

ANNUAL REPORT 2013



CALDWELL FAMILY CENTRE

Our Mission

To provide services which feed and nurture physical and emotional wellness.

Our Vision

A strong, healthy, safe, self-sustaining community where the residents are confident, empowered and independent; where those who have need for food, companionship, housing, education or knowledge, are provided for in a coordinated fashion with dignity and responsiveness.

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Message from the Board Chair

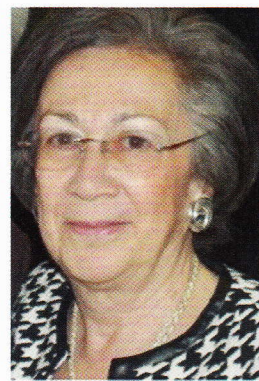
"The Board and its various committees (policy, fund-raising and communications and finance committees) continue to diligently support the Centre's mission. However, we should note that the increasing demand in services, especially at the food bank, continues to be concerning. As needs grow, so does the pressure on our finances. Our supporters and funders must be apprised of our successes so that crucial services in our community are not impacted. Caldwell is a success story worthy of support. We have seen the results every day for the past 30 years.

This past year, in addition to our annual Spring and Christmas bazaars, we held our first *Harvest of Hope* dinner and auction. It was highly successful, raising both money and awareness. Since "nothing succeeds like success", our second dinner and auction is slated for Tuesday, October 7th, with Mr. David Smith, auctioneer extraordinaire. We can expect it to be another evening of wonderful food, friends and auction items to tempt you.

Another date to be reserved is Saturday, June 7th, 2014, the actual founding day of the Caldwell Family Centre. As with any birthday, there will be a party in and for the community. In his message, David Walsh, our Executive Director, will provide more details about this year's celebration and the Centre's' programs.

Challenges, opportunities, successes...three words that have defined the Caldwell Family Centre for three decades and will continue to do so in the future. Thank you for joining us on this journey."

Cordially,
Yolaine Münter, M.A. B.Ed.
Chair, Caldwell Family Centre Board of Directors



*Yolaine Münter, Chair,
Caldwell Family Centre
Board of Directors*

Caldwell Family Centre Board of Directors

Chair:

Yolaine Münter

Secretary:

Eileen McGregor

Vice Chair:

Jean Meldrum

Treasurer:

Valerie Mullen

Directors:

Barbara O'Reilly

Diane O'Gorman

Michael Van Dusen



On March 4th, Julie from the Lazy Pickle Deli and Maurice from the Caldwell Family Centre appeared on Rogers TV Daytime Ottawa to promote our food drive for gluten free foods. They are pictured above with hosts Derrick and Lois and CFC director David Walsh

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Message from the Executive Director

The people who use the services of the Caldwell Family Centre often struggle to overcome adversity in order to meet their basic needs, to thrive and be fulfilled in their lives. In other words, they are just like everyone else. The Caldwell Family Centre community is made up of volunteers, supporters, funding providers, clients and staff and while some of us may face greater challenges than others, it is the things that we have in common that drives our organization and makes us all stronger.

We are celebrating 30 years as an important part of this neighbourhood and we continue to respond to the changing needs as they are presented. This past year we have expanded our Homework Club to include more students, we have added programming at the Senior's Drop-In, to include regular exercise and we have expanded our child-minding facility for the LINC Program, to give the children more space.

We can look back at the past 30 years of providing services to the people of this area and feel pleased that we are here to have a positive impact on so many lives. We can take a measure of how we are doing now and be assured by what we see: our staff are dedicated, talented and caring, our fundraising efforts are more successful than ever and our public profile is increasing. We can look to the future and feel confident that major funding sources are stable and that we have a professional and sustainable operation that will continue to be innovative and be responsive to the needs of our community.

I would like to take this opportunity to thank everyone who has contributed to the success of the Family Centre over the past year, especially the Board, our Volunteers and our many supporters.

There will be many challenges going forward, including an aging population, decreasing food security for clients and a shortage of space to accommodate operations. As we take on these challenges I am confident that we will remain grounded by the long established values of compassion, hope, and service to others that have sustained The Caldwell Family Centre.

Many thanks,
David Walsh B.A. B.Ed.



David Walsh, Executive Director,
Caldwell Family Centre

Hours of Operation:

Day Program

Monday to Friday
8:30-12 and 1-4

Food Bank

Tuesday to Friday
9-12 and 1-4

(613) 728-1800

English Language School

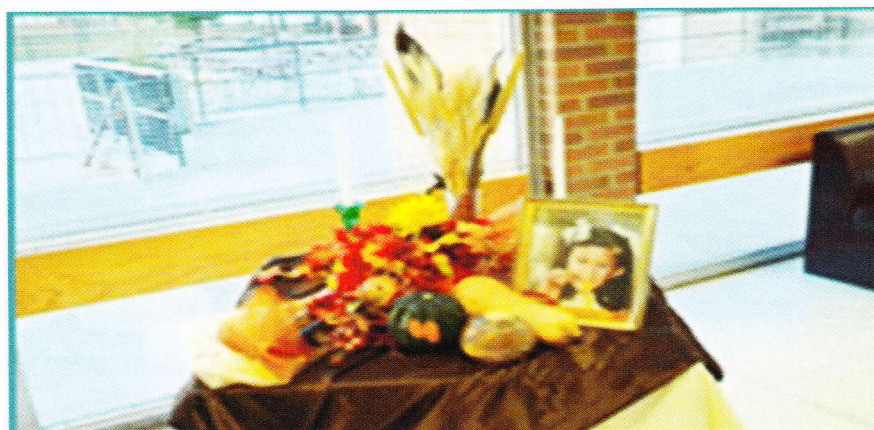
Monday to Thursday
8:30-3

(613) 724-6052

Harvest of Hope Banquet and Charity Auction



In 2013 we held our first annual banquet and charity auction. This volunteer driven fundraising activity exceeded all goals for attendance and fundraising. Caldwell Family Centre already enjoys strong commitment from local volunteers who hold a Spring Sale and Christmas Bazaar. The Harvest of Hope Auction provides much needed support to all of our programs.



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CFC Program Highlights

Emergency Food Program The CFC Food Bank is open four days a week and provides hampers containing enough food for three days, to people in need. Last year we provided 18,428 hampers, which represents a slight decrease compared to 2012. Hampers are available once or twice per month depending on need. In 2013 76% of hampers distributed were received as the first hamper of the month, and 24% were a second.

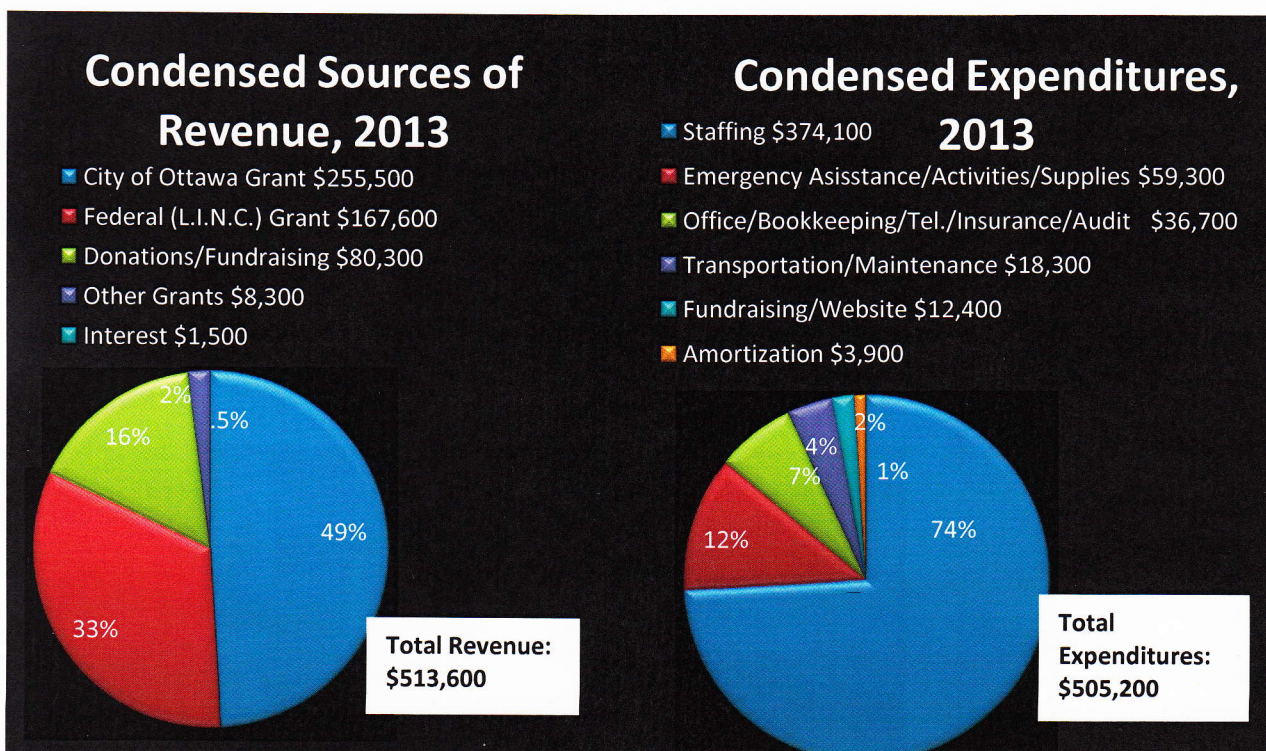
Day Program The CFC Day Program is open Monday to Friday and received 27,072 visits in 2013, an average of 104 visits every day that we were open. Through the Day Program, people who use the Centre gain access to *food, computers and the internet, socialization, special activities and a variety of outreach services* from other agencies.

English Language School/Child-Minding This past year, the Language Program operated at full capacity with 85 students passing through the doors. Small class sizes contribute to a family atmosphere where 19 students were successful in moving up a level in their education. Our child-minding facility also provided necessary support to students with young children while they attended class.

Senior's Centre The CFC senior's Centre was opened in 2011 and in the past year we have added exercise classes to the program. Regular crafts and social activities have rounded out the programming for seniors. The seniors centre is also used for weekly cooking classes.

The Caldwell Family Centre also provides services or partners with community agencies to provide the following programs: Christmas Hamper Program, Toy Mountain, ESL Sewing Classes, Homework Help Club, Citizenship Classes and Tax Preparation Clinics.

Simplified Financial Statement



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Our Community Partners

The Caldwell Family Centre takes pride in working closely with the following community partners:

Bellevue Manor Tenants Association
Carlington Community Chaplaincy
Carlington Community Health Centre
City of Ottawa Parks and Recreation
City of Ottawa Public Health Department
Coalition of Day Programs
Jewish Family Services
Ottawa Food Bank
Ottawa Catholic School Board
Ottawa Coalition of Community Houses
Ottawa Community Housing Corporation
Ottawa-Carleton District School Board
Ottawa Police Service
Sœurs du Sacré Cœur de Jésus
The Salvation Army

Group and Organizational Sponsors

The Caldwell Family Centre is grateful for the support of:

Bromley United Church
Calvin Christian Reformed Church
City View United Church
Filles De la Sagesse Canada
Paroisse catholique St-Bonaventure
St. Augustine's Roman Catholic Church
St. Basil's Roman Catholic Church
St. Elizabeth's Roman Catholic Church
St. Elizabeth Catholic School
St. George's Roman Catholic Church
St. Mark's Catholic School
St. Maurice Church
St. Richard's Anglican Church
St. Stephen's Presbyterian Church
The Oaks
Trinity Outreach Committee
Trinity United Church
Westboro Academy
Westboro United Church
W.E. Gowling Public School

Profile of the Carlington Community source 2011 census

- Single parent families are 45% of the community compared to 23% in the whole of Ottawa;
- 25% of Carlington Community families have 3 children or more compared to 19% in Ottawa;
- 32% of families in the Carlington Community are "low income families" vs. 11% in Ottawa;
- Early Health Risks: teen births and maternal smoking during pregnancy in the Carlington Community are 3 times the average of these risk factors in Ottawa;
- Child Injury rates (ages 0-18 years) are higher in the Carlington Community than in Ottawa (Unintentional injury is the leading cause of death and hospitalization for Canadian children between the ages of 1 and 14 years. Child injury rates are a way of identifying and monitoring local health and safety concerns, which can support public education, local injury prevention)
- Drug offences since 2006 (up to 2011) have increased by 95.2 % in the Carlington Community compared to a decrease of 5.1% in Ottawa as a whole;
- School Readiness: A high percentage of children are considered vulnerable and at-risk compared to the average in Ottawa.



1984-2014

Family Fun Day

Saturday June 7, 2014

Caldwell Family Centre is
Celebrating 30 Years
with a Family Fun Day.

Live Music

Games

Attractions

BBQ

Fun

Friends

Information about local services

Face Painting

**No cost to
local residents**

11 am – 2pm.

Behind 1475 Caldwell Avenue

