

2024 Volunteer Hours

CARING NEIGHBOUR 1929
VOLUNTEER DRIVER 1191
MOVERS WITH HEART 356
SEASONAL PROPERTY 527
FOOD DRIVES 1620
FOOD RESCUE 2387
FREE FOOD SHEDS 1373
MEAL TEAM 172
MEALS ON WHEELS 160
TRAINING 195



Helping Hands

2024 IMPACT

VOLUNTEER HOURS 10,246
INDIVIDUAL REQUESTS FOR SUPPORT 1032
NEW CLIENTS 119
NEW VOLUNTEERS 88
and growing everyday!

2024 Food Rescue

FOOD RESCUED 109,116 KG
VALUE OF FOOD \$735,439
GH GASES DIVERTED 612,139 KG
MEALS PROVIDED 240,054



Our vision is a community empowered to connect and support one another.

November 28, 2024

Dear Helping Hands volunteers, supporters, and friends

And just like that, its winter! We want to update you on what's coming up for Helping Hands, share the incredible community impact our volunteers are delivering, and of course wish you all the warmth and joy of the season.

Cochrane Volunteer's Day - December 5th

We are SO excited about this. On December 5th, the International Day of Volunteers, our Town of Cochrane is proclaiming a local Cochrane Volunteers' Day. We know you are busy, and we don't want to add to your day, but we do ask that you take a photo of your volunteerism on December 5th, and send it to us, or post it yourself using

#cochranevolunteers

To add a special layer on December 5th, the Jack Tennant Memorial Bridge will be lit Helping Hands green, in celebration of all our volunteers do.

 is proud to present
Helping Hands that **December 5**

INTERNATIONAL VOLUNTEER DAY



has been proclaimed by the
Town of Cochrane as

Cochrane Volunteers' Day!

show your volunteer spirit by using: **#CochraneVolunteers**

Christmas Celebration! First Friday Frolic - Dec 6th

On December 6 from 10am - 12pm, our First Friday Frolic is dedicated to wishing our volunteers a Merry Christmas and Happy Holidays. Come to the office (244c River Ave) for coffee, tea, holiday treats and Christmas cheer, with a couple of fun twists:

 **Our friend Mayor Jeff Genung will be joining us**

 **Please wear your flashiest Christmas sweater**

 **We have a festive surprise for each of you!**

See you Friday the 6th!

Volunteer Quote

Ever wonder how Helping Hands volunteer feel about the care they offer?

"I always have a new-found love of life after assisting one of these people doing something they could never do on their own."

To Our Volunteers

Because of you, so far this year...

**720 drives have connected people to their doctors, or other services, in our
Volunteer Driver Program**

**159 community members received ongoing personal supports for companionship, in
home supports, community supports, etc. in our Caring Neighbours Program**

**85 families and individuals have received support moving from their homes, in our
Movers With Heart Program**

**68 Properties have received ongoing seasonal property support, helping people stay
in their homes longer, through our Summer Do Crew and Snow Helpers Programs**

Thank you, Rebekah Lodge!

Groups like the Rebekah Lodge, spreading this generosity to local charities, truly help make Cochrane such a special place. We are so grateful for your support, ladies.

THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU
THANK YOU



WWW.HELPINGHANDSCOCHRANE.CA

Bow View Rebekah Lodge #125



Helping Hands

THANK YOU THANK YOU THANK YOU DONORS!



MONTHLY

**THRIV APPAREL
ROBERT & SYLVIA MACPHERSON
COCHRANE PIZZA & GRILL
THE PINK WAND - COCHRANE
WOOLRICH GROUP
JANE BROWNRIDGE**

NEW

**FOUND BOOKS AND TRAVEL
CHRISTINE WEBSTER
KATHLEEN HAVELING
ASHLAR MASONIC LODGE 28
MAQSOOD ALAM
& THOSE WHO PREFER TO STAY
ANONYMOUS**



Meet Mary
a new Helping Hands client



After a recent knee injury, she needs our support. With your help, we provide her with transportation, meals, and a caring community.

Become a #MonthlyGivingStar and ensure Mary and others like her never feel alone. ★



Helping Hands

If you would like to support the work of Helping Hands, you can donate your time, your voice, or your financial support.

- Share this newsletter with anyone you like, and send them to **www.helpinghandscochrane.ca** to join our newsletter email list
- Register to volunteer at **www.helpinghandscochrane.ca**
- Help us build a community who take of each other by

[Making a Donation](#)

Helping Hands Society of Cochrane and Area
Charitable Number 816893564RR0001

www.helpinghandscochrane.ca

587-580-9448

Mailing address

PO Box 1045

Cochrane, AB, T4C 1B1

Admin and Volunteer Headquarters

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Cochrane, AB

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