

Issue #30 - Winter, 2009

Foundation Activities

Holiday Card Campaign

We can report a very successful 2009 Holiday Card Campaign that raised \$13,500 and Causeway's newest social enterprise, Cycle Salvation, will be the beneficiary. Cycle Salvation provides training to Causeway clients in bicycle mechanics by rebuilding used and discarded bicycles, which are then sold to the public.

The success of the Campaign can be traced to the organizations and individuals who purchased our cards and to the generous support of all our sponsors, donors, volunteers and friends. We thank Geof H. Burbidge and John Vant Erve who donated the wonderful photographic images used on the cards. We gratefully acknowledge the dedication of the volunteer Campaign Committee chaired by Patti Anderson and thank the network of Ottawa-area retail outlets who sold our cards. We especially appreciate the generosity of our sponsors and donors.

Sponsors: RBC Financial Group, Warlyn Construction Ltd. and Smith Petrie Carr & Scott Insurance Brokers Ltd. **Donors:** Canada Post Corporation, Emond Harnden LLP, Cox Merrit & Co. **In-kind sponsors:** Banfield-Seguin Ltd., TriCo Group Inc. **Campaign Committee:** Patti Anderson (Chair), Dianne Breton, Joan Blanchard, Janice Hilchie, Nancy Fulton, Judy Maclean, Louise Robinson, Nicholas Galambos and Meaghan Byrnes **Retailers:** Bija Bijoux, Collected Works Bookstore, Kitchenalia, The Tea Store, Video Shack, Da Bombe Desserts, Escape, Glebe Fashion Cleaners, Langdon's Flowers, Mother Tongue Bookstore, Octopus Books, David Patterson's Glass Blowing Studio, Merrickville Personal Fitness Studio, RBC, Isobels, Elmsmere Retirement Residence, Fab Gear, Tall Tree Cycles, Bucklands Fine Clothing, Monson Deluxe Cleaners and Beechwood Home Hardware.

Initiated in 2001, the Holiday Card Campaign has raised more than \$80,000, which has been used to support Causeway's employment, education and

wellness programs, benefiting individuals suffering from mental illness and other disabilities.

The Crabtree Foundation grant to Wellness

Causeway's Wellness Program was the recent recipient of a major grant from Ottawa's Harold Crabtree Foundation. Their \$40,000 grant will be used to install shower and change rooms for the Wellness gym in the Causeway building. This is not the first time the Crabtree Foundation has assisted us. In 2007 they provided funding that enabled Causeway to upgrade the electrical system at 22 O'Meara Street. Our heartfelt thanks go out to this caring and generous local charitable foundation.

Holiday appeal campaign

Last November, Causeway Foundation launched an appeal for funds to support Good Nature Groundskeeping - our social enterprise that provides residential and commercial groundskeeping services to the Ottawa community by providing employment and training to Causeway clients. The Appeal was to help fund the purchase of a truck and trailer and we sincerely thank all those who responded.

Foundation Board of Directors 2009-2010



Seated (l-r): Donna Campbell, President; Bruce Hiney, Director; Claudia von Zweck, Secretary. *Standing (l-r):* Robert Petrie, Treasurer; Don Palmer, Work Centre Executive Director; Dianne Breton, Past President. Missing from the photo are Directors Peter Woolings and Len Leeks.

The cost of mental illness

Speaking before the Psychology Foundation of Canada in Toronto, TD Bank chief economist Don Drummond estimated that mental illness reduces Canada's economic output by two per cent per year. He placed the annual cost of non-physical injuries at \$33 billion. Although hard to measure, Drummond estimated that poor mental health resulted in some 35 million lost workdays each year and accounts for as high as 12 per cent of a company's payroll. Relating to current economic woes, Mr. Drummond cited a study estimating 40 per cent of the unemployed in industrialized countries suffer from "low well-being" as opposed to 25 per cent of the population at large.

Causeway Work Centre Activities

Sean's success story

Sean Russell was born in Fredericton, NB, 57 years ago and relocated to Ottawa in 1990. Sean has suffered from depression and anxiety and although he has worked in the past - in retail and as a security guard - he always felt as if he was underemployed. He took computer courses and found clerical work, but then discovered he needed heart surgery, which resulted in an eight-month recuperation period. He went back to school to learn accounting, but found it difficult to find bookkeeping work due to his age and inexperience.

Sean came to Causeway last June through the Job Quest program. An extremely determined and diligent individual, Sean has been one of our hardest-working clients, undertaking regular job searches and staying in touch with our staff. His insightfulness and wit make him a joy to work with and these qualities help him to overcome his barriers to employment. Sean participated in workshops that are offered to Job Quest employees - programs that promote confidence and conflict resolution skills in the workplace. This really helped and, in January, Sean joined a local engineering firm as a full-time Bookkeeper/Admin

What is Causeway?

Since 1977, **Causeway Work Centre**, a not-for-profit community economic development agency, has assisted individuals affected by disabilities, addictions and mental health problems. Causeway offers: Pre-employment and skills development; Computer training; a comprehensive Youth pre-employment program; various Supported Employment Programs; a Wellness Program; Krackers Katering, Good Nature Groundskeeping and Cycle Salvation; three entrepreneurial businesses that employ Causeway clients.

www.causewayworkcentre.org

Causeway Foundation was established in 1998 "to raise and distribute funds to support Causeway Work Centre programs and services to further the well-being of individuals affected by disabilities, addictions and mental health problems." It is managed by an eight-member Board of Directors, listed above.

www.causewayfoundation.org

Find Causeway Work Centre on Facebook & follow us on Twitter: www.twitter.com/CausewayWork

Assistant. He sees himself working there long term and has this to say about Causeway: "I felt hopeless and lost my confidence. Causeway supported me and there was always someone to talk to and encourage me to not give up."



Sean Russell

CCSR Conference

On November 23, 2009 Algonquin College hosted a Corporate & Community Social Responsibility Conference, a day of workshops, seminars and presentations including one by Causeway Work Centre Executive Director Don Palmer who spoke on *Forward Thinking Social Innovation*. Causeway was also presented with the Social Innovation Responsibility Award for their work in social enterprise. The award was made by Carleton University's Sprott School of Business. Don Palmer accepted the award on behalf of Causeway.



Photo from the Social Enterprise Showcase. (l-r) Michael Murr, City of Ottawa; Barbara McInnes, Community Foundation of Ottawa; George Brown, OCLF; Doug Pawson, Causeway

Another Conference highlight was the Social Enterprise Showcase, which was organized by Causeway and featured some 40 social enterprises, including Causeway's Krackers Katering, Good

Nature Groundskeeping and Cycle Salvation. The keynote address during the evening dinner was given by Canada Post CEO Moya Greene who spoke about the corporation's commitment to mental health and the charitable foundation Canada Post has established. Ms Greene stated more than a million dollars was disbursed last year to various mental health agencies.

Cycle Salvation Happenings

On December 3rd, Cycle Salvation received the Employer of the Year at the 9th annual Celebration of People Awards gala. This organization recognizes businesses, organizations and individuals in our community who promote accessibility, inclusion and community participation of people with disabilities. Cycle Salvation received the award "for its efforts to employ people of all abilities to restore bicycles, gearing them for full-time occupation in the community."



Cycle Salvation crew members
Photo by Jean Boulay Photography

Moving in March

Cycle Salvation has outgrown its present location and in March will move one building up the street to 473 Bronson at the corner of Gladstone. With the current workshop bursting at the seams due to rising numbers of people and parts coming through, 473 Bronson will answer Cycle Salvation's growing needs. The new premises will offer 700 square feet of retail space up front and 1,000 square feet of workshop behind, with an additional 1,000 feet of storage and warehouse space in the same building.

Cycle Salvation will get the space they need, plus the added visibility of being located at one of Ottawa's major intersections - Bronson and Gladstone.

Escalating demand for services

Over the past few months, Causeway has experienced a marked increase in demand for its programs and services. With Canada's high unemployment, it comes as no surprise that the people we help now face the added burden of an increased scarcity of jobs. But what is unexpected is that all Causeway programs have people waiting: 34 individuals want to join the Wellness Program; 17 are waiting for computer training (Breaking the Technology Barrier); 12 would like to join the Solutions For Youth pre-employment program; a further 17 wish to become involved in our social enterprises and 114 are waiting to sign up for Job Quest and ESP. In total, 192 are anxiously waiting to gain access to Causeway services - statistics that reinforce Causeway's importance and the need for its programs and services.



Cycle Salvation
Where bikes are reborn

Moving March 31 to 473 Bronson at Gladstone. Bikes from \$40, give us a call 613-288-1454



Krackers Katering
Great food for the greater good

Superior food service for social, professional & business functions at competitive prices. Call 613-792-4954



Good Nature Groundskeeping
Laying the groundwork for success

Winter snow shovelling contracts. Call 613-858-8097

How you can help:

- ▶ Donate that unused bike in your basement or garage; call Cycle Salvation at 613-288-1454
- ▶ Let Krackers cater your next event. Telephone: 613-792-4954
- ▶ Contact Good Nature Groundskeeping for snow shovelling at 613-858-8097
- ▶ Make a financial donation.

Cheques are payable to Causeway Foundation. A tax receipt will follow. Charitable No. 87254 0844 R0001. To donate electronically, visit www.causewayfoundation.org, and follow the prompts to the "CanadaHelps.org" link on our main page. Click on this link for secure donations.

To Donate

Please forward your cheque (payable to *Causeway Foundation*) to: Causeway Foundation, 22 O'Meara Street, Ottawa, ON K1Y 4N6. A tax receipt will follow.
Charitable No. 87254 0844 RR0001 (CC#30)

Yes! I want to support Causeway programs with my donation of:

\$ _____

Name: _____

Address: _____

Tel.: _____ Email: _____