



Annual Report

2024-2025



We acknowledge we are on original traditional lands of Treaty 4 Territory, homeland of the Nehiyaw/Cree, Saulteaux, Dakota, Lakota, and Nakota, as well as the traditional home of the Métis.

We respect and honour the Treaties that were made on all territories, we acknowledge the harms and mistakes of the past and we are committed to move forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.

North Central Community Association

North Central is one of the largest inner-city neighbourhoods in the City of Regina and represents a population of 10,000 people in an area of 183 square blocks, consisting of 4300 homes and over one hundred businesses.

North Central Community Association (NCCA) incorporated in August 1976, is deeply rooted in the community, and utilizes a community engagement approach in planning and delivering programs and initiatives that are meaningful for area residents. Over the past forty plus years NCCA has effectively delivered a variety of programs and services and continues to evolve and create new alliances to better support the complex needs of the community.

NCCA is located within the māmawêyatitân integrated centre, and we receive operational funding from the City of Regina along with Community Initiatives Grant funding for sport, recreation, and cultural programming. In addition: we receive financial support from the Saskatchewan Health Authority (SHA) for a seniors' footcare clinic and outreach health programming for shut-ins; and financial support from Regina Exhibition Association Limited (REAL) for a social enterprise recycling program (Go Green).

OUR VISION

A safe, caring, and vibrant community where all people can thrive.

OUR MISSION

To enhance, engage and represent our diverse neighbourhood, where we live, work and play,
By facilitating partnerships, programs, and services.

OUR VALUES

Integrity, Accountability, Respect, Diversity & Inclusion, Sustainability

Message from the Board Chairperson and Executive Director

North Central Community Association (NCCA), in operation for forty-nine years, has endured the challenges that confront many non-profit organizations in terms of attracting volunteer board members, hiring and retaining employees while maintaining strong management principles and practices, and pivoting when funding sources vary to modify our programs and maintain our connections with residents and service providers in the north central community.

NCCA, located in the mâmawêyatitân centre, is in a unique position to be in the heart of the north central community and ensures our integration with individuals, community-based service providers, and business owners to connect with and strengthen the community.

Maintenance of our community gardens, organizing small and large community clean-up activities, planning the north central family day trip to Wanuskewin Heritage Park, food give-aways, health fairs and cultural events are made possible through collaboration and sharing resources with community-based service providers, business owners, health authorities, municipal parks and recreation entities and urban First Nations.

Community participation in NCCA recreation, sports and cultural programming and recycling social enterprise initiatives continues to increase. Our programs are offered free of charge for community residents and available spaces fill up quickly, we often have a waiting list. Going forward we remain steadfast in our purpose to continue to serve the north central community.

We offer our sincere thanks and appreciation to our membership, board of directors, staff, management, volunteers, partners, and donors whose commitments make it possible for NCCA to engage with residents and offer programs that support the north central community.

Pat Faulconbridge

Executive Director
North Central Community Association

Ross Pratt

Board Chair
North Central Community Association

WHO WE ARE

NCCA Board of Directors 2024-25

Chairperson	Ross Pratt
Vice-Chairperson	Jonathan Shepherd
Secretary	Denita Stonechild
Treasurer	Ivy Kennedy
	Morris Eagles/Past Chairperson
	Brent Schmidt
	Brendan Anderson
	Henry Cote
	Lanette Cyr

Staff

Executive Director
Go Green Manager
Senior Health Nurse/Footcare Nurse
Foot Care Nurse

Pat Faulconbridge
Pauline Gabriel
Jude McCann RN
Donna Adams RN

Accountant

Christine Fenson
Beyond Numbers Solutions Ltd

Seasonal:
Community Gardens Coordinator
Renew Coordinator
Canada Summer Jobs Student

Maegan Krajewski
Stephen McDavid
Howard Rennebohm

Program Facilitators

Basketball Program

Mike Towle Coordinator/
Kenny Ritchotte/Clarence Taypotat

Indoor Walking Program

Tom Wright volunteer

Forever *in motion* Fitness Program

SHA Forever *in motion* volunteers

Indigenous Trauma-Informed Yoga

Shyla Gaebel

Drop-in Yoga

Nicole Garnsey

Powwow Drum Clinics

Aaron Tootoosis & Chase Shingoose

YEAR IN REVIEW

The North Central Community Association offers unique and innovative community-based programs and services. A broad range of sport, culture, recreation, health, and social enterprise initiatives provide opportunities for residents to engage in a variety of individual and family-oriented activities.

NCCA sponsors two scholarships for high school graduates who live in the north central community and have enrolled in a post-secondary institute or designated trades training program.

The scholarships highlight the valuable contribution young people provide through their leadership and volunteer involvement in their school or community.

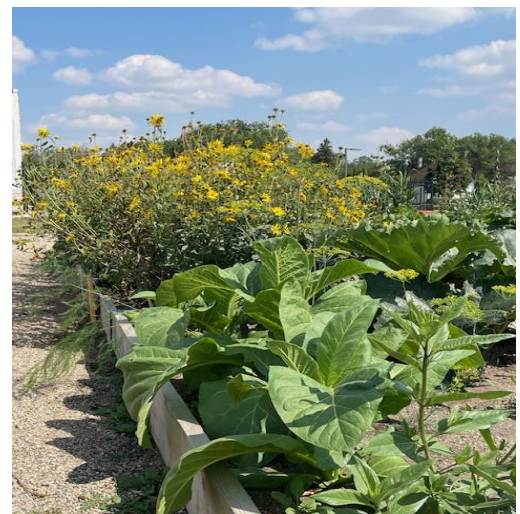
North Central Community Gardens: *Engaging with residents to create social connections while increasing food security for families in the community.*

NCCA seasonal garden program has established garden boxes at the mâmawêyatitân centre and four community schools: Sacred Heart, Seven Stones. Albert and Kitchener. Donations support the materials and supplies.

The coordinator, Meagan Krajewski, schedules seed planting workshops in the spring and begins work with the area schools to help them start their garden bed projects in early June. Volunteers and north central residents' plant and maintain the gardens and community residents are invited to help themselves to the nutritious produce.

Garden related games and activities for children and youth occur during the summer months, gardening information sessions for residents is continuous and canning and produce storage workshops occur in late summer.

Please follow the garden schedules and activities on the *North Central Community Gardens* Facebook page. Volunteers are always welcome.



Go Green Program: *Protecting our Environment.*

This social enterprise program is a partnership with REAL (Regina Exhibition Association Limited). There are two streams to this program. One occurs each year during the Saskatchewan Roughrider Football season, typically the end of May through November. NCCA Go Green Manager, Pauline Gabriel, engages community residents to clean up garbage and recyclables at Mosaic Stadium after football games and large events. The second is the Everyday REAL recycling stream.



Everyday REAL Recycling:

This is an additional recycling program under the Go Green banner. The NCCA Go Green Manager arranges a weekly pickup of recyclables from the REAL District. Community volunteers are engaged in this initiative.

Recyclables are also collected after the Regina Pats Hockey games, Canadian Western Agribition and Rodeo, Queen City Exhibition and Brandt Centre Concerts.

In 2024-25 over two hundred community volunteers worked a minimum of one shift and collected over 247,000 recyclables to deliver to SARCAN. NCCA reinvests the salvage proceeds into its' programs and services.

Mâdawêyatitân Parking Lot – Game Day:

- This is a partnership between mâdawêyatitân centre and NCAA for parking during Saskatchewan Roughrider Football games held at Mosaic Stadium. Local community members volunteer in shifts to collect the fees and supervise the parking lot.

North Central Basketball: *Safe space for youth in the community to develop skills, make friends and build confidence.*

NCCA's basketball program is a year-round program funded through a Sask Lotteries Community Grant. This drop-in basketball program is a free facilitated program for youth ages fourteen and older, runs four nights per week and continues over the summer months and all school-year holidays. Three coach/facilitators rotate their schedules to ensure program consistency.

Activities include skill development and learning the nuances of the game, ball handling, dribbling, passing, shooting, offence, and defence, learning to be part of a team, critical thinking and problem solving, and leadership development skills.

There are no fees to participate, and the program incorporates cultural teachings and life skills components. On average twenty-five youth attend each evening and total participants over the year was one hundred and fifty.

Older youth often bring their younger brothers and nephews to the drop-in basketball program to learn and develop constructive decision-making and positive life skills along with the basketball skills. Older youth from our program often go on to play in the Regina adult men's basketball league. Graduates of the NCCA drop-in basketball program have formed two of those men's teams.



Vibe Program: *Youth and family recreation and cultural activities.*

This year-round program receives funding through a City of Regina Community Initiatives Sport and Recreation Grant. The program offers two to eight hours of facilitated and structured programming per week, and each program may be divided into blocks of eight to fourteen weeks (or longer depending on the interest). Programming occurs in the mâdawêyatitân centre indoor and outdoor spaces.

In 2024-25 two hundred and forty-five participants engaged in the Vibe programs: *Forever in motion* fitness, Seniors Indoor Walking Club, Indigenous Trauma-informed Yoga, Drop in Yoga, Beading and Powwow drum clinics.

NCCA received a grant from *Music Counts*, an education charity that makes music education inclusive, sustainable, and accessible for youth across Canada. We commissioned Murray Bugler in the building of the drum and Trenton Spencer the sticks. Reagan Lowe created the drum and stick bags. These items are for permanent use in the mâdawêyatitân centre and are housed in the Elder's room.

Aaron Tootoosis and Chase Shingoose ran drum clinics in the fall and spring. Boys under the age of 18 participated along with their parents and caregivers.



Renew Project: *Working with north central residents to build a cleaner, safer community.*

This seasonal program runs May through November and is funded through a City of Regina Community Initiatives Social Development Grant. NCCA Renew Artist/Coordinator Stephen McDavid connects with community service providers, business owners and residents to identify streets, back alleys and areas that require cleanup.

Residents, volunteers, offenders, victims of crime and youth are engaged to assist in cleaning up graffiti and vandalized properties and throughout the neighbourhood graffiti is either removed or covered up. In several alleys where graffiti has been covered up on garage doors the residents have engaged the Renew coordinator and marginalized youth to create murals.

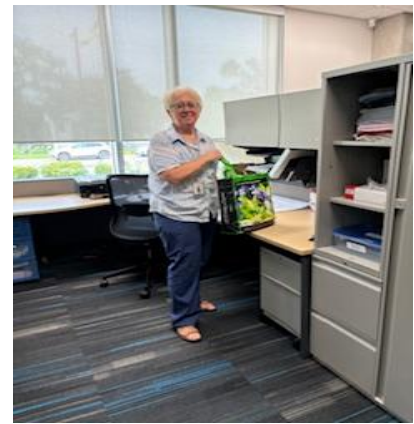
In the spring and summer of 2024 youth in the community were engaged in the process to establish an Indigenous themed mural in the north central community. The mural was designed by Plains Cree/Metis artist Geanna Dunbar and guidance for the duration of the project was provided by Brenda Dubois, cultural advisor and knowledge keeper. The project was made possible through a partnership between NCCA, City of Regina, Rainbow Youth Center (RYC) and Sherwood Co-Op Home Centre. The completed mural is located on the RYC building at the corner of 4th Avenue and McTavish Street.



North Central Foot Care Community Health Program: *Providing quality, compassionate health care that is easily accessible.*

The Saskatchewan Health Authority (SHA) funds this year-round program. Two registered nurses schedule foot care and hand care treatments and provide blood pressure and glucose monitoring, review of medications, and general mental health counselling to residents who are often isolated and have limited social connections.

The NCCA health nurses schedule foot care clinics in a designated space within the māmawêyatitân centre or via home visits for shut ins. In 2024-25 the program provided 1924 services.



Food Security: *Take-away Meal.*

Post-Christmas is a tough time financially for low-income and marginalized families and, through a small grant from Central Zone Board, in early January we engaged the Scott Collegiate Māmawi Café high school students to prepare *three hundred* take-away meals. The packaged pre-cooked meals were distributed in the north central community.

Grassick Park Outdoor Ice:

NCCA provided supervision of the warm-up shack for the Grassick Park outdoor rink and this initiative is made possible through an Outdoor Ice Grant from the City of Regina.

We provided 95 hours of supervision. One-hundred and eighty-two children and sixty adults accessed the warm-up shack. NCCA received positive feedback from community residents for this service.

Wanuskewin Heritage Park Day Trip:

This yearly initiative for families who live in north central is funded by a grant from Sask Culture. Planning involves collaboration between NCCA, Regina Public Library, Growing Young Movers and the māmawêyatitân centre integration team. There is no cost to the families: the bus trip, meals and park entry fees are included. The Saskatchewan Roughrider Foundation (SRF) provided water bottles for the families.

This day trip is popular. It provides an opportunity for north central families to spend a culturally immersed day with their children. Each year we fill a fifty-six-seat bus and have families on a waitlist for last minute cancellations.



NCCA Income Tax Clinic:

Bev Deglau was the volunteer accountant for NCCA, and the income tax software is provided through Sask Tel Pioneers. The clinic ran from March 11th through April 15th and options included drop-in, drop-off and scheduled in-person appointments at the māmawêyatitân Centre on Tuesday and Thursday afternoons.

The tax clinic assisted lower-income persons with their taxes and access to GST, CCB (Canada Child Benefit) and the Climate Action Incentive. High school students who turned eighteen in this tax year were helped with their *First Year Filing* documents. One-hundred individuals were helped, and seventy-eight tax returns were completed.

Theatre in the Park:

Each year NCCA hosts the *Common Weal Community Arts* theatre group at the end of the school year. 'Theatre in the Park' is a live performance and school groups are invited for the afternoon production and families in the community attend the evening performance. There typically is a moral message hidden in the performance and the June 2024 theme was *Be Kind*.

North Central Community Association Spring Clean-Up

Sask Energy sponsored our May 11, 2024, spring community clean-up and brought trucks, trailers and thirty volunteers to pick up the larger items such as appliances, furniture, mattresses, tires and scrap metal. Mryglod Steel supplied a bin for scrap metal and Quality Tire accepted the discarded tires. City of Regina provided the wood chipping service. Loraas provided bins and drivers, and seven loads were emptied at the landfill.

Cowessess First Nation Economic Lands and Development allowed us access to the Cowessess First Nation Urban Land at the corner of 6th Avenue and Angus Street to set up the site for trucks to transfer the collected items into the bins. Thank you to Cowessess First Nation Chief Erica Beaudin and band councillors for assisting with picking up garbage and debris during the day.

Scott Collegiate *Growing Young Movers* brought 30 north central youth to pick up household garbage and debris from the back alleys and *White Pony Lodge* supported the youth in the safe retrieval of discarded needles and sharps. Meara Conway NDP MLA made a brief stop and CKRM was on site to conduct interviews with the volunteers.



Community Integrated Partnerships:

Community Wellness Day: Agencies involved in planning the April 2 and Nov 8 2024 wellness days included: NCCA, Regina Public Library, SHA Four Directions Health Centre, Meadow Primary Health Care, Pine Lodge Addiction Recovery, Schizophrenia Society of Saskatchewan, APSS Naloxone Training, North Central Family Centre, Eagle Heart Centre, Talking Stick Counselling, Rooted Connections Counselling, YWCA, NCCA Foot Care, SHA Diabetes Educators, Chili for Children, Meara Conway NDP MLA, Growing Young Movers, Coordinated Access (housing supports), Namerind Housing Corporation treaty card registration, Service Canada, and Tangles Hair Salon.

- Components included: health education tables, program information for families and youth, free haircuts, naloxone kits and training, elder services, sage bundle teachings, activities for children, fun at the library and a free lunch.
- Three hundred community residents and media were in attendance.



Funders



Supporters





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