



**United Way**  
Northumberland



**2021-2022**  
**IMPACT**  
**REPORT**



## THE NEEDS CONTINUE TO RISE.

As we continue to grapple with the ongoing pandemic, and now face new challenges around inflation and rising food and housing prices.

**United Way is committed to bringing stability to individuals and families during these unstable times.**

The United Way helping hand represents a symbol of hope, of service, and of help to people in our communities. Thank you to our generous community of donors, volunteers and supporters that make all of this work possible.

## The Meaning of United Way:



The United Way helping hand symbol - a symbol of hope, of service, and of help to people in our communities.



**The Rainbow:**  
Represents hope for a better tomorrow



**Helping Hand:**  
Symbolizes United Way's support of programs, services, and people in local communities



**Human Figure:**  
Universal symbol of humankind; United Way cares about all people

# THE LAST COUPLE OF YEARS HAVE BEEN HARD ON CHILDREN. WE'RE COMMITTED TO HELPING KIDS BE ALL THEY CAN BE.

*"I now have an optimistic view on both mothering and the future resilience of my family. Moving forward, I am determined to be gentle with myself, prioritize healthy outlooks and conversations with my kids about anxiety, and to regularly celebrate the progress we have made together"*

- Parent, Triple P Program

**252 people** accessed Rebound's Triple P (Positive Parenting Program) which provides mental health support, and helps to support parents concerned about their child experiencing anxiety, behavioural issues, or learning disabilities.



**113 children** participated in Big Brothers Big Sisters mentorship programs that promote healthy relationships, emotional and mental support, and encourage academic performance and engagement.



**Nearly 1,500 backpacks** were provided to students returning to school this year, an increase from 1,100 backpacks in 2021. This year, for the first time in 17 years we had a waitlist. Thank you to everyone who stepped up to ensure every child received a backpack.



# AS OUR COMMUNITY RECOVERES, WE'RE FOCUSED ON BUILDING A STRONGER, SAFER COMMUNITY FOR ALL.

Many individuals in our community deal with complex challenges. This year, WrapAround Northumberland supported **275 individuals** to connect them with multiple services including access to housing, employment, family supports, and more.



**591 drives** were provided through Community Care to seniors and clients to attend essential medical appointments.



**395 hours** of home help were provided through Community Care to seniors, individuals living with disabilities, and those recovering from an illness or injury to be able to continue living independently in their homes. This includes household tasks, groceries, and more.



A portrait of a young woman with long, straight brown hair and green eyes, looking directly at the camera with a slight smile. She is wearing a dark-colored top. The background is a light-colored wall with a grid pattern.

# EVERYONE DESERVES A WARM PLACE TO CALL HOME. WE'RE HELPING TO MOVE PEOPLE FROM POVERTY TO POSSIBILITY.

*Stacey had been experiencing chronic homelessness for more than two years. After being released from the hospital, she found herself at Transition House, where she received emergency shelter, access to food, and physical and mental health supports until she was able to find suitable, affordable housing of her own. Today, she has her own housing.*

Funding from United Way allows Transition House to provide short-term emergency shelter, food security, support, and references, with the goal of permanent, stable housing.

**307 individuals** in our community relied on Transition House to access a safe and warm place to sleep, and a healthy meal.



**4,471 clients** from The Help Centre were able to access essential programs and services including housing support, energy support programs, financial assistance, ESL classes, and seniors help including regular check-ins and outreach.



\*Name has been changed to protect privacy.



**SINCE THE PANDEMIC,  
1 IN EVERY 8 FAMILIES  
ARE CURRENTLY EXPERIENCING  
FOOD INSECURITY.**

*"Seeing the people who have been able to use these coupons, the smiles on their faces, their exploration of new, exciting, and healthy foods while feeling welcomed and accepted has been something that fills all of us with joy and pride... Food unites us all and we are so proud to work with your unbelievable organization that truly helps those in need in a real and immediate way."*

- The Market & Smør

Since December 2021, more than **\$140,000** has been distributed through our Northumberland Eats food voucher program. A partnership with Northumberland County, these vouchers can be used like cash at more than 25 restaurants and food establishments.

**3,645** weekly dinners and **545** holiday dinners were provided through The Salvation Army.

**2,628 food hampers** were delivered to clients through Community Health Centres of Northumberland, including healthy fruits, vegetables, and proteins.

**1,448** hot and frozen meals were provided through Community Care's Meals on Wheels program.

Individuals and families made **2,643 visits** to The Salvation Army's food bank.



Printing generously  
sponsored by

سابك  
sabik



# Make the right call, dial 2-1-1.

Call 2-1-1 or visit [211ontario.ca](http://211ontario.ca)  
for help navigating government,  
health, community,  
and social services.



**United Way Northumberland**  
62 Swayne Street, Cobourg, ON K9A 1K5  
(905) 372-6955 | 1-(800)-833-0002  
Bus. Reg. #107785339RR0001

[MYNUW.ORG](http://MYNUW.ORG)



#LOCALLOVE◆