



The Sussex Charity for Children  
 Since 1890

Family Support Work has seen an incredibly busy six months as the continued cost of living crisis brings families to our door. It is not just financial hardship which leads them to seek our help (although this is undoubtedly one of the top three issues), but the impact that this has on family life, relationships and health. Recently we analysed our work during the last financial year and can report that we provided intensive support to 782 families, an increase of 29% on the previous year. With more capacity thanks to the increase in our practitioner team in 2022 we are very pleased that our service can help more families. It is a sad sign of the times that we are having to operate waiting lists for the first time in our history, as our practitioners are nearly all working with full caseloads. Sadly the reduction in other support services (primarily due to funding cuts) means that we are very often the only help that a family can access. This is particularly true in the more rural areas of Sussex where transport links make it very difficult for households without a car to access support.

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FSW client Toya and TV presenter Louise Minchin at the Women of the Year lunch



Martin, FSW's CEO, meeting HM The Queen in Rye

The intensive support is only one aspect of our work – we also do as much as we can to provide fun and engaging activities for families during school holidays. So far this year we have taken families to a day at Arundel Castle cricket foundation; welcomed 12 families to a residential weekend at Dalesdown camp; and run a number of Easter and half-term activities. These give families the opportunity to relax away from their stressful home environments and experience new activities which are often unattainable to them in normal circumstances.

All the support we are able to provide is entirely voluntary funded – we receive no statutory funding. As a result we rely on grants, donations and our own fundraising activities to keep FSW running. Activities recently have included the East Sussex Women of the Year lunch, for which we were this year's chosen charity and which raised over £5300 in donations, the Brighton 10k which raised almost £3000, and a skydive taking place shortly with 6 participants. We are extremely grateful to everybody who supports our work in any way, whether financially, practically or in prayer.

**Prayer requests:**

- Pray for our practitioner team, who are frequently trying to manage multiple complex family cases, so that they do not feel overwhelmed
- Pray for good weather for all of our spring and summer outdoor events both family-oriented and fundraising
- Give thanks for recent successful grant applications and pray for a good outcome for those decisions we are currently waiting to hear.

**PEAT-FREE GARDENING**

Peat has been a major ingredient of the compost used in gardening for many years. Did you know that this peat is dug out of wild places, damaging some of the last remaining peatlands in both the UK and overseas in places like Eastern Europe? This process also releases carbon into the atmosphere, accelerating climate change. Sadly, more than 94% of the UK's lowland peat bogs have been destroyed or damaged, and wildlife has disappeared along with it. This vital habitat isn't easily replaced. If you want to help to save this precious resource you can buy compost that is marked "Peat Free". See [www.wildlifetrusts.org/actions/how-go-peat-free](http://www.wildlifetrusts.org/actions/how-go-peat-free)



**30 DAYS WILD - JUNE IDEAS FROM THE WILDLIFE TRUSTS**



30 Days Wild is The Wildlife Trusts' annual event, where everyone involved does one wild thing a day throughout the month of June. It's a great opportunity to engage with nature as an individual, household or community. And as A Rocha UK point out, we are more likely to nurture and defend God's creation if we spend time enjoying it.

You can sign up and receive a FREE pack in the post, plus lots of inspiration for activities. [www.wildlifetrusts.org/30dayswild](http://www.wildlifetrusts.org/30dayswild)

## PRAYER REQUESTS FOR MISSION PARTNERS



Lisa is meeting with a female lawyer friend who is helping her with the process of registration of Pearl of Grace as an NGO. Please pray that good progress will be made in this.

4 girls recently stayed over for a weekend at the small centre Lisa has established, for a programme of activities and mentoring. May there be a lot of fruit from that time.



**LIFE IN ABUNDANCE**  
UNITED KINGDOM

Please pray for the LIA-UK board of trustees following the appointment of a new chair resulting from the previous chair stepping down after six and half years of dedicated service to the trustees, LIA-UK & LIA-International. We give thanks for the make-up of the board with trustees of different skills, knowledge and heritage. May they continue to provide good governance, oversight, wisdom and support to LIA-UK.



HMP Highpoint partnering with City & Guilds launched a new project in 2022 to teach inmates how to maintain railways, and former prisoners have said their lives were "transformed" by this programme, offering them a job on release, and a sense of worth and a new start. Please pray for more initiatives like this!



We give thanks to God for our Annual Meeting and for all who attended in any capacity. Please pray for our frontline staff, Gary and Shaun, who hear challenging stories of need and deprivation every day.



As we approach the general election the Bible Society has teamed up with Christians in Politics to produce a free booklet and video for use by individuals and churches called, 66 Politics Touring through the Bible, to help us get a biblical view of the issues which will be raised in the general election. You can find them in News and articles in the Bible Society web site.



TLM are focusing prayer on the wonderful Leprosy nurses working across 14 hospitals in India. The life they have been called to is not an easy one, long hours, basic conditions and lower pay compared to government hospitals. It's also challenging psychologically, listening to patients' stories of discrimination and abuse.



We have three new volunteer chaplains who have completed an intensive training programme and this month will be on shifts and patrols at Beachy Head. Please pray they will be able to develop their skills in crisis intervention, respond to emergency calls and reach out to anyone who is suicidal or in distress with calmness and the love of God.



### CAFÉ 12/31

Tues to Sat 9.30am - 2.00pm  
Lunches are served daily 10.30am to 1.30pm



Have you been to the Café at St John's yet? It's a great place to meet friends, to have a coffee or ice cream or to eat a delicious lunch. Why not try it?

Over the summer the Café will be closed during the following periods:

Tuesday 23rd July - Monday 5th August  
Tuesday 27th August - Monday 2nd September



### 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) TRINITY's parish code 100610471.

You can make direct internet payments to our bank account. Name: TRINITY Southover Church Council. Sortcode: 20 49 76. Account Number: 20775894. You can also give using our contactless systems at our sites.

If you are able to gift-aid your donation please email Bill our treasurer, and he will give you the relevant form: [finance@trinitylewes.org](mailto:finance@trinitylewes.org)

Our website has more details: <https://trinitylewes.org/about/giving/>



### CAFÉ 12/31 OUTSIDE CATERING

Café 12/31 is catering for **St Pancras Primary School Farewell Dinner**. We need volunteers on **Thursday 18<sup>th</sup> July** to transport the food, set up, serve and clear up for the buffet meal Café 12/31 are providing. We don't know the exact timings yet, but if you are around for some or all of the day, please contact Sonia with offers of help and she will organise timings and roles for you [cafe1231@trinitylewes.org](mailto:cafe1231@trinitylewes.org)

If you want more details, please pop in and see her Tuesday – Friday at the café.



### TRINITY Southover is normally open for prayer

Monday to Friday during the day  
Southover High Street  
BN7 1JH

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

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[office@trinitylewes.org](mailto:office@trinitylewes.org)