



CARING AND SHARING ROCHDALE

—
Mary Seacole:
Pioneering Nurse and
Unsung Heroine

—
Historical
Snapshots

—
Black History
and Mental
Health

6TH
ANNUAL

BLACK HISTORY

MONTH CELEBRATION

*Making A Difference by Celebrating Black Stories,
Promoting Unity, and Embracing Diversity*



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CEO'S MESSAGE



Dear Reader

As we unveil the pages of our 6th Annual Black History Month Celebration edition, I find myself reflecting upon the remarkable journey of Caring and Sharing Rochdale and the profound stories we've encountered along the way.

Black History Month isn't just a moment in time to recognize the accomplishments and sacrifices of the Black community; it's a reminder that history is being made every day. In each interaction, every shared story, and through every challenge we overcome, we craft the narratives that future generations will look back on.

At Caring and Sharing Rochdale, our mission goes beyond just recognising these stories. We actively participate in creating them. By providing support, sharing knowledge, and fostering unity, we aim to not only celebrate Black history but also be a pivotal part of its continuous making.

This edition celebrates the contributions of Black people to history, culture, and society. From spotlighting local heroes to delving into historical events that shaped nations, we aspire to enlighten, educate, and inspire. Moreover, we hope to invoke a sense of pride and unity amongst our readers.

I'd like to extend my heartfelt gratitude to every individual who played a role in making this edition possible. Whether you're a contributor, a sponsor, a reader, or someone who's shared their story with us, you're the backbone of our community, and this magazine is a testament to our collective effort.

Let's cherish the past, celebrate the present, and work hand-in-hand for a brighter, united future. Here's to making history, together.

*- Nicky Iginla
CEO, Caring and Sharing Rochdale*



Mary Seacole: Pioneering Nurse and Unsung Heroine

03

FEATURE ARTICLE

Mary Seacole: Pioneering Nurse and Unsung Heroine

By Olawale Ogunjimi – Operations Manager

As the winds of time swiftly carry history's pages, some stories shine brightly, while others remain hidden in the shadows. One such story is that of Mary Seacole, a pioneering Jamaican-British nurse whose bravery and dedication during the Crimean War rivalled that of the renowned Florence Nightingale.

Born in Kingston, Jamaica, in 1805 to a Jamaican mother and a Scottish father, Mary Seacole's destiny seemed intertwined with medicine and caregiving. Her mother, a healer known as a 'doctress,' imparted to Mary the traditional Caribbean and African healing methods. These skills would later serve as the foundation for Seacole's contributions to battlefield medicine.

Amidst the relentless racial prejudices of the 19th century, Seacole's indomitable spirit knew no boundaries, leading her through the Caribbean, Central America, and Britain. Throughout her travels, she constantly broadened her understanding of medicine and refined her skills.

In 1853, when the Crimean War erupted, Seacole's innate sense of duty drove her towards the battlefield.

Despite her harsh rejection from official military channels due to

“
In the face of adversity and discrimination, we can rise above, proving that our skills and compassion are colourblind.
- Mary Seacole

her ethnicity, she financed her trip to Crimea. Undeterred by bureaucracy, she did more than just set foot on foreign soil, Seacole established the legendary "British Hotel" near Balaclava. Here, she not only provided nourishment and a refuge for soldiers but also offered invaluable medical care.

Mary Seacole beautifully expressed her philosophy with words,

'Compassion knows no boundaries; it's a universal language of care and healing.'

These words illuminated her path to saving countless lives on the front lines. Soldiers fondly dubbed her "Mother Seacole," given the the warmth, care, and maternal affection she brought amidst the chaos of war.

Yet, despite her undeniable contributions, Seacole's legacy remained obscured for decades, overshadowed by other figures

Fortunately, in recent times, efforts have emerged to propel her remarkable story into the spotlight. Hopefully, these endeavours will ensure that her sacrifices and achievements, particularly her leadership and courage in caring for wounded British soldiers during the Crimean War, receive the rightful recognition they deserve.

Seacole's pioneering spirit and commitment have paved the way for diversity in nursing in the United Kingdom and beyond. Her journey continues to inspire and remind us of the need for inclusivity and equal recognition of the contributions of individuals from all backgrounds in the healthcare field.

As we at Caring and Sharing Rochdale reflect upon history, figures like Mary Seacole remind us of the importance of perseverance, compassion, and the undying spirit of serving humanity. Her life's journey inspires us, reinforcing our commitment to caring for and sharing with others to make a positive impact in our immediate community and the world at large.

In celebrating Black History Month, we honour the legacies of individuals like Mary Seacole, whose stories, though once forgotten, forever enrich our shared human history.

04

HISTORICAL SNAPSHOTS



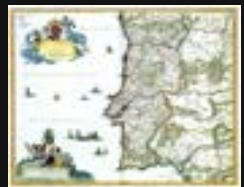
3100 BC:

Pharaoh Narmer unifies Upper and Lower Egypt, establishing the First Egyptian Dynasty. This marks the beginning of recorded history in ancient Africa.



1235:

Sundiata Keita establishes the Mali Empire, which later sees the reign of Mansa Musa, one of the richest people in history. His pilgrimage to Mecca in 1324 puts Mali on the world map.



1441:

The beginning of the European transatlantic slave trade with the first recorded enslaved Africans taken to Portugal from Northern Mauritania.



1619:

The first recorded enslaved Africans arrive in Jamestown, Virginia, marking the beginning of two and a half centuries of slavery in North America.



1700s:

Ignatius Sancho, an African man in England, becomes the first Black person known to have voted in a British election. He was also a well-respected writer and composer.



1772:

The Somerset Case in England rules that enslaved individuals could not be forcibly removed from the country, marking a pivotal legal step toward the abolition of slavery in Britain.



1791-1804:

The Haitian Revolution, led by figures like Toussaint Louverture and Jean-Jacques Dessalines, sees enslaved and free Black individuals in Saint-Domingue (modern-day Haiti) overthrowing French colonial rule.



1850s-1860s:

Under the guidance of leaders like Harriet Tubman, the Underground Railroad helps thousands of enslaved individuals escape to freedom.



1865:

The U.S. Civil War ends, and the 13th Amendment to the U.S. Constitution abolishes slavery.



1920s-1930s:

The Harlem Renaissance emerges, a cultural, social, and artistic explosion centering Black voices, with figures like Langston Hughes, Zora Neale Hurston, and Duke Ellington at the forefront.



1960:

Seventeen African nations gain independence from colonial rule. This year is often referred to as the "Year of Africa."



1963:

Martin Luther King Jr. delivers his "I Have a Dream" speech during the March on Washington for Jobs and Freedom.



1964:

The Civil Rights Act is signed into law in the U.S., outlawing discrimination based on race, color, religion, sex, or national origin.



1976:

Steve Biko, an anti-apartheid activist in South Africa, is arrested and subsequently killed while in police custody. His death draws international attention to the atrocities of the apartheid regime.



1981:

The Brixton riots in London highlight tensions between the Black community and the police, leading to public discourse on racism and inequality in the UK.



1994:

Nelson Mandela becomes South Africa's first Black president, marking the end of apartheid.



2008:

Barack Obama is elected as the 44th president of the United States, becoming the country's first Black president.



2020:

The killing of George Floyd sparks global protests and a resurgence of the Black Lives Matter movement, calling for an end to systemic racism and police brutality. In the UK, the movement leads to the reevaluation of colonial and imperialist symbols, including the toppling of the Edward Colston statue in Bristol.



Prof Erinma Bell

*MBE, DL, JP: CEO &
Co-founder, CARISMA*

Prof Erinma Bell MBE, DL, JP is a dedicated champion of community peace and founder of the ground-breaking charity CARISMA - Community Alliance for Renewal Inner South Manchester Area, also known as CARISMA Services. Her visionary leadership and commitment to fostering social cohesion have led to transformative solutions in the community. Erinma employs models that build social capital and enhance social and cultural intelligence among grassroots individuals, community groups, and key stakeholders. Her pioneering work enabled a remarkable 92% decrease in gun and gang crime in Manchester.

Erinma's passion for community peace has taken her across national and international borders, where she shares her inspirational stories and experiences with others dedicated to bringing peace to communities worldwide.



Rose Ssali

Founder, SAWN & MAMA

Rose Ssali is a visionary leader and the founder of Support and Action for Women's Network (SAWN). As a Director of Mama Health and Poverty Partnership (MHaPP) and a member of Lankelly Chase Greater Manchester System Changes, Rose is deeply dedicated to empowering women and families, giving them a voice in matters concerning their future.

With over two decades of experience working within African communities in Greater Manchester, Rose has played various essential roles, including advocacy, advice, training, and one-on-one support. Her extensive training in Asset-Based Community Development (ABCD) and Strengthening Families, Strengthening Communities (SFSC) reflects her commitment to supporting community organizations and individuals, addressing issues such as Immigration, FGM, Domestic Violence, Parenting, and Money Matters.



Dr. Charles Leyman Kachitsa

*Entrepreneur, Consultant &
Community Leader*

Dr. Charles Leyman Kachitsa is the founder of several organisations with a demonstrated history of working in the financial services industry. With a PhD in Management focusing on Motivation Bias in Sports Management from the University of Salford and an MBA in Finance from Birmingham City University, he possesses a wealth of knowledge and expertise.

Dr. Kachitsa's leadership has been showcased as a keynote speaker at various lectures, seminars, and public events. His organised and hardworking nature shines through in his dedication to enabling and motivating others to achieve objectives, making him a formidable entrepreneur and motivator.



Tikhala Chimpango

*Director, Woman Arise CIC
& Gems of Africa*

Tikhala Chimpango is an educator, social entrepreneur, and influential

BLACK HISTORY MONTH SPEAKERS

public speaker. Holding a master's degree in Educational Leadership Management from Manchester Metropolitan University and a bachelor's degree from the University of Malawi, Tikhala is a versatile academic and a visionary leader.

Additionally, she serves as a director of two remarkable companies: Woman Arise CIC and a publishing enterprise called Gems of Africa. Tikhala has authored two captivating children's books titled "Queen Nzinga" and "Mansa Musa: The Richest Man to Have Ever Lived," along with a compelling general readership book, "Queen Nzinga: The Tale of the African Warrior."



Hebe Reilly
Director, Cartwheel Arts

Hebe Reilly serves as the Director of Cartwheel Arts, a pioneering participatory arts charity located in Heywood. With a remarkable 40-year history, Cartwheel Arts co-creates inclusive artistic opportunities with diverse communities, enriching well-being and celebrating culture and heritage.

Hebe's vision is clear: to ensure that access to arts and culture becomes a fundamental right for all. Her leadership at Cartwheel Arts reflects this commitment, striving for a world where everyone has the opportunity to create, participate, and belong.



Cllr Elizabeth Atewologun
Councillor, Rochdale Council

Councillor Elizabeth Atewologun is a trailblazing leader and the first Black councillor in Rochdale Council. Armed with an MA in Education and her status as a Qualified Teacher, she dedicates her expertise to shaping the minds of future professionals at a local college. Elizabeth's unwavering commitment to the community is evident in her readiness to provide support and guidance to those in need.

Elizabeth's life journey is a testament to her resilience and determination, serving as an inspiration to not only the Black community but to everyone striving for excellence and equity in their communities. As a councillor, educator, and role model, Elizabeth Atewologun continues to have a profound impact on the lives of those she serves.

BLACK HISTORY MONTH SPEAKERS



Princess Folashade Alonge
Founder, De Butterfly

Princess Folashade Alonge is an experienced and qualified Psychotherapist/Counsellor with over 17 years of work experience in the public and private sectors, including the healthcare sector and voluntary sector.

She is a Community Influencer, Inspirational Speaker and the Wellbeing Lead for MAMA Health and Poverty Partnership, where De Butterfly CIC is a valued member partner. As a core member of the Elephant Trail Project, she contributes to wider impact and system change in Greater Manchester for individuals facing multiple disadvantages. Additionally, Folashade is an active member of various boards within Greater Manchester and Cheshire East, Northwest, England.

Passionate about educating and supporting victims and survivors of FGM, Folashade is a seasoned facilitator, conducting stress management workshops and executive support programs to enlighten and support individuals and corporate entities alike.

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GIRLS SPORT SESSIONS

Every Friday 4:30pm to 5:30pm

Sports Include:
Badminton, Swimming, Volleyball, Athletics, Netball
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To Register, Kindly Contact Nicky:
07944238892 | caringandsharing234@gmail.com

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drop-in Sessions

- This drop-in will provide a safe space for people to connect and share their experiences
- Confidential One-to-one Mental health advice and support
- Information and access to Esol English Classes
- Emotional Health and Well-being resources will be made available
- Information about different organisations supporting refugees and Asylum Seekers

EVERY THURSDAYS	11:00 to 14:00	VENUE 78, Yorkshire Street, Rochdale, OL16 1JW
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CONTACT | Nicky 07944238892, caringandsharing@gmail.com

MAMA HEALTH and POVERTY PARTNERSHIP

MHaPP -CIC



MAMA is a partnership of Black led women organisations established to eradicate health inequalities and poverty faced by Black women and girls. MAMA provides culturally appropriate advice to minimise the negative impacts of health inequalities and poverty.


Contact Information:
Phone: 07960 501088
Email: info@mamahealthandpoverty.org
Website: <https://mamahealthandpoverty.org>
Address: Unit 1, Stockfield Mill, Melbourne Street, Oldham O19 9ES



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RECOGNISING BLACK TALENTS FROM HISTORY AND CONTEMPORARY TIMES



1. **Miriam Makeba** (Legendary Singer & Anti-Apartheid Activist)

Hailing from Johannesburg, South Africa, Miriam Makeba (1932-2008) was not just a Grammy Award-winning singer but also a powerful activist against apartheid. Known fondly as "Mama Africa," her music was an amalgamation of traditional South African music, jazz, and Western pop, which won hearts globally. However, her outspoken nature against the apartheid regime led to a 30-year exile from her homeland. Makeba used this time to intensify her activism, performing at the UN and collaborating with artists like Harry Belafonte. Her song "Pata Pata" remains an international hit. Makeba's artistry and activism showcased the resilience of the African spirit, making her an enduring symbol of pride and resistance.



2. **Chimamanda Ngozi Adichie** (Renowned Writer)

Born in Nigeria in 1977, Chimamanda Ngozi Adichie is one of the most prominent voices in contemporary literature. Her novels, including "Purple Hibiscus," "Half of a Yellow Sun," and "Americanah," beautifully intertwine personal tales with broader socio-political themes, offering insightful commentaries on postcolonial African identities, diaspora, and gender. Adichie's "We Should All Be Feminists," adapted from her powerful TEDx Talk, champions a modern understanding of feminism, resonating with readers and thinkers globally. Her captivating prose and sharp observations make Adichie a force to be reckoned with, continuing to inspire and challenge the literary world.



3. **Fela Anikulapo Kuti** (Legendary Musician & Political Activist)

Born in Abeokuta, Nigeria, in 1938, Fela Anikulapo Kuti is celebrated as the pioneering force behind Afrobeat, a blend of jazz, funk, and West African rhythms. Beyond his musical genius, Fela was a staunch political activist. His songs, filled with sharp criticisms of government corruption and oppression, made him a target for authorities but a hero to the masses. His Kalakuta Republic compound became a symbol of resistance, often drawing the ire of the Nigerian government. Fela's music and activism left an indelible mark, making him not just a Nigerian treasure, but a global icon of resistance and artistic brilliance.



4. **Olla Iginla** (Filmmaker)

Olla Iginla is a filmmaker, actor, and producer. With an MA in Filmmaking and a BA (Hons) in Film and TV Production from the University of Bradford, Olla has created a legacy of storytelling excellence. His remarkable career spans captivating stage performances and unforgettable screen appearances. As the Chairman and CEO of Kashflo Entertainment, he is a driving force behind emerging talents and innovative productions. He has an unwavering commitment to promoting diversity and nurturing young talents. Beyond the screen, Olla is an avid sports enthusiast, engaging in football, volleyball, and fitness activities.



5, Wheto Blessing (Artist)

Blessing Wheto is a Visual Artist and Community Creative Practitioner with a Bachelor of Science degree in Fine and Applied Arts and a Master of Fine Arts degree (M.F.A) in Painting (2019). Expanding her creative horizons, Blessing recently concluded a Master of Arts degree in Socially Engaged Arts Practice at the University of Salford, Manchester, United Kingdom. Blessing has showcased her work in numerous exhibitions and undertaken commissions for various individuals and organizations.



Title: Lagos II
Medium: Plain Fabric on Canvas
Size: 40" x 30"
Year: 2019

"Lagos II" captivates viewers with its striking monochromatic palette, skillfully interweaving the contrasting facets of Lagos State, Nigeria. The piece masterfully combines the towering skyscrapers of the bustling metropolitan area, emblematic of Lagos' urban vitality, with the white hat symbolizing the rich cultural heritage of black Africans. Through this artistic fusion, it showcases the dynamic essence of Lagos in a single, harmonious composition.



Title: Discombobulate
Medium: Plain Fabric on Canvas
Size: 3ft x 2ft
Year: 2017

"Discombobulate" portrays a captivating image of a resplendent woman adorned with bold, elongated beaded earrings, reflecting her profound confusion regarding the incomplete documentation of Black History Heritage. This artwork serves as a poignant call for a more comprehensive exploration of African heritage, encouraging a deeper connection to our African roots. The enigmatic expression on the subject's face underscores the importance of understanding and embracing our history.



Title: Party Mood
Medium: Fabric on Canvas
Size: 2ft x 3ft
Year: 2020

"Party Mood" vividly captures the joyful spirit of West African women as they don traditional attire for a vibrant ceremony. The painting exudes the exuberance of these celebrations, where attendees come together to dance with finesse and display their remarkable dance skills. The central figure, the celebrant, takes the spotlight, making it easy for everyone to witness and participate in the festivities. This aspect of West African ceremonies elicits a profound sense of satisfaction and belonging, encapsulating the joyous essence of these occasions.



5. Temitope Adeyemi (Chef)

Temitope Adeyemi brings the rich tastes and cuisines of the African continent to life through her delectable creations. With a mastery of traditional spices and flavors, Temitope's dishes are a vibrant celebration of African heritage, tantalizing taste buds and preserving culture in every bite.



Eba With Egusi & Efo Riro: This is a classic Nigerian dish made with three main components:

Eba: Eba is a starchy staple food made from garri, which is a type of fermented and roasted cassava root.

Egusi: Egusi is a soup made with ground melon seeds as the main ingredient. It is typically made with meat, fish, or vegetables, and is seasoned with spices such as onions, garlic, chili peppers, and crayfish.

Efo Riro: Efo Riro is a vegetable soup made with leafy greens such as spinach, bitter leaves, or pumpkin leaves. It is also typically made with meat, fish, or vegetables, and is seasoned with spices such as onions, garlic, chili peppers, and tomatoes.



Moi Moi:

A beloved African delicacy, Moimoi is made from African Brown Beans, traditionally peeled by hand, though modern blenders are now used to expedite the process. These beans are skillfully blended with a harmonious blend of ingredients, including chili pepper, red sweet pepper, fragrant white onions, palm oil, and aromatic dry crayfish. This flavorful mixture is then enriched with fresh eggs, creating a perfect blend of taste and texture.



Efo Riro and Fried Plantain:

Efo riro is a vibrant and aromatic West African dish featuring a medley of leafy greens, elevated by the bold flavors of chili pepper, onions, locust beans, dried prawns, and your preferred selection of meat or fish. The dish is often paired with ripe plantains, which can be expertly air-fried or pan-fried to golden perfection.



Black History Month & Mental Health

By Angela Van Dinter

October is a significant month for celebrating Black history and the numerous achievements of the Black community. It's a time to take pride in the remarkable accomplishments of Black Heroes and Sheroes who have consistently persevered in the face of adversity. However, amidst the celebrations, it is crucial to shine a light on the intersection of Black history and mental health.

Racism remains an unfortunate reality that impacts individuals from various ethnic backgrounds within the Black community. Despite societal progress, racism persists to varying degrees, often lurking in subtler forms. While major events like the George Floyd tragedy or incidents of racial abuse in sports occasionally draw widespread attention, many within the Black community face racism as a daily, unspoken reality.

These incidents, whether overt or subtle, take a toll on the mental health of those affected. They create direct trauma, leading to psychological distress.

Moreover, there is the concept of collective racial trauma, where the experiences of one's racial group affect others who share the same identity, particularly impacting children who are at a vulnerable age.

Adding another layer to this trauma is intergenerational racial trauma. Historical injustices such as slavery continue to cast shadows on the mental health of Black individuals today. Descendants of those who endured such atrocities can still grapple with issues like vacant self-esteem, manifesting as feelings of hopelessness and depression, as noted by scholar Leary. These individuals may feel trapped in a cycle of adversity, despite their best efforts.

Furthermore, the underrepresentation of Black individuals in various aspects of life, from television to the limited availability of suitable makeup, reinforces harmful notions of Eurocentric beauty standards. These societal stressors exert both physical and mental health consequences. It is paramount that we do not overlook the triggers or downturns

in mental health resulting from these factors. The Black community faces unique obstacles that can profoundly affect mental well-being. Many of these racial traumas often go unrecognised, underscoring the importance of educating ourselves and seeking assistance if racism-induced trauma is impacting our lives or the lives of those we know.

At Caring and Sharing Rochdale, we provide access to counsellors and psychotherapists, and all our activities are centred on promoting healthy well-being and mental health. If you are grappling with issues related to your ethnic background or have experienced racism, please do not suffer in silence. We are here to offer a listening ear and connect you with the help you need.

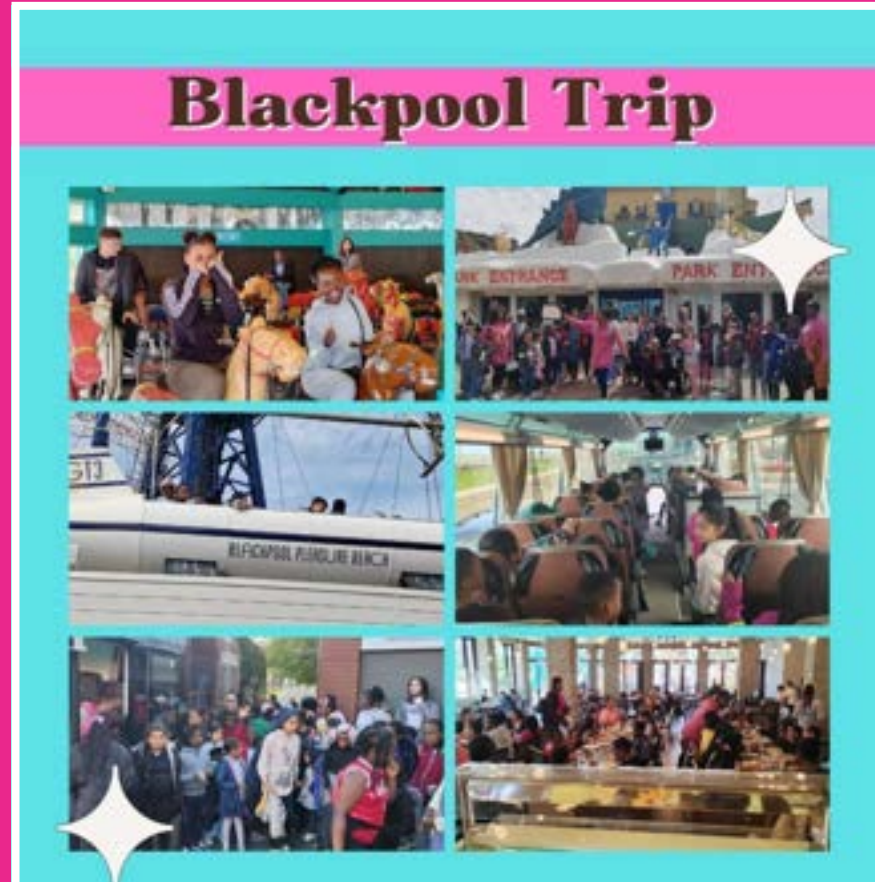
As we celebrate Black History Month, let us not only honour our achievements but also commit to addressing the mental health challenges that persist within our community. Together, we can foster a healthier and more equitable future for all.

Enjoy our Black History Month celebration and the rest of October!





AFRICAN DAY



WEEKLY ACTIVITIES

Mondays:

Tea & Chat (11am-3pm)
ICT Session (12:30pm-2pm)

Tuesdays:

Self Discovery Skills and Empow-
erment (10:30am-12:30pm)
One-on-One Sessions

Wednesdays:

Women Workshop - Well-being,
Ladies Exercise, and Mental Health
(11am-1pm)

Thursdays:

Refugees and Asylum Seekers
Drop-In Session (11am-2pm)
ESOL Class (11am - 1pm)

Fridays:

IT & Digital Workshop
(10am-12pm)
Active through Dance (11am-1pm)
Girls Sport Session (3pm - 4:30pm)

UPCOMING EVENTS

Volunteer & Staff Christmas
Party: **Dec. 16**

Children's Christmas Activities:
Dec. 19 - 22

Women's Day Celebration:
March 23, 2024

Africa Day: **May 25, 2024**

Black History Month Celebra-
tion: **October 24, 2024**

CONTACT US

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Caring and Sharing Rochdale: Our Activities and Events

COOKING GLOBAL CELEBRATION 2023



QUIZZES: TEST YOUR KNOWLEDGE OF BLACK HISTORY AND CULTURE

Iconic Figures of Black History

Q1: Who was the first African-American woman to win the Nobel Prize for Literature?

- a) Maya Angelou
- b) Toni Morrison
- c) Zora Neale Hurston
- d) Gwendolyn Brooks

Q2: Which Caribbean-born political activist and journalist was a key figure in the Pan-African movement?

- a) Frantz Fanon
- b) C.L.R. James
- c) Marcus Garvey
- d) Walter Rodney

Q3: Which British Black nurse became famous for her work during the Crimean War?

- a) Diane Abbott
- b) Mary Seacole
- c) Olive Morris
- d) Claudia Jones

Q4: Who was known as the "Queen of Gospel" and had a significant influence on gospel, R&B, and soul music?

- a) Mahalia Jackson
- b) Ella Fitzgerald
- c) Nina Simone
- d) Etta James

Q5: Which African leader was instrumental in the establishment of the Organization of African Unity (OAU)?

- a) Kwame Nkrumah
- b) Julius Nyerere
- c) Haile Selassie
- d) Jomo Kenyatta

Q6: Which Black British footballer famously dealt with racial abuse by raising his fist in defiance during a game in the 1970s?

- a) Cyrille Regis
- b) Laurie Cunningham
- c) John Barnes
- d) Les Ferdinand

Q7: Who was the first Black woman elected to the House of Commons in the UK?

- a) Patti Boulaye
- b) Diane Abbott
- c) Olive Morris
- d) Sharon White

Q8: Who was the African-American activist that led the Montgomery Bus Boycott?

- a) Malcolm X
- b) Marcus Garvey
- c) Rosa Parks
- d) Angela Davis

Q9: Which African author wrote the novel "Things Fall Apart", a classic in world literature?

- a) Wole Soyinka
- b) Chinua Achebe
- c) Ngũgĩ wa Thiong'o
- d) J.M. Coetzee

Q10: Who became the first Black British woman to win a Booker prize in 2019?

- a) Bernardine Evaristo
- b) Zadie Smith
- c) Malorie Blackman
- d) Chimamanda Ngozi Adichie

African Traditions and Cultures

Q1: The Adinkra symbols originate from which West African country?

- a) Nigeria
- b) Senegal
- c) Ghana
- d) Ivory Coast

Q2: Which Nigerian festival celebrates the new yam harvest?

- a) Durbar Festival
- b) Osun-Osogbo Festival
- c) New Yam Festival
- d) Argungu Fishing Festival

Q3: What is the traditional Maasai jumping dance called?

- a) Azonto
- b) Adumu
- c) Kpanlogo
- d) Bata

Q4: Which popular West African cloth is known for its bright colors and bold patterns and is often used in fashion and ceremonies?

- a) Shuka
- b) Gele
- c) Ankara
- d) Boubou

Q5: Which traditional musical instrument, often associated with griots, has 21 strings and is played in various West African countries?

- a) Djembe
- b) Mbira
- c) Udu
- d) Kora

Q6: A popular Nigerian delicacy made of steamed bean pudding is called?

- a) Fufu
- b) Moi Moi
- c) Jollof Rice
- d) Akara

Q7: The Zulu shield, used both in battle and traditional ceremonies in South Africa, is known as?

- a) Ihlangu
- b) Assegai
- c) Kente
- d) Ndebele

Q8: The Sankofa symbol, which speaks to the importance of learning from the past, is represented by what animal?

- a) Lion
- b) Elephant
- c) Bird
- d) Snake

Q9: In which Nigerian tradition do participants wear masquerade costumes and dance to drum beats during festivals?

- a) Ekpe
- b) Wazobia
- c) Eyo
- d) Asoebi

Q10: Which West African dance involves rapid footwork and is often performed during harvest festivals?

- a) Bata
- b) Zanku
- c) Azonto



CLOSING NOTE & ACKNOWLEDGEMENTS

As we reach the end of this special edition celebrating Black History Month, it's essential to reflect on the collective effort that has gone into bringing these pages to life. Our celebration of Black history, culture, and tradition is more than just an annual event. It is a tribute to the resilience, contributions, and indomitable spirit of Black communities around the world.

We are incredibly thankful to our contributors who have poured their knowledge, expertise, and passion into this publication. Your stories, insights, and perspectives have enriched this magazine, providing our readers with an enlightening and memorable experience.

To our sponsors, your unwavering support has been instrumental in making this magazine possible:

Rochdale Borough Council: For your continuous partnership and shared vision for an inclusive community.

The National Lottery: For investing in initiatives that celebrate diversity and foster community connections.

Lankelly Chase Foundation: Your dedication to system change and social justice is an inspiration to us all.

Mama Health and Poverty Partnership: For your unwavering commitment to improving health outcomes and reducing inequalities.

Culture Co-Op: Your work in promoting cultural unity is invaluable, and we're proud to collaborate with you.

Worldwide Foods: Thank you for helping us showcase the vibrant tastes and flavours of African and African diaspora cuisines.

All Things African: Your passion for celebrating everything African adds depth and vibrancy to our collective narrative.

Finally, to our readers – thank you for joining us on this journey. Your engagement and support amplify our mission, and together, we are creating a future where every story matters, every tradition is celebrated, and every voice is heard.

Answers from pg. 19

Iconic Figures of Black History	African Traditions and Cultures
1. Toni Morrison	1. Ghana
2. Marcus Garvey	2. New Yam Festival
3. Mary Seacole	3. Adumu
4. Mahalia Jackson	4. Ankara
5. Haile Selassie	5. Kora
6. Laurie Cunningham	6. Moi Moi
7. Diane Abbott	7. Inyang
8. Rosa Parks	8. Bidi
9. Chinua Achebe	9. Ekpe
10. Bernardine Evaristo	10. Zanku



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