

BRIDGING CHANGE BRM NETWORK NEWSLETTER

Working towards a strong 'by and for' infrastructure

MAY 2025

See your
by and for
events in the
following
pages!

NEW! FOUNDERS' TALKS

Bert Williams and Sarah Lee
will present the inaugural Founders' Talk
on B&H BLACK HISTORY

Bridging Change invites you to the first of these talks to hear about how BRM groups began and grew starting off with Brighton and Hove's Black History. A great opportunity for you to ask questions and learn about B&H Black History's successes and challenges. Please contact us: infrastructure@bridgingchange.co.uk

JOIN US ON

Wednesday 21st May 6pm–8pm

Conference Room at Community Base

113 Queens Rd, Brighton and Hove, Brighton BN1 3XG



CONTACT:

infrastructure@bridgingchange.co.uk

SINCE THE LAUNCH WE HAVE:

Delivered free training on Monitoring & Evaluation and Governance, led by experts from BRM communities

Launched the newsletter and planned the first of the Founders Talks and networking events

Feedback from attendees:

"I would like more of a handle on fundraising and good examples of bids. Also collective workshops to write bids together "

" This session was about improving the outcomes for people of colour locally, so I think a person from that cohort (of colour & from Brighton) may be a great opportunity to inspire"

"Very clear introduction on the model of good governance"

**Governance
Training**
April



Meet the team

Welcome Indi to the Bridging Change Team! Joining us in March, Indi brings years of experience across the community and voluntary sector, commissioning, consultancy, and national policy roles and is passionate about community-led support.



CONTACT:
infrastructure@bridgingchange.co.uk

COMMUNITY VOICES GROUP – CVG

Meeting dates – come and be part of the change, speaking directly to representatives from the Council and NHS to get your voice heard



Community Voices Group Anti-Racism in Education Workshop

Are you a parent or carer of a child or young person
from a minoritised group?
Have they experienced racism at school?

We are working with Brighton and Hove Council to build a better
way of reporting racist incidents at schools in Brighton and Hove.
This is an opportunity for you to help us do this and have your say

Tuesday 10th June 2025

6.30pm-8pm

Venue: Community Base Conference Room
113 Queens Road, Brighton and Hove BN1 3XG

Food and refreshments will be provided and you will receive a
thank you for taking part



Places are limited - to let us know if you can attend
email hello@bridgingchange.co.uk



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COMMUNITY VOICES GROUP – CVG

Meeting dates – come and be part of the change, speaking directly to representatives from the Council and NHS to get your voice heard



Community Voices Group

Upcoming Meetings

- **Wednesday 30th April 2025, 6.00pm-7.30pm on Zoom: Update from NHS Sussex Maternity Services**
- **May 2025: Maternity Voices event in Moulsecoomb - event postponed date to be confirmed**
- **Tuesday 10th June 2025: Anti Racism in Education evening workshop - details nearer the time**
- **Wednesday 9th July 2025: Celebration and Feedback evening event - details nearer the time**

How to join the meetings
Contact Bridging Change, email: hellobridgingchange@outlook.com

If you do not speak English and would like to be involved, contact Sussex Interpreting Service, email: laura@sussexinterpreting.org.uk or call 01273 234016 and leave a message in your language



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RACIAL HARASSMENT FORUM

Job and Trustee Roles



WE'RE HIRING

Project and Admin Officer

- £28,000 pro rata £15,359 actual per annum
- 3 days a week
- Identifying and organising projects for the future/ pursue new funding opportunities / central administration, basic bookkeeping and IT

WE'RE LOOKING FOR

Trustees

We are looking for passionate and committed individuals with expertise in areas such as HR, finance and community development.

FIND OUT MORE HERE:

<https://rhfbandh.org.uk>



CONTACT:

infrastructure@bridgingchange.co.uk

'BY US & FOR US' EVENTS: NATURE & WELL-BEING



THE BLACK TRI TRIBE



07.06.25- BRIGHTON TRIATHLON COMMUNITY DAY
PATCHAM HIGH SCHOOL
SPONSORED BY: FOSTERING, PLACEMENTS & PERMANENCE BHCC

CHILDRENS TRI
50M SWIM, 1K BIKE RIDE, 100M RUN
ADULT EVENTS
BTT SPECIAL: 100M SWIM, 10K BIKE RIDE, AND A 1K WALK
SPRINT: 400M SWIM, A 20K BIKE RIDE, AND A 5K JOG
OLYMPIC: 1500M SWIM, A 40K BIKE RIDE, AND A 10K RUN



Ecotherapy at Stanmer Park

10.30 - 14.00

Upcoming Sessions:
15th May
14th June
10th July
14th August

In partnership with the Centre for Ecotherapy, these sessions help you:
Boost your wellbeing
Connect with local nature
Enjoy food cooked over an open fire

Bus passes available.
If you want to attend, email:
outdooractivities@niwbh.org

Changing Chalk
connecting nature, people and heritage



العلاج البيئي في Stanmer Park

10.30 - 14.00

الدورات القادمة:
15 مايو
14 يونيو
10 يوليو
14 أغسطس

بالشراكة مع مركز العلاج البيئي، تساعدك هذه الجلسات على:
تعزيز صحتك
التواصل مع الطبيعة المحلية
الاستمتاع بالطعام المطبوخ على نار مفتوحة
تذكار الحفلات متوفرة
إذا كنت ترغب في الحضور، أرسل بريدًا إلكترونيًا:
outdooractivities@niwbh.org



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'BY US & FOR US' EVENTS: NATURE & WELL-BEING

Afrori Books and HOLD Present

Holding A Space

A soft space for black women to find rest and community.

May 4th
12pm to 3pm

Afrori Books,
North Road
BN1 1YD

Afrori
Books of Black Origin

COMMUNITY SUNDAYS
AFRORI BOOKS

HOLD

Sussex Mindfulness Centre

THE NETWORK OF INTERNATIONAL WOMEN
WOMEN RESILIENCE & ACTION

NHS
Sussex Partnership
NHS Foundation Trust

Learn skills to manage stress and enjoy life - women-only

Ten-week free course for women migrants
Tuesday mornings 10-12 from 6 May 2025
Held in a garden in Kempton. Help with bus passes

Activities

- Learn to calm the mind
- Gentle stretching
- Art and creativity
- Practice English

Benefits

- Relax and sleep better
- Feel more hopeful
- Better relationships

“The course helped me relax...
My little one has benefitted the most, as I have more energy and patience”

Scan here

Book by emailing Lara at spft.smc@nhs.net or scan the code

Eco-systemic Walking Therapy

Contact us for more info: community@drriorg.com or 07586 340592

June 14th
From 10:00 am to 1:00 pm

All adults are welcome!

Location: Stanmer Park Nature Reserve, BN1 9RG

Join **Shaila**, a Systemic and Family Psychotherapist, and **Mebrak**, a passionate community walking leader, in a unique blend of therapeutic walking and nature connection.

Reconnect with yourself, others, and nature.

Register here

www.drriorg.com
www.shailasheikh.net

DIVERSITY RESOURCE INTERNATIONAL

Eco-systemic Walking Therapy

Contact us for more info: community@drriorg.com or 07586 340592

June 7th
From 10:00 am to 1:00 pm

A walk for women-only

Location: Stanmer Park Nature Reserve, BN1 9RG

Join **Shaila**, a Systemic and Family Psychotherapist, and **Mebrak**, a passionate community walking leader, in a unique blend of therapeutic walking and nature connection.

Reconnect with yourself, others, and nature.

Register here

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'BY US & FOR US' EVENTS: CREATIVE



Art for Belonging

- Boost your health and wellbeing with creativity
- For global majority community members
- Refreshments and materials provided
- At BMECP Centre, Framrose Room
- 1-3pm, 2nd Monday of every month
- Monday 16th May, 9th June, 14th July...
- Contact to book and for more info
- 01273 712175
- Contact@theheraproject.org.uk
- www.theheraproject.org.uk



Healing, Expressive
and Recovery Arts



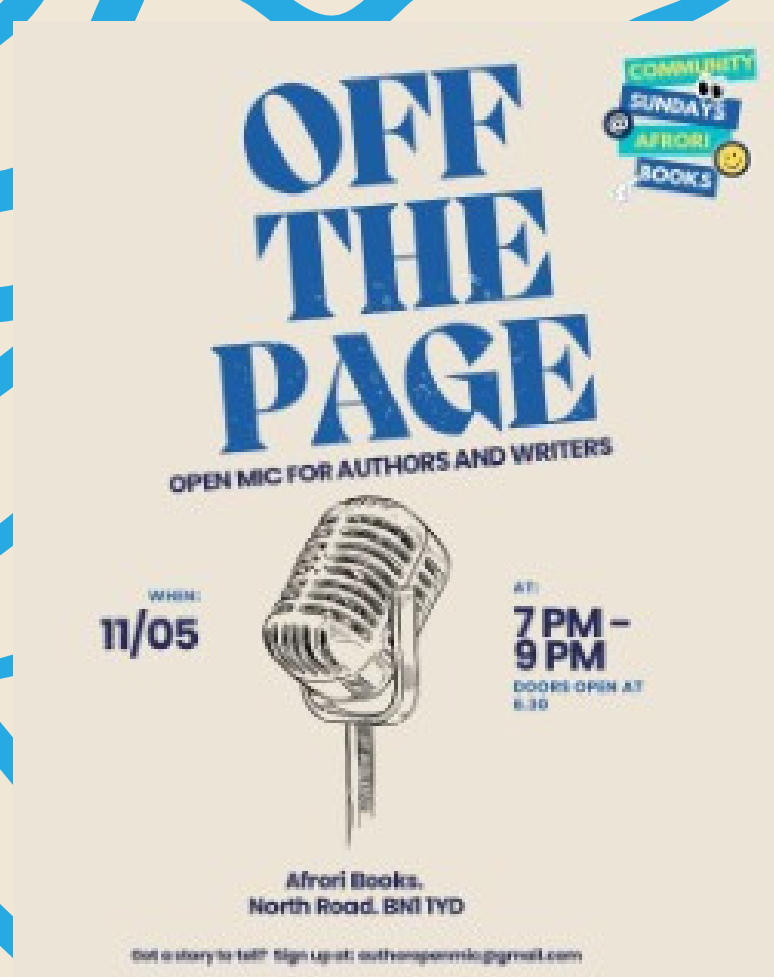
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'BY US & FOR US' EVENTS: CREATIVE



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'BY US & FOR US' EVENTS: MUSIC/SPOKEN WORD



'BY US & FOR US' EVENTS: MUSIC/SPOKEN WORD

The Mehfil Space

Mehfil-e-Rose Hill

@ Brighton Festival
Saturday 10 – 11 May 2025



Saturday 10 May | 11.15pm
(Very) Late Night Ragas

The Mehfil Space

Mehfil-e-Rose Hill

@ Brighton Festival
Saturday 10 – 11 May 2025



Saturday 10 May | 9 pm
Into the Moonlight

The Mehfil Space

Mehfil-e-Rose Hill

@ Brighton Festival | Saturday 10 – 11 May 2025

30 artists | 15 instruments | 8 events | 2 days

Intimate setting for south Asian classical music. Where musicians and audience aim to reach 'rasa' – a state of engagement as they become 'one' in emotion and intent.

Saturday 10 May

 2 pm Emerging Artists	 4.30 pm Raag and Taal Workshop	 6 pm Early Evening Ragas
 9 pm Into the Moonlight	 11.15 pm (Very) Late Night Ragas	<p>“Soothing...and stimulating”</p> <p>“A lot of fun and mischievous energy”</p>

Sunday 11 May

 9 am Waking up with Ragas	 11 am Khayal Vocal Workshop	 1 pm Lunchtime with Lost Ragas
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What's on | Brighton Festival 2 for 1 tickets








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'BY US & FOR US' EVENTS: GROUPS



WHITEHAWK MULTICULTURAL WOMEN'S GROUP

Thursdays 15th May, 22th May,
5th June, 19th June, 3rd July

Whitehawk Family Hub
Next to Wellsbourne GP

11am-1pm

Free refreshments

Meet new people
Find out what's on in your local area
Celebrate different cultures
Try new activities
All ideas welcome!

Supported by

Trust for Developing Communities

THE NETWORK OF
INTERNATIONAL WOMEN
FOR BRIGHTON & HOVE

Contact Sara for more info:
Trust For Developing Communities
Sarafernee@trustdevcom.org.uk
07307 683 581



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'BY US & FOR US' EVENTS: GROUPS



COMMUNITY SUNDAYS

	Sunday May 4 Holding A Space 12 PM - 3 PM A soft space for black women, Games, Music and Community.
	Sunday May 11 Off The Page: Open Mic for Authors and Writers. 6.30 PM - 9 PM An evening of incredible stories.
	Sunday May 18 Clothes Swap 12 PM - 3 PM Swap and Thrift!
	Sunday May 25 Lunchtime Live 12 PM - 3 PM An afternoon of music from local artists.
	For more details and updates about these events, please visit our website or follow us on social media afroribooks.co.uk @afroribooks

Join our weekly meetups

Every Wednesday, 10-12 at Jubilee Library



We welcome women from diverse cultural backgrounds

Come have a chat with hot drinks and friendly smiles.

This is a safe space with creative activities and opportunities to access other support.




The Network of International Women for Brighton and Hove
www.niwbh.org / info@niwbh.org

homity

COST OF LIVING PROGRAMME



With Interpreters

Struggling with water, gas and electricity bills? Food prices and childcare costs?

Confused about benefits and council tax?

We can help! Book one of our sessions. This programme specifically supports women





2025 Dates:
 6th February | 18th March |
 13th May | 10th June | 15th July |

Time: 10:00-12.30

Where: Citizens Advice Bureau,
 Tisbury Road BN3 3BQ

By appointment only:
col@niwbh.org or
 077 83 792 650




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SHARE YOUR EVENTS IN THE NEXT NEWSLETTER!

Please only send information if your event is run by, and is primarily for, BME/BRM communities

Text or written information can be sent but please note the deadline for this is June 2nd to allow us time to create a flyer, thanks.

**PLEASE SEND ALL INFO NO
LATER THAN FRIDAY
June 13th TO:**

infrastructure@bridgingchange.co.uk

Please reach out for support
with getting any of this done

ADD YOUR SKILLS BY.....

GETTING INVOLVED:
CLICK HERE

You will find more information about the project here and a Get Involved form once you scroll to the bottom where you can add your skills as well as your details to be added to the newsletter

**ANY IMAGES OR
FLYERS MUST BE
JPEG OR PNG**



**“In our world, divide and conquer must become
define and empower.”**

Audre Lorde



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