

# Caribbean London

## CONTENTS

Caribbean London Today : A Caribbean Day Out  
Backstory : Notting Hill Carnival : Markets  
Eating & Drinking : Nightlife : Events  
Arts & Culture

## MORE INFO

For more information on London's  
diverse international communities  
go to [visitlondon.com](http://visitlondon.com)

## TODAY

It's hard to say exactly which parts of London are synonymous with Caribbean culture. In August it'll be Notting Hill, but although there are hubs of residential areas – Peckham, New Cross, Dalston, Lewisham that will have their fair share of Caribbean (and African) residents and at least a handful of grocers or takeaways selling Caribbean food, it's a community that's fairly spread across town.

Two main areas do stand out, however: Brixton in South London and Harlesden in the North West. Brixton Market is home to Europe's largest amount of Afro-Caribbean foodstuffs, which obviously appeals to a large contingent of Afro-Caribbean consumers who can also find specialist hairdressers, barber shops as well as hair products in the surrounding streets. Harlesden also boasts its fair share of Caribbean cafés and grocers, but is best known as the reggae capital of London.



Record Shop, Dalston

## DID YOU KNOW ?

- Jamaican activist Marcus Garvey came to London in 1912 and worked on the magazines African Times and the Orient Review
- In 1977, at the height of his fame, Bob Marley played in an 11-a-side football match in Battersea Park against a team that included radio presenter Danny Baker



Jah Spirit, Nutritious Food Gallery, Hackney

## A CARIBBEAN DAY OUT

### 10am Start Brixton Hill (Brixton tube)

You'll be tempted by sumptuous foodstuffs on your trip today, so line your stomach in one of Brixton's many cafes. Kick off with breakfast at **Negril** on Brixton Hill either for food, a fresh fruit smoothie or Jamaican Blue Mountain coffee.

**11am** A ten-minute walk away is **Brixton Market**, famous for its Caribbean influence. Experience the unique buzz and pick up some fresh fish like red snapper or fruit and veg like yams, sweet potato, plantain and mangos. Take a stroll around the adjacent streets to get a feel of what Brixton is really like. Atlantic Road boasts two lovely bakeries: **Atlantic Bakery** and **1st Choice bakery**, so take a snack break at one of these.

**1pm** Head on into the West End for lunch at **Mr Jerk** on Wardour Street (*Tottenham Court Road tube*). You'll find good filling authentic dishes here; treat yourself to a Guinness punch!

**3pm** Check out **Harlesden** (*Willesden Junction tube/rail*), the hub of North London's Caribbean community and the centre of London's reggae industry. Be sure to check out the **Hawkeye Record Store** on Craven Park Road, one of the best in the area. Then drop into the **Mahogany Carnival Arts workshop**, where you can see – and buy! – exclusive costumes designed for the Notting Hill carnival.

**Evening** If it's dinner you're after head over to **Camden Town** and try out the award-winning **Mango Room** opposite the tube (best to book), or **Cottons** and **Freshh** further up Chalk Farm Road. If it's DJs, dancing or dub you want, check out nights at **Caribbean Renaissance** at Brockwell's Wine Bar every Tuesday or **Til Shiloh** at the Fridge, every Monday.

If dining and dancing isn't your thing, head over to **Mare Street** in Hackney (*Hackney Central rail*) and check out the bill at the **Hackney Empire**, the beautifully-restored 1901 music hall, which now plays host to a variety of stand-ups and theatre companies.

**Negril** 132 Brixton Hill, SW2 1RS (020 8674 8798) • **Brixton Market Electric Avenue, Pope's Road, Brixton Station Road, Atlantic Road, SW9** (020 7926 2530) • **Mr Jerk** 189 Wardour Street, W1F 8ZD (020 7287 2878) • **Hawkeye Record Store** 2 Craven Park Road, NW10 4AB (020 8961 0866) • **Mahogany Carnival Arts** 28 High Street, NW10 4LX (020 8961 4446) • **Mango Room** 10-12 Kentish Town Road, NW1 8NH (020 7482 5065) • **Cottons** 55 Chalk Farm Road, NW1 8AN (020 7485 8388) • **Freshh** 48 Chalk Farm Road, NW1 8AJ (020 916 8930) • **Caribbean Renaissance Brockwells Wine Bar**, 75-79 Norwood Road, SE24 9AA (07961 307282) • **Til Shiloh Fridge Bar**, 1 Town Hall Parade, Brixton Hill, SW2 1RJ (020 7326 5100) • **Hackney Empire** 291 Mare Street, E8 1EJ (020 8510 4500/ [hackneyempire.co.uk](http://hackneyempire.co.uk))

# Caribbean London



## BACKSTORY

If you wanted to put a familiar timeline on the presence of Caribbeans in the Capital, no doubt it would start with the arrival of Jamaicans on the Empire Windrush. This was 1948 and many of the arrivals (mainly men) came to what they felt was the 'Mother Country' either alone or with new wives and families.

Dispersing to many parts of the city – mainly Clapham, Brixton and west London, there grew a steady number of Caribbeans – from all over the islands – setting up home and working mainly for London transport or for the National Health Service. Jamaicans tended to settle in the south of the Capital, whereas Trinidadians and Barbadians tended to gravitate to the areas around Notting Hill and Ladbroke Grove.

In the '60s a group of Trinidadians set up a small community parade to bring the essence of 'cultural togetherness' to the Notting Hill area. 1964 has been stated to be the official launch date of Carnival, which – nearly 60 years on from Windrush – is the biggest Caribbean contribution to the London (and UK) landscape. It's also Europe's biggest street party, and London is proud to be its home.



Cork's Wine Bar W1

## SPOTLIGHT ON CARIBBEAN LONDON

### NOTTING HILL CARNIVAL

*Notting Hill, W10, W11. Ladbroke Grove, Notting Hill Gate, Westbourne Park tube.*

It's the August Bank Holiday's Notting Hill carnival – Europe's biggest – that puts London and the UK's Caribbean community on the map. First started in 1964 it attracts a worldwide audience of around 1.5million – including those happy to watch the two-day event on TV! Steel bands, sound systems, food stalls and people of all ages and backgrounds are packed into west London's streets on the last weekend of August. Sunday is traditionally children's day with Monday reserved for adults – although no one really sticks to these rules, as the whole weekend is one big day out.

## MARKETS

### Brixton Market

*Electric Avenue, Pope's Road, Brixton Station Road, Atlantic Road, SW9 (020 7926 2530).*

*Open Mon-Sat 10am-sunset.*

At Brixton's indoor and outdoor markets you'll find Europe's largest selection of Caribbean and African food. The market has been a local landmark for decades. It's open six days a week and you'll find everything from tropical fruit, vegetables, spices, specialist meats and fish as well as Caribbean literature, cards and gifts. If it's all too much, you can always stop at one of the bakeries in and around the market and enjoy traditional Caribbean snacks and juices.

### Shepherd's Bush Market

*Uxbridge Road and Goldhawk Road, W12.*

*Goldhawk Road/Shepherd's Bush tube.*

*Open Tues, Weds, Fri and Sat 8.30am-6pm.*

Everything from clothes to kitchen utensils is sold in the various sections of Shepherd's Bush Market. You'll also find plenty of yams, cassavas, mangos, sugar cane as well as fresh snapper, coley and tilapia fish.

### Deptford Market

*Douglas Way and Deptford High Street, SE8. Deptford rail.*

*Open Wed, Thurs, Sat 8.30am-5pm.*

Deptford Market is at the centre of life in this area of town, once known for being a bit run-down but now widely considered to be one of the most exciting, up and coming areas of south London. Indeed, Deptford High Street was recently voted the best high street in London by the Yellow Pages business directory, mainly because of its diversity and vibrancy. Go and see for yourself.

### Choumert Road Market

*Choumert Road, SE15. Peckham Rye rail. Open Mon-Sat 9am-3pm.*

Between Rye Lane and Choumert Grove there are around 30 stalls selling African and Caribbean food including fresh fish like saltfish and red snapper. There are large and small outlets selling hair products geared to African and Caribbean customers dotted throughout the area.

### Ridley Road Market

*Ridley Road, E8. Dalston Kingsland rail.*

*Open Mon-Wed 9am-3pm; Thurs 9am-midday; Sat 9am-5pm.*

Famous for its 24-hour bagel shop, Ridley Road is one of London's most vibrant markets and sells African and Caribbean music, textiles and food ranging from cow's feet, pig's trotters and goat meat to yams, mangoes and spices.

# Caribbean London



## EATING & DRINKING TOP TIPS

Try Caribbean food for something a bit different. Here are some of our favourites.

### Anda de Bridge

42-44 Kingsland Road, E2 8DA (020 7739 3863/andadebridge.com). Old Street tube/rail.

More a bar than a restaurant, ADB nevertheless offers a gorgeous selection of seafood dishes and Caribbean staples.

### Bamboula

12 Acre Lane, SW2 5SG (020 7737 6633). Brixton tube/rail.

A good lunchtime and evening venue for large portions of Caribbean food at minimal prices. For £5.50 you can get a quarter jerk chicken with rice, peas, plantain and a soft drink. Bargain.

### Cottons

55 Chalk Farm Road, NW1 8FN (020 7485 8388/cottons-restaurant.co.uk). Chalk Farm tube.

Also at: 70 Exmouth Market, EC1 (020 7833 3332). Angel tube.

A Camden landmark, with a new outpost at Exmouth Market, Cottons offers a great party atmosphere, classic dishes and over 150 rums behind the bar!

### Hummingbird

84 Stroud Green Road, N4 3EN (020 7263 9690/hummingbird.co.uk). Finsbury Park tube/rail.

Large dhalpouri rotis (a subtly-spiced pancake) filled with stewed, curried or fried meat, fish or vegetables are the main attraction at this Finsbury Park eatery.

### Mr Jerk

19 Westbourne Grove, W2 4UA (020 7221 4678). Westbourne Park/Notting Hill tube. Also at: 189 Wardour Street, W1F 8ZD (020 7287 2878). Tottenham Court Road tube.

Snacks, main meals, eat-in or takeaway: take your pick from Mr Jerk's wide-ranging menu.

### Zionly Manna Vegan Restaurant

60 Atlantic Road, SW9 8PY (020 7738 4604). Brixton tube/rail.

One of the newer venues in Brixton, Zionly Manna offers more than just vegan rice and peas: try peanut stew, delicious soya-based mains and zingy homemade juices.



Notting Hill Carnival

## NIGHTLIFE

### Caribbean Renaissance

Brockwells Wine Bar, 75-79 Norwood Road, Herne Hill, SE24 9AA (07961 307282). Tulse Hill/Herne Hill rail. Free.

Classic Jamaican tunes every Tuesday from 10pm-2.30am. Queues get pretty long, so be sure to turn up early.

### Carling Academy Brixton

211 Stockwell Road, SW9 9SL (020 7771 3000/brixton-academy.co.uk).

Better known as the Brixton Academy, this huge venue plays host to major UK bands, but also to a wide variety of R'n'B performers, DJs and rap artists from all over the world. Check out the website for gigs in 2007.

### Til Shiloh

Fridge Bar, 1 Town Hall Parade, Brixton Hill, SW2 1RJ (020 7326 5100).

Brixton tube/rail. From 8pm-3am. Free.

A regular Monday night with heavy dub, classic international reggae and roots courtesy of DJ Emmanuel, Mr T and MC Goldie.

## EVENTS

### Black History Season

(blackhistorylondon.com).

Supported by the Mayor's office, Black History Season is a key event in London's cultural calendar. There are literally hundreds of events going on all over town in October and beyond, covering everything from film, talks, exhibitions, performances and children's events. See the website for the latest information.

### BFM International Film Festival

Every September. bfmmedia.com

Black Film Magazine's annual film festival comes with a line up of films from the US, the Caribbean and Africa. The week-long event includes awards, seminars and workshops and post-screening Q&As with filmmakers.

## ARTS & CULTURE

### Hackney Empire

291 Mare Street, E8 1EJ (020 8510 4500/hackneyempire.co.uk)

This beautifully-restored 1901 music hall, now plays host to a variety of stand-ups and theatre companies. Check the website for the latest info.

### Talawa Theatre

talawa.com

Talawa runs a series of programmes, including a writing scheme to develop a new generation of black theatre artists. Check out the website to download education packs and to read about Talawa's script writing service.



Notting Hill Carnival

## CARIBBEAN LONDON DIRECTORY

- **Choice FM** [choicefm.com](http://choicefm.com)  
Number one for hip hop, R&B and community chat.
- **The Voice.** The UK's best newspaper for the Afro-Caribbean community or check out the website at [voice-online.co.uk](http://voice-online.co.uk)