

Lessons Learnt from October 2021 Black History Month UK



OCT 2021 Black History Month UK (PROUD TO BE). “Education from the Public to the Public” by Vivian Okeze – Tirado & VOT Training. Many thanks to all the Participants. It was a good run, a worthy cause. You have made a difference during this Oct 2021 Black History Month!

If you would like to learn more, get your copy of the book: Diversity Acrostic Poem – Working with Diversity & Developing Culturally Sensitive Practice in Social Work and Social Care. This book offers helpful steps and solutions to anti-racist practice. “Let’s not just talk about racism, let’s do something about it!” Available to purchase from: <https://vottraining.co.uk/order-book>

OR Amazon -

Lessons learnt:

Day 1 - Oct 2021 Black History Month - **Education from the Public to the Public!** Vivian (Advanced Social Worker & Practice Educator. Finalist for Social Justice Advocate of the Year 2021 – National Social Work Awards) is saying: “We are all indeed connected... Let us care enough to connect! Connect to the plight of the disadvantaged people! There is room for all in our Society! Let Black Lives Matter”. Happy Black History Month!

Day 2 - Oct 2021 Black History Month - **Education from the Public to the Public!** Florida’s (Social Care Staff) favourite quote from the Diversity Acrostic Poem book which she is sharing with the public today is: “It is important to carry out deep exploration of service user’s experiences to be able to help them.” Happy Black History Month!

Day 3 - Oct 2021 Black History Month - **Education from the Public to the Public! Today is** Josephine's (Accountant & Data Analyst) birthday and her favourite quote from the book which she is sharing with the public is: "Diversity is the norm in nature. Being part of a minority is being part of the whole". Happy Black History Month!

Day 4 – Oct 2021 Black History Month - **Education from the Public to the Public.** Ellen (Senior Social Work Practitioner) and her friend Foster are saying to the public: "Diversity creates great friendships". Happy Black History Month!

Day 5 Oct 2021 Black History Month UK - **Education from the Public to the Public.** Emma (Content Manager & Podcast Host) says: "Diversity Acrostic Poem has taught me so much. The 'I' description - 'Invite people to talk about their cultures, values, beliefs, and experiences' - in the poem was particularly poignant for me. I love to find out about people and what makes them tick. This underlines how important it is that we seek to understand others to ensure everyone has fair treatment in society." Happy Black History Month!

Day 6 Oct 2021 Black History Month UK - **Education from the Public to the Public.** Enzo (Secondary School Student) is saying to his peers today: "I am learning about Diversity because it is important for my future." He is encouraging them to do the same. Happy Black History Month!

Day 7 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Joshua (Senior Orthotist) says to the public: "I work in healthcare and this book is relevant here too! "Equality is the right of different groups of people to receive the same treatment", but let's face it, this isn't always so. I remember a company coming to showcase their latest technology of foot scanners during my time training as an Orthotist. When it was time for me to have a go, they said I had to wear a white sock because it didn't work on dark skin colours. Diversity is important because if they'd had a more diverse team, this would have been a limitation they could have addressed and rectified so that all patients would be able to receive the same treatment. This is just one of the reasons why representation matters." Happy Black History Month!

Day 8 - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Millie is proud to be an Anti-racism Lead Practitioner in a Local Authority "where they are beginning to make a real impact toward change, in social work practice". She likes the Dalai Lama quote cited in the Diversity Acrostic Poem book: "When you talk you are only repeating what you already know, but if you listen, you may learn something new". Happy Black History Month!

Day 9 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Anna (Journalist & Translator) says: It was a pleasure to interview Vivian about her book, Diversity Acrostic Poem. What I took with me from our conversation was that we should *talk* more and not be *afraid* to discuss sensitive issues like race and racism. We should worry less about offending/being offended if we want to see progress. Happy Black History Month!

Day 10 –Oct 2021 Black History Month UK - Education from the Public to the Public. For Anastasia (Movie Producer & Director), the quote in the Diversity

Acrostic Poem book that resonates with her which she is sharing with the public is: "Undermining people's cultures, beliefs, and experiences diminishes them psychologically and can lower their self-esteem, impacting their emotional, mental health". Happy Black History Month!

Day 11 - Oct 2021 Black History Month UK - **Education from the Public to the Public.** For Adaobi (Private Tutor), the quote in the Diversity Acrostic Poem book that resonates with her which she is sharing with the public today is: "Undermining people's cultures, beliefs, and experiences diminishes them psychologically and can lower their self-esteem, impacting their emotional, mental health". Happy Black History Month!

Day 12 - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Dr Neil Thompson (Renowned Social Author) is happy when Authors are working together to combat racism. He recommends the Diversity Acrostic Poem book. "This book, with its innovative way of structuring the material, is basically a practical guide to making anti-racism a reality." He also recommends his newest book Anti-Racism for Beginners. Happy Black History Month!

Day 13 - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Darlington (Principal Social Worker) is proud to be working in a Local Authority that is driving change around Equality, Diversity, and Inclusion. He particularly likes the Diversity Acrostic Poem book and has purchased copies for the Social Work Teams in his Local Authority. He says: "This book is an insightful and reflective read which provides a simple understanding to Equality, Diversity and Inclusion." Happy Black History Month!

Day 14 - Oct 2021 Black History Month - **Education from the Public to the Public!** Natalie (Designated Social Care Officer) with her Colleagues is saying to Public - "Embracing diversity is a journey we can all choose to take, making small changes can have a huge impact on ourselves and others as well as role-modelling to the next generation. We need to challenge ourselves about our own reasons and values and commit to learning and understanding other people's history and lived experiences". Happy Black History Month!

Day 15 - Oct 2021 Black History Month UK - **Education from the Public to the Public!** Halima (Adults Social Worker) is saying to the Public: "Inviting people to speak about their cultures gives them consent to be themselves." Happy Black History Month!

Day 16 - Oct 2021 Black History Month UK - **Education from the Public to the Public!** Nekita (Lawyerpreneur) shares her perspective on the Diversity Acrostic Poem book. She says: "Regardless of race, culture, or beliefs everyone has a story, and this book harnesses the importance of sharing stories which in turn creates understanding, ties and bonding thereby promoting diversity". Happy Black History Month!

Day 17 - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Cecil (Company Director) is pointing the public to the Diversity Acrostic Poem book. He states: "Let's learn to value each other regardless of skin colour, talent, abilities and age". Happy Black History Month!

Day 18 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Brenda (Pharmacist) would like to share simple a line from the book that resonates with her. "Everyone should have equal opportunities to enjoy and achieve." Happy Black History Month!

Day 19 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** David (Construction Technical Director) shares this quote from the Diversity Acrostic Poem book: "I hope this book will serve as a practical tool of Learning to awaken racial consciousness and arouse empathy for the plight of Black and Ethnic Minority groups in a World where White privilege is very perceptible". Happy Black History Month UK!

Day 20 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Ellie & Georgia (Primary School Students) - were discussing Diversity with their mum after mum had read them the Diversity Acrostic Poem. This was what they said: "We are all different, but we are all the same. We live in different places and talk different, but we are all the same. We like different things but are all the same. We are all human." Mum felt very proud of her girls! Happy Black History Month!

Day 21 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Cynthia (Business Owner) would like to share this from the Diversity Acrostic Poem book with the Public today: "There is Unity in Diversity. There is Power in Diversity. There is Growth in Diversity. Rise up for Justice and Equality. It is the right thing to do." Now is the Time! Happy Black History Month!

Day 22 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Florence (Social Care Staff) shares with the public "This book titled Diversity Acrostic Poem is an amazing book. I recommend it for every household, it is a little dictionary that covers a range of events in daily lifestyle. The author took her time to consider the everyday life experience and events. The part that captured me personally and I refer to is, R in DIVERSITY – REFLECT. I regularly probe my assessment on decisions I made. How I can engage, and respond to issues with clients, family, and friends. What would I have done better or differently? It is like a check mate for me. During this annual yearly event, Black History Month, let us borrow time and reflect on those things that matter to us. How we as any individual can create awareness and bring change." Happy Black History Month UK!

Day 23 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Elaine (Social Work Practitioner), Diversity Acrostic Poem book presents one of the most helpful explanations on working with diversity for those who are genuinely interested in becoming culturally competent. It is filled with examples and strategies to assist Social Work Professionals and Clinicians. It is highly recommended." Happy Black History Month UK!

Day 24 – Day 24 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Onyeka (Secondary School student) likes the heartfelt tribute to George Floyd in the Diversity Acrostic Poem book. She would like to

grow up in a World where people are treated nicely and not badly just because of the colour of their skin. Happy Black History Month UK!

Day 25 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Jason (Professional Practice Lead) shares with the public: "I am really proud to support my colleague Vivian on this brilliant publication, Diversity Acrostic Poem book - a must read for all in our Social Work Profession as we steer towards culturally sensitive and genuine anti-racist practice." Happy Black History Month UK!

Day 26 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Adefunke (Chief Executive Officer) loves the Diversity Acrostic Poem book and her favourite quote among others from the book which she would like to share with the public is: "Undermining people's cultures, beliefs, and experiences diminishes them psychologically and can lower their self-esteem, impacting their emotional, mental health." Happy Black History Month!

Day 27 – Oct 2021 Black History Month UK - **Education from the Public to the Public.** Lome (University Student) would like to share with the public from the Diversity Acrostic Poem book: "Empathy is key to understanding the plight of people from the Black and Minority Ethnic background. Racism affects them on a day-to-day basis. Empathy is key to developing racial sensitivity and improving cultural competence. Black people and people of the Minority Ethnic background need the support of White people to fight racism & injustices regularly directed at them. When everyone came together to protest George Floyd's murder in 2020, it highlighted something we should all understand; Racism isn't just something that should be a bother to only black people and people of colour, it should bother everyone." Happy Black History Month!

Day 28 - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Fran (Equine Chiropractor & Acupuncturist) would like to share two quotes from the Diversity Acrostic Poem book: "Diversity is the norm in nature, being part of the minority is being part of the whole." "Acknowledging white privilege is fundamental to engaging with Diversity and promoting Justice and Equality." Happy Black History Month!

Day 29 - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Wayne (Professional Officer, Social Worker & Anti-racism Visionary) would like to say Happy Black History Month UK! Wayne is proud to have co-written and co-edited the book Outlanders (Hidden Narratives from Social Workers of Colour) following the murder of George Floyd to help readers and the public understand racism and the impact. Also, Wayne is pleased to see the publishing of the Diversity Acrostic Poem which "creatively acronymises the word diversity and effectively draws out some of the key principles of cultural sensitivity." Happy Black History Month!

Day 30 (Penultimate day) - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Jill (Fostering Service Development Manager & Author) would like to say to the public: "Together the message is stronger.

Proud of Vivian's book and work and the Diversity workshops we've run together." Happy Black History month!

Day 30 (Penultimate day) – Oct 2021 Black History Month UK - **Education from the Public to the Public.** David (Advanced Social Worker) would like to say this to the public: "I am very proud to be Black, but Black is not all I am. That's my cultural, historical background, my genetic makeup, but it is not all of who I am, nor is it the basis from which I answer every question" (Denzel Washington). Happy Black History Month!

Day 30 (Penultimate day) - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Olivia (Secondary School Student) would like to share with the Public that she likes the tribute to George Floyd in the Diversity Acrostic Poem book because it is the right thing to do. Rest in peace George Floyd and Others... Happy Black History Month!

Day 30 (Penultimate day) - Oct 2021 Black History Month UK - **Education from the Public to the Public.** Harrington (Secondary School Student) would like to share this quote with the public: "Racism hurts people of colour 24/7, interrupting it is more important than my feelings, ego or self – image" – Dr Robin DiAngelo. Happy Black History Month!

Day 31 – Today is the ultimate day of Oct 2021 Black History Month UK picture awareness campaign - **Education from the Public to the Public.**

Oge (Nursery Child) with Mum Josephine says: "Children have no prejudices except they are taught. No one is born racist." Happy Black History Month!

Chipso (Social Care staff) – "Proud to be who I am. It is good to be where you are celebrated not where you are being tolerated." Happy Black History Month! –

Ify (Nursery Child) with dad, Emeka says: "I want to grow up in a just and fair Society where Every Child matters regardless of the colour of their skin." Happy Black History Month!

Dr Michael (Special Advisor to State Governor on Health Monitoring) says: "Proud of this book, Diversity Acrostic Poem written by a fellow Deltalite from Nigeria which makes a difference". Happy Black History Month!

Tessy (Entrepreneur) is saying to the public: "Let us support and encourage one another towards a just and fair Society. Let Black Lives Matter". Happy Black History Month!

Jossy (Accountant) - "Diversity is the norm in nature, being part of the minority is being part of the whole". Happy Black History Month!

Prince Victor Mathias – "Proud to be. Proud of the Diversity Acrostic Poem book. Happy Black History Month UK!"

Vivian (Author of the Diversity Acrostic Poem) – I am Proud of this book that makes a difference. Diversity Acrostic Poem offers helpful steps and solutions to Anti-racist practice. Happy Black History Month!

Many thanks again to all the Participants. You have made a difference!

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