



2021-2022

Community Impact Report



United Way
Regina




Total Investment in Community Programs



\$1,301,922

All That
Kids
Can Be: 
\$593,703

Healthy 
People, Strong
Communities:
\$555,760

Poverty 
to
Possibility:
\$152,470

Regional Programs

- Big Brothers Big Sisters, Weyburn
- Canadian Mental Health Association, Weyburn
- Canadian Red Cross, Weyburn
- Canadian National Institute for the Blind, Weyburn
- Community Low Income Center, Weyburn
- Envision Counselling & Support Centre
- Inclusion Weyburn
- Spinal Cord Injury SK
- Southeast SK Youth for Christ
- Weyburn Care-A-Van
- Weyburn Special Care Home Auxiliary

Acts of Local Love



Tampon Tuesday:

650 menstrual hygiene products were donated, which is equivalent to approximately \$6,500 worth of product. Collection points included Shoppers Drug Mart, Regina Public Library, The Lingerie Shoppe and Hello Baby. The products were distributed to various partner agencies.



StoryWalk:

The Regina Region Family Literacy Hub hosted 17 StoryWalk's. StoryWalk® is an innovative and delightful way for children and adults to enjoy reading and the outdoors at the same time.



Mother's Day Bouquet:

Wascana Flower Shoppe hosted a fundraiser for us. Proceeds from the flower sales went towards Women United Regina, to support the committee's collective effort towards a whole community focus on Grade 3 reading.



Volunteers:

Canada Life and IG Wealth Management volunteers helped build School Readiness Kits. The kits were filled with fun literacy tools for children and families to engage in learning over the summer months, the kits were delivered to our school partners.



Virtus Group, ISC, Harvard Western Insurance and Harvard Property packed hundreds of Good Food Boxes for our Summer Success campers.



Community Volunteer Income Tax Program:

Thanks to the support of SaskTel Pioneers and the Canada Revenue Agency, many low-income people from Regina and surrounding area benefited from the free income tax return preparation offered at United Way. In 2022 the volunteers filed 2,863 income tax and benefits returns this year with \$12,228,267 in benefits to be received by tax filers in Saskatchewan over the coming year.



Total ● investment

\$593,703

- Big Brothers Big Sisters of Regina
- Circle Project
- Cornwall Alternative School
- Early Childhood Intervention Program ECIP
- Family Service Regina
- Regina Early Learning Centre
- SCEP Centre Early Intervention & Training Services
- YMCA of Regina

All That Kids Can Be

Early development – from childhood to adulthood – is a strong predictor of future success. Unfortunately, too many kids face barriers to achieving Childhood Success. United Way Regina believes education is a cornerstone for success. We are fighting to shift the odds so tomorrow's leaders can build a strong foundation today.

Outcomes

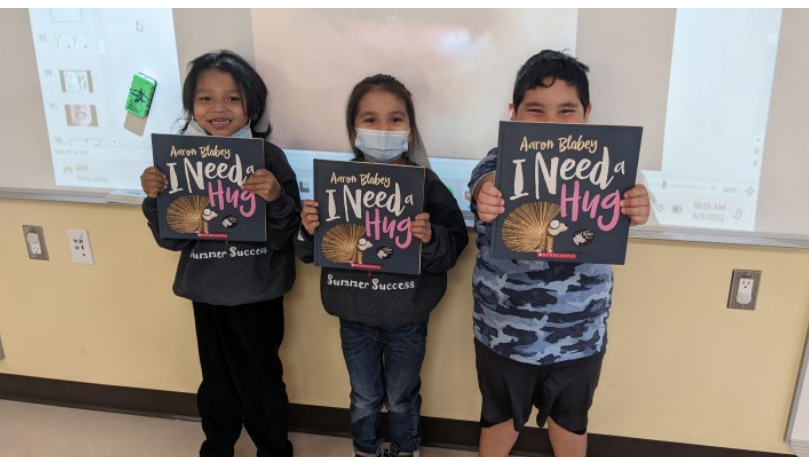
- **92.6% of children** showed improvement in behaviour and impulse control
- **86.8% of children** with improvement in language/communication and cognitive development
- **95% of children** showed improvement in gross and fine motor skills
- **82.7% of kids** and youth improved their school attendance or engagement at school
- **59% of youth** accumulated enough high school credits to stay on track for graduation
- **Invested in programming** to help 246 children improve school readiness

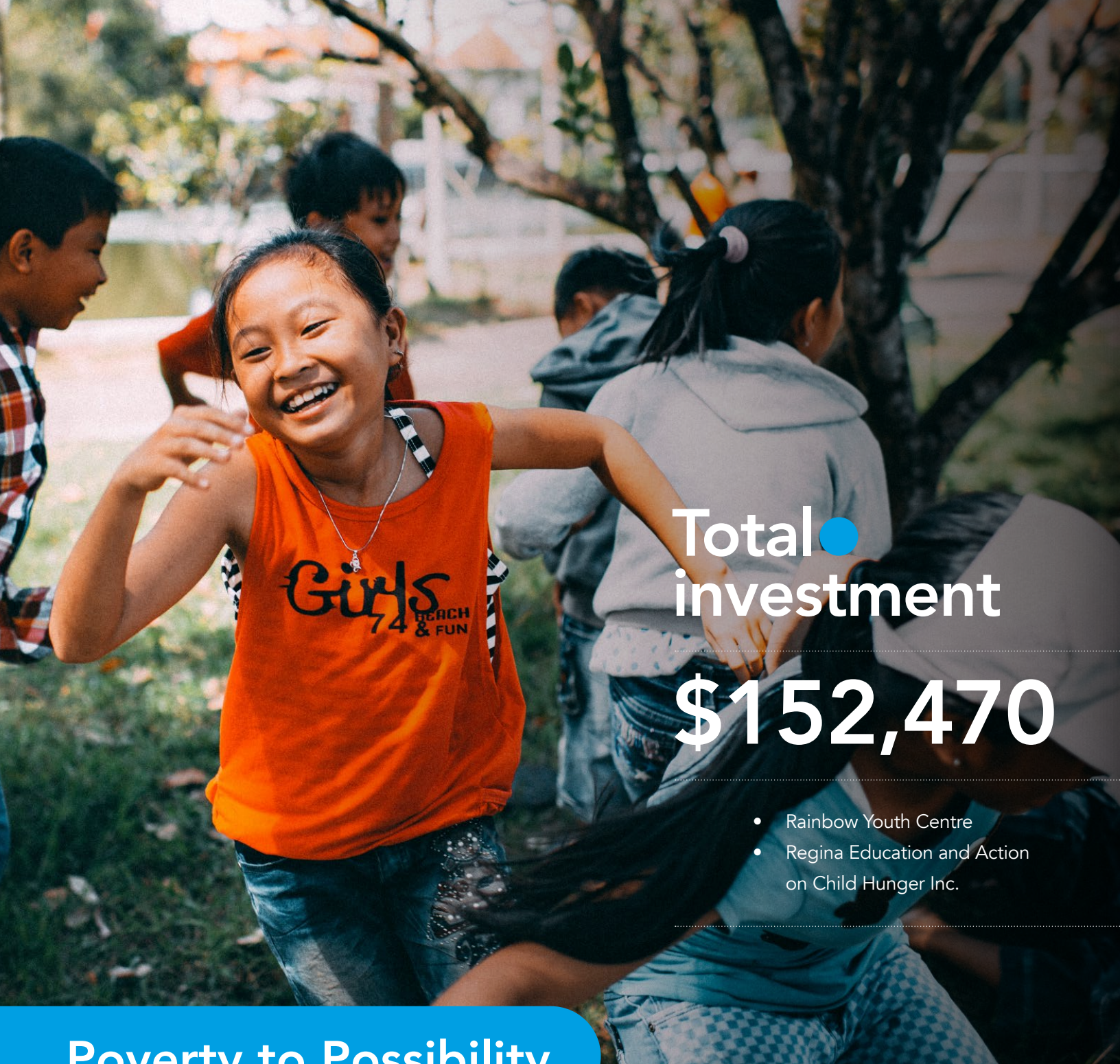
Outputs

- **1,445** counselling sessions conducted
- **1,370** home visits completed
- **11,713** meals served
- **378** referrals made
- **23,286** snacks
- **32** specialty services that are culturally appropriate delivered
- **20,103** transports
- **1,383** workshops/instructional classes taught

Circle Project Assoc. Inc. provides cultural connections for kids, which helps create positive cultural environments and activities where children build cultural pride and self-esteem as a building block to success in school.

"N.D. is a 3 year old Indigenous female who lives with her Kokum. This year she was moved up from the toddler group to the programming group in December 2021. At first she wasn't interested in any of the stories or activities. She wasn't able to sit still for longer than 2-3 minutes at a time. Over time, we have seen remarkable growth in her development. By the end of June, 2022 she can now recite numbers from 1-12, the days of the week, most of her animals and some nouns in Cree. She can recite the Cree prayer and she can now sing close to 2 verses of Oh Canada.





Total●
investment
\$152,470

- Rainbow Youth Centre
- Regina Education and Action on Child Hunger Inc.

Poverty to Possibility

People who lack necessities like food and shelter can't get ahead in life. Those that struggle to find work or manage their finances aren't able to reach their full potential. The following investments were made to help people move out of the cycle of poverty.

Outcomes

- **98%** of individuals surveyed reported an increase in eating healthy
- **91%** of individuals surveyed reported having increased access to affordable food
- **57%** of individuals surveyed reported increased access to nutritious food.
- **Invested in programming** that distributed 8,706 Good Food Boxes

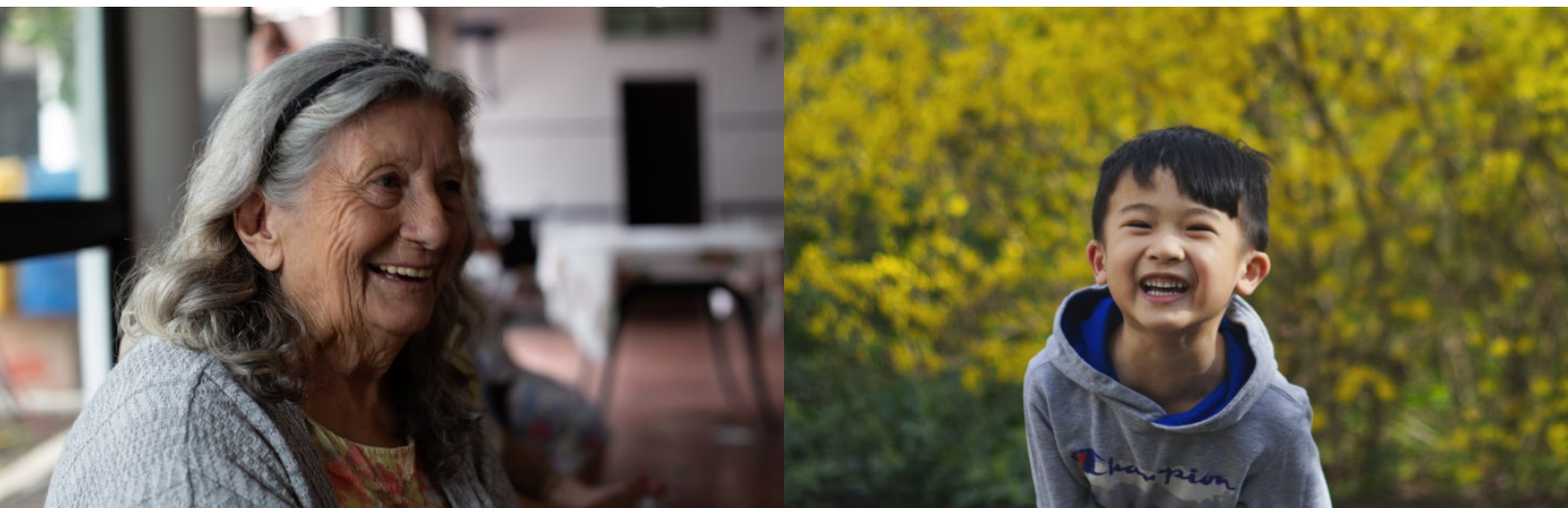
Outputs

- **110 educational materials** distributed
- **1,445 counselling sessions** conducted
- **2,315 meals** served

Rainbow Youth Centre Inc. provides youth aged 11-25 an opportunity to learn how to eat healthy nutritious meals with a minimal budget.

"An 11 year old youth is building conscientiousness for being kind to all they meet. They started attending the Youth CARE program at Rainbow Youth Centre 3 weeks after they turned 11 years old. They accessed the supper program regularly and during the agency's family style, sit-down meal they talked about science, their culture, and their dad who is a single parent caring for three children.

From their 11 year old perspective, being able to eat here and take leftovers home is a mission for them. They want everyone in their family to be able to "eat good", adding that sometimes there is not enough food in their house for everyone. Not only are they able to "eat good", they are demonstrating a future where caring and community mindfulness is moving people from poverty to possibility."





Total●
investment
\$555,760

- Canadian Mental Health Association, Regina Branch
- Catholic Family Services Regina
- Mobile Crisis Services Inc.
- Regina Open Door Society
- Regina Transition House
- The Regina Work Preparation Centre
- SOFIA House
- Street Worker's Advocacy Project Regina Inc.
- YWCA Regina

Healthy People, Strong Communities

The strength of a community is in the wellbeing of the people who live there. Everyone – no matter who they are or where they live – needs the chance to reach their full potential. United Way helps people in our community access and navigate the resources they need the most through 211 Saskatchewan or access to crisis intervention. Through strategic investments, we help people manage life's challenges and gain a sense of belonging in the place they call home.

Outcomes

- **84% of children, youth and families** reported less exposure to violence in their household
- **89% of children, youth and families** were supported during a crisis intervention
- **85.5% of children, youth and families** reported improved mental state, including reduced anxiety and distress
- **82% of children, youth and families** reported feeling less isolation or loneliness

Outputs

- **13,677 counselling sessions** conducted
- **687 home visits** completed
- **5,238 meals** served
- **9,568 meals/ food hampers/ certificates** provided to vulnerable groups, when and where needed
- **31,964 referrals** made
- **34,890** served
- **5,007 shelter spaces** provided
- **641** snacks
- **968 specialty services** that are culturally appropriate delivered
- **2,399 transports**
- **4,131 workshops/instructional classes** taught

Regina Open Door Society's program, Families in Transition (FIT) provides specialized services, strategies, referrals, and resources to newcomers experiencing long-term integration issues/ barriers, caused by a lack of safety and mental health supports.

"I was connected with the FIT program at just the right time. I came looking for counseling after losing my mother, which caused anxiety like I have never experienced. Michelle is always very attentive, kind, thoughtful and compassionate. She has helped me understand the thoughts and emotions surrounding that situation and helped me to work through my anxiety. I am thankful for her expertise and her kind words. What a value this program has been!" – Yasmin (Age: 22, PR-Immigrant, Referred to program to get support with managing her debilitating grief)





211 Saskatchewan



Saskatchewan

No matter where you are in the province, 211 Saskatchewan is ready to help you get connected to services free of charge, day or night and in over 175 languages, including 17 Indigenous languages.

Proudly Supported by: Saskatchewan Blue Cross

Top needs for 2021 were:

194,839
unique site
visits

5,013
contacts

26%
Health Care



22%
Basic Needs



16%
Mental
Health and
Substance Use



13%
Income Support
and Employment



6%
Abuse/Assault/
Violence



Between July 1st, 2021 and June 30th, 2022, there were 194,839 unique visits to the 211 SK website.

Between July 1st, 2021 and June 20th, 2022, there were 5,013 contacts through phone, text, web chat, e-mail and TTY to 211 SK service navigators.

Contacts by Location:

23.7%
Regina

19.7%
Saskatoon

4.0%
Prince Albert

3.0%
Moose Jaw

2.2%
North Battleford

Top Reasons for Contacts:

29%
Health Care

19%
Basic Needs/
Food

16%
Mental Health/
Substance Use

16%
Income Support/
Employment

5%
Organization/
Community/
International

5%
Criminal Justice/
Legal Services

Of all the health-related inquiries made to 211 Saskatchewan, 60% were specifically related to COVID.

Top Online Searches:

22%
Mental Health/
Substance Use

14%
Basic Needs/
Food

9%
Children/
Families

7%
Homelessness

6%
Health Care



REGINA
CAMPAIGN FOR
**GRADE-LEVEL
READING**
~~~~~  
3RD GRADE READING  
SUCCESS MATTERS

## Campaign for Grade Level Reading

Regina’s Campaign for Grade-Level Reading is based on the belief that schools cannot succeed alone. When our community pulls together, we can ensure more children in low-income families succeed in school and stay on track to high school graduation. United Way Regina and its tremendous supporters are mobilizing to remove barriers, expand opportunities and assist parents in fulfilling their role as full partners in the academic success of their children.



The Campaign focuses on four key priorities: Promoting School Readiness, Expanding Access to books and Literacy Materials, Tackling Chronic Attendance, and Improving Summer Learning.

## School Readiness



- **4 Kinder Camps** delivered to 2 School Divisions engaging 12 teachers
- **46 campers** supported
- **460 books** distributed
- **46 backpacks** full of school supplies distributed
- **460 nutritious** lunches provided to campers
- **92 food boxes** provided to support the entire family
- **35 eye exams** completed for campers to reduce health-related barriers to learning
- **4 children** received full funding support for recommended interventions that would not have otherwise been possible
- **100% of campers** maintained or improved their reading behaviours
- **350 Kinder Readiness Kits** full of tools and resources deployed to every registered incoming kindergartener

## Access to Books



- **A total of 13 classroom libraries** implemented in 5 schools
- **1,768 Indigenous titles** placed into classroom libraries
- **8,133 additional titles** added into classroom libraries
- **1,226 tokens** for improvement in reading were earned for the Book Vending Machine
- **40 volunteers** supported 5 weeks of one-on-one reading through virtual mentoring
- **251 completed virtual mentoring** sessions
- **125.5 reading & volunteer hours** invested
- **24 students** improved their reading levels through virtual mentoring
- **45 reading levels** improved in total through virtual mentoring
- **10,000 scholastic books** infused into all 12 priority community schools

# Attendance



- **1,956 books** filled in 4 new book vending machines placed in 4 community schools
- **2,232 books** restocked in 4 existing book vending machines
- **12 Read Across Regina celebrations** participated in Read Across Regina Day and were presented with literacy themed bags that included brand new books
- **325 primary grade students** participated and were presented with literacy themed bags that included brand new books
- **16,844 books** read across our 12 winning classrooms
- **127 tokens** for improvement in attendance were earned for the Book Vending Machine
- **2,295 pickups** scheduled for the Attendance Matters Van over 168 school days
- **82 individual students** (56 families) were support by the Attendance Matters Van to reduce transportation barriers and chronic absence

# Summer Slide



- **9 Summer Success Camps** delivered to 2 School Divisions engaging 27 teachers
- **124 students** supported
- **1,240 books** distributed
- **124 backpacks** full of school supplies distributed
- **1,240 nutritious** lunches provided to students
- **248 food boxes** provided to support the entire family
- **98% of students** maintained or improved their reading levels

## Additional Highlights

- 144 touchscreen laptops, 96 headsets and 12 rolling storage carts were deployed out to primary grades in each of our 12 community schools
- 831 tokens were earned by students who demonstrated kindness, leadership and respect

## Year 2 Community Literacy Champions:

- Gordon & Jill Rawlinson
- City of Regina
- Wheaton Chevrolet
- Wheaton Kia
- SaskPower
- CIBC
- The Co-operators
- Access Communications
- Children's Fund
- Regina Public Schools
- Women United
- BlueSky Financial Planning
- SaskTel TelCare
- HBI Office Plus Inc.
- Cummins
- Rotary Club of Regina





## Regional Programs

- Chinook SD  
Irwin School
- Holy Trinity Catholic SD  
Sacred Heart School  
St. Agnes School
- Prairie South SD  
Westmount School  
Prince Arthur School

By ensuring our youngest citizens have a strong start, we will all benefit from a strong, resilient community where everyone has the opportunity to live a good life.







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**United Way**  
Regina

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