

## Connect with podcasts....

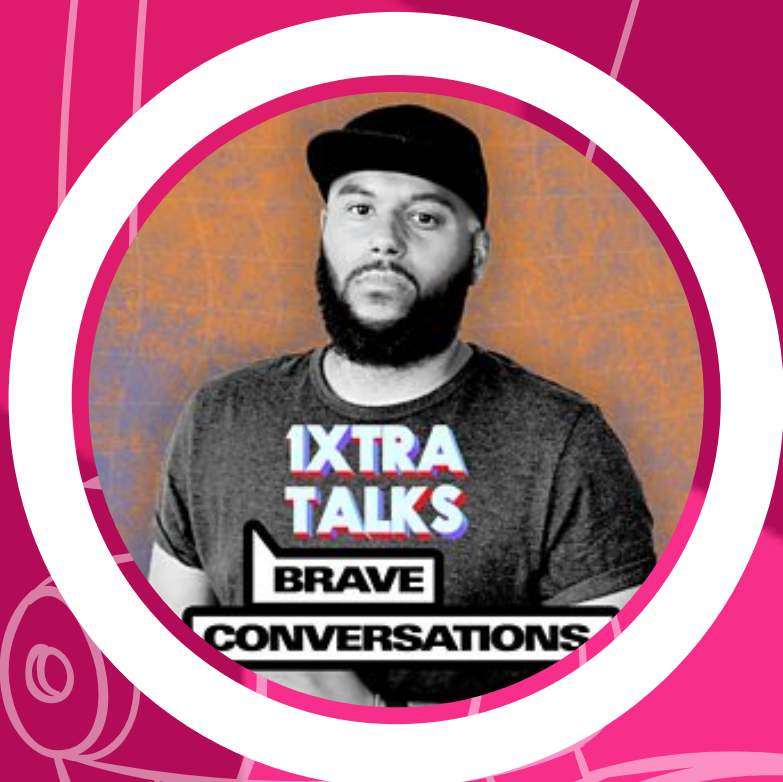


Real talk by women of colour – at times light, at times serious, but always honest #siscollective.

A podcast run by British Asians to talk about everything your Asian parents don't want to talk about!



From the BBC's BAME community at 1Xtra, this podcast takes on 'brave conversations' in the biggest group chat of the week.



A podcast from the infamous media company 'gal-dem', dedicated to voicing the experiences of BAME women and non-binary individuals. This podcast looks at nurturing important conversations about growing up.



A fun and uplifting podcast by a second generation British Chinese millennial, Viv Yau. Viv talks about family, relationships, work, racism, culture.





# Connect with podcasts....

Listen to these hosts explore their South Asian identity in today's Britain. Also find many more podcasts and radio shows from the BBC Asian Network.

This funny and informative podcast looks at "life, love and work in a white man's world."

Yellow Bee Pod explores the highs and lows of the East and South East Asian diaspora experience. Hosted by Natalie, a British Chinese Londoner.

Join host Alex Holmes, as he explores mental health, life, love, belonging, vulnerability, courage and connection with people that inspire him.

Hosted by Dr Anika and Dr Taiba. Join their journey as they share their experiences navigating life through being female, South Asian, Muslim, Doctors, GP's, sisters and friends.

