

From: bamestaff@contacts.bham.ac.uk
Subject: Covid, BLM, self-care and much more
Date: 12 June 2020 13:59:46
Attachments: [Maintaining Self-Care \(2\).docx](#)

Dear All,

Please find below some things which may be of interest. I hope everyone and their families are all safe and well.

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Covid-19 on the BAME Community

There was an online meeting on Wednesday evening, chaired by Liam Byrne MP and attended by Baroness Doreen Lawrence. The meeting was to hear the testimonies of BAME people in the W Midlands who have lost family and friends to COVID 19. The testimonies were harrowing.

They are looking for people who might undertake the brave step of giving a testimony, either virtually by following this link: <https://liambyrnemp.co.uk/content/bame-taskforce-public-hearings> or by giving a written testimony: covidenquiry@liambyrnemp.co.uk

Black Lives Matter Online Discussion – run by the Race Equality Network at King’s College London in collaboration with EmbRace (the BME staff network of London School of Economics)

Over the past few weeks, we have been shocked and saddened by the injustices triggered by the sad death of George Floyd. The subsequent action taken by the Black Lives Matter movement has brought focus upon the institutionalised racism and systematic inequality that still impacts contemporary society.

The **Race Equality Network** at King’s College London in collaboration with **EmbRace** (the BME staff network of London School of Economics), has organised an online event on the **19th of June 2020** at **11.00 to 12.00**. The aim is to bring together members of BAME staff networks from the higher education sector to reflect upon how we can best support our Black and ethnic minority colleagues.

The event will be a roundtable discussion to discuss:

- Best practices across our universities
- How we can collectively and individually lobby for change
- What standards we should be looking to set e.g. diversity across all job levels and types, ethnicity pay gap, attainment gap, Race equality charter etc.

If there are any topics you would like to be included in the discussion, then please let us know by the 16th of June. Email VJ Sidhu at vj.sidhu@kcl.ac.uk.

Maintaining self-care from UHB BAME Network – attached

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PhD study into the experiences of traumatic births in diverse populations

PhD student Eleanor Molloy from Warwick is conducting research into traumatic births in diverse populations.

The background for this study is not just about the inequities which have been highlighted in the MBRRACE reports over the last few years, but about the experiences of women giving birth, and how well they feel their needs and wishes are listened to. I am also focussing on how able they are not just to seek support for any births which they may have found upsetting, but also how the health services

can adapt their services to be accessible for those who need to access them.

The study is a two-stage study, the first is an online survey open to anyone who had had a difficult birth, and the second is a qualitative interview stage specifically focussing on the experiences of BAME and LGBTQ individuals. Participants must be 18 yrs old at the time of participation, and the birth should have happened in the UK. There is no time limit on when this may have been. The link to the survey is here - http://warwick.co1.qualtrics.com/jfe/form/SV_bjf7vCeaXryCmdn

Best Wishes

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