

Common Ambition Bristol Newsletter

Autumn 2022

**Common
Ambition
Bristol** 
Improving sexual health

Autumn has arrived and is bringing with it all its usual delights, pumpkin spiced everything, crunchy leaves, autumn colors – we can ignore the rain and cold weather - unless that's your thing!!



As always Autumn brings us to the annual celebration of Black History known as **Black History Month**.

October is a month where we focus on the Black experience, past, present and future. A time to truly focus on what has led us to this point in time, how we are feeling in this point in time and how we plan to move forward.

Common Ambition Bristol is proud to be part of this city, proud to be a community powered project, aiming to take action in the fight against HIV in the city. We are making the moves needed to make sure that:

- **our community is educated on HIV prevention and sexual health**
- **we are providing options for access to HIV and STI testing**
- **we are opening conversations that will lead to a breakdown of the stigma associated with HIV within our communities**
- **We have a positive impact on late diagnosis of HIV in Bristol**



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Black History Month



The theme of this year's BHM is **A time for change – Action not Words.**

This is more than just a theme for this month, it's in many ways a true statement and definitely a testament to Bristol and the ability of our city to make sure that we are at the forefront of making a difference to our lives as members of the diaspora and as allies. Bristol is a multicultural, incredible, trailblazing city.

For our African and Caribbean heritage communities this month is particularly relevant, as Aisha the Community Ambition Bristol project lead explains:

“Black History Month for me is a chance for us to share with others our experience, to allow others to learn from us and to see what this means to them and to their experience. I think it is a time in which we can say – for us Black history IS history and it is our legacy. It's our ancestral DNA and whilst for us it's every day, October gives us a chance to allow those who don't identify as part of our heritage but do feel part of our community to learn how to be our allies, our friends, our neighbors.”

Sexual Health Testing

Common Ambition Bristol

Improving sexual health

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

Charlotte Keele Medical Practice

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

HIV Self Testing Kits

We are really happy to launch **HIV Self-testing Kits** this month.

These kits are accurate, quick, painless and easy to use!

They are oral swabs which means all u have to do is swipe your gum line top and bottom, pop into the fluid cylinder and wait 20 minutes to see your result!! Absolutely incredible!!

If you would like more information about these test kits and/or to get them for FREE either pop into our clinic at Charlotte Keel Medical Practice; come find us at one of the community events listed in this newsletter. Or DM us on social media!!



Events

Cinema Jam

CAB are proud to announce our collaboration with [DET Entertainment](#) on this incredible Cinema Jam event.

Join us for a **FREE** evening of nonstop laughs, fun and of course a little sex ed!

We will be screening the 90's classic film **Booty Call!!!** As well as showcasing our own short short:

HIV Talk. Test. Protect.

When:

Wednesday 26 October

Doors open 6:30pm

Film starts 7pm Sharp!

Where:

CUBE Cinema

4 Princess Row BS2 8NQ

Entry by **FREE TICKET** only,
to get yours go to:

[Headfirst](#) or the [Cube](#)
website

The poster is designed to look like a film strip. At the top, it features logos for 'Common Ambition Bristol' (with the tagline 'Improving sexual health') and 'DET Entertainment'. Below these are three small film stills. A banner reads 'COMMON AMBITION BRISTOL IN PARTNERSHIP WITH DET ENTERTAINMENT'. The main title 'CINEMA jam PRESENTS' is in white, with 'jam' in a script font. The film title 'BOOTYCALL' is in large, bold, pink letters, with an '18' rating icon. Below the title, it says 'Q & A WITH HOSTED PANEL ON SEXUAL HEALTH' and 'ALSO THE LAUNCH OF THE CAB SHORT FILM: "HIV TALK. TEST. PROTECT."'. A large '26th' is written in blue. A pink circle contains the text 'GAMES & GOODIE BAGS ON THE NIGHT'. The venue 'CUBE MICROPLEX 4 PRINCESS ROW KINGSDOWN BRISTOL BS2 8NQ' is listed on the right. Social media handles for Twitter, Instagram, and Facebook are provided at the bottom. A QR code is also present. The text 'FREE EVENT' is written vertically in large pink letters on the right side.

TICKETS AVAILABLE VIA WWW.CUBECINEMA.COM AND WWW.HEADFIRSTBRISTOL.CO.UK

Join the CAB and DET Entertainment teams as we laugh the night away with good vibes, great films and even better company. We will have a panel chat about the film and the themes that come up and most importantly why **Black Sexual Health Matters!!**

For more information email Common Ambition Bristol on -

cab@brigstowe.org

or

text the DET entertainment team on - **07943223022.**

Black Business showcase:

Join CAB and many other incredible businesses and information stalls at this wonderful community event sponsored by Avon and Somerset Police.

Everyone is welcome. Come and see the CAB team, talk to us about our project and what we do. Learn about PrEP or U = U. Get a home test kit from us or some condoms!

Be inspired

Be valued

Be the difference

BLACK BUSINESS COMMUNITY EVENT 2022

Discover Black Businesses in our local area

Gifts - Crafts - Food - Drinks - Jewellery - Clothes

ALL ARE WELCOME



SATURDAY, 29 OCTOBER



11.00AM - 3.00PM



UNITARIAN MEETING HALL
BRUNSWICK SQUARE, ST
PAUL'S, BRISTOL BS2 8PE

SPONSORED BY AVON AND
SOMMERSET POLICE



Barbers

Barbershop Outreach

We all know how important barbershops are for building community and relationships. Not only are they a place to get a haircut – but CAB also recognizes how they are important community spaces as barbers create a special social connection with their clients and for many a safe and welcoming space.

That's why since the summer we have **LOVED** getting to know and making links with the different barbershops in the Easton & St Paul's area who are true pillars of the community!



Take **Biggz Barbers** for instance – a place where not only you can have a quality cut at an affordable price – but to know **Biggz** is to be welcomed, to go in to his shop is to be part of a community. Biggz has backed the Common Ambition Bristol project from the start and continues to show support for our messaging and the work that we do.

[Biggz Barbershop](#)

07869173381

biggz@biggzbarbershop.com



You can catch us weekly at Biggz and other barber venues in the St Pauls and Easton areas. Just look out for the team in the Common Ambition Bristol T-shirts and stop us for a chat or to **grab your free condoms and self-test kits.**

Meet some of the CAB team!

There are lots of us who are part of CAB - this month let us introduce you to Mo & Matt!



Mo is one of our Community Members of CAB:

“I became part of CAB because I wanted to make a change in my community and be a driving factor in reducing the stigmas around sexual health”



Matt – Matt is an Education and Wellbeing specialist from our partner organisation BROOK:

“I love being part of Common Ambition Bristol because I strongly believe that we all have tremendous power and potential but many of us often don't have the opportunity or access to truly shine. This project addresses some of the barriers that exist to African and Caribbean heritage communities in Bristol fully shining in their sexual health lives by looking for the answers within the communities themselves”

And that's about it for this issue!

Thanks for reading and if you are thinking YES
I want to be involved in CAB then read on.....

Volunteers

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/Groups

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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Common Ambition Bristol

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Common Ambition Bristol is funded by The Health Foundation and is a collaborative project involving African and Caribbean heritage communities in Bristol as well as the following organisations:



