

St. Marys & Area

HELPING
HERE



United Way
Perth-Huron

TOGETHER WE ARE IMPROVING LIVES

THROUGH SUPPORT FOR BASIC NEEDS, SERVICE CONNECTION, ADVOCACY, RESEARCH AND CULTIVATING INNOVATIVE INITIATIVES.

#UNIGNORABLE LOCAL ISSUES



Lack of Housing

A single bedroom rental is over \$1,200/mo. 171 people are experiencing homelessness.



Low Income

57% of people with incomes in Perth-Huron earn less than a living wage (\$35,262 annually).



Mental Health

By the time Canadians reach the age of 40, 1 in 2 have experienced a mental illness.



Access to Services

Navigating the local social service network is challenging, especially for our most vulnerable.



Intimate Partner Violence

Stratford/St. Marys Police received 586 calls related to intimate partner violence in 2021.



Food Insecurity

1 in 6 Canadian children live in a food insecure household. Food prices rose 7.4% in one year.



HOLISTIC APPROACH

EXAMPLES

SYMPTOMS

- Hunger
- Violence & Crime
- Poor Mental Health
- Homelessness
- Lack of Access to Services

PROBLEM

- Poverty

CAUSES

- Low Income
- Poor Mental Health
- Systemic Racism
- Unequal Opportunities
- Relationship Breakdowns

United Way is committed to cultivating innovative initiatives addressing root causes of local social issues. We research and advocate for a living wage, affordable housing and improved social assistance rates and services.

We also understand that long-term goals don't solve the challenges of a person facing eviction next week, or the parent with empty cupboards and hungry children right now. To that end, we also fundraise and invest in programs to help ensure people get the immediate help they need.



Show your local love

CHANGING LIVES

"Being retired and widowed made it hard to make ends meet. My bank account emptied out pretty quickly and I had to continually think about what bills I might have to put aside so I could afford to buy groceries. It was an ongoing monthly stress in my life until I discovered the *NOURISH Equal Access Food Market*.

"Even with the little money I had, I could buy healthy food. I wish I'd learned about *NOURISH* sooner!

"I still have to be careful what I spend, but thanks to *United Way* and *NOURISH* I feel I'm better off and the future looks brighter."



HELPING PEOPLE HERE

ST. MARYS 2021 IMPACT

88

seniors
accessed
transportation

7

men accessed
post-
incarceration
supports

6

children
escaping
violence
counselled

Scan to learn more



1,127

visits to
access food

113

youth
accessed
St. Marys
Youth Centre

60

people called
211 to connect
w/services

170

people
received
counselling



MITIGATING POVERTY



ST. MARYS
NOURISH
EQUAL ACCESS FOOD MARKET



ST. MARYS
COMMUNITY DEVELOPER
& SUPPORT WORKER

Food insecurity is linked to learning difficulties, obesity, reduced productivity for kids at school and poorer mental health.

NOURISH helps mitigate the effects of poverty by offering wholesale prices on fresh veggies, fruits and meat to residents facing food insecurity; providing a dignified shopping experience to 70 attendees every month.

The *St. Marys Community Developer and Support Worker* works to help support those living in and around social housing – understanding their challenges and connecting them with services while strengthening networks and awareness, ensuring the community becomes a happier, healthier place for everyone to live.

GET IN TOUCH OR DONATE



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