



Issue 4
October 2021

Kairos CHRONICLE



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Cover photo taken by: Becky Duncan
Open Aye CIC: <https://www.openaye.co.uk/>

“I am not free while any woman is unfree” - Audre Lorde

WELCOME

Welcome to Issue 4 of the Kairos Chronicle! We're proud to showcase submissions from women & non-binary people across Renfrewshire. October is **Black History Month** so we are focusing on the lives of black and minority ethnic women+ and the Black Lives Matter movement, as well lots of our regular features! It is also world mental health day on 10th October. We have had an exciting few months celebrating getting our charitable status, meeting up as a community for a picnic in the park, and we are still on the lookout for our new permanent home. Watch this space!

THE CHRONICLE TEAM



Annie



Emmagayle



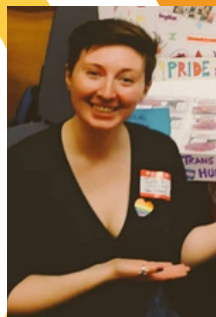
Arti



Amanda



Kate



Jules



CATO

"Gone from Castle-Semple, twelve miles from Glasgow, on Saturday the 30th January, a negro lad named CATO, the property of Colonel McDowall of Castle-Semple. Whoever secures him, so as to be returned to Colonel McDowall the Owner... shall be sufficiently rewarded: and it is earnestly desired that no person may entertain him, as he has left his Master's service without any just cause."

from Castle-Semple, twelve Miles from Glasgow, on Saturday the 30th January,
NEGRO LAD, named CATO, the Property of Colonel McDowall of Castle-Semple. Whoever secures him, so as to be returned to Colonel McDowall the Owner, sends notice of his being in Custody to Alexander Houston Merchant in Glasgow, or Andrew Wallace Writer to the Signet at Edinburgh, shall be sufficiently rewarded: and it is earnestly desired that no Person may entertain him, as he has left his Master's Service without any just cause.

Once upon a time, in Lochwinnoch village, in these woods there lived a boy named Cato. He was not born here, he did not choose to be here, and he did not want to be here. He was held, against his will, in the home of Colonel William McDowall. He was treated as if he were property. One day, in the middle of winter, he ran away. History doesn't record the rest of Cato's story, and we only know this fragment from an advert published in a paper in 1748 seeking his return.

**FROM THE CALEDONIAN
MERCURY, 2ND FEBRUARY 1748**

**BY LEAH
MCALEER**

"WE KNOW THAT HE WAS ONE OF HUNDREDS OF MEN, WOMEN AND CHILDREN WHOSE EXPLOITATION AND ENSLAVEMENT MADE COLONEL MCDOWALL A VERY WEALTHY MAN."

We know Cato was not the only child imprisoned and dehumanised by Colonel McDowall. We know that he was one of hundreds of men, women and children whose exploitation and enslavement made Colonel McDowall a very wealthy man.

Last year we started to ask ourselves, and our community why it is that McDowall, the captor and slave trader is commemorated in our Primary School, while Cato is forgotten. Erin, a P7 pupil, was elected the house captain of McDowall House, used her platform to raise awareness of who McDowall was, and the atrocities he was responsible for.

She started a conversation that stretched far beyond our small village, that raised a groundswell of support and uncovered deep rooted animosities. **Erin pointed out that this man's legacy was not aligned with the values of her school and requested that his name be removed and replaced from her school house.**

ERIN AND LEAH AT THE TEMPLE, KENMURE HILL. PHOTO: JOHN DELVIN



"SHE STARTED A CONVERSATION THAT STRETCHED FAR BEYOND OUR SMALL VILLAGE"

When we ask these types of questions, we do not always like the answers we get. Our community told us that they did not want this name to change; furthermore, that they did not even want to have a conversation about the possibility of change or what change could mean. **This is what happens when our stories are reduced to a binary – to a yes or a no; to an us and a them.**



But in truth, we cannot vote against change, any more than we could vote against the dawn or vote out the rain. Change will happen, whether we embrace it or rail against it.

Fourteen months after Erin first asked the question that divided the community, her younger brother came down from school clutching a bundle of papers. Among it was a letter, addressed to Erin from the head teacher, copied to every family in the school. **It said that the change Erin had suggested was coming, and invited her to be a part of shaping the future of the school, to promote equality and diversity.**

COLONEL MCDOWALL BUILT THE TEMPLE IN 1760, WHERE ERIN AND LEAH ARE SITTING IN THIS PHOTO. PHOTO BY JOHN DELVIN



**ERIN AT THE TEMPLE, KENMURE HILL.
PHOTO BY JOHN DELVIN**

Walking through the same woods Cato ran through on his bid for escape, I think about the freedom we have, to walk these paths. I think about all of the men, women and children like Cato, whose freedom was bought and sold to pay for ours. How their stories echo through time, how their subjugation laid the foundations for systemic racism that still stands to this day: that still imprisons, disadvantages and kills people for the colour of their skin.

The paths I tread through these woods have all been walked before. That is why the paths are here. The signs we place along the way have meaning, and sometimes we need to stop and examine those signs to see if they are guiding us in the right direction. If we place the name McDowall up high, where our children can see it, where are we guiding them? If we ask them to cheer his name on sports day, what are we asking them to cheer for?

**"IF WE PLACE THE NAME
MCDOWALL UP HIGH,
WHERE OUR CHILDREN
CAN SEE IT, WHERE ARE
WE GUIDING THEM? IF
WE ASK THEM TO CHEER
HIS NAME ON SPORTS
DAY, WHAT ARE WE
ASKING THEM TO CHEER
FOR?"**

People point out, quite rightly, that we cannot change history by changing the names. But perhaps we can change the future. Perhaps we are not meant to follow these well-trodden paths forevermore, perhaps we are meant to forge new ways through the woods.



LEAH, ERIN AND HER BROTHER IN THE WOODS. PHOTO BY BECKY DUNCAN

This morning I found a new path through woods I have walked countless times before. It was a path I hadn't even noticed until now. It reminded me that just because we are used to seeing the world from certain perspectives, that doesn't mean those are the only perspectives there are.

"CHANGE WILL HAPPEN, WHETHER WE EMBRACE IT OR RAIL AGAINST IT"

A group of Lochwinnoch residents are now fundraising to make Lochwinnoch a place of safety, through the Community Sponsorship refugee resettlement scheme. If you would like to contribute in any way to help forge a new path for a family or person in need, please visit our website and donate, or come along to one of our fundraising events:

<https://www.lochwinnochwelcomes.com/donate>





MENTAL HEALTH MATTERS



by Emmagayle Harper

October 10th marks World Mental Health Day 2021, a day of global mental health awareness, education and advocacy against social stigma surrounding mental health across the board.

For as long as I can remember I've battled with poor mental health, from crippling anxiety as a child to severe depression after the unexpected passing of my mum in 2014 when I was only 17 years old. I have always been actively trying to overcome the challenges poor mental health has faced me with.

I haven't found the magic cure, and I don't think I or anyone else ever will but what I have found is that through counselling and therapy I have been able to figure out ways to cope and manage my mental health when things can get a bit too much and overwhelm me to a point where I just want to shut myself away from everything.

"I haven't found the magic cure, and I don't think I or anyone else ever will"

During lockdown, I found that taking up a new hobby or even just doing something like a small task that keeps the mind occupied rather than being idle helped my mental health greatly. I took up photography, flower pressing, adult colouring books and gaming and even after lockdown I have continued to do these things because they are great grounders for when I'm feeling particularly stressed or overwhelmed.

"OPENING UP IN SMALL WAYS I MANAGED TO BE OPEN AND HONEST WITH PEOPLE"

One massive thing that has really helped me with my mental health has been just talking, the simplest thing in the world but for many it is often the most difficult. It took me a long time to feel comfortable being able to open up to people about my mental health because I was too worried about what they would think of me or how I would be perceived, or even that awful thought that plagued my mind: if I spoke about my mental health, I was weak.

That was one of the toughest challenges I had faced when coming to work on my mental state but by chipping away at that difficult conversation slowly but surely opening up in small ways I managed to be open and honest with people about how I truly was doing and thankfully that was without stigmatisation and fear.

I have faced hurdles when it comes to my mental health but I know I am privileged because I wasn't met with stigma, rejection or ridicule but many are not so lucky and are faced with extremely difficult circumstances. World Mental Health Day is one of many opportunities we have to talk about mental health and work on how to combat, destigmatise and educate people on mental health so that we can all have the same opportunities to tackle our mental health and well-being on a level playing ground.

INSTA: @EMMAGAYLEHARPER

You are not alone, here are some helplines you can call if you are struggling:

**BREATHING SPACE: 0800 83 85 87
(MON-THURS 6PM-2AM - FRI-SUN 6PM-2AM)**

**PAPYRUS PREVENTION OF YOUNG SUICIDE: 01925 572 444
(MON-FRI 9AM-5PM)**

**SAMARITANS: 116 123
(24/7 - FREE FROM LANDLINES AND MOBILES)**

**FIRST CRISIS (RENFREWSHIRE ONLY): 0800 221 8929
(MON-FRI 8AM-9PM - SAT-SUN 9AM-5PM)**

In my previous article (Issue 3, April 2021) I outlined the visit of the well-known suffragette activist “General” Flora Drummond to Paisley in 1914. I left you with a bit of a cliff hanger as during her rallying speech at the Central Methodist Halls that night she told the audience that she had a direct connection to the town of Paisley as both her grandparents were “buddies”. I decided to research her family tree and promised to tell you what I discovered.

A few biographical details about Flora would be helpful first as follows:

She was born Flora McKinnon Gibson on 4 August 1878 in Manchester. Her parents were Francis Gibson a tailor and her mother was Sarah Cook Gibson.

Back in Time with Lil Brookes

Suffragette “General” Flora Drummond Part 2

Flora’s childhood was spent in her mother’s home village of Pirnmill on the Isle of Arran. Flora started her working life in Glasgow before returning to Manchester and thence to London. She married Joseph Drummond and both were actively involved with the Fabian Society and Independent Labour Party. Flora started becoming active in the suffragette movement and joined the Women’s Social & Political Union (WSPU) in 1906.

LIL BROOKES IS A SOCIAL HISTORIAN AND ARTIST WORKING IN RENFREWSHIRE

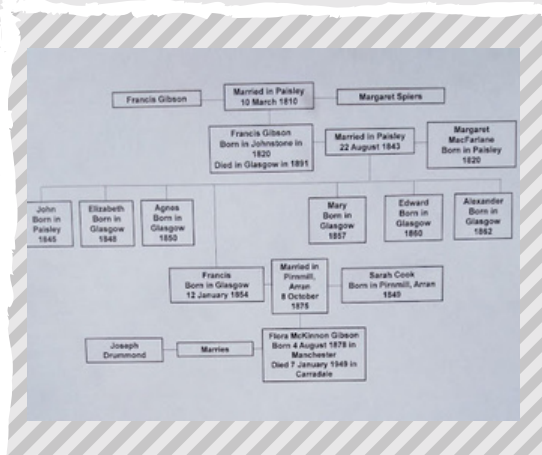


Over the course of the next few years Flora became well known for her acts of direct action and militancy and she was imprisoned several times in Holloway where she went on hunger strike as an act of political protest. By 1914 she was concentrating on delivering speeches to raise awareness of and rally support for the suffragette cause. Flora was well known for her habit of wearing military style uniform on protest marches and led to her epithet "General" Drummond.

So it could be said that Flora was a woman of character with strong beliefs on what is right and what is wrong with no fear of taking direct action to achieve her goals.

"FLORA BECAME WELL KNOWN FOR HER ACTS OF DIRECT ACTION AND MILITANCY"

What's the Paisley connection? I started to trace Flora's family tree. From my search of statutory records and trade directories of the time I created the following family tree going back to Flora's paternal great grandparents:



Flora's father was born in Glasgow one of several children of Francis Gibson and Margaret MacFarlane. These are Flora's paternal grandparents and they did have a Paisley connection as they were married in the town in 1843, Margaret was born in Paisley and Francis in Johnstone.

It is conjecture on my part to wonder why Flora's grandparents left the town sometime between 1845 and 1848 but it could have been the severe period of economic depression which hit the town in the 1840's and caused mass unemployment particularly for those working in the textile industry. Via the census records I found Francis and Margaret Gibson living in Glasgow where Francis is noted to be a commercial woollen cloth merchant. In the census of 1861 the family are recorded as living at 7 Eglinton Street in the Laurieston area of Glasgow.

Gibson, Francis, spinning master, Underwood mill
Gibson, Francis, tailor, 14 St. Mirren st.

THIS EXTRACT FROM THE TRADE DIRECTORY FOR PAISLEY IN 1845- 46 SHOWS FLORA'S PATERNAL GREAT GRANDFATHER AND GRANDFATHER.

A further interesting piece of information found in the trade directories of the period was the occupation of Flora's paternal great grandfather also called Francis Gibson. He is recorded as being the Spinning Master at Underwood Mill which must have been a position of responsibility and considerable skill.

"General" Flora Drummond was very much a character to be reckoned with, she had a set of beliefs that she followed and was prepared to take direct action to uphold these. Was this in some part down to her Paisley heritage...well that's up to you...!

**Find Lil on Twitter
@Gatekeeper_art or
gatekeeperart.co.uk**

A PROBLEM SHARED

"Life has really picked up pace since lockdown ended and I am feeling quite overwhelmed by everything. Everyone seems busy but I just want to slow down and hide under my duvet! What could help me adjust to all the changes?"



AGONY AUNT RUTH SAYS...

You are right the pace really has picked up. I have some suggestions for things that might help:

- Choose one thing that you have to do and concentrate on that.
- Make a to-do list with important things first like paying bills, making appointments, going food shopping (make a list), don't worry if you don't get everything on your list done, just add them to your next days' list. You can't do everything at once!

If you start to feel overwhelmed, stop what you are doing, sit down and take a big breath in through the nose and out through the mouth. Then put your hand over your heart area (middle of your chest), breathe in normally and out normally for about a minute. After that, still having your hand over your heart area, take a deep breath in and while doing that think of something happy or that pleased you. Retain this thought as you breathe out.

Hopefully this will stop the feeling of overwhelm.



AN EXCERPT FROM:

THE LOVE OF A VAMPIRE

CAROLINE STEVENSON

Long ago, in a castle high up in the mountains, there lived a young woman called Briar. She was slim and beautiful, with fair hair which tumbled down onto her shoulders, flowing in ripples like an autumn stream. Her skin was pale... very pale... because she was a Vampire.



It had been a long hard winter, and hunters were forced to look for animals much further from their homes, taking them into unknown lands much closer to the rugged peaks that lined their settlement's valley. One day, James, the youngest son of an ageing father, searched far deeper into the forested hills below the mountains... deeper than he had ever hunted before... searching for the wild boar which were said to inhabit these hills. After a long fruitless day, he came upon a hidden clearing. Looking up, he could see a castle perched high amidst the crags, as it clung to the rugged mountainside. It was beginning to get dark.

Briar spent many evenings sitting at a castle window, as she watched the sun sink down over the western horizon. The long dark, the time of the Vampire - night - was swiftly descending upon the forests below. Tonight was no exception, and so, as the fingers of the night began to slide across the trees, it happened that she saw the young hunter in that clearing far below.



With the night so close now, she changed her form to that of a bat, and swooped downwards from the castle to get a closer look. Circling, unseen between the trees, she noticed that the hunter was a tall and handsome man, perhaps about 20 years of age. His face, despite his young years, was already handsomely rugged, and her heart gave a little flip. She had never before seen such a lovely man, and she fell for him there and then. Briar knew, though, that any feelings would not be returned, because of what she was... So with sadness, she let him be and flew back up to her castle.



As the hunter stood, taking in the castle, he could hear the rumblings of a late year storm as it took shape somewhere in the distance. He knew, from experience, that he would need to find shelter quickly as storms here, high on the slopes, could be deadly. Looking around, he spotted a narrow path ... little more than a ledge, winding itself up the cliff face towards the fortress sited high above. He started to climb it, quickly but carefully, as he did not wish to be caught on the rocky face by a bad storm.

To be continued...



To read the full story, grab a cuppa and head on over to our Kairos Facebook page: facebook.com/KairosRenfrewshire/

Meet the Student

Hi everyone, my name is Marissa, and I am a third year Community Development student, currently on placement with Kairos. As well as being at University, I am a Member of the Scottish Youth Parliament for Renfrewshire South and I sit on Who Cares? Scotland's National Representative Body.

I enjoy travelling and seeing new places, I like being outdoors and going on walks. I also enjoy watching television, and one of my favourite actors is Martin Compston mostly because we are both from Greenock.

I attended various youth groups in East Renfrewshire, and I got a lot out of the groups and it was why I decided that I wanted to study community development.

MARISSA COMPLETING HER
DUKE OF EDINBURGH GOLD
AWARD



"COMMUNITY DEVELOPMENT IS A PROCESS WHERE A COMMUNITY COMES TOGETHER TO TAKE COLLECTIVE ACTION AND CREATE POSITIVE CHANGE FOR THEIR COMMUNITY."

Tell us more about community development... What is it?

Community Development isn't spoken about too much, so when people ask me what I am studying at university, most people then ask me what Community Development means. Community Development is a process where a community comes together to take collective action and create positive change for their community. There are four key principles that underpin community development practice, and these are self-determination, empowerment, collective action and working and learning together.

What have been your first impressions behind the scenes at Kairos?

I have attended Kairos events in the past and was aware of the great work that was happening so I was very keen to do my placement here. I have been surprised to see how many groups and activities that Kairos have to offer. I haven't been here long, but I have really enjoyed my experience so far.



What do you hope to get out of your placement?

I hope to get to know the community and gain more knowledge of the areas that Kairos work within. I want to step outside my comfort zone this year, in order to build my confidence with working with new people and gaining more experience of planning and facilitating activities.



WOMEN+ MAKING HISTORY

WITH REGINE BEWS



**REGINE
WITH THE
SCHOOL
OF
AFRICAN
CULTURES**

Kairos is excited to present a Q&A with our Community Hero, Regine Bews, a multi-lingual, global powerhouse.

BY ARTI GOSAI



Where do you draw inspiration from?

From my son. Everything I do, I do it so that I will inspire him. I completed my Masters a few years ago to show him that there is an opportunity for him to go to university and do the same.

What's your biggest accomplishment?

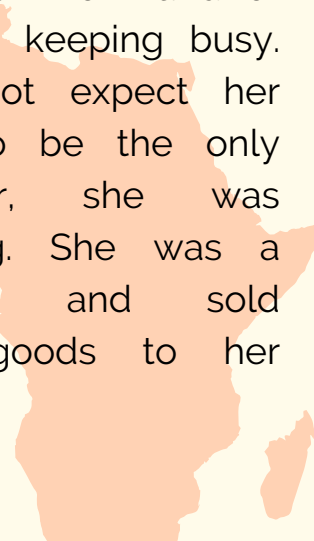
School of African Cultures. All my life I have worked with other people's dreams, but this time, it's my dream, my vision and I am grateful for all the support I have from Johannes Gonani (Pachedu) and Samuel Yerokun (Actions for Cultures and Ethic) and Uny (Inspiring Families).

What's the best advice you have received?

My mother told me never to delay what I can do today. She had missed many opportunities because she delayed taking action.

Who were your role models as a girl?

My grandma is my biggest role model. She taught me the value of work and of one always keeping busy. She did not expect her husband to be the only breadwinner, she was hardworking. She was a dressmaker and sold essential goods to her community.



What is the hardest lesson you have learned?

It's very bitter and it's a difficult one: 'Once a foreigner, always a foreigner'. It doesn't matter how long you stay in a country, you will be, and you will always be called a foreigner. It's sad but that's that.

Describe a defining moment in your life?

Having come to this country with only a few words of English, it is obtaining my Masters with distinction without my dissertation being proofread as there was no time.

How would your friends, family and colleagues describe you?

Someone who is passionate about the wellbeing of the community at large.

What's your personal motto?

I AM A FINISHER! Words from a sermon I heard more than 20 years ago are stuck in my mind: 'We are like our father (God), when he created the earth, he finished, we are finishers'.

What words of advice, encouragement or wisdom would you like to give young women+ in Renfrewshire?

Don't do nothing! Think of something to do and try it. It doesn't matter if at the end you find out that it's not what you want or like. Try it, FINISH it and then go on to something else. Keep going until you find your way.

"My mother told me never to delay what I can do today"



CHLOE NALWOGA: WORDS OF WISDOM

I would like to **encourage black women out there** - especially if you are in the design industry or you want to become an entrepreneur and set up your own business - **to do a small thing for yourself.** Although we live in the UK, there are certain biases against black women and black people in general.

"allow yourself to exert all that beauty all that talent you have inside of you"

It doesn't matter your background, it doesn't matter what white people say or what other black people say, I think a lot of the criticism comes from our own people who may tell you, **"well that's not possible how can you as a black person do that? You know there is no way you can achieve that."**

Black Queen, 2020



How do you challenge this?

By pushing those boundaries and realising that you are an individual, you are somebody that once you put your mind to it you can achieve anything and even if you fail it does not mean it is the end of the world...

...you being creative, you have so much to give to the world. Allow yourself to exert all that beauty, all that talent that you have inside of you to flow out.

You know we are living in a society where men are dominating almost in every sector.. just because I am a woman does not mean I cannot achieve and climb up the ladder like any other male.

You know you can do it as long as you have the faith in your ability to do the best you can do, even if people tell you that you can't do it because you are a wife or you have children.


Chloe Nalwoga is an artist from Uganda, based in Paisley. She featured on the cover of our April 2021 Chronicle.

"even if you fail it does not mean the end of the world"

That means you have more skills than the typical man, **come on you are juggling how many jobs?** Five jobs at the same time means you are able to do more, you are more resilient.

So it's utilising all those skills we get from different aspects of our lives, putting it together and honestly, **if women came together we could rule the world if we wanted to** because we have the skills to do so. You have more to give to the world.

Follow Chloe on instagram: @chloe_nalwoga



INTERVIEW WITH A MENTAL HEALTH NURSE

Arti Gosai speaks to mental health practitioner Comfort Kyeremeh. This year Mental

Health Awareness week falls during Black History Month, so Kairos had a sit down with Ghanaian born mental health practitioner Comfort Kyeremeh. Comfort has almost a decade's worth of experience, with a wide exposure to the divisions within the mental health sector. Comfort explained how Adverse

Childhood Experiences (ACEs) - which can often lead to mental health problems in later life - need to be understood alongside how racism and oppression impact upon the mental health of people of colour throughout their lives. She uses the MAP framework to aid our understanding:



Multigenerational trauma together with continued oppression

Absence of opportunity to heal or access the benefits available in society

Post-Traumatic Slave Syndrome

This means that when assessing a person for ACE's, you can't just look at the current circumstance but must rather take a wider view of the situation.

.....

To explain, let's look at the influx of Indian, Pakistani and Caribbean people into the UK during the 1950/60s as an example. These 1st generation migrants faced severe racism and discrimination, which was not made illegal until the Race Relations Act of 1965.

M:

Parents become overprotective of their 2nd generation children and pass on their trauma.

A:

The 2nd generation becomes over-cautious, timid and unable to voice their needs or to ask for help.

P:

Which leads to them always 'turning the other cheek' to so many things in their lives because those levels of trauma are instilled inside them and they have not been taught to ask for help.




To read more on MAP and ACE's:

MAP:

<https://www.joydegruy.com/post-traumatic-slave-syndrome>

ACE's:

<http://www.healthscotland.scot/population-groups/children/adverse-childhood-experiences-aces/overview-of-aces>



I feel that the Eurocentric approaches can sometimes be found lacking in understanding the cultural background and sensitivity of the BAME people they are treating.



Everyone is uniquely different, therefore we cannot assume that everyone has a Eurocentric 'me, myself & I' approach to life. Different cultures have different understandings and ways of healing, e.g. many African cultures are collectivistic in nature and often focus on collective/communal healing. This needs to be considered when assessing and planning culturally sensitive services for BAME communities.

During this Black History Month, it is important we encourage individuals from the black as well as other BAME communities to speak up, reach out and confidently access mental health help when they find themselves or others struggling. The Eurocentric approach is not perfect as it may not always be the answer to everybody's difficulties.



In my line of work, I always have in mind the phrase "*nothing about us, without us*", as a reminder that we all need to play a proactive part in our own healing journey/process. So let us all build confidence in telling our story, as it will go a long way in enabling us to access and improve the support that will be most suitable for us.

"NOTHING ABOUT US, WITHOUT US."

BLM Renfrewshire



Hello, I'm Adeola one of the co-founding committee members of Black Lives Matter (BLM) Renfrewshire! Our second committee member is Johannes Gonani, director of Pachedu. We are a subgroup of DEAR Renfrewshire (Diversity & Equality Alliance). Kairos Women+ is one of many organisations that are a part of the DEAR network.

The BLM Subgroup was formed in August 2020, after the unlawful killing of George Floyd in June 2020 went global.

We are a forum which aims to work with partners & local Renfrewshire community to raise awareness of racism & challenge inequalities. We all operate on a voluntary basis, alongside our full-time jobs!

OUR VISION:

We envisage a society free of all forms of racism and inequality.

OUR PRIORITIES:

- Employment
- Education
- Community inclusion.

To recruit members in the group, DEAR set up a few meetings with all DEAR member organisations, at this point the focus of the group was not yet decided. It became clear that having BAME people with lived experience of racism was crucial to the core make-up of the group. So eventually we formed a group, had monthly meetings to work on our strategic plan, and recently launched our twitter!

There are only two of us at the moment, so we are still figuring out our actions going forward and we are looking to increase our group numbers so that we can do more for the community. You will mainly find us behind the scenes, meeting with organisations, partners, and community groups to make things happen!

"WE HOPE THAT WHEREVER YOU COME FROM THAT YOU CAN BE AN ALLY AND LOOK OUT FOR FELLOW COMMUNITIES."

Why is this important:

We know this group is new and unknown, but it's so important that the black and BAME community in Renfrewshire feel connected and at home, part of that is ensuring that community spaces and services are inclusive and represent the needs of our community too. We hope that wherever you come from that you can be an ally and look out for fellow communities.

BY ADEOLA AKISANYA-ALI

Latest update: We have been very lucky to join the BLM Scotland network.

You can follow BLM Renfrewshire's journey on twitter **@BLMRenfrewshire**

If you have lived experience of racism as a black & minority ethnic (BAME) person, we would be particularly keen to hear from you to volunteer for BLM Renfrewshire, please do get in touch at blmrenfrewshire@outlook.com

As of September 2021, recruitment for volunteers will go live on the ENGAGE Renfrewshire website.

"we envisage a society free of all forms of racism and inequality"



BHM PROGRAMME



An alliance of organisations forging new cultural connections across Renfrewshire is making plans for their second **Black History Month** in October. The region hosted its first Black History Month last year in a programme curated by the **Ethnic Communities Cultural Steering group**.

It was well received and has proven a successful springboard for using the region's unique and internationally significant cultural stories to help positively transform its future, celebrating the diverse communities of modern Renfrewshire.

Embracing the spirit of collaboration which has already seen further work to co-produce, programme, and curate work relevant to Renfrewshire's ethnic community, the steering group – made up of representatives from **Pachedu, School of African Cultures, Inspiring Families, Action for Culture and Ethics, Jambo Radio, Kairos Women+, University of the West of Scotland, Engage Renfrewshire** and work in collaboration with Renfrewshire Leisure's museum and cultural services team – are working towards the next celebration.

Throughout October, the Black History Month programme will be hosted across Renfrewshire Leisure's Ren TV, Jambo Radio and several social media #RENBHM platforms.



BLACK HISTORY MONTH
RENFREWSHIRE
OUR CULTURE - OUR FUTURE

#RENBM

- **Online Cultural conversations** with musician Matt Hickman from Brown Bear.
- **Sunday Continental** – a brunchtime boogie for people of all ages featuring tunes from some of Scotland’s finest musicians. Details of how to join will be released soon.
- Highlights from the **Pen Pals project**, a Scottish Government-funded partnership project aimed at 6 to 11-year-olds connecting Renfrewshire’s School of African Cultures and migrant communities across Scotland.
- The launch of a **Frederick Douglas Google Map** walking tour in Paisley on October 1st. Douglas, the celebrated abolitionist campaigner, gave speeches in the town. As part of the Heritage on Your Doorstep Project funded by Museums Galleries Scotland the tour will take in five locations where he spoke. It will take up to an hour to complete the 3km tour.
- Displays of **Black History Month-themed books** in Renfrewshire Leisure’s libraries and on the charity’s website.
- A new **podcast series** created by students at the University of the West of Scotland.

The Renfrewshire Black History Month Cultural Programme is made possible with the support of Future Paisley, Engage Renfrewshire and partners’ funding contributions.

Programme details can be found at www.renfrewshireleisure.com. You can join the conversation on social media using **#RenBHM**.

LIZ'S JOURNEY

Hi. My name is Liz and I am a Project Worker with Kairos Women+. I came to Kairos way back in 2018 as a participant and have worked my way up through the ranks of volunteer, trainee, Project Assistant and recently was thrilled to be successful in becoming a Project Worker.

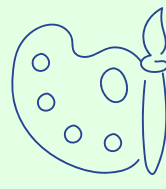
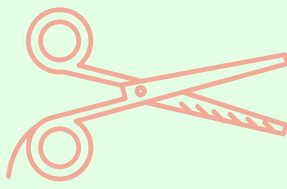


I lead the Wellbeing Creative Cafe and the Recovery Space. The Recovery Space is where my passion lies as I am in recovery myself from alcohol addiction and have been sober now for nearly 3 years. I believe I can offer other women and non-binary people the opportunity to find out that there is life after addiction. *It is by no means an easy journey however it can be done with enough love and support surrounding you.* It was the love and support of everyone at Kairos that got me through and to where I am today. I was never judged or made to feel bad or guilty about my addiction. I was just accepted as Liz. This helped me to start to believe in myself.

I now look forward to each new day and whatever lies in my future.

Kairos Recovery Space is at Slimming World in Houston Square in Johnstone every **Wednesday 3:30-5pm**. If you are also in recovery, please come in and see us sometime. You will be made very welcome. It is all very informal and friendly.

*A piece
by Kate Clark*



KAIROS CREATIVE CORNER

Wellbeing Creative Cafe

Do you like being creative, trying a new craft or technique, having a go at cross stitch or pottery? You may prefer a cuppa and a quiet corner or a friendly blether with other women and non-binary folk.

No matter your skills level, and like me it can be near zero, there's a warm welcome to everyone. Creative Café goers have enjoyed many happy hours of learning and making together in Paisley and Johnstone since 2018.



NIKKI STONE PAINTING

The Spring Picnic and Summer Beach Collages were developed over the weeks on zoom and now at in person sessions. Liz coordinated everything and everyone, as materials and finished pieces were sent back and forth. She assembled them, at Zoom meetings, with much direction and hilarity. Now they are ready for Ruth's framing and a wall to hang them.



LIZ'S PLASTIC BOTTLE FLIP FLOPS

SPRING/SUMMER PROJECTS:



SPRING PROJECT

Look out for Lynda's picket fence, Karen's angel, Cath's picnic banner, the Kairos tree and the pond. Jules sewed some hearts, a cherry blossom tree, a butterfly, a bunny and a squirrel.

Anne knitted some huge chickens and made a big origami dog. Lynda made lots of birds, some trees, some people, some creepy crawlies and provided a beautiful fence with flowers on it. Margo knitted some flowers and Lynn made a kite. Kate made a woman holding a placard saying "Kairos Women+ love and Lynda hugs" and Ruth's Gertie & Bertie are also there. Liz made some people and you will see some of the Kairos women+ enjoying themselves at the picnic.



SUMMER PROJECT

Pick out Katrina's aeroplane, Anne's beach huts, Cath's train, ice cream trolley and Kairos tree, Ruth's cliffs, air balloons by Margo and Karen, Debbie's fluffy clouds, Kairos folks having fun made by Lynda and even some real shells from Ardrossan beach!



LYNDA M: GLITTER PEN DRAWING, ANNE C: JIGSAW

Lynda: "My head was all jumbled so I got the square paper to make me concentrate on a design. It's all done with metallic pens and glitter pens."



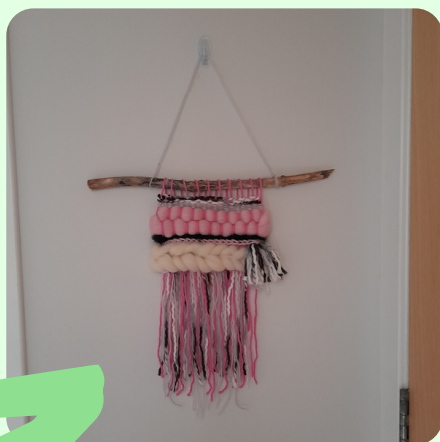
There's always tea and coffee, laughter and chatter amongst the helpful support and encouragement.

During Summer and Autumn 2021 the STAR Project in Paisley very kindly offered the use of their welcoming space.

Get in touch with Liz at liz@kairoswomen.org if you would like to join in the fun.

Anne: "This was a creative cafe workshop in June with Rosie. Rosie was very helpful. She sent out all the materials we needed. All we had to provide was a nice stick! She showed us how to create the weave using different wools and stitches."

ANNE C: WOOLLY WEAVE



INTERSECTIONALITY WORD SEARCH

M Q W U K X J D R O
Y A J A N D X Z F O
U B R V H I U N Q T
I J I G H S Q V I V
X G N W I B N U J Q
V Q H F J N C E E V
T X A U A R E N R J
Y T I N U M M O C C
F Y T I T N E D I G
S Q K M M S J A H G
Q T Z M B W W N D T
W Z I E E L P O E P



Community

Crenshaw

Margin

Identity

People

Unique



DEFINITIONS

Identity

There are lots of ways that people can define their identity. This can help them find **Community** and **Connect** with people who identify the same way. For example: disability, gender, ethnicity, religion, etc.

Margin

People who live on the margins of society" are oppressed for the things that make them who they are; they're pushed to the outskirts. Some examples include: LGBTQ+ people, people who live in poverty, people of colour (especially in the UK and North America), people with prior convictions, disability etc.

★ Intersectionality ★

This term was thought up in 1989 by Professor Kimberlé **Crenshaw**. It presented a fresh perspective on the **Unique** experiences faced by people who have more than one marginalised identity. For example, black women face racism and sexism that is unique from the sexism towards white women and the racism towards black men.



Wordsearch and
definitions by
Jules O'Brien

SUBMIT YOUR WORK

Do you have ideas or submissions for our next
issue?

Get in touch!

FIND US ONLINE:

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Email: info@kairoswomen.org



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Kairos Women+





A Kairos Project 2021

