

MEN OF MELANIN

UPDATE - NOV 2023

NEXT MEET
MONDAY 13TH
OCTOBER



INTERNATIONAL
MEN'S DAY
NOVEMBER 19

19TH NOVEMBER INTERNATIONAL MENS DAY

We are planning an event for us all to share and take stock of our achievements. More info will follow in the whatsapp group. It is also an opportunity to share space with our brothers of other heritages and their journeys. Please use this day to recognise your fellow men.

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.

October's session was our second at Soho House who we are pleased to confirm have extended their support to our group by confirming the residency monthly.

This support of our Men of Colour group is an intentional message that we belong in these spaces and are welcome in these spaces. We are not only welcome as guests, but also as members.

In return it's important we show the same respect to the house rules and grace to the staff who are welcoming to us.

We look forward to seeing you all on
Monday 13th November
7pm - 9pm
@ Soho House, Brighton

MOVEMBER

uk.movember.com/



If anyone has any plans for any Movember activities please share with the group so we can support.

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.

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.



Men of Motives

Moving forward this monthly news letter is an opportunity for you to add your upcoming events and motives.

Please direct message us via the instagram page.

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 brother TC JOHNSTON.

TC has created a video with a workout.

Also introducing
Sunday Beach runs:

8:30 meet at King Alfred car park



SENDING LOVE AND POSITIVE VIBES

BUD AND CAM