



CLARA AMFO: RADIO ONE DJ

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Amfo

If you are school aged and need support with your mental well-being call Phase: 01462 422940

In June 2020, Clara Amfo made a candid, emotional speech, during her mid-morning show on BBC Radio 1, about George Floyd's death, racism and its effect on her own mental health. She put into words what many were feeling. This is what she said :

"Now as you know at Radio One, we talk a lot about mental health, and mine was in a really bad way yesterday. In fact, it has been for the past few days in particular in relation to the death of George Floyd.

Now I didn't have the mental strength to face you guys yesterday. To ask, 'Hi, how was your weekend?' like I usually do with my happy intention, because I know that my weekend was terrible. I was sat on my sofa crying, angry, confused, and also knowing, stuck at the news of another black brutalised body."

"Knowing how the world enjoys blackness and seeing what happened to George, we black people get the feeling that people want our culture but they do not want us. In other words, you want my talent but you don't want me. There is a false idea that racism, and in this case anti-blackness, is just name-calling and physical violence when it's so much more insidious than that."

"One of my favourite thinkers is a woman called Amanda Seales and I feel it deeply when she says this: 'You cannot enjoy the rhythm and ignore the blues.' And I say that with my chest."

"I want to say to our black listeners that I hope you feel seen and heard today. And to those of you that have already, let me know that you are doing the work to be committed to doing better - I see you, so let's do this. Let's all be anti-racist."