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Life

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*Your
Weekly Guide*
to the best of Nigeria

SHEER STYLE!
YOUR PRATICAL GUIDE
TO WEARING MESH



Jeriq on his
global Igbo rap
dream



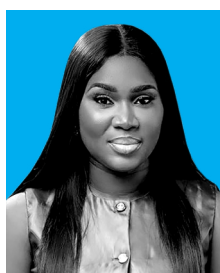
Omoayena & Yinka Odunbaku:

The love story

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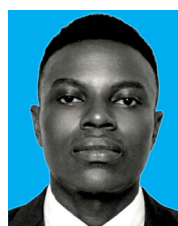
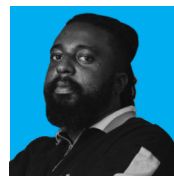
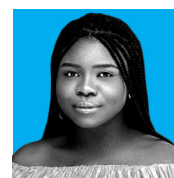
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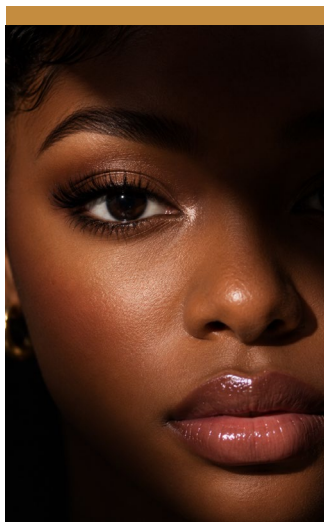
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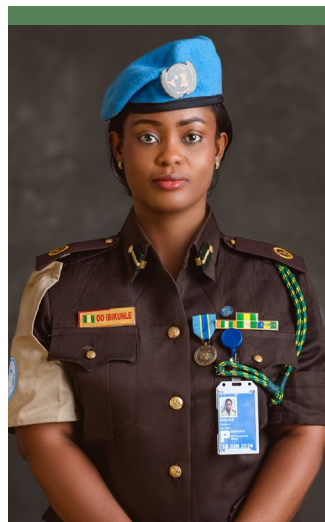
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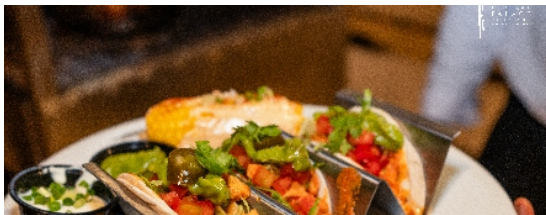




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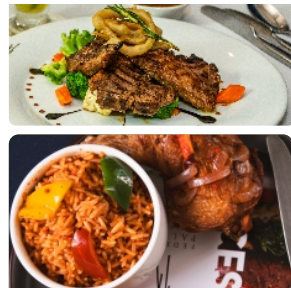


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BEAUTY

Makeup for melanin *Glow*

by Ese Oghenetega



Perfectly done makeup is captivating and even more catchy when applied to dark skin tones.

The result is spectacular when the right textures, shades, and finishes are combined.

If you desire a remarkable makeup look, then check out six trends you should add to your beauty regimen.

Choose the right products

Embracing the right products for your dark skin is quite important in maintaining luxury beauty.

Let the product match your skin tone and apply a lighter shade only when necessary for an elevated look.

Use rich and classy colours

This makeup trend gives you a refined glow and an attractive



appearance.

If you use red or wine lipsticks with gold eyeshadows, you will glow differently. You can rock these colours to an evening party, wedding, or a date night. However, it is essential that the colours you use blend properly so that your face does not look like a colour palette.

Let your blush be warm

Warm-toned blushes can complement darker skin. Try terracotta, berry or deep rose, blending well across your cheeks

Your eyeshadow is powerful

Your look is not complete without applying the perfect eyeshadow to your makeup routine. Using the right colour for your eyeshadow can be magical, and it will turn a simple face beat into a sophisticated one.

Perfectly drawn brows

Perfectly carved brows give your face a well-defined look. How you draw your brows will determine if you will look tacky or polished.

It also defines your personality, and it is another reason you should ensure that a beautifully drawn brow is your priority.

A lip liner is essential

If you wish to take your makeup game to another level, your lip liner is one face beat staple that should not be underrated. Blend your lip liner with a glossy lipstick to give you a glamorous look. This trend is not going out of fashion any time soon. It is perfect for your stylish look, any day, any time.



Photos by Pexels

A man and two women are standing on the deck of a ship. The man, on the left, is wearing a white short-sleeved button-down shirt, white trousers, a dark baseball cap, and dark sunglasses. He has a mustache and a tattoo on his left arm. The two women, in the center and on the right, are wearing matching white long-sleeved button-down shirts and white trousers. They are both wearing large, light-colored sunglasses and have their hair styled in long, wavy ponytails with small white headbands. They are also wearing matching light pink shoulder bags with a peace symbol cutout. The background shows the ship's railing and a clear sky.

Omoayena & Yinka Odunbaku:

The love story

by Ijeoma Thomas-Odia and Musa Adekunle

NEED TO KNOW

- Dr Omoayena Rosemary Odunbaku is a development executive and academic with over 20 years of experience in teaching, research and programme management.
- She holds a doctorate from the University of Lagos and managed UN-Habitat's Africa Urban Agenda programme, supporting 48 countries.
- Olayinka Kabir Odunbaku chairs Olahrose Group of Companies and founded The Hedge and Alpha Company Limited and ColloAfrica.
- He is an ACCA-qualified chartered accountant with degrees from Oxford Brookes University and the University of Lagos.
- The couple, both 45, have been married for 14 years and have three children.

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layinka Kabir Odunbaku resigned from his job in Nigeria and moved to Kenya to keep his family together. Years later, his wife, Dr Omoayena Rosemary Odunbaku, applied for unpaid leave to reunite with their family in Nigeria. Both describe those decisions as part of the adjustments their marriage has required.

Married for 14 years and parents to three children, the couple have balanced careers with changing responsibilities at home. Omoayena's professional background spans university teaching, research and development work with UN-Habitat, while Yinka has worked in finance and built businesses. Each has taken on more at home when the other's work demanded it.

Their friendship began before marriage and remains central to their relationship. They enjoy travelling, watching films and teasing each other, although they disagree over who apologises first. Having both recently celebrated turning 45, they want more time for family and each other.

Speaking with Guardian Life, Omoayena and Yinka discuss the friendship behind their marriage, supporting each other's ambitions, raising three children and the choices that have kept them together.

“He has made sacrifices without turning them into speeches.”

— OMOAYENA ODUNBAKU

You have been married for 14 years. What do you think has kept you in love while growing as individuals?

Omoayena: Friendship. We were friends before we became a couple, so beneath the marriage, children, work, and everything life has brought, that friendship has remained. Yinka knows the real Omo, not only the public or professional version, and there is comfort in being fully known.

We have also allowed each other to grow. The woman he married 14 years ago has evolved, and so has he. We haven't always grown at the same pace or in the same direction, but we have continued to find our way back to each other.

Yinka: I think it is friendship, loyalty, and the decision to keep choosing each other. Love changes over time. It becomes less about excitement alone and more about trust, sacrifice, and knowing that this person is genuinely on your side.

Omoayena, what was it about Yinka that made you think, “This is the man I want to spend my life with”?

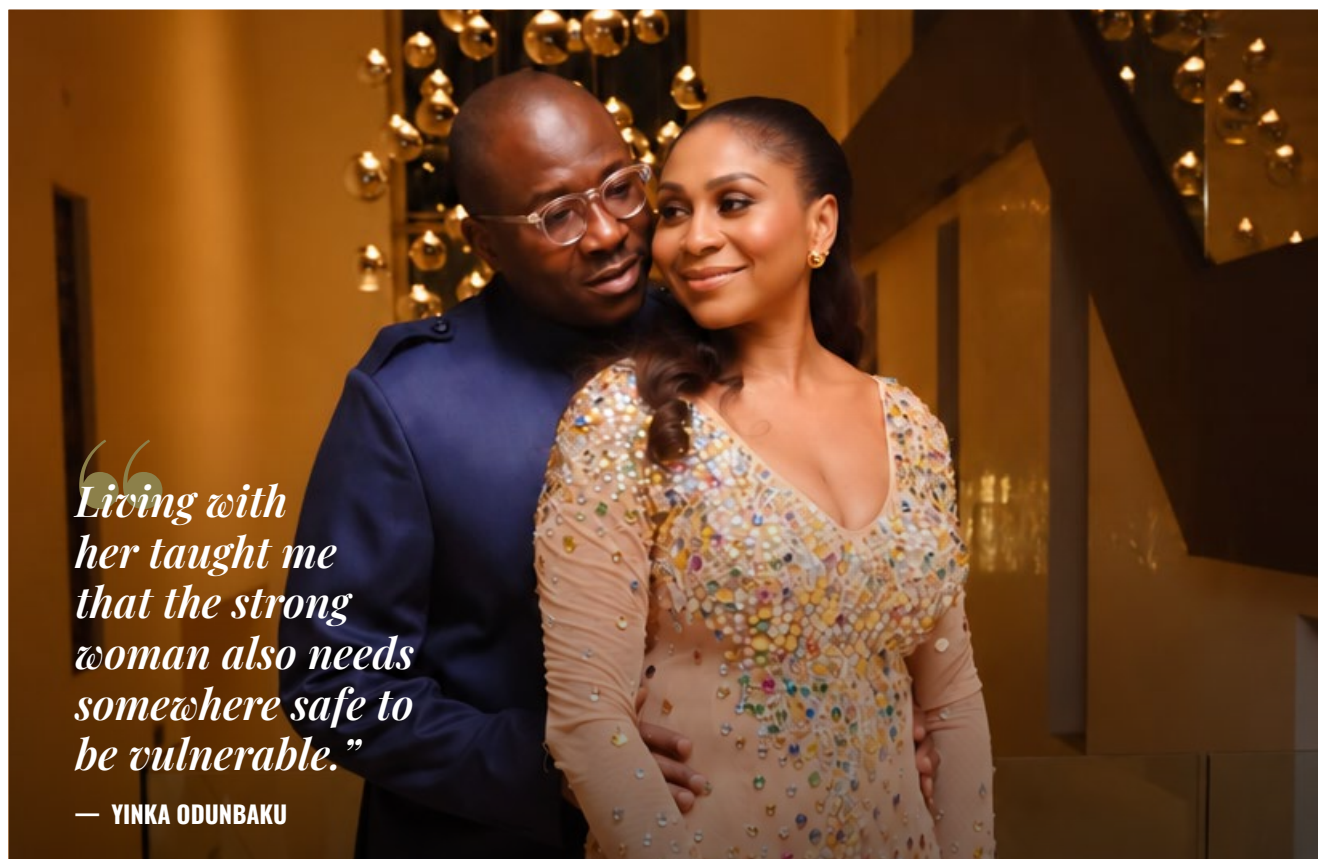
He knew me inside out. We had been friends for a long time, and he had seen me through other relationships, disappointments, and all my emotional drama. I didn't have to package myself for him. There was a period when I travelled to the UK feeling uncertain about our relationship. By the time I returned, I knew where my heart was. I realised that what I was looking for was already present in a trustworthy friend who understood me.



“It begins with not treating her ambition as a threat or a competition. Her success is part of our family's success.”

— YINKA ODUNBAKU

Photos by Bface and Blawz



“Living with her taught me that the strong woman also needs somewhere safe to be vulnerable.”

— YINKA ODUNBAKU

He was also not intimidated by my ambition. Over the years, he has given me room to grow, even when that growth demanded difficult decisions from both of us. That mattered to me then, and it matters even more now.

Yinka, what first attracted you to Omoayena, and what keeps attracting you to her today?

Her confidence and energy attracted me first. Omoh has always had a strong presence. She is intelligent, expressive, and very difficult to ignore. But beneath all that confidence is a genuinely caring, kind, and generous person.

What continues to attract me is her passion for her family and the people she loves. When she believes in someone, she supports them fully. She is also always evolving. There is never a dull moment because she is constantly thinking, planning, or dreaming about something new.

She still has the same energy that first drew me to her, but today I understand the softer and more vulnerable woman behind it much better.

Has your relationship become more about companionship and friendship as the years have passed? What do you enjoy doing together when it is just the two of you?

Omoayena: Absolutely. Companionship has become one of the best parts of our marriage. We enjoy travelling, eating out, watching films and simply staying in each other's space. Sometimes the best moments are not the grand ones. It may just be the two of us in the car, sharing stories about our day and laughing about something only we understand. Alhaji's humour is very unassuming, and we are like Tom and Jerry, always teasing and sparring. Perhaps that has strengthened our bond. We are ride-or-die, literally until death do us part.

Yinka: We genuinely

enjoy each other's company. We can attend an elaborate event together, but we can also sit quietly, eat good food, and talk. After 14 years, there is something special about being with someone who already understands the background to the story before you begin telling it.

What is one thing your partner does that still makes you laugh, and what is one thing they do that occasionally drives you crazy?

Omoayena: Yinka has a very subtle sense of humour and a good smile. What drives me crazy is that he can become very quiet when I want an immediate answer. I want

us to discuss everything there and then; he may decide he needs time to process it.

Yinka: Omoh's storytelling makes me laugh. A simple story can become a full production, complete with characters, commentary, and sound effects. What drives me crazy is that she can turn a small idea into a major project before anyone has had time to catch up. Once she is excited, everybody becomes involved!

After 14 years, do you still deliberately date each other? What does a perfect date night look like for you now?

Omoayena: Yes, although we could be more deliberate about it. A perfect date now is less about impressing each other and more about reconnecting. Good food, somewhere beautiful, no rushing, and a conversation that is not dominated by work or the children—that is perfect for me.

Yinka: I agree. It doesn't always have to be elaborate. Sometimes dinner or a quiet weekend away is enough. The important thing is that we are present with each other and not distracted by everything else demanding our attention. Let me add that shopping in her favourite stores with my cards in hand is also an excellent date for my wife!

Omoayena, what is something about Yinka that you understand much better today than you did when you first got married?

I understand his quietness much better. When we first got married, I sometimes interpreted his silence as disinterest or stubbornness. I am expressive and want to talk through things immediately, while he often needs time to process his thoughts. I have also come to understand that he expresses love more through actions than words. This is a man



who resigned from his job and relocated to Kenya so our family could be together. He has made sacrifices without turning them into speeches. I may still want the speech occasionally, of course! But I now recognise the depth of what he communicates through the things he does.

Yinka, what has marriage taught you about Omoayena that you could never have learnt while dating her?

Marriage showed me how much she carries. Omoh can appear extremely strong, and because she is capable, people assume she can handle everything. Living with her taught me that the strong woman also needs somewhere safe to be vulnerable. I also discovered the depth of her commitment to family. She gives a lot of herself to the people she loves and takes her responsibilities seriously, even when she is tired. Dating showed me the fun, intelligent, and ambitious woman. Marriage showed me her resilience, softness, and the effort behind everything she achieves.

If you had to describe your partner in three words, what would they be, and would your partner agree with your choices?

“I want ambition to remain part of our lives, but not at the expense of ourselves or our relationships.”

— OMOAYENA ODUNBAKU



Omoayena: Dependable, intelligent and God-fearing. Would he agree? Definitely or at least I assume so!

Yinka: Brilliant, kind and unstoppable. She will agree with all three and probably suggest a few more I should have included.

Who is more romantic, who is more stubborn, who is more likely to apologise first, and who usually wins an argument?

Omoayena: I am probably the more openly romantic one, but Yinka is romantic through his actions. He proposed during a birthday dinner when I thought we were simply celebrating him, and he has made some very significant sacrifices for our family. We are both stubborn, although he will nominate me without hesitation.

Wisdom from our archive of cover stars



WUSE 2 ABUJA

WHERE I LEARNT TO
READ A CROWD

DJ_Burna on learning her craft, finding her sound in Abuja, and her ambitions beyond the city

ABUJA is my city. Wuse 2 is where my career as a DJ really took shape. It gave me different crowds to learn from and room to work out what kind of DJ I wanted to become.

My interest started at home, watching my brother DJ. I began with school parties, small events, and mixtapes, learning how to select records and move between songs. By the time I graduated from the University of Abuja in 2018, I knew I wanted to take DJing seriously.

Reading a crowd became an important part of that learning. I had to understand the room and know when to build the energy or change direction. For me, that connection with the people listening is what makes a good set.

Working in an industry dominated by men pushed me to work harder and develop my own identity. I wanted people to recognise DJ_Burna through my sound and the personality I brought to each set.

POOL UP and Space 99 are part of that story. Abuja is where my career took shape, but my ambitions now reach beyond the city. I'm thinking globally.

Interviewed by Ajuluchukwu Brown.



"Ambition without boundaries becomes exhaustion because we are great at multitasking; we often spread ourselves too thin. You grow faster when you choose fewer priorities and execute them well."

Dr Adaora Umeoji, 2026

"Don't assume you know it all because the world is changing and evolving rapidly, daily. Once you know what you are doing, stand your ground — there is nothing you cannot achieve once you set your mind to it."

Funke Akindele, 2024



"Success is living your dream."

Asisat Oshoala, 2026



"Everybody should use their medium to influence in the best way that they can."

Kunle Afolayan, 2017



"Success has seasons. But if your love for the craft is genuine, that will keep you grounded through every high and every low."

Ini Dima-Okojie, 2026





Feriq's

global Igbo rap dream

by Chinonso Ihekire



Nigeria's Eastern music scene has always had its moments in the sun, from the highlife boom of the 1960s to the more recent rise of Igbo hip-hop.

As Nigerian music, itself, has evolved over the years, imbibing Western elements and expanding the possibilities of its soundscapes, a few outliers have successfully built catalogues that delicately balance our local sonic palette with their Western ambitions.

Hip-hop is one of the clearest places to find this balance in the music scene now. Across Nigeria, almost every geopolitical region has developed some version of indigenous rap, shaped by language, slang, rhythm and the raw realities of the communities that birthed it. In the East, that movement has peaked considerably since 2022, becoming one of the strongest new markers of contemporary pop culture across the region.

One of the notable rappers to emerge from this fray is Jeriq, born Jeremiah Chukwuebuka Ani. In 2024, the young rapper filled the 22,000-capacity Nnamdi Azikiwe Stadium in Enugu for his *Jeriqhood* concert, marking one of the biggest moments for an Eastern rapper since the era that produced names such as Illbliss and Phyno.

Jeriq's music, like that of several of his peers including Aguero Banks, Evado, Rord Kelly and Hugo P, is marked by hard-hitting US trap and UK drill production, Igbo rap, and flashes of Igbo melodies.

At the recently announced 18th Headies, Jeriq's 2024 sophomore album, *King*, earned a nomination for Best Rap Album. His catalogue stretches from his breakout 2020 EP, *Hood Boy Dreams*, through his debut album, *Billion Dollar Dream*, to *King*, a body of work that has steadily documented his hustler ambition and relationship with the streets.

Outside music, he is also a fashion entrepreneur, building Iyoo Cartel into an

identity that segues from clothing business to his music imprint. For Jeriq, "Iyoo" itself comes from the language of the streets, a language of survival and community.

Now one of the visible pillars of the new Eastern hip-hop movement, Jeriq continues to stretch his impact with every release. Catching up with *Guardian Music*, he peels back the layers of his roots: growing up around Onitsha, discovering hip-hop, surviving through menial jobs, finding his voice in Igbo rap, building Iyoo Cartel, and becoming one of the poster faces of Nigeria's new wave of indigenous hip-hop.

You've been recording quite a bit lately. What have those sessions been like?

I've been recording music. I always record. I've also been collaborating with different artistes. Sometimes it happens naturally because we are in the same place. When I made "Oganigwe" with Zlatan, for instance, we were in the same studio. He played the instrumental; I wrote my verse there and recorded it. Other times, somebody sends the song, and I record my verse and send it back. So, it really depends on the circumstance and the vibe around the recording.

Take us back to the first time you ever recorded music in a studio.

I think that was around 2014. While I was in secondary school, I was always writing lyrics in my notebooks. I loved writing generally; I even wrote novels. During one of our mid-term breaks, I decided I needed to record one of the songs I had written. I searched for a free beat online and wrote a song called "Iyoo." There was a studio in Ochanja, Onitsha, that I always used to see whenever I passed through the market. So, I took a bus there, told the producer I wanted to record, paid him, and recorded the song. "Iyoo" became popular on the streets back then, and that was how people started calling me Iyoo.

How were you able to afford recording at that time?

I was doing a lot of menial jobs. I used to carry blocks around the building-materials area. I also worked at a pure-water factory called

U-Mountain Table Water. After work, we would carry water from the factory and sell. I was just doing different things, saving up whatever I could, and then I would go and record.

Was there ever a point where the struggle made you consider stopping music?

There were a lot of times I was discouraged. Imagine doing music and trying to look fresh for the music, then people would still see me doing those jobs. It could be discouraging because I wanted my life to look a certain way.

But I remembered there was something I wanted to achieve, so I stopped paying attention to what people were saying. I just kept looking at where I wanted to go.

Where did the Iyoo identity come from?

Iyoo is what we call each other around Onitsha. I was born there, although I'm from Enugu State. Iyoo, to me, is like saying, hustler.

My first song was also called "Iyoo." Later, when I started getting some recognition in music, I noticed artistes had record labels, collectives, or brands around them. I wanted my own, but every name I thought about sounded foreign to me.

Iyoo was different because it was already part of my everyday life. I wanted to push that culture to the world so it wouldn't just die in Ochanja or on the streets. Then I added Cartel to it, and that became Iyoo Cartel.

Why did you choose rap, considering the other styles of music you heard growing up?

I just loved rap. My dad played a lot of highlife music when I was growing up, but I always saw myself rapping.

In secondary school, I would rap for my classmates, and afterwards I would hear them using some of my lines as slang or as replies to each other. That always stayed with me.

When I started hearing trap music from America, I also felt we could do our own version here. They were doing it in Atlanta and Chicago, so why couldn't we do it in Enugu, Anambra and other parts of the East, using Igbo?

That thinking was part of what pushed my trap movement.

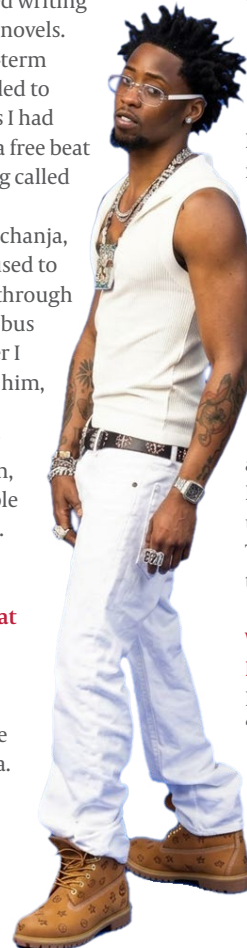
What was your headspace while making *Billion Dollar Dream*?

I didn't make it with the mindset of saying, "I'm making this so it becomes successful." I was making music to motivate the streets and motivate myself.

Coming from where I came from, we didn't

"I was just doing different things, saving up whatever I could, and then I would go and record."

— JERIQ





really have somebody in our immediate streets to look at and say, “This person came from here and became a superstar.”

So Billion Dollar Dream was me telling the streets that we could achieve this. The dream actually started from Hood Boy Dreams. We achieved some of the things we were dreaming about then, so we upgraded the dream to a billion dollars.

We haven’t achieved the billion yet, though. We are still on the way.

You collaborate with artistes from very different musical worlds. How intentional is that?

It’s actually not intentional. It was only recently that I started seeing people online pointing it out. I have songs with people from different scenes, but these are also people I know personally. We chill together, they come to my crib, I go to theirs. The collaborations happen naturally.

And because I rap in Igbo doesn’t mean I limit myself to Igbo rap. I have party jams, amapiano songs, gospel songs and records where I’m rapping strictly in English.

When I collaborate with somebody, I try to bring their world into mine too, so their listeners can also connect with what we make.

“People started seeing themselves in me because I tell stories about their experiences.”

— JERIQ

Which song has demanded the most from you emotionally?

I think “True Life Story.” That is probably the song where I’ve been most vulnerable.

When I was recording it, I wanted somebody to hear the song and have a picture of my life without even meeting me. I rapped about losing my dad, my brothers, things I did while growing up and my secondary-school experiences.

Writing all of those things brought back a lot of nostalgia. I had to put myself back into those moments so I could remember them properly. It messed with me mentally because I was remembering things I had already forgotten.

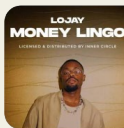
PLAYLIST OF THE WEEK

by Mayowa Iyiola



SHAMAYA

BNXXN ft FOLA



MONEY LINGO

Lojay



IMALI

Fireboy ft Jazzworld.
Thukuthela



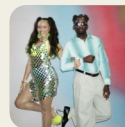
IKEBE 3000

Blacqbonz ft Asake



GENTLEMAN

Tml VibeZ



COMFORT

Mr Eazi ft MOLLY



AKUBE

DEJAVU ft Tl Blaze



5 African novels heading for the screen

by Oluwagbemisola Sadare

African literature continues to move from bookshelves to cinema and television, with several acclaimed novels being developed for the screen. These adaptations span fantasy, romance, family drama and stories about identity and migration.



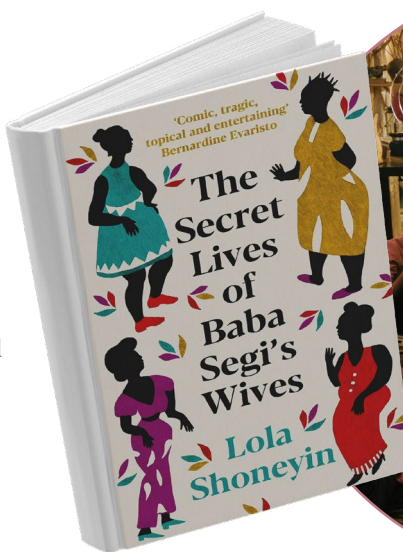
1. **Children of Blood and Bone** by Tomi Adeyemi

Tomi Adeyemi's bestselling fantasy novel is being adapted into a major Paramount film directed by Gina Prince-Bythewood. Set in the fictional kingdom of Orisha, the story follows Zélie, a young woman fighting to restore magic after it is suppressed by the ruling monarchy. The film features Thuso Mbedu, Amandla Stenberg, Damson Idris, Viola Davis, Idris Elba, and Chiwetel Ejiofor. The adaptation is scheduled for a theatrical and IMAX release on January 15, 2027, bringing Adeyemi's West African-inspired fantasy world to a global cinema audience.



2. **The Secret Lives of Baba Segi's Wives** by Lola Shoneyin

Lola Shoneyin's acclaimed Nigerian novel is being adapted into a feature film by EbonyLife Films, in partnership with Genesis and other Nigerian cinema companies. The story follows Baba Segi, a wealthy man with four wives, whose carefully maintained household begins to unravel when a new wife joins the family. The adaptation is directed by Daniel Oriahi and features Odunlade Adekola, Bimbo Ademoye, Mercy Aigbe, Iyabo Ojo and Omowunmi Dada. The film is scheduled for a global theatrical release in December 2026, bringing one of contemporary Nigerian literature's most recognisable family stories to cinemas.



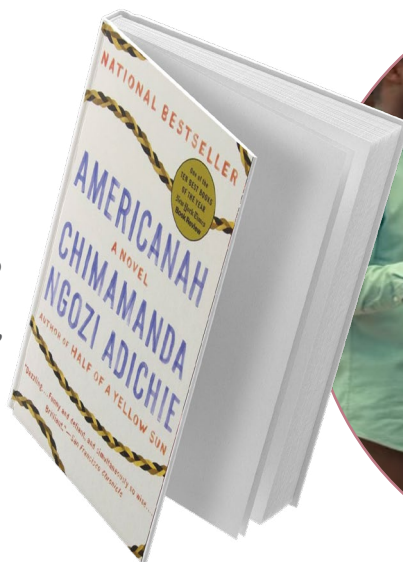


3. **Open Water** by Caleb Azumah Nelson

Caleb Azumah Nelson's debut novel *Open Water* is being adapted into an eight-part BBC drama series. The story follows Marcus, a young Black photographer, and Effie, a dancer, whose friendship gradually develops into a romantic relationship. Set against London's creative scene, the novel explores love, art, masculinity, race and vulnerability. Toheeb Jimoh and Dujonna Gift lead the television adaptation, while Nelson serves as lead writer and director. Filming has taken place in Birmingham and London, with the BBC announcing first-look images from the production. The series is expected to premiere on BBC One and BBC iPlayer in 2027.

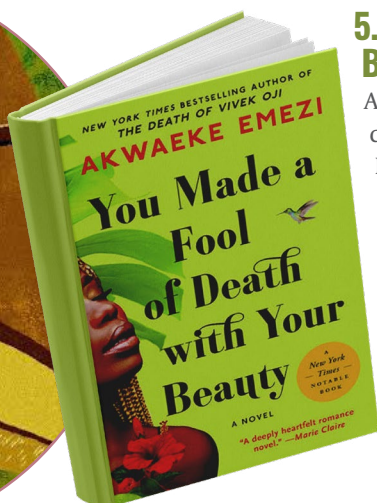
4. **Americanah** by Chimamanda Ngozi Adichie

Chimamanda Ngozi Adichie's *Americanah* is once again being developed for television. The 2013 novel follows Ifemelu, a Nigerian woman who moves to the United States and navigates questions of race, identity, love, and belonging before eventually returning to Nigeria. The book previously had a planned HBO Max adaptation starring Lupita Nyong'o, but that version did not proceed. In 2026, Canal+ included *Americanah* among its African projects in development, putting the novel back into active screen-development conversations. The latest project does not yet have a confirmed cast, production date or release date.



5. **You Made a Fool of Death with Your Beauty** by Akwaeke Emezi

Akwaeke Emezi's bestselling romance novel is being developed as a film by Amazon Studios and Michael B. Jordan's Outlier Society. The story centres on Feyi, a Nigerian artist living in Brooklyn who is trying to rebuild her life after losing her husband. When she begins dating again, she finds herself drawn into a complicated relationship involving an older man and his family. The novel explores grief, desire, art, and the possibility of finding love after loss. Emezi is attached as an executive producer, while the project remains in development, with no confirmed release date announced.



Guardian Woman

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A portrait of Olukeyi Ibiokunle, a Black woman with long, dark, wavy hair, looking directly at the camera. She is wearing a black blazer over a teal top, a black pearl necklace, and large, ornate gold earrings. The background is a dark, textured grey.

OLUKEMI IBIKUNLE:

Gender is not a barrier to career growth

by Ijeoma Thomas-Odia

Olukemi Ibikunle is a Nigerian Correctional Officer, Engineering Geologist and Project Management Professional. With over 15 years of experience in corrections, Ibikunle currently serves with the United Nations Organisation Stabilisation Mission in the Democratic Republic of the Congo (MONUSCO). She supported the development of a national prison blueprint, leading the construction of a high-security prison block in Kabare, and managing the reconstruction of Beni Prison's perimeter wall. She has also championed green corrections initiatives, including biogas, solar energy, food security and gardening projects that equip prisoners with practical skills. In 2025, Ibikunle received the United Nations Trailblazer Award for Women Justice and Corrections Officers, recognising her exceptional contribution to corrections and peacebuilding. In this interview, she speaks on her innovative leadership and a commitment to humane detention for sustainable peace.

You were named the 2025 United Nations Trailblazer Award recipient for Women

Justice and Corrections Officers. What did that recognition mean to you personally?

The recognition is a source of satisfaction and motivation. Satisfied that the work behind the scenes does not go unnoticed and that more people can contribute to the work due to better awareness. I am happy about the light that the award has shed on Corrections work, especially demonstrating the impact of Corrections and Justice on national security and sustainable peace. The recognition is also a source of motivation to do more, keeping in mind that the participation of women in Peacekeeping is essential and that gender is not a barrier to career growth. #

You have described your belief that "peace begins behind prison walls." What does that mean in practical terms?

Peace begins behind the wall means that no member

of society is left behind, irrespective of their past choices or lifestyle. The way we treat people behind the wall determines the way they turn out in society after their release. People who enjoy humane treatment behind the wall are generally favourably disposed towards rehabilitation programmes, and they in turn contribute to national economic growth after release. Furthermore, the Sustainable Development Goal 16 (SDG 16) talks about creating peaceful, inclusive societies and equal access to Justice for all. This can only be achieved when we treat everyone equally and fairly in the area of dispensation of justice.

How do you balance the need for security with the need to ensure humane conditions for people in detention?

This is a very good question; security considerations always seem to conflict with humane detention conditions, but I say categorically that this is a myth. With my years of experience in prison, it is evident that secured prisons can be humane. Finding innovative ways to create the needed balance is what makes a difference between mediocrity and excellence in prison management. A prison dormitory can have large enough windows for natural light and aeration while the windows are reinforced with metal bars for security purposes. A secure prison can have green areas for recreational activities and gardening activities to

support detainees' physical and mental health. Prison security is not only about physical infrastructure but also about security procedures and dynamic security, where mutual trust is established between the detainees and the prison administration. This is why I continue to advocate for the needed balance between the



concept of security and humane prison conditions. What inspired your green corrections initiatives and what measurable difference have these initiatives made to prisoners, prison staff and surrounding communities? The Green Corrections Initiative was inspired by difficulties. In a conflict/post conflict setting where resources are scarce, and the prison infrastructure is not a top priority of the government, it became imperative to look for ways of creating a humane environment despite the infrastructural deficit. With power shortages

from the national grid, solar panel installations became a viable option for lighting up the prison dormitories and offices and lighting up the premises to support security patrols at night. Rising cases of malnutrition in the prison gave rise to gardening activities where detainees can produce vegetables to fortify their daily ration. This initiative impacted the detainees directly, as their nutrition improves through the products of gardening. The physical activity also gives them hope for a better tomorrow as they develop a sense of meaning in life, a reason to be alive for another day. Taking in fresh air in the garden frees them from the pain of confinement in the cells/dormitories. They also learn useful skills for economic autonomy after release. The prison staff benefit from improved working conditions through renewable energy from solar installations; prison management is easier with healthy and happy detainees having little or no interpersonal conflicts. The community benefits from crime prevention, reduced recidivism, and meaningful contribution of ex-offenders to national economic growth. Families also receive their relatives back into the community in good mental and physical health, facilitating family reunification.

The biogas project at Uvira Prison transforms human waste into clean cooking energy while reducing deforestation and giving prisoners practical skills. How important is it to you that correctional facilities become places where people acquire skills and a sense of purpose rather than simply serve time?

Having a sense of purpose in detention ties back to dynamic security and peacebuilding behind the wall. The Biogas project is another Green prison initiative with a holistic approach; consideration for the environment, the prison staff and detainees.

“Women are natural nurturers; we have the instinct to protect and to make things better.”

— OLUKEMI IBIKUNLE

VOW 2026 calls for women's participation in leadership

by Ijeoma Thomas-Odia



Chair House Committee on Women Affairs, Lagos state, Hon Kafilat Ogbara (left); Deputy Governor, Ogun State, Noimot Salako-Oyedele; Founder, Emzor Pharmaceutical industries, Dr. Stella Okoli; Board Member, Women Radio 91.7 FM, Erelu Bisi Fayemi and Convener, VOW Conference, Toun Okewale Sonaiya.

The 10th Voice of Women Conference and Awards (VOW 2026) has called for greater participation of women in leadership and decision-making, urging women to move beyond having their voices heard to taking their rightful place in spaces where policies are shaped and decisions that affect society are made.

The call formed a central message of the anniversary edition, held in Lagos under the theme, “A Decade of Voices and Impact,” as speakers challenged women to convert advocacy, influence and visibility into meaningful leadership and lasting change.

For VOW Convener, Toun Okewale Sonaiya, the platform has evolved considerably, moving from conversations around economic empowerment, agriculture and technology to broader issues including gender-based violence, governance and women's participation in leadership.

She stressed that women's voices must translate into results, arguing that women should not only be heard

but must remain at the table where decisions are made.

In her keynote address, Executive Vice Chairman of Famfa Oil, Folorunso Alakija, urged women to move from identifying problems to becoming part of the solution.

Reflecting on her own career journey, she emphasised the importance of preparation, capacity building and taking action when opportunities emerge. According to her, women must move beyond simply occupying positions of influence to using that influence to create meaningful change in the lives of others.

Alakija also challenged women to think about their legacy beyond personal success, asking them to consider who they are taking along with them, what opportunities they are creating for others and what they will leave behind.

She pointed to initiatives supporting women entrepreneurs and highlighted the need to equip women not merely with financial assistance but with skills, confidence, networks and resources capable of helping them build

sustainable enterprises.

Looking towards the next decade, Alakija called for more women to build businesses, lead institutions, shape technology and media, participate meaningfully in governance and education, and develop solutions to social problems.

For veteran broadcaster Bimbo Oloyede, the 10th anniversary was an opportunity to reflect on the qualities required to sustain the platform into its next chapter. Using the letters in “Voice of Women,” she identified vision, opportunity, internationalisation, credibility, objectivity, fortitude, wisdom, optimism, mindset and endurance as principles that could guide VOW's next decade.

She also encouraged the platform to expand beyond Nigeria and take its conversations to women across the continent, while continuing to build credibility through consistency. Meanwhile, women's wellbeing and the need to rethink traditional expectations placed on women featured prominently

in the remarks of Erelu Bisi Fayemi, board member of Women Radio 91.7FM.

Fayemi challenged the culture that expects women to continually give their time and energy to work and family without adequate space for rest, recovery and personal wellbeing. She argued that women cannot continue to be expected to carry multiple responsibilities without recognising the importance of support, partnership and time for themselves.

Her intervention reinforced the broader question of what meaningful empowerment should look like for women. Beyond entrepreneurship and leadership positions, the conversation must also address the social structures and expectations that determine how women experience work, family and public life.

The event also featured series of panel sessions examining innovation, leadership, political participation and the conversion of advocacy into power.

The panel, “The Future by Design,” brought together Dr Toyosi Akerele-Ogunsiji, Founder, Rise Networks and Rise Interactive Studios; Kiki Okewale, Chief Executive Officer, Fabric Printing Global; Dr Maymunah Yusuf Kadiri, Medical Director and Psychiatrist-in-Chief, Pinnacle Medical Services; Azuka Ogunjiuba, Chief Executive Officer, Media Room Hub; and Blessing Nannan, Chief Executive Officer, Lingzhi Africa.

The panel examined how women across different sectors are driving innovation and contributing to a more inclusive, human-centred future. Their discussion underscored the growing role of women not simply as participants in emerging industries but as architects of solutions, businesses and systems shaping the future.

Women creating wealth

...with Linda Ochugbua

Guardian Woman Festival is committed to leading conversations as driving change among women across sectors. With its fourth edition on the way, hosted by Federal Palace Resort, the theme, 'Women as wealth creators', we spotlight Linda Ochugbua, Digital Sales Manager, BusinessDay Media. She speaks on her career journey, creating sustainable wealth and advice to women.

Take us through your career path

I started my career in the oil and gas sector, where I built my foundation in marketing and customer service. Those early years taught me the importance of understanding people, paying attention to details and, most importantly, understanding that business is ultimately about solving problems for people. I moved into the media industry and that was really where my career took a different direction. I have now spent about 14 years in media, and I have had the opportunity to work across different areas of the business, from advertising and sales to sponsorships, events, partnerships and digital.

At BusinessDay, I have taken on different roles over the years. I started in advertising and sales, later became an SME Accounts Specialist Manager, then Head of Sponsorship, Events and Partnerships, and Head of Sales for Digital Platforms. Today, I am the Digital Sales Manager. I

have also been fortunate to work with some of the biggest local and international brands, and to lead teams and projects that have challenged me to grow. Along

the way, I earned my bachelor's degree in Business Management and later went on to complete my MSc in Management with Distinction from the University of Surrey.

What does women creating wealth mean to you?

Women creating wealth goes beyond simply earning a good income. It is about a woman being able to create value, earn from that value, manage what she earns and build something that can continue to benefit her and the people around her. I also believe wealth is not only about money. It can be knowledge, relationships, intellectual property, a business, investments, skills or even the platforms you create for other people to grow.

A woman who has knowledge that she can turn into income is creating wealth. A woman who builds a business that employs other people is creating wealth. A woman who earns and makes wise decisions with her money, rather than simply spending everything she makes, is creating wealth. Women should not only be interested in getting paid for their work. We should also think about what we can own, what we can build and what can continue to generate value even when we are not actively working.

How are you creating sustainable wealth as a woman?

Sustainable wealth starts with understanding that income and wealth are not the same thing. I have spent a significant part of my career building expertise, relationships and a reputation that have value beyond a particular job or position. I see those things as part of the wealth I am building.

I have also deliberately invested in myself through education and continuous learning. The more valuable your knowledge and experience become, the more opportunities you create for yourself.

Beyond that, I believe in building relationships properly. Some of the opportunities I have had over the years have come from relationships I built through doing good work and treating people well. You cannot underestimate the value of a good name. I also believe in creating things that can outlive your immediate effort. That could be a business, an investment, a project, intellectual property or even people you have helped to develop.

Mentorship is particularly important to me. I have had people who guided me at different stages of my career, and I believe part of building wealth is also helping other people become better and more capable. So, sustainable wealth is a combination of earning, learning, owning, investing, building relationships and creating value that can continue to grow.

"Sustainable wealth is a combination of earning, learning, owning, investing, building relationships and creating value that can continue to grow."

— LINDA OCHUGBUA

Interested organisations can explore sponsorship, partnership and programme-hosting opportunities by contacting Guardianwomanfestival@guardian.ng, Ricketts: +234 802 301 5115 or Olayinka: +234 808 695 1129.

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Akin Akinbisola:

Young people need pathways that
connect learning to opportunity

by Ijeoma Thomas-Odia

Akin Akinbisola is an entrepreneur, thought leader, and youth development advocate. He is the founder of Youth Employ & Development Initiative, a purpose-driven organisation committed to equipping young people with the knowledge, skills, opportunities, and resources required to build sustainable livelihoods and become future-ready leaders. He holds an MBA from Ahmadu Bello University and has developed a multidisciplinary career spanning entrepreneurship, branding and communications, real estate, agriculture, leadership development, and youth empowerment. He is the Founder of Ace & Gold Limited, a branding, communications, and advertising company providing strategic and innovative solutions to businesses and institutions. Akinbisola who is a strategic member of respected networks including the Young Entrepreneurs of Nigeria, Network of Social Entrepreneurs, and The Adekunle Child Foundation (TACF) speaks in this interview about his work driving social impact.

What first inspired your passion for youth development, and was there a defining moment that made you realise this was the work you wanted to dedicate your life to?

My passion for youth development comes from a conviction that has continued to shape my work: young people are not lacking in potential. What is often missing are the opportunities, structures, and support systems that enable them to turn that potential into meaningful outcomes. Over time, I became increasingly concerned about the gap between what young people are capable of achieving and the opportunities available to them. I realised

that conversations about empowerment, while important, were not enough. Young people needed practical opportunities to develop skills, explore entrepreneurship, access networks, and build sustainable livelihoods. That conviction led to the establishment of Youth Employ & Development Initiative in 2016. I would not necessarily point to one defining moment. Rather, it has been a journey of growing awareness, learning, and responsibility. Every young person we have encountered, every challenge we have tried to address, and every opportunity we have helped create has reinforced my commitment. I have come to see youth development as more than a programme or professional responsibility. It is a lifelong commitment to building systems that enable people to become productive, independent, and capable of contributing meaningfully to society.

Beyond the programmes and partnerships, what problem are you ultimately trying to solve through the Youth Employ & Development Initiative (YEDI)?
Youth Employ exists to

address the gap between young people's potential and their ability to translate that potential into productive and sustainable livelihoods. We are concerned about a reality where many young people have ambitions, ideas, and talents but struggle to access the skills, opportunities, networks, and resources required to make progress. Our work goes beyond helping young people find jobs. We want to prepare them to create value, build enterprises, become effective leaders, and participate meaningfully in the economy.

Over the years, you've worked with governments, development partners, universities, and the private sector. What have these experiences taught you about what young people in Africa truly need to succeed?

One of the most important lessons I have learnt is that young people do not need to be treated merely as beneficiaries. They need to be recognised as active participants in designing and driving solutions. Working with different stakeholders has also reinforced the importance of connecting opportunities to actual needs. A training programme, for instance, is valuable, but its impact becomes more meaningful when participants can apply what they have learnt, access relevant networks, connect with employers, secure financing, or build sustainable enterprises.

Young people need more than access to training. They need pathways that connect learning to opportunity. They also need mentors, supportive institutions, technology, finance, and environments where they can experiment, learn, and grow.

Another important lesson is that no single organisation can solve the challenges facing young people. Governments, educational institutions,

development partners, businesses, and youth led organisations all have different capabilities. The real opportunity lies in bringing these capabilities together to create solutions that are practical, accessible, and sustainable. We must move beyond asking how many young people we have reached and begin asking what has changed in their lives because we reached them.

Many people describe Africa's youth population as its greatest asset. From your experience, what do you think is preventing many young people from reaching their full potential?

Africa's youthful population presents enormous possibilities, but population alone does not automatically translate into economic or social progress. One major challenge is the disconnect between education and the realities of the labour market. Many young people leave educational institutions without sufficient practical experience, relevant skills, or access to opportunities that can help them transition into productive work. There are also structural barriers, including limited access to finance, professional networks, mentorship, infrastructure, and business support.

For an aspiring entrepreneur, the challenge may not be the absence of ideas but the difficulty of moving from an idea to a viable business. For a graduate, it may be the difficulty of securing that first meaningful work experience. For another young person, it may be the absence of an environment where their talents can flourish. We must also recognise that young people are not a homogeneous group. The challenges facing a young person in a rural community may differ significantly from those facing someone in an urban centre.

"We must also recognise that young people are not a homogeneous group."

— AKIN AKINBISOLA

marie claire

NIGERIA

CAREER & MONEY



Nigerian women have been inventing solutions for generations — meet the new generation making their mark

by Oyindamola Adebisi

What if a bra could help flag signs of breast cancer? For one Nigerian engineer, what sounds like futuristic technology became a project she could actually build.

And she isn't the only one. Across healthcare, science and industry, Nigerian women have been developing devices, materials and technologies in response to problems they have encountered in real life and in their research.

Some are patented, while others are still being tested or refined. Together, they show women turning real-world problems into tangible solutions. Today, we're looking at Nigerian female inventors whose work does just that.

Kemisola Bolarinwa developed a smart bra for early breast cancer detection. Kemisola Bolarinwa was inspired to develop a different approach to breast cancer screening after losing her aunt to a late diagnosis in 2017. The robotics and embedded-systems engineer and founder of Nextwear Technology developed a smart bra with seven sensors in each cup that uses ultrasound to detect

possible breast tissue abnormalities. A working prototype was built in 2021 and presented publicly the following year. The device is designed to make screening more accessible, rather than replace established screening methods, and its prototype has an estimated accuracy of about 87%, with Bolarinwa aiming to improve this to 95–97%.

Where it stands: The smart bra remains a working prototype requiring further development and extensive clinical work before commercialisation. An earlier target for market availability in 2022 was not met, and Bolarinwa's company has since continued working on the technology.

Motunrayo Sanyaolu designed a heating blanket for premature babies. While volunteering in under-resourced clinics, electrical engineering student Motunrayo Sanyaolu saw premature babies being kept warm with hot-water bottles, which could cause burns. She responded by developing a battery-powered heating blanket designed to

be safer, portable and affordable, with the device costing less than ₦50,000. The later prototype was refined to improve both its heating system and design, with portability particularly useful when babies need to be transferred between healthcare facilities.

Where it stands: Sanyaolu's blanket is still a prototype being refined towards clinical trials. She applied for a Nigerian patent early in her degree, but there is no confirmation that the patent has been granted.

Omowunmi Sadik built sensors that can detect drugs and explosives

Long before biosensors became a familiar part of conversations about modern healthcare and environmental monitoring, Nigerian-born chemist Omowunmi Sadik was working at the intersection of chemistry, electronics and biology. Born in Lagos in 1964, Sadik studied at the University of Lagos before earning her PhD from the University of Wollongong in 1994. Her career has focused on developing sensors and biomaterials capable of detecting tiny amounts of chemical substances in biological and environmental samples.

Omowunmi Sadik wearing a white lab coat in a lab room, holding her invention for detecting drugs and explosives via lagosdiaspora.ng

Omowunmi Sadik wearing a white lab coat in a lab room, holding her invention for detecting drugs and explosives via lagosdiaspora.ng

Omowunmi Sadik in a laboratory via lagosdiaspora.ng. Among her work are microelectrode biosensors that can detect substances including drugs and explosives. Her research has also extended into environmental sensing, pain management, and nanostructured materials. She has developed portable sensing technologies including the UPAC, an ultrasensitive portable capillary sensor.

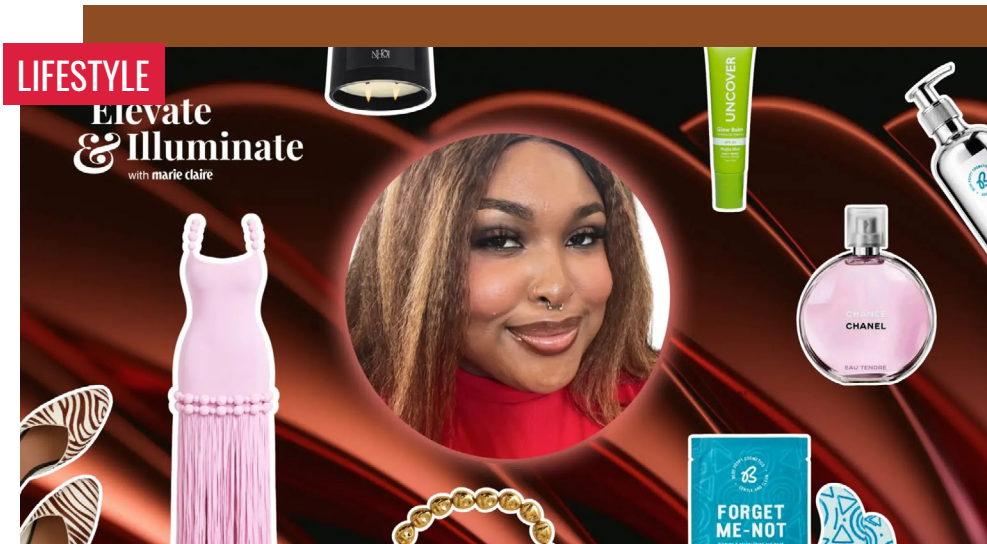
Where it stands: Sadik's work is patented and remains an active area of research and development. She continues to develop and test sensors and biomaterials.

Visit www.marieclaire.ng to read more

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marie claire

NIGERIA



Elevate & Illuminate: October is here, and I'm ready for the beautiful chaos

by Denise Escimokumoh

For the first time since this column began, I missed an edit. September came and went without an Elevate & Illuminate, and I want to be honest with you about why: I was unwell. The month opened with me in South Africa for the Johannesburg leg of our MIP-5 tour, and I returned to Lagos only to be met first by malaria, then by stomach troubles. Each ailment was really saying the same thing, the thing I had been too busy to hear. Rest. You need to rest.

And so, I did something that did not come naturally to me. I stopped. I made the genuinely difficult choice to skip last month's edit, and I will admit, it did not sit well at first. There is a voice many of us know intimately, the one that insists that pausing is the same as failing, that to step back even once is to prove you were never really dedicated. I told myself exactly that. But it was unfair, and it was untrue. I have shown up for this column every single

month since March 2025. Dedication was never the question. What I needed was permission — to be a person with a body and limits, not a machine that simply produces.

I am glad I rested. I say that now with real certainty, because the busiest season of my year is upon us. Fashion and art season is here. There's Lagos Fashion Week, Lagos Cocktail Week, several fashion shows, pop-ups, and everything in between. This time, I am meeting it not depleted but invigorated, restored, genuinely ready. That is what this edition is about: the products and pieces carrying me into the whirlwind with my energy intact. Some are practical. Some are indulgent. All of them have earned their place — and so, I am reminding myself, have I.

Denise's October edit
Skincare

B2B Barrier Repair Cleanser

Fragrance

Ombre Leather
Tom Ford
₦362,000

Makeup

Matte Lip Liner in "Vintage"
NYX
₦39,375

Fashion

Seidu Baguette Brûlée
Étanyobe
₦155,000

Wellness

Scented Candle in "English Pear"
Jacqué Lagos
₦35,000

Before we get swept away

I am supercharged for the season ahead. There is so much to look forward to, and after a month spent being reminded to slow down, I am especially excited to be back in the world of fashion and art. Lagos is about to become a whirlwind of shows, exhibitions, dinners, parties, pop-ups and all the beautiful chaos that comes with them. There will be outfits to put together, invitations to accept, people to see, rooms to walk into, work to get done and, if I know this city, several plans that will somehow turn into three more plans. I am going to be in the middle of it. I'm going to dress up, stay out, discover new things, have long dinners, see beautiful work, and catch up with people I have not seen in too long. I have missed that energy, and I am ready for it.

Visit www.marieclaire.ng to read more

Nail the mesh look

by Dorcas Ayoola



A mesh two-piece already makes an impression. The styling challenge is knowing how much to add, how much to reveal, and what feels right for the occasion. These six looks show how a few thoughtful choices bring it all together without making the outfit feel overworked.

The statement maxi set

There is a certain confidence in restraint, and nowhere is that more evident than in the statement maxi look. Here, the mesh two-piece is allowed to be the entire story, no competing prints, no clashing textures, just the fabric's inherent drama doing the heavy lifting. Slip into minimal heels or a pair of strappy sandals that elongate the leg, carry a small clutch that disappears into the palm of your hand, and finish with delicate, barely-there jewellery, a fine chain, small studs, nothing that fights for attention.

This is the look for dinner dates under low lighting, rooftop evenings where the skyline is the backdrop, sun-soaked holidays, and any event that calls for quiet glamour rather than loud spectacle. It's proof that sometimes the most powerful styling choice is simply getting out of the outfit's way.

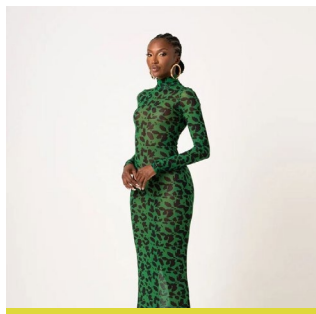


The effortless day look

Mesh has daytime range too; it just needs a softer hand. For a relaxed, sun-drenched afternoon, ground the set with flat sandals, a small structured shoulder bag, and jewellery so understated it barely registers. If the mesh leans sheer, layer

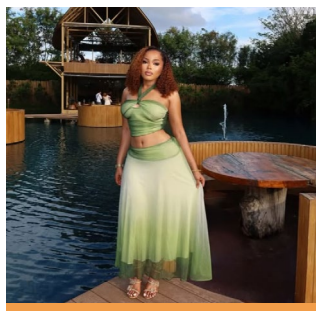
it thoughtfully over a simple camisole, fitted bodysuit or matching innerwear underneath, a move that adds comfortable coverage without diluting the aesthetic.

Think brunch tables spilling over with pastries, aimless shopping afternoons, coffee runs that turn into three-hour catch-ups. This iteration proves mesh doesn't have to announce itself; it can simply exist as part of a put-together, unbothered day, comfortable enough to move through hours of errands and easy conversation.



The resort-ready look

There's something inherently holiday-coded about mesh, the way it catches light, moves with the body, and hints at the swimwear so often worn beneath it. Pair the set with sandals, oversized sunglasses that swallow half your face, and a woven or straw bag that smells faintly of sun cream and salt air. You can wear it directly over a swimsuit, or a simple base layer, for an outfit built to transition from poolside lounging one hour, a lunch table the next, with zero wardrobe changes required. This is the uniform of beach resorts, pool parties, yacht days, and tropical escapes—lightweight, breathable, and built for the particular rhythm of holiday time, when getting dressed should never feel like a chore.



The evening glam look

When nightfall comes, the mesh transforms entirely. Slide on pointed-toe heels, pick up a structured mini bag with real presence, and let statement earrings catch the candlelight. Here, restraint still matters, but it shifts elsewhere. Keep the rest of the accessories refined and minimal, so that the sheer texture and sculpted silhouette of the mesh remain the undisputed focal point of the look.

This is the version built for dinner parties with white tablecloths, date nights that call for a little theatre, cocktail hours, and birthday celebrations where the goal is to be remembered. The sheer texture itself becomes the drama; no need to overdress around it.



The feminine holiday style

For something softer, choose a mesh set built with a flowing skirt, and let the styling follow suit: delicate sandals, a tiny handbag barely large enough for a lip gloss and a room key, and jewellery kept simple and fine. Hair does a lot of the emotional work here: a sleek low bun, soft undone curls, or a printed headscarf tied loosely can complete the romantic, unhurried aesthetic.

This look belongs to resort dinners at sunset, leisurely sightseeing through cobbled streets, outdoor lunches under umbrellas, and holiday photoshoots destined for the album cover of your trip. It's soft-focus, sun-warmed, and quietly cinematic, the kind of outfit that photographs like a memory before it's even made.



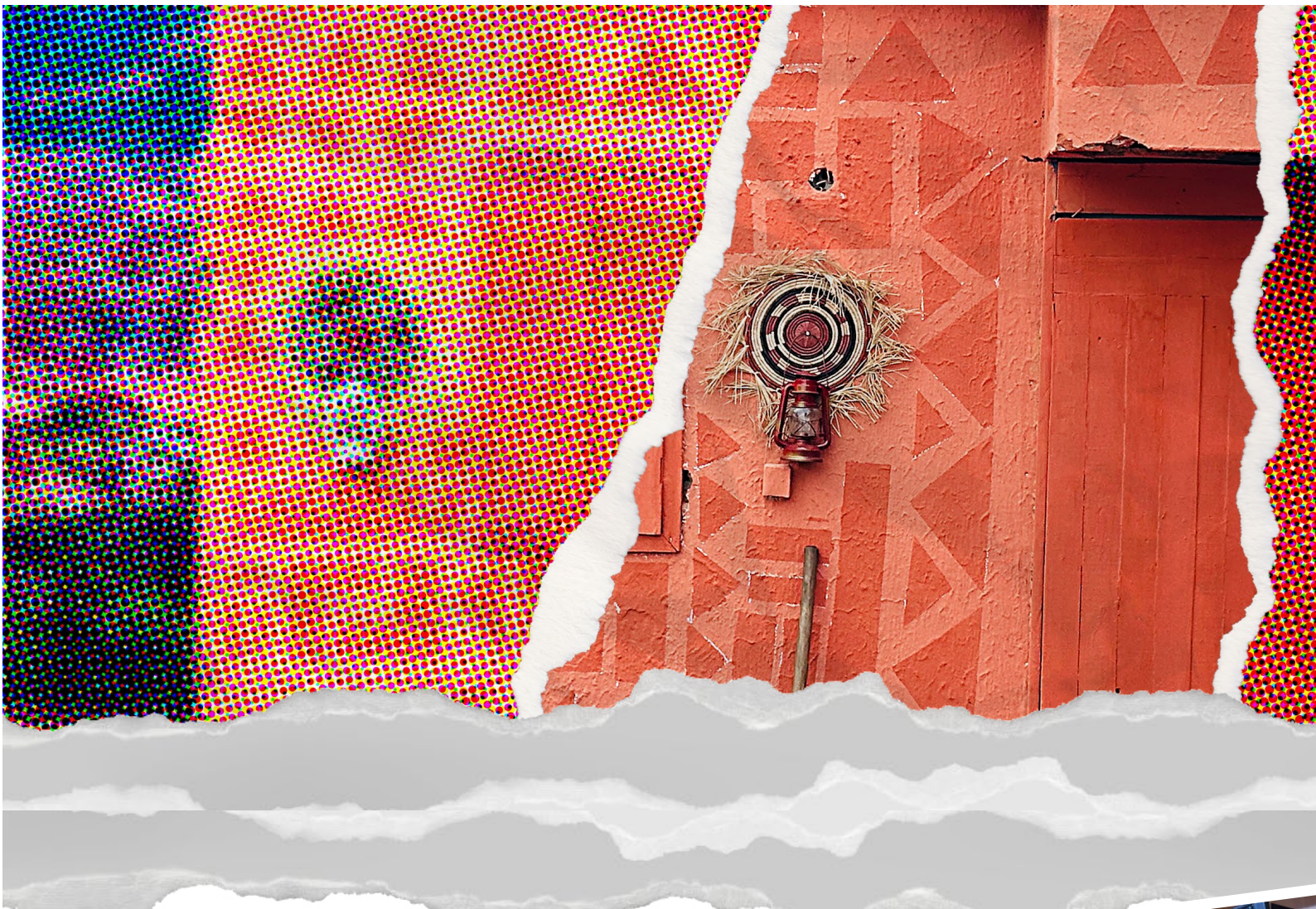
The printed mesh statement

Finally, for those who'd rather their clothing do the talking, printed mesh offers a playful departure from solid, moody tones. Here, the print carries the narrative—florals, abstract shapes, animal motifs—so shoes and bags should step back into a supporting role. Keep them understated, or choose a single accessory that echoes one colour or detail from the pattern, tying the whole look together without overcrowding it.

This iteration thrives at brunches with personality, fashion week street style, parties that call for a bit of fun, holidays, and daytime gatherings where standing out is the entire point. It offers the coordinated ease of a matching set, dressed up with a sense of humour and individuality.

However you choose to wear it, the mesh two-piece rewards confidence over caution; it's a fabric that asks you to be seen, then trusts you to decide exactly how.





VINTAGE AFRICANA



At Vintage Africana in Agege, you will find objects used in a typical Nigerian household from the past. The room is designed to evoke a nostalgic feeling of old Nigerian family life.

...Preserving Nigeria's everyday past

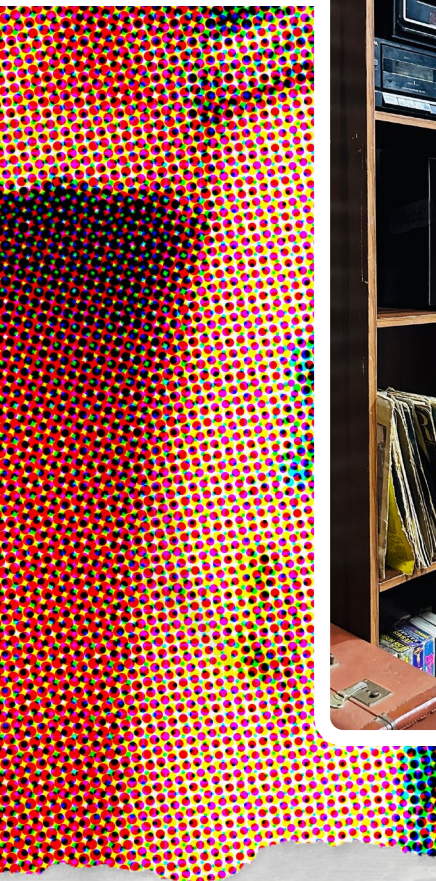
by Oluwagbemisola Sadare

Everyday Nigeria

Filmmaker, photographer and music-video director Akin Alabi began collecting antiques in 2018. In a 2025 interview, he said his children had made him think about how unfamiliar some of these old objects had become to younger Nigerians. What started as collecting gradually grew

into Vintage Africana, with a collection that includes objects associated with Nigeria in the 1980s and 1990s, as well as older pieces.

Alabi said the original idea came



in the 1980s and 1990s, particularly at a time when younger Nigerians may know many of these objects only from photographs or stories. When asked whether he ever doubted that the idea would work, Alabi recalled sharing it with his father, who asked whether people would be more interested in going into the future than going back to the past.

"That was a very big question," he said. "And I said, well, I don't know about the future, but I know about the past. And I feel

passionate about the past." Alabi said he decided to take the risk despite having no model to follow because he had never seen a vintage museum before. He eventually conceptualised the space from scratch, deciding how the objects would be arranged and how the museum could be made appealing to visitors.

Vintage Africana officially opened on February 12, 2021, Alabi's birthday. According to him, it took about two or three months before visitors began coming in numbers and he realised the idea had become a reality.

More than old objects

There are more playful parts of Vintage Africana, too. A 3D silver tunnel, newspaper-themed arch, magazine booth and Santorini-inspired corner sit among the older objects. A talking drum donated by Nigerian musician

Ara is part of the collection. The museum has also become a location for photography and content shoots. Visitors can move between the collection, vintage cars and themed spaces before settling at the restaurant, which serves Nigerian and African dishes including amala, pounded yam, jollof rice, ofada rice, efo riro, afang, egusi, ogbono, asun and pepper soup. The combination of museum, restaurant, and creative space gives the place a different feel from a conventional museum. Visitors can look through objects from different periods, take photographs around the themed spaces and stay for a meal, making the experience as much about encountering the past as it is about spending time in the present.

For older visitors, some of the objects are likely to be familiar. For younger visitors, they can require an explanation. That difference has become part of the museum's work.

Alabi said children who visit often react with admiration and curiosity. Some recognise objects from films, music videos or other forms of popular culture before

Alabi said the collections come from three main sources: items from his personal and family collections, objects he buys from different parts of the country, and donations from people who give him their vintage possessions.

The first object he collected for Vintage Africana was a television given to him by the landlord of his family home after Alabi shared the idea with him. Some of the hardest items to find, he said, have been rechargeable lanterns, Pentium 3 and Pentium 4 desktop computers from the 1990s, and Nollywood films on VHS.

These collections show how things have evolved and how many of them, which required a bit of effort to use, were slowly replaced by modern technology. Fixed telephone lines gave way to mobile phones. Records and cassettes gave way to CDs, downloads and streaming. Film cameras were replaced by digital cameras and, eventually, phones. The television that once occupied a large section of the sitting room became thinner, larger and easier to mount on a wall.

Alabi has described the museum as an attempt to give visitors an immersive experience of life

from imagining "a space where people could come into and travel back in time", with the space centred on what life was like in Nigeria in the 1970s, 1980s and 1990s.

From rotary telephones and record players to old newspapers, cameras, cars, and household equipment, you will find items that once belonged in everyday life.

Inside are black-and-white televisions, radios, rotary telephones, manual typewriters, cassette players, and vinyl records. The collection also includes old Nigerian currency and newspapers, cameras from different periods, and filmmaking equipment, including 8mm film cameras. Outside, among the vintage cars, are a Volkswagen Beetle and a Mercedes-Benz 230.





encountering them physically.

The experience can also give younger visitors a clearer sense of how technology has changed. Alabi recalled children being surprised by the amount of time it took to make a telephone call using a rotary phone, compared with simply pressing a number on a mobile phone today. "It makes them appreciate what they have now when they know how life used to be back in the past," he said.

The museum also produces content around the objects because, for Alabi, preserving an object without preserving the story attached to it is incomplete.

"For every item you see, there are stories behind them or there are stories attached to them," he



said. "And you can preserve the item and not preserve the story." The idea also extends beyond the museum itself. Vintage Africana has taken its vintage tour to schools in Lagos and Ogun, giving students the chance to see objects that they may otherwise only encounter in photographs or textbooks. The tours allow students to see some of the objects they encounter in history lessons rather than learning about them only from textbooks.

Preserving the past

The museum has also received institutional attention. In December 2025, Gbile Holloway, Director-General of the National Commission for Museums and Monuments, visited Vintage Africana and commended the collection of old televisions, radios, typewriters, vinyl



records, newspapers and other vintage objects. He said preserving such items was important for reminding people of what existed before while educating younger Nigerians about the country's heritage. That visit placed the private collection within a wider conversation about preserving Nigeria's material history. Many of the objects at Vintage Africana are not grand historical artefacts. They are things that people used at home, at work or for entertainment, which makes the collection a record of ordinary life as much as a display of old technology. For Alabi, that preservation is also about preventing Nigerians from forgetting objects and the stories attached to them. "We've already forgotten lots of things," he said. "The majority of things are here. Nigerians have

actively forgotten it. They only remember when they see." He sees his role as actively searching for these objects, keeping and archiving them, then bringing them back into people's consciousness through the museum and the stories created around them.

Many of those memories are emotional. Alabi recalled playing a particular record, "Cock Crow Dawn", for a visitor who sat down, closed her eyes and was almost in tears. He also remembered a visitor from Canada who struggled to hold back tears as the collection brought back memories of her childhood.



"There are lots of people out there that it brings back memories, both good and bad," he said. "But it just takes you back to when you were growing up and the things you thought you'd probably forgotten and those memories come back." What makes these collections worth visiting is not simply the age of the objects. Many of them were never made to be museum pieces. They were bought, used, repaired, and eventually replaced.

Alabi hopes Vintage Africana will eventually spread across Nigeria and potentially across Africa. He also sees room for collaboration with government.

The Director-General of the National Commission for Museums and Monuments visited the museum in December 2025, an encounter Alabi said left him impressed by the collection. He said he is looking forward to possible collaboration, partnership and support from the Nigerian government.

Entry fee: Admission has been between 5,000 and 10,000, although prices may vary, so it is worth confirming the current fee before visiting.

Location: Vintage Africana is at 6 William Elliot Street, Dele Adedugbe Estate, New Oke-Oba, Agege, Lagos.

Baby girl's guide to a reset

by Dorcas Ayoola

We've all had those weeks. The ones where your to-do list multiplies faster than you can cross things off, where you're running on four hours of sleep and two cups of coffee, where even your favourite people start to feel like a lot. You don't need a vacation to fix it, though that would help; you just need permission to pause.

Here are small, doable ways to reset your energy and remember what it feels like to breathe again.



Take a cold shower after a long day

You know the feeling when you walk through the door still carrying the whole day on your shoulders, the traffic, the emails, the argument you can't stop replaying.

Just step into a cold shower, and something shifts almost instantly. Your mind goes quiet because your body is too busy reacting to the water to keep spiralling. You get out lighter, like you rinsed the day off

along with the sweat.

Have a salon day

There's a reason the chair at the salon feels like a therapist's couch. Someone is finally taking care of you for once, washing your hair, massaging your scalp, asking about your week while your nails get done.

You leave the salon not just looking good, but sitting a little taller, like the world can't touch you in your fresh blowout and clean tips.



Go on a solo date

You can book the table for one. Order the appetizer you never get to pick because someone else always wants something different. Watch the film without whispering "what did they just say" to anyone.



genuinely good company, not waiting on anyone else's schedule or mood, just you, doing exactly what you want.



Sleep on freshly washed bedding

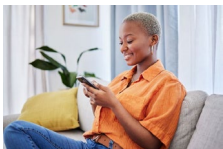
Nothing humbles a hard day like climbing into sheets that still smell like detergent and fresh air. It's such a small thing, but there's something almost ceremonial about it, like you're closing the chapter on today and giving tomorrow a clean start.

You sleep differently and deeper on clean sheets. It's like your body knows it's allowed to fully let go.

Get dressed up for no reason

Pull out the outfit that's been sitting in your closet "waiting for an occasion." Do your makeup like you're going somewhere, even if you're just going to the kitchen for a snack. Take the mirror selfie.

There's something powerful about dressing for yourself and no one else. It reminds you that you don't need a reason to feel beautiful; you just need the mood.



Celebrate that salary alert

That little "Credit Alert" notification hits differently after a month of stretching every naira, dollar, or pound to its absolute limit.

For one glorious second, everything feels possible again, rent doesn't feel as scary, that thing you've been eyeing feels within reach. Let yourself feel that rush, even if it's gone again in two weeks. You earned it.

Take a break from social media

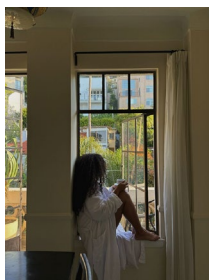
Log off for a day, or even just an afternoon. No scrolling through everyone else's highlight reel, no comparing your behind-the-scenes to their best angle.

You'll notice the quiet almost immediately, how much lighter your head feels without a hundred voices, opinions, and comparisons competing for space in it. The world keeps turning without your input, promise.

Do absolutely nothing for a day

Cancel plans, turn off the alarm, stay in the same pyjamas until 4 pm, and don't feel a single ounce of guilt about it.

We're taught that rest has to be earned, but sometimes the most productive thing you can do is absolutely nothing, no goals, no



schedule, just you and the couch and maybe a show you've already seen twice.

Go shopping

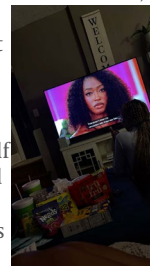


There's a specific joy in walking into a store or opening the app with no real agenda, just browsing until something makes you stop and go "oh, that's mine."

It doesn't have to be expensive. A new lip gloss, a candle, a top you'll wear on repeat. Just something that feels like it was picked for you, by you.

Watch your favourite comfort film

You already know every line. You could recite it in your sleep. This is exactly the point, there's no suspense, no emotional risk, just the warm, familiar comfort of a story that's never once let you down. Put it on, wrap yourself in a blanket, and let it hold you the way it always has.



Have a girls' night

Text the group chat and order the snacks nobody needs but everybody wants. Put on music too loud for the room.



There's a specific kind of healing that happens when you're surrounded by people who've known you through it all, the laughing until your stomach hurts, the oversharing, the reminder that you're not doing life alone.

Buy yourself something that brings you joy

It is not because you need it, but because you want it, and that's reason enough. The book you've been eyeing, the perfume that

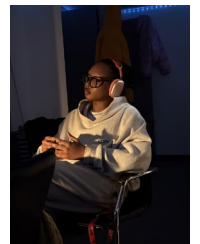


makes you feel expensive, the flowers you'd normally only buy for someone else.

Treating yourself isn't frivolous; it's a reminder that your joy matters just as much as everyone else's.

Play your favourite playlist

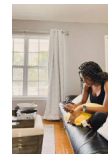
The one with the songs that know exactly who you are, the heartbreak anthems, the confidence boosters, the ones that take you right back to being seventeen.



Put it on loud, dance around your room in your socks, sing into a hairbrush if you have to. Music has a way of reaching parts of you that words can't.

Revisit old memories

Open your camera roll and scroll back further than you meant to. The trip with your friends, the birthday dinner, the ridiculous selfie you almost deleted.



It's easy to forget how much joy has already happened when you're stuck in the middle of a hard week; let your gallery remind you.

Permit yourself to slow down

You are allowed to not have it all figured out. You are allowed to move at your own pace, to say no, to rest before you're running on empty instead of after.

Growth doesn't always look like hustle; sometimes it looks like a deep breath and the quiet decision to be gentle with yourself today.

Refreshing your energy isn't always about doing something big. It's about giving yourself the small, ordinary things that remind you life still feels good, one cold shower, one clean sheet, one solo dinner at a time.



BEAUTY

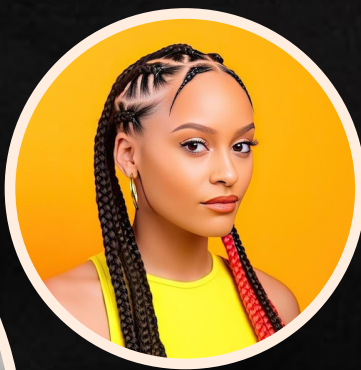
Stay trendy in braids

by Geraldine Akutu

Braids are classic hairstyles that have stayed in fashion for a very long time. They never go out of style. For centuries, traditional braids have evolved, and in today's world, hairstylists have created new variations. There are different types of braids like cornrows, box braids, knotless braids, micro braids, boho braids, stitch braids, jumbo braids, Ghana braids, amongst others. If you're looking for a hairdo that will make you chic and classy, follow this guide below.

Box Braids

Box braids are individual plaits created by sectioning the hair into equal-sized, box-shaped parts. They typically begin with a knot at the root, where braiding



hair extensions are added for extra length and volume.

Cornrows

Cornrows are a traditional hairstyle with deep cultural roots. The hair is braided close to the scalp in either straight rows or intricate patterns, creating a neat and striking look.

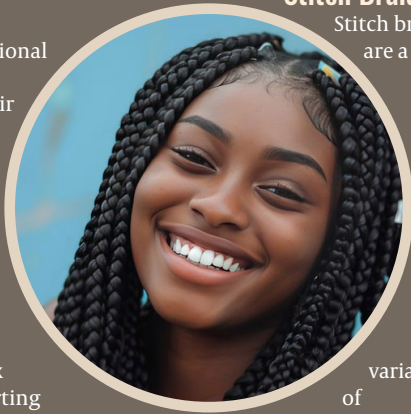
Knotless Braids

Knotless braids are a modern take on box braids. Instead of starting with a knot, they feature a knot-free base for a seamless look and lightweight feel. This method makes them gentler on

the scalp.

Stitch Braids

Stitch braids are a



variation of

cornrows,

created using a braiding technique that produces a distinctive 'stitched' appearance.

Pick and Drop

Pick and drop braids involve plaiting the top length of the hair (usually around three inches) and leaving the rest loose in soft waves or curls.

Boho Braids

Boho braids are another curly style, featuring loose, wavy strands inserted throughout the braids. This gives them a carefree, bohemian vibe.

Ghana Braids

Ghana braids are created by forming cornrows and adding extensions for added thickness and volume.

Jumbo Braids

Jumbo braids are a larger, more voluminous version of

traditional braids. They are created using extensions for added thickness.

Goddess Braids

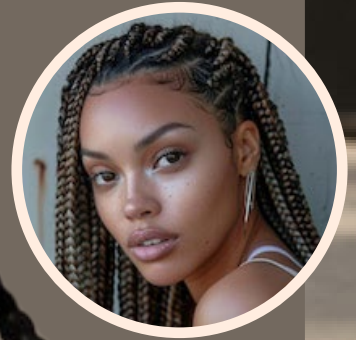
Goddess braids combine box braids with curly strands added along the lengths or at the ends.

French Curl Braids

French curl braids combine box braids with loose curls at the ends

Gypsy Braids

Gypsy braids are a curly braid style full of volume and texture. They involve creating knotless braids and adding curls throughout each braid.



Fun dates on a budget

by Dorcas Ayoola



The talking stage comes with enough pressure without worrying about how much to spend on a date. Sharing a laugh over a missed dance step or trying something new together gives you time to relax and get to know each other. These Lagos-friendly date ideas offer simple ways to spend time together while keeping your budget in mind.



Art gallery visit

A gallery date works because it hands you a built-in excuse to be honest. Standing in front of the same painting, you're forced to react, and reactions are hard to fake convincingly for an entire afternoon. Try Terra Kulture, CCA Lagos, or whatever rotating exhibition is on. You'll learn quickly whether your tastes align, whether one of you is more introspective, whether the other person asks questions or just states opinions. The real bonding moment often isn't the art itself; it's the walk afterwards, when you're still processing what you saw and start filling the silence with things you wouldn't normally say out loud.

Ramen date

Ramen is an unglamorous food, and that's exactly why it works as a bonding tool. There's no way to eat a steaming bowl of noodles and broth while looking composed. You'll slurp, you might splash, and somewhere in that shared indignity, the pressure of impressing quietly dissolves. What's left is two people just eating and talking, stripped of performance, and it's often when the most honest conversations happen.

Outdoor games

Suya in one hand, dice or a paddle in the other. Competitive games introduce a version of each person that a dinner date rarely reveals: the version that wants to win, that either gloats or goes gracious in defeat, that either roots for you or plays to crush you. None of that is bad; it's just information. The banter that comes with light competition tends to feel more natural and less performative than scripted conversation.

Stage play

A play gives you ninety uninterrupted minutes of shared emotional experience, tension building, jokes landing (or not), a twist neither of you saw coming. But the real bonding doesn't happen during the performance. It happens right after, in the debrief: dissecting the ending, disagreeing about a character's choices, discovering how the other person processes a story emotionally versus logically. The shared story becomes a shared reference point, something you can call back to later ("remember that terrible ending we argued about?") that only the two of you understand.

Boba date

Boba works precisely because it's unhurried. There's no elaborate structure to perform, no multi-course pressure, just two people, a drink, and open time. That looseness is underrated. Conversation tends to wander somewhere more honest when it isn't boxed in by a strict itinerary, and the ease of a boba date often proves something important: that you can enjoy each other's company without needing a spectacle to justify it.

When you're ready to invest a little more

Cocktail making, sip & connect

Mixology classes are having a real moment in Lagos, and it's easy to see why they work for dating. They demand collaboration, measuring, shaking, tasting, adjusting in a setting that's structured just enough to guide you, but loose enough to get a little chaotic. Bonding here comes from teamwork under mild pressure: figuring out a recipe together, laughing at a drink that turned out undrinkable, taking quiet pride in the one that actually worked.

Dessert date

One plate, two spoons, and suddenly you're negotiating: who gets the last bite, whose choice was actually better, whether you're a "let them have it" person or a "fight for your bite" person. It sounds trivial, but small negotiations like this are a preview of bigger ones. Sharing dessert is a low-risk trial run for compromise, and compromise, done playfully, builds trust faster than most people realise.

Personalised coffee date

Watching someone think through how they take their coffee, and asking about yours, is such a small gesture, but attentiveness is built from small gestures. The real bonding moment isn't the coffee itself; it's what happens weeks later, when they remember your order without being told twice. That kind of memory is quiet proof they were actually listening, not just waiting for their turn to talk.

Poolside escape

A poolside day might be the most underrated bonding tool, precisely because it asks the least of you. There's no performance to maintain and no itinerary to follow. Just sun, water, and unstructured time. Bonding happens in the parts most dates try to avoid: comfortable silence, idle conversation with no destination, the small domestic choreography of sunscreen and towels. It's one of the few dates where you get to just exist with someone, and that, more than any curated activity, often reveals the most about long-term compatibility.



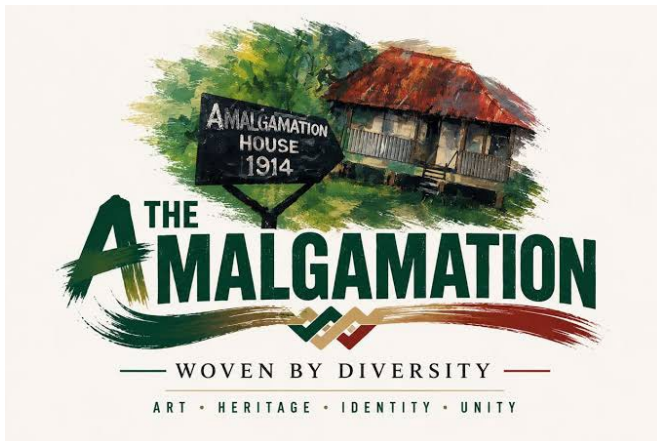


10 art exhibitions this October

by Oluwagbemisola Sadare

October brings plenty to see on Lagos' art scene, from gallery exhibitions and photography shows to painting, mixed media, and other creative work. This month's exhibitions explore Nigerian history, identity, memory, and everyday life, while also giving space to younger and emerging artists.

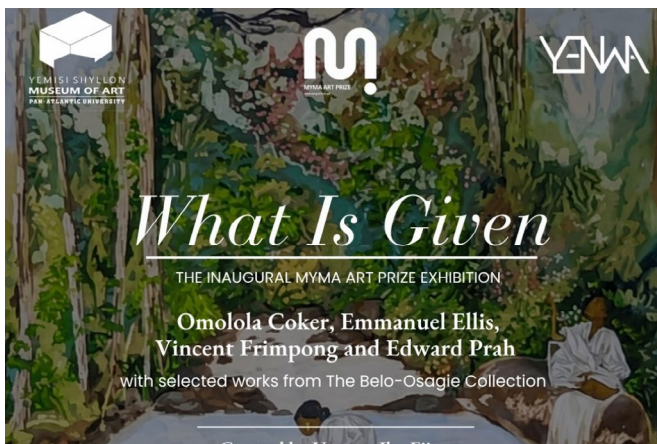
If you enjoy visiting galleries or simply want to spend a few hours looking at something new, here are 10 art shows and exhibitions to add to your October plans.



1. The Amalgamation: Woven by Diversity

Timed to coincide with Nigeria's Independence anniversary, The Amalgamation: Woven by Diversity looks at the country's history and diversity through visual and performing arts. Curated by Dr Mudiare Onobrakpeya, the exhibition revisits the 1914 amalgamation and its continuing place in conversations about Nigeria. It will feature visual works alongside other creative expressions, making it broader than a conventional gallery exhibition. The show runs throughout October, giving visitors plenty of time to see it.

Date: October 1-30, 2026
 Location: The Art Hotel, Chief Yesufu Abiodun Oniru Road, Oniru, Victoria Island, Lagos
 Admission: No public admission fee listed.



3. What Is Given

What Is Given brings together artists from Nigeria and Ghana in an exhibition centred on inheritance, memory, identity, materiality and place. The artists featured are Omolola Coker, Emmanuel Ellis, Vincent Frimpong and Edward Prah, with additional works from Dr Myma Belo-Osagie's private collection included in the Lagos presentation. The exhibition moves across painting, photography, sculpture and installation, offering different interpretations of what people inherit and how those things can be transformed.

Date: September 27–October 21, 2026
 Location: Yemisi Shyllon Museum of Art, Pan-Atlantic University, Ibeju-Lekki, Lagos
 Admission: No public admission fee listed.



2. LOGOS & heART 2.0

LOGOS & heART 2.0 returns to the University of Lagos on October 10 with "A Foolish Old Story" as its theme. The event combines visual art with theatre, music, film, spoken word, fashion, worship, panel conversations and other creative forms. Its art exhibition will give artists an opportunity to interpret the theme visually, while the wider programme brings performers and other creatives together for a full-day experience. It is a particularly different option for people who want an art outing that extends beyond the traditional gallery setting.

Date: Saturday, October 10, 2026
 Location: Main Auditorium, University of Lagos, Akoka, Yaba, Lagos
 Time: From 11 am
 Admission: Free; registration is compulsory.



4. Woven Realms

Ruth Ige's Woven Realms continues at Kó Art Space in Ikoyi this October. The solo exhibition brings together paintings and works on paper inspired by African culture, mythology, history and imagined worlds. Ige works extensively with shades of blue, creating scenes that can suggest landscapes, water and night skies. Some of the works on paper incorporate West African indigo and dried leaves, adding a material connection to the ideas running through the exhibition. The show is open until the middle of October.

Date: September 10–October 17, 2026
 Location: Kó Art Space, 36 Cameron Road, Flat 1A, Ikoyi, Lagos
 Admission: No public admission fee listed.



5. Echoes of the Commute

Olumuyiwa Afolabi Olusola turns his attention to the ordinary journeys that shape life in Lagos in *Echoes of the Commute*. The artist's third solo exhibition will feature 45 works, including what he describes as Nigeria's largest watercolour painting, measuring eight by four feet. Rather than treating commuting simply as traffic and congestion, the exhibition considers the movement, waiting, encounters and memories contained within everyday journeys. It offers a chance to see a familiar part of Lagos life translated into watercolour.

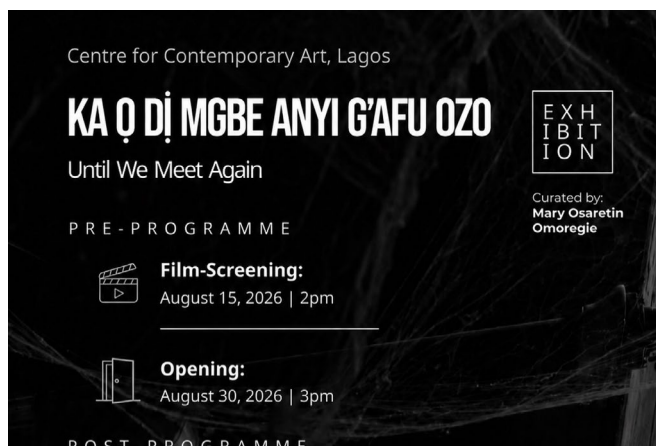
Date: October 10–24, 2026
 Location: Mydrim Gallery, 74 Norman Williams Street, South-West Ikoyi, Lagos
 Admission: No public admission fee listed.



6. Epignosis I: Our Story First

Kokopelli Gallery marks its fifth anniversary with *Epignosis I: Our Story First*, bringing two generations of artists into the same exhibition. The show pairs established artist Gbolahan Ayoola with five artists from the gallery's inaugural *Once Upon a Time* residency: Estifanos Gashaw, Vurzie Kimnaton, Victor Anachuna, Falhona Ogoun and Putin Bempong. Their works respond to the idea of African stories being told by Africans themselves. The exhibition uses a "call and response" approach, connecting established practice with newer voices from across the continent.

Date: September 12–November 8, 2026
 Location: Kokopelli Gallery, 17 Ademola Street, off Awolowo Road, Ikoyi, Lagos
 Admission: No public admission fee listed.



7. Until We Meet Again

Ka O Dì Mgbè Anyi G'afu Ozo (*Until We Meet Again*) brings together Yusuff Aina, Ololade Lawal, Daniel Oruwhone, Ofem Ubi, Blessing Bulus and Oyewole Lawal at the Centre for Contemporary Art, Lagos. The exhibition considers personal and collective experiences through the work of six artists. Its programme also extends beyond simply viewing the works, with conversations and related activities connected to the exhibition. For visitors who want to explore contemporary art outside the commercial gallery circuit, the exhibition offers another option in Yaba.

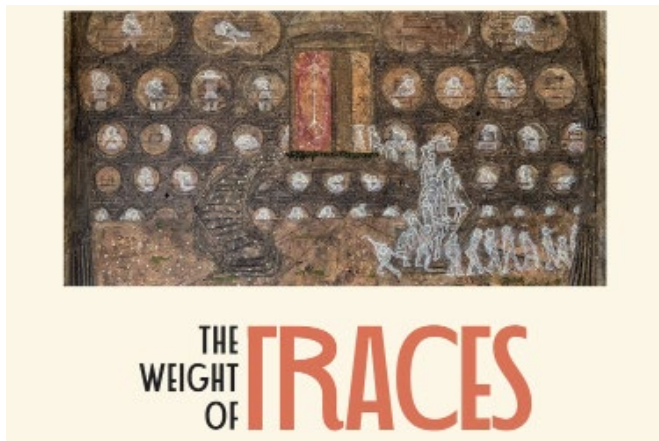
Date: August 30–October 17, 2026
 Location: Centre for Contemporary Art, Lagos, 9 McEwen Street, Sabo, Yaba, Lagos
 Admission: Registration required; public admission fee not stated.



9. Borders & Other Myths

Borders & Other Myths brings together Cortney Herron, Chigozie Obi, Carine Mansan, Hamed Maiye, Myles Igwebuike and Ernest Amabibi at Affinity Gallery. The exhibition looks at borders not only as geographical boundaries but as ideas that can shape identity, belonging and how people understand places. With works by artists working across different practices, the group show offers several perspectives within one exhibition. It continues into the first 10 days of October, making it another early-month option for art lovers.

Date: September 13–October 10, 2026
 Location: Affinity Gallery, Unit 2, 1–7 Muri Okunola Street, Victoria Island, Lagos
 Admission: No public admission fee listed.



8. The Weight of Traces

At Soto Gallery, The Weight of Traces brings together Odama Paulcy, Ronke Komos, Lola Mariam Alli and Oluchi Anaghoba. The group exhibition considers the marks experiences leave behind, with four artists approaching ideas of memory, history and place through their individual practices. The exhibition is one of the shorter October options, so visitors will need to plan for the first part of the month. It is located in Ikoyi, making it possible to combine a gallery visit with other stops around the neighbourhood.

Date: September 13–October 10, 2026
 Location: Soto Gallery, 10 Omo Osagie Street, Ikoyi, Lagos
 Opening hours: 12pm–6pm
 Admission: No public admission fee listed.



10. Visual Explorations VIII

Ogirikan Art Gallery returns with the eighth edition of its Visual Explorations series in October. The exhibition will showcase emerging West African artists, continuing the gallery's focus on giving younger artists space to present their work. Unlike exhibitions that centre on a single artist or theme, the series offers visitors an opportunity to encounter different artistic approaches in one place. The exhibition opens later in the month and runs for less than two weeks, so it is one to keep in mind when planning an October gallery visit.

Date: October 19–30, 2026
 Location: Ogirikan Art Gallery, Lagos
 Admission: No public admission fee listed.

Where to go

Places for a night out in Lagos

Lagos truly owns the night, and the energy of the city completely changes once the sun goes down. From dodging chaotic traffic to spotting your favorite Afrobeats stars popping bottles in Victoria Island, the adrenaline here never stops.



Bogobiri House

Address: Ikoyi, Lagos
Opening Hours: Daily (Open during standard hospitality hours)

Overview: Bogobiri House brings together art, Nigerian food, and live music in an unmistakably Afrocentric setting. Its carved furniture and paintings provide plenty to admire while performances on selected nights keep the evening lively. It is an ideal spot for anyone who wants to enjoy good food and music while still holding a comfortable conversation across the table.

NOK by Alára

Address: Victoria Island, Lagos

Opening Hours: Tuesday to Sunday: 12:00 PM – 4:00 PM, 6:00 PM – 10:00 PM (Friday & Saturday until 10:30 PM); Closed Mondays

Overview: NOK by Alára offers a relaxed, unhurried dining experience filled with striking African art and a colourful outdoor garden. Featuring a menu that draws from different parts of the continent, it provides a calm and sophisticated environment for friends looking to catch up over great food.

The House Lagos

Address: Victoria Island, Lagos

Opening Hours: Daily: 10:00 AM – 2:00 AM

Overview: Designed to feel like visiting a stylish home rather than a traditional restaurant, The House Lagos features distinct indoor rooms and cozy outdoor corners. The comfortable seating, food, and ambient music create an energetic yet intimate atmosphere for an effortless night out.

Cactus Restaurant

Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday: 7:30 AM – 10:00 PM; Friday & Saturday: 7:30 AM – 10:30 PM; Sunday: 7:30 AM – 10:00 PM

Overview: Providing a welcome escape from city noise, Cactus Restaurant is best known for its breezy waterfront terrace. Guests can enjoy meals by the water as the weather cools down, complemented by live band performances on selected nights for a familiar and easygoing vibe.



New Afrika Shrine

Address: 1 NERDC Road, Agidingbi, Ikeja

Opening Hours: Open 24 hours daily (Best vibrant energy after 7:00 PM)

Overview: The legendary spiritual home of Afrobeat, run by the iconic Kuti family. Far from a polished VIP lounge, this massive open-air cultural hub offers a raw, completely authentic Lagos experience filled with sweat, palm wine, heavy political consciousness, and hypnotic live music.

Dynasty Lagos

Address: 24 Idejo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Dynasty Lagos offers a sleek, high-energy environment designed for guests looking to experience the vibrant nightlife of Victoria Island. With stylish interiors and a lively crowd, it stands out as a prime spot for late-night socializing and upscale partying.

Buzz Barr

Address: 30 Adetokunbo Ademola Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Buzz Barr is a popular staple on a bustling Victoria Island strip, known for its electric atmosphere, vibrant music policy, and social crowd. It is a go-to destination for anyone wanting to kick off an energetic night out with drinks and good company.

Shiro Lagos

Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday & Sunday: 12:30 PM – 12:00 AM; Friday & Saturday: 12:30 PM – 1:00 AM

Overview: Shiro Lagos delivers a polished Pan-Asian dining experience defined by high ceilings, dramatic interiors, and curated music. The atmosphere transitions smoothly from a calm dinner setting into a livelier nighttime lounge as the evening progresses.

Terra Kulture

Address: Victoria Island, Lagos

Opening Hours: Daily: 9:00 AM – 10:00 PM

Overview: A vibrant cultural hub where an evening can seamlessly transition from authentic Nigerian cuisine to a play, concert, or live performance. It is a premier destination for visitors looking to combine dining with rich local arts and entertainment.

Piano Bistro

Address: Delborough Lagos, Victoria Island, Lagos

Opening Hours: Daily (Operating during hotel dining hours)

Overview: Located within The Delborough Lagos, Piano Bistro maintains a refined, tranquil mood with elegant interiors and gentle live piano music. The soft background sound ensures guests can dine and chat comfortably, making it well-suited for quiet dinners or small celebrations.

RSVP Poolside

Address: Victoria Island, Lagos

Opening Hours: Daily (Evenings and late night)

Overview: Tucked behind RSVP's main dining room, The Poolside offers open-air seating, music, and an informal vibe. It strikes the right balance for friends looking to unwind, eat, and enjoy the night without diving into a crowded club.

Circa Non Pareil (Penthouse/Lounge)

Address: 12 Mandilas Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: Perched with striking views in Lekki Phase 1, Circa Non Pareil combines sophisticated penthouse lounging with a vibrant nightlife pulse. The space is ideal for guests seeking a mix of fine dining, signature cocktails, and a chic party atmosphere after dark.

W Bar Lounge

Address: LASWA Yard, Under Falomo Bridge, Ikoyi, Lagos

Opening Hours: Daily

Overview: Set against a unique waterfront backdrop under the Falomo Bridge, W Bar Lounge offers an open-air vibe complete with cool breezes, good music, and an energetic crowd looking to unwind by the water.

Escape Nightclub

Address: 234B Adeola Odeku Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Located on one of Victoria Island's most famous avenues, Escape Nightclub delivers a high-octane clubbing experience. Known for its celebrity sightings and vibrant party energy, it is a staple of Lagos nightlife.

355 Restaurant and Lounge

Address: 9A Oko Awo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: 355 blends a classic Mexican-inspired dining experience with a lively lounge setting. As the evening progresses, the atmosphere shifts smoothly from a relaxed dinner spot into an energetic hub for late-night drinks and socializing.

Nitro Nightclub

Address: 14 Adeola Hopewell Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Nitro Nightclub is built for serious nightlife enthusiasts, featuring heavy basslines, dynamic lighting, and a packed dance floor. It is a premier destination in Victoria Island for dancing late into the morning hours.

Island Breeze

Address: Landmark Beach, Water Corporation Road, Victoria Island, Lagos

Opening Hours: Daily

Overview: Island Breeze brings a coastal, festive atmosphere to the shoreline of Landmark Beach. Guests can enjoy music, drinks, and ocean views in an open-air setting that feels like a permanent beach party.

Bay Lounge

Address: Plot 10, Admiralty Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: A long-standing favorite in Lekki, Bay Lounge offers a relaxed waterfront terrace overlooking the water. It seamlessly transitions from a breezy spot for evening drinks and grilled platters into a lively weekend hangout.



The Vibe Lagos

Address: 16b Akin Olugbade Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: True to its name, The Vibe Lagos delivers an energetic blend of great music, social networking, and nightlife culture. It draws a stylish crowd looking for an electric atmosphere right in the middle of Victoria Island.



Cage Lagos

Address: No. 2 Shalom Street, Ago Palace Way, Lagos.

Opening Hours: Daily (with club setups running Friday – Sunday)

Overview: Cage Lagos brings a premium, upscale Island-style nightlife experience to the Mainland. Combining a beach-like poolside aesthetic with a high energy nightclub, it is a highly popular, visually striking spot for groups looking to enjoy Afrobeats, elite DJ sets, an energetic crowd without crossing the bridge.

Club Quilox

Address: 873 Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Wednesday to Sunday, 10:00 PM – 8:00 AM (Closed Mondays and Tuesdays)

Overview: This is West Africa's most iconic luxury megaclub. Drenched in rich gold and red lighting, it is a high-octane paradise for big spenders, corporate moguls, and A-list celebrities looking to pop bottles and dance to world-class Afrobeats DJs until the sun comes up.

Sky Bar Rooftop

Address: Lagoon Compound, 1c Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Monday to Sunday, 6:00 PM – 2:00 AM

Overview: Perched comfortably above the city's chaos, this high-end rooftop lounge serves up panoramic waterfront views and premium cocktails. It provides a sophisticated, breezy atmosphere that is perfect for a relaxed early-evening social hour or a romantic date night.



Zaza Lagos

Address: 19 Agoro Odiyan Street, Victoria Island

Opening Hours: Wednesday to Sunday, 7:00 PM – 2:00 AM (Closed Mondays and Tuesdays)

Overview: A stylish restaurant and high-energy playground that flawlessly transitions from fine dining to interactive theater shows and late-night dancing. It attracts an exclusive, fashion-forward crowd looking for great food, upscale design, and high-energy music in a more intimate setting.

Kaly Restaurant and Bar

Address: Victoria Island, Lagos

Opening Hours: Daily: 12:00 PM – 12:00 AM

Overview: Kaly combines high-end rooftop dining with sweeping panoramic views of Victoria Island and Eko Atlantic. After sunset, the open-air setting sparkles with city lights, offering selected live entertainment alongside a relaxed space to eat and talk.

Hard Rock Cafe Lagos

Address: Oniru, Lagos

Opening Hours: Monday to Thursday: 12:30 PM – 10:00 PM; Friday to Sunday: 12:30 PM – 12:00 AM

Overview: Set against a stunning beachfront backdrop, Hard Rock Cafe Lagos offers spacious seating and regular live music. Whether catching a high-energy performance or enjoying a relaxed ocean view during a quieter program, it delivers a classic social experience.

Cinemas and theatres across Nigeria

Craving a glamorous five-star date night, a high-octane blockbuster multiplex, or an intimate private screening lounge, here is our ultimate guide to the finest stages and screens across Nigeria



MUSON Centre

Location: Onikan, Lagos Island, Lagos

What it is: The grand, elegant high-society hub for classical music, opera, and premium stage plays in Nigeria.

Why go: If you want to swap popcorn for a glass of wine and experience some world-class orchestral strings or breathtaking musical theatre, this is your spot. Dress up smart; the crowd here takes arts culture beautifully seriously.

National Theatre

Location: Iganmu, Surulere, Lagos

What it is: Nigeria's ultimate cultural monument. Shaped like a military cap, it is an architectural icon from the 1970s that recently got a massive, modern facelift.

Why go: It is pure history. Going here is a rite of passage for any culture lover. It is the birthplace of Nigeria's performing arts scene, and the massive halls are built for grand, unforgettable spectacles.

Terra Kulture

Location: Victoria Island, Lagos

What it is: A buzzing, lively cultural hub that combines an art gallery, an authentic Nigerian restaurant, and a top-tier theatre hall.

Why go: This is the beating heart of modern Nigerian theatre. If you want to see high-energy, Broadway-style Nigerian musicals with incredible dancing and costumes, Terra Kulture does it better than anyone else. Plus, you can grab amazing pounded yam right after the curtain falls.

Glover Memorial Hall

Location: Marina, Lagos Island, Lagos

What it is: One of the oldest and most historic performance spaces in Nigeria, beautifully restored to host cutting-edge modern stage plays and cultural festivals.

Why go: It perfectly blends old-school Lagos heritage with fresh, contemporary stage productions. The acoustics are fantastic, and it is a brilliant place to catch rising stars in the local acting scene.



Deja Vu Private Cinema Abuja

Location: Wuse, Abuja

What it is: An ultra-exclusive, private screening lounge where you rent out the entire room for just you and your favourite people.

Why go: Total privacy. You get massive screens, cosy plush couches, and custom food service without having to share the room with strangers. It is absolutely perfect for an intimate birthday bash, a romantic proposal, or a VIP gaming night.

Cinema Club Private Cinema Port Harcourt

Location: Elimgbu, Port Harcourt

What it is: A hidden, high-end private cinema lounge designed for exclusive, small-group entertainment.

Why go: It completely redefines “movie night.” Instead of standard theatre seats, you get a luxury private space with premium sound and absolute comfort. It is the ultimate way to celebrate a special occasion with a close circle of friends.

Grenhauz Cinema Port Harcourt

Location: Port Harcourt

What it is: A beautiful, highly-rated boutique entertainment spot that offers intimate screenings and excellent customer care.

Why go: It feels much more personal and cosy than a giant commercial multiplex. The staff treat you like a VIP, the seating is incredibly comfortable, and it is a fantastic escape if you want to avoid the usual crazy weekend mall crowds.

EbonyLife Cinema

Location: Victoria Island, Lagos

What it is: A super-chic, boutique luxury cinema designed for film lovers who want a five-star, glamorous movie-going experience.

Why go: It is the ultimate date-night spot. Think plush reclining chairs, trendy neon lights, a beautiful rooftop bar, and artisanal snacks. It is where you go to watch the latest Nollywood blockbuster while feeling like royalty.

Filmhouse Cinema

Location: Ado Bayero Mall, Kano

What it is: The go-to modern multiplex in northern Nigeria for catching both massive Hollywood blockbusters and popular Kannywood films.

Why go: It brings high-tech cinema culture right to the heart of Kano. The screens are huge, the sound shakes your seat, and it is the perfect lively weekend escape inside a bustling mall.

Genesis Deluxe Cinemas

Location: Kano

What it is: A sleek, reliable, and comfortable commercial cinema franchise offering a crisp digital viewing experience.

Why go: It delivers a flawlessly smooth movie night. If you want great projection, perfectly salted popcorn, comfy seats, and a completely stress-free environment to watch the latest trending movies, Genesis always hits the mark.

Ozone Cinema Kano

Location: Kano

What it is: A trendy, youthful, and high-energy cinema spot that focuses on bringing the biggest entertainment hits to movie lovers.

Why go: The vibe here is always electric and full of life. It is the best place to watch big action films or hilarious comedies because the crowd is super expressive; expect plenty of laughing, gasping, and shared fun.

Coffee shops across Nigeria

by Chidinma Enweani

Whether you need a quiet spot to work on your laptop, a sunny place for weekend breakfast, or a really good cup of coffee, Nigeria's coffee space is growing fast.

These great coffee shops double as stylish spaces, creative hubs, and top food spots.

Ziya Federal Palace

The Lobby Café x Ziya brings Ziya Delicacy Boutique's cult-favourite bakes, pastries, and signature drinks straight into the iconic Federal Palace Hotel lobby.

Why you should visit: It is the ultimate spot for a chic, low-key catch-up or a solo treat when you want incredible pastries and specialty coffee without the stiff, formal hotel vibe.



Café Flour

This intimate neighbourhood favorite smells entirely of comfort the second you cross the threshold. The ambiance is warm, unpretentious, and deeply welcoming, featuring rustic wooden accents and gentle lighting that encourages you to linger. They excel in artisanal baking, serving fresh-out-of-the-oven loaves, buttery croissants, and robust, expertly pulled espresso shots.

Why you should visit: Good for a quiet breakfast date or when you need a comforting slice of homemade cake paired with a hot cup of coffee to reset your day.



Coffee Bar, Abuja

Sleek, minimalist, and intensely functional, this venue is built for focus and flavour. The atmosphere is sharp and modern, designed with clean lines, comfortable seating arrangements, and a serious dedication to productivity. They serve meticulously roasted coffee beans brewed into potent americanos, smooth flat whites, and refreshing iced beverages.

Why you should visit: You should visit if you are a remote worker, digital nomad, or creative professional looking for high-speed Wi-Fi paired with a serious caffeine kick to power through your deadlines.

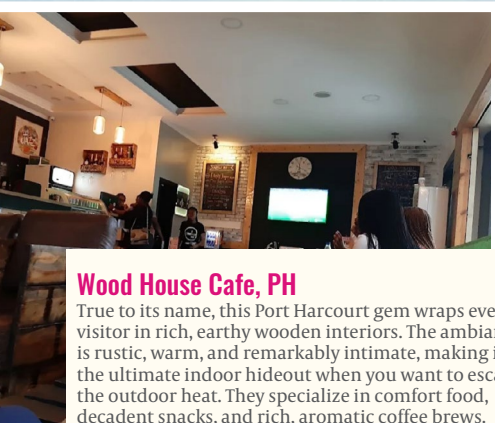


Pink Bear, Abuja

Tucked away in the capital, this pastel-drenched dreamscape is a whimsical escape from the city's formal pace. The interior is bathed in soft pink hues and plush, cozy seating, making it feel less like a traditional eatery and more like a curated film set. They specialize in velvety lattes, Instagram-worthy sweet treats, and delicate pastries that taste just as good as they look.

Why you should visit: Perfect for a relaxed afternoon catch-up with close friends or whenever your social media feed is screaming for a vibrant, cheerful backdrop.





Wood House Cafe, PH

True to its name, this Port Harcourt gem wraps every visitor in rich, earthy wooden interiors. The ambiance is rustic, warm, and remarkably intimate, making it the ultimate indoor hideout when you want to escape the outdoor heat. They specialize in comfort food, decadent snacks, and rich, aromatic coffee brews.

Why you should visit: To enjoy a quiet afternoon with a good novel or when you are craving a grounded, unpretentious space to slow down your pace.

ART CAFE, Lagos

A legendary bohemian sanctuary steeped in the creative history of the city. The atmosphere is eclectic, artistic, and bursting with soul, featuring vintage furniture, walls plastered with local art, and an effortlessly cool crowd. They serve a diverse menu of comforting meals, fresh juices, and dependable coffee classics.

Why you should visit: Visit if you would love to soak up the inspiring creative energy, sketch in your notebook, or lose track of hours conversing with fellow artists, writers, and thinkers.



Dulce Cafe & Bakery, Lagos

As a long-standing fixture on the island's luxury dining scene, this spot delivers refined elegance on every level. The ambiance is upscale, polished, and sophisticated, featuring chic contemporary furnishings and an expansive display of confections. They are masters of luxury baking, offering gourmet desserts, heavy-duty breakfast spreads, and premium coffee pairings.

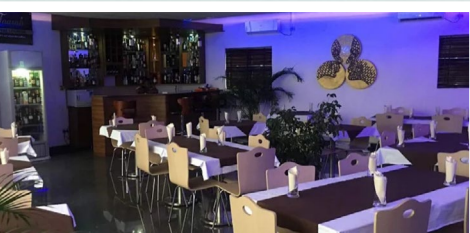
Why you should visit: Beautiful spot to celebrate a milestone, impress a business date, or treat yourself to high-end pastries in an environment that feels effortlessly exclusive.



TOP BEANS. Coffee, Lagos

This is where casual coffee drinkers transform into purists. The atmosphere is sleek and dedicated, stripped of unnecessary fluff to put the absolute focus on the craft of brewing. They source exceptional beans and employ precise, scientific extraction methods to create everything from delicate pour-overs to rich, concentrated espresso shots.

Why you should visit: Visit if you view coffee as an art form and want to experience what a truly well-roasted, masterfully brewed cup of coffee tastes like.



Faarah Coffee Lounge, PH

A versatile hotspot that knows how to transition smoothly from a peaceful daytime retreat to a stylish evening lounge. The environment is upscale and plush, designed with mood lighting and comfortable lounge seating that invites you to stay a while. They craft exceptional coffees alongside a sophisticated menu of small plates and specialty drinks.

Why you should visit: You should visit when your day calls for a seamless shift from catching up on emails over morning espresso to winding down with upscale relaxation in the evening.



Marley and Blue, PH

A design-forward, trendy addition to Port Harcourt's expanding culinary map. The aesthetic is vibrant, youthful, and contemporary, filled with clever design details and a buzzing social atmosphere. They offer inspired brews, creative drink formulations, and delicious pastries that cater to modern palates.

Why you should visit: You should visit if you want to be seen at the newest cool spot in town, catch up with your social circle, or simply enjoy a wonderfully crafted latte in a genuinely inspiring space.

Cafe One Yaba

Nestled right in the pulsating heart of the mainland tech district, this space acts as an incubator for ideas and caffeine alike. The vibe is innovative, young, and dynamic, functioning seamlessly as both a collaborative workspace and a relaxed social lounge. They supply high-speed internet, steady workspace power, and reliable, energizing coffee options.

Why you should visit: You should visit if you want to plug into the local tech and startup ecosystem, collaborate with bright minds, or simply need a buzzing, productive atmosphere to get things done.

Tahilla Café, PH

Sleek, modern, and effortlessly chic, this venue brings a touch of metropolitan sophistication to the Garden City. The decor features contemporary lighting, clean seating layouts, and a stylish crowd that matches the interior. They serve a diverse lineup of artisanal coffees, specialty teas, and delightful dessert selections.

Why you should visit: You should visit to kickstart your weekend with style or to enjoy a trendy midday hangout that feels fresh, upbeat, and visually appealing.



Best spots for games and adventure

Looking for somewhere to play games or try something new? Here are gaming and adventure spots in Lagos.



1. Crusifix Games and Lounge

Location: Space 103, The Palms Shopping Mall, Oniru, Victoria Island.

Opening Hours: Daily 9:00 AM – 11:00 PM.

Why Go: It is the ultimate spot to blow off steam after a long week.

What to Expect: A beautifully designed modern lounge buzzing with neon accents and cosy seating. Expect top-tier virtual reality simulators, cutting-edge PC and console setups, and an intense multiplayer arena.

2. VR Place Nigeria

Location: 14b Karimu Kotun Street, Victoria Island, Lagos.

Opening Hours: Daily 11:00 AM – 9:00 PM.

Why Go: It is one of the most comprehensive and dedicated virtual reality playgrounds in the city, making it a fantastic destination for tech-forward date nights or friendly group battles.

What to Expect: Complete sensory immersion. Step inside to find massive active VR bays hosting fan favourites like Beat Sabre and heart-pounding horror shooters like The Walking Dead.

3. Rufus & Bee

Location: Twinwaters, Okunde Blue Water Scheme, Off Remi Olowude Street, Lekki Phase 1, Lagos.

Opening Hours: Daily 12:00 PM – 10:30 PM.

Why Go: It is a massive, multi-level wonderland that channels classic American boardwalk energy with a vibrant Lagos twist.

What to Expect: An overwhelming, beautiful sensory overload of flashing lights and nostalgic sounds. You will find over 100 arcade games, including classic basketball hoops, racing simulators, dance pads, and coin-pushers.

4. Enzo Reality

Location: Lekki Town Square Mall, 8 Providence Street, Lekki Phase 1, Lagos.

Opening Hours: Mon–Sun 10:00 AM – 10:00 PM.

Why go: This highly-rated tech hub focuses heavily on providing premium, mind-bending VR adventures backed by exceptional, attentive customer service.

What to expect: A stunning, futuristic space packed with the latest augmented reality (AR) and virtual reality (VR) tech. Expect to buckle into intense 360-degree rotating simulator chairs that make virtual rollercoasters and flight fights feel shockingly real.



5. Upbeat Centre

Location: 11 Admiralty Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 9:00 AM – 9:00 PM.

Why go: If your idea of gaming involves getting airborne and breaking a real sweat, this massive indoor trampoline sports park is the holy grail.

What to expect: High-flying physical action. Expect an enormous grid of interconnected trampolines, foam pits, dodgeball courts, and a challenging ninja warrior obstacle course. It is an electric, high-cardio environment perfect for unleashing your inner child or challenging your mates to a slam-dunk contest.

6. Escape Room 33

Location: 33 Fola Osibo Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 12:00 PM – 9:00 PM.

Why go: To put your intellect, teamwork, and nerves to the test. It is the perfect destination for live-action puzzle solving in the city.

What to expect: Atmospheric, highly detailed themed rooms where you and your team are locked inside with exactly 60 minutes to escape. Expect to hunt for hidden keys, crack cryptic codes, and unravel mysteries under the ticking clock. It is high-stakes, thrilling, and a brilliant ice-breaker for groups.

7. Illusions Zone

Location: Garnet Plaza, Igbo-Efon, Lekki-Epe Expressway (with a Mainland branch at Ile Oja Mall, Opebi).

Opening hours: Mon–Sat 10:00 AM – 5:00 PM (Lekki).

Why go: It is a brilliantly quirky, interactive exhibition designed to completely warp your perception of reality and upgrade your social media feed.

What to expect: A maze of mind-bending optical illusions, Ames rooms that distort your height, mirrored infinity chambers, and perspective tricks. Friendly on-site guides are on hand to show you exactly where to stand to capture the perfect, gravity-defying photo.

8. Funzia World

Location: 3B Anthony Etukudo Close, Lekki Phase 1, Lagos.

Opening hours: Daily 10:00 AM – 7:00 PM.

Why Go: A highly interactive entertainment centre engineered perfectly for young families and kids' birthday celebrations.

What to expect: A clean, brightly coloured paradise of safe indoor play. Expect multi-level soft play structures, obstacle courses, ball pits, and a gentle selection of beginner-friendly arcade machines designed to keep toddlers and pre-teens thoroughly entertained for hours.

9. Providha Fun City

Location: 79 Mobolaji Bank Anthony Way, Ikeja, Lagos.

Opening hours: Daily 9:00 AM – 8:00 PM.

Why go: A fantastic indoor entertainment hub that brings premium island-style gaming luxury straight to the Mainland.

What to expect: A sprawling, high-energy layout that has a little bit of everything. Expect sleek, modern bowling lanes, a massive array of prize-winning arcade cabinets, virtual reality simulators, and a swimming pool area. You buy a gaming access card at entry to tap your way through the various activities seamlessly.

10. Funsation NG

Location: Penthouse Floor, Centro Lekki Mall, Admiralty Way, Lekki Phase 1, Lagos.

Opening Hours: Daily 10:00 AM – 8:00 PM.

Why go: A versatile indoor amusement park that perfectly balances casual family hangouts with vibrant children's event spaces.

What to expect: A joyful mix of physical play areas and digital entertainment. Expect bumper cars, a small indoor train ride, virtual reality setups, and an array of classic carnival-style arcade games that dole out prize tickets.



LETTERS TO THE

GIRL CHILD



The world is a tough place to begin with, but knowing there are parents who will cheer you on when you doubt yourself, celebrate your existence, hold your hand when life gets heavy, and give you a place to run back to can make all the difference. For International Day of the Girl Child, these parents opened their hearts and put their love, hopes, prayers, and promises into words, reminding their daughters that no matter how far life takes them, they will never have to face it alone.

Munachimso Favour

My Dearest precious daughter, Munachimso Favour Zipporah,

Sometimes, I look at you and wonder how quickly you have grown. It feels like just yesterday I held you in my arms, and today, I look at you and see a young woman with dreams, strength, beauty, and so much potential. I want you to know that you are one of the greatest gifts God has given me.

As you grow, I want you to remember that you do not have to become someone else to be worthy, loved or successful. Be confident in who you are. Be kind, but never allow your kindness to make you forget your worth. Dream boldly, work hard, and never be afraid to start again when life does not go according to plan.

Muna, there will be moments when you doubt yourself, moments when things may not make sense, and moments when you may feel like you are not doing enough. When those moments come, I want you to remember who you are. You are capable. You are loved. You are stronger than you realise, and you have a mother who will always believe in you.

My prayer for you is that you will grow into a woman who knows her value, chooses wisely, loves deeply, and walks confidently in the purpose God has prepared for her. May you never settle for less than you deserve, and may you always have the courage to pursue the life you truly want.

Muna, I may not have all the answers as your mother, but I promise you this: I will always be in your corner. I will celebrate your victories, hold your hand through your difficult days, correct you when necessary, and remind you of your worth whenever you forget it.

I am so proud to call you my daughter.

My arms will always be open wide to welcome you home if at any point life becomes heavy. You will always have a place where you can breathe, rest, cry, laugh, and simply be yourself. No matter how old you become or how far life takes you, you will always be my child, and I will always be in your corner.

And above everything else, never forget that you are deeply, completely, and unconditionally loved.

With all my love,
Mum.

Mercy Enweani



Oyindamola & Tioluwanimi

To my precious daughters Oyindamola & Tioluwanimi: May your future be brighter than your past, and may your lives continue to be a source of joy and honour to the family. I want you to know that no matter how far life takes both of you, you will always have my love, prayers, and unwavering support.

With all my love and prayers,

Your Dad
Olaleye Oluwambepelumi



Iremide Ayebogan

To My Dearest Daughter, Iremide.

Today, on the International Day of the Girl Child, I want you to know how deeply loved and cherished you are. You are one of the greatest blessings in my life, and watching you grow fills my heart with immeasurable pride.

Never doubt your worth. Dream boldly, walk confidently, be kind, and never allow anyone to make you feel less than the beautiful, intelligent, and extraordinary girl that you are. Wherever life takes you, remember that Daddy will always be here to love you, guide you, protect you, and cheer you on. You are my precious daughter, my joy, and a beautiful part of my heart. I love you more than words can ever express. Happy International Day of the Girl Child, My Princess.

With all my love,
Your loving Daddy.
Kehinde Ayebogan



Ewaife Marzuqoh

My dearest Ewaife Marzuqoh

You are a precious blessing and a constant source of joy. Always believe in yourself, pursue your dreams with courage, and never forget your worth. Be kind, strong, and true to who you are. Your voice matters, and you have the power to make a difference.

I am proud to be your mum, and I will always support and love you unconditionally.

With all my love,
Hugs and kisses Qcome to you from me Q

Your dearest mum
Mrs Sulaimon



Kaetochukwu

Happy International Day of the Girl Child to my beautiful princess, Kaetochukwu! QYou are my joy, my pride, and one of life's greatest blessings. May you always be confident, courageous, kind, and bold enough to chase your dreams. Never forget how special, loved, and powerful you are.

Mummy and Daddy will always be cheering you on!

Stellarose Anyika





Tifejesu, Kikiope, Tiwaloluwa, Tiaraoluwa

To my beautiful girls — Tifejesu, Kikiope, Tiwaloluwa & Tiaraoluwa.

You girls have brought so much joy, love, and laughter into our lives. You are kind, sweet, incredible little girls, and watching each of you grow into your own beautiful person is such a blessing.

My sweet girls, may you always know that you are enough just as you are. May you grow with confidence, courage, and kindness, never afraid to use your voice, pursue your dreams, or take up space in this world.

The world may tell you who you should be, but I pray you always have the courage to become exactly who God has destined you to be.

You are loved. You are valued. You are capable. You are enough.

Grow, bloom, and soar, my beautiful girls.
Happy International Day of the Girl Child.

Faseyiku Gbemisola Loveth



Morayooluwa Ojo

Dear Morayooluwa Ojo,

By the time you are old enough to read and understand this letter, you may think it is a little lame or, if you are a “good” girl, you might decide it is rather cool. Either way, I am writing it anyway. 17 July 2026 was both the scariest and the most beautiful day of my life. I will not dwell on why it was scary. What matters is that you made it the most beautiful. I should have known then that you would be the chilliest baby I know: you barely cried when we first held you.

From the moment I knew I was carrying you, I sensed you would change our lives forever. We promised ourselves we would make the very best of that change. We loved you long before we ever saw your face. We prayed for you before you needed those prayers. You will always be our little girl. I hope you never forget how special you are to us, your parents, and to everyone who has the privilege of knowing you.

My dearest daughter, I love you. I always will.

Love, Mum
Margretmary Ojo



Olayemisi

My Dear Olayemisi,

Having you as my daughter is one of the greatest blessings of my life. Watching you grow into the beautiful, strong, and determined young woman you are today makes me incredibly proud.

I want you to always remember that you are loved, valued, and capable of achieving anything you set your heart on. Never be afraid to dream big, try new things, or become the woman God has created you to be.

No matter how old you become, you will always be my little girl, and I will always be here to support, protect, and cheer you on.

I love you dearly, my daughter. ∞



IWD 2027 THEME:

BALANCING THE SCALES

(WOMEN AS WEALTH CREATORS)



FEDERAL
PALACE
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***** VICTORIA ISLAND • LAGOS



Guardian Woman Festival



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Veggie noodles

This vibrant, veggie-packed noodle dish delivers a wonderful crunch, bright colours, and a savoury, satisfying umami flavour. It comes together quickly, making it a fantastic choice for a fast weeknight dinner or a healthy meal prep option.

Ingredients

For the Noodles and Vegetables:

200g noodles of your choice (soba or spaghetti)
1 medium head of broccoli, cut into small, bite-sized florets
1 medium carrot, julienned or cut into thin matchsticks
1.5 cups red cabbage, thinly shredded
2 cloves garlic, minced
1 teaspoon fresh ginger, grated
2 tablespoons vegetable oil (or sesame oil for extra flavour)
3 tablespoons soy sauce (or tamari)
1 tablespoon oyster sauce (optional, or use sweet chilli sauce)
1 tablespoon sesame oil
1 tablespoon honey or brown sugar
1 teaspoon rice vinegar (or lime juice)
A pinch of red pepper flakes or chili paste (optional, for heat)

For dressing

Toasted sesame seeds
Chopped fresh spring onions (scallions)

Instructions

Bring a large pot of salted water to a boil. Add your noodles and cook until soft. Drain, rinse briefly with cold water to stop the cooking process, and toss with a drop of oil to prevent sticking.

In a small bowl, whisk together the soy sauce, oyster sauce, sesame oil, honey (or brown sugar), rice vinegar, and red pepper flakes until smooth. Set aside.

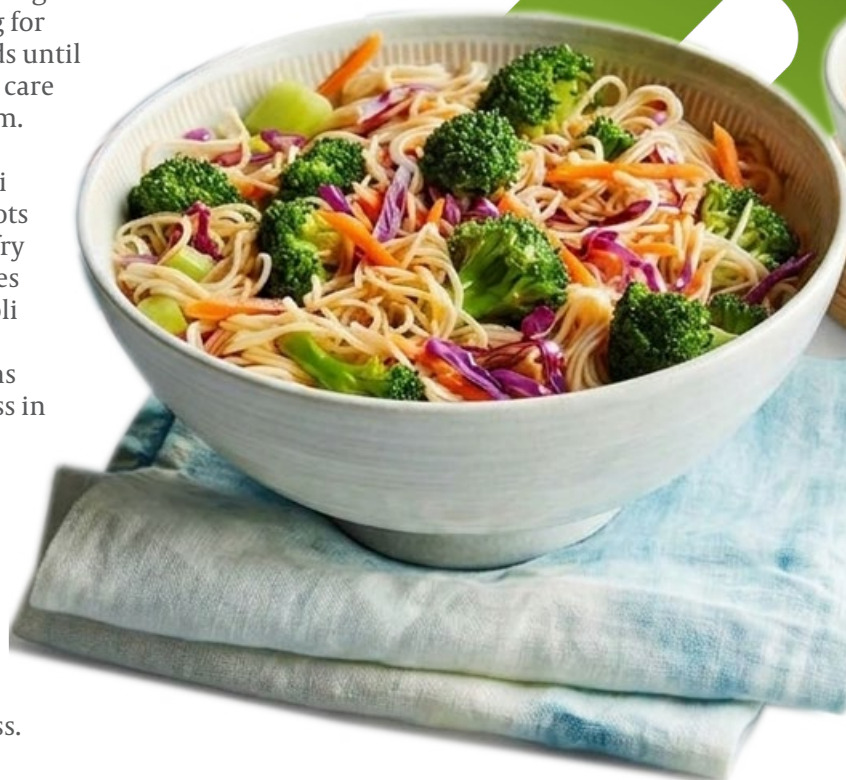
Ensure your broccoli florets are uniform, carrots are sliced thin so they cook quickly, and red cabbage is shredded fine for optimal texture and colour contrast.

Heat the vegetable oil in a large wok or skillet over medium-high heat. Add the minced garlic and grated ginger, sautéing for about 30 seconds until fragrant, taking care not to burn them.

Add the broccoli florets and carrots to the pan. Stir-fry for 3 to 4 minutes until the broccoli turns bright green and begins to tenderise. Toss in the shredded red cabbage and cook for another 1 to 2 minutes until it softens slightly while keeping its vibrant crispness.

Add the cooked noodles directly into the skillet with the vegetables. Pour the prepared sauce evenly over the top. Toss everything thoroughly over medium heat for 2 minutes, until the noodles and vegetables are coated and heated completely through.

Garnish generously with toasted sesame seeds and chopped spring onions. Serve hot and enjoy.



Whiskey sour recipe

This is a timeless cocktail that perfectly balances bold whiskey with bright citrus and a touch of sweetness, finished with a smooth, velvety texture.

Ingredients

- 2 oz (60 ml) Bourbon or Whiskey
- 0.75 oz (22 ml) Freshly squeezed lemon juice
- 0.75 oz (22 ml) Simple syrup (equal parts sugar and water dissolved)
- 0.5 oz (15 ml) Egg white (optional, for that classic silky foam top)
- Angostura bitters (a few drops) and an orange slice or maraschino cherry
- Add a generous amount of ice to the shaker and shake hard for another 15–20 seconds until the mixture is thoroughly chilled.
- Strain the liquid through a fine-mesh strainer into a rocks glass filled with fresh ice (or straight up into a chilled coupe glass).

Instructions

- Combine the whiskey, lemon juice, simple syrup, and egg white in a cocktail shaker without ice. Shake vigorously for about 10–15 seconds to build up a rich foam.
- Add 3 to 4 drops of Angostura bitters right on top of the foam and use a toothpick to swirl them into a nice pattern. Garnish with a cherry or an orange wheel and enjoy.





10 new Lagos

dining spots



by Musa Adekunle

Lagos has welcomed fresh dining spots serving French pastries, Moroccan dishes, matcha drinks, Nigerian favourites and waterfront meals. Here are 10 places worth trying.



1. Panu

Panu brings a taste of New York and Italy to Lekki through panuzzo, an Italian sandwich made with pizza-style bread. Located at 9 Otunba Adedoyin Ogungbe Crescent, the café also serves breakfast, pasta, pastries and drinks in a calm setting that suits coffee dates, casual meals and small gatherings.

2. BYD Café

Coffee inside a car showroom may sound unusual, but that is part of BYD Café's appeal. Located inside the BYD Nigeria showroom on Akin Adesola Street, the café serves coffee, sandwiches, salads and pastries to visitors seeking a quick meal or a quiet place to sit.

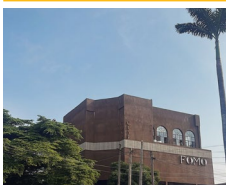


3. Mila Lagos

Mila Lagos keeps things warm and simple with its modern interior, soft lighting and comfortable seating. It is a relaxed spot for coffee, casual meals, quiet dates or conversations that need more time than one drink.

4. Shore by Sailors

Shore by Sailors combines food, drinks and waterfront views at Plot 1, Block 12, Admiralty Road. Guests can settle indoors or enjoy the open-air section while eating, sipping cocktails and watching life move across the water.



5. Cusp Patisserie

Cusp Patisserie serves pastries, bread, desserts and drinks at 3A Danmole Street. Its French-inspired offerings carry touches of West African flavour, making it a lovely stop for breakfast, a coffee date or an afternoon treat.

6. Brunch Bar Lagos

Brunch does not have to end before noon at this all-day restaurant on 33 Grace Anjous Drive. Brunch Bar Lagos serves breakfast favourites and comforting meals in a bright setting suited to weekend dates, friendly catch-ups and slow afternoons.

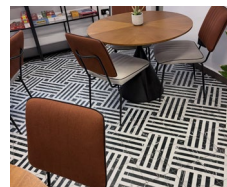


7. Saffron by Alexis Galleries

Saffron brings Moroccan-inspired dining to 282 Akin Olugbade Street. Its warm colours, patterned lamps and intimate seating create a cosy atmosphere for diners who want rich flavours and a quiet meal away from the usual Lagos rush.

8. Gogi Lagos

Gogi Lagos is a 24-hour food house at 69 Admiralty Way, serving burgers, rice bowls and other filling meals. Its easygoing setting makes it useful for quick lunches, casual hangouts and those late-night moments when hunger refuses to respect the time.



9. The Pepper Soup Shop

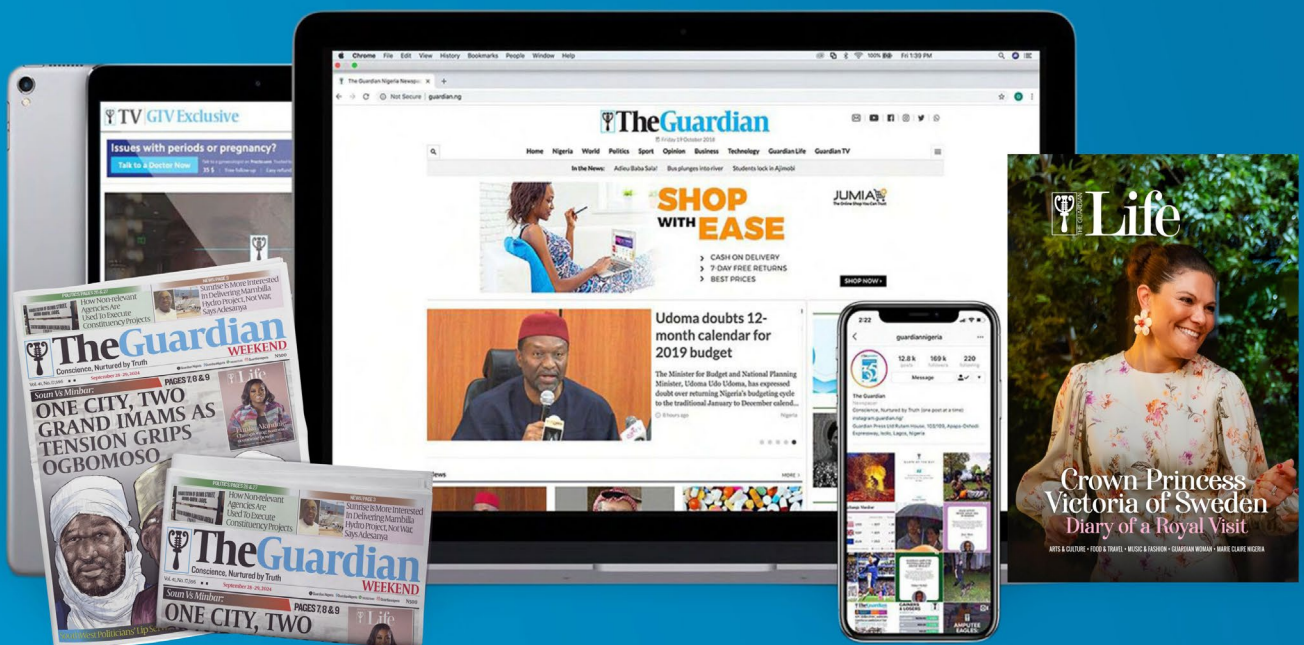
The Pepper Soup Shop builds its menu around one of Nigeria's most comforting meals. It serves rich pepper soup with local sides in a cosy setting, making it a fitting stop on rainy evenings or whenever you want something hot and familiar.

10. Mamatcha Café

Mamatcha Café gives matcha lovers plenty to enjoy at 30 Fola Osibo Road. Alongside its matcha drinks, the café serves coffee, pastries, breakfast dishes and light meals in a clean, modern space made for casual dates and afternoon catch-ups.



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