

#### Opportunities to serve

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A Brighton based charity called Umbrella, working hard to help people experiencing homelessness into accommodation, are looking for a Treasurer/Trustee. If this is something you would like to get involved with, follow the link here to find out more:<https://reachvolunteering.org.uk/opp/director-company-secretary>

#### Hearing the voice of our communities

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It's not too late to have your voice heard. Last month Together in Sussex asked four questions, with feedback from your answers being passed to central government. If you would like the voice of your community to be heard, please let me have your thoughts on one or more of the following questions:

**1. Have you noticed any concerns around community tensions and Brexit?**

**2. Does your community have any concerns around people's access to services locally?**

**3. Have you and your community noticed a change in the cost of living? If so, what impact have you noticed?**

**4. Is your community involved with or have knowledge of the EU Settlement Scheme? If so, have any concerns been raised about this?**

## Food banks in our communities

### New State of Hunger



The Trussell Trust has recently launched **State of Hunger**, the largest ever piece of research into hunger and food bank use in the UK. This three-year research project was designed to provide the Trussell Trust, and the wider sector of stakeholders, with the evidence base required to make recommendations on how to address hunger in the UK.

You may be interested to learn that the new research shows the average weekly income for people referred to food banks is just £50 after housing costs, and almost 20% of people had no income at all in the month before they visited.

**State of Hunger** also revealed:

- 94% of people at food banks are facing real destitution
- Almost three-quarters of people at food banks have a health condition
- 22% of people at food banks are single parents - compared to 5% in the UK population
- More than three-quarters of people referred to food banks were in arrears

To read the report **State of Hunger**, follow the link here: <https://www.stateofhunger.org>

If you have a Food Bank in your area and would like to explore ways to expanding the work, do get in touch and we can chat through potential opportunities.

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## Mental Health and Wellbeing

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### *Focus on Suicide Awareness*

Every 40 seconds, someone loses their life to suicide.

*Elle Weaver, writes about Suicide Prevention*

Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths each year, which equates to one suicide every 40 seconds. It is the leading cause of death in people aged 15-24 years. For every suicide 25 people make a suicide attempt. With the rates of suicide, it equates to 108 million people bereaved by suicide worldwide every year.

Joining together is critical to preventing suicide so we can all make a difference – as a member of society, as a parent, as a friend, as a colleague, as a neighbour. We can raise awareness about suicide, we can educate ourselves and others about the causes of suicide and the warning signs, we can show compassion and care for those who are in distress in our community, question the stigma associated with suicide and share our own experiences.

Two of the **leading factors** that contribute to suicide is **isolation** and feeling like a **burden**

Everyone can contribute in preventing suicide. Suicidal behaviour is universal, know no boundaries so it affects everyone. The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope. **Take 40 seconds** to reach out to someone in your community, a friend, family, colleague or even a stranger – we could change the course of another's life.

One life lost to suicide is one life too many!

*Elle Weaver, Mental Health and Wellbeing Facilitator, Together in Sussex*

*There are resources to inform and help people on the Together in Sussex website. Have a look [here](https://togetherinsussex.org.uk/resources) for more detail. <https://togetherinsussex.org.uk/resources>*