

EVENTS IN AND AROUND CROYDON

www.cbmeforum.org/bhm2020

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

NOVEMBER



POETRY | DANCE | HISTORY |

POETRY | DANCE | HISTORY | EVENTS AND MORE...

POETRY | DANCE | HISTORY |



CROYDON
www.croydon.gov.uk

Delivering
for Croydon



TO CREATE AN EQUAL FUTURE

LEARNING FROM THE PAST

“It is important that we reflect on our past achievements and use the experiences and challenges to create a better world. The contribution of the BAME workforce is visible in all areas of society, from Health, Social Care, Education and Voluntary Services. The positive legacy of the Windrush Generation and all who have contributed to the development of the community must be celebrated for their determination and hard work.”

Paulette Lewis (Chair, Croydon BME Forum)



LEARNING FROM THE PAST...
TO CREATE AN EQUAL FUTURE...



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The Black Business Directory

The Helpful VA in partnership with The Croydon BME Forum launch a Black Business Directory

Croydon BME Forum in partnership with The Helpful VA launched the first edition of the Croydon Black Minority and Ethnic Forum Business Directory in July 2020. The brainchild of Anthony King a successful entertainer and presenter. The directory was created to support, promote and connect black-owned businesses within the Croydon Borough and surrounding regions.



The directory is proving to be a well-timed boost of community spirit in these uncertain times.

Andrew Brown: In the wake of recent global events around black lives matter, the idea of creating a business directory for the black community came to the forefront. So, I contacted The Helpful VA and we got to work on it straight away and the feedback has been very positive.

The Business Directory now boasts over 100 businesses and is looking for new ways to support their growing membership by introducing a 'Spotlight on Business' feature. Interviewing experts in their field and offering business advice to their members.

To find out more about the directory go to the [helpfulva.co.uk](mailto:jm@thehelpfulva.co.uk) and cbmeforum.org

THE OCTOBER EDITION IS OUT NOW.

For more information about joining the directory email jm@thehelpfulva.co.uk or info@bmeforum.org
To join the directory, fill out the membership form for free at <https://www.cbmeforum.org/membership-form/> and then email your business details to jm@thehelpfulva.co.uk

“For Black History Month in Croydon this year, we’re not only reflecting on what has been but we are inspired to use our history to shape the future we want to see. This is why our theme for 2020 is ‘Learning from our past to create an equal future’. We will be celebrating the Black Lives Matter movement and paying tribute to our key workers who worked tirelessly during COVID19 to keep us safe and to keep society moving.



Also, Victory in Europe Day on 8th May 2020 marked 75 years since the war ended officially in Europe. This Black History Month, we celebrate and learn more about those who contributed to the end of WWII and those who were called to rebuild the UK. We are excited to launch this year’s theme and to share the variety of rich, vibrant and educational events taking place online across the borough.”

Andrew Brown (Chief Executive, Croydon BME Forum)

'Lay off me'

A tribute to George Floyd

I cannot breathe
Isn't it enough you hang my forefathers from a tree
The land of the free seems not for me

Lay off me, "I cannot breathe"
Look at this land built by the hands of my ancestors
With their blood, their sweat, their tears;

You emancipated us,
Forty acres and a mule,
But you hate us
You continue to rule, over us;
Lay off me, "I cannot breathe"

You don't see us
To you we don't mean much
We are proud, gifted,
Our ancestors were creators, inventors
The legacy of their work can be seen
in every aspect of life in this land
Yet you continue to deny us

Lay off me "I cannot breathe"
Every day, in every way you show us we don't belong
Our civil rights violated
You mistreat us, you mistrust us
When will it be enough?

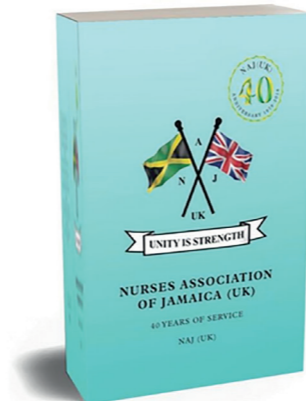
Lay off me, "I cannot breathe"
Get off me! let me live!
Get off me! let me see my children grow up
Get off me! let me be a father, a husband, a provider
Get off me! let me breathe

Vivienne Sinclair © May 2020



**The statement
below explains why
I wrote the poem.**

"I wrote this Poem as a tribute to George Floyd and all other individuals who have met their death at the hands of law enforcement officers through their wilful actions. George Floyd's death was particularly poignant as it occurred for the world to see and of course brought about the outpouring of indignation and empathy. I was moved to express how it affected me through this poem"



Nurses Association of Jamaica (UK) Book



Nurses Association of Jamaica (UK), [NAJ(UK)] is a non-profitable charity, established 42 years ago. Five of its members co-authored this enlightening book called "Nurses Association of Jamaica (UK) – 40 years of Service". The book represents NAJ(UK) from its inception, its activities and triumphs over adversities in navigating the challenges we faced in the National Health Service. Set in the background of the Social and Political climate from 1978 to 2021 It shares tales of survival and achievements of our Nurses and services to the African/Caribbean Diaspora and health care in UK. Its goal is realised as a legacy to future generations.

For those of you who are familiar with the NHS it will take you down memory lane. For the younger generation they will find it informative and motivate you to appreciate and celebrate the sacrifices and pioneering spirit of the Windrush generation and their contribution to British Society.

The Co -author of this book are:

Paulette Lewis MBE Former President Nurses Association Jamaica (UK)
Dorothy Turner Founder Member
Professor Tony Leiba Patron

Sherill Gregory Executive secretary
Alina Wallace Branch Treasurer

The book produced by Story Terrace Writers refers to it as "one of the most prolific untold stories of the decade". It has had other positive reviews such as a feature in Made in Shoreditch. co.uk as "The most Inspirational Women of the Decade". It was also reviewed in Luxurious Magazine - Life Style Category in the top five books that defined the decade.

It was published by Conscious Dreams Publishing which released it in November 2019. It is now available in two formats, at Waterstones Book stores and can be ordered via Amazon on:

www.tinyurl.com/najbook.

Hardback, - £19.99

ISBN No: 9781912551828

Colour Paperback - £15.99

ISBN No: 9781912551804

Also available as E-book - £4.99

ISBN No: 9781912551811

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Paulette Lewis, MBE – 07800 765 459





LEARNING FROM THE PAST
TO CREATE AN EQUAL FUTURE

#BHM2020

one of the five original supermodels, @NaomiCampbell was born in #Streatham, South London. She was the first black model to appear on the cover of TIME magazine, French Vogue 1988, Russian Vogue and the 1st British black model to appear on the cover of British Vogue.



WEEK ONE

Thursday 1 October 2020

BHM 2020 Croydon Launch

Time: 6pm-8pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

Join us as we launch this month with music, comedy and a tribute to our key workers. Music 'Through the Ages' by DJ Milktray

Throughout October

Black Excellence Croydon Exhibition

Time: 10am-4pm

Age: All

Booking: Free - The Wellness Centre, Whitgift Centre (second floor, opposite Waterstones)

A photo exhibition in celebration of Black British Heroes in Croydon, past and present.

Thursday 1 October 2020

Systems, Race & Health during COVID19

Time: 7pm-9pm

Age: All

Booking: Free - www.cbmeforum.org/events

As we struggle to make sense of the changes to our lives due to the pandemic, we need other ways of seeing to think about these complexities. This introductory workshop examines how the theory of systems thinking can help us better understand how structural inequalities work and how effective change may be achieved.



LEARNING FROM THE PAST
TO CREATE AN EQUAL FUTURE



WEEK ONE

Throughout October

Croydon Libraries Celebrating Black History Month

Time: N/A

Age: All

Booking: Free - Our events will be taking place online.

www.croydon.gov.uk/leisure/libraries

Facebook: facebook.com/croydonlibraries

Instagram: @croydonlibraries

Twitter: @croydonlibs

Please check our website for information and what's happening www.croydon.gov.uk/leisure/libraries/libraries-news-and-events

Croydon is a diverse borough rich in culture and heritage. Our libraries aim to reflect, celebrate and highlight this diversity proudly. Our collections cover issues of race, racism, culture and history, as well as popular Black authors. Do our titles reflect your culture? Discover for yourself by searching through our library catalogue and digital library. Share with us your recommended reads or any titles you feel we should add by emailing librarycompetitions@croydon.gov.uk. These titles will be reviewed and considered for purchase to enhance our library collection of diverse voices for Croydon residents.

Throughout October

The Gye Nyame Development Foundation UK present: 'The Black Leaders' Documentaries

Time: Anytime

Age: All

Booking: Free

Various documentaries on some of the world's most influential black leaders will be available for viewing on all of The Gye Nyame Development Foundation's Social Media platforms

Thursday 1 October 2020

Optivo Black History Month Launch Event

Time: 11am-1:30pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Description: Optivo will kick start for our Optivo 2020 Black History Month event starting on Thursday 1st October 2020. We have a whole range of educational, interactive and fun workshops and performances as well as lovely children activities (especially during the half term week). Be part of the celebration which is will be to 'Educate, Appreciate and Empower'

WEEK ONE

Friday 2 October 2020

Optivo: DJ Mystery Man Segment

Time: 3pm-4pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Enjoy some nostalgic sounds from DJ Mystery Man who will be taking you on a musical journey exploring different genres and sounds.

Friday 2 October 2020

Optivo: Gospel Choir DJ Segment

Time: 4pm-5pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Listen to beautiful voices that will uplift you with a vibrant energy and soulful sounds.

Friday 2 October 2020

Optivo: Afro Beats Performance

Time: 6:30pm-8pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Get ready to move out your seat and learn the latest Afro Beat dances!!

Saturday 3 October 2020

Cooking Healthy Meals on a Tight Budget

Time: 1:30pm-3pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Brown Shuga Dumplin' will be hosting a live cooking workshop on cooking healthy meals on a tight budget. Sounds delicious already! Menu for the day is Ackee & Saltfish with Fried Dumplings.



WEEK ONE

Saturday 3 October 2020

Natural juice and smoothie workshop

Time: 3pm-4pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Brown Shuga Dumplin' will be hosting a live cooking workshop on cooking healthy meals on a tight budget. Sounds delicious already! Menu for the day is Carrot & Beetroot Juice and Cucumber & Ginger.

Saturday 3 October 2020

History & Achievement: Stories from St Luke Church (Day 1)

Time: N/A

Age: All

Booking: Free - <https://www.facebook.com/stlukeschurchSE25/>

Four videos aimed at: celebrating Black achievement; highlighting shared history and poetry and; building community by briefly telling the stories of some members of the St Luke Church congregation.

Saturday 3 October 2020

Tracing the Roots: The Evolution of Black Music

Time: 7pm-9pm

Age: All

Booking: £6.00 - www.blackhistorystudies.com

In this presentation, Black History Studies will trace the historical roots of Black Music, exploring the roots that sprouted branches around the world. This presentation takes us on a musical journey from Ancient African music to Grime, emphasizing the study of Black music practices, history and delving into the context behind the music.

On the journey, we consider Blues, Ragtime, Jazz, Soul, Rock & Roll, Funk, Reggae, Disco, Hip Hop, Techno and House. We will breakdown similarities, connecting the dots within the history of Black music around the world in places such as the Caribbean, America and Black Britain.



WEEK ONE

Sunday 4 October 2020

Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops - Session 1: Marcus Mosiah Garvey

Time: 12pm-1pm

Age: Children, Families

Booking: £5.00 - www.blackhistorystudies.com

These workshops will inspire young people to learn about great leaders and liberators who contributed to world history.

In this session, we will explore the life and legacy of Marcus Mosiah Garvey.

Monday 5 October 2020

What BHM means to the Optivo BAME Group?

Time: 1pm-2pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Description: Optivo BAME group have created a selection of videos from volunteers who will be talking about what BHM means to them and the black people they look up to and are inspired by.

Tuesday 6 October 2020

Distinguished Africans of the Slave Trade Period

Time: 2pm-3pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

This inspirational multi-media presentation documents the brilliant careers of high achieving Black people during the LEAST favourable era for them to have flourished: The Slave Trade. These influencers excelled as mathematicians, engineers, soldiers, writers, intellectuals, artists and composers. They left behind tangible legacies that we still admire today. The content begins with Juan Latino (16th century) and ends with Mary Lewis (19th century).



WEEK ONE

Wednesday 7 October 2020

Optivo: Troy Francis 'My journey

Time: 3pm-4pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Troy Francis is Optivo's Director of Operations will be enlightening you with an inspirational talk on what BHM means to him and his journey to where he is now. He has a wealth of experience and will be sharing his thoughts on what it takes to become successful in what you do.

Wednesday 7 October 2020

Young at Heart: Poetry Afternoon (Over 60s)

Time: 3pm-5pm

Age: Over 60s

Booking: Free - www.cbmeforum.org/bhm2020

Join us for the Young at Heart Poetry Afternoon, taking place on Zoom! You're welcome to write and perform your own poems, or recite one of your favourites.

Wednesday 7 October 2020

DJ Selecta Maestro discussing 'Being a young Black Man in the Music industry'

Time: 6pm-7pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

DJ Selecta Maestro's legacy ranks him as a pioneer on the cusp of a flourishing UK Afrobeats scene. His rise to the forefront of Afrobeats has been more than just gigs, mixtapes, and remixes; his contribution to the scene via his radio show 'Afrobeats Takeover' is an example of his unending commitment to put Africa first through music and entertainment.

WEEK ONE

Thursday 8 October 2020

Employability workshop with Social Impact

Time: 11am-2pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Optivo Social Impact team will provide an interactive employability workshop via zoom that will cover:

- Who's recruiting & what new jobs are emerging
- How to re-skill and re-train to be competitive
- Video interviews tips, tricks and advice
- How to access support if you find yourself out of work

Thursday 9 October 2020

Optivo: Coming to London Videos

Time: 12pm-12.15pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Come and enjoy series of videos which have been collated by people who came during and after the Windrush. Enjoy some of the stories from people who came to the UK from the Caribbean and Africa and their experience coming to a foreign land.

Thursday 9 October 2020

Optivo: History Down Under

Time: 12:15pm - 1:45pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Come and enjoy series of videos which have been collated by people who came during and after the Windrush. Enjoy some of the stories from people who came to the UK from the Caribbean and Africa and their experience coming to a foreign land.



WEEK ONE

Friday 9 October 2020

Optivo: Coming to a Cold, Foreign Land

Time: 2pm - 3pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Come and enjoy series of videos which have been collated by people who came during and after the Windrush. Enjoy some of the stories from people who came to the UK from the Caribbean and Africa and their experience coming to a foreign land.

Friday 9 October 2020

DJ Mystery Man Music Set

Time: 6pm - 7pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Description: Enjoy some nostalgic sounds from DJ Mystery Man who will be taking you on a musical journey exploring different genres and sounds.

Friday 9 October 2020

Rory Peters Workshop on - 'Knowledge is the key to confidence'.

Time: 7pm-8pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Rory has recently taken up the mantle to harness his skills and experience to become an inspirational speaker and business coach and runs his own consulting business.

Join Rory who will be delivering a workshop on:
The Definitions of Confidence IQ
There 8 types of intelligence
EQ and Self Awareness

WEEK ONE

Friday 9 October 2020

'COVID, Education and My Child' with Justina Asafu-Adjaye

Time: 8pm - 9pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Justina Asafu-Adjaye will be delivering a great workshop on 'Covid, Education and My Child' - this will cover children returning to education exploring how parents and interested adults can support their young people to achieve and manage the 'new normal'.

Saturday 10 October 2020

History & Achievement: Stories from St Luke Church (Day 2)

Time: N/A

Age: All

Booking: Free - <https://www.facebook.com/stlukeschurchSE25/>

Description: Four videos aimed at: celebrating Black achievement; highlighting shared history and poetry and; building community by briefly telling the stories of some members of the St Luke Church congregation.

Sunday 11 October 2020

Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops

Session 2: Malcolm X

Time: 12pm-1:30pm

Age: Children, Families

Booking: £5.00 - www.blackhistorystudies.com

Description: Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops. This workshops will inspire young people to learn about great leaders and liberators who contributed to world history. In this session, we will explore the life and legacy of Malcolm X.



#BHM2020

I am a woman who came from the cotton fields of the South. From there I was promoted to the washtub. From there I was promoted to the cook kitchen. And from there I promoted myself into the business of manufacturing hair goods and preparations... I have built my own factory on my own ground.

Madame C.J. Walker

**Black
HISTORY
MONTH
2020**

LEARNING FROM THE PAST
TO CREATE AN EQUAL FUTURE



WEEK TWO

Monday 12 October 2020

Sharing and celebrating successes and stories of Black colleagues within Optivo.

Time: 3pm- 4pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Description: Optivo BAME group have created a selection of videos from volunteers who will be talking about what BHM means to them and the black people they look up to and are inspired by.

Monday 12 October 2020

DermaMyth: Breaking the Cycle of Skincare Myths

Time: 5pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

Invited guest, Dr Chesahna Kindred, is a Board-Certified Dermatologist and Author and will be coming to discuss some of the deep-seated beliefs many have held about skin and hair for some time, to let us know if they are true or if they are, in fact myths. It's going to be a really interesting and entertaining evening, so please book yourself a ticket, and join in the fun! A must for all hair and skin enthusiasts! Her book, DermaMyth: Breaking the Cycle of Skincare Myths is available from Amazon.





WEEK TWO

Tuesday 13 October 2020

'Let's Talk about Race' – Panel Discussion
(Croydon Health Services, NHS Trust)

Time: 7pm

Age: All

Booking: Register on Eventbrite to be part of something special – search 'CHS Let's talk about race.'

This year has been one like no other, with COVID-19 and its effects on the black community hitting headline news. Add this to the heightened global awareness of racial inequalities following the events in America, there is a lot to talk about at our first ever 'Let's Talk About Race' panel discussion. We are delighted to be joined by John Barnes, former Liverpool and England footballer and TV pundit; Dame Elizabeth Anionwu, Baby Blue, organiser of the recent Black Lives Matters protests, and our very own NED Paulette Lewis, and BAME Network co-chair Jen Sarsby. This will be an unmissable event so make sure you tune in online.

Wednesday 14 October 2020

Young at Heart Quiz Afternoon (Over 60s)

Time: 3pm-5pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

Join us for the Young at Heart Quiz Afternoon on Zoom, covering topics such as music and film, history and sports, it will be an afternoon of fun and friendly competition!

Wednesday 14 October 2020

Black British History from 1948-2016 from Paula Perry the Author of the best-selling book

Time: 6pm-7pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Join Paula Perry as delivers an educational Introduction to Black British History and the positive influence on British Culture with an interactive presentation that will provide a musically treat down memory lane and knowledge you were not taught in school.

WEEK TWO

Thursday 15 October 2020

Short Stories

Time: 6pm-7pm

Age: Children, Families

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Children and adults can listen to short stories that bring along mystery, information and fun for all.

Friday 16 October 2020

Women in Construction - Bunmi Atta 'My journey'

Time: 12pm-1pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Join Bunmi Atta, Optivo's Director of Construction, as she talks about her journey working as a woman in construction. Prepared to be enlightened by her inspirational talk on what BHM means to her. Bunmi has a wealth of experience and will be sharing her thoughts on what it takes to become successful in what you do.

Friday 16 October 2020

The Power of Social Support & Adaptability in the Community

Time: 4pm-5pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Optivo's Rory has recently taken up the mantle to harness his skills and experience to become an inspirational speaker and business coach and runs his own consulting business. Join Rory who will be delivering a workshop on: Understanding who is in your circle. Everyone should have a coach. The greats have a coach. Daily Habits



WEEK TWO

Friday 16 October 2020

Truly Cutesie' Skincare Workshop

Time: 6pm-7pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Your skin is the body's largest organ and is your body's first line of defense from external elements. Your skin works hard to shield and protect what is beneath its surface. Come along to 'Truly Cutesie' Skin care Workshop and learn about the maintaining a skin care routine that will help to regenerate new and healthy skin cells.

Saturday 17 October 2020

History & Achievement: Stories from St Luke Church (Day 3)

Time: N/A

Age: All

Booking: Free - <https://www.facebook.com/stlukeschurchSE25/>

Description: Four videos aimed at: celebrating Black achievement; highlighting shared history and poetry and; building community by briefly telling the stories of some members of the St Luke Church congregation.

Saturday 17 October 2020

Dispelling the Myths of being a Black Police Officer

Time: 12pm-1pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

There are lots of misconceptions about joining the police and what happens once you join. Come along and listen to the journey of a female black police officer who will discuss her experiences and why she decided to become a police officer.

Saturday 17 October 2020

Truly Cutesie' Haircare Workshop

Time: 2pm-3pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Description: Truly Cutesie will be providing you with different techniques you can use to maintain your hair. You will be encouraged to create your own hair journey, and through time and investment develop an understanding and a practice which will lead you to flourishing hair.



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TO CREATE AN EQUAL FUTURE





WEEK TWO

Saturday 17 October 2020

Truly Cutesie' History behind head wrapping workshop

Time: 4pm-5pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Truly Cutesie will be teaching you the history of Headwraps which have been used as traditional attire in many Sub-Saharan African cultures. The Yoruba in Nigeria call their artfully folded wraps geles. Ghanaian women call theirs dukus. South African and Namibian women often use the Afrikaans word doek. Where, when and how headwraps are styled may represent wealth, ethnicity, marital status, mourning or reverence. Come learn about headwraps and their relevance.

Saturday 17 October 2020

Optivo: 'Name that Tune' quiz with DJ Mystery Man

Time: 6pm-7pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Let's see how much you know and let's see what prizes you can win! Enjoy some nostalgic sounds from DJ Mystery Man who will be taking you on a musical journey exploring different genres and sounds.



LEARNING FROM THE PAST
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WEEK TWO

Saturday 17 October 2020

African Holocaust: The History & Legacy of Enslavement (Slavery)

Time: 7pm-9pm

Age: All

Booking: £6.00 - www.blackhistorystudies.com

The enslavement of African people and its accompanying violence and destruction was one of the catastrophic events in the history of humankind.

This presentation will uncover the history and legacy of the enslavement of African people through our Maangamizi. The word "Maangamizi" is a Swahili term which speaks to the intentionality of the African holocaust of chattel, colonial and neo-colonial enslavement. We will examine the African abolition struggles and resistance movements, and the legacy of the enslavement period on Africa and the Diaspora.

Saturday 18 October 2020

Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops

Session 3: Nanny of the Maroons

Time: 12pm-1:30pm

Age: Children, Families

Booking: £5.00 - www.blackhistorystudies.com

These workshops will inspire young people to learn about great leaders and liberators who contributed to world history. In this session, we will explore the life and legacy of Nanny of the Maroons.





Stormzy

#BHM2020 Born on the 26th of July, 1993 in Croydon, Michael Ebenezer Kwadjo Omari Owuo Jr. popularly known as Stormzy is a British singer, songwriter, rapper and philanthropist. His debut album, *Gang Signs & Prayer* (2017), was the first grime album to reach number one on the UK Albums Chart and won British Album of the Year at the 2018 Brit Awards.

#BHM2020



LEARNING FROM THE PAST
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WEEK THREE

Monday 19 October 2020

**Interactive African Drumming
& History Session.**

Time: 3pm-4pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Traditionally, the drum was the heartbeat, the soul of most African communities. Drums have been an intrinsic part of African life for centuries and for countless generations, an ancient instrument used to celebrate all the aspects of life. Optivo BAME group invites you to enjoy an African drum session which teaches the history and gets you involved.

Monday 19 October 2020

**Money Matters during a Pandemic & Beyond
by Youth4Us**

Time: 7pm-8pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

We are currently in unprecedented times with a lot of financial uncertainty that will impact us all. Paula Perry's workshop will provide practical ways to create new financial habits during the pandemic and beyond! Many of us have not been taught ANYTHING about finances in our lifetime. This has had a major impact, often living payday to payday, mismanaging our money, and struggling within the rat race. At the end of this session, you will have gained knowledge and practical ways to improve your finances and actions to take steps towards making a sustainable change!

WEEK THREE

Monday 19 October 2020

**Hair Loss in Black Men & Women (Caring for
Hair Trichologists)**

Time: 7pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

A talk about a particular hair loss predominantly found in black women and men. A condition called Central Centrifugal Cicatricial Alopecia - CCCA. The cause is poorly understood, but we are told that as many as 1 in 20 black women may be affected by this type of hair loss. We are joined by South African Dermatologist Professor Ncoza Dlova who has recently carried out some ground breaking research into this condition. Her work is helping not only this generation, but future generations. Attending this webinar is a must!

Tuesday 20 October 2020

**The Womb-man Wise Health Clinic's
workshop on 'Fibroids'**

Time: 6pm – 7:30pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

With knowledge of Nutrition and Science-based Detoxification from the Health Sciences Academy, Valerie McKen now educates other women, teaching them how to look after their body physically, mentally and emotionally through her food demonstration classes, therapeutic nutrition programmes and workshops. Join Valerie while she teaches information on fibroids and the chronic symptoms associated with it.





WEEK THREE

Tuesday 20 October 2020

Black History Quiz Night

Time: 7pm-9pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

Are you ready to put your knowledge of Black British History to the test? In partnership with Croydon BME Forum, Croydon Council and Croydon University Hospital, join us on Zoom for the biggest Black History quiz Croydon has seen yet and test your knowledge on subjects such as music, film, sport and of course... history! Register via our website and also email us at info@cbmeforum.org to register as a team. Let's go!

Wednesday 21 October 2020

Livity Cuisine: Live Cooking Workshop

Time: 12pm-1pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Description: Kareema and Kaleema Shakur-Muhammad are owners, chefs, and founders of Livity Plant based cuisine, a plant based small food company, based in South London. They have over 10 years of experience as chefs within the catering industry. Livity provides flavorful, plant-based food, home cooking made with love. Simple, healthy. After noticing the lack of healthy nourishing vegan food, they have created their brand around offering a variety of dishes and products inspired by traditional Jamaican cuisine and culture.

WEEK THREE

Wednesday 21 October 2020

Women in Construction -

Lola Oyewusi 'My journey'

Time: 3pm-4pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Join Lola Oyewusi, Volunteering Manager, as she talks about her journey working as a woman in construction. Prepare to be enlightened by her inspirational talk on what BHM means to her. Lola has a wealth of experience and will be sharing her thoughts on what it takes to become successful in what you do.

Wednesday 21 October 2020

Afternoon Tea & Discussion (Over 60s)

Time: 3pm-5pm

Age: Over 60s

Booking: Free - www.cbmeforum.org/bhm2020

Description: You're invited to the Elder's Afternoon Tea and Discussion on Zoom! Afternoon Tea with for our elder community followed by a discussion on experiences of the Windrush (Before & After) and an intergenerational conversation with young people about current affairs and experiences. Register on Eventbrite by October 9th to receive your afternoon tea pack by October 21st, but don't worry, you can still attend without the tea pack!





WEEK THREE

Wednesday 21 October 2020

Black Poppy Rose presents: WWII Black Servicemen & Women Who Served

Time: 7pm-8:30pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

VE Day: Victory in Europe Day was celebrated on May 8th 2020 75 years on. This date marks the day the war ended in Europe on paper. Come and learn of the men & women who contributed towards the end of WWII & those who were called again to rebuild the UK and the British Empire.

Thursday 22 October 2020

Employability workshop with Social Impact

Time: 11am-2pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Optivo Social Impact team will provide an interactive employability workshop via zoom that will cover:

- Who's recruiting & what new jobs are emerging
- How to re-skill and re-train to be competitive
- Video interviews tips, tricks and advice
- How to access support if you find yourself out of work

WEEK THREE

Thursday 22 October 2020

Can We Talk? Black History Special

Time: 6:30pm-8:30pm

Age: All

Booking: Free www.cbmeforum.org/bhm2020

Join us for a series of wellbeing workshops where you will acquire awareness about mental health, learn how to improve your resilience and boost your confidence, whilst gaining support and encouragement in a non-judgemental environment.

The workshops will seek to address questions around stigma, 'whose business is mental health?' 'what is therapy?' 'what is resilience and why does it matter?'

Thursday 22 October 2020

Take Control of your Money and Learn the Benefits of Credit Unions with Janet Taylor

McPherson

Time: 6:30pm-8pm

Age: All

Booking: Free - Zoom Meeting ID: 858 7289 2679

Passcode: 755623

For many years, people of African and Caribbean descent, have been shaping British history. Historically, they have been, at the root of Britain's economic growth, making it a better place to be for future generations. You will get to hear about the original Notting Hill Uprisings of 1958 and the significant role played by people of the Caribbean and Africa, in creating financial stability, not only for themselves, but the population at large, in the UK. You will also gain an understanding of the present-day benefits of Credit Unions.





WEEK THREE

Friday 23 October 2020

Women in Construction: Joanne Stewart 'My journey'

Time: 1pm-2pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Join Joanne Stewart, Executive Director for People, as she talks about her journey working as a woman in construction. Prepare to be enlightened by her inspirational talk on what BHM means to her. Joanne has a wealth of experience and will be sharing her thoughts on what it takes to become successful in what you do.

Friday 23 October 2020

DJ Mystery Man Music Set

Time: 3pm-4pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Enjoy some nostalgic sounds from DJ Mystery Man who will be taking you on a musical journey exploring different genres and sounds.

Friday 23 October 2020

Rory Peter's workshop on the power of 'the why' in the Community

Time: 6pm-7pm

Age: All

Booking: Free - <https://www.eventbrite.co.uk/o/optivo-resident-events-27429909645>

Rory has recently taken up the mantle to harness his skills and experience to become an inspirational speaker and business coach and runs his own consulting business. Join Rory who will be delivering a workshop on 'The power of having passion and identifying why you do what you do'



WEEK THREE

Saturday 24 October 2020

Real Talk Mentors presents: "Unspoken Truths: Healing of A Generation" - Interactive Workshop

Time: 3pm-4:30pm

Age: All

Booking: Free www.cbmeforum.org/bhm2020

An interactive event to identify/understand roles and values of the family nucleus. Reset the mindset by discussing intergenerational family healing strategies. Unlock true potential to achieve health and wealth.

Saturday 24 October 2020

WEBINAR: Django Unchained or Tarantino Unrestrained? (Over 16s) A film break-down by Film Doctor Brother Hakim and Professor Lez Henry on Django Unchained

Time: 7pm-9pm

Age: Over 16s

Booking: £6.00 - www.blackhistorystudies.com

Loved by some hated by others! We provide a forensic historical and cultural analysis of this controversial film adding in little known facts about the film. This presentation gives insight to the current racial socio-political situation we are all facing.





WEEK THREE

Saturday 25 October 2020

Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops – Session 4: Harriet Tubman

Time: 12pm-1pm

Age: Children, Families

Booking: £5.00 - www.blackhistorystudies.com

Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops. These workshop will inspire young people to learn about great leaders and liberators who contributed to world history.

In this session, we will explore the life and legacy of great liberator Harriet Tubman.

Sunday 25 October 2020

'The Samuel Coleridge Taylor' Story: An Animation Documentary directed by Jason Young

Time: 12:15pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

The story of the first Black English classical composer in Edwardian England. This artistic interpretation of the life of Samuel Coleridge-Taylor is a way of remembering the profound contribution of a black classical composer who composed dramatic operas and staged productions. Born in 1875 in Holborn, he lived in Croydon and became a professor of music. He went on tour in America in 1904 (where he visited Theodore Roosevelt at the White House), 1906 and 1910 fusing African music with classical music.

WEEK THREE

Sunday 25 October

Hairstyling for Hair Loss (Caring For Hair Trichologists)

Time: 7pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

This will cover hair loss and different ways to manage it. We will be joined by a Trichologist, a hairstylist and barbers. The very popular 'man weaves' will be discussed along with hairstyling techniques and cosmetic hair fibers. We will talk about dealing with hair loss and the evening promises to be enlightening and also empowering. A must for all hair enthusiasts to attend!

October 26th, 28th and 30th

stakeholder event entitled; "Black Third Sector Summit 2020"

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

Themes:

This virtual event seeks to address three key themes;

1. "Health inequality; Beyond 2020"
2. "Children, Young, People and Education; A Lost Generation"
3. "Black Employment & Enterprise in the Age of Covid 19."



#BHM2020

#BHM2020 Sir Trevor McDonald Born in Trinidad he worked in media, start of the late 1960s he worked for BBC London. Later moved to ITN(now ITV) & went on to become one of the most successful journalists in the UK. In 1999, he received a knighthood from the Queen.

**Black
HISTORY
MONTH
2020**

WEEK FOUR

Wednesday 28 October 2020

Reminiscence! (Over 60s)

Time: 3pm-5pm

Age: Over 60s

Booking: Free - www.cbmeforum.org/bhm2020

Let's take a trip back in time...Join us for an afternoon of Reminiscence focusing on topics such as: music, films, games, dances and more. We can't wait to hear your favorite past times!

Friday 30 October 2020

Caribbean Family Tree Making

with Dr. Audrey Allwood

Time: 6pm-7pm

Age: All

Booking: Free - Zoom Meeting ID: 722 8607 6408

|Passcode: 7tAxfdE

Dr. Audrey Allwood is an anthropologist and shares the journey in constructing her family tree, and the importance of doing so. A great tool to provide inter-generational connectivity, healing and belonging. In this event, you will hear a personal story of discovery and will be shown how to create your own family tree.

Friday 30 October 2020

'Black Live Matter' Impact –

Let's Talk Community Vision

Time: 7pm-9pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

A celebration of Black achievement, past and present heroes with an exciting panel discussion of current affairs issues.

Friday 30 October 2020

WEBINAR: Black History of the British Isles:

Scotland, Ireland, Wales

Time: 7pm-9pm

Age: All

Booking: £6.00 - www.blackhistorystudies.com

This fascinating presentation by Black History Studies focuses on the hidden Black history of Scotland, Ireland and Wales and the contributions made by people of African and Caribbean descent to the history of these countries. This presentation tells their story.



WEEK FOUR

Friday 30 October 2020

History & Achievement: Stories from St Luke Church (Day 4)

Time: N/A

Age: All

Booking: <https://www.facebook.com/stlukeschurchSE25/>

Four videos aimed at: celebrating Black achievement; highlighting shared history and poetry and; building community by briefly telling the stories of some members of the St Luke Church congregation.

Saturday 31 October 2020

Real Talk Mentors presents: "Unspoken Truths: Healing of A Generation"

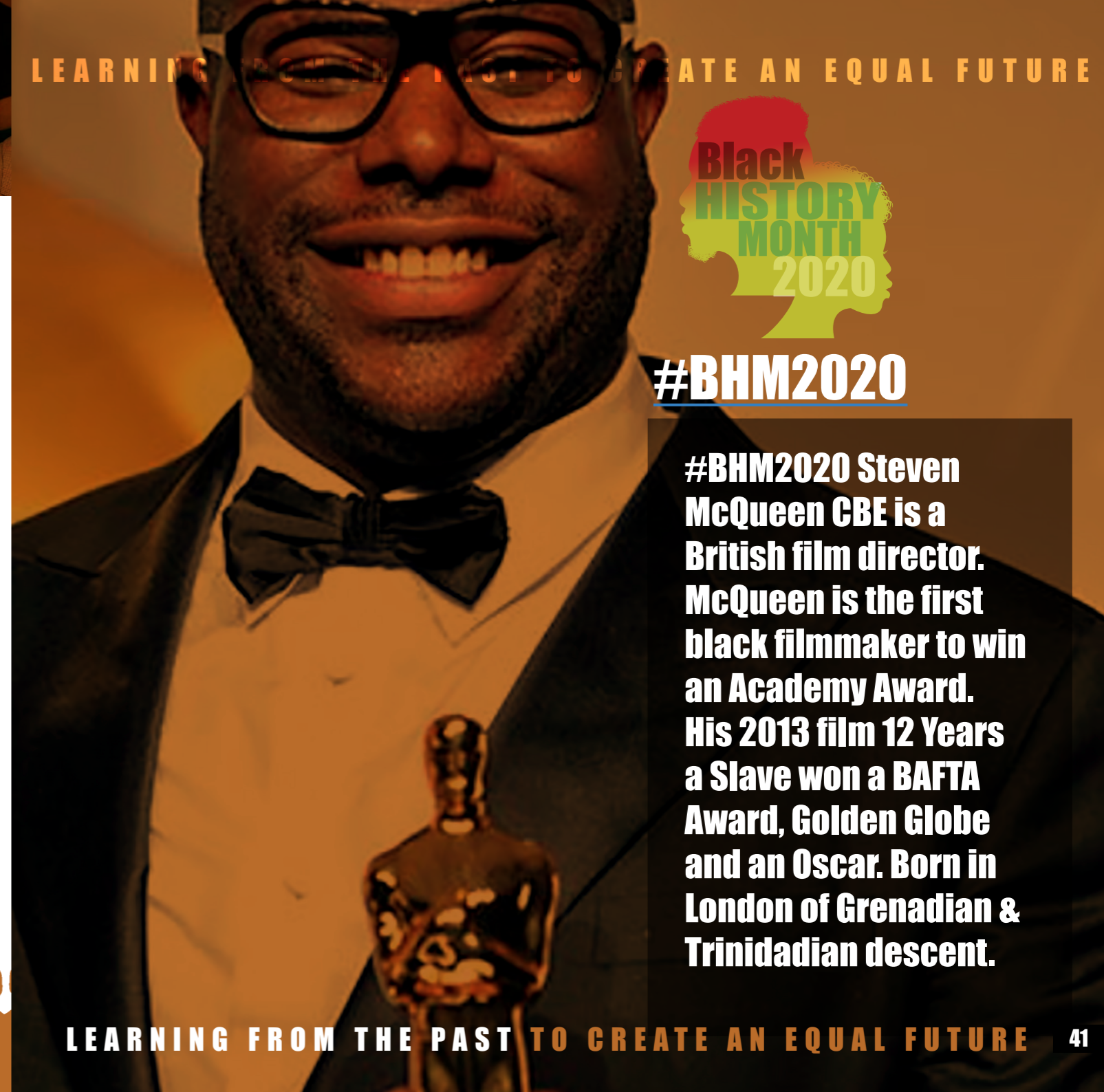
Interactive Workshop

Time: 3pm-4:30pm

Age: All

Booking: Free - www.cbmeforum.org/bhm2020

An interactive event to identify/understand roles and values of the family nucleus. Reset the mindset by discussing intergenerational family healing strategies. Unlock true potential to achieve health and wealth.



#BHM2020

#BHM2020 Steven McQueen CBE is a British film director. McQueen is the first black filmmaker to win an Academy Award. His 2013 film 12 Years a Slave won a BAFTA Award, Golden Globe and an Oscar. Born in London of Grenadian & Trinidadian descent.



NOVEMBER

Sunday 1 November 2020

Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops –

Session 5: Claudia Jones

Time: 12pm-1:30pm

Age: Children, Families

Booking: £5.00 - www.blackhistorystudies.com

These workshops will inspire young people to learn about great leaders and liberators who contributed to world history. In this session, we will explore the life and legacy of Claudia Jones.

Saturday 7 November 2020

WEBINAR: The Hidden History of Africa Before the Slave Trade

Time: 7pm-9pm

Age: All

Booking: £6.00 - www.blackhistorystudies.com

The Hidden History of Africa Before the Slave Trade is a visually stunning presentation that addresses one key question: What history do Black people have before the slave trade started?

This lecture discusses the Empire of Mali, the Yoruba Kingdoms, Medieval Sudan, Medieval Ethiopia, the East African Coast and much more! These civilisations have left behind a splendid array of evidence that is discussed in the lecture. This evidence includes wonderful artefacts, illuminated manuscripts, and impressive architecture.

NOVEMBER

Sunday 8 November 2020

Sankofa Sunday 'Black Power: Great Black Leaders & Liberators' children workshops –

Session 6: Dr Martin Luther King

Time: 12pm-1:30pm

Age: Children, Families

Booking: £5.00 - www.blackhistorystudies.com

These workshops will inspire young people to learn about great leaders and liberators who contributed to world history.

In this session, we will explore the life and legacy of great leader Dr Martin Luther King Jr.

Saturday 14 November 2020

Virtual Black History Tour of the British Museum

Time: 7pm-9pm

Age: All

Booking: £8.00 - www.blackhistorystudies.com

Black History Studies lead a Black History Tour of the British Museum highlighting artefacts of African History held in the Museum. Because of COVID-19, these tours have obviously been postponed. In this presentation, we will take you to the same artefacts, journey together through the British Museum and further afield, to learn about African civilisations such as Ancient Egypt, Nubia and much more.



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BLACK HISTORY MONTH 2020

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