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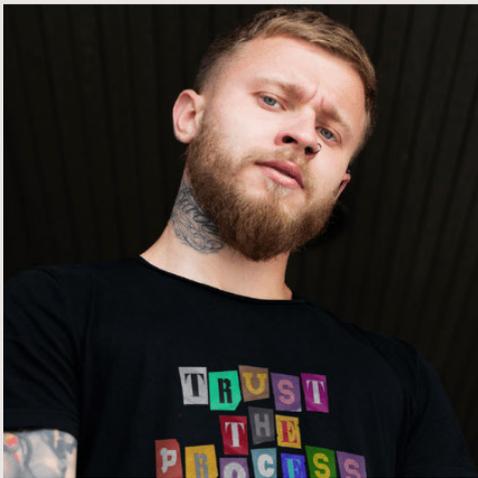
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The effectiveness of current laws and policies to prevent knife crime

OPINION

“**Knife crime has become a pressing issue in many parts of the United Kingdom. The prevalence of knife-related incidents has risen in recent years, causing significant concern among policymakers, law enforcement, and the public.**”

The consequences of knife crime are severe, often resulting in serious injuries, fatalities, and lasting trauma for victims and their families.

While governments and communities have implemented various laws and policies to address this problem, it is crucial to evaluate their effectiveness in preventing knife crime. Despite some progress, current measures are not sufficient to eliminate the issue. Let's explore the limitations of existing laws and policies and consider potential alternative approaches to reduce the prevalence of knife crime.

Current Laws & Policies

- It is against the law to carry a knife in a public place unless the blade is less than 3 inches long and is a manual folding blade. Doing so can carry a prison sentence of up to 4 years, even if it is not used in England and Wales, and 5 years in Scotland.
- It is against the law to carry a knife on behalf of someone else.
- Using any knife in a threatening way, even those that can be legally carried, is a criminal offense.
- A person must be 18 or over to purchase a knife. This includes cutlery and kitchen knives. In Scotland, people between the ages of 16 and 18 can legally purchase cutlery and kitchen knives.

- A person over the age of 16 can purchase a knife only if the blade is less than 3 inches in length and is a manual folding blade.
- In the UK, it is illegal to bring into the country, sell, possess, hire, or give someone a banned knife. Banned knives include butterfly knives, disguised knives, flick knives, and zombie knives. A full list of banned knives is on the UK GOV website; however, these aren't effective as they can still be purchased through illegal methods.
- The starting point for possession of a bladed article, or a 'highly dangerous weapon', which includes zombie knives, etc., is 6 months imprisonment, with a range up to 2 years 6 months, although in some circumstances longer sentences can be imposed.

In conclusion, the issue of knife crime remains a complex and multifaceted challenge. While current laws and policies have played a role in addressing this problem, they are not sufficient to eliminate it entirely. Factors such as social inequality, gang violence, and mental health issues continue to contribute to the prevalence of knife-related incidents.

To effectively reduce knife crime, a comprehensive approach is necessary. This may involve strengthening existing laws and policies, such as by enhancing enforcement and improving data collection. Additionally, investing in early intervention programs, community-based initiatives, and mental health support can help to address the underlying causes of violence. International collaboration and knowledge sharing can also provide valuable insights and best practices.

By adopting a multifaceted approach that combines prevention, intervention, and support, it is possible to make significant progress in reducing knife crime and creating safer communities. It is imperative for governments, law enforcement, and communities to work together to implement effective strategies and address the root causes of this pressing issue.”





Cost of going out in the UK

Unless you have been living under a rock for the past couple of years, you would know that we are in a cost of living crisis where the prices of everything and anything have gone up. More specifically, going out, whether that be for a cheeky lunch or on a night out, is more expensive than it would have been.

A study was done in the UK regarding the amount of time and money a person spends on a night out. The results found that on average, a person spends £4,000 a year going out, and half of that is spent on alcohol. Additionally, on average, a young person goes out 5 times a month, spending £67 each time they do.

When discussing the cost of going out in the UK, the biggest cost most young people spend their money on is alcohol. Other big spenders are drinks, which on average a young person spends £34 on; taxis, which a person spends £29 on; and other occasional costs such as tickets and club entry, which average at £44.

But the cost does vary depending on your location. Studies have shown that Manchester spends the most money on going out, with a person spending £77 on average. This means that the city spends a total of £3,591.60 a year, which outweighs Londoners total spend of £2,468.40 by £1,123.20.

Additionally, the cost of eating out still remains high despite the fall in food inflation. A news report found that food inflation has been reduced by 3.4%, the lowest it's been since September 2021. But unfortunately, that doesn't equate to falling prices.

But for restaurants, they continue to face challenges over the past years. Restaurant prices are higher than ever, with restaurant owners being faced with a series

of challenges and difficulties trying to keep their businesses afloat. "Restaurants have managed to survive the maelstrom of challenges over the past few years and have inevitably had to pass costs onto menus, with consumers picking up the bill," The Guardian reported. Essentially, Brexit bringing about the common user charge and other obstacles, alongside the cost of living crisis, has meant that the cost of eating out in the UK has gone up.

The rise in transport costs has also contributed to the cost of going out in the UK. Rail prices for England and Wales have risen by 4.9% already. London Mayor Sadiq Khan has come up with a scheme to help ease the pressure of the cost of living by freezing London transport fares. The freeze will affect all fares for buses, trams, the tube underground, the Docklands Light Railway, and the majority of fares on the new Elizabeth line and overground rail. "Not only will this put money back in people's pockets, making transport more affordable for millions of Londoners, but it will encourage people back onto our public transport network." So the cost of going out for Londoners is looking up.

The cost of going out in the UK depends on various factors, such as where you're going, the activity you are doing, and the city you are based in. So when planning out the cost, take into consideration all the factors and then decide what works best for you.



Reflect, Renew and Reset for the New Year

The new year isn't just a date on a calendar, but a new beginning and an opportunity to embark on a journey of personal transformation.

2024 has been nothing short of extraordinary, offering us new groundbreaking experiences, connecting us with new people, exploring different countries and cities, delving into new cultures and most importantly seeing individual inspiring progress and achieving personal milestones. But as we prepare to close the chapter of one year and open the doors to another, it's important we do some self-reflecting, renewing and resetting. We want this year to be one of positivity, happiness and personal growth, gaining new achievements and experiences.

Reflect: Acknowledging Growth and Learning

Reflection is the foundation of growth, and the New Year invites us to look back on the last 12 months with honesty and grace. This is the time to ask yourself important questions: *What did I learn? How did I grow? What challenges did I face, and how did I overcome them?*

The past year, like any other, likely came with its share of successes and setbacks. By reflecting on both, you gain valuable insights into your strengths and areas for improvement. Perhaps you discovered resilience in the face of adversity, or maybe you learned the importance of setting boundaries. Even in moments of failure, reflection reveals lessons that help shape a stronger, more self-aware version of yourself.

Taking time to acknowledge the progress you've made is essential. Often, we're so focused on what's next that we forget to celebrate the victories—big and small—that we've achieved along the way. Recognizing these moments not only boosts your self-confidence but also provides motivation to carry forward into the New Year.

Renew: Recharging Your Mind, Body, and Spirit

After a year of hard work, emotional highs and lows, and navigating life's complexities, the act of renewal is vital. The New Year is a time to recharge and replenish your energy. Think of it as hitting the "refresh" button for your mind, body, and spirit.

Renewal starts with self-care. This doesn't just mean pampering yourself (though that can certainly be part of it); it's about intentionally nurturing your well-being. Whether through going to the gym, meditation, yoga, reading, or spending time in nature, renewal means finding practices that restore balance and peace to your life. Take time to identify what truly nourishes you and make space for those activities.

Emotionally, renewal might involve letting go of grudges, toxic relationships, or old patterns of thinking that no longer serve you. Holding onto past grievances can weigh you down and prevent you from moving forward with a clear mind and heart. Acknowledging the need for emotional renewal allows you to approach the New Year with a sense of openness and readiness to welcome new experiences.

Physically, renewing your body could mean paying more attention to your health and fitness. Whether through regular exercise, eating better, or simply getting enough rest, your body needs care to function at its best. As you renew, you'll notice how much more capable you are of facing the challenges that come your way.

Reset: Setting New Intentions for the Year Ahead

Once you've reflected and renewed, it's time to reset. The New Year is a blank slate, and resetting means aligning yourself with the goals and intentions you want to pursue in the months to come. But this isn't just about creating a long list of resolutions. Instead, it's about setting thoughtful, meaningful intentions that resonate with who you are and where you want to go.

Start by envisioning the life you want to lead. What are the core values that guide you? What brings you fulfillment and joy? Resetting isn't about striving for perfection but about aligning your actions with your authentic self.

SMART goals—those that are Specific, Measurable, Achievable, Relevant, and Time-bound—can help guide this process. Instead of setting vague resolutions like "get in shape" or "be happier," break your goals into smaller, concrete steps. For example, committing to walk 30 minutes a day or dedicating time to a hobby you love every week are realistic, actionable steps that make your larger goals feel more attainable.

Also, keep in mind that resetting doesn't have to wait for January 1st. Throughout the year, life happens, plans change, and you may need to reset again. Being adaptable and allowing yourself the grace to pivot is crucial for maintaining your momentum and staying aligned with your goals.

Embracing the New Year with Optimism

By reflecting, renewing, and resetting, you are equipping yourself the tools to approach 2025 with optimism and purpose. Instead of viewing the New Year as a time for self-criticism or unattainable resolutions, you're allowing yourself to move forward mindfully and with intention. Every year brings its own set of challenges, but with reflection, renewal, and a fresh mindset, you're prepared to face them head-on.

So as the clock strikes midnight, take a deep breath, and step into 2025 with clarity, energy, and a renewed sense of hope. The past has provided valuable lessons, and the future holds endless possibilities. Reflect, renew, reset—and get ready to create your best year yet.

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... Before I signed a contract

WHAT I WISH I KNEW

“

Signing a contract isn't a matter that should be taken lightly; it is an important decision that shouldn't be made lightly because it can have serious implications for the individuals and businesses involved.

”

Whether the contract is for a job, a business agreement, or a lease term, it's important to take time to properly review and take into account all the terms and conditions before signing. The worst thing you can do is sign a contract before reviewing it, as you can and will be held responsible if you don't follow through on your part.

SO TO HELP, HERE ARE 5 TIPS TO KNOW BEFORE SIGNING ANY CONTRACT.

Take some time to understand what you are signing.

Before you even think of signing a contract, make sure you have a clear understanding and know exactly what it is you are signing. Fully comprehend the purpose and scope, and if necessary, clarify anything you may be uncertain about. Assess the obligations, responsibilities, and expectations of the contract to determine whether or not it suits your personal preferences.

Review the contract in detail and make notes on anything that stands out.

Carefully read and review the entire contract thoroughly. Pay attention to the terms, conditions, and clauses that come with legal or financial implications. You cannot process all the information in one read, as studies show that on average it takes a person reading something 3-4 times before they fully process and understand the content. Additionally, don't just read it from your perspective but from the other party's to better protect yourself from being disadvantaged or forced

to endure unfavorable terms. Ensure you understand what you're agreeing to, and if there's any confusion, get clarification before signing.

Identify and evaluate any weaknesses.

Contracts naturally come with weaknesses, so it's vital that you identify them early on before signing a contract. Potential liabilities, indemnification clauses, or non-compete agreements are examples of things that, if not discovered, could either cause the contract to be void or make you liable. Make a decision on whether you think the risks are manageable and acceptable or if they are a risk to your own needs.

Make any amendments to suit your interest.

You want to ensure that you are happy with the terms of the contract, and it reflects your needs and interests. Therefore, don't hesitate to negotiate and propose amendments to the contract, and if you don't find the terms favorable or need to clarify anything, communicate that to the other individual or party involved. That way a mutual beneficial modification can take place that best addresses and protects the concerns of both parties involved.

Make sure there is an effective exit strategy in place.

The biggest mistake many people make when signing a contract is not appreciating the significance of the termination clause. That's how many people end up stuck in long-term contracts. So ensure you have explored every avenue for terminating or leaving the agreement, because you never know when it might come in hand. Have a well-defined exit strategy to protect yourself and your needs in the instance that things don't go to plan.

A contract is designed to protect your interest as well as the other party's, but it can only do so effectively if you take the time to plan, review, and amend the terms and conditions to ensure they best align with you. So before signing any agreement, think, review, evaluate, and plan.





... Before I Went Viral

Going viral is often seen as the ultimate dream. Overnight fame, a massive following, and endless opportunities seem to beckon. But the reality is far more complex.

Iwish I had known the overwhelming nature of the attention. It's like being thrust into a spotlight without a manual. Every action and every word is scrutinized. What once felt like a personal account suddenly becomes a public stage. The constant notifications, the endless messages, and the pressure to maintain a certain image can be exhausting.

Going viral can be an emotional rollercoaster. Literally, you can go from loving the fame and opportunities coming your way to almost hating the attention and the criticism and opinions the next. Being under the microscope can be daunting. If you think getting scrutinized by your parents is enough, imagine it coming from complete strangers that only know one small side about you. Online harassment is never easy; it's a battle in the mind, and you don't want to burn out.

Privacy becomes a luxury. People feel entitled to know every detail of your life. Boundaries blur as fans cross lines, and it's difficult to disconnect. Online harassment is a harsh reality for many who go viral. Hateful comments and cyberbullying can take a significant toll on mental health.

Adjusting to a new life isn't always easy; you may need to get security. This depends on how big the viral moment has gotten. You may not be able to go to your local shop anymore, go to your local school, go out on your own, or even hang out with your usual friends. Everyone loves their loved ones, but some may change for envy or stay loyal, or things just won't be relatable anymore. In order to get through this, you have to be willing to follow the process of this change and accept it.

While there are incredible opportunities, it's important to be cautious. Not every offer is genuine, and it's easy to get caught up in the excitement without considering the long-term implications. Building a sustainable career after the initial hype fades is challenging.

The unexpected opportunities will come, some good and some bad. Yes, this can actually expose you to a new life and wide access to exclusive things, but are these things what you want? Some of these opportunities will be limited to what you went viral for. People will try out you in a box and remember you for that one thing, but you have loads to offer; you can be multi-talented and have a career in other things; I can't just be the only thing you're known for.

Being a person of interest to the public gives you the opportunity to make an impact. It can give you a platform to share practical tips, give insight, and share knowledge. You can use the attention to actually shed light on issues or help people become an impactful person.

Ultimately, going viral is a double-edged sword. It can be exhilarating, but it's essential to approach it with realistic expectations. Protecting your mental health, setting boundaries, and surrounding yourself with a strong support system are crucial.



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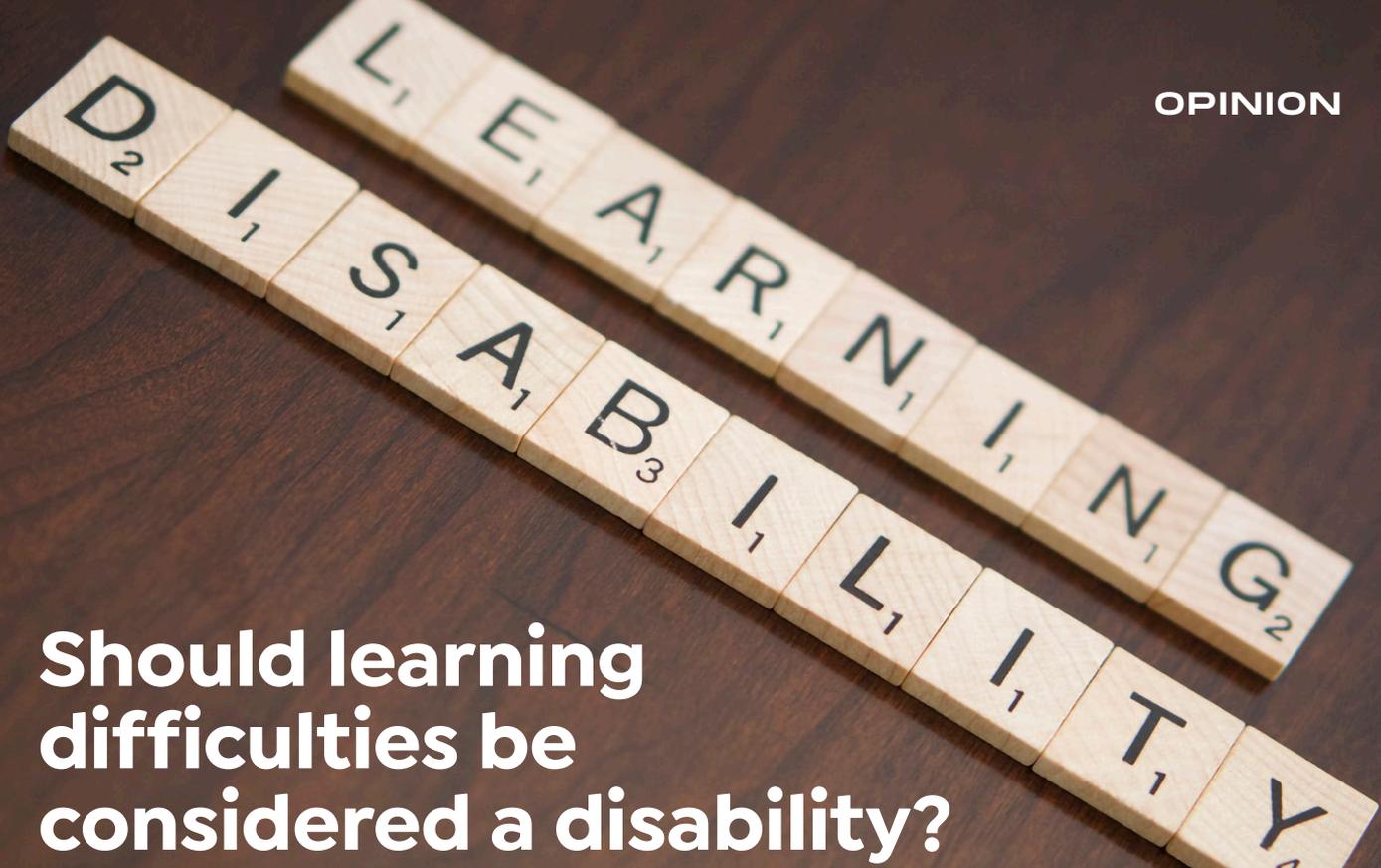
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SCAN ME





Should learning difficulties be considered a disability?

Learning difficulties are a range of disorders involving significant difficulties that can affect an individual's use of listening, speaking, reading, writing, reasoning, or mathematical abilities. They can make the process of learning harder than the average individual without learning difficulties but not stop a person's learning at all.

Learning difficulties are a range of disorders involving significant difficulties that can affect an individual's use of listening, speaking, reading, writing, reasoning, or mathematical abilities. They can make the process of learning harder than the average individual without learning difficulties but not stop a person's learning at all. It takes more time and strategies put in place to help a person with learning difficulties reach the academic level they wish to achieve. It is not impossible, just a challenge.

The main learning difficulties in the UK are dyslexia, ADHD, dyscalculia, dysgraphia, and dyspraxia.

Dyslexia is a learning difficulty that causes problems with reading, writing, and spelling. **Attention deficit hyperactivity disorder (ADHD)** is a condition that affects people who have trouble concentrating and may act on impulse. **Dyscalculia** is a learning disorder that affects a person's ability to understand number-based information and math.

Dysgraphia is a neurological condition where someone has difficulty turning their thoughts into written language, despite exposure to adequate instruction and education. **Dyspraxia**, also known as developmental coordination disorder (DCD), is a disorder that affects movement and coordination, not intelligence, such as tasks requiring balance, playing sports, or learning to drive a car.

Now you know all the learning difficulties. It's important to note the distinction between learning difficulties and disabilities is not always clear-cut, and some individuals may experience both.

The terms "learning difficulty" and "learning disability" are often used interchangeably but have distinct meanings. **Learning difficulty** typically refers to a specific challenge in a particular area of learning. **Learning disability** refers to a lifelong condition that affects a person's intellectual ability and ability to perform everyday tasks.

It's important to note that the classification of a condition as a disability can vary depending on the **legal definitions**, as different countries have different laws and criteria for determining what constitutes a disability. The individual's circumstances **as the impact** of a learning difficulty on a person's life varies widely. Some people with learning difficulties may require significant support, while others may lead independent lives with minimal accommodations. Lastly, the **context** of the specific situation or environment can influence whether a learning difficulty is considered a disability. For example, a learning difficulty might be considered a disability in an educational setting but not in a workplace.

Learning difficulties can cause **impaired cognitive function**, meaning they affect how the brain processes information. This impairment can be as significant as a physical disability. It can cause **lifelong challenges** that require ongoing support and accommodations. They can cause **barriers to participation**, such as obstacles in education, employment, and social interactions. These challenges can limit their opportunities and quality of life. The need for **specialized support** requires specialized education, therapy, and assistive technologies and **legal and social recognition**, access to legal protections, accommodations, and resources that can significantly improve their lives.

RAPMAN

Rapman, also known as Andrew Onwubolu, is a popular multifaceted artist and social commentator; he's transcended the realm of rap to become a powerful storyteller, producer, and director. His raw talent is evident in his ability to craft captivating narratives that mirror the realities of young people, tackling complex social issues with unflinching honesty. From the gritty streets depicted in "Blue Story" to the thought-provoking themes explored in "Shiro's Story," and now Netflix's hit new show "Supacell." Rapman's work serves as both a mirror and a catalyst for change. His ability to connect with audiences on a profound level makes him a true inspiration, proving that art can be a potent force for good.



Inspiring the youth

GEORGE THE POET



George the Poet, also known as George Mpanga, is a well-known poet. The London-born spoken-word performer of Ugandan heritage is also a predominant rapper and is currently the host of his own podcast, "HAVE you heard George's podcast?" based on social and political issues. He came to prominence as a poet before progressing to spoken word and hip-hop. His innovative brand of musical poetry has won him critical acclaim both as a recording artist and a social commentator.

DEAN FORBES

Dean Forbes is a British business executive. He is positioned as chief executive officer at Forterro, a software solution company that focuses on providing ERP software across Europe, based in London, England. In his youth, Dean Forbes was a professional footballer at Crystal Palace.

Looking to make a good living out of the dream of a pro footballer. But when he was 17, his future started to look very different. He made the decision to turn his back on professional football and, instead, embarked on a career in business. 25 years later, he is now CEO of a company that generates in excess of £50 million in annual turnover.

CARLTON COLE

Carlton Michael George Cole is an English football coach and former professional footballer who played as a striker. Cole was born in Croydon, London, of Nigerian Sierra Leonean heritage. He has used his experience in the football industry to rejoin West Ham United to work with the club's academy players, providing support to under-18 coaches. Upon retiring from playing professionally, Carlton became an official ambassador of West Ham United and is also heavily involved with their youth setup. Carlton also has a wide media profile, which includes working with many broadcasters, including the BBC, Sky Sports, and TalkSPORT.

EMILE WALKER

Emile Walker is a professional bodybuilder and a rising talent in the male physique industry. Despite starting later in life—beginning his career in 2017 at the age of 32—he rose to the challenge and has built an impressive brand for himself. He is currently working towards competing for the title of Mr. Olympia in the Best Male Physique category, a title he has already qualified for three times in a row. Before his fitness career, Walker worked to better the community, serving in the mental health profession with young offenders, drug addicts, and for the council. However, he eventually grew tired of life behind a desk and took an admirable leap of faith, pursuing his passion for fitness and personal training. Through hard work and relentless effort, he perfected his craft, and eventually, his dedication paid off. He won titles in both Milan and Poland and became a two-time champion in France. He also went on to be proudly sponsored by Darc Sport, the world's leading bodybuilding clothing brand, and modeled for Fathers and Sons—all while being a father to three beautiful children. His dedication and drive toward his passion are truly admirable and deserving of praise.

Theo Johnson (T1Official)

UNDER THE MICROSCOPE

T1 formerly known as Theo Johnson, is a Birmingham proud native but widely known as a content creator, actor, musician, filmmaker, and presenter. He has built a strong online presence and has accumulated millions of views just from his entertaining presence.

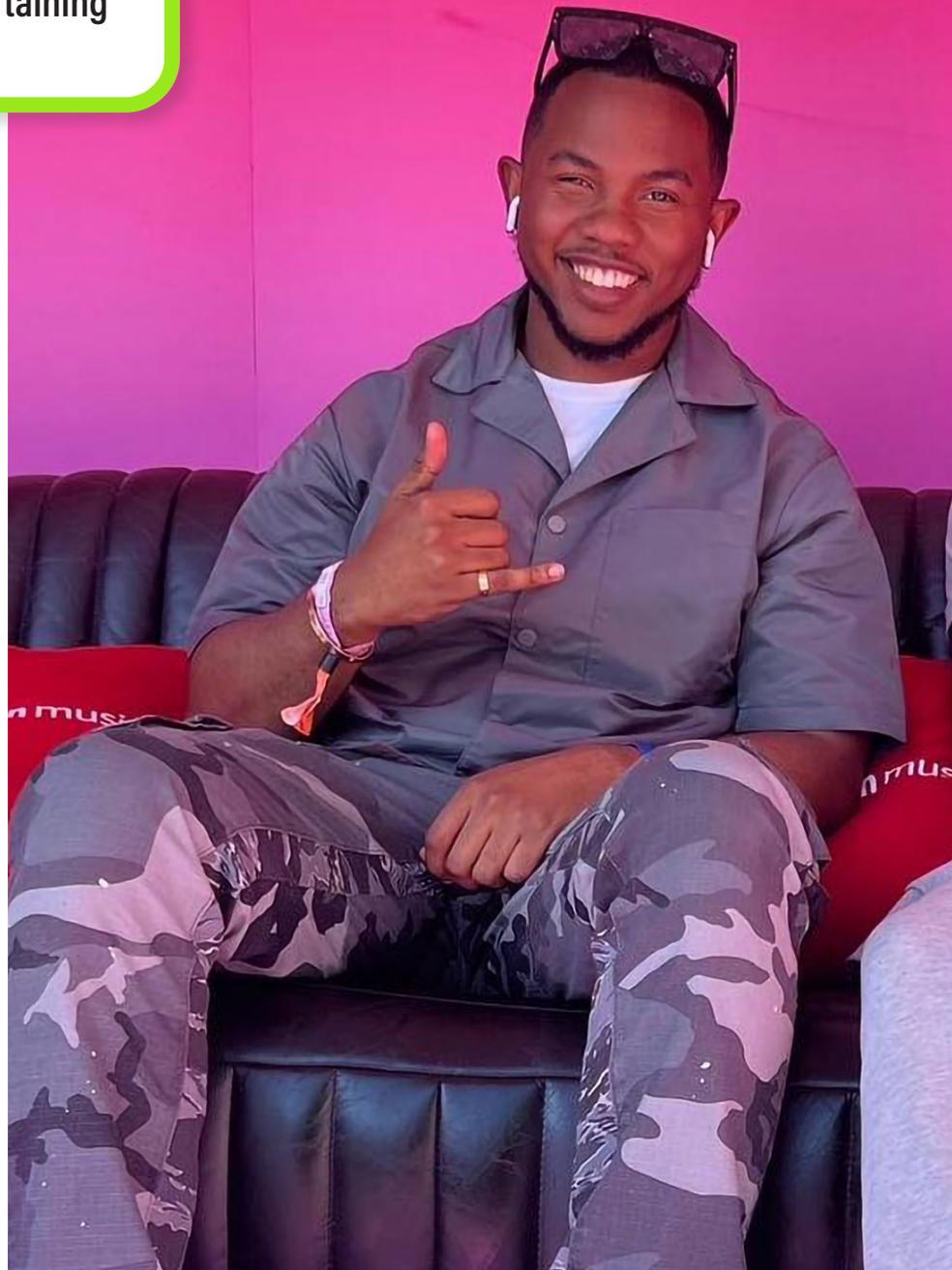
In his filmmaking career, as an actor, T1 has starred in Channel 4's series "Raised by Wolves" (playing callum from 2015-2016) and featured in the films "Intent 2" (as Jason 2018) and UK household favorite "Blue Story" (playing self in 2019). Additionally, he has made guest appearances as a burglar on "Crime-watch Roadshow" (in 2013) and "Doctors" (as Darren Craven 2015-2021). In the world of theater, he played the lead role in the National Theatre's production of "Gap."

In the realm of radio, T1 starred in BBC West Midlands drama "Jesus Piece," written by BAFTA winner Robert Beckford and Sarah Chukwudebe. When BBC iXtra launched its first-ever show dedicated to showcasing unsigned and undiscovered artists across the UK, T1 was the host, leading the weekly Sunday evening radio slot (10 pm to midnight) from the Mailbox in Birmingham. This was the first permanent show on the station's schedule to be broadcast outside of London.

T1's talents extend beyond acting and radio. He is known for his lyrical prowess and ability to create music that goes viral on social media. His freestyle remix of "Man Can't Challenge" in 2019 garnered over a million views online. As a musician, he has received support from music platforms like GRM Daily and Link Up TV. He wrote and produced the soundtrack for his 2020 short film, "Just One Drop," which was picked up by FilmDoo and Amazon Prime.

Additionally, T1 is recognized as a great storyteller and relatable content creator, amassing a loyal following of over 150,000 followers on TikTok and Instagram. He has also collaborated with prominent brands such as JD, Nike, and Subway.

T1's success and accomplishments serve as an inspiration to all and offer a valuable lesson to young creative minds: be bold and explore various opportunities.



David Whitely

(Sideman)

“

From a cashier who never smiled to becoming a UK legend known for his comedic nature and funny charisma, explore the story of David Whitely.



Before the fame and success, David Whitely was born and raised in Jamaica prior to migrating to the UK at the age of 12. He describes his childhood as “from riches,” considering how often he moved growing up, but despite all the places he lived, Birmingham was his favorite.

His career in comedy started when he was working as a cashier in Erdington Londis. There, he would often film and create comedy sketches during his shifts. He filmed on the shop floor and would even edit content while serving customers. People were so impressed by his commitment and dedication to his work that he earned 320,000 followers on Instagram and over 3 million likes on TikTok at the time.

Very soon, he expanded his platform and worked alongside the likes of Charlie Sloth, Giggs, and Cardi B. In addition to his comedic nature, he also explored a career in rapping, but he soon realized that it wasn’t the path for him, and comedy became his primary focus. What makes Whitely so inspiring is that his family continues to be his motivation, and he remains dedicated to taking them out of “tough times” and spreading positivity all around.

He began creating sketches on Instagram under the name Sideman, his comedic alter ego. His primary inspiration was the online comedy Mandem on the Wall, finding their success admirable and proof that some day his comedy would also be showcased on mainstream television.

Whitely worked hard to make his dream a reality, perfecting his videos and editing them during his job. Eventually, his hard work paid off through a video with the famous rapper Giggs.

It was through this video that he gained recognition from DJ Charlie Sloth, so he seized the opportunity to branch out and asked him to collaborate on a video, to which Sloth agreed. However, Charlie disappeared on him for a year and a half.

Nonetheless, Whitely stayed positive and optimistic, continuously reaching out until Sloth eventually replied. That single message launched Sideman’s comedy career and ultimately changed his life. Sloth invited Whitely to London, and during this trip, he offered him a role on his radio show.

The online personality then landed a weekly show on BBC 1Xtra but later quit due to the network’s use of a racial slur. Initially, he was worried, thinking this would be the end of his career. However, he remained hopeful and confident, believing he would eventually figure it out—and he did just that.

Currently, David hosts Amazon Music’s first-ever podcast, +44, alongside Zeze Millz. The podcast tackles issues within Black culture while speaking to notable figures in sport, music, TV, and film.

Whitely continues to be an inspiration to the community and is living proof that hard work, motivation, and dedication are all you need to succeed. His story is truly commendable, and his craft and work are deserving of all the praise.

Q&A With Nadiyah Davis



Nadiyah Davis MBACP (Accred)
 Founder and Director of Tajah Therapeutic Services
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info@tajahtherapeuticservices.com
www.thelondonpractice.com



1. What should I expect during a counselling session?

I personally work in a client led way, where you are the director of your own show. This means that I won't set the agenda for each session and allow you to bring whatever you choose to discuss. My aim is to ensure a safe and comfortable space is set for you to open up at your own pace. We would explore your personal thoughts and feelings and possibly challenge your perspectives. Sessions last 50 minutes and are treated with full confidentiality when harm isn't a factor.

2. How do I know if counselling is the right choice for me?

The honest answer is... you don't know unless you try. However, you may begin to notice yourself becoming aware of things that you'd like to talk more deeply about, or realise there are areas of your life that you'd like to change but maybe don't know how. There aren't any direct signs because everyone is different, but I would always encourage you to try out one session and see how you feel afterwards.

3. How can counselling help me with my specific mental health concerns?

A session would allow you to open up about your individual concerns, without hearing responses like "oh yeah... I know what you mean" or "yeah, I've been through that as well. You'll be fine". We sometimes hear these responses from those closest to us and then begin to retract our own thoughts and feelings. However, counselling allows you the space to not feel guilty about speaking about yourself and what you're going through. You may also receive practical tools to help you manage things such as anxiety, depression and bereavement which you can apply to your everyday life.

4. How can I talk to my parents about going to counselling?

Your parents may worry about you having counselling for many reasons, which is very natural. So you may like to explain to them what counselling is and the benefits of it. Other words/phrases you might use are; 'support' or 'someone objective to talk to' which can help them to understand the purpose of counselling support. Ultimately, it is up to you about how and when you may decide to talk to your parents about going to counselling and there is no right or wrong way to do this.

5. How can I support a friend who may be struggling with mental health issues?

Encourage your friend to open to you or someone else as everyone handles their mental health struggle differently. You may notice some of the common signs such as isolation, changes in their appearance and/or mood, which may initiate a conversation to check if they're okay. Beyond this, you might like to find out what your friend's perspective of their own mental health struggles are, as the individual impacted isn't always aware of how to identify struggle. Sometimes simple asking "how are you really feeling today?" can spark an important conversation. Please be mindful though, that there is only so much you can do and if you're supporting someone with their mental health, please also look after your own.

DILEMMA: Social media pressure

Hello, I have recently found myself struggling with my mental health because of the pressures of social media. On many social media apps, I see 18-year-olds who have become millionaires and living luxurious lifestyles. This has made me find myself in a difficult place emotionally and mentally, as they are the same age as me. I feel like I am not good enough. What can I do to take this weight off my head?

Social media is such a huge source of mental health issues nowadays, so I can understand how this would be challenging to manage. Naturally, you may find yourself drawing comparisons on what others on social media are doing, and this may cloud your focus on what your personal goals and achievements are. There are a few ways that you can manage this so it doesn't have a significant, negative impact on your wellbeing.

Social media breaks

If needed, be prepared to take breaks from social media. Even though you may fear 'missing out' (FOMO) on things, taking breaks from social media can be very helpful to preserve positive mental health. There isn't any rule out there that says you have to remain logged into your social media accounts all year round, so sometimes it is a helpful way to block out the distractions. You get to decide how long this is for, but you might just notice how quickly your focus shifts.

Manage your algorithm!

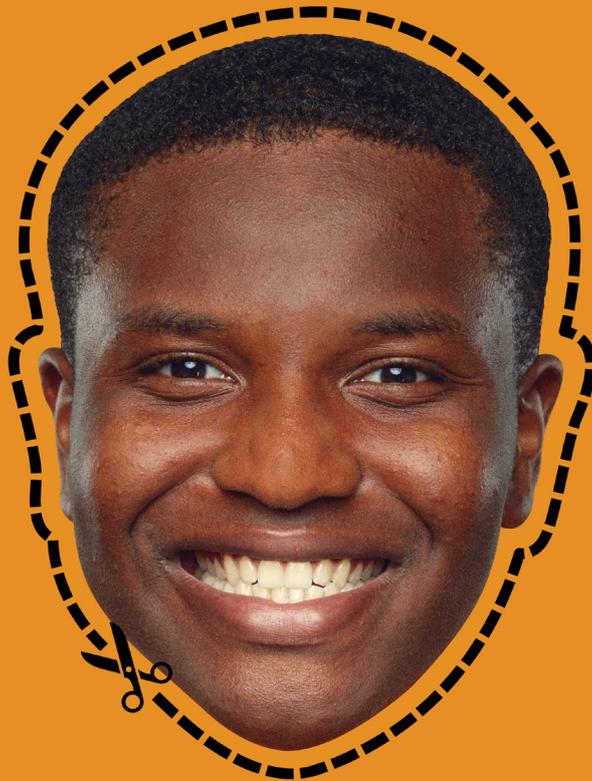
In relation to social media, algorithms are 'rules, signals, and data that decide how the platform performs and therefore determines how content is filtered, ranked, selected, and recommended to users'. So, in a nutshell, what you watch and show interest in on social media will continue to find its way to your feed and increase your exposure. Think about how you personally use social media. If you are someone who watches things that may cause you to feel negative about yourself and your lifestyle, perhaps it might be an option to consider watching things that are more encouraging and steering you towards your own goals. You decide what your algorithm is, so be mindful of your choice of exposure.

Shift your focus

Talking to someone close to you may be a good idea so that you are able to unpack how you're feeling about yourself as a result of comparing yourself to others on social media. If you have access to a therapist, they would also be able to support you with this. Having a low self-esteem can be very common and a difficult feeling to shift, so don't be afraid to speak about things, as the chances are you're not alone! Practice kindness towards yourself, and rather than comparing and despairing while focusing on all the things you feel you don't have, try to shift that focus to the things you do have. It might be challenging at first, but trust me, there will be some. By shifting your focus in this way, you might find that you give those around you and on social media far less attention because you'll be keeping most of your focus on yourself. Use the achievements of others as a tool to motivate yourself, not as an opportunity to talk down and be critical towards yourself.

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Nathan Hector

SUCCESS LEAVES CLUES

Nathan studied Performing Arts in Chickenshed Theatre 2008–2010 his 2 year journey had him starting out as a runner on small short film sets to being an extra in popular British soap EastEnders. He then proceeded his journey onto other short films such as: playing the role of Tristan in illegal activity (2021); playing John in YOLO Therapy (2012); playing Mike Ashton in Will You Kill Me Now? (2014) & Nathan in City of Hearts (2016); playing Ben in Bluff (2018).

Whilst at college Nathan performed and featured in the first online drama series in the UK 'No ID.' he even had some experience being one of the main roles in the hit web Mini Series: Brothers in Suits playing Terrence Phillips (2017). Before his big leap into films he featured in short films such as 50 Shades of Tanesha, Melody.

After building a name for himself, he landed a role in Love Freely but pay for sex playing Darren Mills film (2013) then moved into Gangsters Gamblers Geezers playing Jermaine (2016).



Nathan Hector is an admirable actor born in East London. Nathan Hector began his acting journey at the age of 18 years old right at the start of his adulthood.

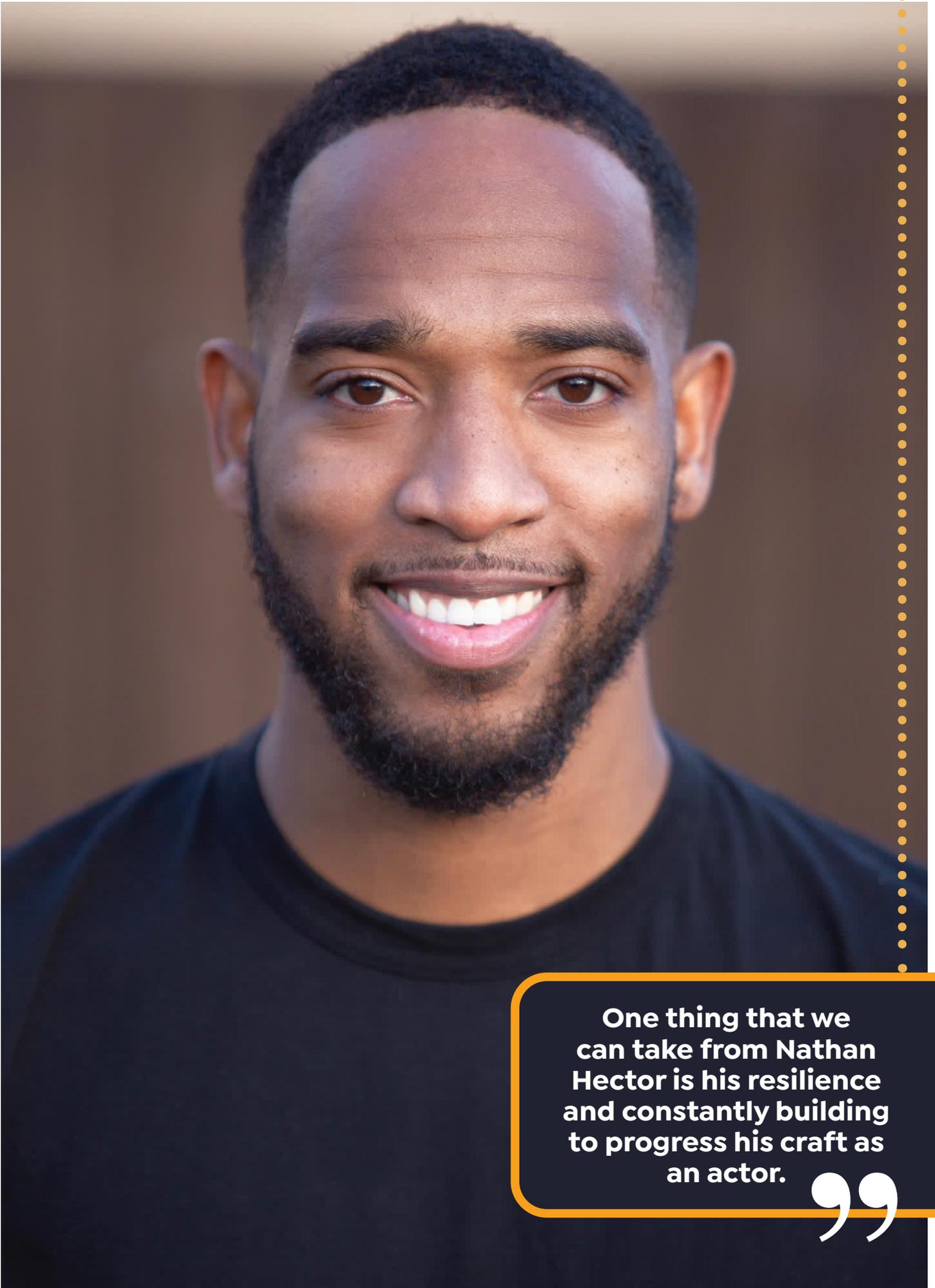
This had a massive impact as he then landed a role in popular UK film The Intent playing Jermaine (2016) and then being called back for the sequel Intent 2: The Come Up (2018) which led to being one of his most popular roles alongside his role as MC in UK comedy classic The Weekend (2016). The rising star had gone on to star in these big British feature films The Intent (including Intent 2) & The Weekend Movie which both hit Netflix in 2017 onwards.

He did a quick role playing Marcus Woods in Cleo's Choice (2016) in between the Intent film series.

As of recently he started in a role in film Trapping (2023) and hopefully we see more to come from him throughout the year.

One thing that we can take from Nathan Hector is his resilience and constantly building to progress his craft as an actor. It cannot be doubted that he is constantly improving, evolving and becoming a household name in the UK film scene.

Nathan Hector's journey from East London to the forefront of British cinema is a testament to his dedication and talent. Starting as a runner on small sets and working his way up through short films and TV roles, he has consistently demonstrated his ability to deliver compelling performances. With his roles in popular films like The Intent and The Weekend, Hector has established himself as a rising star in the UK film industry. As he continues to take on challenging roles and expand his range, it's clear that his future is bright.



**One thing that we
can take from Nathan
Hector is his resilience
and constantly building
to progress his craft as
an actor.**

”

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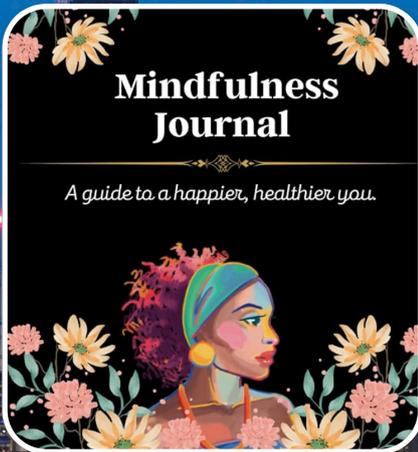
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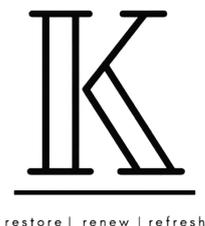
**MY MINDFULNESS JOURNAL
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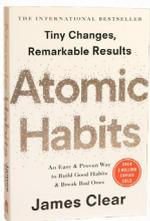
Your Guide to Winter Wellbeing: Book Edition

As the days grow shorter and temperatures drop, many of us find ourselves battling the winter blues. Seasonal affective disorder (SAD) and general feelings of isolation can take a toll on all our mental health. While there's no one simple solution, I would say curling up with a good book can be an enriching way to cope. This winter, let these carefully curated literary companions offer comfort, inspiration, and practical tools to enhance your mental well-being.

RECOMMENDED BOOKS TO IMPROVE YOUR MENTAL HEALTH

1. ATOMIC HABITS: SMALL CHANGES, REMARKABLE RESULTS

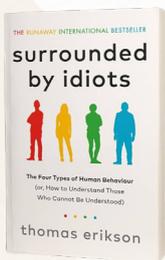
Atomic Habits by James Clear is a practical guide to building good habits and breaking bad ones. The core idea is that tiny, incremental improvements can lead to significant results over time.



2. SURROUNDED BY IDIOTS

by Thomas Erikson

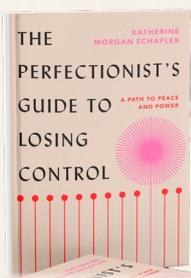
is a popular self-help book that offers a practical approach to understanding and improving communication with different personality types.



3. THE PERFECTIONIST'S GUIDE TO LOSING CONTROL

by Katherine Morgan Schafler

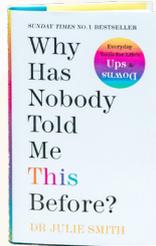
The Perfectionist's Guide to Losing Control offers a fresh perspective on perfectionism, challenging the notion that it's inherently negative. Instead, she proposes that perfectionism can be a powerful tool when understood and managed effectively.



4. WHY HAS NOBODY TOLD ME THIS BEFORE?

by Dr. Julie Smith

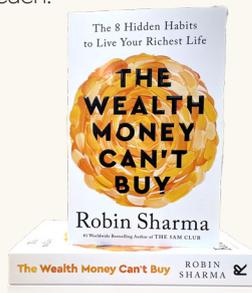
This book is a practical guide to mental well-being. Drawing on her extensive experience as a clinical psychologist, Smith offers accessible and actionable advice for managing anxiety, depression, and other emotional challenges.



5. THE WEALTH MONEY CAN'T BUY: THE 8 HIDDEN HABITS TO LIVE YOUR RICHEST LIFE

by Robin Sharma

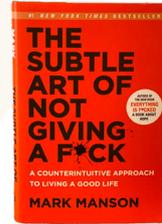
The Wealth Money Can't Buy challenges the conventional notion of wealth, suggesting that true richness extends far beyond financial abundance. The book introduces a framework of eight forms of wealth and outlines practical habits to cultivate each.



6. THE SUBTLE ART OF NOT GIVING A F*CK

by Mark Manson

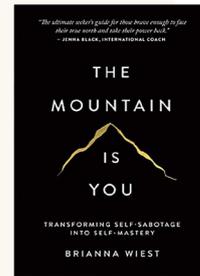
*The Subtle Art of Not Giving a F*ck* is a counterintuitive self-help book that challenges conventional wisdom about happiness and success. Rather than promoting positivity, Manson argues that embracing life's inherent struggles and focusing on what truly matters can lead to a more fulfilling life.



7. THE MOUNTAIN IS YOU: A SUMMARY

by Brianna Wiest

The Mountain Is You is a self-help guide focused on overcoming self-sabotage and achieving personal growth. The book uses a powerful metaphor: the mountain we struggle to climb represents our internal obstacles, not external challenges.



8. STOP OVERTHINKING: 23 TECHNIQUES TO RELIEVE STRESS, STOP NEGATIVE SPIRALS, DECLUTTER YOUR MIND, AND FOCUS ON THE PRESENT (THE PATH TO CALM)

by Nick Trenton

Nick Trenton's *Stop Overthinking* is a practical guide designed to help readers break free from the cycle of excessive worrying and negative thought patterns. The book offers a comprehensive approach to managing stress, decluttering the mind, and finding inner peace.



APPLE CRUMBLE WITH VANILLA CUSTARD



If you are looking for the perfect dessert this winter break, dive into our recipe on how to make the most scrumptious apple crumble with vanilla custard.

Apple Crumble Ingredients

- 6 medium apples
- ¼ cup granulated sugar
- 1 tsp ground cinnamon
- 1 tsp lemon juice

Crumble topping ingredients

- 1 cup all-purpose flour
- ½ cup rolled oatmeal
- ½ cup brown sugar
- ½ cup unsalted butter, cold and cut into small pieces
- ½ tsp ground cinnamon
- ¼ tablespoon salt

Vanilla Custard Ingredients

- 2 cups of whole milk
- ½ cup heavy cream
- ½ cup granulated cream
- 1 vanilla bean, split and seeds scraped (or 2 tsp. vanilla extract)
- 4 large egg yolks
- 2 tsp cornstarch

INSTRUCTIONS:

For the Apple Crumble:

1. Preheat the oven.

- Preheat your oven to 175°C.

Prepare the apples:

- Take 6 medium apples, peel them, and chop them up into small cubes.
- In a large bowl, combine the sliced apples, 1/4 cup granulated sugar, 1 teaspoon ground cinnamon, and lemon juice. Toss to coat the apples evenly.

1. Make the Crumble Topping:

- In another bowl, mix together the flour, rolled oats, brown sugar, ground cinnamon, and salt.
- Add the cold butter pieces and use your fingers or a pastry cutter to rub the butter into the dry ingredients until the mixture resembles coarse crumbs.

2. Assemble the Crumble:

- Spread the apple mixture evenly in a baking dish.
- Sprinkle the crumble topping over the apples.

3. Bake:

- Bake in the preheated oven for 35–40 minutes, or until the topping is golden brown and the apples are tender.

For the Vanilla Custard:

1. Heat the milk and cream:

- In a medium saucepan, combine the milk, heavy cream, and vanilla bean seeds (or vanilla extract). Heat over medium heat until just simmering. Do not boil.

2. Prepare the egg mixture:

- In a separate bowl, whisk together the egg yolks, granulated sugar, and cornstarch until smooth.

3. Temper the Eggs:

- Slowly pour a small amount of the hot milk mixture into the egg yolk mixture, whisking constantly to prevent the eggs from curdling. Gradually add more of the hot milk mixture, continuing to whisk.

4. Cook the Custard:

- Pour the tempered egg mixture back into the saucepan with the remaining milk mixture. Cook over medium heat, stirring constantly, until the custard thickens and coats the back of a spoon, about 5–7 minutes. Do not let it boil.

5. Strain and Cool:

- If desired, strain the custard through a fine mesh sieve to remove any lumps. Serve warm or chilled.

Serving:

- Serve the warm apple crumble with a generous pour of vanilla cream over the top. Enjoy!

Feel free to adjust the sugar and cinnamon levels to taste, and enjoy this comforting dessert!

KINDER BUENO HOT CHOCOLATE

In this cold winter season, we are looking for ways to warm ourselves up. So why don't you try our traditional hot chocolate recipe with a twist of kinder bueno?

Equipment

- Pan
- Mixing Bowl

Ingredients

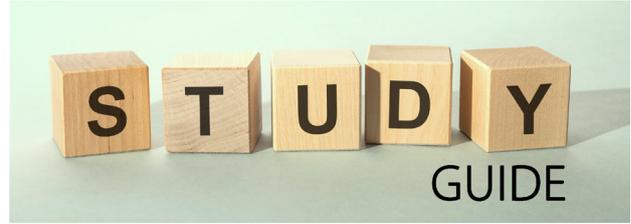
- 2 ½ tsp milk
- ½ Kinder bueno
- 500 ml skimmed milk
- 150 ml double cream
- 1 tsp caster sugar
- 1 tsp. cocoa powder
- 25g dark chocolate

INSTRUCTIONS:

1. Start off by getting your pan, and the milk and the milk spread into the pan. Heat until hot, whilst stirring for 2-3 minutes.
2. Next, get your mixing bowl and add the ingredients, caster sugar and cocoa, and mix it together.
3. Get the dark chocolate and melt it, then stir into the cream mixture and whip until you get a light and fluffy texture.
4. Get a cup and start off pouring the heated mixture into a cup, followed by the cream mixture.
5. Add the finishing touches of the Bueno Bars and enjoy your beverage!



Study guided for each career



Choosing the right career is one of the most important decisions that you will ever make because it determines the nature of your entire work life. But it's equally as important that you know exactly what you're getting into by knowing the specific set of skills, qualifications, and experiences needed to work in that field. This study guide provides an overview of the educational paths, key qualifications, and essential skills for careers in law, accounting, sports and physiotherapy, psychology, and music production.

1. LAW

Educational Path:

- **A-Levels:** Choose subjects like English, History, or Government and Politics to develop critical thinking and analytical skills.
- **Undergraduate Degree:** You can either pursue an LLB (Bachelor of Laws) or another undergraduate degree followed by a Graduate Diploma in Law (GDL).
- **Legal Practice Course (LPC) or Solicitors Qualifying Examination (SQE):** Post-graduation, you'll need to complete the LPC or the new SQE route to qualify as a solicitor. For aspiring barristers, the Bar Professional Training Course (BPTC) is required.
- **Training Contract or Pupillage:** Secure a two-year training contract with a law firm or a one-year pupillage for barristers to gain practical experience.

Key Skills:

- Strong analytical and problem-solving abilities
- Excellent communication and negotiation skills
- Attention to detail
- Research proficiency

Work Experience:

- Seek internships or work experience placements at law firms, courts, or legal clinics.

2. ACCOUNTANCY

Educational Path:

- **A-Levels:** Subjects like Mathematics, Economics, or Business Studies are beneficial.
- **Undergraduate Degree:** A degree in Accounting, Finance, or a related field is preferred, though not mandatory.
- **Professional Qualifications:** Complete qualifications from recognized bodies such as ACCA (Association of Chartered Certified Accountants), ACA (Institute of Chartered Accountants in England and Wales), or CIMA (Chartered Institute of Management Accountants).

Key Skills:

- Numerical proficiency and analytical thinking
- Attention to detail
- Strong organizational and time management skills
- Ethical integrity

Work Experience:

- Gain experience through internships or part-time positions in accounting firms or finance departments.

3. SPORTS AND PHYSIOTHERAPY

Educational Path:

- **A-Levels:** Focus on Biology, Physical Education, or Sports Science.
- **Undergraduate Degree:** A degree in physiotherapy, sports science, or sports therapy is required. Ensure the course is accredited by the Chartered Society of Physiotherapy (CSP) or the Health and Care Professions Council (HCPC).
- **Postgraduate Training:** Depending on your career goals, you may need to pursue further specialization through a Master's degree or specific certifications.

Key Skills:

- In-depth knowledge of human anatomy and physiology
- Strong interpersonal and communication skills
- Empathy and patient-centered care
- Physical stamina and manual dexterity

Work Experience:

- Clinical placements during your degree, internships, or volunteering with sports teams or clinics provide valuable hands-on experience.

4. PSYCHOLOGY

Educational Path:

- **A-Levels:** Choose psychology, biology, or sociology to prepare for university-level studies.
- **Undergraduate Degree:** A BPS-accredited Psychology degree is essential for those aiming to become Chartered Psychologists.
- **Postgraduate Training:** Specialize in areas such as clinical, educational, or occupational psychology through a Master's or doctorate program.

Key Skills:

- Analytical thinking and research skills
- Empathy and emotional intelligence
- Communication and interpersonal skills
- Ethical awareness

Work Experience:

- Gain experience through placements, volunteering, or assistant roles in mental health services, schools, or research settings.

5. MUSIC PRODUCTION

Educational Path:

- **A-Levels:** Music, Music Technology, or Media Studies will be beneficial.
- **Undergraduate Degree:** A degree in Music Production, Sound Engineering, or Audio Technology provides technical knowledge and practical skills.
- **Professional Development:** Consider certifications in specific software (e.g., Pro Tools, Ableton Live) or short courses in music business or sound design.

Key Skills:

- Technical proficiency with audio equipment and software
- Creativity and musicality
- Strong communication and collaboration skills
- Attention to detail and patience

Work Experience:

- Build a portfolio by working on personal projects, collaborating with musicians, or securing internships in recording studios or media production companies.

Each of these careers offers unique opportunities and challenges, requiring a blend of academic qualifications, practical experience, and personal attributes. Whether you're drawn to the analytical rigor of law and accounting, the creativity of marketing and music production, or the people-centered focus of sports physiotherapy and psychology, with a structured pathway you can achieve your career aspirations. Invest time in building relevant skills and gaining experience to enhance your employability and ensure success in your chosen field.



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Top 10 Tips for Networking Events

1. DO YOUR HOMEWORK

Before attending an event, research the attendees and the host organization. Understanding the event's focus will help you tailor your conversation starters and identify potential connections. It is crucial that you show that you know what you're talking about so that it doesn't come across as a fluke but that you're dedicated to being an attribute or asset with what you have to offer as a person.

2. SET CLEAR GOALS.

What do you hope to achieve at the event? Whether it's finding a new job, building industry connections, or gaining insights, having a clear objective will help you stay focused. By having a strategy in place, you are able to create a roadmap that guides you to increased chances of success.

3. PREPARE YOUR ELEVATOR PITCH

A concise and compelling introduction of yourself and your career goals is essential. Practice your elevator pitch to ensure it's engaging and memorable. The key is always to sell yourself. Include your skills and how you're an asset.

4. DRESS TO IMPRESS

First impressions matter. Dress professionally and appropriately for the event to show respect for the occasion and the people you meet.

5. ACTIVE LISTENING IS KEY

Networking is a two-way street. Show genuine interest in others by actively listening to what they have to say. Ask thoughtful questions and build rapport.

6. EXPAND YOUR NETWORK

Don't just stick with people you know. Step outside your comfort zone and introduce yourself to new people. You never know who you might meet.

7. FOLLOW UP

After the event, send a brief email to people you connected with, thanking them for the conversation and reiterating your interest in staying in touch. Not only does this maintain a connection

8. LEVERAGE SOCIAL MEDIA

Connect with people on LinkedIn or other platforms to maintain relationships and stay updated on their activities. Constantly posting what you are up to on these platforms shows not only that you are community-oriented but also that you are well connected and gradually developing in skills. Believe it or not, but these people are watching you on these platforms; use it to your advantage.

9. BE AUTHENTIC.

People can sense inauthenticity. Be genuine in your interactions and let your personality shine through. Being something you are not will only lead to you taking up expectations that you can't maintain. Start by where you are and constantly train to be better that way rather than pretending you are constantly becoming better overtime; that way, you are beating standards rather than pretending to maintain them.

10. PRACTICE, PRACTICE, PRACTICE

Networking takes practice. Attend different types of events and gradually build your confidence. By having a variety of them constantly attend, you're ultimately training yourself to dominate anything thrown at you. Practice makes perfect.

What are Standard Operating Procedures (SOPs) and why are they essential for businesses?



Standard Operating Procedures (SOPs) are detailed step-by-step instructions for completing a specific task. They are the backbone of efficient and consistent operations in any business.

1. CONSISTENCY AND QUALITY:

Standard operating procedures give a company the impression of having consistency and quality service. Through **standardized output**, which ensures that products or services are produced or delivered in a uniform manner, meeting quality standards, and also through customer satisfaction, having consistent quality leads to higher customer satisfaction and loyalty.

2. EFFICIENCY AND PRODUCTIVITY:

Standard operating procedures give a company efficiency and productivity. Having these in place helps with **time savings**, as clearly defined steps streamline processes, reducing time wasted on decision-making. It also helps with **error reduction**. SOPs minimize errors by providing clear guidelines, leading to increased efficiency.

3. EMPLOYEE TRAINING AND ONBOARDING:

A problem when building a business is having the right team. SOPs help with **New Hire Integration**. SOPs serve as a training manual, accelerating new employee onboarding. It also helps with **knowledge transfer**. Being the CEO or manager, you can't expect that what you know in terms of operations is easy for the team to understand. These SOPs capture expert knowledge and ensure it's shared throughout the organization, ensuring continuity in case of employee turnover or absence. **Audit Trails:** Creates a record of actions, aiding in audits and investigations. **Performance Evaluation:** Provides a basis for evaluating employee performance.

4. RISK MANAGEMENT:

With every business come risks; however, with SOPs, there is an opportunity to reduce the amount of

risk you receive. SOPs help with **compliance**; they help businesses adhere to industry regulations and legal requirements. It also enhances **emergency preparedness** by including procedures for handling emergencies, minimizing potential damage. Outlines steps to recover from disruptions.

5. DECISION MAKING:

Being a business owner, the amount of business decisions being made is inevitable. SOPs help develop clear **guidelines** that provide clear decision-making criteria, reducing ambiguity. Then, through making these decisions, you would need **consistency** to see them out; this then ensures decisions are made consistently across the organization.

6. POTENTIAL REVENUE STREAMS

Most businesses don't know this, but you can sell your SOPs. Once they have been perfected, you can actually make extra money either through franchising your business with the SOPs or just selling the SOPs themselves as **digital products** (e.g., PDFs, online courses). Through **licensing** your SOPs to other businesses for a recurring fee based on business size or revenue. Lastly **consulting** can provide implementation and training services alongside SOP sales, offering ongoing support and consulting packages.

In essence, SOPs create a structured framework for operations, enhancing overall business performance, reducing risks, and ultimately making more money. By clearly defining processes and responsibilities, they empower employees, improve efficiency, and contribute to the long-term success of the organization.

The cost of moving out as a young person

There comes a point in every young person's life when they are ready to take the big leap of independence—moving out of their parents home and into their own. While it is an exciting milestone, it requires an extensive amount of planning.



A common mistake that most young people make is making decisions in the moment without thorough planning in place. Moving out isn't a process that should be taken lightly; it's important to consider the responsibilities that come with living alone, how practical it is, and if you think you are capable.

It's a must that you are in a position where you can handle the financial pressure so that it doesn't become a burden. This article will cover the cost of moving out as a young person.

The first and most important thing to discuss is the cost of the home. Most young people opt to rent. Well, before the landlord even considers letting you rent, there are upfront costs that come with the application process. These include:

- **Security Deposit:** Usually requested from the tenant once the contract is signed. In England, the security deposit is capped at a maximum of 5 weeks worth of rent and is held in a government-approved deposit protection scheme for the full term of the tenancy. If you cause any damage to the property, then your landlord is permitted to use your deposit to cover the cost. But if all goes well, then your deposit will be returned in full at the end of your tenancy.
- **Holding Deposit:** On top of your security deposit, you may be asked to pay a holding deposit to secure the home while the agents do your references and background checks. It typically is only one week's rent, and once the checks are completed, it can either be returned or taken off the security deposit or the first month's rent.

- **Rent in Advance:** Most landlords will ask for the first month rent to be paid upfront for the upcoming month before letting you move in. It's essentially to read the rental agreement thoroughly before signing or paying anything. The amount required to pay will be included, along with the details of the deposit protection scheme and any additional information.

But the work doesn't stop there; in fact, it's where it begins. The moment you move in is where all the financial responsibilities begin:

- **Rent:** This is the most important part. It'll be your biggest monthly cost, so before your search begins, you must first decide what you can afford to pay. Right now the average price of rent in the UK stands at £1,221 a month, but you can find homes for between £500 and £800 depending on location and the type of house.
- **Bills and Utilities:** In addition to rent, as a tenant you are required to pay bills and utilities:
 - Council Tax
 - Internet and Phone Bills
 - TV License
 - Gas, electricity, and water bills (but some landlords may include this in the rent).
- **Furniture:** This depends on whether you decide to get a furnished or unfurnished home. Furnished homes tend to be more expensive but are altogether cheaper than furnishing them yourself.
- **Any Additional Cost**



Recommended countries to go during winter break

With winter break fast approaching, we are all looking to get away from cold, icy London and spend our Christmas and New Year somewhere new and exotic. There are a variety of different countries and islands for you to offer, which offer a variety of different cultures, foods, and experiences. So if you are looking for somewhere bright and adventurous, explore IS top recommended countries to go this winter break.

MOROCCO

Visiting Morocco during the winter break offers a unique combination of mild weather, rich culture, and diverse activities. As Europe experiences colder temperatures, Morocco's climate remains pleasantly mild, allowing you to comfortably explore its vibrant cities like Marrakech and Fes. You can wander through the bustling souks, visit stunning palaces such as Bahia Palace, and explore the intricate architecture of ancient medinas. In the Sahara Desert, winter is the perfect time for camel trekking, sandboarding, and experiencing the magic of an overnight stay in a desert camp under a canopy of stars. The Atlas Mountains offer excellent opportunities for hiking, exploring Berber villages, and even skiing in Oukaïmeden, Africa's highest ski resort. Along the coast, cities like Essaouira provide opportunities for surfing, beach relaxation, and enjoying fresh seafood. Morocco's rich cultural experiences, delicious cuisine, and diverse activities make it an ideal winter getaway.

THAI ISLAND

Visiting the Thai islands during the winter break is ideal for those seeking sun, adventure, and relaxation in a tropical paradise. As much of the world experiences cold weather, Thailand's islands offer warm temperatures, crystal-clear waters, and stunning beaches. You can indulge in water activities like snorkeling and diving in Koh Tao, where vibrant coral reefs and diverse marine life await. In Koh Phi Phi, enjoy rock climbing, exploring hidden coves by kayak, or taking a boat tour to the famous Maya Bay. For a lively atmosphere, Koh Samui offers beach parties, water sports, and the chance to visit stunning temples like Wat Plai Laem. If you're looking for a more tranquil experience, Koh Lanta provides serene beaches, yoga retreats, and opportunities to explore the lush jungle interior. The combination of natural beauty, outdoor activities, and vibrant local culture makes the Thai islands a perfect winter escape.

BAHAMAS

Visiting the Bahamas during the winter break offers a perfect tropical escape with warm weather, pristine beaches, and endless activities. While much of the world is dealing with cold temperatures, the Bahamas boasts sun-soaked days ideal for relaxation and adventure. You can explore the vibrant marine life through snorkeling and scuba diving in the crystal-clear waters around the Exumas, where you might even swim with friendly pigs on Pig Beach. Nassau, the capital, offers a mix of culture and history, with visits to the colorful streets of downtown, the Queen's Staircase, and the bustling Straw Market. For water sports enthusiasts, try paddleboarding, jet skiing, or sailing around the islands. If you're seeking tranquility, Eleuthera's pink sand beaches and secluded coves provide a serene setting. The Bahamas also feature world-class resorts and lively nightlife, making it a perfect destination for both relaxation and entertainment during the winter season.

CANARY ISLAND

Visiting the Canary Islands during the winter break is a fantastic choice for those seeking warm weather, diverse landscapes, and a variety of activities. With mild temperatures and plenty of sunshine, the Canary Islands provide an ideal escape from the winter chill. On Tenerife, you can hike the volcanic terrain of Mount Teide, Spain's highest peak, or explore the lush forests of the Anaga Mountains. For beach lovers, Gran Canaria offers golden sands and water sports like surfing and windsurfing, especially at Playa de las Canteras. Lanzarote's unique volcanic landscape is perfect for exploring Timanfaya National Park,

where you can witness geothermal activity and hike through otherworldly scenery. Fuerteventura is a haven for kiteboarding and windsurfing enthusiasts, with its expansive beaches and strong winds. Additionally, the islands offer vibrant cultural experiences, including local festivals, traditional cuisine, and charming villages. The combination of stunning natural beauty, outdoor adventures, and cultural richness makes the Canary Islands an ideal winter destination.

GHANA

Visiting Ghana during the winter break offers a unique and enriching experience, with warm weather, vibrant culture, and a wealth of activities to explore. As much of the world experiences colder temperatures, Ghana's tropical climate provides an inviting escape. You can immerse yourself in the rich history of Cape Coast and Elmina by touring the historic castles, which offer a poignant look at the transatlantic slave trade. Accra, the bustling capital, is a hub of activity with vibrant markets, contemporary art galleries, and landmarks like Independence Square and the Kwame Nkrumah Mausoleum. For nature lovers, Kakum National Park offers canopy walks high above the rainforest, while Mole National Park provides the chance to go on safari and see elephants, antelopes, and other wildlife. The coastal towns, such as Busua, are perfect for relaxing on beautiful beaches or trying your hand at surfing. Ghana's warm hospitality, lively festivals, and diverse landscapes make it a fascinating and welcoming destination during the winter break.

FINLAND

Visiting Finland during the winter break is a magical experience, offering a true winter wonderland with a range of unique activities. With its snow-covered landscapes and crisp air, Finland is perfect for embracing the season. In Lapland, you can embark on a once-in-a-lifetime adventure by visiting Santa Claus Village in Rovaniemi, where you can meet Santa himself and cross the Arctic Circle. The Northern Lights, or Aurora Borealis, are another highlight, with the best chances of witnessing this natural spectacle in the northern regions. For thrill-seekers, Finland offers exciting winter sports like snowmobiling, dog sledding, and ice fishing. You can also stay in a glass igloo or a cozy log cabin and enjoy the serene beauty of the snowy wilderness. Finland's traditional saunas provide a warm retreat after a day in the cold, and you can even take a dip in an icy lake for a true Finnish experience. The combination of breathtaking scenery, unique winter activities, and Finnish hospitality makes Finland an enchanting destination for a winter break.

ICELAND

Visiting Iceland during the winter break is an unforgettable experience, offering dramatic landscapes and thrilling winter activities. Despite the cold, Iceland's beauty is unparalleled, with snow-covered volcanoes, frozen waterfalls, and the chance to witness the mesmerizing Northern Lights dancing across the night sky. The Golden Circle route is a must, where you can explore the geysers of Haukadalur, the powerful Gullfoss waterfall, and the historic Þingvellir National Park. For adventure seekers, Iceland offers glacier hiking, ice climbing, and snowmobiling on vast glaciers like Langjökull. A dip in the Blue Lagoon's geothermal waters is a perfect way to relax and warm up after a day of exploring. Reykjavik, the vibrant capital, provides a cozy base with its lively arts scene, charming cafes, and vibrant nightlife. The combination of natural wonders, thrilling activities, and a unique cultural experience makes Iceland an extraordinary winter destination.

Labour's promise for the youth

After 14 years of conservative rule, the Labour government is back. Under the leadership of Keith Starmer, they've taken control of British politics, hoping to make a powerful and significant impact.

Labour's primary goal is to change Britain for the better by restoring hope and stopping the chaos. They are ready and keen to improve the lives of young people, making promises to enhance their future. They pledge to additionally give young people a platform where they can have their say regarding the democratic process and political decisions. Let's explore some of them now:

► **Support young people into work.**

According to the Labour manifesto, "one in eight young people are not in education, employment, or training, with those lacking good qualifications and with poor mental health facing particular disadvantages." Labor hopes to change this by establishing a youth guarantee of access to training, an apprenticeship, or support to find work for all 18-21 year olds to reduce the number of young people who aren't employed or in education. Additionally, they will make it mandatory for every young person to undergo 2 weeks' worth of work experience and improve career advice hubs in schools and colleges.

► **Knife crime action plan**

Knife crime has been a significant problem for years now, and Labour have made it one of their primary goals to put an end to such attacks. Firstly, they will end the practice of empty warnings against knife carriers and instead make every young person caught with one be referred to a youth offending team. There they will receive a mandatory plan to prevent reoffending with penalties such as curfew, tagging, and, in serious cases, custody. "Every young person caught in possession of a knife will be referred to a Youth Offending Team and will receive a mandatory plan to prevent reoffending, with penalties including curfews, tagging, and custody for the most serious cases." Ninja swords, lethal zombie-style blades, and machetes will be banned with more legal regulations to prevent online sales. And finally, to draw young people away from crime, a new Youth Futures program will be made, which will be further explained later.

► **Reforming further and higher education**

Labour believe that the conservative chaos has ruined the skills system in England and caused confusion for young people, adults, and employers. Apprenticeships have decreased, institutions to improve skills are limited, and young people have been left without the opportunities they need. Labor plans to address this by bringing forward a comprehensive strategy for post-16 education called Skills England that will guarantee training, an apprenticeship, or work for all 18-21 year olds. It'll do this by bringing together businesses, training providers, and unions with national and local government to ensure a highly trained workforce. Working alongside the Migration Advisory Committee to make sure that such training covers all the different sectors and needs of the labor market and work with local authorities to ensure equal access to opportunity for all young people. Finally, labor will transform further education colleges that will work with businesses, trade unions, and local governments to create more employment opportunities and the highly trained workforce that the local economies need.



► **Give 16-year-olds the right to vote**

Labour understands that the best way to improve the youth's future is to give them a platform where they can properly express their demands and needs. Therefore, Labour will grant 16-year-olds the right to vote. In their manifesto, they stated their plan to "increase the engagement of young people in our vibrant democracy by giving 16 and 17-year-olds the right to vote in all elections." Harriet Andrews, director of The Politics Project, who works on political engagement with young people, said: "We welcome Labour's commitment to expanding the franchise to young voters." We know that young people are keen to use their voices, and we look forward to ensuring they have the skills and support to be heard at the ballot box."

► **Make it easier for young people to buy a home.**

As part of their mission to get Britain building again, Labour has planned to support 80,000 young people get on the housing ladder over the course of the next 5 years. This will all be done through Labour's freedom to buy scheme: Labour will reform planning rules to build 1.5 million more homes, give young people details on the new housing developments, and help them get on the property ladder. When still in government, the conservatives were planning to axe the current mortgage guarantee scheme that would have prohibited 65,000 young people the opportunity to secure a home. In contrast, Labour will introduce a permanent, stable mortgage scheme to support working people who struggle to save for a deposit by working alongside lenders and the property industry.

► **£95m for Youth Hubs**

As previously mentioned, Labour has made provision for a new Youth Futures program to draw young people away from crime. In their manifesto, Labour pledged to allocate £95m of the predicted revenue to creating a network of hubs that reach every community. These hubs will have youth workers, mental health support employees, and career advisers as a way of promoting employment and education among youth, supporting mental health, and avoiding more young people being drawn into crime. "Intervene earlier to stop young people being drawn into crime," provide mental health "drop-in" spaces, and career advice." Labor plan to work with local authorities, specifically with schools, to cooperate with such hubs.

Youth Vending Employment Programme



Scan me!

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

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

A young adult one day is £50

A young adult for one week £150



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

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



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



Scan me!



About Inside Success

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

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

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

HOW THE PROCESS WORKS:

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

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

PROBLEM:

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

SOLUTION:

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

RESULT:

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



FAITH ESOIMEME

Inside Success has helped me to grow my confidence and my sales skills that I never knew I had working with amazing managers pushing me to do better. My experience at Inside Success has changed my life, as I've come from a low-income household, and I've always wanted to make my family proud and give back to them. Coming here has taught me how to be resilient and patient, and it is an opportunity I will recommend to everyone.

LENA AIDARUS



Inside Success has made perfect my social skills and confidence, which taught me to be understanding with everyone. This company treats you as their own and helps you better yourself as a person. I have always wanted a way to give back to my parents since my dad is the only working parent of six; fortunately, I have been able to achieve this milestone with my work family. I have now learned how to be independent in life; therefore, I hope other people have the same experience as me.

JOEL BANIN



Working at Inside Success has been a transformative experience for me. When I joined 10 months ago, after a friend recommended them, I was going through a challenging period, feeling the pressures that many young people face. I wanted to try something different. Since then, I haven't looked back. The opportunity to connect with amazing people has been invaluable, and I'm proud to have grown into a team leader role, where I can inspire others, understand their strengths and weaknesses, and help them improve. Inside Success has supported me in ways beyond what they could ever know, and for that, I am truly grateful.

GEORGE

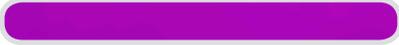


Hello my name is George. Inside Success has supported me through its youth vending program and workshop which was led by a regional manager at JP Morgan. He taught me financial literacy and stability, invited me to network events about entrepreneurship and offered work experience explaining how valuable time and the network of people you have around you are. Inside Success also gave me a job paying £15/hr in digital sales for the summer. Prior to Inside Success I was resorting to irrational ways to make money and making stupid impulsive decisions with my money like spending it on clothes. This experience allowed me to grow my network of people, gain financial stability leading to me starting a web development company called Logaze_Designs.

HAYTHAM



Being at Inside Success for the last 4 years has been a journey of personal and professional growth. Being one of the youngest sales managers and regional managers, I had also been given the privilege of taking on the role of head of recruitment. I never thought I would end up in a position like this being 20 years old. It's given me the opportunity to prove myself and become better in a professional environment, working on many skill sets like leadership, communication, and working in a team.



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.





WHERE ARE THEY NOW?



AMIRA

Inside Success has been a big part of my teenage years, as I started when I was only 16 years of age, and now, at 21, I'm proud to say I'm 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 learned 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's 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.





ERFAN

Inside Success has helped me as a person into becoming more organized on a day-to-day basis. Before Inside Success, I was unsure of what I wanted to do and always with the wrong crowd, but Inside Success made me meet some people who helped me and brought out a different side of me. I started my journey in Manchester, then I went up to Bristol, and I'm just excited to see what else is upcoming in my journey.

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. Success has given me the confidence to speak to anyone and to always hold my head up high and not to tolerate weakness within yourself to only aim for the best, and these skills and qualities are ones I will carry for the rest of my life.





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WORKSHOPS & COURSES

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

Leadership skills in a digital modern world

TV PRODUCTION IN A DIGITAL MODERN WORLD

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

WOMEN EMPOWERMENT IN A DIGITAL WORLD

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

ACTING IN A DIGITAL WORLD

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

CONSTRUCTION

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

PROPERTY

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

MARKETING

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

SPORTS

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





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

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

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

To achieve their ambitious goals, Success FC

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

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

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



WIN £500 WORTH OF WESTFIELD VOUCHERS



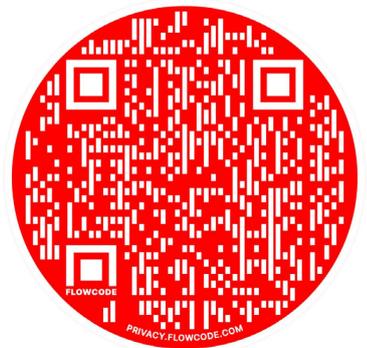
Only three easy steps are required to earn a chance to win:

- 1
- 2
- 3

Scan the QR code or visit [bit.Ly/3p0enhz2](https://bit.ly/3p0enhz2)

Fill the information and answer all questions

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



.....
The winner will be announced on Friday 27th December

NU FASHION GOALS AND DREAMERS



Introducing ****GOALS AND DREAMERS****—a clothing brand for those who dare to dream big and chase after their aspirations.

Our collection is designed for everyone with dreams and ambitions, serving as a daily reminder that your goals are within reach. We believe that what you wear should make you feel empowered, confident, and ready to conquer the world.

Our clothing is more than just fabric; it's a statement. Crafted with top-tier quality materials, every piece is designed for durability and comfort, making it perfect for everyday wear. Whether you're at work, at play, or anywhere in between, our clothes are built to keep up with your dynamic lifestyle.

****GOALS AND DREAMERS**** is for the visionaries, the doers, and the believers. It's for those who understand that imagination is a dream and reality is a dream manifested. With our brand, you don't just wear clothes—you wear your aspirations. Elevate your style, embrace your journey, and let your wardrobe be a testament to your dreams.

WHAT'S THE MOTIVE?

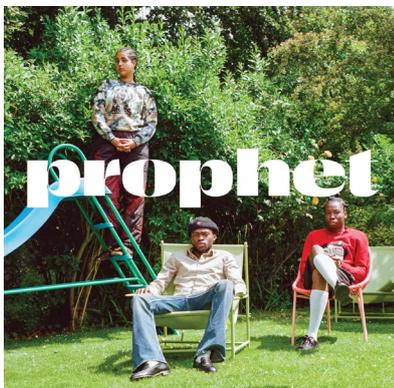


Top creative event to be at in 2025

WHAT'S THE MOTIVE

MELOMANIAC -

An event hosted monthly by a creative platform called The Lab showcases a collection of distinct musical talent and creates a space for networking opportunities. This is a creative event that showcases new underground artists. They bring together like-minded people in our community who want to participate and experience our mission of empowerment. The event is sponsored by DEF Jam Records.



PROPHET MAGAZINE -

A platform for creatives across art, design, music, beauty, and film. Encompassed by an annual directory of our favorite 100 undiscovered London-based talents. They host events on a monthly basis to empower creatives in all industries, publishing, art, media, fashion, ect.

YOUTH BEYOND BORDERS -

YBB exists to understand and authentically engage with the youth. They work with some of the most culturally influential brands and agencies in the UK and beyond. They are a next-generation creative company with a deeply rooted community on a mission to harness the creative talent and insight of youth. They offer paid internships, courses, free programs, and so much more from some super exciting brands and employers. Music Production and Fashion Design.

The opportunity to meet industry experts who will provide you with more knowledge and enrich your craft, Meet like-minded creatives who you could collaborate with and get free food.

YBB[®]



THE CONN3CT -

The Conn3ct calls all creatives and friends to come down to their event to not only connect but also enjoy the music, games, and more. They have panel talks and discussions with a range of different industry favorites. This is the perfect place for music lovers and individuals who value connection and just have good vibes.

ROUND HOUSE -

From taster sessions to tailored workshops in music, performing arts, or media, they provide creative opportunities that introduce young people to new art forms and support skill development. The community network meets four times a year to share knowledge, develop skills, and seek advice on cultural and creative projects and opportunities for young people. It's free to join and open to all London-based youth work professionals; they don't just put on unforgettable gigs and performances. Every ticket purchased helps them empower young people with affordable opportunities for ages 11-30 in music, media, performing arts, and professional development.



SOUL SURGE -

From workshops to events, Soul Surge facilitates the exploration of well-being through the arts. They want to support our community to engage in practical activities to physically alleviate stress or discomfort. Their workshops range from painting, candlemaking, yoga, and more.

THE KOLLAB NETWORK -

The Kollab Network is a platform dedicated to connecting creatives with opportunities, funds, and events through their social media content, workshops, and networking events. They aim to: bring creatives from various industries together, Share opportunities and useful resources with creatives, empower creatives, and give them an opportunity to gain exposure.

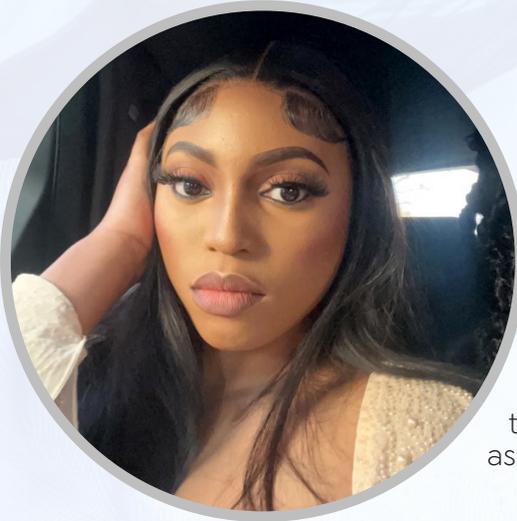
KOLLAB



CANDLER CREATIVE COMMUNITY -

Step into the world of Candler Creative events, where creative freedom and connection reign supreme. These events are a celebration of diversity, bringing together a multitude of ideas and disciplines to showcase the vibrant tapestry of our community. Immerse yourself in exciting experiences designed to fuel your artistic journey to new heights. From guest speakers and inspiring artistic showcases to engaging performances, interactive games, collaborative exercises, and enriching workshops, there's something for every creative soul.

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**

MY WORK IS COUSING

Mask your face Not your feelings

2020 was a tough year and you're not alone in what you're going through. More than 50% of people who contact us feel they don't have anyone else to talk to. We're here to help.

Text SHOUT to 85258 for free, confidential support if you're struggling to cope.

shout
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Hungry? Grab a quick bite!

London: **SWISS BUTTER**

Looking for a quick, cheap bite in Central London? Well, Swiss butter is the place for you. The casual steakhouse only has 3 mains: beef fillet or ribeye steak, chicken breast or salmon fillet, served with their infamous secret Swiss butter sauce alongside sides of your choice. So what are you waiting for? Visit Swiss Butter today.



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

Manchester: **BISKITS**

Fancy some brunch? Well, Biskit prides itself on a mouthwatering menu that is filled with the finest cuisine. With freshly homemade breakfasts, brunch in-house baked goods, burgers, grills, and sweet savory waffles, there's something for everyone to enjoy.



Location:
478 Wilmslow Rd, Manchester, M20 3BG

Birmingham: **BORA BORA LOUNGE**

Enjoy the exotic flavors of Bora Bora, where the sun-kissed Mediterranean cuisine takes center stage. With a menu that is filled with all types of mouthwatering dishes, get a taste of the Mediterranean from the comfort of Birmingham!



Location:
100 Barford St, Birmingham B5 6AH

Kent: **SEKKOYA**

Sekkoya is an Indian kitchen cooking an authentic mix of street food, along with most loved family dishes, to let you experience the genuine vibrancy, spirit, and taste of real Indian food. From street-food-inspired small plates to more traditional Indian kitchen dishes, the menu takes you on a journey from the hustle and bustle of the outdoor markets to the home-cooked dishes.



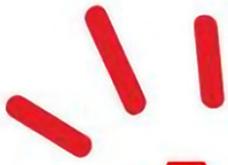
Location: Unit 2, The Riverside, Kingsmead Rd, Canterbury CT1 1BN

Bristol: **MAGARI**

If you have been craving some authentic Italian pasta, then look no further than Magari, sustainably British restaurant located in Bristol's Wapping Wharf. With so many different dishes to try, this is the perfect place to satisfy your pasta cravings.



Location:
unit 18, Cargo, Museum St, Bristol BS1 6ZA



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How to become an HR Manager

WHAT DOES AN HR MANAGER DO?

A human resource manager is a key individual in an organization who plans, coordinates, and directs the administrative functions of the workplace, as well as dealing with the aspects of HR practices, processes, and strategies within the organization.

HR managers implement strategies and initiatives that coincide with the company's goals. They work in several different departments, such as job design, recruitment, performance management, employee wellbeing, or training and development. Additionally, they're responsible for dealing with all the legal regulations and ensuring the company's process aligns with them. They often handle issues with staff, such as mediating disputes and directing disciplinary procedures.

1. OBTAIN RELEVANT QUALIFICATIONS

- **A-Levels/Equivalent:** Start with strong A-Levels or equivalent qualifications, ideally in subjects such as business studies, psychology, sociology, or law.
- **Undergraduate Degree:** Pursue a degree in Human Resource Management, Business Management, Psychology, or a related field. Many employers prefer candidates with a relevant bachelor's degree.
- **Postgraduate Qualifications (Optional):** Some HR professionals choose to obtain a master's degree in HRM or related fields to further enhance their qualifications.

2. GAIN WORK EXPERIENCE.

- **Entry-Level Roles:** Start by gaining experience in HR through entry-level positions such as HR Assistant, HR Administrator, or Recruitment Coordinator.
- **Internships/Placements:** While studying, consider internships or work placements in HR to build practical experience.
- **Graduate Schemes:** Some large companies offer HR graduate schemes that provide structured training and progression into more senior roles.

3. OBTAIN PROFESSIONAL QUALIFICATIONS

- **CIPD Qualifications:** The Chartered Institute of Personnel and Development (CIPD) is the leading professional body for HR professionals in the UK. Gaining CIPD qualifications is often essential for career progression.
 - **CIPD Level 3:** Foundation Certificate in People Practice—ideal for those starting in HR.
 - **CIPD Level 5:** Associate Diploma in People Management—suitable for those with some experience or those aiming for middle management roles.
 - **CIPD Level 7:** Advanced Diploma in Strategic People Management—aimed at senior HR professionals and those looking to move into HR management.

4. DEVELOP KEY SKILLS

- **Communication:** Strong verbal and written communication skills are essential for HR management.
- **Problem-Solving:** The ability to address and resolve workplace issues effectively.
- **Organizational Skills:** Managing multiple tasks and ensuring compliance with employment laws.
- **Leadership:** As a manager, you'll need to lead and develop HR teams.

5. BUILD A PROFESSIONAL NETWORK

- **Networking:** Join HR-related professional networks, attend industry conferences, and participate in CIPD events to build your contacts and learn from others in the field.
- **LinkedIn:** Maintain an up-to-date LinkedIn profile and engage with HR professionals online.

6. GAIN EXPERIENCE IN HR SPECIALTIES

- **Specialise:** As you progress, gain experience in various HR specialisms such as recruitment, employee relations, compensation and benefits, or learning and development.
- **Move into Senior Roles:** Progress from HR Officer or HR Advisor roles into senior positions like HR Business Partner or HR Manager.

7. APPLY FOR HR MANAGER ROLES

- **Tailor Your CV:** Highlight your experience, qualifications, and key achievements in HR.
- **Interview Preparation:** Be ready to discuss your HR experience, knowledge of employment law, and examples of how you've handled complex HR issues.

8. CONTINUOUS PROFESSIONAL DEVELOPMENT

- **Ongoing Learning:** Stay updated on changes in employment law, HR best practices, and industry trends.
- **CIPD Membership:** Maintain your CIPD membership and pursue continuous professional development to remain competitive.

CONCLUSION

Becoming an HR manager in the UK requires a blend of education, practical experience, and professional development. By following these steps, you can build the necessary skills and qualifications to succeed in this rewarding career.





Personal stylist

Have you always had an eye for fashion? A passion for helping others look and feel their best? Then a career as a personal stylist might be the perfect fit for you. This dynamic role blends creativity and business. Let's explore the world of personal styling and the steps to building a successful career.

DEVELOPING YOUR EYE FOR STYLE

- **Cultivate your personal style:** experiment with different looks, understand what works for your body type, and develop a strong sense of aesthetic.
- **Study fashion history and trends:** Knowledge of fashion evolution can help you understand current trends and anticipate future styles.
- **Analyze body types:** Learn how to flatter different body shapes through clothing and accessories.
- **Master color theory:** Understand how colors interact and complement each other to create visually appealing outfits.

BUILDING YOUR SKILLSET

- **Develop strong communication skills:** Effective communication is crucial for understanding clients' needs and preferences.
- **Hone your interpersonal skills:** Building rapport with clients is essential for creating a positive styling experience.
- **Learn about fabrics and textiles:** Understanding different fabrics can help you select appropriate clothing for various occasions and climates.
- **Develop business acumen:** Learn about marketing, pricing, and client management to build a successful styling business.

GAINING EXPERIENCE

- **Volunteer or intern:** Offer your styling services for free or at a reduced rate to build your portfolio and gain experience.
- **Assist established stylists:** Learn from experienced professionals and expand your network.

- **Build a strong online presence:** Create a website or social media profiles to showcase your work and attract potential clients.
- **Network with industry professionals:** Attend fashion events and industry gatherings to connect with stylists, designers, and other key players.

TIPS AND TRICKS

- **Listen actively to your clients:** Understand their lifestyle, preferences, and desired image to create personalized looks.
- **Be open-minded and adaptable:** Be prepared to step outside your comfort zone and experiment with different styles.
- **Stay updated on fashion trends:** Keep your finger on the pulse of the fashion industry to offer clients the latest styles.
- **Build strong client relationships:** Foster long-term relationships by providing exceptional service and exceeding client expectations.
- **Invest in quality tools:** A good measuring tape, color swatches, and a digital portfolio can be invaluable assets.
- **Offer additional services:** Consider expanding your offerings to include wardrobe editing, personal shopping, or image consulting.

Becoming a personal stylist requires a combination of passion, talent, and hard work. By developing your skills, building a strong network, and providing quality service, you can create a fulfilling and successful career in the fashion industry. Remember, every client is unique, so approach each styling session with creativity and enthusiasm.



A NEW STORY LIVE ON STAGE

STRANGER THINGS

THE FIRST SHADOW

SEE:

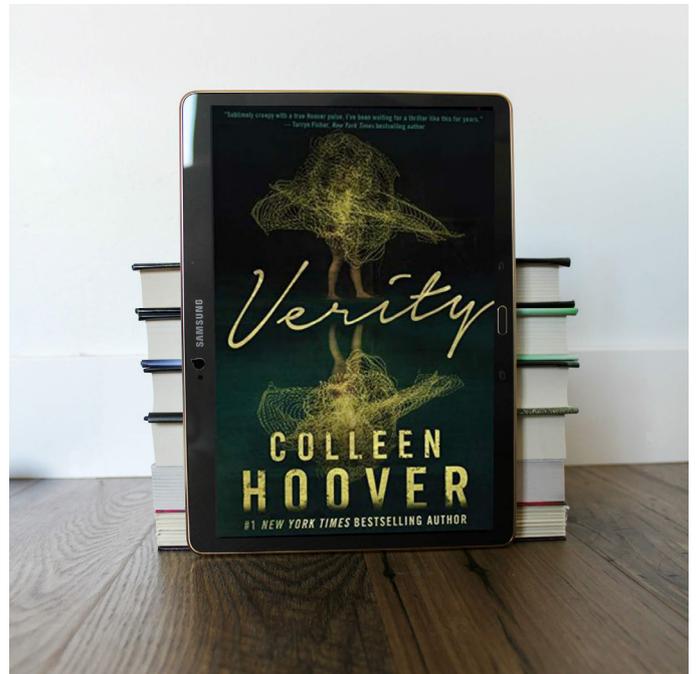
STRANGER THINGS: THE FIRST SHADOW

Head to the theater and watch *Stranger Things: The First Shadow*, a play written by Kate Trefry from the Netflix original series *Stranger Things* by the Duffer Brothers.

READ:

VERITY

Verity by Colleen Hoover is a psychological thriller that follows Lowen Ashleigh, a struggling writer, who is hired to complete the remaining books in a successful series by the injured and incapacitated author, Verity Crawford. As Lowen moves into the Crawford home to sort through Verity's notes, she discovers a hidden, disturbing autobiography that reveals dark secrets about Verity's life, including her chilling thoughts and actions concerning her family. As Lowen becomes entangled in the Crawfords' world, she starts to question everything she thought she knew, leading to a gripping and unsettling conclusion that blurs the lines between truth and deception.



BUY:

AN ELECTRIC BLANKET

It's the winter season, so if you are looking for cheaper alternative ways to stay warm, then it may be worth investing in an electric blanket for your home.



INSIDE SUCCESS UK PRESENTS

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

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Anas Cherammat

&



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