



CAHN
Caribbean & African Health Network



Africa Day 2025

Accelerating Business Growth & Technology

Celebrating 80 Years of 5th Pan-African Congress in Manchester

Thursday 22nd May | 10:00hrs - 15:00hrs

University of Greater Manchester | The Chancellor's Mall
| Building 10 | University Way | Bolton, BL3 5AB

An event delivered by the Caribbean & African Health Network
In collaboration with the University of Greater Manchester





Message from the Chair of CAHN

We are delighted to welcome you to Africa Day 2025, a celebration of African heritage and a powerful reminder of how business and technology can bring health, hope, and opportunity to communities here in Greater Manchester.

This year marks a historic milestone: 80 years since the 5th Pan African Congress was held in Greater Manchester and this has long been a source of strength and pride, improving mental wellbeing by affirming identity, building solidarity, and challenging injustice. That pivotal gathering sparked a global movement for African unity, self-determination, and liberation just a few miles from where I was born. Today, we honour that legacy not only by remembering the past but by advancing the wellbeing of Black African communities through innovation and collective action.

Our theme, "Accelerating Business Growth and Technology," isn't just about economics—it's about improving lives. Across Africa and the diaspora, technology is helping people access better healthcare, detect health issues earlier, and take control of their wellbeing. Right here in Greater Manchester, Caribbean and African entrepreneurs are leading the way building businesses, creating jobs, and contributing millions to the local economy.

At CAHN, we know that economic empowerment and health equity go hand in hand. Thriving businesses could reduce poverty, create opportunity, and improve access to healthcare. And digital tools are helping us tackle public health challenges from chronic illness to crisis response.

We are proud to host this year's event at the University of Greater Manchester, a valued partner in our mission. The partnership between academia and community is key to unlocking the full potential of the Caribbean and African diaspora.

Today, we are surrounded by inspiring entrepreneurs and changemakers. Many of you are showcasing your businesses, while others are just beginning your journey into tech, health, and enterprise. You will hear from speakers who have turned bold ideas into real impact building ventures that serve communities and solve real-world problems. We hope that their stories inspire you to take action, collaborate, innovate, and lead.

I encourage you to fully engage in today's discussions, workshops, and cultural celebrations. Let's honour the legacy of Pan Africanism by building a future where innovation, health, and prosperity are shared by all.

Thank you to our organisers, speakers, partners, performers, stallholders, attendees, and everyone who made this event possible.

Professor Faye Ruddock DL
Chair, Caribbean & African Health Network (CAHN)



Message from the Chief Executive of CAHN

When I arrived in the UK, I brought with me the values and principles of my Ghanaian heritage that continue to guide me today. As we celebrate Africa Day 2025, I'm proud of how far we have come building on the resilience of our forebearers, and I am excited about the future we are building together.

Africa Day is more than a celebration. It's a call to action; it is a reminder of our shared heritage and our responsibility to shape a better future in the diaspora and in Africa. This year's theme, "Accelerating Business Growth and Technology," reflects the power of innovation to transform lives, create opportunity, and improve health outcomes across our communities.

We are especially proud to mark 80th Anniversary since the 5th Pan-African Congress, held right here in Greater Manchester and for me, it is a city that continues to lead with purpose. The congress led to my motherland Ghana gaining independence from British rule on 6th March 1957. I would like to take the opportunity to thank Greater Manchester Combined Authority (GMCA) and Mayor Andy Burnham for their continued support; and for inspiring us to focus on diaspora-Africa relations, which speaks directly to the strengths and opportunities in our community.

At CAHN, we know that health and prosperity go hand in hand. That is why we are committed to building partnerships with businesses, institutions, and individuals that drive change and deliver real sustainable impact. We are open for collaboration, and we believe in creating reciprocal relationships that benefit everyone involved.

We also run a wide range of programmes and initiatives focused on health equity, leadership, and community empowerment. I especially urge all attendees particularly Black women to engage with the All-Party Parliamentary Group (APPG) Call for Evidence on Uterine Fibroids, a vital step in addressing long-standing health inequalities. You can find the link via the QR code at the back of this booklet.

Whether you are here to showcase your business, connect with others, or be inspired by our speakers, today is about building together. Let us translate our cultural pride into economic power and innovation, our resilience into improved wellbeing.

Thank you once again to the University of Greater Manchester and our Patron Professor George Holmes for hosting us again this year, and for being part of this journey.

Enjoy Africa Day 2025!

Charles Kwaku-Odoi DL
Chief Executive
Caribbean & African Health Network (CAHN)

The Caribbean & African Health Network (CAHN) is a Black-led organisation set up to address health inequalities affecting people of Caribbean and African descent in the UK. Working with community groups, faith networks and cross-sector organisations, CAHN leads on strategic engagement to ensure that the voices and experiences of Black people are placed at the heart of public policy and practice.

To end health inequalities and wider disparities for Caribbean and African people in a generation.

How to Get Involved

Make a Donation

Every contribution makes a difference, no matter the size. Your generous support enables us to continue our important work and create meaningful impact in the communities we serve.

Become a Volunteer

We're actively seeking dedicated individuals from various backgrounds:

- Midwives and nurses with healthcare expertise
- Professionals from all fields to support our events and health initiatives
- Community members passionate about our cause

To join our volunteer team, please contact: volunteering@cahn.org.uk

Together, we can make a difference.



Scan here to donate



ABOUT THE UNIVERSITY OF GREATER MANCHESTER



The University of Greater Manchester, previously known as the University of Bolton, is committed to helping students reach their full potential while fostering the development of essential life skills. With a student population of approximately 11,000, the university offers a modern and intimate campus environment. Its small teaching groups across various courses ensure that students are seen not just as a number, but as an individual.

The University of Greater Manchester has been voted No.1 in the North West for Student Satisfaction since 2019 (Complete University Guide, 2019-2023).

In 2025, the University of Greater Manchester has received recognition for its teaching quality and student experience. It is ranked 30th by The Guardian, breaking into the top 30 for the second year in a row. The university also holds the highest ranking among modern universities in the North West, according to The Guardian's guide.

About Professor George E. Holmes

Patron of CAHN and President & Chancellor of the University of Greater Manchester

When appointed to the post of Vice-Chancellor and Chief Executive of University of Greater Manchester in 2005, Professor George Holmes 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 Education, a Masters in Business Administration and a BSc in Economics.



Since 2015, Professor Holmes has served as a Deputy Lieutenant for the county of Greater Manchester, having been appointed first by Her Majesty Queen Elizabeth II's Lord-Lieutenant.

Professor Holmes also acts as a Patron of CAHN. Upon his appointment to this role, he said: "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."



Speakers Profiles

Adedeji Awolesi

Senior SRE Engineer at SS&C Blue Prism and Microsoft MVP in Azure with 12+ years in IT. Specializes in DevOps, FinOps, and consultancy for small businesses adopting technology. Runs his own consultancy focusing on training, security, strategy, and cost optimization. Public speaker and blogger.



Alex Onalaja

Multi-award-winning entrepreneur, author, and AI digital marketing consultant with extensive experience helping businesses leverage digital strategies for growth and market expansion.



Bernard Idowu

Brings 10+ years experience helping businesses navigate challenges and 3 years in social sector funding. As a trustee for a Manchester-based Irish community charity, he specializes in making funding accessible by breaking down barriers and simplifying processes for impact-driven organizations.



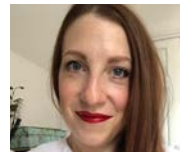
Chris Manka

Seasoned business advisor with extensive background in food and drink, clothing, and textile sectors. Supports Greater Manchester businesses to improve productivity and efficiency while championing international market expansion to boost growth and competitiveness.



Grace Yates

Brand Manager at Beaverbrooks with 15 years of brand and campaign management experience across fashion and retail sectors. Holds a first-class degree in International Fashion Marketing and recently completed a Mini MBA in Brand Management.



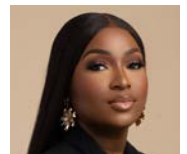
Hikmat Adamu

Quality assurance leader and entrepreneur with 10+ years in pharma, manufacturing, and events. Founder of HiQMA Consultancy and Uneeq Kreations. Leads the Children's Gala while championing excellence and innovation across her multiple ventures.



Lola Raji

Tech professional, business coach, and consultant who has helped thousands transition into high-income roles and launch profitable businesses. Former consultant for BT and Accenture, now leads NabelTech and Female Bloom to empower career growth and success.



Lucky Oworode Idike Jr

CEO of Afro Flavour with 25+ years in strategy and finance. Champions African cuisine globally through the Afro Flavour Food Festival while supporting food entrepreneurs. Active in philanthropy and culinary innovation to elevate African food culture worldwide.



Mercy Olaigbe

Founder and CEO of CakesForAll, transformed from software tester to leading cake designer. With 5+ years in sugarcraft, she teaches and mentors bakers globally through classes and digital tutorials, helping professionals elevate their skills and build profitable businesses.



Samuel Ubanatu

Data engineer at NHSBSA with dual master's degrees and doctoral research in AI ethics. Combines expertise in technology, healthcare, and community impact through inclusive leadership initiatives and tech-driven health solutions aligned with CAHN's Africa Day vision.



EXHIBITORS & PERFORMERS DIRECTORY



Akinyemi Oludele

Professional visual artist showcasing original African-inspired artwork, prints, and commissions. Contact: onashile.artist@gmail.com



Glaucoma UK

National charity providing support, information, and resources for people affected by or at risk of glaucoma. Contact: p.holton@glaucoma.uk



Añuli African Troupe

Dynamic dance performers from the Caribbean African Student Society specializing in traditional and contemporary African dance forms. Contact: anuliafrica@gmail.com



Inspired Ripple Action CIC / Crown Arising Ltd

Publishing inspirational books with social impact objectives. Contact: Lubanzu.ssbs@yahoo.co.uk



Black History Books UK

Curated selection of books celebrating Black history, culture, and achievements with focus on educational resources. Contact: blackhistorybooks1@gmail.com



Joolzery

Eco-conscious brand offering handcrafted jewellery and accessories made from recycled copper. Contact: info@joolzery.co.uk



Clean & Natural

Specialist provider of natural health and wellbeing products, featuring organic and ethically-sourced ingredients. Contact: Info@cleanandnatural.co.uk



Kennys Global Links

International retailer specializing in culturally-inspired clothing and handcrafted jewelry. Contact: info@kennysgloballinks.com



Consciousprints

Independent publisher and seller of consciousness-raising books and printed materials. Contact: consciousprints@gmail.com



Ladies Attire

Specialist in authentic African clothing, featuring handmade garments with traditional patterns and designs. Contact: jummai.afolabi@gmail.com



Dabby Bankz

Contemporary fashion designer creating unique clothing combining African heritage with modern aesthetics. Contact: info@dabbybankz.com | Website: <https://dabbybankz.com/>



Madook

Sustainable jewelry brand creating eco-friendly accessories with ethical sourcing and production practices. Contact: madookstore@gmail.com



Mp Namatchoua

Talented musical artist performing original compositions influenced by African rhythms and contemporary sounds.



Tangerine

A project by the University of Bournemouth aimed at promoting healthy aging among ethnic minorities through culturally relevant food initiatives.
Contact: research@cahn.org.uk



MyGreen GENE

Organisation dedicated to celebrating and promoting Nigerian heritage and achievements through educational resources.
Contact: mails@mygreengene.org



The Gracifix Designer

Creator of designer and Christian-themed clothing with inspirational messaging and unique designs.
Contact: thegracifixdesigner@gmail.com



Oma's_touch Aesthetics

Professional skincare treatments and therapeutic massage services focused on holistic wellbeing.
Contact: Omas_touch@yahoo.com



Touched by an Angel by Val Ltd

Artisan creator of inspirational framed prints, greeting cards, and commemorative gifts.
touchedbyanangelbyval@gmail.com



RoseyWorld

Specialist in hair products and styling with emphasis on natural hair care solutions.
Contact: info@roseyworld.co.uk



Home Office

Windrush Engagement Team, Home Office

Official representatives providing information and support for the Windrush Compensation Scheme.
WindrushStakeholderCommunicationsAndEngagement@homeoffice.gov.uk



Event Agenda

Time	Activity	Lead
10:00am	Doors Open & Registration / Networking / Stall Visit	
10:35am	Interactive Cultural Exchange: African Language Greetings	Erin Ohemeng
	Welcome Address of Africa Day	Natacha Pires
	Opening Reflection: Legacy of the 5th Pan-Africa Congress	Greater Manchester Combined Authority
	Welcome Address and Speech: What Investors Look for in a Pitch	High Sheriff Mr. Martin Ainscough CBE DL
	Talk: Catalysing Growth in African Cuisine Entrepreneurship in the UK	Lucky Ohworode Idike Jr (CEO – Afro Flavour)
11:15am	Panel Discussion: From Passion to Enterprise: Growing African Cultural Businesses	Host: Sandy Koujou Panelists: Hikmat Adamu, Mercy Olaigbe, Lucky Ohworode Idike Jr
	Talk: Supporting Businesses Across Greater Manchester: How the Growth Company Can Help You on Your Journey	Chris Manka (Growth Company Senior Business Advisor, Manufacturing, Supply Chain and International Specialist)
	Fashion Show: AfriFusion 2025 Collection Unveiling – A Trans-Seasonal Celebration of African Fashion	Dabby Bankz
	Keynote Speech: King's Award for Enterprise	Bernard Idowu (Projects and Finance Lead, Department of Business and Trade)
	Talk: The Role of Brand in Business Growth	Grace Yates (Brand Manager for The Beaverbrooks Group)
	Panel Discussion: Accelerating Business Growth – Strategies and Tools to Enhance Business Scalability	Host: Sandy Koujou Panelists: Lola Raji, Nweike Onwuyali, Alex Onalaja
12.35am	BREAK & NETWORKING	
1:30pm	Talk: Digital Dialogue with Samuel: AI for African Business Growth	Host: Hyelni Speaker: Samuel Ubanatu (Data Engineer & AI Advisory Member, NHS Business Services Authority)
	Talk: Crafting a Business Package That Sells	Cody Gapare (Founder, C-Lash)
	Artistic Performance: Drumming	Mp Namatchoua
2:10pm	Workshops: 1. Strategically Positioning Your Business to Attract Investors 2. Accessing Social Funding and Support for Community-driven Enterprises	1. Codila Gapare 2. Brendan Hagerty (NatWest Social & Community Capital)
	Artistic Performance: Cultural Dance	Añuli African Troupe
	Spotlight	Dabby Bankz, Ayo Akanji, Tee Conscious
2:55pm	CLOSING REMARKS	

UPCOMING EVENTS

Windrush Day 2025

Celebrate Windrush Day: Register Now for a Day of Culture and Fun

A Tapestry of Cultures – Roots and Routes across the Caribbean to Greater Manchester on Saturday 21st June. This vibrant event celebrates the incredible contributions of the Windrush generation and their legacy.

Event Highlights: Live DJ & Music | Delicious Caribbean food stalls | Face painting & bouncy castle for the kids | Football match | Live cultural performances | Arts stalls & more!

Event details: Saturday 21st June | 12:00pm–6:00pm

Location: Alexandra Park, M16 7JL

Contact: windrushday@cahn.org.uk

Register now and secure your free place.



FREE ENTRY



Black Healthcare Awards 2025

Celebrate Excellence in Healthcare: Purchase Tickets Today!

Join us on Saturday, 12th July 2024, as we spotlight the brilliance of Black professionals in health and care. This black-tie evening will feature a three-course meal, live entertainment, and a live band. It's more than just an awards ceremony – it's an opportunity to connect with leaders in healthcare, politics, and social justice.

Date: Saturday, 12th July 2024 | 6:00pm to Midnight

Location: Park Plaza Westminster Bridge, London

Contact: blackhealthcareawards@cahn.org.uk

Limited tickets available [here](#)



APPG on Black Health Call for Evidence: Reproductive Equity & Fibroids Crisis

The APPG on Black Health aims to raise awareness of health inequalities affecting Black Caribbean and African communities in the UK and advocate for change.

Following the inaugural meeting on 14th May 2025, which focused on "Reproductive Equity and the Fibroids Crisis" we're calling for your input. Uterine fibroids disproportionately affect Black women—up to 80% experience this condition, often with more severe symptoms. Despite its prevalence, this issue remains under addressed.

Why Your Input Matters ? Your experiences are key to closing the research gap and shaping policy and healthcare practices. Please take 10 minutes to complete our survey.

Participate on the survey by scanning the QR code.

Contact: enquiries@appgblackhealth.uk





CAHN, along with the University of Greater Manchester, expresses our gratitude to all who made this event possible.

Special thanks to our speakers, stallholders, volunteers, and staff for their time and support.

We also acknowledge the contributions and collective power of the African diaspora in Greater Manchester.

Thank you.

www.cahn.org.uk

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