

2020

# CORNISH CHRISTMAS GIVING CATALOGUE

Give a gift of  
hope this  
Christmas

Your gift will help transform  
the lives of people in  
need in Cornwall.

Thank you.



*A Cornwall Independent Poverty Forum project*





Our 2020 Cornish Christmas Giving Catalogue includes 20 charitable organisations and all of Cornwall's food banks.

So this Christmas, give a gift of hope to someone in Cornwall by giving a gift of love to friends and family.

*The Cornish Christmas Giving Catalogue is a project by Cornwall Independent Poverty Forum.*

## How it works ..

Select one (or more) of the organisations in this year's edition and decide where and how much you wish to donate, then either:

**ORDER BY POST:** Complete the Order Form on pages 14 & 15 of this catalogue. Make cheques payable to the 'Cornish Christmas Giving Catalogue' and post them to: Cornish Christmas Giving Catalogue, Church House, Woodlands Court, Truro Business Park, Threemilestone. TR4 9NH. Orders deadline: December 18, 2020.

**ORDER ONLINE:** Visit [justgiving.com](http://justgiving.com) and search for Cornwall Independent Poverty Forum or click **here**. Once you have made your donation online, please use the order form in this magazine to specify the charity you wish to support. Order deadline: December 18, 2020.

**ENQUIRIES:** Please email [cornish.christmasgiving@truro.anglican.org](mailto:cornish.christmasgiving@truro.anglican.org) or call 01872 274351.

*Donations of all sizes are welcome. We have given examples of what donations may provide in each charitable organisation's article.*

# Welcome

This year, 2020, has been a year like no other.

None of us, at the beginning, could have predicted the significant impact Covid-19 would have had upon us. For me, one of the most striking and alarming features of it was the way in which it magnified existing inequalities. Put simply, the poorer and more vulnerable you were already, the more likely you were to succumb to the virus. That is not a situation any of us should be content with. And of course the ongoing economic effects of the pandemic will be felt most severely by those who are least able to cope with them.

So I encourage us - one and all - to take a stand against such inequality by using this alternative Christmas catalogue. Let's make sure that at least some of our Christmas spending this year supports those who need our help the most.



THE RT REVD PHILIP MOUNSTEPHEN  
**BISHOP OF TRURO**

The Cornish Christmas Giving Catalogue is a brilliant initiative for helping those who are vulnerable within our communities. Through the gift of giving we can demonstrate our compassion, kindness and care to those who need it most.

The catalogue provides the opportunity to invest in projects that help to alleviate poverty, eliminate abuse, shelter people and provide care. What better time than at Christmas to be generous and invest in good causes.

The way we show our care for people who can do nothing for us, is a true mark of a good character. We know that our character influences our culture and society. I want to live in a society where those who are in need are protected and cared for.

Let's use this opportunity to give people a hand up and in doing so we get the opportunity to transform their lives and our society.




HELEN BOARDMAN  
CEO, CORNWALL VSF

## OUR FOOD BANKS

**Cornish food banks** have remained open during the Covid-19 crisis, providing food parcels to those families and individuals who cannot afford basic groceries.

Many also provide baby food and baby provisions, washing products, fuel vouchers and pet food.

At Christmas, most food banks also provide presents for the children of families suffering from food poverty.

The demand for food parcels during the past six months has at least doubled and food banks now serve all the towns and surrounding villages throughout Cornwall.

To make a donation to a food bank, please enter its location on the Order Form, along with the amount you wish to donate.

### What your donation could help provide:

- **£10: A day's food for a family of four;**
- **£25: A week's food for a family of four;**
- **£100: Food for a month for a family of four.**

### OUR CORNISH FOOD BANKS

Bude  
Callington  
Camborne, Pool  
& Redruth  
Hayle  
Helston  
Launceston  
Liskeard & Looe  
Newquay

Penryn &  
Falmouth  
St Austell  
St Ives  
Saltash  
Truro  
Wadebridge  
Penzance

## 1

**Harbour Housing** provides accommodation, advice and support to those experiencing, or at risk of, homelessness across Cornwall. The charity has eight properties and also runs an outreach service to prevent those vulnerably housed in the community from losing their accommodation.

Specialising in harm reduction, Harbour supports people who have complex needs which may prevent them from accessing services elsewhere. They are assisted to develop their independence and eventually move on into their own homes. Harbour's programme of support and activities is varied and includes counselling sessions, art classes, volunteering on its small holding, excursions and educational courses, helping people to find value in their lives



and in themselves, and develop their strengths.

**What your donation could help provide:**

- **£15: A podiatrist appointment;**
- **£20: A Food Safety or First Aid course to up-skill residents;**
- **£40: A welcome pack for new clients.**

## 2

**Cornwall Refuge Trust** provides a safe supportive environment for men, women and children who have escaped domestic abuse. They offer support and advice, empowering survivors of domestic abuse for a safer and happier future.

The charity was founded in 1979 by women from local churches who sought to provide a temporary place of safety for women and children.

The trust has developed and provides a place of safety for up to six women and 14 children in need of escape from domestic abuse. They also now support male victims of domestic abuse and provide refuge accommodation for up to five men and their children.

These families are likely to have fled their home with short notice and therefore

## CORNWALL REFUGE TRUST

arrive with little more than they are wearing. The items listed below are crucial when they leave.

**What your donation could help provide:**

- **£25: Saucepans, plates & bowls, cutlery;**
- **£30: An overnightbag for personal items.**





# HOMELESSNESS

## 3 TRURO HOMELESS ACTION GROUP

**Truro Homeless Action Group** (THAG) provides a warm welcome, food and shelter and a regular and safe place for the homeless and vulnerably housed to meet. Around 35 volunteers regularly give two hours a week to provide free cooked breakfasts, seven days a week, 365 days a year. On Christmas Day and Boxing Day we offer a turkey lunch with all the trimmings.

**This year's donations will go towards helping us provide breakfasts (£1.50/person) and the Christmas Day and Boxing Day lunches (£6/person).**

As well as food, THAG also provides toiletries, flasks, razors, thermals in winter, along with socks, gloves, hats, scarves and underwear plus, of course sleeping bags and rucksacks.

We have even been known to provide a complete change of clothing when needed.

THAG was first formed over 22 years ago after the night shelter in St George's Road was closed.

THAG is now based at the Church Hall of St John the Evangelist in Strangways Terrace, Truro.



## 4 GERSHIE PROJECT

**The Gershie Project** aims to help people who are lonely, socially excluded, rurally isolated and people whose lack of interaction with others is negatively impacting upon their lives.

The project, which is named after one of the founders of the Cornwall Independent Poverty Forum, a lady who lived to help others, aims to provide a safe, welcoming space where these people can come together, chat and interact.

The project is staffed by volunteers who provide a welcome, support and signposting for agency services. Where the project needs support is help towards the costs of providing a safe and welcoming place.

**What your donation could help provide:**

**£10: equipment for activities;**

**£20: A welcoming space for one week.**





## 5

**Backpack Beds** provide shelter that can help improve the lives of people who face the prospect of rough sleeping on the streets of Cornwall. Cornwall Independent Poverty Forum (CIPIF) has distributing over 200 Backpack Beds, in conjunction with key partners who provide support for the homeless in the county.

Backpack Beds are more durable and cost effective than standard sleeping



## BACKPACK BEDS

bags and blankets while being lightweight and fully waterproof.

**Each Backpack Bed costs £90 so all donations are very welcome.**

Backpack Beds are not the permanent solution to preventing or relieving homelessness: but Backpack Beds do offer a simple short-term solution to help vulnerable people take the first steps away from rough sleeping.

## 6 DISC (DROP IN & SHARE CENTRE) NEWQUAY

**DISC (Drop in & Share Centre) Newquay** works closely with agencies, organisations and concerned individuals in the Newquay area to help vulnerable people who are either homeless or in danger of becoming homeless.

DISC offers food and clothing for immediate needs, plus longer term support, advice and signposting services, helping those in need to engage productively with the agencies who can help them move forward in life. DISC is a Christian charity made up

of volunteers from various churches in Newquay who have the heart and passion to serve the community, helping those who are disadvantaged, homeless and in need.

**The donations we receive will go towards providing things like hot food, tents and sleeping bags.**





# HOMELESSNESS

## 7

**St Petrocs** believes homelessness shouldn't be an issue in our society today. We are working to end street homelessness in Cornwall. We do this by providing accommodation, support and advice to people who are homeless or at risk of becoming homeless. Our work primarily changes the lives of those we support by creating a foundation to move forward.

Your support will help end street homelessness in Cornwall. This support makes it possible for St Petrocs to provide the services and support to people experiencing homelessness in Cornwall.

## ST PETROCS

**What your donations could help provide:**

- **£10: A personal hygiene pack to include essential toiletries;**
- **£25: A client with a new pair of boots;**
- **£35: Cutlery, crockery & small electricals for someone's new home.**



## 8 GROWING LINKS CIC's STREET FOOD PROJECT

**Growing Links CIC's Street Food Project** (SFP) is a hot meal service that operates seven nights a week, 365 days a year. This volunteer-led service was created to support Penzance's homeless and/or vulnerably housed, as well as families and individuals suffering from poverty. It is not unusual to serve 40 guests a night.

SFP volunteers cook hearty and nutritious food nightly and use the meal service to engage with members of our community who often feel marginalized by their circumstances. Over dinner and a friendly chat, we offer support and advice by linking people up to other agencies in the local community. SFP, together with volunteers from our Food Store facility, also put together weekly shopping bags of store cupboard essentials for families and individuals in need.

Donations to Growing Links CIC will ensure we are able to continue to provide these vital services to our community's most vulnerable people.

**What your donation could help provide:**

- **£80: the cost of one night's entire meal service;**
- **£20: one weekly shopping bag for those experiencing food poverty;**
- **£10: four hot meals.**



## 9

## THE CHAOS GROUP

**The CHAOS Group** (Community Helping All of Society) comprises of seven partners, working hard to support everyone in the community.

CHAOS work with a wide range of vulnerable people who are facing various life obstacles and span a range of industries from hospitality, health and beauty to agriculture and care. CHAOS deliver employability skills, engage and support disabled people,

as well as disadvantaged people to provide experiences and opportunities to help them find their feet.

Whether the issue is mental health, addiction, disability or homelessness, CHAOS is passionate about empowering and improving the lives of others in Cornwall.

**What your donation could provide:**

- **£5: Coffee & cake for participants of community groups;**
- **£10: Craft equipment, paints and pens for art classes;**
- **£30: Community Wellbeing Sessions (co-produced sessions reflecting participants needs, ie yoga, music therapy).**



## 10

## CORNWALL COMMUNITY FOUNDATION

**The Cornwall Community Foundation** (CCF) aims to improve the lives of others in Cornwall, those who are isolated, disadvantaged and vulnerable.

As a foundation, we have the expertise and local knowledge to help donors support the local causes and charities they care about, enabling them to make an impact through their giving.

We identify issues of importance for our donors and facilitate investment to grassroots, front line, volunteer led organisations on their behalf, making a real difference to people's lives across Cornwall.

The CCF's Crisis Fund makes small awards, usually £30 but up to a

maximum of £90, to the most vulnerable individuals within Cornwall and the Isles of Scilly, who are suffering immediate hardship. This includes helping individuals who are currently homeless or in danger of becoming homeless with immediate needs such as short term accommodation, transport, clothing and food.

**All donations are welcome.**







## COMMUNITY

### 11

## CORNWALL PRAYER SHAWLS

Wanting to do something to help reach out to the lonely, socially excluded and the homeless and inspired by the Prayer Shawl Ministry in America, Jackie Holden and a small team of knitters started **Cornwall Prayer Shawls**.

Before beginning each shawl, prayers and blessings are imbued into the yarn. The prayers continue throughout the knitting of the shawl and upon completion, a final blessing is offered, before the shawl is given to someone in need.

Some shawls are intended for specific recipients, identified by Jackie. Other

shawls are made to help people in need, including those who find themselves homeless in Cornwall. The hope being that all feel unconditional embrace of God's love.



**What your donation could help provide:**

- **£5: One shawl made from standard yarn;**
- **£10: One shawl made from high quality yarn.**



### 12

## SAMARITANS OF CORNWALL AT TRURO

In today's increasingly stressful and hectic world, more and more people are looking to Samaritans as a means of helping them cope with day-to-day issues, crises and disasters.

Run entirely by volunteers and funded from donations and fund raising, **Samaritans of Cornwall at Truro** is the only branch of this organisation based solely in the Duchy. Last year, volunteers in the branch responded to 52,000 calls for help. We are available via phone, email, text, SMS and face-to-face.

Whatever the caller wants to discuss, Samaritans offer a confidential, non-judgmental space to explore what is going on. It costs £50,000 a year to run the Truro branch. We rely entirely on donations to maintain our services.



**What your donation could help provide:**

- **£5: Keeps the branch open for one hour;**
- **£10: Helps us train a new volunteer.**

## 13

**Hidden Help's** primary purpose is to help transfer unused and/ or unwanted household goods from those that have them, to those who need them.

The items could be small electricals, white goods, furniture including beds and much more. The Hidden Help team collect the items, store them in a warehouse then deliver them to those individuals and households in need.

Your generous support has enabled Hidden Help to deliver furniture and household goods to those in need,



## HIDDEN HELP

thereby avoiding them going into landfill. Judy Backus, Founder of Hidden Help says: "I am busier than ever in these difficult times, but now have a volunteer with a larger van who helps with deliveries and collections, enabling families to begin again with hope."

**What your donation could help provide:**

- **£5: Pays for a delivery in the Truro area;**
- **£10: Pays for a delivery outside of the Truro area.**

## 14

**The Rusty Bucket** was established in 2008 to serve the fishing village of Looe, South East Cornwall. We have a special interest in supporting the vulnerable and marginalised adult population - quietly moving people from the streets into accommodation, into work and supporting those battling areas of addiction - all at a local level.

## THE RUSTY BUCKET

The impact of Covid-19 is evident in all aspects of our community. We have been privileged to play a small part in offering crisis funding to those who have been hit hard - paying phone bills, utilities to provision of baby care items and much more. However, there is one part of our community who do not have a loud voice - Youth. We are presently in the process of establishing a dedicated space within the town offering learning, leisure and mentoring opportunities. It's working title is The Haven - all funds raised through donations to us in this catalogue will be dedicated to this project.

**What your donation could help provide:**

- **£5: Tea & toast for 10 students;**
- **£10: Self-esteem kayaking trip;**
- **£45: An extra 3 hours of dedicated youth worker time.**





## COMMUNITY

### 15

**Rebuild South West**, run by ex-military personnel, works with individuals to restore lives, rebuild properties, and bring social improvement.

Activities range from tailored coaching courses for local authorities and organisations, through to ambitious full-scale renovation and rebuild projects empowering individuals with new skills and life changing experiences.

From the ex-service community to the long term unemployed, we help to turn lives around with rewarding, practical and motivational projects.

A team of skilled tradespeople provide project management, renovation work and training expertise to support education, training and development

### REBUILD SOUTH WEST

as well as offering their experience in delivering safe and affordable accommodation. The social and financial impact achieved by the renovation of just one empty house or flat is immense for so many.

**What your donation could help provide:**

- **£10: Personal Protective Equipment & course refreshments;**
- **£30: A day placement with the Rebuild South West team.**



### 16

### NEWQUAY COMMUNITY ORCHARD

**Newquay Community Orchard** is a beautiful seven-acre community space for people and for nature, designed to provide environmental education, employability training, community events and a space where visitors of all kinds can enjoy peace and sanctuary.

Over the past six years we have worked with over 700 volunteers to build this green community hub; a place where people with different backgrounds, experiences, passions, and dreams work together. Newquay has high levels of deprivation, poor mental and physical health and has been hit very hard by Covid-19. It tops the list of towns most at risk of loss of employment with 56% of working people in sectors most affected by Covid-19. Demand for the support we offer through our volunteering and training has grown significantly, as we

have shown we can help people improve their mental health, regain their confidence, learn new skills and get back to work.

In 2021, the community has a big year ahead as we safely return to the land we love.

**What your donation could help provide:**

- **£15: Gardening tools for volunteers;**
- **£25: A pair of steel toe cap boots to keep our volunteers safe;**
- **£30: A session with one of our Change Coaches to help people towards sustainable employment and training;**
- **£50 A new tree at the orchard.**



## 17

The Penlee Cluster of Churches continue their commitment to families and young people in a town with some of the highest deprivation figures in Cornwall.

**The Pz@Pz PlayZone** offers a safe much valued indoor space for children to play and for parents, grandparents and carers to meet and be offered support. COVID means we have to run differently – and need extra funds for cleaning and for new appropriate equipment.

Summer 2020 we still ran our Holiday Club for vulnerable children and we are planning already for 2021. We especially focus on offering local teenagers experiences of leadership to encourage self-confidence and raise aspirations.

## THE PZ@PZ PLAYZONE

**What your donations could provide:**  
**£20: Extra cleaning required to keep the Playzone open during covid;**  
**£25: A week at holiday club including breakfast and lunch.**



## 18

Imagine being a child with a complex disability and dreaming of performing on stage. All too often it's impossible for these dreams to become reality.

**Drama Express** is Cornwall's only drama group for children with complex needs such as autism, sensory impairments, limited mobility and health/ medical conditions. Coached and nurtured by a team of dedicated volunteers each child is encouraged to reach their potential through singing, dancing and acting.

Drama Express has astounded audiences with critically acclaimed performances

## DRAMA EXPRESS

at venues including the Minack Theatre, Hall for Cornwall and Port Elliot Festival. Drama Express received the prestigious Queen's Award for Voluntary Service in 2019.

Drama Express relies entirely on the kindness of others to continue changing the lives of its 35 enthusiastic members.

**What your donation could help provide:**

- **£5: Helps a child to participate in a workshop or performance;**
- **£10: Buys a ticket to the 2021 pantomime.**







## COACHING & REHABILITATION

### 19

**Quiet Connections** helps people who feel socially anxious to stop panicking and feel more calm and confident in social situations, so they can finally speak up, join in and feel like they truly belong.

Run by coaches who have personal experience of social anxiety, Quiet Connections offers coaching, courses and social gatherings to help people grow their confidence so they feel able to do regular everyday activities such as making a phone call, joining a social group, making new friends and dating, attending college or university, and... actually enjoying talking with people!

We have released an app to privately connect our Quiet Community members, coaching via voice and video calls, developing a course to be run online, and

### QUIET CONNECTIONS

offering coaching, befriending and even suicide intervention calls for community members who were struggling.

**What your donation could help provide:**

**£8: Two month app membership for an unemployed person;**

**£25: Applied Suicide Intervention Skills training for one team member;**

**£30: A one-off coaching call for a person on low income.**



Quiet  
Connections

### 20

### BOSENCE FARM COMMUNITY

**Bosence Farm Community** provides residential rehabilitation and clinical detoxification for people with severe drug or alcohol dependency.

Established in 1995 in west Cornwall and set in 18 acres of tranquil wood and farm land, the old farmhouse serves as the rehabilitation unit. There are 15 bedrooms and residents move there after they have completed detox treatment, to start their longer-term journey of recovery. The clinical detox unit provides assessment, stabilisation and detoxification for anyone aged 18 to 65.

There are 24 staff at Bosence Farm and 26 volunteers, all of whom help give people a realistic opportunity to recover, to escape the revolving door of addiction, to become part of the community with

the ability to connect and contribute in a strong and positive way.

**What your donation could help provide:**

- **£20: Toiletries and pyjamas**



**BOSENCE**  
Drug & Alcohol Treatment





# Order Form

**Thank you for choosing to support our organisations.**

Catalogue number	Name of Beneficiary/ foodbank location	£ Amount
<b>Example:</b> 7	St Petroc's Society	£5

*Please continue on a separate sheet if necessary.*

## **Please complete your details:**

Name: .....

Address: .....

..... Postcode: .....

Email: .....

## **In what format would you like your gift certificate?**

☐ Printed

☐ Electronic

☐ No certificate

## **Payment details:**

**ORDER BY POST:** Complete the form above making cheques payable to the 'Cornish Christmas Giving Catalogue'. Send to Cornish Christmas Giving Catalogue, Church House, Woodlands Court, Truro Business Park, Threemilestone. TR4 9NH. The deadline for postal orders is December 18, 2020.

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# Gift Aid

**Increase your donation with Gift Aid.**

Please tick:	I want to Gift Aid my donation of £ (amount)	to (name of your chosen charity)
✓	£5	St Petroc's Society

**Boost your donation by 25p of Gift Aid for every £1 you donate**

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

## Gift Aid Declaration:

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

### Please complete your details:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

### Please notify the charity if you:

- Want to cancel this declaration;
- Change your name or home address;
- No longer pay sufficient tax on your income and/or capital gains claims.



Cornwall Independent Poverty Forum's main focus of work is around addressing poverty by raising awareness, project development and influencing positive change.

If you would like more information about us and the work we do, please visit our website [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com) or email [cornish.christmasgiving@truro.anglican.org](mailto:cornish.christmasgiving@truro.anglican.org)

## ***'Tackling social exclusion in Cornwall'***

IN ASSOCIATION WITH

