

Appendix of Resources and Reading

A handful of helpful organisations and resources

Equity: UK trade union for creative practitioners (JOIN A UNION!) equity.org.uk

Spotlight: casting platform and resource hub spotlight.com

Act on This: TV actors' network actonthis.tv

Arts Emergency: mentoring charity and support network for young people arts-emergency.org

National Youth Arts Trust: bursaries and drama projects for disadvantaged young people hoping to enter the arts nationalyouthartstrust.org.uk

Talent 1st: not-for-profit best-practice talent consultancy CIC talent1st.co.uk

Missing Link: bridging gaps between aspiring underrepresented actors and industry missinglinkarts.org

Open Door: helping talented young people without financial support or resources to get to drama school opendoor.org.uk

BAFTA Elevate: helping young people from underrepresented backgrounds to reach next stage of career bafta.org

TripleC (Creative Confidence Collective): CIC with a mission to drive up the role of disabled people in arts and media triplec.org.uk

DANC (Disabled Artists Networking Community)
triplec.org.uk/danc

TransCreative: countering media negativity through 'telling our own stories' *transcreative.uk*

Queer Art: creating diverse and vibrant community through support of LGBTQ+ art and artists across generations and disciplines *queer-art.org*

UK Theatre have a fantastic Diversity and Inclusion Resource Library to accompany their statement on improving diversity in the theatre industry, including anti-racist material *uktheatre.org*

Pregnant Then Screwed *pregnantthenscrewed.com*

PiPA: Parents and Carers in Performing Arts *pipacampaign.org*

ACT (The Actors' Children's Trust): financial, practical and emotional support for parents working in this unpredictable industry *actorschildren.org*

Samaritans: 24 hours a day, 365 days a year free helpline for anyone in need *samaritans.org* tel. 116 123

CALM (Campaign Against Living Miserably): united against suicide *thecalmzone.net*

Papyrus: suicide prevention for under-35s *papyrus-uk.org*
HopelineUK tel. 0800 068 4141

Mind: a list of resources for mental-health support for people from different communities *mind.org.uk* tel. 0300 123 3393

Funding bodies for creative groups and individuals in UK (distributing government and National Lottery money):

Arts Council England *artscouncil.org.uk*

Arts Council of Wales *arts.wales*

Creative Scotland *creativescotland.com*

Arts Council of Northern Ireland *artscouncil-ni.org*

Some reading I've found useful (in no particular order)

Why I'm No Longer Talking to White People about Race by Reni Eddo-Lodge

White Tears/Brown Scars: How White Feminism Betrays Women of Color by Ruby Hamad

Natives: Race & Class in the Ruins of Empire by Akala

Feminism, Interrupted: Disrupting Power by Lola Olufemi

Trans Britain: Our Journey from the Shadows edited by Christine Burns

The Transgender Issue: An Argument for Justice by Shon Faye

Radical Happiness: Moments of Collective Joy by Lynne Segal

Out of Time: The Pleasures and the Perils of Ageing by Lynne Segal

Stolen Focus: Why You Can't Pay Attention – and How to Think Deeply Again by Johann Hari

Lost Connections: Why You're Depressed and How to Find Hope by Johann Hari

The Care Manifesto: The Politics of Interdependence by The Care Collective

Chavs: The Demonization of the Working Class by Owen Jones

Hope in the Dark: The Untold History of People Power by Rebecca Solnit

The Artist's Way: A Spiritual Path to Higher Creativity by Julia Cameron

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert

Untamed: Stop Pleasing, Start Living by Glennon Doyle

Manifesto: On Never Giving Up by Bernadine Evaristo

Revolting Prostitutes: The Fight for Sex Workers' Rights by Juno Mac and Molly Smith

Our Bodies, Ourselves by the Boston Women's Health Book Collective

Born in a Time of Hope by Hazel Roy

Write It All Down: How to Put Your Life on the Page by Cathy Rentzenbrink

A Manual for Heartache: How to Feel Better by Cathy Rentzenbrink

My Name Is Why by Lemn Sissay

Red Dust Road by Jackie Kay

On Agoraphobia by Graham Caveney

Reasons to Stay Alive by Matt Haig

Notes on a Nervous Planet by Matt Haig

*What the **** is Normal?!* by Francesca Martinez

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead by Brene Brown

All about love by bell hooks

None of the Above: Reflections of Life Beyond the Binary by Travis Alabanza

What White People Can Do Next: From Allyship to Coalition by Emma Dabiri

Character Breakdown by Zawe Ashton

The Argonauts by Maggie Nelson

On Connection by Kae Tempest

No Is Not Enough: Defeating the New Shock Politics by Naomi Klein

The Cultural Industries by David Hesmondhalgh

The Three Dimensions of Freedom by Billy Bragg

What I Know for Sure by Oprah Winfrey

Everyday Sexism by Laura Bates

Everyone Can Write: How NOT to Learn How to Write by Brian Astbury

Trusting the Actor by Brian Astbury

Trust Life: Crossroads and Cycles by Brian Astbury

Small Acts of Courage by Sue McCormick

The Golden Rules of Acting by Andy Nyman

100 Plays to Save the World by Elizabeth Freestone and Jeanie O'Hare

Maryland by Lucy Kirkwood

Me. You. Not a Diary by Dawn French

Sister Outsider by Audre Lorde

Death and the Elephant: How Cancer Saved My Life by Raz Shaw

The Frantic Assembly Book of Devising Theatre by Scott Graham and Steven Hoggett

Acting in British Television by Tom Cantrell and Christopher Hogg

Actors' and Performers' Yearbook

Break a Leg: A Memoir, Manifesto and Celebration of Amateur Theatre by Jenny Landreth

The Good Immigrant: 21 writers reflect on race in contemporary Britain edited by Nikesh Shukla

Nasty Women: A Collection of Essays and Accounts on What It Is to Be a Woman in the 21st Century edited by Laura Jones and Heather McDaid

Optimism Over Despair by Noam Chomsky

How to Stay Sane by Philippa Perry

How to Age by Anne Karpf