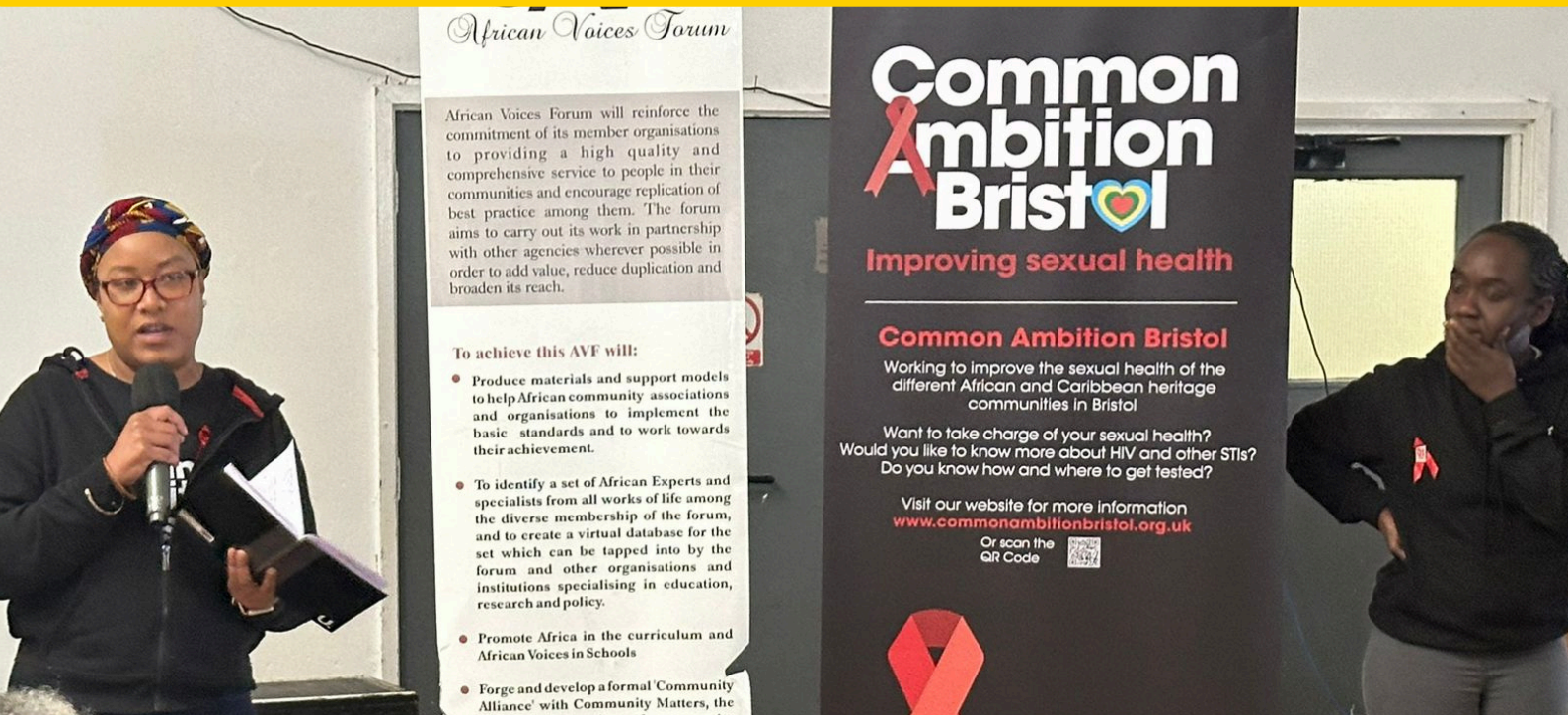


NEWSLETTER



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- **HIV & Sexual Health Testing.**
- **Sexual Health Drop-in Clinic.**
- **Black History Month.**
- **CAB Events.**
- **Events Coming Up.**

Welcome to October's newsletter where we, at Common Ambition Bristol, continue to support and improve the sexual health of the different African and Caribbean heritage communities in Bristol.





HIV & SEXUAL HEALTH TESTING



Are you of African or Caribbean heritage?



Has it been some time since your last sexual health test?



**Have you never tested but feel now is the time?
Would you just like to talk to someone about testing and your sexual health?**

Then let Common Ambition Bristol help you **take charge of your sexual health and come along to our **free and confidential** sexual health and HIV testing walk in service!**

CHECK OUT OUR OCTOBER AND NOVEMBER DATES.

SEXUAL HEALTH DROP-IN CLINIC



**CHARLOTTE KEEL HEALTH
CENTRE- BS5 0UA
THURSDAY, 31ST OCTOBER
1:30PM - 6PM
LAST CHECK-IN 5:30PM**



**MONTPELIER HEALTH CENTRE-
BS6 5PT
THURSDAY, 7TH NOVEMBER
1:30PM - 6PM
LAST CHECK-IN 5:30PM**

These clinics are specifically for people from African and Caribbean heritage communities. If you do not identify as being part of these communities and would like sexual health advice or testing then please contact UNITY Sexual Health_ who will be able to advise you.

AND IF YOU CAN'T MAKE OUR CLINICS...

<https://bit.ly/3K0SXTs>



Pick up and take away
FREE SEXUAL HEALTH TESTING that works for you.
You only need a few minutes to pick up a free NHS sexual health test from a vending machine.



How?

- Answer six quick questions
- Choose your **FREE** test and pack that's right for your body
 - **STI Tests:** Chlamydia, Gonorrhoea, Syphilis and HIV
 - **Instant mouth swab HIV test**
- Enter a code sent to your mobile phone
- Get your pack, take your samples
- Post STI test kit back for **FREE**, results in **1-3 weeks**
- Instant HIV test results in **20 minutes**

Where?

Watershed, Bristol
Mon 5pm-10pm, Tues-Fri 9.30am-10.30pm, Sat 10am-11pm, Sun 10am-10pm

Willow Brook Centre, Bradley Stoke
Mon-Sat 6am-12am, Sun 10am-4pm

The Sovereign, Weston-super-Mare
Mon-Sat 9am-5.30pm, Sun 10.30am-4.30pm

Hamilton House, Bristol
Mon-Sun 8.30am-12am

FREE FAST EASY PRIVATE



- You can also:
 - pick up **FREE** sexual health tests from vending machines at the Watershed, Hamilton House (The Canteen) & other locations. For more information see the [UNITY website](#)
 - have a **FREE** NHS sexual health test (available 6 days a week) at the [UNITY Central Clinic](#).
 - request a **FREE** [UNITY NHS postal sexual health test kit](#), if you don't have any symptoms. The kit will be sent to you in a blank envelope.

BLACK HISTORY MONTH

October marks Black History Month in the UK with this year's theme being 'Reclaiming Narratives' which, for me, is about taking back the power to tell our own stories with the truths that have been erased or forgotten. I think about the underrepresentation of Black people in Science and Technology, and the schemes to bring more of us into these fields, whilst erasing the historic innovations and contributions Black people have made to blood banks and open-heart surgery. I also think about the narrative that Black people don't like going to the doctors, or how we joke about ginger tea being the remedy for any and everything. When we dive deeper into these ideas, we see the violence that was inflicted on Black bodies in the name of 'research', the stories of Black women's pain not being believed, and how this has led to a distrust in the healthcare system. We also see the ancestral knowledge of plant medicine, the healing properties of different roots and herbs, and how this knowledge system is invalidated or being lost. This is why I personally struggle with confining Black History to one month. Black History is history, we celebrate and make history year-round and Common Ambition Bristol (CAB) is an example of this.

CAB is a community-powered collaboration with members of African and Caribbean heritage communities and representatives from partner organisations such as Brigstowe, African Voices Forum, Unity Sexual Health, Bristol City Council, and the University of Bristol. Bristol is a high-prevalence city with 2.7 people out of 1,000 (aged 15-59) living with HIV, and a late diagnosis rate of 58% which disproportionately impacts people from African and Caribbean heritage communities. CAB aims to tackle the stigma that exists around HIV, increase awareness of HIV, and encourage HIV testing to tackle the rates of late diagnosis. We're also hugely supported by the many barbershops, salons and businesses who continue to champion our work. So, big shoutout to all of the people who make CAB what it is; The CAB members who shape and power the project; those who are out in the community raising awareness of HIV and sexual health; the businesses who display CAB condom packs and information in their shops or allow us host events in their space. CAB's existence and success speaks to the magic that happens when you give communities power to tell their own stories and reclaim their narratives.

**Tidra-CAB's
'Community Engagement Facilitator'**

CAB EVENTS

CELEBRATING NIGERIA'S INDEPENDENCE DAY WITH EMPOWERMENT!

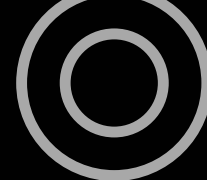


Earlier this month Augustina, one of CAB's workshop facilitators, led a session on sexual health and wellbeing to a section of Nigerian youth during their Independence celebration.

Together, we're breaking the stigma, fostering dialogue, and ensuring that everyone has access to vital information about improving their sexual health. Thank you to all the participants for joining us in this important conversation.

CAB EVENTS

AFRIFEST 2024



On 19th October, CAB joined African Voices Forum in celebrating the history and tradition of African and Caribbean culture at Malcolm X Centre. Zakiya and Augustina, CAB workshop facilitators, ran two workshops on sexual wellbeing, one for men and one for women which were well attended. We loved being there and taking questions from the participants. Thank you African Vocies Forum for having us and helping spread awareness about good sexual health.



**DO YOU RUN A
REGULAR EVENT?**

**ARE YOU PART OF A
GROUP THAT WOULD
BENEFIT FROM A SEXUAL
HEALTH SESSION?**

**OR ARE YOU
ORGANISING AN
EVENT WHICH SEXUAL
HEALTH COULD BE
PART?**

**CAB WOULD LOVE TO BE INVOLVED!
PLEASE GET IN CONTACT WITH US ON**

**0119555038 Or
cab@brigstowe.org**

CAB & DET ENTERTAINMENT PRESENT

**Common
Ambition
Bristol**
Improving sexual health



COMMON AMBITION BRISTOL IN PARTNERSHIP WITH DET ENTERTAINMENT

CINEMA
jam
PROUDLY PRESENTS

The Players Club

18

GAMES &
GOODIE BAGS
ON THE NIGHT

**29
NOV**

DOORS OPEN 6:00PM

CAB TALK STARTS 6:15^{PM} SHARP FILM STARTS 7:45^{PM} SHARP

**VENUE: EASTON COMMUNITY CENTRE
KILBURN ST, EASTON BS5 6AW**

FFI: EMAIL CAB@BRIGSTOWE.ORG OR CALL DET ENTERTAINMENT 07943 223 022



WWW.DETCOMMUNITY.CO.UK

WWW.COMMONAMBITIONBRISTOL.ORG.UK

FACEBOOK: DET ENTERTAINMENT OR @LUVDET - INSTAGRAM @DETENTERTAINMENT

FACEBOOK: COMMON AMBITION BRISTOL - INSTAGRAM@COMMONAMBITIONBRISTOL

TICKETS AVAILABLE VIA WWW.HEADFIRSTBRISTOL.CO.UK

FREE EVENT

CINEMA JAM IS BACK

We are really happy to partner with
DET ENTERTAINMENT and bring you
'CINEMA JAM' screening 'The
Players Club'.

 **DATE: Friday 29th November**





 **TIME: 6pm -10pm**

 **LOCATION: Easton Community Centre, BS5
6AW.**

There will be a **FREE CAB** talk on sexual
wellbeing, games, prizes and goodiebags to take
home with **FREE popcorn**  and **Hot dog**  for
everyone.

**TICKET AVAILABLE AT Headfirstbristol on
<https://hdfst.uk/e117246> or please scan the QR
code.**

  **IMPORTANT**  

Age rating 18 years (contains strong language )
**Please be aware the film includes themes of sexual
assault that may be triggering for some people.**
**The Bridge will be joining too to let us know a little
more about their services   .**

WORLD AIDS DAY

1ST DECEMBER



World AIDS Day is a global movement to unite people in the fight against HIV and AIDS.

Since 1988, communities have stood together on World AIDS Day to show strength and solidarity against HIV stigma and to remember lives lost.

Why is World AIDS Day important?

In the UK, more than 105,000 people are living with HIV.

Medical advances mean people with HIV in the UK can expect a long and healthy life and that we have the tools to stop HIV transmissions for good. But HIV continues to be highly stigmatised and misunderstood. World AIDS Day exists to shine a light on the real experiences of people living with HIV today, while celebrating the strength, resilience and diversity of the communities most affected. It is a moment to inspire the leadership needed to create a future where HIV doesn't stand in the way of anyone's life.

Join CAB in celebrating this very important day at the Watershed, For more information , please contact Brigstowe on 0117 955 5038 or info@brigstowe.org.

- **SATURDAY 30TH NOVEMBER**
- **CANDELIT VIGIL**
- **6-6:30PM**
- **WORLD AIDS DAY CELEBRATION**
- **7-8:30PM**
- **BOTH @ THE WATERSHED, BS1 5TX**