

SOUL INSPIRATION

News from the Soul of Black Women Changemakers

April 2025



L-R Doreen Sinclair, McColin, Charlene Greenaway, Dr. Rhoda Mofe and Daniella Blechner

'Accelerating Action' for Black Women

Our International Women's Day conference held in London was a sold-out success. The theme of IWD25 was 'Accelerate Action' and we certainly did that! Sponsored by Voice4Change-England, the event was packed with speakers, panels, workshops, a marketplace that offered a true shopping experience and 1:1 business support the event was a smorgasbord of Black excellence.

We were blessed to have four awesome Keynote speakers: Ngozi Cadmus spoke about the importance of Rest in the life cycle of Black women, reminding us all of the relevance of Rest in pursuit of health and resistance.

Professor Dr Nira Chamberlain OBE took the conference on a mathematical journey, in his talk "If All Things Were Equal". Diana Chrouh OBE reminded the conference of the role that Black women have played in advancing Black feminism from the USA to the UK. Roz Etwaria delivered a powerful talk on Misogynoir, highlighting the disparity between white feminism and Black feminist principles.

Four truly empowering workshops on Finance, Health & Wellbeing, Personal Development and Social Enterprise were well attended. *"The energy was amazing, powerful keynotes, great panel discussions, and meaningful interactions at the stalls."* Another said: *"It was a safe space, especially for women from racially minoritised backgrounds, to have conversations that are often missing elsewhere."* Learn more visit the [website](#).

A National Commission on Black Women & Girls

Conference agreed that the next step to accelerate action, was to follow-up on our call-to-action for a National Commission on Black Women & Girls. A plenary panel chaired by Roz Etwaria, consisted of wide-ranging voices of experience across a range of disciplines and included DEI Strategist Grace Mosuro, former CIH President, Lara Oyedele; newly appointed ROTA CEO and former Runnymede Trust Researcher Matthew Johnson, Midwife and Founder of Elite Midwifery Services, Diana Chrouh OBE, a Special Adviser to the APPG Ethnic Minority Businesses and Soul Purpose 360 CEO Palma Black.

The Need for a National Commission

Black women and girls in Britain face multifaceted challenges that intersect across various aspects of life, including healthcare, housing, education, economic opportunity and social justice. Despite their significant contributions to society, they continue to experience systemic barriers that hinder their full potential. Soul Purpose 360 believes that a National Commission dedicated to Black women and girls is crucial to driving policy changes and initiatives that address these issues at both national and community levels. We are urging policymakers, community leaders, Black women's organisations, trade unions, VCSE's and ordinary citizens to support the establishment of this National Commission. By coming together, we can create a framework that not only addresses the immediate needs of Black women and girls but also lays the groundwork for long-term systemic change. Together, we can ensure a future where Black women and girls thrive and lead with confidence and dignity. Further information is available on our website.

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Collaboration - Inkygrey Photography

In collaboration with Sharon Douglas of Inkygrey Photography, created a photographic exhibition 'Single Light', which was officially opened by the Mayor of Islington. Learn more here.

Sharon Douglas said: *"My heart is still brimming, a kaleidoscope of emotions within me, after completing my latest project: a series of portraits featuring the extraordinary Black women from Soulpurpose360 who so generously shared their time with me. It was more than a photoshoot; it was a sacred gathering, a tapestry woven with threads of resilience, vulnerability, and unwavering joy. Navigating the various locations, in between times of motherhood, carer, and a myriad of outer other commitments."*

If you missed the exhibition, fret not. Single Light will be conducting a tour of the UK! Soul Purpose 360 is collaborating with Talawa Theatre to host the Single Light Exhibition in Croydon. Details to be announced soon!

What a phenomenal day! It was one of the most inspiring days as a Black woman I have ever had. To be in an environment where everyone's purpose was to do well and help others to do well. The love, encouragement and gifts on display and shared was a beautiful space to be in. Each one of us has left today with a heart full of joy, an expanded address book and a mindset of pure thankfulness for finding each other. I know thanks to today, there is going to be the beginnings of special friendships, game changing partnerships and so many souls filled with the uplifted power of a black queens community!!

The event was a great success, and I really enjoyed hearing from the diverse range of speakers and exploring the marketplace—it created such a vibrant, empowering atmosphere throughout the day.



(Top) - Images from the Single Light Exhibition
(Bottom) - Mayor of Islington Officiating the opening of the Single Light Exhibition

Collaboration - Millian Market



MILLIAN MARKET

Soul Purpose 360 loves collaborating with our members. The conference gave us an opportunity to once again, collaborate with Millian Market's Charm Miller to curate the amazing Marketplace at the event with over thirty stalls with Black women vendors, the room was positively buzzing.

If you would like to collaborate with us, drop us a line:

info@soulpurpose360.co.uk

Definitely a memorable International Women's Day treat!! Sooo grateful to have been present. I laughed, I cried, felt so proud, felt part of a great movement, soo many emotions!



Personal Development

Are you ready to be part of something extraordinary? Join us in shaping a future where success, confidence, and community go hand in hand!

Soul Purpose 360 is launching a series of in-person and online training courses for members of the Black Women's Networking & Empowerment Circles. Spaces will be limited, so to access the courses, you must be registered on our database to qualify.

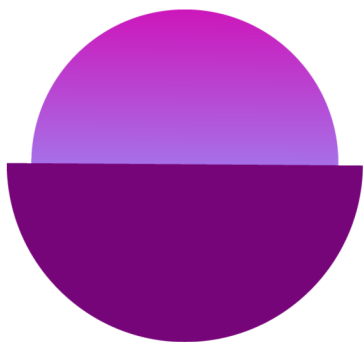
Sistamind: The Power of Collective Growth

Success thrives in the company of like-minded individuals, and Sistamind is designed to bring together ambitious, driven Black women who are ready to elevate their personal and professional journeys. Inspired by Napoleon Hill's philosophy, this Sistamind group harnesses the power of collaboration, mentorship, and strategic networking. Members will have the unique opportunity to give and receive coaching, share insights, and gain valuable perspectives on their goals.

Whether you're looking to accelerate your career, launch a community initiative, or simply grow in confidence, Sistamind provides the structure and support needed to make it happen. By working together, we empower not only ourselves but also our wider communities—turning ideas into action and aspirations into achievements.



Mentoring



Coaching

Self-Development: Empowering Women, Strengthening Communities

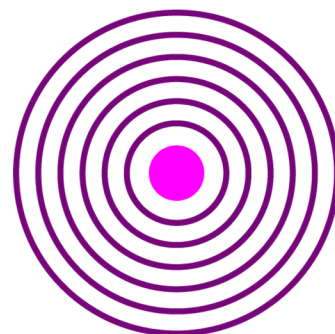
Our Self-Development programme, is a transformative initiative blending personal growth with community impact. Designed to support women in stepping into leadership roles where they live, this programme offers a structured pathway to create meaningful change. Through a number of coaching and mentoring sessions, participants will build the confidence to overcome self-doubt. With various focus on tackling issues. With self-assessment tools, skill-building workshops, and safe spaces for Black women to share and thrive. Self-Development is more than an individuals development programme—it's a movement toward lasting empowerment and community transformation.

Find Your Soul Purpose

Helping Black women to find their 'soul's purpose' was the driving force behind the creation of Soul Purpose 360. We are here to help you on this journey to turn the idea that has been keeping you awake at night, into a tangible thing. Learn how to begin the journey from testing your idea, conducting social and market research, finding the right legal structure, securing funding and more. Find the confidence to realise your ambitions in a safe supportive environment. This structured online course will help you on your journey to greatness.

To learn more and register your interest, email:

sharondouglas@soulpurpose360.co.uk - stating which course you are interested in.



Training

Social & Professional Networking



Helen's Passion & Purpose Retreat,
Kokrobite, Ghana

Passion & Purpose Retreat in Ghana

This international retreat is all about intentional rest—not just physically, but mentally and emotionally as well. By embracing true rest, you'll leave feeling refreshed, re-energised, and with a renewed outlook on life and work.

This self-funded 7-day retreat which includes mindfulness, cultural immersion, and wellness activities, all designed to help you regain energy, clarity, and a deep sense of purpose. It blends deep rest, self-discovery, and meaningful connection, making it a perfect balance of relaxation and renewal. Exact dates to be confirmed when we have received expressions of interest.

To learn more, email: palmablack@soulpurpose360.co.uk

Kew Gardens

After the resounding success of our visit in May 2024, we are going back to Kew Gardens for their Community Week.

We have 22 tickets for the trip taking place on **Saturday 17th May**. To eliminate wasted tickets and reduce the no-shows that often come with free ticketed events, we are requesting a £5 non-refundable deposit - that will be refunded on the day. Please register early before all the spaces are gone.

Click this [link](#) to register. *When they are gone, they are gone.*



NETWORKING

Social & Professional Networking Events

In partnership with the Soul Purpose 360 bank, Metro Bank, we will be hosting a series of monthly in-person business networking events for our members. These events will be hosted at Metro Bank branches in select locations across London in the first instance.

We understand that business networking can be daunting for many. We also understand that time is precious and as Black women we are busy spinning many plates. With this in mind, our networking events will be short, sharp, focused and fun so that attendees get the most out of these sessions.

Dates, locations and themes will be announced soon.



Angelina Ikeako, Palma Black and Marcia Brock speaking at an IWD event hosted by Metro Bank and Shrooq Memar (L) of the Society of Visionaries



Soul Purpose 360 Croydon Events

April



SOUL PURPOSE 360
Croydon

Resilient Women Build Communities
End of Programme Celebration
Saturday 26 April 2025 | 11-5pm
Waterside Centre 26 Avenue Road, South Norwood SE25 4DX

- Join us to celebrate the successful completion of the People's Health Trust two-year funded programme.
- Learn about the impact the programme has brought to many Black women in Croydon.
- Find out about Soul Purpose 360 Croydon's future plans for workshops, events, activities and much more.

FREE ENTRY

Speakers
Workshops
Marketplace
Refreshments

Music
Games
Reiki
Yoga
Soundbath

Register: <https://bit.ly/RWBCCROYDON>
More information at: www.soulpurpose360.co.uk/croydon

End of Programme Celebration

Saturday 26th April 2025

February 2023 marked the launch of the Resilient Women Build Communities programme, funded by The People's Health Trust. It's main aims were to focus on the social determinants of health - the socio-economic circumstances that affect our life expectancy and the quality of our health. Soul Purpose 360 wanted to engage with Black women facing personal challenges to motivate, inspire and imbue confidence in them to enable them to contribute to their communities. The programme consisted of regular workshops and activities chosen and designed by members to build personal confidence and resilience.

Come and celebrate with us the close of this impactful programme. Learn what Soul Purpose 360 Croydon has in store for its members futures.

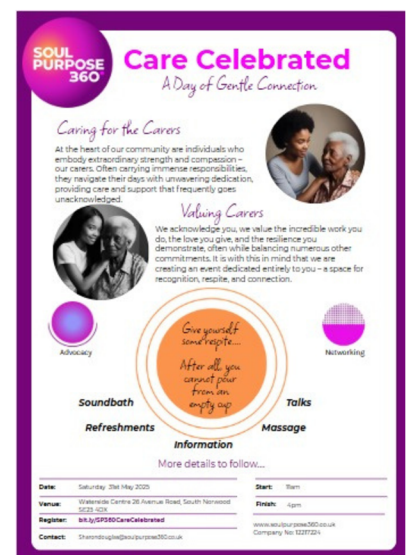
Carers Event

Saturday 31st May 2025

At the heart of our community are individuals who embody extraordinary strength and compassion – our carers. Often carrying immense responsibilities, they navigate their days with unwavering dedication, providing care and support that frequently goes unacknowledged. We acknowledge you, we value the incredible work you do, the love you give, and the resilience you demonstrate, often while balancing numerous other commitments.

This event is dedicated entirely to you – a space for recognition, respite, and connection. Join us for a calm and supportive gathering, a chance to connect with others who understand your experiences, and to feel truly seen and appreciated.

May



SOUL PURPOSE 360
Croydon

Care Celebrated
A Day of Gentle Connection

Caring for the Carers
At the heart of our community are individuals who embody extraordinary strength and compassion – our carers. Often carrying immense responsibilities, they navigate their days with unwavering dedication, providing care and support that frequently goes unacknowledged.

Valuing Carers
We acknowledge you, we value the incredible work you do, the love you give, and the resilience you demonstrate, often while balancing numerous other commitments. It is with this in mind that we are creating an event dedicated entirely to you – a space for recognition, respite, and connection.

Give yourself some respite...
After all you cannot pour from an empty cup

Activities: Advocacy, Soundbath, Refreshments, Information, Massage, Talks, Networking

More details to follow...

Date: Saturday 31st May 2025
Venue: Waterside Centre 26 Avenue Road, South Norwood SE25 4DX
Register: <https://bit.ly/SPP360CareCelebrated>
Contact: Sharon@sp360croydon.co.uk

Start: 11am
Finish: 4pm
www.soulpurpose360.co.uk
Company No: 12217224

August



SOUL PURPOSE 360
Croydon

AFYA
Health, Wellbeing & Strength

Presents, in partnership with the Croydon Council Creative Health Team, a Celebration of Good Health & Wellbeing for Black Women

Saturday 2nd August 2025 | 11 - 5pm
Waterside Centre, 26 Avenue Road, South Norwood SE25 4DX

Cardio Pumping Chorus

Be empowered in your own health creation

Join us for an informative day of fun and upliftment.

FREE ENTRY

Register, Information, Workshop & Therapies Bookings
www.soulpurpose360.co.uk/croydon

In collaboration with
CROYDON Inspiring the Community

For more information of which health topics will be featured on the day and the full programme, visit: www.soulpurpose360.co.uk/croydon

Afya - Health, Wellbeing & Strength

Saturday 2nd August 2025

In partnership with the Croydon Council Creative Health Team, and in collaboration with DJ Lady Smurf from BackAYard and Bidii Health Supplement, Soul Purpose 360 Croydon are hosting a health and wellbeing event specifically for Black women.

Join us for fun and engaging informal day, where you can learn how to improve your health whilst having fun with a range of alternative health taster sessions, stalls and health advocates.

Entry is free to everyone, but we encourage you to register in advance for catering purposes, workshops and therapies.

Register: bit.ly/AFYA25

Read the Bidii Health Supplement: bit.ly/BidiiHS9

Join Soul Purpose 360 - Work for us

Below are links to three new posts funded by the National Lottery Community Fund. All three are part-time (14 hours/week), salaries are stated. Please click on the image of the post you are interested in applying for to download the Application Packs. Don't forget to download the Monitoring Form too

Fundraising Coordinator



WE ARE HIRING!

Join Our Team

Fundraising Coordinator

£14,560
(Part-Time - 14 Hours/week)

- ✓ Experience in securing funding from various sources.
- ✓ Experience of developing and implementing fundraising campaigns.
- ✓ Excellent written, verbal and interpersonal skills.
- ✓ Strong research and analytical skills to identify funding opportunities.
- ✓ Proven ability to work independently and maintain relationships with team members.

To apply, download application pack at: www.soulpurpose360.co.uk/work-with-us
Deadline: Wednesday 30th April 2025

Funded By

COMMUNITY FUND

Soul Purpose 360 CIC | www.soulpurpose360.co.uk | info@soulpurpose360.co.uk
Company No: 12217224

We are seeking a part-time fundraising coordinator to develop and implement fundraising initiatives that will secure the financial resources necessary to upscale Soul Purpose 360.

This role will be pivotal in securing a sound financial future for Soul Purpose 360 growth in becoming self-funded.

PA & Admin Officer



WE ARE HIRING!

Join Our Team

PA & Admin Officer

£14,196
(Part-Time - 14 Hours/week)

- ✓ Proven experience in a PA or administrative assistant role
- ✓ Experience of managing diaries and supporting the organisation of events.
- ✓ Exceptional organisational and interpersonal skills.
- ✓ Proven experience using database software.
- ✓ Excellent written, verbal and interpersonal skills.
- ✓ Proficient in Microsoft Office, including Word, Excel, Outlook, content management systems, and social media platforms.

To apply, download application pack at: www.soulpurpose360.co.uk/work-with-us
Deadline: Wednesday 30th April 2025

Funded By

COMMUNITY FUND

Soul Purpose 360 CIC | www.soulpurpose360.co.uk | info@soulpurpose360.co.uk
Company No: 12217224

We are looking for a part-time PA & Admin Officer to provide essential organisational and administrative support that will ensure the efficient operation of Soul Purpose 360 as it expands to meet the needs of its members and reports for funders.

This role is crucial for directly supporting key personnel.

Social Media Officer



WE ARE HIRING!

Join Our Team

Social Media Officer

£10,920
(Part-Time - 14 Hours/week)

- ✓ Experience in media, communications in the third sector and social enterprise.
- ✓ Experience of creating content and utilising social media and marketing to attract key audiences.
- ✓ A strong understanding of social media trends, digital marketing techniques, and brand building.
- ✓ Excellent written, verbal and interpersonal skills.
- ✓ Proven ability to work independently and maintain relationships with team members.

To apply, download application pack at: www.soulpurpose360.co.uk/work-with-us
Deadline: Wednesday 30th April 2025

Funded By

COMMUNITY FUND

Soul Purpose 360 CIC | www.soulpurpose360.co.uk | info@soulpurpose360.co.uk
Company No: 12217224

The Social Media Officer role is crucial for expanding Soul Purpose 360's reach and impact by developing and executing engaging social media campaigns across various platforms with the aim to grow the membership and the number of local groups that reach, engage and empower Black and global majority women.

What's it like to work at Soul Purpose 360?

I have found a truly special place to contribute both my skills and energy. I have a deep sense of pride and alignment with the Soul Purpose 360 mission – it's exactly what makes the busy times and task juggling feel less like work and more like a meaningful commitment. That feeling of shared purpose can be so powerful and create such a supportive and inclusive environment and one where I am truly valued.

Sharon Douglas,
Local Groups Development Officer

Monitoring form is available via <https://www.soulpurpose360.co.uk/work-with-us>

Free Social Investment Consultation

Are you navigating the social investment landscape and unsure if your social enterprise is ready for funding? Impact Finance Consulting (IFC), are offering free consultations to help Soul Purpose 360 members explore the best financing options to grow your organisations and social businesses.

With over 20 years of experience, the team has the expertise to assess your readiness and connect you with the right investors. Let IFC guide you through the journey to secure the investment you need to scale your mission.

For more information, please email jimmy.crick@ifcons.co.uk or visit www.ifcons.co.uk

Soul Purpose 360 Local Groups

Workshops Coming Soon!

The number of Soul Purpose 360 local groups are continuing to increase in number and location. Our ambition is to have a Soul Purpose 360 local group in every town and city across the UK where Black women want them.

In the next few months, members will be holding events in the following areas. To be a part, simply join the WhatsApp Groups.

Berkshire Birmingham Brent Barnet Merton

You can set up a local group

Soul Purpose 360 local groups are set up and run by our members acting as volunteer facilitators. It takes only a few hours a month to organise and attend local group workshops and you are supported by a local team who are also members and support from the Local Group's Development Officer Sharon Douglas.

If you want to be a part of a growing Black Women's ecosystem, contact Sharon:

Tel: 07519 560435 | Email: sharondouglas@soulpurpose360.co.uk



SOUL PURPOSE 360
Lambeth

Workshop

**Profit from Passion
Turn What You Love Into Income**

Love doing something and wish you could get paid for it?

In just one hour, we'll help you turn your passions into real, income generating ideas;

Discover what lights you up

Brainstorm easy ways to monetise it

Leave with one action step to get started

No experience is needed—just your energy, curiosity, and a pen.

Francine Daley

Thursday 17th April 2025 Event Start: 7pm

Notre Dame Community Centre,
1 Worsopp Drive, Clapham Common,
London SW4 9QU Workshop: 7.30pm-8.30pm

Registration: <https://www.eventbrite.co.uk/e/profit-from-passion-turn-what-you-love-into-income-tickets-1323495684219> Event End: 9pm

 info@soulpurpose360.co.uk
www.soulpurpose360.co.uk

Accessible venue | Parking on surrounding roads | Refreshments available

Click image or enter details into browser
<https://bit.ly/SP360LambethApr25>



SOUL PURPOSE 360
Lewisham

Workshop

"FIND YOUR TRIBE!!!"

Do you know who your Tribe is? Are you in search of your Tribe?

Look no further.....Soul Purpose 360 is your Tribe! We are the family you never knew you needed.

Join us for an engaging discussion on what a Tribe is and the importance of belonging to one.

Please bring your notebooks and pens, and most importantly, come with your energy, curiosity and an open mind!

Hosted by Palma Black, Founder & CEO,
Soul Purpose 360
And Francine Daley,
Lewisham Facilitator

Thursday 24th April 2025 Event Start: 7pm

Dragonfly Yoga Studio, 22a, 24 Sydenham Road, London SE26 5QW Workshop: 7.30pm-8.30pm

<https://bit.ly/sp360lew> Event End: 9pm

 info@soulpurpose360.co.uk
<https://www.soulpurpose360.co.uk/lewisham>

Accessible venue | Parking on surrounding roads | Refreshments available

Click image or enter details into browser
<https://bit.ly/sp360lew>



SOUL PURPOSE 360
Southwark

Workshop

MINDFUL MOVEMENT

Zela Africa Gayle is an internationally renowned dancer and visionary Founder of Innerzeal Reggae-Robics — a pioneering wellness practice that blends the healing power of dance moves from the Caribbean with mindful restorative stretches. Her experience spans over two decades and she has performed her choreography across Italy, Spain, Holland, Switzerland, the UK and East Africa.

Mindful movement is a class designed to gently release stored tension and trauma from the body by moving to a reggae beat making fitness joyful, accessible and deeply therapeutic for all.

ZELA GAYLE

Friday 25th April 2025 Event Start: 7pm

Coscal Tenants & Residents Hall
48 Mortlock Close
Peckham SE15 2QE Workshop: 7.30pm-8.30pm

Registration: <https://www.eventbrite.co.uk/> Event End: 9pm

 info@soulpurpose360.co.uk
www.soulpurpose360.co.uk

Free Refreshments

Click image or enter details into browser
<https://bit.ly/SP360SouthwarkEvents>

Soul Purpose 360 - Impact

Caribuena Supper Club

Soul Purpose 360 supported Chef Aminah to gain clarity on her soul purpose and secure funding from UnLtd to kick-start her social enterprise 'Caribuena Projects' - to help alleviate food insecurity in marginalised communities by making food and nutrition accessible and creating educational opportunities.

The
CARIBUEÑA
EXPERIENCE

AMUSE BOUCHE
Refried Black Bean Tostadita with Pickled Red Onion & Avocado Crema

TO START
Brown butter & Tamarind glazed Argentinian shrimp
or
Grilled Peach & Burrata rocket Salad with Jalapeño-Honey Vinaigrette

MAIN COURSE
Guava Jerk glazed Chicken
Lime Crema
Smoky Chipotle Calfalao
Chilli Citrus Cous Cous

FINISH
Plantain crumble
Coconut cream
Burnt Honey & Lime drizzle



Join us for a night of flavours and wholesome energy.

Caribuena: A thoughtful infusion, a duet of two cuisines marrying together to bring forth an eclectic flavour. This Caribbean/Mexican fusion is inspired by the togetherness and sense of community that both the cultures wholly represent. Shifting perspectives and cultivating taste buds.

Date: Saturday 3rd May 2025

Venue: South London Louie, SE5 8UH

Booking: <https://bit.ly/CaribuenaMay25>



Aminah Black, Founder,
Caribuena Supper Clubs & Caribuena Projects

Gardening Club Picnic

Soul Purpose 360 Croydon was able to gift some project underspend to the Gardening Club initiated by members of the Resilient Women Build Communities project. The funding has enabled them to purchase equipment and secure their plot for another year. This year, the group are planning to grow Sorrel and Plantain as well as leek, garlic, onions, spinach, tomatoes and potatoes. Join Norma and the team at Roots Allotments at their community picnic to learn more about gardening or how you can get involved.

Date: Sunday 27th April 2025

Venue: Roots Allotments Site, Meadow Hill, Croydon CR5 2QQ

Black Women's Networking & Empowerment Circle

Help us to reach, engage and empower more Black women by promoting the members benefits

The Soul Purpose 360 Black Women's Networking & Empowerment Circle is a vibrant ecosystem where Black women can discover connection, support, guidance, information, and much more. We are a collective of diverse voices, with our global membership spanning various platforms such as WhatsApp Community, Facebook Page, a Closed Facebook Group, LinkedIn, Instagram, BlueSky and X. Members can interact with each other, promote their events and services, and share inspirational messaging through these channels. Our email list has grown to over 1,500 subscribers. We are developing a network of local groups and have plans for many more in the upcoming months. We are organising numerous in-person social and professional networking events to foster greater engagement.

Collaboration over competition

"Collaboration and cooperation will beat competition every time. Think abundantly, speak authentically. Serve willingly. You have enough. You are enough."

The mission of Soul Purpose 360 is: "Empowering Black Women to Thrive & Lead Communities." We achieve this by integrating personal development with community advancement, offering coaching, mentoring, and training to assist members in establishing, strengthening, and expanding their community projects, organisations, social enterprises, businesses, and consultancies or by helping members to discover their soul purpose and support them to create structures to enable them to deliver services to their communities. Membership is FREE. Encourage your sisters, mothers, aunties, friends, colleagues or acquaintances to join.

