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Inside Success

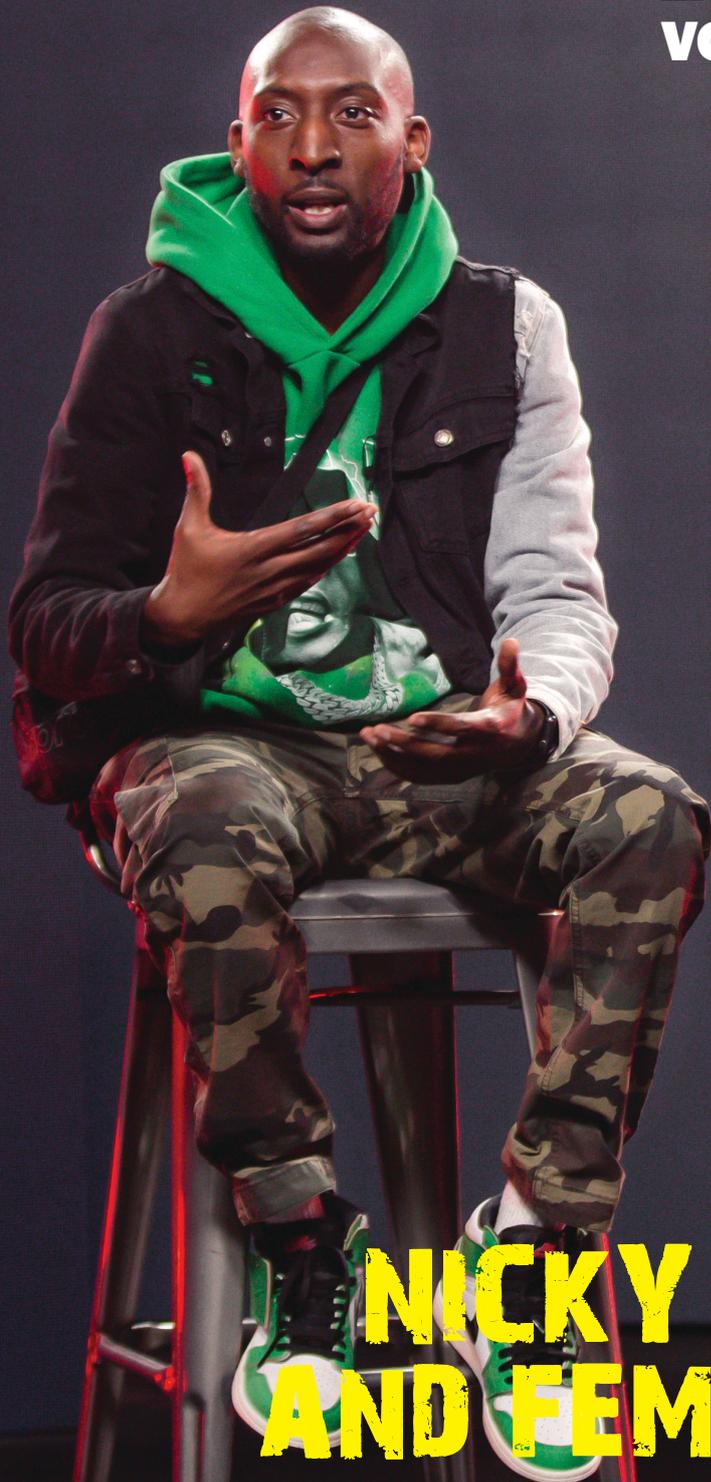
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Hot Topic:

**THE POWER
OF WORK
EXPERIENCE OR
VOLUNTEERING**

Nu Fashion:

'effcue'



**NICKY SLIMTING
AND FEMI OYENIRAN**

INTENT ON PUSHING THE CULTURE FORWARD

THANK YOU FOR SUPPORTING INSIDE SUCCESS



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



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

HOW DO WE DO THIS?



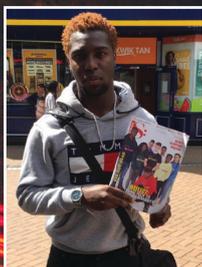
Our magazine allows young people 16-24 from all backgrounds to work to earn money to support their general living costs such as travel, food, education and begin to develop some independence through becoming a vendor and sell the magazine across London. When a young person volunteers with Inside Success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



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



Inside Success



Inside Success

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THE AFFECT COVID-19 IS HAVING ON YOUNG PEOPLE

Young people are the future. They need the tools, support and guidance to make them into leaders, entrepreneurs and essential members of the community. Coronavirus has pressed pause on most of that. The idea of time off school or work may seem OK at first, but the reality is the Covid-19 pandemic has made reaching London's hardest to reach groups, even harder. Youth unemployment is up, as many have lost their jobs and those who were about to start a new job, have had their job offer revoked. We're working hard to make sure young people aren't left behind.

With the closure of usual support networks and lockdown restrictions in place, it seemed like the whole world was powering down – making young people more vulnerable. We know they are struggling through the pandemic and here are just a few of our concerns:

- **MORE TIME IS BEING SPENT ON SOCIAL MEDIA, WHICH HAS BOTH POSITIVE AND NEGATIVE CONNOTATIONS.**
- **THE IMPACT ON THEIR MENTAL HEALTH AND WELLBEING INCLUDING ANXIETY AND DEPRESSION.**
- **THOSE LIVING IN AN UNHAPPY HOME ENVIRONMENT, HAVE LITTLE OPTIONS WHEN IT COMES TO ESCAPE.**
- **AN INCREASE IN LONELINESS AND ISOLATION.**
- **FINANCIAL WORRIES.**
- **HIGHER RISK OF YOUNG PEOPLE BEING EXPOSED TO ABUSE.**
- **A LACK OF ROUTINE OR SAFE SPACE COULD LEAD TO AN INCREASE IN GANG ACTIVITY.**

One of the main issues that could impact young people

as a result of the pandemic is the closure of the places they go to for support. We know many young people rely on clubs and organised groups and with those taken away, they are left without a solid network of support. Many organisations have adapted and moved their services online, which is a great middle ground to see us through these difficult times.

The pandemic has hit close to home for everyone in the world, but when the UK went into lockdown, the young people that sell our magazine lost their source of income. Our workshops and training sessions have been put on hold and we need to be there for them. To find out how you can get involved, or to donate via PayPal visit our website www.insidesuccessuk.co.uk

Inside Success UK wants to be a voice for young people, to make sure their voices are heard, and their value is acknowledged. Here are a few ways we're helping young people right now:

- **WE HELP YOUNG PEOPLE FIND PAID WORK EXPERIENCE, APPRENTICESHIPS AND JOBS.**
- **WE WILL BE HOSTING WORKSHOPS IN LONDON AS SOON AS IT IS SAFE TO DO SO.**
- **WE OFFER SUPPORT AND GUIDANCE**
- **WE GIVE ANY YOUNG PERSON BETWEEN 16-24 ACCESS TO INSIDE SUCCESS OPPORTUNITIES, NO MATTER THEIR BACKGROUND.**
- **WE PROVIDE THE TOOLS THEY NEED TO LEARN AND GROW BOTH PROFESSIONALLY AND PERSONALLY.**

Although we are seeing some areas return to a new version of normal, it's likely that the effects of Covid-19 will be with us for a while. But we're all in this together and need to do our best to ride the wave back to normality.



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



INSPIRE ME

NICKY SLIMTING WALKER

Nicky Slimting Walker is an actor, writer and producer who has worked on numerous projects such as, *The Intent*, *The Intent 2* and many others. Walker grew up in Leyton, England. In his younger years, his mum sent him to Theatre School on the weekends where he did a variety of creative arts such as drama, dance and speech. His projects are aimed at the black community and his intentions are to portray the black community in a positive light whilst still covering deep seated issues.

FEMI OYENIRAN

Femi Oyeniran is a Nigerian-British actor and director who grew up and was born in Nigeria and came to the U.K at 10 years old. He excelled academically getting top grades and developed entrepreneurial skills by selling sweets to friends. Oyeniran discovered his interest in film when his drama teacher enlightened him about an opportunity to audition for a movie. Successfully, he was awarded a role in the movie *kidulthood*. I believe that he is an inspiration to many young people as he came from a third world country and he managed to excel in his field and goals.

INSPIRE ME

MARCUS RASHFORD

INSPIRE ME

Globally known as a footballer, now philanthropist, Rashford recently took a political stand in the UK for the advocacy for free school meals not only at school, but also during the holidays for the families who are less fortunate. We believe that

Marcus Rashford is an inspiration to young people because he grew up in a similar background as the kids he's advocating for and now he is fortunate enough to give back and support those with a similar background to his.



INSPIRE ME

TERROL LEWIS

Terrol Lewis grew up in Brixton, South London, he came from a troubled background. He is known for building his own charity-based organisation. His aim was to keep young people off the streets and he hoped that a gym would teach them discipline in many aspects of life. He also wrote a book called 'One Chance' which is about how he survived the streets of London. This makes him an inspiration to young people because it tells them that as long as you have discipline, you can achieve anything even if you have grown up around gangs and hardship.

INSPIRE ME

MO GILLIGAN

Mo Gilligan is a British stand-up comedian known for his observational comedy. After several years of uploading comedy clips to social media, he found global success back in 2017 when Drake started sharing and liking his content.. He hosted The Lateish Show with Mo Gilligan, which debuted in 2019 on Channel 4. He currently co-hosts The Big Narstie Show on Channel 4 for which he was nominated for BAFTA, and is a judge on The Masked Singer UK since Series 2 in 2020. Mo also has a comedy Special on Netflix, called Mo Gilligan Momentum.



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WEBSITE: <https://sailing-souls.com/>



STARTUP

PLATFORM TO HELP GROW YOUR BUSINESS

UnLtd - <https://www.unltd.org.uk/>

Leading provider of support to social entrepreneurs in the UK and offers the largest such network in the world. They resource hundreds of individuals each year through their core Awards programme. UnLtd invest directly into individuals offering awards of funding, ongoing advice, networking and practical support.

O2 Think Big - <http://www.o2thinkbig.co.uk/>

Provide training and funding for young people with great ideas and help them get going to make their ideas work.

Vinspired Cashpoint - <https://cashpoint.vinspired.com/>

For 14-25 year olds who have an idea that will solve a problem in their community, offering grants of up to £500 to turn their ideas into reality, and get their projects off the ground. Once the funding's signed off young people are given the autonomy to run your project their way to.

Prince's Trust - <https://www.princes-trust.org.uk/>

Provide practical and financial support to young people, helping them to develop key skills, confidence and motivation, enabling them to move into work, education or training. The Enterprise programme provides money and support to help young people start up in business.

Newable - <https://newable.co.uk/>

Offer Start-Up Loans of over £500, in increments of £500. You'll receive free support to prepare your application and mentoring support once you start trading. You must be aged 18 and over, want to start a business in the UK, live and have a permanent address in the UK or legally entitled to live and work in the UK to apply for this loan. GLE would also like to

know if this is the only loan you're currently applying for with a Start Up Loan provider.

Get Started / SFEDI - <http://sfedigroup.com/>

Provide access to finance, mentor support and learning to make sure you have the best chance to get started and grow your business.

Elevation Networks - <https://www.inclusivegrads.co.uk/>

Offers entrepreneurs living in the UK the chance to finance their business and get it up and running. To apply you need to be over the age of 18 and your business needs to be less than a year old.

Virgin Startup - <https://www.virginstartup.org/>

Virgin StartUp Loan offer funding and support to grow your business. You will receive Virgin mentoring, PR opportunities through the Virgin brand, access to exclusive networking events and a business advisor who will take you through the process of getting investment.

Start Up Direct - <https://www.startupdirect.org/>

Start Up Direct provides funding, mentoring and support to businesses based in England. All loan recipients will have access to 12 months worth of mentoring, workshops and networking events, a business helpline, one-to-one business coaching and discounts from their global partners.

SocialEnterprise.org - <https://www.socialenterprise.org.uk/>

This website is a great place to discover more about what it means to be a social enterprise and what exactly the criteria is.

Is the house you live in, really your home?

The House

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



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

Neighla Cain



YOUNG PEOPLE AND MONEY MANAGEMENT

For the most part, money management isn't something that's taught widely in schools. But why not? Although money isn't everything, it's a huge part of our lives and influences most areas of our lifestyle. Most of us visualise our dream job, where we earn a certain amount and live our best lives - but there's a lot of money management that goes into making those dreams a reality.

Money doesn't grow on trees. It's important to not only understand how to manage your money, but to know the value of it.

- Look at your incomings and outgoings on a regular basis.
- Find out where your money is going and where you could be saving. For example, if you spend £3.50 per day on coffee, that's over £100 a month.
- Invest in a reusable cup and make coffee at home!
- Managing your money poorly from an early age can have an impact as you get older.
- Missing credit card payments or not paying a loan will affect your credit score, which in turn effects your ability to be approved for things such as mortgages in the future.

If you're currently in education, unemployed or NEET, heading into a full time job and getting a wage each month is an amazing achievement, but can be a shock to the system. It's tempting



to spend it all at once, but just take a moment to think. We're not saying don't treat yourself, you've worked hard for that money and you've earned it! Just make sure you know what's going to be taken from your account before you start calling the Lamborghini dealerships!

Getting into healthy money habits as soon as you start earning, will set you up for a more comfortable financial future and managing your money will be a breeze. You need to prioritise and work out what is essential and non-essential spending. Rent, food, insurance - these are all things that come under the umbrella of essential, and you need to put this money aside. Spending money on fuel or public transport is an essential spend, unfortunately the 11pm trip to McDonalds is not.

Our top tips for managing your money are:

- Open a savings account and set up a direct debit to transfer an amount into it each month.
- Invest in a budget planner, like this one on Amazon.
- Plan ahead so you're ready for future expenses such as birthdays, insurance renewals or phone bills.
- Collect loose coins - it's always good to have change lying around and it can build up to a larger amount over time.
- Find a healthy balance between spending and saving - you'll be glad you did down the line!

There are some great website with credible tips to help with your money management such as:

- Barclays Life Skills
- Money Advice Service
- The Prince's Trust

Money is very personal, and everyone is in a different situation, so it's important to speak to someone you trust if you would like some help with your money. Inside Success UK help young people in a variety of ways, you can read testimonials from people we've already helped.



PAMELLA PRITCHARD,

CAREER AND MINDSET COACH, SHARES HER HER TOP TIPS ON INTERVIEW PREPARATION.

The most common mistake I see with interviews is that people 'wing it' instead of using the time before hand to prepare diligently. Whilst we can't predict exactly what questions you will get asked, there are some really practical ways you can prepare to help ensure you deliver an excellent interview that helps you shine your best light, instead of showing up without having prepared and hoping for the best. Here is how to set yourself up for success:

THE WEEK BEFORE

The bulk of your prep starts here! Research the company and use your findings to create a clear reason why you want to work for them. This isn't about just regurgitating facts; it's about demonstrating a clear understanding of your interest.

Next, prepare your answer to the most common interview question: 'tell me about yourself'. This question can be asked in many forms, and it is one you should be able to answer with confidence. If you can nail the first question you will feel good about the rest!

Highlight key behaviors, skills and experience they are asking for in the job description and bullet point examples where you have demonstrated that. Jot down what you did, the process you took, what went well and what you would do differently next time. This will mean when it comes to your interview, you have key examples and ideas ready to use, instead of fishing around the memory bank.

THE DAY BEFORE

Get organised! Check for any updated communications or instructions. Make sure your laptop is set up and working if virtual. Check the news for any new significant updates about the company. Interviews are a place you want to be overdressed instead of underdressed! Select a smart outfit you feel great in. Refresh yourself with your CV, research, and preparation. Finally, say no to emotional conversations, they can wait, and get yourself a good night's rest.

ON THE DAY

Turn your nerves into excitement and instead of thinking; "I'm not experienced or clever enough" choose phrases like; "I can't wait to show them what experience I do have", "they chose me for interview, I therefore have something they will value", and "why *not* me".

FINALLY

You are interviewing them as much as they are interviewing you. Be prepared for the unexpected, keep your cool and remember, confidence is key!

MEET PAMELLA

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

- Certified Career Coach
 - 10 years' experience in Recruitment, HR and Sales
 - Yahoo! Finance Top 10 Career Coach to Follow
- Find her at: www.CVSecrets.com

 [@CV.Secrets](https://www.instagram.com/CVSecrets)



CHOOSING A CAREER PATH

WHAT IS A CAREER PATH

A career path is a sequence of jobs that leads to your short- and long-term career goals. Some follow a linear career path within one field, while others change fields periodically to achieve career or personal goals.

HOW TO CHOOSE A CAREER PATH

There are lots of different methods you could use when it comes to helping yourself to choose and plan your career effectively, but an easy way to approach the subject is to use these steps:

1. REFLECTION

Before you start planning your next move and start choosing a career path, you will need to find out more about your own interest, likes and dislikes.

For example, you might like:

Art
Music
Sports
Writing
Divination
Looking after pets
Technology
Socialising
Astrology
Sciences
Etc..

2. CREATE A 5 YEAR AND 10 YEAR PLAN

Once you have narrowed down your options, consider establishing milestones for your career. Research where other people are in the field that you're interested in at 5 or 10 years into their career. Creating such a plan helps you clarify your goals, make them more precise and be sure they are really what you want.

3. DISCOVER YOUR PERSONALITY TYPE

When pursuing your ideal career, considering your personality traits can help establish your strengths and weaknesses. This reflection not only identifies your existing technical skills, but how you interact or behave around others, and how to mesh this well with potential job. Personally, I like the The Myers-Briggs Type Indicator. This questionnaire is a self-reporting inventory that includes introspective questions to identify your psychological preferences.

4. BUILD A LIST OF CAREERS YOU WOULD LIKE TO KNOW MORE ABOUT

If you've assessed your strengths, skills and interests, you should have a list of careers to think about. It's useful to have a long list, with at least ten career choices because there is no such thing as just one dream career. Lots of careers could be a great match for you.

THERE'S MORE THAN ONE PATH TO ALL YOUR DREAM CAREER CHOICES.

If you've got the interest, you can build the skills and qualifications. There is more than one dream career.

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Teenage Problems

ISSUES FACING YOUNG PEOPLE IN SOCIETY TODAY

1. ACADEMIC PRESSURES

Teens' lives are not their own. In traditional schooling, many aspects of a student's life are decided for them; from what subjects they study to what they wear at school and what schedules they follow. This lack of control can lead to stress. Adults have the autonomy to do as they please, but if teenagers try, it is called rebellion.

2. DRUG & ALCOHOL ABUSE

Misuse of drugs such as alcohol is a growing problem, and teens and young adults are most at risk. Half of new drug users are under the age of 18. John was going through some problems and his family had just divorced and he leaned heavily on this new world that he discovered of drugs. He was drinking and smoking weed through out his early teens. It seemed so innocent at the time because he did not receive any repercussions so he

aggressively moved onto other drugs from hallucinogens to prescription drugs. He never thought he was doing anything wrong as his friends were doing the same.

3. BODY IMAGE

The world is so shallow that it has told me that my body is who I am, my appearance is who I am. I don't think that anyone can look at themselves in the mirror and say that they love themselves completely. Everyone always worries about what other people say and think about them and it influences me. For me to focus on body image 24/7 is unhealthy because it makes me lose focus on other important things.

4. LACK OF EMPLOYMENT OPPORTUNITIES

How are we supposed to gain experience if we are not even presented with an opportunity to start working? What we need is to be able to develop our own entrepreneurship skills and abilities, so that instead of us waiting to be employed, we can create jobs for ourselves and employ others too.

5. PEER PRESSURE

I had always been a social smoker but the time I became addicted to cigarettes was when I was 18 at college, most of my friends smoked cigarettes. I had a friend that would always offer me a pull and I would always refuse but one day I said yes, and from that day I became addicted and I'm still struggling with my nicotine addiction till this day. When it comes to peer pressure I

believe that you should always stand your ground and set boundaries. Worst case scenario, change your group of friends.

6. MATERIALISM PRESSURE

We definitely live in an era where young people want so many things. And I think that society definitely shows young people they want the biggest and newest items. But this can become problematic as people are attributing their self worth to the material belongings they have.

7. SINGLE PARENT HOUSE

Growing up in a single parent household is not easy. If I've learned anything in the 21 years on this planet, is that a single parent will do anything it takes to make you happy and give you the best possible life they can. Your parent does everything to make ends meet, even if that means working two jobs. Every family dynamic is different but when you're a child of a single parent you get used to the fact that you won't always see your parent.

8. FAMILY PRESSURE

Many parents want to help their children be the best they can be. However some parents put their children under too much pressure to perform. Being under so much intense pressure can have some serious consequences for the child. There is a difference between encouragement and pressure and I believe that some parents don't know that.





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PRIMARY & SECONDARY KS2- KS4 (5-16)



STUDYING S AT HOME

MISS DAVIS' TIPS FOR HOME SCHOOLING

1. CREATE A TIME TABLE

You don't have to emulate a normal school day, but be sure to have a structure and include breaks and downtime for both you and the student.

2. SEEK PROFESSIONAL HELP

Investing in a tutor will help ease the pressure for you and ensure that the student is progressing in line with the curriculum.

3. TAKE LEARNING BEYOND THE CLASSROOM

Play educational games, cook together, teach the student how to write letters/emails, money management etc.

4. CRATE A STUDY SPACE

Dedicate a designated area to study. Our brains are trained to associate different environments with certain things so having a space will ensure study time is fruitful.

5. SET STUDY GOALS

This will help you to recognise that progress is being made and help address areas where there may be gaps in your learning.

6. BE KIND TO YOURSELF

Keep going you are doing your best!

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



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GINGER CHILLI BEEF STIR FRY

1. Boil udon noodles (follow instructions).
2. Slice beef steak to thin strips.
3. Place it in the bowl and add the dry ingredients.
4. Add 4 tbsp of olive oil and 4tbsp of sesame oil.
5. Add lime juice from half of the lime.
6. Add 1 tbsp of ginger.
7. Add 1 chopped chilli.
8. Mix well & sit aside to marinate for 10 min.
9. In the meantime heat up the rest of your oils' and the rest of ginger' chilli and garlic ' fry for 2 minutes' add marinated beef and fry for about 4 minutes till browned.
10. Add sugar and soya sauce fry for 1 minute, then lime jus with chopped spring onions to finish.
11. Add all the ingredients to udon noodles and mix well.

INGREDIENTS

- Olive oil (8 tbsp)
- Sesame oil (8 tbsp)
- 1 fresh lime or lemon
- 1 rib eye or rump steak
- 1 pack of udon noodles
- 2 cloves of garlic (chopped)
- Fresh ginger
(about 2 tbsp chopped)
- 2 red chillies
sliced or chopped)
- Bunch of spring onions
(optional)
- Soya sauce (5 tbsp)
- Water (5 tbsp)
- 1 tea spoon of sugar
- Garlic powder or granules
(1 tbsp)
- Red paprika powder (1tbsp)
- Salt (1tbsp)
- Sesame seeds
(optional add on)





BAKED KING PRAWNS WITH GARLIC AND CHILLI OIL

1. Place king prawns in an oven proof dish.
2. Add 125ml of olive oil (half of the tea mug).
3. Add sliced garlic and red chillies (optional)
4. Add half of teaspoon of salt and black pepper to taste and sprinkle of lemon juice, garnish with parsley for fancy effect.
5. Place your dish with prawns in the oven at 180°C and bake for 15 minutes.
6. Enjoy with simple sourdough bread and make sure you dip your bread in oil.

INGREDIENTS

- 10 king prawns
- Olive oil or chilli olive oil (optional)
- 2 garlic cloves
- Lemon (optional)
- Red chillies (optional)
- Fresh parsley to garnish (optional)
- Salt
- Black pepper



FOOD IS FUEL



What nutrient's does the body need & what foods can they be found in?

A nutrient is anything that provides nourishment essential for growth and the maintenance of life. This encompasses micronutrients and macronutrients including fatty acids and amino acids. Many nutrients are good for us, but there are a few that we should be mindful about incorporating into our diets.

WATER

Keeping hydrated is really important. Water is absolutely essential for survival, especially as it makes up to 60 per cent of the human adult body. A few days without water can lead to serious illness and even death.

CARBOHYDRATES

Carbohydrates, or carbs, often get a bad rap as fattening, with many no-carb diets emerging in recent years. Like any nutrient, consuming carbs is all about balance. Whole grains, vegetables, and fruits are all examples of healthy complex carbohydrates.

PROTEIN

Protein is critical for good health. Protein is essential in forming muscles to creating new enzymes and hormones. To ensure you're getting all essential amino acids, include a variety of proteins in your diet, such as meat, eggs, dairy, nuts, and beans. Where you do eat meat, try to eat only lean meat.

FAT

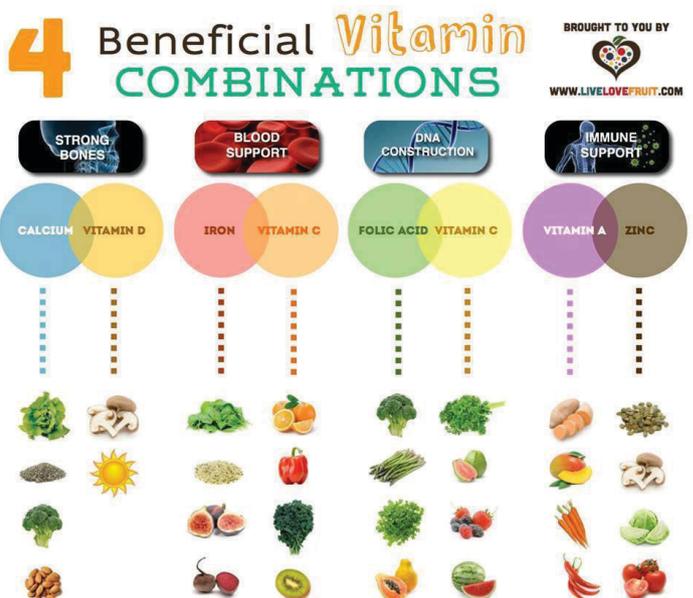
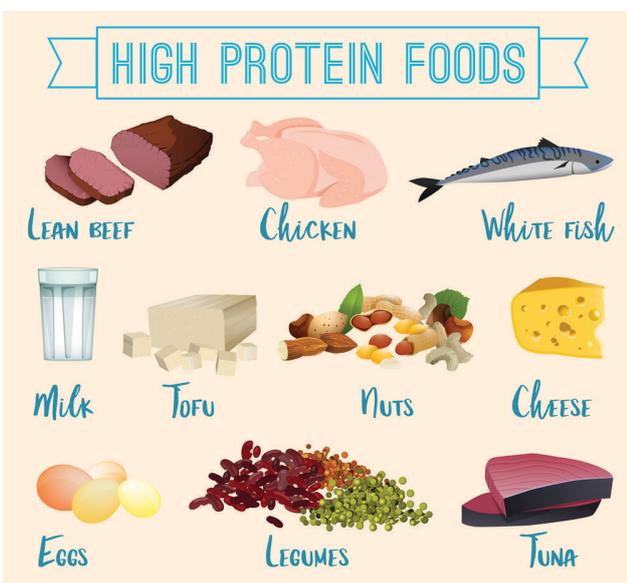
Another often targeted nutrient, dietary fat has earned a bad reputation because of its association with body fat. A multitude of diets have sprung up condemning all fat, but the reality is much more nuanced. Fat is an essential nutrient that boosts absorption of vitamins and helps protect organs. Unsaturated fats, found in natural sources, actually protect the heart and aid the prevention of heart disease. These good fats can be found in nuts, avocados and salmon.

VITAMINS

A vitamin is an organic compound and an essential micronutrient that the body needs in small amounts. The essential vitamins are:

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D
- Vitamin E

You can find these vitamins in the picture below:



BROUGHT TO YOU BY

WWW.LIVELOVEFRUIT.COM

WHAT I WISH I KNEW BEFORE I STARTED DATING



Tracy, I am 21 and I am a full time admin PA and I've been dating for about 2 years.

DON'T SETTLE BECAUSE YOU'RE BORED OR LONELY

You're too young to ruin these precious years stringing someone along who's just as boring as the rut you're stuck in. Instead, take time off from being in a relationship except for the one with yourself. Master the art of independence. Learn to be alone. It's a trait not everyone possesses, and, unlike the Bumble match you found while serial dating, it's useful to your future.

TO RECOGNISE WHEN YOU'RE THE ONLY ONE GIVING

Relationships are about compromise and sacrifice on both ends. If you realise you're the one committing without anything in return, you owe it to yourself to get out.

DON'T WASTE YOUR TIME TRYING TO FIX SOMEONE ELSE.

Your love can motivate them to be better only when they want to be better. Just let go. You can't have control over someone's life, as much as you care. They'll realise someday that you did. It would be over and you'll be happier.



LISTEN TO YOUR GURU. INTUITION.

It saves a lot of trouble. When it says "no, you're not going in there." Pack your bags and run. Mind you though, don't confuse this with with emotions. Actually when you follow the very first step, you're completely clean. It's only intuition that speaks and not dependence. If you want to check, simply think about this person, think about the way they make you feel. That's your answer. That's exactly how it 'actually' is.

DON'T LET ANYONE INVALIDATE YOUR FEELINGS.

Don't let anyone tell you how you feel. You are allowed to have feelings and communicate those and expect your partner to respect that. If your partner doesn't respect your feelings, they don't respect you.

I wish I'd known that you don't owe them anything. Do everything in your own time especially anything intimate, and don't force feelings when they aren't there it's okay to have feelings that suddenly disappear. They're just not right for you.

WHAT I WISH I KNEW BEFORE I BOUGHT MY FIRST CAR/STARTED DRIVING



1. The cost that comes with driving a car, such as insurance, road tax, petrol, car repairs, congestion charge, MOT.

2. Parking How difficult it can be to find a place of parking especially if you drive at a certain time.

3. Research about cars and how they work when you go and get something for your car, people can easily take advantage of the price whereas you can repair it yourself.

4. Traffic: The traffic on London roads doesn't always make it more convenient to drive, sometimes it's easier to take public transport.



WHAT I WISH I KNEW BEFORE I WENT COUNSELLING

There is no judgment (you are not being judged). Before I decided to see a counsellor I had this fear that I would be judge on what I was sharing and what I had gone through and continued to go through, but that's not the case.

You're in a safe space - the environment you're in is warm. I felt safe and my counsellors home reminded me of mine with the candles, cushions and fresh warm feel. There was no risk of anyone coming in.

It's taken at your pace - I was worried I would be rushed to talk about things, but that's not the case. My counsellor went at my pace, allowing me to have breathers, cry and just think.



Your circumstances are not your fault - I always thought that everything that happened to me was my fault, I caused my own pain from my actions, but seeing my counsellor I learnt that it's not my fault, I just happened to be caught up in other peoples own misfortune and heartbreak.

It's good to talk and let things you have buried out - I always had a fear of taking about past trauma because I wasn't ready to face the reality of what i had been going through. Talking to close people around me made people not understand me. I've learnt that it's good and healthy to talk and let things out for your own well-being and mental health. Talking does release emotions.

It's okay to feel vulnerable - Seeing a counsellor made me realise it's okay not to be okay and feel vulnerable. It's okay to feel scared, and feel like a child. And it's okay to want to be loved.

It's okay to break down and cry - I've always been an emotional and sensitive person and people used to say 'Adeola, fix up! Your too emotional man why you always crying? Man up!' which made me question myself and think that I am weak. But speaking to my counsellor i have realised that it's okay to cry, it's okay to have a melt down. That's you saying you've had enough and you want help, you want to feel free and loved.

WHAT'S WORSE THAN HAVING LEUKAEMIA?



BEING BLACK AND HAVING LEUKAEMIA.

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

UNITE TO FIGHT LEUKAEMIA aglt.org

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- PAID WORK EXPERIENCE



VISIT: WWW.INSIDESUCCESSUK.CO.UK/MAGAZINE

DUNKERS 2

A game by Colin Lane and Playback Studio

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

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



Game of the Day
- Apple App Store

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

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

WHAT'S THE MOTIVE?



WHAT'S THE MOTIVE

A lot of us have been bored, stowed away in our homes, effectively barred from so many of the things that make up a normal life: going to work, seeing friends, going to restaurants, seeing a movie, playing basketball, grabbing a drink, riding the train. Here are some websites to get you fired up with enthusiasm again.

ZOONIVERSE

ZOONIVERSE

Be a part of real science projects, such as exploring the surface of the moon, by participating in online research.
<https://www.zooniverse.org>



ZOONIVERSE

If you're looking to expand your mind, Khan Academy has hundreds of educational courses that you can take for free. For more brainy sites, check out 40 of our favorites here.
<https://www.khanacademy.org>



MY SCRIPT FONT

Create a font based on your own handwriting.
<https://www.calligraphr.com>



DIFFERENCE BETWEEN

Want to learn the difference between, for example, socialism or communism? Or a violin and fiddle? Try this site.
<http://www.differencebetween.net>

TED

TED

With 1900+ informative and interesting talks to choose from you're guaranteed to find something you love. Check out our suggestions here:
<https://inktank.fi/ted-talks-will-change-life/>



WIN £500 WORTH OF WESTFIELD VOUCHERS



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



Visit www.insidesuccessuk.co.uk

Go to the contact us page

Leave some feedback on the Inside Success Magazine



Winner will be announced on the First Friday June 2021!

INSIDE SUCCESS RECRUITMENT DRIVEN BY **YOUTH**



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

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

WHAT CAN WE OFFER?

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

WHY 16 - 24 OLDS?

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

OUR PROMISES

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



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Inside Success - Youth Zoom's Talk

SUCCESS LEAVES CLUES

INSPIRATION, INFORMATION, WISDOM,
TIPS, ADVICE, INSIGHT

16 - 24
YEAR OLDS

IS
Inside Success

'IS Talks' is a weekly online event for young people 16-24. Which will inspire, inform and educate attendees on adult life, money management, business start up, building your career and provide insight on what it's like to work different industries.

EACH & EVERY
WEDNESDAY
7PM-8PM



zoom

Register for Free on Eventbrite
search **IS Zoom** talks to receive
zoom access information

FOR MORE INFO 07594 828 383
OR INSIDESUCCESSUK@GMAIL.COM

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



SHAKIR

Inside success was amazing for me I really enjoyed it. It boosted my confidence in all aspects. I am now a Digital exec at a massive corporation, where I have also worked with massive clients such as HSBC, Facebook and many more. My advice to young people is just keep working hard and use your time wisely, keep learning new things and listening to those that are more experienced.



DANIEL O.

During my time at Inside Success I was able to learn many transferable skills that I still reap the benefits of to this day. As a volunteer of the social enterprise I was expected to raise awareness and collect public donations in order to help improve the environment I grew up in. Through this the transferable skills I gained were public speaking and also marketing skills. These skills are fundamental to what I do today as I am a student at a Russell Group university studying Economics, where I often fall back on the lessons I learn't at Inside Success when required to give presentations to my peers. In the near future I hope to secure a summer undergraduate internship at HSBC's Corporate Banking division, which wouldn't be possible without my time at Inside Success as those skills enabled me to confidently take part in interviews. One piece of advice that I'd give to the younger generation is always be willing to learn new things because there is no limit on knowledge; as those skills I learn't during my time at Inside Success will always be relevant.



AKRAM

My time at Inside Success provided me with some invaluable life skills. Inside Success is the sole reason, I have confidence when meeting new people, persistence in the face of adversity and was where my entrepreneurial spirit was born. I now attend the university of Nottingham where I study Economics and aim to be a successful businessman. My one piece of advice to the younger generation is to believe in yourself and know anything is possible.



DANIEL A.

Working with Inside Success was an amazing experience that I would recommend to anyone who wants to have fun, get paid and gain invaluable skills at the same time. Without a question, the growth I experienced helped with obtaining of my current role as a software developer at IBM. The main thing I learnt was if you want to succeed, stay consistent and always be looking for ways to improve. This is especially important when you feel like it's something you're not cut out for. You don't want to be the type of person who gives up after a couple setbacks or is happy with being stagnant.



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ATHINA

Inside Success was my stepping stone into life and no doubt helped me gain all the skills and qualities that I have used to achieve my goals as of now. I gained confidence and knowledge as well as how to properly portray myself in a place of business. I am now in my second year of university, work in luxury retail and have started my own successful business. One piece of advice I would offer is to make sure you find your motivation, and keep pushing to achieve anything you desire, because hard work pays off.

Short Courses Inspired by the *Youth*

INSIDE SUCCESS UNION

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

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

WE CURRENTLY OFFER WORKSHOPS AND COURSES

in a number of areas including:

- INTRODUCTION TO TRADING
- BUSINESS ENTERPRISE
- EVENTS MANAGEMENT
- SALES & MARKETING
- DRAMA
- CAREER DEVELOPMENT
- DIGITAL MARKETING
- TV PRODUCTION



FOR ENQUIRIES OR TO REGISTER: **TEL: 07594 828383**

EMAIL: INFO@INSIDESUCCESSUK.CO.UK + INSIDESUCCESSUK@GMAIL.COM

WEB: WWW.INSIDESUCCESSUK.CO.UK



HAYTHAM

Being at Inside Success has helped me improve not only my personal attributes but my professional attributes too by enhancing my skill set for the professional world. Helping me to adopt skill sets like my communication, listening, time management and how to lead a team quite early on. It has helped me gain an insight of what it would be like in the real world. Inside Success is a team of young and ambitious individuals who look to better themselves everyday, I would recommend Inside Success to any young individual who is trying to progress and better themselves everyday.



JESSICA

Inside Success has significantly improved my interpersonal and communication skills, as well as developed my confidence. What I enjoy most about Inside Success is that it has allowed me to meet and work alongside driven people, who all have great goals and aspirations. This creates the opportunity to support and be accountable to each other in achieving these. I have learnt the importance of perseverance and team building, which I can apply to all areas of life on my way to success.



KYRON

Since joining Inside Success I've found a deeper value to money. It's taught me to be wise and budget through the inspirational workshops and programmes I have joined this summer!



RHIA

Inside Success has benefitted me in many ways since joining this summer, the most important thing being my mental health. Without Inside Success I'd still be stuck, demotivated in my bed. Im so much happier and motivated thanks to this amazing enterprise.



NATHANIEL

I enjoy working at Inside Success very much. It has helped with my communication skills and also taught me how to deal with rejection which has also taught me patience. Working with other young people has given me great teamwork skills and showed me how to be a great team player.

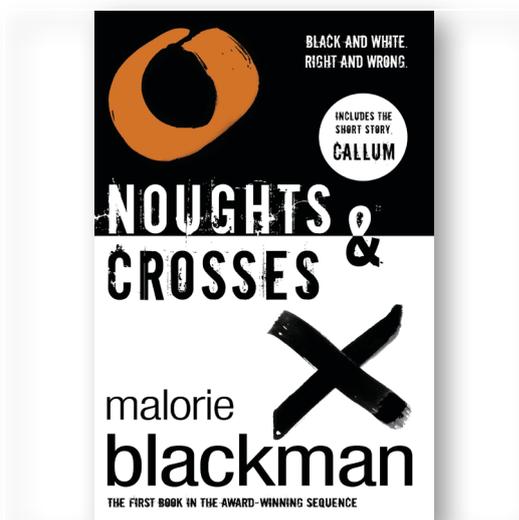


See

COMING 2 AMERICA

The original Coming to America premiered in 1988. Eddie Murphy returns as Prince Akeem Joffer, the future King of Zamunda, who travels to America after learning that he has a son named LaVelle. Available on Amazon.

Read



NOUGHTS & CROSSES by Malorie Blackman

Sephy is a Cross - a member of the dark-skinned ruling class. Callum is a Nought - a 'colourless' member of the underclass who were once slaves to the Crosses. Against a background of prejudice, distrust and mounting terrorist violence, a romance builds between Sephy and Callum - a romance that is to lead both of them into terrible danger.

Buy



A JOURNAL

A gratitude / life planner Journal is a great way to keep your thoughts clear and organised. They also help to improve your writing skills and enable you to set and achieve goals and self-reflect.

COMING SOON

Inside Success **PRESENTS**

**A BRAND-NEW YOUTH LED PODCAST
FOCUSSING ON CHALLENGES AND DILEMMAS
YOUNG PEOPLE FACE.**

LET'S TALK ABOUT IT

Podcast

MEET THE CAST



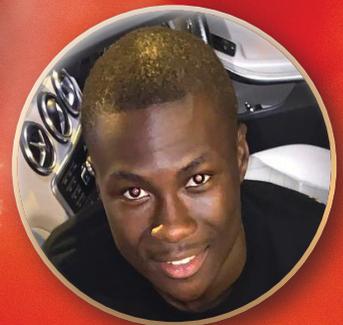
My name is Aminata. I'm 17 and I'm currently studying psychology, English literature, Art and Global Perspective in my second year of A levels. Most of my time is spent studying, however I do invest time into exploring fashion and apparel. I also find relaxation in drawing portraits.



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



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



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



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