

PHOENIX NEWS

Way Making, an online BIPOC healing & restorative space, Thurs 25th June, 6-7.30pm

From Phoenix member Omikemi: I have set up Way Making, a project creating BIPOC online healing and restorative spaces as response to a very racialised Covid-19 and the recent explicit racial violence. These events also reactivated my own recent experience of being racially assaulted by a trainer therapist while training as a body psychotherapist which unfortunately has led to the end of my training for now. All of this has pushed me to use my skills and experience to create a space that might offer some healing and restoration, even for a few minutes. The intention is to have the space cover various topics related to living in a systemically racist system, and to provide people with a space to share experiences, find community and access resources. The space operates with a core team and offers a different facilitator each time on the premise that different people need different medicine. Future sessions will explore engaging creative practice as resistance and body practices that can be used for establishing boundaries, releasing and grounding. If there are any BIPOC holistic healing practitioners who wish to get involved please contact me at me.omikemi@gmail.com



Since publishing the last newsletter, the murder of George Floyd on 25th May by police in Minneapolis sparked a profound reaction across the globe. There is far too much to say on this topic here but it is clear that the traumatic events of this period have been amplified for many whilst in lockdown and suffering from both the health related and economic consequences of Covid-19.

However, London's weekends of peaceful protest were a direct expression of the outrage and solidarity felt by many people in this city and felt overwhelmingly positive - despite media reportage exaggerating violence and anti social behaviour.

There is no excuse to ignore racist behaviour and it is everyone's responsibility to engage positively whenever possible and to make the effort to stay educated and informed. Please find a list of reading on page 3 and feel free to use this space as a platform for publishing any events or literature that you wish to share.

Howard Grange's latest GOLDEN GLOW mix [here](#)

this month's mix is full of Hindu sacred music so very chilled

Andrew Coram's TOP TRACKS 5 mix [here](#)

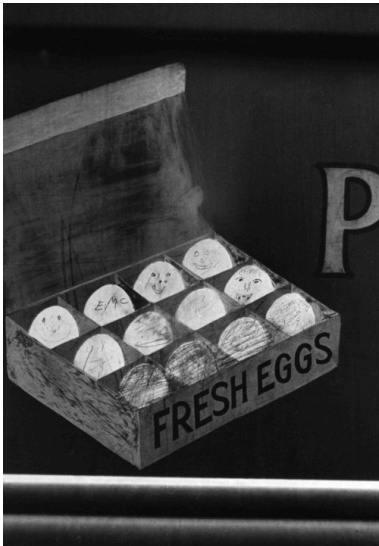


photo by Helen Levitt

Recipe for baba ganoush on the BBQ (serves 4 as a side)

Put 2 medium sized aubergines directly on the barbecue (or on the gas flame of your hob if you are cooking indoors. Turn occasionally but let the aubergines cook until the skin is blackened and blistered. Leave to cool in a bowl covered with a clean towel. Scoop out the flesh onto a board and finely chop a couple of cloves of garlic and a shallot into it. You could blend at this point if you want a very smooth mixture but it can be left rough. Transfer it all into a bowl and add 3tbsp yoghurt, chilli, 1tbsp tahini, juice of a lemon, salt + pepper, and some good olive oil. You can adjust amounts depending on your preference. Whisk it all together well.

Serve garnished with more olive oil and some finely chopped fresh mint.

please contact emmaajrock@hotmail.com with anything you would like to share in the next newsletter

Tower Hamlets discretionary Grants scheme for small businesses

Recognising that many severely impacted businesses were excluded from earlier grants, an additional Discretionary Grants Scheme has been launched. This is aimed at small businesses that did not qualify for one of the previous schemes and that have ongoing property-related costs. The awards will be split between market traders (10 per cent or £368,000) and all other qualifying small local businesses and charities (90 per cent or £3.3m). Please note that a lot less money is available through this scheme than through previous programmes. This means difficult decisions have had to be made about allocating resources, and we will not be able to help every business in need.

To apply, [please follow this link to Tower Hamlets website](#) to apply

Tips on growing salad at home - from Shelagh Martin A quick guide to growing 'cut and come again' salad

If you don't have much space growing soft herbs and loose leaf salad is a good way to make the most of it - assuming you like herbs and salad. While for example a single cauliflower takes many weeks to grow to produce one thing, leafy salad produces lots of leaves which you can harvest as you need them - and the plant will continue to grow, producing new leaves. After a few weeks the plant will try to flower (called bolting - which is just going through it's natural cycle) at which point you can replace it or allow a few plants to continue to flower and save the seed.

If you sow seeds every two weeks you should be have a constant supply from late March through to November and even over the winter as some varieties are hardy (can survive the winter) and can be left in to grow back the following spring.

When things keep going wrong and someone says "Have you ever tried thinking positive?"



Reading on race (collected from social media)

I am not your negro - James Baldwin

The autobiography of Malcolm X - with the assistance of Alex Haley

I put a spell on you, the autobiography of Nina Simone - with Stephen Cleary

Blues for mister Charlie - James Baldwin

Solitary - Albert Woodfox

Blood in the water, the Attica uprising of 1971 and its legacy - Heather Ann Thompson

I must resist, Bayard Rustin's life in letters - Michael G Long

If they come in the morning... - Angela Davis

To kill a mockingbird - Harper Lee

The fire next time - James Baldwin

Things fall apart - China Achebe

The new penguin history of the world - J.M. Roberts

Precolonial black Africa - Cheikh Anta Diop

Visualizing black america - W.E.B. Du Bois's data portraits

Fela Fela this bitch of a life - Carlos Moore

Incognegro - Mat Johnson

Black like me - John Howard Griffin

The Institutionist - Colson Whitehead

Homicide, a year on the killing streets - David Simon

Justice, what's the right thing to do? - Michael J. Sandel

Blink, the power of thinking without thinking - Malcolm Gladwell

We wanted a revolution. black radical women 1965 - 85, a sourcebook

Games people play, the psychology of human relationships - Eric Berne

The minority report - Philip K Dick

Dark matter, a century of speculative fiction from the African diaspora - ed Sheree R Thomas

The bluest eye - Toni Morrison

Soul on ice - Eldridge Cleaver

Arrest the music! Fela and his rebel life and politics - Tejumola Olaniyan

A practical guide to racism - C.H. Dalton

Soul of a nation, art in the age of black power - Tate

The Black Panthers - photographs by Steven Shames

The concept of ideology - Jorge Larraín

The life and times of Little Richard - Charles White

Nigger at Eton - Dillibe Onyeama

The source of self-regard - Toni Morrison

Between the world and me - Ta-Nehisi Coates

Family properties - Beryl Satter

<https://www.theguardian.com/world/2017/may/30/why-im-no-longer-talking-to-white-people-about-race>

<https://www.bbc.co.uk/sounds/play/m000k3yt>

<https://caringlabor.wordpress.com/2010/11/08/bell-hooks-women-at-work/>