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ZAINAB ALEMA

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ZAINAB ALEMA



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Young people and money management

OPINION

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

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

Look at your incomings and outgoings on a regular basis.

Find out where your money is going and where you could be saving. For example, if you spend £3.50 per day on coffee, that's over £100 a month.

Invest in a reusable cup and make coffee at home!

Managing your money poorly from an early age can have an impact as you get older.

Missing credit card payments or not paying a loan will affect your credit score, which in turn effects your ability to be approved for things such as mortgages in the future.

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



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

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



Elena Mozhvilov

“ Money is very personal, and everyone is in a different situation, so it’s important to speak to someone you trust if you would like some help with your money. ”

OUR TOP TIPS FOR MANAGING YOUR MONEY ARE:

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

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

BARCLAYS LIFE SKILLS
<https://barclayslifefskills.com/>

MONEY ADVICE SERVICE
<https://www.moneyadvice.service.org.uk/en>

THE PRINCE’S TRUST
<https://www.princes-trust.org.uk/help-for-young-people/tools-resources/money-management>

How toxic is social media?

OPINION

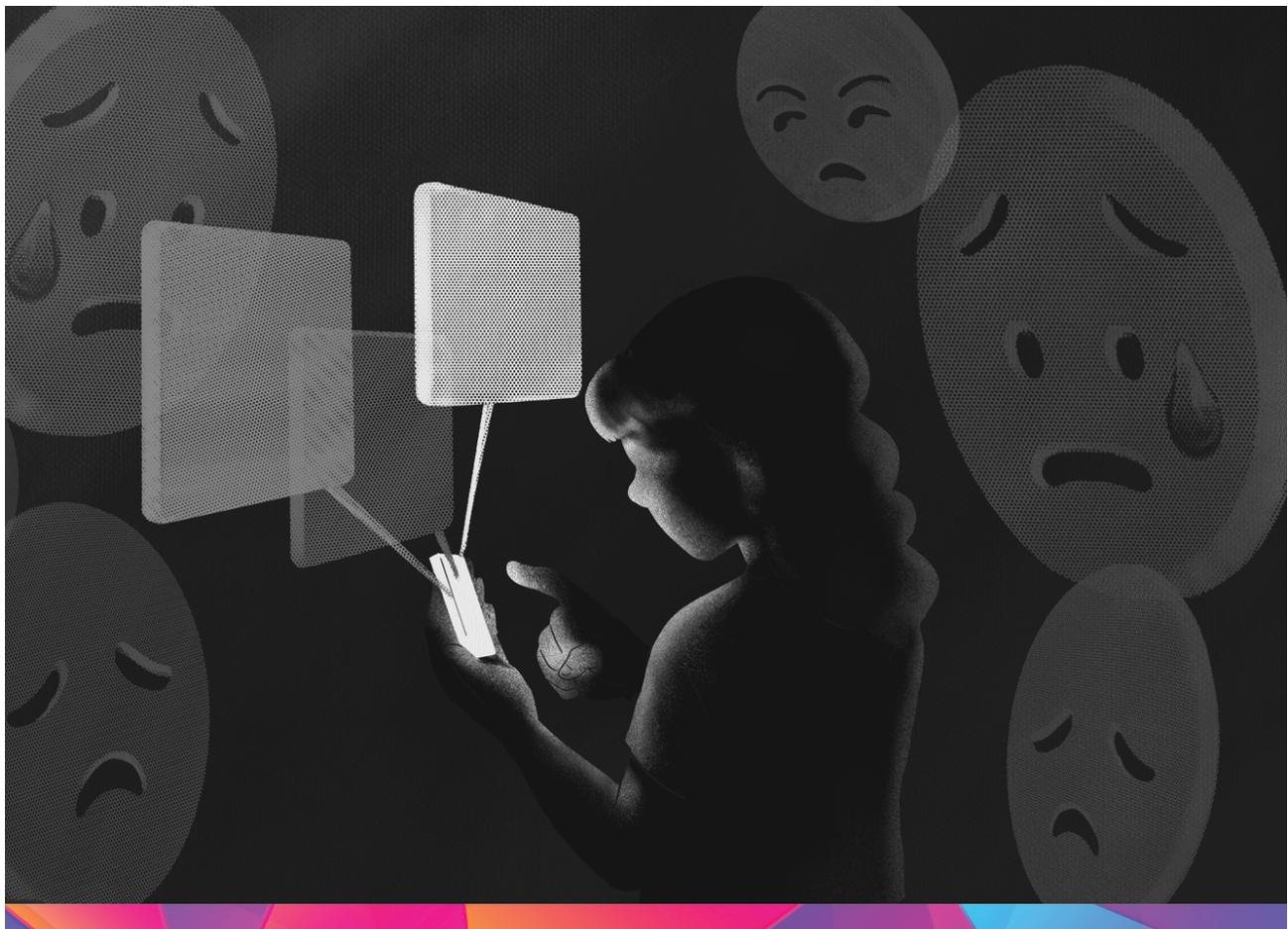
Social media is expanding rapidly, with 3 billion users and counting globally on a daily basis - but is this the path we should take?

Many young people are glued to their phones and addicted to social media to the point where they ignore events transpiring around them and build a false sense of reality in their head based on their online consumption. Although much of this is unintended, it's causing a massive divide between older and younger generations with the youth tuning out what is actually occurring around them and not physically interacting enough.

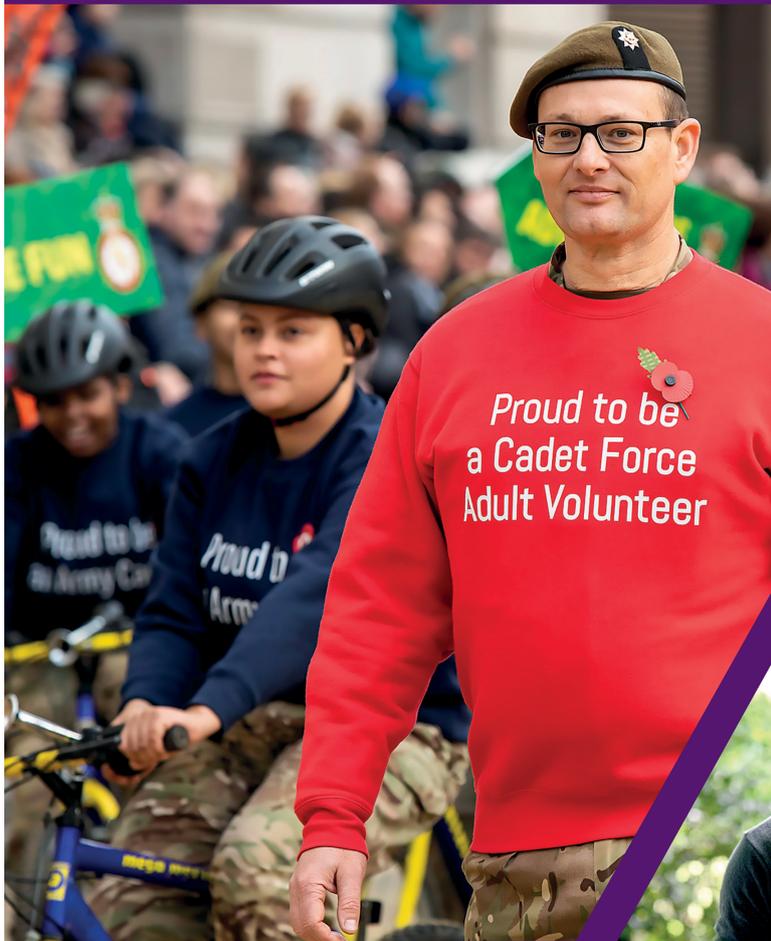
It is scientifically proven that lacking personal and social interaction can affect levels of dopamine and serotonin, which are the driving forces behind feelings of joy and excitement. With so many people stuck waiting around for a like or comment on Instagram, for example, this is leading to feelings of isolation among millions of people and in turn hindering happiness.

On the other hand, social media is a great platform to network with people and get the word out about social events. It can also open up new opportunities for users, although this is not always the case for everyone.

Do you think social media is currently in a good place, or do you think it has too much control over our lives?



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...I went on my first holiday with friends

- 1. Purchase travel/health insurance.** Going away with your friends can be an amazing experience, but accidents do happen—especially if anyone parties a little too hard. It's better to know you are protected than relying on luck during your trip.
- 2. Make sure you trust your travel buddies.** Take a deep look at your friends and examine how responsible they are. Temporarily leaving your home and "real" life behind can seem fun at first—until you find yourself face-to-face with an unexpected situation due to unpalatable, immature company.
- 3. Form a general sightseeing itinerary and pre-book any experiences that in-**

terest you. There's nothing worse than the disappointment of yearning to do something only to find out there is no availability. What a waste of a holiday!

- 4. Learn the local language.** I'm not saying you must become fluent or take lessons, but knowing the basic lingo will help you and your friends get around more easily. This will also make you more "cultured" ... call it a party trick!

- 5. Create a checklist!** Before you leave, form lists of what you and your friends plan to pack to ensure nothing gets left behind. Get your friends to look over this inventory as well, double checking to make sure all items are accounted for!



...making a life-changing decision

The older you get, the more you will be forced to make risky decisions to improve your general life—whether that involves deciding which uni to attend, accepting a job offer or even buying your first house. There are, in turn, many related matters you must consider when deciding on your future. These include:



Derick Amies

- 1.** Clarifying the decision. Break it down into a single sentence that describes the change you're making and how it will impact your life.
- 2.** Creating a list of pros and cons. As soon as you do this, you will feel more certain regarding your decision as you will understand corresponding benefits (or drawbacks).
- 3.** Making peace with your decision. Focus on whether you will feel okay about the outcome rather than what the actual outcome could be. Everyone regrets at least one decision they made in the past, so it is important to think ahead regarding if you will feel happier having made the decision at hand.
- 4.** Not making a move unless your heart is into it. You need to make sure you're doing so for yourself and that it resonates with you. If your heart is not aligned, then you will struggle more in the long run.
- 5.** Giving yourself enough time to think—but not too much. You need some time to truly consider your decision so you can hit it spot-on (not too much though, as the more you think about it, the more you could start to change your mind). For reference, once a month is the perfect amount of time to research and consider all options.

The cost of a trend

OPINION

'Fast fashion' is one of the most harmful industries currently impacting the planet, with 85% of textile waste ending up in landfills. This includes over £143 million wasted in the UK alone and \$400 million in America. You may be thinking this doesn't really apply to you, but even your favourite high street and online brands such as Primark, Pretty Little Thing and Shein play a huge role in impacting the climate.



WHY SHOULD YOU TAKE AN INTEREST?

Fast fashion is all around us and will eventually pump additional CO2 emissions into the atmosphere—leading to even worse global warming impacts if we continue risking the planet for trendy outfits that quickly disappear from our closets.

WHAT CAN YOU DO TO HELP?

You can implement many fast fashion alternatives into your lifestyle to slow down CO2 emissions, such as shifting your buying habits

from Primark, Shein and many other quick burners to thrift stores—which have in fact seen a massive rise in sales since the onset of the COVID-19 pandemic. Second-hand sites such as Vinted and Depop also sell designer brands at a discounted price. Moreover, you can change your consumption habits to further reduce waste such as by selling your own clothes on these sites or taking them to your local charity shop for recycling. When buying clothes, always make sure they are good quality and will last longer than one season.

How corrupt is the UK education system?

The education system in the UK consists of end-of-year exams used to test knowledge recall rather than knowledge application (as typically seen with GCSEs). Since the pandemic hit and students were forced to study at home in unbearable conditions, experts have argued that this method should no longer exist. With many students struggling to achieve their required grades and their well-being suffering now more than ever, it is time for our government to acknowledge areas for improvement and implement changes to improve the education of our youth.

Current secondary school teaching methods leave students completely in the dark when it comes to further education—with it proven that the jump between the two is a significant change that expects them to work independently. Whilst some may flourish, the majority will struggle as the current education format does not help students test their imagination and knowledge to the best of their ability and in turn become independent thinkers. This will cause many young people to 'go with the flow' with in their careers and wind up in jobs they don't enjoy, as they weren't able to explore different paths due to the strict routine of memory recall. We therefore believe a new curriculum should provide students with the option to choose their area of study from an earlier age, while also teaching general life skills to better prepare them for the real world.

At Inside Success, we love to hear feedback from our youth. Since this is a very important topic to us, we asked some students and parents for their thoughts on the current education system and which adjustments they believe are needed:

"As a parent of two kids in education, I feel as though teachers need to be trained on more

than their ability to teach a lesson but to be taught how to deal with discrimination in the classroom and also heavily on how to support their mental health as this generation has been arguably affected the most mentally, and there is not enough free counselling available as services such as CAHMS are very backlogged and unreliable."

"This may sound biased coming from a student but I don't understand how we are expected to complete exams based on the whole years' worth of learning and feel the pressure from our parents to get high grades. I think that we should have end of unit assessments to check our progress and understanding, as well as coursework for all lessons to better engage us. We also need to be taught life skills and learn about financial problems to prepare us for adult life."

"Being a creative student, I think that we should have more options early on as to what we learn considering the current education system is built to make people who can feed the economy and struggle at the same time rather than make people who have a passion for change and becoming the best version of themselves."

If you're a student/parent who believes the education system needs an overhaul, we would love to help as much as we can. This is why we offer fully funded courses through our magazine sales (as seen on page 36), as we believe young people should enjoy the ability to follow their dreams and take advantage of every opportunity to make something of themselves.

We would appreciate your continued support for our movement to incite change and help our youth.

Thank you!



CHANIKA GALE-DORE

Chanika Gale-Dore is a role model for all of us. Owner of [@eventsbychan_](#), an event coordination and decor company, as well as an Aberfeldy Boxing Club boxing coach.

Chanika has raised women empowerment issues through workshops at Inside Success as well as through her podcast 'Candid Convo's with Chan' [@candidswithchan](#) to provide a safe space for women to discuss current events and raise awareness.

NISSY TEE



Nissy Tee is a Cambridge graduate, award-winning content creator, speaker/presenter and digital strategist. She made her media debut at the young age of 15, producing and hosting her own internet radio show, and has since garnered a social media following of over 140,000 people and a YouTube channel with over 4 million lifetime views.

Tee has worked with a variety of companies and brands including the BBC, Amazon, Dell, Coca-Cola, Costa Coffee, Boohoo and Dermalogica, a premium skincare company. She is the founder of the Powerclass Masterclass and NT Media, a social media and branding firm.

MIRANDA WAYLAND



BBC diversity manager Miranda Wayland is joining Prime Video/Amazon Studios Europe, Variety has learned. Wayland formerly worked for the BBC as the deputy director of diversity and was with the broadcaster for five years before resigning last week, according to reports. She will join Amazon Studios and Prime Video later this year as the president of Europe's diversity, equity and inclusion division. Her remit will include off-screen and on-screen representation, and Wayland will collaborate with European originals, business affairs, public policy, marketing and other departments to increase diversity, equity and inclusion within the organisation through programming and other activities.



AISHA GORDON-HILES

Aisha Gordon-Hiles is a BACP-accredited counsellor who was born and raised in London, England. Her mother and grandmother, both writers, inspired her to pursue her passion for writing. After helping a number of patients as a counsellor, she ultimately set out to assist people on a much greater scale. *What the Hell is Life*, her first book, is the first in a series of short self-help books aimed at addressing some of life's most prevalent and least talked-about challenges. Her primary goal is to make expert assistance more widely available for those who need it.

SKYE KENNEDY-CULLEN

Skye is a psychosexual therapist, psychotherapist and integrative counsellor. She has worked as a counsellor for charities and employee assistance programmes (EAPs) and has also founded and operated a specialised counselling service in central London. Skye is a private practitioner who also performs work for The University of Greenwich.



ZAINAB ALEMA

UNDER THE MICROSCOPE

Zainab Alema, The 'Bulldozer' is a professional Rugby player who plays for Richmond Women RFC.



ZAINAB is a great inspiration to us all as not only is she an incredible rugby player but a black Muslim woman who is a mother to 3 as well as a nurse! A neonatal nurse who works with in-

fants who face specific challenges right after birth which touches many of us as Zainab also had difficulties entering the world, being born prematurely at 26 weeks. She now helps families

and infants that go through the same type of difficulties

Over the past years, Zainab has been a role model to many communities: the black community, the Muslim community, the youth, mothers, women including individuals internationally, showing us that anything is possible even for ethnic minorities and shouldn't be held back by barriers as long as you have a vision in mind. The Bulldozer had many difficulties coming her way, including her own father, who was struggling to understand why an African Muslim woman wants to play rugby "a male elitist sport". Zainab has battled with the stereotypes of some Muslim households, she says "Women are supposed to be at home cooking, cleaning and having kids. That's what we do to some extent

but we can do so much more. I am determined to smash those stereotypes." which Zainab succeeded in doing and proved everyone wrong including her father, who is now prouder than ever.

Zainab's experience on the rugby teams hasn't always been rainbows and unicorns as she always felt outcasted i.e., when socialising team revolved around alcohol which Zainab cannot have due to religious beliefs. However, this did not stop Zainab pursuing her dreams and she proceeded on to create her own rugby charity in which they provide equipment and funding, so women can reach their dreams without having to pay. Despite all her struggles she has managed to be a successful woman, mother and inspiration to many.





A letter to my parents



TAIWO

I wish my parents understood the struggle I endured at school. I wish they spoke to me more often and made a better effort to interact with me when I was young to understand what was going on. I feel like my dad is the cause of my anger issues, but if it wasn't for Inside Success and the anger management workshop, I would still be as bad as I was. People who I have surrounded myself with in my workplace, such as the CEOs of the company—my first father figures—made this possible.

LLOYD

I wish my parents knew about the pressures of school and education. If they were more understanding of the difficulties I have endured, there may have been an improvement due to communication. Alongside education, family member relations could have been improved by communication. I feel like they have been very strict with me due to the social standing of a black man in London, and my own parents conveyed thoughts of me possibly being gang-affiliated although that was never the case.

DAMI

I wish my parents understood the importance of having a social life to better my mental health and social skills. Collectively, this counts toward a better mental state—it's not all about books 24/7. Growing up in SE London, they are aware of the violence. However, they were too strict with me, which impacted me mentally.

SUMAYYA

I wish my parents understood the stress I went through in secondary school with my education and the people I was surrounded by. I wish they would've been less strict when I was in school. I was very stressed and felt like I had no one to go to. My teachers weren't my parents. I didn't want to speak to them, and after I left, that's when we became close and started to be more understanding. Inside Success helped me gain the confidence I needed to be able to converse on advanced levels about how I feel.

ALFIE

I wish my parents knew the struggles that teenagers go through today, as times have changed. This is partly their generation's responsibility, and I wish they knew the pressure they put on us to do well in education even though they know that it does not teach us to be open-minded and explore our thoughts and ideas.

NIAMH

I am thankful for the way you have guided me and allowed me to have a safe space with you. You make it clear to me there is no boundary set, so I can come to you about anything. You are my best friend, and because you didn't put pressure on me to force a closeness in the family, our relationship has come ever so naturally.

RHI

I wish my parents were more understanding of the depths and detail mental health goes into. My parents were strict with me growing up. For a long time, I wasn't able to speak to them about my mental health or things that I was going through such as the pressures of school and everyday life, which impacted my mental state negatively even more. Inevitably things come out, and my parents had to adjust to my mental state. They did and still are trying to with their best abilities. Yet still I wish growing up as a young Asian girl, cultural boundaries were non-existent with such an important relationship amongst parent and child. If they were more empathetic, maybe it would have been different.



LETITIA

Me and my parents never had an easy relationship, but it was never hard to talk to them when needed. I wish they understood as a young girl there were certain things I'd never want to talk to them about, and trying to force me to talk about my feelings drove me away further. When I moved out, gaining space away from our constant clashes due to the forcing of a relationship worked wonders. My relationship is much better with my parents and much healthier, too.

with Bobby Kasanga

BOBBY KASANGA, the founder of London's leading community football club: Hackney Wick FC Bobby is a huge inspiration to many with his journey of rollercoasters in his life that led him to his success today. At the age of 3, Bobby had moved to the UK from Congo and was raised in Peckham, South-East London. Bobby had always been a football fanatic and aspired to turn professional. He joined many local football teams where he was successful. Due to him being around the wrong people and having bad role models, Bobby got himself involved in gangs which hindered his football career. By the age of 20, Bobby was convicted of armed robbery and was sentenced to nearly 8 in prison.

Bobby decided to turn his life around and whilst in prison he had written 2 crime fiction books and had graduated from open

university with a degree in criminology. Despite being at his lowest, Bobby wanted to start showing himself that all is possible no matter what position we are in.

When Bobby had been released, he was eager to help young people avoid the path he had taken. That was when Hackney Wick was founded as he saw many young people with potential but they didn't know there were leagues below the professional level. Bobby aims to bring the youth off the streets and make them see their true potential and as a result he has helped many youngsters land jobs that range from NHS receptionist to coaching. Bobby Kasanga is a true inspiration all because not only has he changed his life, but he has also managed to change the lives of many and help them pave a successful path for themselves.

with Richie Campbell

RICHIE CAMPBELL—best known for his roles in the Netflix phenomenon *Top Boy* and comedy film *Anuvahood*—is another one of Britain's great actors born and bred in Islington, close to the heart of London. He has been featured in multiple films and TV shows and also voiced various video game characters. It's somewhat ironic that Richie has enjoyed such a successful career, as his original career plans didn't even involve acting. It just goes to show that everything eventually falls into place as it's meant to.

As a very active kid, Richie spent lots of time trying different sports, engaging in martial arts and was always on the go. Unfortunately, he was forced to leave sports behind temporarily when he broke his leg. It was at this time that he became actively involved in a drama class for a little bit of fun in his spare time—little did he know this twist of fate would ultimately help launch his acting career! His drama class experience led to various commercial roles at the age of 13. While this was pretty special in itself, it wasn't until after uni (where he studied cultural communication) that he was able to find more acting work. Due to his experience with smaller acting projects, he caught the eye of a theatre production company and managed to land a role on the show *Slam Dunk*, portraying life as a basket baller.



This led him to gain traction with Channel 4, as he was then cast for the hit show *Top Boy* and also joined the *Blue Story* production.

Richie has become a very popular figure in the UK acting scene and serves as an inspiration for many.

When asked what advice he would give to young people edging their way into the creative industry, Richie said, "Love what you do, and do what you love. When you truly have passion for what you're doing, you will do it with your best efforts, which keeps you at peace." He went on to say, "Do everything you do for you. As much as it's selfish, this will lead you on your path for fulfilment and will eventually benefit those around you as you bring out the best in yourself."

Discount coupons

ISUK 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.

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10% off App Orders
at Dorothy Perkins

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Health supplements and Products to improve your lifestyle

HEALTH & FITNESS

Looking after your body is so important, especially now that we are 'post' Covid (however long that lasts!). It's vital that we look after our health, immunity and bodies in general. Here are our recommended supplements, vitamins and products just for you!

Simon Thomas, The Biotin Hair Care Plan



The first strategy is for people yearning for brighter, shinier and stronger hair. These pills are vegan-friendly, all-natural, easy to take, come with clear directions and have no unpleasant aftertaste.

Turmeric Tablets



Turmeric and cumin have many health benefits including improving heart health and helping prevent Alzheimer's disease. It's a potent anti-inflammatory and antioxidant and also alleviates symptoms of depression and arthritis.

Vitamin C Tablets



Vitamin C activates your immune system against flu viruses and also your immune cells to ensure they are equipped to battle a wide range of pathogenic microbes.

Vitamin D



This is your skin's best friend! Vitamin D helps regulate the amount of calcium and phosphate in your body, which are needed to keep your bones, teeth and muscles healthy.

Feta & Semi-Dried Tomato Omelette

PREP.

5
min.

COOK

5
min.

SERVES

1
person

INGREDIENTS:

- 1 tsp olive oil
- 2 eggs, lightly beaten
- 4 semi-dried tomatoes, roughly chopped
- 25g Feta cheese, crumbled
- Mixed salad leaves, for serving



METHOD:

Heat the oil in a small frying pan. Add the eggs and cook, swirling them with a fork as they set.

When the eggs are still slightly runny in the middle, scatter over the tomatoes and Feta, then fold the omelette in half.

Cook for 1 additional minute before sliding onto a plate.

Serve alongside a mixed leaf salad.





HOW TO PREPARE FOR THE UPCOMING ACADEMIC YEAR WHILST BALANCING YOUR SOCIAL LIFE

Summer is here! Alongside your either reckless or 'safe' summer antics, we must not overlook your upcoming academic year! To help you manage both to the best of your ability, we have whittled down the 4 most efficient tips and tricks to aid your academic preparations whilst still providing you with the ability to have fun.

1. ROUTINE!

Enjoying a fun summer might take you out of your routine in approaching the upcoming academic year. Creating a solid schedule before the summer's end will put you 10 steps ahead in your academic preparations. This could include waking up at the same time every day before you start school, college or uni.

2. BOOKS AND STATIONERY

Prepare your new books and stationery and address any other shopping needs for your academic year sooner rather than later. Organisation is key!

3. READING

Get a jump on your year by reading up on subjects you are set to study in the new term! Fifteen minutes every day (or one hour a week) should suffice.

4. START AS YOU MEAN TO GO ON

If you set yourself up for a great start, it will continue that way. If you come in unorganised, your mindset will follow suit.





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*assessment to ensure
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SECONDARY
KS2- KS4 (5-16)**



10 TIPS TO ACE YOUR JOB INTERVIEW

1. Research the company and industry

Performing this task will help you better understand the questions you need to ask about the job role in order to come across as more engaged and interested in your specific industry.

2. Know your selling points & why you want the job

Identify five to six strengths that make you a stand-out candidate with examples of how you've employed related skills. Also explain what interests you about the job and the abilities you possess that give you a leg up on the competition. If employers don't think you're interested in the job, they won't even consider hiring you.

3. Anticipate interviewer concerns

There are always more spots available for the interview than the actual job role itself, so put yourself in the interviewer's shoes and ask yourself why they should hire you instead of multiple other people. Give them a reason why choosing you won't give them pause.

4. Prepare for common interview questions

Job seekers often encounter common interview questions. Consider those most likely to be asked based on your age, education level, background etc., and tailor your responses accordingly.

5. Prepare your own questions

It is crucial to arrive to the interview with at least two questions reflecting your interest in the job role. If you don't do this, the interviewer will assume you aren't all that interested. A great example of a stand-out question is, "If you could design the ideal candidate, what would he or she be like??" This shows that even if you aren't the most experienced, then you are willing to learn and adapt along the way.

6. Engage in plenty of practice!!

It is vital that you sufficiently practice before your interview to sound confident and assertive—in turn positively impacting the interviewer's perception of you. The best way to do this is to enlist the help of two friends (one as the interviewer and the other as an observer) for roughly five practice rounds. If nobody is around to help, you can also record yourself practising to learn where improvements are needed.

7. Score success in the first 5 minutes

It's a proven fact that most interviewers make their decision about a candidate within the first 5 minutes of an interview and use the rest of the time to confirm said decision. With this in mind, make sure you bring loads of enthusiasm and appreciation for the opportunity and kick things off with a positive line such as, "I've really been looking forward to this interview."

8. Make the most of the infamous "tell me about yourself" question

As simple as this question may sound, job seekers can make many mistakes when answering. The most common one is the decision to talk about their 'physical' life rather than their 'mental' or 'internal' life—meaning their abilities and skills they will contribute to the company.

9. Think positive

As easy as it is to overthink in this situation, be mindful of how overthinking will affect you. Yes, I know—a lot of thinking. As the old saying goes, you sometimes need to 'fake it till you make it' in an interview and try to clear all worries from your mind in the process.

10. Close on a positive note

If a salesperson does his pitch and doesn't convince you to buy his product, then he has failed at his job. The same applies to you as a job seeker. If you don't outright ask for the job, you might not receive an offer as the employer might believe you're unlikely to accept it given your lack of conviction. If you don't ask, you won't get!



THE BUSINESS OF PHOTOGRAPHY



Many people think photography is simply taking pictures—but it's so much more than that! With this in mind, we've compiled some advice and tips from one of our company photographers.

PHOTOGRAPHY is a much larger industry than it once was given the introduction of new technology and editing software released annually. You can really use this medium to tell a story, whether it's about an emotion, an event or a person. No matter the subject, you can truly open up the minds of others with your work. So, if you feel like you have a creative brain with stories to share but can't find a way to express your creativity (and drawing, painting and design aren't for you), consider trying your hand at photography!

BEGINNER EQUIPMENT

This ultimately depends on the types of photos you want to capture. A DSLR is typically the best beginner camera as it is very versatile. Two great options are the Canon EOS 2000D and Nikon D3500, which can range from £500-£700, but you can also find them discounted on sites such as Very and Curry's.

BEST EDITING METHODS

The best editing platforms are definitely Adobe Lightroom and Photoshop, which allow you to enhance images to achieve the best detail. The latter platform can also help fashion shoots score

that perfect futuristic look. And no, Photoshop is not 'cheating' in photography—how do you think your favourite brands create all their content?!

HOW TO CAPTURE THE BEST IMAGES

This is really a personal thing since photography is so subjective. As long as you like your work, then you have the chance to be discovered as a photographer. The best advice is to portray yourself through your work. Whether that involves shoot production and props or merely the overall aesthetic, transform your vision into something real!

HOW TO STAY PATIENT WITH A CLIENT

This is probably the hardest part of freelance photography, as many people will try to take advantage of you—especially those in the creative industry who will seek out your friendship to land a free shoot. Make sure you never work for free; even to build your portfolio, as the career requires a considerable investment as you get started. You will also need to establish an agreement before the shoot date including payments, cancellations, location etc. so you are not held accountable for any potential mishaps.



The cost of moving out

It is becoming increasingly difficult for young people to move out, with the cost of living currently rising by 6%—the highest rise since 1998. The average age children move out of their parents' homes in the UK is roughly 24 years old, but this will most likely change within the next decade or so as wages stay stagnant and prices go up. As moving out is a very important stage in a young person's life, we thought it would be helpful to provide some relevant information and advice on how to prepare for the moving date as people often forget to take many related costs into consideration.

RENT/MORTGAGE

In England, the average cost of standard rent is £700 per calendar month. This of course varies depending on location, and accordingly, inner city rent costs more than rates found in the suburbs or rural areas. Mortgages, on the other hand, are immensely expensive and thereby not recommended for people moving out for the first time. However, if you are fortunate enough to get a mortgage, rates will vary depending on the chosen provider.

INSURANCE

Insurance differs when it comes to renting or owning your own home. If you're renting a property, contents insurance is the only insurance you'll need to protect your personal possessions in case of a fire or burglary (monthly fees are around £29). However, with a mortgage, you will certainly need to acquire buildings insurance in case of any property damage from large-scale events. In addition to this, home life insurance is also recommended in the event of your death—allowing your significant other or roommate to take on the mortgage and continue living there (these rates also vary at around £30 per month).

FOOD

Food costs will fluctuate monthly, but the average

two-person household spends roughly £200 per month on groceries.

GAS AND ELECTRIC

Similar to others, this cost will vary based on how often you are home and also the season—as you will spend less on gas in the summer. On average, it is recommended to estimate £100 a month for these utilities.

WATER

Many people don't know this, but when buying a property, you must pay for your water and waste services on a separate basis (typically around £40 monthly).

BROADBAND/TV LICENCE

Depending on the network provider you choose, this can vary between packages and deals. If you only require Wi-Fi, then you're looking at a monthly fee of about £30. On top of this, you are legally required to pay around £155 annually for TV service in your household.

COUNCIL TAX

Lastly, all residents must pay a council tax to maintain services in your borough such as rubbish disposal, road works, sewage system operations, street lighting etc. The average council tax bill is £150 per month.

After all of your household bills are totalled, you will be expected to pay around £1277 for a two-person household. You must also ensure you are financially stable enough to fund your own personal desires such as a car, perhaps business start-up costs and of course money to enjoy yourself too! We recommend you move out only after you have sufficient monthly funds and money to still chase your passions and make your dreams a reality.



INSIDE SUCCESS

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SCAN ME





Learn about Inside Success

THE PROBLEM:

Research shows a majority of young people often fear failure due to their lack of skill-sets and their socialization with others. Young people face a number of social and mental challenges which lead to a high number of mental health issues and substance use amongst the youth.

INSIDE SUCCESS SOLUTION:

At Inside Success, we take pride in offering young people a chance at a viable career. We partner with different businesses to provide a safe space for young people from different backgrounds in order to develop their practical skills. Our workshops help build their confidence by giving them the necessary skills to be employable. As a youth based organisation we understand the seriousness with mental

health among the youth, therefore our on-site counsellor is always available to help.

For the past 6 years, we have helped over 2000 young people enabling their chance to find their individual path in life. The skills and knowledge they have learned through our workshops will ensure them to be successful and venture into society.

HOW THE PROCESS WORKS:

1. Give us a call.
2. Book to attend an interview/training and taster day.
3. Kickstart your Inside Success journey and watch as your life skills, attributes, abilities, financial circumstances, improve.

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



GRACE COOPER: Colchester

Inside Success has opened my mind to opportunities, gotten me out of my comfort zone and taught me to reach out. I gained self-control and confidence within myself throughout working here. Without the opportunity of this job, I'd still be overwhelmed with balancing work life, college life and my social life, but Inside Success has supported me and helped me get to where I am now and make something of myself.



CLIFFORD APPIAH: Southampton

Working with Inside Success improved my communication skills and helped me operate as part of a team. It also improved my determination because this profession has some challenging moments.



CHARLENE: London

Working for Inside Success has really helped build up my character as an individual. I have gained more confidence within myself and it has dramatically boosted my communication skills. Moreover, Inside Success has taken me out of my comfort zone as I have learnt how to better handle rejection. In addition, I feel that I'm a part of supporting community.



YUSUF: Manchester

After joining Inside Success Union, I've really changed as a person. I'm more passionate about my future and also enjoy my new job as a team leader.



Rising through rugby

Inside Success partnered with Rugby England for a one of a kind event whilst providing the youth with knowledge of the various opportunities and career paths within sports. This event further raised awareness on issues within sports such as gender equality, racism and lack of representation in marginalized communities.

the PR team gave an insight into their job role and their journey within rugby. Next they tested the general knowledge on the sport with a lively competition.



The event consisted of many activities ranging from rugby drills to group sessions with members of the England rugby team. Team members such as the referees, business developers, lawyers and

The event consisted of a range of activities to group sessions with the members of the England rugby team. Further Information was given by individual team members such as referees, lawyers and the PR team into their job role and how integrating their job with rugby has been.





The event hosted by Mosique Lavontelle and Anas Cheramat, an Inside Success representative, started with an uplifting story illustrated by Bobby Kasanga, founder of the Hackney Wick FC. He expressed the importance of making wise decisions after bad choices and starting prosperous businesses during difficult times.



Our special guest Zainab Alema, a member of the Richmond rugby club, gave an inspiring and invigorating talk to embolden the youth. Whilst sharing her aim to bring a cultural change within the sports of rugby.



REVIEWS

Yosan

The Rising Through Rugby Event was an eye opening enjoyable experience, in that it enabled me to see the reality behind this sport, for instance the day-to-day difficulties that are faced and the variety of job roles within the field of rugby.

Uzmair

The rugby event was a great experience to get an insight into the sport of rugby, meeting the various employees involved with England Rugby from the business development, PR, coaches and referees. It was interesting to get their perspectives within their specific fields and learning how to start a career in rugby. The interview with Zainab Aleema was interesting, hearing her speak about her creating a legacy and changing the female rugby culture was inspiring. What I enjoyed most was seeing the StoneX stadium and viewing the grounds and watching members of the Saracens team train.

Bintu

The Inside Success 'Rising Through Rugby' event was very inspiring and insightful, empowering and at the same time fun-filled. It gave me an insight into Rugby as a sport as I learnt a lot of things which I did not know prior to the event. For example, the number of players in a match. I even got to play some team-work games with a rugby ball. Also hearing stories of the speakers, Zianab and Robert Kansanga, inspired and motivated me to always be resilient and persevere for what I believe in and to never allow my past to define my future.



Members of Inside Success talk about what they are currently doing...

WHERE ARE THEY NOW?



BINTU MANZUL (London)

I became part of Inside Success when I was 16 (after my GCSEs) through social media. Now 19, I believe the fact that I have been an active representative here for three years is credited to the empowerment I've received through the Inside Success program. Given that I was an immigrant who moved to the UK 5 years ago, Inside Success really helped boost my confidence, self-esteem, communication and interaction skills—easing my socialisation within British culture. Inside Success has also provided me with the opportunity to learn new skills while gaining financial independence through brand magazine sales. Due to my own personal growth and witnessing that of other members, I strongly believe Inside Success is a highly effective social enterprise that supports youth and young adults in the midst of social issues and in turn steers them down the right path.

KUDJO

My name is Kudjo, and I am currently a sales manager at Inside Success. I have worked here since August 2018, when I started as an outreach. This involved talking to and engaging with the public through sales and marketing. I currently hold the third-highest sales ranking of all time and rank first in team sales. In 2020, I was promoted to sales manager wherein my primary role is to look after a team of young outreachers. This work has taught me how to adapt to challenging situations as well as improve my interpersonal skills. In the future, I hope to continue to inspire young people as I firmly believe the youth hold the most power in building the future.



WHERE ARE THEY NOW?



SOLOMAN BOWIE (London)

My Inside Success journey started in the summer of 2021, paving the way for many accomplishments. Starting off as an outreach, I was able to develop my communication skills and really build my confidence. I then switched over to becoming a recruitment manager, learning the importance of time management whilst taking my leadership skills to the next level. This position allows me to engage with the youth and provide them with opportunities that will allow them to do great things.



ONYX MCFARLANE (Manchester)

Starting my Inside Success journey at age 16, I can wholeheartedly say I've benefited immensely from my time and experience at the organisation. Now 21, I've enjoyed the ability to explore my employment options – placing me in a very fortunate position to comfortably decide to follow my entrepreneurial aspirations and hoping other young people are fortunate enough to experience the same opportunities.

...Meet and greet
!S the
Team.



Step Forward & Dream Big workshops and courses

LEADERSHIPS

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

TV PRODUCTION

Within this workshop, students will handle film equipment, learn about different roles within the media sector, and analyse the evolution of the media industry whilst being given the opportunity to film and take pictures.

CONSTRUCTION

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

PROPERTY

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

MARKETING

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

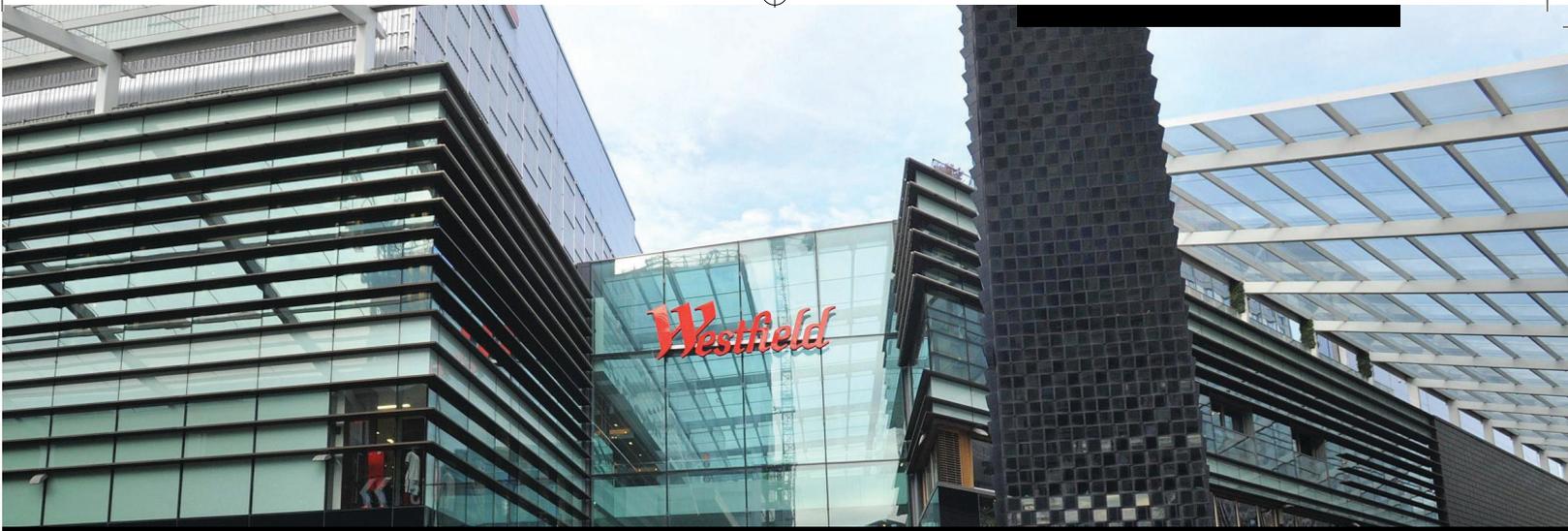
SPORTS

This workshop examines various ways sports can exert a positive impact on your body, mind and lifestyle. It will motivate young individuals to understand the significance of including sports in daily life-viewing sports as a hobby rather than a chore.

Price per young person:

Course / workshop taster day £25
3 month Course / workshop £300
6 month Course / workshop £500

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



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The winner will be announced on the last Friday in August



After launching ISCF in 2021, Inside Success has enjoyed a successful Essex League season. Now, we are pumped and eager for the upcoming season in 2022.

If you are looking to join a leading, devoted and overall interdependent team, ISCF is the perfect place for you. Excited to become part of our community? Send us your profile using our contact details outlined below.

Furthermore, we can benefit from your help and support in building our team. We have launched a GoFundMe campaign to not only further fund, enlarge and strengthen our male football team but to also form a team for females within our company. We hope after the remarkable and successful year we just enjoyed, many of the same lie ahead.

**PLEASE GET IN CONTACT WITH US - TEL: 07594 828 383 EMAIL: INFO@INSIDESUCCESSUK.CO.UK
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Increase Figures

INCREASE FIGURES is a UK brand established in 2020 on the streets of London. It is a statement describing one's ability to add to his or her assets/wealth. It's also so much more than just a brand. It's a statement to live by to reach our full potential. We aim to provide high-quality, affordable clothing, and when wearing the brand, you immediately become part of the Increase Figures movement and family.



Hustler

It's a lifestyle. We started with humble beginnings as a £400 start-up launched by three co-owners—all teenagers—who embody the definition of what it means to be a 'hustler.' In releasing our first drop at the dawn of 2021, we set out to create something everyone would feel proud to wear, something they could relate to and something to inspire. Hence, Hustler Clothing was born. Trust the process, as this is just the beginning. We will #HustleTilRich.



WHAT'S THE MOTIVE?



WHAT'S THE MOTIVE

SKUNA BOATS



Ride the spectacular BBQ and hot tub Skuna boats in West India Quay, Canary Wharf with friends, cruising beside the city lights on a balmy summer evening. Enjoy 10% off with code **INSIDESUCCESS10**.

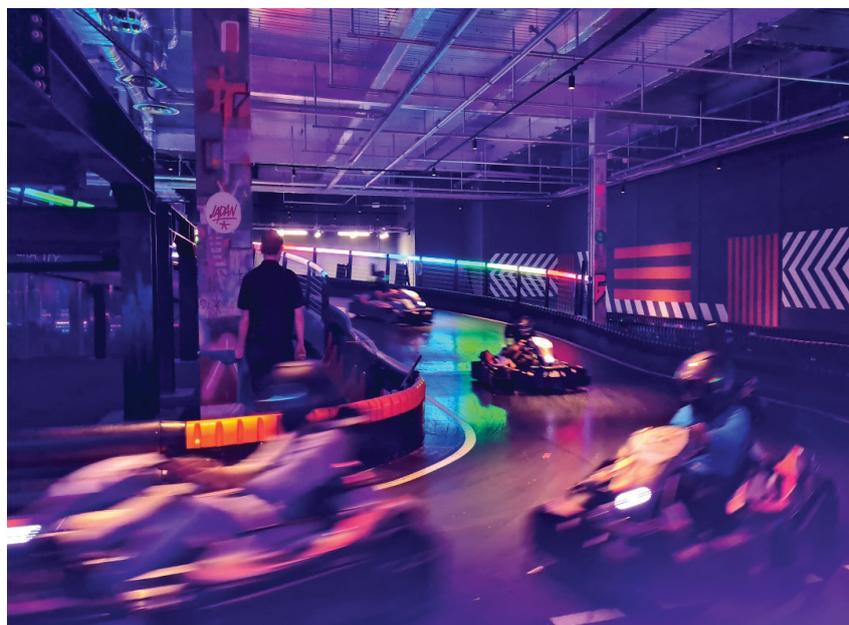
NOTTING HILL CARNIVAL



Join the UK's biggest carnival this August in the Kensington area of Notting Hill, and embrace some of the finest Caribbean culture including different music genres, dances and—most importantly—fashion!!

JUNKYARD GOLF CLUB

Come visit the quirky, crazy golf hub with locations in Manchester, London, Liverpool and Leeds, and bring some friends to enjoy a competitive day out on the course.



GRAVITY ENTERTAINMENT CENTRE

Visit one of 15 branches of action-packed entertainment centres across the UK and enjoy some of the best virtual games, including go karting.

CHEAP, AFFORDABLE QUICK EATS

Hungry? Grab a quick bite!

Manchester: **BUNDOBUST**

Try this excellent Indian-style street food—only a short walk from Piccadilly Gardens.

Location: 61 Piccadilly, Manchester M1 2AG

Southampton: **MEXIFUN**

Excellent, authentic and reasonably priced Mexican street food close to the heart of Southampton.

Location: 121 East St, Southampton SO14 3HD

Southampton: **THAIKHUN**

Venture to East Asia and land amidst a paradise of fragrant flavours with plenty of options for everyone.

Location: W Quay Road, Southampton SO15 1DE

London: **PINEAPPLE XPRESS**

Explore a tropical oasis with soul vibes in Dalston and try their unique pineapple bowl dishes.

Location: 588a Kingsland Rd, London E8 4AH

London: **SUSHI DOG**

If you like sushi, you're going to love Sushi Dog. They prepare fresh sushi rolls with tons of toppings to choose from so you can enjoy an authentic Japanese twist.



Location: 1 Tower St, London WC2H 9NP

Birmingham: **TAMATANGA**

Experience traditional Indian plates and craft cocktails at the vibrant and colourful Tamatanga.

Location: Orion Building, Navigation St, Birmingham B5 4AX

Birmingham: **TOKYO IZAKAYA**



Push aside your standard sushi order to try something straight from Japan and expand your palate.

Location: 4 Lower Severn St, Birmingham B1 1PU

Luton: **HONG BUFFET**

With dishes starting at as little as £11, come and enjoy unlimited Chinese food in the town centre.

Location: 40-44 George Street, Luton, Bedfordshire LU1 2AZ

Luton: **FRANKSTER'S**

Come and try this unique fast-food restaurant with a twist.

Location: The Mall, St George's Square, Luton LU1 2TL



SEE:

DOPAMINE ART EXHIBITION

Enter a world of delight! Imagine a room designed purely to trigger dopamine—the ‘happy’ hormone—and please your senses. Dopamine Land is an interactive museum dedicated to dopamine-producing sensory experiences. You'll experience a variety of immersive environments designed to excite your senses of touch, sight, smell and even memory. Explore a room where you can embrace your inner action hero while navigating a labyrinth of lights and moving projections to find your way out. Pop bubbles and become inundated by the intoxicating smell of fresh popcorn. Enjoy a totally enticing, blissful experience!

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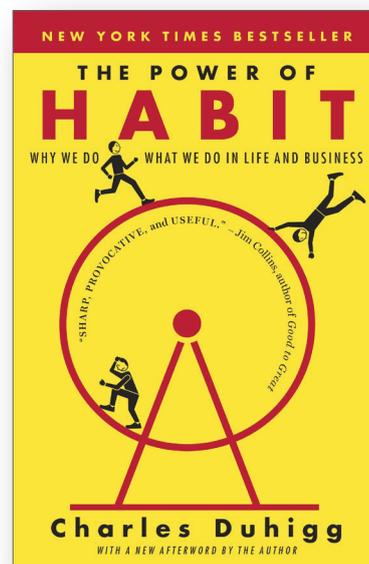
Live in the moment—and not behind a screen—perfecting imperfectly perfect memories. Disposable cameras capture photos in the true essence of the moment. The best part of living life with one of these cameras is that you can't delete pictures, and (in true old-school style) you need to await and anxiously anticipate film development to see the outcome!!



READ:

THE POWER OF HABIT

The Power of Habit not only gives scientific support for the material presented but also includes amazing anecdotes from real people and a beautiful writing style that is meant to teach, provoke and entertain. It's a light-hearted, engaging read with plenty of tangible action items you can immediately employ.





INSIDE SUCCESS UK PRESENTS

LET'S TALK

ABOUT IT!

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

Hosted by



Anas Cherammat



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

