

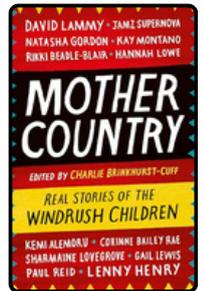


# Resource Guide Building A Multicultural Environment

Books and E-Books

## **Mother country : real stories of the Windrush children (2018) by Charlie Brinkhurst-Cuff. ISBN: 9781472261915**

For the pioneers of the Windrush generation, Britain was 'the Mother Country'. They made the long journey across the sea, expecting to find a place where they would be welcomed with open arms; a land in which you were free to build a new life, eight thousand miles away from home. This remarkable book explores the reality of their experiences, and those of their children and grandchildren, through 22 unique real-life stories spanning more than 70 years.

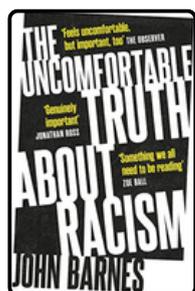
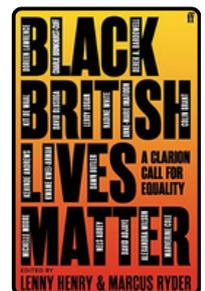


## **Why I'm no longer talking to white people about race (2018) by Reni Eddo-Lodge. ISBN: 9781408870587**

The book that sparked a national conversation. Exploring everything from eradicated black history to the inextricable link between class and race, Why I'm No Longer Talking to White People About Race is the essential handbook for anyone who wants to understand race relations in Britain today.

## **Black British lives matter: A clarion call for equality (2022) edited by Lenny Henry. ISBN: 9780571368518**

Lenny Henry and Marcus Ryder introduce an essential collection of essays arguing how and why we need to fight for Black lives to matter - not just for Black people, but for British society as a whole. Writing across a wide range of subjects, and drawing on personal experience, all nineteen writers explore the unique contributions, perspectives and importance of Black Britons to the UK and beyond. It is both a celebration of Black British lives and an urgent, agenda-setting manifesto for change.

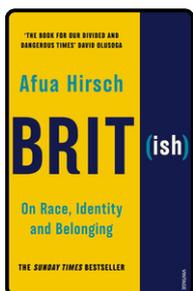


## **The uncomfortable truth about racism (2022) by John Barnes. ISBN: 9781472290427**

By vividly evoking his personal experiences, and holding a mirror to this country's past, present and future, John Barnes provides a powerful and moving testimony. This book will help to inform and advance the global conversation around society's ongoing battle with the awful stain of prejudice.

**So you want to talk about race? (2020) by Ijeoma Oluo. ISBN: 9781541647435**

So You Want to Talk About Race offers a contemporary, accessible take on the racial landscape in America, addressing head-on such issues as privilege, police brutality, intersectionality, micro-aggressions, the Black Lives Matter movement, and the "N" word.



**BRIT(ish): On race, identity and belonging (2018) by Afua Hirsch. ISBN: 9781784705039 (Available as a book and an e-book)**

You're British. Your parents are British. Your partner, your children and most of your friends are British. So why do people keep asking where you're from? We are a nation in denial about our imperial past and the racism that plagues our present. Brit(ish) is Afua Hirsch's personal and provocative exploration of how this came to be – and an urgent call for change.

**The challenge of racism in therapeutic practice : engaging with oppression in practice and supervision (2016) by Isha McKenzie-Mavinga. ISBN: 9781137397027**

Unpacking the latest concepts and theories, and offering a wealth of real-life stories and examples, the author reflects, with a voice of empathy and understanding, on how the challenge of everyday racism, as well as the enduring, intergenerational pain caused by historical racism, can affect the therapeutic dynamic, and how practitioners can deliver a truly inclusive therapeutic service that tackles these issues sensitively.

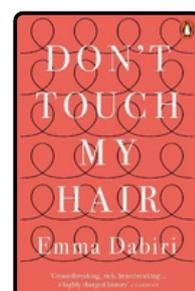


**Overcoming everyday racism : building resilience and wellbeing in the face of discrimination and microaggressions (2019) by Susan Cousins & Cheryl Hill. ISBN: 9781785928512 (E-Book)**

A timely book in the current socio-political climate, adding to the collection of contemporary and academic work encouraging racial literacy. It explores real life and workplace situations many BAME people can identify with. It nurtures self-awareness and strategies to arm against the damaging implicit and explicit experiences of everyday racism.

**Don't touch my hair (2019) by Emma Dabiri. ISBN: 9780141986296 (E-Book)**

Straightened. Stigmatized. 'Tamed'. Celebrated. Erased. Managed. Appropriated. Forever misunderstood. Black hair is never 'just hair'. This book is about why black hair matters and how it can be viewed as a blueprint for decolonisation. Over a series of wry, informed essays, Emma Dabiri takes us from pre-colonial Africa, through the Harlem Renaissance, Black Power and on to today's Natural Hair Movement, the Cultural Appropriation Wars and beyond.



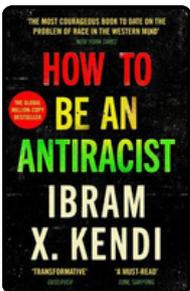


**Black and blue: the origins and consequences of medical racism (2012) by John Hoberman. ISBN: 9780520951846 (E-Book)**

Black & Blue is the first systematic description of how American doctors think about racial differences and how this kind of thinking affects the treatment of their black patients. The standard studies of medical racism examine past medical abuses of black people and do not address the racially motivated thinking and behaviors of physicians practicing medicine today.

**The good immigrant: 21 writers reflect on race in contemporary Britain (2016) edited by Nikesh Shukla. ISBN: 9781783522965 (Available as a book and an e-book)**

How does it feel to be constantly regarded as a potential threat, strip-searched at every airport or be told that, as an actress, the part you're most fitted to play is 'wife of a terrorist'? Bringing together 21 exciting black, Asian and minority ethnic voices emerging in Britain today, The Good Immigrant explores why immigrants come to the UK, why they stay and what it means to be 'other' in a country that doesn't seem to want you, doesn't truly accept you – however many generations you've been here – but still needs you for its diversity monitoring forms.

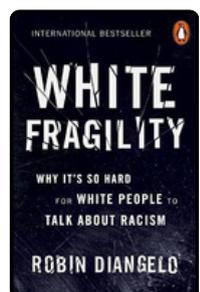


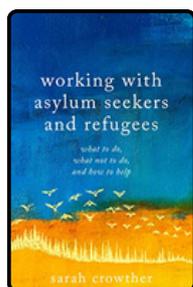
**How to be an anti-racist (2019) by Ibram X. Kendi. ISBN: 9781473570979 (E-Book)**

In this rousing and deeply empathetic book, Ibram X. Kendi, founding director of the Antiracism Research and Policy Center, shows that when it comes to racism, neutrality is not an option: until we become part of the solution, we can only be part of the problem. Using his extraordinary gifts as a teacher and storyteller, Kendi helps us recognise that everyone is, at times, complicit in racism whether they realise it or not, and by describing with moving humility his own journey from racism to antiracism, he shows us how instead to be a force for good.

**White fragility: why it's so hard for white people to talk about racism (2019) by Robin Diangelo. ISBN: 9780141990576 (E-Book)**

Anger. Fear. Guilt. Denial. Silence. These are the ways in which ordinary white people react when it is pointed out to them that they have done or said something that has – unintentionally – caused racial offence or hurt. After, all, a racist is the worst thing a person can be, right? But these reactions only serve to silence people of colour, who cannot give honest feedback to 'liberal' white people lest they provoke a dangerous emotional reaction.



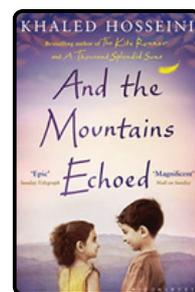


**Working with asylum seekers and refugees: what to do, what not to do, and how to help (2019) by Sarah Crowther. ISBN: 9781785923173**

This hands-on guide provides accessible, insightful advice for practitioners who find themselves working with asylum seekers and refugees. Part I covers the essentials of understanding refugees' experiences including what they are coping with now they are in the UK, definitions, entitlements and restrictions, equality, positive action, and practical engagement including improving access to services and overcoming language barriers. Part II prepares professionals for meeting a wide range of needs, including housing, poverty, health and mental health, and training and employment. It also cover issues and opportunities when working with child and young refugees.

**And the mountain echoed (2014) by Khaled Hosseini. ISBN: 9781408842454**

Ten-year-old Abdullah would do anything for his younger sister. In a life of poverty and struggle, with no mother to care for them, Pari is the only person who brings Abdullah happiness. For her, he will trade his only pair of shoes to give her a feather for her treasured collection. When their father sets off with Pari across the desert to Kabul in search of work, Abdullah is determined not to be separated from her. Neither brother nor sister know what this fateful journey will bring them. And the Mountains Echoed is a deeply moving epic of heartache, hope and, above all, the unbreakable bonds of love.



**Love in colour: mythical tales from around the world, retold (2020) by Bolu Babalola. ISBN: 9781472268860**

Bolu Babalola finds the most beautiful love stories from history and mythology and rewrites them with incredible new detail and vivacity in this debut collection. Focusing on the magical folktales of West Africa, Babalola also reimagines iconic Greek myths, ancient legends from the Middle East, and stories from countries that no longer exist in our world.

**Anita and me (1997) by Meera Syal. ISBN: 9780006548768**

The debut novel from the award-winning screenwriter of *Bhaji on the Beach*. The story of nine-year-old Meena, growing up in the only Punjabi family in the Black Country mining village of Tollington. *Anita and Me* is a unique vision of a British childhood in the Seventies, a childhood caught between two cultures, each on the brink of change.

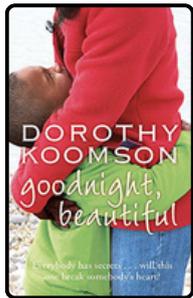


**Before the coffee gets cold (2019) by Toshikazu Kawaguchi. ISBN: 9781529029581**

In a small back alley in Tokyo, there is a café which has been serving carefully brewed coffee for more than one hundred years. But this coffee shop offers its customers a unique experience: the chance to travel back in time.

**Tea time for the traditionally built (2009) by Alexander McCall Smith. ISBN: 9780349119977**

Mma Makutsi's engagement to Phuti Radiphuti has progressed smoothly so far, but suddenly there is trouble in the form of her glamorous, empty-headed rival Violet Sephotho. While solving the amorous problems of her neighbours and clients is where Mma Ramotswe excels, the world of football is decidedly less familiar – however, when the owner of the Kalahari Swoopers comes to the No. 1 Ladies' Detective Agency, she promises to find the traitor among the team's ranks.

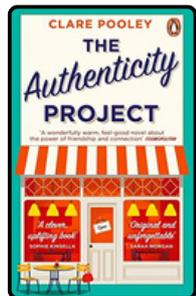


**Goodnight beautiful (2008) by Dorothy Koomson. ISBN: 9780751539813**

Incredibly moving, honest and brave – Goodnight, Beautiful is an amazing novel about love overcoming all odds. Dorothy Koomson is a writer of stunning talent and Goodnight, Beautiful will take her profile and sales to yet higher levels.

**The authenticity project (2021) by Claire Pooley. ISBN: 9781784164690**

Six strangers with one thing in common: their lives aren't always what they make them out to be. What would happen if they told the truth instead?

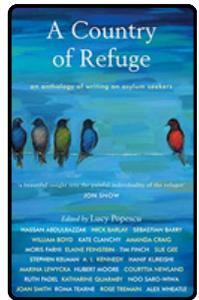


**Brick lane (2003) by Monica Ali. ISBN: 9780552771153**

Still in her teenage years, Nazneen finds herself in an arranged marriage with a disappointed man who is twenty years older. Away from the mud and heat of her Bangladeshi village, home is now a cramped flat in a high-rise block in London's East End. Nazneen knows not a word of English, and is forced to depend on her husband. But unlike him she is practical and wise, and befriends a fellow Asian girl Razia, who helps her understand the strange ways of her adopted new British home. Nazneen keeps in touch with her sister Hasina back in the village. But the rebellious Hasina has kicked against cultural tradition and run off in a 'love marriage' with the man of her dreams. When he suddenly turns violent, she is forced into the degrading job of garment girl in a cloth factory.

**A country of refuge: an anthology of writing on asylum seekers (2016) edited by Lucy Popescu. ISBN: 9781783522682**

Compiled and edited by human rights activist and writer Lucy Popescu, this powerful collection of short fiction, memoir, poetry and essays explores what it really means to be a refugee: to flee from conflict, poverty and terror; to have to leave your home and family behind; and to undertake a perilous journey, only to arrive on less than welcoming shores. These writings are a testament to the strength of the human spirit. The contributors articulate simple truths about migration that will challenge the way we think about and act towards the dispossessed and those forced to seek a safe place to call home.



All of the books listed above are available from the library. Scan the QR code to search the library catalogue and reserve them, or ring/email the library. You will need an NHS OpenAthens account to read the e-books



## Online Resources

NHS Leadership Academy: Programmes to help you grow as a leader  
<https://www.leadershipacademy.nhs.uk/programmes/>

NHS Race and Health Observatory  
<https://www.nhsrho.org/>

NHS Workforce: Ethnicity Facts and Figures  
<https://www.ethnicity-facts-figures.service.gov.uk/workforce-and-business/workforce-diversity/nhs-workforce/latest>

Mental Health Foundation: Black, Asian and minority ethnic (BAME) communities  
<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/black-asian-and-minority-ethnic-bame-communities>

Runnymede Trust: UK race equality think tank  
<https://www.runnymedetrust.org/>

Black History Month  
<https://www.blackhistorymonth.org.uk/>

South Asian Heritage Month  
<https://www.southasianheritage.org.uk/>

Stop Hate UK  
<https://www.stophateuk.org/about-hate-crime/racism-in-the-uk/>

The King's Fund: Support if you have experienced racism or discrimination  
<https://www.kingsfund.org.uk/insight-and-analysis/projects/inequalities-inclusion-nhs-providers#support-if-you-have-experienced-racism-or-discrimination>

Mind the Gap: Clinical handbook of signs and symptoms in black and brown skin  
<https://www.blackandbrownskin.co.uk/mindthegap>

Find out more about the Building A Multicultural Environment Network on the Trust Extranet, or email:

[BAME.staffnetwork@sthk.nhs.uk](mailto:BAME.staffnetwork@sthk.nhs.uk)



Contact us

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