

# GFN Annual Report 2022



**Annual Summary Report - On behalf of the Gibsons Family Network Board I am pleased to offer a summary of our activities this past year.**  
- Pat Stuart, Chair

**Gibson Family Network's purpose is:**

1. to facilitate families supporting one another through networking
2. to provide on-going advocacy for community inclusion for people with developmental disabilities
3. to provide employment opportunities for people with developmental disabilities.

We are a non-profit society run by a volunteer Board of Directors. We are all about Families helping Families! We offer part-time employment and community inclusion to individuals who qualify and are eligible for CLBC, PWD funding—age 19 or older. We employ a part-time manager for the Sunshine Shack kiosk, and a part-time community inclusion coordinator. We also support families with children of all ages who have developmental disabilities who want to be involved in our workshops and fun activities.

## SUNSHINE SHACK

It has been a challenging year with Covid 19 effecting many of our programs and services. The ten young adults who normally are involved in working and volunteering at the Gibsons Community Centre have had some of their activities reduced. Fortunately our Sunshine Shack manager and our Community inclusion Coordinator were both able to keep everyone connected by Zoom, phone calls, walks, baking and craft activities and wellness check ins on a regular basis. We were pleased to welcome Tania Finnigan to help support new families, many living in Sechelt who were wanting to find additional ways for their family members to be included in community. Tania supported an additional 8 people, offering cooking classes, fitness activities, hiking and general community participation in social settings.



## COMMUNITY INCLUSION ACTIVITIES

Our goal is to provide more opportunities for community inclusion in recreation and life-long learning activities. The Sunshine Shack was closed for the first 6 weeks of 2022 as public space protocols for Covid 19 were reinstated. GFN pivoted to virtual activities, cooking, games and celebrations and walks around their neighbourhoods to stay connected.



In January and February 10 zoom baking sessions were held, as well as a Chinese New Year Celebration. It was fun, and delicious, but we were glad to get back to the kiosk on the 22 of February.

March and April were polishing up our employee skills – it had been a while – and we enjoyed a whole team lunch at the Blackfish to celebrate spring, being back to work and promises of good things to come.

### Thank you to all our Sponsors & Donors

- Community Living BC
- SuperValu Gibsons
- The Bakery, Sechelt
- IGA Gibsons
- Strait Coffee
- Sheer Bliss
- Sandy's Bakery
- S. C. Community Foundation
- S. C. Hospital Auxiliary
- Owen Gilstrom
- Mercy Campbell—accounting
- Ken McAra—website
- Patty Shields—special events
- Joanne Chiasson— arts & crafts

### GFN Board of Directors

- Pat Stuart
- Don Stuart
- Mercy Campbell
- Shannon Martel
- Donnie McAra
- Allyson Pearson

Reminder - we do have charitable status so if you know anyone who would be interested in receiving a tax receipt for a donation please tell them about us.

GibsonsFamilyNetwork.ca

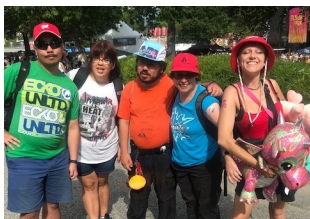
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The recovery/return to business has been very slow but we are grateful for the continued support of our community and our dedicated customers.

In May and June, thanks to the Sunshine Coast Hospital Auxiliary grant, we offered plant-based cooking classes. Even Coco endorsed the Vegan Chocolate muffins! These classes offered an opportunity to learn about a variety of recipes using vegetables and fruit. They visited the library to look up recipes and to find out about nutrition and interesting facts about sodium content in many packaged items. Trips to the grocery store to purchase food and to the local community garden to check out the plants were always great ways to share ideas with each other. Ainsley was a breath of fresh air with her youthful ways – we never knew what color her hair would be the next week! She was so creative and had a wonderful knack of drawing on each individual's strengths so they felt successful.

A full slate of activities was undertaken this summer, with the weather throwing a wrench or two but for the most part, everyone enjoyed some new adventures.

We visited Cliff Gilker Park, Sechelt Pool, Bloedel Conservatory, Katherine Lake, Park Royal Cineplex, Secret Beach, Gibsons Art Gallery, Langdale Heights Golf course, PNE, Tems Swiya Museum in Sechelt and Mission Point Park. The participation, and the mix of people, everyone's willingness to do and be their best made it an awesome summer. We were sad to say good by to Ainsley as she left the Sunshine Coast to pursue a career with an art program at Emily Carr - congratulations and best of luck in your new adventure! We miss you!



September saw the kiosk group once again venturing into the kitchen to do more baking and cooking with the help of a grant from the Sunshine Coast Community Foundation. We learned many new recipes and we even have started compiling our very own cook book. We also hired a new Community Inclusion Coordinator in October – Joanne Chiasson joined the team and she brings a wealth of talent and ideas and has kept the crew busy all fall sharing their expertise in many areas.



We held our first raffle in October, raffling off a painted pine cone wreath, proceeds funding our first Halloween party. Karaoke, dancing and a lot of great food and fun was shared.

December year end was celebrated with a luncheon at the Blackfish.

**YES**, I would like to be a member.. Attached is my membership fee \$10.00/family

**YES**, I would like to make a donation. Attached is my donation for \$ \_\_\_\_\_.

Please send my receipt to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_

P.C. \_\_\_\_\_ Ph: \_\_\_\_\_

Email: \_\_\_\_\_

**Thank you!** Your support will be used to support inclusive communities

**THANK YOU!!!**

Thank you to the staff at the Gibsons Community Centre who regularly support us by purchasing coffee and offering help and assistance whenever we ask them. The seasonal decorations are always a conversation point with all the people who visit the Community



Centre. We are grateful for the continued support of our donors and customers, as well as family and friends. Your example had us working hard to give back at Christmas. Hats, toques and scarves were made for the homeless, everyone participated in the Salvation Army Kettle Campaign and we held a Food Bank Drive at the Gibsons Community Centre. Despite the challenges, it was a good year, and the New Year holds lots of great opportunities! ♥♥♥



**Please mail to:**  
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