

GCCAP- GREENWOOD COALITION COMMUNITY ACTIVATOR PROPOSAL GRANT PROPOSAL

February 7, 2014

OVERVIEW

1. Project Background and Description

The health related community concern is mental health with the specific focus on Women for grant purposes. The project plan is to gather research documentation to support the ideas that art and music therapy can help the mentally ill and support them to become more sociable and decrease symptoms. We are also gathering data on prevalence of mental health issues in the community and the connections between Mental health issues and socioeconomic status. One of the main concerns of the Greenwood Coalition is the ability to get the right people to participate in programs and get the proper medical treatment they need. In the past they have found that the people who need the help are the one less likely to come forward to these gatherings. The purpose of our project is to write a grant proposal for Women's College Hospital to obtain funding to create a Community Activator Role in Port Hope to act as a liaison between mentally ill clients and social agencies. Through the vision of creating the Community Activator Role, they would provide shoulder to shoulder support and build a trusting community relationship with those most in need with the promise of obtaining the proper medical needs for the proper clients and guiding them in the right direction through the use of therapeutic or medical programs.

2. Windshield Survey

Windshield Survey

Boundaries

- Robertson street to Hope Street to Ontario Street to Walton street to Dorset Street along the major downtown core
- Economical: From upper to middle and lower income- very diverse
- Are there sub-neighborhoods –Ward 1-Urban area- Town of Port Hope
- Ward 2- Rural area-Township of Hope

Buildings

Businesses and offices

- mostly brick and wood, repainted, well kept, the buildings are connected to each other (like a row house), aged from war time age, most have dwellings above in the down

town core. A lot of business restoration has been established in the historic downtown core

- Neighborhoods have Victorian mansions, modern bungalows, retirement residences, custom built homes, apartments, condominiums, Downtown has row houses, rooming houses, Motels, hotels, bed and breakfasts and houses of different sizes and shapes
- Multi-level houses, one story , two story
- Wheel-chair accessible: Some, but not all downtown businesses are wheel chair accessible due to the age of the buildings. The sidewalks and roads were filled with snow and not fully ploughed or shoveled
- Profitable : They seem profitable, not a lot of businesses for sale, or shops for rent most are occupied and running
- Chains or small privately owned- A lot of privately owned businesses, but through the town there are visible chains such as Bargain bargain, Tim Horton's, Shoppers drug mart, TD bank, Scotia Bank etc
- Parking – The downtown core has metered parking on the streets, and a few green P parking lots at no charge, Businesses have parking behind their stores as well, and parking behind buildings downtown for renters, the outer area neighborhoods have parking on the street and private drive ways.

Housing

- Age- Older heritage buildings, Victorian homes , as well as new homes
- Upkeep- well maintained
- Single family/multifamily- both available
- Size and condition of property- properties range from small to spacious yards, to downtown city blocks
- Are there children or mainly older population- very large older population, as well as young families, and middle aged families
- Rented or owned – both available, downtown has rented apartments as well as family homes in the oddest spots
- Many properties for sale- lots of new condo buildings for sale as well as many sighted for sale signs on houses in the area as well as lots of for rent advertisements
- Parking- The downtown core has metered parking on the streets, and a few green P parking lots at no charge, Businesses have parking behind their stores as well, and parking behind buildings downtown for renters, the outer area neighborhoods have parking on the street and private drive ways.

Places of Worship

Lots of churches in the area all denominations, Catholic, Anglican, Baptist, United

Park and Recreation

- Arenas- 2 adult recreation centers and seniors activity center
- Parks- many parks in neighborhoods, Park like setting in downtown area
- Clubs- Yacht club, Golf clubs
- bicycle paths- not visible downtown
- boats/marinas- yes there is the Port hope Marina

Common areas

- clubs- square dance clubs, dancing instructions but not any nightclubs visible
- bars- pub like bars with some being wheelchair accessible- website stated
- dancing- see clubs
- walk paths- over 200 acres of trails and parklands
- bicycle paths- over 200 acres of trails and parklands
- theatres- Home of the Capitol Theatre

Stores

- Grocery- Metro, Foodland, Independent grocer, no frills, fresh co, valuemarts
- Pharmacy- independent pharmacy as well as big chain- shoppers
- Hardware- many different hardware stores from individually owned to Rona. Home hardware
- Boutiques- many specialty stores that are individually owned and unique in the downtown core, many antique stores-well known for the PortHope area
- Box stores- many in outer area not directly downtown, MacDonald's, no Walmart
- Privately owned vs chain? Most businesses in downtown core are privately owned, there are corner stores in neighborhoods which are privately owned, many restaurants are privately owned
- Maintained well ; not so well ; vacant- All maintained very well, not many vacant storefronts I only saw 1.

Transportation

Bus- Transit is readily available however the hours of operation are not very good-Mon to Fri -7 am to 8 pm and Sat 9am-4pm no service on Sunday or Holidays makes transit difficult, Transit does hit medical centers available. Price is 2.00 for adults and 1.50 for children and seniors and preschoolers are free

Bicycle- No visible bike parking however there are many trails available

Cars- lots of traffic

One way- never observed any one way streets while I was there

Parking for cars- lots of parking on streets and free parking lots available

Racks for bicycles- none noticed in any area

Condition of sidewalks for walking, wheelchairs?- not too good for wheelchairs- you are at the mercy of homeowners and business owners to shovel. Many sidewalks were maintained but many were also full of snow

Condition of roads- downtown not so bad plowed- the outer areas not plowed many had snow and were slippery

Police and fire

- Presence?- Saw police car downtown there is a police station close to downtown as well as 3 fire stations that provide services for Port Hope
- Absence?

Communications- none observed

Social Services?- Big Brothers and big sisters, Northumberland child development center, second Helpings, Service Coordination For Children And Youth Of Northumberland County, Salvation Army, Access Community services, Community Living, Christian Horizons, Northumberland family respite services, Wrap around Northumberland, Fair Share, Port hope Community Health Center, Highland Shores Children's aid, Port Hope Medical center and walk in clinic, Pine ridge health unit, Northumberland Hills Hospital is a 10 minute drive from Port hope.

Demographics

- Diversity in ethnicity
- Large younger population
- Middle class
- Presents of elderly people
- Aboriginal community

Industries

- Food
- Bars/clubs
- Furniture
- Banks
- Specialty shops
- Antiques
- Fishing
- Bed and Breakfasts
- Community Fairs and festivals

Health/Funeral Homes- 2 main funeral homes and 7 cemeteries are available

- Naturopath
- Dentists
- Chiropractic
- Hearing aid
- Dentures
- Optical

Politics- Chamber of Commerce, heritage Port Hope, Town Hall, Service Ontario

Summary

- **Your assumptions**
 - Downtown core is easily accessible
 - Variety of different shops that appease different populations and economic status from wealthy to middle class as well as programs to have community dinners
 - Very tightknit caring community rallying together to care for the less fortunate
- **Strengths**
 - Even though structures are old, they are well maintained
 - Lots of variety of stores, and festivals that bring people to Port Hope
 - Lots of Community services available to help less fortunate
 - Traffic lights at all stops making it better for traffic and pedestrians
 - Lots of garbage cans and great free parking
 - Lots of trails and paths for leisure
- **Gaps**
 - Most sidewalks were well maintain, but there were some still snow covered and icy , as well as the streets
 - Not all wheelchair accessible and apartments above stores aren't wheelchair accessible
 - No major grocery store in downtown core but many in the neighborhoods
 - Bus hours not very good
 - No close hospital for residence must drive to nearby town to get to it

3. Goal of the project

The main goal of our project is to complete and submit a Grant Proposal with research evidence to The Women's College Hospital with the hope of obtaining a \$75000.00 grant to fund the pilot project of The Community Activator Role by March 1st, 2014.

4. Objectives

1. To discuss which mental health programs would have maximal effects on the specified community with evidence based documentation
2. To understand the importance of programs implemented into mental health and support the programs through the greenwood coalition
3. Gather appropriate research information that will be useful in writing the grant proposal and future grant proposals by maintaining a evidence based documentation log for Greenwood coalition
4. To understand the prevalence of mental health issues in the low income population and use the information in the grant proposal
5. To discuss the connections between mental health and socioeconomic status
6. To understand how nurses can be used in the system of homeless shelters and people in low income situations and how the GCCAP project can help pull it all together
7. To obtain Funding for the GCCAP project
8. To initiate the Pilot program of the Community Activator with the hope of its continuance and ability to be piloted in other communities.

5. Resources

- **Potential**

- More volunteers
- Women's college hospital grant
- Community fundraising

- **Available**

- 330 Volunteers
- Church Groups
- Trent University Support- Student Project
- Trent Library- Research

- **Internal**

- Volunteers
- Community Outreach Worker
- Surplus fundraising \$\$
- Art/music programs available
- **Trent University Students**

- **External**

- Donations**

- Municipality of Port Hope
- Port Hope district Health care foundation
- Cameco Corporation
- Rotary Club Of Port Hope

- TD Canada Trust

6. Constraints

- Time sensitivity- Proposal due March 1st 2014
- Research- Finding the most effective articles to support our cause
- Money-if grant proposal is rejected where do the funds come from?

7. Possible Strategies

- Meetings with Project organizers to discuss proper mental health programs to keep the project on the right track
- Research and present articles on the decided topics to focus on for the grant proposal
- Research an abundance of articles focusing on mental health and keeping an article log for Greenwood coalition for future grant funding
- Attending meetings with the project team to write the grant proposal
- Find other funding resources available if needed

8. The Chosen Strategy

The strategy chosen by our Project group contains an abundance of research to focus on obtaining the Women's College Hospital grant. We have chosen a previous project that succeeded in a different area of health promotion and decided to use that health model strategy to implement our GCCAP project for the community activator role pilot program. Our strategy involves close communication with our project group to stay on task so that the deadline of March 1st, 2014 is reached without incident.

9. Monitoring

- Most of the monitoring for this project has been done by measuring results of actions taken, we must have the proper amount of documented evidence to succeed in the writing of the grant proposal
- Our team has made a decision to get as much documentation as possible to complete the grant proposal as well as keep extra documentation in a binder for future use if needed
- All documented results are summarized and sent to our preceptor Cyndi Gilmer, who is the leader of our grant proposal team
- Weekly meetings are set up to monitor how much results we have obtained and what specific areas of research should be focused on more

10. Reporting

- All reporting has been accomplished through email and face to face meetings

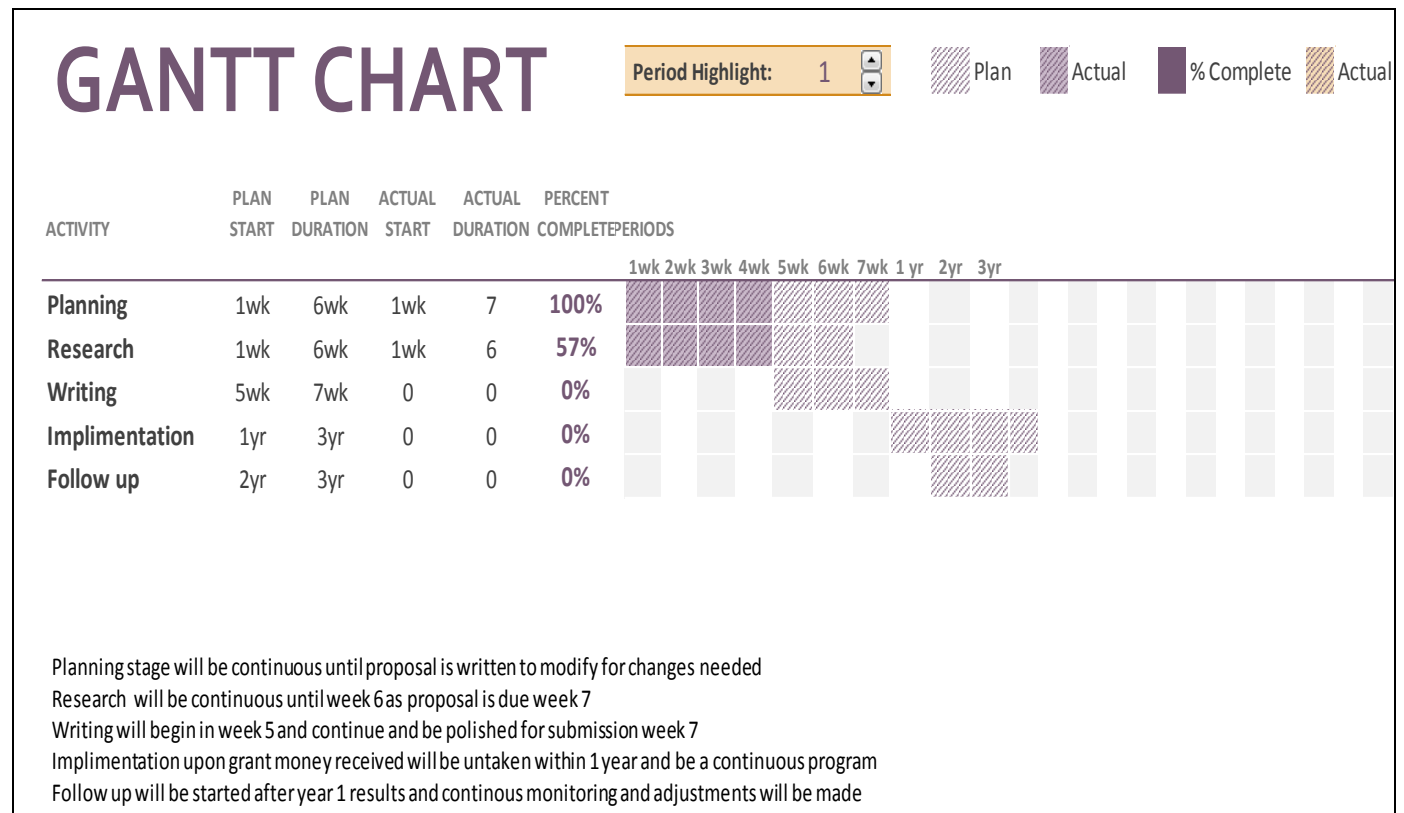
11. Evaluating

- For our project Cyndi Gilmer has done the evaluating of the research information that is being supplied by the research team (Stephanie and Dawn)
- We are evaluating our actions by measuring our accomplishments and setting new goals or improvising to meet the deadlines established

12. Future Goals

Since our main project will be finishing by March 1st, 2014, Stephanie and Dawn have decided to get involved with the Greenwood Coalition by attending their Community Dinners to be introduced to the Community. We have also decided to seek out an additional project to help focus our remaining time with the Greenwood Coalition. Some of our ideas are to maintain a binder of documentation, attend and get involved with community dinners and see if there are any areas of focus that we can get involved in to promote health teaching to the community through Greenwood coalition. We have also started to find ways to help them get their Music Therapy program off the ground with the help of some great musicians who have generously donated some musical instruments.

13. GAANT CHART



Project Goal: complete and submit a Grant Proposal with research evidence to The Women's College Hospital

Resources

- Greenwood Coalition
- Trent University Library
- Coordinator
- Women's College Hospital
- Community Supporters

Activities

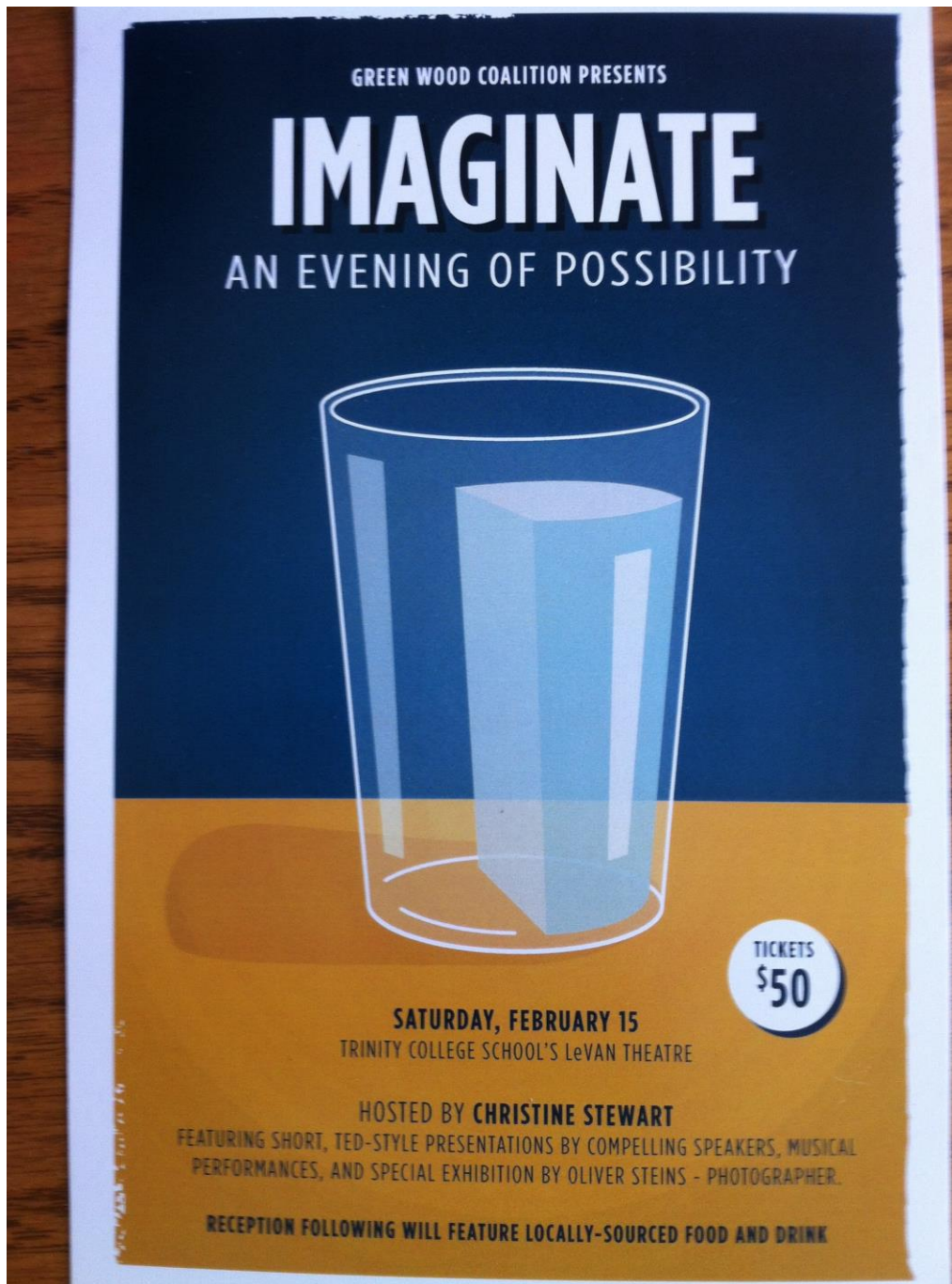
- Research
- Information on art and music therapy
 - Information on prevalence of mental illnesses
 - Information on connections between mental health and socioeconomic status
- Writing of the Proposal
- Have enough time to write the proposal
 - editing the proposal
 - group meetings to keep everyone updated and on track

Outputs

- Research
- Appropriate research found that gives evidence towards the goals of obtaining funding to benefit people with mental illnesses
- Writing of the Proposal
- One written proposal that has been edited and approved by all people involved and submitted by March 1st.

Outcomes

Have a proposal written and submitted to the Women's College Hospital for funding hopefully received by the fall. The funding can maintain the programs Greenwood has as well as adding more beneficial programs for the selected population. The funding will allow Greenwood to expand and help more people in need.



IMAGINE: AN EVENING OF POSSIBILITY

Christine Stewart Your Host, Humanitarian, Former Federal Cabinet Minister

Charles Spearin Juno Award-Winning Musician, Broken Social Scene

Joel MacCharles Food Blogger, Writer, Cook, www.wellpreserved.ca

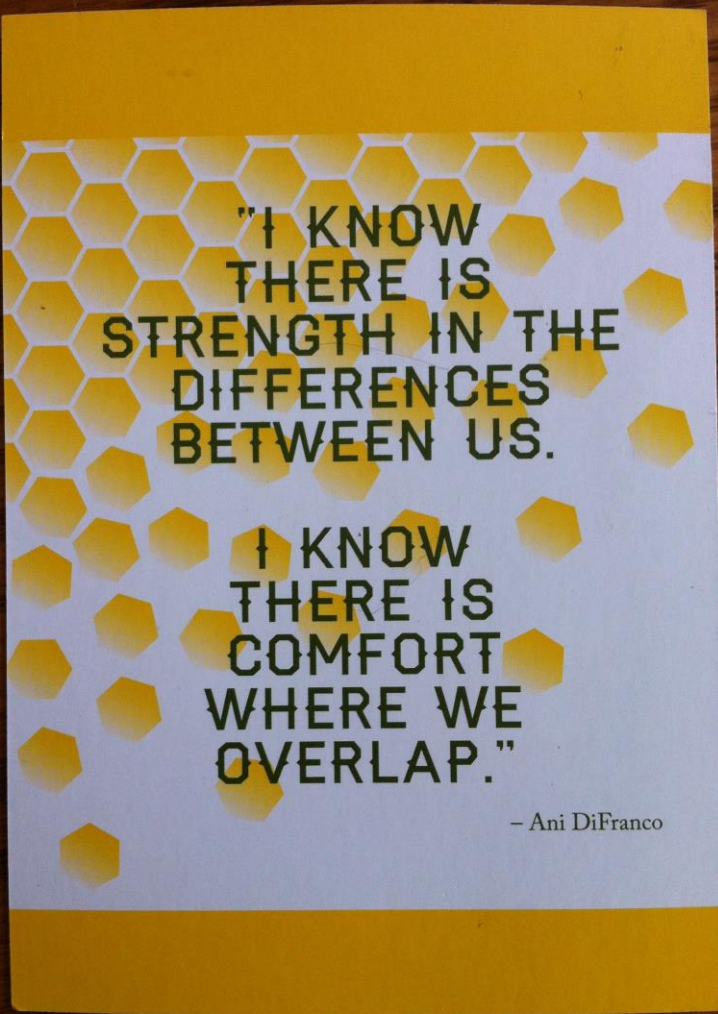
Ralph Torrie Environmental Innovator, Sierra Club of Canada

Peggy Shaughnessy Founder – Redpath Social Network for Mental Health / Addiction

Bridget Campion Researcher, Bioethicist, University of St. Michael's College

Shari Beaver Indigenous Adventurer, Trent University

Green Wood Coalition provides shoulder-to-shoulder support that allows people to reach their potential, through community-based initiatives in Port Hope, Ontario. For information or to purchase tickets, visit: greenwoodcoalition.com



**"I KNOW
THERE IS
STRENGTH IN THE
DIFFERENCES
BETWEEN US.**

**I KNOW
THERE IS
COMFORT
WHERE WE
OVERLAP."**

– Ani DiFranco

Green Wood Coalition would like to thank you

This community has supported and encouraged our efforts among people who struggle with the effects of poverty.

Together, since 2006, we have provided:

- 16 Sets of dentures
- 1,080 Nurse Practitioner visits
- 300 Rides to appointments
- 140 Foot care treatments
- 460 Hours of art studio time
- 970 Square feet of garden space
- 15,450 Delicious, free meals
- 4,760 Hours of on-the-street outreach

Countless lives made better together

Green Wood Coalition is a Registered Charity. We'd like to build a base of sustainable funding rooted in the community.

If you'd like to support our work you can send a donation to:
Green Wood Coalition P.O. Box 61, Port Hope ON, L1A 2Z2

Learn more at:

www.greenwoodcoalition.com or follow us on Facebook
info@greenwoodcoalition.com