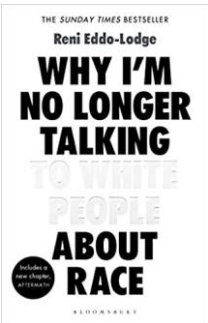


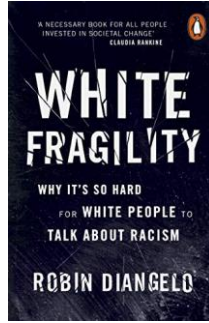
## Available via the Trust's Library Service

# A Selection of Books, Articles and Videos about Cultural Awareness



**Why I'm No Longer Talking to White People About Race** - Reni Eddo-Lodge  
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.



**White Fragility: Why it is so hard for white people to talk about racism** - Robin DiAngelo  
'With clarity and compassion, DiAngelo allows us to understand racism as a practice not

restricted to "bad people." In doing so, she moves our national discussions forward. This is a necessary book for all people invested in societal change'  
Claudia Rankine

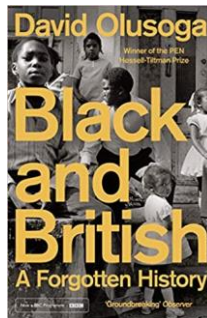


**The Good Immigrant** - Nikesha Shukla  
Bringing together 21 exciting black, Asian and minority ethnic voices emerging in Britain today, explores why immigrants

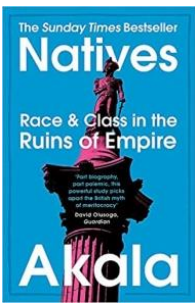
come to the UK



An urgent collection of essays by first- and second-generation immigrants, exploring what it's like to be othered in an increasingly divided America



**Black and British: A Forgotten History** David Olusoga  
In this vital re-examination of a shared history, historian and broadcaster David Olusoga tells the rich and revealing story of the long relationship between the British Isles and the people of Africa and the Caribbean.



Natives, race, and class in the ruins of Empire - Akala  
From the first time he was stopped and searched as a child, to the day he realised his mum was white, to his first encounters with

racist teachers - race and class have shaped Akala's life and outlook. In this unique book he takes his own experiences and widens them out to look at the social, historical and political factors that have left us where we are today.



Small Great Things - Jodi Picoult  
When a newborn baby dies after a routine hospital procedure, there is no doubt about who will be held responsible: the nurse who had been banned from looking after him by his father.

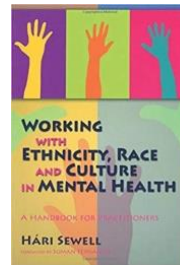
***Small Great Things* is about prejudice and power; it is about that which divides and unites us.**



**Racism and Antiracism: Inequalities, Opportunities and Policies**

Peter Braham  
How racist is society today? How have the patterns of

discrimination and disadvantage changed over the past twenty years? This key text explores the nature and extent of racial discrimination, and the successes and failures of equal opportunities programmes.



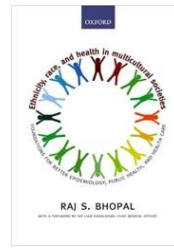
**Working with Ethnicity, Race and Culture in Mental Health: A Handbook for Practitioners**  
Hári Sewell

This book enables front line practitioners to understand why it is important to consider the specific needs of people from black and minority ethnic (BME) backgrounds in mental health settings. It offers practical guidance on how practitioners can take positive steps to improve the quality of their work and their relationships with BME service users, and ultimately how to improve their outcomes.



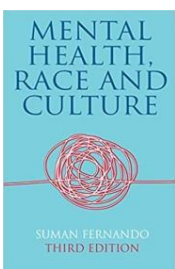
**Diversity and cultural awareness in nursing practice**  
**Beverley Brathwaite**  
As a nurse responsible for providing person-centred care it is vital that you understand

how culture and diversity affect patients' experience of health care. Ensuring that you are able to communicate effectively with people from across the social spectrum and tailor your nursing practice to the needs of the individual is not simple but this book will provide you with the knowledge, awareness and skills to do it.



**Ethnicity, Race, and Health in Multicultural Societies: Foundations for Better Epidemiology, Public Health, and Health Care**  
**Raj S. Bhopal**

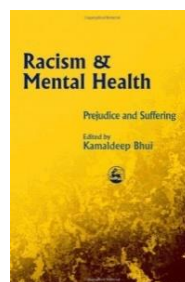
Most of the industrialized world now comprises multi-ethnic societies, with people from widely varying ancestry, cultures, languages, and beliefs. With the globalization of trade, increasing international travel, and migration, the whole world is destined to become multi-ethnic within the next 20 or 30 years. This change poses huge challenges for doctors, nurses, public health practitioners, health-care managers, and policy makers who have to meet legal and policy obligations to deliver health outcomes, and provide health-care of equal quality and effectiveness.



**Mental Health, Race and Culture**  
**Suman Fernando**

This is the third, significantly expanded and revised, edition of this seminal text. Incorporating additional

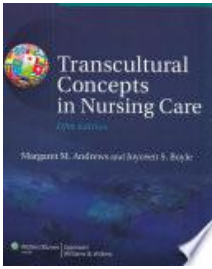
contemporary topics, including mental health of refugees, trauma and psychosocial approaches, this text offers an illuminating account of mental health and mental disorder seen cross-culturally and internationally.



**Racism and Mental Health: Prejudice and Suffering**

**Kamaldeep Bhui**

This thought-provoking book investigates the impact of racism (both conscious and unconscious) in mental health settings, covering individual clinical encounters and the broader picture of service provision.



**Transcultural concepts in nursing care**  
**Margaret Andrews, Joycece Boyle.**

This text conveys the importance of diverse cultural

knowledge for evaluation of patient outcomes, understanding persons in clinical settings, and appropriate responses during the nurse/client interaction.



**So You Want to Talk About Race**  
**Ijeoma Oluo**

A contemporary, accessible take on the racial landscape in America, addressing head-on such issues as privilege, police

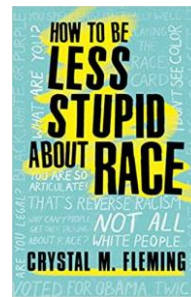
brutality, intersectionality, micro-aggressions, the Black Lives Matter movement, and the "N" word.



**International Handbook of Black Community Mental Health**  
**Richard Majors (Editor)**

This is the first international handbook on Black community mental

health.



**How to Be Less Stupid about Race: On Racism, White Supremacy, and the Racial Divide**  
**Crystal M Fleming**

Combining no-holds-barred social critique, humorous personal

anecdotes, and analysis of the latest interdisciplinary scholarship on systemic racism.



**The Conversation: how talking honestly about racism can transform individuals and organizations**  
**Robert Livingston**

Robert Livingston has

created the ultimate solutions-oriented guide for those who want to transform the social order, but are unsure of how to go about it.



**This Is Why I Resist: Don't define my black identity**  
**Dr Shola Mos-Shogbamimu**

Digs down into the deep roots of racism and anti-blackness in the UK and

the US. Using real life examples from the modern day, Dr Shola shows us the different forms racism takes in our day-to-day lives and asks us to raise our voice to end the oppression.

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## ARTICLES

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### **Race and Risk – Exploring UK Social Policy and the Development of Modern Mental Health Services**

Clarke, P. (2020), "Race and Risk – Exploring UK Social Policy and the Development of Modern Mental Health Services",

Majors, R., Carberry, K. and Ransaw, T.S. (Ed.)

The International Handbook of Black Community Mental Health, pp. 149-162

Abstract

A literature review plus reference to case studies will form the basis of the chapter. What is the relationship between modern racism?

(To obtain a copy of this chapter or to borrow the book it is taken from, please contact any Trust Library.)

### **Letter to a White Man**

It wasn't until relatively recently that I began to recognize the racist ideas that I've carried with me for much of my life. While I've still got a lot to learn (and unlearn), I'm beginning to come to grips with my contribution to the continued inequities in America.

<https://medium.com/@rhettmc/letter-to-a-white-man-fbe6efd908b9>

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### **More than a teachable moment: Black lives matter**

**Author(s):** Sobo EJ; Lambert H; Heath CD

**Source:** Anthropology & medicine; Jun 2020 ; p. 1-6

**Publication Date:** Jun 2020

**Publication Type(s):** Editorial

**PubMedID:** 32580573

Available at [Anthropology & medicine](#) - from Unpaywall

**Database:** PubMed

### **Stay Woke: The Black Lives Matter Movement documentary (2016)**

"Stay Woke: The Black Lives Matter Movement" is an original documentary film that chronicles the evolution of the Black Lives Matter movement through the first person accounts of local activists, protesters, scholars, journalists and others.

<https://www.youtube.com/watch?v=eloYtKOqxU>

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## **"In these streets": the saliency of place in an alternative black mental health resource centre**

**Author(s):** Wainwright ; McKeown, Mick; Kinney, Malcolm

**Source:** International Journal of Human Rights in Healthcare; Jan 2020; vol. 13 (no. 1); p. 31-44

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal Available at [International Journal of Human Rights in Healthcare](#) - from Unpaywall

**Abstract:** Purpose: The purpose of this paper is to explore experiences of survivors of the mental health system regularly attending a mental health resource centre predominantly but not exclusively focussed on needs of the BAME community.

## **White Privilege: Unpacking the Invisible Knapsack**

**Peggy McIntosh**

In her 1988 essay, "White Privilege and Male Privilege: A Personal Account of Coming to See Correspondences Through Work in Women's Studies", McIntosh describes her understanding of "white privilege" as unearned advantage based on race, which can be observed both systemically and individually, like all unearned privileges in society (such as those related to class, religion, ethnicity, sexual orientation, age or ability).

[https://psychology.umbc.edu/files/2016/10/White-Privilege\\_McIntosh-1989.pdf](https://psychology.umbc.edu/files/2016/10/White-Privilege_McIntosh-1989.pdf)

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## **How to become a less biased version of yourself**

Completely eradicating bias and prejudice is impossible, but you can actually change certain behaviors to be more open and empathetic.

<https://www.fastcompany.com/90303107/how-to-become-a-less-biased-version-of-yourself>

## **How to confront bias without alienating people**

It's about starting from a place of shared values, and understanding that bias is a human condition, rather than a character flaw.

<https://www.fastcompany.com/90333864/how-to-confront-bias-without-alienating-people>

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## VIDEOS

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### **Health Implications of Black Lives Matter Among Black Adults.**

**Author(s):** Seaton EK; Yellow Horse AJ; Yoo HC; Vargas E

**Source:** Journal of racial and ethnic health disparities; Apr 2020

**Publication Date:** Apr 2020

**Publication Type(s):** Journal Article

**PubMedID:** 32319049

**Abstract:**OBJECTIVE: The current study examined whether knowledge, understanding and support of the Black Lives Matter movement were positively linked to self-reported physical health among a representative sample of Black American adults. CONCLUSIONS: Black American adults who understand and support Black Lives Matter reported more positive overall physical health.

<https://link.springer.com/content/pdf/10.1007/s40615-020-00749-z.pdf>

### **Akala deconstructs race, class, and Britain's modern myths**

Rapper, poet and scholar Akala joins James O'Brien for a scintillating interview, in which they discuss two issues that run to the heart of modern Britain: race and class. In a breakneck hour of conversation, Akala picks apart many of the modern myths around gangs, street violence and black youth, looking at the ways these are perpetuated in the media and who benefits from perpetuating them, as well as looking back to the Windrush generation and the institutionalised injustices that led to the recent crisis.

<https://www.youtube.com/watch?v=atfVUgyEIOI>

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St Michael's Hospital,  
Warwick  
Tel. 01926 406749

[stmichaels.library@covwarkpt.nhs.uk](mailto:stmichaels.library@covwarkpt.nhs.uk)

### Brian Oliver Library

Brian Oliver Centre, Brooklands, Marston  
Green  
Tel. 0121 329 4923

[brooklands.library@covwarkpt.nhs.uk](mailto:brooklands.library@covwarkpt.nhs.uk)

### Health Sciences Library

Caludon Centre, Clifford Bridge Road,  
Coventry  
Tel. 024 7693 2450

[caludon.library@covwarkpt.nhs.uk](mailto:caludon.library@covwarkpt.nhs.uk)

### Manor Court Library

Manor Court Avenue,  
Nuneaton  
Tel. 024 7632 1561

[manorcourt.library@covwarkpt.nhs.uk](mailto:manorcourt.library@covwarkpt.nhs.uk)

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