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AXEL BLAKE

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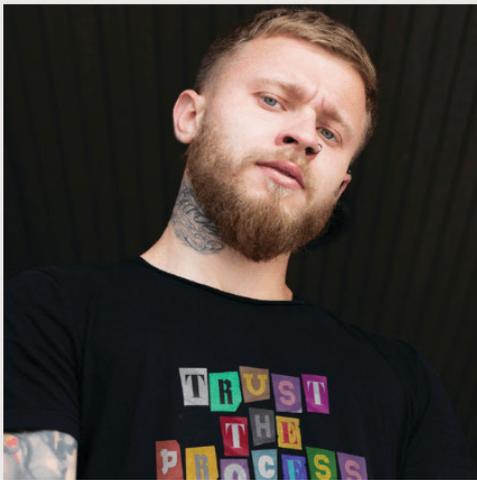
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UNDER THE MICROSCOPE

AXEL BLAKE



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WHAT IS A Recession?

In recent years the UK economy has been more unstable than Boris Johnson's hair to put it simply. Currently the UK is expected to experience a recession in the final months of the year, as inflation rises above 13%.

WHAT IS A RECESSION?

An economy of a nation expands in normal times. As the value of the products and services it produces, or its Gross Domestic Product (GDP), rises, on average, its residents get a little bit richer. But sometimes, their value declines, and when this occurs more than once in a row during three-month intervals, or quarters, it is generally considered to be a recession.

When this occurs, it's an indication that the economy is struggling. At the height of the coronavirus outbreak in 2020, the UK experienced its most recent recession.

WHY DOES A RECESSION MATTER?

Economic growth is often regarded as desirable. Typically, this translates into more jobs, more lucrative businesses that can afford to pay their workers and stockholders more, and more.

An expanding economy increases tax revenue for the government. A growing economy enables lower taxes or increased spending on benefits, public services, and government employees' salaries. All of these things reverse in a recession.

Some workers may experience job loss, difficulty advancing in their careers, or income increases that are not substantial enough to cover price increases. It can be difficult for graduates and school dropouts to land their first job. However, not everyone in society feels the effects of a recession equally, and inequality may rise as a result. Benefit claimants and people on fixed incomes are more prone to experience hardship.

A recession may cause investments in assets like stocks, bonds, and real estate to lose value, reducing income and savings and even depleting retirement funds.



Youth & Homelessness

WHAT IS YOUTH HOMELESSNESS?

Youth homelessness is not explicitly categorised as living on the streets; you just need to be without a stable long-term home. So, if you're sleeping on your friend's sofa, it's still classed as homelessness. In this article, we will show you the truth about youth homelessness, how to help it and guidance on the solutions.

STATS

- ▶ According to a UK organisation, adolescent homelessness has increased by 40% in the past five years.
- ▶ According to estimates from Centrepoint, the nation's top charity for preventing teenage homelessness, 86,000 young people in the UK reported being homeless or in danger to their local authorities in 2016–17. That number rose to 121,000 in 2019–20.
- ▶ According to statistics on the prevalence of homelessness (which only includes young people interacting with services), at least 75,000 young people in the UK were homeless in 2006–07.
- ▶ Young individuals who experience homelessness may develop new mental health issues or exacerbate pre-existing drug use or abuse issues.
- ▶ Homelessness and abandoning education, job, or training are strongly correlated, and there is an apparent conflict between the social state system and employability programmes.

APPLYING FOR HOMELESSNESS

- ▶ Your council should treat you as though homelessness is a threat if you believe you might become homeless in the next fifty-six days.
- ▶ You can ask them for assistance before you have to go.
- ▶ You should contact the housing department of your local council if you need to submit a homeless application.
- ▶ If you feel you can no longer live in your family home, the correct thing is to seek counsel and learn more about your housing rights.
- ▶ Even while being dissatisfied at home might be a very trying situation, the council is not required to lodge you. The council may wish to talk with your parents or other adult roommates and inquire as to why you believe you cannot return home. They could also advocate for family mediation to strengthen ties inside the home.

CENTREPOINT

Centrepoint is the most prominent youth homelessness organisation, and if you click this link, it will direct you to templates suited to your situation!

<https://centrepoint.org.uk/template-letters-for-young-people/>

What does consent mean?

OPINION

Anyone aged sixteen or over is legally allowed to consent to sexual activities. Consent will enable us to make our own choices for our sexual experiences and be free to do so without feeling unsafe or unsettled. It allows us to protect ourselves from any harm and lets participants know that without consent, any type of sexual activity is sexual violence and is a violation of choices and liberation.

HOW DOES CONSENT WORK?

Consent is about communication when engaging in sexual activity, and it should happen every time for every type of activity. Consenting to one activity one time does not mean someone consents to other activities or the same activity on different occasions. It's important to discuss boundaries and expectations with your partner before engaging in any sexual behaviour.

What to avoid around consenting to sex:

- Refusing to acknowledge “no”
- A partner who is disengaged, asleep, nonresponsive, or visibly upset
- Assuming that wearing certain clothes, flirting, or kissing is an invitation for anything more
- Someone being under the legal age of consent, as defined by the state
- Someone being incapacitated because of drugs or alcohol
- Pressuring someone into sexual activity by using fear, manipulation, coercion, and intimidation
- Assuming you have permission to engage in a sexual act because you've done it in the past



There are many ways to ask for and give consent. There are also many ways to indicate that someone's NOT consenting to sexual contact.

WHAT DOES PRACTISING CONSENT LOOK LIKE?

- You and your partner are excited, happy, and eager to engage in sexual contact
- No one is forced, pressured, or manipulated into any kind of sexual contact
- Anyone can change their mind, stop at any moment, or choose not to engage any further
- Everyone is fully conscious – no one is asleep or drowsy
- No one is so affected by alcohol or other drugs that they can't make safe or informed choices

If she didn't scream, try to run away, or fight back, then it wasn't rape.

FACT:

It's common for people who experience rape, sexual assault, sexual abuse, or other types of sexual violence to find they can't move or speak. This is one of our bodies' automatic responses to fear and is designed to keep us safe. It's also why many people don't have visible injuries after experiencing rape or another form of sexual violence.

CONSENT

There are no blurred lines.

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...I started sexting

1. Be understanding.

Understand that messages, pictures, or videos sent via the Internet or smart-phones are never truly private or anonymous. In seconds they can be out there for all the world to see.

2. Be careful with what you send.

Risky behaviour online can haunt a college applicant or job-seeker years later. Many colleges and employers check online profiles for signs of a candidate's maturity. Sexting involving minors who are people under the age of eighteen in most places could lead to legal charges, even if everyone who takes part is under eighteen. People who share images of minors may face child pornography charges. This can affect a teenager's future. They may have to register as a sex offender, have more trouble getting into the college of their choice, or have difficulty getting a job.

3. There is safety advice and special considerations.

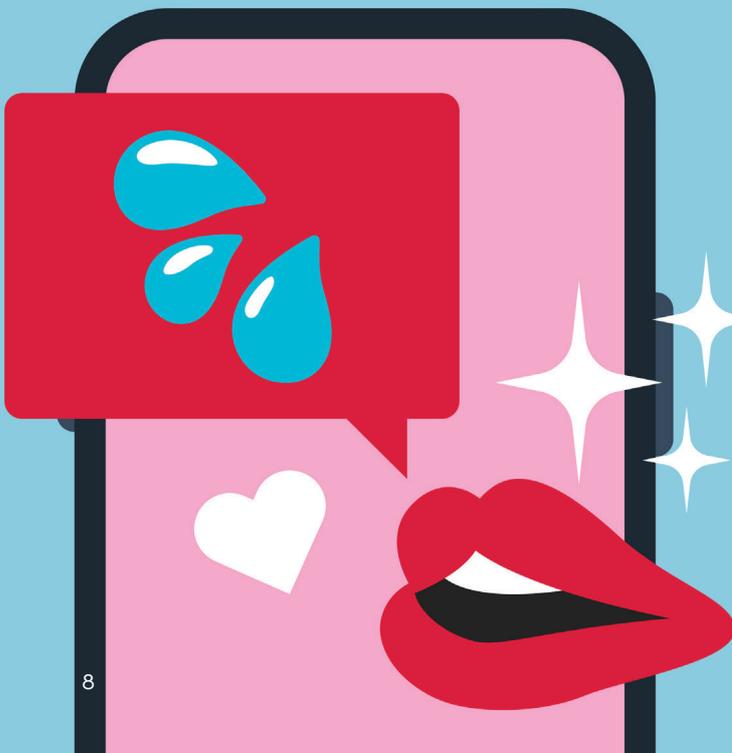
There are sexting safety considerations for people of all ages, but especially for tweens and teens who may not fully understand the potential problems that sexting can cause.

4. Sexting isn't consent.

Someone might feel comfortable describing sex acts they don't feel comfortable doing in person, or they might feel comfortable getting naked for the camera, but not in front of a real live human being. Never assume someone is okay with something because of what they've sexted. Open communication and enthusiastic consent are still super, super important!

5. Confidence saves the day.

Confidence is something we all must work on individually. It isn't possible to successfully sext your partner without being extremely confident in yourself. Since you will mainly be using words and images, you must be confident in what you say and how you look. Anxiety can sometimes be a killer but being self-confident exudes an undeniable sex appeal. The thing about our brain is that we can make it believe whatever we want to. You just have to train it. To act confident is to be confident. As women, we are always supposed to be the submissive ones, and men are meant to be dominant or controlling, but lucky for us, there are no rules for sexting — you want to be whatever? Go ahead! Create the persona and act the part.



...going Vegan



1. You don't have to make the switch at once.

You won't just wake up one morning magically vegan. It takes work, so it should also take time.

2. You need to have a reason.

You need a reason for going vegan to maintain the commitment and see the results.

3. Not everyone around you will understand.

Your reasons for going vegan or understanding the concept of being vegan are personal. Still, when you decide to stop consuming these products, you can expect a lot of questions and confusion. You'll be offered non-vegan food, given products tested on animals. Some of your peers won't understand why you can't accept.

4. The jokes will never stop.

So, get used to them, and understand that they don't necessarily indicate a lack of respect.

5. You can still eat at your favourite British restaurant chains.

Wagamama, Las Iguanas, Pizza Hut, Zizzi, Frankie & Benny's and Chiquitos offer vegan menus with plenty of choices. Additionally, fast food options for vegans include the KFC Original Recipe Vegan Burger, the Meatless Meatballs or TLC at Subway, the Beyond Meat Breakfast Sandwich at Starbucks, and Burger King's Vegan Royale – just to name a few. There is a vegan option pretty much anywhere you look, so you don't even need to worry about being caught hungry.

6. Your favourite treats might already be vegan.

Oreos are vegan, Biscoff is vegan, and even Jammie Dodgers are vegan. This means you don't have to give up your sweets and treats...

Are AirPods a disconnection device?

OPINION

The world changed in December 2016 when Apple released the first generation of their newly innovative tech, 'AirPods'. However, they were not the first company to invent wireless earbuds, it was a Japanese electronics brand 'Onkyo', but it was Apple that made them the trendy sensation they are today.



Fast forward six years, Apple has released three generations in total of AirPods and even has AirPods Max, a headphone variation. When you leave the house, you are guaranteed to see someone wearing AirPods within ten minutes of your journey, depending on where you live, and if you live in London, you will almost see them immediately.

It is most definitely a successful business from Apple, but should we be more mindful about what technology we are using as it essentially disconnects us from reality despite being a connective device?

It is a fact that AirPods distract us from the world around us, and it is the whole point. However, we should be limiting the amount of time we spend with these devices because as much as it is there to distract you from the outside world, they can have long-term and short-term effects. One of the most notable effects is that it can alter your mood. Moods stem from the energy you consume and are massively controlled

by your environment. Still, suppose you are ignoring your environment and the pure energy surrounding you by altering it with a constant flow of music and consumption of content. In that case, you overload your brain and affect your pure thoughts. In the long term, this can cause confusion within yourself because, as humans, we are not designed to consume content constantly; we are designed to grow and explore independently. Yet, with more and more technology being invented, this will slow down our learning and can alter our own opinions because we are consuming excessive content created by others. As well as affecting us individually, it can also change our relationships with others. We may become blunter and more aloof towards others if we are always connected to these disconnecting devices.

What do you think? Should you limit the amount you use AirPods, or are we just overreacting? Let us know in the comments of our latest magazine post on our social media!!

The key to unlocking mindfulness

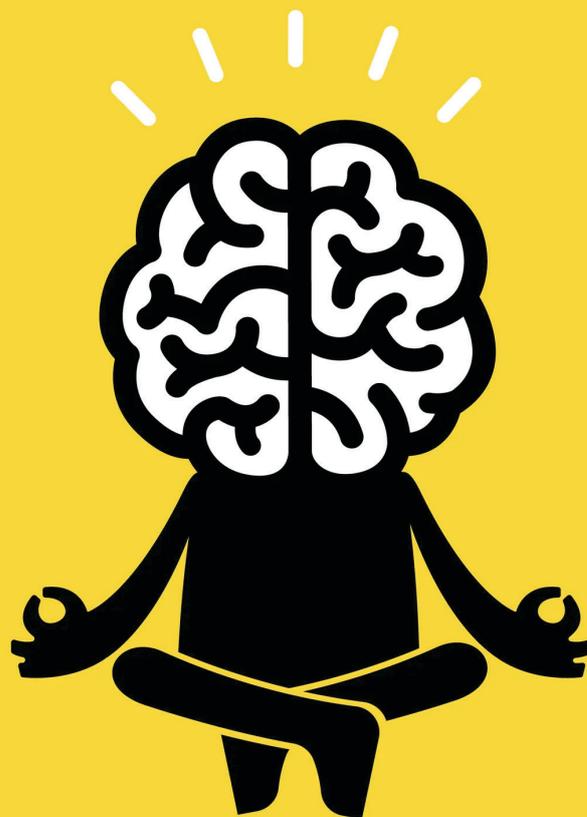
By Alfie Dunn

We touched briefly on the importance of mindfulness in the previous opinion piece, but you must understand what mindfulness is and how to hack it.

Mindfulness is simply a term that translates into a high level of self-awareness or consciousness, and you may be thinking it is a widely spiritual topic, but it is truly just a state of mind. Mindfulness is achieved when you focus more deeply on the present moment regarding your environment, what you consume, and even conversations you are having with others. Everyone is mindful to some extent, but it is a question of how self-aware you are.

Simply put, the people most well off and happy in life spiritually will bring it down to one thing. It is not about who owns the most material or who has the most wealth; these are all physical attributes that bring a low standard of temporary satisfaction. To truly feel enlightened and at peace with life and yourself, you must come to terms with what is. This is saying that mindfulness is pure attention without judgement on your surroundings and not delving into fantasy when it comes to real-life problems and scenarios to the point where you alter your reality, eventually shifting your focus.

Many people will find it challenging to be mindful, especially overthinkers, but achieving a peaceful state of mind is not impossible. The most important tip is to deal with things as they come. For example, if you are going to have a meeting with your teachers, don't overthink the possibility of lousy feedback or, even worse, getting into trouble; accept the fact you have a discussion and put yourself in the form of acceptance to whatever is around the corner. There is no use in self-sabotaging



your peace until the time comes when you may be in a dark place.

Another example is regarding goals. It is all well and good to write down your vision and next steps to achieve those goals, but if you are rushing ahead in a chasing mindset, you will only focus on the destination rather than the journey. This is because you are not grounding yourself and what happens when you chase something? It runs. Therefore, it is necessary to stay in the present moment and focus on what you can do now rather than thinking about everything you should be doing. Once again, it is good to have goals but if you can't currently take one of the steps needed now because of financial factors etc., then focus on what you can do and stay present.

We hope these two opinion pieces are impactful to you, as we feel it is essential to acknowledge them. Please leave us feedback on our latest magazine post on social media!



STEPHEN BARTLETT

Bartlett is a native of Botswana. At age two, his family relocated to Plymouth, England, where he grew up and went to secondary school and the sixth form. He enrolled in a course at Manchester Metropolitan University but left after the first lecture. Although Bartlett was a Uni dropout, that didn't stop him from making something of his life and as of 2020, he was listed on one of Forbes' 30 Under 30 lists. Bartlett established Wallpark in 2013. Bartlett and Dominic McGregor started Social Chain, a Manchester, UK-based social media marketing business, in 2014. He started a podcast called The Diary of a CEO in 2017 and has had Liam Payne and Tom Blomfield as guests. It is the most-downloaded business podcast in Europe as of 2021 and boasts guests, including former health minister Matt Hancock and other British business people. Most recently, the very successful man released a book called 'Happy Sexy Millionaire' which was listed in the Sunday time best seller list!

LIN MEI



Lin Mei is an inspiring MP, Broadcaster for GBNewsOnline and a talk host who highlights issues on getting ethnic minorities within politics and many other problems they face; she's an outspoken and very inspiring figure.

Inspire Me...



SHELDON EDWARDS



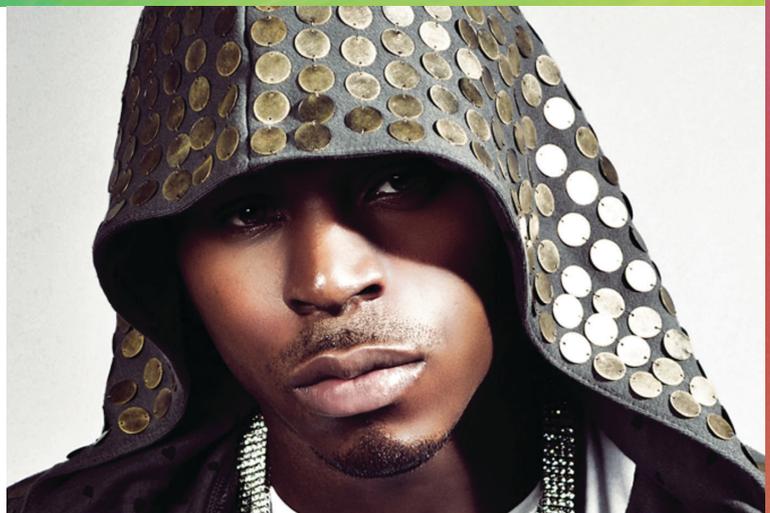
Sheldon Edwards, aged thirty-six, is a south London barber known as HD Cutz. He has created a name for himself in the football industry. Edwards is also a third-generation barber at the barbershop in Jamaica that belonged to his grandfather before passing on to his father. He was in the shop from as young as two. He opened his first salon, HD Cutz, in Clapham Junction, south-west London, in 2016. The name is a nod to his style of barbering: "It is unique. It stands out. It's got a high definition on it, so the finish of his cuts is next to none. ▶

"With me cutting hair, it's a session of fun, laughs and jokes... We share many personal stories to do with family, and I must say that most of my clients are like family to me. We share the moment if any of them are going through tough times. We're each other's therapy in any situation; it's a friendly environment where people can unwind."

It is no surprise, then, that Edwards takes his role as an unofficial barber to the England football squad – he cuts the hair of Sterling, Jude Bellingham, Jadon Sancho, and Phil Foden – very seriously. He cuts the hair of so many Premier League players away from the national squad that he has had to give up being a Manchester United fan. He had his work cut out at the recent Champions League final, given he cut the hair of eight Manchester City players and eight from Chelsea. But while he may be able to sit on the fence regarding Premier League games, international football is a different matter.

FEKKY

Fekky, a thirty-one-year-old well-established rapper and star, has released several popular tracks such as "Still Sittin' Here", "Hot Boy", and "Way Too Much". He created his foundation called C and C back in 2020, intending to aid and devote his investments to young artists, entrepreneurs and rappers within his local borough of Lewisham to upskill, create opportunities and open up new career paths for the youth.



AXEL BLAKE

UNDER THE MICROSCOPE

Axel Blake was born on June 2, 1988; he is a thirty-four-year-old comedian from West London and is known for winning Britain's Got Talent 2022.



BEFORE his rise to fame, he had a career as a property maintenance manager. He has two kids with his fiancé, to whom he's been engaged since 2020. He often shares a glimpse into his

everyday life through the lens of his animated persona on social media.

Before his commercial success, Blake previously

UNDER THE MICROSCOPE



worked on an entertainment circuit until he was able to build up his career as a stand-up comedian. He has presented for SBTv, UNILAD and Crep Protect. He has gone viral with his comedy sketches. His style of comedy has earned him headline shows across the UK.

At its essence, Axel Blake's comedy is a truthful and observational style of stand-up built from personal encounters and his years of experience on the scene. He has performed as supporting acts for top comedians such as Dave Chappelle and Eddie Griffin.

Axel was crowned the winner of Britain's Got Talent on June 5, 2022. His BGT journey started when judge Simon Cowell was blown away by his performance on his first audition and gave him the golden buzzer.

Simon said the show "needed acts like him" after a few difficult years in the pandemic.

Judge David Walliams said: "A comedy superstar is born tonight on that stage. So funny. You made it seem so effortless, and you've got a wonderful, likeable personality, and everything you said was brilliantly funny and original".

The semi-final act proved another success for Axel as he even received a standing ovation from the judges and was voted the best act of the night by viewers. He then went on to be crowned winner, scooped the cash prize of £250K, and performed in the Royal Variety Performance show.

Blake has now recorded his live comedy special at the Indigo at The O2 in London. The show is called Axel Blake: I'm Not Gonna Lie.

SEE AXEL BLAKE LIVE @ Eventim Apollo In Style - 10th Nov; **TICKETS:** www.eventim.co.uk





A letter to my teachers



ZITA

I wish there was more to help my friends and me at school instead of giving up on us. Many of them lost their lives without guidance. I would have instead wanted to be labelled as misunderstood rather than troubled. Labels stay with children for a very long time, and it's difficult to break free of them by yourself as a kid, so just be careful how you use them. However, I appreciate Miss Birchard and Miss Ogunlabi, who gave me a safe space in times of pain. I hold that in my heart forever.

Be optimistic but not a dream seller. Be realistic but not a dream Killer.

RHIA

A lot of the time in school, I felt ignored by teachers when I tried to ask for help. Instead, I was being labelled as underachieving, which gave me less confidence to speak about how and where I needed help. This impacted my mental health severely; however, there was one teacher where credit was strongly due. This was Mrs Alexander-Stafford, my maths teacher, with maths being my worst subject (although being in set 2). She went beyond the classroom and tried every single way possible to help me excel in my studies and be there for my mental well-being. She made me feel like anything was possible and was a significant contributor to the level of where my confidence is now. More teachers like her are needed! Thank you, Miss.

ESTHER

I was growing up and moved to a new environment where I had to adapt to the norms and behaviours, doing my best and working extra hard to fit in and make new friends. I had a teacher in school, Ms Ariane Oyejobi, my head of year back in year ten. Very encouraging helped improve my confidence. Thank you so much. I really appreciate it.

ABDIFATAH

Mr Reece, my P.E teacher, was a big encouragement to my success. As a young adult, I felt victimised by many of my teachers, which blew my confidence. Mr Reece was the only teacher who took the time to understand me and help me believe in positivity. I think negative teachers significantly influence things going wrong in many areas in life and aren't discussed enough. Thank you, Mr Reece.

IJENU

I virtually adore my teachers. They form a crucial part of the foundation of who I am today. Genuinely caring teachers are rare, and I was blessed to have them during my school journey. They motivated and reinstated my potential both through and after school. I still go and visit them to this day. Special shout out to Miss Principe from Woolwich polytechnic sixth form!

JOSH

Miss Broomfield, my secondary teacher, helped me out beyond the classroom. She took time with me outside class to help me with my homework. She gave me extra classes to help with things I didn't understand and ensured I got all the key points. Aside from academic work, she ensured I was alright with my mental health. Thank you, Miss Broomfield.

ADAN

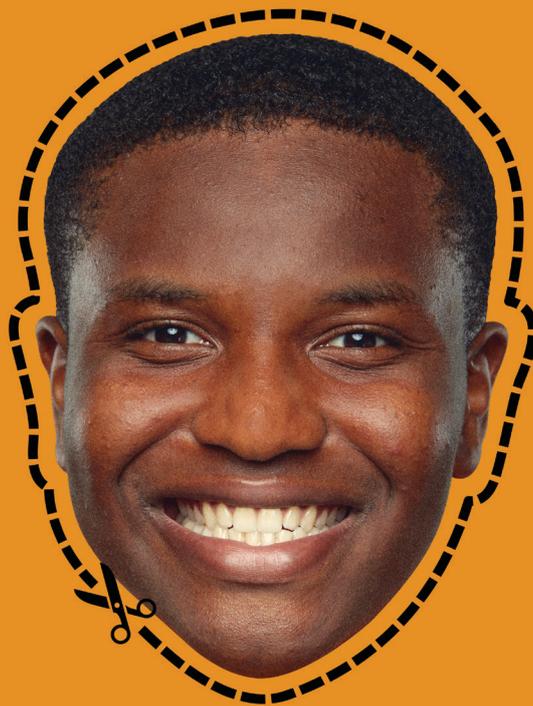
Back in school, I had a pleasant experience with all my teachers. I feel like all my teachers helped my school experience to its highest potential. I never really valued any teacher over the other or had resentment towards any of them. Equally, they all helped me succeed in my education, and for that, I am grateful.

PAUL

Dear Mr Preston, if you had never believed in me, I would have never excelled in the way I have now, becoming a loud and confident speaker, and for that reason, I owe so much thanks to you for the growth of my development.

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with Jermaine Defoe



JERMAINE DEFOE is a former professional English football player. Growing up in Canning Town, he started at Charlton Athletic aged fourteen before moving to West Ham United at sixteen, rising through the ranks.

Jermaine Defoe OBE is a part of the church; the former English professional footballer and current player-coach is leading the community in righteous directions through his UK-based charity, The Jermaine Defoe Foundation, founded in 2013 to support homeless, vulnerable and abused young people within Barbados.

Since opening in 2013, over the years, The Jermaine Defoe Foundation has raised a myriad of funds through his back-to-back events such as his Gala dinner in 2013, which raised over £80,000, football tournaments, Christmas shoebox appeals and many more other events that have aided fundraising for the youth in St Lucia.

Defoe's mother, Sandra Defoe, had a massive part to play in the success of his career, and the footballer himself openly highlights this in many of his interviews. Her strict discipline with Defoe is what he uses to credit to his career. In many interviews, he talks about the smallest things, like Sandra making him go to bed early for training or eating the right foods contributing to his success. We were lucky to meet the footballer and his miracle mum, who aided his career massively at our Inside Success Awards night!



with Ashley Walters



ASHER D, also known as Ashley Walters, is a British rapper, singer, and actor best known for his roles as Ricky in *Bullet Boy* (2004), Dushane Hill in *Top Boy*, and Antwan in *Get Rich or Die Tryin'*. Ashley Walters was born on June 30, 1982. Additionally, he has made guest appearances on well-known British TV programmes such as *Grange Hill*, *The Bill*, *Holby City*, *Doctor Who*, *Silent Witness*, and the 2015 BBC police drama *Cuffs*. Walters was born to Jamaican parents in Peckham, in southeast London.

Aside from his achievements, Ashley had a rocky past; Following a confrontation with a traffic warden in July 2001, Walters was found to be in possession of a loaded Brocock air pistol modified to discharge live ammo. He was detained and sentenced to eighteen months in a juvenile offenders' facility in 2002 after being apprehended. However, it's important that despite this, he overcame this and still reached great heights in his career in many ways.

He proves a fantastic role model to the young people by aiding their acting abilities through his acting school Kingdom, using his twenty years of acting experience to build a new generation of actors! He is now one of the most well-known actors in the UK, and for his inspiration, we gave him the winning title of the Inside Success Arts and Culture award.



Discount coupons

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



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Sea moss and health benefits

Sea moss, also known as Irish moss or carrageen moss, is a species of red algae (a dark red plant that grows on rocks along both coasts of the Atlantic Ocean). It's often used as a vegan and vegetarian substitute for traditional gelatin.



It consists of a type of carbohydrate called carrageenan. This carbohydrate is extracted by boiling the plant, causing it to absorb water and form a flavourless jelly. Because it binds well with proteins, it is handy as a vegan alternative, so it is used in desserts, yoghurts, sauces, vegan ice cream, cream cheese, vegan yoghurt, and chocolate milk.

Where can you find it?

Sea moss or carrageenan is available at speciality food stores, health food stores and online outlets that carry vegan and vegetarian products. Dried sea moss is also available from health food stores and online merchants.

How does it benefit my health?

Sea moss can improve blood sugar control; it helps lower your cholesterol and reduce your risk of chronic diseases like diabetes and heart disease, which have abnormally become common in young adults. Sea moss helps the body reduce inflammation, and many people take it to lower their risk of infections because of its positive impact on the immune system. It's essential that the youth tend to their immune system; having a weak immune system at a young age shouldn't be common.

It is also a reliable source of vitamin E. Sea moss improves hair growth and combats oxidative stress, one of the primary reasons behind hair loss. People who suffer from acne or oily skin take on their issues worse in their teenage years, dragging on into adulthood. Why not try sea moss? Due to its high sulphur content, sea moss has antibacterial, antiviral, and antimicrobial functions; it is believed to help balance the skin microbiome.

Seaweeds and sea moss may be your best option to cleanse your lungs and improve lung function if you are a heavy smoker, have asthma, COPD, a cold, flu, or even Covid. Smoking is a common habit among the youth and young adults.

How does it help the youth?

Sea Moss is safe for children, teenagers, and young adults because it is a rich source of fibre and iodine. It promotes a healthy digestive system, but you should be careful to consume it moderately. It's better to consult the nutritionist before consuming sea moss for you or your children. Moreover, sea moss enhances the growth and development of stronger bones and teeth in children and youth. It is known to keep your body well-oxygenated and pumped with energy for young adults.

How to tell the difference between fake and real

Real sea moss has a fishy or sea-like smell. But this can be hard or soft depending on the species and which ocean it is sourced from. Pool-grown sea moss, on the other hand, has a synthetic or chemical-like smell and won't have the same effects as the real thing. It is crucial always to get your money's worth to see results. Chemical sea moss can cause side effects. Sea moss can be pricey depending on what part of the ocean it is grown from. Dried sea moss will last for a year if kept sealed and stored in a cool, dry place. Carrageenan powder can be stored for a similar period if it's sealed and kept cool and dry.

How can you use sea moss for fitness?

Sea moss is excellent for fitness as it helps the body burn fat and build muscle. Sea moss contains a specific acid called taurine that helps the body burn fat and build muscle. It can make the body burn fat instead of carbs during cardio. This acid helps your body burn fat rather than carbohydrates when working out, making it easier to develop strong, lean muscles.

Sea moss has significant benefits for pre- and post-workouts and, in general, to help you feel better. It can help muscles recover after workouts and is used before a workout for energy boosting. On average, it takes around three to six weeks for noticeable changes.

Virgin Strawberry Daiquiri

INGREDIENTS:

6-8 large fresh strawberries, hulled
 1 ounce freshly squeezed lime juice
 ¼ ounce simple syrup
 1½ cups cracked ice
 Whole strawberry for garnish

METHOD:

Chill a margarita or cocktail glass.
 Add cracked ice, strawberries, lime juice,
 and simple syrup in a blender.
 Blend until desired thickness.
 Pour into chilled glass.
 Garnish with a strawberry.



Spirit Free Bellini

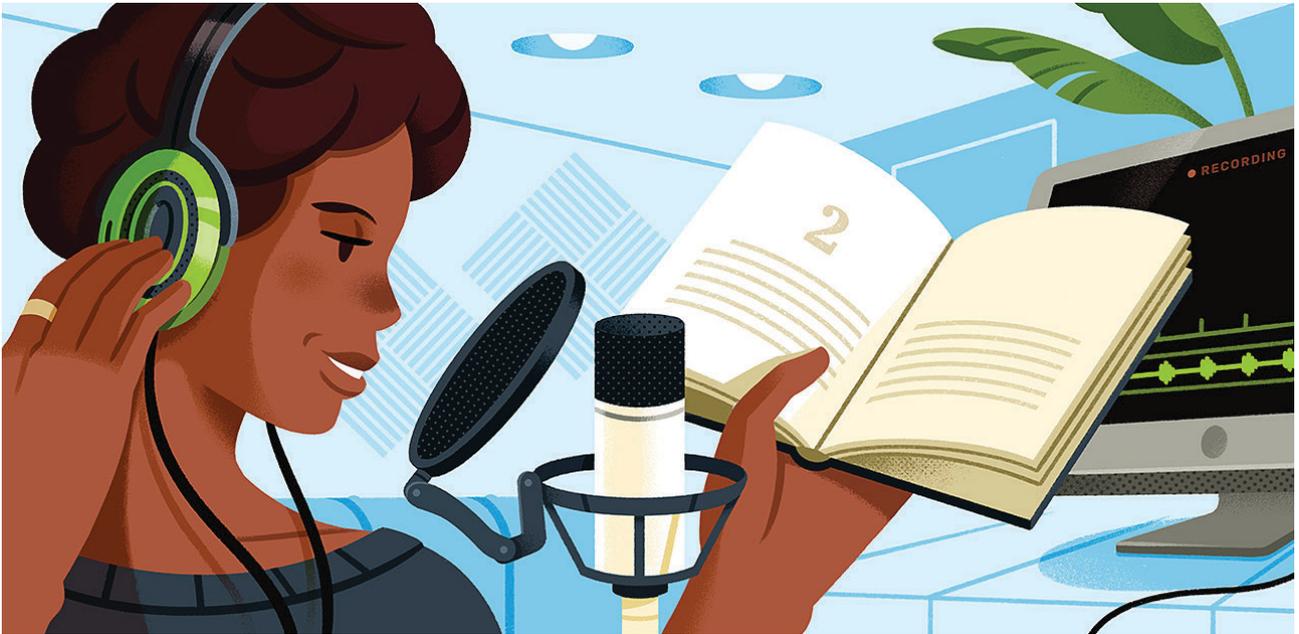
INGREDIENTS:

2 ounces peach nectar
 Sparkling apple cider to top off
 Peach slice for garnish

METHOD:

In a champagne flute or cocktail glass, add peach nectar.
 Top off with sparkling apple cider.
 Garnish with a peach slice.





ALTERNATIVES TO READING

Reading can be time-consuming and a strain on the eyes. Here are eight alternatives to becoming smarter without reading anything. After all, you do want to learn things always.

1. AUDIOBOOKS

Audiobooks are terrific for several reasons; firstly, for those who have difficulty reading, you can listen to your favourite book in an interesting and engaging way. The fun and privilege of having someone read a book for you are unmatched. Again, this is an excellent way for those who don't find it fun to read books. But, of course, books themselves ARE fun for them!

2. HEADPHONES

You just need a pair of quality noise-cancelling headphones to have a good time with an audiobook.

3. YOUTUBE

I'm still surprised that not everyone knows about the sheer amount of engaging educational content on YouTube for free.

4. BLINKIST

Blinkist is an excellent service that takes long works of text (sometimes referred to as books) and distils them to their most significant bits. They're the cliff notes version books at only a couple of pages.

5. TED TALKS

"TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less)." This platform knows no bounds. From successful CEOs to social workers and philanthropists, industry and world leaders to artists, TED has brought them to one platform and their inspirational, priceless ideas and journeys to you.

6. PODCASTS

Podcasts have quickly become my preferred method for entertainment and gaining knowledge. Some of my favourite podcasts are those that manage to do both simultaneously.

7. SPOKEN WORD/PERFORMANCE POETRY NIGHTS.



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





What is Fiverr and how to use it?

Fiverr is a service where you can offer your creative services as a freelancer in industries such as graphic design, writing, content creation, and so many more. The same goes vice versa; you can also look for freelancers to hire for specific jobs ranging from social media management to photographers and even website designers.

As you can already tell, Fiverr is the perfect place to offer your skill set and get yourself exposure as a creative if you have no idea where to start and perhaps you are already working your dream job in your industry, but you just want to earn a little more money on the side. It is that perfect side hustle service to enrich your creative needs.

Simply sign up, post, and get hired immediately!

What is The Freelance Club?

The Freelance Club is slightly different to Fiverr. They both allow freelancers to get linked with a client. However, with Fiverr, you can post your job as a creative, and it can be virtually anything, even writing your best man's wedding speech (Trust me, I've seen it). In contrast, The Freelance Club is more of a browse and apply service. You can search for jobs in different sectors, such as photography, and there will be a variety of people requesting photographers, and if you apply and they like your portfolio, then you're hired. When it comes to posting jobs on The Freelance club, it is almost the opposite of Fiverr. Once again, posting a job on Fiverr offers your service, but posting a job on The Freelance Club is requesting a service.

Happy Creating!



TIPS TO INCREASE YOUR SALES

Anyone with a business is always looking for a new way to increase their sales; here are our specially curated tips and tricks to help grow your sales!

1. ASK QUESTIONS AND LISTEN!

Asking questions about your product is basic market research. You'd be surprised how basic methods like this will help you alter how you go about things in your business that will help you gain more sales.

2. CUSTOMER RETENTION

Building loyalty with your customers is a big part of keeping your sales steady. Offering special discounts and promotions will keep your sales consistent and create interest for new customers to join your brand.

3. TELL YOUR STORY

A transparent business about where they come from, what they do, and its ethical reliability is a significant factor in increasing your sales. People want to know what they get from a reliable and ethical brand!



4. MARKET RESEARCH

Get to know what things will motivate people to buy from your brand. Market research is key to any business's success, let alone the increase in sales! Market research can include testing products, surveys and getting feedback from customers.

5. MARKETING THE RIGHT WAY

Understanding marketing isn't as hard as it seems. Learning where to place your product, the people you're targeting, the colour scheme you use, and the type of promotion you use is key to boosting sales.



Markus Spiske



What does my payslip really say?

Your right to a payslip. All employees and workers are entitled to an individual, detailed written payslip – when, or before, they're paid.

Your written payslip doesn't have to be on paper – it can be sent to you by email or accessed through a website.

HOW IS MY TAX CODE WORKED OUT?

Your tax code is normally the amount you can earn without paying tax, divided by 10, with a letter added.

For example:
Tax code: 1257L
1257 becomes £12,570 earned before tax.

MY TAX CODE STARTS WITH BR

This means you're not getting your tax-free basic personal allowance – so all your income is taxed at the basic rate of 20%.

This can happen if your employer doesn't have all the information they need to work out your tax code.

This is usually because you have more than one source of income.

Your Personal Allowance is used up on your main income source, and you pay tax on everything you earn from your second income source.

For example, you might work a main job during the day and do shifts in a pub or work in a factory in the evenings.

If you earn more than £12,570 a year (for 2022-23) in your main job, your second job will be taxed at the basic rate. This can also apply to pensions or money paid out by investments (dividends).

MY TAX CODE STARTS WITH K

This means you have taxes from the past you still need to pay, or you get money or benefits that can't be taxed before you receive it, for example, a State Pension or a company car.

From this, your employer can work out how much should be paid towards what you owe.

WHAT'S THE DIFFERENCE BETWEEN GROSS AND NET PAY?

Gross pay is the income you get before any taxes and deductions have been taken out. Your annual gross pay is often referred to as your annual salary.

Net pay is what's left after deductions like Income tax and National Insurance have been taken off. It's what's often referred to as your take-home pay.

You can see your gross pay and how much has been taken off (if anything) on your payslip.

KEEPING YOUR PAYSリップ

It's important to keep your payslips in a safe place. Here are our top three reasons why:

1. Security. Payslips contain personal information about you and your earnings, including your National Insurance number. Keep them safe to help avoid them being used for identity fraud.
2. Record-keeping. It's a good idea to keep a record of all your earnings and tax payments in case there's a problem, and you need to check old details.
3. Evidence of earnings. For some financial products, such as loans, you might be asked to prove your earnings by showing your last three payslips.



INSIDE SUCCESS

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- Mental health
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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). To do this, you need an organisation that understands you as an individual and your 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.

Therefore, in the past six 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 your life skills, attributes, abilities, financial circumstances, and intelligence improve before your 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!



ASHLEY (London)

Inside success is a special place for me; it's taught me several skills and life lessons I never gained through the education system. They show you the world's reality and teach you how to manage it, supporting you with every step. I've learnt several things, from communication to networking skills, with a huge boost to my confidence.



TANNA (Colchester)

I've been a representative for Inside Success for about three to four months. Since I've been here, I have overcome many of my social issues, which has helped me become more socially active in public. It's also helped empower my mind and taught me that education is not everything, as there are plenty more ways to become successful later in life.



ABIMBOLA (Manchester)

My time at Inside success has genuinely helped to change the course of my life, coming from a background of poor mental health. It helped me to create coping mechanisms and has given me a purpose to work towards, which has granted me new motivation to be successful.



WIKTORIA (London)

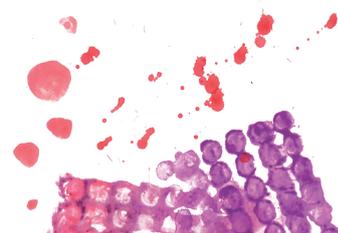
Hi, I'm Wiktorija, I'm 18, and I've been at Inside Success for five months. My friend, who also worked there for a long time, recruited me. Before I started Inside Success, I was struggling with stability mentally and financially whilst being in education. So far, this has been my first stable job, and joining has taught me a lot of self-discipline.



ADIMBOLA (Birmingham)

Since I have worked in Inside Success, I have learned how to become a Team Leader, take control of a particular group, and try to push them to do better. I've improved a lot on my communication skills, and I'm now able to talk confidently and learn how to handle rejection from people.

Personally, I feel that this company is the best place for young people struggling with uncertainty in their lives. I started as a youth vendor, which taught me a lot about work ethic, consideration for others, and self-control. Now I am team leading, and I have learnt the value of a team effort, and it has reassured me that I can handle big responsibilities.



INSIDE SUCESS Awards 2022

The Inside Success reward was a once-in-a-lifetime experience; it was an absolute honour to attend and be part of it. The rewards that were handed out were all deserved.

Inside Success put on an awards show sponsored by Jan Fisher for up to 350 young people. It was a memorable awards night hosted by Britain's Got Talent winner 2022 comedian Axel Blake.



Awards were designated to highlight inspirational figures who have used the platform to give back to the communities, assisted in aiding the youth, and been an epitome to many.



AWARDS WON:

- ▶ **Sports Award** - presented by Zainab/Gina
Award Winner - **Jermaine Defoe**
- ▶ **Arts & Culture Award** - presented by T1/Esther Falana
Award Winner - **Ashley Walters**
- ▶ **Music Award** - presented by Kele Le Roc and Duayne Boachie
Award Winner - **Fekky**
- ▶ **Inspirational Award** - presented by Khali Best/Duluth
Award Winner - **Lin Mei**
- ▶ **Legacy Award** - presented by LinMei, Talks and Chian Reynolds
Award winner - **Terry Jervis**

Inside Success also hosted in-house awards; they were well deserved to key employees who brought about valuable fundamental change for the youth and the community. These three individuals stood out and made a statement through their work and efforts. They are perfect role models and have set an excellent example for many.



REVIEWS

Adan won the Best Sales Managers Award.

I am overwhelmed with gratitude to have been selected to receive the Sales Manager of the Year Award. It's an honour to have my work ethic recognised by the organisation I care about and devote my time and energy to. I greatly appreciate all the people who have voted and supported me, and I'm forever grateful. All love. #ASideOrNoSide

Alexia

The Inside Success event was really good. I got to meet so many new people I work with. The event was very insightful. I learned about what other people do for the community and how we all want the same outcome. Everyone looked amazing, the food was outstanding, and the entertainers outdid themselves; overall, it was an event someone wouldn't want to miss.

Taiwo

The Inside Success Awards were amazing. There were many inspirational people at the event, and the presenters were amazing. Everyone dressed the part and represented our company in the best ways possible. The vibes were immaculate!

Raiyan

Inside Success Awards were absolutely spectacular. From the moment I arrived, the energy levels were high, the atmosphere was surreal, and everybody was dressed to impress. The choice of location was a perfect pick. It was a speedy and efficient process to get seated, and you could tell it was very well organised. The food and refreshments were exquisite; the whole experience was sensational. Even when the winners came up on stage to accept their awards, the entire venue erupted into applause and praise. Everyone was dancing and singing along. You just had to be there to understand the full extent of how lit it was. 100/10, I would highly recommend it!



Ex-offenders Special

WHERE ARE THEY NOW?



ABDIFATAH

I started at Inside Success in May 2016. I learned about Inside Success through many conversations with different people who worked there. My reason for joining was for financial stability and to gain experience. I wasn't taking Inside Success seriously at the start, and I ended up going to prison in 2017 for a year. When I got out, I tried other things, but it wasn't easy being on tag and working a regular job for timing and lying on my CV, which wasn't helping me get these corporate jobs.

So, I returned to Inside Success because it was more convenient and tolerant of my situation. Before Inside Success, I was being selfish to an extent; now, since coming back, I have gotten married, moved out, got my licence, and became a father, and I'm more open-minded. I have developed fantastic leadership skills, and through Inside Success, I have continued to move up the ladder and become a sales manager for both London and regional teams.

TOMMY

Inside Success changed my life drastically when I was first there. Initially, I started at Inside Success a year ago. I was introduced to it by people I knew working there. I had just come out of prison for selling drugs and trying to get back on my feet as a young man with a past was quite a struggle.

Since I joined Inside Success, it has helped me break down specific personal barriers and allowed me to have complete control and vision of how I would like my fresh start to be. I started as a youth vendor, then quickly progressed onto team leading, and now I have become a regional sales manager working in Manchester and London. Overall, Inside Success has improved my confidence in myself.





YOSAN

My name is Yosan. I have been a member of Inside Success since June 2021, therefore just over a year so far, and I believe I have hugely progressed during my time here. That summer, I began as a sales and marketing youth vendor. I came to Inside Success quite timid, reserved, and comfortable in my personal space. However, joining the company enabled me to meet new people. It built up my confidence. Eventually, I was promoted to a team leader position, giving me a new and more significant sense of responsibility. It substantially helped me get out of my comfort zone and forced me to work with others and build them up the way I elevated myself. In November, I further progressed onto a CSR (Corporate Social Responsibility) position, which taught me much about the corporate world. Due to my durability, I was offered a personal assistant role alongside a sales manager position, which I currently still do and hope to continue to thrive.



IJENU

I'm twenty and have been with Inside Success for almost a year. I started Inside in August 2021. I worked at another company and was spotted and recruited by Inside Success. I was comfortable before coming to Inside Success; however, during my time, I learned I needed more than just comfortability. At Inside Success, I started as a youth vendor and learnt very fast how to master dealing with rejection. I quickly progressed into a team leader position. Because the company trusted me in the team leader position, I could trust myself having that responsibility, and my teams always brought great results. As a team leader, I learned how to manage others and the importance of building up demoralised team players. My perseverance has gone through the roof. I have now become a personal assistant to one of the CEOs and oversee insourcing property deals for the company. They used my qualifications in property and gave me this fantastic opportunity.



RHIA

My name is Rhia, and I first joined the company in June 2020 in an outreach position after being recruited by my friend. When I joined, I was only sixteen during the lockdown and my mental health was severely deteriorating. As soon as I joined, I instantly felt like an overwhelming cloud of impending disaster had disappeared. I was then made Team Leader, and within a month of working, I had been promoted to the administration position in the office, working side by side with the CEOs of the company. It is now 2022, and at eighteen, I have achieved and gained many opportunities within the company. I have fulfilled the roles of magazine editor, events and workshop coordinator, general administrator, digital marketing, social media team, partnership coordinator, let's talk about it host, urban noise host and now have the role of the CEO's assistant, which is a combination of the above! I hope to continue to grow in the company alongside the company.



REFLECT with RS Components

EVENT



Inside Success supported RS Components to provide a beneficial event called "REFLECT" to inspire and guide the youth into various career paths.

There were several workshops, from “How to present yourself” to “Five steps to becoming irreplaceable”.

Furthermore, six incredible guest speakers vocalised their journeys within engineering and how they have made a change within the engineering industry. For example, Zainab Adigun, an awesome Senior Structural Engineer and AFBE UK School Team Leader and Navjot Sawhney founder of the washing machine project.



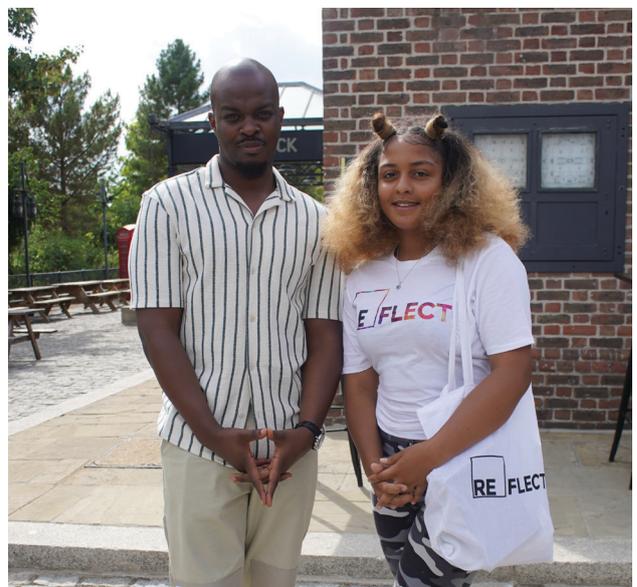
Haytham:

The reflection event was informative and interesting to find out other people’s stories. The advice and talks we had were good; there wasn’t a dull moment. The racing activity was my favourite, and the food was excellent.



Alexia:

The Reflect Event was fantastic, the workshops were beneficial, and I will apply everything I learned to my work and daily life. It was great to hear people talking about their journey and how it wasn’t easy to get where they are without perseverance and not to be afraid of rejection; just be consistent in what you want and try your best. It was also great to hear that a lot of the obstacles they were going through are like mine, and just hearing how they overcame them and how well they’re doing now lets me know that I can do anything if I put my mind to it. Overall, it was enjoyable and enlightening, and I would love to see the next one.



Gideon:

The event went very well, and it was very educational. Seeing so many people attending and interested in all the speakers was lovely. The food and drinks were really good, reflect looked after us which made it very enjoyable.



Leadership skills in a modern digital world

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

TV PRODUCTION IN A MODERN DIGITAL WORLD

During this workshop, students will handle film equipment, learn about different roles within the media sector, analyse the media industry's evolution, and display and learn how to shoot videos 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 building 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, understanding 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 much more.

SPORTS

Examines various ways sports can positively impact 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 current lifestyle—viewing sports as a hobby rather than a chore.

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



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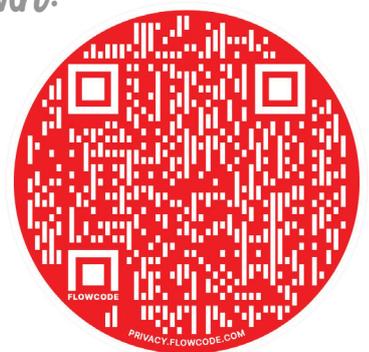
3 easy steps to be in with a chance to win:

- 1
- 2
- 3

Scan the QR code or visit bit.ly/3p0ehz2

Fill the information and answer all questions

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



The winner will be announced on the last Friday in November



After launching ISCF in 2021, Inside Success enjoyed a successful first season finishing sixth in Essex Sunday Corinthian Football League division 4. Now, we are pumped and eager for the upcoming season in 2022, with the appointment of a new coach. This season we will be competing in Division 3.

If you want to join a leading, devoted, and interdependent team, IS FC is the perfect place. Are you excited to become part of our community? Send us your profile using our contact details outlined below.

We can benefit from your help and support in building our team. We have launched a GoFundMe campaign to further fund, enlarge and strengthen our male football team and form a team for females within our company. We hope much of the same lies ahead after the remarkable and successful year we just enjoyed.

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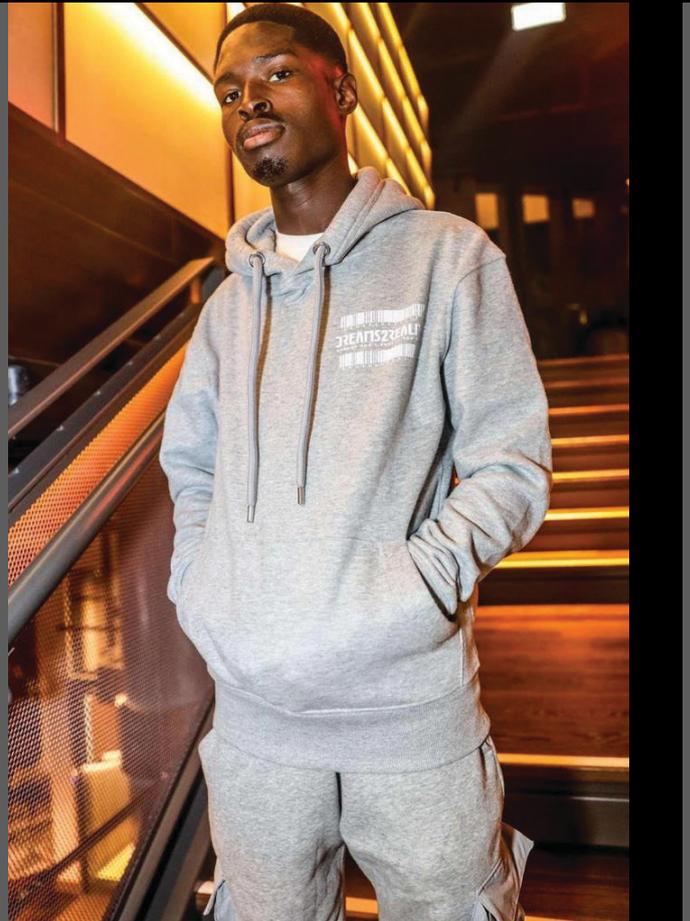
Make your dreams

NU FASHION

a reality

DREAMS2REALITY clothing is a premium fashion brand based in the UK providing customers with high quality clothing sourced with the finest materials. All whilst maintaining a professional & luxurious level of customer service.

Instagram: @Dreams2reality.cl



Success wear

YOU DEFINE YOUR SUCCESS

The Inside Success Clothing brand represents all individuals on their path to success in all aspects of life. The S represents individuality and uniqueness which is all varied and defined by each and every individual as we are special and successful in our own way.

We have great plans for our clothing brand and hope that you would join us on this journey to success.

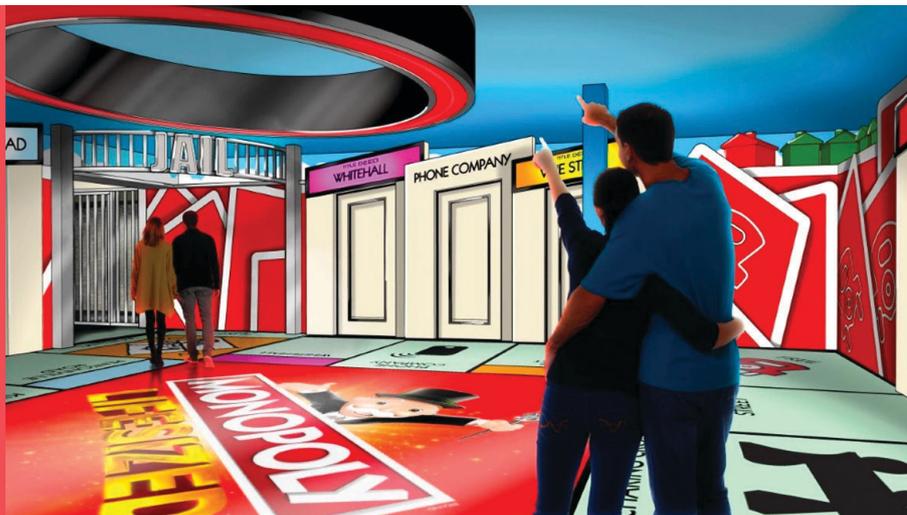


WHAT'S THE MOTIVE?



MONOPOLY LIFESIZE (TOTTENHAM COURT ROAD)

Indoor immersive life-sized Monopoly board game where you play as a team and make your way around by completing different physical and mental challenges. Tickets range from £25.00 to £27.50 for Junior Board and from £53.00 to £73.00 per person for the other boards. Prices are dependent on the time and date you book.



SENSAS

A multi-sensory experience, suitable for all ages, where your senses and body will be tested in complete darkness. In teams of four to fifteen, push your senses to the limit. Face your fears in a two-hour activity, available seven days a week from 9:00 am to 11:00 pm. By surpassing yourself and overcoming our challenges, you will collect several tokens, which convert into a donation that SENSAS makes to its partner charity – Disability Snowsport UK – supporting people with disabilities.

ROCA GALLERY LONDON

This Free gallery in Chelsea, West London, is an absolute future shock and will blow your Instagram followers into space with this highly picturesque location. It showcases the Roca Group's funky collection of art and architecture and is London's hottest new art space with cave-like silvery designs. What's not to love?





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QUICK BITES

Hungry? Grab a quick bite!

Manchester: **CRAZY PEDRO'S BRIDGE STREET**

Head down to Crazy Pedro's, where you'll find a quirky atmosphere and crazy pizza combinations. The clues in the name!!

55-57 Bridge St, Manchester, M3 3BQ

Manchester: **SALT & PEPPER**

Specialising in Punjabi dishes alongside Tex-Mex favourites, Salt n Pepper is a great modern and cosy restaurant.



Black Dog Ballroom, 52 Church St, Manchester M4 1PW

London: **MARUGAME UDON**

Bustling Japanese kitchen highlighting udon noodles, rice bowls, tempura, and traditional desserts.

114 Middlesex St, London, E1 7JH

London: **SMASHING PLATES LONDON BRIDGE**

Greek kitchen serving dishes such as souvlaki, gyros, and other traditional Greek plates.

Unit 55, Bridge Station, 59 St Thomas St, London, SE1 3QX

Luton: **STEAKOUT**

Come to Steakout to experience a range of grills and steaks on offer and a great selection of milkshakes. (Halal)



52 Wellington st, Luton LU1 2QH

Luton: **LOUNGE 33**

This shisha lounge offers an exquisite smoking experience and a broad menu, from lamb chops to fresh shish kebab. (Halal)

4 Cumberland St, Luton LU1 3BW

Southampton: **BALKH RESTAURANT**

Visit Balkh and expand your taste buds with this afghani cuisine with excellent service, a great menu, and a casual atmosphere. (Halal)

115 St Mary street, Southampton SO14 1PF

Southampton: **BURGA**

The best 'burgas' in town with a great variety of toppings and affordable prices.

170 Portswood Rd, Portswood, Southampton SO17 2NJ

NUA Is a rap duo of 2 sisters, Mel and Marsha. These fiery ladies not only rap but add singing into the mix. With their risque presence they are pushing boundaries that many UK artists are not willing to do. It's safe to say they are easily noticed for their seductive and bossy nature, making their unique sound even more infatuating to their viewers.

THEIR LOOK, THEIR SOUND, THEIR ATTITUDE AND THEIR DARING NATURE ... THEY HAVE IT ALL.





SEE: BLACK PANTHER: WAKANDA FOREVER

Black Panther: Wakanda Forever is an upcoming Marvel cinematic universe film based on the Marvel comics character Black Panther. Produced by Marvel Studios and distributed by Walt Disney, it is intended to be the sequel to *Black Panther* (2018) and the thirtieth film in the Marvel cinematic universe. Plans for the film changed in August 2020 when *Black Panther* star Chadwick Boasman died from colon cancer, with Marvel choosing not to recast his role of T'Challa. Other principal cast members from the first film were confirmed to return by that November, and the title was announced in May 2021. Production initially took place from late June to early November 2021, resumed by mid-January 2022 and wrapped in late March. *Black Panther: Wakanda Forever* is scheduled to be released on November 11, 2022.

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READ: FIREKEEPER'S DAUGHTER



Firekeeper's Daughter is so, so much more than a thriller or a mystery. As a non-Indigenous reader, every depiction and explanation of Ojibwe philosophy and traditions were deeply embedded, and every depiction of injustice felt like a call to action. There has long been a need for more books that depict Indigenous people as living people in our modern world rather than as a romanticised and often inaccurate fairy tale. There are many things in this book that are hard to bear. It contains drug use, racism, murder, and sexual assault. None of these moments are gratuitous – they are all depicted with compassion and care, and I think they are necessary when considering the deeper issues that run through the book – particularly the ongoing tragedy of Indigenous women being murdered and assaulted at a disproportionate rate. But some readers may need to prepare themselves for potentially triggering scenes.



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