

2024 Volunteer Hours

CARING NEIGHBOUR 2034
VOLUNTEER DRIVER 1368
MOVERS WITH HEART 359
SEASONAL PROPERTY 552
FOOD DRIVES 1620
FOOD RESCUE 2534
FREE FOOD SHEDS 1438
MEAL TEAM 267
MEALS ON WHEELS 171
TRAINING 195

Helping Hands

2024 IMPACT

VOLUNTEER HOURS 10,891
INDIVIDUAL REQUESTS FOR SUPPORT 1113
NEW CLIENTS 125
NEW VOLUNTEERS 98

and growing everyday!

2024 Food Rescue

FOOD RESCUED 118,210 KG
VALUE OF FOOD \$796,735
GH GASES DIVERTED 663,158 KG
MEALS PROVIDED 260,062



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

December 20, 2024



'Twas The Night Before Christmas...

'Twas the night before Christmas, and all through the town,
Helping Hands worked hard, spreading joy all around.
The Free Food Sheds were stocked, full of cheer,
For anyone to access, their hearts sincere.
The volunteers busy, their spirits aglow,
Supplying drives and clear sidewalks in the soft winter's snow.
From families to seniors, all felt the embrace,
Of kindness and love, in every place.
So here's to the Helpers, so selflessly kind,
Their efforts bring light to the hearts they find.
For in Cochrane and beyond, they make the season bright,
Bringing hope to the world on this magical night.

Connection Is Our Greatest Prevention

As we reflect on 2024, the story becomes clearer; the chaos, the phone calls, the shifting dynamics within our community, the peaks and valleys of operating a charity...the work of connecting people is more important now than ever before.
As our town grows, opportunities to connect must also grow.

Helping Hands couldn't operate just anywhere. It wouldn't work.
This organization is the sum of its parts; our volunteers.

Whether you are new to the Helping Hand story, or you've been with us for years, THANK
YOU for joining this community of doers.

Shoveling a sidewalk is restoring dignity and independence.

Providing transportation is building opportunity.

Supporting a move is offering safety.

Listening is nurturing.

Thank you for all you do.

Client Quotes

Ever wonder how Helping Hands client feels about the care they receive?

"I don't think I would have survived very well. What an angel! What a blessing. Thank you for all these 'Helping Hands', it is really important! Really blessed to have you!"

"I can't believe you are here. My daughters helps so much but she's not able to help with everything and so this helps so much!"

To Our Volunteers

Because of you, so far this year...

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

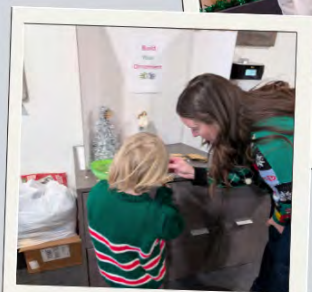
168 community members received ongoing personal supports for companionship, in home supports, community supports, etc. in our Caring Neighbours Program

88 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

Helping Hands Holiday Frolic - WOW!

Oh we had so much fun with you!! Thank you to everyone who stopped by to celebrate with us. What a fun time. We are so grateful to be building this community alongside each of you.



MERRY
CHRISTMAS



Totem Charitable Foundation

Thank you!

For your continued support!



Helping Hands

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



for your generosity through
the Christmas Giving Tree

WWW.HELPINGHANDSCOCHRANE.CA

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



Helping Hands



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InterPipeLine Ltd.
Cochrane Extraction Plant

THANK YOU
THANK YOU
THANK YOU
THANK YOU





Helping Hands

**THANK YOU
THANK YOU
THANK YOU
DONORS!**

NEW

MONTHLY

**MARY BURWASH
THRIV APPAREL**

**ROBERT & SYLVIA MACPHERSON
COCHRANE PIZZA & GRILL**

**THE PINK WAND - COCHRANE
WOOLRICH GROUP
JANE BROWNRIDGE**

**ALLISON GRAHAM
DAWN LARSEN
CARA CAMERON
VANETA DRISCOLL
RHONDA SMITH
LARK BALMER
VITA HOPKINS
LORRAINE CHAMPAGNE
JACQUELINE SHIER
INTER PIPELINE
CHRISTINE MCLEOD
WENDY GROMNISKI
KEVIN HO
DIANA DOYLE**

**& THOSE WHO PREFER TO STAY
ANONYMOUS**



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

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