

Our Values

Respecting diversity: The CarAf Centre recognises that we work in a richly diverse community. We believe that each individual is different, and understand the importance of supporting the community in an environment that is free from discrimination and in a way that values the varying experiences and traditions of a culturally diverse community.

Respecting boundaries: Boundaries are limits we set on how others can treat us or behave around us. They keep other's actions and behaviours from hurting, distracting, annoying, or imposing on you. If we do not learn to see and respect the boundaries of others, we may be guilty of intruding, acting inappropriately, or violating the human rights of another individual. Boundaries are what enable us to live together civilly. The CarAf Centre recognises the importance of respecting boundaries both personal and socially, and are committed to raising awareness in recognising, understanding and respecting boundaries.

Appreciating and celebrating diverse cultural heritage: The CarAf Centre is committed to promoting positive aspects of African & Caribbean culture for all sectors of the community to enjoy and learn from. We believe, recognise and acknowledge the immense contributions and achievements of African people worldwide which have shaped today's world. In this current climate where the media and schools often emphasise only the negative and saddest parts of African & Caribbean culture and history, we have chosen to prioritise redressing this imbalance of information as an important tool in re-educating a community on one of the consistently misrepresented and misunderstood cultural heritage in the UK. The CarAf Centre appreciates and respects all other cultural heritage shared and enjoyed in the UK and recognises the richly diverse benefits it brings to a community and the individual.

Respecting family values: A sense of belonging is derived from the strong bond of family. The family is where roots take hold and from there we grow. A strong family sustains its family members, supporting and nourishing the members throughout their life. A healthy, happy family benefits the whole society. The CarAf Centre recognises and respects the positive values passed down within each family and support families in a way which does not undermine their family values, but enhances, enriches and reinforces them.

Promoting self respect: Having respect for others is difficult if you have no respect for yourself. Respect is more about what we do to ourselves or put up with from others. Rude conduct is usually considered to indicate a lack of respect – disrespect; whereas actions that honour somebody or something indicate respect. A person with self respect doesn't allow other to treat them badly, and would rather not associate with someone who is disrespectful. Self-respect means knowing that you are equal to every other person and that you are just as deserving of respect, dignity success, happiness love, good manners etc., as anyone else. The CarAf Centre positively promotes self respect to the individual and of our selves. It is an integral way of how we work with children and families in the community.

Providing positive role models: The CarAf Centre recognises that in most cases the first positive role model in a child's life is their parents. Through our training programme with parents and our work with children we strive to build on this resource by emphasising and highlighting the multitudes of positive role models accessible in the community not just our celebrities and sports personalities etc, but the not so famous and unrecognised individuals that are prevalent in our everyday lives; People who hold successful and influential careers as well as people who possess upstanding values and morals in the community and lead by example.

Recognition that we can change ourselves and our environment: The CarAf Centre believes that no matter what our circumstances or our environments, with a willing mind and determination, we all have the ability to change ourselves and our environment. We work tirelessly in the community to remove barriers, empower and inspire parents and young people to pursue their goals and bring about positive changes in themselves and their environment.

Developing self esteem and empowerment: It is said that positive self esteem and *empowerment* are key to achieving anything in life. The CarAf Centre pledge to support the development of self esteem in children, young people as well as their parents; as an important and powerful tool in enabling them to gain more control over their lives, become active members of their communities and are able to make informed choices about addressing the barriers that prevent them from developing their full potential.

Taking responsibility for ourselves and our actions: We are responsible for our actions – all of them. We are responsible for our thoughts and behaviour, whether deliberate or unintentional. A responsible person makes mistakes, but when they do, they take responsibility and make it right.