

Bridging Change: working towards an inclusive health and social care system

Improving wellbeing and empowering racialised communities through representation, gaining consensus, making change building trust and relationships.



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Bridging Change's purpose and role with health and social care



- Connecting communities and systems
- Bringing our lived and professional experience into our work (neighbourhood level, local council level, regional level and national level)
- Prioritising trust and long-term engagement
- Enabling inclusive and equitable change
- Bringing lived experience into strategic health and social care decision-making spaces

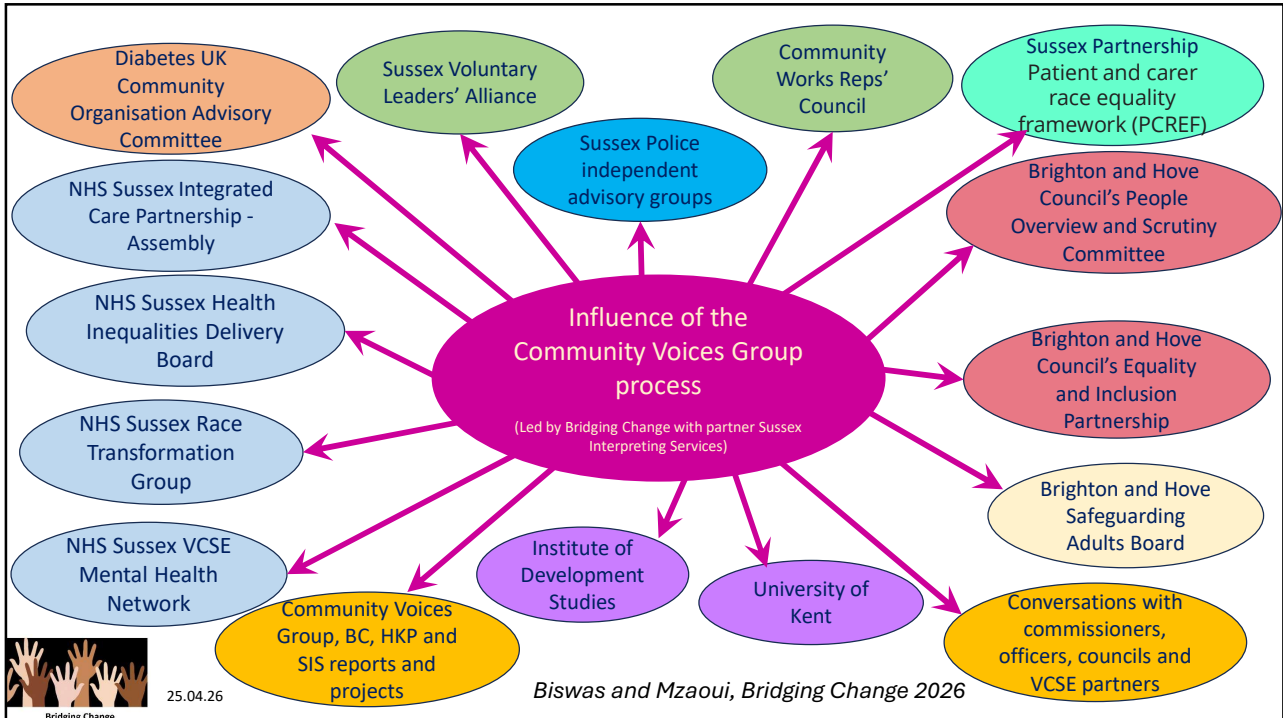
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Connecting communities and systems through trust and long-term engagement



- **The Community Voices process** – turning representation into meaningful participation through the Community Voices Group
- Working in partnership with Sussex Interpreting Services to reach community members with interpreting needs
- Examples of areas of focus: mental health, racism in education, maternity, adult social care
- Leveraging our various representation roles to create space for collective voices to set the agenda

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Gather and Grow



- Bridging Change's **Gather and Grow**, is part of the Ageing Well partnership
- Inclusive service for older people from racially minoritised backgrounds, whilst offering a "by and for" space
- Running monthly drop-in session offering practical support through social prescribing
- Wellbeing activities and information on local health and social care activities for over 50s in a sheltered housing scheme
- Working towards improving access to mainstream services

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Rooted in Wellbeing



- Bridging Change's *Rooted in Wellbeing* is a part of the UOK partnership offer
- Monthly drop-in session offering practical support through social prescribing,
- Well-being activities
- Mental health and wellbeing peer support group
- Sign-posting to local mental health support services
- Strengthening racialised minority input in mental health services
- Working with community members identifying gaps and link up with partners to improve services experience

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Thank you

Contact Nora and Anusree at:
directors@bridgingchange.co.uk

www.bridgingchange.co.uk

Find our Linktree [here](#)