

Community Development Fund (CDF) 2004/2005 Selections

Organization & Project Name	Proposal goal and Partners	Summary Details
<p>Berry Hill Parkland Association Berry Hill BMX Mountain Bike Circuit</p> <p>Community: Middle Sackville</p> <p>Age Groups: Children/Youth/family</p> <p>Determinants: Physical environments Social support networks Personal health practices</p>	<p>Goal: Safe outdoor space for recreation and social activities</p> <p>Partners: HRM Recreation Neighborhood Parents and families</p>	<p>As part of the Berry Hill Neighborhood Park, the subdivision has set aside an 8 acre parcel of land for park development. Residents have formed the Association in order to ensure that community plays a significant role in the development of these lands.</p> <p>The concept includes a playground, a multipurpose pad (basketball for summer and an ice rink for winter activities) perimeter trails (for walking, hiking, cross country skiing, running hill toboggans), and common area (for soccer, kite flying, picnics). Through this concept, all families, children and adults can take advantage of a safe, outdoor space for recreation and social activities.</p>
<p>Sackville Youth Council LIFE Youth Conference</p> <p>Communities: Sackville & Beaver Bank areas</p> <p>Age Group: Youth (grades 7-9)</p> <p>Determinants: Social support networks Personal health practices Employment Education</p>	<p>Goals:</p> <p>To introduce youth to community involvement and team work</p> <p>To learn basic job skills</p> <p>To build on self-esteem</p> <p>Partners:</p> <p>Sackville Youth Council – students Sackville Boys & Girls Club Sackville RCMP Leslie Thomas Junior High School</p>	<p>Two conferences have been held and designed around a L.I.F.E. theme (Lifestyles, Information, Fun and Employment). Besides entertainment and physical activities, sessions offer different topics to promote community involvement, and learning around team work, self-esteem, and basic job skills.</p> <p>Last year over 150 students attended the conference at Leslie Thomas Junior High School. Social activities include a formal dance night and break dancing session.</p>
<p>Sackville Boys & Girls Club Pump it up Program</p> <p>Community: Sackville & Beaver Bank</p> <p>Age group: Elem. & Jr. High Youth of single parent families</p> <p>Determinants: Education Social support networks Personal health practices</p>	<p>Goal: Provide additional recreation, social and academic programs to children</p> <p>Partners: Sackville Sports Stadium HRM Recreation staff Sport & Recreation Commission</p>	<p>An extension program to increase capacity and the number of children and youth who attend our after school program. The youth come from Sackville and Beaver Bank communities. This Club has reduced or waived fees for 35% of the participants who attend the programs.</p> <p>This program also offers nutrition education and preparation of healthy snacks for children. As well, they focus on providing physical activities through the Sackville Sports Stadium and Metropolitan Sports Field. Support for academics is also included.</p>
<p>Sackville Youth Council Sackville Area Winter Carnival</p>	<p>Goals: To promote community connections</p>	<p>The Carnival provides physical activity and community participation for Beaver Bank, Kinsac, Upper and Lower Sackville communities. The majority of activities target the entire family,</p>

<p>Community: Sackville</p> <p>Age group: All</p> <p>Determinants: Social support networks Physical environments</p>	<p>Promote physical and social activities</p> <p>Partners: Beaver Bank Kinsac Community Centre Springfield Lake Rec. Ctr. Sackville Boys & Girls Club Kinsmen Sackville Youth Council</p>	<p>however there are other events that specifically target adults and children.</p>
<p>Sackville Rivers Association Bed/Sack Greenway Connector Trail Project</p> <p>Community: Bedford & Sackville Communities</p> <p>Age Group: All</p> <p>Determinants: Social support networks Physical environments</p>	<p>Goal: Enhance and maintain the Sackville River Watershed's natural habitat</p> <p>Partners: HRM NS Sport & Recreation Bedford Superstore NS Heart & Stroke Society ACOA</p>	<p>The Sackville River is a tremendous resource for recreation and leisure activities for all communities. The Association promotes the development of a conservation corridor (trail network) from the Bedford Basin to the headwaters in Hants County.</p> <p>The trails promote three important elements for the community: education to people regarding wildlife, plants and trees, and fish; a healthy lifestyle and environment; and a great environment for exercise to joggers, walkers, and bikers. Hence trails are an important commodity to communities.</p> <p>The Association maintains in-stream improvements and constructs a buffer zone between river and trails.</p>
<p>Silver & Gold Seniors Club Book A Ride Program</p> <p>Community: Mount Uniacke, Beaver Bank, Hammonds Plains & Sackville</p> <p>Age Group: Seniors</p> <p>Determinants: Income Personal health practices</p>	<p>Goal: To provide transportation for seniors for medical appointments</p> <p>Partners:</p>	<p>This program has been inexistence for 4 years now and is run by all volunteers. Through volunteer drivers, seniors are picked up and taken to their medical appointments. The service covers seniors from Mount Uniacke, Beaver Bank, Hammonds Plains and Sackville.</p>
<p>Sack-a-Wa Paddling Club Community Outreach Recreational Paddling Program</p> <p>Community: Sackville & other areas</p> <p>Age Group: Youth & adults</p> <p>Determinants: Social support networks Physical environments</p>	<p>Goal: To increase canoe and kayaking programs to children</p> <p>Partners: Kinsmen Patriot Days committee</p>	<p>For over 24 years, this Club has provided spring, summer, and fall programs on canoeing and kayaking to the youth and adults of Lower Sackville. Emphasis is placed on water and boat safety, as well as other elements of leadership, competition activities, and personal growth. Sponsorship to our children's programs is critical as there would not be programs available.</p> <p>We offer both recreation and competitive programs to about 80 children each year from age 8 to 16. There is also a masters program. Increase in registration to about 125 full-time children is our main goal.</p>
<p>Sack/Bedford Early</p>	<p>Goals:</p>	<p>The resource library provides communication</p>

<p>Intervention Program Healthy Development through Alternative Approaches to Communication</p> <p>Community: Multiple</p> <p>Age Group: Children</p> <p>Determinants: Education Health services Healthy Child development</p>	<p>Better prepare children for success in the school system</p> <p>Provide support and training to families</p> <p>Partners: Speech Language Augmentative Communication Department Assertive Technology Department of the IWK Occupational Therapists Speech Language Pathologists in community HRSDC</p>	<p>alternatives to support families who have children (1-6 yrs) with communication disorders. By lending materials and equipment to families, they have the opportunity to use different approaches to facilitate learning before purchasing tools.</p> <p>Through the use of augmentative communication & assistive learning technology, children can be empowered to learn effectively and improve self-esteem.</p>
<p>Bedford Youth Development Association Transformation</p> <p>Communities: Bedford, Sackville & Waverley</p> <p>Age Group: Youth</p> <p>Determinants: Social support networks Physical environments Education Personal health practices</p>	<p>Goals: To provide inner growth of personal qualities</p> <p>To learn about community service work</p> <p>Partners: HRM</p>	<p>Youth have limited opportunities for self-discovery and learning new skills and talents. With nothing to do, youth become unproductive and can become destructive. By bringing together youth mentors and role models, we can inspire youth into "Transformation".</p> <p>Through a phased approach, the Association will partner and hire coordinators to provide a unique resource to building practical skills. By providing a holistic environment for youth development, we can attract a broader range of youth and increase the Centre's capacity to respond to youth needs.</p>
<p>Second Lake Regional Park Association Second Lake Provincial Park -Development of Trails</p> <p>Community: Multiple</p> <p>Age Groups: All</p> <p>Determinants: Social support networks Physical environments</p>	<p>Goal: To lead active lifestyle by encouraging physical activities on the trails.</p> <p>Partners: Sackville Rivers Association Friends of First Lake Society NS Power Inc. United Way NS Dept of Natural Resources (DNR)</p>	<p>This community group has been working since 1980 to create a provincial park at Second Lake. Through solicitation of community input, a park strategy was developed that guides all objectives and activities of over 5000m of trails. The vision is to maintain a natural setting with recreation trails accessible to all segments of society.</p> <p>The trails provide an opportunity for surrounding communities to lead a more active lifestyle by encouraging various physical activities. There is a population of about 50,00 people in surrounding communities like Fall River, Waverley, Sackville, Beaver Bank, and Windsor Junction. The primary trails are all stroller and wheelchair accessible.</p>
<p>Silver & Gold Club Information Technology Facilitator</p> <p>Community: Sackville</p> <p>Age Group:</p>	<p>Goal : To provide more social interaction with family and friends</p> <p>Partners: Kinsman Sackville Legion HRSDC</p>	<p>This is a computer program designed to teach the older learner in a non-threatening atmosphere. Our "Computer is Made Easy" program is very successful with our senior club members (50+). Attendance of the programs provides social interaction and opportunities for seniors who tend to stay home. The programs offer them training on internet and email to connect with family and friends. A web cam is offered as part of the course, which is important to seniors to see and speak with</p>

<p>Seniors</p> <p>Determinants: Social support networks Education</p>		<p>family in other communities or provinces. Also provides access to researching health information.</p>
<p>Hants County Crime Prevention Society Seniors Safety and Security Program</p> <p>Community: Mt. Uniacke</p> <p>Age Group: Seniors</p> <p>Determinants: Physical environments Education Coping Skills</p>	<p>Goal : Creating safer places for seniors to live</p> <p>Partners: RCMP West Hants CHB Hants Crime Prevention Society</p>	<p>An education program to assist seniors with Falls Prevention in the Mount Uniacke area. By bringing together various groups such as Fire departments, local business, and municipal members, seniors can find out about safety in their homes and in their community.</p>
<p>Beaver Bank Kinsac School The Breakfast Club</p> <p>Community: Beaver Bank</p> <p>Age Group: Children</p> <p>Determinants: Physical environments Education Coping Skills Income</p>	<p>Goal: Provide good eating habits For children</p> <p>Partners: Kinette Club-Sack Lions Club – Sack The Church of Good Shepherd – BB St. John’s United Church-BB HRSB Student Success Fun Donations from parents</p>	<p>A breakfast program that has been operating for grades primary to six. There have been 35 children who have registered for the support. This represents 15% of the student population. Due to families being economically deprived, students come because it is an opportunity for social interaction, while others come because it is a safe and happy place.</p> <p>Four volunteers run the program. They plan, shop and prepare all meals.</p>
<p>Ridgecliff Middle School Walking Together</p> <p>Community: BLT</p> <p>Age Group: Youth</p> <p>Determinants: Physical environments Education Social Support Networks</p>	<p>Goal: To increase and reinforce physical activity levels</p> <p>Partners: BLT Teen Health Centre Comprehensive Guidance & Counselling Advisory Committee</p>	<p>To improve active living among adolescents in the BLT community. By establishing a walking program where teens use pedometers to measure steps and distance on structured walking days. The progress of the teens will be monitored on maps across BLT Rail to Trails walking trails.</p> <p>By promoting physical health to adolescents in a non- competitive environment, we can support collaboration and cooperation toward a group goal.</p>
<p>Sackville Centennial Elementary School Physical Fitness and School Improvement</p> <p>Community:</p>	<p>Goal: To improve physical and mental health to the students</p> <p>Partners: Sackville Basketball Association program</p>	<p>Through a School Improvement Plan, the School Advisory Council (SAC) wants to improve and enhance the school’s outdoor environment and play areas. This is the primary way to promote and improve physical and mental health to the students.</p>

<p>Sackville</p> <p>Age Group: Children</p> <p>Determinants: Physical environments Education Social Support Networks</p>		<p>Because there is a keen interest in basketball, we want to enhance that interest by building a community play area with equipment. By establishing a running club, we can also increase physical activity opportunities.</p>
<p>Marguerite Centre Fit for Life</p> <p>Community: BLT</p> <p>Age Group: Women</p> <p>Determinants: Personal health practices</p>	<p>Goal: To develop an understanding how fitness can enhance recovery lifestyle practices</p> <p>Partners:</p>	<p>Women recovering from addictions and abuse need to understand how a healthy lifestyle enhances a “substance-free” lifestyle. Fitness programs can be one connection between developing an active lifestyle and personal well-being. Women can learn to nurture and develop a commitment to positive coping practices while alleviating stress.</p>