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

Bridging Change

Brighton & Hove City Council

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CONTACT:
projects@bridgingchange.co.uk

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Stronger and Healthier Together!

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 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 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

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Climate for Communities

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 & Hove

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**



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PHOENIX LONDON, SOUTH & EAST

COMMUNITY FUND

Bridging Change Infrastructure Training

Community Projects for Social Impact and Cultural Change

by **Yemisi Mokuolu** (Hatch Ideas)

What you will learn from this training workshop:

- Identify your values and the social or cultural impact
- Make sure your values show up in how you plan and run your work
- Understand how to create a strategy and plan with measurable goals
- Describe your impact clearly, so partners, funders and communities understand

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**



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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

19th November 2026
6.00pm-7.30pm
on Teams
Contact us to join

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

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?

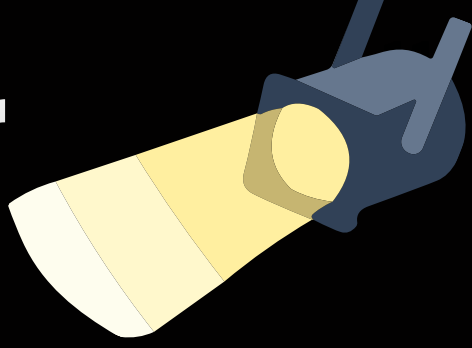
CVG members attend the meetings as individuals or as representatives of their community to speak about what's important to them. We meet monthly, online or in person, to discuss the issues that matter to us and to talk to representatives from Brighton and Hove Council and NHS Sussex about how they can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

How to join

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



Leadership 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 speakers:

Dr Halima Begum
previous CEO at Runnymede Trust, ActionAid and Oxfam

John Lynch
Educational Consultant, Rise Training Group





FOR MORE INFORMATION

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

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The Carers Centre

ALL WELCOME

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



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:

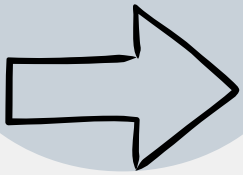
Mental health facilitated space:

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.

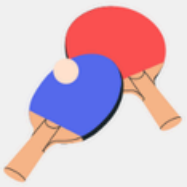
For more info:



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

Bridging Change

UOK

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

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 more information contact Maha on:

Community@Bridgingchange.co.uk

Or 07395 506927



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AGEING WELL

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

CONTACT:
projects@bridgingchange.co.uk

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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

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The Hera Project

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

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

OLD BOAT CORNER COMMUNITY CENTRE

COMMUNITY SUPPORT HUB

SCAN ME

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.

- 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

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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

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



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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