

MEN OF MELANIN NEWS

UPDATE - DEC 2023

NEXT MEET
MONDAY 11TH DECEMBER
SOHO HOUSE, BRIGHTON

HOLIDAY SEASON

The challenges that come with the festive season can be overwhelming. Finances, relationships and health are often under pressure with men at this time. We encourage you to be aware of this and be mindful of your own boundaries.



Welcome, we hope this reaches you in good health.

November's session was very well attended and great to see both regular attendees as well as some new faces in the space. Please continue to grow this network with the right people.

This Men of Colour group is blossoming into a community of like-minded individuals who care about well-being and mental health. As men of colour its exceptionally important we continue to prioritise ourselves in order to be the best versions of ourselves.

We are excited to share the we are producing a website please visit www.menofmelanin.co.uk and we welcome your feedback on what you would like to see on this website.

We are excited to see everyone at the December event where we have a **SPECIAL GUEST** – Dean Francis joining us from the Urban Mindfulness Foundation. We are incredibly lucky to have Dean join us and share some Mindful practice with us.

We look forward to seeing you all
Monday 11th December
7pm – 9pm
@ Soho House, Brighton



MOM GRATITUDE & POSITIVITY CHAIN

WE ARE ENCOURAGING ALL MOM MEMBERS TO REACH OUT TO SOMEONE IN THE GROUP WITH A MESSAGE OF POSITIVITY ON THIS DAY. ALL WE ASK IS THAT YOU FORWARD THE SAME POSITIVE ENERGY TO AT LEAST ONE OTHER PERSON WITH YOUR OWN MESSAGE OF GRATITUDE AND POSITIVITY.

BRING SOMEONE NEW

WE WOULD LIKE TO ASK EVERYONE TO BRING SOMEONE NEW TO THE DECEMBER SESSION. THIS GROUP IS OPEN TO MEN OF COLOUR ANYONE WHO IDENTIFIES WITH BEING (OR BEING PERCEIVED) AS A MAN OF COLOUR.

NEW YEARS DAY

WE WOULD LIKE TO INVITE EVERYONE TO JOIN FOR A
'SET YOUR INTENTIONS WALK'
ON NEW YEARS DAY MORNING.

WEATHER PERMITTING WE WILL MEET AT HOVE LAGOON AND WALK TO BRIGHTON PIER AND BACK. THE WALK WILL TAKE A COUPLE OF HOURS. YOU ARE WELCOME TO BRING FRIENDS AND FAMILY AND THOSE WHO DO NOT IDENTIFY AS POC. THE AIM OF THE WALK IS TO SET YOUR INTENTIONS FOR 2024 AND FOCUS THE MIND ON A POSITIVE YEAR AHEAD. IT IS ALSO AN OPPORTUNITY TO TAKE STOCK OF YOUR ACHIEVEMENTS AND GROWTH IN 2023. THIS WILL BE FOLLOWED UP IN THE WHATSAPP GROUP.

DONATIONS

We are asking where possible for members to contribute £5 per month to help with the administration costs and to allow for guest speakers. Please can you bring CASH

This is optional.

Men of Motives

Tommy Jules gig – details below

<https://www.theoldmarket.com/shows/who-we-are-immersive>

Omar gig at i360 – details below

<https://www.eventbrite.co.uk/e/county-business-clubs-christmas-party-with-omar-lye-fook-mbe-tickets-718381718057>

Remember if you have events to share this is your space.
Please dm anything you would like to share by the last day of each month.

DECEMBER EVENT

We are extremely pleased to share a special guest for December – Dean Francis of **The Urban Mindfulness Foundation** who will be joining us and delivering some mindfulness practices we can take away to help deal with life's challenges.

Dean specialises in mindfulness practice for people of colour. This is a rare opportunity to engage in therapeutic practice created by and delivered by a person of colour.

We hope to introduce more mindfulness practice in our monthly meetings.



INTRODUCING: MEN OF MUSCLES

We are extremely pleased to share that we are beginning a physical fitness offering and we have the first to share with you brought by member TC JOHNSTON.

TC has created a video with a workout. This will be shared on the MOM whatsapp group.

Also introducing

Sunday Beach runs: An opportunity to improve stamina and Cardiovascular fitness, a really important element of wellbeing for men of colour.

We are looking for someone to lead on this, please let us know.

8:30 meet at King Alfred car park



GLOBAL AFFAIRS

THE CONTINUATION OF GLOBAL CHALLENGES AND HORRORS AT HAND ARE DEEPLY SADDENING AND OVERWHELMING. AS THE FIGHTING, LOSS OF LIFE AND MEDIA BIASES CONTINUE PLEASE REMEMBER TO PRACTICE GRATITUDE AND TAKE STOCK OF ONES OWN BLESSINGS. IF YOU HAVE THE CAPACITY PLEASE ALSO DO WHAT YOU CAN FOR OTHERS LESS FORTUNATE.

SENDING LOVE AND POSITIVE VIBES

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