

## Cranbrook EGTP Notes

### Services and Programs Available to Low-Income Families and Individuals (in no particular order)

- City By-law policy (Leisure Services) that those referred for services who are unable to pay will be given access to recreation programs by lowering or removing registration fees.
- Kidsport Applications available through Leisure Services.
- Free skating @ Kinsmen
- Strong Start free program for pre-kindergarten children and their parents
- Tumbletime
- Better Babies
- Play & Learn
- Joint-use agreement with SD#5
- Free Grade 2 & 5 Ski Passes
- 4-pass
- Healthy Heart/Hearts in Motion
- Walking at new RecPlex
- Kimberley Family Resource Program
- Step by Step
- Rockies Ride & Glide
- Air & Army Cadet groups
- Tennis Courts
- After-school junior programs at Cranbrook Golf Course
- SkatePark
- Parks & Playgrounds
- Soccer/Baseball fields
- Mountain Bike trails, community forest
- Summit Community Services
- Free Swim Passes by application (Diane Butz)
- Volks walking path
- Girl Guides (sponsored spots)
- Hiking (trails, Ski Hill)
- Bugle Band
- Idle Wild – fish/sled
- Centre 64 Arts
- Skating @ Baker Park
- Champions of the ice
- Seniors helping seniors
- Lee Haskel Youth Centre
- School Sports
- Gear Exchange (lacrosse, hockey)
- Central Registration event
- Track

- Disc Golf
- Benevolent funds from various groups for participation in sports
- X-country skis available at college
- Climbing wall @ COTR
- Fitness classes throughout city
- Boys & Girls Club
- PLAY program through City
- Teddy Bear picnic in May
- Children's Festival in May
- Big Brother's & Sisters
- \$2.00 toonie swims at the pool on some Fridays
- \$10 family swim pass on Sundays
- Kinsmen path (Rotary Way)
- Spray Park

#### Techniques/Ideas for Increasing Access

##### Barrier: Income/Cost to Participate

- Grant for x number of free or half price program sessions
- Municipal government to cover cost of space/facility/equipment
- Lower or eliminate the costs of programs so they are free for everyone
- Leisure Services to change policy to allow class top-up (at no charge) once minimums are met
- Provide a volunteer exchange program (20 volunteer hours = 10-time punch card for fitness room)

##### Barrier: Transportation to programs/facilities

- Bus Passes (low or no-charge) for those wishing to access the RecPlex
- Partnerships with Taxi services
- Encourage car-pooling among parents
- Car Share model – one vehicle shared amongst a group of people

##### Barrier: Awareness of existing programs

- Develop community partnerships and collaborate on promotion of existing services
- Community Activity guide
- Host a trade fair event with all community partners

##### Barrier: Understanding of the Benefits to participation in Recreation

- Free brown bag lunch sessions/workshop
- Welcome wagon including recreation and benefits info in packages to newcomers
- Ads (TV, Radio, Newspaper)
- Door to door flyers and awareness campaign

- Bulletin boards (all existing ones as well as get more put up around town)
- Schools

Barrier: Childcare

- Free or affordable Child care during fitness or arts programs
- Pay child care workers more - what they deserve
- Childminding services vs licensed daycare
- Childminding swap between adults
- Timing of programs to allow for each member of the family to be active at the same time

Barrier: Equipment & Supplies

- SWAP events
- Increased awareness about where to go to find good, affordable equipment
- Ensure as many programs as possible are “equipment provided” where participants are supplied with what they need (all the same)
- Corporate sponsors to provide equipment or vouchers
- Canadian Tire money drive

Barrier: Lack of Volunteer Support

- Increase knowledge of volunteers needs and benefits
- Volunteer Exchange Program to provide more incentive
- Kootenay Volunteer association
- Community experience and mentorship

Barrier: Culture-related barriers

- Partnerships with multi-cultural groups and ESL classes
- Bring more programs out to the community
- Translating and using effective language in promotional materials
- Promote buddy programs to introduce more people to facilities and programs
- Front line staff/Program Leaders/Assistants from cultural communities, promote empathy, understanding and learning

Barriers: Lack of Motivation and Mentors

- Education about the benefits to recreation
- Senior mentors
- “Rent-a-grandma” model
- inspirational speaker series
- awareness campaign featuring personal testimonials and success stories

Barrier: Lack of Self-confidence

- more interaction with positive role models
- buddy system
- goal setting workshops (to achieve success)
- group tours to introduce activities and facilities to individuals

- ensure children and young people are active to promote healthy development including building self-confidence
- awareness campaign featuring personal testimonials and success stories

Barrier: Social Stigma

- educate the community on social determinants and what it really means to be disadvantaged in Cranbrook
- removing areas in which stigmas can be created (ie removing cost as a barrier)
- “your contribution is making it possible to increase access for others” – recognize everyone’s impact and be clear that it will take a community effort to increase access and that this is the right thing to do
- ethics/sensitivity training
- partnerships