



NORTHUMBERLAND POVERTY REDUCTION ACTION COMMITTEE

Reach Out. Change Lives.

July 2010

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YOU CAN HELP!

- Volunteer your time and expertise as a board member for a not-for-profit or charity
- Treat ALL people with respect and dignity.
- Help someone with information, a referral or lead about a job or training opportunity.

Why Recreation Matters...

Research indicates that participation in quality recreation opportunities enables participants to:

- develop skills and competencies;
- be exposed to program leaders and positive role models;
- achieve better physical and emotional health;
- develop psycho-social skills;
- improve self-esteem, academic performance, peer and family relationships;
- acquire pro-social values and develop life skills such as leadership, decision-making and problem solving;
- form healthy habits that can be transferred into their adult lives;
- participate and take pride in their community; and most of all
- have fun, learn new skills, and be with friends.

The reality is that many families and their children are denied the opportunity to enjoy recreation activities that are vital to their health and personal development—denied because in their budget there is not enough money to put there. Removing barriers to access, and creating opportunities and conditions where all children can thrive is a shared responsibility.

Join in Northumberland (www.joininnorthumberland.ca) is a local web site that helps local families find out how to participate in sports and recreation. The web site is an initiative of HEART, a working group of Active Living Northumberland, a community coalition that promotes physical activity opportunities in the community and works to ensure all families have access to quality recreation.



**PHYSICAL ACTIVITY AND
ACCESS TO RECREATION ARE
IMPORTANT TO THE HEALTH
OF INDIVIDUALS IN A
COMMUNITY.**

HEART (Helping Everyone Access Recreation Together)...

is a project developed to ensure all people in Northumberland have the opportunity to participate in recreation activities without barriers and is committed to:

- developing and implementing open access policies with physical activity providers;
- eliminating access to equipment as a barrier;
- promoting free opportunities for physical activity;
- streamlining the process to access financial support relating to participation;
- promoting the benefits of physical activity as a foundation for a healthy community.



Advocacy—Share the Message!

NPRAC continues to work to get the message out about poverty in our community. The committee is working on an event for the fall to raise awareness about the challenges that many in our communities face.

Also, the committee has engaged the services of the Graduate School at the University of Ontario Institute of Technology (UOIT) to determine what policy, programming or service interventions in local mental health and addiction services would contribute to eliminating poverty in Northumberland County. Work on this project is beginning now and will be complete by July 2011.

Dental Services in Northumberland

The Northumberland United Way Community Matters identified cost of dental care as a major issue for most townships. For 48% of adults over 55 years of age the cost of dental care is a major issue in Northumberland. The only service available for low-income individuals is the clinic at the new Port Hope Community Health Centre. There is no basic affordable clinic available in other parts of the county. Organizations, agencies, groups and individuals can contact their local MPP if you or clients are experiencing pain and need access to basic affordable dental care. Remind your MPP know that that the cost of dental care has been identified as a major issue and ask that a clinic be made available at your local family health team or other appropriate agency for people without insurance or who experience financial hardship. For more information about what to say or an update on what is going on in your community contact the Health Unit 905-885-9100 ext. 216.

Dial 211

With the introduction of 211, finding information became a little easier. 211 is a free 3 digit phone number that helps people find information twenty four hours a day, seven days a week.

Callers can ask about topics such as:

- government programs
- locate a food bank
- find help for an elderly parent
- financial assistance

Each call is answered live by a trained person. This service is provided free of charge thanks to the generous support of the Province of Ontario, Ontario Trillium Foundation, Northumberland United Way, and Community Connections Collingwood.

Recreation

HEART (Helping Everyone Access Recreation Together): The Request For Proposal has been awarded to Moving Forward Consulting to develop an Access to Recreation Toolkit for community organizations (to advocate for subsidized or no cost activities). Community feedback was sought in the spring to gather current practices of providers of recreation or sport activities. Graphic Design and layout of the toolkit is to be completed in the summer. Summer Students have established a panel group of organizations to pilot, test and evaluate the tool kit. Encourage clients and groups to go to www.joininnorthumberland.ca to access the Low or No cost Equipment Swap and to check out the Event Listings

Transportation

The Northumberland Transportation Initiative (NTI) announced recently announced funding from the Ontario Trillium Foundation and an expansion of their service. The Trillium funding, together a grant from Northumberland Community Futures

Development Corporation and United Way will help the initiative purchase a wheelchair accessible van. Trillium will also cover some of the operating costs, allowing for an expansion of service. NTI's Project Coordinator, Jessica Hoskin, is thankful for the funding partners' commitment to this much needed rural transportation service.

Service will be extended on the Cramahe and Alnwick/Haldimand route to four days a week – Monday, Thursday, Friday and Saturday.

Since the service began in November 2008, it has provided 697 trips and has a regular client base of 85. The Initiative is a community partnership project sponsored by Ontario Disability Support Program, HKPR District Health Unit, YMCA Early Years, Northumberland United Way, Port Hope Community Health Centre, The Help Centre, Northumberland County Community and Social Services and the Townships of Cramahe and Alnwick/Haldimand.

Food Access

The newly formed Northumberland Gardening Network challenges you to the first annual "Wacky Container

Do the Math! (<http://dothemath.thestop.org>) **Rent? Utilities? Groceries? - Which can you do without?**

Act to Reduce Poverty—continued

Edible Garden Contest". This contest encourages everyone in Northumberland to start growing their own wacky container garden, featuring a variety of vegetables, fruits, flowers or herbs. Extra points will be awarded for using recyclable or scrap materials as a wacky container. Enter the contest on your own or as a group like a family or a workplace. All gardens must be edible. Snap a photo of your container garden when it looks its best and send it in for judging to any of the Health Unit offices in Port Hope, Campbellford or Brighton. You may also email your photo to nlandgardeningnetwork@hkpr.on.ca Submissions must be in by **September 6, 2010**. Winners will be announced at the 100-Mile Diet Event in Grafton on September 12, 2010. For more information, contact the Health Unit toll-free at 1-866-888-4577, ext 325.

There is a new Cramahe Township Community Drop-In-Centre where people receive a

meal and access to the food cupboard each week. Soup for a toonie has begun at the Codrington Community Centre and has been successful in selling out each week. Individuals can bring a 1-litre container to the community centre on Thursdays between 9:30 and 12 and have it filled with a hearty soup for a toonie. For more information about these food programs and other free and low cost food in Northumberland County go to www.hkpr.on.ca (under Adults, go to "Nutrition" and then "Access to Food" and click on Hungry)

A Fare Share Food Bank Garden is being planted in Brighton & the Northumberland Gardening Network is assisting Brookside youths with growing a garden for the Cobourg Fare Share Food Bank. Any agency, group or individual can start a community garden or plant extra fresh vegetables to donate to your local food bank. Call 905-885-9100 ext. 325 or 1-866-888-4577.

Education

The Education Sub-Committee is looking for membership to renew its mandate. Anyone interested in participating in this area is asked to contact NPRAC by email to chair Lois Cromarty, CromartL@lao.on.ca

Affordable Housing

This partner-committee is currently assessing needs of the community and where best to focus efforts, looking specifically at emergency and remedial shelter needs.

Additionally, the committee is supporting efforts to promote housing policy; the private member's bill 304, following the activity surrounding the second Senate Report on Poverty: In From the Margins <http://www.parl.gc.ca/40/2/parlbus/commbus/senate/com-e/citi-e/rep-e/rep02dec09-e.pdf> This is the corresponding urban study to the rural report that was issued in 2009—Beyond Freefall: Halting Rural Poverty <http://www.parl.gc.ca/39/2/parlbus/commbus/senate/com-e/agri-e/rep-e/rep09jun08-e.pdf>

Take a look at the recommendations.

NPRAC Supporters

Northumberland Community Legal Centre



**NORTHUMBERLAND
POVERTY REDUCTION
ACTION COMMITTEE**

NPRAC Background and Milestones

- Started in December 2007
- A Community Action Day in April 2008—80 community stakeholders together identified key areas of focus for Action
- *Making a Difference: How to Reduce Poverty in Northumberland County* paper released in Fall 2009
- Past events hosted by members, partners and sub-committees
 - Literacy Day 2009, 2010
 - Community Forum with Dr. Gina Brown, epidemiologist with McMaster University, author of extensive research on the cost of a "life without purpose" used to assess the costs of poverty
 - Information Fair 2008, 2009, 2010 ...

United Way Backpack for Kids aids over 1500 Children and Youth in Northumberland County

Six years ago, to support children and youth in our community to return to school, the United Way established the *Backpack for Kids* program. The first year the program distributed 100 knapsacks. This year the program will aid children and youth from JK to Grade 12 with the appropriate school supplies as over 1500 knapsacks will be distributed throughout the County. The program since its inception, has distributed over 5,500 knapsacks.

The growth and success of this program could not have happened without the tremendous generosity of the community and local sponsors: Staples Business Depot, Ganaraska Financial Services, Cameco Corporation, Northumberland County, The Rotary Club of Cobourg, Northumberland Sunrise Rotary, Cobourg Police Services, Food 4 All, Order of the Eastern Star, the Carpenters Union Local #397, Lion's Club of Cobourg, CIBC Wood Gundy, and The Gord Ley Investment Group. Backpacks were provided to over 20 local agencies and community organizations throughout the County to be distributed to their clients.



Northumberland Poverty Reduction Action Committee

Northumberland Community Legal Centre
Northumberland United Way
Northumberland County Community and Social Services
Northumberland Child Development Centre
Northumberland Coalition Against Poverty
Kawartha Pine Ridge District School Board
The Help Centre
Northumberland Community Futures Development Corporation
Northumberland Labour Council
Fleming College, Cobourg Campus, Academic Upgrading
Haliburton Kawartha Pine Ridge District Health Unit
Habitat for Humanity Northumberland
The Society of St. Vincent de Paul
Port Hope Community Health Centre
Ministry of Community and Social Services (Ontario Disability Support Program)
Northumberland Transportation Initiative
H.E.A.R.T. (Helping Everyone Access Recreation Together)
F.A.N. (Food Access Northumberland)
Affordable Housing Action Committee (Northumberland)
Beginnings Pregnancy Care
The Honourable Christine Stewart, P.C.
Carolyn Rienstra
Cathy Borowec
Doug Bates
Rev. Phyllis Dietrich
Gerald Gray

NPRAC Guiding Principles

- To take collective action in multiple sectors and by multiple methods, to reduce poverty in our county;
- To take the “poverty reduction” message out to all sectors and asking that it be part of all discussions;
- To support the work being done by others in the seven action areas;
- To share information and make linkages among those working on poverty reduction and with groups working in the seven action areas;
- To identify areas where poverty reduction work is not being done and to “light the fire” to get the work started.



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CONTACT US

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