

Black Lives Matter

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Times are tough right now, a lot is going on in the world. If you are on social media, have been talking to friends and family or have read the news, you will have seen evidence to that effect.

We live in an uncertain world, not just because of the Covid-19 pandemic where the socio-economic impacts are yet to be fully understood, but also because of the light that has been shone on the systemic racism that has historically and continues to systematically perpetuate both the USA, UK and many countries worldwide.

George Floyd, Belly Mujinga, Breonna Taylor, Ahmad Aubrey, Jimmy Mubenga, Tamir Rice.

These are but a mere few of the names of black lives that have been deprived of their rights, their air, and ultimately their lives at the hands of their skin colour.

This is not right. It is as simple as that.

Whether it be in the form of microaggressions, assumptions about a person's profession (based on their skin colour), or having to research racist incidents in countries you intend to holiday in. Racism exists, it is plain and covert, and for many it is part and parcel of daily encounters.

I understand for many this topic is uncomfortable, and I write this blog post today not to cause discomfort nor to get 'political'. I write because this topic is one that concerns human rights; it is a humanitarian issue. I write to raise awareness about human lives and the struggles that are being faced and protested about.

Education is key, and often nervousness surrounding these topics stems from lack of information on these topics. This is ok – no one is expecting a comprehensive understanding of these trying issues - especially if you are fortunate enough to have never experienced them.

I urge you all to read, learn and have uncomfortable conversations in order to better understand what is happening right now, why, and ultimately what you can do to help.

"It is time for a change, lets be part of the process to rebuild – for "if the foundation is broken – so are we" (Meghan Markle).

So, what can you do to help?

- **Be aware, educate yourself and others**

1. Angela Davis - Women, Race & Class: Are Prisons Obsolete; Freedom Is a Constant Struggle.
2. Afua Hirsch - Brit(ish): On Race, Identity and Belonging.
3. Maya Angelou – I Know Why The Caged Bird Sings.
4. Ijeoma Oluo - So You Want To Talk About Race.

- **Donate**

1. [George Floyd's Memorial Fund](#) is crowdfunding to cover Mr Floyd's funeral and burial expenses, as well as mental and grief

counselling, lodging and travel for all court proceedings, and to assist his family and children in their continuing fight for justice.

2. Black Lives Matter UK are a coalition of black activists and organisers across the UK that started in 2016, they've currently raised over £160,000.
3. The Black Curriculum is a social enterprise founded in 2019 by young people to address the lack of Black British history in the UK curriculum.

- **Sign Petitions**

1. Sign this petition to continue the momentum for Justice of George Floyd.
2. Demand justice for Breonna Taylor, the black emergency medical technician who was fatally shot in her apartment by the Louisville Metro Police Department.
3. Sign this petition for justice for Belly Mujinga – a TFL worker who was spat at in the COVID-19 pandemic and subsequently died from coronavirus.

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