

Your **#LOCALLOVE** helps  
4,808 people in  
Comox Valley

LOCALLOVE



**United Way**  
Central and Northern  
Vancouver Island

COMOX VALLEY  
2018-19 IMPACT REPORT

# YOUR SUPPORT AT WORK COMOX VALLEY



## SOCIAL SERVICE PROGRAM FUNDING

### 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 & therapies for caregivers

**Senior support** – Counselling & weekly visits for isolated seniors

**Horseback riding lessons** – For youth with mental health challenges

**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 & families

**Domestic violence prevention & awareness** – School presentations & teen support group

**Youth centre & after-school programs** – Healthy cooking, life skills, support services & music programs

**Indigenous culture program** – Cultural and family support

### OVERCOMING POVERTY

**Healthy meals & food bank baskets** – For disadvantaged children & youth

**Financial tutoring** – Helping adults to build savings & move out of poverty

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

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



## What your donation looks like...

“Through a seniors’ volunteer program, I started visiting a 90-year-old who once hiked and did all of her own yard work. Then suddenly her eyesight was destroyed and she couldn’t get around anymore.

She wanted to read a book about trekking through the Himalayas but couldn’t, so I read it to her. When we finished the book she figured I wouldn’t be visiting anymore. I said, ‘What!? ... There are other books!’ We have since read six other books and exchanged stories about our lives. She says my visit is the highlight of her week.”

- Louise, a volunteer at a local seniors’ program funded by United Way



## COMMUNITY-BUILDING EFFORTS

### COMOX VALLEY COMMUNITY HEALTH NETWORK

As a result of two forums we helped organize, we established the first local health network. We also helped secure \$80,000 per year from Island Health 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

We recently brought together 29 local social service agencies to identify initiatives and lobby for supportive housing. This year 46 supportive housing units (the first ever in Comox) are under construction and will open in 2019. Government funding will cover five years of wages for 24/7 housing staff.

### TAMPON TUESDAY EVENT

In 2018 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.

### POINT-IN-TIME HOMELESS COUNT

This year we helped support a Point-in-Time homeless count event, interviewing and surveying local people experiencing homelessness. The report will inform United Way grants, other local non-profits, and policymakers.

## Local challenges

**MENTAL HEALTH:** 1 in 4 adults suffers from anxiety or depression. (2016 Comox Valley Vital Signs Report)

**VULNERABLE CHILDREN:** Nearly 40% of children entering kindergarten are vulnerable within one or more early childhood development area. (Early Years Development Instrument Report 2016, School District 71 profile)

**SENIORS LIVING IN POVERTY:** 420 seniors in Comox Valley are living in poverty. (2018 BC Seniors' Poverty Report Card)

## Nadine & Chase's Story

Nadine was three grades behind in her reading level. Her brother Chase, with ADHD, was also falling behind. Thanks to donors like you, a United Way-funded program changed everything.

*"The positive effects of literacy supports last much longer than the time the kids attended the program; the future of my entire family has been positively impacted," says their mother.*



# support



## WHY I SUPPORT UNITED WAY

"I'm aware of the problems in my community and can feel overwhelmed because I don't know what to do to fix them. The good news is that I don't have to know everything. United Way pulls together the people who have the information, who have been in the field on the front lines, to affect change. It gives you a sense of confidence about your donation."

- Laura, a United Way donor

### Your donation stays 100% local

Make change happen in your community today!

# 100%

# give



### 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



## United Way Central and Northern Vancouver Island

### DONATE. VOLUNTEER. ADVOCATE.

MAKE A DIFFERENCE TODAY!

- Central Island 250-591-8731
- Cowichan 250-748-1312
- Comox Valley 250-338-1151
- Campbell River 250-287-3213

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



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