

6 Month Report

April 2016 - September 2016

Program Feedback:

During this reporting period Dartmouth Family Centre delivered four multi-week programs which included: Prenatal (11 weeks), Power Source Parenting (8 weeks), Infant Massage (5 weeks) and Nobody's Perfect (8 weeks). Please find below a sample of feedback from Nobody's Perfect.

Nobody's Perfect is a program for parents with children aged birth to five years that supports parents in discovering positive ways of parenting, and learning about child development, safety, health and behaviour.

Parents were asked: What idea from Nobody's Perfect was most useful to you? Please tell us about it.

"I feel the prioritizing stress was very helpful."

"How other parents react when their children act up and how to stay calm."

"I liked the problem solving cycle because sometimes you don't think before you act when your child is upset."

"To learn to deal with things at different ages. So I can know how to help her when she gets older."

"I really like the idea of being calm and praise. Letting my child know that they are awesome all the time."

Feedback was collected at Dartmouth North Community Food Centre by surveying seventy-five community members about how the services at the Food Centre have impacted their lives. Please find below a sample of their responses.

Participants were asked: What is the most important difference the Food Centre has made for you?

"Being here instead of running the roads and watching TV, being isolated. I see this as like getting back to my upbringing, my roots. Growing up on a farm, this place has the community atmosphere of back home. People help each other."

"Having different food. Not the same food that I cook. Its healthy food, not fatty food."

"It's different here. When you see people, you feel the stress coming down."

"It makes me think more about where my food came from and what I put in my body. It's helped a lot of people in north end."



Family Centre Program Statistics

Number of structured programs (individual sessions): 198

Sessions included: 73 parent & child interactive such as Family Playgroup, Baby & Me etc.

71 parent focused such as Coffee Talk, Prenatal, Nobody's Perfect, etc.

26 child focused/parent respite such as Sunshine Gang, Time for Me, etc.

32 other– support at food banks, volunteer training/recognition.

Number of attendances to registered programs: 2480

Adult Attendances: 1164

Child Attendances: 1316

Number of different participants who attended these programs: 409

Adults: 187

Children: 222

Number of waitlisted spaces for programs: 121

Adults: 56

Children: 65

Number of different participants who were waitlisted: 75

Adults: 32

Children: 43

Number of attendances to Drop-in Room: 2966

Parents: 831

Children: 1076

Other Community Members: 1059



Sunshine Gang Feedback:

The Sunshine Gang is a summer program for children three to five years old (who have not yet started primary). The Sunshine Gang had a wonderful time playing outdoors this summer. The addition of the playhouse, mud kitchen and secret hideout to the Centre's playground created many opportunities for imaginative play. The mornings were filled with laughter as the children actively explored the world around them.

Parents were asked what they liked about Sunshine Gang.

"The handouts to read and sing at home."

"That my daughter was in a safe place having a lot of fun while I was able to run errands."

"The fact that people care enough to do this for families."

"Is when he comes home singing something different or surprising me with something new he has learned."

"The support given by the staff."

"The food they provide is healthy and how much he loved it."

Parents were asked what their children liked about Sunshine Gang.

"To play with playdough. To play with paints. To sing songs. To eat cheese and cucumber."

"The social interaction and exploration."

"Playing outside in the yard. Especially the sandbox!"

"He is super excited about picking and eating peas. Also he told me he ate broccoli and loves the Hokie Pokie."

"Holding the snail."

Food Centre Program Statistics

Number of programs delivered (individual sessions): 313

Sessions included:

94 structured workshops such as Farm Drop-In, Community Kitchens, Young Cooks, etc.

205 drop-in based food and social support programs such as Community Drop-In, Market, Café, etc.

14 other—volunteer training, volunteer appreciation and special events

Number of attendances to structured programs: 755

Adult Attendances: 580

Child Attendances: 175

Number of different participants who attended structured programs:

Adults: 124

Children: 58

Number of attendances to drop-in based programs: 10574

Number of attendances to Community Drop-in: 1922

Number of attendances to Market & Café: 2130

Number of meals served/attendances at Community Meals: 6522



Food Centre Outcomes:

In addition to the feedback gathered on the Community Food Centre Program Participant Survey, outcomes were also collected. These outcomes help funders such as the United Way, and Community Food Centres Canada understand the impact our services have in the community.

- 82% (61/75) said they made new friends at the CFC.
- 100% (75/75) reported that they feel that they belong to a community at the CFC.
- 93% (70/75) reported that they feel like their participation at the CFC is important or matters to other community members and CFC staff.
- 73% (55/75) said they were eating more fruits and vegetables because of participating in the CFCs programs
- 57% (39/75) said their physical health had improved because of their involvement with programs at the CFC.
- 71% (51/75) said their mental health had improved because of their involvement with programs at the CFC.
- 100% (75/75) reported that CFC programs provide them with an important source of healthy food.

"It makes me think more about where my food came from and what I put in my body."

"Being here instead of running the roads and watching TV, being isolated. I see this as like getting back to my upbringing, my roots. Growing up on a farm, this place has the community atmosphere of back home. People help each other."

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Volunteer Contributions:

Volunteers fulfill many roles throughout the organization. Participants who are interested in volunteering share their lived experience and build on existing skills in a supportive environment. The Family Centre offers opportunities to parents to volunteer in co-facilitation and program delivery roles. Given the large number of concrete tasks and limited staff at the Food Centre, the volunteers participate in all aspects of program preparation, delivery and facilitation.

Family Centre

Volunteer hours contributed: 657

Program Support: 87 hours
Students: 570 hours

*Not included here are the generous number of hours our volunteer board members contribute to the organization.

Food Centre

Volunteer hours contributed: 4787

Market and Café: 1355 hours
Food Skills Program Delivery: 139 hours
Community Meals: 1775 hours
Peer Advocates: 285 hours
Community Drop-in: 316 hours
Farm: 205 hours
Students: 712 hours

Home Visiting:

Dartmouth Family Centre offers the services of two home visiting programs. The Enhanced Home Visiting Initiative is a voluntary family support program in partnership with Public Health Services where participants receive support in their homes, beginning in their baby's first four months of life. Parenting Journey is a home visiting program for families with children three to sixteen years old who could benefit from additional supports as they travel along their journey of parenting, especially during challenging times. Parenting Journey is a free and voluntary program, and parents are able to refer themselves and stay engaged for as little or as long as needed.



Enhanced Home Visiting

4 home visitors 58 different families
351 home visits 39 phone contacts
13 other contacts

Parenting Journey

1 home visitor 8 different families
66 home visits 107 phone contacts
30 other contacts

*May-September 2016

Peer Advocate Program:

Peer Advocates are trained community members who offer support out of the Community Action Office during Community Drop-In at the Food Centre. The Peer Advocate team is made up of parents and other community members living in Dartmouth North.

Over the last 6 months the Peer Advocates provided support to individuals 1126 times. The Peer Advocates provide support to the community in a variety of ways such as connecting individuals to other community based resources, providing support in filling out forms, providing access to phone and internet, providing social support, etc. Please see the pie chart for a visual comparison of the makeup of topics that the peer advocates provide information and support around.

Peer Advocate Conversations

