

Tony Cheeseman Foundation

Some reasons why we should trace our family tree.

1. *Identify hereditary diseases and genetic disorders (e.g. Sickle Cell).*
2. *Learning about family history, folklore, custom and heritage is fun and can bridge the generation gap.*
3. *Give a sense of identity and purpose in planning personal objectives and career developments knowing that you have a family tradition or heritage.*
4. *Identify role models from within families for a source of inspiration and encouragement.*
5. *Recognition of family ancestors who made a contribution to the local community, nationally and internationally.*

First steps in Recording Your Family History

- *Start with yourself and work backwards through the generations. You can make a start by using the inside chart to begin recording your ancestors. Speak to family members and record their memories before it is too late. Keeping in mind that family stories can be embellished over the years, sometimes bearing very little resemblance to reality.*
- *All this can only take you so far before resorting to documentary evidence in the form of birth, marriage and death certificates, diaries, school reports, property deeds etc. Then there are official records held in archives and libraries held in this country and overseas*
- *Many records have now been digitised and made available via the internet. These on line sources don't contain everything so be prepared to visit archives and record offices. They are many good books on how to start recording a family history and your local library may be able to help.*

Genealogical research is the process by which historical records and genetic analysis are used to determine kinship or family connections.

African & Caribbean Family History

GET STARTED

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ON YOUR FAMILY TREE
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'Always bear in mind that every family has a history that deserves to be researched, documented and shared. Only by knowing ourselves, can we know and understand others'

Alissandra Cummins Director of the Barbados Museum 2017

'A people without the knowledge of their past history, origin and culture is like a tree without roots'

Marcus Mosiah Garvey

5 Generation Fan Chart

