

# 2016 Annual Report





## Executive Director Report

“So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless” (1 Corinthians 15:58 NLT).

I am so thankful for each of the individuals that make up the staff of Regeneration Outreach Community. Together the staff truly lives out 1 Corinthians 15:58 as we care with excellence and without restriction 365 days a year the homeless and those at risk of homelessness and those living in extreme poverty in the Region of Peel.

We served over 51,000 meals in 2016. Daily, we also meet many practical needs of the people we serve. This includes providing haircuts, chiropractic services, personal care kits, access to showers, laundry, clothing and nursing care. Our programs also include art and games to help with social interaction. Our garden program teaches practical skills and enterprise opportunities through planting, cultivating and harvesting. You will find more details throughout this annual report.

At Regeneration, these services are a means to a greater end. Time spent together over a meal or in programs is time spent building relationships. As a result of this community, no one has to face life's challenges and hardships alone. We also help those who are ready and able to break out of the cycle of addiction dependency. We often see those who have made the transition to independence continue to stop by to reconnect with this group of friends they call Regeneration.

We are very excited to be exploring the possibility of Regeneration offering housing to people in need. We have been working with SHS Consulting to discover the practicality and plans for this future development and anticipate having a report by mid 2017

I am also very thankful to those who financially support and give of their time volunteering with us throughout the year. We could not do what we do without this support.

I am proud to say that our staff, volunteers and the board of directors lives out our statement of purpose which say that “a caring community striving to provide a safe and inclusive environment for all those in need as an expression of Christian love.”

*“The breakfast program gives me the motivation to get up and start my day; I come and get breakfast and then start looking for jobs. It's a fresh start and it helps me to maximize the time I have.”*

Regen Guest





## Community Partners

At Regeneration, we know that it takes a village. We are so thankful to have partnerships with other like minded organizations in our community. We can now provide our guests with services that we would not be able to do on our own. Our guests have access to health care, and specialized support in areas that they need.

The Bloom Clinic comes in weekly to provide blood tests and support our guests that are living with Hepatitis C and HIV. Supportive Housing in Peel (SHIP) is available to answer any questions and work closely with our guests to complete the application process. Having the face to face contact gives the people who are on long waitlists, validation and hope. The Peel Outreach Team that is with us weekly, brings a variety of disciplines, including an OW worker, Housing Worker, a Nurse, and a family worker. Through them, we are able to provide foot care- this is can be life saving, and is necessary for many of our guests with diabetes, and who are homeless. Every Friday we have Dr. Blake and a team of licensed chiropractors who are dedicated to treating our community members, providing them with compassion and relief from pain. This is a service that allows our guests to have a better standard of living that they wouldn't have access to otherwise. CMHA has an Outreach Mental Health worker, that is able to assess needs of the guests right away and connect them with programs and resources. An Addiction Specialist from CMHA comes in, and provides one to one counselling, support and referrals. All of these services make it easier to meet their clients where they are at, allows for better follow ups, and is an essential part of the care of our guests.

Throughout the years we have developed a relationship that is vital to us with the Peel Regional Police. We have Officers that stop by during programs, allowing our guests to see them in a more positive light, and build relationships with them. We welcome them with open arms. Our relationship continues to support community building.

Our partnerships enable our guests to receive support for the whole person. It is a privilege to work with other professionals in our community that are striving for the same outcome. There are many other agencies that we work closely with through referrals, and working together to meet the needs of our



## Gift In Kind

We are tremendously grateful to our donors who support us through in-kind gifts such as food, clothing, and hygiene items. Last year, we received donated goods from different events such as the "Cram a Cruiser" and "Stuff a Bus". We also received hygiene items, food and clothing from drives organized by various businesses, schools and churches.

A number of businesses provide a variety of food items that are used regularly in our kitchen. We are very blessed to be recipients of fresh fruit and vegetables, meat, eggs, canned food and so much more.

In November, Brampton Minor Hockey partnered with Regeneration and a number of other organizations through the **Gift of Giving Back** event and collected nearly 75,000 pounds of non-perishable food. This was an excellent example of collaboration between a number of organizations to affect change in the community.

Regeneration received 206,493 pounds of food and other brand new items through our Gift in Kind program in 2016. We were able to share 109,741 pounds of food with other organizations within our community. This translates into over 84,000 meals shared!

It has been amazing to see the growth of partnerships that happened through our sharing. It has been our honour to do this.





**51,316 Meals  
Served**



**822  
Volunteers  
Served 15,673**



**11,737 Articles  
of Clothing  
Given**



**1,216  
Personal Care  
Kits**



## School Retreat Program

The Retreat Program at Regeneration has shown a great amount of growth in the past year. We have had 2,280 students in to serve 9,120 volunteer hours. This program has opened up the opportunity for youth to come in and serve our guests restaurant style. It also gives the students an opportunity to learn and grow in their ability to have compassion to others, and interact with a part of the community they wouldn't normally have contact with. The Retreat Program also allows for students to offer the gift of dignity and respect for our guests.

In the fall of 2016 the retreat program expanded from serving lunch 2-3 times per week to consistently serving 4 days a week Monday to Thursday. We went from having a partnership with 3 schools to a partnership with 8 schools. Today, we now have schools on a waiting list.

A quotes from those involved:

*"The Retreat program at Regeneration is an excellent opportunity for youth spirituality development and to put their faith into action. The staff are excellent and work really well with the students. This opportunity allows our students to go beyond the "Bolton Bubble" and see the reality of poverty in our community." Urszula (Chaplain)*

*"My daughter came through the retreat program last year, and I have seen such a difference in her. She talked about her experience and since then I have seen such a positive change in her." Flo (parent of Student)*

*"Thank you for taking the time to teach us how important it is to care for people in need. I really enjoyed being here and I want to come back" Unknown (student)*

Regeneration is committed to helping those in need in our community, and committed to serving with love. It is an honour to serve our community, by helping our youth develop their ability to have compassion and see their full potential.





*"The art program inspires me, gives me a purpose, lets me be creative and associate with other artists" - Brett*

Many of our guests lack the space, resources or confidence to be creative on their own. The art program at Regeneration offers guests an inclusive, welcoming atmosphere where they can put some of the issues troubling them aside for an hour or express them through painting, as well as challenge and develop skills. Canvases and paint are available as well as drawing utensils to allow guests the freedom to choose what they would like to create. Although it took someone like Brett a few months to



The Regeneration Choir is a program offered to staff, volunteers and guests. It aims not only to enhance participant's musical ability but also to foster growth in the areas of self-esteem, social skills and community involvement. We are thankful for the grant from the Ontario Trillium Foundation.

*"It's a place to take a chance and develop something that was stifled for a long time. I was told 'shut up, you can't carry a tune in bucket' et cetera. Here, I was*



The gardening season of 2016 started strong and with high hopes. Having tilled in compost and manure in the fall season prior, we could see a marked difference in the soil as the soil was rich and dark. All was shaping up to be a bumper year until we were discovered by community of ground hogs who ravaged our lettuce and kale.

Adding to our challenges was a dry spell that lasted through the growing season. If it wasn't for the work of volunteers who dutifully watered the garden we would have succumbed to the drought.

Tomatoes were particularly flavourful and in abundance as well as the peppers. In the end, our



Each week during the summer Regen hosts a community kitchen where guests join together to prepare a meal together and build friendships. Chef Carol Gray teaches our guests to prepare a variety of different meals, from the beginning stages of food preparation to setting the table to eat together. Guests often ask her questions about how to make meals based on the items they have acquired at food banks.

For those who love to cook, but due to space and financial constraints are not able to prepare healthy meals for themselves the process is therapeutic. After preparing the meal, staff and guests are able to sit down together and enjoy the meal they have prepared.