Hi everyone

The world might currently seem a little more uncertain and scary as the latest government advice sees schools close in light of the current COVID-19 restrictions. It’s now more than ever that we need to be looking out for one another as well as our own mental health and wellbeing. I wanted to take a moment to highlight some of the ways you can continue to stay engaged with us at this time. I hope that some of these ideas and activities will provide you with an opportunity and creative outlet, whilst also doing something of interest and fun to help maintain a good level of wellbeing.

We would love to create a forum for those who are interested in supporting one another, sharing mental health tips as well as receiving some information on services and advice available from our Mental Health First Aiders. Please get in touch with ideas of which platform(s) we could use for this and we’ll set it up.

Our Student Life publication is still active and will continue to be published at least online over the coming months. With this in mind, the opportunity to submit articles and photography is just as available. We would love to hear what you’re up to, how you’re keeping active, what new interests and hobbies you might have found or what games
you are currently enjoying. It is also really important that we continue to encourage mental health and wellbeing related articles as now more than ever, we are relying on our friends to keep in touch with us remotely. If photography is something you are interested in or would like to give a try, then we would love to receive photos of what you’re up to around the house so that we can share these in the magazine and through our socials.

Over the coming days and weeks, we will be announcing some competitions and activities for you to take part in over on our social media platforms. We want to make this as interactive as possible, building on the community that we have and having some fun along the way. We hope to host some online quiz nights as well as sharing some of our current film, music, game recommendations (to name a few).

We would also love to feature some of your reviews on what you might be watching (Netflix, Sky Box Office, Disney +, films etc), listening to or what games you may be playing (app wise, board game or online)! This is a great time to share suggestions with your peers as well as finding others with the same interests.

To get involved, make sure you are following our Facebook and Instagram @studentlifeorg

Lastly, if anyone would like to talk to any of the Mental Health First aiders in our team about your emotional wellbeing, then please do not hesitate to get in touch with us at info@student-life.co

Rachel
Director of Editorial
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

**ART CO-EDITOR**
**KAY SABERTON**
Hello – I’m Kay, your Art Co-Editor! I am a BA (Hons) English graduate from the University of Suffolk. My interests include, the arts, graphic novels, literature, and film. I am a firm believer that reading and creativity are vital to us as, ‘To practice any art, no matter how well or badly, is a way to make your soul grow. So do it’ – Kurt Vonnegut.

**FASHION CO-EDITOR**
**TSHEQUA WILLIAMS**
I’m Tshequa – Fashion co-editor alongside Pam! I’m currently doing my A Levels and hoping to go on to study English Literature next year at university. I aspire to have a career in journalism/media so my work with Student Life has given me invaluable opportunities and experience.

**ENTERTAINMENT CO-EDITOR**
**FRAN MULVEY**
Hey, I’m Fran your new Entertainment co-editor! I decided to get involved as it allows me to expand my creativity. Studying English at the University of Suffolk, and an aspiring author, I’d love a career in publishing.

**BEAUTY & MY PLANET CO-EDITOR**
**LIBBY DAWSON**
I’m Libby, an English Literature and Media Communications graduate, working with Student Life to gain experience in Marketing, Business Development, Social Media Management and now, work in Editorial! It is a great platform to be involved in.

**BEAUTY & MY PLANET CO-EDITOR**
**LIBBY DAWSON**
I’m Libby, an English Literature and Media Communications graduate, working with Student Life to gain experience in Marketing, Business Development, Social Media Management and now, work in Editorial! It is a great platform to be involved in.
Hi, my name is Louisa. I’m the gaming and physical health co-editor and also currently an English Student at the University of Suffolk. I love reading and writing and looking forward to pursuing a career in publishing whether as an author or as someone who helps publish new books!

My name is Elise Dixon and I’m one of the new co-editors for the Beauty and Travel Sections. With a passion for makeup, I love learning about new products as well as exploring the world around me, and look forward to bring you new and exciting products and places to visit.

Hi, my name is Louisa. I’m the gaming and physical health co-editor and also currently an English Student at the University of Suffolk. I love reading and writing and looking forward to pursuing a career in publishing whether as an author or as someone who helps publish new books!

Hi, I’m Aaron, your co-editor for food. I’m a budding writer who aspires to be a media and film journalist. I take English Literature, Language and Film Studies and additionally have been posting on my blog since February 2019.

Hi, I’m Charlie! I’m the co-editor of the LGBTQ+ section, I also study English at University of Suffolk. I want to be more inclusive in the world of literature as well as the world as a whole!

Hi! I’m Joshua, and I’m co-editor for Tech and My Money. I’m one of the Mental Health First Aid Instructors for Student Life and a Sociology student at the University of Essex, so I’m busy! We’re at a really important stage in the tech world: things are moving so fast. I want to keep you up-to-date!
Calling all Photographers and Writers

If you have an interest in writing or photography then we need you!

- No experience required
- Have your say and share your stories
- Looks great on CVs and applications
- Receive a writing and photo credit

Take the first step, email us to find out more: Rachel@student-life.co

See your photos or articles in print
Swingers Review

BY LOU RICHARDSON

Swingers in London has taken a different approach to fun filled adventure. If you have never been, I would highly recommend it, the only catch is that you have to be 18+ but for good reason.

Swingers has created a ridiculously fun venue which is a mixture of crazy golf, delicious street food and astonishing cocktails. The whole place is totally unique and can lose yourself in there for most of the day/night.

There are two venues in London, one in West End and the other is based in the City, next to the Gherkin. Each venue is set up differently, West End is ‘Windmill’ and the City is ‘Lighthouse’. So if you try both you aren’t repeating yourself, but each course has different quirks and tricky shots.
Before you set yourself up for your 9-hole crazy golf adventure, you can take a visit to the bar to try out their different choices of alcoholic beverage. I am a Pina Colada kinda girl, so this was my go-to choice, we then made our way to check out the course. The course was packed full of moving obstacles, ramps and loop the loops. As you make your way round the course, you can take your drinks with you- once your glass is empty there are staff on hand to fill it back up throughout the course. Even just the scenery- it’s so pretty. The whole venue is quaint and picturesque with welcoming service, it was so nice to walk into somewhere and feel that we were allowed to be there – I didn’t feel uncomfortable once.

The prices for the venue aren’t actually that bad for London – as we know it can be quite costly. To enjoy the crazy golf it’s only £13pp which isn’t bad at all! Or you can upgrade to ‘The West End Twin Set’ which is crazy golf and two premium drinks for £26pp.

Golf is not compulsory to enjoy the venue; you can turn up to enjoy their street food and the bar! The food ranges from burgers to tacos and then a variety of desserts!

I would 100% recommend this place, it does get quite busy which is why it’s recommended you book in advance. In the evenings they also have a DJ so you can enjoy a different environment which is quite neat! I will definitely be going back, and I will be going back to win as I lost by 3 points...
1917 was first released into UK cinemas on 4th December 2019. The film, directed by Sam Mendes, follows two Lance Corporals on the 6th April 1917 (the day the Americans joined the war) on their journey across enemy territory. Their purpose, to deliver an important message which would stop a deadly attack on hundreds of soldiers, saving approximately 1600 British soldiers from death.

The film is a ‘one-shot film’ by multiple award-winning cinematographer Roger Deakins, mostly recognised for his work on Blade Runner 2049. The craft of the film shows what appears to be the true reality of the first World War. The sets of each scene are created to make you as the viewer immersed within the film. For example, the trenches show hundreds of men cooped up into one small area and makes you feel part of the force. The continuous scene helps to reinforce the reality of World War One since it is shot in real-time. As the scene moves on you feel like you are part of the film and are a soldier alongside the other men.

The film itself is based on true events. Mendes’ grandfather, Alfred Hubert Mendes was a message carrier during the first World War and this is what gave Sam Mendes the initial idea for the film. Currently, 1917 has won 7 BAFTA Awards and 3 Oscars which is incredible since the film has only been released for just over 3 months in cinemas. Its current rating is 8.5/10 showing just how good the World War film really is. The actors George Mackay (Lance Corporal Schofield) and Dean Charles-Chapman (Lance Corporal Blake) help to bring the whole film together as they show the true meaning of friendship through difficult times. Throughout the film, there are some small cameos from big actors such as Benedict Cumberbatch, Richard Madden and Andrew Scott, which was a surprise for some viewers including myself. The film encapsulates perfectly some of the most important themes about friendship and having the confidence to do what you believe is right. Lance Corporal Schofield shows the true meaning of friendship as he is forced to leave his ‘partner-in-crime’ alone after an accident involving a German pilot. Throughout this time, Schofield keeps some of Blake's important items to give to Blake’s brother who is a Lieutenant in the Second Battalion which is where the young soldiers were heading with the important message to call off the battle which is planned for the following day. Some film critics say that “1917 is a staggering piece of filmmaking”

In my opinion, this is a film you cannot miss!
Indie directors Josh and Benny Safdie made their mark with their 2017 feature GOOD TIME. An anxiety inducing ride starring Robert Pattinson as Connie, a low-level criminal who spends an entire night trying to get his younger brother out of jail after a botched bank robbery.

It says it all in the title, this is a film to sit down and just take it all in, it is exhilarating, loud and intoxicating.

Pattinson completely disappears into his character, owning it the entire way. From his flawless Queens accent to the subtleties in his facial expressions, this is by far one of the actor’s best performances. In this film his reputation for being a ‘teen heart throb’ is thrown completely out the window. Like all of the characters in the film, his is very fleshed out. The camera follows Connie documentary style; making him feel even more raw. Experiencing the film, you won’t feel as though you’re watching Pattinson playing a character, but Connie Nikas on this manic adventure.

There are also many other chillingly brilliant performances in this, even from first time or amateur actors. Both Jennifer Jason Leigh and Buddy Duress bring a comedic tone to the film, which is essential in making this work. Without a comical edge the film would be unbearable. How they deliver their lines really makes it amazing; you just need to watch it to see why their performances are staggering. However, the actor that really shines is actually one of the co-directors, Benny Safdie, playing Connie’s disabled brother Nick. Although the nature of his disability isn’t specified, the audience get a clear understanding that Nick needs support and the prison environment could kill him. Safdie’s performance is so complex and vital in juxtaposing Connie’s boldness, creating a level of morality to this insane time. The brilliant cast, who all add something important to the film is enough of a reason to say this film is special.

Thematically, what the Safdies have explored is rather personal. GOOD TIME is about family and brotherly relationships; questioning what the right kind of love is, and the opening scene builds up these
themes immediately. As viewers we tackle the idea that although Connie has good intentions for Nick, maybe he doesn’t have the right kind of love to give, which can easily have a bearing with audiences. Even if they haven’t committed a bank robbery with their sibling, it’s the act of being irrational when you love someone. Connie is our unreliable protagonist; the film’s audiences will want to hate him as he does many stupendous things, but still root for him regardless. The film also deals with issues such as justice for the poor, crime in general and the effects of jail time on people. These underlying topics feed into Connie’s unique kind of love for his brother, as crime has had a knock-on effect onto that.

Yes, other films explore similar themes, but none do it like this. This film manages to create complicated, multi-dimensional characters that have their own individual and collective struggles, throwing them all together and creating the most exciting recipe. The way it handles such issues is satisfying; none of the answers are spoon fed to the audience, and it’s everything an independent film should be. It has incredible performances, layered characters and narrative, experimental camera work and heaps of realism.

Personally I’m not one to be shocked by a film to an extent that my jaw drops – but this film is one of a kind, for so many reasons, it dropped at least three times. The directors have created a film that physically gets audiences on the edge of their seats, shaking and in a state of terror. Coming back to this film never gets old, there are always new details to pick out and investigate. For active audiences this is ideal; it tests your brain, fiddles with your heart and gives you full body chills.

Josh and Benny Safdie curated one of the 2010s best films, for something that is unlike anything you have ever seen before watching GOOD TIME, you won’t regret it.
There are music fans from around the world that have dreamed of at least two of their favourite artists collaborating because of the solid chemistry they may have and the (almost) uncanny equivalences in their music. So, in no particular order here are a few artists that I wish would collab, hopefully some of them will come true in the near future.

**JOJI X POST MALONE**

Judging from Joji’s recent tracks “Sanctuary” & “Run” he’s been moving away from the lo-fi unmastered vibes he originally built an identity with. Also Post Malone can do multiple genres well whether it’s trap, rock, acoustic, pop, these tracks have hit potential. I can imagine Joji and Post Malone in the studio creating a summer punk rock anthem together or a song with a bright trap beat. These two have also met before in an H3 Podcast so I’m all ears when they finally decide to collab.

**POST MALONE X DON TOLIVER**

Combine two melodic rappers with disguisable voices into one track and in my books, it can turn out to be a masterpiece. I enjoy how both artists use auto-tune in an artistic way and their songs have massive replay value and have strong and powerful choruses. I can imagine hearing both artists over an eerie and glistening trap beat or if it’s an acoustic or pop instrumental, then that’s also not a problem because it might be on repeat for a while.

**DENZEL CURRY X SCARLXRD**

Denzel Curry and Scarlxrd are somewhat known for creating dark and aggressive music, these two could create one hardcore song with Scarlxrd throwing in some screams and Denzel coming with those aggressive flows. If Denzel opts for a calmer track then Scarlxrd needs to tone the aggression down but that’s not a problem since in his older music in 2015-2016 he can do standard rapping. This track might be the hardest or one of the calmest, I don’t know.

**EARL SWEATSHIRT X JPEGMAFIA**

Both artists are known for rapping over glitchy unmastered rap production, also both artists produce their own music, maybe they can work together on producing and beat then hopping on it, they can opt for a slower and calmer vibe or go crazy berserk. Overall in terms of chemistry these two artists might be a match made in heaven.
TRIPPIE REDD X POLO G
Here we have two rappers who rap about gun violence and are both known for being melodic rappers, but they can also do straight up rapping when they want to. Who knows what this collaboration will turn out to be. I don't mind this track sounding hard-core and murderous or a cute song with some beautiful sounding guitars over some sleek hi hats and heavy 808s. If there is any melodic mashup, I would like this one.

RICH BRIAN X ANDERSON PAAK
I can see these two in the studio creating a happy go lucky song. Rich Brian and Anderson Paak are known for their wild versatility and delivery and hopping on top of jazzy instrumentals, especially Rich Brian on “The Sailor”. I can also see in this collab that these guys can trade off some funny bars and create a happy vibe, it could also have a similar structure to the YBN Cordae track “RNP” which also features Anderson Paak. Overall if they collab this could be one happy go lucky summer smash.

JOYNER LUCAS X AB-SOUL
Joyner Lucas is known for his speedy rapping over mainstream trap production and is also known as the guy that does remixes to popular rap songs and Ab-Soul is known for hopping on moody trap/boom bap instrumentals while delivering some solid lyricism. These guys could create a lively trap banger with some witty lyricism or a dark sinister trap and boom bap combo where they discuss some serious subject matter. Overall a collaboration I would love to see in the near future.
Childhood TV Fav’s

BY LAUREN JOHNSON

When I was growing up there were so many TV shows that I loved, and it is hard to narrow it down but here are my top 5 TV shows from my childhood.

1. MOPATOP’S SHOP

When I was between the ages of 1 to 4 Mopatop’s Shop was my all-time favourite show - well, according to my mum. However, even though I was very small I remember everything about the show. I had all of the videos so I could watch it again and again.


As I started to get a little bit older one of my favourite kids show was The Hoobs. I used to watch this every morning before school. Looking back on it now it was completely bonkers, but I loved it. It’s a great children’s show as it’s all about the world. So it’s lots fun to watch but is also informative too.

3. BANANAS IN PYJAMAS (1992-2001)

Now I’m not talking about the Bananas in Pyjamas you see on tv nowadays. I’m talking about the original tv show back in 1992. Where people were dressed up in costumes not the recent cartoon. I loved this show because I found it hilarious at a young age and I remember getting a new Bananas in Pyjamas video for my 5th birthday and I was so excited. I owned all 4 videos by the time I was 7.

4. HANNAH MONTANA
(2006-2011)

As I got to about the age of 8, I was a huge fan of the Disney Channel and I loved almost every TV show and movie they released. However, one of my favourite shows was Hannah Montana. I loved everything about it, from the characters to the songs to the storylines. I am not ashamed to say I owned a Hannah Montana school bag and pencil case.

5. THE STORY OF TRACY BEAKER (2002-2006)

Finally, Tracy Beaker was another of my favourite things to watch when I was a child. I would watch this every evening when I got home from school. I loved the drama between all the characters it was exciting to watch. I was very happy when they released Tracy Beaker the movie, but I do find it quite emotional to watch even now at the age of 22.
Even though the Re:Mind DLC came out back in January, I’ve only recently found time to play through the Re:Mind section of the DLC. There are two sections of this DLC- Re:Mind and Limit Cut with Re:Mind being the added story element of the DLC and Limit Cut being a data battle section. This review will focus on the Re:Mind section of the DLC (Spoilers ahead!!!)

Initially, I was unsure of the DLC going back through the Keyblade War (again) so that Sora can rescue Kairi after Master Xehanort destroyed her to open Kingdom Hearts. However, I was soon put at ease with all the extra story content that was provided! I was excited that you could choose to play as the other characters during the Organisation XIII battles, I had much fun playing as Aqua and Roxas again when I was fighting against Saix, Vanitas and Terranort. It was refreshing to see these fights from a different perspective.

However the most exciting part of the Re:Mind sections comes after the Keyblade War and we go back to Scala and Caelum to search for pieces of Kairi’s heart. I loved that you could explore this place further than I could before the DLC because this place is BEAUTIFUL! Square Enix did an amazing job designing this world. Along with this, we also got to see what happens to the other keyblade wielders whilst Sora was looking for Kairi; even participating in a group battle together (which was AMAZING!)

We even got a battle where you could play as Kairi herself, after you’ve rescued her, against Master Xehanort once again and this battle too was amazing. The team attack with Sora and Kairi, was stunning; every time the reaction command came up for it I made sure I used it! The ending of this DLC was a perfect way of tying up all the loose ends that were left after the base story concluded and opening up the story for future games.

Overall, the Re:Mind DLC was the perfect way of adding as well as completing the story that has been told since the start of the Kingdom Hearts saga.
As a massive Kingdom Hearts Fan (if you couldn’t already tell), I thought I would try its counterpart Final Fantasy. Final Fantasy characters have been in many Kingdom Hearts games since the first game back in 2002 and have played a part in the narrative of the series. However, when it comes to the actual Final Fantasy games, I haven’t really played any of them.

I did try Final Fantasy XIII, but I struggled with the turn-based mechanics of the gameplay, I’m more of a ‘smash X to win’ kind of player.

When I heard that Final Fantasy 7 has a similar gameplay strategy to Kingdom Hearts, I thought I would give the demo a go to see if I would be interested in purchasing the game. I’m so glad I did!

First thing I need to mention is the graphics. They are unbelievable! At times it was like I was watching a movie unfold in front of me it was so realistic. It shows how much Square Enix care about their games and want to give gamers the best game possible. The gameplay is also really good, it caters for both turn based game players and ‘smash X to win’ players (or in this case Square); I like that it gives players the option to choose the type of gameplay they want to use. In terms of the storyline, I know that this remake for PS4 is only going to be a section of the original game with further releases of the game to follow, and the demo hints at the storyline with the city and with Cloud, the protagonist. It also gave us a glimpse of Sephiroth, who if I’m guessing right based on my Kingdom Hearts knowledge and by playing the demo, is connected to Cloud and not in a good way.

Playing the demo has made me really excited for the release of the Final Fantasy 7 remake and I am looking forward to playing the game and see where this story goes!
The daffodils line up, moving in order as the sun stares down, observing the uniform soldiers. They march to the music of the birds as the colourful audience dance around them.

The wind catcalls as the beautiful primroses poke up, exposing themselves to the green that engulfs them. As they lean over to extend a hand to dance, the wind whistles a tune which gets the crowd swaying in unison.

The giants come stomping picking what they can, the bees borrow the nature to help feed man. Hats on and sunscreen applied, the deck chairs are out, and the grass is dry. As all the insects come out to play, the sun stays longer day by day.

Easter’s arriving and the excitement is thriving as the colourful eggs are placed around the garden. The children are shouting and smiling as the tension is rising, one crowned winner for the last egg by the river, and the second gets silver for being a competitor.

As the icicles shoot the ground and the snowmen lie down to rest, none of the children should frown because even if the snow doesn’t stick around, Spring is here when Winter disappears.

So, eat the ice cream before it softens, then sit and relax as the flowers blossom.
It was with slight terror and yet pure exhilaration and excitement that I stepped into the cinema to watch Greta Gerwig’s Little Women (2019) for the first time. As someone who read Louisa May Alcott’s literary classic as a child, I felt the text was something sacred. Even though it had been adapted before and played through by casts encompassing greats from the likes of Katherine Hepburn to Winona Ryder, somehow this generation’s “version” so to speak definitely terrified me. Would Gerwig be able to keep intact the purity of the novel, and yet make it her own? After my first viewing, I found that to be certain.

Though I wasn’t abhorrently worried that it would be awful, due to the cast list ranging from our generation’s greats such as Saoirse Ronan and Emma Watson, to the likes of Meryl Streep and Laura Dern, I did feel like there may be the temptation to completely re-write the storyline in order to appeal to audiences who perhaps had never read the book. I think many who grew up with the novel may have felt the same way. My favourite theme within the book is the idea that you can truly do anything if you are good and cherish love, whether that be from family or friends, and this theme was clear in the film. Gerwig had kept that style, and the cast, especially Ronan, transferred it to screen. The pure exhilaration on Jo’s face when her story is to be published in the newspaper in our first scene is demonstrative of the book as a whole. I thoroughly enjoyed the cyclical aspect to the film as we first see Ronan as Jo with her back to the camera, ready to try and sell a story, and by the end, she gives a soft smile after having watched her novel be produced: it is pure genius.

I think the cast did an extraordinary job: the emphasis on the main four girls comprised of Saoirse Ronan, Emma Watson, Florence Pugh, and Eliza Scanlen, to the likes of uprising star Timothée Chalamet as Laurie, Laura Dern as Marmee, Meryl Streep as Aunt March, and Tracey Letts as Mr Dashwood. It seemed to be almost a privilege to watch such a talented group bring the novel to life. Not only was the acting superb but also the sound, for which we give special thanks to the absolute master that is Alexandre Desplat, known most commonly for his work on The Shape Of Water and Harry Potter and The Deathly Hallows Part 1 and 2. He produces such a pure sound which is reflective of the novel and its themes. There is no way I could choose a favourite scene; however, Laurie’s proposal was brilliantly done and sticks in my mind even
now, as well as Jo’s new scene, penned by Gerwig and absent in the novel, venting her frustrations with women being treated simply for love was Oscar worthy (this film was most definitely robbed).

The main issue I could see with this adaptation were the flashbacks. For me, having read all of the Little Women novels the time jumps were not as confusing because I knew who these characters were, and their relationships. Yet for those who have never read the first book or have only read the first, I can understand how this may be confusing. I don’t think it completely takes away from the film, but it could be a slight downfall. I don’t think I could ever choose between the two, book or film, but I will say that this is my favourite adaptation produced to this day.

The sheer heart in the writing, the soul of the cinema produced, and the nostalgia induced smiles that never left my face through viewing just sum up my feelings. Having always felt a connection to Jo, I did take to her nicely, yet I found all four girls to show aspects of myself, and they worked so well as a unit that I would mark them all as my favourites. In total, I saw the film four times, unable to resist the masterpiece. Gerwig’s choice to make Jo the heroin Louisa always wished for still gets me, for she has truly breathed new life into a tale so dearly beloved. As Louisa once said “I want to do something splendid; something heroic or wonderful that won’t be forgotten after I am dead” - and it is just that, that Gerwig has achieved.
The Mortal Instruments

BY CHLOE WHITE

The books in The Mortal Instruments series were the first books that I ever read that weren't for school, and now I own over three hundred books!

On her birthday, Clary Fray discovers a surprise, the teenager is not who she thinks she is: she comes from a long line of half-human, half-angel hybrids, called Shadowhunters, who hunt demons. After her mother is kidnapped, Clary is thrust into a world of demon-hunting. Clary relies on Jace, a slightly arrogant Shadowhunter, and his fellow hunters Isabelle and Alec who try to help her navigate the shadow world. While living in this new world among creatures like vampires, werewolves, and warlocks, Clary's best friend Simon (who's dragged along into this world with Clary) helps her uncover answers that could help her find her mother.

The fantasy, drama, and romance series of young adult books are written by the amazing and outstanding author Cassandra Clare. With a total of six books in the series I found myself unable to put the books down until I had read them all. Cassandra Clare brings the Shadowhunter world to life, everything she writes is so realistic and so clear in your head: it’s easy to imagine yourself within the book. The characters grow along with the plot and aren’t flat and out of place like in many books I’ve read. Every character has a specific place in the plot and have realistic personalities that are easy to relate to.

There are many enjoyable sides to the story, and I find it hard to find any negatives to this series, the only thing I wished for was for the book series to be longer! I absolutely adore the books and although I've read many books after, I always end up coming back to this series frequently. So of course, this series gets a five-star rating from me.
With the award turning twenty-five this year, I wanted to turn attention to the Women’s Prize for Fiction, an award founded as a response to the 1991 all-male Booker Prize shortlist. Since 1996, the Women’s Prize for Fiction has recognised and advocated some of the best novels written in English by women in the last quarter of a century. The outstanding standard of former winners, such as Zadie Smith, Ali Smith, and Madeline Miller, has ensured the Prize’s continued success as one of the most elite literary awards in the country.

Again, this year’s longlist reflects the incredible diversity of women’s fiction, ranging from a tragicomic tale of amateur sleuths let loose in the Indian metropolis to an intensely powerful story of abduction by Nigerian terrorists. The longlist will be narrowed down to a shortlist on Wednesday 22nd April with the winner crowned on Wednesday 3rd June.

Keep up to date with the #WomensPrize news at twitter.com/WomensPrize, and I wish you happy reading!

If you are interested in reviewing any of the books listed above, please contact kay@student-life.co for further details.
Into The Unknown Forest

BY ELENA HARRIS

Stumbling by a weary road underneath a lilac and dark blue sky, I walked earnestly from a tedious and uneventful day. The world around me felt still, no movement, no sound; the late-evening air was cold and calm, I looked up at the dark ombre sky, I could see stars trying to push their way through the evening, just as the flickering orange street lights started to appear, it was getting late.

Heading towards home my body came to a halt. Standing in front of an orange lit streetlight, a pure enigmatic black cat emerged from the dark and into the brightness. ‘Mrrow’ the cat stared at me as if to tell me something. My eyes lit up, I gave it a weak smile as if to say, ‘show me the way’, but that made me feel stupid and alone. The cat blinked at me and turned around, without question I followed it.

Lead by a milk light of the moon, the ominous cat took me to the local woods, not much happens here. The cat stopped, next to a small stone statue of a robin. The cat sat swishing its tail, left to right. Behind the statue was a tunnel. Inside there’s nothing but darkness, I looked back at the cat and it blinked at me. ‘This is silly’ I thought to myself, ‘Mrrow!’ the cat made another sound and walked into the tunnel, my eyes gazed off into the darkness, as if it was drawing me in, thoughts fluttered around my head as if they were released from a butterfly cage, not realising that my body already made my decision, I walked through what felt like an endless tunnel.

In the darkness, I could see a mysterious light overhead. I ran towards it, in the hopes that I could catch up with the cat. Towards the end I came to a small opening of dark green grass and in a semi-circle like manner, where slim towering trees stood. I saw the end of the cat’s tail dip into the shadows, I slowly walked towards it and two illuminating eyes stared at me, then vanished. I looked behind me but to my surprise the tunnel had closed up. My eyes darted to the ground, ‘I’m lost I whispered to myself.

As water came whirling into my eyes, heavy dark blue lights started to arise from the dimness, until more colourful lights started to glow, as if the forest came to life. I walked around in wonder as large mushrooms glowed in blue and red, golden leaves glistened in the bushes and strange unheard noises whispered in the trees. The mysterious forest was a whimsical place. I didn’t want to leave. Creatures that I’ve never seen before appeared, they were rock like creatures with arms and legs with three holes in their heads, as their eyes and their mouths, moss growing on parts
of their back, they seemed to stumble in packs. Unexpectedly, they ran away in fear, perhaps it was me they feared until I heard a low growling sound sneak up behind me, I turned around to see large strident multi-coloured eyes staring at me in the dark parts of the forest, it felt as though it was piercing into my soul. My body took control and I bolted in the opposite direction lit by light blue crystals which were making a path for me. While running, I could hear the beast trying to catch up to me. The beast ran into the shadows, and I knew I had to run towards the light parts. I came across an opening to a mirrored lake where the moon rides the shore, and a faint being was drinking from it. I ran towards it as if it was a way of hope. Behind me the multi-coloured eyes glared at the being and angrily sunk back into the shadows.

My eyes widened as the being I saw was a prodigious white majestic stag with four intertwined horns, two on the front of his head and two on the back. Without thinking I bowed to the stag as if it was the right thing to do, he bowed at me and I started to stroke it. His fur was as soft as sieved icing sugar, and his pale blue eyes gazed at me. I smiled. Faint whispers made their way to my ears as another pathway opened. As if the stag knew, he tugged my hand and led the way. Mist started to creep up on me through the howling gentle wind, instantaneously numerous tiny soft glows appeared, gold and amber lights hovered around me, they looked like fairies yet not like fairies at all. A small bundle of them created an orb as to guide me home. The stag looked at me as if to say goodbye and the lights blurred my vision and the stag had gone.

Following the orb, the low rumbling sound relentlessly came back. The multi-coloured marbled eyes, now shrunken to a human level, focused on me. The beast spoke in a malevolent voice which juxtaposed with his melancholy tone.

‘Let’s make a deal, the forest can become your new home, you can live with the creatures and be very happy, in exchange for your soul and you can never leave.’ I stood still, thinking about what he just said, my body felt light, I could stay here, in this whimsical place, my mind was screaming at me, and I realised…. I had a home.

‘No,’ I said firmly. I ran away with the orb guiding me, I ended back at the tunnel, it looked the same but in a different place. I nodded at the orb and ran straight through; I could hear the beast with its howling echo. I jumped out next to the bird statue. I looked behind me to see two glowing eyes staring at me through the tunnel, until they evaporated into shadows. I gazed up into the sky and smiled.
Now that the weather is finally looking up and the sun is beginning to join us more often, I’m really excited to be able to read outside again! I love taking my book to the local park, or woods, or even just sitting in the garden to read. In turn, I really enjoy reading much more light-hearted, happier books and fantasy series in this season, as it matches the mood of the weather! So, I’ve compiled a list of books I either enjoyed last Spring, or am hoping to get to this year, and thought I’d share them with anyone who is also looking to compile a Spring TBR pile. Especially with the school holidays right around the corner, this is a great time to pick up a book or two...or three...or more!

**THE RAVEN CYCLE**
**BY MAGGIE STIEFVATER**

I read this series late last Spring when travelling in Wales, and it was the perfect series for the trip! Four American schoolboys team up with a young girl named Blue, who comes from a family of psychics, to search for the long-lost Welsh King Owain Glendower. It is said that whoever finds Glendower, buried on a magic leyline, and awakens him, will be granted a wish. For anyone who enjoys the friendship dynamic of *IT* and enjoys magic realism, this series would be perfect for you! I now hold this series very dear to my heart, as it has some of the most loveable characters in a YA fantasy series I have read in a long time.

**ALICE IN WONDERLAND**
**BY LEWIS CARROLL**

We’ve all seen the films, but have you ever read the original book on which the story is based? Carroll is a very accessible classical author, his prose is very easy to follow, despite being nonsense! This beloved story is even better told in its original format on page and is the perfect adventure for a warm afternoon. It’s quite short too, so you could easily drift through it on a sunny day in the garden, then finish the day off with watching the original Disney cartoon when the evening sets in. The differences are subtle, but it’s a very enjoyable read nonetheless!
WHEN THE SKY FELL ON SPLENDOR
BY EMILY HENRY

I actually read this in September of 2019, but I think it would be perfect for the Springtime. Again, much like The Raven Cycle this book features a fantastic friendship group, and is marketed as “The X Files meets Stranger Things” with the IT friendship group thrown in. A mysterious, UFO-like object is seen to hover and crash into the small town of Splendor, witnessed only by a small group of teenagers, who are surprised to find that the authorities are acting very suspiciously about the reports of the incident the next day. However, they soon begin to find that they have been affected by the strange sighting too, having inherited strange powers from the energy it left in its wake. So, like any good Stranger Things parallel, they try to solve it themselves, whilst battling their own demons. This was one of my top reads of 2019 and I highly recommend it!

RED, WHITE & ROYAL BLUE BY CASEY MCQUISTON

This is one I haven’t actually read yet, but I have heard so many good things about it that I’m hoping to finally get around to it this Spring! To the best of my knowledge, this is a YA romance about the Prince of Wales and the son of the American President falling in love, and it’s supposed to be super-duper cute. I really enjoyed the Heartstopper graphic novels (another big recommendation for this Spring!) and have been told that if you enjoyed them, then you will probably enjoy this one. Red, White & Royal Blue is also supposed to have great social and political commentary, as well as LGBTQ+ representation, so I am really excited to read it over the next month or two.

HEARTSTOPPER BY ALICE OSEMAN

As mentioned above, I HIGHLY recommend this graphic novel series. It is, hands down, one of the most wholesome, mature LGBTQ+ representations I have ever read. It focuses on when nerdy Charlie falls for school football player Nick. As the series progresses, it takes a more serious note as the characters have their own struggles dealing with coming out, anxiety etc., but it is handled so well, and the romance is beautiful. Oh, and the artwork is super cute.

On the whole, I think 2020 is looking to be even better than 2019 was at bringing out beloved tales on the big screen. But what makes this year even better is the fantastic mix of film and TV, classics and contemporary, and I for one cannot wait to get stuck into all these amazing releases.
If you’ve ever wanted to bring more writing into your life, you are officially invited to join us for Student Life’s April Writing Challenge.

Below you will find all sorts of prompts to get your creative ideas flowing, with a prompt for every day of the month. It is up to you to interpret it how you like so don’t worry about the outcomes and allow yourself to get creative!

1. DAFFODIL
2. SHADOW
3. WISDOM
4. CINNAMON
5. BISHOP
6. FLOURISH
7. SPACE
8. VIVID
9. HIGHWAY
10. BACTERIA
11. MONSTROSITY
12. TRIAGE
13. ENCHANTED
14. NOCTURNAL
15. PUNCH
16. GATHERING
17. DIVERT
18. SABRE
19. MYTHOLOGY
20. GIANT
21. NOVEL
22. OTHER
23. FOREST
24. BUILD
25. MELODY
26. WATER
27. RIDDLE
28. REMOTENESS
29. EMINENT
30. BUNKER
With everything that is going on in the world, fashion trends and dressing well seems like the least important thing to think about, and quite frankly the last thing I want to do is put together an outfit just to sit at home all day – pyjamas and loungewear only! However, even if we are in lockdown and only going out for essentials, there is some benefit to getting yourself dressed and even putting on a bit of makeup each day to get yourself into a more productive mindset. Back in normality we are used to starting our day by choosing an outfit and getting ready, therefore it makes sense that we might feel a little more ‘normal’ to keep up the habit. Especially if you are working or studying from home at the moment, getting out of your pyjamas and into some clothes will help your brain to jump into work mode.
The lockdown is also the perfect time to have some fun with your wardrobe, do all of the tasks you've not had time for or maybe even create something new – here are some suggestions for some fashion-related activities you can do!

**WARDROBE CLEANSE**

Sorting through our wardrobes is usually a job that we dread doing and never make time for. Now is the perfect time to go through everything while you have a spare few hours. It is best to be honest with yourself with what you love to wear/want to keep, what doesn’t fit you properly/suit you anymore and things you never have and never will reach for. Then you can set aside items you no longer want ready for donation, sharing with friends, upcycling or (sensible) disposal after lockdown is over. Once you have refined your wardrobe, you will be much more aware of what you actually own and can reorganise everything – on my clothing rail, I have arranged my items into categories (tops, dresses, coats etc) and within these categories, grouped colours making it easier to find what I'm looking for in the mornings!

**FASHION DIYS**

Getting creative with your clothes is a good way to upcycle things you no longer like. Whether you decide to crop a fleece jumper, mend a hole, sew some new buttons onto a coat, create tie dye t-shirts or alter an item to adjust its fit, it’s amazing how much a piece can be transformed with a little imagination! You could also learn a new skill such as embroidery or knitting.

**OUTFIT CREATION**

While you may think there is no point carefully choosing all of your outfits to sit at your desk at home, lockdown is also a great opportunity to experiment with different outfit combinations and try new things. Spending the time to work out which items pair well will help you find getting dressed in the mornings a lot less stressful as you will have a better idea of what goes well as an outfit. Some people even create an album of outfits they have tried on to act as almost a catalogue to choose out of!

**ONLINE WINDOW SHOPPING**

This might sound a little odd however, even if you can’t make online orders right now, going through websites and bookmarking future purchases can help you shop around for the best price and give you time to think about whether you actually need them. Sites such as Shoptagr can help you track what you’ve saved, notifying you when things go in and out of stock or into the sale!
Making the effort to dress like every day is important can definitely help with your confidence. It allows you to express yourself in terms of your personality and self-expression is key. As a teenager, it can be nerve-racking wearing what’s comfortable at home or with friends, if you are going out with new people or even to work. Some people wish to make a bold statement with their outfits, whilst others prefer to wear something comfortable. There's nothing wrong with dressing up or down as it’s all about preference for every individual. I know that personally, I'd go for a baggy sweatshirt and a pair of dungarees any day over a dress because it’s more comfortable.

For me, the balance between style and something being comfortable can go hand in hand.

It often does. Dress for comfort, it doesn't matter how others view your style of outfits. Think logically before leaving the house in an outfit not suited to the weather. Of course, I wouldn’t recommend crop tops and shorts in Winter, or layering up too much in Summer. Be sensible with your clothing choices and always take the weather into account. Rainy days are a natural occurrence in Britain, so carrying an umbrella to stop your clothes getting wet is always a good idea.

What you wish to wear on a certain day also depends on your mood. Not everyone is a glass half-full person and we all need our downtime. It can be a stressful time with work piling up and you'll soon find yourself longing for a relaxing holiday somewhere sunny. We all do this.

I feel that whether you're in sixth form, college or university, you should start every workday in clothes that you feel fresh in. This means that you may set aside clothes specific for school days and reserve clothes such as jogging bottoms for days you stay at home and watch films. Those are the best days, the ones when you put your feet up with a hot chocolate and let yourself relax. Remember: dress how you want to dress, express yourself through your clothes and be proud!
We've all done it. You’re sitting at the basket on your favourite fashion website and the basket total is glaring you in the face. ‘£118.00’ screaming at you, almost mockingly.

Just as you’re about to turn around and close the page with no new clothes racing to your home tomorrow morning, you see a sparkly pink icon under the checkout button. ‘Pay With Klarna’.

You can get your dream outfit right now! With three easy payments, or by paying the whole balance in 30 days - the pain of seeing your bank balance drop suddenly disappears (unlike your money).

Is that really the best way to do things? Yes, you do get your clothes sooner, but you now also owe money! You probably don’t want to think of it as debt, but that’s what it is.

WHAT ARE KLARNA AND CLEARPAY?

In short, they are ‘buy now pay later’ services: you receive your goods, and you choose to pay off the balance in instalments or pay off the balance after a set period. You can apply for them at the checkout, they don’t affect your credit score and they’re fee free.

If you know you can make the payments, and you’re over 18, it can be a really effective way to get the fashion you want for your next night out. However, be careful not to get into the habit. There are many stories of young people placing multiple orders per month using Klarna, losing track, and getting into financial troubles keeping up the payments.

The payments you agree to make must be stuck to, on all your orders. If you fail to make the payments, it will affect your credit score and affect your ability to get credit, such as cars, mortgages and loans, in the future.

Of course I’m not intending to scare you. If you want to treat yourself, you do! Like any other form of credit, it’s just incredibly important to look after your repayments. Both Klarna and Clearpay have apps for iPhone and Android to make it easy to keep track of your payments.

I would suggest being careful in this current climate as the economy is very volatile right now with the coronavirus pandemic. Agreeing to new regular payments at the moment is something to be careful of, so please make sure you work out whether you will be able to afford all of the payments before you buy now and pay later.
**HOW DOES IT WORK?**

On many popular shopping websites, there will be a button at the checkout inviting you to ‘Pay with Klarna’ or ‘Pay with Clearpay’. You apply within the checkout, giving your personal details so the company can run a soft credit check on you (this is the type that doesn’t affect your credit score).

If you pass the check, you tell the company whether you’d like to pay in instalments or pay the whole amount at a later date. That’s it! You’re good to go and your order is on the way!

**SHOULD I USE IT?**

Considering our environmental impact in whatever we do in life is important. Buying clothes is no exception. It is easy to look at services like these with a sense of disappointment. Some people may, and often do, use them as a way to fuel their fast fashion habit. After all, when it’s much easier to buy five tops that you’ll only wear twice each, it’s tempting! However, that’s not the only ‘convenience’ they bring to us.

It’s very possible that we could use them for this purpose, but with just as much ease, we can use them to help avoid fast fashion! We can use these services to help us buy more expensive goods and make investments.

Rather than buying a £25 pair of jeans that may rip quickly and have to be thrown out, four monthly payments of £25 bags you a £100 pair of jeans. They’ll last longer and be better quality. You’ve also saved yourself from buying three extra pairs of jeans!

Of course, do remember that the temptation is always there to buy many cheap items and fill your basket to the brim.

Using one of these services may well allow you to get 20 x £5 items for three ‘easy’ payments of £33, but just remember that you could also buy three or four really good quality items that will last much longer for those same monthly payments.

Happy shopping and most importantly, stay safe!
After completing further education, many people choose to study in higher education, and most overlook the vast range of subjects available to study in place of ‘traditional’ subjects. A degree in the field of fashion may seem to only exist in a few courses, however there is a whole world of options out there for different interests within the fields of fashion, art and design. Following looking at Instituto Marangoni London in the last issue, we move on to look at University Arts London’s Central Saint Martins.

When you think of studying a fashion-orientated course, one of the first institutions that comes to mind is the world-renowned Central Saint Martins, part of University Arts London. With a plethora of successful alumni in the Art and Design industry, including Christopher Kane, Stella McCartney, Molly Goddard and Alexander McQueen, it is known for schooling and shaping the faces of the modern British fashion industry.

Central Saint Martins was originally established as two colleges St Martin’s School of Art (1854) and the Central School of Art and Crafts (1896) but merged in 1989. After opening the Drama Centre London in 1999 and the Byam Shaw School of Art in 2003, all schools finally moved into their current home in King’s Cross in 2011, a building that has an endless amount of facilities and supplies for every creative sector you could imagine.

As well as courses relating to art, culture and enterprise, graphic design, jewellery, textiles, performance art, product/industrial design and spatial practices, their fashion courses cover a very large range of areas for you to study and specialise in. They have courses such as Fashion Design (in areas such as Knitwear, Womenswear or Menswear), Fashion Marketing, Fashion History and Theory, Fashion Communication and Promotion, Fashion Journalism and Fashion Print (textiles and fabric creation). When it comes to choosing your course, Central Saint Martins is great if you’re set on going into a particular sector of the industry.

Although 2020 applications have closed, you may be able to apply for certain courses or go through clearing and adjustment once results have been published. If you’re looking for 2021/22 entry, you will be able to apply through UCAS as usual, according to the usual deadlines. Find more at www.arts.ac.uk/colleges/central-saint-martins
I don’t know if I’m the only one but I feel like as the weather warms up my hair seems to get very dry! I absolutely hate this so I’ve tried my best to find a solution.

A lot of people have said that coconut oil helps to grow hair but I never believed it. I know that a few of my friends have used it but I never thought it would work with my hair type. I researched the benefits of coconut oil and found that it reduces protein loss in all hair types because it’s rich in lauric acid; to me this sounded great so I decided to try it.

Now that I have, I honestly don’t know how I lived before it. It helps my hair so much! My hair has grown so much and I have less split ends; it helps me style as well as reducing my crazy volume.

The way that I use it: I usually cover the ends of my hair with coconut oil (I do find it to be most effective when most of my hair is covered) and I leave it for a couple of hours, depending on what I’m doing that day. I don’t think anyone really wants to go out with greasy hair but if I’m at home then I have it on most of the day. I do this the night/day before I wash my hair then wash it off in the shower.

I’m a bit of a nature-freak and love natural products so I use the unprocessed Vita Coco Organic Virgin Coconut Oil. You can buy it online at Amazon or at Holland & Barrett. I have a big pot for my hair and a small pot too because I also use this product to take my makeup off.

Quick tip for anyone who’s trying to grow their hair: I heard that the more natural products the more your hair will grow.
Hi everyone!

This month I wanted to share a make-up look that fitted in with the change of season. I am so happy that Spring is finally here and like all of you I’m sure, I’m really excited for the warmer months! With that being said, I decided to create a nice natural, dewy look, perfect for this time of year; starting to bring in those spring/summer vibes we all know and love. Gloowy and dewy skin is really on trend at the moment which is great as we don’t want to be caking on the make-up, especially when the weather becomes a little bit warmer. It’s important to let our skin breathe.

I’m going to give you a step by step guide, showing you how I created this simple gorgeous look. Of course shout out to my sister for being my model!

**Step 1**
To create a flawless base I used the Elf Illuminating Primer as this really helps give the face that perfect dewy glow. Its great for sitting on top of your skin for a base product and it’s really hydrating too.

**Step 2**
I then went in with the Super Stay Foundation by Maybelline; I would really recommend this foundation as it looks flawless on the skin! It also has such a smooth application and it’s a very affordable product. You cannot go wrong.

**Step 3**
The Super Stay Foundation is full coverage, however I personally don’t think it is massively full coverage and it isn’t that mattifying which is obviously good as I’m after a dewy look. Because of this, where I’d usually set my face after foundation application, I didn’t this time. I did set the under eye though, with a light powder just to stop any foundation from creasing.

**Step 4**
I then went in with the Benefit California Blusher to give the face a natural pink colour. It’s Spring time so it’s nice to have some flushed, colourful cheeks. As I didn’t set the face I applied a little at a time with a fluffy brush to stop any blotching on the face.
Step 5
Next, I went in with one of my FAVOURITE products. It’s a bronzer that I highly recommend; the Too Faced Coco Bronzer Palette. I used a large fluffy brush so that I could have a nice even and blended colour – again, very natural. I also added a tiny bit onto each eyelid just for that extra bit of colour. I love using bronzers as an eyeshadow as it looks very natural and helps to tie all of your make-up together. I just thought I’d add that this product is a little on the expensive side so if you still want that gorgeous bronzed tanned look another product I favour is the Rimmel Natural Bronzer which is only £5.99 and is equally as great.

Step 6
I then went in with the Jeffree Star Skin Frost Highlighter in the shade Ice Cold, adding it to all of the high points of the face – cheek bones, eyebrow bones, end of the nose and cupids bow. Again, this is a little on the pricy side (add it to your birthday list) but I love this product so much. It is so pigmented and it gives an amazing glow! However, if you again want a more affordable product that is equally as pigmented, I would recommend the Revolution Reloaded Lustre Lights Heatwave Highlighter which is only £5.00

Step 7
I then used the Benefit Gimme Brow Gel which I love! Personally, I think Benefit is the best at brows! Again, I’ll hit you with another dupe as I find the more affordable option is still great - Barry M Take A Brow Gel; I use this a lot and it is only £4.99. An eyebrow gel is great for making the eyebrows look fuller and thicker, it gives a nice natural look without you having to apply lots of product.

Step 8
Finally, to finish off I went in with the Benefit Roller Lash Mascara. I do love this product for my lashes but we all know that every mascara is different and we all have our personal favs; I would recommend using your favourite mascara for your lashes or putting on some natural wispy ones! To finish, also add a lip balm or clear gloss!

There we have a natural, simple and easy Spring make-up look. Perfect for the Easter weekend and longer, warmer days.

IMAGE: HOLLY GARDNER
The seasons are changing and finally the weather is getting warmer; let’s hope it stays that way! This time of year is a great time to have that annual spring clear out and swap out some beauty products. It also calls for a new make up routine, a new skin care routine and different hairstyles etc etc etc. all to get rid of the cold dreariness of Winter. I’m going to share some of my favourite essentials - products and brands that I think could really make a difference to your Spring beauty regime.

**BB CREAM OR TINTED MOISTURISER**

As I said, now that the weather is (hopefully) going to be continually getting warmer, the last thing we want to do is put layers of foundation onto our skin; now is the best time to let it breathe and soak in the vitamin D. With that being said, I’m sure that we all still want that little something, whether that be to cover any blemishes or to even out any different skin tones. My favourite thing for this, is to use a really lightweight tinted moisturiser or BB cream; my personal favourite brands for this are The Ordinary and bareMinerals. I feel like these products provide just enough coverage to make it look like you’ve made the effort, but they’re also super lightweight and give a natural, healthy glow.

**PEACHY BLUSH**

Continuing with the ‘healthy glow’ vibe using a moisturiser or BB cream, this Spring, you can also use a blusher to give your skin a little wash of colour to enhance the natural look. Finding a place for blusher in your make-up routine is always something (I’ve found) that’s been constantly in and out of trend; sometimes it’s great to wear a blusher and other times it isn’t and looks too overdone. However, as we’re entering Spring, a blusher is a great product to use to add colour and warmth back into winter skin – remember it’s the natural, healthy glow we’re after! Also, remember that a blusher doesn’t always have to be bright pink, there are many different shades and colours that can help to energise your complexion. I would recommend Benefit and Milani Cosmetics.
SPRING SCENT
Using perfumes and body sprays are something that happens so naturally to me, so much so that I never really think about what I’m using; I’m quite prone to having a favourite perfume and using it constantly. However, I do think now is a great time to switch it up a little bit and use something different. Of course this completely depends on what scents you like but I think for Spring I’m going to look to find something that is a bit more fresh, opposed to wearing something musky or sweet.

FACIAL SPRAY
There is nothing better than a little spritz of refreshing hydration when your skin is feeling dull and tired; thankfully, we have products such as these that provide a little pick me up. There are so many on the market at the moment but my favourite brand has to be Mario Badescu as they’re very reasonably priced and even though there are different scents to choose from, they all smell great! Hydration mists ensure that dehydrated, tight complexions are relieved whilst also giving that extra boost! Perfect for the warmer Spring days and post Winter skin.

ARGAN OIL
This product is something that I’ve really gotten into using recently and I absolutely love it. I use it primarily on my hair but also on my skin too. The cold winter air really does dry out your skin and hair (you’re very lucky if not) and using an oil is a great way to put the life and nutrition back into it! For me, it works best when my hair is wet and I put a small amount on my ends, it makes it feel super soft and revived. Then again, when my skin is feeling dry, I simply massage a small amount onto my skin and it instantly feels rejuvenated. I would 100% recommend using this if you think your hair especially, needs that extra boost.

HIGHLIGHTER
You cannot go wrong with a highlighter! It is the perfect product to balance out your skin and give a youthful and radiant glow. Whether it’s a liquid highlight, a powder, cream or blended with a blush or bronzer, the extra shine will give your skin that dewy feel we all want and need. It is absolutely necessary for your Spring make-up bag.
As the coronavirus outbreak continues to grow in magnitude, it is really important that we take care of ourselves. Amongst all the negatives, fears and worries we may have, it’s important to try and focus on the positives that we can bring from this crazy situation we've found ourselves in; self-isolation can be a great time to practice self-care, helping you to stay happy, healthy and of course safe, at this time.

Have your Spring clean early and use this time to organise all of your beauty products. This is something that I personally like to do regularly, but I do know that the majority will find this a chore. However, now might be a good time (whilst you have the time) to focus your mind on something else. Going through all of your products is a good distraction as well as being productive at the same time. For me, I like to organise the products I’ve already got and would like to keep, give them a good clean and put everything away neatly. I will also get rid of any outdated products (the amount I still have that are out of date is very surprising) or give away the ones I know I will not use. You cannot beat a big clear out!

You cannot go wrong with a little self-pamper. So run yourself a hot bubble bath, put Netflix on, grab some chocolate and simply sit there and relax. I would also use this opportunity to do a face and hair mask. With that being said, if you don't have any and you are having to self-isolate, why not try and make your own? There are so many different recipes online that can cater for your individual beauty needs and you'll find that the majority of the ingredients needed, you'll already have in your cupboards. Again, this is also something fun and distracting to do.

The perfect way to de-stress is to turn off all of your electrical devices, stop reading the news and do some yoga and meditation. It may seem strange to begin with if you've never done it before, but taking some time out to completely switch off is really beneficial. I know I mentioned turning off electrical devices but if you need to, follow a simple YouTube video (there are so many out there) and put some relaxing spa music on; it'll really help. Following this, (but you could also do this completely separately) a great way to not only relax, but also cleanse your skin, is to steam your face. Put your head over a bowl of boiling water (you could also add in some essential oils or even a lemon if you have it) with a towel covering over (PLEASE BE CAREFUL) – it'll open up your pores, cleanse your skin, remove any toxins and promote relaxation. Who needs the spa?

Secrets to De-Stress

BY LIBBY DAWSON
Lab grown meat, also known as cultured meat, is meat that is produced by invitro cultivation of animal cells. This is a way of producing and consuming meat that doesn’t involve slaughtering animals. This is not only better for the animals (of course) and the environment (these meats can help with the reduction of methane in the air), but it also ensures non meat-eaters and the vegan population can enjoy meat in an ethical way; they can get the same tastiness without the cruelty. Growing food in a lab is a form of cellular agriculture and cultured meat is produced using many of the same tissue engineering techniques that are traditionally used in regenerative medicine. It’s really clever!

FACT: Professor Mark Post created the first lab-grown burger in 2013!

He did this by using about 20,000 strands of protein and the food critics who tasted it didn’t even mind it! Of course it was the first attempt so there was still a lot to figure out before lab-grown meat would be a viable meat alternative for the masses.

Since that time, progress has been made to not only reduce the costs of production, but the interest in a more sustainable and ethical food supply has also grown. The future of food might be very different than what we have now and it is becoming a lot more common. Believe it or not, meat and seafood is produced in labs or by 3D printers every day; it can even be nutritionally optimized for every individual.

HOW?

Through a porthole in a metal tank you can see a yellow froth churning. It sounds gross but this is a primordial soup of bacteria that’s been taken from the soil and multiplied in the laboratory. They do this by using hydrogen extracted from water as its energy source. The froth is then siphoned through a tangle of pipes and squirted on to heated rollers. It turns into a rich yellow flour and there we have the base for lab grown meat!
An Interview With Sustainable Business Owner, Maya Clark

BY LIBBY DAWSON

“73% of millennials are willing to pay more for a sustainable, ethical product.”

We love to preach sustainable living here at Student Life (as everyone should) and what better way to hear all about it than to speak with somebody who advocates it for a living! I have absolutely loved speaking with Maya, a sustainable business owner, so if you ever find yourself down in Brighton then please check Soul Soup out!

PLEASE EXPLAIN A BIT ABOUT YOURSELF AND WHAT YOU DO. WHAT IS YOUR BUSINESS ABOUT?
I’m Maya and I founded Soul Soup a little over a year ago. Soul Soup is a plant-based social business that creates nutritious dishes using rescued produce. Rescued produce is food that otherwise would go to landfill, so we’re actively reducing carbon emissions in the process. The dream of Soul Soup came about a few years ago when I became vegan after watching some pretty harrowing documentaries on the state of our environment and the impact our diets have on global warming, as well as the food waste scandal! Fast forward a few years and Soul Soup has two premises, caters for events and runs community cooking workshops.

WHY DID YOU DECIDE TO SET UP A PLANT BASED SUSTAINABLE BUSINESS?
Soul Soup was set up in response to the food waste crisis and the need for sustainable, affordable food. More and more research is showing that adopting a plant-based diet can significantly reduce your carbon footprint, as well as providing enormous health benefits. As for food waste, roughly one third of all food produced ends up in landfill, which of course represents a huge loss of increasingly scarce resources. The scale of the problem means that if food waste was a country it would be the third highest emitter of carbon emissions worldwide, coming just after the US and China.

Even though I did plenty of research before starting out, the sheer quality of the produce we’ve been able to intercept at Soul Soup has shocked me – it truly defies belief. Forget what you think you know about food waste; there’s so much more to it than wonky veg and best-before dates. We work with organisations
WHAT ARE YOUR GOALS FOR THIS ESTABLISHMENT?

Our goals are to reduce food waste, to educate people on our inefficient food systems and to show them how varied, creative and satisfying plant-based food can be. We want to make nutritious & delicious plant-based food affordable and accessible to everyone in our community. We run Pay It Forward cards that work like loyalty cards, with a meal donated to an organisation that works with the homeless, to help ensure our inclusivity.

WHY DO YOU THINK REDUCING WASTE IS SO IMPORTANT IN TODAY’S WORLD?

To put it simply, we have finite resources. Due to our excessive consumer habits, and a seeming indifference across much of the political establishment, we’re extracting and emitting at a near “infinite” rate. It’s time to stop debating the facts and making excuses - we need action right here, right now! It’s important to put pressure on leaders and institutions to drastically cut their emissions but make no mistake – change must start with you. Nobody’s perfect, but together we can all make a huge difference.

DO YOU THINK MORE BUSINESSES SHOULD BE STRIVING FOR THE SAME AIDS THAT YOU PROMOTE?

Provided it’s not just green washing then yes definitely! Sustainability makes sense not just because of market research (73% of millennials are willing to pay more for a sustainable, ethical product) but from a longevity perspective too. It may sound cliché, but there really is no Planet B. Communities and businesses alike need to put sustainability at the core of everything they do so we can ensure the long-term safety of our planet.

FareShare and UK Harvest to intercept food from major supermarkets and their farms in the UK, as well as partnering with allotments and independent businesses in the area. Every week we rescue big quantities of fresh, fantastic quality fruit and veg, as well as everything from cashews to vegan cheese. My favourite part of the job is definitely getting inspired by the produce we rescue and creating new dishes.

For someone who never got around to going to university, it’s been really reassuring to know that a get-up-and-go-attitude is often all you need to really make a difference. I knew I wanted a career where I could have a positive impact on the world, and Soul Soup has provided me with the opportunity to raise awareness for one of the biggest problems facing society today.
There was a cabinet reshuffle early in February, a strangely accurate metaphor in the melting pot of political puns. But there’s something not quite right. When you rejig your wardrobe after a few sunny days of Spring, the short tops come out and the coats get thrown to the back of the wardrobe, it’s how it should be, right? Except in politics it’s quite the opposite. It’s more pentagonal pegs in triangular holes and woolly hats instead of bikinis. Bear with me here.

For a better analogy, let’s take a dodgy knee. You go to the doctors, because the doctor knows how to fix a dodgy knee. Now take the environment, which needs fixing up, or the Judicial system, which is a complete mess. You ask an environmental scientist, then a judge. You don’t ask a hedge-fund manager for the weather forecast, which makes it all the more excruciating to see a Prime Minister shove his mates into positions they’re absolutely not qualified for.

Budging your pals up the pecking order isn’t a new phenomenon. The last few decades of political playgrounding has seen ministers appointed to posts based on their loyalty to the PM and party, rather than actual qualifications for the post. Yet it has become so normalised that no one is bothered that we’ve had nineteen housing ministers in twenty-three years, or that Chris Grayling, who it is claimed has blundered away 2.7 billion pounds in errors and scandals, has been shifted from hanger to hanger in the government cabinet. You’re a buyer for Dulux and accidentally invest £2.7 billion in tartan paint, you get fired. In government you get shifted to another post, as long as you keep banging the party drum and singing the same tune.

My point is this, as a society we’ve become used to trusting the usual faces and voices on the important matters, because they’re the important voices, right? People in the know? As a culture we’ve become desensitized to accepting information from those with no qualifications to give it out. During the referendum, a cabinet minister claimed, “the public have had enough of listening to experts”. Which is handy, for him. For us, experts are our insight into subjects we don’t understand. And maybe it’s time we started listening to them.
Free, quick and confidential Chlamydia screening for Young people under 25

Regular testing helps reduce the risk and spread of infection. So stay free from infection, keep testing.

Order your free test kit at www.youngandfree.org.uk
As concerns grow over the prospect of social isolation, we at Terrence Higgins Trust Suffolk thought it a good time to remind people that under 25s can order a free chlamydia test sent straight to your door.

Ordering a kit is simple with our new and improved website! Here's what you should know:

The most common STI: 1 in 10 sexually active young people in the UK have chlamydia. Recent reports by Public Health England revealed that just under half of all STIs diagnosed were chlamydia with 15-24 year olds being the age group at highest risk.

A quick and easy test: The test kits arrive in confidential packaging and simply involve urinating in a pot or a quick and easy vaginal swab. Results are received directly to your phone by text, phone call or email.

Who needs to test? The NHS recommends that people test for chlamydia once every year or on every change of sexual partner. Chlamydia is often symptomless! 50% of men and 70% of women have no symptoms for chlamydia so routine testing is important.

DISPELLING THE MYTHS

MYTH: Chlamydia is just a problem for women.
FACT: Chlamydia can infect people of any gender.

MYTH: Chlamydia isn't a problem as it is often symptomless.
FACT: If left untreated or caught repeatedly chlamydia can cause a number of long term medical conditions. These include conditions such as pelvic inflammatory disease in the female reproductive system (which can potentially lead to infertility) and epididymitis in the male reproductive system (swollen and painful testicles) as well as reactive arthritis.

MYTH: Chlamydia is difficult to treat.
FACT: Chlamydia can be completely cured with just a short course of antibiotics prescribed by a medical practitioner.

MYTH: Chlamydia cannot be prevented.
FACT: Safer sex practices reduce the risk of sexually transmitted infections, including chlamydia. Using external or internal condoms creates a protective barrier from infection.

AND GONORRHOEA TOO!

Diagnosis rates for gonorrhoea have increased more than any other STI according to recent reports. All kits ordered from youngandfree.org.uk test for gonorrhoea as well.

DON’T FORGET CONDOMS AND SEXUAL HEALTH INFORMATION!

youngandfree.org.uk is the official website for C-Card in Suffolk and contains an easy to use interactive map showing where under 25s can access free condoms. On top of this, the site is full of information on sexual health and relationships and includes videos on topics such as consent.
Get your C-card to obtain free condoms and lube.

For more information on where to access free condoms and local sexual health services please visit:

www.youngandfree.org.uk

Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 288527) and in Scotland (reg. no. SC039986)
Not all STIs have symptoms
To be safe, always use a condom

For more information search ‘protect against STIs’
Welcome to our ground-breaking work experience platform ‘EXPERIENCE WORK’
Our ‘Experience Work’ platform will revolutionise the way that you experience the workplace.

- 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:

- Associated British Ports
- EDF Energy
- Newmarket Jockey Club Racecourse
- Suffolk County Council
- NHS Suffolk
- Hughes
- Ufford Park Woodbridge
Mental health is something that we’re all talking about more these days. But unfortunately, we can still feel alone and isolated in our problems. This can sometimes root from the fear of the societal stigma attached to mental health, which can resultantly make it feel harder to open up to our family and friends about how we’re feeling. At Take Off, we show you that you aren’t on your own and you don’t have to be. We break down those stigmas and encourage you to share how you’re feeling.

Take Off is a peer support mental health charity providing support for people with mental health problems. As a peer support charity, everyone that works here has a mental health diagnosis too. A lot of our staff actually started as attendees to our groups. Having our own mental health problems means that we are in a unique position to understand how you may be feeling and offer you support in what you may be going through.

We have a diverse range of groups that we offer, as we understand that mental health support isn’t a ‘one size fits all’ approach.

We split these groups into ‘doing/activity’ and ‘talking’ groups, as we aim to take a holistic approach to promote physical and mental wellbeing. The diversity in the groups that we offer allows you to try new things and meet new people from a variety of different ages and backgrounds, with the one thing in common being that we have difficulties with our mental health.

Knowing that you’re walking into a room of people that understand how you feel can break down so many barriers and anxieties that you may have. We have an incredibly supportive environment at Take Off, where we allow a safe space to talk and share problems and get involved in a variety of activities.

Feel free to check out our website - www.takeoff.works - and have a look at who we are and what we do. If you think you’d like to come along and get some support, just get in touch!

We look forward in the coming months to sharing some of our journeys with you and about what peer work means to us.

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
April marks Stress Awareness Month. Below, Ana shares some tips for managing stress and practising self-care.

I'm sure a lot of us have struggled with stress and every little thing feels impossible to solve. Sometimes it's all about how you deal with it. First of all, let me just remind you of the amazing person you are and all of the hard battles you have gone through but YOU HAVE MADE IT. Personally, I try to train my mind to not be absorbed in the problem but focus on the solution. But what if that doesn't work?

I'm a big fan of exercising but I feel like there's this whole stigma that exercise is exclusive for the body. Well, I'm the living proof that exercise helps not only the body but your mental health too. Thank God for those endorphins. Don't make excuses because you can't get to the gym or because the gym memberships are very expensive (they may be) but there are other ways to exercise. If you like some structured exercise with someone telling you what to do then there's various YouTube channels that may help you to become fit physically and mentally (personally I use Chloe Ting's videos) also there are so many apps that can also help.

You can also go on walks or runs if that is something you enjoy doing.

Having warm showers or baths often also help me to relax; I never knew water could be so effective in de-stressing. Although my friends laugh because I call it “skin care routine”. There’s nothing a good skin care routine and “me time” can’t fix or help. Sometimes my skin being on fleek is all I need to start a new day and feel like I’m indestructible.
Sometimes socialising helps me de-stress too, especially talking to my friends or family about what’s causing the stress because oddly, they can see my problems with another perspective and offer me obvious solutions that I didn’t think of. This might not work on everyone but if you have time try to reach out to others or your loved ones.

Learning a new skill in your spare time might give you the sense of achievement you may be needing, also making a goal, which is something that works well with me. Whether they’re short-term goals or long-term goals they always help me stay focused. Particularly with stress it helps me realise that maybe what I’m stressing about has absolutely nothing to do with my goals and actually isn’t that big of a deal. So, what do you really want to achieve? And is the thing that’s causing you stress preventing you from achieving your goal?

Finally, I left this for the end because it may not work on everyone. Look in the mirror or take pictures of yourself; be self-absorbed if you have to. From time to time this helps give you a little boost to your self-esteem and make you feel like you can do absolutely anything because you feel like a BOSS BXTCH.
Below are a few tips to help maintain good mental health during this difficult time. These things are important to me all year round, and I felt obliged to share so that I might help other people. My tips:

**STAY POSITIVE WHEREVER POSSIBLE**

- Each day try to think of 3 positive things and/or 3 things you are grateful for

**FOCUS ON THE THINGS YOU CAN CONTROL**

- For example, washing your hands often and thoroughly
- Your home environment – make your workspace or lounge, etc. a clean and nice place to be keeping your distance from others wherever possible
- Eating well
- Activities – bring out your favourite board games, grab a pack of cards or learn a new game

**LIMIT TIME SPENT USING DEVICES/SOCIAL MEDIA**

- It could be very easy to spend hours scrolling through the many different articles and news sources that are regularly being updated but this can increase anxiety and confusion
- Take regular breaks from the media – maybe leave your phone in a different room or allocate times of the day where you are allowed to use it
- Make sure you are reading only factual information, for example from the Government, WHO and NHS websites.
LOOK AFTER YOUR BODY

- Exercise can be a useful tool to clear the mind, as well as to help with physical fitness - Utilise YouTube videos, and workout apps (FitOn is a very good app) to move your body.
- Ensure you are eating well – getting the nutrients we need from food items such as fruit and vegetables is hugely important for our mental health, brain functioning, physical wellbeing and immune function.

FOR THOSE WHO ARE WORKING FROM HOME: SEPARATE WORK AND PERSONAL LIFE

- Where possible, allocate a work space, such as a home office to use only for work
- Only work your normal hours, for example from 9-5 then close off the workspace and try to relax

STAY CONNECTED TO LOVED ONES BY USING VIDEO CALLS AND/OR MESSAGES

IF YOU HAVE ACCESS TO A CLOSED OFF GARDEN (WHERE YOU WILL NOT COME INTO CLOSE CONTACT WITH OTHERS) UTILISE IT TO GET FRESH AIR

- The good news is that it is beginning to look a lot like spring! The sun keeps shining and the days are lighter!

Please listen to government advice regarding self-isolation. Even if you do not have symptoms, you may carry the disease and pass it on to someone who is more vulnerable than you.

Be kind to yourself and others! This is a very uncertain time for us all but we are in it together. It is okay if you are feeling anxious – allow yourself to feel that way, look after yourself and be kind to yourself.

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
Mental health is something we all have and I'd like to share my own story with you, in hope that I might help someone else.

When I was ten to eleven, I had my first ever counselling. It wasn’t much, just talking about how to deal with sadness because at that point they didn’t really know what was wrong with me. Then, when I went into high school it was tough, really tough like it was for everyone.

Not all of my experiences in high school were memories that you want but as the years went on it got easier as you know how to deal with the things that come to you.

When I was in year nine that was when it hit hard. Everything in my life felt like it had been flushed down the drain. This is when my counselling had started again and it had got serious. The other counselling sessions that I had in the past meant nothing now.

I used to think that reaching out was for the weak and I didn’t want to be like that. I thought that it was my problem so I had to get through it myself. The day my family found out how I was feeling it broke my heart. Watching their eyes go to the floor and the words I had never heard from them. At that moment I knew that I wasn’t alone. I may be feeling like I am but I had to remember that my family was there for me no matter what.

The day when I had to talk about me hurting myself, I thought that it was going to be the end. I thought that I couldn’t do it.

After one counselling session came hundreds more. Then came doctors appointments. When my mum told me that I had a doctor’s appointment for it, I realised that I wasn’t doing okay.
I will never forget that day when I told my mum I wasn’t hungry because it sounds silly a teenager saying they’re not hungry. But as the days went on, it was another meal gone and another. I just wasn’t hungry. It then came too that I hadn’t eaten for a few days. Now I knew I had not eaten but my parents didn’t. They thought I had been eating my lunch but I hadn’t. When I got called up to student support because one of my friends had realised that I wasn’t eating, it was the hardest day of my life. That was when we realised it was an eating disorder.

I have never been able to put on weight easily but when I had told my mum that my clothes aren’t fitting me anymore that scared me because I didn’t want to harm myself, I just wasn’t hungry and I thought that it would be easier not eating than hurting myself.

I am still getting counselling sessions because I saw no end to all of this, I kept telling myself it’s never going to stop. Sometimes I feel like I am stuck in this nightmare for the rest of my life. I soon realised now, that I am just left with the scars that can say I survived.
So it seems we are going to be ‘self-isolating’ and ‘social distancing’ for a while and developing a new sense of ‘normal’ in the short term. And while it may not seem like it, there are opportunities in this awful situation if we are open to exploring them. This article is about the things you can do to adapt to this situation and to thrive.

There is no denying, this is a difficult time. We have no control over what is happening right now, but (and here’s the biggie) we have every control over how we choose to respond to it. I’m going to say that again, you have all the control over how you choose to respond to this situation. In psychology and therapy we talk about this in terms of External Locus of Control (ELOC) and Internal Locus of Control (ILOC).

ELOC is where we have a perception that things happen ‘to’ us. That we have no control over what is happening, or how we respond to what is going on externally. This is a victim mindset and can lead to a lot of stress, anxiety and depression. When we are in ELOC it can be easy to become overwhelmed by situations like the current coronavirus outbreak and to sit back and give up.

ILOC is where we have the perception that, while we have no control over what happens around us, we have every control over how we choose to respond to it. This is a mindset whereby we take responsibility for our response to what is going on externally, and while on the surface it may seem like a small difference, it can make all the difference to how we think and feel.
At times when we feel anxious and uncertain it can be easy to slip into the ELOC way of thinking and start to worry increasingly about what might happen – we sit and play scenario’s in our head focusing on all the things that could go wrong and as a result our anxiety levels increase. However, there are ways to avoid slipping into this victim mindset, by shifting our focus onto what we can control (ILOC) and doing that.

Staying physically and mentally healthy

Here are some things you could try:

LOOK AFTER YOURSELF

Try to eat healthy food and get regular exercise. It is easy to underestimate how interconnected our physical and mental health and well-being are, but looking after what you eat and exercising can massively improve our mood and capability to cope in difficult times. There are so many online exercise programmes to do at home, as well as online Pilates, yoga and meditation classes and apps. Find one you like and schedule in regular sessions each day to keep you active.

LOOK AT THINGS YOU CAN DO TO SUPPORT YOUR LOCAL OR ONLINE COMMUNITY

Aside from offering to pick up groceries and medication for at risk neighbours you could offer to speak on the phone to people who may be lonely, start a blog to share your experience and engage with others, do a joke-a-thon and get people laughing. Supporting the people around us gives us a sense of purpose and meaning and is incredibly satisfying. It is about connecting with something bigger than ourselves that keeps us going.

FOCUS ON WHAT YOU CAN PURPOSEFULLY DO NEXT, RATHER THAN THINKING TOO FAR AHEAD.

Anxiety is the fear of an imagined negative future and can lead to a steep downward spiral. By focusing on the next positive, purposeful or productive thing we can do we avoid dwelling on a negative imagined future and look to what we can achieve, and the next thing we can achieve and so on. If you find yourself slipping into negative projections of the future, get up and do something positive – pick up the phone and check on a friend or relative, go for a walk around the block, play a game with your children, check in with a colleague, sing and dance your way around the house.

Ultimately, if you are struggling or need a little extra guidance in adapting to this current reality, reach out to someone – to a friend, a colleague, or to a therapist like myself. It is OK to struggle and looking after your mental health and well-being means asking for a little help when you need it. Find out more at www.origami-life.com

You can also ‘like’ the Origami-Life Facebook page (https://www.facebook.com/ReshapeYourLife/) where you can post questions and concerns relating to mental health, well-being, isolation, working from home and any other thoughts or ideas you have at this time in relation to mental well-being, resilience and productive working. Each day I will be posting answers to some of your questions in short videos providing tips on how to improve your resilience.

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
Living With A Sister With Depression

BY ISOBEL JENNER

Living in constant fear of a loved one dying. By their own choice. Because they, unlike you – don't love themselves. Sometimes it’s scary – mood swings, angry moments, but you don't have a choice. Unfortunately, this is my reality. I must live with it.

It’s hard living with someone with bad mental health. In my case, it is my sister, who has depression and anxiety. I, myself, have reasonably good mental health – but I'm terrified. Terrified one day she will snap and end it. It's my worst fear.

Due to this, the words mental health can be triggering. Whenever somebody really discusses depression and the like, I can hear my heart beating, I start shaking and I feel the tears pool.

I always flashback to the single worst moment I have ever lived. I was 10 or 11 and my sister was talking about how she was sad all the time, and I had a burning question that I wish she’d never answered. I asked my sister if she ever would kill herself... deafening silence. I pleaded with her ‘promise me you won’t kill yourself? ‘and she said she couldn’t promise me. She didn’t.

She is reasonably okay now, apart from a really bad winter last year.

What is hard is when she can't stop crying and there’s nothing I can do to stop it. And, when she gets angry. She gets so angry she cries, sometimes I get scared of her. One time, she punched a hole through her wall. She got really sad and then really angry, so I went outside and looked at the stars.

I try not to worry about it. I listen to positive songs only, watch optimistic musicals, I try to be happy for her.

When people jokingly use the words ‘I have depression’ and ‘I have OCD’ and trivialise it, make it so it doesn’t seem important- that really annoys and upsets me. If you knew the full extent of what it is, you would not say that.

But. For any of you reading this who may suffer from depression, or who suffer with suicidal thoughts. Don’t end it all. Please, think about what your family would go through. You absolutely have someone who loves you. It will cripple them. Try to get better, if not for yourself, then for them.
No matter the strength and stability of your emotional wellbeing in normal circumstances, these are strange and troubling times indeed.

As we all get used to a world of confinement and compromise, fuelled by the COVID-19 epidemic, it can be particularly difficult for those living with, or recovering from, an eating disorder.

Suffolk’s Wednesday’s Child – an eating disorder organisation providing support and education – has received a significant increase in calls since our lockdown measures began in the UK.

Here, their founder, Debbie Watson, provides some tips for staying recovery focused throughout this period of uncertainty.

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
FOOD SHOPPING AND FEARS

In a phase of panic-buying, food shortages and strict supermarket protocol, it’s no wonder the idea of tackling food stores feels tricky for anyone – never mind those with an eating disorder.

You could easily allow a restrictive eating disorder to convince you that now is a time to buy less, or to have you in a state of blind panic because you can’t get your ‘safe foods’.

Remember that you need access to food as much as anyone else out there right now. You need to, and should, be purchasing food which will be part of keeping you well.

Yes, this might mean you’ll have to get alternatives to your fear foods and that you’ll be challenged by what items can be in your cupboards – but please, give yourself permission to go with this.

There’s an OPPORTUNITY amidst all this, that you may just happen to break some of the habits and rituals you’ve been living by, and you’ll realise after this pandemic that, you know what, it wasn’t so bad living from something other than my list of fear foods.

If food shopping is truly not viable for you, then consider an alternative. Try home ordering or ask someone you trust (and who isn’t self isolating) to safely purchase these items for you. You might even encourage them to select some things which ‘challenge’ your safe thoughts.

DISTRACTION CREATIVITY

Isolation and limited movement is tough. What would work for you as an alternative, particularly after mealtimes, as a way of keeping your brain positive?

Lots of people find that in recovery it’s useful to engage in puzzles, crafts, art activities, writing a journal.

Look at this as an opportunity to embrace your creativity side and to be productive.

What project could you potentially complete in the coming weeks?

EXERCISE INTERRUPTION

Many with eating disorder behaviours have strict rules and intentions around exercise, but those daily plans might be being disrupted right now.

Remind yourself that your ritualistic approach to exercise and excessive body movement has not served you well so far, and nor will it help you stay strong to fight the threat of a vicious virus.

Periods of zero formal exercise will do you NO HARM whatsoever. Instead, that time will help you rebuild muscle.
Debbie x

Wednesday’s Child is a not for profit organisation founded in Suffolk. It runs coaching and events on a one-to-one and group basis.

STAY IN TOUCH
Eating disorders love to get us all to themselves.
The best way of avoiding this, particularly through periods of social isolation and distancing, is to ensure you’re getting regular contact with others.
Technology allows us to do this.
You can get your family involved in a facetime chat, or plan in a weekly friendship gathering over a video link.
Keep connected, and don’t ever feel you have to isolate with your eating disorder to see yourself through this.

REMEMBER THE ASPIRATION AND THE END POINT
It’s really so important that we look forward and consider how we want to be when the world returns to normality.
In many respects, you now have a great opportunity to challenge yourself to be looking positively at how much healthier and happier you want your body and mind to be when ‘all this is over’.
What will be your goal?
Keep aspirations in mind and remember you are NOT your eating disorder. You are what you choose to be in the future.

AND FINALLY
Remember that it’s ok to reach out for support.
If we can help you or a loved one, please contact our helpline or email hello@wednesdayschild.co.uk

STRESS SOLVES NOTHING
For many of us who experience an eating disorder, it’s something which first comes into our lives as a result of extreme stress or trauma.
Remind yourself of that.
Did it serve you as a way of soothing you then? Did it benefit you to push you into this hellish mental health illness?
Of course it didn’t.
Now is the time to think about breathing techniques, meditation or mindfulness.
Calm your mind to help ease your anxiety. Don’t allow your eating disorder to be the solution to your fear.

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
Karate
BY TOMMY CURRY

I’ve tried many things in my life. Many different sports, many different physical activities. They never really met my expectations or helped me with my lack of discipline that I needed to keep going. My cousin is big in the world of karate, and hearing upon my struggles immediately recommended that I start Karate.

I started looking around at different places, contacting different gyms and academies to no avail. Then I remembered that my partner’s best friend works as an instructor at Blackwell Academy in Ipswich. Looked on the website, read all the details, filled in the form and sent it off... 2 minutes it took to receive a call, a friendly voice coming through “Hi, it’s Kelly from Blackwell Academy ...” I was talked through the procedure, lots of details described in a calm manner and had my nerves calmed.

Starting off is hard but for good reason. You will be exercising muscles that you will have never used; you will be bending in ways you didn’t know possible, and you will get tired. But the encouragement and environment you will be in is one of upmost respect. Everyone there will have started at some point in their lives and they understand that it is a challenge, but a highly achievable one.
I can’t speak for other academies but for Blackwell they hold multiple classes a week, I try my utmost to attend two of them throughout the week, the more classes you go to the easier you are going to find it, this might sound backwards, like it’s a massive leap going from nothing to two or three hour long workouts a week. But the more you push through that initial fatigue the faster you will improve and also keep those muscles moving so that they develop as fast as possible, I would definitely recommend that you look after your muscles. They are going to ache but look up some good tips and tricks and this will help your development no end. For myself I would go for a walk after helping to prevent the build up of lactic acid, nothing too strenuous, a cold shower after and followed up with whey protein and found this worked well and found that I was able to continue to push myself more each time.

It took about a month for me to start seeing results, I have more energy now, I am looking after myself more. I have more endurance and stamina and another thing it helps massively is your mental health.

Karate is a Discipline, it will teach you discipline, you will start to develop a structure and have consistency in your life, also seeing the progress in yourself is fantastic, it boosts morale and gives you that motivation you need to keep progressing. Within three months you can do your first belt grading and achieving that is the best feeling.

My experience with Karate so far has been tough but what I’ve needed to improve myself. It can be scary when you first attend, but it’s a family outside of your family, we help each other to become the best we can be. If you are struggling with a move or Kata, I personally haven’t met one person who hasn’t offered to help when I’ve asked. Don’t let nerves or the idea “I can’t do it” stop you. People from all walks of life attend, all different skill sets, and different ages. It is something you build on, and they start you at the foundations and help you to build it to a point you are happy with and then exceeding those expectations. Have a look online, contact a few places, and go have a trial. You will be pleasantly surprised.
Coronavirus
Isolate your household
Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it’s mild

☑️ Everyone in your household must stay at home for 14 days and keep away from others.

❌ DO NOT go to your GP, hospital or pharmacy.

☑️ Go to NHS.UK to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can’t get online or your symptoms worsen.

☑️ Protect older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at nhs.uk/coronavirus
Coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:
- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

For more information and the Government’s Action Plan go to nhs.uk/coronavirus
If there is one thing I truly missed for the first few years I went vegan, it was hot crossed buns; the epitome of Easter treats! However, this year I managed to find a great recipe online that allowed me to enjoy some of these lovely treats, without the cruelty! This recipe has been inspired by Lazy Cat Kitchen, although I’ve added a few tweaks to make it a bit simpler and more accessible if necessary!

It should take around 30 minutes of prep, and 20 minutes of cooking time to make 12 delicious vegan hot cross buns!

1. In a bowl, mix together your dry ingredients; 250g of all-purpose flour, 250g of bread flour, 7g of dried yeast (do not supplement with self-raising flour!), 1 ½ tsp of salt, 100g of raisins/sultanas, and 1 tsp of allspice (or cinnamon if you can’t find allspice).

2. Now, add your wet ingredients; 50g of apple sauce (this is your egg replacement!) and the zest of one large orange.

3. Add in 125ml of lukewarm water (not hot or cold!) and mix it with a wooden spoon.

4. Add 30ml of olive oil (or rapeseed if you prefer) and work it in by folding the mixture.

5. Your mixture should begin to get sticky and clump together. When this happens, sprinkle a surface with flour, and turn the mixture on to it. Knead it by stretching it with one hand, and holding the dough with the other, for around 10 minutes.

6. The dough should now be shiny and smooth. Put it back in the mixing bowl, glaze with a thin layer of oil, and put a cover over the bowl (cling film or, preferably, a tea towel) and leave in a warm place for one to two hours until it doubles in size.

7. Once the dough rises, put it back on the floured surface, and push the air out of it.
8. Now split it into 12 equal pieces, and roll them into smooth spheres, with any excess dough bunched underneath the main sphere.

9. Now, preheat the oven to 200 degrees C, and lay the dough balls on a tray where they just about touch each other, but not by too much; they need room to expand. Make sure you grease the tray, then pop the dough balls on, cover with cling film, then leave for up to an hour until they double in size.

The next two steps regard the preparation for the mixture you will need to make the iconic cross on top of your buns. You don't have to make a cross (I decided to) however you can make any shape you want! Do try to keep it simple though, as intricate designs will lose their shape as they expand in the oven!

10. Whilst this happens, mix 45g of flour with 60ml of water in a bowl. It should make a glue-like paste. Put this in a piping bag (or a sandwich bag with the corner lightly snipped off) and draw the crosses (or whatever shape you like!) onto the dough balls.

11. Now, they can go in the oven for 15-20 minutes.

12. Whilst they cook, mix 1 tbsp of water with 1 tbsp of either apricot jam or orange marmalade in a saucepan over a low heat. Once the jam is diluted, then you know it's ready.

13. Take the buns out of the oven, and immediately glaze them.

14. Put them on a wire cooling rack, and wait for them to cool a little, and for the glaze to seep in a bit.

15. Enjoy!

If you are short of time, or baking isn’t for you, but you still want to enjoy some allergen-free, vegan hot-cross buns, then there are several available in store (please check labels for specific allergen content). Many vegan hot cross buns, and allergen-free ones can be found at the Co-Op (their bakery ones), Sainsbury’s, Tesco (their clementine hot cross buns), and Marks and Spencers (who offer several different flavours). No one should have to miss out on the tasty side of celebrations! Enjoy, and happy Easter to those who celebrate, and to those who don’t, Happy Springtime!
Film Snacks At Home

BY AARON BEAVIS

Many cinemas have rules about bringing in your own snacks and, even if you are allowed to, many probably don’t want to spend the day before or morning of their motion picture outing, preparing food.

Home cinemas (otherwise known as televisions) are very different, however. They’re always around so taking a little bit of time to make culinary treats is much easier, especially if the kitchen is only a room away from your telly. Here’s a few suggestions as to simple treats you could make.

EASTER CUPCAKES

The cupcakes could be homemade or shop-bought, whichever is easiest. To make them Easter-themed, buy / make some frosting and then get purple and yellow food colouring to make both lilac and pastel yellow topping for the cakes. There’s a couple of egg-shaped sweets you can get but I’d recommend Mini Eggs or Galaxy’s Golden Eggs to go on top of this frosting. For fans of shredded wheat, crumble some strands off and arrange them around the eggs in a circular shape to make a nest. These are cute all year round too and frosting plus chocolate treats are a great combination during any season.

HOT CROSS BUNS

Another Easter food that can be bought or made (perhaps using this issue’s recipe) and can also have any topping or filling including chocolate spread, peanut butter, jams and marmalades. They’re a bit unconventional for a film snack but it’s your snack, your rules. In fact, other buns and rolls could be great to nibble during rom-coms and horror films galore.

COATED PRETZELS

These little morsels are a staple snack and you can already buy a couple of different types of coated ones including yoghurt and chocolate. With the luxury of time and unlimited creativity, you can create all kinds of coated wonders. One idea is Oreo pretzels, which comprises covering pretzels in melted white chocolate and then crushed Oreo biscuits. Crushed biscuits in general are great toppings for pretzels and any combination of ingredients will work: Nutella and digestives, milk chocolate and ginger nut, dark chocolate and Biscoff, yoghurt and poppy seeds.
**EASTER EGG SUNDAES**

No stingy scoops at home! You can have as much ice cream as you want with as many sauces and toppings as you want. You can also use it as an excuse to buy extra Easter eggs! Take an Easter egg, a pretty big one too, and split it in half the best you can.

If it’s not a clean split, don’t worry as it will soon be eaten anyway. Then take the half and fill it with a few large scoops of your favourite ice cream flavour(s) which would be mint, toffee and vanilla. Then finish by adding whatever you want. You could add popcorn to fit with the film theme, sweets, pretzels (perhaps coated?), chocolates or a banana if you want to have a banana split!

**SWEETIE SKEWERS**

This is a simple one that’s great for viewing parties with people coming round. Acquire a wide selection of soft sweets that can be put onto cocktail sticks such as fruit gummies and marshmallows. Create different patterns using your selection and then place them all on some kind of tray for people to take from whenever they choose. Try to create as many variations as you can with the sweets you have so that everyone has skewers that they enjoy. I would recommend using long gummy worms which you can skewer multiple times to make nice squiggly patterns.

**SNACK-CUTERIE BOARD**

Sometimes, you simply don’t have enough time or ingredients to customize snacks or even make food from scratch. Don’t fear! If you want to make your food look nice, it can be as simple as presentation. Use some kind of large board, perhaps a clean chopping board, and then choose as many savoury and sweet snacks that you can find. Keep in mind that the more variety you have, the less there will be of each individual food on the board. Find a couple of small bowls to put on the board and then identify if there’s any snacks that roll around easily (e.g. Maltesers) and then fill these small receptacles with some of the snacks, prioritizing the easily mobile ones. For the rest, let your instinct guide you. Designate different areas of the board to different foods, order them by colour, texture or flavour, arrange them in rows or just make small mountains of sweet and savoury goodness. It also prevents your friends from losing their minds over the sound of you rustling your packet trying to get the last crisp.
As I’m writing this, you’re going through a crazy time. A global pandemic is happening and it’s not like anything you’ve ever experienced before.

You’re being tested to your utmost ability and at times it’s hard to see a way through it. You’re learning a lot about yourself- your strength, your resilience and how much your family and friends mean to you.

You’re also learning that it’s okay to feel things, it’s okay to have emotions and to get frustrated and tired as each day passes. However, you have also learnt to be grateful in the small things.

Grateful for your little boy who is keeping you entertained and structured; a roof over your head and a garden to run loose in; warm clothes and food on the table; and technology that can help you reach your loved ones in seconds.

The future seems scary and uncertain but what we do have is now. So focus on today, on what you can do to smile and look after yourself.
Where Are They Now?

AN INTERVIEW WITH KAY SABERTON

What was your last educational setting?
University of Suffolk, Class of 2019

What did you study?
BA (Hons) English

What did you enjoy about your studies or time at the setting?
The most rewarding part of going to university was being able to move away from home for the first time and living independently for three years. I also really enjoyed my course, finding it challenging and rewarding. My tutors and course mates also made university worth attending and helped me achieve my high marks.

What are you doing now since leaving?
I am currently working at the Disney Store, earning money to fund driving lessons and further study later in the year. I am also the current Art Co-editor for Student Life which involves gathering content every month for publication.

What do you hope to be doing this time next year (or in the future)? Same career path or different?
I am hoping to have finished a master’s degree and looking into further study as a PhD student to follow a career path as a university lecturer.

What advice would you give to those still in education?
Don’t neglect your studies, but don’t let them consume you. I found myself in danger of overworking during my studies as I was so concerned with doing well that I let my personal life and health slip as a result. Look after yourself!
Haughley Park is a country estate in Stowmarket with beautiful scenery and landscaped gardens—commonly recognised for a perfect wedding venue. However, this year saw Haughley Park illuminate its stunning privately owned land. Spectacle of Light was a wonderful way to bring family and friends together to enjoy a relaxing evening out. After hours you can explore the estate on its illuminated trail, majestic gardens and calming music. There is something magical about walking around a country park, wrapped up in your warmest gear with a hot chocolate in hand enjoying the scenery. I would highly recommend!

You are able to enjoy a stop halfway round which you can sip mulled wine and a hot chocolate as you progress this beautiful trail. In the barn courtyard- they offered a variety of hot food.

An array of sparkling sculptures, every area brought something different. The venue is very romantic but cute if you are with loved ones. I took my two little ones who enjoyed it the most, going around the trails finding the next light up display.

The spectacle of light was only on in the month of February, but they put multiple events on throughout the year, in the hope that it will become an annual thing, because I will most certainly be going back. If anything- it was fantastic to get pics for Instagram!

Tickets weren’t too badly priced either – for a family of 4 it was £40. It was apparent everyone else had the same idea as us, bit of a queue on the drive in but that was mainly down to having to park on the grass and it was just after storm Dennis so they were pretty bogged down which caused a bit of a problem getting cars out.
40 Staying at Home Ideas

BY RACHEL MITCHELL

1. Pretend you’re house is a restaurant and cook for/wait on your household
2. Learn a new language
3. Sign up to a free online course (Open University)
4. Host a virtual quiz with Kahoot!
5. FaceTime your family
6. Download the House Party app
7. Bake a cake
8. Post some homemade cards
9. Practice an instrument
10. Complete a jigsaw
11. Do a painting by numbers
12. Play The Sims
13. Do an Easter craft
14. Binge Disney +
15. Go for a short walk (while maintaining social distancing)
16. Try an online fitness class
17. Learn a dance routine
18. Download Tik Tok
19. Read a new book
20. Organise your drawers
21. Clear out your wardrobe
22. Build a den
23. Watch YouTube tutorials
24. Redecorate your room
25. Buy from small businesses
26. Relax in the garden
27. Watch the Tiger King
28. Write an article for Student Life
29. Play a board game
30. Watch a box set (I recommend the Office US)
31. Cook a new dish
32. Host a mad hatters tea party
33. Water your plants
34. Do a sudoku
35. Have a PJ day
36. Have a movie night
37. Build a flat pack
38. Turn a paddling pool into a jacuzzi
39. FaceTime your friends
40. Put a rainbow in your window
Dear Year 11s and 13s

This is not my usual kind of content, but I am aware of how devastated some of you are in the light of recent events, and the uncertainty surrounding your exam season.

Right now, we are all experiencing some difficulties; this time is easy for no one, and I know that many may not understand the extent to which you are feeling disheartened right now. But I do, and the rest of us here at Student Life do, too.

I know that you've worked so hard for your GCSEs and A Level exams, and I know that many of you feel as though your hard work has been for nothing. But I promise you, it wasn't for nothing. A lot of you feel robbed of your opportunity to prove yourselves, and to showcase all the hard work that you have put in since beginning your studies. Just because you currently are unsure of when you will be able to show off your incredible hard work and knowledge, that does not take away from the success and achievement you have already gained. Your hard work and dedication to your studies alone is a huge success, and something to be immensely proud of.

I also know the uncertainty of what will happen regarding your college, sixth form, and university submission is just as stressful, but please know that it will be okay. It may not be as soon as you expected and want it to be, but you will get your chance. This whole situation is NOT a reflection on your talents and hard work, and people know that.

I know missing your friends, prom, graduations etc. is also a huge part of this, and I cannot begin to imagine how that has made you feel. But nothing like this can knock your friendships. Support each other, group Skype call, keep the group chats active, and when this has all settled down, you will come out of it okay. Not the way you expected to, but you will be.

Take care, all of you, and keep your chin up.
I have to say, I'm a cat lover. All of you dog lovers will be rolling your eyes at this statement but hear me out.

Both pets have their merits for sure, a cat will purr, is independent but truly loves their human companions and not because of the believed stereotype that cats love their companions due to food or ‘cupboard love’.

This stereotype can no longer be stated by a biased dog lover, sorry to burst your bubble. Whereas, a dog you can train to roll over or fetch a ball and of course that's cool too if that's what you're looking for in an animal companion. It's all personal preference but what I do find astounding is that a dog can bark for hours at anything and everything it sees, not necessarily earning points for using its intelligence. A cat will see the same thing and understand that whatever animal/species they've seen won't encroach upon their territory.

Unfortunately, whatever animal companion you have, cat or dog, you'll end up with dead animals in the house. A burden we must all bear. I read that your cat or dog shows their appreciation in this way, they think: ‘I should get the humans something to eat too’. So next time your cat gives you a dead mouse thank them for it, they might be upset when you shout at them for the present they’ve given you.

You may notice I use the word ‘companion’ instead of ‘pet’, this is a change I’ve made recently, to me my cats are like family; yes, they’re a different species but are highly intelligent, same as farmyard animals.

I don’t like the idea of ‘owning’ another animal, just like I don’t like the idea of eating animals or exploiting them. So next time you’re casually chatting to your cat or dog, remember they’re just as sentient as you. I’ve watched my cat before dreaming in her sleep, her whiskers twitch and her paws move as she dreams. If I listen closely, I can hear her snoring quietly and it brings me comfort.

I believe all animals are beautiful, my cats prove this point, even though tortoiseshell cats may not be the ultimate choice for everyone looking for an animal companion, the variation of colours in their fur is so beautiful!
WILL SOMEONE BE GAY BECAUSE THEIR PARENTS ARE GAY?

It’s quite simple. No. I have straight parents and that didn’t make me straight. It’s the same logic. If gay parents have children and their children came out as gay, it isn’t because of their parents, it’s because the child is gay.

WHAT SHOULD I DO IF I THINK SOMEONE IS LESBIAN, GAY, BISEXUAL OR TRANSGENDER, BUT THEY HAVEN’T TOLD ME?

Allow them to approach the conversation the way they want to. If they are lesbian, gay, bisexual or transgender then they have probably rehearsed this conversation in their heads for longer than you can imagine. All you can do is create an accepting environment and listen to them. Do not force the questions onto them.

WHAT ADVICE WOULD YOU GIVE PARENTS ABOUT ACCEPTING THEIR CHILDREN?

There should never be a debate whether or not you could accept your child and their sexuality. That is still your child. Yes, it may be hard to wrap your heads around and yes it may take some time to understand who they are. Understanding and accepting are two separate things. You can accept without understanding, as long as you can accept then your children will be inclined to be patient for you to reach the understanding.

WHAT ARE THE ROLES OF AN ALLY?

The roles of an ally are simple. Accept the LGBTQ+ community. That means doing more than saying ‘I don’t mind gay people’. It means fighting alongside them for equal rights, being there when the community needs the help of Allies and allowing LGBTQ folk to express their voices.

WHAT SHOULD I DO IF I THINK SOMEONE IS LESBIAN, GAY, BISEXUAL OR TRANSGENDER, BUT THEY HAVEN’T TOLD ME?

Allow them to approach the conversation the way they want to. If they are lesbian, gay, bisexual or transgender then they have probably rehearsed this conversation in their heads for longer than you can imagine. All you can do is create an accepting environment and listen to them. Do not force the questions onto them.

WHAT ADVICE WOULD YOU GIVE PARENTS ABOUT ACCEPTING THEIR CHILDREN?

There should never be a debate whether or not you could accept your child and their sexuality. That is still your child. Yes, it may be hard to wrap your heads around and yes it may take some time to understand who they are. Understanding and accepting are two separate things. You can accept without understanding, as long as you can accept then your children will be inclined to be patient for you to reach the understanding.

WHAT ARE THE ROLES OF AN ALLY?

The roles of an ally are simple. Accept the LGBTQ+ community. That means doing more than saying ‘I don’t mind gay people’. It means fighting alongside them for equal rights, being there when the community needs the help of Allies and allowing LGBTQ folk to express their voices.
HAVE YOU EVER STRUGGLED WITH SELF-ACCEPTANCE AND IF SO HOW HAVE YOU MANAGED TO OVERCOME THESE FEELINGS?

I knew I was gay when I was 7 but, didn’t come out till I was 16. This is because I am stubborn but, also because I couldn’t accept that this was who I am. It takes time, a lot of time and it sucks. That’s the truth: self-acceptance is hard, it’s ugly and it takes so much effort but it pays off. I still have some internalised homophobia because of that period of time when I was hellbent on not being gay but, I have a great support system and that is all you need. A support system and that doesn’t have to be your family, it can be anywhere and anyone.

WHY IS PRIDE SO IMPORTANT AND WHAT DOES IT MEAN TO YOU?

Pride is important because it’s about showing how far we have come and to protest for the future. That’s what pride is about, it’s about banding together and showing the world that we can’t be repressed anymore. Pride to me means acknowledging those that aren’t here, that lost their lives and it’s important to remember those. To keep moving forward for a better future.

WHO ARE SOME OF YOUR LGBT INFLUENCES IN THE MEDIA AND WHY ARE THEY IMPORTANT TO YOU?

This is a difficult question to answer because a lot of influences come from small communities and people that I know first-hand; I have a large community of friends that are part of the LGBTQ community and they influence the person I want to be. This is so important because in the society we live in, everybody is so lonely and scared, we need a community that can relate to our problems. But, if I had to pick a LGBT media influence it would be Demi Lovato. I became obsessed when I was going through a lot and her music helped me a lot, mentally and emotionally. Plus, she’s vocal about problems that are easily ignored by everyone else.

WHY SHOULD I SUPPORT LESBIAN, GAY, BISEXUAL AND TRANSGENDER EQUALITY?

Why should we have our rights taken away from us? We’re just living our lives, the same as straight people. The same as cisgender people. We are all human and we all deserve equal rights. We are not better than you and you are not better than us. You lower yourself when you become homo/bi/transphobic. We are no different to you. That’s why you should support the LGBTQ community, we should all support one another.

WHO IS THE MAN AND WHO IS THE WOMAN IN A GAY RELATIONSHIP?

The woman is the woman and the man is the man. If there is two of them, then they are both women or both men. Gender roles are outdated and don’t define a relationship.
I am bisexual.
And I’m finally coming out.

So if you are someone who is reading this and feel like you can’t express who you are. You can.

I believe that if everyone is honest about who they are and are able to live their life freely, it’ll make the world a kinder place. I know that my coming out has made my life easier. I don’t have this massive weight on my shoulders and I’ve finally found myself. I hope you do too.

It’s always been a sensitive subject, talking about my sexuality. I never really know what to say to people when they ask if I have a boyfriend. Maybe I have a girlfriend? Maybe I don’t like boys in that way?

It’s quite upsetting because I’ve never felt comfortable talking about who I would date. You never know how people will react. But, I’ve decided that I shouldn’t care what people think about me and who I date. It’s my life, so let me live it.

Being a 15-year-old girl, coming out as bisexual is really daunting and terrifying. I knew when I wrote this, things wouldn’t be the same because I’m finally admitting who I am.
It’s important to build a community that is accepting, understanding and relatable. Now more than ever. Which is why we are thinking about creating an LGBTQ+ group where young people can meet and build up their own community.

There are many ways that we can organise this or structure it. We can organise events where we create a safe space for LGBTQ folk to talk, share stories and make friends.

This is an EXTREMELY fluid idea and we are so receptive to feedback or ideas. If this is something that you would be interested in or have any recommendations let us know!

Feel free to email: charlie@student-life.co
Are most people past computers now?

The other day, I found myself musing over the state of the tech industry and where I think it’s going. In just the last five years, we’ve seen the rise of convertible laptops that change into tablets, folding smartphones and homes filled with smart speakers that respond to our queries by hollering at them.

Steve Jobs, the late CEO of Apple, was known to have opinions on the way technology would change. In 2010, he said that when America was a nation of farmers, ‘all cars were trucks because that’s what you needed on the farm’, but as America started to move into cities, now ‘probably 1 in every 25-30 vehicles is a truck’, saying that ‘PCs are going to be like trucks’ – people will still need them, but only certain people will need to use a fully-fledged computer.

Be honest, how often do you reach for your laptop for fun? I should think most of your web-browsing, watching videos, Netflix etc. is done either on a tablet or your phone. As students, we all need to use a computer. We all will need them for our working lives too, but for the most part, that’s the only time we use a computer. To get things done.

If you’re an observant reader, you may remember my article in February 2019 where I told you about my mission to be a paperless student. The main weapon in my paperless arsenal was my iPad.

The iPad is spectacular, but I found I had to carry a computer alongside for two main reasons: some apps simply don’t exist on the iPad, and the typing experience is nice for taking notes in class, but I couldn’t handle essays on it. I now use my laptop for everything. It’s just more convenient for me!

So, are we past computers within day-to-day life? Ish.

It depends on who you are. If all you do is note-taking, web browsing and watching videos, and you’re comfortable with the keyboard options (namely the size) available with tablets, maybe you can do away with computers.

If you need specialist programmes, or you’re a PC gamer, there’s no way you can ditch the computer. But for many, Steve’s dream may have come true.
eBooks and the real deal are two very different things. Here, I’ll explain my view.

Arguably an eBook is more environmentally friendly and easier to read than a paper book, you can adjust the font size etc. to suit you. In most cases people tend to sway towards the physical book. Perhaps this is because there’s an ease to holding a book, turning the pages and smelling the scent of a book (one of the first things I do after buying one).

When someone finishes a physical book, there’s a sense of satisfaction to slamming the book shut. Even turning the pages rather than swiping is far more satisfying. You just don’t get that same feeling from an eBook.

Of course, in some ways the eBook trumps the physical book, you can adjust almost anything for your own benefit: brightness, font size, types of light. It can even read aloud for you. If you’re a fan of eBooks and equivalents, I’m sure you’ll agree with me on this front.

When someone develops an eBook that allows the sense of enjoyment you get from reading a physical book, popularity will sway. For now, physical books (and audiobooks) are most popular.

However, in favour of eBooks, physical books are not always that environmentally friendly, when you consider the number of trees cut down to make them. If this concerns you, I suggest buying books with FSC certified paper or recycled paper (this means the company make sure the paper is sustainable in terms of the environment). Don’t worry if there’s no FSC symbol or mention of recycled paper when you check before buying a book, most books are ethically sourced anyway.

A physical book has no brightness setting. In a dark room, reading can strain your eyes, easily solved by switching on more lights. However, blue light from screens is not good for your eyes, over time it can damage your retinas. To combat this, I downloaded the app ‘Twilight’ that turns the screen colour red a while before I go to bed. This helped me sleep better and is better for your eyes.

Physical books are better health-wise, can be environmentally friendly and are great for reading. After all, nothing beats the smell of a fresh book!
If you’re struggling to find work or you just want to make a bit of extra cash, one easy way is to sell your unwanted things. Whether it is clothes and accessories, furniture or bikes, there is really no limit to what you can sell.

WHERE TO SELL
The first thing you need to consider once you have chosen some items is what platform you’re going to use to sell them. More traditional methods include posting adverts in shops, community centres and in the classifieds of newspapers. As with most things though, with the help of the internet, there are many different sites where you can list your items. In the next issue, I am going to be writing an article with a more in depth look at online selling sites so make sure to look out for that! For now the main ones used are eBay, Gumtree, Preloved and Depop.

WRITING THE ADVERT
My best piece of advice when writing your advert is to be honest. You want to give a short insight into the item, making sure to include things such as dimensions and sizes, any defects or cosmetic damage and other specific details that someone might want to know. If you are selling clothes, it can be nice to suggest ways that the item could be styled.

PHOTOGRAPHY
Another vital part of selling a product is making sure that you take good photos of the item. You need a few well-lit images that show all parts of the item, including specific images for any scratches that you want to show. Items should be clean and show them at their best to give them a good chance of selling. Clothes ideally should be modelled as part of an outfit (the rest should be fairly plain) but a nice-looking hanger picture will do fine. Make sure to have a clean background to your photo too!

PRICING
When deciding what you should charge for your item, it is a good idea to search on your chosen site for similar items to get an idea of what the average asking price is. Then you should pick a price that you’re happy with, that considers packaging and postage costs and that gives a little room for if people want to negotiate the price.
Student Finance – It’s Time!

BY JOSHUA HODGKIN

The COVID-19 outbreak is undoubtedly adding to your anxieties about starting university. With A-level exams cancelled, it’s a worrying time to be a student. Money is one of the things students worry most about, so now is a great time to try and remove one concern from your to-do list, and know you’ve at least got your finance in place!

WELL, HOW DO YOU APPLY?
Firstly, go to www.gov.uk/student-finance giving you all the info you need to find out if you’re eligible. In short, you should be eligible if you:

- Are a British citizen/UK national OR you have ‘settled status’ in the UK
- You usually live in England
- You’ve been living in the UK, the Channel Islands or on the Isle of Man for 3 years before you study

Other circumstances apply, so check the website!

Now, if you’re eligible, it’s time to apply. Most degree courses in the UK cost £9,250 per year, so you’ll need to apply for this amount in tuition fees (check with your uni). The part which becomes more complex is your maintenance loan.

Tuition fee loans are paid to the university, they pay the cost of your course upfront so you can study. Your maintenance loan is paid straight into your bank account, and it’s designed to cover living costs like your rent, food, bills and transport, whilst you’re at uni.

The amount of maintenance loan you’ll receive depends on two main things: your parent’s household income, and where you’ll live whilst studying.

This handy table should break down the numbers simply. Just something to bear in mind: the payments are made three times a year, so to work out roughly how much you’ll get per term, just divide this amount by three.

<table>
<thead>
<tr>
<th></th>
<th>Living with Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Maximum Loan</strong></td>
<td></td>
</tr>
<tr>
<td>(HH income &lt; £25,000)</td>
<td>£7,747 per year</td>
</tr>
<tr>
<td><strong>Minimum Loan</strong></td>
<td></td>
</tr>
<tr>
<td>(HH income &lt; £62,249)</td>
<td>£3,410 per year</td>
</tr>
</tbody>
</table>
To find out the exact amount of finance you'll be entitled to, check the student finance website.

Once you've got the cost of your course, whether you'll be living at home or away, and which uni you've firmed on UCAS all in mind, it's time to apply for finance! Fill in the online form, go through the terms and conditions, tell them how much you'd like to apply for and where you'll be studying and then send it off! The next step after sending your form off is getting your parent(s) to do their part!

During the application process, with their permission, you'll need to provide the name and email address of each of your parent(s) (or step-parents – full details available on the Student Finance England website). They will then receive an email, asking them to go onto the Student Finance England website, create a login and confirm their income. This is vital to ensure you receive the right amount of finance for your circumstances.

Once your parents have submitted... it's waiting time! It's super important to get your application in as early as possible to make sure you get your finance before you start your course. So, whilst you're sat at home at the moment, take it off your to-do list!

### FAQs

<table>
<thead>
<tr>
<th>Living at Uni (Not in London)</th>
<th>Living at Uni (in London)</th>
</tr>
</thead>
<tbody>
<tr>
<td>£9,203 per year</td>
<td>£12,010 per year</td>
</tr>
<tr>
<td>£4,289 per year</td>
<td>£5,981 per year</td>
</tr>
</tbody>
</table>

If I change my mind about where I want to go to uni/I don't get in, will I have to start my application again?

No! On the Student Finance England website, once you've made your application, you can make changes to your course or your university without having to start again. As long as you have a confirmed place from the university before you change it, you should be all good!

If I'm already a student, will I be paid on time after the spring break if my course is running remotely?

It's been confirmed by Student Finance England that all maintenance loans and bursaries will be paid as initially agreed. The coronavirus outbreak does not affect payment of loans or grants.

I've changed my mind! I want to take a gap year and wait for everything to get back to normal before I start my course, but I've already applied for finance. Can I cancel?

Yes! Just make sure you call Student Finance England on 0300 100 0607 or use the online account to notify them.
Right now, we are living in a troubling time. Nobody knows quite what is going on, and it’s easy to feel vulnerable and scared. Everything is up in the air, and nobody could predict the coronavirus outbreak taking the course it has done so far.

You’re probably fed up of hearing all about the outbreak, and quite honestly, I can’t say I blame you! However, you may be worried about your money during this time. Many people are losing their jobs or losing work as freelancers. If you’ve got bills to pay, it can be tough.

If you’re having a rough time right now, please listen up! I’m going to give you some information to make things easier for yourself.

**IF YOU’RE A TENANT**

If you’re renting, the government has put forward rules saying that you cannot be evicted at the moment (that’s social and private rentals). Landlords must give three month’s notice if they want to evict you, so any eviction proceedings could not start for at least three months after notifying you.

More info can be found on the government website!

**FURLoughed workers**

There is a chance you’ve never heard of the word ‘furlough’ until this crisis came about. I certainly hadn’t!

If you are a ‘furloughed worker’, it means your employer is keeping you on the payroll through the crisis even if there is no work for you to do. Your employer may be able to arrange for you to receive 80% of your monthly salary up to a cap of £2,500.

**Self-employed**

If you’re self-employed, it could be a particularly stressful time right now as you may be struggling to get the work you usually would or struggling to get paid.

The government has announced a package of support, however it’s not perfect. They, as with for employees, have agreed to pay 80% of your average monthly income. As long as you submitted a tax return in 2018-19, you should be good. The only catch is that they aren’t making any payments until June, where payments will be backdated.

The government’s advice is to look into taking out a loan or applying for Universal Credit, however, make sure you look into this option fully; there may be other options that suit you better. The government may also announce further measures in the coming weeks.