



Living Well North Tyneside

Supporting Health and Wellbeing

Every October, the UK marks **Black History Month**, a nationwide celebration of the rich history, arts, and culture of the Black community. This month-long event honours the achievements, contributions, and experiences of Black people throughout history, while also shining a light on the ongoing challenges and inequalities they face today. It is an opportunity for everyone to engage in dialogue, reflect on history, and celebrate the impact that Black individuals and communities have made in shaping the UK and the world.

The Origins of Black History Month

Black History Month was first celebrated in the UK in 1987, inspired by the American version, which began in 1926. The UK's first Black History Month was organised in London by activist Akyaaba Addai-Sebo to promote a deeper understanding of Black history and heritage. Since then, it has grown into a nationwide event, with schools, cultural institutions, local councils, and community groups taking part.

While Black history is a vital part of British history, it has often been overlooked or marginalised in mainstream narratives. Black History Month seeks to correct this by highlighting the stories of Black individuals and communities that have historically been underrepresented or ignored. It offers a platform to celebrate Black excellence and recognise the contributions of Black people in shaping the arts, politics, sports, science, and many other areas of society.

The Importance of Black History Month

Black History Month serves as a reminder of the struggles for racial equality and justice while celebrating the achievements and contributions of Black people. It provides an opportunity to reflect on historical injustices such as slavery, colonialism, and systemic racism and encourages discussions about how to address these legacies today.

At the same time, Black History Month is a time to celebrate the beauty, creativity, and resilience of Black culture. From music and literature to film, art, and fashion, Black culture has had an indelible influence on global popular culture, and Black History Month allows us to highlight and celebrate these contributions.

Celebrating Black History, Arts, and Culture

Throughout October, events are held across the UK to honour Black history and culture. These events range from educational talks, film screenings, and panel discussions to concerts, art exhibitions, and theatre performances. Schools often incorporate Black History Month into their curriculum, teaching students about influential Black figures and movements that have shaped the world.

Popular themes and activities during Black History Month include:

- **Honouring Historical Figures** – Black History Month pays tribute to trailblazers such as Mary Seacole, a pioneering nurse during the Crimean War, and Olaudah Equiano, a former enslaved African who became an abolitionist and author. These figures are celebrated for their contributions to British society and their courage in challenging racial discrimination.
- **Celebrating Black Creatives** – Black History Month provides a platform for showcasing Black artists, musicians, writers, and filmmakers whose work explores themes of identity, race, and culture. Artists like Lynette Yiadom-Boakye, a renowned British painter, and musicians like Stormzy and Jorja Smith are often highlighted for their contributions to modern culture.
- **Exploring Black Literature** – Book clubs, libraries, and schools often focus on the works of Black British authors during Black History Month. Writers like Zadie Smith, Bernardine Evaristo, and Malorie Blackman have made significant contributions to literature, addressing themes of race, identity, and social justice.
- **Highlighting Black Activism** – Events often focus on the civil rights movements and anti-racist activism in the UK, including figures such as Claudia Jones, a feminist, political activist, and founder of the Notting Hill Carnival, and

Diane Abbott, the first Black woman to be elected to Parliament.

The Role of Education

Education is a central focus of Black History Month. Many schools, colleges, and universities use the month to broaden students' understanding of Black history, with lessons and workshops that explore the legacies of colonialism, slavery, and migration. Importantly, the month is an opportunity to discuss issues like institutional racism and discrimination, helping to educate the younger generation about the fight for racial equality.

However, the hope is that the lessons of Black History Month extend beyond October and become an integral part of the education system year-round. Black history is British history, and ongoing efforts are being made to ensure that Black experiences and achievements are embedded into the national curriculum.

How You Can Get Involved

Whether through learning, participating in events, or supporting Black-owned businesses and creators, there are many ways to engage with Black History Month:

- **Attend Events** – Participate in local or virtual Black History Month events, including exhibitions, concerts, talks, and workshops. Many organisations host free or low-cost events open to the public.
- **Support Black Creatives and Businesses** – Use this month as an opportunity to discover and support Black authors, artists, musicians, and entrepreneurs.
- **Engage in Conversations** – Educate yourself and others about the challenges faced by Black communities. Engage in conversations around race and racism, and advocate for equality and social justice in your community or workplace.
- **Read Black Literature** – Explore books by Black authors or about Black history. Many bookstores and libraries feature reading lists for Black History Month.
- **Learn the History** – Use this time to explore the rich history of Black people in the UK. Many museums and historical organisations provide online resources and exhibitions to learn more about the contributions of Black individuals to British history.

Looking Beyond October

While Black History Month shines a spotlight on the importance of recognising and celebrating Black history, it is essential to carry its messages throughout the year. Addressing racial inequalities, promoting diversity, and celebrating Black achievements should be ongoing efforts, both in personal and public spaces.

Black History Month 2024 offers an opportunity to not only celebrate the past but also reflect on how we can build a more inclusive and equitable future for everyone.

Related Links

- [For more information on Black History Month and events near you](#)



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