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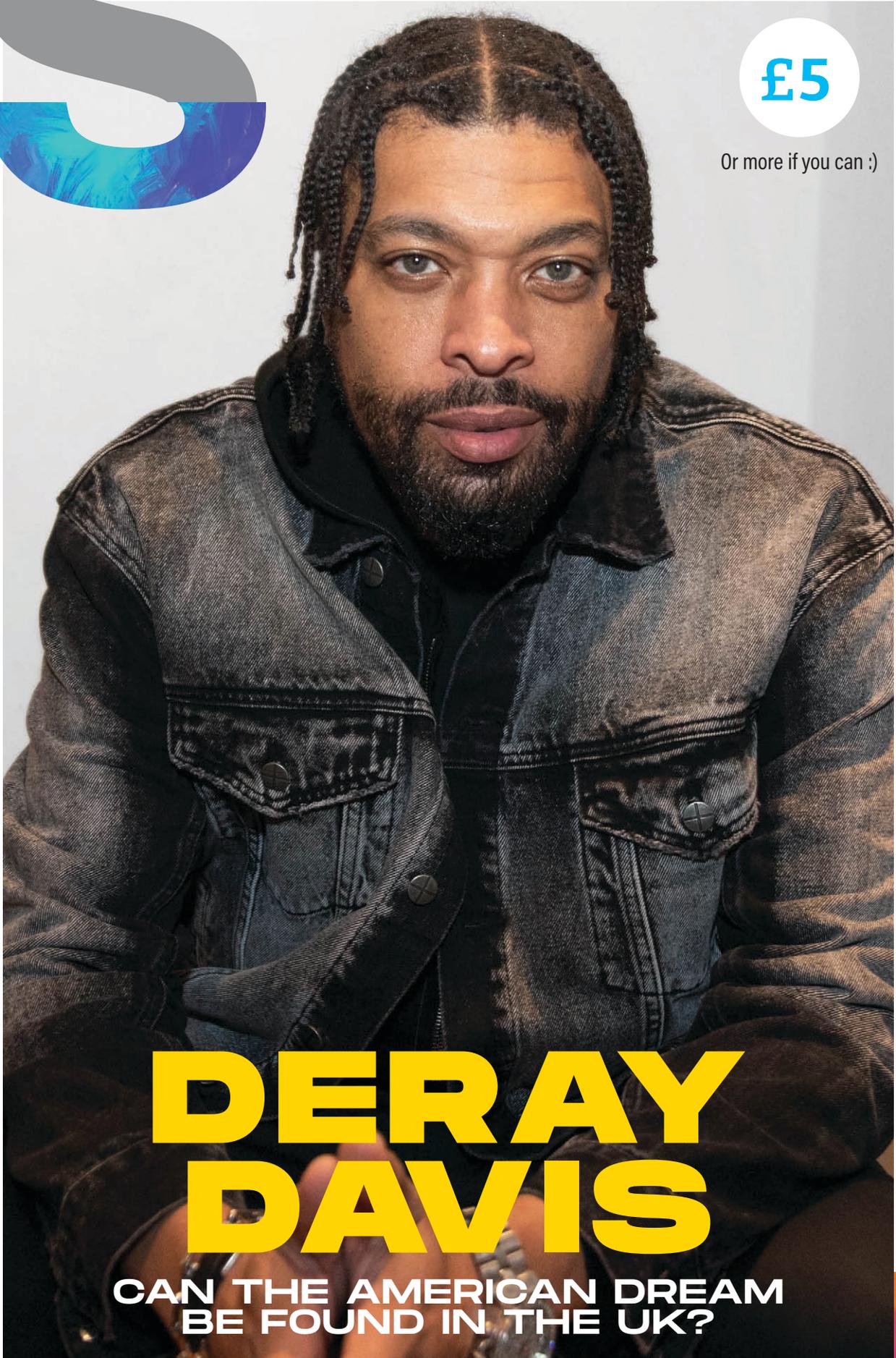
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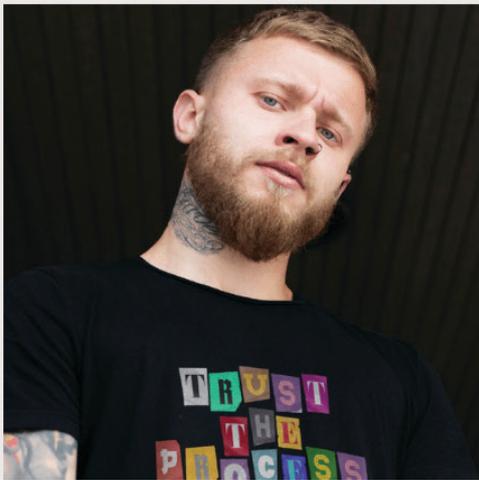


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DERAY DAVIS



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What's the deal with Smartwhip?

No matter the circumstances, drug use amongst young adults is very popular. Let's focus on this trending topic. Smartwhip is otherwise known as fast gas, crème deluxe, laughing gas or scientifically, nitrous oxide.

Apparently inhaling balloons of laughing gas is fun to do. However, there have been many cases where Smartwhip has severely and permanently left damage. This includes the paralysis of the victim's legs.

Seemingly, Smartwhip is becoming more and more trendy with young people, likely because it's extremely accessible and easy to get a hold of. It's important that we realise Smartwhip has detrimental effects that are scientifically proven such as:

- Memory loss
- Vitamin B12 depletion causing brain and nerve damage leading to paralysis
- Constant ringing and buzzing in ears

The effect it is meant to have is to make you light headed and place you in a semi-unconscious state. What seems like real time is suddenly slowed down. What is hard to get our head around is why so many people are willing to risk such a horrible outcome for 10 seconds of joy.

It's safe to say on our side we do not recommend the use of this 'drug' at all unless in the appropriate settings such as at the dentist when getting your filling done! Leave it to the doctors, kids!





Equal tax for all?

The debate whether all people should pay equal tax has been a controversial topic over the years featuring a wide range of views on the spectrum. As it is, there is currently a scheme of citizens paying progressive tax where the average tax increases alongside income, meaning that those who are highly paid tend to take more of the tax burden over the middle-income taxpayers. Some believe that we should all be treated as equal entities as we all have the opportunity to strive and work hard enough to the point where paying equal tax is fair. Why should the rich be burdened just because of how wealthy they are? If we all work hard then paying equal tax shouldn't be an issue as it would prevent a world where people are rewarded for lazing around and people are disadvantaged in their hard work.

However, there are many valid reasons as to why tax should be distributed disproportionately: for example, the gender pay gap, which restricts how much one will make. Surely it cannot be fair for a man who earns more to pay equal tax to a woman who earns less. The UK's gender pay gap rose from 14.9% to 15.4% and thus tax should be distributed proportionally. Another scenario is someone who is in full-time high-earning employment and a mother of four struggling to support her

family despite working overtime. Surely it would be immoral that they both pay equal tax when they are in two antithetical positions.

Overall, despite the variation of opinions, as the law stands people should pay tax in accordance with what they earn and proportionally to ensure that the system is fair. It is important that people can pay tax within their means.



Is a university degree necessary to get a good job?

OPINION

It is without a doubt that university teaches many skills and develops character before students endeavour to secure employment in the real world. University graduates have better opportunities and usually earn a higher salary. University also allows you to advance in your career and shows you are versatile with knowledge and skills as well as providing job security. A university degree allows you to compete in the market for employment and most employers look at one's education to help narrow down a search. On top of all this, university allows for networking which is key to succeeding in the current world.

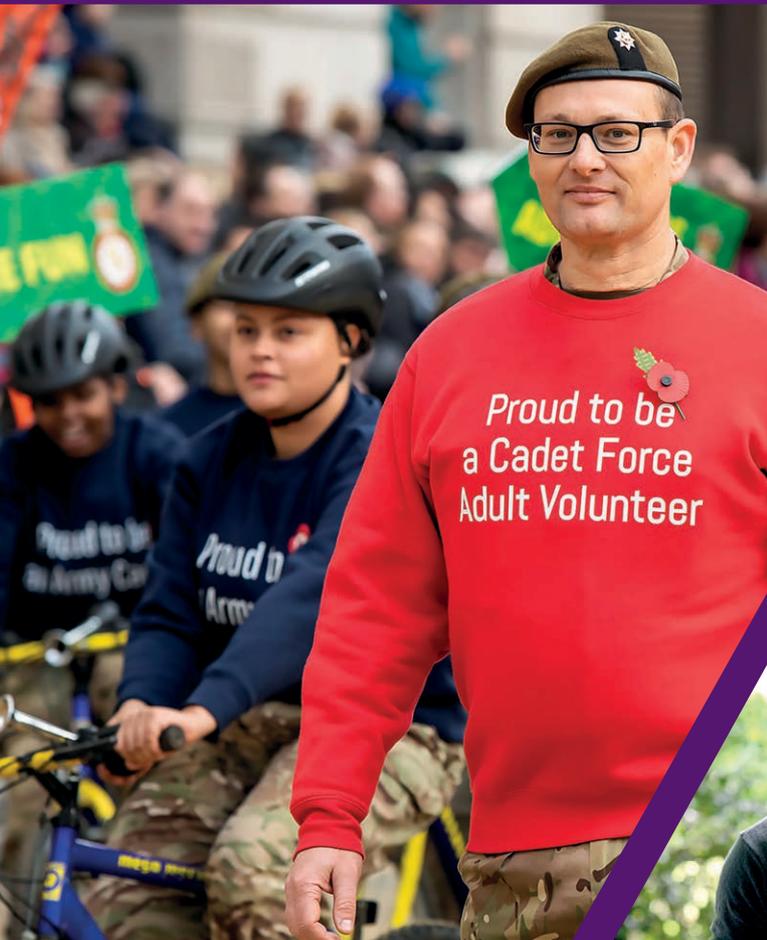
However, despite the many positive aspects associated with a university degree it is not imperative to have one to attain a good job. A good job is associated with your skills, abilities and adaptability, traits and qualities that employers search for when hiring. There are many other ways you can develop these skills besides university such as an apprenticeship where you can attain direct skills for the field or career you would like to pursue. Degrees most definitely do not guarantee success especial-



ly in the field of music and sports, to name just two. Bill Gates, the co-founder of Microsoft is one of the wealthiest people on the planet, yet his multi-billion dollar business was started without attaining a college degree. His net worth is \$92.5 billion dollars which surpasses almost everyone that has a university degree, further reinforcing that one does not need to go to university to succeed. Similarly, Mark Zuckerberg dropped out of Harvard and began programming Facebook in 2004. These are just a few prime examples with many others that are not mentioned e.g. Elon Musk, etc. An important fact to know is that if you are not taking the university route, ensure you have a plethora of experience that will make your CV shine over those with degrees and build your general knowledge in the field.



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...I got my first uni accommodation



Getting your first uni accommodation can be scary but to help you from making common mistakes and consequently having a bad uni experience we've asked some young adults to share their tips with you in order to better your experience at uni.

- 1. Don't leave it too late.** Me and my friend found uni accommodation one week before term started and because we left it so late it was either they had a space and if they didn't we wouldn't have had anywhere to stay!
- 2. Check how close the accom is to your uni,** unless you want to do a 30 min walk to your university for every single lecture.
- 3. Try to make sure you get to know your flatmates** and familiarise yourself with your community to ensure you have the best uni experience.
- 4. Do research on the accommodation you're staying at** and make sure you know where you are staying and that it is a suitable choice for you.
- 5. Not everybody is normal at uni,** so don't go there expecting everyone to be like you. Uphold a certain level of standards and confidentiality about yourself. Don't trust anyone!
- 6. Do not leave your stuff in the kitchen.** People will take your stuff and food, so my advice is get a mini fridge for your room.
- 7. Don't have a relationship with your flatmates;** treat them like brothers and sisters. Don't be the one to commit 'flatcest'!
- 8. Get a TV in your room,** you will need it.



...saying/doing something I shouldn't have

We've all been there. That moment where we're joking around but we go too far and you wish the ground beneath you would just swallow you whole. Or maybe you fell and tumbled on your way to jump to a conclusion and you ended up severely injured because there was no conclusion to jump to? Whatever it is, we've accumulated some things to think about before talking about something or acting on something.

1. Think long term not short term!

Any decision that you make, you need to envision the consequences of that decision for your long-term happiness. Before you choose to open your mouth and speak or do something, will it have after effects that will affect you in a negative light? Which brings me to my second point...

2. Don't act out of emotion!

The worst thing you can do is act out of emotion. This ties into the thinking about the long-term effects it may have on you. Stay calm, or wait till you are in a calmer state of mind. Analyse what has happened and the appropriate, responsible and mature response.



3. Consider others.

Not taking time to think of another's feelings in a situation where you are involved could potentially break any type of relationship. You need to be wary of your actions and words towards others and understand what your boundaries are. One wrong move/word and you've lost yourself a friend.

4. How will it affect your reputation?

As a person your actions will naturally follow your name. You don't want to be known as the person who's always involved in drama or the gossip or the genuinely selfish person. Think twice about what you do before you do it and how it will reflect on you as a person.

5. Always treat others how you would like to be treated and then some.

Everyone deserves to be spoken to with respect as long as they haven't done something treacherous! When I say this, I say it with the utmost importance. Treating someone in a nice way could make someone's day go from being horrible to nice. Or even going the extra mile, people will appreciate it and see the respect you are showing!

Young people fuelling bank account fraud as 'money mules'



We might not immediately think of children when we hear the words 'financial fraud.' But the reality is that more and more young people are finding themselves the victims of financial exploitation as they are groomed online to open bank accounts and launder criminal money.

Young people are aiding and abetting bank account scams by becoming 'money mules', receiving money into their account and transferring it onto a fraudster. But many may not realise the severity of their crimes.

CIFAS says that 'young people and students are particularly vulnerable as fraudsters know they are often short of cash.' Typically, people are approached by criminals via job adverts or social media posts that promise large amounts of money for very little work.

Other risks are failing to research a potential employer, particularly one based overseas, before handing over your personal or financial details to them, and allowing an employer, or someone you don't know and trust, to use your bank account to transfer money. These jobs re-

quire you to have money paid into your account and then transfer it onto someone else, keeping some of the funds for yourself as payment.

What is a money mule or squaring?

A money mule is a person who transfers stolen money on behalf of others, usually through their bank account. Criminals contact people and offer them cash to receive money into their bank account and transfer it to another account. This person is known as a 'money mule'. Most commonly the money is used to reinvest into fraudulent activity by buying 'methods' used to scam people.

Why would someone become a money mule?

Criminals often target vulnerable people who are likely to be in need of money, but many students have also been approached. Sometimes they do not realise they have committed a crime. Once you become a money mule, it can be hard to stop. You could be attacked or threatened with violence if you don't continue to let your account be used by criminals.



Don't Be Fooled by offers of quick cash. Criminals need money mules to launder the profits of their crimes. The Repercussions are so severe to your future! These include:

- Your bank account will be closed.
- You will have problems applying for credit
- You will find it hard to access further student loans
- You will find it difficult to get a phone contract
- **YOU COULD GO TO PRISON FOR UP TO 14 YEARS**

Financially Free or Financially Enslaved

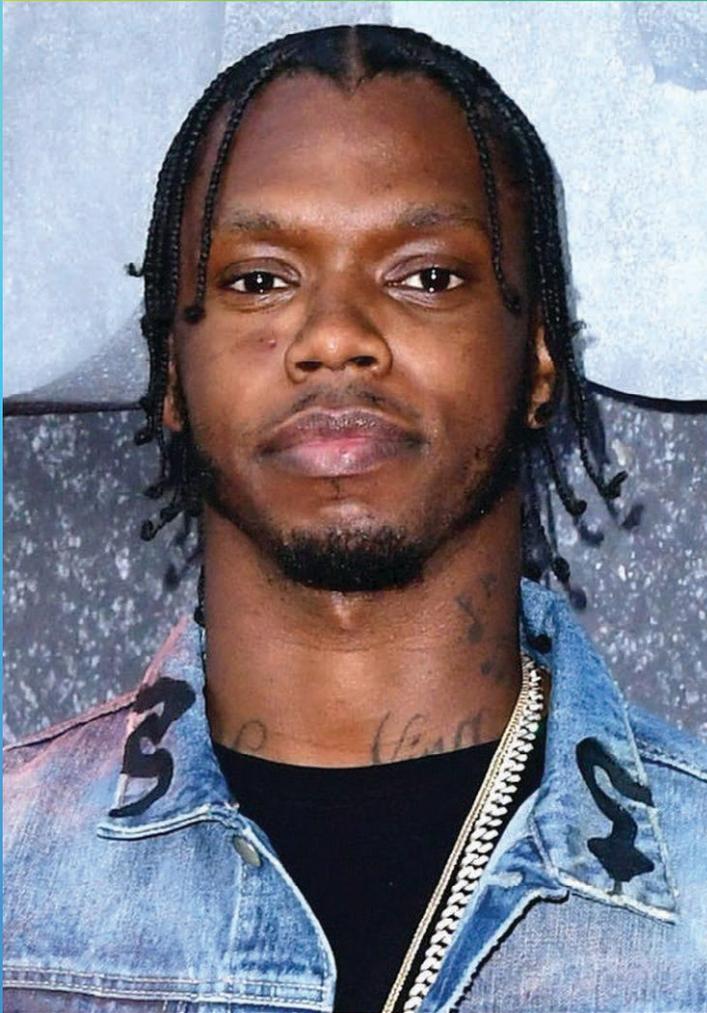


There seems to be a common ideal that youths tend to strive for which is to be 'clear' and in their head that means being able to buy whatever they want whenever they want. Many youths spend their paychecks and parents' money on what is seen to be common designer brands but the common misconception is that the bondage of getting paid to invest money in clothes is simply restricting growth. Rather, youths should invest their money into something that will not lose value: for example, property, watches, their business etc. Designer items become less relevant as time goes on. When was the last time someone bought Giuseppe shoes? We need to change and adapt the notion that being financially free is 'being able to afford a certain lifestyle' and change it to 'securing investments and a nest egg for retirement or even the freedom to pursue any career without

the need to earn a certain salary.'

The actual definition of being financially free is simply 'having enough income or wealth that is sufficient to pay one's living expenses for the rest of one's life without being dependent on others or being employed (passive income).' To reach this we need to cut our expenses and boost our income and open a profitable savings account to ensure that you never find yourself in the financial enslavement of being in debt. We need to change our mentality from the more we get money, the more we spend, which traps us in the work system. It is simply a vicious cycle for young people entrapped in the system. Experts say 15% of your annual gross income should be saved in the six steps to be a millionaire by 30, hence why we shouldn't waste our paychecks on designer items.





KREPT

Starting in life as an affiliate of the Gipset gang based in Gypsy Hill before becoming a global sensation, creating a musical legacy for generations to listen to, Casyo Johnson AKA Krept from the iconic versatile hip hop duo 'Krept and Konan' has accomplished so much in his 14-year career.

Krept has an incredible hold on the musical industry and although that story is inspiring as it is, Krept has earned his place on our inspire me page for a completely different reason.

The recent launch of his baby skin care line, in honour of his first daughter and only current child Nala Johnson, has landed Krept comfortably in an entrepreneurial light. The launch of the baby skincare brand, which was concocted in a kitchen during lockdown to help Nala's eczema, saw the product selling out in 10 minutes. Just two months after its release, the company's net worth was already estimated at roughly £18.5 million. It's free from toxins, chemicals and parabens. It is also cruelty and tear free, vegan and eczema-friendly and fully recyclable, and the first British-made skincare range for babies with a perfect zero rating on product rating app Think Dirty.

Well done to Krept and his co-founder and co-parent, Sasha Elese!

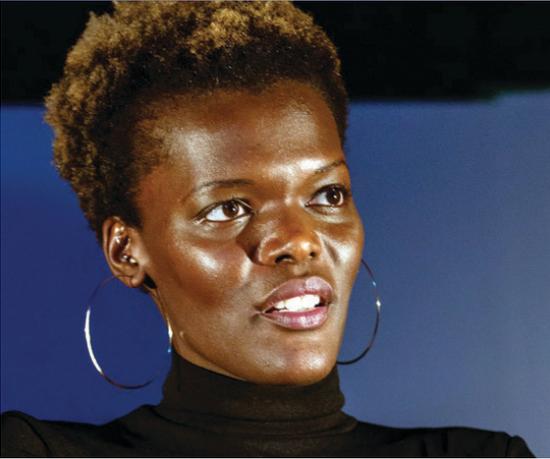
STEEL BANGLEZ



Referring to one of the symbolic 5 k's of Sikhism (Kara's), Pahuldip Singh Sandhu gave himself the name 'Steel Banglez'. From the rocky east London roads of Forest Gate, the now 35-year-old record producer and musician has created a massive name and presence for himself in the music industry.

Banglez is notorious for bridging the gap between Punjabi musical culture and the UK music scene with the song '47' featuring the late Sidhu Moosewala alongside Mist and StefflonDon. He has mentioned an upcoming album combining famous Punjabi artists with famous British artists and we are absolutely itching to hear it! Banglez is not only earning his spot with us for the merging of musical cultures but for the tireless work he has put in behind the scenes by giving back to the world too; his charity, 'Wishing Well', is an initiative that aims to provide eco wells to deprived areas across India and Africa!

SHEILA ATIM



Sheila Atim MBE is a Ugandan-British actress, singer, composer, and playwright. She made her professional acting debut in 2013 at the Shakespeare's Globe in *The Lightning Child*, a musical she co-wrote with her acting teacher, Ché Walker. Now Sheila is a special focus of this issue on our inspire me page as Sheila herself was once a part of our beloved company Inside Success Union C.I.C. We'd like to believe that some of the skills she uses today were a part of the development and nurturing that we provided. To become something in such a male saturated industry takes talent and skill!! We'd like to use Sheila as an example to those reading that anything is possible.

Sheila started at Inside Success and has now been awarded the Laurence Olivier Award for Best Actress, Laurence Olivier Award for Best Actress in a Supporting Role in a Musical and Jack Tinker Award for Most Promising Newcomer only at the age of 31! We look forward to watching her career as an actor develop further!

A TRACEY



Ché Wolton Grant, better known as AJ Tracey, is a famous name in the UK music scene for his rapping, singing, song writing, and record producing. Born and raised in Ladbrooke Grove, West London, the artist has racked up millions and millions of views and listens. AJ Tracey's career really kicked off in 2016, though you can still find music under the names of looney or loonz dating to 2011.

Aside from his music career, recently he has begun a fund to help black students at Oxford University. He has stated that as a successful black man who's worked hard to be at the position he is now it is only just that he aids other young black individuals achieve the same through his support. It is a remarkable initiative that we praise him for highly and have great hopes for this new fund!

SASHA ELESE

Sasha is an inspirational influencer who I'm sure many know through her quality Instagram pictures and modelling from 2018 which have attracted over 277k followers. However, what many people don't know is at the age of 25 she became a successful mother to her two-year-old daughter, Nala, who has won the hearts of people on many social media platforms.

Sasha's success is even more incredible as it is in spite of her mother passing away when she was 18 and her father unfortunately passing away three years before Nala's birth. In many interviews Sasha has spoken about 'there being many times when she wishes she could pick up the phone and call her mother for advice' yet still being an amazing mother to Nala. Although Sasha and Krept are broken up, they speak admirably and highly of each other and Krept describes her as 'an amazing, caring and loving mum' and he is grateful that she is the mother of his child. Recently, Sasha has started something to leave behind for Nala to secure her baby's future with a product that sold out in under 5 minutes in store and online.



TERRY JERVIS

THE MAN BEHIND THE HOPE

Watch the full interviews on YouTube page [InsidesuccessUK](#)

How can there be a bright future for our youth, when we live in a country that lacks stable leadership and a sense of direction? Yet as adults, we sit here looking down our noses at the youth and question why there is no hope. What are we doing to provide hope? Nothing. Instead we're set in a nation where we exploit our youth. So, who will they look to find that hope?

Who is the man behind the hope?

For our newest edit on Under The Microscope , we present who we believe is the man behind the hope... Mr Terry Jervis. The man who experienced losing his life and resurrected himself to tell his story. After starting his career in broadcast journalism, Terry Jervis moved into media production for television, comedy, and music. He spent more than fifteen years working for the BBC, where he produced historic live international broadcast television events. From humble beginnings in a Hackney estate to working with high profile celebrities like Will Smith and the Williams sisters as well as top brands like Rolls Royce on creating a Star ship.

What is a media mogul?

The title media mogul is only given to those with remarkable, ground-breaking and legendary work within the vast media industry. A successful entrepreneur is referred to as a media proprietor, media mogul, or media tycoon if they have personal control over any media-related company or enterprise or if they have a dominating position within it. It's clear to say with Terry's expertise he is without a doubt given this title.

What did Terry have to say about the meaning of hope to him and to our current world?

Hope is the feeling you hold on to that carries you to your success. The optimism of satisfying your goal, however many or few there are, or however long term or short term they are. He explained that without knowing your past you cannot know your future. Hope is built off the use of knowledge of past lessons, and applying that to the future and present situations with the aim of achieving a better outcome. He said the short-term gratification our young generation seeks will be the downfall to our long-term success because there is no hope for long-term goals with this generation. We need to recognise the personal obstacles that we have overcome and use that as our hope for our future!



DERAY DAVIS

Watch the full interviews on YouTube page [InsidesuccessUK](#)

Deray Davis' career has spanned over a vast 20 years, coming into the spotlight in 2002. Starting off in comedy clubs to winning competitions and appearing on comedy tours to acting in some of your favourite series and movies, such as Snowfall

and Barber Shop. The multi-talented individual sat down with us behind the scenes to share his inspiring advice on the 'in front of the camera culture'. Needless to say Deray's journey has been one to watch and will continue to be!





A letter to my ex

RHI

In all honesty I thank you for being the way you were. You taught me self-worth, self-value and to understand that I was settling for the bare minimum. Without you I would've let multiple people walk all over me and I thank god every day you were brought into my life. Certainly not as a gift but as a lesson. Nevertheless no matter what you do in life regardless of how you treated me, I wish you nothing but the best and that you learn from your own mistakes and understand when it's time to hold up your hands and apologise.

NIAMH

Although you were not the best boyfriend, you were an amazing friend to me. You helped me reach my goals and I will always appreciate you for that. I forgive you for your mistakes and I hope that you achieve everything you hope for.

ASHLEY

Stuff you, you narcissist. Your mum too, she's just as manipulative as you and so is your sister who used me. I'm happy to be as far away from you as I can be.

TRAMACE

Nessa, where are you at? I feel like I'm going insane right now, I've been trying to get through to you. Nothing is hitting the same right now, this stuff isn't new to you though. You're breaking my heart. Please if you pick up this magazine in Birmingham call me 07913173905.

LEO

I'm sorry that I let my effort slip in our relationship. I didn't realise a relationship isn't just about not cheating and staying loyal but it's about making sure that you feel loved and have someone to confide in. You left me because you found someone capable of giving you that love without asking. My biggest regret is losing you and I hope we cross paths again in a healthy relationship.

MANNY

I don't really feel the need to call you an ex. You did nothing for me and made me realise that I couldn't rely on anyone but myself. I came to you when I had no one and you called me crazy and that it was in my head. It was like only your problems mattered.

LOUIE

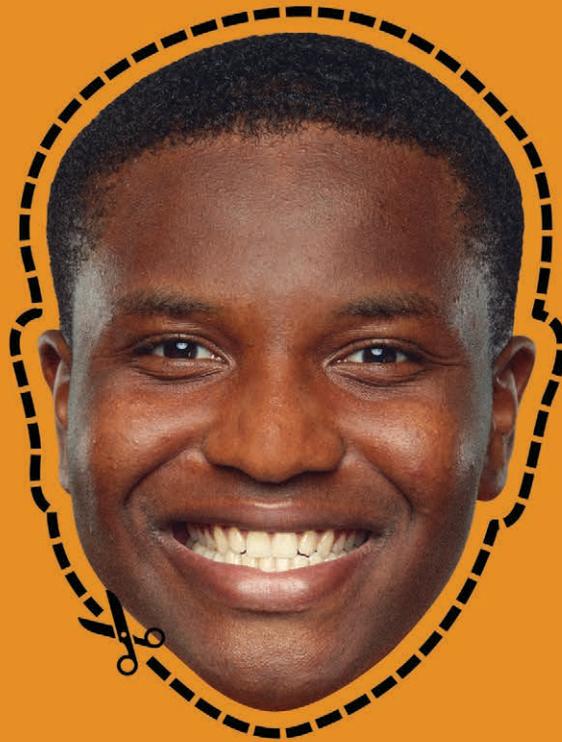
I'm doing so much better in life now. I never realised how toxic you were. I honestly do not want any contact with you. I am in a happy healthy relationship and place. I just want you to know that I'm never coming back so stop trying to get a hold of me. Thank you.

JOHN

My new girl is everything I ever wished for in a girl. I want to let you know this just for the pure joy of knowing you now know I found the best. It doesn't get better than my queen.

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SUCCESS LEAVES CLUES X WE OUTSIDE

SUCCESS LEAVES CLUES

From the hard work of our events management workshop delivered by the U Got Jokes crew we managed to help pull off an amazing event. Through the course of We Outside we had our in-house presenter Rhi London hold interviews with some famous faces behind the scenes. You can see these on our youtube insidesuccessuk.

We decided to gather the successful and inspiring stories behind some of the influential people we interviewed with and hosted at the We Outside show:

Jess Hilarious

Although we didn't get to interview her, Maryland's finest was one of the headliners! Pushed into the lime-light in season 9 of wild'n'out... Jessica Moore aka 'Jess Hilarious' well known for her instagram series 'Jess fix my mess', her recurring features in the improv comedy show 'Wild'n'out' and reality show 'Love and hip-hop' has created a huge comedic stance with the public. With a backing of 5.3 million followers on instagram it's easy to say Jess makes for a rib-tickling watch!



Architects

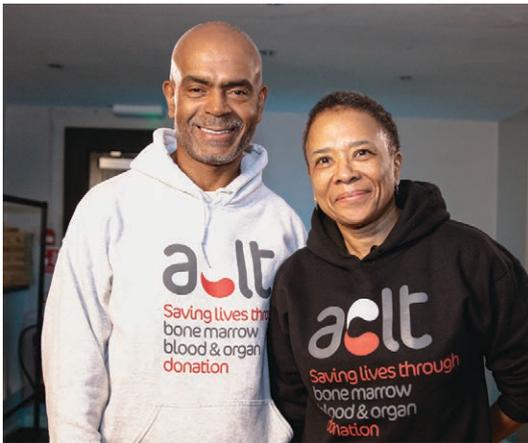
The infamous old Garage tune 'Body Groove' is a national favourite created by the legendary garage group Architects. We had the privilege of sitting down with one of the members Tre Lowe who talked to us about the journey of his crazy career, he also spoke with great pride on behalf of his late brother Ashley who was the other half to Architects. The legacy of the group shall forever be remembered. R.I.P Ashley Akbah



Watch the full interviews on YouTube page [InsidesuccessUK](#)

Richard Blackwood

Closer to home, the well-known British actor Richard Blackwood has had a long tv life; appearing on the BBC show *The Real McCoy* directed by a familiar favourite of ours Terry Jervis, presenting his own show 'The Richard Blackwood show', creating a name for himself in the music industry, featuring on the nations most loved soaps *Eastenders* and *Hollyoaks* and many many more. Richard Blackwood's career is not finished just yet but already in the decades of work he has done he has created an important profile to the media industry!



Bev and Oren ACLT

This amazing duo sat down for an interview with us and shared quite the remarkable story. Firstly it is important to note all successful people do not come from the media industry! Bev and Oren have created an amazing legacy to leave behind that warmed our hearts! The African Caribbean Leukaemia Trust was founded by this lovely pair initially to find a donor for their son who was diagnosed with Leukaemia. The reason being was at the time of his diagnosis there were not enough African/Caribbean donors; only 600 people registered. The pair have since been working for 20+ years to find donors for African/Caribbean blood cancer patients.

Iyare Igiehon

Iyare Igiehon, a BBC creative diversity partner and cofounder of S.O.U.L, has made an undeniable difference in diversifying our modern television industry to include authentic representations of BAME communities. He hopes to raise awareness about the lack of diversity in both the creation and production of mass media.

With 15 years of experience in producing, and presenting for BBC iXtra and BBC 6 Music, He has composed documentaries, music programming, music corporate and online video, radio adverts, podcasts, training courses and events in a variety of situations.

Iyare established the black British festival S.O.U.L. in 2014 with the intention of giving young Black filmmakers from underprivileged backgrounds a platform by honouring and praising those who work hard to get their work produced and viewed. The festival is still a success today!



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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WINTER

NHS health check-up

HEALTH & FITNESS

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as: heart disease, diabetes, kidney disease, stroke...

During check-ups, general advice is given as well as advice to help you maintain your health, avoiding problems like those listed above as well as dementia. They will also give you an individual cardiovascular risk calculation and explain this to you.

It's not common knowledge that everyone is at risk of the health problems above.

During this 20–30 minute check-up the nurse will ask you some general lifestyle questions to gain general knowledge of your health. They'll take your weight, height, measure your blood pressure, and perform a blood test. Afterwards you will be given health advice based on your current situation.



NHS check-ups can be performed at your local GP and pharmacy! Go get yours done today.



Pumpkin Pie

INGREDIENTS:

- 750 g/1 lb 10 oz pumpkin or butternut squash, peeled, deseeded and cut into chunks
- 350 g sweet shortcrust pastry
- plain flour, for dusting
- 140 g caster sugar
- ½ tsp salt
- ½ tsp fresh nutmeg, grated
- 1 tsp cinnamon
- 2 eggs, beaten
- 25 g butter, melted
- 175 ml milk
- 1 tbsp icing sugar

METHOD:

Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.

Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas

Continue to bake for 35–40 mins until the filling has just set.

Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.



EGGNOG

INGREDIENTS:

- 6 medium free-range eggs (preferably organic and as fresh as possible), separated
- 150g/5½ oz golden caster sugar
- 500ml/18fl oz whole milk
- 400ml/14fl oz double cream
- 350ml/12fl oz rum, bourbon or a mixture of the two, depending on your preference
- freshly grated nutmeg, to taste

METHOD:

Whisk the egg yolks in a bowl with 100g/3½ oz of the caster sugar until the mixture is pale yellow and thick (this is best done with an electric handheld mixer).

Stir in the milk, double cream, and the rum and/or bourbon. You can add a little grated nutmeg as well, if you like your nog this way.

Pour the mixture into two 750ml/1½ pint bottles with stoppers and store in the fridge for up to two weeks. (The alcohol will prevent any spoilage of the eggs or cream.)

Place the egg whites in a box and freeze until ready to serve the egg nog.

When ready to serve, defrost the egg whites into a clean metal or glass bowl. Using a handheld electric mixer, whisk the egg whites until foamy and opaque. Add the remaining 50g of sugar and whisk the egg whites until soft peaks form when the whisk is removed.

Pour the eggnog from the bottles into a large bowl and fold in the egg whites until well combined. Ladle the egg nog into glass tumblers and serve with a little freshly grated nutmeg over the top of each glass.





HOW TO CHOOSE A UNIVERSITY

Deciding what university to go to can be a daunting task. Here's a few tips that can help you make your decision.

1. MAKE SURE YOU'VE CHOSEN THE RIGHT SUBJECT

It is fundamental to be 120% sure about your subject. You will spend the next three to six years studying it, and then the next 40–50 years working in the area. If you have doubts about your choice, read as many things about it as you can. Check job options, course contents, salaries; Google is your friend. But you definitely do not want to realise after two months of studying that you want to be a dentist instead of a mathematician after all...

2. CONSULT UNIVERSITY RANKINGS

When I started searching for universities, I checked all the major ranking tables and calculated averages. There are some which give you a general ranking, while others may have separate tables for each subject. For me, the most important data was the student:staff ratio. The lower this ratio is, the better. In smaller classes you can ask questions and understand the topics more easily.

3. FIND OUT WHAT THE UNIVERSITY LIBRARY IS LIKE

One of the most important things is the library. You will spend a decent amount of your life in the library, so it should be a comfortable environment. Another good point to check is

whether there's a 24/7 café for the early birds and night owls!

4. CHECK THE COURSE CONTENT

You can check the course content on the university website. If there's an area within the subject you're particularly interested in, check whether the university has it "on its menu" or not. Alternatively, you can contact the university directly, and I am sure they will be more than happy to answer any questions you have.

5. SEE WHAT SPORTS AND SOCIETIES ARE ON OFFER

Whether you're an avid footballer or love playing poker, you should search for societies and clubs in the university to make sure there's something to match your hobby. All universities offer dozens (or hundreds) of extra-curricular activities, and it's important to check these out too. University life is not just about studying!

6. FIND OUT ABOUT THE STUDENT ACCOMMODATION

If you're starting university, you will probably be moving away from your family for the first time. Therefore it is essential that the accommodation you live in is nice and friendly, somewhere you can call your "home". Be prepared: you may have to learn how to cook, how to use the washing machine and how to do the washing up. And don't worry about the room-mates, flat-mates or floor-mates. In my experience it takes approximately 2.5 days to be best friends with everyone in the shared kitchen.



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SECONDARY
KS2- KS4 (5-16)**



THE DO'S & DON'TS WHEN DRESSING FOR AN INTERVIEW



When dressing for an interview, you might be stuck. Don't worry, don't fear as per usual Inside Success are here! We've collected our do's and don'ts on how to dress to impress for your upcoming job interview that will have you **GUARANTEED** to look like the most serious candidate there! Let's switch it up and start with our **DON'TS**.

DON'TS

1. Businesses expect you to dress to impress. Trainers, Jeans, tracksuits and anything considered as casual dress is definitely going to land you in their bad books. Avoid these at all costs.
2. Jewellery, it's all good and well that you have nice bling bling chains, earrings and rings but your future employer will not find this nice. Most employers will see this as improper and again note it as a negative.
3. No hats. I cannot stress this enough: do not wear hats or caps to your interview. It's highly improper and will get you instantly disqualified.

DO'S

1. Even if the dress code of the place you're applying for is casual dress, you need to bypass that and dress like you're going to a bank in canary wharf.

For ladies this could be:

- A pinafore and shirt under

- A high neckline smart dress that sits just above the knees, no higher.
- A smart pair of trousers and shirt
- A smart pencil skirt and shirt
- A blazer
- Sensible shoes, small kitten heel stilettos, loafers etc.

For men this could be:

- A pair of smart trousers
- A shirt or polo shirt
- A blazer
- A tie (optional but looks good!)

2. Try to stick to dark block colours such as Black, Grey, Navy, Brown and if you're going to wear white keep it to white shirts.

3. If you have religious headwear, it is completely okay to wear this and if they penalise you for this then that is completely inhuman. You shouldn't want to work there anyway and you should raise a court issue.

4. You can wear jewellery but keep it subtle and simple.

HOW DO YOU MAKE MONEY USING SOCIAL MEDIA?

Social media seems to be the centre of everyone's lives and with the way that the economy is heading it's important to know how to use it to our monetary advantage. We can make money using social media and here's how:

1. BUILD A PAID MEMBERSHIP

One of the most popular ways to make money on social media today is to produce exclusive content, accessible only to followers who pay a monthly subscription via a membership platform.

2. PROMOTE BRANDS WITH AFFILIATE PROGRAMS

Another great way to monetize a social media following is to promote brands that you love by linking to their affiliate programs.

3. JOIN AN INFLUENCER MARKETING PLATFORM

Joining an influencer marketing platform is another great way to make money with social media, that can require as much, or as little time as you want to put into it.



4. FIND BRANDS TO PARTNER WITH DIRECTLY

A classic way of making money with social media is by partnering directly with brands.

5. LAUNCH A SPONSORED VIDEO SERIES

Instead of partnering with brands for one sponsored post, you could instead get brands to sponsor a video series.

6. SELL YOUR OWN EDUCATIONAL PRODUCTS OR SERVICES

There are multiple types of educational products or services you can create and sell on social media.

7. SELL YOUR OWN MERCHANDISE

Finally, a great way to make money on social media is by selling your own merchandise.





RECESSION

WHAT IS IT AND HOW TO PROTECT YOURSELF!

Due to the current war that has arisen between Russia and Ukraine, our country has faced a huge economic recession which is predicted to continue to decline as the inflation rate stays high whilst the growth rate stays low.

WHAT IS A RECESSION?

A recession is a period of temporary economic decline during which trade and industrial activities are reduced, generally identified by a fall in the gross domestic product of a GDP in two successive quarters (three months).

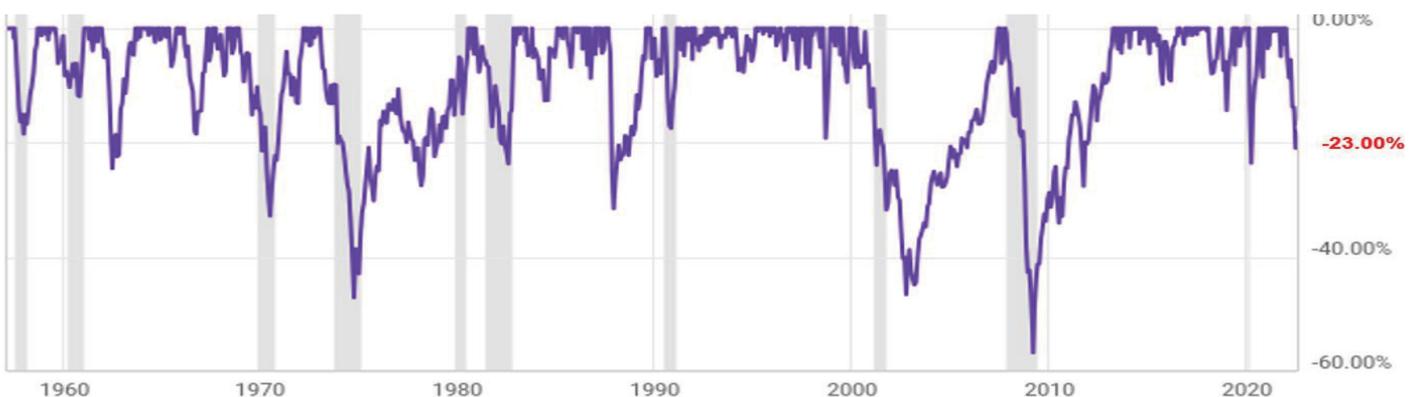
It's no secret we are facing tough times right now and it seems like there will be no light for a while so the best way to save yourself through this is to understand what the recession will bring and how you can take measures into your own hands to protect yourself!

The economic crisis we are facing is going to impact the younger generations the most in terms of unemployment, having to take on extra jobs to make ends meet, student loan interest rates going up and higher rent equating to less disposable income.

HOW CAN YOU HELP YOURSELF DURING THE RECESSION?

- PAY OFF YOUR DEBTS
before the interest leaves you in even more debt
- BUILD UP YOUR SAVINGS
- FIND MULTIPLE SOURCES OF INCOME

Let's be smart about our choices now! The easiest thing here to do is invest in another income source. By that I mean invest in a skill; you'd be surprised how much money people will chuck at you for the art of a perfected skill!





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SCAN ME





About Inside Success

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

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

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

HOW THE PROCESS WORKS:

1. Give us a call.
2. Book to attend an interview/training and taster day.

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

PROBLEM:

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

SOLUTION:

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

RESULT:

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



KIM (London)

Before I joined Inside Success, I was quite insecure, I didn't really feel comfortable within my own skin. Even though I was still loud and bubbly, I was actually dealing with a lot of mental health issues; but then a friend of mine recommended I join Inside Success and I don't regret joining. At Inside Success I gained confidence, resilience, and I learned how to communicate with people, as well as becoming friends with new people. I think my favourite thing about Inside Success is that we're all like a massive family and we're always there for one another.



SHEDRACK (Birmingham)

My name is Shedrack. I have been working at Inside Success for six months. My job role is a recruitment officer. Since I started working at Inside Success I have learnt how to be resilient, hardworking, and very patient.



LOUIE (London)

Before Inside Success I was surrounded by the wrong people and going down the wrong path. I was always money focused, but now I'm a team leader and recruitment manager making legitimate income and giving people jobs and training them. My favourite thing about Inside Success is the people here and how I have learnt sales, recruitment and training skills.



ALASTAIR WALKLETT (Colchester)

I've worked for Inside Success for around four months and since being here it's made me realise that there's many hidden talents in my life which I can utilise in order to grow. I didn't understand my full potential in life before joining and didn't know what to expect in life due to minimal choices in employment. Inside Success has helped me expand my business mindset and also helped me realise that hard work and consistency will get you further in all aspects of life. Inside Success has helped me become more mature, taught me management skills and responsibility from a young age. It has also helped me with skills in sales and marketing and money management which has benefited me a lot. In conclusion, Inside Success is a creator of opportunities.



AMAR (London)

Inside Success has helped me in ways you can't imagine! It helped me off the road I was on, as I was caught up in lawless activities. Now I'm off the streets in an anti-knife crime organisation. They have helped me find a meaningful purpose in life, got me back into education, thanks to which I have now passed my GCSEs and finished my business diploma! Thank you Inside Success!

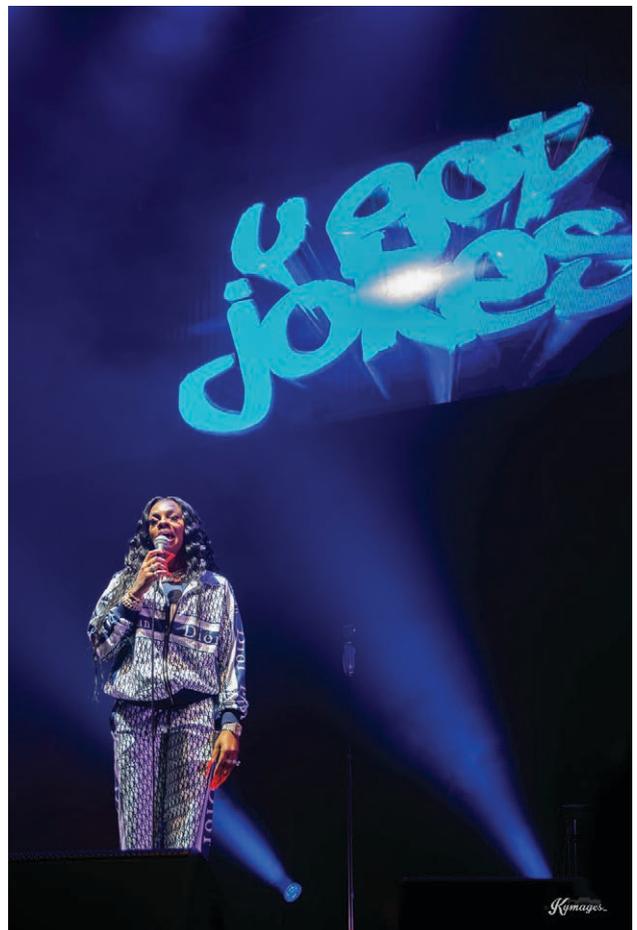


U GOT JOKES meets Inside Success Union C.I.C

Over the last few months Inside Success Union has partnered with U Got Jokes to deliver a detailed and innovative events management workshop that lead to the production of We Outside.



Over the course of these workshops the young adults we work with were privy to the planning and detailing of the U Got Jokes comedy show. We had our on deck events managers giving real time,



hands-on experience and work. This created a unique experience for our young people, a bit out of the norm from our usual workshops.

The events management team was supported by the top working individuals from our workshops to help on the day of the event. It was thoroughly enjoyed by all but take it from our young people we worked with:



Rhia

The event was euphoric to say the least. Working backstage was an absolutely incredible experience, it was the thrill of having to keep up with the hustle and bustle of the 'behind the scenes' culture that made it so much fun. I was able to connect with so many famous faces including the likes of Richard Blackwood and Deray Davis. My role was to host the interviews with our special guests.

Niamh

I had never been to a comedy show before, 'we outside' or helped to plan and manage an event so this was an incredible new experience for me. Not only was the show absolutely hilarious, but it was a unique opportunity to be able to see what happens behind the scenes and have my input in the show.

Chinemera

If I could describe the event in one word it would be unexpected. The reason for that is I was fortunate enough to work with the team backstage and also work underneath Cassandra and see first hand how she works and manages control under an overwhelming environment. I won't lie and say it wasn't stressful but at the same time it was extremely fun, most importantly I loved how even under extreme amount of stress a lot of the performers and the team always seemed content.

Ashley

Working on U Got Jokes We outside has been one of the most monumental moments of my life! It gave me the opportunity to meet and work alongside some incredible individuals as well as learn new skill within a diverse and experienced environment expanding my knowledge on the behind the scenes of events management and so much more! It was an amazing opportunity for me to build my network and make amazing relations with people such as Jess Hilarious!

Shimari

I have been working on the 'U Got Jokes' street team for the last few months and it was amazing to see the effort we put into sales, marketing and promotion turn into real life in front of us. The night itself went really well, we had minor inconveniences but our hardworking team created solutions to any problem we had. The first hand events management experience has enabled me to possibly look into event management as a career.



Where are they now?

WHERE ARE THEY NOW?



IBRAHIM > FOOTBALL

I've always seen football as a way to help get me out of the lifestyle I'm in right now and drive me to riches. I mean, what is a better way to do that than playing a game I love? If Reiss Nelson and Jaden Sancho can make it out of SE London... so can I! My ambition is to make it into the premier league in a few years' time and hopefully represent the Sierra Leonean football team! Ever since I started playing with ISFC it's helped me with my team bonding skills, communication and great leadership skills!

GIDEON > MONEY HEALS

My business is Money Heals, specialising in music management! My business is about getting artists to the next level, we're not only a business but we are a family! Through our dynamics pushing the limits will always be achievable because we understand our artists and adapt to their needs.

My long-term goal is to have all my artist's reach number 1 in the charts, to gain generational wealth through my business and expand into production. Inside Success is enabling me to help my artists by teaching them communication, and understanding their weaknesses and strengths and improving on these, which is a reflection of the skills that being a Sales Manager has taught me.



WHERE ARE THEY NOW?



KUDJO > KSUPPLY

KSupply started around six months ago! We are a shoe and clothing restoration business. So far we have been doing very well and the long-term goal is to make this my number one source of income! Inside Success has been able to help me raise funds to start my business, to gain experience in the business world, learn valuable sales and marketing skills and help me with my client base.



SUKKI & KASHI > LICKED N LUSH

From a young age I've been interested in business and have always wanted to start up my own business. With market research it came to my attention that the food industry would be the best field to enter first as the cost to start the business would be minimal. From here I partnered with three work colleagues, Niamh, Rhia and Kashai, forming Licked n Lush! The long-term goal for Licked n Lush is to expand it into a brand and restaurant franchise with our own stocks for the public to invest in. Inside Success UK has allowed me to gain a client base from our work place, and given me a source of income to fund the business and be able to control financial functions of the company.



PHILIP > PHLIXPRODUCTION.COM

My name is Philip and I am an International Social/Commercial Producer/ Photographer/Videographer. I've done work with brands and personalities in the fashion/music industry. Worked with the likes of Valentino, Gym Shark, CrossFit, and Ikram Abdi, Davido, Oxlade and many more.

Through Inside Success I have learned how to network, time manage, money manage, and have discipline, all through making sales with the public through selling magazines. Ultimately it has built my confidence wayyyyyy up and also allowed me to communicate and execute ideas.



WHERE ARE THEY NOW – BUSINESS SPECIAL

body CONTOUR LONDON



The idea for body contouring came around in march and we decided to put it into action in October. Being apart of Inside Success has always been a pleasure, they nurtured our entrepreneurial spirit and now we our doing something we are passionate about! Our business is called Body Contour London. We are based in Wembley (NW London) but do home services for an extra price .

NATURAL BODY ENHANCEMENTS

WHO ARE WE

WE SPECALISE IN BEAUTY SERVICES
CREATED PURELY FOR WOMAN WHO ARE
SEEKING NON-SURGICAL BODY
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INSTANT RESULTS.

NON-SURGICAL SERVICES WE PROVIDE:

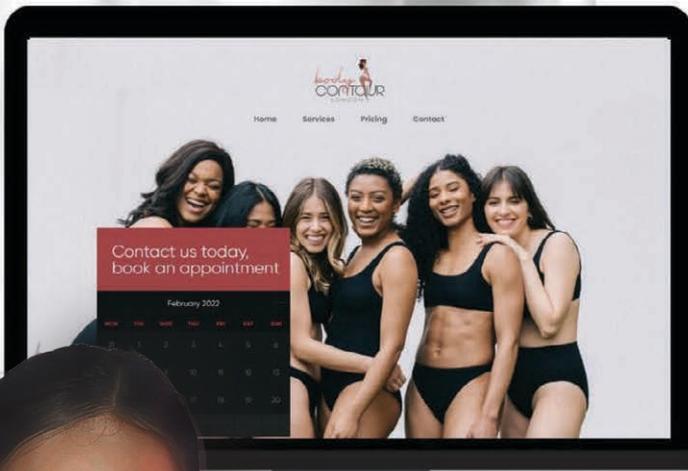
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AWARDS NIGHT

The Awards night ceremony of 2022 was amazing. Special thanks to our sponsor Yarn Fischer who allowed us to make it magical.



The young adults all dressed up to impress, creating an absolutely regal atmosphere. We had the likes of Jermaine Defoe, TI official and Khali Best come through and win some of our external awards as well as music sensation SIM-BA perform live! We also had our own internal awards given to the young people that proved to be a real heart-warming scene. Props to our first 'Sales Manager of the Year Award' given to Adan Mohammed!



It was our first one and hopefully the rest that follow are equally amazing. If you would like to take part in our new end of summer annual event and sponsor us please do not hesitate to email us at insidesuccessuk@gmail.com we look forward to hearing from you! We greatly appreciate any help towards the running of our event.



Leadership skills in a digital modern world

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

TV PRODUCTION IN A DIGITAL MODERN WORLD

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

WOMEN EMPOWERMENT IN A DIGITAL WORLD

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

ACTING IN A DIGITAL WORLD

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

CONSTRUCTION

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

PROPERTY

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

MARKETING

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

SPORTS

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

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 February 2023



After successfully launching Inside Success FC in 2021/2022, we were promoted to division 2 of the Essex and Corinthian league. The improvement has been amazing after a slow start to the season. With our new home ground at Redbridge stadium where we've been practising this has been made possible. With many new additions to the squad, we're still looking for new players. The hard work we put in will hopefully see us achieving back-to-back success to move us forward to our long-term goal of becoming a semi-pro football club!

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

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 women within our company. We hope after the remarkable and successful year we just enjoyed, many of the same lie ahead.

Football Coach: "Our turnout has been amazing, a lot of people are coming to play. Unfortunately, we have had minor setbacks but fortunately with a hardworking team we are slowly overcoming this to become one of the best teams in the Essex and Corinthians league. I have high hopes for the coming year, especially now with our new stadium as our home ground, and I'm very much looking forward to it. We are welcoming new players too!"

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

STR8

NU FASHION

STR8 earners represent individuals who have strong work ethics and are persistent and consistent with their work. The clothing line was established in 2019 and launched in 2022. The motive behind STR8 earners is to never give up, or look down on the bigger picture, as working towards your dreams 24/7 throughout the course of 365 days, will enable you to execute them. To become a top STR8 earner, it's important to keep your vision tunnelled on a straight route and surround yourself with individuals who motivate and inspire you to attain your goals.

Being an earner entails more than just obtaining money. Some of the main qualities and attributes needed are sacrifice, dedication and having forethought. Planning is an important step towards your destination, as following a route will help you stay focused and achieve your goals more effectively. Maintenance is also vital within the STR8 procedure, as everyone can earn money, but can you maintain it? Invest it in the right things?

As the brand's creator, my passion for fashion has inspired and driven me to create a streetwear brand that is indispensable to everyone. My long-term goal for the brand is to be globally recognised and to have stores nationwide. After several years of ongoing planning, we bring to you something that many others don't, which is the purpose and meaning behind our street wear brand. Our brand is crafted and designed with the finest quality materials, with apparel standards which set them apart from others.



SacredLifeUK



OWNED BY:
RANIPHAEL & MARCUS
BASED IN NORTH WEST

Reason for starting the brand: SacredLife was given this name because life is not promised at all. This is personally linked to the death of my grandmother. Sacred is connected to God: creations are special and life is a gift so the brand is made to reinforce that we should cherish every moment of our lives through graphical images and symbols.



WHAT'S THE MOTIVE?



PORTSMOUTH -THE PLAY ZONE

Release your inner child at The play zone, with a range of activities for all ages and also an adults only night every Friday!

www.theplayzone.co.uk/portsmouth-home/portsmouth-adult-night/



MANCHESTER -THE CUBE EXPERIENCE

Have you ever watched the cube and thought you could win? Now you can test your skills at the cube experience.

www.urbanplayground.co.questions.uk/attractions/manchester/the-cube



BIRMINGHAM - ROLLER JAM ROLLER

Immerse yourself into an 80s experience by going roller skating. They offer student events, 18+ events and more.

<https://mailchi.mp/0cb6bb7eb190/roller-jam>

CHATHAM SNOWSPORTS CENTRE



Take a ride on the longest toboggan in the UK. They also offer snow sports like skiing and snowboarding and great food!

www.jnlchatham.co.uk

LONDON - BABYLON PARK



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Hungry? Grab a quick bite!

PORTSMOUTH: **DRIFT SOUTHSEA**

A late-night venue, cocktail bar and kitchen with every week packed up with different themes and events! If you're looking for a



fun night with insane pizza from their fire pit kitchen and premium in-house cocktails by their personal mixologist then this is the place for you!

www.tripadvisor.co.uk/Restaurant_Review-g186298-d1064958-Reviews-Drift_Southsea-Portsmouth_Hampshire_England.html#M41PW

Manchester: **EAT MEAT**

Eat meat is different and special with its rich food offerings and warm atmosphere. Try out their top quality Halal steaks and other options!



<https://eatmeatrestaurant.com/menu/>

Birmingham: **THE MILK CAKE MAN, CUTE DESSERTS**

Try this unique dessert spot with vibrant food and an amazing location.



www.instagram.com/themilkcakeman/?hl=en

Kent: **OAD STREET**

A destination to have homemade good food with friends and family at Brunch, Lunch and Afternoon Tea, all whilst enjoying our modern setting and browsing our gift shop.



www.oadstreetfoodandcrafts.com/#oad-street-food-crafts

London: **THE JAM**

Known as the tree house restaurant, The Jam is famous for its unique architecture with a multilevel seating arrangement and for its mouth-watering Italian cuisine. If you're into amazing food and looking for a one-of-a-kind restaurant experience this is the place for you!

<https://g.co/kgs/iN75TA>

WHAT'S WORSE THAN HAVING LEUKAEMIA?



BEING BLACK AND HAVING LEUKAEMIA.

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

UNITE TO FIGHT LEUKAEMIA acbt.org



SEE:

MATILDA: THE MUSICAL

The new movie version of Matilda is due to be released on the 25th of December! Movie critics say it's going to be the best one yet...but can you really beat the classic? Book yourself a ticket and make your own mind up!

BUY:

FUJIFILM INSTAX MINI 8 INSTANT FILM POLAROID CAMERA!

Growing up the only thing you really seem to be able to cling on to are our memories with

one another. Take an in-the-moment memory with the amazing old school style Polaroid

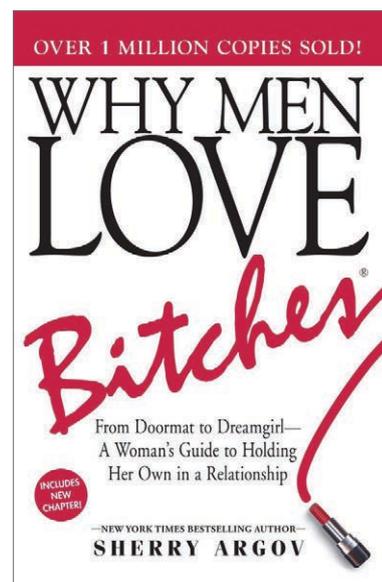


cameras. Create a scrapbook with all your memories to look back and laugh at one day.

READ:

WHY MEN LOVE BITCHES... SHERRY ARGOV

A hilarious page turning read. Discover why men are attracted to independent, bossy



women based on real events, interviews and surveys! Definitely would recommend it as a good Sunday evening read.



INSIDE SUCCESS UK PRESENTS

LET'S TALK ABOUT IT!

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

Hosted by

Season 3 is coming fast and furiously. Sit down and grab a bowl of popcorn whilst our hosts unfold some seriously head squeezing topics to get your mind thinking! Featuring on this season we have: Zita, Rhi London, StaySho, Onyx, Ashley, Nadia, Shemar anduki!



Zita Salum

&



Weekly Guests

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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 TAKES AN ON AN AMERICAN JOURNEY WITH HIS NO HOLDING BACK ENERGETIC COMEDY HILARIOUS STORY TELLING AND IMPRESSIONS.

