

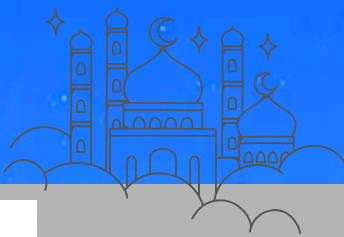


Bridging Change Newsletter

March
2026

Welcome to our March 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



CONTACT:
projects@bridgingchange.co.uk

Bridging Change

Content Page

Launch of our two new event

pg. 1-2

Infrastructure

pg. 3-4

Community Voices Group

pg. 5-9

The Phoenix Way

pg. 10

Climate for Communities

pg. 11

'For' and 'By' BRM

pg. 12+



CONTACT:
projects@bridgingchange.co.uk

The launch of our two new events (1 of 2)



What is Rooted in Wellbeing?

Our monthly Rooted in Wellbeing drop-in offers mental wellbeing and practical support every second Thursday of the month.

Open to all from the Black and racially minoritised community we offer social prescribing support including referrals to local BRM activities and groups as well as other CVS support services.

Next session: Thursday 12th March
11 am - 3 pm

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

This Thursday we will have Brighton and Hove Energy Services Co-operative - BHESCO who can advise on free energy-saving support, including energy vouchers

<https://bhesco.co.uk>

Rooted in Wellbeing drop-in for racialised minorities

A safe and welcoming space for:

- Supportive talks
- Help with accessing services
- Wellbeing activities
- No judgment, just support

Every 2nd Thursday of the month

Venue: Conference Room, Community Base,
113 Queens Road, Brighton

Time: 11 am - 3 pm

5th February 2026

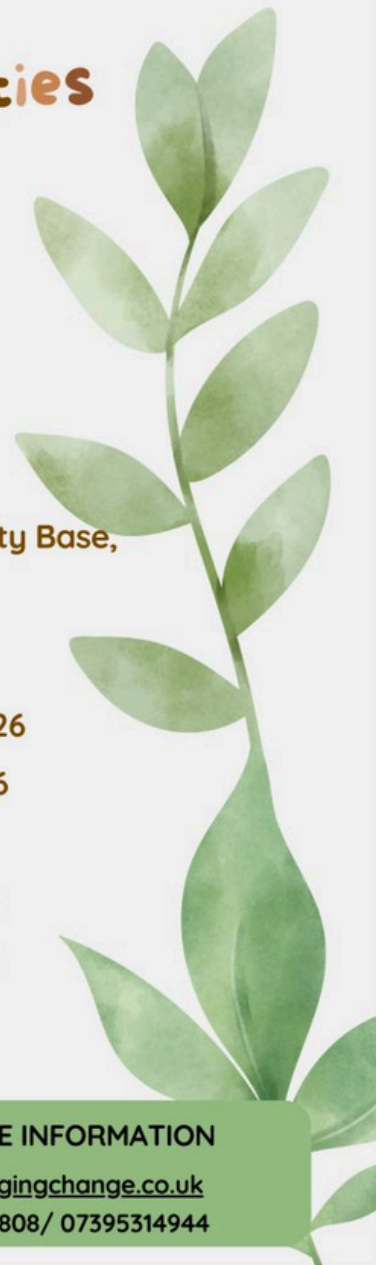
12th March 2026

9th April 2026

14th May 2026

11th June 2026

9th July 2026



FOR MORE INFORMATION

riw@bridgingchange.co.uk

01273 234808/ 07395314944



CONTACT:
riw@bridgingchange.co.uk

The launch of our two new events (2 of 2)



What is Gather and Grow?

Our new Gather & Grow programme is a welcoming, multicultural space aimed at people aged 50+ from racially minoritised backgrounds.

This space is an opportunity to make new connections, share experiences, ask questions about what is available locally and access local support.

Gather & Grow (50+)



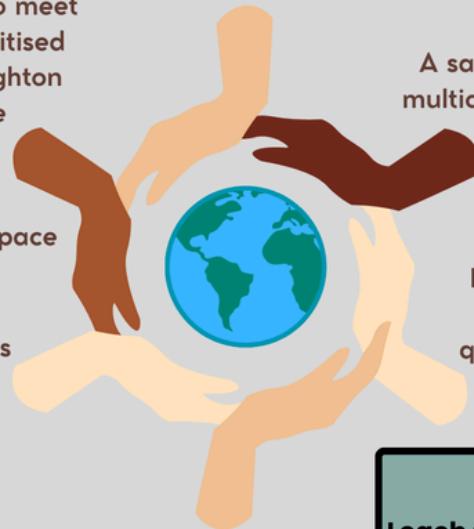
A safe space to meet racially minoritised people in Brighton and Hove

A safe and positive multicultural space to connect

A welcoming space

Build friendships and strengthen networks

Learn about ageing well and ask questions about what is available locally



Get support with issues that effect you

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 drop in

3rd February 2026
3rd March 2026
7th April 2026
5th May 2026
2nd June 2026

Time: from 12:30-3:30 pm



Visit <https://www.bridgingchange.co.uk/home>



For more information contact **Maha** on:
Community@Bridgingchange.co.uk
Or [07395 506927](tel:07395506927)



CONTACT:
community@bridgingchange.co.uk

3

Bridging Change Infrastructure Training

(1 of 4)

Making Effective Grant Applications by **Jana Kovariova** (V4CE)

What you will learn from this training workshop:

- Where to search for grant funding
- Clarification on what funders look for & what due diligence is about
- Budgeting tips & how to avoid budgeting mistakes
- Practice skills in grant writing through guided exercises

Wednesday

29th April 2026

6pm - 8pm

Online
(MS Teams)

To receive the link please contact:
development@bridgingchange.co.uk



CONTACT:
development@bridgingchange.co.uk

Bridging Change Infrastructure Training Dates

When?

Making Effective Grant Applications
by Jana Kovariova (V4CE)

Wednesday 29th April
6pm-8pm
Online

Funding & Sustainability:
How to sustain your community organisation
by Jana Kovariova (V4CE)

Tuesday 26th May
2:30pm - 4:30pm
Online

How to produce a realistic & workable budget
for community groups & organisations
by Reyna Kothari (ETR Consulting Ltd)

Thursday 18th June
10am - 12:00pm
Conference Room,
Community Base

Developing Partnerships
by Reyna Kothari (ETR Consulting Ltd)

Thursday 24th September
10:30am - 12:30pm
Conference Room,
Community Base

To receive the link for the online training sessions please contact:
development@bridgingchange.co.uk



CONTACT:
development@bridgingchange.co.uk

Join our 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?

Members of the group 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.

CONTACT:

hello@bridgingchange.co.uk

Next page for more info



Join our Community Voices Group!

We are very proud of the work we do, and we would love you to be a part of it!

In 2025 we covered...

Older People's Health and Wellbeing

Men's Health

Anti-racism in Education

Maternity services

And brought our members in conversations with...

NHS University Hospitals Sussex Maternity and Neonatal Care



Impact Initiatives



Healthy Lifestyles team at Brighton and Hove City Council



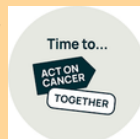
Migrant services at Brighton and Hove City Council



Horizon Macmillan Centre



Act on Cancer



UOK



How to join:

Contact Beth Harrison at 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
phone: 01273 234016 and leave a message in your language



Join our Community Voices Group!

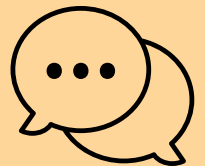
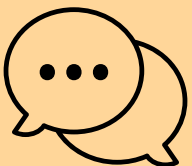
We have been working in partnership with the
**Anti-Racism in Education Strategy Team at
Brighton and Hove City Council**

For the past year we have been listening to the challenges that parents and carers face in local schools and working together to develop guidelines on the reporting of racist incidents at schools.

For more information:

Contact Beth Harrison at 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
phone: 01273 234016 and leave a message in your language



Community Voices Group: Next event







COMMUNITY VOICES GROUP

**WE ARE MEETING ABOUT:
TOPIC UPDATES**

WHAT HAVE WE DONE WITH WHAT YOU HAVE SHARED?



JOIN US

Wednesday 25th
March 2026
6.00pm-7.30pm
on Zoom
Contact us to join

Contact

hello@bridgingchange.co.uk

[LinkTree](#)

**Find out what
your suggestions
have led to:**

Updates on:

- Anti-Racism in Education
- Mental health
- Maternity services
- Older People's Health and Wellbeing

We will be joined by:

- Bridging Change Rooted in Wellbeing and Ageing Well Project leads
- Sussex Interpreting Services
- Anti-Racism in Education Strategy Team

For upcoming meeting dates,
please go to the next page



CONTACT:
hello@bridgingchange.co.uk



Community Voices Group

Upcoming Meetings

February 2026 - Ramadan - no meeting

Wednesday 25th March 2026

CVG Topic Update meeting, 6pm-7.30pm on Zoom, contact us to join

Wednesday 22nd April 2026

New topic: Care, 6pm-7.30pm on Zoom, contact us to join

Wednesday 20th May 2026

Topic: Care continued, 6pm-7.30pm on Zoom, contact us to join

Wednesday 10th June 2026

Topic: Care continued, 6pm-7.30pm on Zoom, contact us to join

Wednesday 1st July 2026

CVG Celebration and Feedback event - details nearer the time

How to join the meetings

Contact: hello@bridgingchange.co.uk

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

Bridging Change is working with The Phoenix Way in the South East of England

Bridging Change is excited to announce their partnership with The Phoenix Way. We are now expanding our work geographically in the South as well as offer an enhanced offer to Brighton and Hove racialised groups and organisations.

We will be inviting you to attend our free Infrastructure Project 2026 training programme and come to a Networking event in June 2026 (date to be confirmed).



Bridging Change will be offering free training and free one-to-one support sessions (we will let you know about offers once confirmed).

As a part of the national Phoenix Way programme we will continue to focus, expand and strengthen Black and racialised-led community and organisation groups in Brighton and Hove and across the South East of England.

- **Raise and distribute funds**
- **Transform funding**
- **Build community expertise**

We are working so that as Black and racialised minority groups and organisations, we can own and control our own funding and resources.



Watch this space!

We will be promoting all events on our social media platforms and our website. If you are interested in knowing more, contact:
Beth Harrison hello@bridgingchange.co.uk
Kiran Sasidharan projects@bridgingchange.co.uk

Bridging Change

Climate for Communities



Bridging Change is excited to be part of this 3-year project.

Earlier this month, we carried out several focus groups to understand the racial barriers surrounding climate and explore ways to celebrate and embrace our environment.



Areas discussed include:

- Key indicators of climate change
- Accessing green spaces
- Planting and gardening
- Repair cafe's
- Recycling
- Cooking meals and classes

Thank you to everyone who helped!

If you would like us to come to your group then please contact:
projects@bridgingchange.co.uk



CONTACT:
projects@bridgingchange.co.uk

'For & By' BRM

Support,
Events,
Activities &
Celebrations



CONTACT:
projects@bridgingchange.co.uk

Embodied Mindfulness Meditation

by Marina Murphy



What is it?

Mindfulness is a 5,000-year-old non-religious practice that teaches us how our thoughts affect our physical health. By sitting for just 10 minutes and observing the breath without judgment, we allow the body to rest, reset, and return to balance.

Why Practice "Embodied" Mindfulness?

The mind isn't just in your head—it's in your heart and your body. This practice helps us:

- **Heal the Body:** NHS-supported for anxiety, sleep, and chronic conditions like diabetes.
- **Restore the System:** Deep rest allows muscles, organs, and bones to rejuvenate.
- **Protect the Brain:** Improves memory and is used to slow the progress of Dementia.
- **Strengthen Immunity:** Reduces stressful "thought replays" to boost your immune system.
- **Find Stability:** Grounds us in compassion for ourselves, others, and the planet.

No experience needed. Meditation isn't about stopping your thoughts—it's about noticing them. Come as you are.

Join Us: Free Drop-in Sessions

About Marina Murphy:

Marina is a certified Mindfulness teacher, complementary health coach and self-care group facilitator with over 50 years of experience working in meditation. On every second Thursday of the month, she runs free Mindfulness Drop-ins for Bridging Change in the conference room at Community Base between 12-2pm. Marina also runs free Mindfulness at BMECP on Wednesdays between 10:30am-12:30pm.

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

BMEYPP CLUBS

STARTING
NOV 2025

Just drop in!

WED

Creative club
4.30 - 7.00pm

Arts + crafts/poetry/drama
/music/dance+ more

FRI

CHILL out
4.30-8.00pm

Movies, games , table tennis + more

**MORE INFO:
CONTACT
VANNESSA:
07918 621423**

Find us at: **Brighthelm Centre -
North Rd BN1 1YD**

Weekly Youth Sessions at BMEYPP

Creative Club
(Wednesdays, 4:30pm -
7pm)

Explore your identity and find your voice. From portrait drawing and collaging to film-making and guest speakers, you decide the projects.

- Coming up: Zine-making, photography, and performance poetry.

Chill Out Club
(Fridays, 4:30pm - 8pm)

Decompress after a busy week. Whether you want a competitive game of table tennis or a quiet film night with friends, this is your space.

- Coming up: Eid celebrations, gaming tournaments, and more local trips.

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

Fun Cooking Classes for BME young people

What They'll Learn:

- ✓ Basic cooking techniques
- ✓ Fun and easy recipes
- ✓ Kitchen safety & hygiene
- ✓ Cultural international Meals

Follow QR link to find out more or
<https://forms.office.com/e/K106LK7qsV>

Sign up today.

07918621423
jazmine@bmeyp.org.uk



Ages
11-25

Community Kitchen

113 Queens Road,
Brighton,
BN1 3XG

Dates & Times

- Saturday, 21st February
- Saturday, 21st March
- Saturday, 11th April
- Saturday, 25th April

Cultural Cooking Club

Master Jamaican, African, and Middle Eastern dishes at the Community Kitchen!

- Saturdays: March 21, April 11 & April 25.

Join the Carnival Crew

Want to run the show? We're looking for young people to plan the youth space at the BARCO BASH Carnival (July 25th).





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

COME AND JOIN US FOR THE

OLD BOAT CORNER
COMMUNITY CENTRE 

HOLLINGBURY INTERNATIONAL WOMEN'S GROUP

Wednesdays (term time) | 12:30–2:30pm
Old Boat Corner Community Centre – Family Room

A friendly, welcoming group for women (18+) in Hollingbury & Patcham who moved to the UK and speak a language other than English as their first.

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

We aim to:

- Build friendships and support among international women
- Share cultures through conversation, crafts, food, music, and outings
- Improve well-being and reduce isolation
- Practise English in a relaxed setting
- Support with understanding local services and rights

WWW.THEOLDBOAT.CO.UK
HollingburyIWGroup@gmail.com





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



Yoga for Women of Colour

Gentle accessible yoga with Zenia and
Amrita in central Brighton.

Trans women and non-binary people welcomed.

Thursdays 19:30 at Gather CIC

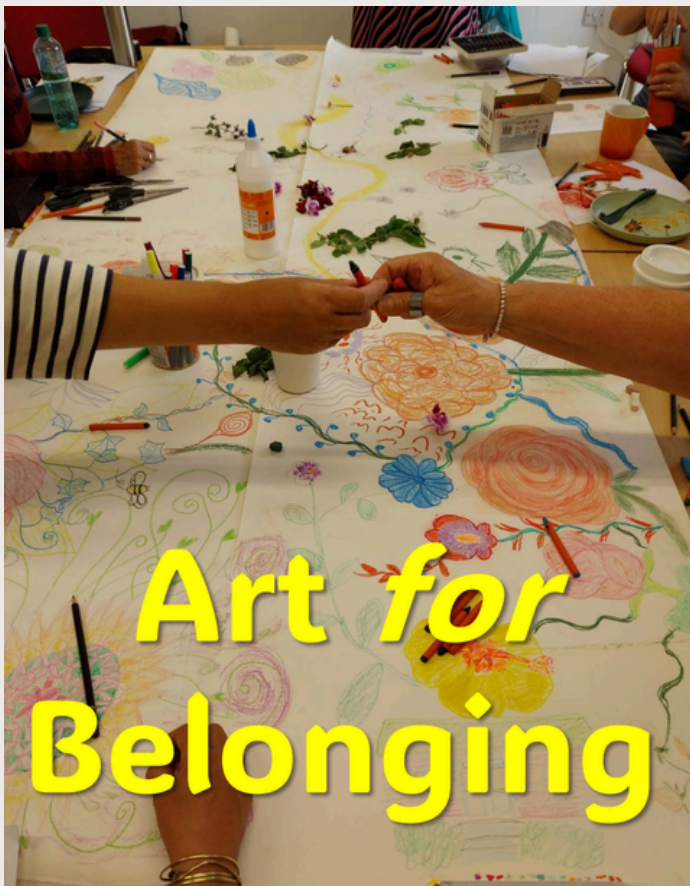
— Scan to Book —



linktr.ee/wocyoga



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



Healing, Expressive
and Recovery Arts

Boost Your Health and Wellbeing with Creativity
Join a friendly, welcoming and culturally informed monthly creative sessions for **global majority community members**. Come and explore how creativity can help you relax, connect, and feel good.

What's included:

Free refreshments and materials
Everyone age 18+ welcome — no experience needed

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

When: 1–3pm, every **2nd Monday** of the month
Monday 9th February and Monday 9th March 2026

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

Explore memory, place, and storytelling in this creative writing workshop set in the Pulborough Brooks Wetlands Reserve with Saira Niazi

**Saturday 21 March,
12pm–3pm**

Pulborough Brooks

Free entry – open to all. Free minibus from Brighton station available



**DOWNSTO
THE SEA** *
/ CREATIVE WATER DAY

WATERLINES: WRITING
MEMORY IN THE WETLANDS
WORKSHOP WITH SAIRA NIAZI

SAT 21 MARCH | 12PM-3PM
@ PULBOROUGH BROOKS | FREE

WOL WRITING FOR THE FUTURE LEGACY

ARTS COUNCIL ENGLAND

Funded by UK Government

Join Dr Roy McFarlane FRSL & Nicky Crabb (Director of Little Green Pig) online to learn how to lead writing workshops with children and young people, drawing from their own experience.

**Tuesday 24 March
2026, 6pm–8pm**

Online via Zoom

Tickets: Members on No Income or Disabled £5 | Members on Low Income £10 | Concession & Members £15 | General Admission £20

**Young Words:
Leading writing workshops with
children and young people**

Workshop with Dr Roy McFarlane FRSL
& Nicky Crabb (Little Green Pig)

Tuesday 24 March 2026 | 6pm - 8pm
Online | £5 - £20



Supported using public funding by
ARTS COUNCIL
ENGLAND

Funded by
UK Government



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

Writing workshop. Let us examine the edges of water that move, be it riverine tide or the ripples of a pond surface in the wind. Let us listen to whispers that emerge along earthen banks, where decay joins with new life. We will eavesdrop on each drip as it soaks into the earth and write what our senses receive as the moisture surrounds and touches us.

**Thursday, 26 March 2026,
7pm-9pm**

Online workshop, open to all.
Tickets: General Admission
£20 | Concession & Members
£15 | Members on Low
Income £10 | Members on No
Income or Disabled £5

Covert
LITERARY MAGAZINE WORKSHOP

The Voices of Water
with Fawzia Muradali Kane

Thursday, 26 March 2026 | 7pm-9pm | Online

WOL WRITING FOR CHANGE LEGACY | Supported using public funding by ARTS COUNCIL ENGLAND | Funded by UK Government

This workshop will explore how to imbue the properties of water into your writing. Water offers various metaphors for direction, flow, power and communality that might be fruitful for our writing.

**Wednesday, 8 April
2026, 6pm-8pm**

Online workshop, open to
all.
Tickets: General
Admission £20 |
Concession & Members
£15 | Members on Low
Income £10 | Members on
No Income or Disabled
£5

Covert
LITERARY MAGAZINE WORKSHOP

On form and formlessness
with Remi Graves

Wednesday, 8 April 2026 | 6pm-8pm | Online

WOL WRITING FOR CHANGE LEGACY | Supported using public funding by ARTS COUNCIL ENGLAND | Funded by UK Government

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

Mehfil-e-Rose Hill

mehfil: "a gathering for intimate performances
of music and poetry"

The Persian String Collective



Sara
Khorroosi



Daniel
Emileh



Amir Hossein
Heydari



Farhang
Nekoi

Thursday ♦ 19th March ♦ 7-11 pm

Featuring guest artists:

Raghad Haddad, Fergus Paton

And Jim Pinchen

The Rose Hill

70-71 Rose Hill Terrace
Brighton BN1 4JJ

Tickets at www.therosehill.co.uk

Instagram: @mehfilSPACE



The
Mehfil
Space



Supported using public funding by
**ARTS COUNCIL
ENGLAND**





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



Mindfulness in Nature

a free event for self-identifying women

March 19th 2-5pm @ Plot 22

Join us for:

- A gentle guided mindfulness practice surrounded by the beauty of nature
- Time to slow down, breathe and reconnect
- Guided awareness exercises to ground and centre you
- Simple practices to release stress
- Nutritious teas and snacks

The afternoon will be guided by Helen Moss, an experienced teacher, yoga therapist and counsellor

Please contact tammymccann@bnhf.org to book or scan here



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

Mehfil-e-AudioActive

mehfil: “a gathering for intimate performances
of music and poetry”

Mithila Sarma, Veena
Abhiram Sahathevan, Mridangam



Friday ♦ 20th March 2026 ♦ 7-11 pm

AudioActive, 85-87 Montague St, Worthing BN11 3BN



Tickets at: bit.ly/Mehfil-e-AudioActive

Instagram: @mehfilspace

The Mehfil Space in collaboration with zerOclassikal

The
Mehfil
Space

zerO
classikal



Supported using public funding by
ARTS COUNCIL
ENGLAND

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

CREATIVE FUTURE WRITERS' AWARD 2026

MATERIAL

DEADLINE: 5 MAY 2026

The only FREE to enter national competition for all underrepresented writers is now open!

[Find out more](#)

CREATIVE FUTURE WRITERS' AWARD 2026

M A

T E R

I A L

DEADLINE: 5 MAY 2026

The Creative Future Writers' Award is the only free to enter national competition for all underrepresented writers: those who face barriers due to mental health challenges, physical or learning disability, neurodiversity, carers, survivors, and those from LGBTQIA+, working class and/or Black, Asian and global majority backgrounds.

The theme for this year's award's is 'Material'. The theme is a creative prompt, not a requirement, we're looking for quality writing first and foremost. The competition is open for poetry, fiction and creative non-fiction.

<https://www.creativefuture.org.uk/news/our-annual-writers-award-is-open-for-entries-2026/>

In other news...

If you need help with accessing any of the above then please contact us:
directors@bridgingchange.co.uk

Community Advocate

Community Advocates are members of diverse communities from across the Force area who provide advice and make recommendations to the Police on how policy and services affect different groups.

Members are able to communicate the culture and practices of their communities to the police force and make unemotional assessments of situations on which they are asked to provide an independent perspective and act as a critical friend.

<https://www.lumesse-engage.com/policejobssurreyandsussex/internal/jobs/independent-adviser-sysx-exp00075-1>

Voices in Exile

Looking for member to join their Lived-experience Advisory Group that is being set up.

Activities may include:

- participation in consultations, feedback and focus group
- co-planning and coordinating events
- helping with interviews for new staff and volunteers
- feedback on the accessibility of website

They are looking for people who:

- are 18+yrs old
- have personal experience of seeking safety in the UK
- share our vision, and values want to get involved
- can communicate in English both verbally and in writing

To be part of this group, please contact sue.shaw@voicesinexile

The Sussex Care Without Carbon

This programme is recruiting a Patient and Carer Panel to help shape greener community healthcare, and to contribute to a Net Zero NHS.

The Panel will be over 5 online sessions (March–September 2026) and participants will receive a £30 voucher per session as a thank you for their time.

The Panel will explore:

- How sustainable healthcare affects patients and carers
- What people know (or don't know) about NHS Net Zero
- What should be prioritised locally

No specialist knowledge is needed—just lived experience of NHS services and an interest in learning and sharing your views.

For an application form, or if you have any questions, email us: sussexnhsclimatepanel@alwayspossible.co.uk
Deadline: Friday 13 March (end of day)

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 Phoenix Way:

- directors@bridgingchange.co.uk

For any other queries:

- directors@bridgingchange.co.uk



CONTACT:
projects@bridgingchange.co.uk