



PARTAGEONS  
l'espoir



SHARE  
the warmth

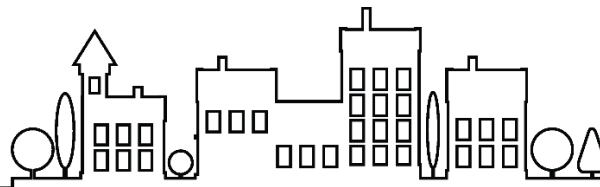
Semer l'espoir et le rêve

Awakening hopes and dreams

**Annual Report  
2015 - 2016**

*Rooted in the community*

**TO HAVE THE GREATEST IMPACT,  
WE WORK WHERE THERE IS THE GREATEST NEED.**



**2,500**

Every week, we provide 2,500 school children healthy food, helping them to focus on learning rather than hunger.



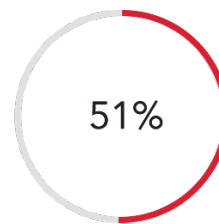
**95%**

95% of our bursary students have graduated from high school, twice the Montreal average.



**22,000**

600 people volunteered 22,000 hours with us last year, gaining important work experience while supporting their community.



HALF OF THE YOUTH IN THE POINT DO NOT FINISH HIGH SCHOOL. THAT'S DOUBLE THE MONTREAL AVERAGE.

## SO THAT WE CAN ALL LEARN AND GROW

### MUSIC

The **El Sistema** music program reaches 150 youth with its **Intensive** component and weekly **instrumental lessons** (guitar and keyboard).

The intensive component offers after school classes four evenings a week that include instrument lessons (violin, alto, cello, and guitar), choir, ensembles, healthy snacks and tutoring.

### TUTORING AND BURSARIES

#### Tutoring and bursaries for grade 5 and 6

Tutoring sessions are held twice a week for students who require extra support to prepare them to succeed in high school. Bursaries of up to \$200 per student are given according to attendance levels.

#### Sam Pelc Bursaries

Bursaries of \$2,500 are given to high school students over the five years of high school to help cover the costs associated with school. This program is being phased out since Pathways to Education came into the neighbourhood, providing similar support to all area high school students.

#### Tutoring and Mentoring

Once a week, students who need subject-specific help with school work meet with volunteer tutors.

#### Post-secondary Bursaries

\$1,500 bursaries are awarded to Share the Warmth youth program participants graduating from high school and pursuing CEGEP studies or trade school.

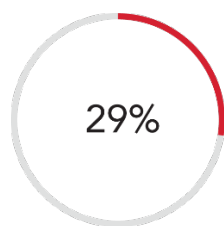
### YOUTH ACTIVITIES

#### Youth Group

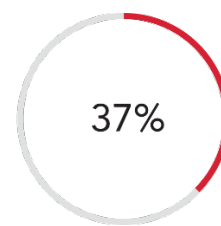
Cooking and art workshops are available to children ages 6 to 13 in thirty weekly sessions throughout the school year.

**OUR VALUES ARE: GENEROSITY AND RECIPROCITY, ACCOUNTABILITY AND RESPONSIBILITY, CREATIVITY, OPENNESS AND INCLUSION, RESPECT AND SECURITY**

## COMMUNITY NEEDS



CHILDREN REPRESENT ALMOST A THIRD OF THE PEOPLE WE SERVE AT OUR FOOD BANK.



MORE THAN A THIRD OF THE PEOPLE IN THE POINT LIVE BELOW THE POVERTY LINE.

## SHARE THE WARMTH PROGRAMS

### SO THAT WE CAN ALL EAT

#### FOOD SECURITY PROGRAMS

##### School Food Program

Healthy homemade meals and snacks are provided to 21 Montreal schools each week for students who do not have enough to eat.

##### Food Bank

1,400 boxes of non-perishable and fresh food are provided through seven foodbanks each month to those living in the South-West and Verdun boroughs for \$1 per adult household member. Twenty percent of members come regularly once a month while 80% of participants come between one and four times a year. A drop-in is held during the food bank hours and offers free access to laptops and the internet, as well as volunteers who come to share valuable community resources with our members.

##### Community Café

Healthy vegetarian meals and snacks are sold for \$2 and \$0.50 respectively at the Café, open six days a week. The Café features a brunch on Saturdays year round, and a BBQ on Wednesdays in the summer. An average of 40 people visit the Café every day.

##### Cooking

FoodFit, our weekly cooking workshops, are offered several times a year and teach healthy cooking with nutrition and other healthy practices. Recent workshops also include setting exercise goals and targets for fruit and vegetable consumption.

##### Good Food Box

Everyone can benefit from these low cost boxes of fresh fruits and vegetables that are available every two weeks (sizes vary, with boxes available at \$8, \$12, or \$18).

### SO THAT WE CAN ALL WORK

#### WORK TRAINING

##### Community Positions

Two six-month, part-time contract positions as cashier and in maintenance are offered to community members.

##### PAAS Action

Eight participants are enrolled in a work training program administered by Emploi Québec, working in various positions throughout Share the Warmth. The program is specifically directed to members who want to re-enter the workforce.

##### Training

In partnership with the Montreal School Board, individual and group training sessions are offered to work program participants and local residents on work-related topics including resume writing, interview skills, and French language skills.

#### SOCIAL ECONOMY PROGRAMS

##### Café-Boutique

The Café-Boutique offers affordable food and clothing to the community, a space for employment and training opportunities, and a venue for social interaction for isolated members of the community. The income earned helps to finance the organization while providing meaningful job training opportunities.

##### Magasin-Partage

School supplies are sold at a nominal cost to local families in August before children head back to school.

**600 VOLUNTEERS provide the heart, energy and commitment needed to achieve Share the Warmth's mission**

## Our mission

Share the Warmth awakens hopes and dreams through excellence in programming to foster the overall development and success of youth, to increase access to healthy food and to offer work training. Inspired by the vision of a vibrant community, Share the Warmth is fighting hunger and poverty every day so that we all can learn and grow, that we all can eat and that we all can work.

## 2015 – 2016: A PIVOTAL YEAR



Judy Stevens, co-founder and past Executive Director for 22 years, passed away last February. On March 9<sup>th</sup>, Share the Warmth organized a “Tribute to Judy” to pay homage to Judy’s legacy. Many members, donors and volunteers gathered to share their stories of Judy’s kindness and of the impact she had in their lives. This touching event confirmed the need for Share the Warmth’s work, rooted in the community, of supporting one another.

Share the Warmth’s programs, which are also rooted in values of compassion and support, are progressing to better meet the needs of the community. Last summer, the Fortune street terrace was remodeled to build up the Café-Boutique which was launched in 2014. The outdoor café-terrace now attracts many people, especially during weekly summer BBQs and also contributes to the area’s revitalization. **See page 23**

While the terrace, café and boutique remain places for members to meet, share a coffee or a meal or shop, the added benefit of the social economy programs is to generate much needed funds that are in turn used to fund our daily operations. The sales from the Café and Boutique represent 10% of our annual budget, and we plan to increase that number in the coming year.

Partnerships with community partners, in particular Point Saint-Charles’ Action-Gardien community roundtable, ensure programs serve the evolving needs of our citizens.

A pilot project was launched in the fall to help decrease the high school drop-out rate. Following a needs assessment conducted in 2015, elementary school students in grades 5 and 6, considered at risk of dropping out in the future, joined our new tutoring and bursary program. The program evaluation conducted in June revealed promising results leading to the program being maintained in the fall 2016.

**See page 10**

A white paper was published in December that describes Share the Warmth’s simple and healthy School Food program. It proposes an effective and affordable model for healthy cold food distribution that can be used throughout the city and province to ease school hunger. **See page 15**

The food bank wait times have been re-organized and now a drop-in space for members provides a warm and welcoming place to wait and interact with others. Computers are available for members to use and representatives from other community



groups are invited to speak about available resources. Two music concerts were also held during the drop-in. **See page 17**

The cooking workshops integrated the FoodFit program developed by Community Food Centres of Canada. Benefits included weight loss, waistline reduction, an increase in fruit and vegetable consumption, and an increase in exercise among the participants.

**See page 18**

Our awareness and fundraising campaign, begun in 2015 to help fund major renovation work on our building, was launched on May 2<sup>nd</sup> at the Table of Hope event. Marc Bergevin, General Manager of the Canadiens Hockey Club, joined Share the Warmth as a spokesperson which increased media coverage and the organization's visibility, setting the stage for increased fundraising efforts in the coming year.

Important repairs to the building were begun in 2014 and continued in 2015 and 2016. After

the foundation repairs and terrace remodeling in the summer of 2015, work began on the ground floor windows in the spring of 2016. Calls for tender for work to the 2<sup>nd</sup> floor stained glass windows and for the roof were obtained in the spring for work that must be completed in the 2016-2017 financial year. As a heritage building, Share the Warmth must conform to building standards particular to heritage buildings. Although the fundraising committees worked extremely hard throughout the year to raise the necessary funds for the repairs, \$700,000 still remains to be found in this financial year. We are grateful to all the donors and funding bodies who have given so generously thus far to finance the work. This work will ensure the integrity of the building and allow our programs to continue for years to come.

The building sub-committee, headed by volunteer Andre Miller of Kodem, continues to work tirelessly to bring these renovations to completion.



## MAJOR REPAIR & RENOVATIONS PLAN 2014-2017

### Budget

Project	Description	Costs
Lot 1 – 2014 <b>COMPLETED</b>	Renovation of food bank, office, kitchen space, installation of walk-in freezer, and commercial stove, hood and fan <ul style="list-style-type: none"> <li>Ceiling was falling in, upgraded kitchen equipment for insurance compliance</li> </ul>	155,000
Lot 2 – 2015 <b>COMPLETED</b>	Excavation and repair of the foundation along Fortune Street, installation of membrane and drain, construction of café-terrace <ul style="list-style-type: none"> <li>Water infiltration</li> </ul>	190,000
Lot 3 – 2016 <b>IN PROGRESS</b>	Repair and replacement ground floor doors and windows, first floor windows and main door, replacement of roof <ul style="list-style-type: none"> <li>Broken doors and windows, dangerous roof</li> </ul>	1,320,000
Lot 4 – 2017	Interior work : restoration of bell tower and interior work, update lighting, rebuild and add toilets <ul style="list-style-type: none"> <li>Crumbling bell tower walls, insufficient toilets</li> </ul>	375,000
<b>TOTAL</b>		<b>\$2,040,000</b>

### Confirmed funding

Ville de Montréal Grant – PR@M (social economy) 30%	550,000
Programme d'immobilisation en entrepreneuriat collectif (PIEC) Grant	250,000
Conseil du patrimoine religieux du Québec Grant	210,000
Donations	
<ul style="list-style-type: none"> <li>Charles Cusson Foundation</li> </ul>	55,000
<ul style="list-style-type: none"> <li>Silver Dollar Foundation</li> </ul>	50,000
<ul style="list-style-type: none"> <li>Zeller Family Foundation</li> </ul>	25,000
<ul style="list-style-type: none"> <li>Estates</li> </ul>	130,000
<b>62 % of total</b>	<b>\$1,270,000</b>

### Funding required

2016	530,000
2017	240,000
<b>38 % du total</b>	<b>\$770,000</b>

Share the Warmth's board of directors met for six regular meetings throughout the year to ensure the organisation's continued good governance and financial oversight. Board sub-committees include an Executive Committee, a Finance Committee, a

Fundraising Committee, and a Building Committee. All four were active throughout the year, providing in-depth planning, analysis and recommendations to the board in their respective areas.



In 2012, Share the Warmth began a lengthy legal process to transfer its registration from a federal to a provincial charter. The purpose of this change was to meet provincial funding guidelines requiring that organisations be registered in Quebec to be eligible for provincial grants. On June 30, 2016 the transfer was finalised. From July 1, 2016 Share the Warmth will operate exclusively under the name Partageons l'espoir (Québec) / Share the Warmth (Quebec) with NEQ 1143851005, while maintaining the same charity number 129600813 RR0001.

On June 11, we had our annual board-staff retreat. This year we focused on evaluating our programs and their impact, as well as their costs, with a focus on social economy projects and youth programs. It was a chance for board and staff members to get to know and learn from each other in order to advance our mission and refine our programs over the course of the coming year.

Share the Warmth is indebted to Jeffrey Brumer, past Board Chair and current Co-Chair of the Table of Hope committee, as he steps down from the board of directors after seventeen years of faithful service. With the new bylaws adopted in 2014 which are intended to ensure a healthy rate of turnover, board members now serve a maximum of two consecutive three-year terms. Jeff is a tireless volunteer who is passionate about Share the Warmth and our community. We are grateful to him, and look forward to his continued involvement in the organization. We also want to thank Rosa Manariyo for her year with us and wish her the best in her new responsibilities.

In welcoming new board member Julie Hamel this year, we look forward to benefiting from Julie's years of experience in the areas of management, entrepreneurship and social economy, which will greatly contribute to our mission.



## FUNDRAISING EVENTS

Following the loss of long-time board member and Food Bank volunteer Betty Scott in October 2015, the first annual Betty Scott award was presented in her memory at her favourite event, the November annual dinner. Jeffrey Rosenberg, the first deserving recipient, was honoured for his selfless contribution to Share the Warmth, be it by raising money cycling the mountain tops of Europe, sorting in the food bank, or by donating his time and expertise, along with his colleagues at DentsuBos, in the field of communications and marketing.

Jeffrey Rosenberg prepared a European cycling tour throughout 2014-2015 and completed it in October 2015, raising over \$38,000, well over his target of \$25,000. Like Betty, Jeffrey continues to be involved in food bank activities!



The three main fundraising events Share the Warmth organizes every year, the Annual Dinner and Silent Auction, the Scotiabank Run and Table of Hope, are key to financing our programs. Guests and participants always enjoy the events and volunteers give much of their time and expertise to make them happen. A worrying trend that we have noticed in recent years, however, is the drop in revenues from special events, both in total dollars, and as a percentage of our overall income. This is due, in large part, to a tightening of corporate sponsorships.



Share the Warmth is grateful to all our partners who sponsor our special events, the restaurants who give so generously to Table of Hope, and to all the companies and individuals who participate in each event and who give to auctions. Each partner's contribution makes change in the community possible by awakening hopes and dreams.





Currently, a profound change is taking place in philanthropy. As government budgets for the social sector do not keep pace with demand or are cut, more and more groups are looking to the private sector (individuals, companies and foundations) for funding. While Share the Warmth receives only a small percentage of its funding from government sources (6% in 2016), its traditional donors are having to deal with an increasing number of requests from community groups. Foundations are having to

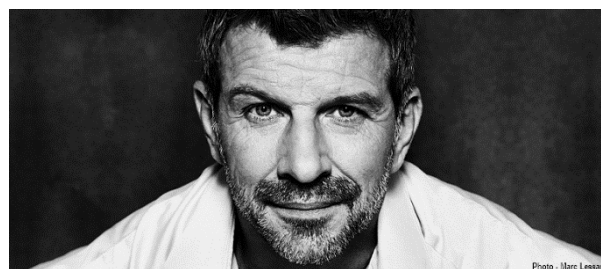
adapt to growing numbers of requests from organizations who are facing austerity and rising costs.

What does this mean for Share the Warmth? The organization must continue to diversify its sources of funding and continue to expand its social economy programs which have a direct economic impact on the community while allowing the organization to cover some of its costs.

## COMMUNICATIONS



The media coverage received at the May 2<sup>nd</sup> press conference at the Table of Hope with Marc Bergevin and four youth program participants helped attract more visitors to Share the Warmth and more “friends” on social media. We hope that these efforts will bear fruit in the coming years.



## SO THAT WE CAN ALL LEARN AND GROW

### TUTORING & BURSARY PROGRAMS

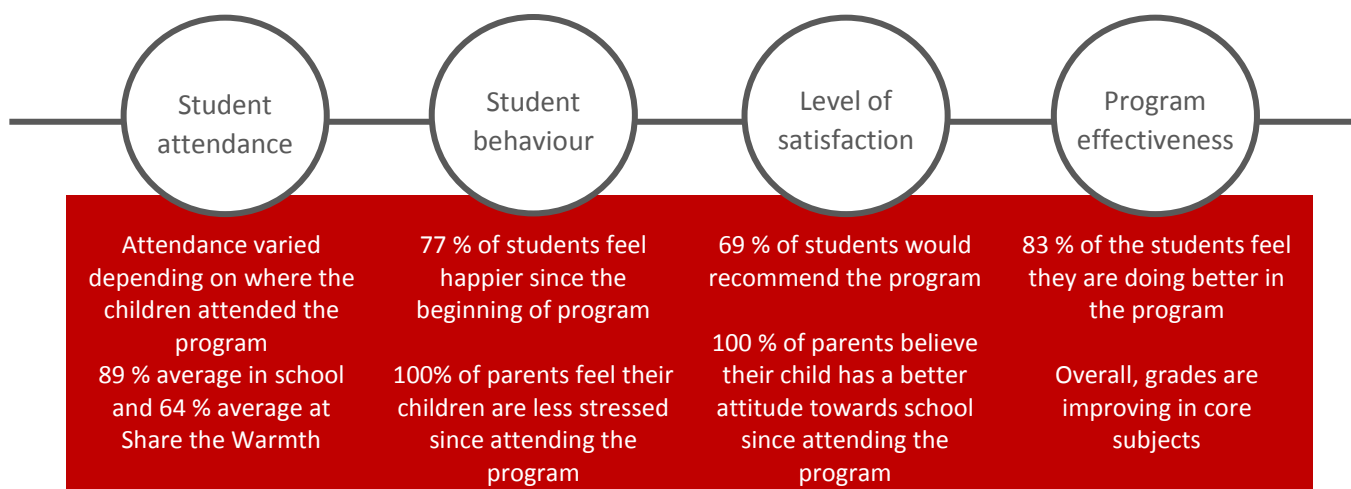
Share the Warmth offers a variety of Tutoring and Bursary programs for local youth which include mentoring and tutoring, as well as financial support.

In the fall, a **pilot tutoring and bursary program for students in grades five and six** was established following a needs assessment conducted in the spring of 2015. This assessment was done with input from school principals, community partners, and Share the Warmth's members. The program provided support to elementary school children in Point Saint-Charles in response to data showing that in 2014, 51% of youth in the area did not have a high school diploma<sup>[1]</sup>.

The program was launched with 21 students in its first year (sixteen grade 6 students and five grade 5 students), who attended twice weekly tutoring sessions held throughout the year in two different locations. One took place in a local school, while the other took place at Share the Warmth. An extensive evaluation was conducted at the end of the year to determine whether the project would be pursued. Thanks to positive results observed by teachers, parents and children themselves, the program will be extended in the coming years to reach all children whose grades fall below 75% in grade four.

### EVALUATION RESULTS

The tools we used to evaluate results such as surveys, attendance records, and testimonials helped us evaluate the students' progress during the year. Results from the surveys and focus groups helped us measure participant satisfaction regarding the pilot project.



<sup>[1]</sup> Centraide Montréal. *Analyse territoriale 2014 – Arrondissement le Sud-Ouest*. Accessed online: [http://www.centraide-mtl.org/fr/documents/5065/upload/documents/Portrait-Arrondissement-Sud-Ouest-2014\\_7.pdf/](http://www.centraide-mtl.org/fr/documents/5065/upload/documents/Portrait-Arrondissement-Sud-Ouest-2014_7.pdf/)



#### **THIS IS JULIE**

Three years of volunteering and now working in our music program strengthened Julie's confidence. She was able to return to high school. With her high school diploma now in reach, she dreams of working with young children.



#### **THIS IS ROBERTO**

In the face of health and financial challenges, Roberto went from being one of our **music** students at the age of 13 to a strong teenage role model who now teaches guitar to our younger musicians.



#### **THIS IS HANEN**

Hanen travelled more than 5,000 miles from Syria to live with her family in Montreal. Our **tutoring** and **bursary** programs helped her finish high school and go on to CEGEP. She spends her free time volunteering in the community.

In order to increase attendance rates in the coming year, the program will take place in one school in the south of Point Saint-Charles and another in the north. The evaluation demonstrated more than a twenty percent difference between the two pilot cohorts with in-school participation being higher by far. Effective partnerships with the three area elementary schools make this program possible.

As the neighborhood evolves and needs change, Share the Warmth adapts its programming to best meet the needs of the community. Following the arrival in the area of a similar bursary program (Pathways to Education) a few years ago, **high school scholarships** were discontinued in favour of the grade five and six tutoring and bursary program. However, Share the Warmth continues to support the remaining 38 recipients and plans on doing so until 2019, when the last cohort will graduate. Given its amazing graduation rate of **95%** (37 of 39 recipients have now graduated), this project, with its weekly mentoring portion, is still an important asset in the community. Moreover, these students also give back to their community and to many of Share the Warmth's programs. For instance, the youth programs benefitted from over 15 different teens who volunteered regularly and modelled this behaviour to the younger children.

Now in its fourth year, the Post-Secondary scholarship program awarded scholarships to three new students. This program began in 2012 as the first group of high school scholarship recipients graduated and needed additional support. Students are required to apply for funding and meet with committee members, and must demonstrate a commitment to their community by giving back.

Share the Warmth's success rate with these programs is a testament to their importance in the community. Thanks to all our donors and volunteers who make this work possible, we are truly seeing the positive impact in the lives of young people.



## MUSIC PROGRAM

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**“Teach the children the beauty of music and the music will teach them the beauty of life.”**

**- José Antonio Abreu, founder of El Sistema Venezuela**

Share the Warmth uses music as a tool for broadening children’s horizons. Learning music helps children develop language and math skills as well as lifelong benefits such as confidence, team work and the value of determination and self-discipline. This year, the program reached 150 students.



Share the Warmth’s El Sistema inspired Music Program includes weekly choir workshops for elementary school-aged children, weekly guitar and keyboard group lessons for children ages 7 to 17, and an intensive section held four nights a week for children in grades two through to high school.

Following feedback received last year from parents, teachers and children, music programs were offered in six-week sessions interspersed with a week off. This rhythm is better suited to children, allowing downtime as well as 30 weeks of programming.

Several other changes took place in the intensive component which helped us reach 44 children this past year. A specialised resource person was hired to support children with behavioural challenges. This resource worked closely with all children, while offering pedagogical support to the team of teachers



as well. Thanks to her involvement, no child left this year because of behavioural or emotional difficulties.



Several orchestras became involved in Share the Warmth's Music program this year. In April, a jazz band from an Ontario school gave a concert during the food bank drop-in. In June, an Ohio orchestra worked on musical pieces with the intensive music program participants. Share the Warmth students were thrilled with the music they were able to make together. Finally, the Agora Symphony Orchestra supported Share the Warmth by donating proceeds from one of their concerts during the Bach Festival and by mentoring program participants before and during concerts. Share the Warmth extends its thanks to all our partners and volunteers, who support local youth in concrete ways every single day!

Several youth concerts were held throughout the year for the children and youth to share their talents and dedication with the community.



## YOUTH GROUP

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The Youth Group has long been a safe place where children come to play, make friends, learn life skills, be creative, participate in activities and hatch personal dreams.

In 2015 - 2016, following program evaluations from last year, youth programs were organized in six-week sessions followed by a week off between sessions. Children could register for activities they were interested in for a given session, giving them the chance to try different activities throughout the year.

This year, the Youth Group focused on Art and Cooking workshops and partnered with a variety of volunteers, interns, and outside experts in order to provide a wider range of experiences to participating youth. Sessions were held on Tuesday and Thursday evenings to groups of 10 to 20 children. Thirty-two children registered and an average of 15 children were present at each activity. They enjoyed cooking workshops conducted by *Les ateliers cinq épices* animators, two dental

hygiene workshops animated by McGill Dental School students, a Shibori workshop offered by Concordia Arts Students Interns, and a workshop on Boba spherification where they learned to create juice bubbles! They also enjoyed picnics and a pyjama movie night.



In different workshops, children learned to create their own clay characters in motion and to make homemade paint using natural pigments. They also made ink reproductions and, their favourite, they learned how to dye fibers in the Shibori activity.



## SO THAT WE CAN ALL EAT

### SCHOOL FOOD PROGRAM

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In Pointe-Saint-Charles alone, up to 45% of children aged 5 to 17 are at risk of being food insecure<sup>2</sup>. Nationally, 25% of children still go to school hungry each day. Share the Warmth's school food program was born out of the need to support schools faced with insufficient food budgets or food programs that are out of reach for many families. These pockets of poverty exist in all geographic areas; however children in schools without food subsidies are particularly at risk of going hungry.



In 2015 - 2016 a total of 21 schools and an average of 1,700 students per week were served through this program. School requests for food require a five-day production team of over 30 volunteers, work program participants, people completing community hours, and high school students working every week alongside staff and interns.

The menu options shift each year based on school needs, as well as guidance from health specialists from the McGill School of dietetics and human nutrition. For example, this year high fiber and low sugar cereals and jams were added, and chopped vegetables were added to the sandwiches to increase children's intake of fresh vegetables.

In November, staff members attended the 1<sup>st</sup> National School Food Conference in Montreal which brought together 455 participants from across Canada working on various school related food programs. A nationwide movement is growing that promises healthy

food for all school-aged youth that will depend on effective partnerships among local groups. This opportunity for networking brings hope for future partnership building with other organisations who are working towards sustainable practices and promoting healthy lifestyle choices for school aged children.

Given Share the Warmth's program that offers healthy and affordable food, a position paper on this model was published. It can be found on Share the Warmth's site <http://sharethewarmth.ca/non-profit/> or read here: [School Food Model 2016](#).

At the end of the year, a survey for school food animators (seen in group picture) and youth was distributed to obtain feedback about the program. Students answered a few simple questions and indicated some of their favourite items. Visits were organized to 21 schools.

Share the Warmth hosted a festive get together in the spring for school lunch staff to

come together to share best practices and propose improvements to the program.

A dozen school representatives attended the Table of Hope Event, helping to raise awareness about the school food program and the funding received through this great event. Several schools came up with their own creative fundraisers during the school year to help support the costs of the program.



*"A breakfast club is more than food... it is a community; a place to feel safe and cared for. Thank you for allowing us to create our special place for the kids of Allion Elementary"*  
Allison Provost, Social Work Technician

→ 19 elementary schools  
→ 4 high schools

Special Holiday breakfast or lunch for 7 schools and over 1,250 students  
We also serve food to 250 youth involved in Share the Warmth's music and youth programs every day after school

#### Average Weekly Production/Delivery:

1,000 apples, 1,000 oranges,  
50 bags of chopped vegetables for snacks,  
1,200 mixed sandwiches, 2,000 homemade muffins/cookies, 100 litres of milk,  
600 individual yogurts and much more!

<sup>2</sup> Agence de la santé et des services sociaux de Montréal (2010) En santé pour l'avenir? Un portrait des jeunes Montréalais d'âge scolaire. Accessed online: [http://publications.santemontreal.qc.ca/uploads/tx\\_asssmpublications/978-2-89494-910-8.pdf](http://publications.santemontreal.qc.ca/uploads/tx_asssmpublications/978-2-89494-910-8.pdf)



## FOOD BANK

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### Food insecurity

Increasing rents and living expenses make it difficult for many Montreal families to make ends meet. In Point Saint-Charles the situation is particularly alarming. Along with a high proportion of single parent families (46%) and people over 65 living alone (47%), approximately 37% of the Point Saint-Charles population, which is the food bank's largest user group, lives well under the low-income threshold. Furthermore, several area food banks are faced with financial insecurity and are decreasing services. This has led to an increase in demand at Share the Warmth. For all of these reasons, more and more people from the Point and beyond are turning to the food bank for emergency food support. Over the past five years, **there has been a 61% increase in requests for support** and there are now 940 families who make use of our food bank.



As one of 90 *Good Food Organizations* working throughout the country in association with Community Food Centres Canada, Share the Warmth continued to develop its food security programs throughout the year to increase **access to food, food skills, and community engagement**.

### Food Access



The food bank offers emergency food support to those facing hardship. It also offers a space for social interaction and resources, connecting members with other community services and partners.

This year, Share the Warmth distributed over 16,000 food boxes to members. Nine hundred and forty (940) different families registered at the food bank. Families can come up to twice a month to receive an emergency basket.

Thanks to Montreal Harvest, Macdonald Campus Farm and the fruit gleaning network *Fruits Défendus*, food bank members were able to receive fresh and local fruits and vegetables at various times in the year.

This spring, the partnership with the fruit gleaning network grew to include volunteers who picked fruit from trees not being harvested by their owners. Thanks to this, the food bank received local crab-apples and cherries in their food boxes.



85% of surveyed food bank members are very satisfied with the food bank.

Share the Warmth continued to welcome Montreal Harvest's **Good Food box program** to provide affordable access to fresh fruits and vegetables every two weeks in the community, described by the Public Health Ministry as a food desert. Members enjoyed seasonal produce and found a recipe to inspire them with new fresh foods throughout the year.

### Food Skills

According to this year's [Global Nutrition Report](#), "Diet is now the number-one risk factor for the global burden of disease. The diet choices available to us are shaped by our food systems, which are not sufficiently well geared toward enabling us to consume high-quality, healthy, and nutritious diets". Our collective kitchen shares important knowledge and skills about healthy food with members so that they can apply these in their daily lives and be conscious of their choices.

This year, we introduced an adapted version of the Community Food Centers Canada's FoodFit program. Two FoodFit sessions were organized during the fall and winter collective cooking workshops. With the help of McGill Dietetics interns, eight to ten participants were introduced to this program, combining healthy nutrition concepts, 30 minutes of

exercise, and cooking a healthy meal together. Evaluations showed that, as a group, they lost 12 inches from their waistlines, increased intake of fruits and vegetables, and their overall flexibility increased.

Miguel had this to say: "I feel more confident cooking now and I have learned how to cook with legumes. I used to throw them out before. I also eat much less meat than before and it has helped my cholesterol level. It takes more time to cook, but I eat much healthier. It is important. I also know how to cook healthy lunches for my daughter". Pauline also highlighted the benefits of exercising more regularly: "The more I walked, the less it hurt. This program showed me the positive effects of walking. I don't feel out of breath any longer". Meeting new people and cooking together was also appreciated by members who usually eat alone.

Summer cooking workshops were a good way to introduce new recipes and themes to participants, encouraging them to join the FoodFit program in the fall. A visit to an apple orchard was organized for the collective cooking participants and provided an opportunity for members to get out of town and harvest the fruit that they later transformed into pies.



## Community Engagement



A little under two years ago, Share the Warmth integrated a drop-in service while members wait for the food bank. This space in the upstairs hall quickly became a resource centre that meets community needs and engages members. A volunteer had this to say: “That is exactly what people need, because they come here with a lot of problems already, and this gives them a rest, and a place to forget things for a while”.

Connections can be made between members in this comfortable area, set up with chairs and tables, books and games. Members can be referred to other organizations or to some of Share the Warmth’s other programs for youth and family, such as collective kitchen workshops, dental clinics, and leisure activities that are held during the year. A variety of activities ranging from taste-testing nutritious recipes, listening to jazz or classical concerts, or participating in artistic workshops were held. The drop-in also welcomed five community organizations and four art hive activities.

Members can access the internet using donated laptops that have been set up for the drop-in space. One member was able to get a job thanks to the assistance she received during the drop-in. Thanks to interns and drop-in volunteers, members can also obtain information about pensions, taxes, and benefits.

Members also engage with local, provincial or national issues such as the public transportation campaign held in Quebec, or the Eat Think Vote campaign held nationwide.



Christmas Lunch at the Bonsecours Market



## Partners and volunteers



The food bank program benefits from an ever committed community of volunteers, from the regulars who organize food distribution every week, to the companies and one-time volunteers who help with annual food drives in the fall and in December.

It is only with the support of hundreds of individuals, groups and companies that food bank members are able to access nutritious food.

**Thank you to all!**

## Basic Dental Care

The Dental outreach clinic was held twice this year, thanks to McGill University's School of Dentistry. Students and supervising dentists offered a free dental exam, and cleaning and referral for further dental work to low-income members. In total, 32 people received dental exams this past year. After being referred to a clinic, Vilma received much-needed dental work and she smiles proudly with her new dentures!





## SO THAT WE CAN ALL WORK

### WORK TRAINING



Although the unemployment rate in the Point St. Charles area is similar to other Montreal areas, the number of households living below the poverty line is much higher than average at 37%. This indicates that many people in the area are unable to find work. Offering work training programs helps some adults find their way back to the labour force.

Social economy projects such as the Café-boutique offer work training platforms in food preparation, customer service and maintenance that are invaluable in helping marginalized adults develop job skills in a safe and positive environment.

The Quebec Government's **PAAS Action program** grants eight positions to Share the Warmth throughout the year. Some of the challenges these members face include mental and physical health problems. By working in the safe and inclusive environment provided by Share the Warmth, these members have access to work training platforms in situ where they receive individualized support and the flexibility needed to develop their skills.





Work training programs were developed this past year to include two new projects that support members wishing to return to the work force. Two temporary part-time community positions were opened for members, as well as a training program in collaboration with the CREP (*Centre de ressources éducatives et pédagogiques de la Commission scolaire de Montréal*).

This adult education training program focuses on developing skills that will help PAAS Action participants and other adults from the community interview well, gain access to the work force, and keep jobs.

The CREP also offers French lessons to Anglophone and Allophone members who need more French to work in the province. Finally, a new food hygiene and safety training and certification was held for 14 members.

A Master's in social work student from UQAM was hired for six months to develop Share the Warmth's work training programs and offer individualized support to participants. He closely accompanied all participants during his internship and created tools that could be used in the future by the organization. His most important contribution was to support members as they challenged themselves to move on from the programs at Share the Warmth and find work.





### CAFÉ-BOUTIQUE



The Café-boutique provides a training opportunity while offering affordable and healthy meal options in the café, as well as clothes, shoes, bedding, houseware and much more in the second-hand shop, known as the Boutique.

Volunteers and members involved in training programs work alongside one another and create bonds with each other and with clients that help to foster self-confidence and personal growth. This results in an inclusive space that works to fight social isolation.

The income generated from Café-boutique sales is invested directly into community work training programs and helps cover the organisation's overhead expenses.

It is thanks to this income that two new community positions, one in maintenance and

the other a cashier position, have been created. These positions act as springboards to other jobs and are open to social assistance recipients who need to build their confidence and develop skills before they can gain access to the workforce or return to school. They are based on six month placements that can be renewed once. Thanks to this project, three people were hired for these positions in the course of the past year.





During the past year, the Café-boutique has continued to grow, both in its outreach and sales. Following the launch of the new outdoor terrace in August 2015 after extensive foundation repairs, the Café-Boutique held weekly BBQs in this new setting reaching many new residents. This in turn increased sales in the café and helped fund the two part-time community positions.

Anita Lambton joined the team in the winter as Café-boutique supervisor, and began implementing standardized processes in the Café-boutique to ensure that all visitors have a similar experience. This helps work training participants understand what is expected of them. Adult educational tools have been developed to ensure the café and boutique provide consistent employment training as well as reliable customer service.

Two exceptional sales months during the year were the result of large, quality donations of perfumes and socks, underscoring the importance of quality donations that are greatly appreciated by the community.

A *magasin-partage* was established through the Café-Boutique to help local families purchase school supplies at affordable prices. Last summer, 78 families participated and bought supplies for 169 children. Thirty-three schools also came to pick up school supplies in August for 2,188 children.

Families and schools sign up for school supplies in June and July and can then pick up the much-needed supplies in August.



## VOLUNTEERING



Share the Warmth's Volunteer Program is thriving, bringing together people from many walks of life and giving members an opportunity to contribute to the community and build friendships. Volunteering also provides members with access to work training.

Volunteering is a great way to gain practical experience, especially for students who have little formal experience, for members who have just arrived in the country, or for those who have not worked for several years.

Volunteering provides each of us a wonderful opportunity to learn from others.

We were very sad to lose Betty Scott last fall. Betty was a dedicated volunteer who always made members smile. She is sorely missed by all. The Annual Dinner Event, which was by far Betty's favourite social event of the year, instituted a Betty Scott award in 2015. This award will serve to honour Betty's memory, and to celebrate a volunteer who gives selflessly.





Dedicated volunteers give generously of their time throughout the year. Overall, 600 people worked over 22,000 hours to accomplish a huge amount of work. Their time spent in food security programs, in the food bank and café-boutique, as well as in youth programs, is essential.

The theme of the annual Volunteer Recognition Dinner was a talent show that showcased volunteers' amazing talents while being a great way to build community in a fun environment.

Share the Warmth also welcomes groups of 6 to 20 people who come from companies, universities, high schools, clubs and societies to give a day to help Share the Warmth achieve its mission. Young adults from all around the world choose to give of their time

for programs that help those most in need in the community.

A woman who used to come to the food bank and now volunteers said this: « After I stopped using the food bank, I came in to see what I could do to help. I wanted to give back and help those that are going through difficult situations, as I did.” This volunteer is now working full time.

A dozen interns in fields ranging from the arts to nutrition, to communications, social work and dental hygiene also help out regularly.

We want to thank every volunteer, donor and partner who makes all of Share the Warmth's work possible!



## THE TEAM



**Staff team**

---

From left to right, beginning with top row: Émilie Lemieux, Ekow Intsiful, Emma Tilquin, Nadège Wary, Marion Séré, Anna Schillgalies, Anita Lambton, Katina Vanasse, Debbie Gunn, Russell Godding, Fiona Crossling, Michèle Chappaz, Susan Mingo.

**Missing:** Naouel Bendahmane, Mona Gittens-William, and Rockey Roberts.

---

### **Part-time Staff**

#### **Music:**

Karine Benezet, Solène Derbal, Medad Ernest, Alexandre Ethier, Ivan Fabara, Charles Hobson, Suzanne Larose, Roberto Lopez, Benjamin Melgar-Segal, Julie Michael, Julie Richardson-Robitaille, Michel Salvail.

#### **Tutors:**


Mike Calixte, Ruby Maud Clark, Sarah El-Khoury, Carine Machaalani, Fleurlie Merveille, Sabrina Langelier, Hubert Hamel-Lapointe, Casey Thorne Stainsby, Elizabeth Zimmerman.

#### **Interns:**

Frédérique Alain, Alexis Brabant, Aireen Calingacion, Arlin Cherian, Alyssa Archer Cooper, Kim Johnson, Sara Kalinowska, Ellen Leurer, Alexia Manchon, Nihal Mandanna, Maude Olivier, Genevieve Rougeau, Romina Salinas-Muñoz, Rigaud Saint-Amour, Lauren Sullivan, Iordanka Vodenitcharova, Renee Young.



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## STATEMENT OF FINANCIAL POSITION

### A LOOK AT THE NUMBERS...

This table presents comparative financial information for 2016 and 2015.

Fundraising expenses for the past two years are higher for a major campaign to cover the costs associated with program growth and repairs to our building. To date, 62% of the funds required for the building repairs have been raised. These necessary repairs have resulted in cash flow challenges for the organisation.

Revenues from the Café-Boutique continue to grow, offering a challenging work training environment, as well as affordable clothing and healthy meals to the community.

	June 30, 2016	June 30, 2015
<b>Assets</b>		
Cash	\$ 187,589	\$ 248,292
Investments	54,496	178,403
Accounts receivable	57,362	63,422
Prepaid expenses	5,277	4,417
	<u>304,724</u>	<u>494,534</u>
Property, plant & equipment	1,171,798	895,795
	<u>1,476,522</u>	<u>1 390,329</u>
<b>Liabilities and Net Assets</b>		
Accounts payable and accrued liabilities	238,224	106,443
Deferred contributions	134,670	127,285
	<u>372,894</u>	<u>233,728</u>
<b>Net assets</b>		
Invested in property, plant & equipment	1,171,798	895,795
Internally restricted	-	177,678
Unrestricted	(68,170)	83,128
	<u>1,103,628</u>	<u>1,156,601</u>
	\$ 1,476,522	\$ 1,390,329
<b>Revenues</b>		
Fundraising activities		
Donations	\$ 552,717	\$ 532,784
Special events	231,144	340,190
Contributions in kind	96,544	122,251
Other		
Government grants	75,935	88,599
Social economy	123,394	82,874
Estate donations	155,502	150,000
Other income	28,269	27,374
	<u>1,263,505</u>	<u>1,344,072</u>
<b>Expenditures</b>		
Community programs		
Food Security Programs	390,032	364,512
Music & Youth Programs	294,083	270,137
Social Economy & Work Programs	223,261	207,066
Fundraising activities	176,134	183,045
Administration	173,144	167,578
Amortization	59,824	47,574
	<u>1,316,478</u>	<u>1,239,912</u>
<b>Excess of revenues over expenditures (expenditures over revenues)</b>	\$ (52,973)	\$ 104,160

## THANK YOU!

We are grateful to all the individuals, foundations and corporations who help Share the Warmth throughout the year by supporting our work. This list reflects gifts of \$1,000 or more received between July 1, 2015 and June 30, 2016. We would also like to thank the many individuals who participated in Table of Hope, the Annual Dinner, the Scotiabank 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

The Estate of Denise Pitre  
The Estate of Hélène DeCorwin

Evenko Foundation  
George Hogg Family Foundation  
Lederman Foundation

McKesson Foundation  
Zeller Family Foundation

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

Altru Foundation  
André Gauthier Foundation  
Canada Running Series  
Gilles Chatel Foundation

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David Sepulchre  
Robert Spencer  
Joanne Vachon



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Air Canada	Groupe Hexa Vogue	Regitan
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CIBL 101,5	Les Aliments Chatel	St. Viateur Bagel Shop
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Crestar	Métro Westmount / Ted Fletcher	TSN 690 Montreal
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Daboom Desserts	Moisson Montréal	Virgin Radio 96
Delmar	Music Camp - Père Lindsay	Westmount Moving
Devrex Group	Music Camp - École des jeunes de	Whirlpool
DJ YO-C	l'Université de Montréal	Wilder & Davis Luthiers
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Le Bird Bar	Edible Arrangements	Miss Prêt à Manger
L'Atelier d'Argentine	Food District	Monsieur Restaurant & Bar
Bad Monkey Popcorn	Gaufrabec	Rib n' Reef
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Catering by Le Windsor	Biscotti	Salumi Vino
Copper Branch	Imadake Izakaya	Simply Wonderful Traiteur
Daboom Desserts	L'Orchidée de Chine	Sucrerie de la Montagne
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Commission scolaire de Montréal
Direction de la santé publique
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Ministère de la santé et des services sociaux – Programme de soutien aux organismes communautaires
Ministère du Travail, de l'Emploi et de la Solidarité Sociale
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