

Bishop of London's Lent Appeal 2022



We are supporting the Bishop of London's Lent Appeal by giving to three Christian charities working with Mental Health issues. We are all aware of the rise in anxiety, depression domestic abuse and other mental health problems since the first lockdown.

Money raised will be divided between: -

- **Youthscape** and their 'Be Headstrong' program, supporting young people and those who come alongside them in their social, emotional and spiritual development.
- **Restored**, which is a network of churches who stand against domestic abuse, shining a light in the darkness and providing places of safety for survivors.
- **Renew Wellbeing**, where local churches offer café-style spaces where hobbies and activities are shared or co-produced. Each café is attached to a quiet space or prayer room and each participating church partners with mental health professionals.

We will also be happy to receive donations for Easter Eggs to send to the residents of **The Marylebone Project**, one of our Mission Partners. £5 for a Fairtrade Chocolate Egg with a booklet telling the Easter story, will show we care for a homeless woman regaining confidence and independence at the Hostel.

Please donate what you can this Lent either cash in a yellow envelope, or use the self service card machine on Sundays or via the St. Stephen's website

https://www.ststephens-ealing.org/Groups/359327/Giving_online.aspx