

SUPPORT GROUPS FOR ETHNIC MINORITIES

BLACK MINDS MATTER www.blackmindsmatteruk.com

Connecting Black and Mixed individuals with free mental health services- by professional Black therapists to support their mental health.

CITY OF SANCTUARY www.sheffield.cityofsanctuary.org

The Sanctuary is a community centre and safe space for asylum seekers, refugees, migrants and locals. They can relax, seek advice and support, and attend groups such as ESOL and sewing groups. The Sanctuary also organise community events. These enable people from different backgrounds to meet and share food, music and other aspects of their cultures.

THE EMPOWERMENT GROUP www.theempowermentgroup.co.uk

The Empowerment Group supports people of Black African and Caribbean heritage aged 18 and over in the UK facing mental health challenges. This is achieved through free and heavily subsidised online 1:1 culturally appropriate therapy.

SOLACE SHEFFIELD www.solace-uk.org.uk

Offers specialist therapeutic support for refugees experiencing trauma and mental health issues.

SACHMA SHEFFIELD www.sacmha.org.uk

SACHMA continues to develop their range of support services, making community-based health and social care more accessible, particularly to those who feel marginalised or who struggle to access mainstream services.

ACT SHEFFIELD www.actsheffield.com

ACT Sheffield (Aspiring Communities Together) is a community organization for Black and Minority Ethnic communities across Sheffield. Gym, Adult Education, Arabic Language Classes, ESOL, training courses, and many other services.

ADIRA www.adira.org.uk

The Adira Listening Service is a culturally appropriate listening and reflective service. It is not counselling, however, one of their volunteers can listen you without judgement and help you explore your feelings and options. All information shared is confidential. Each session costs £10 and lasts 1 hour.

LAI YIN ASSOCIATION **Lai Yin Association | Facebook**

Lai Yin Association are a local charity aiming to promote and improve the welfare, education, health and well-being of Chinese women and their families. Lai Yin Association hold a regular weekly walk-in service on Wednesdays 10am-12.

SADACCA www.sadacca.co.uk

(Sheffield and District African Caribbean Community Association). Sadacca provides both community and health care services. Boxing Club, Sewing Club, Education and Training, Recording Studio plus many health services.

ROSHNI SHEFFIELD www.roshnisheffield.co.uk

The aim of the Roshni centre is to advance the welfare and education of South Asian women in Sheffield. We currently provide a range of activities and services including advocacy support, emotional support and counselling, training and learning opportunities, help for women seeking employment. We offer counselling in Urdu, Punjabi and Bengali.

HERE TO HEAR

0114 395 2127 rida.shoukat@diversecitydevelopment.org

The helpline is a listening service for those struggling to come to terms with loss and grief. They aim to match callers with someone who is of a similar background to them or speaks the same language.

MAAN SOMALI MENTAL HEALTH www.facebook.com/maansmhs

Maan is a local charity working with the Somali community in Sheffield to help address mental health and related needs. They cater to people with mental health issues, carers and older people, supporting access to mental health services provided by the voluntary and statutory sectors. Maan also run male-only and female-only support groups for Somali carers.

BLACK LIVES MATTER RESOURCE COLLECTION

INSTAGRAM ACCOUNTS



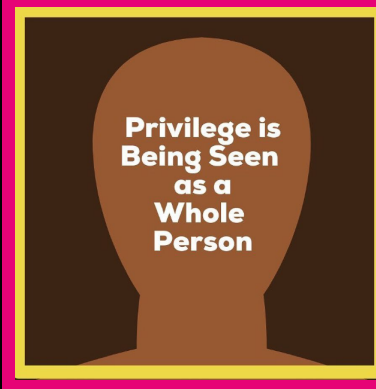
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@ibramxk



@laylafaad



@ckyourprivilege



@officialmillennialblack



@blackmindsmatter.uk



@colorofchange



@kidsofcolourhq



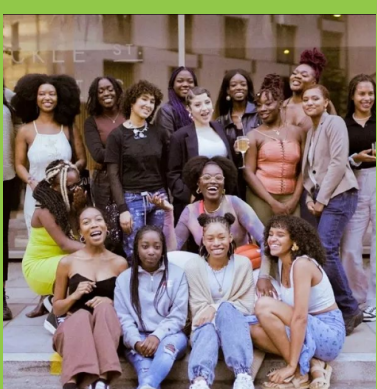
@rachel.cargle



@ukisnotinnocent



@blairimani



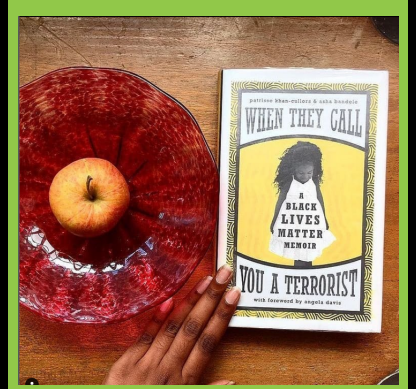
@blackgirlfest



@the_blackarchives



@ijeomaoluo



@blackfeministbookshop



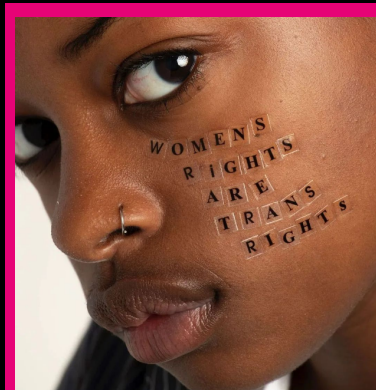
@changecadet



@everydayracism_



@mixedbloomroom



@munroebergdorf



@theblackcurriculum

PODCASTS

1. Code Switch – NPR – Spotify
2. The Homecoming Podcast – Dr Thema – Spotify
3. About Race – Reni Eddo-Lodge – Apple Podcasts
4. Intersectionality Matters! – Kimberlé Crenshaw – Apple Podcasts
5. Mixed Up – Emma Slade Edmondson and Nicole Ocran – Spotify

BLACK LIVES MATTER RESOURCE COLLECTION

FILMS AND SERIES

1. When They See Us – Netflix

2. 13th – Netflix

3. Queen and Slim – Prime

4. Selma – Prime

5. The Death and Life of Marsha P. Johnson – Netflix

6. Stay Woke: The Black Lives Matter Movement Documentary – YouTube

7. Hidden Figures – Disney Plus

8. BlackKklansman – Prime

9. Mudbound – Netflix

10. Enslaved – BBC iPlayer

11. Dreaming Whilst Black – BBC

12. The Immortal Life of Henrietta Lacks – HBO

13. IS THAT BLACK ENOUGH FOR YOU?!? – Netflix



BLACK LIVES MATTER RESOURCE COLLECTION

BOOKS

1. Why I am no longer speaking to White People about Race – Reni Eddo-Lodge

2. How to be an ANTIRACIST – Ibram X Kendi

3. Natives – Akala

4. The Purpose of Power – Alicia Garza

5. BRIT ish – Afua Hirsh

6. Black & British – A forgotten History – David Olusoga

7. Me and White Supremacy – Layla Saad

8. Born a Crime – Trevor Noah

9. Hood Feminism – Mikki Kendall

10. So, you want to talk about Race – Ijeoma Oluo

11. Race and Class – Angela Davies

12. Rebel Ideas – Matthew Syed

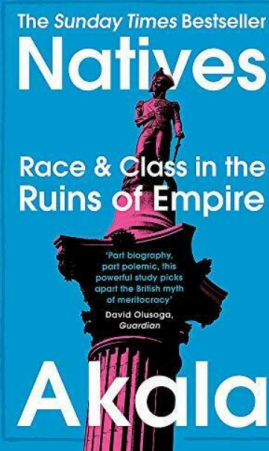
13. Demanding More – Sheree Atcheson

14. Subtle Acts of Exclusion – How to Understand, Identify, and Stop Microaggressions

15. To Kill A Mockingbird – Harper Lee

16. We Should All Be Feminists by Chimamanda Ngozi Adichie

17. Invisible Women – Caroline Criado-Perez



18. The Authority Gap – Mary Ann Sieghart

19. Americanah – Chimamanda Ngozi Adichie

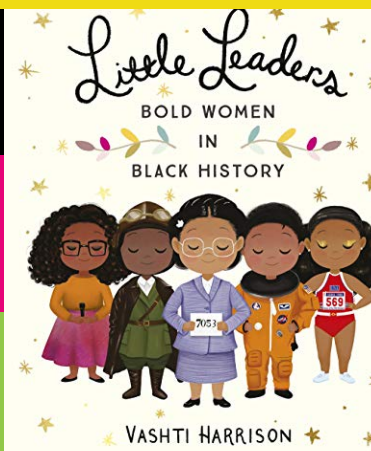
20. You Are Your Best Thing – Tarana Burke and Brene Brown

BOOKS FOR CHILDREN

1. Little Leaders – Bold Women in Black History

2. Little Leaders – Exceptional Men in Black History

3. Bold Women in Black History – Colouring Book



4. What is racism? Usborne books

5. Noughts & Crosses – Malorie Blackman

6. Children of Blood and Bone – Tomi Adeyemi

7. Race Cars – A children's book about white privilege



8. I Am Whole – Shola Oz

9. African and Caribbean Folktales, Myths and Legend – Wendy Shearer

10. THE PROUDEST BLUE – Ibtihaj Muhammad

