



United Way
Northumberland

2020 IMPACT REPORT

LOCAL
LOVE
in Action

Read about Ron's Story inside!



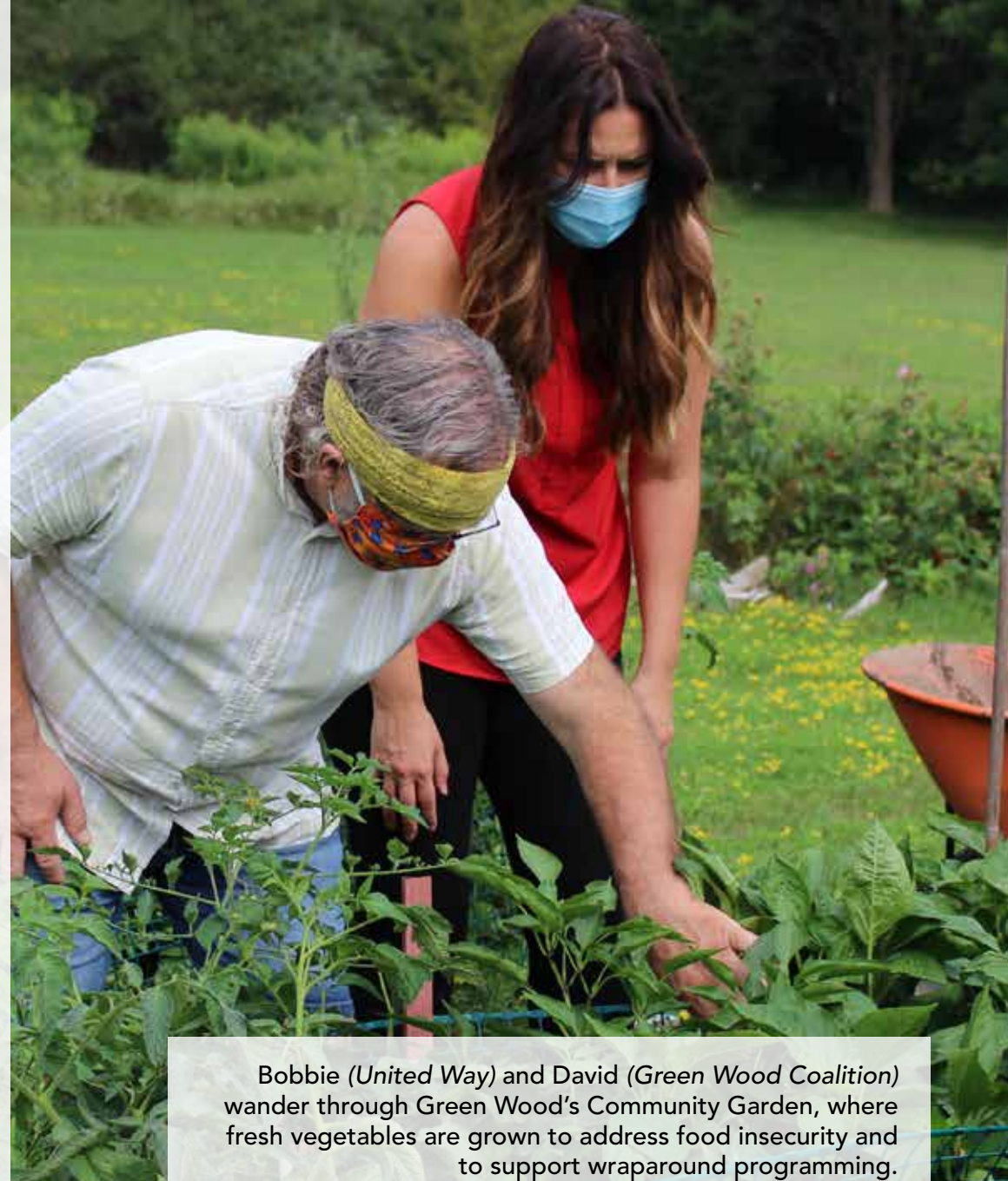
WE ARE STRONGER TOGETHER

Each year, we release an Impact Report based on the previous year's achievements. We share stories of lives that were changed, right here in Northumberland County, because of your support.

But last year feels like years ago. A lot has changed over the past few months. The pandemic has impacted us all, and for those experiencing homelessness, financial difficulties, and food insecurities, it has caused an extra strain on an already tough situation. Yet, in spite of the challenges we've faced and the unknowns that lay ahead, one thing remains the same; **we love our community.**

During these times, the work of Northumberland United Way and our community partners has never been more important. And it's the support of generous local leaders, like you, that make this work possible.

Once again, we've seen our community rally together, by stepping up to support those in need, because food, shelter, mental health, and medical needs are not luxuries but basic human rights. We've learned the importance of social connection in a time of physical distancing and that **we are stronger together.**



Bobbie (United Way) and David (Green Wood Coalition) wander through Green Wood's Community Garden, where fresh vegetables are grown to address food insecurity and to support wraparound programming.



United Way Community Partner:
Sounds of the Next Generation

"I really liked doing SONG online because it was fun. I learned new things about melodies and different scales and rhythms. It was fun to see our teachers online because we couldn't see them in person during COVID-19. I like when we got together in our virtual parties because I met new friends." - Student, age 7

LOCAL LOVE IN ACTION

♡ All That Kids Can Be



204

Families were supported through Triple P (Positive Parenting Program), which provides parents and caregivers with the resources and confidence to navigate challenging behaviours in their children. This results in confident young people growing up and contributing to our community.



182

Children participated in mentorship programs that focus on developing social connections, positive emotional and mental health, and physical activity. These programs help to develop a child's self-esteem and confidence and teach positive life skills.

COVID-19 UPDATE

When the pandemic hit, programs adapted to meet unique needs. Your donation helped to support these changes.



In-person programming was adapted to provide much-needed virtual treatment for children while they remained at home.



All backpacks through our Backpacks for Kids program included a hand sanitizer and a mask to ensure a safe return to the classroom.



LOCAL LOVE IN ACTION

♥ Building a Strong Community



United Way Community Partner:
Alzheimer's Society

"The program has been a real lifeline for us. The exercise program is amazing and so well suited for individuals suffering with dementia... The other very important benefit is being surrounded by couples who have the same issues. It allows for independent friendships and support systems to develop. We are all on this journey together."

- Dollores, wife of Don (pictured above)



97

Participants took part in workshops and counselling services that aim to assist individuals, couples, and families to increase their coping strategies and well-being when dealing with common challenges and issues. These sessions focus on anger management, mindfulness, trauma support, anxiety, and art therapy.



45

Individuals participated in Minds in Motion, a social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. This program was adapted quickly as a result of the pandemic to ensure virtual programming was offered.

COVID-19 UPDATE

We've learned the importance of social connection in a time of physical distancing. Now more than ever, we are focused on building a strong, safe community for all.



Calls were made to isolated seniors and vulnerable individuals to check-in and offer social connection and to ensure they had the supports they needed while at home



Rapid treatment was provided to at-risk people who were compromised by social isolation measures, exhibiting anxiety, depression, and harmful coping mechanisms



Gloves, Lysol wipes, PPE, and hand sanitizer were provided to local non-profits to keep volunteers and front line workers safe



United Way Community Partner:
The Salvation Army

Staff and volunteers at The Salvation Army continue to deliver food packages and fresh produce to local individuals and families experiencing food insecurity. This program received additional funding to meet rising demand as a result of COVID-19.

LOCAL LOVE IN ACTION

♥ From Poverty to Possibility



22

People were supported by Red Path programming which aims to support people living with mental health challenges or substance dependency to achieve the optimal health they desire.



524

Meals were subsidized through the Meals on Wheels program to ensure that low-income residents have nutritious meal options. This program promotes health and independence by providing quality meals to seniors living alone, those living with disabilities, or recovering individuals recently released from the hospital.

COVID-19 UPDATE

Marginalized groups and those experiencing homelessness or living in low income have been disproportionately affected by the pandemic. It is our goal to create equitable solutions to address some of our greatest challenges.



Those experiencing homelessness were able to access 24 hour emergency shelter services



Fresh milk, produce, and nutritious food were provided to families and individuals struggling to put food on the table





Ron's Story

"In almost every point of my life, United Way was there. For me, it's an easy answer as to why I support United Way. Simply put, because I owe so much to United Way and their community partners for what they made possible for me."

Growing up in Ottawa, Ron found the support of United Way at a young age. Shortly after his parents divorced and his father left, he began regularly attending the Boys and Girls Club. Little did he know then that this United Way funded organization would shape the course of the rest of his life.

Inspired by the support he received, after high school he spent many years in social work and teaching at Ontario colleges and universities. Eventually, he went on to work as the United Way Campaign Chair, and served on both United Way's provincial and national boards.

Now, he serves as a member of Northumberland United Way's Board of Directors and is once again a recipient of a United Way program through one of our local funded community partners.

WHAT DIVIDES US IS NOTHING COMPARED TO WHAT UNITES US

We believe that for our community to be great, it has to be great for everyone, and this is our vision for our Northumberland County.

Because of you, and other generous community leaders like you, we've supported more than 25 organizations so far this year. That's because when you give to United Way, you don't just support one organization, you support many.

When you give to Northumberland United Way, you become a part of the solution for those who need it most. People like Ron, or Don and Dollores who rely on the programs funded by United Way.

Thank you to our generous donors, volunteers, and community supporters who continue to make this work possible. You're playing an important role in keeping our community safe, and **we could not do what we do without you.**

— Save this number. Place it on your fridge. Share it with a friend. —



During the COVID-19 pandemic, the 2-1-1 helpline is there for you.

When you don't know where to turn.

Call 2-1-1 or visit 211ontario.ca for help navigating government, health, community and social services.

WHAT IS YOUR VISION FOR NORTHUMBERLAND COUNTY?

SHARE YOUR THOUGHTS AT MYNUW.ORG

Rebuilding
Northumberland County



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