

ALLY IN POVERTY ACTION

WHAT CAN I DO AS AN INDIVIDUAL TO HELP CREATE CHANGE?

In 2018, United Way Halifax, in partnership with Halifax Regional Municipality, produced Building Poverty Solutions.

Since then, our community has changed significantly. [United in Poverty Action](#) highlights successes since the last report, what has changed and who is still impacted most by poverty. It also includes key trends we're watching and a set of community measures we're committed to monitoring over time.

By signing up as an **Ally** in Poverty Action, you have indicated you are concerned about poverty in HRM and its impacts on vulnerable people.

WHAT ACTIONS CAN I TAKE?

Learn more about poverty and its impact on people in Halifax and beyond.

Talk about poverty and how it impacts people

- With your circle of friends.
- At the dinner table, with your kids and family.
- With your co-workers and peers.

Consider correcting misinformation when you hear it.

Donate: Whether it is a monetary donation or items such as:

- Clothing
- Toiletries
- Hygiene products
- Baby products
- Pet food

Volunteer: Many community organizations rely on volunteers to deliver their services. Such as,

- Taking part in serving community meals.
- Delivering food hampers.
- Taking part in conversation circles.
- Helping out at a fundraising event.
- Joining a board or committee.

Some examples of places to volunteer include, but are not limited to:

- The North Grove
- Brunswick Street Mission
- Veith House
- Shelter Nova Scotia (Metro Turning Point)
- Chebucto Connections
- Fairview Family Resource Center
- Souls Harbour

Raise Awareness: If you are not able to donate money, items or your time, there are still many ways to show your support.

- If you are active on social media, you could follow different organizations and share their posts to increase their views.
- Organizations often have advocacy events such as rallies, call ins, etc. - taking part in those could prove very impactful.

Interact with your vulnerable neighbours:

- Greet those you meet as you would any other.
- Check in on your elderly neighbour who lives alone.
- Help the single parent in your building carry groceries to their apartment.





WHAT SHOULD I KEEP IN MIND?

Use facts: more and more people are having to make difficult decisions. Expenses are going up while wages have not kept up.

Be humane: people living in poverty are our neighbours.

- Look folks in the eyes and acknowledge them.
- Say hello, good morning or good evening.
- Ask someone how they are, and be willing to listen.
- Treat folks with dignity and respect – they are not defined by their experiences or situations.

Encouragement: It is easy to make a difference in people's lives. Encourage your circle to support our neighbors.

Integrity in options: people living in poverty do not have the luxury of having choice. It is important to always remember to provide people with options, wherever possible.

Before preparing a donation, it's important to check with the recipient organization to find out what is needed.

- Some organizations might not have the capacity to store clothing donations and, therefore, cannot accept them.
- It's also important to check the quality of the items you are looking to donate. If it is something that you would otherwise discard, please reconsider donating it.

Volunteer with experienced organizations:

- Meeting the needs of individuals experiencing poverty in a dignified and appropriate way requires education, training, program standards and a lot of experience.
- The best way to volunteer your time in a meaningful and impactful way is to do so alongside those who know and serve these populations daily.

United Way Halifax keeps close ties with many community organizations, and we are aware of gaps that exist in the community – consider following us on social channels.

Making your monetary donations to United Way Halifax will ensure that those funds are going where they are needed most in the community.

Remember those living in poverty are people with hopes and dreams.

- They live in our communities, and therefore, we are all neighbours.
- Everyone deserves to feel welcomed and valued - treat everyone you meet with respect and dignity, regardless of their circumstances. No one chooses to live in poverty.
- If it is safe to do so, have a conversation and interact with those neighbors.

SIGN UP TO BE AN ALLY

