

# GOOD NEWS

Delivering change, thanks to you!



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## Welcome

Welcome to the second edition of Good News, a quarterly newsletter designed to bring you at-a-glance updates on our business and our charity, and the ways we #deliverchange.

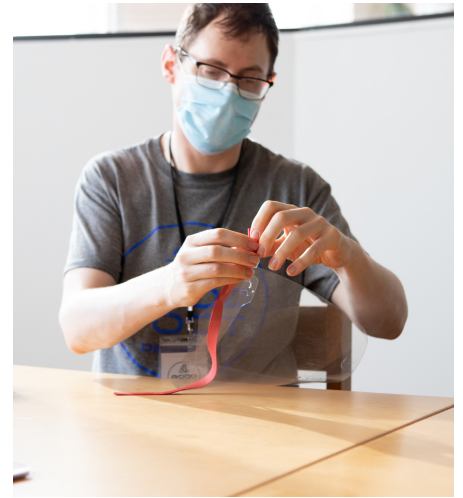
## On The Road Again

On July 22nd, 2020, after 128 days of suspension, we resumed limited operations. Keeping our staff and customers' health our top priority, we made all pick-up and deliveries contactless where possible. After testing our new safety protocols, we successfully opened our services on August 31st to all customers.

We remain committed to our mission to provide the neuro-diverse community with meaningful employment and a welcoming community. Over the past six months, we retained all Couriers, provided them wages and offered a range of virtual support programs. We will continue to adapt our services for our Couriers to respond effectively to the ever-changing environment.

## Return To Work

At the end of September, all Couriers returning to work completed their mandatory safety training virtually, followed by in-person support on a one-on-one basis to reinforce correct PPE usage and adherence to strict physical distancing guidelines.



## New Website Now Live

Our new website was launched with the resumption of our delivery operations. A labour of love, the new site brings our brand refresh to life online and meets web accessibility standards.

With improved user experience, Customers can book orders efficiently and quickly, and we can better highlight our scope of work, our Couriers and supporters.

## In, Up And Out Is Growing Well

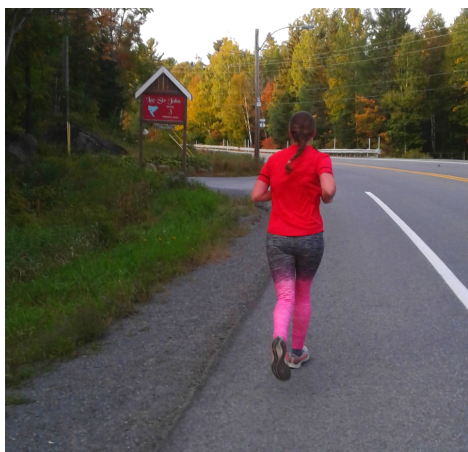
We have continued to scale up our new employment program, which now has 13 participants. The majority are working independently as Couriers and taking on additional responsibilities to build professional and life skills.

For example, two new part-time positions of Office Assistant have been created to provide participants with an opportunity to learn administrative skills. Interested participants attended virtual workshops on interview preparation and resume building, with interviews concluding late September.

In the coming months, we will build partnerships with Toronto-based employers to provide meaningful workplace exposure and employment opportunities for participants who are ready to expand their skills and experience further.







## Scotiabank Waterfront Marathon

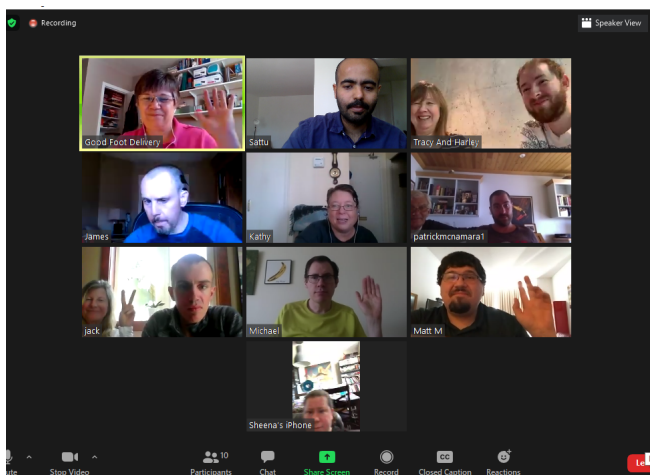
The Good Foot run team will participate in the upcoming Scotiabank Toronto Waterfront Marathon for the eighth time. As part of their training plan, runners meet virtually every Monday for warm-up and exercise, followed by a self-directed run or walk.

Our team will be walking the marathon on October 25, 2020, to raise \$15,000 to provide winter boots and nutritious food for our Couriers, for the road. You can show your support by donating to our team page [here](#).

## Support Programming

COVID has been hard for everyone, but the hardship is even more significant for our neurodiverse Couriers. Given that people in the community face many barriers to socialization, we have expanded our social programming to minimize isolation.

Four times a week, our office staff meets our delivery team virtually and facilitates engagement over various interests, including games and fitness. We remain committed to providing opportunities for staff to network with their colleagues and form lasting friendships.



## Courier Spotlight



**Zachary** an aspiring novelist and a blogger, recently finished a 26-week long online course on fiction writing. After receiving feedback from fellow course participants, he has completed his fiction novel's first draft, ready to go through editing and proofreading. Head over to his [blog](#) to read some of his latest work.



**Hayden** has been passionate about knives and knife sharpening since 2015. He finds folding knives to be a work of art in design and likes to make a dull knife, sharp enough to split and fillet hair. You can see him in action [here](#) and see how he puts a beautiful mirror edge that is so fine that one can see their reflection in the knife.

**You can help deliver change. [Donate today.](#)**

