

Appendix A

**St. Catharines  
 2013 Individual NPI Project Evaluation**

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements																		
Bethlehem Projects of Niagara	Activities & Community Development	This project, in partnership with the Niagara Artists Centre, was available to residents of the Downtown neighbourhood and focused on the arts as a therapeutic means for improving self-esteem, skill development, enhancing social networks, income stability, community connectivity and an overall greater satisfaction with life.	Downtown	<table border="1"> <tr><th colspan="2">Expected</th></tr> <tr><td>Children 0-12</td><td>10</td></tr> <tr><td>Youth 13-18</td><td>10</td></tr> <tr><td>Adult 19-64</td><td>75</td></tr> <tr><td>Seniors 65 +</td><td>7</td></tr> <tr><td><b>TOTAL</b></td><td><b>102</b></td></tr> </table>	Expected		Children 0-12	10	Youth 13-18	10	Adult 19-64	75	Seniors 65 +	7	<b>TOTAL</b>	<b>102</b>	<table border="1"> <tr><th>Actual</th></tr> <tr><td>13</td></tr> <tr><td>9</td></tr> <tr><td>88</td></tr> <tr><td>8</td></tr> <tr><td><b>118</b></td></tr> </table>	Actual	13	9	88	8	<b>118</b>	<b>Contract Amount - \$40,164.57</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
Expected																								
Children 0-12	10																							
Youth 13-18	10																							
Adult 19-64	75																							
Seniors 65 +	7																							
<b>TOTAL</b>	<b>102</b>																							
Actual																								
13																								
9																								
88																								
8																								
<b>118</b>																								

**Impact**  
 Our art show (At the Niagara Artists Centre on Feb. 1<sup>st</sup> 2014) was the first time that most of our artists had been so visible in the public (e.g. Newspaper interview, TV interview and talking with visitors at the exhibit). One adult participant has been able to create a business that generates income that will continue beyond the scope of this project. Five of the eleven graduates of the leadership program have become gainfully employed, and four graduates have started volunteering.

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements																		
District School Board of Niagara	Aboriginal Summer HEAT	The Aboriginal Summer HEAT Camp is a three week program for students age 3-8 committed to enhancing student achievement by providing culturally appropriate literacy and science based activities.	The Haig	<table border="1"> <tr><th colspan="2">Expected</th></tr> <tr><td>Children 0-12</td><td>34</td></tr> <tr><td>Youth 13-18</td><td></td></tr> <tr><td>Adult 19-64</td><td>25</td></tr> <tr><td>Seniors 65 +</td><td></td></tr> <tr><td><b>TOTAL</b></td><td><b>59</b></td></tr> </table>	Expected		Children 0-12	34	Youth 13-18		Adult 19-64	25	Seniors 65 +		<b>TOTAL</b>	<b>59</b>	<table border="1"> <tr><th>Actual</th></tr> <tr><td>95</td></tr> <tr><td></td></tr> <tr><td>49</td></tr> <tr><td></td></tr> <tr><td><b>144</b></td></tr> </table>	Actual	95		49		<b>144</b>	<b>Contract Amount - \$16,911.98</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
Expected																								
Children 0-12	34																							
Youth 13-18																								
Adult 19-64	25																							
Seniors 65 +																								
<b>TOTAL</b>	<b>59</b>																							
Actual																								
95																								
49																								
<b>144</b>																								

**Impact**  
 Aboriginal Summer HEAT programming and the five parent engagement sessions worked on building communication, social skills and self-confidence between parents and their children. These experiences encouraged regular interaction and engagement among family members. Sessions with Mental Health increased awareness around healthy approaches to dealing with stress and effective problem solving. One example: "We have all become closer as a family. I feel very involved in what they are learning, that we have detailed discussions around the table. We have shared our experience with our family and friends. My youngest learned to read."

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Heart Niagara	Health Changes Everything	A student health assessment focused on heart health was completed and included strategies related to key health behaviours. Analyzed data informed Grade 5 curriculum to support health learning, low cost meal preparation, shopping and budgeting.	Fairview; Facer; Old West Hill	<b>Children 0-12</b>	135	165	<b>Contract Amount - \$15,959.97</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	10	0	
				<b>Adult 19-64</b>	120	124	
				<b>Seniors 65 +</b>	10	4	
				<b>TOTAL</b>	<b>275</b>	<b>293</b>	

**Impact**  
 This project drew attention to the funding shortfalls of breakfast programs. Information about choosing healthy food was adapted to choosing healthy food items on a budget, meal planning for the whole week, and other lenses to empower families and lower costs. Parents were provided with tips on choosing between fresh, frozen, or canned goods, cooking to have leftovers, how to properly store food, and more. Meal planning is an efficient way to reduce food costs. One comment: "...provided people with a better understanding of how we can better improve our lifestyles."

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
John Howard Society of Niagara	Strengthening Families for the Future	This 14 week family-focused skills training program was geared towards prevention of multiple developmental problems including school failure, violence, mental health issues and early age substance misuse among high-risk children aged 7 - 11	Queenston	<b>Children 0-12</b>	50	77	<b>Contract Amount - \$17,026.01</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	5	16	
				<b>Adult 19-64</b>	40	53	
				<b>Seniors 65 +</b>		2	
				<b>TOTAL</b>	<b>95</b>	<b>148</b>	

**Impact**  
 This program was well received and valuable to all of the participants. It provided them with life skills, coping skills, communication skills, and social skill as well as many other valuable tools. By providing these types of programs the participants were able to have the support, information and knowledge of professionals and were able to connect and network with others who are in similar situations. One comment: "My daughter and I have a new relationship and things have gotten better at home."

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements		
Learning Disabilities Association of Niagara Region	Reading Rocks Junior-Expansion/Educator Component	Reading Rocks Junior-a literacy program for children 4-6, who are at risk for reading difficulties. Results were collected from previous years and show significant reading gains in participating children.	Merriton	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$24,161.59</b>	
				<b>Children 0-12</b>	70	67	<b>Within Budget</b>	<input checked="" type="checkbox"/>
				<b>Youth 13-18</b>			<b>Met Targets Established</b>	<input checked="" type="checkbox"/>
				<b>Adult 19-64</b>	160	165	<b>Completed Objectives</b>	<input checked="" type="checkbox"/>
				<b>Seniors 65 +</b>			<b>Reporting Requirements</b>	<input checked="" type="checkbox"/>
				<b>TOTAL</b>	<b>230</b>	<b>232</b>	<b>Site/Program Review</b>	<input checked="" type="checkbox"/>

**Impact**

There was a significant increase in the participating children's emergent literacy skills. This is important because research shows that there is a correlation between preschool literacy scores and post-secondary education, employment, and income status. Feedback from families noted that they would not have been able to participate if it wasn't for offering the program at no charge and within walking distance. Incorporating the parent component gave parents some knowledge and skills on how to work on their child's literacy skills at home. One comment: "My Child was extremely quiet and shy and he really has started to come out of his shell and participate."

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements		
Niagara Children's Centre	Best Start Child & Family Centre - Lincoln Centennial	This program provided families with a point of service/Hub model for universally accessible services and resources. Eleven community partners collaborated and worked together to address and support the needs of children and their families in a low income, culturally diverse neighbourhood.	Fairview	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$45,740.34</b>	
				<b>Children 0-12</b>	300	284	<b>Within Budget</b>	<input checked="" type="checkbox"/>
				<b>Youth 13-18</b>			<b>Met Targets Established</b>	<input checked="" type="checkbox"/>
				<b>Adult 19-64</b>	180	230	<b>Completed Objectives</b>	<input checked="" type="checkbox"/>
				<b>Seniors 65 +</b>	15	7	<b>Reporting Requirements</b>	<input checked="" type="checkbox"/>
				<b>TOTAL</b>	<b>495</b>	<b>521</b>	<b>Site/Program Review</b>	<input checked="" type="checkbox"/>

**Impact**

Activities such as Crafting nights, Yoga nights, Zumba classes, Literacy workshops, Wee Wiggles, Financial workshops, Cyber space internet safety, Car Seat Clinics and Infant Massage, Woman to Woman workshops, and child care were provided. Dinners and Take Home food were also available for the families to come together around many tables, meet others and then go on to the workshops. One comment: "These days it feels there is no community. This program gives you the ability to meet your neighbours and the kids learned to cook!"

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Niagara Folk Arts Multicultural Centre	50+ Adult Program (Chop Chop Club)	A weekly 50+ club which brings together a group of volunteers (newcomer and Canadian) to prepare food for a local soup kitchen (Ozanam). This group participated in outings focused on healthy active living, living on a budget, and made visits to local programs and attractions	Queenston; Downtown	Children 0-12		8	<b>Contract Amount - \$36,472.51</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18		2	
				Adult 19-64	70	86	
				Seniors 65 +	20	66	
				<b>TOTAL</b>	<b>90</b>	<b>162</b>	

**Impact**  
 This project had a solid volunteer base which has been a great support to achieving the outcomes of breaking isolation, community engagement, and informal language practice for mature newcomers. There were many group discussions on the importance of home cooking. Cultural diversity exchange discussions regarding food and meals from around the world, eating habits and traditions across cultures. This was a great opportunity to learn from each other, enrich individual knowledge of other cultures, and breakdown misconceptions of other ethno cultural groups. One comment: *"I am feeling happy, before I was very isolated and worried about my new life in Canada."*

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Niagara North Community Legal Assistance	Injured Worker Support Centre	This program provided a welcoming place for injured workers, their families and support persons to come and find out information, access services and share stories about their lives as injured workers.	Downtown	Children 0-12			<b>Contract Amount - \$25,445.35</b> <b>Amount Spent - \$25,440.68</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18		22	
				Adult 19-64	100	40	
				Seniors 65 +		2	
				<b>TOTAL</b>	<b>100</b>	<b>64</b>	

**Impact**  
 Arrangements were made to have guest speakers come and speak to various subjects like alternative pain therapies, training on WSIB issues that will allow members to better self-advocate for themselves and others and applying for the Disability Tax credit. Many of the members made new friends that share common issues and were able to increase their self-esteem and self-confidence. One comment: *"This gave me back my dignity, my sense of self-worth and allowed me to be able to help others in the community."*

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements			
Start Me Up Niagara	Resourcing Beyond Food Plus	A steering committee and business plan was developed to address the abundance of garden produce, its distribution and long term sustainability through the creation of a Co-operative modeled Social Enterprise.	Queenston; Downtown	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$66,594.87</b>		
				<b>Children 0-12</b>					<b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	20			20	
				<b>Adult 19-64</b>	100			111	
				<b>Seniors 65 +</b>	20			22	
<b>TOTAL</b>	<b>140</b>	<b>153</b>							

**Impact**  
 This initiative has been addressing poverty by creating daily opportunities for people in poverty to gain skill, knowledge and experience in the agri-food sector. All aspects from seed to plate are involved in this initiative. Certificates were given to five participants for completing a 10 week series of workshops on growing and marketing local foods. Seven new employment positions were created that included training and leadership opportunities. More than 100 volunteers gained employability skills. One comment: "I have gained confidence to enter the work world and try new things."

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements			
United Way of St. Catharines & District	Niagara Arts & Culture Field Trips (NACFT)	Provided children and youth from the stressed Manchester neighbourhood the opportunity to experience regional arts & culture venues/events.	The Haig	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$4,469.42</b>		
				<b>Children 0-12</b>	45			38	<b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	10			11	
				<b>Adult 19-64</b>				6	
				<b>Seniors 65 +</b>					
<b>TOTAL</b>	<b>55</b>	<b>55</b>							

**Impact**  
 Some children and youth living in Manchester Family Community who had not attended existing neighbourhood-based programming were attracted to the larger programs through field trip promotion. Since participating in field trips, they have attended existing programming thereby gaining access to free, regularly-scheduled educational, recreational, and leisure activities. In addition two adults with developmental disabilities living in poverty were attracted to existing programming through field trip promotion. By participating in field trips and existing programming, they have gained access to age-appropriate activities thereby improving their social inclusion in the neighbourhood.

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements
United Way of St. Catharines & District	Welcome Home	In partnership with agencies this project provided kitchen start-up kits for individuals moving from a shelter into a home. All kits included specific items such as dishes, utensils, a pot, dish soap, etc.	Downtown	<b>Expected</b>		<b>Actual</b>
				<b>Children 0-12</b>	70	29
				<b>Youth 13-18</b>	100	42
				<b>Adult 19-64</b>	180	181
				<b>Seniors 65 +</b>	20	6
<b>TOTAL</b>		<b>370</b>	<b>258</b>	<b>Contract Amount - \$10,394.00</b> <b>Amount Spent - \$10,394.00</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>		

**Impact**

Over 200 households received Welcome Home Kits through nine local agencies. This helped to reduce the financial and emotional stress for these individuals and families. These households received the items they needed to prepare and serve a meal in their home, in addition to essential hygiene products. This project has allowed United Way to provide additional supports for local agencies and led the community (volunteers and community partners) into a dialogue about poverty. While we originally expected that many of the kits would go to families, most actually went to single person households. This led to a lower number of people served than originally anticipated. However, the expected number of households served was exceeded.

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements
Southridge Shelter	Life Skills - Food Preparation	This program provided basic cooking instruction for individuals who have moved from an emergency shelter into an apartment. Topics covered meal and grocery planning, food budgeting, and cooking techniques.	Downtown	<b>Expected</b>		<b>Actual</b>
				<b>Children 0-12</b>		
				<b>Youth 13-18</b>		
				<b>Adult 19-64</b>	65	52
				<b>Seniors 65 +</b>		
<b>TOTAL</b>		<b>65</b>	<b>52</b>	<b>Contract Amount - \$13,751.55</b> <b>Amount Spent - \$13,751.55</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>		

**Impact**

The program equipped people who were homeless with a foundation for a healthy, sustainable lifestyle and introduced them to supports that are available in our community (Public Health, Eat Right Ontario, etc.). Several participants have created a personal network of support to further practice the skills introduced in this program. They meet on a weekly basis to further leverage the resources they gained from the program in a group format. Although this project didn't meet its target of expected people served, this group has become self-sustaining and continues to serve new members.

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements																	
RAFT	Market Garden	A social enterprise that combined education & community engagement. Participants learned urban farming by producing and selling seeded garden socks.	Old Western Hill	<b>Expected</b> <b>Children 0-12</b> <b>Youth 13-18</b> <b>Adult 19-64</b> <b>Seniors 65 +</b> <b>TOTAL</b>	<table border="1"> <tr><td></td></tr> <tr><td>30</td></tr> <tr><td></td></tr> <tr><td></td></tr> <tr><td><b>30</b></td></tr> </table>		30			<b>30</b>	<b>Actual</b> <table border="1"> <tr><td></td></tr> <tr><td>27</td></tr> <tr><td>87</td></tr> <tr><td></td></tr> <tr><td><b>114</b></td></tr> </table>		27	87		<b>114</b>	<b>Contract Amount - \$65,252.88</b> <b>Within Budget</b> <b>Met Targets Established</b> <b>Completed Objectives</b> <b>Reporting Requirements</b> <b>Site/Program Review</b>	<table border="1"> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> </table>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
30																							
<b>30</b>																							
27																							
87																							
<b>114</b>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							

**Impact**  
 This project successfully brought together a group of residents to improve their community. The group was empowered to take control of their environment which provided for the creation, planting, and maintenance of garden socks. In addition, educational sessions were provided for youth in our after school program to provide an understanding of gardening and use of space.

Agency	Project	Description	St. Catharine's Neighbourhood	Number Served		Contract Requirements																	
Westview Christian	Women4 Women Celebration Event	A neighbourhood evening event was held to share a meal, have entertainment, receive a gift, and enjoy friendship as a community family of women. Participants have learned about food preparation and kitchen safety and were able to demonstrate their new skills at this event.	Queenston	<b>Expected</b> <b>Children 0-12</b> <b>Youth 13-18</b> <b>Adult 19-64</b> <b>Seniors 65 +</b> <b>TOTAL</b>	<table border="1"> <tr><td></td></tr> <tr><td>5</td></tr> <tr><td>80</td></tr> <tr><td>15</td></tr> <tr><td><b>100</b></td></tr> </table>		5	80	15	<b>100</b>	<b>Actual</b> <table border="1"> <tr><td></td></tr> <tr><td></td></tr> <tr><td>111</td></tr> <tr><td>7</td></tr> <tr><td><b>118</b></td></tr> </table>			111	7	<b>118</b>	<b>Contract Amount - \$4,728.22</b> <b>Within Budget</b> <b>Met Targets Established</b> <b>Completed Objectives</b> <b>Reporting Requirements</b> <b>Site/Program Review</b>	<table border="1"> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> <tr><td><input checked="" type="checkbox"/></td></tr> </table>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
5																							
80																							
15																							
<b>100</b>																							
111																							
7																							
<b>118</b>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							
<input checked="" type="checkbox"/>																							

**Impact**  
 Through this event we saw women connecting with groups they had never worked with before. We removed barriers by having this event. If you have met the people at a program it is much easier to walk in their door and ask for help. Attendance in our programs have increased which means that this event was a success in connecting people with what is available in their community.

### Niagara Falls 2013 Individual NPI Project Evaluation

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
District School Board of Niagara	Aboriginal Summer HEAT	The Aboriginal Summer HEAT Camp is a three week program for students age 3-8 committed to enhancing student achievement by providing culturally appropriate literacy and science based activities.	Elgin	Children 0-12	33	126	<b>Contract Amount - \$16,911.98</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18			
				Adult 19-64	25	79	
				Seniors 65 +			
				<b>TOTAL</b>	<b>58</b>	<b>205</b>	

**Impact**

Aboriginal Summer HEAT programming and the five parent engagement sessions worked on building communication, social skills and self-confidence between parents and their children. These experiences encouraged regular interaction and engagement among family members. Sessions with Mental Health increased awareness around healthy approaches to dealing with stress and effective problem solving. One example: *"It helped with their reading and learning the culture. Kept them excited about learning new things and school."*

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Heart Niagara	Health Changes Everything	A student health assessment focused on heart health was completed and included strategies related to key health behaviours. Analyzed data informed Grade 5 curriculum to support health learning, low cost meal preparation, shopping and budgeting.	Victoria/Drummond; Westlane; Elgin; Chippawa	Children 0-12	400	429	<b>Contract Amount - \$15,959.97</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	25	5	
				Adult 19-64	410	409	
				Seniors 65 +	8	4	
				<b>TOTAL</b>	<b>843</b>	<b>847</b>	

**Impact**

This project drew attention to the funding shortfalls of breakfast programs. Information about choosing healthy food was adapted to choosing healthy food items on a budget, meal planning for the whole week, and other lenses to empower families and lower costs. Parents were provided with tips on choosing between fresh, frozen, or canned goods, cooking to have leftovers, how to properly store food, and more. Meal planning is an efficient way to reduce food costs. One comment: *"...These are skills that are lifelong skills... applicable anywhere!"*

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements				
John Howard Society of Niagara	Strengthening Families for the Future	This 14 week family-focused skills training program was geared towards prevention of multiple developmental problems including school failure, violence, mental health issues and early age substance misuse among high-risk children aged 7 - 11	Elgin	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$17,026.01</b>			
				<b>Children 0-12</b>	40			45	<b>Within Budget</b>	<input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	5			2	<b>Met Targets Established</b>	<input checked="" type="checkbox"/>
				<b>Adult 19-64</b>	30			27	<b>Completed Objectives</b>	<input checked="" type="checkbox"/>
				<b>Seniors 65 +</b>				4	<b>Reporting Requirements</b>	<input checked="" type="checkbox"/>
<b>TOTAL</b>	<b>75</b>	<b>78</b>	<b>Site/Program Review</b>	<input checked="" type="checkbox"/>						

**Impact**  
 This program was well received and valuable to all of the participants. It provided them with life skills, coping skills, communication skills, and social skill as well as many other valuable tools. By providing these types of programs the participants were able to have the support, information and knowledge of professionals and were able to connect and network with others who are in similar situations. One comment: *"Better communication with my children, more patience with children. Without patience and good communication skills everything is chaos."*

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements				
Learning Disabilities Association of Niagara Region	Reading Rocks Junior-Expansion/Educator Component	Reading Rocks Junior-a literacy program for children 4-6, who are at risk for reading difficulties. Results were collected from previous years and show significant reading gains in participating children.	Victoria/Drummond	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$24,161.59</b> <b>Amount Spent - \$23,580.63</b>			
				<b>Children 0-12</b>	70			67	<b>Within Budget</b>	<input checked="" type="checkbox"/>
				<b>Youth 13-18</b>					<b>Met Targets Established</b>	<input type="checkbox"/>
				<b>Adult 19-64</b>	90			45	<b>Completed Objectives</b>	<input checked="" type="checkbox"/>
				<b>Seniors 65 +</b>					<b>Reporting Requirements</b>	<input checked="" type="checkbox"/>
<b>TOTAL</b>	<b>160</b>	<b>112</b>	<b>Site/Program Review</b>	<input checked="" type="checkbox"/>						

**Impact**  
 There was a significant increase in the participating children's emergent literacy skills. This is important because research shows that there is a correlation between preschool literacy scores and post-secondary education, employment, and income status. Feedback from families noted that they would not have been able to participate if it wasn't for offering the program at no charge and within walking distance. Incorporating the parent component gave parents some knowledge and skills on how to work on their child's literacy skills at home. One comment: *"This is an excellent program and the helpers who ran the program were great and made my daughter feel welcomed. This is important because she had anxiety and usually does not do well in groups."*

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements	
Niagara Folk Arts Multicultural Centre	NFAMC Tutor Program	A tutoring program for immigrants who are working full time or are sick and cannot attend classes in school. Clients are matched with a volunteer tutor to help them reach a level 3 LINC language level which is required to participate in the LINC home study program.	Victoria/Drummond	<b>Expected</b> <b>Children 0-12</b> <b>Youth 13-18</b> <b>Adult 19-64</b> <b>Seniors 65 +</b> <b>TOTAL</b>	  30  <b>30</b>	<b>Actual</b>  58 3 <b>61</b>	<b>Contract Amount - \$21,141.18</b> <b>Within Budget</b> <b>Met Targets Established</b> <b>Completed Objectives</b> <b>Reporting Requirements</b> <b>Site/Program Review</b>

**Impact**

This program addressed poverty by improving the English skills of our clients which enabled them to pursue better jobs with their new skills. Also, it has helped clients who cannot attend regular ESL classes due to conflict with work schedules. Some of our clients were promoted to a different position once their English skills improved. They have more confidence to communicate with the public. One client for example, was moved from housekeeping to reception with greater access to the public.

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements	
Niagara North Community Legal Assistance	Niagara Youth Social Justice Committee	A group of youth of diverse backgrounds from local high schools brought their unique perspectives to address social justice issues. The Committee, with the help of a Facilitator, learned about local social justice issues affecting youth in the Niagara Region.	Stamford; Beaverdams; Victoria/Drummond; Westlane; Elgin	<b>Expected</b> <b>Children 0-12</b> <b>Youth 13-18</b> <b>Adult 19-64</b> <b>Seniors 65 +</b> <b>TOTAL</b>	 48  <b>48</b>	<b>Actual</b>  38  <b>38</b>	<b>Contract Amount - \$9,887.94</b> <b>Amount Spent - \$6,475.06</b> <b>Within Budget</b> <b>Met Targets Established</b> <b>Completed Objectives</b> <b>Reporting Requirements</b> <b>Site/Program Review</b>

**Impact**

Through discovery of poverty-related issues, students were engaged in problem solving activities which required the participants to determine ways in which they could have an impact on poverty reduction. This group raised awareness of homelessness at the local high school and ran a donation drive for the YWCA. Problems in coordinating with the student populations of both selected schools initially slowed the project and only 1 of the 2 schools ended up participating (resulting in less youth participation).

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements	
Project S.H.A.R.E of Niagara Falls Inc.	Urban Homesteading	This program taught skills in reducing grocery and household costs. Clients and staff picked the following skills - making bread, yogurt, sauerkraut, raising chickens, storing root vegetables. These skills were to provide healthy food year round and can be passed on to future generations.	Victoria/ Drummond; Elgin	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$40,439.28</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Children 0-12</b>	15	19	
				<b>Youth 13-18</b>	15	14	
				<b>Adult 19-64</b>	150	204	
				<b>Seniors 65 +</b>	30	61	
				<b>TOTAL</b>	<b>210</b>	<b>298</b>	

**Impact**  
 We provided 44 workshops in 6 locations throughout designated Niagara Falls neighbourhoods as well as several larger group events at the outdoor oven. The informal and hands-on format of these activities allowed participants to work together, engage in conversation/storytelling and sharing of life experiences. Participants worked together, offering transportation, building friendships that resulted in gardening, cooking or preserving food together outside of workshops, attending workshops or volunteering together and finding seasonal work after suggestions and encouragement from other participants. One comment: "I acquired new skills which have increased my confidence and employability."

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements	
Hannah House	Rock Solid	Rock Solid, is a 40-week life skills program that enables young pregnant or parenting women under the age of 21 to advocate for themselves, educate themselves, and apply new skills to strengthen their employability.	Drummond/ Victoria; Elgin	<b>Expected</b>		<b>Actual</b>	<b>Contract Amount - \$7,780.26</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Children 0-12</b>	8	8	
				<b>Youth 13-18</b>	2	6	
				<b>Adult 19-64</b>	6	6	
				<b>Seniors 65 +</b>			
				<b>TOTAL</b>	<b>16</b>	<b>20</b>	

**Impact**  
 Participants were taught financial planning and organization skills. These key components assist residents in being successful in transitioning from Hannah House to the community. This program also connected residents to community resources, increasing participants' abilities to advocate on their own behalf by creating an opportunity for rapport and relationship building with agencies they may connect with post move out. One comment: "With each class I found myself getting more confident with each subject because I learned more in each thing."

Agency	Project	Description	Niagara Falls Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Project S.H.A.R.E of Niagara Falls Inc.	The Real Food Spot	Using our outdoor wood oven and community garden, this program provided four "Real Food" cooking and garden programs; three international cooking workshops; a six week seniors "Grow, Cook and Share" club; market bucks pilot; and four Field to Table neighbourhood events.	Drummond/ Victoria & Elgin	Children 0-12	50	24	<b>Contract Amount - \$41,525.88</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	15	4	
				Adult 19-64	100	134	
				Seniors 65 +	50	62	
				<b>TOTAL</b>	<b>215</b>	<b>224</b>	

**Impact**

There was an increase by local business owners (and individuals) of the awareness of poverty in the community, and their willingness to get involved to make a difference in the lives of community members living in poverty. Participants were able to reduce household costs for fresh food by having access to a community garden. The outdoor wood oven and community garden increased participation in community programs, leading to interaction with all members of our community and facilitated trusting relationships and networks between people.

**Welland  
 2012 Individual NPI Project Evaluation**

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Adolescent's Family Support Services of Niagara	Learning as a Journey	In partnership with Pathstone Mental Health parents were provided with skill development opportunities to build child/parent attachment. The program covered the impacts of disorganized/secure attachment, domestic violence and the links between attachment and caregiver behavior.	Cordage	Children 0-12	31	62	<b>Contract Amount - \$41,157.34</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	22	25	
				Adult 19-64	24	32	
				Seniors 65 +			
				<b>TOTAL</b>	<b>77</b>	<b>119</b>	

**Impact**

Education components were geared toward individual learning styles. As students achieved success, confidence increased, credits were achieved, and 98% of graduating students applied to post-secondary and were accepted into their program choices. Students understand their role as a nurturing mother, further developed individual parenting styles and gained knowledge of their child's growth and developmental milestones resulting in an increase in over-all self-esteem and self-confidence.

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Faith Welland Outreach	Core Program Funding	Programming includes music, cooking, sewing, arts & crafts, woodworking, girl talk, games/sports, adult ladies group meetings, and community gardens in the lowest income neighbourhoods of Welland.	West Main; Cordage	<b>Children 0-12</b>	100	152	<b>Contract Amount - \$57,571.66</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	5	0	
				<b>Adult 19-64</b>	10	11	
				<b>Seniors 65 +</b>	5	2	
				<b>TOTAL</b>	<b>120</b>	<b>165</b>	

**Impact**  
 Kids were provided with the opportunity to developed life skills such as cooking, art, woodworking etc. in order to become more well-rounded adults. This also gave them the opportunity to see if a certain life skill may be something they may want to pursue as a career. The gardening program provided the seniors on McLaughlin Street, who are on a fixed income, fresh produce at very little cost. It also gave them a sense of accomplishment and pride in what they grow.

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Goodwill Industries Niagara	Community Engagement Coordinator	Information seminars, workshops and activities were delivered at in various fields including budgeting, life skills, etc. Assistance was also given to individuals by linking them with appropriate community resources/supports.	Cordage	<b>Children 0-12</b>	30	88	<b>Contract Amount - \$97,761.40</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	50	39	
				<b>Adult 19-64</b>	100	515	
				<b>Seniors 65 +</b>	70	615	
				<b>TOTAL</b>	<b>250</b>	<b>1,257</b>	

**Impact**  
 Through the wide variety of activities adults and seniors have found a place that increases their motivation, enhances their communication and strengthens their self-esteem and pride. During community cafes, information fairs, one-on-one sessions and healthy living sessions, individuals have made connections that have helped with employment opportunities. Through the formation of personal and professional networks, individuals were able to increase motivation, enhance communication skills and strengthen their self-esteem and pride. One comment: "I have met some great people. I have gained work at some events as a photographer. I have made money."

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Heart Niagara	Health Changes Everything	A student health assessment focused on heart health was completed and included strategies related to key health behaviours. Analyzed data informed Grade 5 curriculum to support health learning, low cost meal preparation, shopping and budgeting.	Cordage; Eastside; Chippawa Park; Ontario Road Dain City	<b>Children 0-12</b>	60	75	<b>Contract Amount - \$15,959.97</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	15	1	
				<b>Adult 19-64</b>	65	96	
				<b>Seniors 65 +</b>	3	0	
				<b>TOTAL</b>	<b>143</b>	<b>172</b>	

**Impact**  
 This project drew attention to the funding shortfalls of breakfast programs. Information about choosing healthy food was adapted to choosing healthy food items on a budget, meal planning for the whole week, and other lenses to empower families and lower costs. Parents were provided with tips on choosing between fresh, frozen, or canned goods, cooking to have leftovers, how to properly store food, and more. Meal planning is an efficient way to reduce food costs. One comment: "...helped my child become more physically active."

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
John Howard Society of Niagara	Strengthening Families for the Future	This 14 week family-focused skills training program was geared towards prevention of multiple developmental problems including school failure, violence, mental health issues and early age substance misuse among high-risk children aged 7 - 11	Market Square	<b>Children 0-12</b>	30	32	<b>Contract Amount - \$17,026.01</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	5	2	
				<b>Adult 19-64</b>	20	21	
				<b>Seniors 65 +</b>			
				<b>TOTAL</b>	<b>55</b>	<b>57</b>	

**Impact**  
 This program was well received and valuable to all of the participants. It provided them with life skills, coping skills, communication skills, and social skill as well as many other valuable tools. By providing these types of programs the participants were able to have the support, information and knowledge of professionals and were able to connect and network with others who are in similar situations. One comment: "A lot of these families, ours included realize the importance of family in a time where many families are facing real challenges. Support helps. It helps to know that we aren't the only ones."

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Learning Disabilities Association of Niagara Region	Reading Rocks Junior-Expansion/Educator Component	Reading Rocks Junior-a literacy program for children 4-6, who are at risk for reading difficulties. Results were collected from previous years and show significant reading gains in participating children.	Eastside	Children 0-12	70	66	<b>Contract Amount - \$24,161.59</b> <b>Amount Spent - \$23,580.63</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18			
				Adult 19-64	90	41	
				Seniors 65 +			
				<b>TOTAL</b>	<b>160</b>	<b>107</b>	

**Impact**

There was a significant increase in the participating children's emergent literacy skills. This is important because research shows that there is a correlation between preschool literacy scores and post-secondary education, employment, and income status. Feedback from families noted that they would not have been able to participate if it wasn't for offering the program at no charge and within walking distance. Incorporating the parent component gave parents some knowledge and skills on how to work on their child's literacy skills at home. One comment: "He is more confident in sounding out words now. He likes to read after school now, whereas before it was a struggle."

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Hope Centre	H.O.P.E Life Skills	Provided guests at the Emergency Hostel physical and recreational activities with the assistance of Niagara College Recreation and Leisure Program.	Market Square	Children 0-12	20	1	<b>Contract Amount - \$5,475.03</b> <b>Amount Spent - \$4,836.36</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	50	21	
				Adult 19-64	410	197	
				Seniors 65 +	20	10	
				<b>TOTAL</b>	<b>500</b>	<b>229</b>	

**Impact**

Achieved a sense of camaraderie and group cohesiveness. Individuals who were withdrawn and not physically active participated and sometimes took the lead in including others in the activity. We did not meet our expected outcomes due to weather; as well we had some staffing issues in February and March and did not facilitate life skills.

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Faith Welland Outreach	Faith Welland Outreach - McLaughlin and LifeLabs Programming	Extending the programming at McLaughlin which included music, cooking, sewing, arts & crafts, woodworking, girl talk, and community gardens in the lowest income neighbourhoods of Welland.	Cordage; West Main	Children 0-12	100	314	<b>Contract Amount - \$46,996.28</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	20	30	
				Adult 19-64	25	97	
				Seniors 65 +	5	34	
				<b>TOTAL</b>	<b>150</b>	<b>475</b>	

**Impact**  
 Our kids LifeLabs programs give the kids the opportunity to learn a life skill such as woodworking, cooking and sewing that they can expand on as they get older. Our Community Gardens program gives the opportunity to have produce without the cost of purchasing the items in the grocery store. Providing transportation to and from special events during our Summer Spectacular gave kids the opportunity to participate in social activities that they may not otherwise have the opportunity to do so.

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Welland Heritage Council & Multicultural Centre	Fitness & Finances Wellness	Fitness sessions and workshops were offered to enhance participant knowledge about physical, mental, social, and financial well-being. To build a positive community through education knowledge and social inclusion by increasing awareness of jobs training and financial literacy.	West Main; Market Square	Children 0-12		3	<b>Contract Amount - \$50,854.55</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	10	2	
				Adult 19-64	275	422	
				Seniors 65 +	50	91	
				<b>TOTAL</b>	<b>335</b>	<b>518</b>	

**Impact**  
 The Fitness and Finance Wellness program was able to address poverty by advocating through partnerships within the community, offering programs that support participants in need, by allowing services at no cost to educate adults, children and families the importance of daily physical activity, eating healthy and preparing and strengthening job skills. One participant started her own rental business. Some participants reported no longer needing medication due to the physical health they gained through the exercise classes, which resulted in reduced costs for them. One comment: "This program was vital to my return to work after a 1 yr. loss of work from my accident."

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Women's Place of South Niagara Inc.	Domestic Violence Community Development & Engagement	Delivery of Domestic Violence public education and a school based dating and healthy relationships intervention / prevention program to Youth in Grades 7-12 in Welland.	Market Square; West Main; Cordage; Eastside; Ontario Road/Dain City; Welland South	<b>Children 0-12</b>	33	33	<b>Contract Amount - \$58,507.69</b> <b>Amount Spent - \$54,551.51</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>	774	469	
				<b>Adult 19-64</b>	360	262	
				<b>Seniors 65 +</b>	24	66	
				<b>TOTAL</b>	<b>1,191</b>	<b>830</b>	

**Impact**  
 Delivering the Stop the Cycle program in the schools and education about domestic violence and abuse in the community, enabled us to meaningfully engage with students and adults. In turn, one individual escaped a domestic violence situation and came into our shelter to reside, others called the crisis line and sought support and others spoke with our Counselor. Having our services accessible in the community increased access to services and support and has enabled individuals to move out of abusive relationships and transition to violence-free lives.

Agency	Project	Description	Welland Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
YMCA of Niagara	YMCA Youth Club	Youth Club is an after school program for children in grades 3-6. The focus was on health, wellness, nutrition, & physical activity. Program included 3 yr. quantitative research to determine the impact on the physical & emotional health of these children.	Cordage	<b>Children 0-12</b>	35	46	<b>Contract Amount - \$11,492.92</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				<b>Youth 13-18</b>			
				<b>Adult 19-64</b>			
				<b>Seniors 65 +</b>			
				<b>TOTAL</b>	<b>35</b>	<b>46</b>	

**Impact**  
 The program allowed youth to participate in a program that they may not have been able to afford had there been fees involved. By providing the participants with knowledge about how to live a healthier lifestyle, we gave them tools that they could use beyond the life of the program. One comment: *"Coming to the program and eating all the healthier foods helped me and my family be more healthy because I go home and tell my mom what we had for snacks and she buys the same snacks for my family."*

## Port Colborne 2012 Individual NPI Project Evaluation

Agency	Project	Description	Port Colborne Neighbourhood	Number Served		Contract Requirements		
				Expected	Actual			
Community Living Port Colborne-Wainfleet	Fun in the Sun	A free playground program at Victoria East Village Playground (Three Bridge area) 5 days per week during the summer.	Three Bridges	<b>Children 0-12</b>	30	129	<b>Contract Amount - \$32,995.74</b>	
				<b>Youth 13-18</b>		19	<b>Within Budget</b>	<input checked="" type="checkbox"/>
				<b>Adult 19-64</b>			<b>Met Targets Established</b>	<input checked="" type="checkbox"/>
				<b>Seniors 65 +</b>			<b>Completed Objectives</b>	<input checked="" type="checkbox"/>
				<b>TOTAL</b>	<b>30</b>	<b>148</b>	<b>Reporting Requirements</b>	<input checked="" type="checkbox"/>
							<b>Site/Program Review</b>	<input checked="" type="checkbox"/>

**Impact**  
 Some of the activities increased self-awareness. We worked on emotional regulation skills with the children, which taught the children how to calm down when upset. Children were taught what triggers their anger and ways to control themselves. One comment: *"I was able to go to work without being overly concerned about their whereabouts. I knew they were well supervised."*

Agency	Project	Description	Port Colborne Neighbourhood	Number Served		Contract Requirements		
				Expected	Actual			
Heart Niagara	Health Changes Everything	A student health assessment focused on heart health was completed and included strategies related to key health behaviours. Analyzed data informed Grade 5 curriculum to support health learning, low cost meal preparation, shopping and budgeting.	Three Bridges; Stonebridge	<b>Children 0-12</b>	50	87	<b>Contract Amount - \$15,959.97</b>	
				<b>Youth 13-18</b>	10	0	<b>Within Budget</b>	<input checked="" type="checkbox"/>
				<b>Adult 19-64</b>	55	65	<b>Met Targets Established</b>	<input checked="" type="checkbox"/>
				<b>Seniors 65 +</b>	2	0	<b>Completed Objectives</b>	<input checked="" type="checkbox"/>
				<b>TOTAL</b>	<b>117</b>	<b>152</b>	<b>Reporting Requirements</b>	<input checked="" type="checkbox"/>
							<b>Site/Program Review</b>	<input checked="" type="checkbox"/>

**Impact**  
 This project drew attention to the funding shortfalls of breakfast programs. Information about choosing healthy food was adapted to choosing healthy food items on a budget, meal planning for the whole week, and other lenses to empower families and lower costs. Parents were provided with tips on choosing between fresh, frozen, or canned goods, cooking to have leftovers, how to properly store food, and more. Meal planning is an efficient way to reduce food costs. One comment: *"Children love to learn and participate at this age. Empowering them with knowledge they can take home to parents. Early education is key for prevention of future disease."*

Agency	Project	Description	Port Colborne Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Port Cares	Choose Your Own Adventure	Focus on education, arts and culture, physical exercise and life skills programming. Participants were given the opportunity to be a mentor in future blocks of programming. Speaker's series throughout the community allowed these mentors to share their growth and experiences.	Three Bridges	Children 0-12	90	184	<b>Contract Amount - \$102,520.16</b> <b>Amount Spent - \$101,373.49</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	140	31	
				Adult 19-64			
				Seniors 65 +			
				<b>TOTAL</b>	<b>230</b>	<b>215</b>	

**Impact**  
 The participants were learning, while having fun, through recreational activities and arts/cultural opportunities which contributed to the enhancement of their self-esteem and self-confidence. As the participants in the homework club saw improvements in their academics, they were motivated to try harder and engage more in school.

### Fort Erie 2012 Individual NPI Project Evaluation

Agency	Project	Description	Fort Erie Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
District School Board of Niagara	Aboriginal Summer HEAT	The Aboriginal Summer HEAT Camp is a three week program for students age 3-8 committed to enhancing student achievement by providing culturally appropriate literacy and science based activities.	Fort Erie North	Children 0-12	33	162	<b>Contract Amount - \$16,911.98</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18			
				Adult 19-64	25	85	
				Seniors 65 +			
				<b>TOTAL</b>	<b>58</b>	<b>247</b>	

**Impact**  
 Aboriginal Summer HEAT programming and the five parent engagement sessions worked on building communication, social skills and self-confidence between parents and their children. These experiences encouraged regular interaction and engagement among family members. Sessions with Mental Health increased awareness around healthy approaches to dealing with stress and effective problem solving. One example: "The best thing that has happened to me as a result of taking part on this project is seeing that change that has happened with my son. For example, he is now reading and is more independent."

Agency	Project	Description	Fort Erie Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Fort Erie Multicultural Centre	Fort Erie North Rising	Provision of after school homework help and tutoring at the Community House for those living in the Niagara regional Housing units. We offered workshops (i.e. Stress Management), CPR and First Aid training.	Fort Erie North	Children 0-12	60	152	<b>Contract Amount - \$53,887.20</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	25	69	
				Adult 19-64	20	154	
				Seniors 65 +	5	4	
				<b>TOTAL</b>	<b>110</b>	<b>379</b>	

**Impact**  
 Through the creation of community initiatives such as the Bowden Street Clean Up for Earth Day, the street Beautification Day, Decorate your Door for the Holidays and the development of the Women's Program, we were able to create and facilitate many projects that allowed us to build caring and trusting connections between residents in the community and outside the community as well. One comment: "...since the inception of the programs... there has been no vandalism or criminal activity, social issues have decreased, and the street looks better. The tenants say they are very happy with the community."

Agency	Project	Description	Fort Erie Neighbourhood	Number Served		Contract Requirements	
				Expected	Actual		
Heart Niagara	Health Changes Everything	A student health assessment focused on heart health was completed and included strategies related to key health behaviours. Analyzed data informed Grade 5 curriculum to support health learning, low cost meal preparation, shopping and budgeting.	Fort Erie North; Crescent Park & Area	Children 0-12	50	79	<b>Contract Amount - \$15,959.97</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>
				Youth 13-18	10	0	
				Adult 19-64	55	43	
				Seniors 65 +	2	0	
				<b>TOTAL</b>	<b>117</b>	<b>122</b>	

**Impact**  
 This project drew attention to the funding shortfalls of breakfast programs. Information about choosing healthy food was adapted to choosing healthy food items on a budget, meal planning for the whole week, and other lenses to empower families and lower costs. Parents were provided with tips on choosing between fresh, frozen, or canned goods, cooking to have leftovers, how to properly store food, and more. Meal planning is an efficient way to reduce food costs. One comment: "It provides people with a better understanding of how we can better improve our lifestyles."

Agency	Project	Description	Fort Erie Neighbourhood	Number Served		Contract Requirements
				Expected	Actual	
Niagara Catholic District School Board	Fort Erie Best Start Child and Family Centres	Promoted and offered a comprehensive range of coordinated and collaborative family and children's services (i.e. exercise, nutrition, parenting programs, organic garden classes, play based programs), using Our Lady of Victory Catholic Elementary School and St. George Catholic Elementary School.	Fort Erie North; Crystal Beach; Lakeshore	<b>Children 0-12</b>	150	179
				<b>Youth 13-18</b>		11
				<b>Adult 19-64</b>	100	97
				<b>Seniors 65 +</b>	10	2
				<b>TOTAL</b>	<b>260</b>	<b>289</b>
						<b>Contract Amount - \$69,235.20</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>

**Impact**  
 Our team has provided opportunities to families that include access to and services for supports for employment, training, and encouraging engagement. We met and communicated with community partners to discuss what services they could provide to our group at no cost. The garden component of this program was a real asset to the community. A sense of family is developing stronger every week. Parents and children from ages 0-12 are connecting, communicating and accessing resources positively.

Agency	Project	Description	Fort Erie Neighbourhood	Number Served		Contract Requirements
				Expected	Actual	
The Adult Literacy Council of Greater Fort Erie	Share Bear Family Math and 'Mazing Math/You're the Chef	Families with at least one child in JK to grade 5 were recruited by their school & meet for a series of 6-10 Family Math sessions with the goal of instilling positive beliefs and attitudes in parents in their ability to facilitate their child's practical mathematical development. Healthy, nutritious meals were a part of each session to promote a healthy lifestyle.	Fort Erie North; Crystal Beach	<b>Children 0-12</b>	100	86
				<b>Youth 13-18</b>	20	
				<b>Adult 19-64</b>	50	60
				<b>Seniors 65 +</b>		
				<b>TOTAL</b>	<b>170</b>	<b>146</b>
						<b>Contract Amount - \$21,880.73</b> <b>Actual Spent - \$19,600.09</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>

**Impact**  
 The 'You're the Chef' program focused on a healthy, affordable diet, helping families to plan meals within their budgets. We have had several parents interested in obtaining their GED, or upgrading their secondary or post-secondary educations. Not only do parents want their child to succeed in life, but eventually they want it for themselves. Although below the expected number served due to school closings and amalgamations which has meant larger school sizes and more families who wish to participate at each school, for this project's purposes we had to enforce a maximum number of families registered to ensure better success in the program.

### Thorold 2013 Individual NPI Project Evaluation

Agency	Project	Description	Thorold Neighbourhood	Number Served		Contract Requirements
				Expected	Actual	
Learning Disabilities Association of Niagara Region	Reading Rocks Junior-Expansion/Educator Component	Reading Rocks Junior-a literacy program for children 4-6, who are at risk for reading difficulties. Results were collected from previous years and show significant reading gains in participating children.	Thorold Proper	Children 0-12	60	81
				Youth 13-18		
				Adult 19-64	85	58
				Seniors 65 +		
				<b>TOTAL</b>	<b>145</b>	<b>139</b>
						<b>Contract Amount - \$24,161.59</b> <b>Amount Spent - \$23,580.63</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>

**Impact**

There was a significant increase in the participating children's emergent literacy skills. This is important because research shows that there is a correlation between preschool literacy scores and post-secondary education, employment, and income status. Feedback from families noted that they would not have been able to participate if it wasn't for offering the program at no charge and within walking distance. Incorporating the parent component gave parents some knowledge and skills on how to work on their child's literacy skills at home. One comment: *"This program has really helped her reading progress."*

### West Lincoln 2013 Individual NPI Project Evaluation

Agency	Project	Description	West Lincoln Neighbourhood	Number Served		Contract Requirements
				Expected	Actual	
Niagara West Adult Learning Centre	Read - Learn - Grow	Recognizing that a parent is a child's first teacher, Read-Learn-Grow provided parents who have low literacy skills with the tools and strategies needed to improve their own literacy while empowering them to help their children succeed in school.	Caistor; Gainsborough	Children 0-12	20	85
				Youth 13-18		
				Adult 19-64	20	43
				Seniors 65 +		
				<b>TOTAL</b>	<b>40</b>	<b>128</b>
						<b>Contract Amount - \$28,195.17</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>

**Impact**

In both communities, the parents were grateful for the opportunity to learn with their children but it was the creation of their own support network that provided an equal if not greater value to them. They were able to connect with other parents in their community and realize that they were not alone. They left the program with new family literacy skills but also with new contacts/skills to continue to create community engagement. Some comments: *"Read, Learn, Grow has been a support in the everyday challenges of raising kids"* *"Read Learn Grow allowed my child exposure to other kids and informal learning."*

### Grimsby 2013 Individual NPI Project Evaluation

Agency	Project	Description	Grimsby Neighbourhood	Number Served		Contract Requirements	
Niagara North Community Legal Assistance	Injured Worker Speaker School - FORT Youth Project	This program offered injured workers an opportunity to share their stories, and learn to speak in public about the issues they face. Youth from the FORT helped prepare, and serve weekly meals to the injured workers.	Grimsby Downtown; Nelles; Grimsby Mountain	<b>Expected</b> Children 0-12 Youth 13-18 Adult 19-64 Seniors 65 + <b>TOTAL</b>	 5 21 28 3 <b>37</b>	<b>Actual</b> 5 21 28 3 <b>57</b>	<b>Contract Amount - \$17,406.36</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>

**Impact**  
 Lack of support causes people to become discouraged and depressed, our program provided hope and knowledge to move them into action and involvement in the Niagara Injured Worker Centre. The youth learned how to plan, prepare and present food and were involved in the planning and shopping for meals which used their math skills as well as learning to work with / as a group towards a goal. One comment: *"Through the Centre I have grown as a person. I have been able to be involved in the community and interact with many great people who also strive for change."*

### Regional 2013 Individual NPI Project Evaluation

Agency	Project	Description	Regional	Number Served		Contract Requirements	
Niagara Connects	Rowing the Boat Together II: Agencies Connect for Client Success	This project provided opportunities for leaders in Niagara to share best practice ideas and advance a person-centered service delivery approach across Niagara.	All neighbourhoods	<b>Expected</b> Children 0-12 Youth 13-18 Adult 19-64 Seniors 65 + <b>TOTAL</b>	  155  <b>155</b>	<b>Actual</b>  156  <b>156</b>	<b>Contract Amount - \$29,696.15</b> <b>Within Budget</b> <input checked="" type="checkbox"/> <b>Met Targets Established</b> <input checked="" type="checkbox"/> <b>Completed Objectives</b> <input checked="" type="checkbox"/> <b>Reporting Requirements</b> <input checked="" type="checkbox"/> <b>Site/Program Review</b> <input checked="" type="checkbox"/>

**Impact**  
 Presentations profiled approaches to re-defining advocacy by reducing rules; focusing on what is 'important to' rather than 'important for' individuals being served; and engaging individuals being served in defining what is the best plan for them to move forward in 'getting the life that they want'. One comment: *"...this project has allowed me to grow my professional network and increase opportunities for the clients that I serve."*