

Common Ambition Bristol Newsletter

July 2022

**Common
Ambition
Bristol** 
Improving sexual health

Hello and welcome to Common Ambition Bristol – affectionately known as **CAB!**

If you haven't heard already, CAB is an exciting new community powered project working with African and Caribbean heritage communities in Bristol to be in more control of their own sexual health!

Our 4 main aims are to:

- **Increase awareness and understanding of HIV**
- **Encourage people to test for HIV**
- **Decrease the late diagnosis of HIV**
- **Decrease the stigma that often surrounds HIV**

To do this CAB is working in partnership with different African and Caribbean heritage communities as well as health care professionals, to introduce new ways communities can learn about and use sexual health services.

Read on to find out who is involved in CAB and what we have already done!



Aisha Namurach **Project Coordinator**

I'm a woman of mixed heritage, my father is Ugandan, my mother Welsh Italian. I am a daughter of the diaspora, I am passionate about sexual health and I believe in elevating and celebrating my community at all times and feel proud to be coordinating this exciting and incredible project here in Bristol!

Who is involved?

CAB is made up of many different people and organisations:

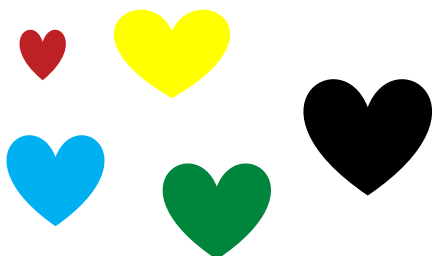
Community Members

We are a project that has been created with the community and for the community - **representation and engagement matters!!** Perhaps the most important partners that we have on this whole project however is the **PEOPLE**, the African and Caribbean community themselves! Meet some of our community members:

I became part of CAB because I wanted to make sure I was part of the work being done for our community. I wanted the voices of women and groups I represent to be heard and counted



Marian



I didn't come into this project with any specialised knowledge in the field, but I came with a willingness to learn, to educate myself so that I can educate and empower others

Community Organisations

We have been building relationships with local organisations and community groups and have been attending their events and engaging with people to raise awareness of CAB and to get to know our team! By meeting the community directly with the work we do, we hope to address the inequalities faced and have a direct impact on the HIV related stigma that exists. We have already built strong relationships with:

[CaafiHouse](#): a grassroots organisation that works to improve the health and wellbeing of the diverse populations in Bristol building community capacity and addressing inequalities

[Life2020UK](#): a network of support for local independent businesses, with a directory in which the community can find and support their local traders

[DET Entertainment](#): a grassroots community group bringing businesses and people together for a more connected Bristol.



Professional Partners

The following organisations are CAB's professional partners:

- [Brigstowe](#) – Bristol based HIV support charity
- [African Voices Forum](#) – Bristol-based network of African and African-Caribbean heritage community associations & organisation
- [UNITY sexual health](#) – providers of Bristol sexual health services
- [University of Bristol](#) – overseeing research and evaluation of the project
- [Bristol City Council](#) – working to improve health outcomes for Bristol residents

CAB is funded by The Health Foundation



What we've done and where we will be!

Website:

We have recently launched our brand new and exciting website! This has been created as a vibrant, informative and a **safe space** for our community to be able to access all the information you need on HIV and sexual health, including testing, myth busting and more.

www.commonambitionbristol.org.uk

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Common Ambition Bristol in partnership with UNITY Sexual Health Services bring you Bristol's newest testing space:

African and Caribbean Community Sexual Health Testing Walk in Service

Last Thursday of every month
@ Charlotte Keel Medical Practice
1:30pm - 5:00pm
HIV Testing, STI testing,
condom provision

Sexual Health Testing:

Bristol's ONLY walk in testing service, specifically for African and Caribbean communities

- Sexual Health Testing Clinic: walk in service, no appointment necessary, free & confidential
- **Last Thursday** of every month **1.30pm-5pm**
@ Charlotte Keel Medical Practice,
Seymour Road BS5 OUA



Stalls:

- We recently attended Afrofest Bristol at Trinity Centre in June, and my word did we have FUN meeting everyone!
- We will be back at Life2020's monthly markets in the Autumn at the Kuumba Centre BS2
- Keep an eye out on our social medias for future events we will be at – **we want to meet you!!**



Events:



You can catch the CAB team at the wonderful Life 2020uk Pop up event at 11-13 Stokes Croft from 18-24 July. We will be available on the following Days and times, for more info check out the Life2020uk socials or the CAB socials:

- **Tuesday 19th July 7.30pm -9pm** 'Let's Talk about Sex'
- **Tuesday 19th July 1:30pm - 5:00pm - HIV Testing Pop Up** we will be available to answer any questions or queries you may have about HIV and Sexual health testing and if you would like to we will be offering, private, confidential testing.
- **Wednesday 20th July 6.30pm-8.30pm** 'Wellbeing for Men'

Barbershop Outreach

You can also catch the team at local barbershops in the BS2 and BS5 areas as part of our barbershop outreach programme! So look out for the CAB street team and come and say hi, have a chat, grab some condoms and find out more about us!



GET INVOLVED!!!

Volunteers

If you are reading this and thinking **YES** I want to be involved with this ground breaking initiative then we want to hear from you!! We are looking for volunteers to help us with various events in the community to raise the knowledge and understanding of HIV and sexual health. We have a summer programme of exciting events of which you will receive full training and expenses. You don't need any previous sexual health knowledge, just passion and energy to make things better for our community!

Organisations

We are also keen to engage as much as possible with local community groups and organisations to elevate and celebrate the work that we all do. If you are an organisation who would like to collaborate with CAB, or have an event we can take part in please do get in touch!!

To have a chat and find out more please contact **Aisha Namurach**

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