

Evaluation Report

Building Community Capacity in Rural Waterloo Region



Social Planning Council of
Cambridge and North
Dumfries

Contents

Introduction / Context	3
Expected Project Outcomes.....	4
Project Activities	4
Mini-Grant Program.....	4
Workshops and Knowledge-Sharing Events	5
Web Based Resources.....	5
Data Collection.....	5
Approach to Evaluation.....	5
Community Capacity Building: Eight Outcomes	6
Outcome 1: Expanding, diverse, inclusive citizen participation	6
Outcome 2: Expanding leadership base	7
Outcome 3: Strengthened individual skills	7
Outcome 4: Widely shared understanding and vision.....	8
Outcome 5: Strategic community agenda	8
Outcome 6: Consistent, tangible progress towards goals	9
Outcome 7: More effective community organizations and institutions	10
Outcome 8: Better resource utilization by the community.....	10
Partner Organizations and the Roles They Played.....	11
What Went Well and Not So Well	11
Four Lessons Learned from BCCRWR.....	13
Appendix 1: Summary of Mini-Grants by Township 2006-2008.....	14
Appendix 2: Common Application Form.....	16

Evaluation Report
Building Community Capacity in Rural Waterloo Region
February 2009

Introduction / Context

Projects grounded in community have the best opportunity to make a real difference in the health of individuals and families. This premise was powerfully illustrated by an intergenerational mini-grant program piloted in the Township of North Dumfries in 2005 by the Social Planning Council of Cambridge and North Dumfries. The purpose of the program was to address social isolation by providing seed money for projects aimed at ‘closing the distance’ between youth, seniors, and the larger society. The program had the following objectives: to foster positive relationships between different age groups by providing opportunities for youth and seniors to work together on local projects; to mobilize as many segments of the community as possible by promoting the formation of new partnerships and collaborations; to showcase the competencies of youth and seniors by publicizing these projects throughout the township.

The call for proposals met with good response and more applications were received than could be funded. The five projects that were funded encompassed very different types of activities ranging from youth serving seniors, to seniors serving youth, to youth and seniors working together for the benefit of the community. In total over 300 people took part in these projects.

Without a doubt the intergenerational mini-grant program achieved its original goals and more. The various projects provided opportunities for exploration and discovery, they enabled competencies to be recognized, and led to positive relationships between different age groups. Participants gained an increased sense of empowerment, new linkages were formed, and in two cases these linkages ensured the project’s continued viability. There were some physical improvements in the community as well – a park was cleaned up, a garden was planted, and a mural was painted.

The success of this program was directly related to the fact that power and decision-making processes were owned by the community. Youth and seniors were able to define the need and work together on projects of their own choice.

Building Community Capacity in Rural Waterloo Region was intended to build on the success of this earlier pilot by providing funds to address multiple determinants of health, broadening the geographic scope to all four townships in Waterloo Region, adding skill development workshops, as well as inter-community knowledge-sharing opportunities. Additionally, this program applied information technology as a means of informing, empowering, and engaging rural residents.

Expected Project Outcomes

A mini-grant program will enable local people to take action to address issues that affect their health and well-being. Small cash awards of up to \$2,000 will be given to community groups and others for short-term community projects. A total of twenty-one mini-grants will be awarded – six to groups in North Dumfries, five to groups in Woolwich, five to groups in Wellesley, and five to groups in Wilmot. A mini-grant advisory committee will be formed in North Dumfries and also in the other townships. These groups will be comprised of local citizens who have a personal interest in improving the health of the community. The advisory committees will set criteria, issue application forms, and review applications submitted. In North Dumfries there will be a joint call for proposals with the Cambridge and North Dumfries Community Foundation. This partnership will use a common application form. A short agreement with groups receiving funding will be created and will be signed by both parties. A program coordinator will be hired to assist with outreach; both in publicizing and distributing application forms and in helping groups fill them out. The program coordinator will also provide technical assistance to groups as needed.

Workshops, knowledge-sharing, and other activities will encourage community learning and leadership development. The program coordinator will plan capacity-building workshops on topics of interest and need. Forums will be held to showcase the mini-grant projects. One expected outcome of these activities is that they will increase community awareness and involvement in local activities. Opportunities will also be sought for inter-community sharing, learning, and problem-solving.

A pilot project in North Dumfries will explore the use of information technology in informing, empowering and engaging rural residents. A website will include a calendar of upcoming events as well as an internet forum to facilitate networking. From the beginning the community will be involved in the analysis, design and implementation of the new website. Surveys and/or focus groups will be used to gather information that can be applied to the development of the website. A website design contest will be another way of creating awareness and involving the community. The website will have two distinct yet interrelated targets: community members and community-serving organizations. The website will make it very easy for anyone in the township to find community resources, services, and volunteer opportunities. If residents are aware of local needs and opportunities it is more likely that they will engage in community activities and community action. The website will also facilitate the sharing of information and coordination of activities among local groups thereby reducing duplication and enabling them to serve the community more effectively.

Project Activities

Mini-Grant Program

A coordinator was hired to provide the necessary project support. Two advisory committees (one for North Dumfries and another for the townships of Wilmot, Woolwich and Wellesley) were struck to help guide the process. A total of 11 people representing different ages, backgrounds and communities were recruited to serve as grant makers. Mini-grant criteria were developed and information sessions were held in the townships. With assistance from the Cambridge and North Dumfries Community Foundation a common application form was created and implemented in the Township of North Dumfries. A broad range of community residents from all four townships were engaged. The advisory committee for the townships of Wilmot, Woolwich and Wellesley extended a second call for proposals and/or project

ideas. Applications were reviewed and twenty-two grants totalling \$38,000 were awarded to support a variety of efforts.

Workshops and Knowledge-Sharing Events

At the end of the project's first year a community celebration was held in the Township of Wellesley to highlight achievements to date and announce a second call for proposals. Based on community interest, the following three workshops were also held: Marketing, promotion and publicity (Woolwich Township); TeenConnect90, a motivational workshop that teaches the ABCs of face-to-face communication (North Dumfries Township); TeenConnect90 (Wilmot Township). As well, a knowledge-sharing event featuring motivational speaker Walter Gretzky raised stroke awareness and provided information on stroke prevention (Woolwich Township).

Web Based Resources

Representatives from the Fresh Ayr Festival (which produces an annual paper-based directory for the Village of Ayr) were contacted and a meeting was arranged to seek input about our concept of an online community directory for North Dumfries. It was determined that there would be no conflict since the Fresh Ayr Festival's directory listed businesses, whereas ours would focus on not-for-profit groups. In 2007 the Social Planning Council assumed leadership of Information Cambridge. A searchable, community services database for North Dumfries was made available on that website as was a community activities calendar for the township.

(<http://www.socialplanningcouncil-cnd.org/information/index.php>)

Data Collection

Feedback from those involved in the BCCRWR program - both as organizers and participants - was collected in various ways. All mini-grant recipients were required to submit a final report. Pre and post evaluation was conducted to help determine how well the workshops and knowledge-sharing events met their goals. As well, data was gathered on an ongoing basis to evaluate the effectiveness of a website for North Dumfries and provide suggestions for future changes.

Approach to Evaluation

“When citizens work together to improve their community, it may take a lot of groundwork before you see any tangible results from your decisions. A lot of steps...take time, and may seem ‘fuzzy’ and intangible.”¹

There are numerous ways to measure community capacity building. For the purposes of this report we chose to use the conceptual framework developed by the Aspen Institute. This framework offers the following eight possible outcomes (and suggests some indicators) to gauge progress as we work to build community capacity:

¹ Aspen Institute Communities Strategies Group, *Measuring Community Capacity Building: A Workbook-in-Progress for Rural Communities*. Available at: http://www.aspeninstitute.org/sites/default/files/content/docs/community%20strategies%20group/MEASURING_COMMUNITY_CAPACTIY_BUILDING.PDF

- 1) expanded citizen participation,
- 2) expanded leadership base,
- 3) strengthened individual skills,
- 4) creation of a widely shared understanding and vision,
- 5) development of a strategic community agenda,
- 6) evidence of consistent, tangible progress toward goals,
- 7) evidence of more effective community organizations, and
- 8) evidence of better resource utilization by the community

Community Capacity Building: Eight Outcomes

Outcome 1: Expanding, diverse, inclusive citizen participation

“In a community where capacity is being built, an ever-increasing number of people participate in all types of activities and decisions. These folks include all the different parts of the community and also represent its diversity”

Expanding participation

With funding from the mini-grant program a number of brand new initiatives were introduced in each township and overall the results were quite positive. In all cases the organizers of first year pilot projects were satisfied with participation levels. In most cases the organizers of multi-year projects were satisfied with year-over-year participation (87.5% were satisfied). Only one project did not generate the predicted level of participation. One project that had been funded was not implemented due to challenges around leadership.

Diverse participation

While three projects specifically targeted adults and seniors (Wellesley Food Systems Project, Adult Health Fair, Seniors Staying Well), the vast majority included an intergenerational component. Children, youth, and older people across all four townships benefited. Adults mentored youth (Youth Mentor Program), youth instructed children (Cushman Court Summer Fun, ACCESS), and younger and older people created art (Youth Art Project, Art Round the Pond), planted trees (Woolwich Healthy Communities), and cooked and ate nutritious meals together (Old Colony Cooking Class).

Inclusive participation

Projects were diverse and inclusive, and aimed at reaching those with the greatest ability to benefit. This included groups that have not historically accessed local services such as newcomers (Wellesley Newcomer Welcome Project). In most cases participants from the target populations were actively involved in decision-making (Youth Art Program, Seniors Staying Well, Woolwich Adult Health Fair).

Our group is always intergenerational and we have always felt that this has been a wonderful asset...we have young moms who gain insight and knowledge from “grandmas” and older women in the group. The grandmas have a wonderful time learning and sharing their skills and knowledge. One grandmother always says, “I am never too old to learn something new, I like learning.” (Old Colony Cooking Class)

Being more experienced with adults, I wondered whether the planning process engaged [the youth]. That said, they consistently attended the meetings and offered useful suggestions in every problem solving session. They were inclusive and conscientious workers. (Youth Art Program).

Outcome 2: Expanding leadership base

“Community leaders that bring new people into decision-making are building community capacity. But the chance to get skills and to practice and learn leadership are also important parts of the leadership base.”

New leaders

One of our most important learnings has been that the more the community is in charge of a project, the more success the project experiences. Two projects came about simply because an individual saw a need and volunteered to lead an effort to address that need (Maryhill Playgroup, 5H4H Precision Riding). In many cases local citizens were recruited to serve on steering committees to help guide mini-grant projects (e.g. Wellesley Food Systems Project, Woolwich Healthy Communities, Woolwich Adult Health Fair, Literacy and Skills Fair).

Practicing and learning

Project participants developed new skills and gained leadership abilities through completion of various tasks (Cushman Court Summer Fun, ACCESS, Youth Art Project, 5H4H Precision Riding). In many projects participants were also asked to provide input to a formal evaluation that would be used to improve the project (e.g. Wellesley Food Systems Project, Seniors Staying Well, Literacy and Skills Fair).

Rewards and recognition

Rewards are important in attracting and motivating volunteers. In two communities a special point was made to celebrate local leadership accomplishments (Ayr Optimist Youth Appreciation Awards, Wellesley Township Community Celebration).

I felt that the kids became more engaged at every step, and were fully and beautifully in charge of the endeavour by the time we stood back and dusted off our hands with the completed sculptures in place. (Youth Art Project)

Committee members continued to share their knowledge of the community and learned planning and evaluation skills. We were fortunate to have continuity in the role of chair and she continued to provide excellent role modeling of group facilitation skills and capacity building. A member of the group, for example, who copes with anxiety attacks took an active part in planning and was supported in playing a public role on the day of the event. (Woolwich Adult Health Fair)

Outcome 3: Strengthened individual skills

“A community that uses all kinds of resources to create opportunities for individual skill development is building community capacity in an important way. As individuals develop new skills and expertise, the level of volunteer service is raised.”

Skill development

Most mini-grant projects incorporated a number of skills that were interdependent and required coordination and forethought. The projects provided an excellent opportunity for participants to hone their skills in the following areas: project planning, visioning, willingness to take risks (Youth Art Project); budgeting and technical aspects of a project (Youth Art Project, Beautification of Ayr: Marketing, Promotion & Publicity workshop); face-to-face communication, networking, making a presentation to council (Youth Art Project; TeenConnect90 Workshop); public speaking (5H4H Precision Riding, Woolwich Adult Health Fair); team leadership and group management skills (Youth Art Project, Woolwich Adult Health Fair, ACCESS, Inspiring Minds Board Development).

Knowledge acquisition

Much practical knowledge was conveyed in the areas of physical health (Woolwich Adult Health Fair, ACCESS; Stroke Awareness Speaker), food preparation and nutrition (Old Colony Cooking Class, ACCESS), local foods and food buying practices (Wellesley Food Systems), mental health (Seniors Staying Well, Woolwich Adult Health Fair, Youth Mentor Program), and drug awareness (Youth Mentor Program).

Children had the opportunity to interact with other youth from their community and learn about how individuals bring different skills and personalities to a group encounter (ACCESS, Cushman Court Summer Fun).

We have found that rural seniors often do not have easy access to information about regional resources. The health fair was an opportunity for 13 local and regional agencies to reach out to rural seniors to share information about their services. (Woolwich Adult Health Fair)

Outcome 4: Widely shared understanding and vision

“Creating a vision of the best community future is an important part of planning. But in community capacity building the emphasis is on how widely that vision is shared. Getting to agreement on that vision is a process that builds community capacity.”

The Wellesley Township Community Celebration, held in 2007, was a highly interactive event. Very well attended, it successfully established a dialogue and engaged residents, representatives from local organizations and key community leaders in identifying opportunities and community action planning. It was an effective vehicle for celebrating past accomplishments (including the BCCRWR mini-grant projects), learning about change, encouraging groups to think ‘outside the box’ and articulate their vision of the future, and for developing specific action plans and commitments to action.

These dedicated young people have the capacity to reinvent their lives and our communities. It is timely for these young people to realize that romance and whimsy, imagination and public celebration are not limited to exotic locations. (Youth Art Program)

Outcome 5: Strategic community agenda

“When clubs and organizations consider changes that might come in the future and plan together, the result is a strategic community agenda. Having a response to the future already thought through communitywide is one way to understand and manage change.”

North Dumfries is a growing community and an underserved area from the perspective of medical and community support services. For residents who wish to 'age in place' there is a lack of community and health support services. The goal of the Community Support Services model for North Dumfries project was to collect all available data related to the needs associated with 'aging in place' in the various parts of the township. The project developed a model of collaboration with three other partners to sustain older adults as they age. With this information a proposal was submitted to the WWLHIN's 'Ageing in Place' strategy in the hopes of getting funding to implement the model.

If we are not successful in securing money for this project we will still move forward looking at ways to implement the ideas and establishment of partnerships to bring services to the North Dumfries community. (Community Support Services Model for North Dumfries)

Outcome 6: Consistent, tangible progress towards goals

"A community with capacity turns plans into results. Whether it's using benchmarks to gauge progress or setting milestones to mark accomplishments, the momentum and bias for action come through as a community gets things done."

In rural areas there are individuals or groups who are unable, or find it difficult, to take advantage of available opportunities. This can be because of language/cultural differences, social expectations, time limits, or financial constraint. In order to improve the quality of life for the greatest number of residents, two of the mini-grant projects explored ways to engage with these groups.

The Wellesley Board of Trade and the Wellesley Township Community Health Centre worked in partnership to offer two welcome BBQ's as part of the Wellesley Newcomer Project in August 2007 and again in August 2008. Local businesses, community organizations and groups were invited to put up a display. Newcomer families were given a welcome bag with community and business information as well as donated items from local businesses such as pens, picture frames, apple butter, etc. The Wellesley Board of Trade developed a brochure to promote local community events and provide a listing of businesses and organizations. At each event there were newcomers who subsequently became more involved in their community (in 2008 a total of seven community initiatives received volunteers through this event). Businesses and organizations also made new connections with residents. The local Newcomers Network Committee intends to sustain this initiative in future years by developing a welcome wagon project.

The Literacy and Skills Fair was held on Friday November 14th at the Linwood Community Centre. An advisory committee met for more than 10 months to carefully plan this event. The fair was open to the public and the goal was to increase awareness of opportunities for education by reducing perceived barriers to receiving education or training in the skilled trades. The fair involved 9 partner agencies and more than 30 community volunteers for translation, registration, food preparation and childcare. The event was promoted primarily through word-of-mouth at existing programs and through outreach visits by community health centre staff. The event reached approximately 100 families (400 to 500 individuals). Organizers have successfully leveraged funding for the second phase of the project which will include a needs assessment and support for individuals to successfully complete literacy and educational programs.

This fair was provided to provide awareness of the opportunities available ... to further [people's] literacy and education. The high attendance rates, interactions during the fair and the evaluations indicate that the participants found the fair to be helpful to them. (Literacy and Skills Fair)

Outcome 7: More effective community organizations and institutions

“All types of civic clubs and traditional institutions – such as churches, schools and newspapers – are the mainstay of community capacity building. If clubs and institutions are run well and efficiently, the community will be stronger.”

The Inspiring Minds project supported the development of a not-for-profit board of directors. This included the establishment of charitable status, administrative governance, and infrastructure and advocacy initiatives. Short term benefits include increased resources for the Inspiring Minds Early Learning Centre and for governance of the organization. Long term benefits include increased access to licensed child care in the underserved community of Wellesley.

Outcome 8: Better resource utilization by the community

“Ideally, the community should select and use resources in the same way a smart consumer will make a purchase. Communities that balance local self-reliance with the use of outside resources can face the future with confidence.”

Resource mobilization

Support from many sources – including volunteers and the business community - contributed greatly to making these projects a success. One can begin to get a handle on the extent of the generosity and goodwill by reading the project final reports. For example, one project (Woolwich Healthy Communities) reported having 1800 participants and 40 people involved on planning subcommittees for its month-long series of activities. Additionally, countless volunteers helped out at individual events, donating an astounding 1,600+ volunteer hours!

Drawing on external resources

Project organizers reported that while they do attempt to raise money from outside the community for local projects, their efforts have been met with varying degrees of success.

Directory of community organizations and resources

The hope of the Wellesley Newcomer Welcome Project was to engage with newcomers and support local participation which would keep both human and financial resources in the community. Preliminary results show that this was accomplished to some extent. The Wellesley Board of Trade developed a brochure to promote local events and provide a listing of businesses and organizations. This brochure will enable newcomer involvement to continue and will be distributed in the coming years as Wellesley continues to grow.

Partner Organizations and the Roles They Played

- **The Cambridge and North Dumfries Community Foundation** lent its support in a number of ways. First, it was supportive in the development of lending criteria for the mini-grant program. It promoted and participated in the development of a common application form for North Dumfries groups to use in applying for grants from either the Foundation or the mini-grant program. It assisted in developing a matrix for reviewing and ranking applications. It also suggested names of representatives to serve on the North Dumfries advisory committee.
- **The Woolwich Community Health Centre** participated in the development of an application form for groups in Wilmot, Wellesley and Woolwich to use in applying to the mini-grant program. It promoted the mini-grants and other events by making announcements in classes/programs, publishing press releases in its newsletter, and asking other community organizations to help us advertise. It generously provided meeting space and suggested names of representatives to serve on the advisory committee for Wilmot, Wellesley and Woolwich.
- **The Wellesley Community Health Centre** participated in the development of an application form for groups in Wilmot, Wellesley and Woolwich to use in applying to the mini-grant program. It promoted the mini-grants and other events by making announcements in classes/programs and asking other community organizations to help us advertise. It generously provided meeting space and suggested names of representatives to serve on the advisory committee for Wilmot, Wellesley and Woolwich.
- **Woolwich Community Services** promoted the mini-grants and other events by making announcements in classes/programs and asking other community organizations to help us advertise. It suggested names of representatives to serve on the advisory committee for Wilmot, Wellesley and Woolwich.
- **The North Dumfries Community Health Centre** promoted the mini-grants and other events by making announcements in classes/programs, publishing press releases in its newsletter, and asking other community organizations to help us advertise.
- **The Wilmot Family Resource Centre** participated in the development of an application form for groups in Wilmot, Wellesley and Woolwich to use in applying to the mini-grant program. It promoted the mini-grants and other events by making announcements in classes/programs and asking other community organizations to help us advertise. It suggested names of representatives to serve on the advisory committee for Wilmot, Wellesley and Woolwich.

What Went Well and Not So Well

Mini-grant recipients were required to complete a final report document. In it they were asked about any problems encountered in carrying out their projects. Half of the respondents reported no problems at all. Interestingly, the problems that were most often reported were problems of success – having to cope with high attendance rates, the difficulty of finding a venue of suitable size, difficulties communicating with a large group of volunteers.

The projects undertaken were all very different kinds of asset-building efforts, and project organizers came away with a number of different learnings. Some gained increased appreciation for intergenerational engagement, others were struck by the capacity of their community and how supportive other local groups were to help make their project a success, still others gained insight into how to tailor a communications strategy to suit their needs. In many cases multi-year projects were able to integrate ideas from the previous year to make their events better for everyone involved.

Two-thirds of the project organizers were able to forge connections with new groups and half reported gaining new resources (either in-kind or financial). At the time this report was written, four projects had leveraged the resources necessary to continue beyond the BCCRWR program's end.

The workshops and knowledge-sharing events were perceived to have been quite helpful. Eighty-one percent of workshop attendees reported gaining new knowledge from the presentations. The Wellesley Township Community Celebration, held after the BCCRWR program's first year, was well attended by a diverse audience and led to the submission of a number of applications when a second call for proposals was made in the Townships of Wilmot, Wellesley and Woolwich.

In the Township of North Dumfries the Social Planning Council and the Cambridge and North Dumfries Community Foundation piloted a joint call for proposals. Both organizations were given the opportunity to comment and agree to the process. A common application form was developed that utilized a standard format for key information but had the flexibility for each organization to add supplementary elements. Overall results were mixed. We found that to some extent issuing a joint call was helpful. We were told that our drop-in information session assisted groups, especially small or new groups, in getting additional information about the grant opportunities. However, we also received feedback letting us know that the application form was not readily understood. If we were to utilize a common application form again in the future we would need to provide more and clearer information related to the two separate funding sources.

The Township of North Dumfries was also targeted for an exploration of the use of information technology in informing, empowering and engaging rural residents. An interactive website that would include a calendar of upcoming community events was the primary focus of this effort. Through the sharing of information and the coordination of activities, the hope was that this website would serve as a mechanism for community engagement and community action. An e-community calendar for the Township of North Dumfries was introduced in April 2008. Community groups began posting their events soon after. Newsletter and newspaper articles, word of mouth, and email updates were all used to publicize this new tool. The new site was linked to the Social Planning Council's website. The URL was included in advertising and circulars. However, despite these efforts website hits remained modest and in fact decreased over time. Community groups began to post their events less frequently. There is no point in having a new website if no one knows about it. It is clear that further steps must be taken to create awareness. We feel it is important to continue to link to the new site from other already well-established sites.

Four Lessons Learned from BCCRWR

1. Don't be afraid to try new things.

Effective response to change requires learning new ways of doing things. For instance, web-based technology can reach and impact large audiences and connect audiences across distances. Communities need to be made aware of potential benefits.

2. Targeted publicity works best.

There are numerous vehicles to choose from. Organizers must decide which combination works best to achieve their program's particular objectives. We found word of mouth and local newspapers to be the best sources of advertising in rural communities.

3. Partnerships are crucial.

There is a wealth of knowledge and experience among our colleagues and peers. Effective mobilization of local resources is key. The BCCRWR program took place within rural communities with strong social networks. Time and again organizers noted that their projects would not have been possible without many groups working together.

4. Look to other communities for best practices.

Many valuable lessons can be adapted from other communities to the local situation. Knowledge sharing is a powerful means for action.

Appendix 1: Summary of Mini-Grants by Township 2006-2008

North Dumfries		
Community Group	Project Title	Overview of Project Activities
North Dumfries Children's Choir	Children's Choir Enhancement Program	As an established choral group, the North Dumfries Children's Choir meets the needs of young resident of North Dumfries Township. We are seeking to broaden our outreach to the greater community while enhancing our existing program.
Beautification of Ayr Committee	Holiday Decorations for Downtown Ayr	Twenty-two custom-made wreath frames were purchased, cleaned and painted. LED lights were also purchased.
Optimist Club of Ayr	Youth Appreciation Event	This event runs once a year. It is used to recognize Youth or Youth focused individuals that make a difference to our community.
Optimist Club of Ayr	Children's Bicycle Rodeo	The bicycle rodeo is held in the spring and run in conjunction with the Waterloo Regional Police Auxiliary.
Family Counselling Centre of Cambridge and North Dumfries	Seniors Staying Well Lunch and Learn Seminar Series	This is a senior's support group, set within a format which specifically addresses the needs and format for the target population. One of the driving forces behind the idea of making these sessions available specifically to seniors is to help reduce rural isolation and its consequences. Furthermore, we would like to let this population group know that their mental health is a crucial part of their overall health.
North Dumfries Pre-School Cooperative	ABC Music and Me Program	ABC Music and Me is a unique music program for children age 2-4 years old. It has been designed for preschools and early learning centres by Kindermusik International. It offers lessons that emphasize a different area of a child's development: confidence, coordination, vocal expressiveness, careful listening, and early exposure to reading skills. By participating in this program children develop the social, listening and learning skills necessary for early school success.
Langs Farm Village Association	ACCESS: Advancing Community Collaboration by Establishing Services Strategically	The funding from this grant assisted us to build collaborative relationships with township residents and community partners in North Dumfries. In addition, the mini-grant enabled the organization to enhance staffing in order to establish programming for youth in the rural community of Ayr. The mini-grant was instrumental in increasing the number of children able to participate in programming and establishing a foundation of youth programs in the township.
Meals on Wheels/Community Home Support	Community Support Services Model for North Dumfries	A report on the service environment of older adults in North Dumfries was commissioned. With this information a proposal was submitted to the WWLHIN's 'Ageing in Place' strategy with the hope of getting money to begin one of the models identified in the report.
Woolwich		
Community Group	Project Title	Overview of Project Activities
Woolwich Healthy Communities Coordinating Committee	Support for Local Healthy Projects	The major function of the Coordinating Committee is to support local healthy projects, connect with people in the community, celebrate achievements, host educational events, provide input to decision makers, and assist in long term planning.
Woolwich Healthy Communities Coordinating Committee	Support for 2008 Healthy Communities Month	One of the more recent functions is the coordination of healthy Communities Month throughout the township. The funds were used for newsletters, website updating, special events, advertising, and costs associated with the 2008 Healthy Communities Month.
Health Fair Coordinating Committee	Woolwich Adult Health Fair	The Woolwich Adult Health Fair was held on October 18, 2007 at Woodside Bible Fellowship in Elmira. From 9 am to 3 pm participants were able to hear a range of speakers who focused on chronic disease prevention. Fifteen not-for-profit agencies hosted booths which provided an opportunity for participants to increase their knowledge of existing resource in our community. Six practitioners offered free massage and reflexology treatments. Other volunteers provided free blood pressure screening and the Canadian Hearing Society offered hearing screening.
Liz Lima / Bobbi Martinez	Maryhill Playgroup	The group met once per week at Maryhill Heritage Park for two hours to socialize, learn, interact and play. The participants were children and their caregivers. Activities included crafts, reading, interactive toys, snacks, playground, walks and special events.
Wilmot		
Community Group	Project Title	Overview of Project Activities
Wilmot Family Resource Centre	Cushman Court Summer Fun	We ran the program in behind the townhouses where the park was located, and in the garage when it rained. We ran it Friday mornings and Friday afternoons on long weekends. Some of the activities we did with the kids were basketball,

		soccer, parachute, tag games, and Frisbee. Some of the crafts we did were sand jars, ocean in a bottle, colouring t-shirts.
Wilmot Family Resource Centre	Youth Mentor Program	A mentor program for youth at risk aimed to reduce drug use and substance abuse through positive adult relationships and education. The program is modeled after the successful COPS program in Kitchener-Waterloo, where youth and police officers come together to participate in various activities.

Wellesley

Community Group	Project Title	Overview of Project Activities
Wellesley Youth Advisory Council	Youth Art Program	A local sculptor and visual artist guided members of the Wellesley Youth Advisory Council in the planning and creation of a floating sculpture on Wellesley Pond. This temporary sculpture was formed with biodegradable materials and appeared as portions of aquatic animals, created actual size, floating/swimming in the pond.
Community Access Program for Children	Old Colony Cooking Class	Once a month the Linwood Low German speaking Sewing Group would meet at the Linwood Community Centre and cook a main meal together, for women to take home for their families to eat that evening. A nutrition worker from Woolwich Community Health Centre took leadership in the kitchen and provided the women with clear picture recipes since some of them could not read. The children were in a separate room where they played and did school readiness activities. OEYC provided staff who prepared the craft and circle time with the children. There were also a number of individuals who volunteered and helped out with the children. This involved transporting the toys from our usual location to the Community Centre.
Wellesley Board of Trade	Wellesley Newcomer Project	The Wellesley Board of Trade and the Wellesley Township Community Health Centre worked in partnership to offer two welcome BBQ's as part of the Wellesley Newcomer Project in August 2007 and August 2008. These events invited local businesses, community organizations and groups to put up a display. Newcomer families were given a welcome bag with community and business information as well as donated items from local businesses such as pens, picture frames, apple butter, etc. The Wellesley Board of Trade developed and produced a brochure to promote local community events and provide a listing of businesses and organizations in Wellesley.
Wellesley Township Community Health Centre	Wellesley Food Systems Project	The Wellesley Township Community Health Centre planned and carried out a local food event called "Discover the Fresh Taste of Wellesley" in October, 2007 and October 2008. The event involved local farmers and producers and linked them with local residents to increase the awareness of locally grown food and to increase connections between farmers and local restaurants, catering businesses, and grocery stores.
Dawn Malo / Pfeifer Gallery	Wellesley Art Round the Pond	A day of art round the Wellesley Pond with over 35 artists showcasing and selling their work.
Inspiring Minds Early Learning Centre	Board Development	The Inspiring Minds Board Development project supported the development of a not-for-profit board of directors. This included the establishment of charitable status, administrative governance, and infrastructure and advocacy initiatives. Short term benefits include increased resources for the Inspiring Minds Early Learning Centre and for governance of the organization. Long term benefits include increased access to licensed child care in the underserved community of Wellesley.
Lori Robinson	5H4H Precision Riding Club	Our activities began in a huge flurry of excitement and action. We had our first meeting in April at the Robinson's farm. Since April 17 th we have had weekly Thursday evening meetings from 6 – 8:30 or 9:00 until November 20 th which was our last meeting. We were fortunate enough to have three wonderful coaches, each brining a new insight into horses and riding. We also had guests on three nights. We had the Mill Ridge Pony Club demonstrate dressage, show jumping, and games on horseback, and then we tried it too! After each meeting there is a social and snack time, where everybody mingles!!
Wellesley Township Community Health Centre	Literacy and Skills Fair	The Literacy and Skills Fair was held on Friday November 14 th at the Linwood Community Centre. An advisory committee met for more than 10 months to carefully plan this event. The fair was open to the public. The goal was to increase awareness of opportunities for education by reducing the perceived barriers to receiving education or training in the skilled trades. The fair involved 9 partner agencies and more than 30 community volunteers for translation, registration, food preparation and childcare.

Appendix 2: Common Application Form

The Cambridge & North Dumfries Community Foundation and the Social Planning Council of Cambridge and North Dumfries

2007 Grant Application Guidelines

We are pleased to be partnering to provide opportunities for community organizations or groups providing service in North Dumfries to apply for grants. By joining together to have one granting opportunity for North Dumfries citizens, it is our hope to improve access to funds as well as to simplify the process.

Grants provided by the Cambridge & North Dumfries Community Foundation are made possible due to the generosity of many donors; while the Social Planning Council of Cambridge and North Dumfries grants are made possible through a financial contribution from the Lyle S. Hallman Foundation. Please note that community groups must be a qualified donee or charitable organization to be provided with a grant through the Community Foundation (this does not apply to the Social Planning Council).

A group of North Dumfries residents representing the Cambridge & North Dumfries Community Foundation and the Social Planning Council of Cambridge and North Dumfries will review all applications and make recommendations on funding no later than April 30, 2007.

General Guidelines

- Application deadline is January 31, 2007. Send your application by email to dina@socialplanningcouncil-cnd.org, by fax (519. 621-6220) or by mail to Social Planning Council of Cambridge and North Dumfries, 150 Main Street, 2nd Floor, Cambridge, ON N1R 6P9
- Representatives of the Community Foundation and the Social Planning Council will be available to assist you with your application or to answer any questions on January 17th from 7-8 pm at the Ayr Library.
- Copies of the Application Guidelines and the Application form will be available at the Ayr Library, and on the website of the Cambridge & North Dumfries Community Foundation (www.cambridgefoundation.org) or on the website of the Social Planning Council (www.socialplanningcouncil-cnd.org).
- Projects must fill a need in the Township of North Dumfries.
- Projects will be accepted in the following areas: community recreation, environmental, heritage, multiculturalism, health, social services, education and training and arts and culture.
- Your proposed request for funding to the Cambridge & North Dumfries Community Foundation or the Social Planning Council of Cambridge and North Dumfries should not exceed \$2,000. You will be asked to account for all project expenses at the end of the project as well as submit a report on the results of your project.
- Your project must be complete by March 2008.

Questions? Please call Dina Etmanskie at the Social Planning Council at 519.623-1713 or email dina@socialplanningcouncil-cnd.org.



Grant Application – North Dumfries

Name of Group or Organization: _____

Mailing Address: _____

Postal Code: _____

Telephone: _____ Fax: _____

Email: _____ Website: _____

Contact person: _____ Position: _____

Brief history of your group or organization:

If applicable ----- Charitable Registration #: _____ RR0001

Or name of qualified donee: _____

Project Title: _____

Amount of Funds requested from CND CF _____

Total project cost: _____ (Attach a budget including revenue and expenses for your proposal)

Proposed Start Date: _____

Proposed Completion Date: _____

Project Description:

What need does the project fulfill:

Who will benefit:

How many will benefit:

Is there any potential to involve other community organizations in the project? (cost sharing, resource sharing, advertising).

What will be the impact or result of this project? How will this project change lives? How will you know? Please be specific. For example: 20 youth and children will register in the program or 15 children and youth will increase their levels of literacy during the project.

How will you know that your project is successful? How do you plan to measure the impact or result of your project?

