



2023-2024
**ANNUAL
REPORT**



Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

Monteregie East Partnership
for the English-Speaking Community

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Introduction

Mission

The Montérégie East Partnership for the English-Speaking Community (MEPEC) is a non-profit organization dedicated to serving the interests of the ESC in the Montérégie-Est region. MEPEC works collaboratively with public, community and private organizations as well as citizens in relation to the needs of the English-speaking population.

- Connect with and represent the ESC of the Montérégie-Est.
- Improve communication between English-speaking citizens and local service providers.
- Create or adapt opportunities for the English-speaking citizens of the Montérégie-Est of all ages to learn, socialize and remain active.
- Facilitate access to English documentation and services.

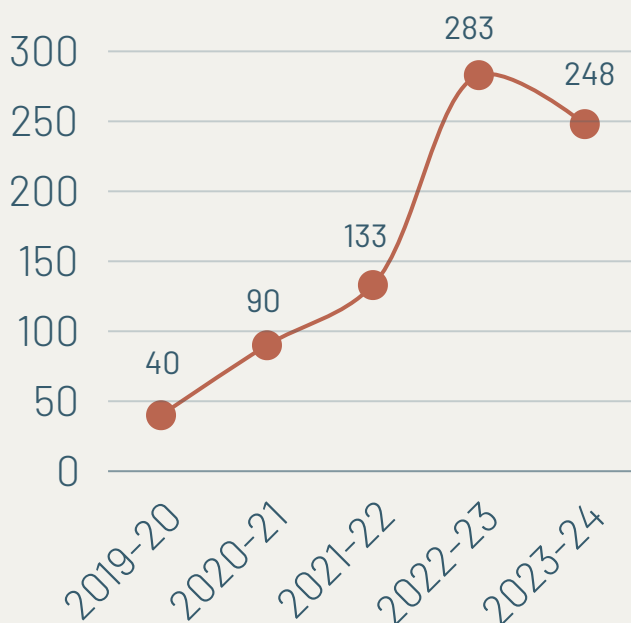
Vision

A diverse English-speaking community (ESC) contributing to the Montérégie-Est region with active, vibrant, engaged and thriving members.

Values

We believe in building an inclusive, supportive, collaborative, educational and friendly environment.

Membership



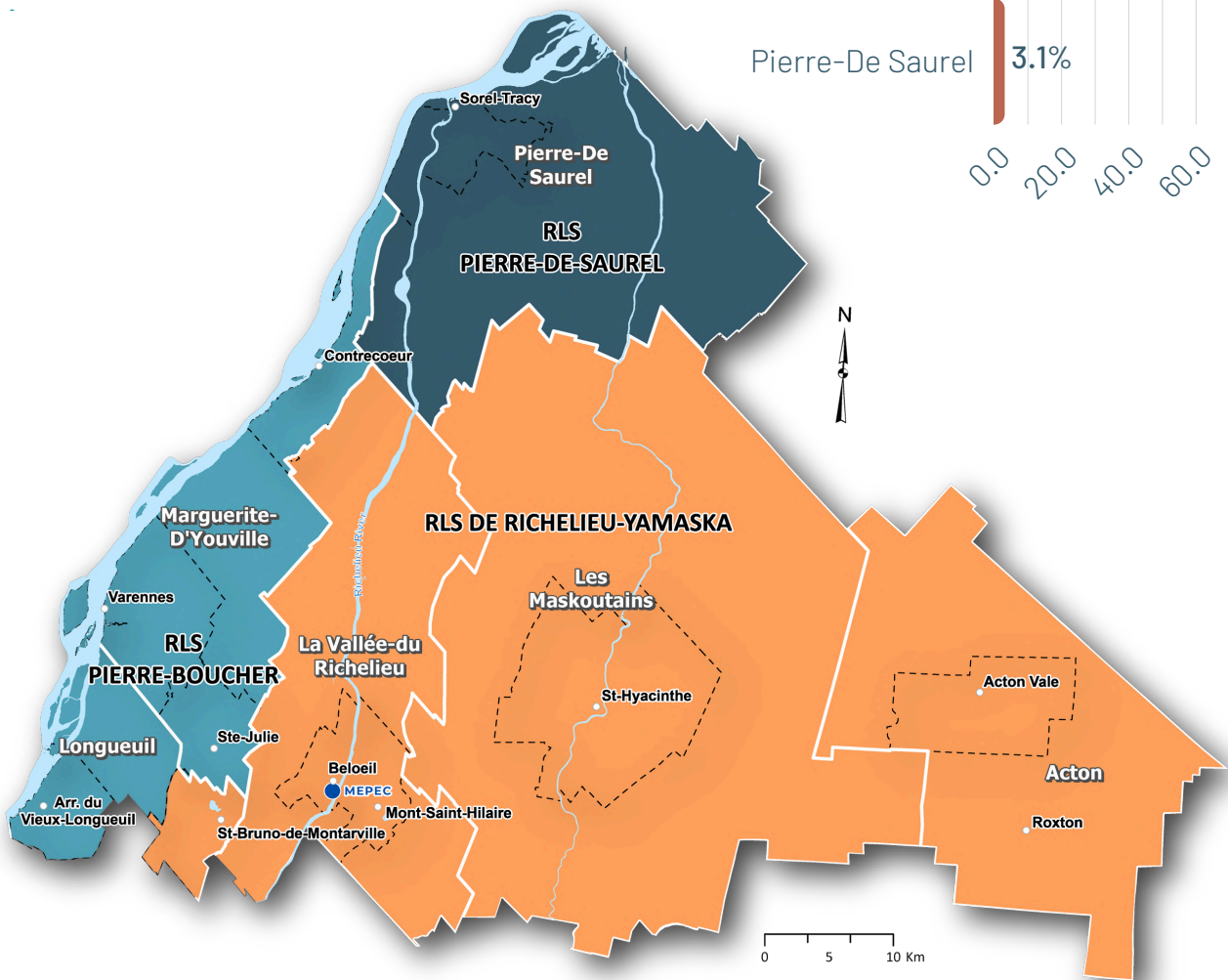
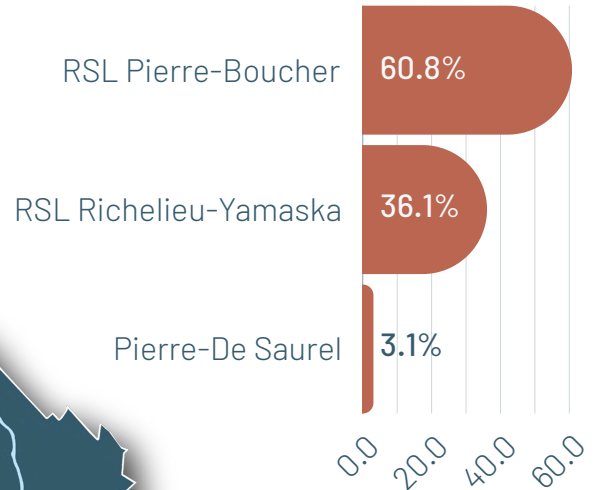
From April to December 2023, the number of members rose from 283 to 388. However, during December 2023, MEPEC carried out its first membership campaign with the aim of institutionalizing the membership process by identifying and retaining the most active and committed members and recruiting new ones.

From the 388 members, 248 of them reconfirmed their membership and/or became a member by March 2024. It should also be noted that only members over the age of 18 can become members. As a result, children under 18 are not included in the total due to sensitive nature of their personal data. However, we can estimate that around 75 children are unofficial MEPEC members.

Montréal-Ést

MEPEC serves the Montréal-Ést region, which has a population of approximately 24,640 English-speaking residents (Census 2021) in 57 municipalities covering 3,484 km.

The English-speaking population lives mainly in the two RLS (réseau local de services) Pierre-Boucher and Richelieu-Yamaska.



Sources:

Pocock, J., 2023, Demographic Profiles of English-speaking communities, RTS de la Montréal-Ést (1620), based on the 2021 census of Canada, produced for the Community Health and Social Services Network.

President's Message

As we reflect on another year of service and growth at MEPEC, my colleagues on the Board and I are filled with gratitude for the support and dedication of our community, staff, and volunteers. We are deeply grateful for the invaluable support we receive from partners like the Community Health and Social Services Network, the Regional Development Network, and the Governments of Quebec and Canada. Together, we have navigated challenges and celebrated many successes, strengthening our mission and impact.

This past year has been pivotal for our organization. We are expanding our programs and services, reaching more individuals and families. This growth will continue, as will our connections with like-minded community-based organizations.

Our commitment to fostering connection, empowerment, and resilience within our community and organization remains at the forefront of our efforts. We are an organization that seeks to channel the spirit of our community in ways that benefit us all. None of what we do would be possible without the energetic and generous support of our volunteers, whose contributions are key to our success.

I would like to take this opportunity to acknowledge the outstanding leadership of our outgoing President, Paul Mitchell. Paul's vision and commitment have laid a strong foundation for our organization, and his contributions will be felt for years to come.

As we look ahead, our focus will remain on enhancing our programs, engaging with community partners, and ensuring that we meet the evolving needs of those we serve. We are committed to creating inclusive spaces where everyone can thrive. Together, we will continue to make a meaningful difference in the lives of our community members.

Thank you for your ongoing support and partnership.

Stephen Thompson
Interim President



Executive Director's Message



This year marked my fifth year as Executive Director of MEPEC. I feel very proud and incredibly fortunate to work for such a beautiful and dynamic organization. Five years isn't a long time, but when I look back, I'm amazed at the exponential growth and rapid development of our organization. I started working at MEPEC on January 30, 2019, which was the same day MEPEC began operating. Today I look around me; three offices, a community space, a community library, a team of 7, a Board of 8, 29 volunteers, more than 70 partners, I feel nothing but pride.

A heartfelt thank you to all of our funders Community Health and Social Services, Health Canada, Secrétariat aux relations avec les Québécois d'expression anglaise, Regional Development Network, Canadian Heritage and Red Cross, for believing in MEPEC and supporting its exceptional development.

I am excited to share the incredible progress we have made this year in serving our community. Our initiatives have had a profound impact, fostering growth, connection, and support to our community.

This past year has been remarkable, with MEPEC actively participating in a multitude of initiatives that foster community spirit and engagement.

We hosted a variety of events that welcomed many individuals, creating cherished opportunities for connection and support.

Our Seniors Program has flourished, providing engaging activities like the Seniors Sneaker fitness program and creative Art Hives. These initiatives have not only promoted health but also fostered meaningful social connections among our seniors. The Family Center has seen a wonderful increase in participation, allowing us to expand offerings like Sprouts and Puddles programs. Collaborative workshops have supported parents, while our new social media group has created a vibrant community for sharing resources and fostering connections. Our mental health initiatives have resonated with many, creating supportive environments for students and encouraging their active participation.

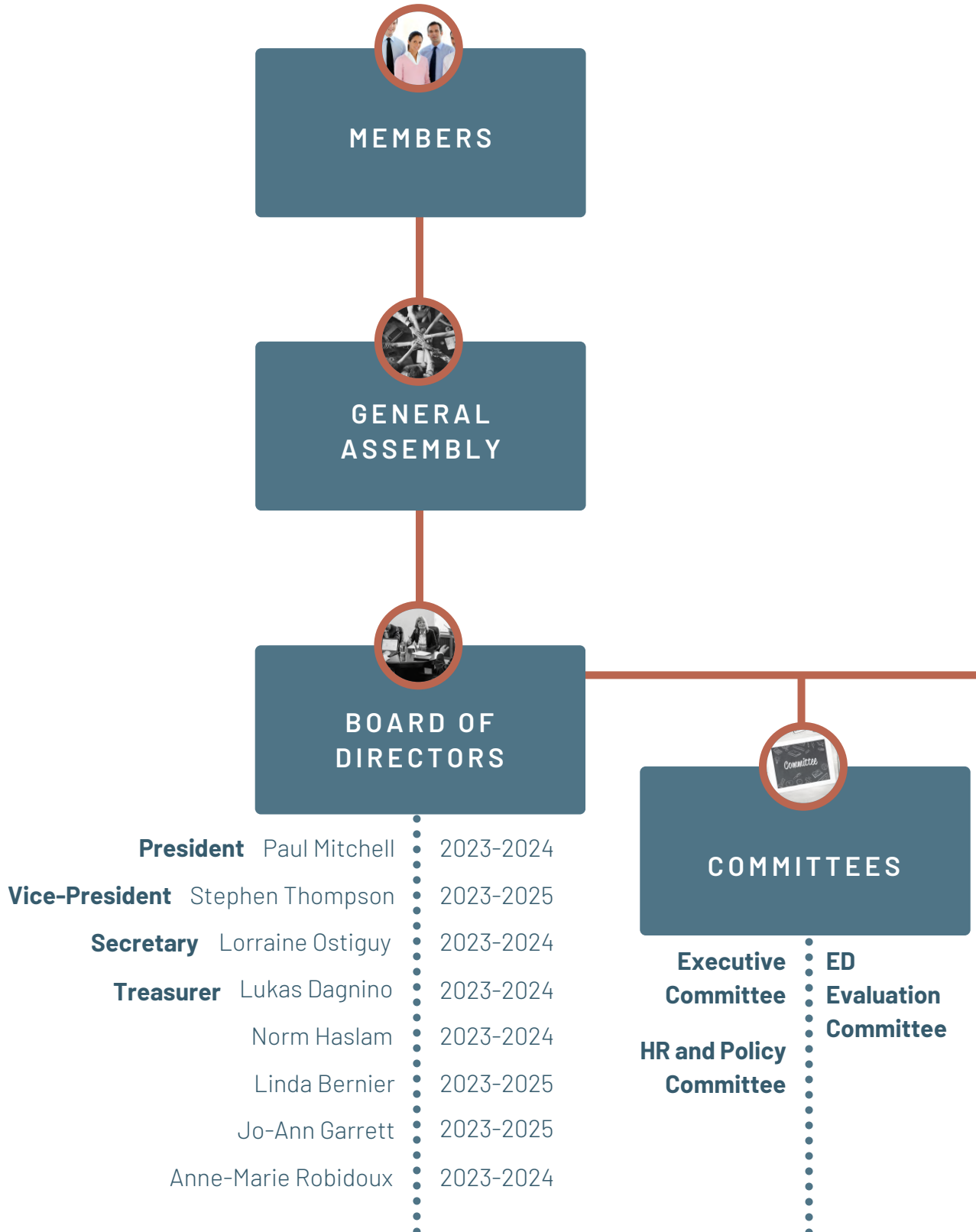
Through strategic partnerships with local educational institutions and in the employment sector, we raised awareness about financial support and educational opportunities, empowering numerous individuals with essential skills for their professional journeys. Our initiatives, such as the transition bags for young learners and resources for neurodiverse children, have helped ensure a smooth transition into school for many families.

As we move into the next year, we remain dedicated to building on these successes and creating even more opportunities for growth, connection, and support within our community.

Thank you for your continued engagement, support and partnership.

Karoll-Ann Carrier
Executive Director

Organizational Structure



Organizational Chart



KAROLL-ANN CARRIER
Executive Director



ALEXANDRA BLASETTI
Office Administrator



TENDAI KUMIRE
Organizational
Change Counsellor



JESSICA SYPHER
Community
Development Agent



CONSULTANTS



DEBBIE HANNEY
Program Manager



KAREEN MASSÉ
Family and Mental Health
Coordinator



REGINA UYOGA
Outreach and
Liaison Coordinator



MEGAN FIRTH
Seniors' Wellness and
Outreach Coordinator



VOLUNTEERS



PAIGE PELLETIER
Family Outreach Worker



CONTRACTUALS

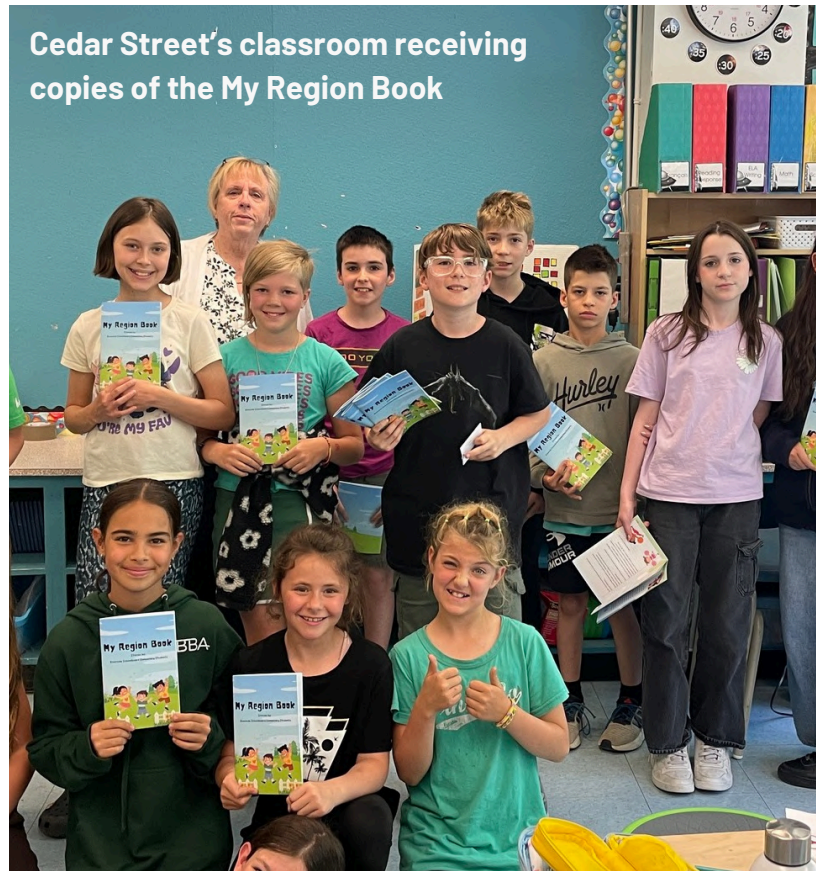
Activity Report



Walking Group in the Old Port



Eco-Kidz during pumpkin picking



Cedar Street's classroom receiving copies of the My Region Book



Paint Night at Manoir Saint-Bruno



Mental Health Workshop at Heritage Regional High School



Knitting Workshop to Mountainview students



Members at the 5th MEPEC anniversary

Initiatives

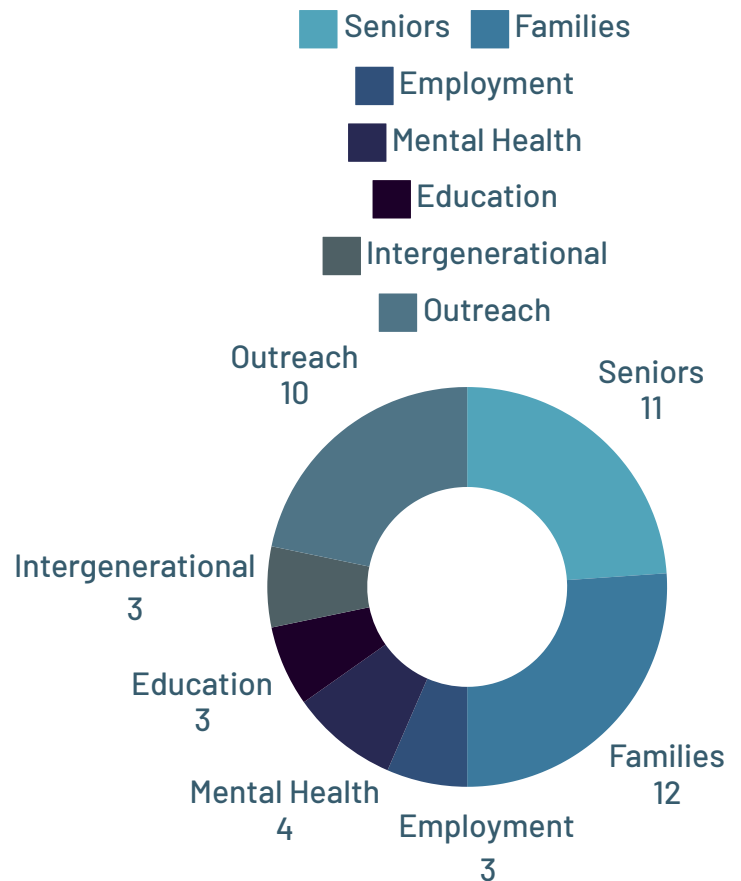
The year 2023-2024 was extraordinary in the number of initiatives supported, participated in and offered by MEPEC. The organization is very proud to have contributed to the 47 different initiatives organized either in our Community Space or on our partners' premises.

Last year, MEPEC offered services in 7 categories of activity, mainly for seniors and families, but also in mental health, employment and education. Most of the initiatives offered to seniors and families are strongly linked to health and social services, as well as arts and culture. Because of the target population and the fact that most of our funding is aimed at a specific population, we have decided not to separate them from the rest.

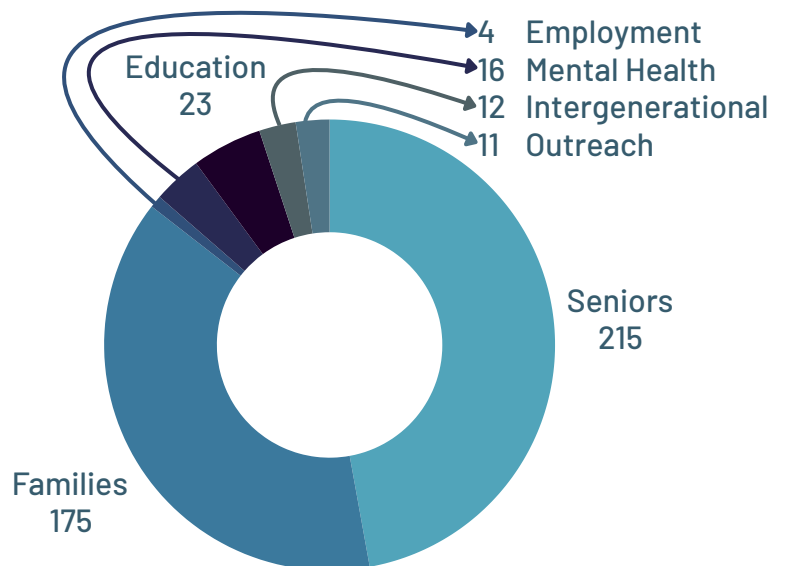
MEPEC has also supported and collaborated with partners to propose intergenerational initiatives, and participated in and organized large public events called "Outreach events". Outreach events are large public gatherings where MEPEC set up a booth to advertize the organization's services, as well as the services available in English in the Montérégie-Est region.

A total of 456 events and activities were supported, participated in and offered to our community. The two main areas of activities with the most activities were the seniors and families. MEPEC has created and supported a large number of programs that have become dear to our community this year, to name but a few: Seniors' Sneakers, Aqua Fitness, Art Hive, Sprouts, Family Drop-In, and Puddles.

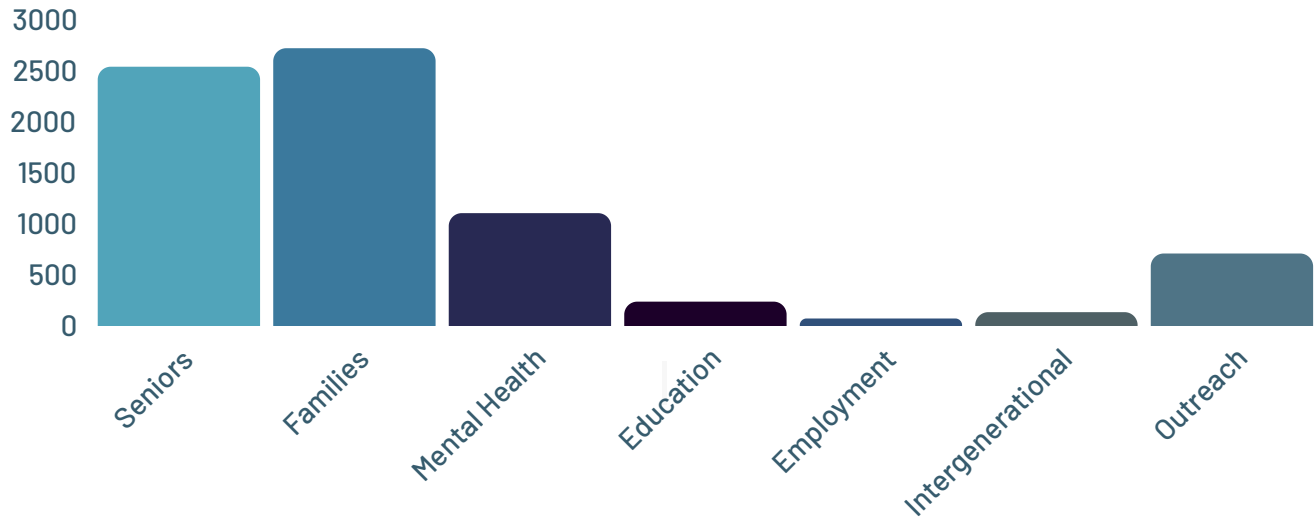
Number of initiatives by category



Number of events and activities by category



Number of participations by categories



Of the 456 events and activities supported, participated in and proposed by MEPEC, a total of 7,675 participations were counted. Participation is interpreted here as the number of activities in which a given individual took part. The number of unique individuals reached a total of 2,818 people. It is therefore impressive to say that MEPEC, in the course of 2023-2024, discussed and welcomed over 2,800 individuals (adults and children combined) to its activities.

From 2022-2023 to 2023-2024, there is a 17.5% increase in the initiatives offered, a 209.6% increase in the number of unique individuals who participated in our initiatives, leading to a 173.3% increase in the accumulative participation.

Many initiatives took place in the MEPEC Community Space, such as the Art Hive, Sprouts, Family Drop-in, Book Club, Knitting Group, Bilingual Conversation Group and numerous workshops on health and social services. A total of 528 unique visitors came to the Community Space, for a total of over 2,724 participations to our in-house activities.



Sprouts - Father Day



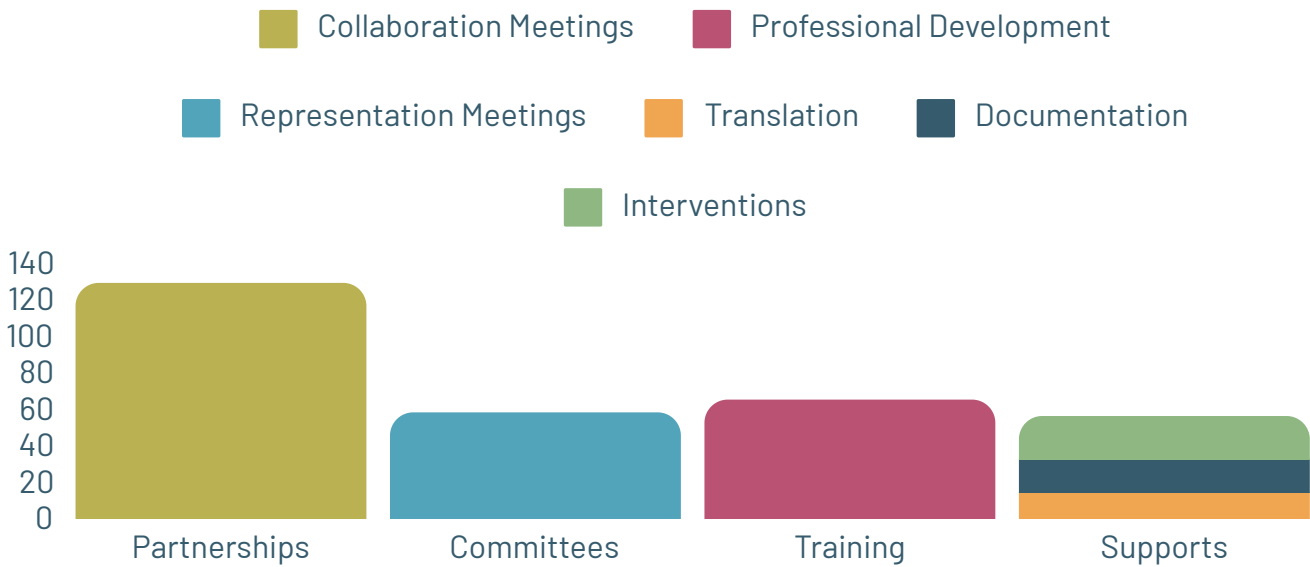
**Art Hive workshop
Wine Bottle Lamp**



**Seniors' Sneaker in
St. Bruno**



**Neurodiversity Tools
Distribution to k4**



MEPEC works daily to develop a solid network of key community, public and private organizations in order to improve, adapt or create initiatives. These initiatives promote better access to services and information in English.

During the 2023-2024 year, MEPEC participated in 187 meetings with 75 community, public and private organizations, and 12 committees and round tables.

MEPEC attaches great importance to the professional development and enhancement of staff knowledge and skills. As a result, MEPEC encourages them to participate in technical training, communities of practice with other network members to facilitate the exchange of best practices, and retreats to enhance more general knowledge. More than 65 sessions have been attended by team members.

In July 2023, MEPEC held its second internal staff retreat to begin work on the next strategic plan for 2024-2027. This was proudly completed and approved by the Board of Directors in March 2024.

Among the many services offered by MEPEC, support for community members is at the very core of its mission. This support can take many forms, such as referral to community resources (financial needs, mental health and employability, etc.), easy access to information in English (health and social services), informal interpretation and orientation in the various government systems. Only 24 interventions were recorded. However, it is estimated that over 200 interventions took place informally, at outreach events and activities, but were unfortunately not recorded.

MEPEC also creates and/or distributes documentation to its community to raise awareness of available services and important information. This year, MEPEC created, updated and shared 18 different documents, such as brochures, pamphlets and fact sheets, to more than 2,940 people. The quantity of documentation distributed is approximative, as some of these documents were shared online, such as the Newsletter and News Round Up, and at outreach events and activities. Also, MEPEC collaborated with its partner organizations to translate 14 documents to be distributed to the English-speaking community.

Volunteering at MEPEC

Again this year, a significant number of volunteers gave their time and energy every week to ensure that MEPEC initiatives were a success. 36 volunteer opportunities were filled by our community library volunteers, our active and enthusiastic parents, our Art Hive expert, our cleaning ladies and our very committed seniors.



Total of 29 unique
volunteers



More than 4,640 hours of volunteering

MEPEC Community Library

A new addition to the services of the Community Library was made possible through the New Horizons for Seniors project funding, the Kindle Program. During this year, MEPEC has acquired 7 Kindle tablets, so seniors had the opportunity to learn how to use this technology and have more reading opportunities with e-books through the MEPEC's unlimited access to the Kindle library.

To support access to English resources and media, MEPEC has provided the Book Club with the book of the month. In total, 5 e-books and 15 books were added to the library collection. As usual, the library received also a total of 131 book donations from the community that were also added to the collection. Because MEPEC is a member of the First Canada, 200 children books were donated to MEPEC to be redistributed within the community. More than half have been donated to the children participating to the activities.

Furthermore, in partnership with MinibiblioPLUS, from the Hickson-Fraser Institut, MEPEC receive and exchange 200 books for children every 6 months. Those are displayed in the Community Space and added to the children's collection of over 500 books. Every week, families attending our activities borrowed up to 3 to 5 books each. Finally, from its own children's collection, MEPEC created 6 book bins, of approximately 30 books each, to be lent to elementary school teachers so they can diversify their in-class collections of books. 3 out of the 6 books bins were lent to Mountainview Elementary school.



Our Funders & Programs



Networking
and
Partnership
Initiative ²⁺



HEALTHY
EARLY YEARS

YOUTH MENTAL
HEALTH INITIATIVE

*Cooperation
with the
Community
Sector*

*Supporting and
Promoting
Mental Health*

RECRUITMENT AND
RETENTION PROJECTS
COMMUNITY NETWORK
BURSARY PROGRAM

*Employment
Strategy*

NEW HORIZONS
FOR SENIORS

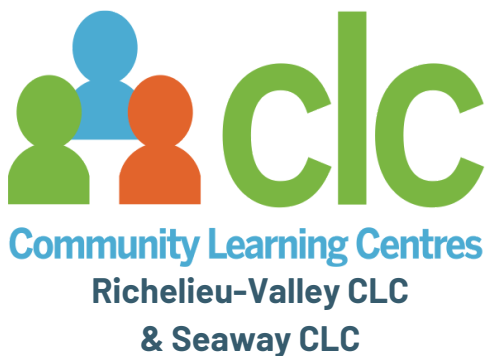
*Seniors'
Wellness
Initiative*

Programme Action Aîné du Québec

COMMUNITY SERVICES
RECOVERY FUND

ENHANCING
REGIONAL
COMMUNITY
CAPACITY

Our Partners



THÉÂTRE
St-Bruno
PLAYERS



**Centre intégré
de santé
et de services sociaux
de la Montérégie-Est**

Québec 



Our Partners



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