

APPLEGROVE COMMUNITY COMPLEX

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“TOGETHER, BUILDING OUR COMMUNITY”



Community Integration Committee Meeting Notes

November 24, 2015

Present: Jean Lim, Sabrina Dias, Vai Teng Law, Susan Fletcher (Recorder)

Regrets: Antoine Tedesco, Ann McKechnie

1. Next Meeting(s)

Wednesday, Dec. 16 @ 6:30

Wednesday, Jan 13 @ 6:30

2. Notes from September meeting

- the notes were accepted as circulated

3. Website refresh next steps

- although Antoine could not attend, members looked at his recent update
- in discussion
 - while the red apples and green banner are fresh, they don't really represent our work; other ideas included
 - the cranes mobile in the PC room
 - the mural in the lounge (the whole thing or a horizontal slice) but better quality than the phone photo below and without the chairs and couch!

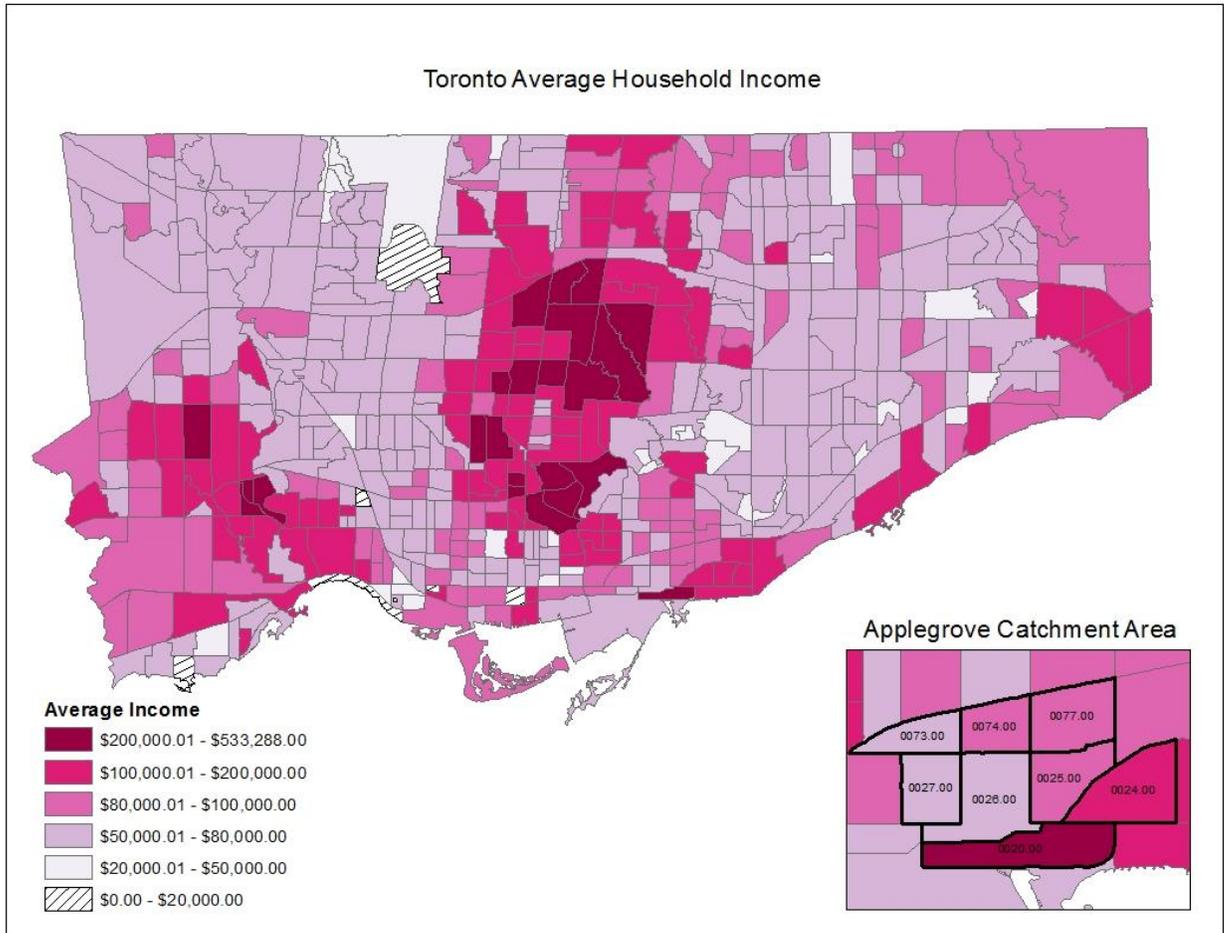


- Susan will find some photos per Antoine's request
- members agreed that the "hands" photo for Donate seemed too needy and appeared to be a stock photo from another country. They suggested that just the logo would be better.

4. Census and other data about the catchment area

- Vai shared a sample map showing household income by census tract across the catchment area. (next page)
- numbers identify the census tracts

- although the census tracts do not exactly correspond to the catchment area (from Jones to Woodbine, lake to railway tracks), for many years, Applegrove has used data from tracts 73, 74, 77, 27, 26, 25 and 20.



- members discussed other data and maps that will be useful.
- Susan noted that older data (2001) showed a high mobility rate and wondered whether this has continued.
- the committee also discussed housing developments including proposals for 22 townhouses at 96 Coxwell (across from the police station) and a 6-storey apartment building at 1630 Queen (KFC).

5. Planning for January

- Susan noted that this committee will function as the Nomination Committee for the AGM in March and circulated the recruitment notice used last year
- the November Board agenda includes time for members to confirm whether they wish to continue or step down at the AGM, which will inform this committee about the number of vacancies expected.
- Applegrove's process for nominations includes strong encouragement for prospective nominees to attend the January or February Board meeting; this means that notices are required by mid-January at the latest.
- the next committee meetings will firm up the notice and discuss the process.

6. Other Business: Options for Recreation Grant (attached)

- due Dec. 9 and must be endorsed by the Board
- Susan noted that the agency should select only one of the options.

7. Next Meeting(s)

Wednesday, Dec. 16 @ 6:30

Agenda to include more demographic data and AGM nominations

Wednesday, Jan 13 @ 6:30

Girls Night Out

Program Description:

“Girls Night Out” is a project that will build on our Teen Drop-In Program which will focus on the needs of at-risk female youth ages 12 – 16 years in our community. The participants will meet one night a week where they will engage in female-only recreation, social activities, and the opportunity to discuss topics and issues that relate to them. Activities may include physical activities, cooking, social sessions such as discussions relating to topics that interest and relate to them. (i.e., teen pregnancy, relationships, body image) The goal of “Girls Night Out” is to provide a safe and familiar environment where participants can go to have fun, network with peers in their community and gain skills and tools to build self-confidence and self-esteem.

Proposed Activities

Each “Girls Night Out” gathering will be for 2 hours in duration, once a week. The proposed program structure will be 1 workshop/social session and 3 activities per month. Topics for workshops will be on issues that female youth face (i.e., body image, nutrition, healthy relationships, cliques, bullying, etc.) and will be facilitated by staff and outside workshop speakers. Activities are meant to encourage social interaction, build self esteem, teamwork and life skills (i.e., cooking, budgeting, volunteerism, physical activity, outings, etc.). Workshop topics and activities will be decided during planning sessions with participants. A healthy snack will be provided each time the youth gather. The project will be implemented for 10 months year during the school year from April 2016 to March 2017.

Outcomes

Applegrove proposes to run “Girls Night Out” which is a night of planned activities for female youth only. Using the “drop-in” format, we will work with female at-risk youth ages 13 to 16 to increase self-esteem and social skills with the aim to reduce and/or prevent the abuse of drugs and alcohol. The key outcomes we hope to achieve with the implementation of “Girls Night Out” are to:

- Increase participation of recreation and social activities of at-risk female youth in our community.
- assist female youth in building resilience through the development of social skills, self-esteem, and problem solving skills, resulting in confidence that will lead to wiser life choices;
- assist female youth in recognizing their individual assets, building on them and giving them the opportunity to make decisions to implement them in our project;
- give female youth a place they can consider their own, where they will have a sense of community with other youth who are striving to make a better place (and life) for themselves.

Planned Activities:

A request of \$11078.32 will support a night of female youth activities and build on the Teen Drop-in during the school year. Funds from the Community Recreation grant will allow us to do the following:

- Hire 2 youth workers for 1 night
- Plan and implement recreation activities in the community (i.e., rock-climbing, hiking, yoga, visit local Goodlife Fitness studio, etc.)

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- Hire instructors for on-site activities (i.e., hip-hop dance sessions, cooking instruction, etc.)
- TTC transportation for staff and youth
- Food for healthy snacks and cooking activities

Girls Night Out Program Budget

Project Expenses	Specifics.	Amount Requested
Program Staff	<ul style="list-style-type: none"> • 1 CYW Staff (3 hrs/week x 21.79/hr x 32 weeks) • 1 Youth staff (3 hrs/wk x 20.63/hr x 8 mths) • MERCs at 14.25% 	<ul style="list-style-type: none"> • 2091.84 • 1980.48 • 597.00
Transportation	<ul style="list-style-type: none"> • 6 round trip TTC for 15 youth • 6 round trip TTC for 2 staff 	<ul style="list-style-type: none"> • \$333.00 • \$66.00
Costs for snack and healthy cooking activities	Snack: <ul style="list-style-type: none"> • \$50/mth x 32 wks Cooking: <ul style="list-style-type: none"> • Cooking sessions - \$100/mth (8 sessions) 	<ul style="list-style-type: none"> • \$1600.00 • \$800.00
Program Supervision Financial Management	<ul style="list-style-type: none"> • In-kind at 2 hr/mth x 65/hr x 8 mths • In-kind at 1 hr/mths 65/hr x 8 mths 	<ul style="list-style-type: none"> • \$1040.00 • \$520.00
Program Space	<ul style="list-style-type: none"> • Gym permit (in-kind) • Program room • 	<ul style="list-style-type: none"> • \$1000 (in-kind)
Costs to attend recreational activities	School year <ul style="list-style-type: none"> • 15 youth @ \$20 per activity x 6 months • Instructor fees for 2 sessions 	<ul style="list-style-type: none"> • \$1800.00 • \$250.00
TOTAL		11078.32

The Youth Exploring Activities and Recreation (YEAR) Project

Program Description:

The Youth Exploring Activities and Recreation (YEAR) Project will build on our current Teen Drop-In and Summer Leadership Programs which have been operating for many years in the community. The purpose of the YEAR Project is to continue our work building skills with youth ages 12 to 16, but also to provide them with the opportunity to increase levels of recreation and physical activity in a fun and familiar environment. This will be achieved by utilizing existing resources in the community, either by inviting experts to provide instruction or accessing local recreation facilities within the neighbourhood to engage in different activities. We hope to encourage traditional sports such as basketball, volleyball, etc, using our current gym permit at the local school, but also give them the opportunity to experience non-traditional activities in their local community such as hiking, squash, yoga, dance, rock climbing, bowling, etc. To complement our recreation activity component, nutrition and healthy cooking will be also included in this project to allow the youth to understand that both are needed to maintain a healthy lifestyle. Our project will take place for 1 year from April 1, 2016 to March 31, 2017 and be offered to complement our existing programs on 1 night/month during our Teen Drop-in and 1 day a week during our Summer Leadership Programs.

Project Outcomes:

The project will provide a safe place for young teens to gather and because this project will build on existing programs, it will target youth in our community who have already built good working relationships with our staff. We anticipate the following outcomes after project completion:

- Increased access to recreation and social programming in the community;
- Increased knowledge about healthy practices;
- Greater resilience through the development of social skills, self-esteem, decision making and problem solving skills, resulting in increased confidence that will lead to wiser life choices;
- Youth recognizing their individual assets, building on and giving them the opportunity to share and make decisions to implement our project;
- A place youth can consider their own, where they will have a sense of community with other youth who live in the community.

Planned Activities:

A request of \$10101.36 will support youth and build on two existing programs; the Teen Drop-in during the school year and Summer Leadership Program in the summer months. Funds from the Community Recreation grant will allow us to do the following:

- Hire 2 youth workers
- Plan and implement recreation activities in the community (i.e., rock-climbing, hiking, yoga, visit local Goodlife Fitness studio, etc.)
- Hire instructors for on-site activities (i.e., hip-hop dance sessions, cooking instruction, etc.)
- TTC transportation for staff and youth
- Food for healthy snacks and cooking activities

YEAR Program Budget

Project Expenses	Specifics.	Amount Requested
Program Staff	School Year: <ul style="list-style-type: none"> • 1 CYW Staff (3 hrs/mth x 21.79/hr x 10 mths) • 1 Youth staff (3 hrs/mth x 20.63/hr x 10 mths) Summer: <ul style="list-style-type: none"> • 2 staff (7 hrs/wk x 13.01/hr x 6 wks) • MERCs at 14.25% 	<ul style="list-style-type: none"> • 653.70 • 619.90 • 1092.84 • 346.92
Transportation	School Year: <ul style="list-style-type: none"> • 6 round trip TTC for 15 youth • 6 round trip TTC for 2 staff Summer: <ul style="list-style-type: none"> • 6 round trip TTC for 15 youth • 6 round trip TTC for 2 staff 	<ul style="list-style-type: none"> • \$333.00 • \$66.00 • \$333.00 • \$66.00
Costs for snack and healthy cooking activities	School year snack: <ul style="list-style-type: none"> • \$50/mth x 10 mths Summer snack: <ul style="list-style-type: none"> • \$50/wk x 6 wks School year cooking: <ul style="list-style-type: none"> • Cooking sessions - \$100/mth (2 sessions) Summer cooking: <ul style="list-style-type: none"> • Cooking sessions - \$100/wk (3 sessions) 	<ul style="list-style-type: none"> • \$500.00 • \$300.00 • \$200.00 • \$300.00
Program Supervision Financial Management	<ul style="list-style-type: none"> • In-kind at 2 hr/mth x 65/hr x 12 mths • In-kind at 1 hr/mths 65/hr x 12 mths 	<ul style="list-style-type: none"> • \$1560.00 • \$780.00
Program Space	<ul style="list-style-type: none"> • Gym permit (in-kind) • Program room 	<ul style="list-style-type: none"> • \$1000 (in-kind)
Costs to attend recreational activities	School year <ul style="list-style-type: none"> • 15 youth @ \$20 per activity x 6 months • Instructor fees for 2 sessions Summer <ul style="list-style-type: none"> • 15 youth @ \$20 per activity x 3 weeks 	<ul style="list-style-type: none"> • \$1800.00 • \$250.00 • \$900.00
TOTAL		10101.36

Grant Information

The Community Recreation Investment Funding Program (Community Recreation) provides short-term funding to Toronto-based not-for-profit groups offering quality projects that a) increase participation in recreation, b) engage diverse residents reflective of their neighbourhoods, c) builds skills, and d) uses recreation as a tool to develop the physical and social health of Toronto's residents.

What do we fund?

For the City of Toronto, recreation includes a wide variety of activities; most involve physical activity, but some are also creative and cultural.

Community Recreation grants to not-for-profit groups that address a clearly defined recreation service gap or issue and reach those with the greatest need for recreation programs. Grants can be provided for projects that enhance an existing program or for brand new recreation projects.

Priority will be given to projects that effectively address some of the key areas identified in the Recreation Service Plan as needing continued focus such as youth, Aboriginal, newcomers, people with disabilities and seniors.

We also encourage groups to offer recreation projects that further the following City strategies: a) seniors and intergenerational programs, b) youth most vulnerable to involvement in serious violence and crime, c) newcomers, d) undocumented workers, and e) projects that take place in Neighbourhood Improvement Areas (NIAs).

What is the grant size?

Past funding for projects averaged \$30,000, ranging from \$16,500 to \$43,000. The total granted in 2015 was \$510,000 to 17 projects. Funding is available for one year, up to a maximum of two years.

What kinds of projects are eligible?

Proposed projects for 2016 must fall within one of the following two categories that address the recreation funding priorities:

- Outreach and Participation Projects** in this category would increase access to recreation by addressing service gaps and barriers to participation. Examples of projects in this category include new outreach and partnership strategies to reach isolated and/or at-risk people not currently participating in recreation activities, or developing and acquiring the resources to introduce people to a recreation activity.
- Training and Skills Development Projects** in this category would build on participation in a recreation activity to achieve social wellbeing and community connectedness and build skills such as leadership (i.e. coaching), certification, volunteering (referee), or employment (lifeguard) as well as life skills. At the end of the project participants will gain tangible skills that will better prepare them for employment and meaningful involvement in their communities. Note: this category does NOT include training participants to compete at an elite level.