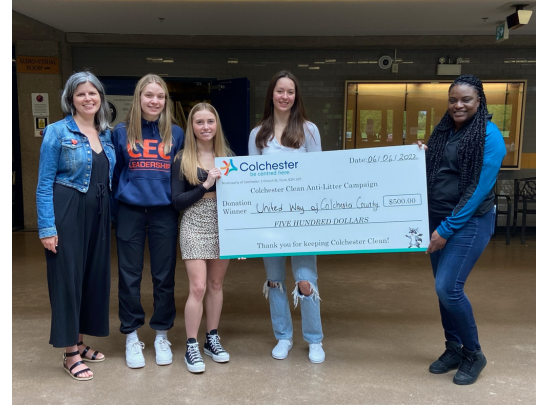


# ANNUAL REPORT 2022-2023



WORKING WITH  
COMMUNITIES IN  
COLCHESTER &  
CUMBERLAND COUNTIES

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# MESSAGE FROM OUR CHAIR

We had another eventful year at United Way of Colchester County. Sam Madore did an excellent job guiding the organization through Hurricane Fiona relief while tackling Campaign. We want you to know that the United Way of Colchester is always thankful to have the support and care of donors, volunteers, and community as we navigate meeting urgent community needs as they arise. We had the opportunity to expand our support to Cumberland County as well this past year. It has been a privilege to learn more about the emergent issues facing the communities there, and how frontline agencies are working in the community.

I would like to thank the Board of Directors and staff for their hard work, tireless efforts, and dedication throughout the year. In addition to funding important programs and activities that address the significant challenges facing our communities, the Board and staff at the United Way of Colchester have risen to the challenge to provide the much-needed resources that are required by our community now more than ever. Although the United Way has had to adapt to this new world, as all of us have, we continue to move forward, supporting our community at large, thanks to all the support from our donors, partners, and volunteers. The Board extends our deep appreciation to everyone who helped us with those efforts, in spite of the increased challenges. We are excited as we look forward to this year, to expanded reach through our Community Campaign covering Cumberland and Colchester counties. That same compassion and spirit of community that we have all brought to the campaign over the years, we can share with our neighbours and will likely be even stronger than ever as we begin to unite and engage with each other and our communities.

We couldn't do what we do without our community of supporters, and we thank you!



Raj Makkar  
Board Chair  
United Way of Colchester County



# EXECUTIVE DIRECTOR'S REPORT

While I was off on maternity leave for most of the fiscal year, I was fortunate to stay engaged in United Way and the work. I want to say a big thank you to Sam and Heather for continuing the great work over the past year. Knowing that United Way Colchester was left in capable and compassionate hands made my absence somewhat stress-free and enjoyable! Over the year we moved offices, and expanded to include a whole new county, which I just get to enjoy after all the hard work was completed. Back at the helm this year, I am able to continue with the Coordinated Access work, ensuring that those most marginalized and equity deserving are prioritized in our communities across the Northern Zone.

I have enjoyed making new connections in the Cumberland area and learning about the collaborative work happening across the county. I want to thank the agencies we fund for their tireless work and expertise in community. We have seen our share of tragedy across both counties; my hope is we will continue to rise and meet the community needs with the help of our amazing donors, volunteers, and corporate sponsors who help us create impact.

I also want to thank the Board rockstars who dedicate their free time to making sure we are creating forward momentum. Special shout out to Chris Hamilton who has gone above and beyond to support United Way collaboration across the Atlantic provinces and was awarded a national award for Outstanding Volunteer Leadership in the United Way Centraide Canada movement.



Sarah Flemming  
Executive Director

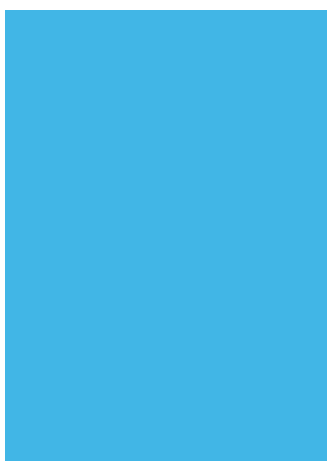
United Way of Colchester County

I was pleased to sit in the Executive Director chair this past year while Sarah was on maternity leave. And I am thrilled to have been a part of some of the new and returning events and partnerships that took place throughout Colchester. These opportunities were made possible, not only by the loosening of Covid restrictions, but by the generous support of volunteers and sponsors in our community.

It was great to bring back Day of Caring this year, with a stellar committee of engaged local volunteers who helped us to expand our projects into Millbrook and Stewiacke. We opened up our Campaign kick off breakfast to more guests this year and I enjoyed working with our fun, passionate campaign team. Being part of the new event – A Laughing Caring Community – sponsored by RBC Dominion Securities and RBC Royal Bank was a highlight.

I am so grateful to Sarah, Heather, and the members of the Board for supporting me. And I am truly honoured to have the opportunity to stay on in a new marketing and communications capacity.

Sam Madore, Interim Executive Director



# YEAR IN REVIEW | Programs + Events

## Bikes 4 Kids 2022

Thanks to sponsors and partners who helped us give out over 75 bikes throughout Colchester, including: G&G Computers, Assante Wealth Management, Rankin Financial Planning Inc., Baird's Septic, Truro Mall, Canadian Tire, Hub Cycle, Bike Monkey, and Triangle Events. **Thanks to Emily Crosby for helping to make this year a success!**



## Back 2 School 2022

Thanks to all who made it possible to connect with over 300 students. Sponsors include: Bell Aliant, Caldwell Roach, Cleve's Source for Sports, Hillendale Perennials, Graybar, McDonalds, and Rotary Club. **Thanks to Laura Thurston for all of your hard work!**



## Day of Caring 2022

We were thrilled to bring Day of Caring back this year! With ten projects throughout Colchester, we were able to expand to Millbrook First Nation and the Town of Stewiacke. Thank you to our committee, our sponsors: Community Credit Union and Masstown Market, Rotary Club, and our volunteers.



## Elves for Elders 2022

Thanks to our partners and sponsors: Classic Rentals, Grinners, Alderberry Village, Clay Café, Community Credit Union, Elegant Steps, Keith's Gas Bar, and Truro Farmers' Market. We were able to deliver gifts to over 200 seniors in isolation over the holidays.



## Soup Fest 2023

Soup Fest was sold out at 200 tickets! Congratulations to our winners: **1st – Parichat Asia Thai; 2nd – Our Mystery Chef, Lisa Wood; 3rd – Belly Up.** Thanks to all of our SOUP-er chefs, attendees, partners, and the following sponsors: Earth Angels, Home Hardware, Will Kare Paving, Wilsons, and Sobeys Cash & Carry.



# YEAR IN REVIEW

# Community Campaign

We simply could not do what we do without the generous support of our community.

Businesses and individuals who donate to our community campaign each year through payroll deductions, corporate pledges, fundraisers and more, help us to create opportunities for a better life for people throughout Colchester and Cumberland counties.

We were thrilled to host another in-person kick off breakfast in September to celebrate our donors, sponsors, partners and supporters. Thanks to our event sponsors: Burchell MacDougall, Inn on Prince and Grant Thornton.

We are grateful to all of the businesses and organizations who supported our campaign this year. Thank you to RBC Dominion Securities and RBC Royal Bank for introducing a new fundraising special event – A Laughing Caring Community.

Thank you to our donors

Thank you to our corporate partners

Thank you to our supporters, sponsors, volunteers, and cheerleaders

Thank you to our 2022 Campaign Team:

Karen Baillie, Co-Chair, Elegant Steps  
Raj Makkar, Co-Chair, CEHHC  
Don Cameron, Department of Lands & Forests  
Adam Harris, Burchell MacDougall  
Ashley LeBlanc, RBC Royal Bank  
Dave MacNeil, Truro Police  
Ellen Marshall, NS Native Women's Association  
Peter McCracken, Colchester County  
Ashley Simms, Town of Truro

Thank you for showing us your local love!



# YEAR IN REVIEW | Funded Agencies

Through the gifts of our generous donors, eligible charities and non-profits were able to receive funding for much needed programs and assets to help improve lives in Colchester County.

## 2022 Spring Impact Grants

- Colchester East Hants Hospice Society
- Colchester Community Support Society – Food Bank
- John Howard Society
- MacPhee Centre for Creative Learning
- Tatamagouche Centre

## 2022 Fall Impact Grants

- Archway Counselling Association
- BGC Truro Colchester
- Canadian Mental Health Association: Colchester East Hants
- Colchester Community Support Society – Food Bank
- Elizabeth Fry Society
- John Howard Society
- Portapique Community Hall
- Maggie's Place Family Resource Centre (Colchester)
- Micmac Benevolent Society
- Tatamagouche Centre

## The Small Project Possibilities Fund

- Ramadan Food Baskets

"To be able to have this program for residents gives people a sense of belonging with their community by making friends with other families who are essentially going through the same stages of life as others. To be able to make a connection and communicate how you are feeling, and being outside of the isolation of your home helps the parents more than the children."

## HURRICANE FIONA RELIEF FUND

After the devastating effects of Hurricane Fiona, we were able to fund the following organizations thanks to the support from Emera and NS Department of Community Services:

- Amherst Preschool
- Bridges Institute
- BGC Truro and Colchester
- CMHA: Colchester East Hants
- Colchester Adult Learning Association (CALA)
- John Howard Society
- Maggie's Place - Colchester + Cumberland
- MicMac Benevolent Society
- Wekope'kwitk Mijipjeweyuo'kuom Society (Millbrook Foodbank)
- Schools Plus
- Tatamagouche Centre
- The Lotus Centre
- Third Place Transition House
- Truro Housing Outreach Society
- Victoria Order of Nurses / VON



# YEAR IN REVIEW | Funded Agencies

Through the gifts of our generous donors, eligible charities and non-profits were able to receive funding for much needed programs and assets to help improve lives in Colchester County.

## 2022-2023 Program Funding

- Autism Nova Scotia (Truro)
- BGC Truro Colchester
- Bridges Institute
- Canadian Mental Health Association: Colchester East Hants
- Colchester Adult Learning Association (CALA)
- Colchester Sexual Assault Centre  
(in partnership with the Lotus Centre)
- MacPhee Centre  
(in partnership with the Portapique Community Hall)
- Maggie’s Place Family Resource Centre
- Northern Healthy Connections Society
- Tatamagouche Centre
- Third Place Transition House

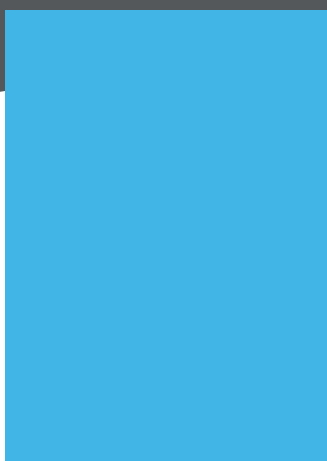
## Program Impact: Fit Within Our 3 Focus Areas



“Last (night) was my first time getting together with other autistic people in a group! I actually had a lot of fun and enjoyed learning about others, and for the first time in my entire life I was comfortable enough to not feel bad over messing up my words (as socializing in general is something I greatly struggle with). Thanks for setting this up!” – Teen/Adult Social Group participant

## PROGRAM IMPACT: INDIVIDUALS SERVED

Children (0 -19)	<b>320</b>
Families/Caregivers	<b>313</b>
Young adults (20-25)	<b>22</b>
Men	<b>24</b>
Women	<b>172</b>
Adults with health issues	<b>33</b>
Persons with diverse abilities	<b>167</b>
Women who have experienced abuse, trauma or assault	<b>174</b>
Men who have experienced abuse, trauma or assault	<b>2</b>
Adults experiencing poverty	<b>33</b>
Adults experiencing homelessness	<b>7</b>
Visible minorities	<b>14</b>
Newcomers or new residents of Canada	<b>8</b>



# BOARD OF DIRECTORS

## Nominating Report | 2023-2024

Thank you to the members of our Board of Directors for their ongoing support and commitment to the United Way of Colchester County.

The following people have put their names forward for nomination to 2023-2024:

### Board Executive

Raj Makkar, Chair  
Theresa Yuill, Vice-Chair  
Christopher Hamilton, Treasurer  
Jenna Tingley-Forsyth, Secretary

### Directors at Large

Carley Gloade  
Glenn Illsley  
Andrea Jackson

### Nominations

Jennifer Hamilton Upham  
Dr. Ryan Sommers

### Youth Representatives

Brea Hayden  
Becca Cook

### Resignations

Twila MacDonald  
Nick Sharpe

### Thank you Danielle!

Danielle Krzywonos has co-led our Youth Committee and sat on our Board as a youth representative for two years. All the best with your studies at University of New Brunswick!







# united in LOCAL LOVE

By supporting the United Way of Colchester throughout the year, you are helping to improve the circumstances of people in need, right here in our community.

**GET INVOLVED:** Cash or in-kind sponsorship • Workplace Campaign  
Corporate Donation • Fundraising Event • Volunteer

## SOUP & FEST

A seasonal favourite fundraiser where local chefs donate and serve soup samples to hungry guests, all in support of the United Way.

## BIKES 4 KIDS + BACK 2 SCHOOL

Ensure every child throughout Colchester County has the chance to reach their full potential in school and enjoy an active, healthy, fun childhood.

## ANNUAL CAMPAIGN

Help to support the agencies working with those most in need.

STRONG  
HEALTHY  
COMMUNITIES

FROM  
POVERTY TO  
POSSIBILITY

HELP KIDS  
BE ALL THEY  
CAN BE

## Elves for Elders

We work with senior care facilities and organizations who provide unique gift lists that we share with our generous community. Gifts are then purchased and delivered, brightening up the holidays for isolated seniors throughout Colchester County.

## Day of Caring®

Community partners + participants in our Annual Campaign volunteer to complete a project on the list of a local organization supported by the United Way of Colchester.



NEW

## BIRDIES FOR BRIGHTER FUTURES

For every birdie (or better) made during Truro Golf Club's Men's Invitational in June, a set value will be donated to the United Way of Colchester.



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