

# BLACK HISTORY MONTH 2023







October is Black History Month (BHM) in the United Kingdom, when we collectively recognise the contributions of Black people to British society and globally.

The theme this year is **'Saluting our Sisters'**, specifically celebrating and highlighting the achievements of Black women.



newsround

BBC

**BLACK  
HISTORY  
MONTH**





# Mary Seacole

She broke social rules and prejudices to **travel the world, run businesses** and **help those in need** – even in the most dangerous places.

Best known for her work as a **nurse in the Crimean War**, Mary Seacole will forever be remembered as an incredible woman and inspiring role model.







## Nicola Adams

- Nicola Adams was one of the stars of London 2012 when she lit up the ring to become the **first woman to win an Olympic boxing gold medal**. She added a further flyweight gold at the 2014 Commonwealth Games in Glasgow and was victorious at the 2015 European Games in Baku.
- Nicola retired in 2019 and remains undefeated.
- ***"I want to win a gold in Rio. I want to be the first person – male or female – to win two gold medals at the Olympic Games, and become the greatest amateur boxer in British history. And nothing is going to stand in my way."***





# Claudia Jones

---

In 1958, Jones founded the **West Indian Gazette (WIG)**, an anti-racist newspaper campaigning for social equality. This was **Britain's first commercial Black newspaper**. WIG sought to unite West Indians across Britain and to foster dialogue with Black internationalist freedom movements.







# Diane Abbott

- In 1987 Diane Abbott made history by becoming the **first black woman ever elected to the British Parliament**. She has since built a distinguished career as a parliamentarian, broadcaster and commentator.
- Abbott's speech on civil liberties, in the debate on the Counter-Terrorism Bill 2008, won The Spectator magazine's "Parliamentary Speech of the Year" award, and further recognition at the 2008 Human Rights awards.



# Olive Morris

---

- Olive Morris was a **political activist** and **community leader**.
- Born in Jamaica, she moved to London in 1962.
- Committed to social change, Morris played an important role in the Black Women's Movement.
- She was one of the founders of the '**Organisation for Women of Asian and African Descent**' and the '**Brixton Black Women's Group**'.







# Simone Biles

- Biles was the **first female gymnast to win three World all-around titles in a row**; the **most decorated American gymnast** with 32 total World and Olympic medals; and she's won the **most World Championship medals by a woman gymnast in history** (25), including 19 gold.
- ***"I'm not the next Usain Bolt or Michael Phelps. I'm the first Simone Biles"***

gold medals for USA at World Championships to extend gymnastics record

Biles, who was competing after two-year break to focus on her mental health, made history on Friday when she won individual all-around title to break the record for most World Championship medals won; Jake Jarman gave Britain its first medal by taking gold in the vault





# Maya Angelou

Maya Angelou has a distinct voice as a **Black writer and activist**. She left a legacy with her large body of work, including memoirs, poems, essays and plays.

She rose to fame in 1969 after the publication of “**I Know Why the Caged Bird Sings,**” one of her autobiographies detailing her early years as a young Black woman.





# Aretha Franklin

The “**Queen of Soul**” was ranked No.1 in Rolling Stone’s “200 Greatest Singers of All Time” and it’s been said that no one understood soul music better than Aretha Franklin. Inspiring generations of singers after her, including Mary J. Blige and Whitney Houston, Franklin was also the very **first female artist to be inducted into the Rock & Roll Hall of Fame in 1987.**







# Venus and Serena Williams

The sisters are incredibly decorated athletes, with **122 combined career singles titles** and a total of **nine Olympic medals** between the two of them.

Serena, is the first tennis player to win 23 Grand Slam titles and has won more than \$94.8 million in prize money—the highest of any female athlete.







# Amanda Gorman

---

- Amanda Gorman is the **youngest inaugural poet in U.S. history**, as well as an award-winning writer and graduate of Harvard University, where she studied Sociology.
- She has written for the New York Times and has three books forthcoming with Penguin Random House.
- *"There is always light. If only we're brave enough to see it. If only we're brave enough to be it."*





# Who Do You Find Inspiring?

Can you think of anyone you find inspiring?

They could be someone famous- an author, a footballer, a singer...

They could be someone in your family or at your school...

