

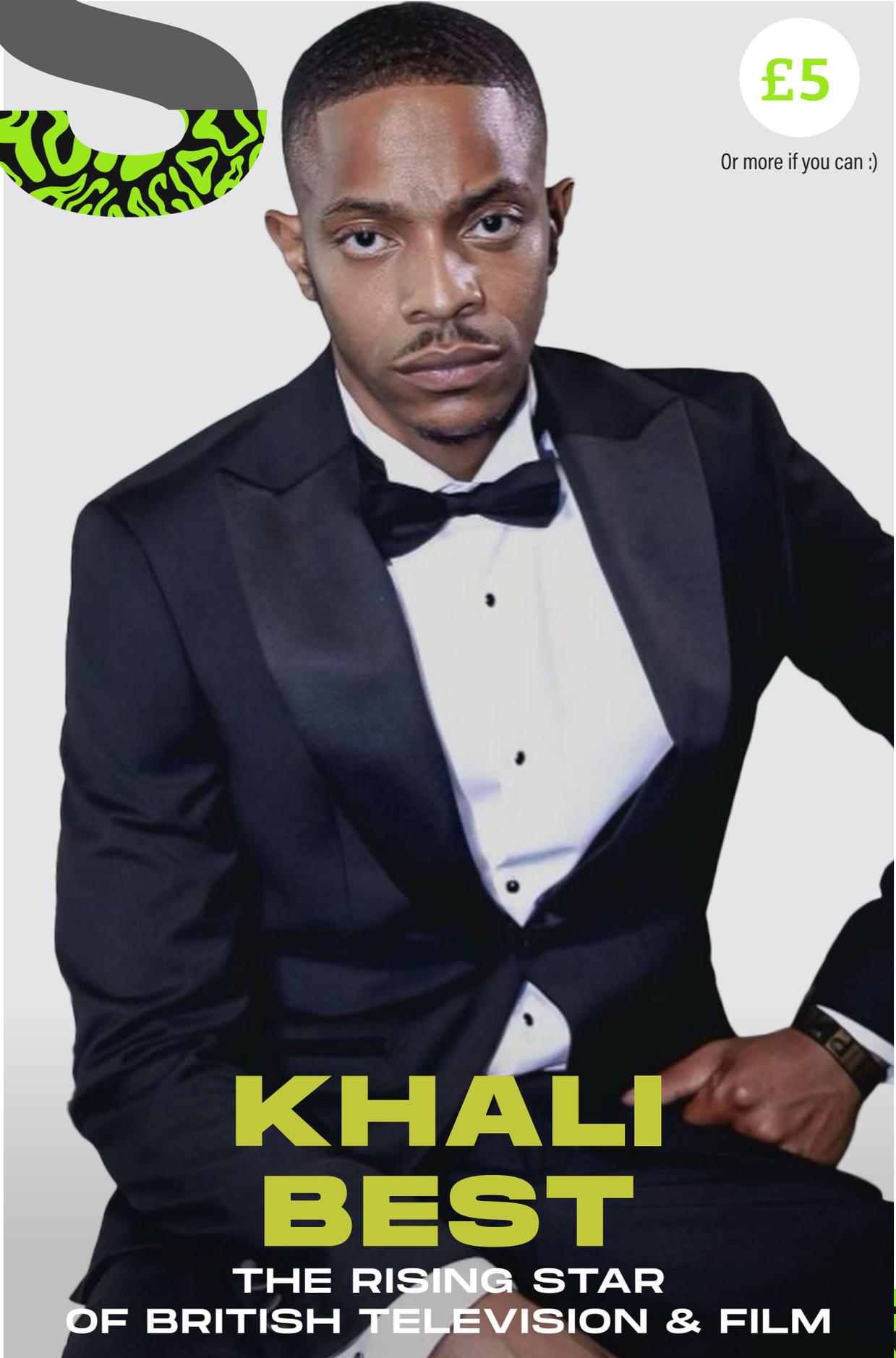
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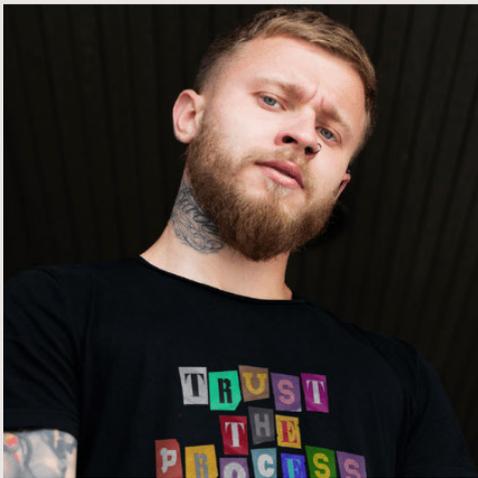


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The influence of AI in the modern world: a blessing or a curse?

OPINION

Artificial intelligence (AI) has become increasingly pervasive in our modern world, shaping various aspects of our lives. Whether it is in our smartphones, social media platforms, or even our workplaces, AI has undeniably made its mark.



Recently, we have seen the emergence of ChatGPT, a chatbot developed by OpenAI that enables users to have human-like conversations to complete various tasks. For example, the AI tool can answer questions and assist you with tasks such as composing emails, essays, and code. Virtual assistants such as Amazon Alexa and Google Assistant are becoming more apparent in homes, and self-driving vehicles that use AI technology are looking to be the way of the future.

However, the question remains: Is AI a blessing or a curse?

On one hand, AI offers numerous benefits to society. It has revolutionised industries, making processes more efficient and cost-effective. For example, in healthcare, AI-powered technologies assist doctors in diagnosing diseases more accurately and quickly, ultimately saving lives. In transportation, self-driving cars promise to make roads safer and reduce accidents caused by human error. AI also enhances our everyday experiences, from personalised recommendations on streaming platforms to virtual assistants that help us manage our schedules.

However, the widespread adoption of AI also raises concerns and challenges. One major issue is job displacement. As AI automates tasks previously performed by humans, there is a fear that many jobs will become obsolete, leading to unemployment and economic inequality. Moreover, AI algorithms can be biased, reflecting the prejudices present in the data they are trained on. This can perpetuate discrimination and inequality in areas such as hiring, lending, and criminal justice.

Another concern is the erosion of privacy and autonomy. AI-powered surveillance systems can track our movements, behaviours, and even emotions, raising ethical questions about surveillance and individual freedoms. Additionally, there are fears about the misuse of AI for malicious purposes, such as deepfake technology being used to spread misinformation or AI-powered weapons being developed for warfare.

Recent reports have found that the number of students cheating in GCSE and A levels has increased by a fifth in the last year, due to the impact of ChatGPT. Education experts fear these statistics, with cases of students turning to AI as a shortcut to completing and getting better marks on their coursework becoming more frequent.

Last year, two students were found using AI for their history A-level coursework after their teacher became suspicious of the quality of their work. Another instance found students using AI in their marketing exam. All students ended up losing marks for this.

In regards to this issue, a spokesperson from Ofqual said:

"The work students submit for their qualifications must be their own, and there are serious sanctions for any student found to have cheated, including through the use of AI. Exam boards have published guidance on protecting the integrity of assessments in light of AI to support schools and colleges. Ofqual requires exam boards to prevent, monitor for, and take action against cheating, including using AI. Where one exam board identifies cheating, it is also required to share that information with other boards where relevant for further investigation."

But despite these challenges, AI has the potential to be a force for good if used responsibly and ethically. It is crucial to implement regulations and guidelines to ensure that AI technologies are developed and deployed in ways that benefit society as a whole. This includes transparency in AI algorithms, accountability for AI decision-making, and safeguards to protect privacy and human rights.

The influence of AI on the modern world is complex and multifaceted. While it offers tremendous opportunities for progress and innovation, it also poses significant challenges and risks. Ultimately, whether AI is a blessing or a curse depends on how we choose to harness its power and address its limitations.

The cost of living crisis: Is it ever going to end?



Since 2021, the UK has been suffering from a cost of living crisis in which the cost of everyday essentials like food and bills has increased more quickly than average household incomes.

This cost of the crisis is caused by increased inflation in both the UK and globally, as well as the economic impact of factors like the COVID-19 pandemic, Russia's invasion of Ukraine, and Brexit.

The government has attempted to respond to the cost of living crisis, offering several support packages throughout this and last year. In 2022/23, household income support totaled £59.8 billion, and an additional £21.5 billion is forecast for 2023/24. The latest updates on support were announced in the Spring Budget, including an extension of the Energy Price Guarantee (EPG). However, due to the recent fall in the energy price cap, this support will now end. Despite extensive government support, household incomes are not keeping up with living costs, and they are not expected to return to 2021 levels in real terms until 2027.

Inflation has played a huge role in the cost-of-living crisis. Since it peaked at 11.1% in October 2022, the rate has been gradually coming down. The UK's annual inflation rate is expected to continue falling in 2024, though more gradually than in 2023, due to lower energy prices and

reduced inflation in consumer goods and food.

But the cost of living crisis isn't just a financial problem; it has also caused problems in health. The UK financial crisis is a public health emergency, potentially on par with the COVID-19 pandemic. Not being able to afford the essentials, such as food, rent, heating, or transport, has wide-ranging negative impacts on mental and physical health and well-being.

So, is the crisis ever going to end?

Well, the good news is that yes, the cost of living crisis isn't going to last forever and is expected to end. But the bad news is that we don't know when. Inflation has been decreasing since 2022, with it falling from 3.4% to 3.2% between February and March. But the lower inflation rate doesn't mean prices are falling; in fact, they are still rising, just at a slightly slower rate. Food and non-alcoholic drink prices are up by 4% on last year, but this isn't something to be disheartened by, as it was 30% in 2021. So it is going to take a couple of years before things ease back to normal.





The debate around state vs. private schools: which is better?

OPINION

The UK is renowned for having one of the world's best education systems, adopting a comprehensive national curriculum, and having a range of schools to choose from. But there is still the staggering debate between state and private schools that always leaves people at odds.

While private schools are known for their high-quality resources and extracurricular activities, many state schools have a reputation for being academic powerhouses. So let's discuss the debate: state vs. private school, which is better?

Before we dive into it, what's the difference between a state and a public school?

State schools are not fee-paying but instead are funded by local authorities and the government through taxes. State schools offer free education for kids aged 4 to 18 and ensure that every child in the country has a guaranteed spot. State schools usually follow a national curriculum.

Private schools, on the other hand, are funded by tuition fees rather than the state. In the UK, only 0.6% of the 8.8 million school-age children attend these schools. These schools are not funded by the government or local authority but are privately owned and funded.

Often referred to as independent schools, there's a slight distinction: independent schools are private schools managed by a board of governors or trustees, whereas private schools can be run directly by their owners without a governing body. As a result, they don't follow a national curriculum but have the freedom to administer the school as they please.

So, are private schools better?

Well, not necessarily. While they tend to have more rigorous academic programmes and offer

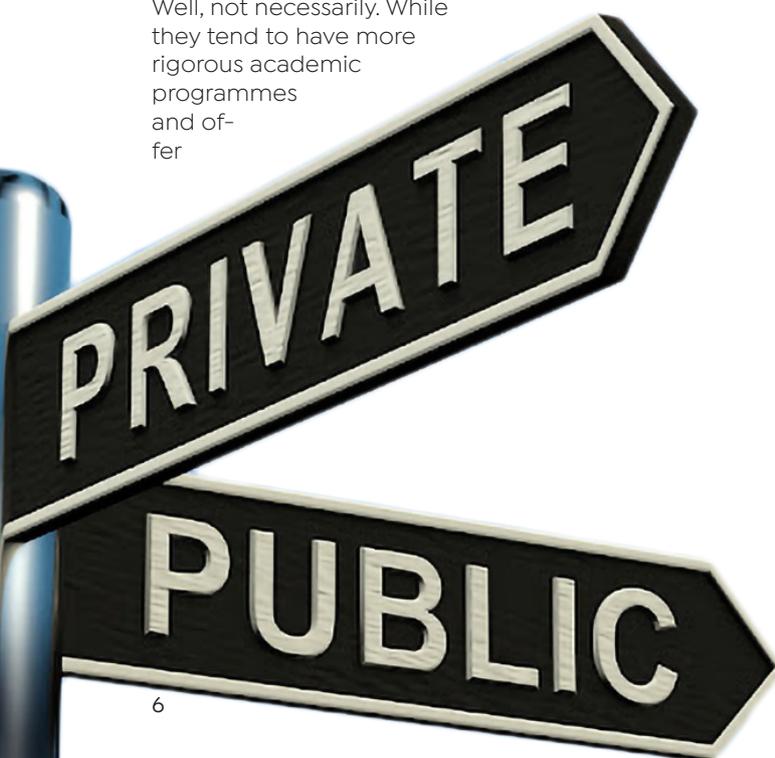
a broader range of extracurricular activities, that doesn't automatically mean that the private school is going to be an academic giant. Many state schools are still academically excellent, even if they aren't grammar schools. One of the reasons parents deviate from private schools is due to the cost, so they may find comfort in knowing that there are state schools that are high academic performers.

But perhaps it is the cost that makes private schools better. They will typically have more funding per student, which can translate to better facilities and more extracurricular options. Most private schools aim to prepare high-achieving students for top universities. To do this, they have created specialised schedules and systems that focus on these goals. With more resources at their disposal, private schools often offer a wider range of subjects, including arts and humanities like psychology, drama, music, and media studies. This isn't always the case for state schools, as having access to such activities depends on where the school is geographically located, with some areas having a more academically driven culture and receiving more government funding, as well as the students' family income to provide such activities outside of school. Additionally, students in private schools get better personalised attention due to smaller classroom sizes, and class participation and interest in learning are better. In state schools, classrooms are more quantitative, particularly in urban or underfunded districts, which can impact the amount of individual attention students receive.

But private schools do struggle with diversity, which is a big element of education culture. They lack diversity in regards to socio-economic backgrounds because of the tuition fees involved. They attempt to combat these issues through scholarships. State schools are more diverse, reflecting the demography of the community they are based in. It's important for schools to be diverse, as it provides a richer social experience and exposes students to a broader range of perspectives.

But the main decider between states and private schools is the academic potential and performance of both, along with the future academic and career prospects they provide. Statistics currently show that 60% of Oxbridge students come from private schools. But this doesn't diminish the academic performance of state schools, with there being a noticeable improvement in their A-level exam results in recent years.

But what do you think—private or state schools?



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... Before I got my first credit card

WHAT I WISH I KNEW

- **THE IMPORTANCE OF BUILDING CREDIT:**

Before getting your first credit card, it's important to understand the significance of building a good credit score. A strong credit history can make it easier to qualify for loans, rent an apartment, and even secure better interest rates on future credit cards.

- **THE IMPACT OF INTEREST RATES:**

Never underestimate the impact of interest rates on credit card balances. High interest rates can quickly accumulate debt if not paid off in full each month. Understanding how interest accrues can help avoid costly mistakes.

- **THE TEMPTATION OF OVERSPENDING:**

Having access to a credit card can be tempting, leading to overspending beyond

your means. Learning to budget and use credit responsibly is crucial to avoiding falling into debt.

- **THE IMPORTANCE OF PAYING ON TIME:**

Missing credit card payments can have serious consequences, including late fees, increased interest rates, and damage to credit scores. Set up automatic payments or reminders to help ensure bills are paid on this date each month.

- **THE IMPACT ON CREDIT UTILISATION:**

Appreciate the importance of credit utilisation—the ratio of credit card balances to credit limits. Keeping credit card balances low relative to credit limits can positively impact credit scores. Aim to keep credit utilisation below 30% to maintain a healthy credit profile.





... Before I did my driving test

1. EXPECT THE UNEXPECTED.

Driving tests are unpredictable, as you never know what's waiting for you around the next corner. There are several things that you should anticipate, for example, pedestrians wanting to cross the road, so be on the lookout for traffic lights and zebra crossings. Be aware and observant, because someone's life might depend on your driving skills. Always think about your next move in case another car comes out of nowhere and you need to brake suddenly.

2. MAKING A MISTAKE DOESN'T MEAN YOU HAVE FAILED THE TEST.

Making a mistake during your test is completely normal; you are human after all. But how you handle your mistake is what determines whether you pass or fail, so don't start to overthink or worry. For example, the examiner could perceive your mistake differently if you haven't caused any damage or put pedestrians in danger. So if you make a mistake, forget about it and concentrate on driving the vehicle safely for the remainder of the test period.

3. KEEP YOUR EYES ON THE ROAD!!!

I mean, that's the most obvious thing. Keep your eyes on the road and ensure that you are aware, attentive, and know what is happening on the road. For example, a common mistake people assume is that you're still on a road with a speed limit of 40 mph without checking for speed limit signs. Examiners take notes on such things, and it could make or break you.

4. BE CONFIDENT AND FRIENDLY.

Most people walk into their driving test lacking confidence and very shy

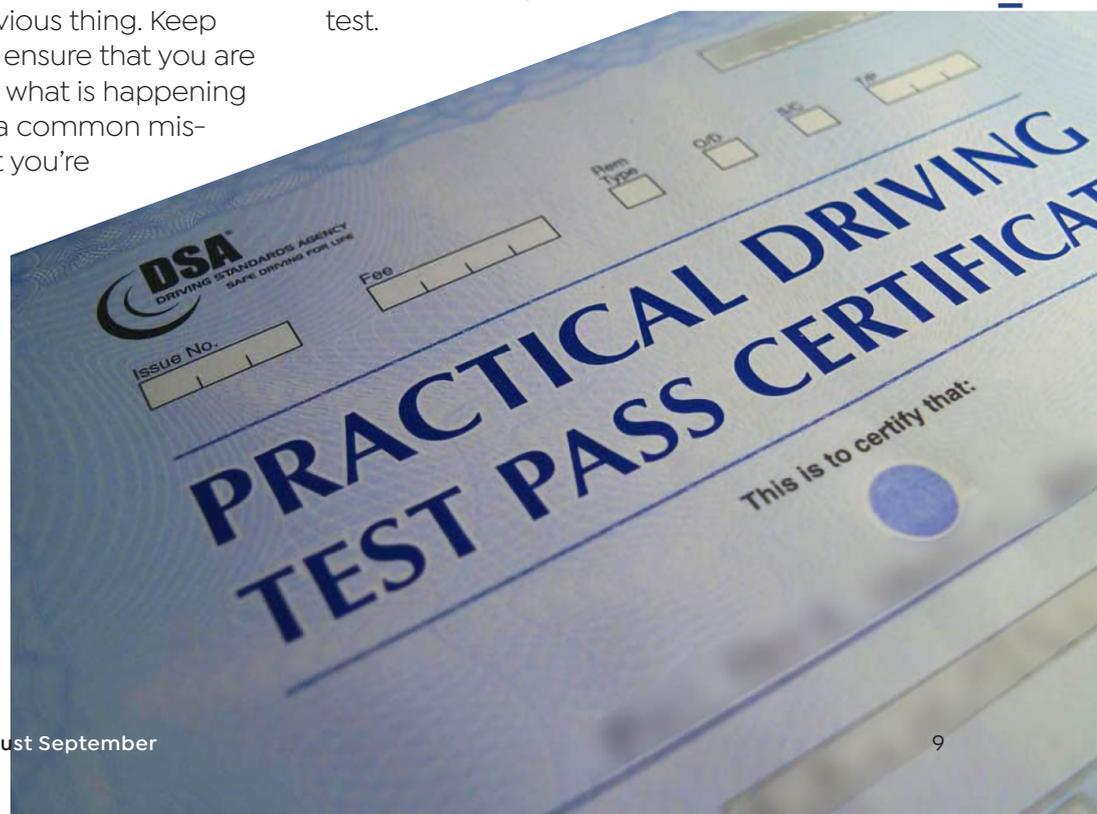
and reserved. Get comfortable with your examiner and make conversation plans with them. Relax your nerves; you don't want to be anxious and thrown off throughout the entire test, which guarantees you a fail. Be friendly and confident, and your test will be a breeze.

5. PRACTICE PARALLEL PARKING.

Parallel parking is a common part of driving tests and can be challenging for many. Practice this manoeuvre until you feel comfortable and confident in your ability to execute it smoothly.

6. BONUS TIPS: GET A GOOD NIGHT'S SLEEP.

Emphasising the importance of adequate rest is crucial, as it's widely known that getting the right amount of sleep allows you to function optimally. Staying up late leads to feeling tired upon waking up, affecting concentration levels and putting you at a disadvantage. According to a recent report, failing to get the recommended eight hours of sleep doubles the risk of being involved in an accident the following day. If you find yourself consistently making dangerous or serious mistakes, you may not be ready for the test. Consider practicing more and postponing the test.





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SCAN ME



The debate around the UK entertainment industry

The U.K. entertainment industry has always stirred up so many different opinions. While it plays a significant role in UK culture, platforms such as the Shade Borough and ImJustBait, as well as podcasts and new TV shows, make the industry's content constantly subject to debate and criticism.

- 🌀 Gossip pages such as the Shade Borough, UK gossip, and ImJustBait continue to be one of the UK's main sources of celebrity gossip, news, and viral/trending web content for most young people. It is undeniable that these platforms keep people informed while encouraging engagement and discussion. Such outlet pages have been condemned for being biased, cloutchasing, and perpetuating hate. Many believe these pages create a toxic and negative space that supports the view of the UK as having "bad vibes."
- 🌀 The popularisation of podcasts is another factor that contributes to the debate. We are seeing more and more podcasts on the rise, as content creators have found a new venture to share opinions, laughs, and banter. There are popular UK podcasts such as the receipts podcast and shxtsngigs podcast. But certain podcasts have been criticised by the public for the controversial views they spread. Many have been condemned for their discussion of controversial and unethical topics such as religion, gender, sexuality, race, dating, body image, and urban noise.
- 🌀 And finally, the introduction of new television shows in UK culture has stirred up contention. In the past decade, we have seen the popularisation of reality television, and it has now become a significant element of modern television. Shows such as Love Island and Big Brother are now integrated into UK culture, and although they are loved and watched by many, they have been widely condemned for the impact they have on mental health. Additionally, living in a world where social media and reality television go hand in hand means a range of different opinions and views are shared online, and that has been well known to have a negative impact on many contestants and participants of these shows.
- 🌀 But it's not only the impact they have on contestant mental health but also the negative stereotypes they perpetuate. The UK reality TV show Badderz has received a tonne of backlash, so its premiere, for portrayal of its cast members, has encouraged the negative stigma attached to UK black women.
- 🌀 Even talk shows are important to consider. We are well aware of the famous UK ones such as Good Morning Britain and Lorraine, who continue to be a great influence on the UK entertainment industry, but others don't have that same appeal. Infamous English broadcaster and TV personality Piers Morgan has always been a very controversial character since his first appearance on TV, and while some like his opinionated demeanour, others contend for it.
- 🌀 The UK entertainment industry is always going to be a controversial and disputable topic. It's undeniable that it's such a huge part of British culture, but how its platform is being utilised is always going to be brought into question.



FRANKLIN ASANTE

Franklin Asante is a private banker who, over the course of 13 years, has established a successful career in wealth management. Working as an advisor to high-net-worth entrepreneurs in the UK, he indulges in areas such as hospitality, property development, recruitment, and the automotive industry. Franklin has marketed himself greatly, creating a well-known social media presence for himself. More formerly known as the ‘Urban Financier’, he uses his platform to spread useful and practical information about financial vocabulary and dealing with the complex nature of personal finances.



Inspiring the youth

JAYVSOP



Jay is an entrepreneur and content creator. He has amassed a strong social media following, with over 90,000 followers on Instagram and 4,000 subscribers on YouTube. He creates content relating to financial and entrepreneurial advice. But on top of that, he owns his own exclusive online sneaker store, Soldsoles.

CRAIG MITCH

Craig Mitch is a growing entertainer and popular TV show host. Since starting his journey at the age of 10, he has gone on to present for platforms such as MTV, GRM Daily, BBC Radio, and BBC Radio 1xtra. Currently, he is the host of the popular game show Shopping for Sneakers.

BROKEN PLANET

broken planet

Broken Planet is a UK-based street-wear fashion brand owned by designers Lukas Žvikas and Indre Narbutaite. They have centered their brand to create consistent refreshing designs that cater to street-wear and young people, whilst contributing to the battle against climate change.

POKU BANKS

He is a personal finance content creator. After studying finance, accounting, and management at the University of Nottingham, he made his way to social media, where he amassed a huge following on all platforms.



Khali Best

UNDER THE MICROSCOPE



Khali Best is an inspiring British actor whose talent and dedication have made a significant impact on the entertainment industry. Born and raised in Sidcup, South London, Best's journey to stardom is a testament to his perseverance and passion for acting.

His initial foray into acting began in 2012 when he enrolled at Rose Bruford College. Best graduated with a Bachelor of Arts degree in acting that same year, marking the start of a promising career. Following his graduation, he quickly became a familiar face on some of Britain's most beloved television shows.

From 2013 to 2015, Best captivated audiences with his portrayal of Dexter Hale on the iconic British soap opera Eastenders. His performance not only endeared him to fans but also earned him critical acclaim. In recognition of his exceptional work, he was awarded the National Television Award for Most Popular Newcomer in 2014.

Following his success on Eastenders, Best continued to showcase his versatility and talent with roles in acclaimed productions such as Top Boy, Blue Story, and Chance. Each performance further solidified his reputation as a gifted actor capable of bringing depth and authenticity to a variety of characters.



Khali Best's achievements have not gone unnoticed. His dedication to his craft and his ability to connect with audiences have earned him a place among the esteemed actors of his generation. As he continues to take on new challenges and roles, Best remains an inspiring figure in the world of acting.

”



Skincare is the new self-care

It's so easy to get caught up in the fast-paced world that we live in and forget to prioritise ourselves and our wellbeing. I mean, do you even remember the last time you just took a minute to breathe? In the midst of all the busyness and chaos, it's important that we make time to take care of ourselves physically and mentally.

Recently, we have seen the concept of self-care gain a tremendous amount of popularity as people seek to have balance and wellness in their busy lives. Skin care has become the new self-care for young people because our skin is a reflection of our overall health and wellbeing, and nurturing it has proven to be an excellent way of maintaining it.

The skin is not only the largest organ in our body but also serves as a protective barrier to harmful, toxic, and external factors. So adopting a skincare routine is vital to fight against the pollutants, UV rays, and stress our skin is exposed to on a daily basis.

But adopting skin care into your daily life isn't just solely about looking good on the outside; it's about feeling good on the inside! It's not simply about getting the perfect glow; it's about boosting your mental health too.

On a hectic day when you just need a moment to chill, skin care is a great way to calm your mind and body. Taking a few moments to pamper yourself does wonders for managing stress and anxiety. Whether it's a simple, quick facial massage, a dab of moisturiser, or even just following your skincare routine, it's like hitting the reset button on your mood.

Not only is it a good way of promoting good mental health, but it also works as a confidence boost. Looking good makes you feel good, and that positive energy will spill into everything you do.

Skincare isn't just about the products you use; it's about the experience. The products consist of essential oils and botanicals that translate into a scent that alters your mood and elevates your spirits. It's like getting a mini spa treatment right in your own bathroom!

Essentially, when you make it a habit to take care of your skin every day, you're not just keeping it healthy and glowing; you're also giving your mental health a serious boost. So, find a skincare routine that suits your vibe, your skin type, and your mood. Whether it's a quick cleanse and moisturise or a full-on pamper session with face masks and serums, embrace the self-care vibes and get ready to shine!

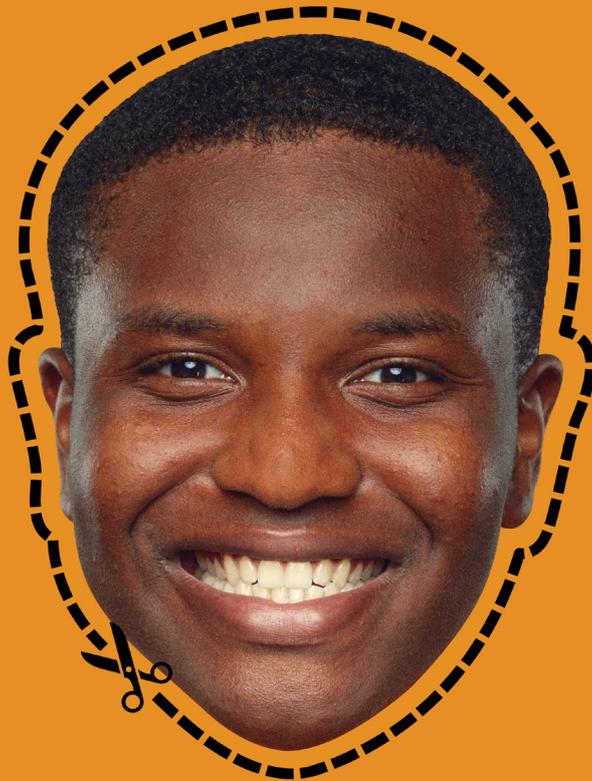
As a beginning guide to help you start skincare, here are the Inside Success top 10 pucks on skincare products:

- » Garnier Skinactive: Micellar Hyaluronic Aloe Water
- » CeraVe Hydrating Cream-to-Foam Cleanser
- » Vaseline body oil Cocoa Butter
- » Superdrug Vitamin E Hydrating Mist
- » L'Oréal Paris Hyaluronic Acid L'Oreal Paris Niacinamide Serum
- » The Ordinary Hyaluronic Acid
- » L'Oreal Paris Hyaluronic Acid Plumping Water Cream
- » The Ordinary Niacinamide
- » CeraVe SPF50 Moisturiser
- » La Roche Posay Cicaplast Baume B5
- » The INKEY list for Omega Water Cream



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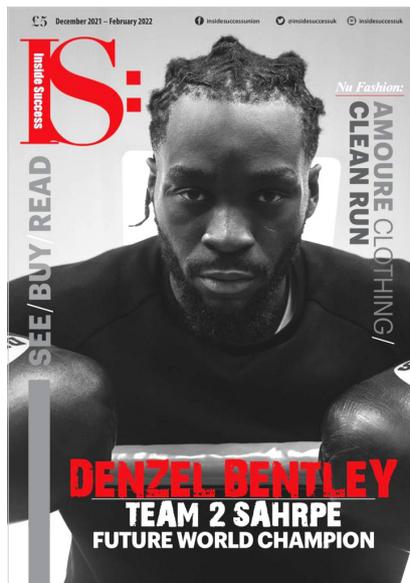
SUCCESS LEAVES CLUES

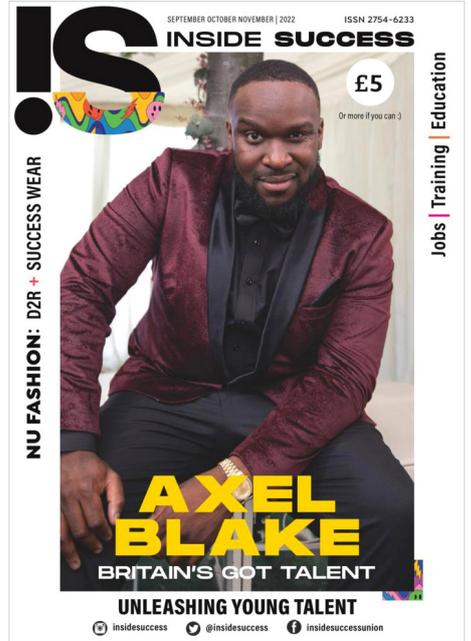
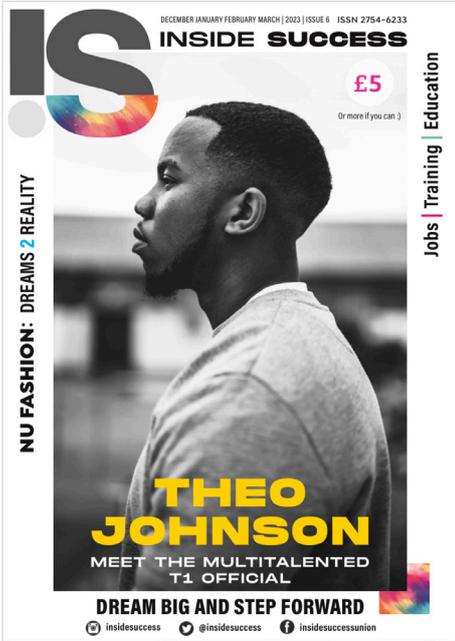
If you've got a vision in mind, whether it's starting a business, pursuing a creative passion, or carving out a unique career path, it's time to look around and learn from those who've been there, done that. Success isn't a solo mission; it's a team effort of learning from the experiences, mistakes, and triumphs of those who have come before us.

In the digital pages of **Inside Success Magazine**, we've featured some incredible individuals who have shared their stories of grit, hustle, and success with the world. From the unstoppable spirit of Armani Simpson to the innovative flair of Freezy Macbones, from the entrepreneurial wizardry of T1 Official to the fearless attitude of Zeze Millz, and from the inspiring journey of Akemnji Ndifornyen to many more, these trailblazers have left behind a treasure trove of wisdom for you to explore.

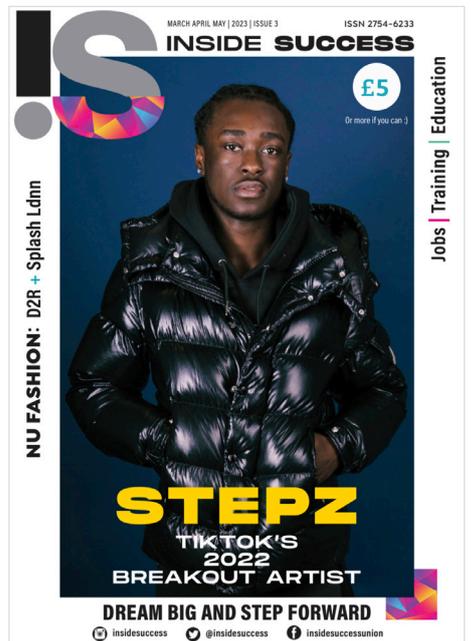
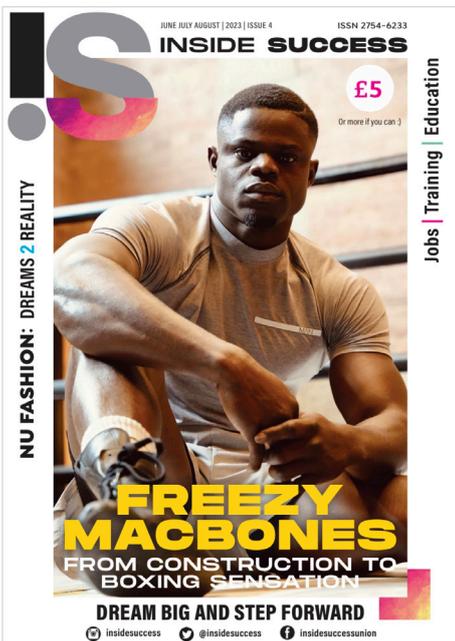
So, to all you aspiring dream-chasers and future game-changers, dive into the stories of these amazing individuals at www.insidesuccessmagazine.com. Let their experiences guide you, inspire you, and show you that success is within reach if you're willing to learn, adapt, and keep pushing forward.

Hey there, dreamers and go-getters! Are you bubbling with a business idea, bursting with a passion, or chasing a dream that keeps you up at night? Well, guess what? You're not alone on this adventure! Someone out there has already walked the path you're stepping onto, and their journey is full of clues and lessons just waiting to be discovered.





Remember, success leaves clues, and it's up to you to follow the trail they've left behind. Let their stories ignite your passion, fuel your ambition, and light the way to your own extraordinary journey. So, go ahead, explore, learn, and let their wisdom be the wind beneath your wings as you soar towards your dreams!



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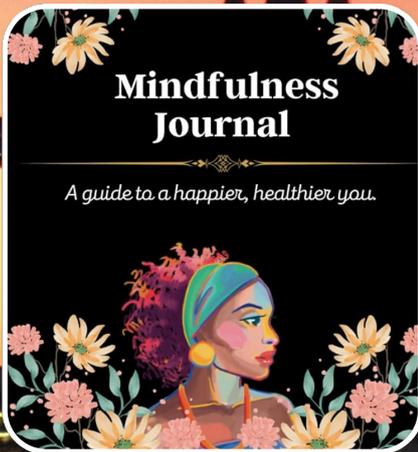
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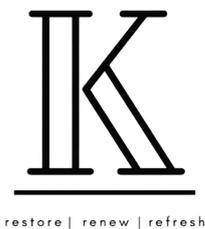
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Budget healthy, friendly meals for students and young people



Living away from home as a university student grants a significant degree of personal freedom and independence. However, the demanding university lifestyle often leads individuals to prioritise school work over their physical health, leaving little time for self-care. It's all too easy to fall into the habit of relying on takeout for daily meals.

Moreover, attending university can be financially challenging, leaving little room in the budget for meal preparation. Therefore, here are some budget-friendly, healthy meal ideas tailored to students and young people.

1. Vegetable Stir-Fry with Rice:

- Stir-fry a mix of colourful vegetables such as bell peppers, broccoli, carrots, and snap peas.
- Add protein with tofu, chicken, or eggs.
- Season with soy sauce, garlic, and ginger.
- Serve over cooked rice or noodles.

2. Bean and Vegetable Quesadillas:

- Spread refried beans on whole-grain tortillas.
- Top with sautéed vegetables (like bell peppers, onions, and spinach) and shredded cheese.
- Fold the tortillas in half and cook in a skillet until crispy and the cheese is melted.
- Serve with salsa, avocado, and Greek yoghurt.

3. Chickpea Salad Wraps:

- Make a salad with canned chickpeas, diced vegetables (such as cucumbers, tomatoes, and bell peppers), and herbs (like parsley or cilantro).
- Dress with olive oil, lemon juice, salt, and pepper.
- Spoon the salad onto whole-wheat wraps and roll up for a quick and portable meal.

4. Vegetarian Chilli:

- Cook a pot of chilli using canned beans (kidney beans, black beans, and/or lentils), canned tomatoes, onions, bell peppers, and spices (like

chilli powder, cumin, and paprika).

- Serve with a dollop of Greek yoghurt or shredded cheese on top.

5. Egg and Vegetable Breakfast Burritos:

- Scramble eggs with sautéed vegetables (such as onions, bell peppers, and spinach).
- Spoon the mixture onto whole-grain tortillas and roll them up.
- Optional: Add black beans or avocado for extra flavour and nutrition.

6. Pasta Primavera:

- Cook whole-grain pasta according to package instructions.
- Sauté a mix of seasonal vegetables (like zucchini, cherry tomatoes, and mushrooms) in olive oil with garlic and herbs.
- Toss the cooked pasta with the sautéed vegetables and a little pasta water to create a light sauce.

7. Quinoa Salad with Roasted Vegetables:

- Roast vegetables (such as sweet potatoes, cauliflower, and Brussels sprouts) with olive oil, salt, and pepper until tender and caramelised.
- Mix the roasted vegetables with cooked quinoa, chopped fresh herbs, and a simple vinaigrette dressing.

8. Black Bean and Corn Tacos:

- Fill whole-grain taco shells with canned black beans, corn, diced tomatoes, onions, and cilantro.
- Top with shredded lettuce, salsa, and a squeeze of lime juice.

These budget-friendly meal ideas are not only nutritious and delicious but also versatile and easy to customise based on personal preferences and available ingredients.

Happy cooking!

Chicken Skewers



INGREDIENTS:

- 1 lb (450 g) boneless, skinless chicken breasts or thighs, cut into 1-inch cubes
- 2 tablespoons of olive oil
- 2 cloves garlic, minced
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Wooden skewers, soaked in water for at least 30 minutes if grilling

OPTIONAL GARNISHES:

- Chopped fresh parsley or cilantro
- Lemon wedges

INSTRUCTIONS:

1. In a bowl, combine the olive oil, minced garlic, paprika, cumin, coriander, salt, and black pepper. Stir well to create a marinade.
2. Add the chicken cubes to the marinade, ensuring they are evenly coated. Cover the bowl and refrigerate for at least 30 minutes to marinate. For best results, marinate for 1-2 hours or even overnight.
3. If using wooden skewers, soak them in water for at least 30 minutes to prevent burning.
4. Preheat your grill to medium-high heat or preheat your oven to 400°F (200°C).
5. Thread the marinated chicken cubes onto the skewers, leaving a little space between each piece.
6. If grilling, lightly oil the grill grates to prevent sticking. Place the chicken skewers on the grill and cook for 5-7 minutes per side, or until the chicken is cooked through and has nice grill marks. If baking, arrange the skewers on a baking sheet lined with parchment paper and bake for 15-20 minutes, or until the chicken is cooked through, flipping halfway through cooking.
7. Once the chicken skewers are cooked, remove them from the grill or oven and let them rest for a few minutes.
8. Garnish the chicken skewers with chopped fresh parsley or cilantro, if desired, and serve with lemon wedges on the side for squeezing over the chicken.
9. Enjoy your delicious chicken skewers as a tasty appetiser or main dish!

Slushies



INGREDIENTS:

- 2 cups of ice cubes
- 1 cup of fruit juice (such as orange juice, apple juice, or pineapple juice)
- 2-3 tablespoons of sugar (adjust according to your taste preferences).
- Optional: Fresh fruit slices or mint leaves for garnish

INSTRUCTIONS:

1. Start by adding the ice cubes to a blender.
2. Pour the fruit juice over the ice cubes.
3. Add the sugar to the blender. Adjust the amount of sugar based on your preference for sweetness.
4. Blend the mixture on high speed until the ice is crushed and the mixture becomes slushy in consistency. This usually takes about 1-2 minutes.
5. Taste the slush and adjust the sweetness or flavour by adding more sugar or fruit juice if desired.
6. Once the slushy reaches your desired consistency and taste, pour it into glasses.
7. Garnish the slushies with fresh fruit slices or mint leaves, if desired.
8. Serve immediately, and enjoy your homemade slushies!

You can also get creative with this recipe by adding different fruits or flavourings to customise your slushies to your liking.

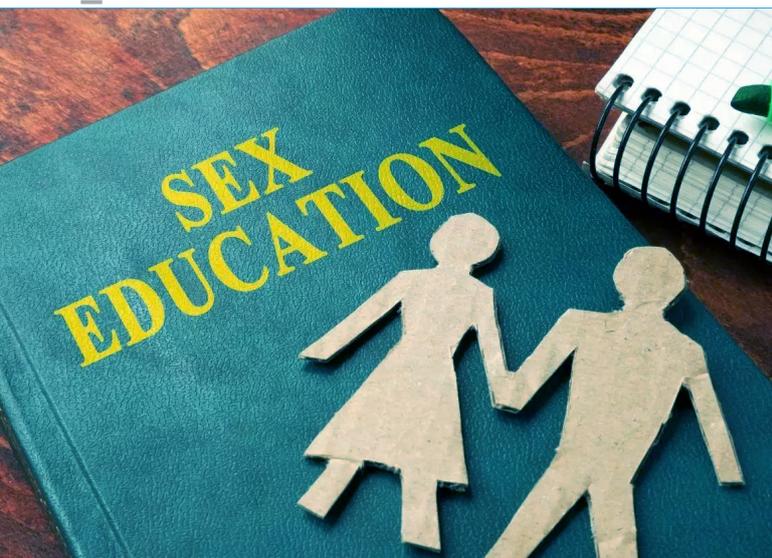


The changes to RSHE

RSHE has always been a controversial topic, with its biggest issue being whether schools overstep boundaries and if the lessons are age-appropriate or not.

One of the most important elements of RSHE is sex education. In 2020, the greatest nation made it mandatory for it to be taught in all secondary schools. But its teaching has been criticised widely since.

Parents, careers, and even politicians have shared their concerns regarding what is being taught to students. Multiple reports have shown inappropriate material being used. As a result, PM Rishi Sunak and the Secretary of Education completed a review of the curriculum with the informed advice of an independent panel of experts, which resulted in a new curriculum.



SO WHAT IS THE NEW CURRICULUM?

Following expert advice, age limits are being set to ensure children aren't learning about complex and sensitive topics until they are ready to fully understand them.

The curriculum is being updated to clarify the concept of gender identity—a person's perception of their own gender. This is a highly debated topic that the government has agreed should not be taught, as it could lead some children to question their gender prematurely, which can be a complicated issue for them to grasp. However, factual information about biological sex and gender reassignments will still be covered.

New guidelines emphasise transparency with parents, ensuring they have a legal right to know what their

children are learning in Relationships, Sex, and Health Education (**RSHE**) classes. Parents can request to see the teaching materials used.

Feedback is being sought on adding new subjects to the curriculum and providing more details on existing ones, including:

- ▷ Suicide prevention
- ▷ Sexual harassment and sexual violence
- ▷ Loneliness
- ▷ The prevalence of 'deepfakes'
- ▷ Healthy behaviours during pregnancy and understanding miscarriage
- ▷ Illegal online behaviours, such as drug and knife supply
- ▷ The dangers of vaping
- ▷ Menstrual and gynaecological health, including endometriosis, polycystic ovary syndrome (PCOS), and heavy menstrual bleeding

These updates aim to ensure students receive a well-rounded education that prepares them for the challenges of today's world.

In addition to the new curriculum, age restrictions will be implemented to further safeguard children.

Subjects like online gaming risks, social media, and scams should not be taught before year 3. Puberty education is postponed until year 4, while sex education is delayed until year 5, aligning with the topics covered in the national science curriculum regarding conception and birth.

In secondary school, discussions about sexual harassment will not occur before year 7, direct mentions of suicide before year 8, and explicit talks about sexual activity before year 9.

These guidelines aim to ensure that students are introduced to sensitive topics at appropriate stages of their development, fostering understanding and awareness while respecting their readiness to comprehend such information.

The new curriculum is still yet to be finalised, but it is set to be finished later this year. But before this, the government is asking for views from parents, schools, and others before the guidance is finalized. So if you would like to share your thoughts in regards to the new guidance, visit <https://www.gov.uk/government/consultations/review-of-the-statutory-guidance> to find the consultation.



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PRIMARY & SECONDARY KS2- KS4 (5-16)





What do employees want from the modern workplace?

A new wave of employees is reshaping the modern-day workforce, with members belonging to Gen Z emerging into careers and millennials making up more than 1/3 of workers by 2025. With this comes the prioritising, expectations, and demands of the workplace changing to suit the needs of the working generations.

But what are these expectations and demands? What truly drives people? Is it a competitive salary, a benefits package, career advancement opportunities, flexibility, work-life balance, company culture, or a combination of these factors?

Considering we are currently living in a cost-of-living crisis, having a full-time job with a competitive salary and benefits package is vital, now more than ever. However, these factors alone will not attract and retain top talent in today's competitive job market or motivate and engage employees.

Rather, in today's workforce, employees seek to work in establishments that prioritise their well-being. They want environments that support personal development and growth while also recognising their contributions to the company's success. Employees desire to be part of organisations that act in their best interest and foster a positive employee experience.

Job security is crucial for employees, especially during tough times like a rising cost of living or industry uncertainty. Businesses that focus on providing stability can build trust and loyalty among their team. Studies have shown that employees who feel secure in their jobs perform better, and it's easy to see why. When you're not worried about finding a new job or juggling side gigs for a stable income, you can concentrate better on your work and maintain good mental health. Companies can help by launching proactive measures such as transparent communication, outlining growth opportunities within the company, and offering training and development programs. These steps can reassure employees about their position and future in the company.

Additionally, employees are looking to achieve a healthy work-life balance, with a survey finding that 53% of employees make it a priority when choosing a job. Employees want to feel that they can still be committed and dedicated to their careers while still having time to attend to their personal lives.

A way to ensure this is through greater flexibility and autonomy. Young workers want to set their own work schedules, choose their work locations, and find their own productivity methods. Well-being and engagement are crucial, and you can't overstate their importance. Providing more autonomy with flexible work options—like remote work, flexible hours, or a 4-day workweek—helps support the work-life balance everyone aims for.

Everyone wants to be given credit for their work, and it seems to be a new character trait in the modern-day workforce. Recognising employees' hard work is crucial for their satisfaction and productivity. When workers feel appreciated, their morale and motivation soar, and they become more loyal to the company. Recognition can be as simple as verbal praise, awards, promotions, or small gestures of gratitude. In today's workplace, we have seen the emergence of employee recognition options such as the Employee of the Month award, performance bonuses and incentives, celebratory events, and social media recognition. This positive reinforcement not only boosts individual performance but also creates a more positive and productive work environment. By making job recognition a priority, businesses can ensure their employees feel valued and engaged, leading to greater overall success.

According to the Harvard Business Review, more vacation time leads to higher employee engagement. Unlike weekends, vacations let employees fully disconnect from work and recharge, making them a top priority. This doesn't mean giving out two 6-month leaves a year, but offering more time away can significantly reduce burnout and boost job satisfaction.

Since businesses need their employees to function, companies should adopt a strategic approach that balances personal well-being with productivity. Some effective strategies include flexible work schedules, focusing on results over strict time-tracking, job sharing, planning vacations during slower periods, enhancing the employee value proposition with more time off, and using technology for better communication and collaboration.

And while all the factors above are important, we can't ignore the obvious: good pay. A fair and competitive compensation package is essential—after all, who doesn't want to be paid well? Companies that prioritise paying their employees what they're worth show their commitment to valuing and keeping talented team members.

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A Beginner's Guide to Understanding UK Interest Rates

Whether you're a student, a new homeowner, or simply someone interested in personal finance, understanding interest rates is crucial. In the UK, interest rates play a significant role in various aspects of our financial lives, from savings to borrowing. Let's delve into the basics of UK interest rates to help you navigate the financial landscape more confidently.

FIRSTLY, WHAT ARE INTEREST RATES?

Interest rates tell you the cost of borrowing money or the reward of saving money. They are usually expressed as a percentage of the amount borrowed or saved, and they determine how much interest you earn or pay over time.

In the UK, the Bank of England sets the base rate, which is like the 'starting' interest rate. It's the rate at which the Bank of England loans money to other banks. When this rate changes, it affects how much interest people pay when they borrow money, like for loans or mortgages, and how much interest people earn when they save money in a bank account.



HOW DO THEY WORK?

Well, in the UK, the Bank of England set the base interest rate, more formerly known as the "bank rate." This rate determines the interest rates banks and other financial institutions can charge on loans and how much you can earn based on your savings.

Base rates are not a fixed number but rather fluctuate depending on the overall cost of borrowing and saving money. So if the cost of borrowing money increases, then the base rate goes up and you are charged more interest. The same goes for saving: if the base rate increases, then the interest you earn will go up.

OKAY, SO HOW IS THE INTEREST BORROWED DETERMINED?

Well, when you borrow money you pay back the full amount (which is more formally known as the capital) and the interest.

So if you borrow £1,000, and your loan attracts an annual interest of 10%, then you will pay the full £1,000 plus an additional £100 by whatever date you and the lender agreed. But be mindful because your total may vary depending on the time period during which you borrowed the money.

When borrowing money, your lender will include an APR (annual percentage rate) that is made up of the interest rate plus any fees that are automatically included in your loan (for example, any arrangement fees).

OKAY, SO HOW DO YOU EARN INTEREST ON SAVINGS?

How much you earn on interest depends on the type of savings account, but typically, the higher the interest rates, the better the return on your savings account, making it more rewarding to save money. Lower means less money earned on saving.

So if you place £1,000 in a savings account earning 5% interest annually, you will earn £50 in interest, giving you £1,050 after one year.

BUT WHY ARE INTEREST RATES SO IMPORTANT?

Well, it's important to have at least a basic understanding of interest rates because they play such a huge role in financial decisions. Higher interest rates can increase the cost of loans, making education, buying a car, or starting a business more expensive, while lower rates can make borrowing more affordable.

Additionally, interest rates affect savings, influencing how much you can earn from your savings accounts. Thus, knowing how interest rates work can aid you in making better financial decisions about borrowing, saving, and investing, ensuring you manage your finances wisely and prepare effectively for your future.

What is travel insurance, and why is it so important?

Travel insurance is an extra safety precaution in cases where your holiday doesn't go according to plan. It covers financial losses, medical expenses, and other unforeseen circumstances that may occur during domestic or international travel.

- It also provides coverage for a variety of situations, such as trip cancellations, trip interruptions, medical emergencies, lost luggage, flight delays or cancellations, and emergency evacuations. Travel insurance policies can vary widely in terms of coverage, cost, and exclusions, so it's important to carefully review the policy documents to understand what is included and what is not. It's also a good way of ensuring peace of mind, as it offers financial protection against the unexpected while traveling. This way, travellers can focus on enjoying their trip without worrying about potential mishaps.
- While travelling is a very joyous and exciting experience, it can also come with unforeseen circumstances. So it's important that you take safety measures to ensure that you are protected.
- If you become ill or injured while travelling, travel insurance will cover your medical expenses. Treatment abroad can be expensive, and having insurance can provide financial protection and ensure you receive necessary medical care without worrying about costs.
- In the event of unexpected events such as illness, injury, or a family emergency, you may have to cancel or cut short your trip. Travel insurance can reimburse you for non-refundable expenses like flights, accommodations, and tour bookings.
- Travel insurance can compensate for lost, stolen, or delayed luggage to cover the cost of replacing essential items and minimise inconvenience.
- Travel insurance can provide coverage for additional expenses incurred due to flight delays or cancellations, such as hotel accommodations, meals, and transportation.
- In the event of a natural disaster, political unrest, or medical emergency requiring evacuation, travel insurance can cover the cost of evacuation to a nearby medical facility or back to your home country.
- Travel insurance provides financial protection against unforeseen events that could result in significant financial losses. It offers peace of mind knowing that you're covered for unexpected expenses that may arise during your trip.



The UK rejects the mobility agreement, so what does this mean for youth travelling?

Since the departure of Brexit, the UK government has been working very closely with the EU to create deals and schemes that will allow a relationship between them to be maintained. The most recent scheme is an EU-wide youth mobility scheme.



The scheme was introduced as a way of making travelling for young people easier. Since Brexit, there have been limitations to how young people can travel to Europe, with stricter requirements regarding passports and visas, as well as study and work programmes. But the proposed programme will make it easier for young British citizens to live, study, and work in the EU.

The main features of the proposal are to allow 18- to 30-year-olds (up to 34 if they start at 30) to travel to the UK or an EU member state for any purpose, such as study, work, volunteering, leisure, or travel, for up to four years. This is based on the requirement that the individual have a passport, comprehensive health insurance, and sufficient funds to support themselves. Family members could join those exercising their mobility rights. While a visa or work permit might be required, it should be available at a reasonable cost.

The EU was in support of the bill, describing it as a step closer to closer collaboration between the EU and the UK. But Rishi Sunak has rejected the offer, claiming that free movement ended when Brexit was finalised and they have no interest in subjecting the topic to further debate. A government spokesman reiterated this: "We are not introducing an EU-wide youth mobility scheme; free movement within the EU has ended, and there are no plans to introduce it."

But the government is not completely closed off to the mobility scheme. Instead, they are setting their eyes on specific targets. The government would like to do deals with individual member states, with 13 already in play and the UK being particularly eager to strike one with France. A government source told the Daily Mail that the UK wanted to "cherry-pick" which countries it wanted such programmes with.

So what does this mean for young people looking to travel, study, and live abroad in EU countries?

Well, firstly, visa fees aren't coming down. Currently, a young person from the EU seeking to study in the UK must pay £490, while a skilled worker visa costs between £719 and £1,639, the commission said. There is also an extra cost for healthcare running into hundreds of pounds that will remain.

It also means that the strict rules and regulations that came along with Brexit will remain, such as health insurance, fees regarding student visas, residency and work permits, and stricter border controls.

Since the announcement of the scheme, young people have shared their disappointment. The Guardian did a report that gathered young people's reactions:

- This scheme seems like a no-brainer; I cannot think why anyone would disagree with it," said Elena, who works in the healthcare sector in north-east England. She dismissed concerns that people could end up trying to overstay and settle in the UK permanently.
- Jo Wright, 58, an architect who lives between Bath and London, said she was "furious that both Sunak and Starmer have rejected the EU offer. Reinstating freedom of movement would allow young people to embrace the opportunity to broaden their horizons and bring back some of the talent we have lost in the post-Brexit exodus."
- Daniel, a 21-year-old technology graduate from London working for a bank, said low pay, high taxes, and an extortionate cost of living in the capital made the UK an unattractive place to spend his early career years, while northern Europe beckoned with its innovative tech scene and better public services. "I've been working for just about a year, and although I'm on £40k, living in London feels hand-to-mouth. I reckon that perhaps you get a better deal in parts of the EU—a lower cost of living, a more relaxed culture, a health system that works."



Youth Vending Employment Programme



Scan me!

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

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

A young adult one day is £50

A young adult for one week £150



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

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



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



Scan me!



About Inside Success

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

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

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

HOW THE PROCESS WORKS:

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

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

PROBLEM:

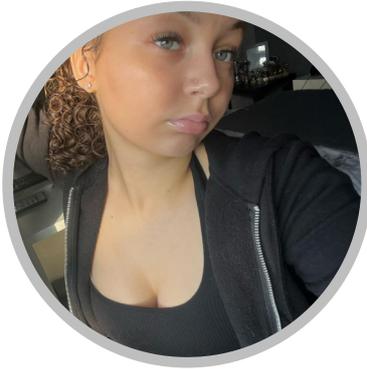
Do you know how many young people worry about failure because they lack the right skillset to succeed? Although some may not fit into this category, research proves this is often the case on a statistical basis. Challenges such as this can lead to a search for short-term fixes, whether to help with mental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

SOLUTION:

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

RESULT:

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



RHIANNON (LONDON)

My name is Rhiannon Toussaint, I started my journey at Inside Success in summer 2023. They've changed my life personally by not giving up on me and pushing me to be better as a person, putting me into workshops and programs, giving me a job, helping me build my resilience/confidence by doing something positive & productive for the youth like myself. We just hope to keep helping more youths as they shouldn't suffer in silence when we're here to help and support.



ISAIAH (BIRMINGHAM)

My name is Isaiah, and before I found Inside Success, I was around smoking, selling drugs, drinking, and carrying knives. I was failing all my academics and getting kicked out of school, but when I found them, they helped me put myself in a new environment, meet new friends, and also helped me get into my university course. I now study marketing. Inside Success helped me change my life around.



TAY CAMBELL (KENT)

Working at Inside Success has truly been a transformative experience for me. It has not only provided me with valuable skills and knowledge, but it has also helped me grow personally. Interacting with people from all life stages on a daily basis has taught me the importance of patience, understanding, and empathy. It has given me the opportunity to connect with individuals from diverse backgrounds and learn from their unique perspectives. This job has challenged me to step out of my comfort zone, develop my communication skills, and build my confidence. Moreover, witnessing the enthusiasm and determination of fellow colleagues has inspired me to pursue my own dreams and goals. Overall, this experience has had a profound impact on my personal growth and has taught me the value of making a positive difference in the lives of others.



KAYDEN ALI (MANCHESTER)

Before Inside Success, I had dropped out of college twice and began to lose hope in my future, believing that this was the end of the road at just 17. My younger brother managed to get me a role in this job, and since then I haven't looked back. My vocal skills, my confidence, and my ability to persevere throughout the tough times have brought hope back into me, helping me find a key to success.





Inside Success Awards Show Set to Honor Inspirational Individuals and Young Talent

EVENTS



Inside Success is gearing up for its highly anticipated 3rd edition of the Inside Success Awards Show, scheduled to take place on the 29th of August at the prestigious Indigo2 venue. The event, hosted by T1 Official and Sideman, promises to be a night of celebration and recognition for individuals who are using their platforms to uplift, inspire, and support young people.

The Inside Success Awards Show aims to shine a spotlight on those who are making a positive impact in their communities and beyond. This year's event will also highlight the achievements of young people within the Inside Success community who have excelled in areas such as music, food, and live performances.



Kaz Crossly and T1 official announcing award



Esther Falana and Lucas Walker



Attendees can look forward to an evening filled with entertainment, inspiration, and celebration as the Inside Success Awards Show honors those who are dedicated to making a difference and empowering the next generation.



For more information about the event and how to get involved, please contact Inside Success at: info@insidesuccessuk.co.uk. Don't miss out on this opportunity to be a part of a memorable night dedicated to recognizing and celebrating success in all its forms.





AMINATA

My journey with Inside Success UK has been nothing short of transformative; the organisation focuses on empowering young adults by imparting practical life skills often overlooked in schools. Through my time here, I've delved deep into financial knowledge and gained a proper understanding of real-world dynamics. I've experienced immense personal and professional growth along the way, as well as meeting people who have poured into making sure I'm on the right path.

Since my time at Inside Success UK, I've been pursuing my undergraduate degree in psychology while managing part-time roles. I can confidently credit my daily success to the skills I gained during my time with this organization. They've not only equipped me with foundational knowledge but also instilled in me the confidence to embark on my adult ventures.

ZITA

My time at Inside Success was very eventful; it played a big part in my youth. Inside Success taught me a lot about money management and financial discipline, as well as how to put myself in rooms of grown conversations to bring my ideas and creativity to the table that wouldn't usually involve a young girl from Hackney. It ultimately taught me how to break barriers, become a trailblazer and ultimately a jack of all trades.

Now I am studying BA Journalism at a top university for my course. I am the lead broadcast journalist for a broadcasting and media production company. I am the admin for a creative media agency, while also being a blog writer and an editor for their digital magazine.

I mentor and manage a community of 20 journalists.

I am a manager and PR at Stay Fresh UK and lead their programme, managing a community of 100 young entrepreneurs and providing them with jobs, consultancy, and mentorship.





MALIKIA

My name is Malikia, and at 21, I've embarked on an inspiring entrepreneurial journey. It began at Inside Success when I enrolled in a printing course with Inside Success at 16. This course ignited my passion and taught me that my only limit is my own mind. Inspired, I launched my printing business and clothing brand at 19. When COVID-19 hit, I had to leave Inside Success, and shortly after, I experienced the heartbreaking loss of my mother. Despite the challenges posed by COVID-19 and the heartbreaking loss of my mother, I refused to succumb to despair. Instead, I channelled my grief into motivation, working harder than ever. Today, I not only run my printing business but also venture into wig making and offer business consulting services for small enterprises. Inside Success laid the foundation for my journey, and I'm forever grateful for their support. This is just the beginning; I aspire to reach even greater heights, fueled by the lessons from Inside Success, the memory of my mother, and my own determination.

ALEX

My time at Inside Success was transformative. It provided me with invaluable tools and guidance to navigate life's challenges and capitalise on opportunities. Through their mentorship and resources, I learned to harness the power of youth and channel it into positive action. The emphasis on self-awareness, resilience, and community engagement shaped my outlook and instilled in me a sense of responsibility towards the future.

Now, as a fashion model and stylist, I integrate these principles into my work. I strive to empower young people through fashion, using my platform to inspire confidence and self-expression. By leveraging my experiences and the lessons learned at Inside Success, I aim to contribute to a future where youth are empowered to thrive and shape their own destinies.





TEL: 0208 050 7854
EMAIL: info@insidesuccessuk.co.uk
EMAIL: insidesuccessuk@gmail.com
WEB: www.insidesuccessuk.co.uk

WORKSHOPS & COURSES

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

Leadership skills in a digital modern world

TV PRODUCTION IN A DIGITAL MODERN WORLD

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

WOMEN EMPOWERMENT IN A DIGITAL WORLD

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

ACTING IN A DIGITAL WORLD

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

CONSTRUCTION

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

PROPERTY

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

MARKETING

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

SPORTS

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





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

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

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

To achieve their ambitious goals, Success FC

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

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

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



WIN £500 WORTH OF WESTFIELD VOUCHERS



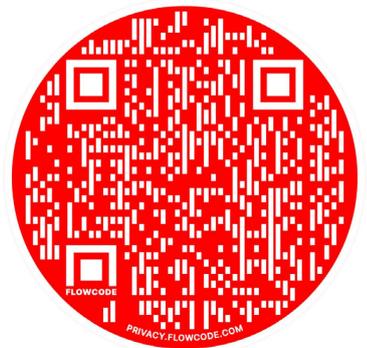
Only three easy steps are required to earn a chance to win:

- 1
- 2
- 3

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

Fill the information and answer all questions

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



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

DREAMS 2 REALITY



NU FASHION



DREAMS 2 REALITY is a London-based fashion brand established in 2020, inspired by a hustler's ambition and dedication of entrepreneurs worldwide. The young collective came together after meeting between the ages of nineteen and twenty one and decided to use their love of fashion to create their own space in the fashion world. This group from south and east London used the brand to show the youth that even in a crippling and negative world, you can always turn your dreams into a reality, as none of them were born with a silver spoon.

For orders or enquiries please contact via Instagram @d2rlondon or @D2Rgallery



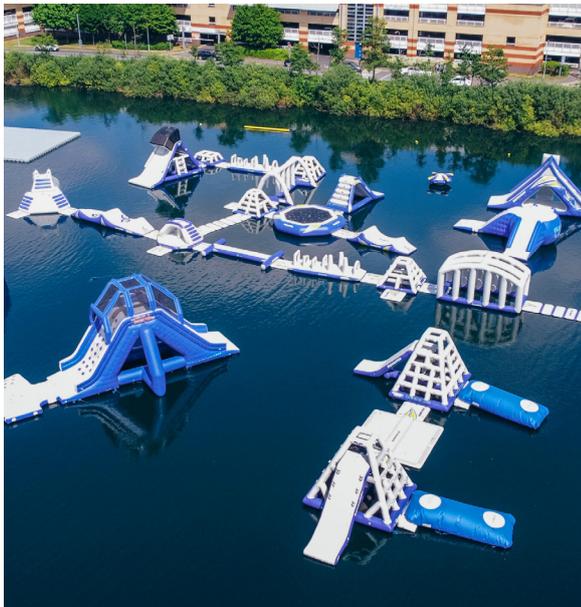
WHAT'S THE MOTIVE?



LONDON -

London offers thrilling experiences to rev up your weekends! Dive into the adrenaline rush at the new Formula 1 drive in Tottenham Hotspur Stadium, where you can unleash your inner racer and feel the speed firsthand. Or bounce into action at FlipOut in Canary Wharf, where trampolining meets high-flying fun. Get out, get moving, and make unforgettable memories with friends that will leave you craving more adventures!

F1 Drive: 750 High Road, London, N17 0AP
Flipout in Canary Wharf: Former Car Park, Shopping Centre, 2 Cabot Square, London E14 4QS



KENT -

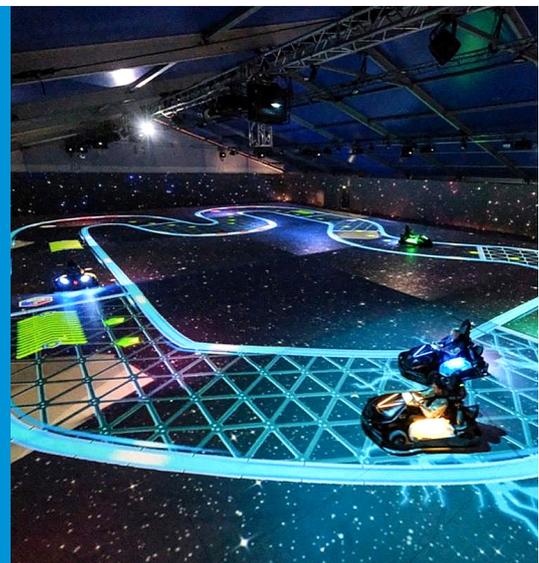
Escape the ordinary in Kent with two must-visit destinations for outdoor enthusiasts! Hangloose in Bluewater offers a playground for thrill-seekers, featuring exhilarating zip lines and high-ropes courses that will test your courage and leave you with unforgettable memories. For those craving aquatic adventures, Aquapark in St Andrews Lakes Halling promises endless fun with its inflatable obstacle courses floating on the water. Embrace the great outdoors, soak up the sunshine, and dive into excitement at these fantastic locations!

Hangloose in Bluewater: Greenhithe DA9 9SW
Aquapark in St Andrews Lakes Halling: Quarry Grv, Halling, Rochester ME2 1BA

MANCHESTER -

The thrill-seekers' paradise awaits! Venture into Manchester for a heart-pounding experience at Nerf Action, where you can unleash your inner warrior in adrenaline-fueled battles with friends. For those who prefer the fast lane, Chaos Karts offers the ultimate racing experience, where you can put your driving skills to the test on a thrilling indoor track. Step away from the screen and into the action-packed world of real-life adventures right here in Manchester!

Nerf Action in Trafford City: Unit C2, C6, Trafford Palazzo, Trafford City, Manchester, M17 8AS
Chaos Karts: Lower Byrom St., Manchester M3 4FP



BRISTOL -

Bristol beckons adventure-seekers with two incredible destinations guaranteed to get your heart racing! Test your agility and strength at Ninja Warrior, where you can tackle challenging obstacle courses inspired by the hit TV show. Embark on an otherworldly adventure at Wake the Tiger in Bristol. Explore a self-guided labyrinth through an abandoned paint factory, the Dream Factory, and the Outerverse. With over 40 captivating spaces, dive into interactive art and uncover the depths of an alternate world. Push the limits of imagination and embrace adventure as a state of mind.

Ninja Warrior: Cribbs Causeway Retail Park, Lysander Rd., Patchway, Bristol, BS34 5TX
Wake the Tiger: 127 Albert Rd., Bristol, BS2 0YA



BIRMINGHAM -

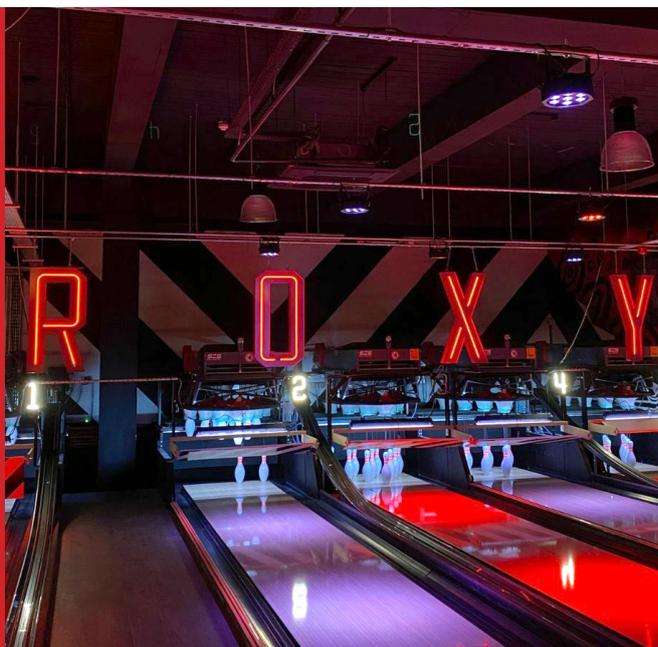
In Birmingham, the fun never stops! Immerse yourself in nostalgia with Retro Games and Cocktails, where classic arcade games meet creative concoctions for a night of endless fun. Or, head to Luna Springs Digbeth for an outdoor cinema experience like no other, complete with refreshing drinks under the stars. Whether you're a gaming enthusiast or a cinema buff, Birmingham has something exciting in store for you!

Retro games and cocktails
Luna Springs Digbeth Outdoor Cinema and Drinks: Digbeth Arena, Lower Trinity St., Deritend, Birmingham B9 4AG

LEICESTER -

In Leicester, the entertainment options are endless! Swing by Roxy Ballroom in Humberstone Gate for a night of friendly competition and laughter with friends over games like pool, ping pong, and more. Or, tantalise your taste buds at the Food Courts in Fosse Park, where a diverse array of culinary delights awaits. From casual dining to gourmet treats, there's something to satisfy every craving in Leicester!

Roxy Ballroom in Humberstone Gate: Unit 4, Roxy Ball Room, Haymarket Towers, 17 Humberstone Gate, Leicester LE1 1WA
Food courts in Fosse Park: Fosse Park Ave., Leicester, LE19 1HY



Meet the editors of this edition of Inside Success magazine



ANTHEA

Hi, my name is Anthea, and I am one of the magazine editors. This is my third magazine with Inside Success, and this one is one of my favourites! As a first-year student in Politics and International Relations, as well as an admin staff and sales manager, I hope this magazine has been a great read for you.



TONI

Hi, my name is Toni, and I am an editor for the Inside Success magazine. As a first-year student in politics and International Relations, working on this magazine has helped improve my writing abilities. Me and my team worked extremely hard on this magazine, so I hope you enjoy reading it just as much as we enjoyed making it!



ALFIE

Hi, I'm Alfie, the head director of the Inside Success magazine, and this is currently the fourth issue I have worked on. I joined Inside Success back in November 2021 on work experience and immediately knew this was the job for me as I got to express my media and business expertise. After proving what I could offer, I was quickly offered a job in January 2022, and I have been on one hell of a journey since. This company has opened many doors for me, enabling me to become a photographer and work on many creative projects with the company.



ESTHER

Dear readers, I'm Esther, one of the magazine editors who wrote an article for the INSPIRE ME sections and others. Before joining Inside Success as an Outreach, I was timid, reserved, and unassured. However, Inside Success has dramatically improved my performance in those areas. I am now able to hold conferences and presentations.

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

MY WORK IS COUSING

Mask your face Not your feelings

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

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

shout
85258
here for you 24/7

Hungry? Grab a quick bite!

London: **YAKI YA!**

Your go-to spot for tasty, mind-blowing Japanese halal street food that will have you grinning with every bite. They have recently opened up a new desert vendor, catering to personalised waffles, shakes, crepes, and cookie dough that will complete your meal.



Location:
399 Edgware Rd, London NW9 0FH

Manchester: **BISKITS DINER**



Enjoy an all-in-one brunch, diner, and desert spot located in the heart of Manchester's very own Withington village. Enjoy a range of luxurious dishes where there is something for everyone.

Location:
478 Wilmslow Rd, Withington, Manchester M20 3BG

Birmingham: **CHICKAROS**

Immerse yourself in unrivalled, exceptional taste, and a wide range of top-quality modern fast food. The restaurant offers its customers a unique selection of handmade gourmet burgers, parmesans, steaks, a grilled range, artisan desserts, and the renowned milkshakes.



Location:
400 Ladypool Road Birmingham, B12 8JZ

Kent: **EFSANE**

Relish a fused Mediterranean cuisine with signature drinks crafted by our talented and experienced chefs and mixologists, all complemented by live entertainment.



Location:
29 Station Rd, Longfield DA3 7QD

Bristol: **DEAD WINGERS**

Take pleasure in the Dead Wingers fine menu, which features New York-style wings and cauli wings with fries and sides!!!



Location:
New, Brewery, 20a Wilson St, St Paul's, Bristol BS2 9HH



ADULTING

ONLINE WORKSHOPS



Mental Health

Credit Score

Money Management

LinkedIn

Property

CV writing

Employability

Weekly
workshops

New Speakers
each week

Only on
Zoom



Becoming an Architect

Architects are skilled and licensed professionals responsible for designing, planning, and supervising building projects from inception to completion. Their role encompasses ensuring the aesthetic appeal, functionality, and safety of buildings. They collaborate with other construction experts, including engineers, to fulfil client requirements.

Architects can be involved in residential and commercial projects, either as independent practitioners or as part of firms. Regardless of the setting, dedication and commitment are vital in crafting distinctive and practical structures.

Some of the typical responsibilities of an architect are:

- Creating sketches, detailed technical plans, and blueprints used in guiding construction engineers
- Overseeing construction projects from the start to the end
- Developing designs that align with their client's needs
- Visiting construction sites to check on the progress
- Advising clients on the best techniques in terms of safety, functionality, and cost
- Advising clients on construction materials

The typical annual salary for an architect is £47,551. However, salaries can range from £36,461 to £94,741 per year, depending on factors such as the employing company, your educational background, the nature of the project, and your level of experience. As you acquire more skills and qualifications, your salary range tends to increase.

Now let's detail a step-by-step guide on how to become an architect:

1. GET A DEGREE

The initial step towards becoming an architect is to enrol in a degree programme recognised by the Architects Registration Board. These programmes, which can be found both internationally and within the UK, typically last three to four years. During this time, you'll develop a diverse set of skills, including drawing, technical proficiency, construction knowledge, project management, and impact assessment.

2. GET INTO INTERNSHIP PROGRAMMES.

Following the completion of your degree, you can obtain practical experience through an internship at an architectural firm or organization. Typically lasting a year, these internship programmes may require you to document your experiences on the Professional Experience Development Record website. During your internship, your progress is overseen by both a mentor within the company and a professional studies advisor. If you wish to accumulate more savings or gain additional work experience, you may choose to extend your time in the internship programme.

3. COMPLETE A POSTGRADUATE DEGREE

A postgraduate degree, which could be a diploma, MArch, or BArch, typically lasts two years if pursued full-time. While you can choose to study at the same university where you completed your undergraduate degree, it's not mandatory. The design modules involve presenting your work to tutors and visiting functional buildings to gain practical field knowledge. At this stage, you can specialise in the type of architecture that interests you. Similar to undergraduate studies, you may also need to gain relevant work experience after completing your postgraduate degree. This internship usually lasts a year, during which you'll work under the supervision of a qualified and experienced architect and participate in complex projects.

4. TAKE YOUR EXAM.

Before taking your exam, it is essentially necessary to have two years of work experience. Additionally, completion of an online course known as the Advanced Diploma in Professional Practices in Architecture, governed by RIBA. The courses assess your knowledge and skills of architecture before allowing you to sit the exam. The exam consists of practice problem questions, preparing your submission, a self-evaluation component, a CV, and PEDR log sheets. There are fees involved in registration for the exam and online course.

5. BECOME LICENSED AND REGISTERED.

Once you pass the exam, you can register with a professional architecture organisation and become a full-fledged architect. You can then start applying for architectural jobs, choosing to work privately or be employed by a firm.



Firefighter

If you're looking to establish a career that consists of varied daily challenges and the opportunity to make a positive difference in people's lives, becoming a firefighter is a path worth considering. To enter this field, you'll require specialised training and education to build the essential knowledge base and exhibit the necessary skills, experience, and personal qualities for the job.

The average salary ranges from £29,194 for starters to £32,244 for experienced. Typical hours are 41–43 hours a week.

1. START WITH A COLLEGE COURSE OR APPRENTICESHIP.

Before applying to become a firefighter, you might consider taking a Level 2 or Level 3 Diploma in Public Service. While it's not mandatory, having this qualification could enhance your application compared to other candidates.

Typically, the entry requirements for these courses are:

- For a Level 2 course: 2 or more GCSEs at grades A*–D, or equivalent.
- For a Level 3 course: 4 or 5 GCSEs at grades A*–D, or equivalent.

Additionally, if you're interested in pursuing a career as a firefighter, you could explore an operational firefighter advanced apprenticeship. However, to qualify for this apprenticeship, you must first be employed by your local fire service. You can find potential job openings on their website. Entry requirements for this apprenticeship usually include GCSEs at grades A*–C, or equivalent, in English and math.

2. GAIN RELEVANT WORK EXPERIENCE.

If you choose an apprenticeship, you'll undergo practical training and classroom learning at a specialised

school to enhance your skills. Alternatively, with a college programme, you might have the chance to engage in a work placement or internship. Another option is to seek volunteer opportunities to gain work experience.

3. SHOWCASE YOUR SKILLS ON YOUR CV.

When applying for a job with the fire service, you'll need to create a CV highlighting relevant skills for the position. This might include transferable skills gained from previous work, volunteering, or placements. For instance, you might have developed communication or stress management skills in a prior job.

4. APPLY FOR A JOB POSITION VIA YOUR LOCAL SERVICES.

Keep an eye on your local fire service's website for opportunities to join. Each fire service has its own entry requirements and application process, typically involving written and practical elements. You'll likely have an interview to assess your suitability for the role.

Alternatively, other ways to establish yourself in a career as a firefighter are by volunteering and taking on support roles as a starter to ensure that the career is the right choice for you. You could also directly apply, so long as you have GCSE qualifications at A*–C in English and math. All you need to do is pass an online test designed to test your reaction to certain situations, pass a medical examination and a physical fitness test, and undergo an interview.

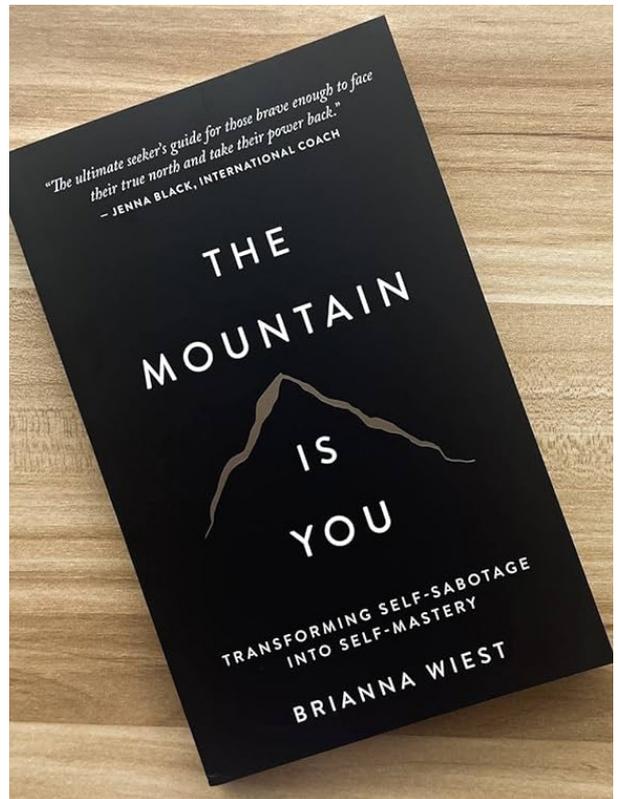


A QUIET PLACE DAY ONE

SEE:

A QUIET PLACE: DAY ONE

Set in the bustling streets of Brooklyn, New York, *A Quiet Place: Day One* delves into the chaotic events preceding the first two films. Although it is the third installment in the franchise, this movie serves as a standalone prequel, providing a glimpse into society's collapse under relentless alien threats.



READ:

THE MOUNTAIN IS YOU

This is a book about self-sabotage. Why we do it, when we do it, and how to stop doing it—for good. For centuries, the mountain has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome.

BUY:

GYM MEMBERSHIP

Staying active in your youth years is important, so invest in a gym membership to stay fit and healthy.





INSIDE SUCCESS UK PRESENTS

LET'S TALK ABOUT IT!

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

Hosted by



Anas Cherammat

&



Weekly Guests

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SCAN ME

**OUT
NOW!**

AMERICAN HERO

TOJU COMEDIAN SEMI-FINALIST OF SERIES 8 OF BRITAIN'S GOT TALENT IS HERE WITH HIS ONE MAN SHOW AMERICAN HERO. BE PREPARED TO BE IN STITCHES AS TAKES AN ON AN AMERICAN JOURNEY WITH HIS NO HOLDING BACK ENERGETIC COMEDY HILARIOUS STORY TELLING AND IMPRESSIONS.

