

# CORNISH CHRISTMAS GIVING CATALOGUE

Give a gift of hope  
this Christmas



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



Our 2023 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 funded by the Diocese of Truro.*

## 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, 2023.

**ORDER ONLINE:** Visit our website to see the catalogue and make a donation by **clicking here**. Online order deadline: December 22, 2023.

Electronic certificates are available.

**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

Christmas is an 'us' time, not a 'me' time.

For Christians, it reminds us that Jesus is 'God with us' and that we belong together, which is one reason why so many people go to church for Christmas - because we're better together than we are alone.

And in society generally, it has always been a time for being together with friends and family, which is why the figures showing that nearly 20% of people will be lonely at Christmas are so awful.

And with that commitment to togetherness that in mind, this catalogue is both a reminder and an opportunity; a reminder that we have responsibilities for one another, and especially those who are suffering most, and an opportunity to express that commitment in a practical way.

There are many people that need support this year. Please consider joining me in using this catalogue to offer that support and, in doing so, to make Christmas is an 'us' time.



The Rt Revd Hugh Nelson  
**BISHOP OF ST GERMAN'S**

I first came to Cornwall at Christmas time in 2003. It was such a privilege to be immersed in this incredible community during the festive period. I felt so welcomed and am both proud and fortunate to now call Cornwall my home. This year Cornwall's community spirit has come to the forefront once again as many people are facing multi-faceted challenges, including escalating cost of living, poverty, rural isolation, limited opportunities and soaring housing costs.

Cornwall and the Isles of Scilly have a strong fabric of charities who work tirelessly throughout the year, ensuring that no one is left to struggle alone. As the Christmas season approaches, it is especially important not to forget about those in need.

The Cornish Giving Catalogue showcases an impressive array of charities and community projects. They need your help to continue their essential work and all donations will go a long way in helping people in need. By supporting these essential initiatives, you can play a crucial role in helping those facing challenges and ensuring a brighter future for one and all.



Tamas Haydu  
**CORNWALL COMMUNITY  
FOUNDATION**

## 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 continued 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:

- **£15: A day's food for a family of four;**
- **£50: A week's food for a family of four;**
- **£175: 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 30 volunteers regularly give two hours a week to provide free cooked breakfasts, seven days a week, 365 days a year. On Christmas Day a turkey lunch is served and a late brunch on Boxing Day.

**This year's donations will help provide food for the increasing costs of providing the full English breakfasts and Christmas Day and Boxing Day meals.**

As well as food, THAG also provides toiletries, flasks, razors, thermals in winter, along with socks, gloves, hats, scarves, and underwear. THAG was first formed over 25 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.

THAG is always happy to welcome new volunteers. Email [thag@trurotogether.co.uk](mailto:thag@trurotogether.co.uk)

## 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 hour support session to end homelessness**
- **£25: heat one of our emergency accommodation houses for a day through the winter.**
- **£60: fund an emergency visit to someone who is unable to travel to access services**
- **£100 a series of individual support sessions to discuss housing options and referrals for suitable, secure accommodation.**



**St Petrocs**

## 3

## 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.

Backpack Beds are a project of the Cornwall Independent Poverty Forum which has distributed 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.



## 4

## 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.

The success of the project lies with the small team of dedicated volunteers who provide this service alongside the manager and co-ordinator.

**What your donation could help provide:**

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



## 5

# 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:**

- **£20: Art & craft resources for a family in refuge;**
- **£40: Essential items of clothing on arrival in refuge;**
- **£50: Saucepans, cutlery & crockery for those ready to move on;**
- **£60: Providing overnight domestic abuse helpline for one night.**



## 6

# 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**

## 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 out numbers are increasing week on week.

We work with a local catering company to provide high quality nutritious meals for children during the school holidays.

**What your donation could help provide:**

- **£10: a baby's nappies for one month;**
- **£12.50: a daily hot meal for one child during school holidays;**
- **£25: a family with a fresh Christmas dinner.**



## 8

## TRURO NOURISH HUB

Truro Nourish Hub (TNH), based at Truro Cathedral, is a new initiative set up to support our local community by enabling people to cook healthy, sustainable and low cost meals.

It aims to create a facility that is accessible to anyone and offer a food provision which not only shares hot healthy meals but provides a safe place for people to meet and engage with their community. It is also a great opportunity for people to connect with each other and for the TNH to signpost them to other organisations that could assist them if required.

**All donations welcome for the Truro Nourish Hub. These will go towards items such as ingredients for healthy meals, the purchase of air-fryers and slow cookers for our users, and to support our volunteers with travel costs.**



## 9 FALMOUTH & PENRYN WELCOME REFUGEE FAMILIES

**Falmouth and Penryn Welcome Refugee Families** was established to deliver the Government's Community Sponsorship scheme which aims to resettle refugee families displaced by the Syrian war.

- providing English lessons;
- helping to give the family everything they need to become independent, integrated members of our community.

We provide support and resources to enable refugee families to resettle in the Falmouth and Penryn area, including but not limited to language teaching, befriending and social support. It costs a minimum of £10,000 to help resettle a family. All donations welcome and these will go towards:

- a rent top up for housing;
- paying for interpreters;



## 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: Practical support to a fishing family facing a tough Christmas;**
- **£25: One hour of 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.**



Photo credit: Gael Force Paul Campbell Photography



## 11

## CITIZENS ADVICE CORNWALL

**Citizens Advice Cornwall** offers free, independent and confidential advice.

Demand for our services has increased by 147% and we are working with more people in employment but struggling to cope with the cost of living. Your donation can be a lifeline to a family in crisis this Christmas.



**What your donation could provide:**

- **£10: provide a family with emergency help;**
- **£25: supports a specialist housing adviser to prevent homelessness;**
- **£50: provides ongoing support to isolated and vulnerable people.**



## 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.



**What your donation could help provide:**

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

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.

## 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.

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 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.

**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

## 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.

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.

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

**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.



## 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

## HOME-START KERNOW

**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.

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.**

## 17

## GO BEYOND

Go Beyond is the charity giving children and young people facing serious challenges in their lives the chance for a break that lasts a lifetime.

Go Beyond's expert staff and committed volunteers give children and young people who have been bereaved, abused or bullied, who are living in poverty or caring for loved ones the chance to escape their worries and pressures. To have the moments and experiences they need to believe in themselves and think beyond the day-

to-day for a bigger, brighter future. Every break is totally free-of charge for the children and young people.

### What your donations could provide:

- **£10: a trip to go rock pooling and sandcastle building at the beach with an ice cream;**
- **£50: year-round maintenance of our kitchen gardens;**
- **£100 a day trip to a local beauty spot.**



**THE CHARITY  
GIVING CHILDREN  
& YOUNG PEOPLE  
BREAKS THAT  
LAST A LIFETIME**

## 18

## BABY BASICS CORNWALL

Baby Basics Cornwall, set up by the Tribute Cluster (Menheniot, St Cleer, Pensilva, and Quethiock churches), provides vulnerable families with the essentials for children up to five years across Cornwall.

We also provide family toiletry packs (including shower gel, period products, toothbrush and paste, and toddler and baby items) to families.

Many of our items are preloved donations, but we need to buy brand new mattresses for cots and Moses baskets, and brand new bottles.

### What your donations could provide:

- **£4: provides a pack of nappies;**



- **£11: provides a Moses Basket mattress;**
- **£15: provides a set of bottles;**
- **£30: provides a cot or cotbed mattress.**

19

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

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.

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.

THE PZ@PZ PLAYZONE

a warm caring space each week day evening, as well as Saturday and Sunday sessions.

**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.



THE BOUNDLESS TRUST



**What your donation could help provide:**

- **£5:** For a craft activity for 12 children;
- **£20:** A Kayak lesson;
- **£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	£60

*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 Monday, December 18, 2023.

**ORDER ONLINE:** Visit the diocesan **website** to see the catalogue or to make a donation **click here**. Online order deadline: Friday, December 22, 2023. Electronic certificates are available. Donations will be accepted up until January 12, 2024.

**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)
✓	£60	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.

The diocese is delighted to have taken over the baton from Cornwall Independent Poverty Forum in organising this year's catalogue, to ensure that the excellent work of the Cornish Christmas Giving Catalogue continues. Through the gift of giving we can demonstrate our compassion, kindness and care to those who need it the most, particularly this Christmas with the continued effects of cost of living crisis hitting many. Many thanks for your continued support.

For more information please visit our website  
<https://trurodiocese.org.uk/about-us/christmas-giving>  
or email [cornish.christmasgiving@truro.anglican.org](mailto:cornish.christmasgiving@truro.anglican.org)

IN ASSOCIATION WITH

