

Angelle shines a light on county's top talent

When Angelle Joseph first moved from Slough to study in Suffolk 10 years ago, never did she envisage the impact she'd have - and continues to have - on the county.

Angelle made the big move to study a degree in psychology and criminology at the University of Suffolk, but has since made a name for herself both within her local community and on the airwaves.

She is a community worker, but readers may also recognise her as the host of two radio shows (BBC Introducing in Suffolk and Monday night show, *Belongings*) - where she dedicates her time to shining a spotlight on some of the county's most talented musicians and those with an interesting story to tell.

With ambitions to originally make a name for herself as a musician, a visit to BBC Radio Suffolk put Angelle on a new career path - and she hasn't looked back.

"I started off wanting to get in the music industry, which led to me developing an interest in community radio. I started off doing a local radio show on IO Radio in Ipswich, covering black music. And the next thing you know, I'm at the BBC," she says.

"I originally went in to talk about my music, and two months later I got a phone call as they had an airtime slot they said I might be able to fill - I said yes on the spot."

That was in 2018.

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Fast forward to today, and Angelle has spent countless hours on the airwaves, showcasing some of the best Suffolk has to offer.

"On Mondays, I broadcast *Belongings* in Suffolk and Norfolk, which is a show for storytelling and plugging events, and really getting deep and personal with the people who live here. It's all about celebrating the amazing work they do in our communities, and the jobs that are interesting."

Just last week, Angelle spoke to Olympic medal-winning Anthony Ogogo, getting to the root of his story, his background, and what led him to where he is today.

"Anyone you walk past in the street, whether that's Ipswich town centre, or anywhere else in Suffolk, you don't know their story - but there's always something amazing going on. And often it's the people who might think that no one wants to hear what they have to say who have the most interesting stories. It's all about tapping into those local heroes and sharing their stories. And I get to meet so many people in my community every single week - we never run out of guests."

Honing in more specifically into music, and Angelle is also at the helm of BBC Radio Suffolk's *Music Introducing Show* - putting some of the county's most talented rising stars on the

airwaves. No genre is off limits as Angelle encourages and promotes the likes of pop, rap, rock, indie, and more.

"I originally specialised in rap and R&B but I've always been a fan of all music. I go to all sorts of gigs and through that have managed to build up a network of contacts, so it wasn't too random when I got the job. I'd spent time interviewing people locally, putting on gigs and being part of local festivals such as Ipswich May Day, and Global Rhythm."

Through that, she was able to see first-hand how thriving Suffolk's music scene really is.

"There's a lot of untapped talent here in the region. We've got Dylan from near Sudbury, who first sent us in her music in 2018. Soon after, we got her into the studio to perform for us," she explains.

This year Dylan played on the main stage at Latitude Festival and has just toured with Ed Sheeran.

"We've also got Piers James who is an amazing rapper from Ipswich, and Essii who does R&B. She's amazing and has millions of views on YouTube - and comes from a tiny place near Bury St Edmunds. To see an artist grow from the beginning is so fun and amazing, and it shows you there's such diversity here in the county. These people do exist, and all I can do is keep putting them at the forefront with the platform that I'm lucky to have."

These musicians may not be where they are today without the

help of not just people like Angelle, but also local grassroots music venues - something she is equally as passionate about.

When she's not on the radio, Angelle is busy encouraging people to use our prominent music venues alongside Independent Venue Community.

"I've only just started, but we're currently trialling a project to get people into venues in the day. I run a girls' group for Future Female Society in a local music venue, and I want to see more of that in place across the country. Essentially, we're looking to see how we can support young people specifically - whether that's with tours, watching soundchecks, or even doing panels and workshops within the venues.

"It's so important for people to have a cultured space they can go to, access good music, and meet new people that are friendly. I think for me, when I moved here 10 years ago, I started from scratch. But when I started doing radio and going to gigs in pubs and venues, I was seeing the same faces and making new friends. It became a massive part of my life, and eventually became my job. I now have these authentic and organic connections, and I think you can't get those anywhere besides cultured spaces like music venues."

It's not just young people that these venues are so vital for, but also the Black community here in Suffolk.

"In terms of venues being safe spaces, when I first moved here, I wasn't sure how diverse Suffolk was - and initially I thought it wasn't. And for those three years I was here for university, I didn't really tap into the community that exists here. But when I came back to Ipswich after living back at home briefly, I slowly started to attend community events, and there's such a rich wealth of community leaders that do grassroots work here, really supporting their families and the people around them.

"Last weekend I went to a Black History Month event which was incredible. I got my Caribbean food, I saw some dancing, and heard some steel drums - and even though I was at the Manor Ballroom in Ipswich, it felt like I could've been anywhere. And it didn't feel like I was there as a token reporter because I work as a broadcaster - but I'm there because I care. I want to uplift and bring everyone up with me, because that's the way to open the door for the next generation," she says.

To find out more about the work Angelle does, follow her on Instagram at @handgell



Angelle Joseph and Ian Parson at South Street Studios

Picture: NIGEL BROWN



Angelle Joseph

BBC Music Introducing...

On the evening of Thursday, November 3, Angelle, BBC Music Introducing in Suffolk, and Behind Closed Doors are hosting an event at Cult Cafe which gives upcoming artists the chance to hear from industry experts, meet other local musicians and take part in a jam session. To find out more, search 'BBC Music Introducing... Live' on the BBC's website.



Picture: CHARLOTTE BOND

I need a new home...**Twinkle, 12-year-old female cat, tortie and white**

Twinkle came into the centre after her previous owner could no longer care for her.

Twinkle is a sweet natured and affectionate girl whose favourite pastimes consist of napping!

After a blood test here at the centre, Twinkle was found to have hyperthyroidism which she is now taking ongoing medication for. The branch are able to help with funding towards the medication if purchased through us.

As a result from her thyroid issue, Twinkle also has

Twinkle
Picture: RSPCA

kidney disease which is being supported with renal food which again can be purchased through the centre.

Twinkle is looking for a calm and warm home where she can relax and live out her days in comfort like

she deserves.

Do you have room in your home for this super senior?

For information on Twinkle, or the other pets in our care, call 0300 999 7321 (9am-4.30pm) or email info@rspca-suffolkcentral.org.uk

ask the vet

Nina Downing, PDSA veterinary nurse



I've noticed my Labrador, Beau, is secreting brown discharge but she is not due a season. She seems fine otherwise but is occasionally whining. Should I take her to the vet?

While Beau may seem fine in herself, she needs to see the vet as a matter of urgency as she may have an infected womb or 'Pyometra'. Unneutered females are at risk of this condition, usually seen between four and eight weeks after being in season due to hormonal changes that happen at that time, although it can occur at any point. Symptoms to look out for include drinking and urinating more than usual, vomiting, being quiet in themselves, a bloated tummy, pain or weakness, and even collapse. This condition is considered an emergency as it can lead to kidney failure and sepsis, and typically requires surgery, so it's important you get Beau checked over as soon as possible. For more information you can visit www.pdsa.org.uk/infected-womb-in-dogs

My rabbit is terrified of fireworks so I've been dreading this time of year. Is there anything I can do to help him?

Fireworks season can be stressful for furry family members, as their hearing is more sensitive than ours, so loud bangs can be more exaggerated. If your bunny

doesn't already live inside, bring him in with his bonded buddy or buddies when you know there are local displays. Cover his hutch with blankets to help quieten the noise (remember to leave gaps for ventilation) and add extra bedding so that he can burrow deeper to safety. You may find that playing calming music or having the TV on could also help mask the sound of fireworks. For next year, you could work on desensitising your rabbits. For more advice on desensitising and helping pets cope with fireworks season you can visit www.pdsa.org.uk/fireworksready.

My spaniel, Cas, won't stop chewing his leg and patches of hair are disappearing. We've tried treating it as an allergy but that didn't help. Why might he be doing this?

It's important that Cas is seen by his vet so that they can carry out thorough investigations and get to the root cause of his distress. There could be many reasons why he is chewing himself. Irritation like this can be caused by allergies or parasites, skin conditions, or even pain which can trigger him to chew or lick the sore area, just as we may rub a sore spot. Other potential causes include stress and boredom, or it may just be a habit he has developed. For more information on skin conditions, visit www.pdsa.org.uk/skin-problems-in-dogs.

Nina Downing is a veterinary nurse at the PDSA, answering questions on pet-related concerns

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