

God's creation: respecting each other

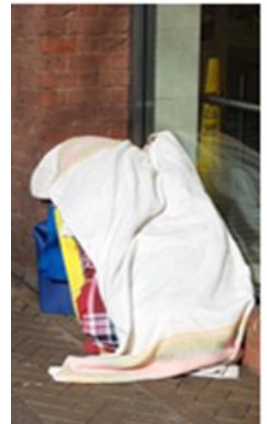


Prayer

Lord, how often do we find ourselves too busy, too worn down to listen to or care for others? Give us your strength and wisdom to respect others and ourselves. Amen

Key facts

- In 2021, over 800,000 workers suffered from work-related stress, anxiety and depression. COVID, workload issues and bullying were main causes.
- One-in-four people will suffer from mental health problems.
- 42% of UK marriages end in divorce, with money problems being a lead cause.
- Levels of rough sleeping in the UK have risen to 2,440 last year, a 38% increase since 2010. Rough sleepers are 17 times more likely to become victims of violent crime.
- There are an estimated 593 homeless people in Reading.
- There are 602,391 alcohol dependent drinkers in England, and in 2020, there were over 976,000 alcohol-related hospital admissions.



Rough sleeping in Reading

What can be done? Find out >>>

Ideas

What can be done?

I will use this idea

- 1) Set aside a time each week to reflect on the quality of time you spend with your family, and your own stress levels.
- 2) Make a point of contacting a friend or family member you've not spoken to for some time, and find out how they are.
- 3) Find out about the work that local agencies do for the homeless, vulnerable or lonely and consider how best you can support their work.
- 4) Find out what your local Churches are doing to support people.
- 5) Share your ideas with family, friends and members of your Church – and work together.

Find out more ...

Mental health issues: there are a variety of agencies but a good starting point is at Reading Borough Council: [Mental Health in Reading - Information page | Reading Services Guide](#)

Marriage Care offers counselling in Reading: <https://www.marriagecare.org.uk/>

Launchpad and *St Mungo's* support and help rehouse people who have been living on the street. www.launchpadreading.org.uk; www.mungos.org

Local welfare agencies can help with benefits, welfare and debt advice:

Reading Welfare Rights: <https://readingspecialist.co.uk> T. 0118955 1070

Communicare: <https://www.communicare.org.uk/> T. 0118 9263941

Reading Frontline: [Frontline Debt Advice – Life after debt](#) T. 0118 956 9300

Citizens Advice: <https://rcab.org.uk/> T. 0808 78 7819

You might find our discussion materials helpful

<https://greenchristian.org.uk/about/local-groups/reading-area-green-christians/reading-area-green-christians-leaflets/>

Pray and ask God to help us love our neighbours as ourselves.