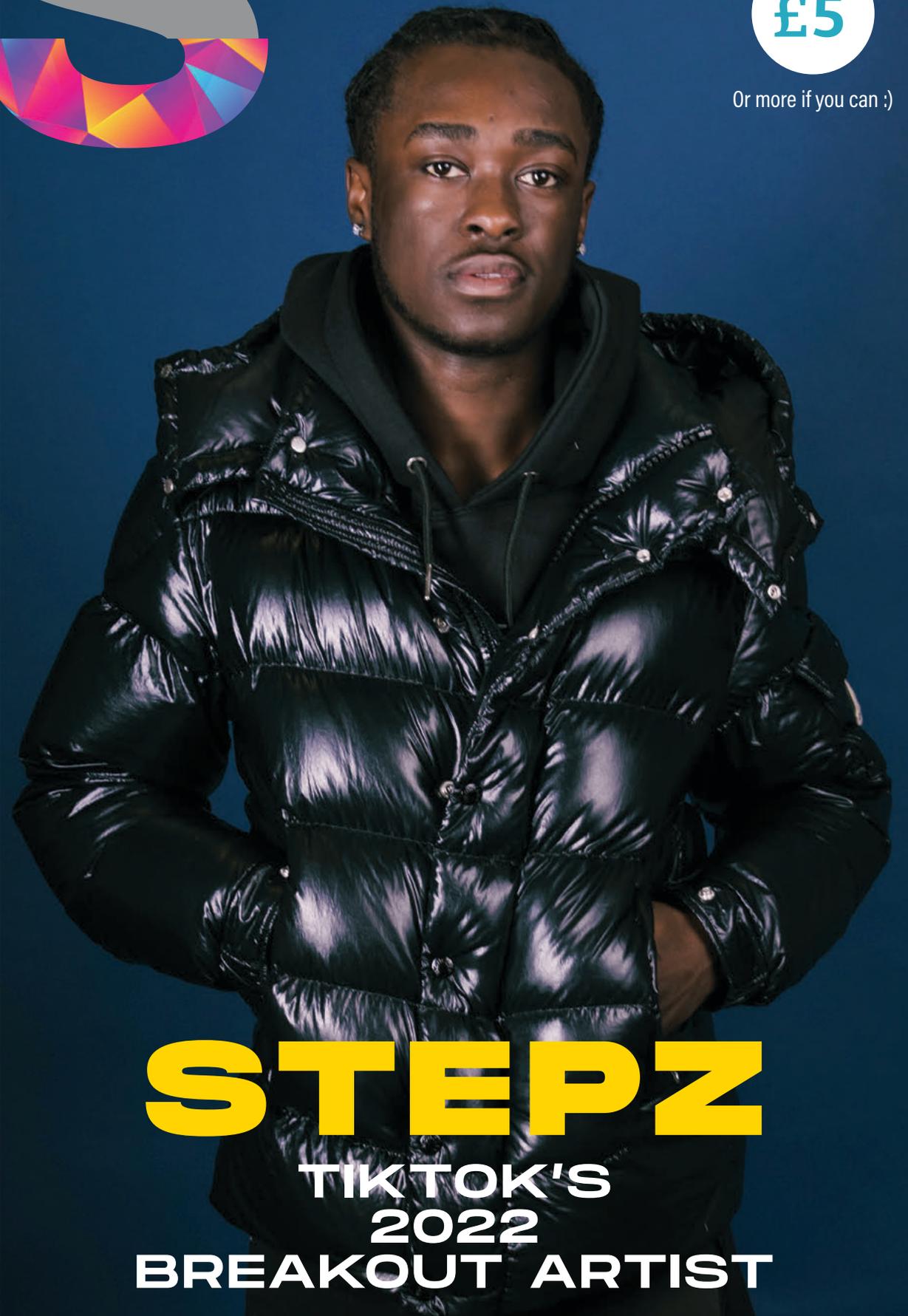




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Let's talk about neurodiversity..



NEURODIVERSITY is a term used to label those with diverse brain functions in cognition, processing, and behavioural patterns. Examples of neurodiversity that most people are aware of are ADHD, Autism, Dyslexia, Dyspraxia and Tourette's. These are well known to affect everyday living, including things such as learning, attention span, social ability, and other mental traits. Now, why should this matter to you? Well, more people fall under this category than you may think, with roughly fifteen to twenty per cent of the world's population experiencing some form of neurodiversity, that is, almost 1.5 billion people. Therefore, you must realise there are more ways of thinking than your own. Before you question or judge someone, consider the possibility that they may have difficulties processing and learning.

IT IS VITAL to understand neurodiversity and its baggage when growing up and meeting all types of new people, whether going off to university, starting a new job or even in typical social settings. It is commonly misjudged because there is not enough education shed upon neurodiversity in schools, and it is falsely spread as a laughing matter due to the lack of awareness from students, which is no fault of their own but the education system itself. This causes gen-

erations to go on without understanding the topic, ending in a constant cycle of division. Although many people deem the term a western world label used to categorise people, it helps us understand how many of us think and process information. Despite it being a western world creation, it is not to say that we should ignore the matter as many other things today fall under the same term, but we still have to live with it. After all, these labels help us identify minor tweaks in the brain's functioning, but still, everyone's brain, even within these categories, is not the same.

NEURODIVERSITY is not something that the neurotypical should be afraid of. Neurotypical is typical cognition processing. It is quite simply a hidden disability and challenging to control. Yet, neurodiverse people often see their 'disability' as a superpower, allowing them to think outside the box and create using excessive levels outside the norm. This is why eighteen per cent or more of people in advertising, marketing and media have one or more neurodiverse traits, and some of the most remarkable people to surface on the planet, such as Albert Einstein, Bill Gates, and Muhammed Ali, fall into one of these categories.

How traineeships and apprenticeships are benefiting young people

Apprenticeships and traineeships have become increasingly popular over the last few years, but what are the differences between them? Traineeships are part of the apprenticeship family, but are specifically aimed at young people aged 16-24, where apprenticeships are available at any age. Traineeships are a stepping stone to an apprenticeship and last for up to 6 months, and apprenticeships can last several years depending on the level. Both provide an alternate way to gain qualifications, find employment, and create a more dynamic and diverse workforce.

Here's our top 5 reasons why apprenticeships and traineeships are benefiting young people:

Earn while you learn

It's now a requirement to stay in education until you're 18, but not everyone learns in the same way. That's where alternatives like apprenticeships and traineeships come into play. If you're unsure of your next steps or struggling to find your path, apprenticeships and traineeships could be for you. You'll be gaining a recognised qualification as well as taking home a wage each month, so it's a great balance of learning and earning!

Real world experience

By taking on an apprenticeship or traineeship, you're getting out there in the real world. Sure, it can be a scary place, but once you find your feet you'll be settled in before you know it. It's this experience that will set you apart from other candidates in the job market and give you the edge in interviews. You're gaining real knowledge and skills that will be invaluable in the competitive world of job hunting.

Career development

Once you successfully complete the programme, you'll get a nationally recognised qualification. This qualification can lead to increased job opportunities or taking your education even further. Apprenticeships are available up to level 7 (postgraduate) in certain sectors. You're also much more likely to be hired as a full time member of staff once you



complete your programme. Who better to fill a vacancy than someone who already knows the ropes? The company has put in time and money to train you to their standards, and that's not something they are going to let go of lightly.

Improve your confidence

While it's true you'll be learning the skills required for you to be amazing at your job, there's more to it than that. You'll also learn a lot more about yourself, grow as a person, and learn life skills that you will be able to carry with you through anything. Taking on further education programmes will help your personal development in more ways than one:

- You'll build your social skills
- Meet new people
- Boost your confidence
- Gain a sense of responsibility
- Help to build a daily routine.

No debt

Apprenticeships and traineeships are free. That's right - free! Choosing to go to University means student loans and years of debt, but all that your apprenticeship or traineeship requires in return is your commitment and dedication, to get the next chapter of your life started.

So, if you're looking to hit the ground running and want to find out more about apprenticeships and traineeships, or how Inside Success UK can support you, simply get in touch today.

Traineeships

Let's talk about the UK financial crisis...

OPINION

The UK's Financial Crisis is no shock to us as this has been happening with minimal consequences. However, in November 2022, the FED raised the UK's inflation from 0.5% to 10.7%. With that being said, it comes as no surprise with the already notorious cost of housing; this has tripled in price. Young people from ages eighteen to twenty-six are the highest rent payers, and this bizarre amount is coupled with a continuous decline in the employability rate. It has become more challenging for a young person to survive in the UK with nothing to fall back on. Not just rent but electricity bills, groceries, and travel have all increased in cost.

How has the financial crisis affected young people?

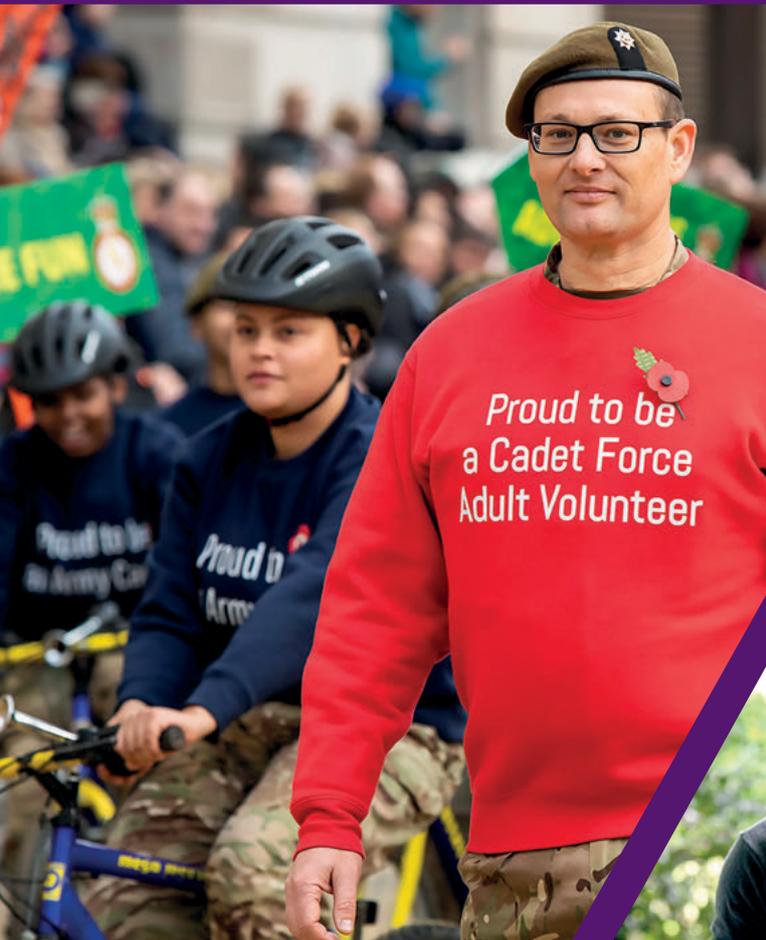
So far, many young people, including those in the university, find it difficult to cope due to the struggle of balancing financial demands of their daily life. This can lead to issues such as mental health or venturing into many illegal activities to try and make all

ends meet. So, Dear Government, we are nothing but young people.

As time goes on, we are approaching a time of bills, assignments, care of ourselves, etcetera, not to mention the economic crisis we are in with prices rising. So, there are specific steps we must take to ensure that we don't fall behind on responsibilities but also manage to enjoy and maintain an excellent work-life balance. The first step is to take accountability by making time for self-reflection; this ensures that you are holding yourself to achieving everything you've planned to do. For example, two hours spent on studies, six hours on work and a set time for leisure and winding down to ensure you're not working yourself too hard. The key to juggling with responsibility is balance, knowing that you shouldn't overwork yourself but also shouldn't procrastinate about the things you need to do. Also, pay attention to any signs of stress or anxiety in your life and ensure your well-being is at the forefront of any responsibility you must complete.



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...taking a gap year

With the academic year coming to a close, you need to consider your options as someone who plans to take a gap year away from education. As much as backpacking around Australia in inbetweeners style sounds like a great plan, you need to be realistic. If you're considering taking a gap year in the first place, this means one of two things. Firstly, you plan to go back into education the following academic year, or secondly, you simply haven't thought this far ahead, and you still don't know what you want to do. Both are okay, there's no need to stress at this point, but you must spend your time wisely.

For example, if you plan to go back into education (being university) and you don't know what you want to study, you need to get creative with yourself and see what you're interested in. It could be anything ranging from photography, writing or even fashion. Whatever you're interested in, take a deep dive into the industry, and try out new things. The same goes for if you already know what to study. You can do extended research to put yourself one step ahead and do practical tasks to gain first-hand experience. The world is your oyster, so this will be the best chance to develop your path fully; the rest is history.

However, if you have not thought this far ahead and don't know whether you're going back into education, that is also okay because we all go at our own

pace. In a way, you are at an advantage if you don't know what you want to do because it gives you a chance to have a bite of every pie. Hop from industry to industry and see what works for you whilst gaining some cash to help fund your future. There are plenty of things you can consider doing whilst on a gap year, and here is a list below of the best things for our youth that we could suggest:

1. Start a business
2. Get a job and earn some money to fund your future
3. Travel and find your passions (responsibly)
4. Invest in your hobbies and watch the results unwind
5. Find an internship in your dream field
6. Do some taster courses to find what you want to study (There are many available at Working Men's College – London)

Most importantly, be productive. If you try new things and put yourself out there, the opportunities will follow, and you'll eventually be fulfilled in your gap year as you will be ready for your future. Don't forget to also take time to enjoy yourself, though, as depending on your choices, you could end up on a tight schedule for the next few years!





...I handed in my first uni assignment.

1. Start planning and preparing the moment you learn about the assignment.
2. Attend the seminars and do the readings that go with them.
3. Make sure you've befriended people in your course, they'll be your biggest help.
4. Make sure you've actually read the assignment and you know what it is they're asking you to do, how to write and submit it. It's the easiest, quickest way to lose marks.
5. Whatever you do, don't leave it for the last minute. All-nighters guarantee failure.





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SCAN ME



The effects of Covid-19 on our education system

What is COVID-19?

We all know that COVID-19 is an aggressive virus that targets the respiratory system, like the flu but advanced. The impact of COVID-19 has been rather exasperating to the world as it became one of the world's most dreadful pandemics, with over 100,000,000 deaths worldwide and over 2,000,000 deaths in the UK.

What is the aftermath of COVID-19 on us young people?

COVID-19 created a crippling effect not only in the NHS but also in the educational sector. Across the UK, online learning became the initial approach to learning. However, this has affected many students especially young adults in secondary school, colleges/sixth form. This is due to the perks that come with online learning. A basic essential for online learning is a digital device. With the rapid pace of COVID-19 and the demand for technology such as computers and laptops, schools and colleges began to receive a massive decline leaving students to afford their digital

equipment to keep up with learning. Most young people lack the financial capability to afford laptops; this automatically excludes them from learning and, in the future, losing interest in education. The GCSE and A-Level results in 2020 massively declined due to COVID and the negative impact attached to online learning.

The question is, "What is the new norm for the UK educational sector after COVID?"



NANA BADU (BADU SPORTS)

The Badu organisation uses sport to educate, empower and uplift young people and their families. Maintaining the youths' physical and mental well-being allows them to look after their mental health and invest their time in things beneficial to them. Nana Badu mentors many young kids, motivating them and encouraging them in the community. All specialist coaches follow the BADU vision and promote responsibility, motivation, and respect for others, which the youth need to excel in. The acknowledgement of Nana Badu is because of the determination and hard work he has shown over the years.



IMARN AYTON



Imarn Ayton is a thirty-one-year-old South Londoner who became prominent during the Black Lives Matter protest in May 2020. She is a motivational speaker and racism 'thought leader'. This made her GOSH Ally recognised. Imarn's iconic image was captured in British Vogue in September of 2020 called the "Activism faces of hope". She was also featured on the mega billboard at Piccadilly Circus London and in various magazines such as The Face magazine and many more.

LOYLE CARNER



Loyle Carner has attained various awards and even got parliamentary reception honouring them. He has strived through many tough times, such as growing up with ADHD and dyslexia; he was seen as a 'disruptive idiot' and managed to battle through his inability to spell or focus in class. Another incredible pivotal moment in his life is when he reconciled with his dad after the birth of his newborn child. Moving on from previously held grudges is never easy; he described it as 'self-battlement', but the support from his father has helped with looking after his son.

MOLLY MAE HAGUE



Molly Mae started her career as a runner-up in the series *Love Island* with her social media blowing up to three million. As a result, she was noticed by the online retailer, Pretty Little Thing, who brought her in as a Brand Ambassador. After all her hard work and dedication to the company, she was announced the Creative Director in 2021, along with her own clothing line. Not only this, but she has also announced her own self-tanning range and had major deals with Starbucks.

ZENDAYA



Zendaya started as a Disney Channel actor starring in *Shake It Up* and featuring in other series; she has now starred in *Spiderman*, started her own clothing line, and released a new album. Not only this, but she has also won multiple awards for her diverse talents and is an ambassador for mental health and taking time for things that make you calm; she talks about how she would drink Matcha Tea and Smart Water during the filming of *Euphoria*.

NELLA ROSE

Nella Rose is a well-known fashion lifestyle and beauty influencer known for her sense of humour. At eighteen, she started as a YouTuber, doing videos at university with her friends, grasping the youth's attention. After she finished university, she decided to branch out and broaden her market. Nella Rose launched a streetwear fashion branch, 'Faces London', which sold out within thirty minutes and her line for plus size models. She was awarded the official Pretty Little Thing YouTuber of the year 2020. She has also presented and hosted with Idris Elba, Adele, Michael B Jordan, and more. She has also bought her own apartment and is excelling in Footasylum's YouTube and other ventures. Truly an inspiration to the youth!



STEPHEN ADDISON

UNDER THE MICROSCOPE

Stephen Addison is a business administration graduate and social entrepreneur. He had a passion for boxing part-time whilst studying and decided to start a social enterprise called Box Up Crime. Box Up Crime aims to include people from disadvantaged backgrounds. From attending LSBU through clearing, he has gone on to win the LSBU Make It Happen Competition and be a finalist in Teach First's Innovation Awards. He acknowledges the mentors he had that provided consistent guidance and encouragement, which is what we aim to do for the youth.



Box up crime:

Stephen Addison launched Box up crime in 2013 after witnessing the tragic loss of many close friends to gang violence and crime. Stephen was inspired to establish an organisation that would address the social issues that expose vulnerable young people to crimes, as well as providing viable and positive alternatives to incarceration.

Challenges young adults face:

Every year there are 100 of young people who are murdered in London with some of the victims being as young as 13. There is a lack of safe space for the young people in local communities to develop their social skills and gain opportunities for a successful future. As the crime rates rise more young kids are getting kicked out of school, therefore the level of education they receive is lower.

Box up solution:

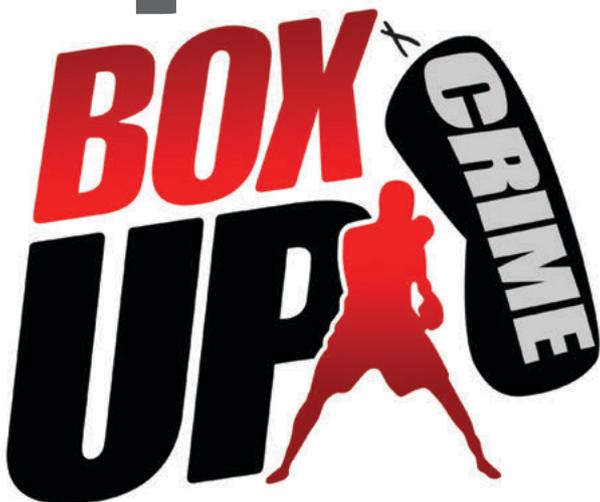
They help the youth in various aspects in their life and help them stay away from crime by providing different opportunities and guidance. They provide boxing for young people in our community and stay affiliated with Boxing England to provide a safe place where everyone can gain skills from as well. Furthermore, in collaboration with the University of Arts London, they created "The Real Me" curriculum, a toolkit for mentoring and leadership development which won numerous awards. Giving a platform that young people can use to express their feelings in music can allow them to be creative and develop a career. Box up gives them an opportunity to create music and be creative with their feelings by encouraging and supporting young people to start their own social enterprises and guide them through their ideas. Lastly, by providing careers and guiding the youth to a successful path gives them the support they may not otherwise get. Overall, Box Up have many options that can guide the youth and prevent them from committing crimes or not achieving their goals because of the lack of facilities they have.



GET INVOLVED:

If you need support in your career or in life then please don't hesitate to get in touch and receive support on various aspects.

You can get in contact with them on:
02085174446 and info@boxupcrime.org





A Letter to my Younger and Older Self

ZAINAAB GIWA

Hi, my name is Zainaab Giwa, and I'm a student who studies Health and Social Care with comprehensive planning to do nursing in the future. I will tell my older self to make as many memories as possible because you will have responsibilities to worry about when adulthood hits. One thing I wish I could've told my younger self is that I wish I believed in myself more; it would've made an impact. However, the right people around me have made me a strong, independent woman.

MALIK BROWN

Hi, my name is Malik Brown, and I am a Sales Manager for Inside Success. One thing I wish I had known when I was younger is to work on my money management and not be discouraged by failure. I would also say that if you know you want to do something, pursue it till you make it. When I was younger, I didn't want to go to college or sixth form; instead, I wanted to pursue an apprenticeship. I got kicked out of college, but that didn't stop me from applying for apprenticeships, attending many interviews, and being rejected and stuck in that cycle. In 2018 I finally got a smart metering apprenticeship and started to train other apprentices, which shows that outstanding achievements come with hard work and dedication. If you fail, keep going, as success always comes from failure. I will remind myself that when everyone doubted me, I didn't and kept pushing, which should motivate me whenever I feel discouraged.

MILENA LAURA

Hi, my name is Milena Laura, and one thing I wish I knew about or would take more seriously is to save up from a young age and not buy unnecessary things. As a young person, you're probably thinking, why should I save up when you're still learning and in education? But honestly, later in life, it will benefit you, e.g., if you invested in properties or a business with your name on that which you owned. Seeing your name on something you own will make you and your family proud, especially with the current economy. Another thing I would tell my future self is to always be proud of myself regardless, with my head held up high because I have made it so far, and it only gets better. The only option is winning; there is no room for failure.

TOBI

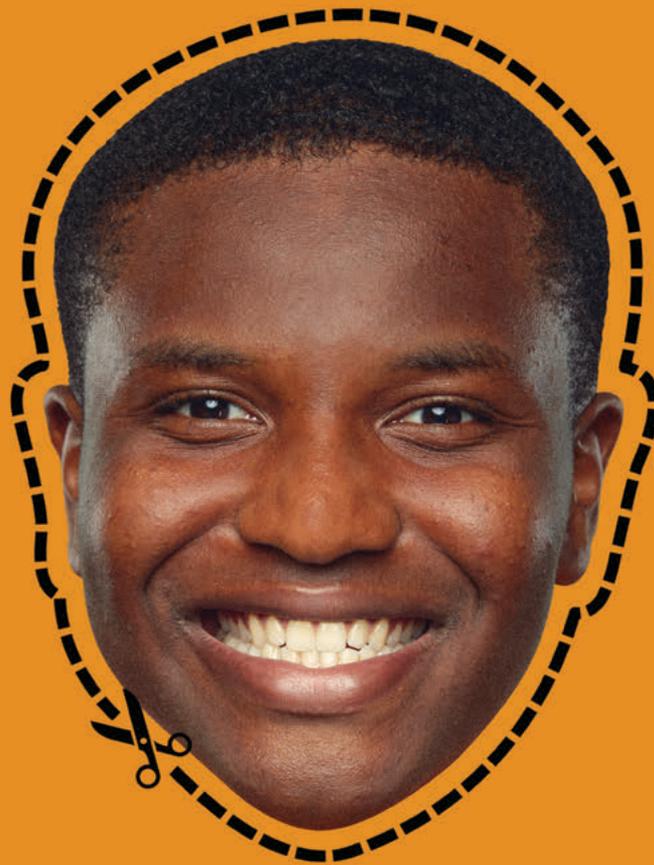
Hi, my name is Tobi, and I am an Outreach for Inside Success. One thing I wish I had known when I was younger is not to worry about what other people think about me. Regardless of what you do, people will always form opinions and judge, so be free to do what you want and believe you can achieve anything. I would let my future self know that money is not the most important thing; do something that genuinely makes you happy, and you'll excel at it.

CHANTELLE LEE

My name is Chantelle Lee, and I am a student who studies accounting and business management. I would like to share with you one thing I wish I had known growing up: you have a story worth telling and a life worth living, so speak up and speak out for what you believe is important. Since my teens, I've always wanted to start a prosperous franchise restaurant, and I have always had a strong interest in hospitality and cooking. I would tell my older self that I should pursue my dream and do whatever I can do to achieve this and my goal.

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Stepz: TikTok's UK most viewed in 2022

SUCCESS LEAVES CLUES

Top of TikTok's list of most-watched UK musicians for 2022 is rapper Stepz. The Croydon-born musician won the top spot in the social media giant's annual Year on TikTok report. The Essex singer first became well-known on the site when, while in lockdown, he started posting cover songs and attracted the attention of international celebrities like Justin Bieber and Alicia Keys.

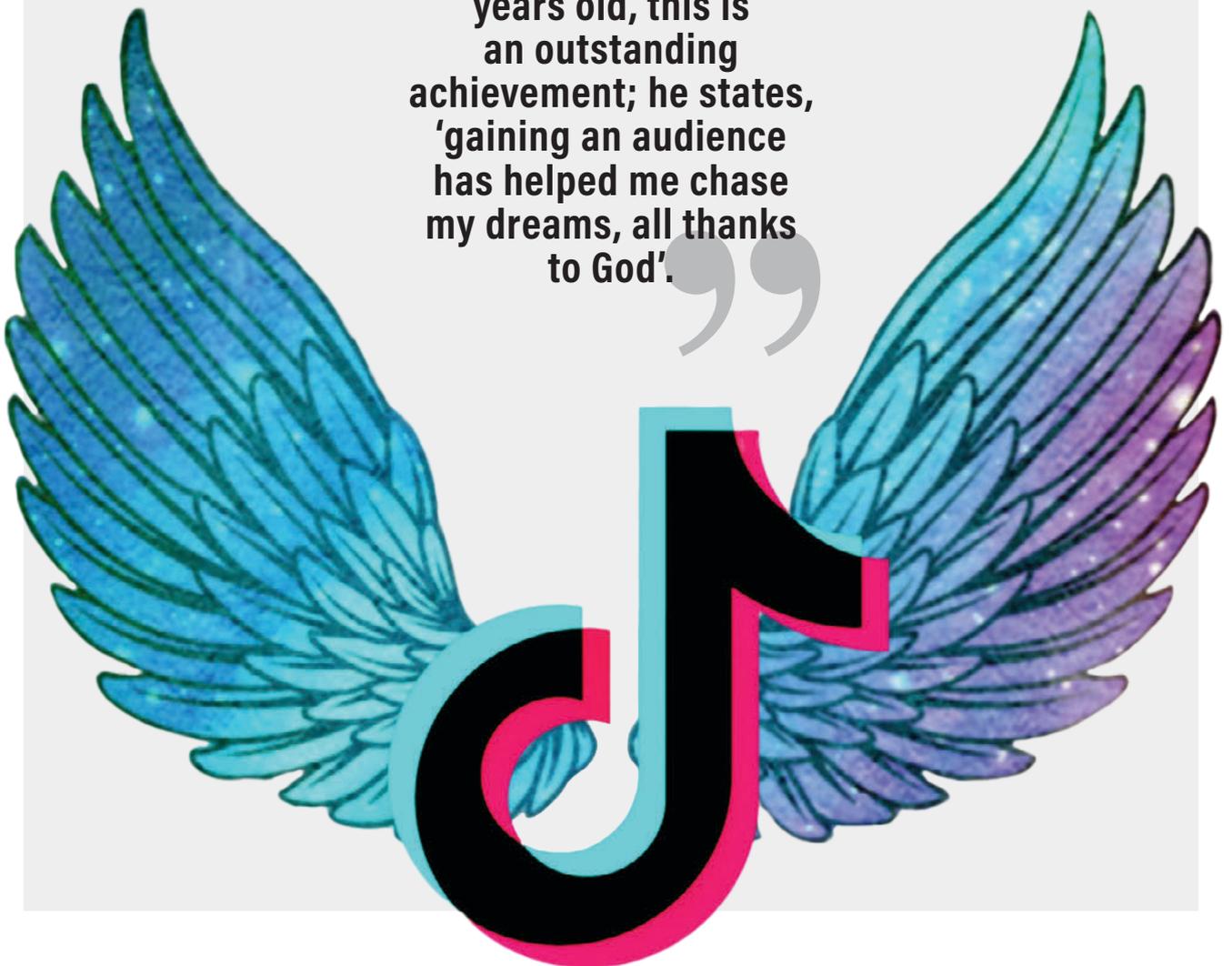
His song Cramp Dat, which borrows Soulja Boy's 2007 smash Crank That, earned him the title of TikTok's breakout artist of the summer in the past. Through the growth of his popularity, he has been able to work with famous British artists like Ivorian Doll on his new upcoming EP. He later joined the Warner Music Group's Parlophone record label, and since then, he has played at important occasions including the Platinum Jubilee celebration and the

Formula 1 British Grand Prix at Silverstone.

Rapper Stepz has been able to use his popularity to start up his business dreams and interact with his two million followers. He has an upcoming clothing line "Allie", upcoming school shoe line called Stepperz and soon opening a Twitch account for the streaming platforms.

The Essex singer started his journey at Inside Success Union CIC where he spent 2 years working as a Youth Vender. "Working at Inside Success has drastically boosted my confidence. I am 100% a lot more confident with myself which you can see in my music and TikTok. This job showed me how you have to be work motivated to see achievement," the 19 year old, who presently has 2.9 million followers on Tiktok, said.

“At only eighteen years old, this is an outstanding achievement; he states, ‘gaining an audience has helped me chase my dreams, all thanks to God’.”





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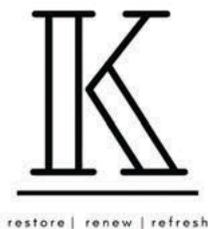
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Understanding processed foods and how to improve your diet

It is essential to understand that it is not always the best option to begin a calorie deficit or cut out x amount of calories when trying to lose weight, but to cut out certain processed foods. However, it is not as simple as cutting out processed foods considering there are four different groups of processed foods, and not all of them are bad if taken within moderation.

1. The first group you have is unprocessed foods which are whole natural foods that will only have been washed and had inedible parts removed, such as bones from meat or fertiliser from fruit and vegetables. These unprocessed foods include fruit and vegetables, whole pieces of meat such as chicken, beef or chicken breast, fish, dried herbs, and eggs.

2. The next group you have is processed culinary ingredients such as flour and sugars, butter, oil, animal milk and honey. These foods are all made from unprocessed foods and produced into something else.

3. Then you have processed foods made from a mixture of the two groups (1. and 2.) into something more edible like cheese, bread, tofu, and pasta.

4. Finally, you have ultra-processed foods. This is the group you want to avoid indulging in daily, as they include many E numbers which are chemically altered ingredients designed to keep us coming back due to their addictiveness. Not only is it bad that these ingredients keep us wanting more, but they also accommodate serious health risks. This is no surprise considering some E numbers, such as E171 (Titanium dioxide), are used in paints and sunscreens. It can also typically be found in many ultra-processed foods such as chocolates, cheeses and chewing gum to give it that extra shine. A similar ingredient used is carnauba wax which is often found in Haribos, but what you wouldn't expect is that it is sold as a paste wax to clean the exterior of your car.



The point is that if you aim to lose weight, it's not necessarily about cutting out 500 to 600 calories a day because if you do that and still eat McDonald's for dinner, then you are still taking in all the bad stuff for your body. You need to aim to replace the highly processed foods with natural whole foods in the first three groups above (1. 2. and 3.), which are safe for your body, and you will get the same result without feeling deprived. This means swapping fizzy drinks, confectionery, and fast food for natural alternatives such as water, fruit bowls and chicken burrito bowls. Now calm down; we're not saying you can't have a cheeky takeaway occasionally, but if you genuinely want to improve your diet, then cutting out things in significant amounts at a time and quitting cold turkey will only make you relapse harder. So, learn to make swaps and slowly phase things out but most importantly, be mindful of the ultra-processed foods and take them within moderation.



How to eat well for less on a budget



When going off to university and transitioning to independent adult life, it can be overwhelming to suddenly be responsible for all your tasks, needs and everything in between. So, we set out a week's plan to be money conscious and enjoy healthy, nutritious meals all prepared and ready to go from the start of the week.

TIPS:

Make sure to get yourself plenty of Tupperware containers, around fifteen, in various sizes. Five for breakfast, five for lunch and five for dinner. This may be costly, but when you compare the overall price once you have storage and weekly shopping ingredients, you'll be spending one day's worth of uber eats every week. It's a no-brainer.

We recommend you do your weekly shopping in Aldi as it is rated the UK's cheapest supermarket where you can get some of the freshest produce. You are not guaranteed to find everything you're looking for, so spreading it across places such as Lidl and Morrisons is okay.

BREAKFAST:

Peanut butter overnight oats with smashed banana

Shopping list: (Aldi)

- Milk
- Oats
- Banana x 7
- Chia seeds
- Peanut butter

LUNCH:

Greek Salad with Chickpeas

Shopping list:

- Cucumber
- Cherry tomatoes
- Peppers
- Chickpeas
- Spring onion
- Olive oil
- Feta
- Lemons

DINNER:

Chicken and Chorizo Paella

Shopping list:

- Chicken breast
- Chorizo
- Mexican rice
- Peppers
- Onions
- Passata
- Cherry tomatoes



ALL CHANGE WITH UCAS

UCAS has ditched personal statements in 2024 applications to favour middle-class students and make the application process less stressful. Now UCAS has decided to use structured questions (multi-question survey) to 'bring focus and clarity for students and reduce the need for support.

Rather than looking at the advantages students have had in their life, the focus is more on their motivations for studying the courses, their preparations, and their circumstances. UCAS has announced the summary of what the questions will be focusing on:

- **Motivation for Course** – Why do you want to study these courses
- **Preparedness for Course** – How has your learning helped you be ready to succeed in these courses?
- **Preparation through other experiences** – What else have you done to help you prepare, and why these experiences are helpful?
- **Extenuating circumstances** – Is there anything that the universities and colleges need to know about to help them put your achievements and experiences so far into context?
- **Preparedness for study** – What have you done to prepare yourself for student life?
- **Preferred Learning Styles** – Which learning and assessment styles best suit you – how do your course choices match that?

There are also more changes being made to the 2024 applications:

Academic references are being reformed, moving from a free-text approach to a set of three questions, similar to the Personal Statement reforms.

The 'Entry Grade Report' will be created, which allows applicants to see grade profiles that have been accepted for courses over a five-year period.

A 'Course Recommendation Tool' is being created to provide applicants with personalised suggestions for courses based on their current grades and preferences.

A 'Fair Access Programme' is being created to encourage widening access and participation.





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)**



QUESTIONS FOR YOU TO ASK TO ACE YOUR JOB INTERVIEW



1. What characteristics do you have that will make you stand out in this company? What traits can you bring to the company that will improve how it is now? List any prior roles, successes, or experiences.

2. What is your greatest flaw/weakness? Talk about past experiences either from previous jobs or in life. Be sure to talk about how you have overcome it or what you would do if you were placed in that position again.

3. What is the greatest strength that you can bring to this role? Research what this role entails and discuss how you would be best suited for the job.

4. What mistake you've made, and how you dealt with it? Use this to acknowledge when you had to deal with something and how you fixed the situation. This question is to show you problem-solving skills and adaptability.

5. State a time when you disagreed with a peer or manager and how you resolved the situation. This is to see how you handle situations and maintain a professional mindset and attitude. Express the communication and conflict management you displayed.

6. When have you had to balance priorities? Talk about balancing university or school and work and hobbies, maintaining a work/life balance and skills showed such as multi-tasking, organisation, and scheduling.

IMPORTANT TERMINOLOGIES IN BUSINESS AND KNOWING HOW TO DISTINGUISH THEM

When entering a business, there are a few key elements to learn that you need to always have under your belt.



When you start navigating business terms and are hungry to learn more, it is essential not to let the basics slip from your grasp, as it can be easy to forget them from time to time when you are a beginner.

REVENUE:

The first key element of a business is understanding revenue, and it's pretty simple. It is the sum of money you have coming into the business regardless of expenditures. An example is Nike's total annual income in 2022 of \$49.107 billion based on sales of their products alone, not subtracting the costs they have endured over that term.

GROSS PROFIT:

The next one is gross profit, which is your total revenue minus the cost of goods. So, if Nike, for example, had a different sum of revenue in 2021 of roughly £60 million and the cost of their products equates to £10 million, then they would have a total gross profit of £50 million in that financial year.

FORMULA:

Gross profit = Revenue - Cost of Goods

NET PROFIT:

The net profit is the final piece of the puzzle that will help you understand how much your business is generating and help you keep track of growth. The net profit is now what you have left remaining as gross profit after subtracting the cost of goods minus the expenditure of your business. This can be anything from office rent to your phone

bill and product packaging. This is the entire amount that you spend running your business. Once this sum has been calculated, you are left with your total net profit, which is the amount you have gained on top of your investments. In this case, if Nike's total expenditure was £29 million (total estimate), then you would do £50 million minus £29 million, and you will be left with a net profit of £21 million.

FORMULA:

Net profit = gross profit - Total company expenditure

If you are considering taking up business as a study option or looking to launch your own company, take that first step no matter what it takes because that one leap of faith will be the best thing to ever happen to you. Even if people are telling you not to or other factors are holding you back, just go for it, prove them wrong and learn along the way. What's the worst that can happen? You might even think business is a waste of study for me as it's not the path I want to take. However, business is arguably one of, if not the best, thing to study, as it teaches you so much about our society and how to manoeuvre around the consumer state around us. It teaches you all you need to know about buyer habits and marketing. As much as it benefits those looking to market their product, it also helps the customers make a conscious purchase whilst stepping outside the attention-grabbing bubble with flashy sales.



YOUNG PEOPLE AND MONEY MANAGEMENT

For the most part, money management isn't something that is taught widely in schools. But why not? Although money isn't everything, it's a huge part of our lives and influences most areas of our lifestyle.

Most of us visualise our dream job, where we earn a certain amount and live our best lives - but there's a lot of money management that goes into making those dreams a reality.

Money doesn't grow on trees. It's important to not only understand how to manage your money, but to know the value of it.

- Look at your incomings and outgoings on a regular basis.
- Find out where your money is going and

where you could be saving. For example, if you spend £3.50 per day on coffee, that's over £100 a month.

- Invest in a reusable cup and make coffee at home!
- Managing your money poorly from an early age can have an impact as you get older.
- Missing credit card payments or not paying a loan will affect your credit score, which in turn effects your ability to be approved for things such as mortgages in the future.

If you're currently in education, unemployed or NEET, heading into a full time job and getting a wage each month is

an amazing achievement, but can be a shock to the system. It's tempting to spend it all at once, but just take a moment to think. We're not saying don't treat yourself, you've worked hard for that money and you've earned it!

Just make sure you know what's going to be taken from your account before you start calling the Lamborghini dealerships.

Getting into healthy money habits as soon as you start earning, will set you up for a more comfortable financial future and managing your money will be a breeze.

You need to prioritise and work out what is essential and non-essential spending. Rent, food, insurance – these are all things that come under the umbrella of essential, and you need to put this money aside. Spending money on fuel or public transport is an essential spend, unfortunately the 11 pm trip to McDonalds is not.

Our top tips for managing your money are:

- Open a savings account and set up a direct debit to transfer an amount into it each month.
- Invest in a budget planner, like the one on Amazon.
- Plan ahead so you're ready for future expenses such as birthdays, insurance renewals or phone bills.
- Collect loose coins – it's always good to

have change lying around and it can build up to a larger amount over time.

- Find a healthy balance between spending and saving – you'll be glad you did down the line!



There are some great websites with credible tips to help with your money management such as:

- Barclays Life Skills
- Money Advice Service
- The Prince's Trust

Money is very personal, and everyone is in a different situation, so it's important to speak to someone you trust if you would like some help with your money. Inside Success UK help young people in a variety of ways, you can read testimonials from people we've already helped here.

We're always on hand to help. Just get in touch when you need us.



THE ELECTORAL SYSTEM? WHAT THE HECK IS THAT?

The term 'the electoral system' isn't something that sparks interest among us, young people. As a matter of fact, many young people have no idea what it is. So, let's discuss it. What is the electoral system?

Let's start off by simplifying the term. The electoral system, also known as the voting system, is essentially used in politics to elect the government. The more technical definition is: *'a set of rules that determine how elections and referendums are conducted and how their results are determined.'*

Right, so we have a definition. We understand what it means so here comes the next step, how does it work? Well, let's break it down into 6 straightforward steps:

1. In an area a series of candidates, most representing a political party, however there are cases of independent candidates, will be running, competing against each other to win, and become the MP of that area.
2. The area is called a constituency. There's a total of 650 across the UK, each consisting of roughly 60,000- 80,000 voters.
3. The amount of constituency equates to the number of seats available in the House of Commons.
4. The candidate with the most votes wins the constituency they were running for, as well as a seat in the House of Commons.
5. The political party which has won a majority of constituency and thus the most seats wins the general election.
6. Each party has a leader. The leader of the winning party becomes the Prime Minister- the head of the UK government.

This method of voting is called **first-past-the-post**.

Okay, so we've defined the system and explained how it operates. But the electoral process is complex, so let's clear a few things up:

So, what happens on polling day?

Polling day. The biggest day in politics and the most anxious days for candidates and their par-

ties. So long as your registered on the electorate, you will be given a destination local to your home where you are designated to cast your ballot. All you're required to do is pick between a list of candidates within your constituency, the one you believe is best suited to be your MP and represent your issues in parliament. Easy, simple, and quick!!!

But how do I decide what candidates to vote for?

In the run up to an election, candidates alongside their party need to campaign to convince voters to vote them in. This is done through handing out leaflets, speaking publicly in debates and door to door visit where they speak about what they are going to do once voted in. Parties standing for election publish a declaration called a manifesto, stating their intentions if they're voted in government. So, there's plenty of information accessible to aid your decision!

How frequently do general elections happen?

Every 5 years typically, however exceptions do occur.

So how many seats does a party need to have in order to win?

Well, there are 650 seats in total and seeing as the winning party must have a majority, they need to have won 326 seats or more.

How do I become a voter?

There are 4 simple requirements:

1. Be registered to vote. This can be done by getting on the electoral register through filling out your details on Gov.uk, in 5 minutes.
2. Be 18 or over on the day of the election.
3. Not be legally excluded from voting.
4. Be a resident at an address in the UK (or a British citizen living abroad who has been registered to vote in the UK in the last 15 years).

Conclusively, the electoral system is used to create our government, done through the method first-past-the-post. Despite how complex and uninteresting it may seem, it has a truly remarkable nature, is straightforward and quick to understand and participate in.

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

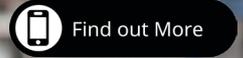


Young adults who complete IS Youth Vending employment programme get to:

- 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!



PAULO, 17 (Manchester)

After joining Inside Success, I've had the opportunity to learn new skills that will be very useful in the future. I've met new people, and my confidence has improved; as a result, I'm grateful for my time so far.



DAVID SOYEMI (London)

Joining Inside Success has enabled me to acquire skills such as effective communication, teamwork, time management, etcetera. Leading and working with a team to reach a specific goal through effective communication skills with the public has enhanced my teamwork skills which have led to a rise in leadership skills as I have been assigned to be a team leader.



GLORY AMAECHI (London)

Inside Success has helped me to build myself to become not only a better person but has also helped open my eyes to many new opportunities, which have helped me in my growth intellectually.



HALIMAH KHATUN (Birmingham)

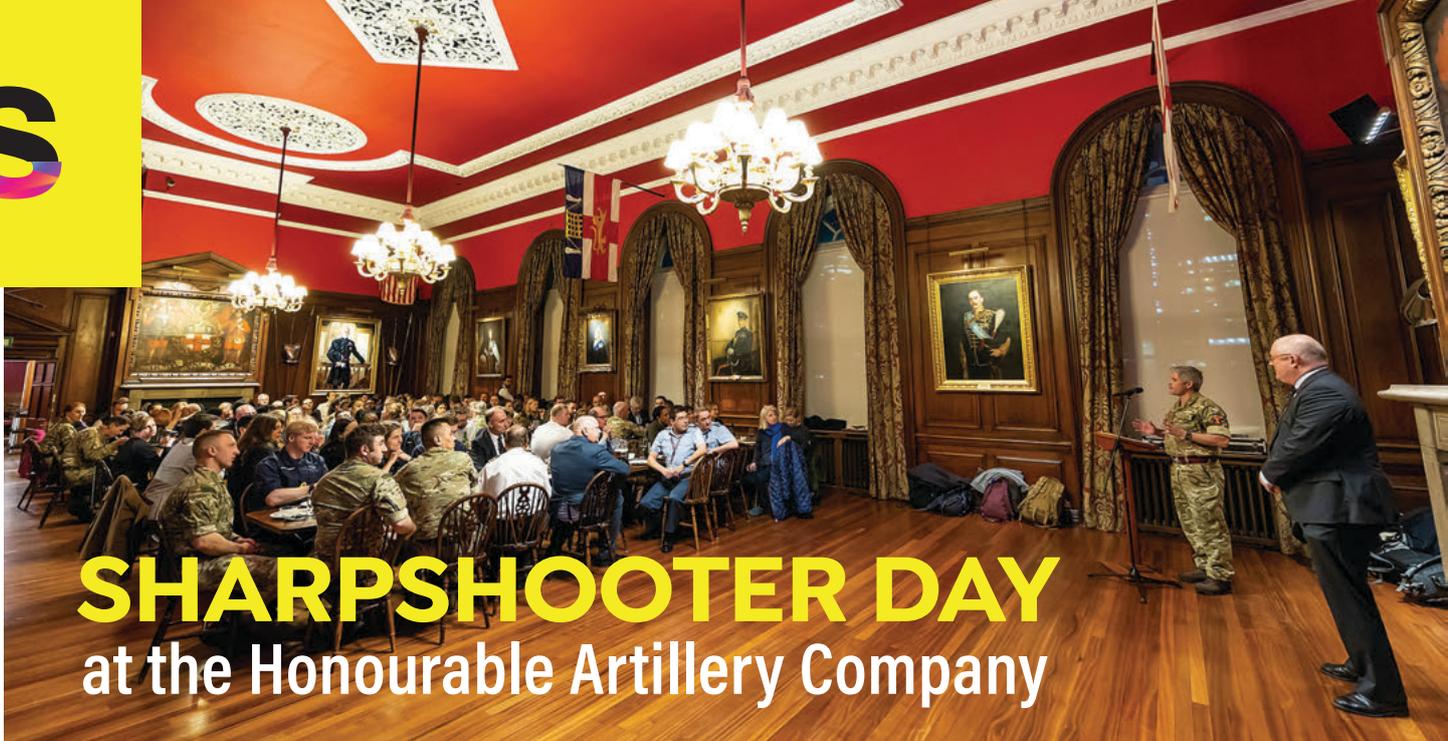
Working at Inside Success boosted my confidence. I remember my first day working and not being able to open up to the public as well as I do now. Nowadays, I love meeting new people, introducing them to what we work for, and helping them see our point of view regarding the youth's troubles with knife crime and mental health issues. Working here opened my eyes to my generation's problems and lifted me from a girl with terrible social anxiety to someone energetic and bubbly while working.



HUSSEIN MUDHIR (London)

I am nineteen-years-old and have been with Inside Success for three years. IS has turned my life around. Three years ago, I didn't know what to do with myself, but Inside Success has guided me and made me the man I am and a successful adult.





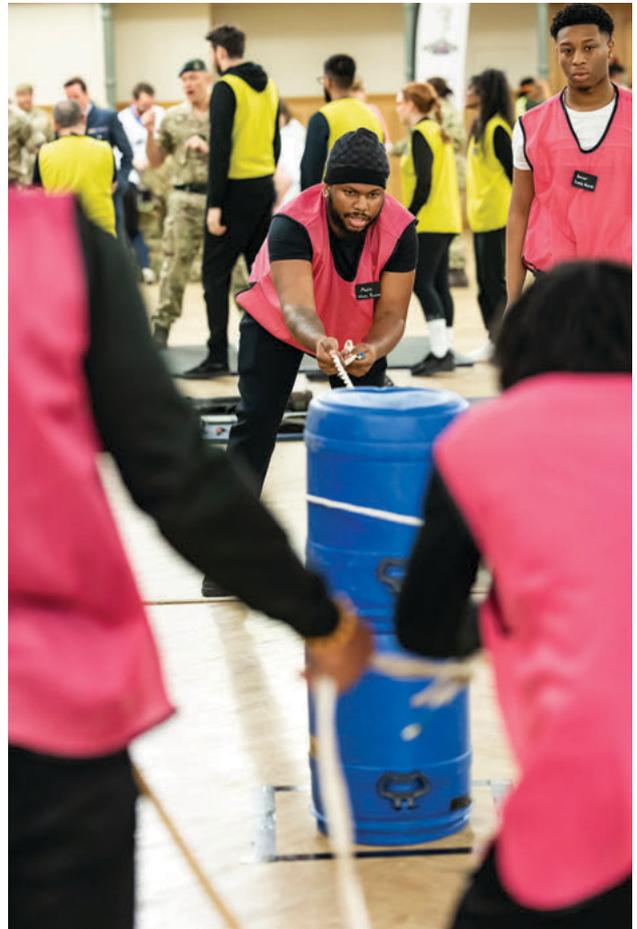
SHARPSHOOTER DAY

at the Honourable Artillery Company

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



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

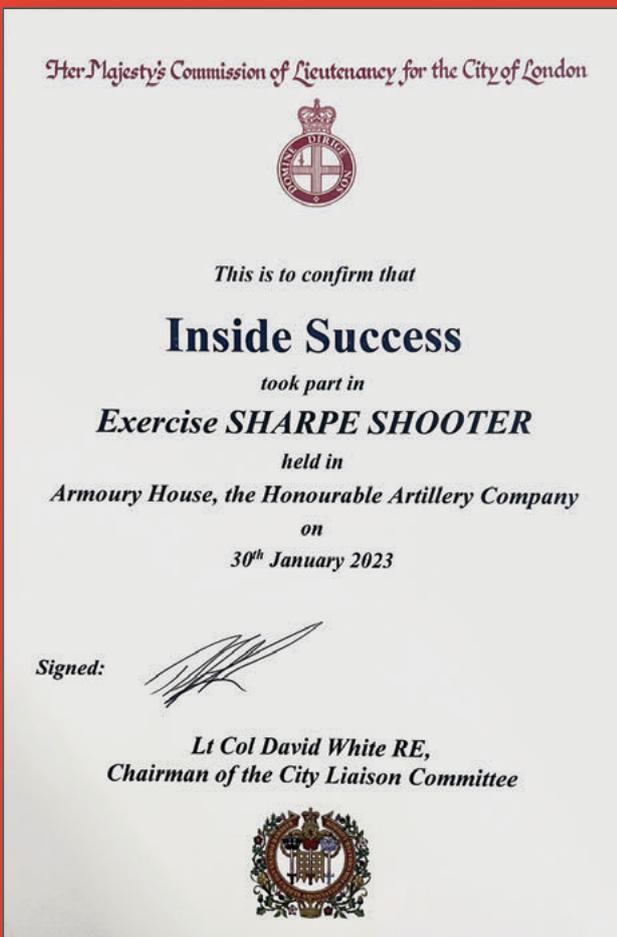


intriguing was assembling a gun blindfolded and following instructions from a teammate blindfolded. This demonstrated the importance of listening skills and patience. The youth were also encouraged to network with other city businesses. A prize giving took place to reward and congratulate the youth for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



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

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





Where are they now?

WHERE ARE THEY NOW?



AMAR

My name is Amar, and I am a Sales Manager that joined Inside Success in October 2019. I started as an outreach which helped me build my confidence and my low self-esteem, which put me in a position of being able to team lead. The skills that Inside Success taught me helped me with my teamwork skills, especially at college during coursework. Now, in 2023, I am a Sales Manager able to recruit young people and help them develop as young adults. I have seen a drastic change in myself as a person and in my mindset.

I joined Inside Success in 2019, just before Covid hit. I saw an ad on TikTok explaining what they do for young people, so I decided to join to benefit my CV and learn more about Inside Success and the ins and outs. I was given many opportunities, from improving my self-confidence to learning and the approach required in the work environment.

After the lockdown, things gradually came back to normal, and I was working as usual. However, things took a bizarre turn for me as, in August 2021, I was diagnosed with cancer. This put me in a shocking and difficult situation because I loved working at Inside Success, and I had to stop to understand the situation. I explained everything to my manager and the whole Inside Success Management Team, and they were more than understanding and helpful. Even though I would have loved to continue working, it was physically improbable, so I was provided with plenty of support and could do various tasks at home, so I wasn't entirely out of work. The kind of support I received was surprising, and I can say that this is rare to find in any workplace or organisation. During chemo, when things seemed like they were going downhill, the entirety of Inside Success Union was there for me.

Now I am cancer free and in remission, and Inside Success Union C.I.C has been an enormous part of my healing process, and I am grateful for what they have done for me.

This young person wanted to remain anonymous



ISRAEL

My Name is Israel, and I'm currently a Sales Manager at Inside Success. I have worked since 2018 as an Outreacher and Team Leader. As a Sales Manager, I directly interact with the public daily through sales and marketing, as well as other young people in a collaborative effort to support and ensure everyone is fulfilled in their respective roles as much as possible. I was promoted to Sales Manager at the start of 2021, the role has taught me the importance of leadership skills. I've benefited immensely from my time and experience at the organisation. Now twenty, I can explore my many options with the skills I have obtained.



CHARLENE

Hi my name is Charlene, working at Inside Success has been an unexpectedly good challenge. It has allowed me to challenge myself to get out my comfort zone but also taught me to guide other people in my team to achieve the best that they can. I began as an outreacher, then a Team Leader and later a Sales Manager. The job role working in the company has allowed myself and many other young people to build their potential and use life skills that they can be able to use outside of work and the best part is that we have the support of each other.

HAYTHAM

I am a newly promoted Sales Manager at IS. I joined IS at 16 as an Outreacher in 2020, working part-time. As a Sales Manager, I recruit and train new Outreachers and ensure we meet the team & personal targets daily. I make sure that the team has the necessary resources (uniforms and magazines) and that their days run smoothly. I enjoy it as every day is a new day. At 18, the world is at my feet, but my next step is to study architecture, start a new side hustle, and be my own boss. That's the main goal. Being a Sales Manager is a significant achievement for me. It was one of my goals ever since I started at the age of 16, and having achieved that at 18, I was proud of myself and was ready to take on the challenge of becoming a Sales Manager. In this role, I learnt a lot and continue to do so. The type of skills that I learnt over the last two years were things like leading a team, managing multiple teams daily and even personal skills like speaking to groups. My advice to new and current Outreachers would be to always keep going even when things get tough and stay consistent, not just because of work but for personal reasons. It was all about hitting my personal goals, keeping them consistent, and smashing them. It gave me the confidence to go out there and teach myself what I could do.



Leadership

skills in a digital modern world

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.

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.

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



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

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



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- 1
- 2
- 3

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Fill the information and answer all questions

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



.....
The winner will be announced on the last Friday in May 2023

SPLASH LONDON

The name Splash Ldnn came from the design of splattered paint on denim jeans, T-shirts, and trainers. As a streetwear brand, we aim to relate to the culture and be different by putting hours into our craft and making a statement, e.g., our denim is all handmade. We've recently launched our racer tracksuits, which embody simplicity yet are effective. This tracksuit comes in black and grey with 60% cotton and 40% polyester.

Splash Ldnn is a UK-based underground street brand established in 2018. We know that music and fashion are very much linked in culture today, so we aim to introduce and give talented artists a platform to inspire more people.

For orders or enquiries please contact via Instagram @splash.ldnn or on splashldnn.com



DREAMS 2 REALITY

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

NU FASHION



WHAT'S THE MOTIVE?



LONDON:

The Otherworld VR is the UK's favourite VR experience to take time to experience other worlds and dimensions and see virtual characters and avatars. Spend your day with sixteen unforgettable VR experiences and have the time of a lifetime, whether on an island, surviving a zombie apocalypse, the desert, or the sea. Either way, an unforgettable experience located in London Victoria and Hackney, Birmingham, with many more locations coming soon.



MANCHESTER:

The Backyard Cinema is a perfect spot for movie lovers who want to wind down and relax. It has grown to be one of the leading alternative cinema experiences in the UK. Audiences are transported on a wonderful journey in the cinema through a tunnel of trees and magical doors to discover an enchanted forest presenting an almost fairy-tale-like place. It is filled inside with bin bag seating for girls with cocktails and treats. This is a perfect place to watch a movie with friends, family and loved ones.



CHATHAM: CHATHAM SNOW SPORTS CENTRE

Chatham Snow Sports Centre is the premier facility in the region, with a large 200m artificial main slope and a team of instructors. Join them in many activities, such as tubing and tobogganing, skiing, snowboarding, etcetera. There is also the opportunity to throw your birthday party at the venue. The sports centre is a unique, fun opportunity to try out.

BIRMINGHAM: THE EXECUTIVE LOUNGE



The Executive Lounge is the most popular suite with various facilities to enjoy. It's the biggest entertainment centre featuring pool, table tennis, bowling, and sim racing which is, without a doubt, a fantastic night out. It closes late every day of the year. It will be an amazing, fun experience.

CHELMSFORD: JUMP STREET

Jump Street is a vast indoor adventure with not only Essex's biggest trampoline park but also Essex's largest all-weather climbing facility and the UK's first home run AR baseball cages using the latest cutting-edge ball-tracking technology and AR game software to stimulate a real baseball game! There are also three unique attractions: the vertical drop slide, leap of faith and a starriest to heaven. An unmatched experience!



Meet the editors of this edition of Inside Success magazine



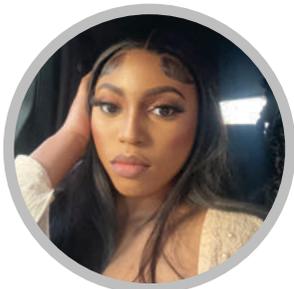
ANTHEA

Hi, I am Anthea, one of the magazine's creators, and I wrote the opinion articles, some of the Inspire Me pages and the NU FASHION page. I started as an Outreachier and went on to become a Team Leader. This magazine was important to me as it was the first one that I assisted with in my new role of Admin. I am currently studying politics and international relations at university, which I enjoy. On the side, I tend to source retail designer items from Selfridges, Flannels, etcetera.



ESTHER

Dear readers, I'm Esther, one of the magazine editors who wrote an article for the INSPIRE ME section and others. Before joining Inside Success as an Outreachier, 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.



TONI

Hello readers, I'm Toni, one of the magazine editors who wrote an article for the politics section. This is the first article I have written for Inside Success since I've started. Before joining Inside Success, I struggled with public speaking, remained unassertive and fearful, particularly when it came to interacting with the public. Inside Success has helped me come out of my comfort zone and increased my confidence. Writing articles for the magazine has allowed me to improve my writing skills, something that's been of great use to me being a full-time university student. I study politics and international relations, so writing this article was a great opportunity for me to not only enhance my knowledge, but to learn new things.



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. This has prepared me for running two businesses where I can give back to young creatives trying to make a breakthrough in their careers.

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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QUICK BITES

Hungry? Grab a quick bite!

London: **CHEEKY CHICOS**

If you enjoy Mexican flavours, then this is the spot for you. Cheeky Chicos serve up some of the tastiest tacos in the city alongside classic sides and starters with a unique twist. If you're in the area, don't forget to stop by.

Situated in Columbia Road, Clapham, Blackfriars and Elephant and Castle

Manchester: **PULL UP BAR CAFE**

In this artsy cafe featuring Jamaican classics such as jerk chicken, curried goat, and the nation's favourite ackee and saltfish, you are bound to experience some artistic flavours here in the Northern quarter of Manchester!

Located at 14-16 Swan Street, Manchester M4 5JN

London: **EAT TOKYO**

Eat Tokyo is one of London's best Japanese restaurants with traditional flavours and decor, providing inexpensive, tasty food for a great



spontaneous meal out. One of their best dishes is the katsu curry, with unbelievable portion sizes for only £12!!

Situated in Holborn, Soho, and Notting Hill

Birmingham: **THE INDIAN STREATERY EXPRESS**

The Indian Streatery is home to some of our favourite Indian dishes with a twist. It is a fusion of flavours with India coming together



with the west and serving up some of the tastiest combinations. Located in the heart of Birmingham, you are guaranteed to have a mouth-watering experience at a reasonable price.

Situated at Unit 526 Central Street, Birmingham B5 4BU

Manchester: **BOX SPORTS BAR**

Who wouldn't enjoy an incredible, lively atmosphere with activities and a great food selection, ranging from your usual party food burgers and pizza to a finger food tapas selection? What's not to love?



Situated at 125 Deansgate, Manchester M3 2BY

Kent: **PITTA SOUVLAKI**

The clues in the name! Pitta Souvlaki serves up one of Greece's most iconic dishes with juicy, smoky flavours all compact in one thing, you guessed it, a pitta! How can you not enjoy such a wonderful creation by the world's philosophers?

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SEE:

GUARDIANS OF THE GALAXY VOL 3

For all the Marvel fans, this is possibly the most highly anticipated project of 2023, with James Gunn and the Guardians coming together one last time to complete the trilogy that brought us quirky and humorous journeys through space to open our eyes a little wider. See the film in cinemas on the 5th of May and take someone close to you as it's going to be an emotional rollercoaster.

SEE:

CREED III

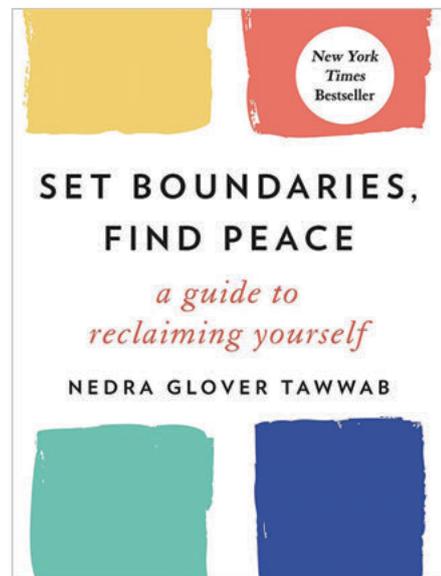
Still dominating the boxing world, Creed is excelling in building his family and his boxing career. Damian, his childhood friend, appears after his time in prison; he pleads and strives to be given an opportunity in the ring. The



face-off between two friends is an exciting plot as Creed might have to put his boxing career on the line, a boxer who has everything to lose, for Damian, who has nothing to lose.

READ:

SET BOUNDARIES, FIND PEACE, A GUIDE TO RECLAIMING YOURSELF



by Nedra Glover Tawabb

This fantastic novel teaches youth how to set healthy, reasonable boundaries with family, friends, and relationships. It is excellent for youth to read to find themselves and re-evaluate those around them. The novel teaches how to keep a work/life balance, deal with toxicity, and enjoy the people around them.



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