



Join Our Community

Annual Report 2018/19

Join Our Community

A note from our Executive Director

At HOPE House, we believe that every person matters and that poverty, food insecurity, inequality, health, and community are all interconnected. Thanks to the support of our community, HOPE House is able to deliver front-line services and supports that allow people to maintain their dignity and choice.

This work is a collaborative effort. Everyday at HOPE House we witness the power of the Guelph community supporting each other. We witness local businesses, service clubs, schools, faith communities, foundations, and individuals donating of their time, efforts and resources without any expectation of something in return. But more than that we see them enjoying themselves, getting to know people better and leaving feeling better about the community they are a part of.

Thanks to each of you, over 1,100 households received dignified access to the programs and services that they needed. You made this happen.

There is still so much that needs to be done in our community. You can make a difference by volunteering, donating or participating in HOPE House's programs and services. We invite you to "join our community," because together we are stronger.



Jaya James

Executive Director, Lakeside HOPE House



Our Mission:

Providing tangible, compassionate assistance and care to those in the Guelph community and abroad through immediate relief and ongoing support with the goal of a greater level of independence.

Your Community Impact

Through your generosity and compassion we have strengthened local individuals and families living in poverty. Together, from April 1, 2018 to March 31, 2019 we were able to provide support to over 1,100 households.



4,513 visits for food



Over 204 hours of health services delivered on site by health partners



1,343 gifts purchased at pay-what-you-can prices



\$290,780 of groceries distributed.



2,521 visits for clothing



Over 1,300 backpacks given out



Over \$105,000 of grocery items shared with other non-profits



541 low cost haircuts



18,832 volunteer hours contributed (value of \$318,261)

Core Values - Dignity, Compassion and Encouragement

- Dignity – We acknowledge the inherent dignity and worth of every human being.
- Compassion – We treat everyone in a compassionate, dignified manner, no matter their current challenges and needs.
- Encouragement – We encourage individuals and families to grow in a safe and caring environment by recognizing their inherent dignity and worth.



Immediate Relief Programs

The Food Market At HOPE House we believe in both the power of food and the power of choice. Our Food Market allows community members the dignity of choosing their groceries through our innovative bucks system. Much like going to the grocery store with a budget, community members walk through the aisles selecting the food and hygiene items which appeal to their needs.

Hope Stylin' This program encompasses a free clothing market and a minimum cost hair salon operated by volunteer salon professionals. Hope Stylin' is able to offer our community members a pride in their appearance that may have previously been unavailable. Knowing the confidence that comes when people feel good about their appearance, this program allows our community members to empower themselves and feel great about how they look.

Café Our daily café is a welcoming place that offers a light selection of food to provide nutrition and warmth for those in need. Hot coffee, tea, and water are always available in the café for anyone who would like to drop in—come in and see us anytime.

Community Breakfast Every Wednesday morning volunteers led by Community Living prepare a breakfast of scrambled eggs, toast, sausages and pancakes for approximately 80-120 people.

HOPE in Motion We bring large quantities of food and daily necessities into HOPE House for our community members using our cargo van and cube truck. We also help deliver HOPE to other service providers by sharing any overflow we have. It's all about partnering with others so that HOPE can be multiplied throughout the city.

Ongoing Support Programs

Social Work Services Our social service workers respond to needs of HOPE House community members on a daily basis. They offer a variety of services including system navigation, crisis prevention and intervention, referrals, and healthy living education.

Healthy Living Club One club, four areas of concern: healthy eating; living on less; entertainment; and advocacy.

Circles® Circles® is designed to help families living in poverty set goals and move toward independence. Through intentional, reciprocal relationships formed between low-income and middle-income families, we create a “circle” of support so that families looking to lead themselves out of poverty have the social and educational resources available to them to make this a reality.

Creative Outlets We offer a number of arts based programs for community members to express themselves, develop self advocacy, build community, and learn new skills

- Yarn & Yap gives participants the opportunity to learn the art and therapeutic benefits of crochet.
- Creative Connections offers non structured arts based activities in a welcoming and mutual support environment.
- Chords of HOPE is our in house rhythm band. Community members reap the many benefits of music as they gather together in song.

Did you know...

976 new individuals registered to access programs and services in 2018/19.



Community Projects

Harvest of HOPE In partnership with Bayer Crop Science in 2018 we grew 3 acres of produce. This crop is used to supply the Food Market with fresh produce throughout the summer and fall months.

The Guelph Community Backpack Project Partnering with the Guelph Neighbourhood Support Coalition and the Salvation Army, HOPE House coordinated the collection, packing and distribution of over 1,300 backpacks and necessary school supplies for children and youth throughout the city.

HOPE for the Holidays We believe that each person deserves a holiday filled with HOPE. That's why, at HOPE House, we aim to not only provide Christmas Hampers to those families in need, but also several other holiday programs such as a Christmas brunch, cookie exchange, photos with Santa, and an affordable Christmas market to create new holiday traditions with our community.

HOPE Smiles HOPE Smiles is a program created through the partnership of Dr. Yabut Dentistry and HOPE House. Community members that volunteer or participate in Circles® are given the chance to receive up to \$1,000 in free dental care each year allowing them to maintain good oral health.

Eggpreneur Eggpreneur is a social enterprise project of HOPE House working in remote Kenyan rural communities to build sustainable egg farming ventures that help families end the cycle of poverty.

HOPE House Project Sponsors:



Community Backpack Project



HOPE for the Holidays

Corporate and Group Volunteering

At HOPE House we create a fun, seamless environment for your company or group to connect with others in our community.

HOPE House offers a variety of corporate and group volunteering options such as:

- Volunteering in any one of our events as a group
- Weeding and harvesting our vegetable gardens
- Cooking, serving and cleaning up our Wednesday morning breakfast for 80-120 people or a lunch Monday – Thursday for 30-50 people
- Chopping and bagging veggies to store in our freezer for a meal
- Putting together a team to fundraise and walk in the Coldest Night of the Year the fourth Saturday of February
- Mass cleaning and reorganizing of Food Market and storage rooms

Facts and stats about volunteering at HOPE House:

- HOPE House utilizes professional volunteers such as an acupuncturist, a paralegal, and an income tax specialist to expand its services as a community hub
- Over 60% of HOPE House's regular volunteers are community members who access HOPE House programs and services
- 36% of HOPE House's regular volunteers have an invisible or visible disability
- 92% of HOPE House's regular volunteers have gained skills or information that have improved their emotional and/or mental health and well being
- Local corporations and businesses volunteered 27 times throughout the 2018/2019 fiscal year

Contact us today for a tour of our facility by staff if you're interested in joining the HOPE House community.



Meet Ame



Ame Papatsie is a resident artist here at HOPE House. Always a friendly face, Ame can often be found creating art with other community members or peacefully rocking babies in his arms while their parents shop or take a break to socialize.

Ame was born and raised in a little community call Pangnirtung on Baffin Island in Nunavut. Everybody up north knows him by his Inuit name, Siqiniq, but down here it's Ame.

Ame's name comes with a story.

"My father's name was Aisa, that was it. My name was Siqiniq, that was it. Nothing else. Everybody knew me by that one name but the government or the school system didn't know it so they had to give us a first and last name. They had an operation called operation surname and that's when they gave us an e-6 number. E-6 is the region of the community and 1107 was my number. I was the 1107th person in that community. My parents gave me the name Ame. Papatsie is from my grandfather. So Ame Papatsie is my given government name."

Compassion

Ame first went to Alberta where he started teaching. “I used to be a chef and due to health issues I was kind of forced to turn my career somewhere else so art was my hobby and it ended up being my career” he shares. “I permanently moved to Ontario in 2013. I lived in Ottawa for a while and then I lived in Toronto teaching art for different universities. Mostly carving. I was doing culture talks on Inuit. I was teaching lithography. I needed to get away from the city and I had some friends here [in Guelph] and they said it was a nice small town. Friendly and artistic. I have been here for 4 years.

I love teaching kids inspiring art. I love doing origami. I was originally left handed. When I was in kindergarten I learned right and by the time I was a teenager I was painting and drawing with both hands at the same time.

A lot of kids call me Ame-dextrous and a lot of kids call me Ame-gami ‘cause of origami. I love art. I did animations, do a lot of murals. A bunch of different artists get together every Saturday from 1-4pm at Art Etc. It’s at the First Baptist Church. People do art, chat, mingle and learn from one another. Half the patrons at HOPE House go to Art Etc. too and it makes us a community. ”

Ame is a regular at HOPE House. When asked what keeps him coming to the space he replies, “I love it here. It feels like a family. People are always sharing ideas with one another or helping one another and it feels safe with no judgment, no expectation, and we’re just open to one another. It’s great. It’s like a safe haven for some people that need to get out of their home once in a while and there’s no obligation, we just talk, have a snack and then help one another. Like for instance we all volunteer, like whoever is capable of lifting something will help and whoever is capable of talking to someone who needs to be consoled will help. Everyone has their own little gift or talent to share with one another. It’s great.”

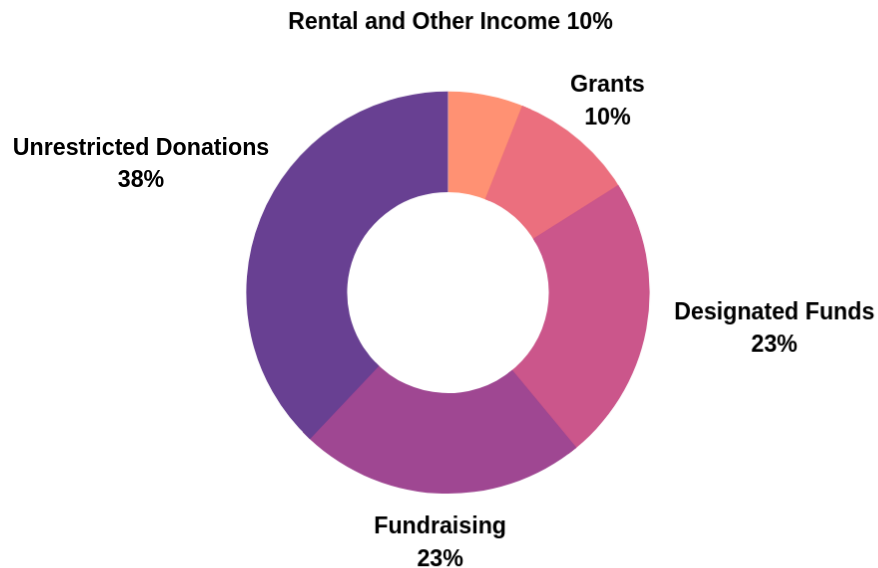
To access Ame’s art please visit YouTube and search for either Ame Papatsie or Siginig Kanayuk. Also seek out Amedextrous on Instagram or Ame Papatsie on Facebook.



Financials

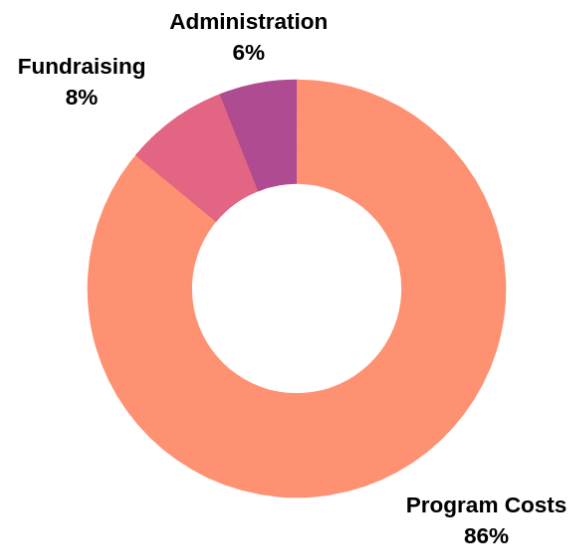
REVENUE

\$898,207



EXPENSES

\$809,010



100% of our revenue comes from the Community through private individuals, organizations, grant bodies, foundations, and businesses.

Join Our Community

Volunteering - It is said that one of the greatest gifts you can give is your time. Here at HOPE House we strive to work with our community in providing the basic needs that allow community members to live lives of dignity and encourage them to lead their families out of poverty. Without our volunteers, this would not be possible. We rely on the helping hands of others to continue our work in alleviating poverty.

Every gift to HOPE House provides increased access to immediate relief and ongoing supports in a manner that maintains dignity, builds community and supports individuals and families in achieving a greater level of independence.

A **Donor** is someone who supports HOPE House's mission financially.

A **Friend of HOPE House** is someone who supports HOPE House's mission through monthly donations. Friends of HOPE House choose monthly increments that work for their budget starting at as little as \$5/month.

A **Giver of HOPE House** is someone/an organization who supports HOPE House's mission through monthly donations of much needed items (i.e., food, clothing, hygiene items).

Sponsors are corporations and businesses who partner with HOPE House to support day to day operations and special projects.

To volunteer email: programs@lakesidehopehouse.ca

To become a Friend of HOPE House or Giver of HOPE
email: mjackson@lakesidehopehouse.ca

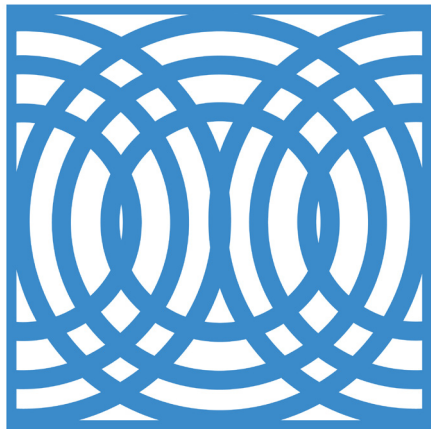
To sponsor a HOPE House event or special project email: mjackson@lakesidehopehouse.ca

To learn more visit www.lakesidehopehouse.ca



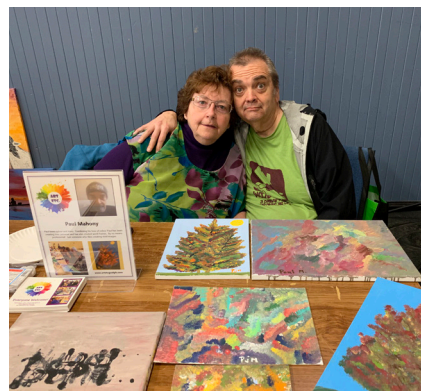
Circles® Business Fair

Circles® GUELPH WELLINGTON



HOPE House hosted our first Circles® business fair in 2018. This family friendly event was organized to bring community together to be inspired by Leaders who are working to lead themselves and their families out of poverty through entrepreneurship. The fair featured Circles® program participants who have built their own businesses and have found success through the mentorship program.

Circles® is a collaborative initiative to change the way our community thinks and acts on poverty. Our purpose here at HOPE House is to inspire and equip the community to end poverty. To do so we need to change the mindset that poverty is inevitable and instead build the resources that communities, families, and individuals need to become economically self-sufficient. In Circles® we match people who are experiencing poverty with allies who are economically stable for support, guidance, and friendship along the journey to self-sufficiency.



Dignity



If you're interested in making a difference in the life of someone in your community by joining Circles® as an ally, cooking a Circles® meal, or by participating in next year's business fair, please contact socialwork@lakesidehopehouse.ca. Thank you.



Meet Nathan



“At age 5, I was diagnosed with cancer”, signs Nathan to his friend and interpreter, Melissa. Melissa pays rapt attention to Nathan, listening to his story then repeats it back to me. She then carefully watches my lips as I ask her the next question, “How is his health now?” Cancer was to become a repetitive pattern for the duration of Nathan’s childhood, I learn, as he would go into remission and then it would come back again two years later and then again a year after that. Nathan underwent chemotherapy and experienced his hair falling out, but felt that cancer treatment helped a lot more. In 1995 he was given a full blood transfusion and things started to get better. He clearly remembers being deemed cancer free on July 3rd, 1995.

Encouragement

As an adult he stills gets checked faithfully every year and is happy to share that all is well. He is healthy. “I like to play ball hockey, as the goalie,” he beams. This has been one of his favourite pastimes for many years now.

As a HOPE House community member, Nathan serendipitously connected with Jeanne, a volunteer, through a mutual friend. Jeanne, in turn, encouraged Nathan to also volunteer. For over a year Nathan volunteered in our Food Market, loading and unloading the HOPE in Motion van, stocking shelves, breaking down boxes, taking inventory and more.

Jackie, our Gift in Kind Coordinator, noted that these everyday responsibilities translated into employable skills. “I saw Nathan showing up every day, working hard, doing a good job, and being very flexible. I would ask could you do this and he would, open to every task.”

Nathan replies, “Deaf people are very focused, they are not talking to people, they are working.”

“I saw that he was doing the same work as the people at the grocery store,” Jackie continues, “I thought why not offer that to him and see if he’s interested”.

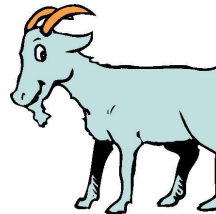
Jackie set up an interview at a local grocery store. Nathan went and, though the interviewer expressed being nervous about communicating with Nathan, with the help of Melissa, his interview went extraordinarily well. To access training videos Nathan went to the Canadian Hearing Society and an employee counsellor assisted him by interpreting the videos. Within approximately 2 months from the interview date Nathan started working. Now he’s celebrating that his employer is learning a little sign language at the grocery store! Nathan also shares that, though the job is more challenging due to scheduling and restrictions, he’s enjoying his job. “He’s in the money now,” grins Melissa.



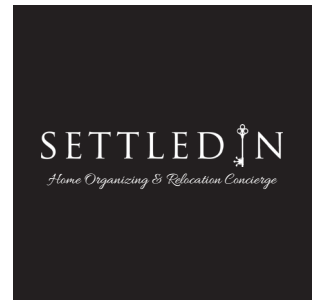
Givers of HOPE



CONSIGN YOUR
CURVES



**GIANT
TIGER**



community at work.



HOPE.
CARE.
COMPASSION.



Ignatius Jesuit Centre
A Place of Peace



EMKAL Inc.
Information Technology Experts

A Giver of HOPE House is someone/an organization who supports HOPE House's mission through monthly donations of much needed items.

Upcoming Events



JOY Home Tour **November 14, 15 & 16, 2019**

A self-guided tour of carefully selected homes in Guelph, beautifully decorated with seasonal décor.



Coldest Night of the Year **February 22, 2020**

A fun-filled, family-friendly fundraiser for hungry, homeless, and hurting individuals and families across Canada.



HOPE in the Street **June 19, 2020**

An exciting summer gastropub street festival held in the MacDonnell parking lot in beautiful downtown Guelph.



Leadership Team

Board of Directors

The Board of Directors are the legal authority for HOPE House. A Director acts in a position of trust for HOPE House's community members, staff, and volunteers, and is responsible for the direction in policy and effective governance of HOPE House.

board@lakesidehopehouse.ca

Eleanor Davidson, Board Chair

Vincent Rogers, Vice Chair

Dustin Cleghorn, Secretary-Treasurer

Gord Barr, Director

Jeff Groenewald, Director

Jonathan Knowles, Director

Paul Mahony, Director

Liz O'Donnell, Director

Frank Valeriote, Director

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Lakeside HOPE House uses the power of community to overcome poverty by delivering front-line services and support that allow all Guelph residents living in poverty to maintain their dignity and choice in the form of a choice-based Food and Clothing Market, HOPE Stylin' Salon, a community Edu-Kitchen, the Guelph Community Backpack Project, a daily Café, a HOPE for the Holidays program and other poverty relief programs.



Contact information


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Print Sponsor:



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