CHRISTMAS NEWSLETTER



This financial year CATH supported 699 people across Perth and Kinross through our supported accommodation, housing support, community hub, wellbeing and education services. Through our valued partnership with Perth Starter Packs 702 people including 166 children were supported with the provision of household essentials.

At this time, the cost-of-living crises is extremely difficult for individuals and as a charity our costs too are rising. With public funding reducing and many third sector grants oversubscribed, this is a challenging time for the charity. The work that we do and the difference that we make would not be possible without the support of our fantastic volunteers and generous donors.

We are currently planning for 2026 to ensure that we can continue to respond to the needs of the people of Perth and Kinross.



CHRISTMAS NEWSLETTER



ON THE MEND UPCOMING NEWS & EVENTS

As we head toward the Christmas Break at On The Mend we have all our regular workshops, we are also working with a group from Trauma Healing Together on a series of 6 workshops in furniture upcycling and really looking forward to seeing the end results.

The shop area at On the Mend is full of lovely festive handmade gifts that have been made by On The Mend attendees and we have a 50% off de-stash sale on all the donated haberdashery every Saturday right up to Christmas. The shop is busy with lots of reuse Christmas stock and great gifts for planet friendly Secrent Santas.

Volunteers from both the shop and On The Mend will be coming together on the 9th of December for a Christmas Celebration.

Following the award from Green Living Fund for our On The Mend project. This funding will facilitate staff time to run the Saturday Sew-cial and introduce a fabric swap rail and increase volunteer opportunities. We are delighted with this funding as the outcome was partially decided on votes from Perth residents toward easing the cost of living and building a sustainable future.



CHRISTMAS NEWSLETTER

COMMUNITY HUB

Community hub as always is hosting a wide variety of fun events leading up to Jan 2nd.

CATH Community Hub Calendar THU MON TUE WED 12 DECORATING COCOA AND CHRISTMAS AND PUTTING COOKIES BINGO UP THE TREE SOCIAL 17 CHRISTMAS CHRISTMAS CHRISTMAS CHRISTMAS FESTIVE CAROL CAKE MOVIE AND CRAFT EUN HAT SING-A-LONG WORKSHOP DECORATING MAKING TREAT 24 26 CULTURAL CHRISTMAS CHRISTMAS CHRISTMAS EVE TRADITIONS DINNER + PARTY MUSIC, TREATS, ACTS OF FROM AROUND CELEBRATION THANK YOUS KINDESS THE WORLD

Dec 16 - Festive Hat Making

Dec 17 - Movie & Treat Day

Dec 18 - Carol Sing-Along

Dec 21 - Christmas Cake Decoration

Dec 22 - Acts of Kindness Day

Dec 23 - Cultural Celebration

Dec 24 - Christmas Eve Celebration

Dec 25 - Christmas Dinner & Party

Dec 26 - Boxing Day Lunch

Dec 29 - Gratitude Journaling Day

Dec 30 - Breakfast and Lunch

Resolution Goals for 2026

Dec 31 - Breakfast and Lunch,

Hogmanay Party

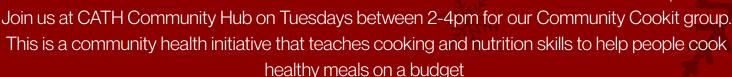
Jan 1 - New Years Day - Breakfast

and Lunch

Jan 2 - Full cooked breakfast at

Recovery Cafe





Using easy-to-follow recipes from NHS Tayside Community Cookit, we made some delicious food perfect for bringing some comfort as the weather starts to turn colder.

Even if this might be completely new to you and you want to build some new skills and cooking confidence - this is suitable for beginners so we'd love you to join us!

This group is free and open to all, for further information please contact Elaine on 01738 633 077. We'll see you every Tuesday in December!



Working Together to end Homelesness

POSITIVE PATHWAYS & ADULT LEARNING



After a short and well-deserved break, the groups will return on 6th January 2026, ready to continue their journey with renewed energy and optimism.

A heartfelt well done to everyone involved, your progress is inspiring, and the best is yet to come.

It's been a season of success and celebration for Positive Pathways and RSV, as participants continue to grow in confidence and take exciting steps forward. In partnership with RSV, three out of five participants from G4 have now secured volunteer placements with organisations across Perth and Kinross, a fantastic achievement that reflects their commitment and hard work.

As we move into the festive period, the groups have been enjoying a series of joyful Christmas activities. On 9th December, they decorated the CATH Connect Training room and created a shopping list for their upcoming Christmas cake decoration competition. This will be followed by an outing on 11th December to gather all the ingredients and supplies.

Looking ahead, the 16th of December will see the groups record a Positive Pathways video, capturing their reflections on just how far they've come on their recovery and personal development journeys. Finally, on 18th December, participants will enjoy a well-earned festive day featuring a Christmas movie, quiz, and of course, the muchanticipated cake competition.

Join us for a Drop-in at CATH Connect 61/63 High ST, Perth PH1 5TJ Monday, 22nd December between 10am-3pm

Enjoy a hot drink and a friendly chat about how we can support you. CATHS Adult Learning offers a welcoming space for adults to build practical skills for everyday life. Whether you'd like to improve your reading, writing, numeracy, or digital skills, we're here to support you. Our flexible programs are designed to help you learn at your own pace and gain confidence in a supportive environment.

Take the first step today.



Working
Together to end
Homelesness

CHRISTMAS NEWSLETTER



WARM GREETINGS

Wishing you a joyful holiday season filled with love, laughter, and cherished moments. May this Christmas bring peace and happiness to you and your family.

HUGE THANK YOU TO ALL OUR DONORS

This year we have been blessed with donations from our regular supporters & first time donators alike. We would like to offer immense gratitude towards this as it directly helps us continue running our projects and leave a lasting impact on our community! To highlight some of these~

- Aviva Community Fund £2,085 for our On The Mend Project
- Green Living Fund Awarding £10,146 to increase Textile reuse at On The Mend
- Lodge Scoon & Perth No. 3 awarding £800 for all our projects
- AHS Tayside Charitable Foundation who awarded our On the Mend with a magnificent £10,000 from the trust fund
- Craigie Church, Cargil Burelton Church, Dunbarney Church, Kinclaven Church
- Wendy from Royal Mail Delivery Office for kindly donating her winnings from her monthly bonus ball at work

A huge thank you to Bill for his incredible generosity! He has kindly donated 20 sleeping bags for our community hub, along with other thoughtful contributions during the festive season over the past few years. Your continued support makes a real difference to those in need—thank you for helping us bring warmth and comfort to our community and many individual donations, we offer our sincere gratitude in supporting our local community!

