

# Blood + Water Podcast Miniseries

## Episode 1: What is Family?

### **SPEAKERS**

Becky Becks, Outlaw Ali, Cleo, Shakira

### **Ident** 00:00

*You're listening to Blood + Water, brought to you by the Fi.ELD 2020 Cohort as part of their MESA Festival. Thank you for tuning in. [music]*

### **Becky Becks** 00:17

Hello, Hello, Good Evening, Good Day, Good Light. And welcome to the blood and water podcast, a brand new podcast miniseries that seeks to challenge the traditional ideas of family. Thank you all for tuning in and rocking with me. I am your host, Becky Becks. I am a poet by purpose, a dancer by daydream only and awesome by everything else. I always feel like a little bit conceited when I say that last line and call myself awesome. But if only you understood the caliber of guests that we have for you throughout this series, you will fully understand why had to like embellish just a little bit just to try and fit in. So this is part one of a three part miniseries and we are kicking off today with three amazingly talented individuals joining me in our online studio because, you know, COVID is delivering.

We have Cleo, who is a young actor and writer currently working on a book of his own. We also have Shakira, who is a young actress, and has recently tapped into the world of writing and poetry. And lastly, but not leastly Outlaw Ali is a rapper from North London, trying to bring back the old school flavor with a modern twist. But before we delve into the beautiful minds of our wonderful guests, let me tell you a little bit about what we have in store for you.

You guys are in for a massive tree we have three jam packed episodes, infusing mindfulness exercises, guest discussions, and even an interactive creative task that we will be doing live as we are recording. Now each episode, it tackles the traditional ideas of family with a unique question for each chapter. Today, my wonderful guests and I will be dissecting and unpacking the age old question, what is family.

Now, Blood + Water is part of a wider festival called MESA, which was produced by the multidisciplinary artists Lucine, and dance artists Kim Chi, who are part of the 2020 Future Innovators of East London Dance, and I want to thank them East London dance for allowing us to help put this all together. Just a quick disclaimer, due to the nature of the discussions. There may be some sensitive topics discussed so please take precaution for any trigger points, or when listening with younger children. Also, you might hear me do some random sounds in the background as we're speaking but don't be alarmed because as part of the series we will be carrying out creative tasks whilst we're chit

chatting. And today's task is to personalise a tote bag that symbolises either your definition of family, what family means to you, or a favorite family quote or motto that resonates with you. Now, personally, I'm excited for this one because I've been doing a lot more cooking during lockdown and honestly, I can't afford to buy no more bags when I go grocery shopping. So funny, healthy, already expensive. You guys know that right? It's already expensive. So this tote bag is going to be like attached to my hip. All the items made during this series will be available to see online after each episode. So keep an eye out for those on all our social media platforms. Now, we are going to go into our first task. So we can set the mood, set the vibrations. Are you guys ready?

**Shakira** 03:40

Yes, yes.

**Becky Becks** 03:41

That was a strong yes. I love it.

**Outlaw Ali** 03:45

Stay ready, don't get ready.

**Becky Becks** 03:47

C'mon Outlaw. Alright save the bars for later. Okay, so each episode I'm going to be guiding my guests and you the listeners in a short mindfulness exercise to prepare us for the conversation like we're going to be taking a woosah moment before we enter those deep discussions because we're going to be digging deep, getting emotional.

So for this episode, the mindfulness exercise we will be doing is called loving kindness meditation. So, I want you to get into a comfortable position. Take a deep breath in through your nose and breathe out through your mouth. And for the next minute whilst the music is playing, I want you to repeat the following affirmations. Now you can either do this out loud or in your head. The affirmations, are repeat after me. May I be happy, may I be well, may I be filled with kindness and peace. So we're just gonna do that one more time. Take a deep breath in. And exhale, take a deep breath out for your mouth. And repeat the following affirmation either in your head or out loud. May I be happy, may I be well, may I be filled with kindness and peace. Okay, so we're gonna do that one more time. And we're just gonna change that I into a you. And think of someone that you love, or someone that you want to put love on, someone you just want to wish well, if you just want to put it out into the world, and keep them in your mind as you take a deep breath in through your nose. And then exhale out through your mouth. And repeat the words either out loud or in your head. May you be happy, may you be well, may you be filled with kindness and peace. I just want you to sit with those phrases. Just sit quietly and just be aware of the feeling. Feel the sensations in your body. And then take another deep breath in through your nose, hold. And finally, breathe out through your mouth.

Amazing, that was our first mindfulness. That was a loving and kindness task. So hopefully, hopefully, you guys are all feeling refreshed and lovely. And I'm really hoping that you guys actually followed along at home. And it wasn't just me sitting alone in my bedroom because I will be personally offended.

And I'm looking through every single window. So thank you all for joining and doing that. Hopefully you're feeling refreshed and lovely as I do.

And we're ready to tackle our first topic, because we are ready to jump in with the thick, thick topic of what is family? Like, this is such a broad question like, I think for me, and guys feel free to jump in wherever you want. So I'm from South Sudan, right? And so I grew up with like 6011 cousins, like 30 of them were real, 40 of them were just someone from the same tribe, 20 of them were just my mum's friends neighbour. And every elder that you met was like an auntie or an uncle, like that was it like if they were older than you straight auntie uncle. I grew up with like a very community based idea of family. Did anyone else have like a similar or different experience? Maybe you can start with Outlaw Ali. What was your like first hand experience of family growing up.

**Outlaw Ali** 08:22

First hand experience, I come from a traditional family in that in everyone's together all the time. So I grew up with my dad's side of the family in Dubai, that's where I was born. I was born in Dubai. And obviously, we had a big family, big Arabs, Iranians, a lot of them. And then we moved here and we kept it quite domesticated in between our own family we didn't really, you know, extend that invite outside of our own circle. And yeah, I mean, what is family, family to me is the heart. No, without the heart, the body is nothing.

**Becksy Becks** 08:58

No, I completely agree.

**Outlaw Ali** 09:00

Oh that was quite deep innit, oh my god that was deep.

**Becksy Becks** 09:03

Right off the bat, like you didn't waste your time.

**Outlaw Ali** 09:06

One yoga session, and you can call me that Dalai Lama.

**Becksy Becks** 09:12

No, I appreciate that. So what made your family move to the UK?

**Outlaw Ali** 09:19

Benefits probably.

**Becksy Becks** 09:21

Yeah.

**Outlaw Ali** 09:22

Oh, we're not very rich. We never really were. So we came here for a good life. Like the new life, is that the American dream but we came to the UK.

**Becky Becks** 09:32

But you know what that is valid and resonate because like my family moved here as refugees because of the war that broke out. And then they had so many options. They had Australia, America. And then my family chose Birmingham and I was like, father, really? Whatever.

**Outlaw Ali** 09:56

I'm not gonna lie. I think it's the greatest city in the world. I've never been, I've never lived in Birmingham, but I'm very glad we're in London you know. Look at all the opportunities I'm afforded that my family in Dubai can't have. I'm quite, quite lucky. I say we I'm talking about myself, I'm quite lucky.

**Becky Becks** 10:12

I appreciate that. Love that. I'm Cleo, what about you? What was your family dynamics?

**Cleo** 10:19

I was fostered from six to 17. So, didn't really... Yeah, I don't know what to say really. It was very unstable. I was in a lot of different foster homes, not an awful lot. I don't know, people might have a lot to say about being in care, this is really a topic I could speak about for the majority of my life, but it's going to keep it brief, very unstable. I was, well, integration, in terms of integrating means a family, their foster family, wherever foster care I was with. It was attempted but always felt like outlier, always felt like yeah, you know, the old one in the group in the family, which isn't very good for your mind, really. But the good news is, I found my family all by myself, because you know, the government can't seem to, can't seem to find my family for me. So I found my family by myself, and ended up meeting some members of my family, who are nice people, and they're quite successful. And yeah, good Christian traditional African people with a good heart. Which is interesting, because a lot of kids in care that find their family, don't really find anything good. But I did, which is I'm lucky, I guess. So, um, my definition of family, I will just say, I guess it's who you believe are family to you. I don't think it's got anything to do with actual biology and blood. And like, if they're your actual cousin, or brother, sister, uncle, whatever. Let's think is down to how you interpret them, what you see, how you see them and how you believe that person shapes your life. And whether you want them in your life for a long time or short amount of time, or, you know.

**Becky Becks** 12:46

Yeah, that is absolutely beautiful. And I think it goes to illustrate what the title of this whole podcast actually means, Blood + Water, because it makes that differentiation, that we've got so many different dynamics in family already, like straight off the bat. We're only like a couple of minutes in guys and you have given the audience. So like, it's beautiful to see like lots of different perspectives of family when it comes to our guests. So Shakira, what would be your dynamics growing up.

**Shakira** 13:15

My dynamic was growing up with family I was always quite close with my family to be fair. As I've moved up in life of growing up and moved out of my family home is like, become a bit more distant. But we're still there as a whole. I come from a very community based area. So it's like if I come outside my house, like my nan used to live down the road, my auntie used to live further up the road. I had like my

godparents in the same road as me. So it was just very community based. And I kind of enjoyed it. And what is family to me? To me doesn't necessarily have to be blood. It can be someone who on you every day make sure you eaten, make sure that your well-being is up there, like your mental health is okay, your physical health is okay. Family to me is that loyalty, sharing love, accepting that person for who you are, yeah.

**Becksy Becks** 14:32

Yeah, no, definitely. Like I completely agree. Family is such like, such like a broad dynamic. I know like even even though I had grew up with such a large family as a creative, like I recently discovered a whole new, a whole new generation, a whole new caliber of family that I didn't realise. And so I'm part of like, a poetry collective called the Float Poets and is like discovering your soul tribe. And then I never knew that anyone outside of blood or outside of what I grew up with could be family until I went into that soul tribe. So a big part of the what is family is also the who is family? Like, in some ways in order to find what family is we need to know who the family are. So, do you guys have different sets of family? Do you have a family outside of blood? Is, is there a collective or a relationship or a bond that you've created with someone that would be mostly described as water, in terms of blood and water, but you still count them as your family?

**Outlaw Ali** 15:43

I'll be honest with you, I don't think for myself, outside of those who share the same blood as me, I can't call them family. I will love them like a family. But when it comes down to it, they will never be family to me. Because they have their own separate family, their own separate upbringing, at the end of the day, blood is really the only thing that is forever. I don't know, I guess that's just from my experience. Anyone I've loved outside of my family comes and goes. But because me and my family, although we have a lot of disputes, like a lot. I've come from a fiery family. So we have a lot of disputes and I always kind of really felt this odd one out like like, Claude or Cleo sorry. Yeah, like Cleo said, he's the odd one. I really felt like the odd one out as well. But we always want a lot of fights and stuff. So I lean on people outside of the family for that, the support but I never saw them as family.

**Becksy Becks** 16:43

Hmm, that's interesting. Very interesting. Because then that kind of like introduces the dynamic of what if you grew up without any blood? Can you still have a family? So is there anyone that had like a different experience?

**Cleo** 16:59

Just to just to interject, is to Outlaw Ali, what if you got married and, I don't know your thoughts and feelings on marriage and stuff, but if you got married, how would you see, what would be your interpretation of your step family? If you got like really close to them, and obviously your wife, how would...

**Outlaw Ali** 17:27

That almost becomes your family? Because eventually you share that is a different connection. It's almost more important than family to me. I'll be honest with you in my life, I think the one thing I see is that eternal love because that eternal love that romantic love you have is really the only thing that last

forever outside of the blood you share with family. So it's a different form of a bond, but I wouldn't say is, like family. You know, I don't really have. Yeah, I don't really get intimate with my family in that way. You know, I mean, but that's that is a special bond that's different for me.

**Becky Becks** 18:17

No, that's completely valid, that makes a lot of sense. Um, I love that you still regard them as family, even though they're not blood related.

**Outlaw Ali** 18:28

Yeah. I don't know about you guys and girls, but I've loved a lot of people outside of my family. And the love isn't always returned. There's always an expiry date, whereas with the people in my family, that love has never really expired. No matter what we go through, no matter what storm which we face. We always come out on the other end together again, at the table, having a cup of tea.

**Shakira** 18:55

I've been through that similar situation where, obviously, a whole people my family, they're not my blood, but they're my family. And it's like, we've been through certain situations that we just can't ever rekindle if you know what I mean, but as my family, no matter what we go through, judgment, whatever it is, we can always come back. So I completely agree with that.

**Outlaw Ali** 19:19

Even as a blessing by colour, we are blessed beyond measure, you know, that's, that's something not everyone... That's a luxury that we have is a great luxury.

**Becky Becks** 19:28

Because I have known some blood that I've had to cut off just because there are certain that certain parameters that you can't or shouldn't be able to cross regardless of blood or water. And I feel like a lot of blood relatives, they kind of disregard that fact. But you still remain to call them family. So at that point, I feel like I can still have water as family in the same regard as I do blood because they have that respect or for my feelings and for my boundaries that certain blood relatives just do not have. So it's crazy to see that dynamic.

**Outlaw Ali** 20:13

I think that just separate family and love. You know, some people don't have family like some people aren't, as fortunately, you know, not everyone is fortunate to be raised by great people. Like, I'll be honest with you. I wouldn't say I was raised in the best way. I kind of raised myself in a lot of ways. But yeah, that's why separate love and family like you could love so many people outside of your family almost more than you do your family. I have in the past. I can chit chat for days, I'm sorry.

**Cleo** 20:41

No need to be sorry for us.

**Becky Becks** 20:45

We're here to talk and discuss and say all the words.

**Ident** 20:49

*This is the Blood + Water podcast.*

**Cleo** 20:52

It is an interesting question that I think a lot of people should give a lot of thought to. Because I wouldn't say I have much water or blood. I will say I have not at all, like I've just met some members of my family, like literally the last like last year, have gone pretty much all my life without really knowing anyone in my family. And people I have had a family. I don't have, I don't talk to them. And it didn't really work out. You know that the relationship didn't end great. And the water, the people I have as water don't really understand the upbringing I've had.

**Outlaw Ali** 21:33

I've got a question, you know when you rekindle you relation with your family members or, you know, the ones who weren't around when you were younger. Did you feel like an instant warmth? Did you feel like an instant connection? Or did it feel a bit distant? Like did it feel like a stranger or did it feel like someone familiar to you?

**Cleo** 21:52

Well, alright, the member of family that I met my, um, well, I met a few members of my family, but like, they knew things about my mum and dad, which kind of made me feel a familiarity to them. Like as, you know, biological members of my family because they had, they knew information about my mum and dad that I would never have been told by social services. And that wasn't documented anywhere for me to see. So that made me feel like, and some of them have pictures of me that I haven't seen before. And so I did feel like instant connection, but I did feel quite distant as well. Because I know that there are certain, I'm gonna have a certain outlook on life, and I'm gonna have certain beliefs and certain experiences that they can't relate to. So it was a it was it was simultaneously a bit of both actually, it's interesting even having this conversation with you guys and other people in the world, just to the, you know, bad interpretation of what significant family is for them, it's just an interesting conversation.

**Shakira** 23:12

Is that I can fully..., sorry, sorry.

**Becksy Becks** 23:15

No, continue.

**Shakira** 23:16

I was gonna say that I could fully relate to Cleo's scenario, because, obviously, I grew up in a single mother household. I didn't have my dad around. I didn't know my lad. And I met him when I was like, 19. So when I first met my family on that side, I get what Ali's saying about the warmth, because I did feel it. It's like, a void had been filled, if you know what I mean, but at the same time, I don't know if that was because a void had been filled, or if it was because I was a bit wary or curious or anxious. Because obviously, I didn't know that other side of me, I only knew my mom's side. So I can completely agree with what both of you are saying with that.

**Outlaw Ali** 23:58

This is what I love about humankind. Look, we all have such different separate lives. But look at how we find similarities as well. If more of the world done that there'd be so much more peace in this world because what was so much more similar than we are different.

**Shakira** 24:12

Yeah.

**Cleo** 24:15

I think the world does do that. But when once people start putting themselves into groups and identifying themselves by their religion, or race or gender, that's when it gets all because everyone individually, I feel like I've had a lot of conversations with people. I think people know the world is small and people are no longer surprised by how much they have in common with one another. I just feel that people who want to say that I'm black or I'm LGBTQ and all that stuff separates people. We're all you know, we all have something, you know, very similar, every single person in the world which is such a shame.

**Becky Becks** 24:52

Speaking of similarities, what kind of things of like your closest family member like your cody? The one that you're like yeah, you're not going anywhere you're my family. Like, what kind of similarities do you think you share and what really bonds you as family? Is it growing up together? Is it a common interest? Like what really ties you together as a family? And makes you think that yeah, you guys are solid?

**Outlaw Ali** 25:19

What is weird for me, I'm a family of four, four siblings rather, as two older brothers two younger sisters, the oldest brother shares. So he's born in on the 25th of the month, and so is the oldest sister. And the youngest brother, that's me the middle one, and then the youngest sister are both born on the third. So she's the third of January, I'm the third of March. And we are so similar. And they are so similar, which is a weird coincidence. So I'd say me and the youngest sister share a lot of similarities in that we like the same films, same music, very open minded people, not so driven by finance. [laughing] More about love, we're like hippies. Yeah, sorry. I just got sidetracked. What was the question love?

**Becky Becks** 26:10

Like, what kind of similarities bring you together as family? What makes you think that this is a family bond? Is it because you guys grew up together? Or is it just because you share so much in common? Like, what would be the main factor?

**Outlaw Ali** 26:25

I guess, because we grew up in the same environment, exactly the same environment, there is no one on earth, on earth that we'll ever share the same bond that I had with my younger sister. Because we are so similar. In our environment, in our families in our school settings, in our likes and dislikes. I'd say

she's probably like my best friend. Obviously. Or she could be if she was less stubborn. She's a bit of a, she's a bit of a...

**Becky Becks** 26:55

What about you Shakira? Your closest family member? What draws you to them?

**Shakira** 27:00

I don't really know, I can't say that's really hard for me. Because I'm not. I'm not, like, extremely close to my family like that anymore. But I'm not exactly distant from them either. Um, it's a tough one. I'd say my little brother and sister even though we don't speak every day, you know, like, when we get together, it's like, nothing's ever changed. You know, I mean, and we've grown up in similar environments of like, fatherhood, for example. Like, they've always had their dot there. But their parent, like, their parents split up, if you know what I mean, but with me, it's like, I've never had my dad there. So it's like, we can relate to certain things. But we can't because we're just so different. But yeah, I'd say, my little reference system. Yeah.

**Becky Becks** 28:00

So, sorry, I noticed he said something interesting. Said, I'm no longer close to my family. So do you feel like you only get one family? And that's it? Or do you feel like you can create another family?

**Shakira** 28:13

I feel like you can only have one family, but you can also create a family. Because obviously, like when you get into relationships and stuff, that people have babies, that's a relationship there. You don't necessarily have to be together with your partner or whatever but you can still have that relationship there from child. So yeah that...

**Outlaw Ali** 28:35

If we're keeping a real, the truth, this is the treatment is quite ugly truth. You only get one family in life, but you can always form a family that you can lean on as if you would a generic family, if that makes sense. We can form a family bond with with a group of people and that can emulate a family. But really, if we're talking facts, you only have one set of parents, one set of siblings if you're like, you know if you're lucky enough to have that. But you shouldn't like lose faith, you can always form a family. As long as you have love in your heart and God by your side honestly.

**Shakira** 29:16

Come on.

**Cleo** 29:18

Honestly, yeah, it's true. While he said it's true but biologically, I guess you're only you can only be able to have one, you know, from a sperm and an egg that come from two different people, you know, but within however big or small your family is, I think you can have like a more immediate family like say, for example, I don't know, you could be raised by your grandparents or your uncle and they might be more significant to you than your mom and dad. And when you have your own family, like your son, and

not to everyone but your son and or daughter or daughter will be more important to you then your mom and what they're doing and what your mom and dad are doing, I think so, maybe not for everyone.

**Ident** 30:09

*You're are listening to Blood + Water.*

**Becky Becks** 30:13

That was, that was an interesting conversation. I'm not sure in the short 30 to 45 minutes that we have that we can even start to answer the question what is family? But I think we've had a very good foundation and I love you guys input and your different perspectives. It made me think like, I wasn't even asking questions like the whole time, I was just like listening. You guys can't see it. But like on the video, my mouth is just like wide open the whole time like, uh huh, uh huh, yeah yeah. [laughing] So just to wrap up. Um, I think from my end, I think what we can agree on is the definition is very loose. Webster defines family as a group consisting of two parents and their children living together as a unit, or all of this, all of the descendants of a common ancestor. Now, that's fair, well, but as we've explored during this discussion, family is definitely a multifaceted function. And in as much as you are definitely born into a family, you can also create familial relationships outside of blood. So does anyone have any final thoughts in terms of what is family and who are family?

**Outlaw Ali** 31:30

I think if you're lucky enough to have family that have good in them, try and look at the good. And use that good to solve the bad. I say that because me and my family, I don't know if you, you guys probably keep up with me. But I'm quite open with me and my family dynamics. And we go through a lot of ups and downs. But they're really good people. Put it this way, if you like yourself, you have to like the people who made you that because it's a part of them that made you into who you are. If you like yourself, and you have to like the family that raised you, for good or for bad. So yeah, always, always look for the light in the dark room.

**Becky Becks** 32:21

Look for the light in the dark room, and I would have see that in your tote bag. That's a clothing. Look for the light in the dark room. Does anyone else have any final thoughts?

**Cleo** 32:33

I think I sort of agree with Outlaw Ali for I think your family, either way, I think they'll inspire you like you'll be inspired to be exactly like them or you'll be inspired to be nothing like them. But either way, they'll inspire you. And if bad things have happened, I would say in your family, I would say don't let it eat you up, try and find forgiveness in your heart. And don't walk around with that becomes that negative energy that you've received. And if a lot of good things have happened, I would say um, be grateful and be mindful. I could change but be grateful of the good things and really let your family appreciate. Let them know, be appreciative of what they've done for you. Because some people I think they take their family for granted. A lot of people take their family for granted.

**Becky Becks** 33:31

Amazing, that's beautiful.

**Outlaw Ali** 33:35

I just want to make one thing clear though. I don't think anyone should stay in a toxic situation. Like, take care of yourself about everything and anything. If it is getting a bit too much for you then take control of the situation. Because you're gonna take care of yourself and clearly they're not taking care of you. That's a one way ticket off the cliff. You know, I mean, so look after yourself. Take control of the controllables innit.

**Becky Becks** 33:59

Facts. Write all of these into my personal mantras. [laughing] Look after yourself, take control of the uncontrollable. Shakira do you have any last words?

**Shakira** 34:12

I'm just thinking here, like concerning family and stuff like what Cleo said again, I was thinking like, always make sure you tell your family that you appreciate them. Even if it's small little gestures by saying how are you today, have you eaten, stuff like that. Um yeah, running along the same lines like if it's toxic for you leave it if it's for you stay with it, work on it, help it grow, water it, you know I mean.

**Becky Becks** 34:44

That was amazing. You guys are all brilliant. And this is why I believe in the universe and synchronicity because I agree with every single one of your points that you've absolutely made. So I want to say thank you to all of you guys for coming onto this podcast and sharing your experiences. And your thoughts and your mind. And for me personally, I've I find solace and that we can have family in both blood and water. And I am grateful and thankful for all of them in both aspects. So, we are going to finish here thank you guys for listening and rocking with us. Don't forget, this is only part one, we are going to be back with some more amazing guests with some beautiful, beautiful topics for you and creative tasks. Now, my tote bag, I'm not gonna lie. You might have to see the finished product once this is released, but I'm halfway there. I've got a quote from like, my father is my favorite person. I used to go to him and say that I'm bored. And he's like, are you bored? You can't be bored. You've not read every book in the world. So that is my quote on my tote bag. And you will be able to see all of the tote bags from our three creatives that have joined us today. If you go online and look at the pictures, just make sure you follow us. I just want to say thank you again, for tuning in. This has been a great episode. A huge, massive thank you to all of our guests. And I've been talking to you directly. I have all of your personal Instagrams. But can you tell the people when and where they can find you, Outlaw Ali?

**Outlaw Ali** 36:13

Yes. So find me on Instagram @araboutlaw. I'll be on Twitter OutlawAli1. At Facebook it's Outlaw Ali. And yes, stream my music. I recently released a song called Motherless Child which I think is quite on topic. Um, so yeah, check it out. Tell me what you think. Come and join the vibe. Join the community. It's a good place to be.

**Becky Becks** 36:39

Amazing. And Shakira, do you want to just shout out to people tell them where they can find you and where.

**Shakira** 36:46

Hey guys, so you can find me on Instagram @OfficialShakiraAtlanta. You can find me on Twitter, Shakira Atlanta and yeah.

**Becky Becks** 37:01

Amazing and Cleo if you just want a shout out to the people when and where they can find you.

**Cleo** 37:08

Hello, no underscores, no numbers, all lowercase cleohettori, spelled H-e-t-t-o-r-i. That's pretty much the only place you can find me because I'm not a big social media. Feel free to message me. Yes, exactly exclusively on Instagram. Feel free to send me a direct message I will reply very quickly and very in depth.

**Becky Becks** 37:45

Amazing.

**Cleo** 37:46

Enjoy our tote bags.

**Outlaw Ali** 37:48

Where do you find you Becks?

**Becky Becks** 37:50

I mean you can find me all over the gaff. [laughing] As always, I have been your host Miss Becky Becks. I am the bedroom poet on Instagram. That is @bedroompoetry underscore or you can follow me on my personal page beckybecks, that's B-E-C-K-S-Y B-E-C-K-S just want to say a big huge thank you to our field producers, Lucine and Kim Chi that have been messing around in the background keeping us all in check. So if you want to follow them their Instagrams are @lisforlucine and @kimchi that's K-I-M C-H-I underscore L-E. You can also follow @thefi.eld and East London Dance for more information on the wider festival, MESA and before we go, we just have a few quick words from the one and only Mr. Outlaw Ali. So if you want to take it away, thank you.

**Outlaw Ali** 38:51

I just thought I'd end with my quote. The quote I came up with is blood is the compass to your purpose.

**Ident** 39:06

*This podcast is part of MESA Festival, a week long multi-arts festival that aims to engage young artists, elevate underrepresented voices and provide a seat at the table for those without one. It is produced by the Fi.ELD a unique programme from East London Dance to develop the future innovators of dance, equipping them with the skills and resources to make their ideas happen. Thank you for listening.*

[music]