

CROYDON BME DIRECTORY BUSINESS

MARCH EDITION 2024



CROYDON BME FORUM



CONTENT

BUSINESS	03
CHARITY	06
COURIER & SHIPPING	08
CREATIVE	09
EDUCATION & TRAINING	11
FAMILY	16
FASHION	18
FINANCE	19
FITNESS	20
FOOD	22
HAIR AND BEAUTY	24
HEALTH AND WELLBEING	26
LEGAL	28
MEDIA & EVENTS	29
PROPERTY	31
TRAVEL	32

About this directory

About Us, Values and Rules

Welcome to the Croydon Black and Minority Ethnic Forum Business Directory. The Croydon BME Forum has created this directory to support, promote and connect BME-owned businesses within the Croydon Borough and surrounding regions.

The Croydon BME Forum is the Umbrella organisation for the BME voluntary and community sector in Croydon: engaging people; building capacity; equality and cohesion. Andrew Brown is the Chief Executive of Croydon BME Forum and has implemented the business directory to help businesses fulfil their admin needs by taking care of the details, freeing you to grow your business.

Guidelines

1. To be part of the Croydon BME Business Directory each Organisation will need to complete a membership form.
2. By filling in a form you will have access to the BME forum WhatsApp Group and be included in the directory.
3. You may request your business to be removed from the directory at any time.
4. You may request information for your business to be amended at any time.
5. Your business can be listed in more than one category.
6. The following businesses will be prohibited from advertising in our directory: Selling of harmful and illegal products or substances, pornographic content, content that is violent or inciting hatred.
7. This site is trademarked and copyrighted. If you would like to use or copy the content, we would ask you to credit the Croydon BME Forum.

How We Support You

1. Your business will be promoted in the directory, creating potential opportunity for networking with black businesses within the Croydon Borough and the surrounding areas.
 2. Your profile will be managed by the Croydon BME Forum.
 3. The directory offers you centralised marketing for your business within the Croydon Borough and surrounding areas.
 4. Cost effective Advertising/Promotions – Rate £25 per month.
 5. Our directory gives your business the ability to provide quality leads to your business.
- A place where individuals and companies can find you and know what you do. Businesses and customers have easy access to your company profile.

How It Works

- A) To become a member of the forum you have to sign a form (NO COST!!) and we will automatically add your business to the Business Directory.
- B) There will be an advertising fee of £25.00. The advert will appear in the Croydon BME Forum Business Directory for one month.
- C) The directory will be updated on a monthly basis.

Contact Us:

Our membership form is located on our website at cbmeforum.org

If you have any question regarding the directory, please feel free to contact Croydon BME Forum.

Email: info@bmeforum.org Call: 020 8684 3719..

GDPR:

Your business information will be retained by The Croydon BME Forum via the membership form on our website and your information will be stored on our servers and updated on the digital version of the directory. You have the right to request your details be removed, amended or updated via Croydon BME. By being added to the directory you also consent to be contacted by The Croydon BME Forum regarding any changes to my business in regards to the directory.


GDPR:

Next Edition will be out July 2022

If you have any questions or would like to be added into the directory please feel free to contact The Croydon BME Forum Email: info@bmeforum.org


Call: 020 8684 3719

Business Name	Contact Info	Services and Products
Croydon BME Forum	<p>Website: www.cbmeforum.org Email: info@bmeforum.org Phone: 0208 684 3719 Social Media: Facebook: @cbmeforum Twitter: CroydonBMEForum Instagram: croydonbmeforum YouTube: www.youtube.com/channel/UCSX2dgLsnt9I8CYxk0083pA/</p>	<p>Business Forum About: The Forum maximises the engagement of the BME communities in all aspects of living and working in Croydon.</p> <p>Services/Products: We work with our communities to:</p> <ol style="list-style-type: none"> 1. Ensure that they are involved in local policy and decision making; regeneration and neighbourhood renewal. 2. Facilitate joint-working among BME communities to develop best practice and provide a unified BME voice within local strategic partnerships. 3. Promote networking, collaboration and partnership between the BME voluntary sector and mainstream agencies building their organisational capacities. 4. Engage with BME communities in all aspects of Croydon life. 5. Encourage good race relations, community cohesion and equality of opportunity for all throughout Croydon.
Claudine Reid MBE	<p>Website: claudinereid.com Email: info@claudinereid.com Phone: 0208 253 1275 Social Media: Facebook: Claudine Reid Twitter: ClaudineReid1 Instagram: claudinereid1 YouTube: Claudine Reid MBE</p>	<p>Business Leader About: Claudine Reid MBE is considered to be one of the most inspirational women of our time. Voted in the list of Britain's Top 100 Women Entrepreneurs by real business magazine in 2008 and named as one of Britain's most influential Christian black women in 2017 and 2019.</p> <p>Services/Products:</p> <ol style="list-style-type: none"> 1. Business Psychologist, Speaker, Trainer and Coach. 2. Training and coaching individuals and businesses to recognise and embrace their capacity for more. 3. Helping Social enterprises and entrepreneurs have a significant impact in their Community, City and Country.
Forcera CIC	<p>Director: Helen Sanson Website: www.forcera.org Phone: 07958 943 306 Social Media Twitter: @forcera1 Instagram: @forcera_1</p>	<p>Business Consultancy About: Forcera is a not for profit business consultancy. Services/Products: Creating solutions by working in partnership to deepen impact by exploring the complexities of the systems we operate in and how best we can affect the root causes of issues to bring about positive change to improve their capabilities, power and resources.</p> <p>Sectors: Education, charity/voluntary/community, children and young people, women.</p> <p>Areas: strategy, policy, projects/programmes/initiatives, fundraising, development, events, training, research, copy/content writing.</p>
Norvilles Cleaning services	<p>Phone: 07963 581 937</p>	<p>Cleaners About: We professionally clean your property. No job too big or small. Services/Products: Weekly or fortnightly cleaning services available for £12 per hour – you tell us what to clean. Want to give your home a new and fresh look? Want a thorough One-off deep cleaning? Moving from rented property - hire our specialist team for a thorough End of Tenancy Cleaning. We provide all equipment and chemicals, Call for a Quote!</p>

Business Name	Contact Info	Services and Products
The Helpful VA (VirtualAssistant)	Website: www.thehelpfulva.co.uk Email: jm@thehelpfulva.co.uk Phone: 07960 259 426	Administration About: Providing professional admin support for your business needs. Services/Products: Proofreading, Internet Research, Email Management, Contacting Clients and more.
The INTribe - Small Business Consultation	Website: www.theintribe.co.uk Email: info@theintribe.co.uk	Consultancy Service About: We make it easier for people to start and scale businesses with an innovative approach to Social media branding, Financial Solutions, Motivational Tools and much more. We provide world class training and support to prepare entrepreneurs for success. Services/Products: Consultancy, Services and workshops. Specialising in helping small businesses and start-ups.
BROWN SIGNS	Website: brownsigns.com Email: signs@brownsigns.com Phone: 0208 684 8888 Social Media: Facebook: https://www.facebook.com/Brown-SignsLtdCroydon/ Instagram: https://www.instagram.com/brown.signs/?hl=en Address: 33 Whitehorse Road, Croydon, CR0 2JH	Printing Company About: We are an award-winning company with over 30 years experience in design and manufacturing quality sign systems. We can meet the most challenging customer requirements. Services/Products: Vehicle graphics, shop signs, banners, signboard, pavement signs, pop up displays, business cards and flyers.
Last Stop Coach Hire	Website: www.laststopcoachhire.co.uk/ Email: info@laststopcoachhire.co.uk Phone: 07961 453 119 0208 655 8654	Coach Company About: Last Stop Coach Hire is the number one choice for your travel needs. Based in Greater London we offer a professional and reliable service to our customers with a fleet that incorporates the following vehicle sizes: Services/Products: Coaches range from 16 to 55 seaters. Available for corporate hire, private hire, school trips, sports events and festivals. Features include hot drinks, toilet, air conditioning and DVD/Screen.
OKO Consultancy	Website: www.okoconsultancy.com Email: Chupaphiri@okoconsultancy.com Phone: 07538 081 174	Fundraising Consultancy About: OKO Consultancy is a Croydon-based fundraising consultancy. Services/Products: Provides consultancy service and training to organisations. We help raise vital funds and develop organisations capacity to raise funds.
The Black Gifted Network 	Website: www.blackgiftednetwork.org Email: ngifted.blackgifted@gmail.com Social Media: Facebook/Instagram: @blackgifted-network	Community Social Enterprise About: The Black Gifted Networking are a community social enterprise appointed to uplift the Black Community Services/Products: We create Training, Jobs, Mentoring, Funding and Digital Marketing & support services. We have an amazing Digital Platform for showcasing Businesses and Talent within our community through our brand new Digital Palace venue.

Business Name	Contact Info	Services and Products
Label On Loads	Website: www.labelonloads.com Social Media Facebook: @labelonloads Twitter: @labelonloads Instagram: @labelonloads Snapchat: @labelonloads	Label and Printing Business About: We create bespoke labels and stickers for anything and everything, no matter the occasion, business, or individual needs. Services/Products: We personalise known brand beverage bottle labels such as Jack Daniels, Baileys, Moet, Laurent Perrier, Barefoot, Gallo, Budweiser, Stella Artois and many more, and can customise any ideas you come up with.
Lulle Of London	Website: www.lulleoflondon.com Email: lulleoflondon@hotmail.com Phone: 078779996614 Social Media Facebook: lulleoflondon Instagram: lulleoflondon Address: 21B Link Lane Postcode: SM6 9E9	Lulle of London is a luxury gifting service offering set and bespoke gift boxes for all occasions. Life's special moments like weddings or the blessing of a baby must be celebrated! Here at Lulle of London, we provide well-thought out gift boxes to commemorate those precious moments.
OneWish Candles Co	Website: www.onewishcandlesco.co.uk Email: onewishcandlesco@gmail.com Phone: 07719570435 Social Media Facebook: onewish Instagram: onewish Address: 32 Leander Road- Postcode: CR7 6JU	To provide highly fragranced products to add aromas to your house.

Busines Name	Contact Info	Services and Products
Reachout2All	Website: reachout2all.co.uk Email: info.reachout2all@gmail.com Social Media: Instagram: @marianadejokunreachout2all	Work About: We empower youth from different backgrounds, cultures, ethnicities, abled, disabled, teen-parents, female and male through various strategies. Services/Products: Creating a platform for youth to showcase creative talent and share their stories.
Nyeusi	Website: www.nyeusi.org Social Media: Facebook: Instagram: https://www.facebook.com/176621736515851/ Twitter: https://twitter.com/nyeusi?s=08 Instagram: https://www.instagram.com/nyeusi_charity/	Black Community Enterprise About: We aim to help build a truly global and united black community and to be the one stop shop for every charitable or noble deed within the black community across the world. Services/Products: We divert funds to partner charitable organisations.
Syrus Consultancy CIC - Creative Youth Services	Website: syrusconsultancy.com Email: info@syrusconsultancy.com Phone: 0203 744 0551 Social Media: Twitter: LoveLife6958 YouTube: LoveLife6958	Crime Prevention About: Delivers crime prevention workshops Services/Products: Using personal development tools and the creative arts. We specialise in transformational workshops and programmes that deter children and young adults from negative lifestyles.
The Holly Foundation Sickle Cell	UK Website: www.hollyfoundationsicklecell.co.uk Ugandan Website: www.hollyfoundationsicklecell-ug.org Email: hfsicklecell@mail.com	About: A registered charitable organisation with offices in the UK and a project based in Uganda. Set up to bring hope to millions of voiceless sickle cell sufferers, especially in Uganda where the prevalence is high. It was to commemorate the memory of Holly, a seventeen year old girl, whose impact and insight demonstrated something remarkable that we must pass on to future generations to improve their lives. Services/Products: We would like to partner with interested organisations. And we would like to extend the charity to other countries.
OKO Consultancy	Website: www.okoconsultancy.com Phone: 07538 081 174	Fundraising Consultancy About: OKO Consultancy is a Croydon-based fundraising consultancy Services/Products: Provides consultancy service and training to organisations. We help raise vital funds and develop organisations capacity to raise funds.
Survey Hero		

Busines Name	Contact Info	Services and Products
S.I.R.G (Social Inclusion Recovery Group) 	Website: www.sirglondon.org Email: Info@sirglondon.org Phone: 07943 599 206 Social Media: Instagram: @sirglondon Twitter: @sabinapdixon	Social Inclusion Recovery Group About: SIRG has three main broad aims that revolve around advocacy for adults and young people mainly from Black Caribbean, Black African, and Black mixed heritage backgrounds. Services/Products: 1) We support those with mental health illnesses to access the services they require and ensure their voice is heard. 2) We support parents to effectively engage with schools and educational services. 3) We provide homecare support for those suffering with mental illness that are independently living in their homes but require
Project for Youth Empowerment CIC	Website: www.p4ye.co.uk Email: info@p4ye.co.uk Phone: 07727 277 431 Social Media: Facebook: https://www.facebook.com/groups/5399-3000153994 Instagram: https://instagram.com/project4youthempowerment?igshid=-142t20yu35p9	Youth Work About: Our aim is to engage young people to give them a chance to flourish and bring them away from the margins of society. Services/Products: A mentoring service. Offering one-to-one and group mentoring, advocacy, workshops, fun and philanthropic activities. Support around education, employment and training (N.E.E.T) and signposting to services..

Busines Name	Contact Info	Services and Products
Walker Shipping Services	Phone: 0203 105 0447 07443 496 013 Address: 7 Woodville Rd, Thornton Heath CR7 8LH, United Kingdom	Shipping Services About: We offer a fast and reliable service Services/Products: We ship numerous items such as boxes, barrels, containers and crates. We ship to ALL CARIBBEAN COUNTRIES with a weekly shipping to Kingston Jamaica and fortnight shipping to other Caribbean countries.

Busines Name	Contact Info	Services and Products
Lee Townsend Photography	Website: leetownsend.co.uk Email: lee@leetownsend.co.uk Phone: 07590 204 493 Social Media: Twitter: TrueLee478 Instagram: True_Lee478	Photographer About: London based documentary and portrait photographer. Services/Products: Works predominantly with third sector organisations and community groups.
Chrispel Media	Website: www.chrispelmedia.com Email: info@chrispelmedia.com Phone Number: 07956 158 221	Graphics Designer About: A graphic design consultancy. Creating bespoke designs for your organisation, with all your printing needs taken care of. Services/Products: We design logos, letterheads, flyers, booklets, brochures, funeral programs, banners, exhibition panels, websites and much more. Call us for a free quote today!
Well Versed Ink	Website: www.wellversedink.org Email: info@wellversedink.org Address: 71 High Street Croydon CR0 1QE	Creative Events About: Well Versed Ink is a Croydon-based Community Interest Company. Services/Products: We host and produces creative events to connect and empower communities through writing and performance.
Talawa Theatre Company	Website: www.talawa.com Email: contact@talawa.com Phone: 0207 251 6644 Social Media Facebook: https://www.facebook.com/TalawaTheatreCompany?ref=hl Twitter: https://twitter.com/talawatheatreco Instagram: https://www.instagram.com/talawatc/	Black Led Touring Theatre Company About: Our work is informed by the wealth and diversity of the Black British experience, and through that we create outstanding work by cultivating the best in emerging and established Black artists. We invest in talent, develop audiences and inspire dialogue with and within communities across the UK and internationally. By doing so, we enrich the cultural life of all. Services/Products: Programmes for emerging black theatre makers. •Script Reading Services. •Creating Routes - A free, and practical, training programme for BAME theatreymakers who want to use theircreative skills in community settings. •Make Online - Skill building opportunities, collaborative networks, peer support and access to artistic expertise.
BWFR33 Ltd	Website: https://bwfr33.com Phone: 020 3026 3302 Social Media Instagram: @bwfr.33	About: We build websites for our clients for free. Our approach is simple; we do not charge a fee for the design/build of your site. Instead, we charge a monthly subscription fee to manage, maintain and update your website. Thus, giving you the peace of mind that any matters relating to your website are being taken care of. Please contact us for a no obligation chat and let's turn your website dreams into reality. Services/Products: Web design, graphic design, technical support, website management, Basic SEO and installation of Google Analytics, updates,

Business Name	Contact Info	Services and Products
Dauley Design 	Website: www.dauleydesign.com Email: alexandria@dauleydesign.com Social Media Facebook: www.facebook.com/dauleydesign Instagram: www.instagram.com/dauleydesign	About: Dauley Design is a multi-disciplinary design practice founded by Alexandria Dauley. Dauley Design offers comprehensive design and build solutions that take a new, fresh approach to existing spaces, allowing clients to realise the true potential of their home by creating schemes that offer both beauty and practicality. Dauley Design work with clients to develop a bespoke interior scheme that is tailored to you. Services/Products: Design & Procurement • Compiling a comprehensive client brief & design analysis • Creating Mood boards - based on the client's brief • Spatial Planning & Furniture layout • Scaled Plans & Elevation drawings • CAD Design • Lighting & Electrical plans • Plumbing & list of furniture, fittings, wall coverings, accessories, decorative items, lighting, flooring, ironmongery, sanitaryware, white goods and audio/visual equipment. • Ordering and overseeing installation • Working with specialist suppliers & tradesmen • Designing & managing the making of upholstery and window treatments • Recommending finishes, fabrics & colour schemes • Supplying decorative specifications • Styling And More...
Jennifers Flowers	Website: www.jennifersflowers.co.uk Phone: 07514 202 498 or 07939 346 134 Social Media Instagram: @Floral_ArtistPlanner	Bespoke florist About: We cater for all needs no matter the occasion or budget. Services/Products: We are simply passionate about flowers and work to ensure that we create that special bespoke arrangement or bouquet for that memorable occasion, we work with fresh and artificial flowers.
Marvellous Works	Contact: Melisa St Fort Phone: 07956 200 444 Social Media Instagram: @marvellouworks2016 Etsy: www.etsy.com/shop/marvellousworks2016/	Gift Company Services/Products: This company sells Christian mugs.
YJB Photography	Website: www.yjbphotography.co.uk Email: justask@yjbphotography.co.uk Phone: 079 3957 1085 Social Media Instagram: @click_yjb Twitter: @click_yjb Facebook: click_yjb	About: Aims to help clients tell their stories with exquisitely crafted photographic images. Services/products: Photography, Photo editing.

Busines Name	Contact Info	Services and Products
Bright Futures 4 All	Website: www.brightfutures4all.com Email: info@brightfutures4all.com Phone: 0208 645 2304 07833 928 917 Social Media: LinkedIn: https://www.linkedin.com/company/bright-futures-for-all/	Education for Adults and Children About: Founded by DirectoryMrs Karen Bryson, Bright Futures 4 All offers affordable bespoke and ready-made education services, supporting adults and children to achieve extraordinary results in their lives. Services/Products: English and Maths Tutoring, Community Projects, English for International students and wellbeing services.
Black Poppy Rose	Website: www.blackpoppyrose.org Email: info@blackpoppyrose.org Phone: +44 786 643 0733 Social Media YouTube, Instagram, Twitter, LinkedIn @BlackPoppyRose	Archivists and Educators About: We remember the contributions made by the African/Black/West Indian/ Caribbean/Indigenous Amerindian, Aborigines, Maori/Pacific Island communities to war since the 16 th Century. We educate the WORLD on the contributions made by our ancestors. Services/Products: <ol style="list-style-type: none"> 1. Support developing your projects and exhibitions. 2. Create bespoke talks, presentations and workshops. 3. Family Tree Search. 4. Exhibitions for Hire. 5. Offer assistance with work that includes diverse and inclusive cultural narratives. 6. Support developing your projects and exhibitions. 7. Create bespoke talks, presentations and workshops.
Crying Sons LTD	Website: www.cryingsons.org Email: gwenton.cryingsons@mail.com Phone: 07476 224 478 Company Number: 09479574	Family Support About: Crying Son's ultimate vision is to create a society where unity is fostered based on acknowledging, valuing and appreciating an individual's similarities, differences and uniqueness. We support families and young people in the community who are at risk or who have encountered violence. Services/Products: We support through Multi-Agency Training, Prison Mediation, Social Workers and Foster Carer Training, School Training, Mentoring Programme, Cognitive Therapy Techniques and Multi-Faith Training.
Elevating Success UK	Website: www.elevatingsuccess.co.uk Email: info@elevatingsuccess.co.uk Phone: 020 7993 8411 Social Media: Twitter: @ESuccessUK Instagram: ESuccessUK	Personal Development About: Elevating Success UK is a training and personal development company that exists to empower people to achieve their full potential. Services/Products: We work with people of all ages and from all walks of life to help them take the next step in their life. Our programmes are free at the point of access and focus on youth work, employability skills and mentoring.

Busines Name	Contact Info	Services and Products
Grey Splashes	Website: www.grey-splashes.com Email: Grey_splashes@outlook.com Phone: 07539 797 703 Social Media: @grey coaching	Mindset Coaching and Mentoring About: Bringing change by supporting individuals to have better relationships and interactions or improved impact and performance in sport. Services/Products: Life Coaching and Sports Mentoring.
Gye Nyame Development Foundation UK	Website: www.gyenyamefoundation.org.uk Email: info@gyenyamefoundation.org.uk Phone: +44 7740 073 353 +44 7951 621 872 +44 2038 027 961 Social Media: Facebook: Gye Nyame Twitter: GyeFoundation Instagram: gndf_official UK Address: 42 Fir Tree Gardens Croydon London CR0 8JQ Registered UK Charity No: 1119482 UK Reg Co. No: 12139980 Gye Nyame Development Foundation GHANA Ghana Phone: + 233 547 565 661 + 233 208 725 679 Ghana Address: 22 nd Close Opposite Datus School. Dansoman, PO Box, MP 1089 Mamprobi-Accra. Ghana Registered Ghana N.G.O. No.DSW/4476	Ghanaian Community Education About: To advance the education of the Ghanaian community in the UK and in Ghana including the provisions of scholarships and items and equipment to enable children to attend school in Ghana and supporting the UK students to access further education. Services/Products: Organise community projects, organising activities to tackle the rise of youth crime, Institute exchange programmes and organise programmes and activities to tackle youth employment.
Karugh Assessment Training Consultancies Services Ltd	Website: www.karugh.com Email: karen.hill@karugh.com hugh.hill@karugh.com Phone: 07716 403 402 07842 513 888	Counselling Service About: Aid with embracing your narrative by promoting differences, strengths, courage and wisdom. We facilitate specialists' group and couples' sessions. Services/Products: 1. Provide training on domestic abuse and family abuse. 2. Advocacy service for families that are experiencing difficulties and have professional services involved. 3. Community support through workshops.

Busines Name	Contact Info	Services and Products
KAS Youth Hub	Website: www.kasyouthhub.org Email: info@kasyouthhub.org Phone: 01689 800 200 Social Media: Facebook: https://www.facebook.com/kasyouthhub/ Twitter: KASYouthhub Instagram: https://www.instagram.com/kasyouthhub/ YouTube: https://www.youtube.com/watch?v=i7J0PGrTgok&list=UUX70ziNvGdxxJnyUvYgFNGQ	Youth Work About: Our Mission is to encourage the voices of our youth to be heard. Services/Products: 1. Assertive and confidence building activities locally and nationally. 2. International Workshops/ Youth Exchange Programmes. 3. Charity Events (Musical Concerts and Fashion Shows). 4. Training and networking for youth workers. 5. Youth Club/Leadership Programmes. 6. Youth entrepreneur Mentorship. European Voluntary Service. 7. International Youth Caps and OneDay Service Projects.
Knowledge and practice	Website: knowledgeandpractice.org Email: info@knowledgeandpractice.org Phone: 0757 287 7378	Family Support About: We support children from low income families, to bridge the gap in their education attainment and we mentor them. Services/Products: 1. Confidence building and self-awareness. 2. Healthy nutrition and lifestyle. 3. Mentoring. 4. Leadership Skills. 5. Wellbeing. 6. Academic Support.
Mula Cake CIC	Email: info@mulacake.com Phone: 07983 258 305 Address: 7 Brigstock Parade, Thornton Heath, CR7 7HW Opening Time: Monday-Saturday 10-6pm	Mula Cake Community Hub About: A branch off of the Mula Cake umbrella used to provide platforms for creatives to be creative along with being a safe haven for the local youth in the Community. Services: Providing podcast space, online radio, business advice and space hire.
Music Relief Foundation	FRSA - Founder/Chief Executive: Magdalene Adenaike Website: www.muisc-relief.org Email: office@music-relief.org Phone: 020 3633 0560 Social Media: Facebook: @musicrelief1 Twitter: @musicreliefuk Instagram: @music_relief LinkedIn: @ Music Relief Foundation YouTube: @Music Relief Foundation	Youth Work About: Using the medium of music and the arts to engage and support young people aged up to 25 years. Services/Products: Delivering youth violence intervention programs in schools and communities, providing afterschool club provisions, holiday activities, focus groups, and youth leadership training, music lessons, and quarterly seminars.

Business Name	Contact Info	Services and Products
Taking Positive Steps and Associates Ltd	Website: https://takingpositivesteps.org.uk Email: info@takingpositivesteps.org.uk Phone: +44 7931 644 909 Company Number: 08438221	Crime Prevention About: Provides early intervention for children and young people involved in, or on the periphery of crime, by addressing some of the root causes. Taking Positive Steps will be the catalyst that fosters safer communities, by working in a conscientious manner with disaffected young people, their parents and our partner agencies. Services/Products: Provides accredited Professional training, work with foster carers to ensure best support for children and young people, provide mentoring, support the placement of young people, provide a consultation service for young people.
The Think Big Project	Website: Thethinkbigproject.co.uk Phone: 0743 264 7180 Social Media: Instagram: https://www.instagram.com/the_t.h.i.n.k._big_project/	Mentoring for Youth About: We have created models for mentoring, behaviour and pastoral care. Our approach is holistic, inclusive and led by passion. Services/Products: Accredited CPD training in the following. 1. Mentoring, effective pastoral care and trauma-informed practice. 2. Coaching or wellbeing check-ins. 3. Consultancy in behaviour, mentoring practice.
CS Coaching & Development Ltd	Website: ncarolshepherd.co.uk Social Media: Facebook: Carol Shepherd NPQH BA Instagram: ncarolshepherd967 LinkedIn: Carol Shepherd NPQH BA	Experienced Headteacher Leadership & Education Consultant Leadership Coach About: Over 20 years' experience within education; I am a school improvement specialist with a focus on raising achievement for underperforming pupils. Supporting schools, parents and governors to achieve strategic objectives and improve outcomes for pupils. Services: CS Coaching & Development Ltd offers two levels of support: 1. School improvement services in the areas of Curriculum development, teaching & learning and leadership development aimed at improving outcomes for students. 2. Powerful bespoke Leadership coaching programmes for those aspiring to middle and senior leadership.
Influential Brainwaves	Website: IBWave.com Email: Learnibwaves@gmail.com Social Media: Facebook: Influential Brainwaves NPQH Instagram: IBWaves	About: Influential Brainwaves provides all learners, interactive and innovative educational activities to develop knowledge, skills and understanding for personal developmental and the requirements of the school curriculum. The learning resources are guaranteed to break the barriers to learning and engage learners to positively experience the fun of learning with their family, teachers and peers.

Busines Name	Contact Info	Services and Products
Evolving Creatives	Website: www.evolvingcreatives.com Email: ausar3@hotmail.com Phone: 0794 659 9671	Educational Services About: Evolving Creatives was set up by Black Studies tutor and artist Danny Thompson, who has devised and run African Studies presentations and workshops for schools, home studies, supplementary schools, and other community organisations. Services/Products: Arts and cultural activities Group outings, social activities, Supplementary education
Cherry Stars	Website: cherrystars.co.uk Email: info@cherrystars.co.uk sharon@cherrystars.co.uk Phone: 0208 653 1662 Social Media Facebook: https://www.facebook.com/CherrystarsUK Twitter: https://mobile.twitter.com/cherrystarsuk Instagram: CherryStarsUK YouTube: https://www.youtube.com/user/cherrystarsuk	Performing Arts School About: Cherrystars are an independent, dynamic London based teaching company made up of professional television and theatre actors, specialised in teaching exciting performing arts classes to the early years. Services/Products: Our weekend classes are held at the world renowned BRIT School for Performing Arts and due to popular demand, Cherrystars are delighted to launch our sister school in Notting Hill W11. Cherrystars also offer exclusive weekly Music and Movement classes for babies, toddlers and pre-schoolers in pre-schools and nurseries throughout London and the South East.
London Learning Consortium	Website: www.londonlc.org.uk/ Email: b.diezangel@londonlc.org.uk Phone: 020 8774 4040 Address: Christopher Wren Yard, 119 High St, CR0 1QG Social Media Twitter: @LLCLiveNews Instagram: @londonlearningconsortium LinkedIn: linkedin.com/company/london-learning-consortium/ Facebook: facebook.com/londonlearningconsortium	About: LLC is a Community Interest Company; we deliver skills and education programmes ourselves and in partnership with Voluntary and Community Sector learning providers and other learning and skills delivery organisations. We aim to improve to improve the prosperity for all through learning, to grow our work with communities through local hubs and to deliver opportunities to the community with the community. Services/products: Skills and education programmes, Learning and community partnerships.
Influential Brainwaves	Website: www.IBWave.com Email: Learnibwaves@gmail.com Social Media Instagram: IBWaves Facebook: Influential Brainwaves	Influential Brainwaves provides all learners, interactive and innovative educational activities to develop knowledge, skills and understanding for personal development and the requirements of the school curriculum. The learning resources are guaranteed to break the barriers to learning and engage learners to positively experience the fun of learning with their family, teachers and peers.

Busines Name	Contact Info	Services and Products
Stand Up Black Dads	Website: www.standupblackdads.co.uk Email: info@bringittolifeevents.co.uk	Support for Fathers About: Stand Up Black Dads are a new age community which celebrates being a black dad! SUBD's (Stand Up Black Dads) believes in supporting its community to enhance change and growth. Services/Products: 1. SUBD's hold annual events which help to Educate, Empower and Transform the stereotypes of the Black Dad. 2. By working with key and influential members of our community, we are able to bring all dads from all walks of life together. Through this we create change!
The Fathers Forum	Website: www.fathersforum.org.uk Social Media: Facebook: @fathers_forum Twitter: fathersforum	Support for Fathers About: Providing Solutions to the struggles many dads face. Creating a safe forum space for father & and breaking the silence around issues that affect BAME. Providing solutions that make a long-lasting difference. Services/Products: We meet up on amonthly basis to encourage each other and share our achievement. We host a variety of events, which are aimed at inspiring fathers to be the best they canbe to their children with the provision of support and signposting to relevant services.
Clifton-Care Services Limited	Owner: Veronica Clifton Website: www.clifton-care.co.uk Phone: 020 3488 1389 07470 409350	Domiciliary Care Agency About: Clifton-Care Service Limited are a highly professional, reliable and flexible home care service which tailors your care and support plan to meet all your daily care and support requirements. Services/Products: 1. 24 Hour Care. 2. Adult Home Care (18+). 3. Live in Carer. 4. Personal Care (on a contracted hour basis). 5. Personal Care Assessments. 6. Risk Assessments in the Home.
Y.I.W.A.E You are, I am, We are Enough Family Legacies	Website: www.yiwae.com Email: info@yiwae.com Phone: 07960 126 965 Social Media: Facebook: YIWAECOM Twitter: @yiwae_genealogist Instagram: Yiwae_genealogist	Family Heritage About: We explore your family legacies and heritage for you to continue to build upon. Services/Products: Supporting families with; 1. Family Tree searches. 2. Family Tree builds. 3. Family History searchers. 4. Documenting relatives. 5. Collating old and new pictures. 6. Writing memoirs. 7. Producing timeless family tree books and charts. 8. And so much more.

Busines Name	Contact Info	Services and Products
Walk with me UK CIC	Website: www.walkwithmeuk.co.uk Email: info@walkwithmeuk.co.uk Mobile: 07883 654495	Family Support About: Support & Guidance to equip Parents, Carers, Guardians and Professionals with tools using Non-Violent Resistance (NVR) approach to practically manage challenges e.g. violence, controlling behaviours from their children and young people to strengthen and rebuild relationships within families and communities. Services/products: We deliver Face to Face and Online. 1. Group Programmes 2. Information Workshops 3. One to One Support 4. Emergency Advice 5. Advocacy We sign-post to other organisations to support the wider families and communities.
The Relief Group	Website: www.reliefcrechecare.co.uk Phone: 020 3726 9996 Social Media: Facebook: www.facebook.com/reliefcreche Instagram: www.instagram.com/thereliefgroup 7am -6pm Monday – Friday 10am – 6pm Saturday and Sunday 10% off for BME Forum members	Relief Group About: We work with organisations and local authorities by providing onsite childcare support to ensure that families can access services without the barrier of childcare. The Relief Group also deliver event childcare support by way of weddings and conferences. Services/products: Child support to nurseries and children's centres, provide community-based activities, baby massage, baby yoga, sensory for baby classes.
First Step Resolve	Website: www.firststepresolve.com Email: resolve@myfirststepresolve.com Phone: 020 3633 1175	Mediation, Conflict, Resolution, & Advocacy About: Family mediation, community, Intergenerational and faith mediation. Services/Products: Offering support 'through the gate services' upon release, young people at risk of homelessness, and Qualifying Advocacy service.
Caring for Carers Croydon	Address: Croydon BME Forum 56a Mitcham Road, Croydon CR0 3RG Phone: 07432 035 340 020 8684 3719	Carers Support About: We support Carers through a friendly gathering where everyone is welcome. We seek to increase carers voices and support their profession. Services/Products: We have refreshment, light exercise, quizzes, raffle and conversation that consist of male and female carers presently. We meet every last Wednesday of every month except December.
Start It Right	Website: www.startitright.org/ Email: support@startitright.org Phone: 07947 762 694 Social Media: Facebook: @startitrightcic Twitter: @SIRightCIC Instagram: https://www.instagram.com/startitrightcic/?hl=en YouTube: https://www.youtube.com/channel/UCwaq9la_HkqZvg-CD-tP4JVA	Holidays for Young People About: Providing affordable holiday schemes for young people aged 8 to 12. Programmes and activities take place during school holidays. A safe environment where young people can nurture their creativity, build intellect, develop skilful thinking through learning and play. Services/Products: Arts and Crafts, Sports, Textiles, Board Games, Gardening and many more. Young people can also take advantage of the AQA accreditation programme where they can gain certificates for participating in a wide range of structured activities.

Busines Name	Contact Info	Services and Products
Blessed Up Clothing	Website: www.blessedup.co.uk Phone: 0208 325 0692 Social Media: Facebook: Blessed up ltd Instagram: @Blessed_Up-clothing	Cultural Fashion About: Blessed up Ltd is a self-love organisation created to promote black history/culture in fashion and support the improvement mental health in our society. Services/Products: Clothing line, E-books, Cognitive Behavioural Therapy Mentoring, Life Coaching, Business Mentoring and Neuro-linguistic programming.
Mula Cake Clothing	Website: www.mulacake.com Email: info@mulacake.com Social Media: Facebook: @mulacakeclothing Twitter: @mulacake Instagram: @mulacakeclothing Snapchat: @mulacake TikTok: @Mulacake	Casual/sportswear brand About: Croydon's business of the year 2019. A colourful independent stand out brand producing affordable fashion for everyone inthe family. Services/Products: Original and fun logo branded designs in urban streetwear.
FunkyNChunky	Website: www.funkynchunky.co.uk Email: funkynchunky1@gmail.com Phone: +44 754 515 611 Social Media: Facebook: @Funkynchunky Twitter: @funkynchunky_nj Instagram: @Funkynchunky	Jewellery and Accessories About: We work withnGhana based creativesand social entrepreneurs to produce and create unique and bold accessories. We empower and support women, young people and small businesses.nj Services/Products: We sell handmade African print bags, backpacks, jewellery and accessories. A percentage of our profits support our start up and community projects vianInspirical YOU.
PureJohn	Website: purejohn.com Phone: 07947 333 384 Email: John@purejohn.com Social Media: Facebook: https://www.facebook.com/lgnmil Twitter: https://twitter.com/livhats	Hats About: Livingston designs revolutionary technology that replaces the traditional styles of hats, it will provide excellence in design and functional superiority. Services/Products: We sell caps and hats. Vintage, remake and military wear. We breathe new life into old but loved hats.
Nashat Ltd	Website: Nashat.co.uk Email: info@nashat.co.uk Social Media Facebook: @nashat.co.uknj Instagram: info@nashat.co.uk Twitter: @nashat_co_uk	African Cultural Centre About: Nashatysimply means energy.nj We are an African Cultural Centre that invigorates the mind, body, spirit and soul with the aim to unify and enhance the dynamics of our partners and communities.nj We offer a wide variety of products and services for all occasions and age groups.nj So why not come and explore? There is something here for everyone. Services/Products: Clothing, essential and scented oils, jewellery, art and crafts and more.

Busines Name	Contact Info	Services and Products
DES Mortgages	Website: www.desmortgages Email: info@desmortgages.com Phone: 07540 809 599 Social Media: Instagram: desmortgages Address: The Lansdowns Building, 2 Lansdowne Road, Croydon, CR9 2ER	Mortgages About: We offer our clients free consultations and request no upfront fees. We are specialists in adverse and credit repair mortgages and ensure that we exceed the expectations of our customers. Services/Products: Residential Mortgages, Buy to Let Mortgages, Adverse/Credit Repair Mortgages, second charge loans, Commercial Mortgages Bridging/Development Finance and Lift Protection/Insurances.
Shy figures Ltd	Website: www.shyfigures.co.uk Email: Info@shyfigures.co.uk Phone: 01689 848 142 or 07769 292 216 Social Media: Facebook: shyfigures Twitter: shyfiguresltd Instagram: shyfigures Address: Challenge House, 616 Mitcham Road, Croydon, CR0 3AA	Start-up Business support, Accountancy and Consultation. About: At Shy Figures we manage the back-office operations to ensure a seamless service is delivered to your stakeholders. Services/Products: Every business is UNIQUE in its own way, we offer support for businesses of every kind, get in touch to find out how we can help you on your entrepreneurial journey.
All Inclusive Advice and Training	Website: www.allinclusivetraining.org Email: info@allinclusivetraining.org Phone: 0208 253 7062 Social Media: Twitter: @allinclus LinkedIn: All Inclusive Address: All Inclusive Advice and Training Ltd. CVA Resource Centre 82 London Road Croydon CR0 2TB	Financial Training Programme About: All Inclusive is a not-for-profit organisation based in West Croydon. Our training programmes offer a professional structured route into skilled work for those entering the labour market for the first time or seeking a career change. Services/Products: AAT and ACCA courses/ Accountancy Apprenticeship programmes for over-25s as well as under 25s/ Supporting SME's on a variety of tax matters and so much more. All Inclusive trainers are FMAAT, AAT and ACCA qualified.
Tom & Co. Accountants and Tax Advisors	Website: www.tandcaccountants.com Email: info@tandcaccountants.co.uk Phone: 0203 305 5037 07459 206 372 Address: BME Croydon, 56A Mitcham Road	Accounts and Tax About: We help with your personal and large or small corporate taxes. We are reliable, professional and meticulous. Services/Products: Business start-ups/ Company registration (same day service)/ Company accounts/ Small & Medium Businesses/ Financial accounting/ Cost accounting/ Corporation tax/ Company tax returns/ Charity accounts and reporting/ Self-Assessment/ Apprentices youth/ Mortgage and Training.
KALE ACCOUNTANCY LIMITED	Website: www.kaleaccounts.com Email: info@kaleaccounts.com Social Media: Twitter: @kaleaccounts Instagram: @kaleaccounts LinkedIn: Kale Accountancy Ltd Facebook: Kale Accountancy Ltd Mobile Number: 07703 801 167 Address: 71-75 SHELTON STREET, LONDON	Being an approachable organisation, that offers support to small businesses in providing excellent accounting and advisory services. Also, assisting business owners in understanding their cash flow to have longevity as a business.

Busines Name	Contact Info	Services and Products
Gloves not Gunz (Community Interest Company)	Website: Glovesnotgunz.com Email: info@glovesnotgunz.com Social Media: Instagram, Facebook & Twitter: @glovesnotgunz @grappleganguk @boxflowyoga @boxingbraveheartz	Community Interest Company About: We aim to prevent and divert young people from crime, antisocial behaviour, exclusion from education and care. Services/Products: We build positive relationships, education, diversion activities and community cohesion. We specialise in using sport as a tool to engage and create change, we teach Boxing, Jiu Jitsu, Yoga and Fitness..
ImPossible State of Mind	Website: www.i-mp.co.uk Email: info@i-mp.co.uk or mark@i-mp.co.uk Phone Number: 07447 8957 314 Social Media: Facebook: I'm Possible State of Mind Instagram: im.possible.state.of.mind	Intervention Service for Youth About: I'mPossible is an intervention service working closely with individuals to enhance their mental, physical and social wellbeing and rehabilitation. We work with people in improving self-esteem and confidence, breaking bad habits and building resilience through interventions such as martial arts, fitness, mentoring, counselling etc. Services/Products: Support through fitness/ Thai boxing, mentoring and counselling.
Martial Arts Locker Room	Website: www.malr.co.uk Email: oss@malr.co.uk Social Media: Facebook: https://m.facebook.com/Martialartsrroom2017/ Twitter: https://twitter.com/MALR2016 Instagram: http://Instagram.com/martialarts-lockerroom	Martial Arts About: Martial Arts Locker Room (#MALR) is a unique and innovative wellbeing brand. Services/Products: We supply quality martial arts equipment to participants in combat sports, fitness and self-defence; comfortable sportswear/ training apparel and a range of holistic wellbeing training services.
Mixed Martial Arts and Education	Website: mmrap.co.uk Email: info@mmrap.co.uk Social Media: Facebook: mmrap Twitter: @MMARAP Instagram: mmrap_official YouTube: MMARAP	Martial Arts About: Using mixed martial arts and education for bettering the lives of disabled and non-disabled individuals. Disadvantaged backgrounds. Homelessness, N.E.E.T., Deaf/Blind and disabled - ADHD, autism, wheelchair users, stroke survivors, spina bifidia and more. Services/Products: MMARAP runs two different sessions. Super Tuesday session is for everyone and the Funding Programme is for 15 to 25 year olds.
Solidrock Academy	Website: www.solidrockacademy.co.uk Email: Peterbarry69@hotmail.com Phone Number: 07508053809	Football for Youth About: We specialise in training young people in football and getting trials for them with professional clubs. Services/Products: Mentoring Fridays and Sundays and Summer camps. Saturdays 10:00am to 12:00pm Age 4 – 11yrs old. Gym sessions every evening.

Business Name	Contact Info	Services and Products
Solidrock Academy CIC	Website: www.solidrockacademy.co.uk Email: solidrockacademy@hotmail.co.uk Phone: 0750 805 3809 Social Media: Instagram: Solidrockacademy_ Address: 38 Morland Avenue Croydon, CR0 6EA	Football Club About: We specialise in sending players of all ages on trials to professional and semi-pro football clubs. We cater for children and adults ranging from 5 to 24 years old, covering both male and females. Services/Products: The mentoring and family service will be provided by experienced and skilled counsellors and practitioners across the youth offending service, childcare, counselling and children's care.
Brick Babe	Website: www.brickbabeathletica.com Email: brickbabeinfo@gmail.com	Fitness clothing line About: Quality fitness apparel that aims to give women a sense of confidence and appeal. Services/Products: Leggings and Sports Bras in various sizes.
Inside-out healthy lifestyles	Website: www.mailchi.mp/6d0a0adecc33/inside-out-healthy-lifestyle Phone: 07956120866 Social Media: FaceBook: inside-out lifestylesy Instagram: @insideouthhealth2	Health Coach About: Provide a health and fitness business supporting people to develop healthy habits for a longer, healthier, happier life, inside and out. Services and Products: I offer health coaching for those who need direction, motivation & accountability in their health journey. I offer personal training to over 40s who want to lose weight or gain muscle & strength. I offer sports & holistic body & back massages. I offer food plans & vegan/ plantbased recipe ideas. I also offer health products such as blood cleansers, natural weight loss support products, natural sleep products, memory products, low libido products & b12 products.
Holistic PT Studio	Website: www.holisticptstudio.com Email: hptslimited@gmail.com Phone: 07388 837 701 Social Media: Facebook: hptslimited Instagram: @holisticptstudio	Lifestyle Coach About: Online Movement & Lifestyle Coaching... For The Stronger You. We Get You Moving Better, Feeling Better, Looking Better & Living Better. Services/Products: Move With Ease - Move you away from joint discomfort towards feeling free. We teach you how to regain your mobility, allowing you move with ease. Principle Strength - We teach you how to strengthen both your core postural muscles and your entire body, supporting your lifestyle now and securing your future. Eat to Live / Live to Eat - Self-care is priority. We teach you how to have a rational relationship with food, eat to nourish your body and also enjoy food.

Busines Name	Contact Info	Services and Products
Areretta	Website: www.arerettas.com Email: arerettas@gmail.com Phone Number: 0758 4087 240 Address: Areretta's Limited 4 Whitgift Street Croydon, CR0 1EX	Caribbean Products About: We sell authentic, organic and unrefined health and beauty products mainly from Jamaica on our website. We have products for your health, skin and hair. Services/Products: Jamaican herbs, roots, sorrel drink, sarsaparilla drink, fruit punch and cakes. Chemical free products such as beard oils, hair oils and skin oils.
Fruiture Juicery	Website: www.fruiturejuicery.com Email: Thisisfruiture@outlook.com Mobile: 07534 656 892 Social Media: Twitter: Thisisfruiture Instagram: fruiture_juicery Address: Surrey Street Market and College Square,	Juice Bar About: We are a mobile food and snack bar providing healthy alternatives that taste good. Services/Products: Fresh fruit and vegetable juices, healthy meals and nutritional advice.
TeeCookedIt LTD	Email: tee.cookedit@hotmail.com Phone Number: 07542 507 955 Social Media: Instagram: @tee.cookedit	Food and Beverage Service About: TeeCookedIT is a food and beverage service specialising in home cooked food that's been passed down through generations. Services/Products: Some of the favourites on the menu are Mac 'n' Cheese and our Sweet Chilli Fried wings. We also sell Fruit. punch and Rum punch as well as desserts. TeeCookedIt is available for catering purposes.
Cocos Restaurant Open bar & Kitchen	Website: www.cocos-restaurants.co.uk Email: info@cocos-restaurants.co.uk Phone: 0203 952 9704 07954 387 462 Social Media: Facebook: http://www.cocos-restaurants.co.uk Address: 238 Kennington Park Road London SE11 4DA Located opposite Kennington Park.	Caribbean Food Service About: Coco's offer a diverse selection of classical dishes with a focus on free range locally sourced ingredients. Services/Products: Dishes include lobster platters, ribeye steaks, jerk chicken, a selection of home-made burgers, also a range of beautifully crafted vegan and vegetarian meals.
Dees Imports Ltd	Website: www.deesimports.com Email: info@deesimports.com Phone: 0208 521 6371 Address: Unit 16, Forest Business Park, Walthamstow, London E10 7FB	Caribbean Food About: We are specialists importers food and drink from the Caribbean offering a full grocery and food service portfolio of products. Services/Products: We offer nationwide delivery service supplying all the major UK supermarkets plus the independent grocery and catering trade.
Big Mike's Calypso Kitchen	Website: www.bigmikescalypsokitchen.co.uk Email: info@bigmikesck.com Phone: 0208 680 0999 Social Media Facebook: @bigmikesck Twitter: @BigmikesCk Instagram: bigmikesck	Caribbean Cooking Takeaway and Restaurant About: The best dishes from the Caribbean cooked in a home-style way and served in the Big Mikes way. Services/Products: The Award winning Chef now offers delicious smoked jerk meats from Bertha, traditional Mac Cheese from his Mother's recipe, award winning fish cakes, tender curry goat, dhal rotis with a selection of fillings, ny sous to sweetbread, jam puffs and much much more.....

Busines Name	Contact Info	Services and Products
M&M Afro Caribbean Supermarket	Phone: 07535 163171 Address: Near Thornton Heath Train Station	Supermarket About: Opened in July, Caribbean food for all. Services/Products: Caribbean Food and Drink.
Fresko Manna Ltd	Ceonia Graham (Dietitian) Email: Ceonia.mg@gmail.com Phone: 07961 407 915 Social Media: Instagram: #Freskomanna	Catering Company About: Fręsko Manna a catering company that specialises in preparing wholesome nutritionally complete meals.ŋ Services/Products: 1-1 Consultation, Healthy eating cooking workshops. Teaching Sessions and Catering.
J's Kitchen and Grill	Email: jskitchenandgrill@gmail.com Social Media: Facebook: www.facebook.com/JsKitchenand-Grill Twitter: https://twitter.com/J35042460 Instagram: @js_kitchen_and_grill	Caribbean Food About: We are a new start up food delivery service covering the Croydon borough. Services/Products: We specialise in seafood, our current favourite is the battered shrimp and Cajun fries with sweet chilli dipping sauce and the J's kitchen lobster tail platter. Our dishes are made fresh for the date requested on the pre order request and delivered to your door. We cook several different fish dishes in various styles. We do fried chicken & waffles curry chicken with a choice of rice dishes such as rice & peas or callaloo rice.
Dark Sugars Chocolates	Website: Darksugars.co.uk Email: info@darksugars.co.uk Phone: 07429 472 606 Social Media: @darksugarschocolates	Dark Sugars Chocolate Shop About: In the beginning, there was cocoa... Dark Sugars Chocolates follow the journey of the cocoa bean from tree to tummy. The path to enlightenment is filled with freshly rolled truffles, vegan dipped fruits, and chocolate, chocolate, chocolate. Join us! Services/Products: Handmade truffles, chocolates and vegan treats. We also deliver.
CDK Seafood & Grocery	Phone: infocdkfish@gmail.com Address: 28A Portland Road SE25 4PF	Fishmongers About: New fish mongers in South Norwood. Services/Products: 'Quality fresh, frozen fish and seafood. World foods and groceries to compliment your favourite dishes.'
BlueJay Cafe	Website: www.bluejaycafe.co.uk/ Email: Phone: 0208 656 9050 Social Media: Facebook: Blue Jay Cafe Instagram: Blue Jay Cafe Address: 2 Market Parade Portland Road, South Norwood, London.	Caribbean Cuisine About us: Delicious, healthy, affordable and fresh food for you and your family. Our food is made with natural, fresh, ingredients that we source locally. Let us know if you have dietary restrictions - our friendly staff will help you find just the meal you want. Services/Products: Caribbean cuisine, breakfast, jerk dishes, side dishes, lunch time specials, children's menu, vegetarian, vegan, soup of the day, desserts, chef's special, drinks.

Business Name	Contact Info	Services and Products
Avant Garde Artiste	Website: www.avantgardeartiste.co.uk Phone: 020 8689 9888 Social Media: https://instagram.com/aga_designs?igshid=1nod73cqpzrzxk	Hair and Beauty About: To take hair styling to another level, working not only with hair of today but hair of the future. Giving the client their own personal identity, that is not only unique to them but achievable beyond the confines of the salon. All the while offering a personal touch, in a warm, welcoming environment. Services/Products: Braid, curl, colour, cut, beauty services and salon products.
Caring for Hair Trichology Clinic	Website: www.caringforhair.org Email: info@caringforhair.org Phone Number: 0203 916 5311 Social Media: Instagram: caringforhairuk	Hair Specialists About: Hair loss and scalp specialists. Services/Products: For our customers, we have specialised trichological formulations for a variety of conditions. So, if you are experiencing hair loss or have any scalp concerns then book a consultation now!
Sknhr Limited	Website: sknhr.com Email: Info@sknhr.com Phone: 07899 953 907 Social Media: Facebook: SKNHR Instagram: sknhr_ Twitter: SKNHR Ltd	Hair Specialists About: At SKNHR Ltd, we manufacture and supply high-quality, organic shea butter, coconut and avocado balms across the UK. Services/Product: If you are looking to buy an organic shea butter moisturiser in London, look no further. SKNHR Ltd is a personal care company which focuses on a product that doubles up as a hair and skin moisturiser. The company was founded in London in 2018 by a Black British family looking to cut down on the clutter and chemicals in their bathroom. They wanted a skin and hair product that did what it said on the packet. One that moisturised from head to toe and didn't slowly poison the body in the process.
Home Jewels Co	Website: https://www.homejewelsco.com/ Email: Homesjewelsco@gmail.com Address: 76 Farnley Rd, South Norwood, London SE25 6NX	CANDLES About: Indulge the senses as you explore the wide range of hand poured, vegan soy candles and wax melts produced by Home Jewels Co. Services/Products: Candles, Essential oils, Wax melts and organic soy wax melts.
Holpura	Website: www.Holpura.com Email: el@holpura.com Instagram: @Holpura Facebook: @Holpura	Hair Care & Skin Care About: Holpura is a plant based beauty brand that provides premium quality, organic and eco-friendly haircare and skincare products to our Afro Community. Services/Products: Revive Scalp Oil, the foundation of healthy hair, a potent blend of plant oils that wake up stagnant hair follicles whilst balancing the natural oils on the scalp. We offer hair consultations to help guide our customers on their journey to healthy hair.

Busines Name	Contact Info	Services and Products
Nashat Ltd	Website: Nashat.co.uk Email: info@nashat.co.uk Social Media Facebook: @nashat.co.uk Instagram: info@nashat.co.uk Twitter: @nashat_co_uk	African Cultural Centre About: Nashat simply means energy. We are an African Cultural Centre that invigorates the mind, body, spirit and soul with the aim to unify and enhance the dynamics of our partners and communities. We offer a wide variety of products and services for all occasions and age groups. So why not come and explore? There is something here for everyone. Services/Products: Clothing, essential and scented oils, jewellery, art and crafts and more.
Brown Angel Naturals	Website: www.brownangelnatural.co.uk/ Email: brownangel193493@aol.com Phone: 07984 471 407 Social Media Facebook: https://www.facebook.com/brownangelfra	Natural Creams and Products About: Brown Angel Natural's uses Plant Based Ingredients such as Shea Butter Cocoa Butter Avocado and Coconut oils all seriously rich in Vitamins and Minerals which helps create a balance for body and mind. Using the Right Skin-care is very important in order for the body to eliminate harmful toxin to heal from infections and to hydrate you. Brown Angel Naturals has No Parabens, No Perfume or Harsh Chemicals and uses Certified ingredients. Services/Products: Face cream, hand cream, body cream and foot cream
PZAZZ Hair Design	Website: Coming Soon! Phone: 0208 656 8621 Social Media Facebook: https://www.facebook.com/PzazzHairDesigns/ Address: 158 Cherry Orchard Road Croydon	Hair Salon About: Donna Hermanstein is the owner and creative director of P'zazz. A warm and welcoming place where you receive professional and expert advice for treatments for your hair from an experienced and talented stylist. You'll leave feeling confident and with a beautiful and wearable hairstyle as unique and as individual as you are. Services/Products: Bridal Hair Wedding Packages Afro and European Hair Specialists Mizani Straightening System Weave Hair Extensions Retail Stockists of L'Oréal, Mizani, Brocato and Lusters Professional Products used: L'Oréal, Mizani, Brocato and Lusters And much more...
RR STYLES X BEAUTY	Website: Coming Soon! Email: RRSTYLEXBEAUTY@yahoo.com Social Media Facebook: Raiye Capone Instagram: RRSTYLEXBEAUTY	We aim to provide an excellent service of supplying wigs to customers at affordable prices for amazing quality human hair wigs ranging from 12 to 30 inches. We provide immaculate customer services with active communication around the clock and frequent updates on orders. We ship with next day delivery once wigs are made in order to not disappoint. Pre-orders are also available if unit is not in stock.

Busines Name	Contact Info	Services and Products
Ignite	Contact Info: Name: Amete Email: ametehewitt@gmail.com Phone: 07494 721 094	Faith Based Therapy About: Emotional and Wellbeing Practitioners. Services/Products: Mental Health support, Trauma coaching/counselling, Nutrition and mental health coaching. Family Issues and Personal Relationships issues. Currently Online clients only.
The Cassandra Centre	Website: www.cassandralearningcentre.org.uk Email: Info@cassandracentre.org.uk Phone: + 44 (0) 203 601 7475 +44 7852 525 468 Address: Cassandra Learning Centre 1433a London Road London SW16 4AW We are above Lloyds bank Entrance on Stanford Road "We do not have wheelchair access" (25 steps to the first floor)	Domestic Violence and Abuse Charity About: The Cassandra Centre is a domestic violence and abuse charity based in Norbury, London SW16. We provide advice, support and counselling services to young people who are victims and survivors of abuse. Services: Other services include, for example, engagement activities; building trust and confidence and one-to-one therapy that addresses complex emotional barriers. We also work to resolve practical and social issues - whenever they arise - such as housing and homelessness as these have and are proving to be challenging for individuals who are presently experiencing some type of abuse.
Centre of Change Counselling and Mentoring Service	Website: www.centreofchange.org.uk Email: centreofchangeproject@hotmail.co.uk Phone Number: 01689 847 444 07758 702 452	Therapist About: A team of therapists offering psychological support to young people, adults and families. Service/Products: Counselling, coaching and mentoring young people, adults and families facing a range of mental health challenges or needing support in the areas of confidence building and personal development.
Who Am I Counselling	Website: www.wiacounselling.com Phone Number: 07506 180970 Social Media Facebook: Felisha Dussard (subject to change) Twitter: @CounsellingWho Instagram: @whoiamcounselling LinkedIn: Felisha Dussard (subject to change) YouTube: To follow	Psychotherapy & Counselling About: Qualified integrative counselling psychotherapist, trainer, consultant and registered member of the British Association of Psychotherapy and Counselling (BACP). Services/Products: Psychotherapy & Counselling to individuals and groups. Training and workshop facilitation to counselling practitioners, organisations and community. Consultancy on mental health and inclusion and diversity within the corporate sector and institutional organisations.
Holistic PT Studio	Website: www.holisticptstudio.com Email: hptslimited@gmail.com Phone: 07388 837 701 Social Media: Facebook: hptslimited@gmail.com Instagram: @holisticptstudio	Lifestyle Coach About: Online Movement & Lifestyle Coaching... For The Stronger You. We Get You Moving Better, Feeling Better, Looking Better & Living Better. Services/Products: Move With Ease - Move you away from joint discomfort towards feeling free. We teach you how to regain your mobility, allowing you move with ease. Principle Strength - We teach you how to strengthen both your core postural muscles and your entire body, supporting your lifestyle now and securing your future. Eat to Live / Live to Eat - Self-care is priority. We teach you how to have a rational relationship with food, eat to nourish your body and also enjoy food.

Business Name	Contact Info	Services and Products
Centre of Change Project	Website: www.centreofchange.org.uk Email: centreofchangeproject@hotmail.co.uk Phone Number: 01689 847 444 07758 702 452	Therapist About: A team of therapists offering psychological support to young people, adults and families. Service/Products: We offer short- and long term therapy to suit individual needs.
Holistic Wellness Hub	Website: www.holisticwellnesshub.co.uk Instagram: www.instagram.com/holisticwellnesshub?igshid=npyk-7lucreh1 Facebook: www.facebook.com/103545114624917posts/113968636915898/ Twitter: twitter.com/HWHub20 LinkedIn: http://linkedin.com/in/hwh-h-3074211a5 YouTube: www.youtube.com/channel/UCBb3evhMZCICtOxQ3NZXyRw	Delivery Service About: Delivering food hampers to the vulnerable. Services/Products: We have come together with various organisations in the community collecting food, toiletries and more and delivering them to the doorstep of the most vulnerable.
A Safe Place 2 Talk	Email: Asafeplace2talk@gmail.com @asafeplace2talk121@gmail.com Phone: 07826 082 561	Therapy About: Qualified integrative therapist, promoting emotional growth. Service/Products: Person centered therapy where we discuss present issues. Psychodynamic therapy where we explore past issues that continue to be replayed in your mind.
Adelina Alexander	Website: www.adelinaalexander.com Email: enquiries@adelinaalexander.com Phone: 07904 153 182 Social Media Facebook: Candlesbyadelinaalexander Instagram: Adelina_alexander_london	Luxury Scented Candles and diffusers About: Our natural soya/soy wax candles and melts are all hand poured and freshly made just for you. Services/Products: Why not try our wooden wicks for the crackle effect when it burns, to create a rich ambience. Our stunning diffuser range will fill your home or car with a beautiful fragrance of your choice. We have a wide range of scents to choose from but if we don't have the scent you're looking for - don't worry! Just pop us an email and we'll be more than happy to find the scent you're after.
Independent Herbalife Distributor	Website: www.husnaahamed.goherbalife.com Email: husnaahamedpt@gmail.com Phone: 075 3497 4795 Instagram: @husnaahamed	About: This organisation aims to help people, lose, gain or maintain their target weight. This is executed by helping people incorporate a healthy, active lifestyle into their everyday routine to maintain an overall healthy mind and body Services/Products: Herbalife distributor, personal training
Rhema Lounge	Website: www.rhemalounge.com Email: info@rhemalounge.com Phone: 020 4538 5810	About: My aim is to create the safe space that you need to explore all your thoughts and feelings; without any fear of judgement. Confidentiality is treated as high priority in my practice. It is the trust within the therapeutic relationship that I enjoy the most, and it is the collaborative working alliance that gets all the best outcomes. Please get in touch for a free consultation to discuss your needs over the phone before we book your first online session via zoom. Services/products: Counselling and psychotherapy

Busines Name	Contact Info	Services and Products
Amosu Robinshaw Solicitors	Website: www.amosurobinshaw.co.uk Email: info@amosurobinshaw.co.uk Phone: 0208 688 2573 Social Media: Twitter: @amosurobinshaw Address: Square Root Business Centre, 102-116 Windmill Road, Croydon CR0 2XQ	Solicitors About: Criminal Defence Solicitors Services/Products: Specialists in all types of criminal defence work.
Berry Legal Consultancy Services	Website: berrylegal.co.uk Email: info@berrylegal.co.uk Phone Number: 0208 125 4552 Social Media: Facebook: Charlene Berry Instagram: legalberry	Legal Consultancy Services About: Berry Legal is a professional bespoke legal advice service in London. We specialise in Child Protection, Safeguarding and Family Law. We are here to meet individual needs, primarily in relation to child protection, matrimonial and family matters and also provide bespoke training for newly qualified social workers or professionals pursuing a career in safeguarding and child protection. Services/Products: Child Protection/Safeguarding/ Family Law/Divorce & Separation/ Cohabitation Issues/Attendance at Court/Project Management/Training & Development.
South London Notary	Website: www.southlondonnotary.co.uk Email: info@southlondonnotary.co.uk Phone: 0208 611 2986 Address: Square Root Business Centre, 102-116 Windmill Road, Croydon CR0 2XQ	Notary Public Services About: Specialised lawyer authorised to witness, certify and authenticate documents for use in countries around the world. Services/Products: I offer a range of services for individuals and businesses and will endeavour to provide you with an expedient and cost-effective service.

Busines Name	Contact Info	Services and Products
Anthony King	Website: www.Anthonyking.org Email: anthonypassdamic@aol.co.uk Phone: 07961 023 945 Social Media: Facebook: Anthony King Twitter: @KingPassDaMic Instagram: pass_da_mic	Entertainer, Presenter, Comedian & Master of Ceremony About: Celebrated Host and Compare of many Corporate, Community and private events. Anthony has hosted events in South Africa, The US, The Caribbean, Europe andy across the UK. Anthony has a passion for young people and is very much an advisor to young people and enjoys coaching individuals in self-confidence. Antho-ny is often seen on T.V and has compared events at the O2 Arena, Wembley Stadium, The Emirates Stadium, City Hall, The Royal Albert Hall, The Mansion House, Hampton Court Palace and his home venue The Fairfield Halls. Services/Products: Anthony is available for all occasions. Weddings, dedications, funerals and separations. Please give him a call.
Bring It To Life Events	Website: www.bringittolifeevents.co.uk Email: info@bringittolifeevents.co.uk Social Media: Facebook: Bring it To Life Events Twitter: @Bring2lifeEvent Instagram: BRING_IT_TO_LIFE_EVENTS	Professional Party Planning About: Here we specialise in all-inclusive part hire equipment, as well as events and party planning. What helps us stand out form the rest? Most of our services are offered as an all-inclusive service. We do offer some of our service as a dry hire but we have become popular offering our all-inclusive services. We provide everything including staff to run the machines an serve your guests so all you have to do is enjoy the event. Services/Products: 1. Candy Floss machine hire 2. Popcorn machine hire 3. Sweet Cart or Ferris wheel hire 4. Sweet Tree's 5. Sweet cones and favours 6. Slush machine hire – which offer classic slush and frozen cocktail packages 7. Party bags/ Gift Bags 8. Plus more
Harahdigital.com	Website: www.Harahdigital.com Email: Rowena@harah.co.uk Phone: 07889 689 886	Digital Services About: We're a small Digital Agency, who can provide strategy and digital services to deliver a great customer experience, best in class digital assets and drive sales and brand awareness for a range of products and businesses. Services/Products: We specialise in end to end delivery of your events, online and offline marketing campaigns and projects, across social media, website, app and SEO. We can provide best in class project management, training and development management also.
Joseph Media	Email: info@josephmedia.com Phone Number: 0208 253 1264	Computer Consultant About: We deliver tailored IT and business solutions that increase revenue and improve productivity and efficiency. Services/Products: Marketing, web design development, print design and branding, SEO, social media, consultancy businessdevelopment, AV media, training and community projects.

Business Name	Contact Info	Services and Products
IDA ROSE	Website: https://ida-rose.com/ Email: sharlene@ida-rose.com Social Media: Twitter: www.twitter.com/_IdaRose Instagram: www.instagram.com/_IdaRose	FILM, TV & DIGITAL About: At Ida Rose we produce international content for Film, TV and Digital platforms created by a diverse team. Founded in 2017 by Shantelle Rochester we are committed and excited to help shape the future and be involved in the building of our community. Services/Products: Our vision is to make international content with an edge. Our content is very carefully chosen for its diversity behind and in-front of the camera.
NNdecorations	Social Media Instagram: nndecorations_ Facebook: https://www.facebook.com/pages/category/Event/NN-Decorations-1614733731978363/ Twitter: @nndecorations	Event Planner About: Events Organiser specialising in decorating and event planning. Services/Products: We do decorations for any party's including baby showers, christenings, birthdays etc. We do balloon arrangements and more. Email or Direct Message for Enquiries.

Business Name	Contact Info	Services and Products
EKEMS LTD	Website: www.ekems.co.uk Phone: 0203 627 5575 Email: info@ekems.co.uk	Construction About: A business that works on new construction and repairs and restorations of both domestic and commercial properties. Services/Products: Builders, Construction, Electricians, Plumbers, repairs and restorers. Pre-Construction, Construction, Post Construction, and Health and Safety Management Systems.
MIC-CAM CONSTRUCTION	Manager: Michael Cowan Phone: 07494 884 412 Email: miclorencow@yahoo.com	Construction About: Construction business. Services/Products: Building Repair/Loft Conversions/Handyman Services. Extensions/ Maintenance. Plumbing, Electrical, Plastering, Carpentry, tiling and decorating.
Optimism Supported Housing	Website: www.optimismsupportedhousing.co.uk/ Email: info@optimismsupportedhousing.co.uk Phone: 07762800636	Supported Housing About: We aim to support people to increase their independence, maximise their potential and move on to independent accommodation. We encouraged clients to sustain achieved goals and take control of their lives whilst utilising and participating in their community Services/Products Homeless people Older people Women Young People/ Adults Employment training/advice Group outings, social activities Information and signposting to services Mentoring Substance misuse
Rose Professional Building Services	Website: www.rpbsltd.co.uk Email: RPBS@mail.com Phone: 07749 734 862 Social Media Instagram: @rpbs98	Building Services About Us: an independent company of RICS Chartered Surveyors in London. We are here to provide you with good-quality surveying services. We are a team of professionals who are experienced experts in housing and property law and surveying. Services/Products: Residential surveys; architectural drawing and housing advice.
Sweet Homes London	Web: www.sweethomeslondon.com Email: Miriam.simpson@sweethomeslondon.com Telephone: 0345 350 3799 Mobile: 07493 236 444 Instagram: @sweethomeslondon LinkedIn: linkedin.com/company/sweet-homes-london2/?viewAsMember=true Facebook: facebook.com/sweethomeslondon	About: Sweet Homes London is your property concierge with a difference. We offer a range of various services to help you with your property's needs. Services/products: Property Concierge

Busines Name	Contact Info	Services and Products
NEWMONT TRAVEL	Website: Newmont.co.uk Email: lindsay@newmonttravel.com Phone: 0208 920 1155 Social Media: Facebook: https://www.facebook.com/NewmontTravel	TRAVEL About: Newmont Travel runs the best Caribbean Travel website with the cheapest fares in the UK. Come and join our 75,000 members now! Services/Products: Holidays, Hotels, Car Hire, ATOL protected, Licenced IATA Agent, All major airlines. Over 50 years serving the West Indian Community.



Next Edition will be out March 2023

If you have any questions or would like to be added into the directory please feel free to contact

Croydon BME Forum
Email: info@bmeforum.org Call: 020 8684 3719

