

**Homelessness**  
**is closer**  
**than you think!**  
*Can you make a*  
*difference?*



## WHO ARE WE?

CATH is a progressive local charity which supports, encourages and promotes the development and delivery of projects to alleviate homelessness, poor and sub-standard housing and associated problems in the Perth and Kinross District. We help over 800 people a year to overcome homelessness issues through our project activities which include:- Drop in Day-Centre, Emergency hostel accommodation, Long term accommodation, Tenancy support, Advice and advocacy, Outreach and Street work, Community Youth Initiative, Literacy and numeracy support, Employability and employment training, Employment creation.



CATH is committed to working with those who are homeless or at risk of homelessness and strives to treat all with respect and dignity. We aim to nurture safe and supportive environments enabling service users to make informed choices regarding lifestyle and living arrangements. Access to services and support is open for those in need, without any restrictions or commitment to change

## BACKGROUND

CATH was formed in 1991 (incorporated in 1995) in response to a need to reduce the number of rough sleepers and homeless people in Perth. It began as a series of soup kitchens in Church Halls, staffed purely by volunteers. CATH's Day Centre was the first permanent project and is still seen by many as 'the heart' of the organisation. In 2003 CATH was awarded the "Unsung Heroes" Queens Golden Jubilee Award in recognition of the work done by volunteers.

## VOLUNTEERING IN CATH

CATH would not have existed for so long and developed into the successful organisation it is today without the ongoing support and commitment of its volunteers; from the original band of volunteers that set up the organisation to the existing voluntary Management Committee responsible for governing and leading this diverse organisation. However, we always need to recruit new volunteers into CATH at all levels.

Our typical volunteers are aged 16 or over, have a friendly and outgoing personality, a genuine interest in those affected by homelessness, a willingness to learn, a hardworking attitude – not frightened to muck in and get your hands dirty – and good sense of humour!

In return we offer an enjoyable and worthwhile experience, an opportunity to meet new people, a chance to test out and maybe improve your cooking/gardening/management/board/governance skills, training and/or qualifications in food hygiene, horticulture, practical skills, management etc. depending on your voluntary role, an opportunity to learn more about homelessness, a reason to get out of the house, something to look forward to, travel expenses and a reference for further education or a job

Because we work with vulnerable people, every member of the CATH team undergoes an "Enhanced Disclosure" police check.

**ARE YOU READY TO MAKE A DIFFERENCE?**

# VOLUNTEERING OPPORTUNITIES



## Kitchen Volunteers

Our drop-in day centre is open Mon – Friday 9.30am – 3.00pm providing information advice and advocacy, low cost nutritional meals, bathing and laundry facilities, clothing store and access to leisure, community and confidence building activities.

A typical day could involve preparing filled rolls, preparing and assisting with cooking meals, serving meals, serving teas and coffees throughout the day whilst always maintaining a clean and tidy kitchen in line with current Food Hygiene standards. Our volunteers are normally with us for 4 hours (10am to 2pm) on any weekday.

## Management Committee Members

We are always looking to recruit new members to join our Management Committee. This involves at least one meeting every six weeks and being involved with discussing the management and direction of the organisation. We are particularly keen to recruit people with an interest in or experience in any of the following areas: Fund raising, Public Relations/Marketing and Business Management



## CATH Enterprises Ltd

CATH Enterprises Ltd is a business that provides a framework for people with different skills to work together on a variety of commercial projects. The Company has been conceived as an enabling organization which provides resources; energy and

skills to assist commercial projects to get started, get employing and get growing!

We are developing: a home and garden maintenance service, a low cost building project, a new horticulture product range, a retail business and quite a few more. If you have skills we might need, an idea we might want to help you develop then get in touch. Our motto is "pulling together for the common good".

## Balhary Walled Garden - near Meigle

We are restoring a 1 acre walled Victorian kitchen garden near Meigle and are looking for active volunteers to work with the staff and our garden attendees who have mixed abilities.

Why not learn with us to develop and maintain the garden you will be able to help with planting, maintaining the vegetable plots and fruit trees all produce is sold once harvested to help raise funds. You don't have to have "Green Fingers" just enthusiasm. You will have the opportunity to learn new things or perhaps you can share your experiences with us



If you have a couple of hours to spare on Mondays, Tuesdays or Wednesdays why not come along and enjoy the "Balhary" experience – we can promise you'll want to come back.

## INTERESTED ENOUGH TO FIND OUT MORE?

**Write to us:** Churches Action for the Homeless  
CATH New Futures Centre  
Ladeside, St Catherine's Road  
Perth, PH1 5RY

**Phone us:** 01738 580188

**Email us:** [admin@cath-org.co.uk](mailto:admin@cath-org.co.uk) or  
[e.lamb@cath-org.co.uk](mailto:e.lamb@cath-org.co.uk)

**Visit the website:** [www.cath-org.co.uk](http://www.cath-org.co.uk)

**Or just drop in and see us for a chat!**

(We're behind Homebase in Perth & there's a map on the website)

