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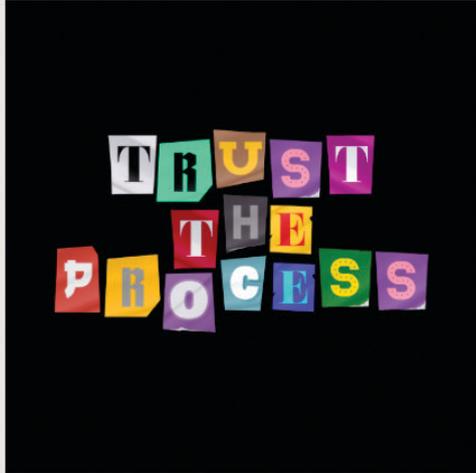


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NANDA AKOTHE TRENDSETTER TRANSFORMING
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Revenge Bedtime Procrastination: Why We Stay Up Late and How to Stop

OPINION

“

It's a way to gain back control over our time but has an overall negative effect. Late nights followed by early mornings can cause you to feel very sleep deprived. It takes a negative toll on you mentally, physically, and emotionally, leading to short- and long-term consequences.

WHAT IS IT?

Staying up late isn't uncommon, but it can quickly become a problem when it starts to affect your daily life and energy levels. The term “revenge bedtime procrastination” is when people delay sleep and put off going to bed in order to complete activities they didn't have time to do during the day or reclaim personal time. Even though they're tired, they will find time to do leisure activities, watch TV, or scroll.

WHY DO WE DO IT?

- **Lack of Free Time:** Busy schedules leave little time for personal activities, so people stay up late to enjoy hobbies, social media, or TV.
- **Desire for Control:** After a day filled with obligations, delaying sleep feels like a way to reclaim control over their time.
- **Stress and Anxiety:** Worries about work, life, or personal issues can make it hard to relax, leading to postponing bedtime.
- **Screen Addiction:** The allure of scrolling through social media, binge-watching shows, or gaming makes it easy to ignore sleep.
- **Poor Time Management:** Struggling to balance responsibilities and downtime can push leisure activities to late-night hours.

HOW TO STOP IT:

Luckily, this isn't a problem that is hard to fix. By incorporating these techniques, there's no doubt that your sleeping patterns will improve:

- **Set a Relaxing Night Routine:** Create a wind-down routine with activities like reading or meditation to signal your body it's time to sleep.
- **Limit Screen Time:** Reduce exposure to phones, TV, and social media before bed to avoid distractions and blue light that disrupt sleep.
- **Schedule Personal Time Earlier:** Make time for hobbies and relaxation during the day or evening so you don't feel the need to stay up late.
- **Set a Sleep Alarm:** Just like a morning alarm, use a nighttime reminder to start getting ready for bed at a consistent time.
- **Improve Sleep Environment:** Keep your bedroom dark, quiet, and cool, and avoid caffeine or heavy meals before bedtime to make sleep more inviting.
- **Bonus Tip:** Start Small and Build Up—Instead of forcing an early bedtime all at once, gradually shift your sleep schedule by 10–15 minutes each night. This makes the transition easier and more sustainable!

Hustle Culture

The Truth About Hustle Culture: Is It Helping or Hurting?

Hustle culture is the belief that relentless work, long hours, and constant productivity are the keys to success, often at the expense of personal well-being and work-life balance. It promotes the idea that success is directly tied to how much effort and time you dedicate to your career, side hustles, or entrepreneurial pursuits.

Hustle culture in the UK reflects a growing emphasis on constant work, side hustles, and career ambition, often at the expense of work-life balance. It's fueled by economic pressures, social media glorification of entrepreneurship, and a desire for financial independence.

Hustle culture can lead to significant personal and professional growth, fostering a strong work ethic, resilience, and self-discipline. It encourages individuals to take initiative, develop new skills, and pursue ambitious goals, often leading to increased financial stability and career advancement. The emphasis on side hustles and entrepreneurship can provide greater independence, multiple income streams, and opportunities for creative expression. Additionally, the drive for constant improvement can enhance problem-solving abilities and adaptability, making individuals more competitive in their fields. For those who thrive in high-energy environments, hustle culture can be a source of motivation, helping them achieve success, build confidence, and create a fulfilling career on their own terms.

Hustle culture often leads to burnout, chronic stress, and mental health struggles as individuals push themselves to work excessively with little rest. The glorification of constant productivity can result in poor work-life balance, strained relationships, and physical exhaustion. Many people experience anxiety and guilt when taking breaks, leading to a cycle of overwork and dissatisfaction. Additionally, the pressure to always be "grinding" can create unrealistic expectations, making individuals feel inadequate if they are not constantly achieving. Over time, this unsustainable lifestyle can diminish creativity, reduce overall job satisfaction, and negatively impact both mental and physical well-being.

Hustle culture can benefit individuals and communities by fostering ambition, resilience, and financial independence. For individuals, it encourages a strong work ethic, creativity, and the pursuit of multiple income streams,

which can lead to career growth and personal fulfilment. It also cultivates adaptability and problem-solving skills, essential for navigating today's competitive job market. On a community level, hustle culture drives innovation, entrepreneurship, and economic growth, as people create new businesses, services, and job opportunities. It can also inspire collective motivation, with communities supporting one another in their professional journeys. However, while it promotes success and self-improvement, it is essential to balance hard work with well-being to ensure sustainable progress.

Hustle culture can be harmful to both individuals and communities by fostering burnout, stress, and a lack of work-life balance. On a personal level, the pressure to constantly work and be productive can lead to mental and physical exhaustion, anxiety, and even long-term health issues. It often glorifies overworking while disregarding the need for rest, relationships, and personal fulfilment. Communities also suffer as social connections weaken, with people prioritising work over family, friendships, and civic engagement. Additionally, hustle culture can create a toxic environment where self-worth is tied to productivity, making those who struggle feel inadequate. In the long run, this mindset erodes well-being, reduces overall happiness, and fosters a society where people feel isolated and overworked rather than supported and fulfilled.

In conclusion, while hustle culture may promote ambition and financial growth, its long-term consequences can be detrimental to both individuals and communities. The relentless pursuit of success often leads to burnout, declining mental and physical health, and weakened social connections. Moreover, it fosters a toxic environment where self-worth is measured by productivity rather than personal fulfilment or well-being. To create a healthier and more sustainable society, it is crucial to shift the focus from constant work to a balanced lifestyle that values rest, relationships, and overall happiness.

7 Apps Every Student Needs This Year

We live in a world that is dominated by technology, which has therefore changed what it means to be a student. Managing homework and staying on track are imperative; however, it is a very common struggle amongst students.

But that is where technology comes in as a tool for academic life. There are many apps created to help students with their daily struggles. But with so many to choose from with all different options, it can be hard finding out what works best for you.

That's why we have come up with a list of the 7 best apps for students. Each app comes with tools to help you stay organised, study smarter, and make the most of your time. So whatever you're struggling with, whether it be taking better notes, passing exams, or staying on top of your deadlines, these apps will be your greatest assistance.

1. QUIZLET

Quizlet is a digital study tool that uses flashcards, quizzes, and interactive games to help students with memorisation and understanding material. The app offers pre-made study sets and notes on a variety of different subjects, as well as different learning techniques, such as flashcards, matching games, and practice tests to suit different learning styles.

2. GOOGLE CALENDAR

Google Calendar is specialised in time management and scheduling. It helps students organise their tasks, assignments, and deadlines to avoid missing important dates and falling behind. It also syncs across all your devices so you never miss a schedule or notification. So if you know you struggle with organisation, this is the app for you.

3. NOTION

Notion is a customisable workspace for note-taking, task management, and organising assignments. It puts all your study material, assignments, and notes in one place, so all your schoolwork isn't scattered. Additionally, it has a collaboration feature, which comes in handy during group projects.

4. MYHOMEWORK STUDENT PLANNER

MyHomework student planner is a digital planner designed to help students track homework, assign-

ments, and exams. Students can organise classes, assignments, and due dates in a clearly structured format. It also sends notifications regarding assignments to help you stay on top of your work, which syncs with your other devices so you never miss a notification.

5. GOODNOTES

GoodNotes is a digital note-taking app that lets students write, draw, and annotate PDFs just like a real notebook. This is perfect for students who prefer handwritten note-taking but hate the overload of paper and notebooks. This way you can annotate and store it all in one place. It is also great for the organisation of lecture slides, textbooks, and assignments.

6. HARVARD REFERENCE GENERATOR

Harvard Reference Generator is a citation tool that automatically generates Harvard-style references for academic papers. This is a great tool for university students, as it saves time by creating accurate citations instantly and formatting bibliographies. Furthermore, it reduces error in referencing.



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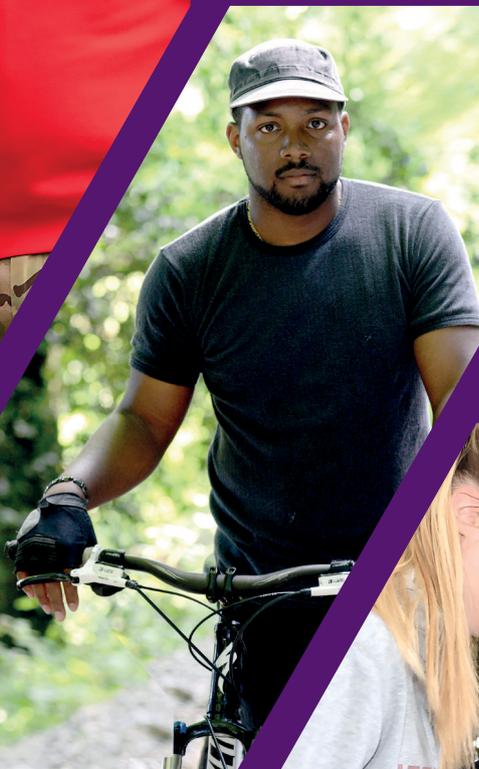


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... Before Starting a Side Hustle

WHAT I WISH I KNEW



Starting a side hustle seems like a great idea, especially when you're looking for extra income or a creative outlet outside your 9-to-5 job. But, as many entrepreneurs quickly find out, there's more to it than simply setting up a website and waiting for customers. Here are a few things I wish I knew before diving in.

1. TIME MANAGEMENT IS KEY

When you've got a full-time job, family, or other commitments, managing your time becomes a juggling act. I quickly learnt that you need to be realistic about how much time you can dedicate to your side hustle. Creating a solid schedule and sticking to it is essential, or you'll end up burning out. It's all about balancing work, life, and hustle—don't sacrifice your well-being.

2. YOU NEED PATIENCE

One thing I didn't expect was how long it would take to see results. Whether it's building your customer base, gaining followers on social media, or even just generating income, it takes time. You won't become an overnight success, and that's okay. Patience is a must when it comes to building something sustainable.

3. DON'T OVERLOOK THE LEGAL STUFF

When you're passionate about your new venture, it's easy to overlook the legal side of things, but trust me—it's crucial. Registering your business, understanding tax implications, and keeping track of expenses will save you headaches later on. In the UK, a simple tax return could

mean the difference between a smooth operation and a costly mistake.

4. NETWORKING IS A GAME CHANGER

One thing I didn't realise until much later was how important networking can be. Whether it's joining online communities, attending meetups, or collaborating with others, building relationships is invaluable. It's not just about getting customers—it's about learning, sharing ideas, and finding support from others who've been through it.

5. FAILURES ARE LESSONS, NOT SETBACKS

Finally, it's important to understand that not everything will go to plan, and that's perfectly fine. Mistakes and failures are part of the learning process. What matters is how you bounce back and use those experiences to grow and improve.

Starting a side hustle is exciting, but it's not all sunshine and rainbows. By staying patient, organised, and open to learning, you'll be better prepared for the challenges ahead.

... Before I started therapy

Starting therapy can feel like stepping into the unknown. You might wonder if it will actually help, what to expect, or if it's even the right decision.

When I first started, I had a lot of misconceptions, and I wish someone had told me a few things that would have made the journey smoother. If you're considering therapy or just starting, here are some things I wish I had known.

1. THERAPY ISN'T A QUICK FIX

I used to think therapy would "fix" me in a few sessions, but that's not how it works. It's a process, and real change takes time. Be patient with yourself and understand that healing isn't linear—some sessions will feel great, while others may be tough.

2. YOU DON'T HAVE TO HAVE A CRISIS TO GO TO THERAPY

Many people believe therapy is only for those going through a major crisis, but that's not true. Therapy is for anyone who wants to understand themselves better, improve their mental health, or work through challenges. It's a proactive step, not just a last resort.

3. FINDING THE RIGHT THERAPIST TAKES TIME

Not every therapist will be the right fit, and that's okay. If you don't feel comfortable after a few sessions, it's okay to look for someone else. Therapy is most effective when you have a therapist you trust and connect with.

4. TALKING ABOUT YOURSELF CAN FEEL WEIRD AT FIRST

If you're not used to opening up, talking about your thoughts and feelings might feel awkward. But over time, it gets easier. Your therapist is there to help, not judge, so don't be afraid to be honest. The more open you are, the more beneficial therapy will be.

5. IT MIGHT GET HARD BEFORE IT GETS BETTER

Therapy can bring up painful emotions you may have pushed aside. Sometimes, things might feel worse before they improve, but that's part of the process. Stick with it, and remember that growth often comes from discomfort.

BONUS TIP: TAKE WHAT YOU LEARN INTO DAILY LIFE

Therapy isn't just about what happens in the session—it's about applying what you learn to your everyday life. Whether it's setting boundaries, practicing mindfulness, or changing negative thought patterns, use these tools outside of therapy to see real progress.

Therapy can be life-changing, but knowing what to expect can make the journey easier. Be patient, stay open-minded, and trust the process. Your mental health matters, and taking this step is one of the best things you can do for yourself.



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The Gen Z Dictionary: Breaking Down the Latest Slang

1. PENG – ADJECTIVE

A staple in UK slang for a while now, “peng” means something or someone is incredibly attractive. Whether it’s a person, an outfit, or a plate of food, if it’s peng, it’s top-tier.

Example: “That guy is actually peng, though.”

2. PEAK – ADJECTIVE/NOUN

Unlike its literal meaning, in Gen Z slang, “peak” actually means bad or unfortunate. If something’s peak, it’s not going well.

Example: “I missed my train; it’s peak.”

3. DEAD – ADJECTIVE

No, this doesn’t mean literally dead. It means something is boring, bad, or just not worth your time.

Example: “That party was dead, mate.”

4. LENG – ADJECTIVE

Similar to “peng,” but even stronger. If someone or something is “leng,” it’s beyond attractive.

Example: “Did you see her dress? That was actually long.”

5. NEEK – ADJECTIVE

Not a word you want to be described as. If someone’s “neek,” they’re seen as weak, soft, or embarrassing.

Example: “He started crying over spilt tea. Such a neek.”

6. SAFE – ADJECTIVE

A classic that’s still going strong. Calling someone “safe” means they’re a decent, trustworthy person.

Example: “He’s a sound, proper, safe guy.”

If you’ve ever found yourself completely baffled by a conversation with a teenager or twenty-something, you’re not alone. Gen Z has crafted an entirely new dialect, blending internet culture, pop references, and sheer creativity into everyday language. Whether you want to keep up or just understand what on earth they’re on about, here’s a breakdown of the latest Gen Z slang, UK style.

7. MAD – ADJECTIVE/ADVERB

Used to emphasise something, usually in a positive way.

Example: “That goal was mad!”

8. WASTEMAN – NOUN

Not a compliment. A wasteman is someone who’s useless, lazy, or just a bit of a joke.

Example: “He’s 30 and still lives at home; what a wasteman.”

9. BAIT – ADJECTIVE

If something is “bait,” it’s obvious or too risky.

Alternative meaning: someone who is described as popular or well-known.

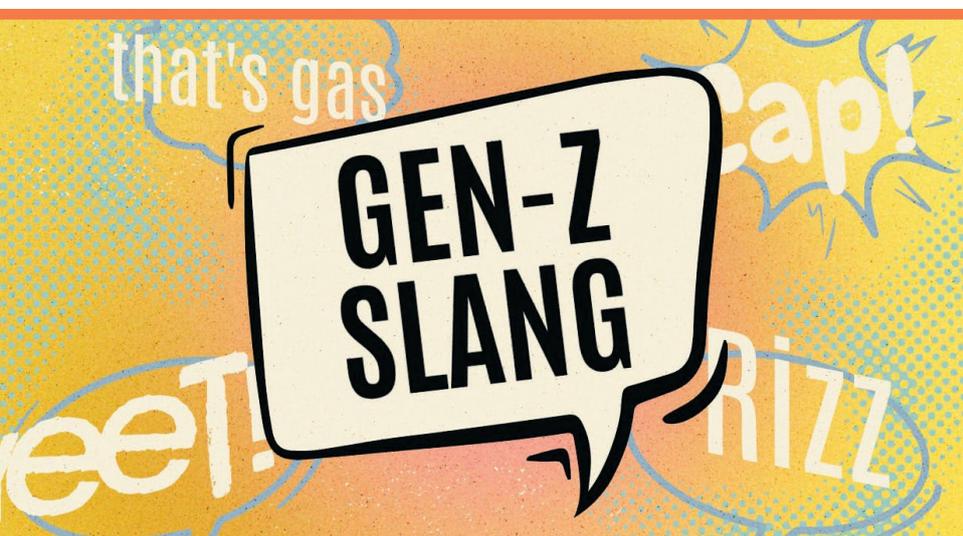
Example: “That fake designer bag is so bait.”

Example: “Sean is so bait; look at his followers.”

10. ALLOW IT – PHRASE

A way to tell someone to leave it alone, stop talking, or just back off.

Example: “Bruv, allow it; you’re embarrassing yourself.”



KEEPING UP WITH THE SLANG

Slang evolves fast, and what’s trendy now might be “dead” in a few months. Whether you’re trying to keep up with your younger siblings, colleagues, or just TikTok trends, knowing a few key phrases will stop you from feeling completely lost.

Just remember, using slang incorrectly is peak—so maybe allow it if you’re not 100% sure!

FOODY FELLA



Kieran Monlouis is the face behind the popular food blog Foody Fella. With over 300k followers across his social media platforms, Kieran travels all across the country, trying different food spots, promoting/supporting young businesses, and overall giving back to the community.

People Behind Popular Pages

DJ AJ



DJ AJ, whose real name is Ashley Gordon, is a British DJ. He's best known for travelling all across London and performing DJ sets, allowing people to perform alongside him all while he livestreams it. He has been approached by several notable celebrities, including Daddy Freedy and Skepta. With over 500K followers on TikTok and 30K subscribers on his YouTube, DJ AJ has been praised for using his love of music to connect and vibe with people all across England's capital.

LINK UP TV



Founded by Rashid Kasirye, *Link Up TV* is a staple in UK music. Since 2008, it has provided a platform for rising artists, helping shape the UK rap and grime scenes. The page shares exclusive freestyles, music videos, and interviews, making it essential for anyone following the UK urban music industry.

GUAP MAG



Founded by Ibrahim Kamara and Jide Adetunji, *Guap Mag* is a digital-first platform spotlighting UK creatives. The magazine's Instagram showcases emerging artists, designers, and entrepreneurs, giving a voice to the next generation of innovators. With a keen focus on diversity, *Guap Mag* is shaping the future of creative media in the UK.

INSPIRE ME

I'M JUST BAIT.



Created by Antz, *Imjustbait* started as a meme page in 2014 and has since evolved into a major platform for UK culture. From breaking new artists to viral trends, Antz has built a page that keeps Gen Z entertained daily. His knack for spotting trends has made *Imjustbait* one of the UK's most influential online communities.

Launched by Percelle Ascott, Joivan Wade, and Dee Kaate, *The Wall of Comedy* transformed UK comedy on social media. Their skits, viral challenges, and collaborations with top comedians have built a loyal audience. By blending entertainment with social commentary, they've made comedy more accessible to UK audiences.

Nanda Ako:

The Food & Lifestyle Enthusiast Redefining Reviews

UNDER THE MICROSCOPE

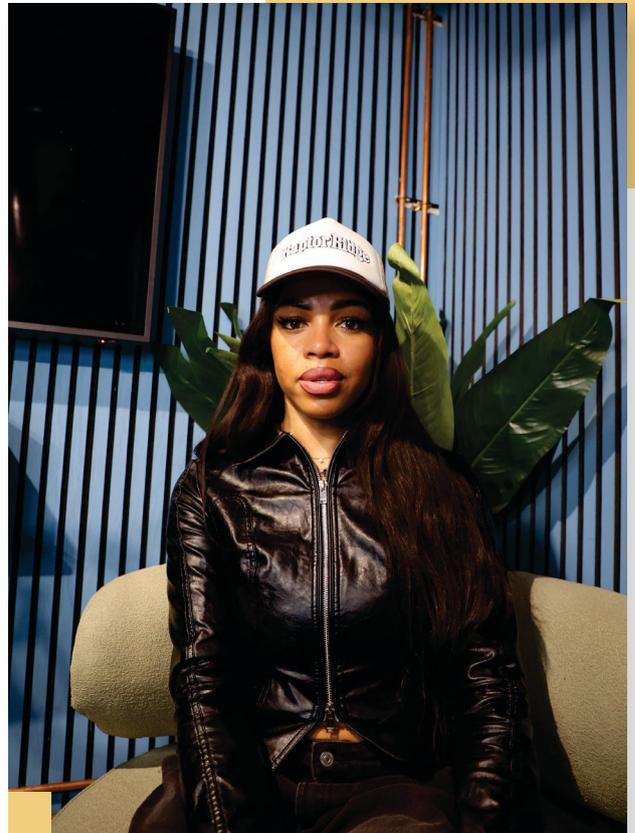
In the world of food and hospitality, few names are as influential as Nanda Ako. A West London native with an insatiable passion for discovering the best dining experiences, Nanda has taken her love for food and transformed it into a thriving online presence.

As the face behind the popular social media pages @londonhotspots on TikTok and Instagram, she has become a go-to source for food lovers, travellers, and hospitality enthusiasts seeking the hottest places to eat, drink, and stay.

Nanda's journey into the food blogging scene began as a personal passion. She grew up in a Ghanaian-British household; her favourite meal growing up was as simple as school dinners. As she grew older, so did her newfound love for exploring different cuisines. From fine dining to street food, these personal passions evolved into something greater as she started sharing her experiences with a growing audience. What started as a hobby quickly turned into a full-fledged brand, as her engaging content, honest reviews, and impeccable eye for detail captured the attention of thousands of followers.

Her influence extends beyond just finding great restaurants. Through @londonhotspot, Nanda curates and showcases the latest and most exciting food and hotel hotspots across the world, with a particular focus on London, Dubai, and Bali. From hidden gems in Notting Hill to extravagant five-star resorts in the heart of Dubai, her recommendations are trusted by locals and tourists alike. Whether it's the newest rooftop bar, the trendiest brunch spot, or a luxury hotel stay, Nanda's insights have helped shape the choices of countless foodies and travellers.

What sets Nanda apart from other bloggers is her authenticity and ability to connect with her audience. Unlike generic food pages, she offers a personal touch, often featuring behind-the-



scenes looks at kitchens, interviews with chefs, and detailed breakdowns of what makes a place worth visiting. Her reviews are not just about food; they encapsulate the entire dining and hospitality experience, from ambiance and service to presentation and value for money.

Her expertise has not gone unnoticed. As a sought-after hospitality reviewer and consultant, Nanda now advises restaurants and hotels on how to improve their guest experiences. Her keen understanding of what makes a place stand out has led her to collaborate with some of the biggest names in the industry, helping businesses refine their offerings and enhance their reputations.

From London's vibrant food scene to the luxurious hospitality of Dubai and the tropical paradise of Bali, Nanda Ako continues to make her mark as a trusted voice in the world of food and lifestyle. As her influence grows, so does her impact on the way people experience dining and travel, proving that a love for food can truly open doors to global opportunities.

LONDON HOTSPOTS



Be Your Own Biggest Cheerleader – and Celebrate Your Worth.



"In celebration of International Women's Day, on 8th March 2025, I wanted to highlight how women can be their biggest cheerleaders and move closer to their full potential."

Too often, I hear how strong the female inner critic is. It relies on the parts of us that feel insecure, unhappy, or generally not enough and runs it at any opportunity to heighten those feelings and deepen the low sense of self. But the interesting thing is that when you ask yourself, 'Who is setting these expectations?' 9 times out of 10, you will realise that it is you! That may make it more difficult to adjust because it will be your own thoughts that you need to challenge for effective change; however, the positive side of this is that you are in control of you, and therefore if you're setting the expectations, then you have the ability to change them.

Celebrating your worth is an ongoing process—it never stops! But as time goes on, it can become more of a natural integration if you are constantly aware of it. Your worth isn't something that is up for negotiation, but what you accept in your world can dictate how others may or may not treat you. So, if the goalpost is constantly being moved on your worth, then the message you may be sending is, 'Hey, I'm happy to negotiate my personal value.' As long as you are the one dictating your worth, giving yourself all of the credit you deserve, and constantly pouring into your cup, you are going to be cheerleading yourself on continuously.

Some key ways you can get closer to being your biggest cheerleader are:



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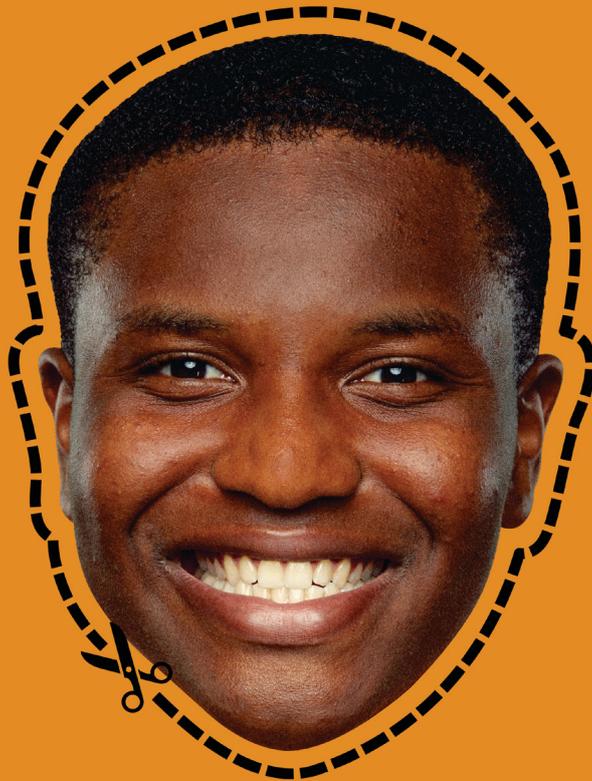
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- 1. Choose** you. It is not selfish to put yourself first in any situation. Of course there may be times that you consider others first or more than yourself, but leave space for you to ask yourself, 'What do I want or need?'. If there is a quiet voice in the background always asking this question, then you aren't leaving yourself behind.
- 2. Adjust** complicated relationships. It is lovely to have someone by your side to do life with, but if any relationship isn't reciprocal, then it may be taking away a lot from you but not giving you anything back. Sometimes we can try to cling onto relationships that may be detrimental to our personal growth, and it isn't until we are outside of them that we realise.
- 3. Work** on yourself. Find comfortable and healthy ways to work on yourself. That can genuinely be whichever way you choose, as it is individual to you! It may be in the form of hobbies, time for reading, journaling, or daily reflection, or it might be more long-term work like therapy.

Whatever it is that you take away from March 8th or what you set out daily for yourself, be your biggest cheerleader. Give yourself the gratitude and encouragement that you deserve and be bold in that space; there's no room for negotiation!

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A Deep Dive into Football Scouting with Immanuel Parry

SUCCESS LEAVES CLUES

Parry's journey from playing football to scouting has been shaped by firsthand experience and a deep understanding of the game. He shares the challenges of the profession, the skills required to spot the next big talent, and how scouting has evolved over time. His expertise offers a fascinating look into the dedication and analytical prowess needed to succeed in the field.

THE JOURNEY INTO SCOUTING

Parry's transition from playing football to becoming a scout was a natural progression. Having been involved in football throughout his life, he first realised his passion for scouting while observing the process at Manchester City. The experience opened his eyes to the meticulous work involved in talent identification, solidifying his decision to pursue scouting as a career.

Although he lacked a formal educational background in scouting, Parry credits his smooth transition to the mentorship he received from industry professionals. Through hands-on experience, he learnt essential skills such as report writing and player analysis, which have become vital to his role.

RESPONSIBILITIES AND DAILY ROUTINE

As a football scout, Parry primarily focuses on identifying top talent in the South of England, covering areas such as Portsmouth, Brighton, and Southampton, as well as the Midlands. His responsibilities include monitoring players aged 13 to 18 and assessing their potential for professional football.

A typical day in his role involves constant communication with agents, clubs, and fellow scouts, alongside researching upcoming matches and analysing video footage. Live scouting remains a key aspect of his work, as it allows him to discover players who have yet to make a name for themselves.

IDENTIFYING TALENT

According to Parry, every football club has its own criteria for evaluating players. While scouting remains a subjective process, certain physical attributes such as speed and strength, along with technical ability, are commonly sought after. His goal is to identify the most well-rounded players who possess the qualities necessary to succeed at the highest level.

Parry scouts players across all positions, always looking for the best of the best. His job requires him to track multiple prospects simultaneously, which he achieves by maintaining a well-organised database to prioritise and monitor their progress.



Football scouting is a crucial yet often underappreciated aspect of the game. Behind every emerging star, there is a dedicated scout working tirelessly to identify, assess, and recommend talent. Immanuel Parry, a seasoned football scout with extensive experience working with top clubs, provides valuable insight into the world of talent identification.



Immanuel Parry with the National South play-off trophy. Picture: Gary Browne

CHALLENGES IN SCOUTING

The role of a football scout is demanding and time-consuming. Parry acknowledges the difficulty of maintaining a work-life balance due to the extensive travel required. Scouting also involves a significant amount of patience, as monitoring a player's development can take months or even years before they break into professional football.

Another challenge is the subjective nature of scouting. Differences in opinion between scouts, coaches, and club management are common. Parry emphasises the importance of standing firm in one's evaluations while also remaining open to learning from others. Strong communication skills and confidence in one's judgement are essential to navigating these discussions.

THE ROLE OF TECHNOLOGY AND FUTURE TRENDS

With the rise of data analytics, the scouting landscape is evolving. Parry notes that clubs are increasingly utilising data to refine their search for top players. While traditional scouting methods remain invaluable, the integration of technology helps narrow down prospects with the greatest potential.

Another noticeable trend in modern football is the emergence of younger talents. Compared to a decade ago, top players are breaking into professional teams at a much younger age. This shift underscores the importance of scouting at youth levels and identifying future stars early in their development.

ADVICE FOR ASPIRING SCOUTS

For those looking to break into the scouting profession, Parry's advice is straightforward: watch as many games as possible, create personal player dossiers, and develop an independent assessment approach. He stresses the importance of self-motivation, organisation, and having a strong opinion when evaluating talent.

One common misconception about scouting is the level of detail involved in identifying top players. Parry explains that the process is far more rigorous than it appears, often requiring 18 months or longer to monitor a player before making a recommendation. Additionally, scouts watch more underwhelming performances than standout games, highlighting the patience required in the profession.

CONCLUSION

Immanuel Parry's insights shed light on the intricate world of football scouting. His journey from player to scout underscores the importance of experience, adaptability, and perseverance in identifying top talent. From evaluating young prospects to managing the demands of extensive travel and networking, Parry illustrates that scouting is both an art and a science—requiring keen observation, patience, and a strong personal vision.

As football continues to evolve, with data analytics playing an increasingly significant role and younger players making their mark earlier than ever, scouts like Parry remain integral to shaping the sport's future. His advice to aspiring scouts is clear: immerse yourself in the game, stay organised, and trust your instincts. Through dedication and expertise, the next generation of scouts will continue to uncover the football stars of tomorrow.

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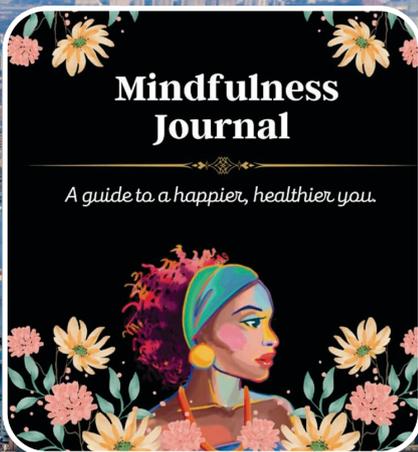


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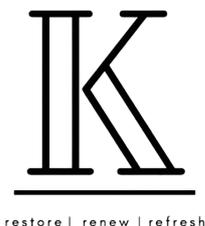
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Why Walking Is the **New** Running

People are looking for new ways to stay fit, and lately we have seen a growing popularity emerge in the fitness world. And that is walking.

Current guidelines show that on average, an adult should aim to do between 8,000 and 10,000 steps a day. Walking 10,000 steps a day—roughly five miles—can burn a substantial number of calories, depending on pace and body weight. While running burns more calories per minute, the consistency of a daily walking routine can lead to long-term weight management without excessive strain.

Walking has quickly become people's go-to exercise in order to adopt healthier routines in their lifestyle. People are turning to outdoor walking activities or walking on the treadmill. But why is this the case? Well, people are starting to realise that walking has the same benefits as running, and it's more relaxing for the mind. Except unlike running, which can be tough on the knees and joints, walking is a low-impact exercise that minimises injury risk.

Walking, especially in nature, has been shown to reduce stress, anxiety, and depression. The rhythmic movement and fresh air promote relaxation and mental clarity. Walking also releases endorphins, which makes it more meditative and less physically taxing.

Additionally, people enjoy the sociable side of walking that running doesn't offer. It's a great activity to do with friends and families. Whether it's walking your dog or going on family strolls, walking is a great way to spend quality time with the people you love whilst also staying healthy.

Running is also another great form of cardiovascular fitness that offers great health benefits. Incline and brisk walking are great ways to get your heart rate up and improve your heart health.

Studies have shown that walking at a moderate pace can lower blood pressure, reduce cholesterol levels, and improve cardiovascular health. While running burns more calories per minute, walking for a longer duration can yield similar fitness benefits.

Walking is accessible to people of all ages and fitness levels. Unlike running, which requires a certain level of endurance and strength, almost anyone can start walking immediately without extensive training or preparation. Hence why it has grown so much in popularity, because it's a great form of exercise that is less straining on the body.

1. EASY STIR-FRY (10 MINUTES!)

INGREDIENTS:

- 1 cup cooked rice or noodles
- 1 chicken breast (or tofu), chopped
- 1 cup frozen mixed veggies
- 1 tbsp soy sauce
- 1 clove garlic (minced)
- 1 tbsp oil



STEPS:

1. Heat oil in a pan over **medium-high** heat.
2. Add chopped chicken (or tofu) and cook for **5 minutes** until golden.
3. Toss in frozen veggies and garlic, stir-fry for **3 minutes**.
4. Add soy sauce and cooked rice/noodles; mix well.
5. Cook for **2 minutes**, then serve hot!

4. CHICKEN WRAPS (EASY & FILLING!)

INGREDIENTS:

- 1 tortilla wrap
- ½ cup cooked chicken (grilled or leftover)
- 1 tbsp mayo or hummus
- 1 handful of lettuce
- 1 slice cheese (optional)



STEPS:

1. Spread mayo or hummus on the tortilla.
2. Add chicken, lettuce, and cheese.
3. Roll up tightly, folding the ends.
4. Toast in a pan for **2 minutes** per side (optional).
5. Cut in half and enjoy!

2. SIMPLE PESTO PASTA

INGREDIENTS:

- 1½ cups pasta
- 2 tbsp pesto (store-bought or homemade)
- ¼ cup shredded cheese (optional)
- 1 tbsp olive oil



STEPS:

1. Boil pasta in **salted water**, then drain (save **¼ cup pasta water**).
2. In the same pot, mix pasta with pesto and a **little pasta water** for creaminess.
3. Drizzle with olive oil and add cheese (if using).
4. Serve warm!

5. SPAGHETTI PASTA WITH TOMATO SAUCE

INGREDIENTS:

- 1½ cups spaghetti
- ½ can chopped tomatoes
- 1 clove garlic (minced)
- 1 tbsp olive oil
- ¼ tsp salt & pepper
- ¼ cup cheese (optional)



STEPS:

1. Boil spaghetti in **salted water**, then drain (save **¼ cup pasta water**).
2. In a pan, heat olive oil and sauté garlic for **30 seconds**.
3. Add chopped tomatoes, salt, and pepper. Cook for **5 minutes**.
4. Mix in spaghetti and a **little pasta water** to blend the sauce.
5. Top with cheese and serve!

3. QUICK HOMEMADE BURGERS

INGREDIENTS:

- 1 burger bun
- 1 beef or chicken patty (store-bought or homemade)
- 1 slice cheese (optional)
- 1 tbsp mayo/ketchup/mustard
- 1 lettuce leaf & 1 tomato slice



STEPS:

1. Heat a pan and cook the patty for **4–5 minutes per side** until fully cooked.
2. Place cheese on top in the last **30 seconds** to melt.
3. Toast the burger bun in the same pan for **1 minute**.
4. Spread mayo/ketchup/mustard on the bun.
5. Add lettuce, tomato, and the cooked patty.
6. Put the top bun on and enjoy!

6. RAMEN WITH EGG (INSTANT UPGRADE!)

INGREDIENTS:

- 1 pack of instant ramen
- 1 egg
- ½ cup frozen veggies (optional)
- 1 tsp soy sauce



STEPS:

1. Boil water and cook ramen as per package instructions.
2. Add frozen veggies and cook for **2 minutes**.
3. Crack an egg directly into the pot.
4. Stir gently and let cook for **1–2 minutes**.
5. Add soy sauce, mix well, and serve!

University Bucket List: 20 Things to Do Before You Graduate

OPINION



Graduation is fast approaching, and you may be looking to make your last moments count. So if you are up for a challenge to spice up the wait, here is a bucket list of 20 things you should do before you graduate

- ✓ **Go on a spontaneous weekend trip** – visit a new UK city like Edinburgh, Manchester, or Brighton.
- ✓ **Do a classic pub crawl** – experience the best local pubs and student nights.
- ✓ **Survive a Freshers' Week night out** – make it through the chaos of Freshers' Week partying.
- ✓ **Visit a famous UK landmark** – see Stonehenge, Big Ben, or the White Cliffs of Dover.
- ✓ **Attend a music festival** – go to Glastonbury, Reading & Leeds, or Wireless.
- ✓ **Sing your heart out at a Spoons karaoke night** – classic, cheap, and guaranteed laughs.
- ✓ **Join an unusual society** – try something quirky like Quidditch or Cheese & Wine Club.
- ✓ **Stay up for a 24-hour library session** – a true UK uni rite of passage.
- ✓ **Go to an all-you-can-eat bchallenge** – Challenge your mates to eat as much as possible.
- ✓ **Take a midnight trip to McDonald's or Greggs** – because Maccies or a sausage roll at 2 AM is essential.
- ✓ **Try a fancy bottomless brunch** – unlimited cocktails and a full English or pancakes? Yes, please.
- ✓ **Attend a varsity match** – cheer on your uni's team against your biggest rival.
- ✓ **Pull a prank on your housemates** – classic uni banter – keep it harmless!
- ✓ **Survive a night out in fancy dress** – whether it's toga, 90s, or Halloween, go all out.
- ✓ **Visit your city's Christmas markets** – experience the festive magic in Manchester, Edinburgh, or London.
- ✓ **Get lost on public transport** – taking the wrong bus, train, or Tube is part of the uni experience.
- ✓ **Go to a silent disco** – whether it's at a club or Natural History Museum Lates, it's a must-try.
- ✓ **Have a pint in the oldest pub you can find** – The UK is full of historic pubs, so tick one off!
- ✓ **Graduate in style** – pop champagne, take epic photos, and celebrate in a big way.
- ✓ **Make a UK uni memory jar** – write down your best moments and open them after graduation.



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Things to Consider When Working Abroad

If you're a UK citizen thinking about taking the leap and working abroad, it's an exciting prospect! Whether you're after adventure, career growth, or just a change of scenery, working abroad can offer fantastic opportunities. But before you pack your bags and book that flight, there are a few key things to consider.



1. VISA AND WORK PERMITS

The first thing you'll need to figure out is whether you need a visa or work permit for your destination country. After Brexit, the UK no longer enjoys freedom of movement across EU countries, so it's essential to check the specific requirements for the country you're moving to. Some countries may require sponsorship from an employer, while others might offer visa-free options for short-term stays.

2. COST OF LIVING

The cost of living can vary massively depending on where you go. While some countries might offer a higher salary, the cost of living can also be significantly higher. Make sure to research housing costs, transport, groceries, and health insurance to get an accurate picture of what your expenses will be.

3. CULTURAL DIFFERENCES

Understanding the local culture is vital for a smooth transition. From workplace etiquette to communication styles, cultural norms can differ greatly from the UK. Take the time to learn about local customs and even a few basic

phrases in the local language—this can make both your professional and personal life a lot easier.

4. TAXES AND NATIONAL INSURANCE

You'll also need to understand how working abroad will affect your UK taxes and National Insurance contributions. Depending on the country, you might be required to pay local taxes or continue paying UK taxes if you're only abroad temporarily. It's worth consulting with a tax advisor to ensure you're meeting your obligations.

5. HEALTHCARE AND INSURANCE

Healthcare systems vary widely from country to country. Be sure to check whether you'll be eligible for state healthcare or if you'll need private insurance. In some countries, health insurance may be a legal requirement, so it's essential to sort this out before you leave.

In conclusion, while working abroad can be an incredible experience, there's more to it than just packing your suitcase. Taking the time to understand the logistics of your move can set you up for success and ensure a smoother transition into your new life.



BUILD YOUR PERSONAL

BRAND

How to Build a Personal Brand That Actually Stands Out

In today's digital age, building a personal brand is essential if you want to stand out, whether you're a freelancer, entrepreneur, or professional looking to climb the career ladder. But how do you make sure your personal brand grabs attention in the crowded online space? Let's break it down.

1. KNOW WHO YOU ARE

The foundation of a strong personal brand is self-awareness. You need to be clear about what you stand for. Think about your skills, passions, and values. What makes you unique? Whether you're a creative designer or a business consultant, being authentic is key. When you're genuine, people can connect with you more easily, and they'll recognise your true value.

2. DEFINE YOUR NICHE

Instead of trying to appeal to everyone, find a niche that suits you. Specialising in a specific area allows you to become known as an expert. In the UK, where industries are competitive, carving out a distinct niche can help you get noticed. For example, if you're a social media strategist, focus on helping small UK businesses grow online rather than trying to cover everything.

3. CREATE CONSISTENT CONTENT

Once you've got your niche, it's time to showcase your expertise. Whether it's through blog posts, social media updates, or videos, creating regular, valuable content is

a must. Share your thoughts on current trends, provide tips, or even give behind-the-scenes looks at your work. But remember, consistency is key! Stick to a schedule so people know when to expect content from you.

4. BUILD RELATIONSHIPS

A personal brand isn't just about you—it's about connecting with others. Engage with your audience, collaborate with like-minded people, and attend networking events, both online and offline. Building genuine relationships will help your brand grow through word of mouth and personal recommendations.

5. KEEP EVOLVING

Your brand shouldn't be static. As you grow and change, so should your brand. Don't be afraid to update your content or even shift your focus. Keep learning, experimenting, and refining your approach.

Building a personal brand takes time, but with these steps, you'll be well on your way to standing out in today's competitive market!



Make smart money moves: A complete guide to savings, stocks, and trading accounts

We are told on a daily basis to be responsible with money and the importance of savings. But we are never told how. It's all good and well to know the benefits of being financially responsible, but it's vital that we know how. Well, this article aims to look at savings, stocks, and trading accounts by breaking it down into small steps.



But first, let's go over what savings, stocks, and trading accounts are:

- **Savings:** A portion of your income that you set aside for future use rather than spending immediately. It helps build financial security, cover emergencies, and achieve long-term financial goals.
- **Stocks:** Shares of a company that you can buy, making you a part-owner. If the company does well, your stocks can increase in value, and you might earn money from them. An example of a trading account is Robinhood, which lets users buy and sell stocks, ETFs, and cryptocurrencies with no commission fees.
- **Trading Account:** An online account that lets you buy and sell stocks, bonds, or other investments. It works like a digital wallet for investing, helping you trade and manage your money in the stock market. An example of a stock is Apple (AAPL). If you buy shares, you own a small part of the company, and if their value increases, your stock price goes up, and you make a profit.

Now let's go over the tips and steps:

BEST TYPES OF SAVINGS ACCOUNTS

- **High-Yield Savings Account** – Earns more interest than regular accounts; great for emergency funds.
- **ISA** – An account that lets you save or invest money without paying tax on your earnings. It helps your money grow faster since you keep all the interest and profits.

TIPS TO SAVE MONEY FASTER

- **Automate your savings** – Set up automatic transfers to your savings account.
- **Use the 50/30/20 rule** – allocate 50% to needs, 30% to wants, and 20% to savings.
- **Cut unnecessary expenses** – Track spending and identify areas to save.

HOW TO START INVESTING IN STOCKS

1. **Set a budget** – only invest money you won't need in the short term.
2. **Pick a UK stock platform** – apps like **Hargreaves**

Lansdown, Freetrade, or Trading 212 make it easy to buy stocks.

3. **Choose a strategy** – hold stocks long-term or trade more actively.
4. **Diversify** – Don't put all your money in one stock; invest in different companies and industries.
5. **Stay informed** – Follow financial news and market trends to make smarter decisions.

BEST STOCKS FOR BEGINNERS

- **Index Funds & ETFs** – A mix of stocks that track the market, such as the **FTSE 100 ETF**.
- **Big Companies (Blue-Chip Stocks)** – Well-known UK brands like **Tesco, Barclays, or BP**.
- **Dividend Stocks** – Companies that pay regular income, such as **Unilever or Legal & General**.

TYPES OF TRADING ACCOUNTS

- **Cash Account** – You must pay the full price for any stocks you buy.
- **Margin Account** – Lets you borrow money to invest, which can increase profits but also risks.
- **Stocks & Shares ISA** – A tax-free account where your investments grow without paying tax on profits.

HOW TO PICK THE BEST TRADING PLATFORM

- **Low fees** – Look for commission-free options to save money.
- **Easy to use** – Pick a platform with a simple app and website.
- **Learning tools** – Good for beginners who want to understand investing.
- **Safe and secure** – Make sure it's a trusted platform with strong protections.

BEST TRADING PLATFORMS FOR BEGINNERS

- **Freetrade** – Easy-to-use app with commission-free trading.
- **Hargreaves Lansdown** – Great for long-term investors with lots of investment options.
- **Trading 212** – Offers free stock trading and a practice account for beginners.



Top 10 holiday destinations to be in summer 2025

Summer is right around the corner. So if you're looking to secure a holiday but have no clue on where to go, check out the top 10 destinations to be in this summer.

AYIA NAPA, CYPRUS

The party capital of Cyprus, Ayia Napa, is famous for its wild nightlife, beach raves, and boat parties. By day, relax on stunning beaches like Nissi Beach or try jet skiing and parasailing.

PORTUGAL

From Lisbon's vibrant streets to Algarve's golden beaches, Portugal offers a mix of cheap eats, surfing, and rich culture. Great for backpackers and digital nomads, it's also a foodie paradise with amazing seafood and pastel de nata.

MALTA

This Mediterranean gem is ideal for history lovers and beachgoers alike. Explore the ancient city of Mdina, party in St. Julian's, or dive into crystal-clear waters at the Blue Lagoon.

PUNTA CANA, DOMINICAN REPUBLIC

For an all-inclusive, tropical escape, Punta Cana delivers white sandy beaches, palm trees, and exciting excursions like snorkelling, zip-lining, and dune buggies. Perfect for a mix of relaxation and adventure.

MYKONOS, GREECE

A dreamy island known for its luxury beach clubs, picturesque whitewashed streets, and epic sunset views. If you love day parties that turn into all-nighters, this is the place to be.

MOROCCO

For a mix of culture, adventure, and affordability, Morocco is unbeatable. Explore Marrakech's colourful souks, go camel trekking in the Sahara, or surf in Taghazout for a unique summer trip.

THAILAND

The ultimate backpacker's paradise, Thailand offers cheap hostels, street food, stunning beaches, and jungle adventures. Whether you're partying at the Full Moon Party in Koh Phangan or exploring Bangkok's nightlife, Thailand has something for every traveller.

TENERIFE, SPAIN

Tenerife is a budget-friendly Canary Island with volcanic landscapes, golden beaches, and buzzing nightlife. Hike up Mount Teide, go whale watching, or hit the clubs in Playa de las Américas.

ZAKYNTHOS, GREECE

Famous for Navagio Beach (Shipwreck Beach), Zakyntos is the perfect mix of scenic beauty and party vibes. Relax by day and enjoy the beach bars and clubs by night in Laganas.

MILAN, ITALY

A stylish city perfect for fashion lovers, foodies, and art enthusiasts. Check out the iconic Duomo, shop at designer stores, and indulge in authentic Italian pizza and pasta. A weekend in Milan is pure sophistication.

How to Stay Informed About Global Issues Without Feeling Overwhelmed

Staying informed about global issues is important, but it can easily become overwhelming with the constant flow of news. Whether it's climate change, geopolitical tensions, or economic instability, keeping up with it all can leave you feeling stressed. Here's how to stay in the loop without losing your peace of mind.

1. CHOOSE RELIABLE SOURCES

In the age of social media and instant news, it's easy to get lost in misinformation. Focus on a few trusted sources like the BBC, The Guardian, or The Independent. These outlets offer well-researched content and cover international topics with a UK perspective. You can also use apps like *Feedly* or *Flipboard* to customise your news feed, ensuring you're getting quality, not quantity.

2. SET TIME LIMITS

Spending hours reading the latest news updates can lead to information overload. Set aside a specific time each day for catching up on global events, whether it's in the morning over breakfast or in the evening with a cup of tea. Keeping it brief—30 minutes or so—can help you stay informed without feeling drained.

3. FOCUS ON KEY TOPICS

You don't need to know everything about everything. Pick a few issues that resonate with you, whether they are environmental concerns or international politics, and follow them more closely. This way, you can dive deeper into those subjects while avoiding the constant bombardment of all the world's problems.

4. TAKE BREAKS

It's crucial to step away from the news now and then. If you're feeling overwhelmed, take a break from the headlines and focus on something light-hearted. Read a book, go for a walk, or watch a comforting TV show. Disconnecting for a while can help you return to the news with a clearer mind.

5. ENGAGE IN CONVERSATIONS

Being informed doesn't mean you have to absorb everything on your own. Talk to friends, family, or colleagues about global issues. Sharing perspectives helps you process the information more effectively, and it's often easier to digest when you know you're not alone in your thoughts.

By balancing your news consumption with healthy habits and mindful choices, you can stay informed without feeling overwhelmed. It's about quality over quantity and finding a pace that works for you.



Youth Vending Employment Programme



Scan me!

Inside Success Union is a social enterprise that empowers the youth to be independent as they transition to adult life. They learn sales skills to sell magazines to the public to fund courses, workshops and training for youths aged sixteen to twenty-four. Last year we helped a thousand and six hundred young people.

THE COST OF INSIDE SUCCESS UNION WORKING WITH ONE YOUNG ADULT:

A young adult one day is £50

A young adult for one week £150

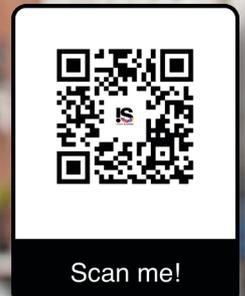


Young adults who complete IS Youth Vending Employment Programme get to:

- Learn sales skills by selling magazines
- Network and meet new people
- Get free access to workshops to support their career aspirations
- Four counselling sessions through our counsel culture initiative
- Access to paid employment
- Access to extracurricular activities such as football and basketball
- An employment reference



The youth go out and simply sell magazines to raise contributions that give other young people the opportunity and chance they were given. Your helpful contributions will go towards funding one young person into the youth vending programme, which we monitor and use the data for the next magazine to show improvement.



About Inside Success

At Inside Success Union C.I.C., we know young people like you are seeking a clear path toward a viable career (IS: a clearer path in life). In order to do this, you need an organisation that understands you as an individual as well as the desire to create a self-made income stream. However, young people may not understand that a specific set of life skills are needed to thrive and reach your true potential—giving you an overwhelming sense of impending disaster around your future.

We believe young people need a safe space to develop their skills and shouldn't feel judged because of their background and experience! We also understand that while there are many opportunities for young people to build a career, most (if not all) of these don't help strengthen and teach valuable attributes such as confidence, independence and financial intellect.

This is why in the past 6 years, we have partnered with businesses and individuals to help over 2000 young people from different backgrounds find their path in life by developing practical skills that enable them to become employable or venture into their own successful businesses.

HOW THE PROCESS WORKS:

1. Give us a call.
2. Book to attend an interview/training and taster day.

3. Kickstart your Inside Success journey and watch as your life skills, attributes, abilities, financial circumstances and intelligence all improve before your very eyes (with the help of our workshops too, of course!).

PROBLEM:

Do you know how many young people worry about failure because they lack the right skillset to succeed? Although some may not fit into this category, research proves this is often the case on a statistical basis. Challenges such as this can lead to a search for short-term fixes, whether to help with mental health and doubts (e.g., via drugs) or financial situations (e.g., via illegal activities).

SOLUTION:

At Inside Success, we partner with businesses and individuals to offer a safe space for young people from all backgrounds to develop practical skills through practical activities (IS: paid employment) and workshops to help build their confidence. This makes them employable or paves the way for entrepreneurship. Our on-site counsellor is also available to help with mental health concerns.

RESULT:

Over the past six years, we have helped over 2000 young people from different backgrounds find their path in life whilst earning an income. This has helped lessen local knife and gang crime while nurturing skill sets and mental health!

ABDUR MIZAN

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, 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 on and be proud of.

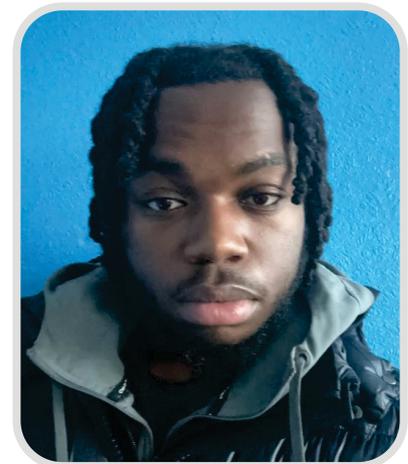


LENA

Inside Success has played a significant role in my personal and professional development. Through their insightful resources, including the magazine and podcast, I gained practical career advice and learnt valuable life skills. The inspiring stories shared by successful leaders motivated me to overcome obstacles and seize new opportunities. Their programs have boosted my confidence and equipped me with the tools to achieve my goals and navigate challenges effectively.

JUSTIN

Joining Inside Success in 2022 was an instrumental turning point in my life. Their unwavering support and resources helped me overcome trials and tribulations I never thought I could. Through their workshops and programs, I gained social solidarity, as it allowed me to mingle with other young people on a similar wavelength. I recommend joining Inside Success, as they specialise in empowering and uplifting young people.



KYMANI

My name is Kymani, and I started working at Inside Success in October. I grew up in a rough neighbourhood, where hope was as scarce as money, and I was just a kid when I started selling drugs. At first, it was about survival, making sure my little sister didn't go to bed hungry. But somewhere along the line, the lines blurred. I started chasing the money, the respect, and the thrill, thinking it would fill the emptiness inside. Each deal took me further from the person I wanted to be. Then, I joined Inside Success, and it changed everything. It showed me a new path, one that gave me purpose and direction. Now, I have a chance to become someone better and make up for the mistakes I've made along the way.



The New Wave: A Fresh Sound for the Future

EVENTS

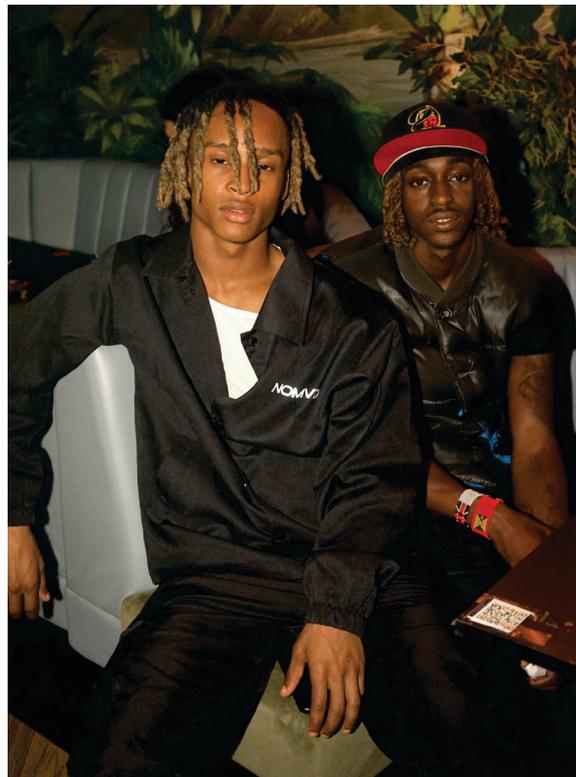
The New Wave event, hosted by Platform My Sound, was a vibrant celebration of emerging talent and fresh music.

Held at the CocoCure Haus, the event showcased a diverse lineup of artists, providing a platform for both the public and industry professionals to discover new sounds. It is a night of discovery and support.

It is a hub for up and coming artists. The Platform My Sound, an app designed to empower aspiring musicians, played a central role in organizing the event. By allowing artists to upload their music for free, the app provides a valuable opportunity for exposure and recognition. The New Wave event served as a physical manifestation of this online platform, bringing together a community of talented individuals.

The night was all music and celebration. The event featured a mix of live performances and DJ sets, ensuring a dynamic and engaging atmosphere. Artists such as Ambush and Shia took the stage, captivating the audience with their unique sounds and energetic performances. DJ Blacka provided the soundtrack for the party, setting the mood with a carefully curated selection of tracks.

Beyond the music, The New Wave event offered a memorable experience for attendees. The CocoCure Haus provided a stylish and welcoming venue, complete with delicious food and drinks. The event's relaxed and friendly atmosphere made it a perfect place to socialize and connect with like-minded individuals.



Whether you're an aspiring artist or simply a music lover, The New Wave event is a must-attend. It's a night filled with incredible music, good vibes, and the opportunity to discover the next big thing in the UK music scene. So, grab your friends and get ready for a night to remember at CocoCure Haus Stratford.





AMIRA

Inside Success has been a big part of my teenage years, as I started when I was only just 16 years of age, and now, at 21, I'm proud to say I'm now one of the sales managers. Joining in 2019, I didn't know what to expect, but inside success made me feel welcome. I myself had poor teamwork management, but I've finally learnt how to work in a team and am now more enhanced to be able to lead others in their skills. Inside success has made me completely independent by the age of 21, where I am now able to not rely on anyone. I would definitely recommend any young adult looking for a job towards Inside Success, as it is a great platform developer.

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 organisation, and I genuinely believe that if it's helped me out, it can help other young people.



DAVID

Like a lot of young people struggling with a decision of what to do after school, I didn't really know the direction I wanted to take, so I decided to head back to Inside Success, where I was able to become one of the youngest regional sales managers due to hard work. Inside Success has given me the confidence to speak to anyone and to always hold my head up high and not to tolerate weakness within myself, to only aim for the best, and these skills and qualities are ones I will carry for the rest of my life.



AMAR

Growing up in North West London, opportunities felt limited, and the streets seemed like the only real path to success. Like many others in my position, I got caught up in the wrong crowd, seeking validation in ways that only led to trouble. The fast life was tempting, and for a while, I fell into it.

But deep down, I knew I was meant for more—I just didn't know how to break free.

That all changed when I found Inside Success. Seeing mentors who looked like me and had turned their lives around showed me that my past didn't have to define my future. Through mentorship, business workshops, and real-life examples of success, I started to see a different path—one built on ambition, ownership, and self-worth.

At just 15, I launched my first venture—a drinks business that now stocks in over 95 stores. I didn't stop there. I built DC Rental Cars, grew a fleet of premium vehicles, and even partnered with a close friend to start breeding high-quality Pomeranian pocket pups—turning passions into thriving businesses.

Three businesses later, I'm living proof that your past doesn't define you—your mindset does. My journey is a message to anyone who feels trapped by their environment: *You are not your postcode. You can rewrite your story. And this is just the beginning.*



HARRIS

I started working at Inside Success in 2019, where I joined as an outreach worker, where I developed many skills such as leadership skills and communication skills. Inside Success has been beneficial for me as it has given me the opportunity to do something productive and to learn along the way. I am currently working at Inside Success as a sales manager, and I hope to progress further in the future.



WORKSHOPS & COURSES

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

TEL: 0208 050 7854

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EMAIL: insidesuccessuk@gmail.com

WEB: www.insidesuccessuk.co.uk

Leadership skills in a digital modern world

TV PRODUCTION IN A DIGITAL MODERN WORLD

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

WOMEN EMPOWERMENT IN A DIGITAL WORLD

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

ACTING IN A DIGITAL WORLD

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

CONSTRUCTION

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

PROPERTY

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

MARKETING

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

SPORTS

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





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

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

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

To achieve their ambitious goals, Success FC

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

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

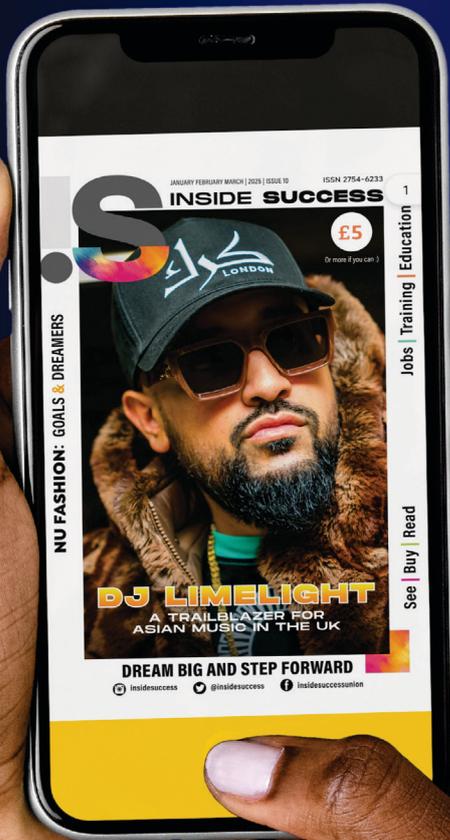
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SOLMA

**“SOLMA, From Senegal to the World”:
Africa that inspires and inspires itself.**

For more than 10 years, the SOLMA brand, founded by N Jah (rapper and fashion designer), has been creating cultural bridges between Africa and the world. This is done with the ambition to promote Senegal to the four corners of the globe.



The new collection, “From Senegal to the World,” responds to this deep desire to share his vision of fashion through a Senegalese prism.



WHAT'S THE MOTIVE?



THE PRIVATE SPA - LONDON

It's an entire spa all to yourself. Enjoy your own private luxury experience, without having to worry about sharing facilities or feeling self-conscious due to stares. The spa includes a heated lounge pool, a Jacuzzi, a sauna, an onyx steam room, and a lounge area, exclusive to only you and your company.

Address: 169 The Vale, London W3 7RD



LASER QUEST - BIRMINGHAM

It's the ultimate sci-fi experience. Get your adrenaline pumping and your heart racing with this indoor laser tag. And the fun doesn't stop, with an arcade and bar also included too.

Address: Westley Rd,
Acocks Green,
Birmingham B27 7UH



DECK 747 - MANCHESTER

Be a pilot for the day, and fly your very own aircraft! Deck 747 offers its visitors the chance to fly their state-of-the-art simulator plane.

Address: Barton Aerodrome, Liverpool Rd, Eccles, Manchester M30 7SA



IMMERSIVE GAMEBOX

IMMERSIVE GAMEBOX - KENT

It's nothing like you have ever experienced before. Select any game of your choice and immerse yourselves into a unique immersive experience with your friends! With motion tracking, projection mapping, touch screens, and surround sound, there's something for everyone to enjoy.

Address: Unit 606, Lakeside,
The Quay, Greys RM20 2ZP

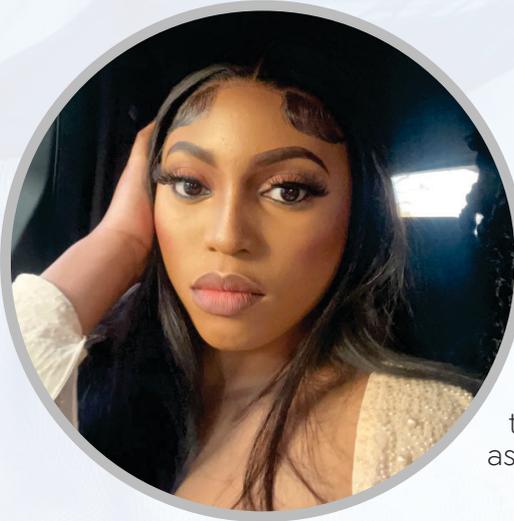
THE GARDEN OF EASTON - BRISTOL

It's the beauty of Mother Nature and food combined. Visit the Garden of Easton, a 2-story restaurant filled with plants and artsy meals and drinks. It's a chill, calming atmosphere where you can sit back and relax your mind.

Address: 89 St Marks Rd, Easton,
Bristol BS5 6HY



Meet the editors of this edition of Inside Success magazine



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**



INSIDE SUCCESS UK PRESENTS

LET'S TALK ABOUT IT!

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

Hosted by



Zita Salum

&



Weekly Guests

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Hungry? Grab a quick bite!

London: **TASHAS**

Founded by Natasha Sideris in 2005, Tashas is a beloved café concept known for beautiful food, stunning environments, and engaging service. With a focus on fresh, made-to-order dishes, Tashas offers a welcoming space where food and conversation come together in effortless elegance.



Location:
Battersea Power Station, 3 Prospect Wy, Nine Elms,
London SW11 8BH

Manchester: **HABIBI**

Welcome to Habbibi Manchester, a shisha bar and restaurant that blends Middle Eastern charm with Dubai-inspired luxury. A go-to destination for shisha lovers, Mediterranean cuisine, indulgent desserts, and exotic cocktails, Habbibi offers a sophisticated ambiance where guests can unwind in Arabian-inspired elegance. The stunning terrace, adorned with shisha setups, provides the perfect spot to relax and savour every moment.



Location:
Building, 1 Hardman Boulevard XYZ,
Manchester M3 3AQ

Kent: **JERK CAFE**

Jerk Cafe in Strood brings the vibrant flavours of the Caribbean to life with a menu featuring favourites like jerk chicken, oxtail, plantain, and Yardie fries. Among the most popular choices, many customers love pairing oxtail with plantain or enjoying the classic combo of jerk chicken and plantain for a truly authentic taste.



Location:
135 High St, Rochester ME2 4TJ

Bristol: **GOURMET WARRIORS**

Started by 4 friends with a love for food, Gourmet Warriors presents to you a mixture of traditional Mexican recipes. So if you live in or near Bristol and are craving some tasty tacos, then head on down!



Location: The Plough, The Plough Inn, 223 Easton Rd,
Bristol BS5 0EG

Birmingham: **DECORUM**

Nestled in the heart of Birmingham, Decorum offers a dining experience where flavour meets artistry. With a diverse menu featuring premium steaks, fresh seafood, and vibrant vegetarian options, every dish is crafted for the most discerning tastes. Bringing the best of land and sea, Decorum serves bold, exciting flavours that reflect the energy of the city.



Location: 19 Kenyon St, Birmingham B18 6AR



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BUILD A STRONG PORTFOLIO

Your portfolio is like a showcase for your work. It's a place where you can show what you can do. Start by collecting all your best work. You can include school projects, personal projects, or even things you've created just for fun. If you're new to freelancing, you can create sample projects to show off your skills. Make sure your portfolio looks clean and easy to navigate. This will help clients see what you can do and decide if they want to hire you.

SOCIAL MEDIA AND ONLINE PLATFORMS

Social media is a powerful tool for freelancers. You may show your work to the world via Instagram, TikTok, and Pinterest. However, there are also creative-specific platforms like Behance and Dribbble. These websites allow you to post your designs, art, or other creative work. They will help you to attract attention from possible customers and win followers. Post consistently and interact with your following. Share ideas, behind-the-scenes peeks, or ongoing work in progress.

NETWORK CONSISTENTLY

Networking is just a fancy word for making friends and connections. In freelancing, it's very important. When you network, you meet new people who might need your services or know someone who does. You can network online by joining Facebook groups or Reddit communities for creatives. You can also attend events like webinars, workshops, or online meetups. These events allow you to meet other creatives and potential clients. The more people you know, the more opportunities you'll have. Always be friendly, approachable, and ready to share what you do.

OFFER VALUE, NOT JUST WORK

As a freelancer, offering more than just your skills is important. You should aim to solve problems for your clients. Instead of just doing the work they ask for, think about how you can make their project even better. For example, if you're designing a logo for a business, suggest creative ideas that could make their brand stand out. Offering value shows that you care about their success and can lead to long-term relationships with clients.

The creative industry is full of exciting jobs that allow you to express yourself and make money doing what you love. As a freelancer in the creative industry, you can work for yourself and choose the projects you want to work on. It's a dream for many, but how do you get started?

HONE YOUR COMMUNICATION SKILLS

Being a good communicator is key when you're freelancing. You need to be clear when talking to clients. Always ask questions to make sure you understand what they want. Set expectations early by telling them how long it will take to complete the work and the price. Make sure you respond quickly to messages and keep the conversation professional. Good communication helps build trust, and trust leads to repeat clients.

START SMALL, THINK BIG

Starting small is okay. Most successful freelancers begin with small projects. You don't need to land big clients right away. Start by taking on smaller jobs, building your experience, and creating a reputation. You can take on bigger projects as you get better and gain more confidence. It takes time, but big opportunities will come your way if you stay patient and keep working hard.

CLIENT RELATIONSHIPS ARE KEY

Clients are the heart of your freelance career. To succeed, you need to build good relationships with them. Always deliver high-quality work and meet deadlines. Keep in touch with your clients after finishing a project. This shows that you care and want to continue working with them. Building strong relationships can lead to more work and referrals, which is essential for growing your freelance business.

STAY ORGANISED AND PROFESSIONAL.

As a freelancer, you are your boss. This means you need to stay organised. Use tools like Google Calendar, Trello, or Notion to manage your tasks and deadlines. Keep all your contracts, invoices, and emails organised and professional. This will help you stay on track and make a good impression on clients. Being organised also helps reduce stress and ensures you never miss a deadline.

Although breaking into the creative sector as a freelancer can be difficult, with the correct advice, you can make it happen. First, create a solid portfolio, highlight your work on social media, and network with others in the business. Always deliver value to your clients and speak clearly. Set boundaries to protect your time and keep learning to improve your skills. Starting small and building solid client relationships will help you grow over time. Freelancing is a journey, but with patience and effort, it can be an interesting and fulfilling career decision. Continue to work hard; keep in mind to enjoy the process!

How a Social Media Manager Makes Magic: A Look Into Their Daily Life

Social media plays a big part in our daily lives. It helps us stay in touch with friends, share stories, and discover new trends. But have you ever wondered who writes those well-thought-out posts and keeps feeds running smoothly? Social media managers handle that. They plan, create, and oversee content to ensure it reaches the right audience.

THE MORNING ROUTINE

A social media manager's day usually starts early. They might begin at 8:30 a.m., but first things first—coffee! Coffee helps them wake up and get ready for the busy day ahead. After grabbing a coffee, they check their emails and notifications. It's important to know if anything urgent has popped up overnight.

Next, they write a to-do list. They plan out the day and decide which tasks to focus on first. One of the first things they do is check the content calendar. This helps them see which posts are scheduled for the day. They also look for any new trends, platform updates, or popular topics that could be used in the posts.

CONTENT CREATION AND CREATIVITY

After organising the day, the social media manager dives into the fun part—creating content! In the morning, they try to be super productive. This is when they create new posts, write captions, and design visuals. They often use tools like **Canva** to make posts look good. Canva is an easy tool that helps them create graphics for Instagram, Facebook, LinkedIn, and more.

Creativity is important, so they need a little fuel to keep going. Coffee and chocolate often help them stay focused. After all, being creative for hours isn't easy without a little snack!

MANAGING CAMPAIGNS AND COLLABORATION IN THE AFTERNOON

After lunch, the social media manager focuses on managing campaigns. They look at the posts that are performing well and determine what's working. Managing campaigns involves checking how the ads are performing. Social media managers often adjust the budget or change the targeting of the ads to ensure they reach the right people.

They also work closely with other team members. They brainstorm new ideas for blog posts, upcoming campaigns, and fresh content. Working with a team helps ensure that everything stays exciting and creative. Social media managers use tools like **Planable** to stay



Whether they're writing Instagram posts or analysing Facebook ads, they make sure everything looks great. Social media managers are crucial for brands. They help connect with fans and make the brand stand out in the digital world.

organised. This tool helps them schedule posts ahead of time, which is a big time-saver, especially when managing multiple accounts.

LEARNING AND ADAPTING

Being a social media manager isn't just about posting content. It's also about learning new things. Social media platforms change all the time. So, social media managers must stay updated on any algorithm changes, new features, or trending topics.

They also monitor their competitors' activities. By studying other brands, they can determine what's working and what's not. It's all about learning from others and improving their own strategies.

THE JOY OF FINDING INSPIRATION

One of the best parts of being a social media manager is finding inspiration in everyday life. Social media managers don't just sit in front of a computer all day. They watch what's happening around them and look for funny, interesting, or emotional moments that can become great content.

WORK AND LIFE BLEND TOGETHER

Social media managers often record both their work and personal moments because they love sharing stories. They capture photos, videos, or moments that tell a story every day. Everything gets documented, whether it's a work event, a team meeting, or a personal walk in the park.

Sometimes, their job feels like a mix of work and fun. They get to share personal memories while managing business content. It's a unique way to blend work and life.

THE EXCITING ROLE OF A SOCIAL MEDIA MANAGER

Being a social media manager is an exciting job. It's not just about posting updates; it's about creating engaging content, managing campaigns, learning new things, and staying creative. It requires hard work, teamwork, and the ability to adapt to change.

Social media managers help brands connect with their audience and share stories that matter. They are always learning and looking for fresh ideas. So, if you love being online, staying creative, and learning new things, being a social media manager might be the perfect job for you!

TOM CRUISE

MISSION: IMPOSSIBLE

THE FINAL RECKONING

SEE:

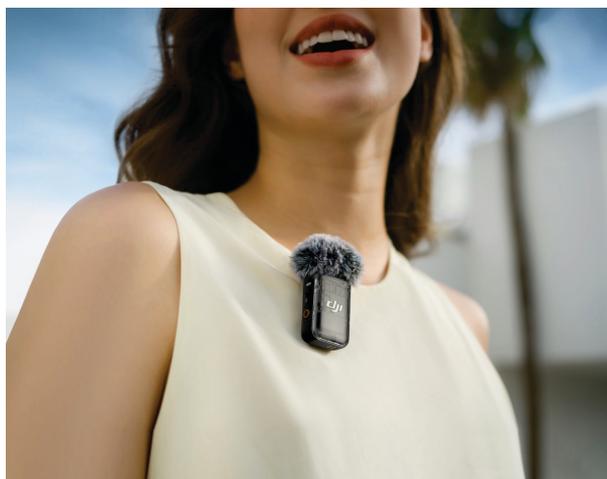
MISSION IMPOSSIBLE — THE FINAL RECKONING

The plot follows an American agent, Ethan Hunt, who is under false suspicion of disloyalty. He goes on a venture to expose the real spy without the help of his organisation. The direct sequel to Mission: Impossible – Dead Reckoning Part One, it is the eighth installment in the Mission: Impossible film series.

BUY:

DJI MIC 2 COMBO

This is a great tool for content creators, vloggers, and professionals. It's a high-quality wireless microphone system with clear audio. It comes with two clip-on microphones, a receiver, and a charging case for easy use and portability.



READ:

MOOD MACHINE: THE RISE OF SPOTIFY AND THE COSTS OF THE PERFECT PLAYLIST B

An unsparing investigation into Spotify's origins and influence on music, weaving unprecedented reporting with incisive cultural criticism, illuminating how streaming is reshaping music for listeners and artists alike.

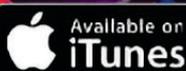
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