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**WHAT DOES IT  
MEAN TO BE  
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**HOW CAN YOU  
LOOK AFTER  
YOUR MENTAL  
HEALTH AS A  
YOUNG PERSON?**

**DO WE NEED  
TO CHANGE  
WHAT WE ARE  
TEACHING OUR  
YOUNG PEOPLE  
IN SCHOOL/  
COLLEGE?**

**INSPIRE ME:  
TERRY JERVIS**

**MEDIA MOGUL-OPENING THE WORLD'S EYES**

# THANK YOU FOR SUPPORTING INSIDE SUCCESS



Inside 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 cost 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  
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# S:



# What does it mean to be **HOMELESS?**

To be homeless means: You do not have a home. Typically, you are homeless if you have nowhere to stay and are living on the streets, but you can be homeless even if you have a roof over your head that doesn't belong to you.

## YOU COUNT AS HOMELESS IF YOU ARE:

- staying with friends or family
- “sofa surfing” - moving from place to place
- staying in a hostel, night shelter or B&B
- living in poor conditions that affect your health
- living apart from your family because you don't have a place to live together
- have no fixed abode to be able to register or apply for any service you wish to

## WHAT ARE THE CAUSES OF HOMELESSNESS AMONGST YOUNG PEOPLE?

- Violence
- Abuse (physical, sexual, emotional or mental)
- Child welfare system
- You have left the care system
- Mental health problems
- Overcrowded homes
- Family differences
- Refugees
- Gang crime/anti-social behaviour
- Discrimination for your life choices e.g. LGBT young people

## WHO IS MOST AT RISK OF BECOMING HOMELESS?

- Evidence shows family conflict is the main precipitating factor leading to homelessness amongst under 18s and is sometimes associated with physical or sexual or mental abuse.
- It is estimated that about 77,000 children and young people run away each year due to family conflicts and children in care homes run away because they're not happy with their placement.
- BME (Black and Minority Ethnic) households are

more than six times more likely to live in overcrowded conditions than white households. A study found that overcrowding was one of the risk factors that can lead to young people becoming homeless. Young people who have to share a room by the age of 12 are three times more likely to become homeless.

## IMPACT OF HOMELESSNESS ON YOUNG PEOPLE

- A quarter of young people who run away end up sleeping rough and one in 14 attain income through stealing, begging, drug dealing and even prostitution.
- Young homeless people face great difficulties accessing and completing training courses. For those moving from one temporary home to another or sleeping rough.
- Research found that becoming homeless can lead to an escalation of drug use, in some cases. About 20 per cent of young people reported that they began to use drugs after they became homeless.
- Homelessness has detrimental effects on both physical and mental health. There is substantial evidence suggesting that young homeless people are particularly vulnerable to poor physical and mental health; and risk-taking behaviour such as self-neglect, self-harm, suicide, and substance use. Young homeless people are more likely to experience a variety of medical problems, such as infectious diseases and nutritional disorders.

## ARE YOU HOMELESS OR AT RISK?

CALL CENTER POINT HELPLINE FREE ON:

**0808 800 0661**

Centre Point offer advice to anyone in England aged 16-25

Opening Hours:  
Monday-Friday, 9am-5pm

# HOW CAN YOU LOOK AFTER YOUR MENTAL HEALTH AS A YOUNG PERSON?



## 5 THINGS YOU CAN DO TO LOOK AFTER YOUR MENTAL HEALTH IN YOUR TEENS

Looking after your mental health is just as important as looking after your physical health. 'Health in your teens' is a series of blog posts all about how you can take care of yourself as a teenager. From getting enough sleep to learning how to manage stress, we're covering the big health topics you and your mates might deal with during your teenage years.

### MENTAL HEALTH IN YOUR TEENS

You've probably already noticed that there's a lot going on in your teens. Your body is growing and changing. You might find that there are more expectations of you as you finish high school or start work. You have to learn how to navigate changing relationships with your parents, friends, work colleagues, teachers and romantic partners.

With all these changes and new things to learn, it might seem like looking after your mental health is just too much right now. But there's never been a better time to check-in with your mental wellbeing. We've listed five things you can do as a teenager to help look after your mental health.

#### 1. UNDERSTAND – WHAT EVEN IS MENTAL HEALTH ANYWAY?

Mental health is the health of your mind, thoughts and emotions. Mental health is something that everyone has, just like everyone has physical health. This means that mental health is something that everyone can take care of. In the same way that you take care of your physical body, you can look after your mental wellbeing through the choices you make about your lifestyle and environment.

Looking after your mental health means learning strategies that can help keep you well, and knowing when to get help if you need it. The habits you set up now can support you throughout your adult life.

Below we've gathered information and ideas about how you can take care of your mental wellbeing as a teenager, with links to organisations and tools that are designed especially for you.

There's no doubt about it - your teenage years are busy! There are strategies you can use if the stress of exams, work, or things like getting your licence begins to build up.

#### 2. THINK ABOUT HOW FOOD AND DRINK AFFECT YOUR MOOD

The food and drinks you eat can affect how well you feel, both physically and mentally. Regularly eating healthy food gives you energy to get through the day and can help to stabilise your mood. Try these tips for eating to feel good:

##### DON'T SKIP BREAKFAST

Breakfast kickstarts your energy for the day, getting you off on the right foot before you even leave the house. If you're not sure what to eat, or you're sick of having toast every day, you can find some healthy breakfast ideas online.

##### DRINK PLENTY OF WATER

Being dehydrated can give you a headache and make you feel tired or irritable. Carry a water bottle with you so you can keep sipping water throughout the day, and drink extra on hot days or after exercise.

##### SKIP THE SUGARY TREATS

Eating sugary lollies, pastries and drinks can make your blood sugar levels rise quickly – which makes you feel good – but then make them drop quickly, leaving you feeling sluggish, irritable and hungry. Looking for a snack that will fill you up and leave you feeling good? Try searching for snacks that leave a healthier and happier effect on you.

#### 3. GET ACTIVE

You might have thought exercise was just about moving your muscles, but exercise can be beneficial for your mind, too.

When you exercise, your body releases hormones that make you feel good, like endorphins. Exercise can also help you relax your muscles, control your breathing and take your mind off your to-do list.

Try to fit some type of physical activity into every day,

even if it's just ten minutes at first. Exercise doesn't have to be part of a dedicated training regime; any physical activity will do, so pick something you enjoy. You could go for a run, take the dog for a walk, have a dance in your bedroom or get some friends together to play a game of basketball or cricket at a local park. You can find more information about exercise and ideas on how to get active as a young person online in your local area.

#### 4. LEARN HOW TO DEAL WITH STRESS

Stress is a normal bodily response to situations where you feel under pressure. You might feel pressure from upcoming exams, work or sport commitments, managing friendships and relationships, or just from life in general.

In little bursts, stress can actually be useful, helping you to concentrate and work hard. But when it's ongoing and you feel like you can never relax, stress isn't good. Ongoing stress can make you tired, give you a headache or upset stomach, or even make you feel anxious or depressed.

Try these tips for preventing yourself from getting too stressed out:

##### TAKE SOME TIME OUT EVERY DAY

Build a break into your schedule every day when you can relax and just be yourself. Listen to music, watch a favourite show, cook something or go for a walk – whatever you enjoy doing is the perfect thing to do during your 'you' time. Even if you've got a big exam or deadline coming up, taking a little break can actually help you perform better when you return to your work.

##### TRY MINDFULNESS OR RELAXATION TECHNIQUES

The idea of learning how to relax might sound silly, but when you're stressed out, relaxing isn't always something that comes naturally. The good news is that there are techniques you can learn to help you chill out in stressful situations, and practising them can make your average day even better, too.

**Mindfulness** is about paying attention to the present moment, not worrying about the future or reliving the past. When you're being mindful, you focus on what you're doing right at that moment.

**Relaxation** is about calming down the body and mind. You can practise relaxation every day to wind down and use relaxation techniques during stressful situations. Many people find that mindfulness and relaxation work together: they feel more relaxed when they try to be mindful, and being relaxed helps them practise mindfulness.

There are lots of programs that can help you learn how to be more mindful and relaxed, and many of them are made specifically for teenagers.

Why not try Bite Back's set of **Power Up audio tracks**? These short snippets of audio guide you towards being more mindful, and you can listen to them on your phone or computer.

**Smiling Mind has a free app** you can download that guides you through different mindfulness meditations. And Reach Out has created **Breathe**, an app designed

just for young people to help manage anxiety and worrying.



#### STRATEGIES FOR WHEN STRESS HITS

Even if you're practising mindfulness every day like a pro, you probably won't be able to avoid every stressful situation in your life. When stress strikes, it's good to have some strategies in place to help yourself get through the situation.

Making time to see your friends and relax can be an important part of your self-care routine.

#### 5. KNOW WHAT MENTAL HEALTH CONDITIONS ARE AND THAT THEY'RE REALLY COMMON AND TREATABLE

Mental health conditions, including things like eating disorders, depression and anxiety, are really common. In fact, one in seven young people aged 4-17 experience a mental health condition in any one year. If you're ever feeling really stressed, worried, down, angry, numb, or like things 'just aren't right', for a couple of weeks or more, it's important to know these feelings aren't something you have to put up with and there are people who can help you feel better.

One of the best things you can do is tell someone about how you're feeling: your doctor, school counsellor, a trusted teacher or sports coach, your parents or just a good friend – anyone you trust to listen to you is a good place to start. You could also call one of the helplines listed below if you feel more comfortable talking to someone you don't know first.

You might want to start by taking *Beyond Blue's Brain Quiz*, which helps you measure your mental health. The quiz gives you a score and some advice about what steps to take next in looking after your mental health.

The important thing to remember is that mental health conditions can be managed, and there are lots of different ways to help you feel better, from lifestyle changes to therapy and medications.

Want to know more about the signs and symptoms of mental health conditions? Watch *Beyond Blue's* videos about how your brain can 'have a mind of its own', and making it hard to sleep, concentrate or go out with friends.



# INSPIRE ME

## TERRY JERVIS

**Terry Jervis** is a business and media entrepreneur who is of Jamaican descent born and raised in Hackney, East London. He started his career as a journalist and researcher. He later on joined the BBC and went on to become a renowned radio, television, film producer and director. His background in all forms of media communications is extensive; ranging from traditional media to digital media. Terry started in broadcast journalism with channel 4 and joined the BBC in news. He later went on to run his own department within the BBC (at the tender age of 27 the youngest in its history) Terry also juggled between radio and television services making several programmes for Radio 1, Radio 4 and the World Service as well as BBC1 & 2 for television. Terry brokered and produced many international deals (mainly in the US) helping to promote and launch DEF JAM Records. Terry was also given his own label 'Down to Jam' with the company making him the first British person ever to do so. A few of the international talents he helped promote and launch includes the legendary Motown label and its roster of classic singers such as Stevie Wonder, The Temptations and Diana Ross. Through his TV hits and viewing figures Terry met with Berry Gordy via the Chairman of Motown (and his mentor in the USA) Clarence Avant (known in Hollywood as the Godfather of entertainment). These two were extremely influential in his career and it just goes to show how important it is to have access to mentors within your chosen field.



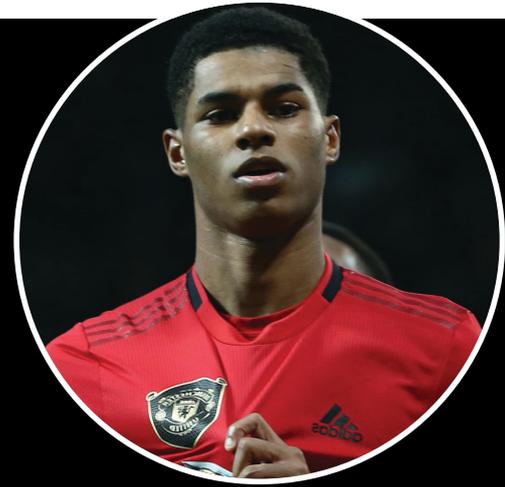
# INSPIRE ME

INSPIRE ME

## MARCUS RASHFORD

Marcus Rashford, originally from Saint Kitts and Nevis- is an English professional footballer who plays as a forward for premier league club Manchester United and the England national team. He is a 22-year-old man and was born on the 31st of October 1997. Rashford has earned an estimated salary of 10.4 million GBP since 2019. From a young age Rashford was determined to proceed his future in football which made him more eager to

become an inspiration to others through his passion playing football. It is proven that Rashford beat the world record in football that was previously held by a world known idol; Wayne Rooney! He has more recently become well known and admired for his activism, most recently his letter to the Prime Minister extended the access to free school meals for those who struggle to feed their families across the UK.



# INSPIRE ME

## KSI



Olajide Olayinka Williams, originally from Nigeria was born on the 19th June 1993 in Watford, Hertfordshire, England. Otherwise called KSI Olajide BT or essentially KSI, is a YouTube and Internet big name, entertainer, performer and video game analyst. He is also the co-founder of a YouTube group known as at Sidemen with other youtubers. His YouTube style is very diverse which includes different vlogs and comedy style content. KSI has also recorded music which has reached the top 40 singles on the UK singles Chart. He is also an actor and has starred in his own movie called 'Laid in America' and was also a subject in a film documentary 'KSI: Can't Lose' following the build up to his first amateur boxing fight. KSI has ultimately turned his passion into income, he is free from the restraints of the 9-5 and gets paid to produce content which is clearly his passion in life.

# INSPIRE ME

## CHUNKZ

Amin Mohamed aka "Chunkz" is an English YouTube personality originally from Somalia. He has earned a massive fan following through his challenges and pranks in his #MANDM series. Chunkz is also extremely talented and creative when it comes to music. His YouTube content is so entertaining that hordes of new viewers are drawn to his channel daily. Chunkz is a happy-go-lucky and caring individual. One of his biggest achievements included helping to launch a voice app built for the Google Assistant for the train ticket retailer Trainline to ease rail journey planning. As well as this, he won the International Somali Award for the best entertainer alongside being sponsored by Footasylum. He is also widely known for making content with Yung Filly on Footasylum's YouTube page. As a young content creator, Chunkz



saw that he was gaining many subscribers and he took a chance making YouTube his full-time job. He is now a successful Content creator, Musician and Comedian. This just goes to show that you have to follow your dreams and stay consistent.

# Introducing Silent Hustle

*Silent Hustle* Clothing was created in May 2020 by two 16-year olds with a vision and idea to create a relevant, affordable and urban clothing brand that captured and reflected the entrepreneurial abilities of young people in particular from marginalised backgrounds, which are often left unnoticed and unappreciated. As two young people, we believe this is a good way to showcase to the community of the capabilities of young people. However, although the focus is on the younger generation, we also want to make this appealing to the older generation too, which is why our vision is to create *Silent Hustle* as a movement. This represents how everyone has a skill or a talent which they may strive towards, whether as a career or for general progress within themselves. To us that is the definition of the word-Hustle. Everyone has their own no matter how small or even if it hasn't been discovered yet. This is why we want to represent this by our clothing line *Silent Hustle* as a reminder of self-worth and how unique we all are. Our plan is to be the biggest UK brand.

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



# Introducing HoodCeleb

**HoodCeleb:** My clothing line is based on a young man growing up in the struggles or poverty and gang relations with a single parent to growing into success and thriving and doing everything in my power to avoid gang relations and gang violence. HoodCeleb will uplift you as a person and make you understand there is no limit to what you can do or achieve and the only person that can be in your way is yourself. My clothing brand has many inspirations within it boohoo man being one of them. I will also be producing jumpers and tracksuits soon.

As for now I am focusing on detailed versatile graphic tees. This is so I can settle in the unisex field before I navigate to my real work of art. I really appreciate the help of the inside success to put together, models, shoots and photographers. Working together helped me realize that I can achieve so much more.

I will be releasing my current work on the 6th August 2020. All my work is available on Instagram.

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





# HOW TO SELL ONLINE?

*THE WORLD OF ECOMMERCE AND SELLING ONLINE HAS COME A VERY LONG WAY IN THE PAST FEW YEARS, AND THERE'S MORE COMPETITION THAN EVER. HERE'S EIGHT ESSENTIAL TIPS TO HELP YOU SELL MORE ONLINE...*

## **1. IS SELLING ONLINE RIGHT FOR YOUR BUSINESS?**

Before you rush to create an online shopping platform for your business, first determine whether it is viable and appropriate for your products or services.

## **2. FOCUS ON PRODUCT DESCRIPTIONS**

Write your own product descriptions as this will help you to stand out from your competitors.

## **3. INTEGRATE SOCIAL MEDIA**

Include links to Facebook, Twitter and LinkedIn on your website. By making yourself available on social media, you'll be able to get to know your customers and answer any questions they may have.

## **4. MINIMAL CLICKS MEAN MAXIMUM SALES**

Wherever possible, aim for as few clicks as possible before the actual payment process.

## **5. TRACK YOUR USERS' HABITS**

According to Thomas, it's absolutely vital to have 'goal funnels' – an analysis of how users behave on your site.

## **6. THINK 'CROSS-DEVICE', NOT 'MOBILE'**

Consumers don't think of browsing the internet on their mobile as being any different to using their tablet, desktop or laptop. So, you can't afford to either.

## **7. DON'T FORGET SEO AND SEM**

Having an attractive website is useless unless you can drive people there. Make sure you improve your search engine ranking – you can read more about this by searching Google Digital Garage and undertaking the free online course created and certified by Google themselves. Consider partnerships with other businesses and organisations. You could be the fulfillment part of another company's website or merely exchange links. Both will help you be more visible to consumers.

# 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](http://AGLT.ORG) AND SEE JUST HOW EASY IT IS TO SAVE SOMEONE'S LIFE.

UNITE TO FIGHT LEUKAEMIA [aglt.org](http://aglt.org)



# HOW TO BUILD YOUR SOCIAL MEDIA PLATFORM

## **BE REGULAR AND CONSISTENT**

Part of social media's effectiveness is being able to keep your name and message in front of your followers. A post here and there a couple times of week will get lost in the millions of other posts. Furthermore, whatever social media strategy you choose, it's wise to stick with as long as it works.

## **SPEAK TO YOUR MARKET**

People aren't that interested in knowing what you had for breakfast unless, of course, you're a food blogger. When it comes to social media marketing, the goal is to keep your market informed about topics related to your business.

## **MATCH THE MESSAGE AND FORMAT TO THE PROPER NETWORK**

What works on Twitter doesn't necessarily work on LinkedIn, Instagram or Facebook. The types of messages you post should vary across networks, as well as their frequency. For example, you can post 10 to 15 times a day on Twitter and not bother anyone. However, 10-15 LinkedIn, Facebook or Instagram posts might appear obnoxious. Take the time to learn and study the social media networks you use and fit your posts to each.

## **INCLUDE SOCIAL MEDIA FOLLOW BUTTONS EVERYWHERE POSSIBLE**

It's a good idea to put social media follow buttons on every page of your website and in your emails at the very least. Your social networks may even allow links to other network profiles.

## **FOLLOW INFLUENCERS AND SHARE THEIR CONTENT**

If you are knowledgeable and up-to-date in your industry, you should know who the influencers are. You can also use a resource such as BuzzSumo to find influencers in your topic area. Once you follow them, you should share their content with your followers. Many will follow you

back, and the goal is for them to share your content as well.

## **REMIND YOUR EMAIL SUBSCRIBERS ABOUT YOUR SOCIAL ACCOUNTS**

If you have a newsletter or email list, then be sure to give a shout-out to your social media accounts in each correspondence you send, as well as follow buttons. It also doesn't hurt to promote your newsletter or email list on your social media as well.

## **RESPOND TO YOUR FOLLOWERS**

Respond to comments, questions or mentions made by your followers. This is how you deepen connections, foster engagement, and build trust. Why bother having social media if you're not going to be social?

## **USE HASHTAGS WHERE APPROPRIATE**

Twitter is the king of hashtags, which is helpful since the conversation moves at lightning speed. Hashtags help people find content on the topics that are of interest to them. Use of hashtags on other social media sites can be helpful, but don't overdo it. Remember, people want to see real content, not a bunch of #s.

## **MAKE IT EASY FOR OTHERS TO SHARE YOUR CONTENT**

Most visitors aren't going to deal with the hassle of copying and pasting your URL to their social media. Make it easy for them to share your content by including social share links on your blog or website.

## **USE YOUR STATS TO IDENTIFY POPULAR POSTS AND TOPICS**

One of the biggest frustrations in social media is not knowing what will go viral and what won't. The best rule of thumb is to post helpful, relevant content for your market. With that said, your social media and website stats can help you determine what's popular.



One of the most exciting parts of growing up is becoming financially independent, but learning how to do so can be challenging. Building good credit is a must: It will help you qualify for loans, auto insurance, rental applications, cell phone plans and can even impact job prospects.

#### WHAT IS A CREDIT SCORE?

A credit agreement is one where someone borrows money to obtain goods or services now, with the promise to repay it at a later date. These agreements usually include interest charges. A credit score is a numerical expression based on a level analysis of a person's credit files, to represent the creditworthiness of an individual. A credit score is based on a credit report, information typically sourced from credit bureaus.

#### WHY IS IT SO IMPORTANT?

Your credit scores determine a lot more than the loans you can get and the interest rates you pay. Insurers use credit scores to set premiums for auto and homeowner's coverage. Landlords use them to decide who gets to rent

their apartments. Credit scores determine who gets the best cell phone plans and who has to make bigger deposits to get utilities.

Credit scores are a financial tool, in other words, but whether they're a lever or a hammer depends on how good they are.

First, it is important that young people recognize good credit is a privilege to be earned. It takes time to build a good credit history that can then benefit them for years to come. They must also understand that debt is easy to get into, hard to get out of and if not managed, can result in a poor credit rating that will negatively affect them for 10 years or more.

#### WHERE CAN YOU CHECK IT

There are four main **credit** reference agencies, clear score, Experian, TransUnion and Equifax, all of which will have a record of **your credit** rating. You can get a copy of **your** statutory **credit** file for free from any of these agencies

#### TOP TIPS ON HOW TO IMPROVE YOUR SCORE:

- Dispute any credit errors
- Avoid new credit card purchases
- Pay off any past due balances
- Pay off debts on time
- Avoid new credit card applications
- Leave accounts open
- Contact your creditors
- Get professional help
- Get a credit limit increase
- Register on the electoral roll: if your name's not on there, you'll find it much harder to get credit





# DO WE NEED TO CHANGE **WHAT WE ARE TEACHING** OUR YOUNG PEOPLE IN SCHOOL/COLLEGE?

## **MONEY DOESN'T SAVE ITSELF**

Even though it is tempting to go on a huge shopping spree the minute you get paid, it is important to save at least 10% of your monthly wage. This is so you are prepared for any unexpected expenses such as a flat tyre or your oven breaking and you don't have to stress about where the money to pay for it is coming from. Remember – save money and money will save you!

## **THE IMPORTANCE OF BUDGETING**

The first step to creating an effective budget is working out your disposable income (the money you have left after paying for bills and essentials). You could use the 50/30/20 rule of budgeting, which means 50% of your income goes towards necessities such as bills and housing, 30% can be put towards wants like entertainment and activities, and you can put the 20% towards financial goals such as paying off debt or saving.

## **HOW TO BUY A HOUSE**

It wasn't until recently that I learnt about all the fees and hidden expenses that came with buying a house. The average house buying process in the UK can take up to 6 months, and don't even get me started on things such as stamp duty and legal fees! You need at least a 5% deposit of the value of the house you are looking to buy, although the government have schemes such as the 'Help to Buy ISA' and the 'Lifetime ISA' where they contribute 25% of the amount you save towards your deposit.

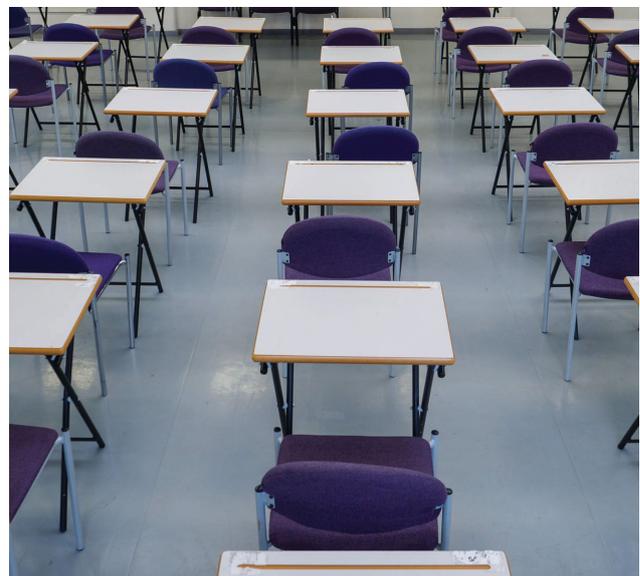
## **THE IMPACT OF DEBT**

At school, we're not taught about how easy it is to build up debt, and hard it is to get out of it. Some debts are

necessary for some people – such as student loans – although things like credit cards, payday loans and store cards can be very risky. Debt can seriously affect a person's mental health and their financial position, so the best way to avoid it is to have an emergency fund and only buy what you can afford.

## **STARTING A PENSION NOW**

As life expectancy increases, as does the retirement age. This means that millennials face longer working lives, so the younger you start your pension, the earlier you will be able to retire!



Luster PRODUCTS INC. PRESENTS

# SPIRIT OF THE PHARAOH



## Visionary Media Royalty Begins a New Adventure

This exciting project was conceived by UK & global media business icon Terry Jervis. His accolades start with creating the Sam Cooke – from Gospel to Soul movie at 15, evolving to become a prolific TV producer, BBC executive, the director of *The Real McCoy*, media entrepreneur and helping to launch Def Jam and become a label manager for Motown, apart from shows like *Top Gear*, he got Buckingham Palace and *The Queen of England* to commemorate the 200 anniversary of abolition of slavery just to mention a few accomplishments.

He has now written a timely, action filled Superhero novel & graphic novel which will be transformed into several types of media productions. The book will be a precursor to the digital film from Jervis Entertainment Media (JEM) Limited and the **Online Movie & Creative Cinema (OMCC)** company – a new visual and exciting way of using graphic novels, paperback novels and comic book illustrative styles to originate stories and make them into big movies. **Read for the part or be a stylist.** There will be auditions for all phases of production, virtual comic-con style cosplay 'dress-up' opportunities that could land you on the BIG SCREEN. Jervis Entertainment Media believes in sharing this opportunity with the community on a multi-cultural level.



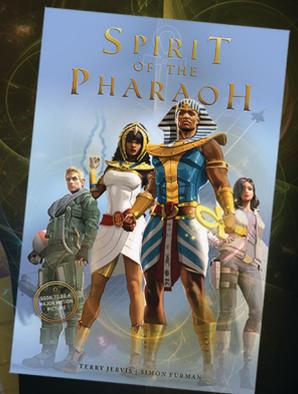
Mr Jervis chose to align with black family owned, 3rd generation hair products company, Luster Products Inc, from Chicago Illinois. He felt this unique opportunity for a wholly owned black company to diversify their outreach into a distribution model for Online media, physical merchandise and personalised products, creating an extended brand for JEM Media & JEM Merchandising Limited and Luster Products Incorporated. There will be creative programs and new **"Origin of Beauty"** product lines with jewellery and hair & beauty range; related to Spirit of the Pharaoh and ancient Egypt being the first to record a natural product beauty regime and known the world over for their priceless and magnificent jewellery designs.

**The Adventure begins  
start your journey with us by going to:**

[www.Jervismedia.com](http://www.Jervismedia.com)  
[www.lusterproductsinternational.com](http://www.lusterproductsinternational.com)

# Beauty, Love, Eternity... SPIRIT OF THE PHARAOH

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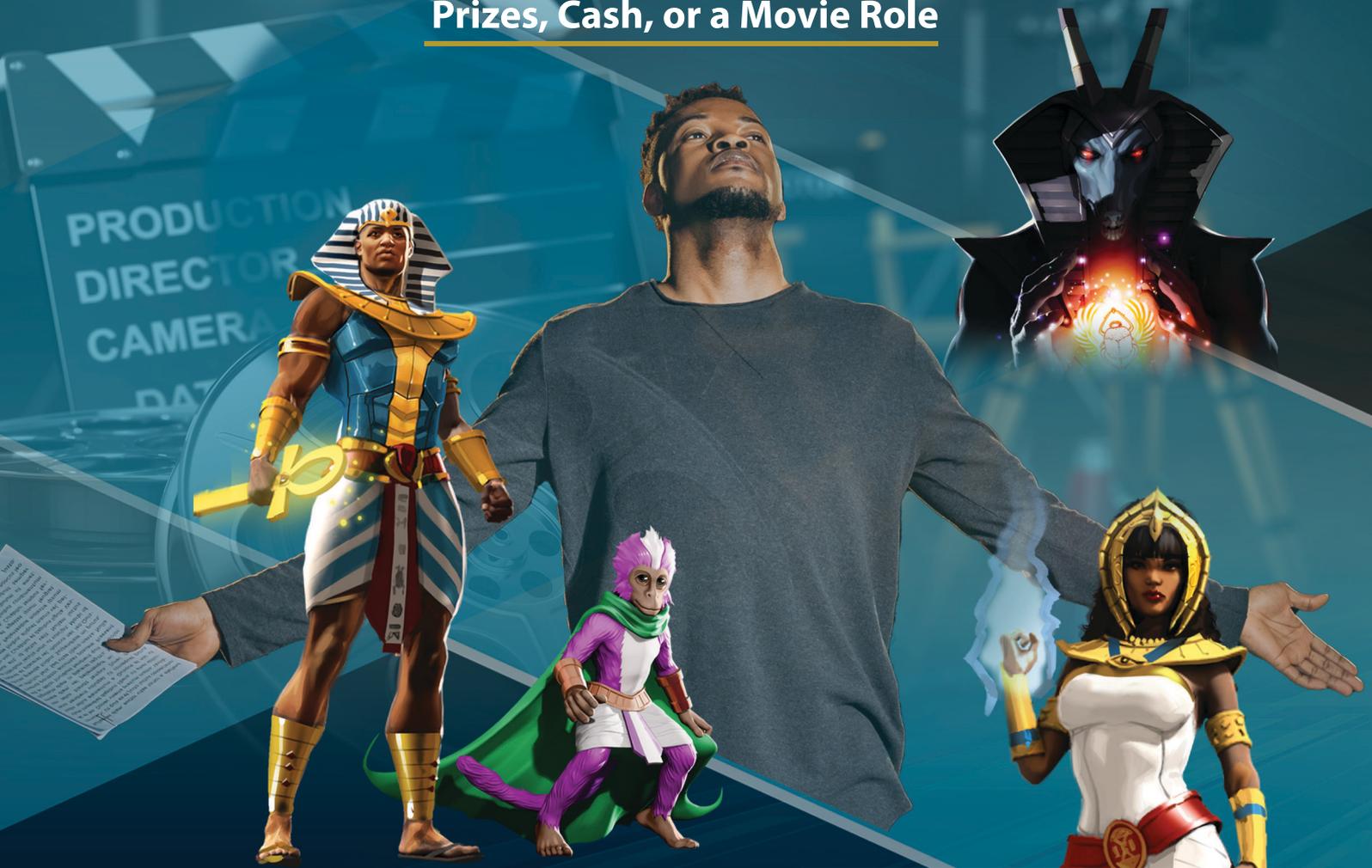
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Special product bundles available at [www.insidesuccess.co.uk](http://www.insidesuccess.co.uk)

Luster PRODUCTS INC. PRESENTS  
**SPIRIT OF THE PHARAOH**

AUDITIONS COMING OCTOBER 2020

**Prizes, Cash, or a Movie Role**



JEM Media in Association with Luster Products invites you to -Make History While Making A Movie.

Don't want to be in the movie but you love to have FUN...Enter OUR COSPLAY "Green Screen Dream Team" promotion and capture your superhero 'dress-up' moment for friends & family "virtually".

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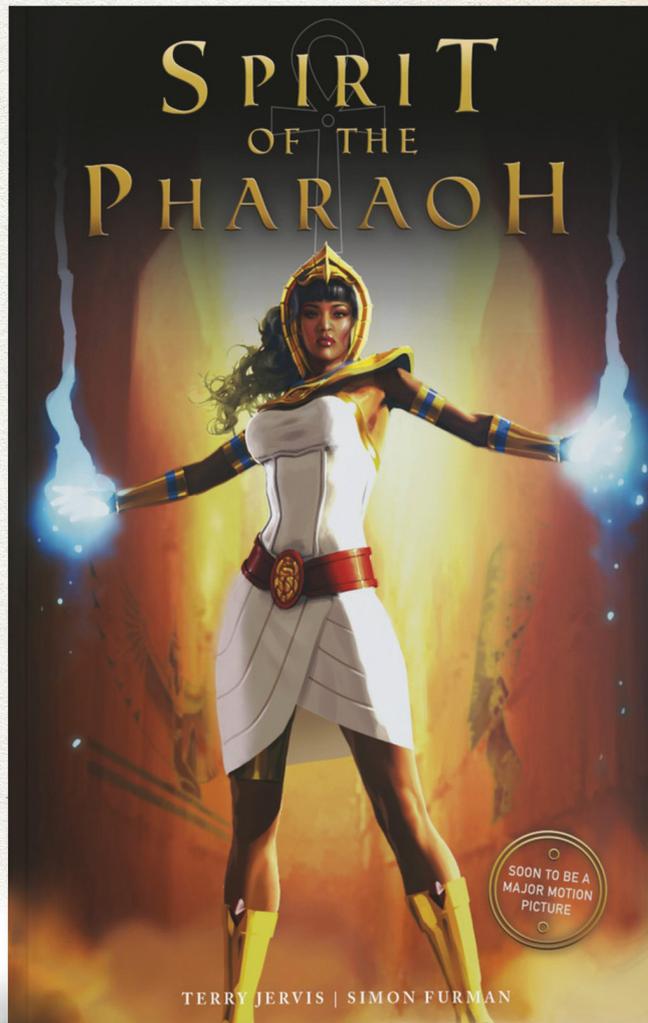
Heroes Variant Cover  
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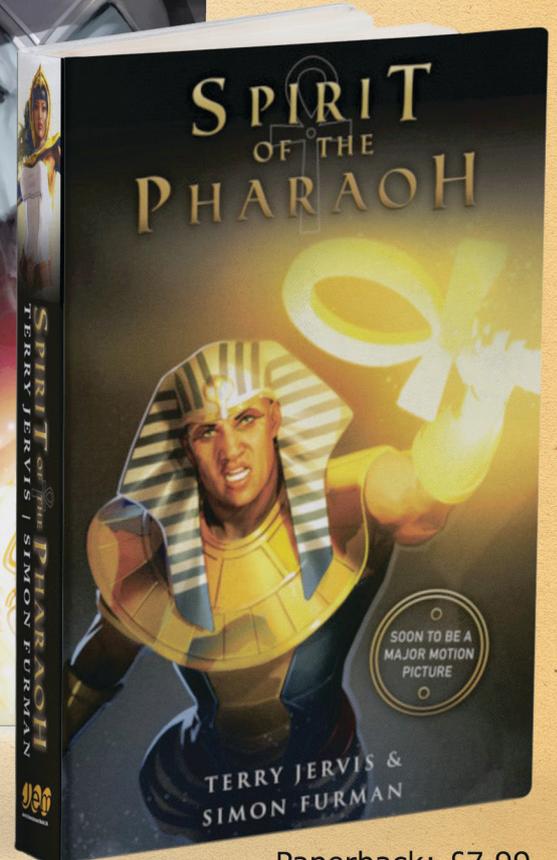
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## GARLIC-CHEESE FLAT BREAD

### Instructions:

\* Unroll dough into a greased 15x10x1-in. baking pan; flatten dough to 13x9-in. rectangle and build up edges slightly.

\* Drizzle with butter. Sprinkle with basil, garlic and cheeses.

\* Bake at 425° until crisp, 11-14 minutes. Cut into squares; serve warm.

## INGREDIENTS

- 1 tube (11 ounces)  
refrigerated thin pizza crust
- 2 tablespoons butter,  
melted
- 1 tablespoon minced fresh  
basil
- 4 garlic cloves, minced
- 3/4 cup shredded cheddar  
cheese
- 1/2 cup grated Romano  
cheese
- 1/4 cup grated Parmesan  
cheese





## CINNAMON TOAST

### INGREDIENTS

- 1 slice cinnamon bread
- 1 teaspoon butter, softened
- 2 tablespoons 60% cacao bittersweet chocolate baking chips
- Optional: Sliced banana and strawberries

#### Instructions:

\* Spread both sides of bread with butter. In a small skillet, toast bread over medium-high heat 2-3 minutes on each side, topping with chocolate chips after turning. Remove from heat; spread melted chocolate evenly over toast. If desired, top with fruit.

#### Nutrition Facts:

1 serving (calculated without fruit): 235 calories, 13g fat (8g saturated fat), 10mg cholesterol, 131mg sodium, 29g carbohydrate (19g sugars, 3g fibre), 4g protein.



# THE GYM-FREE WORK OUT FOR FOOTBALL

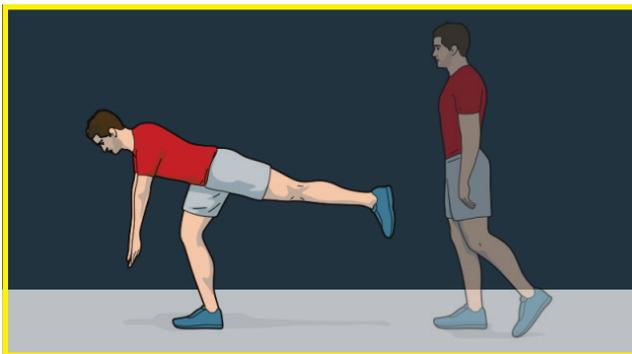
## 1. SINGLE LEG ROMANIAN DEADLIFTS

**Sets:** 5-8

**Reps:** 5-8

**Rest period:** 1-2 minutes

“Stand on one leg and bend forwards while bracing your core until your head and non-standing leg are in a straight line,” says Edmundson. “That leg must be straight to really work your hamstrings.”

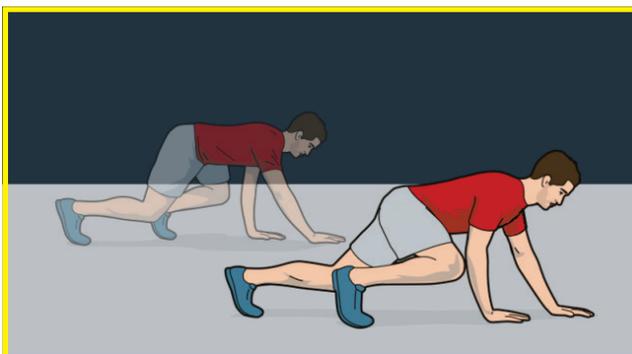


## 2. BEAR CRAWL

**Sets:** 5

**Rest period:** 1-2 minutes

“This exercise will challenge your core,” Edmundson says. “Get on all fours, raise your knees off the ground and then stand on your tiptoes, keeping your back straight. Crawl forward for two minutes per set, maintaining this position.”



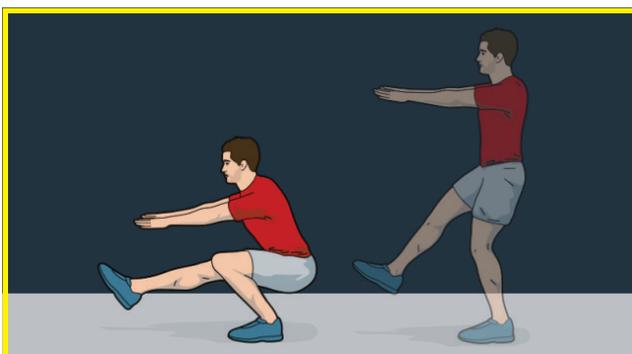
## 3. PISTOL SQUATS

**Sets:** 5-8

**Reps:** 5-8

**Rest period:** 1-2 minutes

“Stand on one leg and put your arms and other leg out in front of you,” advises Chris Edmundson, former Blackpool conditioning coach. “Lower yourself until your standing leg is at 90 degrees, then return to the start position.”



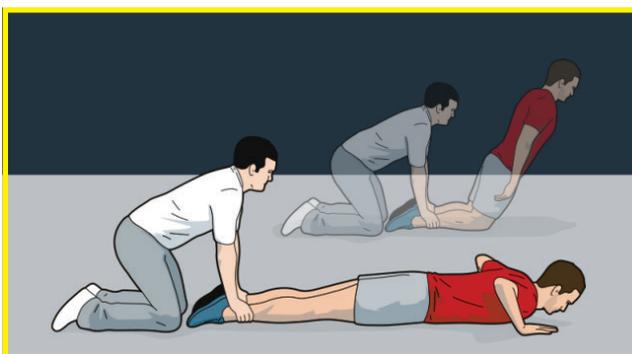
## 4. NORDIC HAMSTRING CURLS

**Sets:** 5-8

**Reps:** 5-8

**Rest period:** 1-2 minutes

“Ask a friend to hold your ankles and gradually lower yourself towards the floor, contracting your hamstrings and core,” says Edmundson. “Place your hands on the floor to avoid hitting your face, then return to the start position.”



## 5. BOX JUMPS

**Sets:** 3

**Rest period:** 2 minutes per set

“Stand about two feet in front of a sturdy box or stool no higher than knee height and jump as high as you can, landing on the box with both feet – then step carefully off the box and repeat,” explains Edmundson. “Swing your arms upwards as you jump as doing that will allow you to gain more elevation.”



# \*WHAT I WISH I KNEW BEFORE DROPPING OUT OF SCHOOL\*

## TOBI AFOLABI

You need to have ample and relevant experience elsewhere before you apply for a job and volunteering to help makes up for the missing qualifications in order for you to stand out

You don't need to RUSH into further education immediately, you have been studying for the best part of 11 years. Taking time to work, stack and save or even travel whilst you figure out what you want to do is a good and real option for those who have the luxury of being able to stay at home rent free. Take your time and enjoy this period of no real responsibility in your life.

Collect references from all work you do paid or not, start creating an online/hardcopy file of your references to have to hand for your future employees' reference as well as a tailored CV and cover letter relating to your specific job. They will be instantly impressed.

Your friend circle in school is likely to change once you leave and that's OK. It would allow you to not stress about things that happen in school so deeply when you realise that some if not most of these people are around you for a short season in your life.

Take school seriously as in - just simply complete your work, school really isn't

## IMPORTANT:

Almost EVERYWHERE requires you to have your standard secondary school qualifications, it makes it that little bit harder to progress, even into things such as apprenticeships if you don't have them – but don't stress, you can earn these at college by doing an equivalent course alongside your chosen field.

that difficult and applying yourself and learning to do your best at whatever task you set yourself will help you in future life.

When you leave school in year 11, there will be lots of opportunities for those who are 16-24 that won't be offered after this period in your life, take full advantage of all those opportunities you are interested in that are often given to you for free!

Although every job/intern opportunity appears to be online these days, do not underestimate the power of setting a good first impression in person! So, get your glad rags on, smell good and be confident. Walk into a shop and ask to speak to the manager directly, ask if they are hiring, give them a hardcopy of your CV and references - and follow up online again thereafter!

# \*WHAT I WISH I KNEW BEFORE I BECAME AN ACTOR/ACTRESS\*

## SEROCA DAVIES

That it's a marathon and not a sprint. Acting is for the long haul. Although some people come into acting and "blow" straight away, the career requires you to keep sharpening your craft and learning. This takes time. It's a continuous journey so enjoy the ride!

That there would come a point where I would have to decide whether my integrity or my career mattered more to me. What compromises was I willing to make and would they be a detriment to my character.

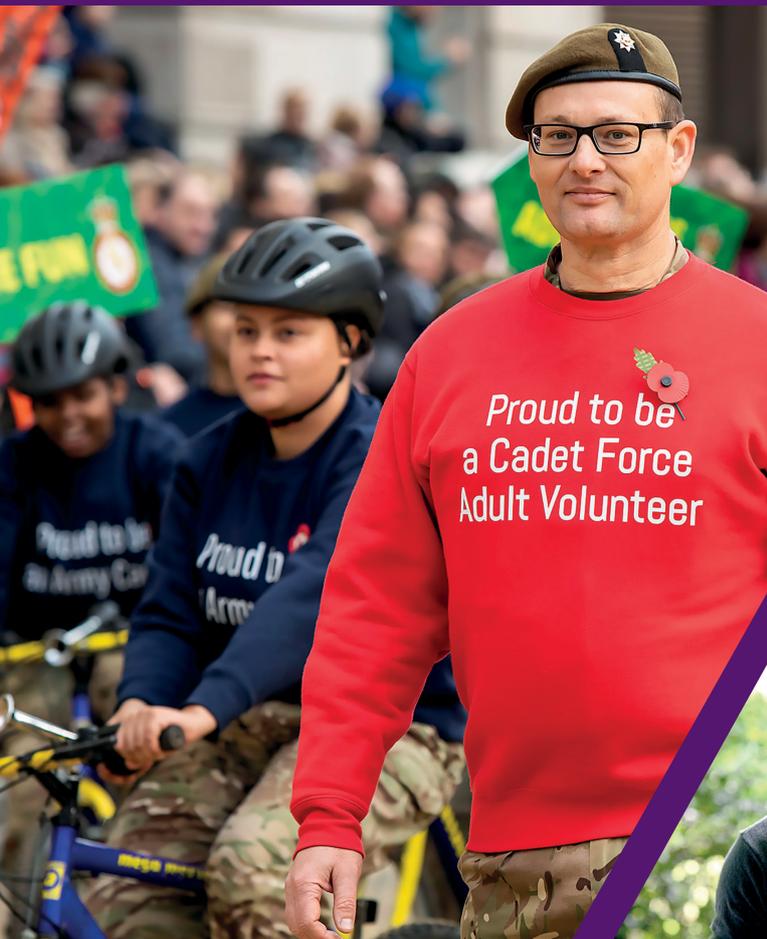
That it would be sensible for me to have another revenue of income so that I wasn't always reliant on acting. That way, I wasn't dependent on the industry giving me a job.

That you have to be thick skinned. It is never a personal attack on my character or acting ability if I don't get an audition. If I know I was prepared and I did my best, then that job just wasn't for me.



It is imperative to know who you are as a person so that the industry does not validate you. If you know who you are without acting, when you are not working, you will still know that you are enough.

# MAKE A BIG DIFFERENCE



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# WHAT'S THE MOTIVE



WHAT'S THE MOTIVE

## THINGS TO DO ON A BUDGET



### ONLINE BOARD GAME NIGHT

If you've got the board games, this one's totally free! If not, see if any local pubs or cafes have games available for customers to play. Avoid Monopoly (or else you'll be there all night) and try something a bit different like Exploding Kittens or Cluedo.



### BORIS BIKES

Still unofficially named after the Mayor who introduced them to the capital (Sadiq's Cycles sadly didn't catch on despite our best efforts) these Santander Cycles or Boris Bikes are a cheap and easy way to see the city and get some exercise.

Prices start from £2 and the quickest way to rent one of these bad boys is to download the [Santander Cycles app](#) or to get a membership key. Students can get 25% off so if you have a teenager at 6th Form urge them sign up if they use the bikes regularly.

Transport for London also issue Explore London Tickets where you can combine a hop on hop off trip on a Thames Clipper with a Santander Cycle promo code which gives you 30 min free. Not a bad way to spend a sunny day in the city!



### VISIT A FREE MUSEUM

Many cities and colleges have free educational attractions, such as museums or zoos. Make an effort to enjoy these free attractions.

If your community doesn't have free zoos or museums, call them and ask about opportunities for "free to the public" exhibits or "free days" — many museums open their doors for free or charge "pay what you can" admission one day a week. You can even ask whether they issue free passes upon request. Local libraries sometimes loan out museum passes for the day as well.



### COMMUNITY SERVICE

It's important your teen learns that the world really doesn't revolve around him/her. This doesn't have to be a tough lesson, however. There are opportunities to volunteer that are rewarding as well as fun. Working side by side with your teen that involves sacrifice for the benefit of others will elevate your relationship.



# WIN £500 WORTH OF WESTFIELD VOUCHERS



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



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**Go to the contact us page**

**Leave some feedback on the Inside Success Magazine**



**Winner will be announced on the First Friday September 2020!**

# 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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**KNIFE CRIME  
IN THE UK  
HAS REACHED  
EPIDEMIC NUMBERS**



**INSIDE SUCCESS  
SUPPORTING  
YOUNG PEOPLE  
IN JOBS, TRAINING  
AND EDUCATION**

**VIDEO CREATED BY BW PRODUCTIONS  
BENWHITMORE24.WIXSITE.COM/MG**

# **KNIFE CRIME: LET' STOP THIS MADNESS**

Watch full animation on Youtube  
Search 'Inside Success UK'

– *Created by Ben Whitmore* –  
<http://benwhitmore24.wixsite.com/mgfx>

**KNIFE CRIME  
ENDS  
LIVES**

**AND TAKES  
AWAY LIVES IN  
PRISON**

**IN 2017/2018  
THERE WERE  
285 KNIFE RELATED  
MURDERS  
AND IN 2019 ALREADY  
27 DEATHS IN  
THE CAPITAL**

**KNIFE CRIME  
ENDS  
LIVES**

**POLICE**

**KNIFE CRIME  
RIPS APART  
FAMILIES**



**ANAS CHERAMAT**

Inside success has taught me how to use my talents to my advantage. As well as learning how to manage money, it has also taught me ways of making money and different skills to help me conduct myself professionally when I'm in a professional environment. I am currently a Presenter/ Producer and DJ for Represent Radio as well as an actor. I am continuing to pursue my career in the media industry. A piece of advice I would give is to always do what you love; life is too short so make sure you always go for what you want because nothing is impossible.



**AMELIA SETHI**

I worked in Inside Success for a year and the experience was something I can never forget. Inside Success boosted my confidence when it came to public speaking. Taught me that I should never give up and to always push myself. The experience gave me a chance to prove myself that I am actually capable of making a change in society. Because of all the experience I have gained through Inside Success, now I have moved on, and I am a full-time Forex trader. This involves skills like confidence, determination, motivation and patience. Without Inside Success I wouldn't have gained those skills. One word of advice for the younger generation is don't follow the crowd and be a sheep. Be yourself and outshine. Never lose hope with whatever it is you want to be.

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

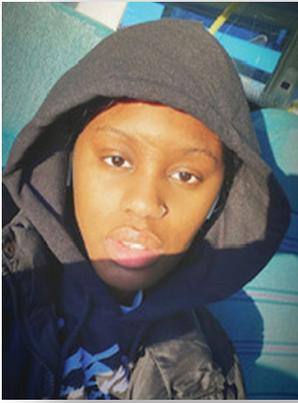


**PATRICIA POLDHVIKA**

Working in Inside Success was definitely a memorable experience. Being part of ISUK meant being part of a community, a community which would be better described as a family, a union of hard-working hustlers. I've learnt more about myself, my passion for work grew, my need for change and for the place we live in and call our home, is a safe place, for young people to find peace, protection, safety and a second opportunity.

Currently I am a Compliance and Contract Executive for a leading recruitment company in their industry. Most of the skills I portray in my work place, I gained from ISUK.

The advice I'd give to the younger generation is that everything happens for a reason. What you learn or experience today, will be your greatest treasure in the near future. - with saying that I'm forever grateful for my time at Inside Success UK.



### NEISHA PALMER

I'm currently working as a Keyholder, I'm having great opportunities for expansion and I'm also looking for work in the career I dream to be part of.

One piece of advice I'd give to the younger generation is to never stop hustling, any situation, good or bad will bring an opportunity to earn. My time with Inside success I could say was a stepping stone for my life. All the experiences, advice and opportunities I took from the organisation, I now use to my advantage in everyday life.



### FAHAD / Instagram: fearless\_fiddyfahad

My time at Inside Success was incredible. Why? Because it made me who I am today, in terms of getting offers from sales marketing and retail positioning. I get chosen due to my confidence in public speaking - which is one of the main skills ISUK taught me. Also engaging with members of the public from a multitude of backgrounds. Inside Success was full of young people just like myself experiencing different variety of skills, from becoming an outreach member, to a team leader and I can proudly say that Inside Success made me who I am today. As what David and Darren says "dream work makes the team work"

I am now a 1x national boxing champion, 1x London intermediate champion, and I've just beaten a top-rated England boy! Just a couple of months before the virus had put a pause on the boxing. On the other hand, I am also studying level 3 plumbing as an apprenticeship, learning my trade as I go on so I can fulfil my dreams of becoming a top world class boxer.

One advice I'll give to the younger generation is, to go out there and get as much experience as possible, don't be scared of making mistakes there are other young people just like you. Who are in the same boat as you. This is where you learn your fundamentals so you can be ready and prepared for the bigger world.



### MICHAEL DA SILVA

While I was working with Inside Success, being around so many hard individuals, some older some younger, I realised that you can do whatever you want in life & it's not just about how good you are at something it's about how hard you work & how much you want it. I am currently working for TFL as a customer service assistant.

My advice to the younger generation is don't let failures get to your heart & don't let success get to your head!

# Short Courses Inspired by *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 to suit your needs and ready you for employment.

**WE CURRENTLY  
OFFER 7 WEEK  
COURSES**

and are in partnership with RS Components and The Institution of Engineering and Technology.

#### Music and technology in a digital modern world:

During this workshop, students will create a music piece using the most current digital techniques and equipment in our state of the art studio. Students will also learn how to present and monetize your music through the latest online digital platforms.

#### Coding and technology in a digital modern world:

During this workshop, students will create an app that records the data gathered from a sports GPS vest designed to track and record player performance. The app you design will showcase and display unique and personalised data about players and teams. It will display their statistics, show videos of them in live action and record their wins, losses, goals and much more.

#### TV Production and technology in a digital modern world:

This workshop will teach students about television, technology and production and how it has improved and expanded the industry as we know it today. We will be using the film "One Track Mind" as a focal piece to develop their skills upon.

#### Sports and technology in a digital modern world:

During this workshop, students will create a 5 a side football tournament using wearable technology to capture vital data. Students will use a wearable GPS device implemented on the back of players' vests to analyse all aspects of player performance. E.g. speed, goals, fitness and shot power. There will be censored cameras that will capture all aspects of player performance.

#### Fashion and technology in a digital modern world:

During this workshop, students will create a wearable fashion technology product. You will design your own prototype online using the latest digital techniques and explore all the processes required from design to the final product.



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

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**WEB: WWW.INSIDESUCCESSUK.CO.UK**

**ABAAS**

Inside Success has revealed a side of me which has so much potential. They helped me develop certain skills that I wasn't comfortable with. They have shown me that hard work and dedication will take me far in life. Furthermore, they have taught me that having a growth mindset and me having the knowledge that I can be capable to do more and go further will lead me to success.

**ALMAZ**

Inside Success has really helped me in my education as well as my day to day life. It's helped me strive to become better as well as taught me many qualities that one would need to be successful in the future such as addressing individuals formally, money management, dealing with rejection and many more.

**LLOYD**

Inside Success really helped bring out another side to me. It has allowed me to become much more persevering and confident whilst approaching individuals in a formal manner. Also, it has given me many useful lessons such as money and time management. I am very sure that the skills I have learnt here will benefit me going into the future.

**DAMI**

I have benefited from Inside Success tremendously and they have helped me gain confidence to speak to new people. I now have much more motivation and they have helped me learn how to deal with rejection. Alongside many other soft skills, they have also aided me financially in order to help provide for myself and family, and lastly helped me build my CV which I found very beneficial.

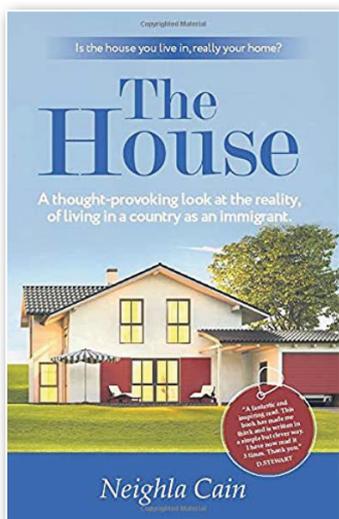


# See

**WHEN THEY SEE US (on Netflix)**

True dramatized real-life series based on the Exonerated 5 that were wrongly convicted of the rape and assault of a female jogger in Central Park, New York.

# Read



**THE HOUSE**

The house is a metaphor for the UK and other countries in the western world. This short story highlights the relationship between those who

were born in the country verses those who have settled there from somewhere else. It looks at the importance of building your own economy, assets, businesses and essentially a house of your own. This book will take a short time to read but will encourage the reader to think about how they can apply positive change to their life and the life of others.

# Buy

**BEDSIDE LAMP (available from Amazon)**

This is 5 in one Multifunctional Bedside Lamp Bluetooth Speaker Alarm Clock: Bluetooth 4.0 Hifi Speaker + Touch Sensor Beside Lamp + Digital Alarm Clock + MP3 Player + Hands Free Call! Perfect gift choice for family or friends for Birthday, Anniversary, Christmas etc.



# Inside Success **PRESENTS**

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

COMING SOON

## 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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