



Caribbean American Soul food with the simple essence of home cooking
Serious Impact support: 'Grow Your Business' 3 month Accelerator Programme in Hackney

What inspired you to start Lou's Pots 'n' Pans?

An overwhelming passion and desire to create. After returning from Trinidad after three years of running House of Wings, I could not envisage going back to work for someone after a decade on my own.

How has the 'Grow Your Business Programme' helped you?

Operations have always been my primary focus, and Allia more than anything has shown me how to escape these pitfalls, offering me a firm set of principles which I can use to create the ideal scenario to move forward.

What challenge have you been supported with on the Programme?

Being able to separate myself from the business, has fostered better and more focused decision making.

How has Lou's Pot's 'n' Pans grown?

One year on since I joined the programme, the sales have more than doubled. Thank you to the Allia team...thankyou, thankyou, thankyou.



"Allia has forced a change in perspective and armed me with the tools to THRIVE"

Learn more about Serious Impact at: www.seriousimpact.co.uk