

# Invest in Me

The PCU Youth Shadow Board (YSB) have released a new music video and single called 'Invest in Me'.



Moses Williamson, Chair of the PCU Youth Shadow Board, said: "The Youth Shadow Board really enjoyed working with Lurine on 'Invest In Me' – writing the lyrics and recording the song. It's not every day you get to work with a music artist who's won a MOBO and to record a song with a positive message to encourage teens to spend their money better."

Lurine Cato said, "I love working with young people – especially on projects that involve them tapping into their creativity. I enjoy watching them dig deep into expressing themselves in a creative way."

"It was fun working with the PCU Youth Shadow Board in writing the lyrics, adding the music and creating the video for Invest in Me. It was a lot of fun and they really enjoyed it."

The Youth Shadow Board have been sharing the music video on social media, and the single is available on Spotify, iTunes, Apple Music and other music digital platforms.

Shane Bowes, PCU CEO said, "We are getting a good response to it. My hope is that thousands will listen to it during this lockdown, and that it will get them thinking about how to make money work for them effectively instead of spending it on things that they don't need."

To view the video, go to our website at [www.pcuuk.com](http://www.pcuuk.com), or our Youtube channel.

## Invest in Me is a memorable mixture of soul and rap with gospel vocals.

The YSB are keen to educate and inspire their peers, and the song encourages young people to spend their money wisely, and invest in themselves, both financially and in terms of their personal development.

The YSB are undergoing leadership development, and are learning financial capability and governance skills to equip them as future leaders in our communities, in our organisations and in our churches.

To communicate their message effectively, they enlisted the musical expertise of MOBO award-winning gospel artist, Lurine Cato MBE. She worked alongside them to write and record the song.

## Inside

PCU commemorates Racial Justice Sunday	2
Youth Board pack Christmas hampers	2
Elaine joins the National Emergencies Trust	3
Digital upskilling: a new PCU project	3
New Black Church Domestic Abuse Forum	4
Nathaniel Williams: Under the spotlight	5
Promoting your business: Claudine Reid	6



## PCU commemorates Racial Justice Sunday

On Valentine’s Day, Sunday 14 February, the PCU took part in a service organised by Churches Together in Clapham to commemorate Racial Justice Sunday.

The service was hosted by St Paul’s Church in Clapham. The PCU’s Chief Executive Shane Bowes read the Intercessions.

In his address to the open-air congregation, Father Jonathan Boardman said: “Valentine’s Day speaks about.... not just romantic love, but human love, which stands for the good of others, and which will give itself up for the justice which is owed to all....

“We need to pray and work.... for the abolition of racism. This day, Racial Justice Sunday, marks in this diocese of Southwark 25 years since the murder of Stephen Lawrence.... that is something that we cannot and should not forget....

“We must strive. We must work to save lives and make lives better for all and to establish racial justice, and we ask God to help us to do that...”

The service closed with an acapella rendition of *His Eye is on the Sparrow*, by gospel singer Diana Prince.

### PCU Annual General Meeting

The PCU AGM will be held on Saturday 20 March at 6pm. For the second time, we will be hosting a virtual AGM on Zoom. Members will receive the login details with their formal notification of the meeting.

## Youth Board pack Christmas hampers

The PCU Youth Shadow Board spent Saturday 12 December packing Christmas hampers with the Missions Team at New Testament Assembly (NTA) in Tooting.

The PCU has partnered with NTA in this programme for the past five years, by jointly funding the cost of hampers.

The NTA Christmas Hamper Project was started in 2008 by the late Amy Rose Powell. All hampers go to people in need and on low incomes, including lone parents, pensioners and families – whatever their religious persuasion or ethnicity.

At the PCU, we see this as an essential local social service, which we are proud to support.





# Elaine joins The National Emergencies Trust

We are delighted to announce that Elaine Bowes, our Head of Marketing and Communications, has joined the Equity Scrutiny Committee of The National Emergencies Trust (NET).



The NET is the recently established body responsible for distributing funds at times of national crisis or emergency. The NET's Equity Scrutiny Committee plays a key role in ensuring that funds are distributed equitably.

Commenting on her appointment, Elaine said: "The NET is an extremely important body doing extremely important work to ensure that we can all have faith and confidence that millions of pounds of funds are distributed quickly and efficiently, to the people who desperately need it, in times of crisis.

"I believe passionately that no-one and no group in need – including Pentecostal churches – should be excluded at these times. So, this appointment enables me to make my contribution to this great work."

## Digital upskilling: a new PCU project

In July last year, in the midst of the pandemic, we held an online seminar entitled *Recession and Black Communities in the UK*. We were privileged to have a panel of experts to engage in this discussion with us.

We hosted the event because we are concerned about the impact the deepening, lockdown-fuelled recession will have on the UK's Black communities, including our members.

A key debate conclusion was that the COVID-19 economic recovery would be a digital one. COVID-19 has turbocharged digital transformation in our businesses and our whole economy – now that working, learning, retail, entertainment and more are increasingly online.

It means that the digital skills gap already existing in our economy has become even more acute.

The World Economic Forum's *The Future of Jobs Report 2020* points to a transformation of jobs and skills by



2025. It reports that 43% of surveyed businesses expect technology to reduce their workforce (34% expect it to grow), while 41% will make more use of contractors for specialised tasks. By 2025, they predict the time spent on current tasks at work, by humans and machines, will be equal.

We want to assist our members to respond to these changes. So, we have partnered with the Future Think organisation to address this.

Future Think's objective is to raise awareness about these issues in

minority communities. They work to encourage people to develop the understanding, skills, mindsets and emotional resilience needed to succeed.

Together, we are setting up a learning hub for our members, to offer you access to digital development programmes and support through your learning journey. We will start with a pilot to test this approach and aim to run a 'taster' session in April.

We will promote the project on our website ([www.pcuuk.com](http://www.pcuuk.com)) and social media platforms.

# New Black Church Domestic Abuse Forum

On Thursday 28 January, the Black Church Domestic Abuse Forum (BCDAF) held its official launch.



Speakers and panel members at the event included Rev. Celia Appeageyi Collins, Pastor Marjorie Esomowe, Rev. Geoffrey Folkes, Nicole Jacobs (Designate Domestic Abuse Commissioner), Dr Zina Arinze, Shermara Fletcher, Pastor Leondre Douglas, Rev. Esther Bonsu, and BCDAF members Rev. David Shosanya, Rev. Kim Bacchus and Dr Ava Kanyeredzi.

The BCDAF are a group of committed Christians, including academics, lawyers, pastors, activists, practitioners in the field, therapists and counsellors.

The group are intent on shining a light on domestic abuse – the 'elephant in the room' among our congregations. They want to work with churches to help them to eradicate domestic abuse from the communities they work in.

All churches have a poor record of responding appropriately to domestic abuse, and the subject is especially taboo in many Black-majority churches. So, the aim of the Forum is to smash this taboo,

and to encourage these churches to make a commitment to change and then make that change happen.

BCDAF have developed a toolkit specifically for the Black-majority church audience. It has been extensively piloted, and academically evaluated, by a team at the University of East London, led by Dr Kanyeredzi.

The toolkit as a whole comprises a guidance document, training and ongoing support to help to embed the new approaches into a church's existing safeguarding arrangements.

The aim is to enable each church to create a culture of zero tolerance to abuse, and thus to encourage victims to feel safe to disclose if they wish to.

To achieve this, the toolkit helps to raise awareness, to enable churches to recognise abuse and to make an appropriate response. This could mean liaising with statutory agencies, depending on the circumstances.

Importantly, the toolkit encourages churches to engage with wider community campaigns to eliminate domestic abuse. They will need to work closely with statutory and voluntary agencies in their localities and be seen as part of the solution.

The project is fully established as a Community Interest Company, as a Cinnamon Recommended Project, and with a fully functional and interactive website and social media presence.

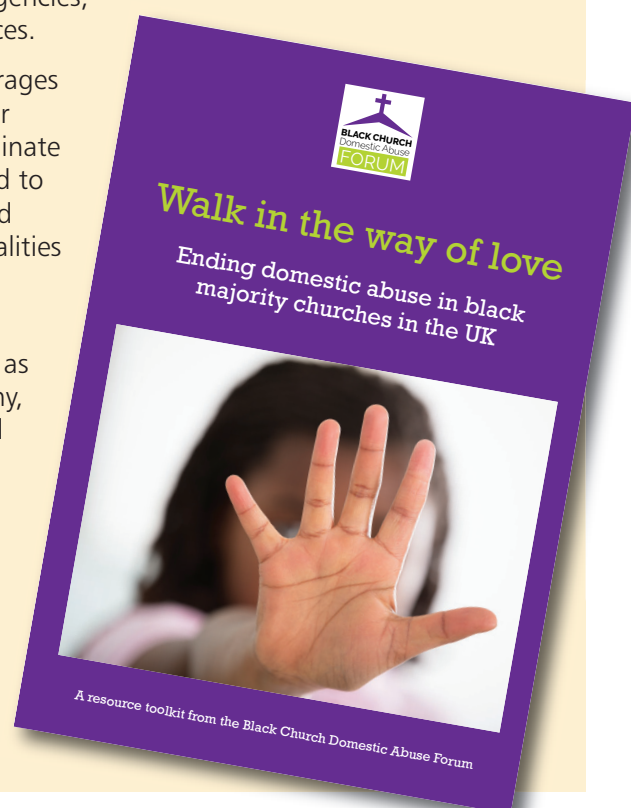
The toolkit is entitled: *Walk in the Way of Love*, which comes from the Apostle Paul's letter to the Ephesians. In chapter five,

verse 1, Paul gives his most poetic and poignant instruction:

*Follow God's example, therefore, as dearly loved children, and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

The PCU is proud to have supported the work of the BCDAF through our Corporate Social Responsibility Programme. We know the damage and lasting legacy of destruction that domestic abuse brings, and we are honoured to be part of any initiative that seeks to eradicate this scourge in our families and communities.

For more information about the work of the BCDAF, and to download the free toolkit, go to their website at [www.bcdaf.org.uk](http://www.bcdaf.org.uk)





# Nathaniel Williams

## Under the spotlight

Vice-Chair of the PCU Youth Shadow Board, Nathaniel Williams, is 18 years old and a budding Michelin starred chef. He is currently undertaking an apprenticeship at The Ivy – the world-renowned restaurant in London's Leicester Square.

Our Head of Marketing and Comms, Elaine Bowes recently caught up with Nathaniel to find out more.

**EB:** Why the culinary arts, Nathaniel? What motivated you to take up cheffing?

**NW:** When I was about eight, I started cooking in the kitchen with my Mum. I really loved it. It's the best thing I've ever done.

**EB:** What is about cooking that you love so much?

**NW:** For me, it's about showcasing my skills, showing what I do best. There's so much that you can do with food. My ambition is to travel around the world, learning new skills and learning about food.

My family is in the catering business. They run a business called Tek Thyme Cuisine. They do functions, festivals, wedding and parties, and I got involved when I was about 10 – helping out and doing small things. Over time, I got more involved.



**EB:** Tell me about your apprenticeship. How did you get to where you are now?

**NW:** At school, I did a BTEC Food and Nutrition, and I got an A. From there, I went to catering college at Westminster Kingsway and began to study for the professional chefs' Diploma. However, I left after a year, because this opportunity arose for an apprenticeship. I applied for the role and went to the meeting, not expecting much, and then I was told that I'd got in.

They placed me with The Ivy in Leicester Square. The Ivy is an amazing restaurant. It's a world-famous classical restaurant, which opened in 1917 and is patronised by A-list celebrities.

While at The Ivy, I've had the opportunity to enter a competition called Hotel Olympia. I entered the

'filleting lemon sole' category and I won a gold medal.

**EB:** So, what's next for you Nathaniel?

**NW:** My apprenticeship finishes in another 18 months, then I plan to go travelling. But the world is my oyster really. I plan to travel around the world to perfect my art. My greatest aim is to open my own restaurant.

**EB:** Will we see you on the BBC's Professional Masterchef in the future?

**NW:** Maybe – I want to enter this competition. Maybe in the next five years or so I'll be ready. I need more experience, but this can really change your life. It's all about having the passion to do it.

You can see more of Nathaniel's work on Instagram at [www.instagram.com/njaw\\_kitchen\\_/?hl=en](https://www.instagram.com/njaw_kitchen_/?hl=en)

## Promote your business: Claudine Reid MBE

Claudine Reid – social entrepreneur, business psychologist, leadership coach, wife and mother – has a new offer for people wanting to make the most of their talents.

If the pandemic has taught us anything, it has strengthened the need for us to explore the necessity of balance in our wellness and mind-set, as well as having more than one source of income.

Now could be a good time to start this all-important conversation. King Solomon in the Proverb 13: 22 reminds us that a good man leaves an inheritance for his children's children – that is three generations!

If you have a desire to make a significant shift in your life and create a three-year roadmap that will enable you to set God-focused, balanced goals for your life, livelihood and legacy...

If you feel like you have been procrastinating and are ready to take steps to stop, in order to walk in your calling...

If you are looking for balance as well advice, support and resources...

If you are an employee or an employer looking to cultivate



transferable habits to sustain and increase your reach, and impact your community...

I am offering to spend three months with you, using a proven strategy to strengthen your life roadmap, maximise your potential and empower you to walk in your calling.

In just three months, you can gain financial clarity and insights, enabling you to get super clear about your purpose, with an intentional plan, and learn how to balance and blend key areas of your life.

PCU members may receive a reduced rate. For details go to: <https://pcuuk.krtra.com/t/msclZ7nLq0a4>

## Warmer homes, lower bills

**The pandemic and lockdown have cut people's incomes and raised everyone's energy bills – especially during the recent cold weather. If you are on a low income, a good, free, advice service can help you stay warm and well.**

### If you have retired

Age UK's Warm Homes programme aims to help you increase your income and make your home more energy efficient. Find your local service on their website at: [www.ageuk.org.uk/services/in-your-area/warm-homes/](http://www.ageuk.org.uk/services/in-your-area/warm-homes/)

### If you rent privately or own your home

In many local authority areas, you will find services that can give free advice on issues such as:

- keeping warm
- energy bills, tariffs and suppliers
- grants and financial assistance
- insulating your home, and
- upgrading old heating.

Find your local service in London at: [www.london.gov.uk/what-we-do/environment/warmer-homes-advice-service](http://www.london.gov.uk/what-we-do/environment/warmer-homes-advice-service)

In Essex go to: [www.warmhomesessex.org.uk](http://www.warmhomesessex.org.uk)



In the West Midlands, call 0808 1968 298 or email [warmerhomesWM@mea.org.uk](mailto:warmerhomesWM@mea.org.uk)

If the area you live in is not listed, check your local authority website.

### If you live in social housing

Some services are specially designed for people renting from councils or housing associations. Contact your landlord for information.