

WHAT DOES LOCAL LOVE LOOK LIKE?

United Way Lunenburg County is a volunteer driven organization with two roles. One is to motivate donors and raise money to provide the financial resources needed to affect change in our community. The other is to seek out organizations and help create the dynamics and partnerships that will affect positive social change right here in Lunenburg County.

Here are some of the projects your generous donations have made possible:

FREE RECREATIONAL ACTIVITIES
Free Public Swimming
Free Aquatics
Free Public Dining
Free skates to borrow
Promoting health through recreation
135 North Park St., Bridgewater. Hot Meals or call 902-530-4100 for current times. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITY
Free Access to the Walking Track
Promoting health through recreation
545 Glen Allan Drive, Bridgewater. Sign in at the end of the track for the most current walking times. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITIES
Free Day Pass to all YMCA activities (includes gym, Yoga and Aquatics)
Promoting health through recreation
75 High Street, Bridgewater. Sign in at the end of the hour to offer. Call 902-543-9622 or visit www.youngmenandwomen.org for more information. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITY
Free Morning Spices Available for Individuals
Offered to 4 locations:
-LCC
-Old Market
-Riverside Hotel and Marina
-Lunenburg Wellness Centre
Promoting health through recreation
Offered at four locations. Call 902-530-4100 for more info or visit elderlife.ca. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITIES
Let's Play & Prowl
Hot Dogs & Popcorn
10:00 AM - 12:00 PM
12:00 PM - 2:00 PM
Anything Goes
9:00 AM - 4:00 PM
10:00 AM - 4:00 PM
10:00 AM - 4:00 PM
10:00 AM - 4:00 PM
Promoting health through recreation
Michelin Soccer Club, 221 Logue Road, Bridgewater. Expires March 2018

FREE RECREATIONAL ACTIVITIES PASS
A JOINT PROJECT OF
United Way Lunenburg County
Promoting health through recreation

Recreational Activities
Contact your participating programs for any changes to programming.

LCC
Free public swimming, Free Aquatics, Free public dining, Free youth swim, hb studios Sports Centre
Free walking track access

YMCA
Free day passes to all activities
Elderfit
Free morning social in clubs, systems and side city
Town of Bridgewater
Free recreational activities offered throughout the watershed

ENJOY A FREE SWIM ON US!
For public swim times please visit www.lcc.ca or call 902-530-4100
Bridgewater, Nova Scotia
Offering a summer quality family day

ENJOY A FREE SKATE ON US!
For public skating times please visit www.lcc.ca or call 902-530-4100
135 NORTH PARK STREET, BRIDGEWATER
Bridgewater, Nova Scotia
Offering a summer quality family day

Donate your used smartphone to connect someone to a better future.
United Way Lunenburg County

A smartphone can help open a whole new world for people living in or on the edge of poverty.

OWNING A SMART PHONE CAN HELP:

- Curb loneliness by providing a modern form of communication to connect with friends and family;
- Increase the ease of job searching and create employment opportunities;
- Decrease vulnerability in emergency situations.

United Way of Lunenburg County, together with their community partners, will distribute the refurbished smartphones to qualified, low income people in our region. Your phone could help make a life in so many ways.

Community Partners: Employment Solutions Society, Freeman House, Harbour House, Second Story Women's Centre, Schools Plus and United Way of Lunenburg County.

DROP OFF:
Collection Box
Centre Court of Mall
Place your phone in the provided bags and drop box. Please ring the phone chime.

Plow it Forward
NEIGHBOURS HELPING NEIGHBOURS

Plow it Forward this Winter "Adopt" a senior neighbour and help with their snow removal.

Uncleared snowfall prevents seniors from getting groceries, mail, medications and daily care on which they depend. Seniors clearing their own snow puts them at serious risk of broken bones, heart attacks and stroke.

Does a senior or disabled neighbour's house remain unloved after a storm?

A neighbour may need your help and your act of kindness could save a life. Volunteer to shovel as an individual, family, business or school. Knock on a neighbour's door, and spread care and compassion in your community.

PART OF THE NEIGHBOURS HELPING NEIGHBOURS INITIATIVE

Stack it Forward
NEIGHBOURS HELPING NEIGHBOURS

"Every kid deserves a bike to ride."
Support United Way of Lunenburg County Bikes for Kids.

United Way Lunenburg County

FREE USED HOCKEY EQUIPMENT EXCHANGE
PICK UP WHAT YOU NEED. DROP OFF WHAT YOU DON'T.

MON, AUG 21 4:00-9:00PM

@theLCLC
(Lunenburg County Lifestyle Centre in conjunction with S4044A registration)

While you're there get a fresh start on your winter! From VCI's Super Skating we'll give you your equipment. Prices starting at \$5.

EARLY EQUIPMENT DROP OFF (UNTIL AUGUST 20) @ 2 LOCATIONS

Centre Court, Bridgewater Mall
Near Car Lot 23rd St., Upper Decking Station - Open Drop off equipment and receive a \$100 cash credit on your VCI Super Skating registration.

HELPING TO MAKE SPORTS MORE AFFORDABLE FOR FAMILIES

United Way Lunenburg County
SPORTEX
PRO Kids
Brecker

For more information please contact office@lunenburgcounty.unitedway.ca or by calling Michael Graves 902-530-4104 or Krista Walker 902-530-2576.

Free Skates to Borrow
borrow skate clean return

Back in the Game
This program brought to you by

www.lunenburgcounty.unitedway.ca
United Way Lunenburg County
SKATE SHARPENING
BUILD IT!

GENTLY USED SOCCER EQUIPMENT EXCHANGE
PICK UP WHAT YOU NEED. DROP OFF WHAT YOU DON'T.

COATS 4 KIDS
Teens & Adults, too

BECAUSE EVERYBODY DESERVES TO BE WARM IN WINTER.

Have a coat to give to someone in need?
Bring your gently used, well-worn coats to Centre Court at Bridgewater Mall from now until September 30 and provide help for those in a difficult situation across from Centre Court and Berkeley Lodge. First come, first served.

Need a warm winter coat for you or a family member?
Stop by the Bridgewater Mall between Thursday, October 4 and Sunday, October 15 to get a coat that suits your needs. Coats will be in a dedicated stockroom across from Centre Court and Berkeley Lodge. First come, first served.

FOR MORE INFORMATION PLEASE CALL:
Michael Graves - Coordinator for United Way of Lunenburg County 902-530-3072 (voice mail)
Major Wilson Galbraith - The Salvation Army 902-545-0206

United Way Lunenburg County
Centre Court
Bridgewater
Nova Scotia

Community Partners:
Brecker
100%
PRO Kids
Pondwater
Elderfit
Scotiabank

United Way Lunenburg County
office@lunenburgcounty.unitedway.ca or call 902-530-3072 (voice mail)



LOCAL GIVING. LOCAL RESULTS.

Michael Graves, Coordinator
office@lunenburgcounty.unitedway.ca
www.lunenburgcounty.unitedway.ca



Cost effective programs that work because of partnerships with the local business community and the ongoing support of our volunteers.

Partnering with local businesses and organizations for the greater good of the community.

- The United Way of Lunenburg County also provides financial support to the **Bridgewater Outdoor Pool** in partnership with O'Regan's Subaru and the Barracuda Swimming Club. Now in our sixth year. This money is used to ensure the continued operation of the outdoor pool and to provide many opportunities for free swims.
- **211 NS.** The United Way is a founding partner of this organization, and we contribute to its operation. The Provincial Government is also heavily invested in this organization. 211 helps to connect you to the information that matters to you and your family.

Low cost/ no cost programs operated by the United Way of Lunenburg County

- **FREE SINGLE USE SWIMMING/SKATING PASSES** to the LCLC. 1,000 free passes are distributed through the SSRSB each year and are given to the school Principals and Guidance Counselors as well as local community groups who are encouraged to give them to lower income students and their families. (Children and parents). Multiple usage is encouraged. "The family that plays together, stays together."
- **FREE SKATES TO BORROW** at the LCLC. We built a storage unit and filled it with a wide variety of skates to borrow. These skates are available to anyone. Just borrow, skate, clean and return. This program compliments the program above.
- **BIKES FOR KIDS.** – Since 2013 over 560 free refurbished bikes have been distributed to local kids, youth, families, and adults who would struggle financially to purchase one.
- **USED SPORTS EQUIPMENT EXCHANGE.** We make available used hockey and soccer equipment to anyone who needs it. Free hockey equipment giveaways happen every August at the LCLC. Free soccer equipment is available at the HB Studios Sports Centre.
- **PLOW IT FORWARD, RAKE IT FORWARD, MOW IT FORWARD AND STACK IT FORWARD** – Working with other community groups we help to encourage abled bodied citizens to help our less abled bodied seniors and the disabled with some outdoor chores like snow shoveling, raking, mowing and wood stacking. This program is directed towards lower income individuals. This can be done as a family, business, school or individual.
- **FREE SMARTPHONES AND LAPTOPS** – We collect used smartphones and laptops and provide them to marginalized people in our community. There are many marginalized and vulnerable people that due to poverty or unique circumstances are unable to participate in a world connected via the internet and therefore benefit from all the opportunities, information and support that this world could provide. We believe that a smartphone can be a valuable tool that could enable people to reach out for the help, support, and the resources they need to succeed. These people could be women fleeing family violence, people with mental health issues, at risk youth, people looking for jobs or people that do not have access to the internet because of their current home location or because they don't have a permanent home. We always encourage people to take advantage of the growing number of FREE wi-fi hotspots in the area. Since May 2017, 280 iPhones and 32 laptop computers have been distributed.
- **FREE REFURBISHED IPHONES** used for personalized music programs (music streaming services) for elders living in nursing homes and who are suffering from Dementia, Alzheimer's, and other affects of ageism. 30 iPhones distributed to 3 TOB Nursing homes + Mahone Bay, New Germany, and Chester.
- **FREE RECREATION PASSES** for 100 low-income individuals with mental health issues. Passes include access to the YMCA, The LCLC for swimming, skating and yoga.
- **FREE BRIDGEWATER TRANSIT PASSES** for low-income residents in the Town of Bridgewater.

It is worth noting that the 10 programs above operate on less than \$2,000 year. That is great value for your charity investment dollar.

Local giving. Local results.