



A JOINT NEWSLETTER OF:

- Family Counselling Centre of Cambridge & North Dumfries
- The North Dumfries Community Health Centre
- The Social Planning Council of Cambridge and North Dumfries
- YMCA of Cambridge
- City of Cambridge Adult Day Services

Region of Waterloo Strategic Plan 2011-2014

Have your say!

The Region of Waterloo (Regional Government) is setting priorities for the next several years as part of their strategic planning process.. In order to ensure that the strategic plan reflects the most pressing priorities of the community they are seeking your input to help guide and inform future directions.

To provide input:

1. Go to www.region.waterloo.on.ca
2. Click on the 2011-2014 Strategic Plan button on the front page.
3. Click on the on-line survey link.

Call Lorie Fioze at 519-575-4758 for more details.



Save the Census!

In Canada census data is collected by the federal government through an Order in Council. Since 1971 two questionnaires have been used. Every five years 80% of Canadian households are required to complete the short form census questionnaire while 20% are required to complete the long form. Compared to the short form, the long form collects a much broader range of socio-economic data.

In the spring of 2010, against the advice of experts across the country, the federal government declared that the mandatory long form will be eliminated for the May 2011 census and will be replaced by a new voluntary survey. Directly or indirectly this decision will affect us all. Human service program planners use the demographic information collected through the long form to plan programs according to the needs of various sectors within the population; census data guide planning for new schools; funders use the data to help understand the community and make granting decisions.

With the change in methodology, concern has arisen around the relevance, reliability and comparability of data collected. The SPCCND has just released a Communiqué exploring the impact of this decision.



Find out more at: www.socialplanningcouncil-cnd.org or www.savethecensus.ca



**Social Planning
Council of
Cambridge and
North Dumfries**



SPCCND Projects

ISARC book launched in Waterloo Region

On Friday December 10th, over 60 people gathered at the Cambridge Self Help Food Bank for a presentation of results from the 2010 Social Audit conducted by the Interfaith Social Assistance Reform Coalition (ISARC). Earlier this year teams of volunteers fanned out across the province to hear from those affected first hand by poverty. Members of the SPCCND took part in the audit and four of the meetings were held in Cambridge and North Dumfries. The stories that were shared are captured in a powerful new book released earlier this fall. The book, entitled **Persistent Poverty: Voices from the Margins** documents the experiences of hundreds on Ontarians whose voices are rarely heard. Launch attendees heard from Brice Balmer, one of the authors, and a panel of local participants in the Social Audit who spoke eloquently about the realities of living on low income and being marginalized in society. To obtain a copy of the book or for more information visit: www.isarc.ca



In addition to the book launch, a declaration was presented on behalf of the Poverty Free Waterloo Region Coalition. Founding member organizations are: Interfaith Grand River, Mennonite Central Committee Ontario, Opportunities Waterloo Region, Social Planning Council of Cambridge and North Dumfries and Social Planning Council of Kitchener-Waterloo. The coalition is calling for action on poverty eradication in Waterloo Region from all levels of government. The declaration calls on policymakers to:

- ⇒ Endorse the Region of Waterloo 's initiative to create a strategic plan for a Poverty Free Waterloo Region.
- ⇒ Call on the Regional Council to reinvest the savings from the uploading of social assistance benefits to fund poverty reduction initiatives in Waterloo Region.
- ⇒ Call upon the Provincial Government and all parties in the provincial legislature to reaffirm their commitment to the Poverty Reduction Act.
- ⇒ Call upon the Federal Government to develop a strategy to eradicate poverty in Canada.

Endorse the Poverty Free Waterloo Region Declaration www.povertyfreewaterlooregion.wordpress.com

Information Directories Released

Over the last four months the SPCCND has been collecting information to compile into several directories.

The Cambridge and North Dumfries Seniors Directory of Community Agencies is now complete and ready to be released. The directory includes valuable information for the older adult population.

The Cambridge and North Dumfries Youth Directory of Community Services is also complete and ready to be published along with the **Cambridge and North Dumfries Directory of Employment Resources**. These directories follow a similar format and are specific to the population identified in the title.

All three resources will be available at: www.socialplanningcouncil-cnd.org/information/index.php



Family Counselling Centre of Cambridge & North Dumfries

The Family Counselling Centre is a not-for-profit organization that has been helping individuals and families for 70 years now. Our satellite office is located right here in Ayr at the Community Support Services office at 80 Stanley Street, while our main office operates at 18 Walnut St in Cambridge. We look forward to continuing to serve the community of Ayr in 2011, and as always, to hearing your feedback. The following will give you an idea of the many things we do here at the Family Counseling Centre/Community Supports. Please don't hesitate to drop in or give us a call with any inquiries. Also, please remember that there are always other things happening between printings, so watch the Ayr News and our front window for updates!

Family Counselling Centre offers:

Individual Counselling

Couple & Family Counselling

Bankruptcy Counselling

Employee Assistance Program

Non-Violent Choices—Support Groups

Family Outreach Program:

a community-based program created to prevent and reduce the depth of child poverty in the Waterloo Region. Connecting low-income families with community resources & services. Assistance with food, clothing, shelter, transportation, recreation, childcare and counselling. Community referrals welcome.



A special "Thank You!" to all our volunteers who continue to offer their time and certainly helped to make our jobs easier in 2010!

Roots of Empathy Program

Proud to be continuing the partnership with the YWCA of Cambridge and offering the Roots of Empathy program in two classrooms at Cedar Creek School, Mrs. Wolfe's grade 3 class, and Mrs. Ward's grade 6 class.



Soar to New Heights

Help us raise funds

to continue the work we do, both in Ayr and in Cambridge.



Win a trip for two anywhere WestJet flies!

Tickets \$10ea or 3 for \$25 Draw April 4, 2011

Available @ 80 Stanley St!



Seniors Young At Heart Group

The Seniors Young At Heart group continues to meet for lunch and programming, Fridays from 11:30 to 1:30 at Knox United Church. More Info? Give Brenda a call @ 519-632-973

Employment Assistance

- *Access to Government and job searching websites
- *Employment related fax and phone service
- *Resume, cover letter and application review
- *Local job board

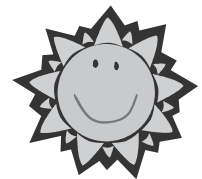


Reminder: Our food cupboard helps a number of low income families on a regular basis. Donations are always welcome, especially around holiday times.

Kettle Lake Summer Day Camp ~

Summer Camp 2011!

Looking forward to see you all again in the summer!



Here in Ayr your team members @



80 Stanley Street are
Brenda (Outreach) and
Lori (Community Development)

519-632-9737



YMCAs of Cambridge & Kitchener Waterloo

Before and After School Programs



There is peace of mind as a parent when you know where your children are and what they are doing, particularly if you are not nearby to ensure their safety and well being. Parents enrolled in YMCA School Age Programs often comment that they go off to work each day with a confidence they appreciate having because they know their child is enrolled in a YMCA Before or After School program.

We are very pleased to be able to offer this service to parents in 2 schools in the North Dumfries community. Both Ayr Public and Cedar Creek Public schools have YMCA School Age programs after school each day, and Ayr Public also offers a Before School program for those who require it. Children enrolled at St. Brigid Catholic School are bussed to the Cedar Creek Public After School program.

To register for a YMCA School Age Program in North Dumfries

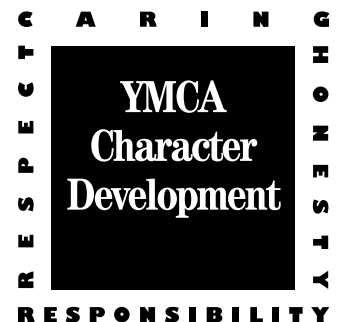
Call 519-622-3785 or email jmousley@ckwymca.ca

www.ymcacambridgekw.com



Program activities are planned by both the staff and the children which gives them some ownership and responsibility for what they engage in. Intentionally giving children appropriate choices empowers them to build on their own strengths, challenge themselves with new skills and work together to see an activity through to completion. Low staff/child ratios enable your child to build relationships with the adults caring for them and engage children and adults in activities where they all learn.

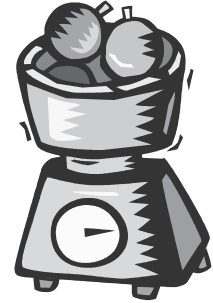
YMCA After school programs provide more than just a safe place for your child to spend those few hours every day. YMCA School Age programs help build strong kids.



North Dumfries Community Health Centre Satellite

Dietitians are health professionals that have special training about how food affects our health. Some of the topics that individuals or families discuss with a Dietitian are:

- Healthy eating at all ages
- Buying healthy food on a budget
- Eating well for pregnancy
- Diabetes management
- Heart Disease, including blood pressure or cholesterol management
- Osteoporosis prevention and management
- Food allergy or irritable bowel syndrome



Individual appointments and group presentations are available at no cost.

**Jessica Walters, RD
(519) 632-1229 ext. 2225**

New Faces at North Dumfries CHC

Welcome

Heather Lister Community Worker

Le-Anne Dick Social Worker

The New Health Centre is Taking Shape!

Construction at the new multiplex building is coming along nicely. The CHC is looking forward to moving into our permanent 7000 square foot space in 2011.



Happy New Year from the staff at the North Dumfries Community Health Centre !!

**North Dumfries
Community Health Centre Satellite
Winter Schedule 2011**

	PROGRAM	AGE	DAY	TIME	LOCATION	COST
YOUTH	Kitchen Kids Jr.	5 -7	Mondays Jan. 10th -31st	6-7:30	ND CHC	\$10.00
	Kitchen Kids Sr.	8-12	Mondays Feb. 7th-28th	6-7:30	ND CHC	\$10.00
TEEN	Gym Jam – Ayr	5-7 8 –12	Tuesdays Jan. 11th– Mar. 8th	6:00-7:00 7:00-8:00	St. Brigid School Gym	Free! Drop in
	Gym Jam– Plattsville	4-6 7-9 10-12	Wednesdays Jan. 12th– Mar. 9th	5:00-6:00 6:00-7:00 7:00-8:00	Plattsville District PS. Gym	Free! *Call to Register*
PRESCHOOLERS	Uniquely Me! Girls Group	Gr. 3-4	Thursdays Jan. 13th– Feb.3rd	6-7:15	ND CHC	Free!
	Uniquely Me! Girls Group	Gr. 5-6	Thursday Feb. 10th-Mar. 3rd. <i>*No program Feb. 24th</i>	6-7:15	ND CHC	Free!
	Monday Morning Stories	Adult and child 0-5	Monday January 10th	10:00 — 11:00am	ND CHC	Free!
ADULTS	Drumbo Older Adults	Older Adult	Thursday January 13th	1:00 - 3:00	Maple Grove Apartments- Drumbo	Free! Drop in
	Take a Break at The Kirkwood:	Older Adult	Thursday January 13th	10:00 to 11:30 am	191 Stanley Street Ayr, Community Room.	Free! Drop in

Please Call Nadine to register for Youth programs 519-632-1229 X 2228

