

# Bridging Change Newsletter

5<sup>th</sup> Year Anniversary!

May 2026



Welcome to our May 2026 newsletter

This edition includes updates from the  
Bridging Change team and details of all  
your by-and-for events and activities  
for our local Black Racialised  
communities



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Bridging Change is 5 Years old



Five years since we started Bridging Change, we reflected on how we how we engage, listen and empower our communities. Growing our networks, challenging racial inequalities through our representation, research and project work whether in health and social care, food justice, infrastructure, training, health research or engagement.

We have grown from a 2-woman organisation to a team of 6! The Bridging Change team are passionate about tackling inequalities and lifting up the voices of Black and racialised communities in Brighton and Hove.

In the five years we have worked with our local statutory partners - Brighton and Hove City Council, NHS Sussex and Sussex Police. We also work nationally and internationally with universities and research bodies such as the Institute of Development Studies, NIHR, University of Toronto and University of Kent. We also work and have worked locally, nationally and internationally with the voluntary sector with Community Works, Ubele, Hera, Brighton and Hove Food Partnership, Taibu, Amaze, Diabetes UK, Mind and The Phoenix (to mention a few).

This month's newsletter gives a flavour of the current work we do in Brighton and Hove and beyond.

Our passion for community engagement started over 20 years ago and whilst some things have improved, our communities still face inequalities on many fronts, such as employment, education, health and social care, representation and an ever-growing threat of racism.

Whilst the future feels challenging we know that united, our voices are stronger together and can challenge ill-informed prejudice. Our communities have a wealth of knowledge, expertise, skills and passion and when we work together, we can make a real difference.

Feel free to drop us a line if you would like to know more about who we are and what we do, we are always happy to hear from you!

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[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



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[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Special Event

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## Community Voice Against Racism

Thursday 4<sup>th</sup> June 2026

6 - 8 pm

Hanover Room

Brighthelm, North Road

Brighton



## Standing Together as One

Please join us for a community meeting to discuss the growing challenges facing Black, racialised and migrant communities. We want to work together to explore practical ways on how we can strengthen and uplift our communities.

We are pleased to have Racial Harassment Forum Brighton & Hove speaking about their ongoing work and help facilitate the conversations.

Your presence and voice matter – we hope to see you there!



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[development@bridgingchange.co.uk](mailto:development@bridgingchange.co.uk)  
**01273234808**



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# Special Event

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## Community Voice Against Racism

### Standing Together as One



Bridging Change is inviting you to a meeting at BRIGHTHELM Centre, North Road, Brighton BN1 1YD, on Thursday, 4th June 6 - 8pm

You will have seen how local elections in the UK have shown a stronger voice towards far right. Although they might not get a huge vote in Brighton, it seems like the next local elections on June 25th will see more far right voices trying to influence elections.

We would like to hold this event in response to the increase in racism, Islamophobia, far-right organising and attacks targeting racialised communities, including the racist far-right march planned in Brighton and Hove on 13 June.

Bridging Change has also invited Brighton and Hove Racial Harassment Forum to talk about reporting options, support services and wellbeing strategies when faced with hate incidents and hate crime. We hope this to be a starting space for racialised communities to be heard, build unity in the community and leave feeling more connected, supported and empowered.



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# Community Voices Group

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## COMMUNITY VOICES GROUP

If you are from a Black and Racialised Minority group living in Brighton and Hove, Community Voices Group is for YOU.

### JOIN US

10th June 2026  
6.00pm-7.30pm  
on Zoom  
Contact us to  
join

### MEETING TOPIC: ADULT SOCIAL CARE

COME AND SPEAK DIRECTLY  
WITH ADULT SOCIAL CARE  
LEADS FROM BRIGHTON &  
HOVE CITY COUNCIL  
&  
THE CARERS CENTRE  
BRIGHTON & HOVE



Contact Beth at Bridging Change:  
[hello@bridgingchange.co.uk](mailto:hello@bridgingchange.co.uk)

**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Ageing Well

## Gather and Grow (50+)

drop in for  
**racialised minorities**



Build friendships and strengthen networks

A safe and positive multicultural space to connect

A safe space to meet racially minoritised people in Brighton and Hove

Learn about ageing well and ask questions about what is available locally

Get support with issues that effect you

A welcoming space

Visit  
<https://www.bridgingchange.co.uk/home>

**Venue:**  
Leach Court, Park Street,  
Kemp Town, Brighton,  
BN2 0DE  
Buses: 1, 2, and 7

For more information contact  
Maha on:  
[Community@Bridgingchange.co.uk](mailto:Community@Bridgingchange.co.uk)  
Or [07395 506927](tel:07395506927)

The group will run every first  
Tuesday of the month  
Come and join our drop in:

- 2<sup>nd</sup> June 2026
- 7<sup>th</sup> July 2026
- 4<sup>th</sup> August 2026
- 1<sup>st</sup> September
- 6<sup>th</sup> October
- 3<sup>rd</sup> November 2026
- 1<sup>st</sup> December 2026

Time: from 12:30-3:30 pm



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Wellbeing project <sup>8</sup>

## Rooted in Wellbeing drop-in for racialised minorities



A safe and welcoming space for:

- Supportive talks
- Help with accessing services and activities
- Peer support
- No judgment, just support

Every 2<sup>nd</sup> Thursday of the month  
Venue: Conference Room, Community Base,  
113 Queens Road, Brighton  
Time: 11 am - 3 pm

- 14th May 2026
- 11th June 2026
- 9th July 2026
- 13th August 2026
- 10th September 2026
- 8th October 2026
- 12th November 2026
- 10th December 2026

FOR MORE INFORMATION

[riw@bridgingchange.co.uk](mailto:riw@bridgingchange.co.uk)  
01273 234808/ 07395314944



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Current project <sup>9</sup>

## What is the Swap to stop initiative?



Swap to stop is a government funded initiative delivered locally with Brighton & Hove City Council.

It supports adults who smoke to swap to a vape and receive stop smoking support.



Get a FREE vape kit to help you stop smoking. All smokers over 18 eligible.

All we ask is to check in after 4 weeks to see if you are vaping, smoking, or both.



Smoking 20 cigarettes a day costs approx. £104 - £112 per week  
Vaping the equivalent costs approx. £10 - £25 per week  
Saving £87 - £102 per week!!



Scan the QR code for video and instructions on how to use the vape



We are running the Swap to Stop at our Gather and Grow, Rooted in Wellbeing and special pop up's in Whitehawk and central Brighton.

If you need help to stop smoking or would like to try a vape then please contact us to arrange a conversation.



To find out more contact Nora on [directors@bridgingchange.co.uk](mailto:directors@bridgingchange.co.uk)  
07395 314944



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Current project

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## Bridging Change Infrastructure Training

### Budgeting & Financial Management Ila Chandavarkar (V4CE)

#### What you will learn from this training workshop:

- Basics of developing budgets, monitoring income & expenditure
- Managing money effectively through cash flows & management accounts
- Guidance on compiling end of year accounts
- Developing a Finance Policy, Fraud Prevention Measures and a Reserves Policy

Wednesday

**10<sup>th</sup> June 2026**

10:30am  
- 12:30pm

**Online**  
(Zoom)

To receive the link please contact Indi @:  
[development@bridgingchange.co.uk](mailto:development@bridgingchange.co.uk)



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Current project "

## Bridging Change Infrastructure Training

**How to produce a realistic & workable budget**  
for community groups & organisations  
by **Reyna Kothari** (ETR Consulting Ltd)

What you will learn from this training workshop:

- Understanding budgets: Operational and Project Based; Restricted/Unrestricted
- Practical Steps for developing a robust budget including income forecasting
- Understanding your overheads and how to use this in funding bids
- Putting together a budget for a funding bid

For more information please contact Indi:  
[development@bridgingchange.co.uk](mailto:development@bridgingchange.co.uk)

Thursday

**18<sup>th</sup> June  
2026**

10:30 am  
- 12:30 pm

**Conference  
Room,  
Community  
Base,**

113 Queens  
Road,  
Brighton



**CONTACT:**  
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# Bridging Change about town

## UOK North Whitehawk Community Event



Bridging Change attended the North Whitehawk community event on Sat 9<sup>th</sup> May.

The event, organised by UOK, was a great way to bring the community together to have fun in a relaxed environment, reach people who might not naturally access/ feel they are able to access wellbeing support, and let residents know who we are. We met lovely local residents from diverse backgrounds and were able to talk about our Rooted in Wellbeing sessions and our support to community members in accessing wellbeing.

## Gather & Grow

Maha our Ageing Well lead at our Gather and Grow 50+ group, has been working in partnership with Ratna from The Hera Project Art and Wellbeing with Belonging.

Flowers from specific location that touch their hearts with sad and happy memories. A way for everyone to connect with each other.



[community@bridgingchange.co.uk](mailto:community@bridgingchange.co.uk)

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# Bridging Change updates

## Diabetes UK



**Nora and Anusree co-facilitated a co-production workshop, Bridging Change as members of the Diabetes UK's, Community Organisation Advisory Committee. We heard from researchers, academics and practitioners about how they have worked and would like to work with communities. We shared some of our experiences as a community development organisation.**

**At conference we heard from researchers and clinicians who were doing great research in the field!**



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# Bridging Change updates

## Health & Social Care Network (@ Community Works)



Anusree and Nora spoke at the Health & social care network meeting which brought together over 50 member organisations alongside local authority and NHS partners. They mentioned some of our current projects around health and wellbeing such as:

- Black and racialised minority mental health and wellbeing service "Rooted in Wellbeing"
- Ageing Well - "Gather and Grow"
- Social prescribing service
- Community Voices Group and process
- Diabetes work
- Hypertension work

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# Bridging Change updates

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## Moving from representation to participation

At the Westminster Foundation for Democracy and Institute of Development Studies event on democracy, Anusree advocated and described how Bridging Change's Community Voices Group were leading and participating in meaningful change that affect them, working to connect local voices to equitable policy change and improved service design.



Beth is Bridging Change's engagement lead and leads on the Community Voices Group - you can contact her at [hello@bridgingchange.co.uk](mailto:hello@bridgingchange.co.uk)

## Connecting with our community groups

Always made welcome with hospitality and generosity of the Gujarati 50+ group who are always generous with their knowledge and experience.



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# Bridging Change updates

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## Old Boat Community

Indi and Kiran represented Bridging Change at the Old Boat Corner Community, offering support, information and guidance for BRM communities.

## White Systems Black Child: Shifting Narratives

Kiran and Indi attended this fascinating conference hosted by A Seat At The Table which highlighted the racial barriers and inequalities within the educational system such as belonging & liminality, regulation and anti-racism in early years.



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# 'For & By' BRM Support, Events, Activities & Celebrations

**CONTACT:**  
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# 'For & By' BRM Support, Events, Activities & Celebrations

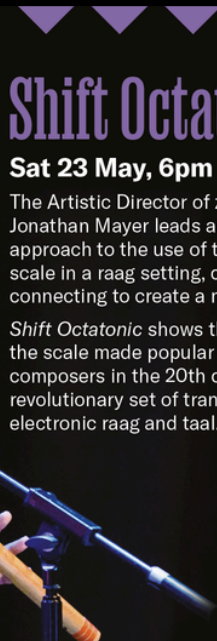
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## Shift Octatonic

Sat 23 May, 6pm

The Artistic Director of zerOclassikal Jonathan Mayer leads an experimental approach to the use of the octatonic scale in a raag setting, colliding and connecting to create a new piece.

*Shift Octatonic* shows the migration of the scale made popular by European composers in the 20th century in a revolutionary set of transpositions with electronic raag and taal.

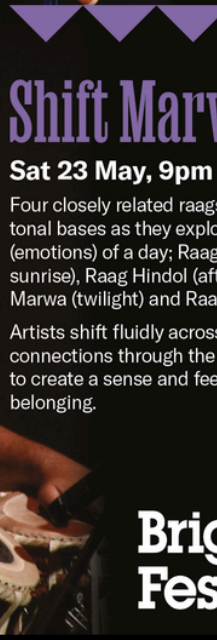


## Shift Marwa Time

Sat 23 May, 9pm

Four closely related raags migrate through tonal bases as they explore the different 'rasas' (emotions) of a day; Raag Sohini (just before sunrise), Raag Hindol (after sunrise), Raag Marwa (twilight) and Raag Puriya (twilight).

Artists shift fluidly across the raags, drawing connections through the shared tonal scales to create a sense and feeling of balance and belonging.



**Brighton  
Festival 60**

**Saturday 23 May – one date, 2  
programmes at the Brighton  
Dome's Studio Theatre**

**And we have partnered with  
zerOclassikal to create two  
Mehfil events offering south  
Asian classical music with  
sitar, sarodh, bansuri,  
vocalists, tabla dilruba,  
kathak dance and  
electronics**

**Shift: Octatonic 6 pm  
Shift: Marwa 9 pm**

**Get your tickets with these  
two links:**

Mehfils A Studio Theatre  
Takeover: Shift Octatonic /  
Music / What's On | Brighton  
Festival

Mehfils A Studio Theatre  
Takeover: Shift Marwa Time /  
Music / What's On | Brighton  
Festival

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# 'For & By' BRM Support, Events, Activities & Celebrations

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**The Mehfil Space – south Asian classical music in JUNE across Brighton & Hove**

The Mehfil Space is busy again in June – come and appreciate the south Asian classical music and ghazal song at The Rose Hill and The Brunswick. The Mehfil Space is excited to offer you three music programmes in intimate settings.

**Friday 5 June – Ghazal, thumri and classical song with Muslim Shaggan, The Rose Hill, 7 pm**

Mehfil-e-Rose Hill: Vocals – Ghazal and Raag with Muslim Shaggan – The Rose Hill

**Thursday 11 June – Around the World in 8 Ragas, The Rose Hill, 7 pm**

We have just confirmed this date with a group who will take us on a music journey through 8 ragas – playing and talking through the music so we can feel the emotions and understand the structure and rhythms. Booking details will be on The Rose Hill website in the next few days.

**Sunday 21 June – Ustad Irfan Muhammad Khan (sarod maestro), The Brunswick, 7.30 pm**

A doyen of the south Asian classical music tradition, Ustad Irfan Muhammad Khan is visiting from India. This will be phenomenal. Make sure you get your ticket in time.  
Mehfil-e-Brunswick – Midsummer Special with Ustad Irfan Muhammad Khan and Junaid Ali | The Brunswick

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# 'For & By' BRM Support, Events, Activities & Celebrations

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## Writing Our Legacy @ Downs to the Sea: Embracing Your Inner Flow with Jackie Mendoza

Using guided journeys and contemplations, as well as the imagery of water as the River of Life that flows through us, this workshop will help you reconnect with yourself, what's important to you and your creativity.

Held in the nourishing environment of Saddlescombe Farm Learning Barn, there will be plenty of time to pause and connect to the elements and rhythms of nature to ask: What lies at the heart of my being that's yearning to be expressed?



EMBRACING YOUR INNER FLOW  
WORKSHOP WITH JACKIE  
MENDOZA

SUN 7 JUNE | 12PM-3PM  
@SADDLESCOMBE FARM  
BRIGHTON | FREE ENTRY

## DOWNSTO THE SEA

CREATIVE WATER DAY



Supported using public funding by  
ARTS COUNCIL  
ENGLAND



Funded by  
UK Government

**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# 'For & By' BRM Support, Events, Activities & Celebrations

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THE FOUR DIRECTIONS  
WORKSHOP WITH ALINAH  
AZADEH

SAT 27 JUNE | 12PM-2PM  
@ WARREN HILL DEWPOND  
NEAR BEACHY HEAD | FREE

**DOWNSTO  
THE SEA**  
CREATIVE WATER DAY

    Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**  **Funded by  
UK Government**

## Writing Our Legacy @ Downs to the Sea: The Four Directions with Alinah Azadeh

On-site creative writing workshop, with slow meanders around Warren Hill Dewpond, which has panoramic views of the sea and Downs. This workshop is inspired by the themes and viewpoints of The Four Directions, four verses inscribed into artist benches set around the dewpond, written by Alinah Azadeh.

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# 'For & By' BRM Support, Events, Activities & Celebrations

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BRIGHTON & HOVE CITY COUNCIL  
ANTI-RACIST EDUCATION STRATEGY  
PRESENTS

# SHIFTING CULTURES

ANTI-RACIST EDUCATION  
CONFERENCE



Brighton Corn Exchange  
19th June 2026  
9.00am (doors open 8.30am)  
Book [HERE](#) tickets £25  
BHCC schools can book their free ticket via [BEEM](#)



*WORKING THIS OUT IS EVERYONE'S RESPONSIBILITY*

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# 'For & By' BRM Support, Events, Activities & Celebrations

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## EURO-MERNET CULTURAL HERITAGE CLUB



In collaboration with Brighton and Hove City Libraries & #NoHateSpeechUK

# Words of Courage

*Words of indomitable spirits continue to inspire our souls..*



**Refugee Week**  
**Curator:**  
**Ümit Öztürk**  
**15-20 June 2026**  
**Jubilee Library**  
**Brighton**



**B&H City Libraries**  
[info@euromernet.org](mailto:info@euromernet.org)

In celebration of the **Refugee Week (UK)**. 2026 theme: **"Courage"**

Euro-Mediterranean Resources Network is a not-for-profit company limited by guarantee and a registered charity. Company No: 8545850. Charly No: 1132535. Registered Office: 113 Queens Road, Brighton, BN1 3XG. Design & print by: EuroMernet.

## "Words of Courage"

In celebration of Refugee Week 2026  
(15 – 20 June 2026; Main Window, Jubilee Library)  
Curator: Umit Ozturk (Coordinator, @EuroMernet)

This exhibition, in collaboration with Brighton and Hove City Libraries and with No Hate Speech UK, marks the UK Refugee Week.

The theme for 2026 is **"Courage"**.

This exhibition features the portraits and inspirational words of artists, writers, poets, thinkers and activists who had become refugees. Their quoted words show the power of believing in courage against dejection and hope against despair even under most difficult phases of life.

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# 'For & By' BRM Support, Events, Activities & Celebrations

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## EuroMernet Refugee Week events:

**Refugee Week launch evening (In collaboration with Community Base and No Hate Speech UK)**  
**Monday, 15 June 2026 (time: 19:00 – 21:30)**

-

**Venue:** Community Base, 113 Queens Road, Brighton, BN1 3XG

We will host a community social gathering to mark the first day of the Refugee Week and prepare for the Refugee Day (20th June)

- We will hear from a panel of speakers who would recite selections from books written by former refugees. We will also enjoy music, dance, and a huge buffet of home-made food.

**EuroMernet Social Gathering: "A farewell to Refugee Week + Film Club screening"**  
**Monday, 22 June 2026 (Time: 18:30 – 21:30)**

-

**Venue:** Community Base, 113 Queens Road, Brighton, BN1 3XG

We will hear from a panel of poets some examples of poetry on the Refugee Week 2026 theme, "courage".

Talks, music, and homemade food; in collaboration with the Community Base and No Hate Speech UK network.

We will also enjoy watching together a feature-length drama on the same theme.

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Before, during and after the Refugee Week, EuroMernet Film Club will screen over a dozen films from around the world on this year's theme, "courage".

EuroMernet Poetry Club and Radio EuroMernet will also host two sessions. For more information, email [info@euromernet.org](mailto:info@euromernet.org) or follow the regular posts on their social media pages: @euromernet

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# 'For & By' BRM Support, Events, Activities & Celebrations

## All about Love:

### The Poetics of Resistance

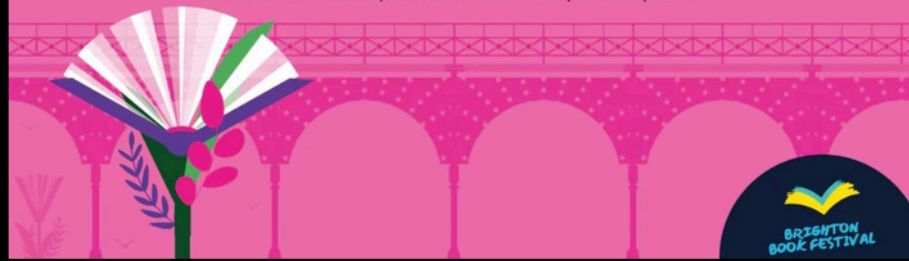
A poetry workshop exploring themes of freedom, beauty and hope inspired by bell hook's seminal book, *All about Love*.



Dr. Mona Manjot Dhaliwal

Friday 19th June 2026 6:30pm

Afrori Books, North Road, BN1, 1YD



Join Dr. Mona Manjot Dhaliwal for a workshop that explores themes of freedom, beauty and hope inspired by bell hook's seminal book, ***All about Love***.

In this workshop, we will examine an eclectic array of poems from bell hooks to Mona Arshi to Emily Dickinson while exploring poetic techniques and qualities of resistance.

This friendly, relaxed workshop will offer an opportunity to delve into the transformational qualities of love, and how it relates to resistance through an insistence on freedom and expressions of hopeful imaginaries.

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# 'For & By' BRM Support, Events, Activities & Celebrations

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## THE REST EXPERIENCE PRESENTS:



Deep Dive and Connect to the Ground  
of your Being with

Akila Richards & Jackie Mendoza

Hove 27 June 1.30 pm – 4.30 pm at Cornerstone CC  
Brighton 11 July 2 pm – 5 pm at Community Base



The sessions will combine Jackie Mendoza's shamanic practices with Akila's rest practice. We'll be weaving breathwork, conversation, visualisations, writing from your restful and dreaming space, gentle movements and explorations of your inner landscape.

<https://www.eventbrite.co.uk/e/1988067894590?aff=oddtcreator>

<https://www.eventbrite.co.uk/e/1988071986830?aff=oddtcreator>

**CONTACT:**  
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# 'For & By' BRM Support, Events, Activities & Celebrations



**TRI a TING - Fun Day**  
**SWIM BIKE RUN**

Surrey Docks Fitness & Water Sports Centre SE16 7SX  
5th September 2026

- Experience 3 elements of a Triathlon
- Pick your distance
- Challenge yourself

- Open water 30m & 300m options
- Spin Bike variable distance
- Run/Walk 2km loops

Check in at 6:00

THE BLACK TRI TRIBE in Partnership with Southwark Council



**BTT BRIGHTON**  
**SWIM BIKE RUN**

SATURDAY 6<sup>th</sup> JUNE 2026 | Patcham High School BN1 8PB

Check in opens 12:00

THE BLACK TRI TRIBE in Partnership with Brighton & Hove City Council

- Hilly 5k loops
- 20m indoor heated pool
- Off road children's race
- Beginner friendly
- Small community vibes

Fostering Changes Lives



**HALF TERM CAMP**  
TUESDAY 26 MAY TO FRIDAY 29 MAY

BALANCE BETWEEN SOCIAL ENLIGHTENMENT & PHYSICAL ELEMENT

> 10AM - 5PM EVERYDAY FOR 14-18 YEAR OLDS ACROSS SUSSEX

- ✓ SPORTS ACTIVITIES
- ✓ WORKSHOPS & DISCUSSIONS
- ✓ BOND WITH OTHER TEENS FROM SUSSEX!

**PLUS** entry into the BTT BRIGHTON triathlon the following week!

PATCHAM HIGH SCHOOL, BRIGHTON BN1 8PB | 10AM - 5PM EVERYDAY

REGISTER NOW



**BTT BRIGHTON**  
**BLACK TRI TRIBE TRIATHLON**

Saturday 6<sup>th</sup> June 2026

Check-in Time: 12pm • Patcham High School, Ladies Mile Road, Brighton BN1 8PB

REGISTER NOW

<p><b>01</b> Adults Duathlon 5km • 20km • 1km Race</p> <p>ENTRY CLOSES: 23/05/2026</p> <p>£40.00</p>	<p><b>02</b> BTT SPECIAL (Adults and Children age 15+)</p> <p>ENTRY CLOSES: 23/05/2026</p> <p>£30.00</p>
<p><b>03</b> Childrens BTT Special 40m • 1km • 100m Race</p> <p>ENTRY CLOSES: 23/05/2026</p> <p>£20.00</p>	<p><b>04</b> Olympic 1500m • 40km • 10km Race</p> <p>ENTRY CLOSES: 23/05/2026</p> <p>£50.00</p>
<p><b>05</b> Sprint 400m • 20km • 5km Race</p> <p>ENTRY CLOSES: 23/05/2026</p> <p>£50.00</p>	

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# 'For & By' BRM Support, Events, Activities & Celebrations

## GRAVITY YOGA

An inclusive practice designed for individuals of all ages and abilities.

Using long-held, passive stretches, it supports greater mobility, flexibility, and a deeper sense of calm and connection.

### CLASS INFORMATION

Fridays

- 10:00 -11:00am
- Women only

 BMECP, Brighton BN1 4ZE

 [apollo.schubert@gmail.com](mailto:apollo.schubert@gmail.com)



For Black, Asian and Global Majority Communities



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# 'For & By' BRM Support, Events, Activities & Celebrations

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Healing, Expressive  
and Recovery Arts

### Boost your health and wellbeing through creativity.

Join a safe, friendly and welcoming art group for the **global majority** members of our community. Discover how creativity can help you relax, connect with others, and enjoy yourself—join us for **free** and give it a try.

Refreshments and materials included.

Everyone age 18+ welcome — no experience needed

**Where:** BMECP Centre, 10 Fleet Street, BN1 4ZE

**When:** 1–3pm, **3rd Tuesday** of every month

19 May, 16 Jun, 21st Jul, 18th Aug, 15 Sept and 20 Oct 2026

### To book or find out more:

Phone: 01273 712175

Email: [contact@theheraproject.org.uk](mailto:contact@theheraproject.org.uk)

Website: [www.theheraproject.org.uk](http://www.theheraproject.org.uk)

**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



**Bridging Change**



**Brighton & Hove  
City Council**

# 'For & By' BRM Support, Events, Activities & Celebrations

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## **BMEYPP CREATIVE CLUB**

**Wednesdays  
4:30-7:00pm**

*Do you like...*

*Poetry      Music  
Arts & crafts  
Drama      DJ-ing*

*Explore the world around you through the arts  
Dive into a variety of creative activities  
Express identity & culture*

*For Black, Asian, Arab & Mixed heritage young  
people, aged 11-25*

***This space is for you.***

**Find out  
more  
Instagram:  
@BMEYPP  
Whatsapp;  
07918621423**



**CONTACT:  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)**



# 'For & By' BRM Support, Events, Activities & Celebrations

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**BMEYPP** YOUTH PROJECT  
AGES 11-25

**A welcoming space for young people of colour**

Come hang out with friends and make new ones in a welcoming space

Learn about Black histories, celebrate cultures and take part in activities or plan events

A space to suit you, whether you want a quiet space to do homework or to work on a hobby

**PODCASTS**  
Creative Club  
Wednesday 4:30-7

**COOKING**  
Chill Out Club  
Friday 4:30-8

**MUSIC**

**FILMS**

**WORLD HISTORY**

**BLACK, ASIAN, ARAB & MIXED HERITAGE**

**THIS IS A SPACE FOR YOU**

FIND OUT MORE  
INSTAGRAM: @BMEYPP  
WHATSAPP: 07918621423



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# 'For & By' BRM Support, Events, Activities & Celebrations

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A WELCOMING SPACE FOR BLACK, ASIAN, ARAB & MIXED HERITAGE YOUNG PEOPLE (11-25 YRS)



# CHILL OUT CLUB

LONG WEEK OF SCHOOL OR COLLEGE?  
COME DOWN TO THE BMEYPP TO CHILL OUT

TABLE TENNIS  
BOARD GAMES  
TOURNAMENTS  
FILMS  
QUIZZES

FRIDAYS 4:30-8:00 PM

COME SIGN UP!

FIND OUT MORE  
INSTAGRAM @BMEYPP  
WHATSAPP - 07918621423

CONTACT:  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



**COMMUNITY WORKS REP ELECTIONS 2026**

## WHY BECOME A REP?

- Increase your knowledge of local systems
- Be involved in shaping decisions and services
- Expand your networks and partnerships
- Represent the voices of community organisations
- Develop influencing, negotiation and communication skills
- Develop deeper understanding of specific areas of work



Reps are leaders within the voluntary and community sector. This means they occupy a CEO or senior management role in organisations with paid staff, or they have a lead volunteer role within a volunteer-led group e.g. they typically attend external meetings on behalf of the group, and/or lead on projects.

**We are seeking people to represent community groups and voluntary organisations across Brighton & Hove, advocate for our members, and help amplify and strengthen local community voices.**

**You can nominate yourself for the role or if you know someone who could be a great Rep, do pass this on!**

- *Do you want to ensure the voices of these groups are heard and understood?*
- *Are you keen to share your knowledge and expertise across a broad range of partnerships and agendas?*
- *Would you like to represent community and voluntary organisations at a strategic level?*

**Deadline** for return of nomination form is midday on **Friday 29th May 2026**

**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# For all communities

## Monthly Drop-in Community Support Hub



**TheFamilyRoom - OldBoat  
Corner Community Centre**  
**Last Wednesday of every month,**  
**9:30am – 11:30am**

**OldBoatCornerCommunityCentre CardenHill,  
Carden Park, Brighton, England, BN1 8GN**

You can get free advice, information, and support on:

- Money and finances
- Family support
- Health and wellbeing
- Energy advice
- Digital support
- Monthly guest themes and spotlight services

Free, friendly advice and support  
Multiple services all in one place  
No appointments needed – just  
drop in!



Receive a £10 Supermarket voucher when you  
access support!

**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Health & Research

Funded by  
**NIHR** | National Institute for  
Health and Care Research

## Your experiences matter to us!

**Food and drink needs of  
older adults living at home.**

We are running a research study about the role of homecare in supporting older adults to stay healthy and live well. We are especially interested in how homecare helps people with what they eat and drink.

**You can get involved if  
you are:**

- aged 65+ receiving publicly funded homecare
- a homecare worker
- a family carer in Brighton and Hove.



The interview will be in-person, online or over the phone at a time of your choice.

It will last about 45 minutes.

You will receive a £20 thank-you voucher for your participation.

Participation is voluntary and it will not affect your care. Everything you tell us will be kept confidentially.

**Interested?**

Contact Lavinia or Kanwal at  
[QoL@bsms.ac.uk](mailto:QoL@bsms.ac.uk)  
or  
call 0779 554 0753

**US**  
UNIVERSITY  
OF SUSSEX

brighton and sussex  
medical school

University of  
**Kent**



UNIVERSITY OF  
**SURREY**

**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Health & Research

**healthwatch**  
Brighton and Hove

## What do you think about your local health services?

Healthwatch Brighton and Hove helps to improve health and social care services, but we can only do this if we understand what people in Sussex think about their local resources. This survey is about what matters most to you.

The survey includes 17 questions, with an optional 8 'about you'. It should take around 5 - 10 minutes to complete.

Share your feedback via our survey and enter a prize draw to **win one of two £25 High-Street vouchers.**

Any questions? Contact us via:

- [office@hwbh.co.uk](mailto:office@hwbh.co.uk)
- 01273 234 040

**Take part**



[www.smartsurvey.co.uk/s/HWHealthServices/](http://www.smartsurvey.co.uk/s/HWHealthServices/)



**CONTACT:**  
[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)



# Contacts

If you would like any of our staff to visit groups/ organisation or help with projects please get in contact with the following addresses:

**For Ageing Well:**

- [community@bridgingchange.co.uk](mailto:community@bridgingchange.co.uk)

**For Climate for Communities:**

- [projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)

**For CVG:**

- [hello@bridgingchange.co.uk](mailto:hello@bridgingchange.co.uk)

**For Infrastructure:**

- [development@bridgingchange.co.uk](mailto:development@bridgingchange.co.uk)

**For Phoenix Way:**

- [directors@bridgingchange.co.uk](mailto:directors@bridgingchange.co.uk)

**For UK; Rooted in Wellbeing:**

- [riw@bridgingchange.co.uk](mailto:riw@bridgingchange.co.uk)
- 01273 234808/ 07395314944

**For Phoenix Way:**

- [directors@bridgingchange.co.uk](mailto:directors@bridgingchange.co.uk)

**For any other queries:**

- [directors@bridgingchange.co.uk](mailto:directors@bridgingchange.co.uk)

**CONTACT:**

[projects@bridgingchange.co.uk](mailto:projects@bridgingchange.co.uk)

