

COMMUNITY CONNECTING

Located at Central Neighbourhoods

By Esther Wolfe

Barrier-Free Community Clinics

Many of our participants face barriers and lack of access to healthcare, especially those who are houseless, use substances, and are racialized/Indigenous community members. As a result, many of our most vulnerable community members do not feel comfortable seeking medical attention at HSC or other regular clinics, and face stigma and negative experiences within the healthcare system. In response, we have partnered with a wonderful team of harm reduction-focused nurses from Manitoba Health to host free community medical clinics every month to bring healthcare and Covid-19 vaccines to community members who are most vulnerable and in need. Since starting our community clinics in August, we have been able to provide community members with access to Covid vaccinations and other healthcare in an environment where they feel safe. Many participants were able to access both their first and second doses of the Covid vaccine through our community clinic, and expressed that they likely would not have received the vaccine otherwise. We will continue to offer our community clinic every month and plan to offer other more specific health clinics, including free STI screening, prenatal care, and other needed vaccinations. We are proud to offer accessible and barrier-free medical care, with no appointments, referrals, MB Health Card or government ID necessary.

IN THIS ISSUE

PAGE 2 -
RESOURCES/PROGRAMS/SERVICES
DONATIONS NEEDED

PAGE 3 -
NEWS
COMMUNITY CONNECTING (CONT')
COMMUNITY GREENHOUSE

PAGE 4 -
PROGRAMS



Community Naloxone Training

Since the start of the Covid-19 pandemic we have seen a dramatic increase in rates of substance overdose. We have partnered with Brothers Pharmacy to offer free training in Naloxone administration for the community. In September, 30 community members attended our first public Naloxone training session and pizza party, where we engaged in valuable community discussions about harm reduction and provided everyone in attendance with training in administering Naloxone to prevent life-threatening overdoses. We will continue to offer more free training sessions in Naloxone administration for both the SNA team and all interested community members.

Ceremony Is Harm Reduction

We believe any harm reduction approach in what is called Canada must include access to traditional Indigenous healing and knowledge practice. This summer, we began offering sacred medicines for participants during door service, including sage bundles and smudging kits. Many of our participants have expressed that they feel internalized shame or stigma regarding using sacred medicines when not sober or when actively using substances. We wanted to provide Indigenous community members with the opportunity to connect with traditional teachings, healing and knowledge practices regardless of sobriety where they are currently in their substance use (Cont'd Page 3)

COMMUNITY COMMITTEE MEETING ONLINE

KEEP YOUR EYE ON SOCIAL MEDIA FOR NEXT DATE!
FOR MORE INFORMATION VISIT OUR WEBSITE AT
WWW.SPENCENEIGHBOURHOOD.ORG
OR EMAIL THE COMMITTEE CONTACT PERSON
LISTED ON PAGE 4



INDIGENOUS INPUT IN LOCAL HOUSING PROJECT COORDINATOR

Cheryl Starr

Cell: 204-979-9169
(9:30 AM - 4:00 PM)

Cheryl Spencehousing

Cheryl@spenceneighbourhood.org



RENTAL SAFETY COORDINATOR

Eviction Support
Tenant-Landlord Mediation
RTB Support
Hydro Arrears
Bedbug Support
...And more!

Vanessa Wiedeman

204-998-5993

Vanessa Spencehousing

rentalsafety@spenceneighbourhood.org



Want to advertise in our newsletter?
Go to spenceneighbourhood.org/
get-involved/newsletter
for more information.

Receive up to

\$14,000

toward the purchase
of a home in Spence!



Conditions apply
Eligible income:
\$35,000-\$75,592

The Spence Neighbourhood Homebuyer Assistance Program (SNHAP) puts the rising cost of homeownership within reach of qualifying families who may be able to afford the monthly costs associated with owning a home, but who may have difficulty saving for a down payment.



spenceneighbourhood.org/announcements/snhap
for details!

HOMELESSNESS OUTREACH MENTOR

Are you currently experiencing
homelessness or couch surfing?

Jasmine

204-999-4485

Jasmine Spencehousing

row@spenceneighbourhood.org



**Please call, Facebook message or email to make an appointment

**DONATIONS NEEDED
THANK YOU!**

WE24 - Jackets, Socks, Shoes/Boots, Toothbrushes, Tooth Paste, Deodorant, Soap, Razors, Bottled Water, Back Packs, Granola Bars, Individual Snack Items, Mitts and Hats

All donations can be dropped off at 430 Langside (MERC) or contact Chantel at donations@spenceneighbourhood.org



**Mail Pick Up &
Snack/Hygiene Door Service**
430 Langside (MERC)
Monday - Friday
9 am - 3 pm

Spence Neighbourhood Association (SNA):

Website: www.spenceneighbourhood.org

615 Ellice Avenue (Head Office):

Community Connecting, Environment & Open Spaces, Finance, Homeless Outreach, & Housing.

430 Langside Street (Magnus Eliason Recreation Centre - MERC): Building Belonging, Children, Newcomer Youth Outreach, West End 24 Hour Safe Space, & Youth Drop-In.

365 McGee Street (West End Commons):

Youth Employment Hub, First Jobs 4 Youth, & Youth Crew
231 Isabel Street (Central Neighbourhoods):
Gang Action Interagency Network (GAIN)

350 Spence Street (Axworthy Health & RecPlex):
Community Sports Program

Email: liaison@spenceneighbourhood.org



Community Connecting (Cont'd)

journey. In response, we have partnered with two Indigenous matriarchs and community heart workers from the Mikiwahp Program, Raven Hart and Ivana Yellowback, to offer "Ceremony Is Harm Reduction." This is a twice-monthly program providing ceremony, traditional knowledge, healing and sacred medicines to participants in an accessible space without the requirement of sobriety.

Weekly Hot Meals

We have started a free Hot Meals program in partnership with the SIGN Foundation. Each week SIGN Foundation provides Central Neighbourhoods with freshly cooked hot meals to distribute free to the community every Thursday and we have plans to expand it to more than once a week.

Community Feast

On October 3rd, we held our first Fall Feast in Central Park. The free community event featured free soup and bannock from Feast restaurant, as well as entertainment and performances from the youth. This event also partnered with Just TV to provide entertainment by up-and-coming youth musicians from our community. The community feast also featured a harm reduction tent, where community members could pick up free supply kits for safe substance consumption, menstrual care, clothing and sacred medicines, as well as free training in Naloxone administration. It was a wonderful afternoon with community, and we plan to have more community feasts in the future!

Service Learning

We are collaborating with the University of Manitoba School of Medicine to make our Isabel Street harm reduction space an official service learning site for medical students. Students will have the opportunity to earn hours towards their service learning credit requirements by working at Central Neighbourhoods to assist Manitoba Health nurses in our free community clinics, by helping with door service distribution of harm reduction supplies, and by assisting with our community training sessions. Service learning students will receive training in harm reduction and will have the opportunity to build relationships with our participants.

Community Greenhouse

by Stephen Kirk

The Environment and Open Spaces Committee is pleased to announce that, after a summer of waiting, your community greenhouse is almost open!

The greenhouse itself has been constructed at 689 Maryland St., and we are just waiting for hookup to city utilities before we can start planting.

The goal is to be able to provide food and jobs all year round, so the greenhouse will be heated in the winter. Our first seeds should be planted in November, and will be mostly greens & herbs. Flowers and bedding plants are on the horizon, and a salsa garden next year.

In addition to the greenhouse itself, 12 raised beds have also been installed on site, for use as community gardens. Folks who formerly gardened on that lot will have priority, but please get in touch if you are interested in getting your name on the list for next spring. Further construction will include a community compost site and a feast table.

This project can only succeed if it is meeting the needs of the neighbourhood. In the next few months, we will be seeking local residents to sit on an advisory council to help guide the future direction of the greenhouse.

Please contact Stephen, your community greenhouse coordinator, at greenhouse@spenceneighbourhood.org or 783-5000 x 102, for more information.



Website and Social Media

Website: www.spenceneighbourhood.org

Facebook: [SpenceNeighbourhoodAssociation](https://www.facebook.com/SpenceNeighbourhoodAssociation)

Twitter: [SNACommunity](https://twitter.com/SNACommunity)

Instagram: [SNACommunity](https://www.instagram.com/SNACommunity)





CHILDREN & YOUTH PROGRAMS

Building Belonging

Our School Year 2021-2022 program for ages 6-12 runs Monday to Friday 3:30-5:30pm, with a daily meal, structured activities and pickup from John M King and Sister Mac schools and walk home available. Programming will be primarily outside, follow social distancing guidelines and spaces may be limited. During any program closures families in the Spence neighbourhood can register to receive weekly activity packages delivered until we are able to reopen. Registration forms are available at the M.E.R.C (430 Langside St.) or on the Spence Neighbourhood Association website. Contact us at buildingbelonging@spenceneighbourhood.org.

Newcomer Youth/Youth Drop In Program

Our Newcomer Youth/Youth Drop In Program delivers cultural recipe packages every Friday. If you are a youth between 12-17 years old and want to get a package you can contact newcomer@spenceneighbourhood.org or through Facebook: @spencemerc. We are here to support you!

Community Sports Program

SNA will be hosting FREE Basketball tournaments for youth with *PRIZES* at the MERC every Friday 6-9pm starting Oct 22nd. A basketball drop in for adults will take place at the RecPlex Mon-Fri 9-12. Youth soccer will be every Tuesday and Thursday 5-7pm at the RecPlex. We would love for you to join us for an outing, registration forms for all activities can be emailed to you (Sports@spenceneighbourhood.org) or picked up from 430 Langside (The MERC).

Youth Employment Hub

The **First Jobs 4 Youth** program is providing remote services. Applications are closed.

The Coordinator can be reached at aaron@spenceneighbourhood.org

Youth Crew is open and is performing essential services at the WestEnd Commons.

Contact Leslie at firstjobs@spenceneighbourhood.org or call 204-801-6740 for all other inquiries.

WE24 Overnight Safe Space

Monday - Sunday
11:00 pm - 7:00 am
430 Langside - MERC
Cell #: 204-333-9681



MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

Holistic Housing

SNA Homebuyer Assistance Program

For more information:

www.spenceneighbourhood.org/announcements/snhap

All other programs are working remotely.

See advertisements for contact information for Homelessness Mentor, Rental Safety Coordinator, and Indigenous Input into Housing Coordinator
housing@spenceneighbourhood.org
204-783-5000 Ext. 105

Environment and Open Spaces

Repairs & Maintenance to Garden Spaces - No Workshops due to restrictions. Greenhouse is on it's way to being built! Please leave messages at: 204-783-5000 ext. 102 or greenimage@spenceneighbourhood.org



November's Bin Madness Donation Drive

Seasonal

Adult Clothing

Gloves

Socks

Jackets

Pants

Neckwarmers

Other Items

Individual Snacks

Toothpaste

Toothbrushes

Handwarmers



Our Goal for November

Fill 4 Garbage Bins Full of the Above Items

Drop Off

430 Langside - Magnus Eliason Recreation Centre

Monday - Wednesday: 9:00 am - 3:30 pm

Thursday - Friday: 9:00 am - 4:00 pm

Please contact Chantel at donations@spenceneighbourhood.org if you have any questions or need to drop off items after hours



**COMMUNITY COMMITTEE MEETING - KEEP YOUR EYE ON SOCIAL MEDIA FOR NEXT DATE- ONLINE
FOR MORE INFORMATION VISIT OUR WEBSITE: WWW.SPENCENEIGHBOURHOOD.ORG OR CONTACT:**

Holistic Housing

615 Ellice
Contact: Housing Coordinator at
204-783-5000 ext.105
housing@spenceneighbourhood.org

Community Connecting

615 Ellice
Contact: Community Connector at
204-783-5000 ext.106 or
safety@spenceneighbourhood.org

Community Economic Development

365 McGee
Contact: Youth Employment Hub
Coordinator at 204-801-6740 or
firstjobs@spenceneighbourhood.org

Youth & Families

430 Langside
Contact: Youth Programs Manager at
mungala@spenceneighbourhood.org

Environment and Open Spaces

615 Ellice
Contact: EOS Coordinator at
204-783-5000 ext. 102 or
greenimage@spenceneighbourhood.org

