

North Shore Community Association



2016-2017 ANNUAL REPORT

North Shore Community Association (NSCA)

A WORD FROM THE CHAIR



Good morning and welcome NSCA members to our seventeenth Annual General Meeting! Thank you all for having taken the time to travel here to Port-Cartier from Fermont, Baie-Comeau, and Sept-Îles. It's great to see you on a Saturday morning in early fall! Did you know that yesterday, September 22nd, was the first day of fall?

The year seems to have flown by since we met last September in Sept-Îles. Many wonderful projects are ongoing and others will soon be getting underway. More members are participating in activities and attending the videoconference sessions offered in our communities. Our Executive Director will bring you up to date on that as well as new projects in her report coming up in a few minutes.

I'd like to thank my Board for their support, time and effort this past year: Vice-Chair Billy Larivière; Secretary Cathy Larivière; Treasurer Maxime Côté; Directors Mary-Ellen Beaulieu, Edith O'Brien, Mallory Stonehill Chouinard, and Marianne Bizeau; Youth Directors Chantal Mitterer and Pascale Dessureault. and our Executive Director Jody Lessard. As well, thank you to those working in our offices in Sept-Îles and Baie-Comeau. A big thank you to Stephen Kohner who puts together our newsletter and to all who contribute articles and photos. And lastly, but very importantly, thanks to all the volunteers who help out in our community events and initiatives. We couldn't do it without you!

So, STAY CONNECTED and take advantage of the wide variety of activities and conferences offered. We are gaining visibility and that is an indication of our success. We are only a phone call away should you have questions or concerns or suggestions. The North Shore is indeed a beautiful place to live as we discover with each passing day.

Debbie Laurie

Chair

North Shore Community Association Board of Directors and Staff 2016-2017

Board of Directors

Debbie Laurie	Chair
William Larivière	Vice-Chair
Cathy Larivière	Secretary
Maxime Côté	Treasurer
Edith O'Brien	Director
Mary Ellen Beaulieu	Director
Marie Anne Bizeau	Director
Mallory Stonehill	Youth Director
Chantal Mitterer	Youth Director
Pascal Dessureault	Youth Director



From left to right: Marie Anne Bizeau, William Larivière, Edith O'Brien, Maxime Côté, Debbie Laurie, Cathy Larivière, Mallory Stonehill; absent from photo: Mary Ellen Beaulieu & youth



From left to right: Christina Noble, Patricia Howell, Tammy Mansbridge, Jackie Bizeau, Jody Lessard, Danielle Duguay and Shelby Shattler.

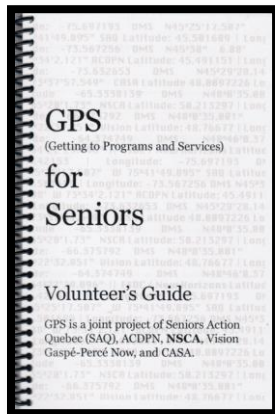
Staff

Jody Lessard	Executive Director
Patricia Howell	Supervisor- Community Health Services
Jackie Bizeau	Community Liaison Agent
Shelby Shattler	Youth Animator
Danielle Duguay	Seniors Animator
Tammy Mansbridge	Assistant Animator
Christina Noble	Special Projects Coordinator and Communications

Community Involvement and Volunteers

Volunteers are an integral part of the NSCA, and we rely on our volunteers to make many of our events and activities the success that they are. Seniors are an increasingly valuable volunteer resource and continue to make up the majority of volunteers in our database, for many social and intergenerational activities. We also have a database of parents, who willingly give their time at many of our Toddler and Youth activities.

Getting to Services and Programs for Seniors (GPS)



The NSCA was selected as one of 4 winning community associations out of the entire province of Quebec, to pilot the *Getting to Programs and Services for Seniors (GPS)* by Seniors Action Quebec. The Project kicked off in September 2016 and we began training senior volunteers in January and February 2017 for both Baie-Comeau and Sept-Iles communities. Senior visits begun shortly afterwards and we look forward to continue with more seniors reached during Fall 2017.

Many seniors suffer from isolation in all walks of life. Losing a loved-one, becoming ill, and losing autonomy are all too common challenges for seniors in Quebec. For English-speaking seniors, language can prove to be an additional challenge. The GPS project was created with the aim to connect isolated English-speaking seniors with an English-speaking senior volunteer. We want to reduce senior isolation and deliver vital community information in English. A local information package including health and legal information has been issued to each volunteer and is to serve as a useful guide about available services in the local area. This pilot project culminates in Spring 2018 and we hope to have in place measures to continue our own service once this period has ended.

Outstanding Community Involvement Award

We began our year by acknowledging an individual who has given her time willingly and graciously to the NSCA over many years. The Marc Deslauriers Outstanding Community Involvement Award was awarded to Edith O'Brien who has given her time willingly and graciously for many years. Instrumental in the organizing of community social events and actively involved in the senior community activities, including intergenerational events, Edith is a volunteer that is devoted to her community and very engaged.



Edith O'Brien (centre) receives her award from Debbie Laurie (left) and Jody

Volunteers Recognized in Sept-Îles



A gala recognition for volunteers was celebrated during Volunteer Week 2016 (April 11-15). Over 140 people took part in the gala recognition evening held at Sept-Îles Convention Centre. Organized by the Volunteer Centre (CAB) Sept-Îles, the evening featured the presentation of six awards to community organizations and a short tribute to twenty dedicated volunteers within the community. This year the NSCA nominated Ms. Gail Court-Lavallee for volunteerism within the Anglophone community.

Ms. Court-Lavallee was presented an award for her many hours of volunteering within the community. Gail generously donates her time and energy in many community senior initiatives. Congratulations on the well deserved award!

On Friday, June 3rd, the City of Sept-Îles held their 2016 Volunteer Recognition Evening. This annual activity permits organizations to nominate volunteers who have contributed to the community. This year, the NSCA nominated volunteer parents who have dedicated time in helping out at our Toddler Time sessions. Congratulations to Genova Belanger and Ledzia Shattler.



In the Community and Further Afield

Alliance: Improve Living Conditions of Seniors in Côte-Nord

On December 15, 2016, a regional event was held in Baie-Comeau where 45 organizations of the North Shore confirmed their engagement to take concrete and coherent approaches for active and healthy aging for seniors; a mobilization process for the improvement of living conditions for the senior population.

The North Shore Regional Table of Seniors and its partners acted collectively towards the improvement of the seniors living conditions, by getting together in an Alliance, where each partner became a signatory, confirming its commitment to realize an action towards the improvement of seniors living conditions.

Overall, the signatories of the Alliance have confirmed to more than eighty initiatives, actions and intentions that were therefore placed on the agenda for the next three years. The North Shore Community Association is one of the 45 signatories of the Alliance.

A collective commitment was realized!

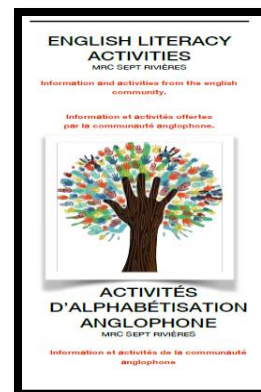


NSCA Representation on Regional Tables

NSCA has representation on 3 regional tables in sectors for seniors (Table Regional des Aînées Cote Nord), early childhood (ECLORE Cote-Nord), and youth -school perseverance (RAP Cote-Nord). With representation on these regional committees we have made contact with other committee members and departments such as: Health and Social Services, Early Childhood Education, Ministère de la Famille , Avenir d'enfants, SQ, Education milieu, Municipal, Employability, etc. More than 15 stakeholders are aware of the English-speaking community and have an increased knowledge of their needs.

PAELE Project

The NSCA are in their third and final year for the completion of the PAELE project in partnership with Eastern Shore School Board (ESSB). The goal of the PAELE project is to foster and develop early childhood integration in emergent literacy (Sept-Îles region). Port-Cartier was selected to receive new actions for the project.



Atlantic and Quebec Health Networks

On December 6th and 7th 2016, French-language health networks in the Atlantic region, members of the Société Santé en français (SSF) and the health networks in English of the Community Health and Social

Services Network (CHSSN) of Eastern Quebec met in Halifax for two days of meetings. A total of 20 people representing 14 health networks in the Atlantic provinces and Quebec participated. The NSCA, as one of the health networks, was represented by the Executive Director, Jody Lessard, at this 2 day event.

The goals of the meetings were to gain knowledge of the tools, resources and strategies of Atlantic networks and CHSSN networks; identify avenues for collaboration between Atlantic networks; and to identify avenues for collaboration between Atlantic



networks and CHSSN networks

Participants were able to take part in consultative meetings and meet with health professionals in French in the Halifax region, as well as to attend presentations on various subjects including:

- The coordination of bilingual services and the active offer of services in French at the IWK Health Center,
- Healthy Language Standards, presented by Gilles Vienneau of the New Brunswick Society for Health and Wellness in French;
- Health Promotion, presented by Barbara Losier of the Acadian Movement of Health Communities of New Brunswick and Maya Bélanger, Official Languages Consultant at the Public Health Agency of Canada.

The participating networks were very satisfied with the meetings and were able to establish many avenues for future collaborations and projects, as well as to make new contacts.

Arts, Culture and Heritage


Côte-Nord Archeological Discoveries


Baie-Comeau and Sept-Iles communities were exposed to the fascinating archeological discoveries made during 2016 on the North Shore.

On February 22nd, 2017, the NSCA and Baie-Comeau members, discovered archeological discoveries from the North Shore thanks to a presentation by *Archéo-Mamu Côte-Nord's* director and archeologist François Guindon. Located in the Jardin des Glaciers, the participants were able to see up close many artefacts and *Archéo-Mamu's* laboratory where every artefact is cleaned, sorted and catalogued. . He was happy to present several of the archeological pieces discovered by him and his team at almost ten new sites among the communities of Natashquan, Moisie, Pointe-aux-Outardes and Essipit in 2016.

The following month, March 31st 2017, in partnership with Musée régional de la Côte-Nord, NSCA, Canadian Heritage and *Archéo-Mamu*, Mr Guindon delivered a similar presentation at the Musée régional de la Côte-Nord for Sept-Îles and surrounding residents. Guests were treated to a detailed introduction into how the land is prepared for a dig, where and how certain artefacts were found as well the history of the region. A fascinating portrait into the rich cultural heritage of the region.

2016 Archaeological Discoveries from Côte-Nord








- Where: Musée Régional de la Côte-Nord (500 boulevard Laure, Sept-Îles, main entrance)
- When: 31 March 2017 (Friday)
- Time: 6—8 pm (NSCA will provide refreshments)

From Essipit to Natashquan, via Pointe-aux-Outardes and Moisie, Archéo-Mamu Côte-Nord discovered and excavated nearly a dozen archaeological sites this year. The archaeologist and director of the organization, François Guindon, PhD, will present to the public the highlights of these discoveries, as well as some of the archaeological finds uncovered in 2016.

This presentation is brought to you by:



Film Festival



The NSCA was proud to sponsor 2 film festivals this year: the 27th Festival du Film de Sept-Îles and Cinoche (Baie-Comeau). A total of 7 films in the English-language were sponsored from January 20-29 2017. Four films were selected to play at Cinoche, Baie-Comeau including: Moonlight, Swiss

Army Man, Two Lovers and a Bear and American Honey. Moonlight and Two Lovers and a Bear were selected for the Festival du Film de Sept-Îles and as part of the same festival, Manchester by the Sea played in English in Port-Cartier.



In Search of Yesterday Exhibit

Our “In Search of Yesterday” heritage exhibit was on display during summer of 2016 at the Anglican Church of St. Andrew & St. George, from June 30th to August 5th and also during the fall 2016 cruise ship visits. The exhibit featured the recollections of community members, historical features on the region’s industrial beginnings, archival photos, a look at the school days of yore and more.

NSCA continued to support and promote community Arts/Cultural events. These events such as holiday socials and potlucks , book fairs, book club gatherings, guided tours, and local arts & culture centre presentations were promoted via our newsletter, website and Facebook page.

HEALTH AND SOCIAL SERVICES

Networking and Partnership Initiative (NPI)

The NSCA is one of 19 community associations that make up the NPI network across Quebec. With funding from Health Canada and the Community Health and Social Services Network (CHSSN), the NSCA are able to provide much needed access to health and social services activities in English across our territory.

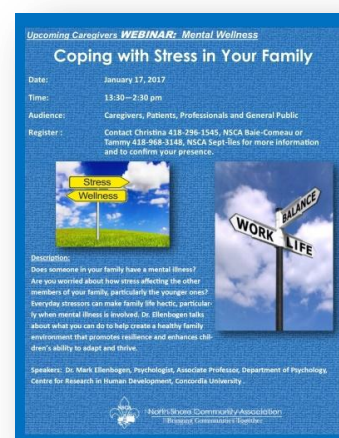
Caregivers Project

CAREGIVING MATTERS - EDUCATION AND SUPPORT FOR CAREGIVERS was the title of our 2016-2017 Appui caregiver's project for which we received funding from Appui Côte-Nord. Within the scope of this project, toolkits were produced containing health information: "If you fall or witness a fall, do you know what to do?", Financial Assistance program for Domestic Help Services, How to find a family Doctor, the information pamphlets of Droits et recours en santé mentale (DRSM) de la Côte-Nord and the Centre d'assistance et accompagnement aux plaintes (CAAP) and a leaflet on The Complaint Examination System. An interactive videoconference workshop was held on March 13, 2017 titled: *"Top Medical Emergencies in seniors and How to Handle Them"*. A PowerPoint presentation was distributed to participants who were able to follow it as our animator and presenter elaborated on the different emergencies. Jennifer Robert, former director of Nursing & Quality at the Jeffery Hale-St-Brigid's Hospital in Quebec City was our presenter and the session received many positive comments. The workshop was held in the communities of Baie-Comeau, Sept-Îles, Port-Cartier and two communities of the Lower North Shore for a total of 31 participants. Following on from last year, the NSCA distributed copies of the "Caregiver Newsletter Côte-Nord" which is supplied by APPUI Côte-Nord.

Offering this conference was an initiative of the North Shore Community Association, in collaboration with the CHSSN and Health Canada, and funded by L'Appui Côte-Nord.

Caregiver Webinars and Teleconferences

The NSCA is pleased to provide a new monthly service for all caregivers, professionals and interested persons an opportunity to watch and/or listen to a new presentation delivered by video or telephone on important health topics by health professionals. These webinars are delivered in order to provide an informative starting point on important health topics in English. After watching the presentations, you are invited to browse our own collection of information or ask a member of staff for further guidance. We have included presentations from the Caregiver Network with presentations on Alzheimer's Disease and Dementia, Mental Health and Wellbeing as well as Parkinson's Disease. We have also advertised teleconferences from Ami-Quebec, focusing on mental health issues such as *Grieving a Mental Illness*.



Community Health and Education Program

We continued to offer interactive English videoconferences to our communities as a means of ensuring that the English-speaking community has access to services and information on a variety of health promotion topics and knowledge of local resources. Information on different health topics was delivered by qualified health professionals. We used our DVD library of former CHEP sessions that community members had not attended. A total of 6 different sessions were held this year in Baie-Comeau, Sept-Îles and Port-Cartier and 4 DVD sessions:

A total of 118 participants have benefited from these educational videoconferences; participants are encouraged to complete the evaluations so that we can identify possible topics of interest for future sessions. Pamphlets and documentation are acquired and distributed to participants at each session.

We continue to add copies of past sessions to our DVD library which are presented during our local health promotion activities.

A total of 6 different sessions were held this year in Baie-Comeau, Sept-Îles and Port-Cartier and 4 DVD sessions:

- *Arthritis-What's New? (Sept-Îles)*
- *All About Balance (Baie-Comeau);*
- *Do not resuscitate (Sept-Îles);*
- *Self-Esteem & Aging (Baie-Comeau);*
- *Stress, Anxiety and Panic Attacks (Sept-Îles and Port-Cartier);*
- *Let's Talk About Protein (Sept-Îles);*
- *DVD presentation: Backs & Balance (Baie-Comeau);*
- *DVD presentation: Memory Disorders-When should I worry? (Baie-Comeau)*
- *DVD presentation: Ticks & Lyme Disease (Sept-Îles);*
- *DVD presentation: Stroke – Brain Attack (Sept-Îles)*

We have dedicated spaces for any member(s) of the community who wish to view or listen to the presentations at our offices in Baie-Comeau and Sept-Îles. We will be offering this service again in the 2017-2018 year and will be including advertisements in our mailing lists and on our social media channels.

Interregional Project Collaboration

The *Travel4Health Website* and information guide is being created to provide useful information to English speakers from the Eastern region of Quebec when they travel out of the region for health services. The North Shore Community Association (NSCA) was one of the three associations which supplied information to the organizers of the Website so that its members can prepare for their medical appointments.

HEALTH AND SOCIAL SERVICES CONTINUED...

Mini-Salon for Seniors

The NSCA hosted its first Mini-Salon of Community Resources in Sept-Îles for the senior community on Friday, September 23, 2016 with over 20 seniors in attendance. Different community organizations set up stands, delivered presentations about their services in English and responded to questions.



The organizations present or represented were the CLSC, *Coopérative d'aide à domicile de la MRC des Sept-Rivières*, *Droits et Recours en Santé Mentale*, *Centre d'action bénévole*, *Taxibus*, *Transport Adapté*, *Ville de Sept-Îles*. As well, NSCA personnel presented the services we offer to the senior population.



Following the presentations, seniors were invited to visit the different stands to gather information pamphlets and ask questions. To finish the activity, a lunch was served to representatives of the community organizations and participants.

School-based Mental Health Conference



On March 31st 2017, the NSCA attended the first School-based Mental Health Conference in Montreal. The event was generously funded and supported by the CHSSN and Health Canada. There is growing awareness in our society for the need to make the mental health of children and youth a priority. In the past, teachers and schools were viewed as primarily focused on academic development. While it can be difficult and slow to bring about

change at the education level, community associations like the NSCA are often able to develop and implement ideas to assist in youth and education initiatives. One of the main objectives of the conference was to make schools and community groups aware of the need to a universal mental health and well-being approach, that is it not solely for a small minority of pupils. Since children spend most of their time in an education setting, it makes sense to implement new approaches here. A school-based mental health approach further maintains that by promoting positive school climate and implementing school-wide programs fostering students' resilience, coping skills, empathy, compassion, acceptance, self-regulation, and more, mental health problems can be significantly mitigated.

Many school boards, health professionals and community organizations from all over Quebec attended this one day conference with hopes to continue sharing ideas and best practices in the years to come.

SENIORS

Wellness Activities

Full day wellness activities were offered twice a month to seniors in Sept-Îles in addition to weekly bowling every Friday and low-key chair exercises for flexibility and balance on Tuesdays. Calendars of upcoming activities are sent out to Sept-Îles seniors monthly.

Wellness activities were increased with the offer of new services from the CISSS de la Côte-Nord (CISSS): a Diabetes Wellness Activity by a clinical nurse, a Flu Vaccine Clinic where a nurse administered flu vaccines; a nutritionist visited the group and talked about bone health; a workshop on Stress and Sleeping Disorders was held and a workshop on Cooking a nutritious meal. Information pamphlets including how to take medications and healthy recipes were distributed at these activities by the CISSS.

Seniors in Baie-Comeau also enjoyed Wellness activities which included making a healthy soup and low-sugar desserts, a pot-luck lunch, a bring-your-own-lunch and learn activity, breakfast get-togethers, yoga adapted for seniors, videoconferences on health topics, brain teaser activities and an intergenerational Halloween judging at Baie-Comeau High School. Support was given in the organization of health related activities, in the research and acquisition of brochures and other documentation in English

YOGA for Seniors

From September 2016 to May 2017, the NSCA 50+ members in Baie-Comeau participated in a modified Yoga course to help stretch away a busy day! Yoga is a well known practice for reducing stress, anxiety and increasing flexibility. It is an easy and gentle activity to look after both our physical and mental well-being. The course was delivered by a certified yoga instructor who had designed these classes specifically for an older audience. Participants were able to use a chair or mat to complete the exercises.

Seniors' Day

Held on October 1, 2016, this was an occasion for Canadians to appreciate and celebrate seniors.

Organized by the Table de Concertation des Aînés de la MRC Sept-Rivières, the celebration began with a church service followed by a lunch at the Centre socio-récréatif de Sept-Îles with over 180 seniors attending. 21 of them were English-speaking from Sept-Îles. Speeches were addressed in English, French and Innu.



SENIORS CONTINUED...

Senior Check-in Service

Since fall 2016, the NSCA begun a pilot project to provide a senior check-in service to the Sept-Îles community. We have been meeting with seniors to offer companionship, non-medical assistance and updates on community events and activities. A database has been compiled and with the help of staff in Baie-Comeau, we have been able to log and track our meetings to ensure that seniors receive the assistance they need. Currently, we have 13 seniors who are telephoned and visited on a regular basis. Each visit can last anywhere between 1 and 4 hours depending on the assistance any of our seniors require. Examples of assistance include: transportation to medical appointments, visits to seniors in hospital, help with grocery shopping, playing a game and tea and conversation. We have received great feedback from our seniors who are on our check-in list and it is clear that this is a much-needed community service.

Éducaloi Conferences

Éducaloi is an independent, non-profit organization explains the law to Quebecers in simple language. Their mission is to inform Quebecers about their legal rights and responsibilities in language that makes the law easy to understand. Two legal information workshops for seniors were organized:

- Seniors' Housing Issues, March 22, 2017 for Baie-Comeau and Sept-Îles communities (15 participants)
- Wills and Mandates, March 30, 2017 for Port-Cartier and Fermont communities (6 participants)

Both workshops allowed for questions and generated a lively information exchange. Seniors are more informed of housing decisions and ways to prepare a will and/or mandate

A list of compiled of lawyers and notaries who are able to provide service in English was created. From this list, a notary delivered a presentation to the 50+ members in Sept-Îles, on Nov 23 2016. Seniors were able to ask questions and have an informative exchange. In addition, Éducaloi pamphlets: *Wills*, *Protection Mandates: Naming Someone to act for you*, *Health and Social Services in English*, were distributed to the participants.



Intergenerational Activities

The NSCA have collaborated with the local schools in a variety of intergenerational activities which have allowed us to establish an on-going list of occasional senior volunteers for school based intergenerational events.

Picnic in the Park

Toddlers, caregivers and seniors in the community of Sept-Îles came together and took part in an outdoor picnic in Parc de l'Anse for the NSCA's June Toddler Time session , June 11 2016. One of our largest sessions, 43 people took part in the intergenerational activity, which promoted sharing and learning as toddlers were paired with 9 senior community members. Together they played fun outdoor games including an obstacle race, parachute games and ring toss. In addition the seniors helped the toddlers to plant sunflowers, herbs and daffodils while sharing their knowledge. The toddlers took home a gift bag which included books, bubbles and chalk, made possible by contributions from the PAELE program.

Halloween at Baie-Comeau High School

In collaboration with the Community Learning Centre (CLC) in Baie-Comeau, intergenerational activities take place throughout the school year. One such example included the BCHS Halloween Party. Senior volunteers were present at Baie-Comeau High School for a Halloween party and to act as judges for the Halloween costume contest.



Christmas 2016 Social

A special Christmas feast on Wednesday 14th December 2016, brought together the 50+ members as well as students from Flemming Elementary School to round out the year's festivities.



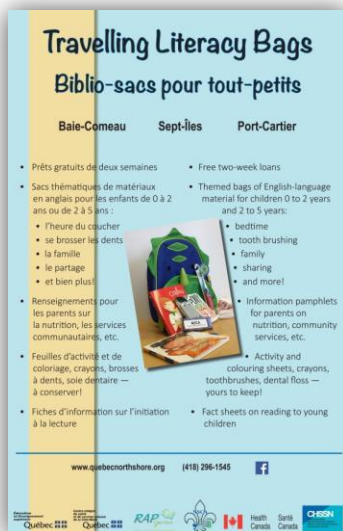
Three employees from the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord came along to share in the festivities and take advantage of having a golden opportunity to practice their English.

After lunch, a choir comprised of 32 students from Flemming Elementary School arrived with their principal and two other teachers to perform Christmas carols and hit songs for the seniors. Some of the students' own families came along to hear their children sing. The 50+ group also got the chance to sing carols and their favourite hit songs.

Local TV station, COGECO , came along to record the festive fun and importantly to document the community reach of the NSCA Anglophone community in Sept-Îles. Christmas is a special holiday for all language communities and age groups, and it was with pride that seniors spoke about the importance of different generations coming together at this special time of the year and a wish for the Anglophone community to continue to prosper and celebrate their heritage in the years to come.

YOUTH AND EDUCATION

Travelling Literacy Book-bags (TLBB)



From February 2017, parents in three North-Shore communities were able to sign out the Travelling Literacy Bags for two-week periods. The bright, colourful bags are grouped by age, from 0 to 2 years and 2 to 5 years. Each bag features a theme: bedtime, tooth brushing, healthy eating, family, sharing, exercise, bath time, pets, home, and manners. In addition to the English-language books in the bags on loan, each one contains free informative pamphlets giving parents of toddlers insight on community services, nutrition, and other topics. The literacy bags also include fact sheets about reading, showing parents how cuddling, exploring, naming, pointing, and play help foster a love of books in young children.



The Travelling Literacy Bag project is made possible through funding from Réussite-Accomplissement-Persévérance (RAP) Côte-Nord and from the Community Health and Social Services Network (CHSSN), and thanks to the invaluable collaboration of the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord.

Toddler Time

The NSCA continues to provide a free monthly Toddler Time activity to ages 5 and under in the community of Sept-Îles. We continue to welcome new members and have noticed a positive increase in fathers attending with their children as well as mothers. Each Toddler Time activity is themed with activities and games carefully organized to provide a fun but educational event. Games are incorporated to stimulate both the body and the brain. Healthy snacks are always provided.

A recent survey from our Toddler Time participants gave us the inspiration for our Travelling Literacy Book-bag Project.



Flemming Elementary

In collaboration with NSCA, Quebec en Forme and Flemming Elementary, a new road safety activity called “Eye of the Dragon” was held where students were able to scan traffic passing outside their school to see if drivers were respecting the speed limit. It was an awareness / mobilization activity by Quebec en forme to insure the safety of children in the school vicinity.

In addition, a collective kitchen was held in June 2016 in which 12 students from Flemming Elementary helped community members to prepare and serve a luncheon to seniors and other students.

YES Montreal

YES Montreal is a community based English-language service provider with the goal to help Quebecers find employment or develop skills for employability. Over the school year, in partnership with NSCA, YES Montreal made several visits to the English-language schools to deliver workshops looking at developing key skills for employability outside school. They target 16-35 year olds to develop job skills and provide job seeking services.



McGill Training Bursary

The McGill Bursary Program provides financial support to bilingual students who pursue post-secondary studies in the health sector.

It is with pleasure that the NSCA announces the awarding of two bursaries from the McGill Retention Bursary Program for students in the health and social services sector for the 2016-17 academic year. The first recipient from Baie-Comeau is studying medicine at McGill University, Montreal.



The second recipient, was awarded a bursary in March, who completed studies in the program of Nursing at Cégep de Baie-Comeau, and will be pursuing studies for a Bachelor of Nursing in the fall.

YOUTH AND EDUCATION CONTINUED...

Career Visits in the Classroom

As part of their Personal Oriented Project (POP) classes, secondary students on the North Shore got the opportunity to learn about different health careers and career paths after school thanks to visits and presentations by professionals.

In Baie-Comeau, students got the chance to learn about physiotherapy from a former McGill Bursary recipient now working at the CISSS de la Côte-Nord.

In Sept-Îles at Queen Elizabeth High School, a surgeon, social worker, nutritionist and fireman visited the class to talk about their careers, their reasons for their choice and what they enjoy about their careers. Students were able to ask any questions they had to the presenters and have immediate responses.



In addition, the NSCA delivered a legal career workshop to both BCHS and QEHS POP students (February 9 2017 and November 16 2016 respectively) from Éducaloi. The workshops were interactive with quiz games and a live exploration of the 'Youth Zone' section on the Éducaloi website. The legal careers were of particular interest and students were introduced to the day-to-day job tasks of legal professionals. .



KEEPING CONNECTED

Reaching out to our members, interested community partners and stakeholders is very important to the NSCA. Communication is an important tool to understand what services our members use and enjoy, what can be introduced and/or developed to overall improve the social, economic and well-being of our community.

Newsletter

The NSCA's "Let's Get Connected Newsletter" is published 4 times a year to keep members, interested members of the community as well as local, national and provincial stakeholders up to date on the current activities and events that take place in our region. The Newsletter is an excellent way for the NSCA to share our progress on current services and to introduce new activities and programs. We focus on health, wellbeing, seniors, youth, arts and culture ensuring each Newsletter is varied and of interest to our diverse member-base. We also bring together the latest news from our schools across the region as well as a look at what is coming up in the next few months ahead. Currently we have 296 membership mailings as well as 36 partners.

Website and Social Media



Our website (www.quebecnorthshore.org) serves as a central space for all the latest news and activities going on in our region. We provide a weekly calendar of events as well as our home page which lists the latest details on activities and events going on in our region i.e. Toddler Time, English-movie showings, teleconferences, webinars, CHEP sessions and many more. Importantly we also have a separate page where you can find our latest reports and documents about our activities. The latest Newsletter is also included as well as links to our back catalogue.

Our Facebook page is perhaps the most widely accessed communication tool and we have noticed a considerable increase to our online membership. The Page serves to provide community members with information on upcoming events and activities as well as provide a recap of past events including photos of our members and anyone taking part in our activities. Our Facebook group is accessed by many of our stakeholders so this is a valuable tool for the NSCA to demonstrate our breadth of activities and the number of people engaging with our materials.

NSCA Publications

Alongside our services and events, we aim to publish promotional materials that we can use to promote our services and the work of the NSCA. Pamphlets, posters and brochures are an effective and eye-catching way for the community at large to engage with our activities and learn more about the work we do. In addition we also produce reports and these are all available to view on our website under the heading *Reports and Publications*.

This year we have produced:

1. *'Getting to Programs and Services for Seniors' (GPS) booklet*
2. *NSCA Make and Impact: Be A Youth Representative of the North Shore*
3. *Toddler Time: An English program for 5 years and under*
4. *NSCA Strategic Plan 2017-2022: Building Bridges, Building Steam* report



THE NSCA GRATEFULLY ACKNOWLEDGES THE CONTINUED SUPPORT OF ITS PARTNERS

Department of Canadian Heritage
Health Canada
Quebec Community Groups Network (QCGN)
Community Health and Social Services Network (CHSSN)
McGill University
Human Resources and Skills Development of Canada (HRSDC)
Eastern Shores School Board (ESSB)
Baie-Comeau Community Learning Centre (CLC)
Flemming Elementary Community Learning Centre (CLC)
Church of St. Andrew and St. George (Baie-Comeau)
All Saints' Church, (Sept-Îles)
Centre intégré de santé et de services sociaux de la Côte-Nord (CISSS)
CLSC Naskapi
Appui Côte- Nord
Carrefour jeunesse-emploi
Ville de Sept-Îles
Ville de Baie-Comeau
Société historique de la Côte-Nord
English Language Arts Network (ELAN)
Quebec Anglophone Heritage Network (QAHN)
RAP Côte- Nord
ECLORE Côte- Nord
Table Regional des Aînées Cote Nord
Festival du Film Sept-Îles
CINOCHE
Archéo-Mamu Côte-Nord
Musée Régional de la Côte-Nord
YES Montreal
Éducaloi
Seniors Action Quebec (S.A.Q.)

NSCA FUNDING 2016-2017

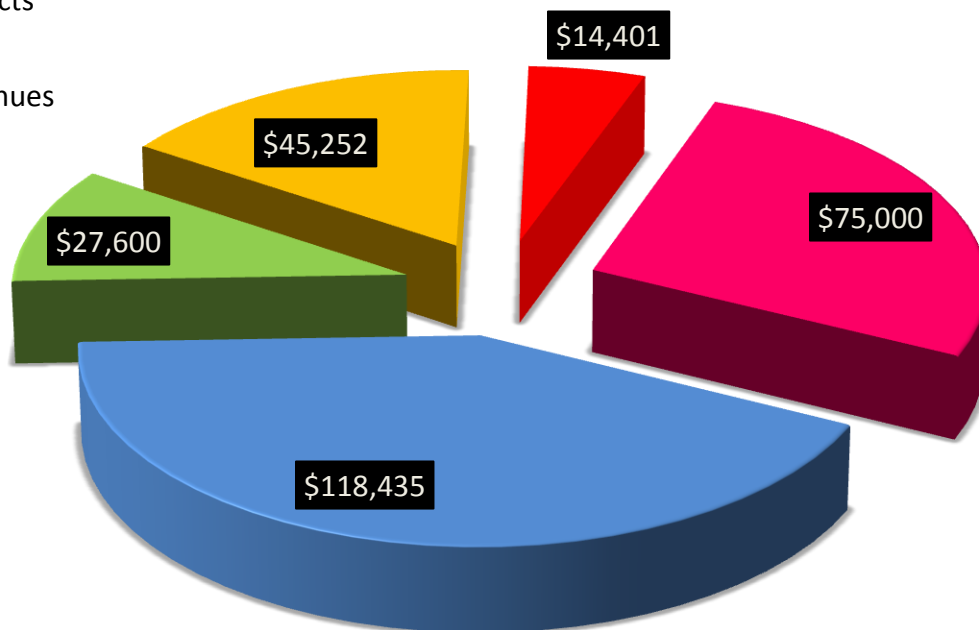
■ Canadian Heritage

■ CHSSN - Health Canada Projects

■ McGill

■ Other Projects

■ Other Revenues



Total Revenues for 2016-2017: \$280,688

NORTH SHORE COMMUNITY ASSOCIATION

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English -speaking community. Together, we are building a vital, informed and strong community.

Objectives

- Develop and maintain a knowledge base about the English-speaking community of the North Shore.
- Increase access and knowledge of services and resources for the English- speaking community within the region.
- Increase cohesion and participation in the English-speaking community.
- Support and showcase the English-speaking community and its heritage and culture.
- Strengthen communication and visibility within the community.

