



Helping Hands

News, stories, connections

Farewell Summer, Hello Fall

Welcome back to our monthly newsletters, returning from summer hiatus. As the stats on the right of the page detail, our newsletter may rest for the summer, but the work does not. Our staff and volunteers have been hard at work, growing programs, connecting with community, and having some fun along the way.



WE LOVE TO APPRECIATE YOU

We are launching two new ongoing ways to show our volunteers how much they mean to us, and the difference they make in this community.

First Friday Frolic

Starting Oct 4

Every first Friday

10am-12pm

Coffee, tea, treats and visit!

Please join us



Thank You Zone

This corner is for you!

The fridge is stocked:

Treats, drinks, snacks, merch.

Let us spoil you.

VOLUME 18
SEPT 2024

Impact: Summer

Volunteer Hour Highlights: June - Aug

Client Focused Programs

Volunteer Driver: 345
Moving Teams: 117
Caring Neighbors: 635
Property Help: 190
Meals on Wheels: 33

Community Programs

Food Rescue: 658
Free Food Sheds: 332
Meal Teams: 80
Volunteer Training: 24

Food Security Stats

Food Rescued: 27,880 kg
Value of Food: \$187,912
Meals provided: 61,336

More stats on next page

Total Volunteer Hours

2464

Helping Hands programs are designed and managed by staff, and implemented by our incredible team of volunteers.

To volunteer or make a donation, please visit helpinghandscochrane.ca

Shout Out to Our Recent and Monthly Donors!

We are building a community of connection and compassion, where supporting others is the norm, and everyone feels a sense of belonging.

With your financial support, this summer:

- 30 new clients found a Helping Hand
- 26 new volunteers became a Helping Hand
- 2464 hours of community volunteerism

Monthly Donor Club

Danial & Robyn Thomas
Sarah McKibbin

Robert & Sylvia Macpherson

Woolrich Group

Cochrane Pizza & Grill

Jane Brownridge

The Pink Wand - Cochrane & Calgary West

THANK YOU!

To donate visit www.helpinghandscochrane.ca

Recruiting: Board Members!

Join our mission to create a more compassionate and supportive community in Cochrane, Alberta!

Helping Hands Society of Cochrane and Area is actively seeking experienced volunteers to join our dynamic, diverse Board of Directors. As a Board member, you'll provide stewardship, help guide our strategic direction, and oversee organizational and strategic risks. If interested, email laura@helpinghandscochrane.ca
Deadline: September 30th

Skill Development

At Helping Hands, we LOVE to offer training to our volunteers. This summer we offered First Aid training, and upcoming we have a Community Helpers course offered in partnership with Cochrane Family and Community Support Services. To register: shelley@helpinghandscochrane.ca



On Fridays, Find Shelley at the Library!

Beginning October 4th, Volunteer Coordinator Shelley will be at the Cochrane Public Library on Fridays, from 12pm - 2:30pm doing drop in volunteer recruitment! Stop in, say hi, introduce a friend!

Find Us at Found

This Saturday, Sept 21, Open Mic Night at Found Books will be fundraising for Helping Hands! Hope we see you there @ 7pm



SEPT. 21 NORTH

Cochrane Heights,
Sunterra Heights,
Sunset Ridge, Monterra,
Western Rocky View County

Please leave donations on
your doorstep by 10am
in a new reusable bag or
recyclable box.

VOLUNTEERS WILL PICK IT UP!



FOOD DRIVE

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www.helpinghandscochrane.ca

Email: info@helpinghandscochrane.ca

Phone: 587-580-9448

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