

Black History Month

WL Mind Bulletin - October 2026

OCTOBER IS BLACK HISTORY MONTH!

This year's Black History month theme is "Honouring our Communities".

Have you ever thought about the people who make your community a better place? From inspiring leaders to everyday role models, Black people have helped shape our schools, neighbourhoods and communities in many different ways.

This month, we'll celebrate their achievements, discover inspiring stories and make sure the contributions of Black people in our communities are seen and celebrated. [Find more information here](#)



Honouring Our Communities

Ask yourself:

- What is an 'unsung hero'?
- Who are some unsung heroes that contribute to your community?



Learn about Black history in Hammersmith and Fulham:

- [Video: Hammersmith and Fulham's Black history](#)
- [Historic figures in H&F](#)
- [Heritage trails | Hammersmith & Fulham](#)

Unsung Heroes of Black History and Mental Health



Spotlight: Dr Aggrey Burke

carried out extensive research on racism and

mental illness and was the first Black consultant psychiatrist appointed by the NHS.

Black History Month Wellbeing Challenge

This October, challenge yourself to:

- Learn one new fact about Black history
- Celebrate what makes you unique
- Help someone feel included
- Create a poster celebrating a Black person who inspires you.



Words to Inspire

- "Do the best you can until you know better. Then when you know better, do better" ~ Maya Angelou.
- "Education is the most powerful weapon which you can use to change the world" ~ Nelson Mandela.
- "Believe in yourself, learn, and never stop wanting to build a better world" ~ Mary McLeod Bethune

You're never on your own.

If you're struggling with difficult emotions, speak to a teacher, parent or carer. They can refer you to our support services through your school. You can also call Childline: 0800 1111 (free, confidential, 24/7)