

# Cornish Christmas Giving Catalogue 2019

(In association with the Cornwall Independent Poverty Forum)

[cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



Gifts that make a difference



Your gift will show that you care for someone you know but will also help to transform the lives of people who need help in Cornwall.



DIOCESE OF TRURO



Truro Cathedral

## CORNISH CHRISTMAS GIVING CATALOGUE

We are delighted to produce the Cornish Christmas Giving Catalogue for another year. Having borrowed the idea for the catalogue and starting from modest beginnings in 2013, we are now able to include twenty charitable organisations and all of the Foodbanks operating throughout Cornwall. Like many national campaigns, you can choose to donate to one or more organisation, providing a much needed gift for those in need: and, a certificate can be sent to a family member or friend, celebrating the gift given on their behalf.

### HOW THE CATALOGUE WORKS

Choose whom you would like to support and how much you wish to donate, then either:

**ORDER BY POST:** Complete the Order Form, 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.

**ORDER ONLINE:** Log in to [www.paypal.com](http://www.paypal.com) or open the PayPal app on your mobile device, enter [cornishchristmasgiving@truro.anglican.org](mailto:cornishchristmasgiving@truro.anglican.org) as the recipient, enter the donation, add a note detailing the donation and if certificates are required and send the donation. Then email a copy of the Order Form & Gift Aid Declaration to [cornishchristmasgiving@truro.anglican.org](mailto:cornishchristmasgiving@truro.anglican.org)

**If you require a certificate to be posted, please ensure your order is received before Wednesday 18th December. Certificates can be emailed until Friday 20th December.**

### MESSAGE FROM THE RT REVD PHILIP MOUNSTEPHEN, BISHOP OF TRURO



I've only been Bishop of Truro for a short time but over the last months I've been very struck both by the excellent work so many local charities are undertaking - and yet alarmed by the great need right here in our own part of the world. So I do encourage you to use this Cornish Christmas Giving Catalogue to give wonderful gifts to family and friends and at the same time support these marvellous local projects. At Christmas, as we remember Jesus who was born in poverty and became a refugee, the Catalogue helps us keep issues such as these at the very forefront of our thinking. So please do take advantage of the opportunities it gives us, and let's remember too those in need within our County in our prayers this Christmas time.

### MESSAGE FROM LOIC RICH - TRURO CITY COUNCIL AND CORNWALL COUNCIL

This Cornish Christmas Giving Catalogue is a great opportunity for you to make a positive difference to supporting people in need of a range of support. The projects and organisations listed here are local, independent, and respected in providing practical and worthwhile help to people in vulnerable circumstances, and I hope you will agree that in a season of giving and goodwill, this is an apt and practical way to give.



**If you would like more information about the Cornish Christmas Giving Catalogue or more copies please email: [cornishchristmasgiving@truro.anglican.org](mailto:cornishchristmasgiving@truro.anglican.org)**

## (1) BACKPACK BEDS PROJECT

## HOMELESSNESS

Backpack Beds provide shelter that can help improve the lives of people who face the prospect of rough sleeping on the streets of Cornwall. For several years, CIPF - The Cornwall Independent Poverty Forum has been distributing Backpack Beds, in conjunction with key partners who provide support for the homeless and rough sleepers in the county. The beds are lightweight, fully waterproof and provide emergency relief to those living on the streets. Backpack Beds are more durable and cost effective than standard sleeping bags and blankets.



Backpack Beds are not the permanent solution to preventing or relieving homeless and rough sleeping in Cornwall: but Backpack Beds do offer a simple short-term solution to help vulnerable people living on the streets take the first steps away from rough sleeping.



- **£80.00** Pays for an individual backpack bed
- **+£1.00** Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (2) THE CHY-SAWEL PROJECT

## MENTAL HEALTH

Chy-Sawel is Cornish for 'House of Health giving' which rather aptly describes the primary aim of the Chy Sawel Project, to establish a 'Healing House' Treatment Centre that will provide respite from prescriptive medical practices. Instead of a reliance on pills, The Chy-Sawel Project hopes to improve mental health outcomes by utilizing the latest advances in blood testing alongside an holistic approach, encompassing a nutritious diet, practical activities and exercise, plus talking and creative therapies. Helping people get their lives back.



In order to establish the Treatment Centre, Chy-Sawel needs to raise awareness of the alternatives to a pharmaceutical only approach and help educate the public and mental health professionals to them. Any amount you can give, will be greatly appreciated.



- **£10.00** Helps produce an information pack
- **£25.00** Helps towards the costs of networking
- **+£1.00** Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



We believe homelessness shouldn't be an issue in our society today. We are working to end street homelessness in Cornwall. We do this by providing accommodation, support and advice to people who are homeless or at risk of becoming homeless. Our work primarily changes the lives of those we support by creating a foundation to move forward.

Your support will help end street homelessness in Cornwall. This support makes it possible for St Petroc's to provide the services and support to people experiencing homelessness in Cornwall.

- **£10.00** Provides a hot drink a shower and some clean, fresh clothes at our resource centre.
- **£30.00** Provides a bed space for one night in our pop-up winter shelter for someone facing a night on the streets.
- **£50.00** Provides a drug and alcohol counselling session for clients, with a qualified counsellor.

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



Inspired by the Prayer Shawl Ministry in the United States of America, Jackie Holden wanted to do something to help reach out to the lonely, socially excluded and the homeless. With a small team of knitters, Cornwall Prayer Shawls was born.

Before beginning each shawl, prayers and blessings are imbued into the yarn. The prayers continue throughout the knitting of the shawl and upon completion, a final blessing is offered, before the shawl is presented to those in need.

Some shawls are intended for specific recipients, who have come to Jackie's attention. Others shawls are made to help people in need, including those who find themselves homeless in Cornwall. The hope being that all feel the unconditional embrace of God's love.

- **£5.00** Pays for 1 shawl made from standard quality yarn
- **£10.00** Pays for 1 shawl made from high quality yarn
- **+£1.00** Whatever you would like to donate



To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (5) CORNWALL SAMARITANS AT TRURO

## COMMUNITY

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 which come in via phone email, text, SMS and face to face.



Whatever the caller wants to discuss, Samaritans offers a confidential, non-judgemental space to explore what is going on. The Truro branch costs £50,000 a year to run and relies entirely donations to maintain services. Any amount you can give will be appreciated.



- **£5.00** Keeps the Branch open for 1 hour
- **£10.00** Helps us train a new volunteer
- **+£1.00** Whatever you would like to donate

**To donate, please complete the form in the middle of this Catalogue or visit:**  
[cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (6) YMCA

## YOUNG PEOPLE

YMCA Cornwall opened in 1877 with the aim of helping children and young people who were homeless and in desperate need. This work continues today, providing supported housing in Penzance and Camborne to 46 people, aged 16-25 years old.

This year, in response to our growing waiting list of homeless young people, we have built an additional 14 flats on our site in Penzance.

Last year 840 children aged 16 - 17 in the South West presented as homeless to their local council. Any amount you are happy to give, no matter how small, will make a big difference and help to ensure that the YMCA can continue our work with young people in Cornwall.



- **£5.00** Buys basic toiletries for a new resident
- **£20.00** Buys a week's food and essentials supplies
- **+£1.00** Whatever you would like to donate

**To donate, please complete the form in the middle of this Catalogue or visit:**  
[cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



The CTIPA Breakfast Project has offered a safe, warm and inviting environment for vulnerable and homeless people since 1999, with an average daily attendance of 15.

Welcoming faces provide shelter and nutritious food, often being the only reliable lifeline in the Penzance area, which is among the most deprived in the UK. The venue has a relaxed atmosphere, which allows additional service providers to make first contact with vulnerable individuals who need help. Services like the Health for Homeless Nurse and the team who will be delivering the Cold Weather Provision night shelter in the town, for whom

CTIPA Breakfast Project will play a key role this winter, as it supplies a vital 'start to the day' for those accessing the shelter.

- **£5.00 Provides 2 full breakfasts or two dozen eggs**
- **£10.00 Provides 4 full breakfasts or 18 cans of beans**
- **+£1.00 Whatever you would like to donate**



To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



Debt weighs people down, it can destroy relationships, impact mental health and erode personal dignity. The Launceston Money Advice Centre (LMAC) exists to support clients by helping with budgeting and with communications with creditors/Government Agencies. We are approached for many reasons. Some struggle with completing official forms, others overwhelmed by months of unopened mail and some can't deal with help over the phone. We don't know how the forthcoming factory closure will impact on local families. LMAC began some five or so years ago from an initiative from Launceston Churches Together who were also instrumental in starting the Launceston

Foodbank and Launceston Street Pastors. All our advisers are trained and must give debt advice in line with the Financial Conduct Authority. Currently we are seeing around 120 new clients each year supported by a team of 8 volunteer advisers, but we could do more if we had more volunteers.

- **£25.00 Pays for one day of our annual operating costs**
- **£10.00 Pays for enough postage stamps to write to a typical new client's creditors**
- **£5.00 Pays for an A4 folder and a set of dividers for a new client's paperwork**



To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (9) CORNWALL COMMUNITY FOUNDATION

## COMMUNITY

The Cornwall Community Foundation (CCF) is an organisation that 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 to 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 CCF's Crisis Fund makes small awards, usually £30 but up to a maximum of £90, to the most vulnerable individuals within Cornwall and 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.



- **+£1.00 Whatever you would like to donate**

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (10) BOSENCE FARM COMMUNITY

## REHABILITATION

Bosence Farm Community is a registered charity providing residential rehabilitation and clinical detoxification for people with severe drug or alcohol dependency. Established in 1995, in West Cornwall and set in 18 acres of tranquil wood and farm land, the old farmhouse serves as the rehabilitation unit. There are 15 bedrooms and residents move there after they have completed detox treatment, to start their longer-term journey of recovery. The clinical detox unit provides assessment, stabilisation and detoxification for anyone aged 18 to 65.



There are 24 staff at Bosence Farm and 26 volunteers all of whom help give people a realistic opportunity to recover, to escape the revolving door of addiction, to become part of the community with the ability to connect and contribute in a strong and positive way.



- **£20.00 Provides toiletries and pyjamas**
- **+£1.00 Whatever you would like to donate**

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

**CORNISH CHRISTMAS GIVING CATALOGUE 2018 - ORDER FORM**

**(1) PLEASE ENTER THE ORGANISATION (S) FOR WHOM YOU WOULD LIKE TO DONATE A GIFT**

CAT NO.	NAME OF BENEFICIARY / FOODBANK LOCATION	£ AMOUNT
EG (2)	The Chy-Sawel Project	£50

*Please continue on separate sheet if necessary*

**(2) PLEASE COMPLETE THE FOLLOWING DETAILS:**

Title: ..... Forename or Initial: ..... Surname: .....

Address .....

..... Post Code: .....

Email: .....

**(3) IS A CERTIFICATE REQUIRED AND IF SO, WHAT TYPE WOULD YOU PREFER?**

Please circle the appropriate option:    **Post**    **Email**    **No Certificate Required**

**(4) IF THE RECIPIENTS DETAILS ARE NOT THOSE ABOVE, PLEASE PROVIDE THEM BELOW.**

Title: ..... Forename or Initial: ..... Surname: .....

Address .....

..... Post Code: .....

Email: .....

**(5) PAYMENT METHODS :** Please complete sections 1 to 4 for either payment methods:

- **Order by Post:** Complete the Order Form, 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.
- **Order Online:** Log in to [www.paypal.com](http://www.paypal.com) or open the PayPal app, enter the recipient as [cornishchristmasgiving@truro.anglican.org](mailto:cornishchristmasgiving@truro.anglican.org), enter the amount you wish to donate, add a note detailing the donation and if certificates are required. Then email a copy of this Order Form and the Gift Aid Declaration to [cornishchristmasgiving@truro.anglican.org](mailto:cornishchristmasgiving@truro.anglican.org)
- **Certificates to be posted:** need to be ordered before 11am, Wednesday 18th December
- **Certificates to be emailed:** can be ordered until 5pm, Friday 20th December.

**(6) FINALLY FOR EVALUATION PURPOSES, HOW DID YOU HEAR ABOUT THIS CATALOGUE?**

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The Cornwall Independent Poverty Forum (CIPF) has always sought to help those who find themselves in need and to provide project development support to charities and charitable organisations who aim to provide aid to those who find themselves disadvantaged.

For over 20 years CIPF has developed and managed a variety of projects, some of which currently include: The Backpack Beds Project, The Gershie Project, Cornwall Prayer Shawls and The Cornish Christmas Giving Catalogue.

CIPF also provides advice and support to organisations like: Chy Sawel, CBS , DISC Newquay, Hidden Help, various Foodbanks and those who provide hot meals for the homeless.

Any help given to support CIPF’s work, would be warmly received.

- **+£1.00 Whatever you would like to donate**



To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

**TESTIMONIALS**

**FROM THE CORNISH CHRISTMAS GIVING CATALOGUE 2018**



**Judy from Hidden Help**

With Hidden Help, most of our expenditure is cost associated with costs of transportation, collecting household goods from those who have them and delivering the goods to those who need them. The gifts received from the catalogue last year, proved to be a great help in offsetting the transportation costs and we are delighted to be included for another year.

**Paul from the Backpack Beds Project**

With the donations we have received each year, we have been able to purchase more than 150 backpack beds, which in turn have been distributed to several organisations via the Cornwall Independent Poverty Forum, helping rough sleepers across Cornwall. This simply would not be possible without the support of the Christmas Giving Catalogue and the donations pledged because of it. Thank You.



## (11) CAFÉ ABUNDANCE

## COMMUNITY

Café Abundance was set up 3 years ago with the threefold vision of tackling food poverty, acting on the environmental issues of food waste, and building community. We do this by intercepting food from local shops which would otherwise be wasted and using it to create tasty, healthy meals which we serve on a Pay As You Feel basis in pop-up cafes.



Most of our lunchtime events are hosted by local churches who partner us in creating an environment where anybody can come and enjoy being served a meal from a variety of choices. This is about serving everyone in the community, free of stigma, as if we are serving Jesus lunch at The Ritz!



- £5.00 Provides a full 3 course lunch
- +£1.00 Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (12) CORNWALL REFUGEE RESETTLEMENT NETWORK

## COMMUNITY

The Cornwall Refugee Resettlement Network (CRRN) is a committed group of like-minded people who are passionate about Cornwall being a place of welcome, refuge and sanctuary.

Our members have worked on a variety of different initiatives and therefore bring with them a variety of different skills and expertise. This also means we have a broad perspective on the challenges around refugee resettlement and are well placed to help other groups interested in supporting this vision.



Although the network has no specific religious affiliation, there are many faiths represented as well as those of no faith. Our mission is to show how the people of Cornwall are hospitable and welcoming to refugees. Any gift will be greatly appreciated.



- £20.00 Helps towards holding networking events
- +£1.00 Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



Imagine being a child with a complex disability and dreaming of performing on stage. All too often it's impossible for these dreams to become reality. Drama Express is Cornwall's only drama group for children with complex needs such as autism, sensory impairments, limited mobility and health / medical conditions. Coached and nurtured by a team of dedicated volunteers each child is encouraged to reach their potential through singing, dancing and acting. Drama Express has astounded audiences with critically acclaimed performances at venues including the Minack Theatre, Hall for Cornwall and Port Elliot Festival. Drama

Express received the prestigious Queen's Award for Voluntary Service in 2019. Drama Express relies entirely on the kindness of others to continue changing the lives of its 35 enthusiastic members.

- **£5.00** Helps a child to participate in a workshop or performance
- **£10.00** A ticket to the 2020 Pantomime
- **+£1.00** Whatever you would like to kindly donate



To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



The Gershie Project is named after one of the founders of The Cornwall Independent Poverty Forum, a lady who lived to help others. The namesake project also aims to help people who are lonely, people who are socially excluded, people who are rurally isolated and people whose lack of interaction with others is negatively impacting upon their lives.

The Gershie Project aims to provide a safe, welcoming space where all such people can come together, chat and interact.

The Gershie project is staffed by volunteers who provide a welcome, support and signposting for agency services. Where the project needs support is with help towards the costs of providing a safe and welcoming place. All gifts are welcome.

- **£10.00** Help to fund equipment for activities
- **£20.00** Helps provide a welcoming space for a week
- **+£1.00** Whatever you would like to donate



To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (15) COSGARNE HALL

## HOMELESSNESS

Cosgarne Hall provides accommodation, advice and support for homeless people rough sleeping in Cornwall. Cosgarne has four properties in St. Austell and across them houses sixty of the most vulnerable and socially excluded people in the county.

Vulnerable people who lead chaotic lives and have complex support needs, which often prevents them from being housed anywhere else in Cornwall and can be a contributing factor in their becoming homeless in the first place.

Cosgarne's programme of support and activities is varied and includes counselling sessions, art classes, volunteering on our smallholding, excursions and educational courses, helping people enjoy a value in their lives and themselves that homelessness may have dulled.



- £15.00 Will pay for a Podiatrist appointment
- £40.00 Will pay for a welcome pack for new clients
- +£1.00 Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit:  
[cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (16) DISC (DROP IN AND SHARE CENTRE) NEWQUAY

## HOMELESSNESS

The primary aim of DISC (Drop In & Share Centre ) Newquay is to work closely with agencies, organisations and concerned individuals in the Newquay area to help vulnerable people who either are homeless or in danger of becoming homeless.

DISC offers food and clothing for immediate needs, plus longer term support, advice and signposting services, helping those in need to engage productively with the agencies who can help them move forward in life.

DISC is a Christian charity made up of volunteers from various churches in Newquay who have the heart and passion to serve the community, helping those who are disadvantaged, those who are homeless and those who are in need. All gifts will be greatly appreciated.



- £10.00 Provides hot food
- £20.00 Help pay for tents and sleeping bags
- +£1.00 Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit:  
[cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



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 when they leave.

- £25.00 Saucepans, plates & bowls, cutlery
- £30.00 An overnight bag for personal items
- +£1.00 Whatever you would like to donate



To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



Hidden Help is a community project supported by the Cornwall Independent Poverty Forum and its primary purpose is to help transfer unused and / or unwanted household goods from those that have them, to those who need them. The items transferred can be small electricals, white goods, furniture including beds and much more. The Hidden Help team collect the items, store them in a warehouse then deliver them to those individuals and households in need. Our Twelve Tools for Christmas project will fill toolboxes made by Stithians Scouts from recycled wood with unwanted tools, collected from various churches, to give to those most disadvantaged setting up home.

The Hidden Help project is staffed by volunteers and funded primarily by donations. The project does occasionally raise funds by holding an auction of higher value items specifically donated for fundraising purposes. Any amount gifted will be greatly received.

- £5.00 Pays for a delivery in the Truro area
- £10.00 Pays for a delivery outside of the Truro area
- +£1.00 Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)



## (19) THE CHAOS GROUP CORNWALL

## COMMUNITY

The CHAOS Group stands for “Community Helping All of Society” and comprises seven partners, working hard to support everyone in the community. CHAOS works with a wide range of vulnerable people who are facing various life obstacles and span a range of industries, from hospitality, health and beauty, agriculture and of course care! They are delivering employability skills, engaging and supporting disabled, as well as disadvantaged people to provide experiences and opportunities which would help them find their feet. Whether it is mental health, addiction, disability or homelessness, they are passionate to empower and improve the lives of others in Cornwall.



- **£5.00** Coffee and Cake for participants of Community Groups
- **£10.00** Craft equipment, paints, pens for Art Classes
- **£30.00** Community Wellbeing Sessions (co-produced sessions reflecting participants needs, i.e. yoga, music therapy)
- **+ £1.00** Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## (20) PENLEE CLUSTER PLAYZONE & HOLIDAY CLUB

## YOUNG PEOPLE

Based in the Penzance area, the most deprived part of Cornwall the Church of England churches in the Penlee Cluster work with families and children in a variety of ways. Holiday Clubs run from 9am to 3pm, to help working parents, vulnerable children or just those wanting a challenge in a safe and friendly place to play and explore. Free breakfast and lunch is provided for all who attend. PlayZone is a much valued, safe and welcoming indoor play space that has created a Sensory Area aimed at children with physical and emotional needs.



We provide experience and training to help grow confidence and self-esteem for teenagers through our exciting developing young leader's programme.



- **£20.00** Helps develop the multi-sensory area
- **£25.00** A week of holiday club + breakfast + lunch
- **+£1.00** Whatever you would like to donate

To donate, please complete the form in the middle of this Catalogue or visit: [cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)

## food banks in cornwall

The reasons for the growth of foodbanks are various and much debated, but what cannot be denied is that in a time of increasing food poverty, foodbanks are providing a lifeline for a growing number of families and individuals, both in work and in receipt of benefits, who simply cannot afford often basic groceries.

The following gifts will help provide basic food boxes for a family of 4:

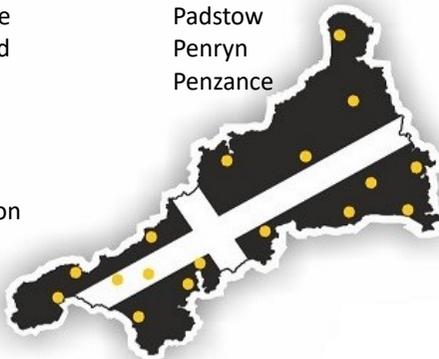
- **£10.00** Food for a day
- **£25.00** Food for one week
- **£100.00** Food for one month
- **+£1.00** Whatever you would like to donate



There are now Foodbanks serving all of the towns and surrounding villages throughout Cornwall and you can support a single, multiple and even all locations. To make a donation, please then enter the location or locations or 'ALL' in the 'Name of Beneficiary/Foodbank location' section of the Order Form (which can be found on the centre pages of the catalogue) along with the amount you would like to donate.

Bodmin  
Bude  
Callington  
Camborne  
Camelford  
Falmouth  
Fowey  
Hayle  
Helston  
Launceston  
Liskeard  
Looe

Lostwithiel  
Marazion  
Newquay  
Padstow  
Penryn  
Penzance



Porthleven  
Redruth  
St Austell  
St Blazey  
St Columb Major  
St Ives  
St Just in Penwith  
Saltash  
Stratton  
Torpoint  
Truro  
Wadebridge

If you would like more information about the catalogue please  
Email: [cornishchristmasgiving@truro.anglican.org](mailto:cornishchristmasgiving@truro.anglican.org)  
[cornwallindependentpovertyforum.wordpress.com](http://cornwallindependentpovertyforum.wordpress.com)