



THE BIKO



Message From The CarAf Centre

Autumn 2010

The CarAf Centre Celebrating 30 years of Raising Achievement 1980 - 2010

It is definitely getting colder and that must mean that we've entered the autumn season, with winter following swiftly behind. But that's not necessarily bad news just check out what we have in store for you!!!

We have been very busy this quarter with the planning of a special event to mark our 30th Anniversary on Friday 12th November 2010, from 7pm. We will be highlighting our success and achievements over the years with an Edutainment Gala, please see details below. We hope you will come and celebrate with us, as well as learn about our difficulties, successes and achievements over the years. All of which will be extremely helpful if you work in education or if you are a parent. Our Edutainment Gala promises to be an evening of inspiration, with positive live entertainment to provoke thought and stimulate your minds, make sure you don't miss it! See below for further details...

We are also holding our annual 'International Black Day' (IBD) event as part of Black History Month. IBD will be taking place on Saturday 23rd October from 2pm. This year we will be showing a film screening of 'A White Man's Burden'. We have the renowned Amani Naphtali to lead a lively discussion afterwards, and of course we'll have a delightful selection of cultural dishes for all to enjoy.

We hope you will join us at one or both of our events. Until then, don't forget that we continue to provide a range of relevant support and advice to children and families, details of our services are listed at the end of this newsletter, to find out more, call us on 020 7284 0030.

Remember comments and contributions to the newsletter are also welcomed, please email us at: thebikocaraf@hotmail.com

Words of Wisdom: "You can't make someone else's choices. You shouldn't let someone else make yours."

CarAf Upcoming Events

<p>Haverstock Carnival Parade Sunday 31st October 2010 1.30pm - 3pm Location: Malden road</p>	<p>Mandela school children are participating in percussion and drumming in a parade down Malden Road. This is an annual Haverstock Carnival event that brings the community together.</p>
<p>International Black Day Saturday 23rd November 2010 2pm – 5pm Venue: The CarAf Centre</p>	<p>'A White Man's Burden' Film screening & discussion. Discussion led by Amani Naphtali –a renowned dramatist, writer, director and filmmaker. Cultural traditional refreshments provided. Free entrance, All Welcome!</p>
<p>Training Workshop Saturday 6th November 2010 10.15am -11.45am Venue: The CarAf Centre</p>	<p>Promoting Positive Behaviour For Children: Workshop will highlight positive strategies to support children's behaviour.</p>

Mandela School Parents Meeting

Saturday 6th November 2010
12pm-1pm
Venue: The CarAf Centre

This meeting is for parents of children in Mandela School to discuss matters relating to the Mandela School and the pupils education and learning progress.

Book Review Club – Primary Pupils

Saturday 20th November 2010
1.30pm – 2.45pm
Venue: The CarAf Centre

For all primary school children age 7 – 11. Reading club will meet monthly. Participants will review books and contribute to discussion.

The CarAf Centre's 30th Anniversary Event – Friday 12th November 2010

The CarAf Centre

Celebrating and Highlighting

our success in raising Achievement - Parent, School & Child
proudly presents

The CarAf Centres

30th Anniversary
Edutainment Gala

Friday 12th November 2010

The Camden Centre ~ Bidborough Street ~ London ~ WC1H 9AU

A gala packed with edutainment and inspiration in the company of like-minded professionals and parents

The CarAf Centre

Celebrating and Highlighting

our success in raising Achievement - Parent, School & Child
proudly presents

The CarAf Centres

30th Anniversary
Edutainment Gala

Friday 12th November 2010

Doors open ~ 6:30pm

Hosted by **GEOFF SCHUMANN**

The evening includes *A Luxury Three Course Meal* served at 8:00pm

Evening Address & Presentations Key speaker: Dr. William (Lez) Henry

Entertainment and Live PAs By Rich Clarke, OneNess & Others

After Party until 2:00am

The Camden Centre ~ Bidborough Street ~ London WC1H 9AU

DRESS CODE

Black Tie or Traditional

Tickets: £30.00



For information,
enquiries and tickets
call:

The CarAf Centre
020 7284 0030 ext.221

Supported by



LOTTERY FUNDED

Shian Housing Association Ltd

Don't forget to book your tickets, now to avoid disappointment.

Call The CarAf Centre on 020 7284 0030 ext: 221

Recruitment

Are You a Recently Qualified Therapist?

THE EMPOWERMENT SERVICE

is a COMMUNITY BASED INTERCULTURAL COUNSELLING SERVICE

For Young People and Adults

Developed out of partnership working with The Tavistock & Portman Trust

We are currently recruiting experienced or diploma qualified therapist's who are seeking an intercultural volunteer placement and want to specialise in relationships, family therapy, adult or young people.

You will receive:

- ◇ REGULAR CLINICAL SUPERVISION
 - ◇ EXPENSES RE-IMBURSED
 - ◇ ON GOING SUPPORT & TRAINING
 - ◇ GENEROUS LUNCH ALLOWANCE
- Subject to hours
- ◇ PROFESSIONAL INDEMNITY

To apply send your CV with a Covering Letter to:

**The Empowerment Service, The CarAf Centre
27-30 Cheriton, Queens Crescent, London NW5 4EZ**

The CarAf Centre's Fundraising Appeal – Your Help is Urgently Needed

The CarAf Centre relies heavily on raising funds to deliver the valuable and well used services in the community.

Not everyone understands or is sympathetic to the plight of young people and in particular Black and minority ethnic children failing to be adequately educated in our schools. Yet the impact of young people leaving school without qualifications can be devastating and lead into a lifetime struggle to be successful, which can often lead to young people resorting to petty crime and drugs as they try to make their way into adulthood. Our services help to:

- * Reduce school exclusions
- * Raise educational attainment
- * Improve special needs support strategies
- * Build self esteem & confidence
- * Strengthening Families
- * Empowering Parents

Help us to continue to support children in achieving their true potential by making a donation. Every penny counts and your support will make a difference.

Please make cheques payable to: The CarAf Centre and send to the Education Support Appeal, The CarAf Centre, 27-30 Cheriton, Queens Crescent, London NW5 4EZ

Special Feature: Career Choices - Part II

Should the black businesses and professionals in particular the black media take more responsibility in motivating and preparing our young children for a better future? Black businesses, professionals and the media have a substantial responsibility in influencing the future of our young children. This can be achieved via the development of strategic partnership with school career offices to promote motivational talks and guidance at school Assembly, Parents Open Days etc, aimed at career motivation. This link can also be extended to churches, penal institutions, youth clubs, supplementary schools and the libraries.

These bodies could also provide work experience for black students and coach them on career skills and talents development. The professionals can serve as mentors and role models.

If the black media continues to concentrate on sports and entertainment, it would have succeeded in no small measure in failing generations of black children.

Parents have a fundamental and crucial role in helping their children to choose careers beyond the usual stereotypical options that impact on their future lives. Parents can do this by supporting their children in school and ensure they have aspiration for higher education and learn what skills are, particularly those that are marketable and transferable. Prof. Otto in his award winning book, Helping Your Child Choose a Career, said that “the most important way parents can contribute to their children’s long term career is by providing them with good education and training- because the better their education and training, the better their employment prospects, and the better their jobs, the better their incomes. That is the way the social system works.”

I will suggest that all parents educated and uneducated “invite” positive role models into their homes by introducing their children to read autobiography of successful black career/academic professionals.

Black parents, professionals, teachers, career advisers and black media have collective responsibility to support, advise, encourage, motivate, challenge and channel the mindset of the young black children to aspire for realistic, sustainable and marketable career options, and thereby diminish their attraction towards sports and entertainment industries. **As a race of people let us remind ourselves that we are not put on this planet to entertain the world.**

The reality is that very few blacks become successful in the industries compared to many more young aspirants who end up heart broken, under spells of illusion and distant dreams. We need to promote the contributions of our ancestors in science, medicine, architecture, mathematics etc. and reinforce this in the mindsets of black children. It is part of our legacy and history, and fundamentally who we are.

The progress in the academic performance of African and Caribbean students in schools and colleges has been linked to greater parental participation and support in their children’s education. As African parents we should constantly remind ourselves why we are living in Europe or America. In doing that we also need to reflect on the type of privileged education most of us had and the unending support we had from families and friends. The entire community was interested in the education of each child. This is not the same within the western society.

I will therefore urge African parents and indeed all parents to support their children both in education and career prospects. Make it your duty to regularly take your children back to Africa to meet relatives and families and ensure that you introduce them to professional people back home. We have to build positive role model images for the young people so that they can counteract the negative images they are exposed to in the western media. Parents should always take the responsibility of being their children’s FIRST EDUCATORS before they get them to the class room.

Peter Okoye – CarAf Education Officer



What’s Going On...

Receptionist Administrator

We said our goodbyes to Vanessa Aikens last month as she left to pursue her dreams of becoming a teacher. Best of luck Vanessa!

The CarAf Centre welcomes Marianne Gardiner our new administrator. She has a sixth month’s contract with us and we hope she enjoys her time here. Marianne has considerable administrative experience to offer the CarAf centre and promises to bring a fresh and professional service to our reception area.

New Family Link Worker

We would also like to say a big warm welcome to Elodie De Souza our new Family Link Worker. Elodie will be responsible for the promotion and outreach of CarAf services in the community. So if you see her out and about waving the CarAf flag in the community, do make her feel welcome and smile or have a quick chat.

International Black Day: Film Screening: A WHITE MAN'S BURDEN

Saturday 23rd October 2010 2pm – 5pm

A thought provoking film that turns racism on its head!

Followed by Lively Discussion Chaired by AMANI NAPHTALI

A renowned dramatist, writer, director and filmmaker.

Refreshments provided, free entrance, all welcome!



Young Ambition Calendar 2011 – on sale now!



The Young Ambition Calendar 2011

The CarAf Centre is one of London's leading educational charities and we have again produced the 'Young Ambition Calendar' for 2011

A beautiful collection of new 2011 pictures with children portraying different careers. Each visual is supported by a career profile, with monthly inspirational quotes and a calendar depicting 12 months of memorable achievements in the history of African people worldwide.

The Young Ambition Calendar is a valuable resource that no family or school should be without.

The calendar is extremely good value with our 2005 price freeze of £6.99 plus £1.50 for postage and packaging. Order your copy today by sending full payment, payable to 'The CarAf Centre, 27-30 Cheriton, Queens Crescent, London NW5 4EZ, or emailing us at carafreception2@hotmail.co.uk

Did You Know...

- If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee.
- The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.
- We forget 80 percent of what we learn every day.
- There are more living organisms on the skin of a single human being than there are human beings on the surface of the earth.
- The strongest muscle in the body is the tongue.
- During your lifetime, you'll eat about 60,000 pounds of food. That's the weight of about 6 elephants.
- The longest living cells in the body are brain cells which can live an entire lifetime.
- Your nose and ears never stop growing.

On a Positive Note...

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful!

Buddha

CARAF CENTRE SERVICES	
Educational Advice:	Specialist Educational advice support and casework undertaken. E.g. Special needs; exclusions etc.
Parent Power Support Service:	Professional unbiased advice, support and strategies for parents whose children may be involved in crime violence or bullying.
Mandela Supplementary School:	Sat: Ages 4 - 10; Tues: ages 11-16. Increasing achievement levels with homework support.
Youth Project:	For ages 13 - 19. Set projects for young people to have fun whilst addressing issues that they face.
The Empowerment Service:	Confidential and individual counseling for young people and adults/parents; confidence building
Training Events & Workshops:	A range of training courses and workshops on a range of educational issues and parenting skills.
General:	General Advice and Information. Seasonal educational & cultural activities & events.

Mission Statement

To provide first class educational, social and cultural activities for African, Caribbean & African Caribbean Refugee & Asylum Seeker parents, young people and children in order to create an equal, caring, multi-cultural and meritocratic society.

If you have any articles or events you would like featured in **The Biko**, Please send it to:

The CarAf Centre
27-30 Cheriton, Queens Crescent, London NW5 4EZ

TEL: 020 7284 0030 FAX: 020 7284 0844

Email: thebikocaraf@hotmail.com

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