

2021

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.



HOPE

A Cornwall Independent Poverty Forum project





Our 2021 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 17, 2021.

ORDER ONLINE: Visit our website to make a donation and to receive your electronic certificate <https://cornwallindependentpovertyforum.com/cornish-christmas-giving-catalogue-2021/> or **click here**. Online order deadline: Wednesday, December 22, 2021.

ENQUIRIES: Please email 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

The Christmas story begins with Mary, Jesus' mother, singing a song. And it's a powerful song which includes this line - 'He (that's God) has brought down the powerful from their thrones, and lifted up the lowly, he has filled the hungry with good things, and sent the rich away empty.' That's how Christmas begins. It's not so much about 'gentle Jesus meek and mild' as bringing food to the hungry, housing to the homeless and hope to those who have been cast down by life.

This Christmas Giving Catalogue is a wonderful and typically Cornish way to join in that real Christmas story.

At a time when poverty rates are rising and the gap between rich and poor is growing, I encourage you to make this catalogue a part of your Christmas this year and in doing so to join Mary's great song.

God bless.



+ Hugh

THE RT REVD HUGH NELSON
BISHOP OF ST GERMANS

It's a humbling thought that we all have the power to change lives - in very simple actions, through kind words and being with someone through uncertain and difficult times.

Over the last few years, the simple action of giving through this catalogue has made a real difference to so many lives - and is an example of a generosity and compassion that is a true reflection of the spirit of Cornwall.

The pandemic has changed life for all of us, but it has made the inequality of our society even more stark. Thankfully, there are signs we are emerging from the worst of the crisis, but for many of our neighbours, it has made difficult financial and domestic situations even more precarious. That's why your support is appreciated more than ever this year.

There are so many charities to support and whichever one you choose will be enormously grateful for your generosity.



Donna Birrell

DONNA BIRRELL
CHURCHES TOGETHER IN CORNWALL

OUR FOOD BANKS

Cornish Food Banks continue to provide food parcels to those families and individuals that have low incomes and cannot afford basic groceries.

Our food banks also provide food for children during the school holidays and 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	Penryn &
Callington	Falmouth
Camborne, Pool	St Austell
& Redruth	St Ives
Hayle	Saltash
Helston	Truro
Launceston	Wadebridge
Liskeard & Looe	Penzance
Newquay	





HOMELESSNESS

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

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

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.**



HARBOUR HOUSING



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 in Falmouth 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

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 (CIPF) has distributed 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



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 GROWING LINKS CIC's STREET FOOD PROJECT

Growing Links CIC's Street Food Project (SFP) in Penzance is a hot meal service that operates seven night's 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.**



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

We are a **'First Light'** for anyone in Cornwall reaching out for help with sexual violence and domestic abuse. With your help, our skilled frontline workers and volunteers can support more individuals starting their journey to recovery. Our vision is that everyone brave enough to take the first step in disclosing their experience and seeking help are listened to, believed and feel supported.

Help us keep individuals and families safe from harm and abuse. Your donation will support enquiries from concerned family and friends, and from individuals needing help in a time of crisis and support to recover from trauma, like Charlie: "I can

FIRST LIGHT SOUTH WEST

never forget what happened, but you taught me that I am stronger".

What your donations could help provide:

- **£10: Recruiting a volunteer mentor;**
- **£20: Providing critical support to someone calling our helpline;**
- **£30: a therapy session to help an adult or child recover from abuse.**



FIRST LIGHT
Domestic Abuse and Sexual
Violence Support for All





9 RAME COMMUNITY KITCHEN

Rame Community Kitchen supports people in crisis on the Rame Peninsula, South East Cornwall.

The kitchen supplies frozen meals cooked by our own chefs as well as fresh and tinned/dry food. We use food chain surplus wherever we can and donations from shops, businesses and the public including allotment veg. We are a club - users are members, actively encouraged to join in: many are now volunteers at our hub.



The Peninsula Trust runs local one-to-one support (welfare, benefits, debt, mental health) so we know the effect Covid-19 has had on our community.

The need for support with food is huge - we are currently feeding over 160 people three times a week, from large families to those living on their own. The feedback has been brilliant and more people are signing up to be members each week.

What your donation could provide:

- **£10: Ingredients for meals for three people over a week;**
- **£25: A full-scale Christmas Dinner delivery, everything included.**

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.



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 mission is to re-distribute essential household goods to those in desperate need within our community.

Volunteers collect unwanted donated domestic items such as fridges, beds and bedding; indeed all the essentials that make up a home. Hidden Help's warehouse is the hub from which we distribute to individuals and families in need, assisting them in rebuilding their lives.

The pandemic has meant that even more vulnerable individuals and families



HIDDEN HELP

have immediate need of community support in setting up home. And as well as helping those making the move from shelters and hostels, we also support the elderly and vulnerable, the sick and those who are seeking asylum.

We are hugely grateful to our donors. Please help us to continue this vital work and reach more households.

What your donation could help provide:

- **£10: Pays for a delivery;**
- **£23: Pays to DBS check a volunteer**

14

Newquay Orchard is a beautiful seven-acre community space for people and for nature. Designed to provide environmental education, employability training and community events; it is an urban greenspace welcome to everyone. Since planting the first apple tree in 2015 Newquay Orchard has worked with over 700 volunteers to build this community hub. It has become a place where people with different backgrounds, experiences, passions and skills can work together outdoors.

Newquay has high levels of social deprivation, poor mental health and physical health. People in the town have also been greatly affected by lack of housing and the Covid-19 pandemic. Demand for the support we offer through our volunteering and training has grown significantly as we have shown Newquay

NEWQUAY ORCHARD

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

2021 has seen our infrastructure grow and now we have a roof over our heads with the Kowel Gwenen community building completed.

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.**



15

Quiet Connections helps people experiencing social anxiety with developing strategies to overcome that feeling of not being good enough and the tendency to withdraw and fearfully hide themselves away. With our support, people are exploring and embracing the strengths of their quieter qualities, and practising their ability to express themselves, while redefining what it means to be 'quiet' as part of a community of people on the same path.

We are a social enterprise run by coaches with first-hand experience offering 1:1 support, suicide interventions, courses and connecting gatherings. Our aim is to help people to show up confidently as their true self, feel a sense of belonging & grow to love their true quiet nature.

QUIET CONNECTIONS

Ultimately, the people that we work with want to connect with others and show up in life making a difference to other people's lives and/or the planet and we all know the world benefits when compassionate people feel able to show up and be seen.

What your donation could help provide:

- **£5 - £10: Refreshments for participants;**
- **£25: Suicide intervention training;**
- **£30: A one-to-one session.**



Quiet
Connections

16

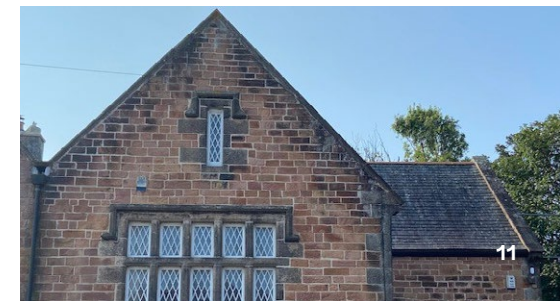
ALL SAINTS COMMUNITY CENTRE

All Saints Community Centre, Tuckingmill provides grass root support for all vulnerable people within the community, including crisis support, counselling, mental health first aid and suicide prevention support, advocacy and a community larder.

The centre endeavours to provide recreational, social, cultural, educational and training opportunities, promote social justice and social inclusion to make the community stronger and a happier and healthier and safer place to live. We work with at risk individuals, whether from abuse, being street homeless, or at risk of self harm. We are running many new projects, groups, activities and services in response to increased need and have recently employed counsellor and sessional workers.

What your donation could help provide:

- **£15: helps fund one hour for vulnerable people to work with a community or sessional worker**
- **£25: helps fund counselling support for people who can not move on with their lives due to bereavement and loss, or mental ill health**
- **£50: helps fund gardening activities for vulnerable people to do community gardening, grow food together and gain improved physical, mental and social wellbeing**





17

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.

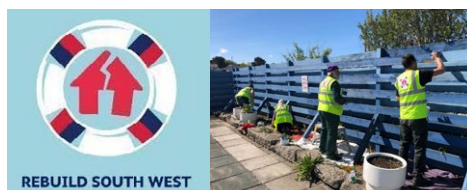
A team of skilled tradespeople provide project management, renovation work and training expertise to support education, training and development

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.**



18

The Haven in Looe is a dedicated youth centre providing a safe space where young people can get support, have fun and learn new skills.

Young people are given the opportunity to participate in activities promoting fitness and wellbeing at a time when many young people have missed out on so much because of the restrictions of the pandemic.



THE HAVEN

In 2019 a consultation on behalf of Looe Churches Together and Looe Town Council identified that the provision for young people in Looe was scarce. To address this need Boundless Trust, a new youth and community charity was formed.

Based in Looe, Cornwall, and with the generous backing of local Christian charity Rusty Bucket, our aim is to open up opportunities for all to live life to the full, reaching their potential without bounds.

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.**

19

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.

During summer this year we ran our Holiday Club for vulnerable children and we are planning already for 2022. 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.



20

Established in 2003, **Cornwall Advocacy** is an independent charity providing free specialist advocacy for people with learning disabilities in Cornwall. We are working to empower people with learning disabilities to have their voices heard, and make choices and decisions about their lives.

Our mission is to provide support for children, young people and adults with a learning disability in Cornwall and Isles of Scilly to enable them to take more control over their lives.

We provide one-to-one advocacy covering a range of issues for individuals. For instance, we are supporting people to move forward and recover from the pandemic, and to identify what is important to them. We also host advocacy groups, including creative

CORNWALL ADVOCACY

advocacy using arts and crafts. We attend local forums and meetings to help represent the views of people in our local communities.

What your donation could help provide:

- **£10: Provides a telephone support session to someone who needs information about their rights and support to speak out.**



we can all work together to be heard!



Order Form

Thank you for choosing to support our organisations.

Catalogue number	Name of Beneficiary/ foodbank location	£ Amount
Example: 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 17, 2021.

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If you are a gift aider please follow instructions as part of the online payment process.

Completion of gift aid declaration on page 15 is only required for postal donations.

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 <https://cornwallindependentpovertyforum.com> or email cornish.christmasgiving@truro.anglican.org

'Tackling social exclusion in Cornwall'

IN ASSOCIATION WITH

