



# Heart to Heart

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## From the heart....

The passing of seasons seems sudden this year, as the world continues in the grip of a crisis unlike any we have known before. We are mesmerized by news of increasing caseloads and vaccines, contacting friends and family in far off places through our computers, venturing out to see our neighbours' smiles obliterated by the necessary masks we all wear. As restrictions continue, fear and uncertainty grip many of us in a way we have not known before. Will life ever return to normal? Will we ever feel safe again?



Yet for some, those feelings of fear and uncertainty are not new.

For some, a sense of displacement, of loss, of bleakness are part of their daily existence – the loss of identity, of shelter, of confidence in what tomorrow may offer.

What would you do if you didn't have a home to take shelter in from the COVID storm, or a way to contact loved ones far away...or any hope for the future....?

As we contemplated the Thanksgiving season at ICCS, we started to think about these realities and the stories behind them. "What are you thankful for this year?" we asked.

"I'm thankful for getting off the streets and getting into the housing here." Said Joe, a client at Newcastle place

"I'm so thankful ...to have a warm bed, three meals a day, and people who care about me. I'm just so grateful to not be out on the streets..." said Sharon, a client at Samaritan House

"I used to be very negative and I used to think that nobody's out there to help, at all. Until I came here and I met everybody and they do; they've been great to me, for me. They've helped me do a lot of things, they helped me to find myself again - I was lost I really was. I was a person that I thought nobody wanted to be around and when I met them they helped me come out of the shell that I put myself into... That's what I'm really, really thankful for." Said Tracy, a client at Newcastle Place

In this Thanksgiving season, we have the chance to remember all the good things we have, and the security that we take for granted. What better time to think as well about others who may have different things than we do to be thankful for.

# Smiles and Sunshine - Recent Happenings!



In a blaze of sunshine, clients and staff at Newcastle Place created rainbows on August, in their first ever tie dye creations day



Handmade for Hope celebrates its first in person market day in 2020



Cheese please! Paradise Island Foods donated 200 kg of cheese to our programmes



New ICCS Head Office Admin Assistant Alyssa squeezing some donated 'comfort cushions'

# Did you know?

## What is "Housing First"?

There are a lot of principles, but the basic ideas are pretty simple:

***Everybody deserves a safe and secure home – whoever they are. They don't need to be 'ready' for a home.***



***But people do best when they have choice in this, and can decide what supports and services they need to help them***

***Once housed, people can work on their well being and – in some cases – recovery with support and care if they choose to have this.***



***What everybody needs will be different. Individuals have their own stories, and that will change what they need to develop and grow holistically.***



***We are all in this together!  
We are all part of the community – and everyone has a place and a role in making the community welcoming for all.***



What are you thankful for? For the past several years, Island Crisis Care Society has focused on thankfulness through our Annual BlueBank campaign, encouraging people to put spare coins or dollars into a little blue house, as they thought about what they were grateful for and remembered those in our city who do not have a safe space to call home. #BlueBank2020



**WHAT ARE YOU THANKFUL FOR THIS YEAR?**

*"I'm really thankful and feel very blessed that we have an opportunity to give women who're very vulnerable and at risk a safe place, and a place to come and lay their heads down. And I think most of all that we can give them hope when they don't have hope anymore; and that we are in a position to help them to take little steps forward and to help them celebrate their strength, because they do have that."*

RONELL, PROGRAM MANAGER AT SAMARITAN HOUSE

**WHAT ARE YOU THANKFUL FOR THIS YEAR?**

*"I'm so thankful to be at Samaritan House: to have a warm bed, three meals a day, and people who care about me here. I'm just so grateful to not be out on the streets, because that would be the option if I weren't at Samaritan House, so I'm truly grateful for that."*

BRENDA, CLIENT AT SAMARITAN HOUSE

**WHAT ARE YOU THANKFUL FOR THIS YEAR?**

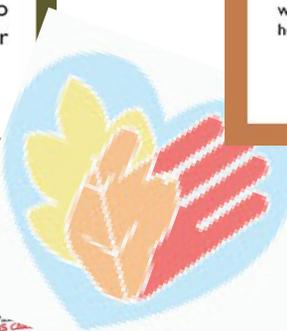
*"I'm grateful for this kind and gentle world, this safe harbour provided by caring and intelligent people who sustain this place of peace for those who can no longer create this environment for themselves."*

MARGARET, CLIENT AT SAFE HARBOUR

**WHAT ARE YOU THANKFUL FOR THIS YEAR?**

*"I'm thankful for this place. I'm really, really happy that I found it. I mean, this place [has] done a lot for me... I used to be very negative and I used to think that nobody's out there to help, at all. Until I came here and I met everybody and they do; they've been great to me, for me. They've helped me do a lot of things, they helped me to find myself again - I was lost I really was. I was a person that I thought nobody wanted to be around and when I met them they helped me come out of the shell that I put myself into... That's what I'm really, really thankful for."*

TRACY, CLIENT AT NEWCASTLE PLACE



**WHAT ARE YOU THANKFUL FOR THIS YEAR?**

*"I am thankful for the residents here, actually. They have grounded me, they have reminded me of the reason that I got into social work in the first place: to help people, to help people where they're at, and to help them on their own journeys. I'm very thankful for them reminding me of just how human I am, and that I have flaws and that that's okay. The resiliency that I see everyday is remarkable."*

BETH, OUTREACH WORKER AT NEWCASTLE PLACE

**WHAT ARE YOU THANKFUL FOR THIS YEAR?**

*"I'm thankful for my family, that we are all safe; and for the work that I'm doing... that I'm able to find them housing and that everyone is safe."*

TERRY, OUTREACH WORKER AT SAMARITAN HOUSE

# What's coming up?

October 11th – Thanksgiving Day and Closing of #BlueBank2020

October 12th-17th – Homelessness Action Week

Mid October (date tba) – Move of Samaritan House to its temporary home at the Emergency Response Centre on Prideaux Street

December 1st – Giving Tuesday

December 1st – Launch of preparations for the 2021 Coldest Night of the year!



## Volunteer Opportunities



Get Involved!



### We are looking for volunteers in our Nanaimo Programs:

- Leading Arts & Crafts Workshops
- Gardening (independently or with clients)
- Organizing Movie Nights
- Client Support Drivers
- Food bank shoppers/driver
- Clothing donation sorting
- Puzzle and Game leading
- Office Administration support

**Thank you for your generosity!**

Interested in learning more about the volunteer opportunities or the volunteer training we provide? Or have another passion you'd like to share?

Please contact Sara at [volunteercoordinator@iccare.ca](mailto:volunteercoordinator@iccare.ca) or 778-842-0263 ext 107.

It's not too late!  
What are you thankful for?  
Donate to: #BlueBank2020  
<https://bit.ly/3kYVY9F>



***Please Donate***