



IMPACT REPORT

2022-2023



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MESSAGE TO OUR COMMUNITY



Dear Community Members,

Finally, we are back to celebrating, traveling , and just being together, life goes on

This year, MCDC has worked tirelessly to see that our activities were interesting, exciting and fun for all age groups both here in Thetford and at our satellite office in Levis, the South Shore English Network (SSEN).

Thank you to our staff for their continuous effort to ensure that our community receives services and activities in English.

Thank you to our Board of Directors for their continued support.

Thank you to our partners who believe in our English speaking community in Quebec.

Thank you to our community for without your support, MCDC would not be what we are today!

To Our Future.....



Ann Marie Powell

Ann Marie Powell

President

WORD

FROM THE EXECUTIVE DIRECTOR



Dear Community Members,

What a busy year! After having been through almost 3 years of the COVID-19 pandemic, the return of social activities was very welcomed, and you proved your support by coming every week. No matter how many events were planned, many of you came 3 to 4 times per week. We were so happy to have you back.

When reflecting over the last year, there are some fantastic elements to highlight: a very successful community day held in collaboration with our school with 100 family members attending, a great turnout to our first community consultation in Levis, participation on the prebudget consultations with the Quebec Finance minister and minister responsible for English-speaking Quebecers, participation in consultations of the renewal of the Official Languages Act, and some great dinner & shows filled with laughter and joy!

The results from the 2021 Census are slowly coming in and there are some encouraging signs of the vitality of the English-speaking community in Chaudière-Appalaches. Over the last five years, the English-speaking population has grown by close to 2000 individuals and brings the total number to over 5000. This is a 20% increase compared to 2016 data.

More good news is that we have been waiting for some time now on the construction of an English-Speaking elementary school in Levis that is scheduled to open its doors to students sometime in 2024. MCDC is already in contact with administrators from the new school, and we look forward to hosting more activities with them soon.

The future of MCDC looks very promising and will keep us busy for many years. A big thank you to the Board of Directors, the staff and volunteers who put in countless hours to keep the community vibrant. Our financial partners play a crucial role in our ability to provide services and activities for our members and thank you for your continued support.

Thanks to everyone for your time and efforts!



A handwritten signature in blue ink, appearing to read 'Brian Gignac', with a stylized flourish at the end.

Brian Gignac
Executive Director



ABOUT MCDC



OUR MISSION

MCDC promotes the interests and well-being of the English-speaking community of Chaudière-Appalaches and Érabale 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.



5,055

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

2,352

participants in our activities in both Thetford and Lévis regions.





206

Check-ins & visits to
community members
by volunteers.

872

Calls by
volunteers
to community
members.

270

Hours of time donated by
volunteers for calls & visits.

Governance

7 regular Board meetings.

3 meetings of the
Executive Committee.

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 activities 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, to promote physical and cognitive health. Also, included are 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. Also important to MCDC is partnership 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 13 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 **46** 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.
- **6** meetings of the Governing Board.

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 - 9 participants.
- Arts & crafts sessions - 2 sessions, 44 participants.
- National Seniors Day - 47 participants.

Health

PROGRAM SUMMARY

MCDC's health program is designed for the promotion of health by offering activities and information in English. Our members can participate in various activities to support their overall physical and cognitive health.

This year, MCDC received two-year funding from the Public Health Agency of Canada to offer mental health activities to different age groups. This new source of funding helps us support our existing programs and assists in the development of new initiatives.

We also continue to receive funding from the Secrétariat aux Relations avec les Québécois d'Expression Anglaise (SRQEA) and offer health promotion activities to support our seniors. This funding supported new initiatives such as yoga & mindfulness sessions with qualified instructors and exercises in person and on Zoom with a kinesiologist.

Senior Wellness Centers

- 121 activities, 1096 participants.
- 165 volunteer actions (driving, set-up, clean up)
- Types of sessions: Yoga & Mindfulness, Healthy After 50, walking group, music therapy, and book club.

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.

In March, a meeting occurred with the new Répondant of the access committee with the community volunteer member who is the president, and our Executive Director, to look at Health Canada Funding.

Translations for the CISSS

8 documents translated from French to English for the CISSS-CA in 2022-2023.

SENIORS & CAREGIVERS

PROGRAM SUMMARY

This year, a consultation with our seniors was done to get a better understanding of their needs and how MCDC could assist and support our seniors in meeting some of the identified needs. With the survey results, we explored the theme of social economy as a possible solution to housing options for seniors. With our partners, Social Solidarity Economy English-speaking Network (SEEnet) and Table régionale d'économie sociale Chaudière Appalaches (TRESKA), community members had the opportunity to hear guest speakers talk about different senior housing options.

We offered three training sessions on the topic of mental health to our caregivers and community members this year, an Éducaloi presentation on Healthcare Decisions, and a presentation on Fraud Prevention for Seniors. MCDC continued supporting caregivers through psychosocial support and respite care.

Community Health Education Program (CHEP)

- **10** sessions with a total of 51 participants.
- **32** Drop-in afternoons with 4 special editions, 528 participants during the year.

206

Check-ins and visits to community members by volunteers.

870

Calls by volunteers to our community members.

270

Hours of time donated by volunteers for calls & visits.



YOUTH & FAMILIES

PROGRAM SUMMARY

Last year was quite busy with many exciting programs and activities such as a family day, intergenerational reading, school transition kits and many workshops for both elementary and high school students.

We have been collaborating with the teachers to host some reading and social activities at MCDC, a total of 113 visits were done during the year!

Parents & Tots

- **24** sessions, with **12** participants at each session.

Bright Beginnings

- Creation of a school readiness kit for **197 students** in K-4 & K-5 at St. Patrick Elementary and St. Vincent schools.
- **3** reading activities, 47 students.
- **2** intergenerational activities, 47 students.
- **4** cooking classes with grade 3, 4 & 5, 78 students.



Youth Mental Health

- 3 meetings with CISSS-CA.
- Participated virtually in a Youth Mental Health Retreat organized by CHSSN.
- Yoga & meditation sessions for elementary and high school students.
- 5 meetings with the Student Wellness Committee.



Career orientation

8 activities, 53 participants.

Éducaloi

20 workshops, 266 students.

Student wellness workshops

7 workshops, 164 students.



COMMUNITY LIFE

PROGRAM SUMMARY

Youth Library

MCDC has continued to develop the new section in its library to encourage students to read and improve their skills. 3 new families have signed up. In collaboration with St Patrick's Elementary School teaching staff, we had 5 classes use the library biweekly and 3 classes use the library on a monthly basis.

Social Activities

1 Meet & Greet this year, **77** participants.

Newcomers

Assisted 3 newcomers this year.

Communications

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

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

1 edition of Partners in Health.

2 Caregiver newsletter.

1 volunteer newsletter.

2 health capsules.

Support

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

This year, MCDC assisted the following community organizations:

- 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.

Activities

Movie Matinees

14 movies, 135 participants.

Game afternoons

7 activities, 89 participants.

MCDC Book club

10 meetings, 58 participants.

Summer outings

2 activities, 24 participants.

Thanksgiving Lunch

1 activity, 42 participants.



ENHANCING REGIONAL COMMUNITY CAPACITY

MCDC continued working with its tourism partners on the observation station at the bottom of Dubuc Street. This observation station highlights the contribution of the English-speaking community to the mining industry, and to the development of the Thetford Mines area. Another highlight of our year was the filming of Aline Visser who talked about the history of ASJ High School and the Johnson family.

We have been offering translation services to the Société de développement économique de la région de Thetford (SDE) for some of their press releases and to the local tourism office. This initiative aims to increase the quantity of information available in English.

Through the Enhancing Regional Community Capacity (ERCC) initiative, we are collaborating with different local stakeholders on committees and are getting more involved in the social and economic development of the region.

Employment Strategy

MCDC secured two-year funding through the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) to ensure that the English-speaking community can access employment services in their language.

Our initiative consists of working with employment service providers so that they can adapt some of their services, offer information sessions and workshops to our youth, and participate in networking events.



SATELLITE OFFICE IN LEVIS

Over the last two years, the development of our Lévis office had been slowed down with the COVID-19 pandemic and with staff changes. With the pandemic behind us and the recruitment of new staff, the progress is going strong.

We have had successful events such as a visit to a Sugar Shack, a community consultation, joint events with our Thetford Mines office and lots of support from community members.

More recently, we have signed a collaboration agreement with the Voice of English-speaking Quebec (VEQ) and will be working on common issues facing English-speakers across both shores. We have also been working with Jeffery Hale Community Partners and other community groups on the North shore.

Partnership with St. Vincent

Over the last year, we have built our presence with St. Vincent Elementary School by meeting with the school staff, putting together a school transition kit and are looking forward to continue our collaboration once they move to their new location on the South shore in 2024.

38 activities, **328** people reached.

10 newsletters, **850** people reached.

3 activities with the MCDC office.

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

RDN
Regional Development Network
Réseau de Développement Régional

e Fondation Lucie
et André Chagnon

 Public Health
Agency of Canada
Agence de la santé
publique du Canada

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

 **educaloi**

 Canadian
Heritage Patrimoine
canadien

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

 *Megantic Community
Foundation*

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

Secrétariat
à la jeunesse
Québec

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**
- **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

Loch Baillie (June 2023)
Director

Stephen Renaud
Vice President

Alice Renaud
Director

Shirley Picknell (June 2023)
Director

Joan McCammon
Secretary

Zina Pantorno
Director

Ann-Marie Campbell
Treasurer

André Gingras (Resigned March 2023)
Director

James Allan
Director

CURRENT TEAM

Brian Gignac
Executive Director

Jennifer Nutbrown
Community Support Coordinator

Michelle Donovan
Administrative Assistant

Moumy Diop (Hired March 2023)
Community Engagement & Outreach Manager

Maureen Small
Program Manager

Holly Laroche (Until October 2022)
Senior & Volunteer Coordinator

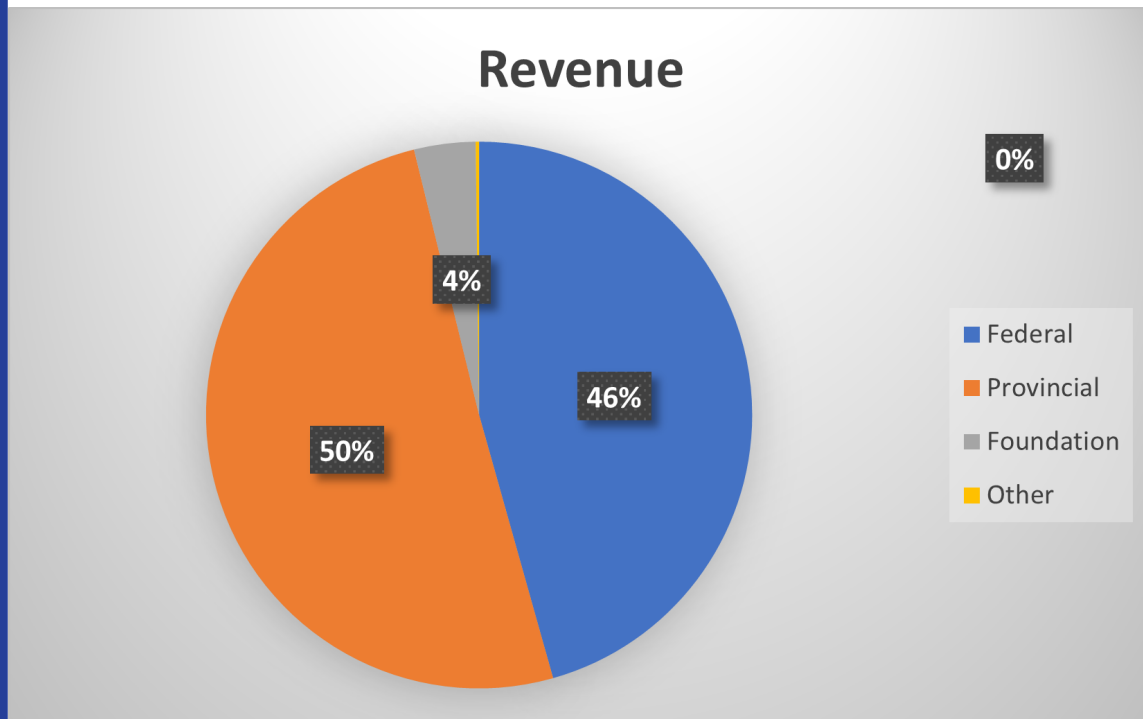
Estelle Leboeuf
Youth Coordinator

Verity Jordan (Until October 2022)
Project Coordinator

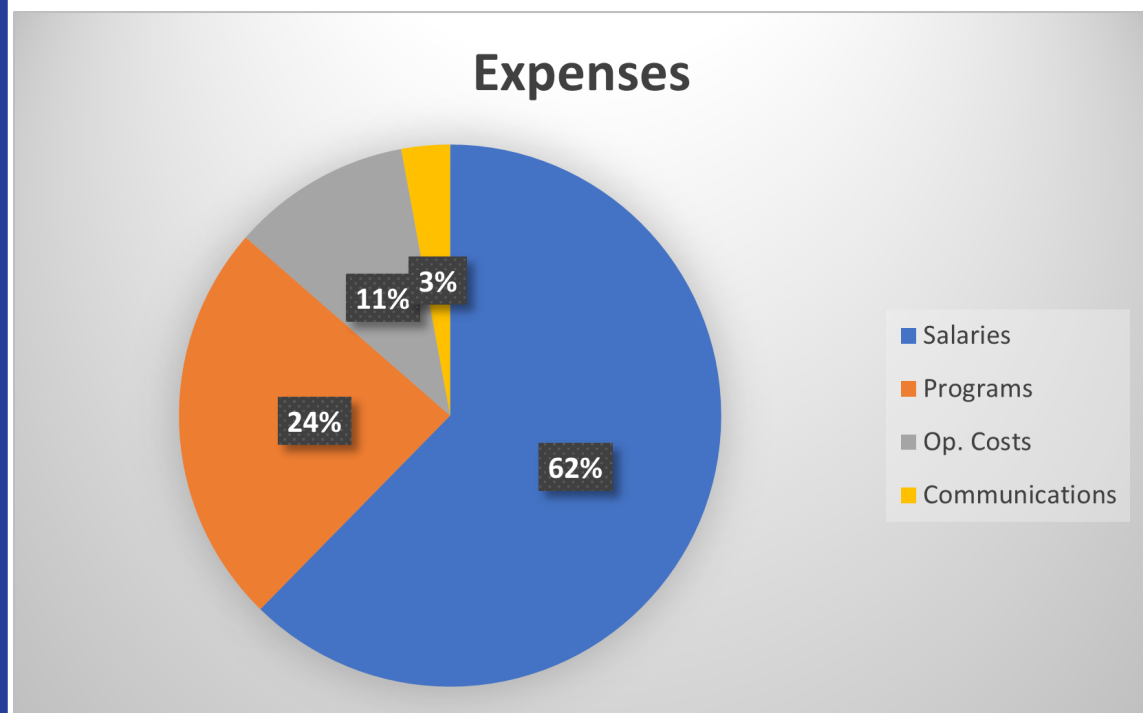
Laurie Lowry
Health Coordinator

Laurence Allard (Until October 2022)
Project Coordinator

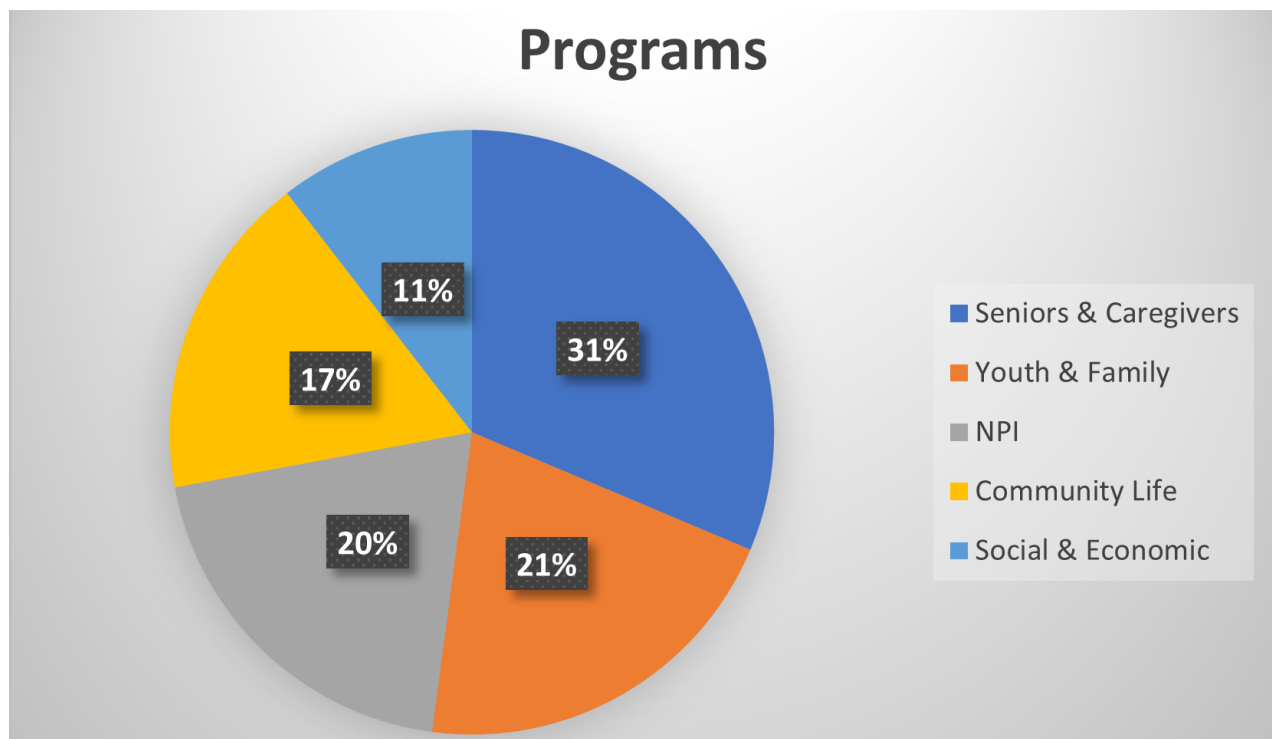
Revenue



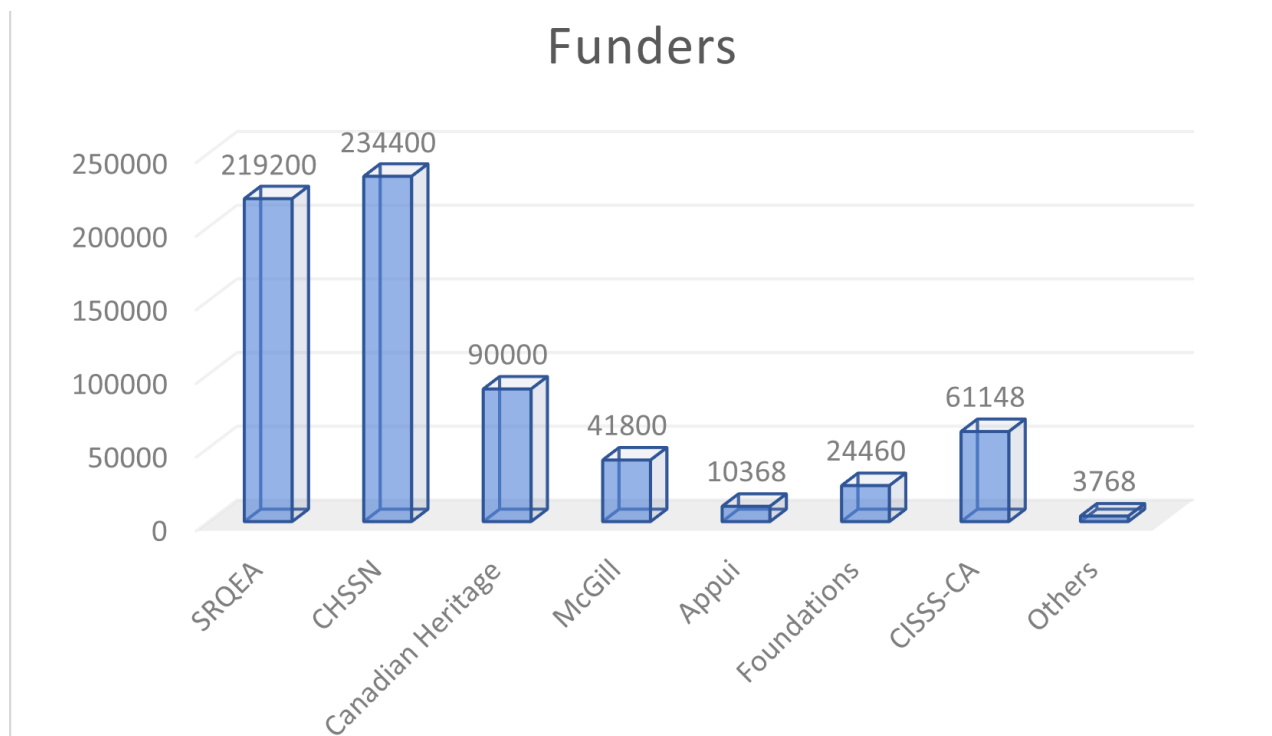
Expenses



PROGRAMS



FUNDERS





**MEGANTIC
ENGLISH-SPEAKING**
COMMUNITY DEVELOPMENT CORPORATION

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Tel: 418 332-3851
community@mcadc.info
www.mcdc.info**



**SOUTH SHORE
ENGLISH NETWORK**
INITIATED BY MCDC

**1190B, Rue De Courchevel, Local 413
Lévis (Qc) G6W 0M6
Tel: 581 500-3754|
projectlevis@mcadc.info
www.mcdc.info**