

HOW TO BE A BETTER ALLY



Listen and Learn

read.

[Me and White Supremacy](#) by Layla F. Saad.

[Why I'm No Longer Talking To White People About Race](#)

Watch.

Dear White People by Justin Simien

The Hate U Give by George Tillman Jr.

Time: The Kalief Browder Story

Listen.

[1619](#) (New York Times)

[Ctrl Alt Delete #266 Layla F Saad: Doing The Anti-Racism Work](#)

Care for Black Mental Wellbeing

mind.org.uk

mentalhealth.org

gov.uk – [know your rights at work](#)

Support Black Owned Businesses

[Black individuals and businesses in the wine trade - Victoria James.](#)

[The many hues of wine talent – Jancis Robinson](#)

[Black Erasure in the British Food Industry - Melissa Thompson](#)

[@bameinhospitality](#)

Grow black Communities

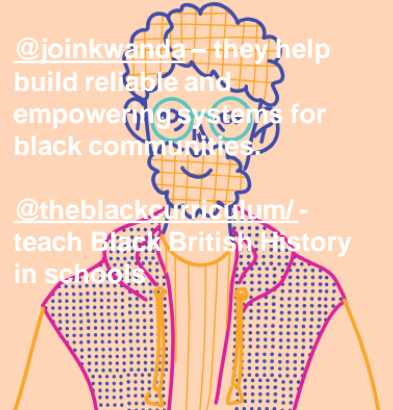
[@Ukjamii](#) - a place for you to discover black owned businesses.

[@blackballaduk](#) - a media platform that helps black women in Britain live their best life.

[@officialstepnow](#) – they support young people into careers in finance, career, family, and health.

[@joinkwanda](#) - they help build reliable and empowering systems for black communities.

[@theblackcurriculum/](#) - teach Black British History in schools.



Donate to Charities

[100 Black Men of London](#)

[London Black Women's Project](#)

[Black Lives Matter London](#)

[& many more here.](#)

Speak up and call it out!

[Challenge brands & institutions that 'took a stand' on #BlackoutTuesday](#)

[How to be a better Ally](#)

<https://guidetoallyship.com>

Learn about the Aboriginal and Torres Strait Islander cultures in Australia. inmyblooditrans.com