

INSIDE SUCCESS

Nu Fashion:
Salvo Amor

Inspire me:
**NICKY
SLIMTING
WALKER**



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CHAMPION DIVERSITY



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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 directly tackle social issues affecting young people such as youth unemployment and support them back into education and training.

HOW DO WE DO THIS?



Inside Success magazine allows young people 16 -25 from all backgrounds to work to earn money to support their general living cost such as travel, food and education.



Young people develop some independence through volunteering to sell the magazine across London. When a young person volunteers with us it enables them to gain valuable work experience develop vital life-skills such as:



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



Inside Success



IS KNIFE CRIME PRIMARILY IMPACTING YOUNG PEOPLE?

There were 285 killings by a knife or sharp instrument in the 12 months ending March 2018, Office for National Statistics analysis shows. The ONS says one in four (71) of all victims (285) were men aged 18-24.

The ONS data, which is built on stats from the Home Office, also reveals the rate of killings has risen fastest among young men aged between 16 and 24, with this group recording the highest number of victims.

Media reports generally group victims as either being “young”, suggesting they are aged between 16 and 24, or classify them as children, referring to people who are aged 17 and younger.

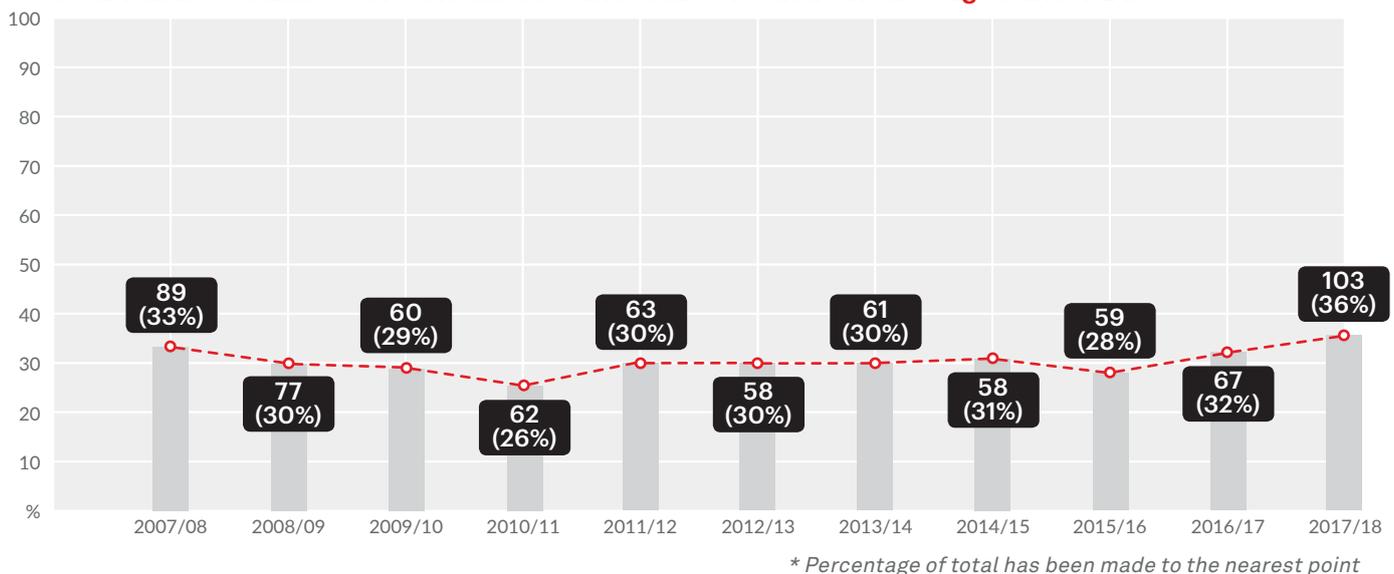
As a result it is hard to get specific data related to knife-related killings of teenage victims.

But the ONS data shows male victims under 24-years-old saw the biggest increase in the number of people killed by knives between 2017 and 2018. The number of knife-related homicides in this age group rose from 57 to a total of 91 – an increase of 59.6 per cent. Of these, five victims were under the age of 16.

These figures show the increase in the number of young men killed in knife-related incidents last year was 1.7 per cent higher than the 34.4 per cent average.



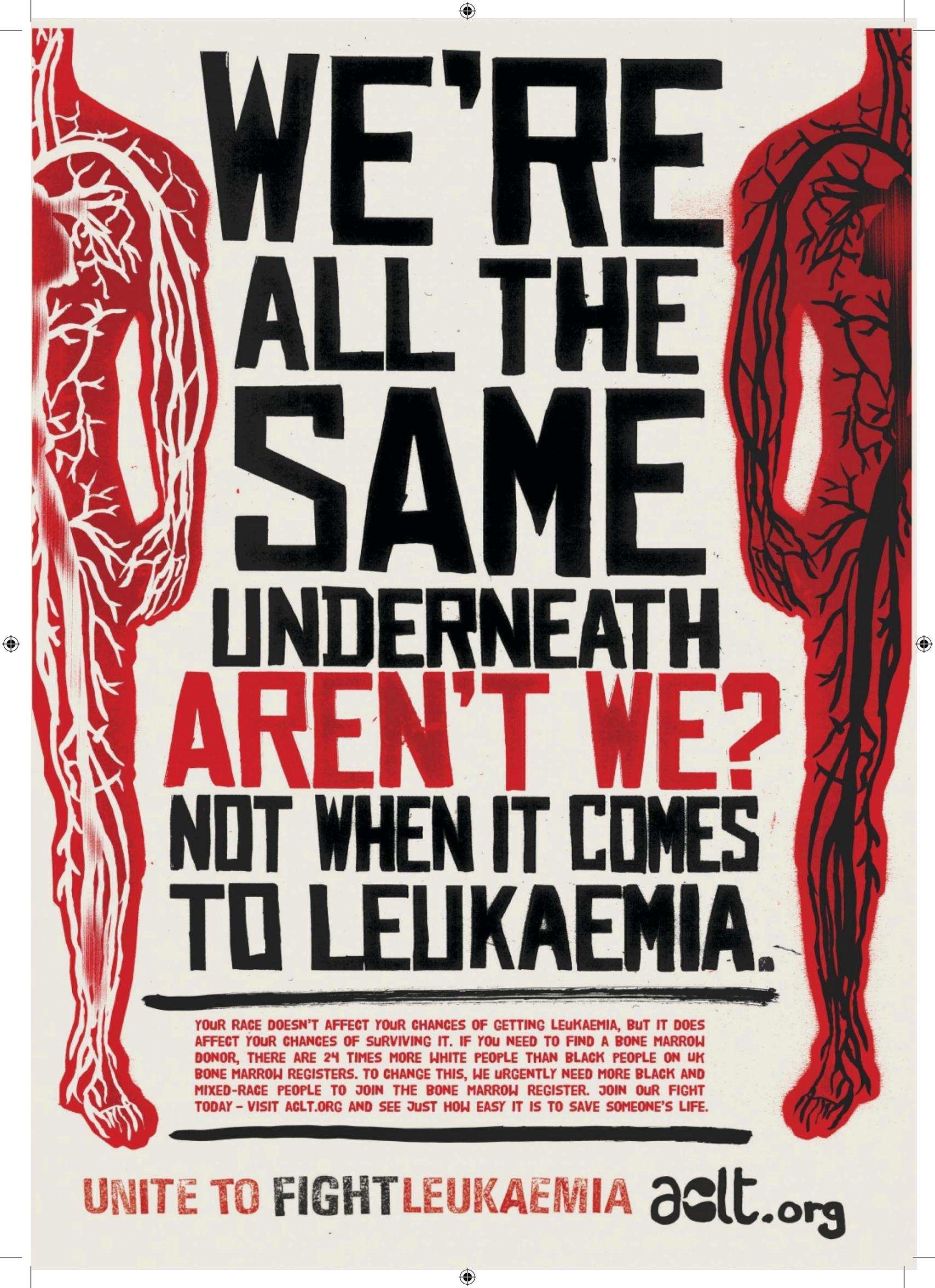
Total number of knife-related homicides with male or female victims aged under 24:



Inside Success are dedicated to significantly lowering these numbers through collaborative partnerships that create workshops, opportunities and purpose for our young people.

Just £4.99 per month will help us facilitate workshops, training and employment opportunities.

Simply paste this link: <https://pay.gocardless.com/AL0002EKWHW98E> into your browser and enter your details. Your donation is greatly appreciated.



**WE'RE
ALL THE
SAME
UNDERNEATH
AREN'T WE?
NOT WHEN IT COMES
TO LEUKAEMIA.**

YOUR RACE DOESN'T AFFECT YOUR CHANCES OF GETTING LEUKAEMIA, BUT IT DOES AFFECT YOUR CHANCES OF SURVIVING IT. IF YOU NEED TO FIND A BONE MARROW DONOR, THERE ARE 24 TIMES MORE WHITE PEOPLE THAN BLACK PEOPLE ON UK BONE MARROW REGISTERS. TO CHANGE THIS, WE URGENTLY NEED MORE BLACK AND MIXED-RACE PEOPLE TO JOIN THE BONE MARROW REGISTER. JOIN OUR FIGHT TODAY - VISIT [AOLT.ORG](http://aolt.org) AND SEE JUST HOW EASY IT IS TO SAVE SOMEONE'S LIFE.

UNITE TO FIGHT LEUKAEMIA aolt.org

Nicky Slimting Walker is an actor and producer.

Nicholas 'Nicky Slim Ting' Walker is a writer, actor and filmmaker who has been achieving great things in the UK film and music industry.

His debut feature film "It's a Lot" is a British urban comedy that he co-wrote and co-produced. Released nationwide on the 25th of October 2013 and distributed by Kaleidoscope films.

He is also the writer and producer of *The Intent 2: The Come Up* (2018), *Money and Grime* and *The Intent* (2016). Nicky attended Sylvia Young Theatre School, with a passion for acting and performing landed himself numerous roles in theatre, television, film and radio including *1xtra*, *The Bill*, *Holby City* as well as working alongside Ashley Walters in the film *Fedz* and as Will Johnson in *Holby City* and *Emmerdale*.

INSPIRE ME

NICKY SLIMTING WALKER

INSPIRE ME

KOJO COMEDIAN

Kojo comedian the comedian, 42, was born in Ghana but moved to London as a young boy and has gone on to taste success as an entrepreneur and a comedian.

His break into the mainstream came in 2005 when he presented CBBC show "The Mighty Truck of Stuff" alongside Reggie Yates. He has appeared on US TV on Nick Cannon's Wild N OUT.

Back in the UK Kojo had his own show, Kojo's Comedy Funhouse on MTV Base and starred as a panellist on BBC 3 show Free Speech. He was the warm-up act for Kevin Hart's Wembley show in 2014, has toured with

comedy legend Dave Chapelle and performed with Chris Rock. In addition, Russell Simmons sought him out to host the first Def Comedy Jam UK Tour and he starred in Noel Clarke's 2012 "Flick The Knot". Kojo also hosted the daily breakfast show on Capital Xtra four years between 2010 and 2014. Kojo gave a stellar stand up comedy performance in 2017 at The London Palladium with "U Got Jokes"-UK Kings of Comedy Volume 8, and has most recently performed on "Britain's Got Talent" 2019 where he was highly praised by the judges and given a standing ovation from the audience.



INSPIRE ME

BIG NARSTIE

Tyrone Lindo (born 16 November 1985), better known by his stage name Big Narstie, is an English rapper and MC. He started his career in 2002 as a member of grime crew N-Double-A, though he is better known for his solo work and as an internet personality. He co-hosts of The Big Narstie Show a British chat show presented by rapper Big Narstie and comedian Mo Gilligan, that airs on Channel 4. It debuted 29 June 2018.

INSPIRE ME

RICKIE, MELVIN & CHARLIE

Rickie & Melvin and Charlie presented the Kiss FM breakfast show for a record-breaking 10+ years the biggest commercial breakfast show in London. This year Rickie, Melvin and Charlie waved goodbye to Kiss FM as the trio were drafted in to replace Charlie Sloth and launch a new late night show on the BBC station.

Rickie and Melvin, both 38, are regulars on the entertain-

ment scene after meeting at university; they have presented for the likes of BBC Three, ITV 2, Channel 4 and MTV, as well as previously hosting the MOBO Awards. Melvin has also appeared on BBC One's "Strictly Come Dancing" and ITV's "Take Me Out"-celebrity edition. Charlie, 32, began her music career DJ'ing at international events and festivals such as Ministry of Sound, Global Gathering, V Festival and Space Ibiza.



Introducing SALVO AMOR

Salvo Amor, like myself as an individual, embodies the union of two polar opposite, juxtaposing, yet powerful nouns, with 'love being at the forefront even if everything prior comes with negativity.'

In the first two capsules, I introduce Salvo Amor Street, a reflection of my earliest way of being, very urban, very simple, and very reliable and most importantly, enough.

Later in the year I will introduce Salvo Amor Luxe, introducing more pieces which explore fabrics such as Saturn's, Silks and Viscose's, balancing both eccentric print works with very simple yet equally beautiful designs.

As a 22-year-old, finding himself, I realise that what we wear is just an extension of self, deeper than that it is a reflection of our psyche and how we are feeling. Why is it that people 'wear' their heart on their sleeve? Do they actually?

I think many of us run from feelings we can't decipher, when really, they should be explored.

If we consider it, wearing what we want is no different to doing what we want, hoping we do no harm in the process, yet often this isn't the case.

I like to believe that we were all made in Gods image, which of course, if you believe the same, by default makes us all creative. In some way. Creativity is often associated with something physical but what if it was something beyond the eye, how do you measure that creatively? I'm not quite sure myself but I believe it is something that is possible.

Sometimes I call it magic, sometimes I call it energy, a lot of the time I call it feelings. I like to think of magic as the product of energy and emotion or putting feelings into motion.

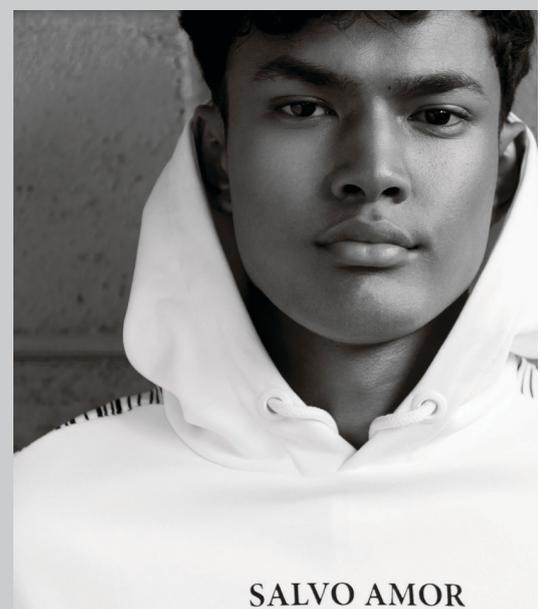
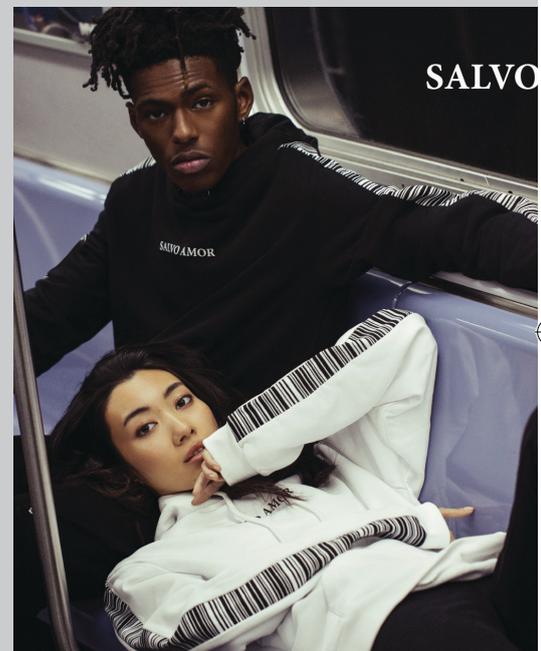
So, what makes your clothes special? Well simply put they were made with special feelings and they feel special.

Our brand is special because we care, we love, we want to make people feel good. - Check out my personal. Our brand is not just a clothing brand, it is also a humanitarian project, and aims to show the power of love and connectivity and oneness, you could argue the only fashionable thing about our brand is the fashion in which we are spreading our message.

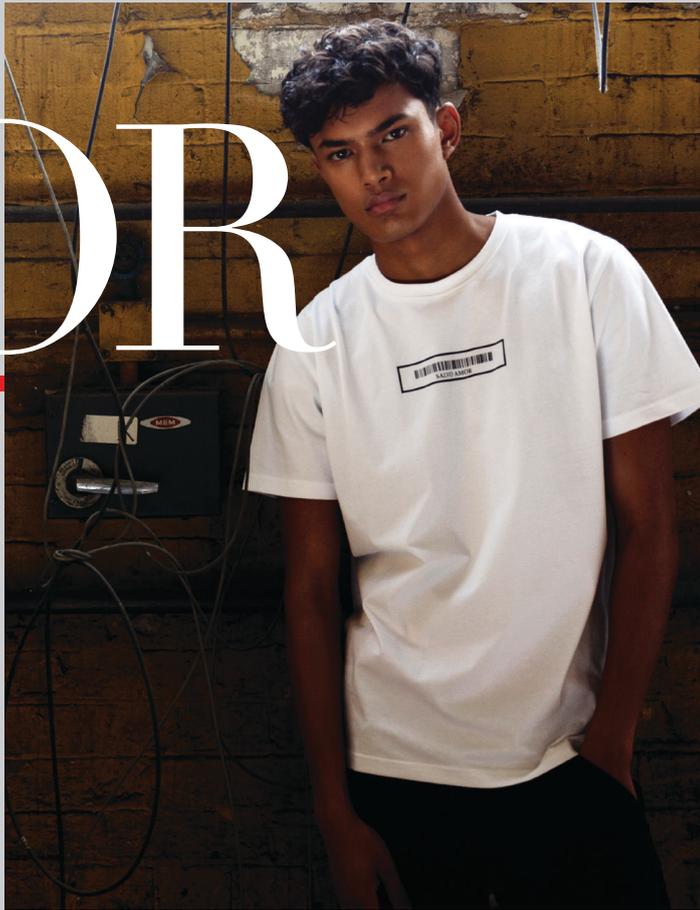
Web: www.salvoamor.com

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

Facebook: [-salvoamor.uk/](https://www.facebook.com/salvoamor.uk/)



AMOR



BUSINESS

BUSINESS IDEAS FOR YOUTH

Today's young people have an incredible advantage over past generations: More resources to build knowledge and skills are available than ever before. If they have the courage and persistence to take advantage of them, the opportunities are truly great.

While starting a business isn't easy, it will change your life for the better. You will learn to think on your feet, overcome tough challenges, be creative, manage finances, be diplomatic, and lead your team.

1. SOCIAL MEDIA CONSULTANT

As a teen growing up in the Internet age, you have a serious advantage over many adults. Your familiarity with the World Wide Web will make learning and understanding social networking, search engines, and blogging much simpler. Companies pay good money for those with expertise in these areas, and there are plenty of teens and young adults who make a great living as social media consultants.

2. ETSY RETAILER

Do you know how to make awesome necklaces? Do you paint, knit scarves, take photographs, or make your own soap? Do you have a great eye when it comes to picking out vintage clothing?

3. BABYSITTER

Babysitting is a great way to earn money because there are almost no start-up costs. All you need is a great reputation or great references, and the ability to find local parents.

4. KIDS' TAXI SERVICE

Parents are always stretched for time, so why not start shuttling their kids to ballet, violin, karate, or soccer

practice? Parents can stay at work longer or spend more time relaxing and cooking dinner while you drive their kids to after-school activities.

5. COMPUTER TUTOR

Chances are, you've been using a computer for as long as you can remember. You know how to troubleshoot, how to organize files, and how to use Google to find whatever you need. Though these are essential modern skills, not everyone possesses them. Therefore, you have the opportunity to impart your knowledge and work as a computer tutor for older adults, teaching them how to set up an email account, navigate the Web, or sign up for RSS feeds.

OTHER IDEAS

- Language/academic private tutoring
- Music lessons
- Post-construction clean-up
- Garage sale organizing and hosting
- Holiday decorating
- Dog walking
- Lawn care
- Vegetable garden planting and maintenance
- Professional blogging
- Graphic designing
- Freelance writing
- Creating and printing custom t-shirts
- Growing and selling organic vegetables, fruits, and herbs to restaurants
- Selling on eBay
- Selling used textbooks

How to get your music on:



How to get your music on iTunes and other digital platforms:

Master your recordings. Mastering represents the final step of the recording and production process. During this phase, the dynamics, volume, and equalization of the recordings are adjusted to near-commercial quality. You can handle the mastering yourself or hire a professional, but don't leave this step out if you want your music to sound its best in digital form.

Produce artwork for your album or single. Cover art has long been a major part of releasing music through physical media (like compact discs), but you need to develop artwork even if you are exclusively releasing music digitally. None of the major services, including iTunes, will release your music without corresponding artwork. You can handle the graphic design yourself or contract a professional to design work to your specifications.

Purchase a UPC number for your album. None of the major music distribution services, including iTunes, will sell your album or single without a UPC number - this applies to digital media as well as physical media. If you are having CDs produced, then you can usually buy a bar code from the company duplicating your CDs for less than 50 USD. Some services, such as CD Baby, will allow you to purchase a unique bar code for your album even without using their service to sell your music.

Partner with a distributor. As an independent artist, you cannot deal with Apple directly; the volume of demand dictates that they only do business with major distributors. These companies will upload your music into their database (often performing mastering work if desired), from which they release the music to Apple to sell in the iTunes store.

When choosing a distributor, make sure that you retain all the rights to your own music. Many of the popular independent distributors, such as CD Baby and TuneCore, will not make any claims to your music.

Compare the fees charged by different distributors. Many services charge around 40 USD to upload an entire full-length album, and then charge around a 10 percent fee per song sold. Choose a distributor with competitive rates.

Choose to have your music appear in the iTunes store. When uploading your music to your distributor's website, you will be given the option to have your music appear in several of the major music sales services. Choose the iTunes store, and your distributor will make your music available for download through Apple's service.



OUT NOW



**THE
PROBLEM
WITH
M.E (Mixed Emotions)**

7UCKY

**PARENTAL
ADVISORY
EXPLICIT CONTENT**

AVAILABLE ON ALL MAJOR PLATFORMS

INSTAGRAM: 7UCKY_VN

The word "savings" is written in a thick, white, chalk-like font on a black background. A hand is visible on the right side, holding a piece of white chalk and finishing the letter 's'.

FIVE WAYS TO SAVE MONEY AS A YOUNG ADULT..

MAKE A BUDGET. You've heard it before. Creating and sticking to a budget is one of the best ways you can save money. Making a budget doesn't mean you have to give up fun for the rest of your life. By creating a budget, you'll be able to see where your money is going each month and allocate funds to saving, bills and entertainment. Try using this simple budget worksheet from Money Under 30 to get started.

DON'T WAIT TO SAVE AND INVEST. Saving and investing may seem like a challenge right now, but putting away just a few dollars a week can have a big impact. Use your budget to see how much money you can put into your savings account each month. And as for investing, if your employer offers a 401(k) account, U.S. News recommends contributing just 2% of your salary and increasing it as time goes on.

SAVE ONE-THIRD OF YOUR INCOME. If you aren't sure how much you should save, U.S. News also recommends saving one-third of your income if you can. By saving £1 out of every £3 you earn, you are making it easier on yourself to survive future financial difficulties, such as layoffs, car repairs, home repairs, and other surprise expenses.

START AN EMERGENCY FUND. Another good way to save for financial hardship is to start an emergency fund. Open a high interest savings account.

PAY OFF AND AVOID DEBT. While putting money into savings is a good way to prepare for your future, you should also be concerned about paying off your debt. You should be aggressive about paying off your debt and careful not to let your credit cards spiral out of control.

DIVERSITY IN TECH



DATE & TIME

Thu, 1 August 2019
3PM - 9PM

LOCATION

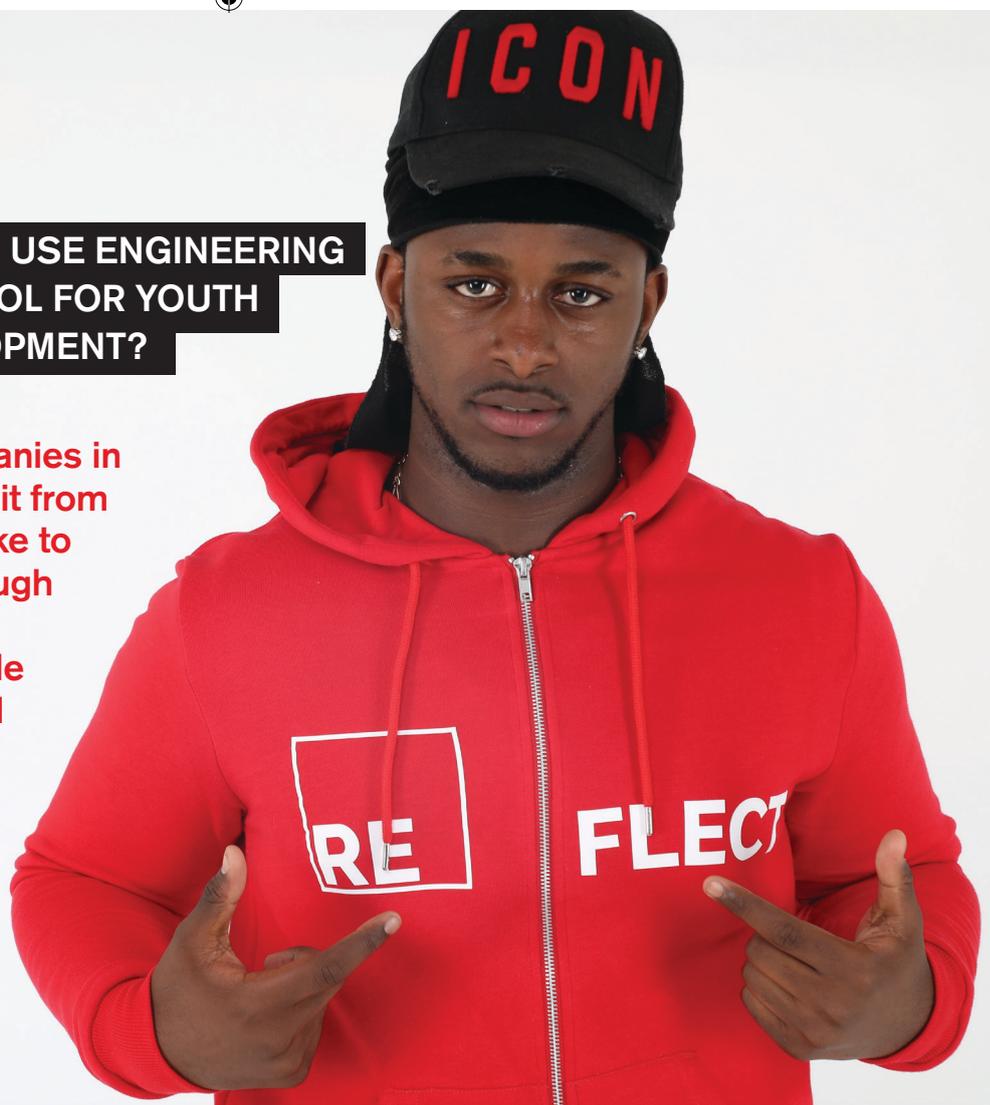
Hawker House
Canada Street, Rotherhithe London SE16 7PJ

- Inspiring guest speakers • Interactive exhibitions and demos
- Workshop sign ups • Networking • Music • Food



HOW AND WHY SHOULD WE USE ENGINEERING AND TECHNOLOGY AS A TOOL FOR YOUTH ENGAGEMENT AND DEVELOPMENT?

Only 9% of engineering companies in the UK currently actively recruit from BAMEs. RS & the IET would like to increase this percentage through a series of fun and inspiring events to engage young people in the BAME (Black, Asian and Minority Ethnic) community and motivate companies to source talent from this group. We aim to educate these companies on the power of diversity in their workforce and its impact on productivity.



The launch event will showcase cutting edge tech to highlight the cool opportunities in the world of engineering and technology. Role models from these communities will act as inspirational speakers and share their success stories to break down barriers and show young people that they can be whatever they want to be if they believe in themselves.

An event like this will address 3 of the 9 recognised characteristics of diversity as set out by the UK Equality Act 2010 - age, social mobility and ethnicity. We also want to start a National day dedicated to the BAME community and the event would officially launch it.

This brand-new event will showcase cutting edge technology to young people (aged 18-25) and highlight the cool opportunities in the world of engineering and technology that they might not have had access to before.

We want to inspire the younger generation from the Black, Asian & Minority Ethnic (BAME) community, and those from a low

socioeconomic background by holding an event that will challenge them to reflect and encourage them to make positive steps towards a bright future.

Role models from the BAME community will share their success stories to break down barriers and show young people that they can be whatever they want to be if they believe in and apply themselves.

Delegates will get a hands-on experience, being able to interact with interesting technologies such as the latest music tech, 3-D printing, Internet of Things, Augmented Reality, Single Board Computing and robotics. They will also have the chance to network with people outside of their usual circles.

This collaborative event will serve as a catalyst towards wider societal change, create opportunity and impact, help to dispel harmful stereotypes, alter perceptions, and highlight positive role models.



The Institution of Engineering and Technology

Working to engineer a better world. We are the IET and we inspire, inform and influence the global engineering community to engineer a better world. As a diverse home across engineering and technology, we share knowledge that helps make better sense of the world in order to solve the challenges that matter. It's why we are uniquely placed to champion engineering.

RS Components

As children, we all grew up with big ideas and an active imagination that allowed us to believe we could be anything we wanted to be, and do anything we wanted to do. We were inspired by what we saw in the world around us and driven by a belief it was all possible. At RS, we want to help our customers keep that magic alive so that they can realise their big ideas and shape the future. 'for the inspired' is the essence of what we believe in.

It's a celebration of the people in our industry: their achievements, their moments of ambition and their inspiration to make things happen.

Over the forthcoming months we'll be showcasing a series of inspirational examples from around the world that we believe bring 'for the inspired' to life.

Inside Success

Inside Success is a social enterprise that supports young people between the ages of 16-24 with jobs, training and education. We collaborate with young people to create an online digital interactive magazine to support young people in up-skilling and getting them into employment. The content includes jobs training and employment opportunities. It also contains issues that young people relate to and feel is important to their well-being. This includes employment opportunities, local positive activities, artwork, useful helplines and support services and interviews with local talent and inspirational people.

WHAT TO EXPECT

Join us at **REflect**, a cool opportunity for you to discover the world of engineering and technology that you might not have known even existed! Our brand new event will showcase the latest technology and let you get a hands on experience and feel for it - and we bet it leaves a lasting impression!

This event will inspire you, challenge your thinking, make you check yourself and encourage you to make some positive steps towards a bright future. As well as the interactive exhibits we will have guest speakers from all walks of life, and a range of follow-up activities available for sign up to keep this conversation going long after the event ends.



UPCOMING EVENTS

CHECK OUT UPCOMING EVENTS

July/August/September 2019



**Download the *Layar* App
to reveal various upcoming events**

Eventbrite

designmy^{night}

SHOOBS
Your Night Starts Here

ENJOY SELECTED DISCOUNTS VIA **INSIDE SUCCESS UNION**

layar



THE SWEET POTATOES PIZZA RECIPE WITH GRILLED OKRA & GARDEN EGGS

Imagine a sweet potato base pizza topped with grilled Garden Eggs which has a slight bitter taste and grilled Okra which lends its nutty flavour to each bite.

Turn that imagination into reality by following this easy to replicate recipe.

INGREDIENTS

FLAVOURED RICE

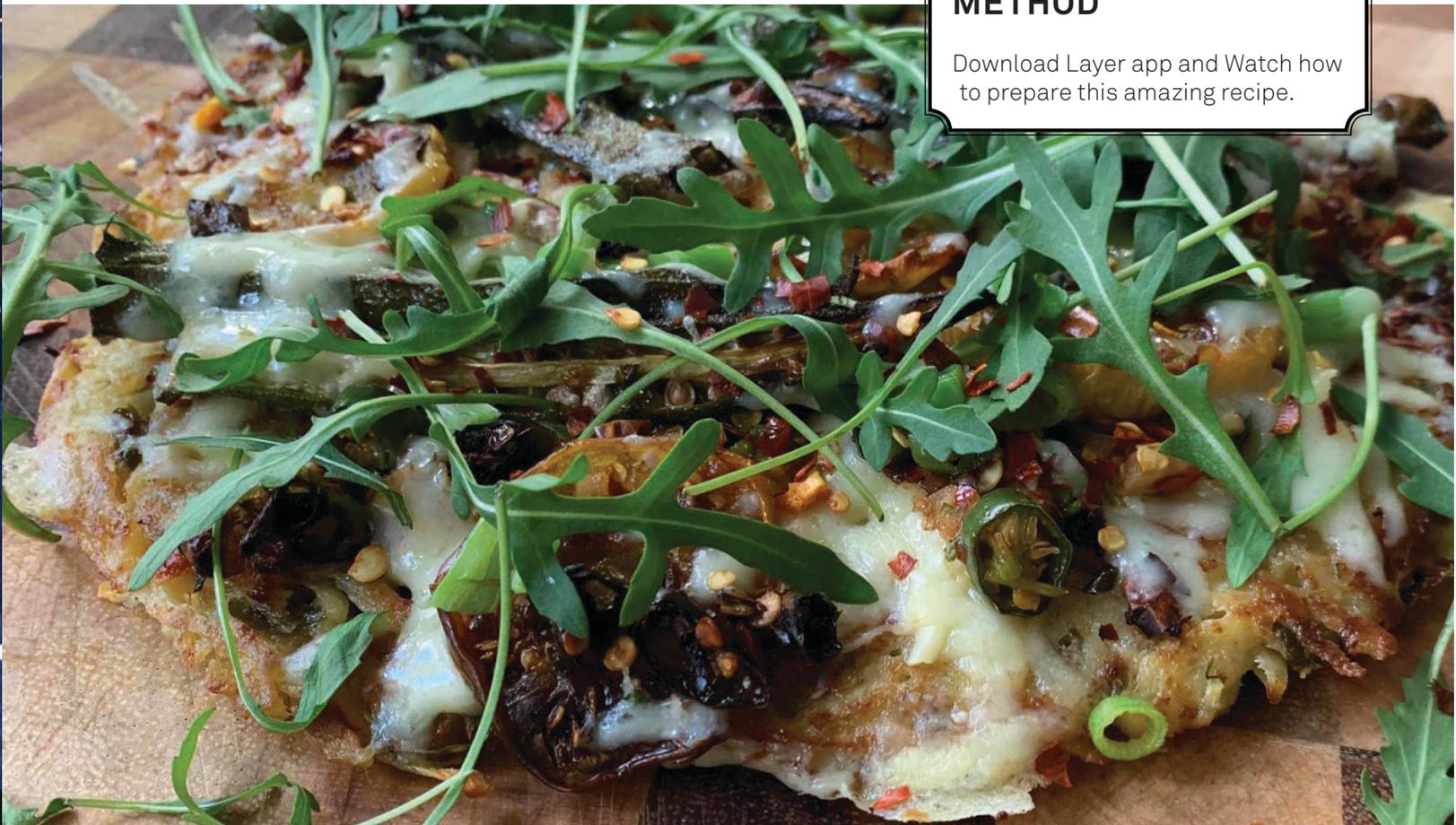
250g of grated Sweet Potatoes
30g of Okra cut into half lengthwise
4 Garden Eggs/ Aubergine/ Egg plant cut into 2cm disc shape
80g of grated Cheddar or Mozzarella
3 tablespoonful of Coconut oil
Salt and Pepper to taste

CHILLI DIPPING SAUCE

5 chopped fresh green chillies
1 finely chopped medium sized shallots
20g of chopped spring onions
1 teaspoonful of fennel seeds
1 levelled teaspoon of chilli flakes
1 tablespoonful of Apple Cider Vinegar
3 tablespoonfuls of extra virgin olive oil
Salt to taste

METHOD

Download Layer app and Watch how to prepare this amazing recipe.



DISCOUNT COUPONS

IS UK have decided as a reward for purchasing the magazine and supporting young people to supply you with discount voucher codes from some of your favourite retailers & restaurants. Redeem these vouchers by typing in the code at the place of your choice and treat yourself.

** Download the **LAYER APP** to reveal more new current discount codes. **



Domino's

Exclusive **35%** off Orders
Over £30 at Domino's Pizza
www.dominos.co.uk

Discount Code:
DOMPIYAY



15% Orders
at Adidas
www.adidas.co.uk/shop
Discount Code:
OZGS-K964-AWPU-S4HW5

fragrance
DIRECT

Exclusive **6%** off Orders
- Includes Clearance Orders
www.fragrancedirect.co.uk

Discount Code:
VC-3DWRR67RP5



Any Pizza Order for **£9.99**
at Pizza Hut Delivery
www.pizzahut.co.uk

Discount Code:
GE1119

Currys  PC World

£50 off Selected TV Orders at
Currys PC World
www.currys.co.uk

Discount Code:
SAVE50TV



20% off Indoor Furniture
Orders Over £150 at Argos
www.argos.co.uk

Discount Code:
FURN20



10% off Orders Over £100
at JD Sports
to www.jdsports.co.uk

Discount Code:
5JSPL



Hotels.comTM

5% off App Bookings
at Hotels.com
www.hotels.com

Discount Code:
MOB5



Exclusive **10%** off Airport Hotel
Bookings at Travelodge
www.travelodge.co.uk

Discount Code:
8FN8B42V

DISCOUNTS FROM SOME OF YOUR FAVOURITE RETAILERS.



10% off First Orders
at ASOS
www.asos.com
Discount Code:
ASOSNEW19



10% off Food Orders Over £60
at Marks & Spencer
www.marksandspencer.com
Discount Code:
FT060GET10

KAREN MILLEN

15% off Orders in the Sale
plus Free Delivery at Karen Millen
Millen - New Lines Added
www.karenmillen.com/gb/home
Discount Code:
WORKIT



£10 off First Prime Now App Orders
Over £40 at Amazon.co.uk
www.amazon.co.uk
Discount Code:
WELCOME10



£25 off Logitech G502 Hero Mouse
Orders at GAME
www.game.co.uk
Discount Code:
HERO10



25% off Orders
at The Body Shop
www.thebodyshop.co.uk
Discount Code:
13615



Double Points on Orders
at Boots - Advantage Card
Customers Only
www.boots.com
Discount Code:
APPY5BDAY



10% off Home and Travel Orders
at Mothercare
www.mothercare.com
Discount Code:
SUMMER



Exclusive **£10** off Upfront Cost of
Pay Monthly Handset Orders and
Free Next Day Delivery
Excludes Samsung S10
www.mobiles.co.uk
Discount Code:
VC100FF

THE 30 SECONDS CHOCOLATE PUDDING RECIPE

I made this moist Chocolate pudding recipe in under 3 minutes, which included 30 seconds of cooking time for my guests on Sunday.

Excerpts of the dishes made were featured on my Instagram stories where I had countless of requests for this quick recipe.

Tip

It's best eaten whilst hot and straight away. Please do not microwave for more than 30 seconds. Best to microwave it for 20 seconds and a further 10 seconds.

Enjoy!

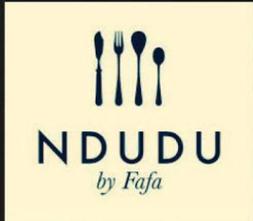
– Serves 1

INGREDIENTS

- 3 heaped teaspoonful of good quality Cocoa Powder
- 1.5 teaspoonful of self raising flour
- 1 teaspoonful of Brown sugar
- 20g of dark chocolate (preferably a minimum of 70%)
- 10g of your preferred nuts (Pistachios, Macadamia, Cashews, Walnuts etc.)
- 1.5 tablespoonfuls of melted butter
- 1 medium Egg
- Optional pinch of salt

METHOD

Download Layer app and Watch how to prepare this amazing recipe.



THE 30 MINUTE WORKOUT:

THE 30 MINUTE WORKOUT:

- Complete the first exercise for one minute followed by the second exercise for 30 secs (i.e one minute of squats, 30s squat jumps)
- Rest 30-45 secs between each pair of exercises
- Beginners complete each pair of exercises 2 times
- Intermediate / Advanced complete each pair of exercises up to 4 times
- To increase the intensity, reduce recovery time

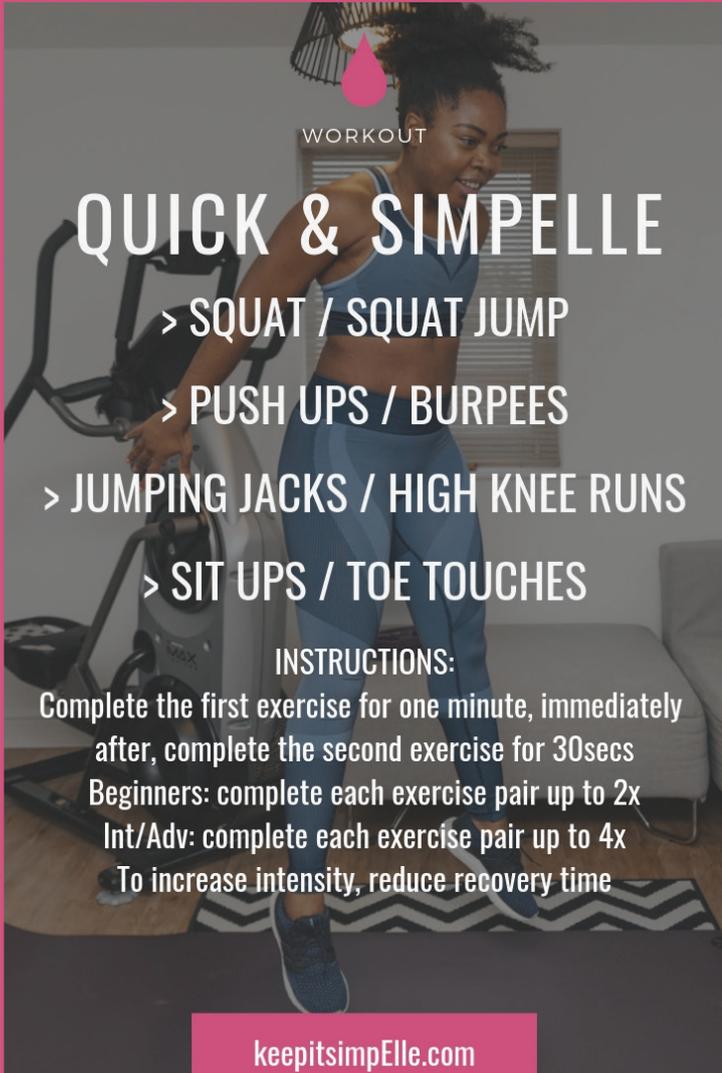
I'm pretty sure this workout was inspired by my time working as a Nike Training Club (NTC) Instructor <3 ...the NTC app was like a Personal Trainer in your phone and when it launched it was the only of it's kind but these days there are a lot more options out there (check this one out). You can pin this workout for use on another day or just give it a go right now... let me know if you try it and what you think!

Elle

P.S Safety always comes first. If you are new to exercise ensure you seek advice from your GP. Make sure you drink plenty of fluids, wear appropriate clothing and carry out drills in a suitable space.

Technique is paramount, and nothing should hurt. Should you experience pain, discomfort, nausea, dizziness, chest pain, shortness of breath etc, STOP and consult your GP.

www.keepitsimpelle.com



WORKOUT

QUICK & SIMPELLE

- > SQUAT / SQUAT JUMP
- > PUSH UPS / BURPEES
- > JUMPING JACKS / HIGH KNEE RUNS
- > SIT UPS / TOE TOUCHES

INSTRUCTIONS:
 Complete the first exercise for one minute, immediately after, complete the second exercise for 30secs
 Beginners: complete each exercise pair up to 2x
 Int/Adv: complete each exercise pair up to 4x
 To increase intensity, reduce recovery time

keepitsimpElle.com

CALLAN ALLEN

CLUED UP



TRUST NO ONE

#CluedUpFilm
COMING SOON

A CALLAN ALLEN FILM STARRING CALLAN ALLEN JOEL FRANCIS-WILLIAMS NIKITA BARON
LOUISE LUCK ANDRE FYFFE LIYAH KARIS KNIGHT XHENETA TAHRI

Tim Campbell - *Bright Trust Ideas*

NEVER AGAIN

Can you give me 5 things that you learnt that you would never do again when setting up a business?

That's hard because everything we have done to date has got the business to where it is today. So even if it hasn't worked ideally or it had been a mistake, it enabled us to get to where we are now.

1. I wouldn't go into a business pitch without fully researching

the company I'm pitching to.

You have to make sure you are fully aware of who your audience is.

2. I wouldn't hire people based on one person's impression.

I'd rather hire for attitude than skills.

3. I would never go into a business which pleased other

people and didn't please me.

You got to have passion about what you are doing with your business idea.

4. I would never not engage a lawyer or accountant as early as possible. One should get those people on board as early as possible.

5. I'd never think that I knew everything!



Joanna Martin – *Personal Development*

5 THINGS I WISH I'D KNOWN BEFORE I STARTED

What Business mistakes have you made which you would never do again?

1. Business evolves and branding evolves.

Don't spend heaps of money on printing loads of product in your first year because you haven't even got it right yet!

2. Business = Problem Solving.

There are never no problems. I used to see problems as stressful. Now I know that's what business is – problems!

So problems are just the next step in growth.

3. Education takes root over time.

I wanted to be a millionaire in my first week, but I've learned patience. OK - well more patience than I had anyway!

I wish I had understood that at the beginning. I would have been less stressed.

4. A team needs a leader and if you're not great, hire someone that is ASAP.

I'm inspiring, don't get me wrong, but as an entrepreneur I have my head in the clouds a little too much to keep my team motivated consistently over time.

Hiring my CEO was the best move I've ever made.

5. "One day when we get there" never happens. I had a tendency to put off fun, and prioritising relationships until business reached some magical place where there were no more problems (see point two).

This is an illusion, so now we enjoy our lifestyle along the way.





Support

3C's Project

CHANCE, CHOICES, CHANGE

Our Target to raise **£10,000** by September 2019 to enable **50 young people** who are not in employment or education to complete a trainee-ship and series of work shops which will prepare them and lead them on to apprenticeships. With a graduation event at the end.

To donate/support please visit:

www.gofundme.com/3cscampaign

You've got an idea.
We'll help you turn it
into a business.

All the facts, figures and advice you need to get your business idea off to a good start. Free, at the British Library. Come inside, or go to www.bl.uk/bipc for information on how to join.

BRITISH
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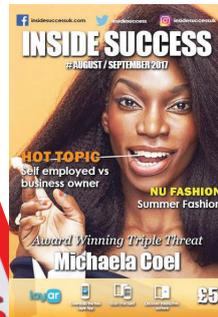
**Business &
IP Centre**

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MAGAZINE FOR ONLY £4.99 PER MONTH**

**YOUR SUBSCRIPTION WILL ALLOW
A YOUNG PERSON ACCESS TO :**

- A CAREER MENTOR
- FREE CV AND CAREER WORKSHOPS
- PAID WORK EXPERIENCE



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**Check out New music & upcoming events
July/August/ September 2019**

Download the Layar App to reveal various upcoming events.

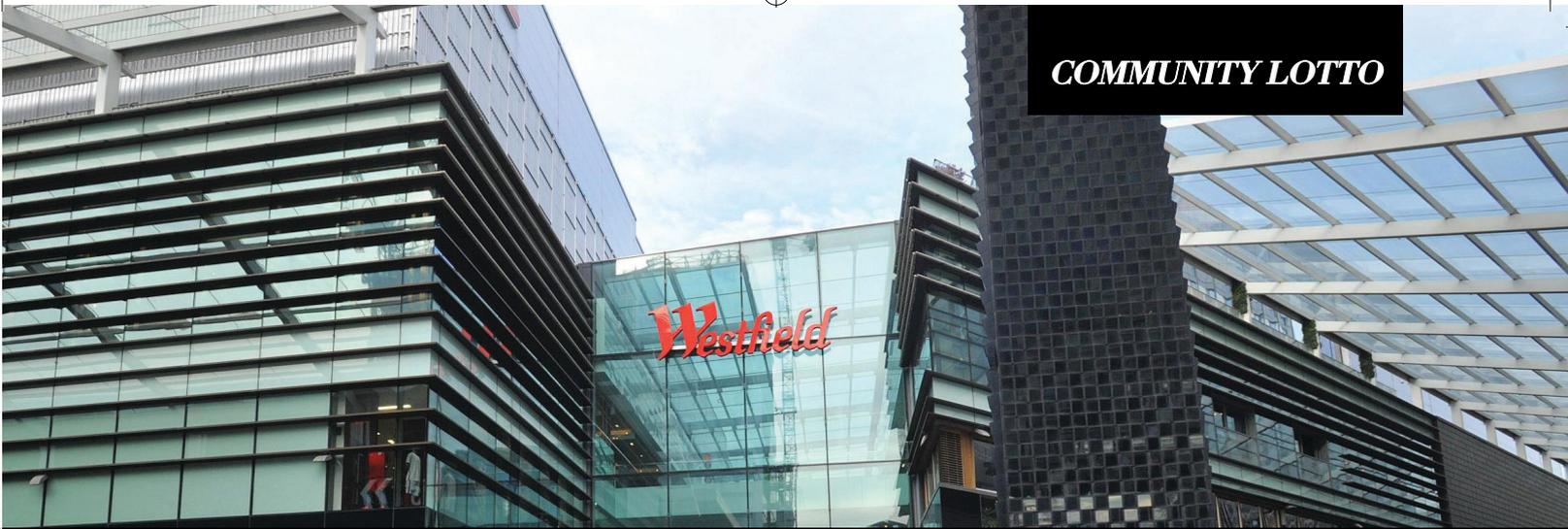
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3 easy steps to be in with a chance to win:

- 1
- 2
- 3

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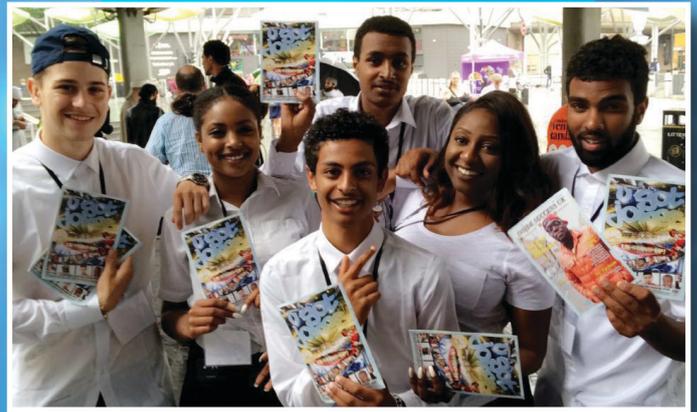
Using Layar app hover over the page or visit
www.insidesuccessuk.com/lotto

Fill in form to enter competition



Winner will be announced on the First Friday October 2019

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 thousands 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.

WHY 16 - 24 OLDS?

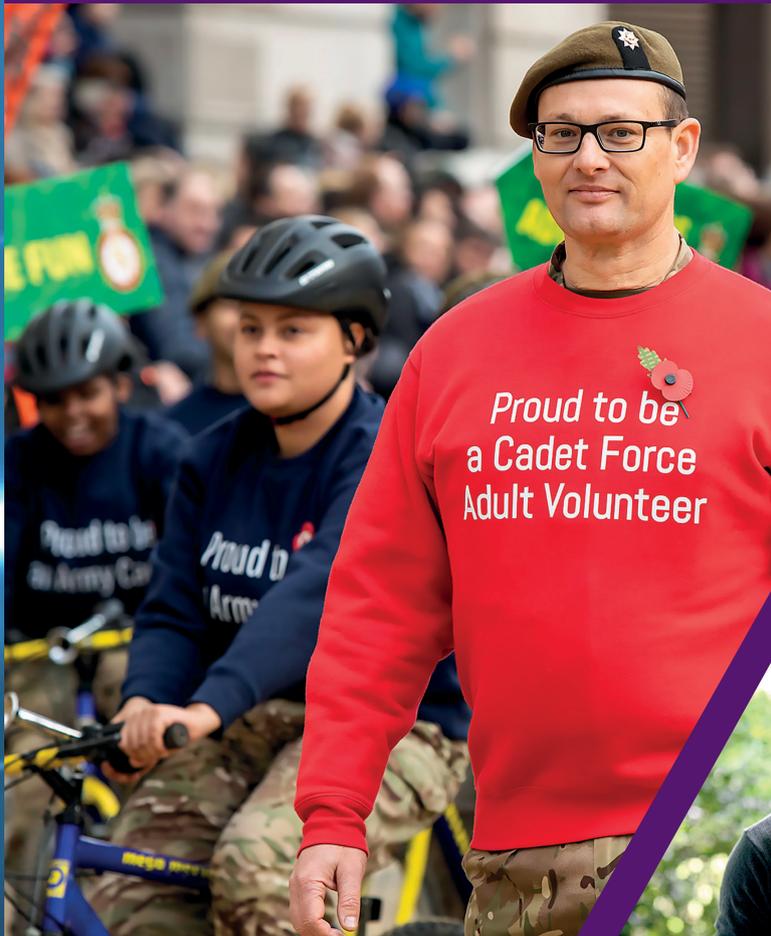
Graduates are finding it extremely difficult to find a job with 'lack of experience' being deemed a major factor for them failing to get a job.

OUR PROMISES

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

TEL: 07494 479 059 EMAIL: INFO@INSIDESUCCESSUK.CO.UK + INSIDESUCCESSUK@GMAIL.COM
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You'll make a big difference to their lives
... and to yours.



ANOUSHKA REEVES-DALEY, 17

Inside success has taught me resilience and perseverance. It has helped me improve my confidence and communication skills. I have gained valuable experience and knowledge to help me in the future. Furthermore, I no longer fear talking to new people, and I have learnt how to deal with rejection and remain enthusiastic.



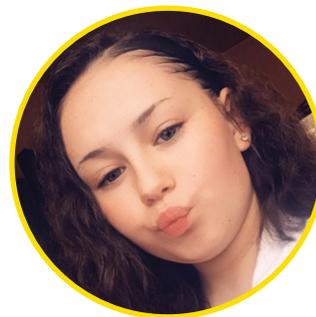
RAIYAN

As soon as my time at Inside Success had started, I could tell that I was about to be part of a community that would play a significant part in my life. Straight away I built a strong relationship with some members such as “Ace” for example, who I would later see as a big brother figure. Not only did I create lasting relationships with people but I also learnt lasting life skills as well. For example I learnt how to confidently and effectively present something to the public while also understanding how to approach certain situations based on a quick judgment. There are a vast amount of skills I have been taught here and I intend to learn even more. These people will, hopefully, help me significantly in the future.



NIESHA MONTIA

Working in Inside Success has helped me gain more friends, helped me with my time management but has also helped me understand more about our community and the problems it faces. It is up to us to create a better future for us all, and I hope I am on the right path of creating one.



REBECCA, 16

Working at Inside Success has helped me build my confidence when speaking and interacting with new people. Inside Success is like my new family, everyone makes you feel welcome and you realise that everyone works together in encouraging the best versions of each other. You learn how to be perseverant, determined and confident when training at Inside Success. It is honestly one of the best experiences of my life. Teamwork makes the dream work.



BENI MONDUA

I began working in Inside Success in May 2019 and already it has given me the confidence to socialise with strangers and taught me sales and marketing skills. It has also taught me how to deal with rejection and to never give up when things aren't going the way I would like them to go. What I love about Inside Success is that it gives me an opportunity to meet new people I wouldn't otherwise socialise with.



ASHLY

Inside success UK has changed my life! It's unlocked a part of me that I never knew existed and has brought out the best in me. Inside Success has not only helped me follow the right path in life but it's helped me to get further in life! I wouldn't change my experience with them for anything, and I hope I will be able to make this journey even more successful alongside Inside Success UK.



ABIGAIL ADENIJI

Inside Success has helped me improve my communication skills, and given me patience. I also enjoy the aspect of meeting different people each day.



TYELL

Inside Success has helped me build up my confidence, it has also helped me with being able to communicate with different people and improve my social skills. I have met a lot of new people who have become friends.



BEN

Inside Success has helped me because it has given me more confidence to talk to people and has helped me to make new friends.



Workshops

Kam Clinic have sponsored a series of **Inside Success** Sales & Marketing workshops.

It's led by **Adam Knight** who is an Experienced **Managing Director** with a demonstrated history of working across the **Healthcare sector**. Highly Skilled in the development of Key Account Management systems and processes leading to exceptional sales results by concentrating on the art of the conversation.

**THE
WORKSHOPS
HAVE
COVERED**

- ★ Peak Performance
- ★ Mindset
- ★ Skillsets
- ★ Art of Negotiating
- ★ Observational skills
- ★ Dealing with objections



Short Courses Inspired by *Youth*

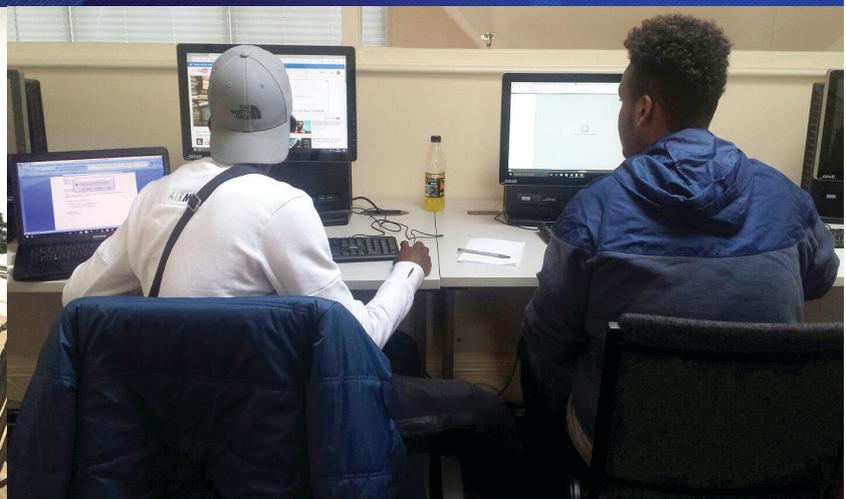
INSIDE SUCCESS UNION

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 course to suit your needs and ready you for employment.

**WE OFFER
7 WEEK
COURSES IN**

- ★ Introduction to trading
- ★ Business Enterprise
- ★ Events Management
- ★ Sales & Marketing
- ★ Drama
- ★ Career Development
- ★ Hospitality
- ★ TV Production



FOR ENQUIRIES OR TO REGISTER: **TEL: 07928 872 190**

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Buy

U Got Jokes – UK Kings of Comedy

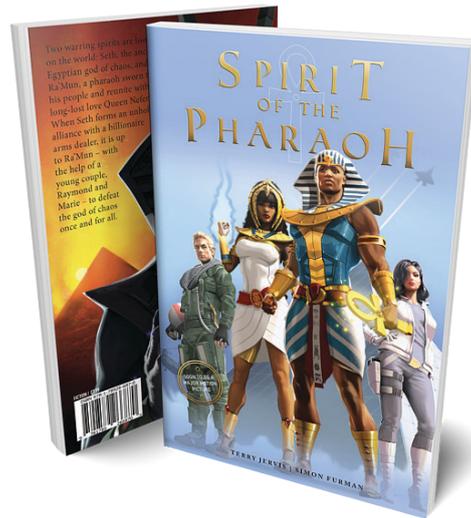
Prepare to be in stitches - U Got Jokes brings to you the UK's funniest urban comedy production filmed live at The London Palladium. 'The UK's Kings of Comedy' features the best of the best of the urban comedy scene, the amazing all star line up made it one of the biggest urban comedy events of 2017! capacity, high-powered whole fruit juicer – ideal if you're trying to eat more fruits and vegetables, lose weight or improve your lifestyle.

Read

Spirit of The Pharaoh – Graphic Novel

Soon to be a major motion picture, journey upon an unforgettable adventure in the land of the Pharaohs – a thrilling story that bursts into life with ancient tombs, villains and heroes, a quest for eternal life and an underlying plot of hope against all odds.

Two warring spirits are loose on the world after a tomb is un-earthed: Seth, the ancient Egyptian god of chaos, and King Ra'Mun, a pharaoh sworn to protect his people and reunite with his long-lost love Queen Neferkari. When Seth forms an unholy alliance with a billionaire arms dealer who wants the secret of 'after-life' – an ability to live forever, it is up to Ra'Mun – with the help of a young couple, Raymond and Marie – to defeat the god of chaos once and for all.



This ground breaking graphic novel brings a dynamic new dimension to an ancient Egyptian adventure!

See



There's more to balmy summer nights than standing outside the pub after work. At the Roof East building in Stratford, the Rooftop Film Club has perfected the art of outdoor movie watching with directors chairs, wireless headphones and blankets.

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.'



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