. Use keywords from the job description to demonstrate your fit for the role.

SHOW ENTHUSIASM AND GENUINE INTEREST:

Express your passion and genuine interest in the company and the job. Explain why you want to work for that particular organization and how your values align with theirs. This shows that you've done your research and are not just sending out generic cover letters.

HIGHLIGHT YOUR ACHIEVEMENTS AND IMPACT:

Use specific examples to illustrate your accomplishments and the impact you've had in previous roles. Focus on measurable results, such as increased sales, improved processes, or successful projects. Quantify your achievements whenever possible to demonstrate your value.

ADDRESS THE EMPLOYER'S NEEDS:

Explain how you can meet the employer's needs and solve their problems. Identify pain points mentioned in the job posting and show how your skills and experience can address those challenges. Convey that you're not just looking for any job but that you're the right solution for their specific needs.

KEEP IT CONCISE AND PROFESSIONAL:

A strong cover letter is clear, concise, and free of errors. Keep it to one page and use a professional tone. Avoid using jargon or overly complex language. Proofread your cover letter carefully to eliminate typos and grammatical mistakes.

How to pitch your business idea

Starting a business is one thing, but being able to pitch in order to make sales and ultimately generate an income is a whole different story.

- **KNOW YOUR AUDIENCE:**

Understand the needs and preferences of the people you're pitching to and tailor your pitch accordingly.

- **CLEAR AND CONCISE MESSAGING:**

Keep your pitch concise and easy to understand. Avoid jargon and complex language.

- **COMPELLING STORY:**

Craft a compelling narrative that engages your audience emotionally and intellectually.

- **HIGHLIGHT BENEFITS:**

Focus on the benefits your product or service offers rather than just its features.

- **UNIQUE SELLING PROPOSITION:**

Clearly communicate what sets your business apart from the competition.

- **VISUAL AIDS:**

Use visuals like slides or charts to enhance your presentation and make key points more memorable.

Pitching your business deals effectively is crucial for attracting investors, partners, or clients.

- **PRACTICE, PRACTICE, PRACTICE:**

Rehearse your pitch multiple times to build confidence and ensure a smooth delivery.

- **ADDRESS QUESTIONS AND OBJECTIONS:**

Be prepared to answer questions and address objections with confidence and data.

- **CALL TO ACTION:**

Clearly state what action you want your audience to take after the pitch.

- **FOLLOW-UP:**

After the pitch, follow up promptly to keep the momentum going and address any additional concerns.

Remember that the key to a successful pitch is clarity, confidence, and a compelling story that resonates with your audience. Whether you're pitching to investors, potential partners, or clients, tailor your approach to their specific needs and interests to increase your chances of success.



The power of investment

FINANCE



It's not news that we are currently in an economic recession where employment is lower than it's ever been, and financial opportunities are limited. In times like this, investment stands out as a beacon of opportunity and financial growth. It's bigger than just financial transactions, but a way of achieving financial prosperity.

Investment refers to the process of allocating money or resources with the expectation of generating a return or profit in the future. Investments can take various forms, and they are made with the goal of preserving or growing one's wealth over time.

THERE ARE SEVERAL WAYS OF INVESTMENTS:

Stocks:

Investing in shares of publicly traded companies, which represent ownership in those companies.

Bonds:

Purchasing debt securities issued by governments or corporations, which pay periodic interest and return the principal at maturity.

Real Estate:

Investing in properties, either for rental income or capital appreciation.

Mutual Funds:

Pooling money with other investors to invest in a diversified portfolio of stocks, bonds, or other assets.

Exchange-Traded Funds (ETFs):

Similar to mutual funds but traded on stock exchanges, like individual stocks.

Savings Accounts and Certificates of Deposit (CDs):

Low-risk, interest-bearing accounts offered by banks.

NOW THAT WE HAVE GONE THROUGH THE WAYS OF GETTING INTO INVESTING, LET'S GO THROUGH THE BENEFITS:

Wealth Accumulation:

Investment is a highly effective way to gradually grow your wealth by earning returns on their capital. Over time, the power of compounding can significantly increase the value of investments. Compounding refers to earning returns not just on the original investment, but also on the returns generated in previous periods. This exponential growth can turn relatively small investments into substantial sums over the long term.

Financial Independence:

Investment plays a crucial role in achieving financial independence. By wisely investing and accumulating assets, investing can generate passive income streams that may cover their living expenses, allowing early retirement or freedom to pursue other interests and ventures.

Achievement of Financial Goals:

whatever your financial goals may be, from buying a home, funding education, traveling, or retiring comfortably. Investment provides the means to work toward these goals by generating returns and increasing the value of assets.

Generational Wealth:

Smart investing is an effective way of enabling the creation of generational wealth. By passing down assets and investment strategies to heirs, families can provide financial security for future generations.

Education and Empowerment:

Simply learning about investing and financial management is a great empowerment tool to take control of their financial futures. It helps them make informed decisions, set financial goals, and navigate the complexities of the financial world.



Staycation Ideas

STAYCATIONS HAVE GAINED POPULARITY FOR SEVERAL REASONS, INCLUDING THEIR COST-EFFECTIVENESS, REDUCED TRAVEL STRESS, AND THE OPPORTUNITY TO DISCOVER AND APPRECIATE THE ATTRACTIONS AND CULTURAL OFFERINGS IN ONE'S OWN REGION.

Everyone wants to travel abroad, but it's an expensive venture we can't all afford. But there are alternatives, staycations. Enjoy the relaxation and comfort, as well as enjoy leisure activities while exploring and appreciating the attractions and amenities in their local area or within a short driving distance.

HERE ARE SOME STAYCATION IDEAS:

EXPLORE LOCAL ATTRACTIONS:

Visit museums, art galleries, botanical gardens, or historical sites in your city or town that you may not have had a chance to explore before.

TAKE A NATURE RETREAT:

Plan a hiking or camping trip in a nearby national park, nature reserve, or forest. Spend your days exploring the outdoors and reconnecting with nature.

BEACH OR LAKESIDE RELAXATION:

If you live near the coast or a lake, spend your days sunbathing, swimming, building sandcastles, or picnicking by the water.

CITY TOURIST EXPERIENCE:

Pretend to be a tourist in your own city. Take guided tours, try out local restaurants, and check out popular landmarks you may have overlooked.

VISIT LOCAL FARMS OR MARKETS:

Spend a day exploring local farms, farmers' markets, or orchards. Pick your own produce or sample fresh, local foods.

HISTORICAL DAY OUT:

Learn about your region's history by visiting historical sites, monuments, or even participating in reenactments.

SPA DAY AT HOME:

Set up a spa day at home with facials, massages, bubble baths, and soothing music. Create a calming atmosphere and pamper yourself.

MOVIE OR BOOK MARATHON:

Dive into a movie or book series you've been wanting to explore. Create a cozy movie night with popcorn or a reading nook with your favorite books.

Remember, the key to a successful staycation is to disconnect from work, chores, and daily responsibilities, and to fully immerse yourself in relaxation and enjoyment. Whether you're exploring your local area or creating a haven of relaxation at home, staycations offer a great opportunity to recharge and make lasting memories without the need for extensive travel.

The British Youth Council

POLITICS

THE BRITISH YOUTH COUNCIL IS A UK CHARITY WORKING TO EMPOWER YOUNG PEOPLE AND PROMOTE THEIR INTERESTS.

THEY WORK WITH YOUNG PEOPLE AGED 25 AND BELOW, INFLUENCING AND INFORMING DECISIONS THAT AFFECT THEIR LIVES. ESTABLISHED IN 1948, THE BYC SERVES AS A PLATFORM FOR YOUNG PEOPLE TO ENGAGE IN DEMOCRATIC PROCESSES, INFLUENCE POLICY DECISIONS, AND ADVOCATE FOR POSITIVE CHANGE ON ISSUES THAT AFFECT YOUTH.

THE BYC'S PRIMARY MISSION IS TO EMPOWER AND AMPLIFY THE VOICES OF YOUNG PEOPLE IN THE UK. IT SEEKS TO ENGAGE YOUNG PEOPLE IN DEMOCRATIC PROCESSES, INFLUENCE POLICY DECISIONS, AND ADVOCATE FOR POSITIVE CHANGE ON ISSUES THAT AFFECT YOUTH.

THE BYC IS ENTIRELY YOUTH-LED AND YOUTH-FOCUSED. IT IS RUN BY YOUNG PEOPLE, FOR YOUNG PEOPLE. IT PROVIDES OPPORTUNITIES FOR YOUNG INDIVIDUALS TO TAKE LEADERSHIP ROLES, PARTICIPATE IN DECISION-MAKING, AND ACTIVELY ENGAGE IN CIVIC LIFE.

THE BYC CONSISTS OF A NETWORK OF MEMBER ORGANIZATIONS FROM ACROSS THE UK, INCLUDING YOUTH COUNCILS, YOUTH GROUPS, AND YOUTH-LED CHARITIES. THESE MEMBER ORGANIZATIONS NOMINATE REPRESENTATIVES TO PARTICIPATE IN BYC ACTIVITIES, ENSURING A DIVERSE RANGE OF VOICES AND PERSPECTIVES.

THE BYC RUNS VARIOUS CAMPAIGNS AND INITIATIVES THAT FOCUS ON PRESSING ISSUES AFFECTING YOUNG PEOPLE. THESE CAMPAIGNS COVER A WIDE RANGE OF TOPICS, INCLUDING MENTAL HEALTH, EDUCATION, EMPLOYMENT, CLIMATE CHANGE, SOCIAL JUSTICE, AND MORE. THEIR LATEST CAMPAIGN IS VOTES AT 16, WITH OVER 3,015 SUPPORTERS!!



THE UK YOUTH PARLIAMENT IS A KEY PROGRAM UNDER THE BYC'S UMBRELLA. IT PROVIDES A PLATFORM FOR YOUNG PEOPLE TO DEBATE IMPORTANT ISSUES AND EXPRESS THEIR OPINIONS. THE UK YOUTH PARLIAMENT OFTEN MAKES RECOMMENDATIONS FOR POLICY CHANGES BASED ON THESE DEBATES. IN MARCH 2023, BYC RECEIVED FUNDING OF £750,000 TO RUN THE YOUTH PARLIAMENT.

THE BYC CONDUCTS CONSULTATIONS AND SURVEYS TO GATHER THE OPINIONS AND PERSPECTIVES OF YOUNG PEOPLE ON VARIOUS TOPICS. THE FINDINGS FROM THESE CONSULTATIONS ARE USED TO INFORM POLICY DISCUSSIONS AND DECISIONS. PAST CONSULTATION WORK HAS BEEN FOR THE CABINET OFFICE, THE NATIONAL UNION OF TEACHERS AND THE LEARNING AND SKILLS COUNCIL.

THE ORGANIZATION PROVIDES YOUNG PEOPLE WITH OPPORTUNITIES FOR PERSONAL AND LEADERSHIP DEVELOPMENT. THIS INCLUDES OFFERING TRAINING, WORKSHOPS, CONFERENCES, AND RESOURCES TO SUPPORT YOUTH LEADERSHIP AND ADVOCACY.

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

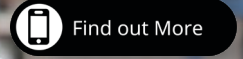


Young adults who complete IS Youth Vending Employment Programme get to:

- 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!



HINAN (LONDON)

Hey, guys! My name is Hinan, and I am one of the dedicated members of Inside Success. I embarked on this journey at the age of 16, and I am pleased to report that my association with IS has led to a profound transformation in my personal and professional life. The experience has significantly bolstered my self-confidence, offering me a multitude of opportunities, including invaluable workshops that have honed my sales skills.

Prior to joining Inside Success, I grappled with persistent anxiety and a pronounced lack of self-esteem from a young age. However, the support and guidance provided by this organization have enabled me to conquer many of these long-standing apprehensions. I am now 18 years old and in the process of preparing for university after successfully completing four A-levels, a milestone I had once considered unattainable.

I am truly grateful for the positive impact that Inside Success has had on my life. It has been instrumental in shaping me into the person I am today, and I eagerly anticipate the opportunities that lie ahead in my academic and professional journey.



NADEEN (MANCHESTER)

I started working at Inside Success in the summer of 2023. I was 16 when I began my journey with Inside Success, and it has completely helped shape my confidence, as well as provided me with communication skills that I know will help me excel in the future. I have witnessed firsthand experiences with knife crime and wish to help as many young children as I can. I'm currently studying and balancing my work with IS.

MICHEAL (MANCHESTER)

On June 26, 2023, I joined Inside Success when I was 18. One of the biggest hurdles I had to overcome was the ability to socialize with people, which is a significant part of the job - communicating and appealing to strangers. For the most part, I overcame this through practice and guidance from my sales managers and team leaders. The main thing I've learned from working with Inside Success is resilience. Initially, I was quite shy, and working the job as a shy individual was challenging. However, I persevered and ascended to the role of a team leader through resilience. Currently, I'm taking a gap year, using this time to gain new experiences and become a better person. If Inside Success never existed, I think I would be lost and wouldn't know what to do with myself. Yes, I would most certainly recommend Inside Success to other people, as it has made me a more confident and successful young man.



SAM (BRISTOL)

I started working at Inside Success in the summer. I was 16, and I still am. As a young person working for Inside Success, I initially felt like adults might dismiss me, but I soon realized that confidence can take you far. I'm currently focusing on school and getting through sixth form. If Inside Success didn't exist, I'd be stuck in a boring weekend job every week. For young people, especially, Inside Success is a great job as it prepares you for real-life situations where you may have to step out of your comfort zone.

CADNAN (BRISTOL)

In the early summer of 2023, I embarked on a life-changing journey by joining Inside Success at the age of 16. The initial hurdles and rejections I faced were challenging, but they pushed me to mature and evolve into a better version of myself. Today, I stand as a more confident and resilient individual, equipped with invaluable leadership skills. I am currently enrolled in a Level 3 IT course in my first year of sixth form, and I believe that without the guidance and structure provided by Inside Success, I could have easily fallen into the trap of youthful mischief that many people my age end up in.



Inside Success Awards 2023

Inside Success ended the summer with our annual award show. It truly was a night of glamour, enjoyment and fun.

EVENTS

This was an amazing event where workers from all across the country came for the gala, where we recognised individuals within our community doing great things, awarded members of the company for their hard efforts, and enjoyed a celebratory evening of community.

- Natasha



The award show was a 10/10 experience. I enjoyed the surprise guests and the music. Overall, the environment was like no other. I can't wait for next year!!

- Hinan

Attending the Inside Success award show was a great experience as I got to see the many young individuals who worked hard through the company get their recognition as well as having fun and great time enjoying the music with my friends all dressed up. It was a night to be remembered.

- Graciella

It was really a great experience to be a part of IS and I can say that it was one of the

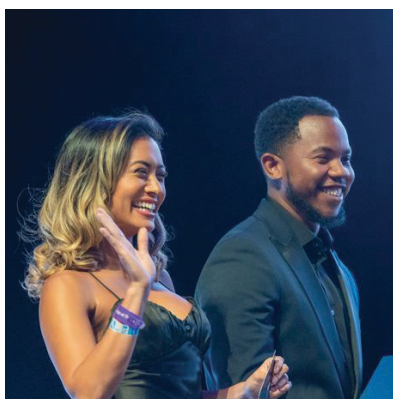
best awards shows I have ever attended in my life. The experience of meeting new people was really enthusiastic, and I can't wait to be there again next year.

- Omari



I enjoyed the award show as I got to hear new stories about how people helped the community. I especially resided with Bobby Kasanga as I do play for Hackney Wick u18s, so getting to see him and knowing how he helped many youths such as myself was very motivational to carry on helping youths with the aid of inside success workshops.

- Kashai



The award show was a lot of fun to attend, and I found the experience as a whole so inspiring to see so many peo-



ple's work for young people. The work that inside success does continues to shock and surprise me even after 2 years at the company and I know these award shows for years to come will showcase many more young people no matter what backgrounds, talents and triumphs.

- Nahima, Manchester

Attended this gala for the first time and it was amazing, the vibes, the people, the experience. It was organized very well which showcased a lot of thought that went into making this event what it was. The dress code made everyone stand out and look elegant, whilst also matching up with live performances and entertainment such as Deno singing one of his most popular songs. Felt amazing seeing everyone together with good energy and touching speeches, for example, from Terry himself. Was



delighted to be invited and experience this event with the whole of Inside Success.

The Inside Success awards show was an exciting, entertaining and engaging event with many opportunities to network with other people similar to my age. The performances from the artists such as Deno and Jayz Montana were highly enjoyable and only improved the overall experience of the awards show. I had an amazing time at the show and will be sure to attend next year. I met some amazing people and will be sure to attend next year. Thanks to Inside Success!

**- Raja Saddat,
Manchester**



My time at the gala was very enjoyable, the vibes were boom-



in and everyone was in a good mood when I went with my coach. I had a really fun time and something that is core memory gave me a school trip vibe but as adults. All the guests were amazing and seeing my sales manager win was exciting. It gave a little brother, older brother kind of vibe, but I had a good time.

**- Kamran Ali Shah,
Birmingham**



The inside success award show was a night to remember, as it was extremely engaging. The different types of people on stage were able to interact with the crowd and implement new knowledge upon us. I would like to experience this amazing night again and every individual should, also it should definitely be something that ISUK continues.

**- Sahra Mohammed,
Birmingham**



I had a very great experience when I attended the inside success's award show. It was very nice to see a lot of people my age all have fun and it has inspired me to chase my dream.

**- Mya Kaur,
Birmingham**



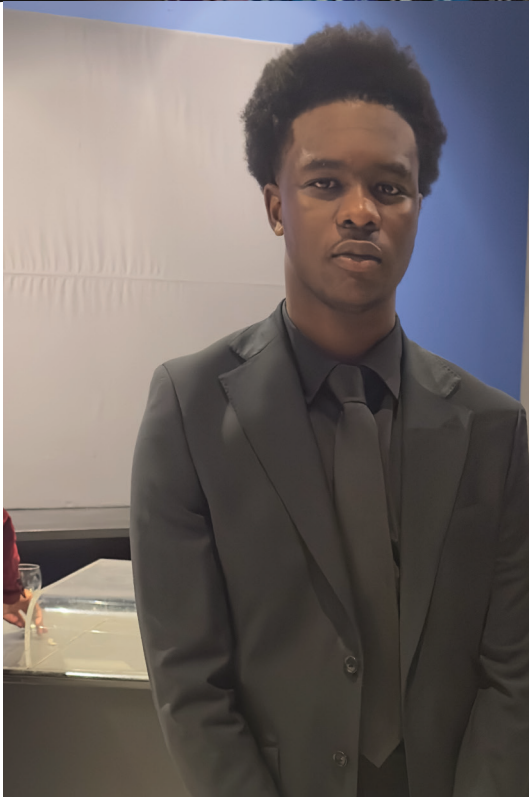
Inside Success award winners 2023

WHERE ARE THEY NOW?



BINTU

Being recognised as 'Best Team Leader' is a reflection of my work ethic and soft skills which I have developed throughout my time at Inside Success. The skills of leadership, teamwork, confidence and effective communication which Inside Success has enabled me to hone are highly transferable to my studies as a law student and ultimately my career aspiration as a lawyer. Thus, I am honored to be given the award of 'Best Team Leader' by an organization that takes pride in empowering young people like myself.



HARRIS

I started working at Inside Success in 2019, where I joined as an outreach where I developed many skills, such as leadership skills and communication skills.

Inside Success has been beneficial for me as it has given me the opportunity to do something productive and to learn along the way.

I am currently working at Inside Success as a Sales Manager and I hope to progress further in the future.



BENJAMIN

Inside Success has helped massively through sales training, entrepreneurship and offered me many opportunities.

I'll always be grateful for the support I received from Inside Success and if you've ever thought about joining, do it. It's definitely worth it!

ONYX

I first joined Inside Success after finishing my GCSE exams in 2017. Since then, I've had the opportunity to explore different industries trying to find my path whilst having a reliable source of income. During that time, I honed my sales skills and was given the chance at a role in management with ISUK. Now, after establishing Manchester as a successful regional sales world, I was awarded for my efforts and given a new role as Regional Sales Director, a role which I am extremely grateful and eager to take on.





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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.

**PLEASE GET IN CONTACT WITH US - TEL: 07594 828 383 EMAIL: INFO@INSIDESUCCESSUK.CO.UK
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DREAMS 2 REALITY



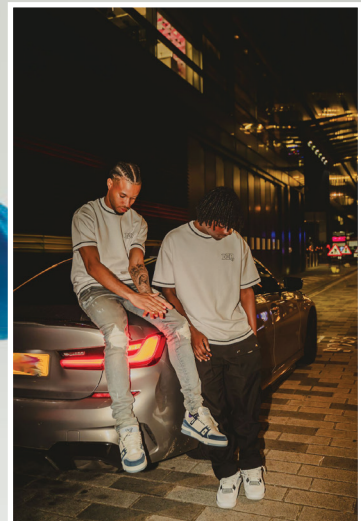
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NU FASHION



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?



LONDON - WINTER WONDERLAND

Located in the center of London in Hyde Park, the attraction offers a wide variety of attractions, activities, entertainment, food, drinks and so much more, we guarantee there's something for everyone!
Location: Louisa Duckworth Walk, London W1K 7AN



LONDON - BOUNCE

The Home of Ping-pong. Bounce is where the fun happens. Grab your gang, whack some balls and enjoy craft cocktails, freshly made pizzas and top tunes under one lively roof.
Locations: Battersea Power Station: Hall B, Battersea Power Station, Level 1, London SW8 5BN
Farringdon: 121 Holborn, London, EC1N 2TD
Old Street: 241 Old Street, London, EC1V 9EY



MANCHESTER - MANCHESTER CHRISTMAS MARKET

With over 220 stalls spread across nine sites throughout the city centre, Manchester Christmas Markets are set to bring some much-needed festive cheer to the city's streets and squares in the run-up to Christmas.
Location: Albert Square, Manchester M2 5BD



MANCHESTER - CHAOS KART

Offering a new way to hit the pedal to the metal is Chaos Karts, an all new attraction which combines real life-racing with augmented reality. The UK's first live action video game experience throws players into a virtual world, living inside a real-life video game to race-battle their friends, family, rivals and colleagues.
Location: Lower Byrom St, Manchester M3 4FP

BIRMINGHAM - FRANKFURT CHRISTMAS

Birmingham Frankfurt Christmas market is returning to Victoria square and new street. Head on down for great food, drinks, traditional gifts and live music.

Location: Victoria Square,
Birmingham B3 3AA



BIRMINGHAM - OTHERWORLD

OTHERWORLD is a virtual island paradise. When it's time to take off, you and your friends will each step into your own sense-hacking immersion pod: a private space that combines an advanced VR headset with dynamic heat, wind and rumble effects to maximize your journey into immersive virtual reality. Travel together to a boundless world of natural beauty: the perfect antidote to the chaos of urban living.

Location: 20 Bennetts Hill, Birmingham B2 5QJ



ESSEX - PUTTASHACK

People of Essex, are you ready for Puttshack Lakeside? Get ready for a mini golf experience like you've never seen. Located in the bustling Lakeside shopping centre, you can check in your bags and leave your worries at the door. Good vibes only as you navigate our crazy, tech-infused mini golf courses and unique event spaces. All that winning (or losing) will work up an appetite so our passionate chefs & bartenders will tantalize your taste buds with flavors from around the globe. So, get your game face on ready for a perfect outing of friendly competition, drinks and dining.

Location: Puttshack Lakeside, The Quay intu,
W Thurrock Way, Grays RM20 2AD



BRISTOL - WAKE THE TIGER

On this self-guided journey, you will explore 27 unique art installations with themes of connection and innovation, inspiration, and discovery. From the underground networks of the Mycelium Room at the factory's core, to the intergalactic explorations that await near the end of the journey, a world of intrigue and inspiration awaits.

Location: 127 Albert Rd, Bristol BS2 0YA



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

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THANK YOU ALL FOR YOUR SUPPORT!

Hungry? Grab a quick bite!

London: **SWISS BUTTER**

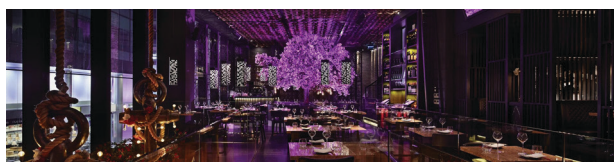
Casual 'diner-esque' steakhouse chain Swiss Butter has finally arrived in London, the brand's first European outpost. The menu centers on three simple mains: beef fillet, chicken breast and salmon fillet.



The brand's secret Swiss Butter sauce, a mesclun salad, a freshly baked baguette, chilli flakes and a choice of fries or baked potato accompanies each dish. In addition to the mains, desserts such as molten chocolate fondant and pain perdu will be offered.

Location:
114, 118 Southampton Row, London WC1B 5AA

Manchester: **TATTU RESTAURANT AND BAR**

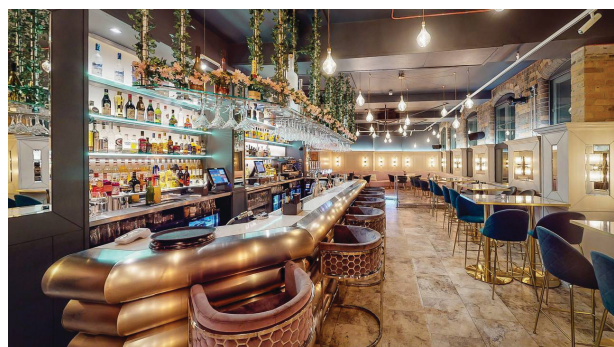


Enjoy Modern Chinese cuisine and cocktails in a sophisticated, dark wood bar/restaurant with carved screens.

Location:
3 Hardman Square, Gartside St, Manchester M3 3EB

Birmingham: **TABU BAR**

Tabu Bar and Restaurant offer Pan Asian Cuisine, colorful cocktails and a DJ set with live entertainment every week. They create a unique dining experience.



Location:
Newhall Place, Newhall Hill, Birmingham B1 3JH

Essex: **KARA LOUNGE**

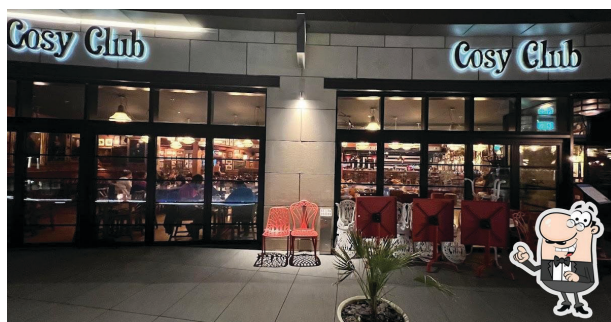
Head on down to Kara Lounge, where you will find the healthiest and most well-balanced Turkish and Mediterranean food in Essex. Our dishes are prepared freshly upon order, using authentic recipes, traditional cooking methods with the finest ingredients.



Location:
Fleming Rd, Chafford Hundred, Grays RM16 6HH

Portsmouth: **COSY CLUB**

Enjoy dining and drinking with a touch of timeless glamor. Experience warm, welcoming service, amazing interiors and exceptional food and drinks from 9 am until late for brunch, lunch, dinner, and drinks.



Location:
28-29 North Bldg, Portsmouth PO1 3TT

Bristol: **LOW AND SLOW BARBECUE**

Head on down to Bristol's most popular barbecue restaurants. Located in two of Bristol's most iconic locations, the restaurant offers delicious, slow cooked fresh food, coming straight from the smoker to you.



Location:
St, Nicholas Market, 16-20 Glass Arcade, Bristol BS1 1JQ



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The Ultimate Guide to Becoming a Stuntman: From Thrills to Skills

The world of cinema is filled with breathtaking action sequences, jaw-dropping stunts, and adrenaline-pumping moments that keep audiences on the edge of their seats. Behind these heart-racing moments are the fearless individuals known as stunt performers or stuntmen/stuntwomen. If you've ever dreamed of becoming a part of this thrilling world and making a career out of performing daring feats on screen, you're in the right place. In this comprehensive guide, we'll take you through the steps to becoming a stuntman or stuntwoman, from developing essential skills to finding your place in the industry.

Starting salaries for junior stunt performers may be around £12,000 a year. The average UK salary is £58,240. In order to become a stunt performer in the UK, you must be on the Joint Industry Stunt Committee (JISC) register of stunt/action co-ordinaries and performers. To gain JISC accreditation, you must have proven skill levels and recognised qualifications in at least six sporting categories listed by JISC. There are 11 categories in total, which are separated into 5 different groups. Each group relates to a specific area of skills, e.g., fighting, falling and water ability. Once you are accepted on the JISC register, you must work for at least three years as a probationary member, working only under the supervision of a full member of the register.

HERE ARE SOME EXTRACURRICULAR ACTIVITIES THAT CAN SUPPORT YOUR PURSUIT OF A STUNT CAREER:

MARTIAL ARTS:

Training in martial arts disciplines like karate, taekwondo, judo, or Brazilian Jiu-Jitsu can improve your physical fitness, flexibility, and combat skills, all of which are valuable for stunt work. Martial arts can also help you develop discipline and control.

GYMNASTICS:

Joining a gymnastics club or taking gymnastics classes can enhance your agility, balance, and coordination. These skills are crucial for performing acrobatic stunts and controlled falls.

PARKOUR:

Parkour is a discipline that focuses on efficient movement through obstacle courses and urban environments. It can help you develop exceptional agility, speed, and creativity in navigating challenging terrain, which is valuable in stunt work.

TRAMPOLINE:

Trampoline training can improve

your aerial awareness and jumping ability, which are essential for performing high falls, flips, and other aerial stunts.

ACTING AND THEATER:

Participating in acting classes or community theater productions can help you develop your acting skills, which are often required for stunt performers who need to portray characters convincingly.

FIRST AID AND CPR CERTIFICATION:

Obtaining certification in first aid and CPR (Cardiopulmonary Resuscitation) is crucial for any stunt performer. It ensures you can provide immediate assistance in case of injury on set.

HERE ARE SOME FURTHER STEPS YOU CAN TAKE TO BECOME A STUNT PERFORMER:

STEP 1: ASSESS YOUR PHYSICAL FITNESS AND SKILLS

Before diving into the world of stunts, it's crucial to evaluate your physical fitness and skill set. Stunt work demands peak physical condition, so focus on building strength, endurance, flexibility, and agility. Engaging in activities like martial arts, gymnastics, parkour, or any other relevant discipline can provide a firm foundation for your stunt career.

STEP 2: HONE YOUR ACTING SKILLS

Stunt performers are not just action figures; they often need to embody characters convincingly. Acting classes or workshops can help you become more versatile and expressive, making you a valuable asset on set.

STEP 3: GAIN EXPERIENCE IN THE ENTERTAINMENT INDUSTRY

Familiarize yourself with the dynamics of film and television production by working as an extra, stand-in, or body double. This hands-on experience will help you understand set protocols, build connections, and get a taste of life in the industry.

STEP 4: MASTER STUNT SAFETY

Safety is paramount in the stunt industry. Become well-versed in safety procedures and protocols, including rigging, fire safety, and high falls. Attend safety training courses and workshops to ensure you can handle any stunt with precision and precaution.

STEP 5 ASSEMBLE A STUNT REEL

Create a compelling stunt reel that showcases your skills and versatility. Include clips of your best performances, demonstrating your ability to handle a wide range of stunts and actions.

STEP 6: BE PERSISTENT

Breaking into the stunt industry can be competitive, and rejection is part

of the journey. Stay persistent, keep refining your skills, and never give up on your dream of becoming a successful stunt performer.

Becoming a stuntman or stuntwoman is a thrilling and rewarding career choice, but it requires dedication, hard work, and an unwavering commitment to safety. With the right to training, skills, and perseverance, you can turn your passion for action into a fulfilling and exhilarating profession. So, get ready to take the leap—both figuratively and literally—and embark on your journey toward becoming a stunt performer. Your path to Hollywood's heart-stopping moments awaits!

SOARING TO NEW HEIGHTS: A GUIDE TO BECOMING AN AVIATION PILOT

The dream of taking to the skies, navigating through clouds, and commanding a complex machine as it soars through the air is a reality for those who aspire to become aviation pilots. Whether you envision yourself piloting commercial airliners, private jets, helicopters, or even flying as a hobby, the path to becoming a pilot is both challenging and rewarding. In this comprehensive guide, we will navigate the steps and requirements to help you realize your dream of becoming an aviation pilot.

A starting airline pilot's salary in the UK is likely to be around the £45,000-£55,000 mark, with senior long-haul capitals in the UK can expect to earn around £200,000 as a maximum.

NOW WE HAVE DISCUSSED SALARIES. LET'S DISCUSS WHAT YOU NEED TO STUDY.

Trainee pilots need to hold good GCSE passes in mathematics, English and science. A second language will also prove useful. Good A-level passes are usually required, although a degree isn't essential. While a university education isn't vital, don't dismiss the idea out of hand. Aviation is a volatile industry and gaining a degree would give you qualifications to fall back on if you needed to look for alternative employment.



The Ultimate Guide to Becoming a Pilot

To work as a professional commercial airline pilot and fly an aircraft with nine or more passenger seats, you'll need to apply for an Airline Transport Pilot Licence (ATPL) from the CAA.

Pilot training schools, otherwise known as flying schools, typically offer three types of professional flight training – integrated, modular and multi-crew pilot license (MPL). Integrated and modular lead to the same license, while the MPL results in a frozen ATPL.

Integrated courses enable trainee pilots with no previous flying experience to gain their ATPL within 18 months. Courses are intense and as such you'll need to finish the training in one go. Integrated courses incorporate both theoretical study and practical flying experience. The four main elements of the course are:

1. **Flight training**
2. **Multi crew cooperation course (MCC)**
3. **Jet orientation course (JOC)**
4. **Airline preparation course.**



You'll graduate from flying school with a Commercial Pilot Licence (CPL) and an Instrumental Rating (IR), which combines to make up a 'frozen ATPL'. With a frozen ATPL, you'll be able to apply for jobs as a first officer or co-pilot. To 'unfreeze' your ATPL, you'll need to complete 1,500 hours of flying experience, after which you'll be able to apply for jobs as a captain.

You'll also need to pass a practical skills test, in addition to ATPL theoretical knowledge exams in areas such as air law, operation procedures and radio navigation.

Once these elements are completed, you'll be issued with an ATPL.

HERE ARE SOME EXTRA ACTIVITIES YOU CAN DO TO SUPPORT BECOMING A PILOT.

Find out whether you're cut out to be a pilot by taking an aptitude assessment test from The Honourable Company of Air Pilots at a cost of £75. Tests are carried out at Air Pilots House in London. Check The Honourable Company of Air Pilots website for up-to-date information on test dates.

AVIATION CLUBS AND ORGANIZATIONS:

Join aviation clubs, associations, or organizations like the Aircraft Owners and Pilots Association (AOPA) or the Experimental Aircraft Association (EAA). These groups provide resources, networking opportunities, and access to aviation enthusiasts and professionals.

FLIGHT SIMULATORS:

Invest in flight simulator software and hardware for your computer. Simulators allow you to practice flying and improve your skills, especially during unfavorable weather or when you can't access an actual aircraft.

ATTEND AVIATION SEMINARS AND WORKSHOPS:

Seek out aviation seminars, workshops, and training events to expand your knowledge and skills. These events often cover a wide range of aviation topics.

EMERGENCY RESPONSE AND FIRST AID TRAINING:

Being prepared for emergencies is crucial for pilots. Consider taking courses in first aid, CPR, and aviation-specific emergency response training.

STEP 1:

Determine Your Career Path

The world of aviation offers various career options, and it's crucial to decide which path aligns with your interests and aspirations:

COMMERCIAL PILOT:

Commercial pilots are responsible for transporting passengers and cargo. Options include becoming an airline pilot, cargo pilot, or corporate pilot.

Private Pilot: Private pilots fly for personal or recreational purposes, including leisure travel, sightseeing, and personal transportation.

HELICOPTER PILOT:

If the idea of rotary-wing aircraft and versatile missions appeals to you, consider becoming a helicopter pilot. Opportunities include medical transport, search and rescue, and aerial photography.

Military Pilot: Military aviation offers a unique and challenging career. Becoming a military pilot often requires joining the armed forces and pursuing specialized training.

STEP 2:

Gain Flight Experience

Accumulate the required flight hours to qualify for your chosen pilot's license or certification. For example, private pilot candidates typically need at least 40 flight hours, while commercial pilots require significantly more.

STEP 3:

Build Experience and Advance Your Career

Your journey doesn't end with your initial certification. Building experience and advancing your career might involve becoming a flight instructor, pursuing additional ratings, or gaining specialized experience in your chosen field.

STEP 4:

Network and Seek Opportunities

Network with industry professionals, join aviation organizations, and explore job opportunities in your chosen aviation career. Whether you aspire to fly for airlines, corporate clients, or engage in aerial photography, networking is essential for finding the right opportunities.

Becoming an aviation pilot is a remarkable journey filled with challenges, dedication, and the thrill of mastering the skies. It's a career path that offers limitless possibilities, from commanding commercial jets to exploring the beauty of the world from above. As you embark on this adventure, remember that persistence, continuous learning, and a deep passion for flight will be your greatest assets. So fasten your seatbelt and prepare for an exhilarating ride into the world of aviation. Your dreams of becoming a pilot are ready to take flight!





SEE:

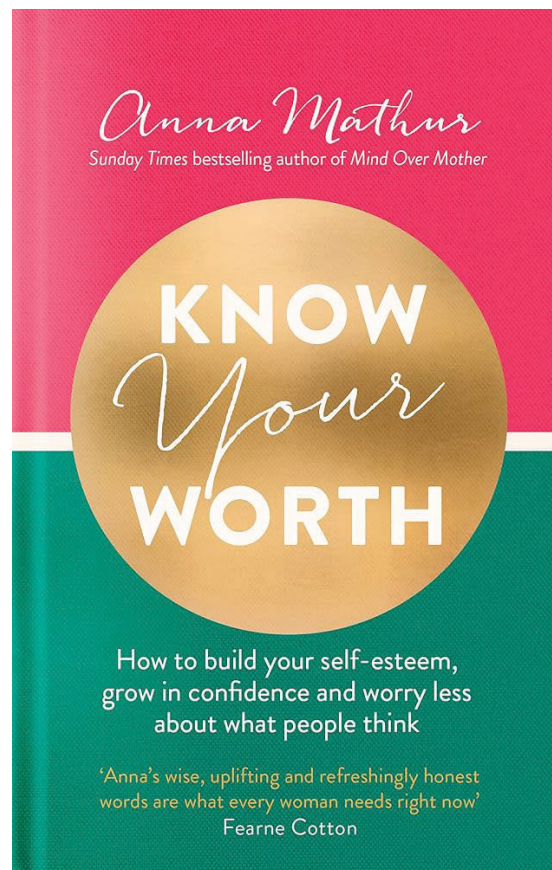
THE SHIFT MOVIE - DECEMBER 2023

The Shift is a modern day, sci-fi story of faith that takes a lot of its cues from the Book of Job. It follows a man named Kevin (Kristoffer Polaha) who finds himself in a dystopian world confronted by a mysterious stranger known as "The Benefactor" who presents him with challenges as he fights to "shift realities" and return to the woman he loves.

BUY:

FITNESS GEAR AND GYM MEMBERSHIP

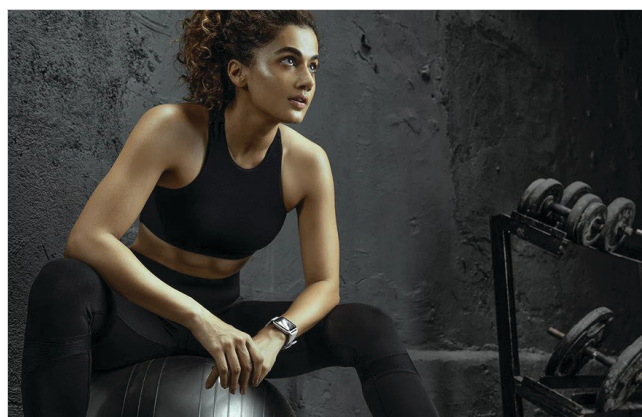
Regular gym sessions provide a healthy outlet for stress and anxiety, helping you unwind, improve your mood, and boost your overall mental health. The gym becomes a sanctuary where you can focus on yourself and let go of everyday pressures. Great start to the new year!



READ:

KNOW YOUR WORTH: HOW TO BUILD YOUR SELF-ESTEEM, GROW IN CONFIDENCE AND WORRY LESS ABOUT WHAT PEOPLE THINK

In Know Your Worth, Sunday Times bestselling author and psychotherapist Anna Mathur uses her professional insight to help you understand why you feel the way you do and how you can set your self-esteem on a healthy upward spiral so that you can escape the relentless desire to 'be better' and 'do more'.





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