



The Association for Prostate Awareness

SUB-COMMITTEE

COMMEMORATION PROJECT
REPORT
2011

Three Interactive Events Celebrating the Resilience of the African Caribbean Communities living in the London Borough of Newham

***Remembering the life of Tony Cheeseman
Promoting heritage, health and community wellbeing with a
special tribute to Valerie Forde & Betty Carter***



Glenda Vaughan celebrated 44 years to the day of her first arriving from Barbados to the UK. Here she is modelling the very same hat she wore when entering the country on July 15th 1966.



Photos taken from the 1st event 'Celebrating Caribbean Settlement in Newham'

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“The harmonisation of Afrikans in the Diaspora and continental Afrika is a complex one given the 400 years and more of slavery and colonial exploitation. We have been taught that Afrika is a primitive, backward and uncivilised etc by the Western world and we should have nothing to do with it. While on the Continent the Afrikans have been told that we are the sons and daughters of slaves and are less than they are! This divide and rule concept practice has been very effective because it has become institutionalised in the church, government, the judiciary, Militia, the education, social and economic systems of the western so called new world of which we are all victims. The transatlantic slave trade remains man’s greatest inhumanity to man in human history. The disturbed spirits of the the ancestors are watching us and assisting us in our restoration and restitution.”

Quote from a paper submitted by Tony Cheeseman to a reparation conference – Accra, Ghana 2006.

ACKNOWLEDGMENTS

Our warmest appreciation goes to the officers and members of the Association for Prostate Awareness for their kind support to the subcommittee, the people and organisations which took the time to contribute to this project.

Our project would not have been possible without funding from the Newham Voluntary Sector Consortium and we thank you.

A very special thank you to Marie Gabriel Associates consultancy who believed in our project and supported us throughout. We thank the families of Tony Cheeseman, Betty Carter and Valerie Forde for allowing us to commemorate their lives. And special thanks to Loleta Cumberbatch for her all round help and support.

We would also like to thank the following, the Newham Library Archives, the London Metropolitan Archives, Mellow, East London and City Mental Health Trust and Newham Youth Service.

Thanks to our guest speakers: Cecil Gutzmore, Trevor Hakim and Paul Obinna for their thought provoking contributions and guest panellist Bro LDR Mbandaka

Everyone who contributed to the Reminiscence Wall and who gave interviews. The entertainers, the caterers and the MCs. They were many who helped behind the scenes, you know who you are and we thank you and appreciate your help.

Finally we are indebted to everyone who attended our three successful events and contributed to the recommendations.

Sub Committee members:

Pearla Boyce Treasurer
Joyce Grandison
Winston Pinder
Mark Vaughan
Harry Cumberbatch- Secretary
Ron Reid – Chair Ex Officio
Sonia Harding – Vice Chair Ex- Officio

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FOREWORD

When I was approached with the idea of commemorating the life of Tony Cheeseman I had no hesitation in agreeing to make a contribution. Tony, who had recently died from a prostate illness, was not only someone I knew well he, was also a leading community activist in the 1980s before he returned to live in Barbados.

As Chair of the Association for Prostate Awareness (APA), I was pleased to recommend the group's wish to become a sub-committee of our organisation in order to carry out the project. The impact on the Association membership in agreeing to and supporting the Subcommittee's Resilience project our membership has been exposed us to another form of community involvement.

It has also given the wider African Caribbean community an opportunity to share their migration and settlement histories in a context where these will have longevity and influence the long-term aim of APA.

We would like to give a special thanks to the family of Mr Frank Gabriel, who recently died of a prostate illness, for their financial support towards the publication of this report.

I thank the Subcommittee for their hard work in organising three successful events and will support them as they work to achieve the conference recommendations and developing the Tony Cheeseman Foundation.

Ron Reid

Chair, The Association for Prostate Awareness

August 2011

1. Celebrating Caribbean Settlement in Newham

Our first event 'Celebrating Caribbean Settlement in Newham' was held on 15th July 2010 from 2pm to 9pm at All Saints Church Hall, Hampton Road, London E7.

The event featured heritage and well being presentations with the sharing of individual histories and contributions through one to one recorded interviews and video conversations.

The creation of a reminiscence wall saw the community bringing memorabilia to share on the day. The stalls provided by Newham Archives and Local Studies Library and The London Metropolitan Archives attracted considerable attention.

Well being and health promotion advice was provided by the Association for Prostate Awareness and MELLOW (An East London NHS Foundation Trust programme that focuses on the well being of African and Caribbean communities in east London.)

The second half of the 'Celebrating Caribbean Settlement in Newham' opened with an overview of Tony Cheeseman's life delivered by Harry Cumberbatch.

The keynote address was delivered by Cecil Gutzmore and entitled "The Contribution made by Caribbean People in Post War Britain and Preserving its Legacy for Future Generations". A panel discussion with Cecil Gutzmore, Winston Pinder and Brother Leader Mbandaka followed; this was chaired by Sonia Harding, Vice Chair of APA.

A participant with three generations of her family present also celebrated on the day 44 years of settlement in Newham. She was a highlight of the heritage event. Ms Sissy Vaughan kindly allowed us to photograph her with the hat she wore on her flight to England on 15th July 1966.

Another star piece of memorabilia on the day was the valise (i.e. suitcase) that Nailah Cumberbatch's Grandmother brought to England in 1955.

2. Commemorating Tony Cheesesman's life and celebrating Emancipation Day

The second event, held at the Newham African and Caribbean Resource Centre, Barking Road, E13 on 1st August 2010 was also the first anniversary of Tony Cheeseman's death.

The event featured a packed programme of cultural activities, lectures and discussions on how we can build our resilience as a people and further progress as a community. The evening began with a libation led by Sister Askala and was followed by:

- A Keynote address on the struggles of the African Caribbean people by Trevor Hakim
- A performance by the Young and Gifted Choir

INTRODUCTION

The Commemoration and Resilience Project began as an initiative in February 2010 when Winston Pinder, Tony Gill, Ronald Reid, Pearla Boyce and Harry Cumberbatch met to explore how their friend Tony Cheeseman's (who had recently died of prostate cancer) life could be commemorated. Mark Vaughan, Sonia Harding and Joyce Grandison later joined the project.

The Project hosted by the Association for Prostate Awareness received consultancy support from Marie Gabriel Associates and was funded by Newham Voluntary Sector Consortium with in kind support from the London Borough of Newham and NHS Newham.

This report sets out the project's achievements and based upon the success of the conferences makes clear recommendations.

The project was a three stage event, which sought to promote the well being of both individuals and the wider community. By 'Resilience' we mean both the ability of communities to come together and overcome their challenges and the ability of an individual to foster their own resilience to ill health. By 'well being' we mean both physical and emotional good health. In summary the aims of the project were:

- To commemorate the life of Tony Cheeseman and his contribution to the progress of African and Caribbean communities (and indeed the wider community), both in Newham and internationally;
- To celebrate the lives of Valerie Forde and Betty Carter and their contribution to the resilience of the African Caribbean community.
- To build awareness of and a wider recognition/respect for the impact of the work of African Caribbean activists on their community and on the wider Newham community.
- To collate and build a record of the experience of the African Caribbean community and their contribution to British society.
- To improve the health and well-being of the African Caribbean community, with a specific emphasis on cancer preventative measures and condition management.

- Drumming by Muma Di and Family
- Entertainment from the Panologist Audrey Brian and Friends and Nyleez disco.
- Poetry performances by Roy Hayde and Nailah Cumberbatch
- The launch of John McAnuff's "Jumiekan Langwij" CD
- National and International tributes were received and read.

The final speaker Paul Obinna demonstrated his thought provoking interactive presentation of his 5000 AD timeline of African history. The evening was jointly hosted by Rosemary Jones and Lew Boyce and ended with the singing of Redemption Song.

3. Promoting Family Health & Wellbeing with a special tribute to Valerie Forde and Betty Carter

The third event was an addition to the agreed grant requirements and was held at All Saints Church Hall on Friday 17th November from 2pm to 6pm. The additional funds required to support this event was donated by the membership of the Association for Prostate Awareness.

The event chaired by Marie Gabriel, a Freeman of the borough of Newham, included a photographic exhibition of the two earlier events stalls by CAYNA, APA and the Newham Primary Care Trust with profiles and tributes from family, work colleagues and friends to the two late outstanding community workers:- Valerie Forde and Betty Carter.

Eleanor Hitchman, the End of Life Care-Psychologist at Newham PCT gave a talk on the Psychological Impact of cancers on the individual and the family. Nazma Sheikh from Newham PCT Lifesavers Project followed this with her talk titled "On the Sunny Side of the Street".

Head Chef Barrington Palmer of Palmer's Catering Ltd gave a presentation on the preparation and cooking of healthy Caribbean meals for life style changes. His food samples were part of the refreshments. Head massages were also available to participants.

A list of recommendations gleaned from the earlier events evaluation forms was presented, discussed and endorsed by the meeting for the committee to act on.

Dear brothers & sisters,

It's with a deep sense of regret that I construct this address, dedication and tribute to our dear departed brother Anthony, instead of being there to personally address you all on this very special occasion. It is universally understood, without exception, that in this world, virtually all things are furnished with a beginning followed by an inevitable end. Needless to say, this hard reality is an inevitability that none of us will or can escape.

Despite the fact that we are all reconciled to this bitter reality, we nevertheless are invariably afflicted with an immense sense of lost and profound pain and sadness, especially when an exceptionally beautiful, unique and special person like Tony does depart.

As most of you are no doubt aware, Tony spent practically all his adult life as a helper, teacher, educator and advisor to all of those, who were privileged to know or come into contact with him, not only in the UK and his native Barbados but also in many a distant land. The fruits of his labour and dedication to all of us are still here and will remain so, for many a decade to come. Let me give you just one example of such. I first met Tony 39 years ago in London when I attended an audition in the hope of joining a soul band which he then led; Tony-C and the Crescents. Only about four months prior to this meeting, I had purchased a set of drums because as a young kid, I had the desire to one day play in a band and hopefully even go on to become a professional musician. At this point in time, an associate of mine informed me that Tony's group was looking for a drummer. Thanks to the effort of my friend who arranged everything, off I foolishly went for an audition.

Suddenly, there I was, in the middle of an audition with a group of professional standard musicians who clearly knew what they were doing, whilst I on the other hand had no idea what I was doing there. I was particularly impressed with Tony's immense ability as a guitar player, along with his very classy and stylist vocal delivery.

In contrast, there was me in the background, who played and sounded like a recently arrived Martian from outer space equipped with 2 left hands and feet. A couple of the band members were laughing in disbelief. As the audition grounded to a premature halt, after just one song I made an effort to apologise to the entire band for having wasted their precious time.

At that precise moment, I was about to receive one of the very biggest shocks I have ever experienced during the course of my lifetime. As the band leader, Tony turned to the rest of the members and simply said, "Fellows, this kid is only a beginner but he is clearly eager to become a good drummer and in my opinion, with a continued level of interest and dedication, he will in future go on to become a musician of worth". Incredibly, he then went on to insist that I should there and then be instated as the drummer with the band.

That incredible and unexpected decision of our now departed brother heralded the beginning of a musical career which has taken me on several tours around the world, along with numerous worldwide television and recording studios appearances with several acts, turned out to be a decision which would go on to have a huge and far reaching impact on my life, even to this very day and with his constant help, advice and influence (plus some very hard work), I eventually became a much improved drummer which eventually allowed me to make various important inroads into the music industry.

Anthony, if by any miracle you are monitoring this address there's no need for me to remind you that to the example of the start you gave me you have dedicated a very large part of your life helping and being there for others whenever they needed you. You have

imparted a great deal of knowledge, education information and advice to countless people from individuals to the largest and prestigious of international political and social groups and organisations.

You have fought tirelessly in your distinguished track record of championing the awareness of black consciousness and the various aspects of our long and difficult historical journey. The variety, diversity, depth and awareness of your vast subject matter, coupled with the enthusiasm, conviction and sincerity with which you often spoke, will forever be etched into the hearts and minds of all those who were fortunate enough to know and be associated with you.

Many thanks to all of you for your time, energy and hard work in arranging this very special gathering for this very special brother.

Finally, I'm currently out on tour with Robin Gibbs of the Bee Gees and consequently am unable to join you in celebration of Anthony's life. For this, I sincerely apologise to all of you. It's my sincere desire to join you all some time in the not too distant future during a similar such gathering.

From Tony and me, thanks to you all for this very thoughtful tribute.

Trevor Murrell.

(Abridged from original)

Comrade Anthony Cheeseman

I am delighted to hear of this tribute to Brother Tony and to be asked to share some thoughts and reflections on his life. For fear of repeating some of what others would say I shall keep my remarks brief and precise.

Brother Tony was a remarkable man as an Egyptologist and a very committed Race First Pan-Afrikanist. This was brought home to me most forcefully when we were both working in South East London in the 1990s, he as a youth worker in Deptford and I as a Project Development Officer in Lewisham.

My duties included giving lectures and running workshops on Racism Awareness for white people and raising consciousness for black people. Being aware that Tony was much more knowledgeable than I was about Afrika, I once asked him to assist me with a potentially difficult workshop.

The payment was very attractive but he refused. His reason was most instructive; he said that he had no information to share with or to ever again give to white people. He further informed me that any workshop I had for black people I could call him and I did not have to worry about payment.

Tony was very concerned about life in England for black youth, young men in particular. He also had a strong desire to leave England himself, but was unsure of employment opportunities in Barbados. During this period I was developing a Resettlement Programme for Barbadians wishing to resettle home. On one of my trips to Barbados, he asked that I should check out the conditions to see if he would be able to make an input as an Afrikan historian since this would be his reason for returning home. I did as he requested, and on my return to London informed him that it would be difficult for him, that it would take about two years before Barbadians would become receptive to his wealth of knowledge.

Economic liberation was important to Tony, but he was not a materialistic person, he would share what he had.

However, when it came to parting with his books or educational material on Afrikan spirituality he was particularly cautious. Brother Tony had many other skills including

some I was unaware of. I did not know of his musical and athletic training skills until years after we both had resettled home.

Tony relocated to Barbados and obtained a job at the National Culture Foundation (NCF) where he had hoped that his vast knowledge of Afrikan history would help influence the cultural landscape of Barbados. However, he soon found out that the challenges I had warned him about were real. He subsequently obtained a job at the psychiatric hospital. I resettled to Barbados in 1994 and four years later obtained a job in government with the Commission for Pan-African Affairs. This position enabled me to provide opportunities for Tony to share his knowledge on Afrikan history with students from the University of the West Indies (Cave Hill) and Community College. Through the Commission, he was able to achieve one of his cherished goals when he made a desired trip to the Mother-land to attend a Conference in Ghana.

Tony believed strongly that he was the spiritual embodiment of Imhotep I, he lived with the hope that when he made his transition he would be among his Egyptians ancestors. I feel confident that is just where his spirit resides.

Rev. Buddy Larrier

Tribute to Tony Cheeseman

Tony and I attended St Giles boys school, affectionately known as “the College on the Hill” and for those of you who owing to misfortune did not attend the college on the hill, I can only say how sad Harry Cumberbatch and I are...ha ha ha

Tony went on to secondary school after which we met briefly in London as young adults. We again met about ten years ago in Barbados and I was very please to share our commitment relating to the struggle for the total liberation of the African. Tony was extremely well versed on the “Nile Valley Civilization” during 4000 BC to present time. It is in this area that he excelled and his life was totally committed to imparting this knowledge which he passionately felt that without it, that the African to accept the European myth that African’s did not make the profound contribution to human development. He could always be relied on to contribute even in the last days of his life, he continued to uplift and inspire those who visited him in hospital. For me it was a pleasure knowing him and I do believe that his contribution would not go unnoticed.

His spirit now resides within the realms of the ancestors and I’m sure that he along with the ancestors will continue to support us in the struggle. I cannot ask that his soul rest in peace, because it I impossible for the souls of our ancestors to rest peacefully while the children of the children of the enslaved continue to exist without the level of African consciousness and purpose for the total liberation of our people.

I now take this opportunity to say thanks to Harry Cumberbatch, Ronald Reid and others for putting this event together and I would also like to say thanks to the brothers and sisters who attended and it is with deep regret that I cannot be with you in person. May the blessings of the Ancestors continue to inspire and strengthen.

YOURS FRATEERNALLY
BRO COLLIN CARTER

Tributes to Valerie Forde

I am sorry I am unable to be with you today. I worked alongside Valerie at Harold Road Centre for the last 3¹/₂ years of her life, and grew to admire her strength and courage in good times and bad.

I don't know if those who planned this event realised that it would fall on the first anniversary of Valerie's passing from this life on 19th November 2009. I deliberately avoid saying her 'passing away' because in a real sense much of what she touched, and worked for, and influenced is still here today.

Her influence was, and indeed is, deep and lasting. Many of the individuals and organisations she devoted herself to will benefit from her wisdom and determination for all time. I don't find it easy to describe Valerie's qualities. Perhaps there were just too many of them.

But recently I came across something I wrote to and for Valerie in the last three weeks of her life – when it was fairly obvious that, barring a miracle, she would not be returning to work. Several times I have attended funerals and memorials when wonderful tributes are given, and I have wondered whether similar recognition and thanks was expressed to the person while they were alive. That is why I wrote this to Valerie.

TO VALERIE

**You've made the world a better place
By your work and way of living**

**From hard knocks and tough times
At the hand of Sixties Britain
You grew into a strong and caring, 'gentlewoman'.
You've made the world a better place
By your work and way of living**

**You used your energy to fight injustice and oppression;
Inspiring many others with passion and compassion
You've made the world a better place
By your work and way of living**

**We know it's not just 'Harold Road', but ELBWO,
RAMP and many others who know, and want us all to know
You've made the world a better place
By your work and way of living**

**So if your work ends early
Be proud of what you've done.
You've made the world a better place
Your legacy goes on!**

Alan Partridge Co-ordinator Harold Road Centre

A Woman Who Didn't "Just Talk The Talk" – But Walked It – An Embodiment Of Citizenship

Every once in a while we come across individuals who create an impression that singles them out from the crowd. They are driven by the belief that they can make a difference to others. This belief is further fuelled by the lengths with which they will go to make this belief a reality. Valerie Forde was one such person who held this belief and worked in various capacities to help those who were less fortunate. She didn't just talk the talk – she walked it!

Each of you will have your own memory of Valerie and along with those memories, anecdotes of experiences you shared with her. For us at ELBWO, Valerie was enshrined into the consciousness of what the organisation believed in; **educating, caring, enabling, empowering and protecting**. Valerie espoused ELBWO's values and everyone who had the good fortune to work with her or to be a recipient of one of the services would attest to this.

Every day we hear of people in our communities both in this country and in other parts of the world going beyond the call of duty, making personal and professional sacrifices so that others' lives could be enriched and improved. The history books make references to great men and women from all walks of life doing great work, some receiving great accolades in achieving such notoriety. However, the history book doesn't always tell us the full story. Right here in the corner of East London lies many of these great community stalwarts, none of whose names appear in these history books.

Ladies and gentlemen, we must create our own history In the words of an African proverb **"Until lions have their historians, tales of the hunt shall always glorify the hunters" ~ African Proverb**

It's a year since Valerie's passing and it is still too early for the healing to take effect but we know that in the fullness of time, we will heal. Valerie has not only left behind a family who loved and cherished her; her beloved son Jason,[and her grandchild], her mother, brother and partner who so loved her and still miss her terribly. She will be immortalised in our hearts and your memory, and will stay with us forever.

Valerie may your soul continue to rest in eternal peace
Myrtle Noble Chairperson ELBWO (Abridged)

Tribute to Betty Carter

I can tell you a few things about Betty Vis her community life. I had the great pleasure of working with Betty over the years but, really, I was trying to tax my brain as to when we first bumped into each other. I could only go back as far as about the early 1980s. She was working on a families and young people's project titled Project E15, based at Bryant Street Centre in the Methodist Church hall in Stratford. It was Betty's baby and she worked extremely hard to get it off the ground.

Then, later, I got a bit closer to her when I was invited to the inaugural meeting of the Newham Sickle Cell Group. At that time they were meeting in Hackney. The East London Sickle Cell group grew, so much so, they branched out and opened a branch in the London Borough of Newham.

The purpose of the Group was to raise awareness about sickle cell in the African and Caribbean community primarily. Betty and others spent very long hours, day and night, travelling back and forth to insure that the group was duly and properly set up and equipped to work for the education of the community as a whole about Sickle cell.

Two of the objectives that Betty was particularly interested in were: one, to educate and two, to take the awareness into schools and the education systems, especially in Newham.

Betty was a community person at heart. She always gave of her best and she was a great fundraiser. The first time I knew what a Bazaar was through Betty. We went on to jumble sales! You name it, she organized it. If it was good she would sell it and she used to make things too! I recall the plant sales, Jumble sales and bric-a-brac sales.

Now I come to the Newham African Caribbean Alliance. Betty was a founding member. We first met at the Atherton Leisure Centre then we graduated to the Newham Black Performing Arts (which is now the 'McDonalds' on Romford Road). This led to demand for the Local Authority to provide a meeting place for the Newham African Caribbean community and out of this came the building that is now on the Barking Road: The Newham African Caribbean Resource Centre.

Betty worked tirelessly for that Centre and the African Caribbean community; and she was there for at least a couple of years. NACA and the Centre were now her babies. Betty literally and singularly founded the Newham African Caribbean Saturday School, the Newham African Caribbean After School club and the Aerobics exercise group. The first exercise mats we got for the Centre Betty got them from someone, somewhere, brand new, for free!

Another thing that Betty had a lot to do with, was when we celebrated 10 years of the Newham African Caribbean Alliance. She had worked tirelessly to get it off the ground and I know it was something of which she was extremely proud.

After I left the Council in 1994 I took an active role as Chair at the NACRC and I recommended that the meeting room be named after Betty in recognition of the great work she had carried out on behalf of the Centre and the community. It took some time for that to happen, eventually after her death, which came as a shock to us all. However, I am pleased to say that there is now a room on the first floor called the Betty Carter Room, with a plaque above the door.

Betty to me was a friend, a colleague and a constituent when I was on the Council. She was someone I could always go to and have a conversation whether it is politics, community work or life in general. I know that no accolade is too high for this very great Black woman.

As a Black woman Betty had done a lot to show that the Black community had something to offer and not only in the London borough of Newham but to the whole of Britain. Any accolade in her remembrance is worthy and I commend the Association for Prostate Awareness for this effort today.

Lew Boyce
Abridged

230 people attended these events, mainly from the African Caribbean Community. 74 at the first, 92 at the second and 64 at the third. Those attending rated the events as excellent with a small minority rating them as good. No one rated the events as average or poor. Often commented on was the fact that the events were very informative and inspiring. It enabled those attending to better understand and therefore have more pride in their community's achievements. All attendees asked for similar events to be held and for young people to be a target group for future events.

The evaluation forms, face-to-face feedback and general comments together reflected the three events that were well attended, appreciated and acceptable to the community.

Feedback from Attendees

'It was a beautiful family gathering around a common purpose & shared expression'
(Quote from a attendee)

Feedback from attendees centred upon the following themes:

Emotional and Inspirational

A number of attendees commented upon the emotional impact of the events and that they were inspiring:

'I found the evening very inspirational'

'I really enjoyed coming together with my elders – the atmosphere was electric'

For some attendees it evoked a sense of spirituality and moved one attendee to state that they thought the event should 'have started with a prayer'

Reflections on the Guest speakers

Many people commented on **'the inspiring speeches from the guest speakers'**.

One attendee commented that:

'....I thought the guest speakers were excellent and you should hold an event with just them!'

And that they were:

'Extremely informative and thought provoking'

Our History

The evening provided some attendees with an opportunity to:

'....to see evidence of my history in Britain. It has made me eager to look into it much deeper'

For some attendees the events:

'.....Puts a completely different perspective on Black life'

Tributes

The Tributes provided attendees with an opportunity to find out more about a **'local person'** and a **'fellow countrymen'**:

.... This evening was very educational, as I didn't know Tony Cheeseman personally I realised what an opportunity I missed in not meeting him, my country man. I am glad that I did come to celebrate this event.

Some people found the tributes:

‘Educational, inspiring and very worthwhile’

Young people

For many attendees wanted more young people - ***‘our children’*** and ***‘grand children’*** to hear ***‘Our History, Our Rich History’***.

More Events

There was a general request for:

‘..... more lectures and discussions in the culture of Afro Caribbean people’

‘Need to have regular lectures on topics of interest to Caribbean people’

It was felt that regular events would enable:

‘.....young black generation would know their history’

And a hope:

‘.....to see further events of this nature on a more consistent basis to continue, myself, to contribute to these causes’

Areas to improve

There were a small proportion of attendees who suggested the following areas that needed to be improved:

Publicity

‘More advertisement in the black weeklies, like the Barbados Weekly Nation, the Voice’

More Young People

‘The only regret was that there weren’t enough younger people in attendance’

One participant wanted to:

I would like to hear how we can build our institutions.

The quote below reflects the general appreciation of many attendees:

‘Many thanks goes out to you, the family, the committee members, all the contributors, the speakers & indeed the people who attended. I congratulate your great effort, faith & belief in your support for our cause’

Given these facts the first of the project aims ‘To commemorate the life of Tony Cheeseman and his contribution to the progress of African and Caribbean communities, (and indeed wider community), both in Newham and internationally’, has been successfully carried out. The other aims were also met successfully.

RECOMMENDATIONS

All events were inclusive, encouraged debate and focussed on the development of solutions by the participants. The recommendations that emerged from these events were endorsed at the 19th November event and ratified by the APA executive. They are:

1. Develop The Tony Cheeseman Foundation that will organise an annual Tony Cheeseman lecture and hold regular events to celebrate the contribution of other African Caribbean community activists.
2. Develop a quarterly African Caribbean Support Group to take forward the Foundation and oversee the implementation of these recommendations.
3. Develop a local African Caribbean Heritage Project that is led by young people and which concentrates on persevering our community's contribution mainly through reminiscence work.
4. To compile the information from all 3 events into a report.
5. To present to APA Executive the report and to identify how the above recommendations can be taken forward.

CONCLUSIONS

The majority of attendees were older people. However there was a feeling that the younger generation would benefit from these events. High attendance from mainly first generation Caribbean people is understandable as the theme of the first event was the sharing of stories of arrival and life settling in Britain. The second event focussed on commemorating an individual who was personally known by many attendees.

A distinct element of the Resilience Project is the exhibition which recorded the experiences and contribution of Caribbean people who settled in Newham / East London in the 1960's/70s.

The result of the first two events is that there are now over a 100 people interested in contributing their stories to the exhibition. Unfortunately due to a lack of resources so far we have been unable to action these contributions and speak with them.

The attendance and interest in these commemorative events have shown that the Caribbean community has a wealth of information, artefacts and good will to share with the wider community.

This vibrant knowledgeable, creative and now established Caribbean community has shown its resilience, adaptability and the positive contribution it has made over time and continues to make to its community and wider society.

The outcome and recommendations of these commemorative events has created challenges for the sub-committee which continues to meet as it work towards the achievement of the far reaching recommendations as outlined above.

Guest Speakers' Biographies

Cecil Gutzmore

Cecil Gutzmore is a former lecturer at the University of the West Indies Institute of Caribbean studies and Department of Government (Mona Jamaica). He returned home in 1997 after almost four decades in the United Kingdom. In the last phase of his UK residency, he was a lecturer in Caribbean studies at the University of North London (now London Metropolitan University). He is engaged in research and writing on Caribbean folk/popular culture, Creolisation, Pan Africanism, the history of race and racism and the debate generated by Eric Williams *Capitalism and Slavery*. He has published articles in a number of journals including *The Black Liberator*, *Marxism Today*, *Race and Class*, *Jamaica Journal* and *Interventions*. He was also a columnist in the Jamaican Daily Gleaner and contributor to the Jamaican Observer. Cecil is a political activist and founder facilitator of the Reparations: Haiti First! Haiti Now! Campaign.

Brother Trevor Hakim,

A gifted, Dynamic, Energizing, Passionate, Conscious educator and teacher, born and schooled in Newham, Trevor demonstrates his own unique and specialist insight into unravelling many of the hidden truths within the world of movies, film and animation. He is renowned for his exceptional skill and ability of masterfully unlocking, dissecting and exposing many of the underlying and subliminal messages hidden within the movies of the film industry. With his years of background working in video film production and editing, Trevor has set up workshops and developed programmes with principles to cater for different aspects and needs to be addressed within the Black Community and also effectively liaises and works with other communities.

Trevor has also worked in schools for several years and is responsible for setting up, running and managing a department for pupil behaviour and inclusion. Also he has had several interviews on various community radio stations as well as having hosted his own radio talk show.

In his tribute speech to Tony Cheeseman, Trevor addressed the audience with an educational and unique insight with his presentation which featured extracts taken from the popular TV drama 'ROOTS' while also taking time to reflect some of his personal views in connection with the memory of Tony Cheeseman in relation to the spirit and active principles of emancipation.

Paul Obina

Born of Nigerian to Ibo and British parentage, Paul was raised in Blackburn, UK. Paul began his teaching career in Manchester's notoriously crime infested Moss Side district and over 13 years taught Art, P.E (Physical Education), Maths, English, P.S.E. (Personal & Social Education), Social Sciences, Geography and History. In 1989, he left teaching to develop community initiatives and consultancy work. He first of all co-formed the K.E.G. (Kemetetic Educational Guidance): a community resource aimed at filling the gaps in cross-cultural education.

In 1998 Paul formed Obi Developments Ltd, a consultancy aimed at the development of multi-cultural resources. From 2000 to the present, Paul Obinna has facilitated personal & professional development sessions for mentors, college lecturers, schoolteachers, nursery workers, police officers, youth and community workers, government committees, think tanks, housing officers and counselors. His specialties are overcoming social exclusion, constructive awareness of race related issues and engaging disaffected behaviors. He has also designed, organized and run transformative residential events for adults and young people in the UK, USA, Trinidad & Tobago, Ghana, France, South Africa and Holland for local and national organizations.



Photos from our 2nd and 3rd events

Commemorating



CHARLES ANTHONY CHEESEMAN
17th November 1944 – 1st August 2009



Valerie Prisilla Forde
27th September 1951 – 19th November 2009



Elizabeth (Betty) Carter
19th June 1935 – 10th March 2004

Special Tributes

**“The events that transpired five thousand years ago; five years ago or five minutes ago, have determined what will happen five minutes from now.
All history is a current event.”** Dr John Henrick Clarke