

Hear Here project



Welcome to Amber Jackson

Amber has joined Together in Sussex to help roll out a great project across Sussex called **Hear Here**. This is an initiative in the Diocese to support those with hearing loss. An increasing older population and longer life expectancy, mean that our church buildings need to be able to welcome and accommodate those with sensory loss to aid communication.

The **Hear Here** project establishes Hearing Champions within the parish; these are volunteers who have been trained by the NHS in basic hearing aid maintenance. They will offer simple maintenance drop in clinics at existing church social events e.g. coffee mornings, lunches or afternoon teas.

Hear Here is a great outreach and ministry tool as the clinics are social events for hearing aid users and provide a much needed local service to the community, which otherwise may not be available. **Hear Here** gives the church the opportunity to reach and meet people that wouldn't normally come through the door, with some attendees coming back just for the companionship. The project brings the community together and supports people from churches to take an active role in their communities - including those who were not previously volunteering.

If you or your church are interested in finding out more, with no obligation to sign up to anything! Please do get in touch with Amber - email amber.jackson@chichester.anglican.org

Mental Health and Wellbeing

Becoming a Mental Health Friendly Church

There's no health without mental health. Mental health is just as important as our physical health. Like our bodies, our minds change and develop throughout our lives. And, like our bodies, our minds can become unwell.

Mental health problems are very common. They affect how people think and feel about themselves and others, how they interpret events, how they cope with life events and how they develop and sustain relationships. One in four of us is likely to visit our GP in connection with a mental health problem. Every faith community contains people who have experienced mental health problems, or their family and friends.

There is a significant and positive role for faith communities to play in the support of those with mental health problems – both within their own congregations and in the wider community. This stems from the position of faith groups as places of community, of meaning, and of connection.

By signing up to the Friendly Places Pledge, a faith group makes a commitment to be a place which welcomes and supports those struggling with their mental health. <https://www.faithaction.net/working-with-you/health-and-care/our-projects/friendly-places/>

FaithAction has compiled some practical ideas on how you could make your place of worship and faith community more inclusive and supportive of those who are going through pressure with their mental health. Tips on becoming a more welcoming and supportive faith community are downloadable here [a summary of our tips for being a friendly place](#).

Have you signed up to the Faith Action's Friendly Places Pledge? If not, please follow links above. When you have registered you will receive your Friendly Places certificate. Please take a photo with your church and community and email to Elle. It would be good to put together a map of Chichester Diocese highlighting where an individual can find a Mental Health Friendly Church.

Elle Weaver, Mental Health and Wellbeing Facilitator is available to provide support and guidance about becoming more mental health friendly.
Elle.weaver@chichester.anglican.org