

The newsletter for everyone involved in the regeneration of East Brighton

## Momma Cherri launches new training kitchen



▶ Falmer students learn new skills

**A unique training kitchen to prepare students for careers in catering and hospitality has opened in East Brighton, with cookery demonstrations hosted by the city's favourite chef Momma Cherri.**

The £110,000 industrial standard kitchen, based at Falmer High School, is jointly funded by eb4U with local partners. It will provide NVQ cookery and healthy eating courses and also enable young people and adults to get training and jobs in the catering industry.

Charita Jones, owner and head chef at Momma Cherri's, said: "It's great that young people are being given the chance to transform their dreams into practical and professional skills. They can become the Gordon Ramsays of tomorrow."

Lynn Green, eb4U resident chair of the Neighbourhood Management Board, added: "This great training facility will bring new opportunities to East Brighton

and, as cooking can be enjoyed by people of all ages, we hope the courses will attract a wide range of students."

Charita Jones is pictured at the launch of the Training Kitchen with Lee Corney and Daisy Cliff of Falmer High School who are studying NVQ 1 Food Preparation and Cooking.

**“ Daisy commented: I've always cooked since I was a little girl and I love it, but I'd never thought of doing a vocational catering course and making it my career. I can now prepare dishes I never thought I'd be able to make! ”**

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# Come on down to the Whitehawk Inn

Aromatherapy, yoga, shiatsu massage, drawing, creative writing, wildly popular belly dancing – all are on offer at the Whitehawk Inn Training Centre here on Whitehawk Road. We also provide a range of computer courses including the new Introduction to ebay.

Our Gateway team is on hand to give you information and support. If you're looking for a job or would like benefit or tax advice, we can help with that too. Just pop in or call us on 01273 682222.



▶ Whitehawk belly dancers performing at the local Winter Pride Cabaret

Photo by John Roberts - East Communications



**Cheryl** came to see the Gateway team last year. After talking through some options, she decided to take a beginners IT course. She's just completed a mentoring course and now volunteers on our current IT for beginners course.

“It was a big thing for me to come in and talk to the Gateway team but they really helped with my confidence. Now I'm enjoying meeting new people and working with the community I live in.”



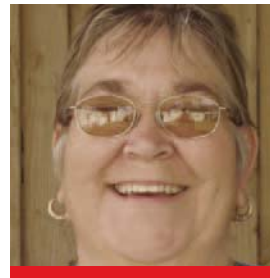
**Michele** decided to take some courses here at the Inn to help develop her computer skills. She started with our beginners computer courses and now has a job in the local area as a Community Grants Administrator.

“Learning at the Whitehawk Inn has given me the confidence to find the job I feel I was made for.”



**Gary** always enjoyed drawing characters and imagining them animated. He came and talked to the Gateway team: together they looked at Art & Design courses. Gary enrolled on a short animation course at the Whitehawk Inn and has now been accepted for a BTEC Foundation course at City College.

“I couldn't believe it! I love animation and can't wait to start on my course. Talking to the Gateway team gave me all the information I needed.”



**Sandra** was a volunteer here at the Inn until recently when she successfully applied for the job of running our new Study Smart drop-in sessions.

“It's great being part of the Whitehawk Inn. It's given me a chance to use all my skills: I feel more confident and really enjoy helping others to achieve their goals.”



**Julia** came to the Inn when her youngest child started senior school and she'd left the job she had for 15 years. She chose a beginners IT course and within a year had completed two courses and learnt to touch type. Julia didn't hesitate when she was asked to volunteer:

“Walking through the door of the Whitehawk Inn was one of the best things I could have done! I feel proud of what I've achieved and found it such a boost to my confidence.”

# Building the local workforce

eb4U funding of £117,000 has helped City College Brighton and Hove to transform part of the former East Brighton College of Media Arts into a virtual construction site. Every day students arrive at 8am, put on their workboots and begin a task on the basics of brickwork, plastering, carpentry, tiling or plumbing.



The Constructing Futures - First Footings centre opened its doors in January and the first students on its 14 week pre-apprenticeship, pre-employment programme are now nearing the end of their training.

The next step is a work experience placement with local companies to give a taste of life in the construction industry. Students can prove their potential to employers wishing to offer an opportunity to motivated trainees who have developed their talents across a range of trades at First Footings.

In their time at the Centre, students cover all the skills needed to build, install and decorate a fully fitted bathroom. Every piece of work is photographed to build up a portfolio of each student's training which helps develop a sense of

satisfaction and pride in what they've achieved – something reflected in the high quality of work being produced.



Ex-Falmer High School pupil Arron Ide (20) from Moulsecoomb is one of the young adults benefiting from the initiative. "It appealed to me as I

wanted to be a builder but I couldn't get a job because I didn't have any qualifications," says Arron. "I've learnt a lot and can use my new skills when I go out to work placements. I think I've got really good at plastering especially. The staff here are good – they treat us like adults."



Another ex-Falmer pupil Ashley Coomber (22), also from Moulsecoomb, has progressed well at First Footings and is looking

forward to working in the construction industry: "I've done labouring before but I didn't learn skills like I'm doing now. I'm hoping to become a qualified plasterer or carpenter. I'd advise other young people to come to First Footings and stick at it. It's a good course to be on."

In the first two months of this programme, 13 residents from the eb4U area have joined and it's hoped that the innovative training methods at First Footings will help many more local people fulfil their ambitions and get into a career in construction.

**Admissions Hotline 01273 667760**



# Bringing Business Into East Brighton



A main aim for eb4U is reducing unemployment in East Brighton. We are funding projects to:

- remove barriers to work
- get people working and learning
- develop employability skills
- support new and existing businesses

East Brighton Business Support (**ebbs**) started in November 2004 to support residents and businesses in the eb4U area. It's funded by eb4U and run by two staff from the Brighton & Hove Business Community Partnership - East Brighton Business Community Manager **Lorraine Bell** and Business Advisor **Nigel Jeffrey**.

So far 88 local residents have received one-to-one information, advice and guidance on their self-employment ideas and help with developing their business plans. Sixteen new businesses have started up with **ebbs** support.

eb4U residents who demonstrate they have a good business plan but can't get commercial funding (eg. from a bank) can apply for a small business grant of up to £5000. Seven grants have been awarded so far to local residents.



The first person to receive an **ebbs** grant was Kevin Langridge of Moulsecoomb. Over 11 months Kevin worked

with Nigel Jeffrey to develop his waste paper recycling business which he'd started on a very small scale.

**ebbs** helped Kevin expand the business and awarded him a grant to buy an 8 ton lorry so he could make bigger collections. Six months after receiving the award Kevin's business is growing rapidly in line with his predictions, and together with the Youth Offending Team he's providing work experience placements.

After completing the METRO business start-up course at the Enterprise Agency, Hazel Pan-Sesar from Whitehawk successfully started a will-writing service after using her grant to cover the necessary training.

For more information on Langridge Waste and National Legal Services please see the new East Brighton Business Directory available shortly.

The East Brighton Business Directory co-ordinated by **ebbs** allows local firms to advertise for free and is distributed across the area to encourage residents to use local businesses. There are 180 entries in the 2006 edition.

In 2003 only 72% of offices, workshops and shops were occupied in East Brighton. By the end of 2005 this figure had risen to 94%, showing that the perception of the area has changed, that more businesses are staying here and interest in the area has increased.

## Young Enterprise in East Brighton



Developing an enterprising culture amongst our young people is vital if we're to sustain economic growth in East Brighton. Schools are now encouraged to engage pupils in at least five enterprise and business days a year.



In December **ebbs** worked with the charity Young Enterprise to deliver an 'Entrepreneurship Masterclass' at Falmer High School. Eight businesses ran sessions including managing directors from the Komedia, Bonetts estate agents, Hirschworks, Academy Internet, PBK associates, Medics on the Move, Lighthouse IFA & logo sports. The students learned about marketing and business planning and four groups were awarded prizes.

## Social Enterprises

Social Enterprises are businesses set up to deliver a social aim or provide service with a 'not for profit' ethos. East Brighton has a number of organisations like this and **ebbs** has been helping many to develop their business plans including Safety Net, East Communications, Manor Gym, Moulsecoomb Hall, PCA Charity Cycles and the Bridge 'therapies'.

**ebbs** encourages community groups and projects to approach business differently and think about the actual support they really need. Rather than money, could the asset, professional service or skills be donated or given in kind by a company?

Many community groups have utilised the ProHelp scheme and have received free professional advice and services worth £1000's!

ProHelp is a network of local professional firms who have offered to provide free services to local community groups and voluntary organisations. ProHelp members include surveyors, architects, consulting engineers, accountants, solicitors, consultants, PR, marketing and design companies.

Denise Wareham from EdF Energy supported the Bridge Community Education Centre with marketing planning and mentoring.

EdF Energy also took part in a community challenge at the Women's Refuge project when 22 volunteers painted the whole premises over two days.



▶ Legal & General help out in Saunders Park

The **ebbs** grant panel includes business representatives and managing directors from Fredericks Foundation, Kingspan, Mentor, Primecare and The Joy of Business.

Nixon McInnes supported SafetyNet with marketing planning and mentoring and Cubeworks donated over 21 hours of free design time for their website.

RH Partnership (architects) have been helping Care Co-ops with their plans to move into Westergate Business Centre.

A local company, wishing to remain anonymous, donated a laptop to the Moulseccomb Neighbourhood Trust.

Volunteers from Legal & General (pictured) helped transform the communal garden in Saunders Park Rise, with Paul Tiley, the estate co-ordinator.

## How does the idea of a team of up to 11 people coming to do a transformational activity at your organisation sound?

Cares is a programme providing teams of volunteers to carry out transformational activities during one day at local community organisations.

- **Painting rooms at a community centre** - do you need some painting done?
- **Creating a wildlife area at a school** - would a wildlife area be something of interest for the children at your school?
- **Clearing an allotment area** - have you an allotment that could do with a helping hand so that your community group can use it?
- **Painting murals** - would this brighten up a space for your nursery?



To find out how your community organisation or group can benefit from initiatives like ProHelp or Cares, contact Lorraine Bell on 01273 296767.

# Westergate Business Centre

**ebbs** is based at the Westergate Business Centre in Moulseccomb. The centre's 9 light industrial units and 10 offices on the Fairway Business Estate opened after construction finished in December, and tenants are now moving in. The centre provides well-designed and environmentally-friendly premises for local businesses. You can't miss it – just look for the wind turbine!



▶ [www.westergatebusinesscentre.co.uk](http://www.westergatebusinesscentre.co.uk)

# Talking and Learning Together

The eb4U funded Talking and Learning Together project has made a hugely positive impact on over 750 children across East Brighton. **The result is that the percentage of East Brighton children who are ready for school by the age of 5 has increased from 30% in 2002 to 82% in 2004.**

From the age of nine months through to the end of their first school year, youngsters have been offered support to boost speech, language and listening skills.

Parents and carers work with specially trained staff as well as speech and

language therapists. Parents are encouraged to understand the importance of interacting with their children to take an active role in helping them achieve a sound grasp of language by the age of five. One parent whose child has benefited from the scheme said:

“It’s made me think about how I talk to my daughter and reminds me to tell her about everything we do together.”

Although eb4U funding ended in March 2006, the project’s successful

work will be continued in the new Children’s Centres in Moulsecoomb and Whitehawk, funded by Brighton & Hove City Council.

Claire Baldry, leader of the project and headteacher at Bevendean Primary School, said:

“This scheme gives children the best start in life so that we can get the best out of them in their time at school.”

## Pupil Potential

**More than £1million of eb4U funding has brought the three year Pupil Potential project into local schools from December 2003 onwards.**

Operating quietly in the background, the Pupil Potential project has helped our schools do what they’re passionate about - supporting the development of children and enabling them to achieve as much as they possibly can.

The project supports children who need attention, coaching, guidance or mentoring. Matt Green, Project Manager, explains: “By supporting the efforts of school staff, they can have a significant and positive impact upon the youngsters’ attendance, behaviour and achievements.

“Our aim is that hundreds of eb4U area children grow to see school as a positive experience. We hope these youngsters and their parents will feel better able to choose from options including further education and more varied career opportunities. Ideally we’d like all East Brighton pupils to have the opportunity to reach their full potential.”

Would you like some advice on benefits and getting back to work?

Confidential advice on benefits, employment and training available at various locations in Whitehawk and Moulsecoomb.

Contact Barry Burt on 07855 319610, email at [barry.burt@jobcentreplus.gsi.gov.uk](mailto:barry.burt@jobcentreplus.gsi.gov.uk) or contact The Whitehawk Inn Training Centre, Whitehawk Road, Brighton, BN2 5NS, Tel 01273-682222.



# The Bridge

Located in the grounds of Falmer School, the Bridge Community Centre provides a place for local residents to meet friends, have a coffee and join in some of the wide variety of courses on offer.

**Our courses** - We provide around 60 different courses a week including yoga, cooking, Tai Chi, and computing. There's something for everyone. Our specialised learning support workers (the Gateway to Learning team) are based here to encourage local people to use our centre with confidence.

**Young People** - In the past year we've strengthened our links with Falmer High School. MAC's Place is based here and three afternoons a week we offer a young people's health service with counselling, housing advice, pregnancy testing, a sexual health clinic and an informal drop-in. We also run a range of after-school clubs.

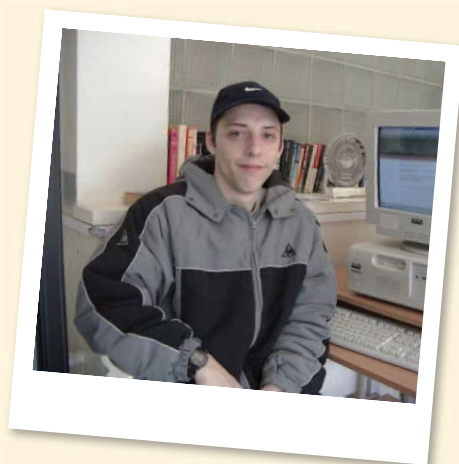
**Training Local People** - As our learners develop skills, some want to give a little bit back by becoming volunteers here. Also, seven local residents have done specific training and joined the Bridge staff team. They encourage new learners into the centre with their stories of how the Bridge has been a positive part of their lives.

**Bridgette's Catering** - Looking for a way to feed cash back into the Bridge, we've developed a catering business. We cater for weddings, corporate events and anything that needs food! If you need any catering, give us a call - you'll receive top quality food and directly support the future of the Bridge.



**National Award** - Last year we won a national neighbourhood renewal award for best supporting organisation. It was an honour and achievement for us all, and a well-deserved acknowledgement to manager Mags Lewis who left at the end of 2005. We now have a new manager, Jill O'Brien.

“**Dave: My partner introduced me to the Bridge 6 months ago. I've enrolled on some interesting courses and the people are welcoming and helpful. I enjoy the time I spend down here - it's a great opportunity to meet new people and learn something different.**”



**Melissa:** “I joined the Bridge five years ago to learn new skills and meet people after having my children. The crèche helped me get time for myself in the day. I've learned lots of new skills - the computer accounting course Sage, pottery, and reflexology - and have enjoyed every moment here.”

“**Teresa: I first came here in September 2005 to get help with my literacy skills and learn how to use a computer. At first I needed lots of help from the Gateway team but now I can work alone and I've made posters encouraging others to join classes to improve their skills.**”



To find out what the Bridge can offer, please call us on 01273 294929.



# Motorvation

**eb4U is one of the main funders of Sussex Youth's Motorvation Scheme which encourages safe driving, provides personal development opportunities and hands on training in car servicing and maintenance.**

Motorvation operates from the Bell Tower Industrial Estate in Whitehawk, where a run-down unit has been transformed into a bright, modern garage with offices, classrooms, computer room and recreational area. Much of the work has been enthusiastically carried out by programme manager Gordon Cross and assistant Heather Platt along with willing volunteers and students.

Explaining the thinking behind the safe driving programme, Gordon says: "Bad habits, if allowed to continue, will be transferred to the road, disturbing communities and generating greater risk-taking. This in turn leads to law-breaking and life-threatening situations.

**“ We aim to challenge the youngsters' negative beliefs, behaviour and self doubts. We help them realise they're not helpless victims of outside forces, but can control their own lives and achieve success. ”**



The first part of the 21 week course covers employment and citizenship, attitudes to driving and driver behaviour, skill development and driving knowledge and instruction. Part two focuses on the practical side of motor vehicle maintenance in the fully equipped garage workshop. This could lead to an apprenticeship in a garage or a further course at a college.

Dr Laurie Bush, the Sussex Police Authority member with responsibility for roads policing, praised the facility when he visited in December to hand over a cheque for £10,000 from the Sussex Police Authority and Sussex Police.

**“ He said: I'm very impressed by the programme, the premises, the splendid staff and the results being achieved. Each week 90 drivers aged 17-24 are killed or seriously injured on Britain's roads and the contribution of these schemes in reducing this sad toll shouldn't be under-estimated. ”**

Brian Smeeth is one of our top achievers. He started the Motorvation course in November and took a while to get to grips with our way of working but is now one of our most reliable and hardworking learners. He has found a work placement in a garage and hopefully will have a job at the end of it.

**Contact us on  
01273 696576**

**eb4U CONTACTS**



Please contact Janice Hoiles on **01273 295052** or email [janice.hoiles@eb4u.org.uk](mailto:janice.hoiles@eb4u.org.uk) if you would like further information on eb4U or visit our website [www.eb4U.org](http://www.eb4U.org)