

Not visited our community information hub before?

Come and have a cuppa with us between 10-1 weekdays to find out information about events, activities, free training and volunteer opportunities. We also have information on lots of support available locally...

- autism services
 - carers support
 - alcohol & substance misuse
 - housing and homelessness
 - employment support
 - veteran support
 - financial advice
- to name but a few!



Virtually Perfect

Virtually perfect offers flexible business, accounting support and lifestyle management. Specialising in a wide variety of services we aim to tailor bespoke packages for all your business requirements.

Email:
enquiries@virtuallyperfectlimited.co.uk

Phone:
Kelly – 07738846177
Leanne – 07583702051

Welcome to a special edition of The Volunteer, a non-profit community newspaper produced by Eastbourne Volunteers.

One of our volunteers contacted me to tell me about the sad loss of Tom Salway and asked what we could do. Could we put an article about him in the newspaper?

Of course, but it didn't seem enough. The statistics tell us that one in four of us are affected by mental health problems at some point in our lives. I suspect the truth is that it affects more of us than we would like to admit, and that depending on how life is treating us, we all struggle from time to time. Everyone has bad



Pop into our hub for a cuppa + a chat

days and difficult periods in their lives, but for people with a mental health condition, they can't just brush it off and get on with life. Getting out of bed and functioning at all is a struggle. Keeping going is a struggle.

For those of you reading this who are concerned about your mental health or the mental health of someone close to you, there is a lot of support available locally. You are not alone. If you feel alone, you do not need to be. Please keep this newspaper, or if someone else needs it pass it on, make sure you and others know where to go for help. Just as importantly, let's keep a conversation going about mental health in Eastbourne. We all need to be aware at times of other people's struggles. A mental health condition is an invisible one, so we can't

know what someone else is dealing with. Let's be kind. Let's be a good friend or a good neighbour, and let's make sure that our community supports people who need us. And sometimes, it won't be enough. Sometimes the struggles people have will overwhelm them. When that happens, let's make sure that the people we have lost are remembered with love and sympathy, and let's make sure the loved ones they have left behind are supported. I hope that you will find the information contained in this newspaper interesting and useful. We hope to keep it in print as a resource for Eastbourne, so if you want to tell us about other support available or update any information do get in touch.

Helen Burton
Project Co-ordinator



Contact Us:

1 The Labyrinth, 7 Mark Lane, Eastbourne BN21 4RJ
Tel. 01323 381811 • E: info@eastbournevolunteers.co.uk
www.eastbournevolunteers.co.uk

