

Project Background

The Join in CKL Committee has been in existence since 2006, formerly under the name of CKL Family Wellness Committee. When first formed, the committee was part of our local heart health project and we have been able to continue accessing funds for our initiatives through the Ministry of Health and Long-Term Care's (MOHLTC) Healthy Communities Funding. In the early stages we supported agencies that worked with families and community events that promoted physical activity and other health opportunities for local families, particularly those living on low income (e.g. the annual Family Gala - health fair, activities for kids, clothing swap, etc. and providing opportunities for agencies like the Boys and Girls Club and Big Brothers Big Sisters to expand their programming to incorporate more physical activity and healthy eating training for staff and opportunities for children and youth). After several years of supporting the work of other agencies and existing community events, the committee became interested in developing their own work plan and an area of focus. In consultation with key community agencies providing service to families in CKL, as well as new direction and priorities being put forward by the MOHLTC's Healthy Communities funding, we identified removing barriers to participation in recreation as a natural extension of some of the work we had been doing. Since 2009 this committee has been committed to working with sport and recreation providers to help increase access to and participation in sport and recreation.

We looked at what other groups were doing across the province, consulted with our local stakeholders in recreation, social, family and health services and began to raise awareness of the issue of access to recreation in our local annual Poverty Report, through news articles, and the development of a website - www.joininckl.ca – that listed subsidies available and low to no cost physical activity opportunities. We also developed a toolkit to help providers create formal access-friendly policies for their organization and have worked with several organizations to date to draft access policies that have been put in place. We have provided networking events for sport and recreation providers to discuss common concerns and goals and a training event through NCCP on foundations of physical literacy. In 2013 we set up a twitter account and began to tweet as a way to promote some of the work we are doing and share tweets from partner organizations that align with our mandate. In 2013 we also began to recognize coaches and volunteers in the media with an opportunity for children and youth to 'nominate their favourite coach' and share a story of the impact he or she has made in their life.

Through a survey we conducted in 2013 of sport and recreation providers, the top common issues that the sport and recreation community in CKL would like to explore further/receive training on were:

- How to improve volunteer capacity/retain volunteers
- Development of a sport council structure for CKL
- How to access funding and resources
- Incorporating physical literacy into sport

Our committee focused on the interest in a sport council as we see this as a valuable forum for the community that could address all of the other common concerns raised by sport and recreation providers. We accessed MOHLTC Healthy Communities funding to provide a workshop facilitated by Community Sport Councils Ontario (CSCO) in October 2013 to discuss the feasibility of a sport council for CKL, what it would look like and support from the sport & recreation community for it. The support and feedback was overwhelming to move forward. We hosted 5 follow up meetings from December 2013 – June 2014 (each mtg attended by 15-20 sport/recreation or community organization reps), using the expertise of CSCO to help us determine a framework for the sport council with priority areas of focus and activities. We then applied to Trillium to have a staff person hired to focus on the project for two years.

Organizations represented on the Join in CKL committee made a collaborative application to Trillium meaning we all have responsibility to ensure the work plan submitted to Trillium is completed. All of these agencies are represented on the Steering Committee for the Kawartha Lakes Sport & Recreation Council. Agencies in the collaborative are listed below:

Community Living Kawartha Lakes (lead applicant)
Haliburton, Kawartha, Pine Ridge District Health Unit
Boys and Girls Clubs of Kawartha Lakes
City of Kawartha Lakes – Parks, Recreation & Culture Division
Community Care City of Kawartha Lakes
Lindsay Gymnastics Centre
Lindsay Wildcats Basketball Association