

Linkupcaribbeans E-bulletin



www.Linkupcaribbeans.com

A big thank you to readers of the last Issue for your positive comments and helpful suggestions for both the e-bulletin and the web-site. As Lorlette Hudson reminds us, 'one hand can't clap' (www.onehandcantclap.co.uk).

There are times when we all need a helping hand. At times coming from unlikely sources when you need it most. This editorial takes a look at 'opportunities' and the power of networking (or "linking social capital" as this best describes what that process is about).

I came across a book a few years ago entitled 'Little Black Book of

Connections' (2008). The book opened with the following statement: *"Connecting is all about your friendliness, your ability to engage, and your willingness to give value first"*. Those words spurred me on to establish, and continue to develop 'linkupcaribbeans' as a connecting medium (or 'little black book').

As we go forward, the opportunities are now becoming clearer; though still have much distance to travel. These opportunities are reliant on keeping the connections going and embracing 'networking' as a tool to improve and develop self and business acumen. They are not just about 'power business meetings or gatherings' but about people meeting people from which great things may

arise that are of mutual benefit: personally as well as professionally.

There are four 'connection questions' to unlock the answers to achieving the right connection that will move you from the 'I think so' stage to 'I know so' position.

- Who do you know?
- How well are you connected?
- Do you know how to make a connection?
- Who knows you?

We are still at the first question because it takes time to build relationships, to gain trust and get connected. It takes time and perseverance to see and recognise opportunities. You have to sell yourself as it's *you* that others see first.

FW Business Ltd believe in connections and will continue to seek out those wanting to be part of this evolving 'little black book'. If you are in business and wanting to be part of this network, go online and register (see below). There is no charge and your business might just be the one some one else is looking to connect with.

One love

The AWEDIS Family Fun Day:

22nd August 2010

Brimsdown Sport & Social Club,
Goldsdown Road, Enfield, EN3 7RD

Closing date for the five a side tournament is **13th August 2010**.

Further details can be found at:
www.linkupcaribbeans.com/whatson

email:
awedis.promo@yahoo.co.uk;

Have you registered yet?

More and more people have *linked up* with over 43,000 hits as at end of the last quarter (April—June); and growing

| Hits by pages | | Hits by continent | |
|-----------------|-----|-------------------|-----|
| Cuisine | 53% | Europe | 39% |
| What's on | 40% | North America | 31% |
| Travel | 28% | Australia | 17% |
| Services | 26% | Others | 13% |
| Health & Beauty | 22% | | |
| Bulletin Board | 16% | | |
| Consulates | 8% | | |

What's on

The Right Business Network

26th August [6-9pm], West Ham Football Club, Boleyn Ground, Green Street, London E13 9AZ

The event is for all entrepreneurs in the UK. The events network growing businesses with the right support and advice that can improve your level of success.

T: (0)7950 179 104

W: therightbusinessnetwork.com.

E: vic-tor@therightbusinessnetwork.com

Caribbean Party

A great way to get into the

Christmas spirit. Join in with our selection of Tribute Acts for a truly memorable Christmas Party and then dance the night away.

Date

11 December, 7.00pm – 1.00am.

Additional dates available on request.

Please ask about special Menu

Adult: from £46 per person

Address: Holiday Inn London Bloomsbury, Coram Street, London WC1N 1HT

E: christmas.bloomsbury@ihg.com

T: 0871 942 9222



RocknGroove

Promoting your dance, shows and parties in the UK and beyond.

E: admin@rockngroove.com

W: www.rockngroove.co.uk



Cuisine

10% DISCOUNT. Cut out this voucher and present it on your next visit.

Bully's Kitchen Lick

71 West Green Road,
Tottenham,
London N15
Contact: 0787747725

www.linkupcaribbeans.com

10% DISCOUNT. Cut out this voucher and present it on your next visit

Carib Restaurant

2 Nether Street,
Finchley
London N12 0SL
www.just-eat.co.uk and type in post code.

www.linkupcaribbeans.com

Hair and Beauty

Mary Kay Independent Consultant

This consultant provide individually tailored skincare and make up products, skin analysis, make up lessons, body care products and train others to become independent beauty consultants.

Contact: www.marykay.co.uk/dlewis

T: Dee Lewis: 07950 266762

Shades Hairdresser & Barbers

133 Cricklewood Broadway
London NW2

T: **020 7511 6066**

Crystals

63 Green Lanes
London N13 4TD

T: 020 8888 3233

Mirror Image Barbers

11 Northumberland
Park Road
Tottenham
London N17

Tel: 020 8808 1547

Do you want to save on your next visit to your favourite salon?

10% Discount. Cut out this voucher and present it on your next visit to any of the below salons.

Carla's Hair Care

253 High Road
Willesden
London NW10 2RX

T: 0208 8459 4545

www.linkupcaribbeans.com

Golden Touch Barbers

227 High Road
Willesden
London NW10 2RY

T: 020 8451 5086

www.linkupcaribbeans.com

Sapphire Hair Studio*

9 Northumberland Park Road
Tottenham
London N17

(*Tuesdays & Thursdays only)

T: 020 8801 2503

www.linkupcaribbeans.com

Services and Supplies

Enfield Lupus Support Group

Meet Every 2nd Saturday of the Month

From 1.30 - 3.30pm at:

The Foyer - 279-281 Fore Street
Edmonton, London N9

E: thelupusgroup@hotmail.com

T: 07939 580 548

Books and publications

British Caribbean Enterprise

By Dr. Christopher A. Johnson

Email:

info@britishcaribbeanenterprises.com

Growing up Bad? Black youth, road culture and badness in an East London neighbourhood.

By Dr Anthony Gunter

W: www.amazon.co.uk

Huh - the art of confusion

An enterprising new concept of expression for young people by young people. This new look is a must if you want to stand out in the crowd.

Further details, contact: huh_taoc@live.co.uk



Our Caribbean property services have been specifically designed to provide UK residents with a safe, transparent and professional environment.

T: 0845 222 1413

E: info@tropicalconnections.co.uk

W: tropicalconnections.co.uk



Welcome to *Grace Foods UK Limited*, one of Europe's leading suppliers of ethnic foods. Whether you want to find out about Grace Foods UK's market leading Brands and products or you are simply looking for corporate information or even your favourite recipe, you will find all you need at:

W: www.gracefoods.co.uk

T: 01707 322332

E: customer.services@gracefoods.co.uk

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Chingford
London E4 8DW

Tel: 0208 925 0350

WWW.linkupcaribbeans.com
Email: contactus@linkupcaribbeans.com

Registered in England: No. 06653425

Your business is our business

FW Business Ltd provides promotion, advertising and consultancy services, with a particular focus on small and medium size enterprises within the voluntary and community sector.

Our promotion and advertising service include www.linkupcaribbeans.com, which provides a 'window' on the Caribbean experience and the soon to be launched vacation homes by owners site.

The consultancy service offers a range of education, youth and community development support with particular focus on:

- *monitoring and evaluation of projects;*
- *Bid writing and fund raising*
- *Interim management*
- *Independent investigations*
- *Events and conference planning and facilitation*

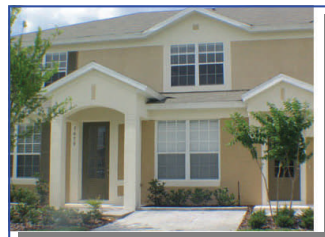
For general enquiry please email: contactus@linkupcaribbeans.com to register your organization on the website.

Travel and Tourism

Windsor Hills Resort is self contained, and include resort style amenities unparalleled by any in the Disney World vacation area. Some of the magnificent features of this gated community includes a luxurious water park pool with fountains, waterslides and a spa, separate toddler pool, tennis, basketball and volleyball courts as well as a children's playground.



Enjoy **10% DISCOUNT** on bookings on these two vacation homes.



For full details on availability and booking arrangements, please contact:

E: contactus@linkupcaribbeans.com

T: **020 8925 0350**

www.linkupcaribbeans.com/travel

<http://www.allstarvacationhomes.com/res/property.asp?ID=433>

Quote reference: 1 - 24230



For full details on availability and booking arrangements, please contact:

T: **07930 324313**

E: bookings@executivevillaexperience.com

www.executivevillaexperience.com

Quote reference: Lkp11109