



**THE NORTH GROVE**

# 2020-21 IMPACT REPORT







# COMMUNITY SNAPSHOT

DARTMOUTH NORTH IS ONE OF OUR CITY'S MOST CHALLENGED NEIGHBOURHOODS, WHERE 1 IN 2 CHILDREN LIVE IN LOW INCOME HOUSEHOLDS AND ALMOST HALF OF RESIDENTS LIVE ALONE. BUT IT IS ALSO A COMMUNITY OF GREAT RESILIENCE AND STRENGTH.

## KRISTIN, DAVID AND JAKE'S STORY

Before they became parents, Kristin and David would stop by The North Grove for drop-in programs from time to time. But when their son Jake arrived, they needed more support to face the challenges that come with parenting. Kristin and David turned to The North Grove's Parenting Journey Home Visiting Program for support and found an incredible resource and valuable ally in their home visitor Andrea.

***"I have a hard time trusting people on a good day and when times get tough it's hard to know who to trust and Andrea is one of the only people I do trust."***

Through their connection with Andrea and their commitment to Jake, Kristin and David began going to playgroups as a family and attending parenting workshops. Jake gets to play and socialize in the programs and drive his little red car in the Childrens' Discovery Garden.

***"Being a part of The North Grove has brought our little family a lot closer to the community. It's given us a safe place to work, play or to just relax (or to eat!)"***

This spring the family planted two garden plots at The North Grove where they grow veggies and herbs. Kristin has always wanted to garden but didn't know where to start. Now she is drying her own herbs for seasoning and herbal teas.

When asked, Jake says his favourite part of being at The North Grove is "helping mom with her garden." Jake also loves to help Kristin pick up litter. They started by cleaning up around The North Grove but now they go all over the neighbourhood.

***"We just love being there, we love the space. We can usually be found outside every day, checking on our garden plots, playing in the secret garden. We sometimes hang out there to play cards and play music. It feels like its own little community."***



### 84%

of The North Grove's participants are living on a low income

### 58%

of families are lone parent households

### 49%

of Dartmouth North residents live alone

### 82%

of participants live in rental units

### 84%

say food insecurity is having a negative impact on their physical health

### 97%

feel they belong to a community at The North Grove

Source: Annual Program Survey, Community Food Centres Canada & The North Grove, 2019; Community Action Program for Children (CAPC) Participant Survey, 2018; United Way Census Snapshot, 2016



*"When you are coming from some other culture, you are used to eating other vegetables and I couldn't find any and it felt awful. And then it struck me, why am I not growing these vegetables? If I grow them, then I can eat them, and help other people too."*

Read Barkat and Sunmoon's story on our website at [www.thenorthgrove.ca](http://www.thenorthgrove.ca)

# OUR IMPACT

FROM TAKEOUT MEALS AND ONLINE COOKING CLASSES, TO OUTDOOR HOME VISITS AND PLAYGROUPS, COVID-19 KEPT US LOOKING FOR WAYS TO STAY CONNECTED AND SUPPORT ONE ANOTHER.



**23,356**

Healthy take-out meals



**12,420**

Fresh produce packs



**4,200**

Home visits and calls to parents



**2,100**

Support calls with our Community Action Office

**95%**

of participants who made friends at The North Grove kept in touch with those friends during the pandemic

**93%**

of participants say The North Grove provides them with an important source of healthy food

**100%**

of parents say they have learned new strategies to cope with stress and emotions

Participants visited or used The North Grove's programs or services an average of **10.2** times per month

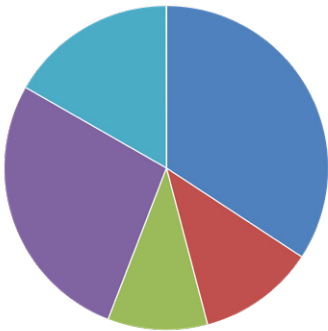




# 2020-21 REVENUE AND EXPENDITURES

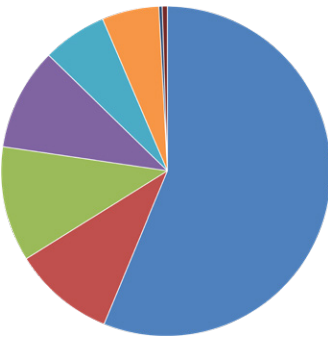
## REVENUE 2020-21

Provincial funding	686,940
Federal funding	233,964
Community Food Centres Canada	200,000
Corporate, foundation & individual fundraising	549,547
COVID emergency funding	335,234
Market sales	530
	<b>2,006,215</b>



## EXPENDITURES 2020-21

Personnel	1,128,574
Facilities and equipment	197,961
Programming costs	224,547
Program Expansion Surplus	126,334
Transfer to operational reserve	200,000
Operational costs	112,138
Travel and meals	6,507
Fundraising and promotion	10,154
	<b>2,006,215</b>



For full financials visit [www.thenorthgrove.ca/about-us](http://www.thenorthgrove.ca/about-us)

# OUR SUPPORTERS

Thank you to all our supporters. Visit [thenorthgrove.ca](http://thenorthgrove.ca) to see the wonderfully long list of people and organizations who make The North Grove what it is.

*"I became a monthly donor after volunteering for a while," Courtney says. "I really believe in this organization and want to support them as much as I can. Monthly giving is so easy on both ends and this is going to feed people; that's important to me."*

Become a monthly donor at [www.thenorthgrove.ca](http://www.thenorthgrove.ca)



# THE NORTH GROVE'S 2020-21 BOARD OF DIRECTORS



**Left to right:** Kristine Elliott-Grace (Treasurer), Anne Cogdon (Past Chair), Fred M. Gaspar, Doug Townsend, Sharon Clark, Cathy Chenhall (Chair), Natalie Woodbury (Secretary) Erin Murphy  
**Not pictured:** Kristina McMillan (Vice Chair), Anil Chhabra

## FUNDING PARTNERS

Community Food Centres Canada  
Nova Scotia Department of  
Community Services  
Nova Scotia Health Authority  
Public Health Agency of Canada  
United Way Halifax

## SUSTAINABILITY SUPPORTERS

*Special thanks to our multi-year supporters*

Anne Campbell & John Lindsay  
Anonymous  
BOYNECLARKE LLP  
The Canteen on Portland  
East Coast Credit Union  
Edwards Family Charitable  
Foundation  
Flemming Charitable Foundation  
Green Shield Canada  
Halifax Assistance Fund

Halifax District Activity Fund  
Halifax Youth Foundation  
Hartman Matthews Family Trust  
J & W Murphy Foundation  
Killam Apartment REIT  
Kiwanis Club of Dartmouth  
The Levenhurst Foundation  
McInnes Cooper  
Medavie  
O'Regan's  
President's Choice Children's  
Charity  
Scotiabank  
Sobeys  
The Windsor Foundation

## CAPITAL AND COVID SUPPORT

*For our new home and managing the costs of COVID-19*

Atlantic Compassion Fund,  
United Way Halifax  
By & Large Design Studios  
Canadian Turkey Farmers  
Danny Chedrawe  
Cathy Chenhall & Patrick O'Regan  
Community Foundation of Nova  
Scotia, Emergency Community  
Support Fund  
Dalhousie Urban Garden Society  
Efficiency One  
Feed Nova Scotia  
JED Sheet Metals  
Lawson Foundation  
McNair Plumbing & Heating  
Metrie  
Provincial Woodworkers

Thanks to Community Food Centres Canada for its support of The North Grove.





The North Grove is a dynamic community hub located in the heart  
of Dartmouth North

Our vision is a thriving community

Our mission is to create supportive space for learning and  
community connections to form and grow

# WE STAND TOGETHER



All photos courtesy of Snickerdoodle Photography.

