



PARTAGEONS
l'espoir



SHARE
the warmth

Semer l'espoir et le rêve

Awakening hopes and dreams

Annual Report

2014 - 2015: Building Community, *One Meal at a Time*

SO THAT WE CAN ALL EAT
SO THAT WE CAN ALL GROW AND LEARN
SO THAT WE CAN ALL WORK



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Board of Directors



Janet Michelin



Rod Matheson



Dario Mazzeo



Roberto Pietracupa



Jeff Brumer



Geneviève Charette



Fiona Crossling



Steve Harvey



Philip Malewski



Carol MacFarlane



Betty Scott



Patrick Telio

Building community, one meal at a time

We all need to eat and each of us needs human connection. One of the effects of poverty is increased social isolation where people lack encouraging relationships because they are having such a hard time dealing with lack of food and not being able to pay the bills. A growing reality for many in our community is becoming completely cut off from others as a result of mental or physical health problems. Good food can bring all members of the community together. At Share the Warmth's new community Café, food bank members, youth, parents, board and staff members can share a meal with volunteers and residents, and enjoy food and music for the benefit of all. Share the Warmth has always been a welcoming community centre, but this latest addition is building community, ***one meal at a time.***

The year in review

This year saw the expansion of existing programs and the implementation of new ones that grew out of community consultations that have taken place over the last two years.



Renovations were done on the ground floor during the summer of 2014 to allow for better use of the space for both food bank members and the staff team. We inaugurated the new open office space in July with a team planning session for the coming year. The food bank, employment training, and music programs all grew during the year.

After this first phase of renovations in 2014, the Building Committee prepared for the next phase of repairs and renovations to be done in 2015. Following a rigorous planning process, the committee proceeded with the tender, architectural and permit processes required to begin work on the Café-terrace in the summer of 2015.

The Community Café was launched on August 23rd 2014 after a feasibility study showed it to be a positive addition to the area. The launch took place in the context of a community celebration held by the *Artères solidaires* roundtable whose purpose is to contribute to the revitalization of the commercial arteries in the surrounding area. Youth from the

music program livened up the day with an outdoor classical guitar concert.

Over the year, Café traffic has increased steadily with a current average of 40 visitors per day, with more customers on food bank days. We are happy that the Café is serving those who have little-to-no access to healthy, affordable food, since that was the goal we had set for the Café from the beginning. The Café is also becoming a meeting place for other community members, making it a truly diverse gathering place.

In September, we added tutoring and string instruments (violin, viola, cello) to the El Sistema-inspired intensive music program to ensure holistic support for youth. Already by the end of the year, in addition to having lots of fun with music, youth are able to concentrate more in school, follow instructions, and are more independent during concerts.

As programming expanded this year, Share the Warmth's staff team also grew. Nadège Wary joined the team as Music program coordinator, Émilie Lemieux joined as food services manager and Naouel Bendahmane as human resources and volunteer manager. Mona Gittens-Williams replaced a staff member on sick leave as social economy manager. New part-time staff were also recruited for the music and other youth programs.

At the Annual General Meeting on September 11, 2014, over 80 members came out to share their comments and ideas for the future of Share the Warmth. Jean Lalande of the Welfare Rights Committee presided the AGM, while explaining voting procedures and helping to create a warm atmosphere for all members.



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25
ANS
1989-2014

During the November 6th Annual “Share the Spirit” Dinner, Share the Warmth launched its 25th anniversary celebrations with a special thank you to all the volunteers on the Building Committee, but especially André Miller of Kodem, who voluntarily leads the work of the committee.

During the dinner, guests spoke of their experiences as volunteers and members of Share the Warmth, thereby creating a truly heartwarming evening. In the fall of 2015, celebrations will continue and coincide with an ambitious marketing campaign to raise much-needed funds to support expanded programming and further repairs to the building.

The Board says goodbye to two members this year, Patrick Telio and Linda Cloutier. In addition to his active service as a board member since 1999, Patrick volunteers in the Christmas food drive collecting food every year (often in terrible weather!), was on the golf tournament organizing committee for eight years, and regularly volunteers with his own children in the boutique and food bank during the holidays. We wish Patrick well and are grateful that he will continue to volunteer as his schedule allows. Linda, who teaches at FACE and lives in the neighbourhood, will also be missed after her three year tenure on the board. The Board was pleased to welcome Geneviève Charette in 2014 who is an organizational development consultant and this year facilitated both the Board-Staff Retreat and the Fundraising Committee’s evaluation meeting.

Members of the staff team participated in a number of training sessions during the year including the year-long Social Innovation program offered for Executive Directors by the J. Armand Bombardier Foundation

that Fiona Crossling attended. This training, the Board/Staff retreat, and regular programming meetings led the team to explore impact measurement tools to better understand the effects of our programs in the lives of members and program participants, and to plan more effectively for 2015-2016 programming. One change this fall will be a new six-week programming schedule, interspersed with a week of reviews, which will be tested in the fall of 2015 for all youth programs. The new schedule is intended to offer more flexibility to families to join programs part-way through the year, as well as to sign up for workshops that are particularly relevant to them.

A new responsive website was developed and launched in the summer of 2014. Given that more and more people use mobile devices, this website makes it easier to visit the site on tablets and cell phones. It is also easier to update. Share the Warmth’s Facebook page now has 943 fans!



In the same vein, newsletters are now systematically printed and distributed to members who may not have access to technology. In this way, they can find out about everything going on in their community. Information on our own youth programs and social economy initiatives are also distributed regularly during food banks.

Construction

Major work to Share the Warmth's building has been in the planning process for the past two years.

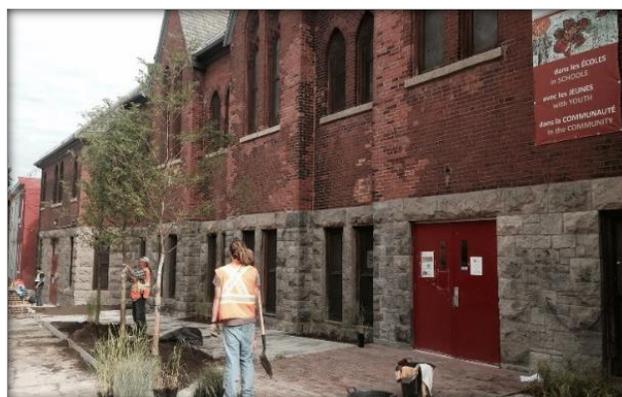
Listed here is a summary of the work needing to be done:

- Phase 1: Interior renovation to the ground floor (completed Summer 2014)
- Phase 2: Repair to foundations, brick and masonry, and new terrace on Fortune street (to be completed Summer 2015)
- Phase 3: Replacement of all doors and upstairs windows (to be completed Fall 2015)
- Phase 4: Roof repairs (2015-2016).
- Phase 5: Interior repairs including large stained glass window and washrooms (2016-2017)

These repairs are estimated to cost approximately 2 million dollars. Almost half of that amount has either

been raised or committed in the past year. The City of Montreal, through its PR@M program, a large bequest, and a donation from the Silver Dollar Foundation have all contributed to the building fund so far.

An ambitious fundraising campaign planned for the fall is intended to help raise the remaining funds.



Strategic Partnerships

Share the Warmth is a member of the Point St. Charles roundtable **Action-gardien** and is active on several of its committees, namely youth, food security, the commercial artery revitalization committee, and the Informel committee (a gathering of parents, school principals and community organizations). Share the Warmth's food support at many community events throughout the year is appreciated by all partners.

Share the Warmth is also a member of the RIOCM (*Regroupement intersectoriel des organismes communautaires de Montréal*), of *Moisson Montréal*, and has recently been accredited as a Good Food Organization by Community Food Centres Canada.

It is thanks to another such partnership that Share the Warmth can offer dental care to members of the community who do not otherwise have access. The McGill Mobile Dental Clinic offered free basic dental care to 32 members during the year, while the *Clinique Communautaire de Pointe-Saint-Charles* offered basic dental hygiene to 36 children under the age of five. Fifteen of these children needed fluoride treatments indicating the need for better access to dental care in the area. Given their observations of community needs, the *Clinique* is looking into the possibility of opening a permanent dental clinic in the area which would relieve Share the Warmth of hosting this program.

Priorities

Share the Warmth's priorities are to foster the overall development and success of youth, to increase access to food security and health, and to offer work training. These priorities inform all aspects of our programming. Our intervention approach across all programs is to support the development of autonomy. Such autonomy is built in a context of relationships and exchanges that take place in community. While there is intentional overlap between priorities, programs are listed below according to the main priority they address.

Volunteers

Volunteers are at the heart of Share the Warmth's work in the community. People from all walks of life work side by side to accomplish Share the Warmth's mission and build lasting ties in the community. This year, we are so grateful for the work of 530 volunteers who gave over 12,000 hours, which represents the equivalent of six full-time staff! These volunteers are involved on the Board of Directors, fundraising committees, the Food Bank, the kitchen for the School Food Program and Café, the Boutique, and all the Youth Programs. Volunteering at Share the Warmth not only serves all members of the

community, but helps to develop new skills, build confidence, and break down social isolation.

In addition to this army of volunteers, eight university interns offered their expertise in a variety of domains, most notably in the areas of nutrition, social economy, and communications.

Thank you to each one for your valuable contribution!



So that we can all grow and learn

Tutoring, mentoring and bursaries

In the past when evaluating the impact of our youth programs, we noticed that scholarship and bursary program outcomes improved significantly when combined with tutoring and mentoring support. For this reason, all bursaries are combined with tutoring and mentoring. Recipients must also contribute between ten and thirty hours of volunteer work, depending on their age. Emergency food help for families is also available to those who need it.

 **91% high school graduation rate**

High School - From 2007 to 2014, Share the Warmth gave out **72 scholarships** to support the overall success of high school students. Thirty-one of the thirty-four youth who reached grade eleven and participated in weekly tutoring all through high school, that is **91%** of participants, successfully completed high school and received their diploma. The remaining 38 recipients should finish their high school studies over the next four years, including ten in 2016. This 91% success rate is higher than the Montreal average of **73.4%** and that of the South-West Borough which was **52%** in 2012. Despite these amazing results, *Pathways to Education*, a similar Canada-wide program to ours was launched in the area in 2014 in partnership with the YMCA of Quebec. They offer scholarships and tutoring to all high school students in the area. In order to avoid duplicating the services offered, Share the Warmth's Scholarship Committee decided to focus its energy and resources on drop-out prevention. They decided not to offer high school scholarships from 2015 onwards, but rather to invest in elementary-aged children. The 38 remaining high school scholarship recipients will continue receiving financial and tutoring support from Share the Warmth until they graduate since they are not covered by any other programs.



Scholarship recipients from a variety of backgrounds agree that their participation in Share the Warmth's youth programs has been very positive, as well as personally challenging.

Elementary School - Committee members aim to prevent the high school dropout problem by offering targeted bursaries and tutoring to grades five and six students whose marks in grade four are below 75%. Educators in the area have noted that student grades drop, on average, by 10% during the transition from elementary to high school, which means that those with results below 75% in elementary school are at risk of failing core subjects in their first year of high school. These early failures often become the first triggers to dropping out later in high school. By providing the necessary support to strengthen students' reading and math skills in elementary school while preparing for the demands of high school by learning study skills and how to handle the demands of a bursary, we intend to assist students in their transition to high school and to the *Pathways* program.



116 Scholarships awarded to date
72 high school recipients
16 post-secondary recipients
28 elementary recipients

This new tutoring and bursary program was launched during our annual scholarship celebration ceremony. During the first pilot year, a first grade six cohort will participate in the program with results being closely monitored throughout the year. We estimate that from the three area elementary schools, approximately 28 students will participate in the program from September 2015. These students will be invited to participate in two tutoring sessions each week. Bursaries will be given out at the end of the year in accordance with the children's participation rates at tutoring sessions.

Post-Secondary - Over the last four years 16 students have received post-secondary bursaries from Share the Warmth, including four students who will begin their CEGEP studies in September 2015. Of the 12 previous recipients, one young woman graduated from CEGEP and is now in university. Only one recipient did not complete their studies. The ten others are continuing with their college studies, sometimes requiring an extra semester to complete their program. Many of these students also volunteer in Share the Warmth's youth programs, helping young children in cooking workshops and art, tutoring, and serving in the Café-Boutique. Many of the young women also participated in Scotiabank's Charity Run in April to raise funds so that other younger children could participate.

A teenage girl from an immigrant family was able to develop her sense of independence and improve her French by participating in the tutoring program and volunteering in Youth Group, where she in turn helped younger children. She graduated from high school this spring and has been accepted into a CEGEP program for the fall of 2015.

Back-to-School

In line with our priority to support youth in their school success, the Back-to-School program provided school supplies to **43 schools** in 2014 for students who were otherwise unable to buy them. The goal of this program is to ensure that all students have the supplies they need to do well in school.

Following evaluation of the program, a priority was established for the 2015 distribution that would see the development of a “*magasin-partage*”. This social economy allows parents who cannot afford to purchase what their children need at regular prices to shop for their children, buying new school supplies for a fraction of the cost. Many parents whose children receive free school supplies would like to have the choice and purchasing power to provide for their children. The *magasin-partage* will make that possible. We will also maintain the traditional Back-to-School program to supply children whose families are unable to come to Share the Warmth to choose their supplies.



“Share the Warmth is a partner that has supported our school with school supplies and food for more than ten years now. This support provides the resources our students need to help them learn.” – Education Plus

Music Program

Following a successful pilot year, Share the Warmth continued to develop its intensive El Sistema music program, while maintaining the weekly guitar and keyboard program and school choir. All told, the music program reached 116 children and teens during the year, providing a combination of skills and experiences that contribute to each child’s overall development and enjoyment.

The intensive El Sistema program grew substantially during the year with the hiring of a full-time Music Coordinator. Nadège brings a strong academic background in management, education and music, and is herself an accomplished violinist. The addition of string instruments (violin, viola and cello), as well as tutoring for all program participants, were great developments. Three days a week, for three hours a

day, children took part in instrumental classes, choir, orchestra and tutoring. Space for the program is generously provided by École Charles-Lemoyne, located at the heart of Point Saint-Charles, and open to all neighbourhood children. Tutoring and healthy snacks also help these young musicians to succeed in school. With such support, children are able to improve their marks, even in elementary school, when building strong foundations in reading and math is so important to avoid problems later on.





Of the 39 children registered in El Sistema at the beginning of the year, 72% participated actively for the full year. However, important lessons were learned, and in order to avoid losing children throughout the coming year, the program will be adapted by having four days of programming each week with shorter days, the addition of optional workshops, and greater flexibility. High school students will be accepted into the intensive program and a special educator will join the team to support those with special needs, thereby providing greater support and enjoyment for all children.



117 music students
 39 in the intensive program
 78 in weekly lessons

Given that music is such a wonderful opportunity for social transformation, we want to ensure that the program does not exclude those with special needs. Overall results are very positive, showing clear improvements in participants' behaviour and musical ability. Parents and teachers have reported improvements both at school and at home. Several noted, for instance, better concentration, self-esteem and self-confidence, as well as improvements in respecting others and following the rules, and in their grades.

One of the greatest indicators of success is the desire of most children to re-register for the following year and to bring their friends! This shows how much they enjoy music and the opportunities that music offers. For example, one of our students decided to try out for auditions at *les Petits Chanteurs du Mont-Royal* where he has been accepted for the coming year. New and amazing experiences await him! After an outing to the Montreal Symphony Orchestra, young Adrien said, *"Hey, the MSO taught me something: if we work really, really hard, we'll be able to play that well too!"*

« My daughter is calmer and listens more since she has been part of the El Sistema program. »
–Yasmine's mother

Such outcomes are encouraging and show how the music program is fulfilling its purpose to be a wonderful social integration and development method. The school choir, as well as guitar and keyboard lessons are all offered on a weekly basis to 77 children and teens who are passionate about learning music, developing personal skills and abilities, increasing their self-confidence and pride, and learning perseverance while having fun. These courses are therefore vital for the community as a whole because most of the children would not otherwise have access to the many benefits of music.

Finally, to finish off the year in music, three of our music students were able to take advantage of free spots offered in two music camps, *Camp du Père Lindsay* and University of Montreal's *École des jeunes*. They were able to improve their music skills, and make new friends while enjoying the country side and making special memories.

Youth Group

Following program evaluations in 2014, the Youth Group program integrated the comments and priorities that were suggested by families and others community members.

Families and partners from *Community Action-Watchdog*, the coalition of Point St. Charles community groups, were growing increasingly concerned about children's need for support during their transition from elementary to high school.

From this concern grew the idea of having a dedicated evening of programming for youth aged 11 to 13 years. Throughout the year however, these eight youth expressed their desire not to be separated from the younger children, but rather to be given added responsibilities during the regular Youth Group activities. And this was how a group of Young Leaders began to emerge!

36 children were registered in the Youth Group program with average attendance of between 15 and 20, with cooking workshops attracting the greatest number of participants. Over the past three years we have noticed a steady increase in the number of children attending the cooking portion of the program, from five children the first year to 25 this year.

The cooking workshops were planned in parallel with the collective kitchens for adults in order to reduce food costs as well as to teach complementary in-season recipes, so that what children learn is reinforced by what adults are also learning. It is during the cooking workshops that the young leaders have shown the most initiative.



After only a few weeks, between five and seven young leaders spontaneously began coming in early ahead of Youth Group, providing the opportunity for animators to spend individual and small group time chatting informally about the challenges being faced by these young people as they transition from elementary to high school.

At the beginning of the year many children were reluctant to learn vegetarian recipes. The staff team used all their creativity to come up with fun and delicious dishes for the children to prepare. The workshops where the children were able to choose their own secret ingredient (e.g. which spices to use) were the most popular. The children's favourite recipe was definitely "meatballs" made from leftover veggies which the children made by mashing cooked vegetables, forming them into balls and rolling them in crushed crackers. Easy to make, the veggie balls were also a hit with parents!

I never thought I would like vegetarian food, but it is REALLY GOOD!" – Isyss, 12 years old.

Special activities are planned throughout the year. One such event was a series of workshops on dental hygiene offered by McGill dentistry students. An intergenerational art program, as well as planting seeds, and 24 hours of science were other activities that were particularly enjoyed by children.

Monthly family meals were an opportunity for children to show their friends and families what they had learned. These festive gatherings are also a great way to increase parental involvement in youth group activities.

The intergenerational art project was a collaborative effort with the Point Saint-Charles Seniors' Centre and the Westmount Visual Arts Centre where eight youth were paired with eight seniors from the community. Together they created works of art telling the story of their favourite activities. An exhibition was held at the end of the eight weeks to show off the art and the friendships that were formed through this wonderful project.

During the year scholarship recipients began volunteering in the Youth Group, which resulted in a stronger sense of belonging and responsibility for their community.



*"I think it's really cool to teach kids how to cook and to take care of themselves. In my culture, men don't cook or clean, but here, everyone had the chance to learn".
– Jyoti, 16 years old, who showed a five-year-old boy how to cook vegetables!*

So that we can all eat

Food Bank



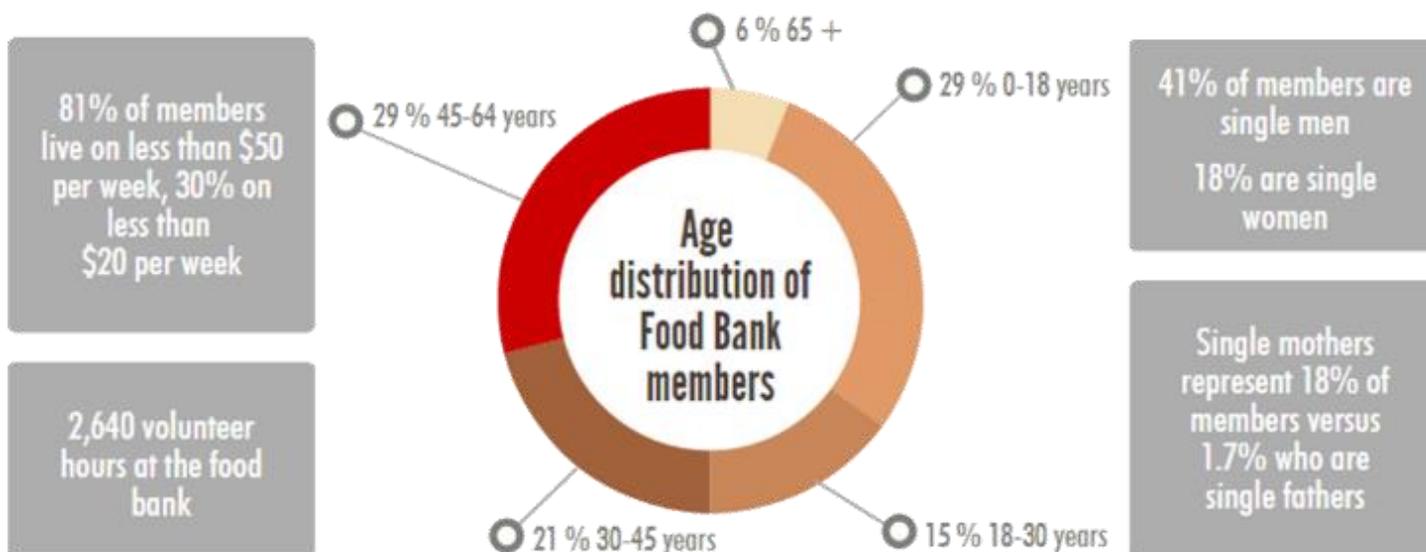
During the past year the number of food bank visits has continued to increase, with 1,300 monthly visits compared to 1,200 last year. Half of these were occasional emergency food visits as opposed to regular visits, while a quarter of the people come on a regular basis. Although the food bank provides a critical service to those who do not have enough food for themselves and their families, it is not a

“This food bank is the best organised and has the best food. Thank you!” – from a food bank member

permanent or sustainable solution to the complex issue of food insecurity.

The 408 families who turn to the food bank are welcomed by an incredible team of committed volunteers, some of whom come every week and others on an ad hoc basis. Volunteers make our food drives happen, while a network of partners and donors provide quality food to our members, including fish, vegetables and pastries.

We are grateful for the dedicated volunteer chefs at Temple Emanu-El Beth Sholom who, for the past two years, have been preparing delicious homemade soups and sauces for 250 people every two weeks. Our food bank members are so grateful to our donors for their incredible support. This year’s holiday food drive supplied the food bank until the month of April.



During the year we observed growing volunteer involvement on the part of our program members. The opening of the Café-Boutique has meant the development of a meeting place with good food, and has resulted in higher rates of volunteerism both in food production and service. Pierre, who used to be resistant to the idea of coming to the food bank, now helps every week with food bank preparation and distribution.



Presentations and discussion groups during the food bank drop-in time have also helped to build a sense of community while providing people with links to other services they may need. This was the case with a young single mother who was fired in an abusive manner by her employer and was able to get a referral to legal aid. Our member survey revealed a desire for

these thematic presentations to continue so that participants can gain helpful information and that helps them and their families.

There has been an increase in customers and sales in the Café-Boutique on food bank days, demonstrating members' need for healthy and affordable meals.

Finally, an important step in Share the Warmth's food security efforts this year was being recognised by Community Food Centres Canada (CFCC) as a Good Food Organisation. CFCC is committed to the promotion and availability of healthy and sustainable food for all, and sees fair and healthy food as a catalyst to building strong communities. By becoming a member of this pan-Canadian network, Share the Warmth is able to build partnerships and participate in the sharing of best practices with other, similar organisations across the country. This collaboration allows us to share our vision for a community that can thrive when it has a healthy and sustainable food system where everyone has equal access. With countless health studies showing the impact of poor nutrition on the development of chronic illness, **it is high time that the need for healthy food for all be recognised as a key element of a healthy society.**

THE FIVE PRINCIPLES OF THE GOOD FOOD ORGANISATION

- *TAKING ACTION FROM THE INDIVIDUAL TO THE SYSTEMIC — FOOD ACCESS, FOOD SKILLS, AND CIVIC ENGAGEMENT*
- *BELIEVING AND INVESTING IN THE POWER OF GOOD FOOD*
- *CREATING AN ENVIRONMENT OF RESPECT AND COMMUNITY LEADERSHIP*
- *MEETING PEOPLE WHERE THEY'RE AT*
- *AIMING HIGH FOR OUR ORGANIZATIONS AND OUR COMMUNITY*

Collective Cooking

Collective cooking workshops aim to bring together small groups of people to prepare healthy, low-cost meals. This program helps participants create a social network, develop basic cooking skills, and learn new, healthy recipes.

Offered once a week for ten weeks per session, these 3-hour workshops are intended for beginners as well as intermediate cooks. Meetings quickly become a source of enjoyment for all participants.

The majority of participants (85%) rated the program as either satisfying or very satisfying. Three-quarters (77%) agreed that the workshops had had an impact on their eating habits. Favourite recipes included pancakes, which introduced participants to cast-iron cooking, quiche, paella, tacos, and vegetable pizza.



“I really liked the collective kitchen and I want to continue. It taught me how to make things that I didn’t know before”. – Pauline, a participant.

“It’s great to meet new people”. – Karen, a participant.

“It’s because of you that I now eat better and more vegetables”. – Yvon, a participant.



ABOUT US



Montreal Harvest’s **Good Food Box** program was appreciated by members of Share the Warmth with an increase in the number of participants, especially among food bank members. This program aims to provide boxes of fresh produce every two weeks to various drop-off locations across the city, and particularly in places like Point Saint-Charles which is considered a food desert. Yvon and Danny are proud representatives of the program for their social housing building where they share some of their vegetables in the common room so that everyone can benefit. Currently about a quarter of those who make use of the Good Food Box program are food bank users, which gives them access to more fresh produce while discovering new and creative ways of using seasonal veggies.



2 500 children in 25 schools eat because of Share the Warmth

The School Food Program involves the preparation and distribution of snacks, breakfasts and lunches for 25 Montreal area schools. The work is made possible through the incredible contribution of a large group of volunteers, stagiaires, trainees and staff. The program is financed, in large part, by the Table of Hope, an annual gala that welcomes 1,000 guests each year and is supported by the very generous contributions of sponsors, donors, and 40 of Montreal's best restaurants.

New groups of volunteers joined Share the Warmth this year, including CRDITED (a support organisation for people with an intellectual disability), as well as high school students on internship placements who learn valuable work skills while developing important social connections in the community. An example of such connections was when one volunteer was returning to their country, the others threw an impromptu going away party. Such spontaneous acts

of friendship cannot be taken for granted when so many people in our community suffer from loneliness.

Thanks to a partnership with McGill University's dietetics program, we have been privileged to have five dedicated interns working on our food programs during the year, each of them showing exceptional professionalism, patience and commitment in all that they do. They also conducted hygiene workshops, standardised school and Café recipes, and carried out a cost analysis for all our recipes.

"There is so much work to do, but it is such important and useful work, which is what makes this internship so amazing." – Kathryn, stagiaire

The Table of Hope is an incredibly important event for the funding of this program, and on May 4, 2015, eleven school principals from seven participating schools helped out at the event, welcoming guests and explaining to them the benefits of the school food program to the children. We are grateful for their support during the gala, and for their partnership in supporting children in need throughout the school year.

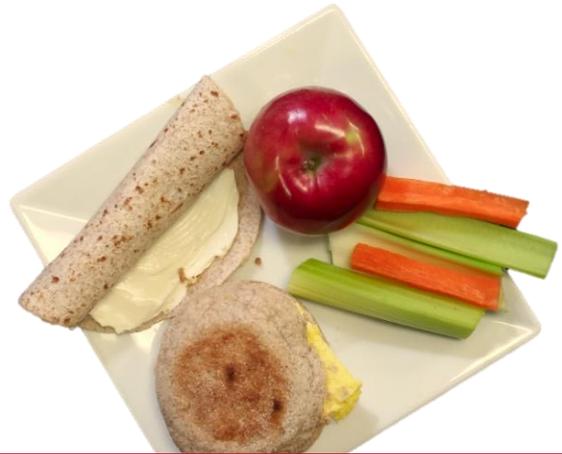


"Our school community really appreciates the generosity of Share the Warmth and its partners and donors. Not only does the Breakfast program allow for children to start their day on the right foot, it also allows them to interact with their peers and teachers. Thanks to the numerous hard-working volunteers, the children learn table manners, politeness (by greeting individuals, saying please and thank you) and the importance of not wasting food". – St-Monica School

Program evaluations and school visits conducted during the year helped to develop stronger links with school administrators, which is so important to ensuring that the families who are most in need receive the support they need. Equally, these partnerships help us to maintain an up-to-date picture of school and students' needs as they evolve, which informs our programming decisions for the coming year.

At the end of the year Share the Warmth participated in a joint discussion on the issue of school food programs in Montreal co-hosted by Food Secure Canada, *Le collectif de la table des écoliers*, and Breakfast Club of Canada to talk about the need for a

universal school food program for all schools and children living in hunger. Share the Warmth will join this important discussion to help develop an effective solution for all Montreal school children.



"We are very grateful for this program - it makes a huge difference for our students and helps us function as a community of care"
– Roslyn School

Impact measurement

During our two evaluation and planning retreats this year, impact measurement became an important consideration. It is important to know that a child is doing well, but it is equally important to know how she or he is progressing and to have points of reference that are measurable. Is the child doing better simply as a result of being observed? Have the parents noticed an improvement in behaviour, or, on the contrary, a sudden loss of interest? Have the child's grades been stable? These questions have been on our program coordinators' minds this year.

In this way we note that 91% (31 of 34) of Share the Warmth scholarship recipients have obtained their high-school diplomas since the beginning of the program. The others will do so in a year or two. These are promising results, but will we maintain such results over time? And can we clearly identify why we are successful?

The team will continue to reflect on the questions in the coming year in order to truly measure the success of its programs in the community, as well as areas that require ongoing improvements.

So that we can all work

Work training

Share the Warmth runs a number of programs that are aimed at improving participants' social and professional skills: PAAS ACTION in partnership with Emploi Québec (9 participants), internship program for high school students (3 youth), and the community service program (28 offenders referred by the courts, 2 from Trajet jeunesse, and 12 high school students as an alternative to suspension).

"I love being here; I feel good about myself and I feel useful to others". – Pierre

Thanks to the various community and social economy programs offered by Share the Warmth, 54 people participated in various work training opportunities throughout the year including work in the Boutique (sorting clothes and working the cash register), the community café (meal preparation and customer service), the food bank (food sorting and preparation of boxes), the school food program (food production and packing), and cleaning. In addition to the technical skills gained, participants benefit from developing interpersonal skills in a warm, professional and inclusive environment, skills that are so necessary for joining the job market. Learning to follow a regular work routine with a fixed schedule, as well as respectful communication patterns, and developing better self-esteem, helps participants to reach the objectives of the program. Together, work

training participants contributed 9 873 hours of work, the equivalent of five full-time workers.

A number of specialised training programs were offered to participants during the year for developing both social and professional skills: kitchen hygiene, handling cash and using a cash register, customer service, and assault prevention. Three English-speaking participants took part in weekly French courses offered by the CREP. In April a sharing circle was established where longer-serving participants support newer members, thereby building their own confidence and improving communication skills. Monthly one-on-one meetings with staff offer a time to review each person's progress compared to the objectives that are set for their time at Share the Warmth.

Work training participants often face a number of personal challenges including physical and mental health problems, addiction, intellectual handicaps and behavioural problems. At times, such problems result in participants being forced to stop work for a period of time while they seek medical help. Nevertheless, many of the work training participants have made substantial progress, particularly in terms of their level of interaction with others and general communication skills.

"I am trying to take control of my life. This job training, my sobriety and physical activity are all helping me. My ideas are clearer, I'm getting to know myself better and I'm developing skills here at work. I am getting better and better at serving in the café, am showing more empathy for others and though I still have trouble with consistency and reliability, I feel more organized overall".

– Xavier, a job training participant.

Social Economy

Share the Warmth has developed a social economy approach for a number of reasons. First, social economies require identifying the economic needs of a community and then developing strategies to respond to those needs while seeking the community's autonomy. Secondly, Point St-Charles is an area where a high proportion of its residents live below the poverty line.

Social economy projects provide a business model that is driven by a social cause: providing quality products and services to the community, as well as a way out of poverty through employment, while raising needed funds for the organisation.

For many years Share the Warmth has operated a second-hand shop selling inexpensive clothing and household items to members of the surrounding community.

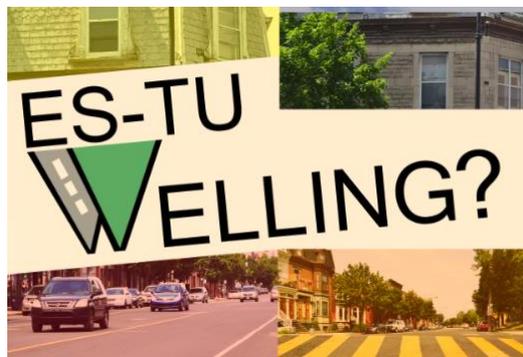
More recently, through our involvement in Community Action-Watchdog's *Artères solidaires* committee that is focused on revitalising Point Saint-Charles' commercial arteries, particularly with businesses that are useful for the community, we recognised the important role Share the Warmth has in this effort.

Located in the heart of the south of the Point with three bus stops outside our doors, we are a natural meeting place for families looking for food and employment support, as well as youth services.

A number of social indicators are at their lowest in this neighbourhood, including unemployment and social assistance rates, health measures such as diabetes and heart disease, school dropout rates, low household incomes, and single-parented families.

Providing good quality used clothing and healthy food at affordable prices in such a context is good for the community, while at the same time providing relevant work training for those who strive to move beyond social assistance and food insecurity.

Share the Warmth's social economy businesses therefore allow us to participate in a strong social cause by providing quality products and services in the community, while our members acquire work



skills training as they strive to get out of poverty by moving on to paid employment.

Improvements to these projects have seen annual revenues grow from \$45,000 in the second-hand shop three years ago to \$75,000 this year for the combined Café-Boutique.

Our revenue target for the coming year for the Café-Boutique is \$100,000, a figure that will require hard work, but which will provide a positive challenge for all staff and volunteers.

As we invest in employment skills training, program costs will also increase, however our objective is to see these investments yield increasing returns in the lives of participants as they move on to stable, paid employment beyond Share the Warmth.



CAFÉ BOUTIQUE



Café-Boutique



Each day an estimated 100 customers shop in the Boutique which is open from Monday to Saturday each week, except between Christmas and New Year. This figure includes 30 to 40 people who come to the Café for either a meal or a coffee and snack.

After being closed for renovations in July and most of August, 2014, combined sales for the Café-Boutique were approximately \$75,000, which was the target set for the year. This income helps to fund the employment training program, and in the coming year will provide for two part-time positions for members of the community to gain cashier and maintenance work experience. These new positions are in addition to the nine PAAS-ACTION positions sorting clothing donations for the boutique and food preparation and service in the Café.

The Café-Boutique continues to depend on many volunteers who welcome customers and help to sort clothing. Members of the community are often drawn into volunteering after enjoying a meal in the Café among friends.

Fundraising Events



A number of fundraising committees made up of dozens of volunteers take up the challenge each year to organise special events to fund Share the Warmth's programs. We are so grateful for their dedication and support, and for the third of this year's budget that these funds were able to cover.



Share the Spirit This year's organising committee decided to rename the Annual Dinner and Silent Auction, giving it a new twist to kick off a year of celebrations for Share the Warmth's 25th anniversary. The evening was incredibly special with guests spontaneously speaking into the mic last November 6th to share stories of their personal memories and experiences at Share the Warmth. In the process, they raised \$33,000!



The Scotiabank Charity Run brought together forty-one walkers and runners who raised funds for Share the Warmth's youth programs. Once again this year, volunteers from McGill's medical school participated in the run, offering weekly training sessions to Share the Warmth's teenage girls at McGill's sportsplex before the run. Next year we would love to find men who are ready to coach the teenage boys!

Table of Hope 2015 was a wonderful success with Honourary Co-Presidents Chef Jonathan Garneau and Journalist Aphrodite Salas. Forty restaurants and over a dozen celebrities supported Share the Warmth's food security programs for children and we are grateful for their partnership.

In 2014-2015 there were two fundraising surprises for Share the Warmth. First, in the fall we were selected by CBRE to receive the funds raised during a wine-tasting event *Vins du monde*. Wonderful connections were made between our work teams, and the funds raised from this event helped to fund our growing youth programs.

The other surprise came from Jeffrey Rosenberg (shown in the photo on the previous page, sorting food during the December food drive) who decided to set himself a challenge that would benefit Share the Warmth. In conjunction with Share the Warmth's 25th anniversary, grew the idea to cycle over 3,000 km across Europe, over **100 peaks** and raising \$25,000 for the organisation. He presented the challenge at the Salon du Vélo in the winter, and then along with his colleagues at Dentsubos, Jeffrey organised a series of fundraising activities and events during the year to reach the target, including a bike-a-thon along the Lachine Canal on June 6th. The final results from this year of creative fundraising will be unveiled at the Share the Spirit event to be held November 5, 2015!

Events organised by friends of Share the Warmth complete the portrait with the Burgundy Lion Pub holding their annual golf tournament to benefit Share the Warmth, as well as the Beaconsfield Parish of the Transfiguration of Our Lord's bowling tournament, and Marymount High School's Food Drive event.



Financials

STATEMENT OF FINANCIAL POSITION

	June 30, 2015 (12 months)	June 30, 2014 (one month)	May 31, 2014 (12 months)
Assets			
Cash	\$ 248,292	\$ 185,606	\$ 173,647
Term deposits	178,403	315,913	315,913
Accounts receivable	63,422	35,358	59,450
Prepaid expenses	4,417	6,803	3,295
	<u>494,534</u>	<u>543,680</u>	<u>552,305</u>
Property, plant & equipment	895,795	751,046	754,965
	<u>1,390,329</u>	<u>1,294,726</u>	<u>1,307,270</u>
Liabilities and Net Assets			
Accounts payable	106,443	96,198	94,269
Deferred contributions	127,285	146,087	112,287
	<u>233,728</u>	<u>242,285</u>	<u>206,556</u>
Net assets			
Invested in property, plant & equipment	895,795	751,046	754,965
Internally restricted	177,678	220,000	220,000
Unrestricted	83,128	81,395	125,749
	<u>1,156,601</u>	<u>1,052,441</u>	<u>1,100,714</u>
	\$ 1,390,329	\$ 1,294,726	\$ 1,307,270
Revenues			
<i>Fundraising activities</i>			
Donations	\$ 532,784	\$ 2,342	\$ 443,313
Special events	340,190	-	360,088
Contributions in kind	122,251	-	114,016
<i>Other</i>			
Government grants	88,599	2,550	97,431
Social economy	74,019	-	59,999
Estate donation	150,000	-	-
Other income	36,229	2,781	25,899
	<u>1,344,072</u>	<u>7,673</u>	<u>1,100,746</u>
Expenditures			
<i>Charitable programs</i>			
Community programs	336,926	10,005	263,392
School programs	234,652	12,177	244,481
Youth programs	270,137	14,704	247,441
Fundraising activities	183,045	1,786	134,212
Administration	160,428	11,602	130,580
Building	7,150	1,753	-
Amortissement	47,574	3,919	46,008
	<u>1,239,912</u>	<u>55,946</u>	<u>1,066,114</u>
Excess of revenues over expenditures			
(expenditures over revenues)	\$ 104,160	\$ (48,273)	\$ 34,632

A look at the numbers...

This annual report presents information for the 12 months of the last fiscal year, followed by the "transition year" of June 2014, followed by the previous 12 month fiscal year. Fundraising expenses are higher in preparation for a major campaign to cover the costs associated with program growth and repairs to our building. We are grateful to Denise Pitre for remembering Share the Warmth in her will. Her gift will help with the much-needed building repairs.



The Team

FULL-TIME STAFF

1ST ROW: **RUSSELL GODDING**, SECURITY AND BOUTIQUE, **ROCKY ROBERTS**, DELIVERIES, **NAOUEL BENDAHMANE**, HUMAN RESOURCES AND VOLUNTEERS, **SUSAN MINGO**, KITCHEN, **ANNA SCHILLGALIES**, YOUTH PROGRAMS, **EKOW ESSUMAN INTSIFUL**, ACCOUNTING AND SYSTEMS, **FIONA CROSSLING**, EXECUTIVE DIRECTOR

2ND ROW: **NADÈGE WARY**, MUSIC PROGRAM, **KATINA VANASSE**, SPECIAL EVENTS AND ADMINISTRATION
MONA GITTENS-WILLIAMS, SOCIAL ECONOMY, **EMMA TILQUIN**, FOOD SECURITY,
ÉMILIE LEMIEUX, FOOD SERVICES, **MICHÈLE CHAPPAZ**, COMMUNICATIONS AND DEVELOPMENT

PART-TIME STAFF

MUSIC: **KARINE BENEZET**, **SOLÈNE DERBAL**, **MEDAD ERNEST**, **ALEXANDRE ÉTHIER**, **ALEXANDRE HÉBERT**, **CHARLES HOBSON**, **SUZANNE LAROSE**, **ROBERTO LOPEZ**, **BENJAMIN MELGAR-SEGAL**, **JULIE MICHAEL**, **JULIE RICHARDSON-ROBITAILLE** ET **MICHEL SALVAI**

YOUTH GROUP AND TUTORING: **OREN BONEH**, **MELISSA CALIXTE**, **HUBERT HAMEL-LAPOINTE**, **SABRINA LANGELIER**, **FLEURLIE MERVEILLE**, **CLAIRE MORRISON**, **CASEY THORNE STAINSBY**, **ELIZABETH ZIMMERMAN**

INTERNS: **ALEXANNE BEAUDOIN**, **MARIE BINET ARLIN CHERIAN**, **TAMARA FAJERTAG**, **CHRISTI HANSEN**, **KATHERYN KASTNER**, **MAUDE OLIVIER**, **ANGELA PACEY**, **YURI SAMBALE**



Our donors - Thank you!

We are grateful to all the individuals, foundations and corporations who share the warmth throughout the year by supporting our work. This list reflects gifts of \$1,000 or more received between July 1, 2014 and June 30, 2015. We would also like to thank the many individuals who participated in Table of Hope, the Annual Dinner, the Scotia Run and other events, as well as those who wish to remain anonymous.

If we have inadvertently left anyone out, please accept our apologies and let us know so that we can correct our information.

Gifts \$25,000 and more

Charles Cusson Foundation	Beaconsfield Golf Club Inc.	La Fondation Fournier-Ethier
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	Canderel	Mazon Canada

Gifts \$10,000 - \$24,999

Canada Post Community Foundation	Centre Hospitalier de St. Mary	Merck Frosst Employees Charity Trust
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Gifts \$1,000 - \$9,999

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