



**FSW** is one of Sussex's longest-running charities. From its origins as a charity supporting unmarried mothers, it has evolved with the times and now supports families of all shapes and sizes that, for whatever reason, find themselves in a time of crisis. This could be as a result of financial hardship; relationship breakdown; mental or physical health problems; drug or alcohol misuse; insecure housing; children with special educational needs and very often a combination of these.



The Sussex Charity for Children  
Since 1890

With 20 family support practitioners spread throughout Sussex, FSW worked with over 600 families in 2022. Help is given both practically and emotionally and can include assisting families to access the correct benefits; advocating on behalf of a family when dealing with other agencies; providing advice and guidance on parenting and behavioural issues as well as the more direct practical support that FSW provides through its own foodbank and winter fuel fund. There are also a wide range of group and family activities ranging from support sessions for specific needs to respite weekends, all of which are designed to offer families



holistic support. All of the support FSW provides is totally free to families and has no time limit.

The impact of the pandemic and the cost of living crisis has been huge for families who were already struggling, and FSW's work is needed more than ever – every one of our practitioners currently has a full caseload and a waiting list. We are determined to continue to be there for them all for as long as we are needed.

## PRAYER REQUESTS FOR MISSION PARTNERS

- **Prison Fellowship:** Please pray for all prison chaplains to be filled with God's Holy Spirit, encouraged in their work, and given strength for the challenges of each day.
- Pray for **A Rocha UK** as they seek to help the church to reach Net Zero, "not as a project to be implemented but as an attitude to life, as part of obedience to and worship of our creator God".
- For the **TRINITY Creation Care Team**, pray for health and strength to continue outreach.
- **Think & Do, Egypt:** Pray for those taking vocational training courses run by Think & Do, that they will find opportunities to practise their new skills and earn much-needed income.
- **FSW:** Pray for the new and evolving relationships with some schools who need social work support, and rather than recruiting social workers within the school, the school is buying in expertise from FSW.
- **LIA:** Pray for the work of LIA across their 14 programme countries serving over 50 communities through the local church, each with their own styles, personalities, customs and traditions and the variety of ministry challenges that LIA face working with so many cultures.
- **BHCT:** Pray for the team of chaplains as they seek to prevent the loss of life from suicide at Beachy Head and for Sussex Police and the Mental Health Triage Team working alongside BHCT dealing with an increasing number of interventions and incidents.



### RE-USE YOUR WASTE WATER

Let's collect our waste water and use it! This saves us money on our water bills and saves the environment – less goes into the drains to be treated by the water companies. Water from our taps is actually clean enough to drink, so there is enormous waste when it is used for baths, showers, cleaning in the house, or watering plants. Waste water can be collected from rinsing dishes before they go into the dishwasher, rinsing our hands, rinsing out lightly-soiled cloths, or washing the floor.

This "grey water" can be used to wash the car, water your plants, humidify a greenhouse or any other job that does not require pure tap water. It should not be kept for more than a day, as this may encourage bacterial growth & smell unpleasant.

For further information see [www.rhs.org.uk/science/gardening-in-a-changing-world/water-use-in-gardens/using-grey-water](http://www.rhs.org.uk/science/gardening-in-a-changing-world/water-use-in-gardens/using-grey-water)



### BEEKEEPING AT SOUTHOVER

Beekeeping season is back and I shall be inspecting the Southover bees each Monday evening from 18.30 weather permitting. Anyone is welcome to come along and we have protective clothing for adults and children. Henry Foster



### ECO TIP FOR JUNE

Taste the benefits of seasonal and local food. Make plans to source locally grown foods that you can add to your diet/shopping list throughout the seasons. Produce grown locally is picked at the peak of its ripeness and will be full of flavour, tasting better than the produce that has been imported and travelled thousands of miles.



### LEWES CLIMATE HUB

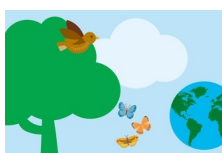
Lewes House, 32 High Street, BN7 2LU

The new location at Lewes House on the High Street has displays and a programme of talks, drop-in events and activities for all the family. Plus the Hub is sharing the ground floor with Ovesco community energy, which has a dedicated Energy Room for free, impartial advice on energy bills, installing renewable energy, home insulation, energy efficiency and more.

Green Church Lewes has been exhibiting there, showing some of the things churches in Lewes are doing to address the climate and ecological crises.

Open weekly, 11am-3pm, Wednesday to Saturday

### GO WILD IN JUNE



30 Days Wild is The Wildlife Trusts' annual nature challenge where they ask the nation to do one 'wild' thing a day every day throughout June.

Your daily wild activities can be anything you like; there's no set structure. Alongside benefiting your local wildlife, taking part in 30 Days Wild is scientifically proven to make you feel happier, healthier, and more connected to nature.

Anyone can take part in 30 Days Wild, they even have resources for schools, care homes and businesses.

<https://www.wildlifetrusts.org/sign-30-days-wild-2023>

### LOCAL FOOD BANKS NEED

Tinned meats, tinned fruit, tinned veg, cereals, UHT milk, toiletries, egg boxes. May be left in SO or SJ porch.

### BUILDING HOPE THROUGH ENCOURAGEMENT

After the season of Easter the church has traditionally used green altar cloths. We can be inspired by the colour green and the fresh outpouring of the Holy Spirit at Pentecost to renew our efforts to care for creation in everyday and extraordinary ways.



In the Message version of the Bible, 1 Thessalonians 5:11 says:

*Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep on doing it.*

In the context of caring for creation, how can our words (and actions) build hope that the world God loves and created can become all it was designed to be - a home where all living things can flourish?

### GIVING TO TRINITY

You can give to support the ministry of TRINITY in a variety of ways. If you are a regular member or consider TRINITY your church, the best way to give is through the Parish Giving Scheme (PGS).



Please visit our website for more details <https://trinitylewes.org/about/giving/> For any queries about setting up regular giving with the PGS, please get in touch with their support team: Phone: 0333 002 1260; Email: [info@parishgiving.org.uk](mailto:info@parishgiving.org.uk); Our church name is TRINITY Church Lewes and our PGS parish code 100610471.

You can also give using our contactless systems at our sites, and you can give cash or cheques to the clergy or post cheques to the office. If you are able to gift-aid your donation, we can claim back 25% of your giving as no extra cost to you. Please email ([finance@trinitylewes.org](mailto:finance@trinitylewes.org)) and our treasurer will be able to give you the forms to do this.

### TRINITY Southover is normally open for prayer

Monday & Wednesday  
12:00 noon - 4:30pm  
Tuesday, Thursday & Friday  
9:30am - 4:30pm  
Southover High Street, BN7 1JH

### Clothes for Refugees and Asylum Seekers – assistance needed

If you have time, storage space (especially) and/or willingness to drive occasionally, Mary Boyum would appreciate help with the collection, sorting, storage and delivery of clothes for refugees and asylum seekers. For more information contact me on 07803 630831 or arrange to meet me at home to discuss. Many thanks! Mary



[trinitylewes.org](http://trinitylewes.org)

The TRINITY Centre, Abinger Place, Lewes BN7 2QA / 01273 474377  
[office@trinitylewes.org](mailto:office@trinitylewes.org)