

The Fish is Flipped!

Phil Farrauto, Tim Webb and Mat Xagoraris just flipped the fish! Members of Melrose United Church recently prepared and served their annual Sunday Dinner at Wesley Day Centre.



Every day, over a meal or cup of coffee, support is offered at Wesley. Food is an important part of our support. “We respond to the immediate needs of hunger and insufficient nutrition every day, and over a meal, a cup of coffee or in a conversation with staff, support is offered at Wesley,” shares Dean Waterfield, Director of Housing & Homelessness, “Providing a meal opens up conversation, an important first step in developing a supportive relationship that leads to support with healthcare, housing, isolation and individual life changes.”

Wesley has food cupboards in many of our programs to help those with empty cupboards at home. We offer daily meals at Wesley Day Centre, Special Care Unit and Wesley Daycare. Many of our programs offer community kitchens, cooking classes and nutritional workshops! At Wesley Day Centre alone, over **100, 000** meals are served each year, thanks to such volunteers as Tim, Mat and Phil and groups like Melrose United Church.

Wesley's Food Shelves are Close to Empty!

Urgent Need for: canned soup, tomato sauce, canned tomatoes, canned fruit, pork and beans, coffee, and tea.

Donations can be dropped off at 195 Ferguson Avenue North, Monday to Friday, 8 am to 4 pm.

Also needed are relatively new books for Wesley Day Centre library.

More than 35,000 or 1 in 15 Hamiltonians are living with food insecurity! A new video has been launched to raise the seriousness of hunger and food insecurity in Hamilton. Visit wesley.ca to **Open Your Eyes**. You can help by donating food or volunteer serving a meal. Please contact Wesley at **905-528-5629** or info@wesley.ca if interested!

Message from Daljit Garry, Executive Director



Jessica Rose Photography

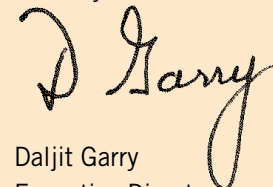
Welcome to fall, a time of harvest and giving thanks. Please read how Wesley is responding to hunger and food insecurity in our community. This is our way to highlight World Food Day and this year's theme of “Sustainable Food Systems for Food Security and Nutrition.” Fall is also a time of new beginnings and this is certainly true for Wesley!

What is Wesley? **Support, every step of the way.** This captures our range of programs and services for those most vulnerable and living in poverty. Support to a child new to Canada, a youth preparing to move into their own housing, an adult learning employment skills and an at-risk family coping with a newborn baby.

Wesley is on the move! Wesley has a new location at **52 Catharine Street North** for Administrative Services, Newcomer Services (including our new Reception House) and Special Care Unit. **195 Ferguson Avenue North** is still the program location for Wesley Day Centre and Transitions to Home. 195 Ferguson is also where donations of Gifts in Kind can be dropped off, such as food.

It is a very exciting time for Wesley! We value and depend on your generous donations and volunteer time. With your help, each day, Wesley can offer **Support, every step of the way** to over 1,250 children, youth, adults and seniors.

With my sincere thanks,



Daljit Garry
Executive Director

P.S. A volunteer took the picture of me enjoying Wesley's Open Golf Tournament!

Vision:

Wesley Urban Ministries has a vision of community, where justice and compassion guide the way we live, where all members are treated with respect and dignity.

Mission:

- Decrease Barriers by developing and delivering programs that address the needs of people who are marginalized
- Increase Opportunities by providing services that help individuals to achieve their full potential
- Be a model and catalyst for social transformation

Program Pillars:

- Children, Youth & Family
- Housing & Homelessness
- Neighbourhood Development & Newcomers

Volunteer for Wesley Urban Ministries

Groups are needed to annually sponsor, prepare and serve a Sunday Dinner at Wesley Day Centre. Great opportunity for a business, community group, family (with children 14 years and up) or Church!

Visit: wesley.ca, click *Volunteer* or contact: rebekah.geier@wesley.ca
905-528-5629 x 244

Raising the Roof Toque Campaign

It's the toque that does good and makes you look good!

Join the 16th Annual Toque Campaign, working towards long-term solutions to homelessness. Buy a toque or sell toques at your school or workplace to support Wesley Youth Housing. New grey toque colour this year!

Visit: wesley.ca or contact andrea.buttars@wesley.ca
905-528-5629 x 248



Thank you!

Wesley's 21st Annual Charity Golf Tournament raised **\$67,800** for Wesley's children and youth programs. Over 20 Wesley programs are provided for thousands of children and youth living in poverty in Hamilton. A very special thank you to Sponsors, Players, Volunteers and Donors who made this our most successful tournament!

Also, thank you to all those that filled over **400** knapsacks, helping children and youth begin school ready to succeed!



Brian Mullen, Terry Pearce, Ernie Romain & Harjeet Sembhi

Jessica Rose Photography

Ways to Support Wesley

Musician and Wesley Nurse, John Lewis' new CD 'Mercy' is now available! All proceeds support Wesley. CDs are \$15. Contact 905-528-5629 or info@wesley.ca



Dine for Wesley at Boston Pizza, 1219 Barton St. E, Hamilton. Dine for a Cause is a new menu at Boston Pizza featuring pizza, or a 'create your own' pasta, caesar salad, and a pop for \$20. **\$10** from each entree is donated back to Wesley! Write "Wesley Urban Ministries" on the back of the receipt and put it in the box labeled "Community".

Christmas is Coming!

Wesley's Christmas Store is coming soon!



We are Hamilton's only Christmas assistance program that gives food and new gifts to children, youth **and** adults. The Store has a unique points system that allows shoppers living below the poverty line to choose their own food and gifts. Last year, over 5,200 individuals were assisted! **To donate, volunteer or come for a new Family Tour, please contact 905-528-2629, info@wesley.ca or visit wesley.ca.**

Please remember Wesley when planning your Christmas gifts.

We are featured for the first time in the United Church Gifts with Vision catalogue! Visit www.giftswithvision.ca Give a donation to Wesley as a gift to honour a family member, co-worker or friend and we will send a Christmas card to the recipient.