

Volunteers make a difference!





Thank you to our volunteers in the front office, food bank, clothing bank and breakfast program. You make a world of difference.

THANK YOU!!



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**Brunswick Street
Mission**

Newsletter
Fall 2019



EDITION FOCUS: OUTREACH PROGRAM

In our last newsletter we reported that our Social Work student, Beth, had been completing community surveys. The goal was to create a decision making tool for the board to identify the most needed and appropriate program to add to the list of services offered to those struggling with poverty at Brunswick Street Mission.

The surveys are now complete and the information is being analyzed. While we aren't ready to announce what the new program will look like we are one step closer.

Until then we would like to share some of the stories we collected about the people we have met as well as some of the statistics about poverty in our community, province and country.



Joanne, an indigenous women, came in to have her taxes completed due to her widow benefits being cut off. Completing the paperwork for her taxes, some emergency food and a quick call to the benefits office helped ease her worries.

Geoff, a senior, is struggling to make ends meet and attends community meals. Staff and volunteers saw his distress and referred him to us. Once it became clear he was not aware that he is eligible for government assistance or how to complete the forms required, we were able to offer support.

Ruth was in crisis. Her EI was reduced and she became unable to pay her bills. As a single mother she was worried about not being able to find a job. We were able to help her by paying her arrears and providing her a Sobeys gift card to help with some food security. Additionally, we shared the mental health crisis line number so she had someone professional to speak with.



THE FACTS

POVERTY

Poverty and health are inextricably linked. The basic requirements of health, which are food, clothing and housing, are often unobtainable for the poorest people in our society.

In 2005 26% of Canadian households could not afford their housing costs and 9 to 13% of the populations live in poverty (that's 3 to 4.5 million Canadians). Over 1,600 people stay in shelters and over 19,000 households at risk of homelessness.

1.3 million Canadian children live in conditions of poverty.

In 2008 Statistics Canada noted that 75,000 of people living in Nova Scotia lived below the poverty line, 113,000 had low income and 158,000 were living on a low income.

95% of low income single parent families living in Nova Scotia are headed by women.

51% of single Indigenous women and 57% of single African Nova Scotian women live below the poverty line

HEALTH

In Nova Scotia poor health and chronic illness cost \$1.25 billion in direct medical costs and 1.79 billion in lost productivity each year.

FOOD

15% of homes in the Halifax Regional Municipality are facing food insecurity.

Typical Brunswick Street Mission Client: Kyle is on Income Assistance and receives \$800 monthly. This must cover rent as well as food and other basic necessities. Knowing the cost of rent in Halifax this means Kyle is forced to use food banks and community meal programs to eat and may not be able to afford other basic necessities he requires.