

A-WAY EXPRESSIONS

A NEWSLETTER FOR THE CUSTOMERS, STAFF AND FRIENDS OF A-WAY EXPRESS

Winter 2015

MEET OUR NEW LOGO: THE STAR OF THE SHOW



A-WayExpress
THE WHOLE PACKAGE

In six months a lot of change will be behind us as we will have truly and finally entered the 21st century. Since Meredith Cochrane took charge of A-Way as



Meredith discussing our new brand with MPP Arthur Potts at our AGM in October

E.D. in May of 2013 she has worked with staff and with expert advice to turn A-Way into a business that is not only socially progressive but functionally dynamic and forward-thinking in every way possible.

As part of our rebranding process we will soon implement a software program that will streamline your customer experience in placing orders. Using the telephone will always remain an option for those of you who prefer to speak to someone, as our driving motive is to not reduce staff. In fact the changes in how we operate will employ more survivors. Pricing will also be automated and the new scheme is being fine-tuned as I write this.

But the star of the show is our new logo. Many have said that it was a choice that hits the right notes in



*Edith Sinclair & Andrea Rowe
Current & new board members*

reflecting who we are and what we do... with a professionalism that has forward motion and steady reliability. And the use of green reflects our commitment to sustainable methods in how we do business.



Part of the crowd at our AGM including Jackie Rankine, Board Chair, & Richard Wu, Treasurer (front),

As a supportive employer we have added to what we offer staff in both food security and social opportunities for connection.



David Souhrada



Linda Gomes doing a balancing act

The Breakfast Club is managed by Jim Toudy who also cooks a dinner every Friday night. There is a Social Committee that arranges outings like bowling and to see the art collection at the McMichael Gallery. And we are launching an Alumni Club that maintains contact with former employees.

These add to what has been in place to create an environment that's welcoming and truly supportive. And continues to earn us the tagline: The Whole Package.

In this newsletter we're giving you just a few pics from our AGM in October and also from our Christmas party. Please enjoy and know that any comments are welcome at: maureen@awaycourier.ca.



Meredith Cochrane with A-Way's Sales Rep Arthur Guillermo

Just as appetite comes by eating so work brings inspiration. -Igor Stravinsky, composer (1882-1971)

MO

WHAT A-WAY MEANS TO ME

You try.

You go back to work after your first hospitalization. You get your own place again. But the next job you get doesn't have so understanding a boss, and when you get sick again, you lose your job and your place -- again.

You give up on yourself, but not for long. You get another job, and then a better paying one that your family thinks is "real". You take pills that give you the flu for a week if you miss a single dose. You keep the job, win the Team Player Award for some really hard work, and then the corporation spits you out after two years minus one day. You stop taking the pills and feel like yourself again. But your behaviour is monitored and your every move pathologized.

You take some different pills. You go back to school, and more school, and get another job. But your anxiety is showing and people notice you're starting to behave like a crazy person.

You start living through your friends. You recognize the reasons why and you work to reclaim yourself. It's hard work.

A-Way works for you because your fellow couriers, staff, and even some of the Board are struggling with many of the same things.

A-Way works for you because you can't do the 40-hr work-week right now. A-Way works for you because there are folks around who can help by just listening.

A-Way works for you because you need help getting on ODSP. A-Way works for you because ODSP only provides enough to exist on.

A-Way works for you because there's a Breakfast Club two days a week, and the Second Harvest truck comes on Wednesdays, and yeah, you are hungry.

A-Way works for you because the extra money makes a difference, and you can get \$25 in a pinch from the Emergency Loan Fund.

A-Way works for you because you can't sit in your apartment and stew all the time.

A-Way works for you because many of the customers are also working for a better world, and you start to feel that

you might have some allies.

A-Way works for you because every so often there's a rush delivery or a package that needs to be there by 3 pm and you figure out the fastest route, and you pull it off, and you regain an ounce of feeling competent and capable, after losing confidence that you'd ever feel that way again.

A-Way works for you.

Written by an A-Way staff member



Never cut what you can untie.
-Joseph Joubert, essayist (1754-1824)



A-WAY EXPRESS : Employing people with mental health challenges since 1987

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