



**It's Official - Votes are in,  
these People Make our City a Happier Place**

Welcome to the second Brighton and Hove Happy List, part of a national network of lists that recognise people who bring smiles and cheer to their community every day.

Happy Lists were born out of a need to provide an antidote to those rich lists and celebrity lists which worship at the shrine of the wealthy the bonus-getters and the tax avoiders. This list honours a different set of values and recognises those who work to make their communities better adjusted places, leading to their cities and thus countries becoming better and happier places too.

Nominations have been made and the men and women who are Brighton & Hove's Happiness champions for 2016 have been chosen.

[Read on to meet them...](#)

*This list has been created in association with Action for Happiness, Happy City Initiative, The Argus, Sunday Assembly Brighton and Bailey & French. Champions are listed in no particular order.*





## Jeannie Hignell, Fitness Trainer

With two nominations - Jeannie is a fitness trainer - but no ordinary fitness trainer! She is inspired by people for whom health and wellbeing is often a huge challenge. She considers the needs of the whole person, supporting and encouraging them towards physical and mental wellbeing. She goes out of her way to help people feel the best they can, no matter what life demands of them. By creating a hugely positive community around her work, her clients support each other, celebrating one another's achievements and contributing to a wider network of happy, positive people. A true happiness champion, Jeannie facilitates those around her to spread happiness even further.

**What are the most important ingredients for living a happy life?**

"A positive attitude 'No Matter What' and an awareness that we can't get it right all the time but we can keep on trying.

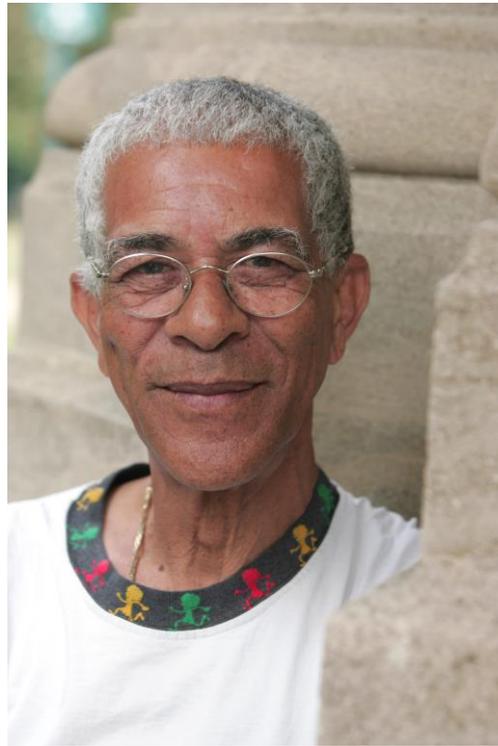
**What group, project or idea in Brighton has made you think 'Wow'?**

"If I have to choose one - hmmm, it would have to be The Rocket Artists, a group of artists with learning disabilities ([www.rocketartists.co.uk](http://www.rocketartists.co.uk))"

**If you could make one big positive change in Brighton, what would it be?**

"To lead the way nationally as a city of excellence for the elimination of homelessness, in so doing giving all people a decent chance to live well - by which I mean to be warm, valued, cared about and have a safe place to call home. How? For the council to seek out all empty and underused buildings and to explore effective, positive ways of using them to provide realistic accommodation for the homeless. For a civilised society I believe this is urgent and indisputable".





## Bert Williams, Founder of Brighton & Hove Black History

Bert's nomination read as follows, "I recently had the great pleasure to speak to Bert at length and came to realise that he had taken it upon himself to work for positive change through education both within the BME (Black Minority Ethnic) and wider community. His knowledge and positivity were infectious and I left our conversations feeling very happy."

What are the most important ingredients for living a happy life?

- Social connections with others
- Forgiving others
- Love
- Spending time with like-minded people
- Getting together with family, friends & volunteers
- Being a busy volunteer

What group, project or idea in Brighton has made you think 'Wow'?

"MOSAIC (Black & Mixed parentage family Group) the commitment of their founder Jill Howes in 1990, she develop the group with 3 ladies to 2000 members now, I joined the group in 1992 becoming their first Chair person in 1995"

If you could make one big positive change in Brighton, what would it be?

"To end hate crime"



Bailey  
& French

**The Argus**



## Dr. Tim Worthley, Lead GP for Homeless Clinic

As the lead GP at Brighton Homeless Healthcare clinic in Morley Street, Dr. Tim Worthley makes such a difference day to day for people living on the street, in emergency and temporary accommodation. He righteously spoke up for 'preventable' deaths of people who had been living on our streets at B&H councils Homeless Summit last December. He also works hard to save the homeless clinic in Morley Street to continue providing the much needed and depended on service by those who need it. The man is considered a legend explaining the incredible 4 nominations he received! (as are the rest of the team who work alongside him at the clinic).

What are the most important ingredients for living a happy life?

- Security
- Care
- Community

What group, project or idea in Brighton has made you think 'Wow'?

"JustLife Brighton - The service works specifically with single homeless people who are living in vulnerable situations."

If you could make one big positive change in Brighton, what would it be?

"I would provide accommodation for homeless women, men and families which gives them dignity, tells them they have worth, and enables them to find healing from trauma and hope for the future"



Bailey  
& French

**The Argus**



## Avril Fuller, Friend & Supporter of the Travelling Community

Avril works for Friends, Families and Travellers, taking children from the Travelling Community to groups and workshops across the city to promote their wellbeing. She facilitates access for them to join in events and clubs that they might not otherwise be able to become involved.

**What are the most important ingredients for living a happy life?**

“For young people to feel they are accepted by the wider community is of great importance”

**What group, project or idea in Brighton has made you think ‘Wow’?**

“The Trust in the Community Development team they gave support with activities also with help and advice to develop our contacts in Brighton, especially with the Kempdown Table Tennis Club. and tickets for the i360”.

**If you could make one big positive change in Brighton, what would it be?**

“For the Young People on the Traveller Caravan Park to have a play area, that would offer safe, creative play for their development, being there is no play area close by that they can access.”



Bailey  
& French

**The Argus**



## David Blood, Business Owner at Posture People, Part-time Stand-up Comedian and British Heart Foundation Fundraiser

Dave Blood was nominated for his fundraising efforts for the British Heart Foundation. Dave is a two-time heart surgery survivor having had his second life-saving heart operation in 2012. So far he has raised £12,000 for the BHF through his annual charity event Cardiac Comedy in the hope of "paying the BHF" back for life saving aortic valve replacement. His employees believe he thoroughly deserves a spot on the happy list!

**What are the most important ingredients for living a happy life?**

“Trying not to take anything too seriously, basically don’t sweat the small stuff.”

**What group, project or idea in Brighton has made you think ‘Wow’?**

“I think the re-development of the Level and the open market is great, we use both spaces regularly and I think both have had a positive impact on the local community”

**If you could make one big positive change in Brighton, what would it be?**

“Make people keep the beach tidier, we recently took part in a beach clean and it was disgusting what people leave behind.”



Bailey  
& French

**The Argus**



## Rik Turner, Creator of Wellbeing Booster Drink

Rik Turner is launching a Brighton based startup called WE ARE HAPS ([www.wearehaps.com](http://www.wearehaps.com)) It's a natural serotonin boosting drink supplement to help you feel good and do good. The aim of the business is to help people take more control of their happiness, with profits going towards charities and organisations that support happiness and wellbeing. He has developed the drink with input from local nutritional therapist and lecturer Kirsten Chick. It boosts general wellbeing and in particular, helps people who are feeling low.

What are the most important ingredients for living a happy life?

- Positive relationships
- Love
- Helping others
- Gratitude
- Nutrition
- Exercise
- Mindfulness
- Fun
- Adventure

What group, project or idea in Brighton has made you think 'Wow'?

"hiSbe – the food store (How It Should Be – putting people before profits)"

If you could make one big positive change in Brighton, what would it be?

"End homelessness"



Bailey  
& French

**The Argus**



## Ruth Anslow, Co-founder of hiSbe Food

Ruth Anslow co-founded hiSbe Food with her sister Amy and their friend Jack Simmonds. They started their own social enterprise supermarket because they got fed up how with how the big supermarkets do business. That's why hiSbe Food embodies fair, responsible and sustainable trading practices and is dedicated to making a positive contribution to the local community.

Ruth, Amy and Jack believe a supermarket can be a happy place to be! So they put the happiness of staff, suppliers and customers before their own profits and the staff work hard to create a shop with a happy and friendly vibe.



ACTION FOR HAPPINESS

S  
UN  
DAY  
ASSEMBLY  
BRIGHTON

Bailey  
& French

**The Argus**



**Kate Holder, Volunteer**

Kate not only voluntarily cooks at the Migrant English Project (<http://mepbrighton.com>) for up to 50 students per week but she has also set up, obtained grants and ran cookery classes in Hove for migrants, skillfully combining cookery and social integration. These courses went down so well that numbers of attendees almost doubled by the end and another course is scheduled for next year. These courses are a thoroughly enjoyable way to engage with people from all over the world.

**What are the most important ingredients for living a happy life?**

“Surrounding yourself with people who bring out the best in you, who love and care for you. Laughter. A good work/life balance. and Gratitude”

**What group, project or idea in Brighton has made you think ‘Wow’?**

“Brighton Table Tennis Club – It is the first sports club in the UK to be awarded Club of Sanctuary status for its work with 15 unaccompanied refugee minors during the last 18 months from Afghanistan, Eritrea, Iran, Iraq, Kurdistan and Vietnam”

**If you could make one big positive change in Brighton, what would it be?**

“To permanently have the table tennis tables set up inside Churchill Square instead of the sweets / cars / grotto...a great way for strangers and people of all ages to have some free fun out of the cold and rain”



Bailey  
& French

**The Argus**



## Alanna McIntyre, Volunteer

Alanna wrote "Rethreading My Life" after bereavement. From 2008 she attended lots of the Whitehawk Inn's courses and felt supported by them so in turn wanted others to benefit from feeling part of society. Alanna runs a games club, drop in writing sessions in the summer and also helps collate and print the Whitehawk Anthology and organise an annual reading which this year takes place at The Verdict. John is kindly allowing her the use of his venue for the Anthology and a drama group performance. Alanna believes by networking in the community she increases the chances of likeminded people getting in touch.

### What are the most important ingredients for living a happy life?

"For me the most important things for a happy life is feeling secure so I have a morning routine including stretching and chanting that focuses me for the day and has become a habit just like cleaning my teeth. Appreciating the little things in life like a cuddle from a grandchild a stranger's smile, making a meal for a friend, writing a poem or a piece of prose for someone"

### What group, project or idea in Brighton has made you think 'Wow'?

"The Verdict Café and Jazz bar is where John Easterby is gradually assimilating representatives from the creative community and giving them a slot within his performance space and café area"

### If you could make one big positive change in Brighton, what would it be?

"I would try and help the homeless find better places to shelter and feel more secure"





## Ann O'Keife, Laughter Yoga Teacher

Ann O'Keife has been nominated not only for her bubbly, happy personality but also because she is spreading the happiness with her Laughter Yoga Classes, that she holds for all ages in various different locations and in the City.

What are the most important ingredients for living a happy life?

- Sharing laughter
- Kindness
- Gratitude

What group, project or idea in Brighton has made you think 'Wow'?

“So many to choose from! The WOW factor for me is the wonderful Impact Charity that supports people and carers with dementia. They are so caring, skilled and innovative.”

If you could make one big positive change in Brighton, what would it be?

“Create beautiful affordable housing solutions”



Bailey  
& French

**The Argus**



## Dr Geoffrey Mead, Lecturer

Geoffrey is a well-loved lecturer at the University of Sussex and gives talks and courses on the history and geography. He was nominated because of the positive effect he has on those who go on his walks around Brighton, helping people appreciate living in this city. His knowledge of the area is encyclopedic and his talks are full of memorable anecdotes. Happiness is an hour or two in Geoffrey's company, learning about our city and its surroundings.

What are the most important ingredients for living a happy life?

“Health and doing something good for others [human and creatures]”

What group, project or idea in Brighton has made you think ‘Wow’?

“Friends of Hollingbury & Burstead Woods who do huge amounts of voluntary work in improving the local environment”

If you could make one big positive change in Brighton, what would it be?

“Clear up the graffiti and litter”



Bailey  
& French

**The Argus**



Photo by Simon Slater

## Pablo Woodward, Street Dancer

Pablo Woodward, known locally as 'The Disco Bunny' regularly spreads love and happiness around our streets. His mission is to unite people irrespective of age, race, gender, religion, sexual orientation, physical or mental ability by sharing his positive energy and lust for life, with sparkly outfits, glitter, smiles, music and a welcoming heart. He takes to the streets in sparkly, outlandish outfits with his mobile sound system and dances, making people smile often getting them dancing. He brings joy and laughter to the people of Brighton and Hove.

What are the most important ingredients for living a happy life?

"Listen to your heart, soul, instincts; follow them."

What group, project or idea in Brighton has made you think 'Wow'?

"The Junk Food Project, The extensive open mic circuit, the improvisation scene, the staff/people/the community that is Cascade Café"

If you could make one big positive change in Brighton, what would it be?

"Inspire another Disco Bunny"

To see The Disco Bunny talk about his Happy Champion nomination visit <https://youtu.be/eyUJEIUd8Vk>



Bailey  
& French

**The Argus**



## Rebecca Fidler, Arts Collective Founder

Rebecca runs Miss Represented at Brighton Dome with her brilliant team Jo Bates, Poppy Burt and Kassia Zermon (AKA Bunty). It's an inspiring project which uses the arts to work with vulnerable girls and young women who are navigating difficult life situations and considered at risk. It aims to let their voices be heard, develop their self worth and move towards positive life choices. She was nominated for creating this inspiring platform for these girls and women to show find their inner strength and resilience

What are the most important ingredients for living a happy life?

- Connecting with other people
- Being kind to yourself
- Notice things - look up and out!
- Discover your purpose or passion
- Be generous and make time for others
- Slow down
- Accept who you are
- Laugh and be silly
- Get creative!



ACTION FOR HAPPINESS

S  
UN  
DAY  
ASSEMBLY  
BRIGHTON

Bailey  
& French

**The Argus**



## Helen Thatcher, Workshop Facilitator

Helen has a warm and wonderful way with people. She works in the community bringing sunshine to adults with learning disabilities and the elderly, alongside running dance workshops. She uses Vital Danza ("dance of life") to encourage people to connect more to their bodies and interact to others authentically. Helen is skilled in using touch to help others feel happier and healthier. She is positive and smiling, with a great sense of humour - her classes are fun and meaningful. She brings out the best in everyone so they feel uplifted and part of the community.

### What are the most important ingredients for living a happy life?

"The ingredients for a happy life are focusing as much as possible in the present moment, appreciating the things in your life that are good, working and/or bring you pleasure, surrounding yourself with people who uplift you and make you laugh, and taking time out to be still and quiet occasionally to re-charge your batteries."

### What group, project or idea in Brighton has made you think 'Wow'?

"Of course, it is impressive how Action for Happiness has been so successful here in Brighton. We are an amazing city with many forward thinking creative, visionary people living here. Too many to mention, The Big Lemon Bus Company, The Real Junk Food Project and Hove Stressbusters come to mind but there are many brilliant people living here with community spirit and revolutionary approaches to making our city and world a better place"



Bailey  
& French

**The Argus**

## Jess Egan, Youth Centre Manager

Jess is an amazing young woman who went to Calais a year ago to volunteer with the refugees fleeing war, terrorism and poverty. In this time she set up a youth service that cared for, educated, entertained, nurtured and fed hundreds of young lost children who have experienced extreme trauma. She is still there today struggling with the devastation of the "jungle" being demolished and children now sleeping on the streets. Jess is a very dedicated and caring person.

What are the most important ingredients for living a happy life?

"Not caring about what other people think, doing what you want as you only live once and making sure you do a bit of exercise each week"

What group, project or idea in Brighton has made you think 'Wow'?

"The School Bus Project - Taking education to the people."

If you could make one big positive change in Brighton, what would it be?

"Way more support for those that struggle with mental health issues"



Bailey  
& French

**The Argus**

## Melanie Rees, Green Centre Creative Director

Melanie runs The Green Centre, a project educating people on environmental issues, recycling tonnes of stuff that B&H council aren't able to & supporting 18 other charities around the world. Working with volunteers and visitors of all ages and abilities, Melanie is a ray of sunshine, helping others to make positive changes to their lives to reduce their impact on the planet. Despite receiving the sad news this year that the centre will have to close imminently due to repairs needed on the property, Melanie has managed to stay upbeat and focused on finding a new home for the centre.

What are the most important ingredients for living a happy life?

“Never forget your inner child and make sure it gets a regular outing. Stay in the here and now. Try to resolve conflicts as soon as possible.”

What group, project or idea in Brighton has made you think ‘Wow’?

“Cat Fletcher (Re-use project, Freegle, The Waste House), The Big Lemon, The Real Junk Food Project”

If you could make one big positive change in Brighton, what would it be?

“Set up an environmental hub which would include all the environmental projects in one place”

## Karen Chatfield, Customer Service Advisor B&Q

"She welcomes customers into her shop with a big smile and has time for a chat with everyone"





## Paul Richards, Creator of Stay up Late and Gig Buddies

Paul is the creator of two incredible initiatives, Stay up late and Gig Buddies. Stay Up Late was set up to ensure that people with learning disabilities, and autism, are able to stay up late and do the things so many people, who don't need support, take for granted. Gig Buddies matches adults with a learning disability to a volunteer who has similar interests, to go to events together that they both love. Both projects ensuring that people who need support in their lives are able to get out and enjoy entertainment in the evenings.

**What are the most important ingredients for living a happy life?**

“Spending time with people, not with things”

**What group, project or idea in Brighton has made you think ‘Wow’?**

“The Hove Lunch club is amazing. Every week they serve up delicious food to around 50 older people, and people who are isolated. Not only that but they support an amazing team of volunteers, some of who have their own support needs, and the atmosphere is just incredible. Properly how community should work - and they also make the effort to find out what talents skills members and volunteers have and seamlessly weave these in to their work”

**If you could make one big positive change in Brighton, what would it be?**

“I've never known homelessness like it is in the city now. It's great to see people being kind and doing something but I think we need a more radical think about how we can show compassion to everyone in our community. It needs to be beyond giving people free cheese and tomato sarnies and a cup of tea. It's disturbing on a Saturday to see people sleeping rough in shop doorways while shoppers walk past. I don't know what the answer is but we need a citywide kindness epidemic now (We could also do with the golden cat suit dancing man and that great band outside Marks and Spencer's more often) ”



Bailey  
& French

**The Argus**



## Richard Mehmed, Founder of the Wood Recycling Project

Richard is the founder of Brighton & Hove Wood Recycling Project which has been rescuing timber from the waste stream in Brighton for 18 years! Last year they saved 600 tonnes of wood. It's sorted, cleaned, de-nailed & sold in their shop or made into lovely furniture. He also set up the National Community Wood Recycling Project to franchise the concept and there are now 29 similar enterprises nationwide. Without him, the reuse of "waste" timber in the UK wouldn't exist, and hundreds of marginalised people wouldn't have a job or volunteer/work experience opportunities.

What are the most important ingredients for living a happy life?

"Gratitude, humility and something to get out of bed for"

What group, project or idea in Brighton has made you think 'Wow'?

"So many I'm always being "wowed" – Brighton is amazing at giving birth to great social/environmental initiatives"

If you could make one big positive change in Brighton, what would it be?

"Get the homeless somewhere to live and make homes affordable for everyone"



Bailey  
& French

**The Argus**



Photo by Simon Dack of Vervate

## Caroline Henderson, Coordinator, the Hove Luncheon Club

Caroline is the brains and engine behind the Hove Luncheon Club. Every week they serve delicious food to around 70 guests who are all people who would otherwise be on their own. The lunch club is a picture of community as it should be. Caroline coordinates a happy band of volunteers (some of whom have their own support needs) to not only serve up delicious food but in a way where everyone is treasured as an individual and is encouraged to bring their own skills and interests to the club. And Caroline makes it all happen with a calm smile.

**What are the most important ingredients for living a happy life?**

**Starter:** Kindness, compassion and hard work  
**Main course:** Belonging to a community, doing a job you love, being positive, treasuring the people you care about.  
**Dessert:** Music, being outside, good food, travel and laughing often

**What group, project or idea in Brighton has made you think 'Wow'?**

"Same sky - the burning of the clocks and the Children's parade in particular. I hear those drums coming around the corner and I think 'wow' - I'm so lucky to live here.

**If you could make one big positive change in Brighton, what would it be?**

"Communal inter-generational living - places where young and old can live together and share resources, experience and friendship - this might help solve the affordable homes crisis and the loneliness epidemic"





## Jo White, Project Manager for Wishing Well

Jo White has spearheaded the Wishing Well programme which brings musicians into Childrens and Dementia wards. Her tireless efforts to communicate the positive effect and impact of music in healthcare are now far-reaching and have helped drive a national incentive to improve the lives of people deprived of human experience through music whilst in hospital.

Music reaches even the most unwell and isolated patients, often provoking reactions of happiness and joy that were thought lost by family and carers. The musicians create profound human connections which bring a sense of the outside world right to patient's bedsides



Bailey  
& French

**The Argus**



## Lucy Stone, Strategic Consultant, Rhythmix

Lucy has been working in the community music sector for over 15 years, delivering dozens of projects every year to young people, people with dementia, and families facing some of the toughest challenges. Her work with Rhythmix, Brighton's leading music charity, enables hundreds of people every year to feel the joy of music and make a real difference to their own lives.

Wherever they find themselves, Brightonians will find the impact of Lucy and Rhythmix. From the Royal Alexandra Hospital to Downs View Special School, Brighton is lit up by the music of Rhythmix





## Zara Wood (Woody), Organiser of Brighton PechaKucha

Woody took up the baton of PechaKucha Brighton Producer in 2015. She's given local happiness champions a platform to share their stories at themed events. These events are personal, cosy and a great way of connecting people to the awesome projects in the city. She is also a wonderful person with a great spirit for encouraging and inspiring people."

'PechaKucha' is a 6min 40sec talk - presenters show 20 slides for 20 seconds each.

PechaKucha Nights began in Tokyo in 2013 and now take place in 900+ cities. Run by volunteers, they focus on creativity and community. <http://www.pechakucha.org/cities/brighton>



Bailey  
& French

**The Argus**



## Joanna Heal, Exercise Teacher

Jo is an awesome exercise teacher, who inspires people at classes across the city to stretch, dance and kick their way to fitness with a massive grin on their faces. More than that, this year she took on the organisation of Run Forest Run (<http://www.runforestrun.org.uk/>) - a fun run in Stanmer Park. Almost single-handedly, she tripled the number of runners taking part, and made it into a family-friendly day out - drawing in refreshments, face painting and even a brass band. Perhaps, most importantly, it was all in aid of Moulsecomb Forest Garden, who received almost £2,500 for their amazing project thanks to Jo's hard work.

**What are the most important ingredients for living a happy life?**

“Gratitude. I think it is important to be grateful for all that we have, and to celebrate your life, body and loved ones”

**What group, project or idea in Brighton has made you think ‘Wow’?**

“The Brighton Youth Centre. The people there are amazing. It is such a wonderful facility that offers a wide range of activities, events and support for young people from the age of 5 to 19. I think that it is vital to assist the maintenance and development of this kind of charity that supports the upcoming generations “

**If you could make one big positive change in Brighton, what would it be?**

“I would love for the residents of Brighton and Hove to know more about the subsidised projects that the council offer as part of the Active For Life scheme. If we could better inform people of what is going on, so many people could benefit from the opportunity to participate in free and low cost events and activities all over the city.”



Bailey  
& French

**The Argus**



**Alex Paterson, Deputy Nursery Teacher**

Alex Paterson is phenomenal force of kindness. He is a Deputy Nursery Manager and supports several charity and advisory boards. He was nominated for being a steady, creative, exciting and insightful person. The atmosphere he fosters is filled with hope, joy and wonder. He not only looks after the youngest members of our society with diligence and generosity, he makes all around him in his life feel valued. He always offers both his time and a shoulder to cry on. Whether through cake, a hug or sage piece of advice- Alex makes you feel happier no matter what is happening in your life.

**What are the most important ingredients for living a happy life?**

“A good night’s sleep, a probiotic supplement and holding your problems lightly”

**What group, project or idea in Brighton has made you think ‘Wow’?**

“The pre-schools in the city do really incredible work with very few resources. Stepping Stones in Portslade have funded a nurture support worker through children in need funding, Early Explorers in Mile oak have an incredible Forest schools project and all the Staff at New Beginnings on Coombe Road spent all summer giving time away for free to get their new classroom ready. I'm bowled over and wowed by the fact that people give over so much time to keep these charities going from strength to strength”

**If you could make one big positive change in Brighton, what would it be?**

“Better, more secure housing for vulnerable families”





## Andy Bradley, Founder of Frameworks 4 Change

Andy is nominated for being a powerful catalyst for a more caring, wise and loving community. He has a vision of guaranteed compassion in all health and social care in the UK. He is the founder of Frameworks 4 Change which works with care provider organisations in not-for-profit and private sectors as well as local authorities and the NHS. Andy is the founder of an initiative to see Brighton become a compassionate city - through world peace day and world mental health day he is standing up for a fairer more equal and caring city that includes all of its residents. Andy is working to make his neighbourhood healthier and kinder

What are the most important ingredients for living a happy life?

- Being kind to yourself, each other and the planet
- Being vigorously generous
- Living in an awareness of vulnerability and death
- Being ready to embrace difficulty and turn towards suffering
- Enriching experience
- Staying closer to fear than love

What group, project or idea in Brighton has made you think 'Wow'?

- Consent in Clubs
- Future Health Brighton
- Wild Things Alternative Business School
- Meaning Conference

If you could make one big positive change in Brighton, what would it be?

“Introduction of Compassion Pods into Primary Schools”





## Fash Ghiaci, Director, Circle Brighton

Fash was nominated for initially setting up the 'Happy Cell' in Hove as a low-cost venue offering health and wellbeing services/practices. Later he converted part of the Happy Cell into accommodation for homeless/vulnerable young people. More recently he turned an old factory into a large health and wellbeing centre with a gym, exercise studios, community centre, nutritionist based café and restaurant, performance areas as well as the usual rooms for acupuncture, massage, meditation, cognitive behaviour therapy etc. He is a perfect example of someone using his resources (i.e. his time and some of his wealth) to help improve the wellbeing of people in area.

### What are the most important ingredients for living a happy life?

"I think you have asked this question at a very good time for me to answer. We had a fire in my house yesterday whilst my wife and I were both busy in Brighton. It was a bit of a mess and we ended up with a part of the house fully burnt out and having to move out for a while. But throughout the episode I felt rather elated and happy, feeling blessed that I still had everything that was dear to me. The answer to your question: value what really matters"

### What group, project or idea in Brighton has made you think 'Wow'?

"There are lots of excellent groups in Brighton doing a fantastic job and it would be wrong of me to single out one from the rest"

### If you could make one big positive change in Brighton, what would it be?

"I would like to see more of a community, people pulling together and the Council taking a more active role as a partner. I think we could have achieved a lot more if the various groups were complementing each other and sharing facilities for the ultimate good of the community. The Council has the power and the resources to co-ordinate the various groups and help to create a much more productive platform"





## Jenny Barnard-Langston, Chair of Governors & Charity Worker

Jenny Barnard-Langston is chair of governors at Benfield and St Peter's Schools and serves as a Trustee of Roedean School, Jenny is a National Leader of Governance, a magistrate, former mayor of Brighton & Hove and co-runs a charity for people with learning disabilities. She has been foster Mum to over 30 teenagers. She showers people with happiness wherever she goes with her positive and empowering approach to all her roles. She is a huge cornerstone in her community and provides sanctuary, love and respect.

What are the most important ingredients for living a happy life?

"Thinking of others before yourself"

What group, project or idea in Brighton has made you think 'Wow'?

"The Martlets Snow Dogs"

If you could make one big positive change in Brighton, what would it be?

"A greater emphasis on looking out for each other and counting our blessings!"



Bailey  
& French

**The Argus**

## John Easterby

John Easterby runs The Verdict Café and Jazz bar. He has been nominated for his exemplary food and service. He also caters for parties and encourages the local community to be involved in this venue which has an endearing atmosphere and where you are treated as a special person. John who was a photographic journalist has converted the café to a photographic gallery, which will have a variety of exhibitions on throughout the year. His front wall gets a makeover from time to time so encouraging new and old customers.

What are the most important ingredients for living a happy life?

“Say hello to a stranger every day, everyone is interesting if you ask the right questions. Never pre-judge people. Understand the word ‘Empathy’ and live with it in mind at all times. Don’t allow a knock to your principles to deter you from your chosen path. Be generous with your love and don’t expect anything in return”

What group, project or idea in Brighton has made you think ‘Wow’?

“The redevelopment of The Level is brilliant”

If you could make one big positive change in Brighton, what would it be?

“Abandon the cynical parking policy and create proper park & ride facilities”





## JP Omari and Annalies – Founders of Streetfunk

JP and Annalies Omari were nominated for setting up Streetfunk, formerly at the Brighton Youth Centre and various venues across Brighton and Hove, now at the Marina Studios. Streetfunk gets thousands of people dancing every week and brings much happiness to those dancers and those who come to see the performances. Marina Studios is a charity involved in many community projects and JP and Annalies set it up to help make dance accessible to everyone.

What are the most important ingredients for living a happy life?

“Follow your passion and do what you enjoy doing. My passion is dance and teaching and being able to combine both makes waking up every day easy and exciting!” *JP Omari*

What group, project or idea in Brighton has made you think ‘Wow’?

“The i360 and the AMEX stadium... Wow!” *JP Omari*

If you could make one big positive change in Brighton, what would it be?

“Make sure every child has access and the means to pursue their passion” *JP Omari*





## Li Mills, Singing Teacher & Choir Leader

Li is a bringer of joy, a creator of happiness, an inspirational singing teacher and choir leader. She brings extraordinary energy, creativity, expertise and excellence to the singing groups that she has been running for well over a decade. It is an absolute pleasure to be a member of Wham Jam Thank You Ma-am, an absolute treat to attend a performance by the legendary Jam Tarts and an absolute inspiration to collaborate with the likes of Jammy Dodgers (younger singers) and Strawberry Jammers (singers with learning difficulties). The common factor is Li Mills, an extraordinary human being. Li was nominated twice!

What are the most important ingredients for living a happy life?

- Kindness
- Love
- Feeling and expressing gratitude
- Positivity
- Community

What group, project or idea in Brighton has made you think 'Wow'?

“The Martlets and Impetus”

If you could make one big positive change in Brighton, what would it be?

“To see an end to people having to sleep rough on the streets of Brighton - it's both heartbreaking and shocking. On a more facetious note, to see the i360 topple harmlessly into the sea - it's one thing in Brighton that makes me genuinely unhappy!”



Bailey  
& French

**The Argus**



## Louise Roberts, the Brighton Beach Patrol Manager

Louise was nominated for her voluntary work she does on the quad bike every weekend preventing drunk drownings, sexual assaults and anti-social behaviour.

She has helped many vulnerable people on the beach and those people and the rest of Brighton and Hove are grateful to her working in all weathers all year from Brighton Palace Pier to the i360. Patrolling every Friday and Saturday 23:00 - 05:00. She does her best to ensure all persons out in Brighton in the venues on the lower prom get home safe and well.



ACTION FOR HAPPINESS

S  
UN  
DAY  
ASSEMBLY  
BRIGHTON

Bailey  
& French

**The Argus**

## Nathan Roberts, Co-Founder of A Band of Brothers

Nathan was nominated for his tireless work with young male ex-offenders (18 - 25). He is CEO of the charity A Band of Brothers (<http://abandofbrothers.org.uk>) and every year he personally raises money, takes part in the unique rites of passage weekends and is passionate about transforming these young men's lives who have often had unbelievably tough backgrounds.

Nathan is a wonderful advocate and hands on facilitator. I often interview these young men after their mentoring programme and they often talk about Nathan as having had a key influence on their feelings about the community they live in and the low rate of recidivism.

### What are the most important ingredients for living a happy life?

"For me, being of service to others is the key to personal happiness. Whether that is service to the wider community, to our own children or to the environment.

In the words of George Bernard Shaw:

*"This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy."*

### What group, project or idea in Brighton has made you think 'Wow'?

"In Brighton, I believe we are so blessed with so many people seeking a better world. Whether that's around community, the environment or the arts. I love the Misrepresented project run by the dome working with vulnerable young women and also the commitment of the Biosphere project"

### If you could make one big positive change in Brighton, what would it be?

"Housing. We \*have\* to stop thinking along conventional lines and start thinking differently about how we can create new and affordable ways of living. Otherwise we risk widening social divides and limiting the life choices for generations to come"





## Pete Davis – Founder of the Cascade Coffee Shop

Pete Davies was nominated for being all heart and action, and for setting up Cascade Coffee Shop on Baker Street. This was in his recognition the need for creative activities for people who are recovering from addictions. He started by setting up arts activities and then a choir and now has opened up a community recovery cafe.

What are the most important ingredients for living a happy life?

- Fullfilment,
- Connection,
- Contentment

What group, project or idea in Brighton has made you think 'Wow'?

“Impetus”

If you could make one big positive change in Brighton, what would it be?

“Affordable housing”



Bailey  
& French

**The Argus**



## Steven Peake, Manager of The Synergy Centre

Steven was nominated twice for managing a community arts, health and wellbeing centre - the Synergy Centre - on West Street.

The Synergy Centre is one of Action for Happiness's Happy Cafes and a wide variety of local groups and artists use their affordable space to support and serve the community. He and his team make Brighton a better place for work, play and merriment.





## Tom Drutt, Founder of The Big Lemon Buses

Tom Drutt is founder and managing director of The Big Lemon buses. He was nominated for bringing people together through shared happy experiences and for helping save the planet through zero emissions transport. The Big Lemon also have a Happy Bus which gives back to the community, brightening up people's lives by taking them out of their daily grind and injecting some extra happiness for those who need it most.

What are the most important ingredients for living a happy life?

“Doing what gives you purpose in your life, surrounding yourself with wonderful people and spending time exploring the world”

What group, project or idea in Brighton has made you think 'Wow'?

“The Real Junk Food Project”

If you could make one big positive change in Brighton, what would it be?

“Turn empty shops into homeless shelters so no one has to sleep rough in Brighton any more”



Bailey  
& French

**The Argus**



## Catie Holdridge, Volunteer for Sunday Assembly

Catie is the backbone of Brighton's Sunday Assembly. Initially formed as an alternative to church, it aims to help people 'Live Better, Help Often and Wonder More' regardless of their spiritual beliefs. It forms an important sense of belonging and community for around 150 regular congregants of all ages who meet monthly for talks, cakes and to sing pop songs.

Catie is incredibly humble and would be embarrassed to be singled out, as she always says it's a team effort. It absolutely is, but without her consistent care, diligence, time and energy, the assemblies simply wouldn't happen. She is wonderful.



Bailey  
& French

**The Argus**



## **Jeff Clark-Meads, Friend & Supporter of Brighton's Homeless**

Jeff has been tirelessly appealing for socks, underwear, gloves and toiletries for Brighton's homeless. He says the small things matter. He has made a drop off point at the Star Public House and regularly collects donations. He works the soup run at Christmas.

All of this while running his PR Communications business and lecturing at Hove College.

A Real Hero. He even set up his own trust in aid of the homeless.



Bailey  
& French

**The Argus**



## Jane Bom-Bane, Owner of Quirky Musical Cafe

Jane Bom-Bane is the epitome of cool, quirky Brighton and her eponymous café Bom Bane's must be one of the most joyously random restaurants in the world.

Accompanied by her fantastic team of musical waiting staff and a barrage of amazing automatronic hats, Jane has transformed her tiny terraced house into a highly affordable dining experience that makes you wonder how it was ever conceived, let alone turned into a reality.

Artistically brilliant, eternally welcoming and big-hearted, Jane is quite obviously not in it for the money!

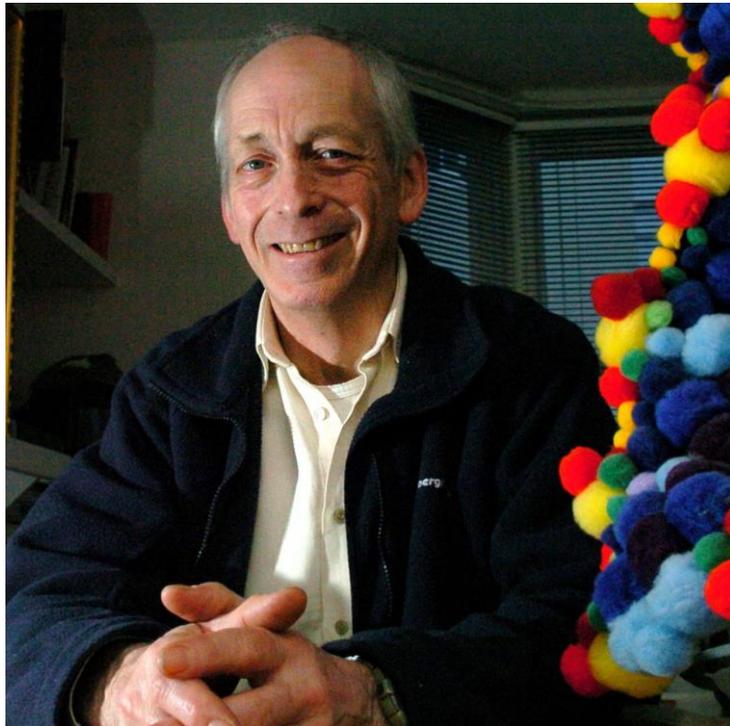


ACTION FOR HAPPINESS

S  
UN  
DAY  
ASSEMBLY  
BRIGHTON

Bailey  
& French

**The Argus**



## Richard Robinson, Science Champion

Richard Robinson is a science champion (and puppeteer), who has organised the brilliant Brighton Science Festival for over ten years. Always upbeat and entertaining, Richard's passion for knowledge and experimentation manifests in a selfless mission to engage kids and adults (but especially kids) with the magic of science, through live events and inspirational talks. The annual Brighton Science Festival is a labour of love, bringing together brilliant science communicators from all the UK for a month-long extravaganza of fun and learning - but almost killing Richard each year. No wonder then he received two nominations! (He also loves exploding things!)

What are the most important ingredients for living a happy life?

“Embracing change”

What group, project or idea in Brighton has made you think ‘Wow’?

“The Brighton Mini-Maker Faire was the most extraordinary surreal and jolly circus of creativity”

If you could make one big positive change in Brighton, what would it be?

“I would ensure that all other towns in the UK behaved like it”



Bailey  
& French

**The Argus**



Photo by David Wilson

## “Birdyman”, Enigma

Birdyman walks around the lanes and was nominated to be part of Brighton’s Happy List 2016. He is a source of inspiration encouraging others to walk their own path.

He is appreciated for his way of making people laugh!



ACTION FOR HAPPINESS

S  
UN  
DAY  
ASSEMBLY  
BRIGHTON

Bailey  
& French

**The Argus**



**Alistair Hignell,**

**Speaker & Charity Trustee**

**Inspirational**

Alastair is a former England Rugby Union player, cricketer and commentator. He has multiple sclerosis but sees this as a 'blessing' for helping him realise how much love and kindness there is around him. He has continued to work as an inspirational speaker and trustee of Leonard Cheshire Disability. He was nominated for the positive effect he has on others, and is regularly seen whizzing along the seafront on his wheelchair, 'his smile lighting up the world'.

**What are the most important ingredients for living a happy life?**

- A Can Do attitude....focus on how something can be achieved, rather than on why it can't be done
- Control the Controllable
- Honour Your Talent
- Be pro-active, not re-active
- Be who you are, not what you do
- Don't Die Wondering
- Don't be afraid to make mistakes
- Don't be afraid to ask for help
- People can be Amazing
- Life is for Living

**What group, project or idea in Brighton has made you think 'Wow'?**

"A Band of Brothers....Set up by Nathan Roberts to help potentially vulnerable, disaffected or disadvantaged young males make a positive empowered and healthy transition to adult manhood"

**If you could make one big positive change in Brighton, what would it be?**

"I would take key issues out of party politics - policies, attitudes, support and care for the disabled, the homeless and the disadvantaged in our city should not be at the mercy of vote-chasing politicians. These strategies should be devised, authorised, financed and implemented by the city as a whole , while those entrusted with their delivery should be given time, support and cross-party, city-wide encouragement to make them work"



Bailey  
& French

**The Argus**

# Thank you to all of the happiness champions for helping Brighton & Hove be a happier city.

Thanks to everyone who nominated a champion.

Thanks to this year's judges: Jane Lancashire (Happy City Representative and organiser of this year's Happy List), Mike Dixon (co-organiser, Action for Happiness Brighton), Amy Parker (Brighton Belles WI and Happy Champion from 2015's list), Cat Fletcher (Reuse Manager and Happy Champion from last year's list) and Arron Hendy (The Argus). Thanks to The Argus, Sunday Assembly Brighton, Action for Happiness Brighton, Bailey & French and the Happy City Initiative for their great support and ideas.

Of course, there are many others who may not have been nominated but are also spreading happiness in their own unique way in Brighton & Hove, so thank you to all of you as well and maybe see you on a future list.

We'd love to see the Brighton & Hove Happy List expand and evolve, year on year. So please share this list and get the word out for next time!

Interested in meeting others passionate about spreading happiness and learning happiness tips? Visit the Action for Happiness website, the local AFH Brighton website and come along to one of our meetups.

[www.actionforhappiness.org](http://www.actionforhappiness.org)

[www.actionforhappinessbrighton.org.uk/](http://www.actionforhappinessbrighton.org.uk/)

[www.meetup.com/Action-for-Happiness-Brighton/](http://www.meetup.com/Action-for-Happiness-Brighton/)

And a special additional mention to Joshua French. He was nominated for the Happy List himself and although grateful for the nomination, has excluded himself, being one of the organisers. His nomination was for being one of the co-ordinators of Action for Happiness in Brighton and demonstrating an enormous amount of enthusiasm and energy promoting the group, attending meetings, helping to plan and organise future events.

All community groups need key people who lead and motivate their organisation. Joshua, along with Marilyn Kahn, Paul Tofts, David Maddison and Stan Rosenthal, is helping to keep Action For Happiness in the area going from strength to strength. Membership has now reached 2000, making it one of the largest groups in the UK.

