Hello!
Happy Summer Holidays!
It’s time to rest, recuperate and enjoy some time away from studying. In this month’s Student Life, you’ll find a range of articles, from reviews on games, restaurants and festivals as well as articles to inspire you to get out and enjoy the great outdoors – even from the comfort of your own garden! If you’re an Ed Sheeran fan, we’ve got a little something for you too!

If you’re wondering whether to get involved with Student Life or not, then now is a great time to bite the bullet and come onboard! If you’re interested in writing about anything you get up to this summer or you’d like to write some reviews for us (cinema, restaurant, beauty products etc), or take some photography for our front cover then get in touch! It’s super easy to contribute. Just send me an email letting us know which school, college, sixth form or Uni you attend, along with a brief summary of what you’d like to get involved in and I’ll get back to you!

Alternatively, you can visit our website and fill in a contact form. I look forward to hearing from 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.

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.

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.

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.

TECH & MY MONEY CO-EDITOR
JOSHUA HODGKIN
Hello! I’m Joshua, co-editor for Tech and My Money. I also write for the Mental Health and other sections. I think it’s important for money issues to be talked about, and I want to talk about how cool tech is!

PHYSICAL HEALTH CO-EDITOR
LOUISA SADLER
Hi, I’m Louisa. I am the co-editor of Physical Health and an English student at University of Suffolk. I am really interested in Publishing as a career and I’m thankful to Student Life for allowing me to join the co-editing team.

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“Since working with Student Life I have gained both confidence and knowledge within the business and journalism sectors.”

“I’m roles at Student Life have shaped my leadership and decision making skills.”

Why not get involved?

We’re looking for:

Writers
Photographers
Designers
Business development team
Mystery shoppers & reviewers
Distributors

Take the first step, email us to find out more info@student-life.co
A selection of news from Student Life HQ. Follow us on Insta and FB @studentlifesuffolk to keep up to date.

Mental Health First Aid

Tommy Curry has completed his training and is now a qualified Mental Health First Aid Youth instructor! Tommy will be one of four Student Life team members to deliver our Mental Health Ambassador training into the schools and colleges we collaborate with in just a few weeks time.

Joshua and Rachel are currently undergoing training and have completed their first week. By the end of August they should be joining Tommy and Richard as instructors. It’s an exciting time!

Welcome On Board

July was a busy month for the delivery of our initial workshop. We went to see Hadleigh High, Castle Manor, East Point Academy, Mildenhall College and Pakefield High.
**TOP 5 TUNES**

1. **ANTISOCIAL – ED SHEERAN (FEAT. TRAVIS SCOTT)**


   We are now definitely seeing a different side of Ed. The collab of him and Travis is something I didn’t realise I needed. It works so well, even though you probably wouldn’t expect it to! It’s got such an awesome beat, I can’t stay still when I hear it!

   Despite this, it has a bit of a dark meaning to it – they are both dealing with their pain through drink and drugs, preferring not to be with or talk to anyone else. It’s really cool to hear this side of Ed in terms of genre.
2 CASTLES – FREYA RIDINGS

You may know Freya Ridings from her hit single ‘Lost Without You’. ‘Castles’ appears to be about a bad breakup, but this is really well balanced with the idea of empowerment that she is going to a better person because of it. Freya’s voice is so powerful and distinct, she sings all lyrics with such a passion. As an artist, she’s very similar to the likes of Jess Glynne and Florence. She’s not as well known as them, but I think she’s completely underrated and more people should know of her!

3 WE WILL ROCK YOU – WHY MONA

‘We Will Rock You’ is a cover by Why Mona of the famous Queen song. As much as I love the original, I had to share this cover as it adds such a twist to it. It’s hard to think another artist could pull off a cover of this song, but I think they absolutely did. It’s a much more chilled out version, rather than the more head-banging rock of the original. It sounds kind of eerie during the verses but really picks up during the chorus with plenty of synths. Why Mona consists of a duo - the vocalist, Joanna’s, voice has quite a harsh tone to it which I think adds to the sort of mysterious vibe of the cover.

4 HOW DO YOU SLEEP? – SAM SMITH

We need to talk about how amazing and sassy the music video to ‘How Do You Sleep?’ is. It seems as if Sam Smith has completely come out of his shell regarding dancing – I didn’t realise he was so good at dancing until this song and video was released! He has said he does dance a lot but in the comfort of his own room or in the club after a few drinks. Including the dancing in the video is the start of Sam growing more and becoming more himself. Not forgetting that this song is such a bop, especially at the chorus. The verses are more chilled, exposing his beautiful, as always, vocals. After the single ‘Dancing With A Stranger’ and now this, I can only hope he’s working towards an album!

5 TOLD YOU SO – PARAMORE

‘Told You So’ is a couple of years old now, but it’s crept back into my playlist when I recently heard it for the first time in a long time. The main reason is because it’s so upbeat and the bass line is so captivating. This song is aimed at the certain individuals who tend to rub it in that they were right, saying things like ‘I told you so’, hence the title. Or, the people who love it when the other admits they were right all along. To be fair though, I get particularly bothered when someone rubs in the ‘I told you so’, it’s annoying enough that you were wrong in the first place! But this song provides a more lighthearted take on the issue making you just want to dance and jam to it!
DID YOU KNOW?

With Ed Sheeran set to play in Ipswich this month, we have put together some fun facts! How many did you know?

1. His full name is Edward Christopher Sheeran
2. His nickname is Teddy
3. He was born in Halifax, Yorkshire
4. He was raised in Framlingham, Suffolk
5. His favourite board game is Monopoly
6. He started off singing at the age of 4 in a church choir
7. He names his guitars; Lloyd, Nigel, Cyril, Felix, Keith and James II
8. His favourite TV show is The Fresh Prince of Bel-Air
9. He is a tattoo artist and gave Harry Styles a tattoo of a Padlock!
10. He has a super rare Nando’s Black card
11. The video for his first single ‘The A Team’ cost £20 to make!
12. He is a big Elton John fan
13. He has hit (hopefully by accident!) Justin Bieber on the head with a golf club
14. His biggest influence is Damien Rice
15. He featured in Game of Thrones season 7
I was sceptical when going into Danny Boyle’s latest directorial outing “Yesterday”. After his last film “T2: Trainspotting” it seemed unlikely that a pairing with “Notting Hill” and “Love Actually” screenwriter Richard Curtis would fit quite right. Another reason for my scepticism was the fact that this is a movie where the music of The Beatles is pivotal, and when dealing with such a universal phenomena it is easy to fall short. Ed Sheeran’s inclusion didn’t make me particularly enthusiastic from the get go either. My preconceptions aside. Does it actually work? Well yes, and no.

**It works for what it is; a happy go lucky, feelgood romantic comedy.**

The dialogue is filled with the razor sharp wit that you’d expect from Richard Curtis, and you either love that or you hate that. The fast paced dialogue works well with Danny Boyle’s eclectic directing style, creating an upbeat tone that never really lets up. That along with the flawless renditions of songs spanning the entirety of The Beatles discography make the film breeze right on by.

Though in its breeziness also lies its faults. There isn’t any proper conflict to speak of. There is an idea which if fleshed out a little more could have been beneficial. Instead it comes to a swift close after a build up to what could have been an interesting point of conflict. Perhaps I’m being a little critical of what is supposed to be a feelgood summer movie, but I think it could have done with the intrigue.

The performances are great all round. Himesh Patel is excellent as the lead Jack Malik, he has the perfect blend of awkward charm, and bitter sentimentality for this role. Kate McKinnon is a definite highlight as Debra Hammer, the shamelessly unapologetic LA manager, a character which could have easily become tedious but unequivocally doesn’t. Lily James continues to be an exceedingly lovely screen presence as Ellie Appleton the faultless love interest, and Ed Sheeran ain’t all that bad being himself.

It’s all so uniformly light and that isn’t necessarily a bad thing, but for those who want a little more from this will be disappointed in the lack of a properly fleshed out premise. The route the movie takes is a little too easy going, but that being said, I enjoyed my ticket to ride.
I’ll start with what I liked about the film and there was a lot! I thought that the way in which the film kicked off was really interesting, showing Jack Malik busking in the streets, whilst receiving offers to perform at Latitude and other venues – I liked how it wasn’t a typical music film which depicts the actor at the bottom and with no hope. Not only did this busking help to introduce him as a key character but also the community and friends that he had around him, exposing us to the key links and relationships between the characters very early in the film – allowing us to understand quickly who everyone was and what their role was so that we could follow their stories.

Seeing Jack in his daily life at the start of the film also helped to introduce us to his personality and traits.

It made him a much more multi-dimensional and relatable character, the film builds him up as genuine through the various ways in which he interacts with other characters. Such as at Latitude when he messes around with his friend and performing in front of a small crowd, it is clear that he has some talent, but there is one small element that needs work, his lyrics and that’s where the rest of the film flows in nicely.

To summarise the characters, I thought they were great, I really did. Not only did the characters feel engaging through their unique and individual personalities but there was also a good sense of humour that was genuinely funny which also helped to really make the characters seem exciting and genuine – this then had a really good and positive impact on the rest of the film, not only was it satisfying and enjoyable to see the characters and their relationships develop and evolve but also because of the use of flashbacks. I thought that these were really well used, not only did they help us to remember the ‘past version’ of Jack, but they also helped to establish and strengthen the relationship between him and Ellie because we see clearly how their relationship and feelings developed from a really young age – again strengthening the characters in the film and their relationships.
The characters really felt genuine and powerful, not just in their personalities but their relationships, the humour and banter shared between them helped to really create and hold chemistry which helped to intensify some of the later stages of the film where the characters realise their losses.

I thought that a really nice touch to the film was how it didn’t depict success with fame, Jack was famous but the people he lost and the sadness was really well communicated across through emotions and dialogue which meant that we really felt these emotions and they were intensified a lot, making the film really immersive. But the actors behind the characters were equally as good, not only did they really help to demonstrate the typical struggling, ambitious person but I liked how there seemed to be a real chemistry between the characters, Lily James usually shines in more old fashioned films but I’ve seen her really grow into these types of films and I thought she was great here and provided a really exciting partner/manager for Jack. Himesh (Jack) was great too, I thought that the genuine nature of his character meant that not only did he feel realistic in his role, but the emotions and feelings that he showed were expertly related to us as an audience, so when he felt regret, we felt it and when he was happy, so were we!

The other characters were kept in another row, which was important because the focus was supposed to be on Jack and Ellie. I also liked the other connections to a variety of different musicians too, I thought that the inclusion of Ed Sheeran throughout was nice, because it helped to bring a familiar face into the scene to increase the genuine nature of the characters, whilst also helping to personify Jack’s rise to fame. I also liked how the film wasn’t all about the characters but the effects that the music and lifestyle choices had on the characters, one of the best parts of the film that makes it unique is how it focuses on the music and its impact, but also keeps a strong and engaging storyline too. Not only were the characters great but so was the storyline too.

If you’d like to read more of my review on Yesterday, as well as many other film reviews, visit www.filmtalk.wixsite.com
When Spider-Man Homecoming came out in 2017 I was beyond excited and had already seen/heard Tom Holland in other roles including the harrowing How I Live Now as well as his first appearance as Spider-Man in Captain America: Civil War, so I knew he wasn’t going to disappoint me in his new role. Although I didn’t see it in the cinema, I loved watching it for the first time at home and was excited for the next one.

Last week, I finally got the chance to see the long awaited second movie, Spider-Man Far From Home, which I went to see with one of my best friends.

To give a brief non-spoiler summary; the movie follows Peter as he goes on a school trip to Europe, which is unfortunately disrupted when Nick Fury calls on him to help him and a new superhero who becomes known as “Mysterio” destroys some new otherworldly monsters known as the “Elementals”, who are wreaking havoc across the planet.

What I loved first about the movie, is the fact that we see Peter and his classmates travel away from New York to different parts of Europe, though some locations are unplanned as it was a refreshing change for me as the Spider-Man movies have generally stayed in one place. I also enjoyed seeing Peter’s character development; he really grew as himself as the film progressed, and through this I felt like he grew as Spider-Man as well. His rivalry with Brad was quite entertaining, and his friendship with Ned was as great as ever, his growing feelings for MJ surfacing but not overshadowing the main plot of the movie.

The special effects of the movie were amazing and incredibly detailed. The Elementals were especially cool and were done so well I thought they might actually be real and turn up somewhere and wreak havoc in the real world as well as within the confines of the movie. I thought that Mysterio’s …I don’t know how to explain it, but the green sort of blasting-beams that are his powers, were also done really well as the mix of green was vibrant against everything around it.

To round out my review of this awesome movie, I’m going to say that there was honestly nothing I would change about it, because it was executed so well and the actors – especially Tom Holland, did such a great job in it. I loved it, I loved it a lot.
The highlight of my year has to be festival season – in particular Latitude Festival. Held in Henham Park (near Beccles, Suffolk), it usually runs from a Thursday to Monday (entertainment Thursday evening to Sunday) within July for weekend camping, although there is the option to buy day tickets. Despite the main attraction being the music, Latitude is definitely a celebration of all of the arts, featuring everything from theatre, comedy, and dance, to poetry, film, art and photography. This is one of the main reasons why Latitude is so amazing, no matter what your interests are you will definitely find something to enjoy over the weekend (even if there is no music you know, you are bound to discover new artists or even just preoccupy yourself with everything else that goes on).

This year the headline acts were George Ezra, Stereophonics and Lana Del Rey, as well as many other amazing performances from Loyle Carner, Underworld, Freya Ridings, Tom Grennan, Pale Waves and The Japanese House. For me, the highlights were Lana Del Ray, whom I have loved for many years, therefore making it so magical to finally see her live, and Loyle Carner. I was first introduced to his music by going with my cousin to see him at Latitude 2017 and I fell in love with his sound instantly. It was so wonderful to watch him again since her has developed so much as an artist; especially as he has released a second album since then.

The festival itself has such a beautiful vibe. The forests are adorned with lights and detailed decoration with so many different areas and stages to explore. Another thing that I love is the wide selection of food stalls they have – literally anything you could think of, from steak to vegan sushi, the choice is endless. This year I particularly enjoyed the ‘Annie Mac’ mac n cheese from Anna Mae’s Mac N Cheese which was definitely some of the best I’ve ever had!

I’d definitely recommend it to everyone – over the last 3 years of going I have seen so many incredible performances, made some lovely memories and friends, all while relishing in the sense of freedom you get from escaping to the fascinating, but remarkable world of Latitude Festival.
**ANNE-MARIE • TINIE TEMPAH**

**STEFFLON DON • JAX JONES (LIVE) • MABEL • NOT3S • JONAS BLUE • ELLA EYRE • EXAMPLE • JAMES HYPE • OCEAN WISDOM • MALEEK BERRY • CHARLIE SLOTH • KELLI LEIGH • ALICE CHATER • KELVIN JONES • BALCONY**

**MAIN STAGE**

- **ABODE**
  - MK
  - DETLEF
  - LATMUN
  - GW HARRISON
  - ELLIE COCKS
  - MASON COLLECTIVE
  - WILL WILEY

- **UKF**
  - **ANDY C**
  - **HOLY GOOF**
  - **DIMENSION**
  - **RANDALL**
  - **DISTINKT**
  - **BUSHBABY**

- **TOGETHER**
  - **SONNY FODERA**
  - **LOW STEPPA**
  - **DANIEL HOWARD**
  - **FRIEND WITHIN**
  - **SHIFT K3Y**
  - **PLUS SPECIAL GUEST**
  - **DISCIPLES**

- **CRUCAST**
  - **SKEPSIS • DARKZY**
  - **BRU-C • TS7**
  - **MR VIRGO • LAZCRU**
  - **WINDOW KID**
  - **PLUS SPECIAL GUESTS**
  - **DJ ZINC**
  - **D DOUBLE E**
  - **PROBLEM CENTRAL**

- **MYSTREE**
  - **HANNAH WANTS**
  - **SAM DIVINE**
  - **JESS BAYS**
  - **SAMMY PORTER**
  - **B2B GEORGE MENSAH**
  - **PLUS SPECIAL GUEST**
  - **PAUL WOOLFORD**

**SUNDAY**

**CAMPERS ONLY**

- **FRIDAY NIGHT OPENING PARTY**
  - **DJ EZ**
  - **SIGALA**
  - **MACKY GEE**

- **SATURDAY NIGHT AFTER PARTY**
  - **DJ TARGET**

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ESSENTIAL PACKING LIST FOR SUNDOWN FESTIVAL

Yes it’s nearly that time, festival season is in full swing and we can barely contain our excitement for what promises to be the weekend of the year!

Hosting only the biggest and best names in pop, dance and urban, Sundown Festival returns to Norwich for yet another unmissable end of season summer party. Welcoming mind-blowing pop sensation Anne-Marie and global superstar Tinie Tempah as headliners, Sundown Festival will see DJ EZ, Sigala and Macky Gee kick off the unparalleled Campers Only Opening Party on Friday night. Across the weekend, festival goers can dive into dance with Andy C, as well as witness star-studded performances on the mainstage with Jax Jones, Mabel, Not3s and more!

With not long to go, we have put together a list of top things to pack if you’re going for the day or for the weekend, to ensure you have the best time EVER!

Thank us later, and see you there!

1. ECO FRIENDLY GLITTER
Because let’s face it we all love to sparkle.

2. PORTABLE CHARGER
Don’t get cut short when you’re taking a group pic at Sundown!

3. DANCING SHOES
Whether these be wellies, trainers, boots or sliders, make sure they’re ready to move! The Sundown line-up is sure to have you bopping non-stop!

4. SUNNY Gs
Sundown isn’t called Sundown for nothing – come prepared!

5. TENT
If you’re camping for the weekend, this is very very important.

6. SLEEPING BAG
So that your much needed beauty sleep is as comforting as possible, to leave you refreshed each day at Sundown!

7. VIP UPGRADE
Do Sundown in style, because we all love a bit of luxury in our lives!

8. BUMBAG
The perfect festival accessory which holds all the necessities, and looks great!

9. SUN CREAM
Safety first people! Sunburn isn't fun for anyone.

10. SUNDOWN TICKET
If you don’t have this you’re not getting in, and then you might miss out on the greatest weekend of your life!

For full festival info visit sundownfestival.co.uk
MAVERICK

Maverick, a portal to America from Easton Farm Park which always leaves audiences wanting more.

A family friendly three day Americana folk festival starting on the Friday evening not only has amazing music but tasty food for whatever mood and adorable animals to pet, some of which include: horses, chickens, ducks and my favourite, heart melting bunnies.

And now to give you an insight into the music. Round every corner you turn, your ears are filled with sweet, mind blowing melodies from artists all around the world. What makes this weekend so enjoyable is the fact that each artist is so unique and all have their own style. The most popular stage was the peacock stage which was beautifully decorated with a giant, colourful peacock painting which acted as a backdrop for the stage. The stage hosted some of the people’s favourite artists such as Angel Snow, and yes she really does sound like an angel with such a powerful voice. Kev and Kelly, who’s special power is livening up the audience. Finally, everyone’s favourite, Black Feathers, whose last song was met by screams and cheers for more music.

Maverick is definitely a festival for everyone no matter what music you like to sing along to in the shower whether it be Pop Punk, Indie Rock or just general pop, every artist is so different that you’re bound to find something to bop along to.

Unlike Vegas, what happens at Maverick doesn’t stay at Maverick as on the last day, when the festival ends around two in the afternoon, it is then taken over to a neighbouring pub where the after party ends when people decide it’s their bed time. With accompanying American style nibbles and more music, the after party is definitely something to venture over to when you don’t want it to end yet.

BY RHIANNON BERRY

Maverick festival is a festival I’ve always had a personal interest in, especially as it is held in the village I went to Primary school. It was an amazing surprise to see a former classmate of mine, Ella, performing with her friend Josh; their performance was jaw dropping! The festival has a feel like no other! I loved every second. I’ll be returning next year, hope to see y’all there.

BY TOMMY CURRY
God of War is the eighth title in the God of War franchise. It was released on April 20th 2018 but remains incredibly popular. The game also won Game of the Year in the game awards last year. But it wasn’t exactly a surprise that it did, the storytelling and beauty of the game is like no other.

The game is heavily based on the story and the development of the characters, especially Kratos’ and Atreus’ father-son relationship. Atreus bonded much more with his mother, but now it is just him and his father, it is very awkward and at the start of the game, they seem to act as if they are strangers. There is no connection between either of them. Kratos begins very cold, he only refers to Atreus as ‘boy’. Although, the dialogue and their conversations can be quite funny at times, just because of how sharp and ‘real’ Kratos is.

A truly amazing feature of the game is that the scenes never cut at all, from the title screen through to the credits, unless you die. It’s not something everyone picks up on, but as soon as you realise, you notice how much of an effect that actually had on the experience.

The combat itself is also fantastic. Kratos’ main weapon in this game is the Leviathan Axe. With this axe you start off with light/heavy attacks which can be upgradable throughout the game. You throw the axe into an enemy, press the triangle button to recall it, and it will fly back into your hand. This mechanic is so good and it feels incredibly smooth, especially with the rumble effect from your controller when the axe reaches your hand. You will definitely need this axe to help defeat the many enemies that you will face. The most common enemy is the Draugr. These are undead characters that will pop up from underground randomly, although, they are pretty easy to deal with and aren’t too powerful. But you will come into contact with enemies called Revenants. They can perform very dangerous attacks and are basically immune to some weapons, including the axe, making them harder to beat.

I couldn’t recommend this game enough, it’s so incredible and stunning. If you haven’t played it already you definitely should, maybe even let me know how you find it! 5/5
At 2019’s E3, Microsoft astounded us all with a reveal of a new Xbox console named Project Scarlett.

So, what do we know?
Okay so as usual, details were light, but we do know some things.
- Project Scarlett is arriving Holiday 2020
- Project Scarlett will be setting a new bar for console power, speed and performance
- It will be arriving alongside Halo Infinite! (eeeek!)
- It will have a custom-designed AMD processor
- Have high bandwidth GDDR6 memory
- Have a next-gen solid state drive
- 120 FPS
- 8K
- Designed to minimise (completely eliminate) load times
- Four times more powerful than the current more powerful console on the planet
- Four times better performance than the current Xbox One X
- Biggest generational leap in Microsoft’s console history

It’s said that the thousands of games released across the four console generations will look and play best on Project Scarlett.

Of course, they’re going to say the newest console is going to be the best and to get the best gameplay you’re better to play on Project Scarlett. However, how much of this is true? Yes of course a new console should provide better gameplay, better graphics, design, and memory, let alone improved processors and
newer features; but how much is this going to cost and is it worth it? I guess for now, we won’t know.

What we do know is the limitation that these features have. Yes, 4k/8k gaming is fantastic, improved graphics is amazing, but... not all of us will get to experience this. In order to get the full use from Project Scarlett you need the equipment to go with it, which, ultimately is going to cost you considerable amounts more. The numbers mentioned, 8k and 120FPS, are kind of unrealistic... to achieve this on PC is unlikely, let alone achieving this on console.

I’ve been an avid Xbox gamer since I was young
Currently gaming on the Xbox One S I haven’t upgraded to the Xbox One X. I don't feel that I've been affected poorly in this decision. I still get great gameplay and enjoy the features that the Xbox One S gives me.

However, to say I won’t be getting Project Scarlett would be a lie. Just like any technology, just owning the latest console, phone, tablet, laptop is a buzz which infects us all. Even just for the sake of being able to say ‘I game on Project Scarlett’ is enough for me to buy it – techno fever? Maybe that’s a thing we should be more aware of!

For now, I look forward to more information on #ProjectScarlett – thanks Microsoft!

Leanne xo
Round and round the headwind blows,
Blunting on the daily grind,
smiling faces, laughter, childish play, passersby,
Memories of another life,
While the mind weeps and starts to form the next lie.

A silent veil draped loosely across his face,
dried tears once fallen rest lightly upon his cheek,
bored of questions and answers, his mind wanders,
to roaring fields and sun-shone shores,
as sunlight and darkness again start to ponder.

Home again, to missing socks and goldilocks,
mind safe, except, it never rests,
The blast of radio waves followed by a tone,
He checks the screen as tears well in his eyes,
Nowhere to hide from the torrent of knowing you are alone.

No more,
Nobody there to catch his fall,
He remembers a documentary a lifetime ago,
About how wolves hunt out the weakest member
of the group,
before isolating it, and then, inevitably leading to its demise.

Tears mingle with raindrops, descending from a higher place,
How he hopes that he will join them.
The bridge looms large, ominous, ready to devour,
a flash of doubt, a pang of regret for lives already lived,
A delicate flower crushed under the weight of life.

In his personal bubble, sound fades to a murmur,
As knives press in from all sides,
He leaps and leaps well,
at peace for the first time in recent memory,
the headwind stops blowing.

The police searched for two days,
his parents could never forgive themselves for the life
they’d let slip through their fingers,
his friends powerless to stand on the sidelines and watch,
In the bottom of some murky river, his body decays,
as God mourns the loss of another lost soul.
POEM BY SOLOMON HOLMES

It spreads like a tumour, a virus, a vile rumour around an industrial high school playground.
It stings the air like hail on frozen cheekbones, dust on a blustery day.
It breathes doubt into belief Strips the sanity from grief That feeling before a spree.
It stings the air like smog on a built up estate stale smoke from the last puffs of a cigarette.

It’s a truculent trickster, Con artist with nothing to sell. Welcomes you with open arms Wears a vacant glare, a menacing grin. Looks you straight in the eyes as it robs you senseless. It stings the air corrupting the confidences of all those around. That feeling before a blowout. Manipulates the matter surrounding for a cheap thrill Reaping the weeping souls of whenever, wherever, whoever...

It’s got a wad of terminology taking every chance to prevent, Any signs of logical progression, Any chance to circumvent. It stings the air like a misjudged joke at a dinner table. Insecurities are secured They’re part of the contract. It stings the air Then refuses to sit within the atmosphere

It performs with a totalitarian sincerity To an audience sick of all of the lies With the absolute best of intentions It doesn’t intend to provoke demise. Misunderstood in its simplicity It covers itself up to sustain. That luscious lascivious, intoxicating glow It’d do anything just to feel whole again.

It finds its home in everyone, though there are some that it prefers. It waits for you to be calm, waits for you to be Floating in tranquility across the placid lake of reality. Awaits the perfect time to cause a storm. Somewhere down the stream it’ll find its place. Somewhere down the stream you’ll forget it’s there. It stings the air You’ll just have to learn to put on more layers.
While the essence of good writing is rewriting, persistence is arguably even more important to progression as a writer. The saying that genius is 1% inspiration and 99% perspiration is very much applicable here. Only by actively working on your writing and learning from past mistakes can you grow as a writer and find your voice.

Here are a few tips if you’re struggling to get started or still trying to find that inspiration:

**KEEP A JOURNAL**

Using your environment can help to stimulate ideas which can be incorporated into a story to establish a sense of realism. This could be from using events in your own life, or just observations from daily life. Sometimes ideas can come unexpectedly so it might be useful to carry a notebook to jot these down. If you’re looking to write something more abstract, what I like to do for inspiration is keep track of dreams instead.

**THEMES**

To overcome writer’s block, sometimes it’s good to just mind map writing briefs and give yourself a theme (this could be a colour, myths, fairytales etc.) to work with. I would aim to write about 300-500 words initially and see where it takes you. It could be that it develops into a more fully fleshed idea, or it opens the door to stimulate further inspiration.

**STRUCTURE IS SECONDARY TO CONTENT**

If I’m already starting out with a vague idea of my direction, I always find it’s easier to just write about subjects/events as they come to me. So, I will type out a few sentences or scenes which sound like they might add value to the story, and then worry about piecing them together into a more coherent sequence later on. I like to think of it as a jigsaw in this regard.

Finally, if you’re still struggling to get started, then my last tip would be to read around. It can be helpful to just dive in and read a book which is a similar genre to what you want to write or is written by an author that inspires you personally. Take notes on what they do well and particular extracts which resonated with you and consider how you might incorporate some of that inspiration and innovate your own writing with it.
With a lot of the books I read the main issue I have with them is always the way that the villains are written. The villain, or the antagonist, is such an important part of a story, so here is a list of my top five things to remember when writing an antagonist.

1. PLAN THEIR BACK-STORY
   Just like any other character, villains need to have a story behind them. You may choose to bring this back-story into your book, or you may not, but giving the character a complete back-story helps you as a writer understand how to write that character in more depth.

2. GIVE THEM A PERSONALITY OR QUIRKS
   A lot of writers follow quite similar tropes when writing their antagonists. Now, sadly it’s very difficult to write a completely original character. However, when you write you have complete freedom to let your imagination go wild, so create a character with personality. To make them as original as possible, try giving them a quirk (e.g. a specific walk style).

3. DON’T MAKE THEM STUPID WHEN IT’S CONVENIENT
   Throughout the whole of the story the villain will be described as intelligent and cunning but when the writer needs the hero to win, suddenly the villain becomes stupid and makes mistakes they wouldn’t have earlier in the story. If you’re struggling to find a way to have your hero win, try planning the chapter again and see how you can get a different outcome. Never sacrifice the integrity of a character for an easy way out.

4. TRY TO UNDERSTAND THEM AS A CHARACTER
   It may be difficult to understand a character who you created to be a villain but even attempting to place yourself in that character’s shoes will massively improve your writing. Trying to understand the way the character will think in a certain situation will help the development of the book.

5. NO ONE IS EVIL JUST TO BE EVIL
   Characters need a drive, something to work for, and for villains it’s no different. Their only drive can’t be to just be evil for the sake of being evil because then they aren’t a fully developed character. This lowers your standard of writing.
Summer Reading Recs

BY ROSIE WEDGE

Besides the spooky season, summer is my favourite time to get stuck into books! There is something so wonderful and wholesome about taking my current book down to the beach, the woods, or an outdoor café, and getting my emotions fed by another beautiful figment of literature’s never-ending imagination. For this reason, I’d love to share with you all a few of my most recommended reads for the summer time, to help you start planning out your summer TBR, and fall in love with some glorious characters and stories!

TO ALL THE BOYS I’VE LOVED BEFORE
Series by Jenny Han

This series comprises of three novels, told from the perspective of our narrator, Lara Jean. After a series of love-letters she wrote to all her past crushes get mailed out, she ends up in a chaotic situation, having to face up to a series of unrequited loves, and further down the line, some morally challenging situations. I’m sure many of you have heard of this series from the Netflix film adaption, and what better time to read the series that summer 2019, with the adaption for the second novel, P.S. I Still Love You confirmed to be in the making this year! Lara Jean is one of the kindest, most adorable teen-voices I’ve read in a YA contemporary, and this series features some of my most favourite couples in YA literature!

THE RAVEN CYCLE
by Maggie Stiefvater

Oh my goodness, this series earned its place in my heart last summer! This series of four novels tells the story of a group of public school boys in search of the long-lost Welsh king Glendower, said to be buried on a magic leyline, awaiting to be found, and grant a wish to whoever awakens him. Enter Blue, a young girl from a family of psychics who has been told since birth that she will cause her true love to die by kissing him. Yep, you’ve guessed it; as she teams up with the boys, using her own abilities as a battery for awakening the magical leylines, she inevitably falls for one of the boys. This series hosts a number of fantastic twists and turns, and offers one of my favourite character groups of all times. Be aware the series is a little slow to begin with, but by the time you’ve read the first 100 pages or so, you will be hooked!
SIMON VS THE HOMOSAPIEN’S AGENDA
by Becky Albertalli

I’m sure many of you have again heard of this book, but I simply couldn’t go without including it. Our narrator Simon Spier, an American schoolboy, has fallen in love with an online pen-pal who goes by the name of Blue. Unsure as to who Blue really is, Simon suddenly falls under the pressure of having to come-out before he is ready, when his online chain of emails with his unidentified male classmate is threatened to be leaked to the rest of the school. This book hosts one of my favourite LGBTQ+ representations in contemporary literature, and I found the novel to be a very touching account of life for people who are untimely rushed out of their comfort zone. These sensitive issues are beautifully dealt with by Albertalli, and the novel is an all-round heartwarming tale.

THE GENTLEMAN’S GUIDE TO VICE AND VIRTUE
by Mackenzi Lee

Can we all just stop for a moment, and appreciate how BEAUTIFUL this book is? This was inarguably one of my top five reads of the year so far. Set in the 1700s, Lord Henry “Monty” Montague, a born-and-bred, yet untamed, gentleman, sets sail across the world with his best friend, Percy, to try and find a cure for Percy’s epilepsy, without which, he will be sent to a mental institution. One slight issue; Monty has a crush on Percy. Why is this an issue, you ask? Well, it’s the 1700s, and Percy is A. A Man, B. Black, and C. Lower-class. This book, deals with these social prejudices in a very sensitive way, but also has the most pin-point wit and satirical challenge to social taboos, it really does showcase the strength of morality and acceptance of equality.
First performed in 1968, Joseph and the Amazing Technicolour Dreamcoat is a timeless musical classic, with lyrics by Tim Rice and music by Andrew Lloyd Webber, that provides a retelling of the story of Joseph in the Bible’s book of Genesis. The play follows Joseph, one of twelve brothers, who is cast out by his siblings for being the favourite of their father Jacob, who dresses Joseph in a coat of dazzling and bright colours. Filled with jealousy, the eleven brothers sell Joseph as a slave to be sent to Egypt. There he encounters many hardships caused by his natural intellect and ability to interpret dreams, and predict the future based on their meanings. In no time, he finds himself in the presence of the Pharaoh, who enlists Joseph’s help in finding out the meaning of his dreams, and in turn, what these dreams will mean for Egypt.

The last week of June 2019 saw Ipswich’s Regent Theatre showcasing their production of Joseph, starring Jaymi Hensley, Trina Hill, and Andrew Geater as the lead roles of Joseph, the narrator, and Pharaoh. Hensley provided a convincingly and deeply emotionally charged portrayal of Joseph, however, for me it was the comedic ensemble of the eleven brothers that gave this production its flare through the perfectly choreographed group dances and their powerful, collective narrative voice of jealously. Unfortunately, I felt that the role of Trina Hill as the narrator didn’t bring anything new or exciting to the production, which caused me to cast her away as more of a side character used for the occasional announcement in a long, high note, as opposed to the dramatic and inclusive performance that I was expecting from such a key character.

What made this rendition of Joseph and the Amazing Technicolour Dreamcoat an excellent watch was the variety of music that the play uses, parodying multiple styles from the iconic Elvis ‘rock and roll’ to French ballads, Western, and even Calypso styled musical numbers. There truly is something there for everyone! The cast of this production were lively and managed to pull off each genre as if it were their favourite.

Overall, I found that this performance of Joseph encapsulated the perfect balance of a modern musical masterpiece while staying true to the biblical roots of the play – definitely worth watching with the family.

★★★★★☆☆☆☆
‘BAG IT UP’ FOR SUMMER

BY PAM DAVIS FROM ‘FASHION CANDY STYLE’

I'm a huge bag lover, as a fashionista I have many different colours, shapes and sizes to suit every outfit and occasion all year round! This time of the year, we all hope we are able to ditch our day to day working bags to a much more casual and brighter bag attire for the summer holidays and into the coming autumn months.

High Streets and boutiques offer so many styles and brands to suit every budget, however it's a minefield of choice out there so I would like to guide you through the conveyor belt of options that are with us this season.

It's always worth investing in a new summer bag when the weather warms up. Accessories are essentials so they should change with the rest of your seasonal wardrobe. As you swap out heavier winter fabrics for lightweight linens and cotton, you should switch out your bags too. That trusty leather tote you relied on throughout winter – it'll weigh down your dresses and suits and dull those spring florals.
With summer comes warmer days, lighter evenings and as a result, al fresco lunches and dinners – your outfit should reflect this change. So, downsize and pack light – bulky bags are no fun in a heatwave, plus mini bags are the next big thing. Swap black for warm brown tones and introduce earthy materials like straw, bamboo and wood into your wardrobe. If one bag is more than enough, we’ve thrown in a few options that will work well in winter too!

Fashion Candy Style Bag Edit
Just because summer is here, doesn’t mean you have to step out of your comfort zone. If brights or florals feel daunting to wear, the easiest way to add colour to outfits is with accessories. When it comes to bags, the bolder the better. However, for longevity, this season’s neon hues are something more grown up – think tangerine, fuchsia or mustard yellow. Smart leather options will work day-to-night and all year round, too. Let yours add a pop of colour to work suits, black knitwear and even head-to-toe linen looks on holiday.

Women

Oversized Bags
Big bags are here to stay this season, fitting our whole make up bag, phone charger, diary, laptop and so much more!

Multi Strap Bags/Cross Body Bags
There are many different strap styles – from harness and front worn styles to single straps, there are loads to choose from.

Ring Handle Bags
The decorative ring was moved from the body to the top to function as a handle and major eye candy. The circular handles are the defining feature, but the size and shape of bags varies greatly with traditional rectangles, half-moons, fold-over styles and oblong shapes all being featured.

Bucket Bags
Safe to say this style of bags has become rather mainstream and remains a staple in almost every woman’s wardrobe making it a timeless piece.
Men

Backpacks
Depending on your lifestyle, it could be a smart backpack for business or University, a rugged companion for weekend pursuits or a training buddy for your gym kit. For an everyday pack or commuter bag, adjustable air mesh straps will keep things comfortable while practically anything but canvas will keep things dry. Look for a padded layer to keep the contents from jamming in your back.

Cross body bags
There are two things to bear in mind here: dimensions and styling. Size matters in this case because you could buy a cross-body bag not much bigger than a billfold wallet, or a shoulder one that’s as big as a messenger bag. Work out what you want to transport and go from there. Then, the look. You can opt for loud colours and big logos and use the bag as a true fashion accessory or keep it in the background with a pared-back monochrome option. In either case, access is key so look for easy-to-reach zippers.

Messenger bags
Until recently these bags were still synonymous with paperboys and sloppy, middle-aged commuters. As such the modern messenger bag keeps its utility but adds some aesthetics. Great for transporting laptops, paperwork and the odd lunchbox, keeping your hands free as you do it.

Unisex Bag Trends
Now if there’s one bag you buy this season, make it a belt bag. We’ve seen it around so many waists this winter and don’t expect this look to disappear anytime soon. This petite purse is so practical, you’ll probably wear it well into the summer months too.

This summer brings bags of style so indulge and enjoy.

Pam x
Personal style is something we all have but discovering it can take a while. Once you have found a look you are happy with then you know you have found YOUR look. Our style is always evolving, whether it be a change of hair colour or the type of shoes you enjoy wearing. Popular culture has played a major part in everyone’s style, we are influenced by something one way or another. This could be a band, a person or a brand.

I started experimenting with my style when I was 17, my mum had just introduced me to charity shops and I was able to experiment with my style for a low cost. I tried new looks and if something didn’t work then it wasn’t a huge waste of money. I went from someone who played it safe in jeans and a top, to a girl who experiments with layering dresses on t-shirts with fishnet tights and Dr Martens. I play around with accessories and get a new look each time. I have always been a little bit alternative in terms of style and I had a huge love for being a bit quirky. As I mentioned earlier, styles evolve and I feel as if my style has matured from the classic jeans and band t-shirt look to a more grown-up alternative, quirky yet classy look.

I have been influenced by a wide variety of people, even fictional people. I didn’t have social media or internet in my house until I was 18, so it was hard to look at what celebrities were wearing or get inspiration from Pinterest.

Here are my top 5 fashion inspirations:

ALEXA CHUNG is known for her classic British-rose look, I just love how elegant and classy she looks in any outfit. She has won the British style icon award 3 years in a row at the British Fashion Awards. She stays on and ahead of trends in her outfits and is able to put her own swing of chic into any outfit.

RACHEL GREEN from Friends, one of the most popular TV shows in the world, Rachel Green was by far the most stylish out of all the Friends. She has made a massive impact on 90s style and served us look after look including that iconic haircut. She was one of my main inspirations to get into the fashion industry. She worked slip dresses, mom jeans, mini skirt and the denim overalls.

MARY-KATE & ASHLEY OLSEN were one of my main inspirations growing up. If you don’t know who these girls
are then I am shocked. While I loved their movies when they were younger, their more matured looks are incredible. Ashley has a more elegant look while Mary-Kate is edgier. I feel like they both represent a part of my style.

MEGAN ELLABY is one of my favourite fashion bloggers and YouTubers. Her 70s inspired style is so creative and quirky. I love how she experiments with colour and different styles. After watching her trend videos, I gain more inspiration and confidence to experiment with colours.

FRANCES BEAN COBAIN, the daughter of iconic 90s couple Kurt Cobain and Courtney Love, is so grungy yet stylish. When she modelled for Marc Jacobs, her dark makeup and lipstick contrasted to the delicate dress she was wearing; this is one of my favourites looks of hers. Again, I love the idea of mixing grunge with something feminine and elegant.

I tend to take inspiration from these people and glossy magazines like Vogue or Elle. I like to follow trends but I put my own spin on it and instead of being sad that I can't afford what's in the glossy magazines, I buy similar items from charity shops for a fraction of the price.

Taking into consideration my influences, you can see that I am heavily inspired by the 90s and grunge while staying chic. Being a fan of rock/heavy metal has also played a huge part in my style. I love wearing band t-shirts with a feminine skirt and have dark make up on while on the other hand I love wearing a pop of colour and light make up. Style to me is something I have built up over the years. In the past year while studying a fashion degree I have learnt more about my style and tried new styles which has been amazing.

Chloe x
The biggest reason why fashion is continually changing is that society has become more accepting of advocating how everyone is able to dress as they please without being pressured or judged. Although there is still a way to go, there have been multiple protests and movements within fashion which have shaped the fashion of today. Many current fashion trends are recycled from the previous decades – here are the trends that dominated each era, from the sixties to the nineties.

1960’s

**Miniskirts Rebellion** – The miniskirt was a flirty, rebellious garment becoming a cultural icon in society. It conveyed a newfound freedom for confident women to embrace their bodies and protest against the so-called ‘obscenity’ of showing legs.

1970’s

**Bell-bottoms** – During the early 1970’s, females started to express their individuality through quirky flared bottoms – much different from the boyfriend jeans we would throw on nowadays. These would normally be worn for everyday summer weather or at a Saturday night disco. Sometimes women would even pair it with a vividly patterned top to complement the plain black bell-bottoms.

1980’s

**Neon suits** – The 1980’s jazzed things up with many vibrant suits and unique afros, creating one of the most eclectic eras of fashion. Amongst the mismatching suits, the continuous number of parties meant it was necessary to have a closet full of anything suitable, formal and elevating. The late 80’s brought jackets and blazers as a staple in women’s wardrobes – from short and swingy to long enough to be worn with stretch trousers.

1990’s

**Anything plaid** – The 90’s trends can mainly be viewed in movies and TV shows like Friends or Clueless and many of your favourite 90’s characters wear the trends which are repeated today. It marked the return of minimalist fashion – after a decade of radiant greens, a much more toned down and sophisticated style was adopted. However, subcultures were very diverse with grunge enthusiasts obsessed with black leather and chokers, whereas hip hop dancers wore white t-shirts underneath coloured cropped vests. My most-loved film from my childhood is Clueless where I got inspiration for my own style. Cher and Dee are still iconic role models and the designer did a spectacular job with every single outfit. To describe their look in one word it would clearly be preppy.
With the heat turning up, trying to look and feel our best while also trying not to melt on the floor can be tricky! It's also that time of year where festivals and events are in full swing, which means money in other areas can be tight. If you’re looking to refresh and pamper yourself on a budget, then look no further. I’ve compiled a list of my top beauty buys – all of which are under £5 each and all can be found in Superdrug who offer student discount.
Some of my finds I have tried and tested, others are on my wish list.

- **Charcoal toothpaste 75ml – £2.99**
  This is a product I currently use and I love it! There are a lot of products on the market that claim to whiten your teeth and while I haven’t used many, this is a good and inexpensive option. I have noticed a difference in the brightness of my teeth and it’s perfect for me as I regularly drink coffee and fear the dreaded stains that could cause. This toothpaste is available in two products – one of which is designed for sensitive teeth.

- **Barry M Under the Sea Nail Paint - £3.99**
  I’m a big fan of keeping my nails colourful, especially during the summer months when vibrancy is a must! Barry M have released a new line of nail paints called ‘Under the Sea’ and it brings all the mermaid vibes. I have yet to try it but I’ve read the final colour depends on the base colour you choose.

- **e.l.f. Jelly Pop Juicy Gloss, Superdrug – £5.00**
  Another one on my wishlist is this gloss, available in Cherry or Apricot and exclusive to Superdrug. This product looks ideal for keeping your lips hydrated in the heat and it claims to be non-sticky which is a bonus! Jeffree Star even rates it 5*!

- **Garnier Moisture Bomb Chamomile Hydrating Face Sheet mask – Currently on offer £1.99 (usually £2.99)**
  I love a good face mask and this is one I recently tried. It’s super hydrating and really easy to apply. The scent is lovely and I instantly felt refreshed and rejuvenated after use. If you suffer with dry skin or just want a boost, this is an ideal and affordable option.
THE ULTIMATE 10 MINUTE MAKE-UP ROUTINE!

BY APRIL GANT

If like me you’re either lazy at times or just not the best at time keeping, nailing a 10 minute make-up routine can be the best thing ever. It’s something I believe I’ve mastered finally and still gets me looking acceptable for a day out of the house and also feeling the best version of myself. I love make up and have done for years, the older I get the more I learn about it and what suits me the most.

For my base I’ve been using the IT cosmetics Your Skin but Better CC+ cream which gives you enough coverage to add a bit of life to your skin but not too much to the point it feels heavy on your skin. It’s also extremely buildable and long wearing. To cover those dark bags under my eyes and a few spots I use the Glossier stretch concealer which leaves my skin looking super natural but concealed which is the ultimate aim! To add a bit of colour to my face I use the Collection Bronzer Glow Mosaic powder which I use not only on my cheeks but also my eyes as a quick eyeshadow. Next my brows which is my favourite part of my makeup to do and I use the Essence Make Me Brow Eyebrow Gel to add a bit of body and texture to my brows. To hold all that excellent looking makeup in I reach for the Glossier Wowder powder which ensures my makeup doesn’t budge and looks slightly matte. Then to finish the look off I use my Too Faced Better Than Sex which is such a good mascara and gives you the best lashes in a matter of seconds.

That’s your makeup look finished and you’re ready for the day!
I think that the Avon Splash Booster Mask is a great product for all skin types and it is a good addition to any skincare routine. It didn't dry out my skin and I think it is really refreshing, especially on hot days. This product also smells great, I give it 3/5.

ELLIE CECIL

It was very easy to apply which made it very convenient to use unlike some other products. The bottle was a great design with a small hole where it can be poured onto a cotton bud easily. The texture was very smooth which meant that when applied to skin, it didn’t feel saturated and I did not feel like it needed to be washed off. As someone with sensitive skin, this was a very great product and did not irritate or cause any reaction whatsoever. 5/5

ABI CAVE
This product smells so so good and feels really nice on the skin. I have fairly sensitive skin but I didn’t have any problems with the Splash Mask. It feels really refreshing and is a really nice addition to my skincare routine. I am pleasantly surprised and will definitely be buying more products from Avon in the future. 5/5

The Avon Splash Booster Mask is a really nice product. It sinks straight into the skin and doesn’t leave any residue. I think it has definitely changed my skin because it seems a lot smoother and toned, compared to how my skin feels when using a regular moisturiser. I would definitely recommend this product and give it a 4/5.

Avon Splash Booster Mask – a wonderful product. Similar to an essence, this product fits seamlessly into existing skincare routines thanks to its gorgeous scent and rejuvenating features. It didn’t make my skin look too oily or dewy, but left it feeling refreshed and smooth (after a couple of minutes), without drying it out. Whilst it did take a while for the product to fully feel smooth on my skin and not sticky or oily, simply based on my first impressions, I would definitely recommend this product to those looking for a refreshing and revitalising product to just give your skin that extra boost of energy. 4/5

CHARLOTTE HOGG

I love the Avon Splash Mask as it leaves my skin looking dewy which is perfect for summer! The only negative thing I have to say is that it is quite hard to apply but I think this is a personal opinion as I don’t like to use cotton pads. But I love the product and it smells amazing. I will continue to use it when I find something other than my hands to apply it with. I will also recommend this to my friends. 4/5

CHARLOTTE HOGG
Back in June, I flew into Carcassonne Airport for a long-awaited holiday. My parents had organised it as a treat for their wedding anniversary, inviting friends and family to join them, though everyone else had left when I arrived. I actually liked this, as it meant it was a relatively quiet house despite friends from Menden in Germany being there for one of the two weeks I would be spending there.

The views from the house, both from the terrace and the first room I stayed in were gorgeous, with the Pyrenees Mountains in the far distance, there but not seen unless – according to local folklore – the following day would bring bad weather, though we could see the foothills. You could also see the vineyard fields, for the Oupia area is famous for its brewing of wine, all around and another smaller village not far in the distance, and all these views gave me a distinct feeling of Déjà vu as it looked so much like Umbria in Italy.

Oupia, the village we were staying in, in a gorgeous house is a beautiful little place with medieval streets and houses. There was a little shop-come-restaurant five minutes or so down the road that my mother would occasionally visit to buy croissants for breakfast and when it acted as a little restaurant there would be music from wonderful musicians. The house itself had cool white walls inside and out and had four bedrooms, one of them at ground level with immediate access to the house’s pool which was heaven during the hot weather while I was there. The nearby town, on a Tuesday (as far as I know, this is only during the early summer months) holds a market with stalls selling all-sorts; clothing, jewellery, dreamcatchers, knick-knacks and antiques etc – there was even a part of the market that sells food!

Then of course there was Cité de Carcassonne, the main attraction. The citadel was amazing and so full of history; the signs of the stores within the citadel written in old text to fit in with the medieval feel even though the shops themselves didn’t give off that old-world feel and the views from behind the walls of the citadel were gorgeous. The new part of the city, on the other side of the citadel via a wonderful bridge is a cornucopia of shops and (sometimes) markets much like in Oupia’s town, with brightly coloured umbrellas hanging high above the bustling streets; open upon my visit.
Taking a few days off from my normal lifestyle, getting on a train is the best journey that I could ask for. When at the destination I am awaited by a family who I haven’t seen in a long time, everything gets even better. I am writing this, as I come back to Ipswich, the place where I have my memories, where I have friends and where my life is going day by day. The journey to Ashford is not too long, two hours to be more precise. The reason why I decided to go there for the weekend was because my cousin turned 17 and so it was perfect timing.

Family is always important and being away from home made me cherish them more. Ashford is now the place where I can go if I feel I need to be home for a bit.

As I like travelling, I enjoy spending time on the road, with a good book or my laptop and just write and take some time off from the day to day routine. In Ashford, we went to Eastwell Manor which was very impressive as I have never seen something similar in terms of the gardens that the place has. It was a nice experience, the area was so big and different sports could be played, such as golf, tennis, badminton and many more.

What impressed me the most is that at the entrance of the restaurant the door had the name Marie of Romania, who is a Romanian princess. The place was full of history and I promised myself that I will come back and visit it again. After that, my cousins’ parents told me that there is also a statue for the Romanian princess and it just gave me more joy. The feeling that I felt when I saw her name on the door is unexplainable, it made me realize how far back in the day the history dates.

Going to different places and finding something from your own country is very impressive. Travelling is a way of expressing ourselves, finding different links between present and past, between our own nationality and the one that we visit, is extraordinary. I encourage you all to travel, even for a small distance to see different people’s perspective and to appreciate what other people and places can offer.
Due to habitat fragmentation, loss of hedgerow surrounding farms and mixed farming, changes in habitats types and densities and loss of diversity of flowers and animals supporting birds, gardens now play a pivotal role in supporting British wildlife. The additions of bird tables and bird feeders can be one of the simplest ways to make your garden more wildlife friendly and help British wildlife.

What tips are there to placing these in the best position?

1. Ensure that the feeder is in a quiet area of your garden. Avoid placing it where human traffic is greatest e.g. near the door leading out to the garden. If you place it in a quiet area, birds are less likely to be disturbed and therefore will be more enticed to visit.

2. If you place bird feeders near natural sounds (rather than artificial sounds, e.g. windchimes), such as near branches rushing in the wind, then birds are more likely to visit.

3. Ensure shelters (e.g. shrubs, bushes) are at least greater than 2 metres away from the feeder as this avoids mammals (e.g. cats) both eating the feed and stops them from hiding and pouncing on birds feeding. This shelter allows for a lookout post for birds whilst they eat, a place to digest their meals and to retreat.

4. Ensure bird feeders/ tables are where you can see them comfortably and are able to identify birds, both in your home and outside. A mounted bird table may help with this. Studies suggest bird watching will also benefit your mental health.

5. Give birds the food they want and spend time experimenting with different foods (but ensure it is bird-friendly) until you find what your local population of birds particularly enjoys. Each species of bird will have a different food requirement, as well as this varying seasonally. For more information on this, visit the RSPB website.

6. Invest in squirrel proof and mammal proof bird feeders, so feed is not eaten by other species other than birds.
It has become known that there is an increased awareness surrounding the lifestyle factors that are linked to pollution, climate change and our planet dying. Social consciousness is not simply a result of reducing your intake of animal products or your usage of plastic, there are many other factors that need attention; one of them being to recognise the damage that our appetite for constant clothing consumption can have on the environment and the future of our planet.

**FACT:** The fast fashion industry is responsible for producing 20% of global wastewater and emits 1.2 billion tons of CO$_2$ equivalent per year!

**GoodOnYou**

GoodOnYou is an app that I have recently discovered and I am shocked that I had never heard of it before. It provides ethical ratings for thousands of fashion brands, giving information for anything from watches to ties and belts. I will admit that it is really hard seeing some of your favourite brands be rated so badly, but it is also great to see new brands with ethical clothing labels. Sustainable fashion is definitely something I am trying to implement as one of my conscious changes and this app makes it a lot easier to know if where you’re buying from supports the environment and their workers. Their tagline is, ‘wear the change you want to see’, and I personally love it!

**reGAIN App**

I discovered this app recently when I was thinking about clearing out my wardrobe. If I’m being completely honest, I’m not really sure what I used to do with my unwanted clothing, it is not until recent years that I began donating them to charity shops. But what if you have some items of clothing or accessories that are too worn or damaged?

The reGAIN App lets you send your unwanted clothing, shoes and accessories at any of their drop off points around the UK FOR FREE! All you need to do is find the one closest to you, get a shipping label or barcode and simply, send your parcel. There are so many drop off points around the UK and not only that, in return you get access to lots of discount codes and coupons! They will recycle all of your items, and you get rewarded. How amazing is that?

Whilst fast fashion can be cheap and easily accessible, it is so important to recognise the harsh effects that it is having on the environment, as well as the workers. Our cultural attitudes surrounding the fashion that we consume and dispose of, needs to change and using these apps help to make these little changes a bit easier.
As Sexual Health Week 2019 is approaching (16th - 22nd September) we thought it would be a good idea to reflect upon last year’s Sexual Health Week in preparation.

Last year, the awareness week, hosted by The Family Planning Association (FPA) saw the theme of Consent: Yes, Yes, Yes! A campaign looking at how consent is much wider than just saying no. The week reinforced the need to listen, negotiate and agree.

Topics for discussion included looking at ways consent can be negotiated as well as tips for health professionals, parents and teachers.

In addition, there was a great survey done which revealed that 38% of people learnt about consent from TV and film. To give you further food for thought, the FPA compiled a consent test where you can check your favourite films against. A film passes the FPA consent test if:

- There is no coercion involved: violence, threat, pressure, asking multiple times until they say yes (persistence).
- None of the characters involved are intoxicated.
- None of the characters are underage.
- Each of the characters involved are giving verbal and non-verbal cues that they want to have sex.

Have a think about your favourite film... does it pass the test?
To help you out, the FPA have shared some examples of good and less than good negotiations! You can find the full article at: www.fpa.org.uk/news/consent-media-sexual-health-week-2018

**GOOD:**
- **Frozen** – Kristoff embraces Anna with a hug and says ‘I could kiss you!’, before asking consent ‘I mean I’d like to. May I, may we?’. Anna verbally confirms. Thumbs up from us!
- **10 Things I Hate About You** – Patrick drives Kat home after she gets too drunk at a party. When she leans in for a kiss, he stops her as she is too intoxicated to give consent.
- **Scott Pilgrim vs the World** – The bedroom scene between Scott and his girlfriend Ramona, comes to a close when Ramona states that she has changed her mind. Scott is incredibly respectful of the decision.

**LESS THAN GOOD:**
- **Goldfinger (James Bond)** – In a scene with Pussy Galore, Bond corners and prevents Galore from leaving a barn. After Pussy verbalises to Bond that she’s not interested, he grabs her arm and physically wrestles her to the ground, before forcing a kiss on her lips. No thank you!
- **The Notebook** – A film that is considered one of the most iconic love stories. However, this film sees Noah pressure an uninterested Ally to go on a date with him, even threatening her if she says no.
- **Star Wars: The Empire Strikes Back** – There are a couple of uneasy moments throughout the film between Han Solo and Princess Leia, one shows her being flung into his lap in the spaceship during a bout of turbulence. Princess Leia asks three times for Han Solo to let go of her to which his response is “sorry sweetheart, I don’t have time for anything else’. Charming.

**Sexual Health Week 2019**

As previously mentioned, Sexual Health Week 2019 takes place from Monday 16 September to Sunday 22 September. The theme of the week is making sexual health inclusive.

The FPA’s website reads: “As society shifts and changes, we’ve become more aware that not all sexual health services and information are suitable for everyone’s needs. We’re looking forward to exploring this important topic in-depth this year and hope that it will encourage greater inclusivity across the sector.

We know that sexual health and education professionals have a huge amount of knowledge and expertise to share on this subject – but also a lot to learn from one another.”

Join the conversation online with the hashtag: #SHW19
Welcome to our ground-breaking work experience platform ‘EXPERIENCE WORK’
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!!

If you would like to get involved with this project, please email rachel@student-life.co

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 EDITOR
LEANNE ARNOLD

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.
Hey guys and gals!

I cannot believe that August is here already, I hate to say it, but soon it'll be December and we will be celebrating Christmas again! Madness! Here at Student Life we have been making big strides in the way of our mental health work and are so excited to launch a couple of projects in new establishments and to a younger audience.

I hope you are all enjoying your summer holidays and are looking out for one another – it's important to remember that summer holidays for some people can be a lonely and difficult time – reach out to your school mates, a hello can go a long way.

This month's publication brings you articles on self-harm and personality disorders – some of these articles may be triggering to some of you; if you need any support please don’t hesitate to contact me or any of our signposted contacts at the end of the mental health section.

Take care

Leanne

xo
There are lots of different ways to manage your own mental health. Of course, management is different for everyone and some people will do different things to others. However, here are a few suggestions for you:

**SELF-CARE**

There are many ways to look after your own mental health without accessing services. Self-care is what it says on the tin. Getting yourself involved in things that you find enjoyment out of is a great way to boost your wellbeing. This can be from colouring, gaming, going on walks, to having a bath or meeting friends! We have a regular monthly feature written by our editor Rachel Mitchell which covers all different varieties of self-care. You can access the previous articles via our website www.student-life.co

**PSYCHOTHERAPY**

There are lots of different types of talking therapies available via the NHS which can help with regulating emotions and other mental health difficulties. Some people find talking therapy unhelpful, but this is all dependant on the type of person you are. What I would say is this; don’t knock it until you try it. I personally have had different types of talking therapy and have found them extremely helpful.

**MEDICATION**

Although management of your own mental health may, for some people, only involve yourself. For me, managing your mental health is taking steps to making yourself more comfortable. If that means that a trip to the GP to discuss medication is something that would be helpful for you, then there is no reason why you shouldn’t do this. Medication is not an ideal long-term fix and usually works best alongside talking therapies, however medication is great for giving you that initial boost until you feel well enough to start tackling the root of the problem. Medication is something that is very much an individualised decision; some people do not agree with medication and prefer other methods, however others do agree and find it useful. What is important is to remember to do what is best for you and not what others feel is best.

**COMPLEMENTARY AND ALTERNATIVE THERAPIES**

There are different types of therapies out there that do not involve medication and talking. Some people find that yoga groups, aromatherapy, hypnotherapy and acupuncture help with regulating emotions.

What is important is to explore your options and find a way that suits you. Take care, always xo
When someone has a mental health problem it is important to try and keep relationships going, whether that be with family members, friends or a partner. This may be hard as people experiencing mental distress will want to interact with people less than usual. Things are equally difficult if the person you know is suffering, as you may feel helpless and then frustrated by their condition. Despite these challenges, you can still maintain healthy relationships.

Whether you are experiencing bad mental health or are close to someone who is, it is important to be honest and open up to these people around you.

No matter how hard it may be, telling people how you are feeling gives them a chance to try and understand what is going on in your head, rather than leaving them to guess. It is easy to get wound up on what is going on in your mind and take it out on the people around you, but it is important to understand that the people close to you want to help. More often than not, this can then open up a discussion and you can work together to try and get through the barriers that you are facing. Sometimes, other people can also put things into words better than you might be able to at that time.

Keeping busy and focusing on what makes you happy is also a good way to look after yourself, as well as being a good way to make the relationships with the people around you stronger. It is really important to remember to take care of yourself; taking time out regularly to go for a walk and talk about your favourite band, practicing self-care or sitting down together to watch your favourite film will not only balance your mind, but also show support.

If you know that someone is suffering, it is important to try and understand what that person may be going through. Approach them and listen to what they may or may not want to tell you. Try and understand that their difficulties may only be temporary. Give them the space they need and make sure that they know you are there if they decide they want to reach out to you.

The most important thing is to support each other.
Someone who has a diagnosed personality disorder thinks, behaves, or relates to others very differently from the average person. There are many different types of personality disorder, all with their own symptoms.

One of the most recognised and diagnosed personality disorders is borderline personality disorder. Someone who has this diagnosis tends to have disturbed ways of thinking, impulsive behaviours, and difficulties in controlling their emotions. They could have unstable relationships and worry about people abandoning them. There are many other types of personality disorder, too many to list, however to form a better understanding let’s discuss the three clusters.

**CLUSTER A**
People with cluster A personality disorders can find it hard to relate to others and their behaviour may come across as eccentric and odd to others.
- Paranoid personality disorder
- Schizoid personality disorder
- Schizotypical personality disorder

**CLUSTER B**
People who are diagnosed with a personality disorder from cluster B tend to find it hard to control emotions, and others may find them as unpredictable.
- Antisocial personality disorder (ASPD)
- Borderline personality disorder (BPD)
- Histrionic personality disorder
- Narcissistic personality disorder

**CLUSTER C**
People with a cluster B personality disorder usually have strong feelings of fear or anxiety, and can often appear as withdrawn to others.
- Dependant personality disorder
- Avoidant personality disorder
- Obsessive personality disorder

There are very strong feelings within society on the name for these mental health difficulties; tell me would you feel comfortable being told that your personality is disordered? The name often brings feelings of shame and embarrassment on those with the diagnosis; it has been discussed through studies whether the name is appropriate. It is also one of the mental health disorders which receives the most backlash and stigma. ‘There’s something wrong with them, not their mental health’. Often people who are diagnosed with borderline personality disorder also self-harm, this attracts a lot of negative attention within society. Having the diagnosis of a personality disorder and as a ‘self-harmer’ can be devastating to someone’s mental health, let alone the difficulties they have with it already. Often people are branded as ‘purely attention seeking’ and ‘not actually mentally unwell’. Some people find the diagnosis of personality disorder unhelpful and that they endure more stigmatising, though this isn’t the case for everyone. Some people find the diagnosis helpful, enabling them to understand certain things they do.
LIVED EXPERIENCE

I have been diagnosed with a personality disorder, and for a very long time I found it difficult to come to terms with. For a long time I thought that the problem was me, rather than a struggle with my mental health. As an example it’s like saying someone with personality disorder has fractured their leg and the person with bipolar disorder has broken their leg. Instantly it’s like, well the broken leg is worse? No. Both conditions are painful, have impacts on daily life, can cause you to take time off work, require intervention, and can be extremely stressful – so why can’t we have that understanding with mental health difficulties? A fractured leg wouldn’t be dismissed and would be treated as cautiously as a broken leg, however, unfortunately it isn’t unusual for someone with a diagnosis of personality disorder to receive less treatment than that of someone with a diagnosis of bipolar disorder. With the correct education and understanding the stigma surrounding personality disorders should reduce dramatically.

In fact, personality disorders are one of the most complex mental health disorders. Not everyone fits easily into any one of the clusters which makes diagnosis and treatment more difficult. The stigma associated with personality disorder is so bad that some doctors report reluctance to diagnose a personality disorder for fear of making it ‘problematic’ and/or more difficult for the person to get help.

I find it a lot easier to live with my diagnosis now, I have educated myself and it has enabled me to understand better why I am the way I am. I’ve learnt to accept it and be the best person I can be. I’ve learnt to be open and honest about my diagnosis with the people who matter most and although I still sometimes feel nervous about telling people, I am learning to embrace it and not let it control my life or my identity. Just like I am gay, I also have personality disorder, this doesn’t mean I’m a horrible monster to steer clear from. I believe I have a good amount of friends, a loving girlfriend, I’ve got a degree in nursing, and can hold down a full-time job – just like you, I can live a functional life as Leanne not as the girl with a personality disorder.

I hope that this article has helped people understand more that though the name suggests that there’s merely something wrong with someone’s personality, that it goes much deeper than that. People suffer with mental health problems for many reasons, and this is just the same for personality disorders.

WRITTEN BY LOUISE DICKMAN

Fairly recently it was discussed that it is likely that I suffer from Borderline Personality Disorder (BPD). After being told over many years that my diagnosis was anxiety and depression, I was quite worried, I didn’t really know what it was. What I did know though, was that it seemed to be quite stigmatised
so that worried me even more. But, I did a bit of research and turns out, it is way more common than I, and I think many people, realise. Honestly, it was a relief to read the common symptoms of BPD because I resonated with so many of them.

I never really felt like it was just anxiety and depression I suffered with, it always felt like something more than that.

There are a lot of day-to-day thoughts and feelings that come with BPD. This includes, fear of abandonment (family/friends leaving you), experiencing very intense emotions and not having a very strong sense of who you are. The fear of abandonment symptom is particularly strong with me. I tend to feel very insecure in my relationships/friendships and I get afraid that I am going to lose them. Having very intense emotions is also a big struggle. It’s like, every day-to-day emotions are felt at x100. If I’m generally feeling low or something upsets me, it’s felt to such a degree it’s very hard to control. Or if I’m excited about something, I tend to get incredibly hyper or ecstatic. Sometimes the opposite will happen and I will have days where I don’t really feel anything and I am completely empty. BPD can also lead to dissociation. Dissociation is known as feeling disconnected from yourself or everything surrounding you. It’s quite a subjective experience. I experience it as feeling as if I’m just watching myself from the outside - that I’m not really ‘in’ my body - and sometimes I feel as if I’m a stranger to myself, not really knowing my identity.

BPD, and any mental disorder, is experienced differently by everyone. No one experiences anything in the same way. But, if you feel as if you may suffer from this, please consider getting an appointment with your GP or getting in touch with one of the contacts in the back of this section.
Although the name of the article suggests the need for a car, I will just stress that it’s not essential at all! This month, I wanted to share with you a bit about something that has recently helped me in regards to self-care and my own happiness. That something, is quite simply the opportunity to escape outdoors and take a road trip. Now, when I say road trip, you needn’t use a car and it’s probably a poor title for this article, but instead you could choose to get to your destination via any form of transport – even walking.

For me, a change of scenery can really help to lift my mood and give me time to reflect on life. Recently, I was admitted to hospital, where I spent 9 days cooped up on a hospital ward. I knew I was in the best place but I really struggled to deal with being confined to one building. Whenever possible, I escaped downstairs to the coffee shop but there really was no better feeling than finally being discharged!

Two days after my discharge, I headed on a road trip to Weston-Super-Mare, (over 4 hours away by car) as I was to be a bridesmaid for my childhood best friend! I appreciate Weston-Super-Mare is a bit of an extreme example but it came at the perfect time for myself. I had the opportunity to explore a different town, spend time at the seaside, with friends and family and just chill out. A change of environment helped me to process all I had been through in the last couple of weeks and it really helped me appreciate life – the good and the bad. Now, I’m not suggesting a long-haul road trip is essential – the timing just happened like that for me. You could choose to visit a neighbouring town or seaside. Maybe you have a favourite place that you visit time and time again or you’re feeling adventurous and would like to visit somewhere new. Felixstowe seafront is a favourite of mine as it’s easily accessible by car and train and there’s quite a bit to see and do.

If you have any recommendations of places to visit, why not let us know? We’d love to feature your experience!
Dave worked for a large manufacturing company for fifteen years, having recently left to join ABP, he reflects on his time in manufacturing compared with his new role.

**Dave, tell me about your time working in manufacturing**

It was kind of like going back to school – you had set break times that were timed on a buzzer and if you wanted to use the bathroom outside of those break times you would have to ask your line manager if you could go. There was huge focus on following the process, doing as you were told and creativity was discouraged. We all wore colour coded t-shirts which indicated our rank in the company.

**What impact did that have on you Dave?**

Well, it had a pretty bad impact on my health. I was working excessive hours and I stopped taking holiday because I just didn’t have the energy to organise it. If I wasn't working I was sleeping. I felt constantly exhausted. My health started to suffer too as the shift patterns began to take a toll. I was feeling worse and worse and developed Irritable Bowel Syndrome. I stopped going out with friends, or communicating with my wider family and that caused them to worry. My life became very small as I became more and more depressed as I didn’t want to bring others down with my problems.

**What happened as time went on Dave?**

Eventually I went off sick because I just couldn’t cope any more. I had asked for help, but had been made to feel like I was at fault and so I stopped asking for help. When I did meet with my manager I was given a series of actions to ‘fix’ myself and still felt unsupported. I was not able to access the mental health support offered by the company Employee Assistance Programme because of my shift patterns and how low I had got.
And where are you now?
Well, I started with ABP a couple of months ago and I am in a much better place. I have come to realise that the environment I was in just didn’t work for me and that is not a reflection on me or my ability to do the role I was in but on the fact that my personality and values were not a fit with my previous employer. I had to take control of my own situation and I came to the conclusion that the way to do that was by removing myself from the situation.

Tips from Dave on staying healthy at work:
- Speak to someone, anyone in or out of work as asking for help is positive not negative.
- Do NOT accept the “status quo” attitude of your line manager that you are the problem.
- To admit mental health management is a disadvantage which will prevent you progressing – “The problem lies with those who do not understand or want to learn.”
- You affect everyone with your behaviour.
- Take the time when you feel life is slipping to distance yourself from the negative triggers and give your body time to repair mentally and physically.

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
This article is being written with my own experiences of self-harm in mind and while I have lived experience, I understand that self-harm comes in many forms and that my experience may not be representative of self-harm on the whole.

So, to those of you who may be engaging in self-harm, just know first off, that you are not alone.

Self-harm comes in many forms and while the physical or mental act of self-harm may differ to someone else, the chances are that your thoughts and emotions and reasons for wanting to hurt yourself may be similar to another person’s. This means that there is likely to be help available to you that will address some of these worries. Granted, no two people’s paths in lives are the same, but you might find comfort in knowing that you’re not all alone in the world. The main thing, above all, is your safety. Believe it or not, I remember the release self-harm gave me. It gave me a sense of control and while I often instantly regretted it, one thing that helped me, was to know that I was ‘safe’ and I wasn’t going to jeopardise my health any further than I really meant to. This means being aware of what you may be using to hurt yourself. For example, is it clean? During my recovery, I was able to move from cutting, to having an elastic band round my wrist to ping when I needed a similar sensation.

In regards to support from friends and family, it took me a long time to open up to those closest to me. Instead, I used to speak to a teacher at school who I trusted. It was actually the school who first involved my parents (with my consent) and this really helped bringing the situation to light. It sounds incredibly scary and I would be lying if I wasn’t worried about it at the time – but it was one of the best things I did. Having other people (in my case teachers) in on those tough initial conversations, helped my parents understand and come to terms with it also. If you have a close friend who you trust too, you could always ask them to help you approach a teacher.
This month, the whole team has been super busy preparing to roll out the Mental Health Ambassador scheme – over 100 students have decided to join in and be trained by us. The last week of July saw Rachel and Josh starting their training as Mental Health First Aid Instructors, and they’ll be fully trained by the end of August, adding to the rest of the qualified team! But what has the training been like? Here, they’ll talk about what they’ve experienced so far!

This week saw me starting my journey to become a Mental Health First Aid Instructor; it’s been both hard-hitting and enjoyable in equal measure. The course lasts seven days – with lots of time in between each block of dates to prepare for presentations. So far, we’ve attended the first two days, this is where we receive the same training that you will get from us! We covered areas such as anxiety, depression, eating disorders, self-harm, self-care – a really wide spectrum of topics! The topics were really fascinating to learn about, and we completed activities throughout the course to empathise with how someone suffering may feel. The people I’ve met on the course have come from very diverse backgrounds, with teachers, ex-police officers, people working for councils and many more areas of society. Everyone has one thing in common, we all want to help people – that’s our primary aim!

The course involved us doing activities to understand different treatments for mental health issues, like how we gained an understanding of psychosis through a practical exercise where people whispered in our ears while we tried to have a conversation. It was very effective, and I empathise completely with how difficult it would be to suffer with psychotic symptoms.

The whole reason I have chosen to do this job and to deliver these courses to people like you is simple: nobody should be made to suffer a mental illness in silence. If they are struggling, they deserve to be helped! I’m looking forward to empowering you to help one another. Just a reminder! If you wanted to get involved with the Mental Health Ambassador Scheme and be trained as a Mental Health First Aider, just pop Leanne Arnold an email; leanne@student-life.co

Josh x
The need for mental health awareness and education is a huge passion of mine and so having the opportunity to be trained as an instructor for Student Life and Training for Life is amazing. Prior to starting, I was really nervous - the course is set out as 7 days, spread over 4 weeks and includes two assessments. It’s intense but it needs to be thorough, as qualifying is going to enable Josh and I to train up young people and professionals who work with young people in Youth Mental Health First Aid across the educational settings that we currently work with. The idea that we will be able to deliver peer to peer training and information is ground-breaking and my hope is that we are able to have a positive impact on the lives of those we come into contact with, both directly and indirectly.

Josh and I travelled to London for our course and the first two days was spent being trained in Youth Mental Health First aid. It was important that we sat through the training we are being trained to deliver. Having already been qualified in Adult Mental Health First aid, it was really interesting for me to see how the two courses differ but also how they overlap. I’ve been able to expand my knowledge base in so many areas (Josh has highlighted a few!) and I look forward to applying this during our workshop deliveries.

Rachel x
CONTACTS

IN AN EMERGENCY PHONE 999
FOR NON-EMERGENCY MEDICAL PROBLEMS CALL NHS 111

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SAMARITANS
We offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you.
116 123
www.samaritans.org

PAPYRUS
Prevention of Young Suicide
For confidential suicide prevention advice contact
0800 068 4141
www.papyrus-uk.org

Anxiety UK
Run by people with experience of living with anxiety, stress or anxiety-based depression
0344 775 774
www.anxietyuk.org.uk

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Campaign Against Living Miserably CALM
0800 58 58 58
www.thecalmzone.net

4YP
Advice, guidance and practical support
01473 252607
www.4yp.org.uk

Childline
Online, on the phone, anytime
We've got lots of advice about looking after yourself
0800 1111
www.childline.org.uk

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Lighthouse
Supporting and empowering women who have suffered or are at risk of suffering domestic abuse
01473 228270
www.lighthousewa.org.uk

Mind
Suffolk
For better mental health
0300 111 6000
www.suffolkmind.org.uk

Stem4
Improving teenage mental health by stemming commonly occurring MH issues at an early stage
www.stem4.org.uk

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Survivors in Transition
Support for survivors of childhood sexual abuse
07765 052282
survivorstransition.co.uk

Turning Point
Providing a wide range of health and wellbeing services
www.turning-point.co.uk

Wellbeing
Whether you're stressed, anxious, low or depressed, we can help
0300 123 1503
www.wellbeingnands.co.uk

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Inside Out Community
Arts in mental health and wellbeing
www.insideoutcommunity.com

Depression UK
A National Self-Help Organisation helping people cope with their depression.
www.depressionuk.org

Students Against Depression
Advice, information and guidance to those affected by low mood, depression and suicidal thinking.
www.studentsagainstdepression.org
Being a full-time student with a part time job and a few volunteer activities that I attend does not leave me a lot of free time. However, the last two years have changed me a lot and in terms of physical activity, I ended up being more and more involved in sports.

Physical health is something that I’ve been interested in since I was little. My parents wanted me to be a gymnast and I enjoyed it for a few years. However, as the time passed, I did not feel that it was for me so I stopped. During middle school and high school, I started being more active in different sports and I realised how much I enjoyed them.

Physical health/activity means a lot to me. Whenever I feel down emotionally, I end up playing sports and this helps me more than anything. In my first year at university, I lost my habit of playing basketball. I used to play it often in high school, so I noticed a difference in my ability to play. The students’ union made playing sports more appealing when they began to organise sports on a Monday. This was beneficial for me as I always had that day free from lectures. Because of this, I ended up going to badminton classes every other week.

At the beginning I did not have anyone to go to badminton with, that’s when I started asking around to see if anyone wanted to join me. It turns out my colleagues from work were interested in playing. So, we started going to badminton as a group. By playing sports together, we grew closer as a group we started spending more time together and discuss things that would have probably remained unsaid in the workplace. We also ended up playing table tennis together as well. It was a challenge at first as I never thought that I would need to learn how to play, but now I enjoy every bit of it.

This journey started since I was little, and now I can’t see myself not doing at least a few times a week. It has brought me friends and memories. I strongly recommend it for anyone.
Cycle to Work Day is an upcoming event on the 8th August! This national day encourages people to use other methods of transport to get to work with the focus of this event being cycling.

As well as being good for the environment in terms of reducing your carbon footprint it is also good for your physical and mental health. So, if you’re worried about the environment or want to start being more active, why not take part in Cycle to Work Day! Also, it doesn’t even have to be to cycle to work. You could cycle to see your friends, family or cycle just because you want to! You never know, this could be the motivation you need to kickstart a new hobby that has multiple benefits.

You can join in with the national conversation via social media by using the hashtag #cycletoworkday

There’s even the opportunity to win some incredible prizes and get some exclusive deals towards a bike. For more information, visit www.cycletoworkday.org

If any of you do get involved in Cycle to Work Day (or just Cycle Day if you don’t cycle to work) and want to share your experience with other people, send me an email to louisa@student-life.co and your experience could feature in next month’s publication!
Two years ago, in 2017 I began to take my final A level exams. I had a place at the University of Bristol; however, the idea of zoology didn’t excite me. As the pressure of exams and the uncertainty of my future began to build, I was struck by an overwhelming feeling of sickness and panic. For the following weeks my anxiety controlled me, I was leaving exam rooms without even being able to finish my papers and I was sure it was the end of my university hopes.

I spent all of my summer plagued with anxiety but when results day arrived, I found out I got into Bristol. I thought that was finally the end of all these nasty feelings. Unfortunately, I was wrong. At university my anxiety persisted resulting in me isolating myself in my room. I became severely lonely and soon enough began my fight with depression. By Christmas time, I was having terrible thoughts, deep sadness surrounded me, I felt lost. However, on January 1st, 2018 I took the decision to drop out of university. I knew forcing myself to continue with a course I had zero interest in was a silly idea and by taking some time out I could step back and finally take some time with zero stress on my shoulders.

Within a month I got myself a small job at a local farm park and began to take up travelling. I began taking small trips to countless locations across Europe and I found this to really help rebuild my confidence. By February I started to feel happy again and by March I finally began to wake up without any feelings of anxiety. Having taken my life back I was ready to restart. In June I made the decision to join the University of Reading to study a course I was truly passionate about and I can now sit back and say it was the best decision I ever made.

Overcoming anything to do with your mental health is a huge challenge and the charities out there that support those struggling on a daily basis deserve lots of recognition and support. Therefore, my friend Tom and I are climbing a 12,000-foot volcano this September to raise money for the Suffolk Mind charity.
August – September 2019: Festivals

We are well and truly into Summer now and if you haven’t already had the opportunity, there are a number of events right on your doorstep to explore! Below are a number of food and drink festivals where you will able to sample Suffolk’s finest homemade treats as well as a selection of international foods. For more info, visit www.eafn.co.uk

Sudbury Carnival, Sudbury........................................11 Aug 2019
Ipswich Maritime Festival, Ipswich Waterfront...............17 – 18 Aug 2019
Aldeburgh Carnival, Aldeburgh Seafront.......................17 – 19 Aug 2019
Suffolk Villages Festival, Suffolk Churches....................24 – 26 Aug 2019
East Anglian Dragon Boat Festival, Nicholas Everitt Park, Lowestoft....31 Aug 2019
1 Big Multicultural Festival, Alexandra Park, Ipswich...........1 Sept 2019
Art Eat Festival, Ipswich Waterfront..........................21 – 22 Sept 2019
Aldeburgh Food and Drink Festival, Snape Maltings.........28 – 29 Sept 2019
On Sunday 7th July, Stowmarket Town Council hosted their second Food & Drink Festival. Following the success of their first festival in 2018, this year was set to be bigger and better with more stalls and more variety of food & drink available. The streets started to fill just after 10am, when the festival officially opened, with some stalls selling out of products by 2pm!

The stalls included a mix of street food to enjoy on the day and a variety of food and drink to take home and enjoy later. The majority of stalls sold items from Suffolk including gin from Stowmarket and sausages made in Newmarket. You could also find a range of foods from around the world such as Polish sausages and different curry pastes. Not only were there different savoury foods to try, there were also lots of sweet baked treats such as donuts, cakes and ice creams.

There were a range of activities available to take part in on the day, including a kitchen theatre at the John Peel Centre with chefs from local restaurants such as The Grazing Sheep in Ipswich, and children’s activities for the whole family to be involved in such as circus skills and decorate (and eat!) your own cupcake. Also at the John Peel Centre, there was an opportunity to enjoy some locally produced gins in their pop up gin bar! The team created a secret chef competition for the event which involved collecting stickers from each stall which had a toy chef on show. On returning their leaflet, completed with all nine stickers, the entrants would be in with a chance to win a family ticket to The Regal Theatre in Stowmarket.

It was a great opportunity to be part of the team organising this event, specifically helping to promote the event through creating various marketing materials and getting the word out through social media. It was also a very enjoyable event to work at on the day, meeting lots of members of the community and gaining vital feedback from all of the stalls. This was a very successful event for Stowmarket, bringing lots of people from around the county into the town and enjoying some of the great things which Stowmarket has to offer.
Pizza Express was a very enjoyable restaurant to eat at. It had many choices of food to pick from, not just pizza! The service was good, the waitress was very friendly and gave us plenty of time to order. We had doughballs for our starter, they came within minutes after we ordered! That was perfect as my cousin and I were quite hungry.

The children’s meal is a very good deal as it comes with a starter, a main, a drink, a dessert and a Bambinoccino (a yummy frothed milk drink), all for £7.25. All the food is freshly prepared and takes about 10 minutes to come, depending on the size of order. The restaurant is very spacious and has lots of different size tables for all the family. The pizza I ordered, the American (pepperoni), was very nice and had an excellent flavour, like no other pizza. It was perfectly cooked and wasn’t burnt at all it had a soft crust, which was particularly good for me, normally I wouldn’t eat crusts because of my braces.

My cousin enjoyed her Bolognese, but she thought it was quite a small portion for the price. Although she really enjoyed her dessert: Chocolate & Amaretto Parfait, which had a very creamy, crumbly and chocolatey taste. My dessert, a chocolate brownie topped with a strawberry, was delicious. However, it was cold. This was fine, but I expected it to be warm!

The drinks were all good, the prices were average, and my meal came to £9.95 (because I bought a Coke that was £2.70, which wasn’t included in the kid’s menu) which is still a very good price for a three-course meal and a drink. The student discount was 30% off food and drink but it was only Sunday to Thursday, so my cousin couldn’t get it as we ate on Saturday. The toilets were very clean and big, with a few seats.

Overall Pizza Express was a very nice place to eat at and wasn’t crowded, on Saturday at lunchtime. The prices were good, the food and service were amazing! My cousin and I enjoyed it very much!
INGREDIENTS:
- 15ml olive oil
- 2 garlic cloves – crushed
- 100g bacon - chopped (I used smoked as I prefer it but unsmoked is fine)
- 1 medium egg – whisked
- 2 tablespoons cheese – grated
- 125ml double cream
- 15ml milk (I used green milk)

METHOD:
1. Cook your pasta
2. Heat the olive oil in a large frying pan, adding the garlic and bacon. Cook on medium for 5 minutes.
3. Mix the egg, bacon, cheese, cream, and milk.
4. When your pasta is ready, drain it and put into the frying pan. Add the mixture and gently heat for a minute on a low/medium heat (don’t have your heat high otherwise your egg will scramble!)
5. Wait until you are happy with consistency.
6. Serve! (hot preferably, hahal)

You may find if you have a small amount of pasta you might want to accompany the meal with garlic bread too! Hopefully you think ‘the one I made earlier’ looks as appetising as it tasted.

Bone ape the teeth ;-) (if you know, you know #meme)
The future can be scary, the unknown can be scary for anyone, but you have nothing to fear. Throughout the next couple of years, you will face times when you feel worthless and even unmotivated however with this time you’ll eventually start to reflect and realise that life can be exciting, if you let it.

As you start to go through life you may lose friendships but will gain better and stronger ones. This is where you should take my advice: don’t be easily influenced by other people’s words, learn to be yourself and enjoy the things you want to enjoy, this way you’ll be able to let go of the past. Never let anyone define who you are, as only YOU can define that; once you can accept this, life may become more enjoyable.

When going through college, you’ll feel stressed and want to give up, but don’t. Make the bold decision of working hard and it’ll pay off in the end and you will feel happy and relieved that you did.

Future You
Holding a door open for someone – whether they’re carrying something heavy or are just walking towards the door can make a big difference to both the way the person who opens the door feels and the person going through the door feels. For the person holding the door open, it can give you a sense of happiness and the rewarding feeling that you’re helping someone. For the person going through the door, it can make them look up to you more positively and can make them feel appreciated. It’s a kind action to do and can help make someone’s day!

I remember holding the door open for all of my classes and although I did not get many “thank yous” (although perhaps I should have done!), I found that I did not need it; the fulfilment of doing something kind, particularly when we live in the world that we do, was enough for me. By doing this I know I was making a small, but tangible difference to my class and the way they felt and I hoped it would inspire others to do the same, which, if they did, would help to make the world kinder. The best part? When I did get a thank you, it filled me with a glow of happiness inside me that was addictive; I wanted to repeat it again.

I have also found that holding the door open for someone can also be a good way of socialising and bonding with people – it portrays you in a positive light and if you say “hello”, or “how are you…” then this might help you to make more friends as well as brightening up their day. Some of my best friends I have made resulted from this act of kindness. So next time you go through the door and someone else is following, make sure to hold the door for them!
Good friendships are with people who don’t make you feel like you have to scramble for words, or who understand that sometimes you don’t always need to talk to be content. They’re the people you argue with but who still stick by you and, in many ways, they’re like family. Because of this, I don’t think it’s too much of a stretch to say that, establishing a strong friendship is akin to coming home, because you find someone who you can really be yourself around.

**Maintaining contact with friends after you move away however, can be difficult.**

There’s the physical distance which means you can’t hang out as much and also, you start to make new friends and so do they. It seems inevitable that slowly you will drift apart, not because either of you want to, but because you’re so wrapped up in your own lives that it’s easy to forget and, before long, you feel like the distance between you is so great reaching out again can seem difficult or awkward.

Moving from a town in south Essex to Ipswich, I can say that I’ve lost a few connections this way. I remember I would get into internal debates with myself over whether or not it was worthwhile keeping the connection when it felt like I was the only one attempting to establish contact and I have let go of some because of this. What I’ve learnt however, was that if the friendship has a good foundation, it doesn’t really matter how much time has passed in between talking to each other. In fact, some of the best memories I have are meeting up with friends after being apart for so long; it becomes more special that way because you don’t know when you’ll next have time for each other.

For my part, if I feel I haven’t been as available over an extended period, then I always try to make it right by arranging to meet up and do something together.

What’s important to remember though is that, friendships come and go, and that if they do drift away then it’s not personal. But that it’s never too late to send someone a message to let them know you’re thinking of them and want to meet up.
ELMER’S BIG PARADE

BY SOPHIE DEBENHAM

Elmer’s Big Parade has come to Suffolk! Since the 15th June and until the 7th September, Ipswich hosts 55 uniquely designed elephants! The trail is organised by St Elizabeth Hospice in partnership with Wild in Art and Andersen Press. Here’s a roundup of just 9 Elmers about:

1. ELMER’S TRAVEL TRUNK
Neptune Quay, Waterfront.

2. E=MC2
University of Suffolk.

3. ARTIPHANT
Back Hamlet.

4. WELLIEPHANT
Wherry Quay, Waterfront.

5. CAPTAIN ELEYACHT
Old Custom House.

6. BEE KIND.
Franciscan Way.

7. PYGMY ELMER
Franciscan Way.

8. VINTAGE PARADE
Outside Attwells Solicitors.

9. EARNEST EDMUND
Ipswich Building Society.

IMAGE CREDIT SOPHIE DEBENHAM
INSTAGRAM ACCOUNT SOPHIEPHOTOSTV
SUMMER STUDYING

BY ROSIE WEDGE

Two words that truly don’t sound right together, do they? Over the summer, it is really important to relax, and take a well-earned rest, especially if you have just taken exams. However, if you are going on to higher or further education, it might be an idea to take a day or two to ensure you keep up good academic habits. There’s nothing worse than starting a new year of college, A Levels or university, and finding you’ve forgotten how to hold a pen, or what a textbook looks like.

I’m not saying it’s necessary to do proper academic work, i.e. revision, but if the subjects you studied this year will be coming up again next year, then hanging on to revision resources such as flashcards and mind-maps to have a quick glance at every few weeks can never do any harm!

The best bit is that it doesn’t even have to be academic material that you focus on. You can just transform parts of your daily routine to mirror skills needed in education, to keep old habits fresh and sharp. Instead of making your To-Do list on your phone, try handwriting it down everyday. Keeping a bullet journal over the summer can be another fantastic way of keeping your handwriting neat and tidy over the summer, whilst also combining a personalised, creative element.

Or, try and read a book or magazine a week, to keep your printed-reading skills up to scratch. A Level and University lessons go at a quicker pace than GCSE, and so its important to be able to read quickly and efficiently. If reading isn’t your cup of tea, then why not use YouTube channels to learn a new skill? All learning requires an element of language and linguistics, so picking up a new skill such as painting or a musical instrument can help reinforce this.

Just because you’re off from academic education for a few months, doesn’t mean that your learning has to stop!
Hey everyone! The last couple of months have been filled with pride, love and happiness. As you'll see in a couple of pages time, me and my partner Tshequa went to London Pride in July, and it was honestly majestic. I won’t spoil the surprise though! Read all about it on page 74. This article is, as always, dedicated to pushing that acceptance and love even further. If you've got anything to suggest, just email joshua@student-life.co

Do you think we’re born this way?

Honestly, in my opinion, I think that being gay, bisexual, or fitting anywhere else into the LGBT spectrum, comes from your experiences in life. You discover who you are through life and seeing your likes and dislikes as you grow older. I have a friend who is lesbian, and she has told me before that it took her a couple of boyfriends to realise that boys were just not for her. I think sexuality is fluid! I don’t believe in predestination in any sense of the word, and this stretches to sexuality too. Someone can change their feelings, feel like they only want to date the opposite gender, then feel like they want to date all genders, or nobody, or only the same gender, and it’s completely fluid.

I want to come out, but I’m worried by how people will react...

Coming out can be a scary thing. The idea of telling people about any big part of your life is obviously daunting, but it will be so much easier by just remembering one thing. It’s your life. You’re in control, it’s hard to put this into practise but you need to remember how far you’ve come to have the courage to come out to start with! Even if someone reacts badly, give them time and I’m sure they’ll come to their senses. I’m very lucky in that everyone I’ve told is totally at ease with my sexuality. My parents still love me the same, as do my grandparents, and all my friends. It’s beautiful. If anybody is against how you live your life, you don’t need their negativity in your life! If you tell them how you really feel and they don’t accept you, they were never a good friend in the first place.

I hope these have helped and I’ll see you next month!

Josh x
PRIDE EVENTS

BY LEANNE ARNOLD

What a jam packed month of pride events! Two of our student writers, Josh & Tee, attended London PRIDE and they have written an article of their experiences, please check it out!

HERE IS YOUR AUGUST PRIDE LINE-UP

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Brighton Pride</td>
<td>02.08.19-03.08.19</td>
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<tr>
<td>Mermaid Renegade 2019</td>
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<tr>
<td>(Sailsbury Pride)</td>
<td>03.08.19</td>
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<td>Llanelli Pride</td>
<td>03.08.19</td>
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<td>Leeds Pride</td>
<td>04.08.19</td>
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<td>Chester Pride</td>
<td>10.08.19</td>
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<td>Pride in Ely</td>
<td>10.08.19</td>
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<td>Pride in Surrey</td>
<td>10.08.19</td>
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<tr>
<td>Plymouth Pride</td>
<td>10.08.19</td>
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<td>Swindon &amp; Wiltshire Pride</td>
<td>10.08.19</td>
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<td>Wigan Pride</td>
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<td>MK Pride</td>
<td>10.08.19</td>
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<tr>
<td>Perthshire Pride</td>
<td>10.08.19</td>
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<td>Margate Pride</td>
<td>10.08.19</td>
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<tr>
<td>LongBoat Pride</td>
<td>10.08.19</td>
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<tr>
<td>Wakefield LGBT Pride</td>
<td>11.08.19</td>
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<td>Queer Spirit</td>
<td>14.08.19</td>
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<tr>
<td>Warwickshire Pride</td>
<td>17.08.19</td>
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<td>Doncaster Pride</td>
<td>17.08.19</td>
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<td>Pride in Newry</td>
<td>22.08.19</td>
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<td>Manchester Pride</td>
<td>23.08.19</td>
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<td>Pride in Cymru</td>
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<td>Southampton Pride</td>
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<td>Banbury Pride</td>
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<td>Cornwall Gay Pride</td>
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<td>Walsall Gay Pride</td>
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<td>Hastings Pride</td>
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<td>Swale Pride</td>
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<td>Dorchester Pride</td>
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<td>Herts Pride</td>
<td>31.08.19</td>
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<tr>
<td>Leicester Pride</td>
<td>31.08.19</td>
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<tr>
<td>Reading Pride</td>
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On 6th July we travelled down to London for one of the biggest events within the LGBT+ community in the UK – the Pride in London Parade. We arrived in the afternoon and got the tube into Westminster station where we joined the crowds to watch the parade from the end of its course near Trafalgar Square. The whole day was filled with celebration, acceptance as well as being a protest for the rights of the community – we agreed that it was truly one of the most amazing and special days we’ve ever had.

As a proud member of the LGBT+ community, this day was a beautiful experience. I’d never been to a pride event until London 2019, and it was a truly amazing day. I’ve explored my sexuality and my comfort with it both with you reading this magazine and in private, but I’ve only recently felt comfortable enough with it to be able to share it with others and spend a day celebrating it. People come to Pride for so many reasons, and I went to celebrate my sexuality, and to celebrate love in general. My wonderful partner Tee and I had a splendid time, and it feels amazing to visit a celebration of love with someone you love. The rainbow shines brightly and proudly for everyone, and it is so beautiful to see love shared by everyone, regardless of identity. JH

Pride in London 2019 was one of the most beautiful experiences of my life. Although I had attended the event many times when I was little and living in London, it was only going back after a few years where I really fully appreciated just how amazing it is to be surrounded by the love and happiness shared by the community. Amongst a sea of rainbow flags and glitter, every single person was filled with joy and a true sense of everyone embracing who they are with pride - this time felt like the most special. While I’m not directly part of the LGBT+ community, it was so lovely to show my admiration attending Pride as an ‘ally’, supporting such wonderful people and, of course, my partner Josh (whom I am very proud of and so grateful I could experience his first pride event with him). TW
Whether it’s for a bag of popcorn or for reheating that one leftover slice of pizza, microwaves are an appliance used by many students daily. But did you know that some microwaves can do so much more? This month, Ashley from Hughes Electrical scrambled our brains so we could defrost the information and serve it up to you.

As is the case with all the appliances we’ve reviewed so far, a variety of price points exist with each step up improving on the last with better quality and features to ensure your food is cooked to perfection!

The most basic microwaves, which will set you back £30-£40, are standard, enamel-lined, low-power machines that sufficiently heat/reheat food. These also often contain a basic, dial based timers and power settings. Following these are similar models with digital controls – enabling you to do less work as the microwave will calculate the timings for you!

The first major step up is the inclusion of a grill. For £80+ you gain access to all the functions of a normal grill, minus the size – perfect for getting a crispy top on your Shepherd’s Pie!

As the price increases, more and more of a conventional oven’s features can be found within the microwave. From around £250 onwards, you’ll be looking at what are essentially microwave-sized ovens. While at first these might seem pointless if you already own an oven, they can cook small items more efficiently due to not heating up a large area. Defrosting presets are another advantage and can save you huge amounts of time.

If you’re looking for the best balance of cost v. features, Ashley recommended Panasonic’s models (starting around £60) due to their overall better build quality, as enamel lining tends to get damaged much faster than stainless steel, and their advanced features in the more expensive ranges, such as their “chaos” defrosting technology.

It is important to emphasise that ongoing maintenance will lead to a longer lifespan - a quick clean after each and every use could save you having to buy a new unit. Did you know: the location of your microwave can impact your other appliances and Wi-Fi connection due to the technology inside?

Ding! Time’s up!
As an avid gamer and student, a common struggle is being able to afford different games. I am a queen at overplaying a game, knocking out 100% in Shadow of Mordor was a proud achievement of mine! But I think the general consensus with gaming is having some sort of variety.

I play Xbox (the best) and subsequently am subscribed to Xbox Live with a Gold membership. The gold membership comes with four free games per month, both Xbox one and Xbox 360 titles. However, in all honesty the majority of these games aren’t my forte... a lot of them being small indie games. Don’t get me wrong there have been some great games but it isn’t what I’d call reliable.

This is where I considered Xbox Game Pass, however for the cost I wasn’t sure it was worth it. For around £9.99 per month it just didn’t suit me.

This brought me onto EA Access. EA Access is a subscription service for £3.99 a month or £19.99 for a year. It gives you unlimited access to dozens of great games, with a list which is always being added to. It covers franchises such as Battlefield, FIFA, UFC, and Dragon Age.

On top of the game access you also get to try new EA games days before release and you save 10% on EA digital purchases.

This suited me much better, not only is it cheaper but it seems to have more titles that I would prefer to play. Don’t get me wrong, I’ve not totally ruled out Xbox Game Pass, however, for now I’m sticking with EA Access.

Cheers EA!

Leanne xo
MANAGING MY MONEY AS A STUDENT

BY CAMELIA ATOMEI

Being at university for two years has taught me a lot, but I think the most important is how to manage my money. Studying Event and Tourism I had some modules about finance and managing income and it was interesting to see the differences between what the lectures were saying and how they apply. I always like to make connections and so I tried for a while to check my finances and so I started paying more attention.

Having to support myself by taking a part-time job helped me in changing my perspective on how to spend money. When I was back home, I always had the tendency to spend more than I should have, but now that I changed my way of living, I picked up the habit of being more cautious. The necessities come first and then the preferences.

Working and studying at the same time is an adventure from different points of view. Managing the timetable so it can fit both and be reliable are some good qualities that are being developed. With all of this comes stress as well and I tend to release it by travelling. I usually go back home twice a year; I visit my siblings who are in other countries and I try to discover the UK little by little. It is a passion of mine and I know that it may not be cheap, but I always try to tell myself that at the end of the day it is worth it.

Managing my money is still something that I work on, but I feel that being a student is a period in life when there are a lot of ways of being able to find more reasonable prices. The railcard, the discounts around the shops and the free time that we get to travel comes all together as we can find the less expensive times and still be able to get to that area.

I would highly recommend managing your money so you can afford to enjoy your hobbies because self-care and being happy is important. My journey with gaining the skills to manage my money is still ongoing but I have hopes that I am on the right track.
It’s pretty expensive to get by as a student. Rent, books, not to mention socialising and meeting your new friends. It all takes getting used to.

Food is a big expense, and I’m showing you how changing something as simple as the supermarket you use can save lots. I asked our designer, Carla, to research three supermarkets: Aldi, Tesco and Waitrose, and compare the cost and the overall experience of shopping between them.

**WAITROSE** is the most upmarket major supermarket. The shop is highly ethically focused, with all staff owning a share in the business, and the company focuses on paying their suppliers as fairly as possible. You’re able to scan as you go using QuickCheck, meaning you can pack your shopping along the way round the shop, all you have to do at the till is pay! You can even get free coffee as you shop!

**TESCO** is the largest supermarket in the UK, and you’ll almost certainly be able to find one near you. They also offer the time-saving Scan as you Shop service so that you can pack as you go. Of course, you can shop online (just like you can at Waitrose) and have it delivered to your door. The shops, being the largest chain, are very big and very busy, so be careful to avoid the shop in the middle of a Saturday afternoon!

**ALDI** is a newcomer. The shops are generally much lower in price than their competitors, but you trade the brands you know and love for that price. They’re multi award-winning in taste tests, so it’s definitely worth trying them out. Many people will shop partially at Aldi and partially in another shop like Tesco or Sainsbury’s so they can buy the brands they prefer. With lower staff levels to keep the prices lower, it is very slow to get through the checkouts at times.

Here are the prices!

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>ALDI</th>
<th>TESCO</th>
<th>WAITROSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Pints Semi-Skimmed British Milk</td>
<td>0.79</td>
<td>0.80</td>
<td>0.89</td>
</tr>
<tr>
<td>6 Medium Free Range Eggs</td>
<td>0.75</td>
<td>0.85</td>
<td>1.00</td>
</tr>
<tr>
<td>Tin Baked Beans</td>
<td>0.30</td>
<td>0.23</td>
<td>0.35</td>
</tr>
<tr>
<td>1 Baking Potato</td>
<td>0.16</td>
<td>0.33</td>
<td>0.32</td>
</tr>
<tr>
<td>750g Hovis Best of Both Bread</td>
<td>0.99</td>
<td>1.10</td>
<td>1.10</td>
</tr>
<tr>
<td>Extra Mature British Cheese</td>
<td>1.79</td>
<td>2.30</td>
<td>3.00</td>
</tr>
<tr>
<td>9 Pack of Luxury Toilet Roll</td>
<td>2.79</td>
<td>3.35</td>
<td>3.70</td>
</tr>
<tr>
<td>200g Cadbury’s Dairy Milk Chocolate</td>
<td>0.95</td>
<td>2.00</td>
<td>1.50</td>
</tr>
</tbody>
</table>

**TOTALS**

<table>
<thead>
<tr>
<th></th>
<th>ALDI</th>
<th>TESCO</th>
<th>WAITROSE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>£8.52</strong></td>
<td><strong>£10.96</strong></td>
<td><strong>£11.86</strong></td>
<td></td>
</tr>
</tbody>
</table>

So, if you want to save money, Aldi is probably the place to go! However, you should also weigh up the experience and the brands available.
OUR EDUCATIONAL PARTNERS
OUR STRATEGIC PARTNERS

- ABP
- Mind Suffolk
- Suffolk County Council
- MHFA England
- EDF Energy
- Hughes
- East Suffolk Council
- Rotary Club
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- The Source
- Taylor Wimpey
- Newmarket Jockey Club Racecourses