

## STAFF REPORT:



**REPORT TO:** Council  
**MEETING DATE:** July 13, 2009  
**REPORT NO.:** DOR 09 038  
**SUBJECT:** Healthy Communities Fund  
(Youth Programming Grant)  
**PREPARED BY:** Joanna Garland  
Youth Advisor

### A. Recommendations

THAT Council receive Staff Report DOR 09 038-“Healthy Communities Fund (Youth Programming Grant)” and,

FURTHER authorizes staff to submit an application to the Healthy Communities Fund.

### B. Background

The Healthy Communities Fund is part of the Ministry of Health Promotions strategy to encourage community organizations to plan and implement integrated, multi-risk factor health promotion initiatives and programs. The Healthy Communities Fund will support initiatives which include: physical activity, sport and recreation; healthy eating; mental health promotion and injury prevention.

This program is aimed to support local initiatives that impact the health of a community or population such as children and youth, aboriginal populations, low-income populations, ethnic communities and people with disabilities. Applicants must identify the population that their project intends to target, provide evidence that there is a need for this project and indicate how their initiative will impact the identified population. At least one community partner who is active in the project is required.

Municipalities with a population of less than 20,000 are eligible for up to 80% of total eligible project costs. Applicants are required to commit at least 20% of the total eligible project costs. This required contribution can be made up of 10% “in kind” contributions and a minimum 10% cash contribution.

Applications will be assessed on the fit with the Healthy Communities Fund priorities which include the applicant’s capacity to complete the project and achieve results; the extent of outreach/education/awareness effort to the target population; project outcome/s compared with project cost; project resources and sustainability; and the soundness of the project design.

The application deadline is July 31, 2009.

If we are granted our request for the Healthy Communities Fund we will provide Youth with the opportunity to have safe, fun and educational places to go and events.

Because of the Town's geographical size and rural area, Youth do not have as many opportunities to participate in engaging activities as they may in larger cities. By providing transportation and central programming, we are able to open the door for many young people who are unable to attend programs because their families may not be able to provide transportation. Many families in our community have a low income and cannot afford extracurricular activities. Our goal is to offer free programs we can make our community accessible to all. Our programs will be educational, creative as well as physical.

A few programs that we would like to implement are:

**Youth Yoga:** To introduce the health benefits of Yoga such as breathing, balance and strength; to provide Youth with an activity that is beneficial for both physical and mental health. Classes would be taught by a licensed Yoga Instructor in the gallery space at the Blue Mountains Public Library. Offering Youth Yoga once a week throughout the year would be ideal.

**Nutrition Courses:** Introductory courses on healthy eating and lifestyle. These will be offered once a month at the Blue Mountains Public Library by certified nationalists. This could also lead into possible cooking courses which would then take place at the kitchen in the local Community centre.

**Skateboarding/BMX biking workshops:** To provide children with the opportunity to learn the basics of skateboarding and BMX biking (tricks, how to take care of a skateboard/bike, safety, etc) while being outside, exercising and having fun. These would be held at the local skateboard park and tentative BMX park location by trained professionals in the area. Offering these workshops once or twice a month when the season is appropriate would be ideal.

**Blue Mountains Youth Film Festival:** Last year the first annual Blue Mountains Youth Film festival was held at the Blue Mountains Public Library. There were 12 submissions of local Youth films and a great community response. We had many community partnerships and hope to build on the festival this year with a professional judging panel, great prizes, better screening equipment and a wider outreach for submissions.

In that the Town would receive funding, we would propose to hire a part time student to do outreach, promotion and evaluations throughout the year with their peers.

Our community partners that support this grant application are Beaver Valley Outreach, Community for Youth Coalition/Centre for Student Leadership, Blue Mountains Public Library and White Lotus Yoga.

If successful, the funding would be available in September and the programming would be offered to our Youth for a year, partly in 2009 and partly in 2010. The Youth Advisor role is a contract position. In the event that the position is not funded through the 2010 Budget Process, other Recreation and/or Library Staff would have to deliver the program in 2010.

### **C. The Blue Mountains' Strategic Plan**

Supporting the development of social and recreational programs to meet the broad range of needs in the community.

Managing growth to ensure the ongoing health and prosperity of the community.

### **D. Environmental**

Zero waste programs and events.

Promoting and nurturing a relationship with our local environment/community.

### **E. Budget Impact**

The Healthy Communities Fund (Youth Programming Grant) if granted will create a new budgeted item for 2009 consisting of;

Healthy Communities Fund	\$29,548.00
<b>Town Contribution</b>	<b>\$3,695.00</b>
White Lotus Yoga In-Kind Donation	\$3,694.00

Total Project Cost	\$36,935.00
--------------------	-------------

### **F. Attached**

Respectfully submitted,

---

Signature

For more information, please contact:

Name: Joanna Garland

Email Address: jgarland@thebluemountains.ca

Business Telephone with Extension: 519-599-3131 ext. 279