

# ACNA NEWS

FEBRUARY

1980?

ISSUE NO: ONE

## OUTLOOK! THE WAY FORWARD

We are happy to greet you with a publication of our own. The ACNA News will be published monthly and give up to date details of all the activities taking place at the centre.

The News paper will serve as a communication link between the centre and our members and also with the wider community.

The Editor welcomes readers points of view on items in the newspaper and also articles for publication.

At the Centre we are running a Counselling Service, covering such issues as Careers, Opportunities in Further Education, Job Advice, Housing Advice, Social Security, Pensions and other State Benefits.

As an extension of this Counselling Service we hope to have a column in the newspaper dealing with readers letters, which ask for information and advice.

May we invite the young people to use the Youth Column..

We would also like to see a 'Pensioners Column', so calling all retired folks, please let us have your points of view, highlight your ideas, beliefs and problems.

Incidentally, we are planning a Lunchin Club for pensioners as one of the regular community centre activities.

Mothers... It is hoped that a system can be devised to enable the centre to provide facilities for a nursery to assist Mothers who want to work, but who are unable to do so due to lack of minders....Contact us with your ideas.

The Centre activities at present consist of:-

Mondays: Youth Discussion Group(Political)  
Tuesdays: " " " (Black History & Rasta Group)  
Wednesdays: Disco  
Thursdays: Drama Group.  
Sunday: Karate (Non beginners)

There are facilities for Table Tennis, Cards, Domino's, Darts and Pool, which are used most days of the week.... Ed.





## T H E     J U N G L E

Noises as the breeze blows  
Against the branches.  
In the distance you can hear  
The tribal drums.

But in the jungle  
The sound of a  
Hissing, spitting snake  
The fluttering of a startled  
bird.

The bright shining sun  
Pelting down upon the jungle  
The jungle is like a colourful  
picture garden.  
Different coloured birds,  
Yes! that is the JUNGLE.

Wesley Forbes.....

This new multi ethnic centre that has been opened is to the advantage of many people. This centre had to be fought for, for 25 years and finally at last, we have it. The centre and its survival will depend on the support of the people in Nottingham and surrounding areas.

On the official opening it was a great success. The amount of people which turned out and our play which was done by the Youth went very well considering we only had three weeks to do it.

In the years following I'd like to see the cottage being finished and used as a work shop and a youth wing opened up so the youths won't have to come into the centre when adults are present. I would also like to see the Youth coming up to the centre and setting good examples of behaviour that the adults would be pleased to have Youth's around the centre taking part. I also hope that everybody who use the centre will keep it in good order and stop any stealing or vandalism by anybody. The centre is ours and if the multi ethnic cultures don't look after it, there's nobody who will..

Sandra Thompson.....

Dear Sandra,

Thank you for your letter, which conveyed some good idea's. Unfortunately, the plans for the Cottage have already been drawn up, and the cottage will be mainly offices. But don't dismay there are plans for a Workshop which will be at the back near to the allotment. Ed.



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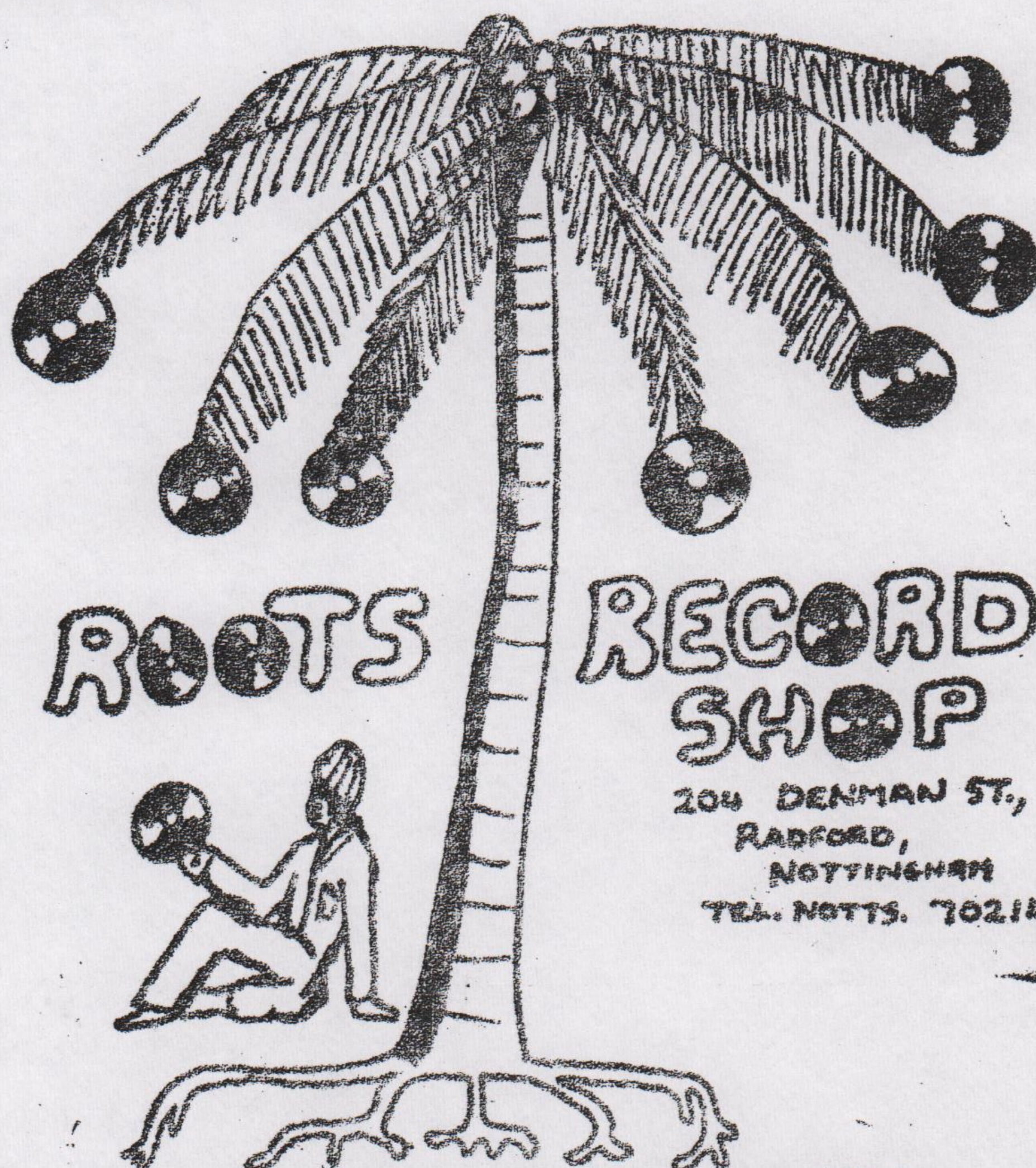
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MESSAGE  
DEVELOP  
LYN  
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ST



## MESSAGES FROM ACNA'S DEVELOPMENT TEAM

LYN GILZEAN.

Achievement is one of the greatest things in life. Hard Work, persevering is one of the things we use to get the base we are working from.

There is a team of six working and we will all do our best to work with our people in the community. We need your support and understanding. Community spirit is what we all need.

There is a place in the A.C.N.A. Centre for everyone.

Yours sincerely,  
LYN GILZEAN. OUT-REACH WORKER.

KATHLEEN LIBURD

HI! I'm Kathleen Liburd.  
Since the 8th January, 1979,  
I have worked as Secretary  
for the A.C.N.A. Centre.

My job involves all the clerical work, plus anything else that needs doing. More than likely I will be the one who speaks to you when you ring in, so to make sure I don't get lonely, don't forget to ring in with any problems or queries you may have.

Looking forward to hearing from you all in the near future.....!!!!

Kathy...  
SECRETARY.



DON'T PUT  
IT OFF UNTILL  
TOMORROW - TOMORROW  
NEVER COMES

LEROY WALLACE

As this is the first edition of the centre Newsletter I would like to focus attention on certain developements that seem to be creating a division between the different age groups using the facilities of this centre.

I think there is a need for all the people concerned to stop thinking of themselves and recognise that it is essential for us to work together as one group rather than, as different sections of the same organization.

Maybe we ought to stop being so reactionary in our attitudes to each other and make greater efforts to accept and respect our innate ability of self expression, an ability that is often times suppressed and this can lead to frustration.

We are so busy subscribing to and perpetuating the myth of a Generation gap, that we have lost the art of communication amongst ourselves.

As Community Youth Worker for this centre I have to work with people of all ages and have to depend on the goodwill and understanding as well as the help and advice of adults and youngsters alike. Instead, I find that most of my time is spent trying to appease people.

Whatever our personal feelings and general outlook to life, there is no justification for segregating ourselves, in fact, the differences of opinion and appreciation are vital factors in the development of a meaningful programme of cultural and social activities within the centre. What I propose to do is organise a series of discussions, designed to encourage better understanding between the ages and hopefully create a more genuinely friendly atmosphere in our interaction with each other.

LEROY.....  
COMMUNITY WORKER (YOUTH)



Michael Egbokhan

It is always an exciting and challenging experience to be at the beginning of any project. To this, the Afro-Caribbean Development Project is no exception. To be playing a part in the formulation and implementation of policies during these formative months is a privilege.

There is so much to do. We shall in the months and years to come be needing the moral and material support of every man and woman of goodwill. The cultural welfare, educational and the other activities of the centre which is our duty to initiate, implement and develop will be impossible without such support. The Afro-Caribbean Centre, as was clearly stated is a community centre to which all are welcome. We therefore, look forward to seeing hundreds of people calling to use the present and future facilities of the centre. The counselling service is now ready for use. Whatever the matter, drop in and see us, or give us a ring. Don't wait till it is too late, or till matters become critical. Particularly in legal and domestic matters. Let us help you to be in control of the situation, before the situation gets control of you. In legal prevention is better than cure.

Michael Egbokhan...  
Community Adult Worker.

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Norman Hall

An Arts & Crafts programme will not only absorb the spare time of the young people but would give them vital pre-industrial experience.

It will be some time before we set up the workshop but planning for it is something that keenly interests me.

Norman Cont.....

In the mean time I am devoting a lot of time on the renovation of the cottage, and I am looking forward to its completion as another step forward.

Norman Hall....  
Community Arts & Crafts Worker.

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EARLSTON WARNER

For quite some time I have been involved with voluntary self help organizations, but my experience has been that circumstances can so easily prevail against us, despite intensive efforts, when we do not have the manpower and resources readily available.

One of the mitigating influences this time is that a team working full time in areas in which we have keen interests and some experience, will go a long way in helping us to achieve some of the goals we set ourselves.

As Co-ordinator, I will be able to oversee the whole programme and eliminate the contradiction and conflicts that tend to surface in the course of co-operative efforts. I think its going to be an exciting year, and I welcome the challenge.

I look forward to your help.....

EARLSTON WARNER.  
PROJECT CO-ORDINATOR.

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e renovati  
I am looki  
tion as

rker.

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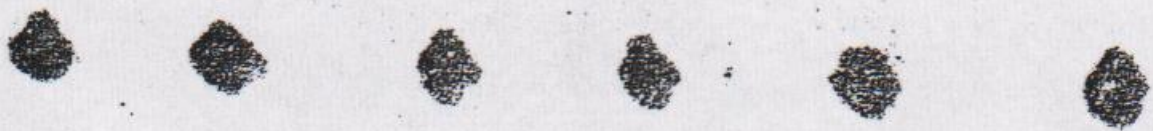
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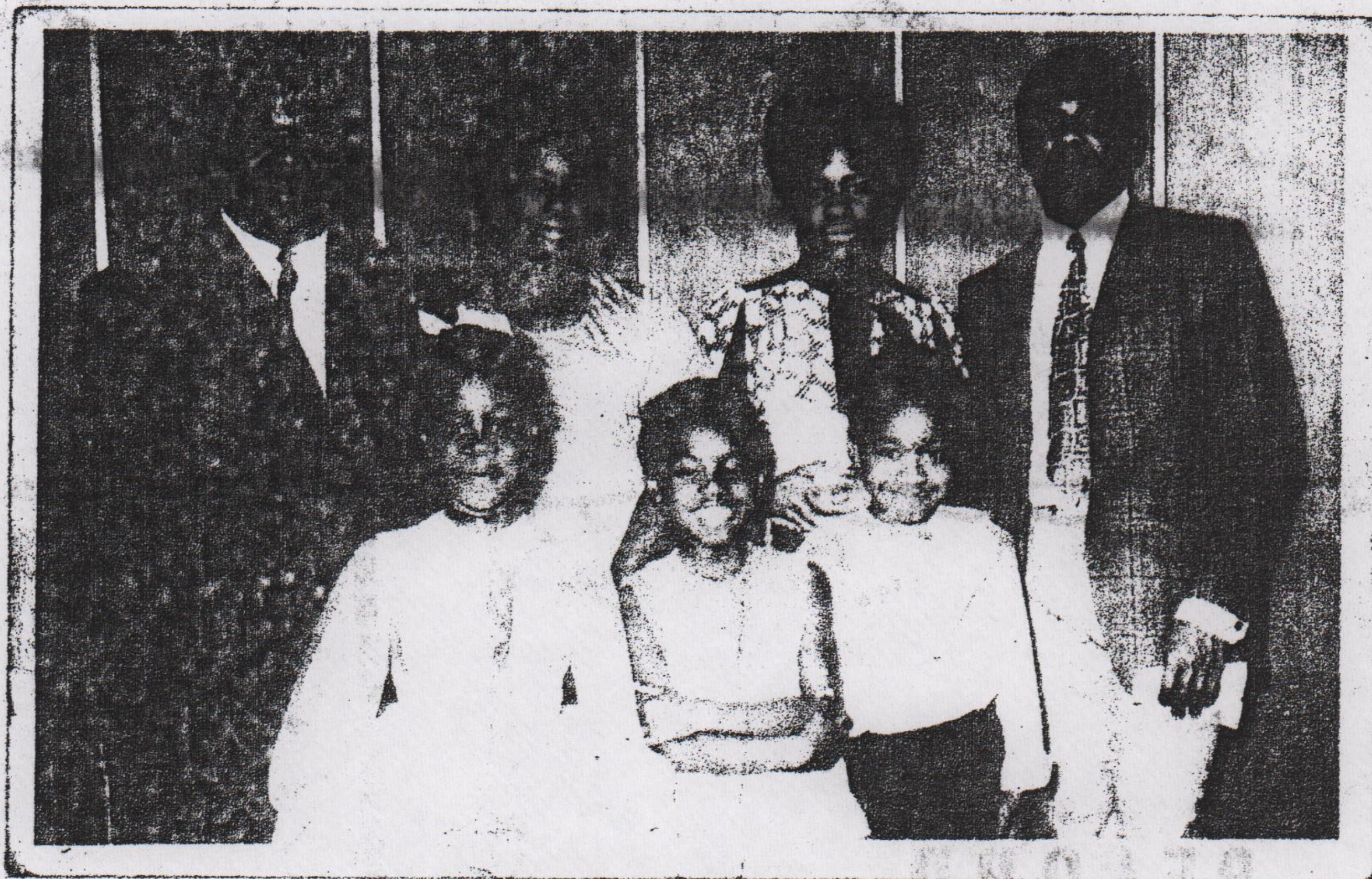


# PICTURE OF THE MONTH

Readers are invited to send us photographs (Black & White) on any subject.

From those received each month, one will be chosen and printed as 'Picture Of The Month'.

This months photograph depicts the "FAMILY SCENE"



THE STEVENSON FAMILY

## A MESSAGE FROM TONY BROWN THE CLUB MANAC

I took over as club Manager on December 8th 1979. Since that date I have been working with the Centre Development team to bring Centre & Club facilities to the Afro Community. What I would like to see is more support from the Black Community, instead of people standing behind the scenes criticising. Since starting, with very little resources, I think we at ACNA have made very good progress and I hope to see more development in the future.

I am here to help everyone and answer any questions put to me.

Hoping to see you all soon.....  
Yours sincerely,

TONY.....



# **FUTURE PUBLIC MEETING**

Dear Colleagues,

## **SUPPLEMENTARY SCHOOLS**

A meeting will be held at the A.C.N.A. Centre on Sunday the 4th March 1979 at 4 p.m., to explain the arrangements which the Centre is making for classes to assist school children in handling the school work.

We are concerned about the problems of under-achievement among black youngsters at school, and we feel that tackling this problem should be one of our priorities.

We will welcome too, the points of view of parents, teachers, organisations and individuals who are in some way connected with, or interested in, the education of young people.

Our guest speaker will be Mr. Ansel Wong, the Director of the ELIMU project.

ELIMU is a Community Education Centre, set up about seven months ago in an effort to meet the needs of people mainly of West Indian origin in the borough of Westminster in London.

Mr. Wong will tell us of his experiences in setting up the ELIMU project.

We look forward to seeing you.

Yours sincerely,

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**EXTRA ORDINARY MEETING - SUNDAY 25th FEBRUARY, 1979.**

**A.C.N.A CENTRE - 3pm....**

**All members are invited to attend.**



# OPEN LINE

CONTINUING  
The Chief J  
Constabular

The members of the project team realise that the objectives which we have set ourselves, combined with the objectives of the Centre as a whole, represent a formidable and ambitious task.

One of the ways in which we intend to pursue our tasks is to create avenues of communication with both statutory and non-statutory bodies.

We made an initial approach to SATRA informing them of our hopes and aspirations: and their Chairperson MARGARET MANN sums up their attitude to the A.C.N.A. Centre.....

## S A T R A COMMUNITY CENTRE ASSOCIATION

The SATRA Club & Community Centre has been open for just over a year. During that time we have had the usual problems of who runs what, and with what, if any, money. Like the Afro-Caribbean Club our main source of income is from bar takings, but since we have a substantial loan to repay, bar profits cannot be automatically ploughed-back as running costs for the whole building. This means, in effect, that for the moment, the community association must be self-financing, and has consequently limited the scope of our activities. We are also short of community association committee members, as unfortunately many people still see the club & community centre as separate sections which just happen to share the same building. However, we are solving our problems gradually, and we hope that by working with other organisations, we can extend & develop, & perhaps even help others to avoid the pitfalls we did not foresee.

We would particularly welcome the opportunity of working with the Afro-Caribbean Club. Many of our disco children already use both centres & this is a link we would like to extend. But not only with the children. Our market is open to all organisations who wish to sell or display. We hope that you will use it. We would also like to arrange dances together for joint fund-raising and mutual enjoyment. It would be beneficial too, if we could pool resources. We have a 16mm projector - have you got a carpenter?

I feel it would be a great pity if both centres were to exist in isolation. We have similar problems, hopes and experiences - let's share them.

..We intend to explore all the avenues possible for co-operation with SATRA and all other Community Groups, not only in St Anns but throughout Nottinghamshire. We haven't actually got a Carpenter, but we have an Arts & Crafts Worker, who I am sure would be glad to help.....

Ed.....



## CONTINUING IN THE OPEN LINE TRADITION .....

The Chief Inspector (Community Affairs Dept) of the Notts Constabulary, responds to our Out-Reach Worker.....



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Your Ref.

Our Ref. HQ(CA)G11/3/38/4

16 January 1979

Dear Miss Gilzean,

I was very pleased to meet with you and some of your colleagues at the Afro Caribbean Centre this afternoon. This is the second time I have visited and on each occasion have been impressed with the warmth of the greetings I have received.

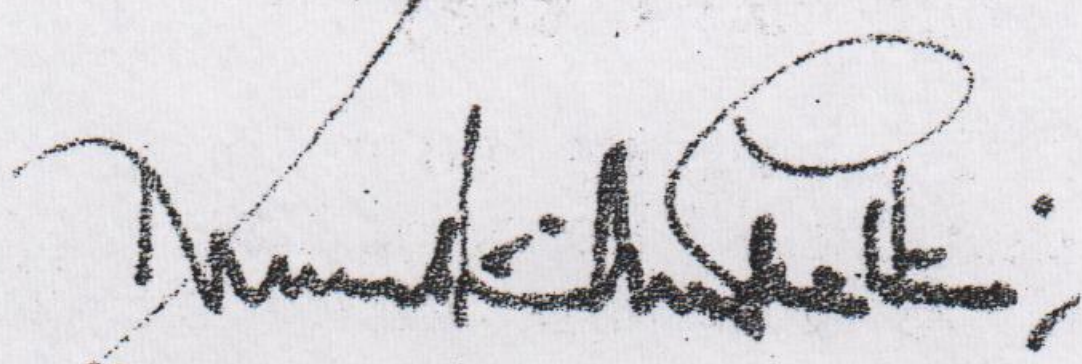
The Centre is a credit to the efforts of those responsible for its creation and I wish it every success for the future.

As the newly appointed Police Community Affairs officer I am extremely aware of the problems with which I find myself confronted. However, my predecessors have made a real effort to right some of the wrongs and I shall continue where they left off.

Our joint aim must be to develop closer contacts, to be positive in our attitudes rather than negative and improve relationships between the police and ethnic minorities, thereby achieving a more thorough understanding and a peaceful and rewarding co-existence.

Please do not hesitate to contact me if I can be of assistance to you. A very happy and prosperous New Year.

Yours sincerely

  
Kenneth A Smith  
Chief Inspector  
Community Affairs Department



# YOUR LIFE IS IN YOUR HANDS

I am proud indeed that after so many years of striving to get a cultural centre for Black people that we have at last succeeded. Nothing ever comes easy, we have to work hard for it... In reality this is where the real task begins. We have to look forward to the future with imagination & foresight. I see the Centre in two ways. (1) The nucleus from which will come the ideas & the activities that will bring all the fragments of Black people together, working together for a common good instead of pulling each other apart. (2) The nucleus which will help Black people to find themselves culturally & as individuals. The Centre is something to be proud of. I will go as far as to say it should be our Shrine, to be respected, and cared for, not neglected & misused. We achieve Unity not by sitting down & complaining about our present conditions in this Country. Not by looking for scapegoats to blame for what we don't get materially. Of course, there is rampant prejudice, which makes our task more difficult. Possibly we could learn a lesson from the Jews and the Asians. The family is the Centre with the bonding, our people. Both races have used this as their starting strength. They have added to this certain factors such as, hard work, self discipline, the will to help their fellow countrymen who are struggling. Not by giving handouts but to expect everyone to pull their weight.

Next Education; Education to me is the way forward. The day of the unskilled manual worker is fast disappearing. There was no difficulty at one time in picking up a job in one of the numerous factories around the area, now that has all changed.

Things will only get tighter. Young people, believe you me, when I say, that nobody owes us anything, and we won't get anything without working for it. You have got the answer, you are our future. Work hard at School. Never mind all the problems that prevent you from achieving your aim. Think high, think big. Respect yourself, your brothers and sisters. Set yourself a goal and try and work towards it. You can do it you know. Every day in school, I see very clever Black Children, and I am hopeful for the future. I also see those that are average, but in most cases these are the ones that try hardest of all and they will succeed.... Yes be proud of being Black, but do something positive about it. Nothing comes easy. You've got to work for it and work hard. To you young people education is the way forward. To you older ones, encourage your youngsters, be prepared to help to push, to understand your children. Victorian attitudes of "boy shut your mouth" is over, try communicating and reasoning with your adolescent children. Again, to you older generation, bringing home money isn't all. You belong to a community. You pay rates, taxes and have been in this Country many years. Be more Community minded, take on Community responsibilities. Involve yourself in activities such as running for the local Council. Where you have many Black workers run for Shop Stewardship. Get out & help in the Youth Clubs. The youngsters say, probably with some truth, "My parents have been here 20 years, what have they done?".

Well all I can say to you youngsters is, "Do you want your children to ask the same question about you?".

JIM MILLER. COMMUNITY TEACHER.



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## A MESSAGE FROM ACNA'S CHAIRMAN .....

I am very pleased to have this opportunity of contributing to this our first publication. The opening of the Afro-Caribbean National Artistic Centre, is, in my view, a significant landmark in the history and the development of the Afro-Caribbean peoples of Nottingham. The desire to establish a cultural and social centre for the Afro-Caribbean community began in the early days of West Indian settlement in Nottingham. The early settlers will recall how they were prohibited from the use of public dance halls and clubs, were restricted in the choice of housing accommodation and lack of job opportunities.

These factors led the community to seek greater socialisation in whatever modest accommodation that there was available. The consequence of this was that house parties became prevalent and certain individuals profiteered from the situation. These factors made it necessary for a cultural and social centre to be established where the various cultural, social and educational needs of the community could be assessed and developed. It is true to say that in these early days many people had hopes that they would return to their respective countries within a short while. However, the prevailing economic circumstances did not allow them to achieve this objective.

One of the first attempts to establish a club situation occurred in the late 50's early 60's at Alfred Street, when the first West Indian club was opened. However, this enterprise became defunct because of several internal and external factors. Since the closure of the club in Alfred Street in the early 60's a great deal of time was spent in finding more suitable premises and to develop an organisation that would be able to take on the full management responsibilities of such a centre. Many Afro-Caribbean organisations had their own views on this matter and sought in their own way to see how they could develop a social centre. However, they were restricted in fulfilling their objectives due to lack of financial resources. Consequently, in 1970 the various organisations were drawn together to pool their resources and work towards the development of a centre for the Afro-Caribbean people.

As a result the Afro-Caribbean National Artistic Centre (Nottingham) Ltd. was formed, and incorporated as a Company in 1971. The main purpose of this Company was to acquire and administer a cultural and social centre for the Afro-Caribbean community.

It has taken the Company 9 years to achieve their objectives. One of the first steps taken by the Company was to establish modest office accommodation at Canning Circus. The accommodation was available to be used by all their constituent organisations, and also to act as a testing ground for co-operation between various organisations. This exercise provided useful information for the Management Committee. The Committee then set about its task of raising funds for a Centre. This was by no means an easy task. However, after several attempts at applying for Urban Aid, our application received Local authority and Government support in 1976.

Cont....



By this time the centre of Afro-Caribbean population had changed significantly. The Meadows and St Ann's were in the process of being developed and people had moved to different parts of the City and, therefore, it was an agonising task to agree on a suitable geographical area for the location of the Centre. Eventually it was decided to acquire the former Sycamore School, Hungerhill Road, a building which had not been used for over six years and which had sustained a great deal of vandalism and neglect, and one which required a considerable amount of expenditure to put it into some form of habitable condition. The amount of money that was available was certainly insufficient to do all the work which was required on this building, therefore, it was essential for us to look at the most important things to be done in order to bring the building into use as soon as possible. This I think we did in the most efficient way that was open to us, but not without considerable difficulties.

I do not think it would be right for me to go into all the problems that were encountered, but merely to say that the Committee certainly learned some useful lessons from this exercise. We now arrive at the point where the centre is now officially open and the major task of administering the Centre is one which required balanced judgement and skill.

It is also important for us to work out the varied structure for the successful development of the Centre. In seeking to address ourselves to this important issue the Afro-Caribbean Management Committee have established a membership club within the Centre. This club is called the Afro-Caribbean Club and part of the building is licensed to be used as a Club. Due care was taken to ensure that the club activities did not conflict with the genuine development of the Community Centre and the cultural and educational programmes which are being prepared.

During this first year of operation financial support has been obtained from the Manpower Services Commission to employ staff to test the potential development of the Centre. The majority of these staff are already in post and will, over the next few months, be introducing various programmes to meet the needs of our community.

Soon the Committee will be submitting formal reports and audited accounts for the membership of the Centre and to give the membership an opportunity to elect a new management committee for the centre.

The Management Committee will certainly need the overall support of every member of the Centre, and in my present capacity as Chairman of the Centre, I would like to appeal to all members and all potential members to develop a sense of responsibility and to ensure that this centre lines up to what our Secretary once described as a living monument, not only, for ourselves, but for our children.

Cont.....



Chairman continued.....

There are certain urgent matters which require our urgent attention. They are:-

- 1) The needs of our young people.
- 2) The needs of our elderly.

The Committee is conscious of the physical structures of the building and the limitations they will place on the facilities that are available to develop a meaningful project. However, we will seek to address ourselves to these matters and with your help will ensure the future viability of the Centre.

Milton Crosdale...

Chairman.

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Pearsons and Debenhams provided the A.C.N.A. Centre with a quantity of used Carpets, as their contribution to the renovation of the Cottage, which will be used as an administration unit and an advice centre.

Ed.....



# WELCOME AND FAREWELL!

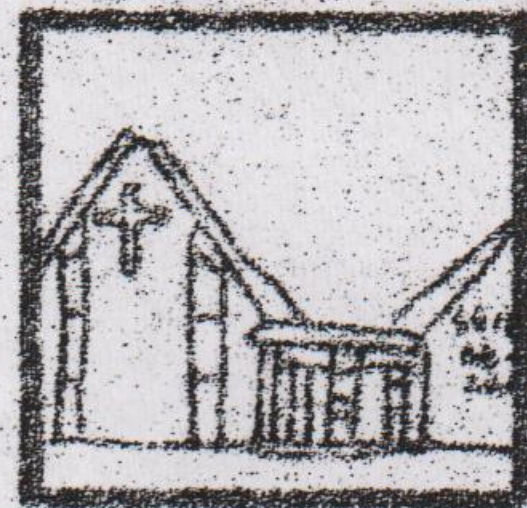
A farewell service and party was given at the Seventh-day Adventist Church situated on the corner of St Ann's Well Rd, and Lamartine St., for its Pastor, S.H. Parkin before he left for Canada to work as a full time evangelist,

Pastor Parkin has cared for this church and her sister churches on Clarendon St., City Centre, Top Valley and Sutton in Ashfield for several years now, but his responsibilities have now been taken over by Pastor George Harris as from the 1st February, 1979.

Pastor Harris born in St Kitts, West Indies, has, since entering the ministry worked in 11 centres around Britain, his last two being in Preston and Blackpool.

The 300 or so members of those churches are of many nationalities and ages - English, Scottish, Ukrainian, German, African and several West Indian Islands, and Pastor Harris who is a keen and successful evangelist feels that in St Ann's community there are a number of persons, regardless of colour, race or creed, who in these times of strife, crisis and pressure have an emptiness and fear which only Christ can relieve, so he is already making plans for evangelistic work in the community in accordance with that Great Commission of Matt 28:19 "Go ye therefore and teach all nations, baptising them in the name of the Father and the Son and of the Holy Ghost".

Catherine Burrell.....



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## CHURCH SERVICES

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SABBATH - 10am Bible Study  
(Sat) Groups

Adult,  
Youth  
Children.

11am Divine (morning)  
Service.

4pm Youth Services  
7pm Youth Club

.....

SUNDAY - 6pm Evangelistic  
Service.

.....

WEDNESDAY-7pm Prayer Meetings  
(All ages)

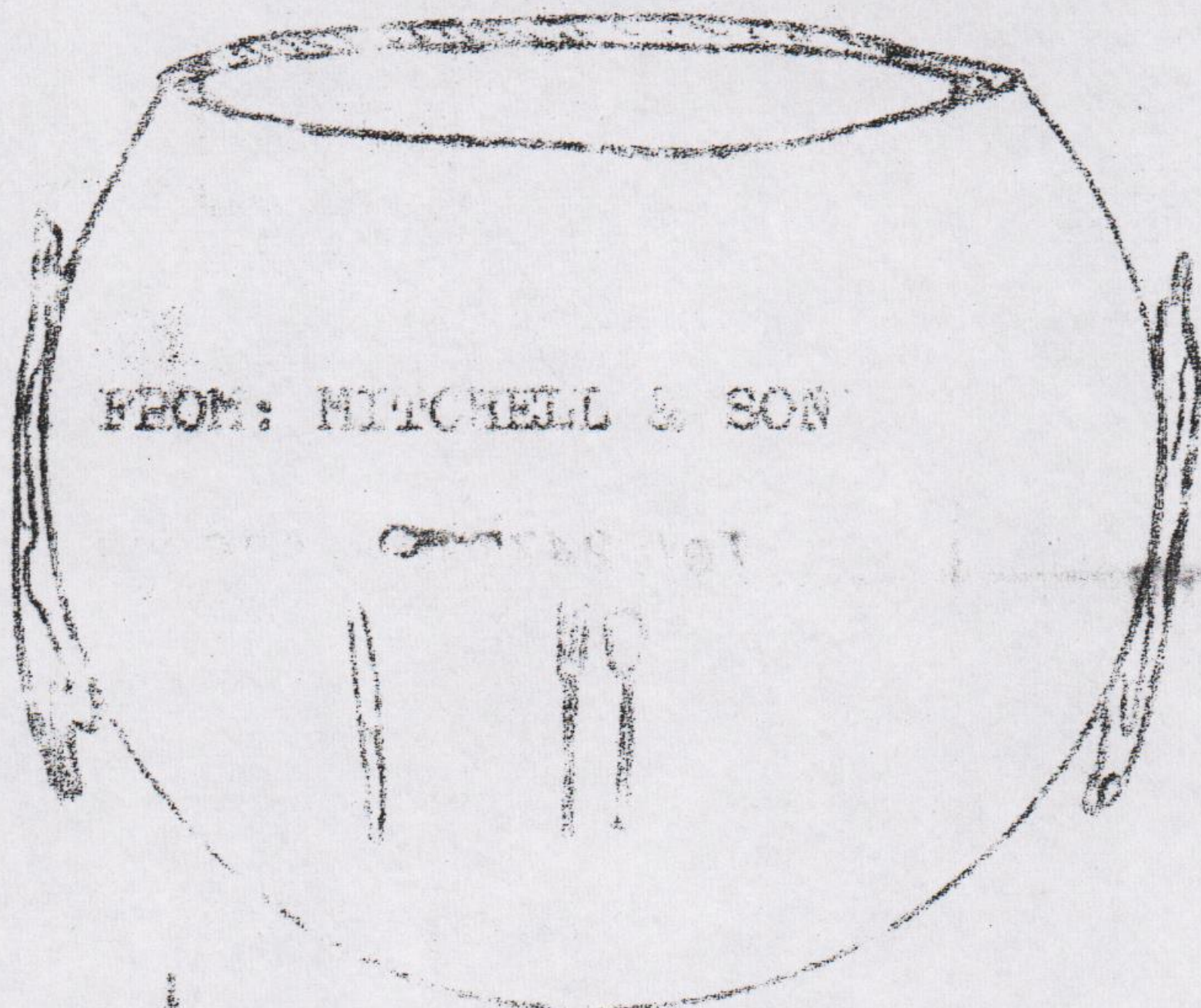


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## INFORMATION FOR THE YOUNG

Here's some news of particular interest to Young people who visit the Centre..... There is now an official A.C.N.A. Youth Club with a Management Committee, made up of six youngsters and three adults, who are responsible for decision making and administration of the Youth Club. The Officers of the Committee are; Mrs Kathleen Liburd, Chairperson - Miss Sandra Thompson, Secretary and Miss Mercelia Thomas, Treasurer, and they along with the other six members will liaise and negotiate with the centre staff and committee.

Planned activities so far are; Karate, Badminton, Table Tennis, Films, Squash, plus use of the Centre's Library facilities and rooms for discussion and Disco's.

## Young Peoples Information Cont

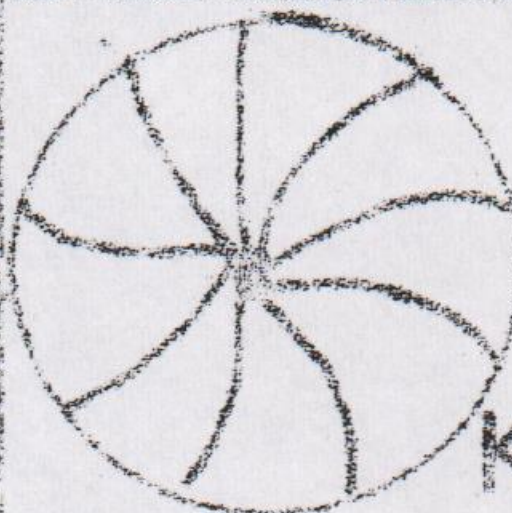
Membership is open to any person under 18, who is already a member of the Centre and the annual subscription fee is; 50 pence (inclusive of ACNA Centre Membership).....

Leroy.....

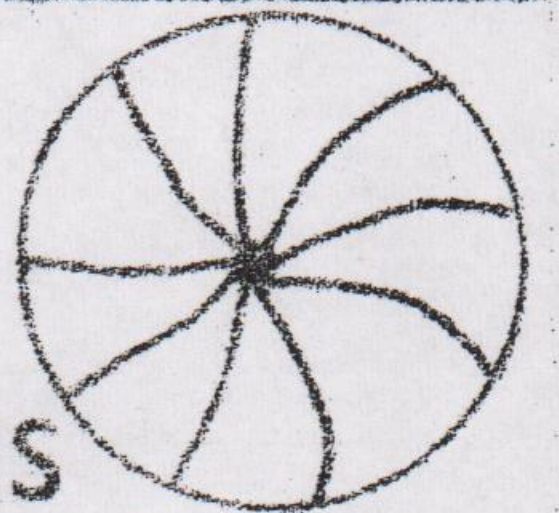
## LAUGH WITH US !!

TEACHER: Why would it be wrong to cut off a cat's tail?

Boy: "The Bible Says." What God Hatti Joined Together, Let no man put Asunder.....



VERY  
KEEN PRICES  
AT ....

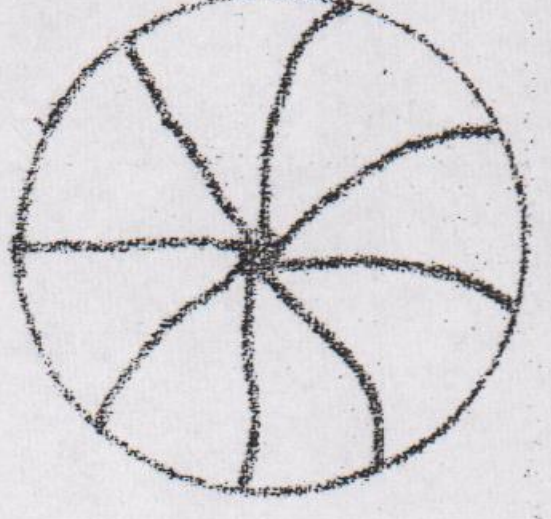
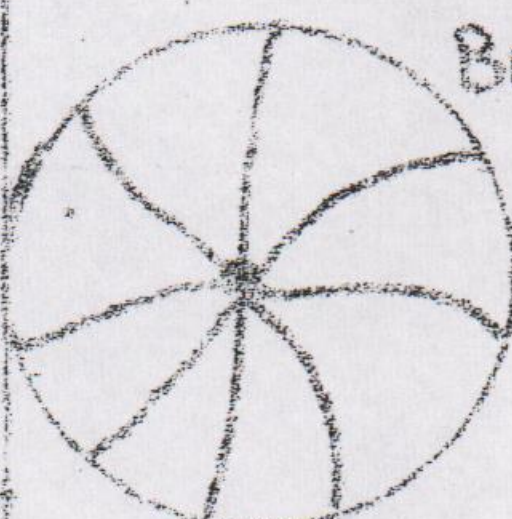


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& GROCERIES





# SPECIAL PROVISION OR ESSENTIAL NEED ?

The words "Ethnic Minorities" tend to release a great deal of emotive feelings. Such feelings often arise because of prejudice and/or misunderstanding of people or peoples although there is a subtle difference between such misunderstanding and prejudice. Too often people are satisfied with a stereotype and work out all problems on racial issues on the lines of a stereotype. An example may be helpful here; - "West Indians are rowdy, they all wore little hats, they are lazy and they all turn up their stereo units and 'treat' their entire neighbourhood to unpalatable reggae". As a result of this stereotype, people often feel quite knowledgeable about "The West Indian", and see him or her as someone who may occasionally seek employment, but in the main, is often quite willing to live off the state. Such a misunderstanding will persist until people get to know a West Indian or a group of West Indians as a friend. Of course, the West Indian is simply a way of describing people who come from islands that are quite different from each other, so that in itself presents difficulties to people who aren't prepared to see the importance that geography plays in understanding "The West Indian". A similar difficulty can be highlighted in looking at the British Isles and describing all who live here on the basis of a chance encounter with a Scotsman or Welshman.

"Printed at the Resources Centre  
118 Mansfield Rd. Nottm."  
"Published by the Afro-Caribbean  
National Artistic Centre.  
Hungerhill Rd. Nottingham."

Whenever the phrase "provisions for the ethnic minorities", are mentioned, then not only are more emotive feelings aroused, but then feelings are put into works. There is then a rush of words, and people call for "integration", they then say that, "they don't need different provisions, they are like us you know", or when it is a question of special diets, the argument is put "that really, they ought to eat the same things we eat".

Detailed answers to all such ideas aren't suitable at this time, but I will attempt in the next issue to say more about a proper response to such un-informed ideas.

G.A. PARRIS...  
AGE CONCERN.  
WOODLAND CHAMBERS  
52a LONG ROW. NOTTM.

## SATURDAY CLASSES

The BPFM are currently  
holding SATURDAY CLASSES for  
Children between the ages  
of 5 and 15 at the ACNA  
Centre from 9.30 - 12 PM

The CARIBBEAN FAMILY ASSO  
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the COTTESMORE SCHOOL,  
Derby Rd., from 9 - 12 PM



WHERE YER O

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BRED!

LAW!...

BLACK LAW OR  
WHITE LAW....



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JUST PAST CRAMMER ST. ON  
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2lb BAG BUTTON SPROUTS		44p 1lb 27p
1lb BAG C/CUT CHIPS		22p
ROSS MOUSSE		6p each
STEAK & KIDNEY PIES		14p each
BEEF PIES		14p each
MEAT & POTATO PIE		14p each
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SHEPHERDS PIES		16p each
STEAK & KIDNEY PUDDINGS		19p each
2lb BAG BATT. ONION RINGS		48p
2lb BAG PLAIN COD		£1.70 1lb 94p
2lb BAG BREADED COD		£1.36 1lb 74p
2lb BAG PLAIN PLAICE		£1.70 1lb 94p
2lb BAG BREADED HADDOCK		£1.36 1lb 74p
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KIPPERS		42p pkt
SMOKED HADDOCK		49p pkt
2lb BAG BROAD BEANS		65p 1lb 37p
2lb BAG CAULIFLOWER		48p 1lb 28p
2lb BAG MIXED PEPPERS		65p 1lb 38p
2lb BAG BABY CARROTS		43p 1lb 23p
BIRD'S EYE SPINACH		17p per pkt
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BEEFBURGER'S		8p each
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FISHCAKE		4p each

SML BOTT SPECIAL BREW	25p plus bottle
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Q.C. CREAM SHERRY	£1.15
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# MAC'S STORES