

# MEN OF MELANIN NEWS

UPDATE - JAN 2024

NEXT MEET

MONDAY 8TH JANUARY  
SOHO HOUSE, BRIGHTON

## HAPPY NEW YEAR!

May we take this opportunity to wish you all a happy new year and best wishes for a 2024 that brings you everything you deserve!

2024



Welcome, we hope this reaches you in good health.

December's session was a special one. We are grateful to have held the space and welcome some new faces. We were also extremely blessed to have Dean join us & share some mindful practice & spark some internal conversations to challenge our ways of thinking. We will continue adding in mindfulness practice each month & we are working toward offering a Men of Melanin specific course in the future.

January can be a difficult month for many, there are a number of pressures that hit us differently from finances, family, travel & work the list goes on. Blue Monday is a real thing! NY's resolutions are just targets guy's not contracts so go easy on yourselves.

We would like to encourage you all to make time for yourselves and prioritise oneself. If you cannot join us for January's session please consider the gratitude & positivity chain to keep some connection going for you during the month. SAD disorder and suicide rates increase in January so please reach out if you're struggling and please check in on each other within this community.

We are excited to share the we are producing some connection cards that you will be able to grab hold of & pass on to that brother you meet in the street and see that they could benefit from this space & group.

We look forward to seeing you all

Monday 8th January

7pm - 9pm

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## MOM GRATITUDE & POSITIVITY CHAIN

**JANUARY CAN BE A PARTICULARLY CHALLENGING MONTH.**

WE ARE ENCOURAGING ALL MOM MEMBERS TO REACH OUT TO SOMEONE IN THE GROUP WITH A MESSAGE OF POSITIVITY DURING JANUARY. 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 JANUARY 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 10:30AM

WE WILL MEET AT HOVE LAGOON & WALK TO BRIGHTON PIER & BACK.  
THE WALK WILL TAKE A COUPLE OF HOURS.

YOU ARE WELCOME TO BRING FRIENDS & FAMILY & THOSE WHO DO NOT IDENTIFY AS POC. THE AIM OF THE WALK IS TO SET YOUR INTENTIONS FOR 2024 & FOCUS THE MIND ON A POSITIVE YEAR AHEAD. IT IS ALSO AN OPPORTUNITY TO TAKE STOCK OF YOUR ACHIEVEMENTS & GROWTH IN 2023.

## 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

## Pre Opening exhibition Mid-Street Lab by WachArt

<https://www.eventbrite.com/e/member-preview-exhibition-ole-skauge-kemptown-4th-january-tickets-782012118297?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyu>

## Free Streetfunk dance sessions for boys

Streetfunk have recently received some funding to put on 2 fully funded classes a week for 12 weeks starting in January, for Black Asian and ethnic minority boys. <https://www.streetfunk.co.uk/>

## Discounted Tattoos

For the month of January Brighton based tattooist Nathan King is offering 25% off just quote code MOM25 when booking in [www.instagram.com/mrkingsartpage](http://www.instagram.com/mrkingsartpage)

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

## 2024 TIME TO GROW!

We have exciting plans in 2024 to grow the MOM offering further and reach more men in need. We are keen to connect with men who wish to take on some roles within the group bringing forward their skills to help the community and grow the group further. If you feel you can offer something please let us know.

### February's event will be on the 12th.

We will be taking a slightly different agenda at this session with a focus on 'what LOVE means'. We are hoping to reflect on the wider definition and not just what Cupid is chucking out!

March event will be on the 11th.

April event will be on the 8th.

## MEN OF MUSCLES JANUARY CHALLENGE

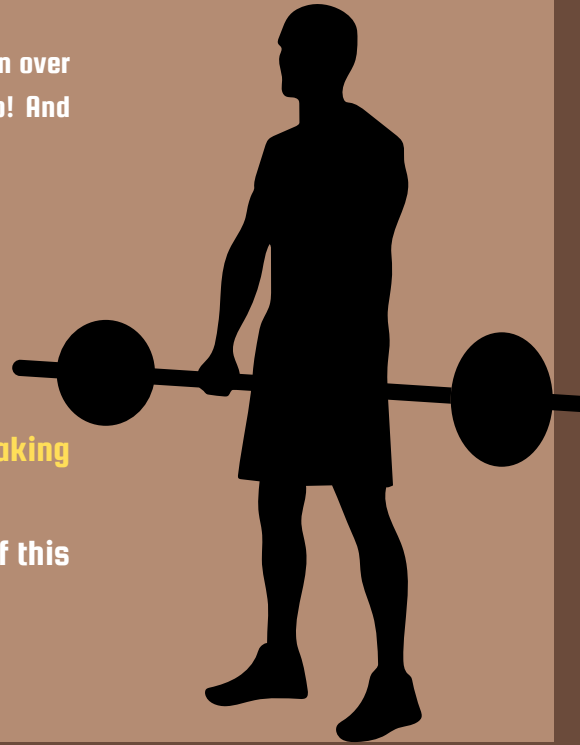
For the month of Jan we have created a physical challenge:

A minimum to be completed weekly at your own pace - you can break this down over as many sessions as you need or up the levels if you're feeling fit! Let's go! And remember that trying and failing is better than not trying at all.

- 10k run, walk, jog, cycle
- 100 pressups
- 100 squats
- 100 burpees

Sunday Beach runs continue please jump in the chat if you plan on taking part.

We are still looking for someone to lead on this, please let us know if this is you!



## RECOMMENDED WATCHING

BUILDING A BETTER MENTAL HEALTH CULTURE FOR MEN OF COLOUR  
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZOLQ3JIV9Q4](https://www.youtube.com/watch?v=ZOLQ3JIV9Q4)

SELF CARE TIPS FOR MEN OF COLOUR  
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=226ZPCACR2S](https://www.youtube.com/watch?v=226ZPCACR2S)

OVERCOMING NEGATIVE EMOTIONS - DALAI LAMA  
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DUS05EP06XS](https://www.youtube.com/watch?v=DUS05EP06XS)

SENDING LOVE AND POSITIVE VIBES  
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