



Carman Wellness Connections

COMMUNITY ACTION PLAN

ANNUAL REPORT

January 1 – Dec. 31, 2021

Approved - May 19, 2022

“Addressing Poverty & Promoting Wellness”

COMMON VISION: Together, creating a community where everyone has the opportunity and supports to flourish where they live, learn, work and play.

COMMON VALUES: Common values will guide our behavior, inspire our actions, and encourage conversation within every component of this community initiative.

Empowerment	Sustainability	Accessibility	Best Practice	Respect
Shared Responsibility	“Nothing about us, without us”		“It takes a village”	

MESSAGE FROM THE CO-CHAIRS

We are preparing this message at the same time as humankind recognizes the date the World Health Organization (WHO) first described COVID19 a global pandemic, two years ago, in March 2020. We are pleased and proud of the lengths Carman Wellness Connections has progressed despite the challenges that COVID19 brought, not only to this committee’s table but to the lives of every volunteer, partner, participant and community member every day.

The motivation to see positive change has inspired Carman Wellness Connections, as well as the working groups to continue to meet regularly as they purposefully enhanced their technology skills to meet the need to connect. Recognizing opportunities to create partnerships with like-minded organizations and skilled individuals is strategic; by tapping into the knowledge and expertise of others, and we learn and grow together. The shared commitment to serve our community provides incentive to find ways to share space, and resources that benefit the community. Key examples of success to highlight from this past year would be; becoming a Charitable Organization; developing a website and acquiring office and meeting space.

Carman Wellness Connections continues to be committed to addressing the mandate raised by the community, to consider issues contributing to poverty in our community and focusing on our vision and values to guide us. As the world adjusts to the shift in the pandemic and to the ‘new normal’, Carman Wellness Connections is looking forward to meeting new community members to share ideas about new ways to address poverty in Carman and Dufferin.

Karen Tjaden and Lisa Lehmann (Co-Chairs)

2021 Board Members:

Karen Tjaden (Co-chair)	Lisa Lehmann (Co-chair)	Lorna George (Treasurer)
Debbie Iverson (Secretary)	Wendy Durand (Grant Coordinator)	Janet Fowler
Amy Johnson,	Allison Abbott-Wiebe	Terra Huston
Susan Wepler	Darcy Redekopp	Nancy Clearwater
Rachel Siemens	Colin Hay	Cecile Affleck
Carol Brown	Louise Duncan	Beth Bartley

Carol Brown, Louise Duncan, and Beth Bartley have since resigned and we would like to thank them for their participation and contributions to the work of the Board.

Working towards Our Goals:

2021 was another challenging year as we continued to navigate through the everchanging pandemic environment. The pandemic continued to stretch our creativity in planning but also limited our ability to carry out some of our plans due to public health covid restrictions.

We would like to acknowledge and thank the many community volunteers and organizations who have partnered with us on different projects over the past year.

We would like to express our appreciation for funding and in-kind support to the following:

- Southern Health Santé-Sud
- Dufferin Agricultural Society
- Carman & District Ministerial Association
- Carman MCC Thrift Store
- Direct Farm Manitoba
- Carman Area Foundation
- Carman CO-OP
- Other community and individual donations

Carman Wellness Connections continues to focus on the long term goals that were identified from the information gathered at the Community Town Hall – Addressing Poverty Workshop held in Nov 2019. We are excited to highlight and celebrate the following achievements for 2021 towards meeting these goals.

Goal 1: To Formalize the Poverty Reduction Committee and Create Working Groups.

CWC Board:

2021 Activities:

- ✓ Carman Wellness Connections was formally incorporated in June 2020. Formal Bylaws were approved by the Board in January 2021 and the organization became a registered charity on January 1, 2022.

- ✓ Carman Wellness Connections held its first Annual General Meeting on June 17, 2021 at which time Board members were elected. The executive committee was appointed at the first meeting following the AGM.
- ✓ Approved design of a CWC logo. The Board would like to acknowledge and thank Jacquie Leyenhorst for all her work and creative design in helping us design our new logo.
- ✓ Development of a CWC website. The Board would like to acknowledge and thank Matt Kenyon for volunteering to design the website with Board input. The CWC website is now live and can be accessed at **www.carmanwellnessconnections.ca**
- ✓ With continued community volunteer interest and involvement, the following Working Groups continue to plan and implement community projects to address poverty and promote wellness highlighted in this report.
 - Supporting Emotional Health
 - Food Security
 - Affordable Recreation and Leisure
 - Employment and Education
 - Affordable Housing
 - Transportation – Began early conversations with interested community residents with plan to further develop a working group in 2022

We invite anyone interested in learning more or participating on any of these Working Groups, to contact Carman Wellness Connections at carmanwellnessconnections@gmail.com or check out the **CWC website at www.carmanwellnessconnections.ca**

Plans for 2022:

To establish the administrative support needed for the work of the CWC Board and Working Groups

- Apply for applicable grants for the work of CWC.
- Establish a Grant/Funding Committee to explore funding and grant sources for programs and admin
- Become a member of the Carman/Dufferin Chamber of Commerce

Goal 2: Establish a central community location/navigator for individuals to access information and navigate services.

CWC Board:

2021 Activities:

- ✓ Partnered with the Carman United Church to begin a pilot project for a Community Resource Centre Drop In. A planning team with Carman United Church and CWC Board representatives has been formed to oversee the project. The Drop In started in mid Dec. 2021 and is running on a weekly basis every Tuesday from 1:30 – 3:30 pm. Initial location of the pilot Community Resource Centre is at the Carman United Church, with the plan being to transition oversight to CWC with relocation to the community shared space in the lower level of the Carman Memorial Hall in 2022. Volunteers are being recruited and trained as hosts for the Drop In.
- ✓ Continuing to explore options for sustainable funding for a Community Resource Navigator.

- ✓ Approached and received approval from the Town/RM re: use of the lower level of the Memorial Hall to establish an office space and a Community Resource Centre within shared space with other community groups. This space will be further developed in 2022.
- ✓ Worked in collaboration with the Prairie Rose School Division and the Boyne Regional Library to make 3 chrome books available for community use. The chrome books are kept at the library, where individuals can use them or groups can make arrangements to check them out for use at other venues. CWC accesses these chrome books for use at the Community Resource Centre – Drop In. Primary focus is to provide access to internet and computers for individuals who do not have it in their home.

Plans for 2022:

- To continue to develop the Community Resource Centre – Pilot Project model in partnership with the Carman United Church with transition to CWC oversight and community location. (Includes activity planning and development of training resources for the volunteer hosts.)
- Establish a CWC office and Community Resource Centre within shared community space in the lower level of the Memorial Hall.
- Continue to explore options for sustainable funding for a Community Resource Navigator position.
- To continue development of training resources for the hosts at the Community Resource Centre.

Goal 3: Community residents have access to a comprehensive, centralized Community Resource List.

Community Resource Working Group & Communication Support Team

Working Group Members: Debbie Iverson, Wendy Durand, Carol Brown

Communication Support Team: Debbie Iverson, Diane Unruh, Allison Abbott-Wiebe, Colin Hay, Rachel Siemens, Lisa Lehmann (Adhoc members – Jaquie Leyenhorst, Lorraine Stevenson)

2021 Activities:

- ✓ Continued to promote the use of the existing 211 Manitoba resource within the community. Continuing to encourage local organizations and services to register with this resource to increase access for community residents to information via online and phone contact.
- ✓ Guided development of the CWC website.
- ✓ Link to 211 Manitoba included on the CWC website.

Plans for 2022: Will be continued through the Communication Support Team and the Community Resource Centre Planning Team.

- Activate and maintain the CWC website
- Continue to collect printed and online information and resource for access at the Community Resource Centre.

Goal 4: Increase options for accessible and affordable transportation

Transportation Working Group:

Working Group Members: Karen Tjaden, Kathie Findlay, Nancy McFarlane, Evelyn Rempel-Petkau

2021 Activities:

- ✓ Individuals brought together for initial conversation to establish a working group.

Plans for 2022:

- Establish a working group and develop an action plan.

Goal 5: Increase access and options for fresh affordable food.

Food Security Working Group:

Working Group Members: Terra Huston, Alita Montgomery, Diane Unruh, Edith Rook, Julie Ruban McDonald, Karen Tjaden, Brenda Bryson, Beth Bartley, Heidi Sandulak, Janet Fowler, Nancy Clearwater, Colin Hay, Sandy Scott, Jacquie Paton, Chelsea Paton.

2021 Activities:

- ✓ Promoted the community “Grow a Row” garden project with established community vegetable stand for the summer months. Partnered with Visions of Independence, to host the vegetable stand at one of the community residences in Carman. Vegetable stand provides opportunity for community residents to both donate and take fresh garden produce with open access for all.
- ✓ Food Currency Program – in partnership with Direct Farms Manitoba and the Carman/Dufferin Farmer’s Market, we were able to support 21 participants with coupons to purchase fresh produce at the local Farmers Market. An evaluation was completed by Direct Farms Manitoba. (See attached 2021 Evaluative Summary - MB CFCP)
- ✓ Had planned on doing a community tire/container garden project, however due to covid restrictions, it was too difficult to implement this project this year.

Plans for 2022:

To increase access to local produce available for individuals/families on a limited income.

- Continue with the Grow a Row, Vegetable stand. To construct an additional Vegetable Stand for the south end of town.
- Connect with people on low income who are interested and in need of fresh local produce to support them in accessing resources and opportunities to grow a garden in their own yard or at the community garden.
- Continue with the Food Currency Program in partnership with Direct Farms MB. and the local community Farmers Market.
- Meal in a Bag Project (Providing bag of nonperishable ingredients and the recipe for a basic meal. Will be introducing the project at the Community Resource Centre Drop In.
- Collaboration with Homestead Co-op to explore cost saving grocery program.

- Collaboration with Carman/Dufferin Communities in Bloom (CIB) and other community organizations to access a SH-SS Mental Wellbeing grant with a focus on community garden/food project within the community.

Goal 6: Increase educational and employment opportunities.

Education & Employment Working Group:

Working Group Members: Allison Abbott-Wiebe, Bruce Wood, Chris Hasell, Darcy Redekopp, Colin Hay, Louise Duncan

2021 Activities:

- ✓ Focused on recruiting more members and continuing to organize towards the development of an action plan into 2022.

Plans for 2022:

- To develop an action plan and begin implementation.

Goal 7: Increase access and options to mental health and addiction services

Supporting Emotional Health Working Group:

Working Group Members: Lisa Lehmann, Audi Dewit, Brook Somers, Cecile Affleck, Lisa Martin, Jacquie Leyenhorst, Jaqueline Rudd, Julie Hesketh, Les Vanderveen, Linda Sylvester, Monica Halbesma, Rob Bryson, Terry Warburton, Val Giesbrecht, Wendy Clark (Adhoc members: Tyler Friesen, Warren McCutcheon, Keira Unger, Colin Hay)

2021 Activities:

The following activities were provided at no cost to participants.

- ✓ 4 – “Art Therapy Workshops” – Delivered via Zoom in January/February, March, and September. Each workshop consisted of 4 weekly sessions facilitated by Chris Larsen, with a total attendance of 8-9 Participants at each session.
- ✓ Journaling workshop “Writing from the Well” – Consisted of 4 sessions delivered via Zoom in June. The workshop was facilitated by Heidi Hunter, with 22 individuals registered and 15-16 participants in attendance for each session. The Workshop was offered again in Nov, however it was cancelled due to low registration at deadline.
- ✓ “Alpha Child” Workshop facilitated by Terry Warburton had 21 registered with an average of 12-15 participants each week. Feedback from Survey Monkey was that the course was good and very good.
- ✓ “Music Therapy” Workshop – Consisted of 4 sessions facilitated by Erica Wiebe in the Spring – 4. There were 5 participants registered.
- ✓ “Well Read Book Club” via Zoom in July. This program consisted of 6 sessions, for conversation around the book “This Too Shall Pass. Stories of Change, Crisis, and Hopeful Beginnings” by Julia Samuels. Partnered with Boyne Regional Library in providing 8 books. 8 individuals participated.
- ✓ Promoted the “Anxiety & Worry Support Program” - Consisted of 6 online sessions in September through Anxiety Disorders Association of Manitoba (ADAM). The Workshop was facilitated by Tami

Giesbrecht, ADAM. They reported that these sessions were full but did not have any participants who identified as Carman/Dufferin residents.

- ✓ Promoted the “C4C (Coaching for Confidence) Workshop” – Consisted of 6 online sessions in March through Anxiety Disorders Association of Manitoba (ADAM) and facilitated by Tami Giesbrecht from ADAM. There was full registration but no attendees who identified as Carman/Dufferin residents.
- ✓ Continued to offer the Community Connection Support Phone Line for social connection, especially during the covid restrictions with caring community volunteers. Due to low volume of calls, this service will be reviewed in 2022 to determine if will continue going forward.

Plans for 2022:

Continue to provide local opportunities to engage/participate in supporting emotional health

- Access to programs with focus on supporting parental engagement.
- Promotion and collaboration with Anxiety Disorders Association of Manitoba (ADAM) for workshops specific to Carman/Dufferin.
- Programs with focus on providing creative ways to support one’s own emotional health.
- Evaluate use of the community connections support phone line.
- Participate in workshops for community input into the provincial Stepped Care project. – Government of Manitoba looking a developing a provincial stepped care model for mental health and substance use services.

Goal 8: Increase quality affordable housing options in our community.

Affordable Housing Working Group

Working Group Members: Lorna George, Karen Tjaden, Tom Mooney, Kelly Dyck, Richard Dyck, Taylor Richards - Genesis House

2021 Activities:

- ✓ This working group was just created this year following some informal conversation of interested community residents
- ✓ **Manitoba Housing** - Contacted Trevor Jaworsky in May to indicate our interest in exploring further the option of purchasing existing Manitoba Housing unit(s) in Carman. There were no units available for purchase in 2021. In September we contacted Rod Porter, Executive Director of Manitoba Housing in an attempt to arrange a walkthrough of the uninhabitable units in hopes that our organization could provide some support to see these units are fixed, however he was not able to grant our request.
- ✓ **Working Together** – Discussed option of forming an alliance with other groups in Carman to further this process (ie: Town of Carman, RM of Dufferin, Carman MCC and groups that provide housing support for the elderly, aged out foster children, homeless and victims of domestic violence. If we want to see additional affordable housing units available for rental and/or home ownership we will need to identify and strengthen partnerships to move this work forward.
- ✓ **Habitat for Humanity** – there is currently a property available for a second Habitat build (on 1st SE). A local Habitat for Humanity group would need to be re-established in order to proceed with a build on this property. The provincial Habitat for Humanity office would provide resources and information to support this work.
- ✓ **Communication with MLA Blaine Pederson** - In July there was a video conference between Blaine Pedersen and Karen and Tom. There are 48 Manitoba Housing units in Carman. There are one or two that require repairs before they are available for occupancy. Blaine confirmed that the provincial

government is interested in the sale of some units to local groups to be maintained as income geared rental units.

- ✓ **Consultation with Winkler Affordable Housing Inc. (WAHI)** – James Friesen talked with us to share their model. We also met with Lori Penner, Housing Coordinator with Central Station. WAHI has several housing initiatives, including building a 24 unit affordable housing building and purchase of stock housing from Manitoba Housing. We discussed how they funded the projects and how they managed them. We would like to invite them to speak to our housing committee and include representation from the Town of Carman and local residents that may have a direct need for housing for staff and citizens concerned with the lack of affordable quality housing with rent based on income.
- ✓ **Right to Housing Coalition** – Karen attended a monthly meeting of the Right to Housing Coalition learning more about the efforts of their City Working Group and Provincial Working Group and beginning the process of networking with others in Manitoba who are concerned about truly affordable housing (defined as 30% or less of household income).
- ✓ **Manitoba Non-Profit Housing Association** – becoming aware of this organization and the resources and they have available for communities who want to act on housing concerns in their community.

Some areas where we will need additional help in 2022 include:

1. Ensuring greater access to Income geared housing
2. Repairing existing Manitoba Housing stock
3. Helping the working poor find deposits so they can purchase houses
4. Identifying and strengthening partnerships towards building affordable housing

Plans for 2022:

- Connect with MB Non-Profit Housing Association conference.
- Connect with community stakeholders to identify issues surrounding affordable housing.
- Search out available resources via provincial funding.
- Advocate for all community Manitoba Housing units to be repaired and filled.
- Connect with Right to Housing MB. and the Canadian association.
- Continue to explore more information for “making home ownership affordable”. Programs for first time home buyers.

Goal 9: Access to affordable recreation and leisure activities for children, youth and adults.

Affordable Recreation & Leisure Working Group:

Working Group Members: Susan Wepler, Rikki Derksen

2021 Activities:

- ✓ Working with Carman/Dufferin Recreation to create a list of no cost/low cost community activities which will be posted on the CWC website for community information once it is complete.
- ✓ Began exploring potential to develop and provide some bike maintenance workshops which will continue to plan into 2022.
- ✓ Pool rentals for individuals/families with low income and newcomers. Included some games/activities in Kings Park alongside the pool rentals.

- 2 Pool rentals for up to 25 people – Had a total of 40 participants.
- 2 Pool rentals for up to 50 people – Had a total of 70 participants.

Plans for 2022:

- Pool sessions for low income individuals/families
- Develop bike maintenance workshops for youth
- Complete the no cost/low cost list of recreation and leisure activities.
- Provide sleds for community use with easy access
- Explore options for free art classes for low income families in partnership with Golden Prairie Arts Council.

DID YOU KNOW:

- Grocery Assistance Program – Carman and Area Ministerial Association – Local community churches work together to provide grocery assistance vouchers within Carman and nearby surrounding communities.

Annual Grocery Assistance Vouchers:

❖ 2021 - \$26,864.96	286 Vouchers	88 households
❖ 2020 - \$24,386.11	General Voucher: \$100/family, \$75/single	
❖ 2019 - \$22,316.02	General Voucher: \$75/family, \$50/single	
❖ 2018 - \$15,370.77	General Voucher: \$75/family, \$50/single	
❖ 2017 - \$11,839.79		

- Carman Wellness Connections is a member of **Make Poverty History Manitoba**.
 Make Poverty History Manitoba “is a multi-sector collaborative coalition committed to changing public policy to achieve a Manitoba without poverty.”
 Check out their website at makepovertyhistorymb.com for valuable information and ways you can get involved and lend a voice for advocacy.

Carman Wellness Connections Inc
Financial Statements
December 31, 2021

Carman Wellness Connections Inc

December 31, 2021

Table of Contents

Notice to Reader	1
Statement of Financial Position	2
Statement of Operations	3
Statement of Changes in Net Assets	4
Notes to the Financial Statements	5

George & Associates Chartered Professional Accountants Inc.
Box 567, 113 2nd Street SW
Carman, Manitoba
R0G 0J0

Notice to Reader

To Management of Carman Wellness Connections Inc

On the basis of information provided by the organization's management, we have compiled the statement of financial position of Carman Wellness Connections Inc as at December 31, 2021 and the statement of operations and statement of changes in net assets for the year then ended, and Note 1, which describes the basis of accounting applied in the preparation of the compiled financial information.

Management is responsible for the accompanying financial information, including the accuracy and completeness of the underlying information used to compile it and the selection of the basis of accounting.

We performed this engagement in accordance with Canadian Standards on Related Services (CSRS) 4200, Compilation Engagements, which requires us to comply with relevant ethical requirements. Our responsibility is to assist the organization's management in the preparation of the financial information.

We have not performed an audit engagement or a review engagement, nor were we required to perform procedures to verify the accuracy or completeness of the information provided by management. Accordingly, we do not express an audit opinion or a review conclusion, or provide any form of assurance on the financial information.

Readers are cautioned that the financial information may not be appropriate for their purposes.

A partner of this accounting firm signed cheques on the bank account of Carman Wellness Connections Inc and has made management decisions during the year.

Prior to compiling the financial information of Carman Wellness Connections Inc, this partner performed bookkeeping services, which included the preparation of journal entries and a trial balance.



George & Associates Chartered Professional Accountants Inc.

Carman, Manitoba
March 25, 2022

Carman Wellness Connections Inc

Statement of Financial Position

December 31, 2021

	2021	2020
Assets		
Current Assets		
Bank	\$ 10,728	\$ 12,200
Accounts receivable	300	-
GST receivable	100	48
	<u>11,128</u>	<u>12,248</u>
Total Assets	<u>\$ 11,128</u>	<u>\$ 12,248</u>
Liabilities and Net Assets		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 1,133	-
Total Liabilities	<u>1,133</u>	<u>-</u>
Net Assets		
Unrestricted net assets	<u>9,995</u>	<u>12,248</u>
Total Liabilities and Net Assets	<u>\$ 11,128</u>	<u>\$ 12,248</u>

DocuSigned by:
Approved on Behalf of the Board:

Karen Tjaden

DocuSigned by: _____, Director

LISA M LEHMANN

DocuSigned by: _____, Director

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The accompanying notes are an integral part of these financial statements.

Carman Wellness Connections Inc

Statement of Operations

For the Year Ended December 31, 2021

	2021	2020
Revenue		
Grants	\$ 1,308	\$ 16,930
Donation	5,884	520
Total revenue	<u>7,192</u>	<u>17,450</u>
Expenses		
Advertising	42	-
Donations	300	-
Interest and bank charges	-	4
Office expenses	200	-
Professional fees	75	373
Committee projects	8,828	4,825
Total operating expenses	<u>9,445</u>	<u>5,202</u>
Excess (deficiency) of revenues over expenses	<u>\$ (2,253)</u>	<u>\$ 12,248</u>

The accompanying notes are an integral part of these financial statements.

Carman Wellness Connections Inc

Statement of changes in net assets

For the Year Ended December 31, 2021

	<u>2021</u>	<u>2020</u>
Net Assets - opening	\$ 12,248	\$ -
Excess (deficiency) of revenues over expenses	<u>(2,253)</u>	<u>12,248</u>
Net Assets - closing	<u>\$ 9,995</u>	<u>\$ 12,248</u>

The accompanying notes are an integral part of these financial statements.

Carman Wellness Connections Inc

Notes to the Financial Statements

For the Year Ended December 31, 2021

1 Basis of Accounting

The basis of accounting applied in the preparation of the financial information is on the historical cost basis, reflecting cash transactions, with the addition of the following:

- Accounts receivable less an allowance for doubtful accounts
- Accounts payable and accrued liabilities at the reporting date



Evaluative Summary
2021 Manitoba Community
Food Currency Program



Table of Contents

Executive Summary.....	3
Introduction to the Program.....	5
Evaluation Methodology.....	7
Key Outcomes.....	8
Participant Impact.....	9
Farmers' Market Impact.....	12
Vendor Impact.....	15
Next Steps.....	17
Areas for Possible Improvement	
Program Sustainability	
Conclusion	19
Acknowledgements.....	20

Executive Summary

The Manitoba Community Food Currency Program completed its second program year in 2021 after running a successful pilot in the 2020 farmers' market season. The program's core objectives are:

- Increased access to fresh, local, farm foods and overall increased food security outcomes for members of the community facing poverty and food insecurity
- Strengthened communities through relationship building, increased health outcomes, and improved overall mental health resulting from inclusion, decreased social isolation, positive community experience, and healthy eating habits
- Support for local resilient agriculture through the direct support of Manitoba farmers and producers through increased sales

The 2021 program was able to expand with support from the Province of Manitoba through its Building Sustainable Communities Program as well as a partnership with Food Matters Manitoba and funding from the Winnipeg Foundation.

The 2021 program continued to work with the 5 community partners and 4 farmers' markets and food hubs from the 2020 program. It was also able to work with an additional 5 community partners and 2 farmers' markets. The 2021 program saw \$69,000 of community food currency being redeemed by 242 families.

The 2021 program identified a number of positive outcomes:

- The redemption rate for the 2021 program was 98.4%. This indicates that participants receiving the vouchers were invested in redeeming them, taking time to travel to the farmers' markets to select their products.
- 73% of participants, on a scale of 1-10, with 10 indicating a huge benefit, rated the program a 10, or of huge benefit. The average score from the program was greater than 9 out of 10.
- 98% of participants indicated they felt more connected to their community because of their participation in the program.
- 91% of participants reported that they were able to eat a greater amount of healthy food using the community food currency
- 74% of participants indicated spending money in addition to the vouchers on farm products

- 100% of participating markets indicated that the program supported their market by bringing in additional customers and increased sales

As we look forward to future program years, we envision the program operating across Manitoba. The program is easily scalable as it works with farmers' markets and community partners already at work in their communities. At the present time the program's funding level is impacting its ability to grow and respond to better meet the overwhelming interest in the program. As the program moves into its third year in 2022, annual provincial investment would allow it to both expand into new neighbourhoods and better meet community demand.

Introduction to the Manitoba Community Food Currency Program

The Manitoba Community Food Currency Program is a community building initiative that empowers members of our community who frequently experience food insecurity by providing them with access to community food currency to purchase food directly from farmers at participating farmers' markets across Manitoba. Together, Direct Farm Manitoba, market coordinators, and community partner organizations promote food literacy and food security by making local, seasonal food more accessible to participants. The Manitoba Community Food Currency Program is modelled after the highly successful British Columbia Association of Farmers' Markets (BCAFM) Coupon Nutrition Program, which has been running for over a decade.

Participating farmers' markets engage with health and social service organizations within their community who are already connected with people who would benefit from better access to healthy whole foods. These community partner organizations select individuals and families who would benefit from increased food security and decreased social isolation. Direct Farm Manitoba provides small denomination community food currency to their community partners to be distributed to participants, who can use the community currency directly to purchase food from participating farmers. Farmers are reimbursed by Direct Farm Manitoba through program funding. Care and attention were paid to how community currency is designed, accepted and redeemed to ensure that use is not stigmatizing nor impacts anybody's right to privacy. The program also includes limited funds for community partner organizations to create local solutions to transportation barriers for participants.

Direct Farm Manitoba exists to represent and advocate for the direct marketers of our agricultural sector. The Manitoba Community Food Currency Program is a win for producers, farmers' markets, and their communities, and therefore fits perfectly within our mandate.

This program aims to provide these positive outcomes:

- Access to fresh, local, farm foods and increased overall food security outcomes for members of the community facing poverty and food insecurity
- Strengthened communities through relationship building, increased health outcomes, and improved overall mental health resulting from inclusion, decreased social isolation, positive community experience, and healthy eating habits

- Support local resilient agriculture through the direct support of Manitoba farmers and producers through increased sales

The Manitoba Community Food Currency Program was piloted during the 2020 farmers' market season, partnering with five community partners, three farmers' markets, and one food hub. In 2021 the program expanded and while continuing to work with the 2020 community partners, also worked with an additional 5 community partner organizations. Partner organizations distributed \$24 in food coupons weekly to each participant for 15 weeks, from mid-June to mid-October. Mid-season check-ins were conducted with all partner organizations and participating farmers' markets. Towards the end of the season, participants, community partners, vendors, and market coordinators were surveyed for their feedback regarding the 2021 season.

Evaluation Methodology

Surveys were developed early in the season in 2022. These surveys included surveys for participating farmers' market coordinators, farmers' market vendors, community partners, and program participants. Direct Farm Manitoba consulted with both the BC Association Farmers' Markets (BCAFM) and Nova Scotia Farmers' Markets (FMNS) who both run similar programs in their respective provinces.

The participant surveys were further expanded from the 2020 surveys to include additional demographic information, as well as information about participant satisfaction with the program and participant sense of community inclusion. As this program has as one of its key objectives to support sustainable local agriculture, a question was also added that indicated whether money was spent in addition to the vouchers on local, farm products.

Surveys were developed as an online fillable form. Printable copies were also made available.

Key Outcomes

- \$69,000 of community food currency was distributed
- 98.4% of distributed community food currency was redeemed at participating farmers' markets at farm booths
- 242 households participated in the 2021 program

Name	Redemption Rate
St. Norbert Farmers' Market	96.0%
Morden Farmers' Market	100.0%
Carman Farmers' Market	100.0%
Lac du Bonnet Farmers' Market	96.0%
Camperville (NHFI)	100.0%
Overall Redemption Rate	98.4%

Participant Impact

Direct Farm Manitoba asked community partner organizations to distribute surveys to their program participants near the end of the outdoor market season. There were options to distribute the surveys either digitally or in a hard copy. Demographic information was gathered, as well as feedback regarding the benefits of the program for individuals and families.

Demographics:

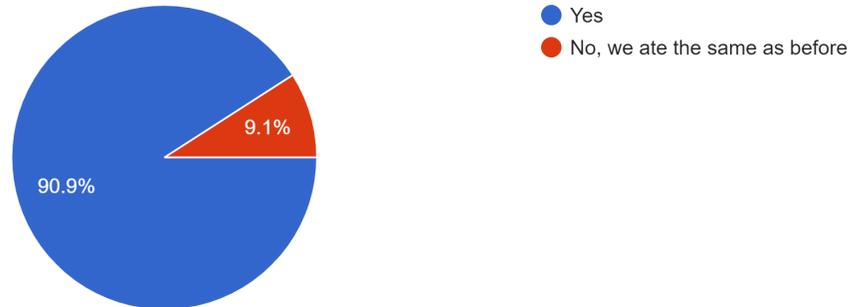
- Individual or Family: 64% of participants had families living with them in their household.
- Gender: 79% of participants were female, 19% were male, 1 respondent self identified as non-binary, and 2% of participants preferred not to answer.
- 24% of program participants identified as Indigenous, Inuit, or Metis

Summary of Findings

- Program benefit: 73% of participants, on a scale of 1-10, with 10 indicating a huge benefit, rated the program a 10, or of huge benefit. The average score from the program was greater than 9 out of 10.
- Access to fresh, local food: 100% of participants reported that they were able to purchase more fresh, local food.
- Ability to eat a healthier diet: 91% of participants reported that they were able to eat a greater amount of healthy food using the community food currency
- Community Inclusion: 98% of participants reported that they feel more connected to their communities through their participation in the program
- Economic impact: 74% of participants indicated that they purchased additional farm products in addition to those purchased with the vouchers

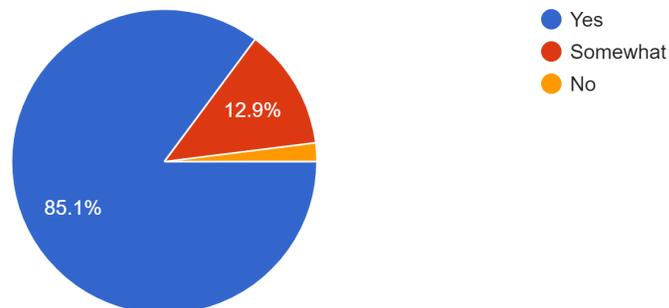
Do you feel you were able to eat a greater amount of healthy food using the community food currency?

99 responses



Do you feel more connected to your community through your participation in the program? Please check the box that is most true for you.

101 responses



Participant Voices

Participants were asked to share what they learned through participation in the program:

- “Buying fresh meats and vegetables direct from farmers”
- “Learned to make different dishes”
- “When different food is in season. What food costs to eat healthy”

- “I tried new food from the market and I also learned how to store food for future so that I will get nutritious food in the winter”
- “I was able to try new vegetables & get things I normally can't afford. example-fresh beets”
- “I was introduced to the idea of food dehydrating.”

Participants were also asked what their favourite part of the program was:

- “Be involved and support our community”
- “It’s well worth your time”
- “Not only are they helping us but we’re helping them.”
- “That we got great local meat, vegetables... It was delicious!”
- “Farmers are amazing! Without support to local farmers we never get access to a variety of local whole food. It’s sustainable, doesn’t pollute environment with long haul transportation of food, and gives us real health.”
- “It's a good place to get good food, connect with the community, especially for a newcomer.”
- “That this program was amazing and eating fresh local food tastes so much better”
- “It’s a great experience to try something new and know the community.”
- “Good for them to do for the whole experience. The shopping and mingling with people. Ideas for cooking and crafts. It's FREE. Which means we can afford to do it. lol.”
- “If you want local healthy food, this is the place to come to. And also supports your community.”
- “Healthier food! Price is right! Beginning of a healthy way of living. Lots of healthy choices!!”
- “The food and the people involved in this organization or community. The people are kind and have a good heart. God Bless :)”
- “It’s a great program”
- “It was a wonderful program to obtain healthy food and the vendors make you feel welcome.”
- “Very good experience, great food and nice people :)”

Farmers' Market Impact

Market coordinators at participating farmers' markets were surveyed at the close of the 2021 season. Direct Farm Manitoba inquired about their experiences delivering the program – how difficult it was, how supported they felt in the process, how the program impacted their markets. These are some of their responses.

Availability of Eligible Items

Program participants were able to purchase fruit, vegetables, eggs, dairy, meat, fish, cut herbs, honey, and nuts with their currency. Of these eligible items, 100% of markets had participating vendors selling vegetables, cut herbs, and meat. 75% of markets had vendors selling honey and fruit, while 50% of markets had participating vendors selling fish, and 25% with eggs and dairy.

Ease of Implementation, Market Time Commitment

- Ease of implementation: All market coordinators responded that the program was simple to implement, with one commenting that “the program was very easy and straightforward.”
- Time commitment: When polled regarding their weekly staff and volunteer time commitment required to run the program, 75% were found to spend one hour or less per week.

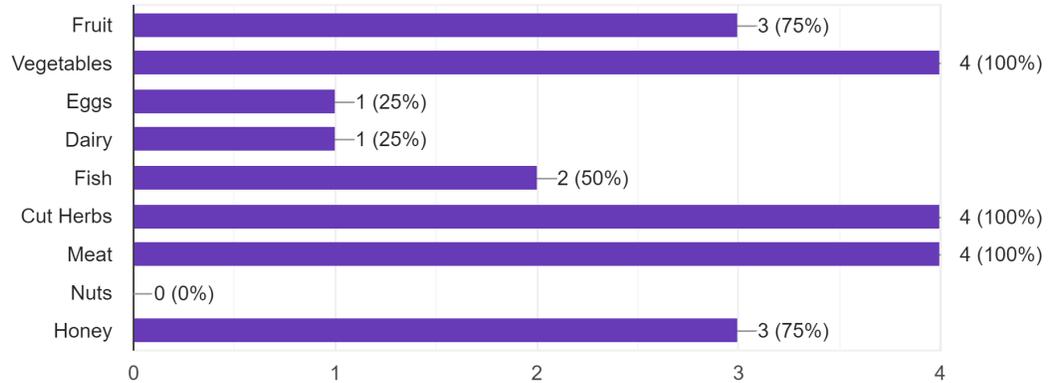
Summary of Findings

All markets saw net-positive impacts from the Currency Program over the course of the 2021 season. It was also noted that “[the Currency Program] supported our farmers in a difficult year.”

- Product options: Markets reported on availability of items that were eligible to be purchased with community food currency.

Of the qualifying items purchasable with currency, which were available at your market? (Check all that apply)

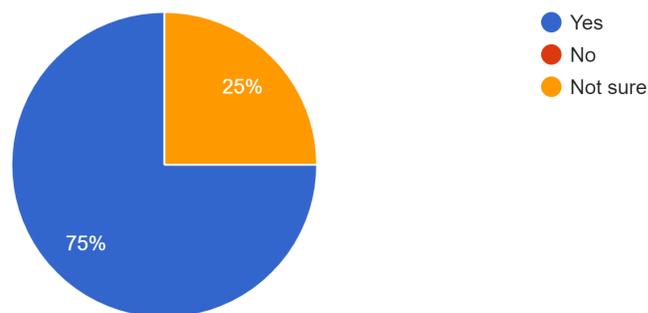
4 responses



- Return customers: Additionally, 75% of markets observed the same program participants returning to the market week after week, indicating that community partners accurately identified participants with a need and desire to be involved in this program, and to shop locally.

Did you observe the same participants coming back to the market week after week?

4 responses



The St. Norbert Farmers' Market observed a particular interest among program participants in purchasing from meat vendors, indicating the importance of affordable proteins to household food security. St. Norbert's market coordinator writes, "We were very pleased to see a focus on proteins through the program, with many of the

coupons going to meat vendors,” and adds that vendors noted that many program participants seemed to be new attendees of the market

All markets surveyed responded that they felt prepared to implement the program through the training provided by Direct Farm Manitoba, and that training their vendors to receive currency was quite simple. They also all indicated wanting to participate again in the program.

Among the goals of the Manitoba Community Food Currency Program is to support the success of farmers’ markets in Manitoba, so the feedback from the markets was very encouraging.

-

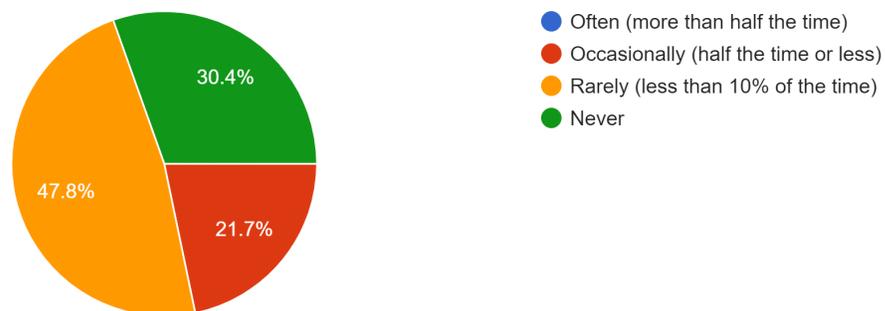
Vendor Impact

Vendors at each of the participating markets responded to an online survey regarding their experiences with the Manitoba Community Food Currency Program throughout the 2021 farmers' market season. Vendors were the first contact with the program for participants, outside of the community partner organizations they were already frequenting. They were key in creating a welcoming environment, and ensuring the success of the program.

- Sales and operations: Vendors unanimously reported that currency was easy to accept during the course of the market, which indicates that training of vendors by markets and of participants by community organizations was sufficient to streamline the program.
- Economic impact: 70% of surveyed vendors reported that participants purchased other farm products in addition to what they purchased with the community food currency, adding further economic benefits to producers beyond what the program itself provided

How often did you observe program participants purchasing items in addition to what they bought with currency?

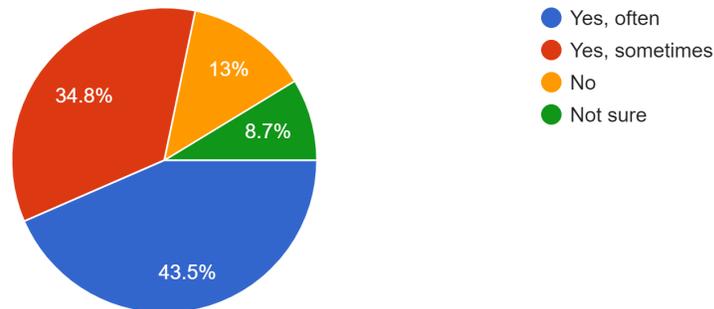
23 responses



- Increased sales: 87% of participating vendors surveyed indicated that they had increased sales during the 2021 farmers' market season due to their participation in the program

- Community building: Vendors also commented that they enjoyed getting to know participants, with 78% of surveyed vendors reporting that they observed the same participants return week after week.

Did you observe the same participants coming back to purchase food from you week after week?
23 responses



One vendor at the Lac du Bonnet Farmers' Market summed up their experience as follows:

“The participants were very appreciative of the program, being able to buy items that they normally wouldn't have. We sure hope the market will be able to participate again in this program next year.”

Next Steps

Areas for Possible Improvement of the Program

End of season surveys completed by participants, markets, vendors, and community partners inquired about possible ways that the program could be improved to make it even better in subsequent seasons.

- Signage: signage is provided to all participating farmers' markets for their farm booths so participants can easily find the farm booths (all farm booths accept community food currency at participant markets), and so the process can be as destigmatizing as possible. One thing that was noted was that the position of the signage is key so that participants aren't confused as to whether a booth is part of the program. Also, the prairie winds can make displaying signage tricky at outdoor markets. Larger signage with options to ziptie or securely fasten the signage to vendor canopies/booths is a solution that could be looked at. Also, better vendor training about position of signage for a better participant experience.
- Selection of products: The farmers' markets participating in the 2021 program were a variety of sizes, and therefore were comprised of differing vendor makeups. Selection of products across the markets was not equal, and some of the surveys indicated that a larger selection of products would be beneficial. A number of surveys also indicated it would be good if fish were more available. As markets grow, this mix of vendors is often diversified.

Program Sustainability

Going forward, it is clear that programs like this are wanted and needed throughout the province. Presently due to funding constraints, Direct Farm Manitoba is not able to meet the community demand for the program.

Provincial sustaining funding would allow the program to continue to serve the community organizations it has partnered with, and expand the program into more communities. It would also give more opportunity to better train and equip farmers' markets and community partner organizations with program training materials as the present model can often receive funding very close to the season opening.

Direct Farm Manitoba proposes to grow the program to serve 700 households in 2022. To do this DFM is requesting an annual investment of at least \$358,000 from the province.

Conclusion

Returning to the primary objectives of the Manitoba Community Food Currency Program, it is clear that 2021 program was a success, accomplishing its core objectives:

- Increased access to fresh, local, farm foods and overall increased food security outcomes for members of the community facing poverty and food insecurity: participants experienced increased access to fresh, local, farm foods and increased food security.
- Strengthened communities through relationship building, increased health outcomes, and improved overall mental health resulting from inclusion, decreased social isolation, positive community experience, and healthy eating habits: participants and farmers built relationships and enjoyed positive community experiences.
- Support for local resilient agriculture through the direct support of Manitoba farmers and producers through increased sales: farmers noted increased sales, new customers, and repeat business.

Acknowledgements

Direct Farm Manitoba is grateful for the support of the BC Association of Farmers' Markets, whose existing program inspired and informed the creation of the Manitoba Community Food Currency Program.

Direct Farm Manitoba would also like to thank the Province of Manitoba (through the Building Sustainable Communities Program), the Winnipeg Foundation, Community Food Centres Canada, Food Matters Manitoba, and the Canadian Agricultural Partnership Ag Action Program, whose generous funding and partnership enabled the provision of this program to our communities.

Carman Wellness Connections Inc
Financial Statements
December 31, 2021

Carman Wellness Connections Inc

December 31, 2021

Table of Contents

Notice to Reader	1
Statement of Financial Position	2
Statement of Operations	3
Statement of Changes in Net Assets	4
Notes to the Financial Statements	5

George & Associates Chartered Professional Accountants Inc.
Box 567, 113 2nd Street SW
Carman, Manitoba
R0G 0J0

Notice to Reader

To Management of Carman Wellness Connections Inc

On the basis of information provided by the organization's management, we have compiled the statement of financial position of Carman Wellness Connections Inc as at December 31, 2021 and the statement of operations and statement of changes in net assets for the year then ended, and Note 1, which describes the basis of accounting applied in the preparation of the compiled financial information.

Management is responsible for the accompanying financial information, including the accuracy and completeness of the underlying information used to compile it and the selection of the basis of accounting.

We performed this engagement in accordance with Canadian Standards on Related Services (CSRS) 4200, Compilation Engagements, which requires us to comply with relevant ethical requirements. Our responsibility is to assist the organization's management in the preparation of the financial information.

We have not performed an audit engagement or a review engagement, nor were we required to perform procedures to verify the accuracy or completeness of the information provided by management. Accordingly, we do not express an audit opinion or a review conclusion, or provide any form of assurance on the financial information.

Readers are cautioned that the financial information may not be appropriate for their purposes.

A partner of this accounting firm signed cheques on the bank account of Carman Wellness Connections Inc and has made management decisions during the year.

Prior to compiling the financial information of Carman Wellness Connections Inc, this partner performed bookkeeping services, which included the preparation of journal entries and a trial balance.



George & Associates Chartered Professional Accountants Inc.

Carman, Manitoba
March 25, 2022

Carman Wellness Connections Inc

Statement of Financial Position

December 31, 2021

	2021	2020
Assets		
Current Assets		
Bank	\$ 10,728	\$ 12,200
Accounts receivable	300	-
GST receivable	100	48
	<u>11,128</u>	<u>12,248</u>
Total Assets	<u>\$ 11,128</u>	<u>\$ 12,248</u>
Liabilities and Net Assets		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 1,133	-
Total Liabilities	<u>1,133</u>	<u>-</u>
Net Assets		
Unrestricted net assets	<u>9,995</u>	<u>12,248</u>
Total Liabilities and Net Assets	<u>\$ 11,128</u>	<u>\$ 12,248</u>

DocuSigned by:
Approved on Behalf of the Board:

Karen Tjaden

DocuSigned by: _____, Director

LISA M LEHMANN

DocuSigned by: _____, Director

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The accompanying notes are an integral part of these financial statements.

Carman Wellness Connections Inc

Statement of Operations

For the Year Ended December 31, 2021

	<u>2021</u>	<u>2020</u>
Revenue		
Grants	\$ 1,308	\$ 16,930
Donation	5,884	520
Total revenue	<u>7,192</u>	<u>17,450</u>
Expenses		
Advertising	42	-
Donations	300	-
Interest and bank charges	-	4
Office expenses	200	-
Professional fees	75	373
Committee projects	8,828	4,825
Total operating expenses	<u>9,445</u>	<u>5,202</u>
Excess (deficiency) of revenues over expenses	<u>\$ (2,253)</u>	<u>\$ 12,248</u>

The accompanying notes are an integral part of these financial statements.

Carman Wellness Connections Inc

Statement of changes in net assets

For the Year Ended December 31, 2021

	<u>2021</u>	<u>2020</u>
Net Assets - opening	\$ 12,248	\$ -
Excess (deficiency) of revenues over expenses	<u>(2,253)</u>	<u>12,248</u>
Net Assets - closing	<u>\$ 9,995</u>	<u>\$ 12,248</u>

The accompanying notes are an integral part of these financial statements.

Carman Wellness Connections Inc

Notes to the Financial Statements

For the Year Ended December 31, 2021

1 Basis of Accounting

The basis of accounting applied in the preparation of the financial information is on the historical cost basis, reflecting cash transactions, with the addition of the following:

- Accounts receivable less an allowance for doubtful accounts
- Accounts payable and accrued liabilities at the reporting date



Carman Wellness Connections

COMMUNITY ACTION PLAN

ANNUAL REPORT

January 1 – Dec. 31, 2021

Approved - May 19, 2022

“Addressing Poverty & Promoting Wellness”

COMMON VISION: Together, creating a community where everyone has the opportunity and supports to flourish where they live, learn, work and play.

COMMON VALUES: Common values will guide our behavior, inspire our actions, and encourage conversation within every component of this community initiative.

Empowerment	Sustainability	Accessibility	Best Practice	Respect
Shared Responsibility	“Nothing about us, without us”		“It takes a village”	

MESSAGE FROM THE CO-CHAIRS

We are preparing this message at the same time as humankind recognizes the date the World Health Organization (WHO) first described COVID19 a global pandemic, two years ago, in March 2020. We are pleased and proud of the lengths Carman Wellness Connections has progressed despite the challenges that COVID19 brought, not only to this committee’s table but to the lives of every volunteer, partner, participant and community member every day.

The motivation to see positive change has inspired Carman Wellness Connections, as well as the working groups to continue to meet regularly as they purposefully enhanced their technology skills to meet the need to connect. Recognizing opportunities to create partnerships with like-minded organizations and skilled individuals is strategic; by tapping into the knowledge and expertise of others, and we learn and grow together. The shared commitment to serve our community provides incentive to find ways to share space, and resources that benefit the community. Key examples of success to highlight from this past year would be; becoming a Charitable Organization; developing a website and acquiring office and meeting space.

Carman Wellness Connections continues to be committed to addressing the mandate raised by the community, to consider issues contributing to poverty in our community and focusing on our vision and values to guide us. As the world adjusts to the shift in the pandemic and to the ‘new normal’, Carman Wellness Connections is looking forward to meeting new community members to share ideas about new ways to address poverty in Carman and Dufferin.

Karen Tjaden and Lisa Lehmann (Co-Chairs)

2021 Board Members:

Karen Tjaden (Co-chair)	Lisa Lehmann (Co-chair)	Lorna George (Treasurer)
Debbie Iverson (Secretary)	Wendy Durand (Grant Coordinator)	Janet Fowler
Amy Johnson,	Allison Abbott-Wiebe	Terra Huston
Susan Wepler	Darcy Redekopp	Nancy Clearwater
Rachel Siemens	Colin Hay	Cecile Affleck
Carol Brown	Louise Duncan	Beth Bartley

Carol Brown, Louise Duncan, and Beth Bartley have since resigned and we would like to thank them for their participation and contributions to the work of the Board.

Working towards Our Goals:

2021 was another challenging year as we continued to navigate through the everchanging pandemic environment. The pandemic continued to stretch our creativity in planning but also limited our ability to carry out some of our plans due to public health covid restrictions.

We would like to acknowledge and thank the many community volunteers and organizations who have partnered with us on different projects over the past year.

We would like to express our appreciation for funding and in-kind support to the following:

- Southern Health Santé-Sud
- Dufferin Agricultural Society
- Carman & District Ministerial Association
- Carman MCC Thrift Store
- Direct Farm Manitoba
- Carman Area Foundation
- Carman CO-OP
- Other community and individual donations

Carman Wellness Connections continues to focus on the long term goals that were identified from the information gathered at the Community Town Hall – Addressing Poverty Workshop held in Nov 2019. We are excited to highlight and celebrate the following achievements for 2021 towards meeting these goals.

Goal 1: To Formalize the Poverty Reduction Committee and Create Working Groups.

CWC Board:

2021 Activities:

- ✓ Carman Wellness Connections was formally incorporated in June 2020. Formal Bylaws were approved by the Board in January 2021 and the organization became a registered charity on January 1, 2022.

- ✓ Carman Wellness Connections held its first Annual General Meeting on June 17, 2021 at which time Board members were elected. The executive committee was appointed at the first meeting following the AGM.
- ✓ Approved design of a CWC logo. The Board would like to acknowledge and thank Jacquie Leyenhorst for all her work and creative design in helping us design our new logo.
- ✓ Development of a CWC website. The Board would like to acknowledge and thank Matt Kenyon for volunteering to design the website with Board input. The CWC website is now live and can be accessed at **www.carmanwellnessconnections.ca**
- ✓ With continued community volunteer interest and involvement, the following Working Groups continue to plan and implement community projects to address poverty and promote wellness highlighted in this report.
 - Supporting Emotional Health
 - Food Security
 - Affordable Recreation and Leisure
 - Employment and Education
 - Affordable Housing
 - Transportation – Began early conversations with interested community residents with plan to further develop a working group in 2022

We invite anyone interested in learning more or participating on any of these Working Groups, to contact Carman Wellness Connections at carmanwellnessconnections@gmail.com or check out the **CWC website at www.carmanwellnessconnections.ca**

Plans for 2022:

To establish the administrative support needed for the work of the CWC Board and Working Groups

- Apply for applicable grants for the work of CWC.
- Establish a Grant/Funding Committee to explore funding and grant sources for programs and admin
- Become a member of the Carman/Dufferin Chamber of Commerce

Goal 2: Establish a central community location/navigator for individuals to access information and navigate services.

CWC Board:

2021 Activities:

- ✓ Partnered with the Carman United Church to begin a pilot project for a Community Resource Centre Drop In. A planning team with Carman United Church and CWC Board representatives has been formed to oversee the project. The Drop In started in mid Dec. 2021 and is running on a weekly basis every Tuesday from 1:30 – 3:30 pm. Initial location of the pilot Community Resource Centre is at the Carman United Church, with the plan being to transition oversight to CWC with relocation to the community shared space in the lower level of the Carman Memorial Hall in 2022. Volunteers are being recruited and trained as hosts for the Drop In.
- ✓ Continuing to explore options for sustainable funding for a Community Resource Navigator.

- ✓ Approached and received approval from the Town/RM re: use of the lower level of the Memorial Hall to establish an office space and a Community Resource Centre within shared space with other community groups. This space will be further developed in 2022.
- ✓ Worked in collaboration with the Prairie Rose School Division and the Boyne Regional Library to make 3 chrome books available for community use. The chrome books are kept at the library, where individuals can use them or groups can make arrangements to check them out for use at other venues. CWC accesses these chrome books for use at the Community Resource Centre – Drop In. Primary focus is to provide access to internet and computers for individuals who do not have it in their home.

Plans for 2022:

- To continue to develop the Community Resource Centre – Pilot Project model in partnership with the Carman United Church with transition to CWC oversight and community location. (Includes activity planning and development of training resources for the volunteer hosts.)
- Establish a CWC office and Community Resource Centre within shared community space in the lower level of the Memorial Hall.
- Continue to explore options for sustainable funding for a Community Resource Navigator position.
- To continue development of training resources for the hosts at the Community Resource Centre.

Goal 3: Community residents have access to a comprehensive, centralized Community Resource List.

Community Resource Working Group & Communication Support Team

Working Group Members: Debbie Iverson, Wendy Durand, Carol Brown

Communication Support Team: Debbie Iverson, Diane Unruh, Allison Abbott-Wiebe, Colin Hay, Rachel Siemens, Lisa Lehmann (Adhoc members – Jaquie Leyenhorst, Lorraine Stevenson)

2021 Activities:

- ✓ Continued to promote the use of the existing 211 Manitoba resource within the community. Continuing to encourage local organizations and services to register with this resource to increase access for community residents to information via online and phone contact.
- ✓ Guided development of the CWC website.
- ✓ Link to 211 Manitoba included on the CWC website.

Plans for 2022: Will be continued through the Communication Support Team and the Community Resource Centre Planning Team.

- Activate and maintain the CWC website
- Continue to collect printed and online information and resource for access at the Community Resource Centre.

Goal 4: Increase options for accessible and affordable transportation

Transportation Working Group:

Working Group Members: Karen Tjaden, Kathie Findlay, Nancy McFarlane, Evelyn Rempel-Petkau

2021 Activities:

- ✓ Individuals brought together for initial conversation to establish a working group.

Plans for 2022:

- Establish a working group and develop an action plan.

Goal 5: Increase access and options for fresh affordable food.

Food Security Working Group:

Working Group Members: Terra Huston, Alita Montgomery, Diane Unruh, Edith Rook, Julie Ruban McDonald, Karen Tjaden, Brenda Bryson, Beth Bartley, Heidi Sandulak, Janet Fowler, Nancy Clearwater, Colin Hay, Sandy Scott, Jacquie Paton, Chelsea Paton.

2021 Activities:

- ✓ Promoted the community “Grow a Row” garden project with established community vegetable stand for the summer months. Partnered with Visions of Independence, to host the vegetable stand at one of the community residences in Carman. Vegetable stand provides opportunity for community residents to both donate and take fresh garden produce with open access for all.
- ✓ Food Currency Program – in partnership with Direct Farms Manitoba and the Carman/Dufferin Farmer’s Market, we were able to support 21 participants with coupons to purchase fresh produce at the local Farmers Market. An evaluation was completed by Direct Farms Manitoba. (See attached 2021 Evaluative Summary - MB CFCP)
- ✓ Had planned on doing a community tire/container garden project, however due to covid restrictions, it was too difficult to implement this project this year.

Plans for 2022:

To increase access to local produce available for individuals/families on a limited income.

- Continue with the Grow a Row, Vegetable stand. To construct an additional Vegetable Stand for the south end of town.
- Connect with people on low income who are interested and in need of fresh local produce to support them in accessing resources and opportunities to grow a garden in their own yard or at the community garden.
- Continue with the Food Currency Program in partnership with Direct Farms MB. and the local community Farmers Market.
- Meal in a Bag Project (Providing bag of nonperishable ingredients and the recipe for a basic meal. Will be introducing the project at the Community Resource Centre Drop In.
- Collaboration with Homestead Co-op to explore cost saving grocery program.

- Collaboration with Carman/Dufferin Communities in Bloom (CIB) and other community organizations to access a SH-SS Mental Wellbeing grant with a focus on community garden/food project within the community.

Goal 6: Increase educational and employment opportunities.

Education & Employment Working Group:

Working Group Members: Allison Abbott-Wiebe, Bruce Wood, Chris Hasell, Darcy Redekopp, Colin Hay, Louise Duncan

2021 Activities:

- ✓ Focused on recruiting more members and continuing to organize towards the development of an action plan into 2022.

Plans for 2022:

- To develop an action plan and begin implementation.

Goal 7: Increase access and options to mental health and addiction services

Supporting Emotional Health Working Group:

Working Group Members: Lisa Lehmann, Audi Dewit, Brook Somers, Cecile Affleck, Lisa Martin, Jacquie Leyenhorst, Jaqueline Rudd, Julie Hesketh, Les Vanderveen, Linda Sylvester, Monica Halbesma, Rob Bryson, Terry Warburton, Val Giesbrecht, Wendy Clark (Adhoc members: Tyler Friesen, Warren McCutcheon, Keira Unger, Colin Hay)

2021 Activities:

The following activities were provided at no cost to participants.

- ✓ 4 – “Art Therapy Workshops” – Delivered via Zoom in January/February, March, and September. Each workshop consisted of 4 weekly sessions facilitated by Chris Larsen, with a total attendance of 8-9 Participants at each session.
- ✓ Journaling workshop “Writing from the Well” – Consisted of 4 sessions delivered via Zoom in June. The workshop was facilitated by Heidi Hunter, with 22 individuals registered and 15-16 participants in attendance for each session. The Workshop was offered again in Nov, however it was cancelled due to low registration at deadline.
- ✓ “Alpha Child” Workshop facilitated by Terry Warburton had 21 registered with an average of 12-15 participants each week. Feedback from Survey Monkey was that the course was good and very good.
- ✓ “Music Therapy” Workshop – Consisted of 4 sessions facilitated by Erica Wiebe in the Spring – 4. There were 5 participants registered.
- ✓ “Well Read Book Club” via Zoom in July. This program consisted of 6 sessions, for conversation around the book “This Too Shall Pass. Stories of Change, Crisis, and Hopeful Beginnings” by Julia Samuels. Partnered with Boyne Regional Library in providing 8 books. 8 individuals participated.
- ✓ Promoted the “Anxiety & Worry Support Program” - Consisted of 6 online sessions in September through Anxiety Disorders Association of Manitoba (ADAM). The Workshop was facilitated by Tami

Giesbrecht, ADAM. They reported that these sessions were full but did not have any participants who identified as Carman/Dufferin residents.

- ✓ Promoted the “C4C (Coaching for Confidence) Workshop” – Consisted of 6 online sessions in March through Anxiety Disorders Association of Manitoba (ADAM) and facilitated by Tami Giesbrecht from ADAM. There was full registration but no attendees who identified as Carman/Dufferin residents.
- ✓ Continued to offer the Community Connection Support Phone Line for social connection, especially during the covid restrictions with caring community volunteers. Due to low volume of calls, this service will be reviewed in 2022 to determine if will continue going forward.

Plans for 2022:

Continue to provide local opportunities to engage/participate in supporting emotional health

- Access to programs with focus on supporting parental engagement.
- Promotion and collaboration with Anxiety Disorders Association of Manitoba (ADAM) for workshops specific to Carman/Dufferin.
- Programs with focus on providing creative ways to support one’s own emotional health.
- Evaluate use of the community connections support phone line.
- Participate in workshops for community input into the provincial Stepped Care project. – Government of Manitoba looking a developing a provincial stepped care model for mental health and substance use services.

Goal 8: Increase quality affordable housing options in our community.

Affordable Housing Working Group

Working Group Members: Lorna George, Karen Tjaden, Tom Mooney, Kelly Dyck, Richard Dyck, Taylor Richards - Genesis House

2021 Activities:

- ✓ This working group was just created this year following some informal conversation of interested community residents
- ✓ **Manitoba Housing** - Contacted Trevor Jaworsky in May to indicate our interest in exploring further the option of purchasing existing Manitoba Housing unit(s) in Carman. There were no units available for purchase in 2021. In September we contacted Rod Porter, Executive Director of Manitoba Housing in an attempt to arrange a walkthrough of the uninhabitable units in hopes that our organization could provide some support to see these units are fixed, however he was not able to grant our request.
- ✓ **Working Together** – Discussed option of forming an alliance with other groups in Carman to further this process (ie: Town of Carman, RM of Dufferin, Carman MCC and groups that provide housing support for the elderly, aged out foster children, homeless and victims of domestic violence. If we want to see additional affordable housing units available for rental and/or home ownership we will need to identify and strengthen partnerships to move this work forward.
- ✓ **Habitat for Humanity** – there is currently a property available for a second Habitat build (on 1st SE). A local Habitat for Humanity group would need to be re-established in order to proceed with a build on this property. The provincial Habitat for Humanity office would provide resources and information to support this work.
- ✓ **Communication with MLA Blaine Pederson** - In July there was a video conference between Blaine Pedersen and Karen and Tom. There are 48 Manitoba Housing units in Carman. There are one or two that require repairs before they are available for occupancy. Blaine confirmed that the provincial

government is interested in the sale of some units to local groups to be maintained as income geared rental units.

- ✓ **Consultation with Winkler Affordable Housing Inc. (WAHI)** – James Friesen talked with us to share their model. We also met with Lori Penner, Housing Coordinator with Central Station. WAHI has several housing initiatives, including building a 24 unit affordable housing building and purchase of stock housing from Manitoba Housing. We discussed how they funded the projects and how they managed them. We would like to invite them to speak to our housing committee and include representation from the Town of Carman and local residents that may have a direct need for housing for staff and citizens concerned with the lack of affordable quality housing with rent based on income.
- ✓ **Right to Housing Coalition** – Karen attended a monthly meeting of the Right to Housing Coalition learning more about the efforts of their City Working Group and Provincial Working Group and beginning the process of networking with others in Manitoba who are concerned about truly affordable housing (defined as 30% or less of household income).
- ✓ **Manitoba Non-Profit Housing Association** – becoming aware of this organization and the resources and they have available for communities who want to act on housing concerns in their community.

Some areas where we will need additional help in 2022 include:

1. Ensuring greater access to Income geared housing
2. Repairing existing Manitoba Housing stock
3. Helping the working poor find deposits so they can purchase houses
4. Identifying and strengthening partnerships towards building affordable housing

Plans for 2022:

- Connect with MB Non-Profit Housing Association conference.
- Connect with community stakeholders to identify issues surrounding affordable housing.
- Search out available resources via provincial funding.
- Advocate for all community Manitoba Housing units to be repaired and filled.
- Connect with Right to Housing MB. and the Canadian association.
- Continue to explore more information for “making home ownership affordable”. Programs for first time home buyers.

Goal 9: Access to affordable recreation and leisure activities for children, youth and adults.

Affordable Recreation & Leisure Working Group:

Working Group Members: Susan Wepler, Rikki Derksen

2021 Activities:

- ✓ Working with Carman/Dufferin Recreation to create a list of no cost/low cost community activities which will be posted on the CWC website for community information once it is complete.
- ✓ Began exploring potential to develop and provide some bike maintenance workshops which will continue to plan into 2022.
- ✓ Pool rentals for individuals/families with low income and newcomers. Included some games/activities in Kings Park alongside the pool rentals.

- 2 Pool rentals for up to 25 people – Had a total of 40 participants.
- 2 Pool rentals for up to 50 people – Had a total of 70 participants.

Plans for 2022:

- Pool sessions for low income individuals/families
- Develop bike maintenance workshops for youth
- Complete the no cost/low cost list of recreation and leisure activities.
- Provide sleds for community use with easy access
- Explore options for free art classes for low income families in partnership with Golden Prairie Arts Council.

DID YOU KNOW:

- Grocery Assistance Program – Carman and Area Ministerial Association – Local community churches work together to provide grocery assistance vouchers within Carman and nearby surrounding communities.

Annual Grocery Assistance Vouchers:

❖ 2021 - \$26,864.96	286 Vouchers	88 households
❖ 2020 - \$24,386.11	General Voucher: \$100/family, \$75/single	
❖ 2019 - \$22,316.02	General Voucher: \$75/family, \$50/single	
❖ 2018 - \$15,370.77	General Voucher: \$75/family, \$50/single	
❖ 2017 - \$11,839.79		

- Carman Wellness Connections is a member of **Make Poverty History Manitoba**.
 Make Poverty History Manitoba “is a multi-sector collaborative coalition committed to changing public policy to achieve a Manitoba without poverty.”
 Check out their website at makepovertyhistorymb.com for valuable information and ways you can get involved and lend a voice for advocacy.