



# GOOD NEWS

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Delivering change, thanks to you.

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## WELCOME!

Welcome to the first 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.

Thanks to your loyalty, we have enhanced our operations and support programming, enabling our Couriers to live more independently and confidently.

2020 marks Good Foot Delivery's 10th year as a courier service dedicated to enhancing the lives of people in the neuro-diverse community.

## IN, UP, AND OUT IS GROWING

In late 2019, we received significant funding from the Canadian Government to accelerate our employment program: **In, Up, and Out**. The program fosters the growth of our Couriers by providing opportunities to grow through workshops on life and employment skills, support for career preparation, and meaningful paid employment.

Program goals include integrating our skilled and motivated staff members into more challenging positions through part-time job placements or employment opportunities with Toronto-based employers. Good Foot will provide customized and comprehensive support to facilitate smooth transitions and successful integration.

# ENHANCED SUPPORT PROGRAMS

We continue to provide our staff with the support they need to be successful in their role at Good Foot, and to move beyond Good Foot through the In, Up, and Out program via our partners.

Dream Weavers provides one-on-one time with an occupational therapist to Good Foot staff who require this support. Additionally, the Dream Weavers team has developed workshops specifically for our staff on topics such as communication, to help our staff build upon important life and employment skills.

In October 2019, we initiated a mentorship program with Deloitte. The program flourished in the first quarter of 2020. From January to March, there were a total of 12 sessions between the mentors and mentees.

Each participating Courier was excited to meet their mentor and reported positive interactions. We witnessed a range of learning outcomes, and while many Couriers fine-tuned their career interests, resumes, and cover letters, some of the mentees took additional steps to develop LinkedIn Profiles and practice mock interviews.

# SOCIAL PROGRAMMING

We know that people in our community often struggle with socialization and making friends, so we're dedicated to providing more than just a job for our employees. We aim to provide opportunities for staff to network with their colleagues where they can build social skills and enhanced interpersonal communication.

We've grown our social programming in 2020, introducing a weekly drop-in with the Social Support Coordinator, a monthly board games night, and added additional group-based activities every month. In January, our Social Committee arranged an informal get together at a restaurant, and in February, we went to karaoke!



# COMING SOON: A NEW USER EXPERIENCE

We are a few weeks away from launching our brand new website and delivery management software. The site has been designed to keep web accessibility standards a top priority; it will also allow us to effectively highlight our scope of work, our staff and acknowledge our supporters more prominently.

The delivery software, on the other hand, offers new features such as digital signatures and new delivery options while improving order processing and order tracking for our customers.

# SUSPENSION OF SERVICE

Given our commitment to the health of our Couriers, and in support of efforts to limit exposure to COVID-19, we suspended our courier service on Monday, March 16, 2020 until further notice.

As our office team moved to work from home, we also moved our social programming online, allowing us to connect virtually with our staff. Drop-ins have increased to twice per week, we have introduced Workout Wednesdays, where we move through a yoga video together, and Friday afternoons have become Fun Fridays, where we complete a fun activity together. So far we've done virtual karaoke, watched a movie, and played House Party together. We also expanded our outreach with staff to include the use of social media. We've created a group on Facebook where staff can stay connected, and an Instagram to highlight our social activities.

We're looking forward to more virtual social gatherings over the next few weeks!

# COURIER SPOTLIGHT!



Kenny competed in the Special Olympics Canada Winter Games in Thunder Bay, Ontario this year. His team won a bronze medal in 5-pin bowling!



Sheena has been working towards opening an online shop to sell the jewelry she makes. The pendants are made from copper wire and stones. She says "I have been making jewelry for four years now. It's a challenging, but rewarding hobby."



In his free time Harley enjoys Cardistry, which is the art of flourishing with cards. He calls it "hand dancing", and says "I love doing it because it's fun to do. It keeps my hands busy, and it's a quiet practice."

# SUPPORT OUR MISSION

Our office team remains fully functional although we have temporarily suspended our delivery operations. We are supporting our Couriers by continuing to provide wages during the suspension, as well as offering a high level of engagement virtually through professional and social sessions. We could not provide these opportunities without your support and continued loyalty towards our mission.

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



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