



**Best Start Network  
Summary Notes  
Friday, October 18, 2013  
1:00 p.m. to 3:30 p.m.  
The Waterfront Centre**

**Present:** Karen Davis, Grace Mater, Jodi Guilmette, Judith Bishop, Karen Calligan, Shawn Chisholm, Laurel Cooke, Andrew Debicki, Ruth Doherty, Marni Flaherty, Paula Forbes, Ivana Fortino, Rocco Gizzarelli, Matt Goodman, Aisling Higgins, Paul Johnson, Shirley McCoy, Colin McMullan, Rachelle Moore, Dina Phillips, Lorraine Robinson, Wanda St. Francois, Marion Trent-Kratz, Cheryl Velenosi, Janis Webster

**Guests:** Suzanne Brown, Zsuzsi Trim, Jacqui Candlish, Mahmood Mirza

**Regrets:** Brenda Bax, Karyn Callaghan, Debbie Crickmore, Sgt. Harold Harris, Don Jaffray, Lisa Kiriakopoulos, Bonnie Buchanan, Laura Lukasik, Lita Barrie, Debbie Myers, Jane Soldera, Sharon Stephanian, Ruth Wells

	<b>Agenda Item</b>	<b>Discussion/Decision</b>	<b>Action</b>
1	Welcome/Introductions/ Review of Meeting Notes/Declaration of Conflict of Interest	Karen Davis, Vice-Chair of the Network, welcomed everyone to the meeting. Debbie Myers, Chair is presently on holidays. Karen indicated we have a guest today – Suzanne Brown from the City of Hamilton’s Neighbourhood Development Strategies. Round-the-table introductions were made.  There were no conflicts of interests noted.	It was <b>moved</b> by <b>Wanda St. Francois</b> and <b>seconded</b> by <b>Shirley McCoy</b> to accept the minutes as circulated. Approved
2	Neighbourhood Action Plans Presentation (Suzanne Brown, Manager of Neighbourhood Development Strategies & Paul Johnson, Director of Neighbourhood Development Strategies)	Paul said that he and Suzanne are pleased to be here today to provide an update on the Neighbourhood Development Strategies. He indicated many BSN members are involved in the initiative through the work that is happening in the communities and several agencies are host to one of the Community Development Workers (CDWs). Best Start is an investor in the neighbourhood work and the Hamilton Community Foundation (HCF) is a funder. Paul stated that on October 2 <sup>nd</sup> , a report went to City Council to update them on the progress of the initiative. This is the first year of reporting on the implementation of the plans that were developed for the neighbourhoods. They are proud of the plan development, however, the implementation is where the initiative will be judged. One copy of the Annual Report of the Neighbourhood Development Strategy was provided	Please see the attached presentation slides for additional information.

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		<p>per table. The Report is also available on the City’s website at <a href="http://www.Hamilton.ca/neighbourhoods">www.Hamilton.ca/neighbourhoods</a>.</p> <p>Paul provided information on the Hamilton Neighbourhood Study. It is a longitudinal study that is being conducted by McMaster University through door-to-door surveys. They are hoping to follow participants for 10 years at 2-year intervals. They have chosen to take a strong approach to evaluation. He indicated that they have learned from the experience of other communities. The Toronto Strong Neighbourhood Initiative stated they wished they had been as thorough with their evaluation component as they are now backtracking.</p> <p>Paul indicated it is the actual tenant they wish to engage. The evaluation team, led by Jim Dunn from McMaster University has been very successful in engaging tenants. There have been some challenges with one-off structures whereby superintendents may not allow them to speak to the tenants. One-quarter of the population is being evaluated in some cases. The intent is to follow- up on those that leave the area as well as those who remain. The cohort of 2000 participants will remain the same. The evaluation team and has completed this evaluation process in Toronto and one other jurisdiction. Paul commented that the evaluation itself has been an engagement strategy.</p> <p>Paul outlined several highlights regarding the survey. Translation level is high. It was a 6-to-8-month process to develop the questions. The information they are obtaining from the surveys is good information to have for the long-term. It is based on work in the UK.</p> <p>Code Red has labelled neighbourhoods and this is upsetting to the people who live in those neighbourhoods. Generally, people are very satisfied with the neighbourhoods in which they are living. A random survey showed that some people have lived in their neighbourhoods for 40 or 50 years. It is a bit of a myth that people want out of their neighbourhoods. In the Stipley neighbourhood, people stated they feel safe in the day and this drops off in the evening. There was not a lot of difference for affluent areas of the city. There is a feeling of less personal safety in the dark in communities.</p>	

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		<p>Paul stated there is almost always a direct correlation in terms of a neighbourhood’s priorities and what is happening in the neighbourhood.</p> <p>Suzanne indicated she has been keeping a travel log of activities and events in the neighbourhoods. It has been almost 2 years since the neighbourhood initiative began.</p> <p>She shared a number of stories. Projects have included summer camp programming, starting a soccer league, neighbourhood safety project, community garden, commitment to capital improvement, etc.</p> <p>The Community Development Workers (CDWs) work with the residents in the neighbourhoods that are part of the initiative. Hamilton Community Foundation funded 4 Community Development Workers, and Best Start funded an additional Community Development Worker. Community development and planning is the foundation of the work that is completed and would not be possible without the CDWs.</p> <p>The CDWs meet with residents in their neighbourhoods, cafes, resident homes, community parks, etc. They have learned throughout the process that they need to make things fun for people. In the Stinson neighbourhood when they completed asset mapping, they booked the community centre gym, put up displays, provided leaflets to all the homes promoting the event, etc. A total of 71 residents came out of a possible 700. The planner was ecstatic with the numbers, however, the residents were disappointed thinking it was a low turn-out. Suzanne indicated they have held barbecues where 350 residents have participated.</p> <p>Another example of community planning is when they were looking at a park redevelopment in the Stinson neighbourhood and placed posters on the fences for the residents to add their comments on what they envisioned for the park.</p> <p>Suzanne indicated that each aspect has a work plan with actions outlined and a timeline. Every action has a resident attached to it, otherwise they do not move ahead with the action. Sometimes City staff want to begin a specific project and if there isn’t a resident attached to it, they will work with the CDW to see if they can get a resident interested so they can get the project started.</p>	

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		<p>The Neighbourhood Action Plans have been presented to Council. Hundreds of people came to hear the first 4 presented. There was a lot of pride from the residents and it was the residents who presented the plans to Council.</p> <p>Suzanne stated everyone has an asset to bring to the table. An 8-year-old boy growing a garden connected with neighbours and encouraged others to begin a garden.</p> <p>City staff in the area of Information Technology wanted to be part of the neighbourhood strategy. They raised \$15,000 and leveraged with Sport Check. They gave out 10 bikes to families, one in each neighbourhood. It was a wonderful event at Sport Check – staff were outside to greet the families and the families came and took away the bikes on the HSR buses.</p> <p>In one neighbourhood, they began an Extreme Park makeover. Public Works helped with the park clean-up and wanted to get involved in something larger so they got involved with Carter Park. They cleaned up the park, painted fences, trimmed hedges, painted a mural on the shed. A total of 100 people participated. People signed up for a community garden. The ownership in the community is going to sustain what is completed. There was a miscommunication and the shed which was painted was cited by someone as graffiti and the City staff painted over it. They immediately apologized to the planning team and learned they needed to refine the process so this won't happen again in the future.</p> <p>In the Sherman and Keith neighbourhoods, there were roofs and walkways in need of repair that homeowners were unable to afford. They started a job skills training program – a 26-week construction training program so people could gain meaningful employment. The Graduation was yesterday. It was a \$500,000 project. There was one resident whose home was assessed and the shed on the property was deemed unsafe. The City requested the homeowner tear it down, so she applied to the project as health and safety was one of the top funding priorities. The shed was taken down, a new shed built and they even put in a new fence and garden so she would be in compliance. The resident commented they were a 'hard hat army of angels' and she is now attending her Association meetings and getting actively involved in her</p>	

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		<p>neighbourhood.</p> <p>The Victory Garden project grows organic foods, supplies food banks, etc. The Beasley Badger is a mascot and symbol of the Beasley neighbourhood. Brandon, CDW, has a badger costume that he now wears to events.</p> <p>In October, the Annual Report was presented to City Council. It was a time of celebration of the work that has been completed and the successes. They are now in the implementation stage where actions of the planning teams are being tracked. It is a way of tracking accomplishments and sharing inspiring stories.</p> <p>Suzanne stated that the residents don't like to hear the term, 'Code Red' being used to describe their neighbourhood. Media continues to outline the negative news stories. Residents are more successful in getting their good news stories in the paper. They send their stories into the paper and invite the media to special events, etc.</p> <p>Paul stated that the comment they often receive is 'great work, how come you are only doing it in 11 neighbourhoods?' Council members have indicated this is a model we should use to connect neighbourhoods throughout the city, taking an asset-based approach. The first step is around gaining interest and momentum in the neighbourhoods prior to looking at the bigger issues such as change in policies, etc.</p> <p>Paul asked Network members to share other things they are involved with outside of their service delivery that supports neighbourhoods.</p> <p>Janis stated that Umbrella Family &amp; Child Centres host Neighbourhood Nights twice a year where children, families, community partners, school and centre staff share what is happening in the neighbourhoods. It is one hour in length and all individuals are equal players in the discussion including the kids.</p> <p>Marni indicated there are 70 kids they receive grants for in the summer to be part of enhancing camp programs and through OYAP.</p> <p>Paul stated that across neighbourhoods, employment is a priority. Families are worried about the prospect of employment for their kids.</p>	

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		<p>Karyn indicated Mohawk College has allotted space at the college for a community garden. People can take on a lot and care for the garden on their own.</p> <p>Judith cited numerous examples that are happening with the HWDSB. There is a screening for vision issues in 5 high needs schools which is led by a physician at McMaster. This led to a mobile bus which conducts vision screening. The vision screening is free, however, families have identified the importance of having this available in their neighbourhoods. Nine high schools have Alternative for Youth (AY) Workers. Sir Winston Churchill School has a centre where there is an AY worker, PHN and student worker. There is a Nurse Practitioner Project in both the Catholic and Public School Boards where a nurse practitioner is available for ½ day a week in each Board. This is linked to the Family Health Teams (FHT). Judith indicated that 30% of students at Sir John A. MacDonald do not have a doctor. There is a link to psychiatry and getting kids in mainstream services. There is student involvement in getting kids to clean up neighbourhood parks such as Beasley Park. There is also a pollution study, students involved in food drives, a soup feast and collection of soup for the entire community, etc. Nursing students from the School of Nursing have done population health studies. Every summer, the Board receives funding for 90 students to work in summer camps and receive support on resume development, etc.</p> <p>Laurel indicated the Family Health Teams (FHT) – individual practices that are part of the FHT - are identifying needs in the community. A nurse in Stoney Creek put together a program for teens that provides mentorship and a peer support group. A nurse in Rosedale put together an eight-week program for seniors.</p> <p>Paul stated that Councillor Merulla put out a Community Citizen Award for Ward 4. Shawn indicated that both children’s protection agencies assigned protection workers with one of the FHT practices.</p> <p>Rocco stated that the Catholic CAS has social workers placed in equal opportunity schools as a way of breaking down barriers regarding protection concerns. Laurier University is a partner and conducting research in this area.</p>	

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		<p>Andrew indicated that the Wraparound Program has an executive comprised of residents. It is about getting back to their community and hosting book and clothing shares; connecting people to the neighbourhoods.</p> <p>Judith stated the Public Board also has a community use of school funding that provides the use of fields at low or no cost by community groups. They have a protocol where 20,000 hours of free gym time is provided to the City and, in turn, the City provides the school boards with ice and swimming time. Playgrounds are open to the public and green space is available. All new schools have double gyms with kitchens. In one of the new schools, the double gym/kitchen is separated from the school, so community groups, etc. can use it more readily in the evenings/weekends, etc. Oasis is a program for kids with trauma and to support the refugee experience. Neighbourhood offices are provided in the schools through the Community Child Abuse Council (CCAC). The school is being viewed as the hub of the neighbourhood.</p> <p>Paul stated that some of the examples shared are ones he hadn't heard about before. He asked members to think about how their agency strengthens neighbourhoods. How do we, together, make this better for all families to work, play and learn?</p> <p>Paul offered a few closing thoughts. When looking at the physical environment, make sure it is a positive space in the community – is the grass trimmed, are there weeds coming up, etc? One industry had 100 living-wage jobs available, so they worked at getting people into those jobs. If you have access to community space, is there a way to get more people using the space for short periods of time so they can become more purposeful spaces.</p> <p>Paul thanked us for giving them the chance to provide an update on the initiative and to talk through a number of ideas with us.</p>	
3	Hamilton Bike Helmet Presentation	<p>Karen introduced Zsuzsi Trim and Jacqui Candlish from the City of Hamilton, Public Health Department who are speaking to us today on the Hamilton Bike Helmet Initiative.</p> <p>Zsuzi indicated that the Hamilton Helmet Initiative (HHI) is a group of stakeholders committed to preventing brain injury by supporting access to helmets and</p>	For a hard copy of the presentation slides, please contact Joyce.

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		<p>educational/skill building programming. Presently they have 15 to 18 partners. The Initiative has been in place for 11 months and a website was launched with the support of McMaster Children’s Hospital. Please visit <a href="http://www.mcmasterchildrenhospital.ca/hhi">www.mcmasterchildrenhospital.ca/hhi</a> for more information.</p> <p>Zsuzi stated that falls are the leading cause of ER visits for children 0 to 4 years. There is access to helmets through school helmet campaigns. They encourage modelling of safe and appropriate use of helmets by all family members. They are presently using a train-the-trainer model as a way of spreading the message. The next step of the initiative is to bring helmet use into early learning environments.</p> <p>Mahmood Mirza, representing the Canada Helmet Initiative and Seven Star Sports, joined the meeting. Mahmood discussed the different types of helmets from those strictly for bikes and others that can be used for multiple sports such as bikes, skate boarding, etc. He can forward information on helmet composition if we are interested.</p> <p>It was identified that the intent is to create a culture of change beginning with children wearing bike or multi-purpose helmets at a young age. They wish to create momentum so kids will want to participate in sports. They are trying to raise funds so they can help ensure kids have access to tricycles, bikes, etc.</p> <p>Jodi asked whether there was a similar initiative for older kids as they tend to feel wearing helmets isn’t cool. The Initiative has focused on the elementary ages and they are beginning to get into the high schools. The newer thrust is targetting 0 to 6 years.</p> <p>Janis indicated that as a child care operator, one of the dilemmas faced is the importance of having a properly fitted helmet for each child and the storage of the helmets.</p> <p>Zsuzi indicated that they are conducting some pilots with the two school boards in the Parent &amp; Family Literacy Centres and Full-Day Early Learning Kindergarten classrooms. There is one school in Stoney Creek where all the kids have to come to school with helmets provided by the parents. The helmets snap to the child’s backpack for storage and the HHI is there to support those families who can’t afford helmets.</p>	

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		<p>There was concern raised about the possibility of spreading lice if that is a problem within the centre/school. Public Health indicated there is a low possibility of catching lice from children using the same helmet.</p> <p>Zsuzi asked us to consider helping them to promote access to helmets for those children who aren't in school yet and to look at ways helmets can be used in child care programs. We are also in a position to bring the information to parents through sharing their promotional materials.</p> <p>There are forms available on the website that the parent can complete if they are in need of a helmet for their child and aren't able to afford one. They are able to ship to centres, not individual families. Part of the intent is to identify families who could benefit from the initiative without inferring any stigma.</p> <p>Grace stated they will send out the information electronically to centres. Support can be made available to centres through the Health and Safety funding provided to early learning and child care programs.</p>	
4	Updates	<p>The following updates were shared:</p> <p>Jodi reiterated that an e-mail was sent out this morning in regard to the upcoming open community focus groups to obtain input and feedback on the fee wait list strategy. Jodi asked that our November Best Start Network meeting would essentially be focussed on the wait list strategy and that the Child Care Working Group had also been invited to the November meeting. Members were asked to forward the invitation to other professionals within their sector that might be interested in attending a session.</p> <p>A draft Terms of Reference for the Network was forwarded to members earlier in the week via email. Members were asked to provide Jodi with any comments/feedback regarding the minor changes that had been made to the document. Jodi advised that no comments had been received.</p> <p>Jodi mentioned that the Best Start Work Plan will be brought back to the Network for</p>	<p>It was moved by Marni Flaherty and seconded by Andrew Debicki to accept the revised Terms of Reference as presented.</p> <p>An information update</p>

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		<p>review. They are in the process of revising and updating the work plan with the intent that it will align with the Best Start Strategic Framework and priority areas identified. It will also tie in with the 4 themes outlined in the Early Years Community Plan.</p> <p>Paula reminded members that the Young Parent Conference is quickly approaching in early November. The flyer was forwarded to BSN members through Joyce.</p> <p>Marni mentioned that if your organization hasn't purchased a table for the Opening Hearts event on the evening of October 25<sup>th</sup>, you may wish to consider doing so. Today's Family is holding the charitable status for the event.</p> <p>Janis stated that the Umbrella Family &amp; Child Centres is celebrating its 25 year Anniversary on October 30<sup>th</sup> which is also known as National ECE Day.</p>	<p>on the standing committees will be forwarded through Joyce to members.</p>
5	Adjourn	<p style="text-align: center;"><b>Please note:</b> Next Meeting is scheduled for:  <b>Friday, November 15, 2013</b>  <b>1:00 p.m. to 3:30 p.m.</b>  <b>The Waterfront Centre, 555 Bay St. N., Hamilton</b></p>	