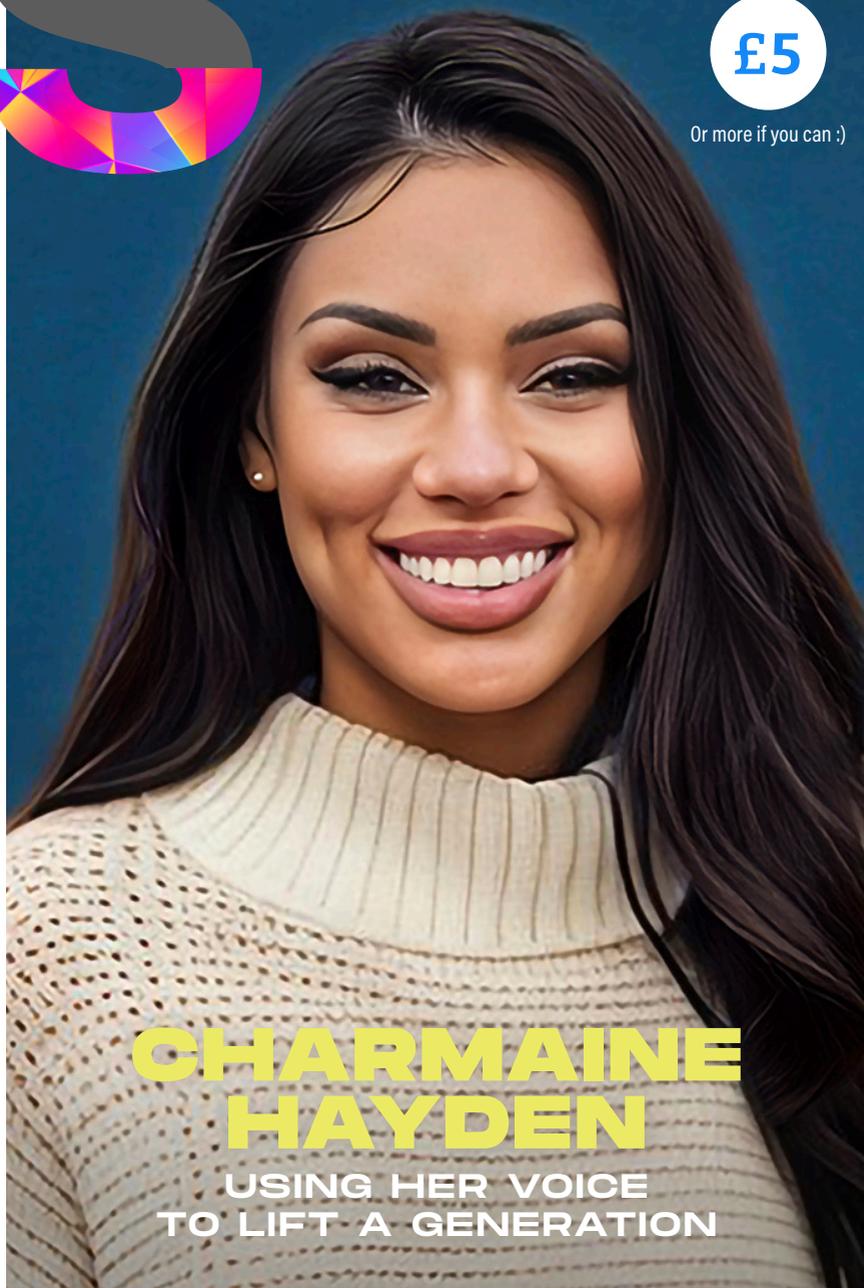


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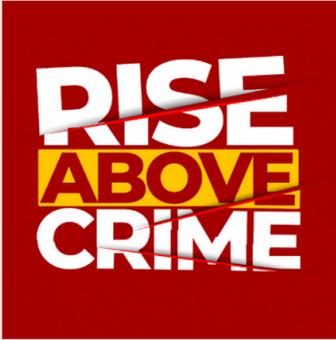


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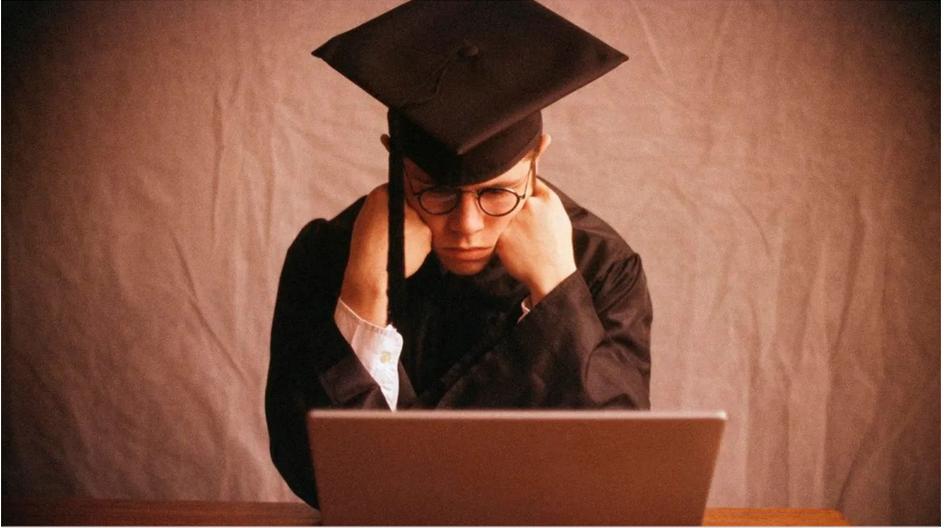
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# A Degree, But No Direction: Why the Job Market Feels Rigged Against New Grads

OPINION



You've done everything right. You studied hard, passed your exams, and spent years perfecting CVs and LinkedIn profiles – and yet, the moment you graduate, you're hit with the cold reality: no one's hiring. For the class of 2025 and beyond, the job market feels less like an open door and more like a locked gate with "experience required" written across it.

**R**ight now, graduates are facing one of the toughest employment climates in over a decade. According to The Guardian, graduate job listings have dropped by over 30%, and major firms are quietly scaling back their intake. PwC, for instance, announced cuts to its graduate programmes this year. Add in a shaky economy, rising rent, and automation slowly eating away at entry-level jobs, and it's no wonder so many young people feel stuck before they've even started.

The irony is painful. We were raised to believe that higher education was the golden ticket to opportunity. But for many, that ticket now feels overpriced and expired. The average employer receives more than 100 applications for every graduate role, meaning the system doesn't just reward talent – it rewards endurance. You can have a first-class degree and still be ghosted by companies that once promised "early career opportunities".

But here's the thing – the problem isn't with us. It's with a labour market that's failing to adapt to its own expectations. Employers want skilled, creative workers, but they don't want to train them. They talk about "investing in the next generation", but internships are unpaid, and graduate schemes are shrinking. Somewhere between the buzzwords and the budget cuts, young talent got lost.

Still, there's a spark of hope. Many graduates are building careers outside the traditional path – freelancing, starting small businesses, or finding work in emerging industries like sustainability and AI ethics. The path isn't linear anymore, but maybe that's our advantage. We're resilient, resourceful, and raised in chaos – qualities that no recession can erase.

So yes, the job market is brutal. But if anyone's built to survive it, it's us.

# Digital ID cards: A necessity or a waste of funds?

Last year, the government announced a new Digital ID scheme in hopes of combating illegal working whilst making it easier for people across the country to use vital government services. “This new scheme will ensure the country’s borders are more secure,” says Prime Minister Keir Starmer. The roll-out in due time will make it easier to apply for government and private sector services. This includes helping renters prove their identity to landlords, applying for other forms of ID such as a driving licence, making it easier for parents to apply for free childcare, and improving access to welfare services and benefits.



Additionally, the new scheme will become a legal requirement for the right to work as a way of stopping undocumented, illegal immigrants from finding work in the country. The government is sending out a clear and direct message. If you come here illegally, you will be prohibited from finding work. The government hopes that this new message will deter people from making dangerous journeys to the UK.

The general public have had a very mixed opinion on this. Some Brits agree with the scheme and remain positive about the idea. For example, an Ipsos poll found **57%** of Britons support a national ID card. However, some do not share the government’s enthusiasm for the Digital ID scheme. Over **2.8 million** people have signed a petition against introducing digital ID cards. So overall, is it a necessity or a waste of funds?

The UK government’s new digital ID scheme has sparked a lively national debate. Supporters argue it will modernise public services, reduce fraud, and make identity verification simpler and more secure. By storing credentials on smartphones, citizens could prove their right to work, access welfare, or confirm their identity

online without repeatedly submitting paper documents. Advocates also highlight potential economic benefits, claiming digital IDs could cut administrative costs and help combat illegal working by making employment checks more reliable.

Critics, however, warn that the scheme risks eroding privacy and expanding state surveillance. Civil liberties groups fear “function creep”, where an ID designed for limited purposes gradually becomes mandatory for everyday activities like renting or banking. Concerns also centre on inclusivity: many older people, low-income citizens, or those without smartphones could be excluded or disadvantaged. Furthermore, critics question whether the technology will genuinely deter illegal work or simply create new barriers for legitimate users.

Ultimately, the debate balances efficiency and security against privacy and equality. The success of the digital ID will depend less on its technology than on the trust citizens place in government safeguards, transparency, and oversight. Without that trust, even the most secure system may fail to gain acceptance.

# The Dramatic Increase in Drug Smuggling Among UK Youth

OPINION

The United Kingdom is facing a growing crisis as drug smuggling and trafficking reach record highs – and young people are increasingly caught in the middle. Once the domain of organised crime, drug smuggling now ensnares many vulnerable youths, exposing them to violence, exploitation, and criminality.



## Rising Seizures and Smuggling

Recent Home Office data shows that Border Force and police seized **119 tonnes of illegal drugs** in the year ending March 2024—a **52% increase** from the previous year, worth an estimated **£3 billion**. Cocaine seizures rose by 52%, while cannabis seizures hit their highest level since records began in 1973. These figures suggest that trafficking into the UK is expanding rapidly, with increasingly sophisticated smuggling networks.

## Youth Exploitation and County Lines

The “**county lines**” model – where gangs use young people to transport and sell drugs between cities and towns – lies at the centre of this issue. Thousands of minors are thought to be exploited through this system each year. Many come from disadvantaged backgrounds, targeted because of poverty, family instability, or lack of support. Children as young as twelve have been recruited as couriers or street dealers, often under threats or false promises of quick money.

## Why the Increase?

Several factors drive the surge. Global drug production has risen sharply, especially cocaine and synthetic drugs, flooding the European

market. Domestically, high demand fuels profitability. Meanwhile, youth services and community programmes – once protective lifelines – have been cut back, leaving many young people vulnerable. Organised crime groups also exploit technology, using encrypted messaging and postal routes to evade detection.

## The Human and Social Toll

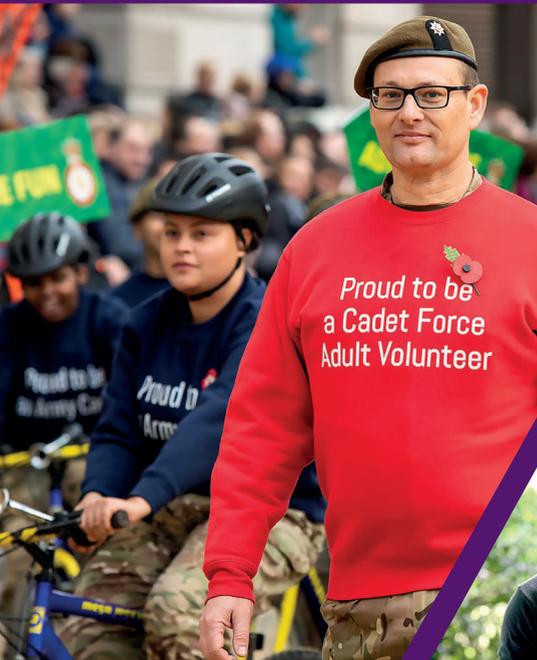
The consequences are severe. Young people involved in smuggling face arrest, violence, and long-term trauma. Families and communities are left to deal with the fallout of addiction, fear, and loss. The cycle of exploitation continues unless decisive action is taken.

## Moving Forward

Experts stress that enforcement alone is not enough. The UK must invest in **youth support, education, mental health services, and early intervention** to prevent recruitment into gangs. Collaboration between police, schools, and social services is vital.

The rise in youth drug smuggling is more than a criminal issue – it is a reflection of inequality and neglect. Stopping the drugs at the border is important, but stopping the exploitation must come first.

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## ... before I bought my first car

### 1. The cost goes far beyond the sticker price.

Most people focus on the purchase price, but the real expenses begin after the car leaves the lot. Insurance, fuel, maintenance, MOT tests, and unexpected repairs can quickly add up. Budgeting for these ongoing costs is essential to avoid financial surprises.

### 2. Don't judge a car by its looks.

It's easy to be drawn in by shiny paintwork or sleek designs, but appearance doesn't guarantee reliability. A car that looks impressive might hide expensive mechanical issues. Prioritising quality, mileage, and service history over aesthetics can save a lot of stress and money down the line.

### 3. Bring someone experienced.

A second opinion from a knowledgeable friend or mechanic can make a huge difference. They can spot warning signs a new buyer might overlook – from worn tyres to strange engine noises – helping to ensure the deal is truly worth it.

### 4. Test drives reveal the truth.

A car might sound perfect on paper, but how it performs on the road tells the real story. Prospective buyers should take their time on a test drive, checking everything from steering and brakes to comfort and handling.

Buying your first car is definitely one of the most exciting moments for any new driver. It's one of life's biggest milestones, representing freedom and independence. But warning: don't get caught up in the excitement. There are a lot of responsibilities that come with buying a car that first-time buyers often miss. So, to avoid unexpected costs, going over your budget or having a car that ends up being an expensive chore, rather than of practical use, here are some practical tips every new driver should know before making that first purchase.

### 5. Patience pays off.

Rushing into a purchase often leads to regret. Taking the time to research, compare prices, and negotiate can open the door to better deals and newer, more reliable options within budget.

### 6. Used cars can be the smarter choice.

While new cars may be tempting, they lose value the moment they're driven away. A well-maintained used car offers great value, especially for first-time buyers still adjusting to ownership responsibilities.

Buying your first car is undeniably an exciting moment. However, it is also a major commitment. If you plan thoroughly, have patience, do your research and follow our tips, you're guaranteed to find the car of your dreams, whilst avoiding common pitfalls and unnecessary hassle.



## ... Before I Stopped Eating Processed Foods

When you first decided to cut processed foods out of your diet, you thought it would be simple: swap chips for fruit, cook at home more often, and feel healthier almost immediately. While you don't regret the decision at all, the journey comes with lessons you wish you had known beforehand—insights that could have saved you both frustration and money.

### 1. “Processed” Doesn’t Mean “Poison”.

One of my first mistakes was trying to eliminate all foods that were technically processed. I avoided canned beans, whole-grain bread, and even frozen vegetables. Later, I realized not all processing is harmful. Some processed items, like bagged spinach or plain yoghurt, can actually make healthy eating easier and more sustainable. The key is learning the difference between minimally processed foods and ultra-processed products loaded with sugar, additives, and preservatives.

### 2. Grocery Shopping Takes Longer—at First.

I underestimated how much time I'd spend reading labels, searching for alternatives, and figuring out what to cook. The first few trips to the store felt overwhelming. But over time, I built a routine and discovered go-to brands and staple ingredients. Now, shopping is faster than ever—but I wish I'd known that the initial adjustment period was normal.

### 3. Cooking Skills Matter.

Without boxes of pasta sides or frozen entrées to fall back on, I had to get creative in the kitchen. At first, it felt intimidating, and I relied too heavily on boring basics like chicken and rice. Once I started experimenting with spices, herbs, and simple cooking techniques, meals

became exciting instead of repetitive. A little confidence with a skillet or sheet pan goes a long way.

### 4. Cravings Don't Disappear Overnight.

I expected my taste buds to reset immediately, but the truth is, I still craved chips and cookies for weeks. What helped was finding healthier swaps—like roasted chickpeas for crunch or dark chocolate when I wanted something sweet. Slowly, my cravings lessened, and whole foods began to taste richer and more satisfying.

### 5. Social Situations Require Flexibility.

Eating out or attending parties without processed foods in my diet brought unexpected challenges. At first, I either skipped events or stressed about what to eat. Eventually, I learned balance: I don't beat myself up if I have something outside my “rules”. The bigger picture of consistent healthy choices matters more than perfection.

Looking back, giving up processed foods has improved my energy, digestion, and overall well-being. But I wish I had known it wasn't just about food—it was about patience, preparation, and self-compassion. If you're considering this change, give yourself grace. The process is just as important as the results.

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# Does Adulthood Really Start at 18 – or Later in Life?

For generations, turning 18 has symbolised a grand entrance into adulthood. At that age, you can vote, join the military, and make your own legal decisions.

Society stamps you as an adult overnight, as if blowing out 18 candles magically equips you with wisdom, responsibility, and independence. Yet in reality, for many young people, adulthood doesn't begin the moment they reach that milestone. It often emerges more gradually—sometimes well into their mid- or late twenties.



# 18

you're officially  
an adult.  
(allegedly)

At 18, most people are still navigating the uncertain bridge between adolescence and maturity. Many are finishing high school or starting college, still financially dependent on their parents and unsure of their direction in life. Legally, they may be adults, but emotionally and economically, they are still growing. The modern world has changed the timeline of maturity – careers take longer to establish, education stretches further, and the cost of living makes independence harder to achieve. So while the law says 18, life often says “not quite yet”.

In earlier generations, adulthood came sooner because circumstances demanded it. People married young, entered the workforce earlier, and had fewer educational opportunities. Today, society allows – and in some ways requires – more time to prepare for stable adulthood. With complex career paths, rising tuition, and financial pressures, many young adults remain in a state of “emerging adulthood”, a term psychologists use to describe the phase between adolescence and full-fledged maturity, roughly from 18 to 29.

That doesn't mean young people today are less capable or more immature. It means adulthood has evolved. Being an adult is not just about age or legal status; it's about emotional resilience, self-awareness, and the ability to take responsibility for one's choices. Some people develop these traits early, while others need more time. The 25-year-old who has faced real challenges and learnt from them might be far more mature than an 18-year-old who has never made a major decision independently.

If we're honest, adulthood is less a number and more a process – one that unfolds differently for everyone. Turning 18 opens the door, but walking through it takes time, experience, and often a few mistakes. Society should recognise that legal adulthood and practical adulthood are not the same thing. Instead of pressuring young people to “have it all figured out” by a certain age, we should support the journey of growth that happens in their twenties.

So, does adulthood really start at 18? Technically, yes—but realistically, it begins whenever a person learns to take ownership of their life. For most, that's not at 18, but somewhere along the winding path of their twenties.

# The Power of Voices: People who have influenced youth-based policies

INSPIRE ME

## SIENNA CHURCHER



Sienna Churcher is one of the youngest elected councillors in the United Kingdom, representing Reform UK. Her election marked a notable moment for youth involvement in alternative political movements, signalling growing generational diversity in local government. Through her platform, she advocates for political reform, fiscal responsibility, and greater youth participation in civic life, bringing a fresh perspective to debates traditionally dominated by older voices.

## MARCUS RASHFORD MBE



Marcus Rashford is an English professional footballer and social campaigner who has become one of the most influential voices in UK social policy. In 2020, he successfully led a campaign to extend free school meal provision for children during the COVID-19 pandemic, prompting a government U-turn. Rashford has since continued to advocate for tackling child poverty through his “End Child Food Poverty” initiative and partnerships with charities and retailers. His work has redefined how celebrity influence can drive meaningful policy change.

## DEV SHARMA



Dev Sharma is a youth activist and food-justice campaigner who has worked to make the UK's food system fairer and healthier for young people. As a member of Bite Back 2030 and a former Youth MP, he has campaigned for expanded access to free school meals and stricter regulation on junk-food advertising to children. Dev has addressed Parliament and delivered petitions to Downing Street, becoming one of the leading youth voices linking food policy, inequality, and public health.

## SEYI AKIWOWO



Seyi Akiwowo is a British-Nigerian activist, digital rights advocate, and founder of **Glitch**, a UK charity committed to ending online abuse and making the internet safer for all—especially women and young people. A former local councillor, she has worked globally to promote digital citizenship and online safety policy reform. Her work influenced the development of the UK's Online Safety Act and has positioned her as one of the country's leading voices on youth and technology ethics.

## RHAMMEL AFFLICK BEM



Rhammel Afflick is a British activist and communications professional recognised for his work in youth engagement, equality, and social justice. Formerly Director of Communications at the London LGBTQ+ Community Centre and a long-standing youth campaigner, he has advocated for reforms in policing, youth violence prevention, and diversity in public life. Afflick's activism centres on amplifying under-represented voices and ensuring young people are meaningfully involved in shaping the policies that affect them.

# The Renters' Rights Act 2025: A New Deal for England's Renters

The Renters' Rights Act 2025 has ushered in the most significant transformation of England's private rental market in more than three decades. Designed to give renters stronger protection, fairer treatment, and better living conditions, the new law rewrites the rules of renting – replacing a system long criticised as unbalanced and insecure.



## End of “No-Fault” Evictions

For years, tenants have faced the threat of eviction under Section 21 of the Housing Act 1988—often called “no-fault” evictions—which allowed landlords to remove tenants without giving any reason. Under the new Act, this practice is **abolished entirely**. From now on, landlords will only be able to evict tenants for a legitimate legal reason, such as serious rent arrears, anti-social behaviour, or needing to sell or move back into the property. This reform gives renters much greater security and reduces the anxiety of being forced to move unexpectedly.

## No More Fixed-Term Tenancies

Another landmark change is the **end of fixed-term tenancies**. Under the previous system, most renters held six- or twelve-month Assured Shorthold Tenancies (ASTs), which offered little flexibility and left many unsure about their long-term housing situation. The new law replaces them with **open-ended periodic tenancies**. These roll from month to month, allowing tenants to leave at any time with two months' notice, while landlords must prove a valid reason to regain possession. This shift gives renters both **stability and flexibility**.

## A One-Month Limit on Rent in Advance

The Act also targets affordability. It introduces a **new legal limit of one month's rent in advance**, making it illegal for landlords or letting agents to demand large upfront sums before a tenancy begins. This closes a loophole that often priced out low-income renters, students, and those without guarantors. Now, entering the rental market should be fairer and less financially punishing.





### No More Bidding Wars and Fairer Rent Increases

In addition, **rental bidding wars** – where tenants are encouraged to offer more than the advertised rent – are now banned. Every property must be offered at a set price, promoting transparency and preventing rent inflation. Landlords will also be restricted to **one rent increase per year**, and tenants will have the right to challenge unfair rises through a housing tribunal. This new framework gives renters predictable costs and a fair process for dispute resolution.

### Pets, Homes, and Standards

For many tenants, the right to have pets has been a long-awaited victory. The Act makes it clear that **pets are now allowed by default**, with landlords only able to refuse on reasonable grounds, such as property damage risks or lease restrictions.

Perhaps most importantly, the **Decent Homes Standard** – previously applied to social housing – is now being extended to the private sector. Every rented property must be **safe, warm, and free from serious hazards** such as damp, mould, or unsafe wiring. Landlords will be legally obliged to maintain these standards, and local authorities are being given stronger powers to investigate and enforce compliance.

### A Fairer Future for Renters

Together, these reforms represent a profound cultural shift in England's rental market. **The Renters' Rights Act 2025** aims to make renting fair, stable, and dignified – ensuring that tenants can feel truly secure in their homes without fear of unfair eviction, financial exploitation, or unsafe living conditions.

# CBT

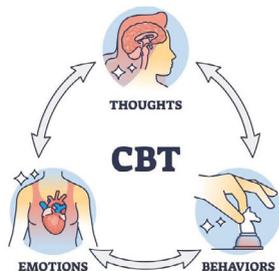
## (Cognitive Behavioural Therapy)

CBT (Cognitive Behavioural Therapy) is a highly effective form of psychotherapy. It's considered one of the most well-researched and evidence-based treatments for a wide range of mental health conditions. Its effectiveness stems from its practical, goal-orientated approach, focusing on the interconnectedness of thoughts, feelings, and behaviours.

### What is CBT?

CBT is a short-term, structured therapy that helps people identify and change destructive or unhelpful thought patterns that negatively influence emotions and behaviours. The core principle is that our thoughts, not external events, are what primarily affect how we feel. By learning to recognise and challenge negative thoughts, individuals can alter their emotional responses and behaviours in a more positive way. For example, someone with social anxiety might have the thought, "Everyone thinks I'm boring," which leads to feelings of fear and a behaviour of avoiding social gatherings. CBT helps them challenge that thought by examining the evidence for and against it, ultimately helping them reframe the thought and change their behaviour.

### COGNITIVE BEHAVIORAL THERAPY



### How Effective is CBT?

The effectiveness of CBT is supported by a vast body of research. It's a first-line treatment for many conditions, including:

- **Anxiety disorders:** Such as panic disorder, social anxiety, and generalised anxiety.
- **Depression:** It's often as effective as medication for many individuals with mild to moderate depression.

- **OCD (Obsessive-Compulsive Disorder):** A specific form of CBT called Exposure and Response Prevention (ERP) is the gold standard treatment.
- **PTSD (Post-Traumatic Stress Disorder):** Trauma-focused CBT is highly effective in helping people process and cope with traumatic memories.
- **Eating disorders:** Like bulimia nervosa and binge eating disorder.
- **Sleep disorders:** CBT for insomnia (CBT-I) is a leading treatment.

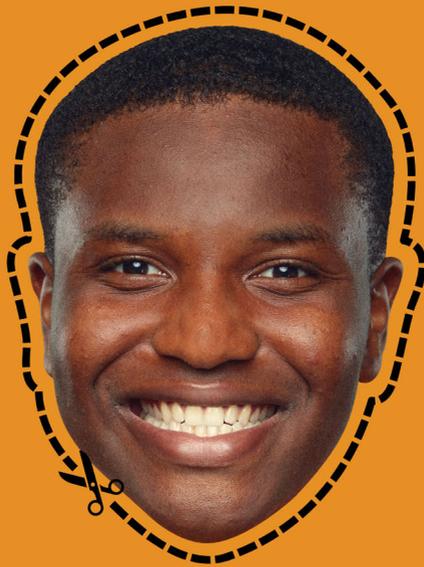
Beyond these specific conditions, CBT can be incredibly useful for managing everyday stress, improving self-esteem, and enhancing coping skills. Its effectiveness is partly due to its focus on giving people practical tools and strategies they can use long after therapy ends. It's not just about talking; it's about learning.

### Why is CBT So Popular?

CBT's popularity is rooted in its practical and collaborative nature. Therapists and clients work together as a team to set goals and track progress. It's typically a time-limited therapy, often lasting between 5 and 20 sessions, which makes it more accessible and less intimidating for many people. It also empowers individuals to become their own therapists by teaching them the skills to manage their mental health independently. While CBT may not be the right fit for everyone—some may benefit more from other approaches like psychodynamic or dialectical behaviour therapy (DBT)—its strong evidence base and clear-cut techniques make it a reliable and powerful tool in the mental health toolkit. If you're struggling with persistent negative thought patterns, exploring CBT could be your first step toward gaining control and improving your well-being.

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# Charmaine Hayden

## Using Her Voice to Lift a Generation

SUCCESS LEAVES CLUES

Charmaine “Chams” Hayden is not your typical cultural commentator – and that’s exactly why she’s become one of the most important voices shaping conversations around culture, business, and opportunity. A former media personality, entrepreneur, and unapologetic disruptor, she has built a career at the intersection of entertainment, entrepreneurship, and impact.



Today, as an Ambassador at Visit Nigeria and a respected cultural commentator, Charmaine uses her platform to spotlight stories, destinations, and communities that traditional narratives often overlook. Drawing on her previous experience as a co-founding partner at GOODsoil VC, she brings an investor’s eye and a storyteller’s heart to every room she enters, helping to rewrite what leadership and representation look like – and who they’re for.

Charmaine’s journey into business and investment is as unconventional as it is inspiring. Before she was analysing deals or advising decision-makers, she was building her own empire across modelling, media, and entrepreneurship. She cofounded Face4Music, a modelling agency that championed curve and ethnically diverse talent long before the rest of the industry caught on. She then launched Goal Digger Power Circle, a supportive network for women navigating the entrepreneurial world.

Her voice really became part of the cultural fabric when she cocreated the online show Not for the Radio (NFTR) – a raw, unfiltered platform where music and business collided – and later hosted Money Talks with Chams on Rinse FM. She wasn’t just commenting on culture; she was shaping it.

Behind the scenes, Charmaine was preparing for an even bigger chapter. With degrees in Law and Psychology, she had the foundation to step into spaces where strategy, leadership, and long-term vision mattered – skills she now channels into cultural diplomacy, brand

storytelling, and advocacy for underrepresented communities.

### Building a Different Kind of Venture Fund

In one of the most high-profile chapters of her career, Charmaine became a co-founding partner at GOODsoil VC, a firm that was never meant to be a typical investment fund. Founded in 2017, GOODsoil took bold bets on African startups – the kind that traditional VC often ignores or undervalues. Under Charmaine’s influence, the firm placed early trust in innovators working across fintech, agritech, mobility, digital infrastructure, and sustainability.

GOODsoil’s mission wasn’t just financial – it was cultural. With half its partners being women and most being Black, the firm stood as a statement in an industry dominated by homogeneity. Charmaine became its heartbeat: a strategist with the instinct of a creative and the courage to back founders who reminded her of herself – ambitious, underestimated, and unstoppable.

### A Global Voice for Innovation, Culture and Inclusion

Charmaine’s influence now extends far beyond investment meetings. As Ambassador at Visit Nigeria, she champions tourism, culture, and innovation – helping to bridge the gap between Nigeria, the wider African continent, and the global diaspora. She brings together creatives, entrepreneurs, and policy-makers, highlighting the country’s rich heritage alongside its booming tech and creative sectors.



She has advised African governments on economic strategy, spoken at major international finance and culture summits, and pushed for structural change within both the global investment ecosystem and the cultural industries. Her approach combines numbers with nuance – recognising that culture, community, and capital are deeply interconnected.

#### **Turning the Page – Without Slowing Down**

After helping to build and fully deploy GOOD-soil's flagship fund, Charmaine made a deliberate decision to step away from day-to-day fund management. For some, that would signal an ending. For Charmaine, it marked evolution.

Rather than raising another fund, she chose to lean deeper into advisory roles, cultural strategy, board positions, and her ambassador work with Visit Nigeria – shifting from investor to architect of global development and cultural

connection. Today, she uses her experience in venture capital to inform how brands, governments, and creative industries can build more inclusive, future-focused ecosystems.

#### **A Legacy Bigger Than Venture Capital**

What makes Charmaine Hayden magnetic isn't just her success – it's her intention. She has built a career on making rooms more inclusive, giving overlooked founders, creatives, and communities a shot, and proving that culture is not a barrier to business – it's an asset.

In a world where power and investment have long looked one way, Charmaine stands out: bold, brilliant, culturally fluent, and unafraid to break the mould. Her story is far from finished – and the next chapters, led by her work as Ambassador at Visit Nigeria and as a cultural commentator, are likely to be her most transformative yet.

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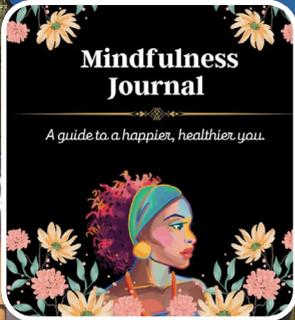
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# Gym Misconceptions You Need to Know

Walking into a gym full of machines, weights, and fitness classes can feel overwhelming—especially when half the “advice” floating around is myth rather than science. Here are some of the most persistent gym misconceptions — and what the evidence actually says.



## 1. “No pain, no gain” is a rule.

Many believe that if your muscles aren’t screaming the next day, your workout wasn’t good enough. But soreness is not a reliable measure of effectiveness. True pain is your body signalling harm. What really drives progress is *progressive overload* — gradually increasing the weight, volume, or intensity.

## 2. You can spot-reduce fat.

Doing endless crunches or side bends won’t melt fat from your belly or hips alone. Fat loss happens across the entire body, influenced by genetics, nutrition, and total energy balance. Instead, focus on full-body strength training, cardio, and sensible eating.

## 3. Lifting weights will make women bulky.

This is one of the most persistent myths — and one of the most inaccurate. Building large, bulky muscles requires a specific, high-calorie nutrition plan and intense training over time. For most women (and men), resistance training helps you build lean muscle, increase strength, improve bone density, and boost metabolism without “bulking up” in the way pop culture imagines.

## 4. You must sweat heavily to get a good workout.

Sweat is not a measure of success. Some people naturally sweat more than others, and many high-quality workouts — like strength training, yoga, or low-impact circuit work — may not produce buckets of sweat but can still be highly effective.

## 5. Cardio is king for weight loss.

Cardiovascular work certainly helps burn cal-

ories and supports heart health, but relying on it alone is inefficient. Strength training plays a critical role because it helps build lean muscle mass, which in turn boosts your resting metabolic rate and supports longer-term fat loss.

## 6. You have to hit the gym every day to see results.

Consistency is important — but so is recovery. Overtraining can hinder progress, increase injury risk, and lead to burnout. A balanced programme of 3–5 workouts per week, paired with rest days, tends to be far more sustainable and effective.

## 7. The “anabolic window” is strict.

You’ve likely heard you must drink a protein shake within 30 minutes post-workout to “save” your gains. Research shows it’s your total daily protein intake that truly matters—not the exact minute you consume it. No need to stress over rigid timing.

## 8. Stick to one type of exercise forever.

Some believe you should find your “style” (running, lifting, HIIT, etc.) and never stray. But variety is powerful: switching movement patterns, modalities, and intensities helps prevent plateaus, reduce injury risk, and keep motivation alive.

The most successful fitness plan is the one you can stick to — one grounded in solid science, personalised to your goals, and built around steady progression, variety, rest, and consistency.

Reject the myths and focus on what works.

## THAI GREEN SALMON

**INGREDIENTS:** (Serves 2–3)

- 2 salmon fillets (about 150–200 g each, skin on or off)
- 2 tbsp Thai green curry paste
- 1 can (400 ml) coconut milk
- 1 tbsp fish sauce (or soy sauce as a substitute)
- 1 tsp brown sugar or palm sugar
- 1 small onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 100g green beans, trimmed and halved
- 1 small zucchini, sliced into half-moons
- Juice of ½ lime
- Fresh Thai basil or coriander leaves, for garnish
- 1 tbsp vegetable oil
- Steamed jasmine rice, to serve



### INSTRUCTIONS

#### 1. Prepare the salmon:

Pat the salmon dry with paper towels and season lightly with salt. Set aside.

#### 2. Start the curry base:

Heat the oil in a large skillet or wok over medium heat. Add the sliced onion and cook for 2–3 minutes until soft and fragrant.

#### 3. Cook the paste:

Stir in the green curry paste and fry for 1 minute to release the aromatics. The paste should darken slightly and smell fragrant.

#### 4. Add coconut milk:

Pour in the coconut milk and stir until the curry paste is fully blended. Bring to a gentle simmer.

#### 5. Season the sauce:

Add the fish sauce and sugar, adjusting to taste. The sauce should be a balance of salty, sweet, and lightly spicy.

#### 6. Add vegetables:

Toss in the bell pepper, green beans, and zucchini. Simmer for 5–6 minutes until tender but still vibrant.

#### 7. Cook the salmon:

Nestle the salmon fillets into the sauce. Cover and simmer gently for 8–10 minutes, or until the salmon flakes easily with a fork.

#### 8. Finish with freshness:

Squeeze in the lime juice and stir gently. Garnish with fresh basil or coriander leaves.

#### 9. Serve:

Ladle the curry and salmon over bowls of steamed jasmine rice. Enjoy hot.

## TOFFEE APPLE BREAD & BUTTER PUDDING

**INGREDIENTS:**

- 6 thick slices of brioche or soft white bread (slightly stale works best)
- 50 g unsalted butter (softened, for spreading)
- 2 medium apples (peeled, cored, and sliced)
- 2 tbsp light brown sugar
- 1 tsp ground cinnamon
- 3 large eggs
- 300 ml whole milk
- 150 ml double cream
- 75 g caster sugar
- 1 tsp vanilla extract

#### For the toffee sauce:

- 100 g light brown sugar
- 75 g unsalted butter
- 150 ml double cream
- Pinch of salt



### INSTRUCTIONS

#### 1. Prepare the apples:

- Heat a frying pan over medium heat.
- Add a knob of butter, the apple slices, brown sugar, and cinnamon.
- Cook for 5–6 minutes until the apples are softened and caramelised. Remove from heat.

#### 2. Prepare the bread:

- Butter each slice of brioche on one side.
- Cut into triangles or halves.

#### 3. Layer the pudding:

- Lightly grease an ovenproof dish.
- Arrange half of the bread slices, buttered side up, in the dish.
- Scatter over half the apples.
- Repeat with the remaining bread and apples.

#### 4. Make the custard mixture:

- In a bowl, whisk together eggs, milk, cream, caster sugar, and vanilla.
- Pour evenly over the layered bread and apples.
- Let it soak for 15–20 minutes to absorb.

#### 5. Bake:

- Preheat the oven to 180°C (160°C fan).
- Bake for 35–40 minutes, until golden on top and set in the middle.

#### 6. Make the toffee sauce:

- In a saucepan, melt butter and brown sugar over low heat.
- Stir in the cream and a pinch of salt.
- Simmer for 2–3 minutes until smooth and glossy.

#### 7. Serve:

- Drizzle the warm toffee sauce over the baked pudding.
- Serve with extra cream, custard, or ice cream.

# How to Prepare for University (January Starters)

Starting university in January can feel a little different from the traditional September intake – campuses are quieter, and you're joining students already settled in. But it also comes with unique advantages, such as smaller class sizes and a smoother transition into university life. Here are some practical tips to help you prepare confidently and make the most of your January start.



## 1. Get Your Paperwork in Order

Before you arrive, make sure all your documents are sorted. This includes your offer letter, visa (if applicable), accommodation confirmation, and any vaccination or health records required by your university. Having these ready will make enrolment and registration much easier. It's also worth double-checking tuition fee payment dates and setting up a UK bank account in advance if you're an international student.

## 2. Organise Your Accommodation Early

Because most students start in September, accommodation can be trickier to find in January. Contact your university's housing office early to see what's available. Many universities reserve a few spaces for January starters or can help you find private housing nearby. Look for places with flexible contracts, and make sure you know the move-in process before arriving.

## 3. Familiarise Yourself with Campus and City Life

Spend time exploring your university's website and online campus maps. Check out student forums and social media groups to connect with other January starters – these can be great for making friends before you arrive. Once you're there, take a few days to explore the local area, find nearby shops, and learn

public transport routes to make settling in easier.

## 4. Get Ahead Academically

Universities often share reading lists or course outlines online. Use these to familiarise yourself with your subjects before term starts. Brushing up on academic skills like note-taking, referencing, and essay writing will help you feel more confident when classes begin. It's also a good idea to set up your student email and learning platforms early so you don't miss important updates.

## 5. Prepare Mentally and Practically

Starting university – especially mid-year – can feel daunting. Create a realistic routine that balances study, rest, and social time. Pack essentials like bedding, stationery, and basic kitchen items, but remember you can buy things once you arrive. Most importantly, give yourself time to adjust. Every student feels nervous at first, but with a bit of preparation, you'll soon find your rhythm.

## Final Thought

A January start offers a fresh beginning and a chance to join university life at your own pace. With good preparation, organisation, and an open mindset, you'll be ready to embrace the adventure ahead.



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# Youth Job Guarantee: Reeves Pledges Paid Work for Long-Term Unemployed Young People

As we all know, youth unemployment is a major problem. Young people are facing difficulties navigating through the employment market, with jobs appearing to be so out of touch. However, the Labour government are determined to find a solution to ensure that young people have access to work and employment opportunities.



Chancellor Rachel Reeves has announced a major new policy aimed at tackling long-term youth unemployment in the UK. Under the proposed Youth Job Guarantee, young people who have been out of work or education for 18 months will be offered a paid job placement to help them re-enter the workforce.

The initiative is part of Labour's wider plan to ensure every young person has access to work. Those eligible for the scheme will be guaranteed either a paid placement, an apprenticeship, or a college course designed to build long-term skills. However, individuals who refuse the offer without a valid reason could face sanctions or benefit reductions.

Currently, around one in eight 16- to 24-year-olds in the UK are classed as NEET – not in education, employment, or training – representing nearly a million young people. The new policy is designed to prevent prolonged joblessness from becoming a “permanent scar”, offering structure, confidence, and experience to those struggling to find a way back into employment.

Supporters argue that the Youth Job Guarantee represents a serious effort to end what some have called a “lost generation” of young

people sidelined by inactivity. The paid aspect of the scheme is seen as particularly significant, marking a shift away from unpaid training or “workfare” programmes of the past. Advocates also believe the initiative will help bridge skill gaps and strengthen the labour market by connecting young people with industries in need of workers.

However, critics have raised concerns about timing and quality. Some argue that waiting 18 months before intervention is too long, suggesting early support would be more effective. Others question whether the placements will lead to real career opportunities or merely provide temporary work with limited prospects. Businesses, meanwhile, have called for clarity on how the scheme will be funded and how wage costs will be shared.

Full details are expected in the November 2025 budget, including funding models, eligibility criteria, and employer participation. Despite questions around implementation, the Youth Job Guarantee signals a strong political commitment to reducing youth unemployment and restoring opportunity for young people across the country. If delivered effectively, it could help thousands find stability and purpose – marking a turning point in the UK's approach to work and welfare.

# Business Ventures That Can Make You More Money Than You Know

## AI Consulting

Artificial intelligence is transforming how businesses operate. With the AI industry projected to exceed £244 billion in 2025, companies are scrambling for experts who can help integrate AI into their systems. AI consultants guide organisations in adopting machine learning tools, automating workflows, and improving decision-making. Those who master this field can earn substantial incomes, often working with high-profile clients across multiple industries.

## Software and App Development

The demand for software solutions and mobile apps shows no signs of slowing down. From startups to large corporations, businesses need customised apps to streamline operations or engage customers. Skilled developers can profit by creating their own products, offering freelance services, or launching tech consultancies. With the right idea and technical expertise, the earning potential is virtually limitless.

## E-commerce

E-commerce remains one of the most accessible and scalable ventures. Whether through traditional online stores or dropshipping, entrepreneurs can sell to a global audience with relatively low startup costs. The key lies in product selection, digital marketing, and customer experience. Many small-scale sellers have turned modest beginnings into thriving online empires.

## Digital Marketing Agencies

In the digital age, every business needs an online presence – and that's where marketing agencies shine. Offering services like SEO, content creation, and social media management can be incredibly profitable. As businesses compete for attention online, agencies that deliver measurable results can quickly build a strong client base and recurring revenue.

## Online Courses and Digital Products

Monetising knowledge has become a pow-



In today's fast-changing economy, financial success isn't just about working harder—it's about working smarter. With technology reshaping industries and consumer habits evolving faster than ever, a variety of business ventures are emerging that offer remarkable profit potential. Whether you're a tech enthusiast, a creative thinker, or a hands-on entrepreneur, here are some of the most promising ventures that can make you more money than you might imagine.

erful income stream. Whether it's teaching a skill, sharing expertise, or designing digital resources, products like e-books, templates, and courses can generate passive income. Once created, these products have minimal overhead and can be sold repeatedly at high margins.

## Subscription Boxes

From gourmet snacks to self-care kits, subscription boxes provide recurring monthly income. The secret to success is finding a niche audience and consistently delivering value that keeps customers excited for their next box.

## Service-Based Businesses

Not every profitable venture requires a digital platform. High-demand home services such as cleaning, renovation, and pet care remain reliable and easy to start. Likewise, event planning and virtual assistant services cater to the growing need for organisation and remote support.

## Real Estate and Skilled Trades

For those with capital or craftsmanship, real estate investments – from rental properties to house flipping – continue to build long-term wealth. Similarly, skilled trades like plumbing and electrical work offer stability, strong earnings, and enduring demand.

The path to wealth today is more diverse than ever. With creativity, commitment, and the right strategy, any of these ventures could be the one that makes you more money than you ever expected.

# Top 5 Apps to Help Build Your Credit for the New Year

FINANCE

As the new year begins, many of us are setting financial resolutions – from saving more to getting out of debt – but one of the most powerful goals you can secure is building or improving your credit score. A strong credit score doesn't just help with loans and credit cards; it can also impact everything from renting a home to securing a better car insurance rate. Thankfully, technology has made the process easier and more accessible than ever. Here are five of the best apps designed to help you build your credit in 2026.

## 1. LOQBOX



LOQBOX is a smart and simple way to improve your credit while saving money. You choose an amount to “save” each month, and LOQBOX locks that money away for a year. Every monthly payment is treated as a loan repayment and reported to major credit reference agencies, showing lenders that you can manage credit responsibly. At the end of the term, you get back every penny you've saved – making it a risk-free approach to boosting your score. It's a great option if you're new to credit or want to strengthen your financial habits without taking on real debt.

## 2. Bits

Bits helps you build credit automatically through a small, manageable line of credit. When you join, Bits gives you a virtual credit limit and sets up regular payments that are reported to credit bureaus. These payments demonstrate consistency and reliability – two key factors in credit scoring. The app also provides insights into your credit profile, helping you understand how your behaviour affects your score. Even if you don't qualify for a traditional credit card, Bits offers a low-risk way to start building a positive credit history.



## 3. CreditLadder

Renting your home? CreditLadder ensures your rent payments finally count toward your credit score. The app securely connects to your



bank account and reports your monthly rent payments to major credit agencies such as Experian, Equifax, and TransUnion. Since rent is often your biggest expense, turning those payments into credit-building opportunities can make a real difference. Over time, consistent rent reporting helps improve your score and shows lenders you're a reliable payer – potentially opening doors to better mortgage and loan rates in the future.

## 4. Self



Self, formerly known as Self Lender, is a U.S.-based app offering “credit builder loans”. You agree to a fixed monthly payment, which goes into a locked savings account instead of being borrowed upfront. Each payment is reported to all three U.S. credit bureaus, building your credit history month by month. Once the term ends, you get the money you've paid—minus a small interest fee—back in a lump sum. It's a disciplined, proven way to establish credit if you're starting from scratch or rebuilding after financial setbacks.

## 5. Pave



Pave takes a holistic approach to improving your credit. Alongside offering a “Credit Builder Card” that reports to major credit bureaus, it also helps you manage your finances more effectively. The app tracks bills, sends reminders, and ensures payments are made on time – protecting you from missed deadlines that can harm your score. Pave's personalised insights and data-driven recommendations help you understand exactly what steps to take to strengthen your credit profile over time.

## Final Thoughts

Building credit doesn't happen overnight, but with the right tools, it becomes much easier to manage. Apps like LOQBOX, Bits, CreditLadder, Self, and Pave offer innovative ways to take control of your financial future. By combining responsible payments, savings habits, and consistent tracking, you can make 2025 the year you finally take your credit – and your confidence – to the next level.

# Places to see when visiting Morocco

Morocco, a land where ancient tradition meets vibrant modern life, offers visitors an unforgettable journey through colourful souks, golden deserts, and majestic mountains. Whether you're wandering through the bustling medinas or relaxing in tranquil oases, Morocco in the early months of 2026 promises pleasant weather, cultural experiences, and endless adventure. Here are some must-visit destinations and how to make the most of them.

## 1. Marrakech – The Heartbeat of Morocco

Start your Moroccan adventure in Marrakech, a city alive with energy and history. The famous Jemaa el-Fnaa square transforms throughout the day—from a bustling market in the morning to a dazzling food court by night. To fully experience it, begin by exploring the souks, where artisans craft leather goods, lanterns, and spices before your eyes. Don't miss the Jardin Majorelle, a tranquil escape once owned by Yves Saint Laurent, where cobalt-blue walls and exotic plants create a perfect photo spot.



## 2. Fez – The Spiritual Soul

Fez is Morocco's cultural capital, home to one of the oldest universities in the world: Al Quaraouiyine. Wander through the medina, Fes el Bali, a maze of narrow streets where locals sell handwoven carpets and brassware. The tanning process in the Chouara Tannery is an ancient craft worth observing—workers still use natural dyes and centuries-old methods. Visit early in the day to watch the artisans at work and catch the vibrant colours in natural light.



## 3. Chefchaouen – The Blue Pearl

Tucked in the Rif Mountains, Chefchaouen is famed for its blue-painted streets and serene mountain backdrop. Walking through its alleys feels like stepping into a dream. Local families maintain the tradition of painting their homes blue, believed to symbolise peace and spirituality. Stay in a small riad, enjoy Moroccan mint tea on a rooftop terrace, and explore the local markets for handmade wool garments.



## 4. Sahara Desert – The Golden Escape

No visit to Morocco is complete without a desert adventure. From Merzouga, you can take a camel trek across the dunes of Erg Chebbi to watch the sunset over the sands. Desert camps offer luxurious tents, traditional Moroccan meals, and Berber music around the campfire. The process of preparing tagine—slow-cooked meat and vegetables in clay pots—is a culinary ritual guests can join in on.



## 5. Essaouira – The Coastal Charm

End your journey in Essaouira, a laid-back coastal town famous for its whitewashed walls and sea breeze. Visit the bustling fishing port in the morning to see fishermen haul in their catch, which you can later enjoy grilled in seaside cafés. The town's medina, a UNESCO World Heritage site, showcases artisan woodwork and traditional Gnawa music echoing through its narrow lanes.



From the mountains to the sea, Morocco's magic unfolds in every corner. Visiting in early 2026 means comfortable temperatures, fewer crowds, and the perfect opportunity to explore the timeless beauty of this North African gem.

# New Policies and Laws Coming into Effect in the UK in 2026

As the UK moves into a new legislative phase, several major reforms across immigration, employment, housing, education and road safety are set to take effect in 2026. These changes will shape expectations for individuals, employers, landlords and students, making early preparation essential.



## Immigration

Reforms from the government's immigration White Paper continue to unfold, with significant rule changes due in **January and late 2026**.

- **From 8 January 2026**, the required English language level for the Skilled Worker, Scale-up and High Potential Individual visas will rise from **B1 to B2**.
- The **Skilled Worker eligible occupation list** will be tightened by the end of 2026, reflecting higher qualification and salary thresholds. These adjustments mean stricter criteria for migrants and a need for employers to plan sponsorships earlier and more carefully.

## Employment

The Employment Rights Bill introduces several reforms phased across April and October 2026:

- **April 2026:** Statutory Sick Pay (SSP) eligibility expands by scrapping the lower earnings limit and removing the waiting period. "Day one" paternity rights and unpaid parental leave also begin.
- **October 2026:** New restrictions on "fire and rehire" practices take effect, and the **Fair Work Agency** will launch to enforce workplace rights and holiday pay compliance. Businesses will need to revise HR policies and contracts, while workers gain stronger protections and entitlements.

## Renters' Rights

Major changes under the **Renters' Rights Bill** are expected to apply from **early 2026**:

- **Abolition of Section 21** "no-fault" evictions and the shift to periodic assured tenancies.
- Limits on rent increases (once per year), bans on rental bidding, and restrictions on large upfront payments.
- Expansion of the **Decent Homes Standard** and application of **Awaab's Law** to the pri-

vate rented sector, ensuring faster repairs of mould and damp.

Tenants will see greater security, while landlords face tighter oversight and higher compliance duties.

## Higher Education

From the **2025–26 academic year**, reforms will continue rolling out into 2026:

- Tuition fee caps (England) may rise with inflation for institutions meeting quality thresholds.
  - Restructuring of post-16 funding will align FE and HE regulation and lay foundations for the **Lifelong Learning Entitlement** from 2026–27.
- Students entering university or FE in 2026 will encounter shifting fee levels and more performance scrutiny across institutions.

## Driving & Road Safety

Proposals aimed for **2026 implementation** include:

- A lower drink-drive limit in England and Wales, potentially matching Scotland's stricter threshold.
- Mandatory eye tests every three years for drivers over 70 and higher penalties for uninsured or "ghost-plate" vehicles.

## Conclusion

The year 2026 marks a significant period of reform. With higher regulatory standards, stronger worker and tenant protections, and stricter migration and road safety rules, individuals and organisations must stay ahead of these shifts. Proactive planning—whether for employment contracts, tenancy obligations, study decisions or driving compliance—will be crucial as the UK enters this new regulatory landscape.

# Youth Vending Employment Programme



Scan me!

Inside Success Union is a social enterprise that empowers the youth to be independent as they transition to adult life. They learn sales skills to sell magazines to the public to fund courses, workshops and training for youths aged sixteen to twenty-four. Last year we helped a thousand and six hundred young people.

**THE COST OF INSIDE SUCCESS UNION  
WORKING WITH ONE YOUNG ADULT:**

**A young adult one day is £50**

**A young adult for one week £150**



Young adults who complete IS Youth Vending Employment Programme get to:

- Learn sales skills by selling magazines
- Network and meet new people
- Get free access to workshops to support their career aspirations
- Four counselling sessions through our counsel culture initiative
- Access to paid employment
- Access to extracurricular activities such as football and basketball
- An employment reference



The youth go out and simply sell magazines to raise contributions that give other young people the opportunity and chance they were given. Your helpful contributions will go towards funding one young person into the youth vending programme, which we monitor and use the data for the next magazine to show improvement.



# 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). In order to do this, you need an organisation that understands you as an individual as well as the 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.

This is why in the past 6 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 as your life skills, attributes, abilities, financial circumstances and intelligence all improve before your very 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!

**AMEERA**

Inside Success has helped me overcome social anxiety by pushing me out of my comfort zone and encouraging real interactions through magazine sales. Each conversation built my confidence, and over time, I developed resilience by handling rejection and staying motivated. Through consistent effort, I've gained valuable sales skills—like communication, persuasion, and reading people—which have made me more knowledgeable, not just in business, but in life. Selling magazines wasn't just about sales; it became a journey of personal growth, showing me how capable I am and shaping me into a more confident, driven, and skilled individual.

**HAMZAT LASISI**

Inside Success has had a huge impact on my personal and professional development. Through their support, I've gained confidence, workplace skills, and a clearer sense of direction for my future. They've helped me step out of my comfort zone, connect with new opportunities, and understand the importance of discipline and self belief. I'm truly grateful for the guidance and motivation they've given me, and I wouldn't be where I am today without their support.

**LENA**

My name is Lena and I've been at Inside Success for almost 2 years. Inside Success has helped me continuously prosper and build my confidence step by step. Through their initiatives I've developed valuable skills in team leading and social inclusion. Additionally, this job has helped me connect with like-minded people providing a sense of community for young people like myself.



# The Hottest UK Concerts of 2026: The Artists Taking Over the Stage

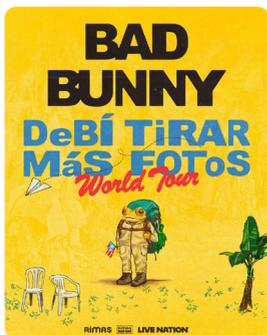
EVENTS

2026 is shaping up to be an exciting year for live music in the UK, with a strong lineup of hip-hop, R&B, and rap artists confirmed to tour. From stadium spectacles to intimate shows, these artists are set to bring their unique styles and energy to stages across the country.



## The Weeknd – “After Hours Til Dawn” at Wembley

The Weeknd returns with his *After Hours Til Dawn* world tour, hitting **Wembley Stadium** in August 2026. Known for his cinematic performances, expect hits like *Blinding Lights* and *Save Your Tears*, combined with immersive visuals that transform the stadium into a glowing, futuristic experience.



## Bad Bunny – Latin Trap Takeover

Latin superstar **Bad Bunny** brings his *DEBÍ TIRAR MÁS FOTOS* world tour to **Tottenham Hotspur Stadium** in June 2026. His electrifying mix of reggaeton and Latin trap makes for a high-energy show filled with fan favourites like *Titi Me Preguntó* and *Me Porto Bonito*.



## Doja Cat – Genre-Bending Show at The O2

Doja Cat's *Tour Ma Vie* stops at **The O2 Arena, London**, in May 2026. Blending rap, R&B, and pop with dazzling choreography and visuals, her performances are as much art as they are concerts, promising an unforgettable night.



## Lancey Foux – UK's Avant-Garde Rapper

London's **Lancey Foux** continues to push boundaries with experimental trap sounds and bold fashion statements. His 2026 UK shows offer a raw, underground energy that sets him apart.



**Dave – The Voice of a Generation**

UK rapper **Dave** takes his deeply personal and powerful live show on the road in March 2026, playing arenas in London, Manchester, and Glasgow. Known for his lyrical storytelling and raw emotion, Dave's performances are a high-light of the UK music scene.

**Gunna – “Wun World Tour”**

Atlanta's melodic trap artist **Gunna** tours the UK in March 2026 with shows at London's **O2 Arena** and Manchester's AO Arena. Following his album *The Last Wun*, Gunna's shows promise with smooth vocals, trap beats, and stylish visuals.

JAN 22 LOS AN GELES, CA	FEB 11 ZURICH, CH	APR 02 WASHINGTON, DC	APR 26 WASHINGTON, DC
JAN 24 BOSTON, MA	FEB 13 WASHINGTON, DC	APR 03 DENVER, CO	APR 28 LOS ANGELES, CA
JAN 25 PHOENIX, AZ	FEB 15 PHOENIX, AZ	APR 04 DENVER, CO	APR 29 HOUSTON, TX
JAN 27 BOSTON, MA	FEB 17 WASHINGTON, DC	APR 06 BIRMINGHAM, AL	MAY 01 HOUSTON, TX
JAN 30 MELBOURNE, AU	FEB 20 CHICAGO, IL	APR 10 CHICAGO, IL	MAY 03 DALLAS, TX
FEB 01 DENVER, CO	FEB 23 BIRMINGHAM, AL	APR 12 BOSTON, MA	MAY 04 AUSTIN, TX
FEB 02 COLUMBUS, OH	FEB 24 LONDON, GB	APR 13 TORONTO, ON	MAY 07 PHOENIX, AZ
FEB 05 DALLAS, TX	FEB 27 LONDON, GB	APR 16 NEW YORK, NY	MAY 08 LAS VEGAS, NV
FEB 07 CINCINNATI, OH	MAR 04 BOSTON, MA	APR 19 PHILADELPHIA, PA	MAY 10 SAN FRANCISCO, CA
FEB 10 COLUMBUS, OH	MAR 07 SACRAMENTO, CA	APR 20 BOSTON, MA	MAY 12 LOS ANGELES, CA

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**NEW MUSIC**

THIS TOUR MAY ALSO CONTAIN: FURNACE 2, A MASS SECTOR, LOVE & PASSION, AT LEAST ONE JAZZ COVER, POTENTIAL WAFFLING (EXCESSIVE UNNECESSARY CHATTERING), A BIG BEATED NOTE, A NIGHTCLUB SEQUEL, LIVE STRINGS, AND A MUSICAL HUSB SHOULD YOU NEED ONE.

WITH SUPPORT FROM: MY TWO BEAUTIFUL SISTERS: ABSOLUTELY X AMMA X

**Mariah the Scientist – Soulful Alt-R&B**

Starting January 2026, Mariah the Scientist brings her *Hearts Sold Separately* tour to Manchester, Birmingham, and London. Her dreamy blend of R&B and alt-soul creates intimate shows full of emotional depth.

**RAYE – UK R&B Star**

RAYE, known for her powerful vocals and emotional songwriting, tours the UK in February 2026 with stops in Manchester, Glasgow, Birmingham, and two nights at London's **O2 Arena**. Expect hits like *'Escapism'* and *'Genesis'* delivered with raw emotion.

With this diverse lineup, 2026 promises unforgettable live music experiences for UK fans of hip-hop and R&B alike. Whether it's the grand stadiums or intimate venues, these artists are ready to deliver performances that will define the year.



### AMINATA

My name is Aminata Diop and I'm 22 years old. I worked at Inside Success between 2017-2020. Now I'm working full time as a teacher, where I also take on mentoring responsibilities. The skills and mindset I developed at Inside Success have been instrumental in helping me support and inspire my students every day. My time at Inside Success covered leadership, teamwork and financial literacy: all transferable skills I use to this day.

To any young readers thinking about joining Inside Success, it's an incredible opportunity to learn and discover what you're truly capable of. The experience will give you the tools and confidence to step into any path you choose and build on many transferable skills you can take on with you to your next step.





**ASHLEY**

My name's Ashley, I'm 21, and I was part of Inside Success for many years. That experience sparked my entrepreneurial journey and gave me the confidence and resources to start building the life I once dreamed of.

Today, I run a thriving cleaning company, freelance as a presenter and events manager. Additionally I'm currently venturing into the Airbnb business. Inside Success taught me the power of mindset, discipline, and community, lessons that continue to shape my success.

To any young person looking to elevate their life, I'd say join Inside Success! It's the perfect place to start turning your potential into purpose.



**TEL:** 0208 050 7854  
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## WORKSHOPS & COURSES

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.

# Leadership skills in a digital modern world

## 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, 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.





## NEWHAM FC: TRANSFORMING SUCCESS FC INTO A SEMI-PROFESSIONAL POWERHOUSE

Success FC, a Newham-based football club, is undergoing a remarkable transformation. With a renewed focus on representing the borough of Newham, the club has welcomed new management and shifted to Saturday football. There are even discussions about changing the club's name to Newham FC. This article explores their journey and the search for sponsors to support their ambitions.

Under new management, Success FC is determined to elevate its status and create opportunities for aspiring footballers in Newham. The potential name change to Newham FC aims to strengthen the club's connection with the local community and foster a sense of pride among residents. By embracing Saturday football, the club aims to engage with the community and draw support from passionate football enthusiasts in the borough.

To achieve their ambitious goals, Success FC

is actively seeking sponsors. Local businesses, corporations, and philanthropists are being approached to form partnerships that will support the club's growth. Sponsors will not only have the opportunity to align their brand with a rising football club but also contribute to the development of footballing talent within Newham.

Newham FC's transformation represents an exciting chapter in the club's history. With new management, a potential name change, and a shift to Saturday football, the club is poised to become a prominent semi-professional football club representing the borough of Newham. The search for sponsors highlights their commitment to building a sustainable future and nurturing local talent. As Newham FC moves forward, the support of sponsors and the community will be vital in realising their vision of success both on and off the pitch.

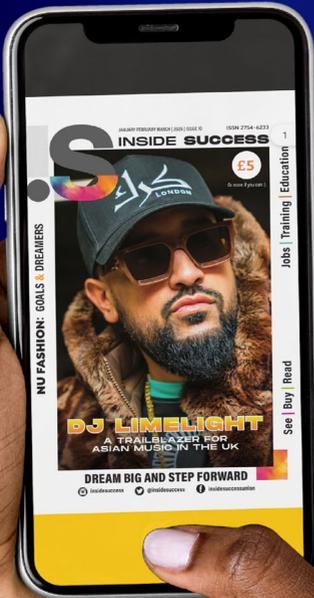
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# PARLEZ

As we step into 2026, one brand worth keeping on your radar is **Parlez**, a Bristol-born label that has been redefining modern streetwear since 2012. Known for its clean, minimalist aesthetic and timeless designs, Parlez blends functionality with sustainability, creating pieces that go beyond trends and fast fashion. Their collections draw inspiration from sailing, travel, and classic workwear, resulting in versatile staples like jackets, hoodies, and accessories that feel both fresh and enduring. What sets Parlez apart is its dedication to eco-conscious production—every item is crafted with care, using sustainable materials that reflect a commitment to style without compromise. Built on authenticity, creativity, and community, Parlez isn't just about clothing—it's about wearing something with purpose. For anyone looking to refresh their wardrobe in the new year with pieces that are as responsible as they are stylish, Parlez is a brand to watch.



NU FASHION



# WHAT'S THE MOTIVE?



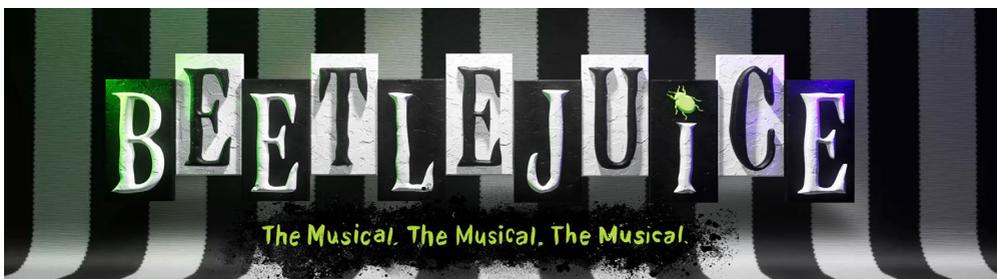
Calling all our theatre lovers...

2026 is looking to be an exceptional year for theatre. A variety of shows are set to hit the stage; there's something for everyone. Here are some of the many shows set to make their premiere throughout the year.



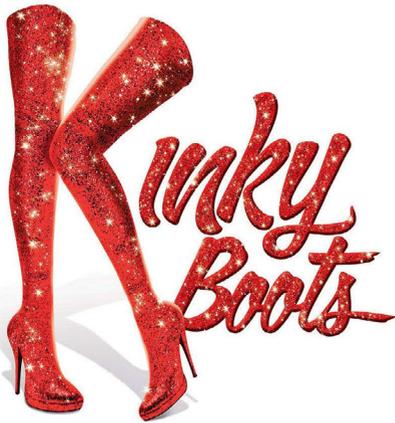
## DRACULA

Dracula is coming to the London West End! This one-actor adaptation of Bram Stoker's classic gothic horror has been adapted into a theatre production, directed by Kip Williams. Featuring Cynthia Erivo playing all 23 parts, the play follows the story of Dracula, an immortal hidden in a crumbling castle for centuries. But now he is awake, seeking new fresh prey. The production explores deep themes of fear, desire and transformation. Shows will start taking place on **4th February 2026** at the Noël Coward Theatre and will go on for 16 weeks through to the **30th May 2026**.



## BEETLEJUICE

Tim Burton's 1998 classic film is now being adapted into a theatre production musical! The film tells a story of peculiar teen Lydia Deete, who alongside her family gets entangled with the mischievous eccentric spirit Beetlejuice. And now it'll be making its debut in London's West End! Its premiere will take place at the Prince Edward Theatre in **May 2026** and will run all the way until **April 2027!** So get your tickets now!



## KINKY BOOTS

The Tony Award-winning film is coming to the theatre! The story of a young boy who inherits his father's business after his death and forms an unlikely alliance with a drag queen in order to save the business. But beyond that, it explores themes of friendship, identity, and embracing your true self, as the pair discover that despite coming from completely different backgrounds, they're more similar than they thought. West End dates run from **17th March to 11th July 2026**. So hurry, and get your tickets now!

## I'M EVERY WOMAN.

Women's empowerment is everything, and it will now be showcased in the theatre! I'm Every Woman follows the life of the legendary Queen of Funk Chaka Khan, showcasing her resilient journey to stardom and significant contribution to music. The musical promises to portray her iconic hits, alongside flawless choreography and a jaw-dropping set. The premiere is set to take place in London at the Peacock Theatre, from the 5th to the **28th of March 2026**.



## THE HUNGER GAMES

You have to be living under a rock if you haven't heard. The iconic film series is taking to the theatres! It tells the story of a teenager, Katniss Everdeen, who volunteers to fight a deadly televised battle, which ultimately sparks a rebellion against the tyrannical government of Panem. The theatre production, adapted by Connor McPherson and directed by Matthew Dunster, promises to bring the City of Panem to life in an immersive setting. Shows have already started running from late 2025, but you have until **15 February 2026** to catch it live!



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# Meet the editors of this edition of Inside Success magazine



## TONI

Hi, my name is Toni, and I am an editor for the Inside Success magazine. Additionally, I'm entering my final year of university, where I study politics and international relations. I first joined Inside Success in January 2023 and have been writing for the magazine ever since, and it has helped immensely improve my writing abilities and skills. Me and my team worked extremely hard on this magazine, so I hope you enjoy reading it just as much as we enjoyed making it!

## ZITA

Hi, my name is Zita, and I am an editor for the Inside Success magazine. This is one of many magazines for Inside Success I have written in over the years. I have been a freelance journalist for 4 years. Currently studying BA journalism at university and writing for a few other publications. I started out my writing journey at Inside Success, and it has evolved over time. Journalism is something I have been passionate about for a while now, and I hope to dominate the industry one day. I hope you enjoy this new editorial.



IF YOU WOULD LIKE TO WRITE OR CONTRIBUTE TO THE NEXT EDITION OF INSIDE SUCCESS MAGAZINE  
PLEASE CONTACT US AT [INSIDESUCCESSUK@GMAIL.COM](mailto:INSIDESUCCESSUK@GMAIL.COM)



**LONDON: BIG MOE'S DINER**

Big Moe's Diner brings a taste of classic Americana to the heart of London. Inspired by the golden age of the 1950s diner, Big Moe's captures the nostalgic charm of neon lights, hearty portions, and friendly service. Guests can enjoy signature dishes like juicy British beef burgers, hand-cut fries, and creamy milkshakes made with real ice cream—all crafted with premium local ingredients. Now, the diner also serves an indulgent American-style brunch menu, featuring all-day favourites in a cosy, retro setting that blends comfort, flavour, and timeless charm.



**Location:** Unit 96, Level 2 London Designer Outlet, Wembley Park Blvd, Wembley HA9 0FD  
**Location 2:** Big Moe's Diner Unit 2, iScene, Clements Rd, Ilford IG1 1BP

**LONDON: WINGERZWINGZ**

WingerzWingz is dedicated to creating unforgettable dining experiences that celebrate the richness of traditional flavours with a modern twist. Skilled chefs combine time-honoured recipes with innovative techniques, using vibrant spices and fresh, locally sourced ingredients to craft dishes full of character and taste. With its warm, welcoming atmosphere, Wingerz Wingz is the perfect place to enjoy great food and good company. Whether dining in or taking away, guests can expect bold flavours, exceptional quality, and a true celebration of global cuisine.



**Location:** Love Ln, White Hart Ln, Station, London N17 8HG

**Hungry?  
Grab a quick bite!**

**BIRMINGHAM: AFRO!  
RESTAURANT AND LOUNGE**

Discover the best of African cuisine at the Afro Restaurant and Lounge in Birmingham. Their slogan, "Elevating African cuisine, where tradition meets expectation," continues to live up to its name. With an exquisite menu and a wide range of cocktails, you will definitely not be disappointed. There's something for everyone at AFRO!



**Location:** 77 Mott St, Birmingham B19 3HE

**MANCHESTER: JERK JUNCTION**

Looking for tasty, mouthwatering jerk recipes? Well, Jerk Junction has everything you could want and more! The restaurant is bringing Caribbean signature taste to Manchester. There's something for everyone at Jerk Junction, with a menu containing a variety of tasty dishes to cater to everyone's cuisines, including their renowned Sunday Roast.



**Location:** The Orient, Trafford Park M17 8AA  
 170 Manchester Road, M16 0DZ



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# Getting into Property Investment: Crash Course for Beginners

In recent years, we have seen a growing trend. That is, more and more people are getting into property as a means of investment and making money. The demand in the rental market, in addition to the rise in regional opportunities, has opened up a space for young people to venture into the world of property and make their mark. There's

Most young people strive to reach the major milestone of purchasing their own home. But what they're now understanding is that it can also be a source of income. And if you think that's something you would like to get into, then this crash course is set to give you all the tips and tricks that you need.

Like any business venture or investment, as a beginner it can be very nerve-wracking and overwhelming. This guide will cover all the essentials, as well as provide valuable tips and tricks that will help you navigate the market and venture into the world of property.

Firstly, **assess your finances**. It's all good, and we'll have these big dreams and plans, but if your finances can't back it up, then it's pointless. So the first step you need to take is looking over your finances, deciding how much money you can/are willing to invest into it and then setting a budget. Once you have that sorted, doing your research and making a plan will be so much easier, because it'll be informed based on how much money you are investing. Being realistic is key. For example, someone who has the funds would probably be able to do buy-to-let, whereas someone who doesn't might do rent-to-rent. Before you even start exploring different options, have your finances in order. That way researching and planning is a lot easier.

Next up is **research, research and research**. Property investments can be done in a variety of ways, so explore all your options so that you know what type suits your personal needs and circumstances. For example, you may be starting off with absolutely nothing and therefore decide to do the rent-to-rent options to make some coins early on. Or you could have a good amount of money saved to buy a house, refurbish it and then rent it out, or turn it into an Airbnb business. The options are endless, but

you won't know what they are unless you do your research.

In order to succeed in property, **you need to be a good salesman**. This is something that you learn on the job, through experiences. But one way to start would be draughting a pitch to potential renters, landlords, clients and refurbishers on why they should work with you. Remember, the property market is extremely expensive, so you need to have a good incentive pitch that makes people want to work with you. Furthermore, a unique selling point is a must. If you want to be successful, you need to have that unique element that differentiates you from the rest.

Additionally, when looking at property, **know what is in demand in the market and who your intended clientele will be**. Where you decide to invest and the type of property you invest in are crucial. In recent years, regional opportunities have been expanding, with people going to the Midlands and the north of England to invest in property. Additionally, what are renters looking for, and who is your target audience? Houses are more likely to attract families, whereas apartments are more likely to attract young people. Taking all these things into consideration will help you in the long run.

As a beginner, you're not going to know it all. But the best way to learn and become more knowledgeable is to surround yourself with experts such as estate agents, mortgage brokers, solicitors, property managers, and trusted tradespeople. A skilled team can save time, prevent costly mistakes, and make property management far easier.

1. Start off with the rent-to-rent
2. Build up your savings
3. Research, research and research
4. Have a Budget
5. It's a long journey, so having patience is key.

# How to Break Into Cybersecurity: A 2026 Guide

Cybersecurity is one of the fastest-growing fields in tech, and demand for skilled professionals has never been higher. From protecting networks to testing software for vulnerabilities, the roles are diverse – and the opportunities lucrative. If you're considering a career in cybersecurity, here's how to get started.

## Know the Roles

Cybersecurity isn't just about hacking. Some common positions include:

- **Security Analyst** – monitors systems and responds to threats.
- **Penetration Tester (Ethical Hacker)** – identifies system weaknesses.
- **Security Engineer** – designs secure systems and software.
- **Incident Responder** – investigates breaches.
- **Governance, Risk & Compliance Specialist** – ensures policies meet security standards.

Understanding these roles will help you decide which path to follow.

## Education and Skills

A degree is helpful but not always required. Options include:

- **Bachelor's in Cybersecurity, Computer Science, or IT** – solid technical foundation.
- **Master's in Cybersecurity** – for advanced roles or specialisations.
- **Bootcamps & Online Courses** – Platforms like SANS, Cybrary, Coursera, and Udemy teach practical skills quickly.

Key skills to develop: networking, Linux/Windows administration, programming (Python, JavaScript), security tools (Wireshark, Nessus, Metasploit), and cloud security (AWS, Azure).

## Certifications

Certifications validate your skills and boost employability:

- **CompTIA Security+** – entry-level security knowledge.
- **Certified Ethical Hacker (CEH)** – for aspiring penetration testers.
- **CISSP** – advanced security management.
- **CISM** – focuses on security governance and risk.

## Experience Matters

Hands-on practice is essential:

- Internships or entry-level IT jobs.
- Virtual labs: Hack The Box, TryHackMe.
- Bug bounty programmes or open-source contributions.

## Potential Salaries

Cybersecurity pays well, even at entry-level:

**Role:** Security Analyst

**Entry-Level:** £25k–£35k  
**Mid-Level:** £40k–£60k  
**Senior-Level:** £60k–£90k

**Role:** Penetration Tester

**Entry-Level:** £30k–£40k  
**Mid-Level:** £50k–£70k  
**Senior-Level:** £80k–£120k

**Role:** Security Engineer

**Entry-Level:** £35k–£50k  
**Mid-Level:** £55k–£80k  
**Senior-Level:** £80k–£120k

Salaries rise quickly with experience and specialisation, especially in cloud security, AI security, or ethical hacking.

## Networking & Growth

Stay current: join communities like **(ISC)<sup>2</sup>**, **ISACA**, and **OWASP**; attend conferences; follow blogs; and continually upgrade your skills. A portfolio of lab projects, internships, or GitHub contributions can make you stand out.

## Bottom line

Cybersecurity is challenging but highly rewarding. With the right mix of education, certifications, and hands-on experience, you can enter a field that's constantly evolving and offers excellent career growth.



## SEE:

### SCREAM 7

*Scream 7* marks the return of Neve Campbell as Sidney Prescott in a new chapter of the iconic horror saga. Directed by Kevin Williamson, the film revisits the franchise’s legacy while introducing a fresh wave of terror and new survivors. When Ghostface resurfaces with deadlier motives, Sidney must confront her past once more as familiar faces and new victims collide in a chilling game of survival.

## BUY:

### HEATED GLOVES

Stay warm this winter with insulated heated gloves that will keep your hands heated and protected!

## READ:

### THE SKYLAND SERIES BY KENNEDY RYAN

Kennedy Ryan’s *Skyland Series* is a deeply emotional contemporary romance trilogy set in Atlanta. Each book follows a different woman—Yasmen, Soledad, and Hendrix—as they navigate heartbreak, healing, and second chances at love. Through themes of resilience, motherhood, and self-discovery, the series celebrates the strength of Black women and the power of community, blending raw emotion with tender, mature romance.



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