

2024

# 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.



Our 2024 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. Make cheques payable to The Truro Diocesan board of Finance Limited (please write 'Cornish Christmas Giving Catalogue' on the back of your cheque) and post them to: Cornish Christmas Giving Catalogue, The Old Cathedral School, Cathedral Close, Truro, TR1 2FQ. Orders deadline: December 19, 2024.

**ORDER ONLINE:** Visit our website to see the catalogue and make a donation by **clicking here**. Online order deadline: December 23, 2024.

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

For many of us, Christmas is a time for gathering together with families, friends and loved ones. As Christians, it is a time when we celebrate that Jesus is the Son of God. The story of the birth of Jesus is told through songs and bible readings in schools, churches, chapels, cathedrals and so many different places and organisations.

For some families Christmas, however, is a challenging and difficult time and a time perhaps of loneliness, of struggle and of financial hardship.

We probably will all know someone who finds Christmas a challenge. Perhaps we can all think about that person and offer something in to their lives that might bring some joy and hope.

This catalogue is an opportunity for us to help those who are suffering most in our communities. It reminds us that we are part of a community and that we can make a positive difference. Please join with me in using this catalogue to make a difference in the life of someone who might need to know someone has noticed and cares. Thank you and a very blessed Christmas to you all.



LLE Photography

The Very Revd Canon Simon Robinson  
**Dean of Truro &  
Rector of St Mary's, Truro**

Christmas is a word and time likely to evoke both memories and feelings. Perhaps these are from childhood – I remember the joy of being given a scooter when I was seven. Alternatively, we may recall that desperate feeling of loss during the first Christmas without a precious loved one.

Christmas can certainly focus our experiences more sharply – of being with family, or being alone, of having plenty, with special treats and parties, or not having enough, barely managing and seeing children go without. Whatever our circumstances it seems that both pain and happiness can be common bedfellows at this time of year.

This Cornish Christmas Giving Catalogue is an excellent way of appreciating the dedication of remarkable volunteers as they provide services that would not otherwise be possible. It's also a practical means of expressing grateful thanks for our own situation, while remembering the needs of our community. As we recall the baby born in a stable, we can make a positive difference at Christmas and throughout the whole year, both to others, and also to ourselves.



Kathy Pope  
**Co-ordinator,**  
**Churches Together in Cornwall**

## OUR FOOD BANKS

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

Our food banks also provide food for children during the school holidays, 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.

Over the last seven years demand for emergency food parcels across the South West has continued to rise. 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: toiletries & household items for an individual.**
- **£25: an emergency food parcel providing three days of emergency food for an individual.**
- **£50: an emergency food parcel providing three days of emergency food for a couple.**

### OUR CORNISH FOOD BANKS

Bude	Penryn &
Callington	Falmouth
Camborne, Pool & Redruth	St Austell
Hayle	St Ives
Helston	Saltash
Launceston	Threemilestone
Liskeard & Looe	Wadebridge
Newquay	Penzance

## 1

**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.

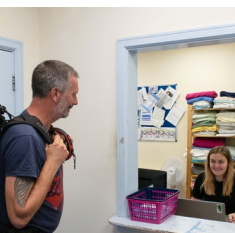
This year's donations will help provide food for the increasing costs of providing the full English breakfasts and Christmas Day and Boxing Day meals.

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

## 2

**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



## TRURO HOMELESS ACTION GROUP



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)

## ST PETROCS

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.**

## 3

**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

## BACKPACK BEDS

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'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.

## PENZANCE BREAKFAST PROJECT

What your donation could help provide:

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



## 5

**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

## CORNWALL REFUGE TRUST

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

**iSight Cornwall** is Cornwall's independent sight loss charity and we've been providing support to blind and visually impaired people since 1856.

We understand the complex and potentially life-changing nature of sight loss. Our dedicated and professional team will help anyone with sight loss whether they need practical support to continue doing the things they love, or someone to talk to about the changes they are facing.

There are over 24,000 people living in Cornwall with sight loss who may need our support whether that's for low vision, independent living,

## iSIGHT CORNWALL

technology or clubs and activities. Your donation could provide:

- **£25: transport for a visually impaired person to attend a group activity such as dancing or bowling.**
- **£50: a home visit to a housebound client.**
- **£100: training for a walking buddy volunteer who will help combat loneliness and isolation.**



## 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;**
- **£25: a family with a fresh Christmas dinner.**



## 8

**Truro Nourish Hub CIC** was established as a community project to enable people to cook healthy and affordable meals. Everyone is welcome; we aim to create a safe place for those interested in cooking, and those who are looking for a place to meet and socialise with other people. We recognise that loneliness is a major problem for many people.

Truro Nourish Hub CIC is a non-profit organisation. We work with a number of organisations including Truro Foodbank and Truro City Council by serving the community with education on nutrition, cookery skills and fighting food waste in the home.

By supporting Truro Nourish Hub CIC, we can continue our work in

## TRURO NOURISH HUB

connecting people to their communities and help in the fight against food waste.



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 in 2018 to deliver the Government's Community Sponsorship scheme, set up to resettle refugee families displaced by the Syrian war. By 2024 we had successfully resettled three families in Falmouth with a network of volunteers who help with language teaching, health, schools, jobs and social support. We also support a wider group of refugees from Ukraine and Afghanistan.

It costs a minimum of £10,000 to help resettle a family which goes towards:

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

- English lessons;
- childrens activities eg music and football lessons;
- transport;
- helping families become independent, integrated members of our community.



## 10

Through your prayers and donations, **The Fishermen's Mission** maintains a Christian presence in the UK's fishing communities, in order to provide, practical welfare and spiritual support to active and retired fishermen and their families.

Demand for our services last year in Cornwall rose by 150%, mainly due to the cost-of-living crisis and the need for mental health counselling. Fishermen are inherently proud individuals who often keep their challenges to themselves. They navigate through the good and bad days, knowing that the charity is a reliable source of support when needed.

What your donation could provide:

- **£15: Practical support to a fishing family facing a tough Christmas.**

## THE FISHERMEN'S MISSION

- **£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** 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.**

## CITIZENS ADVICE CORNWALL



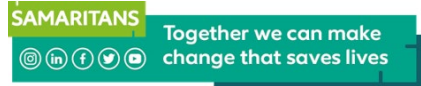
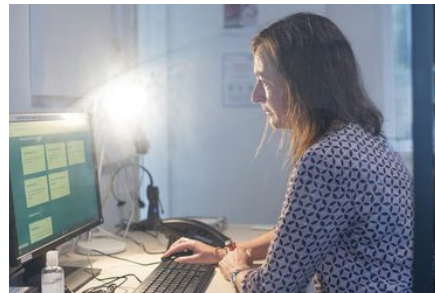
## 12

## 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** is a Cornish charity which delivers essential furniture and household items (donated by the local community) to individuals and families in need, including those who have been rehoused after seeking refuge from domestic violence, the homeless, the long-term unemployed, asylum seekers, individuals with chronic illness or disability, ex-offenders etc. These services are provided entirely free of charge to clients referred to us by social services.

Those provided with living accommodation often find themselves in empty apartments with no basic amenities. We address this gap, ensuring that individuals and families have the necessary resources to live with dignity and help alleviate financial strain so that they are better able to focus on their future.

## 14

**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.

## HIDDEN HELP

We have more than doubled the number of families we help in the last two years and have doubled our capacity to four warehouses and two vans. Help us keep going. Visit our vintage shop and follow us on Facebook & Instagram:-)

What your donation could 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.**



## FOOD TROOPS



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.**

## 15

**Kernow Positive Support (KPS)** works to improve the wellbeing and quality of life for people in Cornwall affected by HIV by providing guidance and support.

KPS is based in The Hub at the Royal Cornwall Hospital, Truro, and has links to the HIV Suite (The Marram Clinic).

It provides a range of support services for people in Cornwall living with or affected by HIV, offering guidance and support through tailored services for clients' individual needs. KPS aims to combat stigma and discrimination towards people living with HIV, helping to empower and support.

## 16

**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

## KERNOW POSITIVE SUPPORT

KPS is a registered charity, 1186054, and is dependent on grants, voluntary contributions and its own fundraising efforts.

What your donation could provide:

- **£15: emergency food**
- **£20: contribute to the winter fuel costs**
- **£50: provide and hour of counselling or therapy**



## HOME-START KERNOW

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 provide:

- **£10: Support for a Mum and baby to attend one of our groups where parents and children can feel less alone.**
- **£25: Covering the expenses for a volunteer to visit a family for several weeks.**
- **£50: payment for a visit for a family in crisis from our family support coordinators.**

## 17

**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**, set up by the Tribute Cluster (Menheniot, St Cleer, Pensilva, and Quethiok 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.**

## BABY BASICS CORNWALL



## 19

**The Wave Project** helps to improve the mental health and well-being of young people across the UK, through the power of surf therapy. Our courses are aimed for children deemed at risk of mental health challenges for a variety of reasons, such as bullying, abuse, autism, neglect, and bereavement.

We run projects from beaches in Bude, Polzeath, Newquay, Gwithian and St Ives. Every year we help approximately 2,000 children and young people across the UK with around 550 of those coming from Cornwall.

With your support, we aim to support these children and young people by delivering our impactful programmes.

## 20

**Young People Cornwall** has been inspiring change across the county for the last 50 years. We lead dynamic youth projects and provide crucial support services that empower young people to face life's challenges with confidence. Through our dedicated youth centres and wellbeing support, we engage with over 6,000 young people every year, ensuring that every young person in Cornwall has the opportunity to thrive.

Your support helps us continue this vital work, making a lasting difference in the lives of Cornwall's young people. Together, we can ensure a brighter future for the next generation.

What your donation could provide:

- **£5: Art and craft materials for our youth centres, giving young**

## THE WAVE PROJECT

Your donation could provide:

- **£10: the cost of a child to join a Surf Club session.**
- **£15: the cost of a pair of wetsuit boots.**
- **£60: the cost of a child's wetsuit.**
- **£60: the costs of a child travelling to their surf therapy course.**
- **£166: fund one surf therapy session for a child.**
- **£1,000: fund a 6-week surf therapy course for a child.**



## YOUNG PEOPLE CORNWALL

people a creative outlet to express themselves.

- **£10: Snacks and refreshments for a youth group session, helping to create a welcoming and inclusive environment.**
- **£25: Could help towards a one-to-one session for young people in need of emotional support.**
- **£50: A week's worth of activities at one of our youth centres, keeping young people engaged and active.**



# ORDER FORM

Thank you for choosing to support our organisations.

Catalogue number	Name of Beneficiary/ foodbank location	£ Amount
<i>Example:</i> 2	St Petrocs	£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 Truro Diocesan Board of Finance Limited (and write 'Cornish Christmas Giving Catalogue' on the back). Send to Cornish Christmas Giving Catalogue, The Old Cathedral School, Cathedral Close, Truro, TR1 2FQ. The deadline for postal orders is Thursday, December 19, 2024.

**ORDER ONLINE:** Visit the diocesan website to see the catalogue or to make a donation **click here**. Online order deadline: Monday, December 23, 2024. Electronic certificates are available. Donations will be accepted up until January 10, 2025.

**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)
<input checked="" type="checkbox"/>	£60	St Petrocs
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

### 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.

*We will share your details with your chosen charity of choice in order for the charities to process gift aid claims.*

#### 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.

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 [trurodiocese.org.uk/about-us/christmas-giving](https://trurodiocese.org.uk/about-us/christmas-giving) or email [cornish.christmasgiving@truro.anglican.org](mailto:cornish.christmasgiving@truro.anglican.org)



IN ASSOCIATION WITH

