



THE BIKO



Message From The CarAf Centre

Spring 2011

Well what a winter that was!!! The sun has finally started to shine and although it's not quite warm yet, were hoping it is a sign of the warmer and brighter times to come.

There's always lots' going on at The CarAf Centre, so we hope you enjoy reading about what we've been up to and what we have planned. Check out our feature on our 30th Anniversary Edutainment Conference it was really an enjoyable and inspirational evening, a big 'thank you' to all the staff team, Awards for All and Shian Housing Association for helping to make this enjoyable learning event happen so wonderfully. Our AGM will be taking place on Saturday 16th April, so if you want to meet our amazing team of staff and Trustees, please come along, full details are shown below!

Don't forget to give your comments and contributions for the newsletter, please email us at: thebikocaraf@hotmail.com

Words of Wisdom: A good deal of trouble has been caused in the world by too much intelligence and too little wisdom!

CarAf Upcoming Events

<p>Sickle Cell & Diabetes Workshop</p> <p>Saturday 19th March 2011, 10.15am – 12.15pm</p>	<p>Workshop Aims Definition of what Diabetes and Sickle Cell are; Who they affects and why; How they can be avoided, managed or improved; Raise awareness; Concludes with a Q&A session; FREE to attend & light refreshments provided</p> <p>To book a place contact: Reception on 020 7284 0030 ext 221 Or email Elodie on: e.desouza@thecarafcentre.org.uk</p>
<p>Parents Coffee Morning</p> <p>1st and 3rd Tuesday of every month 10am – 12pm</p>	<p>A place to meet new friends & local parents</p> <p>Our Family Link Worker, Elodie is also on hand to offer support & guidance on family issues and on the range of services which may benefit you & your family. Tea, coffee and light refreshments available</p> <p>For more information, please contact Elodie:020 7284 0030 ext 223</p>
<p>Annual General Meeting</p> <p>Sat 16th April 2011 2pm – 4pm</p>	<p>The CarAf Centre's Annual General Meeting will present the latest annual report and accounts. It provides an excellent opportunity to meet the staff and board of trustees, and join in our Annual Great Debate on:</p> <p>'Will the Rising Cost of Education Prevent Achievement?'</p> <p>Free Refreshments provided To confirm your attendance contact: Reception on 020 7284 0030 ext 221</p>

The CarAf Centre Updates

Black History Resources Available Online.

The CarAf Centre has a long relationship of working in partnership with the British Museum, however this latest project has been the most exciting and the most important.

The 'Wealth of Africa' galleries at the British Museum, has launched a Black History Educational Resource for secondary schools which can also be adapted to primary school teaching.

The idea was suggested during a meeting with the museum by the Director of The CarAf Centre, who was concerned about the lack of black history resources accessible in schools. The Director was also aware of the difficulties some schools had in being able to source and obtain quality educational resources that were accurate.

The British Museum embraced the idea and following the success of a partnership fundraising bid, between the British Museum and The CarAf Centre the project unfolded.

The Black History online teaching resource is primarily aimed at the Key Stage 3 module on the development of trade, colonisation, industrialisation and technology, especially the defined sections on African Civilisations, the Slave Trade, and the British Empire. However they can also be used to teach different Key Stages and age groups, and a broader range of topics, including Diversity and Black History.

The resource consists of:

1. Teachers Notes: providing background information as well as reading lists and a specimen lesson plan.
2. Student Work Sheets: which can be used as part of normal teaching or as homework.
3. Presentations: which give an introduction and an overview to the section, which is suitable for whole class teaching.

For further details or to down load resources click on the following link:

http://www.britishmuseum.org/learning/schools_and_teachers/secondary/wealth_of_africa.aspx

Acland Burghley School Play on Harriet Tubman – 'Mean To Be Free'



Mean to Be Free was a spectacular performance that told the story of the remarkable woman Harriet Tubman. The play depicted the enormous personal risk that Harriet took to help and support black African American slaves escape the servitude life of enslavement. She provided the slaves an opportunity to escape from their lives of misery and enforced enslavement. She was courageous enough to lead them to freedom using a very ingenious secret Underground Railroad escape route.

As part of their Black History Month project, students of Acland Burghley School contributed in the writing, directing and performance of the play, which delivered to a very high standard on 11th and 12 January at Acland Burghley School. They also chose to donate the entire proceeds from the play to their local charity The CarAf Centre and raise the profile of the CarAf's work of on the nights of the performances. The idea was led by Acland Burghley student, Sabrina Shangama and supported by her Drama Teacher Juley

Murray. They raised the grand total of £240.00.

Peter Okoye, The CarAf Centre's Education Officer stated, *"The performance was very informative, professional, captivating, outstanding and indeed emotional to watch."*

The CarAf Centre is of course is extremely grateful and delighted to be acknowledged and supported by Acland Burghley students in such a way. The CarAf Centre's Director – Anne-Marie Morris remarked *"It is absolutely wonderful and fitting that students from a local school, such as Acland Burgley have acknowledged and raised the profile of our work in such an innovative and creative way - we have been working in the borough now for 30 years and this has been an amazing anniversary present – to all those involved, Thank you so very much!"*

The CarAf Centre plan to use the donation to cover the cost of a much needed Teaching Assistant in our Mandela Supplementary School.

The Board of Trustees, staff and pupils of Mandela school are immensely grateful to Acland Burghley Drama department for their kind gesture. We hope that the collaboration between The CarAf Centre and Acland Burghley will continue to grow and flourish as well as inspire other such collaborations with local schools.

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**

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 with not 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

30 Years of Successes & Achievements 1980 – 2010

On Friday 12th November 2010, The CarAf Centre held an edutainment conference to highlight and share the successes of our work over the last thirty years! The evening was opened by Camden Council leader Nasim Ali and hosted by CarAf Centre's patron: Geoff Schumann sprinkled his unique sense of humour and comedy throughout the evening. Our keynote speaker was the honorable Dr William Lez Henry, who shared some thought provoking insight into black culture and educational attainment. Ex-Mandela students took the stage and shared their positive experiences of attending the Mandela school and their achievements since then.

Over 250 guests attended, with each guests receiving a CarAf Centre gift bag containing: The CarAf Centre's Report on '30 Years of Successes & Achievements 1980 – 2010'; CarAf's Young Ambition Calendar 2011; A copy of Power List 2010 & Future Leaders 2010; How Fair is Britain - Equality, Human Rights and Good Relations in 2010 Report; and a range of goodies courtesy of London Borough of Camden. This event was supported by Awards for All and Shian Housing Association.

“...we will keep championing for all black, minority ethnic and disadvantage children to have equal access, equality & fairness in their education and learning needs and continue to work in collaboration schools and education authorities and other organizations to meet this objective.” – CarAf Centre’s Director, Anne-Marie Morris” Source: The CarAf Centre’s Report on ‘30 Years of Successes & Achievements 1980 – 2010’



Leader of Camden Council - Councillor Nasim Ali opens the evening.



Over 250 guests in attendance.



Guests show off the CarAf 's 30 Years of Successes Report.



Ex-Mandela students share their experiences and achievements!



CarAf Centre staff share their experiences of working in the community



The Pioneers of the Mandela School: Dr Nah Dove & Carmel Cameron-Brown



Keynote Speaker: Dr William 'Lez' Henry



Jerkole Francis entertains & sings beautifully!



CarAf Chair: John Oke gives a speech.



Patron Geoff Schumann hosts the night with comedy



African Dance Troupe: Adante



Guest enjoying an inspirational & educational evening.

Useful Information

18a Victoria Park Square
London E2 9PB

Tel : 020 8983 5430
Fax : 020 8983 5492



Operation Black Vote
www.obv.org.uk

Operation Black Vote and the Ministry of Justice
Magistrates Shadowing Scheme 2011

“A Judiciary for All”

Do you want to become a Magistrate?

A series of free one day seminars entitled, ‘A Judiciary for All’ are being organised in regions across the country.

The aim of the seminars is to help improve Black and other minority ethnic (BME) representation within the magistracy and increase awareness within BME communities about the work of the courts.

The free seminars will provide individuals considering applying to the magistracy with the knowledge and understanding of the role of Magistrates and the work of the Criminal Justice System. Led by experienced Magistrates and court officials, the seminars will outline the roles and responsibilities of a Magistrate. Individuals will have an opportunity to deliberate sample cases, discuss the application process and court tours will be available in some areas.

The seminars will run from April to June 2011 in the following areas:

➤ North-East London

➤ North-West London

➤ South-East London

Further areas and dates will be confirmed shortly. **INTERESTED???** To request a booking form, please visit the **Operation Black Vote website**: www.obv.org.uk or contact Merlene Carrington by telephone on 0208 983 5430 or email: mag@obv.org.uk quoting ‘Regional Seminars’ in the subject field.

Criminology in the Millennium

Race, Gender and the Criminal Justice Process

A DAY CONFERENCE TO BE HELD ON MONDAY 23RD OF MAY
AT St ALBANS CENTRE LONDON EC1 N 7RD

Criminology in the Millennium's conferences have developed a reputation for the discussion of sensitive topics and encourage a frank and open exchange of views on the issues being discussed. This May conference will be no different.

Clarissa Azkoul

Chief of Mission
International Organisation for Migration
(IOM) UK

Trafficking of African women to Europe

Annell Smith

Programme Manager
Women's Centre, London Probation Trust

Issues around the rehabilitation of black women offenders

Rahana Mohammed

Head of Policy
Race on the Agenda (ROTA)

Gangs, Girls and the Female Voice in Violence research project

Professor Janice Joseph

Richard Stockton College
New Jersey USA

Female Genital Mutilation: An International Perspective

Naana Otoo-Oyortey
Executive Director
FORWARD, UK

Genital Mutilation in the UK

To book call: Tel/Fax: 020 8204 9587 • E-mail: ruthchigwada@btinternet.com
Website: www.criminologyinmillennium.co.uk

Fees: £ 100.00 **Concessions: £ 90.00** for Statutory or Charitable Organisations
(including Morning Coffee, Lunch & Afternoon Tea)



7th Anniversary
March 8, 11, 17 & 26
April : 8 - 10

Film Screening: My Nappy roots, A Journey Through Black Hair-ritage

The Ultimate documentary on black hair that reveals the significance and pride of African hairstyles prior to the first arrival of enslaved Africans to America; the cultural and social struggle that created the billion dollar ethnic hair care industry-that exist today.

Showing on Saturday 26 March, 3:45pm @ Rio Cinema, Dalston Kingsland (Rail) @ 3.45PM

The controversial documentary (Good Hair vs. My Nappy Roots) for one show only + Panel discussion with Nicole Moore (Shangwe Press) & Margot Rodway-Brown (Adornment Expo & Adornment365 Salon) Director: by Regina Kimbell. *Genre: Drama, 80min, USA, 2006 English;*

Price: £7.00 / £5.50 concs & Under 15's; Booking: 020 7241 9410

FILM SCREENING:

Blood Ah Go Run plus Masterclass with Director Menelik Shabbaz

On Saturday April 9 '11 at 11am-1pm Tickets £7.00.

@ BFI Southbank, Belvedere Road SE. www.bfi.org.uk . Book in advance

Classic footage of the Black Peoples Day of Action March 2nd 1981 the biggest political action by African/Caribbean people there has ever been when 20,000 marched from New Cross to Central London dealing with police brutality and Fleet street journalists that spat on them and gave Nazi salutes. Plus extended interview on grassroots film-making, political activism and the way forward. 450 seat BFI Southbank, Belvedere Road SE1. Need to book in advance

www.bfi.org.uk www.blackhistorywalks.co.uk

FILM SCREENING:

The Story of Lovers Rock plus Q & A with Menelik Shabbaz

On Saturday April 9 '11 at 2pm – 5pm Tickets £7.00.

@ BFI Southbank, Belvedere Road SE. www.bfi.org.uk . Book in advance

The premiere screening of the only documentary on Lovers Rock. At a time when BBC refused to play reggae on the radio and nightclubs had an open ban on black people, Lovers Rock provided sounds and lyrics to uplift the soul against the oppression. It was the glue that kept the black community alive through decades of official government abuse. Reggae Britannia recently sold out and when the Lovers Rock section came on the crowd went wild . Directed by Menelik Shabbaz

www.bfi.org.uk www.blackhistorywalks.co.uk

What's Going On...

Receptionist Administrator

Sadly this month we will be saying our goodbyes to Marianne Gardiner as her contract with us has come to an end. On behalf of the Board of Trustees and the staff team, we thank Marianne for her time with us and wish her the very best of luck in her future endeavours.

Young Ambition Calendar 2011

It is still not too late to get yourself a copy of the beautiful Young Ambition Calendar, if you haven't done so already. For only 6.99 you will receive an A3 full colour calendar as well as supporting our charitable community services. Money well spent so call us now on 0207 284 0030 or order online at: www.thecarafcentre.org.uk/shop.

AGM on Saturday 16th April 2011 – 2pm – 4pm.

Join us in our Great Debate on: **'Will the Rising Cost of Education Prevent Achievement?'**

- How will we ensure that our children continue to achieve during this recession?
- Should our children incur debt to succeed in life?
- What assistance is available for families on low income, if they want their children to progress in further in education?

Let's discuss this and explore an issue that may have serious implications to our community.

Free refreshments provided, to confirm your attendance contact: Reception on 020 7284 0030 ext 221

Did You Know...

- Did you know no words in the English language rhyme with the words angel, angst, breadth, bulb, depth, eighth, month, ninth, orange, purple, scalp or twelfth.
- Did you know the Hawaiian alphabet has 12 letters.
- Did you know the most commonly used letter in the alphabet is E.
- Did you know the least used letter in the alphabet is Q.
- Did you know the 3 most common languages in the world are Mandarin Chinese, Spanish and English.
- Did you know 'I am.' is the shortest complete sentence.
- Did you know skiing is the only word with double i.
- Did you know dreamt is the only word that ends in 'mt'.
- Did you know the names of all continents both start and end with the same letter.
- Did you know stewardesses is the longest word that is typed with only the left hand.
- Did you know the sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet.
- Did you know the oldest word in the English language is 'town'.

On a Positive Note...

What if you gave someone a gift and they neglected to thank you for it. Would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have.

Ralph Marston

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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