

BMT x BWT

PRESENTS

PROUD

TO BE

A CELEBRATION OF DIVERSITY AND
THE POWER OF CULTURAL HERITAGE





***“ The beauty of the world
lies in the diversity of its people. ”***

- Unknown

PROUD TO BE

A CELEBRATION OF DIVERSITY AND THE POWER OF CULTURAL HERITAGE

We created *BMT x BWT* presents *Proud To Be* to encourage young people everywhere to celebrate their cultural heritage and to strive for greatness. Being proud of your roots and the unique qualities you bring to the world are crucial to forming a positive self-image and tapping into your true potential. Drawing inspiration from the theme of Black History Month 2021, we wanted to find a way for all nationalities to participate in the journey.

This book contains profiles on amazing leading figures from across the UK who have diverse cultural roots; they're featured alongside colourful illustrations, fun facts about countries across the diaspora and a special section designed to help you write your very own *Proud To Be* poem.

The book is also supported by our proudtobe.org.uk website featuring a range of learning resources, colouring pages and videos to spark your imagination.

Enjoy!

Alain 'Fusion' Clapham
The Transformative Storyteller
BMT x BWT Stories



ABOUT BMT X BWT STORIES

BMT x BWT Stories celebrate the 'awesome everyday stories' of black men and women through events, education and online experiences. Our mission is to increase visibility, cultural awareness and serve as an empowering and authentic voice for people of colour here in the UK and across the diaspora.

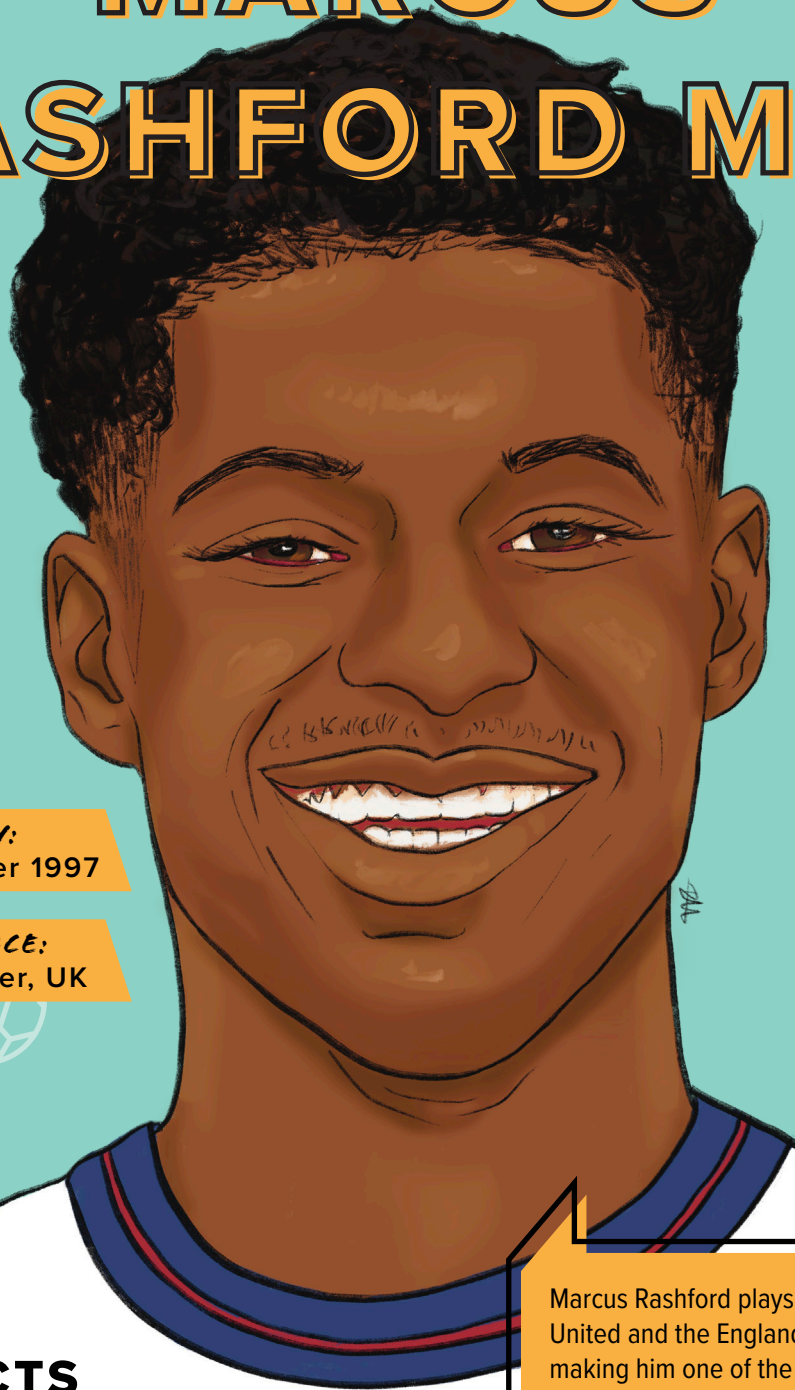
VISIT US AT BMTSTORIES.COM

PROUD

TO BE

FOOTBALLER & SOCIAL ACTIVIST

MARCUS RASHFORD MBE



BIRTHDAY:
31 October 1997



BIRTHPLACE:
Manchester, UK

BIG FACTS

Marcus Rashford's Social Activism is now studied as part of the GCSE syllabus



Marcus Rashford plays for Manchester United and the England national team, making him one of the world's youngest and most famous footballers. Marcus' charity work has helped to raise millions for charity FairShare during the COVID-19 lockdown; he also wrote a letter to the Prime Minister urging the Government to reconsider not supplying meals for underprivileged children during the summer of 2020, a decision which was eventually overturned. His tireless work was rewarded with an MBE and the respect of the nation.

KITTITIAN & NEVISIAN

FAST FACTS

ST. KITTS & NEVIS

- Capital:** Basseterre
- Currency:** East Caribbean dollar (XCD)
- Motto:** "Country Above Self"
- Anthem:** "O Land of Beauty!"
- Official languages:** English, Saint Kitts Creole
- Area:** 101 sq miles
- Demonym(s):** Kittitian or Nevisian

FLAG STORY

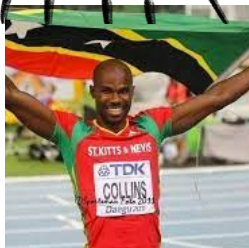


- Green** represents the country's fertile land
- Red** symbolises the fight for freedom against slavery and colonialism
- Yellow** stripes represent the sunshine the islands enjoy all year round
- Black** is a reminder of the people's African origin

FAMOUS FIGURES



Caryl Phillips
Author



Kim Collins
Olympic athlete

DID YOU KNOW?

- ★ Saint Kitts was named Liamuiga, which roughly translates as 'fertile land', by the Kalinago, who originally inhabited the island.
- ★ The national bird is the brown pelican.
- ★ The strait that separates St. Kitts & Nevis is known as the Narrows. Every spring, swimmers arrive from across the Caribbean and beyond to take part in a race between the sister islands. If you fancy your chances, the course record to beat is 58 mins 9 secs.



- ★ St. Kitts was known throughout the world as a sugar-cane island and is still commonly known today as Sugar City.



LET'S TALK FOOD!

The national dish of Saint Kitts and Nevis is Stewed saltfish with spicy plantains and coconut dumplings.

HOW DO YOU SAY HELLO?

'Hello!' (but in Creole it would be 'Bonjou')



PROUD

TO BE

TELEVISION, RADIO PRESENTER & DJ

MAYA JAMA



BIRTHDAY:
14 August 1994



BIRTHPLACE:
Bristol, UK

BIG FACTS

She was named after civil-rights activist and celebrated poet Maya Angelou.

Maya Jama is a popular television, radio presenter and DJ. The half-Somali / half-Swedish media personality moved from Bristol to London aged 16 to pursue her career. It didn't take long before she was landing presenting roles across MTV, Sky, Channel 4 and ITV; then came her big break in 2020 co-presenting BBC One's *Peter Crouch: Save Our Summer*. Alongside her many media ventures, Jama has launched a successful clothing collection with PrettyLittleThing and her own face and eye mask range, MIJ Masks.

SOMALI



FAST FACTS

SOMALIA

Capital: Mogadishu

Currency: Somali Shillings

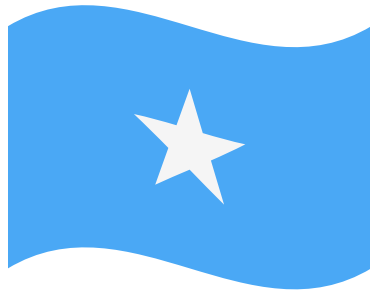
Anthem: "Soomaaliyeey Toosoow"

Official languages: Somali, Arabic

Area: 246,201 sq miles

Demonym(s): Somali

FLAG STORY



Blue was inspired by the flag of the United Nations, which helped the nation transition to independence. In more recent years, the colour blue is said to symbolise the surrounding Indian Ocean and the blue sky above.

White five-pointed star is known as the Star of Unity. The points of the star represent the areas where native Somalis resided.

FAMOUS FIGURES



Barkhad Abdi
Actor and Director

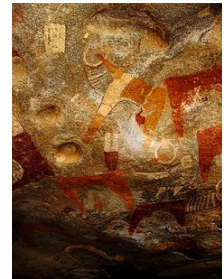


Nimco Happy
Singer

DID YOU KNOW?

★ Somalia is home to the world's largest camel population. Camels and other livestock provide livelihoods for nearly 60 percent of the Somali people - this is because the camel provides meat, milk, transportation, income and status for those who own one.

★ The Las Geel cave formations near Hargeisa, Somaliland, have some of the Horn of Africa's most ancient cave paintings. The paintings, which depict cattle in ceremonial robes, a domesticated dog, giraffes and humans, date between 9,000 and 3,000 years BC.



★ England's first female Muslim football referee is from Somalia. Jawahir Roble used to live in Mogadishu but now referees football matches in Northwest London.

★ Somalia's coastline stretches 3,025 km and is the longest coastline in mainland Africa

LET'S TALK FOOD!

It may surprise many to know that **Spaghetti Bolognese** (known by natives as **Baasto iyo Sugo Hilib Shiidan**) is the national dish.

HOW DO YOU SAY HELLO?



Somali



Arabic
(pronounced 'ahlan')

PROUD

TO BE

RAPPER AND CULTURAL INFLUENCER

STORMZY

BIRTH NAME:

Michael Ebenezer
Kwadjo Omari Owuo Jr



BIRTHDAY:

26th July 1993



BIRTHPLACE:

Croydon, UK

BIG FACTS

Stormzy has 6
A* GCSE's

Stormzy is an MC of Ghanaian heritage who has risen to become one of the UK's most critically acclaimed artists. His big break came in 2017 with the chart-topping, platinum debut album *Gang Signs & Prayer*, which mixed elements of gospel and R&B with grime and hip hop. Big Mike has gone on to become a Glastonbury festival headliner, the force behind #Merky Books and the #Merky Foundation, which provides scholarships to black UK students admitted to the University of Cambridge.

GHANAIAAN



FAST FACTS

GHANA

Capital: Accra
Currency: Ghanaian cedi
Motto: "Freedom & Justice"
Anthem: 'God Bless Our Homeland Ghana'
Official languages: English (there are over 50 indigenous languages including Akan, Ewe, Ga, Dagaare and Dagbani)
Area: 92,099 sq miles
Demonym(s): Ghanaian

DID YOU KNOW?

- ★ The word Ghana means "Warrior King" and was the title accorded to the kings of the medieval West African Ghana Empire.
- ★ Kente cloth dates back to 12th century Africa in the country of Ghana. The cloth was worn by Kings, Queens and important figures of state during ceremonial events and special occasions.



FLAG STORY



- **Red** represents the blood that was shed towards independence
- **Gold** represents the mineral wealth
- **Green** symbolises the rich agriculture
- **Black Star** is the symbol of African emancipation

- ★ The first names of children of Akan tribes – like the Fante and Ashanti tribes – are based on the day of the week on which they were born. A male Tuesday born is Kwabena while the female is Abena.
- ★ Afro-jazz was invented by Kofi Ghanaba from Ghana. Highlife and hiplife were also invented in the country.

LET'S TALK FOOD!

Fufu is Ghana's national dish. It's a starchy side dish and an important accompaniment to various stews and sauce-based dishes.

HOW DO YOU SAY HELLO?

Chale is the most popular Ghanaian icebreaker. You would greet and address a friend as 'Chale!'



Ghanaian

FAMOUS FIGURES



Kwame Nkrumah
 First prime minister of Ghana



Akosua Busia
 Actress, film director, author and songwriter

PROUD

TO BE

ACTRESS

LETITIA WRIGHT



BIRTHDAY:
31st October 1993



BIRTHPLACE:
Georgetown, Guyana

BIG FACTS

At 15, she emailed the biggest agencies in the world asking to represent her ... and it worked.

Letitia Wright is a Guyanese-born British actress. She began her career with guest roles in TV shows Top Boy, Humans, Doctor Who and Black Mirror. In 2018, she attained global recognition for her portrayal of Shuri in the Marvel's Black Panther, for which she won an NAACP Image Award and a SAG Award.

PROUD

TO BE

GUYANESE



FAST FACTS

GUYANA

Capital: Georgetown

Currency: Guyanese Dollar

Motto: "One People, One Nation, One Destiny"

Anthem: "Dear Land of Guyana of Rivers and Plains"

Official languages: English, Guyanese Cerole

Area: 83,000 sq miles

Demonym(s): Guyanese

DID YOU KNOW?

- ★ The name Guyana means "land of many waters" in a native American language referring to the many rivers running through the country
- ★ The Kaieteur Falls in Guyana is the world's widest single-drop waterfall.
- ★ About 70% of the total area of Guyana is covered with rainforests, reportedly it has the largest rainforests in the world.
- ★ Victoria Amazonica is the national flower of Guyana, while its national bird is the hoatzin, locally known as Canje Pheasant.

FLAG STORY



- Green** represents the agricultural and forested nature of Guyana
- White** symbolizes the rivers and water potential of the country
- Golden** arrow stripes represent the sunshine the islands enjoy all year round
- Black** portrays the endurance that will sustain the forward thrust of the Guyanese people
- Red** represents the zeal and dynamic nature of nation-building which lies before the young and independent Guyana.

FAMOUS FIGURES



John Agard
Playwright, poet
and children's writer



Claudette Izel Humprey
Olympic athlete

LET'S TALK FOOD!

Along with chicken curry, and cook-up rice, pepperpot is one of Guyana's national dishes. Pepperpot is a stewed meat dish, strongly flavoured with cinnamon, cassareep (a special sauce made from the cassava root) and other basic ingredients, including Caribbean hot peppers.

HOW DO YOU SAY HELLO?



English



Guyanese

PROUD

TO BE

ACTOR & WRITER

DANIEL KALUUYA



BIRTHDAY:
24 February 1989



BIRTHPLACE:
London, UK

BIG FACTS

Daniel's parents are from big Ugandan families - his mum is one of 22 kids and his dad is one of 49!

Daniel Kaluuya was born in London to Ugandan parents. He grew up in a council estate in Camden living with his mother and wrote his first play when he was only nine years old. His big break-through role came in 2017 with *Get Out*, followed the next year with the Marvel film *Black Panther*. Kaluuya became the first black British actor to win an Oscar for 'Best Supporting Actor' in *Judas and the Black Messiah* (2021).

UGANDAN

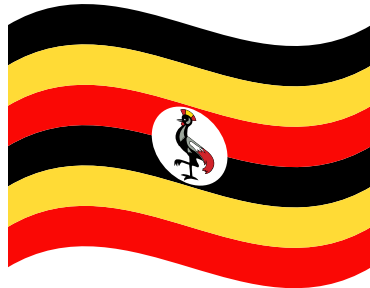


FAST FACTS

UGANDA

Capital: Kampala
Currency: Ugandan shilling (UGX)
Motto: "kwa mungu na nchi yangu"
 ("For God and My Country")
Anthem: "Oh Uganda, Land of Beauty"
Official languages: English & Swahili
 (43 of its living languages fall into four main families—Bantu, Nilotic, Central Sudanic and the Kuliak family.)
Area: 93,065 sq miles
Demonym(s): Ugandan

FLAG STORY



- **Black** represents the people of Africa
- **Yellow** represents the sun that shines brightly over the country
- **Red** represents the bond of blood that connects all of the African people
- **Gray Crowned Crane** with its raised leg symbolises the continuing progress of the nation and its people.

FAMOUS FIGURES



HRH Nnabagereka Sylvia Naginda
 Queen of Buganda and empowerment activist for women & youth




Joshua Cheptegei
 Olympic Gold Medalist

DID YOU KNOW?

- ★ Uganda has the world's youngest population - the average age of the population is 15.7 years (median).
- ★ Lake Victoria (named after Queen Victoria) is the biggest lake on the continent of Africa and the largest tropical lake on Earth. Also known as Nam Lolwe, Nnalubaale, Nyanza and Ukerewe, the lake is one of the Nile River's sources and is even said to be where it begins.

- ★ It has one of the World's Smallest Churches. Measuring in at 8 ft tall and 250 centimeters wide, a chapel on Biku hill has just enough room inside for 3 churchgoers – including the pastor.



- ★  Fried Grasshoppers, Anyone? Don't get offended if you're invited to try some fried grasshoppers - this cuisine is a delicacy in Uganda.

LET'S TALK FOOD!

Matoke is the national dish of Uganda and is a plantain banana native to southwest Uganda. The most common way to make Matoke is by cooking and mashing it. It is often steamed in plantain leaves and served with meat.

HOW DO YOU SAY HELLO?



English



Swahili

PROUD

TO BE

OLYMPIC ATHLETE

DINA ASHER-SMITH



BIRTHDAY:

4th December 1995



BIRTHPLACE:

Orpington, UK

BIG FACTS

Aged 13 she ran
a world best
time for 300m
(39.16 secs)

Dina Asher-Smith is a British sprinter. She is the fastest British woman in recorded history and has been listed in the 2021 Powerlist as one of the UK's most influential people of African/African Caribbean descent.

GREAT BRITAIN

PROUD

TO BE

JAMAICAN



FAST FACTS

JAMAICA

Capital: Kingston

Currency: Jamaican Dollar

Motto: "Out of Many, One People"

Anthem: "Jamaica, Land We Love"

Official languages: English, Jamaican Patois

Area: 4,240 sq miles

Demonym(s): Jamaican

DID YOU KNOW?

- ★ Jamaica was named Xaymaca in Arawakan meaning the "Land of Wood and Water" or the "Land of Springs" by the indigenous people known as the Taíno.
- ★ **Jamaica Has the Fastest Runners on Earth**
Jamaica regularly sweeps the board for Olympic sprinting events in both male and female categories.
- ★ **Jamaica is the home of reggae music and Bob Marley.**
Jamaica produces the most music per capita, so it's not surprising that it's also the birthplace of Bob Marley - the legendary singer who became a world ambassador for reggae music and the Rastafari movement.
- ★ Jamaica has the greatest concentration of churches (2.75 churches per square mile) - a fact recognized by the "Guinness World Book of Records."
- ★ **Jamaica Was Once a Spanish Speaking Country** - from 1509 to 1655, the island was under Spanish rule.

FLAG STORY



- **Black** depicts the strength and creativity of the people.
- **Gold** represents the natural beauty of the sunlight and the wealth of the country.
- **Green** signifies hope and agricultural resources.

FAMOUS FIGURES



Koffee
Grammy Award-winning deejay and singer/songwriter



Usain Bolt
Legendary sprinter & Fastest Man In The World

LET'S TALK FOOD!

The country's national dish is Ackee and Saltfish, with jerk chicken, curried goat or mutton, and oxtail with broad beans bringing up the rear.



HOW DO YOU SAY HELLO?



English



Patois

PROUD

TO BE

FORMULA 1 CHAMPION & CULTURAL ACTIVIST

SIR LEWIS HAMILTON



BIRTHDAY:
7 January 1985



BIRTHPLACE:
Stevenage, UK

BIG FACTS

He told McLaren's boss to sign him when he was just 13

Lewis Hamilton is one of the most successful Formula One Grand Prix racing drivers of all time. He has raced across three decades of F1, taking a record-equalling seven world championships (and counting), triple-figure pole positions, and a knighthood to boot. From his work improving diversity in motorsport to a budding music career he's clearly a driven man with winning ways.

GRENADIAN



FAST FACTS

GRENADA

Capital: St. George's

Currency: East Caribbean dollar (XCD)

Motto: "Ever Conscious of God We Aspire,
Build and Advance as One People"

Anthem: "Hail Grenada"

Official languages: English / Grenadian
Creole English / Grenadian Creole French

Area: 134.6 sq miles

Demonym(s): Grenadian

DID YOU KNOW?

★ Grenada is known as the "Island of Spice" because it produces nutmeg and mace crops, as well as some other spices.

★ The Moliniere underwater sculpture park is the first of its kind in the world and features a fascinating compilation of over 65 human sculptures on the ocean.

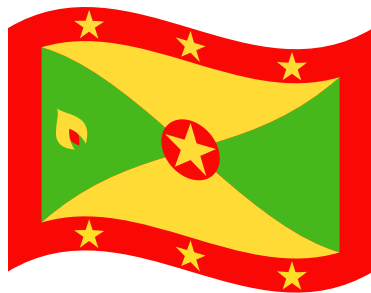


★ Grand Etang is said to be a bottomless lake because nobody has been able to find its bottom with SONAR!



★ Civilians in the country can't wear camouflage in any form. Camouflage is reserved for the army only.

FLAG STORY



■ **Green** epitomises the islands' vegetation and agriculture

■ **Yellow** evokes the sun, as well as the warmth and wisdom of Grenadians

■ **Red** represents harmony, unity, courage, and vitality

Altogether, these three colours represent the Pan-Africanist movement.

FAMOUS FIGURES



Mighty Sparrow
Soca Artist



Rosalind Howells
Politician

LET'S TALK FOOD!

Grenada's national dish is Oil Down - a hearty stew made of local veggies, salted meat and aromatic spices.

HOW DO YOU SAY HELLO?



English



Creole

PROUD

TO BE

SPACE SCIENTIST & SCIENCE EDUCATOR

DR. MAGGIE ADERIN-POCOCK MBE



BIRTHDAY:
9 March 1968



BIRTHPLACE:
London, UK

BIG FACTS

She went to 13 different schools before she was 18 years old. Diagnosed with dyslexia at the age of eight, young Maggie started out hating school but went on to become a successful scientist.

Maggie is a space scientist, science educator and presenter of the BBC's *The Sky at Night*. When she is not building satellites that go up in space, she is working on the ground as a science communicator organising public engagement activities to show school children and adults the wonders of space.

PROUD

TO BE

NIGERIAN



FAST FACTS

NIGERIA

Capital: Abuja

Currency: Nigerian Naira

Motto: "Unity and Faith, Peace and Progress"

Anthem: "Arise, O Compatriots"

Official languages: English (official) / Yoruba, Igbo, Fulfulde, Ibibio, Kanuri and Tiv

Area: 356,669 sq miles

Demonym(s): Nigerian

DID YOU KNOW?



- ★ The name Nigeria was taken from the Niger River running through the country.
- ★ Nigeria has a large movie industry known as Nollywood. About 200 movies are produced every week - that's more than 10,000 movies per year!
- ★ Nigeria is home to Aliko Dangote, the richest man in Africa. Dangote's business interests in agriculture, banking, cement, manufacturing, salt and sugar have given him a net worth of more than \$12 billion.
- ★ Almost 200 million people live in Nigeria, making it one of the most populous countries in the world. Over 500 indigenous languages are spoken there, making it one of the most multicultural countries too.

FLAG STORY



- Green stripes represent natural wealth
- White represents peace and unity

FAMOUS FIGURES



Aliko Dangote
Billionaire
Businessman

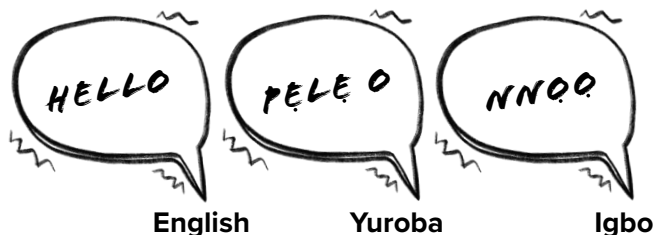


Genevieve Nnaji
Actress & Producer

LET'S TALK FOOD!

Jollof rice is Nigeria's national dish. The most common ingredients found in jollof rice include rice, tomatoes, tomato paste, onions, salt, and pepper.

HOW DO YOU SAY HELLO?



PROUD

TO BE

THE BIGGER PICTURE



Marcus Rashford MBE
Kittitian heritage



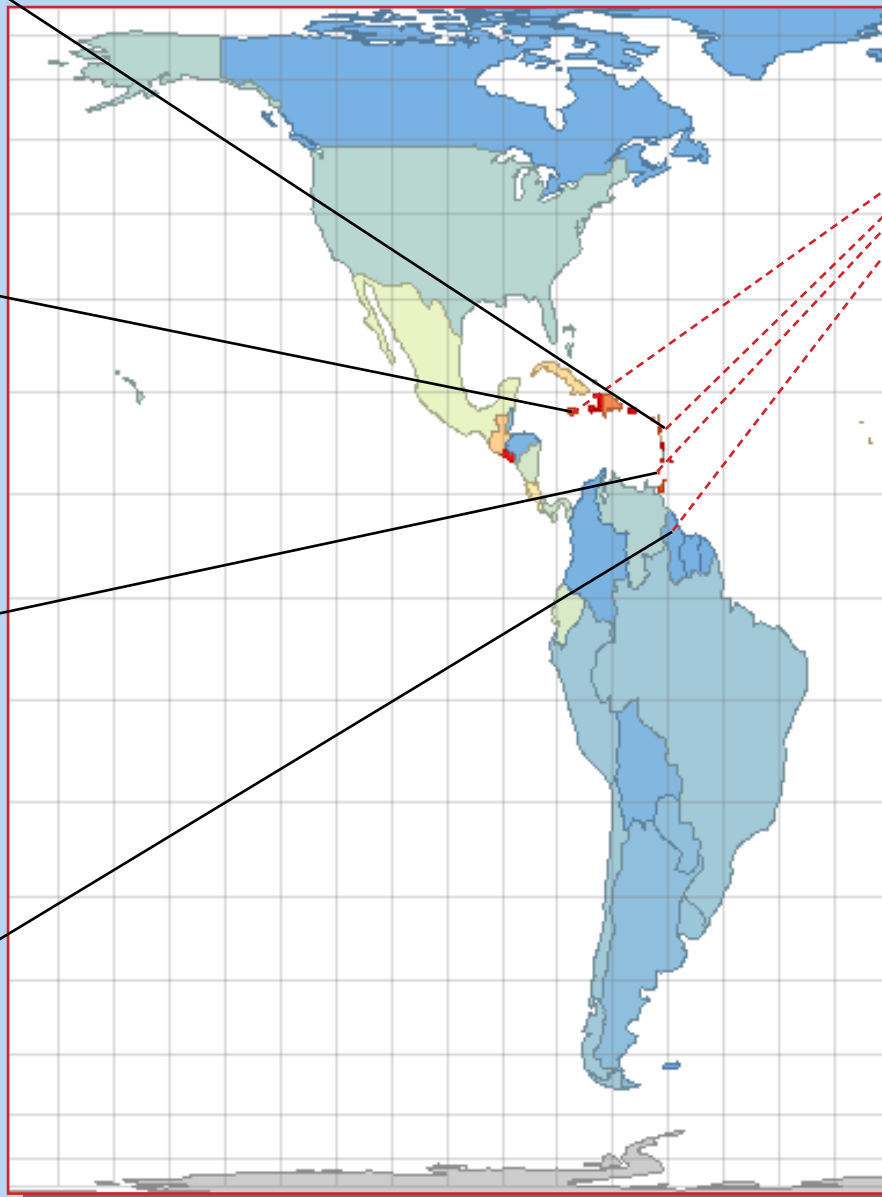
Dina Asher-Smith
Jamaican heritage



Lewis Hamilton MBE
Grenadian / British heritage



Letitia Wright
Guyanese heritage



Trace the ancestral roots of our BMT x BWT stars and mark the places on the map that feature in your own story.

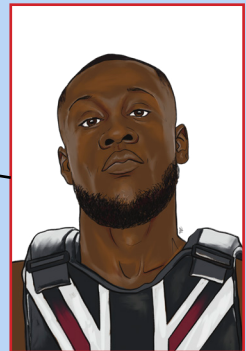
Maps not only represent the world, they shape the way we see it. The revolutionary Peters Projection map shown below presents countries in their true proportion to one another: it has been adopted by the UN, aid agencies, schools and businesses around the world.



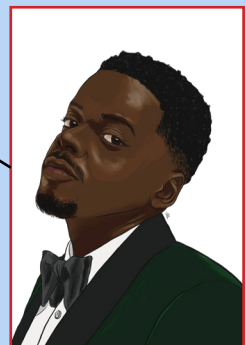
Maggie Pocock-Aderin MBE
Nigerian heritage



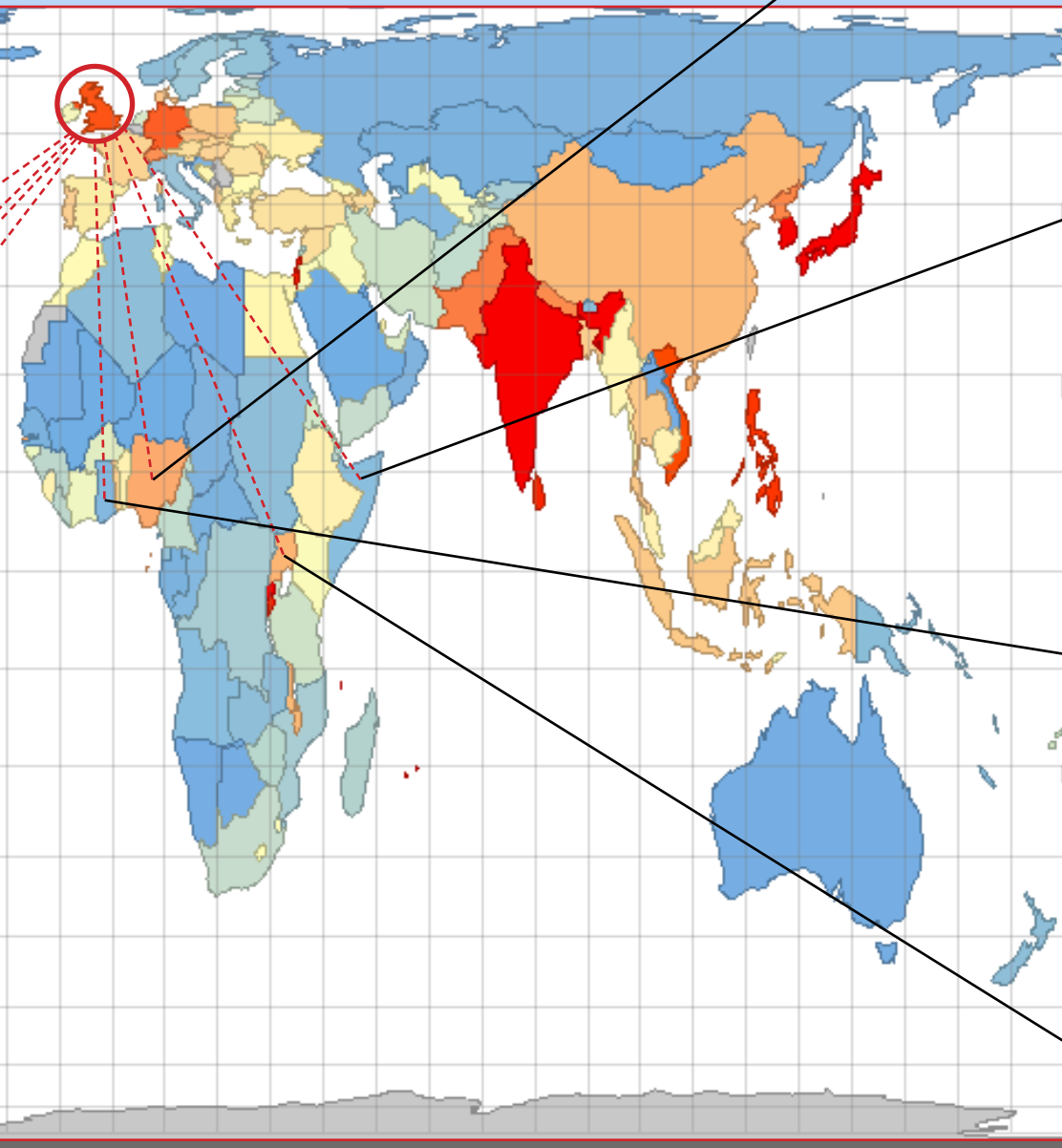
Maya Jama
Somali / Swedish heritage



Stormzy
Ghanian heritage



Daniel Kaluuya
Ugandan heritage



PROUD

TO BE

YOUR PROUD TO BE POEM



Use the writing prompts below to create your very own
Proud To Be poem.

Tip: don't overthink it! Just let the words flow and you'll be surprised by the results.

I'm from... _____

When you see me... _____

My roots... _____

It makes me... _____

And that's why I'm proud... _____

Signed: _____

You can use this format again to write another poem or refine the one you've started. Feeling confident? Try writing a poem, rap or song from scratch. If you want to share, just email them to hello@proudtobe.org.uk or let your parent or teacher know. We'll be selecting poems and songs to share with the world so get involved!

THANK YOU

We would like to thank Roxanne Williams at Crazyvity for her awesome designs and illustrations; Chris APL and Anthony Koulafa for their diligent research to find our fascinating facts; the *BMT x BWT* poets Chloe Carterr, Big Scoop and Jayda David for inspiring us with their Proud To Be poems, and Messiah Farman for capturing the magic of their spoken word on film (you'll find them and much more on the website... hint hint)..

A huge thank you to the amazing team at British Land for supporting the project and helping us bring it to life in classrooms across London. Much respect to Rose, Fusnara, Selina and everybody else doing fantastic work in the communities team – you're all such gifted and giving people.

And last but not least THANK YOU for being part of the story... this is just the beginning. We look forward to reading your poems and hearing your amazing stories.

Alain 'Fusion' Clapham
The Transformative Storyteller
BMT x BWT Stories

BMT x BWT

PRESENTS

PROUD

TO BE

A CELEBRATION OF DIVERSITY AND
THE POWER OF CULTURAL HERITAGE

THE STORY CONTINUES...

For more information and access to the education resources
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