



Annual Report 2015-2016

North Central Community Association

6/15/2016

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Message from the President

North Central Community Association has been through a lot of transition over the last few years with some major changes to programs and funding sources. This past year we focused on ensuring that we know where we are going as an organization and a neighbourhood and we know how to get there. The board has worked hard to create a strategic plan that will help guide NCCA's priorities. We have updated our mission, vision and values to better reflect the neighbourhood and the organization. They reflect our past and move us into the future. I want to thank the hard work that the board and staff have done to ensure that the strategic plan is an effective working document that we can use and build upon for the next few years.

I am very excited too about the work that is being started around the community plan. I cannot wait to be part of the discussions and see the final community plan.

I would like to extend thanks to all our hard working staff, volunteers, and my fellow board members for all your contributions to the work of the association. Additional thanks to all our program funding partners who provide the resources for the work. I especially want to recognize the City of Regina for their support through the Phase 1 funding as a community association and through the Community Services department specifically Wendy Dumalski and Bill Ursel and the development of the Neighbourhood Support Model Toolkit.



Jessica Hanna,

Board President

Message from Executive Director

Many people, when talking about our neighbourhood, can get too focused on the negative things going on or that have gone on and this can get taken even further and the whole neighbourhood can be viewed. There is no denying that there are some very bad things that happen in our neighbourhood: violence to persons and property, gangs, drug abuse and poor quality housing. Living and growing up in North Central for many can be tough. While we cannot ignore these issues and how they impact all of us, whether it be directly or indirectly, we will continue looking forward and working from our strengths. The community planning process we are embarking on will help us to better understand the issues but also the aspirations and hopes of our neighbourhood and the hope is that residents, government institutions and other organizations will be able to find their place in working towards a better tomorrow.

As an organization we have much to celebrate. In the past year we have established two new youth employment programs: Meewasasin and the Good Neighbour Fencing Company born out of the closure of the Transition to Trade program. We have entered into running family recreation programs with the Vibe Program. The board, although small, has helped create a Strategic Plan with a focused and forward looking vision and to recruit 8 new nominees for board membership. That being said there is much more to continue to work towards fundraising to create more stability for future programming, addressing barriers to participation, improving communications with residents to promote engagement and participation.

I want to thank all our staff and volunteers whose passion drives everything we do. Thanks to Jessica, our board president, for stepping up this year and taking on additional responsibility. And finally thanks to my wife Steffi and our children for you are an inspiration to continue to make this community a better place for all and for tolerating my absence while away at meetings and events.



Michael Parker,
Executive Director

Program Reports

The following are reports from our various community projects and programs from the past year.

Go Green

2015 was another successful year for the Go Green Program except for the tough season for the Roughriders and the uncooperative rainy weather during home games. Go Green is a partnership between the City of Regina, the Saskatchewan Roughriders and the North Central Community Association. The program allows participants to watch Rider home games and then earn some cash by staying after the games to pick up the recyclables – usually taking 4-5 hours for the average game. Workers are paid in cash at the end of the night based on how long it took to pick up and sort all the recyclables. Majority of the money from beverage containers is put back into paying workers, with the surplus dedicated to murals and other community beautification projects. This year due to poor weather conditions that led to reduced revenue, only one mural was produced. In 2016, the Go Green program also received an award from the Saskatchewan Waste Reduction Council Leadership in recognition for their leadership in Waste Minimization.



Go Green by the Numbers

124 workers participated in 10 home games (9 regular, 1 pre-season) in 2015, as compared to 128 workers in 2014, 161 workers in 2013 and 135 in 2012. Approximately \$32,100 worth of beverage containers were recycled this year.

Our Go Green Partners

- Saskatchewan Roughriders
- City of Regina

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Renew Project

The Renew project was funded by the City of Regina and the Student Summer Works program. The purpose of Renew is to engage residents to become active in the cleaning of the neighbourhood. It allows residents to renew their sense of pride in their environment as well as renewing North Central overall.

The Renew Project, when combined with the annual community clean-up, has removed a substantial amount of garbage and recyclable materials from North Central community during the period of a few months.



Renew Project by the Numbers

This year we had a total of **87 volunteers**, removed graffiti from **23 garages**, **3 fences**, **73 roll out garbage carts** and added 76 addresses to residents. In addition to this progress, the Renew project recovered over **18 needles**. This is significantly lower than what was recovered last year. According to the City of Regina Solid Waste Collection Manager, we removed over **6.9 tonnes** of garbage overall in the **9 alleys** we were able to clean this summer.

The **Annual Community Clean-up** was on October 4th, 2015 in partnership with Bennett-Dunlop Ford. There was a large amount of various recyclable materials such as tires and shopping carts that was collected and recycled.

Renew Project Supporters

City of Regina, Rainbow Youth Centre, RAMP, Johns Howard Society of Saskatchewan, B&B Small Engine Sales & Service Company, Wholesale Club, Sherwood Co-op, Home Depot, Regina Police Service, Aids Programs South Saskatchewan, Student Summer Works Program, Giant Tiger, 5th Avenue Convenience Store, Bennett-Dunlop Ford.

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Health Nurse

North Central Community Health is dedicated to serving all persons equally. We provide quality, compassionate, and professional health care that is easily accessible and without discrimination to all members of the community that we serve.

We believe every individual has the right to quality health care that is respectful and considerate. We create an atmosphere that is safe, accessible, and free of discrimination. We are committed to provide the highest quality primary health services, delivered in a competent, caring, and culturally sensitive manner.

This year we saw 42 new clients compared to the 46 new clients last year. The health nurse provides the following services to the seniors of the community: Blood Pressure checks, Blood Glucose checks, Home Visits, Health teachings, Hospital Visits, Foot-care, Hand-care, Counselling, and Medication Reviews.

Care & Share

Our weekly seniors' meal and social time runs from September to June. We had a great year of fellowship and fun. Heartfelt gratitude to our fantastic volunteers, without whom we would be lost: Priscilla, Tom, Lil, Doug, Diane, Toby, Dixie and Forever in Motion. For Christmas, Easter, and year end we have enjoyed partnering with Chili for Children Elders lunch. Special thanks to the Cosmopolitan Learning Centre for assisting each week with set-up and clean-up. New this past year was the partnership with students from Scott Collegiate assisting with clean-up and recreation activities with additional funding (thanks to Sask Lotteries) that allowed us to add a fitness session before the meal is served, additional recreational activities afterwards, and free transportation to create more opportunities to promote healthy living for our seniors.

2015/2016 Numbers

Total of 1,327 meals served
Average weekly attendance: 32
Average weekly volunteers: 5
Average weekly fitness participation: 14
Average weekly recreation participation: 3



Youth Employment Programs

In the Past Year

63 clients registered in the program; 61% of clients successfully completed the program; 65% of clients developed the skills needed to further education or training; 17.5% of clients secured employment.

Funded by:

Labour Market Services, Ministry of the Economy and the Government of Saskatchewan

Meewasasin

The primary goal for Meewasasin is to provide employability skills training where the clientele can learn how to adapt their lifestyles, make critical life-choices and ultimately choose a career path that will help them towards successful long-term employment.

Youth between the ages of 16-29 years of age are welcome to apply at any time. A three-week course is offered to those that apply with an additional week-long workshop aimed at individual support.

Saskatchewan is a growing province with a high demand for skilled workers in the trades and service industries. Meewasasin programs are developed to help their clients meet the entrance requirements of other skills and training centres throughout the city of Regina. Some of the skills training centres include: Regina Trades & Skills Centre, SIIT's Construction Careers, Gabriel Dumont Institute, Work Preparation Centre and George Gordon Developments.

Several partnerships have been built with different agencies and training centres for referrals and recommendations. Regina Work

Preparation Centre has committed to place any client recommendations at the top of their list for any programs they offer.

Meewasasin also provides cultural supports that allow clients to speak to an elder whenever they feel as if they need advice. Clients who attend the programs also have the opportunity to attend a sweat on the Piapot First Nation.

Program Partners include: Open Sky Retreat, First Nations University of Canada, Canadian Mental Health Association, Randal Kinship Friendship Centre, Regina Alternative Measures Program, John Howard Society, Family Services Regina, Addiction Services, SIIT Construction Careers, Gabriel Dumont Technical Institute, Paul Dojack Youth Centre, Probation Services, Rainbow Youth Centre, Ignite, George Gordon Developments, Regina Trades & Skills Centre, Regina Food Bank, Regina Work Preparation Centre, Regina Public Schools, Saskatchewan Construction Safety Association, Catholic Family Services, Ranch Ehrlo Society, All Nations Hope, Saskatchewan Polytechnic and the Aids Program South Saskatchewan.



Good Neighbour Fencing

Good Neighbour Fencing (GNF) started on June 1, 2015 with the support of a grant from the Aboriginal Friendship Centres of Saskatchewan Urban Partnerships – Social Enterprise stream. GNF operates as a social enterprise through the North Central Community Association by providing short-term employment opportunities for hard to employ youth, as well as providing physical improvements to this inner city community. All profits are reinvested back into community programming through NCCA.

GNF strives to offer the best quality wooden fences and decks in the city. We follow building codes and city bylaws to give the customer the best possible finished product. Many clients have appreciated the professional, courteous and respectful approach GNF employees demonstrate on the worksite.

This past year, Good Neighbour Fencing has been involved in a variety of projects – we worked on several new fences along with constructing a wheel chair ramp, several decks, and even a pergola. In the shop we have built a compost bin, several lawn chairs and planter boxes, all made from cedar.

One of the goals is for GNF is to become self-sustaining through the projects which we build throughout the city. Due to its nature as a training program, and that its employees are only employed for a matter of a few weeks there is not the chance to develop a well-trained crew. Thus, projects usually take longer than with most other companies and this has an inherent cost to the bottom line. We have not been in a position to see a profit and without the support of the Aboriginal Friendship Centres of Saskatchewan it would have been impossible for GNF to continue. Currently, we do not have extra funding but are hoping that additional funding will be realized in the near future.



"I've dealt with many contractors in my life but none compare to GOOD NEIGHBOUR FENCING. They were professional and courteous from the start. A simple fence was a work of passion. ...They build great fences and in the process build better lives!"

- Aldo Columpsi

VIBE Project

The VIBE project was funded by the Community Initiatives Fund and kicked off in the summer of 2015. It was started to meet the diverse needs of the community and encourage families to become actively involved through various activities. The project offered weekly structured programming and fun-filled activities for the entire family to enjoy.

The VIBE project runs weekly programming that has targeted three categories: Arts & Crafts, Sport & Fitness and Culture. Our programs were created to provide the residents with the option to participate in free recreational programs.

Throughout 8 months of the program, there was a continuous increase in the number of participants. We have had a total of 180 individual participants, 45% were children aged 6-11 years old, 40% were teens 12-16 years and 15% were adults aged 17-55 years of age. We also would like to thank the volunteers who have helped throughout the programs.



Sponsors & Supporters of the VIBE Project

- City of Regina
- Saskatchewan Building Trades
- Giant Tiger
- Seven Stones Community School
- Pay it forward – Facebook Page
- North Central Community Association
- Community Initiatives Fund

Resident Support

The Association office assists community residents through the following: being a distribution point for REACH Family Baskets, Community Volunteer Income Tax Program in March and April, photocopying and faxing, and providing referrals and information regarding various programs/services within the community. The office also hosts multiple student placements through Rainbow Youth Centre: Road to Employment program, University of Regina, Sask Polytechnic, and University of Saskatchewan

Community Events

Volunteer Fair & Awards Night

Volunteer Fair & Awards Night sponsored by Conexus Credit Union in partnership with Project People (Chili for Children) was held for a third year to encourage and recognize volunteers in the neighbourhood during National Volunteer week.

The North Central Community Association held a volunteer fair in collaboration with The Good Life Community Network. They welcomed 12 organizations from the neighbourhood in hopes to build the volunteer databases for the community organizations.

Christmas in July

This event is held in partnership with Project People to encourage giving and generosity throughout the year by hosting a free Community Christmas Meal and give-away in July as opposed to only giving in the holiday season.

Diabetes Health Fair

The goal of the event was to deliver, to the residents of North Central Regina, a Diabetes Risk Assessment, Health Fair and healthy lunch. The Diabetes Risk Assessment provided people with information on their personal risk for developing diabetes. The Health Fair took place across from the Rainbow Youth Centre due to the construction of the Mamaweyatitan Centre.

Movie Night at Mosaic Stadium

This event allowed people of the community to come together in Mosaic Stadium to watch a movie together on the Sasktel Maxtron. The event was a success as it brought out community members. Popcorn was provided and some of the Roughriders made an appearance throughout the event.

The movie, Home, played on the Maxtron while the community sat on the field, sitting on blankets or sitting in chairs. A game of Duck Duck Goose with a Roughrider player was captured by one of the parents.



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North Central Culture Days Street Fair

A Street fair was held that featured music, dance and art from cultures that make up the North Central Neighbourhood. The street fair was held on 5th Ave between Rae Street and Angus Street. The All Nations Hope Network building provided some indoor workshop space for volunteers and held an Elders' resting area.

There was an area for performances, an arts market, food vendor, free popcorn (supplied by NCCA) and other interactive activities. Commonweal Community Arts did spray chalk art in advance of the event with positive messaging and words in English, Cree and Saulteaux. The day began with a blessing and prayer from Elder Norma-Jean Bird. Due to the nice weather, there were over 500 participants that were able to enjoy the event. This event celebrates North Central's diversity and exposes residents and visitors to new arts and cultural experiences in a setting where such things are not normally expected.

Performances were made by the Regina Filipino Performing Arts, Seven Stones Community School, Shannon Rae McNabb, Brad Bellegarde, the Rainbow Dance Troupe and Kinder Scout.



Event Sponsors: SaskCulture/SaskLotteries and the Government of Saskatchewan. Event Partners: SEARCH Student Clinic, Commonweal Community Arts, All Nations Hope Network, and Albert Branch library Event Supporters: Indian Metis Christian Fellowship and North Central Family Centre

Family Activity Night

A family activity night was held one evening in December and was open to the community members. A craft table was available for ornaments to be made for a Christmas tree, a corner for children to read and a movie. Popcorn and juice were provided by NCCA and there was a good turnout of participants.



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Communications

The North Central Community Association plays a vital role in communicating with those who live and work within the neighbourhood. Our ultimate goal with to develop a sustainable communication approach to project a consistently positive, transparent and unified image for the NCCA, inform about various programs and services, and to shift negative attitudes about North Central.

The following tools have been utilized to meet the communication goals and objectives:

- **Website:** Record keeping of association news, events, research, and reports available and promoted to the public.
- **Community Connection Newspaper:** A comprehensive bi-monthly newspaper that is delivered free to residents six times a year. An additional 1000 copies are delivered to government and organizations/businesses throughout the community.
- **Facebook:** Primary communication with North Central community residents. The NCCA Facebook page currently has 1, 562 likes.
- **Twitter:** General communication and interaction with the greater Regina area and key influencers/businesses/organizations. The NCCA twitter account currently has 753 followers.
- **Together Now Updates:** An e-newsletter intended to enhance relationships and improve information sharing with local community groups/organizations. Supported by Kelly Husack of SEARCH

Community Partners

Thanks to the following organisations for their ongoing and general support of the association:

- City of Regina
- Regina Qu'Appelle Health Region and Four Directions Community Health Centre
- Project People
- Scott Collegiate staff and students
- SEARCH Student Clinic
- Regina Alternative Measures Program
- John Howard Society
- Regina Food Bank