

# BAME Health & Wellbeing Hub

October 26<sup>th</sup> – 30<sup>th</sup> 2020



BAME Health & Wellbeing Hub would like to invite you to join us for a series of talks to mark Black History Month. We will be hosting a number of virtual sessions that reflect the experiences of black people living and working in Leeds, both past and present. Everyone is welcome and joining instructions are in the table below. Please join in and help us celebrate.

When	Session	How to Join
Monday 26 <sup>th</sup> Oct 1:00 pm - 2:00 pm	How we coped with COVID 19	Click <a href="#">here</a> to join Meeting ID: 894 1265 4132 Passcode: 987205
Tuesday 27 <sup>th</sup> Oct 11:00 am - 12:00 noon	Employment – Then and Now	Click <a href="#">here</a> to join Meeting ID: 838 1751 5015 Passcode: 453835
Tuesday 27 <sup>th</sup> Oct 1:30 pm – 2:30 pm	Education - Then and Now	Click <a href="#">here</a> to join Meeting ID: 896 9005 5754 Passcode: 461075
Wednesday 28 <sup>th</sup> Oct 11:00 am - 12:00pm	Storytelling	Click <a href="#">here</a> Meeting ID: 892 4786 0456 Passcode: 927058
Wednesday 28 <sup>th</sup> Oct 1:15 pm -1:55 pm	Dance On (Music of Black Origin)	Click <a href="#">here</a> to join Meeting ID: 925 9221 7112 Passcode: BHM
Thursday 29 <sup>th</sup> Oct 1:30pm - 2:30 pm	Grandma’s Kitchen Learn to cook curry dish	Click <a href="#">here</a> to join Meeting ID: 898 4580 5289 Passcode: 051278
Friday 30 <sup>th</sup> Oct 12:30 pm - 1:30 pm	Black and a Career – The Circle of Life	Click <a href="#">here</a> to join Meeting ID: 830 2344 1879 Passcode: 628719

See overleaf for more information

# BAME Health & Wellbeing Hub

October 26<sup>th</sup> – 30<sup>th</sup> 2020



## Session Details

<b>How we coped with COVID 19</b>	<b>Sharing experiences of Black people's of all ages during the Covid-19 pandemic.</b>
<b>Employment – Then and Now</b>	<b>Group of black nurses sharing their views on life in the NHS and how they overcame barriers now and in the past.</b>
<b>Education - Then and Now</b>	<b>How black peoples experience of education has changed over the years</b>
<b>Storytelling</b>	<b>Hansel, a local artist brings stories to life in a special performance</b>
<b>Dance On (Music of Black Origin)</b>	<b>Izzy from Yorkshire Dance delivers exercise session with music of black origin. Performance from Nii, local African artist</b>
<b>Grandma's Kitchen</b>	<b>Display of how to make a traditional Caribbean meat curry, with steamed white rice and a vegetarian alternative</b>
<b>Black and a Career – The Circle of Life</b>	<b>BAME Dementia Carers Group discuss how caring has changed between the generations and how caring in the Caribbean differs from the UK. How being in a cares group has helped to make caring a positive experience.</b>