



2021 - 22 ANNUAL REPORT

PROMOTING POSITIVE MENTAL WELL-BEING THROUGH
SPORTS AND SOCIAL ACTIVITIES.



Message from the Team

Our work at the Active Newcomer Youth Ottawa - ANYO nurtures positive children and youth in Ottawa hence fostering community development. When we enable community connection, sports participation and social skills development through our evidence-based community strengthening programs, like Coping Mental Health Through Sports, The House of Talent, and the Immigrant Experience Podcast, we are nurturing positive children and youth and fostering community development in Ottawa.

With the summer of 2022 finally coming to an end. We want to express our great appreciation for the Ottawa community's support, we were able to deliver our programs on a large scale to date. Our Coping Mental Health Through Sports program has seen a spike in community interest as well as facilitates partnerships and collaborations with sports clubs and organizations in Ottawa such as the Ottawa International Soccer Club and Ottawa Sports Council Foundation. The House of Talent program has both increased music training capacity and engaged artistic youth in different and impactful ways. The Immigrant Experience Podcast program has collaborated with and featured numerous community members which have greatly helped promote the organization's community outreach and engagement. Above all, it is the community connections and peers support that comes with the programs that really matter to us.

We invite everyone to learn more about The Active Newcomer Youth Ottawa's achievements and progress and to join us to ensure the spirit does not end in 2022. Our work is only possible because of community partnerships and collaborations, and we want to express our gratitude to our entire network, including you, for being partners and supporters in our work. Thank you to our amazing participants, staff, and volunteers for your dedication to the programs. A special thank you to our coaches, and mental health peers support volunteers. Thank you to all of our surrounding partners and friends who shared resources with us, Footwear4kids, Ottawa International Soccer Club, Ottawa Community Foundation, The City of Ottawa, Crime Prevention Ottawa, Ottawa Sport Council Foundation, and our parent organization, Social Planning Council of Ottawa.

We could not have done all this without your support.

In gratitude,

ANYO TEAM



About ANYO.

The Active Newcomer Youth Ottawa (ANYO) came as a result of the PhotoVoice project organized by the Social Planning Council of Ottawa (SPCO).

The PhotoVoice project made us realize the lack of accessible social-based programs especially for immigrant and newcomer youth and the impact it possesses on the mental health and well-being of the youth.

Mission

The Active Newcomer Youth Ottawa's mission is to support newcomers and Immigrants children and youth to prosper as new Canadians, utilizing sports and social interactions as engaging platforms to connect in order to address the economic, systemic and social barriers that many newcomers and immigrant families face in their integration journey in Canada.

Our Vision

We are determined to eliminate the sports participation gap so that we improve mental well-being and reduce social isolation for children and youth from lower and middle-income newcomers, refugees and immigrant families in Ottawa.

Our Values

We implement our programs aligning with core values of inclusivity, affordability, fun and fairness and social development which lead a way to a quality experience for all our participants.

Our Story

The Active Newcomer Youth Ottawa (ANYO) came as a result of the PhotoVoice project organized by the Social Planning Council of Ottawa (SPCO) - in 2021. The PhotoVoice project made us realize the lack of accessible social-based programs especially for immigrant and newcomer youth and the impact it possesses on the mental health and well-being of newcomer and immigrant children and youth.

The links between school success and healthy participation in activities outside of school hours are clear. Researches have demonstrated that the more access a child or youth has to positive activities during these “critical hours” outside of school hours, the higher their chance of success in school and life.



Our sincere thanks

Thank You To Our Volunteers.

The majority part of ANYO's programs and activities are run by volunteers. We could not have done this without the help of our amazing 14 volunteers who contributed over 2860 hours to the programs.

Special Thank You To Our Funders and Key Partners.

We will like to sincerely thank our 2021-2022 funders - Ottawa Community Foundation, Crime Prevention Ottawa, Ottawa Sport Council Foundation, and the city of Ottawa for your continued support.

We will like to thank our key partners, the ACB Wellness Resources Centre, Canadian Women of Colour Leadership Network, and more importantly the Ottawa International Soccer Club. You are indeed our CHAMPIONS. We could not have existed without the incubation support of our parent organization the Social Planning Council of Ottawa. We say THANK YOU ALL.





Our sincere thanks

We could not have done it without the dedication of this team.

1. Reuben M. Nashali - Key Support Staff from SPCO
2. Emmanuel Duala-Ekoko
3. Behnaz Alimardani
4. Alois Mulinda Nashali
5. Mohamed Abdella
6. Gaston Mpela Balibanga
7. Berat Acar
8. Sarah Mulinda Nashali
9. Elizabeth Taylor
10. Amani Wendo Kalulu
11. Eliakim Hawi
12. Matteo Bruce
13. Bryann Fotsing
14. Gakah Both



Reuben Nashali (back) poses with, front left to right, Jooris Ndongozi, Alois Mulinda, Emmanuel Duala-Ekoko and Behnaz Alimardani - A recent picture featured in Ottawa Citizen newspaper and Ottawa Sun



Some of our co-volunteers and staff, Mohamed Abdella on the far left, Mohamed centre and Alois Nashali - right



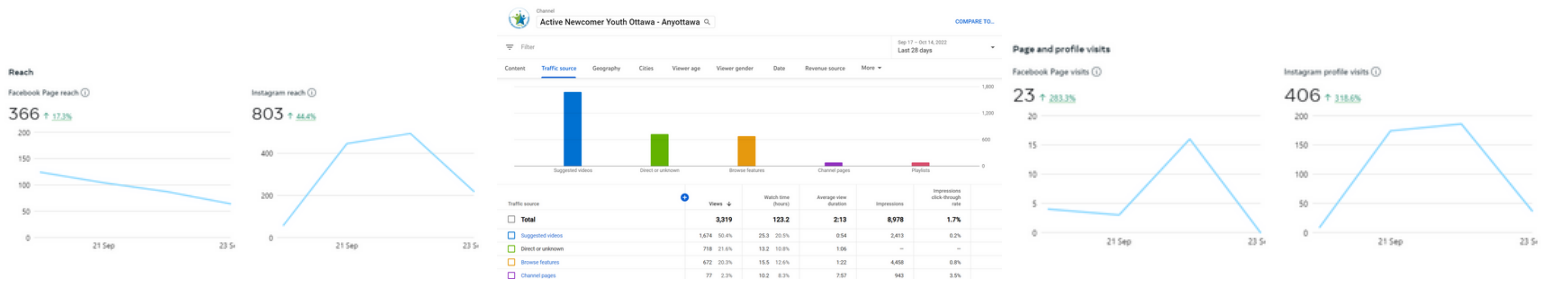
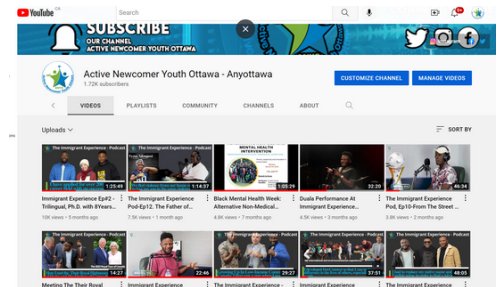
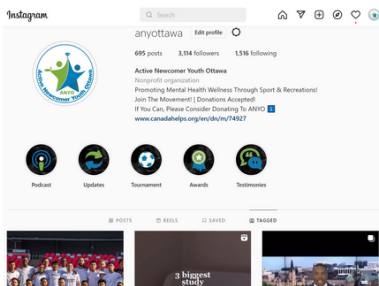
Contacts and Social Media

2021-2022 ANYO's Year of Development

Our general email is: info.anyottawa@gmail.com and our operational email is: coordinatoranyo@gmail.com.

In the spring of 2021, ANYO started social media pages - **Instagram/Twitter:** [@anyottawa](https://www.instagram.com/anyottawa), **Facebook/YouTube:** [Active Newcomer Youth Ottawa](https://www.facebook.com/ActiveNewcomerYouthOttawa). You are encouraged to follow us on social media to stay updated on upcoming events and important dates, e.g registration deadlines.

In early 2022 we launched our official website: www.anyottawa.com. Because all registration and communication take place directly through our social media and website, we have seen a spike in traffic to all our social media platforms.

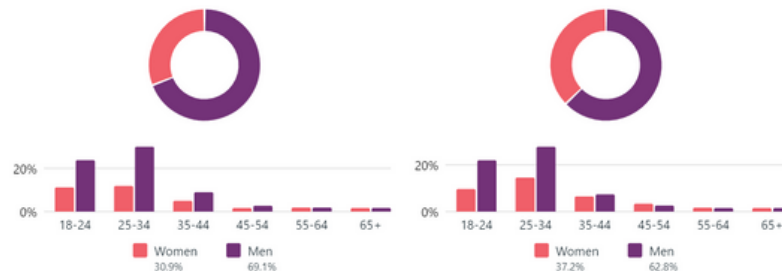


Facebook Page likes
450

Instagram followers
3,114

Age & gender

Age & gender





PROMOTING POSITIVE MENTAL WELL-BEING THROUGH SPORTS AND SOCIAL ACTIVITIES - (Programs & Activities)

The Soccer Programs.

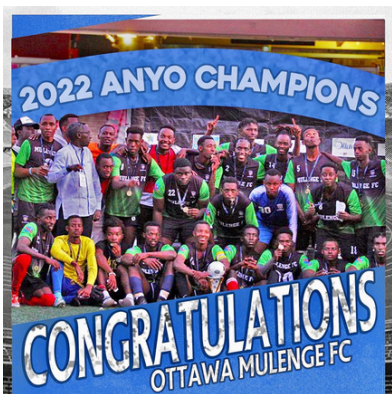
From 2021 we have been hosting summer and winter soccer tournaments for youth 18 years of age to 30. In 2022 however, in partnership with the Ottawa International Soccer Club, we were able to launch a pilot soccer for social development program - the Friday Night Light soccer program for children 6 years of age to 17.

The free Winter Tournament started in February 2022 and continued until April 2022. The program involved 230 youth participants who meet every Saturday and play soccer in an indoor dome.

ANYO free summer soccer tournament which was held throughout the summer months starting July to Sept 4th, 2022 on Saturdays. The program involved a total of 780 participants. The participants met every Saturday to play soccer at the Ottawa International Soccer Club turf fields - Franco cite and Hillcrest high school.

For the first time, we also hosted the Virtual Fifa22 Tournament. The program included a virtual FIFA Pro tournament for PS4/PS5 players in the summer of 2022. This activity was designed for participants with mobility issues, and/or incapable of participating in the physical soccer tournament activities.

The participants in all the activities are primarily lower and middle-income newcomers, refugees, and immigrant youth and young adults.





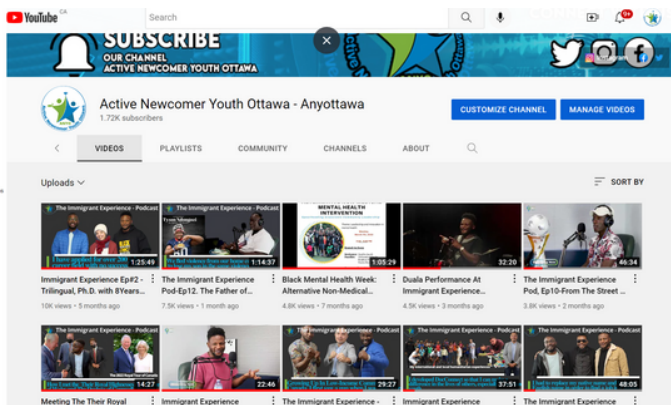
PROMOTING POSITIVE MENTAL WELL-BEING THROUGH SPORTS AND SOCIAL ACTIVITIES - (Programs & Activities)

The Immigrant Experience Podcast.

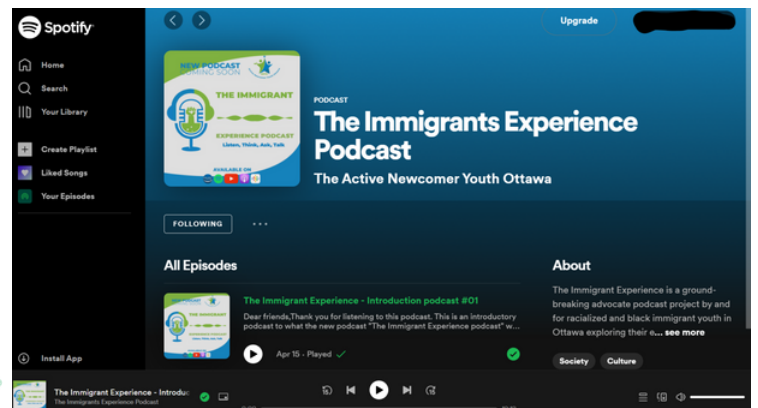
The Immigrant Experience is an advocacy podcast project that is led by racialized and black immigrant youth in Ottawa. The project was funded by Crime Prevention Ottawa Youth Shine Micro grand. We launched this project in May 2022 and we are currently on episode number 12.

The Immigrant Experience project aims to provide a safe space that promotes and spearheads advocacy by exploring the experiences and perspectives of young racialized immigrant youth in Ottawa. This podcast project is led by racialized youths trained in broadcasting and production, and experienced facilitators and social workers, and uses a multi-media approach (both audio recording, visual production and video shooting) to address the socio-economic barriers experienced by immigrant black and racialized young people in Ottawa, particularly immigrants. The project is a digital online podcast that hosts weekly discussion topics and gives a chance for immigrant youth to share their perspectives and experiences.

The weekly episodes are posted on both YouTube and Spotify. We have shared a number of interesting, educational, and informing conversations and we are inviting you to visit our pages to listen and get informed.



 **YouTube** - *The Active Newcomer Youth Ottawa*



The Immigrant Experience Podcast -  **Spotify**



PROMOTING POSITIVE MENTAL WELL-BEING THROUGH SPORTS AND SOCIAL ACTIVITIES - (Programs)

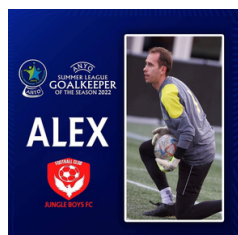
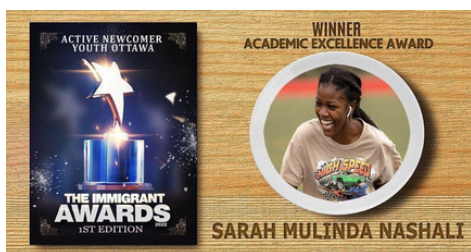
The Immigrant Awards

The Immigrant Awards are 100% people's choice and aim to recognize, celebrate and promote young talents, youth and community leaders in the immigrant community in Ottawa and Canada at large.

We launched the Immigrant Awards this year, 2022 with 6 award categories; Community Leadership Award, Community Engagement Award (Making a Difference), Creative Arts Award, Best male category, Best female category, Best LGBTQ2+ category, Service Provider of the Year Award, and Academic Excellence Award.

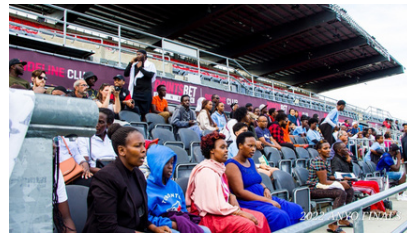
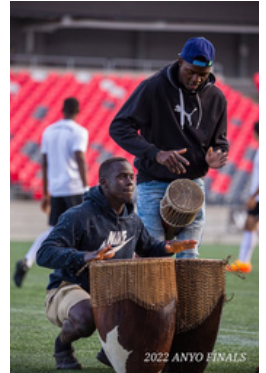
The Active Newcomer Youth Ottawa believes that immigrant community leadership and artistic talents and skills are worth nurturing, especially in young people and recognizing them with trophies and awards is a great way to do that. Awards can mean so much, especially to hard-working immigrant youths. It is important to recognize and award the efforts these young stars are putting into their everyday lives by letting them know the community is proud of their accomplishments.

ANYO Immigrant Awards Night was held Sept 10 2022 at the St. Laurent Complex with about 120 guests.





Program Impacts to the Participants and Community



Our programs have always been evidence-based and impact-focused primarily on the participants and the entire community.

Since the summer of 2021, our programs have continued to support participants develop positive mental attitudes, and gaining a sense of achievement by boosting their confidence in doing something they enjoy. Participants have reported benefiting from socializing and meeting new people hence expanding their social network.

Also, participants reported gaining a sense of belonging by meeting people who notice and understand their experiences and position, share personal struggles and help each other in their integration journey.

The programs have helped build capacity and promote community partnerships and collaborations hence laying a foundation for sustainability and expansion to a large scale in the near future. We are currently working to bring sports stakeholders in Ottawa together so that we can collectively work together in combating the striking impacts of deteriorating mental well-being in the black and racialized community in Ottawa as well as minimize the sports participation gap that is existing with racialized and black children and youth.

Our programs have continued to provide the immigrant community in Ottawa a sense of pride as well as benefit from community connections and peer support networks.



ACTIVE NEWCOMER YOUTH OTTAWA IN THE NEWS

ANYO's work was this year featured in numerous major newspapers in Ottawa. The news coverage helped us to increase our outreach and partnerships.



A screenshot of CTV news coverage of our final game at TD Place Stadium. Sept 4th, 2022.



A screenshot of our story on CBC radio with Giacomo Panico, Sept 3rd, 2022

Ottawa / News

KICKSTART: How soccer is uniting immigrants and newcomers to Ottawa

"Soccer brings us together, but the participants also benefit from other services that are available in the city."

Matthew Lapiere
Sep 12, 2022 • September 12, 2022 • 4 minute read • [Join the conversation](#)



A screenshot of our story on Ottawa Sun newspaper, Sept 12, 2022



Military to revise recruiting process

'Complete redesign' will speed up procedures to bring on personnel

DAVID PUGLIESE

The Canadian military will overhaul its recruitment process to try to speed up and streamline the procedures to bring new blood into the ranks.

from Canadian Forces members, including concerns that decades ago the recruitment process took only a few months, but now it takes years.

Bourgon said changes were coming, including using more private contractors to handle some tasks in recruitment.

recruitment Modernization Team that will look at a complete redesign of our recruitment process," she said.

"They will also look at contracting activities that don't need military personnel to complete (screening/medical etc.)."

Bourgon's initiative is the result of a directive issued in late June by Chief of the Defence Staff Gen. Wayne Eyre and National Defence deputy minister Bill Matthews. That 49-page document outlined a plan to prepare the military for the future as well as "overcome deficiencies that are hampering the composition and readiness of the Canadian Armed Forces."



Reuben Nashali arrived in Canada in 2017 after growing up in Congo and spending time in a Kenyan refugee camp. He co-founded Active Newcomer Youth Ottawa (ANYO) as a way to give other immigrant children and youth an outlet to come together as a community and play soccer. TOBY CALVERT/CP

How soccer is uniting newcomers in Ottawa

MATTHEW LAPIERE

At the height of the pandemic, community worker Reuben Nashali watched immigrant youth in Ottawa struggle with the social impact of COVID-19 closures.

Before the virus, many of the immigrant families Nashali worked with through his job at the Social Planning Council of Ottawa

(SPCO) had relied on social programs. Suddenly, those programs weren't operating.

Nashali, who grew up in Congo, spent time in a refugee camp in Kenya and came to Canada in 2017, had always played soccer and knew the sport had a way of connecting people — something the community drastically needed. He sought a way to get immigrant youth to-

gether on the pitch.

"We went into the community to see if we even had an organized soccer team that youth could participate in. We tried to look around, and all of them were posting \$300 to register, or \$500 or even more," Nashali said.

"To us, it didn't make sense. We were once immigrants and we were living on a \$700 budget a month. Moving \$100 to register for a soccer tournament? That's almost impossible."

Nashali approached his bosses at SPCO and was given a grant of \$2,000.

SPORTS
REDBLACKS
Mistakes haunting team NPB

HELP STOP CLIMATE CHANGE WITH THIS CARBON-SUCKING MACHINE

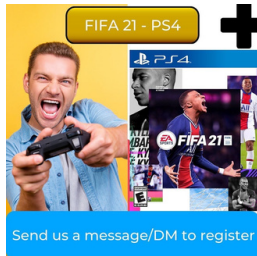


MOGO
DO MONEY LIKE YOU MEAN IT
Get Mogo for free at mogo.ca/card

Sept 12, 2022 our story was also featured in the Ottawa Citizen newspapers - Reuben Nashali was on the front page



Community Building Needs All of Us





ANYO
Active Newcomer Youth Ottawa

The Active Newcomer Youth Ottawa & Social Planning Council of Ottawa.

SOCIAL PLANNING COUNCIL OF OTTAWA | LE CONSEIL DE PLANIFICATION SOCIALE D'OTTAWA

Promoting Mental-Health Wellness Through Sport & Recreations!

AFRICAN BOY

Duala Presents
EP Listening Event

Venue: The Origin Arts & Community Centre
Address: 57 Lyndale Ave, Ottawa, ON K1Y 2M6
Time: From 6 : 00 pm to 7 : 00 pm.
Invited Guests: Everyone is invited.

Duala - Extended Playlist
June 17, 2022



SAY NO TO GUN VIOLENCE

The Immigrants Night

Youth Participation | Policy | Advocacy

Community celebrations, Awards celebrations, and conversation on gun violence

Saturday, Sept 10, 2022

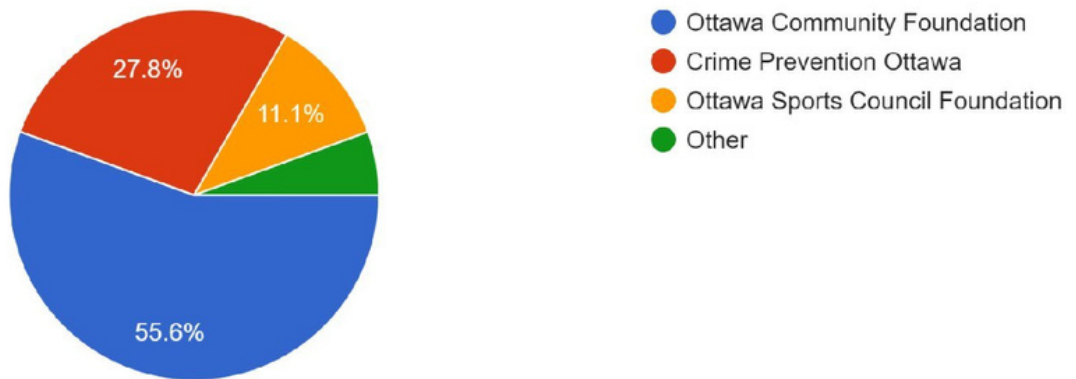




ANYO REVENUES SEPT 2021 - 2022

Total Revenues 2021-2022

18 responses



The Active Newcomer Youth Ottawa is a non-profit organization and all our programs and services are free of charge to all of our participants. We could not have done it without the great support of our community partners and the generosity of funders.

We sincerely continue to thank the Social Planning Council of Ottawa (SPCO) for supporting us establish a sustainable and continuous community engagement model.

If you can, please consider donating to support the program by clicking on the link here: <https://www.canadahelps.org/en/dn/m/74927> or scanning the barcode on the bottom right corner. For any donation above \$20 if you used this link you will be issued a donation receipt for your taxes.

