

What does **LOCAL LOVE** look like?

Local giving. Local results.

Your support makes
everything possible.



United Way
Central and Northern
Vancouver Island

COMMUNITY INVESTMENT DIRECTORY
2018-19

LOCAL LOVE

YOUR SUPPORT IMPROVES LOCAL LIVES FROM THE MALAHAT TO PORT HARDY

Every day people in our Vancouver Island communities struggle to better their lives. Tackling serious social challenges isn't easy. With your support, we convene the right people, gather relevant data and invest in effective programs to make change happen. Together we improve local lives and build community.

YOUR SUPPORT OF UNITED WAY IS INVESTED IN



OVERCOMING POVERTY

Basic needs are met and vulnerable people have opportunities to achieve financial stability.



SUCCESSFUL KIDS

Children reach developmental milestones, build a strong sense of self, and are empowered.



STRONG COMMUNITIES

Mental health and well-being are enhanced, and people are able to fully participate in their communities.

HOW UNITED WAY WORKS



INVEST
in programs and services with measurable results



RESEARCH
to understand community needs and plan for the future



ADVOCATE
to help people understand the issues



COLLABORATE
to bring stakeholders together

THE DIFFERENCE YOUR DONATIONS MAKE IN 2018-19

52,177
people being helped

10 effective coalitions/networks convened

4 research reports conducted

90 service agencies supported

116 programs funded

DID YOU KNOW

Local love means your donation helps people in the community where you live. Bonus: As a regional United Way, we can test effective programs in your area and share that knowledge with other communities on Vancouver Island or with other United Way communities across Canada. Learning, sharing knowledge, and improving local lives is the United Way.

6 PARTNERSHIPS THAT MAKE YOUR DONATION GO FURTHER

BC 2-1-1 HELPLINE & ONLINE RESOURCE

Help is just a call or click away with BC 2-1-1. This United Way-funded resource – by phone/text at 2-1-1 or online at bc211.ca – is a free 24/7 referral service providing information on community, social, and government services. People in central and northern Vancouver Island accessed the service more than 4,500 times last year with housing/homelessness ranking as the most frequently sought info.

RESEARCH ON LOCAL ISSUES TO GUIDE INVESTING YOUR DONATION

It takes solid research to make good funding decisions, educate the public, and gather a targeted response to pressing social issues. We fund the collection of data with local partners. This year BC 2-1-1 data, Point-in-Time homeless count reports, Vital Signs reports, and State of the Child reports will help us target solutions.

HOMELESSNESS COALITIONS & HEALTH NETWORKS

As a leader on several coalitions and networks, we work at the grassroots level to solve problems and drive social change on health and housing. We convene service agencies, the RCMP, BC Housing, local Indigenous bands, and others. Last year we also invested federal funds (through the Homelessness Partnering Strategy) to support strategies and programs to help end homelessness.

EARLY YEARS (BIRTH TO AGE 6) INITIATIVES

Many kids are living in poverty or otherwise need an extra boost. Helping parents access food programs, health fairs (where many agencies offer services) and parenting workshops are a few ways we help. We invest funds from the provincial government and credit unions locally to support 13,000 at-risk children to be successful socially, emotionally and physically.

PUBLIC TRANSIT ASSISTANCE PROGRAM

People living on low incomes often can't afford transportation to get to work, language classes, or doctor appointments. In Cowichan we secure bus tickets (thank you CVRD!) and our volunteers run the Transit Assist Program that distributes more than 6,200 free bus tickets via 11 community agencies each year – a total value of \$14,000.

BETTER AT HOME SENIORS' SUPPORT PROVINCE-WIDE PROGRAM

A little support with yard work or other day-to-day tasks allows seniors to continue to live independently in their own homes and stay connected to their communities. This United Way-managed program connects volunteers and service providers with seniors in several cities.





SOCIAL SERVICE PROGRAM FUNDING

STRONG COMMUNITIES

Grief & crisis counselling – For those in crisis or grieving the loss of a loved one

Therapeutic horseback riding – Empowering children and adults with physical/mental disabilities

Healthy cooking & meal programs – Socialization/nutrition for adults with low incomes or mental health challenges

Mentoring survivors – Peer-to-peer activities for brain/spinal cord injury survivors

Adult literacy program – Helping previously incarcerated men improve literacy skills

BC 2-1-1 referral service – Hundreds of resources via phone, text or online

SUCCESSFUL KIDS

Mentoring children – Activities with adult mentors or peer-to-peer support

Summer camps – Supporting children who otherwise couldn't afford summer camp

Family centre – Building healthy relationships through activities, meals & resources

Teen & youth centres – Activities that develop friendship/leadership

Bullying prevention – Coping/intervention techniques for children/youth including LGBTQ+ focused programs

Counselling – Supporting high school students, grieving children, and children who have witnessed abuse

23,122 people helped through 47 programs

Dads' drop-in – A safe, supervised place for marginalized families to spend time together

Literacy programs – School readiness literacy skills and social/emotional development for families with young children

Food support programs – Community breakfast club and school meal program for vulnerable children/youth

Grandparent support – Peer guidance/resources for grandparents raising grandchildren

Developmental disabilities support – Extra occupational therapy to support school readiness

Multicultural programs – Helping youth learn English, find jobs and make friends

Suicide prevention – Giving students the tools needed for prevention and intervention

OVERCOMING POVERTY

Supportive housing programs – Housing placements, housing loss prevention, referral services, short-term housing, and life skills development for those at risk

Cold weather shelter – Clean, dry, safe accommodation March through November

Indigenous housing support – Housing placement, advocacy, case management and referral services for people experiencing poverty/homelessness

Homelessness advocacy & outreach – Helping people at risk of losing housing or those on the streets find solutions and improve quality of life

Restorative justice – Healing and closure for crime victims/youth offenders

Emergency dental services – For adults/youth living in poverty or experiencing homelessness

Mental illness support – Skill building/social outings for adults with mental illness



COMMUNITY-BUILDING EFFORTS

OCEANSIDE TASK FORCE ON HOMELESSNESS

With local service providers we are creating a BC Housing-funded supportive housing project in Parksville.

OCEANSIDE HEALTH AND WELLNESS NETWORK

As a network member, we collaborate with other stakeholders to address issues through collective action. In 2018, our initiatives include a school breakfast program and mental health and wellness forum.

NANAIMO HOMELESSNESS COALITION

In 2018, with federal Homelessness Partnering Strategy funding, we are collaborating on a Point-in-Time homeless count, Community Plan to End Homelessness report, Indigenous navigator program, young Indigenous mothers' program, cold weather shelter, tenancy support program for women, supported housing program, and a Housing First program.

NEIGHBOURHOOD COMMUNITY-BUILDING EVENTS

We are working with local agencies and the City of Nanaimo to test whether hosting free block party-style meals and neighbourhood improvement projects will strengthen connections between residents in two neighbourhoods at high risk of social isolation.

CHILDREN'S HEALTH FAIRS

This year with the Greater Nanaimo Early Years Partnership and Vancouver Island Children's Health Foundation we will help support six fairs where several agencies provide resources, social connections, and free health screening for young children.

2018 STATE OF THE CHILD REPORTS

In 2018 we will assist in funding and conducting research on the most pressing issues affecting children in Port Alberni and Ladysmith. These reports will be used to inform United Way grants and other community service providers.

LADYSMITH EARLY YEARS PARTNERSHIP

We're supporting the Ladysmith Early Years Partnership to create videos, events, and a resource directory to connect parents of young children with local services.

Local challenges

MENTAL HEALTH: In Nanaimo, mental health issues (such as depression, mood and anxiety disorders) outweigh issues typically associated with aging (heart failure, Alzheimer's, COPD, osteoarthritis) by approximately 300%. (2015 Nanaimo Local Health Area Profile, Island Health)

AFFORDABLE HOUSING & HOMELESSNESS: 335 people in Nanaimo are experiencing absolute homelessness in 2018; nearly double from 174 people in 2016. Unaffordable rent is the #1 challenge in finding housing. (2018 Nanaimo Point-in-Time Homeless Count)

OPIOID OVERDOSE CRISIS: 1,424 people in Nanaimo are injection drug users; fatality rates are 50% higher than rates for BC or Vancouver Island. (2018 Nanaimo's Opioid Overdose Crisis Report, Island Health & Dr. Paul Hasselback)

What your donation looks like...



Travis went from experiencing homelessness to studying at university. Now, he works part time at a shelter, helping others get their lives on track. It's all thanks to donors like you and a United Way-supported transitional housing program for men.



SOCIAL SERVICE PROGRAM FUNDING

STRONG COMMUNITIES

Affordable housing – Services for people experiencing poverty or homelessness

Parenting & caregiver programs – Skills through classes, support groups, and counselling

Crisis counselling & grief support – For individuals suffering the loss of a loved one or other challenges

Transit assistance program – Free bus tickets for low-income and vulnerable individuals

BC 2-1-1 referral service – Hundreds of resources via phone, text or online

SUCCESSFUL KIDS

Indigenous programs – Cultural awareness, literacy skills, pre-natal support, and food for families

Youth mentoring – Adult mentors for vulnerable youth

Parenting programs & support groups – For low-income and vulnerable parents including adult children of residential school survivors

Girls' empowerment program – Building girls' confidence and ability to express themselves

Early literacy & tutoring – Singing, rhyming, and interactive summer programs

Life skills program – Youth First Aid, Food Safe, and resume writing

Suicide prevention – Tools for suicide prevention/intervention for students

OVERCOMING POVERTY

Indigenous support – Meal program, referral services, cultural support and housing loss prevention/support

Food bank program – Food hampers for vulnerable students, day care children, pregnant women, and low-income families

Youth & young adult support groups – Skill development and promoting social inclusion

Activity centre – Info on local events, services, and programs



COMMUNITY-BUILDING EFFORTS

TZE TZA WATUL COMMUNITY ADVISORY BOARD

We are working to implement a multi-year Community Plan to address homelessness, initiate an Indigenous Housing First pilot project, and provide housing loss prevention and 6,000 breakfasts a year for people at risk of homelessness. Funding is from Service Canada.

COWICHAN COALITION TO ADDRESS HOMELESSNESS AND AFFORDABLE HOUSING

We are guiding the creation of an action plan to target the priorities identified in the multi-year Community Plan to address homelessness.

LADYSMITH INTERAGENCY COMMITTEE

We collaborate with agencies and government officials on social service programs, initiatives, and issues.

OUR COWICHAN COMMUNITY HEALTH NETWORK

We are part of the grassroots conversations that are taking place to cultivate change with this group of local health organizations, non-profit societies, volunteer groups, and government representatives.

COLD WEATHER SHELTER FOR WOMEN

With Duncan United Church and Cowichan Women Against Violence Society, and the support of School District 79 and BC Housing, we are working to have this shelter in operation by November 2018.

15,581 people helped through 28 programs

Local challenges

AFFORDABLE HOUSING: 55% of renters in Cowichan spend more than 30% of their income on housing. This is 10% higher than the BC average. (2015 Cowichan Local Health Area Profile, Island Health)

HOMELESSNESS: 89 people in the CVRD were experiencing absolute homelessness in 2017, up more than 50% since 2014. (2017 Cowichan Valley Summer Point-in-Time Homeless Count)

CHILD & YOUTH VULNERABILITY: 3,880 local children are living in poverty: close to one in four children, one of the highest rates in BC. (2017 BC Child Poverty Report Card).

FOOD SECURITY: 14% of people are without access to enough affordable, nutritious food. (2017 Situation Analysis for the Cowichan Food Security Coalition)

What your donation looks like...

“Our lunch program serves close to 70 children, and about half of those attending are single-parent families or low income. We see first-hand the challenges that families face. Your contribution provides valuable support for parents to successfully raise healthy and happy children.”

- Cindy, executive director of a local day care society funded by United Way

Atiya's Story

Because of a stigma of shame in her culture, Atiya had a difficult time escaping the domestic violence she was experiencing and that her two children were witnessing. She felt like she had no one to turn to. It was taboo to ask for help, but she did. Now, as a volunteer at a United Way-funded organization that provides a safe space for women, she helps others in similar situations reach out for help.





SOCIAL SERVICE PROGRAM FUNDING

STRONG COMMUNITIES

Health workshops & counselling – For adults with disabilities, chronic illness, or addictions

Mental health education – School puppet shows run by adults with severe/chronic mental illness

Caregiver support – Counselling & therapies for caregivers

Senior support – Counselling & weekly visits for isolated seniors

Horseback riding lessons – For youth with mental health challenges

BC 2-1-1 referral service – Hundreds of resources via phone, text or online

SUCCESSFUL KIDS

Parenting workshops, support groups and resources – For Indigenous families and others

Early literacy & family programs – For vulnerable children & families

Domestic violence prevention & awareness – School presentations & teen support group

Youth centre & after-school programs – Healthy cooking, life skills, support services & music programs

Indigenous culture program – Cultural and family support

OVERCOMING POVERTY

Healthy meals & food bank baskets – For disadvantaged children & youth

Financial tutoring – Helping adults to build savings & move out of poverty

Adult literacy programs & resources – For people experiencing homelessness

4,808 people helped through 20 programs



COMMUNITY-BUILDING EFFORTS

COMOX VALLEY COMMUNITY HEALTH NETWORK

As a result of two forums we helped organize, we established the first local health network. We also helped secure \$80,000 per year from Island Health for the next three years to fund initiatives that address the social determinants of health (i.e. income, child development, transportation).

COMOX VALLEY COALITION TO END HOMELESSNESS

We recently brought together 29 local social service agencies to identify initiatives and lobby for supportive housing. This year 46 supportive housing units (the first ever in Comox) are under construction and will open in 2019. Government funding will cover five years of wages for 24/7 housing staff.

TAMPON TUESDAY EVENT

In 2018 we joined United Ways across the country to coordinate a local Tampon Tuesday event where hundreds of boxes of feminine hygiene products were donated. The products were delivered to more than 500 women and girls via local shelters, food banks and high schools.

POINT-IN-TIME HOMELESS COUNT

This year we helped support a Point-in-Time homeless count event, interviewing and surveying local people experiencing homelessness. The report will inform United Way grants, other local non-profits, and policymakers.

Nadine & Chase's Story

Nadine was three grades behind in her reading level. Her brother Chase, with ADHD, was also falling behind. Thanks to donors like you, a United Way-funded program changed everything.

"The positive effects of literacy supports last much longer than the time the kids attended the program; the future of my entire family has been positively impacted," says their mother.



What your donation looks like...



"Through a seniors' volunteer program, I started visiting a 90-year-old who once hiked and did all of her own yard work. Then suddenly her eyesight was destroyed and she couldn't get around anymore.

She wanted to read a book about trekking through the Himalayas but couldn't, so I read it to her. When we finished the book she figured I wouldn't be visiting anymore. I said, 'What!? ... There are other books!' We have since read six other books and exchanged stories about our lives. She says my visit is the highlight of her week."

- Louise, a volunteer at a local seniors' program funded by United Way

Local challenges

MENTAL HEALTH: 1 in 4 adults suffers from anxiety or depression. (2016 Comox Valley Vital Signs Report)

VULNERABLE CHILDREN: Nearly 40% of children entering kindergarten are vulnerable within one or more early childhood development area. (Early Years Development Instrument Report 2016, School District 71 profile)

SENIORS LIVING IN POVERTY: 420 seniors in Comox Valley are living in poverty. (2018 BC Seniors' Poverty Report Card)



YOUR SUPPORT AT WORK CAMPBELL RIVER & NORTH ISLAND



SOCIAL SERVICE PROGRAM FUNDING

STRONG COMMUNITIES

Support groups & emergency assistance – For victims of violence

Employment training – For head trauma survivors to re-enter workforce

Life skills support – Education, meals and resources for low-income families

Abuse victim counselling – For emotionally, physically or sexually abused men

BC 2-1-1 referral service – Hundreds of resources via phone, text or online

SUCCESSFUL KIDS

Parenting workshops & family support – Skills improve parent-child connections

Art lessons & activities – Healing through art for at-risk children/youth

Youth mentoring – Adult mentors for vulnerable youth

Family gym program – For families with young children

Local challenges

LACK OF HOUSING: Rental housing vacancy rates dropped from 7% to 1.3% in the past two years. (2018 Housing Needs Assessment, Strathcona Community Health Network)

CHILD VULNERABILITY: 53% of kindergarten children in Northwest Island communities are vulnerable within one or more early childhood development area, one of the province's highest rates. (Early Years Development Instrument Report 2016, School District 84 Profile)

8,666 people helped through 21 programs

School-readiness programs – Early learning opportunities

Dads' groups – Activities help dads/children connect

Support groups – Meals and education about early years parenting

Indigenous parenting programs & events – Traditional teachings and language resources

OVERCOMING POVERTY

Meal programs – Meals and activities for seniors and adults with chronic mental illness



COMMUNITY-BUILDING EFFORTS

CAMPBELL RIVER SENIORS' NETWORK

With Island Health and other agencies, we're identifying and addressing gaps in services and developing a hub for seniors.

STRATHCONA COMMUNITY HEALTH NETWORK

We helped coordinate a Housing Needs Assessment that was used to develop a 5-year plan for affordable housing.

CAMPBELL RIVER COALITION TO END HOMELESSNESS

We're helping to implement the Housing Needs Assessment's 5-year affordable housing plan.

STATE OF THE CHILD REPORT

In 2018, we assisted in funding research to help Campbell River service providers and city officials target needs to address.

CHILDREN'S HEALTH FAIR

This year we are helping to fund fairs where parents can access Indigenous culture and multiple agency resources in one convenient spot.

STEPPING STONES CHILD CARE CENTRE CAPITAL CAMPAIGN

Success By 6 funds contributed to the capital campaign to increase spaces in this much-needed childcare centre.

WHY I SUPPORT UNITED WAY

"I'm aware of the problems in my community and can feel overwhelmed because I don't know what to do to fix them. The good news is that I don't have to know everything. United Way pulls together the people who have the information, who have been in the field on the front lines, to affect change. It gives you a sense of confidence about your donation."

- Laura, a Nanaimo donor



PAY IT FORWARD

Your donation helps meet the needs of the most vulnerable people in your community. You give them a better future. You build a stronger, healthier place to live.

- \$5** provides a meal to someone who is homeless, giving refuge in a safe environment
- \$70** funds nutritious snacks for 100 kids at an after-school program
- \$100** provides an isolated senior with a weekly visit for three months
- \$365** supports a woman who has experienced violence with 16 weeks of group therapy
- \$1,200** prevents 2 families from becoming homeless through short-term rent subsidies

5 WAYS TO DONATE

1 BY PHONE OR IN PERSON

Central Island	250-591-8731
Cowichan	250-748-1312
Comox Valley	250-338-1151
Campbell River	250-287-3213

#9 - 327 Prideaux Street, Nanaimo
Or contact us to arrange a visit at one of our other offices.

2 ONLINE

Make a one-time or monthly donation at www.uwcncvi.ca

3 PAYROLL DEDUCTION

It's quick and easy to set up a monthly tax-free deduction from your paycheque.

4 IN-KIND DONATION

Give your products or services to support the cause.

5 YOUR TIME

Volunteer on a committee, in the office, at an event, or to facilitate a new program.

Your donation stays 100% local

100%
Make change happen in your community today!



AJ's Story

United Way agencies helped AJ when he left home and dropped out of high school as a teen. Now, he's reconnected with his family, thinking about school, and volunteers at the same agency that helped him. Donors like you made it possible.



United Way
Central and Northern
Vancouver Island

DONATE. VOLUNTEER. ADVOCATE.

MAKE A DIFFERENCE TODAY!

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www.uwcnvi.ca



Follow us @UWCNVI to stay connected to resources, research, and events in your local community!