

IS
Inside Success

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London

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AKEMNJI NDIRFORYEN
FAMALAM LEADING MAN

DEMY
CRAFT

THANK YOU FOR SUPPORTING INSIDE SUCCESS



Inside Success magazine is a quarterly youth magazine which aims to enhance the capacity, skills and aspirations of young people which will assist to enable them to participate in society as mature and responsible individuals.

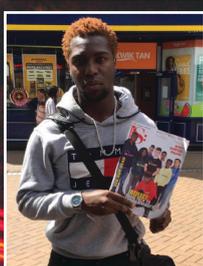


We also directly tackle social issues affecting young people such as youth unemployment and supporting young people back into education and training.

HOW DO WE DO THIS?

Our magazine allows young people 16 -24 from all backgrounds to work to earn money to support their general living costs such as travel, food, education and the development of independence through becoming a vendor and selling the magazine across London. When a young person volunteers with Inside Success it enables them to gain valuable work experience and develop skills such as:

- ◆ Building up confidence
- ◆ Improving communication skills
- ◆ Learning to deal with rejection
- ◆ Improving sales skills
- ◆ Work experience
- ◆ Team work
- ◆ Leadership skills
- ◆ Setting and achieving targets



Inside Success

Inside Success



SHOULD PARENTS BE BLAMED FOR CRIMES COMMITTED BY THEIR CHILDREN?

It is no secret that teens break the law, thinking they're basically invincible. They engage in underage drinking, vandalism, possession and the taking of illegal substances. But then some young people commit much bigger crimes – felonies such as breaking and entering into a house, grand theft auto, even murder and rape. Children of all ages are capable of breaking the law but it can be argued that adolescents tend to break the law more.

While these minors are often thought of as children simply making mistakes, they are still rational, mostly reasonable human beings who know exactly what they are doing. So therefore, their parents should not be responsible for their crimes. Unless the parent assisted in helping the child commit the crime – underage drinking drug usage, for example – the adult should never be held responsible

for the child's actions. If a child gets in trouble, it's easy to blame the parents, argue that it's how they were raised, say it's the kind of family they were born into. However, we could argue that this is what is wrong with this country: no one takes responsibility for their own actions.

It's a major problem. This way, people become adults never being held accountable for anything, they just blame it on someone else. This isn't the way to go; all it does is condition youth into thinking that they are not going to face consequences when they do wrong. Why is this detrimental? Because a person gets a pretty rough reality check as an adult when they are faced with legal charges for committing a crime. In order for us to contribute to a more well-rounded society, responsibility and being held accountable for ones actions is imperative.

COVID PASSPORTS AND THE YOUTH

There has been a lot of controversy around the new vaccine passports as it has become a new law issued to citizens who wish to travel abroad, go to the cinema, attend a concert and take part in many other activities. All will require a vaccine passport.

The purpose of a vaccine passport is to prove that the vaccine has been taken by an individual and to ensure that their travel will not add to the rise in covid cases. However, people don't take in the fact that this is actually a slap in the face to the youth and instead, see this the safest thing possible for the youth. Here are the reasons why:

Reasons For:

1. Young people are the reason for the growth in covid - yes we understand that young people need their freedom to explore and grow but by giving them a covid passport we are able to co-operate with them ensuring that the rise in covid cases reduces and the youth get what they want. It's an effective way to make sure that no harm is done.
2. Covid is going to be a global issue around for a long time. Young people should be able to see the world without the risk. People forget that regardless on whether the youth is high risk or not, they still have an effect on those that are high risk in their household. The covid passport will allow young people to see family from other sides of the world without spreading the virus.
3. Why separate who can and can't have a passport - marginalising who can and who can't get a covid passport causes inequality. It's bad enough that we have deal with a pandemic. Inequality shouldn't be an

issue. It makes things easier issuing it out to everyone without restrictions it's a choice at the end of the day.

Reasons Against:

1. A young persons freedom shouldn't depend on the health of others. Not all people are at risk of catching covid so it's not fair that the covid passport restrictions are in place as it limits individual growth. Not all people have been effected by the Corona Virus there are probably people that are immune to the virus overall. Travel should be seen a necessity not a treat or a reward for behaving what's the point in having free will and rights if they are going to be restricted by the United Kingdom. Is it even a choice?
2. By giving youths ultimatums we are depriving them of a normal society it's bad enough that covid has become a struggle for a youths everyday life not being able to hang out at parks, cinemas, concerts and travel across the world but creating a possibility for youth to never get back to getting those experiences is worse. Especially those who are allergic to certain chemicals in the vaccine what are they supposed to do? Not see their loved ones and create memories? I fear that the younger generation will not get to experience the normalities of life without the covid passport being forced upon them. It's like the youth are being manipulated.
3. Just because you get the vaccine and the passports, does not mean there isn't a risk of still getting covid. The vaccine requires multiple doses and even still taking it does not prevent that there is a chance of getting the virus so wouldn't that mean that whether you get the vaccine passport or not there is still a risk of catching it and spreading it? Therefore, the purpose and execution of covid passports will be ineffective and pointless.

WHAT'S WORSE THAN HAVING LEUKAEMIA?



BEING BLACK AND HAVING LEUKAEMIA.

IT'S SHOCKING BUT IT'S TRUE. YOUR CHANCES OF FINDING A LIFE-SAVING BONE MARROW DONOR ARE MUCH WORSE IF YOU'RE BLACK - BECAUSE THERE ARE 24 TIMES MORE WHITE PEOPLE THAN BLACK PEOPLE ON UK BONE MARROW REGISTERS. TO CHANGE THIS, WE URGENTLY NEED MORE BLACK AND MIXED-RACE PEOPLE TO JOIN THE BONE MARROW REGISTER. JOIN OUR FIGHT TODAY - VISIT [AOLT.ORG](http://aolt.org) AND SEE JUST HOW EASY IT IS TO SAVE SOMEONE'S LIFE.

UNITE TO FIGHT LEUKAEMIA aolt.org



INSPIRE ME AKEMNJI NDIFORNYEN

Akemnji Ndifornyen is a talented British actor, composer and producer. He starred in Netflix's global hit *The Queen's Gambit*. He scripted last year's MOBO Awards and recently signed a record deal with BMG.

AK was awarded a BAFTA for his work as the writer, composer and producer of the BBC comedy series *Famalam*. He began his acting career as an 11 year old and has appeared and starred in many drama series such as *Leonardo*, *Law and Order*, *Doctors*, *Death in Paradise* and *The Javone Prince Show* - which he was a writer on - to name a few.

Akemnji is an inspirational figure as he is proof that if you work hard on your passion you can achieve great things. Akemnji continues to inspire young creatives to stay resilient within the process and journey of achieving their goals.

Twitter: @akemnji Instagram: @akemnji

INSPIRE ME

INSPIRE ME

MARVYN HARRISON

Marvyn Harrison launched Dope Black Dads in 2018. It was made up of 23 people in a Whats App Group sharing their experiences

of Black fatherhood. Two years on and the company has reached 7,500 people across the UK, the US and South Africa.



INSPIRE ME JUNE ANGELIDES

Named by the Financial Times as the 6th most influential BAME tech leader in 2018 and the 15th most influential woman in tech by Computer Weekly, June Angelides is the founder and CEO of mums in technology which partners with industry to provide an immersive learning experience that encourages new mothers to take their children to school with them while they learn to code. The company has trained over 250 women and provided them with the confidence and mindset to explore careers in the tech sector.

She founded the company in 2015 when on maternity leave from Silicon Valley Bank, where she held roles as an associate for accelerator growth and an associate for entrepreneur banking. She is also a founding ambassador for the Fifty Fifty Pledge, a UK initiative to promote gender diversity.

A passionate and kind leader, June is keen to use her influence to create opportunities for under-represented groups in tech. She is a mum to 3 young children and a champion for flexible working. She is also a mentor, speaker and writer.

INSPIRE ME TUNDE OKEWALE

Tunde Okewale was awarded the MBE (Member of the Order of the British Empire) in the 2016 Queen's Birthday Honours List for his services to the community and disadvantaged young people. He is a barrister and founder of Urban Lawyers in London, England.



Introducing DRIPPY® LONDON

Loho (@k.ur_), founder and head designer of DRIPPY® London - The uniform of the Militant

I first launched the brand back in 2018 under the name Ofsett clothing. I saved up enough school lunch money to finally purchase 20 t-shirts and a bottle of dye. In that cold winter of 2018 I sat there in a shed dip dyeing the shirts and ironing the logo onto the garment. A few days later, I launched the clothing and instantly made my first few sales. That's when I knew I had something good.

In 2019 I rebranded Ofsett to DRIPPY® and ever since then I've been crafting this idea of staying militant around the brand whilst reflecting that in our military inspired pieces.

Each DRIPPY® drop is exclusive and has a story woven into it. We have three mission objectives. Escape the hood, defy all struggle, stay militant. And that idea is all supported by our slogan [STRAIGHT FROM ENDS].

We're emerging from the underground scene to becoming a significant name in the UK streetwear scene. Standing strong at 15,000 followers, I know the only thing on my mind is world domination. Uniting all militants from around the globe, uniting all stories from every type of ends imaginable, is something DRIPPY® will do.

#STRAIGHTFROMENDS

INSTAGRAM: @drippyldn



Introducing Nbmadeit

I have been doing custom shoes for about 2 years now. I was watching a YouTube video compilation of custom shoe videos and I just thought “wow that looks really fun i want to try that”. The first pair i ever designed was the bandana air forces and for my first time, they went very well. I started selling quite early but I took a break as I started getting a lot of orders and it was very overwhelming. I also wanted to practice more and establish a brand. I opened NBmadeit in July 2020 and now I have over 150+ sales across all my platforms.

This year I want to start selling clothing that can match my shoes. I think it would look really cool to have a whole matching outfit. I also made my own website which i’m really excited about.





INTRO INTO CRYPTO CURRENCIES

WHAT IS CRYPTO CURRENCY?

Crypto currency is a type of money that only exists electronically—digital money. The technology behind it aims to solve some of the most significant pain points about traditional banknotes. It eliminates the need for having a governing body, such as a bank, to print and issue it. Transfers are done from person to person, not having to go through an intermediary.

HOW DOES IT WORK?

The distributed ledger that holds crypto currency transactions is known as a *blockchain*. A blockchain consists of blocks, which hold individual transaction information. This information is time stamped and posted to the ledger so that each transaction can be verified by other blockchain stakeholders and never be altered. In order to conduct a transaction on the blockchain, users agree to pay a small fee, which helps maintain the security of the blockchain itself.

Let's say you want to send your friend a small amount of Bitcoin. You create a transaction using your Bitcoin wallet and request to send Bitcoin to your friend's wallet, agreeing to pay a nominal transaction fee along the way. Through this process, you can send crypto currency to anyone, anywhere around the world, with low transaction fees. Want to send \$1 million Ethereum to your family in Brazil? Go right ahead! Not only will the transaction usually be completed in a matter of seconds or minutes, it will only cost you a fraction of the fee you would have paid using a traditional money transfer service.

WHAT IS CRYPTO CURRENCY USED FOR?

One of the early appeals of crypto currency was that it offers you the opportunity to transfer large amounts of your wealth anonymously without any government or institutional interference. These days, crypto currency is used by some owners to take care of routine matters such as paying bills. Others use it as collateral to obtain online loans.

WHY DO CRYPTO CURRENCIES HAVE VALUE?

It seems strange to some people that crypto currencies have value when most of them are not

official products of a sovereign nation. However, the misunderstanding goes hand in hand with a misunderstanding of the definition of currency. Simply put, currency is anything that buyers and sellers agree will serve as a form of exchange between them. There are enough investors and traders of crypto currency to make it an attractive form of currency to people around the world.

IS CRYPTO CURRENCY SAFE?

Let's look at two aspects of crypto currency safety: investment and storage.

Of course, crypto currency carries risk like any other investment. However, the gains and losses of crypto currency tend to occur much faster than with other currency investments. Successful traders and investors have built digital fortunes thanks to the volatility of Bitcoin. However, others who weren't so lucky, lost their funds quickly. Once you have acquired digital currency, you will want to keep it safe in a crypto storage device called a wallet. The encryption technology that these storage devices use to keep your currency safe continues to evolve to stay ahead of 21st-century digital thieves.

HOW TO SPEND CRYPTO CURRENCY

In addition to transferring money, you can also use crypto currency to make purchases. The list of items that you can buy with digital currency increases as more merchants see the advantage of offering a wider variety of payment options.

People have used crypto currency to purchase everything from high-end real estate (with Bitcoin payment service providers like BitPay) to pizza (services like Pizza for coins allow you to order from chains like Domino's, Pizza Hut, and Papa John's). In fact, the first purchase ever made with Bitcoin was two pizzas for 10,000 Bitcoin.

HOW TO BUY AND SELL CRYPTO CURRENCY

Crypto currency can't just be bought on any exchange; it requires the use of a crypto currency exchange or online trading platform to make a purchase. There are many crypto currency exchanges available for you.

Is the house you live in, really your home?

The House

A thought-provoking look at the reality,
of living in a country as an immigrant.



"A fantastic and
inspiring read. This
book has made me
think and is written in
a simple but clever way.
I have now read it
3 times. Thank you."
D.STEWART

Neighla Cain



INTRODUCTION TO TAX

WHAT IS TAX?

A tax is a compulsory financial charge or some other type of levy imposed on a taxpayer by a governmental organisation in order to fund government spending and various public expenditures. **Tax** is money that people have to pay to the government. ... For example, **taxes** are used to pay for people who work for the government, such as the military and police, provide services such as education and health care, and to maintain or build things like roads, bridges and sewer

HM Revenue and Customs (HMRC) is responsible for administering and collecting taxes in the UK. Tax receipts for the UK totaled approximately £633.4 billion in 2019/20, an increase of 2.1% over the previous tax year.

Income tax: income tax is a tax which is paid directly to the government which comes from your regular income or profit.

Corporation tax: corporation tax is a tax of a corporation which is paid directly to the government the money comes from the profit the corporation has made.

Capital gains tax: capital gains tax is a tax on the profit when you sell a product and it has increased in value. It's the gain you make that's taxed, not the amount of money you receive.

Inheritance tax: An inheritance tax is a tax paid by a person who inherits money or property from a person who has died.

Insurance premium tax: insurance tax taken by the United Kingdom. It applies to all types of insurance such as car, home, pet, travel, electric ect...

STAMP, LAND, AND PETROLEUM REVENUE TAXES:

Stamp tax is a tax which is taken by the government from the sale of a property which is supposed to cover the cost of all legal documents to do with ownership.

Land tax is a tax taken but the government from the purchase of a home and its development.

Petroleum revenue tax is a tax taken by the United Kingdom it is charged from the profits made from oils and gas and its value.

Environmental taxes: environmental tax is a tax which depends on the treatment of the environment. It is taken from those who pollute the environment

CLIMATE CHANGE AND AGGREGATES LEVY AND LANDFILL TAX:

Climate change levy is a environmental tax taken by the government from business and public services which consists of heating, lighting and power.

Aggregates levy is a tax taken from construction it directly focuses on the exploitation of sand, rocks and gravel to promote the recycling of it.

Landfill tax or levy tax is an environmental tax applied to some countries to minimise non-recyclable waste it is added on top of normal landfill costs.

Value-Added Tax (VAT): VAT is considered a goods and services tax which is taken from a product at the stage of its creation. This includes looking at all the money put into making the product

CUSTOMS DUTY:

Excise duties: excise duties are a tax taken from the use of a product. This tax is taken directly from the products licensing and sales. They usually applied as an amount so per quantity eg per kg



PAMELLA PRITCHARD,
CAREER AND MINDSET COACH SHARES HER TOP MINDSET TIPS FOR GRADUATES.

So it's that time to start thinking about how you are going to get onto the 'career ladder' and start building a career for yourself. Whilst the decisions you make today will pave the way to your future, this is also the time to discover, experiment, fail forward and grow. The decisions you make now are not set in stone, though there is great power in being intentional with your choices, even if what you want from your life and career are not clear to you yet.

1. GET CURIOUS

When you are clear about what you want it is much easier to create a plan to go and get it. However, if what you want isn't clear yet, then don't fret. The key here is to get proactive, be curious and explore your options. This is the time to utilise the opportunities available to you and get discovering.

2. BE THE FIRST

If you have never seen someone like you do it before, then all the more reason to find a way. Whether it's Amanda Gorman or Kamala Harris we are being reminded more than ever that if you can believe it, you can do it. Be the first to find a way if you have to, because someday there will be a graduate looking at you saying to themselves if you can, I can.

3. NETWORK, NETWORK, NETWORK

Imagine being the shy one at a party, how good is it when someone speaks to you with open curiosity. Approach networking like this and you can't go wrong. There are opportunities all around you when

you network. LinkedIn is an excellent tool for this, stand out by being proactive.

4. USE THE RESOURCES AVAILABLE TO YOU

There is so much support and so many resources available to you. The key is to seek them out, engage with them and most importantly, make the most of the support you are provided. You can't make a cake just by reading the recipe. It is one thing to know something; it truly is another to take action.

5. FAIL FAST, FAIL FORWARD

It took Thomas Edison over 1000 attempts to perfect the light bulb. Do you think these were failures or steps towards success? Fail fast, fail forward, means keep trying, be intentional and focus on the goal. If it doesn't happen for you the first time it's all valuable experience towards a win that will be all the more sweeter when it comes.

Pamella is a Career and Mindset Coach and the founder of CV Secrets.

- Certified Career Coach
- 10 years' experience in Recruitment, HR and Sales
- Yahoo! Finance Top 10 Career Coach to Follow

To follow, find her at: www.CVSecrets.co.uk

 [@CareerCoachPamella](https://www.instagram.com/CareerCoachPamella)

25 THINGS I WISH I KNEW BEFORE 25

1. Do not tell anyone your plans until you have achieved them. Not everyone is out to help you others are in your life to get information to use against you. Be careful who you trust.

2. Think about replacing your work income by investing from as early as possible so you can live life on your own terms.

3. Never let anyone dull your shine! You're amazing just the way you are! Don't depend on others for validation. Learn to validate yourself.

4. Save money... don't be ashamed to do jobs your friends will laugh at you for because when you're in your own house at 30 and you have assets, they'll see.

5. Don't follow friends that aren't doing anything... and if you want to help them, be the change you want to see.

6. You have loads of time.

7. Make sure you make mistakes and learn from them.

8. Hard work pays off.

9. Financial literacy is important & wealth and understanding the meaning of of wealth.

10. Be around like minded people.

11. There are people who truly care about you, and people who truly don't.

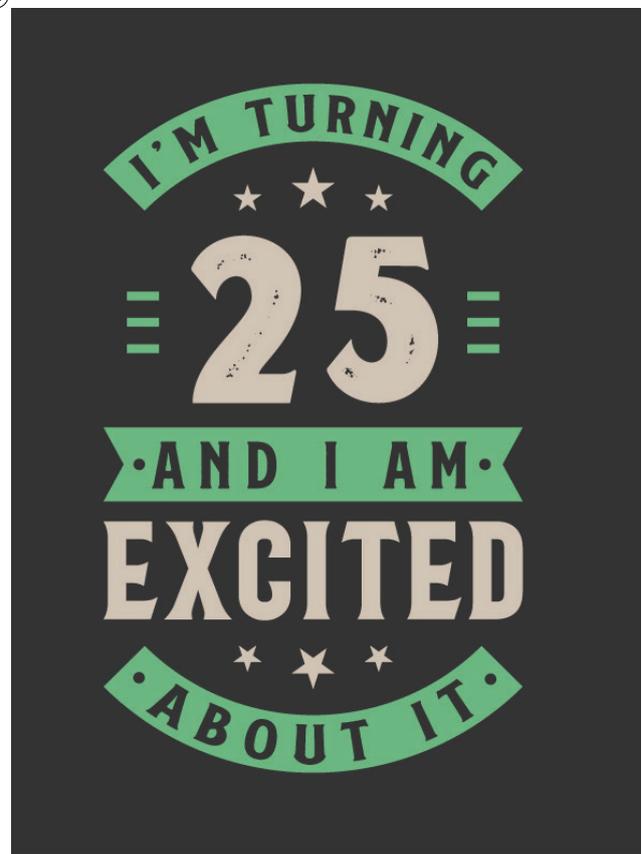
12. Aim to devote more time on manifesting your dreams and not someone else's dream.

13. Don't dwell on failures. Just keep pushing.

14. It's ok to say no. Learn it.

15. It's good to have a plan, but be prepared to life having its own opinion on this.

16. Keep on reading, literature will keep you sane.



17. People are going to die. Yeah, you know that, but seriously. Don't take anyone for granted.

18. The small decisions count just as much as the big ones. They build your future.

19. Presents are great, but the important things in your life will take hard work and dedication. Be prepared and willing.

20. A year (or 15!) from now, you will wish you would have started today.

21. Ask for help. We weren't created to be able to do or handle everything by ourselves. Yes, we are stronger than we know and more capable than we give ourselves credit for, but there is no shame in asking a friend/loved one for help.

22. Forgiveness and acceptance are freeing and necessary to maintain peace of mind. To forgive someone is to free yourself of the burden, pain or consequence their actions/choices caused for you.

23. Cook. As a 25-year-old adult, it's a good idea to know how to combine ingredients to make a healthy and delicious meal.

24. Treat the weekends as more than just a time to go out. There's something sacred in having 48+ hours of consecutive free time to do things you can't usually do on the weekday... things that go beyond just going out. Examples include hanging with loved ones in a non-party setting, reading, sleeping, writing, creative endeavours, catching up with long-distance family and friends, cleaning, learning a new skill and spending quality time alone.

25. No one is perfect. Stop being so hard on yourself.

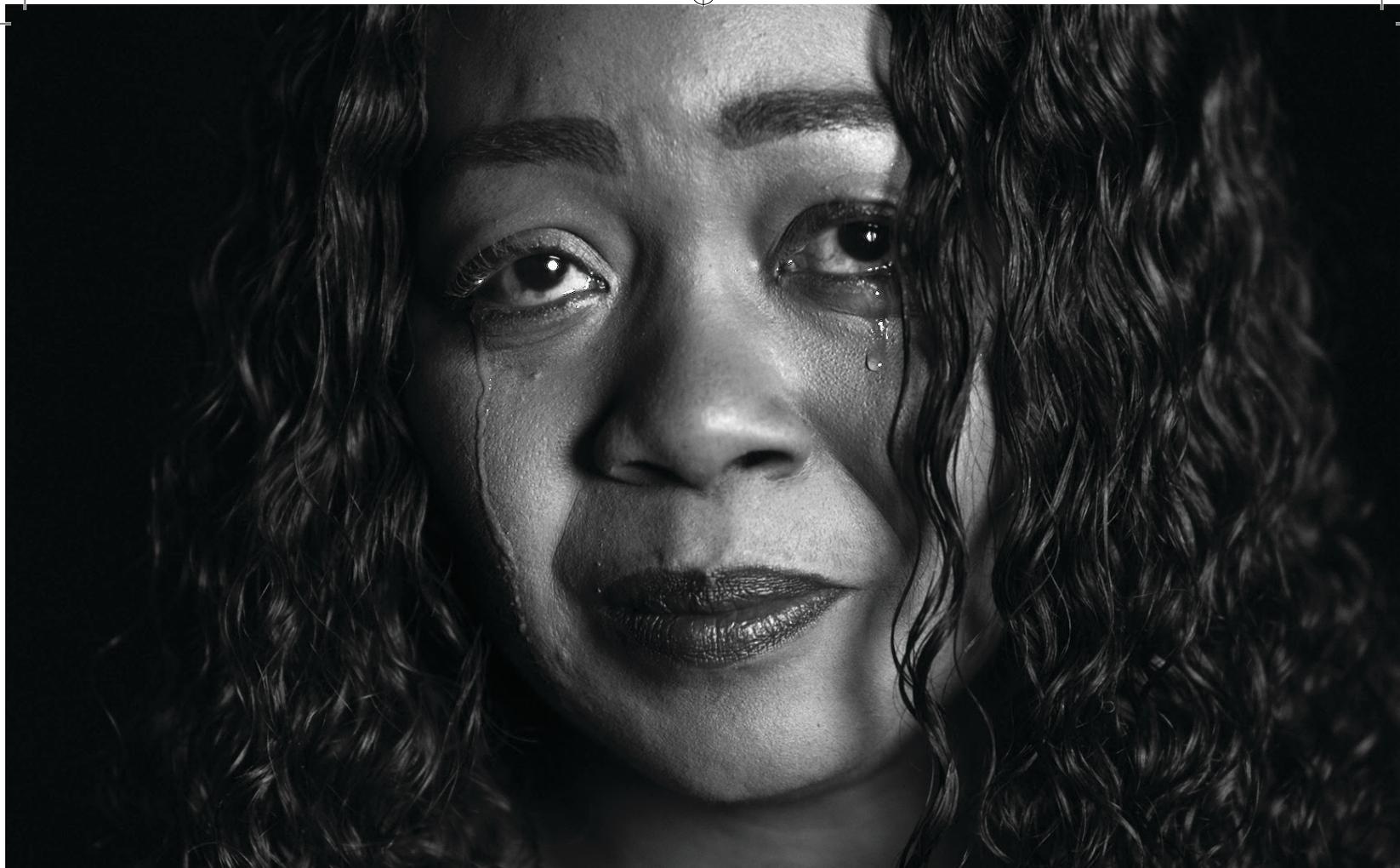
MY WORK IS CALMS

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
85258
here for you 24/7



THE HARDEST CALL

We've been and still are suffering through a seemingly never ending and incurable epidemic. A horrible virus that we've been dealing with for a while, even before COVID-19. The name? Knife Crime. More specifically, knife crime within our youth. In order to bring attention to the issue of knife crime, Pastor Lorraine Jones and four other mothers came together and started 'Hard Calls Save Lives' campaign that is supported by the Metropolitan Police and Crimestoppers. As part of the campaign, the 5 very strong and brave mothers came forward with the story of their hardest phone call they had to make, after their sons had been fatally stabbed. Their stories were made into a series of short films. The aim of this campaign is to encourage others to come forward with any information they might have about knife attacks (we encourage you to come forward to Crimestoppers if you have any information on knife attacks). The consensus among these stories from the mothers is that; it's hard to make the call to reveal potentially incriminating information about someone; however there are harder calls that will need to be made if a child dies.

Lorraine, one of the five mothers, talks about how she lost her son Dwayne and the call she had to make to her mother. She describes through shaky breaths and a tortured voice the pain she endured in speaking to her mum as she realised the heart breaking inevitable. She talks about how her realisation hit when she saw his 'lifeless' hand just hanging. This campaign is formally being supported by the Metropolitan Police and the

Dwayne Simpson





independent charity Crimestoppers. We urge you to watch the stories of these 5 women and share it around to as many people as you can. 'Hard Calls Save Lives' or <https://www.hardcallssavelives.co.uk/>.

DWAYNAMICS PROJECT

Pastor Lorraine Jones continues her efforts in trying to reduce the knife crime rate around London through her boxing gym Dwaynatics also known as the Dwayne Simpson Foundation. Lorraine nobly vowed that she would help overcome these issues so people didn't have to endure the heartbreak she did. The strict and committed regime that the sport of boxing puts the children through, instills in them dedication and a hard work ethic making them productive individuals proceeding into benevolent young adults.

The work Lorraine has done is actively seeing a reduction in reoffenders and has received a Queen's Award MBE. We advise you to make use of such an amazing concept and help better today's society alongside the Pastor herself. You can reach the gym at:

The Arches -282 Coldharbour Lane, Belinda Road,
London SW9 7DT
T: 07525 535 959
E: dwaynatics@gmail.com
In memory of Dwyane Simpson.



CrimeStoppers.
0800 555111
100% anonymous. Always.

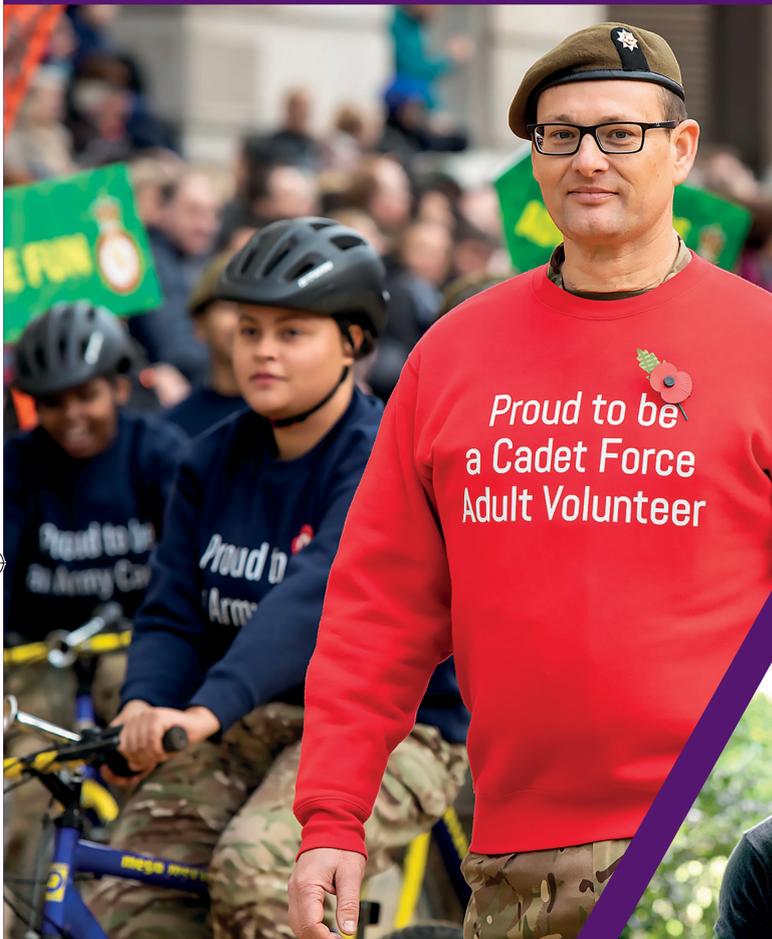
MAKE A BIG DIFFERENCE

Become a Cadet Force Adult Volunteer and have a great time helping

**Sea Cadets
Army Cadets
or Air Cadets**

with rock climbing, shooting, kayaking, first aid, sailing and loads more.

No qualifications or military experience required as full training is provided.

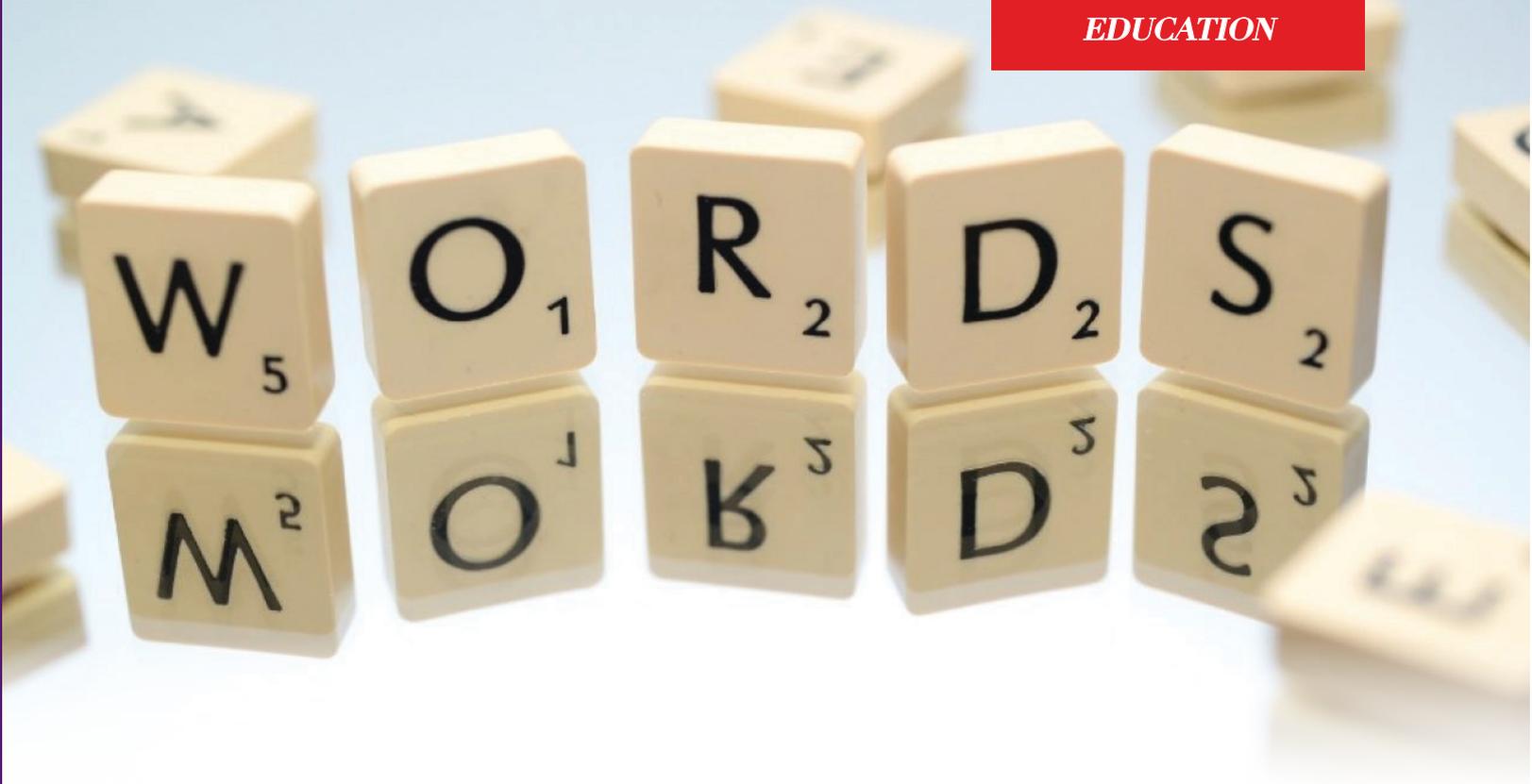


*Proud to be
a Cadet Force
Adult Volunteer*



Visit adultvolunteer.org

**You'll make a big difference to their lives
... and to yours.**



MISS DAVIS' TIPS FOR HOME LEARNING

HOW DO I IMPROVE MY VOCABULARY?

1. Read- not only does reading allow you to de-stress and escape into different realities. It also helps expand your vocabulary and improve your spelling and writing skills.
2. Learn a new word - learn a new word and be sure to use it.
3. Regularly use dictionaries and thesauruses- this will help you learn the definitions of the new words and give you the confidence to use them.
4. Play word games - word games such as scrabble will help enhance your vocabulary and spelling skills.
5. Don't be afraid to ask- when you come across words you don't know, don't be afraid to ask what they mean.

FOLLOW MISS DAVIS TUTORING:

Instagram: [@missdavistutoring](https://www.instagram.com/missdavistutoring)
www.missdavistutoring.com



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.

Currys PC World

5% off Large Kitchen Appliances
Over £399
at Curry's PC World
Discount Code:
LKA5A

boohoo

Exclusive Extra **15%** off Orders
at boohoo
www.boohoo.com
Discount Code:
VCD-6G6-T44-97G-32X

JD Williams

25% off Fashion, Footwear,
Lingerie and Beauty Orders Over
£30 at JD Williams
Discount Code:
TREAT

adidas

Exclusive **25%** off
App Orders
at Adidas
Discount Code:
FN5D-MGQM-35DQ-GVQZ7

SHEIN

Up to **30%** off Orders
at SHEIN
Discount Code:
wduk

JD

10% off Kickers Orders
at JD Sports
Discount Code:
Kickers

PRETTYLITTLETHING

20% off App Orders
at PrettyLittleThing
Discount Code:
APP20

Ann Summers

20% off Orders
at Ann Summers
Discount Code:
WOOP20

Uber Eats

25% off Selected Orders
at Uber Eats
Discount Code:
BRINGITDEAL25

Please note this magazine is created quarterly, therefore some of the coupons may expire before the magazine has reached its expiry date. Please check the company website for the expiry date. Also you can get up to date voucher codes by visiting www.vouchercodes.co.uk



35% off Orders
Over £40
at Domino's Pizza
Discount Code:
35OFFAPR



40% off Pizza and Side Orders
Over £35
at Pizza Hut Delivery
Discount Code:
FD223D



Free AIRism Face Masks
with App Orders
at UNIQLO
Discount Code:
GWP-APPEXCLUSIVE



20% off Selected Orders
at Footasylum
Discount Code:
SECRET20



£25 off GraviTrax Orders
Over £100
at John Lewis & Partners
Discount Code:
GRAVITRAX25



Exclusive Up to 35% off
Orders at LOOKFANTASTIC
Discount Code:
UPT035



Free Delivery on Orders
at The Perfume Shop
Discount Code:
LOVE10



Exclusive **15% off**
Orders Over £10
at The Works
Discount Code:
XVUCUK15



Exclusive extra **10% off** Orders
Including Items in the up to 70%
off Sale at boohooMAN
Discount Code:
BHMEXTRA10

Photo: Shannon Tremaine



FRIED CHICKEN RECIPE

1. Firstly we clean our chicken legs and thighs with lime
2. Once cleaned we season with London starr's green seasonings which contains (garlic, onion, spring, onion, thyme, coriander, parsley and scotch bonnet peppers)
3. Then we add 1 table spoon of Maggies all purpose seasoning, 1 table spoon of Maggies chicken seasoning, 1 teaspoon of paprika, 1 teaspoon of crushed pimentos, half a tea spoon of black pepper.
4. Use your hands and rub the chicken to marinate it.
5. Leave it for 1 hour for the flavours to really marinate.
6. While the chicken is marinating you can make your chicken coating.
7. 1 cup of plain flour and one cup of self-raising flour with 1 tea spoon of salt mixed together.
8. Once the chicken has been marinating for 1 hour, we beat together two eggs in a separate bowl.
9. Then heat your oil in a pot with a cover, add 1 whole scotch bonnet pepper to give your coating a little flavor.
10. Now you should have a bowl with eggs that's been beat together and a bowl with your coating and your marinated chicken.
11. You're going to take your seasoned chicken, dip it into the egg mix and then dip it into the flour. Mix till completely covered and then add straight into the hot oil which should cover the chicken completely.
12. Once all your chickens are in the pot frying, cover it with a lid and leave to fry for 15 to 20 minutes on gas mark 5 so it cooks thoroughly.
13. Once golden brown, remove your chicken placing on kitchen tissue to remove excess oil.
14. Then enjoy with a side of your choice

INGREDIENTS

- Chicken legs and thighs
- 1 whole scotch bonnet pepper
- 1 tea spoon of salt
- 1 table spoon of Maggie all-purpose seasoning
- 1 table spoon of Magpies chicken seasoning
- 2 table spoons of London Starr's green seasoning
- 1 teaspoon of pimentos crushed
- 1 teaspoon of paprika
- Half tea spoon of black pepper
- 2 eggs
- 1 cup of plain flour
- 1 cup of self-raising flour
- Oil





INGREDIENTS

- 2 cups spinach
- 2 cups water
- 1 cup mango
- 1 cup pineapple
- 2 bananas, Use at least one frozen fruit to chill your smoothie. We often use frozen mangos and bananas in our green smoothies.

GREEN SMOOTHIE

This tropical treat has the perfect fruit-to-veggie ratio, which makes it a great beginner-friendly green smoothie. The spinach has a mild taste and is packed with over 20 different nutrients, vitamins, minerals, antioxidants and high-quality amino acids. It's rawesome stuff! Oh, and this recipe is kid-tested and approved too:)

1. Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.
2. Add water and blend together until all leafy chunks are gone.
3. Add mango, pineapple and bananas and blend again until smooth.
4. Pour into a glass.

Recipe Notes:

If you have an allergy to mango or pineapple, or not a big fan of bananas? You can substitute any fruit with another fruit with a one-to-one ratio.





WHAT HEALTH CHECKS SHOULD I BE DOING IN MY TEENS AND EARLY 20'S.

Twenty-something's may be inclined to put off doctor's appointments and health tests until they're older, but there are some screenings they shouldn't wait to get. This is especially true when it comes to tests for "silent" conditions that can damage health without causing any symptoms, like high blood pressure and certain sexually transmitted infections.

- 1. Blood pressure test-** Having high blood pressure means that the force of your blood pushing against your artery walls is consistently too high. Over time, high blood pressure damages the lining of the arteries, and this damage may lead to heart attack and stroke, which can both be deadly. High blood pressure is a silent killer because you really don't present with symptoms until it ends up in a fatality.
- 2. Cholesterol test-** There are two types of cholesterol: LDL is the "bad" kind that contributes to fatty build-ups in the arteries, and HDL is the "good kind" that helps remove excess cholesterol from the arteries. (Segal offered a handy mnemonic device for remembering which is which: LDL is lousy; HDL is happy.)
- 3. HIV Test-** Human immunodeficiency virus, or HIV is the infection that can lead to AIDS if left untreated.
- 4. Skin Cancer Check-** Skin cancer doesn't just happen to older folks who have spent years sunbathing. Melanoma, the deadliest type of skin cancer, is the second most common cancer among ages 15-29. Skin cancer can vary pretty dramatically. The disease may manifest as a changing mole, a sore that won't heal, or even an unassuming flesh-colored bump.
- 5. The A1C Test for type 2 diabetes-** What doctors usually look for also in your 20s is diabetes. The A1C test is a blood test that measures your blood sugar levels over the previous three months. It's used to identify type 2 diabetes, the condition in which blood sugar is too high because the body can't use insulin well, and pre-diabetes, a condition in which blood sugar is higher than normal but not yet high enough to be diabetes.
- 6. Pap Smear -** The Pap smear looks for abnormal changes in cervical cells before they become cancerous, if they're not caught early.
- 7. Gonorrhoea and chlamydia tests -** Chlamydia and Gonorrhoea are sexually transmitted diseases (STDs) that are both caused by bacteria. And, since many people who get these STDs testing is the only way to know for sure if you're infected as some people never know.

WHAT I WISH I KNEW BEFORE GETTING INTO THE MUSIC INDUSTRY



Maxwell D is an East London born and bred Grime OG. He was formerly a part of the rap group 'Pay as you go cartel' where he was accompanied by Wiley, DJ Target and many more.

1. TRY TO PUSH YOUR MUSIC TO RADIO STATIONS

- I didn't know that you got paid for your songs getting played on the radio.

2. PUBLISHING

- I never knew before that you can get publishing deals for your song writing. I thought everyone wrote their own material.

3. DISTRIBUTION

- I never knew there were separate distribution companies out there that support and market and release artists material.

4. DON'T TRUST THE MEDIA

- I never knew how shady the media can be and how badly they want gossip and drama. They will tell lies to get what they want.

5. LISTENING TO OTHER PEOPLE'S OPINIONS CAN BE A GIFT AND A CURSE

- In this music industry you need to follow your own heart, make your own decisions and have a close person that will always be honest with you that you can trust. Very important.

WHAT I WISH I KNEW BEFORE CHOOSING A UNI DEGREE



Study something you enjoy. It's better to study a subject you love and achieve highly than study a subject you felt you're expected to take and not achieve well.

Your chosen degree doesn't always dictate your career path (now I work in finance after studying a science)

Do research behind your uni degree and what career paths you can go into with it, it's always good to have a head start on your future.

University isn't a necessity anymore, many companies offer great apprenticeships and you can be very successful without going to uni.

If you're thinking about doing an apprenticeship, you have to know exactly what you want to do as a career. An apprenticeship in Estate Management won't get you a job as a Surgeon!

WHAT I WISH I KNEW BEFORE



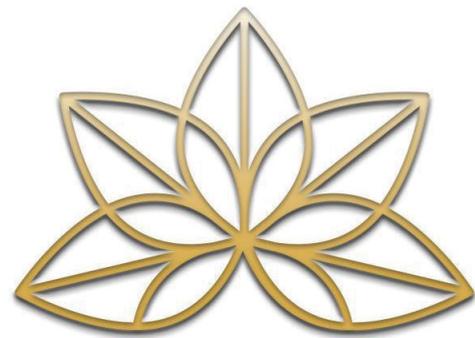
WHAT I WISH I KNEW BEFORE I SET UP A SOCIAL MEDIA BUSINESS

Simirin owner of Amarran a luxury jewellery brand specialising in handcrafted, contemporary, semi-precious, South Asian style jewellery.

- 1. Don't focus on followers they don't equate to purchases.**
- 2. Customer is king - focus on your customer service.**
- 3. Be unique in your product base - don't follow the crowd.**
- 4. There will be quiet periods so don't get down about it, just ride the wave.**
- 5. The pandemic has taught me that you must be able to adapt your business to consumer needs to continue to stay in business.**



Building Brand on Social Media



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DUNKERS 2

A game by Colin Lane and Playback Studio

Dunkers 2 is an arcade style physics based basketball game. It features fast paced crazy game play where the objective is to dunk in your opponent's basket.

- Over 3 Million players on iOS
- No.1 Sports game in 85 countries including USA, China, Russia, UK
- Featured Worldwide
- Free to Play
- 60 Playable Characters
- 80+ Unlockable Icons and Balls
- 5 Crazy Levels
- Tournaments and Trophies
- 3 Game modes
- 1 and 2 player



Game of the Day
- Apple App Store

'Dunkers 2 is everything you'd hope for from a sequel. You still bounce around a basketball court, arms flailing uncontrollably, trying to dunk on your opponent. But there's an all-new visual style that ditches the old-school pixel art for a hand-drawn 2D look more colorful than ever before. There's also more courts with different backdrops, more athletes to choose from including over-the-top mascots and more customization of balls and shirts.'

There's also a single-device multiplayer mode so you can face off against friends in comical dunk contests. Don't worry, you can show off your backboard-shattering slams via built-in replays.'

WHAT'S THE MOTIVE?



WHAT'S THE MOTIVE

LONDON WING FEST 2021

London Wing Fest is a celebration of finest chicken wings that London has to offer and is now the world's biggest chicken wing festival. Every year the event showcases the best chicken wings the UK has to offer, with thousands of lucky ticket holders and a judging panel deciding who really does do the best wings.



DREAMLAND JOUVERT

Dreamland Jouvert is a music festival in Colesdale Farm, United Kingdom this August. Its recent lineups have included DJ Bones, DJ Tate and more artists.

It is the biggest pre carnival party for the Notting Hill Carnival. In addition to music, this event is famous for the abundant use of coloured paints, powders and water.

GHANA PARTY IN THE PARK

Ghana Party in the park is an annual outdoor festival held in London celebrating Ghanaian Culture. The festival itself is one of the biggest African festivals in Europe. The festival consists of endless food fun and entertainment .



WAKE UP DOCKLANDS

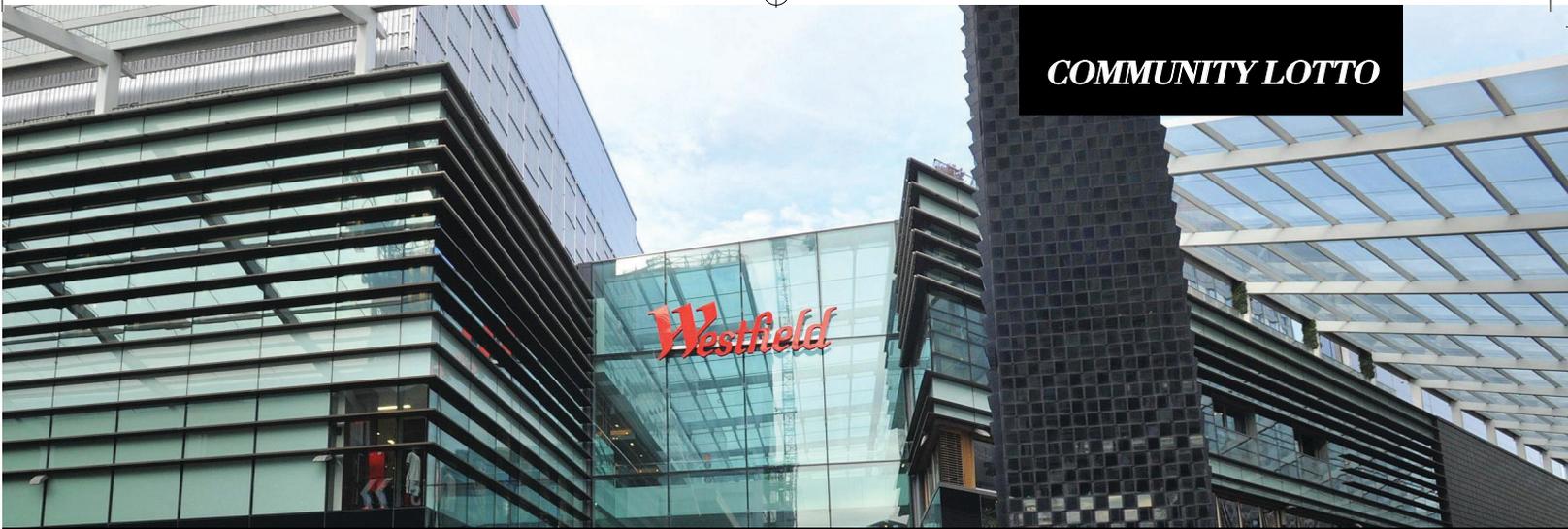
Wake Up Docklands is London's only cable wakeboard park offering a variety of water based activities in an inner city environment it is located in the waters of the Royal Victoria Dock the activities specialise in:

Cable wakeboarding, Stand Up Paddle boarding , yoga/Pilates, hydro foiling and a beach bar.



SKUNA

Skuna Boats - The home of floating Hot Tubs & BBQ boats in London. Skuna is based in Canary Wharf West India Quay. It is the ideal place for large groups and celebrations this is a way for you to enjoy some quality time with a group of your mates eating and drinking whilst taking in the skyscrapers that East London has to offer.



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INSIDE SUCCESS RECRUITMENT DRIVEN BY **YOUTH**



Inside Success Union is a social enterprise; we facilitate employment and training opportunities for youth between the ages 16-24. We exist to find part time/temporary and permanent employees for companies who are looking for support roles in the following areas:

- ◆ Administration
- ◆ Media
- ◆ Sales & Marketing
- ◆ Promo work/Events
- ◆ Stewarding
- ◆ Hospitality



WHAT CAN WE OFFER?

We have access to hundreds of individuals educated to apprentice/degree level. Unemployment is at an all-time high with a staggering 54,000 young people finding it extremely difficult to find a job according to ONS statistics.

WHY 16 - 24 OLDS?

Graduates are finding it extremely difficult to find a job with 'lack of experience' being deemed a major factor for them failing to get a job.

OUR PROMISES

Our young people develop a work ethic and understanding of the working world by being trained and offered in-house jobs to fundraise for the company. We personally screen all candidates suitable for external roles.

TEL: 07594 828383 EMAIL: INFO@INSIDESUCCESSUK.COM + INSIDESUCCESSUK@GMAIL.COM

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Inside Success - Youth Zoom's Talk

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16 - 24
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Former members of Inside Success talk about what they are currently doing...



LEEROY

My name is Leroy Silva and I'm 22. I worked at Inside Success UK for 2 years and I started doing outreach where I built my social skills interacting with customers as well as my confidence and worked my way up to team leader where I learnt to be more organised and to be a good leader. Now I use what I learnt in Inside Success UK in my career as a head basketball coach for a club where I run the national league under 12 programme and play national league men's division 3. My advice to future generation is use your mind like a sponge and observe and listen to what Darren and David say and do as I learnt a lot from them and they have set a good path for entrepreneurs.



SENESIE

My 4 years at Inside Success were some of the best moments in my life, not just because they helped me really grow as a person but because they taught me some valuable life skills which I've carried with me everywhere I've been. It was also a place where I met some of the most amazing young people London has to offer. Being a team leader during my term there, me and all the other team leaders and the managers have played a big role in helping the company grow and galvanise the next generation of London youths. As an aspiring singer and actor, the organisation has played a huge role in not just building up my confidence and courage, but it is also responsible for helping me book my first acting gig and also put me in contact with people in fields that I want to eventually be part of. Currently I'm an employee at Southern Train-Line. My advice would be, when you are part of the organisation, do not take it for granted. Work hard, be open to learn and treat people with respect. There is room for growth. Most importantly, it's an organisation where solidarity and togetherness is everything. You will meet amazing people that you could be friends with for a lifetime.



NIAMH

While working for Inside Success I was able to gain confidence and develop my social skills. Before I was quite shy but now I feel more comfortable approaching new people. I had a lot of fun working at Inside Success.

At the moment I am running my own business called NBmadeit (@NBmadeit on Instagram) where I sell custom Airforce 1's and hope to be expanding into other attire! Currently I have over 250+ orders! A piece of advice I would give is to not be afraid of the word no. Ask as many people as you can for help and advice because you'll be surprised how many people will help you!



TONI - ANN

My time at Inside Success was a great experience. My time at Inside Success was actually special as the year I joined I set myself a goal that summer to find a job and start earning my own money and Inside Success opened that door for me. I learnt how to better my communication skills and to be more confident in myself and to never ever give up. My time at Inside Success was full of different experiences. I had lots of fun working with different people. Since I have left Inside Success I have created my own media business called @tbmediapro. I go to different video shoots and do photography and videography. I've worked with artist's such as IQ, Scratch, Midas the Jagaban, TeeZandos and many more. I recently started another business called Tbm. mgmt which is a modelling agency. My role is to get jobs for people who are signed to us and help them grow as a model. Advice I would give to the younger generation is focus on yourself don't watch what your friends are doing and chase your dreams. Doesn't matter how old or young you are, you can do anything you put your mind to.



SULTAN

My time with Inside Success was amazing as it allowed me to connect with different people and come out of my comfort zone. I learnt how to work within a team and how to also be a team leader. I am currently a model and a social influencer and young entrepreneur. One piece of advice I will give to the younger generation is to never give up and keep working hard and treasure the finer things in life.

Short Courses Inspired by the *Youth*

INSIDE SUCCESS UNION

Inside Success UK is social enterprise that supports young people (16-24) with jobs, training & education.

We exist to help cultivate your inner success by offering a wide range of courses and workshops to suit your needs and ready you for employment.

WE CURRENTLY OFFER WORKSHOPS AND COURSES

in a number of areas including:

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- DIGITAL MARKETING
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ATHENA

Inside Success has given me opportunities that regular jobs can't. It has helped me to grow alongside young people in communication, team work and providing workshops that give me an insight into different industries of work for me to consider in the future.



AMINATA

Inside Success has helped me become a better version of myself over the years I've been working for them. Not only have I developed meaningful relationships, I've also made useful bonds and networks that have, and will help me shape my future as I progress into adulthood.



TRAMACE SOBERS-REID

Inside Success has helped me in many ways. The main ones being my confidence and communication skills! I can now have a conversation with just anyone about anything and feel confident doing it!



CHIM

Inside Success has been an important factor in my development as a person. It has helped me to consider money management, communication skills and also resilience in everything I'm doing. The course I took also helped to teach me the tricks of making a career online and better myself financially and also morally.

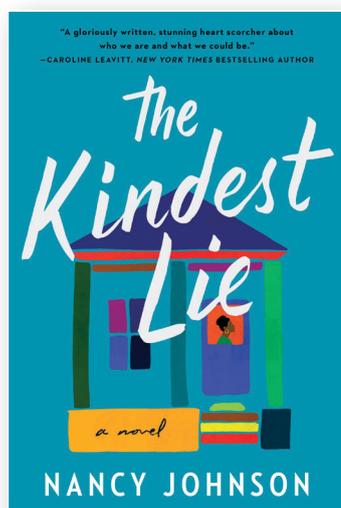


See

FAST AND FURIOUS 9

Fast and Furious 9 is one of the last 3 films in the Fast and Furious franchise which was delayed for release in 2020 but as you know summer 2021 is set to be showcasing the film in all cinemas all across London.

Read



THE KINDEST LIE by Nancy Johnson

Ruth Tuttle, an Ivy-League educated Black engineer, is married to a kind and successful man. He's eager to start a family, but Ruth is uncertain. She has never gotten over the baby she gave birth to—and was forced to leave behind—when she was a teenager. She had promised her family she'd never look back, but Ruth knows that to move forward, she must make peace with the past.

Buy



INSTAX CAMERA

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Fujifilm instax cameras are cameras with a built in printer allowing you to instantly print out polaroids of the images you have captured. They have recently come back in trend and would be a great asset to you during the 2021 summer experience allowing you to capture memories.

COMING SOON

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YOUNG PEOPLE FACE.**

LET'S TALK ABOUT IT

Podcast

MEET THE CAST



My name is Aminata. I'm 17 and I'm currently studying psychology, English literature, Art and Global Perspective in my second year of A levels. Most of my time is spent studying, however I do invest time into exploring fashion and apparel. I also find relaxation in drawing portraits.



My name is Anas Cheramat. I am a 20-year-old radio presenter, DJ and actor from South London. For any enquires on how to get in touch with me or see more of what I do follow my Instagram: @anascheramat



I am Zita, I currently attend sixth form and I study media and sociology. I'm an aspiring presenter.



Hello, I'm Jonny. I am 21 and currently studying BA Acting. I truly believe I am most comfortable on camera and most of all it's what I enjoy doing.



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