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The University of
Bristol

BAME Students Guide



BAME
NETWORK

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The Bristol Student Union BAME Network



BAME
NETWORK

What is the BAME Network?

We have been elected to represent BAME students at a Bristol university level and SU level.

We exist to:

Create a safe **social** space for BAME students through running:

- **Socials**
- **Mingles**
- **Dinners**
- **Films**
- **Games Nights**
- **Discussion groups**

Encourage empowerment through BAME-led **action** through:

- **Democratic forums**
- **Decolonising the curriculum**
- **University policy change**
- **Awareness campaigns**
- **Educational events and panels**
- **Political activism**

JOIN THE BAME STUDENTS CHAT to get to know new faces and keep up to date with our events!

<https://docs.google.com/forms/d/e/1FAIpQLScN2oofJLV-vc5GqcOiuej4LccledT7xiqXL4P2TAIP0K5kNA/viewform>

ALSO SIGN UP TO OUR MAILING LIST HERE!

<https://www.bristolsu.org.uk/groups/bristol-su-bristol-su-black-asian-and-minority-ethnic-network/join>



BAME
NETWORK

Statement from the Chair

“Hi everyone! I’m Khadija, the chair of the BAME network this year. I’m grateful to have been elected by the BAME student body to, with the support of my excellent committee, represent your needs in both your academic and social student experience.

My main piece of advice for BAME students is that, though you might not feel like you fit in to the university community immediately, you still have the right to take up space in being unapologetically yourself. Whether your curriculum is too white, you’re facing microaggressions from your flatmates, the social events don’t represent your culture or the support services don’t understand it - this isn’t a problem with you, it’s a problem with the university that you have a right to be in.

There have been times I’ve really struggled with mental health issues in my university experience. There were some really low points, days where I would stay in libraries until 5am because I couldn’t handle having to come home to isolation and being alone with my thoughts. Something I found particularly difficult was that no one who looked like me felt able to open up about their issues, and that the services available seemed homogenous and undiverse. There have been improvements since to the services, and much of it has come from BAME students leading change supported by our network, but there’s still work to be done, and I’m key to be there to voice those concerns at key strategic meetings.

But it can be an issue of the culture surrounding wellbeing. Many who celebrate their experiences and getting better, even the people who were helping, weren’t from a minority background. So I felt that a lot of the advice I received just didn’t come from a place that appreciated the cultural and ethnic factors that came into play.

And then what exacerbated my issues was feeling like I couldn’t find a space for me. When you’re BAME, isolation can really hit you harder because the typical areas to go (the wholesome wellbeing events or mental health societies) aren’t always the environments you can feel comfortable or that you can relate to.

Cultural society events really helped, though it took me a while to find them! That's why one of my key priorities is supporting them to get bigger and better exposure, and helping them to collaborate to build that BAME community. But it's also important to have a common space between us, somewhere diverse and different where you could get to know new groups of people who had, in different ways, faced a similar experience of university to you.

So I'm really passionate about creating and maintaining that space in the BAME network - from fun socials to discussion groups for BAME students to come together and not feel so alone. It's hard that you can't just relax sometimes, that you're always expected to have this constant energy based on having a different culture. Yes, I love to have fun and come to all the socials (and want to really make them bigger and better) but I also really want to make everyone feel like there's a space for them to be comfortable in their own skin, to come as they are.

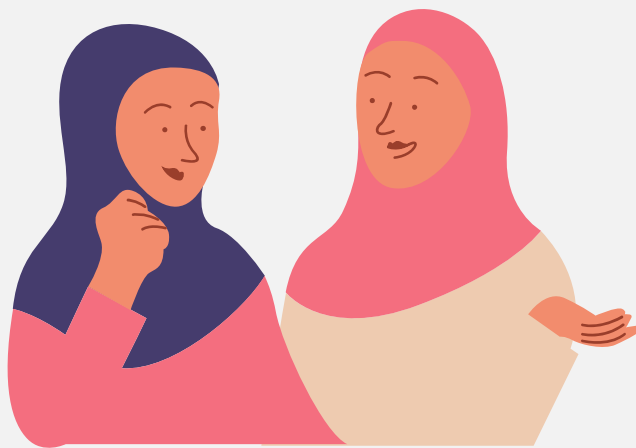
And there are so many systemic changes at this university, to make BME students feel less like we have to ask for things anymore because they're just there. I'm someone who really takes issues to heart and won't stop putting my energy into what I care about, which is why from the day I set foot here I've been fighting for the changes I want to make.

I co-led the formation of the BAME Medical Students Group after noticing things like the images of our patients being all white, and now there are active commitments to change the curriculum at our school.

There are too many echo chambers and different conversations happening in inaccessible spaces where no one can hear the perspectives or lived experiences from those affected. I want to create an environment where it's more accessible and possible for everyone to get involved and educated if they want to. We can't always change international situations even if we try, but we change the environment in our student bubble and help each other learn, which is what university is ultimately about.

Whether it's to help you find a home, or to inspire you to create action and awareness, the BAME network is here to empower you. So please, get stuck in! Any questions or comments, I'm always a Facebook message or email away.

BAME Student Advice



To make the most of your experience I'd definitely recommend joining cultural societies to meet like minded people so you feel more at home. I'd also recommend to go to other cultural events which you may not be that familiar with! One of my highlights was definitely going to the Bristol Global Carnival event and also the Thai society event which had incredible performances and the best food!!

Other advice I would give is to take every opportunity that comes your way. For BAME students there are lots of opportunities to further your academic skills such as 'Bristol Mentors' and the 'BME fsuccess advocates program'. You'll meet so many inspiring people and gain contacts that may not have been previously accessible to you.

The most important advice I would give to students is not to worry if you feel out of place or out of your depth. Trust me you are not alone. If you ever need someone to talk to, reach out and talk to people as there are lots of people in the same boat as you and lots of resources available specifically designed for BAME mental health.

- Lauren Hutfield, BAME Network Marketing Officer

Welcome to UoB! It must be simultaneously exciting and frightening to be in a space that you are not yet quite familiar with, especially during a global pandemic.

One important piece of advise I can give you is to make sure that your mental health remains your top one priority. Don't feel the need to mentally and academically drain yourself in order to fit in, you will slowly and steadily settle in and become more familiar with the city and its people. Whenever I was personally feeling overwhelmed, I would head to the Bristol SU living room on the last floor of Senate House. It has a beautiful view of the Bristol skyline and can feel quite homey if you're homesick. Remember: You are good enough!

One thing that can help you a lot is being active on the Facebook chats, especially if you're not particularly the type who likes face to face interaction. There are plenty of people in your course and accomodation that you can definitely bond with. Don't be afraid to ask for help when you need it, and the chat is a good way to do that.

You don't have to find your "clique" during the first few weeks of uni, and you definitely don't have to stick to people who share a similar background to you. If you're ever feeling quite down, a good place to walk and reflect would be the Royal Fort Gardens, which is right across the road from Senate House.

Try to get out of your comfort zone and join societies like ModelUN. Most importantly, go after your passions! There are numerous societies in the university that include archery, pole dancing, community service opportunities and many more activities.

As a BAME student, you might feel a "culture shock" when you start attending uni. It might feel like you're out of place because you don't indulge in the culture or lifestyle of the community around you. That is OKAY. You are definitely in the place that you belong here in UoB. There are plenty of BAME students that you can always connect with through our network who might be going through similar experiences. You don't have to feel the need to "assimilate" in order to be accepted. Love yourself always.

- Leen Ayesh, BAME Network Events and Campaigns Officer



Best cultural food spots

- **Rice and Things** (A true taste of Jamaica from the Heart of Bristol)
- **Wok to Walk** (Compact counter-serve eatery with made-to-order stir-fries, including vegan & vegetarian options)
- **Zaza Bazaar** (Bristol's finest fixed-price buffet dining restaurant with an amazing variety of global cuisine, live cooking and expertly mixed cocktails!)
- **Maniks** (the finest authentic Indian cuisine in Bristol. Their seasonal menu ensures that delicious Indian and Thai cuisines reflect the changing seasons coupled with stylish hospitality)
- **Yakinoori** (warm, friendly service and exciting Japanese dishes)
- **Cedars Express** (delicious, authentic home-made Lebanese food cooked fresh every day. You're sure to enjoy their renowned shawarma, falafel, and many other Lebanese favourites)
- **Lonas** (the best traditional Lebanese and Halal cuisine in a family friendly environment)
- **Rice and Spice subscription** <https://rnsmeals.com/> (Some of the best Jerk Chicken in Bristol made by one of University of Bristol's very own! Economics alumnus Simmy Dhillon has created a student food business that has Bristol Uni addicted)
- **EverydayThai** (has garnered a slew of awards including TripAdvisor's Best Thai Restaurant in Bristol for three consecutive years and the Bristol Post's 'Best Thai Restaurant' for the last two years)
- **Golden Wok** (Fishpond's newest Chinese Takeaway offering freshly cooked meals for everyone to enjoy)
- **Bikkle Island** (food freshly prepared and cooked each day to unique recipes using authentic Caribbean spices and flavours, friendly staff, Caribbean decor and value for money)
- **Pipal Tree** (food freshly prepared and cooked each day to unique recipes using authentic Caribbean spices and flavours, friendly staff, Caribbean decor and value for money)



Best Shops/Hairdressers



- **Georgina's Hair Extensions** (Bristol based friendly professional hair salon, specialising in Afro Caribbean hair)
- **Bigz Barbers** (a sociable, yet professional barbershop, located in the friendly community of Fishponds, Bristol, specialising in Afro Caribbean hair)
- **Cosmetics Republic** (Specialises in hair and beauty cosmetics, including wigs, pony tails, make up and electrical goods)
- **COCOCHENO** (Specialises in all hair textures (Afro, European and Multi-Cultural))
- **Sweet Mart** (The biggest supplier of Ethnic Foods and Spices in the South West UK)
- **DunyaShop** (Specialising in ethnic food and products)
- **Mailk's Shop** (Specialising in ethnic food and products)
- **Beauty Queen Cosmetics** (The UK's largest ethnic beauty providers)

Easton

As a BAME student, we'd highly recommend you go beyond the university bubble and explore Easton! It's an entirely different world full of shops, restaurants and centres from a range of ethnicities and cultures, from Afrocarribean to Indian to Chinese.

This is where residents protested for seven hours against the forced immigration of their neighbour, a local man has opened a shop simply to improve the lives of others in Easton, and thousands gather for the annual Grand Iftar, a celebration of breaking Ramadan's fast where locals and visitors share food and eat for free.



BAME Careers Advice





Rare Recruitment

Data driven contextual recruitment, Internships and Summer programmes. Rare Recruitment are leaders in diversity graduate recruitment, working both with individual candidates and with recruiters to change the playing field, especially in advancing contextual job offers.

SEO London Skills training, Industry programmes

SEO London prepare talented students from ethnic minority or low socioeconomic backgrounds for career success. They provide training in a range of areas including technical skills, commercial awareness, and psychometric tests. SEO also run industry programmes in a range of sectors.

Black Young Professionals Network - Networking

BYP Network connects black professionals to each other, job opportunities, black businesses, events, and freelancers. They also have a fantastic blog and a jobs board.



Creative Access - Internship and Job opportunities, Training and Support

Creative Access works to help individuals from underrepresented backgrounds to thrive in the creative industries so that Britain's creative industries truly reflect our society. They advertise opportunities across the creative industries – including government and policy – and offer training and support to candidates.

Windsor Fellowship - Leadership, internships

The Windsor Fellowship is a charitable organisation which aims to enable talent from diverse communities to be realised. They run a variety of programmes and internships with high-profile organisations including P&G, Greenpeace, and the House of Commons.

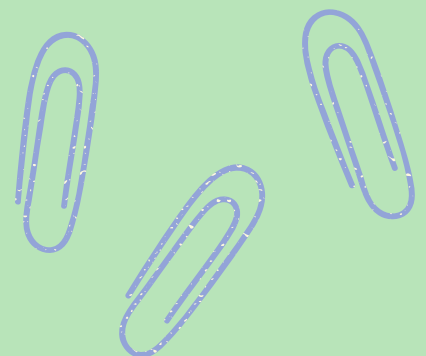
LinkedIn Groups

Networking, Commercial awareness

There are hundreds of thousands of groups on LinkedIn which are an easy and quick way to build your knowledge of a particular sector and connect with individuals in those fields. Many groups have also been created by professionals from specific backgrounds to build communities with others in similar circumstances.

Here are a few examples:

- **Black Executive Network**
- **Black Enterprise**
- **National Society of Black Engineers (NSBE)**
- **The Black Economists Network**
- **Black British Businesswomen**



BAME Societies





ACS SOCIETY

Hi all, ACS here!

That stands for African Caribbean Society. Here are some of our favourite things in Bristol and what our new ACS members should look out for! We'd say the best places to eat are at the Caribbean shops that can be found in Easton and Fishponds. However, these areas are also resident to halal meat stores and stores selling African foods that make you feel right back at home if that's what you're looking for. If worried about your hair needs, know that there are black hair shops filled with all our favourites (Cantu, Shea Moisture etc) right here in Bristol as well as a black barbers in Fishponds. We definitely recommend giving our Afrodance classes a try this year, but also to attend our biggest cultural event 'Afrocentrik'! This event only began last year and yet it was one of our best events! You will not want to miss out!



ASIAN SOCIETY

Hey Everyone!

We are the Bristol Asian Society; a fun, vibrant, all-inclusive society that allows individuals of Asian heritage to meet and interact with each other! ASoc is all about embracing and celebrating Asian culture through unique and unforgettable events such as our award-winning cultural ball Aashiyana! Be sure to come to Asian Society throughout the year... expect a variety of fantastic events ranging from our families night scheme, local activities (paintballing, ice skating, bowling), Chai and Chill, our spring ball Aashiyana and different talks and workshops on insightful issues. All aimed at creating a wholesome community for Asian students. For the best places to eat around Bristol, we'd say to check out 'Urban Tandoor' for some delicious Indian food (Their meat is halal!) for many of our vegetarian/vegan members, be sure to try the trusty 'Eat a Pitta'! (It's super useful on a student budget! Healthy too!)



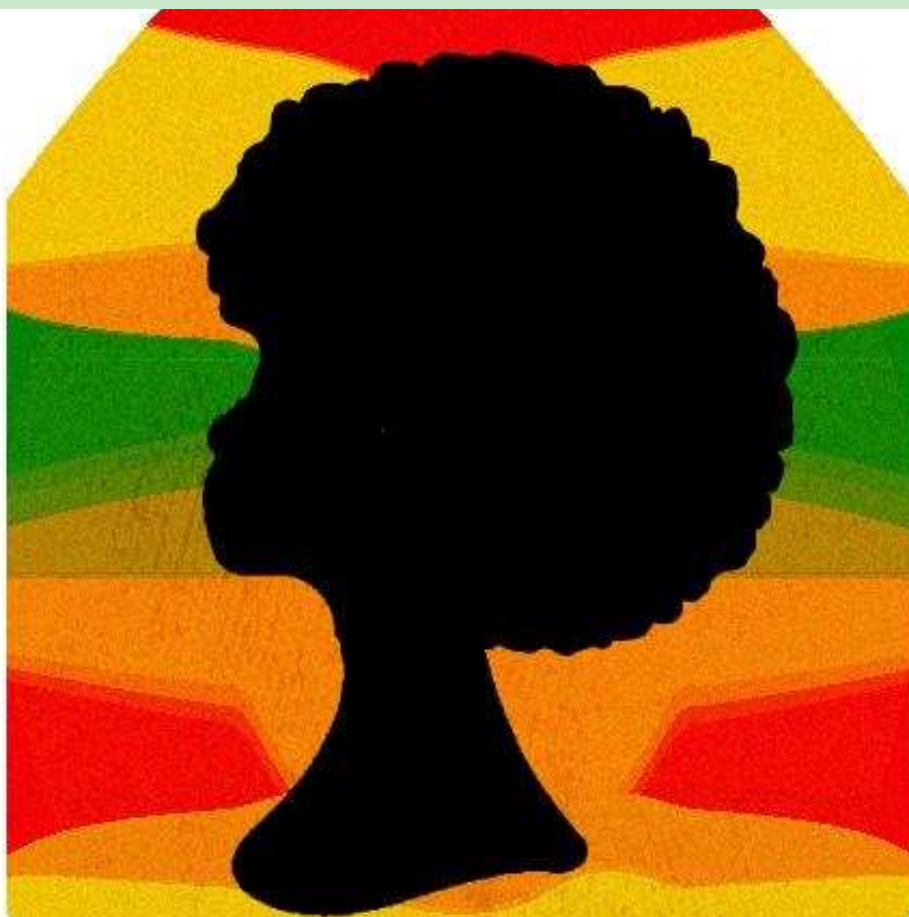
Arab Society

University of Bristol

ARAB SOCIETY

Al-Salamu Aleikom (Peace be upon you); Arab Society here!

If your missing home cooking, we'd say the best places to eat Arabic food are Beirut Mezze and Cedars express, and definitely check out Nova for Arabic activities. And make sure to come to ArabSoc where we make sure Bristol is your home away from home throughout the year!



AFROLIT SOCIETY

Hi guys, it's AfroLit here!

We are a society dedicated to enhancing Black literature, art and expression so we'd say the best places to find local, Black Bristolian artists would be on @bristolishenewblack on IG. There, you can really get a feel of the arts scene amongst Bristol's vibrant black community. Alternatively, for a more physical experience of black art, the RWA (Royal West of England Academy) occasionally puts on free exhibitions for students featuring some amazing black visual artists and photographers and is definitely worth a trip! And of course don't forget to stop by at our book club meetings, movie nights and poetry workshops this year aimed at uplifting and showcasing local black writers right here in the university.



B r i s t o l A b a c u s
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ASSOCIATION OF BRITISH AND CHINESE UNIVERSITY STUDENTS

Hello lovely people!

If you're looking for some Asian goodness, we'd recommend one of the many bubble tea places in Bristol, be it CUPP, Chatime or Jo's Tea, there are places abundant to satisfy your cravings. We hope you stay safe and make the most of your first year. Know that there are many BBC, BME, and international students just like you and be sure to join us on one of our many events such as Karaoke, ABACUS and Chill, and Dim Sum It'd be lovely to meet you!

Much love ABACUS x



UNIVERSITY of BRISTOL ISLAMIC SOCIETY

ISLAMIC SOCIETY

Hi everyone!!

Bristol Islamic Society (Brisoc) is here to cater for your social and spiritual needs at university. We aim to create a safe and inclusive space for students to make friends. We provide helpful information and guides for Muslim Students, such as where to find halal food, where the nearest mosque is and more. Above this, we run social and educational events throughout the year that will keep you busy. We can't wait to meet you!

Find out more on our website: www.brisoc.org

Feel free to drop us a message:

Instagram: @bristolisoc

Facebook: University of Bristol Islamic Society

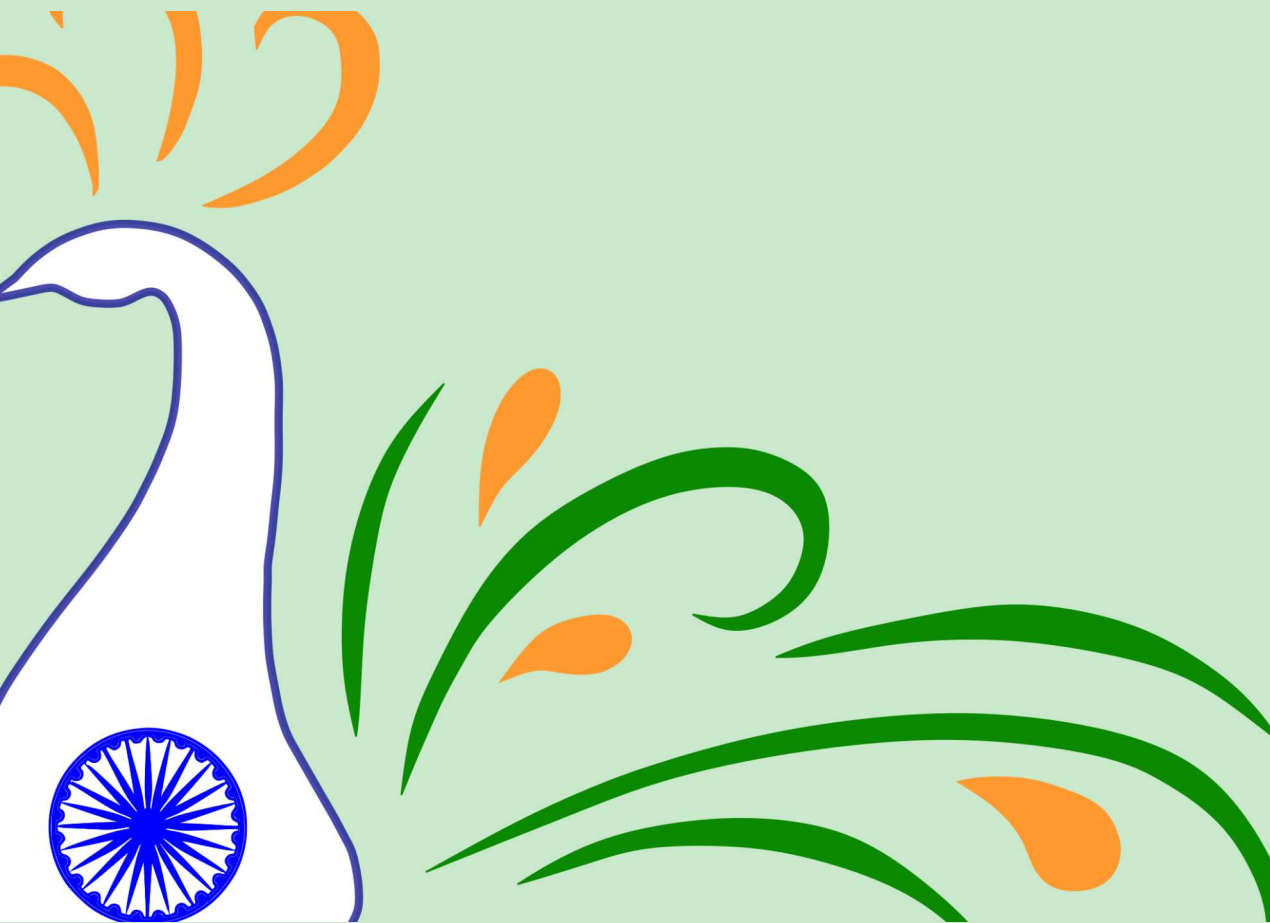


BLACK MUSLIMS SOCIETY

Salam Allaikum, Black Muslims Society here!

Bristol has some really good places to eat, but make sure you check out Cedar's Express for a quick bite. Looking for some halal products? Super Mashriq is your plug. You would definitely want to check out Cosmetics Republic for some hair products.

Make sure to come for BMSoc for an educative and interactive space throughout the year!



INDIAN SOCIETY

Namaste people, Indian Society here!

We'd love to welcome you to Bristol and recommend some places of interest. The best places to help yourself to amazing curries and grills would be Dhamaka, Nutmeg, and the Pipal Tree, and check out Bristol Sweet Mart (BSM) for essential oils, desi raw material, and an abundance of spices. We host a variety of fun socials and major events throughout the year, so be sure to come to the Indian Society for frequent Bollywood Nights, Festive celebrations, and loads of fun!

PS: Don't forget to come to our stalls to collect your copy of our 'Bristol Starter Pack'!



SRI LANKAN SOCIETY

Hi all, Sri Lankan Society here!

We'd say the best places to eat some great Sri Lankan food are Coconut Tree and the Kandyan. A great place for some mouth watering Kottu is Devs Kerala. For some Lankan groceries check out Southmead Convenience Store, you can find coconut milk, frozen roti, spices and seafood. A great place to get some Lankan brands out too. 168 Oriental on quay Street has tinned rambutan, frozen jackfruit and other frozen local fruits too. Make sure to come to Sri Lankan society events throughout the year for that baila session and a little piece of home with Sri Lankan themed refreshments (that Elephant House cream soda is waiting for you.

Can't wait to see you there!



PAKSOC

A very warm welcome to you from PakSoc!

Bristol offers a variety of halal places to eat and a couple of our favourites include Wok to Walk (conveniently located on Park Street) and the Urban Tandoor restaurant. Each year, the city hosts a 'Grand Iftar' event bringing together thousands from a diversity of backgrounds which we highly recommend attending. Officially a City of Sanctuary, Bristol offers a range of volunteering opportunities with charities supporting BME individuals including refugees such as Borderlands, Bristol Refugee Rights and Aid Box Community.

We at PakSoc are keen to further our community relations and celebrate our culture within university so be sure to come along to our events!



EAST AFRICAN SOCIETY

Hi guys East African Society here!

Getting cultural food in Bristol can be slightly tricky especially if you're not looking for Ethiopian cuisine, but don't worry it's not impossible. There's a strong East African community amongst the students so be sure to come through to our events as we'll prepare some of the classics for you to enjoy!

UNIVERSITY OF BRISTOL



THIRD CULTURE KIDS

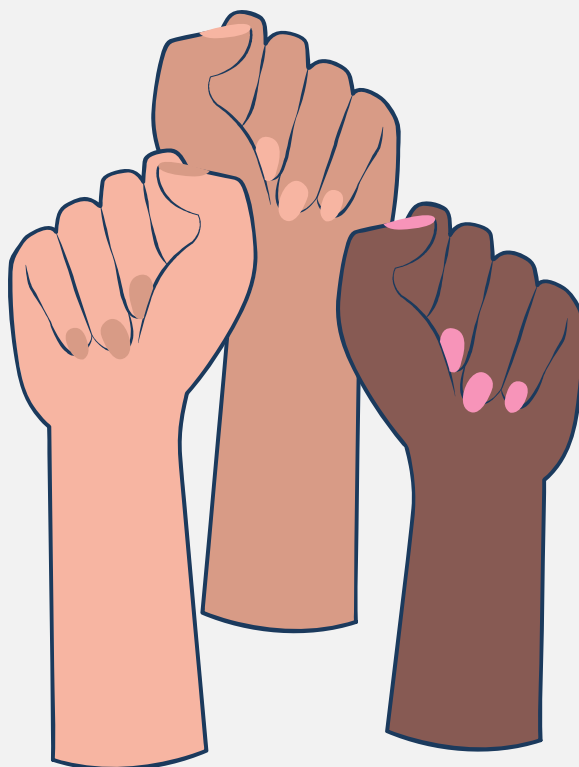
THIRD CULTURE KIDS SOCIETY

Hey guys, we're the third culture kids society!

We're here for everyone who comes from a mix of backgrounds, but also national and international students who love different cultures. We'd love to recommend a couple of our favourite bristol restaurants that do amazing food from cultures all over the world! We highly recommend toro or mayflower for Chinese food, and for North America spitfire do a mad texas bbq. Best pizza here is bosco and for Carribean flavours try Carribean croft or the Jamaican stall in St Nicks market!

Join us this year for socials that make you feel like you're home away from home.

Campaigns and Wider Change



Decolonise UoB

Decolonise UOB is a group that seeks cross faculty collaboration among staff and students to bring about lasting decolonisation of University of Bristol branding, building names, curriculum and research by opening up discussion, exchange and an expanded understanding of the history of oppression and its role in our institution.

It is a powerful way to network with senior academics within different Microsoft Teams working groups, in order to facilitate feeding into change at the highest levels of the university.

If you're interested in joining, please contact us.

All Black Lives Matter Bristol

Instagram and Facebook: [allblacklivesbris](#)

All Black Lives UK is a youth led organisation protesting and working towards change across the globe. At the moment their main aim is to protest until demands are heard but there's so much more to come. The Bristol branch also fundraises for local initiatives and causes.

ACA Afrikan Caribbean Assembly Bristol

Instagram: [acabristol](#)

This aims to link the Diaspora of the city, gearing its efforts towards social change and development. They run campaigns around protecting Bristol's cultural centres, and against discrimination towards local communities by the Council.





Bristol Refugee Rights

The Welcome Centre is open on Wednesdays, Thursdays and Fridays in the Malcolm X Community Centre. They regularly welcome 100 asylum seekers and new refugees each day, from up to 60 different countries. To complement their direct support for people going through the asylum system, we also campaign for the human rights of refugees and asylum seekers in the UK

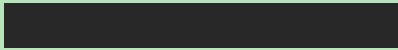
Refugee Women of Bristol

Refugee Women of Bristol (RWoB) is the only multi-ethnic, multi-faith organisation which specifically targets the needs of refugee women in Bristol, we are directly governed by women of the refugee and asylum-seeking community. We provide services to disenfranchised groups over and above the generic category of 'refugee', and routinely reach cohorts of women that other service-providers overlook or are unable to access.

Bristol Kumba Bristol

Support is offered to a wide range of elements of the African and Caribbean community including the St. Paul's Carnival, Bristol Black Writers and assists in the hosting and development of Black History Month. Other activities offered are the Afrikan Caribbean Arts & Cultural Programme, Afrikan Caribbean Arts Forum (ACAF), Jumoke Day Nursery, Sankore Library, Bwerani, Work Space Units, Meeting Rooms for Hire and Capital Development.





Integrate UK

A youth led charity that empowers young people to take an active and positive role in transforming the society they live in, in campaigning for gender and racial equality and cross-cultural cohesion.

Feed the Homeless Bristol

A diverse group of people from all walks of life & faiths, united by a desire to feed the homeless in Bristol. Currently all activities centre around distributing hot meals to the homeless. With the continued support from a vibrant and caring multi-faith-based community, they hope to build upon this and help reach even more homeless people in the future.

Interculture Bristol

Their aim is to increase intercultural awareness and sensitivity by creating safe spaces for dialogue around cultural matters and breaking down perceived cultural barriers: they strongly believe that communication is key and bringing people together is the way forward, and aim to join the dots in Bristol and beyond to create a more interculturally friendly society.



Local Bristol Events



People's Republic of Stokes Croft

PEOPLES REPUBLIC
OF STOKES CROFT



In the heart of Stokes Croft, the Cultural Quarter of Bristol, thus enhancing its sense of identity; its sense of community. They run small art and community projects in Stokes Croft and around Bristol, often for free. Many BAME members of the Bristol community are involved in shaping its volunteering initiatives.

Trinity Centre Bristol

<https://www.trinitybristol.org.uk/activities>

Trinity's vision is for everyone to have the opportunity to access and shape arts and culture because they believe art improves individual well-being, empowers communities and enhances society. They provide access to free and affordable facilities and deliver an eclectic programme of arts workshops, events, performances and festivals, celebrating the diverse cultural identity and heritage of our locality.

St Pauls Community Centre

A vibrant, creative community hub in the heart of Bristol.

The events relevant are:

- Popular Caribbean Cafe - Glen's Kitchen.
- St Pauls Library
- Tracing your Caribbean Roots with Adrian Stone
- Recovery Arts Festival



Bristol African Caribbean Culture Space (BACCS)

This is a new venue dedicated to showcasing the work of black creatives, sharing our history and celebrating our collective future.

Support for BAME Students



Sources of wellbeing support

Nilaari - BAME counselling service

Nilaari is a culturally appropriate counselling service providing help and support for Black, Asian and Minority Ethnic people. If you feel Nilaari would help you, you can receive up to 6 free counselling sessions.

Nilaari offer a range of therapies for people experiencing:

- **Stress**
- **Worry and general anxiety**
- **Low self esteem and confidence**



Nilaari is currently offering all counselling on the telephone due to Coronavirus. Contact Nilaari directly. You do not need to be referred by the University. You do not need to pay anything as the University will pay for up to 6 sessions.

<https://www.nilaari.co.uk/contact-us/>

Be More Empowered (BME) for Success Programme

A team of student BME Success Advocates who work with students and staff to understand the challenges faced by BAME students. They have three areas of focus: reviewing, belonging and events.

Email: Robiu Salisu robiu.salisu@bristol.ac.uk for information.

Black Men and Women Talk sessions

Black Men and Black Women Talk (BMWT) is a space for black* students to discuss their life experiences and interpretations of them. Sessions will focus on exploring and sharing various wellbeing techniques.*Bristol students who identify as male and black (African, Caribbean or Mixed heritage).

Email: Robiu Salisu robiu.salisu@bristol.ac.uk for information or to be added to the mailing list.

Project Zazi

Volunteer run wellbeing service by Off The Record Bristol. The project works with Black and Minority Ethnic (BME) young people tackling issues of inequality, discrimination, oppression, culture and identity. You can either use the services/get involved in the project!

Report and Support is the University's reporting tool for discrimination and hate crime.



**We wish you the warmest welcome to the University of Bristol.
Enjoy your studies and remember we are always here to support
you!**

BAME Network Committee 2020/21

Khadija Meghrawi - Chair

Nadeen Ghazal - Secretary

Leen Ayesh - Events and Campaigns Officer

Hibah Awan - Event and Campaigns Officer

Lauren Hutfield - Marketing Officer

Dayo Omi - Social Media Officer

Faris Raiy - Social Media Officer

Aarya Sinha- Social Media Officer

Patrick Olajide- Black Students Liason Officer

Christina Pham - East Asian Students Liason Officer

Sajid Khan- South Asian Liason Officer

Gabriel Starkey - Political Liason Officer

Nisa Anis Ahmad - Women's Network Students Liason Officer

Shivali Singh- Student Engagement Officer

Sabrina Saajad - Student Engagement Officer

Raheema Ma - General Liason Rep

Ceara Webster- Reporter

Aarti Jalan- Wellbeing Officer

Aishat Azzan- Wellbeing Officer

Instagram: @bristolbme

Email: bristolbmenetwork@gmail.com