

A Success Story



I first came to the Food Bank in 2004 and joined the Food Co-op. I had right away a sense of community. I helped out in the Co-op store which gave me a good feeling. I like helping people and make them feel comfortable and welcome. I was asked to take the Mentor training but was very worried about my reading and writing skills but they made it very easy for us to understand. When I graduated I was approached about giving orientations to new Co-op Members and to my surprise it goes very well. I never thought I would be standing in front of so many people and give a speech. This past year I have helped at the Food Bank off sites and even filled in for staff if they were sick or on holidays.

Co-op Member, Cambridge Self-Help Food Bank

List of Programs and Partners

Aftercare

John Howard Society of
Waterloo-Wellington
www.waterloo.johnward.on.ca

Assistive Devices Program

Ontario March of Dimes
www.marchofdimes.ca

Community Information

Social Planning Council of
Cambridge & North Dumfries
www.socialplanningcouncil-cnd.org

Co-Op Program

Cambridge Self-Help
Food Bank
www.cambridgefoodbank.on.ca

Disaster Management

Canadian Red Cross
www.redcross.ca

Emergency Food Program

Cambridge Self-Help
Food Bank
www.cambridgefoodbank.on.ca

Family Support Program for Refugees

Cambridge Shelter
Corporation
www.cambridgesheltercorp.ca

Medical First Responder

St. John Ambulance,
Cambridge Branch
www.sja.ca

Poverty Awareness and Action

Social Planning Council of
Cambridge & North Dumfries
www.socialplanningcouncil-cnd.org

Welcome Aboard Drop-In Centre

Cambridge Shelter
Corporation
www.cambridgesheltercorp.ca

Adult Literacy Training

The Literacy Group of
Waterloo Region – Cambridge
www.theliteracygroup.com

Mentor Training Program

Cambridge Self Help
Food Bank
www.cambridgefoodbank.on.ca

GIVE. BELIEVE. VOLUNTEER.
LIVE UNITED 

WWW.UWCAMBRIDGE.ON.CA

United Way
Cambridge &
North Dumfries

Economically Secure

When people are economically insecure, they often lack access to basic needs, such as shelter, food and clothing. The focus of this community priority is to build economic security, enabling people to meet their needs through practical training, education and employment supports.



THE NEEDS OF OUR COMMUNITY

TOGETHER WE ARE MAKING A CHANGE



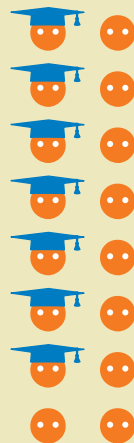
The growing reality is that many of our city's homeless and hungry are families who simply can't make ends meet. The short and long-term physical and psychological implications of homelessness and poverty include hunger, malnutrition and learning and development issues.

United Way and its partners are responding to the needs of our community. We are working together to make sure that people have their basic needs met and that they have sufficient and stable employment. We have helped to develop programs that help:

UNEMPLOYMENT RATE INCREASED FROM 8% TO **9.3%**

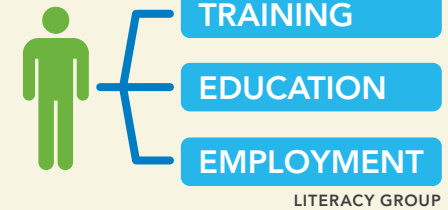


51% OF LAID OFF PEOPLE DON'T HAVE POST-SECONDARY



Increased Pre-Employment and Employment Skills

90% OF ADULT LITERACY STUDENTS HAVE A LEARNING PLAN



Increased Employment Readiness and Increased Literacy

100% OF STUDENTS IMPROVED ONE FULL COMPUTER LEVEL



BETWEEN 2001-2010 EMERGENCY SHELTER BEDS GREW BY **42%**



45% OF LOW INCOME HOUSEHOLDS SUFFER FOOD INSECURITY



Increased Housing Stability

1,120 HELPED TO FIND OR MAINTAIN HOUSING

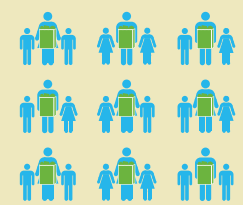


CAMBRIDGE SHELTER CORPORATION'S WELCOME ABOARD DROP-IN CENTRE

Increased Food Security

3,376 FAMILIES

RECEIVED **12,284** EMERGENCY HAMPERS



CAMBRIDGE SELF-HELP FOOD BANK