

NEWSLETTER



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Welcome to September'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.



SEXUAL HEALTH DROP-IN CLINIC



**CHARLOTTE KEEL HEALTH
CENTRE- BS5 0UA
THURSDAY, 26TH
SEPTEMBER
1:30PM - 6PM
LAST CHECK-IN 5:30PM**



**MONTPELIER HEALTH
CENTRE- BS6 5PT
THURSDAY, 3RD OCTOBER
1:30PM - 6PM
LAST CHECK-IN 5:30PM**

Its FREE, its confidential with free condoms to take home.

SEXUAL HEALTH DROP-IN CLINIC

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.

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

unity Sexual Health Be Informed. Be Safe. Be In Control.

NHS University Hospitals Bristol and Weston with Foundation Trust

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-Spm-10pm, Tues-Fri 9.30am-10.30pm, Sat 10am-11pm, Sun 10am-10pm

Willow Brook Centre, Bradley Stoke
Mon-Sat 9am-12am, Sun 10am-4pm

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

Hamilton House, Bristol
Mon-Sun 9.30am-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

SEXUAL HEALTH EVENTS & WORKSHOPS

Do you run a regular workshop?

Are you a part of a group that would benefit from a sexual health session?

Are you organising an event which sexual health could be a topic?

At CAB our aim is to encourage the African and Caribbean heritage community to test for HIV & other STIs and to be in control of their sexual health.

One of the ways to do this we are looking for community groups, meetings, spaces and opportunities to deliver **FREE** sexual health sessions and workshops. These could be either a one off OR a series of sessions.

As an example, previous events and sessions CAB have been part of are:

organising and delivering a day event for women centered around sexual health and empowerment

linking into an already formed men's group and carrying out a one off session on sexual health

organising a film night with a panel of speakers.

We would love to hear from you so please get in touch at 0117 9555038 or cab@brigstowe.org.

Our trained facilitators Zakiya and Augustina are ready to facilitate a session on good sexual health for and with you!

To find out more about CAB's Facilitators read on....



MEET OUR WORKSHOP FACILITATORS

W E L C O M E



Augustina

“At CAB my role is ‘Health Promotion and Sexual Health Workshop Facilitator’ which involves increasing HIV awareness, promoting testing, and reducing stigma within African and Caribbean heritage communities in Bristol through organising workshops and events that provide sexual health services and support to encourage people, especially younger generations, to know their HIV status and access services like PrEP and U=U.

Before joining Common Ambition Bristol, I was involved in several initiatives focusing on social issues within the black community in Bristol. I co-founded the Ghanaians at UWE society and hosted Afrohall, a radio show on Hub Radio that discussed topics like knife crime and promoted black creatives. I also co-founded The Bedmate, an initiative aimed at addressing sexual and mental problems among black youth.

My work with the African Voices Forum (AVF) and my role as a Digital Engagement further strengthened my connection to Bristol's black community through organizing events. I wanted to join Common Ambition Bristol because I am passionate about improving sexual health awareness within the black community and addressing the stigma around HIV.”



Zakiya

“I am a freelance Sexual Health Workshop facilitator for CAB. I am organising information sessions, community workshops and a movie night to spread the word about CAB's work.

I am a writer and cultural practitioner. I write often about British and Caribbean natural history. I've recently completed a PhD focused on Black British Journalism. I regularly run writing and Caribbean storytelling workshops for people from all walks of life - from primary school children to a group of Polish women aged 50 and over in Hull who speak very little English.

I wanted to be part of CAB as I know a lot of the stereotypes and stigmas around sexual health in my community. I know some of the hangups and I believe I know how to talk to African-Caribbean people about the issues. I wanted to be a part of CAB to work in my community and work for my community”.

Have your say and

Help us to reduce Sexually Transmitted Infections in Bristol!

You will receive a £25 gift voucher for taking part

- Take part in our study by speaking to a member of the team online or over the phone.
- Share your thoughts on the type of information you want to see about sexually transmitted infections in Bristol.
- Tell us what you think about improving guidance and support for preventing sexually transmitted infections.

Your views and personal information will be kept anonymous

Who can participate?:

- Anyone aged 18 and older
- Everyone, regardless of backgrounds or experiences with sexual health services
- Anyone willing to share their thoughts and experiences

Want to know more?
Email: t.may@bristol.ac.uk

Want to take part?
Scan to register:



COME JOIN CAB @ AFRIFEST 2024



18TH OCTOBER 2024 : YOUTH FEST
19TH OCTOBER 2024

MALCOM X 141 CITY ROAD,
ST PAUL'S BRISTOL, BS2 8YH

IN COMMEMORATION OF BLACK HISTORY MONTH

AFRICAN VOICES FORUM LTD

Present

AFRIFEST

FESTIVAL OF ARTS, CULTURE AND HERITAGE

Theme: COLLABORATING FOR HEALTH & WELLBEING COMMUNITIES

Featuring

- Stalls from organisations displaying various products and artefacts
- Presentations
- Film Show
- Workshop on HIV & Sexual Health
- Bouncy Castle & Face Painting
- Creative Art & Craft workshop for Children



SIDE ATTRACTION

- Light-hearted performances
- Story telling
- Poetry and Music
- Dance and Jokes

REGISTRATION FOR STALLS:

For More information or to register for Stall

JAMES: 07424206360

AUGUSTINA :07899618243

DAVID:07982720131

✉ avfafrifest@gmail.com

Partners



SCAN ME

REGISTRATION ENDS ON

- Common Ambition Bristol is seeking the views of the community to help improve sexual health services for African and Caribbean Heritage communities in Bristol.
- This survey is for anyone over the age 18 years, who is of African or Caribbean Heritage.
- The survey takes 5-7 minutes to complete and can be done online or by paper.
- It asks what you think about HIV, your views about testing and how to improve sexual health services. It is totally confidential and you don't need to give your name.
- £200 Prize Draw.** If you would like to be entered into the prize draw to win **£200 shopping vouchers**, give your contact details at the end of the survey. These details will be saved separately from your anonymous survey responses.

