

TOGETHER SUSSEX

A JOINT VENTURE BETWEEN THE
DIOCESE OF CHICHESTER AND CUF

Welcome to the Together in Sussex Newsletter

Sharing action across Sussex

May 2019

May - the month of opportunity!

Slavery in Sussex

Still needing your help!

Do you live in or near the
Horsham or East Grinstead
deanery?

Hear Here project

WANTED - HELP!

Could you be THE ONE?

Could you spare half a day a
week over the next year to
help get a great project up and
running.

The *Hear Here* project connects
churches and the wider
community by helping provide
basic hearing aid support. It is a
project that is fully supported by
NHS audiology departments
and is already successfully up
and running in the Diocese of
Guildford.

*If you would like to know more,
without obligation, contact Diane*



THE CLEWER INITIATIVE

Do you take your car for a wash at a hand car
wash?

What do you see?

Have you downloaded the Safe Car Wash app
on your phone?

Safe Car Wash app,

"THROUGH THE SAFE CAR WASH APP WE NOW
HAVE A CHANCE TO HELP TACKLE THIS
SCOURGE WHICH IS DAMAGING SO MANY
PEOPLE'S LIVES."

The Archbishop of Canterbury, Justin Welby

Since the Clewer Initiative launched the Safe Car
Wash app in June 2018, the app has been
downloaded over 8000 times and used the app over
2000 times. 41% of their reports showed a likelihood
of modern slavery in the hand car wash.

Follow this link Safe Car Wash app, and keep
reporting what you notice locally.

Mental Health and Well-being

Mental Health Awareness Week takes place from 13-19 May 2019 on the topic of body image - how we feel and think about our bodies. Mental Health problems can affect anyone, at any time. We believe that mental health is everyone's business.

The Mental Health Foundation runs a campaign each May around a specific theme for Mental Health Awareness. Last year they found that 30% of all adults have felt so stressed by body image and appearance that they felt overwhelmed or unable to cope. That's almost 1 in every 3 people. Body image issues can affect all of us at any age and directly impact our mental health.

To get involved in Mental Health week, click on the link below to access the free support pack. Let's keep talking about our Mental Health.

https://www.mentalhealth.org.uk/sites/default/files/MHF_MHAW19_BodyImage_SupporterPack_INTERACTIVE_LO.pdf

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Your space.

Do you have a community project or an activity you would like to share with other churches in Sussex? If so, do let Diane know.

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Blessed are those who hunger and thirst for righteousness, for they will be satisfied