



**THE NORTHGROVE**  
We Stand Together

# 2021-22 IMPACT REPORT







## WE MADE IT THROUGH! THANKS TO YOU.

*The second year of the pandemic seemed even harder than the first. More uncertainty. More stops and starts. More cases of COVID-19 than we could have imagined and then, sandwiched in between the illness and isolation, came the economic impact. We know every bit of that hardship hit The North Grove community even harder.*

*And yet you continued to show up in so many ways.*

*You delivered meals to your neighbours. You lugged vegetables, washed dishes, and weeded garden beds. You joined us at socially distanced Family Playgroups just to be together with other parents and children. You wore your masks all the time, and almost 600 of you got vaccinated here at The North Grove, just to protect one another. Your drive and determination, in the face of so much difficulty, inspired us each and every day.*

*We dedicate this report to you, The North Grove community. Every story, every fact and figure, couldn't have happened without you.*

*Whether you're a program participant, volunteer, or staff member; a program partner, funder, donor or neighbour – this community wouldn't be what it is without you. Your presence, your contribution makes us what we are. Thank you for your love, care and commitment. We made it through the year together!*

*With gratitude,*

*Wendy Fraser, Executive Director,  
and The North Grove's Board of Directors*

### **The North Grove's 2021-22 Board of Directors:**

Cathy Chenhall (Chair)  
Doug Townsend (Vice Chair)  
Kristine Elliott-Grace (Treasurer)  
Natalie Woodbury (Secretary)  
Anne Cogdon (Past Chair)  
Sharon Clark  
Fred Gaspar  
Erin Murphy



# ALIYA AND SHAAHID'S FAMILY STORY

"If you go to sleep now, I'll take you to The North Grove tomorrow," is a common offer in Aliya and Shaahid's home to get the kids to bed. With five children ranging from 10 years to a few months old, this family loves to come to The North Grove because there is something for everyone! Aliya can take a break and connect with other parents, and there is always a program happening for the kids like Family Playgroup, Sunshine Gang, or Young Farmers.

*"If the kids know we are going to The North Grove they are so happy. If they give me a hard time I say 'Ok I guess we can't go to The North Grove then' and they immediately go 'Ok I'm going to be nice! I'm going to be nice!' It works for me every time."*

—Aliya

Aliya started participating in programs in 2014, when her oldest, Nabeel, was a toddler. A friend invited her to Playgroup and her family has been part of The North Grove community ever since. Aliya often connects with other parents from the Dartmouth Mosque to plan which programs they

want to attend so their kids can play together. She also loves attending the programs that are just for parents. "I've learned a lot at Coffee Talk for Parents, like parenting skills and tips to not yell at your kids." After programs she regularly picks up bread from The North Grove to share with elderly neighbours.

Nabeel, who is now 10, and his siblings are all regulars at The North Grove. "Young Cooks was my favourite because you get to cook new recipes and try them" says Nabeel's seven-year-old sister Yasmeen. Aliya also loves the recipes; "I get a lot of nice and healthy recipes from The North Grove and everyone likes it when I cook them."

*"It's a great thing to have for the community. If we didn't have The North Grove, where would the kids go? There's not a whole lot of options... to have that social environment is a really special thing."*

—Shaahid

**Read the full story on our website at [www.thenorthgrove.ca](http://www.thenorthgrove.ca)**

*Left to right: Aliya, Najwa (2 months), Zahra (6), Nabeel (10), Yasmeen (7), Shaahid, Muhammad (2)*



# OUR COMM



## PROGRAM PARTNERS

- |  |                                |  |
|--|--------------------------------|--|
| Alice House                            | Dartmouth Learning Network     | Nova Scotia Health, Mental Health and Addictions Program |
| Better Together                        | Dartmouth North Public Library | Nova Scotia Brotherhood                                  |
| Between the Bridges                    | Direction 180                  | Nova Scotia Legal Aid                                    |
| Boys & Girls Club                      | Forsyth Education Centre       | Public Good Society                                      |
| Community Volunteer Income Tax Program | Frontier College               | Welcome Housing & Support Services                       |
| Dalhousie Legal Aid                    | GEO Nova Scotia                | Wonder'neath Art Society                                 |
| Dartmouth Community Health Team        |                                |  |

# UNITY HUB

*"I love knowing that you can buy fresh vegetables that aren't going to cost an arm and leg. And the people, the people are so wonderful. There's laughter and there's jokes. There are people who seem to really care about each other."*

Read Lorraine's story at [www.thenorthgrove.ca](http://www.thenorthgrove.ca)



## YOUR SUPPORT MADE A DIFFERENCE

Taking care of our health, and each other, in the midst of the ongoing pandemic made for a year of ups and downs. In our most recent survey, community members were clear about the toll of the pandemic on their mental health, the impact of increased isolation, and the reality of decreased financial security.

**20,784**

Healthy meals and snacks for families and individuals

**3,000**

Pounds of food grown on our Community Farm

**1,100**

Volunteer hours contributed

**945**

Home visits with parents

**100%**

feel they belong to a community at The North Grove, despite the isolation of the pandemic

**98%**

of respondents felt The North Grove did everything it could to help them during the pandemic

**93%**

of people said The North Grove was an important source of healthy food during COVID-19

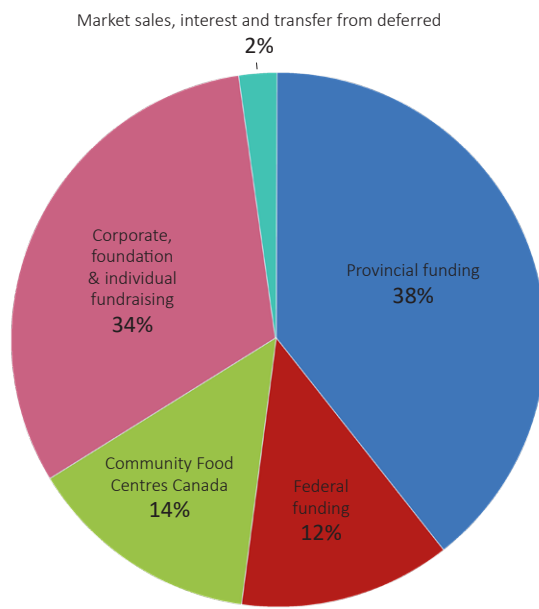




# 2021-22 REVENUE AND EXPENDITURES

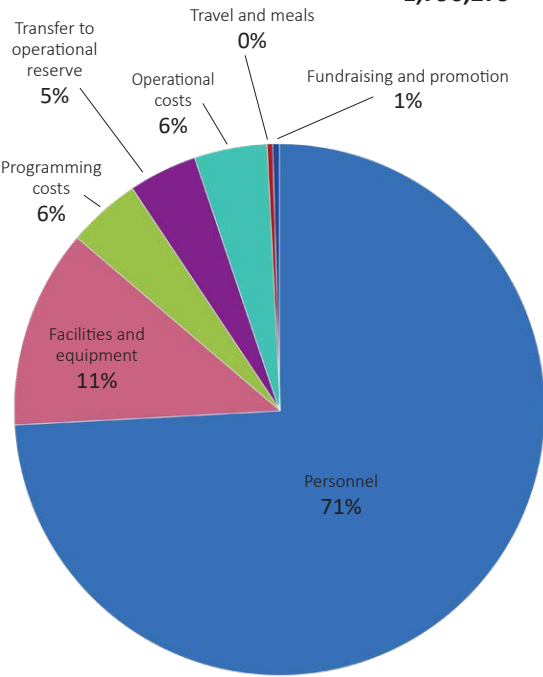
## REVENUE

Source	Operating
Provincial funding	681,125
Federal funding	219,041
Community Food Centres Canada	243,476
Corporate, foundation & individual fundraising	614,324
Market sales, interest and other	38,314
	<b>1,796,279</b>



## EXPENDITURES

Personnel	1,281,750
Facilities and equipment	193,243
Programming costs	104,687
Transfer to operational reserve	93,360
Operational costs	111,848
Travel and meals	3,920
Fundraising and promotion	7,471
	<b>1,796,279</b>



# OUR SUPPORTERS

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

## 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

Anne Campbell & John Lindsay  
Danny Chedrawe/ Anchor Group  
J & W Murphy Foundation  
John & Pat McCutcheon Charitable Foundation  
Sobeys  
The Windsor Foundation

## FOUNDATIONS & NONPROFITS

Charitable Irish Society of Halifax  
Clean Foundation  
Edwards Family Charitable Foundation  
Enterprise Holdings Foundation  
Feed Nova Scotia

Flemming Charitable Foundation  
Halifax Assistance Fund  
Halifax Youth Foundation  
Hartman Matthews Family Trust  
Kiwanis Club of Dartmouth  
Newman's Own Foundation  
Spencer Family Charitable Foundation  
Tree Canada


## CORPORATE PARTNERS

Admiral Insurance  
BOYNECLARKE LLP  
The Canteen on Portland  
East Coast Credit Union  
Fleet Sim Training Solutions  
Green Shield Canada  
Halifax District Activity Fund – District 6 Councillor Tony Mancini  
IKEA  
JASCO Applied Sciences  
Mill Supply Ltd.  
Killam Apartment REIT  
Lake City Cider  
McInnes Cooper  
Medavie

O'Regan's  
Port of Halifax  
PRAXES Emergency Specialists  
President's Choice Children's Charity  
Scotiabank  
Yellowstone Commercial

## MAJOR DONORS

Albert Sweetnam  
Amy & Lee Bragg  
Anne Cogdon & Vince Marsh  
Anonymous  
Cathy Chenhall & Patrick O'Regan  
Emily & David Kay  
Francis Chisholm  
Friends of Dartmouth North  
Kim & Heather Conrad  
Mark Jollymore  
Matthew Towns  
The Miedema Family  
Pamela Anderson  
Paul Fisher  
Sharon Clark & Paul Black  
Tom Purves



*"As I watch the progress of The North Grove, it takes my breath away...it's world-changing kind of stuff."*

—Pat, Monthly Donor

Our monthly donors keep us going and growing!  
Join our monthly giving program today and be part of building a thriving community.

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



in partnership with

**community food centres**  
CANADA [cfccanada.ca](http://cfccanada.ca)

# WE STAND TOGETHER


All photos courtesy of Snickerdoodle Photography.

*"The North Grove is one of my safe places. It feels like home. I feel appreciated even at times when my health keeps me from actively participating."*

—Krista

 /thenorthgrovedartmouth

 @thenorthgrovedartmouth

 @the\_north\_grove

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

Charitable number: 140914755 RR 0001  
6 Primrose Street, Unit 115, Dartmouth, NS, B3A 4C5  
902-464-8234 | [thenorthgrove.ca](http://thenorthgrove.ca)

