

# 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](mailto:infrastructure@bridgingchange.co.uk)

## JOIN US ON

Wednesday 21<sup>st</sup> May 6pm–8pm

Conference Room at Community Base

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



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



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[infrastructure@bridgingchange.co.uk](mailto: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 10<sup>th</sup> 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](mailto: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 30<sup>th</sup> 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 10<sup>th</sup> June 2025: Anti Racism in Education evening workshop - details nearer the time**
- **Wednesday 9<sup>th</sup> July 2025: Celebration and Feedback evening event - details nearer the time**

### How to join the meetings

Contact Bridging Change, email: [hellobridgingchange@outlook.com](mailto:hellobridgingchange@outlook.com)

If you do not speak English and would like to be involved, contact Sussex Interpreting Service, email: [laura@sussexinterpreting.org.uk](mailto: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](mailto:infrastructure@bridgingchange.co.uk)**

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

**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](mailto: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  
تذاكر الحفلات متوفرة  
إذا كنت ترغب في الحضور، أرسل بريدًا إلكترونيًا:  
[outdooractivities@niwbh.org](mailto:outdooractivities@niwbh.org)



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

Afrori Books and HOLD Present

## Holding A Space

COMMUNITY SUNDAYS @ AFRORI BOOKS

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

May 4<sup>th</sup>  
12pm to 3pm

Afrori Books,  
North Road  
BN1 1YD

Afrori Books of Black Origin

Sussex Mindfulness Centre THE NETWORK of INTERNATIONAL WOMEN 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](mailto:spft.smc@nhs.net) or scan the code

## Eco-systemic Walking Therapy

Contact us for more info: [community@drriorg.com](mailto:community@drriorg.com) or 07586 340592

June 14<sup>th</sup>  
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.

www.drriorg.com  
www.shailasheikh.net

Register here

## Eco-systemic Walking Therapy

Contact us for more info: [community@drriorg.com](mailto:community@drriorg.com) or 07586 340592

June 7<sup>th</sup>  
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.

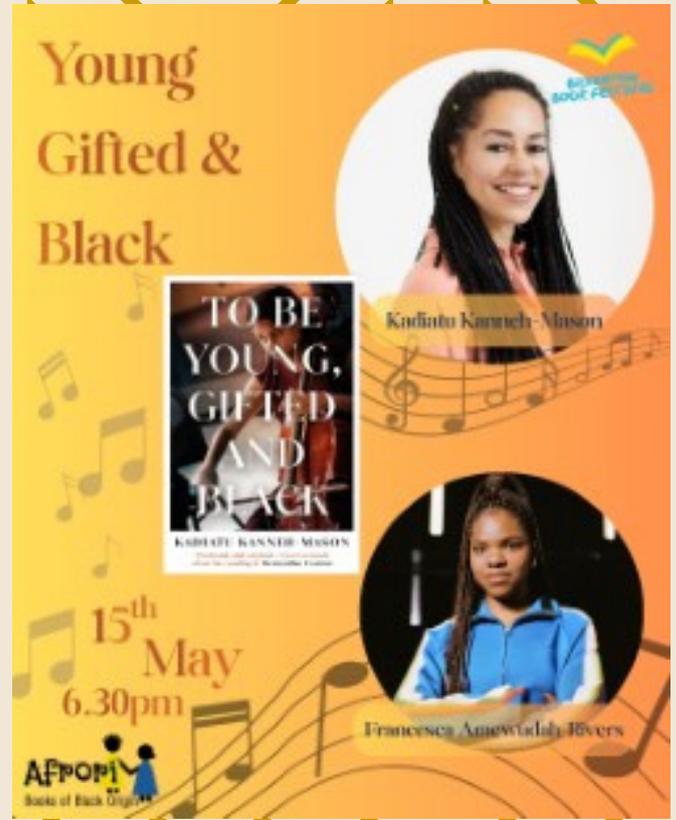
www.drriorg.com  
www.shailasheikh.net

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, 2<sup>nd</sup> Monday of every month
- Monday 16<sup>th</sup> May, 9<sup>th</sup> June, 14<sup>th</sup> 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



**Creative Future Writers' Award 2025**

The only free to enter national competition for all underrepresented writers.

## Wild

Fifteen winners in poetry, fiction and creative non-fiction will receive publication and £20,000 in cash and development prizes.

Visit the link below for our full eligibility criteria.

Deadline: 18 May 2025  
Enter at: [bit.ly/CFWA25](https://bit.ly/CFWA25)

 creative future  
[creativefuture.org.uk](https://creativefuture.org.uk)

 Arts Council ENGLAND





### Beverdean Women Together

A community social group for women from Beverdean and their friends

Meet women from your local community!

- Crafts
- Sewing
- Refreshments
- Children Welcome!

Connect, Create and Chat together

Come and join us!  
Holy Nativity Hall, Norwich Drive,  
Beverdean, Brighton, BN2 4LA

Every Tuesday in term time  
10am to 12pm  
FREE

Contact: [beverdeanwomentogether@gmail.com](mailto:beverdeanwomentogether@gmail.com)



## FREE SEWING CLASSES

RUN BY AND FOR BME WOMEN

*Let's get creative!*

MONDAYS  
AT BMECP  
10AM - 12PM  
TERM TIME ONLY



ALL ABILITIES WELCOME  
RUN BY FRIENDS AT BMECP

MULBERRY ROOM  
BMECP CENTRE  
10A FLEET STREET  
BRIGHTON BN1 4ZE

Supported by Friends at BMECP

CONTACT:  
[bmeempfriended@gmail.com](mailto:bmeempfriended@gmail.com)



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

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

COMMUNITY SUNDAYS @ AFRORI BOOKS

Afrori Books Presents

## LUNCHTIME LIVE

AN AFTERNOON OF MUSIC FROM LOCAL ARTISTS

25th May, Start from 12pm until 3pm

Address: Afrori Books, North Road BN1 1YD  
Tickets: [afroribooks.co.uk](http://afroribooks.co.uk)

COMMUNITY SUNDAYS @ AFRORI BOOKS

## OFF THE PAGE

OPEN MIC FOR AUTHORS AND WRITERS

WHEN: 11/05

AT: 7 PM - 9 PM  
DOORS OPEN AT 6:30

Afrori Books,  
North Road, BN1 1YD

Got a story to tell? Sign up at: [authoropenmic@gmail.com](mailto:authoropenmic@gmail.com)



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

# '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



**BARCO**  
for us, by us, with us

## THE BRIGHTON BASH CARNIVAL

BRIGHTON'S MOST FAMILY-FRIENDLY EVENT CELEBRATING BLACK CULTURE

# CROWNS

**ST. ANN'S WELL GARDENS**

**SATURDAY 26TH JULY**

SAVE THE DATE

REGISTER FOR FREE TICKETS  
[WWW.BRIGHTON-BARCO.ORG](http://WWW.BRIGHTON-BARCO.ORG)

## WHITEHAWK MULTICULTURAL WOMEN'S GROUP

Thursdays 15<sup>th</sup> May, 22<sup>th</sup> May, 5<sup>th</sup> June, 19<sup>th</sup> June, 3<sup>rd</sup> 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](mailto:Sarafernee@trustdevcom.org.uk)  
07307 683 581

## CLOTHES SWAP

SUNDAY 18 MAY

12 PM - 3PM

[www.afroribooks.co.uk](http://www.afroribooks.co.uk)  
[@afroribooks](https://twitter.com/afroribooks)



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

# 'BY US & FOR US' EVENTS: GROUPS



## COMMUNITY SUNDAYS

	<b>Sunday May 4</b>	<b>Holding A Space</b> 12 PM - 3 PM A soft space for black women. Games, Music and Community.
	<b>Sunday May 11</b>	<b>Off The Page: Open Mic for Authors and Writers.</b> 6.30 PM - 9 PM An evening of incredible stories.
	<b>Sunday May 18</b>	<b>Clothes Swap</b> 12 PM - 3 PM Swap and Thrift!
	<b>Sunday May 25</b>	<b>Lunchtime Live</b> 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 <a href="http://afrop!books.co.uk">afrop!books.co.uk</a> @afrop!books	

## 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](http://www.niwbh.org) / [info@niwbh.org](mailto:info@niwbh.org)



## 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](mailto:col@niwbh.org) or  
077 83 792 650




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

## 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](mailto: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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