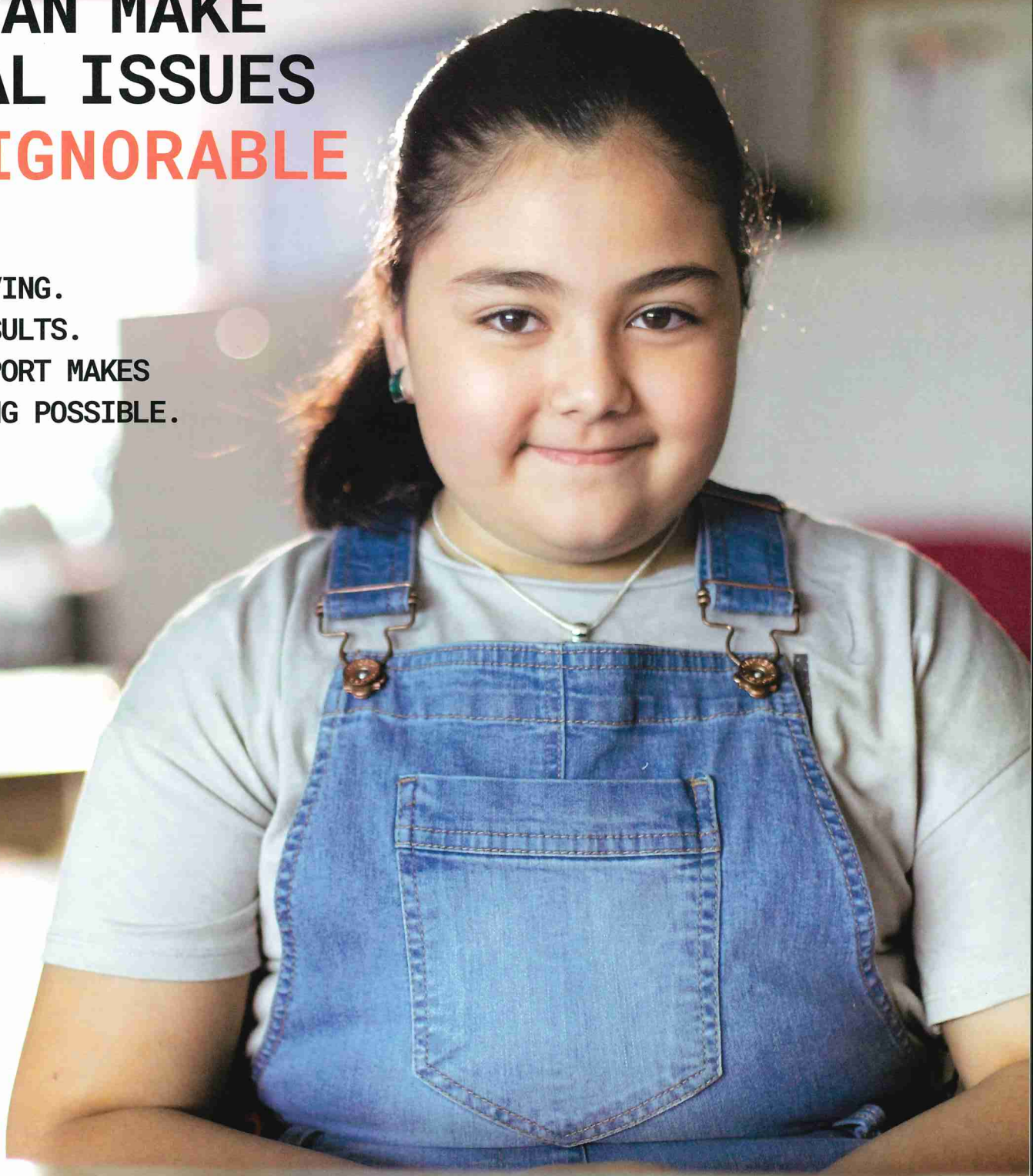


# TOGETHER WE CAN MAKE LOCAL ISSUES **#UNIGNORABLE**

LOCAL GIVING.  
LOCAL RESULTS.  
YOUR SUPPORT MAKES  
EVERYTHING POSSIBLE.



YOUR LOCAL LOVE IN ACTION  
2018-19 IMPACT REPORT



**United Way**  
Central & Northern  
Vancouver Island

# YOUR SUPPORT IMPROVED 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 convened the right people, gathered relevant data and invested in effective programs to make change happen. Together we improved local lives and built community.

## YOUR SUPPORT OF UNITED WAY WAS INVESTED IN



**OVERCOMING POVERTY**  
Basic needs were met and vulnerable people had opportunities to achieve financial stability.



**SUCCESSFUL KIDS**  
Children reached developmental milestones, built a strong sense of self, and were empowered.



**STRONG COMMUNITIES**  
Mental health and well-being were enhanced, and people were 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 MADE IN 2018-19

**52,177**  
people helped

**10** effective coalitions/networks convened

**4** research reports conducted

**90** service agencies supported

**116** programs funded

## DID YOU KNOW

*By creating strong connections and researching the unique needs of our community, United Way makes smart investments with the largest impact possible. We highlight the unique challenges of our regions and make them #UNIGNORABLE. As champions for change, we build relationships to find new ways to solve critical social issues. We help others understand and address the root causes of the challenges impacting our community.*

## 6 PARTNERSHIPS THAT MADE YOUR DONATION GO FURTHER

### BC 2-1-1 HELPLINE & ONLINE RESOURCE

Help is just a call or click away. 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 and counselling ranking as the most frequently sought after information.

### 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 funded the collection of data with local partners. This year BC 2-1-1 data, Point-in-Time homeless count reports, Vital Signs reports, Community Action Plans and State of the Child reports helped 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 convened service agencies, the RCMP, BC Housing, First Nations, 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. We invested 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, classes or appointments. In Cowichan the CVRD donated 5,400 free bus tickets for people in need. Our volunteers ran the Transit Assistance Program and distributed the tickets via 10 community agencies—a total value of \$12,150.

### PERIOD PROMISE Pads and tampons were collected by the BC Ferry & Marine

Workers' Union to be distributed to local women's shelters and support organizations as part of the annual Period Promise campaign to address the issue of period poverty across BC.





IMPACTFUL PROGRAMS YOU FUNDED

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

**Health 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 incarcerated men improve their 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 programs** - Building healthy relationships through activities, peer support, meals and resources

**Youth centre** - Activities that support youth, and develop leadership and positive friendships

**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 positive place for marginalized fathers to spend quality time together with their children

**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 program** - Housing placements, housing loss prevention, referral services, short-term housing, and life skills development for those in need

**Homeless shelter** - Clean, dry, safe accommodations for those facing homelessness

**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

**NANAIMO HOMELESSNESS COALITION** With the support of federal Homelessness Partnering Strategy funding, we funded a Point-in-Time homeless count, an Indigenous Navigator program, an Indigenous mothers' transition program, a homeless shelter, a tenancy support program, a supportive housing program, and a Housing First program.

**NEIGHBOURHOOD COMMUNITY-BUILDING EVENTS** We worked with local agencies and the City of Nanaimo to host free block party-style meals and neighbourhood improvement projects that strengthened connections between residents in two neighbourhoods at high risk of social isolation.

**CHILDREN'S HEALTH FAIRS** With the Greater Nanaimo Early Years Partnership and Vancouver Island Children's Health Foundation we helped support six fairs where several agencies provided resources, social connections, and free health screening for parents and young children.

**2018 STATE OF THE CHILD REPORTS** We assisted through funding and conducting research on the most pressing issues affecting children in Port Alberni and Ladysmith. These reports were used to inform United Way grants and other community services.

**NANAIMO HEALTH NETWORK** We collaborated with an advisory group and led the coordination of two community-wide forums that focussed on the creation of a community health network in Nanaimo.

**LADYSMITH EARLY YEARS PARTNERSHIP** We supported the Ladysmith Early Years Partnership to create videos, events, and a resource directory to connect parents of young children with local services.

**OCEANSIDE TASK FORCE ON HOMELESSNESS** In collaboration with local government and service providers, we supported the successful proposal of a BC Housing-funded supportive housing project in Parksville.

**OCEANSIDE HEALTH AND WELLNESS NETWORK** As a member of the executive committee, we collaborated with other stakeholders and provided leadership to the network in order to address local issues through collective action.

CENTRAL ISLAND CHALLENGES THAT INSPIRED ACTION

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

**AFFORDABLE HOUSING & HOMELESSNESS:** 335 people in Nanaimo experienced absolute homelessness in 2018; nearly double from 174 people in 2016. The 2018 Nanaimo Point-in-Time Homeless Count found that unaffordable rent is the number one challenge in finding housing.

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

What your donation looks like...



Your donation made help available when Rose needed it most.

Poverty, homelessness and mental illness can often go unnoticed. Rose struggled in silence for years before getting the support she needed through a United Way-funded program.



IMPACTFUL PROGRAMS YOU FUNDED

**STRONG COMMUNITIES**

**Affordable housing** - Services for people living in poverty or experiencing 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, prenatal support and food for families

**Youth mentoring** - Adult mentors for vulnerable youth, in school, summer camp, and community

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

**Early literacy & tutoring** - Singing, rhyming and interactive summer programs

**Life skills program** - Food safe, youth first aid, food skills and resume writing

**Suicide prevention** - Giving students the tools needed for prevention and intervention

**OVERCOMING POVERTY**

**Indigenous-centred programs** - Meal program, referral services, cultural support and housing loss prevention/support

**Foodbank program** - Nutritious food hampers for vulnerable students, daycare children, pregnant women, and low-income families

**Youth support groups** - Skills development and promoting social inclusion

**Resource centre** - Access to local food banks, employment programs, government document assistance, Red Cross loan equipment, and technology assistance



COMMUNITY-BUILDING EFFORTS

**TZE TZA WATUL COMMUNITY ADVISORY BOARD**

We worked with the advisory board to invest federal Homelessness Partnering Strategy funding for Indigenous initiatives including a breakfast program, a Housing First program, and housing loss prevention.

**COWICHAN COALITION TO ADDRESS HOMELESSNESS AND AFFORDABLE HOUSING**

As part of the Coalition leadership team, we supported the targeted priorities identified in the Cowichan Community Plan to Address Homelessness and Cowichan Region Affordable Housing Strategy. A key action was to propose to the CVRD was the Annual Financial Contribution Service which resulted in annual funding to the Cowichan Housing Association to lead the facilitation of more affordable housing projects in the region.

**OUR COWICHAN COMMUNITY HEALTH NETWORK**

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

**COLD WEATHER SHELTER FOR WOMEN**

In partnership with Cowichan Women Against Violence Society, School District 79, BC Housing, and other stakeholders, we had this shelter operating by December 2018 and confirmed funding in early 2019 to make it a year-round shelter.

COWICHAN CHALLENGES THAT INSPIRED ACTION

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

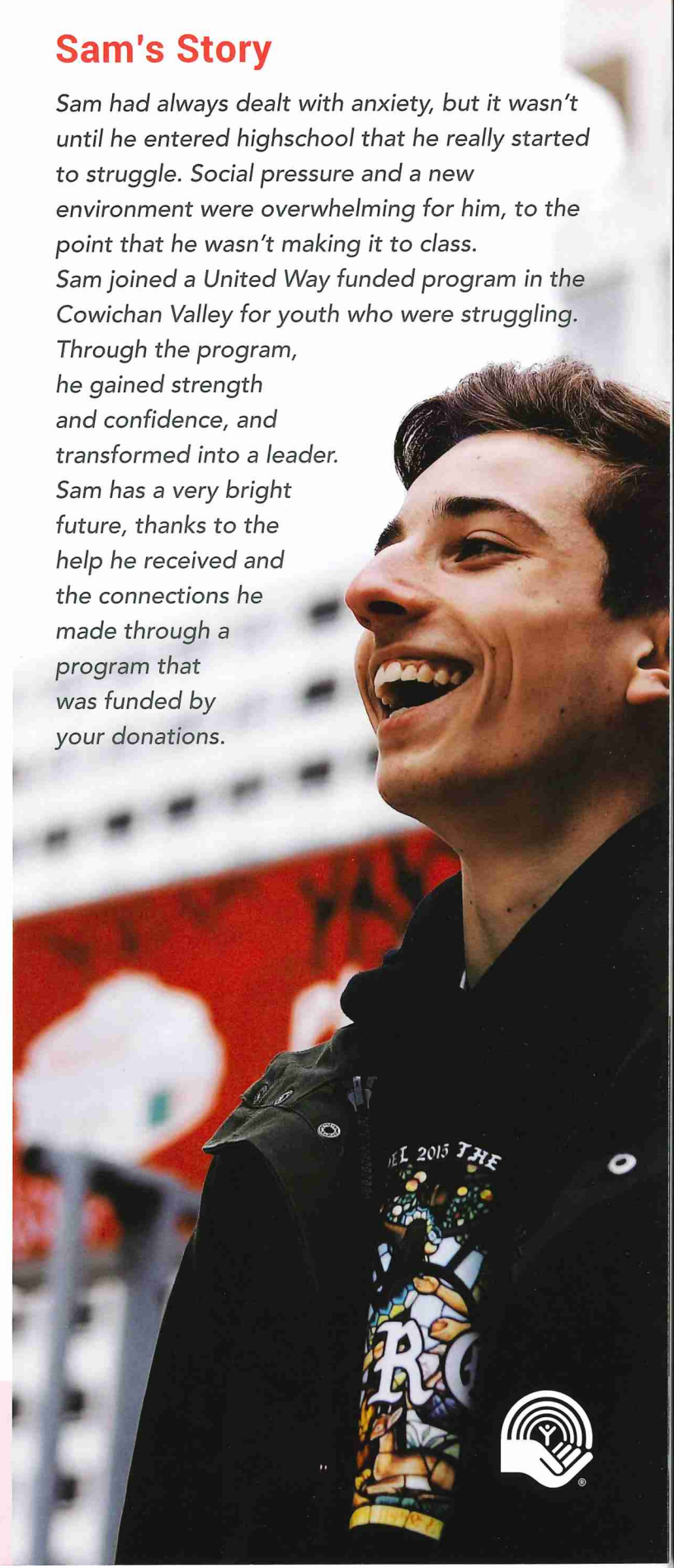
**HOMELESSNESS:** The 2017 Cowichan Summer Point-in-Time Homeless Count identified that 89 people in the CVRD were experiencing absolute homelessness in 2017, up more than 50% since 2014.

**CHILD & YOUTH VULNERABILITY:** 3,880 local children are living in poverty; close to one in four children, one of the highest rates in BC, according to the 2017 BC Child Poverty Report Card. There are currently no youth shelters available, so youth facing homelessness have nowhere to sleep.

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

Sam's Story

Sam had always dealt with anxiety, but it wasn't until he entered highschool that he really started to struggle. Social pressure and a new environment were overwhelming for him, to the point that he wasn't making it to class. Sam joined a United Way funded program in the Cowichan Valley for youth who were struggling. Through the program, he gained strength and confidence, and transformed into a leader. Sam has a very bright future, thanks to the help he received and the connections he made through a program that was funded by your donations.



15,581 people helped through 28 programs



# YOUR SUPPORT AT WORK COMOX VALLEY



## IMPACTFUL PROGRAMS YOU FUNDED

### 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 and therapies for caregivers

**Senior support** - Counselling and weekly visits for isolated seniors

**Horseback riding lessons** - For youth with mental health challenges to gain confidence and strength

**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 and families

**Domestic violence prevention & awareness** - School presentations and teen support groups

**Youth centre and after school programs** - Healthy cooking, life skills, support service, and music programs

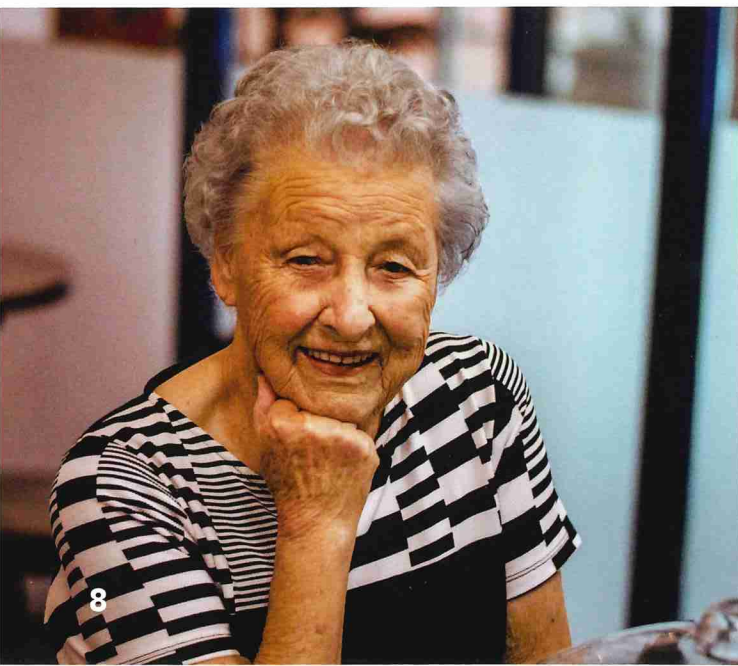
### OVERCOMING POVERTY

**Healthy meals & food bank baskets** - For disadvantaged children and youth

**Financial tutoring** - Helping adults to build savings and move out of poverty

**Adult literacy programs & resources** - For people experiencing homelessness

**4,808** people helped through  
20 programs



## What your donation looks like...

I returned to the Comox Valley after a number of years away. Being a senior of advanced years I had very few friends and I was feeling isolated and lonely.

It occurred to me that volunteering and helping out other seniors would be a great way to reconnect. By volunteering, I'm making a contribution and I have a support system as part of a large group of volunteers. I feel valued. I feel worthwhile. Volunteering is such an important and good thing to do.

- a volunteer for a Comox Valley seniors' support program funded by United Way.



## COMMUNITY-BUILDING EFFORTS

### COMOX VALLEY COMMUNITY HEALTH NETWORK

As a result of two forums, we organized and established the first local health network. As a result, \$80,000 per year is now invested 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

29 local social service agencies were brought together to identify initiatives and lobby for supportive housing. In 2018, 46 supportive housing units (the first-ever in Comox) were completed. Government funding will cover five years of wages for 24/7 housing staff.

### TAMPON TUESDAY EVENT

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 to address the common issue of period poverty.

### POINT-IN-TIME HOMELESS COUNT

In 2018, we supported a Point-in-Time homeless count event, interviewing and surveying local people experiencing homelessness. The report informed United Way grants, other local non-profits, and policymakers.

### VITAL SIGNS

We supported and funded Vital Signs in the Comox Valley. Vital Signs is a national program of community foundations that measures the vitality of communities. The report promotes awareness of community issues and helps generate discussion, drives policy change and helps focus community leadership activities in the region.

## COMOX VALLEY CHALLENGES THAT INSPIRED ACTION

**AFFORDABLE HOUSING:** According to the Comox Valley Vital Signs Report 45.4% of renter households spend 30% or more of their income on housing.

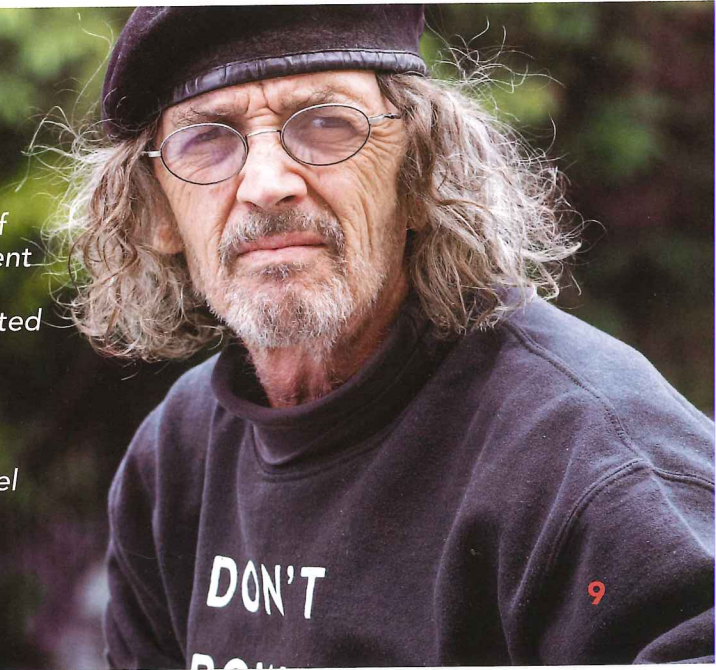
**SENIORS LIVING IN POVERTY:** The BC Seniors' Poverty Report Card indicated that 420 seniors in Comox Valley are living in poverty.

**HOMELESSNESS:** 117 people in Comox Valley are experiencing homelessness - including seniors, indigenous and youth who had been in foster care according to the 2018 Comox Valley Point-in-Time Count.

## Darquis's Story

*A few months ago, Darquis started going to a United Way-funded agency to try and help other people and himself become part of the community again. Since having an accident a few years ago, he had isolated himself and needed to do something to get back into the world. This program, supported by donors like you, allows him to eat better and spend time with his new-found adopted family.*

*"Thanks to the this program, I feel like I'm back at work at a new job. I can't stand sitting around my house anymore. I feel like I have a purpose in life. And I want to show my son that you can overcome anything." - Darquis*



# YOUR SUPPORT AT WORK CAMPBELL RIVER & NORTH ISLAND

# 2018-19

**8,666** people helped through  
21 programs



## IMPACTFUL PROGRAMS YOU FUNDED

### STRONG COMMUNITIES

**Support groups & emergency assistance** - For survivors of violence

**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

**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

**Food Security** - Meals and activities for seniors and adults

**Employment training** - For head trauma survivors to re-enter the workforce



## COMMUNITY-BUILDING EFFORTS

### CAMPBELL RIVER SENIORS' NETWORK

With Island Health and other agencies, we identified and addressed gaps in services and developed 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 helped implement the first steps in the Housing Needs Assessment's 5-year affordable plan.

### STATE OF THE CHILD REPORT

In 2018, we funded research to help Campbell River service providers and city officials target the most pressing needs.

### CHILDREN'S HEALTH FAIR

We funded a fair where parents could 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.

## CAMPBELL RIVER + NORTH ISLAND CHALLENGES THAT INSPIRED ACTION

**HOUSING AFFORDABILITY:** Rental housing vacancy rates dropped from 7% to 1.3% in two years according to the 2018 Housing Needs Assessment by the Strathcona Community Health Network.

**POVERTY:** Campbell River has the fourth-highest child poverty rate by urban area in BC - 22% of children and youth 0-17 years old live in poverty. A statistic from the Campbell River 2018 Vital Signs Report.

**SENIOR ISOLATION:** According to the BC Seniors' Poverty Report Card, 1 in 4 seniors lives alone. Single seniors are more than three times as likely to be poor than seniors in couple families.

## WHY I SUPPORT UNITED WAY

"I am very fortunate that my life is doing well, so I want to help others in my community to have a good life too. One never knows when circumstances could change and I may need help. So long as I am able to do so, I will contribute to United Way."

- United Way donor from Duncan, BC

### 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

## 6 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 donation at [www.uwcvi.ca](http://www.uwcvi.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.

### 6 YOUR WILL

Speak with us about leaving a legacy gift in your will.



**Your donation  
stays 100% local**

**You can make a  
difference today!**



## Ollie's Story

*Oliver - Ollie - has been working with a United Way-funded therapeutic riding program for six years. Ollie has profound deafness, significant vision loss, a tracheostomy, a feeding tube and developmental delays. But when the volunteer team at put him on his first pony his world changed. He gained physical strength, confidence and joy, and even graduated to riding a full-sized horse. Ollie's happiness is because of donors like you.*

## OUR BOARD OF DIRECTORS

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Jim Brown, Secretary - Ladysmith  
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**United Way**  
Central & Northern  
Vancouver Island

**DONATE. VOLUNTEER. ADVOCATE.**

**YOU CAN MAKE A DIFFERENCE TODAY!**

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[www.uwcncvi.ca](http://www.uwcncvi.ca)



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