



BATH CENTRAL UNITED REFORMED CHURCH

Bath Central United Reformed Church Charity, Registered number 1130339

Grove Street, Bath BA2 6PJ



Tel: (01225) 310050
E-mail: bcurc@btconnect.com
Website: bathcentralurc.virb.com/

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Dear Friends

Christmas Tree Trail Appeal – Supporting Our Local Community

We are writing to you as a valued supplier/hirer group to ask for your support in raising much needed finance for three local charities. A brief example of the essential care and support given by each charity is given below, but further examples can be found on their websites.

Bath Carers Centre: <https://www.banescarerscentre.org.uk/>

The Carers Centre supports local people who look after family or friends needing extra help and support day to day, either due to frailty, disability or a physical or mental condition. It works with Carers as young as 5, helping to care for siblings, parents or grandparents, right through to Carers in their 80's and 90's still supporting family members. Carers willingly give their time and energy to care, but this can come at great personal cost. Caring can be tiring, stressful and lonely. At the Bath Carers Centre, Carers find the help they need to manage their caring role as well as opportunities to take time out away from caring, to relax and refresh. This vital support helps ensure they can carry on caring whilst also having a life of their own.

As one Carer said 'The Carers Centre is my oxygen'.

It costs

£ 50 – to keep our information and advice line open for Carers for a day

£100 – for a Carer to have a course of counselling, to come to terms with the emotional challenges of caring

£150 – for one of our carer break activities, enabling 10 Carers to take time out from their caring role

£250 – for a young Carer to attend our Art Club throughout the year, or pays the costs of one of our adult peer support groups, giving Carers chance to meet each other, share experiences and make new friends.

Bath Child Contact Centre: <http://www.bathchildcontactcentre.co.uk/>

What is a contact centre? A safe and neutral meeting place, where the children of separated relationships can rebuild and enjoy the company of their absent parent or other relative in a safe environment, when there is no viable alternative. **Who comes and how?** Referrals are made through the Law Courts, CAFCASS, Solicitors or Social Services. It also accepts self-referrals on a trial basis. The contact centre might be needed for a one-off visit or on a regular basis for a longer period or just as a hand over point to save parents from meeting. **When is it open?** Every Saturday of the year unless it is Christmas day when alternative arrangements are made. **Do people have to pay?** No, when there has been a major breakdown in relationships charging is not an option. **Why is it necessary?** 1 in 3 marriages break up and many, many more less stable

relationships fail each year. It is proven that children maintaining contact with both parents lead to a more stable society. The prime concern is the children. ***How does it run?*** Staffing per session is by well trained volunteers who are there for the safety and protection of the children but try not to intervene unless, there is concern for the child or the parent requires help. There are no 'set activities, this is 'their time' to bond in whichever way is best for them.

Bath Child Contact Centre has been running for 25 years and has helped 1000's of children and families over that time. Three years ago it lost its local authority funding!

It costs

£291 - to fund each session. This covers the hire of the premises, a part-time paid co-ordinator, subsidised healthy refreshments for children and clients and the upkeep of equipment for interaction.

Headway Bath and District: <https://www.headway.org.uk/about-headway/>

Headway Bath and District is one of many regional but independent brain injury charities throughout the UK affiliated to Headway, the national brain injury association. Their commitment is to help families and individuals cope with the practical implications of a sudden catastrophic brain injury. In Bath, since 2001 we have offered a day-centre from the community halls at Bath Central URC to provide day respite to individuals and families. From our office we operate a local helpline and send out specialist information about the varied changes and challenges people will face and the common coping strategies proven to help. In more recent years we have expanded our services into offering education and discussion groups on the subject to support individuals' insight and adjustment to what has happened to them. We are now in the process of introducing a brain injury specialist counselling service and 1:1 intensive education for those unable to engage in group-work.

It costs...

£ 52 to provide a 1:1 session of specialist brain injury education and counselling.

£ 194 to provide each session of specialist brain injury group-work.

£ 300 to replace a pool table, games console or television, or to refresh our selection of craft activities or board games.

£ 600.00 to provide transport for a year to access our wheelchair and mobility friendly allotment and greenhouse in Bath.

Key funding provided to many charities by local authorities and other grant awarding bodies has been cut significantly, impacting dramatically on the important support and services provided to people in our community today!

Your generous financial sponsorship can make a real difference to the families, carers and sufferers helped by our nominated charities.

Please send your donation to Bath Central URC at the above address marked 'Christmas Tree Appeal'.

Thank you.

Yours sincerely,

Reverends David and Helen Pattie

URC Ministry Team