



2020

**July
Edition**



**CROYDON BME
BUSINESS DIRECTORY**



CROYDON BME FORUM



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About this directory

About Us, Values and Rules

Welcome to the Croydon Black Minority and Ethnic Forum Business Directory. The Croydon BME Forum in partnership with The Helpful VA have 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. Jeanette McCarthy is the owner of The Helpful VA (Virtual Assistant) business. Helping businesses fulfil their admin needs by taking care of the details, freeing you to grow your business.

Our Values

1. We value honesty
2. We value our members
3. We value your trust
4. We value fairness in how we do business
5. We value your partnership
6. We value open communication
7. We care about your business
8. We're committed to learning

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. (Created in partnership with The Helpful VA).
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 and The Helpful VA.

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 Helpful VA and 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

The Helpful VA

Email: jm@thehelpfulva.co.uk **Call:** 07960259426

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 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 Forum or The Helpful VA.

By being added to the directory, you also consent to be contacted by The Helpful VA regarding any changes to my business in regards to the directory.

Please allow one month to respond to your request for any changes.

Business Name	Contact Info	Services and Products
<p>Croydon BME Forum</p>	<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/UCSX2dgLsnt9I8CYxk0O83pA/</p>	<p>Business Forum About: The Forum maximises the engagement of the BME communities in all aspects of living and working in Croydon. 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 bestpractice 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.
<p>Claudine Reid MBE</p>	<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.
<p>Forcera CIC</p>	<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. Areas: strategy, policy, projects/programmes/initiatives, fundraising, development, events, training, research, copy/content writing.</p>

Business Name	Contact Info	Services and Products
<p>The Helpful VA (VirtualAssistant)</p>	<p>Website: www.thehelpfulva.co.uk Email: jm@thehelpfulva.co.uk Phone: 07960 259 426</p>	<p>Administration</p> <p>About: Providing professional admin support for your business needs.</p> <p>Services/Products: Proofreading, Internet Research, Email Management, Contacting Clients and more.</p>
<p>The INTribe - Small Business Consultation</p>	<p>Website: www.theintribe.co.uk Email: info@theintribe.co.uk</p>	<p>Consultancy Service</p> <p>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.</p> <p>Services/Products: Consultancy, Services and workshops. Specialising in helping small businesses and start-ups.</p>

Business Name	Contact Info	Services and Products
Reachout2All	<p>Website: reachout2all.co.uk Email: info.reachout2all@gmail.com Social Media: Instagram: @marianadejokunreachout2all</p>	<p>Youth 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.</p>
Nyeusi	<p>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/</p>	<p>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.</p>
Syrus Consultancy CIC - Creative Youth Services	<p>Website: syrusconsultancy.com Email: info@syrusconsultancy.com Phone: 0203 744 0551 Social Media: Twitter: LoveLife6958 YouTube: LoveLife6958</p>	<p>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.</p>
The Holly Foundation Sickle Cell	<p>Website: www.hollyfoundationsicklecell.co.uk http://www.hollyfoundationsicklecell.org/projects.php Email: hfsicklecell@mail.com Phone: 0208 407 3321 079 06 350 137 Address: Holly Foundation Sickle Cell Croydon Voluntary Action 82 London Road Croydon CR0 2TB</p>	<p>Foundation About: This is a UK & Uganda based project/charitable organisation that focuses on supporting and encouraging sickle cell awareness nationwide. The different projects help to alleviate poverty and promote self-sufficiency. The dietary and nutritional needs of the sickle-cell sufferers is crucial – hence the projects meet these needs. The surplus of these projects is sold to help the beneficiary to pay for hospital bills when admitted while addressing hunger and poverty. Services/Products: Counselling, health talk and education, free treatment, economic empowerment, scholarships and bursaries, poverty alleviation project, medicine project, clothes and shoes project and agricultural projects.</p>
OKO Consultancy	<p>Website: www.okoconsultancy.com Phone: 07538 081 174</p>	<p>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.</p>

Business 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.

Business Name	Contact Info	Services and Products
<p>Bright Futures 4 All</p>	<p>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/</p>	<p>Education for Adults and Children About: Founded by Director Mrs 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.</p>
<p>Black Poppy Rose</p>	<p>Website: www.blackpoppyrose.org Email: info@blackpoppyrose.org Phone: +44 786 643 0733 Social Media YouTube, Instagram, Twitter, LinkedIn @BlackPoppyRose</p>	<p>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: 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.</p>
<p>Crying Sons LTD</p>	<p>Website: www.cryingsons.org Email: gwenton.cryingsons@mail.com Phone: 07476 224 478 Company Number: 09479574</p>	<p>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.</p>
<p>Elevating Success UK</p>	<p>Website: www.elevatingsuccess.co.uk Phone: 020 7993 8411 Social Media: Twitter: @ESuccessUK Instagram: ESuccessUK</p>	<p>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.</p>

Business Name	Contact Info	Services and Products
<p>Grey Splashes</p>	<p>Website: www.grey-splashes.com Email: Grey_splashes@outlook.com Phone: 07539 797 703 Social Media: @grey coaching</p>	<p>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.</p>
<p>Gye Nyame Development Foundation UK</p>	<p>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</p>	<p>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.</p>
<p>Karugh Assessment Training Consultancies Services Ltd</p>	<p>Website: www.karugh.com Email: karen.hill@karugh.com hugh.hill@karugh.com Phone: 07716 403 402 07842 513 888</p>	<p>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.</p>

Business Name	Contact Info	Services and Products
KAS Youth Hub	<p>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/kas_youth_hub/ YouTube: https://www.youtube.com/watch?v=i7J0PGrTgok&list=UUX70ziNvGdxxJnyUvYgFNGQ</p>	<p>Youth Work About: Our Mission is to encourage th voices of our youth to be heard.</p> <p>Services/Products:</p> <ol style="list-style-type: none"> 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	<p>Website: knowledgeandpractice.org Email: info@knowledgeandpractice.org Phone: 0757 287 7378</p>	<p>Family Support About: We support children from low income families, to bridge the gap in their education attainment and we mentor them.</p> <p>Services/Products:</p> <ol style="list-style-type: none"> 1. Confidence building and self-awareness. 2. Healthy nutrition and lifestyle. 3. Mentoring. 4. Leadership Skills. 5. Wellbeing. 6. Academic Support.
Mula Cake CIC	<p>Email: info@mulacake.com Phone: 07983 258 305 Address: 7 Brigstock Parade, Thornton Heath, CR7 7HW</p> <p>Opening Time: Monday-Saturday 10-6pm</p>	<p>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.</p> <p>Services: Providing podcast space, online radio, business advice and space hire.</p>
Music Relief Foundation	<p>FRSA - Founder/Chief Executive: Magdalene</p> <p>Adenaiké 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</p>	<p>Youth Work About: Using the medium of music and the arts to engage and support young people aged up to 25 years.</p> <p>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.</p>

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<p>Project for Youth Empowerment CIC</p>	<p>Website: www.p4ye.co.uk Email: info@p4ye.co.uk Phone: 07415 785 101 Social Media: Facebook: https://www.facebook.com/groups/5399-3000153994 Instagram: https://instagram.com/project4youthempowerment?igshid=142t20yu35p9c</p>	<p>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.</p> <p>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..</p>
<p>Taking Positive Steps and Associates Ltd</p>	<p>Website: https://takingpositivesteps.org.uk Email: info@takingpositivesteps.org.uk Phone: +44 7931 644 909 Company Number: 08438221</p>	<p>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.</p> <p>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.</p>
<p>The Think Big Project</p>	<p>Website: Thethinkbigproject.co.uk Phone: 0743 264 7180 Social Media: Instagram: https://www.instagram.com/the_t.h.i.n.k._big_project/</p>	<p>Mentoring for Youth About: We have created models for mentoring, behaviour and pastoral care. Our approach is holistic, inclusive and led by passion.</p> <p>Services/Products: Accredited CPD training in the following.</p> <ol style="list-style-type: none"> 1. Mentoring, effective pastoral care and trauma-informed practice. 2. Coaching or wellbeing check-ins. 3. Consultancy in behaviour, mentoring practice.

Busines Name	Contact Info	Services and Products
<p>Stand Up Black Dads</p>	<p>Website: www.standupblackdads.co.uk Email: info@bringittolifeevents.co.uk</p>	<p>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.</p> <p>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!</p>
<p>The Fathers Forum</p>	<p>Website: www.fathersforum.org.uk Social Media: Facebook: @fathers_forum Twitter: fathersforum</p>	<p>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.</p> <p>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.</p>
<p>Walk with me UK</p>	<p>Website: www.walkwithme.co.uk Email: info@walkwithmeuk.co.uk Phone: 07883654495</p>	<p>Family Support About: Equipping Parents, Carers, Foster Carers and Guardians. Services/Products: We use strategies and tools to support people.</p>
<p>Clifton-Care Services Limited</p>	<p>Owner: Veronica Clifton Website: www.clifton-care.co.uk Phone: 020 3488 1389 07470 409350</p>	<p>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.</p>
<p>Y.I.W.A.E You are, I am, We are Enough Family Legacies</p>	<p>Website: www.yiwae.com Email: info@yiwae.com Phone: 07960 126 965 Social Media: Facebook: YIWAECOM Twitter: @yiwae_genealogist Instagram: Yiwae_genealogist</p>	<p>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.</p>

Business Name	Contact Info	Services and Products
<p>Blessed Up Clothing</p>	<p>Website: www.blessedup.co.uk Phone: 0208 325 0692 Social Media: Facebook: Blessed up ltd Instagram: @Blessed_up-clothing</p>	<p>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.</p> <p>Services/Products: Clothing line, E-books, Cognitive Behavioural Therapy Mentoring, Life Coaching, Business Mentoring and Neuro-linguistic programming.</p>
<p>Mula Cake Clothing</p>	<p>Website: www.mulacake.com Email: info@mulacake.com Social Media: Facebook: @mulacakeclothing Twitter: @mulacake Instagram: @mulacakeclothing Snapchat: @mulacake TikTok: @Mulacake</p>	<p>Casual/sportswear brand About: Croydon's business of the year 2019. A colourful independent stand out brand producing affordable fashion for everyone inthe family.</p> <p>Services/Products: Original and fun logo branded designs in urban streetwear.</p>

Business Name	Contact Info	Services and Products
<p>DES Mortgages</p>	<p>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</p>	<p>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.</p> <p>Services/Products: Residential Mortgages, Buy to Let Mortgages, Adverse/Credit Repair Mortgages, second charge loans, Commercial Mortgages Bridging/Development Finance and Lift Protection/Insurances.</p>
<p>Shy figures Ltd</p>	<p>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</p>	<p>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.</p> <p>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.</p>

Busines Name	Contact Info	Services and Products
Gloves not Gunz (Community Interest Company)	<p>Website: Glovesnotgunz.com Email: info@glovesnotgunz.com Social Media: Instagram, Facebook & Twitter: @glovesnotgunz @grappleganguk @boxflowyoga @boxingbraveheartz</p>	<p>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..</p>
ImPossible State of Mind	<p>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</p>	<p>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.</p>
Martial Arts Locker Room	<p>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</p>	<p>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.</p>
Mixed Martial Arts and Education	<p>Website: mmarap.co.uk Email: info@mmarap.co.uk Social Media: Facebook: mmarap Twitter: @MMARAP Instagram: mmarap_official YouTube: MMARAP</p>	<p>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.</p>
Solidrock Academy	<p>Website: www.solidrockacademy.co.uk Email: Peterbarry69@hotmail.com Phone Number: 07508 053</p>	<p>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.</p>

Busines Name	Contact Info	Services and Products
Areretta	<p>Website: www.arerettas.com Email: arerettas@gmail.com Phone Number: 0758 4087 240 Address: Areretta's Limited 4 Whitgift Street Croydon CR0 1EX</p>	<p>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.</p>
Fruiture Juicery	<p>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,</p>	<p>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.</p>
TeeCookedIt LTD	<p>Email: tee.cookedit@hotmail.com Phone Number: 07542 507 955 Social Media: Instagram: @tee.cookedit</p>	<p>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.</p>
Cocos Restaurant Open bar & Kitchen	<p>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.</p>	<p>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.</p>

Business Name	Contact Info	Services and Products
<p>Avant Garde Artiste</p>	<p>Website: www.avantgardeartiste.co.uk Phone: 020 8689 9888 Social Media: https://instagram.com/aga_designs?igshid=1nod73cqpzrzxk</p>	<p>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.</p> <p>Services/Products: Braid, curl, colour, cut, beauty services and salon products.</p>
<p>Caring for Hair Trichology Clinic</p>	<p>Website: www.caringforhair.org Email: info@caringforhair.org Phone Number: 0203 916 5311 Social Media: Instagram: caringforhairuk</p>	<p>Hair Specialists About: Hair loss and scalp specialists.</p> <p>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!</p>
<p>Sknhr Limited</p>	<p>Website: sknhr.com Email: info@skmhr.com Phone: 07899 953 907 Social Media: Facebook: SKNHR Instagram: sknhr_ Twitter: SKNHR ltd</p>	<p>Hair Specialists About: At SKNHR Ltd, we manufacture and supply high-quality, organic shea butter, coconut and avocado balms across the UK.</p> <p>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.</p>

Busines Name	Contact Info	Services and Products
<p>CS Coaching & Development Ltd</p>	<p>Website: carolshepherd.co.uk Social Media: Facebook: Carol Shepherd Instagram: carolshepherd967 LinkedIn: Carol Shepherd NPQH BA</p>	<p>Experienced Headteacher Leadership & Education Consultant Inspirational Coach About: I am a school improvement specialist with a focus on raising achievement for underperforming pupils. Services:</p> <ol style="list-style-type: none"> 1. Work/Life Balance 2. Building confidence 3. Increasing Motivation 4. Changing career direction 5. Reducing stress levels 6. Achieving clarity 7. Leadership skills 8. Achieving the 'dream job'
<p>Centre of Change Project</p>	<p>Website: www.centreofchange.org.uk Email: centreofchangeproject@hotmail.co.uk Phone Number: 01689 847 444 07758 702 452</p>	<p>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.</p>
<p>First Step Resolve</p>	<p>Website: www.firststepresolve.com Email: resolve@myfirststepresolve.com Phone: 020 3633 1175</p>	<p>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.</p>
<p>Holistic Wellness Hub</p>	<p>Website: www.holisticwellnesshub.co.uk Social Media: Instagram: https://Instagram.com/holisticwellnesshub ?igshid=ncpyk7lucreh1 Facebook: https://www.facebook.com/103545114624917/posts/113968636915898/ Twitter: twitter.com/HWHHub20 LinkedIn: http://linkedin.com/in/hwh-h-3074211a5 YouTube: https://www.youtube.com/channel/UCBb3evhMZCICtOxQ3NZXy-Rw</p>	<p>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.</p>

Business Name	Contact Info	Services and Products
Ignite	<p>Contact Info: Name: Amete Email: ametehewitt@gmail.com Phone: 07494 721 094</p>	<p>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.</p>
The Cassandra Centre	<p>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)</p>	<p>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.</p> <p>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.</p>

Business 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.

Business Name	Contact Info	Services and Products
<p>Anthony King</p>	<p>Website: www.Anthonyking.org Email: anthonypassdamic@aol.co.uk Phone: 07961 023 945 Social Media: Facebook: Anthony King Twitter: @KingPassDaMic Instagram: pass_da_mic</p>	<p>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 and 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. Anthony 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.</p> <p>Services/Products: Anthony is available for all occasions. Weddings, dedications, funerals and separations. Please give him a call.</p>
<p>Bring It To Life Events</p>	<p>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</p>	<p>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.</p> <p>Services/Products:</p> <ol style="list-style-type: none"> 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
<p>Harahdigital.com</p>	<p>Website: www.Harahdigital.com Email: Rowena@harah.co.uk Phone: 07889 689 886</p>	<p>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.</p> <p>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.</p>
<p>Joseph Media</p>	<p>Email: info@josephmedia.com Phone Number: 0208 253 1264</p>	<p>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.</p>

Business Name	Contact Info	Services and Products
<p>EKEMS LTD</p>	<p>Website: www.ekems.co.uk Phone: 0203 627 5575 Email: info@ekems.co.uk</p>	<p>Construction About: A business that works on new construction and repairs and restorations of both domestic and commercial properties.</p> <p>Services/Products: Builders, Construction, Electricians, Plumbers, repairs and restorers. Pre-Construction, Construction, Post Construction, and Health and Safety Management Systems.</p>
<p>MIC-CAM CONSTRUCTION</p>	<p>Manager: Michael Cowan Phone: 07494 884 412 Email: miclorencow@yahoo.com</p>	<p>Construction About: Construction business.</p> <p>Services/Products: Building Repair/Loft Conversions/Handyman Services. Extensions/ Maintenance. Plumbing, Electrical, Plastering, Carpentry, tiling and decorating.</p>



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OUR MISSION STATEMENT: FAITH, LOVE, SERVICE AND RESILIENCE

To advance the education of ALL children, young adults and parents, by the provision of a community hub, that seeks to create 'professional pupils', and 'confident parents'.
We adhere to the British Christian values of faith, love, service and resilience.

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Next edition will be on out August 7th 2020

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

The Helpful VA
Email: jm@thehelpfulva.co.uk Call: 07960259426

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

