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**COMMUNITY IMPACT
REPORT**



United Way
Guelph Wellington
Dufferin

WE ARE YOUR **UNITED WAY:**

For the past 79 years, United Way Guelph Wellington Dufferin has strived to meet existing and emerging social needs in order to improve lives and build community. Directed by a volunteer board, managed by committed staff and supported by thousands of donors, United Way Guelph Wellington Dufferin works with partners in all sectors to identify needs and raise funds to support programs in response to those needs.

Today, United Way Guelph Wellington Dufferin funds 72 social service programs at 50 local charitable organizations and community agencies. These programs allow kids to be all that they can be, move people from poverty to possibility and create, strong thriving communities.

Thanks to the generosity of thousands of donors and the hard work of our funded agencies, in 2019 we raised over \$3.2 million. As a result, we are able to improve the lives of thousands of children, youth, adults, families and seniors in our local community.



**SHOW YOUR
LOCAL LOVE.**

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Dufferin County

OUR COMMUNITY

GUELPH WELLINGTON DUFFERIN



WHAT SETS US APART

WE ARE LOCAL EXPERTS

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WE BRING PEOPLE TOGETHER

-

WE SOLVE COMPLEX ISSUES

-

WE IMPROVE LIVES

-

**WE GENERATE HIGH RETURN ON
COMMUNITY INVESTMENT AND
MEASURE IMPACT**

UNITED WAY **IMPACT AREAS:**

United Way works closely alongside issue experts on research planning tables to understand our community's needs and facilitate investment in programs through a volunteer Community Impact Committee. United Way has identified five essential building blocks to create strong neighbourhoods and thriving communities, including:

CONNECTED KIDS

All children and youth should believe in themselves and feel like they are part of the community in which they live. When kids feel a sense of belonging and pride in their communities, they are better able to deal with life's challenges and get involved. Children who participate in activities are more likely to have higher self-esteem, develop skills for learning and form positive relationships.

ADEQUATE BASIC NEEDS

Basic needs include food, housing and income. These are crucial social determinants of health that individuals and families need to survive and thrive.

SENSE OF BELONGING

Feeling a sense of belonging and participating in your community benefits individuals, organizations and communities alike. People who are connected to others and their community tend to be happier and healthier. Belonging and participating are two ways to receive emotional support, feel valued, decrease social isolation and give back to the community.

POSITIVE MENTAL HEALTH

Positive mental health means people can handle life's challenges. Mental health, poverty and overall well-being are connected. People who struggle with mental illness are more likely to have chronic illness. A mental illness can impact a person's ability to pursue education, or find employment.

SUPPORTS FOR SENIORS

Social networks provide social, emotional and financial support to individuals, while connecting them to other groups, people and opportunities. Social participation affects physical and mental health and is especially important for older adults. Health benefits include better quality of life, living longer and decreased risk of acquiring a disability, depression, anxiety or dementia.

WE ARE **LOCAL EXPERTS:**

By investing in individual programs and by participating with local community committees - those that receive United Way funds and those that do not - we aim to address the social needs of individuals and families in our community that are vulnerable to social and systemic barriers, in order to create meaningful change. We are happy to work with our community partners on the following committees and task forces:

COMMUNITY DATA PROGRAM - WELLINGTON-DUFFERIN-GUELPH CONSORTIUM

This program functions as a gateway for municipalities and community organizations to access data, monitor and report on social and economic trends within their communities.

GUELPH WELLINGTON TASK FORCE FOR POVERTY ELIMINATION - MEMBERSHIP COMMITTEE

This committee focuses on developing an intersectional approach regarding Housing & Homelessness, Livable Incomes & Decent Work, Food Insecurity and Health Inequalities in our local community. This work is supported by the Research & Knowledge Mobilization Committee and the Wellington-Guelph Housing Committee.

GUELPH WELLINGTON LOCAL IMMIGRATION PARTNERSHIP - LEADERSHIP COUNCIL

This council is a large coalition of individuals representing a wide range of groups in the community. Their focus is in creating a more welcoming and inclusive community for immigrants by developing effective solutions that address economic and social issues.

GUELPH-WELLINGTON FUNDERS NETWORK

The purpose of this network is to take a birds-eye view on local issues and needs, and align them to different funding processes. This requires members to take collective action and respond to funding requests and needs in the community.

INTEGRATED YOUTH SERVICES NETWORK

This initiative aims to deliver mental health services to youth ages 12-26 to meet a wide range of needs. Services and programs are co-designed with youth to make sure that they are able to get what they need, when they need it, at seven hubs across Guelph Wellington.

MAYOR'S TASK FORCE ON HOMELESSNESS AND COMMUNITY SAFETY

A combination of community leaders and agencies, convened by Mayor Guthrie that work together around the issues of homelessness and related issues of addiction, mental health, and community safety.

REACHING HOME, CANADA'S HOMELESSNESS STRATEGY - COMMUNITY ADVISORY BOARD

This is a governmental, community-based program aimed at preventing and reducing homelessness in the community. Funding is directed to address local needs and specific homelessness priorities.

TOWARD COMMON GROUND - STEERING COMMITTEE

This committee aims to build a sustainable collective planning model to support stakeholders of social and health well-being and to take action that makes a difference in the lives of people in our community.

UNITED WAY'S FOOD INSECURITY NETWORK

A network of similar-minded funded agencies that work together to create a collective food security strategy.

UNITED WAY'S ADVERSE CHILDHOOD EXPERIENCES NETWORK

A network of similar-minded funded agencies working together to create a collective strategy focusing on children and youth under our Connected Kids area.

WELLINGTON-DUFFERIN-GUELPH COALITION FOR REPORT CARDS ON THE WELLBEING OF CHILDREN

This committee is a collaborative group that examines and provides access to a wide range of population-level health and well-being indicators. These indicators support the understanding of children and youth well-being in our community. This work is in partnership with the Upper Grand District and Wellington Catholic School Boards. Additional committees that support this work include the Core Indicators Advisory Committee, Data Access Working Group and the Knowledge Activation Team.



CONNECTED KIDS

THE ISSUE:

Poverty, food insecurity, mental illness, domestic violence, and lack of early-year foundational supports have lifelong effects on children. As they enter adolescence and young adulthood, they often struggle to make connections, finish high school, and find meaningful jobs. This is a lasting impact on our community's young people, creating barriers to opportunity and affecting their chances at building a successful life.

THE RESPONSE:

United Way works with partner agencies to put kids on the path to success by investing in their development, from early childhood to young adulthood. These investments include vital early-years supports for children and their families, and engagement and employment programs that help youth successfully transition to adulthood. By decreasing barriers to kids' success, and increasing their opportunities for education and employment, we ensure our community's youngest citizens have everything they need to thrive today, and in the future.

THE INVESTMENT:

Thanks to your generous donation,

\$300,178

was invested in children and youth programs in our community in 2019.

THE STUMBLING BLOCKS

LOW SELF-ESTEEM

As many as **2/3**

of youth feel that they face too many problems.

LOW CONNECTEDNESS

Almost **35%**

of school-aged kids don't feel like they have a friend that they can count on.

LOW ACTIVITY

At least **1/2**

of youth are not actively engaged in their community.

THE BUILDING BLOCKS

This year, children and youth were able to attend inclusive summer camps, participate in mentoring programs to develop leadership skills, learn about positive mental health and the effects of bullying, and have access to new activity spaces.

1,029

children and youth are participating more at school and engaging in new opportunities.

2,095

kids built new, healthy relationships and have feel they have the social skills to get along better with others.

1,768

kids now believe in themselves and have the confidence to pursue new opportunities in their community.

137

kids have more knowledge about services and resources they can access to help them succeed.

882

kids now feel like they belong in their community and can connect with others.

TOGETHER WE ARE MAKING A DIFFERENCE:

“

He loved being part of a shared group activity. He didn't need to be nervous, because everyone in the group had sight loss. He really wanted to be a part of the group, it gave him the self-confidence to learn and participate."

- Beyond the Classroom



“

He had trouble making friends and was not always sure of himself in this social setting. His Grandma said he didn't stop talking about the things he learned and played and looked so forward to our next Game On session.

- Game On

“

George has experienced a number of challenges at school, including being bullied and getting into conflict with other students.

George's mentor has been an invaluable and consistent person in his life, helping him navigate these barriers, supporting his mental health and well-being.

- In-School Mentoring Programs

“

I realized then that Rainbow Day Camp is more than just a camp for my son, it is his safe space. Thank you Rainbow, for creating a space that any child can feel comfortable and are not afraid of being who they are.

- Inclusive Summer Day Camp



“

Because of caring volunteers like Rob, children in the Big Bunch group are enjoying successful mentoring experiences and developing positive relationships.

- Big Bunch Mentoring



“

She can work at her own pace, does not get teased by other kids for not knowing information, and gets loads of encouragement from Grandma and her parents as she learns at home.

- Just for YOUth Literacy

WHAT YOUR DOLLAR BUYS

\$25

Purchases breakfast for 3 children so that they can have a healthy start to their day.

\$100

Fills a backpack for a youth with limited income to start the school year with items they need to succeed in the classroom.

\$365

Provides transportation for 2 children with sight loss to attend summer camp so they feel included and can make new friends.

\$500

Provides a child with a one to one support councillor for a week at camp.

\$1000

Supports an entire group of 8-10 boys or girls in a school-based mentoring program for one seven week session, which focuses on pursuing a healthy, active lifestyle.

THE AGENCIES & PROGRAMS WE FUND

15 PROGRAMS AND 10 AGENCIES PROVIDE HIGH IMPACT INTERVENTIONS AND SUPPORTS FOR KIDS.

ACTION READ COMMUNITY LITERACY GROUP

EARLY START FAMILY LITERACY

AUTISM ONTARIO-WELLINGTON COUNTY CHAPTER

SUMMER PROGRAMMING

BIG BROTHERS BIG SISTERS OF GUELPH

BIG BUNCH GROUP MENTORING
ONE TO ONE COMMUNITY MATCH
SCHOOL-BASED MENTORING
IN-SCHOOL MENTORING

BIG BROTHERS BIG SISTERS OF NORTH WELLINGTON

GO GIRLS GAME ON
IN-SCHOOL MENTORING
MATCH PROGRAM

CANADIAN NATIONAL INSTITUTE FOR THE BLIND

BEYOND THE CLASSROOM

FAMILY & CHILDREN'S SERVICES OF GUELPH AND WELLINGTON

GIVE YOURSELF CREDIT

JOHN HOWARD SOCIETY OF WATERLOO-WELLINGTON

BULLYING PREVENTION

RAINBOW PROGRAMMES FOR CHILDREN

INCLUSIVE SUMMER DAY CAMP

SHELLDALE FAMILY GATEWAY

YOUTH RESILIENCY PROGRAM

WELLINGTON COUNTY LEARNING CENTRE

JUST FOR YOUTH LITERACY



ADEQUATE BASIC NEEDS

THE ISSUE:

Complex challenges like job loss, illness, and the mounting cost of living prevent many individuals from building the life they hope for themselves. For many people across our community, poverty is a daily struggle. It touches almost every aspect of a person's life, from food, shelter and unemployment to mental and physical well-being. The social and economic issues that poverty impacts affects entire communities.

THE RESPONSE:

United Way's poverty reduction efforts are designed to achieve measurable results which ensure families and individuals have the financial, social and personal assets they need to improve their quality of life. We work together with partner agencies to tackle the root causes of poverty by ensuring people meet their basic needs and build towards stability with financial empowerment supports.

THE INVESTMENT:

Thanks to your generous donation,

\$581,200

was invested in our community in 2019 to alleviate poverty.

THE STUMBLING BLOCKS

HOMELESSNESS

Roughly

300

people in Guelph Wellington are homeless each night.

ADEQUATE HOUSING

At least **1/4**

of households cope with unaffordable shelter and housing costs.

FOOD INSECURITY

Almost **1 IN 10**

Guelph Wellington households struggle to buy food, or go hungry.

THE BUILDING BLOCKS

This year, your donation helped members in our community live in good health and with dignity, by providing programs and resources to help alleviate poverty.

327

individuals now have access to stable and affordable housing that meets their needs.

677

people now face reduced risk of eviction and homelessness.

713

people have access to sustaining income and income supports so that they can focus on their next steps.

2,295

individuals have a decreased need for emergency food sources.

27,377

individuals now have increased access to nutritious, culturally appropriate, and affordable food.

6,633

individuals have access to, or new knowledge of, other services that will help them meet their needs.

TOGETHER WE ARE MAKING A DIFFERENCE:

“

Within a few months Bonnie was able to secure full time employment and only needed the support of the food bank until she had her rental arrears paid in full. Bonnie continues to keep in touch and seeks guidance when she begins to feel anxious, but otherwise is now able to pay her rent and buy her own food.

- Food Bank East Wellington



“

What stands out is the number of people who share a similar story, gushing about how the program has allowed them to eat more fruits and vegetables, increase their knowledge of what to do with them via the recipes and overall improving their diets.

- Garden Fresh Box

“

Emily came to us when she found out she was pregnant with her son. She needed support and help at a time in her life when there was much upheaval. Emily participated in the Residential Program and thrived in her new role as a Mom. She lived here for a short time while she got her on her feet and had a chance to discover and work on some future goals for herself. Emily is now living independently out in the community and visits and send us updates on how they are doing. Emily will be entering her last semester of College this Fall and is eagerly anticipating her graduation and being able to support herself and her son in the coming months and years. We are excited to support her goals and cheer her on to success!

- Supportive Transitional Housing Program

“

Clients have come to the Meals on Wheels program from the hospital because they are completely malnourished or because they were in such financial turmoil they made the choice to completely stop eating all together. With the help of United Way funding, these clients can come home and focus on their health.

- Meals on Wheels



“

Sammy has been the healthiest he has been in years with a stable place to be and to have the supports and treatment he needs to be successful in the next part of his journey. Sammy has also reconnected with his family and they are extremely grateful for his health.

- Drop In Program

WHAT YOUR DOLLAR BUYS

\$25

provides 3 personal hygiene kits for youth in need.

\$100

purchases 44 bus tickets to ensure positive community participation through transportation to attend school, activities, home visits, and apartment viewings.

\$365

provides 4-5 individuals with "new home" starter kits that include towels, bedding, dishes for 2, pots and pans and basic cleaning supplies for individuals.

\$500

purchases 40lbs of ground beef, 40 4 litre bags of milk, 270 eggs, 40lbs of carrots and 28lbs of apples for individuals experiencing food insecurity.

\$1000

provides a family or individual a payment towards monthly rent so they are able to afford food for that month.

THE AGENCIES & PROGRAMS WE FUND

13 PROGRAMS AND 11 AGENCIES PROVIDE HIGH-IMPACT INTERVENTIONS AND SUPPORTS.

CENTRE WELLINGTON FOOD BANK
HEALTHY FRESH FOOD

CHALMERS COMMUNITY SERVICE CENTRE
FOOD PANTRY

COMMUNITY RESOURCE CENTRE OF NORTH WELLINGTON & CENTRE WELLINGTON
OUTREACH & SUPPORT SERVICES

EAST WELLINGTON COMMUNITY SERVICES
FOOD BANK

GUELPH COMMUNITY HEALTH CENTRE
GARDEN FRESH BOX

LAKESIDE HOPE HOUSE
REFRESH: BRINGING GOOD FOOD HOME

MICHAEL HOUSE PREGNANCY CARE CENTRE
SUPPORTIVE TRANSITIONAL HOUSING PROGRAM
RESIDENTIAL PROGRAM

VON WATERLOO WELLINGTON DUFFERIN
MEALS ON WHEELS - GUELPH/WELLINGTON

WELCOME IN DROP-IN CENTRE
DROP-IN PROGRAM

WELLINGTON COUNTY LEARNING CENTRE
BRIDGES OUT OF POVERTY: CIRCLES

WYNDHAM HOUSE
YOUTH RESOURCE CENTRE
LONG TERM TRANSITIONAL HOUSING PROGRAM



POSITIVE MENTAL HEALTH

THE ISSUE:

Too many people in our community struggle with mental health issues - 1 in 4 people in Guelph Wellington feel too stressed on a daily basis; 8 in 10 teens say they struggle with mental health and death by suicide in Guelph is 2.5x the national average. Mental health, poverty and overall wellbeing are connected. People who struggle with mental illness are more likely to have chronic illnesses, and mental illness can impact a person's ability to pursue education or find employment.

THE RESPONSE:

United Way invests in prevention and early intervention programs which provide a wide range of community-based services that help improve social support, self-regulation of emotion and coping skills, as well as increase access to help and support. With positive mental health, we are better able to cope and thrive personally and professionally.

THE INVESTMENT:

Thanks to your generous donation,

\$724,533

was invested in our community in 2019 to ensure that our community can thrive.

THE STUMBLING BLOCKS

MENTAL HEALTH

Roughly

1 IN 5

individuals experience mental illness.

Almost

1 IN 8

teenagers in Guelph and Wellington say they are struggling with mental health.

STRESS LEVELS

At least

1 IN 4

people feel too stressed on a daily basis.

THE BUILDING BLOCKS

This year, your donation helped members in our community access programs and services that helped them cope with life's challenges and improve their mental health.

3,015

individuals have the confidence and self-esteem to work through challenging situations.

3,282

people feel less isolated and that they have the social support to work through challenges.

4,071

people have learned new skills to help them cope with life's challenges.

6,995

people have access to new resources and supports, providing them people they can rely on.

4,064

individuals, with the support of others, have developed goals to help reduce stress.

6,992

people have improved knowledge of relevant services and how to access those services.

TOGETHER WE ARE MAKING A DIFFERENCE:

“

I'm learning strategies to help myself and to begin to repair the relationships I hurt so badly. I joined the group lost and without hope. Today I can genuinely say that, because of this group, I have found hope and am looking towards the future.

- Mood Disorders Support Group

“

Throughout our time working with Jessie, ARCH staff were able to work with our community partners to **reduce his risk of following through on his suicidal ideation.**

- HIV/AIDS Prevention & Support Program



“

The volunteers were able to **provide emotional support and connect them with new resources** so that they could have food and other supplies delivered to their home. The client would constantly praise the volunteers and inform them that **they were the reason that they were able to keep going on with their life.**

- Distress Line Listening Service



“

I want to thank you and Spark of Brilliance because a few years ago I was locked in my home, afraid of the world outside, and then I found your group and I went to a class. I had fun doing the class, but it was 100% the kindness you and the other participants showed me that made me glad I had left the house.

- Spark of Brilliance

“

YouthTALK has given me so much and continues to teach me new things. I've always been a shy and quiet person, but YouthTALK has helped me tremendously in getting the confidence I need to speak up for myself and advocate for what is right.

- YouthTALK

“

We felt as if we had someone who was there for us every step of the process, including follow-up afterwards, in a different way from the police and lawyers. She spoke common language and was super-relatable for my teen daughter. **I can't imagine how anyone goes through this process without you!**

- Child Witness Program



WHAT YOUR DOLLAR BUYS

\$25

purchases a gas card for a person living with HIV in a rural community to travel to closest HIV specialist.

\$100

provides 2 counselling sessions to a woman experiencing domestic violence or sexual violence.

\$365

provides a quick-access, single counselling session for 3 individuals.

\$500

provides a year supply of stress balls, calming stones, stuffed animals and other testimonial aids to use while testifying or during other stressful situations.

\$1000

equips one volunteer with a call center space (desk, chair, and computer) to serve more individuals in distress.

THE AGENCIES & PROGRAMS WE FUND

16 PROGRAMS AND 13 AGENCIES PROVIDE HIGH IMPACT INTERVENTIONS AND SUPPORTS.

ARCH: HIV/AIDS RESOURCES & COMMUNITY HEALTH
HIV/AIDS PREVENTION & SUPPORT

CANADIAN MENTAL HEALTH ASSOCIATION: WATERLOO WELLINGTON
YOUTH TALK
SPARK OF BRILLIANCE
MENTAL HEALTH PROMOTION AND EDUCATION

CHILD WITNESS CENTRE
CHILD WITNESS PROGRAM

DUNARA HOMES FOR RECOVERY
HOARDING RESPONSE

EAST WELLINGTON COMMUNITY SERVICES
COMMUNITY SUPPORT SERVICES

FAMILY COUNSELLING AND SUPPORT SERVICES FOR GUELPH-WELLINGTON
QUICK ACCESS AFFORDABLE COUNSELLING

GUELPH WELLINGTON WOMEN IN CRISIS
SEXUAL ASSAULT CENTRE
RURAL WOMEN'S SUPPORT PROGRAM

HOSPICE WELLINGTON
GRIEF AND BEREAVEMENT

JOHN HOWARD SOCIETY OF WATERLOO WELLINGTON
COMMUNITY AFTERCARE

MOOD DISORDERS SUPPORT GROUP OF GUELPH
MOOD DISORDERS SUPPORT

PEOPLE AND INFORMATION NETWORK
COMMUNITY INFORMATION

TORCHLIGHT
DISTRESS LINE LISTENING SERVICES

YMCA-YWCA OF GUELPH
TEENAGE PARENTS PROGRAM



SUPPORTS FOR SENIORS

THE ISSUE:

Too many residents in neighbourhoods across Guelph-Wellington find it difficult to access essential services and supports. These barriers are often amplified for vulnerable individuals, including seniors, and can lead to social isolation and mental health issues. The support that older adults receive through social networks is connected to better health, quality of life and increased life expectancy.

THE RESPONSE:

United Way invests in programs which provide a wide range of community-based services that help increase the overall wellbeing of seniors. Funded programs improve social support, reduce isolation and increase sense of belonging and connection to community. When seniors don't experience isolation and loneliness, they live healthier, happier and longer lives.

THE INVESTMENT:

Thanks to your generous donation,

\$224,000

was invested in 2019 to support seniors in our community.

THE STUMBLING BLOCKS

AGING POPULATION

Almost

1/3

of Guelph residents will be 65+ within a decade.

LOW CONNECTEDNESS

Roughly **1/2**

of people over 80 feel lonely on a regular basis.

MENTAL HEALTH

At least **1/3**

of seniors are at risk of isolation.

THE BUILDING BLOCKS

This year, your donation helped seniors in our community live healthier, happier, longer lives by providing programs that allow them to stay engaged with others and remain active.

281

seniors have improved knowledge of additional support services so that they can get the help they need.

7,315

seniors feel that they belong in their community and are more connected.

7,283

seniors are less isolated and have the social supports they need to thrive.

1,185

individuals have engaged in new volunteering opportunities or spent more time volunteering.

5,789

seniors have greater relationships with their family and friends.

TOGETHER WE ARE MAKING A DIFFERENCE:

“

I think we could have talked all day!
We did arrange to talk again at my convenience and hopefully in a few days I will get a chance to connect again. Thanks so much.....we seemed to have so much in common and many of her stories were the same as mine.
- Rural Outreach Services



“

Whether it's a grab bar, a bed rail or a walker, the equipment being requested is more than just a 'device', it is something that can drastically improve the quality of someone's life by boosting their self-esteem, their capacity for independence, improving their mental health and empowering them to make the most out of life.
- Assistive Devices

“

John shared that he used to feel ashamed about his hearing loss. When people joke with him or make smart remarks about being deaf or wearing hearing aids, he took it to heart, but he no longer feels or looks like a fool. With the support from the HCC counsellor, he has learned to deal with the impact hearing loss is having on his life. He **no longer feels ashamed of his hearing loss** and is now equipped to respond to comments that are hurtful. He now **feels that he is a person first instead of his hearing loss first**. He **smiles more and feels more positive**.
- Hearing Care Counselling Services

“

Thankfully, the funding from the United Way has been able to support this senior in accessing affordable transportation to attend their dialysis appointment three days a week to maintain their health and provide them with the best quality of life possible.
- Client Subsidy Transportation Program



“

Susie has expressed that our assistance around one on one support is the only support she has for the purposes of understanding her mail, completing forms and often times listening to and supporting her through her daily life. Susie has categorized our team as her family and people who truly care for, and love her bringing her great peace in knowing we are always a phone call away.
- Community Support Services

WHAT YOUR DOLLAR BUYS

\$25

will buy an individual in need a cane or fix the breaks on their walker, allowing them to remain mobile in the community.

\$100

provides 2 rides to medical appointments for older adults so that they can receive the medical attention they need.

\$365

will cover the cost of needed devices to allow an adult or senior with a disability to be independent in their own home.

\$500

will provide 3 clients with a personally programmed iPod music package.

\$1000

provides an individual with hearing care counselling services for a year.

THE AGENCIES & PROGRAMS WE FUND

8 PROGRAMS AND 8 AGENCIES PROVIDE HIGH IMPACT INTERVENTIONS AND SUPPORTS.

ALZHEIMER SOCIETY WATERLOO WELLINGTON
RURAL OUTREACH SERVICES

CANADIAN HEARING SOCIETY
HEARING CARE COUNSELLING PROGRAM

CANADIAN NATIONAL INSTITUTE FOR THE BLIND
PEER & HOME BASED SUPPORT

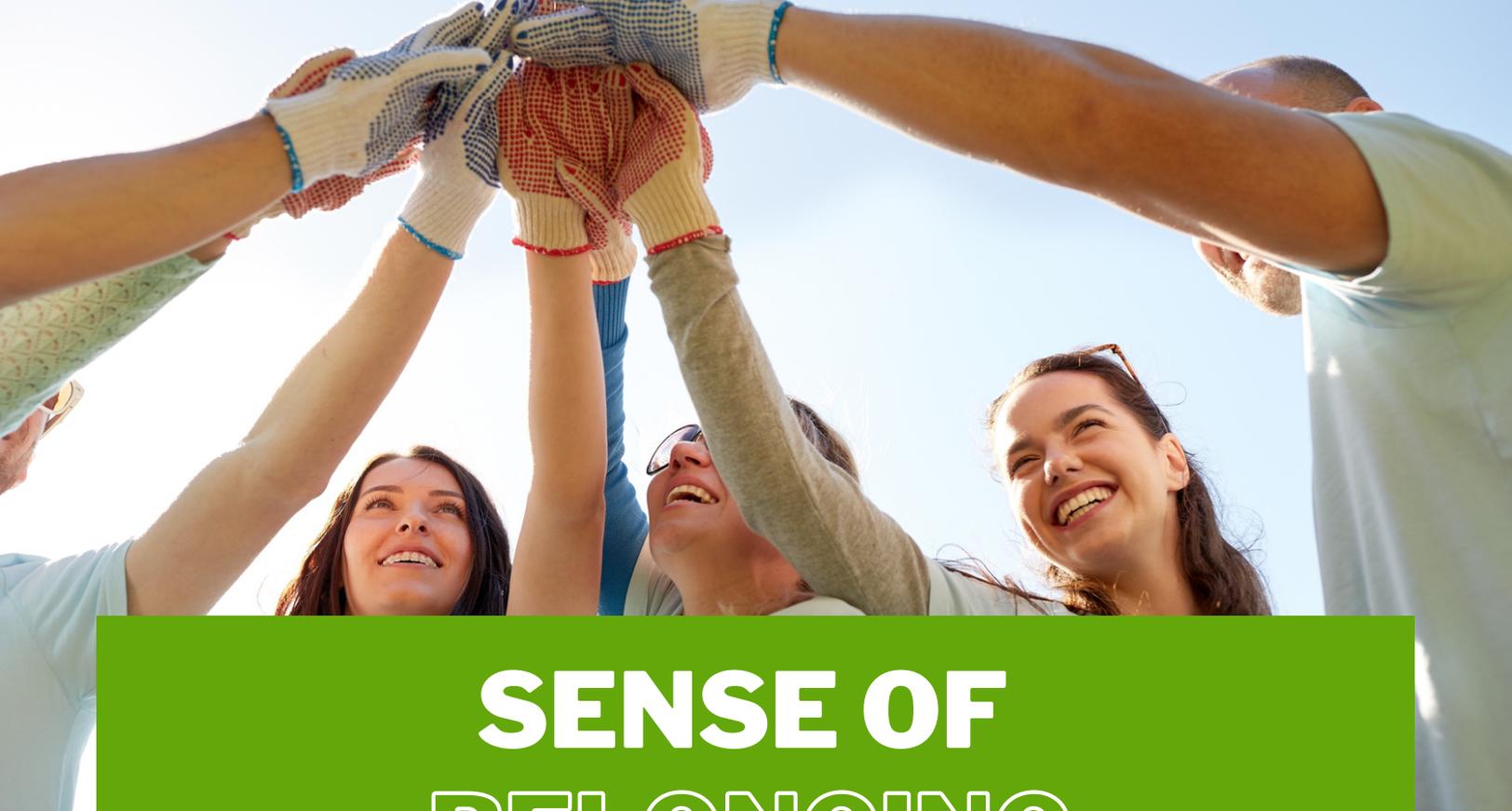
GUELPH ENABLING GARDEN
VOLUNTEER PROGRAM

GUELPH WELLINGTON SENIORS ASSOCIATION
COMMUNITY SUPPORT SERVICES

MARCH OF DIMES
ASSISTIVE DEVICES

ST. JOHN AMBULANCE - GUELPH
THERAPY DOG PROGRAM

VON WATERLOO WELLINGTON DUFFERIN
CLIENT SUBSIDY TRANSPORTATION PROGRAM



SENSE OF BELONGING

THE ISSUE:

Feeling a sense of belonging and participating in your community benefits individuals, organizations and communities alike. But feeling like you belong is not automatic - 1 in 4 people in Guelph Wellington feel like they don't belong and 1 in 3 newcomers feel out of place. This leads to social isolation, lack of involvement and mental health issues.

THE RESPONSE:

United Way supports residents in creating strong neighbourhoods where everyone has a sense of belonging. When people are connected to others, our community is happier and healthier. Our funded programs help grow our connections to others, create opportunities for people to get involved and connect people to community services to reduce isolation and improve social support.

THE INVESTMENT:

Thanks to your generous donation,

\$323,625

was invested in 2019 to help everyone feel like they belong in our community.

THE STUMBLING BLOCKS

ISOLATION

About

1/3

of families with young children feel they can't count on their neighbours.

LACK OF BELONGING

Roughly

1/4

of people in Guelph Wellington feel like they don't belong in their community.

LOW CONNECTEDNESS

In Guelph,

1/3

of newcomers feel out of place.

THE BUILDING BLOCKS

This year, your donation supported programs that help people grow connections, develop opportunities for people to get involved, and get people help, when they need it.

5,877

people have made new social connections.

5,544

individuals now feel like they belong in their community.

1,764

individuals are engaging in new volunteer opportunities or have spent more time involved in their community.

1,585

people have increased knowledge of services that they are able to access and receive the help they need.

4,941

individuals have improved social support and reduced feelings of isolation.

TOGETHER WE ARE MAKING A DIFFERENCE:

“

My partner has been there for me at any moment. I can't express myself in words that fit exactly how happy I am to be here in this wonderful country. I couldn't imagine being anywhere else in the world in these difficult times and it's because of you guys and all the volunteers.

- Mobilized, Engaged, Involved

“

Up until the last couple of years, most people didn't know I couldn't read. I had many tricks to get by. Like memorizing everything, or copying words. A few years ago, things happened that made me want to learn to read. So I decided to come to Action Read. I can read now. **My confidence has grown a ton.**

- Adult Program for Community Inclusion



“

My late husband had stage 4 prostate cancer and early stage dementia. As his wife, I was looking for a way to provide more stimulation, more social opportunities, and more joy. As his caregiver, I was also looking for respite. He was **accepted as the quirky, funny, passionate guy that he was, and so few knew.** The people he met with every week moved from strangers, to friends, and then to family.

- Wellness Program



“

Volunteering with the Guelph and District Multicultural Festival has helped me develop and find new skills. I have been volunteering with the festival for the last 6 years and each time I volunteer, I learn a new skill and continue to develop the past ones. The festival has **improved my leadership, teamwork, and communication skills.**

- Community Engagement



“

Having the support of the LDAWC has allowed me to **advocate for my child to ensure she has the necessary supports** at school and it has also helped me as a parent to better understand her learning style and how we can **accommodate her needs** academically and in daily life.

- Information, Referral & Support Program

“

GIL Leisure events provide me with the opportunity to get out of the house and explore all the community has to offer while having my personal support needs met by the attendants.

- Community Integration

WHAT YOUR DOLLAR BUYS

\$25

provides an individual with one hour of english lessons with a partner who has an ESL background.

\$100

provides literacy learning materials for 4 people.

\$365

purchases supplies and seeds for a community garden for one year.

\$500

purchases a week of healthy fresh food for the North End Harvest Market to distribute to families across the city.

\$1000

connects 37 parents struggling with mental health and addictions get connected to treatment.

THE AGENCIES & PROGRAMS WE FUND

10 PROGRAMS AND 10 AGENCIES PROVIDE HIGH IMPACT INTERVENTIONS AND SUPPORTS.

ACTION READ COMMUNITY LITERACY CENTRE

ADULT PROGRAM FOR COMMUNITY INCLUSION

FAMILY & CHILDREN'S SERVICES OF GUELPH AND WELLINGTON COUNTY
NURTURING NEIGHBOURHOODS INITIATIVE

GUELPH & DISTRICT MULTICULTURAL FESTIVAL

COMMUNITY ENGAGEMENT

GUELPH INDEPENDENT LIVING

COMMUNITY INCLUSION

GUELPH NEIGHBOURHOOD SUPPORT COALITION

NEIGHBOURHOOD WELLBEING AND RESILIENCY

HOSPICE WELLINGTON

WELLNESS PROGRAM

IMMIGRANT SERVICES GUELPH WELLINGTON

MOBILIZED, ENGAGED, INVOLVED

LEARNING DISABILITIES ASSOCIATION OF WELLINGTON COUNTY

INFORMATION, REFERRAL & SUPPORT

PEOPLE AND INFORMATION NETWORK

VOLUNTEER SERVICES

UNIVERSITY OF GUELPH, STUDENT LIFE

PROJECT SERVE

ADDITIONAL INVESTMENTS:

SPECIAL PROGRAMS:

Special Programs Funding is reserved for innovative programming or programs addressing social issues that balance between prevention and direct intervention. A program receiving funding will support collective community impact of funded agencies where no one agency has the capacity to do so on their own.

GUELPH COMMUNITY HEALTH CARE

\$25,000

TOWARD COMMON GROUND

\$10,000

WELCOMING STREETS

PUBLIC HEALTH WELLINGTON-DUFFERIN GUELPH

\$15,000

GUELPH AND WELLINGTON POVERTY ELIMINATION TASK FORCE

STONEHENGE THERAPEUTIC COMMUNITY

\$150,000

SUPPORTED RECOVERY ROOM

STUDENT VOLUNTEER SCHOLARSHIPS:

 **Upper Grand District School Board**



 **Wellington Catholic District School Board**



SUPPORTIVE RECOVERY

In December 2018, the City of Guelph's Mayor Cam Guthrie announced his plans to establish a Mayor's Task Force to address issues of homelessness, addictions, and community safety. The Task Force included representatives from the Guelph-Wellington Task Force on Poverty Elimination, the Wellington Guelph Drug Strategy, the County of Wellington, Member of Parliament, Member of Provincial Parliament, United Way and other agencies and leaders who are experts in both the problems and the potential solutions.

The Task Force heard from local experts, including shelter directors who shared the stories of local youth and adults who are experiencing homelessness. Shelter directors and other agencies reported that there is no capacity at Guelph's emergency shelters, even on the coldest nights, and that hotels and motels are used if shelters reach capacity.

Members of the Task Force agreed that issues of homelessness, substance use and mental health are all related, and that the majority of people in Guelph who are homeless are also experiencing issues with mental health and substance use. A solution required more than simply adding beds; it involved addressing mental health and addiction issues so that individuals with complex needs are able to maintain housing. Addressing homelessness could also take pressure off other, often more costly services, such as the hospital's emergency room, EMS, Guelph Police, corrections and court systems, emergency shelters and drop-in centres, and front line health and social services agencies.

Over the course of a few meetings, a priority list of five actions was developed, including:

- a **Supported Recovery Room** for people experiencing addiction or mental health crises, who are too sick to be in a shelter, but not sick enough to be in a hospital. The SRR would have a minimum of five beds, would be staffed by a registered nurse, addiction counsellor and peer worker, and would meet sleep and recovery needs for clients for up to 72 hours.
- a **Welcoming Streets** outreach worker, who supports individuals and businesses in the downtown area. The pilot was successful in connecting individuals to services and supports, and educating and empowering downtown businesses.

Members of the Task Force agreed that the single largest barrier to achieving these priorities was a lack of funding.

After discussion and commitments from community partners, including the City of Guelph and the Local Health Integration Network, United Way stepped up with a commitment of \$150,000 to the Supportive Recovery Room and \$10,000 to the Welcoming Streets program. The Supportive Recovery Room opened in October 2019 and the Welcoming Streets initiative began in September, thanks to the quick and collaborative funding efforts of the partners.

United Way is proud of the work we are able to support happening right here in our community. Thanks to the collaborative effort of many caring and dedicated community partners, programs and solutions are underway to address some very complex issues impacting our community. United Way is committed to assisting with permanent funding for these projects in the future and the larger, long term goal of a community supportive housing program.





DUFFERIN COUNTY

THE ISSUE:

Poverty, food insecurity, mental illness, domestic violence and lack of early-year foundational supports have life-long effects on children. As they enter adolescence and young adulthood they often struggle to make connections, finish high school and find meaningful jobs. This has a lasting impact on our community's young people, creating barriers to opportunity and affecting their chances at building a successful life.

THE RESPONSE:

United Way works with partner agencies to put kids on the path to success by investing in their development, from early childhood to young adulthood. These investments include vital early-years supports for children and their families and engagement and employment programs that help youth successfully transition to adulthood. By decreasing barriers to kids' success and increasing their opportunities for education and employment, we ensure our community's youngest citizens have everything they need to thrive today, and in the future.

THE INVESTMENT:

Thanks to your generous donation,

\$54,000

was invested into Dufferin County organizations in 2019.

THE STUMBLING BLOCKS

LOW COMMUNITY CONNECTEDNESS

Over

20%

of households cope with unaffordable housing costs.

About

1/4

of children in Dufferin feel like they don't have anyone they can count on.

In Dufferin,

47%

of youth have low self-esteem.

THE BUILDING BLOCKS

This year, your donation helped community members in Dufferin County feel like they belong and help kids become all that they can be.

121

children were matched with an adult role model in the community, giving them the opportunity to build new relationships and learn new skills.

1,608

individuals are more engaged and connected to their community after participating in volunteer and community opportunities.

293

parents and caregivers learned new skills to help them cope with challenges and raise successful children.

98

LGBTQ+ youth participated in social and support groups, providing them a safe place to express themselves.

TOGETHER WE ARE MAKING A DIFFERENCE:

“

Participants have identified staying connected to the community and giving back to their community has been helpful in their own struggle to feel a sense of belonging as a LGBTQ+ person in a smaller urban centre such as Orangeville.
- GLOW (LGBTQ+ Youth Group)



“

I was struggling as a person and as a parent through many roadblocks, including lessons my parents were not able to teach me, such as structure and consistency. DPSN gave me a set of skills no one else was teaching. Hard, tangible how-to skills that I could apply and put into practice that night when I went home.
- Group Parenting Education

WHAT YOUR DOLLAR BUYS

\$25

provides a two-way drive for a youth to access workshops who do not have transportation or supportive parents at home.

\$100

provides the opportunity for parents and caregivers to learn new skills that will help their kids to be successful.

\$365

purchases 5 care packages for youth who are living independently and have limited access to grooming and food supplies.

\$500

purchases one virtual training module for an unlimited number of volunteers to learn new skills.

\$1000

matches an at-risk youth with a positive adult role model in the community for a year.

THE AGENCIES & PROGRAMS WE FUND

4 PROGRAMS AND 4 AGENCIES PROVIDE HIGH IMPACT INTERVENTIONS AND SUPPORTS.

BIG BROTHERS BIG SISTERS OF DUFFERIN AND DISTRICT

MATCH PROGRAM
IN-SCHOOL MENTORING

DUFFERIN CHILD & FAMILY SERVICES GLOW PROGRAM

DUFFERIN PARENT SUPPORT NETWORK GROUP PARENT EDUCATION PROGRAM

HEADWATERS COMMUNITIES IN ACTION VOLUNTEER DUFFERIN

WE ARE LOCAL EXPERTS:

DUFFERIN COUNTY - MANAGING ORGANIZATING VISUALIZING ENGAGEMENT STRATEGY

This is an initiative that updates social and health services members and community on community wellbeing, resource sharing and poverty.

DUFFERIN COUNTY EQUITY COMMITTEE (DC MOVES)

This committee is made up of agencies representing a diverse cross section of social, health, education, and economic organizations, decision makers, and community leaders who work with the Dufferin population. Their focus is to help everyone reach their full potential by advocating for and informing others about housing and homelessness, employment and health equity.



United Way
Guelph Wellington
Dufferin



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The data in this report was collected by United Way funded agency partners between April 1, 2019 and March 21, 2020. This data does not necessarily reflect unique individuals served, as one client may access a program several times and may access multiple programs between agencies.