

ANNUAL REPORT 2020

 JEW
NATIONAL FUND
AKFA



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EXECUTIVE DIRECTOR'S LETTER

Dear Stakeholders,

It's been a trying year for many of us with the onset of a new global health crisis in COVID-19 at the top of the new year. Many families lost loved ones and businesses struggled or had to close down due to health protection measures rolled out by our government in lockdowns. Thankfully many of us are blessed to say we have made it through such a tumultuous year for the world.

New Nakfa has been committed to serving the needs of Eritrean Canadians with a holistic approach targeting the mind, body and soul and successfully closed out the year with our programs. We thank all those in the community who came out and volunteered, our incredible staff, community partners in Medhanie Alem, ECAO Youth Soccer, Art + Health, St Nicolas of Bari Catholic Church, Eri/Ethio COVID Fund, St Michaels Church, Each One Teach One Fitness, Eritrean Canadian Community Centre and all those who continue to tirelessly contribute to the support and advancement of our community.

Best Regards,



Natnael Iyoban

CO-FOUNDER/
EXECUTIVE
DIRECTOR

PROGRAMS FOR THE YEAR

Hazen Lekso - Grief Workshop
(Feb 29, 2020 at JJP) - Health



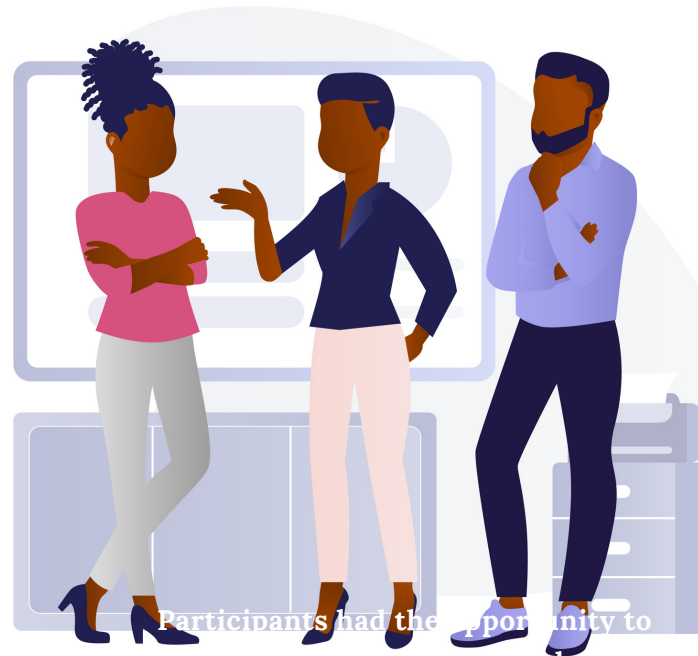
Participants had the opportunity to discuss grief and the cultural impacts in how we decide to grieve. Learned tools to best handle grief in their everyday lives over injera.

Art + Health coordinated with East African leaders and experts in mental health, to provide evidence-based explanation on how we process grief. Youth walked away with new perspectives on how to process tragic events in their life, in addition to new tools to use when faced with new stresses. Moving forward we will look at ways of connecting our community with mental health experts and community resources in the GTA.

On February 29, 2020 New Nakfa partnered with Art and Health to deliver a Grief Workshop for our community. The workshop was hosted at Joseph Piccininni Community Centre with over 50 youth in attendance. One of New Nakfa's four action areas includes health promotion, where we focus on ways to engage youth on positive lifestyle choices. We were approached by members of the community after the tragic loss of multiple Eritrean youth over the past year. We saw this as a great opportunity to focus on mental health in the east African community, by creating an open space and dialogue amongst East African youth. During the workshop participants had the opportunity to share how they process grief, with other youth going through similar experiences. The workshop started off with participants sharing injera while going through fun icebreakers, creating a warm and welcome vibe. We created an open and inclusive space, while at the same time ensuring confidentiality for all participants.

PROGRAMS FOR THE YEAR

Jebena Time - Hawey/Haftey Zoom socials (June-July) - Social



Participants had the opportunity to

As a result of COVID-19 across Canada, millions of people were forced to take refuge in their homes due to province wide lockdowns. New Nakfa had to cancel multiple events and programs, for the safety of our community. We were not complacent, and adapted with the times by hosting online Zoom sessions. These sessions were hosted every Sunday by one of our community leaders and New Nakfa coordinators Rora. Every week trending and personal topics were discussed with our youth including, the Ahmed Aubrey case in the US, how people were managing during COVID-19, the situation back home, and much more. We had participants tuning in all over the world, with the farthest being a Haftey all the way in Egypt.

These sessions are important for building unity amongst our volunteer staff, creating a feeling of family and home. These sessions allowed youth to destress and share their experiences in an open and respectful space. With the lockdown easing up in July, Jebena time was put on pause, as youth were able to meet in small groups. In the future we will look at hosting Jebena time in person with all our Haweys and Hafteys, once COVID-19 is behind us. Staff socials for the future including cottage trips, soccer tournaments, and much more!!

PROGRAMS FOR THE YEAR

Each One Teach One – Weekly Fitness Program (July- Aug) – Health



Led by Simon Berhe a number of youth relished In the opportunity to get out and get some socially distanced physical exercise.

The title of the program refers to a common goal in teaching each other knowledge that was passed on to us, we only put each other in a better position when facing new challenges in our lives. On average we hosted weekly sessions of 14 youth and 10 adults over nine weeks. The type of workouts we design for the youth are meant to make them challenge themselves to power through the difficulty of the training. For the safety of the youth, we often use natural body movements (running, push-ups, sit-ups, planks etc.). This prevents any type of injury that might be caused when using equipment such as weights. Our main goal throughout the programs is to not only see improvement in a kid's fitness, but more importantly attitude. At the beginning of the program, we aimed to make the kids feel more comfortable around their peers and coordinators. We often played tag, ran relays and other fun activities to make them enjoy the program more, as well as end each session with a game of soccer. WE had done all this to ensure the kids understand that the program is not just based on fitness but fun as well. In the future, we aim to include post-workout meals, and to also incorporate more equipment from varying sports to promote inclusivity. This will allow us to expand our program to better benefit the youth and adults that participate. If there is any way, we could receive support to help make this happen, that would be gladly appreciated.

With COVID-19 restrictions easing up in July, New Nakfa was able to collaborate with Each One Teach One, to deliver an outdoor fitness program for youth and adults. The fitness sessions were hosted outdoors every Sunday at Earls court Park in the late afternoon between 5pm and 6:30pm, with participants being screened and following social distancing rules throughout. Each One Teach One, is a program that was created by Simon Berhe (New Nakfa Health Coordinator) to help promote a healthy and positive lifestyle for Eritrean youth across the GTA. Alongside Eritrean health leaders; Winta from Maye Health, and Amen from Lucid Health Fitness, they had collaborated with Simon to lead workouts for both youth and adults.

PROGRAMS FOR THE YEAR

Health Package Program – (August-September) – Health/Social

With COVID-19 having a huge impact on the Eritrean community in the GTA, New Nakfa was successful in securing a community grant through the Canadian Red Cross. New Nakfa provided free health packages to the community through multiple pop-up events and contact free delivery service. Health packages contained essential items including masks, gloves, hand sanitizer, disinfectant spray, home care supplies, and much more. The health packages were accompanied by relevant COVID-19 brochures in Tigrinya, providing a full experience for applicants using the product. New Nakfa collaborated with East African businesses and religious institutions such as Elite Shisha, Medhanie Alem Orthodox Church, and Kidanemeheret in promoting social distancing and providing free health packages to members. Overall, we were able to distribute 500 health packages to the Eritrean community in the GTA, while employing East African youth in the process. All applications are confidential with information being destroyed following the program.



From the surveys gathered we were able to find the following information:

- **97% of respondents found value in health packages**
- **75% of respondents identify as newcomers**
- **58% of applicants had a first language that was NOT English (Amharic, Tigre, Arabic)**
- **44% of respondents making less than \$20,000.00 a year**
- **62% of respondents had an education level of high school or less**
- **82% of respondents were in the age range of 18-64 years of age**
- **99% of respondents identify as black**
- **45% of respondents chose delivery as their primary method of receiving the health package**

From the above information we can identify barriers that may prevent East Africans from receiving relevant information and services during the pandemic. We can see how our adult population (18-64) may have difficulty in understanding relevant information in regards to COVID-19 due to language and education gaps. Furthermore, 44% of applicants are making less than \$20,000 in a year meaning they have limited funds when purchasing PPE to protect themselves and their families. In the future we hope to continue this program with the help of the Canadian Red Cross, and incorporate more Eritrean businesses and products.

PROGRAMS FOR THE YEAR

Fundamentals of Finance Course—
(Nov- Dec) - Professional
Development



NEW NAKFA PRESENTS

ALL \$ IN, NO \$ OUT

Our Fundamentals of Finance Course



Our Fundamentals of Finance Course

Investing 101
How the Wealthy View Money
Stocks
Investment Accounts
Credit & Credit Building
Real Estate



The New Nakfa Financial Literacy course aims to enhance participants' knowledge and skills related to their own personal finances. It's an opportunity for us to ensure our community makes wise and educated choices for a more fruitful and fulfilling life. The programs ran for 6 weeks via Zoom every Sunday, with lectures being recorded and made available on our website. Over the six weeks the following topics were covered: Investing 101, How the Wealthy View Money, Stocks, Investment Accounts, Credit and Credit Building, and Real Estate. Every lecture was curated by a professional in that topic, who has real world experience. Overall, we had 60 members registered for the program, allowing them to receive recordings and reminders in advance. In the future we aim at growing this program by incorporating more topics such as cryptocurrency, forex, and much more. We will also look at bringing in more professional speakers in order to expand the professional networks of participants.

PROGRAMS FOR THE YEAR

Food Drive – December 19, 2020 – Social

As a result of COVID-19 in the GTA, food banks were reporting the decreases in food donations. New Nakfa saw this as an amazing opportunity to show the strength of the Eritrean community, by giving back to Canadians in need. New Nakfa teamed up with Black Lives for Change to run a food drive for those in need in the GTA. New Nakfa was responsible for the Toronto drive thru location, which was stationed outside Medhanie Alem Orthodox Church on Dec 19. Volunteers from our Haweys and Hafteys performed pre-screening and made sure to follow COVID-19 safety protocols.



New Nakfa provided staff with PPE and warming stations to make the experience enjoyable for all. We were able to collect over 1000lbs of food from our drive thru food drive. Food was distributed to the Daily Bread Bank, Afri-can Food basket, Anida Food Bank, Humanity First and the Vaughn Food Bank. Money was collected by Black Lives for Change to support Skills for Life, which specializes in providing tutoring and sports programs for black youth. With the GTA being in lockdown due to COVID-19, this event gave youth the opportunity to give back when the city needs it most. In the future we will look to host more donation drives, with the possibility of expanding to clothing and other non-perishable goods.

FINANCIAL REPORT

New Nakfa started off the year with \$3,092.07 in cash balances from successful activities and programs completed in 2019. Stakeholder liabilities totaled \$599.85 and were repaid to members who had loaned the organization capital throughout events and programs that ran through the 2019 fiscal year, in the first quarter. In the early third quarter of 2020 we made \$435.02 investment into developing our website and acquiring domain rights (www.newnakfa.com), as well as made the payment for our previous year's accounting financials to be completed (\$500). In direct response to the global health crisis COVID-19 New Nakfa was able to partner and secure funding from the Canadian Red Cross in the amount of \$42,164. Of which \$37,964.70 was disbursed as per the structure of the financing providing the organization with 84-85% of the funding upfront, and the rest nearing the end of



The first batch of funding provided the resources to purchase all equipment, rent necessary materials and pay all staff for the duration of the program. Additional investments were made in technology integration for online paperwork signage via DocuSign, as well as Zoom for running online virtual classes and programs in the fourth quarter. Ending off the year New Nakfa has \$1,580 in cash with no liabilities moving forward to reinvest in continuing to grow the organization. The Canadian Red Cross is still looking to distribute the remaining \$4,200 in grant funding that New Nakfa will be looking to be able to utilize to continue to reinvest in the Eritrean community through continued expansion of its programming. With \$1,580 cash on hand and \$4,200 in account receivables, New Nakfa is well positioned to be able to reach its long and short term goals.



AREAS OF GROWTH 2021

New Nakfa is dedicated towards delivering quality events and programs to our community. One of our values is innovation, where we look at different ways of incorporating new technologies and human resource. In 2020 New Nakfa utilized technology from Survey Monkey, Squarespace, PayPal and much more. We look at expanding our presence on social media with the introduction of YouTube, on top of our already existing Instagram and Facebook platforms. In 2020 we also saw the launch of our website www.newnakfa.com. On our website you can find more information on the structure of New Nakfa, as well as our past and present programs and events. Stay tuned as we launch our Open House Series post-secondary program and Each One Teach One Health program in 2021. At this time we are hosting all our events online due to COVID-19. If anyone has any new ideas for future events and programs, make sure to reach out to us at info@newnakfa.com.



We are grateful for our Jignas, Haweys, and Hafetys at New Nakfa. Our volunteers are the backbone of the success of not only New Nakfa but our community here in the GTA. We believe it takes a community to raise a child, with New Nakfa providing a community space for Eritrean youth to grow in the GTA. We ensure all our events and programs are inclusive to all, with members being updated via WhatsApp on a weekly basis. In 2020 we were able to offer paid positions for our Health Package Program, where youth received competitive wages (\$25.00/hour). One area of growth we are looking to implement for our volunteer group, is regularly scheduled staff socials and trainings. This will ensure our youth have the tools to be successful at New Nakfa and their personal lives.

AREAS OF IMPROVEMENT



Although we have seen vast growth along the way, there are areas we are looking to improve moving forward. In 2020 we saw the loss of executive talent, due to the lack of clear policies and procedures. The team at New Nakfa did some self-reflection and decided that experienced leadership was necessary, in order to ensure the longevity of the organization. New Nakfa was able to recruit Helen Berhane as a director to help us develop our policies and procedures, as well as provide real world experience. New Nakfa is committed to continued self-improvement to ensure the continued growth and success of our community here in the GTA. At a staffing level we are looking at implementing regularly scheduled meetings for coordinators and volunteers to ensure a clear line of communication and transparency. As we move forward, we will look at how we can incorporate a New Nakfa App to centralize communication.

METRICS OF SUCCESS

- **Serviced over 800 community members through events and programs.**
- **Attained first large grant from Canadian Red Cross for health package program (\$45,000).**
- **Establishment of consistent weekly programming through our Each One Teach One fitness program and All Money In Financial literacy program**
- **Creation of our website and +800 Instagram following**
- **Creation of podcast series highlighting Eritrean professionals and youth**
- **Expansion of Hawey/ Haftay WhatsApp group chat from 35 to 70**

CLOSING STATEMENT

2020 has been a great year for New Nakfa, and we only see it going up from here! In the past year, we have been able to grow tremendously as an organization. This was all possible through projects like the Health Care Package, Food Drive, and more to things like workshops and work opportunities for the community. Going into 2021, we look forward to bringing you all new projects that will continue to bring us together such as; the Open House Project for Post-Secondary life support, The Hustle Way Initiative to help boost moral and support of our fellow Eritrean Community businesses and more. With all that being said, all of this success, couldn't have been possible without the support of our wonderful community. We appreciate all the love and support you had all poured into each and every one of our efforts. You are all the reason why we stay so motivated to keep growing to better provide for the Eritrean Community and more in the future. We hope you continue to follow us on the ongoing journey and find ways to also get involved.

Appreciatively,
New Nakfa Team