

Bridging Change

November 2026 newsletter



Welcome to our November 2026 newsletter

It includes updates from the Bridging Change team and details of all your by-and-for events and activities for our local BRM community



For more information contact:
projects@bridgingchange.co.uk



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CONTACT:
projects@bridgingchange.co.uk



Stronger and Healthier Together!³

At the beginning of October 2026, Bridging Change held an event at the Brighton Friends Meeting House, central Brighton, in partnership with the Adult Social Care Team at Brighton and Hove City Council.

This event was in response to the discussions we had at the Community Voices Group meetings this year, when covering adult social care as a topic. Many people at our meetings said that they found it hard to know what support was out there. We also wanted to make adult social care services more accessible to BRM people as many people had difficulty contacting Access point and knowing where they were in the system.



On the day, we had a number of different services there including Access point, Occupational therapists, Carelink as well as Dementia and Ageing Well and Diabetes UK. People who came had the opportunity to speak directly to them.

It was lovely to meet all the organisations. Really enjoyed the hand massage.

We were also happy to offer Arabic interpretation courtesy of Brighton and Hove City Council and Sussex Interpreting Services, where people were able to attend with an interpreter to learn more. This worked really well on the day.

Helpful, pleased we came, we will be contacted by social care.

People attending were also able to join in with our free wellbeing activities; chair and standing yoga offered by the Healthy Lifestyles Team at Brighton and Hove City Council, an art session by Euromernet and hand massage by a Touch a Gentleness.

We were so pleased with the turnout on the day and a huge thank you to everyone who came along, it was lovely to see you. All being well, our aim is to have this as an annual event.

Stronger and Healthier Together was part of the Ageing Well Festival.

Climate for Communities update

Over the past several months, as part of the climate for communities programme Bridging Change have done some exciting events which aim to open opportunities and tackle climate barriers for our communities.

Events include a community cooking session highlighting practical ways to save food and reduce waste, a group community beach clean and conversations alongside various CFC partners and several planting sessions at multiple venues.

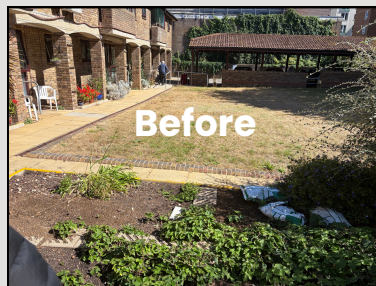
Our Seaside, Our Community! Community cooking session



Several visits to Plot 22



Restoring several plant beds



**FOR MORE INFORMATION
CONTACT KIRAN AT:**

projects@bridgingchange.co.uk



Bridging Change heads to Parliament for climate representation



Across the UK, racialised organisations are driving vital work to protect their environments and uplift local communities. Representing grassroots action on the national stage, Bridging Change's Climate Lead, Kiran, and Anusree recently joined fellow leaders at the Houses of Parliament.

Invited by Black Ocean Citizens, the event brought together inspiring Black and racialised community-led groups, researchers, academics, practitioners, and national organisations. The core focus: connecting communities to their local environments, expanding representation in UK climate action, and scaling up collective impact.

Key Takeaways:

- **Grassroots Voice:** Kiran highlighted Bridging Change's work in improving how local communities experience and connect with their surrounding environment.
- **National Collaboration:** The gathering facilitated high-level networking with researchers, academics, and national bodies.
- **Movement Building:** Discussions focused on actionable strategies to increase racial diversity and leadership across the UK climate sector.



Listening to Community Voices: Improving Adult Social Care in Brighton & Hove⁶

Bridging Change has published three reports sharing the experiences of people from Black and racialised communities in Brighton and Hove around adult social care.

The reports explore challenges accessing adult social care, the experiences of unpaid carers and the difficulties faced by young people and their families navigating the move from children's to adult services.

The reports bring community voices to decision-makers, with practical recommendations to help make services more accessible, inclusive and responsive to people's real lives.

Adult Social Care: A Review of Community Voices

experiences of
accessing adult social
care.



[View file here](#)

Unpaid Carers from Black and Racialised Communities

recognising carers'
contributions and
improving the support
available to them.



[View file here](#)

Young People, Families and the Transition to Adult Social Care

making the transition
to adult services fairer,
better coordinated and
more supportive.



[View file here](#)

Bridging Change Infrastructure Training



The Power of Partnerships by **Yemisi Mokuolu** (Hatch Ideas)

What you will learn from this training workshop:

- Why purposeful partnerships matter
- How to choose the right partners and avoid the wrong ones
- How to approach people with confidence
- How to build partnerships that last

Tuesday
**17th November
2026**

5:30 pm -
7:30 pm

Online

Contact **Indi** for more details and receive access to the full programme:

phone: **07783 409815** email: [**development@bridgingchange.co.uk**](mailto:development@bridgingchange.co.uk)



Bridging Change Infrastructure Training

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Community Projects for Social Impact and Cultural Change

by **Yemisi Mokuolu** (Hatch Ideas)

Tuesday
15th December 2026

5:30 pm -
7:30 pm

Online

Contact **Indi** for more details and receive access to the full programme:

phone: **07783 409815**

email: development@bridgingchange.co.uk





JOIN US

19th November
2026

6.00pm-7.30pm
on Teams

Contact us to
join

COMMUNITY VOICES GROUP

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

WOMEN'S HEALTH

Come and discuss with other
community members in a
women only space

Please note:

We will be discussing all areas of women's
health except for maternity because we
have covered this topic separately



Contact Beth at Bridging Change:
hello@bridgingchange.co.uk
[07517895497](tel:07517895497)

WHAT IS COMMUNITY VOICES GROUP?

- Do you identify as Black, brown, Asian or from another language, ethnic or migrant community?
- Do you want to improve how public services at the NHS and local Council are delivered locally?
- Do you want the chance to speak directly to representatives from the Council and NHS and get your voice heard?

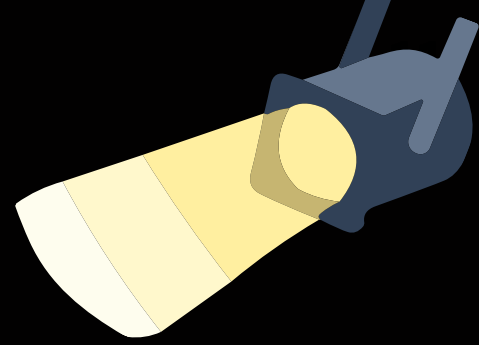
CVG members attend the meetings as individuals or as representatives of their community to speak about what's important to them. We meet monthly, online or in person, to discuss the issues that matter to us and to talk to representatives from Brighton and Hove Council and NHS Sussex about how they can be resolved.

How to join

Contact Beth at Bridging Change,
email: hello@bridgingchange.co.uk,
phone: 07517895497



Leading under the spotlight



This event will bring together Black and racialised leaders, professionals, community organisations and allies to explore the relationship between:

- leadership
- visibility
- achievement
- bias
- organisational culture.

confirmed speaker:

Dr Halima Begum

previous CEO at Runnymede Trust,
ActionAid UK and Oxfam



FOR MORE INFORMATION

hello@bridgingchange.co.uk / 07517 895497
projects@bridgingchange.co.uk





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BRM CARERS WELLBEING SESSIONS

A safe space for Black and racialised minority carers to talk

**First online session 24th November 2026,
2pm-3pm**

Do you identify as Black, brown, Asian or from another ethnic or migrant group?

Do you provide unpaid care and support to a family member, friend or neighbour who is disabled, has an illness or long-term condition, or who needs extra help as they grow older?

Would you like to connect with people who face similar challenges or get help in discovering local services that matter to you?

**WE WOULD LOVE TO SEE YOU AT OUR
ONLINE SESSIONS**

Need help to join? Let us know and we can help you



TO JOIN CONTACT BETH HARRISON
Email: hello@bridgingchange.org.uk
Tel: 07517895497

Rooted in Wellbeing we've changed our sessions!

Rooted in Wellbeing is a Free to Access monthly drop-in offering a welcoming, inclusive and non-clinical space for people to pause, connect and access practical mental health and wellbeing support. Interpreting support is available upon request **

We now offer:

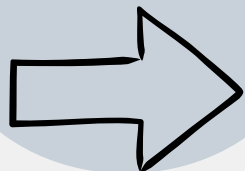
Mental health facilitated space:

11:00 am –12:30 pm, monthly themed wellbeing sessions (see next page for November theme).

Social prescribing (practical support):

13:00 pm –15:00 pm, practical support for form filling, referrals to other services, help with registering for ESOL, accessing local activities, housing and health form etc.

For more info:



Refreshments provided throughout

***Interpreting support available on request, please contact:
directors@bridgingchange.co.uk*

Rooted in Wellbeing drop-in for racialised minorities



Our monthly Mental health and Wellbeing space:



Thursday, 12th November, 2026, 11am-3pm



**11:00 am
- 12:30 pm**

This month's topic
**'Digital Wellbeing
Workshop: Explore,
Learn & Thrive'**

Find out how to
use a range of
free and
accessible tools
designed to help
you improve
wellbeing, reduce
stress, and get the
most from your
digital devices



**1:00 pm
- 3:00 pm**

Practical support!

Interpreting
support available

**FREE Refreshments
provided**

FOR MORE INFORMATION

riw@bridgingchange.co.uk

01273 234808/ 07395314944



**U
OK**

Gather and Grow (50+)

drop in for racialised minorities



A welcoming space!

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

Enjoy Multicultural
Music

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

Or [07395 506927](tel:07395506927)

The group will run every first
Tuesday of the month
Come and join our 2026 drop in:

- 3rd November 2026
- 1st December 2026

Time: from 12:30-3:30 pm



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

CONTACT:
projects@bridgingchange.co.uk



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



African Night Fever presents

FAMILY DAY TAKE PART

Brighton's biggest celebration of arts,
culture and heritage

7th November 2026
11:00 - 18:00
Brighton Dome Church Street BN1 1 UE

FREE ENTRY

**DANCE & SINGING WORKSHOPS | ARTS & CRAFTS
MARKET STALLS & GLOBAL CUISINE | TALKS
LIVE MUSIC & PERFORMANCES | WELLBEING ZONE**


@africannightfever
Scan for more info!

Logos at the bottom: Arts Council England, Arts Council England (Supported using public funding by), YORAM Arts, Brighton & Hove, WOL, University for the Creative Industries, BIMM University, Brighton & Hove Museums, Community Fund.

CONTACT:
projects@bridgingchange.co.uk



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



Writing Our Legacy programme for Family Day Take Part

10:30am-12:30pm | Jubilee Library, Conference Room 1

The Weight of Care: Stories of Broken Attachments with King Simpson. [More info](#)
[Booking required as spaces are limited](#)

11am – 3pm | Brighton Dome

Hidden Sussex Writing & Art Drop-in. [More info](#)

11am-11.45am | Brighton Museum Lab

Species Stories reading & screenings. [More info](#)

12pm-12.45pm | Brighton Museum Lab

Covert Literary Magazine Issue 6 & Textured Zine Edition 2 Launch. [More info](#)

1pm-1.45pm | Brighton Museum Lab

New books: Rupinder Kaur Waraich, Zita Holbourne & Roy McFarlane. [More info](#)

2pm-4pm | Brighton Museum Lab

Collective Memory Through Food Writing: Sensory Approaches to Memoir and Life Writing workshop with Zoe Adjonyoh. [More info](#)
[Booking required as spaces are limited](#)

CONTACT:

projects@bridgingchange.co.uk



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



EURO-MERNET FILM CLUB

In collaboration with

No Hate Speech Movement UK

Invites you to our film screening in celebration of:
Black History Month



Tuesday, 20 October 2026 ♦ [Contact info@euromernet.org](mailto:info@euromernet.org) for more info

THE FADE

IT IS MORE THAN JUST A HAIRCUT



Dear friends, in celebration of **Black History Month**, EuroMernet Film Club hosts a documentary this week:

"The Fade" is an intimate portrait of Black barbers across the world over a week in their lives. Four barbers in **Ghana, Jamaica, the US, and the UK** offer a window into their routines and dreams, the significance of the barbershop as a vital cultural institution in marginalized communities through the lens of brotherhood, enterprise, and a unique brand of masculinity.

Documentary (2012) ♦ Language: English ♦ Subtitles: English ♦ 76 minutes

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

Designed & printed by: EuroMernet.

CONTACT:

projects@bridgingchange.co.uk



**Brighton & Hove
City Council**

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



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.

Everyone age 18+ welcome — no experience needed

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

When: 1–3pm, **3rd Tuesday** of every month, 20th Oct, 17th Nov and 15th December 2026, 19th January 2027

To book or find out more:

Phone: 01273 712175

Email: contact@theheraproject.org.uk

Website: www.theheraproject.org.uk

CONTACT:

projects@bridgingchange.co.uk



Bridging Change



Brighton & Hove
City Council

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



COMMUNITY SUPPORT HUB

LAST WEDNESDAY OF EVERY MONTH
OCTOBER 28TH & NOVEMBER 25TH


09:30-11:30am

Come as you are.
Tell us what you need.
We'll help you find the
right support.



SCAN ME



**Money &
Finance**



**Wellbeing
Support**



**Digital
Support**



**Befriending &
Community**



Free £10 Supermarket Voucher

when you engage with
organisations in the hub

Old Boat Corner Community Centre
Carden Park , Carden Hill
Hollingbury
Brighton, BN1 8GN



**COMMUNITY
FUND**



Trust for
Developing
Communities



**BRIGHTON
NORTH &
CENTRAL**
PRIMARY CARE NETWORK



**PRESTON PARK
COMMUNITY**
PRIMARY CARE NETWORK

CONTACT:
projects@bridgingchange.co.uk



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

ATTENTION WOMEN IN TECH / CREATIVE INDUSTRIES

a workshop for great women to evolve,
shine bright, make cash & thrive



CLAIM YOUR VISION with BOLD ENERGY and GRACE

BE EXTRA, DO DIVA

- You are in your prime!
- Step into your power!
- Find your true voice!

PAY WHAT YOU CAN



with award-winning
coach Rifa Thorpe-Tracey



CONTACT:
projects@bridgingchange.co.uk



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

Possability
People



Join our Lived Experience Advisory Group for a relaxed, in-person meet up

Our LEAG supports people who have a lived experience of using mental health services to influence decision makers. Come see us for a coffee, a chat and to meet the team.

Anyone who has accessed Brighton and Hove mental health services is welcome, or those who care for someone who has.

**Monday 19 November, 11am to 12.30pm
at the Modelo Lounge, Hove**

This is an accessible venue, if you have additional access needs or any questions please email:
inclusion@possabilitypeople.org.uk



Possability
People

Possability People Limited
Montague House Montague Place Brighton, BN2 1JE United Kingdom
Registered Charity No. 1114435
Limited Company No. 05706441 VAT Registration No. 131 7526 31

CONTACT:
projects@bridgingchange.co.uk



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

BMECP
Black & Minority Ethnic
Community Partnership

One COMMUNITY

United in Diversity

END OF THE YEAR MULTICULTURAL EVENT

DECEMBER | **12** | AT 3:00 PM

Live Performances | Cultural Showcases
Special Surprise | Dinner & Music

Celebrating our history, culture, and our shared future.

CONTACT:
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

For Climate for Communities:

- projects@bridgingchange.co.uk

For CVG:

- hello@bridgingchange.co.uk

For Infrastructure:

- development@bridgingchange.co.uk

For Phoenix Way:

- directors@bridgingchange.co.uk

For UK; Rooted in Wellbeing:

- riw@bridgingchange.co.uk
- 01273 234808/ 07395314944

For Phoenix Way:

- directors@bridgingchange.co.uk

For any other queries:

- directors@bridgingchange.co.uk

CONTACT:

projects@bridgingchange.co.uk

