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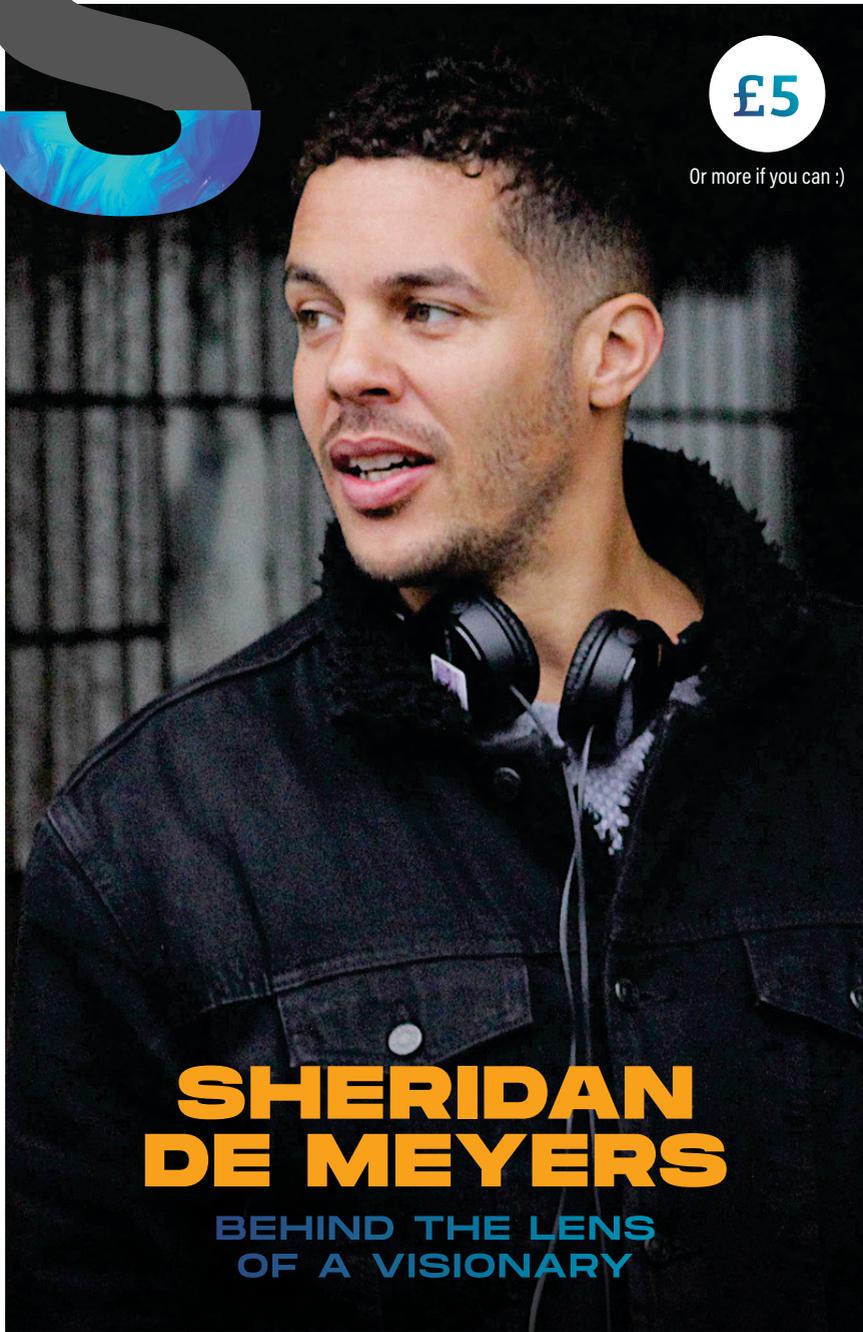
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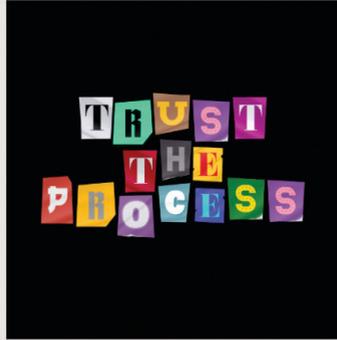


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Have Cosmetic Procedures gotten out of hand? The price we pay for unrealistic beauty standards

OPINION

We live in a society driven by consumerism and perfectionism, where people are not afraid to spend ridiculous amounts. From plumped lips to sculpted jawlines and impossibly smooth skin, cosmetic procedures that were once considered extreme or taboo have now become mainstream – and in many circles, expected. And that begs the question: have cosmetic enhancements gotten out of hand?



The Rise of “Insta-Faces” and Filtered Beauty

Recently, people have started to realize something: that we all look the same. The rise in social media means we have entered an era where carefully curated, digitally altered images set the standard for beauty. Non-surgical treatments such as botox, lip filler, and skin-tightening lasers have seen sharp increases over the past decade. Surgeries like BBLs continue to be promoted among the younger generation, all in the name of achieving the “insta-face” look.

Platforms drive these trends by showcasing transformations and influencer-endorsed products, creating a culture of comparison. This promotes a narrow, unattainable version of beauty, where uniqueness is lost, and everyone feels pressured to conform.

Cosmetic Procedures as the New Norm

Previously, cosmetic procedures were a personal choice to subtly enhance one’s appearance. But now it feels like a relentless chase to achieve flawlessness. The rise of “preventative” treatments in people’s early 20s – and even teens considering surgery – reflects how deeply these ideals have infiltrated. Conversations about filler touch-ups or tweakments are now common. In fact, not getting any work done can feel like going against the norm.

The Psychological and Financial Costs

Whilst some view cosmetic procedures as empowering, there is also a psychological and financial burden in chasing perfection. Dissatisfaction, body dysmorphia, and dependency on treatments can take a toll on mental health. Most procedures are expensive and require ongoing maintenance. The cost of keeping up with ever-evolving beauty standards is not only emotional but literal.

A Noticeable Shift

Recently, more celebrities and influencers have started dissolving fillers, reversing cosmetic work, and speaking about the pressures of maintaining a manufactured image. Campaigns for natural beauty, transparency, and digital unfiltering are gaining momentum. Still, the tension between personal choice and societal pressure remains. Is it truly empowerment if you feel you have to alter yourself to be accepted?

The Bottom Line

Cosmetic procedures aren’t inherently problematic and can boost self-confidence. However, they shouldn’t become the expectation. As a society, we must reflect: are we enhancing features for ourselves, or chasing a look designed by algorithms and influencers? And at what cost?

Are we Thinking less because ChatGPT is thinking for us?

MIT's media lab conducted a study, where they asked participants between the ages of 18-39 years old to write several SAT essays using OpenAI's ChatGPT, Google's search engine, and nothing at all.

The researcher used an EEG to record the writers' brain activity across 32 regions, and found that of the 3 groups, ChatGPT users had the lowest brain engagement. They constantly underperformed at neutral, linguistic and behavior events, whilst getting lazier with each subsequent essay. By the end they had resorted to just copying-and-pasting the text from ChatGPT.



This study has brought to our attention a big issue. ChatGPT is eroding critical thinking skills. It's undeniable we all use the digital platform for assistance, finding out knowledge, solving problems, creating content, and even in some cases seeking advice. Within seconds of asking, ChatGPT can generate all kinds of information. But it is now clear it's gone from assistance to over-reliance. I mean think about, when was the last time you wrote an email, or completed an assignment without using chatGPT?

The convenience of ChatGPT is undeniable, but it raises a great concern: **Are we thinking less because ChatGPT is thinking for us?**

Undeniably, AI saves us a lot of time. It can summarize articles, brainstorm ideas, break down complex topics and assist with writing for people who struggle to express themselves clearly. Some have said ChatGPT has enhanced thinking by expanding access to knowledge. But has that convenience taken away humans natural ability to critically think. When a machine can instantly give you an answer, do you still take the time to wrestle with questions yourself. Are we outsourcing not just our tasks, but our *cognitive effort*?

It seems as though we let ChatGPT do all the thinking for us, losing our natural ability to do so as humans. We rely on the platform to evaluate sources, analyze information, form arguments and make decisions. But an over-reliance creates a false sense of understanding: you think you're learning, but you're really just consuming.

ChatGPT is a great tool, but only as good as the intent and thought behind its use. Without curiosity and questioning, we risk becoming passive consumers rather than active thinkers.

ChatGPT wasn't created to replace thinking, but to support it. Use AI to spark ideas, test theories, get feedback and explore perspectives that may not have been considered. Use ChatGPT as a thinking partner, rather than a shortcut.

If we treat AI as a substitute for thought, we may lose something essential. But if we use it as a catalyst for deeper understanding, we could become even better thinkers than before. The future of thinking isn't about man versus machine – it's about learning how to think with one.



What's the Hype of the 75 Hard challenge?

OPINION

The 75 Hard challenge has been trending all across social media, with people all across the world taking part, and documenting their journey. The challenge isn't just a trendy fitness plan that promises desirable fitness results but an overall mental transformation. But what exactly is it and why does it have the world in a chokehold?



Lets break it down:

The challenge was created by entrepreneur and podcaster Andy Frisella. She called it a mental toughness program that is designed to reshape your mindset, build discipline and take you out of your comfort zone.

The challenge requires you to commit to a strict set of rules for 75 consecutive days. If you skip even just one task, you start over at Day 1.

The rules are:

- **Follow a diet:** You choose the plan, but no cheat meals and no alcohol.
- **Complete two 45-minute workouts:** One must be outdoors, no matter the weather.
- **Drink one gallon of water.**
- **Read 10 pages of a nonfiction or personal development book.**
- **Take a progress photo every day.**

Whilst it looks easy, the real challenge lies in consistency and discipline. Doing this for a day or 2 is one thing, but 75 days with no exceptions is where the mental challenges start.

Why's everyone doing it?

The challenge has gained so much attention, because its challenge, extreme and a huge mental test people love to put themselves up for. It's not just about exercising and losing weight. It's a great way to reset your discipline, break bad habits and boost your confidence.

People feel a great sense of relief and accomplishment after finishing because it's made them realize what they're capable of when they aren't making excuses.

Should you give it a go?

75 hard challenges is a serious mental and physical reset. So if you want a structured, discipline plan that will put you to the test, give it a go!! But it's not for everyone and that's okay too. It's a lot and very intense, so instead take a more dialed down approach that works better for your lifestyle and goals.

At the end of the day, whether it's 75 Hard or simply drinking more water and getting daily movement in – it's about showing up for yourself.

Conclusion

75 Hard is more than just another wellness trend – it's a high-stakes challenge designed to test your discipline, resilience, and ability to keep promises to yourself. Its growing popularity reflects a broader cultural craving for structure, personal growth, and hard-earned confidence.

Whether you decide to take it on or not, one thing's clear: people are drawn to challenges that demand commitment, accountability, and grit. And sometimes, testing your limits is exactly what it takes to discover what you're truly capable of.

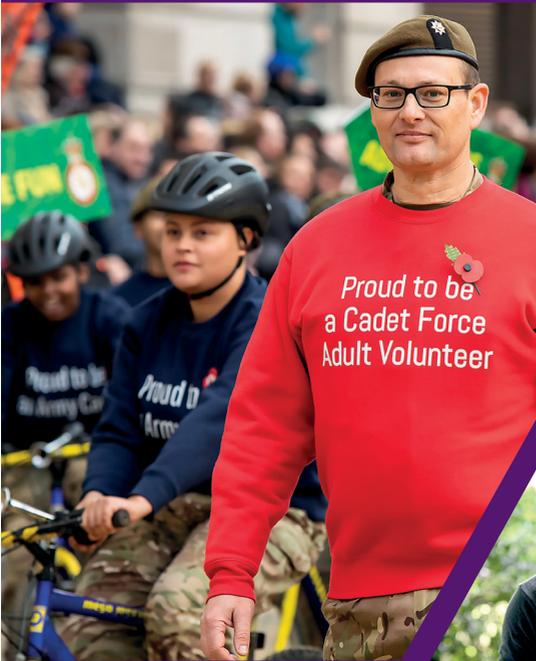
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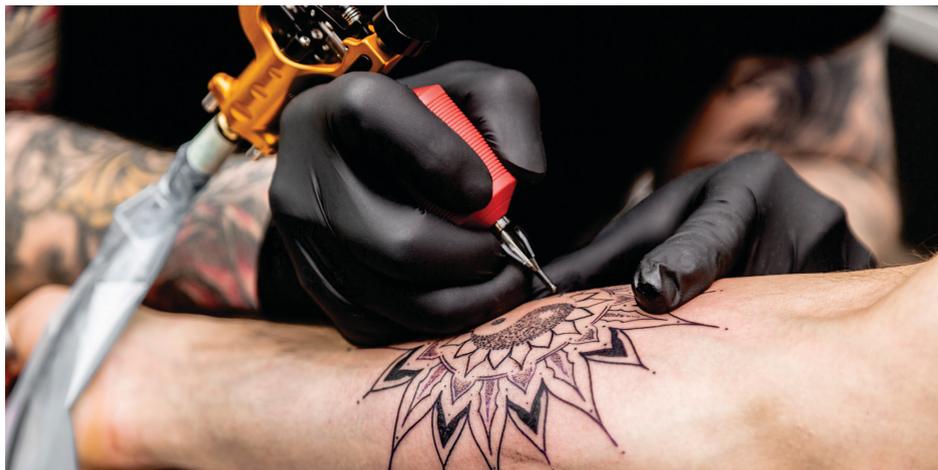
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... Before Getting a Tattoo

WHAT I WISH I KNEW



Tattoos have been a form of personal expression for centuries. For some, they represent life experiences and meaningful messages; for others, they're admired simply for their beauty. Either way, tattoos are more than body art – they're a lifelong commitment. Whether it's your first or part of a collection, getting one deserves careful thought. From choosing the right artist to understanding healing, here's what you need to know.

1. Choose the Right Artist

Selecting the right tattoo artist is crucial. You and your artist are creating something permanent, so don't just go cheap – find someone experienced, licensed, and talented in the style you want. A good artist will guide you through technical details, make design adjustments, and prioritize safety. Take time to consult with multiple artists until you find the right fit.

2. Tips to Help With Pain

Tattoos hurt, especially for first-timers, but preparation helps. Make sure you're healthy on the day – avoid booking if you're sick, pregnant, or have skin conditions. Learn about possible allergic reactions to ink. Doctors sometimes suggest taking pain relievers an

hour before your appointment, and some artists offer numbing cream. Discuss this during your consultation so they can prepare.

3. Think About Design and Placement

Because tattoos last a lifetime, carefully consider both the design and location. Ask yourself: will I still love this in 5–10 years? Am I choosing something meaningful, or following a trend that may fade in months? Younger people should be especially cautious, as tastes often change with maturity.

Placement also affects pain levels. Sensitive areas include the ribs, spine, sternum, hands, and feet. Outer arms, thighs, and calves tend to hurt less. Your artist will help you weigh design placement against your pain tolerance.

4. The Healing Process

Healing takes patience. Surface skin usually recovers in 2–4 weeks, though deeper layers may take months. Early on, expect tenderness, swelling, and light oozing of plasma or ink – all normal. As healing continues, the tattoo will scab and peel like a mild sunburn. Keep it clean, moisturized, and away from sun or water immersion. Never pick at scabs or scratch, as this risks infection and fading. Proper aftercare is essential for maintaining color and detail.

... Before Taking out a Loan

Taking out loans is a normal part of adulthood. They're a useful financial tool for buying a car, funding a business, or covering unexpected expenses. But many applicants overlook small details that can have big, long-term consequences – from hidden fees to credit score impacts. Here are key things you should know before borrowing.

1. Understand your APR, so you know what you're actually paying back...

APR, or Annual Percentage Rate, shows the true cost of borrowing. Unlike a simple interest rate, APR includes both interest and fees, giving you a clearer picture of what you'll actually pay over a year. One loan might advertise a lower rate, but hidden charges can make it more expensive overall. Always compare APRs to avoid costly surprises.

2. Your Credit Score plays a huge role in the type of loans you can get

Your credit score is one of the biggest factors lenders consider. This three-digit number reflects your borrowing history and reliability. A higher score unlocks better rates, higher limits, and favorable terms. A lower score, on the other hand, can mean higher interest or even rejections. Before applying, check your score, correct errors, and understand how your habits affect it – even small improvements can make a big difference.

3. Loan Terms and How they affect how much you end up repaying

The length of your loan affects both monthly

payments and total repayment. Longer terms make monthly payments smaller but cost more in interest over time. Shorter terms mean higher payments now but less interest overall. Finding the right balance between affordability and long-term savings is crucial.

4. Sometimes settling your loan earlier may not be the right move, yes Prepayment Penalties exist

Paying off a loan early might seem smart, but some lenders charge penalties for settling before the term ends, since they lose expected interest. Always check if prepayment fees apply. In some cases, the penalty may cancel out the savings, so weigh the costs carefully before paying early.

5. The difference between a Fixed Interest Rates and a Variable Rate

Interest rates aren't all the same. Fixed rates lock in steady payments, making budgeting simple. Variable rates may start lower but fluctuate with the market, meaning your payments could rise unexpectedly. Choosing between them comes down to whether you value stability or potential savings.



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The Pressure to Be Productive: Are we becoming too focused on constant self-improvement and "optimization" at the expense of genuine living?

Part of adulthood is leading lives with demanding schedules, tight deadlines, and heavy workloads. But in recent years, a new kind of hustle culture has taken hold — one less about grinding in the office and more about endlessly optimizing every moment of our personal lives.



We track our sleep, time-block our calendars, squeeze in podcasts during workouts, and consume content promising to make us faster, smarter, more efficient.

But as “self-improvement” becomes a daily performance, many are starting to ask: **Are we losing sight of what it means to actually live?**

The Productivity Obsession

From bullet journals to biohacking, we’ve normalized the idea that every hour must serve a purpose. Social media is flooded with “rise and grind” routines and motivational content that makes rest feel like weakness and slow progress feel like failure.

Even leisure has become performative. Reading must be educational. Walks must be steps toward fitness goals. Hobbies must be monetized.

The Hidden Cost of Always Optimizing

The mental toll of this mindset is real. Constantly measuring ourselves against productivity benchmarks can lead to burnout, anxiety, and a chronic sense of inadequacy — even when we’re achieving more than ever.

It also erodes spontaneity, playfulness, and presence — the very things that give life texture and meaning. When every action is filtered through the lens of self-betterment, we risk turning our lives into a never-ending project.

Reclaiming the Joy of “Just Being”

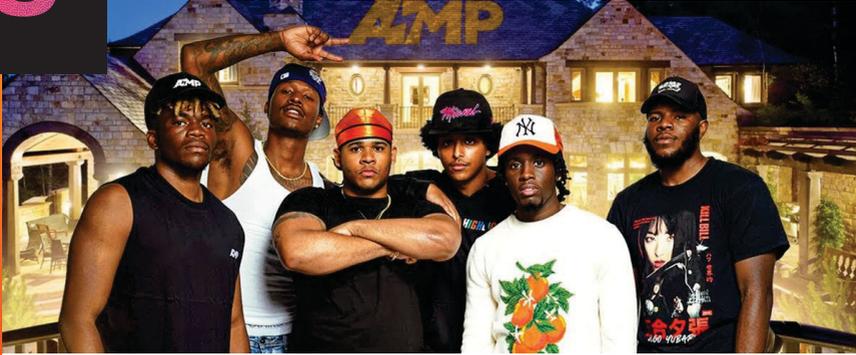
This isn’t a call to abandon growth or ambition. Self-improvement can be empowering and deeply rewarding. But it becomes harmful when it’s driven by fear of falling behind, or when it robs us of the simple joy of existing without a goal.

It’s okay to rest without guilt. To enjoy a moment without turning it into content. To be unproductive — and still be valuable.

The Bottom Line

There’s nothing wrong with striving to be better — but we have to ask: *better for what, and at what cost?* Life isn’t a checklist of optimized habits. It’s messy, emotional, slow, and beautifully imperfect.

Maybe the most radical form of self-improvement right now is learning to be okay with simply being.

AMP STREAMERS


AMP, short for “Any Means Possible” (and sometimes “Apply More Pressure”), is a Twitch and YouTube streamer collective from Atlanta that has become a major cultural force online. The group consists of six members—Kai Cenat, ImDaviss, Fandum, Duke Dennis, Agent 00, and Chrisnxdoo—who produce a wide range of content including gaming, challenges, vlogs, reaction videos, and collaborative livestreams. Beyond entertainment, AMP has influenced internet culture through viral catchphrases, celebrity collaborations, appearances in music videos, and large-scale events, pushing their impact well beyond gaming communities into mainstream recognition.

Streamers are taking over!!!

GIRLVRSE


GIRLVRSE is a London-based Twitch collective made up of six female streamers—Zoe, Jade, Shemara, Balia, Choux, and Madison—who create high-quality content ranging from chat sessions and fashion to live performances. Streaming weekly from 4Sake Studios, they’ve built a polished, group-focused brand that blends entertainment with style. Their growing influence is highlighted by collaborations with major figures like U.S. actress and producer B. Simone, as well as popular UK artist Darkoo. They’ve formalized their presence as GIRLVRSE Ltd, a UK-registered company specializing in television program production.

SIDEMEN



Sidemen are a UK-based collective of seven creators—KSI, Miniminter, Zerkaa, TBJZL, Behzinga, Vikkstar123, and W2S—who have grown from YouTubers into some of the world's most popular streamers. Known for their gaming, live challenges, and interactive events, they stream across multiple channels and platforms, drawing millions of viewers. Their content goes beyond gaming with live charity football matches, Q&As, and exclusive broadcasts on their subscription service Side+. Blending entertainment, gaming, and real-time fan engagement, the Sidemen have become global streaming icons and a cultural force in online entertainment.

BLACK GIRL GAMERS



Black Girl Gamers (BGG) is a collective of streamers founded in 2015 by Jay-Ann Lopez, created to give Black women and femme-identifying gamers a safe and visible place in streaming culture. With over 10,000 members worldwide, BGG streamers use platforms like Twitch to showcase gaming, host conversations, and build inclusive communities while challenging stereotypes and harassment in online spaces. Their influence extends through collaborations with major brands like Twitch, EA, and Netflix, as well as through live events, summits, and mentorship programs. As streamers, they are not only entertainers but also advocates, using their platforms to amplify representation and make the streaming world more diverse and welcoming.



Sheridan De Myers

A Young Artist Inspiring the Next Generation

UNDER THE MICROSCOPE

Sheridan De Myers is a British filmmaker, driven by a mission to reshape how stories of underrepresented communities—particularly Black British individuals—are portrayed on screen. A co-founder of the production company **Running Films Ltd** in 2013, De Myers has used independent cinema as a vehicle for narratives that challenge stereotypes and present more authentic, everyday experiences of life in urban Britain.

His breakout feature, *The Weekend* (2016), which he both produced and directed, depicts youth culture—complete with rooftop escapades, friendship banter, and barbecues—rather than the tragic or stereotypical tropes often assigned to BAME characters. That authentic snapshot of identity resonated with audiences, who saw in the film reflections of lives rarely shown in UK cinemas.

Beyond feature films, De Myers's career spans a rich variety of formats. On television, he's directed episodes of popular series like *EastEnders* (2022–2023) and *Emmerdale Farm* (2023), while on the short-form side, he's written and produced works such as *Alchemy: The Gold Plate* (2017) and *Time/Out* (2008). His ability to move between drama, shorts, and soap operas underscores his versatility as a storyteller.

Music video direction also figures prominently in De Myers's portfolio. He has directed

promos for British artists, including K-Koke's "Only One" (2012) and Nabiha's "Ask Yourself" (2013), and he has worked across branded and commercial content.

Recently, De Myers has taken on a leadership role in the corporate side of film production. He currently serves as a director at Infinity Sky Films Ltd, continuing his commitment to creative leadership and narrative inclusion in cinema.

In summary, Sheridan De Myers is a filmmaker whose work spans independent features, shorts, television, and music videos—all threaded by a purpose to elevate genuine representations of Black British life. Whether behind the camera or as a company director, he remains focused on changing the cultural landscape—one authentic story at a time.

Look out for his new tv show released end of this year "Off Season."





A revolutionary new understanding of autism in girls

For decades, autism has been portrayed as a predominantly male condition, in science and in general public view. Thus girls, who too deal with these diagnoses, slip through the cracks and are largely ignored. Their symptoms are misinterpreted as shyness, anxiety, or just “being a bit different.” As a result they’re cases don’t get treated or taken seriously.



However, new research has flipped the tables. At the forefront of this shift is neuroscientist Gina Rippon, whose book *The Lost Girls of Autism* challenges the myths, biases, and blind spots that have kept autistic girls invisible. Her work reveals how systemic oversights in diagnosis, research, and cultural narratives have failed an entire generation—and what can be done to change it.

In the book, Rippon explored autism, and how historically, it's always been male-centred. For example, diagnostic frameworks like ADOS and ADI-R were developed based largely on male behaviors. As a result, girls continue to get sidelined, because their autistic characteristics don't fit the stereotype.

Furthermore, Rippon referenced behavioural patterns within girls, due to their autism not being taken seriously. That is, many girls with autism camouflage their differences—mimicking peers, adopting personas like “class clown” or “star athlete.” Additionally, they mask communication challenges to fit in.

This hidden performance is just yet another reason as to why women are continuously misdiagnosed. Their outward signs of autism remain cloaked behind social adaptation.

Autism assessments ask whether boys fixate on train timetables or weather patterns. But they don't consider whether girls might obsess over things considered “acceptable,” like dolls or celebrity culture.

Rippon criticizes these biases, pointing out that

they continue to dismiss women's representation in autism.

Girls are 10x less likely to be referred for autism assessment and twice as likely to be misdiagnosed. Instead they are often diagnosed with anxiety, OCD, or personality disorder. Additionally this predominated male narrative has distorted both clinical outcomes and research data.

Rippon's book is more than critique—it's a **call to action**. She urges:

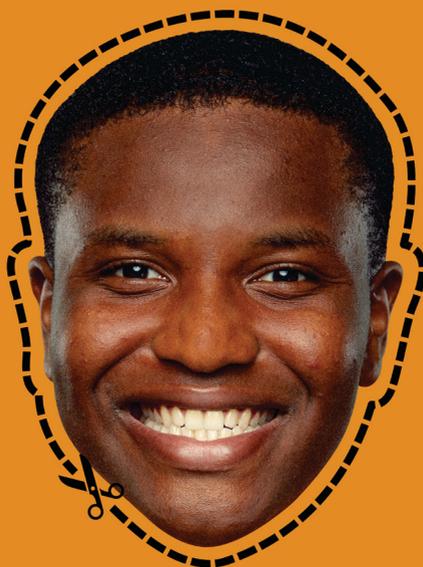
- **Revamping autism assessments** to account for camouflaging, sensory sensitivities, and socially acceptable intense interests in girls
- **Inclusive research practices** that design studies with both males and females in mind and value lived experiences equally
- **Awareness and advocacy** that confronts stereotypes—pushing back on dismissive comments like “autism is a boy thing” or “she's too social to be autistic.”

This matters because...

- **Late or missed diagnoses** can lead to decades without support.
- Misdiagnosis not only misdirects treatment—it hinders self-understanding and identity validation.
- Recognizing the “**female autism phenotype**”, which often includes sensory sensitivities, anxiety, and social masking, is crucial.
- **Cultural change** in both science and society can begin to address and compensate for past blind spots.

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Good Money Counting Kit: More Than a Brand, It's a Movement

SUCCESS LEAVES CLUES

Founded in Richmond, Virginia on September 10, 2020, Good Money Counting Kit (GMCK) has quickly risen as more than just an apparel company—it's a cultural movement. Built on the principle "Do Good Acts With Your Money," GMCK blends fashion with purpose, turning everyday style into a vehicle for empowerment and social good.

At the heart of the brand is the Good Money Movement, a mission-driven initiative that reinvests 10% of profits into charitable causes. From sponsoring children with new clothing to supporting local and global outreach, GMCK ensures that each purchase creates a ripple of positive impact. The brand's signature campaign, "Make Being A Go Getter Cool Again," reflects its vision of nurturing ambition and inspiring future leaders.

GMCK's influence has been felt across Virginia and beyond. The brand has hosted and contributed to over 100 events and fundraisers, motivating young people to pursue their goals while creating opportunities for community growth. Along the way, GMCK has attracted celebrity supporters such as rapper Waka Flocka, singer Trey Songz, and Hollywood's Romiti, further amplifying its reach and credibility.

The Visionary Behind the Movement

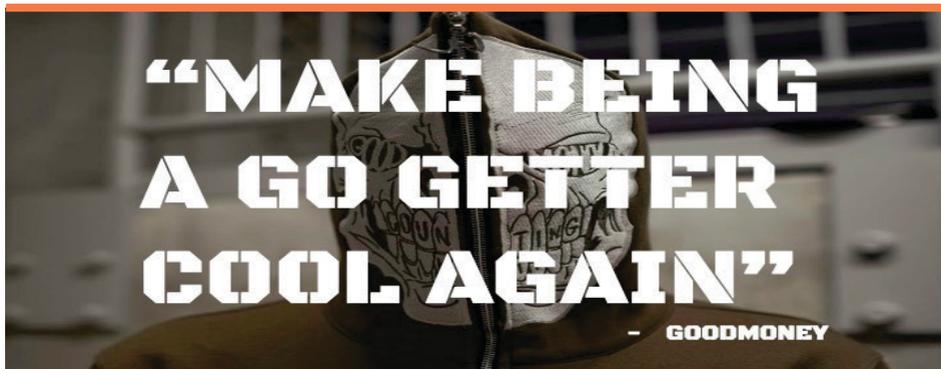
The energy fueling GMCK comes from its founder, Brent Royal, a 23-year-old entrepreneur, activist, and proud graduate of Virginia Commonwealth University. Growing up in the Washington, DC, Maryland, and Virginia area, Brent embodies a multicultural background of African American and Indian heritage, which inspires both his worldview and his work.

Beyond building GMCK, Brent leads GoodMoney Giveback, a nonprofit organization focused on promoting charitable action and social change. He also co-founded The Trust Project, dedicated to strengthening Richmond Public Schools and inspiring the next generation. His leadership ensures that GMCK is not only a successful brand but also a lasting force for empowerment, education, and hope.

A Brand with Purpose

What sets GMCK apart is its unwavering commitment to community. Stylish and bold in design, the apparel is infused with meaning, carrying a message of ambition, resilience, and generosity. Every product is a reminder that money can—and should—be used to do good.

With Brent Royal's vision at the helm, GMCK continues to expand, redefining what it means to be a brand. It is more than clothing—it's a lifestyle, a movement, and a legacy of empowerment that will inspire generations to come.





Discount Coupons

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



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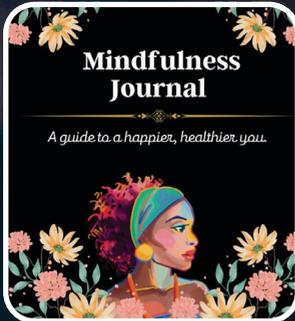
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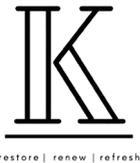
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Supplements and Vitamins for Brain Health

HEALTH

Our brain is probably our most important and vital organ. It's the control center of the human body, responsible for regulating every thought, movement, and essential function we experience. Additionally, it processes sensory information, controls muscle movements, manages memory, and governs complex activities like decision-making, learning and creativity.



But beyond these physical elements, the brain dictates our personality, emotions, and how we interact with the world. It's an essential part of our body, not solely for survival purposes, but for everything that makes us uniquely human.

Therefore, it is important that we are doing everything in our power to take care of our brains, and enhance its overall health. Giving your brain the right vitamins and supplements will help boost cognitive power. Whether you're cramming for exams, or juggling a tight packed schedule.

By implementing little habits in your life, you can improve your brain's mental sharpness, memory retention and focus.

But what are the best supplements and vitamins?

Omega-3 Fatty Acid

This is an essential fat found in high concentrations in the brain. They help build and repair brain cells, improve communication between neurons and reduce risk of cognitive decline. Furthermore, studies have shown that Omega-3 helps enhance memory, mood and overall brain function. You can get them from fatty fish such as salmon and mackerel, fish oil supplements, and algae-based alternatives for vegetarians.

Vitamin D

It's not just a vital nutrient in supporting bone health. Beyond that it helps with mood regulation and nerve signaling. Low levels have been

linked to depression, brain fog and neurodegenerative diseases. Additionally, evidence shows Vitamin D can help prevent cognitive decline and maintain mental clarity. Vitamin D comes from sunlight exposure, fortified foods and Vitamin D3 supplements.

B Vitamins

B6, B9 and B12 are crucial for energy metabolism and the production of neurotransmitters such as serotonin and dopamine. Studies have shown that lack of such vitamins causes fatigue, poor concentration, and mood disturbances. Additionally it slows down age-related atrophy. Such vitamins come from leafy greens, legumes, eggs, dairy products and B-complex supplements.

Magnesium

This supplement helps to regulate neurotransmitters and reduce brain inflammation, an essential for cognitive health. Research has additionally shown that it improves sleep quality and mood. There's also promising data that suggest benefits for attention and memory. You can get it from dark chocolates, pumpkin seeds, spinach, and magnesium glycinate or citrate supplements.

L-Theanine

An amino acid found in green tea, it helps promote relaxation and reduces stress without sedation. Small clinical trials have shown improvements in anxiety reduction, attention and reaction time, particularly when paired with caffeine. It is found in green tea or L-theanine supplements.

Quick and Easy Bites to add to your Christmas Dinner

♪ It's the most wonderful time of the year ♪



It's the holiday we look forward to all year round. The holiday of giving. The holiday of gifts. The holiday of roast dinner surrounded by people we love the most. Yup, it's Christmas!

One of the most key, special parts about Christmas is the dinner. It brings friends and families together. For most of us we don't get to see our loved ones all year round. But Christmas dinner is a great way to get everyone together, to enjoy a celebratory dinner filled with joy and laughter.

Spice up your dinner this year, and add some little extra bites that steal the show. Having a few quick and easy additions on the table can take your festive feast to the next level!

1. Pigs in Blankets

Ingredients: Cocktail sausages, streaky bacon
Method: Wrap each sausage with half a rasher of bacon, secure with a toothpick if needed, and bake at 200°C (180°C fan) for 20–25 minutes until crispy.



2. Cranberry and Brie Puff Pastry Bites

Ingredients: Puff pastry, brie, cranberry sauce
Method: Cut puff pastry into squares, place in a greased mini muffin tin, add a cube of brie and a spoon of cranberry sauce, and bake at 200°C for 12–15 minutes.



3. Garlic and Herb Butter Mushrooms

Ingredients: Button mushrooms, garlic, butter, parsley
Method: Sauté mushrooms in butter and minced garlic until golden, season with salt, pepper, and fresh parsley.



4. Honey Mustard Glazed Carrots

Ingredients: Baby carrots, honey, Dijon mustard



Method: Boil carrots until tender, then toss in a glaze of honey, mustard, and a pinch of salt. Finish with a sprinkle of chopped dill or parsley.

5. Stuffing Balls

Ingredients: Packaged stuffing mix, sausage meat (optional)

Method: Prepare stuffing mix, add cooked sausage meat if desired, shape into balls, and bake at 200°C for 20 minutes.



6. Cheese and Chive Scones

Ingredients: Self-raising flour, butter, cheddar, milk, chives

Method: Rub butter into flour, stir in grated cheese and chopped chives, add milk to form dough, cut out rounds, and bake at 200°C for 12–15 minutes.



7. Crispy Parmesan Parsnip Fries

Ingredients: Parsnips, olive oil, Parmesan, paprika

Method: Cut parsnips into fries, toss with oil, grated Parmesan, paprika, salt, and pepper. Roast at 200°C for 20–25 minutes.



8. Smoked Salmon and Cream Cheese Blinis

Ingredients: Blinis, cream cheese, smoked salmon, dill

Method: Top each blini with cream cheese, a slice of smoked salmon, and a sprig of dill or squeeze of lemon.



9. Roasted Chestnuts

Ingredients: Chestnuts

Method: Score a small X on the flat side of each chestnut, roast at 200°C for 20 minutes, peel while warm.



10. Mini Caprese Skewers

Ingredients: Cherry tomatoes, mozzarella balls, basil, balsamic glaze

Method: Skewer a tomato, basil leaf, and mozzarella ball on cocktail sticks. Drizzle with balsamic glaze before serving.



Screen Time vs. Learning Outcomes: Finding the Right Balance for Young People in a Digital School Environment

EDUCATION



In today's digital age, screens are everywhere—especially in schools. From interactive whiteboards to tablets and laptops, technology has become a key part of how young people learn.

But with screen time increasing both in and out of the classroom, educators, parents, and youth vendors alike are asking: how much is too much?

The reality is that not all screen time is created equal. Educational screen use—like virtual labs, creative apps, and video lessons—can enhance learning, boost engagement, and build digital literacy. However, too much passive screen time, such as scrolling social media or watching unrelated videos, can harm attention spans, sleep patterns, and even mental health.

The key lies in balance. According to experts, the quality of screen time matters more than the quantity. Schools and vendors should focus on tools that encourage active learning, collaboration, and creativity, rather than replacing traditional methods entirely.

Youth-focused tech providers play a crucial role in this balance. By designing age-appropriate, research-backed platforms that promote critical thinking and limit distractions, vendors can help schools meet educational

goals without overloading students digitally.

At the same time, educators need support to integrate technology effectively. That means professional development, clear digital usage policies, and working closely with tech providers who understand the developmental needs of children and teens.

Parents, too, should be part of the conversation—setting healthy screen habits at home, encouraging offline activities, and staying informed about the digital tools used in school.

Finding the right screen time balance isn't about banning technology—it's about using it wisely. When used strategically, digital tools can be a powerful ally in education, preparing young people for a future where tech is everywhere.

For youth vendors, the challenge—and opportunity—is clear: create smart, meaningful digital experiences that support learning, not just screen time. That's the way forward in a digital school environment.



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The Damaging Power of Stereotypes: Are Employers Unfairly Labelling UK Youth?

EMPLOYABILITY

Young people in the UK are often burdened with unfair stereotypes in the workplace—labels that undermine confidence, opportunity, and mental health. Recent research from UK Youth and KFC UK&I reveals alarming trends, especially during recruitment and early career stages, as youth economic inactivity hits record highs.



Rising Discrimination and Inactivity

More than 9,000 young people and 2,000 employers took part in a three-year study. The findings are stark: 93% of young people have experienced negative treatment due to age, up from 88% three years ago. Nearly one in ten employers (9%) admit rejecting candidates purely for being young, while 26% of those affected said it discouraged them from wanting to work again.

These experiences feed into a wider issue. Data from the Office for National Statistics shows **872,000 young people aged 16–25 are now economically inactive**—the highest level since records began in the early 1990s.

Deep-Rooted Stereotypes

Negative perceptions remain widespread among employers. Over a third (34%) describe young workers as “overly sensitive,” 27% as “entitled,” and 23% as “lazy” or “work-shy.”

The impact goes beyond lost opportunities. **More than half (56%) of young people said stereotypes damaged their self-esteem, while 45% reported a decline in self-belief.** Employers themselves acknowledge the harm: 38% admit the labels are unfair, and 51% recognise their effect on mental health.

Recruitment Bias and Lost Potential

Discrimination also shows up during hiring. Over a third of Gen Z and younger millennials believe they’ve faced bias, often based on age, ethnicity, gender, weight, or even hair colour. A separate report found **52% of UK employers view youth as unprepared for workplace culture**, citing weak social skills or lack of professionalism.

These stereotypes don’t just harm individuals—they hurt productivity. Nearly half of ethnic-minority young people report prejudice when entering work, often leading to a loss of confidence and career redirection.

The Way Forward

Employers can take clear steps: anonymise CVs, use skills-based assessments, train hiring managers on unconscious bias, and enforce zero-tolerance policies for discrimination. Encouragingly, some businesses are responding with youth advisory boards, mentoring schemes, and more inclusive hiring practices.

Conclusion

Young people bring energy, adaptability, and fresh perspectives to the workforce. But too many are pigeonholed before they even begin. Breaking harmful stereotypes isn’t just fair—it’s essential for building workplaces where young talent is valued, heard, and empowered.

The Creative Economy Boom: Why UK Youth are Flocking to Art, Design, and Music Ventures



With traditional job markets feeling less secure, especially post-pandemic, young people are seeking out work that feels meaningful, flexible, and self-directed. The creative industries offer exactly that. Whether it's launching a fashion brand on Instagram, selling artwork via Etsy, or producing beats in a bedroom studio, today's youth are proving that creativity can be both profitable and empowering.

Government data shows that the UK's creative sector contributes over £100 billion annually to the economy, with a growing percentage driven by young freelancers and micro-businesses. Schools and colleges are also responding to this shift, with more students enrolling in design, media, and performance-based courses than ever before.

Technology plays a big part in the movement. Accessible software, free learning platforms, and social media have removed many of the barriers that once kept young creatives out of the game. Now, a smartphone can be a music studio, a film set, or a digital gallery.

But it's not just about passion—it's also about purpose. Many young creatives are using their

platforms to challenge social norms, tell under-represented stories, and promote sustainability. Whether it's zines tackling mental health or fashion lines built around upcycling, this new wave of creatives is redefining what success looks like.

For youth-focused vendors and educators, the message is clear: support creativity. That means more funding for creative programmes, more accessible tools and workspaces, and more recognition of creative careers as real, valuable options—not just hobbies.

In a world where automation is reshaping work, creativity remains a uniquely human skill. And for UK youth, it's not just a talent—it's the future.



Beyond Student Loans: The lesser-known debts weighing down UK youth (and why we should care)

When we talk about young people and debt in the UK, student loans dominate the conversation. But focusing solely on tuition fees masks a growing financial crisis affecting thousands of under-30s: lesser-known, real-time debts that demand urgent attention.

From Buy Now, Pay Later (BNPL) schemes to overdrafts, credit cards, car financing, and rent arrears, young adults are taking on multiple forms of high-risk debt just to stay afloat. Unlike student loans, which are income-contingent and written off after a set period, these debts are immediate, interest-bearing, and unforgiving.

BNPL platforms like Klarna and Clearpay are particularly concerning. Marketed as convenient and interest-free, they've become widely used by 18–30-year-olds. But many don't realize they're taking on formal debt. Missed payments often lead to fees, credit score damage, and debt collection. The Financial Conduct Authority (FCA) reports that 1 in 5 BNPL users aged 18–24 have already missed a payment.

The cost-of-living crisis has made things worse. Rising rents and stagnant wages mean that essentials—food, transport, and energy—are now routinely paid for using overdrafts or credit. For many, this is survival borrowing, not frivolous spending.

A 2023 StepChange report found that over

half of young people in debt also struggle with mental health, citing stress, anxiety, and shame. And because financial literacy is low, many don't know their rights—or where to turn for help.

Why should we care? Because this is more than personal hardship—it's a systemic threat. Debt delays independence, harms creditworthiness, fuels mental health crises, and locks young people out of housing, employment, and long-term stability. Yet, this issue is largely absent from national policy discussions.

What can be done?

- Regulate BNPL schemes and high-cost credit
- Improve access to debt advice services
- Integrate financial education into schools
- Create affordable credit alternatives through credit unions or public programs

If we don't widen the lens beyond student loans, we risk ignoring a silent but devastating debt trap ensnaring a generation. It's time we looked at the full picture—and acted.

Best Places to go Skiing this Winter Break

It's winter, the coldest, most frostiest time of the year, and an opportunity to hit the slopes! Skiing is an activity that you are certain to have a time. Whether it be with friends or families, a trip skiing with your loved ones is bound to create life-time memories.

But if you're not sure where to go, here are some of the top ski resorts across the globe:

The French Alps

The French Alps are a stunning mountain range known for their world-class ski resorts, charming alpine villages, and breathtaking scenery. Popular year-round, they offer top-tier winter sports in resorts like Chamonix and Courchevel, and summer activities like hiking, biking, and lake swimming. With rich culture and hearty mountain cuisine, the French Alps are a perfect blend of adventure and tradition.

Whistler Blackcomb

Whistler Blackcomb is North America's largest

ski resort, offering vast terrain, reliable snowfall, and a lively village atmosphere. With runs for all skill levels and stunning mountain views, it's a favorite for both thrill-seekers and families.

St. Anton

Known as the birthplace of alpine skiing, St. Anton combines challenging slopes, deep powder, and a legendary après-ski scene. It's ideal for experienced skiers looking for adventure and authentic Austrian charm.

Niseko

Niseko is world-famous for its light, fluffy powder and long ski season. Located on Japan's northern island of Hokkaido, it offers a unique blend of incredible snow, scenic landscapes, and relaxing hot springs.

Zermatt

Set at the foot of the iconic Matterhorn, Zermatt offers year-round skiing, upscale alpine charm, and breathtaking scenery. With glacier skiing and a car-free village, it's one of the most picturesque ski destinations in the world.



Government partners with young people to help develop new national youth strategy

POLITICS

The Government is making a powerful move towards including young people in policymaking, with the announcement of a brand new initiative: directly partnering with young people to shape the National Youth Strategy.

The government has announced a formal partnership with young people across the country to co-develop a comprehensive 10-Year National Youth Strategy. This long-term plan is designed to place youth voices at the center of national policy, ensuring their needs, ideas, and aspirations directly shape the future.

Set to guide youth policy from 2026 to 2036, the strategy focuses on key areas such as mental health, education, employment, housing, climate action, digital inclusion, and civic engagement. What sets this strategy apart is its youth-led and evidence-informed foundation, built through a major consultation process already underway.

At the heart of this process is a National Youth Survey, which was opened at the beginning of the year to young people aged 10 to 21, or up to 25 for those with special educational needs and disabilities (SEND). The survey was designed to gather input on the kinds of support services, facilities, and opportunities young people need outside of school to thrive.

In addition to the survey, the government is organizing events, focus groups, and listening sessions across the country – both online and in person – to ensure a wide range of voices are heard. These efforts aim to capture diverse experiences, especially from underrepresented groups and underserved communities.

“Young people are telling us what they need – safe places to go, access to mental health support, better pathways to work, and more opportunities to make a difference,” said Minister for Youth Engagement, Sarah Thompson. “This strategy is about taking those needs seriously and delivering real, lasting change.”

The government is also:

- Establishing regional Youth Engagement Hubs
- Creating a National Youth Advisory Council
- Launching a digital engagement platform to follow the strategy's progress
- Publishing an annual Youth Report Card to measure impact

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Youth Vending Employment Programme

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.



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



Scan me!

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



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!

MALACHI

My name's Malachi, I'm 19 and I've been working at Inside Success for 1 month now. Inside Success has helped me with skills like how to take rejection, how to converse with new people and how to have fun in a work environment while still getting the job done.



MUHAMMAD ARSALAN ALI

Inside Success has helped me realise a lot of youth are struggling and helping them recover. Mental health and youth violence has caused me to change the way I behave around others and to never judge someone based on appearance. It has also helped me have an understanding how young adults do struggle through tough times and a good thing is Inside Success is there to help them out.

MISHAEL

My name is Mishael, I'm 17, and I joined Inside Success in February. I started off doing outreaching, which really helped me build my confidence and improve the way I communicate with people. Over time, I pushed myself to grow and eventually became a team leader. The experience has taught me a lot about consistency, responsibility, and stepping out of my comfort zone – it's made a real difference in how I see myself and what I'm capable of.



CHANTEL

I started working with Inside Success in the Sales and Marketing team just 4 months ago, and in that short time the experience has had an incredible impact on me both personally and professionally. I've gained valuable skills in sales, communication, and marketing strategies that will benefit me in any future role, while also building the confidence to engage with people and push myself outside of my comfort zone. Being part of the team has taught me the importance of discipline, teamwork, and resilience, and I've also had the chance to attend events that were not only enjoyable but inspiring, as they connected me with positive and ambitious individuals. Inside Success has helped me to grow in confidence and self-belief, given me the tools to focus on my goals, and shown me how much potential I really have.



Not-to-miss events this season

EVENTS



Winter Wonderland (Hyde Park, London)

From 14 November 2025 to 1 January 2026, Hyde Park became the UK's ultimate festive playground. Open daily (10 am–10 pm, except Christmas Day), it offers the country's largest outdoor ice rink, the Magical Ice Kingdom with ice sculptures and slides, and the lively Bavarian Village packed with festive eats and music. Don't miss the Giant Ferris Wheel, or shows like Zippo's Christmas Circus and Cirque Berserk. A sparkling day out for all ages.

Fright Night (Thorpe Park)

On 24 October 2025 (10 am–9 pm), Thorpe Park turned

terrifying. Scare mazes, live horror shows, and sinister scare zones set the scene, while the park's Big 6 rollercoasters keep adrenaline pumping. Designed for thrill-seekers 16+, Fright Night delivers equal parts terror and laughter—just don't be surprised if you jump at your own shadow.



Hogwarts in the Snow (Warner Bros. Studio Tour, Leavesden)

From 15 November 2025 to 18 January 2026, Warner Bros. Studio Tour London transforms into a festive Harry Potter dream. Explore a snow-dusted Gryffindor Common Room, Diagon Alley, and the Forbidden Forest, all decorated by the same artists behind the films. Perfect for fans of all ages—whether you want to sip butterbeer in the Great Hall or relive Yule Ball magic. Book early, as tickets sell fast.



The FRIENDS™ Experience: (ExCeL London)

Calling all Central Perk fans—The FRIENDS™ Experience is open now at ExCeL London, Royal Docks (age all ages welcome). Operating times vary: currently Wednesdays–Fridays 10 am–7:15 pm, Saturdays 9 am–8:15 pm, and Sundays 10 am–7:15 pm, with Mondays–Tuesdays closed. Inside, grab a coffee at FRIENDS™ Station, pose with the yellow frame, or snag merch from the friendliest retail store around. It's a full-on nostalgia fest—snap photos, take trivia quizzes, and relive your favourite moments from the show. Expect to hang for 2–3 hours, and consider upgrading to VIP tickets for perks like skipping queues and freebies. A perfect outing for fans aged 16–25 or anyone who's ever wondered, "Could we BE more excited?"

Creative Future Writers' Award Showcase: Live Stream

Tune in on 25 October 2025 at 7 pm for the Creative Future Writers' Award Showcase, live-streaming from the Southbank Centre as part of the London Literature Festival. This two-hour event celebrates the voices of under-represented writers (ages 16+), hosted by Nancy Campbell and Kieran Yates. Best of all—it's free and accessible online, with viewers able to catch the stream live or on-demand for up to seven days. The winners receive £20,000 in cash and development prizes, plus publication in an anthology. Whether you're a budding writer or just love discovering fresh perspectives, this showcase is inspiration you can watch from your sofa.



ABDUR MIZAN

I have been at Inside Success for almost 2 years now, I have come a very long way from when I started. I have learnt a lot at this company in 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 that I can look back and be proud of.





PHARRELL PREMPEH

Hi guys, my name is Pharrell, and I've been at Inside Success for 3 years now. What I can say is that it really changed my life. I used to think there was nothing to do in life, but as I joined Inside Success, it opened my eyes to the fact that there is a lot more to do in life. It's given me hope; it's given me something to look forward to! Now I'm a sales manager where I can help the young people that work in this organization, and I genuinely believe that if it's helped me out, it can help other young people.



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WORKSHOPS & COURSES

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

Leadership skills in a digital modern world

TV PRODUCTION IN A DIGITAL MODERN WORLD

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

WOMEN EMPOWERMENT IN A DIGITAL WORLD

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

ACTING IN A DIGITAL WORLD

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

on confidence, spontaneity and connections.

CONSTRUCTION

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

PROPERTY

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

MARKETING

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

SPORTS

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





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

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

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

To achieve their ambitious goals, Success FC

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

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

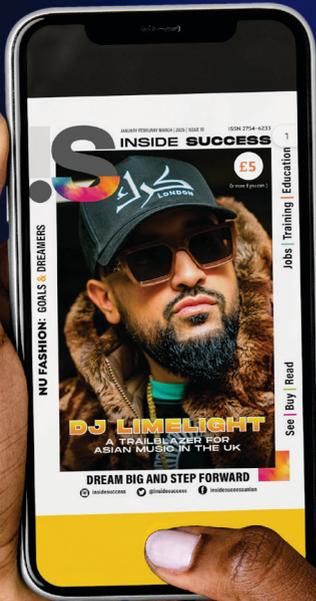
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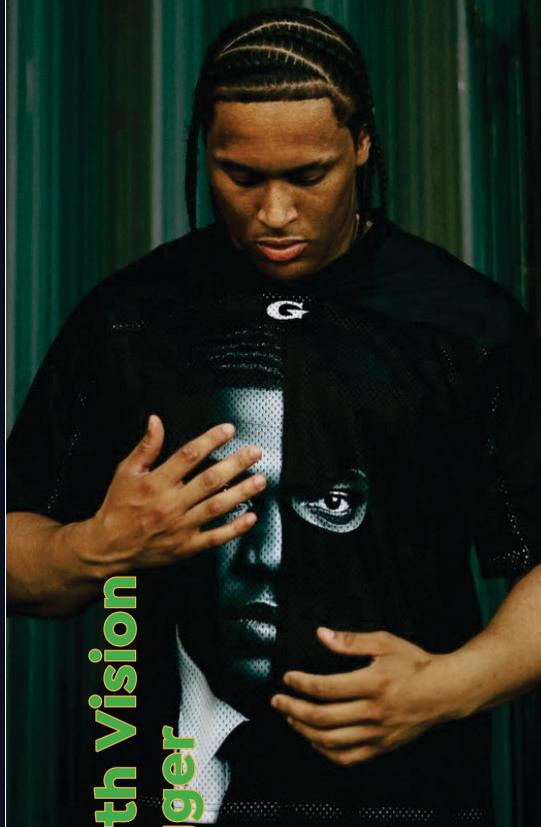
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Gangsterus: Where Youth Vision Meets Streetwear Swagger



NU FASHION

Emerging from passion and creativity, Gangsterus is a fresh brand founded by young designers aiming to shake up the streetwear scene—and it's one you'll want to know.

At its core, Gangsterus celebrates shared roots and diverse life paths. With the tagline, *"We were all brought up in the same area, sharing the same dreams but just growing up to tell different stories. You see, freedom was always the goal."* The brand evokes a powerful sense of unity and individuality. It reminds us that though our stories may differ, we all chase freedom in our own way gangsterus.com.

At present, Gangsterus offers a signature Jersey piece—priced at approximately £40—though it's currently sold out, a testament to its popularity and growing demand gangsterus.com. This early buzz is especially remarkable for a new label, and suggests momentum is building.

What makes Gangsterus stand out is the authenticity and youthful ingenuity behind its vision. Born from a collective desire for meaningful self-expression, the brand is rooted in storytelling—they're not just selling clothing, they're bringing personal narratives to life.

As word-of-mouth spreads—via social media channels like Instagram and TikTok, which Gangsterus actively uses—you can expect interest to continue surging. Whether it's through drops, collaborations, or community-driven campaigns, this brand is poised for a breakout moment.

For those seeking to support the next generation of creators, Gangsterus represents an opportunity to champion indie fashion that's both heartfelt and stylish. Keep your eye on this brand—it's more than a label; it's a movement.

WHAT'S THE MOTIVE?



LONDON: THE BUTTERFLY TRAIL AT OUTERNET

Outernet, London's immersive entertainment hub, is drawing crowds with The Butterfly Trail—a free digital spectacle where colossal screens transform into a living ecosystem. Thousands of hyper-realistic butterflies respond to visitors' movements through motion-capture technology, creating a personal, ever-shifting encounter. It's an awe-inspiring fusion of art, tech, and nature, offering a rare pause from city life.



LONDON: V&A EAST STOREHOUSE

Opening in Stratford's East Bank in 2025, the V&A East Storehouse promises to revolutionise how we experience the museum's world-famous collections. Housing 250,000 objects, 1,000 archives, and 300,000 books, it offers unprecedented public access. Visitors can witness conservation in action, explore behind-the-scenes storage, and dive into the intricate histories of design and performance. More than a museum, it's a living hub for discovery, research, and creativity.



BIRMINGHAM: F1 ARCADE

For racing fans, Birmingham's new F1 Arcade delivers high-octane thrills in a social setting. With 60 full-motion simulators, guests can race solo or in teams on hyper-realistic circuits. Beyond the adrenaline, the venue offers a sleek bar with cocktails, mocktails, and gourmet bites, making it perfect for group nights out or corporate events. Combining competitive fun with vibrant hospitality, it's a dynamic addition to the city's entertainment scene.

MANCHESTER: ARCHIE'S ATOMIC

Step into Archie's Atomic and discover the motive behind Manchester's most vibrant dessert and burger joint: pure, unadulterated indulgence. This isn't just fast food; it's an experience. The neon-pink decor and playful atmosphere scream "good vibes only," perfectly setting the stage for their legendary milkshakes – think colossal, candy-topped creations that are as much art as they are a treat. The burgers, from classic smash patties to innovative chicken combinations, are crafted for maximum flavour impact, proving that comfort food can be both satisfying and stylish. Whether you're fueling up before a night out, celebrating with friends, or simply seeking a sugary escape, Archie's Atomic provides the perfect colourful backdrop and delicious reason to treat yourself.



MANCHESTER: NQ64

Seeking a dose of nostalgia with your pint? NQ64 in Manchester perfectly encapsulates the "retro recharge" motive. This subterranean den is a haven for arcade game enthusiasts, offering a thrilling escape from modern life. The dark, atmospheric lighting, infused with the glow of classic arcade screens and neon accents, transports you straight back to the 80s and 90s. From Pac-Man and Space Invaders to Street Fighter and Mario Kart, the motive here is to relive your childhood, challenge your mates, and enjoy a curated selection of craft beers and themed cocktails. It's more than just a bar; it's an interactive playground where the thrill of the high score meets the joy of a perfectly poured drink, making it the ultimate destination for playful competition and unique socialising.





Meet the editors of this edition of Inside Success magazine

INSIDE SUCCESS



TONI

Hi, my name is Toni, and I am an editor for the Inside Success magazine. Additionally, I'm entering my final year of university, where I study politics and international relations. I first joined Inside Success in January 2023 and have been writing for the magazine ever since, and it has helped immensely improve my writing abilities and skills. 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!

ZITA

Hi, my name is Zita, and I am an editor for the Inside Success magazine. This is one of many magazines for Inside Success I have written in over the years. I have been a freelance journalist for 4 years. Currently studying BA journalism at university and writing for a few other publications. I started out my writing journey at Inside Success, and it has evolved over time. Journalism is something I have been passionate about for a while now, and I hope to dominate the industry one day. I hope you enjoy this new editorial.



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

Hungry? Grab a quick bite!

BIRMINGHAM: SHRIMP SHACK CO

Dive into the world of Shrimp Shack Co, a London-based fast-casual seafood sensation that's making waves! Born from a spark of inspiration in the USA, this vibrant eatery offers fresh, grilled seafood without breaking the bank. A vibrant twist on seafood staples—fun, fresh, and affordably indulgent. Whether you're craving a solo shrimp feast or a loud, saucy boil with friends, Shrimp Shack's custom creations and lively atmosphere make it a Birmingham must-visit.



Location: Unit 6a, Five Ways, Leisure Centre, Broad St, Birmingham B15 1AY

MANCHESTER: DB'S TACOS

Introducing DB's Tacos (DBSMCR) – Didsbury's ultimate pop-up taco experience where "Birria Done Better!" From Tuesdays to Saturdays, 5–9:30 pm, this halal taco haven serves up authentic, juicy birria tacos with your choice of fixings. DB's brings infectious energy and passion to every plate. Expect melt-in-your-mouth slow-cooked birria, flavour-packed salsas, warm tortillas, and that signature ranch drizzle that makes every bite unforgettable. Ready to elevate your taco game? Taco lovers can't stop talking.



Location: 741 Wilmslow Rd, Manchester M20 6RN

LONDON: BOCACHICA

Get ready to spice up your next meal at BocaChica, London's vibrant pop-up that brings the heart of the Dominican Republic right to your plate. This isn't just food—it's a colourful, soulful experience rooted in Grandma's kitchen, bursting with family-inherited recipes and that unmistakable Caribbean sazón. Every dish is crafted from scratch with fresh, handmade ingredients—no trends, just pure, traditional Dominican flavour. Step into a warm, cheerful environment reminiscent of sun-kissed beaches and vibrant street-side gatherings.



Location: 16 Evelina Rd, London SE15 2DX

MANCHESTER: BIG LICKS

Big Licks has been whipping up artisanal delights—from hand-crafted ice creams and over-the-top shakes to smash burgers and loaded fries. Imagine walking in, surrounded by the sweet aroma of freshly baked treats and the sight of artisan tubs glistening behind glass. Big Licks also delivers on the savoury front: think juicy smashed Angus burgers, buttermilk chicken, loaded fries, wraps and hot dogs—each entree bursting with flavour and crafted with quality ingredients. Whether you're after a family outing, a date night treat, or a chilled session with mates, Big Licks delivers laid-back vibes and bold flavours.



Location: Printworks, 27 Withy Grove Manchester M4 2BS



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PR Events Organiser

Turning ideas into unforgettable moments

If you've ever scrolled past a perfectly curated launch party, influencer-packed festival, or red carpet event and thought, "I want to be behind the scenes of that," then a career as a PR Events Organiser might be your lane.

What does a PR Events Organiser actually do?

In short: they create buzz. A PR (Public Relations) Events Organiser plans and manages events designed to promote a brand, product, artist, or campaign. Think fashion pop-ups, album launch parties, charity galas, or branded influencer brunches – they're the creative force making it all come to life.

You'll work closely with clients, journalists, stylists, venue managers, talent, and creatives to ensure everything runs smoothly – from invites to lighting, to media coverage. It's part strategy, part logistics, and all about the *vibe*.

The skills you need

- **Organisation:** You'll be juggling dates, guest lists, budgets, and last-minute changes.
- **Creativity:** Designing themes and creating moments people will talk about.
- **People Skills:** You'll be networking, managing clients, and handling vendors.
- **Calm Under Pressure:** Trust, something will go wrong. You'll be the one who fixes it with grace.

How to break into the industry

There's no single path – but most people start with experience. Intern with PR agencies, volunteer at events, or start by planning your own (uni showcases, community events, etc).

Courses in PR, marketing, or event management help – but your hustle, contacts, and portfolio matter even more.

Why it's perfect for young creatives

This is a job that rewards ambition, aesthetic sense, and good energy. It's social, fast-paced, and full of variety. One day you're working with a music label, the next with a fashion brand. Plus, it's a great role if you want to eventually run your own agency.

Career tip from the field

Be the person who solves problems. Anyone can plan an event, but being calm, quick, and professional under pressure makes you unforgettable.

Dream big, plan well, and always have a backup plan. The world of PR events needs more visionaries – and that could be you.

Actuarial Scientist

If you're good with numbers, love solving real-world problems, and want a career that's both secure and respected, the world of actuarial science might just be your next big move.

An Actuarial Scientist is someone who uses maths, statistics, and data analysis to measure and manage risk. That might sound technical, but in simple terms – they predict the future. Whether it's calculating insurance premiums, forecasting pension payouts, or helping businesses prepare for financial risks, actuarial scientists play a key role in keeping organisations financially healthy.

Where Do They Work?

Actuaries are found in a range of sectors:

- **Insurance** – life, health, or car insurance companies
- **Pensions and retirement planning**
- **Finance and investment firms**
- **Government policy and regulation**
- **Climate risk and sustainability forecasting**

With businesses relying more on data and risk planning, actuarial science is becoming even more important in a fast-changing world.

How Do You Become One?

To become an actuarial scientist, you'll usually need:

- A strong maths-based degree (Actuarial Science, Mathematics, Statistics, Economics, or similar)

- To pass professional exams from the Institute and Faculty of Actuaries (IFoA) in the UK
- Skills in coding, data analysis, and financial modelling are a bonus

It's not an easy path – those exams are tough – but the reward is worth it.

Salary and Progression

Starting salaries are strong:

- **Graduate entry:** £30k–£35k
- **Qualified actuary:** £55k–£90k+
- **Senior/consultant level:** Over £100k

Plus, with demand rising across industries, qualified actuaries enjoy real job security and global opportunities.

Why It Matters for Young People

In a time when young people are looking for careers that are stable, impactful, and pay well, actuarial science ticks all the boxes. It's a profession that blends **brains and business**, and allows you to make decisions that truly shape the future.

So if you're the kind of person who loves logic, enjoys problem-solving, and wants a career that pays dividends – becoming an actuarial scientist could be your perfect fit.

SEE:

AVATAR: FIRE AND ASH

The long-awaited third chapter in James Cameron's epic *Avatar* saga, *Fire and Ash* lands in cinemas on 19 December 2025.



Continuing the journey three years after *The Way of Water*, the story shifts to explore the darker heart of Pandora—with themes of violence, grief and cyclical conflict embodied by a fierce new Na'vi clan, the "Ash People". Featuring returning stars Sam Worthington and Zoe Saldña alongside newcomers Oona Chaplin and David Thewlis, this sequel is longer and harrowingly intense, pushing into emotional depths not seen before. The blockbuster's visuals promise more cultural richness—new creatures, clans, and environments await in fire-scorched regions of Pandora. Whether you're a die-hard fan or new to the series, this cinematic event delivers spectacle, soul and the future of the franchise.

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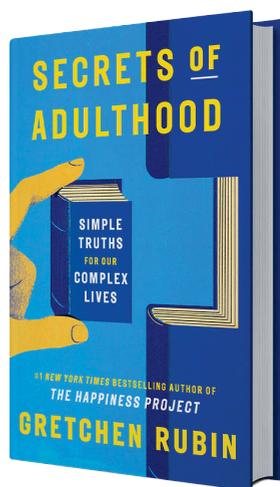
The OCOOPA Rechargeable Hand Warmer is the pocket-sized game-changer you didn't know you needed. Stylish, compact, and powerful, this device heats up in seconds and delivers lasting warmth—perfect for UK winters, chilly offices, or even festival nights. With three heat levels, it's fully adjustable to your comfort, and the long-lasting battery gives you up to 15 hours of heat on a single charge. It also doubles as a power bank to charge your phone on the go—because warm hands and a full battery? That's a win-win. Whether you're a student, outdoor worker, or just hate the cold, this gadget is a must-have. Available in a range of sleek colours to match your vibe. Affordable, eco-friendly, and reusable—what's not to love?



READ:

SECRETS OF ADULTHOOD BY GRETCHEN RUBIN

From the bestselling author of *The Happiness Project*, *Secrets of Adulthood* is a modern-classic guide packed with poignant, bite-sized truths for navigating life's twists. Presented as a collection of clever aphorisms—think "What can be done at any time is often done at no time" or "The things that go wrong often make the best memories"—this slim volume is a powerful toolkit for anyone hitting a life crossroads: graduation, career moves, relationships, or simply the daily grind. Rubin's wisdom hammers home essential lessons: daily habits matter more than grand gestures, meaningful work equals purpose, and strong relationships balance high expectations with unconditional acceptance. Perfect for young readers building their futures, this book delivers clarity, inspiration, and a few laughs—all packed into a pocket-sized guide. Keep it on your desk or nightstand; one line could change how you see your whole day.



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