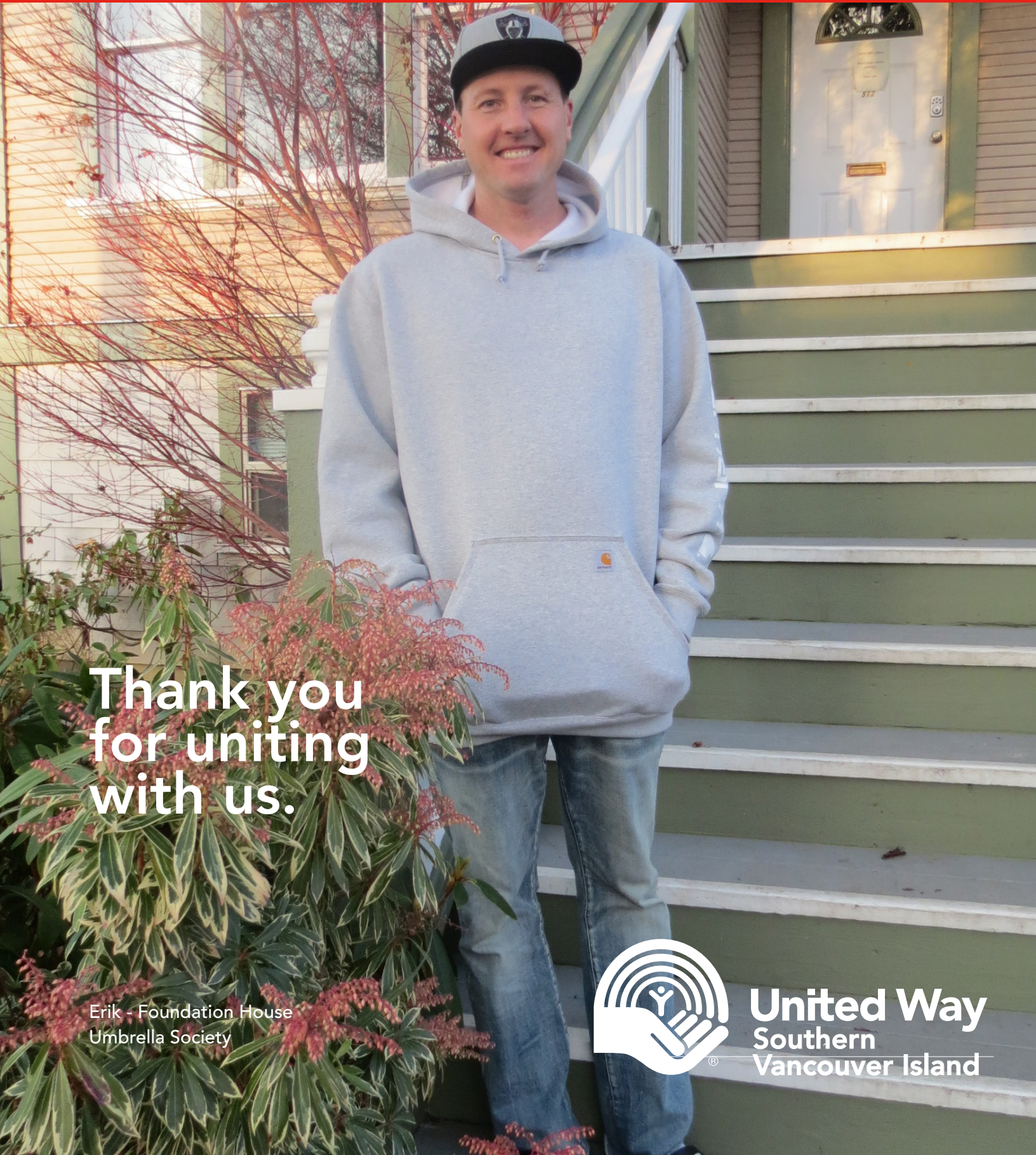


COMMUNITY

IMPACT
REPORT
2022 - 2023

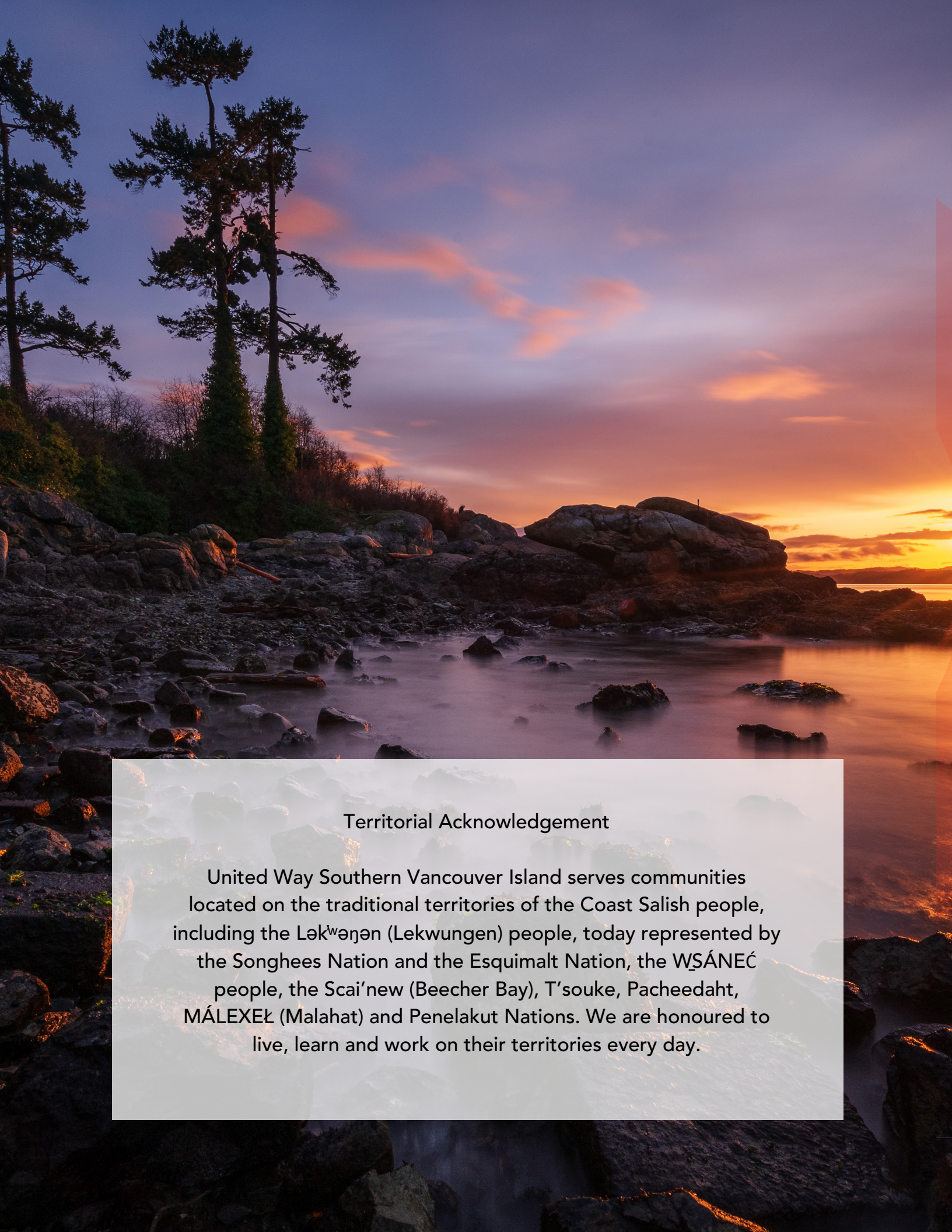


Thank you
for uniting
with us.

Erik - Foundation House
Umbrella Society



United Way
Southern
Vancouver Island



Territorial Acknowledgement

United Way Southern Vancouver Island serves communities located on the traditional territories of the Coast Salish people, including the Ləkʷəŋən (Lekwungen) people, today represented by the Songhees Nation and the Esquimalt Nation, the W̱SÁNEĆ people, the Scaí'new (Beecher Bay), T'souke, Pacheedaht, MÁLEXEŁ (Malahat) and Penelakut Nations. We are honoured to live, learn and work on their territories every day.

MESSAGE

FROM THE
EXECUTIVE
DIRECTOR



Dear Friends and Neighbours,

United Way Southern Vancouver Island has much to celebrate as it reflects on the past year, its 86th serving the region.

In 2022-23, United Way supported 54,000 individuals on Southern Vancouver Island. That means a United Way initiative or funded program helped almost one in six people in our region, empowering individuals, connecting with them in meaningful, pragmatic, and critical ways, and helping build better lives.

The past few years have come with enormous challenges. Inflation reached a 40-year high last year. Rents in Victoria have increased by 27% since last year. Food prices have hit record highs. The toll of COVID-19 is hard to quantify, but we know it's had an undeniable impact on individuals and society alike.

How we take care of each other in the toughest times reflects a community's true strength. And when you unite with us, we won't stop. We certainly didn't in 2022-23.

We launched our United for Mental Health campaign in early 2023, to raise funds for urgently needed counselling, outreach, peer support, and crisis intervention programs for children and youth aged 16 to 30.

Despite the general sense that the COVID-19 pandemic has waned as an immediate threat, it still casts a shadow—particularly for seniors, who are more vulnerable to its immediate and long-term effects. We are proud that our More Than Meals program delivered more than 67,000 meals last year to isolated seniors across our communities, up from 50,000 meals the year before. It's critical to us that we ensure our seniors receive nutritious meals—and know that they are supported and feel connected.

Looking to the future, we have much to anticipate. We are gratified to report that in the 2023-24 fiscal year we are providing grants to 63 agencies and 77 programs, plus five Youth in Action micro-grants.

And our approach keeps evolving, to meet the needs of the community and of our community partner agencies. For example, we are refining a program model that supports people throughout their lives, from "cradle to career"—or beyond. The Early Years program supports families to ensure that all kids in Southern Vancouver Island are

ready to tackle school by the time they hit age six, identifying and then providing supports to overcome the barriers in their way. We look forward to expanding the scope of this program so we can guide kids further in their lives so they can see and realize the opportunities in front of them and become independent contributors to their community.

And after much consultation, we are shifting gears to provide partner agencies with practical and pragmatic help. Very often agencies hit a metaphoric wall when they start major capital campaigns. They just don't have the experience or capacity to handle it themselves. This is where we're stepping up. We are establishing a new department that will dedicate itself to fundraising specifically for capital campaigns (within our areas of action), where the goal is between \$500,000 and \$2 million.

Recently, we signed an agreement with Hulitan Family and Community Services Society to raise \$650,000 to fit-out their trauma-informed daycare, which is now in development. This fundraising campaign follows hot on last year's grand opening of Little Phoenix, BC's first trauma-informed daycare—a project funded by UWSVI donors and members of the Women United giving circle. We will be putting our experience to good use as we raise funds for Hulitan (see p. 10 for more).

We have much good work to do in our great community. And we cannot do it alone. Please continue to unite with us, and we'll continue to work to ensure our communities are safe and healthy.

Thank you.



Erika Stenson



DONORS



WORKPLACES



VOLUNTEERS*



AGENCIES



PROGRAMS



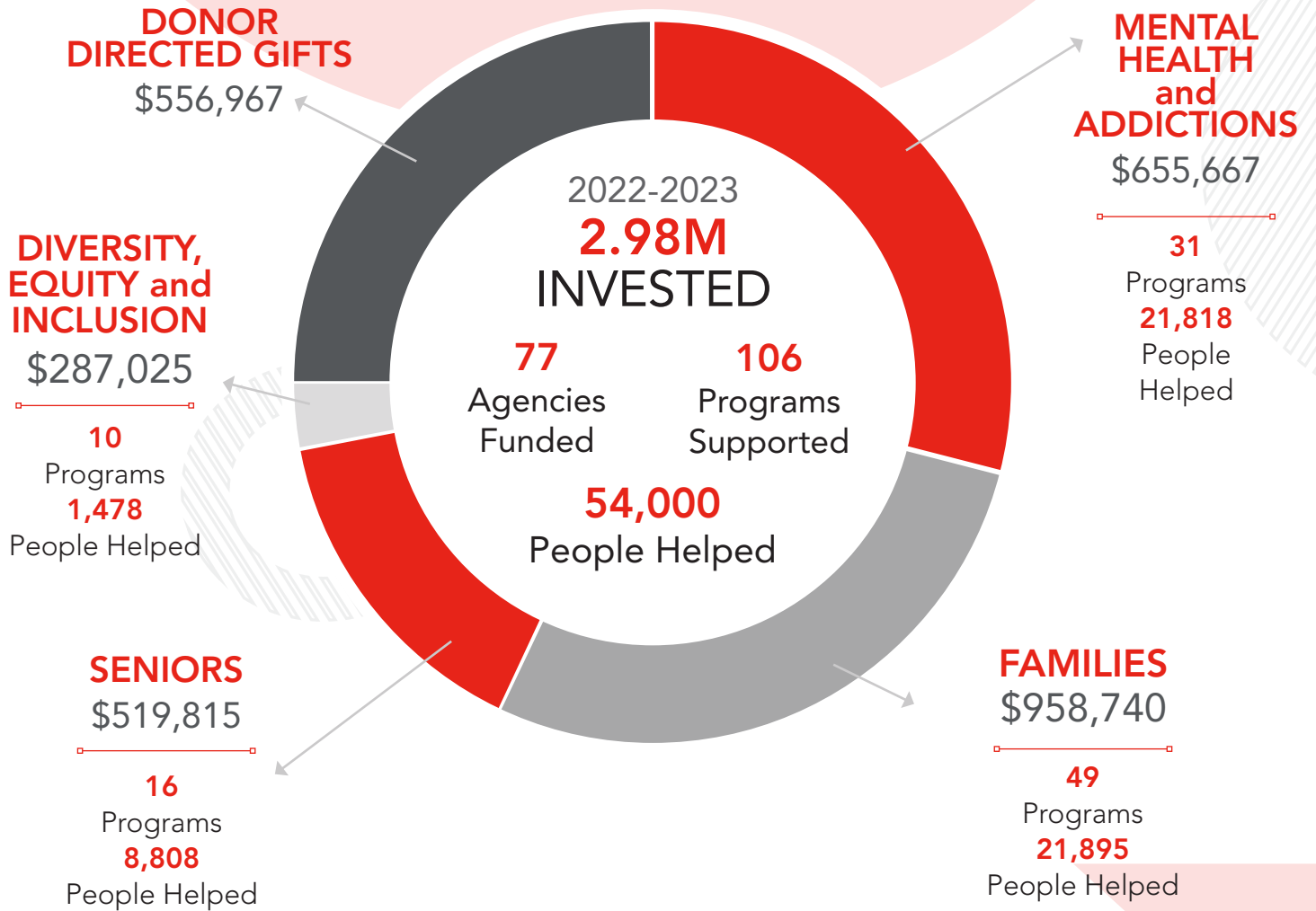
PEOPLE
HELPED

THANK YOU for uniting with us!

* Internal volunteers: Board, committees, Women United co-chairs, granting review panels, and community impact speakers

INVESTMENT

IN OUR LOCAL COMMUNITIES



Families

2,124 children, youth, and their families received the support they needed to succeed in school and develop key life skills.

3,352 children, youth, and their families were supported through disability respite care, parenting peer mentorship programs, and pre- and post-natal outreach.

13,368 children, youth, and their families were able to access nutritious and affordable food, skills training courses, housing support, and intervention services to help them navigate crisis situations.

bc211

2,333 individuals accessed bc211 services by telephone, text, or online.

Seniors

1,641 isolated seniors were provided with nutritious food hampers, meal deliveries, and community dinners.

982 seniors and their families took advantage of programs and services that increased their digital literacy and online skills, provided opportunities for volunteering, and assisted them with critical needs such as hearing aids to better connect with those around them.

2,394 seniors and their families and caregivers were provided with essential supports like hygiene and other basic needs to enhance their health, safety, and well-being.

Mental Health and Addictions

8,068 children, youth, adults, and seniors were helped through outreach and peer-to-peer mental health supports that addressed their mental health challenges or the mental health and/or addictions issues of a loved one.

4,418 children, youth, adults, and seniors accessed affordable, caring counselling services to help them better cope with mental health concerns and emotional challenges in their day-to-day lives.

6,999 children, youth, adults, and seniors with mental health challenges and disabilities, as well as those who have faced marginalization or discrimination based on racial or sexual and/or gender identity, were provided with safe, welcoming gathering spaces and supports to maintain a healthy lifestyle while reducing isolation.

Diversity, Equity and Inclusion

147 newcomers participated in artistic storytelling initiatives that promoted diversity, highlighted their unique immigrant experiences, and allowed them to share the value and importance of inclusion with the wider community.

144 youth accessed programs that helped them address mental health and substance use challenges in a culturally safe and supportive manner.

343 primarily Indigenous adults and youth took part in culturally supportive and enriching programs that focused on personal empowerment and inter-generational knowledge transfer.

470 children, youth, and their families facing challenges related to disability, identity, or economic status were supported in reducing their barriers to well-being and provided with opportunities for community participation.



MEGHAN'S STORY - FAMILIES

Meghan is a single mom who left a relationship with a toddler and newborn in tow. That change had a huge financial, emotional, and psychological impact on her life.

Doing it all on her own was isolating and started to have an impact on her kids. "When I've been struggling, my kids struggle," said Meghan. "When I'm doing well, my kids do well."

Meghan connected with the Family Self Sufficiency (FSS) program at the Burnside Gorge Community Centre, a United Way-funded community partner. The FSS is a three-year financial literacy and asset-building program for low-income families receiving housing subsidies in the Capital Region.

Participants learn to set life and financial goals to improve budgeting, create savings, reduce debt, increase employability or education, improve health and wellness, and strengthen positive relationships with their children and others.

Though Meghan just started the program, she is already seeing the benefits for herself and her kids. "The long-term impact is huge," she said.

ANNE'S STORY – SENIORS

Anne is a recent widow and an enthusiastic recipient of United Way's More Than Meals program, delivered by James Bay New Horizons.

"When you have been married for a long, long time—60 years—it's very difficult to find your rhythm on your own," Anne said.

Many seniors on southern Vancouver Island experience extreme loneliness and isolation, malnutrition or food insecurity, mobility issues,



and limited income that greatly impacts their physical, mental, and emotional well-being.

More than Meals ensures that healthy meals are delivered weekly to seniors' homes, along with critically important social visits.

For Anne, this consistent emotional support was just as important as the nutritional support. "Very often as you get older you are sitting home alone, and that's not good."



SHANNON'S STORY – MENTAL HEALTH AND ADDICTIONS

Shannon is a survivor, a self-described go-getter. She has overcome a lot in her life. She grew up separated from her parents, living in five different group homes. As an adult, she struggled with addiction and then lost custody of her children. She suffers from PTSD after witnessing a tragic event in her home. She has struggled with employment and money was always tight.

Things started to turn around for Shannon when she started coming to Rainbow Kitchen, a food hub and community kitchen in Esquimalt powered by United Way.

"When you're hungry, you can't think straight. That's the truth," said Shannon, remembering how nervous she was when she started getting regular meals from the charity. "I was embarrassed. And very hungry. It's hard to accept that you don't have any food."

Shannon also received support from the staff. Shannon is thankful for the welcoming and non-judgemental team that made a difference in her life. "It's amazing how much kindness empowers you. It just makes you want to be as kind as them. Even when you have nothing," she said.

Shannon is proud that she has been substance-free for the last six years and has just started a new job. Most importantly, she is back with her children. She now pays her gratitude and kindness forward, regularly taking food home for three of her neighbours. She also brings her children and grandchildren to the kitchen so that everyone can enjoy the family environment.

1Up Single Parent Resource Centre
The Anawim Companions Society
Balfour's Friends Foundation
Bayanihan Cultural and Housing Society
211 British Columbia Services Society (bc211)
Beacon Community Association
BGC South Vancouver Island
Big Brothers Big Sisters
of Victoria Capital Region
Bridges for Women Society
Burnside Gorge Community Association
Canadian Mental Health Association
BC Division
Capital Region Food Share Network
The Circle Salt Spring Education Society
Community Options for Children and Families
Community Social Planning Council
of Greater Victoria
Connections Place Society
The Cridge Centre for the Family
Easter Seals BC Yukon
Esquimalt Neighbourhood House Society
Fairfield Gonzales Community Association
Family Caregivers Society of BC
Family Services of Greater Victoria
The Farmlands Trust (Greater Victoria) Society
Fernwood Neighbourhood Resource Group
The Galiano Club
Greater Victoria Citizens' Counselling Centre
Greater Victoria Alliance to End Homelessness
Greater Victoria Eldercare Foundation
Greater Victoria PCR Collaborative
c/o Creating Community Wellness Society
HeroWork Program Society
Inter-Cultural Association of
Greater Victoria (ICA)
Island Community Mental Health Association
Island Deaf and Hard of Hearing Centre
James Bay Community Project
LDABC The Learning Curve
Living Edge Community Church
Mental Health Recovery Partners South Island
The Mustard Seed Street Church
NEED2 Suicide Prevention, Education
and Support

Oaklands Community Association
Oasis Society for the Spiritual Health
of Victoria
Pacific Centre Family Services Association
Pacific Training Centre for the Blind
Parent Support Services Society of BC
Peers Victoria Resources Society
Quadra Village Community Centre
Rent Smart Education and Support Society
Saanich Neighbourhood Place
Salt Spring and Southern Gulf Islands
Community Services Society
School District 62
Shelbourne Community Kitchen Society
Silver Threads Service
Sky Woman Healing Society
Soap for Hope Canada
Sooke Family Resource Society
Sooke Transition House Society
Soroptimist International of Victoria Westshore
Surrounded by Cedar Child
and Family Services
Take a Hike Foundation
Threshold Housing Society
Together Against Poverty Society (TAPS)
Umbrella Society for Addictions
and Mental Health
Vancouver Island Counselling Centre
for Immigrants and Refugees Association
Vancouver Island Men's Therapy Centre
Victoria Brain Injury Society
Victoria Cool Aid Society
Victoria Disability Resource Centre
Victoria Immigrant and Refugee
Centre Society
Victoria Literacy Connection Society
Victoria Rainbow Kitchen Society
Victoria Restorative Justice Society
Victoria Sexual Assault Centre
Victoria Social Innovation Centre
Victoria Youth Clinic - Foundry Victoria
The Victoria Youth Empowerment Society
The Worker Solidarity Network

STATEMENT OF FINANCIAL POSITION

| | 31-Mar-23 |
|--|--------------------|
| Assets | |
| Cash and cash equivalents | \$1,180,424 |
| Receivables | \$2,450,336 |
| Prepays and deposits | \$69,017 |
| Investment | \$3,894,196 |
| Endowment | \$1,693,983 |
| Capital assets, net of depreciation | \$129,073 |
| Total Assets | \$9,417,029 |
| Liabilities | |
| Accounts payable and accrued liabilities | \$555,334 |
| Community grants payable | \$2,858,458 |
| Deferred revenue | \$83,618 |
| Deferred costs over the life of the lease | \$94,096 |
| Total Liabilities | \$3,591,506 |
| Fund Balances | |
| Internally restricted | \$4,070,580 |
| Externally restricted | \$1,719,965 |
| Investment in capital assets | \$34,978 |
| Total fund balances | \$5,825,523 |
| Total Liabilities and Fund Balances | \$9,417,029 |

STATEMENT OF OPERATIONS

| | 31-Mar-23 |
|---|--------------------|
| Revenue | |
| Net campaign revenue | \$3,865,523 |
| Investment income | -\$164,273 |
| Bequests | \$339,189 |
| Federal Funding - CSRF | \$1,288,989 |
| Sponsorships and events | \$121,492 |
| Total Revenues | \$5,450,920 |
| Expenses | |
| Community Granting and Donor Directed | |
| Community grant distributions | \$1,652,987 |
| Federal Funding - CSRF | \$1,263,909 |
| Community Impact | \$247,033 |
| Restricted grant distributions | \$42,012 |
| Donor directed gifts | \$556,967 |
| Total Community Granting and Donor Directed | \$3,762,908 |
| Community impact and administrative | \$1,032,010 |
| Resource development and administrative | \$1,214,563 |
| Campaign costs other United Ways | \$59,591 |
| Investment fees | \$38,818 |
| Total Expenses | \$6,107,890 |
| Excess (Deficiency) of revenue over Expenses before the undernoted | (\$656,970) |

AREAS OF ACTION

We focus on initiatives, programs, and projects that make a significant, positive change in people's lives. These are the four areas of action—representing what we've identified as the most pressing community needs—that we focussed our fundraising efforts on in 2022-23.



FAMILIES

strengthening local neighbourhood resources for families



SENIORS

helping connect isolated seniors to healthy meals and companionship



MENTAL HEALTH AND ADDICTIONS

providing counselling, outreach, and peer support services and ways to improve system navigation tools



DIVERSITY, EQUITY, AND INCLUSION

creating strong, inclusive, and safe communities where everyone feels supported

OUR JOURNEY | CONTINUES

Typically our Community Impact Report focuses on what we've achieved. And we'd like to give you a sense of what we're tackling right now. Here's one priority:

This year, UWSVI is proud to be fundraising on behalf of Hulitan Family and Community Services Society for their daycare centre, now in development. Our fundraising focus is to outfit the Hulitan Family Services Trauma Informed Daycare with equipment, and our goal for this capital campaign is \$650,000. Hulitan's vision for the daycare is that it's a space where Indigenous children see something of themselves—something meaningful and positive—reflected in the toys they're playing with and the books they're looking at and reading.

In a setting like this daycare, where first impressions are made, representation really matters. The ground-blessing ceremony for the daycare took place on June 27, 2023. It won't be long until Hulitan will be preparing to paint walls, buy toys, and assemble a library. There's a lot to do—and purchase—before the space is warm, welcoming, and reflective of Indigenous culture and tradition.

Will you ensure Indigenous children can spend their foundational moments in a place where their culture is reflected and celebrated? Can you help set up Indigenous children for success in life?

Visit uwsvi.ca to learn more about this program and other opportunities to donate.

YOU'VE UNITED WITH US

AND HELPED MORE PEOPLE

Your generous donations have helped transform the lives of many people in our communities. We thought you might enjoy the opportunity to learn more about the vital services throughout our region that you've supported—and the kind of impact you've made on people's lives.

SENIORS - Greater Victoria Eldercare Foundation - SAFE Lifeline for Seniors

Wendy still isn't sure what happened. She was walking through her living room and suddenly the world started to spin. The next thing she knew she was on the floor and couldn't get up. Even trying to move hurt too much.

Several hours passed before her daughter came by for a visit and found Wendy on the floor. After a visit to the ER, Wendy started receiving home care support for her medication, and to help her with bathing. But both Wendy and her daughter worried about the times between home care visits, and what might happen if Wendy fell again. As a low-income senior, every idea for support that she could think of was well beyond her means.

Fortunately, a Home and Community Care Worker suggested Eldercare Foundation's SAFE Lifeline program. After applying, Wendy was provided with a free home medical alarm to help her continue living safely on her own. Wendy is happy that she's able to continue living in her own home, and her daughter is relieved that her mom is now better protected.

MENTAL HEALTH AND ADDICTIONS - Mental Health Recovery Partners South Island - MHRP Peer Support and Clinical Support: Building Momentum and Connection Support

Lori came to MHRP looking for ways and ideas to support her brother, who had become dependent on her to help keep him from harming himself. He was very depressed and losing hope.

Lori spent hours every day talking with him on the phone, trying to support him. She sometimes spent up to eight hours at a time desperately trying to keep him safe and trying to convince him that following through with his plan was not the solution to his problems.

When Lori first came to the Family and Friends support group, she was exhausted, fretful, and looking for answers. Her own mental wellness was profoundly affected. Within the support group at MHRP Lori found people who shared similar stories and could empathize. Everyone was supporting a loved one. They got it. Lori left feeling a little bit lighter and not so alone.

Soon Lori began spending time with MHRP's family counsellor, where she learned coping strategies and the importance of self-care. Lori learned about setting boundaries and was even able to let her brother know how his behaviour was affecting her.

A few weeks later Lori signed up for the Wellness Recovery Action Plan. This free workshop allowed Lori to learn about herself and explore ideas and ways in which she can keep her own wellness in check. From describing herself when she is well to recognizing the signs of an impending breakdown, Lori now has a plan to support her own well-being while supporting her brother.

FAMILIES - Community Options for Children and Families - Family Support

In the words of a parent who receives individual support and has a daughter enrolled in the Sibshops program:

"In June 2022 our family was at its breaking point. Our middle child is six years old and is autistic with ADHD. With that comes multiple therapy appointments during the week, and extra planning to do just about anything. My husband and I were completely burnt out, mentally, physically, emotionally, and financially.

One evening, in desperation, I searched for organizations that support families like ours. I came across Community Options. I read the mission and vision statements and went to the contact screen. The perfect fit!

I emailed the Family Support Coordinator and a few short days later, Margaret was in my living room. We talked for hours. I told her about my family, our struggles, and what isn't working. I cried, more than I like to admit, and Margaret was a solid sounding board.

Before she left, we had a solid plan of action in place. Margaret was able to connect me with some financial support for respite relief. She also shared the name of someone who could support families during the summer; our most recent visit from Tricia allowed me to go to the dentist! Simple things like medical appointments are so hard to navigate when your support network is so limited.

While I am not happy that our family landed in such a place of struggle, I am happy that it brought me to COCF, Margaret, and Tricia. Today I sit here with clean teeth, a feeling of rejuvenation, a full heart, and happy children."

HONOUR | ROLL

APRIL 1, 2022 – MARCH 31, 2023

Thank you for Uniting with us and making your generous donation. With you by our side, we're helping create better lives for everyone in our communities.

LEGACY GIFTS

Gifts received through estate and insurance

Dorothy May Kelly Fund
through the Victoria Foundation
Estate of James Warr
Estate of Joyce Folbigg
Estate of Roy Arthur Richford
Jim and Mertie Ann Chilton Fund
through Victoria Foundation
Mrs. Irene Skippon
Anonymous Legacy Circle Leaders (4)

PHILANTHROPIST CIRCLE \$25,000+

The All One Fund
Auchinleck Family Foundation
Cedric Steele Realty Ltd.
Mridula Gupta-Sunderji
Trust Under the Will of Robert Mallen
Barb and Steve McKerrell
Peter and Sandra Powell
PriceWaterhouseCoopers
RBC Foundation
Scotiabank
TD Canada Trust
Anonymous Philanthropist
Circle Members (2)

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

In Honour of Howard Ray Armstrong
BMO Bank of Montreal
CIBC
City of Victoria Legislative
Services Department
Costco Wholesale

Lynda and Murray Farmer
Terry and Leslie Farmer
Ferreira Family Fund 2021
through The Victoria Foundation
Ashley Finlayson
Eldon and Anne Foote Fund at Edmonton
Community Foundation
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Island Savings
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Lochside Software Inc.
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Garth and Beverly Moore
Gerald A Poulton
Brian Scroggs
Seaspan Victoria Shipyards
Rick Smith
Tiny Foundation
Victoria Labour Council
Anonymous Platinum Members (3)

GOLD \$5,000 - \$9,999

The Barnes Family Foundation
BC Hydro
The Canada Life Assurance Company
Dick and Jeanne Cavaye
Laurence and Patricia Murphy
Gillian Collins
John F Coombs
Stephen Cushing and Deborah Gill
Donald and Judith Daly
Terry and Myrna Daniels
Commodore Jan and Janice Drent

Helen and Larry Duff
Murray, Lois and Nate Duncan
Purkis Family Community
Collaboration Fund
Michael and Karen Ervin
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The Windsors Family Fund
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Anonymous Gold Members (14)

SILVER \$2,400 - \$4,999

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Kim Anema
Urmas Anniko
Liz Ashton and Carl Eriksen
Steve and Linette Baker
Ken Bates
BCGEU
Hazel Braithwaite

Anne-Marie Bujold
Allan Cahoon and Jamie Cooper
John Callender
Doug and Krystine Cavers
Lorne Charbonneau
and Elizabeth Kulesza (In Memory)
Bill Cottick
Stephen Crowe
David Drake
M. Dunn
Margaret Eckenfelder
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and Deirdre Roberts-Huenemann
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Michael and Donna-Lee Webb
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J Douglas and Susan Wilson
George and Carol Wong
Anonymous Silver Members (28)

BRONZE \$1,200 - \$2.499

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L. John Alexander
Nicole Ardiel
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In Honour of Leonard (Lin) Callow
Moir Galbraith
Dolly and Roy Gieck
Bruce Giles
Chris Graham and Joan Yates
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Carl Noel
Kelly Norman
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Danella Parks
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Charlie Robinson
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Brent Shantz
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HONORARY LIFE MEMBERS

An Honorary Life Membership is granted as an expression of UWSVI's appreciation and in recognition of the individual's distinguished service and outstanding contribution in resolving critical human and social issues in the community. We are pleased to share the list of individuals who have been recognized as an Honorary Life Member:

Adrian Round
Barb McVagh
Brian Mann
Bruce Williams
Cathy McIntyre
Chris Coleman
Dave Paterson
Dick Cavaye
James Cutt
John Heraghty
Mary-Ellen Purkis

Maureen Duncan
Mel Cooper
Nancy Greer
Peter Lockie
Rebecca Grant
Shari McGlynn
Sharon Halkett
William Israel
Ivan Watson
Cedric Steele
Janet Tudor

We make every effort to ensure our Honour Roll is correct at the time of publication. Please let us know if you see an error or omission.



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