

AUTUMN / WINTER
EDITION 2023

NELSON HOUSE NEWS



A TIME OF WARMTH AND APPRECIATION

It's scarf season! Pile on the purple, pick up an angel, complete your holiday shopping, and make

NELSON HOUSE Tuesday terrific!

OF OTTAWA CARLETON



• • • www.nelsonhouse.on.ca • • •
Crisis Line: (613) 225-3139



FROM THE DESK OF EXECUTIVE DIRECTOR **CHRISTY SAVAGE**

Last year, Nelson House launched our first annual campaign in honour of Susan Sherring shortly after she passed away unexpectedly. Susan, a long-time columnist for the Ottawa Sun, had been an active Nelson House supporter and volunteer for many years. Sadly, new in my role at the time, I'd missed the opportunity to meet her; I truly wish I had.

I was invited to speak at our second annual Susan Sherring Legacy Fund Celebration this past September and wanted to learn more about her. A few key words came up again and again: tenacious, intelligent, a great BS meter, a laugh that could fill a room, and a deeply warm heart. I sat back and looked at these descriptive words and shook my head in wonder. "Wait..." I said out loud "...these are the very values we work to inspire and instill in the women and children of Nelson House." I couldn't believe it.

Tenacious women are unshakeable, determined, firm, and persevering. Women fleeing domestic violence often question themselves, their intelligence, and their capabilities. As a result, many women learn to silence the innate human ability to sense duplicity.

Humour gets us through many hardships in life and when we witness women and children laughing wholeheartedly at Nelson House, we know they've turned a corner. Lastly, trauma can make people turn inward, unsure if they can trust anyone. Keeping one's heart closed can feel safer than the risks that a warm and open heart can present.

There is much we do at Nelson House to support women beyond providing a safe place to live, food and clothing. We offer specialized programming for both children and adults; we support women in applying for important documentation, such as SIN and health cards; as well as filing taxes, applying for housing; accessing counselling services, medicine, and healthcare. We also support women to navigate a complicated family law system and access legal aid and immigrant services.



FROM THE DESK OF EXECUTIVE DIRECTOR **CHRISTY SAVAGE** CON'T

We're facing rapidly increasing costs against frozen funding. We're ringing the bell on an alarming reduction in services we've traditionally relied upon from housing, social workers, counsellors, lawyers, police support, health care and childcare. We cannot wait for the system to correct itself; we must fill the gaps left by these lost services ourselves.

Our sector faced a 60% attrition rate during COVID, and with it, a loss in corporate and sector knowledge. Our team is comprised of a young and relatively new staff charged with navigating a changing landscape in care.

We're taking a three-pronged approach to tackling these challenges and allocating donations accordingly in honour of Susan Sherring.

- i. Childcare - we need permanent onsite access to respite care.
- ii. Onsite support - we're fundraising for a permanent mental health counsellor to work with residents and develop specific areas for staff training; we are working with legal consultants in family law and immigration law, specifically those with experience supporting immigrant women escaping abuse; we are developing a specialized toolkit and the launch of a self-empowering course called "Pattern Changing - for women fleeing abuse."
- iii. Staff development - we are adapting staff recruitment, training, and retention to reflect the challenges we encounter daily.
- iv. Opening more beds - Nelson House has the capacity to open five (5) more beds within our shelter, however, to do so we need to accomplish items i-iii. Ultimately, we need to open these beds as soon as we can.

We're continuing to honour Susan Sherring's commitment to Nelson House by naming the Susan Sherring Legacy Fund as the main recipient of this year's Giving Tuesday fundraising initiative.



FROM THE DESK OF EXECUTIVE DIRECTOR **CHRISTY SAVAGE** CON'T

Our commitment to our donors is simple: every penny counts and we won't be using donations for administrative and core operational costs. Your donation will have a direct impact on women and children seeking safety from violence and abuse and will be used to provide welcome care packages for each resident, childcare, specialized programming, and on-site mental health support.

As we head into winter and the holiday season, Nelson House staff and Board wish to thank you for your support. We wish you and your loved ones a safe and meaningful time.

Christy Savage
Executive Director, Nelson House
"We rise by lifting others up." R. Ingersoll
executive.director@nelsonhouse.on.ca
Cell 343-262-2722
<https://www.nelsonhouse.on.ca/>





INTRODUCING FUNDRAISING & COMMUNICATIONS COORDINATOR LINDSAY NEWMAN

Lindsay joins Nelson House with a background in fundraising for arts and not-for-profit organizations including Odyssey Theatre and the Jewish Federation of Ottawa. Mum to two daughters, Lindsay enjoys office drop-ins from the youngest residents of the shelter and is excited to launch the Annual Campaign. Lindsay loves that her role combines her two favorite aspects of fundraising: sharing stories and connecting with supporters. To reach Lindsay please contact: volunteer@nelsonhouse.on.ca

EVENTS

(Clockwise from top left): Rideau View Golf Club Ladies Member Guest Day cheque presentation, Merivale Mall Drive-In Movie Night, RONA Foundation Home Sweet Home Campaign, Shopper's Foundation for Women's Health Giving Shelter Campaign, Merivale Fish Market & Seafood Grill 30th anniversary celebration donation.





SECOND ANNUAL SUSAN SHERRING LEGACY FUND CELEBRATION

On September 29th family, friends, and Nelson House supporters gathered to honour the life of Susan Sherring, a dedicated volunteer, reporter, and community leader, who was passionate about helping women and children escaping domestic abuse. Since Sue's passing in 2022, her family has established the Susan Sherring Legacy Fund to provide immediate assistance for residents of Nelson House who are rebuilding their lives after intimate partner violence. Please click here <https://bit.ly/49C5IXF> or scan the QR code to make a contribution to the Susan Sherring Legacy Fund.

(Clockwise from top left): A cheque presentation from the Rotary Club of West Ottawa, event sponsor City Councillor Sean Devine (Ward 9), Nelson House founding members Patricia Pepper and Lee Farnsworth with host Isabel Metcalfe and Nelson House Board Chair Daria Ivanochko. Sue's friends: The Barrhaven Gang with City Councillor Stephanie Maghnam (Ward 5), Sue's sons Peter and James Knowlton with Isabel Metcalfe and Marianne Wilkinson.





WRAPPED IN COURAGE

November marks Woman Abuse Prevention Month in Ontario. To spread awareness, Nelson House is selling a variety of beautiful purple scarves and neckties. To show your support, please click here https://tinyurl.com/Purple_Scarf or scan the QR code to purchase a scarf or tie and wear your purple with pride.



16 DAYS OF ACTIVISM

16 Days of Activism Against Gender-Based Violence begins on November 25th, the International Day for the Elimination of Violence Against Women. This period includes National Day of Remembrance and Action to End Violence Against Women on December 6, and concludes with Human Rights Day on December 10. Stay tuned to all of our Nelson House social media channels: LinkedIn, Instagram, X, and Facebook for details of events and advocacy efforts.



GIVING TUESDAY

GIVING
TUESDAY

Nov
28

Giving Tuesday is a global generosity movement encouraging charitable giving. This year Giving Tuesday falls on November 28. On this day all donations made to Nelson House will be dedicated to the Susan Sherring Legacy Fund. Please mark your calendar and scan the QR code to make a gift!



ANGEL TREES

This holiday season Merivale Mall (1642 Merivale Road) will be accepting new toys and essentials for the children and women in shelter at Nelson House.

The angels are located on the tree near Vezina Opticians, and each one will have a list of items a family has requested.

Please remember to put the angel into your donation bag to ensure it is delivered to the right family!

A list of most-needed items for the shelter will also be posted by the tree. Please visit the mall to pick out your gifts and ensure a brighter holiday for our residents.



CHRISTMAS DINNER

It's hard to imagine Christmas without the comforting aroma of roast turkey, mashed potatoes, stuffing, gravy, and vegetables. It's even harder to imagine living in shelter, sharing a holiday meal with strangers.

Each year Nelson House provide the ingredients for a home-cooked meal for our residents. This year, with the limitations of rising food costs, we are appealing to restaurants, caterers, grocery stores, and our supporters in our community to consider donating a Christmas dinner for our residents.

This could be a monetary donation, fully-cooked meal, ingredients, delivery, and / or preparation, including on site in the Nelson House kitchen. To help, please contact Lindsay at volunteer@nelsonhouse.on.ca or by phone at (613) 298-3543.



HOLIDAY GIFTS - EMPOWERMENT PARCELS

In search of meaningful holiday presents for your loved ones this year? Please consider supporting our residents by purchasing an Empowerment Parcel.

Holiday Gift Parcel: \$25. Provides a festive stocking filled with small, personalized gifts.

Emergency Intake Bundle: \$50. The first step to rebuilding lives, Includes undergarments, pajamas, food, toiletries, and more.

Children's Parcel: \$50. Letting children be children again. Includes arts and crafts, storytelling, childcare, recreational programming, and more.

Safety and Independence Parcel: \$100. Help women live safely and independently in their community. Includes individualized life skills training and tools, emergency financial assistance, transportation, and ongoing safety planning and support.

A card describing the selected parcel may be sent for an additional \$5. To order please contact Lindsay at volunteer@nelsonhouse.on.ca.





THANK YOU FOR YOUR SUPPORT



More Ways to Help the Women and Children of Nelson House

There are many ways to offer support beyond a financial gift.

Please consider gifts of:

Time

Volunteering

Sharing

Following Nelson House and liking our posts on social media

Connection

Introductions to donors, media, consultants, partners in the violence against women (VAW) sector

Knowledge

Sharing information and resources

Advocacy

Participating in efforts to end violence against women and improve access to housing and childcare

Event Attendance

Attending events to raise funds for and awareness of Nelson House and VAW

For more information about the many ways you can help Nelson House, please contact Lindsay Newman, Fundraising and Communications Coordinator at volunteer@nelsonhouse.on.ca or by phone at (613) 298-3543.



FOLLOW NELSON HOUSE ON SOCIAL MEDIA



Nelson House Social Media Platforms



Nelson House of Ottawa-Carleton



@nelson613



@NelsonHouseofOttawaCarleton



@NelsonOttawa



Thank you to the team at Royal LePage Performance Realty for generously supporting our residents through the Royal LePage Shelter Foundation!