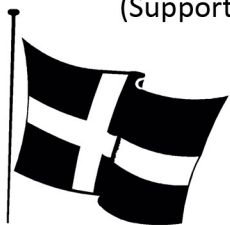


Cornish Christmas Giving

Cornwall's Alternative Christmas Gift Catalogue 2015

(Supported by the Cornwall Independent Poverty Forum)



"Now in its third year
of transforming the lives
of people in Cornwall"

Gifts that make a difference!



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Truro Cathedral



Coastal Computer Care
#IT Support for Cornwall

www.cornwallindependentpovertyforum.btck.co.uk

Cornwall's Alternative Christmas Gift Catalogue

We are delighted to be able to produce the Cornish Christmas Giving Catalogue for a third year. Having originally borrowed the idea from other organisations, we have 20 Cornish Charitable Organisations taking part. Much like the national ones you will be able to donate to one or more of the organisations and by doing this on behalf of a family member or friend will receive a gift certificate to pass on.

Message from Bishop Tim

This Catalogue has become a tradition and as with all good traditions I hope and pray it continues to grow and flourish. What better way to give to all at Christmas than by supporting local charities, giving helpful gifts to your friends and family and crucially helping some of the most needy in our society. Please do use this catalogue and tell all your friends about it; please join me in doing this.



Message from The Dean



Christmas can be a time when so much unhappiness and difficulty can be concealed because of the general air of goodwill that pervades the season. Yet, if anything, because of the *real* message of Christmas, it should be a time when we are more aware of the issues surrounding need and poverty, and not having them smoothed out of our thoughts and prayers. The Cornish Christmas Giving Catalogue is to be highly commended because it keeps these issues at the forefront of our thinking, and I would urge as many people as possible to support this.

Message from Andrew Yates, Chair, CIPF

We are really excited about this project now in its 3rd year and hope that our fellow Cornish residents, their families and their friends beyond will once again join us in this venture. The feedback from some of the people who benefit shows just how personal and important the impact of your gifts has been over the last 2 years and we know that we can help and improve lives in many small but effective ways. For example something as simple as a wind up torch can make life for a homeless person more tolerable and less depressing. Happy Christmas and New Year to you all.

(1) Help for the Homeless

Backpack Beds - A new backpack portable shelter is now helping to improve the lives for people who face a daunting night sleeping on the streets. The CIPF has accessed these backpack shelters which are distributed through organisations that provide support. They have been trialled in Cornwall by the Cornwall Homeless Support Project in conjunction with key projects providing support for the homeless and rough sleepers in the county. They are fully waterproof, light and provide essential emergency relief to those living on the streets. They are more cost effective and last longer than sleeping bags and blankets. Backpack shelters are not the permanent solution to preventing or relieving homeless and rough sleeping in Cornwall. They offer a simple short-term solution to help vulnerable people take the next step out of poverty.



Wind Up Torches – These will be given to rough sleepers to provide a hands free light to help them whilst they try to survive without electricity. The need for light is especially important during the long winter nights. The light will be of great value to them as they put up their shelter, prepare food and perform all the tasks that we do and take for granted in our well lit homes. We hope to give them out with the Backpack Beds and to others who need them. It will also help them to read and write after dark and will help to alleviate boredom and a sense of isolation.



- **£70.00** Buys an individual Backpack Bed
- **£15.00** Buys a single Wind Up Torch

<http://www.cornwallindependentpovertyforum.btck.co.uk>



(2) Cornwall NightStop

Cornwall NightStop provides emergency accommodation for 16 to 25 year olds who have found themselves homeless throughout Cornwall. They are given accommodation by a host family on a night by night basis but can stay up to 3 nights whilst their referral agency works with them to find a more permanent solution. The young person will be given an evening meal, a bed for the night, breakfast and assistance in getting back to the referral agency. Cornwall Nightstop has been developed by the Cornwall Independent Poverty Forum in partnership with the St Petroc's Society and DePaul Nightstop UK.



- **£15.00** Provides a young person with an evening meal, a bed for the night and breakfast.

(3) The Oasis Centre, St Columb Major

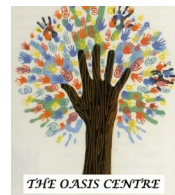
giftaid it

The Oasis Centre caters for those who are lonely, marginalised, or suffering from mental health problems. We offer a Wellbeing Cafe providing light refreshments with games, quizzes, art and craft, weight management, exercise, monthly trips out, budgeting and shopping in supermarkets. A Memory cafe offering similar activities. CAB Monthly Surgery for help with housing, debt and benefit problems. Our bereavement project keeping in touch with next of kin. Weekly craft group. Weekly food bank and a Chill and Chat group attended by a growing number of young mums with their toddlers whose activities include cooking, glass colouring, flower arranging, Easter bonnet making and a visit to the Chocolate Factory. The Dementia Aware project asks businesses to offer special care to customers with dementia, and to display a sticker advertising this. We offer hot lunches to our members as well as warm clothing and bedding.



- **£5.00** Pays for milk and newspapers for the cafes
- **£10.00** Funds new materials for the Memory Cafe
- **£20.00** Helps towards volunteer training expenses

<http://www.oasiscentre-cornwall.org.uk>



(4) Truro Community Football

TRURO Community Football was started 2 years ago. It was initially set up to create inclusion and cultural understanding firstly in Truro and then within the County. As it progressed, it created more than this. Firstly our initial age group was 16 to 24 but we now range from 11 up to 51. We believe in achieving our aims by the participation and inclusion, in the world of football, of anybody within our community who is interested.

This is a pilot project with a view to creating Football Communities Cornwall, aiming is to create a Wider Community across Cornwall, eventually creating international links. This is an ambitious project, we welcome people from far and wide to help us to use football as a way of helping people to feel included, valued and to enable them to develop socially and physically.

- **£10.00** Pays for balls and equipment
- **£20.00** Helps with pitch fees



(5) Caradon Befriending Scheme

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Caradon Befriending Scheme provides specialised one to one befriending support to adults experiencing mental ill health throughout South East Cornwall. We aim to alleviate the isolation and stigma all too often associated and to improve overall health and wellbeing. Clients are linked with a befriender who will visit regularly to provide informal yet structured support. The 'link' is managed by a member of staff who also provides ongoing support and supervision to our befrienders. Our team of highly trained volunteers include men and women of all ages from all walks of life and with different skills and interests. Over the last 23 years we have supported hundreds of lonely and vulnerable people in their communities and have worked with people aged from 18 to 106. Our service is provided free of charge and volunteers are reimbursed for out of pocket expenses.



- **£5.00** Pays towards one befriending visit – coffee, cake and a listening ear
- **£10.00** Funds a volunteer befriender's travel to and from a client's home
- **£15.00** Funds an outing for a client to visit a place of interest
- **£25.00** Helps towards recruiting and training a new befriender

<http://www.caradonbefriending.org.uk>



(6) The Medical Launch Trust

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The Medical Launch Trust is dedicated to providing a boat service for all non-emergency and welfare services on the islands. The Vanquish transfers Out Patients, Medical Staff and Clinicians between the islands delivering all the medical and social services that may be usually taken for granted. If anyone has a hospital appointment at a mainland hospital and there is not a suitable scheduled boat they can book the Vanquish for the transfer and pay a nominal amount. The Vanquish is 10 meters long, it has a GRP, Deep V planning hull built by Vigilante Workboats in 2008/9. It has a 400 hp



MAN diesel engine and a bow thrusters for extra manoeuvrability. The boat is powerful, fast and capable of operating in any weather. The interior has been specially fitted out for Out Patients and Medical transport needs. The flush deck and interior layout are designed to allow wheelchair and stretcher transfers.

- **£5.00** pays for a round trip to an off island

<http://www.scillyonline.co.uk/sutd/118/pages/medical.html>

(7) Wired Cornwall

WIRED Cornwall is a CIC based at Trevisson Farmhouse, Nr. Chiverton Cross, Truro. Wired is a non-residential rehabilitation centre for people who have had strokes or an acquired brain injury. The Centre is open from Wednesday to Friday for group activities – such as craft work, woodwork, music and yoga. There are also therapists based at Wired offering 1:1 psychotherapy, speech recovery, acupuncture, specialist massage and homeopathy. Wired has been running now for 6 years. It is staffed by volunteers and relies totally on fundraising, donations and a small charge to the patients. The therapies and activities at Wired help strokes victims and their families deal with some of the repercussions of a stroke or a brain injury including depression, frustration and loneliness. Meeting with others 'in the same boat' is often supportive in itself. Everyone seems to enjoy coming and we have loads of laughs!



- **£5.00** Pays for refreshments for a week at Wired
- **£10.00** Pays for a patient attending Wired for a day
- **£25.00** Pays for craft or woodwork materials for patient's activities
- **£40.00** Pays for a group music session at Wired

www.wiredcornwall.org

(8) St Petroc's Society

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St Petroc's mission is to provide accommodation, support and advice to the single homeless in Cornwall. Over the winter months we run our Cold Weather Provision which helps to provide invaluable support and accommodation to those finding themselves with nowhere else to go and who would otherwise be sleeping on the streets of our County. We can take as many as 15 individuals sleeping on the floor at our Truro Resource Centre on any one night. During 2014/15, 88 clients accessed this service over 63 nights from mid-December to mid-February. As well as this, all



70 bed spaces in our supported accommodation houses across the County were full.

- **£10.00** Buys a personal hygiene pack to include essential toiletries, etc.
- **£25.00** Buys cutlery, crockery, small electrical items for a resident to move on.
- **£30.00** Buys a Safe Sleep Box

www.stpetrocs.org.uk

About the Cornwall Independent Poverty Forum (CIPF)

The Cornwall Independent Poverty Forum is twenty years old next year and continues in its role of helping to address social exclusion. Our aim is to highlight the issues around poverty and to work at a local level to help individuals and local groups bring about change. The Forum has established a number of different initiatives over its lifetime and the Cornish Christmas Giving Catalogue has three of these promoted in this years publication. These are Backpack Beds, Windup Torches and Cornwall Nightstop. The Forum is open to anyone and contact should be made through Revd Andrew Yates Social Responsibility Officer at Church House, Threemilestone.



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Cornish Christmas Giving Catalogues

The Catalogues, during the first two years - 2013 and 2014, have together raised over £15,500. With 12 charities in the first year expanding to 20 in the second, all have received donations and equally important have had their profile raised by the exposure gained through inclusion in the Catalogues. The enhancement of the donations by Gift Aid has been very effective and beneficial to the charities involved. The 2015 Catalogue has the support of the Diocese of Truro, Truro Cathedral, The Rosemullion Trust, Cornwall Community Foundation, Coastal Computer Care and BBC Radio Cornwall. Members of the public have shown great enthusiasm and support. We are sure that this will continue with this year's Catalogue. We hope that you find a gift from this Catalogue which shows a friend or relative that you care and helps those in need in Cornwall.

How it works

1. Choose your charity or charities from the catalogue from 1 - 20.
2. Decide how much you wish to donate.
3. Complete the payment form overleaf and e-mail it to;
admin.cipf@truro.anglican.org or send it to Cornish Christmas Giving, Church House, Woodlands Court, Truro Business Park, Threemilestone, Truro, Cornwall TR4 9NH (0755 7793 446) by Friday, 18th December 2015.
4. Please make the payment for your gift by either:
 - **PayPal** <https://www.paypal.com/uk/webapps/mpp/send-money-online>
 - **Cheque** - made payable to the 'Cornish Christmas Giving Catalogue'
 - or
 - **Cash** - accepted at Church House, Truro - N.B. an appointment with the Catalogue's administrator needs to be made first 07557 793 446.
5. Your gift certificate will be posted, or e-mailed, to you as soon as possible.

Cornish Christmas Giving—Payment Instructions 2015

- (1) Please enter below the organisation(s) that you would like to donate and purchase a certificate for:**

No. In Catalogue	Name of Charity	Amount £	Description

- (2) Please complete the following details:**

Your Name E-Mail Address.....

Address

.....Post Code

- (3) To who and where would you like the certificate sent? (if different from above):**

Name E-Mail Address.....

Address

.....Post Code

- (4) How would you prefer the recipient to receive their certificate?**

Please tick appropriate box By Post: ☐ By e-mail: ☐ No Certificate Required: ☐

- (5) Payment: Please complete the above information for all payment methods: *PayPal*[™]**

- Online:** Via PayPal—<https://www.paypal.com/uk/webapps/mpp/send-money-online> follow steps to 'Send someone money' and use the CIPF e-mail address admin.cipf@truro.anglican.org to pay to, please also complete this form and the gift aid form, e-mail these to admin.cipf@truro.anglican.org
- Cheque:** Please make cheques payable to Cornish Christmas Giving Catalogue and send together with payment form to Christmas Giving, Church House, Woodlands Court, Truro Business Park, Threemilestone, Truro, Cornwall TR4 9NH
- Cash:** This can be received and certificated issued at Church House - Please contact the CIPF administrator to make an appointment first on 07557 793446

- (6) The last date of issue for postal certificates is: Friday 18th December 2015. The last day for exchange at Church House is: Tuesday 22nd December 2015**

giftaid it ***"Some of the projects can claim gift aid. If you are a UK taxpayer, the value of your donations increase by 25% - please see the next page"***



Some of the charities and organisations featured in the 2015 Cornish Christmas Giving Catalogue are able to claim Gift Aid on your donation. If you are a UK taxpayer, the value of your donation(s) increase by 25% under the Gift Aid scheme. If you have purchased a gift from one or more of the organisations and can fulfil the Gift Aid criteria statement, please complete the following form which will be forwarded to the organisation(s) you identified (please indicate your donation amounts in the space provided).

The Oasis Centre £..... Caradon Befriending £..... St Petroc's Society £.....

The Medical Launch Trust £..... Penhaligon's Friends £..... Playzone Penzance £.....

Samaritans £..... Cornwall Community Foundation £..... Launceston Food Bank £.....

Launceston Money Advice £..... Devon and Cornwall Food Association £.....

Gift Aid Declaration

Name of Charities or Organisations

Please treat the above enclosed gift(s) of £..... as a Gift Aid donation.

I confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current year (6th April to 5th April) that is at least equal to the amount of tax that all the Charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand that the Charity will reclaim 25p of tax on every £1 that I have given.

Donor's Details:

Title First Name or Initial(s) Surname

Address

.....

.....Post Code

DateSignature

Please notify the charity or CASC 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

If you pay Income Tax at the highest rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Personal data supplied on this form will be kept only for CIPF record purposes and will not be shared with a third party other than for the purpose of Gift Aid claims

Feedback & Comments from last years Catalogue

Theresa from ASK4ALL says:

"We'd like to say a BIG thank you to everyone who supported our group last year. The money donated has helped our members to continue to enjoy the most amazing experiences and no matter what their disability they are able to participate enabling them to have fun and fulfilling lives"



Sue, a member of the Wellbeing Cafe, the Oasis Centre says:

"You can have no idea how this Cafe has changed my life. The help we get towards providing extra craft materials means we can do more work and we are selling some in the Community Market to raise more money"

"It gives me something to get up for. People's generosity towards us is amazing."

Jennie from Caradon Befriending says:

"We were thrilled to benefit from generous donations through the Cornish Christmas Giving catalogue. The money was quickly put to good use to cover the travel and excursion expenses to enable befriending to take place with 20 clients. The results are significant and often immediate and long lasting. One client told us 'Befriending makes a huge difference. It really is a lifeline'"

"Thank you very much to all those who support our work"



Karen from Camborne, Pool & Redruth FoodBank says:

"CPR Foodbank continues to feed around 500 people a month and the need is not set to decrease any time soon. In 2014 we managed to give Christmas hampers to the 220 most needy local families a hamper contains a Christmas lunch and presents for any children. We are able to do this because of your donations and because of the tireless dedication of our team of 52 volunteers"

If you would like further information about the Catalogue, or further copies please contact Alison Mandeville, Cornish Christmas Giving Project Administrator, tel. 07557 793 446 e-mail: admin.cipf@truro.anglican.org

Artwork & Design By - Coastal Computer Care (www.coastalcomputer care.co.uk)

(9) Penhaligon's Friends

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Penhaligon's Friends is the children's bereavement charity for Cornwall and operates across the entire county. Last year we supported 590 bereaved children, helping them to come to terms with the death of a family member or close friend. We also support children and their families when facing a terminal diagnosis. We have over 80 trained volunteers across the county. All of our children's and family services are provided free of

charge and are on-going for as long as they are needed in each individual case. Our work is carried out in a combination of different ways; regular memory days, monthly teenage support groups in four locations across the county, fun days, parents groups, school and individual support. We rely entirely upon grants and donations to ensure our charity is able to support those families that need us most!

- **£5.00** Buys a teddy for a bereaved child
- **£10.00** Enables a young person to attend a teens support group
- **£25.00** Provides a 1-1 support session for a child
- **£50.00** Provides training for a new volunteer



<http://www.penhaligonsfriends.org.uk>

(10) Norda House Project

Norda House Project – Men's Refuge in Cornwall. One in 6 men experience some form of domestic abuse in their lifetime, and yet male victims are nearly twice as likely not to tell anyone, only 10% will tell the police. The Norda Project is a confidential service for men who are in or have recently left an abusive relationship. We offer practical and emotional support both over the telephone and face to face through our outreach service. We also provide safe accommodation for men and their children in our male refuge. The Norda Project will be running a community support group and a recovery toolkit for men to help men develop healthy relationships in the future. Domestic abuse is not a gender issue, it affects everyone. Domestic abuse is not measured by the scale and nature of the abuse but by the impact it has on the individual."

NORDA
HOUSE PROJECT

- **£10.00** Buys basic toiletries for men coming to refuge
- **£20.00** Towards replacing sim cards when people arrive
- **£30.00** To purchases entertainment materials for enrichment

(11) Hidden Help

Hidden Help is a Community Project supported by the Cornwall Independent Poverty Forum. The aim is to collect unwanted household goods which are then stored in a warehouse near Bissoe, Truro. The project is then contacted by charities (e.g. women's refuge houses, and Glen Carn, St Agnes) asking for goods to be taken to those starting up homes, having left various institutions, or those in need. Recently five beds were delivered to a family who had none!



Your help at Christmas would assist with the delivery costs of getting much needed goods to desperate families.

- **£5.00** Pays For a Delivery to Truro
- **£10.00** Pays for a Delivery outside of Truro

www.hiddenhelp.org



(12) Playzone @ Penzance

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PZ@PZ is a safe indoor play space situated in St John's Church, Penzance and run by the Penlee Cluster. In the first year the project mainly concentrated on providing very affordable play experiences for the under 5's and school holiday clubs for primary aged children in an area of great deprivation. 'Who let the dads out' Saturday mornings gives space for dads to have special time with their children especially those who have access to their children at weekends. With the help of young people the next stage of this project has now been developed and constructed. Now PZ@PZ offers play space and opportunities for primary aged children throughout the week especially for those who need a little extra support outside school or on low incomes. Here children are part of the decision making process and have a place they have designed to play with their friends or make new friends. PZ@PZ also offers a place for a group working with children with additional needs one evening a week. Many of our sessions are free to families who need somewhere to play and to families living for a while at the women's refuge.

- **£5 .00** Provides an after school chill out session and tea for a child
- **£10.00** Provides an activity day and lunch in school holidays
- **£20.00** Funds staffing of an after school club session
- **£40.00** Pays for the Saturday morning who let the dads out session

www.penleecluster.org.uk



(13) Camborne, Pool & Redruth FoodBank

Distributing food to those in need, in the UK, in 2015. You may well ask yourself Why? The 500 people a month receiving emergency food from CPR Foodbank will tell you why. Poverty is not just a lack of money. It is a complex mix of low wages or unemployment, high housing and food costs, and often with underlying issues of family breakdown, poor education, low self-esteem issues and mental health problems. Our vision is to provide support for all who are vulnerable and those on the edge of society, within the Camborne, Pool and Redruth area. To care for all, no matter of background, colour of skin, religion or sexual preference. To show the love of Jesus in action, listening, supporting and helping each person. To be a place of welcome for all, where nobody is turned away. To work with people in order that they might make a change in their lives, helping themselves out of the situation they are in and moving into a better future for them and their family.



The following are costs to provide a basic food box for a family of 4:

- **£3.00** Breakfast
- **£7.00** Lunch
- **£15.00** Dinner
- **£25.00** Food for 1 week
- **£35.00** Christmas hamper

<http://cprfoodbank.co.uk>

(14) Cornwall Community Foundation

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The Crisis Fund makes small awards, usually £30 or less to a maximum of £90, to the most vulnerable and disadvantaged individuals within Cornwall and Isles of Scilly who are suffering immediate hardship. We are able to reach those most deprived through our partnership agencies and charitable organisations working with these individual on a daily basis. We have a high priority to support those in danger of becoming homeless, individuals who are currently homeless, destitute and/or vulnerable and short term accommodation provision for homeless people. This fund has also supported accommodation for a young man after his wallet was stolen and payments to help with immediate need such as transport, clothing, food.



- **£5.00** Enables a homeless person to travel to a winter night shelter
- **£15.00** Provides hot meals for 10 elderly people
- **£25.00** Will feed a family of four in hardship for a week

www.cornwallfoundation.com



(15) ASK4ALL

At ASK4ALL we provide opportunities for people with disabilities, their families and carers to participate in many varied and exciting activities. We are about having fun together as families and do not see disability as a barrier to having an enjoyable, fulfilling life. Seeing some of our members attempting something new and increasing in confidence is amazing. We also offer opportunities for people to socialise so they can meet up with friends and make new ones. In addition to this we have separate events for our carers to help give them a break from their caring roles and to spend time with others who understand the challenges they face. We try to subsidise our activities and alongside doing our own fundraising we rely on grants and donations. All the money raised goes towards the activities. Your continued support is very much appreciated.



- **£10.00** Provides a carer's lunch
- **£10.00** Provides a horse riding session
- **£33.00** Provides a BF Adventure day
- **£45.00** Pays for Wheelyboat Hire (Wheelchair accessible boat)

(16) Launceston FoodBank

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Launceston Foodbank (affiliated to the Trussell Trust) was set up in 2011 to help local people who found themselves in crisis. In 2014 we fed 807 adults and 581 children. In addition we try to help clients with clothing, bedding, and items of furniture when available. These items are generously donated to us by members of the public. This enables us to assist when a referral agency notifies us of a crisis (e.g fleeing domestic violence, first time accommodation renters, elderly people leaving hospital with inadequate furniture, bedding etc).



- **£5.00** Helps us cater for special dietary needs of clients in crisis
- **£10.00** Purchases, extra items such as formula and nappies
- **£20.00** Provides van hire to deliver furniture to those in crisis



Donations of any amount can ensure we can continue to run the foodbank and help those in crisis. If you wish to become a regular donor please contact us to become a foodbank friend. <http://launceston.foodbank.org.uk>

Launceston Money Advice Centre (affiliated to Community Money Advice) was set up in 2013 to help local people who have found themselves in financial crisis. Our advisors work towards our clients becoming debt free. Since 2013 we have helped 150 clients with financial challenges, debts, benefit issues, bankruptcy and DROs.

Our clients have been referred to us so far by FoodBank and local churches. Clients can be young families, people who have lost their jobs and risk losing their homes, the elderly, people struggling on benefits, financially abused and people with poor mental health. Statistically, Mental Health affects 1 in every 4 people in the UK, 1 in every 2 people with financial issues has some kind of mental health condition. LMAC offers free, confidential advice and guidance to every client who asks for help. A personal volunteer advisor is then assigned to every client to assess their financial need.

£5.00 Buys supplies of stamps and stationery.

£10.00 Helps with legal insurances needed to continue operating.

£20.00 Allows us to continue paying for a part-time administrator to perform office duties and ensures insurances and compliance standards are met in accordance with the FCA (Financial Conduct Authority).

<http://www.communitymoneyadvice.com/node/487>

LMAC

(18) Roaming - Penzance



'Roaming Penzance' meets in St.Petroc's Breadline Centre on Thursdays from 9.30 until 3.30. Some people find us by word of mouth, but most are referred by St.Petroc's, a charity providing assistance to single homeless people in Cornwall. While St. Petroc's provides accommodation and housing-related support services, we, as partners, create a space where the same people can, if they wish, relax, share in art activities and eat a healthy meal together.

'Roaming Penzance' emphasises respect for one another's differences. Conversation is often lively and instructive, ranging from art and ethics to survival. Sharing thoughts, food, and creative activities, we are also exploring the meaning of art and culture in terms of value. Our time together often results in an improved sense of personal wellbeing, which in turn has an impact on the wider community.

- **£2.00** Buys a paintbrush
- **£5.00** Buys a tube of paint
- **£10.00** Buys a blank canvas
- **£40.00** Pays for our weekly shared meal

<http://roamingon.weebly.com>



(19) Samaritans

giftaid it

Truro branch of Samaritans was set up in 1970 to help support people in emotional distress including those who may be suicidal. People can contact us at any time, 365 days of the year 24 hours a day by phone, email, or text without an appointment. We are open for visitors from 9.00 – 21.00 each day and work in the community within the A & E Department of Treliske, Camborne Food Bank and the PEAT Gardening Project. We also offer 2 hours free listening training to anyone who is in contact with vulnerable people. People contact us for many reasons – bereavement, loss, financial worries, relationship break down – whatever is causing distress. We offer total confidentiality, and are non-judgemental. We don't give advice but people are often able to find their own solutions simply by talking things through with an impartial stranger who will simply listen. Truro is the only Samaritan Branch in Cornwall; in 2013 we received over 52,000 contacts. We receive no Government funding; the centre is run entirely by volunteers who, along with friends groups, also have to raise the £40,000 per year to run the service.



- **£5.00** Keeps us open for 1 hour
- **£10.00** Provides listening training for volunteers
- **£25.00** Allows us to provide our service for ½ of one night

<https://sites.google.com/site/trurosamaritans>

(20) Devon & Cornwall Food Association

giftaid it

The Devon and Cornwall Food Association is not a FoodBank this because it supplies a growing number of organisations working with people rather than individuals. Food poverty remains a significant societal challenge at a time when the developed world continues to generate food waste in unacceptable and unsustainable volumes. We develop relationships with growers, food processors and the grocery sectors to identify and acquire surplus's that inevitably exist in the food supply chain. Cornwall Food Association Hubs, Cornwall has been redistributing food from its Lostwithiel base since October 2014. So far it has redistributed food worth over quarter of a million pounds and supports a growing number of charities in Cornwall.



The Devon and Cornwall Food Association operates 12 months a year and relies totally on donations and funding bids. Any help you give this Christmas will go to help feeding hungry people in Cornwall.

- **£5.00** Helps towards training a volunteer in food handling
- **£10.00** Fuels our van to collect and redistribute food
- **£30.00** Helps towards the cost of a freezer

www.devonandcornwallfoodassociation.org