



# Black Lives Matter: Protests and beyond

Playing our part

Black Lives Matter



# Black Lives Matter

## Protests and beyond

NKD Family,

We know the world can seem like a pretty crazy place, and I know most of us are wondering what we can do to help. We wanted to share some links and resources that might help you in supporting others, or even just help you get some understanding around the situation.

Around the world the Black Lives Matter movement has initiated protests in response to the most recent killing of an unarmed black man, George Floyd, by the Police.

For many of us right now, protesting against this injustice is not possible as we look after our loved ones or protect ourselves from the Covid-19 outbreak. But this does not mean that you can't show your support.

Sometimes it can feel like we can't do anything, but change should start with us. Sometimes it can feel uncomfortable, but change usually starts with moving past our comfort zones.

So here are a few things we thought could get you started on learning more or showing your support.



# Why is the UK protesting?

## Understanding the call for change

Learn more about why people in the UK are protesting:

<https://www.independent.co.uk/news/uk/home-news/george-floyd-protests-uk-black-lives-matter-coronavirus-stand-up-to-racism-a9545651.html>

### London protest:

There are peaceful protests planned in London and other UK cities this week. Understanding that because of Covid-19, social distancing laws are still in place, and so it might not be the best idea right now to attend a protest. Please know that despite the media focusing on looting and violence, you can see here how most of the protests have been beautifully powerful, moving and peaceful:

<https://www.indy100.com/article/us-protests-george-floyd-uplifting-positive-moments-police-9541056>

<https://www.etonline.com/most-hopeful-and-uplifting-moments-from-protests-following-george-floyds-death-147465>



What can I do?



# Other ways you can help and show support:

## Petitions:

Justice for George Floyd

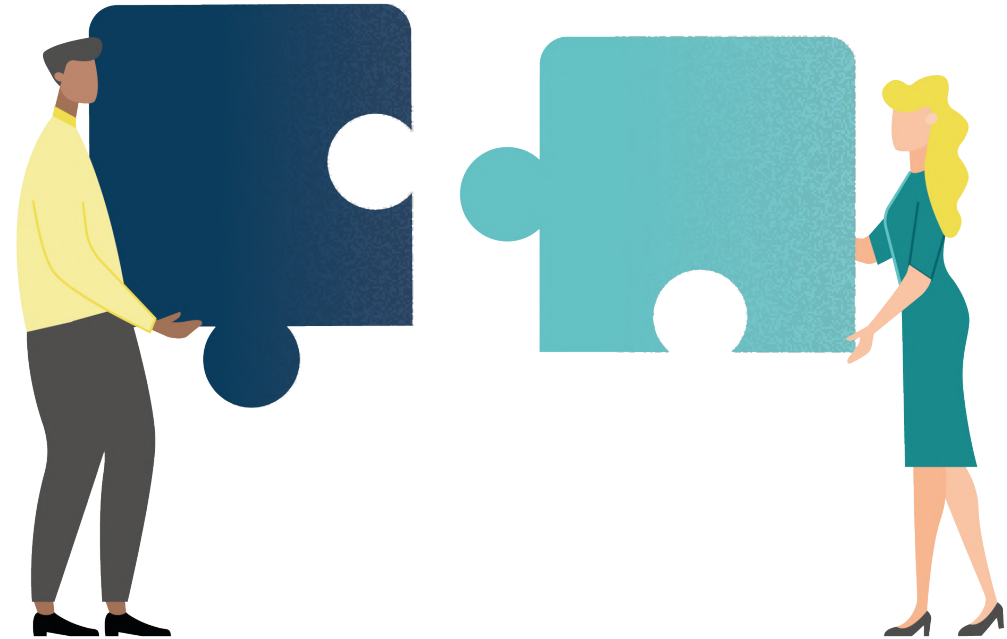
<https://www.change.org/p/mayor-jacob-frey-justice-for-george-floyd>

Hands Up Act

<https://www.change.org/p/us-senate-hands-up-act>

Here's a list of other petitions you can read about and sign:

<https://blacklivesmatters.carrd.co/#petitions>



# Other ways you can help and show support:

Donate to fundraisers and charities:

US based

Website: [Black lives matter](#)

Donate: [https://secure.actblue.com/donate/ms\\_blm\\_homepage\\_2019](https://secure.actblue.com/donate/ms_blm_homepage_2019)

Website: [The black Visions collective](#)

Donate: <https://secure.everyaction.com/4omQDAR0oUiUagTu0EG-lg2>

Website: [The Bail Project](#)

Donate: <https://secure.givelively.org/donate/the-bail-project>

Website: [The Equal Justice Initiative](#)

Two official Fundraisers to support George Floyds family:

<https://www.gofundme.com/f/georgefloyd>

<https://www.gofundme.com/f/george-floyd-bigfloyd>

You might also want to donate to UK based causes at this time:

Website: [Show Racism the Red Card](#)

Website: [Stand up to Racism UK](#)

Website: [Stephen Lawrence Charitable Trust](#)

Website: [Runnymede](#)





# Resources

## Playing our part

NKD are a global organisation which exists to make the world of work better. We believe that every person has the same right to have an amazing day at work and at home every day, in times like this that purpose feels stronger and more important than ever.

As part of our upcoming diversity and inclusion campaign we will be exploring more ways we can become leaders in diversity and inclusion training.

We encourage you to never stop exploring perspectives and works from people outside of your direct community as the more we can understand one another, the closer we get to an equal and fairer world.

We feel inspired to share some of the resources that we have been directed too recently



# Resources

Learn, listen, empathise and support

## Stories:

Listening, understanding and empathising is an important part of making a change.

Here are just a few posts depicting what the BME community have faced to get started:

<https://edition.cnn.com/interactive/2017/02/us/first-time-i-realized-i-was-black/>

<https://www.56blackmen.com>

[https://www.huffingtonpost.co.uk/jamelia/race-jamelia\\_b\\_15076946.html?utm\\_hp\\_ref=uk-black-voices](https://www.huffingtonpost.co.uk/jamelia/race-jamelia_b_15076946.html?utm_hp_ref=uk-black-voices)

## Books:

Here is a great list of books put together by Vogue:

<https://www.vogue.co.uk/arts-and-lifestyle/article/black-lives-matter-reading-list>

Recommended: 'Why I'm No longer Talking to White People about Race' (Reni Eddo-Lodge)

## Articles:

[shorturl.at/eIK37](http://shorturl.at/eIK37)

## Things to watch:

Explained: The Racial Wealth Gap

(<https://www.youtube.com/watch?v=Mqrhn8khGLM>) - Netflix

Time: The Kaleif Browder story (Jenner Furst) - Netflix

When They See Us (Ava DuVernay) - Netflix

13<sup>th</sup> (Ava DuVernay) - Netflix

American Son (Kenny Leon) - Netflix

I am Not your Negro (Raoul Peck) - Amazon Prime

LA 92 (Daniel Lindsay) - Netflix

Strong Island (Yance Ford) - Netflix

## Podcasts:

About Race

Diversity Gap

1619

Code Switch

This is in no way an exhaustive list and please share anything which has inspired you recently.



What next?



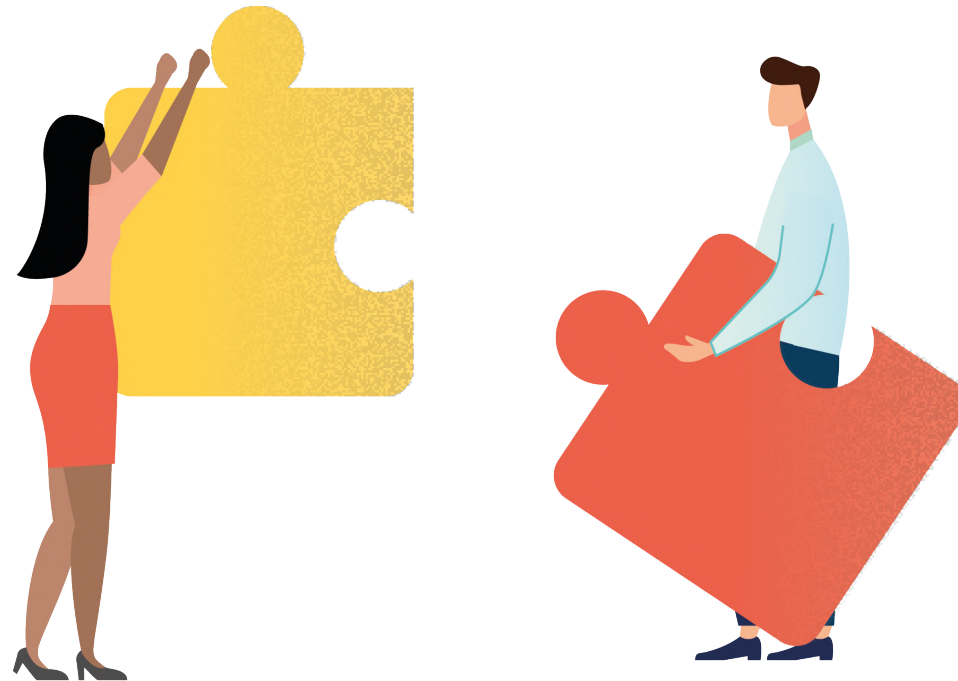
# What next?

Just as we urged during international women's day, think about ways you can show up for the black community, and other minorities, every single day, by being a supporter of black businesses/communities, standing up when something isn't right, shouting about achievements, educating yourself and listening and empathising, every single day long after the protests are over.

We feel proud to work for an organisation that truly makes a difference to people's lives and where talented people who care passionately can make a difference – regardless of skin colour.

If anybody has any concerns or ever wants to talk, then we are always here.

NKD Kind team





# NKD

thank you

[www.nkd.co.uk](http://www.nkd.co.uk)