

Update on Charities currently being supported by this parish

Local Charities

Dementia Support (Hampshire and Isle of Wight)

Nominated by Helen Cobb



The Hampshire and Isle of Wight Dementia Support Service offers practical, emotional, and ongoing help to anyone affected by dementia — whether you have a diagnosis yourself or are caring for a loved one.

Their trained Dementia Advisers provide **one-to-one support**, helping people understand their diagnosis, navigate services, and plan for the future. They offer guidance on benefits, social care, local support groups, and how to access further help when needed.

The service also runs **regular support groups and activity sessions**, giving people living with dementia and their carers a chance to meet others, share experiences, and feel less alone. These include memory cafés, peer-support groups, and informal drop-ins.

Carers receive dedicated support too, including advice on managing day-to-day challenges, help with forms, and someone to talk to when things feel overwhelming. The team is available by phone for ongoing reassurance, information, and signposting.

Overall, the service provides a lifeline of **compassionate, practical support**, helping families feel informed, connected, and understood at every stage of the dementia journey.

Dementia Support makes a huge difference to both carers and those living with a diagnosis of dementia. They provide local groups where people can meet each week. Helen has found the support from this charity extremely valuable and says that ‘everyone understands your situation and we all support each other’.

The staff are exceptionally welcoming. They offer support during Thursday afternoon sessions and are always just a phone call away, ready to give advice and guide carers through the forms needed to access further help or benefits. Helen says she dreads to think how we would manage without them. Anyone caring for a family member or loved one with dementia is encouraged to reach out to this charity.

[Dementia Support – Hampshire & IOW](#)

Fareham and Gosport Basics Bank

Nominated by Rosemary Clarke



We have been very fortunate to receive support from Rosemary via her popular Tabletop fundraisers as well as generous support from church members over the years. This support is greatly appreciated and does make a difference to the local people we support in their times of crisis, it is good to know local people care and can help others in their community.

The Fareham and Gosport Basics Bank is a project run by a Christian Charity called Friends of the Homeless in Fareham and Gosport (Registered number 1194360). The aim is to provide support to anyone in the community who is going through a short term crisis and who, quite simply, haven't got enough money to buy food for themselves and their families

That support comes through the generosity of local people who provide food and toiletries, support us financially and through volunteering with us.

In the last twelve months we have dealt with some 3000 referrals representing about 7000 people fed. It really is local people supporting local people in need!

Our services can be accessed through our referral agencies. There are over 150 of these and they include Citizens Advice in both Fareham and Gosport, Fareham Borough Council Housing Office and Social Services, Gosport Borough Council Housing Office and Social Services, Housing Associations, Health Visitors, Schools Outreach Workers, Doctors' Surgeries, Probation Service, Women's Refuges, Two Saints, Avalon/Inclusion and many others.

We operate from our two foodbanks:-

Fareham ~ Aspect House, Westbury Road, Fareham, Hants PO16 7XU 01329 822204

Gosport ~ Unit 1, The Old Railway, Spring Garden Lane, Gosport, Hants PO12 1FQ 07826 305900

Should you require any further information, please do not hesitate to contact me,

Many thanks for your support,

Kind regards,

Julie Rood

Trustee & Volunteer

[Basics Bank - Food Bank - Fareham, England](#)

National Charities

Brainstrust

Nominated by Teresa Lee



The Charities vision is for everyone with a brain tumour to feel less afraid, less alone and more in control. Last year £652,450 was raised through charity events, fundraising, gift aid & national lottery. One of the most important things which the monies go towards is a Brainbox - both adults and children adapted. These boxes are sent out to every person who contacts Brainstrust with a brain tumor diagnosis. This box is tailored to each person's type of tumor.



The boxes include a range of helpful items, such as booklets and information on your diagnosis, what to expect from your MDT team, radiotherapy and chemotherapy, proton therapy, living with a brain tumour, having difficult conversations, end-of-life care, fatigue, behaviour and personality changes, types of surgery, and support available for family members.

They also provide details on how to access your Brainstrust dedicated support carer, along with thoughtful extras like teabags, children's toys, and a stress-relieving squishy brain, among other useful items.

Funds also support a range of online meet-ups, offering group connections with other brain tumour warriors, all facilitated by a trained Brainstrust counsellor.

These sessions include meningioma meet-ups, low-grade glioma groups, high-grade groups, colloid cyst discussions, hypnotherapy sessions, a bereavement community, and even relaxed drop-ins simply for a cuppa and a wee blither.

And that's just the beginning — there is so much more available.

[Home - Brainstrust, brain tumour charity](#)

Church Urban Fund

Nominated by Maurice Shergold



The Church Urban Fund (CUF) is the Church of England's national charity dedicated to tackling poverty, exclusion, and social division across England. Working through local churches, community partners, and diocesan networks, CUF helps create stronger, fairer, and more connected communities, especially in areas facing significant deprivation.

Mission and Purpose

CUF exists to help people and communities **flourish**. Its work is rooted in Christian compassion and a commitment to justice, responding to the social, emotional, and economic challenges that shape daily life for many across the country. CUF focuses on enabling churches to be confident, equipped, and effective in their local social action.

Key Areas of Work

1. Supporting Local Social Action

CUF provides training, grants, resources, and practical tools that help churches respond to local needs. This includes:

- Food insecurity and cost-of-living pressures
- Loneliness and social isolation
- Mental health and wellbeing
- Community cohesion and inclusion
- Financial hardship and debt

Their support strengthens grassroots projects, ensuring they are sustainable, safe, and impactful.

2. Near Neighbours Programme

One of CUF's flagship initiatives, **Near Neighbours**, brings people of different faiths, cultures, and backgrounds together. It funds small, local projects that build trust, reduce division, and encourage

neighbourliness. In recent years, the programme has played a vital role in countering polarisation and promoting cross-community solidarity.

3. Research and Advocacy

CUF produces respected research on poverty, social fragmentation, and community wellbeing. Their recent work highlights the growing “**poverty of relationships**”—the loss of connection, belonging, and identity affecting many communities. CUF uses this insight to shape national conversations and equip churches to respond wisely and compassionately.

4. Building Confident, Connected Churches

CUF helps parishes develop the skills and confidence needed for effective community engagement. This includes:

- Training in community listening
- Support for project planning and governance
- Resources for tackling local deprivation
- Partnerships with dioceses and civic organisations

Leadership and Vision

Under the leadership of **Rt Revd Rob Wickham**, CUF emphasises a vision of **justice shaped by the Gospel**—practical, relational, and rooted in hope. Their work encourages churches to be places where people find dignity, welcome, and opportunity.

Why CUF Matters

CUF remains a vital partner for churches seeking to serve their communities. It helps parishes:

- Understand local needs
- Build partnerships
- Strengthen community life
- Respond to poverty with compassion and confidence

In a time of rising inequality and social fragmentation, CUF’s work continues to offer hope, connection, and practical support where it is most needed.

[Church Urban Fund: national charity mobilising local social action - CUF](#)

International Charities

WaterAid

Nominated by Clive Ellam



When a community gets clean water for the first time, it's the start of something truly life-changing.

WaterAid is an international charity dedicated to ensuring that everyone, everywhere has access to **clean water, decent toilets, and good hygiene**. Founded in 1981, it now works in over 25 countries across Africa, Asia, the Pacific, and Central America, transforming lives through practical, sustainable solutions.

Mission and Purpose

WaterAid's mission is simple but life-changing: **to end the global water, sanitation, and hygiene crisis for good**. They believe that clean water is a human right and the foundation for health, education, dignity, and economic opportunity.

Key Areas of Work

1. Clean Water

WaterAid works with local communities to install:

- Boreholes and wells
- Rainwater harvesting systems
- Gravity-fed water systems
- Water purification and storage solutions

These projects are designed to be **locally owned, long-lasting, and climate-resilient**.

2. Decent Toilets

Safe sanitation prevents disease, protects dignity, and keeps girls in school. WaterAid helps communities build:

- Household toilets
- School and clinic sanitation blocks
- Accessible and gender-safe facilities

They also support local governments to improve sanitation planning and infrastructure.

3. Hygiene Education

WaterAid promotes life-saving hygiene practices such as:

- Handwashing with soap
- Menstrual hygiene management
- Safe food and water handling
- Community-wide hygiene behaviour change

This work dramatically reduces illness and improves overall wellbeing.

How WaterAid Works

WaterAid's approach is built on:

- **Partnership** with local organisations, governments, and communities
- **Long-term sustainability**, ensuring systems keep working for generations
- **Advocacy**, influencing global policy and investment in water and sanitation
- **Climate resilience**, helping communities adapt to droughts, floods, and water scarcity

Impact

Recent achievements include:

- Reaching millions of people with clean water and sanitation each year
- Supporting healthcare facilities to provide safe, hygienic care
- Improving school attendance—especially for girls—through better toilets and hygiene
- Strengthening local leadership so communities can maintain their own systems

WaterAid’s work reduces disease, supports education, boosts livelihoods, and helps communities thrive.

Why WaterAid Matters

Around **703 million people** still live without clean water close to home, and **1.5 billion** lack safe sanitation. WaterAid tackles these injustices with practical solutions that restore dignity, health, and hope.

[Donate now | WaterAid UK](#)

Christian Aid

Update by Donna Irving



Christian Aid – Standing Together to End Poverty

Christian Aid is a global Christian charity working to end poverty, challenge injustice, and support communities facing crisis. Rooted in the belief that every person is made in the image of God, Christian Aid partners with local organisations in some of the world’s poorest and most fragile places.

Here are some **key areas where Christian Aid is actively helping communities around the world today.**

1. Tackling Extreme Poverty

Christian Aid supports long-term development projects that help families grow food, earn a living, and build secure futures. This includes farming training, women’s economic empowerment, and community-led development.

2. Responding to Emergencies

They provide rapid, life-saving support during disasters such as conflict, earthquakes, floods, and drought. This includes shelter, clean water, food, medical supplies, and protection for vulnerable people.

3. Climate Justice

Christian Aid works with communities most affected by climate change—those facing drought, rising seas, crop failure, and extreme weather. They help people adapt, protect their livelihoods, and campaign for fair global climate action.

4. Peacebuilding and Conflict Support

In areas affected by violence or political instability, Christian Aid helps rebuild trust, support displaced families, and strengthen local peace efforts.

5. Health and Education

They improve access to healthcare, maternal support, hygiene, and education—especially for women and girls—so communities can thrive long-term.

6. Campaigning for Justice

Christian Aid speaks out on global issues such as:

- Debt relief for poorer nations
- Fair trade and economic justice
- Climate responsibility
- Human rights and equality

They work to change the systems that keep people in poverty.

Each year, **Christian Aid Week** brings churches together across the UK to pray, give, and act in solidarity with communities around the world.

By supporting Christian Aid, we join a worldwide movement of hope—working for a fairer, safer world where everyone can live with dignity.

[Fundraise | Christian Aid Fundraise](#)