



**United Way**  
Northumberland

# Impact Report

# COMMUNITY MATTERS

A lot has changed in recent years, and as we continue to navigate these changes as a community, we are mindful of the important voice of our friends, neighbours, and Northumberland County residents like you. **Our community matters, and your perspective is crucial.**

We're launching Community Matters, a county-wide engagement project, to better understand the aspirations and experiences of individuals and families in Northumberland County.

1. We are **engaging one-on-one** with community partners, social service providers, and local leaders to uncover their hopes and dreams for our community, while also identifying our greatest strengths and opportunities.
2. We are **visiting libraries and centers across Northumberland County**, listening to the invaluable insights of those who live, work, and play here.
3. We've launched an **anonymous survey** to gather confidential insights to earn a deeper understanding of the needs and gaps within our community.

**We want to hear from you.** This knowledge is instrumental in shaping our investments, programs, and advocacy work, ensuring that every dollar from our generous donors is channeled where it can have the greatest impact.

YOUR

HAVE

SAY



**Complete our confidential community survey**

- Scan the QR code
- Visit [www.mynuw.org](http://www.mynuw.org)

You can complete the survey over the phone or request a paper copy by calling 905-372-6955 or emailing [community@nuw.unitedway.ca](mailto:community@nuw.unitedway.ca)

# Housing and Homelessness

At United Way Northumberland, we believe that everyone deserves a warm place to call home. We support organizations and programs that help people find shelter and affordable housing.

## The Impact

Here's how your donation helped those experiencing homelessness, or those at risk of homelessness:



**50** clients per month received assistance with rental and Rent-Geared-to-Income applications through The Help Centre.



**60** clients from The Salvation Army received rent assistance allowing them to remain in their home.



**200** individuals in our community relied on Transition House to access a safe and warm place to sleep during frigid winter months.

## Period Promise Northumberland

Period Promise, a program of United Way Northumberland, is committed to making it easier for everyone to access the menstrual products they need. Since its launch in 2020, Period Promise has distributed over **30,000 menstrual hygiene products** to individuals, families, and non-profit organizations within our local area.



“ Over the last two years I have spent time couch surfing and living in a motel. I connected with The Help Centre and was put in touch with their housing worker and senior worker. I stayed at the room for six months until I received a phone call from the County saying that they had a Rent Geared to Income apartment available. Finally, my own home! I now have my own space, my own home and all with thanks to The Help Centre and their continued dedication to us in the community. ”



– **Client, The Help Centre**, a United Way partner who receives monthly funding to support core programming.



“ There are times as a parent when you don't know where to turn for help and you get frustrated trying everywhere you know and still coming up blank. WrapAround helped me to coordinate my numerous community and agency supports into a support team working towards the same purpose... to make life better for me and my family. ”

– **Parent, WrapAround Northumberland**, a United Way partner who receives monthly funding to support core wraparound services.

## Children and Youth

Every child and young person deserves a chance to thrive. At United Way Northumberland, we are dedicated to supporting programs that empower and uplift children and youth in our community.

### The Impact

Here's how your support helped children and families last year:



**109** children were engaged in Big Brothers Big Sisters mentoring programs, contributing to improvements in their mental health, self-esteem, and problem solving.



**84%** of families involved with WrapAround indicated they have an increased feeling of wellbeing and a sense of hope for the future.



**273** parents/caregivers attended **34 sessions** provided by Rebound Child and Youth Services.

### Backpacks for Kids

United Way teamed up with the Cobourg and Port Hope Police Services, as well as the Northumberland OPP to launch the “Stuff the Bus” campaign. Thanks to everyone's generous support, we stuffed and distributed more than **1,200 backpacks** for children in need across Northumberland County.



At United Way Northumberland, we strive to support services and programs that ensure equal opportunities and a great quality of life in our community.

## Mental Health

Here's how your contribution supported mental health services and access last year:



**43** counselling sessions were provided through the Community Counselling and Resource Centre to men who have experienced sexual abuse.



**1,500** individuals received health care, housing, food security, mental health, addictions, and income supports through Transition House.

## Community Services

Here's how your contribution helped our community last year:



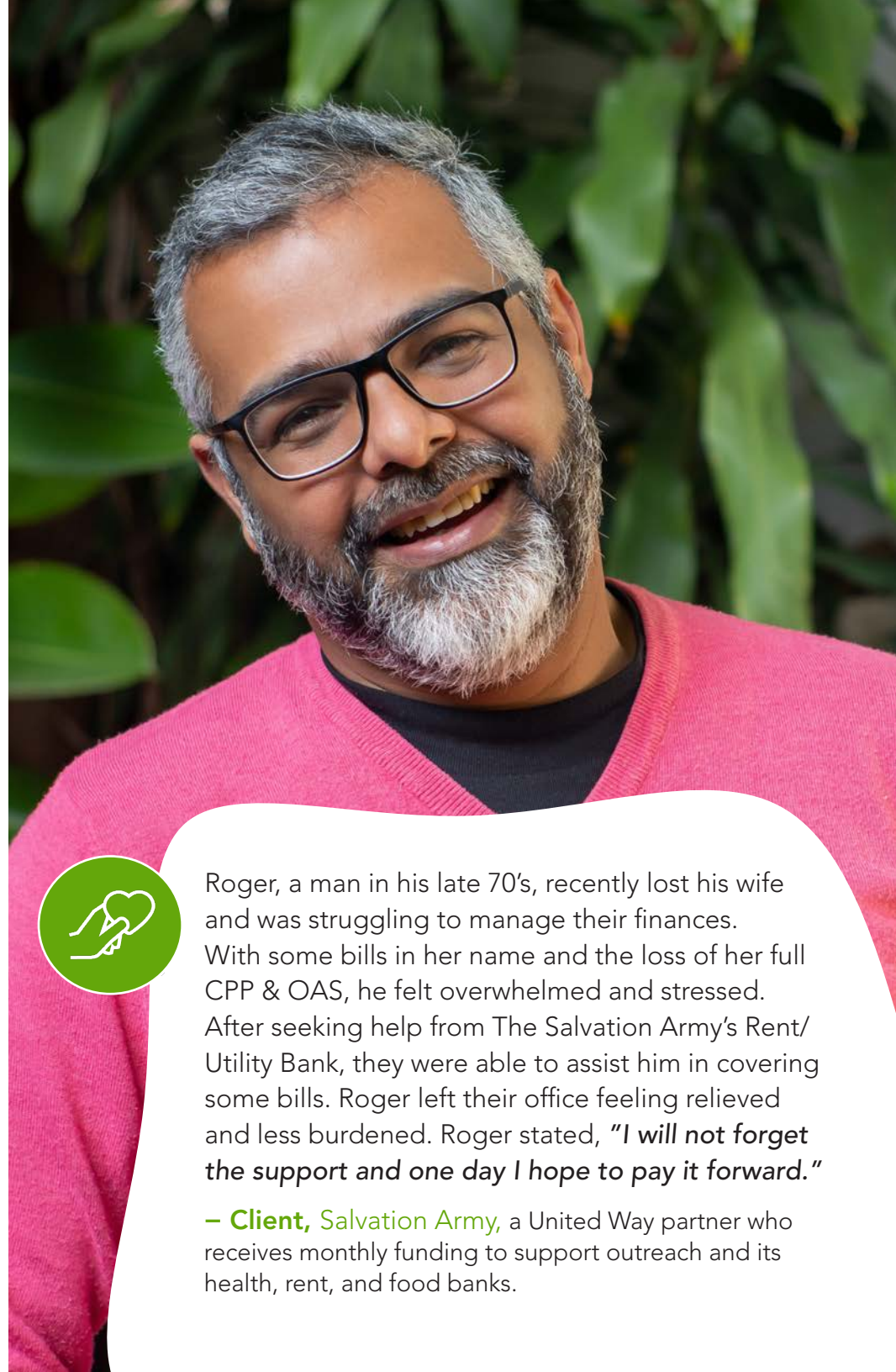
**80** clients received assistance for prescriptions, dental, or vision costs through the Salvation Army.



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



**100** volunteers generously contributed their time and skills at **30 sites** across Northumberland County during the 24<sup>th</sup> annual Day of Caring.



Roger, a man in his late 70's, recently lost his wife and was struggling to manage their finances. With some bills in her name and the loss of her full CPP & OAS, he felt overwhelmed and stressed. After seeking help from The Salvation Army's Rent/Utility Bank, they were able to assist him in covering some bills. Roger left their office feeling relieved and less burdened. Roger stated, ***"I will not forget the support and one day I hope to pay it forward."***

– **Client, Salvation Army**, a United Way partner who receives monthly funding to support outreach and its health, rent, and food banks.



“

I'm a single mother of 2 children and have had custody of my niece full time for over a year. The Northumberland Eats vouchers has made a huge impact on my family. They have allowed us to have the small things that often are taken for granted like a birthday cake and a dinner out. ”

– **Parent**, Compass Early Learning & Care, a Northumberland Eats partner in distributing vouchers.

## Food Security

Everyone should have access to nutritious food. Addressing food insecurity is a top priority for us, and we actively support programs that work towards this goal in our community. Together, we aim to ensure that no one goes hungry and that everyone can lead a healthier life.

### The Impact

Here's how your donation helped feed Northumberland County residents last year:



**230** clients each week received a hot, nutritious meal from The Salvation Army.



**1,347** hot and frozen meals were provided through Community Care's Meals on Wheels program.



**6,500** students regularly accessed the Student Nutrition Program through Northumberland Food for Thought.

### Northumberland Eats

The Northumberland Eats voucher program is an exciting collaboration between United Way Northumberland and Northumberland County. In 2022, we distributed over **\$140,000 in food vouchers** to individuals and families in our community.

**NORTHUMBERLAND  
EATS** 



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