



THE BIKO



Message From The CarAf Centre

Summer 2011

It really is not the greatest summer, weather has been quite unpredictable and at time very cold. Despite this The CarAf Centre continues to deliver professional and supportive services in the community.

We hope you enjoy our summer edition of The Biko and reading about what we've been up to as well as our oncoming events. Our feature story Plan B, has some useful thoughts for consideration when making plans for future careers. We have also featured some creative writing from one of our Mandela School students. Please feel free to give us any comments or contributions for our newsletter, please email us at: admin@thecarafcentre.org.uk. We hope you have a great summer – despite the weather!

Words of Wisdom: Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, to all the people you can, as long as ever you can.
John Wesley

CarAf Upcoming Events

<p>Cisco Training Open Day Date: Thurs 4th August 2011 Time 10.30am – 12.30pm</p>	<p>The CarAf Centre will be running a Cisco Certified Networking Course in October. This open day will provide an opportunity to obtain further course information, ask questions and find out your suitability for the course. You will also have the opportunity to reserve your place. Places are limited, so come along to ensure you don't miss out! To book your place for the Open Day Log onto: www.clickonyx.info/ccent</p>
<p>Cisco IT Networking Course Date: Sat 1st October (5 weeks) Time: 2pm – 6pm Venue: the CarAf Centre</p>	<p>The CarAf Centre offers this Cisco Certified Entry Networking Technician (CCENT) Discovery curriculum, which provides the knowledge, understanding, and skills needed to configure a Local Area Network (LAN) using Cisco equipment. You'll gain hands-on experience of configuring networks during compulsory day workshops. When you've completed your first course you will be half-way towards the industry-standard CCENT certification examination. For further details; Log onto: www.clickonyx.info/ccent</p>
<p>Understanding Key Stages and Levels Date: 16th October 2011 Time: 10.30am - 12.00 noon Venue: The CarAf Centre</p>	<p>This training will provide information that will enable parents understand the meaning of Key stages and the levels children are expected to achieve during their school years from primary to secondary. The understanding of these terms will help parents to monitor the progress their children are making in line with the national curriculum. Free Entry, Places limited, please book to confirm your place on: 020 7284 0030 ext: 221</p>
<p>International Black Day Date: 22nd October 2011 Time: 2pm – 5pm Venue: The CarAf Centre</p>	<p>Come along and be inspired, educated and celebrate the progress, achievements and successes of African & Caribbean pioneers – that we do not hear enough about. Our annual International Black Day is part of the Black History Month events. This event is suitable for the whole family. Entrance is free with a cultural refreshments provided. Please book to confirm your place on: 020 7284 0030 ext: 221</p>
<p>Supporting and Promoting Good Behaviour Dates: 2nd & 9th November 2011 Time: 9am - 10.30am Venue: Kingsgate Primary school, Kingsgate Road NW6</p>	<p>This training will be for Kingsgate Primary School parents, and will focus on how parents can support children and school to adopt appropriate behavior. Inappropriate behavior undermines education and affects relationship between school and parents. Children should be encouraged to take responsibility for their behavior.</p>

The Guardian Angel

Once not upon a time, there was a boy named James, he was asleep in bed and someone was whispering in his ear saying "I am your Guardian Angel I have travelled across the world to find you, James." Then suddenly James woke up, nothing was there so James went back to sleep. And then again a whisper at the moment he jumped out of bed and he got his baseball bat by the window he had got it in his hands.

He turned the light on first then he started looking round his room searching for movement. So then he had thought it could be by his ear, so he went to the bathroom and looked in the mirror he could only see some dust that had fell out of his ear. So he went to his bedroom and jumped into bed then he said "I will solve this mystery before it is too late."

James slept the whole night. In the morning he got out of bed and tried to think what could have happened. Suddenly a thought jumped into James' mind. He whispered to himself "it's an Angel stuck in my ear because the whisper said "I am your guardian angel. I have travelled across the world to find you James." James had an idea how he could talk to the angel. "But what if the Angel doesn't speak English?" said James.

Then he heard his sister Amy listening to JLS eyes wide shut track 02 with Tinie Temper singing with JLS it was so loud the whole neighbourhood could hear the music. James couldn't solve the mystery with all the noise, so James asked his mum if he could go to his friends Capetoo's house, James mum answered yes. So James got all his investigating tools and carefully they were put in to his bag.

Then he set up and went to Capetoo's house, Capetoo's house was only across the road. So James opened the door and crossed the road, then as soon as he was about to knock on the door... The Door knocked by itself so then James knocked on the door by himself, there was no answer, so he went home and had a nap.

When James woke up it was time for dinner then James got out of bed and said "Angel get out of my ear" and the Angel flew out of James ear and said "I am Your Guardian Angel James. My Name is Botbucket" Botbucket? James Replied That's a weird name" "I know my mother named me that and in Angel language it means a bucket full of love." James and Botbucket became good friends and James was such good friends with Botbucket that he became an Angel himself, His Family were sad but knew it was for the best. So that is the end of the story, But what will happen next???

By Remy Chisholm, Aged 9 – Mandela School Student

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
- ◆PROFESIONAL 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**

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

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

Black and minority ethnic and disadvantaged children are more likely to fail or underachieve in schools. Yet the impact of young people leaving school with no 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

Annual General Meeting

The CarAf Centre held their Annual General Meeting on Saturday 16th April 2011.



The usual business of presenting the Annual Report and the Audited Accounts took place with the opportunity for members to ask the standing Board of Trustees any questions. We received 8 nominations to the board, all were accepted. The Trustees also surprised the Education Officer and The CarAf Centre Director by presenting them with a special award for the work and commitment in working in the community. Afterwards a lively discussion took place on ‘Will the Rising Cost of Education Prevent Achievement?’ followed by a hot buffet meal.

The Tshwane Declaration

On the 25th of May 2011 over 100 delegates from various countries in Africa, Asia, Europe and the Americas, met in Tshwane South Africa over three days (25-27th May 2011) to commemorate Africa Liberation Day and deliberate on Africa affairs and global issues hereby resolved the following Tshwane Declaration

The following Recommendations were made:

1. We strongly recommend that the Africa Liberation Day should be celebrated with both intellectual and popular education and other exhibitions so that Africans can engage with one another, network and build trust and spread the Pan-African logo and message to all sectors of societies by going deep into the places where younger generations live.
2. The start of this Africa Liberation Day and the conference should become an annual event and the current partnerships (e.g. AISA, NRF, TUT and other universities, DST etc) should be entrusted to plan ahead by starting now preparing for the second and subsequent annual Africa Liberation Days and conferences to disseminate widely into the communities and townships pan-African knowledge and unity.
3. May 25 every year has been recognised as Africa liberation day. Like the Black History Month, the whole of May must be dedicated by all the African states as Africa Liberation Month, turning the whole month for spreading pan-African education to find various ways of making Africans engage with other Africans a number one priority.
4. South Africa should play a leadership role in promoting the African Renaissance. Its African policy need to be clear and should be the leading advocate of Pan-African unity.
5. The African Institute of South Africa and partners should bring together a group of Pan-African thinkers to start work to revisit Pan-Africanism for our time by demonstrating how it can be implemented by all Africans in the 21st century.
6. TUT and AISA, with the support of the DST and the NRF should establish a suite of Research Chairs to be named for leading pan-Africanists. These chairs will encourage intra-African higher education teaching, training and research cooperative arrangements to foster Pan-Africanism in the 21st century.
7. Post graduate short courses and even master's degrees, doctoral and post doctoral research to create a Pan-African research area must be formed.



This Tshwane Declaration from South Africa should be communicated widely to reach all Africans and friends of Africa across the world. To see full details of the declaration go to: <http://www.nesglobal.org/symp125/>

“It is not focusing on who is right or wrong, but on what is right to remove the historic wrong that will help unite and restore the dignity of Africa.” Mammo Muchie (*Professor and director of the Research Centre on Development and International Political Economy, at Aalborg University, Denmark, and a South African national chair on innovation studies, at the Institute for Economic Research on Innovation, Tshwane University of Technology, Pretoria, South Africa*)

THE AMOS BURSARY

in association with Excell3

'Education is not a guarantee of great wealth or riches but is the guarantee against abject poverty'

The Amos Bursary are looking for boys of **Caribbean or African** descent in Year 13 who are interested in studying law in this academic year (September 2011).

Applicants for the award should be students who attend school in **London** and **not currently in higher education**. Students need to demonstrate how the financial assistance is needed. Students must be predicted '**A**' level results minimum **3B's**

To apply

Please complete the application form attached and submit it by email to: amosbursary@googlemail.com including a covering letter of why you feel you are the best applicant for the scholarship (maximum 500 words) also confirming you are applying for the Amos Bursary BPP Scholarship to attend BPP University.

Other documents to be emailed and submitted at the same time are:

- A copy of your personal statement used for UCAS application
- A letter from your Head Teacher or Head of year confirming that you are a suitable candidate
- Proof of predicted grades

For more information on the Amos Bursary go to www.amosbursary.org.uk
For general enquiries about the award email: amosbursary@googlemail.com
or call **07930 549038**

National Black Supplementary Schools Week: 21st – 27th August 2011

NABSS – The National Association of Black Supplementary Schools will be holding its second annual National Black Supplementary Schools Week.

The whole week is dedicated to promoting, highlighting and celebrating the fantastic work and achievements of the Black supplementary Schools movement up and down Britain.

Supplementary Schools up and down the country will be participating with events and activities to raise awareness of the effective work of supplementary school.

Look out for the Mandela Supplementary School who will be: promoting the school in Queens Crescent Market, NW5 on Thursday 25th & Saturday 27th August 2011 as part of National Black Supplementary Schools Week!

What's Going On...

The CarAf Centre has been working collaboratively with a group of Teachers and Business Professionals in Brent and have submitted a proposal to DFES on 1st June 2011 with the hope of setting up the Ma'at School of Excellence in the Borough of Brent by September 2012 in Brent, south of the borough.

The Ma'at School of Excellence will not be a private school; it is a community school open to all members of Brent's richly diverse community to attend. This community school will be set up to address the underachievement of young people in the borough. The link between underachievement, school exclusions, anti-social behaviour and crime has been well researched and established. The Ma'at School of Excellence will deliver a holistic and nurturing environment to keep young people engaged in learning and achieve to become productive citizens. This is one of our unique strategies in addressing underachievement and crime in the borough.

The Facts in Brent:

Educational Attainment

Only 30% of Brent schools can claim that at least 70% of their students achieve 5 GCSE's grades between A-C, with half of those schools being independent schools.

Youth Crime

In 2007/8, 47% of the first time entrants to the criminal justice system in Brent came from Black Caribbean and Black African heritage groups. Fifteen percent were from White heritage groups, and 12% were of Asian descent. Using Youth Justice Board ethnicity classifications, the remaining 26% of first time entrants were from 'mixed', or 'Chinese other' backgrounds. Source: Brent Council 2009

Exclusion from school has been revealed as one of the most significant factors in young people turning to crime, says the Chair of Penology in the School of Law at the University of Edinburgh, Professor Lesley McAra - one of UK's top criminologists.

Prof Lesley McAra says: "Our research shows that inclusion in education is one of the keys to keeping young people away from offending. Persistent offending is also strongly linked to victimisation and social adversity. That is why structured criminal justice interventions should be a last resort. It is time we stopped criminalising children and started looking at interventions through an educational lens." 2009 @ NACRO conference Re: The Edinburgh Study

Employability

In February 2011 the Department of Education confirmed that 66% of young people aged between 16-18 years old in England are not in either Education Employment or training.

Brent has the fourth lowest income levels in London. 90% of students in Brent schools are from Ethnic minority groups.

The Ma'at Mission Statement:

All children can achieve until convinced otherwise. We aim to have an expectation of greatness, as the foundation for all our students, with the objective of acquiring academic excellence and a righteous character to develop lifelong learners.

The Ma'at School of Excellence aims to achieve:

- 96% 5 + GCSE A*-C 2015 (to be the highest in Brent)
- To be ranked as outstanding in all areas by Ofsted
- To be characterised as an excellent school by parents teachers & Brent local authority
- To be ranked 1st out of 2685 specialist schools for 5* GCSE A*-C including English, Maths JVA Business Studies Finance & Culture
- Keep small class sizes thus ensuring your child will receive the support they need to become Excellent Leaders.
- Our school will be one out of three schools in London to uphold a "NO EXCLUSION POLICY".

If you are interested in registering your child for a place for September 2012 or 2013, then please log onto this website: www.maatschoolofexcellence.org.uk and complete the school survey.

CarAf Education Feature

PLAN B Choosing Your Career

Sports and entertainment can be real exciting and fun especially when people in the industry make extraordinary income when they get really successful. These sports and entertainment men and women are always on the glamour magazines and television and are usually portrayed as role models. The popularity and extravagant riches of soccer players and singers are very attractive to young people. Young people have an enduring fascination with fame, glamour, fortune and celebrity lifestyle of sports people and become aspiring starlets. They want to become like these famous singers- the Beyonce, Rihanna, Leona Lewis, Dizzee Rascal etc. and soccer stars like Wayne Rooney, Ashley Cole, Thierry Henry, Messi and so on. But wait a minute here the road to success for these successful people is not paved in gold. For every successful soccer players and music divas we see on the TV there are thousands of "wanna bees", who have dreamt, hoped and imagined becoming soccer stars and divas. It is not surprising therefore that a substantial number of

young people focus more on becoming soccer stars than focusing on realistic career options that will mean studying hard and aiming for further education after GCSE or A levels.

I do not want to dampen or derail the young people's dreams of making successful career in music or sports industries, but I will want to caution and advice these youngsters that becoming successful sports person or a music superstar is not always as easy as it looks especially for those who simply dream of success without quantifying the obstacles, struggles and the entire reality of how difficult it is to achieve success in these industries.

My honest and sincere advice to the young people regarding choosing a career is to try and be objective and realistic about the prospect of reaching their target goals and objective in whatever field they seek to pursue. Many children from working class and ethnic minority backgrounds get easily sucked into the mode of thinking that sports and music will lead to success and fame. The reality however is that only very insignificant number of people achieve success in these areas.

I will like young people to dream and aspire to reach their human potential, but they have to focus more on careers outside sports and music industries. It is more sensible to focus on normal career options-teaching, dentistry, accountancy, law, medicine, engineering, nursing, business etc. If you really focus on these options and work hard you have a more realistic chance of achieving your goal than the pursuit of soccer star and music diva. **My suggestion to you is to make sports and music career your PLAN B.**

Let me end by sharing this story with you. I have a friend who was a keen footballer and had wanted to play professional footballer after completing his GCSE. He was already playing for a major English club whilst doing his A levels. His father did not want him to play professional football until he had done his university degree. After a protracted argument and disagreement with his father he finally grudgingly agreed with the terms his father laid down which was, "give me your university degree certificate and go and play your football".

My friend studied pharmacy and immediately went to play professional football. He was very good and scored many goals for his club in UK. Yes he earned a lot of money and wad famous. Unfortunately two years in his football career he sustained a severe ligament and knee injury that ended his soccer career. But that was not the end of the road for him. Guess what he did next? Right, he went to work as a pharmacist and now runs his own pharmacy business. So please be careful about your career choice. Do not be carried away by the flashy life styles and wealth of a few successful sports people and music divas.

By Peter Okoye - Education Officer



Did You Know...

- ♦ Flea's can jump 130 times higher than their own height. In human terms this is equal to a 6ft. person jumping 780 ft. into the air.
- ♦ The most dangerous animal in the world is the common housefly. Because of their habits of visiting animal waste, they transmit more diseases than any other animal.
- ♦ Snakes are true carnivorous because they eat nothing but other animals. They do not eat any type of plant material.
- ♦ The world's largest amphibian is the giant salamander. It can grow up to 5 ft. in length.
- ♦ The Atlantic Giant Squid's eye can be as large as 15.75 inches (40 centimeters) wide.
- ♦ The longest living cells in the body are brain cells which can live an entire lifetime.

On a Positive Note...

We have all been placed on this earth to discover our own path, and we will never be happy if we live someone else's idea of life. **James Van Praagh**

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:

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Email: thebikocaraf@hotmail.com

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