



UOK - Standing together against racism

Our statement for Brighton & Hove and East Sussex - Oct 2025

UOK is deeply saddened and concerned by the continual rise in racist and religion abuse, hate speech, and violence across our communities. Throughout the UK, people are facing increasing racism and hate because of their skin colour, faith, language, or heritage. Hate has no place here, and no one should have to live with it.

These acts cause significant harm - not only to those directly targeted, but to everyone who believes in fairness, compassion, and belonging. Racism and religious hate damages lives, fractures trust, and contributes to poor mental health, anxiety, and trauma, especially for those who have already faced the pain of leaving behind homes, families, and communities.

UOK believes that good mental health is a right, not a privilege, and that everyone, regardless of race, background, or identity, deserves to feel safe, respected, and supported when reaching out for help.

As a partnership of local organisations working together to promote good mental wellbeing, we stand unwaveringly against racism and hate in all its forms. We recognise that systemic racism has created deep inequalities in health, access to support, and experiences of care, and that words alone are not enough. Action and accountability are essential.

UOK is committed to:

- **Challenging** racism and hate wherever it appears. This includes in our services, our workplaces, and our community spaces.
- **Listening** to, learning from and centring people with lived experience of religious hate, racism and discrimination, particularly from marginalised and minoritised communities.
- **Taking action** to work with our partners, making our services are inclusive, accessible, and culturally responsive.
- **Working collaboratively**, particularly with our partners, Lived Experience Action Group (LEAG), and commissioners to build support that recognises and responds to inequality.

Together, we can make change.

'We know that feeling connected and seen is incredibly important for our communities' wellbeing. UOK exists to help people find the right support at the right time, and before things reach crisis. That includes creating a community where everyone feels welcome and safe to access services.' - Brooke Joyce, UOK Brighton & Hove Partnership Lead

Let's continue working together to make our communities kinder and safer for everyone.