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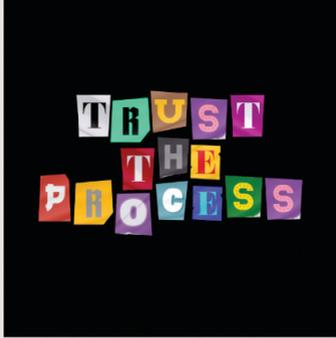


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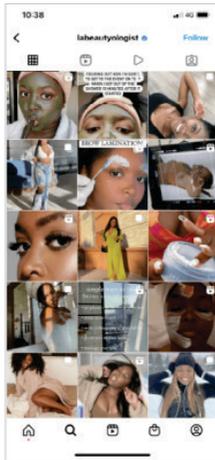
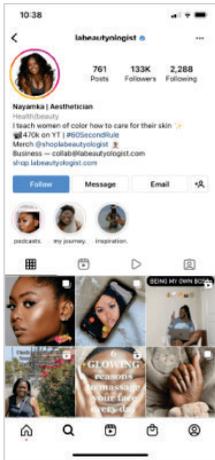
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Do Social Media Businesses Lack Customer Service Training, or Are We Too Harsh?

OPINION



Social media has revolutionised how businesses operate, allowing entrepreneurs and small brands to connect with consumers instantly. But with this convenience comes a new challenge—customer service.



Many people argue that social media businesses lack proper customer service training, leading to frustrating interactions, delayed responses, and, at times, outright unprofessionalism. Others believe that consumers are not giving these businesses enough grace, expecting them to operate like large corporations despite their limited resources. So, where does the truth lie?

One of the biggest issues with customer service on social media is the lack of formal training. Traditional businesses invest heavily in customer service departments, ensuring employees are equipped with communication skills, conflict resolution techniques, and brand-aligned messaging. In contrast, many social media entrepreneurs and startups are learning as they go, managing everything from marketing to product fulfilment while handling customer enquiries. Without structured training, it's understandable that some responses may lack professionalism or urgency.

Additionally, the fast-paced nature of social media means that businesses face overwhelming amounts of direct messages, comments, and emails daily. Consumers expect immedi-

ate responses, often forgetting that behind the screen is a small team—or sometimes just one person—trying to keep up. Unlike corporate customer service teams that operate in shifts, many social media businesses do not have the manpower to provide 24/7 assistance.

However, some businesses do fall short. Ignoring messages, offering vague responses, or becoming defensive when faced with criticism can drive customers away. While consumers should be patient, businesses must also recognise that providing good customer service is essential for long-term success. Entrepreneurs should invest in customer service strategies, even if that means setting realistic response time expectations or using automation to manage enquiries effectively.

In the end, both sides need to find balance. Customers should be mindful that small businesses operate differently from major corporations, but businesses must also recognise that customer service is crucial. Social media may have changed the business landscape, but respect and communication should remain a priority on both ends.

Does Invalidating People's Feelings Lead to Extreme Behaviours, or Is It a Personal Choice?



In a world that often prioritises logic over emotion, many people find their feelings dismissed, belittled, or outright ignored. But does invalidating someone's emotions push them toward extreme behaviours, or is their reaction solely their responsibility? The reality is far more complex, involving both external influences and personal accountability.

Emotional validation is crucial for mental well-being. When individuals feel unheard or misunderstood, they may experience frustration, isolation, and emotional distress. Over time, this can manifest in extreme behaviours, such as outbursts, self-destructive tendencies, or even radical social or political actions. People, especially those already vulnerable, seek validation as a fundamental human need. When they don't receive it, they may resort to drastic measures to be acknowledged. Studies have shown that rejection and neglect can heighten emotional distress, sometimes leading to reckless or harmful behaviours.

However, personal responsibility cannot be ignored. While external factors contribute to emotional struggles, individuals ultimately make their own choices. Many people face emotional invalidation yet find healthy ways to cope, such as seeking therapy, engaging in self-reflection, or channelling their emotions productively. While a lack of validation can

act as a trigger, it does not remove personal agency. People must take responsibility for how they react to adversity.

So, where does the responsibility lie? Society should work toward better emotional awareness, promoting active listening and validation to create a more empathetic culture. However, individuals must also learn to navigate life's challenges without resorting to extreme responses. The answer lies in balance—acknowledging the impact of emotional invalidation while reinforcing the importance of personal choices and emotional resilience.

At the end of the day, how we treat others matters. Validation doesn't mean agreeing with everything someone feels, but it does mean recognising their emotions as real and worthy of acknowledgement. This simple act could prevent unnecessary distress and encourage healthier emotional responses for all.

Is there even a need for music videos anymore ?

OPINION



Once upon a time, music videos were a cultural phenomenon, defining artists, shaping trends, and dominating television channels like MTV and VH1. Fast forward to today, and the landscape has completely shifted.

With the rise of streaming services, social media snippets, and alternative visual formats like lyric videos, short films, and visualisers, the traditional music video is no longer the powerhouse it once was. So, do we even need them anymore?

The rise of alternative visual content has significantly changed how audiences engage with music. Visualisers—animated or aesthetic loops accompanying songs—have become a go-to choice for many artists. They are easier to produce, cost-effective, and allow listeners to engage with a song without the distractions of a full production. Many artists now prefer these minimalist visuals over elaborate music videos, especially for tracks that don't warrant cinematic storytelling.

Similarly, lyric videos have become incredibly popular, offering fans a way to connect with a song's message while still providing a visually appealing experience. In the age of streaming and social media, where immediacy is key, lyric

videos provide an easy way to keep audiences engaged without the heavy investment required for a high-production music video.

Short films have also become a new form of visual storytelling for artists who still want to create something cinematic but with deeper artistic intent. Instead of releasing a standard music video, some musicians opt to weave multiple songs into a single, cohesive narrative. This approach elevates music into an experience rather than just a three-minute visual accompaniment.

While traditional music videos still have their place, their role has undeniably evolved. The need for them is no longer absolute, as artists now have a variety of creative ways to visually showcase their music. The industry has shifted towards accessibility, efficiency, and creativity beyond the conventional music video format. Whether this change is for better or worse depends on how you view the evolution of music and its relationship with visuals.

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... Before Becoming a Model

Becoming a model can seem like a dream career—runway shows, magazine covers, glamorous photoshoots, and travelling the world. But behind the glitz and glam, the industry comes with its own set of challenges and hard truths. If I could go back in time and give myself some advice before stepping into this world, here's what I wish I knew.

1. REJECTION IS CONSTANT—AND IT'S NOT PERSONAL

One of the hardest lessons to learn as a model is that rejection is part of the job. Agencies, brands, and designers have specific looks in mind, and sometimes you simply don't fit what they're looking for. It doesn't mean you're not beautiful or talented—it just means you weren't the right fit for that particular job. Developing thick skin is essential.

2. THE IMPORTANCE OF PROFESSIONALISM AND PUNCTUALITY

Modelling isn't just about looking good—it's about being reliable. Showing up on time, being prepared, and maintaining a professional attitude are just as important as your appearance. A bad reputation spreads quickly in the industry, and being difficult to work with can cost you future opportunities.

3. THE INDUSTRY CAN BE EXPENSIVE

Many people assume that once you sign with an agency, everything is covered. The reality? You may have to invest in professional photoshoots, travel expenses, comp cards, and even agency fees before you start making money. Budgeting wisely is crucial.

4. SOCIAL MEDIA MATTERS—A LOT

In today's world, having a strong social media presence can make or break your career. Brands and agencies look at engagement, followers, and how well you market yourself online. Learning to curate your personal brand on platforms like Instagram and TikTok is almost as important as having a great portfolio.



5. NOT ALL AGENCIES HAVE YOUR BEST INTERESTS AT HEART

Finding the right agency is crucial, but not all agencies are reputable. Some charge high upfront fees, while others may take advantage of new models. Always read contracts carefully, research the agency, and ask questions before signing anything.

6. YOUR MENTAL AND PHYSICAL HEALTH MUST COME FIRST

The pressure to look a certain way can be overwhelming, leading many models to develop unhealthy habits. It's important to prioritise your well-being, fuel your body properly, and remember that beauty comes in different shapes and sizes. Surrounding yourself with a good support system can make a huge difference.

CONCLUSION

Modelling is an exciting and rewarding career, but it's also tough. If I had known these things before I started, I would have been better prepared for the realities of the industry. If you're thinking about becoming a model, go into it with open eyes, a strong mindset, and a willingness to learn. And most importantly, never forget your own worth, no matter what the industry tells you.

... Before Becoming a Football Scout

Becoming a football scout is a dream job for many who love the game. The idea of discovering the next big talent, working with clubs, and influencing the future of football sounds exciting. But like any profession, scouting has its challenges and requires a unique skill set that many people don't realise until they're already in the field.



Here are some of the things I wish I knew before becoming a football scout.

1. IT'S NOT JUST ABOUT WATCHING GAMES

One of the biggest misconceptions is that scouting is simply about watching matches and identifying standout players. While that's a key part of the job, scouting also involves data analysis, networking, report writing, and deep player assessments. It requires understanding tactics, physical and psychological attributes, and potential development paths for players.

2. PATIENCE IS ESSENTIAL

Scouting is not an instant-gratification profession. You may spend years tracking a player before a club even considers signing them. Many times, players with great potential don't make it, or clubs pass on your recommendations. It's a long game, and patience is key.

3. YOU NEED TO BUILD A STRONG NETWORK

Football is a people-driven industry, and scouting is no different. Having a strong network of

coaches, agents, club officials, and other scouts is crucial. Information is power in this field, and the best scouts are the ones who know where to find the right insights.

4. TRAVEL IS CONSTANT AND CAN BE EXHAUSTING

Scouting often involves travelling to watch players in different leagues, tournaments, and even countries. It might sound glamorous, but constant travel can be draining. Long hours on the road, unpredictable schedules, and spending weekends away from home are all part of the job.

5. UNDERSTANDING THE BUSINESS SIDE OF FOOTBALL IS CRUCIAL

Football is more than just talent and tactics; it's a business. Scouts need to understand transfer market trends, contract negotiations, and financial implications. A player may be talented, but if they don't fit the club's budget or philosophy, they won't be signed.

6. REJECTION IS PART OF THE JOB

Not every recommendation will lead to a signing. Clubs may reject your reports, players may not progress as expected, and some of your best finds might never get the opportunity they deserve. Handling rejection and criticism is part of being a scout.

CONCLUSION:

Football scouting is a mix of art and science. It requires patience, skill, resilience, and an understanding of both the game and the business behind it. While it's not always as glamorous as it seems, it's an incredibly fulfilling career for those willing to put in the work. If you're considering becoming a scout, prepare for the challenges, keep learning, and most importantly, trust your football instincts.

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Are Youth Clubs and Community Events Effective, or Are They Pointless?

THE CASE FOR YOUTH CLUBS AND COMMUNITY EVENTS

For many young people, youth clubs and community events provide a safe space to socialise, learn new skills, and develop a sense of belonging. These spaces offer structure, which can be crucial for those who might not have a stable home environment or positive role models. They also serve as an alternative to negative influences, helping to keep young people away from crime, gang culture, and risky behaviours.

Studies have shown that access to youth programmes reduces antisocial behaviour and increases confidence. Young people who engage in community events often build valuable skills in leadership, teamwork, and creativity—qualities that help them later in life.

THE CHALLENGES AND LIMITATIONS

However, some argue that youth clubs and community events are ineffective or outdated. Many clubs struggle with lack of funding, poor attendance, and outdated programming. If young people don't see these spaces as engaging or relevant, they won't participate. In an age of digital entertainment and social media, simply having a physical space isn't enough—it must offer experiences that truly interest and benefit young people.

In an era where young people face increasing pressures from school, social media, and personal struggles, the debate over the effectiveness of youth clubs and community events is more relevant than ever. Are these initiatives genuinely beneficial, or are they outdated and ineffective?

Additionally, community events can sometimes feel like short-term solutions rather than long-term investments in youth development. A single event might bring people together for a day, but without consistent support, its impact can fade quickly.

ARE THEY WORTH IT?

The effectiveness of youth clubs and community events depends on how they are designed and funded. When run properly, with engaging activities, mentorship programmes, and real opportunities for growth, they can be lifesaving resources. However, without proper investment and modernised approaches, they risk becoming irrelevant.

Instead of asking if youth clubs and community events are pointless, the real question should be: How can we make them more effective and engaging for today's generation?



RAPHAEL SOFOLUKE



Raphael Sofoluke is a serial entrepreneur, author, and visionary dedicated to empowering the Black community. As the founder and CEO of the UK Black Business Show and UK Black Business Week, he has created platforms that celebrate and promote Black entrepreneurs and professionals, fostering opportunities for networking and growth. Raphael also established the Black Tech Achievement Awards to recognise Black innovators in the tech industry, highlighting pathways to greater representation. Co-author of "Twice as Hard", he offers invaluable insights for Black professionals navigating their careers. His initiatives inspire young individuals by showcasing successful role models and emphasising the importance of community and resilience in achieving success.

ADRIENNE ADHAMI

Adrienne Adhami is a leading well-being coach, author, and keynote speaker dedicated to empowering individuals to unlock their full potential. Her acclaimed "Power Hour" podcast, boasting over 5 million downloads, features thought leaders discussing strategies for personal growth and success. Adrienne's debut book, *Power Hour*, and her recent re-release, *Decisions That Matter*, provide actionable insights on goal-setting and effective decision-making. Recognised as one of the 'Top 25 Black Entrepreneurs to Watch' by HSBC and UK Black Business Week, she exemplifies resilience and innovation. Through her work, Adrienne inspires young people to pursue their ambitions with confidence and clarity.



DR TUNDE OKEWALE OBE



Dr Tunde Okewale OBE is a distinguished barrister at Doughty Street Chambers, renowned for his dedication to justice and social mobility. Growing up on a Hackney council estate, he became the first in his family to attend university, exemplifying resilience and determination. In 2010, he founded Urban Lawyers, a charity committed to making legal education accessible to marginalised communities. Dr. Okewale's journey from humble beginnings to legal prominence serves as a powerful inspiration for young people, demonstrating that perseverance and commitment can overcome adversity and effect meaningful change. He is now the chair for Sports England.

GRACE BEVERLEY



Grace Beverley is a dynamic entrepreneur and influencer who has made significant strides in promoting sustainability and wellness among young people. As the founder of TALA, a sustainable activewear brand, and Shreddy, a fitness technology platform, she has seamlessly combined her passion for fitness with environmental responsibility. Grace's commitment to ethical production and transparency has set a new standard in the fashion industry, inspiring young individuals to prioritise sustainability in their choices. Her journey from a social media fitness enthusiast to a successful businesswoman demonstrates the power of innovation and determination, serving as a motivating example for aspiring young entrepreneurs.

CHARMAINE HAYDEN



Charmaine Hayden is a trailblazing venture capitalist and diversity advocate, inspiring young people through her dedication to inclusivity in entrepreneurship. As a Founding Partner at GOOD-soil Venture Capital, she focuses on investing in early-stage, tech-enabled businesses, particularly those led by under-represented founders. Charmaine's journey from co-founding the award-winning modelling agency Face4music to becoming one of the few women of colour managing a VC firm in the UK exemplifies resilience and determination. Her commitment to breaking barriers and championing diversity serves as a powerful inspiration for young individuals aspiring to make a difference in the business world.

Meet LeoStayTrill:

A Young Artist Inspiring the Next Generation

Tinotenda Leon Gandanzara, better known by his stage name LeoStayTrill, is a young Zimbabwean-born rapper and producer from South East London. In the past year, he has risen to stardom, making big waves in the music world. His journey from a childhood filled with music to becoming a rising star is an inspiring story of passion, talent, and determination.



LeoStayTrill's love for music started early, when he was 10 years old. As a child, he was drawn to music-based toys and spent hours writing lyrics and experimenting with sounds. As he grew older, his passion only grew, inspired by artists such as Dave, Migos, and Young Thug. This early fascination is a pivotal part of Leo's story, laying the foundation for his future success.

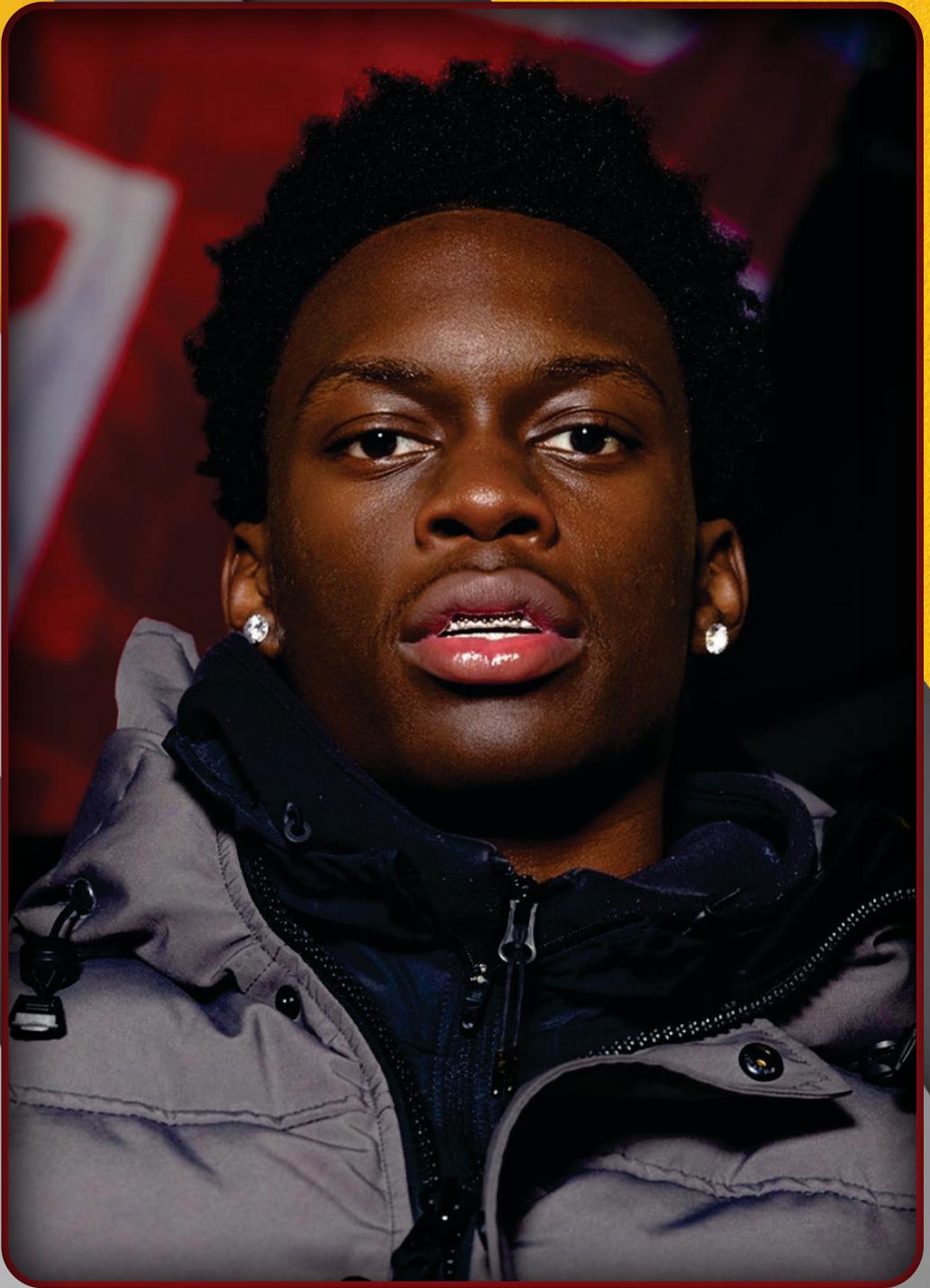
In 2023, he released his debut single, "Honeybun", which he wrote and self-produced at just 16 years old. The track captured attention in the rap scene, earning praise from UK legend JME and viral fashion influencer Clint. By blending rap with tropical-infused melodies, LeoStayTrill quickly established himself as a promising new talent.

2024 proved to be his breakout year. In July, he released his viral single "Pink Lemonade", co-written and produced in his bedroom. The track gained widespread recognition on TikTok, with over 1.25 million videos created and over 30 million views. It landed on Spotify's global Viral Top 10 and amassed more than 70 million streams. His unique blend of Afro-swing and drill earned support from Spotify, Apple Music, BBC Radio 1, 1Xtra, GRM Daily, Clash, and more.

His growing talent soon caught the attention of major labels, and he earned nominations for prestigious awards like the MOBOS (Best Newcomer and Song of the Year) and recognition as a Breakthrough Artist at the 2024 TikTok Awards. In 2021, he also showcased his vocal talents by reaching the finals of "The Voice Kids UK".

LeoStayTrill's vibrant style reflects his experimental approach to sound and his emphasis on independence. Looking ahead, he hopes to expand globally, develop his craft, and continue inspiring young people to follow their passions.





Do Redemption Plans Improve Mental Health, or Do They Make It Worse?

The idea of redemption is deeply ingrained in human culture. From religious teachings to self-help philosophies, the notion that one can correct past mistakes and find a path to personal growth is widely celebrated. But does the process of redeeming oneself actually contribute to better mental health, or can it sometimes do more harm than good?

THE APPEAL OF REDEMPTION: A PATH TO HEALING

Redemption offers a sense of hope. It provides a structured way for individuals to confront their past, take responsibility, and work toward a better future.

For example, the concept of self-forgiveness plays a critical role in mental well-being. Studies suggest that when individuals actively work to forgive themselves and take positive steps forward, they often experience reduced anxiety and depression.

Addiction recovery programmes, such as Alcoholics Anonymous (AA), incorporate redemption as a key component of healing. The 12-step process encourages individuals to acknowledge past mistakes, seek forgiveness, and commit to a life of positive change. This structured approach has helped many find renewed purpose and meaning, leading to better mental health outcomes.

THE PRESSURE OF REDEMPTION: WHEN IT BECOMES OVERWHELMING

However, redemption is not always a straightforward or positive experience. In some cases, the pressure to "make things right" can lead to feelings of shame, guilt, and self-loathing—which may worsen mental health rather than improve it.

One of the biggest dangers of redemption is the unrealistic expectation of perfection. Many people believe that in order to redeem themselves, they must completely erase their past mistakes. But the reality is that no one can rewrite history. When individuals feel like they are failing in their redemption journey, they

may spiral into deeper depression and anxiety.

Another issue is that society does not always allow for redemption. Cancel culture has made it increasingly difficult for people to move beyond their past mistakes. While accountability is important, the lack of a clear path to redemption can leave individuals feeling permanently condemned, which can have devastating effects on mental health.

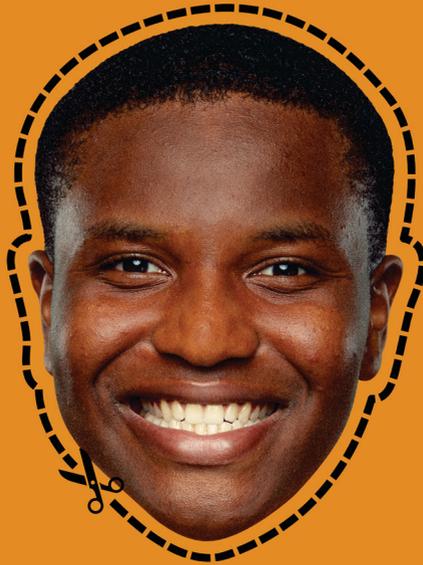
Redemption should not be about personal growth, learning from past mistakes. And be self-motivated rather than externally forced.

FINDING A BALANCE: HEALTHY APPROACHES TO REDEMPTION

- 1. Set Realistic Goals** – Instead of trying to erase the past, focus on making meaningful improvements in the present.
- 2. Practice Self-Forgiveness** – Accept that everyone makes mistakes and that self-worth is not defined by past failures.
- 3. Seek Support** – Whether through therapy, support groups, or trusted friends, having a support system can make the redemption journey less isolating.
- 4. Recognise That Not Everyone Will Forgive You** – Redemption is a personal journey, and some people may not accept your growth. That should not define your ability to move forward.
- 5. Prioritise Mental Health Over External Validation** – The goal of redemption should be self-improvement, not winning back approval from others.
- 5. Prioritise Mental Health Over External Validation** – The goal of redemption should be self-improvement, not winning back approval from others.

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DJ Limelight

A Trailblazer for Asian Music in the UK

SUCCESS LEAVES CLUES

DJ Limelight, born Sandeep Sharma in East London, has been a formidable presence in the UK music scene for over two decades. A true trailblazer, his influence spans multiple facets of the industry as a DJ, producer, presenter, and talent manager.

As a founding member of Chronicle Entertainment, a collective of London's Asian youth MCs, including Kan-D-Man, Raver, and Spitfya, DJ Limelight has consistently championed new talent and showcased emerging artists in the UK's music scene.

His career began in the underground mixtape circuit, selling over 250,000 copies of compilations featuring acts like N-Duz and Tinie Tempah. His passion for new talent led him to host, mix, and present a series of compilation CDs that bridged the gap between underground and mainstream music.

DJ Limelight's work with BBC Radio has been integral to his legacy. A respected figure on

BBC Radio since 2008, particularly with BBC 1Xtra, his Mic Check show became a platform for unsigned talent, offering raw rap battles that captivated listeners. His dedication to promoting diverse artists made him a champion of the UK's multicultural music scene.

As a DJ and producer, Limelight also found success with his Grime Theft Auto mixtapes, including Vol. 2 (2009), Hype on da Mic (1, 2, and 3), and Addicted to the Hustle. These releases solidified his place in grime and hip hop circles, propelling the genre's popularity beyond the UK. His collaborations with notable figures like MC Ghetto, Triggs Vega, and Dawn Penn further cemented his industry status.

Recently, Limelight's efforts expanded into mentorship and talent management. He currently manages rising star DJ Simz and co-hosts The Culture Podcast, a dynamic platform exploring culture, identity, and music.

DJ Limelight's impact on British hip-hop, grime, and British-Asian music is immeasurable. His career stands as a testament to passion, perseverance, and the belief in under-represented communities, continuing to inspire the next generation.





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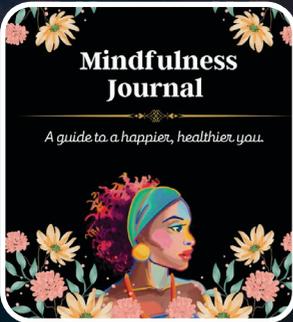


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Do We Have to Step Away from Cultural Food to Maintain a Healthy Lifestyle?

Food is more than sustenance; it reflects identity, history, and culture. For many African and Caribbean communities in the UK, dishes like jerk chicken, jollof rice, curry goat, and fried plantain are staples that carry deep-rooted traditions.

Yet, with rising health consciousness and lifestyle diseases such as diabetes, obesity, and hypertension, some argue these dishes may not align with a healthier way of living. But does maintaining a healthy lifestyle mean stepping away from these beloved foods, or can cultural heritage and nutrition coexist?

THE HEALTH CONCERNS SURROUNDING CULTURAL DISHES

Many African and Caribbean dishes are rich in flavour but often use ingredients and cooking methods that raise health concerns. Palm oil, widely used in West African cuisine, is high in saturated fats, contributing to heart disease when consumed excessively. Deep-fried favourites like plantain and festival dumplings are high in calories and unhealthy fats, leading to weight gain and high cholesterol.

Large portion sizes and carbohydrate-heavy staples such as rice, yam, and fufu, when not balanced with proteins and vegetables, contribute to issues like insulin resistance. High salt

content in dishes like jerk chicken and curry goat, seasoned with large amounts of salt, cubes, and sauces, increases the risk of high blood pressure.

PRESERVING TRADITION WHILE EMBRACING HEALTHIER CHOICES

Abandoning cultural foods is a misconception. Instead, focus on modifications that retain their essence while improving nutrition: grilling instead of frying, moderating palm oil use, balancing carbs with vegetables and proteins, reducing processed seasonings, and using natural herbs and spices.

CONCLUSION

The belief that one must step away from cultural foods to maintain a healthy lifestyle is not entirely accurate. With thoughtful adjustments and mindful choices, traditional African and Caribbean dishes can remain a cherished, healthy part of everyday life.

TROPICAL SORBET MOCKTAIL (NON-ALCOHOLIC)

Enjoy a relaxing tropical mini-vacation, all in one glass!

INGREDIENTS:

- » 2 scoops of mango or pineapple sorbet
- » 1/2 cup pineapple juice (chilled)
- » 1/4 cup orange juice (freshly squeezed if possible!)
- » 1/2 cup sparkling water or coconut water (chilled)
- » A splash of lime juice (optional, for a zesty kick)
- » Fresh fruit garnish: pineapple wedges, mango slices, lime wheels
- » A few mint leaves
- » Ice cubes (optional)

INSTRUCTIONS:

1. **Scoop** the tropical sorbet into a tall glass (or a fancy cocktail glass!).
2. **Pour** in the pineapple juice and orange juice over the sorbet.
3. Add a **splash of lime juice** if you like it a little tangy.

4. **Top it off** with sparkling water (for fizz) or coconut water (for a smooth, tropical vibe).
5. Give it a **gentle stir**—let the sorbet melt a little for a creamy, slushy texture.
6. **Garnish** with a pineapple wedge, a slice of lime, and a sprig of mint.
7. Add a few **ice cubes** if you want it extra chilled.



REFRESHING FRUIT ICE LOLLIES

INGREDIENTS:

- » 2 cups of fresh fruit (strawberries, mangoes, kiwis, blueberries, pineapple—mix & match!)
- » 1/2 cup fruit juice (apple, orange, or pineapple juice works great)
- » 1–2 tablespoons honey or agave syrup (optional, for sweetness)
- » A squeeze of fresh lemon or lime juice (to brighten the flavour)

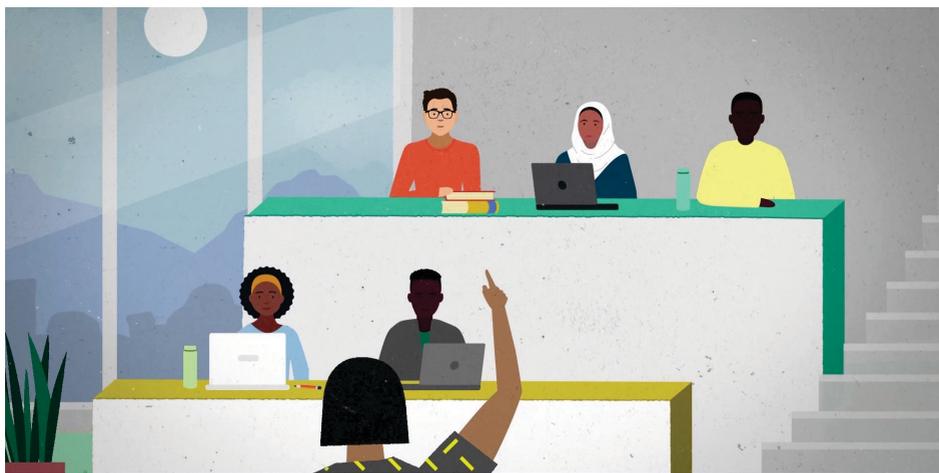
INSTRUCTIONS:

1. **Chop** your fruit into small pieces if you want a chunky texture, or blend it if you want a smooth lolly.
2. **Blend** the fruit with juice and sweetener (if using). For a chunkier ice lolly, skip the blender and just mix the chopped fruit with juice.
3. **Taste test!** Add more juice or sweetener as needed.
4. **Pour** the mixture into ice lolly moulds. If you don't have moulds, use small cups and

- insert popsicle sticks (cover with foil and poke the stick through to keep it upright).
5. **Freeze** for at least 4–6 hours, or until solid.
6. Run **warm water** over the molds for a few seconds to release the lollies easily.



The Various Pathways to Take Out of Education: Finding the Right Route for You



Leaving formal education is a major turning point in life, and it can be both exciting and overwhelming. While university is often seen as the default, it's not the only path to success.

In 2025, young people have more options than ever—whether through apprenticeships, entrepreneurship, vocational training, or entering the workforce. Each comes with its own benefits and challenges, so it's important to consider what aligns with your skills, interests, and goals.

UNIVERSITY: THE TRADITIONAL ROUTE

University provides academic knowledge, networking, and structured pathways into careers like law, medicine, and academia. But with rising fees and a competitive job market, a degree no longer guarantees success. If you're passionate about a subject or need a degree for your career, it's a solid option. If not, other pathways might be more practical.

APPRENTICESHIPS: EARN WHILE YOU LEARN

Apprenticeships combine industry-specific skills with earning a wage. Popular in fields like engineering, IT, and healthcare, they offer real-world experience and formal qualifications. With strong career prospects and no debt, apprenticeships are an increasingly attractive option.

VOCATIONAL TRAINING: SPECIALISED SKILLS

For those who prefer practical learning, vocational training offers certifications in areas like plumbing, beauty therapy, and culinary arts. These affordable, shorter programmes allow quick entry into the workforce, with skills in high demand.

ENTREPRENEURSHIP AND EMPLOYMENT

More young people are building careers through digital businesses and freelancing. While entrepreneurship requires resilience, it offers independence and unlimited potential. Alternatively, entering full-time work straight after school provides experience and financial independence, with many industries valuing skills over degrees.

CONCLUSION

University is no longer the only path to success. Whether through education, apprenticeships, work, or business, the key is choosing what suits your goals and strengths.



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Tips on How to Prepare Yourself for a Presentation

Public speaking is an essential skill in both the workplace and education. Whether you're presenting a business proposal or delivering a project in class, effective presentation skills can boost confidence and leave a lasting impression. Many people feel nervous before speaking, but with the right preparation, you can reduce anxiety and deliver your message well. Here are practical tips to help you prepare for a successful presentation.



1. UNDERSTAND YOUR AUDIENCE

Before crafting your presentation, know who you're speaking to. In the workplace: consider the knowledge level of your colleagues or clients. In education: think about your professor and classmates. Adjust your content to be clear and relevant.

2. STRUCTURE YOUR PRESENTATION

A good structure helps your audience follow along:

- *Introduction* – Open with a strong statement, introduce yourself, and outline your presentation.
- *Main Content* – Break content into clear sections with supporting points. Use visuals and examples.
- *Conclusion* – Summarise key points and leave a memorable takeaway.

3. PRACTICE, PRACTICE, PRACTICE

Rehearse to build confidence. Practise in front of a mirror, record yourself, or gather friends and family to provide feedback.

4. USE VISUAL AIDS WISELY

Visuals should support your points, not overshadow them. Keep slides simple, clear, and professionally designed.

5. FOCUS ON DELIVERY AND BODY LANGUAGE

Maintain good posture, make eye contact, and use hand gestures to emphasise points. Speak clearly and at a steady pace.

6. MANAGE NERVOUSNESS

Take deep breaths, focus on your message, and remember most audiences are supportive.

7. PREPARE FOR QUESTIONS

Anticipate likely questions and plan your answers.

CONCLUSION

Preparation is key. By understanding your audience, structuring your content, practising, and managing nerves, you can confidently deliver presentations and improve your public speaking skills.

What Apps are Essential for Building a Business



”

In today's fast-paced digital world, business apps are essential tools for staying ahead of the competition. From project management to customer engagement, there's an app for nearly every aspect of running a modern business. Here are some top apps that can help businesses operate more efficiently and drive growth.

1. SLACK – Communication and Collaboration

Slack has transformed team communication with real-time messaging, file sharing, and app integrations. Ideal for startups and remote teams, it keeps everyone connected and organised through channels, messaging, and video calls.

2. MAILCHIMP – Email Marketing and Customer Engagement

Email marketing remains powerful, and Mailchimp makes it simple to design, automate, and track email campaigns. With templates, analytics, and audience targeting, businesses can engage customers and maximise outreach.

3. CANVA – Design and Branding Made Simple

Canva allows businesses to create professional-quality graphics, social media posts, and marketing materials without design experience. Its vast library of templates makes branding accessible and effective.

4. GOOGLE DRIVE – File Storage and Sharing

Google Drive offers secure, cloud-based file storage and collaboration. Teams can access, share, and update documents in real time, improving workflow and file management.

5. ACUITY SCHEDULING – STREAMLINING APPOINTMENTS

Acuity simplifies appointment scheduling by letting clients book online based on availability. It integrates with calendars, sends reminders, and processes payments, making it perfect for service-based businesses.

6. GOOGLE WORKSPACE – PRODUCTIVITY AND COLLABORATION

Google Workspace includes Gmail, Docs, Sheets, and Meet, allowing seamless collaboration and cloud-based productivity for teams of any size.

7. ZOOM – Virtual Meetings and Webinars

Zoom provides high-quality video conferencing for meetings, client calls, and webinars, with features like screen sharing and breakout rooms.

CONCLUSION

Running a successful business requires smart tools. These essential apps enhance communication, organisation, customer engagement, and productivity, helping businesses focus on growth and innovation.



How AI Will Affect the UK Financial Market in the Years to Come

Artificial Intelligence (AI) is no longer futuristic – it's already transforming industries, and the UK financial market is quickly adapting. From algorithmic trading to fraud detection, AI brings both opportunities and risks. The challenge lies in balancing efficiency with ethical and regulatory concerns.

AI AND THE EVOLUTION OF FINANCIAL SERVICES

AI is streamlining operations through chatbots, virtual assistants, and automated decision-making. Financial planning has become more accessible via AI-driven robo-advisors like Nutmeg and Moneyfarm, which use customer data to offer tailored investment advice.

THE IMPACT ON TRADING AND INVESTMENTS

AI-driven algorithmic trading allows transactions at lightning speed, based on complex market analysis. While this boosts efficiency and profitability, it also risks market volatility, with sudden sell-offs possible during economic shocks.

FRAUD DETECTION AND RISK MANAGEMENT

AI has strengthened fraud prevention and risk management. Machine learning tools analyse transaction patterns in real time, flagging suspicious activity. Lenders and insurers also use AI for assessing creditworthiness by examining alternative data like spending habits and social

media activity. This raises concerns over data privacy and potential bias.

CHALLENGES AND ETHICAL CONCERNS

AI's rise brings job displacement risks in banking, advisory, and trading roles. It's crucial that AI complements human expertise, not replaces it. Regulatory bodies like the FCA must address transparency, accountability, and systemic risk management in AI-driven finance.

THE FUTURE OF AI IN UK FINANCE

AI will increasingly shape the UK financial sector, with future innovations likely in quantum computing and regulatory compliance. Ethical development, robust regulation, and consumer protection will be vital to ensure AI's benefits outweigh its risks.

CONCLUSION

AI offers the UK financial market enhanced efficiency, accessibility, and security. Its future success depends on thoughtful regulation and responsible integration to maintain financial stability and consumer trust.

Top 10 Places to Stay in Malta: The Ultimate Guide for 2025

Malta, a stunning Mediterranean gem, offers something for every traveler—whether you seek luxury, boutique charm, or budget-friendly options. Here's a quick guide to the top 10 places to stay in Malta in 2025.

1. THE PHOENICIA MALTA (VALLETTA)

A five-star historic hotel blending classic elegance and modern luxury. Highlights include an infinity pool overlooking Grand Harbour and lush gardens, perfect for a refined city stay.

2. CORINTHIA PALACE HOTEL & SPA (ATTARD)

Known for its world-class spa, fine dining, and peaceful setting, this five-star hotel offers easy access to Malta's cultural sites.

3. HILTON MALTA (ST. JULIAN'S)

Located in the lively town of St. Julian's, this luxury hotel features stunning sea views, elegant rooms, and diverse dining—ideal for those wanting nightlife nearby.

4. ROSSELLI – AX PRIVILEGE (VALLETTA)

A boutique hotel in a 17th-century palazzo offering a unique blend of history and modern luxury, with an award-winning restaurant and personalized service.

5. KEMPINSKI HOTEL SAN LAURENZ (GOZO)

Malta's sister island retreat boasts lush gardens, multiple pools, and a top spa—perfect for relaxation away from the bustle.

6. THE WESTIN DRAGONARA RESORT (ST. JULIAN'S)

A favorite for families and couples, offering spacious rooms, private beach access, and various activities.

7. CUGO GRAN MACINA GRAND HARBOUR (SENGLIA)

Set in a historic fortress, this boutique hotel combines Maltese heritage with contemporary design, featuring a rooftop pool with harbor views.

8. CASA ELLUL (VALLETTA)

An intimate boutique hotel with uniquely designed rooms, ideal for artsy travelers exploring Valletta.

9. AX THE SAINT JOHN (VALLETTA)

A trendy, modern hotel perfect for young travelers and couples, located in the heart of Valletta.

10. SEAVIEW HOTEL (BUGIBBA)

A budget-friendly option offering comfortable rooms and stunning sea views in a lively area.

CONCLUSION

Whether seeking luxury, history, or affordability, Malta's accommodations cater to all preferences. Wherever you stay, Malta's charm and beauty promise an unforgettable 2025 trip.

What New Policies Are Affecting the Development of Young People in 2025?

In 2025, young people in London face a complex policy landscape affecting education, employment, housing, and finance. While some initiatives aim to support youth development, many challenges persist, limiting social mobility and economic security.

EDUCATION: FUNDING CUTS AND NEW REFORMS

The government is promoting vocational training and apprenticeships to close the skills gap. However, cuts to higher education funding keep university fees high, increasing student debt. Recent tightening of student loan repayments pressures graduates with faster, costlier paybacks, restricting early financial freedom.

EMPLOYMENT: YOUTH STRUGGLING IN A COMPETITIVE JOB MARKET

Employment policies incentivize apprenticeships through tax breaks, but many jobs offer low wages, insufficient for London's living costs. Changes to zero-hour contracts offer some protections, yet unstable, part-time work remains common, making it hard for young people to secure their futures.

HOUSING: THE COST-OF-LIVING CRISIS WORSENS

Despite government efforts to boost affordable homes, rising rents and high property prices keep homeownership out of reach for

many. The expanded First Homes Scheme offers discounts but remains inaccessible for most. Renters face increasing costs and often remain in shared housing into their 30s, delaying independence.

FINANCE: RISING DEBT AND LIMITED SAVINGS

High living costs and stagnant wages hinder young people's ability to save. Though the government offers incentives like better Lifetime ISA rates and pension matches, many can't benefit due to day-to-day financial struggles. Digital finance schemes and "Buy Now, Pay Later" options contribute to rising personal debt.

CONCLUSION

Policies in 2025 show mixed results. While steps have been taken to improve employment and education, they fall short against rising living costs, unstable jobs, and housing shortages. Without stronger, comprehensive reforms, young Londoners risk being left behind in an increasingly unaffordable city.



Youth Vending Employment Programme



Scan me!

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

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

**A young adult one day is £50
A young adult for one week £150**



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

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



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



About Inside Success

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

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

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

HOW THE PROCESS WORKS:

1. [Give us a call.](#)
2. [Book to attend an interview/training and taster day.](#)

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

PROBLEM:

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

SOLUTION:

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

RESULT:

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

ABDUR

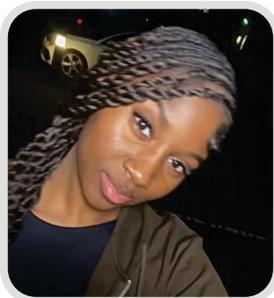
As a high achiever skills such as communication, leadership and financial literacy are imperative in my everyday life. I study medicine full time so my work at Inside Success allows me to maintain and hone these skills whilst having a work-life balance. I have been here for around 3 years and grown into a much more confident person as a result- I know this will continue and I recommend this for any young person trying to improve themselves.

**JODY**

Inside Success has helped me overcome social anxiety by pushing me out of my comfort zone and encouraging real interactions through magazine sales. Each conversation built my confidence, and over time, I developed resilience by handling rejection and staying motivated. Through consistent effort, I've gained valuable sales skills—like communication, persuasion, and reading people—which have made me more knowledgeable, not just in business, but in life. Selling magazines wasn't just about sales; it became a journey of personal growth, showing me how capable I am and shaping me into a more confident, driven, and skilled individual.

RENAY

Inside Success Union has truly played a transformative role in my personal growth and development. Before joining, I struggled deeply with low self-esteem and often found it difficult to step outside of my comfort zone. However, being part of this inspiring community has not only boosted my confidence but also opened doors to opportunities I never imagined possible. I've met like-minded, ambitious individuals who have motivated me to strive for more, both personally and professionally. The supportive environment has shaped me into a more resilient, self-assured person, and I am genuinely grateful to be part of something so empowering and uplifting.

**LUANA**

In the short time that's i've been in Inside Success it has had a powerful impact on my life. When I joined, I was unsure of my direction, but the support, mentorship, and real opportunities they offered helped me find clarity and purpose. Due to my experience here it has shaped my journey, helping me become more confident, driven, and ready to chase the goals I once thought unreachable.

Four Unmissable Events This Summer

EVENTS



BEATGEEK 2025

This summer, BEATGEEK 2025 is set to bring London's music scene to life with an electrifying celebration of beat-making, DJ culture, and cutting-edge music tech. Taking place in the heart of the city, this annual event is a must for producers, DJs, and music lovers who want to dive deep into the world of sound creation. Expect live beat battles, interactive workshops, and showcases from top-tier producers and brands in the industry. Whether you're a seasoned musician or just curious about the art of beat-making,

BEATGEEK offers hands-on experiences, networking opportunities, and a chance to see some of the best in the game perform live. With a mix of live performances, panel talks, and exclusive gear demos, BEATGEEK 2025 is shaping up to be the ultimate summer event for music creatives. If you love beats, bass, and innovation, this is one festival you won't want to miss!

London Tech Week 2025

This summer, London Tech Week 2025 returns to the capital, bringing together the brightest minds in technology, business, and innovation. As one of Europe's leading tech festivals, the event will showcase cutting-edge advancements in AI, fintech, cybersecurity, sustainability, and more. Taking place across multiple venues in London, the week-long festival offers keynote talks, panel discussions, live demonstrations, and networking opportunities with global tech leaders, start-ups, and investors. Whether you're a tech professional, entrepreneur, or simply curious about the future of digital innovation, London Tech Week is the place to discover the latest trends and breakthrough ideas. With a focus on AI-driven solutions, sustainability, and the evolving digital economy, this year's event promises to explore how technology is shaping our world. If you want to connect, learn, and be inspired, London Tech Week 2025 is an unmissable event for anyone passionate about the future of tech.





Formula E: GEN3 Evo

This summer, Formula E: GEN3 Evo is set to electrify London with high-speed, all-electric racing at the ExCeL London circuit. As the season finale of the ABB FIA Formula E World Championship, this event will showcase the next evolution

of sustainable motorsport, where cutting-edge technology meets thrilling wheel-to-wheel action. The GEN3 Evo cars are faster, more agile, and more efficient than ever, pushing the limits of electric racing with enhanced aerodynamics and power. Expect intense battles as the world's top drivers navigate the unique indoor-outdoor track, bringing unparalleled energy and excitement to the capital. Beyond the racing, fans can explore the Allianz Fan Village, packed with interactive exhibits, live music, and behind-the-scenes access to the future of motorsport.

Greenwich Comedy Festival 2025

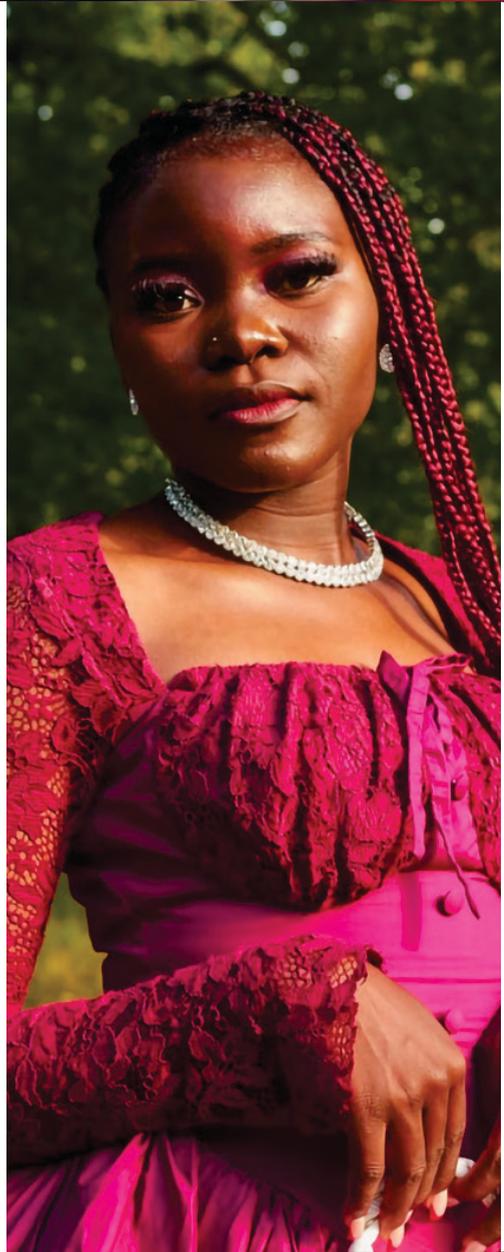
Get ready for a week of non-stop laughter as the Greenwich Comedy Festival 2025 returns to the stunning grounds of the National Maritime Museum this summer. Featuring an all-star lineup of top comedians, this festival is the ultimate destination for comedy lovers looking for big laughs in a beautiful open-air setting. Expect performances from the UK's finest stand-ups and international comedy stars, delivering everything from sharp-witted satire to laugh-out-loud storytelling. With a mix of household names and rising stars, the festival guarantees an unforgettable experience for all comedy fans. Beyond the jokes, visitors can enjoy street food, drinks, and a buzzing festival atmosphere, making it the perfect way to spend a summer evening.





JOSIANE NDONDA

When I joined Inside Success in 2022, I had no idea how profoundly it would transform my life. Today, I can confidently say that it shaped not only my career but also my character and financial independence. Through their workshops and mentorship, I found the confidence to launch *Wahala Podcast* (available on my YouTube channel, Josy Anne), which has grown a strong audience by sparking authentic conversations with other young voices. That single spark ignited a fire in me – leading me to write and publish two books: *One Day I'll Find True Love* and *Unrecognised to Unstoppable*, the latter deeply inspired by my journey with Inside Success. More than anything, I've gained invaluable skills – in sales, communication, and personal branding – that have helped me present myself and my work to wider audiences. But the real magic lies in the mindset shift. Inside Success didn't just teach me how to grow; it taught me how to keep growing. Through persistence, planning, confidence, and ambition, I've built a foundation that no traditional education ever gave me. To those who doubt what organisations like Inside Success offer young people – I am living proof that it works. I found purpose, direction, and drive here. And to anyone currently in the program, I say this: don't give up. Growth isn't always easy, but it's always worth it. Inside Success doesn't just prepare you for business – it prepares you for life.





**QUBUS
RAIYAN**

I first got involved with Inside Success through a friend who introduced it as a way to earn some money while I was still in education. What started as a chance to make some disposable income quickly became a much deeper experience. I was inspired by the positive role models around me—people who came from similar backgrounds and were doing great things. During my time there, I took on roles like Sales Rep, mentor, and team leader, and got involved in projects like the IT initiative at Kings Cross and Reflect 2019. These experiences were foundational for me. I developed key business skills—resilience, persuasion, and a tough mindset—all of which shaped my entrepreneurial outlook. Talking to people from all walks of life gave me insight into different careers and taught me that I belong in any room, no matter how senior the people around me are. Since then, I've carried those lessons with me: the belief that anything is possible, and that you only really fail when you give up. I always try to share what I've learned with younger people, and I'd definitely be open to mentoring those currently involved in Inside Success. My advice? Master your sales skills, find a niche you're passionate about, learn everything you can, then go out and build something of your own.



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WORKSHOPS & COURSES

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

Leadership skills in a digital modern world

TV PRODUCTION IN A DIGITAL MODERN WORLD

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

WOMEN EMPOWERMENT IN A DIGITAL WORLD

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

ACTING IN A DIGITAL WORLD

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

on confidence, spontaneity and connections.

CONSTRUCTION

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

PROPERTY

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

MARKETING

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

SPORTS

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





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

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

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

To achieve their ambitious goals, Success FC

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

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

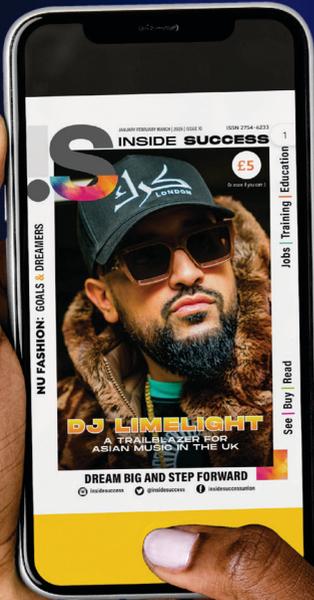
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Ninth '009'



Ninth '009' isn't just street-wear; it's wearable emotion. Born from turning grief into creative power, this brand spins raw feeling into meticulously crafted hoodies, tees, and sweats. Each piece tells a story, a vibrant thread woven from culture and community. Forget fast fashion; Ninth '009' delivers authentic, meaningful style that resonates.

This summer, ditch the mundane. Ninth '009' drops statement graphics and essential staples that'll elevate your look while connecting you to something real. It's more than clothing; it's a movement, a shared experience. With its unique origin and dedication to craftsmanship, Ninth '009' is the brand young people need to watch. It is a brand that will make you feel like you are a part of something bigger than just the clothes you wear.



WHAT'S THE MOTIVE?

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WHAT'S THE MOTIVE



BLACK EATS LDN

BLACK EATS FEST 2025:

This festival is all about celebrating the richness of Black culture through food, music, and art. wWhether you're a foodie looking to try something new or simply want to support Black-owned businesses, Black Eats Fest is the place to be. Expect an incredible lineup of diverse street food vendors, showcasing a range of mouth-watering dishes inspired by the African, Caribbean, and Afro-Latinx diasporas. Beyond food, the festival also brings live performances, workshops, and art displays, creating an atmosphere full of energy and creativity. Not only is Black Eats Fest a perfect place to enjoy great food and entertainment, but it's also an opportunity to support local communities and explore the depth of Black culture in London.



SAW ESCAPE EXPERIENCE:

For fans of heart-pounding suspense and intricate puzzles, the SAW Escape Experience in London offers an unforgettable adventure. Based on the popular horror movie franchise, this immersive escape room brings the iconic "Jigsaw" character and his twisted games to life. Participants are trapped in a room filled with eerie clues, puzzles, and challenges that they must solve within a set time to escape before it's too late. The experience is designed to push your limits, testing your problem-solving skills and ability to stay calm under pressure. It's not for the faint-hearted, as the atmospheric settings and intense storyline create a thrilling, adrenaline-fueled journey.



DINE ON AN OLD VICTORIA LINE TUBE CARRIAGE:

Looking for a quirky dining experience in London? Head over to the unique The Dining Train, where you can enjoy a meal on an old Victoria Line tube carriage! Located in the heart of the city, this one-of-a-kind restaurant brings the iconic London Underground to life with a twist. Set inside a converted vintage train carriage, it offers a cozy, nostalgic atmosphere with delicious food and a retro vibe. The experience is perfect for anyone looking to add something unusual to their London adventure, with a menu that features a variety of lovely dishes. Whether you're a foodie or just looking for a fun, Instagram-worthy spot, dining in a tube carriage is sure to make for an unforgettable outing. It's a great place to hang out with friends or impress a date. All aboard for an offbeat dining experience.

CROSSRAIL PLACE ROOF GARDEN:

If you're looking for a hidden oasis in the heart of London, Crossrail Place Roof Garden is the spot. Tucked away in Canary Wharf, this stunning rooftop garden offers a peaceful escape from the city's hustle and bustle. With its unique blend of exotic plants from around the world, futuristic wooden architecture, and winding pathways, it's the perfect place to relax, take aesthetic photos, or even catch a free live performance. The garden sits on the Meridian Line, symbolizing the connection between East and West, which is reflected in the diverse mix of plant life. Whether you're looking for a quiet spot to chill, a scenic setting for a date, or a cool place to explore with friends, Crossrail Place Roof Garden is a must-visit. Plus, it's completely free, making it one of the best hidden gems for young Londoners on a budget.



REGENT'S PARK OPEN AIR THEATRE:

It offers an unforgettable experience for theatre lovers. Located in one of the city's most scenic parks, it's a perfect spot for young people to enjoy outdoor performances during the warmer months. The venue has a unique atmosphere, with the natural beauty of the park serving as a stunning backdrop for a variety of shows, from classic plays to modern adaptations and even new musicals. This iconic open-air venue has been delighting audiences since 1932, making it one of London's most cherished cultural gems. The theatre's summer season is the ideal escape for anyone looking to experience top-tier performances in an open-air setting. Whether you're a theatre enthusiast or someone looking for a fun, social outing with friends, Regent's Park Open Air Theatre offers a magical combination of entertainment and nature.





Meet the editors of this edition of Inside Success magazine

INSIDE SUCCESS



TONI

Hi, my name is Toni, and I am an editor for the Inside Success magazine. Additionally, I'm entering my final year of university, where I study politics and international relations. I first joined Inside Success in January 2023 and have been writing for the magazine ever since, and it has helped immensely improve my writing abilities and skills. Me and my team worked extremely hard on this magazine, so I hope you enjoy reading it just as much as we enjoyed making it!

ZITA

Hi, my name is Zita, and I am an editor for the Inside Success magazine. This is one of many magazines for Inside Success I have written in over the years. I have been a freelance journalist for 4 years. Currently studying BA journalism at university and writing for a few other publications. I started out my writing journey at Inside Success, and it has evolved over time. Journalism is something I have been passionate about for a while now, and I hope to dominate the industry one day. I hope you enjoy this new editorial.



IF YOU WOULD LIKE TO WRITE OR CONTRIBUTE TO THE NEXT EDITION OF INSIDE SUCCESS MAGAZINE
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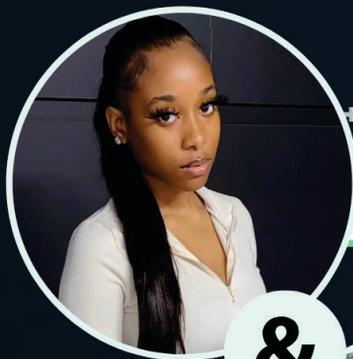


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Hungry? Grab a quick bite!

LONDON:

- **Filishack** is a vibrant Filipino eatery nestled in the heart of Peckham, bringing the rich and diverse flavors of the Philippines to the streets of South London.



Introduce Londoners to authentic Filipino street food. At Filishack, the menu is a celebration of traditional Filipino dishes with a modern twist. Their signature dishes are Chicken Inasal, Beef Adobo, garlic rice, with optional salad and sauces, offering a delightful fusion of tastes and textures embodying the essence of the Philippines' national dish. Whether you're a longtime fan of Filipino cuisine or a curious newcomer, Filishack offers a genuine and delicious dining experience that transports your taste buds straight to the Philippines.

Location:
130 Peckham Hill St, London SE15 5JT

- **Mango Twist** is a vibrant dessert destination located in Seven Sisters, North London. Specializing in authentic Mexican-inspired treats, they bring the rich flavors of South and Central America to the UK, delighting customers with a unique fusion of sweet, tangy, and spicy sensations.



Their menu boasts a variety of delectable options, including: Volcano; Mix Mango Twist; Special Tropical Salad; Strawberries and Cream; Fresh fruit chunks and more ... Relevant ingredients used for most dishes would be: slush, tainj, tamarind, chamoy, Condensed Milk, Caramel, Syrups, Hon-eyes, Milo, Chocolate, sauces, Salt, Pepper, Miguelito, Cumin, Chilli Sauce, Vinegar And More... Whether you're a fan of tropical fruits or seeking a new dessert adventure, Mango Twist offers a unique and flavorful experience that transports your taste buds to the heart of Latin America.

Location:
Unit 10, 276 High Rd, London N15 4AJ

BIRMINGHAM:

- **Zambrero** serves up fresh, flavorful burritos, bowls, and tacos packed with wholesome ingredients. Whether you're craving a protein-packed Power Bowl or a classic burrito loaded with slow-cooked meats and salsas, every bite is designed to be both tasty and nutritious. For every meal you purchase, the restaurant donates a meal to someone in need through its global hunger relief program. So, while you're enjoying your favorite Mexican flavors, you're also helping to fight world hunger. With a fast-casual vibe, friendly service, and a menu that caters to all dietary preferences.



Location: 10 Buckingham Street, Birmingham B19 3HT

MANCHESTER:



- **Salt & Pepper**, If you're craving bold flavors and modern twists on classic takeout, Salt and Pepper in Manchester is the spot to go to. Its unique fusion of Chinese-inspired flavors and British comfort food. Located in the heart of Manchester's Northern Quarter, Salt and Pepper is best known for its crispy salt and pepper chicken, loaded fries, and flavorful dishes—all packed with signature seasoning that keeps customers coming back for more. Whether you're after a quick lunch or a late-night feast, their menu offers something for everyone. Salt and Pepper is redefining takeaway culture in Manchester. Expect big flavors, generous portions, and a meal you won't forget.

Location: 60-62 High St, Manchester M4 1EA



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Construction

The construction industry is booming, offering diverse career opportunities from manual labor to management. Whether building homes or large infrastructure, demand for skilled workers is growing. Here's how to start and succeed in construction.

1. UNDERSTANDING THE CONSTRUCTION INDUSTRY

Construction includes residential, commercial, and civil engineering projects. Roles range from labor-intensive jobs to managerial positions like project managers and architects. Knowing the different areas helps you choose your path.

2. EDUCATIONAL REQUIREMENTS AND QUALIFICATIONS

Entry-level jobs may only require a high school diploma, but many roles need specialized training:

- **Apprenticeships:** Hands-on training while earning a wage, common in trades like carpentry and plumbing.
- **Vocational Courses:** Short programs focusing on skills like welding or electrical work.
- **Higher Education:** Degrees in construction management or engineering are needed for specialized or managerial roles.

3. GAINING EXPERIENCE AND NETWORKING

Experience is key. Starting in entry-level roles helps you learn the industry. Networking through events and trade organizations can open doors to new opportunities and mentorship.

4. OBTAINING CERTIFICATIONS AND LICENSES

Many trades require licenses (e.g., electricians, plumbers). Managers benefit from certifications like PMI or CIOB to enhance credibility and job prospects.

5. ADVANCING YOUR CAREER

With experience, you can progress to supervisory roles or specialize in areas like sustainable building. Some may start their own construction businesses, combining technical and business skills.

6. KEY SKILLS FOR SUCCESS

Technical knowledge, problem-solving, communication, and physical stamina are essential for thriving in construction.

7. THE FUTURE OF CONSTRUCTION

Emerging trends like sustainable materials, digital tools, and automation are shaping the industry. Staying updated will keep you competitive.

CONCLUSION

Construction offers rewarding careers with clear advancement paths. Whether through apprenticeships or higher education, gaining experience and certifications will help you build a successful future in this evolving industry.

Dropshipping

Dropshipping is a popular e-commerce model where you sell products without holding inventory. When a customer orders, a third-party supplier ships the product directly to them. This low-investment model offers a flexible way to start an online business.

WHAT IS DROPSHIPPING?

Dropshipping lets you sell products online without storing or shipping them. Orders go straight to suppliers, minimizing upfront costs and logistics.

STEP 1: CHOOSE YOUR NICHE

Pick a specific product category you're interested in and that has market demand, such as eco-friendly items or fitness gear. Research trends and competition using tools like Google Trends and Amazon.

STEP 2: RESEARCH RELIABLE SUPPLIERS

Find trustworthy suppliers on platforms like AliExpress, SaleHoo, or Oberlo. Look for good reviews, fast shipping, and quality products to ensure customer satisfaction.

STEP 3: SET UP YOUR ONLINE STORE

Create a professional, user-friendly website using Shopify, WooCommerce, or BigCommerce. Focus on clear product descriptions, quality images, and smooth checkout processes.

STEP 4: MARKET YOUR PRODUCTS

Use social media, SEO, paid ads, and email marketing to drive traffic and sales. Engage

customers with content, promotions, and influencer partnerships.

STEP 5: MANAGE CUSTOMER SERVICE AND FULFILLMENT

Provide excellent customer support, handling inquiries and returns promptly. Coordinate with suppliers to ensure timely shipping and use tools like Oberlo to track orders.

STEP 6: ANALYZE AND OPTIMIZE

Regularly review sales and traffic data with tools like Google Analytics. Use insights to improve marketing, product selection, and overall store performance.

STEP 7: SCALE YOUR BUSINESS

Expand your product range, enter new markets, automate processes, and explore additional marketing channels to grow your business.

CONCLUSION

Dropshipping offers flexibility and growth potential but requires planning, marketing, and customer care. By choosing the right niche and suppliers and continuously optimizing your store, you can build a successful online business.



SEE:

SUPERMAN 2025

Set to release on July 11, 2025, the upcoming Superman film introduces David Corenswet as Clark Kent/Superman, exploring his quest to balance his Kryptonian heritage with his human upbringing. Directed by James Gunn, the movie also features Rachel Brosnahan as Lois Lane and Nicholas Hoult as Lex Luthor. This reboot aims to present a nuanced portrayal of the iconic superhero, delving into his internal struggles and relationships. Fans can anticipate a fresh take on the Superman saga, blending classic elements with new interpretations.



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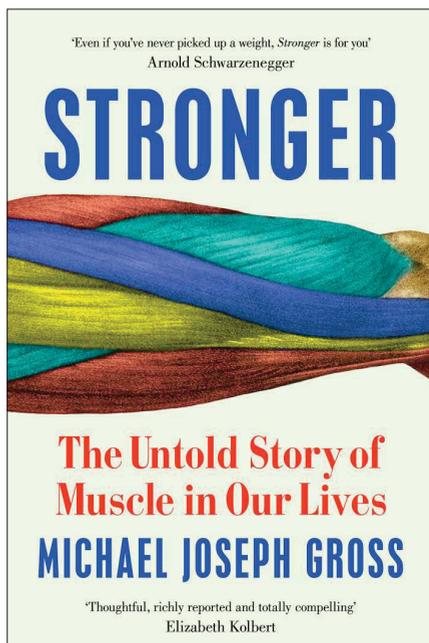
Keter Go Bar, a versatile 4.2-gallon cooler that doubles as a pop-up outdoor table, perfect for enhancing your outdoor gatherings. Crafted from durable, weather-resistant, and UV-protected resin, this sleek, contemporary cooler ensures longevity and style. Its spacious interior accommodates up to 15 cans with ice, keeping your beverages chilled. The innovative pop-up lid elevates 10 inches above the rim, transforming into a convenient tabletop for serving drinks or snacks. An oversized carrying handle enhances portability, making it ideal for picnics, beach outings, or backyard parties. Elevate your outdoor entertainment with this multifunctional cooler-table combo.



READ:

STRONGER: THE UNTOLD STORY OF MUSCLE IN OUR LIVES

"Stronger: The Untold Story of Muscle in Our Lives," author Michael Joseph Gross delves into the pivotal role of muscle throughout human history and its profound impact on health. The narrative spans from ancient depictions in Homer's Iliad to Victorian-era gyms where women defied norms by engaging in weightlifting. Gross challenges the long-standing dichotomy between intellect and physical strength, highlighting how societal biases have marginalized the importance of muscle. Through engaging storytelling and rigorous scientific research, the book reveals how strength training can prevent and treat chronic diseases, enhance quality of life, and empower individuals across all ages. Whether you're a fitness enthusiast or new to the concept of weight training, "Stronger" offers an enlightening perspective on embracing muscle as an integral partner of the soul.



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