BARBERSHOP FOOTBALL TOURNAMENT

If young Caribbean and African men are statistically at high risk of suffering from depression and anxiety, this is an issue that needs to be addressed, not only by medical institutions but from within communities, to prevent this for the younger generations.

Our starting point was the barbershops, some of the liveliest spots in South London. Sitting in the chair, the barber can be like a councillor, in the shop where all kinds of conversations come up, but how can we improve this, so everyone can feel free to express themselves?
Through talking with Barbers and clients, we wanted to find out about what people are going through, some of the struggles people come across and to figure out together, what might unite people to promote healthy coping mechanisms to deal with these issues collectively.

With this as our intention, the goal became to empower all the people linked by these spaces, by raising awareness and giving the knowledge that allows us to be more conscious of how to better maintain our own well-being and more able to help others. By dropping the negative stigma linked to talking about mental health and working together as a team, it can strengthening support systems, so no one has to suffer in silence.

The event day is aimed at bringing all generations together for a vibrant & light hearted day, where we can be part of a team, get some exercise and learn first hand from experts. With live entertainment from young local talents, music and workshops to engage and pro-actively learn.

The event will be hosted on
Sunday 15th of September 2019
11-5pm, kick off at 12pm
Deptford Green School

There will be 7 teams in total,
1 of which will be from the
Goldsmiths university Football Club.

Teams of 7 will be brought
together from the barbershops.
Players from the age of 15-21.

It will be a family friendly day, so players and performers are encouraged to invite whoever they would like to bring, to cheer them on.

This event will be sponsored by Goldsmits University.

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