

## **Strong Communities**

**Strengthening community services and increasing community engagement.** United Way Perth-Huron invests in programs that make our community vibrant and safe to help create opportunities for individuals, families and neighbourhoods. We focus on improving access to social and health-related support services, as well as, supporting community integration and engagement.




- GOAL A: People are fully engaged in creating strong, inclusive communities
- GOAL B: People are connected to a strong network of community services, and to the social supports they need

### **Story:**

Josh, recently widowed and grieving the loss of his wife, was struggling to financially support his two children, aged 8 and 12, on his own. His son, with special needs, requires trained people to support him daily. This was creating problems at work for Josh, as he needed a lot of time off transitioning his son's care and he was becoming more socially isolated.

Through his son's teacher, he became aware of the services offered at Family Services Perth-Huron. Becoming involved in activities they could do together as a family, accessing respite for his son and using counselling services to brainstorm and problem-solve the most difficult issues and come up with a solid plan of action to move forward, were some of the benefits this family experienced through this referral.

With the counsellor's support, he now understood how his grief had also affected his children's behaviours. Josh gained new skills to listen and resolve conflicts with his daughter and realize ways to improve their relationship. The school noticed both children were more available to learn and Josh experienced improved mental health and personal wellbeing and is hopeful for their future.

Name	PEOPLE ARE FULLY ENGAGED IN CREATING STRONG, INCLUSIVE COMMUNITIES Program Information
 <p>Family Services Perth-Huron</p>	<p>Family Counselling improves interpersonal relationships and personal functioning through <b>Individual, Family &amp; Group counselling</b>.</p> <p>Seniors Counselling enhances seniors and their families/caregivers to deal with challenges of aging. Peer support offers education workshops &amp; participation in community groups with support of a trained counselor to expand social support networks. Services include counselling, advocacy, case management, program development, education &amp; support groups.</p> <p>519-273-1020 · <a href="http://familyservicesperth-huron.ca">familyservicesperth-huron.ca</a> · Office: Stratford (Main) &amp; Clinton</p>
Name	PEOPLE ARE CONNECTED TO A STRONG NETWORK OF COMMUNITY SERVICES AND TO THE SOCIAL SUPPORTS THEY NEED Program Information
 <p><i>*New</i> Huron County Health Unit</p>	<p><b>Poverty to Prosperity (P2P) Program</b> The key activity of this program is to develop a Working Group of service providers and women in the isolated communities to improve service coordination. A half-time coordinator will work for the group as they define the strengths, assets and gaps in community services. We anticipate that service providers will be prepared to review their programs and policies and collaborate to improve delivery. Activities for women may include workshops, information sessions, peer coaching, and meetings on topics such as food security, economic options such as co-operatives and self-employment, further education, community development, volunteerism, establishing self-help groups, fund-raising, arts, culture and recreation activities, financial literacy, and household management.</p> <p>This project will serve as a conduit for integrating lived experience into service coordination in Huron County, social program effectiveness, long-term P2P poverty reduction strategies and improved service provision. Through the activities determined by the women in the community, it will also generate opportunities for community engagement, meaningful participation and empowerment for women, their families and communities. The anticipated outcome is "community services working together, making it easier to navigate the system".</p> <p>Prosperity outcomes tend to be seen as financial. Prosperity, for this project, is defined as a successful, flourishing or thriving condition; one which we aim to generate collaboratively with women as leaders in connected communities.</p> <p>519-428-3416 · <a href="http://www.huronhealthunit.ca">www.huronhealthunit.ca</a> · Office: Clinton · <i>Serves: All of Huron</i></p>
 <p><i>*New</i> Social Research &amp; Planning Council</p>	<p><b>Social Research and Planning Council Research:</b> SRPC is comprised of community representatives who are dedicated to the collection, analysis and distribution of information relating to social trends and issues in Perth and Huron County. This is accomplished by commissioning research into specific social issues, developing new initiatives and partnerships to address the lack of available rural data and working collaboratively with community members to implement change.</p> <p>519-271-7730 · <a href="http://perthhuron.unitedway.ca">perthhuron.unitedway.ca</a> · Office: Stratford <i>Serves: Huron &amp; Perth</i></p>



*\*New*  
Social  
Research &  
Planning  
Council

**Community Trends Platform:** This program supports a platform of data within our community and others that offers tangible evidence of resident and economic well-being, understanding of the current quality of life we enjoy, and the emerging needs and gaps in community services.

The Community Trends platform is an online indicator system that identifies and tracks relevant data that speak to a community's well-being that will be available to all members of the community. These community indicators provide information on the overall direction of a community, providing data on where it is improving, declining, and/ or staying the same.

519-271-7730 · [perthhuron.unitedway.ca](http://perthhuron.unitedway.ca) · Office: Stratford  
*Serves: Huron & Perth*



Community  
Outreach  
Services

Services promote dignity and independence, active and healthy lifestyles, good nutrition, socialization and are available for seniors and people with disabilities. Transportation is scheduled and coordinated by our office and serves the whole community.

**Transportation:** Accessible mobility service using volunteer drivers, bus, van, mini bus and other provider services as appropriate to client needs. Trips are for medical appointments, such as lifesaving dialysis treatments, Adult Day Centre, errands and social outings.

519-595-8755 · [www.knollcrestlodge.com](http://www.knollcrestlodge.com) · Office: Milverton  
*Serves: Stratford · North Perth · Perth East · West Perth*





One Care  
Home &  
Community  
Support  
Services





ONE CARE's Transportation services **EasyRide**, is a Community Support Service offered to seniors, including frail elderly and persons with disabilities in Huron and Perth Counties. EasyRide provides transportation for medical appointments, treatments and hospital discharge (in and out-of-town), adult day programs, grocery shopping, errands and social activities. This service is based on individual needs and provided to those who can transfer independently and those with mobility limitations. ONE CARE has 150 screened, trained volunteer drivers who use their own vehicles. In addition, there are 14 agency operated wheelchair accessible vehicles, three passenger vans and coordinated taxi service.

Client fees apply for Transportation. This service assists individuals with support in daily living, helping them to live independently in the community, which may support their health and avoid early admittance to long-term care.

1-888-482-1634 · [www.onecaresupport.ca](http://www.onecaresupport.ca) · Office: Clinton (Main) & Satellites  
*Serves: Perth & Huron*

 <p>Stratford-Perth Family YMCA</p>	<p><b>Membership Assistance:</b> Provides support for those who are lower are earners, marginalized or in transition to be able to afford healthy activities. Many in our community cannot access activities due to inability to pay. In 2014 over 1600 people of all ages were supported to participate in programs they could not otherwise afford to pay for. There are a number of barriers that prevent people from their involvement in physical activity and we try to take down as many of those as we can. For membership assistance, we enable anyone who wants to participate in our programs to do so. Our programs include: swim lessons, fitness classes, crafts programs, gymnastics, etc. We take the financial burden away, we help to have families’ car pool, we have extra bathing suits and towels, running shoes, etc., if families are unable to afford these. A Y membership is the same for anyone, whether they are paying full fee or not. The YMCA is open to all.</p> <p>519-271-0480 <a href="http://www.stratfordperthymca.com">www.stratfordperthymca.com</a> Offices: Stratford, St. Marys, Mitchell Serves: All of Perth</p>
 <p>John Howard Society of London &amp; District</p>	<p><b>Institutional Visiting and Reintegration Support.</b> The John Howard Society of London and District provides counseling, advocacy and discharge planning to persons who are incarcerated in the Stratford Jail and information, counseling, and emotional support to their family members. The Society also assists individuals upon release from custody in their reintegration to the family unit and the community. The Society is now offering a bi-weekly alcohol and drug education program in conjunction with Choices for Change in the Stratford Jail to interested prisoners.</p> <p>519-438-4168 · <a href="http://www.johnhowardlondon.on.ca">www.johnhowardlondon.on.ca</a> · Office: London · Serves: Stratford</p>

**UWPH Supported Projects**  
Serving both Perth & Huron Counties

 <p>A mobile friendly resource for youth to get information about health and social services.</p>	 <p>When you don't know where to turn.™</p> <p>A help-line and online resource to assist Canadians find social services and health related resources.</p>	 <p>A community hub for non-profit organizations where we provide subsidized rent, and other resources such as photocopier, meeting space, receptionist</p>	 <p>An on-line resource for volunteer professionals and a connection point for those who need volunteers or those who want to volunteer.</p>
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 <p><b>United Way</b> Perth-Huron Transportation Task Force A Community Conversation led by United Way Perth-Huron</p> <p>A collective impact initiative dedicated to improve transportation services.</p>	 <p><b>United Way</b> Perth-Huron Volunteerism Working Group A Community Conversation led by United Way Perth-Huron</p> <p>A collective impact initiative dedicated to improving volunteerism.</p>	<p><b>ST MARYS ACTION CENTRE</b></p> <p>A place to provide resources and service to those experiencing unemployment because of a local plant closure.</p>	 <p>A network of volunteer professionals who promote, support, recognize, and advocate for volunteerism and volunteer management</p>
 <p><b>Tenants</b></p>			
<p><b>Youth In Action Grant Recipients</b></p>	<p>This grant is to assist young leaders in addressing issues that are important to them and their community. Projects must have a lead youth applicant (age 14-25) and an adult trustee to assist in the stewardship of funds. Annual Grant.</p>		
<p><b>New Initiative Grants</b></p>	 <p>Open Mind Program</p>	 <p>Gay Straight Alliance Program</p>	 <p>Green Ribbon Program</p>