Further tools and resources

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Trigger warning: Please note that these videos and short films include traumatic and uncomfortable pregnancy and birth experiences which some people may find distressing.

Below are examples of films to aid learning.

- 22+1 – A short video that outlines a woman's journey following a late miscarriage. Explores the story of an interracial couple navigating the grief of pregnancy loss, while confronted with the underlaying layer of racism in the health and care sector.
- Make Black Mothers Visible – Lived Experience Film (The Motherhood Group, 2025). This film was made by Black mothers, with Black mothers, and directed specifically at healthcare practitioners. It was developed through The Motherhood Group's Black Mums Advisory Board and shaped entirely by the women in it.
- Cultural humility, sensitivity, belonging and whether assimilation is a good thing. Watch here.
- Video from Coronation Street that highlights the issues and is being used in training. This has value as an accessible entry point for practitioners. It works best when positioned alongside authentic testimonies, not instead of it.
- When You Know...Childbirth in the asylum system – Explores themes of fear, access, and isolation. Developed as part of the Best for Baby Too Improvement Collaborative in Liverpool, this moving film highlights stark, personal testimonies of five women with lived experience of navigating maternity care while living under asylum restrictions

Further Resources

Amos (2026). Independent Investigation into Maternity and Neonatal Services in England Interim report. Chaired by Baroness Valerie Amos, National Maternity and Neonatal Investigation. Published 26 February 2026.

Daniels S (2025). 30 Patterns of Harm - A Structural Review of Systematic Racism within the London Metropolitan Police Services.

Esegbona Adeigbe, S., Abbott, L. and Trivedi, D. (2026). Perceptions of cultural competency in antenatal care among midwives and Nigerian mothers in the UK: A qualitative descriptive study. Midwifery, Article 104730.

Lokugomage, AU et al (2026). NHS Race & Health Observatory. Have independent maternity service investigations taken an anti-racism or intersectional approach? Patient Safety Hub.

NHS England Quality Impact Assessment Framework (2025).

Nursing and Midwifery Council (2025). Principles for Advanced Practice

Nursing and Midwifery Council (2025). Principles for supporting women's choices.

Nursing and Midwifery Council (2020). Principles for preceptorship.

Public Health Scotland (2025). Equality, Diversity and Inclusion Strategic Approach 2025-2029.

Scottish Government (2022). Using intersectionality to understand structural inequality in Scotland: evidence synthesis.

The King's Fund (2026). NHS staff survey shows racism deeply entrenched and disturbingly normalised.

UK Government (2023). NHS staff experiences. Ethnicity Facts and Figures.

UK Parliament Health and Social Care Committee (2025). Black maternal health: Third Report of Session 2024-26 (HC 395).

Wise, J. (2022) 376. Racial health inequality is stark and requires concerted action. British Medical Journal.

Centre for population health (2025). Blog: Racism as a determinant of population health.

Care Quality Commission (2021). Monitoring the Mental Health Act in 2020/21. London: CQC.

NHS England (n.d.). National healthcare inequalities improvement programme; Core 20Plus5 (adults) - an approach to reducing healthcare inequalities.

NHS England (2023). NHS Staff Survey 2023: National Results Briefing. London: NHS England.

NHS England (2025). Workforce Race Equality Standard (WRES) 2024 Data Analysis Report for NHS Trusts.

NHS Race and Health Observatory (2022). Ethnic inequalities in healthcare: A rapid evidence review.

NHS Race and Health Observatory (2022). A review of NHS Health Communications with (and for) Jewish communities.

NHS Race and Health Observatory (2023). Review of neonatal assessment and practice in Black, Asian and minority ethnic newborns. London.

Nursing and Midwifery Council (2026). Insight spotlight. Published Feb 2026. Three sections: Spotlight on Nursing and Midwifery Report 2025, NMC Professionals Survey Full Report 2025 and Annex 2025.

Nursing and Midwifery Council (2023). Raising concerns: Guidance for nurses, midwives and nursing associates.

MBRRACE-UK (2025). National Perinatal Epidemiology Unit (NPEU), University of Oxford. Saving Lives, Improving Mothers' Care 2025 (Lay summary).

Marmot, M. (2010). Fair Society, Healthy Lives: The Marmot Review - Strategic Review of Health Inequalities in England post-2010. London: The Marmot Review.

Marmot, M. et al. (2020). Health Equity in England: The Marmot Review 10 Years On. London: Institute of Health.

Peter M, Wheeler R, Abe C, Awe A (2025). The Five X More Black Experiences Survey: Continuing the Conversation on Black Maternal Care in the UK. Five x More.

Race Equality Foundation (various). Ethnicity and health inequalities (MBRRACE-UK programme reports).

Scottish Government (2024). Anti-Racism Plans – Guidance.

The Health Foundation (2025). How racism affects health. This report finds large and unacceptable variations in people's experiences of the building blocks of health according to ethnicity.

The King's Fund (2020). Ethnic inequalities in mental health care. London: The King's Fund.

The King's Fund (2025). Blog: Race inequalities for NHS staff and looking back at the 2024 WRES data.

University of Manchester (n.d.). Healthier futures.