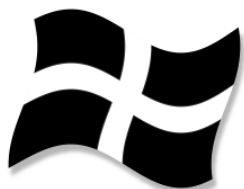


Cornish Christmas Giving

Cornwall's Alternative Christmas Catalogue 2013

(presented by the Cornwall Independent Poverty Forum)



**Gifts that make
a difference**

**Your gift will show that you
care for someone you know,
but it will also help to
transform the lives of people
in Cornwall**



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Cornwall's Alternative Christmas Catalogue

This is an exciting Cornish pilot project by the Cornwall Independent Poverty Forum. We know it is not an original idea but being overwhelmed by the generosity of the Cornish we are trialing an alternative gift catalogue this Christmas. Much like the national ones you will be able to donate to one or more Cornish charities or groups and do this as a Christmas present on behalf of a family member or friend.

How it works

1. Choose your charity or charities from the catalogue from 1 - 12.
2. Decide how much you wish to donate.
3. Complete the payment form at the end of the catalogue and e-mail it to admin.cipf@truro.anglican.org or send it to the Cornwall Independent Poverty Forum c/o Diocesan House, Kenwyn, Truro TR1 1JQ (07582 736531) by Monday 16th December 2013
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 'Cornwall Independent Poverty Forum' who are acting as the managing party, or
 - **Cash** - accepted at Diocesan House, Truro - N.B. an appointment with the Catalogue's administrator needs to be made first 07582 736531
5. Your gift certificate will be posted, or e-mailed, to you as soon as possible.

About the Cornwall Independent Poverty Forum (CIPF)

The Cornwall Independent Poverty Forum was established in 1996 to tackle social exclusion. Our main aim is to enable individuals to regain control of their lives and take their rightful place in society by utilising their talents for the benefit of their communities. We are people centered and by listening, we learn about the problems that poverty, ill-health and bureaucracy bring and which condemn too many people to desperation, loneliness and exclusion. The Forum is committed to highlighting failures within the system and to bringing about reform. The Forum befriends by offering a helping hand and a listening ear and our main tools are companionship, constructive help and long-term support through the maze of officialdom.

Message from Andrew Yates, Chair, CIPF

We are really excited about this project and hope that our fellow Cornish residents will join us in this new venture. Happy Christmas and New Year to you all.

www.cornwallindependentpovertyforum.btck.co.uk

(For all enquires contact Alison Mandeville, CIPF, 07582 736531

e-mail: admin.cipf@truro.anglican.org)

(1) Active 8

Active8 enables young people with physical disabilities to enjoy outdoor, social and arts activities, and in the process make friends, gain confidence, become more independent. It encourages personal development and communication, so they can influence the world they live in, and it's also their own youth group. Active8's manager runs residential, fun activity weekends for 15-17 year olds. These last two years for each cohort of young people, helping them discover they can make their own choices and lead a full life.



An Active8 youth worker follows this and finds more young people, establishing mutual support for 16-25's with a physical disability. This continues to develop their confidence and skills. Communication is vital as they live all over Cornwall; travel is costly and difficult. They have an all-year programme of events, which they choose and contribute to: also individual sessions for people who need support to embark on independence.

- **£5.00** to make flapjacks for us all
- **£12.00** to go on the scary zip wire across the lake - £7 for a second go!
- **£30.00** each for quad biking

<http://www.active8online.org/cgi-bin/active8/index.html>

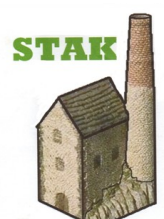
(2) St Austell Community Kitchen (STAK)

STAK is based in St Austell. Our mission statement is "to raise awareness of, and provide support and services to, the vulnerable, needy and homeless within our community, and to offer them the space and safety to engage with the community at large, improve their lives and maintain independence".



- **£5.00** for toiletry needs for clients
- **£10.00** for I.T. and club equipment
- **£25.00** for 25 lunches
- **£30.00** for one week's electricity and water to run STAK

<http://www.staustellcommunitykitchen.btck.org.uk>



(3) Restormel Mind (affiliated to National Mind)

At Restormel Mind we give people a reason to get out of bed in the morning. We give them a way of quietening the voices in their head. We help rebuild confidences. We listen. We provide befriending services in Newquay, St Austell and St Columb Minor and eighteen months ago opened a Wellbeing Centre in Bodmin and established a number of groups that focus on people's interests and strengths. We also support people through our Mentoring into Work programme. We provide support to people who are feeling lonely, isolated or depressed. We rely on charitable donations for much of our work and we welcome your support.



- **£5.00** will enable the purchase of seeds, plugs and plants for horticultural projects
- **£10.00** will purchase art materials for Wellbeing project
- **£25.00** provides payment for one person to attend the Mind Befriending Newquay Coffee Corner

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

(4) Backpack beds

A new backpack portable shelter is now helping to improve the quality of life for people who are facing a daunting night, sleeping on the streets of Cornwall. The *Cornwall Independent Poverty Forum* has sourced these purpose designed backpack shelters, which are manufactured in Australia, which has been trialled in Cornwall by the Cornwall Homeless Support Project in conjunction with key projects that provide support for the homeless and rough sleepers in the county. The backpack shelters are fully waterproof, light and provide essential emergency relief to those living on the streets. They are cost effective and will last longer than traditional sleeping bags and blankets that will become wet, get damp and eventually be discarded. 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.



- **£65.00** for an individual backpack bed

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

(5) Cornwall Samaritans at Truro

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 and at 2 drop in Centres. 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 2012 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 people who are in contact with others who are vulnerable
- **£25.00** allows us to provide our service for ½ of one night

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

(6) Truro Foodbank

Truro Foodbank, which is affiliated to the Trussell Trust was set up in 2009 to help local people who are in a state of financial crisis and are unable to feed themselves and their families. In 2012, 1033 people received food from Truro Foodbank a rise of 37% over the number fed in 2011. Of these people helped a quarter were children. In the first four months of 2013, 680 people were helped with food, compared with 320 in the same four month period in 2012. Because of the current economic climate we fear this trend will continue during the rest of the year.

- **£5.00** provides breakfast for a single person for 3 days.
- **£10.00** contributes to feeding a single person for 3 days.
- **£15.00** contributes to feeding a couple for 3 days.
- **£20.00** contributes to feeding a family of 4 for 3 days.



<http://truro.foodbank.org.uk/>

(7) Truro Homeless Action Group (THAG)

THAG is a group of 27 volunteers who give on average two hours per week to serve breakfast to the homeless that are within Truro and the surrounding area. The volunteers are here 7 days a week, 52 weeks a year, with a selection of tea, coffee, toast, cereal and a full English breakfast. During the festive period, we serve a Christmas lunch on both Christmas Day and Boxing Day. THAG has been in existence for over 14 years, offering a warm welcome and most importantly non-judgemental acceptance to each person who appears at St John's Hall every morning. We are a charity and encourage any donations to help the group continue to serve a breakfast to the vulnerable and homeless each morning, whether it is a donation of eggs, bacon, baked beans, orange juice, toilet roll, blankets, hats, socks, gloves, etc, we accept anything given THAG provides a regular and safe place for the homeless to meet, receiving a warm welcome and a good start to the day, providing food and shelter.



- **£1.00** provides one breakfast voucher for one meal
- **£10.00** provides one breakfast voucher for 10 meals with a complimentary choice of either: a toiletry pack; hat, glove & sock pack; flask, soup & biscuit pack

(8) Cornwall Women's Refuge Trust

Cornwall Women's Refuge Trust provides a safe supportive environment for women and children who have escaped domestic violence. They offer support and advice, empowering survivors of domestic abuse for a safer and happier future. The charity was founded in 1979 by women from local churches who sought to provide a temporary place of safety for women and children. The Trust has developed and provides a place of safety for up to 6 women and 14 children in need of escape from domestic abuse. These families are likely to have fled their home with short notice and therefore arrive with little more than they are wearing. The items listed below are crucial for them when they leave.



Cornwall Women's Refuge Trust
empowering • encouraging • supporting

- **£5.00** Children's items - soft toys, children's books, felt pens & crayons
- **£15.00** Single bedding or towels
- **£25.00** Saucepans, plates & bowls, cutlery
- **£30.00** An overnight bag for personal items

www.cwrt.org.uk

(9) Drop in and Share Centre (DISC), Camborne

The DISC Café began offering services to vulnerable people in January 2008, and registered as a charity in December 2011. We are based in Camborne, south west Cornwall, and have an excellent track record, serving the community as a whole. The Café offers access to services 20 hours a week, 52 weeks a year. It



provides a safe space and a hot meal and people to talk to.

DISC Café provides essential support and facilities to vulnerable people including the lonely, the homeless, people with drug/alcohol issues, offenders and ex-offenders, people with mental health issues, and travellers. It is the ONLY facility

in the local area that is not restricted in its targeting of support and has NO entrance requirements. We accept people as they are; we value them for who they are.



- **£3.00** provides 2 days hot meals
- **£5.00** provides 1 Christmas gift of hat, scarf & gloves
- **£7.00** pays for 1 Christmas lunch
- **£10.00** helps DISC support a homeless person out of homelessness
- **£20.00** helps a service user set up new home

<http://skovva-camborn.vpweb.co.uk/DISC-Cafe.html>

(10) Street Pastors - Churches Together in Penzance Area (CTIPA)

Teams of Street Pastors have been out on the streets in Penzance every Saturday night since December 2012 from 10.30 pm to 4.30 am on Sunday mornings. Street Pastors is an ecumenical mission style response to weekend night-time problems. Those involved engage with people on the streets and in night-time venues to care, listen and chat offering practical help where requested.



- **£5.00** provides 5 silver foil space blankets
- **£10.00** provides 5 pairs of flip flops
- **£25.00** provides 3 hours administration, co-ordination and fund-raising time.

<http://www.churchestogetherinpenzance.co.uk/streetpastors.htm>

(11) Homeless Breakfast Project - Churches Together in Penzance Area (CTIPA)

The Breakfast Project offers a safe, warm and inviting environment for vulnerable people. CTIPA Breakfast Project has been active in supporting homeless vulnerable people in the community since 1999. With some areas of Penzance ranking in the top ten of most deprived in the country, the breakfast project is a reliable life line for many individuals in the area. The Project operates daily between 7.00 am and 8.45 am with an average client attendance of 15. It provides shelter, warmth and nutritious food for the homeless in the Penzance area and a friendly face.



- **£5.00** provides 2 full breakfasts or two dozen eggs
- **£10.00** provides 4 full breakfasts or 18 cans of baked beans
- **£25.00** provides 10 full breakfasts

<http://www.churchestogetherinpenzance.co.uk/breakfastproject.htm>

(12) Penzance Foodbank - Churches Together in Penzance Area (CTIPA)

The CTIPA recognised the need that members of the Penzance general public, families and singles, some in work and some not, were truly starting to get stressed by failing to “make ends meet”. An interested team of willing volunteers came forward to process the food boxes for smooth operation. The food bank now covers the Penzance area and the Lands End Peninsula. It requires non perishable goods such as tins of anything, long lasting milk, pasta, rice, toiletries and chocolate.



- **£20.00** provides supplemented fresh food
- **£30.00** provides an emergency food box for one person
- **£40.00** provides one complete food box

<http://www.churchestogetherinpenzance.co.uk/foodbank.htm>

Thank you for supporting Cornish Christmas Giving.

If you would like further information about the Catalogue, or further copies of the catalogue, please contact Alison Mandeville, Cornish Christmas Giving Project Administrator, tel. 07582 736531 e-mail: admin.cipf@truro.anglican.org