

# MONTHLY Bulletin

*We Keep You Updated!*



## *In this Issue:*

- 1** What you missed.
- 2** Editors' Pick.
- 3** Upcoming Events/Diary.

# ORAL HISTORY PROJECT

PARTNERSHIP WITH SHEFFIELD UNIVERSITY



**We are excited to announce our partnership with Sheffield University on a groundbreaking oral history project that seeks to delve into the lived experiences of families during a pivotal period in history. Focusing on the aftermath of the Second World War and the two decades leading up to decolonization in the French and British Empires (1945-1965), this project aims to capture personal narratives that reflect the diverse perspectives and stories of those who lived through these transformational years.**

**Through interviews and storytelling, we will explore themes of resilience, change, and identity as families navigated the complexities of post-war society and the movements towards independence. This initiative not only preserves these important histories but also enriches our understanding of the socio-political landscape of the time.**

**We invite you to join us in this journey of discovery, engagement, and reflection. Stay tuned for updates on how you can participate and contribute to this significant undertaking as we honor and amplify the voices of our shared past.**

## MEET SOME RESPONDENTS



James with Eddy Smythe. Eddy is from Serra Leon, whose dad was in the RAF and served in WW2. It was an honour and such an amazing experience speaking with Eddy



Peninah with Logan Pemberton, who joined the RAF as a chef in 1972. It was such an honour engaging with an amazing man who strove to make a mark despite all the challenges

# CELEBRATING EXCELLENCE

## CONGRATULATIONS ROSE

We are delighted to announce a remarkable achievement within our community! Rose, the dedicated Organising Secretary of the Kenyans Association in Bristol and a Clinical Nurse Specialist, has been honored with the Woman in Community Award at the recent Wise Woman Awards on March 29th.

This prestigious award recognizes women who have made significant contributions to their communities, and Rose epitomizes this spirit.

In her capacity as Organising Secretary, Rose has tirelessly worked to strengthen the Kenyan Community in Bristol, fostering connections and creating opportunities for members and our community at large. Her leadership and dedication have been instrumental in promoting African culture, values, and community spirit in Bristol.

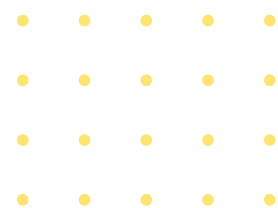


**Rosemary Kingori**

As we celebrate Rose's achievements, let us reflect on the importance of community support and empowerment. Rose's journey is a testament to what can be accomplished through hard work, passion, and a commitment to uplift others.

Join us in congratulating Rose on this well-deserved recognition! We are proud to have her as a leader in our association and look forward to continuing our collective efforts to support one another.

Congratulations, Rose! Your accomplishments inspire us all.



# KOMBOHSILLA -COMMUNITY IFTAR

CONGRATULATIONS TO OUR MUSLIM COMMUNITY



This Ramadan, the Komboh Silla community in Bristol came together to celebrate the spirit of unity and generosity during the holy month. On 22<sup>nd</sup> March members gathered for a heartwarming Iftar, breaking their fast with a delicious array of traditional dishes and specialties from Senegal and Gambia while there were lectures from community leaders

The event was filled with laughter, joy, and a sense of belonging as families and friends shared stories and experiences. As the sun set, the community joined together to offer prayers and reflections on the importance of compassion and solidarity, values that resonate deeply during Ramadan.

Special thanks to all who contributed to the event, from those who prepared the meals to those who helped organize the gathering. Your hard work and dedication made this celebration a memorable one.

Let us continue to strengthen our bonds and support one another, not just during Ramadan, but throughout the year. Here's to the spirit of community—together, we thrive!



# KOMBOHSILLA -COMMUNITY IFTAR IN PICTURES



# WE GOT A GRANT

## THANK YOU QUARTET COMMUNITY FOUNDATION

We are excited to share some fantastic news! African Voices Forum has been awarded a generous grant of £4,000 from the Quartet Community Foundation: **Pople Charitable Trust**. This funding will play a crucial role in supporting our two dynamic youth projects: Youth WORKCHOP and Youth Olympics.

These initiatives are designed to promote a sense of community, social integration, and positive networks among young people. Youth WORKCHOP focuses on providing essential safe space for young people to discuss issues pertinent to them while they share a meal. Meanwhile, Youth Olympics aims to foster teamwork, sportsmanship, and healthy competition through engaging sporting activities.

With the support of the Quartet Community Foundation, we are excited to create safe and inclusive spaces where young individuals can connect, learn, and grow together. These projects will not only enhance their personal development but also strengthen the bonds within our community.

We extend our deepest gratitude to the Quartet Community Foundation: Pople Charitable Trust for their belief in our mission and for investing in the future of our youth. Your support will make a lasting impact, helping us nurture the next generation of leaders and active community members.

As we embark on this journey, we invite all members of the AVF in Bristol to join us in celebrating this achievement and to engage with our youth initiatives. Together, we can build a brighter future for our young people and foster a stronger, more connected community.

Thank you once again, Quartet Community Foundation! Your generosity is greatly appreciate<sup>d</sup>



Quartet  
Community  
Foundation

BY MISS AUGUSTINA NKRUMAH-DUAH

## OUR STORIES MATTER: MY JOURNEY WITH THE GRIOT PROJECT



I am incredibly proud to share that I was part of The Griot Project, a powerful initiative dedicated to preserving and amplifying the stories of African and Caribbean communities.

Telling our story is a vital tool for connection, empowerment, and change. Through this project, I had the opportunity to help ensure that our voices are heard, valued, and remembered. In the main article, I share my experience, the impact of the project, and why story matters now more than ever. Let's celebrate our stories and continue uplifting our narratives!

M Shed is proud to announce GRIOT, a bold and thought provoking intervention in the Transatlantic Traffic of Enslaved Africans Gallery, launched on March 25, 2025 coinciding with the International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade.

Named after the revered West African storytellers who preserve oral traditions, GRIOT brings fresh, authentic, and Afro-centric perspectives to this crucial history. Developed by a dynamic team of Rebel Curators and Rebel Creators, led by Julz Davis, this powerful display bridges the past and present through digital storytelling, poetry, art, and contemporary reflections.

### Reclaiming the Narrative

For too long, the stories of African and Caribbean people affected by the transatlantic slave trade have been told from an outsider's perspective. GRIOT changes this. During Black History Month 2024, a collective of creatives and historians came together to reframe and reclaim the narrative ensuring that these histories are told with depth, dignity, and authenticity.

### An Interactive, Multi-Sensory Experience

Visitors to GRIOT will experience:

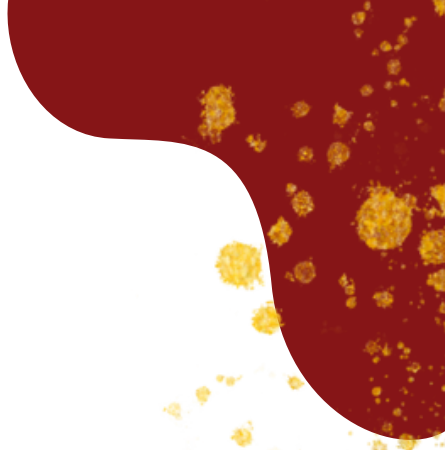
- I Am Dâaga – a powerful short film with voiceover by Bandele Iyapo, produced by Julz Davis (Curiosity UnLtd)
- I Am Beverly Jones featuring voiceover by Empress Aje, with footage courtesy of Bandele Iyapo, produced by Julz Davis (Curiosity UnLtd)
- Three thought provoking poems written by the Rebel Curators
- Crossing Tides a compelling film series weaving stories of rebellion from the Atlantic to the River Avon, written by Clive Smith, Augustina Nkrumah-Duah, and Michael Jenkins, narrated by Clive Smith, illustrated by Jasmine Thompson, animated by Taz Ngozi and directed by Michael Jenkins (produced by 8th Sense Media)
- Hide Me No: Reframing Africa a fresh perspective on African heritage
- Illustrations by Jazz Thompson
- Soundtrack to the Rebellion a hand picked playlist capturing the pain, pride, and power of the Black experience.

### A Call for Reflection and Change

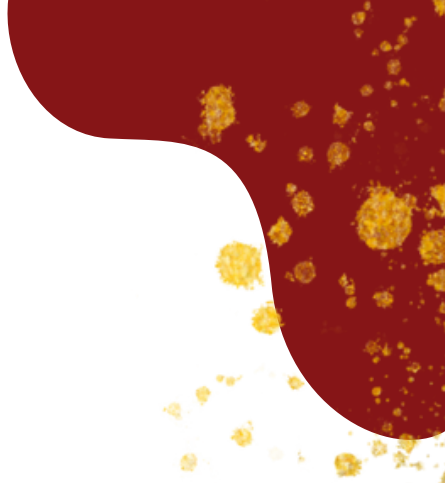
Helen McConnell Simpson, Senior Curator of Social History at M Shed, states: GRIOT is more than a display it is a dialogue between history and the present. We invite visitors to listen, learn, and reflect on how this history shapes our world today.

Philip Walker, Head of Culture and Creative Industries at Bristol City Council, echoed this sentiment: Our guiding principles are to take an anti-racist position, repair wrongs, and encourage reflection. We want visitors to leave not just informed but inspired to engage in meaningful conversations. Funded by the National Lottery Heritage Fund, GRIOT is a vital step in transforming how Bristol tells its history—ensuring that Black voices shape the future of historical storytelling. Join the Conversation at M Shed. We invite you to experience this groundbreaking display, engage in the conversation, and be part of the movement to tell a fuller, richer history.

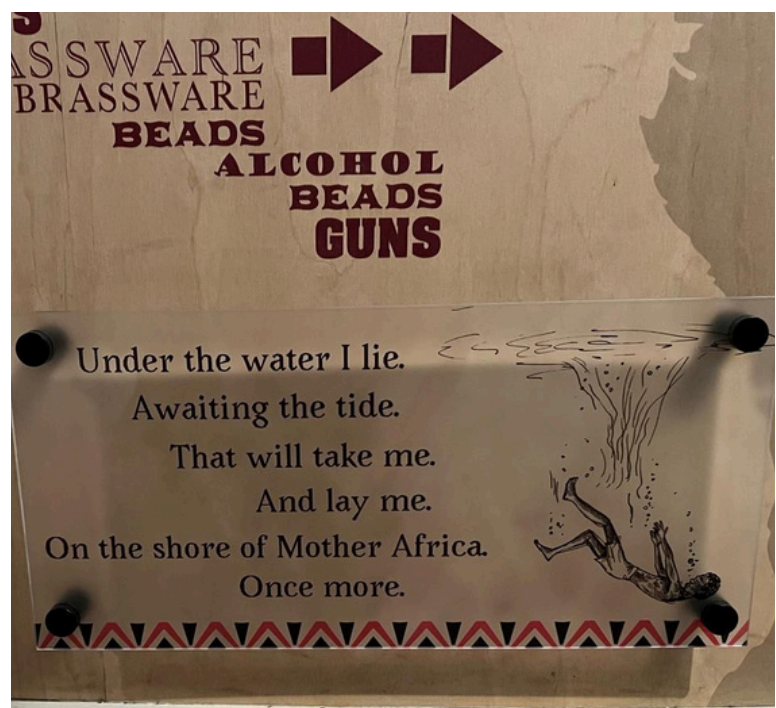
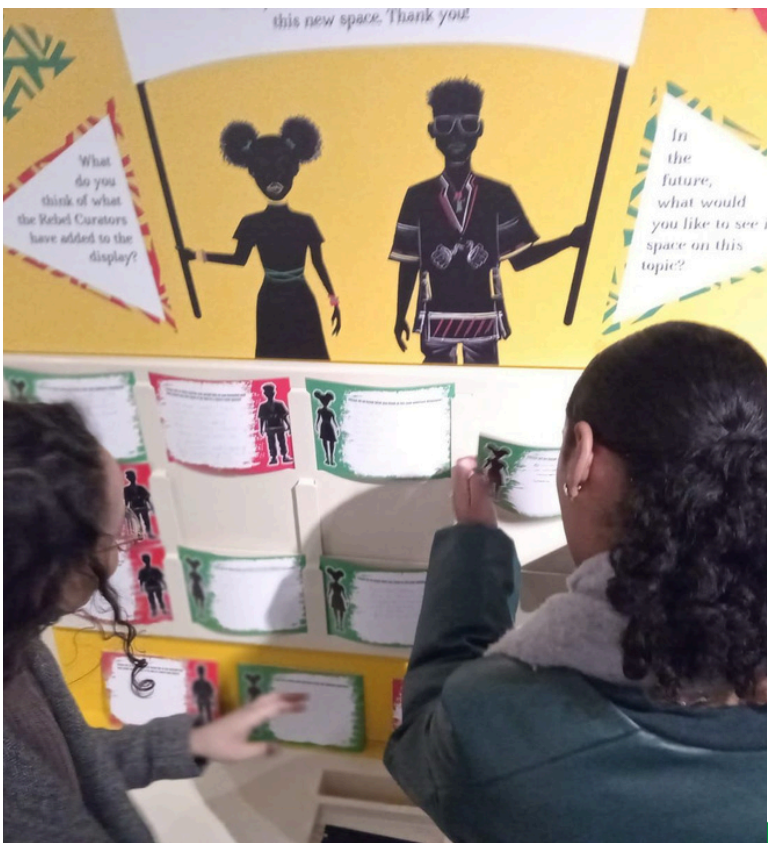
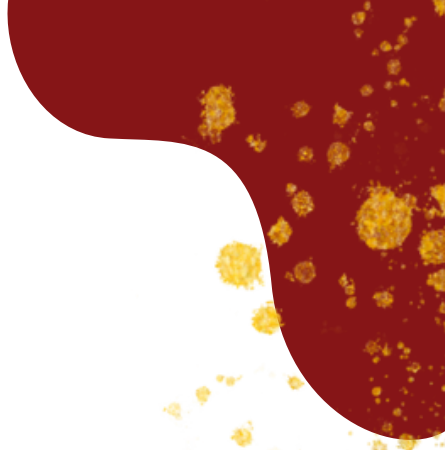
# GRIOT THE LAUNCH



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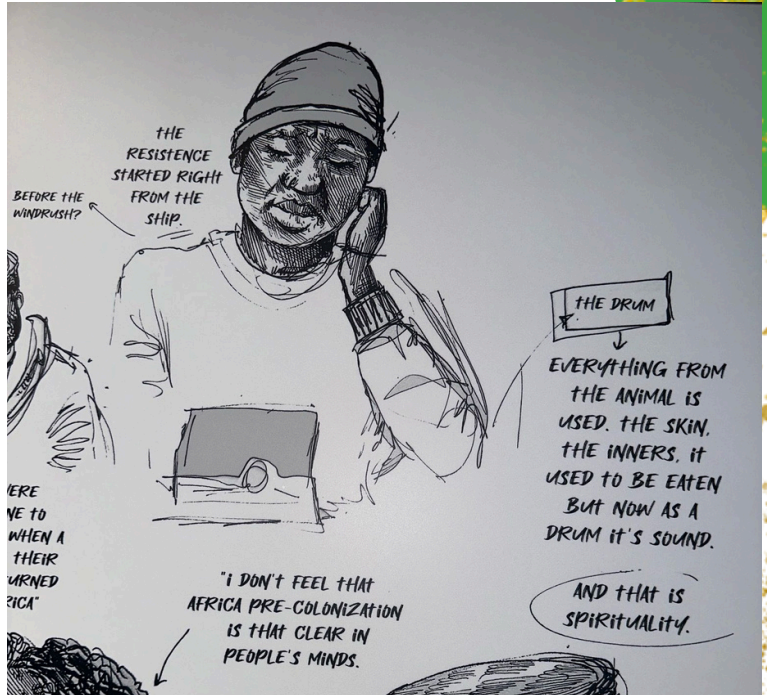
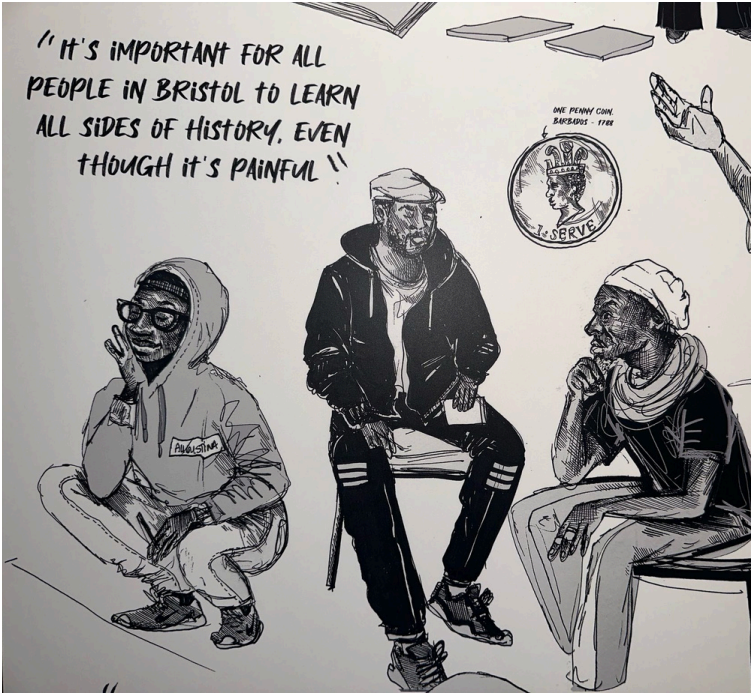


# GRIOT THE LAUNCH

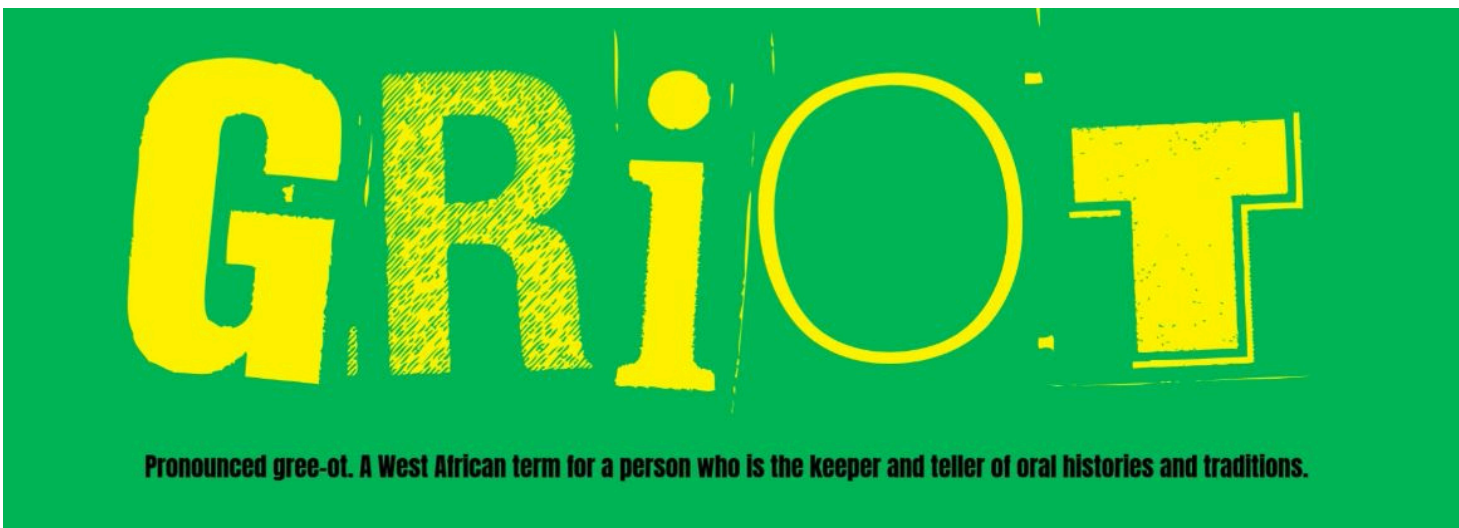
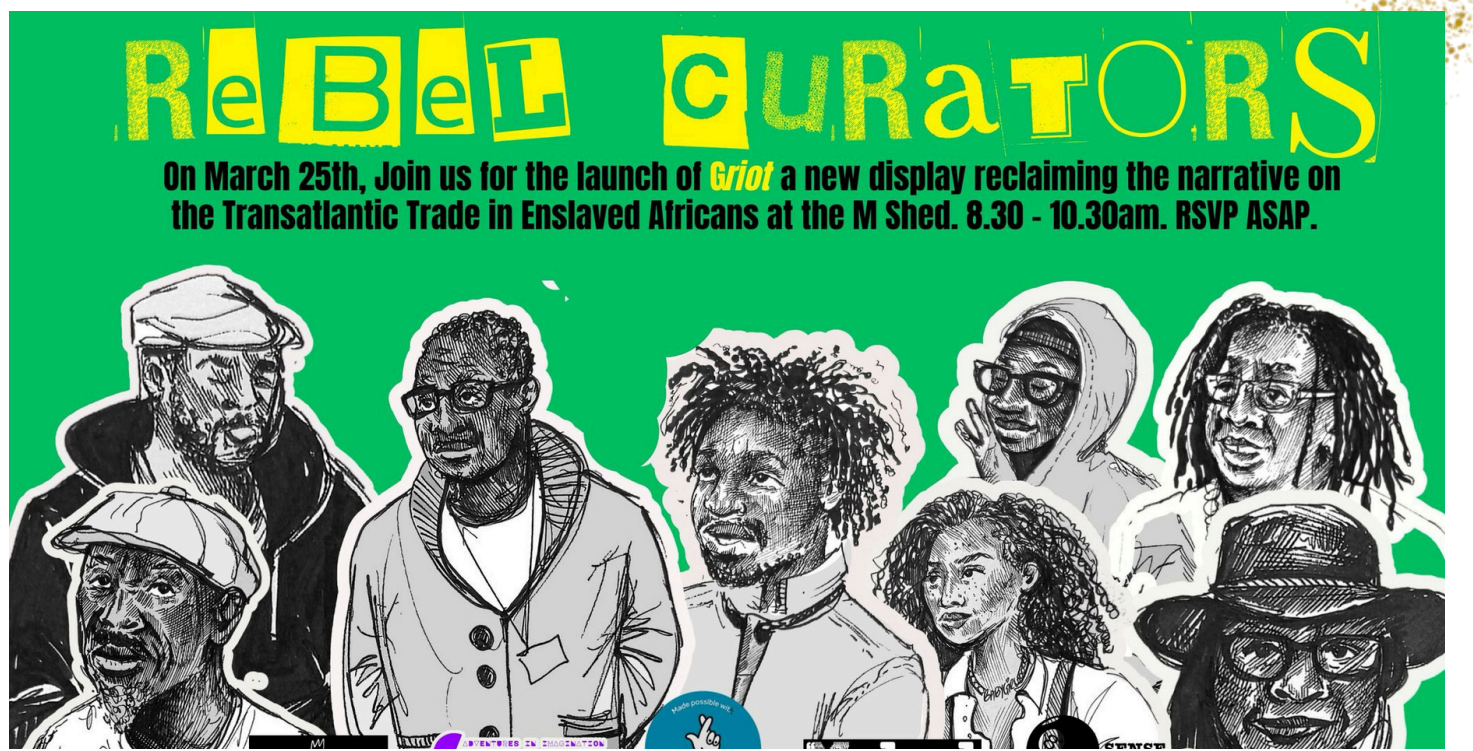


# WHAT YOU MISSED

# GRIOT THE LAUNCH



# GRIOT THE LAUNCH



# GRIOT THE LAUNCH



## COMMON AMBITION HIV TESTING MONTH BILLBOARDS CAMPAIGN



### NATIONAL HIV TESTING MONTH BILLBOARD

In February, Common Ambition Bristol launched billboards across Fishponds, Eastville, St Paul's, and Easton to promote National HIV Testing Week (NHTW), our flagship event encouraging regular testing to reduce undiagnosed cases, prevent late diagnoses, and tackle stigma. As part of this, we're offering a FREE drop-in sexual health testing clinic today at Montpelier Health Centre (1:30 PM – 6:00 PM, last check-in 5:30 PM) no appointment needed! This project was led by Sexual Health Workshop Facilitator and Community Researcher Augustina Nkrumah-Duah this initiative supports better sexual health and awareness in our communities.

Know your status—get tested today!

# CAB BILL BOARDS

**Common Ambition Bristol**  
Improving sexual health

**NATIONAL HIV TESTING WEEK**  
10-16 FEB 2025

**HIV testing is power, embrace it.**  
Kojo & Blackcurrant

HIV testing is FREE and CONFIDENTIAL  
#HIVTESTINGWEEK  
[www.commonambitionbristol.org](http://www.commonambitionbristol.org)

**Common Ambition Bristol**  
Improving sexual health

**NATIONAL HIV TESTING WEEK**  
10-16 FEB 2025

**Get tested: A boss move dat!**  
Poshe

HIV testing is FREE and CONFIDENTIAL  
#HIVTESTINGWEEK  
[www.commonambitionbristol.org](http://www.commonambitionbristol.org)

**Common Ambition Bristol**  
Improving sexual health

**NATIONAL HIV TESTING WEEK**  
10-16 FEB 2025

**Your health, your hustle!**  
Bethel

HIV testing is FREE and CONFIDENTIAL  
#HIVTESTINGWEEK  
[www.commonambitionbristol.org](http://www.commonambitionbristol.org)

**Common Ambition Bristol**  
Improving sexual health

**NATIONAL HIV TESTING WEEK**  
10-16 FEB 2025

**Know your HIV status, take control.**  
Dravie-John

HIV testing is FREE and CONFIDENTIAL  
#HIVTESTINGWEEK  
[www.commonambitionbristol.org](http://www.commonambitionbristol.org)

# CAB BILL BOARDS AROUND BRISTOL



## COMMON AMBITION RADIO TAKEOVER ON UJIMA



## COMMON AMBITION RADIO TAKEOVER ON UJIMA

We're grateful to UJIMA Radio for giving us the platform to discuss HIV, STIs, local clinics, and all things CAB! Our team had an incredible time during these CAB Radio Takeovers, but the real highlight was sharing our vital message with the community. The series was led by Zakiya, our Sexual Health Workshop Facilitator, with co-host Augustina Nkrumah-Duah, and we extend a special thanks to Marsha, Dudley, and Ola for featuring. As part of our commitment to sexual health awareness, we offer FREE drop-in clinics every last Thursday at Charlotte Keel Health Centre (BS5 0UA, 1:30–5:30 PM) and first Thursday at Montpelier Health Centre (BS6 5PT, 1:30–5:30 PM) No appointment needed. Your health matters drop in and get tested!

# COMMON AMBITION BRISTOL RADIO TAKEOVER





# MEMBERSHIP ENGAGEMENT & ANNUAL GENERAL MEETING



## THEME:

UNLOCKING AND NURTURING POTENTIALS: A CALL TO ACTION FOR OUR COMMUNITY

 17 MAY, 2025

THE LOUNGE - DOCKLANDS  
BS2 8UA

## PARTNERS:





**COOKING  
SESSION**



**GROUP BONDING**



**TOPIC OF THE  
DAY**

# **YOUTH WORKSHOP**

**27TH APRIL 2025**

**EVERY  
LAST SUNDAYS  
4:00PM - 8:00PM**



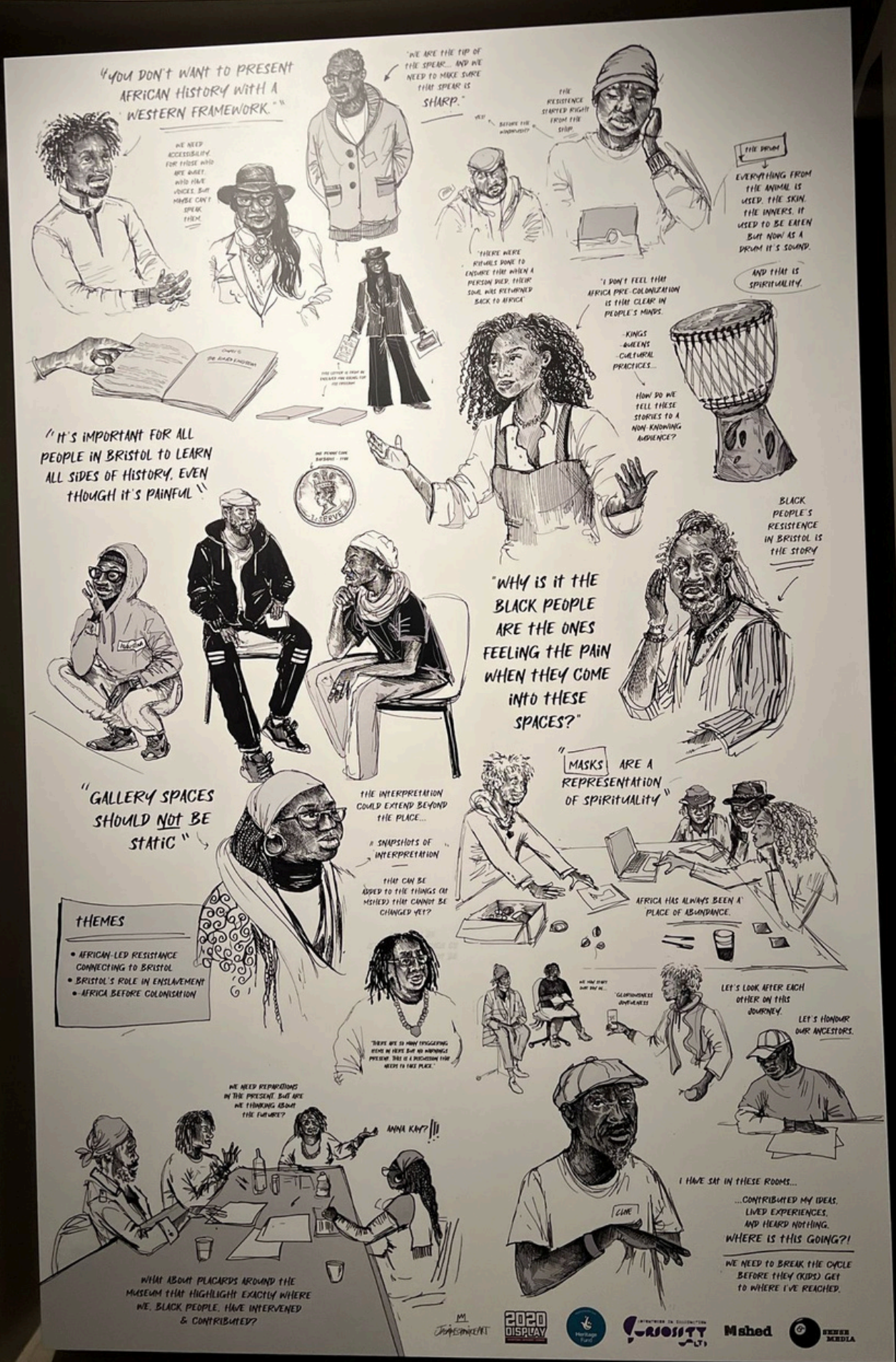
**PICKLE FACTORY**  
13 HALLOWS ROAD, BS5 0HH

**JOIN US**

**DM @YOUNG\_LEGACIES**

**07899618243**

# EDITORS' PICK.



ART BY JASMINE SHANICE



**Common  
Ambition  
Bristol**  
Improving sexual health



**#AVFAGAINSTHIVSTIGMA**

# **HIV STIGMA KILLS, KILL THE STIGMA**

**KOJO & BLACKCURRANT**

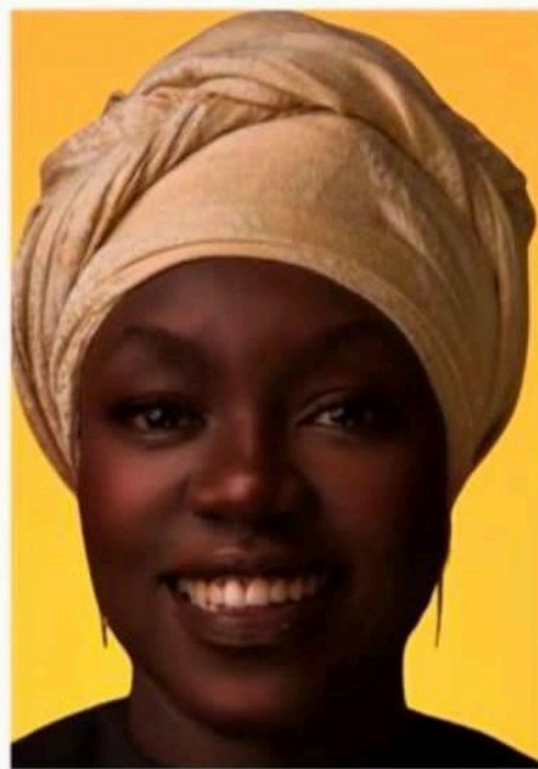
**DOORS OPEN @1:30PM  
LAST CHECK IN 5:30PM**

**1ST THURSDAYS @ MONTPELIER  
LAST THURSDAYS @ CHARLOTTE KEEL**

# THINKING INTO RESULTS MINDSET COACHING



Coach Saida



Coach Soma



Coach Abena



Saturday 18th, January - Saturday, April 12 2025

1:00 pm - 2:00 pm  
Weekly For 12 Weeks

## Contact Us:

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64<sup>th</sup>

SIERRA LEONE  
INDEPENDENCE

*Party*

SATURDAY 26TH APRIL 2025

7:00PM - MIDNIGHT

Ticket Prices:

Adults 18+ - £15

10 years - 17 years - £10

6 years - 9 years - £5

Children under 5 years - Free

DINNER AND DANCE

Location:

Docklands Centre - 29 Brigstocke Road

St Pauls - BS2 8UA

Hosted by SLEBA Youths





**TAN TEDDY**  
JAMAICAN FOLK CULTURE PERFORMERS



**JAMAICA ANNUAL**



# **INDEPENDENCE EVENT**

**09/08/25**

**BRISTOL**

**MORE  
DETAILS SOON**



SPARKS  
BRISTOL



# INTERNATIONAL CULTURAL FESTIVAL 2025

CELEBRATING GLOBAL SUSTAINABILITY

Journey across the world through food, crafts,  
workshops, dance and music with Bristol's  
migrant and refugee communities.



All activities are free and open to all ages.

SPARKS BRISTOL, BROADMEAD, BS1 3DS

SAT 14 JUNE

11AM-5.30PM



WWW.SPARKSBRISTOL.CO.UK



# Meet The TEAM



**James A. Hemans**  
Editor/Technical Lead



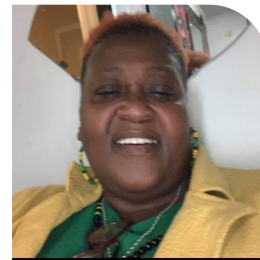
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**Peninah Achieng-Kindberg**  
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**David Dravie-John**  
Technical Advisor



**Donna Pinnock**  
Technical Advisor

<http://africanvoicesforum.org.uk>

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