

FRIENDS OF THE CARIBBEAN

SPRING 2022

MAGAZINE

MILTON KEYNES, UNITED KINGDOM





FOTC MAGAZINE SPRING 2022

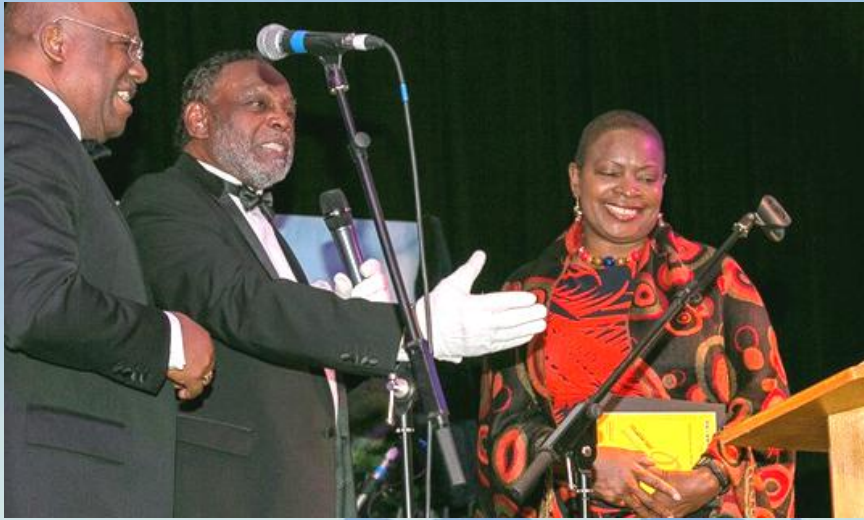
Contents

1. Cover
2. Contents
3. FOTC - On The Shoulders Of Giants
4. Chairman's Welcome
5. Invitation to the unveiling
6. Windrush Cricket Family Fun Day
7. Windrush Cricket Family Fun Day
8. FOTC Fun Run Walk Marathon
9. Fruits to Share
10. Lizzie Damilola Blackburn's book / FOTC Milestones
11. FOTC Supplementary School
12. Royals visit / 'Daughter of the Waves'
13. A Real Pirate of the Caribbean
14. Amazing Grace 250
15. Big up yuh voice
16. Sickle cell: 'A revolutionary cure'
17. The Jamaican High Commission - garden party
18. In The News
19. African Film Night
20. Caribbean Social Forum
21. FOTC Sharing Moments
22. FOTC Sharing Moments
23. Ads Posts
24. Naked Hair Care
25. The Jamaican High Commission - Diamond Jubilee

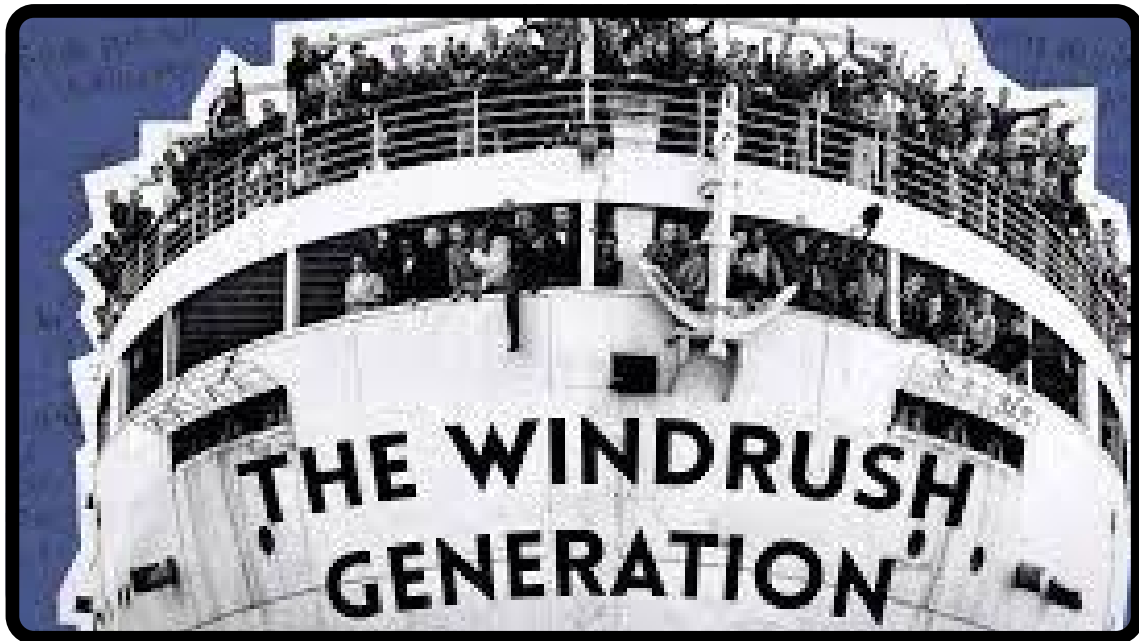


FOLLOW US ON SOCIAL MEDIA

FOTC - On The Shoulders of Giants



WINDRUSH MONUMENT TO UNVEIL IN MILTON KEYNES SOON...



Dear member,

I am delighted to inform you that Friends Of The Caribbean has achieved the recognition of the Windrush generation through an application for a Rose Pillar at Campbell Park in Milton Keynes.

The application process for the Rose Pillar included an expression of interest, data collection of Caribbean experience in the United Kingdom and Milton Keynes through a series of interviews which formed the basis of the application.

The period of consultation with Parks Trust involved a panel presentation after which a decision to award the Windrush Rose Pillar was made.

Also involved in the process was an application for Black Lives Matter from the Council of Faith who I am pleased to say was also confirmed for a pillar.

We hope you will join with us in the this momentous occasion of celebration of the Pillar scheduled for 22.06.22. Further details to follow.

Regards
Wain McIntosh MBE
Chair

[Entrance Reservation Tickets Here](#)



Friends of the Caribbean extend
a special invitation to join us in
celebrating the unveiling of a
Windrush Monument
in Milton Keynes



Campbell Park, Milton Keynes

22nd June, 2022, 6pm - 8pm

Special Guests: Bishop Rose Hudson-Wilkin, MBE, QHC.
Representatives from UK Home Office
Keynote Speakers - Performers

Complementary Food & Drinks
Transportation Provided for Local Seniors

RSVP

01908 477136

info@friendsofthecaribbean.co.uk

[Entrance Reservation Tickets Here](#)

WEST INDIES CRICKET - WINDRUSH CELEBRATION JUNE 12TH, 2022 IN MILTON KEYNES



CAMPBELL PARK PAVILION

Windrush Cricket Family Charity Fun Day

**Invitational XI (feat. International Players)
VS. Milton Keynes XI**

Tickets: £5 per adult, £15 family of 4, Under 12 free

BOOK TICKETS

Stalls available: info@friendsofthecaribbean.co.uk

RESERVATIONS

**Celebrating the contribution of the
Windrush generation to Milton
Keynes and the wider UK**

- The resurrection of grassroots cricket by engaging the youngsters in the community
- Celebrating the launch of the Windrush Pillar at MK Rose, June 22, 2022





JUNE 12, 2022 10 AM

WINDRUSH CRICKET FAMILY FUN DAY

**International Cricketers Invitational XI
VS.
Milton Keynes XI**

CAMPBELL PARK PAVILION, MILTON KEYNES

ALL DAY EVENT Adults £5, Children Free
Tickets: Eventbrite
info@friendsofthecaribbean.co.uk

*A Rebirth of Milton
Keynes Cricket*

Sport Celebs

Mk School Teams

Food

Picnic areas

Children games

*Celebrating the
unveiling of The
Windrush
Monument
at Mk Rose
June 22, 2022*



Windrush Cricket Family Fun Day

[BOOK TICKETS HERE](#)

16th April 2022

10.30

Campbell Park

FOTC

FUN RUN & WALK



**£10 FOR ADULTS
£5 FOR CHILDREN
UNDER 18**

[Register here](#)

RUN WITH JO

5K Walk / Run Marathon

Saturday, April 16, 2022

10.30 am, Campbell Park

Hosted by Jo Maddix

Fundraising for the
Windrush Memorial Pillar at MK Rose

FRUITS TO SHARE FROM THE CARIBBEAN TO THE UK



JANE ON FOOD

Banana, mango, and coconut are undoubtedly the staple fruits from the islands of the Caribbean. With sunshine all year round and just the right amount of rain, these fruits grow in abundance. If you look closely enough, you'll find them lined up on the shelves of your local supermarket.

It is not uncommon to be strolling along the white sandy beaches of Jamaica, and see locals scaling the palms to nab some coconuts to take home. Mango salsa makes the perfect accompaniment to many Caribbean curries, and how could we forget about barbecued banana?

These three come to mind when we think about the fruits of the Caribbean, but they're certainly not the only ones.

There's so many fruits of the Caribbean that you may never have heard of. Many are available in the UK, you can learn how to use them in your daily life. Get those taste buds tingling, your fruit salad is about to get way more interesting.

By Kylie Morrow



[Caribbean Fruit Punch Recipes](#)



CONGRATULATIONS LIZZIE !

A female Milton Keynes author has had her first novel up by publishers at Penguin. Lizzie Damilola Blackburn's book is called *Yinka, Where is Your Husband?* and has already received rave reviews and been chosen in a string of 'best of 2022' press round-ups.

One big fan is Nobel Peace Prize laureate Malala Yousafzai, who had chosen it for her online book club. The novel is about a young British Nigerian woman's quest for love and self-acceptance. In Bridget Jones style, chapters open with WhatsApp screenshots and details of Yinka's online search history.

[Read More](#)



FOTC HISTORICAL MILESTONES

Our 10 years of Delivering opportunities through service is one of the best ways to build a strong relationship with our members and community.

Giving them exclusive access to our latest collections, services, and real information while simultaneously improving FOTC charity's visibility.

OUR STEPPING STONES:

To promote to the benefit of the public, in particular but not exclusively members of the Caribbean Community in Milton Keynes, its surrounding area and the wider Caribbean region by:

- 1. The promotion and preservation of good health.**
- 2. The advancement of education.**
- 3. Helping Young People, particular members of the Dual Heritage Community to develop their capabilities that they may grow to full maturity understanding both cultures.**
- 4. Promote the Caribbean as a region**
- 5. Act as an umbrella organisation for Caribbean Diaspora groups in the UK**

[FOLLOW US ON SOCIAL MEDIA](#)

11plus, KS2, KS3, GCSE, A level

1 TO 1 ONLINE TUTORING

ENGLISH
MATHS
SCIENCE

ADVANCEMENT FOR
STUDENTS OF ANY ABILITY



Weekdays & Saturdays

Milton Keynes
Qualified Experienced Instructors

FREE TRIAL LESSON!

- ✓ Ideal for English & BAME students
- ✓ National Curriculum Based
- ✓ Excellent preparation for exams;
- ✓ 11 plus, GCSE, A level
- ✓ Personalised & Interactive

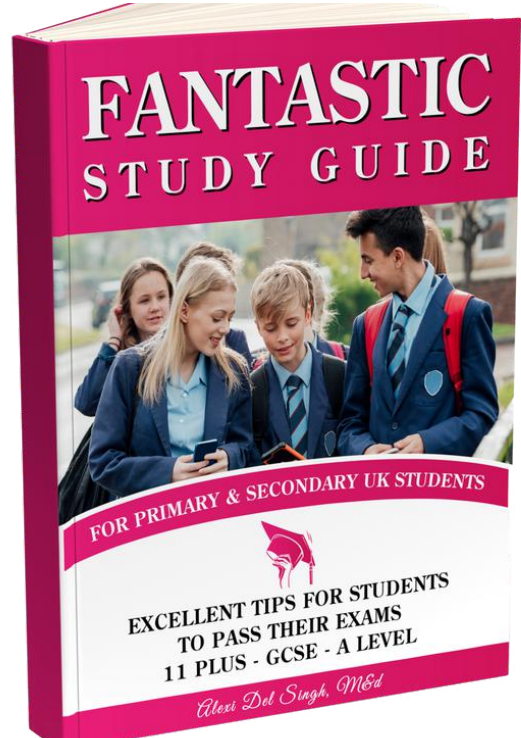
£100
PER MONTH
1 lesson per week

Register Now! 07874 802844 / 01908 312033
support@emstutoring.co.uk
www.emstutoring.co.uk



F.O.T.C

OUR SUPPLEMENTARY
SCHOOL IS NOW ONLINE
WE OFFER A FREE STUDY
GUIDE TO STUDENTS



**CLICK HERE FOR A
FREE COPY OF
THE STUDY GUIDE**



PRINCE WILLIAM AND KATE ARE VISITING BELIZE, BAHAMAS AND JAMAICA



PRINCE WILLIAM AND KATE WILL ARRIVE IN THE CARIBBEAN ON A ROYAL CHARM OFFENSIVE.

THE DUKE AND DUCHESS OF CAMBRIDGE AIM TO CAPTURE HEARTS AND MINDS IN BELIZE, THE BAHAMAS AND JAMAICA.

IT IS HOPED THEIR TRIP WILL PERSUADE THE THREE NATIONS TO KEEP THE QUEEN AS HEAD OF STATE - UNLIKE NEARBY BARBADOS, WHICH BECAME A REPUBLIC LAST YEAR.

THEY INTEND TO ENGAGE WITH HISTORIC CULTURES BY GOING HEAD TO HEAD IN A SAILING REGATTA AND DANCING TO JAMAICAN LEGEND BOB MARLEY'S TUNES.

IN THE ROYAL FAMILY'S FIRST MAJOR OVERSEAS TOUR SINCE THE PANDEMIC BEGAN, WILLIAM AND KATE'S EIGHT-DAY TOUR WILL MARK THE QUEEN'S PLATINUM JUBILEE.

KENSINGTON PALACE SAID IT WILL ALSO CELEBRATE THE RELATIONSHIP BETWEEN THE INDIVIDUAL NATIONS AND THE QUEEN DURING HER 70-YEAR REIGN. IT ADDED THAT THE TRIP WILL "TAKE IN PROJECTS BEING UNDERTAKEN TO ADDRESS CHALLENGES FACED BY LOCAL COMMUNITIES".

[Read More](#)

The Play's The Thing Theatre Company
presents

TAKING THE STAGE

NEWLY COMMISSIONED

LOCAL PLAYWRIGHT, LISA LOVELL, WILL BE SHOWCASING HER NEW SHORT PLAY, 'DAUGHTER OF THE WAVES', AT THE 'TAKING THE STAGE' FESTIVAL ON THURSDAY 31 MARCH AT MK GALLERY.

LISA IS THE CHILD OF WINDRUSH PARENTS. SHE HAS EXPERIENCED RACIAL DISCRIMINATION ALL HER LIFE, BUT HAS FOUGHT THESE BARRIERS THROUGHOUT HER CAREER TO BECOME A SENIOR MANAGER. VERY RECENTLY THOUGH, LISA EXPERIENCED THE WORST RACISM AND HOSTILITY SHE HAS EVER FACED. EVERYTHING SHE BELIEVED IN WAS SHAKEN TO THE CORE AS PEOPLE SHE THOUGHT WERE TRUSTED COLLEAGUES, ALLIES AND FRIENDS COLLUDED WITH THE HOSTILE ENVIRONMENT PUT IN THE PLACE IN THE LAST FEW YEARS. LISA WAS ON THE VERGE OF LOSING EVERYTHING. IT WAS ONLY THE SUPPORT OF TRUE FRIENDS AND THE "KINDNESS OF STRANGERS" AS SHE DESCRIBES THEM WHICH PULLED HER THROUGH THIS TERRIBLE PERIOD OF HER LIFE.

FOR FURTHER INFORMATION AND TO BOOK TICKETS, PLEASE SEE:
[HTTPS://MKGALLERY.ORG/EVENT/HIDDEN-STORIES-PART-1/](https://mkgallery.org/event/hidden-stories-part-1/)

A Real Pirate of the Caribbean



“RED LEGS” GREAVES

BORN TO SCOTTISH SLAVES ON THE ISLAND OF BARBADOS, GREAVES BECAME A PIRATE WHEN, IN A DESPERATE ATTEMPT TO ESCAPE, HE STOWED AWAY ON A SHIP BELONGING TO A NOTORIOUSLY CRUEL PIRATE NAMED CAPTAIN HAWKINS. ALTHOUGH FORCED TO BECOME A PIRATE, GREAVES QUICKLY ADAPTED TO THE NEW ROLE. HOWEVER, LIFE AS A SLAVE LEFT HIM WITH LITTLE TOLERANCE FOR BRUTALITY, AND WHEN THE CAPTAIN REPRIMANDED GREAVES FOR HIS REFUSAL TO TORTURE A PRISONER, A FIGHT ENSUED DURING WHICH GREAVES KILLED THE CAPTAIN AND WAS IMMEDIATELY ELECTED TO REPLACE HIM.

GREAVES EARNED A REPUTATION AS A HUMANE AND MORAL MAN DESPITE BEING A PIRATE. HE DID NOT TORTURE PRISONERS; HE WOULD NOT ROB THE POOR AND WOULD NOT ABUSE OR RAPE WOMEN. GREAVES WOULD SIMPLY STEAL AND RUN.

HAVING MADE OFF WITH A SUBSTANTIAL SUM OF MONEY, GREAVES RETIRED FROM PIRACY AND BECAME A PLANTATION OWNER ON THE ISLAND OF NEVIS. UNFORTUNATELY, TURNING IN PIRATES FOR BOUNTY WAS EXTREMELY PROFITABLE, AND WHEN RECOGNIZED BY A FORMER VICTIM, GREAVES WAS SENTENCED TO HANG. WHILE HE WAS IN PRISON, A MASSIVE EARTHQUAKE NEARLY DESTROYED THE ISLAND, AND GREAVES WAS ONE OF VERY FEW SURVIVORS. AFTER BEING RESCUED BY A WHALING VESSEL, HE BECAME A PIRATE HUNTER AND LATER RECEIVED A PARDON FOR HIS PREVIOUS CRIMES. HE'S ONE OF THE FEW PIRATES TO DIE PEACEFULLY OF OLD AGE.

PICTURE COURTESY OF SHUTTERSTOCK.COM/ EXTRACT FROM BOAT INTERNATIONAL

[Read More](#)



AMAZING GRACE 250 - THE COUNTDOWN BEGINS

ALL EYES ARE SET TO BE ON OLNEY FROM JULY 2022 TO JULY 2023, WHEN THE TOWN WILL BE AT THE CENTRE OF COMMEMORATIONS TO MARK THE 250TH ANNIVERSARY OF ONE OF THE WORLD'S MOST BELOVED HYMNS, 'AMAZING GRACE'.

COMPOSED BY THE REVEREND JOHN NEWTON IN THE WEEKS LEADING UP TO HIS NEW YEAR'S DAY SERVICE AT ST PETER & ST PAUL CHURCH ON 1ST JANUARY 1773, THE HYMN – IN VARIOUS DIFFERENT MUSICAL STYLES – HAS GONE ON TO INSPIRE COUNTLESS PEOPLE AND HAS EVEN BECOME KNOWN IN AMERICA AS THE NATION'S "SPIRITUAL ANTHEM".

'A PART OF THE REASON I THINK THAT IT SOMEHOW MET THE MOMENT WAS BECAUSE NOT ONLY IS IT A BEAUTIFUL SONG, BUT IT ALSO CAPTURES THIS UNIFYING ELEMENT IN AMERICA REPRESENTED IN ITS MUSIC. YOU'VE GOT AN OLD-WORLD ENGLISH HYMN THAT HAS BEEN USED BY EVERYBODY, IN EVERY CHURCH, ALL ACROSS THIS COUNTRY. WHITE CHURCHES, BLACK CHURCHES, THE BLACK GOSPEL TRADITION HAS TRANSFORMED IT. AND IT SPOKE THEN TO THE FACT THAT UNDERNEATH EVEN A TRAGEDY LIKE THIS, THERE'S SOMETHING THAT IS THERE FOR ALL OF US. SOMETHING THAT WE SHARE.'

BARACK OBAMA TALKS ABOUT WHY HE CHOSE TO SING AMAZING GRACE AT THE FUNERAL IN CHARLESTON AFTER THE SHOOTINGS THERE IN 2015

RENEGADES: BORN IN THE USA – 26 OCT. 2021 BY BARACK OBAMA (AUTHOR), BRUCE SPRINGSTEEN (AUTHOR)

AMAZING GRACE 250: A DIVERSE LEGACY

HOUSE & GARDENS RE-OPENING

TUESDAY 1ST MARCH 2022

ONLINE SHOP OPEN

OUR HISTORIC HOUSE, GARDENS, SHOP

AND THREE HARES ART GALLERY

TUESDAY, WEDNESDAY, THURSDAY, FRIDAY & SATURDAY

(SEE 'WHAT'S ON' FOR SPECIAL SUNDAY EVENTS. PLEASE NOTE WE ARE CLOSED ON GOOD FRIDAY APRIL 15TH 2022)

11AM – 4.30PM (SPRING/ SUMMER)

11AM – 4PM (AUTUMN/ WINTER)

ADVANCE BOOKING AVAILABLE OR JUST WALK IN ON THE DAY

[READ MORE](#)

BIG UP YUH VOICE !



HAVE YOU EVER WANTED TO SING IN A GOSPEL CHOIR?

AUDITIONS ARE BEING HELD EARLY IN 2022 FOR A SPECIAL CHOIR TO HELP WITH THE 250TH ANNIVERSARY CELEBRATIONS OF "AMAZING GRACE" WHICH WAS WRITTEN IN OLNEY BY JOHN NEWTON IN 1772.

THE MK SWEET SOUND CHOIR, DIRECTED BY EXPERIENCED LOCAL CONDUCTOR CRAIG MCLEISH, WILL FEATURE IN VARIOUS CONCERTS OVER THE NEXT FEW YEARS. A NEW COMMISSION IS ALREADY BEING COMPOSED AND YOU CAN BE THE FIRST TO SING IT!

SOPRANOS ALTOS TENORS AND BASSES ARE YOU OUT THERE?

Email - choir@mksweetsound.co.uk for more information



[MORE INFO](#)

SICKLE CELL: ‘THE REVOLUTIONARY GENE-EDITING TREATMENT THAT GAVE ME NEW LIFE’



JIMI OLAGHERE THOUGHT HE WOULD HAVE TO WAIT DECADES TO BE FREED FROM HIS SICKLE CELL DISEASE - BUT NOW SCIENTISTS HAVE ENGINEERED HIS BLOOD TO OVERCOME THE DISEASE WHICH LEFT HIM IN CONSTANT PAIN.

“IT’S LIKE BEING BORN AGAIN,” SAYS JIMI, ONE OF THE FIRST SEVEN SICKLE CELL PATIENTS TO HAVE BENEFITED FROM A REVOLUTIONARY NEW GENE-EDITING TREATMENT BEING TRIALLED IN THE US. HE SAYS IT HAS CHANGED HIS LIFE.

“WHEN I LOOK BACK, IT’S LIKE, ‘WOW, I CAN’T BELIEVE I LIVED WITH THAT.’”

JIMI, 36, HAS LIVED WITH SICKLE CELL SINCE CHILDHOOD. “YOU ALWAYS HAVE TO BE IN A WAR MINDSET, KNOWING THAT YOUR DAYS ARE GOING TO BE FILLED WITH CHALLENGES.”

[Read More](#)

SAVE THE DATE



THE JAMAICAN HIGH COMMISSION

IN COLLABORATION WITH THE

JAMAICA60 UK PLANNING GROUP

WILL BE HOSTING

“AN ELEGANT SUMMER

GARDEN PARTY”

IN CELEBRATION OF

JAMAICA’S DIAMOND JUBILEE

ON SUNDAY 17TH JULY

In The News!



DESPITE SAYING THAT THE VACCINE WAS SAFE AND EFFECTIVE IT HAS NOW TURNED OUT THAT THE VACCINE WAS NEITHER SAFE NOR EFFECTIVE AND EVEN THOUGH THE GOVERNMENT IS NOT ADMITTING THEY WERE WRONG THEY HAVE SET UP A VACCINE DAMAGE PAYMENT CLAIM SCHEME. IF YOU OR YOUR FAMILY HAVE BEEN DAMAGED BY TAKING THE VACCINE

[HTTPS://WWW.GOV.UK/VACCINE-DAMAGE-PAYMENT](https://www.gov.uk/vaccine-damage-payment)



SHANE WARNE'S FATAL HEART ATTACK COULD HAVE BEEN 'ACCELERATED' BY HIS COVID INFECTION AND USE OF A VENTILATOR TO TREAT IT, TOP EXPERT EXPLAINS

- **NEW THEORY SUGGESTS COVID INFECTION 'ACCELERATED' SHANE WARNE'S HEART ATTACK**
- **CRICKETER HAS CONTRACTED VIRUS TWICE AND USED A VENTILATOR TO SPEED UP RECOVERY**
- **PROFESSOR SAID THERE WAS 'SIGNIFICANT POSSIBILITY' VIRUS WORSENER HEART CONDITIONS**
- **WARNE HAD BEEN SUFFERING CHEST PAINS AND SWEATING IN THE WEEK BEFORE HE DIED**
- **CRICKET LEGEND WAS FOUND UNRESPONSIVE IN LUXURY VILLA IN KOH SAMUI ON MARCH 4**
- **HIS FORMER DOCTOR ALSO POINTED TO WARNE'S LONG-TIME SMOKING HABIT AND LIFESTYLE**



BARBADOS PM WARNS OF THE CONSEQUENCES OF THE UKRAINE WAR ON AFRICA AS RELATED TO RACISM & INEQUALITY

[HTTPS://YOUTU.BE/WLHOLH5RL10](https://youtu.be/WLHOLH5RL10)



JAMAICA OFFERS FREE MONEY TO DIGITAL CURRENCY'S FIRST ADOPTERS

- **GOVERNMENT OFFERS \$16 INCENTIVE TO THOSE WHO ACTIVATE WALLETS**
- **CARIBBEAN HAS LED MOVE TOWARD CENTRAL BANK DIGITAL CURRENCIES**

**[HTTPS://WWW.BLOOMBERG.COM/NEWS/ARTICLES/2022-03-10/JAMAICA-OFFERS-FREE-MONEY-TO-DIGITAL-CURRENCY-S-FIRST-ADOPTERS?](https://www.bloomberg.com/news/articles/2022-03-10/jamaica-offers-free-money-to-digital-currency-s-first-adopters?utm_source=canva&utm_medium=iframely)
[UTM_SOURCE=CANVA&UTM_MEDIUM=IFRAMELY](#)**

Introduction



by *Nana Oguntola*

Friday 1st April - 2:30pm
Location: Sky Room

“How To Fund Your Film”



Jane Sanger

Jane is an award winning independent film maker who has vast experience in raising funds. It's not easy as she will testify, but here she shares her wealth of knowledge and gives advice to budding film makers.

Friday 1st April - 3.00pm
Location: Sky Room

Veronica's Wish



Michael and Veronica are engaged to marry but their journey takes a drastic turn when Veronica gets hit by a mysterious illness days away from her wedding. Veronica must choose between love and saving lives.

Director - Rehema Nanfuka

Friday 1st April - 5.00pm
Location: Sky Room

***Afternoon Tickets £12.00 & £10.00 concession.**

**(Tickets allows entry to the 'Introduction', Workshop - 'How to Fund Your Film' & the film 'Veronica's Wish'.)*

Coat of Alms - UK Premiere



A beauty queen on a quest to eradicate street urchins discovers her lover is part of the network who collect vulnerable children for the purpose of trafficking and road begging.

Producer - Blessing Effiom Egbe

Friday 1st April - 7.00pm
Location: Sky Room

Tickets £12.00 & £10.00 concession.

Contact the MK Gallery for bookings & details



**Saturday 9 April @
National Maritime Museum
Doors open 10.00am**

Celebrate black history and culture in Britain with the Caribbean Social Forum as they takeover the National Maritime Museum for the whole day. With activities, performances and talks, discover the fusion of cultures from Africa, the Caribbean and Europe. The whole day has been curated by the Forum.

Please support the event by attending and sharing the information with your friends and family.

Caribbean Social Forum

"a unique collection of people united together by a common history"



FOTC Sharing Moments



FOTC Sharing Moments



ENTERTAINMENT

THE TURNING POINT
Radio Show
with Orman Griffith

[Listen Here](#)

07727 154127
ANNIE'S KITCHEN

SEA FOOD BOIL
£20
£10 DEPOSIT
REQUIRED

**CHRISTMAS RUM
CAKE 10" £10**
CUT-OFF 21st AND
COLLECTION ON
24th DECEMBER

**ALL ORDERS TO BE PLACED
48 HOURS IN ADVANCE**

PLATTERS £20 EACH

| INDIAN PLATTERS | CARIBBEAN PLATTERS |
|--|---|
| VEGETABLE PAKORA ONION BHAJI CHICKEN PAKORA SALMON PAKORA SAMOSA TAMBORINE CHICKEN STRIPS | 1/2 JERK CHICKEN 1/2 FRIED CHICKEN CHICKEN SKEWERS MACARONIE PIE FRIED DUMPLING FESTIVALS JERK PORK |

Susumba

Authentic Caribbean Cuisine
for Banquets - Parties -
Weddings - Events

Milton Keynes
07849536465
Infosusumba@gmail.com
Authentic Caribbean Cuisine...

Naked Hair Care



A note from the maker...

'Being a nurse I take health seriously, hence, the types of foods my family consumes and the products we use on our bodies matters greatly. I struggled for years to find a product that best suited the hair care needs of my family.

Finally, I decided to make my own product and the results were phenomenal. My family now has lovely healthy hair that is visibly longer and easier to manage.

They are complimented everywhere they go. I have decided to bottle this formula in the hope of sharing the gift of strong, shiny, manageable but healthy hair with you and your love ones'.

NATURAL BLEND FOR HEALTHIER HAIR

NATURAL OILS TO ENHANCE BLACK HAIR

ORGANIC PURE COCONUT OIL

BLACK JAMAICAN CASTOR OIL

JOJOBA OIL

ARGAN OIL

EXTRA VIRGIN OLIVE OIL

TO TRY OUR PRODUCTS:

WWW.NAKEDHAIRCARE.CO.UK

INFO@NAKEDHAIRCARE.CO.UK

**20 BURNERS LN. S, KILN FARM,
MILTON KEYNES MK11 3HB**

07939 591 087 / 08456 007 601





JAMAICAN HIGH COMMISSION LONDON

SAVE THE DATE

Diamond Jubilee

Service of Praise and Thanksgiving

On Independence Day

Saturday, 6th August 2022, starting at 11 o'clock

Bethel Convention Centre

Kelvin Way, West Bromwich, Birmingham B70 7JW

