

CAHN

Caribbean & African Health Network



Greater Manchester 2023

BLACK

HISTORY

MONTH

Launch Event

Thursday 28th September 2023



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Message

from the Chair, Dr Faye Ruddock DL

Systemic and structural discriminations cause significant cost, harms and is a burden to the individual and to society. The inequitable and unjust actions that are sustained reinforces power, controls resources, policies, strategies and practices leading to poorer outcomes for those that are often marginalised. This is unfair and unjust, and the Caribbean & African Health Network is keen to partner and collaborate with those individuals, companies and organisations that want to change the experiences of Black people. Since September 2018 we have been celebrating the opening of Black History month for the Greater Manchester region.

We were delighted that in 2020 our Mayor Andy Burnham agreed with CAHN that this opening for Greater Manchester should be recognised as a civic ceremonial event. For us this commitment shows that our civic leaders are standing with our communities to recognise their contributions to civic society across their boroughs.

As a Black woman whose parents came from Jamaica during the Windrush era I am delighted that the Theme of Black History Month this year is focused on Celebrating our Sisters'. CAHN has decided to extend this recognition to our sisters of the Windrush Era who often have no voice and are undervalued despite the contributions that they have made to make where we grow, live and work a better place. Did you know that Black women are more likely to face discrimination due to both their race and their gender. Black women are acutely under-represented across all areas of work: from doctors and consultants to the board room where only one Black female Chief Executive exists out of 217 NHS Trusts. From the NHS to academia, the first Black female history professor was appointed only in 2018 (see page for more details).

To leave us on a positive note, I want us to celebrate our many clinicians, doctors and nurses and we are delighted to be joined by Professor Dame Elizabeth Nneka Anionwu, OM DBE FRCN who was a nurse and was made a Dame in the 2017 Queen's Birthday Honours List, she won the Pride of Britain Lifetime Achievement Award in 2019 and there is much more to say about Dame Elizabeth during the event. There are many other sisters to celebrate so let us do that this Black History Month.

I would like to take this opportunity on behalf of the CAHN board, and our Patrons, welcome to the month of October and to this opening, I hope you have a great evening.



Message

from the Chief Executive Officer, Charles Kwaku-Odoi DL MFPH

It is with great pleasure that I welcome you to Black History Month Civic launch event for Greater Manchester City region.

I am very much looking forward to October which will showcase different events across Greater Manchester (please see back of the brochure). This year the national focus is on recognising and celebrating Black women and the contributions they have made across society. Many of our Black sisters are often overlooked whether this be in the workplace at senior levels, in the media, the beauty industry and much more. We know however that they have been instrumental in their creativity and innovation, in the health field, in music, arts and much more.

As Chief Executive Officer, I will ensure that our sisters are recognised, celebrated especially in health care provision, research, policy and practice and that services cater for their needs; being fair and equitable.

As an organisation, we continue to provide a variety of services, designed and tailored to the needs of our Black community. We want to be here for the long-term but we need support to do that in a sustainable manner.

We are about to launch our All-Party Parliamentary Group on Black Health and Health Inequalities and Disparities Endowment (HIDE) Fund; and we would like you to come on that journey with us as we put Black health issues on the agenda at the highest levels and offer leadership in our community.

Our plans are firmly rooted in the belief that there could be significant improvement in access and health outcomes of the Black community if services are tailored and culturally appropriate. I am confident that CAHN could work with Integrated Care Systems to drive the necessary changes across policy and practice in a way that can sustainably deliver improved care and better outcomes for the Black community across the United Kingdom. I therefore request that you support our invaluable work and come along to our Black History Month Fundraising Gala on 28th October 2023. You are welcome to sponsor by contacting me at charles@cahn.org.uk

Tickets available for purchased at the CAHN stall during this evening and on our website www.cahn.org.uk/.

On behalf of all our Patrons, Directors, staff and volunteers, I want to say a massive thank you for sharing this evening with us.



CAHN's Patrons

Dean Rogers Govender MBE...

...was appointed the Dean of Manchester in January 2006 after spending over twenty years as a parish priest in South Africa and Manchester. His role at the Cathedral has involved major fabric interventions and repairs as well as extensive change management of the outreach ministry of the Cathedral as Mother Church of the Diocese of Manchester. He has spearheaded the outreach to other faith communities and the statutory sector and community groups. He is also a member of Our Manchester, the representative group responsible for setting the ten year strategy for the development of the City of Manchester. He also chairs the Challenging Hate Forum which was established over a decade ago. In recognition of his role in the City of Manchester and his Inter-faith work Rogers was awarded a MBE in the 2018 Queen's New Year Honours List.



Lord Simon Woolley CBE...

...is a political and equalities activist. He is the founder and CEO of Operation Black Vote and was the Chair of the Prime Minister's Race Disparity Unit. Lord Woolley is the Principal of Homerton College, University of Cambridge. He became engaged with British politics, joining the campaign group Charter in May 2019 Lord Woolley and Operation Black Vote launched a ground-breaking report into more than 130 key local authorities that emphasised the lack of BME representation.

Lord Woolley took on the role of CAHN Patron after three years of closely working with the CAHN Team. Lord Woolley said 'I am honoured to be a Patron of CAHN! Their ground-breaking work over the six years has offered insight to statutory bodies and empowerment to Black communities. There's much more to do, and I hope I can help!'





Mark Adlestone OBE DL...

...Mark Adlestone is Chairman of The Beaverbrooks Group. Mark joined the Company in 1979, became Joint Managing Director in 1990, sole Managing Director in 2000 and Chairman in 2012.

Beaverbrooks currently have 81 Stores Nationwide (which includes 3 Loupe Showrooms and 14 Monobrand Boutiques). Mark is third generation of this family business.

Some Highlights

- Since 2004 to the present day, Beaverbrooks have been in the top twenty in the Top 100 'Best Companies to Work For', coming 1st in 2021 and 2009 (6th in 2022)
- In 2008 Mark was awarded the Best Companies 'Lifetime Achievement Award'
- Mark has won the Leadership Award on seven separate occasions.
- In 2020, Beaverbrooks were granted the 'Giving Something Back' Special Award.
- Beaverbrooks have been awarded the HM Government Payroll Giving 'Platinum Award' every year since 2012 and have gained the Diamond Award in every year since its inception in 2018.

In October 2015 Mark was presented with the OBE by HM The Queen at Buckingham Palace for 'Services to Business and Charity in the North of England'.

In March 2017, Mark was appointed as a Deputy Lieutenant of Greater Manchester. In July 2017, at the UK Jewellery Awards Dinner, Mark was presented with the award for 'Outstanding Contribution to the Industry'.

Between April 2019 and April 2020, Mark served as High Sheriff of Greater Manchester. In April 2019, Mark became a Trustee of the Greater Manchester High Sheriff Police Trust.

In February 2023, Mark became Patron of the Caribbean & African Health Network (CAHN).

Mark said: "I have been supporting CAHN with my wife Gabrielle for at least 3 years now and I have observed and played a part in some incredible initiatives and events. I am delighted to be able to use my skills, business acumen, and networks to help CAHN grow and address the terrible health and wellbeing disparities that the Black communities experience here in the UK".





Jacqueline Dunkley Bent...

...Professor Jacqueline Dunkley-Bent OBE, is the first Chief Midwife for the International Confederation of Midwives. She has a passion for supporting midwives and health systems to ensure that all women and gender diverse people have the same maternity experiences and outcomes as those who have the best. She served for four years as the first Chief Midwifery Officer for the NHS in England and was one of two National Maternity Safety Champions appointed by the Department for Health and Social Care. Jacqueline is a registered nurse and midwife and a visiting Professor of Midwifery at Kings College London and London South Bank University. She has held senior positions in clinical practice, education, leadership and management including: Consultant Midwife, Director of Midwifery, Head of Nursing, Senior Lecturer, Curriculum Leader, Lead Midwife for Education, Professor of Midwifery. She has supported the education of Midwives Internationally through conference contributions and publications.

She is the chair of the maternity advisory group for the Health and Race Observatory in England, a member of the Women of the Year management committee, Midwifery Ambassador for the 'Saying Goodbye' charity and until recently, a trustee for the RCN Foundation.

Noted as one of the Health Service Journal's (HSJ) most influential people in health, in 2020,2021 and 2022 she was also selected from over 100 nominations for inclusion in the Nursing Times' Leaders 2015 list, that celebrates nurses and midwives who are pioneers, entrepreneurs, and inspirational role models in their profession. In celebration of the 75th anniversary of the NHS in England in 2023, she has just been recognised by the Nursing Times as one of 75 nurses and midwives who have contributed in a significant way to the NHS.

"My determination to improve health equity, is influenced by the vast and unacceptable inequality in health outcomes and experiences of Black, brown and socio-economically disadvantage people. In my role as Patron for CAHN, I pledge to utilize my experience of health promotion, ill health prevention, equity policy and strategy and maternity care to support CAHN in meeting its equity ambition".





Professor George E Holmes DL. President & Vice Chancellor...

...When appointed to the post of Vice-Chancellor and Chief Executive of the university in 2005, George became the youngest university head in the UK.

He is now one of the longest-serving Vice-Chancellors in Britain, having been in the post for over 18 years. He holds a Doctorate in the field of Education, a Masters in Business Administration and a BSc in Economics. Professor Holmes is also a Fellow of the Institute of Directors.

In 2002 he was appointed by the then Secretary of State for Education and Skills as an advisor to the Department, becoming, along with Sir Ron Cooke, one of only two Sector representatives for the Department's HE Policy

Delivery Steering Group, which was assisting in the preparation of the HE White Paper.

Latterly in 2015, Professor Holmes was appointed by Her Majesty Queen Elizabeth II's Lord-Lieutenant of the County of Greater Manchester as one of his Deputy Lieutenants.

"Becoming a Patron of the Caribbean & African Health Network (CAHN) is an honour because CAHN is an organisation that is authentic in its mission to embed equity and social justice across structures and systems that disadvantage Black people.

I am looking forward to supporting CAHN achieve the vision of eradicating health inequalities for the Black community; this includes building on the multi-year partnership between the University of Bolton and CAHN."



Celebrating some of our sisters that have made History



Mary Jane Seacole was born in Jamaica to a Creole mother who ran a boarding house and had herbalist skills as a "doctress." In 1990, Seacole was awarded the Jamaican Order of Merit. In 2004, she was voted the greatest black Briton in a survey conducted in 2003.



Dame Elizabeth Nneka Anionwu OM DBE FRCN is The UK's first nurse specialist in sickle cell disease and thalassaemia. She went on to found the Mary Seacole Centre for Nursing Practice at the University of West London. Elizabeth was made a Dame in the 2017 Queen's Birthday Honours List, she won the Pride of Britain Lifetime Achievement Award in 2019, was named one of the BBC's 100 Women of the Year in 2020, the same year she appeared on Desert Island Discs. She is made an Honorary Doctor of Science.

To read more about Dame Elizabeth visit her at: <https://www.elizabethanionwu.co.uk/about-me/>



Baroness Floella Karen Yunies Benjamin, OM, DBE, DL is a Trinidadian-British actress, singer, presenter, author and politician. She is known as presenter of children's programmes such as Play School, Play Away, Jamboree and Fast Forward. Baroness Benjamin was appointed Officer of the Order of the British Empire (OBE) in the 2001 New Year Honours for services to broadcasting. At that time she was chairperson of the British Academy of Film and Television Arts (BAFTA). To read more about Floella Benjamin visit here: <http://www.floellabenjamin.com/>



Baroness Lawrence of Clarendon, OBE (née Graham) was born in Jamaica and is the mother of Stephen Lawrence, a Black British teenager who was murdered in a racist attack in South-east London in 1993. She promoted reforms of the police service and founded the Stephen Lawrence Charitable Trust. She was appointed to the Order of the British Empire for services to community relations in 2003 and was created a Life Peer in 2013.



Diane Julie Abbott is a British politician who has served as Member of Parliament for Hackney North and Stoke Newington since 1987. She served in the Shadow Cabinet of Jeremy Corbyn as Shadow Home Secretary from 2016 to 2020. She is both the first Black woman elected to parliament and the longest-serving Black MP. Ms Diane Abbott. She is now The Rt Hon Ms and Independent MP for Hackney North and Stoke Newington, and has been an MP continuously since 11 June 1987



Patricia Miller of Dorset County Hospital NHS Foundation Trust is one of only eight BAME chief executives from the 217 trusts across the country.



Nicola Adams

Trailblazer Nicola made history as the first woman to win the Olympic gold medal for boxing. She was also the first openly LGBT boxer to win a medal. Up until 2012, the Olympics didn't allow women to compete in boxing, so Nicola was fighting stereotypes to earn her place in the ring



Evelyn Asante-Mensah appointed chairwoman of Pennine Care board of directors. First Black female Chair in Greater Manchester. She was awarded an OBE in 2006 for services to ethnic minorities in the field of health.



First Black Professor of the History of Slavery, in 2018.

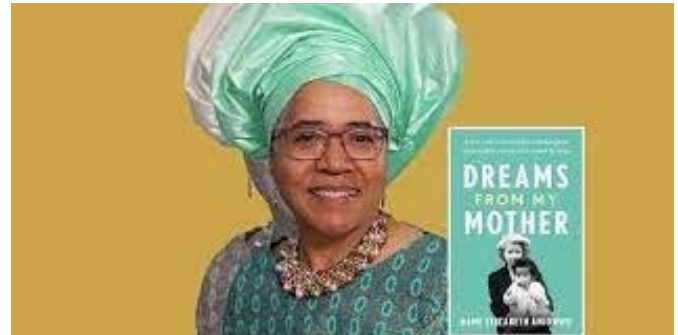


Yvonne Coghill trained qualified as a general, mental health nurse and health visitor in 1980. In 1986 she secured her first NHS management job and in 2004, she was the first appointed Black woman at the Department of Health as Private Secretary to the Chief Executive of the NHS, Sir Nigel Crisp. She was made a Commander of the same order (CBE) in 2018 for commitment to equality and diversity in the NHS. She was made a fellow of the Royal College of Nursing in 2018.

Black History Month Keynote Speakers



Andrew Burnham is a politician who continues to serve as the Mayor of Greater Manchester since 2017 to present day. He served in Gordon Brown's Cabinet as Chief Secretary to the Treasury from 2007 to 2008, Culture Secretary from 2008 to 2009 and Health Secretary from 2009 to 2010. He is responsible for policing, decisions about fire services and a £300 million housing investment fund. He is responsible for the transport budget across the region and has campaigned for control over Greater Manchester buses since becoming Mayor. This week the Mayor and others involved in the campaign celebrated victory over control over GM bus and tram use which has slash travel costs for users of public transport. It was the Mayor of GM that has agreed to make Black History Month launch a ceremonial and Civic affair along with Africa day which is celebrated in May.



Dame Elizabeth Anionwu will be interviewed about her book 'Dreams From My Mother' during the Black History month Event. This book published in 2021 is an inspiring story about childhood, race, identity, family, friendship, hope and what makes us who we are. Ultimately, it is an incredibly moving story of a mother and a daughter separated by society, but united in the dreams they shared for her future. Dame Elizabeth has been influential in many fields and even during her retirement, she helped to bring to the nation's attention how Covid-19 has had a devastating effect on Black and Asian communities. She was awarded the Order of Merit in 2022, named a BBC 100 Women of the Year in 2020 and made a Dame in 2017.



Christian Weaver is a barrister at Garden Court North Chambers specialising in public inquiries, inquests and actions against the state. He is currently instructed on the Covid-19 inquiry, was previously instructed in the Manchester Arena inquiry, and has represented families in a number of high-profile inquests – including the family of Awaab Ishak, a 2-year-old boy who died due to prolonged exposure to mould in his home. This case has since led to the creation of an ‘Awaab’s Law’, aimed at better protecting tenants in social housing. Prior to becoming a barrister, Christian worked with the Council of Europe, INQUEST and Liberty.

Christian is the author of ‘The Law in 60 Seconds: A Pocket Guide to Your Rights’, a book explaining your everyday legal rights – whether arguing with your landlord, seeking a refund in a shop, going to a protest, being overcharged in a taxi, or liaising with your GP.

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Event Schedule

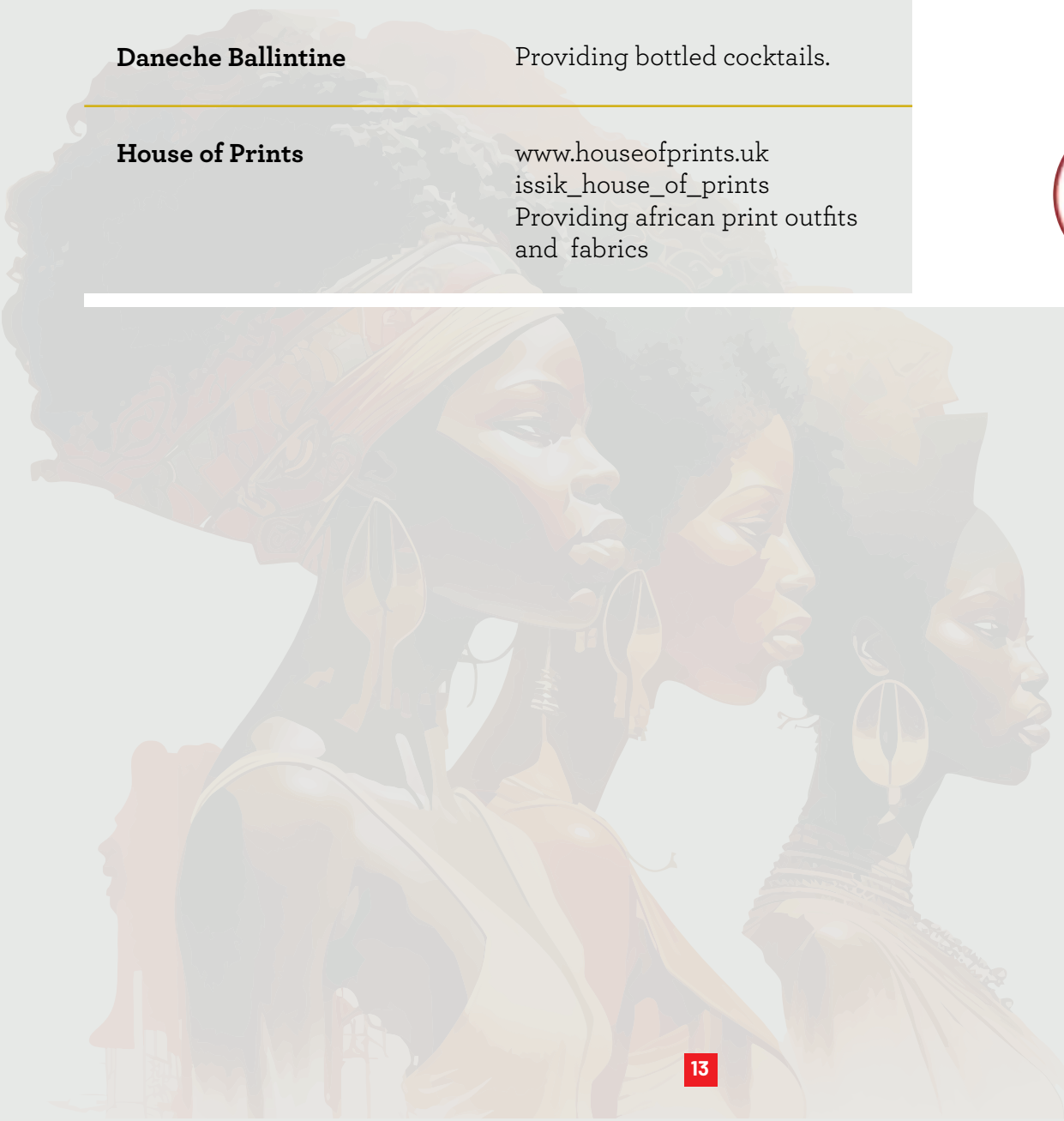
Start Time	Activity	Led By	
18:30hrs	Registration, networking and visits to Stalls		
	Steel Band		
19:00hrs	Welcome	Host Mike Shaft	
	Opening Remarks	Dr Faye Ruddock DL, Chair of Board, CAHN	
	Welcome to the Cathedral	Dean Rogers Govender, Dean of Manchester and Patron of CAHN	
	Welcome Address	Mary – Liz Walker High Sheriff of Greater Manchester	
	Interview	Andy Burnham, Mayor of Greater Manchester	
	Keynote	Christian Weaver	
	Response to keynote presenters:	Charlotte Norman – Chief Executive Officer Moss Care St Vincent Housing	
	Performance:	Shock out University College Bolton	
	Presentation	Slavery and Dreadlocks by Cadija	
	20:00hrs	Keynote Interview	Prof Dame Elizabeth Anionwu
		Performance:	Jadesola (Barrel Children of the Windrush)
Performance		Fashion Show	
Performance:		Stephen Nyamja	
Performance:		CAHN Choir	
Speech-		CAHN Advocacy Service by Sandy Koujou	
20:55hrs	Closing Remarks & Vote of Thanks	Charles Kwaku-Odoi DL, Chief Executive, CAHN	
21:00hrs	End		
	Steel Band		

BHM 2023

Stall Information

Business Name	Business Information	Logo
Diabetes UK	Social media: @diabetesuk @DiabetesUK Diabetes UK is a British-based patient, healthcare charity and research	
Black Health Agency for Equality	thebha.org.uk BHA for equality addresses health and social care inequalities and to support individuals and communities to improve their health and wellbeing.	
Naturalistaa LTD	Naturalistaa LTD is a Black Owned natural haircare and beard care brand. https://naturalistaahaircare.co.uk/	
NHSBlood Transplant	NHSBlood Transplant is dedicated to saving lives. We provide a blood and transplantation service to the NHS, looking after blood donation services in England and transplant services across the UK Twitter: @NHSBT Visit: www.blood.co.uk	organdonation.nhs.uk'." data-bbox="701 448 873 593"/>
Made of Layers	Providing handcrafted textiles and organic cotton garments that emanate ancient wisdom, healing and love.	
Remixfashiontrenduk	@remixfashiontrenduk Providing beautiful African clothes and accessories.	
Floral Garments	Providing authentic affordable African fabrics.	
North West Ambulance Service NHS Trust	@NWAmbulance @nwasofficial	
Talk Listen Change	@TLC_Charity @tlc_charity Providing diverse range of services to help you maintain positive relationships with yourself and those around you.	

Business Name	Business Information	Logo
Fikawelie Caribbean and African Mental Health	Providing exceptional inpatient care for Caribbean and African people who are experiencing mental health issues.	
Miss Jackson's Drinks	@missjacksonsdrinks)	
TUEMS Books	Providing beautifully written and illustrated children's books that promote diversity, inclusion and self-confidence.	
D3 jewellery	Providing beautiful jewellery for all occasions.	
Daneche Ballintine	Providing bottled cocktails.	
House of Prints	www.houseofprints.uk issik_house_of_prints Providing african print outfits and fabrics	



BHM 2023

Greater Manchester Events Directory

Heard Live

Join Heard Live for an inclusive event of true spoken storytelling this Black History Month. The evening will give a platform to captivating true stories and lived experiences of often unheard voices.

Enjoy an incredible line up of specially curated storytellers, telling you their story, unfiltered and in their own words.

Date:- Thursday 5th Oct 2023

Time:- 6.30 - 9.30 pm

Venue:- 26-28 Hilton Street Manchester M1 2EH

Price:- £0-£7

For more information, visit Eventbrite.



Celebrating Sisterhood

This event is about celebrating our sisters in the community through sisterhood and celebrating the strength, resilience and unity of Black women in our community.

Expect inspiring stories, engaging discussions that spotlights the remarkable journeys of Black women through panel discussions.

Date:- Saturday, 21st October 2023

Time:- 9.30-12.30

Venue:- TBC

Price:- Free

For more information, visit Eventbrite.



Shabaret! A relaxed cabaret

Join a delightful evening of painting the dear Gentle folk of the Ton, partaking in a glass of wine with quality music in celebration of Black History Month.

There will be a panel discussion about the show, colour blind casting, changing the narrative and our guest's experience within the world of theatre, TV and film.

Date:- 2nd October 2023

Time:- 5.30-7.30pm

Venue:- Manchester Central Library

Price:- £5

For more information, visit Eventbrite.



Caribbean Day (Black History Month)

To celebrate Black History Month, Race & Faith Staff Network is celebrating with a taste of the Caribbean on Tuesday, October 5th, in the Canteen at FSHQ. This is a delicious opportunity to try one of our hot meals from the Island of Jamaica.

Date:- Thursday, 5 October 2023

Time:- 12-1pm

Venue:- Greater Manchester Fire and Rescue Service
Headquarters 146 Bolton Road Swinton M27 8US

Price:- £0-£7

For more information, visit Eventbrite.



Black Creative Soirée 2023

Join a spectacular evening celebrating talented Black creatives at the Black Creative Soirée.

The Black Creative Soirée is an annual showcase of black creatives including fashion designers, poets, artists and musicians in celebration of Black History Month.

The Soirée also features Afro beats music, dancers and drummers. There will be an opportunity to meet, greet and purchase items from the black creatives showcased on the evening.

Date:- Friday, 27th October 2023

Time:- 6.30 - 9.30pm

Venue:- Manchester Museum, Oxford Road Manchester
M13 9PL

Price:- :£25-35

For more information, visit Eventbrite.



The Zebra Tribe Comic Festival

The first northern U.K. event is showcasing black graphic novel and comic creators, illustrators, writers and allies for Black History Month.

Corey Brotherson will be sharing his story of his journey and spill the beans of up and coming projects connected to Black History.

Date:- Saturday, 21 Oct 2023

Time:- 11:00 - 16:30pm

Venue:- St Peter's Square Manchester M2 5PD

Price:- £0-£11.55

For more information, visit Eventbrite.



Miss Diagnosis Lunch and Learn - Black Womens healthcare discussion

On Saturday 14th October Carol Ann Whitehead will be bringing back #MissDiagnosis and hosting a special #BHM 'Miss Diagnosis Lunch and Learn' a panel discussion about Black Women's health and incorrect diagnosis from maternal care to breast cancer.

The most common areas of misdiagnosis in women are heart attacks, fibromyalgia strokes, endometriosis, lupus and MS. After the discussion there will be a chance to network with Afrobeats and enjoy some African Caribbean food.

Date:- Saturday, 14th October 2023

Time:- 1 - 4pm

Venue:- 26 Saint Petersgate Stockport SK1 1HD

Price:- £6.50



Women's Achievements

Women with Wings CIC have chosen the theme of Women's Achievements to learn about & celebrate with

There will be Live Singing & Music, Food, Maker Stalls, Free Health Advice, Massages, Face Painting, Arts & Crafts & More! Exciting details to follow... keep an eye out!

EVERYONE IS WELCOME & APPRECIATED

All ages, genders and races can celebrate Black History Month!

Date:- Friday 27th October 2023

Time:- 11-3pm

Venue:- St Paul's Peel Parish Hall, Manchester Road West, M38 9EG

Price:- Free



Comedy Shutdown Black History Month Special

Comedy Shutdown brings a Black History Month Special to a venue near you. Round up your friends & family and join us for an uplifting night of laughter!

Date:- Sunday, 8th October 2023

Time:- 08:00-10:00

Venue:- 102 Oldham St, Manchester, M4 1LJ

Price:- £18

For more information, visit Eventbrite.



Tracing Black History & Ancestry | The Truth About What's in a Name

Paul Crooks is a unique UK Black History Month speaker who discusses engaging topics related to the experience of Black British and North American people.

In this masterclass, Paul will reveal new insights into names and naming practices within North American enslaved societies, with a focus on Jamaica as a proxy for other parts of North America.

Date:- Wednesday, 25th October 2023

Time:- 6-7.30pm

Price:- Free

For more information, visit [Eventbrite](#).



Black History for Beginners | From the Ancients to the Present

Join renowned UK Black History Month speaker, Paul Crooks, in an enlightening online talk that will take you on a captivating journey through the untold stories of Black British and North American people. From ancient civilizations to modern struggles for equality, Paul will uncover the hidden gems of Black history, highlighting key topics and events that have shaped our world.

Date:- Saturday, 14th October 2023

Time:- 2-4pm

Price:- Free on Eventbrite

For more information, visit [Eventbrite](#).



In support of the Afro-Caribbean home educated children's workshop initiative, join The "I Am Going Far with Miles PR C.I.C" for a fundraising dinner dance launch party which will feature seven Windrush generation reggae artists and motivational speakers, Jamaican fine dining, a fashion show auction, and prize draw raffles.

Date:- Friday 20th October 2023

Time:- 7pm until late

Venue:- The Nia Centre Playhouse Theatre, Hulme, M15 5UP

Price:- Tickets available on:www.iamgoingfar.com



Canvas n Cocktails presents Black History Month

Join us for another beautiful evening of Canvas n Cocktails. Our artists will guide you through the process of sketching, blending colours, and creating a captivating painting celebrating Black History Month.

Treat yourself to bottomless Prosecco or bottomless cocktails* during the event.

Date:- 12th October 2023

Time:- 7-9.30pm

Venue:- Floor 1, Trafford Centre 141 The Orient Manchester M17 8EH

Price:- £33.22



Black History month 2023

Join Inspirational Women to Action CIC for a Black History Month event full of live music, laughter and dancing.

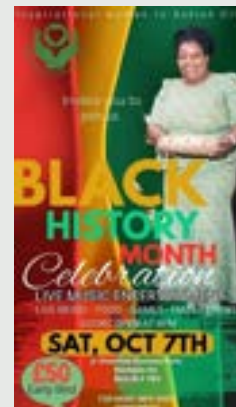
Date:- Saturday 7th October 2023

Time:- 4-11.30pm

Venue:- Village Hotel Bury, Rochdale Road, Bury, UK

Price:- £50

For more information, visit Eventbrite.



Living History performance: No Bed of Roses

Celebrate Black History Month 2023 and watch history come to life in an immersive reconstruction of the past. Meet Gabrielle in the galleries this October half term, and help with her life changing decision to move from the Caribbean to Manchester in the 1950s.

Family Friendly event, suitable for 7+ (under 18s must have an accompanying adult).

Date:- Saturday, 28th October 2023

Time:- 2-3pm

Venue:- Left Bank Spinningfields Manchester M3 3ER

Price:- Free



Empowered to Lead Conference 2023

In celebration of Black History Month, this conference is for Black female professionals and Allies dedicated to advancing Black women into senior leadership roles.

The conference will include a mixture of plenary and master-class sessions, exploring how we can maximise opportunity and be empowered to lead in our communities and workplaces

There will be plenty of opportunities for you to network with colleagues, sponsors and speakers.

Date:- Saturday, 28th October 2023

Time:- 9-4.30pm

Venue:- The Stoller Hall, Hunts Bank Manchester M3 1DA

Price:- 50-£650



National BHM Events

Sept/Oct 2023 Directory

Celebrate Black History Month at Natwest

Under this year's theme of Celebrating Our Sisters, Natwest Bank will be highlighting the crucial role that black women have played in inspiring change in celebration of Black History Month.

Join us to hear inspiring stories from black women in business to highlight the crucial role that black women have played in shaping history, inspiring change, and building communities



Date:- Monday, 23rd October 2023

Time:- 3-5pm

Venue:- 250 Bishopsgate London E1 6AA

Price:- Free

BLACK HISTORY MONTH: Wellbeing Workshops with Club Kombat

Join us for an exciting event celebrating Black History Month! Club Kombat is hosting a series of Wellbeing Workshops to promote mental and physical health in the Black community.

Date:- Wednesday Oct 11th, 18th, 25th 2023

Time:- 6-7pm

Venue:- Revolution Plymouth , Unit 1 Plymouth PL1 2SW

VIRTUAL Black History Children Workshop: Queen Nzinga

Make History come to life with these Sankofa Sunday 'Ancient African Kingdoms: From Pharaohs to Empires' children workshops led by Charmaine Simpson of Black History Studies.

This workshop aims to shed light on Queen Nzinga's remarkable leadership and highlight the rich cultural heritage of the Kingdom of Kongo.

Date:- October 1, 2023

Time:- 12:00 pm - 1:30 pm

Location:- Online

Price:- Tickets for this workshop cost £6.00

To book follow

https://us02web.zoom.us/webinar/register/WN_GldoXDLHQaGyrviz2ufbLw

Black History Month 2023: Colchester Area Study Day with Chine McDonald

This year's Colchester Area Study Day is one of the events in the diocese marking Black History Month 2023. This event is part of a series exploring the relationship between climate justice and racial justice.



Date:- Tuesday, 10th October 2023

Time:- 10-3pm

Venue:- Colchester City Centre - St Botolph's Church, St Botolph's Street, Colchester, CO2 7EE

For more information, visit Eventbrite.

Black History Month 2023 Launch

Through the lens of heritage, we embrace the cultural legacies that have shaped black communities around the world. Join us for our Black History Month Launch event on Thursday 28th September 2023 our theme this year is Heritage.



Date:- Thursday, 28th September 2023

Time:- 11-2pm

Venue:- Saint Mary's Fire Station, 122 Brinton's Road Southampton SO14 0DB

For more information, visit Eventbrite.

Nigerian Independence Cultural Night & Black History Month Celebration

This event commemorates the day Nigeria broke free from British colonial rule on the 1st of October 1960 and the momentous occasion to recognise and celebrate the invaluable contributions of black people to the multicultural fabric of the United Kingdom.

The event will feature live music by Dj's, live performances by artistes, Cultural dance, Art and crafts showcase, poetry, traditional games, African food and fashion show.

Date:- Sunday, 1st October 2023

Time:- 6-10.30pm

Venue:- Bolney Meadow Community Centre, 31 Bolney Street London SW8 1EZ

Price:- Free

For more information, visit Eventbrite.

Black History Month Annual Lecture

Join us in the Hub at Kellogg College for our third annual Black History Month lecture to be given by Simukai Chigudu, title "When Will We Be Free? Scenes from a Historical Memoir on Colonialism and Freedom".



Date:- Tuesday, 10 Oct 2023

Time:- 5.30 - 6.45pm

Venue:- Kellogg College, 60-62 Banbury Road Kellogg Hub Oxford OX2 6PN

Black History Month Pop-Up Market

Book your free ticket to this special market to receive updates about businesses that will be selling goods and much more!

Date:- Saturday, 21st October 2023

Time:- 10-6pm

Venue:- Leytonstone Library, 6 Church Lane London E11 1HQ

Black Culture Market - Black History Month

Join us for an inspiring showcase of carefully selected black businesses this Sept/Oct celebrating Black History Month. This is an indoor, face-to-face autumn market that supports emerging entrepreneurs & new black businesses of African & Caribbean descent with retail opportunities.

Date:- 30th September 2023

Time:- 11am

Venue:- Downstairs at The Department Store, 248 Ferndale Road Brixton London SW9 8FR

Celebrating Black History Month Pop Up Market in West Norwood

We mark 75 years of Windrush in Lambeth as we celebrate and continue to empower and support black businesses across the globe. In celebration of Black History Month we want to, empower, support and inspire Black Businesses around the globe of African and Caribbean descent to sell their creativity, talent and resources to a captive audience.

Date:- Saturday 14th October 2023

Time:- 11-6pm

Venue:- West Norwood Picturehouse, 6-7 Norwood High Street London SE27 0HY

The Alkebulan Festival - Black History Month Craft/Music/Food

A celebration of History, Culture and Creativity of African origin. Stalls, Music, Food and more! talent and resources to a captive audience.

Date:- Sunday, 29th October 2023

Time:- 11-4pm

Venue:- Sun Hotel, Sun Street Hitchin SG5 1AF

Da Poetry Jam - Black History Month Special

Join us for an unforgettable evening of spoken word and poetry at our Da Poetry Jam - Black History Month Special event! Celebrating the richness and diversity of Black culture, this in-person event promises to be a captivating experience.

Date:- Thursday 12th October 2023

Time:- 7-10.30pm

Venue:- Kindred, Queen Caroline Street London W6 9BW

Price:- £11.55

For more information, visit Eventbrite.

Black History Month - Wembley Celebration Day

Join us as we promote and celebrate Black contributions to society, and foster an understanding of Black history in Art, Fashion, Music, Dance and more!

We will have powerful performances and displays from emerging artists in the local community.

Date:- Saturday, 14th October 2023

Time:- 4-7pm

Venue:- The Yellow, 1 Humphry Repton Lane Wembley Park HA9 0GL

Price:- £2

For more information, visit Eventbrite

Black History Month: Leaning into the Meta-Physics of Liberation

This Black History Month event will take on a long-discussed topic in the Black and Afrocentric movements across the world: the challenged idea and risks of leadership. The panel will explore different contexts in which Black people have made expressions of change and strategic collective work towards anti- and de-colonial liberations.

Date:- Friday, 27th October 2023

Time:- 6-7.30pm

Venue:- Inspace, 1 Crichton Street Edinburgh EH8 9LE

For more information, visit Eventbrite

Family & Advocacy Support Sessions



Date: Every 2nd Wednesday of the month
Time: 18:00hrs – 19:00hrs

A culturally appropriate informational session:

On a variety of family issues.

To support & advocate for children, adults, & families.

With family service experts and/or individuals with lived experience.

Question & Answer Session

To access the session please scan the QR code below.



Contact us on **07710 022382**
advocacy@cahn.org.uk | www.cahn.org.uk

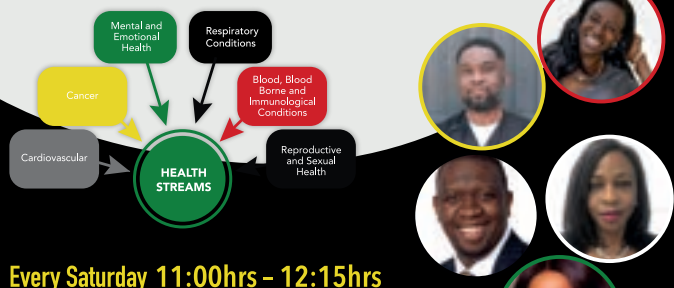
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Health Hours for You!

Join us each week for our CATHIP Health Hours with medical practitioners

- Talks on health conditions and wellbeing
- Opportunities to ask questions to medical professionals
- Lived experience stories
- Information tailored to the Black population

There is something for everyone each week whether you are a community member, health professional, student or an individual working in settings that provide care or support to Black people.



Every Saturday 11:00hrs – 12:15hrs

Join us via Zoom:
<https://us02web.zoom.us/j/84516756373>
Meeting ID:
845 1675 6373
One tap mobile:
+442034815240, 84516756373#



#CATHIP #HealthHour

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Health Hour is part of CATHIP which is funded by



Victims' Voice Panel: Empowering Survivors, Creating Change

Manchester City Council wants to know the untold stories and real experiences of survivors! Welcome to CAHN's Victims' Voice Panel, where survivors of domestic violence and sexual abuse, along with dedicated professionals, come together each month to transform the support system for victims/survivors in our city.

Engaging in Powerful Conversations

A Safe Haven for Dialogue

Networking with individuals and organisations of diverse backgrounds

Visit our website: www.cahn.org.uk
Confidential helpline: **07710 022382** email: dvsa@cahn.org.uk

#VictimsVoicePanel #CAHNdvsa

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DOMESTIC VIOLENCE & SEXUAL ABUSE SERVICE

#YouCAHNbesafe

A culturally appropriate approach in advocating for victims and survivors of domestic violence and sexual abuse.

We are here to support you with:

Practical Support | Befriending | Counselling

Making a silent 999 call

Dial 999 from a mobile device, then press 55 and make a sound. You will be transferred to the police.

Domestic abuse can also be: Psychological, Emotional and Economic

We will also signpost you to appropriate services if required, whilst providing ongoing support.

#WeCAHNhelp

Call our confidential Helpline 07710 022382

This service is available 8am – 10pm, 7 days a week.



For Referrals: <https://portal.cahn.org.uk/dsvsupport>
For further information emails us at: dvsa@cahn.org.uk

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Join us for this years Black History Month Awards and Fundraising gala.
This event provides you with an opportunity to enjoy a night of celebration, entertainment. There will be auctions, raffle prizes, or travel in a limousine to the gala in style, To enter the raffle for the limousine, purchase your table of 10 before the 14th October.

All tables of 10 will be entered.



ANNUAL AWARDS & BLACK HISTORY MONTH

Fundraising Gala 2023

Improving Health for Black people

Join us on:
Saturday 28th October 2023 | 18.00 - late

Price £80.00 Children £45.00 Over 65's £65.00 Table of 10 750.00

3 Course Meal | Prestigious Awards Ceremony
Fundraising for Improved Black Health | Auction & Raffles | Live Band | Dance Floor

Lancashire Cricket Club: The Point, Talbot Road, Manchester, M16 0PX
To Book - <https://portal.cahn.org.uk/gala2023> - Formal dress



Compères: **Sonia Joy** - International MC, Presenter - **Mike Shaft** - Radio Broadcaster & DJ

Gala Nominations

We need your nominations before the 2nd October. Who is that individual you want to acknowledge, what about an organisation that has done some great work to support improvement for Black people. Please nominate them and allow them an opportunity to be celebrated.

Thank you for attending the launch event, we hope you had a good evening!

Black History Month

Gala Awards Nominations

Nominations are
now open for this year's Awards

All nominations must reflect work undertaken to improve
the health and wellbeing of
Black Caribbean & African People/communities.

Nominate your group or individual from the categories below.

Public Sector - Voluntary Community Sector Enterprise (VCSE) collaborations

Private Sector - VSCE Collaborations

University - VCSE Collaborations & Partnerships

Anti-Racist Initiative

Health Equity Campaign

Volunteer of the Year

Student of the Year

Unsung Hero

Leadership & Empowerment

Young Person of the Year (16-25)

Young Persons organisation

Inclusion & Diversity Team

Lifetime Achievement Award



Click the link below or scan the QR code for further information
and to submit your nomination.

<https://portal.cahn.org.uk/galanomination>

Video entries accepted and should be uploaded to events@cahn.org.uk



All entries to be received by 1st October 2023



For further information contact:
info@cahn.org.uk | www.cahn.org.uk

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