

Malik Al Nasir

Author

Malik Al Nasir is an author, a performance poet, filmmaker and an award-winning academic from Liverpool, whose remarkable life has been the subject of much media attention internationally. Born in Toxteth in the mid '60s, Malik grew up facing a range of hardships that saw him enter the care system in the '70s and following his release back on to the streets of post-riot Toxteth in the '80s, he encountered the legendary poet and civil rights activist Gil Scott-Heron. This chance encounter was to be life changing for this traumatised and semi-literate street kid, when Gil took Malik under his wing and mentored him from semi-literacy to a master's degree through poetry.



Malik's body of work from that time entitled 'Ordinary Guy' (Fore-Word Press 2004) was published under his former name 'Mark T. Watson' and dedicated to Gil, with a foreword by legendary grandfather of rap Jalal Nuriddin (The Last Poets). Jalal introduced him to Islam and named him Malik, and as Malik grew to produce music and film, he recorded with both Gil Scott-Heron and The Last Poets, who feature on his double album 'Rhythms of the Diaspora Vols 1 & 2' by Malik & The O.G's (Mentis Records 2015).

Malik has produced and appeared in several factual documentaries with footballers Mark Walter and Graeme Souness; poets Gil Scott-Heron, The Last Poets and Benjamin Zephaniah; also rap artists Public Enemy, Ice T and many others. Gil once described Malik as his 'protégé'.

Malik has also written two memoirs; one about his life in the care system and his remarkable relationship with Gil Scott-Heron 'Letters to Gil' (William Collins 2021) and another about his roots quest back to the slave plantations of Demerara 'Searching for My Slave Roots' (William Collins 2025).

Malik started tracing his roots back through slavery over 20 years ago, and has made some remarkable discoveries, with links to - among others - Prime Minister Gladstone, which have featured on the BBC, as well as in The Times, The Daily Mail, The Guardian, and The Wall Street Journal. Malik's pioneering research has been recognised by Sir Hilary Beckles (Chair of the CARICOM Commission for slavery reparations), historian Prof. David Olusoga, as well as The

University of Cambridge, where Malik completed a PhD in history in 2025, having been awarded a full scholarship in recognition of the significance of his research.

Malik Al Nasir was announced as the University of Cambridge's 2023 winner of the Vice-Chancellor's Global Impact Award and the 2024 winner of the Cambridge Society for the Application of Research (CSAR) award. Malik was a consultant on and appeared in the BBC Scotland documentary 'Mark Walters in the footsteps of Andrew Watson' which won a Royal Television Society (Scotland) Award in 2024. He also partnered with the National Library of Scotland on the pioneering FITBA Research Club - Andrew Watson's sporting legacies - which won the SLiC (Scottish Libraries and Information Council) Award 2024.

Malik is a co-founder of the policy making initiative 'Black Academia - Lifting the Barriers' whose policy reports have been disseminated in Parliament and at the UN.

Credits

Factual Entertainment

| Production | Company | Notes |
|--|------------|-------|
| MARK WALTERS IN THE FOOTSTEPS OF ANDREW WATSON DOCUMENTARY 2021 | 14th Floor | |

Film

| Production | Company | Notes |
|-----------------------------|---------------|---|
| HUSTLERS CONVENTION 2015 | Riverhorse TV | Associate Producer / Presenter. Two young hustlers attend a convention and become tangled in a financial disagreement. |

Radio

| Production | Company | Notes |
|----------------------------------|---------|-------|
| BBC RADIO 4: GREAT LIVES 2022 | BBC | |

| Production | Company | Notes |
|------------------------------|----------------------|---|
| ROBERT ELMS 2021 | BBC Radio London | Activist, poet and author Malik Al Nasir discusses his memoir 'Letters To Gil'. |
| OUTLOOK 2020 | BBC World Service | When Malik Al Nasir saw Victorian footballer Andrew Watson's photo he was stunned at the resemblance between them. It set him on a journey to discover his own complicated history. |
| SATURDAY LIVE 2011 | BBC Radio 4 | |
| OUTLOOK 2011 | BBC World Service | The man whose life was transformed by legendary musician and poet Gil Scott-Heron. |

Television

| Production | Company | Notes |
|-------------------------|---------|---|
| ITV NEWS 2025 | ITV | Celebrated poet Malik Al Nasir uncovered his family's previously secret connections to the transatlantic slave trade. |