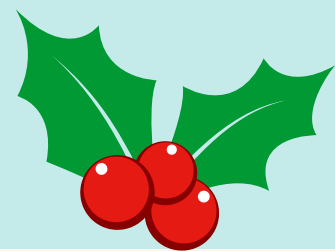
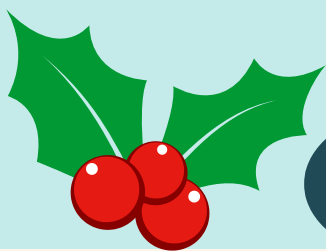


THE REBEL WITH A CAUSE (TRWAC) CIC



As our 3rd Project #Ujimatekeepthebeat2 comes to an end we salute you our friends, partners & supporters

WE WISH YOU A **JOYFUL** AND **PEACEFUL** FESTIVE SEASON AND A HAPPY 2024

IN THIS ISSUE

1. July - Community unveiling of avatar creation concept made with CAMERA Bath University
2. A conversation with a new donor
3. July - Star and garter Jamaican independence and celebratio.
4. July - St Marks Road Easton Mosque-sign up event
5. A final message from Muna our Peer Educator
6. A final message from Director, Makeda



THE REBEL
WITH A CAUSE

OTHER KEY ACTIVITIES

1. Judges Podcast - August 2023
2. Youth Podcast - August 2023 - *thanks to Eriife, Folarin, Teena and Kiki for attending*
3. DET Community Health Event, Filton Rd - August 2023
4. Regular presence every Wednesday at CAAFI health event at Barton Hill and other locations
5. Ade's work on our business plan
6. CHECK OUT OUR **YOUTUBE** CHANNEL WITH OUR PODCASTS [CLICK HERE](#)

GENERAL UPDATE

We have continued to engage our community with key messages around blood and organ donation both online and at physical events. Our young people continue to be the focus of our activities as they are our future generation of donors, we also know that young people can influence their parents' health choices

OUR FUNDER
OF

#UJIMATEKEEPTHEBEAT2

NHS

Blood and Transplant

H1 2023 NEWSLETTER

ENJOY THE FESTIVE SEASON!!



LET'S
HEAR
FROM OUR
PEER
EDUCATOR
MUNA

"My name is Muna Talha. I have been working as a blood and organ peer educator for TRWAC. My role is to encourage blood and organ donation within BAME communities in Bristol.

The work is both exciting and challenging. There are several reasons why black people are reluctant to donate such as mistrust of the medical system, cultural and religious myths on donation of blood and lack of awareness of the importance and the benefit of donating blood or organs in saving lives and maintaining health. **I have been to hundreds of outreach sessions and mobile health promotion clinics and had very successful conversations, over 500**, which led to 100s of new black blood and organ donors. I have used community radio to spread the message in multi language radio shows and worked with faith places such as churches and mosques.



This is only 2 years of work and **imagine how many lives were saved by the blood donated by those hundred donors. I feel proud and very happy that people were listening and donating blood and saving lives.** The achievement is not a personal one, but testimony for the TRWAC project which proved that once opportunity arises, with some resources and encouragement of community led initiatives, our community with informed choices are always stepping forward to help and aid fellow human beings."

A Conversion Conversation

H2 2023 was all about promoting our social media creation on all channels and using it to start a conversation with young people.

We also attended a number of community events where we felt that the young demographic would be present and had some amazing conversations.

One such conversation was with a young Afro-Caribbean man about 6 foot tall and he seemed quiet and was observing events at the Star and Garter Jamaica anniversary celebration.

Our conversation started with him asking what our stall was about. Once told the information his smiling face changed and became rather serious.

I asked him whether he had ever considered donating. He mentioned that he had spoken about it with his family but they had not made any decision. He asked about what it was like after your blood donation. I said "our bodies are so marvellously built that provided you eat and drink normally within 24 hours your volume of blood is back to normal." He smiled and was taken aback.

We told him about the need, the shortage, the sickle cell sufferers and he was visibly moved. He then asked about frequency and explained that his driving job meant that he did irregular hours, he wondered whether the sessions would be flexible enough to accommodate his hours.

We explained that he could donate on the days when he was not away from Bristol. **He signed up**

“our bodies are so marvellously built that provided you eat and drink normally within 24 hours your volume of blood is back to normal

”

WANT
TO SAVE A LIFE?
SIGN UP HERE
WWW.TRWAC.ORG/SUPPORT CODE A13

#BUSINESS PLAN

With the help of Black South West Network (BSWN), **Ade** spent a great deal of time carving out a business plan for TRWAC CIC. This involves a new exciting project on colourism and its impact. This project will be in a workshop format but will be recorded to create materials for schools, youth groups and social media campaigns. This project will be delivered in the medium term.

Meanwhile, the organisation will continue its focus on health and in the longer term bring to life the 3rd leg of its mission which is economic empowerment



CHANGE OF ADDRESS

- **We have moved!!**
- Our office is now located in the enterprise wing of University of West of England where Ade is now a student. Our telephone numbers remain the same as well as our email addresses. Our postal address is now:-

**University of West Of England
Student Ventures
Coldharbour Lane
Bristol
BS16 1QY**

Contact: info@trwac.org

We give thanks and appreciation to the management and staff at Malcolm X Community Centre where we had our office for some 3 years.



SAD NEWS

An update from Makeda

After jointly launching this organisation and running it with Ade for the past 3 years I have decided to step down as director of TRWAC.

It has not been an easy decision and one I have mulled over for several months. Unfortunately due to new commitments and changes in my personal life, I am unable to continue as a director but would be happy to help the organisation occasionally as a volunteer to man stalls or as a consultant for special projects.

It has been an absolute pleasure serving the community through TRWAC, supervising and supporting Muna and working with Ade. It has been pleasurable to see her commitment to the cause every day. I ask all of you to give her your full support as TRWAC goes through this period of adjustment.

I leave the organisation as a well run and managed community organisation. There is accounts discipline, there is good governance, adherence to GDPR and most importantly there is love for our community. We take pride in educating our community about blood and organ donation and while I have been a director we have potentially saved just under 500 lives via blood donation. I am very very proud!!

One of my last activities as director was to allocate a hardship fund to 3 elders in our community who needed help. Our elders are very proud and I knew it would be difficult to get people to open up about their needs but eventually I found 3 very worthwhile people all aged 65 plus and needing help with a variety of needs. Thank you African Health Policy Network for giving us the opportunity to help our elders in this way.



Community Unveiling of Avatar Creation with CAMERA [The Centre for the Analysis of Motion, Entertainment Research and Applications] - Bath University



On July 15th, at the Malcolm X Centre, we showed the avatar creation to the parents, young people and community guests. Clive Smith our videographer on the day, gave a talk about his experience of being involved with the project.

We then used parts of the film and the creation as part of our social media campaigns targeting a younger audience



STILLS OF OUR
AVATAR SUPER
HEROES
CREATED BY
OUR
YOUNG
PEOPLE



THE REBEL
WITH A CAUSE

Picture Corner

