

## From the Boardroom

*Lucie Perrier*



*Outdoor play structure*

This past year has been one of structure, rebuilding and planning at Nelson House. The Board has been diligent in updating and finalizing bylaws,

and ensuring effective board recruitment and training are set for the years ahead. In fact, we now have a full board with a list of individuals who would also like to join us. We have also laid the groundwork for staff evaluations and fundraising opportunities. This past year, donation and fundraising efforts reached \$59,642. In addition, grants for specific programs totaled \$28,000. Committees and working groups have been formed that will put our five year strategy into action. All of these initiatives are building blocks which

have one objective in mind – to provide safety for women and children who are being abused and to work with other groups and individuals toward ending violence against women.

Much like the services offered to those who come to us for help, the accomplishments of the surroundings of Nelson House are not unlike the objectives the staff works toward on behalf of each and every resident. The children's playroom, outdoor play structure, new storage shed and recreation room for adolescents are all part of the enhancement of services available to the approximately 150 residents who benefit from Nelson House each year. Often a Mom comes to us needing emotional and practical support. As she discovers what life should and could consist of, at Nelson House, her children now have the resources and opportunities that allow them to be

children. Play and recreation are so important in the development of children. Imagine the relief and reward of knowing your child can play, feel joy and just be - all without fear. This year, Nelson House brought joy to children and relief to Moms who needed it most. That is what we work towards and I thank the staff, volunteers, donors and fellow board members for making all of this possible. With these kinds of rewards, it's no wonder we have people waiting for a vacancy on our Board. Special thanks to outgoing Board members Kerri Hanley, Gillian Higenbottan, Pat Evans, and Shelley Douthwright for your loyalty and commitment to Nelson House.

**Lucie Perrier is the Chair of the Board at Nelson House.**

## So Much Time and Effort

Sheila Coe

Our close to 30 volunteers are an essential part of the services offered at Nelson House. The range of skills and contributions from these individuals are vast and their devotion is incredible. For instance, one person cooked a Christmas dinner, an all-day endeavor, carried out weekly grocery shopping for more than a year, assisted the maintenance worker by weeding the grounds and even helped out in the administration office. Thank you Sylvia, it will take many to fill your shoes.

Others staffed an information table in the rain for the all-day Chito-Kai Karate 4 Community Marathon, while other volunteers assisted with sales at

the Rotary Club Auction. Weekly pick-ups of donated items from two Winners and a Homesense store are a result of three helpers. Volunteers also pick up donations; take them to our storage facility and later shuttle residents there to select whatever they need to start their new home. Sorting and storing requires diligence and attention throughout the year. Surplus items went into the volunteer-run garage sale for Nelson House.

Birthdays are celebrated with delightfully decorated and delicious cakes made by a talented and creative volunteer. On the administrative side, a long-time volunteer comes in one day a week to do thank you letters and provides a helping hand in the office. That same volunteer has also started a Fashion Night for the residents and assembles donated clothing to make up complete outfits. Another helps by translating forms into French. General paperwork, photocopying and shredding are also tackled by volunteers. Meanwhile, two others are working on a

feasibility study for fundraising and there are more volunteers working on grant proposals. How could we possibly manage at Nelson House without these generous people?

With the holiday season around the corner, they are now setting time aside, on top of all of the above, to pick up donations, and sort and wrap gifts. It isn't hard to realize that the volunteers at Nelson House give so much time and effort. Each one of them makes a valuable and memorable contribution that is essential to Nelson House and goes a step further by keeping our community safer.

What an enormous pleasure it has been to get to know and work with the Volunteers at Nelson House. As I step down from the Volunteer Program Coordinator position, the imprint of their generosity and unfailing devotion warms my heart well beyond the holiday season.

**Sheila Coe is the outgoing Volunteer Program Coordinator at Nelson House.**

*The children's playroom*



## Up Front

Marie Carroll & Michelle Godard



*The recreation room for adolescents.*

The Nelson House frontline office is unpredictable, busy and challenging. The shelter is staffed 24 hours a day with three rotating shifts but there is always only

one front-line worker on duty at a time. Functioning in a single staff capacity requires multitasking on a daily basis. It often makes it challenging to meet everyone's needs effectively.

Our residential program takes in approximately 150 women and children each year. We help by providing counseling, referrals, crisis intervention, and a listening ear. We are a bridge to these women and their children in crisis. We help them find safe affordable housing, we direct them to legal, medical and educational services and we carry out safety planning and educate them about abuse. Our 24 hour crisis line which offers information, referrals, and support to women and their families living in abusive relationships

or to those who are at risk, receives 1500 calls each year.

We strive to provide a warm, welcoming, and safe atmosphere for all women and children fleeing abuse. This is essential in assisting and encouraging them to rebuild their lives in an environment free of violence and fear. For these women to be successful, they must receive a great deal of support from us and from the community. The generosity of the community helps our clients gather all the essential items required for their new home. Simple things like linens, bedding, dishes, pots and pans; just about anything and everything is needed. Many also require furniture as they have had to leave all but their most basic possessions behind.

Our challenge is not only to ensure that a woman gains access to all the support she needs to rebuild her life, but also to encourage and empower her so that she'll regain confidence and self-esteem, both of which they are often stripped of. This rebuilding will also enable her to see that

life can and should be fulfilling and free of violence.

Christmas is fast-approaching and the season always brings special needs to our families. With help from the community, we will endeavor to provide women and children with gifts and food baskets so they too can celebrate. Please help us in making this season memorable. No matter how you reach out to Nelson House, know that the frontline staff and our residents feel and appreciate the difference your generosity makes. Thank you for all of your support now and throughout the year. On behalf of the staff and residents of Nelson House, we would like to wish you a happy, safe and peaceful holiday.

**Marie Carroll is a frontline worker, Michelle Godard is a placement student at Nelson House.**

# Donations, Fundraising & Grants

October 2004 to October 2005

\$10,000.	Leacross Foundation
1,000.	RBC Foundation
3,150.	HBC Foundation
476.	Canadian Women's Foundation
687.	March Networks
3,812.	Canadian Blood Services
5,000.	Zellers - Bayshore
2,500.	Winners
350.	Cowater International
300.	The Co-operators
500.	Christ Church - Bells Corners
500.	Knox United Church
2,500.	Harvest House Christian Fellowship

**\$30,775. Total**

2,053.	Caroline (Kie) McQuarrie Memorial Donations
4,228.	United Way - Designated
4,120.	Individual Contributions

**\$20,402. Total Community Donations**

	Program
\$10,000.	United Way - Success By Six
2,000.	Harry P. Ward Foundation
10,000.	Anonymous Donor
6,000.	Project Blue Skies (International Airport Authority)

**\$28,000. Total Grants**

\$3,978.	5th Annual Karate 4 Community Marathon	Ottawa Chito Kai Karate Club*
3,655.	3rd Annual Silent Auction	Rotary Club of South Nepean
680.	Fundraiser at Celtic Cross Pub	Nelson House Placement Students
152.	Garage Sale	Nelson House Volunteers

**\$8,465. Total Events**

*\*Ottawa Chito Kai has raised \$18,981. for Nelson House to date*

### Donations In Kind

\$500.	HBC Gift Certificates	Zellers - Bayshore
500.	HBC Gift Certificates	Home Outfitters - Kanata
500.	HBC Gift Certificates	Zellers - Bells Corners
	Storage Space	Primo Self Storage
	Dolico Printing	Printing Newsletter & Brochure
	Xmas sponsorship of every women & child at Nelson House	Cognos Employee Teams
	Christmas Angel Tree for Nelson House	Merivale Mall
	Clothing & Home Accessories	Winners - Merivale
	Clothing & Home Accessories	Winners - South Keyes
	Home Accessories	Homesense - Merivale
	Gourmet Foods & Household Items	Costco - Merivale

**\$89,142. Fundraising Total**

No matter how you reach out to Nelson House, know that the frontline staff and our residents feel and appreciate the difference your generosity makes.

## About Nelson House

Nelson House is a non-profit organization that was established in 1992 to provide emergency shelter for women and children who are fleeing abuse in their lives. Core funding for Nelson House comes from the Ministry of Community, Family and Children's Services. As well, approximately 10% of our budget must come from fundraising.

The core service of Nelson House is the Residential Program, which serves about

150 women and children per year. The fifteen-bed residence offers a warm home-like setting for both single women and those with children. The crisis line answers approximately 1500 calls annually, responding to the needs of women in crisis by providing support and information on safety planning, providing resources and advocating for women to find a safe place to stay.

Nelson House also offers a variety of essential services to its clients including access to services such as housing and financial support, advocacy with housing providers, police services and the legal system. The Children's Program provides parenting support, respite care and activities for children. A transitional support worker ensures that each client is connected to the appropriate community services when she moves out of Nelson House.

# Donation

*Please Print Clearly*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: ( ) \_\_\_\_\_

Cheque:  \$20.00

\$30.00

\$60.00

Other amount \$ \_\_\_\_\_

Visa Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Mastercard Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_



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E-Mail: nelsonhouse@rogers.com

**Donations of clothing, furniture etc. please call 613-823-5258**

Charitable #BN 130 630 338 RR 0001

**See us at: [www.nelsonhouse.on.ca](http://www.nelsonhouse.on.ca)**

If you would like to organize a fundraising activity  
please do not hesitate to contact us

**Thank you for your support**