

Black History Month

Fact File

Black History Month has been marked in the UK for more than 30 years and takes place during the month of October.

In the past contributions made by Black Britons were ignored or played down because of the colour of their skin.



Did you know that British Sprinter Dina Asher-Smith is the fastest British woman in recorded history?



Can you name this England Rugby star?

Legend Sir Trevor McDonald was knighted in 1999 for his services to journalism.



Can you write your own FACT FILE or research an unfamiliar Black Briton to celebrate?

Being treated differently or unfairly because of race, skin colour or ethnicity can negatively affect our mental health. We know having a strong sense of identity can enable people to have a sense of belonging which can potentially lead to better feelings of well-being and confidence. So, this month we are recognising the outstanding contributions to our country made over many generations by people of African and Caribbean descent. Happy Black History Month!

We hope you enjoy reading and remember to look after yourselves 😊 The Bucks Mind CYP Team x

WHO WAS OLIVE MORRIS?

Olive Morris was an important figure in terms of civil rights.

Black people didn't used to have the same rights as other people, simply because of the colour of their skin - and Olive was one of many people who worked tirelessly to change that.

She campaigned for the rights of black people in South London and Manchester and was a founding member of groups like the Organisation of Women of African and Asian Descent (OWAAD) and the Brixton Black Women's Group.

She passed away at the age of just 27, but even by this age she had contributed an enormous amount to black communities across the country.



Strictly Come Dancing's Oti Mabuse goes through her Top Horrible Histories moments for Black History Month



1. Mary Seacole was the winner of the '100 Great Black Britons' poll. In which conflict did she setup a hotel to look after wounded soldiers?
2. Zadie Smith won several awards for her first novel, published in 2000 when she was just 24. What was its name?
3. Star of music, television and dance, Alesha Dixon won Strictly Come Dancing in 2007, but what was the name of her UK Garage trio that produced a series of hits in the early noughties?

Answers: 1. Crimean War 2. White Teeth 3. MisTeeq



Black History Month

Tropical breakfast smoothie



Start your day with this fruity blend of passion fruits, mango, orange and banana. It's a good source of vitamin C and provides 1 of your 5-a-day

Ingredients

3 passion fruits
1 banana , chopped
1small mango, peeled, stoned and chopped
300ml orange juice
ice cubes

Method

Scoop the pulp of the passion fruits into a blender and add the banana, mango and orange juice. Purée until smooth and drink immediately, topped with ice cubes.

Who is Paul Stephenson?



Paul Stephenson was born in England and went to a school where he was the only black child.

At that time being black and being English were sometimes seen as two very different things.

This is what inspired him to go on to dedicate his life to stopping racial discrimination and bringing black and white communities together.

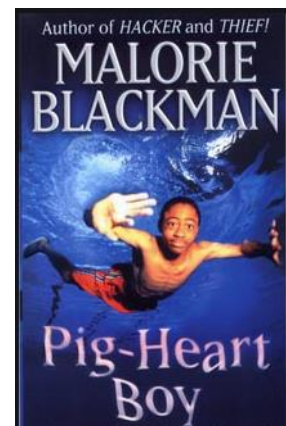
He became Bristol's first black social worker, which improved the relationship between black and white people in the city.

He spent his life leading important campaigns that made big changes in how black people were treated, and it is said that his work played a part in Britain's first Race Relations Act in 1965.

Black History Month

Empowering Books with Black Characters

It's important that children have access to diverse books and young readers will love these tales of daring heroes, brave kids and great friendships. Featuring Black characters at the forefront, these stories have positive role models that inspire and empower.



CLICK LINK BELOW TO SEE MORE

<https://www.penguin.co.uk/articles/children/2019/jun/childrens-books-with-black-characters.html>

Black Mental Health Organisations



**BLACK
MINDS
MATTER^{UK}**

<https://www.blackmindsmatteruk.com/>

Black Learning Achievement and Mental Health

<https://blamuk.org/>

BAATN
The Black, African and
Asian Therapy Network

<https://www.baatn.org.uk/>