



IMPACT REPORT

2021-2022


MEGANTIC
ENGLISH-SPEAKING
COMMUNITY DEVELOPMENT CORPORATION



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MESSAGE TO OUR COMMUNITY



The year 2021-2022 has been a memorable one, earlier in the year we all hoped that life was returning to some sense of normal then we had to go back to restrictions again!

Our outstanding staff did their best to support the community, whether it be a session on Zoom or small face-to-face group activities. The staff worked to support community members and encouraged them to try a new activity whether it be to meet friends or do an exercise class on Zoom, join a walking group, or gardening tour.

Thank you to our staff, Board of Directors for their continued support, our community members, and our dedicated volunteers. You are all an inspiration in a world that needs HOPE and JOY.

Thank you MCDC!



Ann Marie Powell

Ann Marie Powell
President

WORD

FROM THE EXECUTIVE DIRECTOR



Dear Community Members,

When reflecting over the past year we all had high hopes of returning to normal after a very challenging 2020 year that impacted everyone socially, physically, and mentally. Resiliency and adaptation are the words that best summarize the last year. With a mix of virtual, hybrid and face-to-face activities, the staff at MCDC proved that it could adapt swiftly to support the community and learned new skills along the way!

This year MCDC was pleased to access new funding sources to continue to deliver high quality programs and services and the future looks promising for our organization and community. Even though the number of English-speakers is small in comparison to other regions, we can only be amazed by the results achieved. The sense of belonging is very alive in our communities thanks to volunteer engagement.

A big thank you to the community members, Board of Directors, volunteers, and staff who put so much effort in supporting the community year after year. Our funders were also present, comprehensive, and flexible to support our operations during these challenging times.

Thank you for the continued support!



A blue ink handwritten signature of Brian Gignac, written in a cursive style.

Brian Gignac
Executive Director





ABOUT MCDC



OUR MISSION

MCDC promotes the interests and well-being of the English-speaking community of Chaudière-Appalaches and Érable regions by facilitating access to services in English and fostering partnerships with the community at large.



OUR VISION

English-speaking Quebecers in Chaudière-Appalaches and l'Érable are active participants and contribute to the social and economic development of the regions.



OUR VALUES

Identity

Strengthening and promoting the unique characteristics of our English-speaking population by supporting our members' needs, mobilizing and empowering them to bring change to our community.

Social Inclusion

Recognize that the English-Speaking Community can contribute positively to the development of the broader community.

Equity

A proactive role in representation, awareness, and advocacy to support stakeholders to develop policies and programs that ensure the community's equitable access to resources and opportunities.

IN A NUTSHELL

We support the entire Chaudière-Appalaches region and provide services in three MRC's.

We also support the MRC de l'Érable in Mauricie Centre-du-Québec.



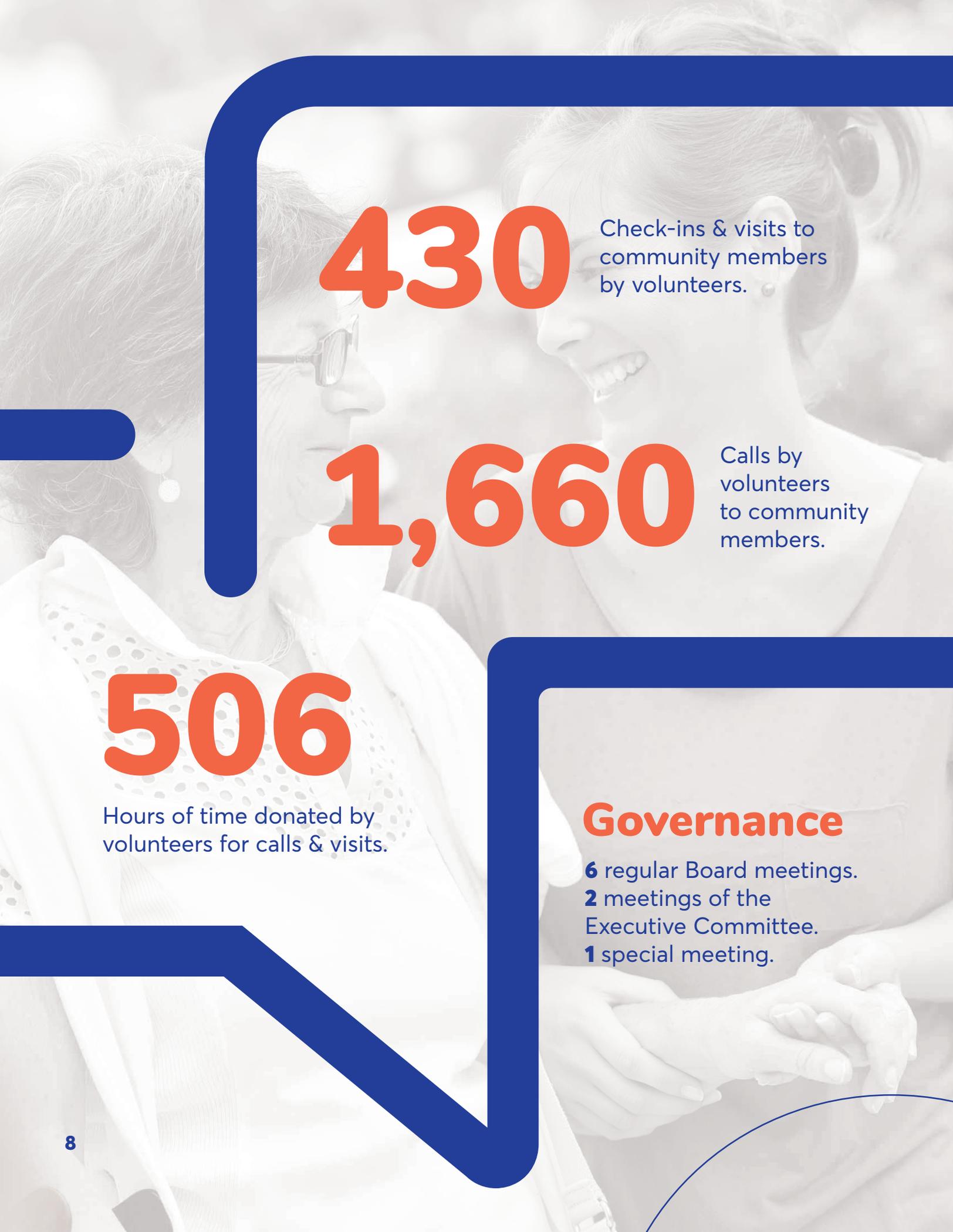
3,755

This is the total amount of English-speaking community members of Chaudière-Appalaches that we serve.

2,073

participants in our activities in both Thetford and Lévis regions.





430

Check-ins & visits to community members by volunteers.

1,660

Calls by volunteers to community members.

506

Hours of time donated by volunteers for calls & visits.

Governance

- 6** regular Board meetings.
- 2** meetings of the Executive Committee.
- 1** special meeting.

PROGRAM SUMMARIES

MCDC offers diverse programs and services for the English-speaking population of Chaudière-Appalaches and l'Érable with a focus on health promotion, mental health, caregivers and community animation for all age groups.

1

Networking & Partnership Initiative

This program is designed to support the English-speaking community in improving and maintaining access to Health and Social Services. MCDC maintains a strong relationship with the Centre Intégré de Santé et de Services Sociaux de Chaudière-Appalaches (CISSS-CA) to improve services. We offer information and referral services to other community organizations.

2

Services to Seniors & Caregivers

Through our Senior Wellness Centres, MCDC offers a wide variety of activities to promote a healthy lifestyle, physical and cognitive stimulation, caregiver, and volunteer services to help reduce social isolation.

3

Youth & Families

MCDC has built a strong partnership with the English-speaking schools in its territory and offers students diverse activities to develop life skills, promote volunteering and connect with community organizations. We support parents and the kindergarten students by preparing school readiness kits to develop and reinforce critical skills in early childhood.

4

Community Life

Social activities such as the Meet & Greet play an important role in our English-speaking communities and our community library is worth a visit.

5

Social & Economic Development

MCDC collaborates with partners in employment, tourism, and economic development sectors so that the English-speaking community can contribute to the development of the entire region. Partnership building with French-speaking stakeholders so that they can take into consideration the needs and priorities of our community is vital and important to MCDC.

NETWORKING AND PARTNERSHIP INITIATIVE

NPI PROGRAM SUMMARY

MCDC currently sits on **15** committees/tables to represent the English-speaking community on issues related to health and social services.

We provide knowledge-based evidence to our public and community partners so that they can improve their understanding of the English-speaking community. Our objective is to guide decision-makers when developing programs and services so that the needs and priorities of our members are taken into consideration.

Representation

Our team participated in **44** different meetings during the year.

- **5** community volunteers also took part in meetings on behalf of MCDC.
- **9** meetings with the CISSS-CA.

MCDC Steering Committee on Health and Social Services

- **3** meetings in the year.
- **5** community volunteers took part in meetings.

Supporting School Community

- **2** meetings of the school foundation.
- **4** meetings of the Governing board.

New committees

- Table en santé mentale et dépendance.
- Table de développement sociale (Beauce area).
- Senior Networking Table.

Partnerships

MCDC supports different organizations and promotes their services to the members of the English-speaking community.

- Centre d'accès et d'accompagnement aux plaintes (CAAP-CA).
- Appui (Caregiver services).
- Conseil des aînés des Appalaches (Local table addressing issues related to seniors).
- Dialogue McGill (careers in health and English-language training for health professionals).
- Éducaloi.

Activities

Nutrition workshop - **22** participants.

Arts & crafts sessions - **3** sessions, **67** participants.

National Seniors Day - **13** participants.

HEALTH

PROGRAM SUMMARY

In the COVID context, MCDC offered a combination of virtual and face-to-face sessions. Even though it was challenging to adapt to the situation, our health team delivered high quality programming.

New this year, MCDC received three-year funding from the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) to offer health promotion activities to our seniors. This new funding will support our existing programs and help to develop new initiatives.

We have also increased our collaborations with our public health partners by participating in different meetings across the region to address many issues impacting the English-speaking community.

Senior Wellness Centers

- **36** sessions, **295** participants.
- Types of sessions: A walking group, garden tours, health information sessions, brain games and trivia, art therapy, a fall and injury prevention program, a mental health and wellness program, exercise classes and a nature documentary.

Regional Access Committee

Community volunteers and MCDC staff participated in two meetings this year and are providing guidance to the Centre Intégré de Santé et de Services Sociaux-Chaudière Appalaches (CISSS-CA) in the delivery of services to the English-speaking community of Chaudière-Appalaches.

Translations for the CISSS

12 documents translated from French to English for the CISSS-CA in 2021-2022.

SENIORS & CAREGIVER PROGRAM SUMMARY

Our health team offered diverse activities, ranging from art therapy, caregiver workshops with an occupational therapist and information sessions. We were also very active in supporting our members with making appointments for the COVID-19 vaccines and assisting them with the vaccination passport.

Caregiver workshops and support group with Jenni Potter, Occupational Therapist, **8** sessions and a total of **8** participants per session.

Community Health Education Program (CHEP)

10 sessions with a total of **46** participants.

33 Drop-in afternoons,
3 special editions, **400** participants during the year.

430

Check-ins and visits to community members by volunteers.

1660

Calls by volunteers to our community members.

506

Hours of time donated by volunteers for calls & visits.

Request for volunteer transportation

38 transportations representing **5342** km.



YOUTH & FAMILIES PROGRAM SUMMARY

It was a very busy year for our youth and family programming with two new programs. Thanks to the financial support of the Fondation Lucie & André Chagnon, the Bright Beginnings program will help MCDC with new and adapted services to support English-speaking children and families.

The last two years proved to be very challenging mentally and emotionally for all ages and our youth have been greatly impacted. The Secrétariat à la jeunesse and Fondation Lucie & André Chagnon are providing financial support to MCDC to develop initiatives to support youth mental health.

Storytime in English in collaboration with the City of Thetford

2 sessions, **12** participants.

Parents & Tots

25 sessions, with **13** participants at each session.

Bright Beginnings

- Creation of a school readiness kit for **150** students in K-4 & K-5 students at St. Patrick Elementary and St. Vincent schools.
- **3** reading activities to K-4 & K-5 students.
- **2** intergenerational activities, 33 students.



Youth Mental Health

- **1** survey distributed to **52** high school students.
- **3** meetings with CISSS-CA.
- Invitation to participate in networking tables addressing youth mental health.
- Collaboration with Youth 4 Youth (Y4Y) to consult with St. Lawrence Cegep students.

Career orientation

10 activities, **136** participants.

Éducaloi

13 workshops, **292** students.

Student wellness workshops

7 workshops, **136** students.



COMMUNITY LIFE

PROGRAM SUMMARY

Youth Library

MCDC has developed a new section in its library to encourage students to read and improve their skills. **6** new families have signed up. We are collaborating with St. Patrick's Elementary School teaching staff to bring students to MCDC and visit our library.

Social Activities

2 Meet & Greets this year, **112** participants.

Newcomer

Assisted **6** newcomers this year.

Communications

11 editions of Down Home News, **300** recipients.

11 editions of South Shore News (Lévis Office), **80** recipients.

2 editions of Partners in Health.

1 Caregiver newsletter.

Support

One of the important roles of MCDC is to support other organizations from the English-speaking community by bringing logistical assistance to their activities or assisting them with the promotion of their activities.

Even during the pandemic, MCDC assisted the following community organizations:

- Support to the Megantic Community Foundation with a fundraising activity at our Fall Meet & Greet.
- Coordination support to the Masons for the Christmas Basket Campaign.
- Communication support to the Kinnear's Mills Celtic Festival.
- Technological support to the Masons and I.O.O.F to hold their meetings during the pandemic.

Activities

Movie Matinees - **10** movies, **102** participants.

Game afternoons - **17** activities, **185** participants.

MCDC Book club - **6** meetings, **33** participants.

Summer outings - **2** activities, **41** participants.

Movie club - **7** meetings, **140** participants.

Thanksgiving Lunch - **45** participants.



ENHANCING REGIONAL COMMUNITY CAPACITY

With the financial support of the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA), MCDC has been very busy this year meeting with local stakeholders and service providers to increase awareness of the English-speaking community in Chaudière-Appalaches.

Along with numerous meetings, we also took time to increase our internal capacity to function as an organization by updating our by-laws, updating our Board manual, updated our Employee Handbook and Human Resources policies and developed a compensation policy and updated our pay scales. Our staff received training on social media and Microsoft TEAMS.

This program has allowed MCDC to expand into new sectors or strengthen its presence in existing sectors. We are increasing our presence in the employability and family sectors and have recently expanded into the tourism sector.

Tourism initiative

MCDC in collaboration with the Société de développement économique de la région de Thetford, Tourisme région Thetford, Minéro, and the Société des Archives is developing an initiative to highlight the contribution of the English-speaking community to the development of Thetford Mines area.



SATELLITE OFFICE IN LEVIS

With 63% of the total English-speaking community in Chaudière-Appalaches, it was an underserved area with very little or no services available in English. With this new office, MCDC now has the capacity to better support members of the English-speaking community that could not benefit from services from our head office in Thetford Mines.

The development of our Levis office is going very well and community members have demonstrated their support by taking part in our activities:

23 activities.

532 people reached.

11 newsletters.

9 joint activities with Voice of English-speaking Quebec (VEQ).

2 activities with the MCDC office.

1 interview with CBC radio.

We have also been very busy to build bridges with other English-speaking community organizations in the Quebec City area and have taken part in many meetings and have been sharing best practices. The future looks very promising in Levis, and we are working very hard to also offer joint activities with our head office in Thetford Mines.

Representation

- Table du patrimoine minier.
- Strategic planning committee of the patrimoine minier table.
- Centres d'archives de la région de Thetford.

Regional Development Network

MCDC is one of the 9 founding members of the Regional Development Network (RDN) whose mission is to enhance the socio-economic development for English-speaking communities across the province of Quebec. Our Executive Director is active on the RDN board as treasurer and a member of the membership committee.

FUNDERS

Appui
proches aidants

MRC
des Appalaches

e Fondation Lucie
et André Chagnon

Secrétariat
à la jeunesse
Québec

CHSSN

COMMUNITY HEALTH &
SOCIAL SERVICES NETWORK
RÉSEAU COMMUNAUTAIRE DE
SANTÉ ET DE SERVICES SOCIAUX

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

Centre intégré
de santé et de services
sociaux de Chaudière-
Appalaches
Québec



 Canadian
Heritage Patrimoine
canadien

 **educaloi**

Dialogue McGill
Better Communication for Better Care

PARTNERS & SUPPORTERS

- Regional Development Network (RDN)
- Voice of English-speaking Quebec (VEQ)
- Jeffery Hale Community Partners (JHCP)
- Neighbors
- 4Korners
- English Community of Lanaudière (ECOL)
- North Shore Community Association (NSCA)
- Committee for Anglophone Social Action (CASA)
- Council for Anglophone Magdalen Islands (CAMI)
- Vision Gaspé Percé Now
- Assistance and Referral Center (ARC)
- Centre for Access Services in English (CASE)
- Youth 4 Youth (Y4Y)
- Ville de Thetford
- Municipalité de Kinnear's Mills
- St. Patrick Elementary School
- ASJ High School
- Community Learning Center (CLC)
- ASJ & St. Patrick Governing Board
- St. Vincent Elementary School
- Centre d'accès et d'accompagnement
aux plaintes (CAAP-CA)
- Carrefour jeunesse emploi
de Frontenac
- Place aux Jeunes Appalaches
- Tourisme Région Thetford
- Société de développement
économique de la région de Thetford
- Maison de la Famille Rive Sud
- Masons
- I.O.O.F
- Orange Lodge
- Megantic Community Foundation

BOARD OF DIRECTORS

Ann Marie Powell
President

Aline Visser
Director

Stephen Renaud
Vice President

Alice Renaud
Director

Joan McCammon
Secretary

Zina Pantorno
Director

Ann-Marie Campbell
Treasurer

André Gingras
Director

James Allan
Director

CURRENT TEAM

Brian Gignac
Executive Director

Holly Laroche
Senior & Volunteer Coordinator

Michelle Donovan
Administrative Assistant

Jennifer Nutbrown
Community Support Coordinator

Maureen Small
Program Manager

Verity Jordan
Project Coordinator

Estelle Leboeuf
Youth Coordinator

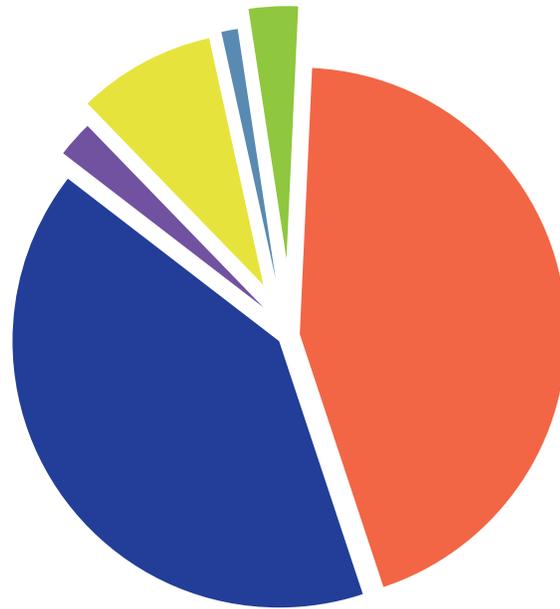
Laurence Allard
Project Coordinator
(maternity leave)

Laurie Lowry
Health Coordinator

FINANCIAL

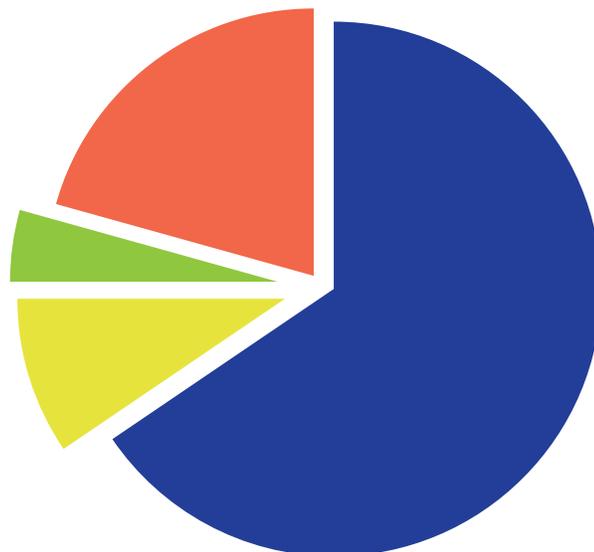
REPORT 21/22 FISCAL YEAR

REVENUE



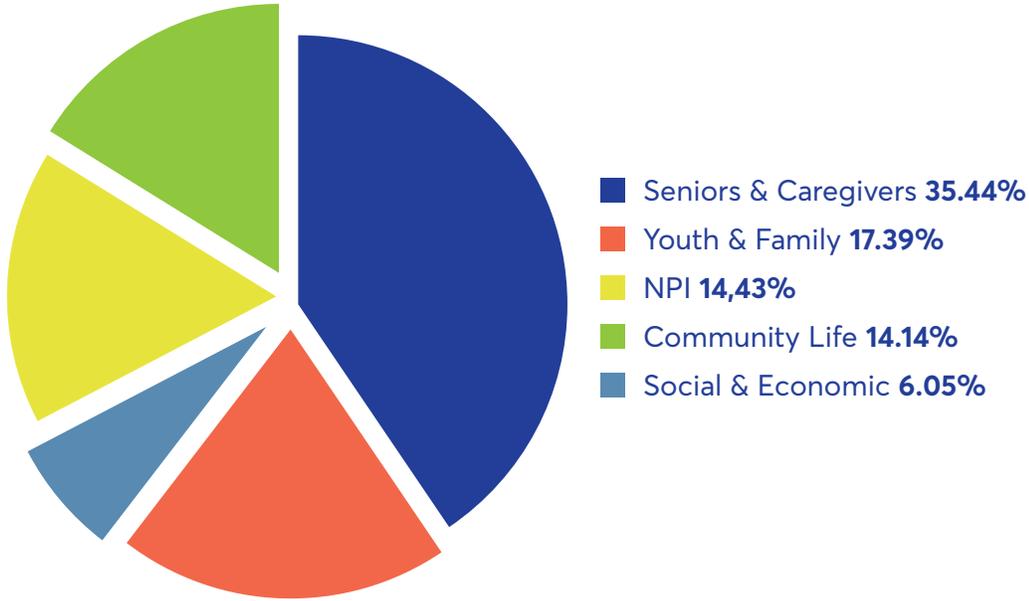
- Federal **44,92%**
- Provincial **42.04%**
- Fondations **9,81%**
- Other **1.57%**
- Municipal **1,23%**
- Activities **0.44%**

EXPENSES

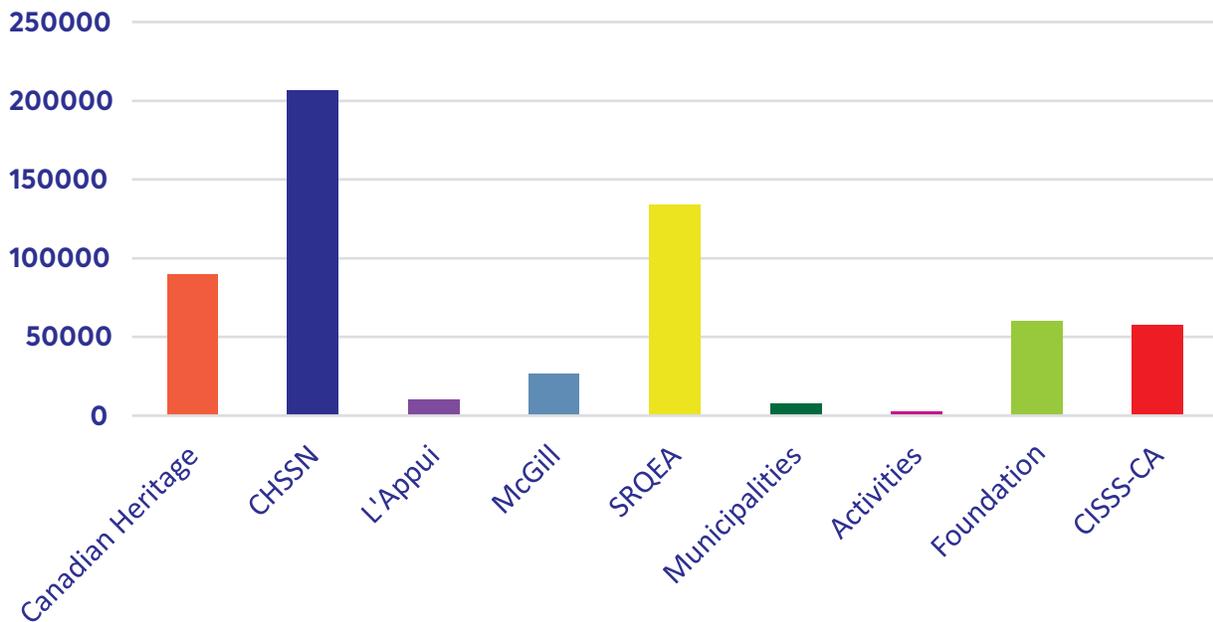


- Salaries **65,3%**
- Programs **20.53%**
- Op.Costs **9.54%**
- Communications **4.37%**

PROGRAMS



FUNDERS





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www.mcDC.info