

Bridging Change Newsletter

August 2026 edition



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



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CONTACT:
projects@bridgingchange.co.uk



Rooted in Wellbeing drop-in for racialised minorities



**Thursday, 13th
August 2026**

Venue: Conference
Room, Community Base,
113 Queens Road,
Brighton
Time: 11 am - 3 pm

**COME AND FIND OUT MORE
ABOUT OUR LOCAL
WELLBEING SUPPORT!**

The new UOK Wellbeing
Service has recently launched,
providing a new, easy-to-
access mental health and
wellbeing support offer. The
team will be here to tell you
more about the service, how
to access it, and the range of
support available through
UOK.

Supportive
talks

Help with
referrals and
accessing
services

Peer
support

Games and
wellbeing
activities



FOR MORE INFORMATION

riw@bridgingchange.co.uk

01273 234808/
07395314944



Gather and Grow (50+)

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drop in for racialised minorities



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 drop in:

- 1st September
- 6th October
- 3rd November 2026
- 1st December 2026

Time: from 12:30-3:30 pm



Rooted in Wellbeing drop-in for racialised minorities September outings



Mindfull
gardening

Exploring
nature

Dates:

10th and 24th of
September

Relaxation and
refreshments
provided

As part of the Climate for Communities project and Rooted in Wellbeing, we are planning several outside sessions in September at Plot 22 (a community allotment space).

This will be a lovely opportunity to connect with nature, relax and get peer support.

Refreshments will be provided and bus travel will be reimbursed!

There is limited space available, so please phone or email us to book your space or to find out more.

CONTACT DETAILS

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

01273 234808/
07395314944



Bridging Change Infrastructure 6 Upcoming Online Training Dates 2026

Developing Partnerships

Trainer: Reyna Kothari (ETR Consulting Ltd)

Thursday, 24th September 10:30am-12:30pm

Collaborative & Partnership Working

Trainer: by Sara Kathrada (V4CE)

Tuesday, 20th October 2:30pm-4:30pm

The Power of Partnerships

Trainer: Yemisi Mokuolu (Hatch Ideas)

Wednesday, 4th November 2026 10:30am-12:30pm

Community Projects for Social Impact and Cultural Change

Trainer: Yemisi Mokuolu (Hatch Ideas)

Wednesday, 2nd December 10:30am-12:30pm

To receive the links for the online training sessions,
please contact Indi @:

development@bridgingchange.co.uk





COMMUNITY VOICES GROUP

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

JOIN US

15th September
2026

6.00pm-7.30pm
on Zoom

Contact us to
join

COMMUNITY VOICES GROUP FEEDBACK MEETING

JOIN US FOR OUR ANNUAL
FEEDBACK MEETING TO HELP
US TO IMPROVE CVG AND
DECIDE WHAT TOPICS
WE COVER NEXT



Contact Beth at Bridging Change:
hello@bridgingchange.co.uk

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 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 Bridging Change,
email: hello@bridgingchange.co.uk,
phone: 01273 234808

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



Are you part of a
**Black and racialised
minority-led
organisation or group?**

Are you interested in a
**free fundraising
training programme for
your organisation?**

Following on from our 2024 Networking event with the Phoenix Community Trust, Bridging Change, is offering Black and racialised minority-led community and voluntary groups based in Brighton and Hove a **FREE One-to-One Funding Success Programme (Worth £800)**

The programme aims to:

- **Boost Your Funding Confidence & Skills**
- **Unlock Funding Success**
- **Strengthen Your Organisation's Fundraising Power**

You will:

- **Learn to Articulate Your Impact & Win More Funding**
- **Find the Right Funders. Build Stronger Applications.**
- **Create Realistic Budgets & Meet Reporting Requirements**
- **Receive Personalised Coaching and Workshops to Elevate Your Funding Strategy**

The programme will run from September to November 2026 in Partnership with **Hatch Ideas** www.hatchideas.co.uk and **Community Works** www.communityworks.org.uk

Funded by The Phoenix Community Trust.



To find out more contact:

directors@bridgingchange.co.uk



Climate for Communities Update:

As part of our commitment to sustainability, we are embedding climate-focused projects directly into our existing programmes. Keep an eye out for our environmental initiatives woven through Gather and Grow and Rooted in Wellbeing.

We have several exciting climate-friendly events coming up, including:

- **Garden Bed Restoration:** As part of Gather and Grow, we are restoring two community garden beds with fantastic support from the Sloane Court residents.
- **Inclusive Beach Clean & Marine Talk:** Joining forces with The Carers Centre, Possibility People, and Brighton & Hove Speak Out for a community beach clean. We will be joined by marine conservation experts to learn about coastal protection while discussing the environmental challenges our local communities face.
- **Community Kitchen:** A hands-on opportunity to learn, prepare, and share affordable, sustainable, and traditional meals.
- **Green Space Outings:** A series of group visits to local green spaces designed to help you plant, connect with nature, and relax.

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



Bridging Change updates

The Bridging Change team were out in full force at the fabulous BARCO Bash on Saturday 25 July, enjoying the energy, connection and community spirit to the day at Bridging Change stall. Maha, Kiran, Nora and Anusree were joined by Rana and Rohan from our Stop to Swap programme, making it a real team effort. The BARCO base was buzzing with great music, delicious food, brilliant partners and powerful conversations — a joyful celebration of Black community resilience and creativity in Brighton.

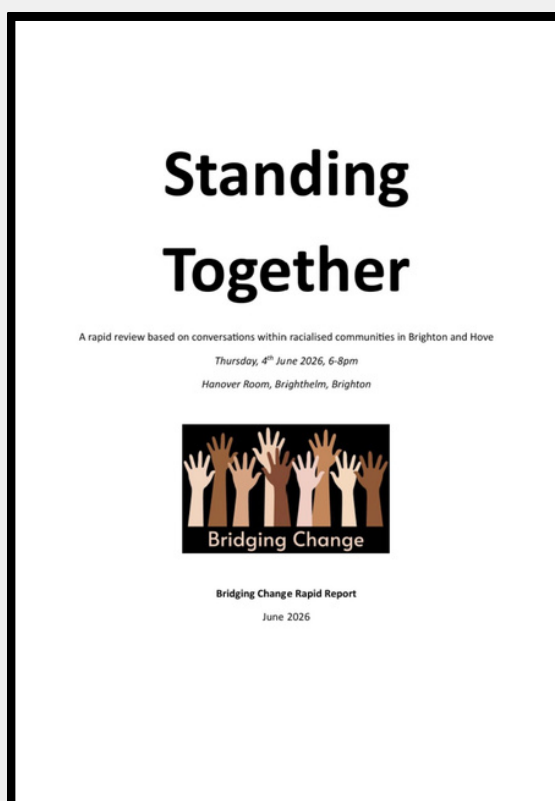
Thanks BARCO for a successful day and all the hard work it took to create such an important space.



CONTACT:
projects@bridgingchange.co.uk



Introducing the Standing Together Report



Read the full report:

https://www.bridgingchange.co.uk/_files/ugd/44bff7_e5857cce8bee4193a0795134f416549d.pdf

Bridging Change are pleased to have published Standing Together, a rapid review capturing the voices, concerns and hopes of racialised communities in Brighton and Hove during a period of heightened far-right activity and rising anti-migrant rhetoric. Based on conversations with 36 community members, the report highlights the emotional impact of the current climate, the urgent need for safety and solidarity, and clear calls for stronger anti-racist action, trusted reporting routes, visible reassurance from statutory partners, and community-led resilience. Standing Together sets out practical recommendations for building a safer, more connected and accountable city rooted in lived experience and collective strength.

If you have any questions or queries please email
directors@bridgingchange.co.uk

CONTACT:
projects@bridgingchange.co.uk



Bridging Change featured in Healthwatch Brighton and Hove



Read the full feature:

<https://www.healthwatchbrightonandhove.co.uk/news/2026-07-29/spotlight-bridging-change>

We're proud to share that Bridging Change has been highlighted in Healthwatch Brighton & Hove's latest Spotlight feature, recognising our work to improve equality, wellbeing and community connection for Black and racially minoritised communities across the city. The article explores our programmes from Rooted in Wellbeing and Gather & Grow to our men's health engagement and Climate for Communities and celebrates the voices, experiences and leadership within our community.

CONTACT:
projects@bridgingchange.co.uk



Stronger and Healthier Together¹⁴

A space to **create, connect**
and **feel supported** — we'd
love to see **you there**.



As part of the **Ageing Well Festival**, Bridging Change invites you to **Stronger and Healthier Together** — an interactive community space where creativity meets health and social care.

Join us on **Tuesday, 6th October 2026**
10am–3pm at:

**Friends Meeting House,
Ship St,
Brighton BN1 1AF**

Come join us for an event aimed at Black and racialised people aged 50+ in Brighton & Hove.

Come meet the **adult social care team** who can answer questions about available services, what occupational therapy is, what equipment you might be able to access and a place where you can get more information

Explore wellbeing through creative arts and crafts and connect with others.



CONTACT:
projects@bridgingchange.co.uk



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

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

BRIGHTON & HOVE
WE NEED
YOU

*Operation Black Vote &
Brighton & Hove City Council
are running a Civic Leadership
Programme for aspiring
Black civic leaders.*



**NO EXPERIENCE
REQUIRED**

Just 18+, living or working in
Brighton & Hove

**REAL
ACCESS**

Shadow Councillors, Magistrates,
School Governors & more

**FULLY
FUNDED**

Free to join, travel & food
cost covered



APPLY NOW
Deadline 23rd August



Please contact Sandra Stewart from
Operation Black Vote at,
sandra.stewart@obv.org.uk for more
information and application forms and
visit:
<https://www.brighton-hove.gov.uk/news/2026/initiative-launched-increase-diversity-within-civic-leadership-roles>

CONTACT:
projects@bridgingchange.co.uk



'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
Check in at 09:00

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

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

THE BLACK TRI TRIBE

in Partnership with **Southwark Council**

QR Code: 

CONTACT:
projects@bridgingchange.co.uk



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

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Support Without Sport



Join us at one of our two community meet-ups, designed for anyone who wants to learn more, meet the community and support our mission. In Brighton, visit the RNLI Lifeboat Station to learn about open water safety and the RNLI's lifesaving work. In London, attend our Triathlon Panel & Kit Advice Evening at Surrey Docks, featuring Black Tri Tribe, Adventure Kit Hire and experienced open water swimmers. Both events are welcoming, informative and open to everyone, no sporting experience or participation required.

Find out more information here:

[https://blacktribe.com/so/02P-2fGpV?
languageTag=en&cid=e6e9dfef-1315-4efe-be47-143e06ee3c13](https://blacktribe.com/so/02P-2fGpV?languageTag=en&cid=e6e9dfef-1315-4efe-be47-143e06ee3c13)



CONTACT:
projects@bridgingchange.co.uk



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

BTT Brighton Social Swim & RNLI Visit

16th August, 11:00–17:00



Join Black Tri Tribe and the RNLI for a day of learning, community and confidence building. Explore the Brighton Lifeboat Station, discover essential open water safety skills and finish with a relaxed social sea swim.

Find out more information here:

<https://www.blacktribe.com/event-details/btt-brighton-social-swim-rnli-visit>

CONTACT:
projects@bridgingchange.co.uk





Get Food & Money Smart (Community Cookery)

OCT
13
2026

In this class we will learn how to make budget-savvy recipes and become more confident managing money.

Explore ways to budget, track your spending, cut your costs and start saving.

As well as tips for cooking and meal planning to make sure you are eating well and packing nutrition into your meals.

What to expect:

Learn cookery skills & ways to **waste less food**.

Smart Cooking: Working in pairs we will learn how to meal plan and cook budget-savvy recipes that maximize nutrition while minimizing costs.

Financial Resilience: We'll be joined by a friendly person from Money Advice Plus to share tips on tracking spend, cutting costs and building confidence with money management.



For more information and to book:

<https://bhfood.org.uk/events/food-money-smart-sept/>

CONTACT:
projects@bridgingchange.co.uk



Activities



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

18th Aug, 15 Sept, 20 Oct, 17th Nov and 16th December 2026

To book or find out more:

Phone: 01273 712175

Email: contact@theheraproject.org.uk

Website: www.theheraproject.org.uk

CONTACT:
projects@bridgingchange.co.uk



Could You Foster for Brighton & Hove?

Every child deserves a safe, supportive home where they can thrive. Brighton & Hove City Council Fostering service is looking for more foster carers to provide loving homes for children and young people who cannot live with their birth families.

We are particularly keen to hear from people from Black, Asian and racially minoritised communities. Children in care benefit from carers who can understand, celebrate and support their cultural identity, heritage and lived experiences. Building a diverse fostering community helps ensure children can remain connected to what matters most to them.

All you need is a spare room, you don't need any specific qualifications to foster. What matters most is patience, empathy, and a commitment to helping children reach their potential. Full training, financial support and ongoing guidance is provided.

A poster with a red background. At the top, a purple banner says "Fostering changes lives". Below it, the text "Make a difference to the lives of young people" is written in white and orange. A purple speech bubble contains the quote "Hearing a child express they feel happy and tell me they feel safe." A young girl with dark curly hair, wearing a red shirt, is smiling and looking upwards. There are decorative stars and hearts around her. At the bottom, a purple banner says "www.brighton-hove.gov.uk/foster". In the bottom left corner is the Ofsted Outstanding Provider logo. In the bottom right corner is the Brighton & Hove City Council logo.

Fostering changes lives

Make a difference
to the lives of young people

#PlayYourPart

"Hearing a child express they feel happy and tell me they feel safe."

www.brighton-hove.gov.uk/foster

Ofsted Outstanding Provider

Become a foster carer for Brighton & Hove City Council. Create #FosteringMoments that matter.

If you've ever thought about fostering, now could be the perfect time to find out more.

Visit:

www.brighton-hove.gov.uk/fostering

Call:

01273 295444

Email:

fosteringrecruitment@brighton-hove.gov.uk

Together, we can help create brighter futures for children and young people across Brighton & Hove.

CONTACT:

projects@bridgingchange.co.uk



Events, Activities & Celebrations

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FREE FUN DAY



at the Old Boat Corner!

Just because summer's over doesn't mean the fun has to stop!

Join us for a fantastic day packed with FREE family fun for all ages!

- Face Painting
- Fun & Games
- Live Music
- Candyfloss Station
- Smoothie Bike
- Crafting Tables
- Bouncy Castles
- And so much more



**Sunday 6th
September 2026**



11:00AM - 2PM



**The Old Boat Corner,
Carden Park,
Brighton
BN1 8GN**



This event is completely FREE to attend thanks to the generous support of Stericycle. Their support has made it possible for everyone in our community to enjoy a fun-filled day at no cost.



Stericycle®

We protect what matters.

CONTACT:

projects@bridgingchange.co.uk





Brighton and Hove Food Partnership - Internship Post



**For more information
and to apply:**

<https://bhfood.org.uk/blog/we-re-recruiting-internship-post/>

We are recruiting for a 12-week internship for the Food Use Places project, which will also work across other projects.

This is an entry-level internship, ideal for someone looking for their first job in the environmental sector. No prior experience or qualifications are required.

You'll be part of a supportive, hard-working team in an award-winning non-profit organisation. We're looking for someone who:

- Has the ability to work independently and be confident in engaging members of the public
- Enjoys communicating with people and has a friendly, approachable manner
- Is comfortable using everyday IT tools and is interested in creating social media content

CONTACT:
projects@bridgingchange.co.uk



Interested in working for the Council?

Cheryl works at Brighton & Hove City Council as a Recruitment Consultant, supporting applicants throughout the recruitment process.

With the lack of Black and Racially Minoritised (BRM) representation within the Council's workforce, Cheryl is keen to encourage more BRM residents to explore career opportunities with the Council. She offers practical advice on job applications and interviews, including guidance on answering shortlisting questions, using the STAR method effectively, and understanding what recruiting managers are looking for. Cheryl also encourages applicants to have informal conversations with recruiting managers before applying and can provide insights to help candidates feel more confident and prepared throughout the recruitment journey.

Check the Council website's jobs page for all current vacancies [Jobs](#)

Cheryl is happy for you to contact her directly for any advice and help on applying for a job at the Council. Her email address is:
cheryl.mehta@brighton-hove.gov.uk

CONTACT:
projects@bridgingchange.co.uk



Contact details

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 any other queries:
directors@bridgingchange.co.uk

CONTACT:
projects@bridgingchange.co.uk

