

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.

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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 Secret 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.



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COMMUNITY HUB

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

CATH Community Hub Calendar

MON	TUE	WED	THU	FRI
8 X	9 X	10 CHRISTMAS BINGO	11 DECORATING AND PUTTING UP THE TREE	12 COCOA AND COOKIES SOCIAL
15 CHRISTMAS CRAFT WORKSHOP	16 FESTIVE FUN HAT MAKING	17 CHRISTMAS MOVIE AND TREAT	18 CHRISTMAS CAROL SING-A-LONG	19 CHRISTMAS CAKE DECORATING
22 CHRISTMAS ACTS OF KINDNESS	23 CULTURAL TRADITIONS FROM AROUND THE WORLD	24 CHRISTMAS EVE MUSIC, TREATS, THANK YOUS	25 CHRISTMAS DINNER + PARTY CELEBRATION	26 X

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



Join us at CATH Community Hub on Tuesdays between 2-4pm for our Community Cookit group. This is a community health initiative that teaches cooking and nutrition skills to help people cook healthy meals on a budget

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!

POSITIVE PATHWAYS & ADULT LEARNING



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 much-anticipated cake competition.

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.

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.

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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
- NHS 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!