

A Dialogue of Equals

Black Men and the NHS



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Find our further resources and information on health inequalities, how to get involved, and relevant services below, by episode.

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This podcast is a collaboration between Tottenham Rights, The Haringey's Black Men's Health Group, NELLO, Studio Wood Green Media, and Dr Sara Paparini at Queen Mary University of London. For further inquiries, please email: info@adialogueofequals.com

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ABOUT THE PODCAST

Welcome to ADOE Community Podcast, where we inform action, look at the evidence, challenge the system, and amplify the voices of those who are often silenced.

Dive into our dynamic episodes, as our hosts and guests tackle social and political issues about health in our Black communities and focus on the concerns and stories of Black men.

Through engaging interviews and powerful narratives, we rally for better relationships between communities and the NHS, reducing harm to our health, and advocating for our health rights. Join us in this informative and transformative journey.

Find out more about our Team and Special Guests at:

www.adialogueofequals.com/about-us

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Episode 1: Black Communities & Health Inequalities in the UK

<https://www.cahn.org.uk/>

<https://nhsrho.org/>

<https://thebha.org.uk/>

<https://raceequalityfoundation.org.uk/>

Partnership for Black People's Health - Wolfson
Institute of Population Health

<https://www.blackwomenswellness.com/>

O5BM – Over 50s Black Men Forum

<https://www.blackhealthmatters.co.uk/>

The Health Of People From Ethnic Minority Groups In England | The King's Fund

Structural Racism, Ethnicity and Health Inequalities in London - IHE



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Episode 2: Weathering the Storm - Lifelong Effects of Racism on Health

Black Mental Health Resources:

<https://www.mindinharingey.org.uk/>

<https://www.bmhwa.co.uk/>

<https://www.bayo.uk/>

<https://www.cahn.org.uk/counselling-service/>

<https://www.linkedin.com/company/project-soul-stride/>



Time2Heal: Our Community Healing App

The **Time2Heal app** was created to offer culturally relevant *mental health and wellbeing* resources to the Black community. Designed in response to community needs, the app includes a curated directories of **services, books, audio, and videos**. **Download now on iOS and Google Play**: Search “Time2Heal” in your app store

Lived experience and suicide prevention conversations for Black men; films with Chris Fredrick:

<https://youtu.be/LYk5dB7U0Mg>

https://youtu.be/Yw2Q_qGTUq8

<https://youtu.be/imB4efPXfec>

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Episode 3: Sooner Rather Than Later: The Benefits of Early Diagnosis

Resources to help with early diagnosis:

1) Check Tings Out (App)

Made by researchers in Nottingham Trent University (Seymour Smith et al) in collaboration with support group Friends and Bredrins (FAB) Black-African and African-Caribbean men – raising awareness to seek help for prostate cancer symptoms.

<https://fab.isrg.org.uk/>

2) The PROFILE Study: Understanding prostate cancer risk in black men (Youtube Video)

<https://www.youtube.com/watch?v=A72hCjLN3gE>

3) “Letter to my unrepresented self” (Youtube video). Orchid charity – based on real life experiences of black men with PCa who have shared their stories with the charity to help create the characters, story and themes of the film.

<https://www.youtube.com/watch?v=88AyQszFr5E>



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Episode 3: Sooner Rather Than Later: The Benefits of Early Diagnosis

4) Manversation: A woman's guide to prostate cancer (Information leaflet) Developed by Bedfordshire Prostate Support group in collaboration with Orchid Male Cancer and Tackle Prostate Cancer charities:

https://www.bpcsg.org.uk/_files/ugd/431ff2_3c862c41d78249529cfaaad04ba437c.pdf

5) [Black men and prostate cancer | Prostate Cancer UK](#)

6) Info about all cancers, symptoms and testing: [General cancer information | Cancer in general | Cancer Research UK](#)

7) Disproportionate impact of smoking in Black communities:
[Tobacco-and-Ethnic-Minorities-Fact-Sheet-v3.pdf](#)

Community groups and services for Black men at risk of or experiencing cancer:

- Friends and Bredrins – Nottingham:
[Friends and Bredrins Prostate Cancer Support Group HOME](#)
- Errol McKellar's MOT – London:
[The Errol McKellar Foundation - Prostate Cancer affects 1 in 8 men in the UK and 1 in 4 men from a black African or Caribbean background. - MOT Yourself](#)
- Cancer Black Care (Paul Campbell) – London:
[Cancer Black Care - Tackle Prostate Cancer](#)

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Episode 4: **Overprescribed: The Trouble with Too Many Medicines**



Risk calculator for heart disease:

<https://www.heartuk.org.uk/educational-content/risk-calculators>

Information about statins:

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/drug-cabinet/statins>

NHS (NICE) guidance on who needs statins:

[CG181 Patient decision aid on should I take a statin?](#)

Stories about taking many medicines:

<https://www.medicinestalk.co.uk/>

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Episode 5: Health is Wealth: Alternative Therapies (Part 1)

Information about cancer and alternative
therapies from reputable sources:

<https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies>

https://community.macmillan.org.uk/cancer-blogs/b/new_information_available/posts/complementary-therapies-and-cancer

<https://www.uclh.nhs.uk/our-services/find-service/cancer-services/macmillan-support-and-information-service/complementary-therapies-people-affected-cancer-and-blood-conditions>

<https://bloodcancer.org.uk/understanding-blood-cancer/treatment/treatment-planning-types/complementary-and-alternative-therapies1/>

[Psychological and Non-Pharmacologic Treatments for Pain in Cancer Patients: A Systematic Review and Meta-Analysis - PubMed](#)



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Episode 6: **Health is Wealth: A Diabetes Champion** (Part 2)

[Ethnicity and type 2 diabetes](#) | [Preventing diabetes](#) | [Diabetes UK](#)

<https://diabetesafrica.org/>

