



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

Welcome to the third Brighton and Hove Happy List, part of a national network of lists that recognize 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 recognizes those who work to make their communities better adjusted places, leading to their cities and thus countries becoming better and happier places too.

Nominations were made and happiness champions were chosen. Now meet the men and women who are Brighton and Hove's Happiness Champions for 2017.

[Read on to find out more](#)

This list has been created in association with Action for Happiness, Happy City Initiative,



Hannah-Rose Tristram – Founder of GLOW CHOIR

Hannah-Rose Tristram runs an LGBTQ+ community choir called GLOW, using the Natural Voice method. There is no judgement, no pressure and all voices are welcome. She has members with physical and mental disabilities, and includes everybody equally, and is endlessly patient in teaching new complex songs to even the most inexperienced singers. She charges a minimal fee to cover the cost of the venue, and each week provides tea, snacks and a lovely opportunity to network and make friends. GLOW brings nothing but happiness to its members, and Hannah-Rose glows with joy that she is able to help people find their voice.

<https://glowchoir.weebly.com>



Amanda Walderman and Graeme Potter – Founders of Brighton Lindyhoppers

Amanda and Graeme run Brighton Lindyhoppers, they are both fun, happy and uplifting people, who make everyone feel part of the community. They exude happiness from the moment you step into the Lindyhop class, they have you relaxed and smiling and when you actually start dancing, it's such a happy thing and makes you feel wonderful throughout and after the class. You walk out of dancing with a massive smile on your face regardless of how good your day was before that point. Together they create a contagious happiness.

www.brightonlindyhoppers.co.uk



ACTION FOR HAPPINESS

Gianpaolo Boldrini is a founder of MEP

Gianpaolo is a founder of the Migrant English Project which provides free and informal English lessons for refugees, asylum-seekers and migrants in a welcoming, friendly and safe space. He has worked with refugees as a project manager in mentoring, health, environmental & language projects. He is also a trustee for Refuge Radio which runs community projects targeting mental health, isolation and social exclusion using radio and music to give a voice to this who do not have one. He is one of those caring individuals who would do anything for anyone.

<http://mepbrighton.com>,
<http://refugeeradio.org.uk>



Jim Deans – Homeless Supporter

Jim runs a street kitchen every Sunday at the Clock Tower, He also collects food that would be wasted at passes it on to other orgs who help the homeless. He helps a lot of people who live in poverty. He does this tirelessly and without being paid. His 12 year old daughter also helps out. Jim has such a big heart and helps every one in the community! He will also be giving out rucksacks which contain items for the homeless to help ease the nightmare of sleeping on the streets

[Sussex Homeless Support CIO \(SHS\)/Sussex Economic \(SES\)](#)
(on facebook)



Terry Godwin - Poet

Terry Godwin is a poet and loves to uplift others, through sharing his poetry and his tips about how to lead a happy life. This year, he organised the publication of 'We Love Brighton and Hove' a celebration of the city's many wonderful people and places. It is filled with selected poems from the Brighton and Hove Quill of Poetry, a local poetry group that Terry founded. This group is now established on the local Radio Station as Brighton Quill at the Brighthelm Community Centre. Local poets are invited to read there every Thursday afternoon between 4-5.

www.thelaughingpoet.co.uk



Lizzie Batten – Supporter of Vulnerable Families

Lizzie helps support the city's most vulnerable families with disabled children to access the right disability benefits. Her incredible passion and dedication means she works tirelessly to try to fit everyone in and often works late to ensure no one is missed. She generates significant financial benefit to families who without help would miss out. Lizzie's skillful and sensitive approach enables parents and young people to 'talk freely' and feeling listened to and validated brings significant mental health improvements. Flowers, thank you cards and chocolates arrive at the office from incredibly grateful families.

<http://amazebrighton.org.uk>



Janet Lee – Critical Care Nurse

Janet Lee's knowledge, skill and experience as a critical care nurse is vast. Her tireless passion for enriching the lives of every single child is equally remarkable. Understanding how difficult hospital can be, she finds out what matters to them and how they are feeling. She talks with her patients, plays music with them and will do a funny dance to make them giggle. She understands that needs, beyond the medical ones are important. I believe she shares best practice at the hospital by modelling the vital role Nurse's play in the care of the physical AND emotional needs of children.



Adam Bates – Volunteer at Refugee Camp

Following a spell as a volunteer on a refugee camp in Greece, Adam Bates gave up his much loved sport commentating job to try to make the world a better place. He founded Ambigo CIC and now works to help people make new friends, break down barriers and forge greater collaborations to achieve their personal ambitions. He has dedicated his work to developing free opportunities for people from different background to help them overcome fear of others, build personal resilience, break out of social isolation and take a big step towards greater personal fulfillment.

www.ambigo.co.uk



Lynne Shields – Community Work With Older People

Lynne Shields is full of enthusiasm for the welfare of older people. She is a leading light in the local age friendly groups, she does community work in her area and she is always happy, friendly and positive

www.ageuk.org.uk/brightonandhove



Barbara Aston - Volunteer at the Whitehawk Inn

Barbara Volunteers at the Whitehawk Inn and encourages people to knit and crochet. The group attracts various people from all walks of life and they have the opportunity to socialise and meet new people. Barbara is also an extremely good cook and once a year bakes cakes for her open garden to raise money for the hanging baskets on all the lampposts in the vicinity of her home in Bennett Road, Bristol Street and Princes Terrace giving much pleasure to residents and visitors alike. She is also invaluable as editor for the Whitehawk Inn Anthology.

www.bht.org.uk/services/the-whitehawk-inn



Ben Glazebrook – Youth Worker

For the past 5 years Ben Glazebrook has been coordinating the Brighton & Hove Youth Collective, a community collective providing vital support and opportunities to thousands of 13 – 19 year olds each year: opportunities that provide smiles, laughter, life skills and positive experiences. Ben makes the partnership work with his endless enthusiasm and patience, inspiring others to do the same in challenging times. During his 10 years managing the Young People’s Centre for Impact Initiatives in Ship St he has cycled across the UK from South to North, and West to East to raise money for the Centre

<http://impact-initiatives.org.uk/young-peoples-centre>



Jenny Sarling and Linda Brewins – Working with People with Hearing Loss

Jenny and Linda are volunteers running a resource centre this past 4 years for local people who are deaf, have hearing loss or tinnitus. Both have hearing loss and experienced first-hand the unhappiness, frustration and isolation that this brings. Passionate to help others cope effectively using assistive technology, they are trained demonstrators. A common complaint from people with age related hearing loss is not being able to communicate via phone with family and friends living far away. Their greatest satisfaction is seeing the smile on a person's face when they can hear using a phone adapted for hearing loss.

www.actiononhearingloss.org.uk



Susi Oddball - Entertainer

Susi brings happiness in many ways, through her art, her juggling and through her wonderful 'Your Voice Matters' show on Brighton & Hove Community Radio. She invites local people to share their stories, giving many of us in the area a sense that our voice is important and deserves to be heard. She has a blog on which we shares her art, clips from her show and her writings, including bravely sharing about her journey with cancer, to give comfort to others struggling.

<https://susiouddball.wordpress.com>



Jim Woodard – Volunteers with Youth Offenders

Jim volunteers at the Youth Offending Service as a Referral Order Panel member. He has done this for about 15 years. The role is very responsible and demanding, and he often has meetings with young people who are demonstrating challenging behaviour. He always wants the best for the young people of the city, and believes in their ability to change their behaviour. He is a committed volunteer and always makes time for us, despite his full life. His empathy and support shine through.

Brighton & Hove Youth Offending Service



Janice Allen – Housing Support Worker

A support worker at South Down Housing - Janice is responsible for the happiness of many people with learning disabilities. She is someone who works very hard and goes out of her way to do small things that make a huge difference to people's lives. She is utterly dedicated to the people she supports and is their friend, always ready to say 'yes' instead of 'no' and has been instrumental in bringing together communities. She is enthusiastic, kind and generous and brings a lot of happiness to lots of vulnerable people in Brighton.

www.southdown.org



Tim Beecher – Supporter of Vulnerable Families

Tim gives free home energy assessments to vulnerable households in the city on behalf of BHESCo, a non-profit energy coop. Since January 2016, Tim has visited around 200 low-income homes, making properties warmer and more energy efficient whilst helping residents to reduce their gas and electricity bills. He also runs free energy advice cafes around the city to help people switch to cheaper tariffs. We estimate that Tim's interventions have saved people £35,000 while reducing CO2 emissions by 24 tonnes a year. Many of the vulnerable people Tim has helped send thank you cards and small gifts.

<http://bhESCO.co.uk>



Vanessa Thomas – Choir Leader

Vanessa brings the gift of song to her two choirs based in Brighton and Hassocks and she does so with such energy, infectious enthusiasm and joy. She believes that everyone can sing and so welcomes anyone into the choir without auditions. Each term people learn to sing around 6 or 7 songs together culminating in an end of term gig. Choir members find their voice, find friends and community, and experience the happy-making endorphins of singing with others. The choirs are always full, always fun and this is largely down to Vanessa's huge skills as a choir leader and happy-maker.

<http://soulofthecitychoir.com>



Donna Martin – Youth Supporter

Donna Martin is a fantastic force in Brighton providing an uplifting and safe place for young Brightonites to learn and discover themselves. Donna engages with her community leading the way for the young people to create life changing results. Donna's student Daisy has just been awarded the Prince's Trust Award of Young Achiever of the year. An immense reflection of the hard work and positivity it takes to make life matter and to celebrate and smile when times are tough. Donna makes a difference creating a homely environment for young people seeking refuge to be young and free to have fun



Harry Fairchild – Teacher and Table Tennis Coach

Harry brightens up the lives of the thousands of people in Brighton. He is relentlessly positive, optimistic, funny and wakes up everyday ready to take on whatever comes his way. He has a paid job teaching Makaton to reception classes and literally knows half of Brighton through his acting, teaching, singing, partying and Table Tennis. He did a TedX talk at the Dome to 1500 people about Coaching at BTTC (he is the first coach in the world of any sport with Down's Syndrome) and won a Gold medal in Portugal. An amazing 27 year old man with a great future.

www.brightontabletennisclub.co.uk



**HAPPY
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Tahlia Rogers – Student Volunteer

Tahlia is an active student volunteer. She introduced Unicycle to Sussex Uni. in her first year. An initiative to encourage students to swap and reuse clothing to avoid wasteful use of resources. She is also key in the Refill Brighton Campaign - which has successfully signed up 93 companies - cafes, bars, restaurants, banks, galleries, museums and other businesses that welcome people to fill up their bottle – for free. On top of regular beach clean up with her friends Tahlia is a responsible member of the community always looking for opportunities to make a difference.

www.refill.org.uk

[Unicycle swap shop](#) (on facebook)



Eva Bay Greenslade - Doula

Eva has been nominated for her support to a new mum through her pregnancy, the birth of her daughter and postnatal period. “Nothing makes you happier than the safe arrival of your baby. Eva is extremely warm, kind and generous. She gives much of herself to her mamas and makes you feel confident enough to accept and ask for the support you need. Being a mama has made me very happy and I now I would not be as good a mama if I had not met Eva.”

www.evabaydoula.com



**HAPPY
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ACTION FOR HAPPINESS

Sam Bond – Host of Happy Café Book Club

Sam is a member of the Action for Happiness Brighton group and a shining example of someone who is bringing the movement's vision to life, taking action to create a happier society. She hosts a Happy Cafe Book Club, using Al Campo lounge as a base. This gives people the chance to learn more about positive psychology and happiness by reading a book each month and coming together to share their learnings, insights and ideas in a friendly, social setting

[Happy Book Club, Action for Happiness](#) (on meetup)



Simon Cobb – Founder of Bakehouse

Simon is our local bread champion. Having used baking to support his own mental health challenges, he created a team of volunteer bakers, negotiated the use of local ovens and began the Bakehouse without actually having a Bakehouse. Seeing the wellbeing and community benefits, he crowdfunded for a physical space, and now the bakery is up and running – and providing freshly baked goods Thursday-Saturday. He also runs workshops for the public and supports local schools – bringing the joy (and mindfulness) of baking proper bread to hundreds of people across the city. He is also absolutely lovely.

www.stonehambakehouse.org.uk

PHOTO BY SARAH LONDON



Elaine Ortiz – Founder of The Hummingbird Project,

Elaine founded The Hummingbird Project in 2015, she is a massive inspiration to us all, showing us how no matter how small we are, we can make a difference, like the story of the Hummingbird. The initiative provides aid and solidarity to refugee and unaccompanied minors as they flee from conflict and settle in new countries. Elaine shows us how one person can start a project which can benefit so many others. She is a real shining star.

www.hummingbirdproject.org.uk



Kathy Boyce – Supporter of Vulnerable Adults

Kathy is the scheme manager for Hazelholt, a city council supported housing scheme in Portslade. She is responsible for supporting up to 30 vulnerable adults which she does with incredible positivity and kindness. She has made the environment a home by bringing in outside entertainers, organising cross-generational projects with students from the local secondary school and by taking the time to listen to residents and giving them control over their space. She is always organising exciting events and has made a lot of people very happy.



Duncan Henderson – Brought “Cycling without Age” to Brighton

Duncan has brought "Cycling Without Age" to Brighton, a movement started in Denmark & already active in 30 countries. This project is run by volunteers who take elderly people on bike rides using a three-wheel cycle with a passenger cab called a trishaw. The principles of the initiative are generosity, slow cycling, storytelling, relationships and community, and of course cycle rides are free. He has already signed up loads of volunteers and this will bring a great deal of happiness to older people in our community getting them out and about to reconnect with the world around them.

<http://cyclingwithoutage.co.uk/brighton>



Amy Gibson – Beach Clean Up Champion

Amy organises Pier-To-Pier beach cleans. Initially completely self-funded she makes them fun and interactive. Often fancy-dressed themed, she has organised a mermaid clean, a silent disco clean (with DJs!), and, a mid-summer clean where volunteers trade in beach litter for sweets. Around 400 members of the public have been involved to date, removing approx. 800kg of litter from the beach. Brighton & Hove City Council have recently become involved and offered the project lots of support and funding, and will continue working with the Pier 2 Pier Beach clean and more silent disco events next year".

[Pier 2 Pier Beach Clean](#) (on facebook)



Anna Moulson – Music Event Organiser

For 20 years Anna has been putting on inspiring and unusual music events in Brighton, always looking for new ways to keep music alive. As a female promoter in a mainly male-dominated industry she has battled at times to be treated as an equal but never faltered. She is passionate, funny, uncompromising and one of a select group of individuals who do so much 'behind the scenes' to bring culture to our city.

www.meltingvinyl.co.uk



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Darren Smith – Scout Group Leader

Darren Smith, a volunteer leads a team of adult volunteers at 5th Hove Scout Group. He has worked tirelessly and successfully since becoming the Group Scout Leader/ Manager to raise much needed funds to improve the Scout group's meeting place. The work is now underway, leading to a better improved and safe meeting place for more children and young people, who are certainly happier through their Scouting experiences.

www.5th-hove-scouts.org



Hannah Coxeter – Arts Cordinator & Support Worker

Hannah is the Arts Coordinator and Youth Support Worker at the Brighton Youth Centre. She's always cheerful, positive, non judgemental, approachable, and a bundle energy of laughter. The young people love and trust her, and I always look forward to seeing her.

www.brightonyouthcentre.org.uk



Paul Young – Founder of Off The Fence

Paul started the charity 'Off The Fence' 20 years ago after seeing the local poverty and homelessness. Today, Off the Fence has 3 main projects Antifreeze, Gateway, Schools & Youth.

Antifreeze was one of the first drop-in centres currently providing clients daily with 1-to-1 emotional support, housing, employability and welfare advice, and essential items.

Gateway, provides a safe space for local vulnerable women to build friendships and receive support. The school's and youth project encourage students through mentoring. Paul dedicates himself to challenging perspectives and bringing awareness of the issues of social poverty to the local and national Government.

www.offthefence.org.uk



Paul Tofts – Volunteer at Action for Happiness

Paul is Emeritus Professor of Imaging Physics at University of Sussex. Since his retirement he has selflessly devoted himself to spreading happiness in Brighton through the local Action for Happiness group of which he was a founder member in 2012. Paul has been a coorganiser of the group throughout, set up the AfH Brighton website, co-organised an unbroken stream of inspirational monthly talks at the Latest Music Bar and has more recently hosted two AfH 8-week courses. His erudite, gentle and genial presence at these activities has brought comfort and smiles to many people in Brighton.

www.actionforhappiness.org/the-action-for-happiness-course



Seb Cole – Ice Cream Maker Supporting Local Projects

Seb is a culinary wizard who creates all his gelato flavours from scratch. His unique recipes use locally produced milk and cream and the best quality ingredients. What people might not know about Seb is that he is also a very kind and generous person. Every year he creates a totally NEW flavour gelato to tie in with the Young City Reads book choice and donates all the proceeds to the project, helping young disadvantaged readers across the city. He's a business owner who genuinely cares about his community and gives back by supporting local organisations and charities in the city.

Boho Gelato



Kate Ogden – Supporter of Many Local Initiatives

Kate gives her time to others constantly. She helped to set up the Wandsworth LGBT forum, supporting students coming out and fighting discrimination. At 19 she got meningitis and ever since has fundraised for Meningitis funds. She has volunteered for and worked at several charities across the city, including working with children with disabilities at Extratime, supporting adults with learning disabilities at Gig Buddies and Stay Up Late. Currently she has been running therapeutic creative writing workshops for parent carers of children with disabilities and challenging behaviour plus a workshop for parents whose children are in a London based hospice.

www.gigbuddies.org.uk



Tim Day – Local Film Maker

Tim is a Brighton film maker/photographer. He makes wonderful films about local events and people that bring the best out of them and make them feel relaxed. He is incredibly talented at what he does. He loves to have a laugh with people and in his spare time he volunteers for the Brighton and Hove Music Service.



Geralyn Meyler – Founder of RicochetPlus

Geralyn started playing at Brighton Table Tennis Club soon after discovered she had breast cancer. In September 2016 she founded RicochetPlus there - supported by MacMillan, for people affected by cancer. RicochetPlus is about bouncing back positively from cancer, through Table Tennis. She is now the number one Ping Pong evangelist. She is now working part time for the BTTC and doing a great job delivering a Comic Relief funded project bringing Table Tennis to women that have been involved in the criminal justice system, are homeless or are in prison. She is very good at making people laugh.

www.brightontabletennisclub.co.uk



Elin Star – Popular Church Member

Elin works in the office at Hove Methodist Church. She is the first point of contact for all the many groups that use the church during the week. She welcomes the community with warmth and energy making people feel welcome and valued. She is a wonderful person to talk to over a cup of tea, she makes problems disappear and she has a wonderful knack for making people laugh.



Alex Smallman – Founder of Uber Mummies

Alex runs an outdoor exercise group in Stoneham Park called Uber Mummies as one of her many ventures to help people get healthy and happy. She is so full of enthusiasm and energy and dedicates so much of her time and effort to helping others achieve their fitness and nutritional goals. She manages to very successfully juggle a lot of people of varying fitness levels (whilst holding their babies and calling words of guidance and encouragement). If she sees someone struggling she is by their side doing it with them, always smiling. A true happiness champion!

