

2025

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 2025 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 18, 2025.

ORDER ONLINE: Visit our website to see the catalogue and make a donation by **clicking here**. Online order deadline: December 23, 2025.

Electronic certificates are available.

ENQUIRIES: Please email cornish.christmasgiving@trurodiocese.org.uk or call 01872 274351.

Donations of all sizes are welcome. We have given examples of what donations may provide in each charitable organisation's article.

Welcome

Christmas is often a time of togetherness; friends, family and loved ones gathering to celebrate the birth of Jesus. But it is important we are attentive to what else is going on around us. For many people, Christmas is a difficult time.

2025 has seen a continuing deterioration in the social, political, and economic fate of our world. I want to encourage us in our thinking and our praying to have a view on 'what is our response?'

Being rooted in one place gives us the opportunity to actively make a difference and this catalogue is a fantastic opportunity to respond locally. It is a chance to support these charities working around us and in many cases, for our benefit.

I encourage each one of us to reflect deeply on where our richness in Christ lies, in all that we face, individually and together, and to share our gifts wherever possible.

So, this Christmas, if you are able, please give the gift of hope by supporting the Cornish Christmas Giving Catalogue charities.

I wish you all a peaceful, happy, Christmas.



Rt Revd David Williams
Bishop of Truro

At the heart of Christmas is a story of hope, love and radical generosity. In the birth of Jesus, we see God stepping into our world - bringing light to the darkest of places and offering peace to the most troubled hearts.

Yet for many in our communities, this season can highlight not joy, but hardship - loneliness, hunger, cold homes, and the painful pressure of simply trying to get by. Christmas, for them, may not feel like a time of celebration.

This giving catalogue is an invitation to respond. Each gift here is more than a donation - it's a sign someone cares, no one is forgotten, hope is still alive.

Transformation Cornwall is committed to building stronger, more compassionate communities across Cornwall. By giving through this catalogue, you become part of that mission. You stand in solidarity with those facing the greatest struggles and help create real, lasting change. So as we celebrate this season, let us reflect Christ's love in action. Together, we can bring light and comfort to our neighbours - reminding them they are seen, valued, and not alone.

Wishing you peace and blessings this Christmas and beyond.



Clinton Cameron Sealy Jnr
Operations Director,
Transformation 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	St Austell
& Redruth	St Ives
Hayle	Saltash
Helston	Truro
Launceston	Wadebridge
Liskeard & Looe	Penzance
Newquay	

1

Truro Homeless Action Group (THAG)

provides a warm welcome, food and shelter and a regular, 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.

TRURO HOMELESS ACTION GROUP



THAG is based at the Church Hall of St John the Evangelist in Strangways Terrace, Truro.

The action group is always happy to welcome new volunteers.

Email:

hello@trurohomelessactiongroup.co.uk

2

St Petrocs is an independent charity working to end homelessness in Cornwall.

Winter is an especially unsafe time for people experiencing homelessness - harsh weather conditions place people at serious risk of harm.

St Petrocs operates Winter Services to provide immediate support and access to life-changing resources. It provides emergency accommodation - its two resource centres are a warm space to

ST PETROCS

access essentials such as food, showers and warm clothing.

Services are open across the Christmas period, offering community and kindness.

What your donations could help provide:

- **£30: Could provide essential necessities like food, showers, laundry, to help people keep warm and dry after sleeping outside.**
- **£60: Could support someone in the first steps to find a place to call home by providing advice and guidance sessions.**
- **£100: A series of individual support sessions to discuss housing options and referrals for suitable, secure accommodation.**



3

YMCA Cornwall provides supported accommodation for vulnerable young people aged 16-25 who are homeless or at risk of homelessness.

People often come to us with no more than the clothes they are wearing and donations will help them make their space here their home.

There are only 170 supported housing units across Cornwall for vulnerable young people and YMCA has 50 of them.

As our waiting list generally stands at around 40 people, we have launched a campaign to build four new homes. The campaign is called **Your Help, Their Home**.

YMCA CORNWALL

What your donation could provide:

- **£10: Provides start of electricity voucher.**
- **£25: Provides a set of bedding.**
- **£30: Provides a move in food supply.**
- **£50: Provides move in kitchen equipment.**
- **An amount of your choice towards our campaign to build four new homes.**



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 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.

Cornwall Refuge Trust provides refuge accommodation for up to six women and their children. It also supports male victims of domestic abuse, providing refuge accommodation for up to five men and their children.

It also provides a 24-hour domestic abuse helpline (01872 225629) and a domestic abuse counselling service (the Waves Project).

The individuals and families who come into refuge are likely to have fled their

CORNWALL REFUGE TRUST

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 and crockery for those ready to move on.**
- **£60: Providing overnight domestic abuse helpline for one night.**



6

West Cornwall Women's Aid is a local Cornish charity supporting women and children affected by domestic abuse.

We offer refuge accommodation, a free, confidential helpline (01736 367539), free counselling and group sessions focused on recovery, empowerment and healthy relationships.

We provide women and children with safety and hope in times of crisis. We know domestic abuse is on the rise in Cornwall and our services are more essential than ever.

WEST CORNWALL WOMEN'S AID

What your donation could help provide:

- **£10: Travel costs for a woman attending support groups or counselling.**
- **£15: A free confidential helpline call.**
- **£30: School uniform for a child in refuge.**
- **£40: One hour of professional support for a woman in need.**
- **£50: Day trip for a woman or child in refuge.**



**Supporting
women and children
in West Cornwall**

7

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 more than 24,000 people living in Cornwall with sight loss who may need our support - whether that's for low vision, independent living, technology or clubs and activities.

iSIGHT CORNWALL

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.**



8

Hearing Loss Cornwall is a unique charity tackling a hidden challenge - communication. Even our trustees and members depend on us to connect with the hearing world. Hearing people access services effortlessly, but for those who can't use a phone or write English - since British Sign Language (BSL) is visual and gestural - daily life becomes daunting. Deaf individuals often face isolation and are unfairly seen as inconvenient in social settings.

Our charity provides essential communication support and advocacy, bridging gaps and empowering d/Deaf people to participate fully in community life.

HEARING LOSS CORNWALL

We strive to make inclusion a reality, not just an ideal.

What your donation could help provide:



- **£20 a day to support our BSL remote video service.**
- **£30 an hour to support Deaf Advocacy.**
- **£245: To support a BSL meeting with a deaf person**
- **£245: Communication support for funerals.**

9

Beach Guardian CIC was formed in 2018 out of the demand from the local community to participate in beach cleans, to help the environment and benefit people's mental and physical wellbeing.

Since then, we have hosted hundreds of workshops, events and activities as we keep the plastics we collect from our beach cleans. We host workshops to create art and educational resources to engage, educate and empower against plastic pollution.

We improve places and spaces that matter to communities. This funding will help those who wish to volunteer at beach cleans and participate in activities and workshops.

10

The Fishermen's Mission maintains a Christian presence in UK fishing communities. We provide emergency, welfare, and spiritual support to active and former fishermen and their families throughout Cornwall.

A life at sea brings unique challenges to our fishermen. A life that is dangerous, economically perilous and physically demanding. When the days at sea are done, chronic ill health, poverty and loneliness are often the rough seas our fishermen battle against.

Your support ensures our fishermen can rely on the Fishermen's Mission when tough times come.

BEACH GUARDIAN

What your donation could help provide:

- **£10:** Supports a participant at a Beach Guardian craft workshop.
- **£15:** Provides litter picking equipment for one volunteer.
- **£50:** Supports 10 people at a community beach clean.
- **£100:** Supports 15 pupils attending a workshop.



THE FISHERMEN'S MISSION

What your donation could help provide:

- **£15:** supports a fishing family facing a tough Christmas.
- **£25:** Helps pay for a visit to an isolated, retired fisherman facing a lonely Christmas.
- **£50:** Provides personal care for a grieving fisherman's partner facing a first Christmas without their loved one.



Photo credit: Gael Force Paul Campbell Photography

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CITIZENS ADVICE

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: Provides a family with emergency help.**
- **£25: Supports a specialist housing adviser to prevent homelessness.**
- **£50: Provides ongoing support.**



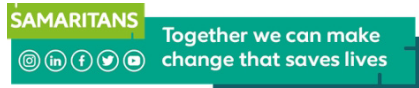
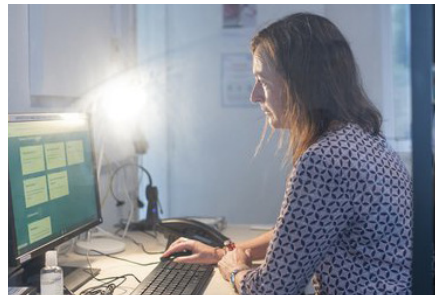
12

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 fundraising, 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're available via phone, email and chat 24/7. If you or anyone you know needs us, please call freephone 116 123.

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 delivering donated essential furniture and household items to individuals and families in need, including those rehoused after seeking refuge from domestic violence, homeless, long-term unemployed, asylum seekers, individuals with chronic illness or disability, ex-offenders, etc. These are free services for 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 individuals and families have the necessary resources to live with dignity and help alleviate financial strain so they are better able to focus on their future.

Demand for our help has been increasing. In 2024 we helped 571

14

Carefree Cornwall is a charity which works with young people aged 11-25 who are in and leaving care.

We aim to help these young people have a good life through positive relationships, support with transitions and helping them improve the care system for themselves and others.

Carefree's work is based in positive relationships. Young people can meet others and make friends, get involved in a range of activities and join Cornwall's Care for Change Council. We help young people to manage the process of leaving care including through the provision of a Personal Advisor Service. We also offer support with housing and careers, education and training.

HIDDEN HELP

families, and there are about 2.4 people supported per delivery we make.

We have moved to larger premises in Scorrier, at Wheal Rose Estate, where our vintage shop also has more space to support us.

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.



CAREFREE CORNWALL

What your donation could help provide:

- **£25:** Enables a group of young people to plan, shop for, prepare and eat a meal together.
- **£50:** Transports a group of young people to an evening group - either engaging in sports, singing or learning to support others.
- **£100:** Carefree can invest in tents and camping equipment to get 11-18s walking, enjoying the outdoors and being with others with care experience.



Carefree
Cornwall

15

The Coachhouse Food Hub, based at Tintagel, is here to help those who need support with food and essentials.

We open weekly, no referral needed, and a warm welcome awaits all.

Weekly, we help between 150 to 200 people, either in person or by our volunteers delivering food parcels.

We also help with household items, clothing and footwear and can bring in services to help with energy advice, debt, and signposting to vital health services.

In addition, we provide breakfasts which can be a simple sandwich or a full English breakfast, served with unlimited hot drinks.

COACHHOUSE FOOD HUB

What your donation could provide:

- **£5:** Covers a full hot breakfast and unlimited hot drinks.
- **£10:** Covers the cost of a food parcel for a single person.
- **£20:** Pays for a food parcel for a family of three.
- **£30:** Pays for a Christmas box, which has a full Christmas dinner including meat with all the trimmings, puddings, crackers.



16

At Truro Nourish Hub CIC, we believe everyone deserves to feel connected, valued, and heard.



Our work isn't just about meals, it's about mending the threads of community life and giving people the tools, confidence, and friendships they need to thrive.

Every week, we welcome people who may have nowhere else to turn - the teenager struggling to find their place in the world, the elderly neighbour who hasn't spoken to anyone in days, the parent juggling too many bills.

TRURO NOURISH HUB CIC

We see them, we listen, and we walk alongside them.

What your donation could provide:

- **£15:** Could provide ingredients and skills for a family cooking workshop, part of our project: **Healthy Eating, Healthy Living.**
- **£25:** Could fund a youth podcast session, giving young people the chance to be heard as part of our project: **Young Voices, Loud and Clear.**
- **£40:** Could support a group session tackling isolation as part of our project: **A Lifeline for the Isolated.**

17

Georgia's Voice is a Cornwall-based charity full of stories – from founder Sophie's heartbreaking experience of losing her daughter to suicide and her motivation for starting the charity, to stories of the incredible young women we support.

We provide free support groups across Cornwall, talking therapy and wellbeing activities, offering emotional support, and promoting mental well-being.

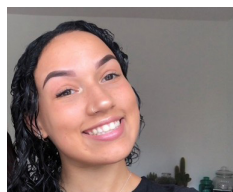
We provide safe spaces for sharing experiences, and foster a sense of community.

Our hope is to show young women that suicide is not the only option, and they are not alone.

GEORGIA'S VOICE

What your donation could help provide:

- **£10:** Could pay for refreshments for one peer support group for one month.
- **£20:** Could cover the venue costs of one support group session.
- **£90:** Could pay for a block of talking therapy sessions for one young woman.



18

At **WILD** we believe every family deserves moments of joy, especially young parents who may be facing money worries, insecure housing, a lack of support and loneliness.

Every Christmas, we create Santa's Grotto experiences where families, enjoy festive crafts, decorate our community trees and our WILD babies and children receive gifts from Father Christmas.

WILD supports young parent families across Cornwall all year round - offering safe, welcoming spaces where they can build confidence, connect with others, and access the help they need.

Your donation will bring festive joy to WILD families this Christmas - and help us continue our vital work

WILD

throughout the year, offering hope, connection, and practical support to young parents across Cornwall.

What your donation could help provide:

- **£10:** Santa's Grotto experience for a baby and their family.
- **£20:** Supports a baby and parent to attend a sensory play and bonding session.
- **£50:** Provides a New Baby Welcome Pack.



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The Wave Project transforms young lives through the power of Surf Therapy. We support children and young people across the UK struggling with their mental health, often due to bullying, abuse, trauma, autism, or bereavement.

Surf Therapy programmes are run from Bude, Polzeath, Newquay, Gwithian and St Ives beaches, helping around 2,500 children and young people every year. Over 550 come from Cornwall.

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.

THE WAVE PROJECT

With your donation, The Wave Project can continue delivering life-changing support. Thank you.

What your donation could help provide:

- **£10:** Could give a young person access to transport to a Surf Therapy session.
- **£15:** Could help provide necessary equipment for a supportive Adaptive Surfing session. A pair of wetsuit socks can make all the difference to someone who has a lack of mobility.
- **£50:** Could train a volunteer to safely support those attending a Surf Therapy session.
- **£80:** Could adapt a wetsuit, making it easier to put on.

YOUNG PEOPLE CORNWALL

What your donation could provide:

- **£5:** Art and craft materials for our youth centres.
- **£10:** Snacks and refreshments for a youth group session, helping to create a welcoming environment.
- **£25:** Could help towards a 1-2-1 session for young people needing emotional support.
- **£50:** A week's worth of activities at one of our youth centres.



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 18 December 2025.

ORDER ONLINE: Visit the diocesan website to see the catalogue or to make a donation **click here**. Online order deadline: Tuesday 23rd December 2025. Electronic certificates are available. Donations will be accepted up until 9th January 2026.

If you are a gift aider please follow instructions as part of the online payment process. Completion of gift aid declaration on page 15 is only required for postal donations.

GIFT AID

Increase your donation with Gift Aid.

Please tick:	I want to Gift Aid my donation of £ (amount)	to (name of your chosen charity)
✓	£60	St Petrocs

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, 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 or email cornish.christmasgiving@trurodiocese.org.uk

