

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 2022 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: Monday, December 19, 2022.

ORDER ONLINE: Visit our [website](#) to see the catalogue or to make a donation [click here](#). Online order deadline: Friday, December 23, 2022.

Electronic certificates are available.

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. Donations will be accepted until January 13, 2023.

Welcome

The strength of its communities is one of Cornwall's greatest assets. This unique, sad and momentous year that has seen the Platinum Jubilee and then the death of Her Late Majesty Queen Elizabeth and the Proclamation of our new King Charles III has provided us all with so many opportunities to come together in sorrow and to celebrate the many blessings we all have.

One of the signs of this outstanding community spirit is in the generosity with which charities – and particularly local charities – are supported. While there has been much to celebrate this year, there has also been an increasing amount of uncertainty in many areas of life. As a result, these charities have never been more needed, have never done better or more vital work.

This catalogue highlights some of the best and most deserving of Cornish charities, who provide support to those most in need in a wide range of areas. Please give them your support; by doing so you will bring some help and a little joy to some of those in greatest need this Christmas and in the year ahead.



Edward Bolitho

Colonel Edward Bolitho OBE
LORD LIEUTENANT OF CORNWALL

This year, I had the opportunity to work for Churches Together In Penzance Area Food Bank as part of my degree, and it opened my eyes to the work being done to address issues across Cornwall and the power of local community action.

I've witnessed the dire impacts of poverty, from making emergency food packages for those with absolutely nothing in their cupboards, to supporting those fleeing the war in Ukraine, to hearing about people stuck in awful living conditions. But I've also met many passionate, selfless, hard-working people putting in every effort to help those in need through local projects and organisations like the ones in this catalogue, so despite everything, there is hope.

Through the Cornish Christmas Giving Catalogue, you can give the festive gift of hope to the vulnerable in our communities and support vital work that is making Cornwall a better place for all of us.



DBacon

DAVINA BACON
PENZANCE FOOD BANK

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.

Due to the cost of living crisis, demand for food parcels doubled in the past six months, with fears that demand will continue to increase. Donations, in all of our towns and villages, are essential to help those most in need of help.

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 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 & Redruth	St Austell
Hayle	St Ives
Helston	Saltash
Launceston	Truro
Liskeard & Looe	Wadebridge
Newquay	Penzance

1 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 based at the Church Hall of St John the Evangelist in Strangways Terrace, Truro.



2 ST PETROCS

St Petrocs acts as the last line of defence against someone having to sleep outside.

Where people find themselves pushed into homelessness, we act quickly to use our outreach and resettlement services to secure appropriate accommodation. Our residential services offer accommodation with support to provide a foundation for individuals to build on, towards independent living. We work

with the relevant agencies to ensure permanent housing solutions are found and adequate support is provided.

We will ensure that people get access to the support which is their basic human right.

What your donations could help provide:

- **£15: An emergency care package including essential toiletries;**
- **£30: A bed for the night in our emergency accommodation service;**
- **£100: A series of individual support sessions to discuss housing options & referrals for suitable, secure accommodation.**



HOMELESSNESS

3

HARBOUR HOUSING

Harbour Housing provides supported accommodation and outreach services across Cornwall for those who experience, or who are at risk of, homelessness. We also operate numerous services, including a specific pathway dedicated to hospital discharge patients who haven't got anywhere else to go and women escaping domestic abuse and sexual violence.

Harbour specialises in helping people with complex needs who often face barriers when accessing accommodation, these include addiction, mental health issues and pet ownership.

As a key part of our person-centred approach, Harbour staff facilitate a wide variety of opportunities so that residents can not only develop important skills

to help in their progression towards independent living, but also have fun.

What your donation could help provide:

- **£15: A podiatrist appointment;**
- **£20: A hooded towel (for those taking part in the cold water swimming activity);**
- **£40: A move-in pack (when entering our services).**

HARBOUR HOUSING.

4

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 durable, waterproof and cost effective and immediately improves



the dignity, health, sleep, warmth, comfort and safety of people sleeping on our streets.

Each Backpack Bed costs £100 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.



5 FIRST LIGHT'S DOMESTIC ABUSE HELPLINE

First Light supports anyone in Cornwall affected by domestic abuse or sexual violence. Our helpline is on hand for individuals needing help in a time of crisis or to get support to recover from their experience, and for concerned family or friends. It's imperative that when that person has made the brave decision to call First Light, that we are there to answer that call, and that they feel listened to, believed and supported.

"Without First Light I would not be where I find myself today and for that I am very grateful."

Help us create a safer Cornwall, where every adult and child can live free from sexual violence and domestic abuse.

What your donations could help provide:

- **£10: Alarmed door wedge & personal alarm;**
- **£30: A therapy session to help an adult or child recover from abuse.**
- **£80: Fund a helpline support worker for a day**



**FIRST
LIGHT**

Domestic Abuse and Sexual
Violence Support for All

6 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 fleeing domestic abuse.

The trust has developed over the years and now provides refuge accommodation for up to six women and their children and also supports male victims of domestic abuse, providing refuge accommodation for up to five men and their children. Cornwall Refuge Trust also provides a 24-hour domestic abuse helpline (01872 225629) and a domestic abuse counselling service (the Waves Project).

The individuals and families who come into refuge are likely to have fled their home with short notice and therefore often arrive with little more than they are wearing.

What your donation could help provide:

- **£25: Saucepans, crockery & cutlery;**
- **£30: Essential items of clothing on arrival in refuge.**



Cornwall Refuge Trust
empowering • encouraging • supporting

COMMUNITY

7 NO ONE GOES HUNGRY - PROBUS & SURROUNDING AREA

No One Goes Hungry – Probus and Surrounding Area supports people in the mostly rural area between Truro and St Austell.

We operate a community larder four times a week where anyone can drop in to access free food - a mixture of store cupboard essentials, fresh fruit and veg, supermarket surplus and baby supplies. We are also supported with fresh food from a number of local businesses who donate food to the project.

At Christmas we provide hampers containing everything for a fresh Christmas Dinner for those who request one or are nominated to receive one.

We are currently supporting around 150-200 people per week and since the cost of living crisis has hit our numbers are increasing week on week.

What your donation could help provide:

- **£10: a baby's nappies for one month;**
- **£25: a family with a fresh Christmas dinner.**



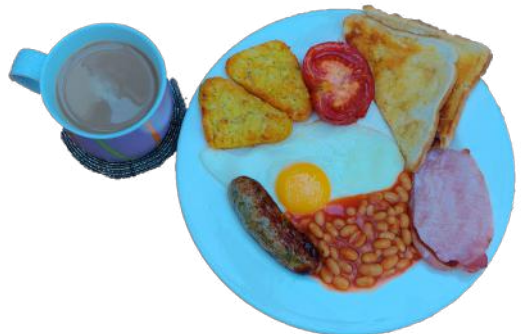
8 PENZANCE BREAKFAST PROJECT

Penzance Breakfast Project's aim is to provide a cooked breakfast in a warm, dry and safe place, five days a week for people who are homeless in the Penzance area.

Its base in the Breadline Centre, a resource centre for the St Petroc's organisation, means that there is access to advice and support from St Petroc's staff.

What your donation could help provide:

- **£10: Cooked breakfasts for five homeless people;**
- **£25: Cooked breakfasts for 15 homeless people.**



9 RAME COMMUNITY KITCHEN

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

The kitchen is stocked from supplies from local shops, chain surplus, Fareshare, local businesses and the public including allotment veg. We are a club, users are members actively encouraged to join in. Many also volunteer at our hub. As the cost of living crisis continues we often struggle to meet demand. The Peninsula Trust

runs local one-to-one support (benefits advice, housing issues, signposting to mental health support) so we see the effects the cost of living increases are having in our community. The need for support with food is growing - we are seeing increasing numbers of people accessing the food larder, from single people to large families. The Rame Community Kitchen is run by volunteers from our local community.

What your donation could provide:

- **£5:** will fill 2 bags of food for a family in need;
- **£10:** will buy enough fresh eggs to help feed 10 families.
- **£50:** will help stock our larder for a week.



10 THE FISHERMEN'S MISSION

The Fishermen's Mission maintains a Christian presence in the UK's fishing communities, in order to provide, regardless of race or creed, practical, welfare and spiritual support to active and retired fishermen and their families.

What your donation could provide:

- **£15:** Support to a fishing family facing a tough Christmas;
- **£25:** Support to an isolated retired fisherman facing a lonely Christmas;
- **£50:** Support to a grieving fisherman's partner facing a first Christmas without their loved one.



THE
FISHERMEN'S
MISSION

COMMUNITY

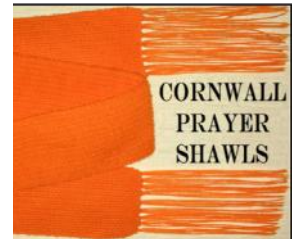
11

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.



SAMARITANS



Together we can make
change that saves lives

What your donation could help provide:

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

13

HIDDEN HELP

Hidden Help is a charity which supports those most in need in Cornwall to create a home by recycling, upcycling and redistributing furniture and household items from the local community.



some dignity and to help create a home.

We also support our volunteers and clients to reintegrate into society and employment through volunteering and work experience with the charity.

We help those seeking refuge from domestic violence, the poorest, the homeless and long term unemployed, those with chronic illness and disabilities, ex-offenders and armed forces veterans, and asylum seekers, referred to us by social services and other bodies, and fit out their empty space, including carpets on concrete floors, to give them

What your donation could help provide:

- **£10: Pays for a delivery to a family in the Truro area;**
- **£20: Pays for a delivery to a family in other parts of Cornwall.**

14

NEWQUAY ORCHARD

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 850 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

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

This year we have continued to develop our thriving community hub and we're excited to see how we can continue to support our community in 2023.

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.**



COMMUNITY & COACHING

15

FOOD TROOPS

Food Troops provides food education and surplus food parcels for families in and around Redruth.

Our educational food-focused workshops encourage healthy eating within the family, increasing a range of fruit and veg in our diets and bring the community together through good food and sharing of skills and experiences.

We operate from our community kitchen and garden in Redruth where we distribute surplus food otherwise destined for landfill and grow our own range of organic fruit and vegetables to be used in our workshops and cooked up into nutritious meals for people in need.

What your donation could help provide:

- **£10:** will provide a week's worth of ingredients for our community;
- **£20:** will go towards children's cookery equipment & education resources;
- **£50:** will go towards the building of a new greenhouse to increase our veg production.



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

In this unprecedented economic crisis, Penlee Cluster of Churches continues its commitment to families in the area by providing free meals and play sessions each week day evening.

In an area with some of the highest deprivation figures in Cornwall, we offer a safe, much valued indoor play space as well as a place where parents, grandparents and carers can meet and be supported.

We are also offering local teenagers experiences of leadership to encourage self-confidence and raise aspirations: ways to help their employability.

Help us to support and encourage our families and build resilience in a warm caring space each week day evening, as well as Saturday and Sunday sessions.

THE PZ@PZ PLAYZONE

What your donations could provide:

- **£10: supports a weekend sessional craft and meal for a parent and child;**
- **£20: supports a Feast Night for Families Session for a family of 4;**
- **£25: supports a half term of sessions for a young teenage leader.**



18

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 CFF'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.



**Cornwall
Community
Foundation**

CHILDREN & YOUNG PEOPLE

19

Home-Start Kernow offers free, confidential support, friendship and practical help to parents of children under five in Cornwall who are going through a difficult time.

Being a parent, whatever your situation, can be very difficult, especially when children are young. Many parents feel exhausted and overwhelmed by the stresses of family life, particularly if they have little support from family and friends when they need it most.

For some parents it's a particular struggle because they are also having to cope with issues such as post-natal depression, their or their child's illness or disability, isolation or multiple births.

20

Boundless Trust runs weekly youth clubs and holiday activities from our dedicated youth centre in Looe.

We aim to provide a safe space where young people can get support, have fun and learn new skills. The young people are given opportunity to experience a range of activities promoting fitness and wellbeing.



HOME-START KERNOW

That's when parents need support. That's when Home-Start Kernow can help. Support is offered through home-visiting and groups via a network of trained volunteers, all under the supervision of a small staff team.



What your donation could help provide:

- **£5: Healthy snacks for babies & toddlers at our groups;**
- **£10: support for a new mum struggling with postnatal depression;**
- **£25: funding towards specialist speech & language support for children born during the pandemic.**

THE BOUNDLESS TRUST

During the holidays children and young people are provided with a delicious nutritious meal where many who are reliant on Free School Meals during term time would otherwise miss out.

We are also working with other community partners to provide a skatepark in Looe. We are grateful for your support and help in providing this vital service in Looe.

What your donation could help provide:

- **£5: For a craft activity for 12 children;**
- **£10: Self-esteem climbing wall activity;**
- **£30: An hour with a forest school leader.**



Order Form

Thank you for choosing to support our organisations.

Catalogue number	Name of Beneficiary/ foodbank location	£ Amount
<i>Example:</i> 2	St Petroc's	£50

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:

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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)
✓	£50	St Petroc's

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

