

Celebrate Life CIC presents

POWER to CHANGE

Real stories of Londoners, from loss and violence to resilience and hope.



Errol



Lorraine



Nate



Gerald



Kaysen



EJ



www.celebrate-life.co.uk





Power to Change

In a time where youth violence is on the rise across the country, and with the poverty gap only increasing, **Power to Change** is a unique film that looks at the simplest solution: the innate goodness of a human being, who will make the right choices given the tools and encouragement to do so. Sometimes all it takes is one person, one act, one choice, to change the trajectory of a lifetime.

The film tells the stories of five people: **EJ** a young man drawn into gang culture from an early age; **Lorraine** a grieving mother who lost her son to knife-crime as he saved another boy; **Gerald**, founder of Impact Brixton, who learned to navigate one of London's most dangerous areas after emigrating from Ghana as a child; **Errol** a repeat offender with 74 previous convictions; and **Nate** a former gang-member who was brutally stabbed by a childhood friend. The stories are woven together by **Kaysen**, a teacher, who passionately believes in supporting young people.

Adding a unique perspective to this mix we hear from author and peace-educator **Prem Rawat** whose work in prisons in the UK and around the world has had a remarkable impact.

Power to change was crowdfunded by the community and came together with the support and collaboration of many.

This booklet gives more information on some of the people and initiatives featured in the documentary.

Celebrate Life CIC

Celebrate Life began 10 years ago with multi-cultural events bringing disparate communities together to share their music, dance and food. It was some years before it formalised into a CIC (Community Interest Company) giving room to grow beyond events, and branch out into workshops and film.

For the past 5 years Celebrate Life has focussed its efforts on the knife-crime epidemic in London, working with community leaders, schools, teachers and police to run workshops and events for at-risk youth and their families.



Get Creative 4 Peace 11-15 yr olds

Celebrate Life developed Get Creative 4 Peace for school-aged children. Using activities, games, stories and short videos, participants are encouraged to learn about themselves.

Each workshop is facilitated by professional teachers.

The workshops are designed for schools and Pupil Referral Units. The programme can be also used by Youth Leaders, Youth Offending Services and any organisation working with young people.

More info: celebrate-life.co.uk/get-creative-with-peace

'I felt like it was really freeing and I can truly say I'm leaving uplifted and different. So thank you.'

'It's completely different to anything I've been to before. We had the opportunity to really express ourselves.'

'I enjoyed hearing everyone's stories, and how differently they take in the videos and what it means to them.'

'It was very interactive and allowed people to really engage and connect with the message of developing inner peace.'



Peace Education Programme

International charity The Prem Rawat Foundation developed the Peace Education Programme initially for prisons, and now provides the course in a full range of settings in more than 70 countries and 30 languages around the world. The 10-session programme is run by volunteers and is offered free of charge. It uses videos and stories from author and peace educator Prem Rawat. The programme is designed to help participants discover their inner strengths.

Errol and EJ both attended the course in HMP Thameside, the first UK prison to trial the programme. It now runs in 12 UK prisons, homeless shelters, summer camps and after school clubs, community centres, carers' clubs, and a weekly virtual session via zoom. For more info about the zoom sessions please get in touch with Celebrate Life: info.celebratelife@gmail.com

More info on the Peace Education Programme:
tprf.org/peace-education-program

More info on Prem Rawat's work:
premrawat.com

'You are bigger than the sum of your problems.
You are bigger than all the tragedies that happen.
You carry a lamp within so bright that even in the darkest night, it can fill your world with light.'

~Prem Rawat



Impact Brixton Co-working Space

Impact Brixton is a social enterprise company which invests in the local community. Founder Gerald Vanderpuye was inspired to give to others some of the opportunities he himself received as a young person.

More info: impactbrixton.com



Horizon Alternative Education

A well-being service for young people aged 10-24 and adults who support them.

More info: horizontaled.co.uk



Dwaynatics ABC Boxing Club

Lorraine Jones tragically lost her son, Dwayne Simpson, to knife crime. Following his death she continued

her son's work and founded Dwaynatics Boxing Club to ensure that other families did not have to suffer the loss that she did.

The services offered are designed to steer at-risk youth away from gang-culture, knife crime and gun violence, and encourage them to see that there is a future.

The boxing coaches are mentors, teachers and friends to each of these children and Dwaynatics has become a beacon of light for the community.

More info: dsfcic.co.uk



'There's a lot of programmes in prison, but they don't change people. They make sense to the head: "Attitude of gratitude; good things will come to you." Yeah, cool. But they don't hit the heart and make you re-cultivate your mindset. The Peace Education Programme makes you really change how you're seeing and thinking about things.'

~EJ





'Of course these walls are just a reflection Of the walls I've built up in my mind Built for protection at a time when life was less kind...'
~Errol McGlashan

The Walls and I

Errol's autobiographical poem runs through the documentary.

He began writing spoken word just a few years ago and is now a well-known name in South London and winner of Spoken Word Poet of the Year 2019 award.

Peace Wall

A collaboration with street artist Ben Eine, Prem Rawat and Dwaynatics to create a positive message on a wall in Shoreditch.

Lorraine Jones pointed out that with so many memorials of stabbing victims seen on walls, it is wonderful to see a hopeful message. The poignant words sprayed across the wall are a reminder to both Londoners and visitors of the need to peacefully coexist in the capital.



The soundtrack of Power to Change features the signature song **Inner Power** by **Ennè**, produced by Luke Tunney.

Many thanks to the other artists who contributed their songs, including **Namvula, Sully, Mulele Matondo, Peter Larsen, Ceylan Nourettin, Tito Gomez, Steven Gilbert, Ketsa, Jamie Wilder** and **Aleksandr Shamaluev**.

Special thanks to all our supporters, including:

Damon Tulloch-Foley, Peter Silvien, John Taylor, Kim Badland, Murray McGrath, J R Millar, Peter Trembath, John Dewhurst, Carol O'Connell, Dave Mackie, Christine Schulz, John Barton, David Schultz, Henry Reif



I take a step back, and I look at my life.
I see that all I'm encouraged to do is run away and hide.

Run away from the light
away from myself
Away from anything good
for the good of my health.

Run away from love
away from source
Away from realising myself, of course.

**Inner power, inner beauty
nothing is outside of me
Inner power, inner beauty
I have everything I need.**



Director: Wendy Lewis
Co-Director: Roni Redmond
Sound and Camera: Rob Dunford
Marketing and Communications: Wallee Mc Donnell



To find out about future screenings please join our mailing list or get in touch about any of the topics in this booklet via the email address below:

info.celebratelife@gmail.com



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