

# How does the United Way Serve Colchester County?

United Way is a federated network of 77 local United Way Centraide offices serving more than 5,000 communities across Canada, each registered as its own non-profit organization and governed by an independent volunteer-led local Board of Directors. Locally and nationally, our goal is the same - to create opportunities for a better life for everyone in our communities.

As part of this Canadian Movement, all United Way offices across the country value trust and integrity, volunteerism, innovation, partnership, non-partisan leadership, and diversity. It is on the basis of these values that we improve lives and build communities.

Across Canada, United Way is putting your donations to work

where they get the greatest results, creating lasting change in local communities from coast to coast. As part of this national movement, the United Way of Colchester County raises funds locally and returns that investment to the local community, by supporting the work of dozens of agencies who deliver relevant programs and services right here in our Colchester towns and villages.

Approximately 4 million dollars is invested annually in Nova Scotia United Ways, supporting 182 community programs. Our local United Way is one of 11 in the province who share these funds with their neighbourhood charities and agencies through

various well-governed funding programs. To receive a grant from United Way, successful applicant agencies must demonstrate work in one of three key areas. Across the province, these funds are distributed as follows: moving people from poverty to possibility 34%; helping kids be all they can be 25% and building strong and healthy communities 41%.

## Why is United Way the right choice for your donation dollars?

We are local experts. Through research, consultation and experience, we know where the need is greatest in our community - and we invest our efforts and your donations where they will have the greatest impact.

We bring people together - We make sure the right people, organizations and skills are at the table to solve the tough problems. We work together with non-profits, government, community agencies, corporate partners, labour and donors to improve lives.

We address root causes - While a band-aid fix may help in the short-term, we also aim to create lasting change. By learning more about the factors that influence issues like poverty, we can tackle them early and develop long-term solutions.

Your donation to United Way's Community Fund - a donation of time, energy, expertise and yes, dollars - truly does make a difference. Join with us today. Together we can create opportunities for everyone in our community to live a better life.

To make a donation to the United Way of Colchester's Community Fund, please call or visit: 902-895-9313 / coordinator@colchester.unitway.ca or visit: 90 Esplanade Street, Suite 2 / [www.colchester.unitway.ca](http://www.colchester.unitway.ca)

## The Boys and Girls Club

Dozens of local agencies receive the benefit of your donations, and with that support - your support - they are able to reach out to the people in their neighbourhoods, and supply much-needed resources to those in need.

Boys & Girls Club of Truro and Colchester has been serving children and youth in the area since 1964. Normally, we serve almost 200 children and youth in the course of the year. We offer programming to children and youth during critical out of school hours. This includes the after-school hours from 3 pm-6pm when children are at the most risk for bullying, peer pressure and for engaging in dangerous behaviours.

Our club provides a safe place for children and youth to channel their energy in positive activities, participate in programs in the arts, technology, education, nutrition and physical activity. Our club provides a safe place with positive

role models who believe in the youth we serve and help them believe in themselves. Our goal is to help them become self-sufficient, confident and independent adults who are actively engaged in society.

The families and children we serve come from diverse family and socio-economical backgrounds. With United Way funding we are able to serve a number of children and families who are working to overcome numerous barriers including poverty, food security, and mental wellness. United Way funding ensures that children and families who are struggling with these social barriers have the same access to food supports, technology, academic supports and engaging activities as their peers.

If you would like to learn more about our programs and services, you can contact us at 902-895-5008 or [directorbgctc@gmail.com](mailto:directorbgctc@gmail.com)

## The Colchester Food Bank

The United Way of Colchester County has helped us for many years as we work to support those in our community who struggle with food insecurity. We are always looking for ways to improve and expand our service, and the United Way has assisted with everything from helping us provide a welcoming atmosphere with beautiful outdoor planters and new chairs for our waiting room, to more direct food-related items such as soup kits, healthy snacks for kids and a walk-in freezer. We also strive to provide much-needed personal care items such as adult diapers and pro-

tective underwear.

During COVID-19, we coordinated a partnership with two volunteer organizations who made deliveries to grateful clients who could not get to the Food Bank during the shutdown.

With an average of 800 households served each month, the Colchester Food Bank, including its amazing staff and volunteers, is dedicated to making sure all of their clients are well taken care of. Your donations of food, money and time is crucial to their success - and the health and well-being of their clients, throughout Colchester County. If you can help, please reach out to [colfoodbank@eastlink.ca](mailto:colfoodbank@eastlink.ca), call 902-893-4566 or visit them on Facebook or at [www.colchesterfoodbank.com](http://www.colchesterfoodbank.com)



## The Lotus Centre

The Lotus Centre (formerly Central Nova Women's Resource Centre) got its start in 1999, founded by a group of women working together in a class at the NSCC Truro Campus. Today we are proud to continue to provide supports, services and resources to the women and girls in our community, free of charge. These supports include one-on-one support sessions with our women's support worker, advocacy and accompaniment, empowerment-based programming, referrals to other community agencies, as well as access to free gently used clothing and hygiene supplies (tampons, pads, shampoo,

soap, etc.).

The United Way has been a huge support in providing funds for many of our projects over the years including our Girl Power Summer Camps, providing technology for programs and allowing us to renovate Jackie's Closet which has grown significantly over the years. As a non-profit, we rely heavily on donations and community supports to aid us in our mission of women empowering women. For more information on our services and resources please visit our website at [www.thelotuscentre.net](http://www.thelotuscentre.net) or call us at 902-895-4295.

## Adult Learning Association/CALA

As part of the many programs offered by Colchester Adult Learning Association, the Community Essentials class, supported by United Way funding, delivers group and independent work sessions in literacy, math, science, art and special projects, as well as individualized learning plans. The Community Essentials class also focuses on how to contribute to community and how to access community resources. Local field trips, guest presenters and special events

are all ways to engage members of our community.

This year CALA is happy to be able to provide a blended/hybrid delivery of all our programs, such as GED Prep that includes reading, writing and math skills, Digital Literacy, including how to stay connected using video conferencing, and coaching in essential life skills for the COVID world.

The CALA new phone number is 902 895 2468 or visit [www.gocala.ca](http://www.gocala.ca)

Canada's Top Seafood Restaurant  
**INSIDE DINING PLUS TAKE-OUT!**

**88 Esplanade  
Truro, NS  
902-895-1275**

**Everyday  
11 am to 7 pm**

**FISH & CHIPS**

[www.murphysfishandchips.ca](http://www.murphysfishandchips.ca)

## Thompson's Accounting Services

Complete Accounting Services

- Income Tax Returns
- Business & Personal

Complimentary Electronic Filing

**Roy M. Thompson, CPA, CGA**

**119 Arthur St., Truro, N.S.  
902-893-8191**

**Support The United Way**

**OPEN FOR BUSINESS**

**EBM Refrigeration Services Ltd.**

Rebates available for new Heat Pumps

**Residential heating and cooling, Commercial refrigeration, Ice Machine service and sanitizing, Geothermal heat pumps, Ventilation systems.**

We sell Samsung & Fujitsu Heat Pumps. Ask about financing with NS Power. We Clean Heat Pumps.

**902-986-5663**  
[emcmasters@eastlink.ca](mailto:emcmasters@eastlink.ca)

Servicing Truro, HRM and surrounding area

**THE HEAT PUMP REVOLUTION**  
HeatPumpsGetYouFree.ca

**Mattatall ~ Varner Funeral Home**

*Serving With Dignity, Respect & Understanding Since 1932*

**Our Commitment**  
~ People You Trust ~ Options You Want ~ Value You Deserve ~

**55 Young St Truro 902-893-3177**  
[www.mattatallvarnerfh.com](http://www.mattatallvarnerfh.com)

**WOOD PRODUCTS NATURALLY**  
[www.novatree.ca](http://www.novatree.ca)

**NOVA TREE**

**HOW TO FIND US:**  
Off the Trans-Canada Highway 104, take exit 11. This is the next exit after Masstown Market as you are heading towards Amherst. At the top of the ramp, turn left and drive 2.5 kms and we are on the right.

**LUMBER:** Hemlock, tamarack, spruce & pine. Sawn to order for wholesale and retail. Get your raised garden bed kits or lumber here!

**LANDSCAPE MULCH:** Natural bark mulch. Colour enhanced mulch - black, red and brown. Pick up in our yard (we load) or order a delivery. Contractors welcome!

**FENCES:** Post & Rail, Round & Square posts. Boards for privacy or plank fences. Fence posts & tree stakes.

**ANIMAL BEDDING:** Shavings & Sawdust. Call for availability.

**2715 Hwy #4, Glenholme NS B0M 1G0  
(902) 662-3129**  
Open Mon-Fri 8:00am - 4:00pm • Sat by appointment

**OPEN FOR BUSINESS**

**DROP IN OR CALL AHEAD**  
and we will have your order ready for you by the time you arrive!

**INSTOCK**

- ◆ DOORS ◆ WINDOWS
- ◆ BATH and KITCHEN CABINETS
- ◆ COUNTERTOPS ◆ FLOORING
- ◆ PAINT ◆ MOULDINGS
- ◆ HOME DECOR and MUCH MORE

**MONEYS WORTH**  
*Renovation Centre*

**28 Jennifer Drive, Bible Hill**  
HOURS M-F: 9-5 902-893-2477