



The Dudley Group
NHS Foundation Trust

Lynda Middleton

Administration team leader, outpatients

I am proud black British woman. I'm extremely honoured to have been asked to share my story as a black woman working in the NHS. Let me start by painting a picture of my life growing up in the UK. I have five siblings, one of whom I was blessed to meet later in life. Mum was 'everything' to us, both mother and father, comforter and protector. She was a beautiful, fearless, courageous and independent woman, the best role model we could ever have wished for.

As a black family settling and growing up in a predominantly white neighbourhood, we experienced our fair share of both conscious and unconscious racism, but mum taught us how to be brave, strong and proud of who we were. Sadly Mum was taken from us way too soon after losing her long battle with Lupus in 1995. That triggered a turning point in my life and I made the decision to change my career path and direct my focus and energy to serving in the NHS.

I started off as a band 2 administrator, working in my home town, at the University Hospital of Leicester, and spent 15 years there. During my time at Leicester hospital I was the clinic room booking advisor, then moving on to the role of MDT co-ordinator for ENT, Sarcoma, Lymphoma and CLL (Chronic Lymphatic Leukaemia).





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I waved goodbye to Leicester in 2015 and began my new challenge at Russells Hall Hospital. Initially working on the bank as a band 2 administrator, I soon progressed to room booking facilitator/ team leader for the Outpatients department where I have been and I've been for five years.

I'm a Christian and have been for about 31 years, and enjoy being an active member of Kingswinford Christian Fellowship, located at Summer Street Kingswinford. We have outreach programs to the community and raise money for the homeless and charities abroad that are in crisis.

Singing is my passion, so leading the worship songs at church is an absolute joy. One of my recent spiritual accomplishments is having my very own radio Gospel Show which airs once a month (2nd Tuesday at 8pm) on Black Country radio. I forgot to mention that in my younger days I was a semi-professional singer, travelling the world performing with some wonderful artists and celebrities. Those were the days when I could get up without creaking.

As a Christian I believe ALL lives created by God matter, and everyone should be treated as equal. After witnessing the heart breaking footage of George Floyd, I believe we must learn from this terrible tragedy and evolve as a society; as humankind. My prayer is for us all to educate ourselves and be respectful to each other irrespective of our differences. Amen.

My final footnote to my story is for COVID-19. What a crazy, surreal and scary time we're all experiencing! Never has there been a more fitting time to be thankful for the NHS! My gratitude and blessings to all it's valiant soldiers. On a very personal note, COVID has been a huge learning curve for me.





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I was unfortunate enough to contract the virus more than once but blessed to be able to cope with the symptoms at home, and be here today to tell the tale. We now know that COVID affects black people disproportionately and I feel that it's important for the black community to take any and all necessary steps to understand how best to protect themselves.

In summary, maybe sometime, in the not too distant future, there'll be no need for a Black History Month because ALL history will be fully and inclusively integrated. But for the here and now, Black History Month is a time for us all to engage, re-educate ourselves and just be better.

Have a blessed day!

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