

BEAST



ISSUE 16

BLACK HISTORY PEOPLE BUSINESS

in East London

MEET

Stephen Anthony Davids,
a creative force to be
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ON THE COVER Artwork: Diversity by Stephen Anthony Davids

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PHOTOGRAPHY: NICKY ACKETTS, CHRIS BARNETT



Celebrating **Black History Month**

in East London



Meet artist Stephen Anthony Davids on page 26

WELCOME

A letter from our founder and creator

“With BEAST magazine entering its fourth year, I wanted to write a note to all of our supporters. It’s been a funny few years, I don’t have to tell you, but we’re still here through thick and thin. It’s wonderful to see so many businesses, old and new, staying steadfast in East London. With such a strong community spirit, I believe the East End will always thrive.

For this issue of BEAST magazine, we have the pleasure of introducing some vibrant Black-owned businesses in East London: Gingham Doll, Hacha Bar, Pureté Nature, TAG, and artist Stephen Anthony Davids. In collaboration with the wonderful team that is Black Googler Network (BGN), we’ve worked to highlight just some of those leading a successful path within the Black community.

BEAST is close to my heart, not only because it’s my trade, but because my links to the area of East London go back many years. My great uncle Albert Lilley (my grandad’s brother) was once a much-loved councillor for Tower Hamlets, leaving behind a proud legacy of helping the migrant population. My family’s roots in the East End go back at least 200 years – from Canning Town, to the Docks, and Shoreditch – and many stories have been told about Albert’s good work. Reminiscent tales set against a backdrop of children playing in bombsites after the war, and the colourful characters my mum and dad sometimes found themselves drinking with in the local pub.

As a child, I loved trips with my nan to Petticoat Lane looking for a bargain, or Roman Road for homemade pie and mash with lots of liquor at G Kelly’s. These are all everlasting childhood memories of those precious times spent with my nan in East London. The hustle and bustle, the local



chatter and market stall holder’s calls drawing you right in.

Markets have once again become an important part of our everyday lives. Going back to basics and learning from the days when things were much simpler can only be a good thing. A pound of spuds would be loosely dropped into my nan’s shopping bag, and that bag would go on to be used until it collapsed. She

always walked or took the bus. She was a can-do, cheery character who always made friends along the way. Her energy was infectious – she was warm and welcoming. She embraced and was inclusive of everyone. She enjoyed trying new foods and flavours, even adding a sprinkle of curry powder to her Irish stew and dumplings.

My favourite thing since starting BEAST magazine has been meeting and chatting with so many interesting, passionate and vibrant people, from all walks of life. In Bethnal Green recently I met a barefooted window cleaner who took an interest in my scrappy dog, Spike. We chatted, he cleaned the windows and off he went on his bicycle to his next job. Meeting him made my day much richer. And so, it’s always good to be open and kind.

Immigration has helped enrich and shape our capital’s history. From page 14 our black history feature highlights the lasting impact that the Windrush generation has made on London’s history, industry and cultural identity. And on page 44 find out how you can follow in the footsteps of some of those historic figures who made their mark in Tower Hamlets. There’s also BGN’s favourite places to eat and their top five things to do in East London.

Tuck in and enjoy, Nicky” 🍷

ARTWORK BY STEPHEN ANTHONY DAVIDS



From left: Baba, Bunmi, Camille, Mustapha, Tomiwa and Ladi

MEET The BGN UK Steering Committee

Steering a path to Googly success — BGN UK is run by a dedicated group of volunteers who aim to foster success in the Black community at Google, East London and beyond, to cultivate Black leaders, empower communities and transform technology to reflect the diversity of its users

Camille Addo Co-Chair of BGN UK

"I've been co-chair of BGN UK for one and a half years. I was already involved with Women@Google, which ensures intersectionality within the Women@ group, and was also working closely with Pride@ and BGN.

As part of the Steering Committee, I work hard to ensure all Black+ Googlers have as favourable an experience as their non-black counterparts, as well as helping make Google a desirable place to work. We work with a range of internal teams from engineering to marketing, Google Arts and Culture and recruitment. We have regular check-ins with

senior management to hear about what's happening, and report on how the BGN community is feeling.

I've always worked in marketing and events, in film and TV, fitness and now tech. In my day job at Google I lead scaled events and programs to help our biggest customers get the most out of their advertising on Google and YouTube. I'm a born and bred Londoner and have lived in East London for 12 years."

Mustapha Haruna Co-Chair of BGN UK

"My exposure to BGN started shortly after I joined DeepMind in 2019. I attended and volunteered for a few BGN

events to boost my feeling of belonging at Google. In my capacity as co-chair, I and members of the BGN steering committee work passionately to create a sense of community and belonging at Google UK, including collaborating with other employee resource groups and business functions within the company to share the Black+ perspectives and experiences. My core role is manager in the Trust and Safety team."

Tennessee Watt BGN UK Member, Comms and Partnerships Volunteer

"I'm a volunteer with BGN UK, assisting with editorial and partnerships. I started attending meetings when I first joined Google as a way to connect with the Black community, and learn more about the Black experience at Google. Since then, I've supported the building of external partnerships with community groups that have the same mission – to foster success in the Black community.

My day job isn't unrelated. I lead marketing for Tech Equity Collective (TEC), an initiative to drive increased Black representation in tech. TEC partners with the Black community and other tech organisations to create holistic pathways for Black tech innovators. I feel fulfilled knowing I'm helping create access to economic opportunity for groups who, historically, have been excluded from career growth and wealth generation, despite having an abundance of potential.



Before Google, I was a digital marketer on brand and reputation-related projects at different agencies. I love writing, mentoring, brand design and fashion. I'm currently creating the brand identity for a friend's luxury fashion line. I also run my own agency, Tennessee Watt Consulting, providing services like inclusive marketing, cultural transformation and supply chain diversification."



Bunmi Sowande
Partnerships Lead BGN UK

“I've been looking after partnerships for BGN UK for about 18 months. This involves building relationships with both internal and external partnerships. It's been amazing to see BGN members benefiting from all Google has to offer, as well as helping showcase our members in the best possible light, both within and outside Google. I love this kind of variety – every conversation is genuinely different.

As a long-term BGN member, I decided during the pandemic to contribute to the society, and I've loved working with the amazing people on the Steerco, and nurturing key partnerships.

I joined Google five years ago as a Customer Engineer. My current (and third) role at Google is leading a team of Customer Engineers in our Cloud sales team, looking after our Enterprise

Retail customers. Every engineer is a trusted technical adviser to our Field Sales representatives, and to our customers.

Prior to Google I worked in IT, focused on Infrastructure, and I've also worked in Technical Support, Technical Delivery, Training and Sales, and at a start-up called Turbonomic.

I'm a voracious reader and aim to finish 40 to 50 books a year. I'm completing an MBA, and I'm a member of the parochial council for my local church. I'm married to Abi, and father of a 15-year-old daughter and 11-year-old son.”

James Scott
Comms lead BGN UK

“As a former journalist with some web development experience, I wanted to work with an employee relations group where my skills might be useful. I've been on the BGN UK steering committee since 2020. I helped build the internal website and the monthly newsletter, editing any other communications going out to our 500+ members. It's been a great opportunity to learn, be creative, and get to know the wonderful people on the Steerco.

At Google I work as a technical writer in the Search infrastructure team, writing instructional content for software engineers, building features that appear in the Search Results Page and the Google Search App. It's been fascinating to learn how Search works, and see the innovative ways in which our developers continue to try and improve it.

Before Google, I worked with smaller tech companies; before



Nadine Haughton

that I was a journalist on several local newspapers. I love to swim, play tennis and blog about the origin of words in technology at thestrangeroots.com.”

Nadine Haughton
BGN UK Member

“I'm a volunteer with BGN UK, assisting with the BEAST/BGN magazine edition. I've been a member of BGN since October 2021. I joined the network as I was eager to be connected with the Black community, and learn more about the Black experience at Google. Since then, I've had the pleasure of attending a variety of fun BGN events, and networking with colleagues from similar cultural backgrounds.

In my current role, I work as a Data and Measurement Integrations Lead for clients in EMEA. The core part of the role involves educating our clients on the changing digital ecosystem,

due to a number of privacy related factors such as GDPR. Outside of work, if I'm not socialising and enjoying a variety of different cocktails, you can find me at the gym, inviting myself to family member's houses, or volunteering for various initiatives, like the Black Tech Sales Network and Croydon Council Children Refugee Services.”

Tomiwa Oke
BGN UK Engineering Engagement & Support Co-Lead

“I'm Tomiwa, and I've been a member of the BGN steering committee since February 2022. As a recent university graduate, I'm really passionate about bridging the gap between university and the working world as it is something I struggled with when doing internships. As engineering engagement

co-lead, I've had the opportunity to run hackathons aimed at university students aspiring to get into tech post graduation, showcasing the varying career paths within technology to the next generation.

I work as a Software Engineer on the Android Google Search App. Working on Android has been such a great experience and it is amazing seeing the impact my work has on everyday users, one of which is me.

Outside of Google, I'm a huge comic, anime, and sport fan (mostly football and basketball but recently I've taken up tennis and I love it!).”

Nya Wilkins
BGN UK Marketing and Events Lead

“I'm a proud Chicagoan who relocated to the UK about a year ago, and I've been at Google my entire career. I was involved with BGN in various capacities with Google in California and Chicago, and when I moved to the UK I knew I'd find community through BGN. I wanted to take part in creating something that was welcoming and inclusive. In my role, I aim to host flagship events and foster a greater sense of belonging for Black+ Googlers wherever they go.

Before moving countries I had roles in Finance in Chicago, and Cloud Sales in Sunnyvale. In my current day job, I'm Google Store Trade Manager for EMEA, responsible for improving the shopping experience for Google hardware customers. All those hardware products that invite you to say “Hey Google” are



Nya Wilkins

under my jurisdiction across 12 countries. I work with several teams – including legal, marketing and finance – to make sure store.google.com is super-Googley!

I enjoy exploring London and taking in the best of British culture (pubs and *Love Island* in particular). I also love travelling; living in London makes it way easier to jet off to Europe for the weekend!”

Emmanuel Abolarian
BGN UK Promotions Manager

“I've been at Google for seven months working within devices and services. It's been enriching to meet other like-minded people and share similar experiences. I love podcasts and I'm also a massive football fan (Arsenal), helping my cousin referee games during my free time.

I've lived in London since I was eight. East London is tough, and being black certainly comes with its challenges. The area has made me street smart, but also aware that opportunity and wealth is just around the corner, with London being the financial

hub of Europe. Living close to financial areas like Liverpool Street and Canary Wharf has taught me that, by applying myself, I know I can benefit from my hard work.

Favourite hotspots for me are Shoreditch and Dalston. East London is also the home of grime, culture and fashion – all those other areas are just pretenders.”

Baba Adefuye
BGN UK Partnerships Co-Lead

“I'm Baba and I've been a member of the BGN since April 2020. At that time the Black community was going through a particularly tough period and I just wanted to find a way I could be of service. As a member of the BGN I've had the opportunity to work on a number of programs and

projects, such as hackathons, collaborating with theatre companies in Jamaica to produce plays, producing short form video content for our Black History Month events and hosting a number of talks covering a range of topics.

I work as a Fitbit Program manager ensuring there is a clear strategy regarding how we organise ourselves throughout the lifetime of key projects. Before working at FitBit, I was a program manager in our Search organisation. Before joining Google I started out as an engineer primarily working in the financial sector, eventually moving to project and program management in the latter stages of my time in banking.

Outside of work I'm a massive consumer of all things music and film. I try to go to gigs or visit the cinema as much as I can.”



Baba Adefuye

Joshua Odubiyi
BGN UK Carrier
Acceptance Engineer

“I’ve been at Google for 17 months. I assist the team with the testing side of device development. I’ve been a BGN member since the start of 2022. I wanted a place to meet other Black Googlers who are like-minded. People who are proud of where they are from and are not afraid of representing their backgrounds in the workplace. Their willingness to see African and Caribbean Googlers in senior roles was evident.

Outside of Google I’m an Artist, Songwriter and Producer. I go by the name of DIPS as my Yoruba name is Oladipo. I’m also a gym enthusiast and Ping Pong elite. Above all, Music is my passion and has been so since I can remember.

I started writing music at my school – I was fascinated by the people in the playground rapping to beats on their mobile phones. I saw how the excitement brought people together. I was a kid that was slightly overweight, carrying a huge bag stuffed with all my books for the week and my P.E. kit. I was eager and wanted to learn how to be ‘that guy’. I saw how much respect you got from being able to rap well. Ever since then, I’ve never looked back. I’ve gone on to do some great things since I recorded my first record, made in a studio in my local area (*Downham Beats, Grove Park*). My music has been played on the Radio (BBC 1xtra, Capital Xtra and more) and I’ve also played at many shows.

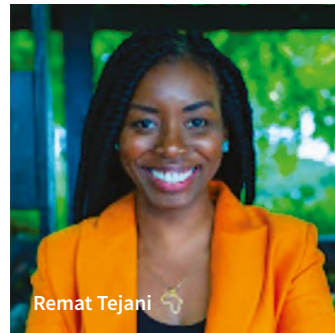
East London has changed a lot in recent years. Shoreditch has become was a creative hub. I started going there to perform at open mic nights. There are some musicians and artists I met in Shoreditch who I’ll be friends with for the rest of my life.

There used to go to a club in Old Street where they played a lot of Hip Hop/Rap music. The event was called ‘Livin’ Proof’. I had some of my best nights out there – I’m talkin’ straight bangers playing all night in a dark, cramped sweatbox. I love my ends (South London), but at that time, East was definitely where we went to party. Now, East London is a lot more accessible, with the addition of Westfield and a lot more independent restaurants and boutiques. Lighthouse bar and

club is a good spot for a night out – the DJs always come through. Pitch in Stratford is also dope because of the summer events they throw.”

Remat Tejani
BGN UK Strategic
Partnerships Lead

“I’ve been at Google for four months now. I’m officially still a ‘Noogler’ – a new Googler! I’m currently a Strategic Partnerships Lead in the Diversity Recruiting team. My role is to look at how we can help to diversify our talent pipeline and increase brand awareness with historically under-represented groups with a focus on the Black community. My remit covers EMEA which is exciting because there are so many nuances to consider in different countries.



I joined Google from Amazon and while there, I sat on the board of the UK Black Employees Network. My role was to lead on and professional development. It’s important to me that we all realise the value we can bring to the table and that role allowed me to support others on their development journeys. Coming to Google, I wanted to find a similar space in which I could meet other Black employees and start to build

my internal network outside my immediate team.

BGN has been so welcoming! I did a presentation at the BGN EMEA All Hands and everyone made me feel like I’d been part of the community for ages. So many people have helped me to navigate the giant that is Google.

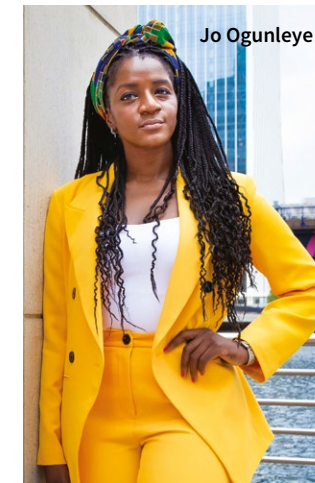
I’m a born and raised East Londoner. I was born in Hackney and my parents moved to Bethnal Green before I turned one. About 14 years ago I moved down the road to Shoreditch (before it became a tourist attraction) and I’m still there today.

It goes without saying that the skyline of London has changed a lot. Every so often you look at the skyline and think, ‘I swear that wasn’t there before’. But it’s good to see parts of London that have remained the same since before I was born.

I love walking around Victoria Park and stepping out of the various entrances to find out what’s going on in those areas. For good food I go to Brick Lane and Spitalfields Market where you find a variety of cuisines from around the world. It really represents East London’s cultural melting pot.

Outside Google I am the Chief Encouragement Officer at The Inspiration Box. I create spaces online and offline to encourage people to discover, embrace and nurture the truest versions of themselves. For me it’s all about intentional personal growth. Sometimes that requires work, sometimes rest. And sometimes

it requires play. I want to encourage people to do what THEY need in the moment and not what others may dictate. I don’t think enough people see or know their own greatness and amazingness, and I love helping to shine a light on that.”



Jo Ogunleye
BGN UK B2B
Communications

“I’ve been at Google for 18 months. It’s the kind of place where you continuously evolve and learn and discover new things. I run B2B (Business-to-Business) communications which means that I manage how we tell our story around advertising, privacy and products for our business customers, via the press.

I’m your classic extrovert, so I get my energy from interacting with people. It was hard joining an organisation the size of Google during the pandemic and continued lockdowns, so I naturally sought out a community to help me navigate the business – BGN was my first stop!

Working on B2B, I have ‘loved’ to see first hand how integral ads are to how small businesses like bakeries survived the pandemic or bearing witness to how online privacy is evolving.

I’ve also sought out opportunities to get involved with initiatives that I’m particularly passionate about. For me, this means supporting projects around racial diversity, equality and inclusion. My first and favourite project was working on a YouTube Originals series directed by Simon Fredericks called *The Outsiders* which uncovered stories of Black visionaries shaping our future.

Additionally, I’ve had the opportunity to dedicate 20% of my time to developing relationships with racially diverse communities working in PR and Communications across Europe, Middle East and Africa.

I recently became a property owner in East London (check out the @tiny.terraced.twobed on instagram if you like DIY fails and bargain decorating). I’m obsessed with all things at home right now. I love to visit Colombia Road Flower Market – I could spend all day there!”

Tunde Bolaji
BGN UK Interaction
Designer

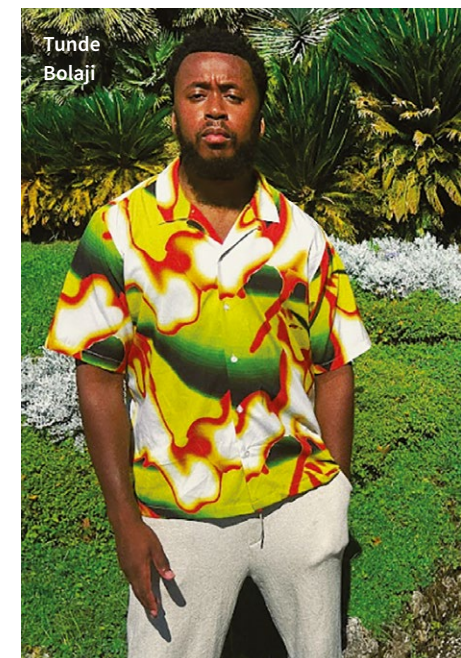
“I’ve been at Google for five months now, and I’m an Interaction Designer. I joined BGN shortly after starting at the company. It’s been a long time since I’ve worked in a big corporation, so I hadn’t seen this many unfamiliar faces.

BGN is a nice safe haven which helped me to build an internal network with people who look like me and experience life through similar lenses.

Since joining, I’ve worked on a Hackathon for young kids from the area and it felt fulfilling giving back, talking to kids who were in a similar position to me growing up.

One of my favourite places in East London is Aunties Bakery on Green Street, Upton Park. They serve very good food, and while you’re in the area you can take a stroll around buzzing Queens Market.

I think East London is probably the most multicultural part of London. This becomes evident in the language – slang is infused with verbiage borrowed from the Caribbean, Southern Asia and Africa, all nicely tied together with cockney.”



BACK TO YOUR ROOTS

Immigration has played a big part in shaping our capital's history, culture and character. Nowhere is that more evident than in East London, where the historic docks have welcomed migrant populations for centuries

Words by James Scott



The statue Warm Shores by Thomas J Price in Hackney marks the impact of the Windrush generation in the area

Walter Tull

(1888 - 1918)

A former professional player who played for Clapton, Tottenham Hotspur, Northampton and Rangers. Walter was one of the first mixed heritage players to play in the football league and is widely considered to be the first African-Caribbean mixed heritage man to be commissioned as an infantry officer in the British Army. He was killed in action in France during the First World War on March 25, 1918.

People who made their mark on East London's history



Paul Stephenson OBE

(1937 -)

A community worker, activist and long-time campaigner for civil rights for the British African-Caribbean community in Bristol, England. Paul lived in London and joined the RAF as a cadet in 1953 until 1960. After the RAF, he went to college to study youth work before moving in 1962 to Bristol. Then came the Bristol bus boycott, which he led in the 1960s.

Claudia Jones

(1915 - 1964)

Claudia founded Britain's first major Black newspaper, the West Indian Gazette, in 1958 and played a central role in founding the Notting Hill Carnival. She helped organise access to basic facilities, as well as the early movement for equal rights.



Although evidence suggests there has been a Black population in London as far back as Roman times, it was Britain's involvement in the Transatlantic Slave Trade from the 16th-century that brought significant numbers of Black people, often forcibly, to the capital.

During the 18th-century, the Black population of London – particularly in areas such as Mile End and Stepney – was estimated at around 10,000 people, approximately one per cent of the total population. Many were Black men and women who had escaped slavery, while a number included former American soldiers who fought alongside the British in the American War of Independence, and were allowed to settle in England as free men. After the abolition of slavery in Britain in 1807 and the British Empire in 1833, there was a steady decline in London's Black population. However, by 1880 enough Black Londoners had been born in the city to create small communities, establishing themselves in dockside areas such as Canning Town. ■■■▶



On 22 June, 1948, the Empire Windrush arrived in England carrying 482 passengers.

West Indian immigrants arrive in London, after their journey from Southampton Docks, 1956.

People who made their mark on East London's history

Fanny Eaton (1835 - 1924)

Jamaican-born Fanny Eaton (nee Antwhistle), sometimes referred to as Britain's first Black model, was a muse for the Pre-Raphaelite painters of the 1850s. She married James Eaton, a horse-cab driver from Shoreditch.



Phillis Wheatley (1753 - 1784)

American author Phillis Wheatley was the first African-American female writer to have their work published in English. A blue plaque outside the Dorsett City Hotel in Aldgate High Street, marks the site of A. Bell booksellers, which published a volume of her poems.



Celestine Edwards (1857 - 1894)

The first known Black newspaper editor, Edwards was born in Dominica but later migrated to Scotland and then London, where he studied theology at

King's College. He lived at 50 Tudor Road, Hackney and founded the Christian publication Lux, which he ran and edited from 1892.



After the Second World War, the United Kingdom was suffering from a weakened economy and a shortage of workers, amidst concerns about its declining population. The government passed the British Nationality Act in 1948, granting citizenship status and the right to settle in the UK to anyone born in a British colony. The HMT Empire Windrush, a former German navy troopship taken by the British government as a prize of war, brought the first 802 migrants from the Caribbean to Tilbury docks in Essex on 22 June 1948. Those first passengers – and everyone who arrived subsequently from Jamaica, Barbados, Trinidad and other Caribbean countries – would become known as the 'Windrush generation'.

Sadly, the Windrush passengers were not shown the same hospitality as they might have expected from a country that needed their help to get back on its feet. As a result of the housing shortage in London following the war, more than 236 men were temporarily housed in an air-raid shelter, 11 storeys beneath Clapham South tube station.

Many of the Caribbean arrivals established a community in nearby Brixton and were able to find jobs but faced hostility and discrimination over housing, particularly from white Londoners who did not want Black neighbours, and from immoral landlords who charged them double the rent of white tenants.

Growing racism in the following years, inflamed by groups such as Oswald Mosley's Union Movement, resulted in the Notting Hill race riots in 1958. There had been escalating violence against Black residents in the streets, which culminated in a mob of hundreds of white men attacking the houses of West Indian residents. The following year, 32-year-old Antiguan-born resident Kelso Cochrane was stabbed and killed by a gang of white youths as he walked home from work. More than 1,200 people would attend his funeral.

In an attempt to ease the racial tensions, Trinidadian-born activist Claudia Jones organised the first Caribbean Carnival in St Pancras Town Hall in January 1959. ■■■►

PHOTOGRAPHY: MEDIADRUIMAGES / TOM MARSHALL

Labrinth grew up in Hackney



Taking elements of this carnival, such as steel band music and Caribbean costumes, Notting Hill residents Rhaune Laslett-O'Brien and Andre Shervington would organise a children's street fayre in 1966 to try and integrate the West Indian, African, Irish and English families who lived in the area. The fayre would become an annual tradition, evolving into the three-day celebration of Caribbean culture we know today as Notting Hill Carnival, which attracts around two and a half million people each year.

Today it's easy to see the lasting impact that the Windrush generation has made on London's history, industry and cultural identity. Nowhere is this more evident than in the music scene. Small clubs in Soho and Brixton adopted ska, a precursor to reggae, while soca – a blend of 'Soul of Calypso' – emerged in the 1970s and 1980s, evolving into a range of styles. It became popular to sample the Caribbean rhythm and calypso into other tracks, a trend that influenced musical styles including dancehall, jungle, hip hop and garage. It would also lay the foundations for a new music genre from East London, which revolutionised the British rap scene. ❷

Famous Black East Londoners

Labrinth

Producer and musician Labrinth, born Timothy Lee McKenzie, grew up in Hackney. He is best known for tracks including "Earthquake" and "Jealous".

Michaela Coel

Actress Michaela Ewuraba Boakye-Collinson was born in East London, primarily growing up in Hackney and Tower Hamlets. She is best known for her roles in *Top Boy*, *Chewing Gum* and *I May Destroy You*.

Idris Elba

Born and bred in Hackney, the actor Idris Elba has become famous around the world for his roles in *The Wire*, *Luther* and *American Gangster*.

Diane Abbott

Diane Abbot was the first ever Black female MP after being elected as the representative for Hackney North and Stoke Newington in 1987.

Val McCalla

The Jamaican-born entrepreneur, who lived in Bethnal Green, was the founder of *The Voice*, a weekly newspaper for Britain's Black community.

Chris Eubank

The former WBO middleweight and super-middleweight title holder lived in Stoke Newington, Dalston and Hackney when he was growing up.

Ledley King

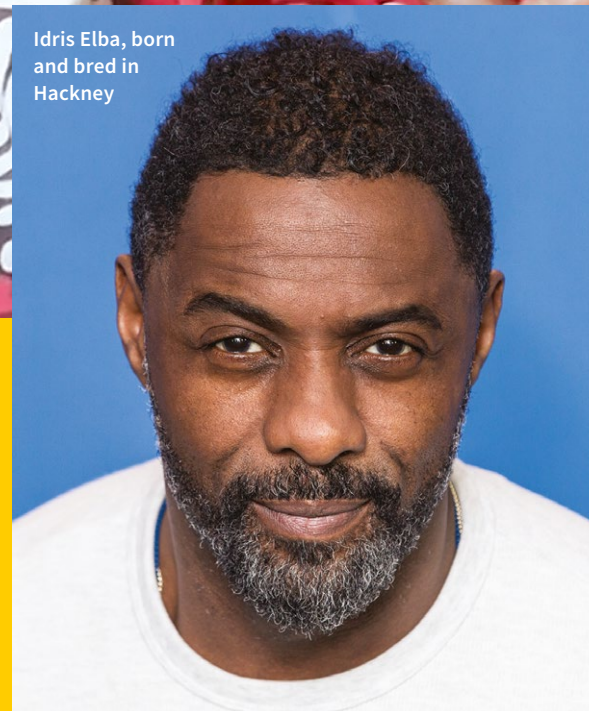
Football coach, former Tottenham Hotspur and England international football player Ledley King grew up in Bow.

Michaela Coel, born in East London



Michaela Coel
grew up in
Hackney and
Tower Hamlets

Idris Elba, born and bred in Hackney



THE STORY OF GRIME

How Grime grew in the heart of East London, from mix-tape experimentation to award-winning street sounds. Beast turns up the bass to tell the tale

Two decades ago, a rebellious new sound filled with angst and frustration was born on the streets of East London. Rooted in garage, jungle and American hip-hop, but with a British accent and attitude of its own, grime emerged from the bedrooms of young artists in Bow and Newham in the early 2000s. It rapidly grew in popularity, spreading organically through mixtapes, word-of-mouth and playtime on pirate radio stations.

Just as American hip-hop reflected the experience of life on the streets in America, grime would become the reflection of life on the streets of East London. Some of the earliest and best known names in the grime scene came from Bow, namely Wiley, Dizzee Rascal and Tinchy Stryder.



It would become more commonly referred to as grime after music journalists described the sub bass-heavy sound as 'grimy'.

The trio, alongside artists like Kano from East Ham and Skepta, were largely responsible for bringing grime into the mainstream in the early 2000s. Dizzee Rascal's album *Boy in Da Corner* won widespread acclaim and won the Mercury Prize in 2003. However, by the late 2000s, grime's playtime had already started to decline as dubstep and electronic dance music grew in popularity. Grime artists began to adopt elements of more commercial pop and dance sounds to achieve success; the best example of this being Dizzee Rascal's "Dance wiv Me" that went to number one in 2008.

It would not take long for grime to have a resurgence. Skepta's fourth studio album *Konnichiwa*, released in

April 2016, entered the UK music charts at number two and would win a Mercury Prize. A new wave of MCs such as AJ Tracey, Novelist and Dave, who grew up listening to the first generation of grime artists, would also start emerging. Stormzy's debut studio album *Gang Signs & Prayer*, released in 2017, became the first grime album to go to number one in the album charts. Two years later, Stormzy would perform on the Pyramid Stage at Glastonbury wearing a stab vest designed by Banksy, becoming the first grime artist to headline the festival. He would go on to describe it as 'the most iconic night' of his life, and paid tribute to 65 artists who paved the way for him and the grime genre. It should come as no surprise that the first names on his list were the boys from Bow who started it all. **1**

PIIMAGES: GETTY IMAGES



East London MADE

From designers and artists to mixers and shapers, we chatted to Black-owned businesses currently making their mark from London's East End

Small shop, big dreams

Opulent, on-trend and fearlessly forward-looking, the designs created and sold by Babs Atta-Krah in her Shoreditch shop are the result of a drive and passion for cutting edge design. Babs told BEAST what inspired the brand

Tucked into the heart of London's East End, on busy Brick Lane, a small shop has been busy creating high-end styles. Gingham Doll is a womenswear brand that's sweet and petite, yet behind the scenes is a grand design. The brand's desire is to make affordable yet luxury womenswear for passionate fashionistas who want great clothes backed by a strong ethos of equality and diversity.

Established in 2014 by Babs Atta-Krah, graduate of Kent Institute of Art & Design (KIAD) in Rochester, the Shoreditch shop is open for business every weekend. Using the best fabrics on offer in London, Gingham Doll creates fun and elegant silhouettes, catering to most shapes and sizes. Every piece from this high-end, eclectic collection has been designed and manufactured by founder and creator Babs Atta-Krah, with an attention to detail and quality of finish that is fast becoming the brand's hallmark.

Fashion design was an inevitable pathway for Babs. "I started my brand because that's what I had always wanted to do," says founder and owner Babs. "After university I took on loads of non-fashion related jobs but I was always making stuff for friends and family, and eventually I launched my own Etsy shop.

"I was contacted by a lady who was curating a

new pop-up experience called Wasted Chic. She found my Etsy shop and thought my pieces would be great. The pop-up events happened about twice a year, and they were a great way for me to get my feet wet."

As a brand, Gingham Doll is adamant about celebrating what it deems to be the Five Pillars of Black Excellence: Art, Education, Entertainment, Fashion, and Food & Beverage. "We're inspired by the many layers of what it means to be a woman today," says Babs, "and I believe our pieces reflect this. My vision is to continuously excite the fashion palette, using classic silhouettes but with a fresher twist. Every Gingham Doll piece is made and finished by myself.

"Being situated in East London means we get to stay on the pulse of London's artistic hub, full of creatives and young talent. I keep the boutique open every weekend and spend my weekdays in my studio. I'm self-employed so I no longer have as active a social life as I had before, but the energy of this area filters through into everything I do.

"I am just one woman with a big dream. A dream to put love and longevity back into fashion. A dream to dress today's woman. One who is elegant, in control, a lover of life and fashion, confident and unapologetically sexy." 📍

ginghamdoll.com @ginghamdoll

An honest line

On the surface, Stephen Anthony Davids' artworks are distinguished by a childlike essence. But look further and you'll find viewers are rewarded with meaningful connections to socio-political concerns affecting East London and beyond

For Stephen Anthony Davids, the journey to becoming a full-time artist has involved hard graft and many closed doors – but this makes his success all the more rewarding. “It is an achievement that I fail to realise at times. It’s down to me and my tenacity and sticking in there for dear life,” he says.

After working sporadically for years in advertising and illustration, in 1997 Stephen decided to follow his childhood interest in art and “make a go of it professionally”. However, despite studying graphic design for two years, he didn’t go to art school – meaning his early endeavours weren’t supported by access to an industry network from which many of his peers benefited.

“I pride myself on being self-taught – it’s allowed me freedom. But it’s also held me back. Not personally, but in terms of access to the system. It always feels like you’re on the outside looking in.”

An East Londoner born and bred, Stephen takes cues from a range of sources. While one of these includes the urban architecture surrounding his canal-

side studio in the Olympic Park, overall they encompass a much wider spectrum.

Stephen has been working with students in primary schools now for a few of years, using his art to engage and help their wellbeing. “Working alongside primary kids, I’m subconsciously picking up how they apply line to paper, and why it’s very beautiful, as it’s an honest line.”

Yet behind the elements of innocence, Stephen’s work serves as a meaningful social commentary and a reflection of himself. As such, race and class are key factors – and areas in which he firmly believes the art industry still has many changes to make.

“With regards to music, it’s really embraced urban culture and I think there are a lot of young people of colour who have realised that they can use their creativity as a career,” he reflects. “But in terms of the area I’m in, I think it’s still got a long way to go. Your success is measured by what school you’ve gone to – and there are people out there who are extremely talented, but haven’t got the access. If you haven’t been to art school, it doesn’t mean you haven’t got the ability.”

stephenanthonydavids.com
[@sadstudiopublishing.art](https://www.instagram.com/sadstudiopublishing.art)

PHOTOGRAPH BY JAKE GREEN, STUDIO PORTRAITS PROJECT





Mirrors, margaritas and magical nights

Since launching its Mirror Margarita cocktail, London's Hacha Bar has become a go-to venue for agave-lovers keen to indulge in a cactus tippie. We caught up with founders Deano Moncrieffe and Emma Murphy

Our first Hacha bar opened in May 2019 in Dalston," says Deano. "We are London's only 'agaveria' – a bar that specialises in quality agave spirits such as premium tequilas, mezcals and other lesser-known agave spirits. We also have a Mexican kitchen offering tasty plates to accompany our award-winning cocktails."

"Last year we launched our signature award-winning cocktail, Mirror Margarita, as a standalone bottled cocktail brand. Having seen huge success and demand for it during lockdown – when bars were closed and everyone was surviving on cocktail deliveries – we realised the potential for it as a product. Over the last year we've been building it as a brand in its own right. With close ties to its original home at Hacha, our signature drink has given us an amazing opportunity to extend our customer base nationwide."

Alongside its flagship cocktail, Hacha serves up an extensive food and drink menu, including a three-part cocktail, selection of agave spirits and perfect pairings.

"We chose East London to launch Hacha because of the area's energy and vibrancy and its openness to always trying new things," says Emma. "As founders, we're both based in East London and we knew it would be a perfect location for something that was, at the time, quite a new concept. Although there were a number of popular Mexican restaurants there weren't any bars specifically focusing on agave spirits. Our locals have been amazing and really embraced us and the opportunity to explore the agave spirit world."

The couple opened a second bar in Brixton last year. Not content with developing cocktails and keeping customers happy, the duo are keen to give back to the community in any way they can. Their Equal Measures venture, launched in 2020, sets out to highlight diversity of those who work in the drinks industry. The younger generation are a particular focus, and word is spread at youth centres through workshops and other opportunities. **📍**

hachabar.com @hachabar



Working with Mother Nature

London-based wellness brand Pureté Nature is committed to running a business that improves the lives of its small-scale producers. We chatted to founders Kevin Sarkodie and Leon Acheampong about the challenge of equality in the shea trade

Pureté Nature, established in London 2014, is one of those companies that works well as a small team, pulling together to source ethically raw and unrefined ingredients, then hand-crafting the products themselves to create skin care, hair care and aromatherapy products.

“We believe in the power of nature to nurture body and mind,” says Kevin. “We also believe in using the finest organic ingredients, as we think that’s the most highly effective route to wellness. We’re dedicated to consistently providing high customer satisfaction by creating quality natural products and providing consultancy, enhancing physical and mental wellbeing.”

Pureté Nature is based in London, and the team is kept busy stocking and hand-creating its products at the city’s HQ in Shoreditch. But the company can also be found at various markets over the weekends, and sells its products in independent stores in and around central London.

“We first realised the potential and need for our work when visiting Tamale in Ghana,” says Leon. “During that trip in 2016 we had the chance to speak to local shea butter producers and soon realised that most buyers for the product were international.

“Most producers were uninformed of shea butter destinations and of its true worth” says Kevin, “we noticed a stark juxtaposition between the high quality (and what we know to be very expensive) produce being created through a labour-intensive process in poor and cramped conditions, and to tight deadlines. We also noticed structural and systematic inequalities

based on the hierarchical capitalist systems in place, which encouraged cyclical exploitation.

“The more we researched, the more we realised that the shea butter made by these producers was being packed and sent to luxury five-star spas in Europe and America. It was at this point we raised the question: exactly how fair is Fair Trade?

“As Ghanaian men,” says Kevin, “we wanted to address the immediate need to educate local producers on the value of their produce, simple agronomics and quality control. We felt a responsibility to teach customers in the UK about the concept of unfair trading, as well as present an awareness of where the product ingredients are from, and how they are preserved and refined before being packed and sent to shops.” To achieve this they took ownership of the task at hand and created their own products using the unrefined ingredients, trading fairly with the producers.

“From here on we continued to trade, make, sell, collect donations and return to the producers, annually, achieving our mission to create, aid and educate. Pureté Nature remains committed to doing business differently by improving the lives and opportunities of the small-scale producers in Ghana and around the world, putting them higher up the value chain. Now, around 20% of all sales goes directly to our producers and all our profits are reinvested into the company, ensuring a self-sustainable business.”

puretenature.com @puretenature

TAG — you're it

Tag Agency aims to change young lives for the better, in a meaningful and supportive way. We caught up with Alvin Owusu-Fordwuo and Tumisha Balogun and their bunch of impressive self-starters to find out more

Tag Agency is a youth, culture and marketing agency that has set out to transform young lives through culture, community and stories. It creates space and opportunity for young people to work on brand strategy, research, campaigns and creative projects.

In this way, young companies can meaningfully connect with culture, harness cultural capital, develop key skills and – crucially – earn a bit of money. At the same time, brands get the opportunity to future-proof their business and become market leaders by hearing directly from, and working with, young and diverse audiences.

“Setting up Tag Agency in East London was a strategic move,” say co-founders Alvin Owusu-Fordwuo and Tumisha Balogun. “I was born and raised in Hackney,” says Alvin. “We chose to base the agency in East London because we know the community well. We see the value in the diverse communities in this part of the world, and want to tell their stories. The cultural capital, the insights available and the creativity within the East London community is a huge driving force behind our business.”

You only need to look at Tag Agency’s projects to see how East London has been a great location for how the team works and what they have achieved so far. Recent projects include Totes & Socks, a new product line of tote bags and socks. The product and design are a daily reminder that we all have a role to play in creating the world we want to live in. Words like ‘storyteller’, ‘healer’ and ‘connector’ are splayed across the merch, encouraging the community to self-identify with one of them and make changes in the world today, and in the future. The campaign amplifies the work of young diverse

creatives and, importantly, all the proceeds from this line will be reinvested to support young leaders in the community.

Another project by the Tag team is a short film and series of events for a start-up sneaker store and trainer authenticator. The aim of the project is to dismantle the hype culture surrounding sneakers, and bring back access to ‘hype trainers’ by bringing in retail prices to the everyday sneakerhead.

Tag Agency also developed the social and brand strategy behind a mortgage broker focusing on increasing homeownership in communities of colour. In this, they produced the campaign ‘It’s for you too’. This eight-week social media campaign features podcasts, content creation and online events targeting young people from Black and POC communities to reinforce that homeownership is for them too.

Finally, in partnership with Hackney Quest and Wick Award, Tag Agency has created the ‘On The Rise’ award, through which three young Hackney residents will co-design and take over a prominent wall in Hackney Wick. The selected young leaders will receive a £500 micro-grant to develop a creative social impact project. Hackney is experiencing rapid gentrification, and many young people have been excluded from this change. Tag Agency aims to give them the resources and platform to take greater ownership of this, and make a difference.

“Tag Agency will continue to do the groundwork necessary to give a platform to the stories and perspectives of young and marginalised communities,” says Alvin. 📍

tagagency.co.uk @tagagencyuk



Celebrating 10 years of helping startups in London

This year was the 10th anniversary of Google For Startups (GFS) in the UK, an initiative that works to support a thriving, diverse and inclusive startup community

Such a celebration deserved a fitting tribute, so to mark the milestone, Google unveiled the Decade of UK Tech report at a special launch event at the Truman Brewery, Shoreditch in May. Fittingly, the event was held a stone's throw away from the former Google For Startups UK campus near Old Street's Silicon Roundabout. This was an opportunity to celebrate the entrepreneurs and teams who have blazed a trail, and consider the conditions needed to give future founders the best chance of success.

Off to a cracking start

Over the past decade, Google For Startups UK has provided a significant platform for startups in the city, helping companies such as Deliveroo, Monzo and Revolut to become the success stories that we've come to know today, and creating thousands of jobs in the process.

Since launching in 2012, startups in the GFS community have created more than 24,000 jobs, startups in the network have raised £358 million and Google has supported 46 UK-based Black-led startups with the Google for Startups Black Founders Fund in Europe. Last year's European cohort went on to raise £64 million in subsequent funding and increase their headcount by 21%.

The Decade of UK report highlighted the potential for impact tech companies to drive positive change, and the need for a platform to enable these young businesses to reach their full potential.

Speaking at the 10th anniversary event, Marta Krupinska, Head of Google for Startups UK, said: "As we celebrate the 10-year anniversary of Google for Startups UK, we're taking a moment to celebrate the entrepreneurs and teams who have blazed a trail, and looking ahead to ensure we're helping create the right conditions for future founders."

The Black Founders Fund

In June, Google for Startups announced 40 Black-led tech startups across Europe that would receive grants from its £3 million Black Founders Fund, an initiative to tackle racial inequality in venture capital funding for startups.

The Black Founders Fund has doubled since it was first launched in 2021, with a £1.5m fund to help tackle stark racial inequality in VC (venture capital) funding. Prior to 2021, less than 0.25% of VC funding went to Black-led startups in the UK.

This year's cohort featured 26 UK-based founders, including Josephine Philips, the CEO of Sojo – a sustainable fashion tech startup modernising the clothing repair and tailoring industry.

'I was thrilled to be selected for the Black Founders Fund,' Josephine said. 'Sojo is focused on building the technology to make clothing alterations and repairs mainstream. To receive financial support – as well as invaluable mentoring and networking opportunities – from Google will help us invest in our tech and allow the business to grow.'

'It is great to see Google addressing the funding gap and providing real tangible support for those who are underrepresented in the startup community.'

The names of tomorrow

Other crucial Black founders who will be receiving funding include Simi Lindgren of Yuty™, an AI-driven conscious beauty destination. Also Zak Nason-Giwa of Goodloans, a London-based fintech company that breaks down the barriers to lending in emerging markets, with its AI-powered digital lending platform. Another happy recipient is Asha Haji of Framework, the world's first on-demand business school designed for startups.

The announcement follows a series of launch events across Europe in London, Paris and Berlin, including a gathering hosted by the Mayor of London, Sadiq Khan, at



Sadiq Khan
leading the way

City Hall for a group of London-based founders as part of the capital's London Tech Week celebrations.

Khan said: 'London celebrates the diversity of its business community, and it is fantastic to see that 60% of the companies selected for Google's latest Black Founders support programme are from London.'

"Our city is a leading hub for innovation and startups, and our tech sector has an important role to play in creating jobs and investment for the capital's economy as we build a better London for everyone."

To find out more about Google For Startups, visit startup.google.com. For more information on the Black Founders Fund, visit startup.google.com/blackfoundersfund

EAST

We've boldly tried and tested
die-hard favourites and new
kids on the eatery block.
Here's our latest line-up

CAFE CARIBBEAN

OLD SPITALFIELDS MARKET, E1 6EW & 262 HIGH ROAD, LOUGHTON IG10 1RB

Who doesn't love a cosy home-cooked meal? Starting out in his mum's kitchen, Café Caribbean owner Warren Richards learned to cook the old-fashioned way, with treasured recipes passed down from his Jamaican grandma. Warren used those same recipes to set up his stall back in 1993, well before London's street food revolution, and way before Caribbean cooking hit the mainstream and jerk chicken was so well established on London's streets. These days you can find Café Caribbean's restaurant in Loughton High Street and Spitalfields market, where queues are regularly snaking out from the counter.

Both venues have a real vibe of island life about them, with a relaxed approach to cooking. It's not about following recipes to the letter. It's about taste and larger-

than-life flavours, and all kinds of chicken. No, seriously: jerk chicken, stew chicken, curry chicken and BBQ chicken. However, no birds are harmed during the making of all the other classics, especially the unctuous slow-cooked gelatinous oxtail, served up with rice and peas. So trust me, y'all ain't going home hungry. And don't forget the customary hot sauce either. This stuff sells out quick, so get some and put in on everything! As Caribbean hot sauce goes, this is way up there – in fact, it's quite possibly the best around town. It won't quite blow your head off, as it has that perfect balance of just enough heat, yet enough flavour to keep you coming back for more. Good wholesome food isn't expensive, so share the love.

cafe-caribbean.com @cafecaribbean





RHYTHM KITCHEN

257 HOE STREET, WALTHAMSTOW, E17 9PT

With its clear glass frontage and clean, fresh interior, Rhythm Kitchen stands out on Hoe Street. The airy, whitewashed space is softened by large palm leaves stencilled on the walls, rustic-style wooden tables and a large rum-filled bar. The place is modern with a relaxed vibe and a menu offering a good mix of dishes without overwhelming diners. A delicious and refreshing fruit punch is a good place to start, followed by saltfish fritters with a good hint of spice. The curried goat is soft and tender with delicate spices and flavours. Generous portions leave little room for dessert, but a refreshing mix of tropical sorbets make for a perfect ending.

rhythmkitchen.co @rhythmkitchenuk

YUMBUN

OLD SPITALFIELDS MARKET, E1 6EW

If ever you're walking through Spitalfields Market and feel a bit peckish, you should make time to stop for one of the softest, most delicious bao buns that will ever pass your lips. YumBun originally started as a food truck in Hackney's Broadway Market in 2010 by East Londoner Lisa Meyer. Inspired by her Japanese upbringing, she decided to bring these pillowy-soft buns of joy to East Londoners every Saturday. Fast forward a few years, a few pop-ups and outings of the big yellow bus to festivals, and this award-winning street food company has found a permanent home in Street Feast venues. With a regularly changing menu and delicious sides to accompany the famous buns, YumBun is guaranteed to bring big flavours and a lot of joy to your mouth, your stomach and your soul!

yumbun.com @yum_bun



COTTONS

45-47 HOXTON SQUARE, N1 6PD

This place has all the feels: a Friday night vibe that's both familiar and warm. A glam yet friendly crowd that fills the space and gives great ambience. The menu is extensive but our knowledgeable host took us through it with charm and patience, recommending cocktails, bites and mains. We started with Jungle Bird, a bitter-sweet short cocktail made with aged rum, Campari, lime juice, sugar syrup and pineapple juice. Our small bites included the classic sticky hot wings, salt fish fritters and shrimp and sweet pepper concasse, which was delectable, tasty and more-ish – one of those dishes that's worth a return just to sample again. Our mains were hearty, savoury and flavoursome. We opted for a rich curried mutton and jerk salmon. Sides were rice and peas, and plantain – we didn't need them but greed took over. We then shared a delightful mango cheesecake, a fitting finish to a very pleasant Friday evening, and an authentic cool Caribbean start to the weekend. We've vowed to go back for bites and a boogie in the club downstairs.

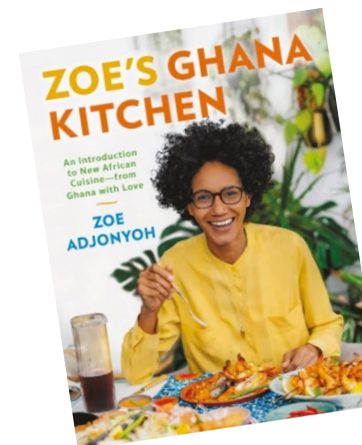
cottons-restaurant.co.uk/shoreditch @cottonsldn





Mezcal Mirror Margarita,
Award-winning cocktail, 500ml
£36, mirrormargarita.com

Nubian Skin
Cotton Thong
(Pack of 3)
£36, nubianskin.com



Zoe's Ghana Kitchen cookbook
New African cuisine
£15.54, zoesghanakitchen.com



Pureté Nature
energising
essential oils
£8, puretenature.com



Bunny Ear Cactus
(*Opuntia Microdasys*)
£12.99, prickldn.com



Soapsmith Hackney Body Wash
£28, soapsmith.com

LITTLE BLACK BOOK

Support Black-owned businesses with our pick of goodies

Second Shot Monthly
Coffee Subscription
From £10.00 every month
secondshotcoffee.co.uk



Local Honey Man
Vitamin C infused honey - limited edition
£12.95-£36.95, localhoneyman.co.uk



Jamii Discount Card
First discount card for Black
British creators and makers.
Get up to 40% off.
£14.95 / year, lovejamii.com



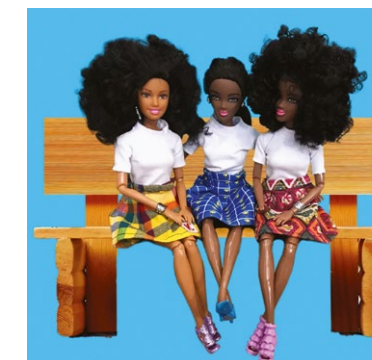
Flower pot
£33, reput.uk



Medium Backpack
£290, frankhorn.com



Pace Trainer, orange
£95, tobefootwear.co.uk



Ellie doll
Doll, together with a beautiful,
handmade outfit and
matching shoes.
£21, monerokids.boutique

5 THINGS TO DO IN EAST LONDON

From walking the flats to getting the best view from high above the river, we've five great suggestions to keep you busy in East London between now and our next issue

1

Flat out

The southernmost point of Epping Forest, **Wanstead Flats** is the green space spanning from Forest Gate, Leytonstone and Wanstead. As with most green spaces in London, walking through the Flats you'll often see many football games, picnics, kite flyers, duck feeders and playground players, and those brave (or fit) enough can walk all the way from Wanstead Flats to Epping Forest, barely passing any built-up areas.

THINGS TO DO IN EAST LONDON

ON THE RIGHT TRACK

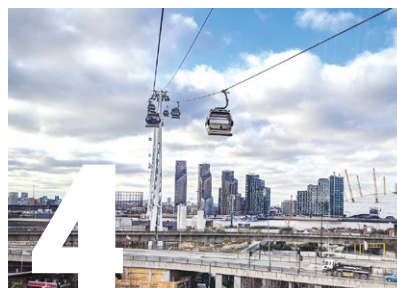
Bar, restaurant, record emporium and community hub, **Tracks** is nestled under one of the arches in Forest Gate and serves good food, good drinks and good vibes. A huge supporter of local artists and startups, Tracks delivers a diverse program of events including live music and comedy, creative workshops and pop-up markets to showcase local startups. They are also proud partners of Forest Gate Pride and Newham Solidarity Fund.
[@trackse7](http://trackse7.com)



2

ON THE BAB

On the Bab is a Korean street food restaurant and takeaway between Old Street and Shoreditch, a great casual spot where you can enjoy typical Korean drinks with food in a Korean tradition known as 'anju'. We highly recommend trying their Yangyum Korean fried chicken which comes in two flavours: soy and ginger or sweet and spicy.
[@onthebab](http://onthebab.com)



4

UP, UP & AWAY

Emirates Air Line runs cable cars between Greenwich Peninsula to Royal Docks. This popular and cost-effective method of commuting provides the opportunity to have a largely unspoiled view of the city without having to pay for it through the nose. This is a great idea for date night, or for a family trip as it only costs £8 and is free for the under 5-year-olds!
tfl.gov.uk/modes/emirates-air-line

FOLLOW IN THE FOOTSTEPS

Black people have been a feature of East London life since Roman times. Why not trace the steps of those individuals who made history in the East End – from poets to parlour-maids, revolutionary writers to runaways. Weave through the streets and alleys of Tower Hamlets and soak up the rich cultural mix of past and present. You can download the **Black History Walks in Tower Hamlets** at ideastore.co.uk



5

25 CARIBBEAN RESTAURANTS IN EAST LONDON

Craving some ackee rice or jerk chicken like mum made? We've scoured the East End to find those flavours

EAT IN

Café Caribbean

Old Spitalfields Market, E1 6EW
262 High Road, Loughton, IG10 1RB
cafe-caribbean.com

Cottons

45-47 Hoxton Square, N1 6PD
cottons-restaurant.co.uk

Rudie's London

Boxpark Shoreditch
2-10 Bethnal Green Road, E1 6GY
rudieslondon.com

Ayannas

Lumina Building
2 Yabsley Street, E14 9RG
ayannaslondon.com

Rhythm Kitchen

257 Hoe Street, E17 9PT
1st Floor World Food Court, Westfield: Stratford, E20 1ES
rhythmkitchen.co

Peppers and Spice

40 Balls Pond Road, Dalston, N1 4AU
peppersandspicetakeaway.co.uk

The Rum Kitchen

5 Sclater Street, Shoreditch, E1 6GX
therumkitchen.com

Turtle Bay

The Scene, Cleveland Place
269 High Street, Walthamstow, E17 7FD
turtlebay.co.uk

Eighty's Kitchen

Behind the Shop, 163 Barking Road, E16 4HQ
@eightyskitchen

Peng Kitchen

Wanstead Golf Club
Overton Drive, E11 2LW
pengkitchen.com

Crave Caribbean Food

323A Lea Bridge Road, E10 7LA
cravecaribbean.co.uk

One Love

196 High Road, Chadwell Heath, RM6 6LU
oneloverestaurant.com

Jerk Pit

109 Ripple Road, Barking, IG11 7NY
jerkpit.co.uk



Mama's Jerk

Unit 5 Wharf Kitchen, Jubilee Place, Canary Wharf, E14 5NY
mamasjerk.com

Sunlight Caribbean

259 Well Street, E9 6RG
sunlightcaribbean.co.uk

Uncle Trini's

1 Campbell Road, East Ham, E6 1NP
uncle-trinis.business.site

Elisha Delight

173 Upton Lane, E7 9PJ
elshadelight.co.uk

Island Social Club

Check out the website for all the latest events and news
islandsocialclub.co.uk

Kate's Cafe London

174 Balaam Street, Plaistow, E13 8RD
katescafelondon.co.uk

TAKEAWAY

Jamaica Patty Co

27 Liverpool Street, EC2M 7PD
jamaicapatty.co.uk

Karla's Kitchen

13-14 Bramall Close, E15 1RR
karlaskitchen.co.uk

Fourseason Caribbean

412 Barking Road, E13 8HJ
fourseasoncaribbean.co.uk

JRS Caribbean

281 High Street South, East Ham, E6 3PG
jrscaribeaneastham.com

Nigerian Food Xpress

1 Faircross Avenue, Barking, IG11 8UN
@nigerianfoodxpress

Auntie Nana's

64 Hermit Road, E16 4LF
@nanascaribbean

BEASTENDER

Nathan Elliot

Founder & owner,
Spoke Shed

A Forest Gate boy all his life and now the mechanic and proud owner of Spoke Shed in his home town, Nathan has been in the cycle repair business since 2016. Nathan first worked at Halfords for three years while at university, then working at Evans in Canary Wharf Evans for a year, where he trained as a bicycle mechanic. Having been furloughed from his office job, he rediscovered a love of cycling and decided to open up Spoke Shed with the help of family, friends and the local community. It blossomed into the success it is now.

*Spoke Shed, Anna Neagle Close,
Dames Road, London E7 0HH
spokeshed.co.uk @spokeshed*



pureté | nature



find the balance in you | natural wellness

www.puretenature.com

  @puretenature

FIND US AT TEA ROOMS, BRICK LANE, LONDON, E1 6RU

