Welcome to June’s edition of Student Life!

In this month’s publication, we have a number of reviews, including Game of Thrones, season 8 and Marvel: Endgame *SPOILER ALERT!* as well as articles on ‘Top tips for Creative Writing’ and Finance advice for those on a budget.

June also hosts National Picnic Week, so you will find tips and ideas on where to picnic in Suffolk, from Bury St Edmunds to Aldeburgh!

Most of you now will be starting to wind down for the summer break, so if you find you have some spare time and fancy your hand at writing for us or submitting some photography, get in touch! You don’t need any previous experience and you’re welcome to write on the topics that interest you!

If you don’t enjoy putting pen to paper, but still have some cracking ideas, then again, let us know and we’ll do the work for you!

Best wishes,

Rachel

Director of Editorial

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MEET OUR CO-EDITORS

Our magazine wouldn’t be possible without our Co-ed’s but we are always on the look-out for more! Get in contact if you are interested in joining the team – rachel@student-life.co

**ENTERTAINMENT CO-EDITOR**
**LOUISE DICKMAN**
Louise is a Sixth Form student and decided to get involved with Student Life as she is passionate about the work they do, especially for reducing the stigma around mental health. She is also able to write about her love for music and favourite songs.

**ART CO-EDITOR**
**KAY SABERTON**
I’m Kay, your Art co-editor! In the upcoming months the section will be introducing more artwork and creative pieces. Creativity is vital to us as, ‘To practice any art, no matter how well or badly, is a way to make your soul grow. So do it’ – Kurt Vonnegut.

**FASHION CO-EDITOR**
**TSHEQUA WILLIAMS**
I’m Tshequa, Fashion Co-Editor alongside Pam. I’m doing A Levels and aspire to have a career in journalism/media in the future so I’m grateful for the opportunities I get working with Student Life.

**BEAUTY CO-EDITOR**
**ROSIE MAY**
I’m Rosie, a former sixth form student at Kesgrave High School and now working in the health sector. I write beauty blogs and post beauty videos. I’ve been involved with Student Life since day one and love every minute!

**TRAVEL CO-EDITOR**
**CAMELIA ATOMEI**
My name is Camelia and I am studying at University of Suffolk. I started getting involved with Student Life because I wanted to get to know more people, be more confident, but mostly because I felt that university experience is also about what I do outside classes.

**FINANCE CO-EDITOR**
**JOSHUA HODGKIN**
Hello! I’m Joshua, and I’m the co-editor for Finance. I also write for the Mental Health, LGBT and Tech sections. I think it’s important for issues of finance to be talked about, as students often feel lost when they either move out or move to university!
"Since working with Student Life I have gained both confidence and knowledge within the business and journalism sectors."

"My roles at Student Life have shaped my leadership and decision making skills."

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TOP 3 TRACKS

WRITTEN BY CARA FOLLON

1 REX ORANGE COUNTY – NEW HOUSE

I recently got into his music and I don’t know how I missed this absolute gem of a musician! He has a really chilled out vibe, which I am loving at the moment. His music has actually really helped me get through my last assignments as I find it really calming and soothing. I always find it hard to find good music, especially indie music that I can listen to whilst trying to study. I just get into it too much; some music is far too distracting. It isn’t that ROC isn’t interesting enough for me to get distracted, I just find the way his music flows and sounds really comforting, especially when I’m quite stressed. When listening to his music, especially this fantastic track, I feel more enjoyment about life which is always a good thing.
CATFISH AND THE BOTTLEMEN – CONVERSATION

One of my all-time favourite bands, whom I was lucky enough to see live back in February, released their third album ‘Balance’ last month and this track was my favourite of the lot. Probably one of the most popular indie bands right now, not just because of Van McCann’s unique and rich voice or the truly incredible sound they manage to create but because their music is so refreshing, especially when it seems that good indie bands are slowly being pushed out in the music scene sometimes. How raw and real the lyrics are to not only their lives but also to their fans is something that resonates so much, especially to me. I have admitted that a lot of Catfish’s songs do sound pretty similar, but somehow, they are still all so different, and all have a slightly different message, which I have to say, not a lot of bands can do these days.

FLORENCE AND THE MACHINE – JENNY OF OLDSTONES

I have literally had this song on repeat for the past 2 weeks. It was first featured in the second Game of Thrones episode of the final season, sung by the actor Daniel Portman. They released an album with different artists singing songs inspired by the show and this is definitely my favourite. I’ve always been a fan of Florence - her voice is one of the most beautiful singing voices I have heard and I’m sure many agree. This particular song really brings out all of the emotions felt not only by Florence but about the show. As a beautiful, Celtic lullaby, this really demonstrates to me the importance of the relationships in the show, more than anything else. Quite a sad song, but one that will definitely stay in my mind for a long time.
Most 13 years old, teenagers are normally found hanging out with their friends or on social media. For one teenager from Ipswich, Roma Manteiga-Nicholson, stage name Roma, you will find her actively promoting herself and raising funds for local charities.

In 2016 Roma’s mother Rosa, volunteered for the Ipswich Winter Night Centre and Roma, wanting to help decided to use her talent of song writing and singing to record a 3 track EP called Welcome to the Waterfront with all the sales money going to support the Night Shelter. She set herself a target of raising £2000 and released the EP at Sailmakers in Ipswich in June 2017. By the end of that year she handed over a cheque for £4500.

In January 2018 she travelled up to the NEC Birmingham to the finals of the Open Mic UK Songwriters’ competition. She was one of 6 finalists from all over the UK from 10000 entries. She didn’t win but received highly commended for her entry Father, a story about grief and being a homeless teenager.

Highly influenced by Ed Sheeran and Adele, Roma began writing her debut Album Teen Spirit in January last year. In total in 2018 Roma performed at over 97 events including on the Ed Sheeran Stage at Ipswich Music Day with her band and at the Christmas Light Switch on in November, forging her own career as an inspirational and amazing songwriter aged just 13. At the end of 2018 Roma had raised £6660 for three amazing local charities: EACH Children’s Hospice, The Ipswich Winter Night Shelter and 4YP Suffolk mental health for young people project.

BY ROMA MANTEIGA-NICHOLSON
This year she’s raised an astounding £1300 for 4YP, who have been fundamental in her recovery from Bullying. Her fundraising and performances bring cheer and enjoyment to many young and old but alongside it Roma has endured physical and verbal bullying, which has seen her change school in year 8. The support received from 4YP has been invaluable and Roma now attends their Girls Group every Monday. With the bullies determined to knock her down, she responded to look for inspiration closer to home in the shape of Ed Sheeran who was also bullied as a youngster and at least 2 songs on the new album “Why did you hurt me?” and “Stronger” are in defiance of those who tried to break her spirit.

Roma said: “I could have just sat there and taken all the grief from the bullies and let them win, and whilst at first I found it self-destroying, and it nearly broke me, I knew I couldn’t let them win.”

Roma loves nothing more than raising money and hearing money drop into her donation pot. To her it’s a clear indication that what she is doing, raising awareness about the charities she supports, and her talent are uniting people. In fact, Roma firmly believes that music unites everyone and that’s her mantra #letmusicunite.

Roma loves performing and it doesn’t matter if it’s a small event like a school fête or a bigger event like Felixstowe Carnival. She performs either with her dad’s band, guitarist or as a solo act. It doesn’t matter to Roma where this all takes her. It’s doing something for others and inspiring others to do the same that’s important. For the time being she is happy to donate all the money from sales and performances to local charities. She has a lifetime to perform and earn back something for herself when she is older.

Roma is fortunate that she comes from a very creative family, both her parents are musical and Daddy D as he is known, performs in two local cover bands and Mum Rosa was once a singer herself. Both Roma’s parents help Roma with her song writing.

“I’ll often come home with a melody in my head, sit down and play it to Dad on the piano and we work out the best arrangement. I then add lyrics to my melody and if I need further inspiration, I will ask mum or my official photographer Chris Silvester who is a published poet and lyricist to help me. I started song writing when I was 9. We are lucky to have a home studio to record ideas”

Roma is an active member of Stagecoach Performing Arts School Ipswich and has been attending since the age of 4. She’s appeared as a dancer in local professional pantomime with Celebrities like Paul Daniels, Maureen Nolan and Tracey Beaker. She performed her West End stage professional debut as Young Princess Fiona in the UK Tour of Shrek in 2015 aged 9 and one day hopes to either be a performer in theatre or a singer songwriter.

To find out more about Roma follow her on Facebook: @romaworldduk or youtube channel romas world uk or website www.romasworld.co.uk

Roma’s World
Fundraising for Charity

STUDENT LIFE
Movie Review

AVENGERS: ENDGAME

REVIEW BY ALEXANDRA SIVRIU

★★★★★★

Recently I have seen Avengers: Endgame. As I am a massive fan of all Marvel Movies of course I had to go and see the end of an era. The expectations for the movie were massive and I can say that it did not disappoint. The movie had everything from action, sadness, laugh, emotion, which added to the wow factor that made the movie be the best movie from the saga that Marvel Cinematic Universe (MCU) is.

I will assume that by now most of you have already seen the movie and I will go ahead and write a little bit about what impressed me the most in the movie. One of the things that I probably did expect to happen in the movie is the Iron Man’s death; he was the one that started the saga, so it was fair to end it with him although I am sad that he will not have the chance to see his daughter grow but I guess that is a consequence from saving the world from Thanos. Another thing was the old Captain America ending; I am happy he had the ending he always wanted and had his life with Peggy however a world without Captain America/ Chris Evans it is not the same. I was shocked when Black Widow died as I definitely did not see that coming, I was annoyed that she was the one that tried to hold everything in place after Thanos but still she was the one that sacrificed herself to save everyone else, but she never saw how everything ended.

A little tip just in case you have not seen the movie yet: the first hour and a half it is a bit static then the rest of the movie, however, it is not boring and it explains how every hero deals with its problems in its own way and what our heroes have to do and the journey they have to take in order to save the world and bring everyone back.

I hope everyone feels that Avengers: Endgame it is the best movie ever that Marvel Cinematic Universe released as I believe because it is definitely a movie that I will see again even though I have seen it already 3 times.
AVENGERS: ENDGAME
A sad, disappointment to the end of an era

WARNING! THIS REVIEW CONTAINS SPOILERS!

REVIEW BY CARA FOLLON

Avengers: Endgame, one of the most anticipated films of this year. The end of an era for many characters. And sadly, the end of my real love for the Marvel films.

Now I don’t like to be negative about anything, and I have loved the Marvel films for about 10 years now. After watching Infinity War last year, I was amazed and yet heart-broken, this was definitely one of the best Marvel films at the time and I couldn’t wait to see how Endgame would top it. But sadly, that didn’t happen.

I wouldn’t say I was completely disappointed. Overall, it was a decent film and there were some really positive things about this film. It was great to see the original cast all together, as that was something that I felt was missing from Infinity War. The final fight scene was probably one of the best, especially as all of the remaining cast came together and it’s fair to say, that was pretty epic. Steve FINALLY wielding Mjolnir was also great. Of course, the end of Phase 3 meant the end of the road for some characters and I felt that the way they handled those deaths was really heart breaking but still made sense to the overall plot.

As per the humour was greatly timed, although sometimes a little unnecessary– especially when it came to the fat-shaming of Thor. Now that was a part of the film that I really wasn’t a fan of. It was great to see that the superheroes are just as human as anyone else. They go through trauma, they struggle, and they change. I actually liked the fact that Thor was able to still be the same person, even if his weight had changed. But the constant jokes and making light of not only Thor's weight but also his mental state wasn’t a great message to send to the young viewers.

The Time Heist section in the film was actually a lot of fun! It had a really nostalgic feel, which I loved! It was great to see Tom Hiddleston back as Loki as well, opening up stories for the upcoming Disney+ mini-series.

But something that I just can’t get over is the ending to Steve’s arc. I wholeheartedly believed they were going to kill him off and I’d prepared myself for that. But when it came to
the final scenes and Steve bidding farewell to Bucky, I had a feeling I wasn’t going to enjoy the ending. And I didn’t.

I’ve always interpreted Steve’s storyline about him moving on, carrying on with his life no matter what. It seemed that he’d come to terms with his new life and had people around him that he really cared about. But that was completely brushed aside in this film and I felt like his ending was really out of character for him. He decided to go against everything he has stood for over the past 8 years of films and just undo all of the character development. I was disappointed. The only good thing about the ending was the choice of Sam becoming the next Captain America which was wonderful to see.

Something that didn’t help my opinion was definitely the inconsistency with the directors and writers, having completely different opinions about how the time travel worked and undoing a lot of development that had happened in previous films. When it comes to time travel, things can get a little bit messy. It was explained that by changing the past, you don’t change the future. So, you’d guess that you’d create another dimension – right? But if that had happened, how did Old Steve end up on that bench a few seconds after he’d gone through the portal? A little confusing.

This ending didn’t ruin the whole film for me. I can still admit that it was a good film. But I do have some issues with it and I’m sad to say I’m not the only one.
Netflix Review

AFTER LIFE

REVIEW BY LUCY TATE

This Netflix original show came out in March 2019 and features Ricky Gervais as Tony, a man who, after the tragic loss of his wife, becomes bitter and severely depressed. The show follows Tony as he takes out his feelings of frustration and resentment on the world. He dabbles with drugs, befriends the local sex worker, and offends almost everybody that he sees. It has a star studded cast with David Bradley from Game of Thrones and Penelope Wilton from Shaun of the Dead as supporting characters.

As a comedian we are used to seeing Gervais as a satirist and he has made his living as a provocateur, calling out internet trolls and anybody else that may seem to get on his nerves. It is this style of comedy that brings the show to life and gives it that little something extra to make it a memorable watch. Though many fear that Gervais’ golden days of comedy are still behind him, I feel that the show highlights the aspects of his ability to bring out the humour in times of crisis. However I cannot say the same for his supporting cast, particularly in Roisin Conaty who portrayed the role of sex worker Daphne. Compared to the depth of Gervais’ performance, she brought a somewhat bland attempt at humour that didn’t quite capture the stylistic tone of the show.

To say that this show is a black comedy would be an understatement, it manages to turn the dark themes of the play into a funny anecdote that will have you in tears, though this show is not for the faint hearted. Many critics would argue that After Life shows great insensitivity to those struggling with mental health issues like depression and those suffering with post-traumatic stress disorder (PTSD) as Tony exhibits symptoms of these mental health problems after the death of his wife. However if, like me, you are a fan of using humour to explore serious subjects then this is the show for you.

Overall the show is a perfect blend of comedy and seriousness that provides a beautifully honest handling of real world subject matters in an entertainingly sympathetic way. It is a realistic and hilarious dealing of life, loss, and everything that comes in between.
GAME OF THRONES

REVIEW BY SAMMY SANTOS

Army of the undead, white walkers and the night king! Season 7 left us on the edge of our seats. A year on and season 8 kicked right off. I'll recap some of the most significant scenes and put in some of your reactions to this season finale.

EPISODE 1 ended with Sam revealing to Jon Snow that Daenerys is actually his aunt. This would not be the first time in the show where we've seen incestual love. I'm talking to you Cersei & Jamie.

EPISODE 2 the power rivalry between Sansa & Dany for the North gets heated. A warming moment between characters as they gather to have a drink and catch up with each other before the long night ahead.

In EPISODE 3, viewers were hooked. The battle between the living and the army of the undead was a well executed piece of film artistry and production, from the fire and ice breathing dragons, to the Unsullied & Dothraki with swords on fire. Melisandre (red witch) appeared to tell Arya Stark her destiny to “shut blue eyes” (Night King’s); the tables had turned.

(What do we say to the god of death?) “Not today”.

Arya managed to stab the Night King, shattering him into ice along with his entire army. Characters who died in battle included, Sir Jorah, Theon Greyjoy & young lady Lyanna Mormont.

EPISODE 4, Dany insists to Jon on concealing his lineage to protect her position as queen. This doesn’t stop Varys from discovering & spreading the rumour; he later paid for it with his life as Dany sentenced Varys to burn ‘Dracarys’. Dany & Jon headed to King’s landing but is ambushed by Euron Greyjoy’s armada who slays Rhaegal, Dany’s 2nd dragon. I almost cried.

Last Sunday’s EPISODE 5 Dany went off on a rampage sparing no lives for the people of King’s Landing or Cersei & Jamie.

(As the best episode of this season) “because of the high profile of deaths” Daniel De Putter.

“I was like stop stop, stop!!!” Teddy.

“Daenerys has always been a psychopathic… burning and killing people” Ben Grundy.

“The memes were good” Sammy Santos.

The moment where Arya emerges from the ashes. Nothing ever kills this girl. Yet viewers are anticipating the end as the show remains enticing.
After 8 years of Game of Thrones, 2019 meant the final season of the popular TV show, which is based on the book series (beginning with ‘A song of fire and ice’) by George R.R. Martin. Seasons 7 and 8 were not based off the book series, as it is currently incomplete, and is still being written.

This meant that Season 8 was unpredictable from the start, as while tensions had been building in the North with the Night King and the army of the dead beyond the wall, nobody could really tell what was going to happen. Season 8 Episode 3 brought the Battle of Winterfell, where we get to see old and favoured characters re-unite with one another, and one of the greatest battles in Game of Thrones take place.

This was one of the best episodes that Season 8 gave us, even with a few favourite characters dying.

As the series progressed, many fans felt that final season became too rushed, and it seemed as though characters were being killed off simply to leave a bigger impact. Episode 5 brought us the downfall of King’s Landing and Cersei Lannister, as well as many anticipated interactions. Daenerys Targaryen destroyed a whole civilisation upon growing mad, fulfilling a statement spoke in earlier seasons: “A Targaryen all alone in the world is a terrible thing”.

Many fans were displeased to say the least at how her character arc was broken; the same could be said for many of our favourite characters. Many fan-favourites were killed, and many fans disapproved of their endings – but I won’t give away too many spoilers! This only opened up one doorway for the finale, where Jon Snow ends up killing Danaerys Targaryen. It seems that Jon being a Targaryen was only to aid the idea that Danaerys went mad in the end, as he was eventually sent back to the Night’s Watch where everything began.

Of course, the Stark family got the endings that they deserved. Sansa became the Queen of the North, Arya, after killing the Night King, went off to explore what was West of Westeros, and, perhaps one of the most surprising plot twists of all, Bran became the King of six kingdoms in King’s Landing.
In Super Mario Odyssey, Mario embarks on a big, 3D adventure, visiting various kingdoms via the Odyssey, such as the Metro or Seaside kingdom, with his new found companion, Cappy (you guessed it, he’s a cap!). He provides Mario with several different powers while Mario wears him. One being, you can throw Cappy on to selected characters in the game which you then become and can play as. But you can also use him as a weapon in all the boss fights or when you encounter ‘enemies’, such as, Goombas. Mario and Cappy have teamed up due to Cappy’s sister and surprise surprise, Princess Peach, have both been kidnapped by Bowser. In order to save them, they have to make their way through the kingdoms, defeating enemies and bosses, completing puzzles/challenges until they reach the final kingdom and have to defeat Bowser – which definitely isn’t as easy as it sounds!

To get to the next kingdom each time you have completed one, you have to fuel the Odyssey (the ship) with Power Moons. You have to find these moons which are either hidden throughout the kingdom or, you have to complete challenges to receive them (there can be around 70 moons per kingdom and around 999 in total!) Also, alongside this, throughout the game, you can collect additional tokens, separate to coins. They are purple (which differ to normal coins, being gold) and can be used to buy items for display in the Odyssey or special outfits. These can vary from a formal suit, to swimming trunks with goggles or the 8-bit outfit which changes the display of Mario to how he appeared in Mario 64.

There are many amazing elements within this game, including the sound track and beautiful visuals, the game truly looks stunning. It’s also such a feel good game (as Mario games tend to be!) – you definitely can’t play it and feel sad! It is so fun, especially when you throw Cappy onto a T-Rex and you can rampage and stomp around one of the kingdoms. Not only this but it’s so easy to get your head around the controls, within the first hour of playing the game you will feel like an absolute pro already. Overall, especially if you have a Switch, I seriously recommend this game.
I’ve been gaming ever since I can remember. Back in the day playing on the SEGA Megadrive with games such as Street Fighter, Sonic, and Donkey Kong! Since then games have developed ten-fold – all you have to do is look at the comparison pictures of Tomb Raider to see the transformation of the character in regards to pixel and graphic quality!

Since the SEGA Megadrive I’ve played a select few PC games, mainly Zoo Tycoon (which I still have!!) I moved onto the PlayStation 1 and PlayStation 2, but quite quickly transformed my experience to Xbox. (sorry sony lovers! But Microsoft is where it’s at)

I had the Xbox 360 where I discovered my love for GTA: San Andreas, using copious amounts of cheat to cause havoc in the town playing as CJ (this is my business, playa!). I moved onto games with a little less violence such as The Sims 2 and The Sims Urbz, however quite quickly realised I only really enjoyed playing The Sims on PC (the Interface and controls are so much better!).

I moved to Xbox one as soon as my budget allowed and I played your generic games, but one that stood out was Shadow of Mordor – I completed that game 100% it was so good!

The time I most enjoyed gaming was when I discovered online gaming in FPS games, Ironically I started playing online with CoD games but discovered my love for Battlefield. When I started playing Battlefield my gaming experience transformed, although I am sad that I never got to play Bad Company as I started when Battlefield 3 came out. I was so bad at first (which kinda stands still aha) but the more I played it the better I got and the more enjoyment I got out of it! These days I still play...
battlefield, after loving Battlefield 4 I was so excited to get Battlefield 5. BFV Is great and has the added bonus of battle royale! On the topic of Battle Royale I thoroughly enjoy playing Apex at the moment, before this hit the Microsoft store my heart was In PUBG (players unknown battle ground) and I got quite good at It! But since I’ve been playing Apex I find that PUBG Is too slow and therefore now struggle to play it without getting frustrated with picking up loot.

I’m always up for playing with new people so if you love the sound of the games I’ve mentioned or are curious to see just how good (bad) I am and want to see my screen-captures and gameplay then add my account! My gamertag Is: DobbysGammySock – Inv me and we can have a wee gaming session!

I’m thinking about getting world war Z.... but not sure It’s a game I’ll be able to invest a good amount of time into, what are your thoughts?

Leanne xo
The concrete feels wrong beneath my feet,
Its rough surface is unnatural, foreboding.
But all the grass is gone. There’s nothing left now,
No grass, no flowers, no trees...Nothing.

I’m all alone in a lifeless world,
Nothing can grow through the destruction,
It’s too late but they can’t even see,
They’re too busy with likes, followers, fake friends.

Can’t they see the wilted flower? The bleeding tree?
Can’t they see the polluted seas? The barren grass?
Can’t they see the ice that’s melting?
Can’t they see? Or don’t they care?

I’m sorry my love, I cannot save you.
The world is dead, it will never thrive.
Through no fault of our own you will never see a flower,
Never experience the true beauty we have now destroyed.
For it is lost forever...
TOP TIPS FOR CREATIVE WRITING
WRITTEN BY ELAYNE LACORTE

As a writer, I can relate on a hundred different levels just how hard it is to write. Some people brush it off and say, “It’s easy, you just write down a bunch of words, make it sound pretty and BAM”. Yeah, no. Everyone’s different, of course, so feel free to change these tips accordingly to your own writing style.

Here are my top tips for creative writing:

**Find your motivation.**
What is motivating you to write? Is it a passion? Or do you have to write a short story for a subject? If it’s the latter, your motivation is getting that grade. So, shoo. You’ve done Tip number 2. If it’s a passion, what are you writing for? What are you trying to achieve through words?

**Realise that something is better than nothing.**
Even if you write pages and pages of nonsense, write it. You’ll see that even the best ideas come out of nothing. You never know. Maybe the next best-selling novel comes from a single sentence that you write in that ten-page nonsense story.

**Put yourself in the mood.**
This could mean anything. Put sad music on to help transport you into a sad scene, or sit by a bench in the park to help you picture everything. You are the writer, and you paint the picture in your reader’s mind. If you can’t even picture it, there is no way your reader can. So, put yourself in the book, before you try to put anyone else in there.
Boy, am I excited about this! If you’re a regular reader of Student Life, then you may recognise my name from previous articles in the My Life section; my name is Rosie, and I’m very excited to announce that I’ve switched my content up a little bit, to bring you guys a new monthly feature from me, dedicated to books! For some of you, that may be an absolute snooze, but hopefully, whether you are a book fanatic like myself or not much of a reader, there will be something for everyone here!

In the near future, I’m hoping to bring you guys book reviews, book-to-film reviews, recommendations for an array of topics, from classics, to YA, to LGBT+, amongst other things.

You may be wondering “Why books?” Well, there are a few reasons that inspired this change of content.

Firstly, I love books. Ever since I was younger, literature has been my livelihood. I always had my head buried in a book as a kid, and have since come to own a substantial collection of books. I think that for many reasons, books are of fundamental importance in life, especially for younger generations, and that they have the potential to be the most healing, fulfilling, indulgent form of art in our lives. Books have the power to change our lives for the better, and they most definitely did for me, and so I really want to bring some of that passion here to Student Life and share that love with any of you who also values books the same way I do.

Secondly, books are making a big old comeback. Remember back in the 2000s when reading was uncool, and only for nerds? Well, today the opposite couldn’t be any more true. Book sales, especially amongst YA (young adult) books are skyrocketing, and the New York Times Best Sellers list has been dominated by YA and contemporary books for a few years now. More and more people are falling in love with reading, and that is a beautiful thing. Not only because people’s creativity is being appreciated, but because other people are coming into contact with the joys of reading! Which also means that instead of having my emotions destroyed by
fictional characters and having no one to vent about it too, I now have an abundance of fellow readers to fangirl over these beautiful characters and stories with!

Thirdly (yep, there’s more!), a little change never hurt anybody. We always want to try and keep things in Student Life fresh, exciting and original, and so when I proposed doing a little switcharoo of the content, it was met with some great feedback. I loved writing for the My Life section, and bringing you guys along with me on my university adventures, but there’s only so many times I can tell you I went to a lecture, went out clubbing, ate, slept, then repeated the cycle before it becomes a big snooze. I’m really excited about bringing this change into action, for all the reasons stated above, and hope that you guys are going to enjoy it!

Finally, I want to encourage more people to read. It always saddened me throughout high school to see so few fellow pupils who loved reading in the same way I do, and to hear people say reading is “boring” and a “waste of time,” whilst they sit there scrolling through social media feeds for hours on end. Obviously, I am heavily biased when it comes to the pros of reading, however one thing I value in books is their therapeutic effect on the mind. Allowing yourself to take a step back from the real world and enter a beautiful fictional universe can be so beneficial in reducing stress and allowing us to escape our problems for a little while. Books truly are a magical thing, and I can’t wait to start properly sharing my love for them with you guys next month!

Rosie W
My Inspiration: VICTORIA (V.E.) SCHWAB

BY JAMES WILLIAMS

Victoria Schwab, also known by her pen name V.E. Schwab, is a sci-fi/fantasy author who has become my own personal hero and inspirational model. Her work is something that truly amazes and inspires me with every piece of work she publishes, which now collectively amounts to over a dozen published works. Not only is Victoria the writer of my all-time favourite series, but as a full-time published author who has experienced a lot of challenges both in her own personal life and in her writing career, it’s her guidance to her readers about both the publishing industry and dilemmas with self-identity and mental health that are something that I love her for. She delivers the realities of being a full-time published author without sugar coating anything when aspiring writers ask her for advice.

Victoria is one of the most well-known authors amongst the Young Adult literature book community, despite how she writes across various age ranges. Her audience is something she always continues to show her gratitude for and gives back to her readers through not only her openness about everything going on in her life, but by also making sure that at any event she does, everyone in line gets a chance to meet her and have their books signed.

I had approached Victoria once after a panel to hand her a gift in case the signing line was cut short with it having also been her first UK event ever, and the secondly at her signing the same day. Although I fumbled my words and was shaking to the point I thought I was about to faint, Victoria was amazing and so easy to talk to, even hugging me when I gave her the gift. When it then came to the signing it then became even easier and was like catching up with a friend (even though the shaking was still there). The dilemmas and experiences she’s dealt with is something that has also come to inspire my own journey in creative writing, allowing me to figure out just what kind of obstacles lie ahead, both seen and unseen, something I would have come across a lot later, or maybe even at all, if I hadn’t heard them from Victoria first.
On Chesil Beach is Ian McEwan’s tenth novel. As an author who has become synonymous with star-crossed lovers (Atonement), unreliable narrators (Enduring Love, Nutshell), and gritty realism (The Cement Garden), On Chesil Beach is regarded as one of McEwan’s classics.

Set at the turn of the Swinging Sixties, On Chesil Beach follows Florence Ponting and Edward Mayhew as they go from innocence to experience in their attempt to lose their virginities on their wedding night. Although there is very little dialogue (which does not begin until page 82) the novel encapsulates sexual anxiety and tension from both parties. In the first chapter, McEwan presents the scene of Edward and Florence eating their wedding meal in the hotel. Through the rush of servants and the carvings of beef, an awkwardness arises between the pair. McEwan makes an important point in this scene: ‘Even when Edward and Florence were alone, a thousand unacknowledged rules still applied’ (p. 18). The anxiety looms over the pair and McEwan cleverly implies this without the characters having to say a single word to one another.

The settings and locations in the novel are also a source of praise. Florence and Edward are constantly crammed into claustrophobic settings (i.e. the hotel or Florence’s parents’ house) where they are expected to perform. Even when they are free (i.e. the beach and Henley), these settings are psychologically associative. The sea and the beach remind Florence of the implied sexual abuse that she suffered as a child. Again, in Henley, the pair are constantly watched by Florence’s father when Edward takes on a job at the cricket ground. For Edward too, the constant reminder of his brain damaged mother departs him from the ruffian personality he tries to depict. While Florence tries to take the role of his mother in their house, Edward cries silently. No longer does he have to put on the laddish and bashful persona; he is a real human being.

This is not a perfect novel, by any means, but McEwan deftly taps into the subconscious of sexual anxiety from a female and male perspective. I would recommend this novel to fans of McEwan and to anyone who enjoys reading about the complexities of relationships and life.
Eleanor Oliphant is Completely Fine
by Gail Honeyman

★★★★★

REVIEW BY WILLIAM STARLING

The first thing you need to know about the novel Eleanor Oliphant is Completely Fine is that it’s a complete lie. Eating the same food every day is not ‘fine’. Self-medicating with alcohol and painkillers every weekend is not ‘fine’. Receiving abusive calls from your incarcerated mother at a fixed time every week, regardless of what you do to avoid her, is not ‘fine’. Stalking a beautiful man that you saw at a concert just because the bottom button of his waistcoat was sophisticatedly unbuttoned is not ‘fine’.

But the fact that Eleanor Oliphant is so completely not fine is why I love this book so much.

We have all felt different or isolated at one point in our lives and Eleanor is living this nightmare constantly. She has no friends; no-one has been in her house but her for years and the reason she drinks three bottles of alcohol over the weekend is because she simply has nothing better to do.

She is lonely.

And whilst loneliness isn’t as destructive as a disease or a mental illness, it is still a plague on Eleanor’s health that forces her to live the humdrum life that she does.

Her life is a flatline filled with repetition and pesto pasta, which would have continued that way if not for the humanity shown by those around her. But all it took was one act of kindness and a bit of patience from a seemingly deadbeat IT man to turn Eleanor’s life around. Whilst her journey isn’t a complete upwards venture from there, the people around her are steady and are always there to pick up the pieces.

Gail Honeyman has managed to create a book full of drama that will intrigue you with a backstory worthy of a Sherlock Holmes mystery, make you cry with every step Eleanor takes towards happiness, and most importantly, re-affirm your faith in humanity.
Two Can Keep a Secret

by Karen M. McManus

★★★★★

REVIEW BY KATIE-MARIE

The book I’ve decided to review is Two Can Keep a Secret by Karen M. McManus, which tells the story of a small town with a dark past and a similarly dark present. The book focuses on the narrative of two main characters: Ellery Corcoran and Malcolm Kelly.

The town of Echo Ridge has a dark past, there have been two murders that were never solved. The two victims were extremely popular, and their deaths shocked everyone. Now that Ellery and her brother have moved into the town the killer claims to be back. There are three new potential victims and tensions are running high. However, both Ellery and Malcolm are somehow connected to the previous victims. Ellery instantly decides to try and solve not only the previous murders, but the crimes that are also happening presently, with the new friends she has made.

The book falls under the genres of thriller and mystery: which it lives up to. All the way through you are intrigued and on the edge of your seat. The author leaves lots of little cliffhangers in chapters so that you are constantly reading to try and reveal the truth. The twist at the end is a complete shock and left me so bewildered. At least McManus doesn’t leave out any detail, so you aren’t left staring at the ending of the book in anger.

Overall, I loved the book! It is full of exciting twists and turns that you are never expecting. The characters and their relationships are not only relatable, but extremely heart-warming. The ending is very satisfying, and the information is revealed so slowly over the course of the book. I think that you would really enjoy it if you are into shows such as Riverdale and Pretty Little Liars.

Great backstory. Entertaining plot.
Love writing? Or have an English exam coming up? Well here are 5 useful writing prompts:

1. Write a story beginning with the sentence “As my eyes opened, I realised, it was all a dream.”

2. Write a story using the setting of a school.

3. Write a story from the perspective of your favourite animal.

4. Think of your favourite book, write a story based on a character that is in it which is not the main character.

5. Write a story including these three words: Faith, Courage and Sun.

Tips
- Be creative! The possibilities are endless.
- Plan your story before beginning.
- Think about the structure of a story, make sure it has a beginning, middle and an end.
This summer, fashion is getting floral and a little juicy! Floral and fruit prints are back in a big way this season and I couldn’t be any happier about it. 2019 is bringing some tropical vibes for men and women, from casual wear to smart wear and a whole range of fabulous accessories.

We are slowly inching our way into warmer days, so let’s not only eat our favourite fruits and admire our favourite flowers, let’s wear them! Now is the time to give your wardrobe a breath of fresh air with lovely spring cuts and colours.

The spring/summer catwalks came with an explosion of different prints, which will enable us all to indulge and create an individual style. Most people associate florals and fruit with summer so you can feel good about embracing the sunshine in style! You can work these prints into your own style, confidence and wardrobe to work in so many different ways.

Floral and fruit designs will never go out of style. They are both classics, season after season that offer instant gratification that lasts through Spring/Summer 2019.
HAVE FUN WITH PRINTS THIS SEASON WITH MY GUIDE ON HOW TO ROCK THIS SEASONS TREND

STYLE TRENDS
- Edgy Style
- Work Appropriate
- Pastels/Brights
- Mixing Different Prints
- Just an Accent
- Athletic/Rugged

FRUITS AND FLOWERS
- Lemons
- Roses
- Watermelons
- Sunflowers
- Pineapples
- Daffodils
- Bananas
- Palm Trees
- Oranges
- Cacti

COLOURS
- Whites
- Red/Oranges
- Pinks/Corals
- Yellows/Mustard
- Multi colours
- Greens/Sage
- Blues/Lilacs

ATTIRE
Work the trend into your existing wardrobe with the following items:
- Dresses/Skirts
- Jumpsuits/Dungarees
- Blazers/Leather Jackets
- Jeans/Chinos
- Sneakers/Shoes
- Tops/T Shirts/Blouses/Shirts
- Trousers/Shorts

ACCESSORIES
This trend is ideal for all types of fashion accessories. The high street is saturated with bags, jewellery, scarves, belts, ties with every floral and fruit trend that will complement any outfit.

Full of fun, big and bold, colourful, floral, fruity there is something out there for everyone with easy to wear pieces, to suit all budgets and lifestyles.
Summer is getting closer and closer to us! Winter clothes get put away and out come the summer clothes. It’s time for new outfit combinations and reusing your clothes from the previous year.

With the rise of minimalism and people aiming to be sustainable when it comes to clothing, some are now opting for a capsule wardrobe. This is where you have a few basic items, but you are able to create new looks with these items, learn to accessorise and experiment with what you have. The idea is to choose items that will last a long time and maybe make an investment in an item that you know will get a lot of wear out of it!

**DRESS**

Dresses are perfect for nearly every occasion casual or dressed up! Simple dresses work best because you can pair them with literally anything. If you want a quick and simple outfit, then grab a dress. A pinafore is the top choice for me as you can pair it with just about everything, casual or dressy. You can also wear them all year round if you pair it with tights and a jumper.

**GRAPHIC TEE**

This is a great addition to your wardrobe and if it has a print of something you love then that’s a double bonus! Slogan T-shirts have been becoming ever so popular and they work well with skirts and jeans for a casual look. If you scour the men’s section of charity shops, there is a high chance of finding a vintage band t-shirt or graphic t-shirt. Staying stylish and sustainable!

**DENIM SKIRT**

A basic denim skirt is a staple for every wardrobe. You can wear it in so many different ways and you can buy different types of denim skirts, mini, A-line, vintage midi etc. Pair it with a graphic t-shirt and a cute pair of trainers for instant summer vibes or put it with a white shirt, blazer and some pumps for a smart casual look.

**BLAZER**

There are so many different styles of blazers out there right now, you have a lot to choose from. Blazers are so versatile and stylish. You could go for a bold statement blazer or just opt for a simple colour like black, white or grey!
At a co-editor meeting last month, inspired by my social/blog handle @lifeinateecup – a pun of my nickname Tee, we thought about the idea for What’s The Tee. It’s a new feature where I discuss/ spill all the tea of the fashion industry at the moment. Here is all the gossip, news and events that happened over the past few months.

THE MET GALA

One of the biggest celebrity events in fashion is the Met Gala – an annual fundraising event for the Metropolitan Museum of Art’s Costume Institute in New York City. It is basically a massive dressing up party for celebrities based on the theme of the Costume Institute’s exhibition. This year the theme was “Camp: Notes On Fashion”, encouraging looks that celebrate the “artifice and exaggeration” of camp as written in an essay by Susan Sontag in 1964. This year brought some interesting and wonderful looks such as:

- Lady Gaga’s FOUR different looks over the evening including a huge pink dress by Brandon Maxwell and a black dress and umbrella combo which gives almost Mary Poppins vibes
- Jared Leto whose bejewelled suit was accompanied by a replica of his own head inspired by the Gucci AW 2018 show
- Ezra Miller looked amazing in a monochrome Burberry pinstripe suit accompanied by a pearl corset and illusionary makeup which featured multiple eyes painted over his face. He also had a mask of his own face which concealed his makeup early on in the evening.
- Katy Perry certainly chose to look at objects for inspiration, dressing as a chandelier (Moschino) for the main event and a burger at the after party. Her burger outfit consisted of a huge bun that secured around a green ruffled dress to resemble the lettuce. This led to a hilarious clip of Katy in the bathroom reassembling the burger as Jennifer Lopez walked past clearly baffled!
NEXT IN FASHION (NETFLIX)

Netflix recently announced a new series Next In Fashion where 18 aspiring fashion designers compete in a series of challenges with the winner receiving $250,000 and a chance to collaborate with Net-a-Porter to release their first collection. The show looks to be almost the Great British Bake Off of the fashion industry and will be hosted by two of my favourites – Alexa Chung (fashion designer, model, presenter and author) and Tan France (fashion designer, author but most known for featuring on Netflix's Queer Eye). I have high hopes for this show, and I cannot wait to binge-watch it!

KERING BAN MODELS UNDER 18

After publishers Condé Nast, who publish Vogue, stopped using under 18s in shoots, it was announced recently that fashion houses under Kering will not use models under 18 as they are “conscious of the influence exerted on younger generations”. They own many high end major fashion houses including Gucci and Saint Laurent. Due to the forever ongoing concerns of the impact the modelling industry has on impressionable young people, especially in regards to body image and the extreme diets that models go on to be seen as adequate, I believe that policies like this are a small step in the right direction to change the way modelling works but there is still a way to go in terms of minimising risk to young people.

PRADA

Another ethical step in the fashion industry comes from Prada who have said they will not be using animal fur in it's designs from spring/summer 2020. They have joined the Fur Free Alliance meaning that their clothes now meet the ethical demands that so many consumers want. In recent years, other major brands such as Gucci, Burberry and Michael Kors have pledged to use no fur which just shows how gradually the awareness about making fashion free from animal cruelty is growing and coming into effect with the large companies!
Now as I say most years, Summer is my opportunity to lessen the makeup and try get the Vitamin D to my skin. As I’ve mentioned before, I suffer with acne and bad blemishes so the sun does my skin a lot of good! There is a little maintenance, for me, involved in going through a phase of no makeup so here are my favourites!
I've spoken about lash extensions in one of my recent articles, but they are ESSENTIAL for me in the summer! I don't want to be fiddling with glue and strip lashes and my natural lashes don't look that great with mascara. American volume lash extensions are my key to looking good even if I brave it with no makeup! They really change up your face and I'm obsessed! However they are very addictive!!

Eyebrow threading and leg waxing is also another must for me in the hotter months. Shaving and plucking is annoying at the best of times but when you're having to really keep on top of it in the summer, it becomes a chore. I have always preferred getting my brows threaded instead of waxed, as I find it makes my brows more natural instead of finely shaped like waxing does. However I do prefer waxing my legs, as it lasts a lot longer before it grows back so it doesn't feel as much of a chore.

Gel nails haven't always been my biggest preference over acrylics, purely because I love the feeling of long pretty nails. However I find gels are much more practical in the summer especially when on holiday! They last a lot longer without chipping and it's so pleasing to have matching fingernails and toes. I always tend to go for white on both. As boring as it sounds, it makes your tan really pop in the sun!!

Finally, fake tan. I'm quite lucky in the sense that I have fairly olive skin so I tan easily. However in the early summer months I'm in the middle and still like to look really tanned. Instead of using my usual bondi sands ultra dark, I'll use a gradual tanning moisturiser or in-shower tanner. This way it is more subtle but makes me feel confident and good. The gradual moisturiser is also good for keeping my skin moisturised when it's being exposed to the sun and heat.

Summer doesn't have to be a chore when it feels like you have to keep on top of certain beauty regimes. Semi-permanent tips and tricks can help to make you feel confident and fresh all summer long, without the tiring chore of keeping it up every week!
I've never really worn a vibrant colour on my lips, I am a classic nude gloss kinda girl, so I was a little apprehensive when trying this bold lipstick. I thought it would be too bright for me, but I am shocked at how much I liked this product and it is actually a really nice spring/summer colour. The pigmentation is amazing and you only need to apply one coat of the lipstick for the colour to show. The product also feels super nice on. The creamy formula means it doesn't dry down matte, it stays really glossy and shiny; it feels just like a lip balm. Unlike other lipsticks I have tried which feel quite dry, this one is really smooth and hydrating which makes it really easy to wear. I am pleasantly surprised. 4/5

GEORGIA OTTO

I don't use Avon products much but trying this Mark epic lipstick in the shade coral burst I was pleasantly surprised with the outcome. The formula was soft and not dry on the lips at all also it smells amazing.

I'm not much of a lipstick wearer but I have found myself using this one quite often, it is perfect for the summer season! I do have pale skin and blonde hair so I find that some shades tend to clash with my skin tone or hair shade, but this one actually complements it.

I would 100% recommend this to others as I find Avon have done very well with this product. I will be looking into purchasing more of their products as I find they are great value for money.

I rate this product 4/5.

LIBBY DAWSON
I was impressed with how easy the lipstick was to apply and the coverage. It stayed on my lips for a surprisingly long time before starting to wear off. Even after it started to wear off, you could still see it on my lips. This colour lipstick would be perfect for somebody who loves wearing bright colours. I prefer paler, nude colours so the colour personally wasn’t for me. If somebody is looking for a lipstick which is long lasting and vibrant, then this is the one for them.

ELEANOR ADCOCK

Having previously used many Avon products, I was asked to try a lipstick called Mark, Epic Lip. The colour was a bit bright and vibrant to the one that I normally use, Coral Burst, however I found that it did feel and look thicker and went on very smooth.

I always find that lipsticks do not stay on for very long but this did stay for some time and when applied was a great coverage and my lips felt quite moisturised with a Creamy feel. I also noticed it was quite smudge proof which is great for longer lasting lip wear. I think I will have a look at other colours from Avon for this lipstick as I really liked its overall ability to stay put and feel like a lip balm. Overall score 4/5

CHRISTINE STARLING

LAURA ALLUM
Since I was a child I loved the idea of travelling, of visiting other places, of just getting on the train and seeing the world. When I think about travelling, different things are coming in my mind, such us: the experience to not miss the train, to make sure the tickets are correct, to wander around in the new place and to get a bit lost and wonder where I am.
Lately, I decided to discover England as it is not my home country. A few weeks ago, I went to Cardiff and last week I visited Cambridge. Me and my friend had Cambridge on our to do list for quite a long time and last Thursday was the day we were going to discover it. As I said, all the experience is important for me and even if we only had a couple of hours, we did enjoy the most of it.

The moment we arrived in the city everything was like an adventure from the books that I used to read when I was a child.

Not too far from the train station we went to visit the Botanic Garden and we were lost for an hour or so in the nature, feeling less stressed and more energetic. Spending time with my friend in that environment made me cherish our friendship more as I realised that true friends do not need a lot to get along.

After the Botanic garden we went to visit the Fitzwilliam museum and I noticed objects from different cultures and years. The Egypt and Greek exhibitions impressed me the most and I left with a very good impression. I think that day made me realise how important it is to go out there and discover things that I would not know if I would always stay at home. Seeing all that nature made me realize that I should consider going out in parks more, just to relax instead of staying in house and be concerned about problems that I cannot control. Me and my friend had a lovely day in Cambridge, the places that we saw will always remain attached to our nice memories. I would definitely recommend taking a day off from the usual schedule and going to a new place as experiencing is everything.
In next month’s issue we will introduce you to more of our work with launching our groundbreaking work experience platform (and our new website!)
For now though, this image is from a prototype page on the mobile platform. From here you will be able to:

- Create your personal profile
- Choose your available times
- Choose your preferred industries
- View matched work experience opportunities
- ALL YEAR ROUND

Fantastic isn’t it? And we haven’t even added any colour/design yet!!

We are supported by some of the most well known businesses in the region:

Our ‘Experience Work’ platform will revolutionise the way that you experience the workplace.
MENTAL HEALTH

MENTAL HEALTH DIFFICULTIES ARE LIKE WEEDS IN YOUR GARDEN

We can spend so much time ignoring the issue that the root spreads. Digging deeper identifies the root; removing the root, removes the problem.
June is here... already! Whaaaat, one minute it was New Year and now we are half-way through the year! Throughout June there are several awareness weeks and campaigns running:

- BNF Healthy eating week – 10–14 June. (British Nutritional Foundation)
- Carer’s week – 10–16 June.
- Men’s health week – 10–16 June.
- Cervical screening awareness week – 10-16 June.
- World blood donor day – 14 June.

Therefore, we have made sure to feature articles on carer’s and Men’s health and what their correlation with mental health can look like. Please take a read and let me know what you think!

We have been working tirelessly to keep up our mental health work with the other sectors in Suffolk and have met some very enthusiastic people, and ones who share our visions here at Student Life. We have made progress on our Self Harm project, and are getting excited about all the ideas the Film team are coming up with, and what the final project could look like. Watch this space!

Keep doing you,

Leanne

xo
This was a common thought of mine. Sometimes I’d find myself so incredibly sad but unable to express why; I would listen to artists such as Billie Eilish or the late XXXTENTACION and completely break down as the words seemed so painfully true, so similar to how I was feeling. But was I feeling the same feelings as them or had I inadvertently convinced myself that I was just because I wanted to relate to them due to their iconic status?

**Maybe it feels cool to be sad because all the most famous people seem to be.**

Surely artists vocalising their mental health issues and spreading awareness should be a good thing, but what if it isn’t? What if musically broadcasting their emotions popularises, glamorises and romanticises mental health, conditioning people to believe that mental health is merely an aesthetic.

Music isn’t just the only thing affecting our stance on mental health: as we are generally all so easily influenced and malleable, we tend to unintentionally mirror anyone that we see that either dresses or acts like the stereotypical angsty teenager as it’s arguably now trendy to seem sad. This then snowballs, encompassing everyone in an icy grip of make-believe. If people weren’t already struggling with their mental health, they may begin to due to this new-found stylish sadness. For those already struggling, this misery music can be frustrating as it may intensify their negative feelings due to the music disguising itself as what appears to be a sympathetic source issuing comfort; being aware of other people’s struggles may be comforting but we should question whether or not it is having a negative impact on us.

Maybe it’s time that we regain our focus on the severity of mental health and stop acting as if it’s as simple as a fashion choice or a song lyric.
Q: What would you say to someone who is currently going through their darkest step in a battle with mental health?

A: I would always say that no matter how severe it feels, there is always a light at the end of the tunnel. Everyone’s journey to this ‘light’ is different and there is no fixed or proper way to reach it. Some people get there with no relapses, and some experience several relapses. Your journey is unique to you, and somewhere inside you there will be the strength to complete that journey. Recovery isn't about getting better, being cured, or whatever you want to call it. Recovery is about getting to a better stage than before, getting to a stage where you feel you've made progress.

I would always encourage them to talk to whomever they are comfortable with, and if they don’t have any friends, family, or acquaintances that they can reach out to, there are services such as the Samaritans which they can talk to. There is nothing worse than holding in your emotions, and as hard and daunting as it sounds, talking to someone helps you alleviate the pressure your emotions are making you feel.

At times when they feel unsafe, I would encourage them to surround themselves with others. This doesn’t necessarily mean talk to them about how they are feeling, but just to be surrounded by someone else for security and safety.

I personally have hit rock bottom, and suffered my own mental health difficulties. I can empathise with them on how it feels to be in that deep dark place. It can be absolutely exhausting, seem like nothing will get better, and the overwhelming feeling of doom and feeling stuck can get so loud. All I can say is that, from my personal experiences, it does get better. It can and will get better, it just sometimes takes time.

I know that I believe in them. Keep going.
Self Care: Journaling

WRITTEN BY RACHEL MITCHELL

I’ve always enjoyed writing, mainly in a diary or blog format, having the platform to voice my own thoughts and feelings to those reading.

When I was younger I used to keep diaries. I admit, I always started off with good intentions of keeping it updated day by day, but I soon got lazy and forgetful, leaving numerous blank pages in my carefully selected, patterned book. I used to note all sorts, from events that had happened that day, to my feelings about a friend or family member that had annoyed me. I didn’t hold back, hoping that no one would ever get their hands on it and making me the subject of an interrogation.

Some of my diaries would have lockets and a tiny little key. The key usually always went missing after I would forget my own safe place, but still, my diary gave me a sense of control and comfort.

Fast forward a few years and online blogging was becoming a trend with the likes of blogger.com (a free service where you could create a basic blog and share it with friends) and Piczo (a social networking and blogging website for teens, launched in 2003 and closed down in 2012). I knew lots of people with a blog and soon I was part of a little blogging family. Initially, I would use the platform to update my followers on my life, write little stories and share images and funny stories. Now, I have a blog on wordpress (rachelgilbey.wordpress.com) called ‘Diary of a Crohnie’ and I use the platform to share my experience of living with Crohn’s disease as well as posts about my travels, beauty advice and lifestyle top tips.

It’s sat idle for a little while now, but I’m determined to give it a re-vamp and a new lease of life. There are many benefits to blogging or simply writing down your thoughts privately. It can actually make you feel happier! For example, you could jot down your goals and ambitions or even the small wins in life. This will help to keep you motivated and will give you a sense of achievement as you start to tick things off your wishlist. Also, writing may help you to cope in stressful and anxious times as you can express yourself with no boundaries.

Why not give it a try?
The most inspiring person to me is, musician and frontman for the band “As It Is”, Patty Walters. Patty publicly speaks honestly and truthfully about the stigma surrounding mental health after struggling himself for many years with both anxiety and depression. Patty believes that many influential people are portraying the wrong message about mental health. Therefore he feels it is important for him and his band to reconstruct the way that we talk about these topics, and to keep the conversation going. As a fan of the band, seeing how passionate Patty talks about such vulnerable feelings and emotions that very many unfortunately struggle with, I too feel it is very important to talk about these emotions so that they are no longer stigmatised and become something we all feel comfortable with sharing.

Although the conversation of mental health is becoming more apparent, many musicians and artists seem to glorify and romanticise something that in no way is anything anyone should want to feel or experience.

At an intimate gig in Colchester that I attended in March of 2019, Patty passionately emphasised how important it was when creating their most recent album to not do any of those things. Patty then followed to portray his thoughts by proclaiming “we don’t believe that these things are beautiful, we don’t believe that these things are ugly either.” in that moment, I feel the emotion he was feeling while surrounded by people who I knew were thinking the same things I was at that time. I felt a connection between the band and their fans which astonished me, I was in awe over the honesty and truth behind the words that Patty was saying to everyone in the small venue. This night inspired me to keep that conversation going. I think that different forms of art such as music, are some of the purest ways to keep the conversation going and to erase the stigma surrounding these topics.

Patty is my inspiration because he is the only person I have seen to be talking so openly about mental health and I know that this is just the start of him influencing and helping so many people, it inspires me to speak openly about things which will help other people in similar situations. By starting this conversation in a smaller scene I believe that this is how we help people all around society even if it starts with one person at a time.
For generations boys have been influenced from a young age to believe that they must act tough and not show weakness, that they must not cry and to “suck it up” amongst other things. This way of thinking may have worked in a time when survival depended on this kind of nomadic strength, but in today’s modern world men no longer need to fight for survival or stay tough in order to stay alive. Nowadays our state of mind is based around high demands, overwhelming work pressures and heavy influence from the media.

We still try to be the alpha male in today’s world whenever possible but it’s rarely needed anymore.

In order to survive our modern world we must try less to be the stereotype alpha and instead redefine what it means to be a man. The modern man must be strong, but strength today is less physical strength and more mental strength to cope with today’s demands on us. And this strength comes from caring for ourselves and being open and honest with how we’re feeling, rather than burying it and being ‘strong’. The true alpha male knows how to adapt and survive in any environment, whatever it takes.

Now not a lot of men are willing to openly talk about how they’re feeling to anyone, but if you’re struggling with things mentally and need an outlet, one of my most effective methods is keeping a journal. If you want to keep it private download an app and password protect it so no-one can read what you’ve written. This in itself is a great way to clear your mind and help understand how you’re feeling when things get too much.

Life will always have its challenges no matter what path you follow, but the key thing is to learn to understand yourself and how your mind works, and above all else, no matter what you’re going through you need to understand that you are never the only one and that even if people don’t like to talk about it, they know and understand what you’re feeling and that it’s OK to feel negative things sometimes.

Mental health is a key concern for men and women alike, but it’s particularly troublesome for men. I have struggled with anxiety and depression for the last three years, and the stigma surrounding men speaking out about these issues has made it especially difficult to deal with.
One of the main problems here is that men feel as though any sign of weakness or vulnerability is ‘unmanly’. Whilst I am fully aware I am not the most masculine of men, I still felt this idea of needing to live up to the norms of masculinity dominating my experience. It’s really hard to discuss your mental health when you’re scared of being shot down for not coming across as the archetypal image of a man. Thankfully, this simply wasn’t the case. Yes, I was worried it would be, but upon telling my parents, my doctor and my friends that I was struggling, it turns out that I got nothing but support and kindness from all of them. Talking about my health has enabled me to meet people who are suffering in similar ways, to share experiences, and to find light in the dark as a collective.

**It was very reassuring to find that my feelings didn’t make me an outcast.**

The knowledge that so many others suffer in the same way that I do means we as a community can support one another, and helps me feel much more content in my feelings. My mental health caused my grades to suffer in sixth form, made it difficult for me to do my work in my job, and also made the start of university super daunting. However, the fact I was able to start my journey to recovery after starting university by taking part in their counselling course, which really helped me to find my feet and understand how to deal with my emotions. I’m definitely still healing, but I’m a good part of the journey there.

I think the community of young people is very supportive and progressive, and teaching people how to understand and assist with mental health issues is key to breaking the stigma!

*IF THIS ARTICLE HAS BROUGHT UP ANY EMOTIONS THAT YOU WOULD LIKE TO DISCUSS, PLEASE REFER TO OUR CONTACT LIST AT THE END OF THIS SECTION*
OUR WORK WITH JENNY

WRITTEN BY LEANNE ARNOLD

Progress has been made in the way of our collaboration with Jenny and the training she will be delivering to students involved with Student Life. We have a date set for the first training session which will take place this month. We have had such a big buy-in to this training by young people which is reassuring and so lovely to see - the more students that educate themselves on suicide the more help will be out there for those who are feeling suicidal.

We have decided to hold a second session as the first one wasn’t on a date available for everyone. If you are interested and want more information please email me at: leanne@student-life.co where I will be more than happy to have a chat with you about what the training will entail. If you wanted to book on the training but were unavailable and made me aware I will be in contact soon to discuss the second session and what date this will likely fall on.

suicideTALK

Examines why people experience thoughts of suicide
Encourages open discussion about suicide and attitudes towards it
Explores ways people can help to prevent suicide
Being an introvert in a society geared towards extroversion

In a society of reality television shows, dance shows and singing competitions, where your Instagram presence is paramount and if you struggle to speak in public with confidence you seem bound to flounder – it can feel pretty daunting to be an introvert. We seem to applaud (literally and metaphorically) those who ‘put themselves out there’ through endless ‘selfies’ and ‘status updates’ and it can feel like the only way to be a success in this world is as an extrovert. Difficult then for those of us who prefer a quieter, more solitary existence. It can feel as though there is huge pressure to keep up with the natural extroverts and this can be exhausting.

Like any personality characteristics how outgoing you are is a continuum not a binary thing and may also be context dependent – you might find yourself able to be outspoken in some situations while finding yourself wanting to run for the hills when faced with others. You might look at friends who work all week and then spend each weekend out engaging in high octane social activities that leave you feeling
exhausted just looking at the itinerary they share on Facebook as you wonder how on earth they find the energy to do it all?

I remember spending a long time wondering why it was that I was simply incapable of doing all the social activities I saw some of my friends getting involved in of a weekend without going back to work on a Monday morning feeling completely drained. I considered myself an extrovert and it was only as I started to investigate why I found socialising so tiring that I realised that despite my ability to speak confidently at conferences, run training courses and stand on stage and sing, I am in fact an introvert.

How can this be? I hear you ask. Well, here’s the thing – being an introvert does not necessarily mean you can’t do the things listed above, it just means that when you participate in activities that require extroversion you need time out to recharge your batteries, so to speak. So, after a week at work where I have spent several days running a training course I do need a quiet weekend of walking my dog and reading a good book and that is OK.

Where extroverts recharge by going out and spending time with people, introverts often need quiet time on their own.

Like most things it is not about one being better or worse than the other, it is about understanding what works for you so that you can build the right kind of restorative activities into your week to stay happy and emotionally healthy.
It probably isn't as well a known fact as it should be but there are approximately 77,000 people providing unpaid care for others in Suffolk, and over a quarter of these carers provide over 50 hours or more of care per week. In the UK we have 6.5 million people who are carers, supporting a loved one who is older, disabled or seriously ill. In another report over 80% of carers said they never expected to be a carer.

Caring for someone can put that Individual under high amounts of pressure which can lead to heightened levels of stress which can be a triggering factor for a decline in mental health. Whether caring around the clock, for a few hours a week, or in our own home, caring can have huge effects on us. Becoming a carer can be a very frightening experience and can cause feelings of loneliness, despair, and unmanageable levels responsibility. Many of us don’t even realise that we fit that bracket of ‘being a carer’; but actually if you look after a partner, relative or friend who Is disabled or ill due to physical or mental health, you are a carer.

It is therefore vital that we recognise the pressures that come along with being a carer and what we can do to help ourselves in that situation. If ever you are feeling overwhelmed by caring for someone and need extra support your GP will be able to offer support and advice.

HERE’S WHAT WE SUGGEST:

- Sleep and eat well! Being a carer can be extremely tiring both physically and emotionally so it is important that you try and get a good amount of sleep and keep your body hydrated and fed. Although you may find it hard to make the time for this, it’s very important and can help you In the long-term!

- Always ask for help if you are struggling! No one has to go through caring for someone alone; it’s important to recognise that not one person can always provide the amount of care that is required.

- Respite care! This provides support for your loved one whilst giving you a break from caring.

- Find time for yourself! Having a bit of time to yourself can be very helpful and relaxing, allowing you a break whilst doing something you enjoy.

THERE ARE MANY ORGANISATIONS OUT THERE WHICH PROVIDE ADVICE AND GUIDANCE FOR CARERS, HERE ARE A SELECT FEW WE FOUND:

IF THIS ARTICLE HAS BROUGHT UP ANY EMOTIONS THAT YOU WOULD LIKE TO DISCUSS, PLEASE REFER TO OUR CONTACT LIST AT THE END OF THIS SECTION
Growing up, while I recognised my parents weren’t as able bodied – they both struggle with mobility, such as walking/standing for prolonged periods – I never had the strong impression that I was a carer. This might be because I have older siblings, so we would share a lot of the responsibility which helped normalise our situation.

The first time I remember anyone referring to me as a carer was when I was 16.

I had convinced my parents to let me do NCS and my mum liked to keep updated with how I was doing, so had been on the phone with my group leader at the time. After the call, she mentioned something he had said towards the end of the conversation, which has stuck with me because it was quite a revelation at the time: “Grace doesn’t realise she’s a carer, does she?”

And up until that point I had never really thought about it.

My mum was initially diagnosed with ME, but as research improved, it was discovered she actually had a genetic heart defect. The central partition of her heart had expanded to the point that the flaps (technical, I know) of her heart, which cycle oxygenated blood, would snap shut after hitting the partition. So, she would quickly get breathless and wasn’t able to exert herself too much. Which meant we had to help out a bit more with different chores. I help by picking up medicine from the pharmacy, or accompanying my mum to appointments (for some this means waking up at 5-6am to be ready for hospital transport), and make sure she has stuff like her inhaler or walking stick or pushing her in her wheelchair.
And while things have definitely gotten easier in recent years as my parents have had access to better support, I still feel a loss for some of the family experiences we have never had, like family holidays, having friends over (our house was still always on the messy side) and so on. But I love my parents for always being there, and while they've struggled with their own insecurities, they have always encouraged me to expand my own boundaries. So, while I care for them they have always reciprocated by being a constant support to me throughout the years.

WRITTEN BY MEGAN GORHAM

Having been a carer for over a year now, I think I finally feel comfortable sharing my experience with having an ill mum. I didn’t realise at first that I was a carer, and it wasn’t until some amazing teachers noticed how tired I was that I realised telling your mum it’s her bed time isn’t normal.

I’ve had my fair share of ups and downs in my mental health, and I truly couldn’t say if finding out what my mum had made me feel more or less worried. There’s no cure for chronic fatigue, but there is mountains of help and support. Some days I find it hard to concentrate on my work in school or revise, but others I’m completely fine and laughing and joking as normal. Sometime I feel alone, like no one understands how difficult it can be to see your mum fall asleep at half 6 after struggling all day. But then I realise I’m so lucky that I have so much support in school and how many friends are there for me, willing to listen.

My mum has looked after me for 17 years, I think it’s only fair I look after her.

Only, I was expecting a few more years before I was helping her out of chairs. I’ve never seen being a carer as a negative thing, as I don’t see myself as a carer. I talk to her about anything, tell her to take pain medication, and at the end of the day sit across from her at the dinner table discussing school. I’m not just a carer, and I think it’s important for anyone who is a young carer to realise. I am still a child, and I think it’s important to allow myself time to relax, study, and do what I want.

If you are a carer, there is loads of support out there. Facebook groups, charities, your teachers; they’re there to help. It can be isolating to feel like the only one, but there’s so many people willing to help, you just have to ask.

If you are a carer, please see the previous page for suggested organisations who can offer help and support.
THE PROBLEM

A WIDELY PUBLISHED POEM
BY HAYDEN LEE (POET)

How much longer can I take,
Constantly trying not to break,
It goes on and on – day by day,
Another piece of me chiselled away.

Called names like ugly, strange and fat,
How am I meant to put up with that?
Why is this happening to me,
I ask you nicely--set me free!

My pillow is soaking with all my tears,
School always gives me fears.
The girls and boys scream and shout,
In this cage of worries--let me out.

I beg for all this hurt to stop.
I feel like I’m falling like a raindrop.
I don’t think I can take much more,
0 to me 1 to you--that’s the score.

I want to go, I want to leave.
Let me go, please, oh please.
Do you agree life’s one big con?
Please don’t look for me when I’m gone.

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<thead>
<tr>
<th><strong>CONTACTS</strong></th>
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<tr>
<td><strong>Samaritans</strong></td>
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<tr>
<td>We offer a safe place for you to talk any time you like, in your own way, about whatever’s getting to you.</td>
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<tr>
<td>116 123</td>
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<tr>
<td><a href="http://www.samaritans.org">www.samaritans.org</a></td>
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<tr>
<td><strong>Papyrus</strong></td>
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<tr>
<td>For confidential suicide prevention advice contact</td>
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<tr>
<td>0800 068 4141</td>
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<tr>
<td><a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></td>
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<tr>
<td><strong>Anxiety UK</strong></td>
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<tr>
<td>Run by people with experience of living with anxiety, stress or anxiety-based depression</td>
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<tr>
<td>03444 775 774</td>
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<td><a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></td>
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<tr>
<td><strong>Campaign Against Living Miserably</strong></td>
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<tr>
<td><strong>Calm</strong></td>
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<tr>
<td>0800 58 58 58</td>
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<td><a href="http://www.thecalmzone.net">www.thecalmzone.net</a></td>
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<tr>
<td><strong>4YP</strong></td>
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<tr>
<td>Advice, guidance and practical support</td>
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<tr>
<td>01473 252607</td>
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<tr>
<td><a href="http://www.4yp.org.uk">www.4yp.org.uk</a></td>
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<tr>
<td><strong>Childline</strong></td>
</tr>
<tr>
<td><strong>Online, on the phone, anytime</strong></td>
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<tr>
<td>We’ve got lots of advice about looking after yourself</td>
</tr>
<tr>
<td>0800 1111</td>
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<tr>
<td><a href="http://www.childline.org.uk">www.childline.org.uk</a></td>
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<tr>
<td><strong>Lighthouse</strong></td>
</tr>
<tr>
<td>Supporting and empowering women who have suffered or are at risk of suffering domestic abuse</td>
</tr>
<tr>
<td>01473 228270</td>
</tr>
<tr>
<td><a href="http://www.lighthousewa.org.uk">www.lighthousewa.org.uk</a></td>
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<tr>
<td><strong>Mind</strong></td>
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<tr>
<td><strong>Suffolk</strong></td>
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<tr>
<td>for better mental health</td>
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<tr>
<td>0300 111 6000</td>
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<td><a href="http://www.suffolkmind.org.uk">www.suffolkmind.org.uk</a></td>
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<tr>
<td><strong>Stem4</strong></td>
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<tr>
<td>Improving teenage mental health by stemming commonly occurring MH issues at an early stage</td>
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<td><a href="http://www.stem4.org.uk">www.stem4.org.uk</a></td>
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<tr>
<td><strong>Survivors in Transition</strong></td>
</tr>
<tr>
<td>Support for survivors of childhood sexual abuse</td>
</tr>
<tr>
<td>07765 052282</td>
</tr>
<tr>
<td>survivorsintransition.co.uk</td>
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<tr>
<td><strong>Turning Point</strong></td>
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<tr>
<td>Providing a wide range of health and wellbeing services</td>
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<td><a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a></td>
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<tr>
<td><strong>Wellbeing N&amp;N</strong></td>
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<tr>
<td>Whether you’re stressed, anxious, low or depressed, we can help</td>
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<tr>
<td>0300 123 1503</td>
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<td><a href="http://www.wellbeingnands.co.uk">www.wellbeingnands.co.uk</a></td>
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<tr>
<td><strong>Inside Out Community</strong></td>
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<tr>
<td>Arts in mental health and wellbeing</td>
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<td><a href="http://www.insideoutcommunity.com">www.insideoutcommunity.com</a></td>
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<tr>
<td><strong>Depression UK</strong></td>
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<tr>
<td>A National Self-Help Organisation helping people cope with their depression.</td>
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<td><a href="http://www.depressionuk.org">www.depressionuk.org</a></td>
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Kaspa’s is a dessert restaurant that holds a wide variety of hot and cold dessert options from towering sundaes to golden waffles, and if you’re fancying a healthier option, exotic smoothies are also a popular choice on the menu. I myself had never visited Kaspa’s before, but had always gazed longingly through the doors as I passed; the smell of fresh waffles and cakes holding me on the verge of sweet, glorious, chocolatey tears.
The restaurant itself has a modern vibe, and there was a good atmosphere to the place. We were shown to our seats, and the staff appeared positive – I mean, who wouldn’t be if you were surrounded by cakes all day!

Most options on the menu had a picture next to it which was helpful as you could see exactly what it was you were ordering. With such a vast variety of treats to choose from, it’s no wonder Kaspa’s is so popular with anyone who has a sweet tooth.

**We were served very quickly after ordering; it took only around 6 minutes.**

It was practically empty at the time though, as we visited before lunchtime to avoid the usual rush. There appeared to be plenty of staff on hand though, so I’m sure they would have been very prepared for the hectic lunch hours and the service would’ve been just as quick.

We ordered a Fruit Sorbetto Sundae as well as a Hazelnut Chocolate Sundae, and both were priced £6.95. Although a reasonable size, I feel that they were slightly overpriced but nonetheless delicious. The Fruit Sorbetto was the only vegan option available, which was slightly disappointing, but I did really enjoy the exotic and tangy sorbet-fruit concoction.

Students can claim a 10% discount at Kaspa’s dessert restaurants, but you must of course provide proof to claim the discount. There is also a great deal that for only £1, you can have a hot drink with any dessert you order.

Overall, I thoroughly enjoyed my trip to Kaspa’s and would rate the food a great big scrumptious 5/5. As I mentioned earlier, I did feel they were slightly overpriced so I would rate the value for money at 4/5. The staff were friendly, so the service rating is 4/5 too.
No picnic is complete without picnic food! The beauty of picnic food is that it can be totally random and you can pick at whatever you want. Sweet or savoury, there are bite sized nibbles for all the family to enjoy!

My picnic basket is never without:
- Mini sausage rolls
- Mini scotch eggs
- Pork pies
- Homemade sandwiches
- A tube of Pringles
- Strawberries or grapes
- Cake bars
- Quiche
- Cheese straws
- Babybels

Also, don’t forget to pack something to drink and something to sit on!

Once your picnic bag is packed, you’ll need to find somewhere to picnic! If you fancy venturing further than your back garden, I’ve chosen some picnic spots in Suffolk to try!

- Abbey Gardens, Bury St Edmunds, IP33 1LT
- Rendlesham Forest, Woodbridge, IP12 3NF
- Aldeburgh Beach
- Felixstowe Beach
- Holywells Park, Ipswich, IP3 0PG, IP3 8EL, IP3 0NG or IP3 0AL
- Alton Water, Ipswich, IP9 2RY
- Bawdsey Quay
- Christchurch Park, Ipswich, IP4 2BX
- Nowton Park, Bury St Edmunds, IP29 5LU

So, when the sun shines, why not grab your friends and head out for a picnic!

If you do go, let us know! Send in your photos or tag us on social media for a chance of being featured in next month’s edition! (All contact details are on page 1!)
Everyone who hears Type one thinks you can’t eat that right? Well depending on what our blood sugar levels are and how much insulin we take we can actually pretty much eat anything we like. But if you are diabetic or running low, here are some alterations to raising your blood sugar.

**FRUIT JUICE**
Most people won’t think of this as they believe it to be a super healthy option but it contains a high sugar content. Great for us though when we are feeling low.

**LUCOZADE**
There was an uproar in the diabetic community when Lucozade stated they were going to lower their sugar content down, because it is tried and tested, and it works fast.

**GLUCOSE TABLETS**
Not to be mistaken for literally tablets, they are blocks of pure sugar, if you are low they will bring that sugar levels right back up in an instant.
Dear Leanne

Yo. Firstly, let’s just take a little step back and see what’s occurring right now. Okay so your mental health is pretty poor, and your living situation isn’t the most ideal. That’s okay, and do you know why it’s okay? Because you are surrounded by family who absolutely adore and cherish you. Yes, you are going through a really tough time right now, and a lot of it seems super scary, but you will pull through.
Instead of ruminating on the negative emotions that constantly course through your body, try and distract yourself with playing more Xbox, watch Harry Potter more (you actually only ever learn all the words to the first three films, which is impressive, but all seven films would be more impressive), take more walks in the forest (which is literally on your doorstep!).

I know motivation is so difficult to conjure up at the moment too, but I guarantee that you will start feeling better if you can just get yourself up and doing something.

That Need for Speed game you fancy yourself being good at, get more points and instead of getting silver on every race track and crash set, go for gold! Challenge yourself, I know that would certainly keep you busy.

Although you live far away from where most of your friends are it’s probably better for you, yeah that’s probably hard to hear, but realistically you need to focus on your recovery rather than your friendships and the upkeep of being cool for smoking weed. That’s another naggy factor, I can tell you now that 100% stopping that will improve your mental health (trust me, I’ve seen you transform!).

The medication you’re on is causing you to pile on weight, which I think everyone can see is having implications on your mental health. Instead of ignoring it and feeling like you have no choice, talk to your responsible clinician and tell them how you are feeling – that’s what they’re there for and they should take on board your opinions about your treatment.

Whatever you do, don’t stop being you. Your personality is something that people have complimented you on in the past and future and that’s something you should be proud of and hold on to. You get through all this, and you come out the other end so much stronger. There was once a quote I read which stated:

‘I want you to be happy, said life. But first I’m going to make you strong’.
Self-Care:

GET PLENTY OF SLEEP:
Your mind is your most important asset when writing long papers, and trying to do an assignment while sleep deprived is never a good idea. So, make sure you give your mind and body some time to recuperate, as a lack of adequate sleep can affect your ability to make decisions and undermine your overall mental health, which is especially important as you get closer to deadlines.

TAKE REGULAR BREAKS:
Sitting down at a computer for long periods to work on the same paper can be mind-numbing, and sometimes your brain just needs to reset by doing something else for a while. So, take a break, get away from the screen and come back refreshed with a new set of eyes.

SUPPORT NETWORKS:
Don’t be afraid to talk to someone if things aren’t going the way you planned them, communicate concerns to your teachers or supervisor(s) and talk to friends or family that might be willing to listen. If you’re struggling don’t be afraid to talk about it.

TIME KEEPING:
Create a schedule to keep yourself on track and stick to it. It’s especially important to plan around your assignments and to not leave everything to the last minute. Ask yourself: would my future self appreciate me doing this now?

PLAN FOR THE BEST AND THE WORST:
When writing out a schedule for your assignments, make sure you give yourself ample time to plan, research and compose your work, and allow yourself some extra time in case of unforeseen events, or if things just don’t pan out.

KEEP MULTIPLE COPIES:
There’s nothing worse than last minute computer troubles so, make sure you have at least one other copy of your dissertation saved to a separate location.

REGULAR CONTACT WITH YOUR TEACHERS AND LECTURERS:
They’re there to help you succeed, and it’s good to have someone who knows the area to talk through what direction you plan to take an assignment. They can offer you specialist support and guidance to help you find your way if you’re ever struggling.
With exam season approaching, I thought it would be beneficial to discuss a particular technique I see a lot of people using for their revision, that isn’t the most constructive to rely on. Many people use what is known as the “jellybean technique” which is a reward-system that encourages you to put some jellybeans or other form of confectionery every 20-30 textbook pages, so that when you reach that page, you get them as a reward. This allegedly encourages you to stay focused and motivated to revise.

However, whilst this is partially true, this is actually a highly ineffective revision technique. Researchers at MIT have suggested that even when completing tasks that are incredibly menial, and require very little cognitive ability, such as stacking crates on top of one another, using a reward system reduces motivation and effective working.

The issue is that whilst you may very well become motivated and encouraged to work through the textbook, your motivation comes from your desire to obtain the reward. In turn, this means that there is far less focus on the actual content you are revising and taking in, and more focus on getting a form of gratification. It’s a good idea to refrain from using a reward system when revising because it can lower the amount of information you retain, making the time spent revising an inefficient waste.

Instead, you should focus on the reward that comes in the long run: your grades. Whilst your grades do not define you and are not in correlation to your self-worth, it’s still important to try your hardest to get the best grades you possibly can. Instead of thinking about chocolate when revising, think about how great you’ll feel getting the grades you wanted at the end. This is more likely to encourage you to focus on the revision materials and use your time effectively to ensure you retain the information, as it will all pay off in the long run!
Hey I’m April from the blog adoseofapril and a former University of Suffolk student. I’ve been blogging for just over 5+ years and have learnt some tips and tricks during my time.

So you’ve decided you want to start taking social media seriously? Use it for more than updating your Facebook status or letting the world of Twitter know what song you’re loving at the moment. I’m not going to lie and say that it’s going to be easy because it isn’t and it will require time, effort and dedication. Social media is becoming such a saturated world that it’s hard at times to get noticed and have yourself seen. Unlike the many people before you that took the leap into the social media world I’m here to help you with some tips that will make sure you’re starting out on the best foot possible.

If you want to turn your social media into a job, increase your following a bit or make the most out of the platforms these tips should get you on the right track.

1. Create somewhat of a brand for yourself across your platforms, this will make it easier for people to find you and looks more professional. This doesn’t have to mean logos and taglines, just be somewhat uniform with your profile pictures and way you’re coming across.

2. Be consistent with your content. Post regularly on each platform, that way people are more likely going to notice you and be interested in your account. It also means you’ll get into a routine that makes it easier for you to manage.

3. Network, use each platform for what they’re there for – socialising! Comment on posts, follow similar people to you, start conversations.

4. This is more aimed at Instagram – hashtags are your friends and will help when it comes to increasing your reach of your posts. There’s lots of helpful websites that will tell you some of the best hashtags to use depending on what you’re posting.

5. If you’re looking to post about something in particular, like fashion or travel make sure it’s something you love and enjoy. It will definitely come across in your posts if you don’t love it as you’ll be putting a lot of time and effort in if you’re hoping to grow.

One thing you need to keep in mind above everything is enjoy it and be safe. I hope these tips proved somewhat helpful for you.

Be sure to follow me on Twitter, Instagram and Pinterest @adoseofapril and check out my blog www.wordpress.adoseofapril.com
I have recently started volunteering at my local Rainbows, and for those who don’t know what Rainbows is, it is a girl guiding group for ages 5-7 which meet up weekly to do challenges and earn badges. I myself used to be a Rainbow and I enjoyed going so much that I came back seven years later as a young leader to help the kids have just as much fun as I did.

I have not been volunteering at Rainbows for very long, I started volunteering as part of my Bronze Duke of Edinburgh Award and although I have not finished my three months of volunteering yet, I am sure that even after this time I will still carry on Volunteering here as it is so rewarding to see the little kids walking out with smiles on their faces. Every week we do new challenges and fun games, last week we set up a scavenger hunt in the park for the kids to find items and tick them off their list.

I definitely think that everyone should give volunteering a go, because if you think it will be boring you are wrong you will meet so many wonderful and caring people who are going out of their way to make others happy, also no matter where you volunteer you will get so much out of it knowing you are making a difference to other people’s lives. I was a little scared when I first started Rainbows but luckily for me my friend also wanted to volunteer at the Rainbows, and I think having a friend there to do it with you makes the experience much less nerve-racking.

Volunteering has also helped me gain confidence and build my people skills. If this volunteering goes well I would maybe like to try working at a charity shop, as one of my friends does this and really enjoys working there; some of the things they do there sound really fun as she said that they recently did a charity fashion show, which I would have loved to have been involved in.

I hope that you have enjoyed reading my first article and it has possibly inspired you to give volunteering a try, you never know you may even like it!
Hey guys! Hope you’ve had a good month. I am aware it’s been super stressful, but the stress will be over by the end of this month! Then you’ve got a super long break to relax and unwind. My friend Leanne’s article on the next page should give you some inspiration for places to visit this summer, it’s such wonderful news that Suffolk has a place for us to celebrate who we are. For now, here’s some more questions to be addressed – if you’ve got any suggestions, as always, email joshua@student-life.co

Aren’t you going to change your mind?

No. Even if being bisexual/gay/anything else was a choice (which it isn’t) it’s not something that we can simply ‘change our minds’ over. I mean, even being asked this question implies that it’s the deviant lifestyle, that it’s not ‘normal’. That’s simply not the case! I’m super happy being bisexual, and why wouldn’t I be? The thing about being bisexual is that you don’t really give conscious thought to your sexuality when you’re on the dating scene, you simply find someone attractive and build something special together. Gender is the least of my worries!

You had a really bad breakup with that girl – bet you’re going to turn gay.

Of course this question is probably asked more to straight people – but it’s still not healthy. The nature of sexuality means that you don’t just ‘turn gay’ after a life event. You might come away from the dating scene for a while and relish being single, but your sexuality probably won’t change! You certainly won’t be attracted to the person you broke up with, but you probably will keep being attracted to either the same gender, opposite gender, or both!

But you’ve got a girlfriend, so how does that work? You can’t be bi if you’ve got a heterosexual relationship going?

I’ve been asked this a lot this month – and the answer is simply that I am definitely still bisexual! My relationship is with a gal, and I’m going to be honest I haven’t really considered my sexuality at all during the relationship. As we all know and shout proudly, love is love no matter who is involved, and I am proud to be bisexual!

Thank you for reading this month’s edition, any questions please drop me an email!

66 • JUNE 2019 • STUDENT LIFE
How has everyone’s PRIDE kick off been? May wasn’t extremely busy in the way of events, however you bet June Is! There are many events occurring during this month and all worth getting involved with!

Here’s an extra special shout out to our home town - SUFFOLK PRIDE Is set to kick off on Saturday 22nd June on the Ipswich Waterfront. Suffolk Pride Is a one day event that runs from 12:00 - 18:00. The parade will start at mid-day near Dance East and finish outside Cult Bar. There will be a variety of live music and entertainment, food and beverages, and business stands showing their services and support for the LGBT+ community.

JUNE’S EVENTS

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With so many events on this month It seems overwhelming, but they are spaced out so well that It would definitely be possible to attend multiple events, supporting different parts of the UK! I’m under no doubts that I shall be seeing some of you at a few of these events! If you spot me, holla!

HAPPY PRIDE!

P.S - If any of you get Imagery and want to share, please send them into me at leanne@student-life.co
When it comes to living away from home, something that can easily be overlooked is the necessity of an iron – it helps you to remove those pesky creases and stay looking your best – and luckily for a student budget, they’re also fairly cheap too! This month, Ashley from Hughes Electrical explained to us everything you need to know when it comes to buying this small, but mighty, item.

As is the case with many household appliances, there is a range of different brands, makes and types of irons at a variety of price points:
The cheapest variety of iron is the ‘travel’ iron. Priced between £15 and £20, these are small, lightweight and versatile irons that are perfect for travelling (as the name would suggest) meaning they can easily be packed up and taken around – to and from University, for instance. The low price does, however, result in a lower build quality and very limited features.

A typical iron will set you back £30+ with the power, water capacity and steam output slightly increasing with the cost as well as the material used for the soleplate: the flat bit that gets rather hot. Cheaper irons will usually have an aluminium base, which can cause clothes to stick and can also leave a shine, whereas more expensive irons will have a stainless-steel soleplate that is less likely to cause the same problems. At the top of the range you’ll find ceramic sole plates which don’t cause sticking at all. The holes on the soleplate are also worth considering as they control the steam dispersal – the more holes, the more distribution.

Between £60 and £200 lie the top-of-the-range irons: the steam generators. These boast much larger water capacities and steam power and can steam fabrics that otherwise couldn’t be ironed. This makes them essential for delicate clothes such as suits.

Provided irons are looked after with regular descaling, they will last many years, so you don’t have to necessarily buy the most expensive kind for build quality but, a (relatively) small investment in a decent iron is never a bad idea so you can look your best. Just don’t burn the clothes!
When money’s tight, it can feel trapping. Friends may ask you to go for days out, but you just don’t have the spare cash to go with them. More people have been in this situation than you would imagine, so you aren’t alone! I’m going to suggest some ideas for things to do around Suffolk for less than you’d think, or even free!

**GO BOWLING!**
Bowling is a fun game for you and your friends. Casual enough to enjoy a chat in between turns, and competitive enough to really excite everyone. Luckily, as a student with a Student ID, you’re able to get into SuperBowl in the Buttermarket Shopping Centre in Ipswich for just £7.95 each for two games. That’s a saving of over £4 compared to the standard price. If you fancy saving even more, anyone can go bowling for just £2.50 after 7pm on Sundays – strike!

**SEE A FILM!**
Empire Cinema, again in the Buttermarket Shopping Centre, has some great student deals. You can see the latest blockbusters, but also live streams of ballets and theatre performances, all for £5 as a student or an under 14 (£7 on Friday, Saturday and Sunday). My girlfriend and I visit regularly, and we always have a wonderful experience. The cinema offers a wide range of seating options. You can add £2 per person and share a sofa with somebody, or pay...
£4 extra and get a recliner seat! The benefit of the cinema being in the Buttermarket also means that you've got access to all the restaurants and activities nearby. ‘Creams’, a delicious dessert restaurant, is right next door. You've also got Byron Hamburgers and Prezzo among many other restaurants, so you're never short of places to sit down for a meal.

**MAKE THE MOST OF SUFFOLK**

One of the biggest advantages of living in this beautiful county is the variety of natural views all around. Some of my favourite places to go for walks happen to be by our rivers and sea, they provide splendiferous scenery.

**OLD FELIXSTOWE**

Venture off the beaten track to Old Felixstowe, the views are breathtaking. It's one of the few places you can see the full curvature of the Earth, just stand up on one of the hills near the Clifflands car park and you'll see what I mean. Climbing down the steps to the beach provides a very special view indeed.

**WOODBRIDGE**

Whilst Woodbridge town centre is a truly special jewel in the crown of Suffolk, with it's Balamory-esque multicoloured houses and narrow cobbled streets, the river is also a wonderful place. Cross the railway line at the footbridge next to the station (behind the Riverside cinema and restaurant) and set sail on a gorgeous river path walk. Twists and turns will allow you to choose between visiting Martlesham Creek (quite an easy walk) or following the river's curvature all the way to Felixstowe (not for the faint of heart, it's quite the trek). I've always found being by the water at Woodbridge relaxing, and it has really helped me in times of mental health crises. The sound of the boats and the birds is very calming.

**VISIT RENDLESHAM FOREST OR THETFORD FOREST**

Choose to either take a bicycle or a just your strongest walking shoes with you, and get lost in nature. Make sure to take your best camera, or smartphone, with you to take some very cool candid shots of you and your friends. You can see some stunning sights, deer running free across the landscape at Thetford, and some beautiful birds at Rendlesham. Of course the best way to see the forest is definitely the Tree Top Adventure or Forest Segway experiences run by GoApe at Thetford. In fact, we reviewed them in May's issue! Be sure to go to www.student-life.co and see what we thought.

Most of these places can be visited for free, or as stated very cheaply. I love exploring our beautiful county, and I feel so lucky to have grown up here. Not only that, but it's really good for your health, both mental and physical, to get out and see friends. A good movie is really stimulating too! So take a break and make sure you get out. Especially with exams coming up, you need to take time for yourself!
WHAT ARE YOU SAYING?

GUGO: EQUIPMENT

WRITTEN BY
TOMMY CURRY

Now as people will know by now, I like my hiking but the difference between a walk and a hike is the effort you put into it. Making sure you have the right equipment can help you turn a good walk into an amazing hike. And these are my top items!

1) SOCKS, I can’t scream this one first loud enough. A good thick pair of socks will stop the blisters before they start... or at least attempt to.

2) HIKING BOOTS, as much as you might love your old well worn in trainers, nothing is a substitute for a sturdy set of boots, just break them in first.

3) A GOOD BACKPACK, just make sure it has those clips in the front, you want to keep the weight high on your back.

4) A WATER BLADDER, it’s all good having a bag with all the bells and whistles if you have to take it all off in order to have a simple drink.

With these 4 simple items it’s going to be a lot more enjoyable.
For me, a great de-stresser has always been going on long walks, as it helps me to regain a sense of freedom after having been stuck inside working on an assignment.

One of my favourite routes recently is going past the railway bridge on Spring Road, because I like to hear the trains go by and, as simple as it is, we don’t have anything like that architecturally in my local area, so I just like to see it.

After about 20-30 minutes of walking around taking in sights and looking at houses- seeing which ones are dated and imagining their history- I will usually end up at Holywells Park and explore.

On these visits, I sometimes take food pellets with me and feed the ducks- a tradition started by my mum who thought to send me some in my first year when I was telling her about the area- and just unwind and forget about everything else while listening to the sounds of the waterfall, children playing and the ducks paddling around.
This is our invite to you, to stand with STB in our ‘Stand Tall & Brave’ campaign.

STB are on a venture to fight discrimination of all forms, the stigma surrounding mental health and aim to support the link between physical and mental well-being using sport.

We have a growing network of people standing beside us. We feel we have a good chance to help everyone we meet.

Here are just a handful of people and communities that we are working with currently;

- Proud canaries – NCFC – LGBT Football Club.
- Wot’s Up FC – A Disability Community Trust Team – based in Ipswich (Up The Wot’s Up!)
- Genders Unite – run by Leyla & her mum Becky- fighting gender discrimination in grass roots football.
- Student Life – Mentors for us from very early on. (Thank you Richard, Rachel, Leanne and everyone else at Student Life for your continued support.)
- IPSWICH 102 – Matt Joslin & Harry Thompson. (Thanks for having us on your show. We will be sure to keep you updated.)

If you’d like to know more then, please don’t hesitate to get in touch.

We’d love to hear from you and please let us know if we could help you in anyway.

In the near future, to allow Small To Big CIC to raise awareness, we shall be releasing a Stand Tall & Brave clothing range. So keep your eye peeled!

www.smalltobig.org
OUR EDUCATIONAL PARTNERS

[Logos of educational institutions]