

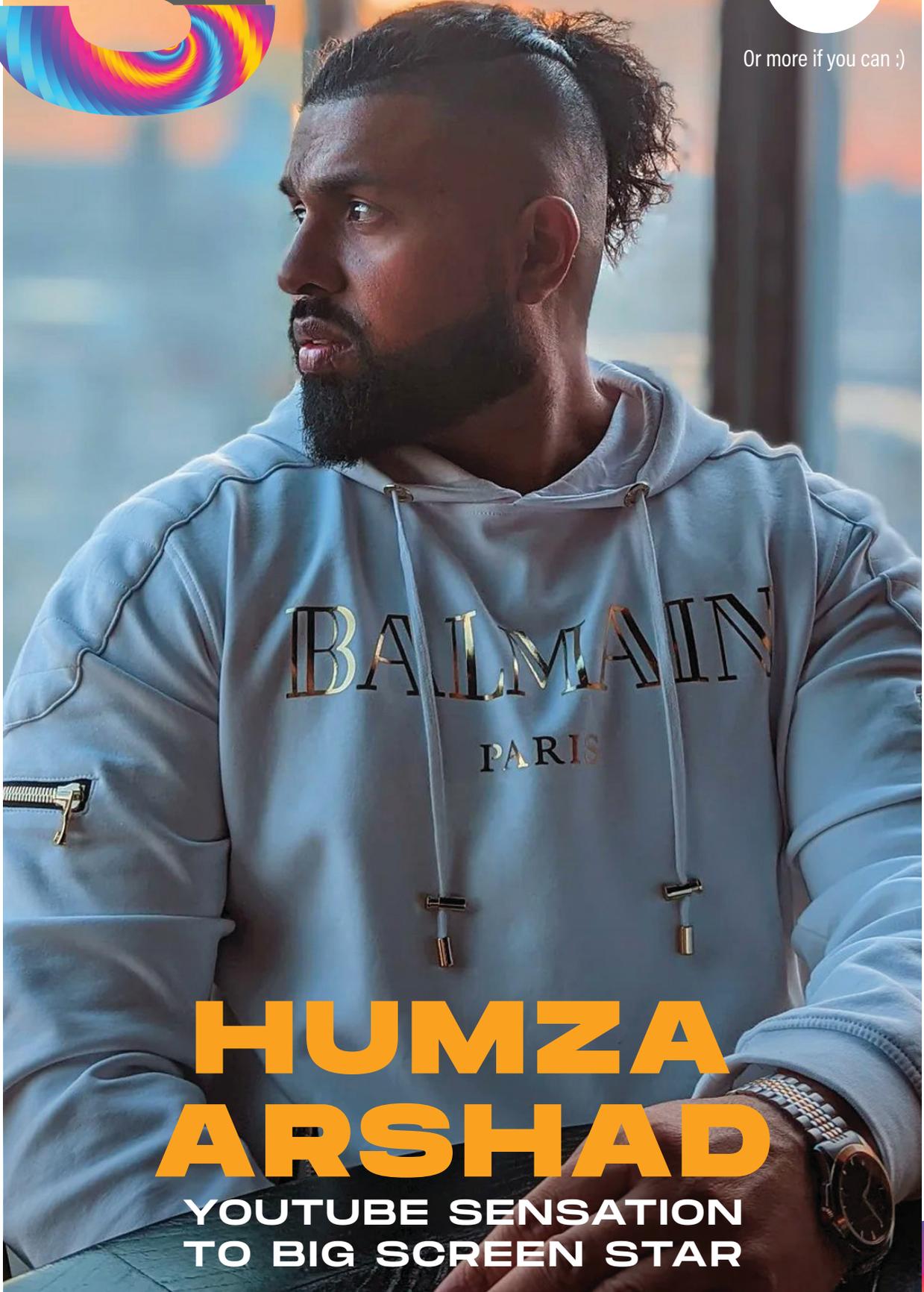
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How are vapes affecting the youth?

OPINION

The use of vapes among young people has increased significantly. In March/April 2023, the proportion of children experimenting with vaping had grown by 50% year on year, from one in thirteen to one in nine

While vaping is less harmful, it can have severe effects on a person's health. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s. Nicotine can negatively impact memory, attention, and learning, potentially affecting academic performance. E-cigarettes can contain other harmful substances besides nicotine.

The increased use of vapes among young people is caused by a few things. Peer pressure,

normalised social norms, aggressive marketing, and easy accessibility.

But, its popular use does come with risks. Vaping can have consequences in educational settings, leading to disciplinary actions and potential impacts on academic performance. Vaping in school bathrooms and classrooms has become a significant concern.

Additionally, the surge in youth vaping has become a public health concern. Health officials worry about the potential for a new generation of nicotine-dependent individuals and the associated health risks.

The intensified use of vaping among youth has caused concern for the potential increase in smokers in the next generation. There is evidence suggesting that youth who use e-cigarettes are at an increased risk of transitioning to traditional cigarette smoking. Vaping may serve as a gateway to other tobacco products. Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.



The government plans to create a smoke-free generation

Legislation has been introduced prohibiting children born on or after January 1, 2009, from legally buying cigarettes in England. This would effectively raise the smoking age by 1 every year until it applies to the whole generation.



We are all aware of the dangers of smoking and the numerous long-lasting effects it has on both physical health and overall wellbeing. I mean, smoking itself causes 1 in 4 deaths in the UK. It is a key contributor in cancer cases, more specifically lung cancer, which happens to be the most common cancer cause of death in both men and women in the UK. Other risks of smoking include stillbirths, passing asthma onto children, dementia, stroke, and heart failure in old age, and disability or death throughout the life course.

But the government is taking a stance on this, setting a plan in motion to create a smoke-free generation by prohibiting the sales of cigarettes for the next upcoming generations, with the aim of the long-term goal of reducing smoking prevalence.

Legislation has been introduced prohibiting children born on or after January 1, 2009, from legally buying cigarettes in England. This would effectively raise the smoking age by 1 every year until it applies to the whole generation. Additionally, legislation against proxy purchases would be enforced, so people who

are above the legal age of sale would be legally prohibited from purchasing on behalf of people below the age.

But the government isn't stopping with just cigarettes. Plans have been put in place to address the issue of youth vaping. The risks of harm to the young arising from both nicotine and nicotine-free vaping are a growing concern.

As a result, the government introduced several proposals to reduce youth vaping, including restricting vape flavours, regulating vape packaging and point-of-sale displays, and restricting the sale of disposable vapes.

And they're not stopping there. Smoking is a hard habit to quit, so the government is providing aid by committing to funding several initiatives to improve smoking cessation support, including an additional £70 million annually to support local authority-led stop smoking services and £45 million over two years to roll out the national 'Swap to Stop' scheme, supporting people to stop smoking with the free provision of a vape kit and behavioural support.

When to move out: What's better, renting or saving for a mortgage?

OPINION

With the average price of houses rising every year, many are torn between what is a better financial decision: renting or saving for a mortgage.

Over the past few decades, the price of houses has significantly impacted the average rise in earnings. In March 2021, the average cost of a home was 65 times more than the average UK home in January 1970, while wages are only 35.8 times higher now. As a result, many renters are left wondering if they'll ever be able to purchase their own home.

However, despite its initial cost, buying a house has overall long-term benefits. According to the Intermediary Mortgage Lenders Association (IMLA), paying a mortgage rather than renting could leave buyers on average £325,000 better off over the next 30 years, even if house prices don't rise.

So what's better, renting or saving for a mortgage?



Renting is more flexible and often has fewer legal issues; however, in the long run, it is more costly, unreliable, and often imposes restrictions. Saving up for a mortgage is a great investment, offering stability and greater freedom in terms of personalisation, but it is a long-term financial commitment with little to no flexibility.

Let's go into more detail:

BENEFITS OF BUYING

- **You are investing.** Your monthly mortgage payments are going towards owning your property rather than into your landlord's pocket. You will fully own your home at the end of the mortgage term, so you will be able to live in it with nothing to pay.
- **You could make money when you sell.** In the long term, property prices generally go up. If you decide to sell, you can keep any money left over once the mortgage is paid off.
- **You can make home improvements.** Homeowners have much more freedom to put their stamp on a place and renovate it to suit their lifestyle. Money spent on home improvements is likely to be an investment, increasing the value of the property when you sell it.

THE DRAWBACKS OF BUYING

- **High initial costs.** You will need to put down a

deposit of at least 5% or more if you want to access the best mortgage rates. There are also solicitor's fees, surveyor's fees, and stamp duty if the property you are buying costs more than £125,000.

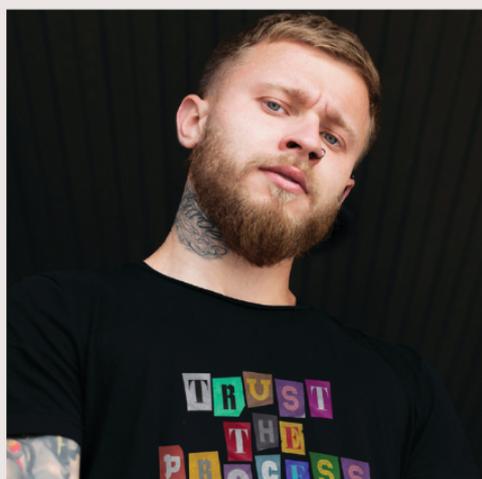
- **Interest rates are going up.** Currently, interest rates are rising. This means that your monthly mortgage repayments will go up. Although you can get a fixed-rate mortgage, you could still face increased rates when you reach the end of the fixed period, which is usually between 2 and 5 years.
- **You are responsible for maintenance and repair costs.** If something goes wrong, you will have to pay for repairs, like a broken-down boiler or a leaky roof. Property experts recommend spending around 1% of the property's worth on maintenance each year to retain its value.
- **It isn't easy to move quickly if you need to.** It can take a long time to move house, as you will probably need to sell your current home first. It might not always be easy to sell your home, depending on what is happening in the market.

THE BENEFITS OF RENTING

- **Lower up-front costs.** When you buy a house, you will need a large deposit (at least 5% of the property's value) and money to cover solicitor's fees, survey fees, and stamp duty. Although you will need to pay a deposit when renting, this is capped at five weeks of rent and is far less than the money you will need to save to buy a house.
- **Rent can be cheaper than mortgage repayments.** If you are renting in London, you may find that your monthly rent is lower than the mortgage repayments on a similar property. This could mean you can afford a better home in a more expensive location.
- **You're not responsible for maintenance costs.** Your landlord covers building insurance and repair and maintenance costs. So if the boiler breaks down or the roof leaks, it is your landlord's job to fix the issue.
- **You have more freedom.** Tenancy agreements can be as short as six months, giving you the freedom to move quickly if you need to.

THE DRAWBACKS OF RENTING

- **You are not investing.** You will have nothing to show for all the money you have spent on rent. You will always have to rent a property, even in your retirement.
- **You must abide by the restrictions in your tenancy agreement.** Generally, landlords will not allow you to redecorate a rental home, and many landlords will not allow pets.
- **Your landlord could decide to sell.** At the end of your tenancy agreement, your landlord may choose not to renew because they want to sell the property. You will find yourself having to find somewhere else to live.



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... Before I got my first paycheck

WHAT I WISH I KNEW

1. THE IMPORTANCE OF BUDGETING

When most people get their first paycheck, they go blow it all on stuff they don't even need and don't end up having anything left for the essentials. Budget your money smartly, so that you have money for materialistic items and outgoing leisure activities, and still have enough for your everyday needs and other essentials, and then some more to contribute to your savings.

Budget your money smartly, so that you have money for materialistic items and outgoing leisure activities and still have enough for your everyday needs and other essential times, and then some more to contribute to your savings.

2. UNDERSTANDING YOUR TAX CODE

One of the important things you need to know before receiving your first paycheck is understanding how your tax code works. The last thing you want is to be taxed exces-

sively or unjustifiably. Luckily, <https://www.gov.uk/estimate-income-tax> gives you a rough estimate of how much you should be getting taxed every year, so make sure you have a rough idea to avoid future complications.

3. LIVE WITHIN YOUR MEANS

The biggest trap you can fall into is telling yourself, "I get paid by the end of the month, so I'll just spend the money now." That's how you end up constantly broke. Live within your means by first prioritizing what you need and then starting to think about what you want.

4. CALCULATE YOUR HOURS BEFOREHAND

While it may not seem important, trust that it is. Not calculating your hours and making sure they correlate to your pay before pay day can result in an underpayment. You want your pay to reflect the hours you put in, so calculating it and having at least a good estimate is vital to ensure that



... Before I went clubbing for the first time



Clubbing is supposed to be an overall fun experience, so while it is important to plan out your evening and stay safe, relax, enjoy yourself, and have fun!!!!

1. DON'T BE THE PERSON WHO HAS THE BIG BAG; PACK SMARTLY

The last thing you want is to feel out of place, so don't be that person with a big bag. You don't need to bring much when going clubbing, so bring a small bag and ensure you have all your essentials, e.g., your ID and your club ticket.

2. WEAR COMFY SHOES OR BE PREPARED TO WEAR SLIDERS

You're going to be up on your feet dancing the entire night, so wear either heels you'll be comfortable with or bring back-up shoes; sliders will probably be the best choice so that you're not in discomfort the whole night.

3. NEVER LEAVE YOUR DRINK UNATTENDED

This is probably the most important piece of information you need to know. Wherever you go, take your drink with you. It's so easy for anyone to quickly slip something into your drink without anyone seeing it, so never leave your drink unattended or ask anyone other than yourself to watch over it.

4. GO WITH A PLAN

A common mistake people make when they go clubbing is not going with a well-thought-out plan. Research the club you're going to: many clubs have a standard they expect you to abide by, so make sure you know all this to avoid being denied entry into the club. Check for age requirements, the type of ID they accept, and their dress code. Many clubs also require you to purchase a ticket, so make sure you have one (never rely on club promoters, especially on popular nights such as Halloween or New Years, as anything can go wrong). Additionally, have a system in place for how you are getting home (if you go in a group setting, as most people do, ensure you all have a way to get home safely and never leave a person behind).

5. KNOW YOUR LIMIT WHEN DRINKING

There is nothing wrong with having a couple of drinks at the club; it's important to be careful, stay safe, and know your limit. You want to enjoy and remember your night, so drink sensibly and make sure you aren't overdoing it.



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SCAN ME



Is music becoming too much of a saturated career?

The perception of whether the music industry is becoming too saturated is subjective and can depend on various factors. Here are some perspectives that could be considered:

- **ACCESSIBILITY AND TECHNOLOGY:**

With the rise of digital platforms and affordable recording technology, it is easier for musicians to create and share their music independently. While democratisation allows more artists to enter the industry, it also means there is a larger pool of music available.

- **COMPETITION:**

The increased accessibility has led to higher competition for attention. Standing out in a crowded field can be challenging, and some argue that this saturation makes it harder for new artists to break through.

- **DIVERSE OPPORTUNITIES:**

On the positive side, the saturation also means there are diverse opportunities for artists to explore

genres, styles, and niches. The music industry is not just about mainstream success, and many musicians find fulfilment and success in more niche markets.

- **CHANGING BUSINESS MODELS:**

The music industry's business models have evolved, with streaming services becoming dominant. While this has its challenges, it also provides new revenue streams for artists, especially those who can adapt to changing landscapes.

- **GLOBALISATION:**

The internet has facilitated global connections, allowing musicians to reach audiences worldwide. However, this also means that artists are competing on a global scale.

- **CUSTOMER BEHAVIOUR:**

Changes in customer behaviour, such as shorter attention spans and the abundance of options, can make it harder for musicians to capture and maintain listeners' attention.

Ultimately, whether the music industry is considered oversaturated depends on individual perspectives. Some may see it as a vibrant and diverse ecosystem, while others may view it as a challenging and competitive space. It is essential for aspiring musicians to find their unique voice, connect with their audience, and explore various avenues beyond traditional paths for success.



IDRIS ELBA'S "DON'T STOP YOUR FUTURE" CAMPAIGN



On January 8, 2024, Idris Elba launched an anti-knife crime campaign calling for the ban of zombie knives and machetes. "Don't Stop Your Future" demands urgent government action to address the pervasive issue of serious youth violence in the UK.

Additionally, the campaign aims to shine a spotlight on the human cost of knife crime by displaying these poignant outfits in front of Parliament, honouring the lives lost, and urging political leaders to take meaningful action. The actor emphasises the importance of seizing the opportunity of the New Year to drive change, by profiling and supporting grassroots organisations that provide alternatives to crime.

3 individuals using their platform to fight knife crime

ARSENAL: "NO MORE RED"



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STORMZY



TRIBUTE TO ANTI-KNIFE CRIME CYCLIST

British rapper Stormzy has also contributed to the anti-knife crime movement. In 2017, he partnered with the campaign Bikestormz, attending one of their events and having members of the youth movement featured in his viral music video, "Vossi Bop."

DR. JULIE SMITH

Dr. Julie is a clinical psychologist, bestselling author, and content creator. After running her own private practice for almost a decade, Dr. Julie began sharing her digestible, informative videos on social media in 2019. Her often-viral videos cover a variety of mental health topics, from anxiety and depression to confidence. Dr. Julie has now amassed an audience of over 7 million and is the go-to online resource for mental health tips and tricks. Her debut book, "Why Has Nobody Told Me This Before?" was the bestselling non-fiction book of 2022, and she is currently writing her second book. Dr. Julie often features on ITV This Morning and BBC Radio 1 Life Hacks.

BRENE BROWN

After going viral in 2010 for her TEDx talk, Brene Brown has greatly utilised social media to advocate for mental health, having over 6 million followers across all her platforms, her own podcast, and two documentaries. She mainly discusses the topics of shame, vulnerability, and leadership.

3 individuals using their platform to fight mental health

ISA-WELLY LOCOH-DONOU

Isa-Welly Locoh-Donou takes a different approach to dealing with and promoting mental health through exercise. Using the gentle and practical approach of movement to movement, primarily focused on pilates and nutrition to help women improve wellness, gain energy, clarity, and confidence. As a nutritional therapist and wellbeing coach, Isa-Welly is dedicated to helping people achieve holistic wellbeing through mind, body, and spirit alignment, making her an excellent choice for brands seeking an influencer who prioritises mental and physical health.



Humza Arshad

UNDER THE MICROSCOPE

Humza Arshad, an English actor, comedian, and writer, has left an indelible mark on the UK entertainment scene. Renowned as one of the most prominent YouTubers in the country, his journey began in September 2010 with the launch of his comedic web series, "Diary of a Bad Man." The series, centered around the video diaries of a character with the mindset of a seven-year-old, quickly gained attraction. Notably, the fifth episode became the seventh most-viewed video in the UK in 2011, a remarkable feat.

Arshad's influence extends beyond YouTube. He has been featured on BBC platforms, including interviews and appearances on BBC Asian Network shows, as well as reporting for BBC London News. Notably, he made history as the first British YouTuber to create a scripted comedy series for BBC Three with "Coconut," a mockumentary series, cementing his status as a pioneer in the digital media landscape.

But Arshad's contributions transcend entertainment. He has toured extensively across the UK, delivering stand-up comedy performances in renowned venues such as the Shaw Theatre, as well as at prestigious festivals like the Manchester International Festival and the Edinburgh Festival Fringe. Additionally, he is acclaimed for his children's novel series, "Little Badman," which follows the adventures of an eleven-year-old protagonist navigating a world filled with mysterious disappearances and sinister adversaries.

His accolades include nominations at the Shorty Awards for his social media presence and a prestigious appointment as a Member of the Order of the

British Empire (MBE) for his contributions to education in the 2021 New Year Honors. Beyond his professional achievements, Arshad is deeply committed to community engagement and social causes. He has collaborated with law enforcement agencies, including the Metropolitan Police and East Midlands Police, to deliver presentations and workshops aimed at preventing radicalization among young people. Through initiatives like "Think for Yourself," a short film addressing the dangers of extremist ideologies, he continues to advocate for positive change and empowerment within society.

Over the years, Humza has adeptly cultivated a robust social media following, establishing himself as a prominent figure. Presently, he serves as an ambassador for both YouTube and Google, leveraging his influence to champion their platforms. His journey stands as a beacon of inspiration for many, and Inside Success takes great pride in honoring his achievements.



His journey stands as a beacon of inspiration for many, and Inside Success takes great pride in honouring his achievements.

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Coping with your mental health: University Student Edition

CHARLOTTE

University has a tendency to be overwhelming and stressful at times. However, to cope with these feelings, I have set myself goals for the semester, and I am trying to stick to a set routine that allows me to attend my lectures, do my assignments on a day-to-day basis, work, and have free time to do whatever I want to do.

Also, I found that having a good set of friends that keep me company and understand me is an essential part of my university experience. They also hold me accountable when I don't do what I said I was going to do. Which keeps me on track to achieving my goals.

THERESA

It can be overwhelming to be away from home and have to live an adult life while still feeling or being so young at university. To ensure that I am looking after my mental health while I am at university and away from my family, I try to make sure that I'm not constantly alone in my accommodation and sitting in my thoughts for too long. I try to be as productive as possible, for instance, by going out to do my shopping, cleaning my room, or doing some university work. Additionally, I go out for walks or hang out with friends within the city, and sometimes I leave the city I'm in to go visit my sister and other friends.

LLOYD

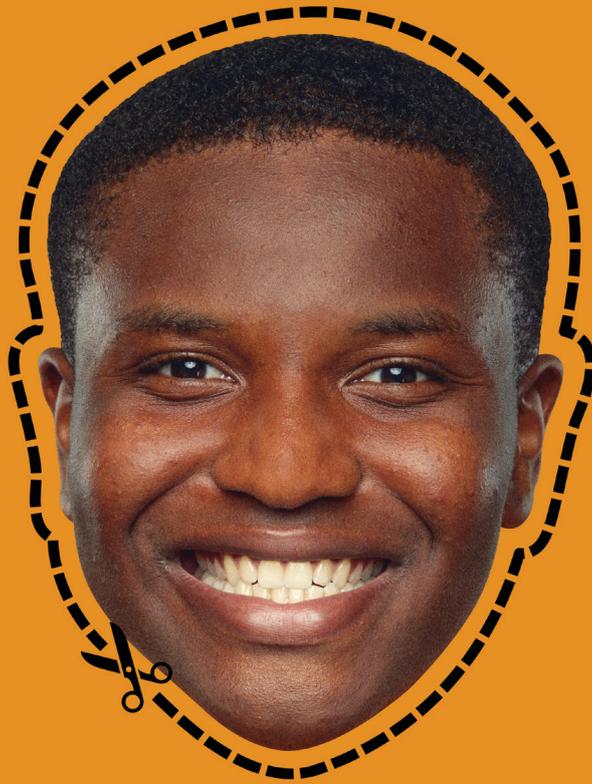
There are many adversities involving university, which can involve the transition to becoming independent and also striving to do well to make all your loved ones proud. The best way to deal with this is to have a good balance of productivity in order to ensure that I do not become stressed, etc.

DAMI

Being at university is a lot to handle and comes with many different mental health issues, such as stress, anxiety, and depression. To cope with this, I chose to take up a sport—American football, to be exact—which became my peace and helped me cope with the stress I may go through during my experience at university. Taking up this sport became very beneficial, had a positive impact on my mental health, and kept me level-headed as a whole.

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SMADE:

From Humble Beginnings to Global Impact – A Journey of Passion, Persistence, and Purpose

SUCCESS LEAVES CLUES

“Embark the remarkable journey of SMADE, a visionary entrepreneur and cultural influencer who has transformed the global perception of African culture.”

From modest origins to international acclaim, SMADE's story exemplifies resilience, selflessness, and the transformative power of cultural influence. Explore his ventures in music promotions, festivals, and diverse industries, witnessing the evolution of Afro Nation as a cultural phenomenon. Uncover the profound impact of African talents on the global stage and SMADE's unwavering dedication to uplifting communities. This cover story delves into SMADE's commitment to continuous impact, celebrating his achievements while navigating the challenges of a dynamic world while staying true to his roots.

SMADE's journey began in 1984, coinciding with the establishment of SMADE Investment Ltd by his father, focusing on imports and exports. The name "SMADE" embodies the ethos of self-made success, inspired by his father's journey and achievements despite limitations.

His passion for music traces back to his Nigerian child-

hood, where village festivals sparked his fascination. Migrating to the UK, he brought his love for music and a quest for identity, culminating in the creation of SMADE—a fusion of his musical passion and entrepreneurial spirit.

From intimate house parties to bustling club scenes and boat parties, SMADE's evolution reflects his commitment to creating unforgettable experiences and meaningful connections. His collaboration with industry stalwarts like Coco Bar and Seductive Saturdays at O2 fueled his growth and inspired his development.



INSIDE SUCCESS

SMADE



Driven by a desire to add value, impact culture, and foster connections, SMADE defied skepticism and expanded his influence beyond Afrobeat and into the Asian community. His humility, combined with hard work, has been instrumental in his contributions to the cultural landscape.

Reflecting on his challenges, SMADE acknowledges his struggles with shyness and the initial hurdles of cultural acceptance in the UK. Despite adversities, he remained focused and prayerful, leveraging setbacks as opportunities for growth.

Amidst the challenges of COVID-19, SMADE persevered, achieving milestones and fostering cultural growth. Afro Nation emerged as a monumental platform for African artists, uniting the diaspora and representing Africa on a global scale.

Addressing young African dreamers, SMADE emphasizes self-belief, education, resilience, and community engagement. He encourages them to dream big, stay humble, and embrace their cultural heritage while pursuing success abroad.

Looking ahead, SMADE re-

mains committed to making a positive impact through festivals, businesses, and philanthropy. Guiding young minds and cherishing family moments, he envisions a future enriched by collective growth and collaboration. Alongside his endeavors, his family remains his greatest source of support and inspiration.

In summary, SMADE's journey epitomizes the transformative power of passion, persistence, and purpose. From humble beginnings to global influence, his story inspires generations to embrace cultural identity, pursue dreams, and shape a brighter future.

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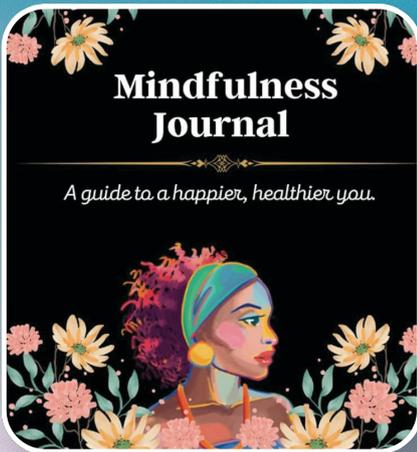


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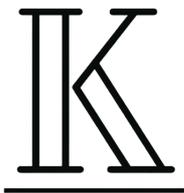
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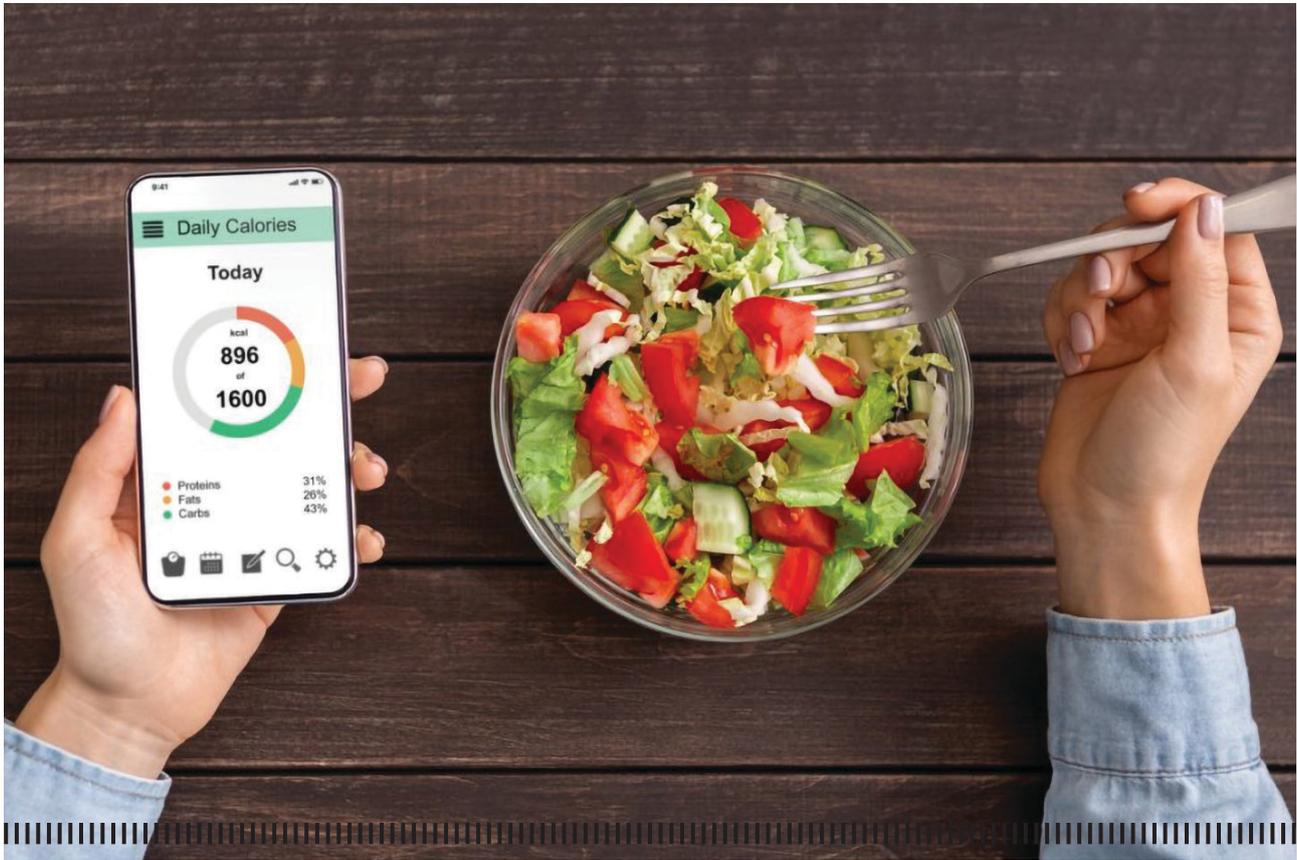
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Fueling the Future: Unveiling the Power of a Calorie Deficit for Youthful Energy



- In the fast-paced world of today, maintaining youthful energy levels is a priority for many. Beyond trendy diets and fleeting wellness fads, one fundamental principle stands out—the calorie deficit.
- During a calorie deficit, the number of calories burned through physical activity and metabolic processes is greater than the number of calories consumed through food. While often applied to weight loss, embracing a mild calorie deficit can have profound effects on overall well-being, including sustained energy levels.
- Fueling the body with nutrient-rich foods plays a pivotal role in maintaining youthful energy. A diet consisting of fruits, vegetables, lean proteins, and whole grains means the body receives essential vitamins, minerals, and antioxidants. These elements contribute to optimal cellular function and combat the oxidative stress associated with ageing.
- But, in order to achieve successful results, regular physical exercise must be incorporated into one's routine. Exercise not only burns calories, but also

boosts mood, improves sleep quality, and promotes overall well-being. The combination of a balanced diet and consistent physical activity creates a holistic approach to sustaining energy levels.

- Additionally, it's important to strike the right balance in order to receive the desired results. Extreme restrictions can lead to nutrient deficiencies and compromise overall health. Indulging in a calorie deficit involves cultivating a positive relationship with food, embracing physical activity as a source of joy, and appreciating the body's resilience. Balance is important to ensure the most is made out of the experience.
- Fueling the future with youthful energy is not a fleeting pursuit, but a sustainable lifestyle choice. By unravelling the power of a calorie deficit and embracing wholesome nutrition and physical activity, individuals can unlock the key to vibrant, enduring energy levels. As the world evolves, so does our understanding of well-being, and in this evolution, the calorie deficit stands as a timeless force propelling us towards a future filled with vitality and verve.

Greek lamb chops



Greek lamb chops are a delicious and flavorful dish that often incorporates traditional Mediterranean ingredients and seasonings. Here's a simple recipe for Greek-style lamb chops:

INGREDIENTS:

- 8 lamb chops
- 2 tablespoons of olive oil
- 4 cloves garlic, minced
- 1 tablespoon dried oregano
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- Salt and black pepper to taste
- Juice of 1 lemon
- 1/4 cup plain Greek yoghurt
- Fresh mint or parsley for garnish (optional)

INSTRUCTIONS:

- **Marinating the Lamb Chops:**
 - In a bowl, mix together olive oil, minced garlic, dried oregano, dried rosemary, dried thyme, salt, black pepper, and the juice of half a lemon.
 - Place the lamb chops in a shallow dish, and rub the marinade all over them. Ensure that each chop is well coated. Cover the dish and let it marinate in the refrigerator for at least 30 minutes to allow the flavours to meld.
- **Grilling or pan-searing:**
 - Preheat your grill or a skillet over medium-high heat.
 - If using a grill, cook the lamb chops for about 3–4 minutes per side or until they reach your desired level of doneness. If using a skillet, sear the lamb chops on each side until browned, then reduce the heat and continue cooking until done.
 - Cooking times may vary depending on the thickness of the chops and your preferred level of doneness.
- **Preparing the Yoghurt Sauce:**
 - In a small bowl, mix the Greek yoghurt with the juice of the remaining half lemon. Season with a pinch of salt.
- **Serving:**
 - Arrange the cooked lamb chops on a serving platter.
 - Drizzle the Greek yoghurt sauce over the chops or serve it on the side.
 - Garnish with fresh mint or parsley, if desired.
- **Enjoy:**
 - Serve the Greek lamb chops hot, accompanied by your favourite side dishes, such as rice, roasted vegetables, or a Greek salad.

This recipe captures the essence of Greek flavours with an aromatic blend of herbs, lemon, and yoghurt. It's a delightful dish that showcases the rich taste of lamb in a Mediterranean style.

FOOD AND DRINK

Fruit Punch



A fruit punch is a delightful and refreshing beverage that combines various fruit juices with soda or other fizzy elements. It's a perfect non-alcoholic option for parties or gatherings. Here's a simple recipe for making a delicious fruit punch:

INGREDIENTS:

- 2 cups of pineapple juice
- 2 cups of orange juice
- 1 cup of cranberry juice
- 1/4 cup lemon juice (freshly squeezed)
- 1/4 cup simple syrup (adjust to taste)
- 2 cups ginger ale or lemon-lime soda (chilled)
- Ice cubes
- Fresh fruit slices (e.g., orange, lemon, lime, berries) for garnish
- Mint leaves for garnish (optional)

INSTRUCTIONS:

- **Prepare Simple Syrup:**
 - In a small saucepan, combine equal parts water and sugar.
 - Heat over medium heat, stirring until the sugar dissolves.
 - Allow the simple syrup to cool before using.
- **Mix fruit juices:**
 - In a large punch bowl or pitcher, combine the pineapple juice, orange juice, cranberry juice, and freshly squeezed lemon juice.
- **Add Simple Syrup:**
 - Pour in the simple syrup and stir well. Adjust the sweetness according to your taste preferences by adding more or less simple syrup.
- **Chill:**
 - Place the fruit juice mixture in the refrigerator to chill for at least 1–2 hours.
- **Add a Fizzy Element:**
 - Just before serving, pour in the chilled ginger ale or lemon-lime soda. This adds a fizzy and refreshing element to the punch.
- **Add Ice:**
 - Place ice cubes in the punch bowl or individual glasses to keep the punch cool.
- **Garnish:**
 - Garnish the fruit punch with fresh fruit slices, such as orange, lemon, lime, or berries.
 - Add mint leaves for an extra burst of freshness, if desired.
- **Stir and serve:**
 - Give the punch a gentle stir to mix all the ingredients.
- **Serve:**
 - Ladle the fruit punch into glasses and serve immediately.

Planning out your assignment: A step-by-step guide

Planning is a crucial step when completing an assignment and is a helpful tool that can guarantee you a successful grade.

It ensures the task is approached systematically and guarantees a well-organised and coherent piece of work, and in spite of this, many students do not plan. Research has proven that the best-quality essays are the ones that have been planned out beforehand.

Many may want to plan out their assignments but don't know how, so Inside Success has created a step-by-step guide for all our student readers on how to plan out your assignments.

▶ UNDERSTAND THE ASSIGNMENT PROMPT:

- Read the assignment prompt carefully to grasp the requirements, guidelines, and expectations.
- Identify key elements such as the topic, format, length, and any specific instructions.

▶ CLARIFY DOUBTS:

- If any part of the assignment prompt is unclear, seek clarification from your instructor or classmates.

▶ DEFINE THE PURPOSE:

- Understand the purpose of the assignment. What are you supposed to achieve or communicate through your work?

▶ SET CLEAR OBJECTIVES:

- Define specific objectives or goals for your assignment. What do you aim to accomplish?

▶ RESEARCH AND GATHER INFORMATION:

- Conduct research on the topic to gather relevant information and supporting evidence.
- Take notes and organise your research materials.

▶ CREATE AN OUTLINE:

- Develop a rough outline for your assignment. This can serve as a roadmap for your writing.
- Outline key sections, main points, and supporting details.

▶ THESIS STATEMENT OR MAIN ARGUMENT:

- If applicable, formulate a clear thesis statement or main argument that your assignment will revolve around.

▶ INTRODUCTION:

- Plan the introduction to provide context and introduce the main idea or topic.
- Clearly state the purpose and scope of the assignment.

▶ BODY:

- Break down the assignment into main sections, or paragraphs.
- Allocate specific content or information to each section.
- Ensure a logical flow of ideas and supporting evidence.

▶ CONCLUSION:

- Plan the conclusion to summarise key points and restate the main argument.
- Consider including any recommendations or implications, if applicable.





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**AFFORDABLE GROUP
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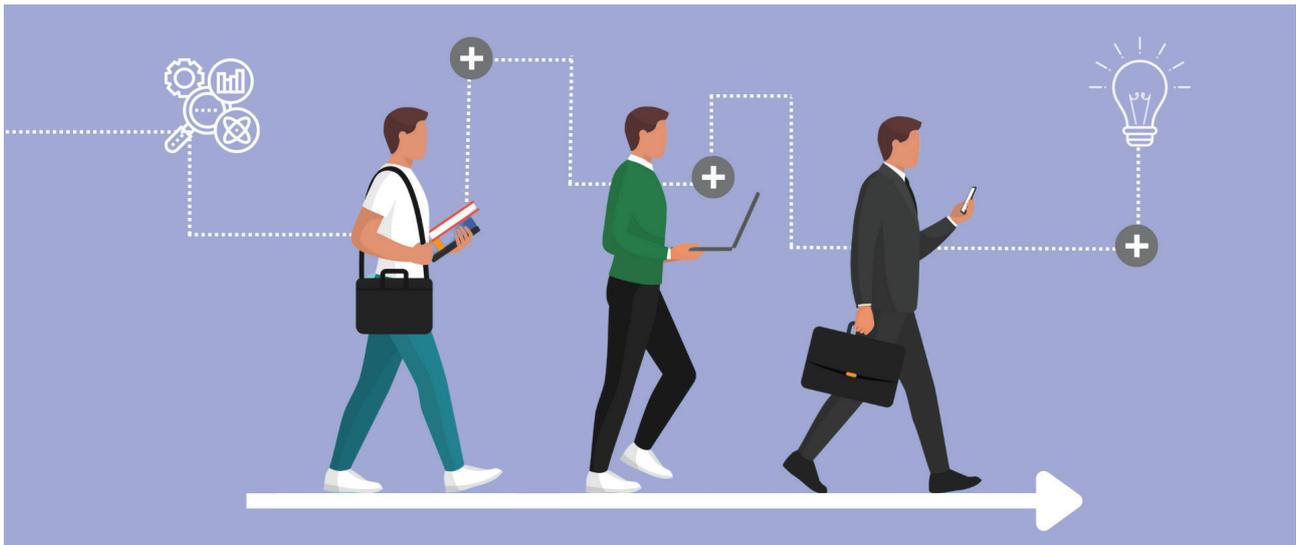
*(MAX 5 STUDENTS FOR EFFECTIVE LEARNING)
1:1 sessions available*

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



Navigating the Post-Graduation Transition: From Student to Employee

The transition from university life to working full-time in a professional, more conducive environment is a significant milestone for all graduate students. It can be a challenging phase, requiring careful planning, preparation, and adaptability. To assist, here are seven effective ways to help you navigate the post-graduate transition.



CULTIVATE A PROFESSIONAL MINDSET

Transitioning from a student to a full-time worker means going from a relaxed environment to a more structured professional one; therefore, it's a must to cultivate a professional mindset. Adopt a proactive attitude, sharpen your time management skills, and understand the importance of accountability and reliability because your actions have an impact on not solely your work performance but the success of your team and organisation.

POLISH YOUR PROFESSIONAL IMAGE

You want to project a good professional image, presenting yourself as a well-polished, confident individual and making a positive impression on colleagues and superiors. Ways to do this include investing in a professional wardrobe aligned with your line of work, honing your communication skills, and being mindful of your body language.

STRATEGIC NETWORKING

Having a network of professionals is an invaluable asset when transitioning into the post-graduate world. The best way to meet and connect with colleagues and mentors is by attending industry events and joining professional organisations to gain support and guidance. As a bonus, you gain further insight into the industry and open yourself up to potential job opportunities and promotions.

ADAPTABILITY IS CRUCIAL

Flexibility and adaptability are essential traits to have in the work environment. Be willing to learn new skills, embrace challenges, and embrace opportunities for growth. Being able to navigate uncertainties will allow you to stand out in your workplace.

MAINTAIN A WORK-LIFE BALANCE

It's important that your work life is balanced with your personal life for your wellbeing. Have clear boundaries and dedicate time to maintaining physical and mental health. Don't overwork yourself, but instead manage your workload effectively.

CONTINUAL LEARNING

You don't stop learning after graduating. Stay curious and seek opportunities for continuous learning and professional development. This can be done by attending workshops and staying informed. As a bonus, it gains recognition as a valuable asset to your organisation.

BE OPEN TO FEEDBACK

Constructive feedback is one of the best ways to enhance professional growth, so be open to receiving it from colleagues, supervisors, and mentors. Use the feedback you get to sharpen your skills and improve your overall work performance.

Strategic ideas for business development

Strategic ideas for business development can vary depending on the specific industry, market conditions, and company goals. However, some overarching strategies include:

1. MARKET EXPANSION:

Identify new markets or segments to target, either geographically or demographically, to increase the customer base and revenue streams.

2. PRODUCT DIVERSIFICATION:

Introduce new products or services to cater to different customer needs or to capitalise on emerging trends.

3. STRATEGIC PARTNERSHIPS:

Collaborate with other businesses or organisations to leverage complementary strengths, access new markets, or enhance product offerings.

4. INNOVATION:

Invest in research and development to create innovative products, processes, or business models that differentiate your company from competitors.

5. CUSTOMER RELATIONSHIP MANAGEMENT:

Focus on building strong relationships with existing customers through personalised experiences, excellent customer service, and loyalty programmes.

6. DIGITAL TRANSFORMATION:

Embrace technology to streamline operations, improve efficiency, and enhance the customer experience through e-commerce, digital marketing, and data analytics.

7. MERGERS AND ACQUISITIONS:

Explore opportunities to acquire or merge with other companies to expand market share, gain access to new technologies, or consolidate industry leadership.

8. INTERNATIONAL EXPANSION:

Consider entering new international markets to diversify revenue sources and capitalise on global opportunities.

9. TALENT DEVELOPMENT:

Invest in recruiting, training, and retaining top talent to drive innovation, productivity, and long-term growth.

10. SUSTAINABILITY AND CORPORATE SOCIAL RESPONSIBILITY:

Embrace environmentally friendly practices, ethical sourcing, and community engagement to enhance brand reputation and appeal to socially conscious consumers.



Taking out your first loan: The Dos and Don'ts

One of the biggest financial milestones a person experiences when entering adulthood is taking out their first loan. A loan can be a beneficial means of achieving a goal a person couldn't afford to pay for on their own, such as paying for tuition, getting a down payment on a house, or even starting a business. But it is a decision that must be taken with careful consideration, as remember, a loan needs to be paid back and will catch up with you later on in life.

But before discussing the dos and don'ts, let's discuss what a loan is.
 "A loan is a sum of money that one or more individuals or companies borrow from banks or other financial institutions so as to financially manage planned or unplanned events. In doing so, the borrower incurs a debt, which he has to pay back with interest and within a given period of time."

Here are the dos and don'ts to guide you through the process:

DOS:

- 🌀 **RESEARCH THOROUGHLY:**
 - Do research on the different types of loans available and understand their terms, interest rates, and repayment plans.
 - Explore reputable lenders and compare their offerings to find the most suitable option for your needs.
- 🌀 **ASSESS YOUR FINANCIAL SITUATION:**
 - Do assess your current financial situation, including income, expenses, and existing debts.
 - Determine how much you can comfortably borrow and afford to repay without straining your budget.
- 🌀 **UNDERSTAND THE TERMS AND CONDITIONS:**
 - Do read and understand the terms and conditions of the loan agreement.
 - Pay attention to interest rates, fees, repayment schedules, and any penalties for early repayment.
- 🌀 **CHECK YOUR CREDIT SCORE:**
 - Do check your credit score before applying for a loan.
 - A higher credit score may help you qualify for better interest rates and loan terms.
- 🌀 **CREATE A BUDGET:**
 - Create a budget that incorporates loan repayments.
 - Ensure that your budget allows for timely repayments without compromising your essential expenses.
- 🌀 **SEEK PROFESSIONAL ADVICE:**
 - Do consult with financial advisors or experts to gain insights into the loan process and potential financial implications.
 - Seek advice on the most suitable loan type for



🌀 SHOP AROUND FOR THE BEST DEAL:

- Do shop around and compare loan offers from different lenders.
- Look for lenders offering competitive interest rates, favourable terms, and transparent fees.

DON'TS:

- 🌀 **BORROW WITHOUT A PURPOSE:**
 - Don't take out a loan without a clear and well-defined purpose.
 - Ensure that the loan aligns with a specific goal, such as education, home purchase, or debt consolidation.
- 🌀 **OVERLOOK HIDDEN FEES:**
 - Don't overlook the hidden fees or charges associated with the loan.
 - Read the fine print and ask the lender to clarify any unclear terms or fees.
- 🌀 **IGNORE YOUR CREDIT SCORE:**
 - Don't ignore your credit score.
 - A lower credit score may result in higher interest rates, impacting the overall cost of the loan.
- 🌀 **BORROW MORE THAN YOU NEED:**
 - Don't borrow more than necessary.
 - Calculate your exact financial needs and borrow only the amount required to avoid unnecessary debt.
- 🌀 **RUSH THE DECISION:**
 - Don't rush the decision-making process.
 - Take the time to carefully evaluate your options, ensuring that the loan aligns with your financial goals.
- 🌀 **MISS REPAYMENTS:**
 - Don't miss loan repayments.
 - Timely payments are crucial for maintaining a positive credit history and avoiding penalties.
- 🌀 **NEGLECT EMERGENCY SAVINGS:**
 - Don't neglect your emergency savings.
 - Ensure that you have a financial safety net in place to cover unexpected expenses and prevent reliance on additional borrowing.



Travel Checklist

Travelling abroad is always an exciting moment to look forward to. I mean, nothing is better than a relaxing holiday and time to yourself to chill and take a break from reality. However, in the midst of all the excitement, it is very easy to forget the little details that can have big consequences.

As summer approaches, many of us will have holidays planned. Well, Inside Success is here to help provide you with a travel checklist to make sure you don't forget anything.

BEFORE YOU GO:

✓ TRAVEL DOCUMENTS:

- Passport/Visa
- Driver's licence or other ID
- Flight/train tickets
- Hotel reservations
- Itinerary and important addresses

✓ HEALTH AND SAFETY:

- Prescription medications
- A basic first-aid kit
- Health insurance cards
- Vaccination certificates, if required
- Allergy and medical condition information

✓ FINANCES:

- Credit/debit cards
- Local currency
- Emergency cash
- Travel wallet or pouch

✓ TECHNOLOGY:

- Phone and charger
- Power bank
- Travel adapter/converter
- Camera and accessories
- Laptop or tablet, if needed

✓ PACKING:

- Luggage (checked and carry-on)
- Travel backpack or daypack
- Packing cubes
- Travel lock
- Toiletry bag

✓ SNACKS AND WATER:

- Non-perishable snacks
- Reusable water bottle

✓ TRAVEL GEAR:

- Travel pillow
- Earplugs and sleep masks
- A lightweight backpack for day trips

✓ IMPORTANT CONTACTS:

- Emergency contact numbers
- Addresses of local embassies and consulates
- Contacts for your bank and credit card companies

CLOTHING AND ACCESSORIES:

✓ CLOTHING:

- Underwear and socks
- Shirts and T-shirts
- Pants/shorts
- Jackets (weather-appropriate)
- Pyjamas/sleepwear
- Swimwear

✓ FOOTWEAR:

- Comfortable walking shoes
- Sandals/flip-flops
- Dress in shoes if needed.

✓ ACCESSORIES:

- Sunglasses
- Hat/cap
- Scarf
- Jewellery/watches
- Umbrella
-

TOILETRIES AND PERSONAL ITEMS:

✓ TOILETRIES:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash or soap
- Razor and shaving cream
- Feminine hygiene products
- Deodorant

✓ PERSONAL ITEMS:

- Prescription glasses or contact lenses
- Sunscreen
- Insect repellent
- Lip balm
- Personal hygiene items

ON THE GO:

✓ DAY-OF-TRAVEL ESSENTIALS:

- Boarding pass
- ID/passport
- Wallet and keys
- Snacks for the journey

✓ COMFORT ITEMS:

- Neck pillow
- Blanket or shawl

The 2024 general election: Who's got your vote?

POLITICS

The next general election is scheduled to take place this year, and although we don't have an official date, poll trackers and predictions on voters' intentions have already been put in motion.

This term has been a difficult one for the conservatives, going through three leaders in the past two years. Additionally, opinion polls are not working in their favour, with only 24% of the public supporting the party. So, long story short, the public isn't impressed by the Conservative Party and wants change.

It appears that change is being sought in the Labour Party. Labour is in a commanding position at the moment, with them leading in opinion polls by 47%. So it looks like the Labour Party may have its first victory since 1997.

So it's clearly a race between the Labour and Conservative parties. So what is each party promising the public?

CONSERVATIVE:

- **Building and funding 40 new hospitals** over the next 10 years.
- **Target of 300,000 new homes** a year by the mid-2020s.
- **Reduce health inequality.**

However, the Conservative Party lacks pledges to young people, with former Conservative Cabinet Minister Matt Hancock warning the party that if they don't start embodying the youth's needs, the party will die.

LABOUR:

Labour has a long-term plan to get Britain's future back: 5 fully funded national missions:

- **Get Britain building again** by restoring economic stability, reducing energy bills, investing in creating new jobs, and building new homes.
- **Switch on Great British Energy**, a newly publicly-owned clean power generation company, to cut your energy bills and deliver good jobs.
- **Get the NHS back on its feet** to improve the quality of care in the community overall.
- **Take back our streets** by increasing the number of town centre police patrols in every community to tackle drug dealers, gangs, fly tippers, and crime overall.
- **Breaking down barriers to opportunities** by introducing high-quality teaching and increasing opportunities across Britain's education system.

Additionally, Labour announced new 'tough love' youth programmes to tackle knife crime, youth violence, and address the crisis in young people's mental health, with Shadow Home Secretary Yvette Cooper setting out how reforming services for young people will be the focus of a major cross-departmental initiative if Labour wins the next election.

But if the Labour or Conservative parties don't appeal to you, there are other political parties to vote for. Here are some examples:

LIB DEMS

They are focused on creating a strong United Kingdom and a fair international order, implementing a prosperous economy that promotes opportunity, improved access to public services, a flourishing environment, and a truly fair democracy.

- Additionally, they've pledged to invest £500 million in youth services and provide a public health approach to tackle youth violence.
- They currently hold 8% of the popular vote.

GREENS:

Invest properly in public services and in the environment, transforming the tax system to end decades where the rich have gotten richer and have avoided their responsibility to share their wealth. Plan to invest in people, nature, and action on the climate to do better. Building security for the future and creating hundreds of thousands of skilled and well-paid jobs across the country.

- Their promise to young people is to make rent more affordable, introduce an education maintenance allowance for 16-17-year-olds, invest £1 bn per year in youth services, and cancel student debt.
- They currently hold 7% of the popular vote.

So, who's got your vote?



Youth Vending Employment Programme



Scan me!

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.



Scan me!



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!

ABDUR MIZAN (LONDON)

I have been at Inside Success for almost 2 years now and have come a very long way from when I started. I have learned a lot at this company, not only how to sell a magazine but also a lot of leadership skills along with sales and marketing strategies, which can help me further down the line in any roles or jobs that I do choose to pursue. I have enjoyed the events hosted particularly a lot, and I do attend all of them, from award ceremonies to Christmas parties. Inside success has helped boost my confidence and self-esteem by a large margin, which I can look back on and be proud of.



RHIANNON TOUSSAINT (LONDON)

My name is Rhiannon Toussaint, and I started my journey at Inside Success in summer 2023. They've changed my life personally by not giving up on me and pushing me to be better as a person, putting me into workshops and programmes, giving me a job, and helping me build my resilience and confidence by doing something positive and productive for youth like myself. We just hope to keep helping more youth, as they shouldn't suffer in silence when we're here to help and support them.



JOSIANE NDONDA (LONDON)

Before joining Inside Success, I was a very shy person. I was smart and an amazing writer, but I was unable to communicate physically with people. I never knew I could ever get over social anxiety. I remember joining, and while being trained, I couldn't offer a word amongst people. After joining Inside Success, I've learned how to communicate with people. At the moment, people tell me I'm bold, confident, and a good salesperson with a lovely smile. I couldn't have asked for a better skill. Inside Success empowers the youth. I've also been able to connect with and learn a lot from people in the tech and entertainment industries through the workshops and programmes Inside Success offers. Inside Success has a lot of positive impact on youth. It helps empower them. Public speaking skills, connections, and knowledge aren't what should be minimised.



MATUSULA IYASU (MANCHESTER)

I started at Inside Success in March 2023. I began a transformative journey by joining Inside Success when I was just 17 years old. While the initial obstacles and setbacks were tough, they motivated me to grow and develop. Now, I'm more confident and adaptable, with valuable leadership abilities. Without Inside Success' support and guidance, I'd probably be stuck in a dull weekend job. Yes, I would definitely recommend Inside Success to any young person looking to improve themselves in all aspects of life.



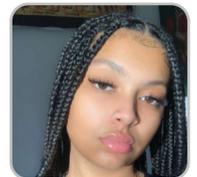
ISAAC KANKAM (BIRMINGHAM)

I started working at Inside Success in September. I was 16 and looking for a more productive way to conduct myself, as I used to go party and drink a lot, which was ruining my schedule and also my passion for football. However, when I was introduced to Inside Success, it turned my life around. Unexpectedly, being part of this social enterprise has developed my mental health and made me find my way back in life through the workshops it offers, especially sport, which brings back the spark I once had for football. I currently do business, and it's working out, as this social enterprise has also taught me that having a strong mindset is the only thing that will bring you success. Personally, I'd strongly recommend Inside Success to any young individual who wants to develop their personal attributes and grow as a person.



TAY CAMBELL (KENT)

I started working at Inside Success in November 2023, at 17 years old. When I joined Inside Success, I had previously struggled with being a person of colour in a predominantly white area in Kent and also with regulating my emotions. I overcame these struggles with the help of Inside Success, which provided a sense of community as I was able to find people to relate to and also the support of my sales managers when things became difficult for me. One thing I have learned from Inside Success is to never let another person's actions dictate your own. You can only control what you say and do. I am currently still working at Inside Success, aiming to become a team leader. If Inside Success didn't exist, I would probably still be working cleaning jobs, which I didn't enjoy. I would 100% recommend Inside Success to others, for it teaches you important lessons while also enjoying yourself and being part of something on the journey.



OLUWASHUBOMI KAKA (KENT)

In October of last year, at the age of 17, I embarked on my professional journey. Commencing as an outreach associate, this role proved instrumental in cultivating my confidence and honing my sales acumen through the promotion of the company's magazines. This experience also fostered my creativity, as each day presented me with the challenge of devising innovative approaches to engage potential customers. Although not every interaction resulted in a sale, the opportunity to brighten someone's day with a smile was a reward in itself.

Subsequently, I was promoted to the role of team leader, where I acquired invaluable leadership skills and fostered strong connections with my fellow outreach associates. Presently, I continue to serve in the capacity of a team leader. Without this opportunity, I might have found myself in a mundane role at a conventional retail establishment. I wholeheartedly endorse this experience for other young individuals, as it has the potential to bolster their confidence, refine their sales prowess, and provide them with invaluable exposure to the professional world beyond.





Empowering Success in the Film Industry

EVENTS

This exclusive event gave young people an insight into the world of media production through a showcase, an interview, and an interactive Q&A session.

Additionally, this event held the premiere of Terry Jervis' film "Raising Tennis Aces: The Director's Cut: The Venus and Serena Williams Story." Jervis recalled how it landed the opportunity, the entire filming experience, and what it was like working and meeting with renowned tennis coach Richard Williams and the sisters Serena and Venus.

The event was not only insightful and informative but also inspirational to all. The young people definitely gained perspectives and skills, and overall, it was a successful event.

Here is what some of the young people had to say:

Ashala:

"It was insightful to learn about Terry's thoughts, what he has been through, and his journey. It inspires people like us who are from his area and are also striving to achieve big things. Terry's journey from Hackney to Hollywood shows that it is indeed possible."

Victor:

"The event was truly inspiring and has motivated me to consider a career in media. Learning about Terry's upbringing and his experiences throughout his career was a valuable learning opportunity."





“

Inside Success hosted the “Empowering Success in the Film Industry” media workshop, where we celebrated one of the world's most successful and versatile multi-media executives: Terry Jervis Story: From Hackney to Hollywood.

”



ANTHEA

I started selling IS magazines after being referred to by a friend after secondary school. She invited me over and told me to give it a try, and I took the opportunity and haven't looked back.

Selling the Inside Success is both hard and easy. Sometimes there are bad days, but those bad days teach you resilience and patience, so on your good days you can do the best you can. We do have a lot of friendly people who love to support what we do! I have found customers love my enthusiasm and smile, as it shows I'm happy and confident in what I am bringing to them to sell.

Being at Inside Success has taught me patience and resilience, as the job role teaches you how to deal with rejection, but I have also learned that teamwork is important, as it is helping and supporting those who need it. Also, I am way more confident in speaking to people, which is a vital skill needed in the real world.

ALMAZ

I started selling the Inside Success magazine because I was looking for a job when I was 16 and a friend told me about the opportunity. I personally don't believe it's hard to sell the Inside Success magazine as long as you're able to communicate and get the point of the organisation across to the customer. I believe the thing the public likes the most about me is the charisma I bring when working, so it's easier for them to take me in. One thing I've learned about being a part of Inside Success is that no matter what you're doing in life, you should do it to the best of your ability and never shy away from taking your opportunities once they present themselves.





CHIFFON

I joined the organisation in 2016 after being recruited by one of the members of the recruitment team. They saw potential in me for sales and marketing, a role I found myself enjoying immensely. It was a great experience overall. Initially, selling magazines wasn't too challenging since I understood the basics of sales. However, my confidence was lacking in the beginning, which held me back. Over time, I worked on boosting my confidence, breaking out of my shell, and realising my full potential in sales. Customers appreciate my vibrant personality, energy, sense of humour, and effective communication skills. Working with Inside Success has taught me invaluable lessons. Engaging with the public and having diverse conversations has helped me realise my full potential. Networking has also been crucial to my growth. I now feel confident and comfortable in various environments, a stark contrast to my previous struggles with social anxiety. I've embraced my true personality and feel at ease in conversations, no longer experiencing awkwardness. Moreover, I've learned the importance of handling rejection gracefully. I believe that every 'no' I receive is a step closer to a 'yes.' This philosophy applies to various aspects of life and has helped me develop resilience and perseverance. I've come to understand that rejections are not personal and should be seen as opportunities for growth.





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.

TEL: 0208 050 7854

EMAIL: info@insidesuccessuk.co.uk

EMAIL: insidesuccessuk@gmail.com

WEB: www.insidesuccessuk.co.uk

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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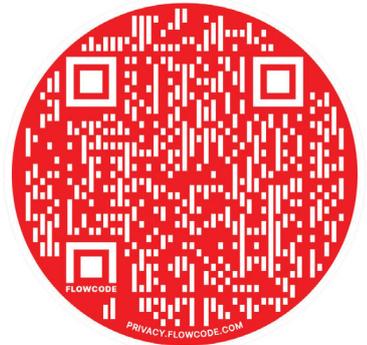
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- 3

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.....
The winner will be announced on Friday 28th June

DREAMS 2 REALITY



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 - ROLLER NATION

It's rolling skating with a twist. Enjoy a retro-style roller skating disco with an on-site bar and diner.

Location: 117 Bruce Grove, London, N17 6UR.



MANCHESTER - NERF ACTION XPERIENCE

Gear up for the ultimate NERF adventure at the NERF Action Experience in Trafford Palazzo, Manchester! Enjoy a one-hour experience exploring various immersive zones, including a skill-testing training ground, a heart-pounding sports arena, and multiple thrilling, thematic blaster arenas.

And once you have finished showing off your skills, then blasting and outwitting your family and friends in the arenas, take the time to explore the awesome retail or grab a quick bite to eat at Archie's.

Location: Trafford Palazzo, Trafford City, Manchester, M17 8AS



LONDON - EVERYMAN CINEMA

Looking for a luxury diner cinema experience? Experience cinema redefined with Everyman—films in a warm, friendly atmosphere with amazing food and drink options and comfy sofa seating.

Locations: For the address, visit their website to find the closest cinema near you!





MANCHESTER - CHALLENGE POINT

Manchester brings you a brand new, unique game experience where teams of 2-6 battle it out in a series of insane mini games with the aim of winning as many points as possible! At Challenge Point Manchester, you will play five crazy mini games, each lasting 5-8 minutes. Your goal is to win as many points as possible in the allotted time. Each game is truly unique and will test your skills to the maximum.

Location: 87 Newton St., Manchester, M1 1EX

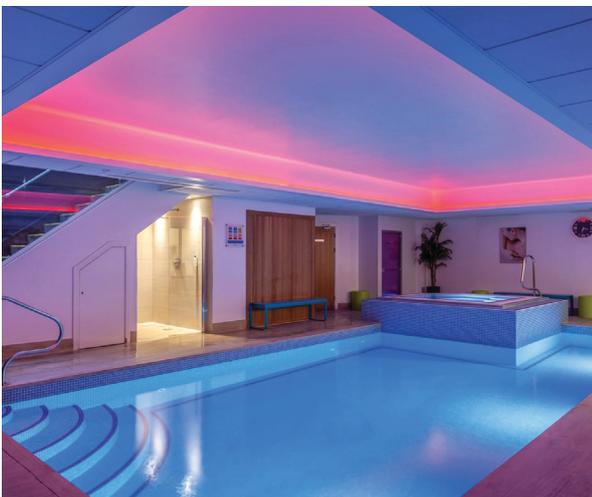
BIRMINGHAM - BOOM BOTTLE BAR

Boom Bottle Bar is Birmingham's newest iconic location. Located on Broad Street, the venue includes everything you need for an epic night out with friends.

Activities include reality axe throwing, beer/prosecco pong, private karaoke booths, and many more. Private hire is also available for parties.

If the list of games or the promise of DJ sets didn't hook you in, their food and drink menu will. With an extensive selection of cocktails and sharers such as pornstar martini trees alongside a street food menu.

Location: Unit 7, Five Ways, Broad St., Birmingham, B15 1DA



ESSEX - SPA DAY AT ORSETT HALL

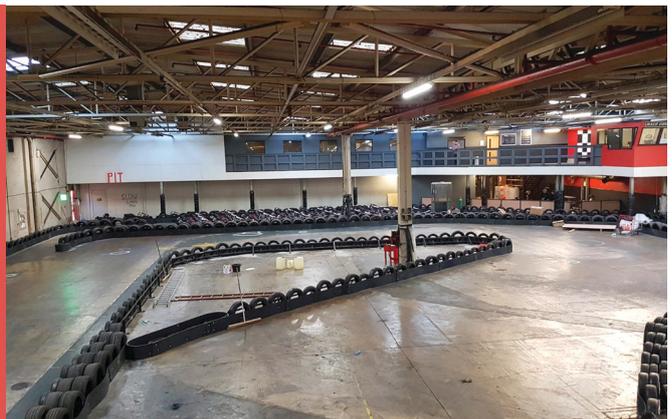
Whether you are looking to have some well-earned "me" time, have fun with friends, or have a romantic afternoon with your partner in the countryside in Essex, Orsett Hall has the perfect spa package waiting for you! Inspired by our guests, our packages have been thoughtfully created and include everything you need to leave you feeling relaxed and rejuvenated.

Location: Prince Charles Ave., Orsett, Grays RM16 3HS

BRISTOL - TEAMSPORT GOKARTING

Looking to go karting in Bristol? Well, get ready to hop into a gasoline-powered kart and put the pedal to the metal on our exciting multi-level state-of-the-art indoor track with your family and friends at Teamsport!

Location: Avonmouth Way, Avonmouth, Bristol, BS11 9YA

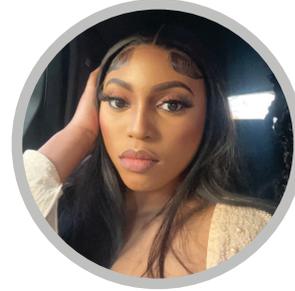


Meet the editors of this edition of Inside Success magazine



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



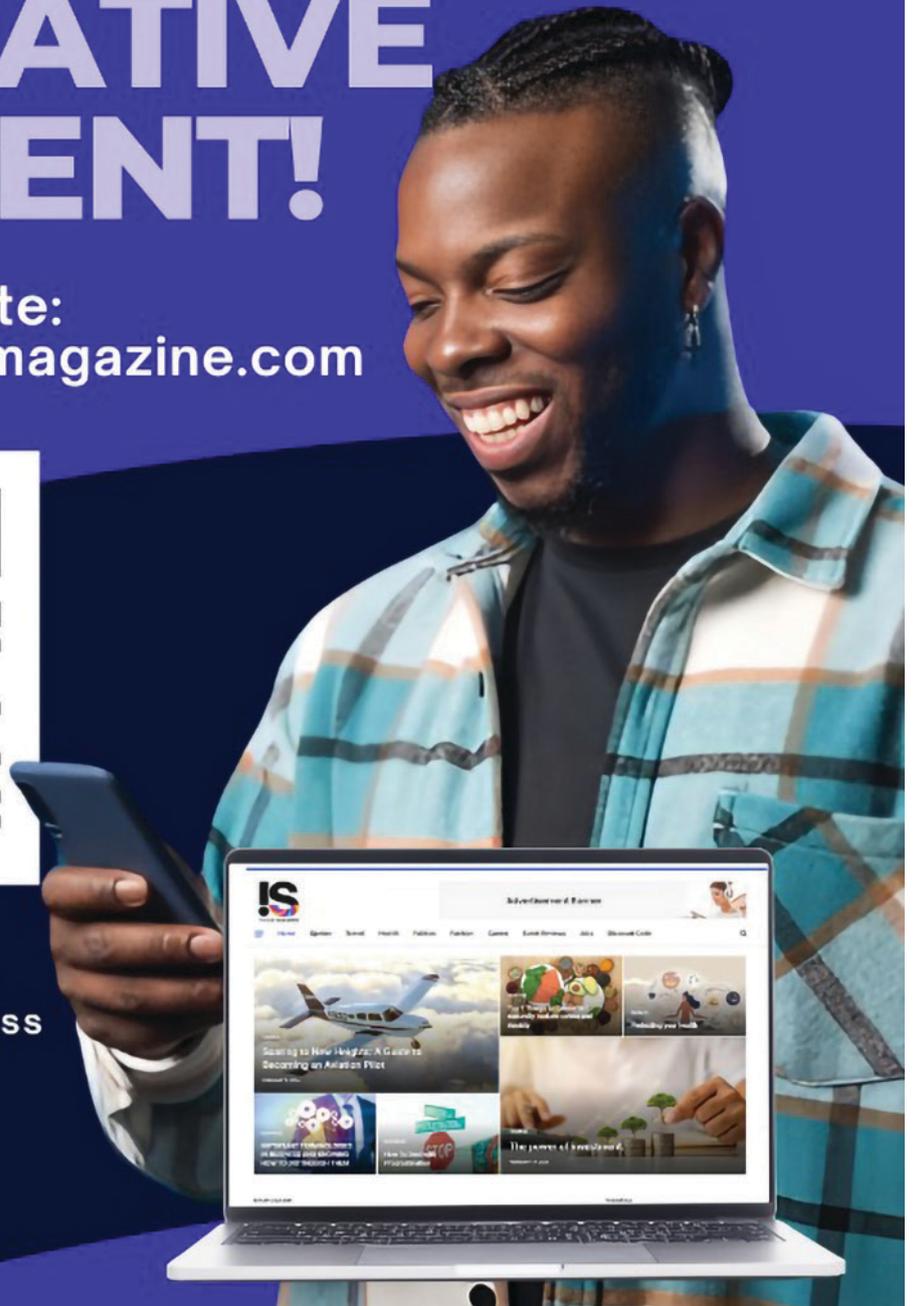
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**Where Dreams Meet
Reality: Inside Success
Magazine!**



Hungry? Grab a quick bite!

London: **BURNT, LEYTON, LONDON**

Looking for the ultimate spot to satisfy your meat craving? Well, Burnt in Leyton is just the place for you! The restaurant offers a menu of smokehouse BBQ meat dishes.



Location:
161a Midland Rd., London, E10 6JT

Manchester: **AFRIKANA**



Located in the heart of Curry Mile in Manchester, the exciting restaurant combines traditional African recipes with a modern twist, offering an exquisite dining experience for both residents and visitors alike. The restaurant's interior design reflects the rich cultural heritage of Africa, creating a warm and inviting atmosphere that invites guests to immerse themselves in the continent's diverse traditions.

Location:
81-83 Wilmslow Rd., Manchester, M14 5SU

Essex: **ASPERA**

Aspera offers you the warmest Mediterranean welcome since 2016. Their menu specialises in Mediterranean cuisine, using only fresh, wholesome ingredients and a traditional mix of spices.



Location:
130A London Rd., South Benfleet, Benfleet, SS7 5SQ

Birmingham: **PROJECT BUNS**

"ONE BITE SAYS IT ALL" is the chant for Project Buns, located in Birmingham. Passionate about connecting the best world flavours and ensuring customers experience sensational flavour with every bite, their menus offer different dishes of street food, including burgers, loaded fries, and chicken.



Location:
304 Ladypool Rd., Sparkbrook, Birmingham, B12 8JY

Bristol: **MRS. POTTS CHOCOLATE HOUSE**

Mrs. Potts Chocolate House is an exciting new concept in dessert bars, serving a selection of chocolate-inspired desserts, hot chocolates, coffee, and tea.



Location:
50 Park St., Bristol, BS1 5JN



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Becoming a Makeup Artist

The national average salary of a makeup artist is £23,628 per year, or £12.12 per hour. Entry-level positions start at £20,500 per year, while most experienced workers make up to £40,000 per year.

Being a makeup artist is a career largely dependent on skills and abilities, so there isn't a direct-path career. Instead, you are given complete control over how you want to go about it, choosing to be self-employed or work on a consultant basis. It is an exciting journey that allows you to unleash your creativity while helping clients look and feel their best. So long as you have a genuine love for makeup artistry, you are guaranteed success.

TRAINING AND EDUCATION

Formal education and degrees are not required; gaining relevant qualifications can be helpful in boosting potential earnings and improving your credibility. Courses are offered via numerous institutions, such as colleges, universities, and beauty academies. Some professional training qualifications are:

- Business and Technology Education Council (BTEC) Level 3 diploma
- City and Guilds diploma

- International Therapy Examination Council (ITEC) Level 3 diploma
- Vocational Training Charitable Trust (VTCT) Level 3 diploma
- Makeup Standards Authority (MASA) award, diploma, or advanced diploma

Additionally, apprenticeships are another avenue to take, providing the opportunity to learn all the necessary skills while getting paid. Make-up artist apprenticeships are useful for those who have left education and want to gain industry experience immediately.

GAINING WORK EXPERIENCE

The best way to improve on a skill is through practice and experience, so gaining relevant experience is the next step to take either after or during training. Work experience provides insider knowledge of how makeup artists operate and what their daily schedules look like. What's more, it may confirm a desire to work in a particular industry. It's

helpful to keep in contact with past employers and colleagues, as they can be useful connections down the line when looking for employment.

BUILD A PORTFOLIO

Compile a portfolio of your work that's been done during both your education and work experience. Showcase your versatility by including a range of looks in your portfolio to highlight your skills and potential to employers and clients.

Develop an online portfolio or website. Utilise social media platforms like Instagram to display your talent and attract potential clients. This way, your work is reaching a wider target audience.

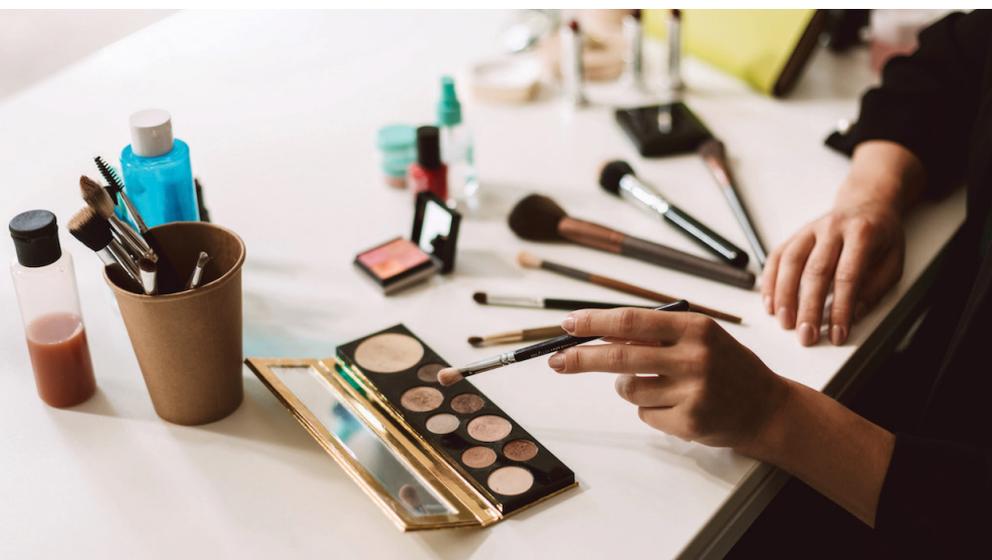
BUILDING UP YOUR SKILLS

The best way to do this is through experience and training. The most important things to have are:

- Good Communication
- Creativity
- Time Management

Networking is another way to learn new skills. Attending industry events such as makeup trade shows, fashion events, and networking mixers to connect with professionals in the industry. Collaborate with photographers, hair stylists, and fashion designers to expand your network and gain exposure.

Embarking on a career as a makeup artist requires dedication, creativity, and continuous learning. By following these steps, you can turn your passion for makeup into a fulfilling and successful profession.





Financial Analyst

A financial analyst is a professional who assesses the financial performance of companies, industries, or investments and provides insights to guide decision-making.

Their primary role is to analyse financial data, trends, and market conditions to help businesses and individuals make informed financial decisions. Financial analysts work in various industries, including corporate finance, investment banking, asset management, and consulting.

The average financial analyst salary in the United Kingdom is £42,500 per year, or £21.79 per hour. Entry-level positions start at £32,775 per year, while most experienced workers make up to £60,000 per year.

GET A DEGREE

Unlike other degrees, such as law or medicine, there isn't a specific education requirement to become a financial analyst; however, organisations do prefer candidates to have an undergraduate degree in economics, finance, or a closely related field, such as accounting or statistics.

Employers are looking for graduates who have a broad understanding of business and have fundamental knowledge of accounting, economics, and investments. Postgraduate studies aren't essential, though a master's degree, such as a Master of Business Administration or a Master of Accounting degree, can help you advance in your career, earn higher salaries, and apply for leadership positions.

GAIN EXPERIENCE

Many organisations and financial institutions offer graduate schemes to new graduates that provide

opportunities to gain practical work experience in the field, as well as the chance to develop yourself professionally and receive mentoring. Overall, undergoing such schemes successfully makes you a more eligible candidate for companies seeking employment.

Alternatively, internships and work experience at financial institutions are also helpful to becoming a financial analyst, which is a powerful tool for graduate recruitment. Competition for jobs is very intense, so having related work experience can be extremely valuable.

GET A CERTIFICATE

Certificates are a good way to enhance your CV and make you more attractive to future employers. One of the most common certifications companies may look for or encourage you to get is the Chartered Financial Analyst (CFA), which is recognised globally and takes around four years to complete.

CHOOSE A FIELD OF SPECIALISATION

The best way to advance your career is by specialising in a specific industry. For example, you could take the avenue of a risk analyst focusing on helping companies assess gains and losses on investment or work in a particular segment of the business world, such as the energy sector or foreign exchange. As you gain initial experience in the financial industry, you will learn about all the different fields. The best way to gain employment is by choosing the area you find most appealing.

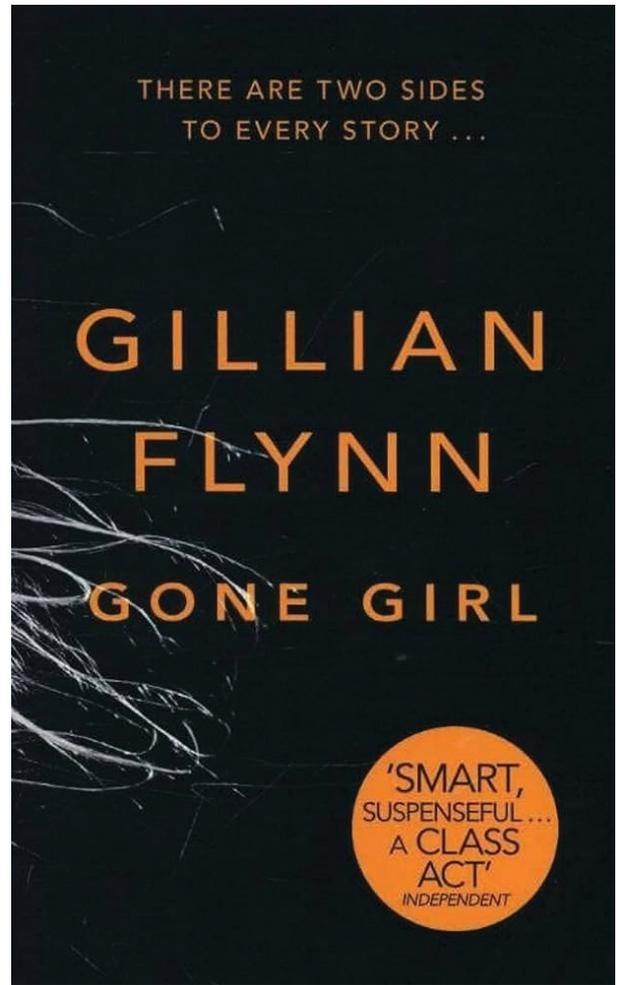
3RD TIMES THE CHARM



SEE:

DEADPOOL 3

Calling all Marvel lovers... Deadpool is making its comeback in 2024 with its third installment. Wolverine is recovering from his injuries when he crosses paths with the loudmouth, Deadpool. They team up to defeat a common enemy.



READ:

GONE GIRL BY GILLIAN FLYNN

An unmarried couple's lives take a turn for the worse when the wife disappears and her husband is suspected to be responsible.

BUY:

KINDLE

Perfect for those who prefer to read digitally, a kindle appeals to e-readers. Amazon Kindle devices enable users to browse, buy, download, and read e-books, newspapers, magazines, and other digital media via wireless networking to the Kindle Store.





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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.

