



BMECP: STRENGTHENING HEALTH & WELLBEING IN BME COMMUNITIES






How BMECP supports BME health and social care

Presented by: Juliet Ssekitoleko (Project, Marketing & Fundraising Manager)
Obi Chukwudumebi (Community Engagement Officer)



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Outline

-  Who We Are
-  The Reality of Community Needs
-  How We Do It and Past & Current Projects
-  Opportunities to Collaborate
-  Q&A

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Who We Are

Key Facts

- Community-led organisation (est. 1996)
- Infrastructure organisation
- Based in Brighton & Hove
- Serving BME communities in Brighton & Hove area and across Sussex
- Resource centre + community hub




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The Reality: Community Needs

- 1 Cost-of-living crisis → food insecurity
- 2 Housing and a safe space for community gathering
- 3 digital exclusion, isolation, and health issues
- 4 Employment and capacity building
- 5 Barriers to healthcare access



BMECP exists to bridge these gaps — to provide practical help and a network of belonging

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How We Do It

Our Approach to Health & Wellbeing

Referral & signposting

We act as a referral point, guiding members of the community towards relevant services, organisations, and opportunities

Mental Health & Wellbeing

An average of over 70 people are supported monthly through:

- Gravity Yoga - Fridays
- Mindfulness sessions - Wednesdays
- Multicultural Women's Group - Tuesdays
- Sewing & creative skills classes - Mondays
- BME 50+ (15+ years running) -

Health Access

Bridging the gap to Healthcare by supporting over 30 people monthly through:

- NHS partnership, EDG, PCREF
- HIV & STI self-test kits (Using on-site digital vending machine)
- Trusted access point

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How We Do It

Our Approach to Health & Wellbeing

Employment & Skills

- Weekly drop-in CV and interview support
- Supporting 1-2 individuals per week, despite currently being unfunded

Food security (Food Bank)

- Operates every Friday
- Supports an average of 48 households with 72 adults and 80 children
- Culturally appropriate food, tackling nutrition + dignity

Community connection spaces

From social gatherings and office spaces to training sessions and cultural events, our Centre is a home for belonging.

Proceeds from our Social Space go back into strengthening and supporting local communities.

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Some of Our Past Projects



Infrastructure Training & Support Programme

BMECP has been delivering a 12-month BME Infrastructure Project funded by Voice4Change England (V4CE)



Intergenerational Health Awareness Project

BMECP delivered an 18-month programme aimed to increase participation of Brighton and Hove's BME population in organ donation. Funded by NHSBT's Community Investment Scheme

A Highlight of Some of our Current Projects



Fostering Pathways Project

Fostering Pathways: A 10-week programme empowering Black and Minority Ethnic (BME) people to support children who need culturally understanding homes.



Job Fair and Employability Project

BMECP has identified this as a strong service for future funded employment programmes to support BME communities

Opportunities to Collaborate

How You Can Work With Us

Co-design culturally appropriate services

Deliver joint outreach

Partner on programmes and Projects

Refer service users to BMECP

Build long-lasting relationships

DID YOU KNOW?

From community gatherings and workshops to meetings and celebrations, BMECP offers a welcoming environment where organisations, groups, and individuals can collaborate and thrive.

At BMECP, it's more than room hire. It's a space where people connect, ideas grow, and events come to life.





**ANY
QUESTIONS**

Contact:

EMAIL ADDRESS

juliet@bmecp.org.uk
obi@bmecp.org.uk
contact@bmecp.org.uk

OUR WEBSITE



PHONE NUMBER

Mobile - 07563864483
Office - 03003031171