



NOVEMBER 2024
ISSUE 4

CAISO quarterly

THE

OUTSIDE NICE WITH CAISO

CAISO's booth at the Emancipation Village

ABC OF WHOLENESS AND JUSTICE

Find out how these three tips can help you live an empowered life!

RESPONSIVE GRANT FINALISTS

Check out the results from Cycle 3 of CAISO - Astraea's Responsive Grants

QUEER ARCHIVES LAUNCH

A glimpse of local LGBTQI+ history

OUTSIDE NICE WITH CAISO



CAISO'S EDUCATION BOOTH AT THE EMANCIPATION VILLAGE

CAISO was out in full force at the Emancipation Village this year, setting up an interactive booth with exciting activities and opportunities to learn and engage on questions about equality and justice. Our main focus at Emancipation Village was to educate the public on the importance of our **Add All 3 Campaign** and our work through Wholeness & Justice.

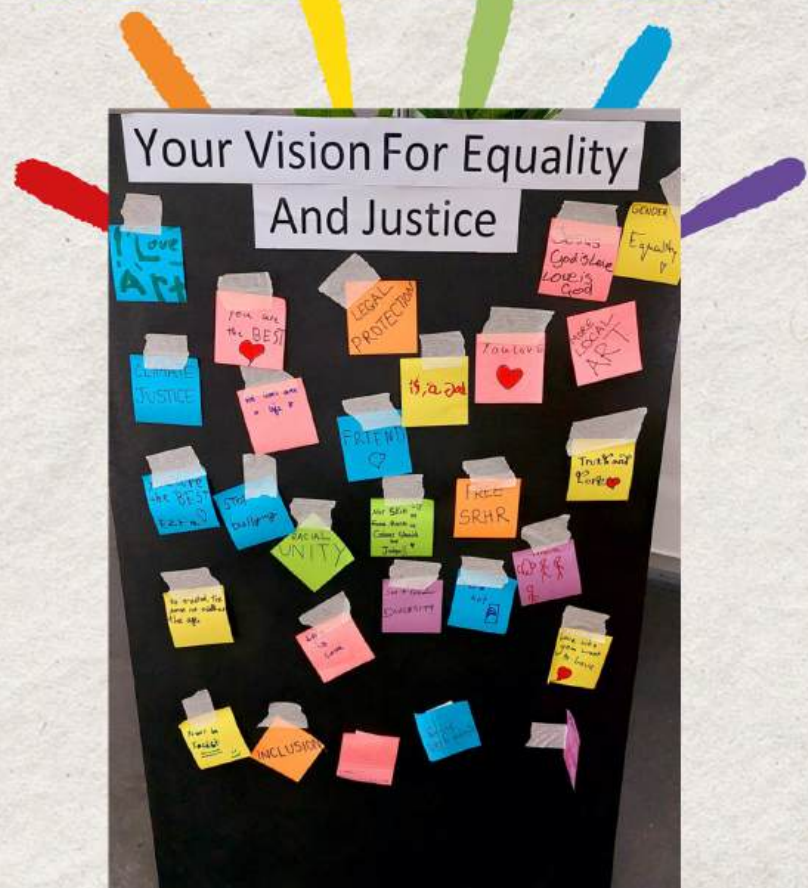


THE ADD ALL 3 CAMPAIGN

NOTE:

LGBTQI+ people remain vulnerable to being discriminated against in relation to employment, housing, education, and when accessing goods or services such as health care.

Add All 3 Campaign seeks to amend the legislation of the Equal Opportunities Act to include protections for LGBTQI+ persons



CAISO REWIND: PRIDE MONTH



CAISO proudly participated in various Pride events during Trinidad's Pride celebrations this year. While Pride Month is globally recognized in June, Trinidad and Tobago observes its own Pride Month in July. This year, CAISO was deeply honored to be present at two key events: the Pride Memorial and the Pride Market.

On June 23rd, the T&T Transgender Coalition hosted the Annual Pride Memorial, which featured several speakers and performances. CAISO Director **Angelique V. Nixon** gave a keynote on the theme of illuminating lives, where she shared a history of Pride Memorial and the contributions of so many who have made this annual event possible. Pride Memorial is a poignant tribute to the lives of our loved ones who are no longer with us, but whose bravery and advocacy paved the way for the empowerment of the LGBTQI+ community today.



Later in the month, on Saturday, July 27th, CAISO tabled at the Pride Market with Trans Coalition. Our booth was a hub of engagement, where we shared valuable resources such as the Educate to Empower Guides and other vital information aimed at supporting and uplifting the LGBTQI+ community. Take a look at some of the photos from these events!



ADVOCACY BOUNDARIES COMPASSION



The ABCs of Wholeness and Justice

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." – Audre Lorde

In the work of advocating for LGBTQI+ rights and gender justice, intentional self-care is crucial. Audre Lorde's words remind us that self-care is an essential act of survival in the face of adversity—it is both political and personal.

Our new Clinical Video Series, the ABCs of Wholeness and Justice provides you with the essential tools needed to live a full, healthy and empowered life. Guided by our community experts **Akilah Riley-Richardson** and **Rae Alibey**, the video series explores vital concepts such as self-compassion, advocacy, and boundaries to help you navigate life.

Advocacy

Self-advocacy is a way to stand up for yourself and your worth. Consider these steps to Self-Advocacy - S.E.L.F

- S:** Stating your needs clearly and assertively.
- E:** Ensuring personal safety
- L:** Learning your rights and the systems.
- F:** Finding Support

Compassion

Self-compassion is an essential part of becoming a whole, happy, and healthy person. It takes courage and wisdom to know how to get there. Creating a warm, safe, healthy environment is an essential part of this journey.

Journal Prompts

What is self-compassion?
How do I advocate for myself? What does a healthy boundary look like for me?

Boundaries

Boundaries are a critical part of all of our relationships. The kinds of boundaries we put in place may look different during different times and in different relationships but they keep us and others safe.

Boundaries can be protective and containing, they can exist between friends and family and can help us deal with grief, connection, and conflict.

CYCLE 3: CAISO - ASTRAEA



21 Caribbean Organisations receive Responsive Grants



We have some exciting news to share! Cycle 3 of the CAISO-Astraea Caribbean Responsive Grants is well underway, and we couldn't be more thrilled to announce the results! The CAISO-Astraea Caribbean Responsive Grant offers vital support for sustainability, advocacy, and prioritizes LGBTQI+, women-led and grassroots organizations.

After careful considerations from our regional review panel, we're proud to announce that 21 organisations have snagged a coveted spot as recipients of this cycle's grant with \$150,000 USD in total being awarded to help fuel their work for progress, justice and equality!

Take a look at the information below for more details of this year's responsive grant!



37 Finalists

21 Organisations Supported

14 First-time Recipients

150K Total Grants awarded (USD)

CATEGORIES OF GRANTS AWARDED

- Capacity Building Needs
- Community Building Activities
- Crisis Support
- Economic, Social, Environmental Support
- Operational Support

 Antigua and Barbuda	 Haiti
 Barbados	 Jamaica
 Belize	 St. Lucia
 Curaçao	 St. Vincent and the Grenadines
 Dominican Republic	 Suriname
 Grenada	 Trinidad and Tobago
 Guyana	

ONLINE DATING REGAPPED



How to Swipe Right Safely: Part 1



always meet make it public in a safe space

Try to meet new people **somewhere safe**.

We know all public spaces aren't *really* safe for the LGBTQI+ community but try choosing a location where **everyone feels safe**; this can be public or a private shared space (like a house lime).

always do your dig deep research

Try to **verify your match's info** by checking out their social media, you can also try **fact-checking with mutuals**.

* **Meet virtually first**; try Zoom, Skype, FaceTime or a WhatsApp video call. Plus, this way you can **make sure your match actually matches their photos**.

tell a friend spill the tea the details

Even if you want to keep your rendezvous private, **always share the important details** with someone you trust.

- **send your location.**
- **send photos of the meet-up point.**
- if possible, **share a pic of your match.**
- **tell your date others know where you are** and are expecting you back soon.

QUEER ARCHIVES LAUNCH



Queer Archives of T&T Project

On Saturday 26th October we went back to Bohemia to celebrate the launch of the Queer Archives of Trinidad and Tobago. Hosted in the iconic space of 33 Murray Street Port of Spain, the **Big Black Box**, we invited members of our community to witness history/herstory/westory in the making by sharing a glimpse of T&T's queer history from 1960s til present with the Queer Archives of T&T Project.

The evening was filled with laughter, nostalgia, and insightful discussions of our preserving our stories and the work behind this project of archiving and memory work. The project team shared an overview of the archives and the methodology and guiding principles and ethics that drive the project. The archives feature two collections: The **Cyrus Sylvester Digital Collection**, which includes photographs, videos, posters, magazines, and other media from the 1980s to present and the **Digital Timeline of LGBTQI+ T&T history (WeStory)**.



The **Cyrus Sylvester Collection** will be housed and available through the Caribbean IRN's Archives Collection through **Digital Library of the Caribbean**. The public component of the collection will be available here: <https://dloc.com/collections/queerarchivestt>. And the project website and **Digital Timeline** will be available here by late **November: queerarchivestt.org**. The Community Timeline is a living archive and will be continuously growing and evolving. Community members are invited to engage and contribute to the timeline. Please reach out to us archives@caisott.org for more information.





LOOKING AHEAD

Inclusive Futures

Inclusive Futures is an upcoming campaign designed to confront the rising tide of anti-gender and anti-rights narratives, as well as the widespread misinformation surrounding LGBTQI+ community members.

Stay engaged and discover more about Inclusive Futures by following us on our social media platforms @caisott.



Clinical Webinar - ABC's of Wholeness & Justice

Your next ABC's of Wholeness and Justice lesson continues with our upcoming clinical webinar and we can't wait for you to join us!

This is a space where you can learn useful strategies and tools to help you navigate relationships with others and the world around you.

DATE: Tuesday 12th November, 2024

TIME: 6:30pm to 8:00pm

ONLINE REGISTRATION VIA ZOOM

REGISTER HERE



ARTIST SPOTLIGHT



Shaden Alexander

IG: @shadenalexander

Email: s.alexander7325@gmail.com

Preferred Media:
Acrylic & Mixed Media

Shaden Alexander (they/them) is a self-taught artist and designer from Trinidad & Tobago, specialising in mixed-media creations. Their artistic journey began in 2021, with art becoming a personal refuge that supported their mental health and well-being. Deeply inspired by nature, Shaden infuses each piece with a reflection of their connection to the natural world.

They fell in love with the magic of creation and the transformative healing power it holds. Central to their practice is an ongoing exploration of identity, race, gender, sexuality, nature, and the human experience.



TIMELESS WARRIOR



SUN DREAM



BLOOM TOGETHER

ARTIST SPOTLIGHT



Angelique V. Nixon

IG: @sistellablack

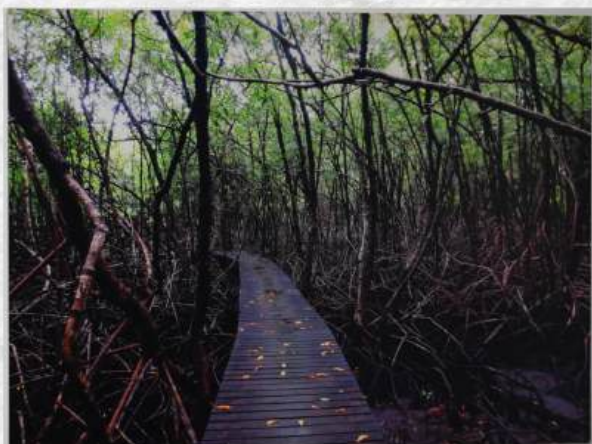
Website: sistellablack.com

Preferred Media:

Mixed Media

IMMERSION IN MANGROVES

Photographs



Angelique V. Nixon (she/her) is a Black queer writer, artist, teacher, scholar, and activist; born and raised in the Bahamas, she has lived in Trinidad and Tobago for 10 years. Angelique is a self-taught mixed-media artist; her artwork began through poetry and a desire to make silences visible as a path for healing justice and community building. Through activism, writing, and art, Angelique strives to disrupt silences, affirm healing, and carve spaces for resistance and desire.

Angelique is author of poetry and art chapbook *Saltwater Healing: A Myth Memoir & Poems* (2013) and scholarly award-winning book *Resisting Paradise: Tourism, Diaspora and Sexuality in Caribbean Culture* (2015). Angelique is fiercely committed in her work to intersectional queer feminist praxis, decolonial politics, climate and environmental justice, and Black liberation.



^ **TRANSFORMATION IS POSSIBLE**

Clay and Acrylic



MEET OUR TEAM



DR ANGELIQUE V NIXON, she/her
DIRECTOR



OMAR MOHAMMED, he/him
DIRECTOR



CATHERINE SHEPHERD, she/her
DIRECTOR



ALESSANDRA HEREMAN, she/her
DIRECTOR



ELRON ELAHIE, he/him
ADVISOR



JOSH DRAYTON, he/him
DIRECTOR



RAE ALIBEY, she/her
COMMUNITY CASEWORKER



DONIELLE JONES, she/her
COMMUNITY LAWYER



AKILAH RILEY-RICHARDSON, she/her
COMMUNITY THERAPIST



PSYCHE GONZALES, she/her
FINANCIAL MANAGER



JOHANNAH-RAE REYES, she/her
PROJECT + COMMUNITY OUTREACH



KELLOG NKEMAKOLAM, he/they
PROGRAMME + RESEARCH OFFICER



CHINYERE BROWN, she/they
RESEARCH + PROGRAMME ASSOCIATE



CHANEL MOOSAN, she/they
CONTENT + SOCIAL MEDIA

SAY HELLO



to our phenomenal volunteers!



NIKOLI ATTAI, he/him
QUEER ARCHIVES PROJECT



DOMINIQUE ABSALOM, she/her
RESEARCH + PROJECTS



TAYLOR LUTCHMAN, she/her
RESEARCH + PROJECTS



FRANCISCA FERRET, she/they
RESEARCH + PROJECTS



ANANDA RAMSINGH, she/her
RESEARCH + PROJECTS



SHADEN ALEXANDER, they/them
EVENTS & COMMUNITY OUTREACH



CHANDELLE O'NEIL, they/them
COMMUNITY BUILDING



JO JOHNSON, she/her
PROJECTS + MEDIA



WANT TO SUPPORT?

- Become a Resource Volunteer!
- Donate to CAISO via our First Citizens Bank Account!
- Become a Projects or Events Volunteer: email us at outreach@caisott.org to learn more.

WANT TO DONATE?

- Name: **CAISO: Sex and Gender Justice**
- Bank: **First Citizens Bank**
- Account No: **2415395**
- Account Type: **Chequing**

Please email us at info@caisott.org with your donation information and indicate whether the donation is for **Community Food Support, Client Emergency Support, or any other Operational Support.**

WANT TO CONNECT?

- 🌐 caisott.org
- ✉️ outreach@caisott.org or info@caisott.org
- ☎️ 1-868-28-CAISO or 1-868-384-9557
- 📍 1 Robinson Ville, Belmont

NEED SERVICES?

- ✉️ wholenessandjustice@caisott.org
- ☎️ 1-868-28-CAISO or 1-868-384-9557

Reach us on your favourite social media platforms, follow @caisott today!

