



OUR EQUALITY AND INCLUSION PARTNER; OLAJIDE ALABI ON "HONOURING BLACK HISTORY MONTH"



ANNALIESE DAYES ASKS "WHAT ARE YOU WEARING?"



CHEF COLLIN TALKS HERITAGE & KITCHEN SECRETS...



CELEBRATING BLACK JOY

This October is a time for people to celebrate and learn, to tell stories and empower Black people. It's about taking a moment to enjoy, and to remind everyone that black joy is something we should honour and feel all year round. We've gathered

some brilliant contributors to call attention to the communities and the culture that inspire the Turtle Bay brand. Together with Jamaica's *The Gleaner*, we hope you love reading this newspaper as much as we loved creating it.



WITH SPECIAL GUEST EDITORS
NATALIE MORRIS & ZEZE MILLZ

A LETTER FROM OUR GUEST EDITOR **ZEZE MILLZ**

When I was asked to edit this newspaper for Turtle Bay and to write my Guest Editor letter, I really thought to myself "What could I possibly write about?" Granted, I'm known for speaking my mind on certain matters, but to talk about food and how it makes us feel, what springs to mind?



(Imagery provided by Zeze Millz)

Well, to be honest, the first thing that came to my mind when writing this letter was memories of my childhood - thinking back to those days, as a young girl growing up in Hackney. And, as soon as I did that, a smile came across my face as I reminisced on the times when my family would come together to eat! This would usually be during those big seasonal holidays like Christmas and Easter. You see, I grew up living with my mum and Jamaican grandparents, and much like many families - irrespective of culture and ethnicity - food was a love language. It was in abundance. Wherever there was food, the love was overflowing.

So, picture this, it's Christmas, all my cousins, aunts and uncles are over and granny would be cooking up

all our favourite dishes; I'm talking curry goat, brown stew chicken, escovitch fish, rice and peas, dumplings - anything you wanted, it would be there! Because I lived with her I would be there for the whole process. From cleaning the meat, to seasoning it, to putting it in the oven or Dutch pot, to taking a cheeky sneaky steal of the meat (who didn't do that?!), it was all part of the process. It was all part of the love.

I remember taking my plate into the kitchen and she would ask me what I wanted to eat. Naturally I would ask for a bit of everything (who wouldn't? - this is granny's cooking) but what really made it taste good was the laughter, the love and the togetherness of my family. Historically, this is what

food has always been, people coming together! Enjoying the love, the company, and the food. And to me, that is what food should do, it should bring people together in joy. Caribbean food is joy! It's happiness! It's warmth! It's love!

**WHEN YOU EAT
A PIECE OF THE
CARRIBEAN YOU'RE
SAVOURING A
PIECE OF WHAT
MAKES US, US.**

We have never been against people embracing our culture and food, but one thing that we must always make sure is happening, is that the authenticity is there. As Caribbean people, we have always accepted others - enjoying and appreciating

our culture. When you eat a piece of the Caribbean, you're savouring a piece of what makes us, us.

I'm happy to hear that Turtle Bay is taking the right steps from the inside out to make sure the authenticity of US is here! It is my hope that when you eat at one of their many restaurants, and as you read this newspaper, you feel the joy that exudes from Caribbean food, you learn from our culture and take a piece of our culture home with you!

Love always,

Zeze XX

IG: @ZezeMillz

TURTLE BAY CELEBRATES AND HONOURS BLACK HISTORY MONTH

🐢 Our Equality and Inclusion Partner, Olajide Alabi talks, to us about Turtle Bay's commitments and plans for the future.

by **OLAJIDE ALABI**

Hey, this is Olajide Alabi from Equality, Inclusion, and Wellbeing at Turtle Bay.

This year, I'm proud to show you how we're changing the way we celebrate Black History Month. Time for Change: Action Not Words is not only our theme but our promise.

Here are ways we commit to that promise:

Through Equality and Inclusion training workshops, our leadership is starting to have the right conversations. This includes every single person on our team.

Our monthly Equality & Inclusion Newsletter reminds us that Black History is more than a month. It's centuries of rich cultures and traditions worth knowing on a level as deep as our commitment to anti-racism.

We aim to be knowledgeable custodians of the cultures that inspire our work. Especially as a Caribbean-inspired restaurant chain not owned or run by Caribbeans.

Our budding partnerships with businesses and charities that serve Caribbean communities connect us to many impactful organizations. Youth Music, Reach Society, and African Caribbean Societies from different universities around the UK, to name a few.

Turtle Bay's Wellbeing Champions and Partner networks feature over 52 champions who advocate for the best mental health resources. They are also trained in mental health first aid. Our restaurants have a minimum of one champion per restaurant and these champions are also in our support centre.

Equality and Inclusion training workshops are ongoing because the complex dynamics of racism are ever-changing. Next year, we will launch our All About Race workshop.

These efforts will help to solidify the reality that racism is not just about explicit racist language, abuse, or discrimination. It can take the form of inequality and inadvertent bias ingrained in systems and societies. The more we understand this, the more we can work to dismantle and uproot racism.



I am so proud of our teams and the work we're doing on the journey to becoming a more socially conscious business.

Meet the Dental Hygienist changing the narrative...

ONE TOOTH AT A TIME.

by RITA KOMUNDA



"...BUT I WAS DETERMINED TO DO WHATEVER I COULD TO CHANGE THE NARRATIVE IN MY FIELD."

My name is Rita Komunda, a proud black mother of two boys, wife, and a qualified Dental Hygienist practicing in London. I qualified from the University of Essex and was the only Black student on the course.

This shocked me and I could not help but wonder why there were few Black folks that opted to join the field. I noticed that many opted for Nursing, Social Work or Teaching because finding a job would be easier, with these types of qualifications.

Sadly, this is true, because there are subtle ways black people tend to be denied opportunities to break the glass ceiling in many areas, but I was determined to do whatever I could to change this narrative in my field.

When I started working, I made it a point to encourage those in my community to consider Dental Hygiene. I became so passionate about this that I told everyone that cared to listen. I availed myself to family friends and my local church where I took it upon myself to introduce the course to those who were in the process of joining university. As a result, I have been able to mentor several young black women and have also guided them on achieving relevant experience and provided them with strong references to assist with their university applications.

I am proud of the fact that I give back to my community through this mentoring initiative, and this brings me so much joy. Especially when I see them achieve their goals after taking my advice and guidance onboard.

"I LOVE MY HERITAGE AND I WOULD NOT CHANGE IT FOR ANYTHING."

Furthermore, I am also passionate about with promoting good oral hygiene through blogging on social media (as Ritanherlads) and at my local church, I carry out informative sessions which I tailor to fit both adults and junior minds. Even more, I put some of the lessons in a small children's book about dentistry. I believe this is how I can impact my community and hopefully inspire many to desire better for themselves. Also, I think it is important for our brothers and sisters to know about other opportunities besides the usual. Only then can we challenge the status quo. It is the duty of those who have been able to overcome the plethora of limitations, misinformation, and setbacks to willingly lend a hand to other black people. In my opinion, this is how we can be empowered as a community.

I love my heritage and would not change it for anything. Black culture is vibrant and we are a very resilient group of people. Our uniqueness brings me joy and happiness through the different cultures that represent themselves in different ways, like the colourful traditional garments that we wear to express our identity. In Africa, for example, you will find the Kente, Boubou, Kanzu, Shuka, Kaftan and many more. I cannot forget to mention the colourful Notting Hill carnival celebration which showcases all the exciting music, fashion, and food. Everything that identifies us works in chorus to contribute to our strong sense of identity and this is very important to me. Therefore, as a Dental Hygienist. My mentorship initiative within my community is, I hope a powerful contribution to the betterment of my race.

IG: @Ritanherlads



Founder of Las Olas, Samuel Williams said: “Las Olas was built on the foundation of bringing quality and authentic Caribbean rum to the UK and infusing it with London culture.

As one of the first Black owned rum brands in the UK, it's often taken for granted the effort and investment that goes into producing a quality product; especially, when the odds are against you.

We are proud of what we have created at Las Olas and it only makes it sweeter when brands begin to recognise the graft. We look forward to a prosperous and long relationship with Turtle Bay, in which we can bring our quality and heritage to the business and its consumers.”

Las Olas Special

- 60ml Las Olas

- 15ml Dry Curacao

- 30ml Lime Juice

- 15ml Raspberry Syrup

1. In a chilled glass. A rocks tumbler is preferred.
2. Add a few cubes of ice to the tumbler, to maintain chill
3. Grab a cocktail shaker.
4. Add all ingredients to your shaker. Shake well.
5. Add ice into shaker and shake for 15 seconds.
6. Pour cocktail inside your glass.
7. Garnish with a lime wedge.



STORIES FROM THE BAY

More than just staff, we are a team and we want you to hear from them what it's like working at Turtle Bay.

We're always hiring and are committed to offering real career progression. If you're looking for a new role, get in touch at www.turtlebay.co.uk/careers

VEE HOLMAYI, FRONT OF HOUSE TEAM MEMBER

Turtle Bay is well known for allowing their teams to be their best, most authentic selves. This is just one of the reasons I love my job with Turtle Bay. As a creative soul and a lover of music, Turtle Bay nurtures and fuels my creativity on a daily basis.

This company has always afforded its team a great deal of flexibility, especially with shift patterns and availability. This means when I'm not at work, I'm able to focus on my creative passions, such as creating make-up tutorials, fashion hauls, and other such relatable media content for young women via multiple social media platforms. I'm currently in my final year of a marketing and public relations degree at Coventry University and the skills I've learnt and developed through my time with Turtle Bay will no doubt be invaluable in all aspects of my life.



CHIONA CALLAWAY, ASSISTANT MANAGEMENT ACCOUNTANT

My journey with Turtle Bay began four years ago in the management accounts team, I can honestly say it's been a pleasure and a fun experience. We are such a diverse company and I have always felt the different cultures are truly appreciated here. We have an Equality and Inclusion

team which is run by Olajide to ensure our staff and guests learn, grow, and develop in a more inclusive, equitable environment, which I think is amazing. Coming from a Jamaican background, I am a proud Black woman, and it has always been important to me to celebrate my roots and culture. 'Black is beautiful, black is excellent & Black is evident!'

I love how my big hair can turn heads, I love my skin, and I appreciate the different skin shades black people have, which represents the beauty in Black culture. My mum always made sure I knew that I was beautiful and to always be happy in my own skin.

It warms my heart to speak about my background, my family, my religion, my culture, the food, the people, the music, the weather and of course the rum. I have visited the Caribbean many times and each time was such an eye opener – a chance to learn and really appreciate what I have, and for that I am thankful.



I grew up on Caribbean food and learning how to cook Jamaican food in particular at a young age from my mother and grandparents. I was taught how to grow vegetables (scallions, callaloo, okra) with my grandad in his allotment, I would often finish school then go to the allotment and help which I really enjoyed. I love trying other Caribbean dishes. Guyanese and Trinidadian to name a few. Working for a Caribbean-inspired brand, it is so important we educate everyone about Black history. I am proud I work for a company who strongly support and recognise this.

I love working at Turtle Bay and if I could sum up my time so far in a short sentence I would say good vibes, good energy, and we are one big, diverse happy family.

CLOVER GRANT, DEPUTY MANAGER

Growing up in a Jamaican household there were a lot of values and principles taught from a very young age. I witnessed both parents in different households, work extremely hard to succeed and build a brighter future. Coming from a large family, there were so many people to look up to and learn from. Growing up, my paternal Grandmother was the greatest influence in my life. She led our family and was loved and respected by all, she had so many attributes that I always admired and try to carry with me every day.

Any successes I have encountered in my professional career so far are due to these influences and I choose to carry myself in the most genuine authentic manner. I AM A BLACK WOMAN. No changing or hiding or glossing over the facts. I love my heritage, culture and everything that I am because of the generations of history before me.

Working at Turtle Bay, a restaurant and bar inspired by the vibes of the Caribbean, allows me to bring that amazing atmosphere to the masses. I love working here and have felt immense support and love from the entire Turtle Bay family from the very first day; being happy at work is such an important thing. Through my role, Turtle Bay have afforded me countless opportunities to express my individuality and heritage through the work that I do and being able to share this with colleagues and guests is such a rewarding side to my job.

I also work with the Turtle Bay People team, more specifically with the Equality and Inclusion Team - I have been incredibly fortunate to become part of this team. It gives me the opportunity to share my culture and values with my team, wider company and the future heroes of hospitality, something which I feel truly blessed to be able to do.



JAMES CUDJOE, PEOPLE TEAM CO-ORDINATOR



At university I studied history, and in my dissertation as well as other projects, I would usually focus on Black British history as it most resonated with me

(a Black British male). This mainly focused on the dark side of Black British history with slavery and the racism that occurred on arrival for the Windrush generation. So, when I joined Turtle Bay last year in the People Team, I was immediately impressed by the company's efforts around equality and inclusion, and strong care about team wellbeing. When I had the opportunity, I joined the Equality and Inclusion team and started to support in our roll out of our programme. This has seen workshops delivered on how to make change, drive inclusive leadership, and how to encourage diversity, with more sessions on being anti-racist upcoming in the next year. I believe this is such an important topic for businesses to focus on and all should be driving towards creating an equal and diverse workforce that gives opportunities for all to progress and feel confident in being themselves.

LIFESTYLE FASHION // WELLBEING // CELEBRITY

“I’M AN ADVOCATE FOR FEELING GOOD!”

🐢 We caught up with fitness coach and Founder of Shred with Ched, Ched Uzor, to talk fitness, passions, and starting out as a Black business owner.

by CHED UZOR

Being a black business owner/founder has definitely been tough. Same with any other business owner. I personally feel it’s much different when you’re a person of colour. People take longer to trust/take you seriously as a business owner. If I hadn’t been on TV at all, I think I would’ve struggled so much building credibility.

I started Shred With Ched because exercise, nutrition, and overall good health has always been a passion of mine and I’ve always been an advocate for looking and feeling good. Ever since I started working out and taking my health seriously 8 years ago, I’ve wanted to help others look good and feel confident in themselves.

When I first started working out, I remember always feeling anxious going to the gym and not feeling confident at all. Since then, I’ve made it my mission to help people overcome this anxiety.

During the lockdown, I took my Level 3 Personal Training and Level 3 Nutrition & Health courses so I could expand my fitness



knowledge and feed my clients with more information.

The only reason I became an online fitness coach and not a personal trainer, is simply because I can reach more people worldwide and help more people feel better mentally and physically.

I advise anyone that is serious about their fitness and helping others to become an online coach or even a personal trainer. The more online coaches and personal trainers we have, the more knowledge that can be spread and the more people we can help achieve a better lifestyle and feel more confident in their skin.

I want people to know that fitness is an enjoyable journey and I want their journey to be as enjoyable as possible.

Especially the people that have never set foot in a gym before. The process is one where you’re eased in to workouts rather than being thrown in at the deep end. That’s a recipe for losing motivation and quitting your fitness journey altogether.

I love online coaching and helping people feel better about themselves. It honestly doesn’t feel like work to me as it’s my passion.

I live and breathe fitness.

@ShredwithChed

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LIFESTYLE



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OMARI MCQUEEN'S STORY

Omari McQueen is the World's Youngest Celebrity TV Chef. Since starting out cooking at home for his family, Omari has gone on to have his own TV show, 'What's Cooking Omari' on CBBC. He is the CEO and founder of Dipalicious and is now an award-winning chef.

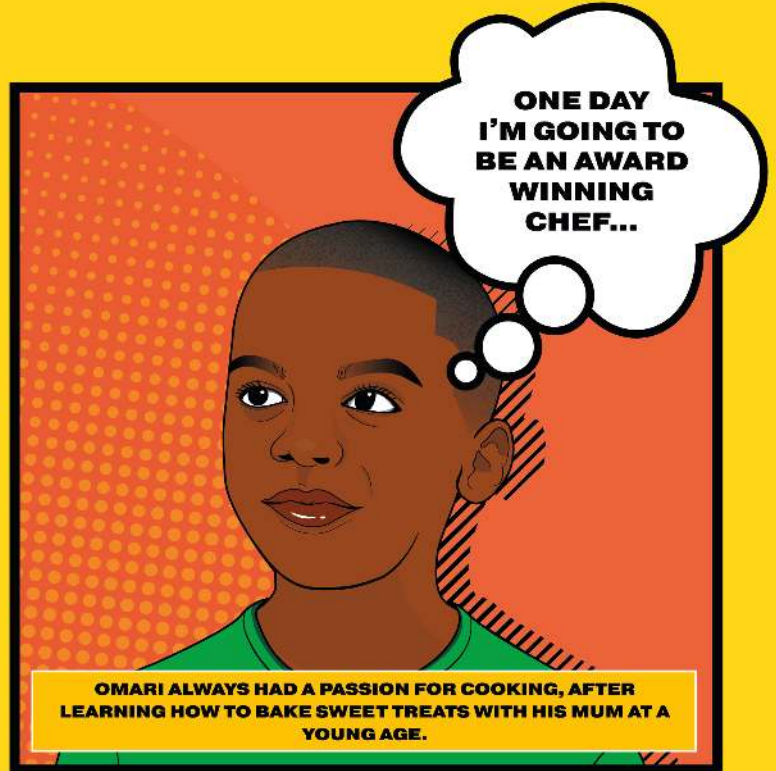
Omari has gone from strength to strength and practices different cooking skills and meals daily. He researches the benefits of everything he cooks and works out the benefits of what he eats.

Omari now teaches other children to cook at the workshops he runs from home.

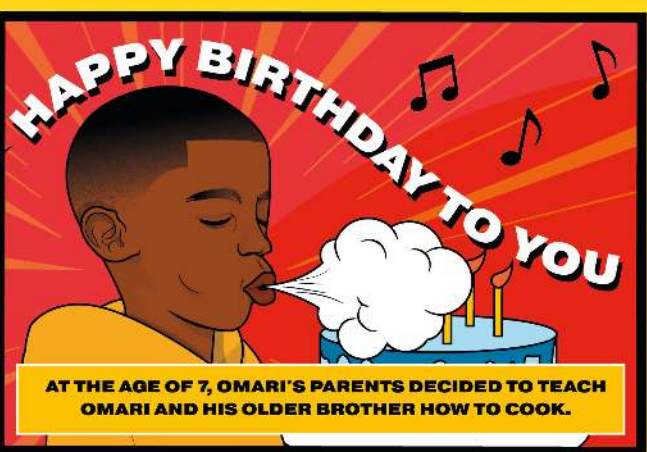
We wanted to share the beginning of Omari's story... (Follow Omari on Instagram @Omarimcqueen)

illustrations by SARAH HAMER IG: @VISUAL_ESS

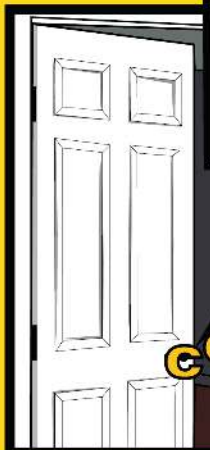
OMARI'S BIG OPPORTUNITY



OMARI ALWAYS HAD A PASSION FOR COOKING, AFTER LEARNING HOW TO BAKE SWEET TREATS WITH HIS MUM AT A YOUNG AGE.



AT THE AGE OF 7, OMARI'S PARENTS DECIDED TO TEACH OMARI AND HIS OLDER BROTHER HOW TO COOK.



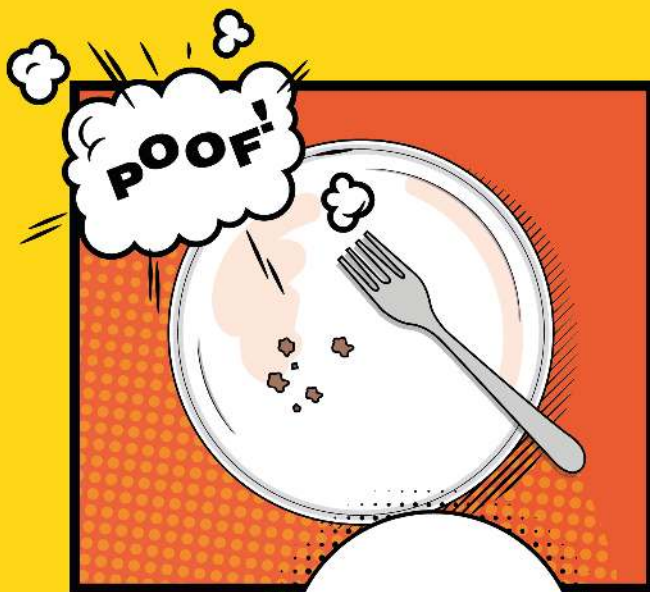
OMARI DO YOU MIND MAKING DINNER TONIGHT? I'M NOT FEELING VERY WELL.

COUGH
COUGH
COUGH

OMARI'S MOTHER BECAME ILL AND WAS UNABLE TO COOK AND NEEDED HELP WHEN THEIR FATHER WAS WORKING LONG HOURS.



2 HOURS LATER...



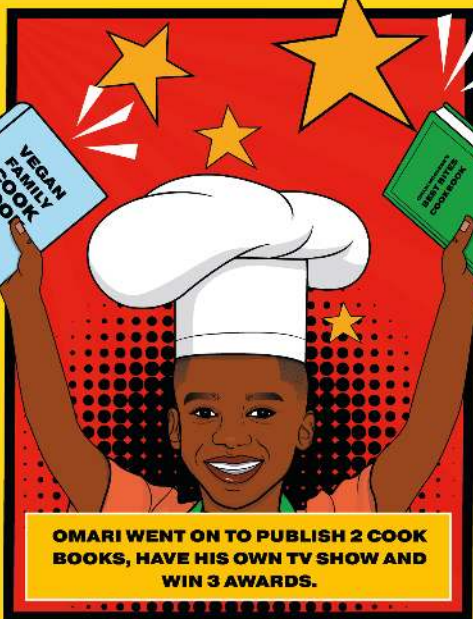
OMARI'S PASSION GREW STRONGER AS HE BEGAN CREATING HIS OWN MEALS FOR THE FAMILY TO ENJOY.



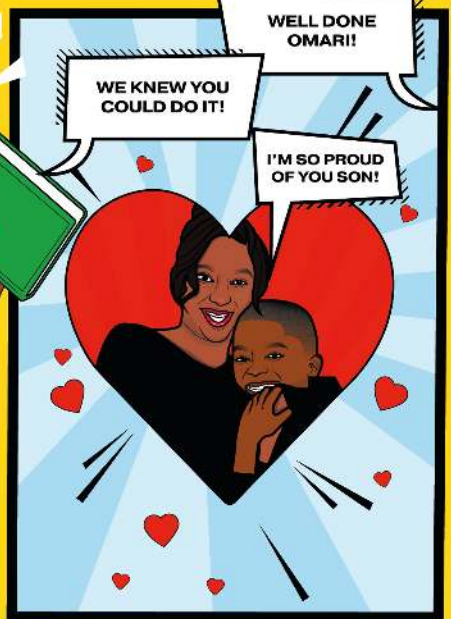
OMARI STARTED DIPALICIOUS AT 8 YEARS OLD AFTER STARTING A YOUTUBE CHANNEL WHERE HE FILMED HIMSELF MAKING HIS VERY OWN VEGAN PIZZA.



OMARI MCQUEEN IS THE YOUNGEST AWARD WINNING VEGAN CHEF IN THE UK AND THE CEO AND FOUNDER OF DIPALICIOUS.



OMARI WENT ON TO PUBLISH 2 COOK BOOKS, HAVE HIS OWN TV SHOW AND WIN 3 AWARDS.



WE KNEW YOU COULD DO IT!
WELL DONE OMARI!
I'M SO PROUD OF YOU SON!

A NOTE FROM THE ILLUSTRATOR.

I'm Sarah, an illustrator and graphic designer based in Reading, UK.

When I was asked to create a comic strip piece in honour of Black History Month, I knew exactly what I wanted to focus the piece on. I remember seeing Omari's story a few years ago and it's stuck in my head ever since. As a mother to two boys, I have learned exactly how important it is for our youth to develop and use their voices. It is the single most powerful tool they have when achieving greatness and influencing those around them.



THE BEST SONGS OF SUMMER '22

by SHAYNA MARIE

When I think of summer, my checklist consists of having a good time, and having a good time only.

Whether it is with friends, family, strangers at a party or a small group of loved ones, I just want to have a good time and you can't have a good time without a good soundtrack. Think back to your summer of 2016 and the music that came with it.

We had.. Rihanna 'Work'
Fat Joe & Remy Ma 'All The way Up'
Drake 'Controlla'
Alkaline 'Block and Delete'
Drake and Wizkid - 'Come Closer' (the Popcaan official unofficial remix too)
Young M.A 'OOOUUUU'
Vybz Kartel 'Fever'
See, you remember. It was a good summer right?

I feel like its pretty fair to say we may have come full circle because the summer of 2022 was also a special one.

This year we were back outside for real for real with the return of Notting Hill Carnival in my city of London, festivals around the world, every social experience we loved and missed made its return! And the music we were blessed with this year in 2022 really made it that much more special.

First up the Afrobeat anthem that had everyone singing broken English WORD FOR WORD.

1. BURNA BOY 'LAST LAST' I don't know what it is about this song, I really don't have the answers. Maybe it's the sample, maybe it's the intro, maybe it's the shayooooo, or the sheer heartbreak Burna experienced that had us in a screaming chokehold at every opportunity. Whichever one it is, you can't mention summer 2022 and not mention 'Last Last'. This song will go down in history, so.. Thank you sir!

2. 1BIGGS DON 'BOY AFFI' I almost cried when I realised Tik Tok was an amazing place for dancehall music to thrive. A place to be appreciated, shared and enjoyed around the world. Actual tears. 1biggs don did a freestyle and it went MAD. His cheeky character, the wicked lyrics and the freeness of it all made this random stop in car park a hit. You can hear this kind of freestyle in the bashments from deejays on a regular, but a worldwide stage... crazy! -

He's consistently pushed out more and more music since he blew up and he's shelled stages up and down his home country establishing some real artistry proving he is so much more than a 15 second video.

3. SQUASH 'AMBALA' Similar to 1Biggs, Tik Tok found this song and ran wild with it. Squash the 6ix boss has been one of my favourite artists for a while now, and this song cemented his place in my list.

Jamaicans are known for their dancing styles and trendsetting ways, so this was a perfect song to show the world exactly what we do.

The dance routine was done in the clubs, at schools, on the roadside, in living rooms, on the beach, at brunch... anywhere you could imagine someone somewhere was having a badman party.

4. ASAKE FEAT BURNA BOY 'SUGNBA' (REMIX)

The rise of Amapiano is something no-one can deny. A genre of music that is so perfect you can't help but love it.

There's something deep in the soul of Amapiano that is the perfect recipe to feel good. Even if you don't know the lyrics, don't understand the words, you can feel the soul, right? The Sugnba Remix became one of my favourites from the moment I heard it, swiftly mixed from one song into the next I knew this song was special.

Every single part of this song is a vibe, the language, Burna and Askaes voices, the strings, the drums!!! the sing-a-long-ability, because really, tell me what you see when you look at me?

5. TYGA FEAT JHENE AIKO & POP SMOKE

'SUNSHINE' Curveball. Something softer, and a little sweeter.. but a perfect close to a perfect summer.

The most recent of the songs on my list so it had less time to thrive in the summer streets. A cover of the classic Lil Flip 'Sunshine'. Jhene Aiko's voice is *perfect* for this throwback. The nostalgia in itself is already something that would instantly make you fall in love with this song. Tyga gives some cool, natural flows, and it always amazing to hear a new verse from the late great Pop Smoke. All tied together to create something some chill and pure, with a sprinkle of sunshine weather. Nothing too strong, not the scorching hot heat in the middle of august, but more the calming breezy vibe of a early September evening.

This summer soundtrack is my - drive home after the party kinda vibe.

IG: @Shaynatmarie



illustration by SARAH HAMER

BUILDING COMMUNITY WITH THE ASSOCIATION OF JAMAICANS TRUST

🐢 "The bonds between people make us feel at home even when we are far from it."



The Association of Jamaicans (UK) Trust has plenty of fun events and opportunities lined up for the Jamaican community. Since 1962, we have led efforts to increase connections among Jamaicans in the United Kingdom through community-led activities all year round. Jamaicans are encouraged to become members to add their voices to the work being done to make life more equitable for Jamaicans abroad and at home.

Once you sign up to become a member through our website, you can attend weekly, bi-weekly, and monthly meetings where you'll meet Jamaicans from the community and share experiences. The bonds between people make us feel at home even when we're away from home. That's why we're passionate about providing a sense of community to members because it improves well-being and quality of life.

We also offer chances for socialising with members of different generations. Our Katunza (meaning 'to Care') Befriending project ensures elderly Jamaicans in the UK have someone to be their caretaker. Our project also supports vulnerable and isolated individuals.

In addition to gatherings, members get access to our Classical Concert in May/June. Proceeds support musicians and go towards the National Youth Orchestra Jamaica and our other activities. This encourages the younger generation to pursue creative outlets and meet like-minded individuals. There's also the National Coach Summer outing and the Annual Anniversary Celebratory Fundraiser in August.

Stay tuned for our Christmas gathering in December.

Interested in becoming a member? Be sure to check out our website and contact us if you have any questions.

**AOJUK Contact details: Email: info@aojuk.co.uk
Website: www.aojuk.co.uk
Facebook: The Association of Jamaicans UK Trust
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LIFESTYLE

FASHION // WELLBEING // CELEBRITY

OH MY DAYES! WHAT ARE WE WEARING?

by ANNALIESE DAYES

“This is why I use my social media to encourage women to have fun with fashion, to play around with style...”



*“Utterly gorgeous”,
“Immediately striking”,
“Ground breaking”
These are all quotes to
describe the amazing
“Africa Fashion”
exhibition currently
being displayed at the
V&A until April 2023.
And it’s no wonder that
this celebration and
explanation of African
fashion from across
this vast continent has
received such praise.*

My name is Annaliese Dayes, TV presenter, personal stylist and fashion content creator, and I was lucky enough to be invited to the opening of this glorious exhibition, which somehow manages to complete the near impossible task of capturing the fashion essence of the second largest and second most populated continent on this planet. The posters I was seeing on the underground had me at the jump! Striking to say the least; bold, sky blue background with “Africa Fashion” written in simple yet effective font. Adorned with an image of a beautiful afro wearing woman, hands up to the sky, looking as though she is thoroughly enjoying her lace and feather outfit. I knew this was an exhibition not to be missed. I was pleasantly surprised to see that this was being showcased at the world’s leading museum for design and art, the Victoria & Albert Museum, South Kensington, as opposed to a smaller, less famous venue that I used to travelling to for events of this kind.

Curator Christine Checinska has done an amazing job of taking the audience on journey from the mid-twentieth century to the present day;

from Senegal to Nigeria, Mali to Ghana and everything between on this glorious continent. She explains that her intension is to “wrap you in the world of the African fashion scene” and that, she definitely does. More than 250 objects are on display, accompanied with the stories behind them, the insights and inspiration from the designers, together with sketches, editorial spreads, photographs and catwalk footage. My personal favourite area had to be the Cutting Edge Floor on the mezzanine level where I felt the extravagant, detailed filled designs came to life on mannequins that I could personally relate to, melanin rich with curves in all the right places, with hairstyles to match! I thought it was rather fitting to start this article with this shining example of how Black fashion deserves to take centre stage in the global fashion scene; and how gone are the days of this aspect of the culture being ignored or underrated. I would wholeheartedly recommend this exhibition to anyone who has the slightest interest in fashion, history and pretty things!

After coming down from my fashion high and reflecting on the experience I had at this deeply interesting exhibition, I discovered that up until now, there hasn’t been a single exhibition in the UK retracing Africa fashion from an African perspective. So who is it, that’s telling the Black fashion stories?! That’s a question for another time! More interestingly, I found this quote from Ghanaian sculptor, El Anatsui, “Cloth is to the African what monuments are to Westerners” and I realised how true this state-



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ment was, how monumental clothing really is and it led me on an entirely new journey to find out more about the history of Kente cloth.

HISTORY OF KENTE

Originating from Ghana centuries ago, weaving Kente cloth is a cultural tradition of the Ashanti people and the fabric was used to exclusively dress kings and their court. When you run the fabric between your fingers, you can feel the craft, skill, and history behind it. Of course, you'll first notice the saturated vibrant colours, the yellows or golds, the greens and blues. Woven by hand using a wooden loom, the rows of patterns on the front of the fabric are identical to the back. But they aren't just patterns, they are words, wise words, proverbs that can be read if you know what you're looking for. Each block, pattern and colour has a distinct name and meaning and the cloth often includes Adinkra symbols, which represent sayings or concepts. I hadn't even realised that I'd been seeing Adinkra symbols in lots of places but most specifically on my trips to Ghana, in logos, fabrics and pottery. There I am thinking they were just pretty designs only to find out that these symbols had all types of deeper meanings. One that I specifically enjoy and is an often used Kente pattern is, in Twi, "Woforo dua pa a na yepia wo". It means "When you climb a good tree you are given a push" or metaphorically speaking, when you work for a good cause, you will get encouragement.

It's no doubt that Kente is a fabric with a story and meaning behind it. Originally made from silks, but today is also made from cotton or rayon blends. Kente is arguably the most well known textile export from the African continent to the western world, with mud cloth and African wax prints close by.

As they say, you gotta know where you've come from to know where you're going! "African fashion is the future. African fashion is now", says Omoyemi Akerele, founder and director of Lagos Fashion Week and personally I'm going to extend that to Black fashion as a whole.

The impact that fashion has had on my life is immense. Starting on the career path of modelling at the tender age of 12, really opened my eyes to the possibilities of fashion and while I was no means a teen supermodel, posing for high end designers; I did do my fair share of commercial advertising and one of the most exciting parts of that was finding out what I was going to be wearing.

Some people may look at fashion as a superficial thing, unimportant to life; maybe they see it as judging a book by its cover (which we all do by the way! Intentional or unintentionally). But for me, it's so much more than that. I see it as a tool to build confidence, a tool for manifesting the life that you want. Edith Head, award winning costume designer famously said, "You can have anything you want in life if you dress for it!" And I fully believe that to be true. Dressing is a way to express yourself and break out of confinements in a world that loves to put people in boxes. This is why I use my social media to encourage women to have fun with fashion, to play around with style and utilise their own wardrobe;

through fun, uplifting videos filled with fashion inspiration, styling tips and lots and lots of giggles. I do this in various ways, using slick transitions to emphasise an outfit, talking to camera sharing fashion hacks and even styling my gorgeous mummy, who has started to find herself again through fashion with a little help from me.

"Kente cloth is a cultural tradition of the Ashanti people... used to dress kings and their court"

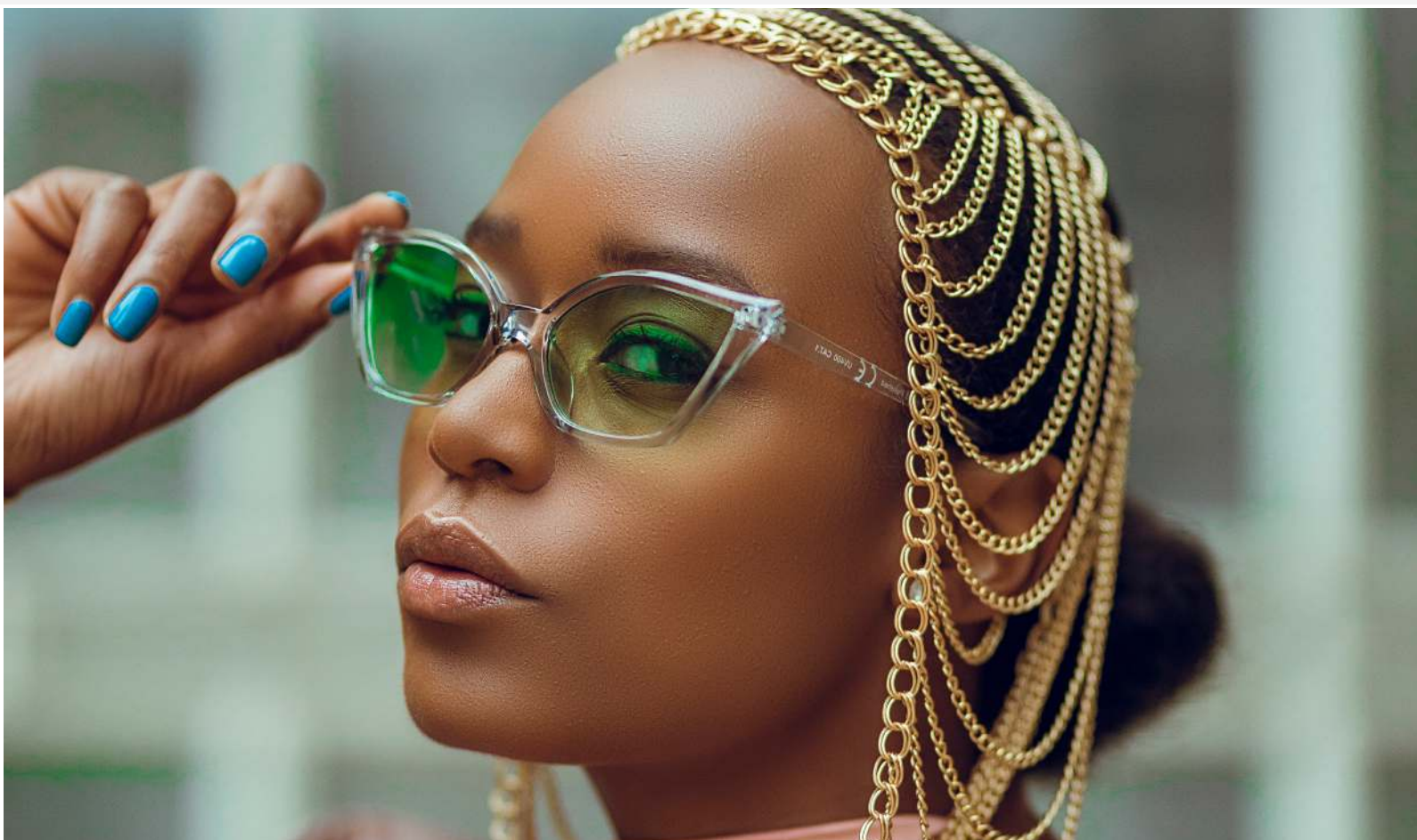
This is also why I chose to qualify as personal stylist. I wanted to take my eye for styling to the next level by learning exactly why the choices I instinctively made helped to create a "better" outfit. And wow, did I learn so much from The London College of Style; body shapes and sizes and how they can impact a silhouette. How small changes/additions can help to create the perfect capsule wardrobe and how to stay true to yourself and your style personality, while elevating an outfit.

The last one is a big one, because I believe developing your personal style is how we as a society can help move towards more sustainability within the fashion industry. Did you know that fashion and textile industry is the second largest polluter on the planet? We buy more clothes per person in the UK than any other country in Europe. Around 300,000 tonnes of used clothes are burned or buried in landfill each year. And that's basically because we are consuming more and more, while keeping our clothing for shorter periods; which is driven by fast fashion brands who encourage consumers to jump on every single micro fashion trend that they can offer us and discard clothing without a thought when the next trend presents itself, all in the hope of trying to stay "fashionable". When really it's your own personal style that is going to keep you looking good time after time; dressing in pieces that simply, make you feel good! Shopping your own wardrobe and being more mindful when making fashion purchases. You can ask yourself; does this suit my personal style? Do I own something similar to this already? And most importantly, can I think of at least five different ways to style and wear this item? Really ask yourself: what am I wearing? why?!

During the lockdown, I was that content creator who would order a whole bunch of clothing, film a video, and send most of it back without a thought to the impact that was having (shhhh don't tell ASOS). Most returns don't actually go on to be resold and end up being destroyed; I was told this by the head of sustainability at ASOS himself! Now, I'm not against shopping, I'd say it's one of my favourite hobbies, but I knew I had to make a change. I now make an effort to shop more consciously, buying from charity or vintage shops, using apps

FASHION // WELLBEING // CELEBRITY

LIFESTYLE



like Vinted to buy secondhand, and selling items I no longer want. We can even rent pieces for those special occasions instead of committing to that fancy dress that you'll probably only wear once! And then when I do buy something new, I want it to be a quality piece that I will cherish for a long time and it's the cherry on top if I can support a Black business while doing so.

Which nicely brings to a list of just some of the Black owned fashion brands that I love....

TONGORO www.tongoro.com @tongorostudio

A favourite of many huge celebrities including Beyonce, Alicia Keys and Naomi Campbell. Tongoro is the fashion label created by Sarah Diouf, who is taking the fashion world by storm. 100% designed and produced in Dakar, Senegal, her ready to wear collection focuses on offering playful, unique apparel that makes an impact.

STELLA JEAN www.stellajeans.it @stellajeans_j_

I found out about this Italian designer while doing some research for my personal styling course and I fell in love instantly. She is the only Afro-European member of the Italian Chamber of Fashion and takes her inspiration from her Haitian background. If you're looking for colour and vibrancy, this is your lady. Her colourful designs are on the more expensive side but she also did a collaboration with Desigual, which makes owning one of her pieces much more attainable.

KAI COLLECTIVE www.kaicollective.com @kaicollective

Kai Collective is a London based brand of attainable cloth-

ing with luxury aesthetics, founded by Fiasco Longe. One of their most sort after collections features the Gaia print, inspired by the definition of the word "Kai", meaning Ocean or Oceanic in Japanese and Hawaiian. The Gaia print was how I got to know Kai Collective and it's been an obsession ever since. I love to see my London girlies win!

TELFAR GLOBAL www.telfar.net @telfarglobal

If you're not familiar with American designer Telfar Clemens, I bet you've seen his famous shopping bags that create an internet frenzy every time they drop, resulting in almost instant sell outs! Keep an eye out for his, *Secure The Bag* programme, where you have 24hrs to pick your colour and size, then that bag is made to order just for you. It excludes his collaborations with Uggs, Eastpack, Converse, and more, but those are worth a look too.

It is clear that the fashion industry does have a long way to go in terms of diversity, but it is changing and I do want to acknowledge that I have indeed seen changes, from me starting my modelling career at 12 years old always wondering why I was the only girl who looked like me on a shoot, to today where we have outstanding Black designers who are true players in the global market and iconic change makers, like Edward Enninful, the first Black editor in chief at British Vogue who are pushing for diversity every day.

It doesn't really matter where you shop, as long as you love what you wear, feel amazing in your clothes, and don't see them as disposable. I hope you've enjoyed this article and have a fabulous Black History Month! And remember to always ask yourself: What am I wearing?

www.annaliesedayes.com

@AnnalieseDaye

LIFESTYLE

FASHION // WELLBEING // CELEBRITY

SUPPORTING THE NEXT GENERATION OF MUSICAL TALENT

 Turtle Bay x Youth Music - Supporting the next generation of music talent.

by **BEN HIBBARD**

Over the course of the last year, we have been partnering with Youth Music, a nationwide charity that believes every young person should have the chance to change their lives through music. Their insights, influence, and investment in grassroots organisations and to young people themselves means that more young people can make, learn, and earn in music.

We have been supporting their NextGen Fund, a grant for musicians at the start of their career, and wider music creatives such as producers, photographers and, event promoters of up to £2,500. The fund is especially aimed at people who want to launch a project, idea, or business for those whose lack of finance holds them back from pursuing their goals. It is open to 18–25 year-olds (and up to 30-year-olds who identify as disabled) who live in England, Scotland, Wales or Northern Ireland.

Youth Music believeS that every young person should have the chance to change their life through music and that is truly

inspiring, creating an inclusive space where young people feel a sense of belonging, where they can learn, grow, and nurture their talent whilst pushing the boundaries to promote inclusive music education. We have committed to contributing to the funding of their NextGen programme.

We are honoured to be part of a truly inspiring project that gives young people the chance to change their lives through music. Music is such a huge part of who we are at Turtle Bay, as reggae, ska, dancehall, soca, reggaeton, and so much more make up the soundtrack that delivers good times to our guests as part of our One Love DNA. Music holds so much power and we are excited for this partnership to unfold and support up-and-coming talent, and we can't wait to see how the cohort develop over the course of the Next Gen programme and beyond.

For more information on the Turtle Bay Next Gen Cohort: <https://turtlebay.co.uk/discover/music/turtle-bay-x-youthmusic>



(Imagery provided by Turtle Bay)

FORGING NEW SPACES

 Jewellery designer Sylver Eulalee Mair gives an insight to her work, design inspirations.

by **SYLVER EULALEE MAIR**

When I was five years old, my father gave me a collection of my late grandmother Eulalee's big, bold statement jewellery and a collection of old photos of her featuring her colourful, expressive, personal style. As a child these I fell in love with these images and pieces and they became the catalyst for my creative career.

My name is Sylvester (Sylver) Eulalee Mair and I am a 22 year old, Black-British Caribbean, non-binary jewellery/fashion designer and artist studying BA Jewellery Design at Central Saint Martins. I represent the intersection between art, design, and sustainability delivered with social commentary. I focus on shedding light on topics overlooked in life, that are personal to myself, and other marginalised communities but can be understood by a wider mainstream audience. I aim to create beautiful pieces sustainably, so people engage with the works triggering uncomfortable conversations stimulating social change. My inspiration comes from studying the past to imagine new futures as I believe the Black experience comes with such rich nuance and histories that are erased presently.

For too long, the world of jewellery has excluded Black jewellers from having a seat at the table. Ironic, considering the gemstone, silver and gold trades are heavily built off of African resources, labour, and exploitation. The art of adorning oneself is a concept highly familiar to Black peoples and Black aesthetics have been responsible for plenty of key pop culture moments in the Western jewellery sphere. From elaborate beaded and jewelled braided extensions and opulent decorated nails to massive hoop earrings, chains, and 'drip', African and Caribbean adornment has always pushed the boundaries and provided constant inspiration for Western fashions. For example, the iconic J'adore Dior perfume bottle was inspired by golden coiled neckpieces worn by the women of the Kayan Lahwi Tribe to elongate their necks.

Unlike art and fashion, the jewellery community is somewhat behind in its acceptance and

amplification of Black voices.

Maybe it's because Black notions of adornment have become lazily misbranded and synonymous with 'ghetto' aesthetics. As jewellery is historically and socially about wealth, power, and status, this neglect of Black contributions to the jewellery landscape is reflective of the social and political discourse surrounding Blackness as a whole. But there is a new wave of jewellers seeking to reclaim narratives, shift the understanding of history, and shake up the jewellery game in the UK and beyond, bringing culture, creativity, and a new history back to the forefront. Crucible is a platform created by multidimensional artists Roxanne Simone, Finchittida Finch, and Kalkidan Hoex and serves as a "a vessel for culture-shifting conversation and creativity, recalling the fire and heat withstood by the melting pot." Its aim being to highlight "the voices of the many unheard and swiftly growing toward a new way of representing the life & work of Black, brown and Indigenous people of colour." Alongside these three, there is a cohort of multifaceted artists and jewellers - including Siobhan Wallace, Ayesha Sureya, Cassandra Lauren Gordon, and myself.

The collective's recent exhibition 'Precious Materials' curated by Roxanne Simone was the first of its kind within the 40th anniversary of the Goldsmiths fair and featured works by a range of young talents from different racial and

social backgrounds. This exhibition represents a shift of perspectives towards Black jewellers in the UK.

The time has come for a shake up of the the jewellery scene, with Black designers building their own tables whilst simultaneously demanding the doors protected by the old guard be opened for us to take up space and take our place.

IG: @eulalee.studio

(Imagery provided by Sylver Eulalee Mair)



STORMZY MADE US DO IT

🐢 Stormzy's 'Mel Made Me Do It' Celebrates Black British Culture In All Its Glory.

by YEMI ABIADE

In September, Stormzy made his grand re-entry into the UK Rap scene with his new release 'Mel Made Me Do It.' Clocking in at over seven minutes, the track, named after his stylist Melissa Holdbrook-Akposoe AKA, Melissa's Wardrobe, sees Michael Omari floss on us mere mortals while exhibiting supreme wordplay, flows, and delivery to reclaim his status as the king of the UK's Black music scene. There is talk of buying Rolls Royces, Lamborghinis, and £20,000 shower heads while bumping into the heir to the British throne, Prince William, in the gym. Must be nice. But beyond the flexing, the track's significance was soon engulfed by its visual and emotive power, because the accompanying video, an epic 10-minute opus with a superstar cast, carried with it a greater meaning. With appearances from Jamaica's sporting king, Usain Bolt, football manager Jose Mourinho, documentarian Louis Theroux and a host of others, Stormzy pulled out the stops to give his comeback an extra special dose of pageantry.

Towards the end of the video, though, something happened. Dressed in all white, the South Londoner gathered several figures from the past, present, and future of Black British music and culture to bask in the glory of a scene they've all had a hand in carving out over the decades. It was a glorious image packed with importance, a nod to the indelible contributions by a select few to our presence on the world stage. There was Jazzie B, brains behind the cult UK group Soul II Soul which altered UK Black music's sonic possibilities in the late 1980s; Ian Wright, one of the purest footballers these lands have produced; Jenny Francis and Trevor Nelson, legendary radio broadcasters who have showcased UK Black artists aplenty; Gabrielle, R&B royalty; Malorie Blackman, a literary titan and Megaman, who brought UK garage to a wide audience as

part of So Solid Crew in the early 2000s.

This symbolic motif transitioned into the appearance of the newer generation of history makers within Black British culture: musicians such as Dave, Headie One, Little Simz and Tiana Major9, broadcasters like No Signal and fashion designers such as Clint, head honcho of Corteiz. A literal and visual passing of the torch moment. Gathering so many of our heroes to the soundtrack of actress Michaela Coel's poignant spoken word section written by rapper Wretch 32, 'Mel Made Me Do It' carves out a direct line of Black British history, placing emphasis on every aspect of the journey.

The beauty of all these figures gathered around Stormzy—white umbrellas in-hand – is Black excellence at its finest, a marker for generations past and present and a memento for future generations wanting to follow the path laid out. The video speaks to the resilience of Britain's Black community in a land that hasn't always loved us, to the idea that, even in the coldest of landscapes, where institutional racism, injustice, and prejudice continue to plague the social fabric, we innovate, we endure. We redefine the Black experience through our own actions and willpower, changing the perception of what is possible for us, our children and our, children's children. Stormzy's 'Mel Made Me Do It' is a testament to the joy that UK Black music, culture and history has given to the world.

IG: @Yemitheabiade



(Image provided by Andrew Timms - IG: @Timmsy)

(Rapper, Stormzy, appears front and centre amongst fellow Black British greats)

To you, My Love

Birthed within the beauty of a life filled with the hands of
 the other that spread wide like a mother's swollen pride
 I was born adorned with shea butter and coconut milk,
 Tradition wrapped around me like silk
 My hair coiled with oil dripping from leaves and trees,
 My heart beating the pace of strength, sacrifice and
 belief
 I was born positioned to give, in a posture so wide
 spread I had no choice but to be vulnerable; to be
 strong; to be expected and presumed upon
 I was born to bear fruit with seeds waiting to be watered
 and nurtured
 My womb filled with possibilities
 Overflowing with complexities and the currencies of
 how we grasp the souls of society
 I had the seeds of life growing and dying within me - a
 cyclic nature of humanity
 I was born set apart, set secluded, set different
 Set beyond my means in a constant aspiring reach...
 to be good for you
 Set as the foundation of a community I did not choose
 but fell in love with as it sang me the blues; as it told me I
 could not move, that I could not improve
 I was born bound in a sacred love affair that put me on a
 pedestal whilst ignoring my waking desires
 I was dancing with my soulmate whispering sweet noth-
 ings as it called me royalty
 But the role of my life was set out for me to lay bare my
 heart and breathe life to those behind me; after me
 Honour those before me
 Protect those beside me

I was born in hurting and healing, a tug of tension that I
 somewhat enjoyed

I was chosen to be a beacon of life that from me springs
 a spectrum of being

And from my point of seeing I cannot extract myself
 from this positioning
 To you, my love

I hold no grudge though my scars lay my heart bare
 I hold no grudge as my fruits blossom towards the sun's
 stare

I hold no grudge though I sacrifice my desire for a fire
 that I must light within each of you

I hold no grudge as those who spread their hands out
 before me did not too

I am merely a vessel for the plan of a greater good
 And how great a plan to create the world from a woman
 whose skin absorbs all energy and shields the broken
 shards of humanity

I was born.
 My head thrown back in a joyful cackle
 My heart alight in a magical flame
 My soul yearning for something more

I was born
 In a community that doesn't love me always but I will
 always love

To you, my love
 It is with great pleasure I stand for you,
 with you and by you

Absorbing all you believe is true and awaiting my dues.

words by IMELDHA ELONI

@SADGIRLIMS



www.blackgirlsunscreen.com



THE GROUP CHAT GETS A CALL

words by INDIRA TOUSSAINT

(Imagery provided by Indirah Toussaint)

“Gurrllsssss”

Bounces from snickering speakerphone lips
a grin already laminated on lips
she doesn't say

“Girls”

the high-pitched trill has us line up salon chairs,
spun in attention for her next words

Simmy, a braider
by nature
cornrows the story
of her Friday night
antics

She;

Untangles the knotted history of her
babe, there was that time and that time
and that time

We say
“Oh that babe”

Parts environment from feelings from body
from pulses from “what was playing in the
background”

We fidget
with impatience

Greases the thought process on either side,
“I was thinking yaaa and I know they were
thinking yaaa”

We sit
on the edge of seats

Braids and twists and weaves how they
intertwined, details dangle like beads
gold + glistening

We fallback and cackle all together
“Wait wait wait” as the speed of her
braiding takes up all the oxygen

She steps back
Examining her neatest work
Our reactions let her know
It is her finest work yet

Beep beep beep

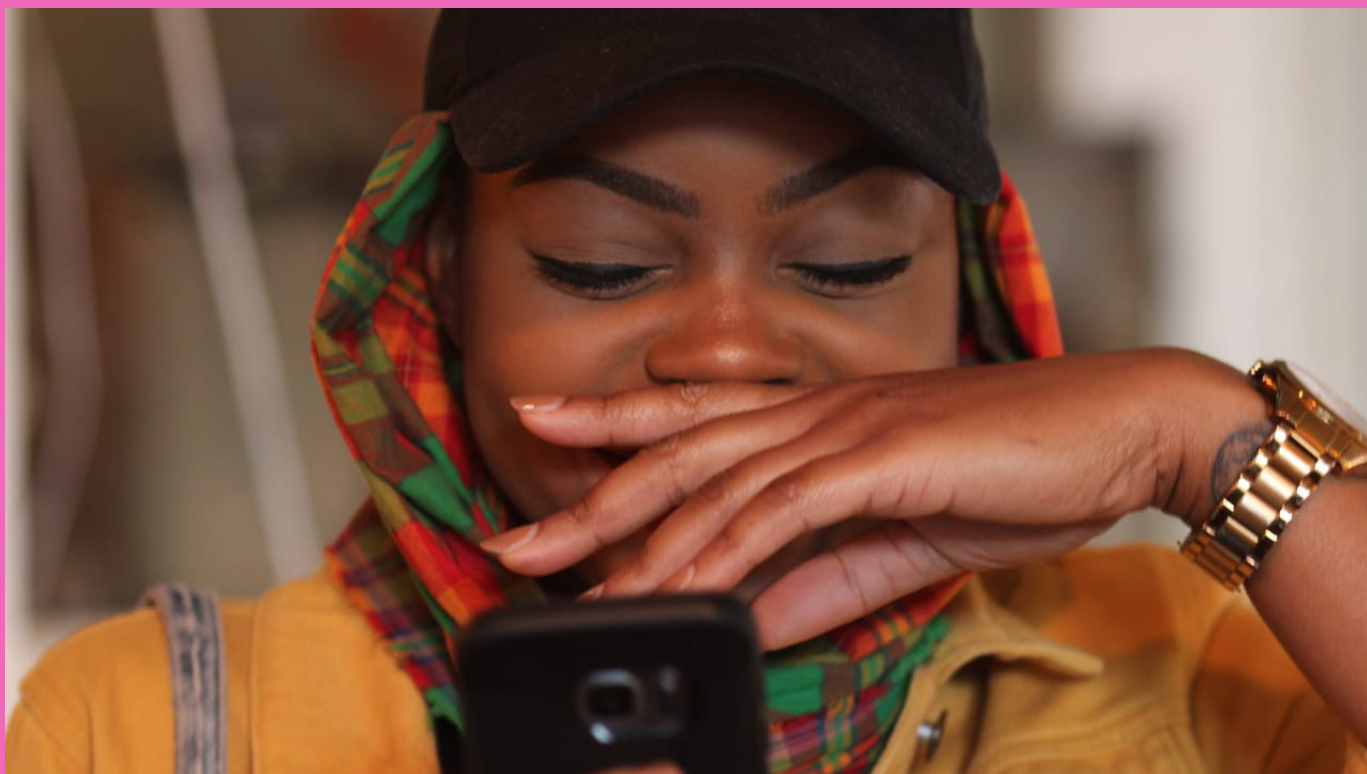
Simmy's screen greys over
and
on her return a
devilish smile tells us
we'll be hearing about
Saturday night's
antics

Before she leaves
she confesses
to God is a woman
because she once braided Her hair
and God said

“Gurrlllllllllll”

back at her.

IG: @Indii45



BROTHERS TAKING NATURAL FLAVA RECIPES ACROSS THE UK.

 A submission from our collaborators at The Gleaner

by **GLEN MUNRO**

Social media sensations Craig and Shaun McAnuff are sharing their treasured Jamaican recipes to fans during a whistle-stop tour across the United Kingdom. The brothers' journey across the middle and northern cities of the UK, including Birmingham and Leeds, coincides with the recent launch of their new book, *Natural Flava*.



The chefs from South London, whose Jamaican grandmother taught them how to cook Caribbean cuisine, have 163,000 followers on Instagram. Their latest entry into publishing contains over one hundred delicious vegan recipes, many of them inspired by Jamaica's Rastafarians.

Commenting on *Natural Flava* Shaun reveals the motive for publishing a second book. He said, "Most of the African Caribbean community are meat eaters. We're not trying to tell people to be vegans. We're not militant and I don't think that's the best way to introduce things to people. We are encouraging the introduction of vegans dishes two or three times a week."

Natural Flava showcases dishes such as Rasta pumpkin pasta, aubergines stuffed with spicy gungo peas, green banana curry and sweet potato and chickpea peanut stew, with jollof rice. Discussing the rich variety of vegan recipes found in the book Craig said, "We wanted to show our community and the world how you can use different Caribbean-based vegetables, and everyday vegetables as well, with added flavour. We wanted to show there is more to Caribbean cooking than just jerk chicken."

Shaun has noticed that his mother is enjoying the health benefits of a vegan lifestyle. He said, "She had type two diabetes, high blood pressure, but managed to control it and eradicate it as well. She lost so much weight, her skin's glowing and she's happy. She's loving it."

Natural Flava follows the release of Craig and Shaun's first cookbook, *Original Flava*, in 2019. It contains traditional and new recipes from the Caribbean, from street food chefs

and members of the McAnuff family. Before the publication of Craig and Shaun's first book in 2019, the brothers made a pilgrimage to Jamaica, where they discovered an array of fruits and vegetables which became the basis for *Natural Flava*.

Reminiscing on the experience of visiting Jamaica, Craig said, "Our trip to Jamaica was a life-changing experience and it opened our eyes to cooking in a different way. On our trip, we visited vegan cafes in Negril and were amazed by how much natural food was so flavaful and delicious. We remember stopping at the café on Seven Mile Beach and ordering a meal which consisted of stew peas, curry tofu, rice and peas and cabbage and it tasted amazing. "It was one of the best meals we had. We realised that Jamaica was filled with delicious plant-based recipes."

Gang violence could have easily marred the success of the young brothers. Craig recalls: "Growing up in south London, you're faced with that challenge," he said, speaking of gang culture. "You get caught up in that sort of life, and then you're affiliated with people outside of your circle, and then you're known as a gang, and then you have to build up that credibility, and not show your weakness."

The younger McAnuff brother remembers being on a bus with a group of friends when a gang-member accosted them with a gun. Recalling that moment he said: "I started to laugh at him, because I thought it was a fake gun. At the time I was a fearless young man."

Craig believes the incident was a turning point in his life. Both Shaun and Craig now visit schools, where some kids face the lure of becoming gang members. They talk about their experiences and run cookery workshops. "We understand the struggles that young people face when it comes to this sort of thing," says Craig. "We try to teach young people how to have the no-fear attitude, but in a positive place." A lot of the brothers' positivity and drive can be attributed to the support of their grandmother. Shaun said "Our nan [Lurline] is our inspiration; she's an amazing lady. She's actually more popular than us now! She literally gets stopped on the street."

Shaun and Craig spent their summer holidays being trained by their grandmother to make staple Jamaican dishes like ackee, salt fish, and mackerel rundown. Their YouTube careers in their later years was possible because their nan allowed filming in her home.

IG: @Originalflava

(Imagery provided by The Weekly Jamaican Gleaner)

SUPPORTING OUR STUDENTS

 A message from our E&I co-ordinator

by **CSENGE MARO**

We at Turtle Bay are proud to partner with the UK African Caribbean Society (ACS). With more than 50,000 student members in universities across the country, ACS are dedicated to celebrating and supporting Caribbean culture and its young communities.

We would love to build more relationships with university societies and students across the country – if you'd like to find out more, e-mail me on Cseenge.Maro@turtlebay.co.uk

"Through our partnership with Turtle Bay, we hope to spread the "one love" culture that they embody through good food, good music and a celebration of Caribbean culture!"

London School of Economics, ACS

"ACS is an active part of society; we aim not only to build safe spaces for black students to have healthy discussions but also to waver some changes in our community."

University of Bristol, ACS

WHAT BLACK HISTORY MONTH MEANS TO ME

by **EMMANUELA ADEBISI (UoB ACS)**

In the past, I have been a harsh critic of Black history month in the UK. My view was simple - Black history month was a tool to placate Black people. To me, Black History Month was an ancient DVD of 'Roots' played in front of a classroom of horrified students. To me, Black History Month was a record of our pain. To me, Black History Month was an emotionless eulogy. Nothing more, nothing less. "Black History Month should be every month," I reasoned. As a person who regularly researches about Blackness, I felt justified in my self-righteousness.

There is still validity to my previous opinion. The British educational system focuses on a narrative of American-based slavery. This absolves Britain of guilt for their deplorable crimes and erases the narratives of Black-British people from history. This needs to change for the new generation of Black youth as they face a contemporary brand of anti-Blackness. They need to recognise that they are worth learning about. And to accomplish this, they need a balanced (and accurate) Black history month curriculum.

When I entered university last year, my relationship with Black History Month changed. I decided to embark on a journey of personal research. I visited

special exhibits, I utilised the internet and I (the know-it-all) learned. I became more educated about how Black people from across the diaspora made Britain what it is today. From the NHS, to the original punk movements, to the way that our language is now constructed.

The point of this think-piece is not to list off facts that have been expressed in infinitely more insightful ways in other texts. The point is that my opinion has changed. Black History Month allowed me to go deeper into my own research. This time of the year is distinct because we, as Black people, dedicate our time to learning about ourselves. Our daily lives can be extremely draining. But this month, no matter how occupied we are, many of us will set aside time to learn. Resources become more readily available to us. And we learn about the one thing that matters the most - ourselves. That common experience is what makes this month valuable. Should aspects of it be critiqued? Absolutely. However, Black History Month has come to be a time that I look forward to.

And that is what this time of year means to me.

BLACK JOY: THE EPITOME OF A GLOBALISED IDENTITY ACROSS THE DIASPORA

by SOMTO OKOLI (UoB ACS)

As I've grown into the woman I am today, the meaning of Black joy has changed and moulded with me. Pride, hope, love; these words encapsulate what it means to have Black Joy. This joy is innately in all Black people, from those in the homeland to those across the diaspora. It's hard to believe that a singular shared identity would birth the community I am fortunate to be a part of.

Pride. My heart bursts with pride when I think of the culture, food, language, and music that I grew up with. Growing up in Nigeria and then moving to the UK as a young girl, I was aware of my differences to those around me. Over time, I have realised those differences are like a time capsule of the generations before me. Generations of strong Black men and women who cultivated a culture so vast that has now infiltrated various societies across the globe. I feel Black joy when I listen to songs in my mother tongue. I feel Black joy when I wear my traditional clothes. I feel Black joy tasting the depths of flavour in the foods of my ancestors.

Hope. The road to unmeasured success and triumph in the Black community is vast. When I moved to university, I found my own community in the African Caribbean Society (ACS). Surrounded by like-minded individuals with a shared heritage, I felt like I was at home. In ACS, there is a constant uplifting spirit, one that fills me with optimism of what we can achieve as individuals and together as a community. I feel Black

joy when I support Black individuals around me. I feel Black joy in the triumphs of Black people. I feel Black joy when I see myself represented in spaces I never thought I could occupy.

Love. There is a shared love in the Black community. This love feels so strong even when I am among strangers. I feel fortunate when I think of the breadth of love, care and validation I have received from others in the Black community. I am grateful for Black love and thankful that I get to experience it every day. I feel Black joy when I smile at the stranger across the street. I feel Black joy surrounded by a sisterhood of strong women. I feel Black joy during a warm embrace with family.

Black joy is everywhere. It's in the words we read, the food that touches our lips, the relationships we build. I feel fortunate to be part of a loving community with so much joy, passion and aspirations. It's time to recognise Black joy. It's time to celebrate our successes as a community and recognise the strength we have together. Regardless of where you are across the diaspora, our shared identity and roots are unbreakable. It's important that we continue to uplift each other.

Black pride. Black hope. Black love. Black joy.



University of Bristol, African and Caribbean Society

London School of Economics Students;
African Caribbean Society



THE TRANSFORMATIVE JOY OF VISITING THE MOTHERLAND

 Natalie Morris talks visiting Jamaica and shares her takings from her time away.

by **NATALIE MORRIS**

In January this year, my younger sister and I travelled to Jamaica for the first time.

London was cold, bleak, and even greyer than usual, so stepping off the plane into a face-full of balmy, warm air felt like an instant tonic for the soul. I could feel my melanin spring back to life almost instantly, the chill that had settled in my bones over a relentless British winter began to thaw. ‘Perfect’, I thought, ‘this is just what I need.’ An injection of winter sun, a break from work, some quality time with my sister. However, I didn’t expect to forge a deeper connection with the home of my grandparents and ancestors during the trip. And I certainly didn’t expect it to happen so quickly.

I have always heard stories - on social media, and from friends and relatives - about transformational journeys back to the ‘motherland’. Whether it was Ghana, Barbados or Pakistan, I knew it was possible for people to return to the country of their family origins and feel something akin to a spiritual awakening. They always seemed to talk about these trips in the language of pilgrimage and searching, of deep contemplation and enlightenment. I imagine them trekking off the beaten path to the remote villages of their ancestors, meditating at the foot of a weathered grave, cooking traditional dishes with kindly elders. These stories all sounded amazing, but I never imagined I would experience anything close to that on my first visit to Jamaica.

The trip was, first and foremost, a holiday, and despite our familial lineage, my sister and I planned it in the way tourists would. We booked a boujie hotel in Montego Bay, with excursions to local beauty spots organised by tour guides, and unlimited cocktails included. Sitting by a pool with a frozen margarita in hand isn’t usually regarded as the optimal setting for fostering a meaningful connection to a place.



Stunning views of the islands and surrounding mountains.



Paradise: Holiday snaps from the Carribean beaches!

"THERE WAS SOMETHING IN THE AIR THAT JUST FELT... RIGHT."

We grew up without natural ties to Jamaica. Our grandparents travelled to the UK in the 1960s as part of the Windrush Generation, and when our dad was born he was put into foster care and brought up by a white woman in Portsmouth. Our families never really reestablished a relationship. We knew we had a nana in Jamaica, but we only met her a handful of times during our childhood.

Despite this estrangement, I always felt a pull to know more about my Jamaican heritage. I wanted to get closer to that side of myself, to figure out what it meant to me, where it fit within my wider identity. It was a hole inside me that I wasn't sure how to fill - and without grandparents or aunties and uncles to ask, I didn't know where to start.

As excited as I was to travel to Jamaica for the first time, I didn't have high hopes that a simple visit would help me to connect these dots. Unlike other people I know who have Jamaican heritage, I wasn't going to stay with family, I didn't have that insider knowledge about the country. It made me feel almost fraudulent - as though I couldn't legitimately claim 'Jamaican' as part of my identity.

But within a few hours of landing in the Caribbean, those concerns had dissipated, blown away on the warm ocean breeze.

It's hard to articulate how it felt to finally be in the place that had been home to so many generations before mine. To-

breathe the same air and walk on the same ground. But articulating feelings is literally my job, so I'll try: It felt like being enveloped in belonging, warm and close like exhaled breath.

We didn't have a family home we could go and visit, we didn't have a cousin to pick us up from the airport, or show us where the best beaches were - but it didn't matter. There was something in the quality of the air that just felt... right. It was in the way the locals smiled at us with a knowing warmth, in the questions about our common Jamaican surname, in the women who had similar body types to us - embracing their height and their curves with the confident swaying of hips.

It was tinged with sadness, too. Our dad passed away in 2020. We wanted to be there with him. We mourned the lost experience and we mourned the lost years, the fact that it took three decades for us to make the journey. And yet, this made it all the more pertinent. We were finally forging these connections for ourselves, and we knew our dad would be incredibly proud of us.

I'm going back to Jamaica in November, this time with friends. We're staying in a Black-owned cabin in the mountains and we plan to write and hike and eat locally-sourced produce. If you're looking for an 'authentic' experience, this is about as close as it comes. I'm excited to see a different part of the island and to expand my breadth of knowledge about Jamaica. But I already know there's no 'right' way to visit your motherland, and you don't have to prove that you belong - simply being there will be enough.

IG: @Nmozz

(Imagery provided by Natalie Morris)



GLAM SQUAD NOT NECESSARY: Natalie and her sister look fantastic together in shared snaps.

BLACK BRITISH FOOD FUSION

🐢 How growing up in London with a multicultural diverse background has created a fusion that goes well together.

by JOYCE KUDIA

Black British culture in London has seen a rise in the fusion of African and Caribbean cuisine. Waves of migration over the last 80 years has meant that Black British cuisine has formed and merged to influence what we in the UK would deem Afro-Caribbean food.

This is made evident in the fact that many Black British food businesses have menus that include West African dishes such as Jollof rice or suya alongside Jamaican Jerk chicken etc. This is also seen in the rise of adaptations that introduce traditional foods through new concepts, taking existing foods that are already popular and creating dishes such as curry goat wraps or macaroni croquettes.

London especially is known for its wide range of restaurants celebrating Black nations ranging from Ethiopia to Trinidad or even Congolese food. Historically there were a higher concentration of Nigerian, Ghanaian or Jamaican restaurants, however I am delighted to see that recent times have seen a diverse range of pop ups, restaurants and catering from across Africa and the Caribbean and Latin America.

Ingredients such as yam, plantain, green banana and cassava are staple to a number of African and Caribbean meals. As a chef, the freedom to experiment with these foods in a way that celebrates multiple countries is a privilege.

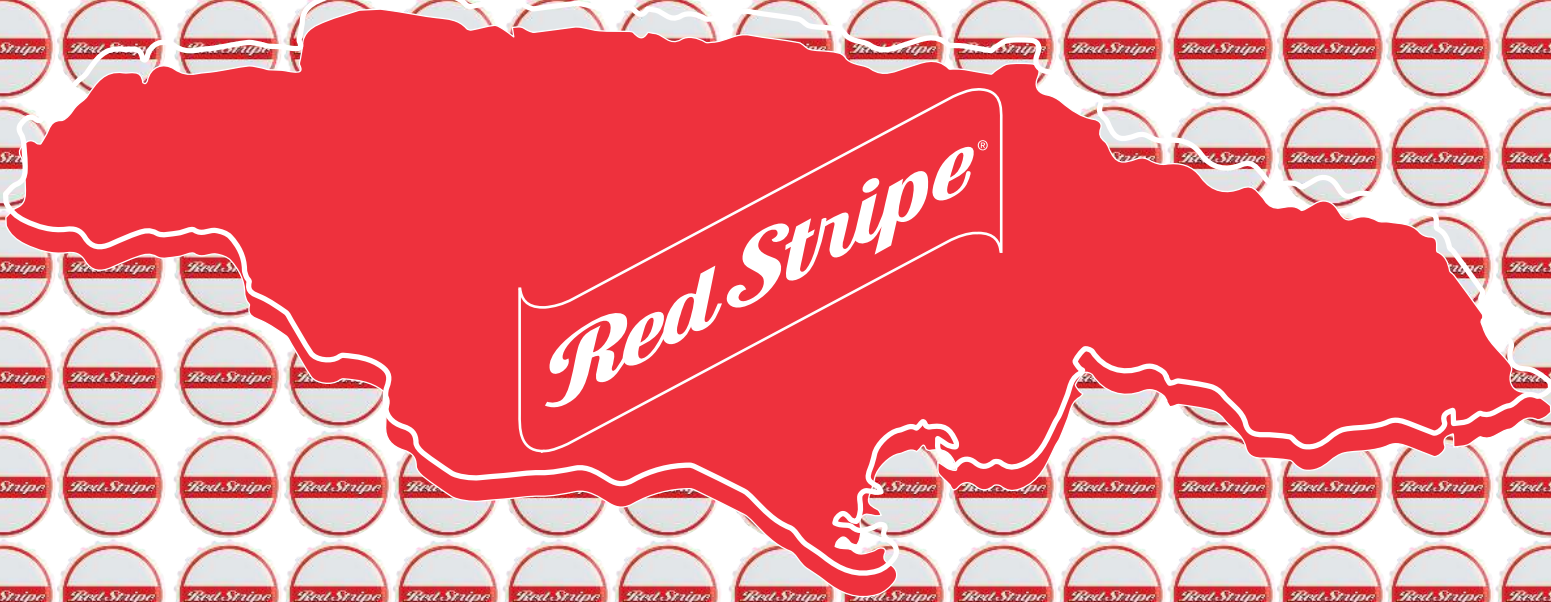
The rise of this fusion has strengthened the bond and heritage of Black diaspora identity across borders, cultures and languages. As a Black British Chef with Congolese heritage my work and palette has also been greatly influenced by my exposure to Caribbean cuisine such as carnival Jerk or attending my West African friends functions and experiencing delicacies such as pounded yam.

Food is central to the culture of a country and one of the beautiful things about British culture is that it has been enriched by cuisines from all over the world. I am proudly Black British, proudly Congolese and proud to have also had this exposure to different kinds of foods. Falling in love with a wide range of African and Caribbean food is the foundation of why I do what I do and I am proud to say continues to inspire my life and work.

IG: @Msjoycek



(Imagery provided by Turtle Bay)



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“THE ROOT IS IN THE FOOD”

 The power of a good home cooked meal.

by **SYBIL DUPZ**

As Africans, and most definitely a Ghanaian family, it's all in the food for us. Food is everything and we'll always serve you up a plate when you come over! Whether it's fufu, light soup, banku, or something sweet, or bofrot... WE GOT YOU!

I remember growing up and always seeing my mum in the kitchen. She'd spend hours cooking up the most flavoursome Ghanaian dishes most days of the week, with one or two English meals in between. As we grew, she had us join her in the kitchen to help with the cooking and taught us how to cook some of our local dishes.

Most of the time, the food was too spicy and mum would say, “You're African, you have to get used to it!” haha. With runny noses and sizzling tongues from the spices, we eventually got used to the heat but all the same it was thoroughly enjoyed by me and my siblings every time with laughter, good memories, and jokes as we sat around the kitchen table.

Food always brought us together every evening in our middle-class abode. Every Christmas with our huge extended family, not to forget the famous African hall parties where everything and anything was a cause for celebration or an excuse to party! That being said, food has and always is the centre of it all.

We always used to look forward to the parties. Mum and her sisters discussing who's cooking what, us as children chatting among ourselves and our cousins getting excited for the next link up and devouring that grand buffet of Ghanaian cuisine, most importantly *drum roll* ... THAT JOLLOF RICE!!! Come on, what is an African party without Jollof?! My Nigerians, Sierra Leoneans, Togolese, and Gambians can all agree I'm sure! Though we are forever debating who makes the best Jollof ... of course it's Ghana, I have to be biased!

Fast forward to now, as an adult and now having my own family, the comfort and joy food brings still remains and we

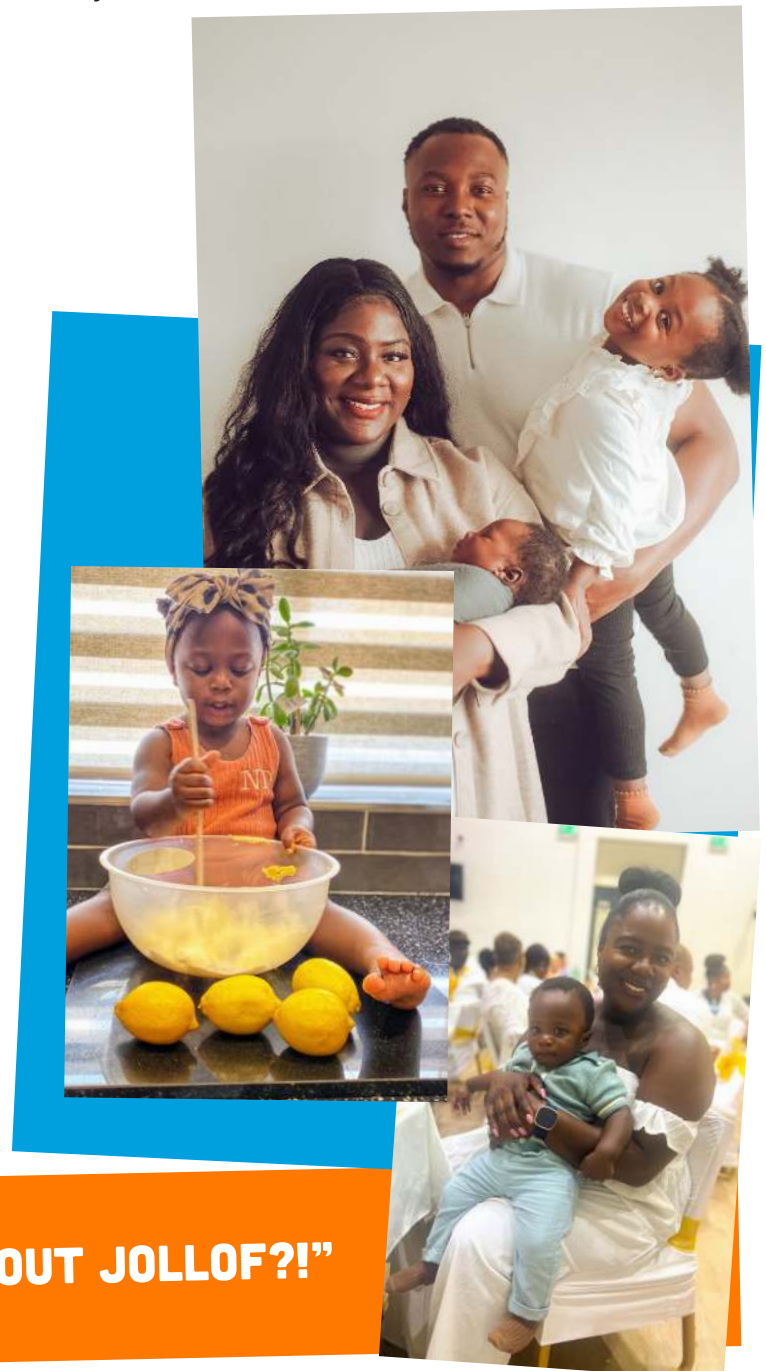
are all now doing just as my mum and her sisters did. Arranging who's cooking what for our family events and it's so beautiful to see how food brings about unforgettable memories, bonds us together, and unites us.

Myself, my husband, and our kiddies love to cook and eat good food. We embrace food from our own cultures and food from around the world. I'm Ghanaian, my husband is Sierra Leonean and we just love food. Food is literally life as you could tell from my Instagram, everyday something different! I enjoy cooking for my family and with my family too. Most days I'm cooking around the children, bits of play in between. Other days I'm spying on my husband while he's cooking away. My daughter also loves to be involved with the cooking whether she assists with baking or helps cut up ingredients, which is lovely as she learns and it also creates memories I will always treasure.

I'm currently thinking about the Christmas menu I'm going to put together for our grand family link up - super exciting!

Food is the root...the root is in the food.

IG: @Nylah18



“WHAT IS AN AFRICAN PARTY WITHOUT JOLLOF?!”

(Imagery provided by Sybil Dupz)

TALKING MONEY WITH YOUR CHILDREN

🐢 Why it's important to talk big bucks with your little bucks...

by TOLA MUSTAPHA

It is imperative that we teach our Black children about money and finances from as young as they can understand. Many of us learnt some sort of financial education when we became adults and usually through the hard way. Did you unknowingly ruin your credit score by forgetting to pay a bill or run into credit card issues by not understanding how high your interest rates are? We have the responsibility to share our knowledge in order to break any negative stigmas attached to money management and to learn how to build generational wealth in our community.

5 ways you can educate your kids about money:

1. Lead by example

Kids learn by observing, therefore it's important to set a good example for them with your own finances. To teach them about spending money wisely, you must ensure that your spending is under control. If you get easily stressed about money or have a scarcity mindset, your kids are likely to grow up thinking that way too. Therefore, the first thing to check is your relationship with money and work on fixing any traumas or poor habits related to finances.

2. Talk freely and positively about money

It is important that you talk about money openly in the home. The more they hear about money, the more they will learn about how money works. Talk about money casually. Doing some online shopping? Compare prices out loud. Allow them to listen in on discussions such as reminders to pay bills, moving money into investment accounts, or saving for a goal.

3. Teach difference between needs and wants

Let them understand the difference between wants and needs. For example, food and shelter are examples of needs, whilst new trainers and toys are examples of wants. It's perfectly okay to have both wants and needs, however, they need to learn how to prioritise in the future to make smart financial decisions.

4. Provide a safe space to save

Teach them how to save by providing a piggy bank or a child friend debit account such as GoHenry. Encourage them to put aside any money they receive in form of gifts or part of an allowance, then use the money to get something that they really like. This will show them how delayed gratification works and how to save for a financial goal.

5. Allow them to handle money

Handling money will allow them to become more familiar with money, thereby increasing their confidence. One easy way to achieve this is by going food shopping with them and allowing them to pay for some items. You could also allow your teenager to pay

a small bill on your behalf and send them the cash. This will teach them responsibility when it comes to money.

Teaching children about personal finance and money management is key to closing the racial wealth gap. It's never too late to teach your children about good financial habits. Make learning fun and light hearted by including them in activities, playing games, and allowing them to have an input with minor decisions. This will also teach them the value of a £ and hopefully will help to foster a good relationship with money in the future.

IG: @Themustidiary



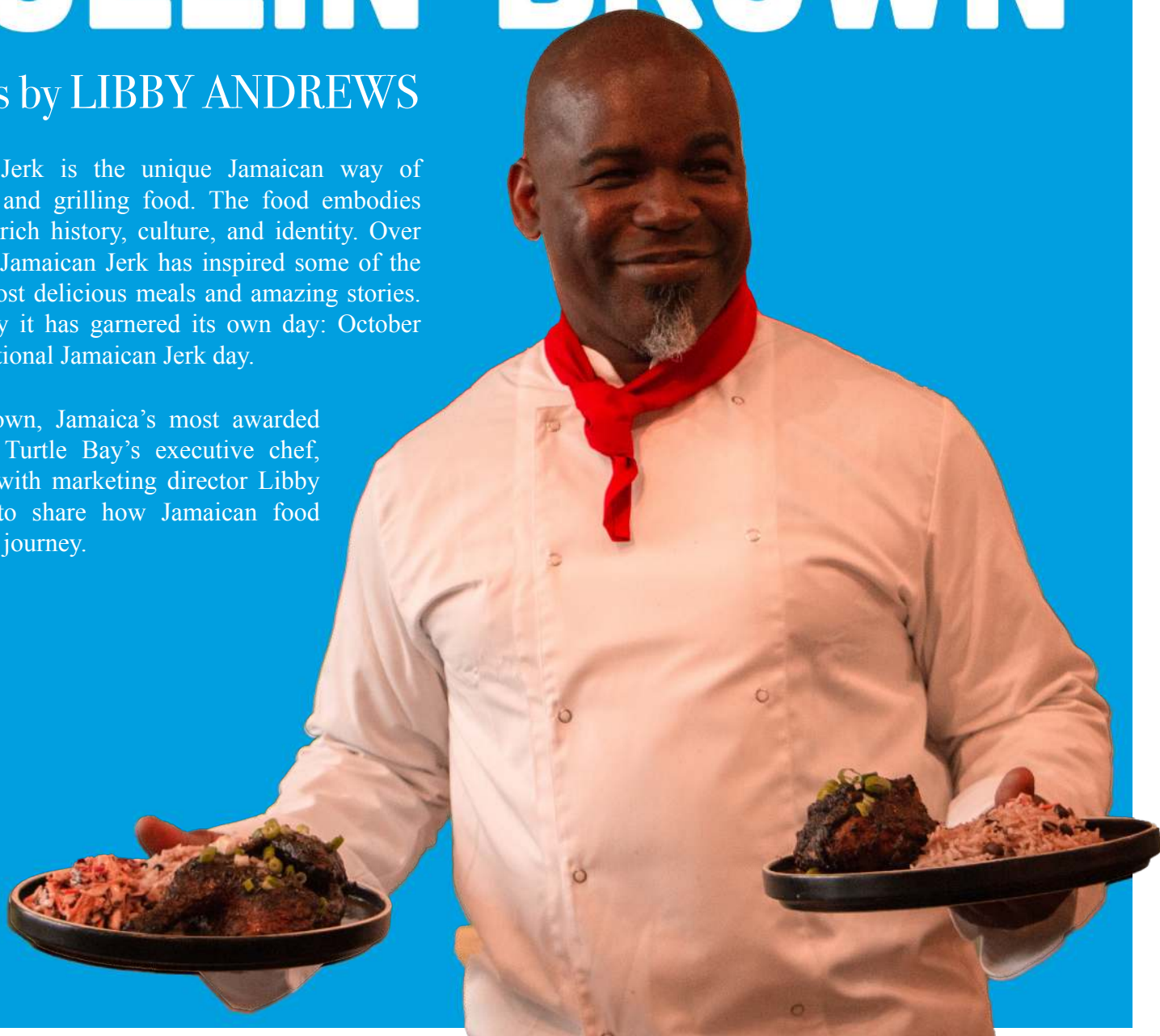
(Imagery provided by Tola Mustapha)

ADDING FLAVOUR TO NATIONAL JAMAICAN JERK DAY WITH CHEF COLLIN BROWN

words by LIBBY ANDREWS

Jamaican Jerk is the unique Jamaican way of seasoning and grilling food. The food embodies Jamaica's rich history, culture, and identity. Over the years, Jamaican Jerk has inspired some of the world's most delicious meals and amazing stories. That's why it has garnered its own day: October 24th is National Jamaican Jerk day.

Collin Brown, Jamaica's most awarded Chef and Turtle Bay's executive chef, sat down with marketing director Libby Andrews to share how Jamaican food shaped his journey.





Born in Jamaica's rural Trelawny, Brown learned to take on responsibilities like doing laundry, cleaning, and cooking from a young age. This was because he was the firstborn of six children. Outside of the home, he cooked with a wood fire at church, moments his grandmother recalled as her proudest.

The motto of Jamaica is “out of many, one people.” Caribbean food is something that so many cultures love and can relate to – that’s because it’s really a mix of indigenous cooking from a few different regions and cultures around the world gathered to create beautiful flavours using fresh ingredients.

By high school, Brown had already gained so much experience in cooking that he excelled and became top of his catering class. He wanted to go to college, but his grandmother wanted him to go to trade school.

When Brown was fifteen-and-a-half, his grandmother put him at the best seafood restaurant in St. Catherine: La Roose. As an apprentice, Brown chose sixteen-hour days over college life. He toiled for six months until he could collect his salary legally at the age of sixteen. Getting to work, not becoming a chef, was his priority. During Brown's tenure at La Roose, he met a restaurateur who invited him to work at Mrytle's, a restaurant in the Cayman Islands. After procuring funds from a family friend, Brown flew there to hone his culinary skills and learn about international cuisine.

His nineteen-hour shifts allowed him to expand his knowledge beyond Caribbean food as well as save money to move back to Jamaica when he turned nineteen.

That experience in the Cayman Islands motivated Brown to pursue a career as a chef. He chose to study in London because he didn't speak French. When he arrived in the UK, however, every chef told him his qualifications were invalid because he didn't study in Europe.

Brown's qualifications weren't the only obstacle. Although

he explained that he had a wide breadth of culinary knowledge, restaurants turned Brown away because Jamaican food wasn't on their menus.

Undeterred, Collin decided that if he couldn't work in a restaurant, he would open his own. Before he could do that, he sharpened his culinary skills, made impressive business cards, and built clientele through collaborations with other restaurateurs. Over the course of several years, he would save up enough to open three award-winning restaurants: Glistening Waters in Brentford West London, The Lane in East London, and Ayanna's in Canary Wharf.

Brown went on to win the Chef of the Year and Best Restaurant awards with Glistening Waters as well as an AA Rosette with Ayanna's. The United Nations also awarded him an excellence award for elevating Caribbean food beyond the takeout standard in the UK.

After getting married and starting a family, Brown took some time off to return home for a few years so he could reunite with family and friends. Being away from his restaurants actually brought in more business. Celebrities like Beyonce, Katy Perry, and even the Rockefellers hired Brown as their private chef when they visited Jamaica. Brown also filmed a Netflix show called The Final Table.

Upon returning to London with his family, Brown met the team at Turtle Bay. Together with like-minded individuals, Brown felt that bringing Caribbean food to the masses was much more possible.

Brown continues to work with Turtle Bay's talented team to craft recipes, train chefs, and make his indigenous food more accessible in the UK.

Follow Chef Collin Brown on Instagram @ChefCollinBrown

RECIPES

FROM THE BAY



COLLIN'S ROYAL MAC & CHEESE

“This is like Mac & Cheese in overdrive...”

INGREDIENTS

- 300G ANY SHORT PASTA
- ONE PINT OF WHOLE MILK
- 40G PLAIN FLOUR
- 40G BUTTER
- 5G SCOTCH BONNET PEPPER (FINELY CHOPPED)
- 50G GRATED CHEDDAR CHEESE
- 25G GRATED PARMESAN CHEESE
- ONE TABLESPOON OF SPICE MIX (NEXT PAGE)
- A SPRINKLE OF FRESH NUTMEG
- SALT – TO TASTE

DIRECTIONS

1. BOIL THE PASTA FOR 5 MINS OR UNTIL AL DENTE AND SET ASIDE.
2. MAKE THE CHEESE SAUCE - ADD MILK AND FLOUR TO A BOWL AND WHISK UNTIL COMBINED, ADD MELTED BUTTER AND CONTINUE MIXING UNTIL COMBINED.
3. ADD THE SPICE MIX, SCOTCH BONNET AND NUTMEG FOLLOWED BY THE GRATED CHEDDAR AND PARMESAN, PLUS SALT TO TASTE. MIX WELL.
4. FINALLY, ADD THE CHEESE SAUCE TOGETHER WITH THE PASTA AND BAKE IN THE OVEN FOR 10 MINS ON 200C, WHACK THE GRILL ON FOR THE LAST MINUTE OR TWO!

CHEF**COLLIN BROWN'S****JERK MARINADE**

INGREDIENTS

- SCOTCH BONNET CHILLIES (STEMS, SEEDS, EVERYTHING!) – ONE HANDFUL, CHOPPED
- ONE WHITE ONION, CHOPPED
- FRESH THYME, ONE HANDFUL, CHOPPED
- PIMENTO, 120G
- WATER, 200ML
- SPICE MIX (SEE BELOW)

SPICE MIX – MIX EVERYTHING TOGETHER (KEEP IN YOUR CUPBOARD FOR FUTURE RECIPES TOO!)

- 1 TEASPOON NUTMEG
- 1 TABLESPOON PAPRIKA
- 1 TABLESPOON DRIED BASIL
- 1 TABLESPOON DRIED PARSLEY
- 1 TABLESPOON CHILLI POWDER
- 1 TABLESPOON CUMIN

DIRECTIONS

1. ROUGHLY CHOP YOUR FRESH INGREDIENTS.
2. THROW THEM ALL INTO A BLENDER AND FILL UP TO THE TOP OF THE INGREDIENTS WITH WATER.
3. WHIZZ FOR A COUPLE OF MINUTES OR UNTIL IT'S A NICE SMOOTH CONSISTENCY.
4. ADD THE SPICE MIX TO THE MIXER AND STIR WELL.
5. ALL THAT'S LEFT IS TO RUB OVER CHICKEN TO MARINATE AND LEAVE FOR AT LEAST 3 HOURS SO THE FLAVOURS REALLY GET TO WORK – IDEALLY YOU WILL HAVE 24 HOURS TO MARINATE YOUR CHICKEN.




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SPICE UP YOUR LIFE

Turtle Bay Highlights 3 Black-Owned Hot Sauce Brands That Add Spice to Your Life...



THE PHAT PHATTY CO.

The Phat Phatty Co is Chef Barrington Douglas's triumphant return to the culinary scene after taking time off from running his successful restaurant Discovery Bay. Born in Huddersfield in Yorkshire, England to Jamaican parents, Douglas grew up poor but saved enough money to open Discovery Bay. After appearances with renowned chefs like Gordon Ramsay on his television series, The F Word and Gary Rhodes on the show, Rhodes Around the Caribbean, Douglas and his culinary talents were propelled into fame.

Douglas's new business venture brings his signature artisan patties and secret sauces to the table, and we're all fired up about it! (Available @ <https://thephatpattyco.co.uk/>)



MAMA LOLLY'S

Donna trained as a chef in London before opening Mama Lolly with her mother Maxine in Antigua. The restaurant is named after Donna's grandmother, who handed down hot sauce recipes that had been passed along for generations. Mama Lolly herself was a kind and wise woman who always made delicious food and brought joy to those around her.

Mama Lolly's handmade sauces are not only authentic, but they represent the colourful and dynamic spirit that makes up Caribbean culture. Donna and Maxine have gone on to win several awards for their fierce and fiery sauces. Turtle Bay is excited to highlight this wonderful family business that shows the beauty of passing down generational traditions. (Available @ www.mamalollysauces.com)



THE JERK KITCHEN'S LESLEY SAUCE

The Jerk Kitchen is locally run by Neil and the family and has been for over 10 years. The family serves delicious Caribbean food to a local community of football fans at the Emirates stadium. What makes them stand out is their family-made secret sauce, Lesley's sauce.

This small business has made a huge impact in its community and serves as an inspiration for aspiring and current culinary entrepreneurs. Join the Jerk Kitchen family by using their Lesley sauce to enhance your next meal! (Available @ www.lesleyssauces.com)

Turtle Bay TOASTS TO BLACK OWNED RUMS



LAS OLAS

In 2018, was founded by Sam Williams, a London-born electrical engineer-turned-entrepreneur with Nigerian roots. He founded the very first Black-owned premium spiced rum brand Las Olas. It transports the flavours of Barbados and Jamaica as well as raw ingredients like vanilla, gold cherry, and coffee beans to London's bars.

Williams recalled observing how patrons would order their drinks in bars and determined that a bottle needs to have a distinguished look to get into a customer's glass. He put his ideas to the test and created a bottle that glistens in a vivid red and has the outline of rum's native fields in goldenrod yellow. We hope to get a bottle on Turtle Bay's shelves someday! (Available @ www.lasolasrumclub.com)

FOREVER RUM CREAM

Forever Rum Cream is the UK's first black-owned rum cream. Forever has raw ingredients that embody an everlasting feeling of warmth and joy. It was inspired by the French-Caribbean heritage of its founder, Solo, who hopes the start-up will receive funding so it can offer consumers an artisan choice in supermarkets.

During the pandemic, funding for Forever was deeply impacted and the business lost over 90% of its funding. Fortunately, the Black-owned company has persisted and intends to launch in February of 2023. Turtle Bay happily supports Forever and we hope you'll donate to support a successful launch in the next few months. (Available @ www.theforeverrum.co.uk)



SISSEROU

"I grew up on the tiny island of Dominica in the Caribbean (not to be confused with Dominican Republic!). Fresh green coconut water was always one of my favourite drinks even as a young child. As I grew older and discovered alcohol, I loved mixing rum with coconut!

At university in America, my mum used to send me bottles and bottles of her homemade brew. I always thought it was the best recipe on the island. My friends loved the drink and I was doing a business degree. My brain started ticking! If people love it so much, why not sell it to them? Sisserou is based on my family's recipe from Dominica. It is a delicious blend of rum coconut and cream" - Julia La Ronde - Founder Of Sisserou (Quote from site) (Available @ www.sisserou.com)



THANK YOU

For Black History Month we wanted to give the mic to the people and culture that inspired the Turtle Bay brand. In publishing this newspaper and through our collaboration with *The Gleaner*, we're celebrating Black culture, giving space to important conversations, and hopefully, creating a little bit of joy.

We here at Turtle Bay are committed to making meaningful change. We're doing this through our internal Equality and Inclusion programme (which you can read more about in this paper) and by supporting the Caribbean communities of the islands that inspire our business, as well as Black communities in the UK. We know that support comes in many different ways, and for us this means making real cash investments and donations, supporting Black-owned brands, and setting up mentoring programmes, to name just a few. We're continuing to listen and learn – if you have any ideas, we'd love to chat.

One Love,

