



We're celebrating

**BLACK HISTORY  
MONTH**



## Black History Month – Resources

### Wellness

- **Black Minds Matter UK** – Their mission is to connect Black individuals and families with free mental health services delivered by Black therapists. <https://www.blackmindsmatteruk.com/>
- **Therapy for Black Girls Podcast** – a weekly chat about all things mental health, personal development and how we can become the best possible versions of ourselves. - <https://therapyforblackgirls.com/podcast/>
- **Diverse Minds Podcast** - <https://diverseminds.co.uk/category/podcast/>
- **The Black Wellbeing Collective** – mental health and wellbeing service prioritising the lived experiences of Black people in healing from racial trauma, racial bias, racism and discrimination. This platform provides various forms of self-healing and other services to help improve mental health and wellbeing. - <https://www.theblackwellbeingcollective.com/>
- **Black, African and Asian Therapy Network (BAATN)** – home of the largest community of counsellors and psychotherapists of Black, African, Asian and Caribbean heritage in the UK. - <https://www.baatn.org.uk/>
- **Rainbow Noir** – support and community action group based in Manchester for people of colour who identify as Lesbian, Gay, Trans, Queer and/or Intersex - <https://www.rainbownoirmcr.com/>
- **Mind's Young Black Men Programme** – programme working with young Black men aged between 11 and 30 years old to offer a range of tailored local services to increase

understanding of mental health problems, information on how and where to seek help, as well as dispelling stigma around mental health. - <https://www.mind.org.uk/about-us/our-policy-work/equality-and-human-rights/young-black-men/>

- **100 Black Men of London** – community based charity led by Black men delivering programmes and activities focused on mentoring, education, economic empowerment, and health & wellbeing. <https://100bmol.org.uk/>

### Podcasts

- Black History Bites
- Good Ancestor Podcast
- Say Your Mind by Kelechi Okafor
- The Read
- Black Girl Songbook
- Code Switch
- Dear Culture
- Black Gals Livin
- Black Women Travel Podcast
- Brit(ish) Podcast and
- Confessions of a DEI Pro
- About Race with Reni Eddo-Lodge
- Two Twos Podcast
- Stories That Stick

### Authors and Books

- Natives: Race and Class in the Ruins of Empire (by Akala)
- Between the World and Me (by Ta-Nehisi Coates)
- Black and British (by David Olusoga)
- Swing Time (by Zadie Smith)
- There Ain't No Black In the Union Jack (by Paul Gilroy)
- Sister Outsider (by Audre Lorde)
- Slay In Your Lane (by Elizabeth Uviebinené and Yomi Adegoke)
- Things Fall Apart (by Chinua Achebe)
- Who's Loving You (edited by Sareeta Domingo)
- How to be an Antiracist (by Ibram X. Kendi)
- Homecoming (by Yaa Gyasi)
- Honey and Spice (by Bolu Babalola)
- This Is Why I Resist (by Dr Shola Mos-Shogbamimu)
- The Heart of the Race: Black Women's Lives In Britain (by Beverley Bryan, Stella Dadzie & Suzanne Scafe)
- Soledad Brother: The Prison Letters of George Jackson (by George Jackson)
- Are Prisons Obsolete (by Angela Davis)

- You Made a Fool of Death with Your Beauty (by Akwaeke Emezi)
- Girl, Woman, Other (by Bernadine Evaristo)
- All About Love (by bell hooks)
- The Bluest Eye (by Toni Morrison)
- The New Jim Crow: Mass Incarceration in the Age of Colour-Blindness (by Michelle Alexander)
- Dark Matters: On the Surveillance of Blackness (by Simone Browne)
- Neo-Colonialism: The Last Stage of Imperialism (by President Kwame Nkrumah)
- An American Marriage (by Tayari Jones)
- The Sellout (by Paul Beatty)
- Children of Blood and Bone (by Tomi Adeyemi)

### **Allyship Resources and Videos**

- [Black History Month - How to be a good ally | Our People | RGU](#)
- [Being an ally during Black History Month and beyond - Frazer Jones](#)
- [The Anti-Racist School Course \(flodesk.com\)](#)
- [EVERYDAY RACISM](#)
- [Akala deconstructs race, class, and Britain's modern myths \(Unfiltered with James O'Brien\)](#)
- [Akala on Racism against Blacks in the UK \(Akala, Black TV\)](#)
- [An interview with the founders of Black Lives Matter \(TED Talk\)](#)
- [Ashley Banjo Speaks Out About Racism \(Good Morning Britain\)](#)
- [BBC Radio 2 on Twitter: What is white privilege? John Amaechi explains \(BBC Radio 2 on Twitter\)](#)
- [Brit\(ish\): On Race, Identity and Belonging \(by Afua Hirsch\)](#)
- [Colour blind or colour brave? \(by Melody Hobson\)](#)
- [From Difference to Distance: rethinking diversity and inclusion \(by Fred Falker\)](#)
- [How to be an Ally – Black History Month \(LifeSpace Trust\)](#)
- [Simon Sinek on Why Diversity Differentiates Team Performance](#)
- [Systemic Racism Explained](#)

### **Business Directories**

- [101 Black-Owned, U.K.-Based Businesses to Support | The Strategist](#)
- [43 Black Owned Businesses in the U.K: Let's buy Black – Business \(afrocks.com\)](#)
- [UK Black Business Show 2022 - UK Black Business Show –](#)
- [The Voice Black Business Guide: May 2022 - Voice Online \(voice-online.co.uk\)](#)