

Dental treatment at 1999 prices

A CITY dental practices is celebrating 10 years in business.

Appledore, in Central Milton Keynes, has an open evening on Thursday and the first 10 people making appointments on the night get treatment at 1999 prices.

Teresa Day said: "We're thrilled the last decade has been a success and look forward to celebrating the 10th anniversary with a glass of bubbly."

The evening starts at 6.30pm, for more information visit www.appledore.co.uk

See the cleanest way to go racing

THE Cartridge World Carbon Zero Racing Car is on show in Bletchley this weekend.

The first in Europe to operate carbon free using biofuels, it will be outside Cartridge World in Queensway on Saturday.

Mike Cooper said: "We are really excited to be involved with the first ever racing team created to compete carbon zero."

University in link up with race track

CRANFIELD University has announced a partnership with the Silverstone race circuit.

The 'Virtual Silverstone' project allows students to participate in track design, motorsport marketing and event management.

Professor Kambiz Kayvantash, of Cranfield's Centre for Automotive Technology said students could get an insight into aspects of the motorsport industry.

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>> **Film director and screenwriter Segun Oguntola arrived in Milton Keynes in 2007 after growing up in South East London and spending five years developing a film industry in The Gambia, West Africa.**

>> **He was immediately struck by how so many backgrounds and cultures were represented in the new city's population and set out to find why so many people come here to make a new start, and become part of the MK mix.**

>> **The people Segun meets feature in this regular Citizen First focus.**

the mk mix

Who are you and what is your background?

I am a London girl. My mum and dad moved from Trinidad and Barbados respectively in the 1960s, along with many other young Caribbeans looking for a better life. They met and married in London and lived in Clapham, south London for a short time, where my brother was born. They later moved to Streatham where I was born, and they have been there ever since. My parents worked hard for me and my brother so we could have the life that they didn't have. My dad worked for London Transport as a bus driver and then moved on to Royal Mail, but because they both needed to work and they did not want to leave us with a childminder, my mum worked the night shift as a nurse. I can never remember a time when we were left home alone after school or during holidays. Their efforts also allowed me to gain a private education, which at the time I hated, but now I absolutely appreciate the sacrifice they made, and can fully appreciate the education that I now have. I went on to university to gain a diploma in business studies and worked for a short time as a business management consultant. I then moved on to work for a high street bank and worked as a Counter Manager but I wanted a change and to work somewhere where I could make a real difference in people's lives, so I changed careers and am now working as a Police Community Support Officer (PCSO).

What attracted to you come to MK in the first place?

I was dating my boyfriend, who is now my husband, at the time, and because of the distance, I used to visit every weekend and grew to love Milton Keynes. When we decided to move in together, the obvious choice was Milton Keynes because we felt that we would have a better quality of life here, and the house prices were much more affordable than in London. My travel to work would also change from an hour's bus ride to a five minute drive or a 20 minute enjoyable walk in the summer.

What's the most striking difference you've found between MK and the place where you've lived the longest?

I have lived in London for over 20 years and I will always be a London girl at heart. I still miss the buzz of this 24 hour city, knowing that there is such a variety of things to do at any given time. It doesn't matter where in the world you are from, you can always find a piece of your home country in London, and this is how I got to learn about other people's cultures. I remember one of my first stays in Milton Keynes and the shops in CMK all closed at 6pm! It seems so simple, but that was a real shock to the system when I used to work in a retail store in London that would close at 10pm, and at first I hated it. I didn't know what to do with myself, but I learned over time that London is a place that would be in your face giving you things to do, but in Milton Keynes, you have to go out and discover what to do which makes it part of the fun.

Please tell us about all the ways in which you are involved in MK life

So far in MK, I have taken part in lantern parades, street dance classes, Hindu religious festivals, helping to run a stall at the Black Market event, and I will be taking part in a charity walk in July. The things that I enjoy the most are the simpler things that MK life has to offer like walking in Campbell Park

and finding something new each time I go, riding along redways and finding new scenic routes to the same places. I just enjoy the outdoors feeling that I have living here.

How easy have you found it to settle here? Have you found the city welcoming, have you made good friends and contacts, have you experienced any frustrations?

When I first came here, I did feel very homesick and lonely compared to when I lived in London. I used to wonder what to do with myself and was secretly making plans to convince my husband that we should move back to London. There was a day when I just had a craving for a Jamaican Pattie, but whereas before I had a choice of shops within a mile radius that I could have bought one at, I couldn't do that anymore. The next thing was trying to find a good Afro Caribbean hairdresser, as any woman with afro hair would understand. I used to use my one day off from work to make the round trip to my hairdresser back in London, which would literally take the whole day. I have now figured out the Milton Keynes is a city of hidden gems and I had to get out there and find what I wanted. Now I have a choice of shops I can get patties from and I don't have to waste a day travelling to London because I have found a hairdresser here. The key is to go and explore and ask questions in the right places. Milton Keynes is a growing city, but it still has the community element to it which is something that has been lost where I grew up, so I made the choice to either get with it, or get run over by it. I could sit and moan about what I didn't have, or I could go out there and find it for myself.

We're interesting in highlighting ways in which MK's diversity is working in practice, so how far have you spread your net so far?

In the relatively short time that I have lived here, I can see the multicultural growth of the city. I have noticed communities that I had not seen before, but I believe that they were here all along, but I am now opening my eyes to what is on offer here. In Milton Keynes I have seen India, Pakistan, Poland, Nigeria, Somalia, Ghana and many more nations.

I am now a member of Friends of the Caribbean which is an association open to anyone who has an appreciation for the West Indies. We came together to represent our respective islands and to be a support to new and old residents of MK, to help them find their feet in the new city. We have been going strong for over a year, and this year, we are looking to raise funds for Willen Hospice at our annual charity ball to be held in July.

Are you planning to stay in MK for a fixed time for work or family reasons, or do you think you're here for good?

While we are in the UK, my husband and I plan to stay in MK as we feel there is a better quality of life here. I still love London, but it is not the same and not as safe as it was when I was growing up and I don't feel it is a place I would want to raise my children anymore.

You hear a lot of stories in the news about youngsters getting seriously hurt, and it got a bit too close to home for me, as my 14-year-old cousin was shot in the head, but I thank God that he survived and is physically on the mend. That really cemented my feet to stay in MK for good.

In the long term, we would like to



Police Community Support Officer (PCSO) Sabrina Medford originally from South London initially missed the 24 hour big city buzz, but quickly found Milton Keynes is the ideal place to make a positive contribution, and has not looked back since.

move to Barbados where my husband was born, and that way he would be nearer to his family, and I would also be nearer to my parents who are moving out there shortly.

If someone who had never been to MK before was considering moving here to make a new life, what's the best piece of advice you could give them?

I would simply tell them to go out there and find what you want to find.

If you made the choice to be here, make the effort to make it work for you.

Tell us something about the city/country of your origins which only a local would know, which you wouldn't find in the standard guide-books

There's not much I can tell you about London that is not in the guidebooks because as I mentioned before, London is very in your face, but I will tell you about Barbados, which is my home away from home I visit every year. Go to River Bay in St Lucy at sunset. It is near the very top of the island on the Atlantic Ocean side, and has one of the most stunning powerful views you will ever see when you climb to the top of the rocks. It has become a little tradition between me and my best friend that makes the holiday that bit more special.

Another thing that I could tell you is in Bathsheba where my father grew up, the majority of the brick houses in the district were built by my grandfather. He built those houses for the poorer families to help them out as they could only afford wooden houses. Knowing that makes me feel proud whenever I go back there and see the legacy of his handiwork and kindness.

You're probably aware that MK has a mixed reputation in the rest of the UK because it's so new and so different - people say it's too bland, or too American, or too manufactured. You've got a fresh pair of eyes, what would you say to people who can't find anything good to say about the city?

When I first moved here, I would have agreed with them, but with the blandness they see on the surface, I see a city where I can make my mark.

This city is still growing and I can say that I am proud to be a part of it and make my mark in its growth.



JAIPUR

The MK Mix is supported by the award-winning Jaipur Restaurant at Grafton House, 599 Grafton Gate East, Central Milton Keynes, MK9 1AT. Phone: 01908 669796 Email: info@jaipur.co.uk

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