

ST PATRICK'S



Est. 1803

VIBE

BELIEVE IN YOURSELF



ISSUE 9

HELLO & WELCOME

Confidence: ‘the feeling or belief that one can have faith in or rely on someone or something’. We can all lack self-confidence in things like our ability to complete assignments, get the grades we want, or achieve our dreams and goals — but confidence and self-belief is the key to excelling in all areas of your life. It’s not something that we’re born with or inherit, but an asset we can learn and develop. However, it takes applying the tools shared in this issue of The Vibe and investing in your own personal development every day to ensure that you reach a healthy level of self-confidence, self-belief and self-determination.

On behalf of the staff, Student Council, and the student body, we would also like to welcome all of our October 2017 students to St Patrick’s! We hope that you will enjoy your time with us. As you begin your studying journey, don’t be afraid to ask questions and seek extra assistance from the Student Council, other students, or administration staff. For many of you it may have been a long time since you were last in education. The journey may seem challenging, but just remember it is just that: a journey to a new level of self-confidence. You’ll be accomplishing things you never thought you would have, becoming mentally stronger, and of course gaining a HND certificate — so it is all worth it. Work hard, stay focused, and be resilient.

All the best!

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to start your day

NATIONAL STUDENT SURVEY

RESULTS

The results are finally out for St Patrick's first contribution to the National Student Survey! The survey ran from February to April, with 560 second year students across all schools taking part. The overall satisfaction rate was an impressive 80%, which is nothing to sniff at for a first try. This figure is higher than other institutions offering similar courses, such as Barking and Dagenham College or Ealing, Hammersmith & West London College. Action plans have now been created based on these results, and we will implement them to further improve your student experience. We are very excited about this, as it will be a combined effort across all departments — so make sure to look out for announcements and changes! For now, here's what students have said about their time here.

"I have rediscovered the joy of learning and gained confidence speaking in public."

~

"I have learnt new things and different perspectives in business which I did not know before. This experience will help me in the future no matter what I do."

~

"When I look back, I see that I have acquired a lot of knowledge and skills. I'm now confident when doing my work."

~

"I am happy to be given the opportunity to be part of St Patrick's. I struggled at the beginning but adaptation was quick."

~

"The course has helped to transform my communication skills to a professional level. I have been utilising what I have learned at my workplace and home."

"I will choose St Patrick's again if given the chance."

~

"The course content and the delivery from the lecturing staff are good. The lecturers are enthusiastic about their subject and I feel they try to engage with the students."

~

"I have learnt a lot of things doing this course; now I have more understanding of what I'm doing and how things work."

~

"Teachers encourage students to work hard to succeed in their coursework."

~

"I have met wonderful teachers [...] and will be able to pursue my top-up degree as I have always wanted to do this course. It has given me an opportunity and I am ever so grateful."

82%

students said that they received helpful feedback on their work



88%

OPPORTUNITIES
students were satisfied with learning opportunities

81%

students felt that staff have made the subject interesting



77%

ASSESSMENT
students approved feedback and assessment conditions



87%

students found their course to be intellectually stimulating

78%

LEARNING
students were happy with the learning community

84%

students said they had the right opportunities to work with others



80%

SATISFACTION RATE
students were happy with the overall experience at St Patrick's

70%

students found their course well organised and running smoothly



ST PATRICK'S NEWSROOM

COLLEGE HIGHLIGHTS



1



2



3

TRAVEL TRADE SHOW ⁴

In June 2017 students from the School of Tourism and Hospitality hosted a simulated Travel Trade Show at Sceptre Court. The show was part of the task for the ESTDM unit, and around 150 visitors from the college attended. During the show, students pitched their tour packages to sell to their potential customers. The visitors were provided with artificial money for the holiday destinations of their choice. Each student tried their best to lure as many customers as possible to meet their target sales. At the end, Program Manager for the School of Tourism and Hospitality Lachhuman Gurning thanked all the visitors and the students for putting up such a grand trade show. This kind of project-led learning is popular with students: they said that they enjoy the collaborative approach to learning and that the task could be reflected in their assignment.

HERITAGE DAY ³

There's no better combination than food, music, and a good time. The Student Council recently held their first event for the year: 'Heritage Day'. This event was the first of its kind at St Patrick's, and was led by Events & Engagement Officer Yanniece Johnson. Heritage Day celebrated the different cultures within St Patrick's, creating a community feel and giving students the chance to get to know one another. Students dressed in their traditional cultural attire, made mouth-watering dishes from their home countries (such as Nigeria, Jamaica, and the Philippines) and provided music to go with the vibe. Academic Officer Abbi Odumesi said the event was "simple and inspiring; a friendly and welcoming exchange of cultural views and shared interest in promoting happiness and wellbeing." Everyone enjoyed themselves so much that they have asked for another one to be organised. The Student Council now plan to make Heritage Day a new St Patrick's tradition. If you would like to be involved or work with the council on a different event, please email studentengagementofficer@st-patricks.ac.uk



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ST PATRICK'S GRADUATION

SEPTEMBER 2017

Our graduation ceremonies are always a time for joy and celebration: celebrating the hard work the graduating class have put in over their two years of study, and joy for their success. It is also a time to look back at where we started, take stock of what has been achieved, and consider new challenges in the very near future. This September, we celebrated the success of students who joined in June 2015, with up to 260 graduates and their families attending the ceremony. Professor Maurits van Rooijen gave a speech that highlighted the importance of effort and perseverance in education, and offered words of encouragement for the road ahead. All academic staff were present to take part in the happy moment, offering their heartfelt congratulations to the graduating class. Representatives from Arden University also attended, offering information about their top-up courses at the Sceptre Court campus. As well as the presentation of the main certificates, a number of graduates received awards to recognise their dedication, effort, and entrepreneurial spirit.

PRINCIPAL'S AWARD FOR OUTSTANDING ACADEMIC ACHIEVEMENT

Danny Whitmore, Business / **Irina Mitrovici**, Computing / **Chinyere Nkemokorie**, Health & Social Care

THE DEAN'S AWARD FOR ENTERPRISE & ENTREPRENEURSHIP

Sydney Ezika, Computing / **Mark Valentine**, Health & Social Care / **Deborah Grant**, Hospitality

THE TRANSNATIONAL EDUCATION AWARD FOR ENABLING GLOBALISATION

Victoria Ojewola, Health & Social Care / **Angela Botaeu (nee Zivirbulis)**, Hospitality

THE PATRIARCH AWARD FOR MOST DILIGENT STUDENT

Dede Katindi, Business / **Benjamin Mardle**, Computing / **Donna McKnight**, Health & Social Care / **Konan Agenor Ande**, Hospitality

Another stand out moment for students and staff was the 'Aspire to Inspire' awards, which recognise staff members who inspire those around them. The winners were:

Shahriar Daudpota,
Arefaine Bayu,
Cecilia Chileshe
School of Health & Social Care
Sujata Omwenga,
Omwenga Mwambi
School of Business
Swati Dabas
School of Hospitality
Tanveer Ahmad
School of Technology
Kanchana DeSilva
Academic Administration
Marcia Reais
Student Experience
Simone Barclay
Student Support

We are immensely proud of all of our graduates, and we wish them all the best in their future endeavours!

WHAT DOES CONFIDENCE LOOK LIKE?

A lot of our students are now turning their attention to the world of work. As a careers team we run a comprehensive programme of workshops designed to equip you with the tools to find the job you want. One area in particular is, for most, the steepest hurdle they will face: confidence. Confidence can be defined as having belief in your own abilities and knowledge. It is a quality which reflects your personality, your values, and your priorities. But if it is so important, how do we show our confidence in an interview? Simply put, you can show it through your non-verbal communication, which is also known as body language. Roughly 70% of all communication is not spoken. A recent study found that employers will form an opinion of an interviewee within the first four seconds of seeing them — often before they've said anything. Good posture, strong eye contact, and a positive facial expression are all important. See for yourself: the next time you meet someone new, try and list what you noticed first about them and what conclusions you made based on that. Communication is one of the most sought-after skills in the job market, with almost every job description listing it in some capacity. So, if you feel you could improve your body language or you just want to show how confident you are, look out for our programme of workshops over the next term! You can also drop into room 104 to book a place now. Lots of people struggle with their confidence, but you don't have to let it control you. Believing in yourself is key to achieving your goals, whatever they may be — so here's some advice if you need an extra push >>



Make a list of the things you need to do in order to create the life you want, and make sure you do them. It's okay if it takes you a long time or if you have to concentrate on other things occasionally.

PRACTISE ASSERTIVENESS

Being assertive is different to being aggressive. For example, saying "I don't agree with that because of the following reasons" would be assertive. However, saying "You're wrong!" would be aggressive. Assertiveness means being able to stand up for yourself or argue your position with confidence without becoming upset or upsetting others. Acting and speaking honestly in your own interests without disrespecting the interests of other people is at the core of assertiveness. So if you're prone to letting people walk all over you or shouting others down, think about implementing this approach — it'll help you get a lot more done!

DRESS FOR WHO YOU WANT TO BE

This is a common interview tip for a reason! The clothes you wear can really affect the way that you feel, as well as how other people see you. If you wear things that you think you look good in, you will benefit from a boost in your mood. When you need to feel confident, put on something that makes you feel at your best and you're more likely to actually do your best. Make sure it's appropriate for the occasion though — something you'd wear for a date is probably not a good choice for college or an interview!

DON'T WORRY ABOUT OPINIONS

Many people don't feel confident because they feel that others might laugh or criticise them if they put themselves forward for things. However, the fact is that most people are far more preoccupied with their own problems and thoughts than with judging you; and 90% of the time, you'll get a better reaction than you expect. Even if your worst nightmare does come true — for

example, you suggest an idea and someone tells you it's stupid — it's not the end of the world, and everyone else will forget about it fairly quickly! Take a deep breath and risk it.

USE SELF-AFFIRMATIONS

Self-affirmations are positive things that you say or write about yourself; some people speak them into the mirror or write them on post-it notes in prominent places around their home. It might sound a little silly, but it can really work: waking up every morning and saying "I can do this" instead of "I can't do this" will help you believe it. After all, when you say things to other people about what you think about them, it will have an impact whether it's good or bad. Self-affirmation is just making an impact on yourself! Examples you can try include:

- I am the architect of my life; I build its foundation and choose its contents.
- I possess the qualities needed to be extremely successful.
- Each day, I am closer to finding the perfect job for me.
- My ability to conquer my challenges is limitless; my potential to succeed is infinite.
- Though these times are difficult, they are only a short phase of life.

GET PRO-ACTIVE

The only person who can create change in your life is you: nobody is going to pass your exams or go to interviews for you! Make a list of the things you need to do in order to create the life you want, and make sure you do them. It's okay if it takes you a long time or if you have to concentrate on other things occasionally; very few people can be completely focused on work 24/7. As long as you're going forwards rather than backwards, you're making progress. Every day has potential, so make sure you use it to your advantage.

BRAND NEW
INITIATIVE
WAS PILOTED
LAST TERM AND
IS NOW IN
FULL SWING

read on

NEW: MENTORING SCHEME

We are proud to announce the St Patrick's Mentoring Scheme, a brand new initiative to provide extra pastoral guidance and support to newly inducted students. The scheme was piloted last term and is now in full swing. The mentors are all St Patrick's alumni. They will host informative discussions and offer advice based on their own experiences of how best to navigate a HND course and complete it successfully. What better example for you than previous students who have gone through the same process?

The scheme aims to:

- Facilitate peer group discussion and learning
- Inform you on how to achieve a balance between college, work, and personal life
- Offer pastoral support to new students
- Create a safe space where students can discuss concerns they feel they can't share with members of staff

Feedback so far has been positive: students have said that the sessions have given them the inspiration to push through with their studies and feel that their goals are attainable. Mentors have also given encouraging feedback, saying that by taking part in the scheme they are making a positive impact in the educational lives of others.



Currently, the scheme is targeting recently inducted students with groups from the June 2017 intake. We hope that more alumni will take part in the scheme to allow it to be rolled out to all schools. We would like to thank the current set of mentors for their participation in hosting the initial sessions, as well as the students who have attended them. Please continue to make use of this enriching initiative — bring your classmates along and engage! Make sure to keep an eye out for future developments and news on this new scheme.

MEET A MENTOR



FAUSTIN LOKINDA

What did you study at St Patrick's College?

I studied a HND programme in business management. I started in September 2013 and I graduated from St Patrick's in July 2015.

How did you find your time with us?

It was good; to be honest St Patrick's gave me a lot. I learnt so much from this college which prepared me well for my top-up degree at university.

What was the best thing about studying at St Patrick's College?

Everyone at St Patrick's College was very helpful. Everything and everyone was available to me when I felt that I needed help, and tutors and staff were prepared to assist me and provide me with additional support to help me throughout my studies.

What are you doing with your life now?

Well, I finished my top-up degree at London Metropolitan University in July 2016 and then I did a short assessor course. I am a qualified assessor now, so I am working with different colleges. I assess students, do observations on students, and mark assignments so I have followed the career path of staying within education.

Why did you choose to become a mentor?

I wanted to come back and say thank you to the admin and everyone I got to know. When they called me for this mentoring session I did not hesitate to take the opportunity. I said I would attend to give what I can to other students as a way of sharing my own experiences and advice; to tell them that although it is tough, it is definitely worth it.

If you could give students at St Patrick's College one piece of advice, what would it be?

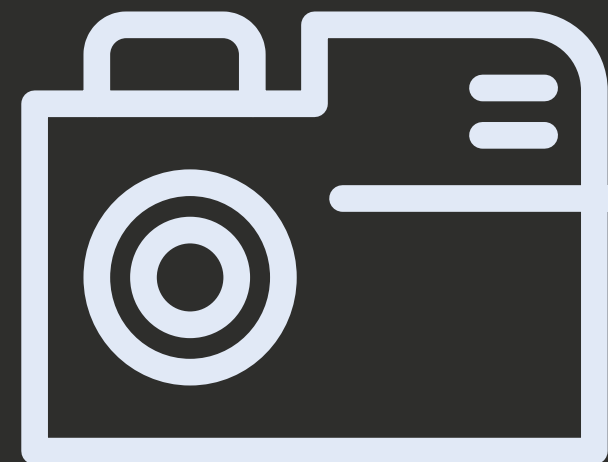
To be serious, to be committed, and to work hard reading and doing the assignments. Make sure you submit them on time and to the best of your ability. Another thing is to take on board the feedback from the teacher, which is all for your own development and to help you. This will also help to keep you motivated and do better next time.

ST PATRICK'S



TAKE A SNAP

St Patrick's photo competition now open!

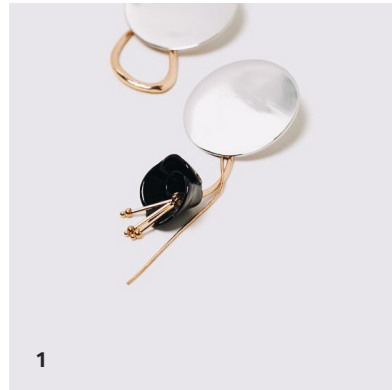


Celebrate our favourite city with us by sharing your photos of London on Instagram using #LondonStP. The winner will receive a £25 Amazon voucher!

@STPATRICKSCL

What to get WINTER IN LONDON

Winter really is coming! Make sure you're ready to face it with these winter essentials, like cosy scarves and warm clothes for work.



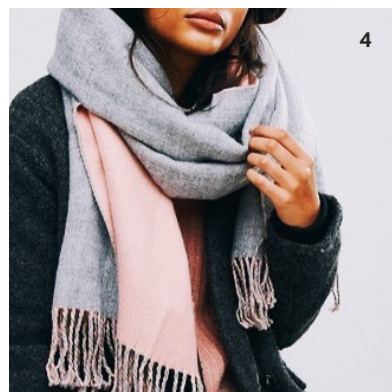
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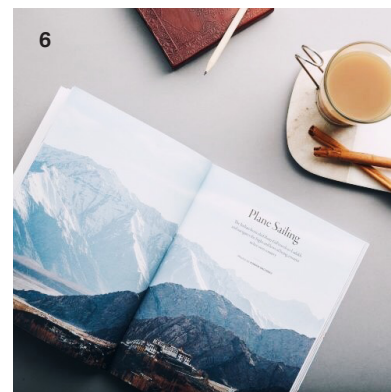
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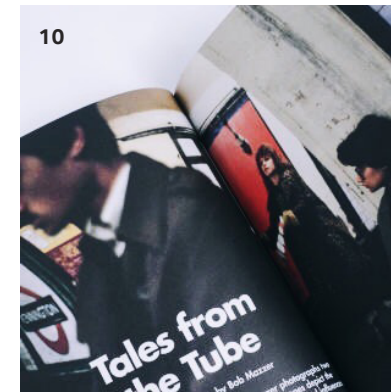
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9



10



11



12

1 ZARA Floral Earrings (coming soon) £15.99 **2 Old English Co** Do What You Love Mug £9.95 **3 ZARA** Printed Dress With Long Sleeves £29.99 **4 ASOS** Warehouse Reversible Fringe Edge Scarf £26 **5 Trouva** Sarah & Bendrix Green Fig Lavender Hand Cream £10 **6 SUITCASE Magazine** Vol.20 Homelands £6.99

7 Trouva Instrmnt 01 A Gmt Watch £180 **8 KeepCup** Reusable mugs from £19 **9 Trouva** Kiyoko Lip Balm £10 **10 Trouva** Lost In London Guide Book £9 **11 ZARA** Classic Scarf £9.99 **12 ZARA** Polka Dot Shirt £29.99

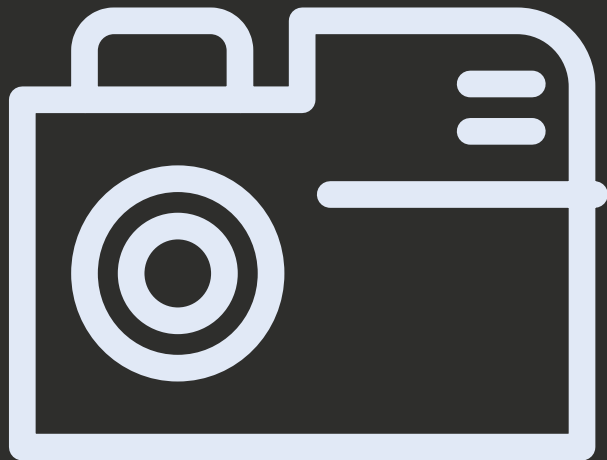
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TAKE A SNAP

St Patrick's photo competition now open!



Celebrate our favourite city with us by sharing your photos of London on Instagram using #LondonStP. The winner will receive a £25 Amazon voucher!

@STPATRICKSCL

follow us for photography tips

60 SECONDS

60 SECONDS

with Sujata Omwenga, **School of Business Lecturer**

How did you get into your field?

I was an accountant for almost ten years before I decided to follow the promptings of my heart and become a lecturer. I wanted to make a difference in people's lives and being a teacher fulfils that goal. The learners come to you as raw materials and it's a challenging and rewarding task to turn them into successful people. The most rewarding moment is when you observe their joy and sense of pride on their graduation day. Teaching them and keeping the motivational levels from the start to finish of their course is not easy but that is what teaching is all about. Teaching a class full of motivated students is enjoyable for teacher and student alike. A lecturer is a teacher, psychologist, mentor, counsellor and a parent all blended into one. My personal observation is that you must love and care for your students, otherwise they won't respond to you and will switch off. Building a rapport with them is critical.

Why do you find your subject interesting?

I find business interesting because it covers so many aspects... business law, marketing, finance, human resources management, research, project management and organisational behaviour.

What is the best thing about the college for you?

The best thing about St Patrick's is that their doors are always open to anybody who is willing to make a difference and make

something productive of their life. At St Patrick's we believe that everybody deserves a second chance, and we are here to give all the support and encouragement to those who are determined to grab this opportunity. We have students who have come back to study after 30 years, learners who wasted their school years but now have woken up and realised their mistakes. We have learners who spent their good years working and educating their siblings and children, but now want to catch up with their own study and need an enabling environment. St Patrick's welcomes such learners, and the lecturers are very committed and devoted to this cause.

What advice about the future would you give to your students?

Take advantage of this time to improve and better your life — opportunity never knocks twice. Your college is a learning centre where you can develop your skills and character. You must study for knowledge and not merely pass your assignments/exams. Wherever you go, remember knowledge is power. Take advantage of the support given by the college, and never ever give up! After you graduate with a HND, you MUST go on and do your top-up and go further if possible. Don't hesitate to apply for jobs, and be confident of yourself and your own abilities in interviews. Don't let anyone bring your spirit down, and don't let anybody or anything stand between you and your thirst to better your career. Believe in yourself and the world will believe in you!

CAREER & DEVELOPMENT TIPS

for everyone

WRITE A SUCCESSFUL CV

Your CV is the first thing an employer uses to determine who will be best for the role, so having one that stands out could be the ticket to landing your perfect job. Writing a good CV is fairly easy if you follow some key steps — so, how do you make sure that your CV is added to the interview pile?

THE BASICS

There is no wrong or right way to write a CV, but you must make sure that your basic information is written clearly and in a good layout. Tailor your relevant skills and experience to the job you are interested in. It is always best to write in a simple yet informative way so you don't overwhelm the reader. Be sure to include:

- Your full name, address, email and phone number.
- Education and qualifications
- Work experience
- A summary describing yourself (no more than 2–3 sentences)
- Your own interests and achievements
- Some references (if you can)

PRESENTATION

A successful CV is always clear and well-presented. It should look professional, which means it should be clean and printed on crisp white paper. If you are emailing it, make sure that all your sections and paragraphs are consistently presented. If possible, save your CV as a PDF file so that it looks the same on any computer. Remember the 'CV hotspot': the area at the top of the page where the recruiter's eyes will naturally fall. Make sure that you include the most important information there!

LENGTH

Sell yourself in a concise way, aiming for no more than two pages. It is best to state what your experience is and give a brief example to demonstrate it. Don't write long sentences explaining what you did, as these questions are usually asked during your interview. Employers receive dozens of CVs, so it is unlikely they will read all of them to the end. That's why you should make sure you write your most relevant experience first. Most employers make a judgement about your CV within seconds!

TAILOR YOUR CV TO THE ROLE

It is vital that you read and understand the job role, so you know which parts of your experience to focus on. If there are areas you are lacking, which is normal to expect, fill in the blanks with related skills to make your CV more relevant. For example, if the >>

PERSONAL
DEVELOPMENT
GOES BEYOND
THE INFLUENCE
OF ACADEMICS
AND STUDYING

read on

job requires someone with sales experience, use retail or customer service experience instead. These are transferable skills, and any previous work you have done in your life will most likely include these. Another example is if you have your own business and the role requires someone with the ability to project lead, you can discuss how you set up and developed your company by leading it.

SHOWCASE YOUR SKILLS

Your skills are important because they help you stand out. They can be drawn out from anything: you might have skills with computers, communication, problem-solving, or even language. Make sure you use them, as it is all relevant information!

INTERESTS

Another thing which can help you stand out from other candidates is your interests. These give recruiters an opportunity to learn more about you as an individual, and also a chance for you to show off additional skills you might have. If you were involved in the student council, a voluntary group, or a local sports team, this shows dedication that is highly valued by employers.

USING THE RIGHT WORDS

It is important to use the correct vocabulary when demonstrating your previous work history. Words like ‘developed’, ‘managed’, ‘achieved’, ‘organised’, and ‘planned’ are useful when describing to your employer what you are able to do.

REFERENCES

References should be from someone who has employed you in the past. If you don’t have any, you may use a teacher or tutor as a referee. You will typically be asked to give two references. You can also write ‘References available upon request’, as sometimes employers don’t ask for a referee until they confirm that they want to hire you.

KEEP YOUR CV UPDATED

Throughout your career, your roles, education, knowledge, and contact details will change — so make sure that you keep everything up to date in your CV.

10 TIPS FOR STARTING A BUSINESS

Have you ever thought about how nice it would be to start your own business? You could be your own boss, make your own rules, and work on something you have a real passion for. When you think about it, there are a lot of positives — but if it was that easy everyone

would be doing it! When it comes down to the nitty-gritty aspects of setting up and running your own business, there are a lot of things to think about. It can be very overwhelming, but you can help yourself out by making sure you have all of the groundwork in place. Take a look at our ten tips for starting a business.



1. MAKE A BUSINESS PLAN

Before you do anything else, it’s very important to set some time aside to create a detailed business plan. Without one, you won’t get very far. Outline what you want to achieve and how you’re going to do it. You need to define your business, your target audience, and how you will make a profit. Add to your plan as you go along, making sure to get everything down in writing so that you can refer back to it.

2. CHOOSE YOUR NAME AND LOGO CAREFULLY

This might be the most important tip of them all. You can have an amazing product and a great team, but if you name your business something that people don’t react well to, or if it has a logo that is off-putting or forgettable, you will struggle to get anyone interested. Pick a name that packs a punch and a logo that people will remember.

3. CHOOSE A BUSINESS STRUCTURE

You’ll need to decide what kind of business structure is best for you. There are four main types to choose from: sole trader, partnership, limited company and limited liability partnership (LLP). Each type of business has different rules and regulations concerning finance, insurance, and tax. Do some research and when you decide, make sure to let HMRC know or risk facing a fine. You’ll also need to register for self-assessment while you’re self-employed.

4. SET SHORT-TERM AND LONG-TERM GOALS

Making goals for your business will help you to keep it moving forward. Write down your goals and re-evaluate them every so often. You should have lots of smaller goals that will help you to reach an overall long-term goal. Breaking the different stages of your business down into these small chunks will make your overall aim seem clearer to reach, and more achievable in the long run.

5. CREATE AN ENGAGING WEBSITE

Having a website is essential, no matter what kind of business you intend to run. It gives you a platform to start marketing, post information, and refer clients back to. The first thing you need to do is choose a domain name. Try to pick something that closely resembles the name of your new business, and isn’t too similar to any other big brands out there.

6. SEEK LEGAL ADVICE

It is very important to seek independent legal advice before starting your own business. You’ll need to organise insurance for products, customers, vehicles, and more. You can also get advice on franchising, cash flow, licences, and issuing shares.

7. MANAGE YOUR FINANCES PROPERLY

Managing the money involved with a new business can get complicated. You’ll need to work out matters concerning tax, salaries, and accounts. This can be a lot of paperwork, and a lot of extra stress if you don’t know what you’re doing. It might be worth hiring an accountant so you can rest assured that your finances are being handled properly.

8. START MARKETING

Customers aren’t going to just come to you: you need to spread the word about your brand and build your audience. You can market yourself online using social networking or advertising. Attending events or using word of mouth can also help to put your business on the map.

9. NETWORKING

Networking will help you get your business off to a good start. Print business cards and attend networking events so you can speak to people in the industry and hand out your information. Ask your family and friends to help you to promote your business too — networking is a great way to start getting sales.

10. KEEP A HEALTHY WORK-LIFE BALANCE

Starting a business is no easy task. It’s important to remember to separate work from the rest of your life. You should keep some time to unwind and do things for yourself, make sure you are getting

enough sleep, and maintain a healthy diet. The business won’t get anywhere if you have no energy to run it!

READ YOUR WAY TO PERSONAL DEVELOPMENT

Personal development goes beyond the influence of academics and studying to the growth of our mental, emotional, and spiritual states. Through developing these areas, you can excel academically, personally, and professionally. We recommend these books to help you grow in all areas of life.

AWAKEN THE GIANT WITHIN

Tony Robbins

Want to take control of your life? Bestselling author and peak performance trainer Tony Robbins shares his techniques and strategies for managing your relationships, emotions, finances, and life. The book gives you steps that will enable you to shape your destiny.

MOTIVATION MANIFESTO

Brendon Burchard

Claim back your personal freedom with the Motivation Manifesto. Written by high performance trainer Brendon Burchard, this book covers the key areas that deprive us of our personal freedom: social oppression and self-oppression due to fear and doubt. You will be able to find the motivation in your life again and get your personal power back.

THE POWER OF POSITIVE THINKING

Dr Norman Vincent Peale

How far we go in life is determined by how we think. The Power of Positive Thinking is a practical book that will help to improve your health, give you peace of mind, and have you overflowing with energy. Dr Norman Peale teaches the formula he developed through trial and error, helping to enhance your life.

GETTING THINGS DONE:

THE ART OF STRESS-FREE PRODUCTIVITY

David Allen

Veteran coach and management consultant David Allen offers a new take on productivity and how to successfully meet targets, complete to-do lists, and reduce your workload. He believes that the key to getting things done is relaxation, and teaches you how to identify, monitor, and choose actions that demand your time whilst releasing your creative potential.

THIS YEAR MARKS THE 30th ANNIVERSARY OF BLACK HISTORY MONTH IN THE UK

read on

BLACK HISTORY MONTH UK

As any historian will tell you, studying the past will help you change the future. In the UK, we have a lot of important calendar events in the year to remember important parts of history, like Bonfire Night, Remembrance Day, or of course St Patrick's Day. October is no different: the entire month is dedicated to black history and learning about important figures who changed western society. This year will be the 30th anniversary of Black History Month (BHM) in the UK.

BHM, A SUMMARY

BHM was set up in 1987 by Akyaaba Addai Sebbo, who worked at the Greater London Council (GLC) as co-ordinator of Special Projects. The aim was to address the lack of African history that was taught in schools, explore the continent's contribution to world civilization, and highlight important black figures over the centuries. Lots of different institutions take part in BHM, including schools, museums, libraries, theatres, and charities. There are thousands of events across the UK. Everyone is encouraged to participate in these events. Black history is simply another part of world history — and the more you learn about the world, the better your understanding will be.





KEY EVENTS IN BLACK BRITISH HISTORY

1593

The first black Londoner

The first record of a black Londoner is of “Cornelius a Blackamoor”, who was buried in 1593 at St Margaret’s Church in Lee.

1833

Slavery Abolition Act

This act abolished slavery throughout the British Empire. This finalised the long abolition process that began in 1807, when Parliament outlawed the trade of slaves but not slavery itself.

1948–1958

The Windrush Generation

After World War Two, Britain desperately needed workers — so it encouraged immigration from other parts of the Empire. As a result, 125,000 Caribbean migrants arrived in Britain on the SS Empire Windrush from 1948-58. This was the beginning of a significant black population in the UK, though many black people were already here.

1959

The beginning of Notting Hill Carnival

Activist Claudia Jones set up a “Caribbean Carnival” on 30 January 1959, which then became the Notting Hill Carnival. At the time it was a response to racial tensions in the area, but the event has now become a celebration of black heritage.

1963

Bristol Bus Boycott

When the Bristol Omnibus Company refused to employ black or Asian bus crews, a group called the West Indian Development Council boycotted it. This lasted for four months and was supported by the local West Indian community, as well as students from Bristol University and local MP Tony Benn. Eventually, the company gave in. On 17 September 1963, Raghbir Singh became Bristol’s first non-white bus conductor, and was soon joined by two Jamaican and two Pakistani men.

1965

Race Relations Act

After years of pressure from various activist groups, Parliament passed the Race Relations Act. It banned public racial discrimination and made the promotion of hatred on the grounds of ‘colour, race, or ethnic or national origins’ an offence. In 1968, it was amended to make discrimination within employment, housing, and advertising illegal.

1970s–1990s

Black activism and political parties

Many political parties were set up to represent minority voices during the late sixties and early seventies. The biggest group was the British Black Panthers, but others included the Black Unity and Freedom Party, the British Black Power Movement, and the Universal Coloured People’s Association.

1981

Black Cultural Archives

This museum was founded by historian Len Garrison in 1981 to collect books, records, and other items that document black history. In 2014, it opened a new building at 1 Windrush Square in Brixton.

1982

The Voice

The UK’s only national black British weekly newspaper was founded in 1982 by Val McCalla.

1987

The first black MPs

In 1987, the first ever black MPs were elected: Bernie Grant (Tottenham), Diane Abbott (Hackney North and Stoke Newington), and Paul Boateng (Brent South). All three were Labour MPs.

1999

The Macpherson Report

After the lacklustre police response to the murder of Stephen Lawrence, a government inquiry into police racism was set up. It concluded that the Metropolitan Police Service was institutionally racist, and recommended 70 measures to correct this.

2012 – present

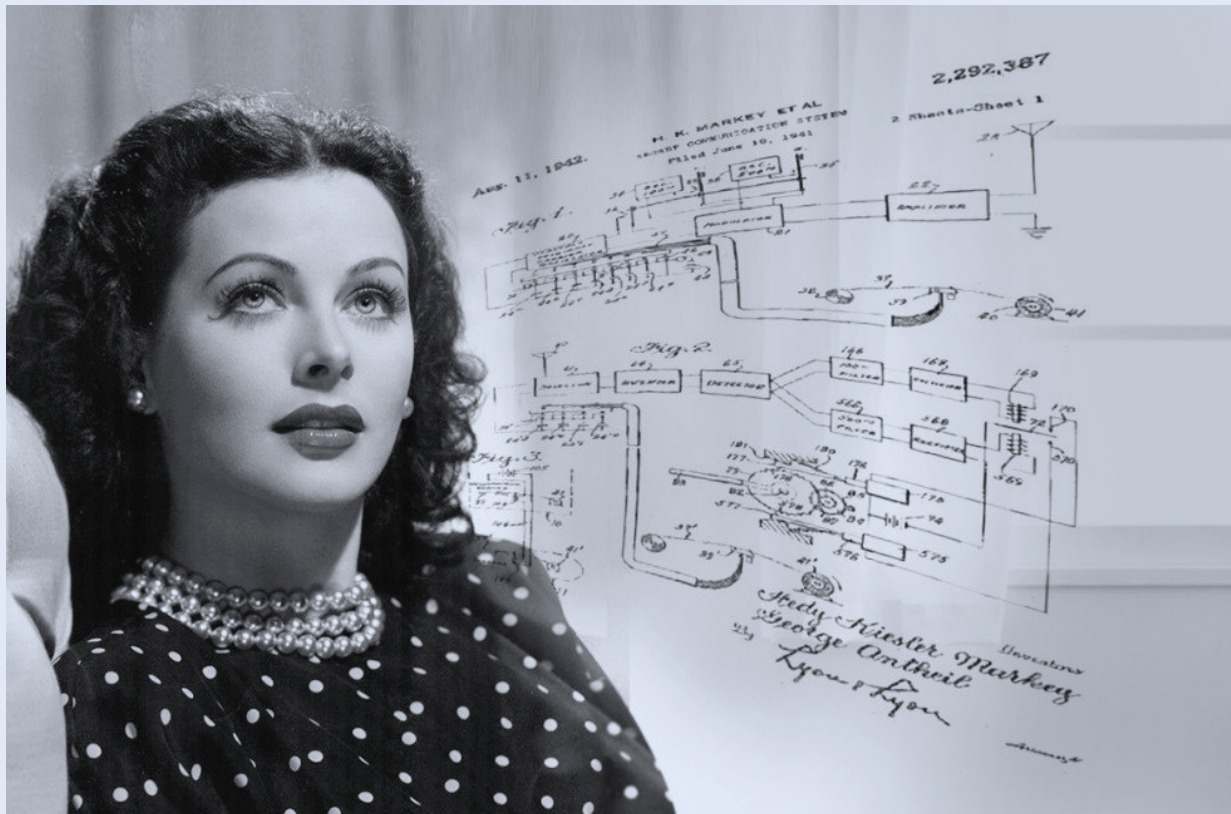
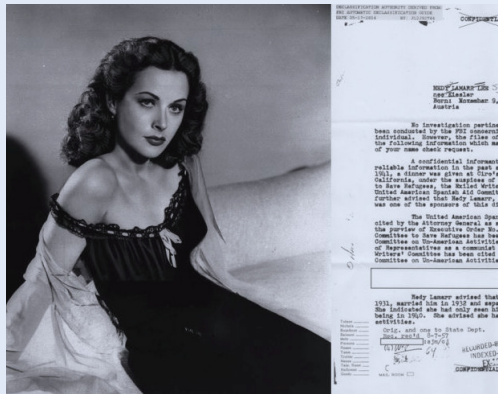
Black Lives Matter campaign

After the death of 17-year-old Trayvon Martin and the acquittal of his killer, George Zimmerman, an American movement called Black Lives Matter was formed. A UK branch quickly followed, focusing on the deaths of black people in police custody such as Mark Duggan, Sarah Reed, and Mzee Mohammed. Both campaigns are ongoing.

2016

First UK undergraduate degree in black studies

Last year, applications opened at Birmingham City University for a course in black studies. This is the first British undergraduate programme focused on the history and culture of black people around the world.



WHAT TO WATCH

BOMBSHELL: THE HEDY LAMARR STORY

1940s Hollywood actress Hedy Lamarr, who starred alongside on-screen legends like Clark Gable and Jimmy Stewart, was known as “the most beautiful woman in the world” — but this was far from the most interesting thing about her. Directed and written by Emmy Award-winning journalist and producer Alexandra Dean, *Bombshell: The Hedy Lamarr Story* explores a different side of Lamarr’s life.

A self-taught mechanical genius, Lamarr took apart and reassembled her own music box at the age of 5. Her gifts continued to develop as she grew up: when she was dating Howard Hughes, she revised his plans for a plane, seeing that his designs wouldn’t work the way he foresaw. Her biggest achievement came during the Second World War. When Nazi U-boats torpedoed a ship carrying 83 school children, she became determined to do something to help. She worked on a secret radio system that would allow the Allies to use torpedoes to a greater level of accuracy. Teaming up with her friend the composer George Antheil, her ideas became reality.



The technology created a wireless form of communication called ‘frequency hopping’, which would go on to form the basis of practically all modern wireless communication technology — including Wi-Fi, Bluetooth, and GPS.

This eye-opening true story, told with the help of newly discovered cassette tapes from an interview with Lamarr herself, explores how good looks stopped Lamarr from getting the recognition she deserved.

HEALTHY HABITS

to start your day

THINK POSITIVE

A lot of people have a tendency to jump out of bed and reach for their phone. By doing this, your mind is not waking up naturally — you are jumping straight into activity and stress. Wake up a bit earlier and give yourself time to switch on. Avoid your phone and news until later to give yourself some space for positivity.

DRINK WATER

We all know drinking water is good for you, but drinking it first thing in the morning before eating or drinking anything else will kick-start your system and hydrate your mind and body. It will also aid your metabolism and digestion.

MAKE YOUR BED

It sounds simple, but making your bed as your first task of the day can build your momentum: it gives you a sense of achievement and you're able to say you have already accomplished something. It's also a great reminder that the small things in life matter: it's not what you do but how you do it.

EXERCISE

As well as physical improvement, exercising in the morning helps you to get your mental state right and energises you for the day, improving your focus. It does a better job to wake up your mind than a cup of coffee and will set you on the right track.



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