



Community Social Plan

Proposed for the
Powell River Region
September 2016

Prepared for:



POWELL RIVER
REGIONAL DISTRICT



Tla'amin First Nation
SLIAMMON FIRST NATION

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"Where common memory is lacking, where people do not share in the same past, there can be no real community. Where community is to be formed, common memory must be created."

—Georges Erasmus, Dene Nation, co-chair of the Royal Commission on Aboriginal Peoples

EXECUTIVE SUMMARY

Social Planning is a proactive approach to social development that breaks down large, complex issues into manageable solutions, creating a platform for change that improves the quality of life for all citizens.

Our community is changing.

Now is the time to be strategic about social planning. Historically, Provincial and Federal governments took the lead in social programming. However, in the last few decades, funding has eroded in areas of community health, cultural programming, children's services, transportation subsidies, housing grants, etc. This has forced local levels of government to strategize on how to fill the gaps and ensure their citizens have all the services they require to thrive.

We can observe from other communities (and even countries) that without a deliberate, forward-looking Social Plan in place, decisions and policies will be driven by short-term economic interests. This reactionary approach to decision-making costs more in the long run, increases the gap between rich and poor, and leads to poorer social and economic outcomes for communities. Our region has an abundance of assets from which diverse community members make a good life for themselves and their families. However, we are experiencing rapid change, both economically and demographically. By working more strategically and more collaboratively, we can do an even better job of making sure all people living in this region are thriving, and that our growth is sustainable.

This proposed Community Social Plan is the culmination of extensive community engagement (including a community conference), the results of which were integrated with other locally-generated information as well as provincial, national, and global research. After analysing the combined information, key themes emerged and were organized into ten interconnected chapters, arranged in order from broad-reaching to more specific topic areas.

There is significant overlap among the recommendations offered, as addressing root causes can effectively contribute to alleviating a number of social challenges. Each chapter includes detailed information and specific recommendations. Implementing these recommendations in a timely manner can help us reach the overarching goals identified in the following overview:

Chapter One: Collaborative Leadership

Where we are now: There are three governments in this region, working collaboratively but with distinct mandates. Social policy has traditionally been under the purview of provincial and federal governments, but social issues are increasingly getting downloaded to a community level.

Goal: The City of Powell River, Tla'amin Nation, and Regional District governments collectively convene a Social Action Planning Advisory Committee (SAPAC) and hire a Social Planner to create a comprehensive Social Action Plan, by December 31, 2016.

Chapter Two: A Home for Everyone

Where we are now: Vacancy rates are shrinking, rental and ownership prices are rising, and information from realtors and other experts suggests our population is rising. Stable housing is becoming increasingly difficult to find, particularly for our most marginalized populations.

Goal: Everyone living in this region has stable housing by 2020.

Chapter Three: Making Ends Meet and Working Well

Where we are now: Global research is clear that the gap between rich and poor is a much more accurate measure of community wellbeing than gross domestic product (GDP) or economic growth. When the gap shrinks, poverty rates improve and quality of life increases across the board. The provincial trend demonstrates a steady widening of the gap between rich and poor, and we can assume Powell River's trend is similar.

Goal: Actions to alleviate poverty and income disparity are prioritized, and the documented gap between rich and poor begins to shrink by 2018.

Chapter Four: A Good Start

Where we are now: Recent Early Development Instrument (EDI) scores showed 34% of five year olds in our area were vulnerable in at least one of the following categories measured: social competence, physical health and wellbeing, emotional maturity, communication skills, language and cognitive development. This rate is above the provincial average of 32.5%, and demonstrates that 1 in 3 children are vulnerable. It also reflects an increase in relation to our own score of 31% only three years ago.

Goal: EDI scores improve by 5% for five year olds in all areas of this region by 2018.

Chapter Five: Feeding Ourselves

Where we are now: We have the capacity to produce or harvest most of our food needs locally, and there is a movement towards enhancing food security for our region, but an estimated 95% of our food is trucked in from elsewhere. This leaves us vulnerable to outside forces, and carries a large environmental impact.

Goal: By supporting local food production and harvesting, decrease the percentage of food being trucked into the region to 85% by the end of 2020, with a plan in place for a continued decrease.

Chapter Six: Getting Around

Where we are now: Citizens are eager for expanded public and active transportation options and some initiatives are already underway. However, outlying areas have infrequent public transportation services and our roadways are designed primarily for use of private vehicles.

Goal: Adopt a region-wide Complete Streets policy by the end of 2016, with plans for gradual implementation beginning in 2017.

Chapter Seven: Health and Wellbeing

Where we are now: Many people live in this region because it is conducive to a healthy lifestyle. When health challenges do arise, early attention can enhance resiliency. The local Division of Family Practice estimates that 12% of Powell River residents are unattached to a family doctor as of summer 2016—a problem compounded because our senior population is significantly higher than the provincial average.

Goal: All people of all ages who live in this region are attached to a family doctor by 2020.

Chapter Eight: Parks and Recreation

Where we are now: The region's natural beauty is one of its greatest assets, and getting outside and being active is a known contributor to quality of life. Existing barriers impeding access to parks and recreation opportunities include cost, accessibility, and transportation.

Goal: All people in the community, regardless of income or location, will be able to access the community's parks and recreational activities.

Chapter Nine: Arts, Culture, and Heritage

Where we are now: Our region has an abundance of art and opportunities for artistic and cultural expression, but they are not equitably distributed among all. Research shows that creative sector spending is a sound economic local investment.

Goal: Allocate a percentage of government revenues for the arts, culture, and heritage sector in our region. (As an example, the City of Nelson allocates 3% of all building permits to support public artwork.)

Chapter Ten: Social Cohesion

Where we are now: Communities with high levels of social cohesion are more resilient. Populations within our region that continue to experience difficulty accessing social offerings are seniors, people with low income, and people without reliable transportation. Other areas in which this region can improve social cohesion are relationship-building among Indigenous and non-Indigenous community members, and integration of newcomers into community life.

Goal: Local governments collaborate empower citizens and groups to offer a series of free and accessible events in which knowledge and practices are shared, such as neighbourhood block parties. These events will be widely promoted, and address childcare and transportation barriers.

Additional specific recommendations by chapter can be found throughout this proposed Community Social Plan which when taken together will contribute to a comprehensive social policy for this region. An extensive list of resources and information that informed this plan can be found at the end of this document, including suggested ideas for sourcing funding.

"The good we secure
for ourselves is
precarious and uncertain
until it is secured for all of us
and incorporated into
our common life."
– Jane Addams

ACRONYMS

BC - British Columbia

CRC - Community Resource Centre

ECE - Early Childhood Educator

EDI - Early Development Instrument

ICSP - Integrated Community Sustainability Plan

NPO - non-profit organization

PRCFSA - Powell River Community Food System Assessment

RHA - Regional Housing Authority

SAPAC - Social Action and Policy Advisory Committee

UBCM - Union of British Columbia Municipalities

VCH - Vancouver Coastal Health

VIU - Vancouver Island University

INTRODUCTION AND OVERVIEW

What is a Community Social Plan?

Social policy is any decision made by a government agency, business, or organization which affects the wellbeing of the community; it can be legislative, regulatory, or visionary. A plan is a proposal for achieving or doing something. A Community Social Plan is a comprehensive and responsive document that ensures we are deliberate when responding to the many economic, political and demographic changes we are experiencing. It establishes productive partnerships, eliminates redundancies, conserves valuable resources, and identifies current assets and gaps in order to increase the quality of life for all citizens.

Failing to plan is planning to fail. Having a Community Social Plan will help this region to avoid some of the challenges currently being faced by other cities in our province. Too often we see and respond to social issues in a fragmented way, which exhausts our limited resources and neglects root causes. A Social Plan works to draw connections and paint a bigger picture, enabling various governments, organizations, institutions, and community members to work together more effectively. Through concerted efforts we will be able to ensure this community is a healthy place for all of us to live.

The process leading up to this report

This region has seen a wide range of projects—research and otherwise—emerge over the past number of decades, generating a wealth of important information documenting the experiences and perspectives of local people about the community they live in, and the community they would like to live in. In 2014, a community-engagement conference called Groundswell brought together many of these citizens, and led to a range of additional follow-up activities.

In the fall of 2015 the Powell River Diversity Initiative Society was awarded a Provincial Job Creation Grant to fund a project called Tapping the Groundswell (TTG), tasked to create a proposed Community Social Plan. TTG organized three different committees comprising original Groundswell members, local community leaders, heads of non-profit organizations, educators, public health professionals, elected officials, municipal staff, and concerned citizens. These three committees worked to identify pressing social issues, create an engagement strategy and to host a second conference. The TTG team collected and analyzed information from the public engagement, committee work, and conference feedback, organizing it into the key topics found in this report.

How to read and use this proposed Community Social Plan

The intention of this proposed Community Social Plan is to pave the way for those developing and implementing social policy in this region. Thus, this document is a set of recommendations—based on community-wide consultation, engagement processes, and extensive research—which may guide policy-makers as they set to work establishing concrete targets and actions.

While the following ten chapters may appear on the surface to be distinct, it becomes clear with a closer look that they are indeed *all* interconnected in important ways.

The chapters are organized in such a way that one topic leads to the next, and they progress from broad population-based issues to more specific areas that foster wellbeing within communities. The first, *Collaborative Leadership*, addresses the key finding of this research: social issues require a comprehensive, region-wide approach and cannot be addressed in isolation. The final topic, *Social Cohesion*, encompasses aspects of all those that came before it.



Ideas that inform this Community Social Plan

Social Determinants of Health (SDOH): The SDOH have been widely accepted throughout Canada as a way of understanding the complex relationship between social and individual wellbeing. They include: income and income distribution, education, unemployment and job security, employment and working conditions, social exclusion, social safety network, health services, aboriginal status, gender, race, and disability. These determinants mirror concerns raised in our community engagement, and are reflected within each chapter.

Recent literature from Indigenous scholars, practitioners, and activists claims the SDOH inadequately address the particular health disparities experienced by Indigenous peoples in Canada. An important response to this critique is to ensure policies and initiatives are deeply informed by the experience, values, perspectives, and knowledge of local Indigenous community members from the very start.

Asset-Based Community Development (ABCD): ABCD is based on the work of John McKnight who in fact conducted research in this region several decades ago. It is deliberately capacity oriented (identifying and mobilizing assets that already exist), internally focused (cultivating local solutions and possibilities), and relationship driven (understanding that when people are connected, communities are stronger). Research shows that ABCD is an approach to community development that has longer lasting and more positive implications than a problem-centred, externally-driven approach. Since John McKnight's earlier work in this region, many successful local initiatives have utilized this approach.

Each chapter begins with **What It Means**, a brief description of its topic, followed by a section devoted to **Assets** within our community. Beginning with what *is* working well helps us to identify what can be leveraged in order to address the **Challenges** we are facing. Both the assets and the challenges sections in each chapter integrate local research with general trends from research outside of our region as a way of contextualizing the issue.

The bulk of each chapter is dedicated to **Recommendations**. The first recommendation is to create a Social Action Planning Advisory Committee (SAPAC) to work deliberately on social planning, drawing leadership from all three local governments, and creating an action plan using this document as a resource. Many of the recommendations are local action items which the SAPAC can work to implement, while some are lobbying or advocacy efforts working to adjust policy at the provincial or federal levels. We have identified these throughout the report as  **Actions** and  **Advocacy**. They are numbered for ease of reference.

It is suggested that ideas appearing in multiple chapters (marked with ✳) be given priority, as they have the ability to affect multiple issues and therefore have maximum impact when implemented.

Resources that contributed to the development of each chapter are listed with hyperlinks in the **Resource Tool** section found at the end of this document. These resources offer much more in-depth information, case studies, or examples offering further description for each chapter. In some instances, these hyperlinks are provided within the chapter text for those reading on screen. All links were accurate at the time of publication.

1. COLLABORATIVE LEADERSHIP

WHAT IT MEANS

Collaborative leadership means leaders from the public, private and civil sectors are working in integrated ways towards the vision of a healthy Powell River region for all. It empowers our citizens by engaging with them in the exchange of ideas and inspiring actions which are consistent with the wishes of the people, and ensuring resources are used as efficiently as possible, without replication.

GOAL: The City of Powell River, Tla'amin Nation, and Regional District governments collectively convene a Social Action Planning Advisory Committee (SAPAC) and hire a Social Planner to create a comprehensive Social Action Plan, by December 31, 2016.

ASSETS

The Powell River region is home to a large number of talented, engaged, informed and active community members. There is also valuable leadership within a variety of areas of influence in the region, including health authorities, educational institutions, private industry, retailers, tourism, the Chamber of Commerce, and existing social agencies.

In the fall of 2014, a new city council was elected in Powell River, joining Mayor Dave Formosa in forming a forward thinking team, guided in part by two important and transformative documents: the Integrated Community Sustainability Plan (ICSP) and the Economic Development Strategy. At the same time a strong group of Regional Directors were elected, and recently, after more than 20 years of negotiation, Tla'amin Nation entered into self-governance. Along with other leaders in the public sector, these three local governments are perfectly poised to work collectively and collaboratively with the private and civil sectors to help our region attain goals which will promote community wellbeing.

CHALLENGES and WHAT WE HEARD

Federal and provincial governments have traditionally been mandated to address social issues; however, in the past decades both levels of government have decreased their involvement, resources, and funding for delivering social services. This has created a need for local governments to take on leadership roles of social policy implementation. The City, Regional District, and Tla'amin Nation share many of the same challenges. Though our issues may need to be addressed a bit differently, there is expressed hope for enhancing collaboration among the three local governments, as well as a shared understanding and collective goal setting in order to affect positive change for all the region's citizens.

Our engagement revealed a widely shared perception of a lack of communication and cooperation among organizations, as well as a lack of centralized information and shared resources. This has resulted in replication of efforts, where a number of people have spent time, energy and resources addressing issues, but are working within silos where there is not enough cross-pollination of information. In the words of one city councillor, it is giving all the "usual suspects" a case of "meeting fatigue."

The community has expressed a need for a social policy framework *and* an entity tasked with identifying the gaps, connecting all the dots, and moving past communication into positive action.

RECOMMENDATIONS

According to the City of Powell River's 2013-2014 Strategic Priorities, the City needs to "be a leader in increasing our environmental, social/cultural, and economic sustainability" and must engage the community and build partnerships. Our research indicates that social issues are not confined within electoral boundaries and a regional approach is in fact necessary.

Collectively, all three levels of government have numerous committees addressing health and social issues across the region; coordinating efforts can help to maximize resources, reduce duplication, identify gaps, and enhance capacity.

We must build stronger relationships and collaborative partnerships among private, public, and civil sectors within the region to facilitate implementation of social policies that will create positive change in our region.

1.1 The Powell River Regional District, Tla'amin Nation, and the City come together to create a Social Action and Policy Advisory Committee (SAPAC), which will undertake initiatives to enhance the social wellbeing of the present and future residents of the Powell River Region. We will be referring to the SAPAC throughout this document. SAPAC should be the lead committee that represents the entire region for social issues; existing committees could be re-aligned as sub-committees under SAPAC to increase efficiency and enhance communication between groups. ✨ Draft Terms of Reference for this committee can be found as Appendix A.

1.2 The SAPAC will take as its first task the creation of an Action Plan, with targeted goals and timelines for the implementation of recommendations throughout this document. The Action Plan will include measurable indicators wherever possible.

We heard concerns from citizens that many plans are written but few actions are taken. Implementation requires human resources. We don't need "another report that sits on the shelf."

1.3 Employ a Social Planner who would work with the SAPAC to implement the Action Plan. ✨ A sample job description can be found as Appendix B.

In order to effectively lead, agencies must inform, educate, and promote new ideas in a cohesive way. An important way to do this is through an efficient and well organized website that the public can easily access. Currently there is an abundance of "white noise" (such as outdated sites, multiple points of entry, and misinformation) on the internet when trying to access and share important information about our region.

1.4 Create a centralized website (referred to herein as the Community Portal) where information valuable to citizens can be easily located in one spot. This would include information pertaining to healthy lifestyles, parks and recreation, children's services, seniors' subsidies, etc. Brand this site and put the branded link in a prominent place on all 3 local government's websites. In anticipation of its creation, we will be referencing this website throughout this report. ✨ A visual representation of this Community Portal can be found as Appendix C.

1.5 All three local governments should ensure that their existing websites are up to date, easy to navigate, offer pertinent information, and link efficiently to one another.

1.6 Working with the SAPAC Social Planner, implement a digital strategy that helps various community organizations and governments to collaborate effectively and work in interdisciplinary ways to promote wellbeing.

Three contemporary political developments of note for leadership are: 1) Canada is now a signatory of the United Nations Declaration on the Rights of Indigenous Peoples, 2) the Truth and Reconciliation Commission of Canada has released Calls to Action for all Canadians to work towards reconciliation, and 3) Tla'amin is a self-governing Nation (formally recognized as of April 5th, 2016), on whose territory this region sits.

- 1.7 Work on tri-government recommendations for meaningful local implementation of calls to actions from the Truth and Reconciliation Commission of Canada.
- 1.8 Actively support community-based initiatives that promote decolonization and reconciliation, recognizing this as a central responsibility of civic leadership.

Collaborative leadership should strive to ensure diverse citizen perspectives are reflected in policy decisions.

- 1.9 All three local governments make concerted efforts to ensure transparent and inclusive practices throughout their operations with regard to hiring practices, procurements, and citizen engagement.

Public engagement is a critical component of collaborative leadership. Recognizing citizens as playing important roles as community leaders is crucial for meaningful public engagement.

- 1.10 Conduct pop-up City Council and Regional District meetings in both local neighborhood and rural locations to increase the number of engaged citizens. ✨
- 1.11 Host periodic community roundtables and town hall meetings, which are integral components of community engagement and information sharing and gathering. ✨

Voting is one fundamental aspect of civic engagement. Powell River voter turnout in the last municipal election was only 40.47%. It is imperative that the region encourage younger people to get out and vote in order to be represented.

- 1.12 Plan creative ways to engage people prior to elections in an effort to increase voter turnout.
- 1.13 Connect with diverse demographics by going to where people naturally congregate, such as festivals, sporting events, and other community gatherings.

Exchange of information among local governments and citizens is vital for a healthy democracy. Through our community engagements, we have learned that many people who try to educate themselves find it difficult to access reliable information about matters of concern in the region (e.g. the Agricultural Land Reserve).

- 1.14 Provide a Question and Answer segment on Community Portal so citizens can publically ask questions and receive timely answers that others can view (such as Talk Vancouver).

2. A HOME FOR EVERYONE

GOAL: Everyone living in this region has stable housing by 2020.

WHAT IT MEANS

A home for everyone means that a diversity of appropriate, affordable, and sustainable housing choices are available for all existing and future Powell River citizens, in all stages of life and at all income levels. When we address housing, we must consider a range of social issues across all demographics of our population including poverty, mental health and addiction, and food security.

ASSETS

The Powell River region is clean, safe, and surrounded by natural beauty—just a few of the reasons many people like to call it home. The affordability of housing in our region, as compared to larger cities, is attracting more and more people to settle here. Long-term citizens and newcomers alike contribute to a strong community. We have an abundance of vacant land as well as under-utilized and unused buildings.

During our 2016 Tapping the Groundswell conference, participants identified a number of significant assets in relation to housing, which, when taken together, can increase our collective ability to ensure there is a home for everyone in our region. These include community-minded developers, skilled builders, and concerned, engaged, and forward thinking citizens, volunteers, and elected leaders.

CHALLENGES and WHAT WE HEARD

As evidenced in our community research, housing is a primary concern for the Powell River region. Vacancy rates have dropped from 6.1% in 2011 to 2% in 2014 and experts now measure it at less than 1%. This is a serious problem that effects certain segments of our population over others. As vacancy rates decline, landlords can be more selective about who they rent to, further marginalizing those who may already have unstable housing or be facing challenging life circumstances. Exacerbating our housing problem, we have a significant hidden homeless population, limited social and supportive housing, and income assistance rates that don't adequately cover existing housing costs.

There is no entity that carries the role of creating affordable housing, or in fact looking at our housing needs across the region. There is room for more effective and efficient laws or incentives to increase density and secondary suites, and a need for more information and understanding of programs related to the very complex and broad topic of housing. We are also working with outdated and insufficient local data and statistics. For instance, the most recent British Columbia Non-Profit Housing Association's report on housing projections in our area (2012) is based on anticipated population decline. Recently, however, there has been a successful push to attract new residents to the region, and real estate agents and other local experts report that the local population is in fact growing, not declining, putting the 2012 BC housing report further out of context.

The recent rise in property values is causing home ownership to become an unattainable goal for many and is also a contributing factor in the rising rental prices and shrinking vacancy rates. This means securing affordable housing is likely to become an even greater challenge in our region. Global research suggests a Housing First approach is the most effective (in terms of both cost and impact) in addressing housing challenges at a community level.

RECOMMENDATIONS

If we are to succeed in providing a home for everyone, we need collaborative leadership to set and maintain social policies that would eliminate all challenges in accessing, obtaining, and maintaining safe, appropriate, and affordable housing.

Currently, there is not a single entity tasked with looking at the whole picture of affordable housing.

- 2.1** Create a Regional Housing Authority (RHA) as a subcommittee of the SAPAC, to centralize resources and information. Partnerships would include local businesses, non-profit organizations and governments.

Currently there is no organized approach to address Powell River's housing problem.

- 2.2** Research and implement an Affordable Housing Strategy such as the successful programs put forth in Medicine Hat, Canmore, and other Canadian communities. ☆

We are currently working with outdated data and statistics in the area of housing.

- 2.3** Compile, analyze, and update data on homelessness, vacancy rates, costs of housing, and related concerns.

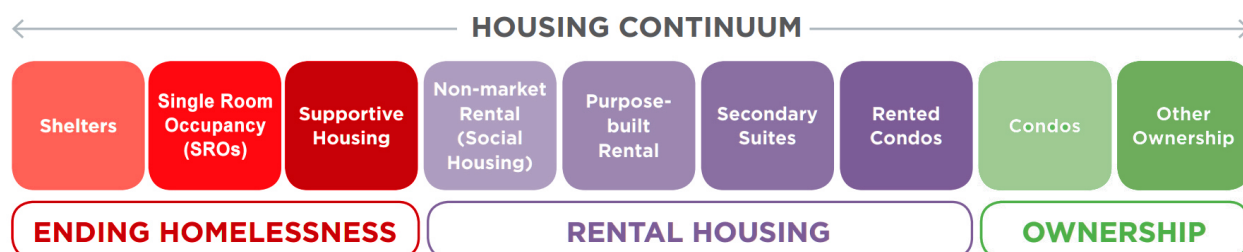
Currently there is no comprehensive list of properties available for development.

- 2.4** Create and maintain an up-to-date list of ALL vacant buildings and land, both publicly and privately owned, to be made publically available.

The Federal and Provincial governments have acknowledged housing to be an issue and are providing assistance through incentives, grants, and funding programs. Many of these benefits go unused due to lack of access or current information.

- 2.5** Add resources (including how to access subsidies) to the Community Portal website to support citizens' efforts to obtain appropriate, affordable, and sustainable housing.

Housing follows a continuum from homelessness through to rental stock and affordable ownership. This report is will provide specific information on the continuum.



First stage of continuum is Homelessness

Shelters

Single Room
Occupancy
(SROs)

Supportive
Housing

ENDING HOMELESSNESS

Homelessness is a widespread social problem and every town and city in Canada struggles with this issue. While conditions vary from province to province, it is widely accepted that addressing homelessness will inevitably address other pressing social issues such as unemployment, mental health problems and addictions. The Integrated Community Sustainability Plan has identified a lack of coordinated efforts dealing with homelessness.

Research globally has shown conclusively that homelessness is cheaper to fix than to ignore.

We were provided with well researched recommendations, first made in the 2011 Alofi'i Consultancy report on Powell River homelessness. Because there is not a specific body tasked to deal with homelessness, these recommendations were never implemented, and the number of vulnerable people has increased.

A 2006 Simon Fraser University study estimated it cost \$55,000 per person per year to leave someone homeless in BC versus a housing and support cost of \$37,000 annually.

- 2.6 Create a Standing Committee on Homelessness as a sub-committee of the RHA.**

There is no comprehensive plan to address homelessness in the region.

- 2.7 Implement the widely accepted and proven successful Housing First approach to eliminating homelessness.**

There is no emergency shelter or fund to support people who wish to move inside. Most people who are homeless in Powell River use some services from the Community Resource Centre (CRC). However, the CRC does not have resources to support emergency housing. Currently people without stable housing rely on one-time and unstable supports offered by churches and other local groups. Emergency housing is the first crucial step in addressing homelessness in the Housing First approach.

- 2.8 Provide funds for emergency housing, which would allow for the homeless population to be placed in temporary shelters such as hostels and hotels.**
- 2.9 Provide free Recreation Complex passes for showers, and free emergency use bus passes provided by the City for distribution by Powell River social services such as the CRC.**
- 2.10 SAPAC should partner with local NPOs such as Powell River Educational Services Society (PRESS) and Powell River Employment Program Society (PREP) to support initiatives benefiting the homeless population such as those listed above.**
- 2.11 Provide continued support of any centralized locations such as the CRC where the homeless population can access information, resources, and referrals.**

Our research indicates that it is difficult for both citizens, and those trying to support them, to obtain all the information needed to assist the homeless.

- 2.12 Create a category on the Community Portal website where resources and information for the homeless population is easy to access.**

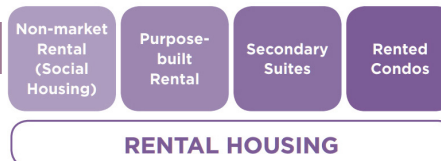
Currently there are waitlists for all supported housing options in Powell River.

- 2.13 Work with the RHA to create a plan to increase supported housing units.**

To support capacity for responding to youth homelessness in unique local contexts across Canada, 'A Way Home' has developed a toolkit to help communities create plans to prevent, reduce and end homelessness.

2.14 Promote A Way Home on the Community Portal.

Second stage of continuum is Rental housing



The Rental Housing Index of Canada shows that Powell River has a clear and immediate need for more units in both non-market and market rental stock. According to the ICSP, "a diverse and adequate supply of **rental** and ownership **housing** is required to meet different individual and family needs through all stages of life."

Currently there is no comprehensive list of all who need access to non-market housing. We do know that there are over 100 names on Life Cycle Housing Society's waitlist, and that Life Cycle is only one of three social housing organizations in the Powell River region.

2.15 Create a single registrar wait list combining information from numerous NPOs and government agencies. Confidentiality, privacy and freedom of information issues will need to be explored. This list would set priorities for housing and supports, expedite housing, and help those with the greatest need and could be administered by the RHA.

2.16 In accordance with the ICSP, create an inventory of current low income and seniors housing, and explore filling the gaps by creating more multi-family and seniors/low income housing.

There is currently no provincial poverty reduction plan which addresses social housing.

2.17 Local governments actively support any initiative which advocates for the increase in social housing units, such as the Union of British Columbia Municipalities (UBCM) Poverty Reduction Plan. ✨

Our research indicated many Powell River citizens are struggling to make ends meet and are challenged with maintaining their rental housing.

2.18 Increase public awareness and accessibility of current government programs such as Shelter Allowance for Elderly Renters (SAFER) and Rental Assistance Program (RAP) by creating a category on the Community Portal website where resources and information for renters is easy to access.

2.19 Investigate innovative programs such as Vancouver Rent Bank, which can offer short term funding for renters at risk of eviction or essential utility disconnection due to a temporary shortage of funds. This could be administered by an existing NPO.

The permissible rental increase amount as put forth in the provincial Residential Tenancy Act is 2.9% for 2016, while assistance rates and disability rates have not increased since 2007, and minimum wages have not kept up at the same rate as the annual permissible rent increase.

2.20 Advocate for higher incomes in order to meet the demands of rent increases, as per our specific recommendations in Chapter Three. ✨

Vital Signs reported that 19.3% of rental units were in need of "major repair."

2.21 Adopt a bylaw (similar to Vancouver's by-law # 5462) that would address interior maintenance issues in potentially substandard housing and include a mechanism for inspectors to investigate, and make recommendations to improve properties.

Our research indicates the public is not informed regarding the rights of renters.

- 2.22 Increase public awareness and accessibility of the Tenancy Act and relevant bylaws by creating a category on the Community Portal website where resources and information for renters and landlords is easy to access.

There has only been a handful of new rental housing starts in the last two decades, contributing to the inadequate supply of rental housing in our region. More needs to be done to make the development of rental housing economically viable.

- 2.23 Investigate programs such as Short Term Incentives for Rental Housing (STIR) to provide City incentives to private sector developers.
- 2.24 Support the RHA to explore and promote alternative housing such as co-ops and mixed housing models.

Our research indicates there are restrictions preventing the legality of existing and future secondary suites, and that the public is confused about the legality of secondary suites or carriage homes. Both of these factors limit the number of potential rental units.

- 2.25 Amend the current city bylaw to allow for secondary suites in accessory buildings and review all other bylaws that restrict their development. Change those which impede or restrict the legality of secondary suites.
- 2.26 Consider replicating the successful program in Nanaimo which promotes secondary suites and carriage homes. (City of Nanaimo Zoning Bylaw Section 6 part 6.15.3- 6.15.3.5)
- 2.27 Create an easy to read Secondary Suite Guidelines document, which outlines all requirements for suites or secondary homes on one's property, and promote this in the local media, on the Community Portal website and the City website. Update it as the bylaws are updated.

Powell River is lacking accessible housing, which causes many difficulties for those with mobility issues as well as our senior population. Powell River has one of the older demographic profiles in Canada. Almost 24% (3,130 residents) in Powell River are now 65 years of age or older. This number is expected to increase to over 30% by the year 2036 (2015 VitalSigns). Inclusion Powell River is currently working to create 120 units, but these will not fill the whole need, nor will they be financially subsidized.

- 2.28 Encourage developers to incorporate adaptable housing and use of universal design in new buildings in order to increase the amount of accessible housing in the region.
- 2.29 Investigate the development of a Campus of Care model for Powell River (a Campus of Care is a planned community that provides a range of housing options and services within a single community or location and could include services for retirement, supported living, assisted living and continuing care needs.)

Third stage of continuum is ownership

Home ownership may be a bargain in Powell River compared to other places, but times are changing. We were once one of the wealthiest per capita communities in Canada, but now have fallen well below the provincial average. Average home prices went up 10% from 2014 to 2015, and have risen 15% from May 2015 to May 2016. Inflation is outpacing wages, and according to the most recent Vital Signs Report, it is becoming difficult for the average citizen to enter home ownership.

Condos

Other
Ownership

OWNERSHIP

It is worth noting that close to 40% of the region's current housing stock was built before 1960 and a further 33% was constructed between 1961 and 1980. No new row or attached housing units have been built over the period between 1998 and 2014 in the City of Powell River.

According to the ICSP, "a diverse and adequate supply of rental and **ownership housing** is required to meet different individual and family needs through all stages of life."

Smaller homes on smaller lots increase density and increase affordability, especially for first-time home buyers or those looking to downsize. Trends are pointing to smaller units. Current Powell River bylaws are restrictive and state that a new home must be at least 600 sq. ft. and minimum lot size is 7857 sq. ft.

- 2.30 Change zoning laws to allow for smaller lots and smaller homes, which would increase affordable housing stock.**

Low income homeowners need financial assistance to maintain their houses.

- 2.31 Advocate to the BC Government to reinstate the Homeowner Residential Rehabilitation Assistance Program (Homeowner RRAP) which offers financial help to low-income homeowners who need to make repairs to their homes, to make them safer and healthier to live in.**

Our research has shown Powell River to be lacking in diverse housing options. Developers are building large, single family homes rather than smaller, more affordable houses or condos.

- 2.32 Create incentives to increase the development of diverse and affordable single and multi-family units. Adaptable housing and use of universal design should be considered in all new construction.**

In response to social, economic, and environmental challenges, communities are looking to alternative housing models which focus on sharing resources. If we want to sustainably grow our community, we will need new and innovative housing stock, or property sharing arrangements. We should also provide incentives for people who are building or renovating homes to find energy efficient ways of doing so. These strategies would also have collateral benefits such as low barrier job creation and job/skills training opportunities.

- 2.33 Support existing and potential sustainable housing models including but not limited to landshare co-ops, strata arrangements, and co-housing.**

- 2.34 Explore alternative forms of green and energy efficient building, such as rammed earth housing.**

3. MAKING ENDS MEET and WORKING WELL

GOAL: Actions to alleviate poverty and income disparity are prioritized, and the documented gap between rich and poor begins to shrink by 2018.

WHAT IT MEANS

Making ends meet and working well means ensuring that community members can provide for themselves and each other in a way that enhances social and economic wellbeing. This requires a more even distribution of income and wealth, as well as diverse, safe, and fair employment opportunities so that people can earn sufficiently and contribute meaningfully—which may mean different things for different people.

ASSETS

Powell River has a wealth of community spirit evidenced in the level of volunteerism. We have a diversity and depth of social services, which help to house, educate, advance, connect, employ and feed our citizens. We have a number of strong economic influences including retail trade, the health care sector, education, the mill, forest related activities, and tourism. Many households are thriving, and the “affordable and available West Coast lifestyle” is attracting more and more people to settle in our region.

When the definition of ‘economy’ is expanded to include *all* production and distribution of goods and services (not only the distribution of capital), our local assets become even more evident. There is a range of co-operative initiatives (such as the Skookum Food Provisioners’ Cooperative), land share arrangements (both formal and informal), farmers markets, trade arrangements, volunteer efforts, collaborations, events, and informal supports that help to distribute resources among community members.

Acknowledging the diverse approaches community members take to produce and distribute goods and services allows us to more thoughtfully integrate consideration of unpaid labour that is in many ways the backbone of our community (such as childcare, eldercare, volunteer fire departments, food harvesting, carpooling, church dinners, and more) into our social plan. Politically, this also ensures the crucial efforts of those who may not ordinarily be recognized as economic contributors (parents, women, young people, elders, and volunteers) are recognized as vital to both social wellbeing and economic wellbeing within our community.

CHALLENGES and WHAT WE HEARD

Rates of poverty and income inequality in Canada have increased dramatically over the past ten years, and economists estimate unprecedented rates expected to come in the next ten years. Canada ranks last among developed nations on childcare funding, and BC families have the country’s highest proportion of personal income designated to cover childcare costs. This province also has one of Canada’s highest rates of child poverty, a growing gap between rich and poor, one of the lowest minimum wages, and yet, at the same time, a growing gross domestic product (GDP). Powell River’s poverty rate is slightly lower than the national and provincial rates, but is increasing. Perhaps more significant are concerns expressed through local community engagements about income and wealth inequality in this region.

As elaborated in Chapter Four, an estimated one in three children in this region are in poverty. Housing and basic living costs have gone up, while assistance incomes have not, and many residents are struggling to make ends meet. Lone parent families, people with disabilities, seniors, and Indigenous people are disproportionately represented among this group. Currently there are a range of non-profit groups and other services and organizations that strive to support people, but more concerted efforts among these initiatives may help to streamline resources and serve citizens more effectively.

As a result of extensive global research, we now know that growth is not necessarily a key indicator of making ends meet and working well for citizens (since as GDP increases, so often does the gap between rich and poor), but income and wealth equality are. Through a number of community forums and consultations, citizens in this region have expressed a desire to be deliberate about the nature and pace of expansion in order to ensure we prioritize quality of life and sustainability over growth.

RECOMMENDATIONS

If the residents of this region are to make ends meet and work well, then we require social policies that will help to reduce the gap between rich and poor, as well as other inequities that continue to privilege certain segments of the population over others.

BC is the only province in Canada yet to create and implement a poverty reduction plan. Reducing poverty not only helps citizens to make ends meet and live well, it also saves money overall (in terms of health care, crime, social services, and other public expenditures). Powell River's poverty rates have gone up from 13.1% in 2008 to 13.7% in 2012.

3.1 Support the BC Poverty Reduction Coalition's Poverty Reduction Strategy by adopting the UBCM Poverty Reduction Resolution. ☆

3.2 As noted in Chapter One, it is recommended that the Tla'amin Nation, Regional District, and City collaborate to hire a Social Planner who can work with a SAPAC to coordinate these efforts. ☆

The current BC Income Assistance rate is \$610/month for employable persons and for people with disabilities the rate is \$906/month, and neither rate has changed since 2007. These amounts are intended to cover all monthly expenses, including rent, food, clothing, etc.

3.3 Advocate to the provincial government of BC for an increase in social assistance and disability rates. ☆

3.4 Support initiatives for affordable and accessible housing for individuals and families. ☆

The province of BC has the lowest minimum wage in all of Canada and a large segment of Powell River's workforce works minimum wage jobs. Many Powell River Citizens are working hard but struggling to make ends meet or provide for the future.

3.5 Advocate to the provincial government for a socially responsible minimum wage increase. ☆

3.6 Lead by example, committing to offering a living wage for all employees and contractors of local governments. ☆

3.7 Educate the Powell River employment community on the Living Wage Employer certification process by providing clear and updated information on the Community Portal and through a media campaign.

- 3.8** Raise awareness locally about benefit structures, such as health plans and savings plans, for employees amongst both private and public sector workplaces, and support such initiatives.

Research shows that universal supports (such as parental leave, subsidized childcare, health benefits, and higher minimum wages) are more effective than targeted supports (that require a certain level of 'need' in order to access them) at shrinking the gap between rich and poor, and at helping people to live well. Universal childcare helps women to enter the workforce and sustain employment after becoming parents. In general, universal supports also help to reduce stigma and increase social mobility.

- 3.9** Support the child care movement, and existing efforts to-ward universal subsidized (\$10/day) childcare. ☆

- 3.10** Strive for a living wage in both the public and private sectors throughout the region. ☆

Powell River needs to promote job creation, including more low barrier jobs. Recent research from the 'Illuminating New Economic Possibilities' project highlighted an interest in also creating green jobs that support sustainable practices in our region.

The average minimum wage employee would have to spend net earnings from three full days of work to be able to afford to take a family of four on the ferry to Vancouver Island and back.

- 3.11** Support the creation of a Resource Recovery Center as a model of a low barrier employment opportunity. ☆

- 3.12** Create and support innovative ideas such as rammed earth housing, which would create collateral benefits in low barrier job creation, tourism, and green industry. ☆

- 3.13** Be deliberate about the pace and nature of expansion, while also creating meaningful, lasting, and well-paying jobs by developing our 'value-added' sector, such as non-timber forest products and agriculture products.

The BC government has predicted that the arts, culture, recreation, and sports sectors will be among the fastest growing job categories in coming years, increasing at a faster rate than those focused on production and manufacturing of goods. As noted in Chapter Nine, higher concentrations of arts and culture amenities can be linked to better child welfare, social cohesion, general wellbeing, and to reduced poverty rates.

- 3.14** Allocate a percentage of revenues to support the arts, culture, and heritage sectors in our region. ☆

- 3.15** Create initiatives and policies so that all people in the community, regardless of income or location, will be able to access the community's parks and recreational activities. ☆

Our local NPOs provide a variety of jobs through their programs in addition to important community services and supports. Considering them as significant partners in collaborative leadership in this region can help us maximize existing resources while creating jobs and supporting citizens (see Chapter One).

- 3.16** Work co-operatively with NPOs to support job creation through invited involvement on the SAPAC.

Many opportunities exist for citizens to improve their quality of life and develop their skills, but the information is not always easy to find and/or access.

- 3.17** Increase accessibility to job and skills training, education, and employment programs by promoting these opportunities on the Community Portal.

Our local research indicated a need for social services and assistance programs to be more easily but also discreetly accessed, to preserve anonymity if desired.

- 3.18** Link all information related to social services and assistance programs to the Community Portal. Provide phone numbers and office hours wherever possible.

Self-employment is a viable option for many in our area, and studies have shown that home-based businesses launched by entrepreneurs in the communities where they grew up have above-average success rates.

- 3.19** On the Community Portal, promote Community Futures' self-employment program and establish a formalized program of self-employment assistance to help those that do not fit Community Future's funding criteria.

Our local research indicates a frustration with the assistance and support given by the City in the area of new business.

- 3.20** Examine any potential barriers at city hall surrounding efficient issuing of business licenses, permits, plans, and incentives for those wishing to start and/or maintain a new business.

Increased costs of healthy food are a major expense, particularly for families and those groups noted as often most marginalized in our community. Research shows that rather than responding to this issue based on need, it is more effective to find universal ways of making healthy food more affordable and accessible across the board.

- 3.21** Support non-profit initiatives and food security projects that help to produce and evenly distribute healthy food. ☆

- 3.22** Foster collaborations among schools, churches and other places where diverse groups of people regularly congregate with food producers in order to ensure access for all.

According to the Organization for Economic Cooperation and Development (OECD), Canada has more income inequality than most OECD countries. Canada is the sixth worst country in gender income inequality between males and females, ... [and] women in BC have fallen behind the Canadian average.

4. A GOOD START

WHAT IT MEANS

A good start is about ensuring children have the best chance of enjoying a healthy childhood. Early childhood development has been identified as one of the top ten Social Determinants of Health. Children who have a good start in life do better at school, secure better jobs, and enjoy better physical and mental health as adolescents and adults. Building a healthy, engaged, and productive citizen base begins here.

GOAL: EDI scores improve by 5% for five year olds in all areas of this region by 2018.

ASSETS

Many families consider the Powell River region a safe and vibrant community in which to raise children. The geographical size supports families and community members in being more closely connected, and the sensational natural environment is an incredible asset for children to enjoy outdoor activities and support their overall health. We have a diversity and depth of social services and programs which support the regions children, youth, and families.

Our school district supports The Early Years Planning Table, Strong Start Programming, and other innovative child development initiatives, such as DIGS and the Outdoor Learning Center.

The region is home to a vast network of professionals working in the field of child wellbeing, some who are so dedicated that they offer additional services on a volunteer basis to meet the high demands of this field. In addition, there are many engaged parents and community members working to make things better for our youngest generations.

In 2008, the City, the Regional District, and Tla'amin all signed the Community Children's Charter as evidence of their commitment to work together towards wellbeing for all children in our region.

CHALLENGES and WHAT WE HEARD

The Childcare Advocacy Association of Canada states that "economic, generational, gender and racial equality means creating public structures to sustain families and children by ensuring that the necessary resources to support them are provided With respect to child care, it means creating the universal, high quality, publicly managed early childhood education and child care system that—if well designed as a system, not a market—can be the backbone of support for families."

In our research, community members identified child poverty as one of their top concerns. BC has one of the highest child poverty rates in the country, with one in five children living below the poverty line. Powell River's rates are worse, at one in four, and experts from First Call BC tell us that the poverty rate for children aged 0-5 in our region is closer to one in three.

Key indicators of child wellbeing are: levels of child poverty, access to quality affordable child-care, and measurements of school readiness.

Income and Wealth

There are some very real barriers that are keeping Powell River children in poverty and unable to access adequate services. The first is income and wealth. Wages have stagnated while housing and basic costs have increased. 50% of children in lone parent families in BC live in poverty and the large majority of lone-parent families are female-led (83% in 2013). The most recent Vital Signs report indicates that women in Powell River are reported to make 68 cents for every dollar earned by men and the labor force of women in BC is the second lowest in Canada.

Child Care

The second barrier keeping children in poverty is lack of affordable, accessible child care. Canada ranks last among developed nations on child care funding. BC has the country's highest proportion of personal income designated to child care costs. Our BC government spends less than other provinces, so fees are high and access is low. Families in the Powell River Region are struggling to find affordable and accessible child care which can suit their schedule and needs, and are left with little to no options, due to waitlists at many facilities. These waitlists are primarily due to staffing issues, as there are insufficient numbers of qualified Early Childhood Educators (ECEs) in our community.

A recent survey at the Powell River Ages and Stages event showed that flexibility of scheduling (presumably to meet the evening and weekend hours of retail, hospitality, or shift workers) is the biggest barrier to finding child care, followed by cost, and then availability. There is no system or person in place that is tasked to address these needs, so many families simply cannot access quality child care.

School Readiness

Appropriate nutrition, caring relationships, accessible health care, and the availability and access of quality daycare, preschool and early learning programs have been identified as critical conditions that support school readiness. Recent Early Development Instrument (EDI) scores showed 34% of five year olds in our area were vulnerable in at least one of the following categories measured: social competence, physical health and wellbeing, emotional maturity, communication skills, language and cognitive development.

Information

Vulnerability is increased when families don't know where to find support. We have an abundance of family services but some families indicated to us that they are confused about how to access them. One centralized place for information could help reduce confusion for families.

All of these factors impact quality of life and wellbeing for youth as well. Please see Chapter Seven for more discussion on the experiences of youth in our community.

RECOMMENDATIONS

Income and Wealth

If we want Powell River's children to have the best chance of enjoying a healthy childhood, we need to end child poverty. We can't end child poverty without addressing poverty in general. We can't address poverty without fostering a thriving workforce that elevates women's economic participation and creates pay equity. And we can't address income and wealth disparity without also addressing child care costs and access. We must identify child wellbeing as a key social strategic priority within this entire region and make decisions to advocate for increased income and/or living supports and decreased costs of living.

The child poverty rate for Powell River is 29% (1 in 3) as compared to the provincial average of 1 in 5. BC is the last province in Canada to create and implement a poverty reduction plan. In order to address the complex issue of child poverty, we need a comprehensive plan.

- 4.1 Support the BC Poverty Reduction Coalition's Poverty Reduction Strategy by adopting the UBCM Poverty Reduction Resolution. ☆**

The current BC Income Assistance rate for families (1 parent 1 child) is \$945/month, \$1061/month for a 3 person family. The rate for a lone parent with disabilities is just \$994/month and 2 parent is \$1206. None of these rates have changed since 2007.

- 4.2 Advocate to the provincial government of BC for an increase in social assistance and disability rates. ✧**

The province of BC has the lowest minimum wage in all of Canada.

- 4.3 Advocate to the provincial government (BC Ministry of jobs) for a socially responsible minimum wage increase. ✧**

The majority of children in poverty live in families where the parents and guardians are working, but are simply not earning enough to provide basic needs.

- 4.4 Assess the steps needed to implement a Living Wage policy for the Region of Powell River. ✧**

Child poverty is linked to the high percentage of income dedicated to housing, and children in poverty experience homelessness at five times the rate of the general population.

- 4.5 Establish a Regional Housing Authority and Affordable Housing Strategy which would succeed in providing adequate, affordable housing to all. ✧**

Our research has shown that the cost of child care is prohibitive at \$5-\$10/hour, creating a monthly cost of at least \$800 per child for regular care. This makes it impossible for low income parents to enter the workforce or pursuing skills training.

- 4.6 Advocate to the provincial government for a Universal Child Care Program, such as the \$10/day Child Care Plan. ✧**

Child care

Access to quality early childhood care and services not only promotes a young child's health, learning, and skill development but research also links it with positive longer term health, education, and social outcomes, thus adding to overall community wellbeing.

The average wage of an ECE is only \$10.45-\$12 per hour. The mostly female child care workforce (96%) earns half the national average salary and less than half the salary of kindergarten teachers. This low wage deters many from ever even considering a career as an ECE. Higher wages would mean increasing child care fees. Subsidies are required to balance this dynamic.

- 4.7 Advocate for subsidies for daycares and a higher wage for Early Childhood Educators.**

The waitlists that exist at child care facilities in Powell River are largely due to staffing issues. There are not enough ECEs for the number of children needing care. The process for Early Childhood Educator certification is costly and currently can only be done online in our region. (\$3,000 - \$7,000 and 700-1550 hours). We need to find ways to increase the number of ECEs in our region.

- 4.8 Advocate for a local, affordable ECE certification program, possibly by restoring the program at Vancouver Island University (VIU), campus sharing with Nanaimo, or even through a dual credit program at Brooks.**

Taking care of children is one of the most important jobs in the world and should be valued as such, but child care workers are paid poorly, limiting the number of skilled people interested in a career in this field.

The serious gaps in the Powell River child care system are, in part, due to the lack of a local coordinator responsible for matching families with child care, keeping statistics on waitlists and availabilities, registering License-Not-Required facilities, and providing ongoing training and support for families and child care providers.

It is important to note that when we are able to achieve a more affordable child care system, the demand for care will increase, creating even more of a demand for ECEs and potentially more childcare facilities in the region. The CCRR role would be vital in preparing for this.

- 4.9 Restore the local Child Care Resource and Referral (CCRR) Position, which is integral to addressing child and family issues in our community. (Years ago, this position was “regionalized” and is currently based in Comox, which does not meet our local needs).**

A growing trend in daycare facilities is called intergenerational day care. This approach brings children, youth and seniors together, contributing to social cohesion and resource sharing. The Province of British Columbia supports Intergenerational Day Care and has proclaimed June 1 as Intergenerational Day. Powell River has operational daycare spaces, available youth and seniors, and of course children requiring daycare. Such alternatives to standard daycare would contribute to the availability of diverse options for families, and alleviate the pressures of staffing and scheduling.

- 4.10 Through the SAPAC, coordinate a process to bring together local daycare and senior health care providers, child care professionals, and the CCRR, to explore opportunities for intergenerational daycare.**
- 4.11 Through the SAPAC, coordinate a process to bring together local daycare providers, child care professionals, and the CCRR to explore co-ops as an alternative daycare model.**

School readiness

While not directly correlated to school readiness, we know that challenges increase with high Early Development Instrument (EDI) scores. 2013 EDI scores for 5-year-olds in this region demonstrated that more than 1 in 3 of them had a high level of vulnerability in at least one of the EDI measurements.

- 4.12 SAPAC should support the work of School District #47 and other schools in the region, The Early Years Table Committee, and other child serving agencies to identify programs or services to improve EDI scores.**

Proper nutrition is essential for childhood development and is a critical condition which supports school readiness. 15-20% of Powell River's school aged children are food insecure.

- 4.13 Establish a comprehensive Healthy Food Security Policy which would help eliminate food insecurity for children and youth and provide the necessary foundation for child wellbeing. ☆**

We need to support families in raising their young children (See Chapter Three).

- 4.14 Support First Call's recommendation to enhance maternity and parental leave by advocating the Federal Government to extend the total duration to 18 months, reserving additional months for fathers.**

Information

In order to build services that reach all children and families, we must provide centralized and easily accessible information. (See the Community Portal, under the Digital Strategy recommendation in Chapter One).

Our research indicates there is confusion on how to access resources online, because there are so many points of entry. There is a clear need for centralized information in relation to family services, programs, supports, and organizations. Powell River Child Youth and Family Services has built the “Family Friendly Powell River” website, but does not have sufficient resources to enhance it as a centralized resource for all programs.

- 4.15 Endorse and support the existing Family Friendly Powell River website as the “go to” website which links all children’s programming and resources, and link this on the new Community Portal.**

Our research indicates many parents are unfamiliar with the Child Care Subsidy, which can help make child care more affordable. Research also shows that the public is unaware of government programs which promote affordable and accessible childcare.

- 4.16 Increase awareness about the Child Care Subsidy, by highlighting it on the Family Friendly Powell River website and in the new Community Portal.**

- 4.17 Increase awareness about the 25% tax savings for businesses who offer onsite child care in the workplace, by highlighting on the Community Portal.**

The Provincial Family Court Rules are mandated to provide a Family Justice Counsellor to families in need. Currently Powell River families have no access to this service.

- 4.18 Advocate to restore the Family Justice Counsellor position, which is key to assisting families in legal matters in our community.**

There are many successful and important organizations in this community run by, for, and with youth. However, there has been little research done to paint a clear picture of the diverse experiences of youth in our region.

- 4.19 Conduct research and support programs that specifically engage young people in order to better integrate their perspectives into policy decisions that affect them. Ensure diverse representation. The newly formed Youth Council could take a lead in this project.**

5. FEEDING OURSELVES

WHAT IT MEANS

Feeding ourselves well means setting a goal of food security for all.

“Community food security is a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice,” according to the Powell River Community Food System Assessment (PRCFSA) report of 2016.

Food security is understood as a key component of public health, and the World Health Organization has recognized it as a social determinant of health. Communities that are food secure are more robust in terms of economic wellbeing, environmental sustainability, social cohesion, and physical and emotional wellbeing of citizens. It is important to recognize community food security as an ongoing process rather than an outcome.

GOAL: By supporting local food production and harvesting, decrease the percentage of food being trucked into the region to 85% by the end of 2020, with a plan in place for a continued decrease.

ASSETS

Powell River has a solid network of food security advocates, and there is a strong base of knowledge about growing, preserving, and storing food. We currently have a part-time, funded food security coordinator, who recently lead the creation of an extensive Community Food System Assessment Report, herein referred to as the PRCFSA (2016). We have a skilled and dedicated farming community, a strong community network of organizations working to improve food security, and an abundance of backyard gardeners who produce fresh food for their families, friends, and neighbours.

This region has a remarkable base of people and organizations, each working in different ways to ensure affordable and healthy food reaches individuals and families. The Community Resource Centre (CRC), Tla'amin Community Health and Family Place are inclusive gathering places which frequently serve free food and also host food-related workshops and events. The CRC, Ahms Tah Ow, the Brain Injury Society, the Seventh Day Adventist, and a number of churches and schools have community gardens, providing opportunities for learning and community-building. Many of these groups offer free meals, working together to stagger timing throughout the week for maximum impact. Food Banks, Babies Open New Doors (BOND), the Good Food Box program and the Abundant Pantry Bulk Buying Club are additional resources for ensuring healthy food makes its way into the fridges and pantries of our region. Schools in our area offer breakfast programs, school gardens, farm-to-table initiatives, the DIGS program, and more.

In many ways, Powell River is a more affordable city to live in compared to larger centers across the province, and its relatively small size enables our population to be more connected. Through food security initiatives (both formal and informal) social cohesion is enhanced across demographics. Our long growing season as compared to many other parts of Canada contributes to the food security of the region. Not only is our climate conducive to farming and gardening, but also to the seasonal harvesting of traditional wild foods such as mushrooms, nettles, berries, and oysters. This region is well equipped to increase local food production while simultaneously increasing equitable access and distribution. Generations of local farmers, gardeners, and harvesters carry vast amounts of informa-

tion and skills. As awareness of the importance of food security increases, there are many younger community members keen to learn and practice these methods.

CHALLENGES and WHAT WE HEARD

According to the PRCFSA (2016), it is estimated that 1 in 10 people in the Powell River region are food insecure, which means they lack access to sufficient reliable and affordable healthy food. With the current population, that is close to 2,000 people. 15-20% of school-aged children are food insecure, meaning at least 450 children and young people do not get enough good food to eat.

The key predictor of food insecurity in Canada is low household income, with additional risk factors including food cost, geographic isolation, lack of transportation, and food literacy. Access, energy, quality of donated food, poor health, and lack of time are all exacerbating factors. With this in mind, we can see that while growing more food is important, it alone is not enough to address the problem of food insecurity in this region. The top three populations at risk are seniors, people with low incomes, and lone parent families, in that order. Equitable distribution of healthy food needs to be taken into consideration in addition to its production.

At 37%, Powell River's obesity rate is well above the coastal region's average level of 17%. The rate is higher amongst the Indigenous population. All of the factors noted above need to be addressed in a comprehensive way in order to alter this reality. This is supported by the 2009 economic development plan for agriculture (commissioned by the Powell River Regional Economic Development Society), which recommended to "improve food self-sufficiency, marketing and distribution."

Much of the region's available land is not suitable for large-scale agriculture without making expensive improvements. There is capacity for smaller-scale production; however, access to land remains a challenge. Rising local property values coupled with cheap food available from global markets make it challenging for farmers to pick up their tools and grow food in this region. Paradoxically, even though low food prices make individual citizens more food secure in the short term, the resulting loss of smaller-sized farms contributes to long-term food insecurity for Canadians.

Beyond production and distribution, we would do well to also consider how business, government, and non-profit collaborations can help redirect avoidable food waste from the waste stream into the charitable food sector. Prioritizing all social policies that enhance wellbeing for all citizens will contribute to food security in the region. There are currently no specific policies guiding local food procurement, school-based food programming, or access to land for new farmers. We must be forward thinking and consider long-term collective wellbeing, rather than being guided by short-term but unsustainable savings when developing food related policies.

According to the Ontario Public Health Association, "when food is perceived as only a commodity, or only a source of nutrients for the body, or only a means of alleviating hunger – without taking into account social or environmental factors – vulnerabilities in the food system and in individual households arise."

"The extent to which community members are able to participate in the creation and implementation of food policy is a recognized measure of success in strengthening local food systems." – PRCFSA (2016)

RECOMMENDATIONS

Responding to food security challenges in the Powell River region requires prioritizing social policies that address poverty, food literacy, access to food, and the feasibility of local food production. The ICSP has already established goals which aim for food security for our region. It strives to maximize and protect agricultural and other food producing land in this region. In order to do so, working collaboratively with those who have a vested interest in food security is important. This means working not only with food producers, but also with those at the highest risk of food insecurity and—recognizing this as a regional issue—all three local governments. We must bring more diverse voices to the table.

A food policy council is a crucial tool in addressing food security. Dr. Rod McRae, York University Professor and food policy analyst, informs us that “a food policy council can help elected and unelected officials find ways to act on win-win scenarios.”

- 5.1 Create a regional food policy council which would establish regular communication opportunities with the general public, coordinating efforts to reduce replication and gaps. ☆**

Powell River no longer has a centralized email list or ongoing online communication tool for local food security topics, including events, workshops, pertinent information, and community announcements. Community members engaged in food security issues have expressed this as a gap in local food security.

- 5.2 Reinstate or establish improved region-wide communication such as the food security email list, print engagement through local publications, online engagement, and community events.**

The region has a wide range of local food options, yet it has been identified that a lack of awareness of these options impacts food literacy and overall public health. Effective public education campaigns can help address this issue.

- 5.3 Investigate possible education campaign to increase consumer awareness of the value and availability of locally grown food. Support and promote awareness-raising initiatives that already exist.**

This report has previously identified that elected representatives can better support the social fabric of the region by improving their online presence and use of a well-organized and easily accessible website. We have a Food Resource Calendar that identifies where and when a person can access free or low-cost food and it is available on prfoodsecurity.org, however it needs to be readily available to more members of the public.

- 5.4 Link the Powell River Food Resource Calendar to the Community Portal in order to increase the public access of the calendar.**

The majority of food insecure households in Canada are led by people who are employed. The province of BC has the lowest minimum wage in all of Canada.

- 5.5 Support the BC Poverty Reduction Coalition’s Poverty Reduction Strategy by adopting the UBCM Poverty Reduction Resolution. ☆**

- 5.6 Advocate to the provincial government (BC Ministry of Jobs) for a socially responsible minimum wage increase. ☆**

- 5.7 Assess the steps needed to implement a Living Wage policy for the Region of Powell River. ☆**

The greatest predictor of food insecurity in Canada (and developed countries in general) is low household income.

5.8 Lead by example, committing to offering a living wage for all employees and contractors of local governments. ☆

70% of Canadian households reliant on social assistance are food insecure. The current BC Income Assistance rate is \$610/month for employable persons and \$901 for those with disabilities and neither rate has changed since 2007.

5.9 Advocate to the provincial government of BC for an increase in social assistance and disability rates. ☆

Organizations providing food to those on a low income are often dependent on private donations and this impacts their ability to offer healthy food options. The PRCFSA identifies a lack of public understanding of “best before”, “sell by”, and “expiry” dates as a barrier to these groups accessing more healthy food options.

The monthly cost of sufficient nutritious food for family of four in Powell River is \$997!
– PRCFSA (2016)

5.10 Work with stores and the Let’s Talk Trash Team (LTTT) to facilitate the donation of more fresh fruit and vegetables to emergency and low-cost food programs, while simultaneously increasing awareness of the differences between “best before”, “sell by”, and “expiry” dates.

The cost of food is another key risk in food insecurity.

5.11 Invest in models of food production, purchasing, and distribution that increase the availability of healthy and culturally appropriate food to those on a limited income. Examples include the Good Food Box, Skookum group purchasing, Food Hubs, and the Farmers Market Nutrition Coupon Program.

It is estimated that 40% of our waste stream is compostable. The LTTT is addressing food security by working to establish a centralized composting facility and Resource Recovery Centre. They offer regular workshops, events, and community resources, not to mention expertise and leadership.

5.12 Continue partnering with the LTTT and support them to achieve their waste diversion goals. ☆

Currently, the distribution of healthy food is not equitable. Food Hubs are successful at helping communities make local healthy food sourcing more accessible and profitable.

5.13 Explore the Food Hub model as described in the PRCFSA (2016).

Research indicates some programs aimed at food security are not being accessed by the vulnerable populations they are meant to serve.

5.14 Investigate barriers to usage of the Farmers’ Market Nutrition Coupon Program and explore potential solutions, such as online ordering or getting coupons mailed directly to seniors.

Food insecurity in Powell River is affecting a significant proportion of the young community with a recent survey indicating 15-20% of our school age children are food insecure. Canada remains one of the few industrialized countries without a national school food program.

5.15 Advocate to local Member of Parliament to support the national, universal school food program led by the Coalition for Healthy School Food.

A key determinant of food insecurity is food literacy. Food literacy needs to be addressed continually and with all demographics, and currently food and nutrition classes are only optional at Brooks.

5.16 Support a food policy council which would coordinate efforts of NPOs and others to create more food skills development opportunities.

5.17 Partner with school districts to create a mandatory food and nutrition curriculum tailored to our region. Support the continued development of edible school yards, Farm to School type activities, or other culturally relevant food-related opportunities (such as wild food harvesting and processing) at every school.

There are close to 60,000 acres in the Agricultural Land Reserve (ALR), and 2/3 are not being used. That's close to 40,000 acres. In-depth research by the David Suzuki Foundation offers recommendations that address the relationship between social health, food security, and available agricultural land.

5.18 Follow the guidelines in David Suzuki's 'Forever Farmland' report on the ALR and provide community education on the value of the ALR and commit to supporting policy decisions that preserve the volume of ALR land. Investigate land swaps to improve the quality of ALR for food production purposes.

Solutions are in reach. Local research indicates it would only take 106 acres of productive gardening to provide enough vegetables for the population of the Powell River region.

5.19 Explore educational and funding opportunities that increase personal food security through increased backyard and laneway growing, and preservation and processing techniques.

5.20 Assess the demand for publicly available allotment type food gardens accessible by public transport and/or in areas with apartments, and create policies that easily enable the public to garden on vacant land.

At 6.4% BC has the lowest proportion of farmers under 40 than any province. We also have the highest rate of farmers over 55, at 61.6%. With the increasing cost of inputs (such as amendments, feed, fertilizers) and the noted challenge of accessing land and skills for farming, promoting and encouraging farming efforts is one small piece of a sustainable and vibrant local food system.

5.21 Explore partnerships (ie. VIU, Brooks, region), creative models (ie. Food Hubs, incubators farms, lease arrangements, Powell River Regional Economic Development Society land inventory updating), and funding opportunities that address these barriers to food production.

Local sourcing of food is a global trend our community could support. A 2015 survey by SALSA indicates 90% of those surveyed would like to buy more locally produced food. Current farmers suggest the demand for their products far outweighs the supply. Furthermore, the PRCFSA reports local retailers have expressed interest in supporting more local farms. Community surveys and the PRCFSA identify a lack of coordinated efforts as a significant barrier to successful local production of food.

5.22 Through collaboration with the farming and business communities, assess and remove barriers to local retailing of food produced in our region.

5.23 Help key parties address food security through establishing a centralized coordinated resource to assist in linking producers, buyers, and distributors.

There is actually a lack of fresh seafood in Powell River, yet it is one of our greatest natural resources.

- 5.24** Bring together Active Malaspina Mariculture Association (AMMA), West Coast Fish Culture hatchery, and other fishers and growers to explore options for improved local distribution.

Over 86% of respondents from Tla'amin stated they would like to eat more traditional foods, noting difficulty accessing places - including permission - where food can be hunted, gathered and fished (such as privately held forest lands).

- 5.25** Explore concrete ways of supporting Tla'amin community members to participate in traditional food practices.
- 5.26** Maximize intergovernmental collaborations at a local level to discern how to best remove barriers from access to privately held lands for traditional food-related purposes.
- 5.27** Recognize traditional Tla'amin food gathering, hunting, fishing, and processing practices as integral to local food security, and develop partnerships through which knowledge and skills can be shared. 🌱

Over 95% of food consumed here is trucked in on ferries. In order to strengthen long-term food security we must increase the amount of local food we produce and consume. To reach the goal of 10% more local food production by 2020 many different initiatives will need to be implemented.

- 5.28** Convene a group of agencies and growers to create a plan to increase food production and distribution, including private gardens and the harvesting of wild foods.
- 5.29** Create a plan to promote use of vacant land for community food gardens.
- 5.30** Explore ways public lands and rooftops can contribute to food security, by food growing initiatives and/or leasing public agricultural lands to young farmers.

Due to our isolation and dependence on ferry transportation, the region is vulnerable to food scarcity in the event of an emergency.

- 5.31** Facilitate the development of an integrated coordinated emergency plan by the Emergency Response Coordinator for supplying food to the community in the event of an emergency.

6. GETTING AROUND

GOAL: Adopt a region-wide Complete Streets policy by the end of 2016, with plans for gradual implementation beginning in 2017.

WHAT IT MEANS

Getting around means different things for different people, but we all agree that those living in or visiting the Powell River region should have safe, secure, accessible, reliable and affordable transportation options. We need safe streets that bicycles, scooters, private vehicles, pedestrians, and public transit services can share. Because we live in a geographically isolated yet relatively expansive region, getting around means both having accessible and affordable ways of getting in and out the region, and moving about within it. This can be significant for health, social cohesion, economic sustainability, and food security.

ASSETS

Transportation options in the Powell River region are offered by a handful of providers. BC Transit provides bus service within the city and the unincorporated areas, as well as the HandyDART service (which is contracted out to the local taxi company). A ferry system, operated by BC Ferries, connects this region with Vancouver Island, Texada Island, and the lower Sunshine Coast. A privately owned and operated water taxi service connects Lund with Savary Island, while connections with other islands occur through charters. Pacific Coastal Airlines offer multiple flights per day directly to Vancouver's south terminal (with connections to other locations extending from there).

A comprehensive bike plan, the Municipal Cycling Plan (2014), has already been completed and a multi-year implementation plan is under way. The numerous trails and paths allow for easier access around the city, some of which are wheelchair accessible. The City and Regional District in collaboration with Tourism Powell River have created signage for many of these trails, making them more visible and inviting. There has been a growing interest in Active Transit in this region. In recent years collaborative partnerships have led to creative initiatives such as the Marine Avenue Stroll and Community Audio Walks that contribute to this movement, and which complement the numerous hiking and cycling clubs.

In the outlying areas where public transportation is infrequent, informal ride-sharing, carpooling, and hitchhiking are integral to the transportation fabric of this community, although picking up hitchhikers is currently an illegal activity in our region.

CHALLENGES and WHAT WE HEARD

Geographic isolation is one of the defining characteristics of this community. Many of our research participants expressed that they moved here or stayed here precisely because of the quality of life and slow pace this can offer. However, with this comes some challenges when it comes to getting here and away. BC Ferries fares have increased 32.5% in the last five years. Particularly in times of health crises, this can add an extra layer of stress, expense, and difficulty. Though vouchers are offered when people are required to access health services that are not available in this region, they are not adequate to address all the secondary costs associated with this travel, particularly if a caregiver is required.

The rising costs make leaving town, in general, out of reach for many people. It is also a challenging factor for businesses (transporting goods), tourism (reliant on fuel prices and transportation options), work (for those who earn their livings outside of this region), and relationships (for those maintaining connections with friends and family who live elsewhere).

In addition to its isolation, the neighbourhoods and communities that comprise this region are geographically spread out, contributing to transportation challenges for those without private vehicles.

Rents are lower in outlying areas, but most of the jobs are within the municipality. This leaves people earning a low income with a difficult choice to make between affordable housing, or access to work.

Reliable, accessible and frequent transportation is vital to a community. Through our public consultations, it has been made clear that transportation to and around the Powell River region is inadequate to meet the needs of many community members. As with other areas of this social plan, the gaps in our transportation services also affect the most vulnerable amongst us, creating further marginalizing from opportunities that could enhance wellbeing. Barriers to transportation increase food insecurity, unemployment, unattended health issues, and loneliness.

As our communities have become increasingly reliant on cars, people in industrialized countries are beginning to recognize that streets and highways don't only serve the practical function of 'getting around', but that connections get missed when people don't encounter one another in the streets. We can be deliberate in how we respond to this, and make people-centred and more sustainable choices moving forward. Emphasizing public and active transit as integral components of an overall transportation strategy provides opportunities for the streets to once again fill with life and enhance community relations.


RECOMMENDATIONS

Making streets and highways safe and accessible for all ages, abilities, and modes of transport can enhance wellbeing for community members. The design group Project for Public Spaces offers three design recommendations for communities: design for appropriate speeds, plan for community outcomes (this will vary, depending on the vision and social plan of different communities), and think of streets as public spaces.

Of course, developing transportation infrastructure is a big venture, and with a relatively small population, our tax base is not vast. Our region is not alone facing this challenge, and health experts throughout the province urge local and provincial governments to agree on how to fund critical transportation infrastructure and to build a modern, health-promoting transportation network. They remind us that though it requires money, this is indeed an investment, not an expense. It will contribute to the creation of more livable cities with fewer citizens burdened with avoidable illnesses, obesity, and other challenges.

Many of the following recommendations are related to the Integrated Community Sustainability Plan, the Regional District/BC Transit plan and/or the City of Powell River/BC Transit plan, and some changes are already underway. Those interested in social planning related to transportation and getting around are advised to consult those sources directly in conjunction with this report.

Residents as well as visitors to our region require efficient, reliable, accessible and affordable public transit. This has been identified in a range of public surveys and questionnaires, as well as the ICSP and the Powell River Transit System Service Review Report 2015.



"The street is the river of life of the city, the place where we come together ..."
– William H. White

- 6.1** Explore partnerships that will facilitate the expansion of bus services, with particular attention to having more frequent stops in and between Lund, Tla'amin, and Saltery Bay.

It has been noted in transit reports and by many residents, that getting to and from the Powell River Recreation Complex is difficult without a private vehicle.

6.2 Provide a regular bus route directly to the PR Recreation Complex. ☆

Community members express challenges in finding reliable transportation to attend community events. Increasing transportation can not only increase opportunities to engage in social and cultural offerings, but it also heightens the visibility of events, which has economic benefits.

6.3 Explore the feasibility of providing regular bus services to regularly scheduled public events (such as the Open Air Market) and one-time only events (such as Lund Days or the Sunshine Musicfest).

6.4 Explore partnerships to utilize school buses and vans – and qualified drivers - in order to provide transportation to events that occur outside of school hours.

People in this region report that they would like to use public transportation more than they do. The City of Powell River has a goal of achieving a public transportation mode share target of 5% by 2020. There are measures that can be taken to make ridership as easy as possible.

6.5 Provide clear signage and online information about schedules and routes.

6.6 Have bus passes and tickets available for sale at more locations throughout the community.

6.7 Increase service locations and times, adjust routes so they are more direct, and improve schedule reliability.

Our region experiences inclement weather throughout the year, which can discourage use of public transportation.

6.8 Provide bus stop shelters and amenities such as seating and garbage disposal bins.

Studies and surveys have indicated that those in need of transportation are adversely affected by lack of service on public holidays.

6.9 Explore the feasibility of increasing service times and operations on holidays.

Increasing public transportation options with existing fleet may be unrealistic economically.

6.10 Review the Powell River Regional Transit System's fleet.

6.11 Consider replacing larger vehicles with smaller ones in order to reduce vehicle lease fees, fuel costs, and greenhouse gas.

HandyDART ridership has increased by almost 65% since 2004-2005, and BC Transit's 2014 review reports that HandyDART demand exceeds capacity.

6.12 Explore the possibility of public-private funding options, or partnerships with local organizations, to increase the capacity of HandyDART to meet the needs of our aging population. ☆

Encouraging and supporting active transportation (such as cycling and walking) within our region will increase physical activity, reduce obesity rates and related illnesses, and provide social cohesion to neighbourhoods.

- 6.13 Continue to create infrastructure for cyclists and pedestrians, with a commitment for non-stop safe walking and cycling routes extending from Lund to Saltery Bay. ☆
- 6.14 Explore the possibility of a Bike Share Program and/or Bike Lending Library.
- 6.15 Strengthen and expand existing efforts to educate the public on the benefits of active transportation, partnering with local agencies.

Informal ride-sharing (such as carpooling and hitch-hiking) contributes to ensuring people can get around our region. However, these can be both unreliable and unsafe, and currently the pick up of hitchhikers is illegal.

- 6.16 Assess needs and capacities locally for the development of organized carpooling in order to increase options in our community.
- 6.17 Encourage community event organizers to establish carpooling arrangements among attendees.
- 6.18 Remove the legal restrictions and create pick up spots (similar to Salt Spring Island) to encourage ride sharing.

The Island Trust recommended that the provincial government invest an additional \$11 to \$14 million dollars annually for the next four years in order to reduce ferry fares by 25% and in turn increase ridership enough to accommodate the lower rates.

- 6.19 Support the Island Trust's recommendation.

Like many other communities along the coast of BC, Powell River is highly ferry-dependent.

- 6.20 Continue to explore relocating the home base for the Little River-Westview ferry to Powell River.
- 6.21 Advocate to the Ministry of Transportation and Infrastructure to integrate ferry services into our highways system.

Complete Streets provides resources for developing policies that can make roadways safe and accessible for all ages, abilities, and modes of transportation.

- 6.22 Local governments partner to establish a long-term vision for Complete Streets in this region for preferred modes of transportation (walking, cycling, transit), and set commitments and timelines for incorporation of the plan. ☆
- 6.23 Ensure consideration of accessibility for those with mobility challenges is integrated into transportation plans.

7. HEALTH and WELLBEING

WHAT IT MEANS

Health and wellbeing involves nurturing mind, body, and spirit in a balanced way. Social science research has finally caught up with traditional Indigenous knowledge in this regard. Acknowledging social determinants of health, we might interpret this entire social plan as a health and wellness document. Health of mind, body, and spirit can be fostered by supporting all aspects of healthy communities including food security, child development, social cohesion, access to parks and recreation opportunities, and safe housing.

GOAL: All people of all ages who live in this region are attached to a family doctor by 2020.

ASSETS

Powell River is leading the province in some health-related ways. Our distinct natural environment likely contributes to our high rates of physical activity (150 minutes/week or more) relative to the Vancouver Coastal Health (VCH) average. 35.3% of people in this region claim to eat more than five fruits and vegetables per day (compared to the 27.2% VCH average), making links to food security evident.

We also have an especially low binge drinking rate of 15.4% compared to 23.4% for the VCH catchment area. Self-reported anxiety, depression and daily stress are lower than the VCH average, which may potentially be attributed to the social cohesion in this community.

For an isolated rural community, we are fortunate to have a local hospital and a dedicated Division of Family Practice. Their efforts are complemented by inspiring teams of people (including midwives and doulas) addressing a meaningful start to life, and hospice programs, death midwife, and a green burial site to augment services for end of life care. Our region also offers a range of community resources such as a methadone clinic, Community Resource Centre, Babies Open New Doors (BOND) program, Tla'amin Health Services, and a vast array of parks and recreation opportunities, as noted in Chapter Eight. Inclusion Powell River contributes immensely to the quality of life for people living with diverse abilities and their families. A number of other agencies and businesses offer quality programs and services that support a wide range of health and wellness initiatives.

In addition to the natural environment, formal health care services, and community supports, it is important to note that health and wellbeing are fostered in this region through informal interpersonal relationships. It became clear through our research that many people of all ages rely on family members, friends, and neighbours for support with such things as housing, transportation, respite, child care, and companionship.

CHALLENGES and WHAT WE HEARD

According to VCH, the biggest physical health challenges in the 21st century are injuries and chronic diseases. Doctors Perry Kendall, Patricia Daly, and Victoria Lee state: "We know the 'vaccines' that are effective against these problems: physical activity, good nutrition, not smoking, sufficient sleep, stress reduction, a healthy and safe environment, social connectedness—and sufficient income to achieve all of these things."

Despite the many things going well in this region, Powell River has a below provincial average household income and an extremely high child poverty rate, at 29%. We have the highest obesity rate in all of the VCH region. And, as with many rural communities, we have a high number of people without a family doctor. As per the summer of 2016, the Division of Family Practice estimates 2,400 people in this region are unattached to a family doctor.

Through our community engagement we learned that particular care and attention should be paid to supporting health and wellbeing for youth, seniors, people living with disabilities, and people struggling to find stable housing.

RECOMMENDATIONS

Putting forth the recommendations of ALL the chapters in this report will move us toward better individual and community health and wellbeing across the lifespan. In this section, we attend particularly to those elements that are not featured in other chapters as well as highlighting important points of intersection.

The Integrated Community Sustainability Plan, supported by local health statistics, identifies the need for more citizens to be attached to a physician in this region. Our goal is to ensure all people of all ages who live in this region are attached to a family doctor by 2020.

- 7.1 Continue to support the Division of Family Practice in their efforts to attract more health care professionals to the area, including endorsement of the Division's recruitment campaign.**

30% of Powell River's population is expected to be over 65 by 2036, up from 24% in 2011. We have the ninth highest rate of people over 65 of all communities across Canada.

- 7.2 Strategise for the increase of seniors in our community. Include health promotion service providers and parks and recreation staff on the planning committee to ensure there are adequate programs, and that they are accessible to seniors.**
- 7.3 Support the Powell River Hospice Society in their development of a palliative care facility, and continue to support any training and education programs which focus on assisting an aging population.**

When housing needs are attended to, seniors can live at home longer, contributing to social cohesion and physical and mental health. See also Chapter Two.

- 7.4 Provide sufficient and ongoing support for the Better at Home program in Powell River.**

A Campus of Care is a planned community that provides a range of housing options and services within a single community or location and could include services for retirement, supported, assisted living and continuing care needs.

- 7.5 Market our area to potential developers in the business of creating Campus of Care Communities.**

A recent Recreation Survey of 2200 residents found that over 80% felt that they could do more to improve their health, with increasing physical activity as the number one area to focus on. Recent research also indicates that time in the natural world helps reduce ADHD symptoms, and time for free play is associated with reduced anxiety. Many children in our area are unable to participate in organized sports and other physical activities due to cost and access. See also Chapter Eight.

- 7.6** Create initiatives and policies so that all people in the community, including people living in Tla'amin and other outlying areas, regardless of income or location, will be able to access the community's parks and recreational activities. Ensure these initiatives include seniors and people with disabilities. ☆

A recent provincial report by public health physicians advocates "for improved public transit because it is a proven road to better health for all."

- 7.7** Local governments partner to establish a long-term vision for Complete Streets in this region, and set commitments and timelines for incorporation of the plan. ☆

- 7.8** Expand the development of active transport infrastructure, such as bike lanes and walking trails both within the municipality and outlying areas. Include enhancements such as a bike library. ☆

The 2016 PRCFSA shows us the direct link between food security and health, as detailed in Chapter Five. This research suggests our region has the capacity to produce more fruits and vegetables than we are currently producing. It also indicates that when healthy, fresh foods exist, they are not equitably distributed among our community members. Furthermore, in a food security survey in 2010, 86% of Tla'amin respondents express a desire to eat more traditional foods, but there are still barriers precluding this from happening, resulting in high obesity rates and poor health.

- 7.9** Create a regional food policy council to facilitate increased production and more equitable distribution of healthy fresh foods. ☆

- 7.10** Support existing initiatives at Tla'amin Community Health that connect citizens with traditional food gathering and processing practices. ☆

Programs that promote healthy mind, body, and spirit can increase the overall health of a population. Recent literature suggests prioritizing attention to 'physical literacy' to contribute to health and wellbeing.

- 7.11** Promote awareness of the Powell River Wellness Project, the Health and Wellness Expo, and other related programs, such as those offered by the Health Promotion Coordinator at Tla'amin Community Health.

- 7.12** Provide access to the information currently provided by the Division of Family Practice's Fetch website, by linking it prominently on the Community Portal.

Low quality housing contributes to infectious and chronic disease and injuries as well as poor child development. Taking a Housing First approach benefits vulnerable populations such as those with mental health and addictions.

- 7.13** Work with a Regional Housing Authority to establish a healthy housing policy. This policy should incorporate accessibility where possible.

8. PARKS and RECREATION

GOAL: All people in the community, regardless of income or location, will be able to access the community's parks and recreational activities.

WHAT IT MEANS

Parks are public lands intended for free and accessible use by citizens as well as the protection of plants and animals. Recreation facilities and activities often accompany parks as a way of maximizing their use. Whether together or separate, parks and recreation promote quality of life by contributing to social cohesion, physical health, and mental wellbeing throughout the lifespan. They also bring community members together in ways that can serve to reduce stress and aggression, and decrease property and violent crimes. They are important for economic development, as they attract both residents and visitors.

For all of these reasons, parks and recreation are a crucial component of any community social plan.

ASSETS

Powell River has an abundance of outdoor activities, and many lush park spaces. Residents and visitors enjoy hiking, kayaking, swimming, camping, fishing, diving and other activities, and our research indicates that people have chosen to either relocate to or stay in this region in large part due to the lifestyle this community provides. The relative affordability of many of these activities, as well as their accessibility are important assets. The Recreation Complex features twin ice sheets, aquatic centre, fitness gym and studio, and a recently added world class action sports park incorporating both bike and skateboard facilities.

The Department of Parks, Recreation and Culture provides the community with gathering places for sporting events and athletic activities, concerts and cultural endeavours, as well as a range of programs for individuals of all ages and abilities. Many of these programs and activities also draw on Powell River's enthusiastic and committed volunteer base. Powell River offers a variety of opportunities to play on organized sports teams. For those interested in spectator sports, Powell River is home to the Powell River Kings, a Junior A level British Columbia Hockey League, and the Powell River Regals, three-time Allan Cup Canadian senior hockey champions.

In recent years, this region has seen increased efforts in making some of the outdoor and indoor spaces more visible and accessible through signage, awareness campaigns, and trail work – much of which takes place with thanks to volunteer community groups.

There is a range of organizations that appeal to diverse demographics and enable people to connect with parks and recreation opportunities (including hiking groups, roller derby, biking clubs, BOMB Squad, Powell River Cycling Association, and more); a variety of both indoor and outdoor locations (such as Millennium Park, Inland Lake, Sunshine Coast Trail, Haywire Bay, Recreation Complex, Palm Beach, Willingdon Beach, Bike and Skate Park); and a number of events that gather people to enjoy these (BC Bike Race, Marathon Shuffle, a range of music festivals, family celebrations on public holidays, PRIDE event, etc.).

In addition to the many assets that are already well-developed, there are others from which we have room to dream and grow. For instance, four of the breakwater Hulks may be submerged to add to our underwater attractions for divers, a climbing wall is currently being designed, and a permanent stage structure is planned for Palm Beach.

CHALLENGES and WHAT WE HEARD

Recreation and Parks are important determinants of community health. Reduced activity and social connection can lead to obesity, depression and a whole host of other physical and mental health issues. According to the Vital Signs report, “Powell River has one of the highest rates of obesity in the Vancouver Coastal Health region. Our rate is 37.9% compared to 17% for VCH as a whole.”

Currently, due to cost and transportation issues, many local citizens experience barriers to recreation and parks. Furthermore, awareness about the range of parks and recreation amenities is limited and access points are difficult to find, particularly for newcomers.

The provincial government has predicted the arts, culture, sports, and recreation sector to be one of the fastest growing job categories in the coming years, increasing at a rate faster than production and manufacturing.

RECOMMENDATIONS

The City of Powell River's Department of Parks, Recreation and Culture has recently undergone an extensive survey in this region and will soon release their findings and recommendations in the Expanded Regional Recreation Initiative Study.

- 8.1 Review and evaluate this report, implementing those elements which relate to this social plan.**

Many opportunities exist for children and youth to participate in sports and other recreation activities; however costs can be prohibitive. Powell River has a 29% child poverty rate, meaning one in every three children in the Powell River region lives in poverty. Additionally, many adults (including seniors and lone parents) cannot participate in organized activities or make use of the Recreation Complex due to associated costs.

- 8.2 Create initiatives and policies so that all people in the community, including people living in Tla'amin and other outlying areas, regardless of income or location, will be able to access the community's parks and recreational activities. Ensure these initiatives include seniors and people with disabilities.**

- 8.3 Strategize ways of making child care accessible in order to enable parents to participate in recreation activities.**

Accessing recreation opportunities and parks can be particularly challenging for those who do not have their own transportation and/or live in outlying areas.

- 8.4 Provide a regular bus route directly to the PR Recreation Complex. ☆**

- 8.5 Increase service levels of the HandyDART. ☆**

- 8.6 Continue offering recreationally-focused activities for participants of all ages at a range of accessible locations. Support community-based initiatives that do so.**

There are many recreation activities that can be enjoyed for free, but currently, the most accessible information about these activities is marketed towards people we are trying to attract to the community (on the 'Live and Invest' page of the Powell River website), rather than those who are already living here.

- 8.7 Improve signage, make maps available, and encourage education campaigns. Ensure these resources are easy to access and presented in a comprehensive way. ☆**

- 8.8** Create an online hub within the Community Portal with information about free and accessible recreation opportunities for local residents. 🌟

Our local research showed that many parents were unaware of some of the organized programs that offer assistance to families in getting their children access to organized sports (such as Jump Start through Canadian Tire).

- 8.9** Ensure online information about subsidies is available on the Community Portal.

Respondents from recent surveys noted that play equipment from local parks have been removed with little public consultation.

- 8.10** Prioritize the procurement or construction of replacement equipment before existing equipment is removed.

- 8.11** Follow the lead of global trends for interactive, child-friendly, accessible, and eco-friendly play equipment.

9. ARTS, CULTURE, and HERITAGE

GOAL: Allocate a percentage of government revenues for the arts, culture, and heritage sector in our region.

WHAT IT MEANS

Arts, culture, and heritage work together to contribute to a strong and vibrant community. The Powell River Arts Council explains the three concepts in this way: the Arts are a showcase of our region's creative pursuits and experience; Culture is how we grow, appreciate and encourage expression of the diversity of humankind in our region; and Heritage is the preservation of the foundations of our community, of what has been, and how we have expressed ourselves.

A community's wellbeing and prosperity is directly linked to how attached to the community its residents are. The 2010 Soul of the Community Research Project interviewed 43,000 people in 26 communities and found across the board that the top three factors which attach residents to their community are: 1) local social offerings (such as entertainment venues and places to meet), 2) how welcoming a place is, and 3) physical beauty and green space.

ASSETS

Powell River was identified as a Cultural Capital of Canada in 2004. The City of Powell River's Official Community Plan confirms council's support for arts and culture as essential to a vital, creative, and balanced community life. In a recent ceremony following the implementation of Tla'amin self-governance, Hagus Clint Williams identified cultural practices and teachings as central to the identity and future of the Tla'amin Nation and its people.

There are an increasing number of creative artists (musicians, storytellers, authors, visual artists, and performers) residing in and moving to this region, in part due to the affordable cost of living and the quality of life. Through collaborations, the creative sector is contributing positively to social and economic conditions in the community. For instance, through a recent partnership among the Division of Family Practice, Vancouver Coastal Health, Powell River Cycling Association, School District #47 and the City of Powell River, students helped a local sculptor design bike racks for the community. Other partnerships are taking place among local educational institutions and traditional First Nations carvers.

Some of the assets that exist in the region are in the form of infrastructure, such as Dwight Hall, Timberlane, and the Academy of Music. These provide gathering places where people come together to create, learn, and perform. Another example is the Powell River Public Library, which is currently (2016) being relocated and revisioned. The new library will provide up to date resources in a central, accessible space creating a cultural hub within the core of the city. The library is a publicly funded institution; programs are free to people of all ages, therefore removing financial barriers.

Other cultural assets include events and festivals, such as PRISMA, International Choral Kathaumixw, the Sunshine Musicfest, and the Blackberry Festival. Most of these festivals have some element of free programming for the community. These events bring people of diverse backgrounds and lived experiences together, enhancing social cohesion and emotional wellbeing, as well as bringing dollars into the local economy. Powell River supports its arts community through funding sources such as the Community Foundation, Arts grants from the city, and community partner sponsorships. Local residents are proud of the region's cultural diversity and arts.

"My people will sleep for one hundred years, but when they awake, it will be the artists that give them their spirit back." - Louis Riel

CHALLENGES and WHAT WE HEARD

The BC government has predicted the creative sector will be one of the fastest growing job categories in coming years, increasing at a faster rate than sectors that produce and manufacture goods. Research shows that those who participate in the arts and culture tend to be more civically and politically engaged. It also suggests that higher concentrations of arts and culture amenities in a city are linked to better child welfare and reduced poverty rates. Thus, it behooves us to encourage even more segments of our population to participate and ensure these opportunities are accessible to all.

Through our community engagements, many people remarked about how beautiful our natural landscape is (forests, mountains, oceans, and lakes), but it was noted that except for the Historic Townsite and the new Government House in Tla'amin, little attention has been paid to the aesthetic appeal of architecture and public spaces. Successful communities attend to the beautification of streets, buildings, and signage, and are deliberate about how all of these dimensions are integrated into the cityscape.

Many people noted that there is a lack of public art space and this creates barriers to creative expression in our region.

In order for communities to be able to nurture the potential of their arts, culture, and heritage, they must adapt. On the one hand, this means integrating new ideas and visions as newcomers join the region. On the other hand, and importantly, it also means cultivating a deep appreciation of those traditions that already exist. For instance, while much of the region's public identity has thus far been nested in a heritage built around the mill and forestry industry, we now have a better understanding of the local rich cultural First Nations heritage. The Integrated Community Sustainability Plan reminds us that archaeological and historical sites are important to the Tla'amin Nation and those living on its territory, and that the community's connection to its cultural heritage must be celebrated. Our engagement identified that partnerships which foster opportunities for intercultural sharing must be prioritized – and community members are eager for such opportunities.

RECOMMENDATIONS

According to the Powell River Arts, Culture, and Creative Initiative (Phase Two), "Communities that invest in arts, culture and creativity are great places to live, they are places that develop innovative minds, nurture successful ideas and attract talented people from elsewhere to join in." The research conducted by this initiative is comprehensive and recent; thus it is recommended that those implementing social policy related to arts, culture, and heritage consult it directly.

Many municipalities employ an appointed Arts and Culture Coordinator to manage the creative sector and liaise with local government. The Arts, Culture and Heritage department would support public art policies, funding and the promotion of arts, culture and heritage in the region including education and promotion. Currently there is no specific position or committee representing the arts, culture and heritage at a regional level.

- 9.1** Employ the Social Planner who could begin to coordinate actions geared toward creative sector enhancement.
- 9.2** Work with the Powell River Council for the Arts, Culture and Heritage to explore expanding this group into a Regional Creative Sector Development Committee.
- 9.3** With consideration of the Arts, Culture, and Creative Initiative (Phase Two) recommendations, create a Department or Director of Creative Works.

Information about the arts, events, and artists needs to be accessible and easy to find for both residents and visitors.

- 9.4** Create and maintain a section on the Community Portal that promotes arts, culture, and heritage of this region.

Students with access to arts in their education have shown better educational outcomes, lower drop-out rates, and better attitudes about civic engagements.

- 9.5 Partner with the schools and the Arts Council to ensure a strong educational arts curriculum tailored to our region.**

Arts, culture, and heritage is valued in our community and identified as a strategic priority by the Official Community Plan. However, it can be difficult to prioritize for spending, given all the other responsibilities our local governments have.

- 9.6 Allocate a percentage of revenues to support the arts, culture, and heritage sectors in our region. As an example, the City of Nelson allocates 3% of all building permits to support public artwork. ☆**

Enhancement of the arts, maintenance of heritage sites, and development of cultural opportunities (including events) are vital to social wellbeing. Investments in these efforts recognize them as significant assets in our community.

- 9.7 Consider specific recommendations proposed in the Arts, Culture, and Creative Initiative (Phase Two) report for improving tax structures as they relate to this sector.**

- 9.8 Explore concrete strategies to strengthen these efforts, such as financial assistance, grants in aid, donations in kind, volunteer labour, free rental space, media support, and signage.**

Cost for space is a major barrier for artists and art organizations.

- 9.9 Create an inventory list of all publically held facilities and spaces which could be used for arts, culture, and heritage events and activities. ☆**

- 9.10 Reduce cost barriers for usage, and consider providing lease/rent subsidies for spaces owned by local governments which could be used for creative sector endeavors.**

Architectural aesthetics are an important part of a community's appeal. New buildings should fit with the community's overall aesthetic, natural environment, and cultural heritage and should strive to make the community a more pleasing place to live, work, and visit.

- 9.11 Adopt by-laws, policies, incentives, or guidelines for builders in order to improve the aesthetics of the community. Collaborate with the region's creative sector when developing recommendations.**

Many communities that have implemented the Complete Streets guidelines have used the opportunity to improve the aesthetic quality of their communities and cross-neighbourhood transportation links.

- 9.12 Reimagine the plan to revitalize Marine Ave into a one-way street, with more public spaces.**

Revenue opportunities are lost, creative opportunities are missed, and aesthetic appeal is reduced when spaces remain vacant.

- 9.13 With consideration of the Arts, Culture, and Creative Initiative (Phase Two) recommendations, explore possibilities of tax incentives for adaptive reuse of vacant spaces.**

The Conference Board of Canada estimates that every dollar a municipality spends in the creative sector results in \$7-\$13 in economic activity.

Public art provides a low-barrier means for citizens to gain exposure to art, and improves aesthetic appeal of the community. In our local research, community members have expressed a strong desire for more public art.

9.14 Sustain creative partnerships that make art publically accessible, such as the 2016 Log-ger Sports sculptures.

The Tla'amin Nation has a deep and rich artistic and cultural tradition, and efforts are increasing to share this tradition with children, youth, and adults—both Indigenous and non-Indigenous. This heritage and the collective talents are important assets in our region.

9.15 Ensure Tla'amin artists are collaborative partners in local arts initiatives.

Arts, culture and heritage activities are an effective way for understanding and learning about cross cultural relationships. Working with local cultural groups including Tla'amin Nation is important in reconciling contemporary and historical understanding between Indigenous and non-Indigenous peoples in Canada and at a local level.

9.16 Explore how to create stronger and varied connections amongst diverse artists throughout the region, with particular attention to local First Nations artists.

9.17 Collaborate with the Arts Council and the School District to enhance opportunities for youth to participate in arts and culture activities and events.

10. SOCIAL COHESION

WHAT IT MEANS

Social cohesion refers to positive social relationships and inclusion, at all levels. A cohesive society works towards the wellbeing of all its members, fights exclusion and marginalization, creates a sense of belonging, promotes trust, and fosters quality of life.

Addressing issues such as poverty, income inequality, oppression, discrimination, homelessness, food security, transportation and health and wellbeing are complex issues. Social cohesion results in social capital, the bond or 'glue' that binds people together.

GOAL: Local governments collaborate empower citizens and groups to offer a series of free and accessible events in which knowledge and practices are shared, such as neighbourhood block parties. These events will be widely promoted, and address childcare and transportation barriers.

ASSETS

Powell River has a remarkable degree of social cohesion - built on a history of people helping people. The community has an exceptionally high number of volunteers who generously share their time and resources. Hundreds of community organizations enrich our arts and culture, provide recreational and social opportunities for youth and seniors, help newcomers and immigrants, improve economic conditions, advance farming and agriculture, create affordable housing, safeguard the environment, help our hospital and care facilities, and contribute to the wellbeing of citizens of all ages and abilities.

Another way social cohesion is cultivated in this region is through education. People engaged in lifelong learning are better prepared to participate in civic life and to work collaboratively in addressing common challenges and can help to create communities that are safer, healthier, and more inclusive. Our citizens come together to learn in many other ways throughout their lifespans (such as public presentations, continuing education courses, tutoring services, workshops, mentorship, work bees, and more). Increasingly, our community is also benefiting from a range of partnerships that foster learning about Canada's colonial history and our local First Nations heritage, in the spirit of reconciliation.

Our schools and other educational institutions continue to evolve in response to our changing community, including more online offerings and the recent development of an exciting and innovative First Nations curriculum.

Now, with rapid social and political changes, the region has an opportunity for even more collaboration. Together, the three local governments (the City of Powell River, the Regional District, and Tla'amin First Nation) can pursue economic, environmental and social outcomes across a range of areas which both affect and are affected by social cohesion. As such, they are well placed to implement initiatives to create a stronger, more resilient and productive community.

CHALLENGES and WHAT WE HEARD

Throughout our engagement, community members have emphasized the need to ensure that all residents are able to participate in civic and community life.

Citizens identified the importance of having accessible and affordable gathering places and programming as ways of supporting social cohesion, but recognized these spaces and activities (and related organizations) can often struggle to stay afloat. The Community Resource Centre, Family Place, places of worship, parks, community gardens, sports facilities, and even streets serve important social cohesion functions. A major gap, however, was revealed when it comes to youth spaces. Even with the range of opportunities that do exist, lack of transportation can make it difficult for people of all ages to access them. Coming together informally (through celebrations and mentorship programs, as examples) is another way to foster social cohesion, but many such initiatives are volunteer run and can be difficult to maintain. Increased coordination among existing efforts is also needed to avoid replication, fill gaps, and use resources efficiently.

A key to social cohesion lies in tackling poverty and inequality, according to We Are One, a June 2013 report by Canada Without Poverty. The report states that people in connected communities are healthier and are better at withstanding, adapting to and recovering from change, stress and loss. A recent local study on aging in Powell River indicates staying connected can become increasingly difficult for people later in life, particularly if mobility becomes a challenge and public transportation isn't adequate.

Another recent development in relation to social cohesion is the implementation of Tla'amin Nation self-governance as of April 5, 2016. Community education around self-governance, the legacy of colonization, the land, and the rich cultural Tla'amin heritage of this region has begun. The community has expressed immense interest in more education and opportunities to come together, for both learning and relationship building.

As we begin to build bridges, overcome stereotypes, and connect across differences, our region becomes a safer, stronger, and more inviting place for even more people, including newcomers. It is important to recognize social cohesion as both a result of having all the other dimensions of quality community life in place (from Chapters One through Nine), and a contributing force in making them happen.

RECOMMENDATIONS

Social cohesion is interconnected with health care, economic wellbeing, transportation, food security and all other areas of focus in this social plan. The recommendations that follow will prioritize those areas that are not centrally featured elsewhere.

Communities with high levels of neighbourliness and more connections to social programs and communal amenities are more resilient. Research has shown correlations between social cohesion and economic development, population health, wellbeing of children, security of communities, functioning of institutions and social capital investments.

- 10.1** Create the SAPAC, as recommended in the Powell River Strategic Priorities 2013-2014 report. This group, once established, could be an avenue for collecting and actioning residents' ideas and concerns. ✨
- 10.2** Produce an inventory of available spaces that could be utilized as affordable gathering places from Lund to Saltery Bay, including Texada Island and Tla'amin. This information could be posted on the Community Portal. ✨

Social Planning and Research Council of BC (SPARC BC) reports that being connected to one another, or social cohesion, results in community members feeling encouraged to become involved in civic life, which enables citizens to shape decisions that affect us all.

10.3 Local governments create diverse ways of engaging citizens in civic life, including but not limited to conducting pop-up meetings and otherwise taking government into neighbourhoods throughout the region. ☆

10.4 Incorporate the voices of the newly established youth council to gain a broader youth perspective.

According to the Truth and Reconciliation Commission's (TRC) report, "Reconciliation must inspire Aboriginal and non-Aboriginal peoples to transform Canadian society so that our children and grandchildren can live together in dignity, peace, and prosperity on these lands we now share." We have a responsibility to educate ourselves about Tla'amin Nation and the true legacy of colonization.

10.5 Engage in regular, scheduled, community reconciliation efforts for Indigenous and non-Indigenous community members.

10.6 Support any local initiatives that further the TRC's recommendation to educate all people about Canada's colonial past and its legacy.

10.7 Lead by example, providing Professional Development opportunities for all local government employees that move us in the direction of reconciliation, such as the locally offered Blanket Exercise, the highly effective learning tool developed by KAIROS.

10.8 Set and promote a community-wide goal that 50% of the adult population (Indigenous and non-Indigenous) voluntarily participate in the Blanket Exercise or a related educational opportunity within the next 5 years as a way of fostering reconciliation in this region.

As the Tla'amin Nation is now self-governing, participants in our engagement processes expressed renewed hope within the community for better, and more meaningful relationships between local communities and indicated an eagerness for opportunities to connect.

10.9 Local governments collaborate to offer a series of public events in which knowledge and practices are shared.

City and regional bylaws can help support and foster social connections and an enhanced sense of community, by enabling citizen-driven community events in public spaces and streets.

10.10 Modify bylaws including zoning and other policies to be more aligned with the Sustainable Official Community Plan and reduce barriers to holding small-scale community events by changing bylaws or policies as required.

Education plays an important role in promoting the concepts of social cohesion.

10.11 Provide in-house professional development/education sessions for council and regional district members on social cohesion.

The Powell River region has an abundance of talented seniors with vast skill sets. Mentorship and intergenerational learning is an important way to transfer this knowledge, preserve the community's heritage, and build social cohesion.

10.12 Encourage existing and potential mentorship opportunities (such as cedar gathering with Elders, community work bees, and the Human Library).

- 10.13** Explore opportunities to make it easier for seniors and other community members to connect with classrooms or day cares (for such things as reading and mentorship).

The Canadian Mental Health Association reports that lesbian, gay, bisexual, transgender, and queer (LGBTQ) people experience higher risks of some mental health challenges due to the effects of discrimination and the social determinants of health. Throughout Canada, LGBTQ people are over-represented among low-income earners, and those targeted for sexual and physical assault, harassment, and hate crimes. Throughout our local research, Powell River residents frequently identify this region as inclusive, but we do not yet know enough about the experiences of LGBTQ youth and adults.

- 10.14** Develop strategies to better understand the diverse needs, interests and safety concerns of Powell River's LGBTQ communities.

- 10.15** Promote the PRIDE committee and other initiatives that emerge from within local LGBTQ communities.

Young people use public spaces at least as much as the rest of the population. And yet, too often young people between the ages of 12 to 25 are not included in the process of "placemaking." As a result, they are perceived as "loitering" in other spaces. By being actively engaged in the development of youth-friendly spaces, young people can have a real investment in their community.

- 10.16** Facilitate expansion and possible relocation of the existing Youth Resource Centre, where a diverse range of programming and activities can be delivered in an accessible location.

- 10.17** Seek and integrate the perspectives of young people in the design of all public spaces, and youth-focused programming and services.

- 10.18** Explore the possibility of more youth-friendly opportunities at the Recreation Complex, particularly on evenings and weekends.

Research shows that when neighbours know and trust each other streets are safer, people are healthier and happier, and the provision of earlier supports become possible for people when they are struggling – which helps to prevent crises.

- 10.19** Introduce and support Block Parties and Block Connectors to promote neighbourliness and cohesion throughout the region.

- 10.20** Use holidays such as Access Awareness Day and Aboriginal Day to bring the community together to raise awareness about cultural traditions, accessibility, and inclusion.

- 10.21** Welcome immigrants with community dinners or other socially inclusive events.

Powell River relies heavily on volunteer labour.

- 10.22** Host a region-wide, annual celebration of volunteers.

This region is welcoming newcomers to our community on a regular basis.

- 10.23** Reinstate the Welcome Wagon (a Canadian-owned, free welcoming service for newcomers) or a similar service through Tourism Powell River to help newcomers integrate more easily into the community.

10.24 Create a Newcomer Link within the Community Portal.

10.25 Support local initiatives that work to combat discrimination and foster inclusion in the region.

10.26 Lead by example, ensuring local government employees have access to professional development opportunities related to diversity and cultural awareness.

Restorative Justice is an approach to justice that focuses on the needs of both victims and offenders of crime, as well as the involved community. Restorative Justice strives to repair the harm caused by criminal behaviour and keeps offenders, especially young people, from incarceration. This has positive long term implications for social cohesion.

10.27 Increase awareness and availability of Restorative Justice programs in our area.

According to Jane Jacobs, "Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody." Importantly, disability self-advocates offer a similar reminder with their slogan, "Nothing about us without us."

10.28 Commit to a "Jane Jacobs" lens on the town's design and ensure people with diverse abilities have a meaningful role in planning new spaces.

Social cohesion has an intrinsic relationship with all the topics included in this Community Social Plan. Implementing a purposeful Social Planning process will create a stronger community where quality of life will improve for all citizens, now and for generations.

APPENDIX A:

DRAFT

SOCIAL ACTION AND POLICY ADVISORY COMMITTEE

TERMS OF REFERENCE

Committee's role and responsibility

1. The Social Action and Policy Advisory Committee will review the Community Social Plan for the Powell River Region, set priorities and create a framework and timeline for actions.
2. To advise and make recommendations to the three local government (City of Powell River, Powell River Regional District, and Tla'amin Nation) councils—herein known as C3—on policies, priorities, new initiatives and direction to enhance the social needs, social well-being and social development of the community.
3. To hear and respond to delegations by individuals, community groups, social service agencies and others and make recommendations to C3.
4. To facilitate communication and collaboration amongst community organizations to support them to work together on community social challenges and opportunities.
5. To liaise, on behalf of C3, with public and private agencies including senior governments, to encourage the provision of programs and services for Powell River residents.
6. To consider other social planning issues as may be referred by C3.
7. To identify and address social issues of concern to community residents.
8. To support action on social planning projects to enhance the community.

9. The development of a Social Policy Framework will provide an opportunity for the community to identify key policy directions, priorities, roles and expectations.
10. The Committee will give consideration to existing policies and plans which currently guide City Council, Regional District and Tla'amin Nation.
11. The Committee will present a Social Policy Framework for C3 leadership's consideration during the 2017 budget deliberations.
12. The Committee is not responsible for the implementation or management of any municipal, Tla'amin, or regional functions or services.
13. Staff may be selected to support to the Committee to assist in achieving their mandate; however, staff remains responsible to the Chief Administrative Officer, or other direct supervisors for their activities.

General

1. The Committee shall hold regular meetings, which will be announced in advance to the public.
2. Agendas and minutes of the Committee meetings shall be posted in accordance with the City's Procedure Bylaw.
3. Committee meetings shall be open to the public unless notice is given to lawfully hold a meeting In Camera in accordance with section 90 of the Community Charter.
4. The Committee is comprised of 21 members who will be appointed by C3.
5. Members of the Committee shall consist of at least three members of Council, two members from Tla'amin Nation, two members from the Powell River Regional District, and eleven community members to include representatives of community groups, organizations or social agencies, and three community citizens selected from the community at large.
6. A Quorum is nine (9) members.
7. The Committee will appoint a chair and when the chair is not available an alternate will be appointed by a majority vote of the members present.
8. The Committee may, from time to time, by an affirmative vote of not less than two-thirds of the members present at any meeting, appoint a sub-committee or sub-committees for any specific purpose or purposes and may delegate to such sub-committee or sub-committees authority with or without restrictions or conditions to execute and carry out any of the responsibilities of the Committee. Sub-committees may appoint additional members to provide specific expertise with the permission of the Committee. I.e. It is suggested that the proposed Regional Housing Authority be a sub-committee of SAPAC, with additional members brought on the committee as required.

RESOURCE TOOLS

APPENDIX B:

JOB DESCRIPTION - SOCIAL PLANNER

This position is responsible for liaison and support to the Social Action Planning Advisory Committee (SAPAC); assisting the Committee and its sub-committee groups in developing policies; finding and implementing means of achieving their goals; helping them interact with other Regional departments and Provincial and Federal agencies; proposing specific initiatives to be undertaken to further the regional and community social objectives.

TYPICAL DUTIES AND RESPONSIBILITIES

1. Researches, assembles and interprets historical, economic, physical, social, legal, statistical and other data for studies and projects, as requested by the SAPAC committee.
2. Supports the SAPAC committee to create a measurable, time weighted action plan to meet its social objectives.
3. Designs, implements and facilitates public involvement programs; undertakes meetings and workshops designed to solicit community engagement and public involvement.
4. Liaises with non-profit agencies, senior levels of government, developers, land owners, business community and public community groups by providing advice and assistance relating to social matters, including policy development, and action planning.
5. Advises on grant applications and seeks funding to fulfil the action plan of the SAPAC committee.

REQUIRED KNOWLEDGE, SKILLS AND ABILITIES

Extensive knowledge of community planning principles, practices, techniques and methods as they relate to the work performed, current trends and developments.

Thorough knowledge of the theories and practical application of social planning and action plan development.

Ability to design, implement and manage social research and evaluation projects (with other staff or colleagues when required) performing clerical and technical planning work, and to perform all duties with minimal supervision.

Good professional judgement and organizational skills in order to co-ordinate the contributions of professional staff in a multi-disciplinary and/or multi-sectoral settings.

Ability to work diplomatically and persuasively with community groups, agencies and organizations.

Ability in preparing and presenting comprehensive plans, reports and submissions.

Keen sensitivity and understanding of the political processes involved in gaining support approval of recommendations/initiatives.

Ability to apply and interpret statistical/economic/business analysis.

Ability to use technology by matching purpose with needs. Use word-processing, spreadsheets and databases, geographic information systems (spatial analysis), Internet and PowerPoint or other presentation software.

Knowledge and experience in facilitating public meetings and workshops.

Ability to work varied hours as necessary to meet the requirements for attending committee and community meetings.

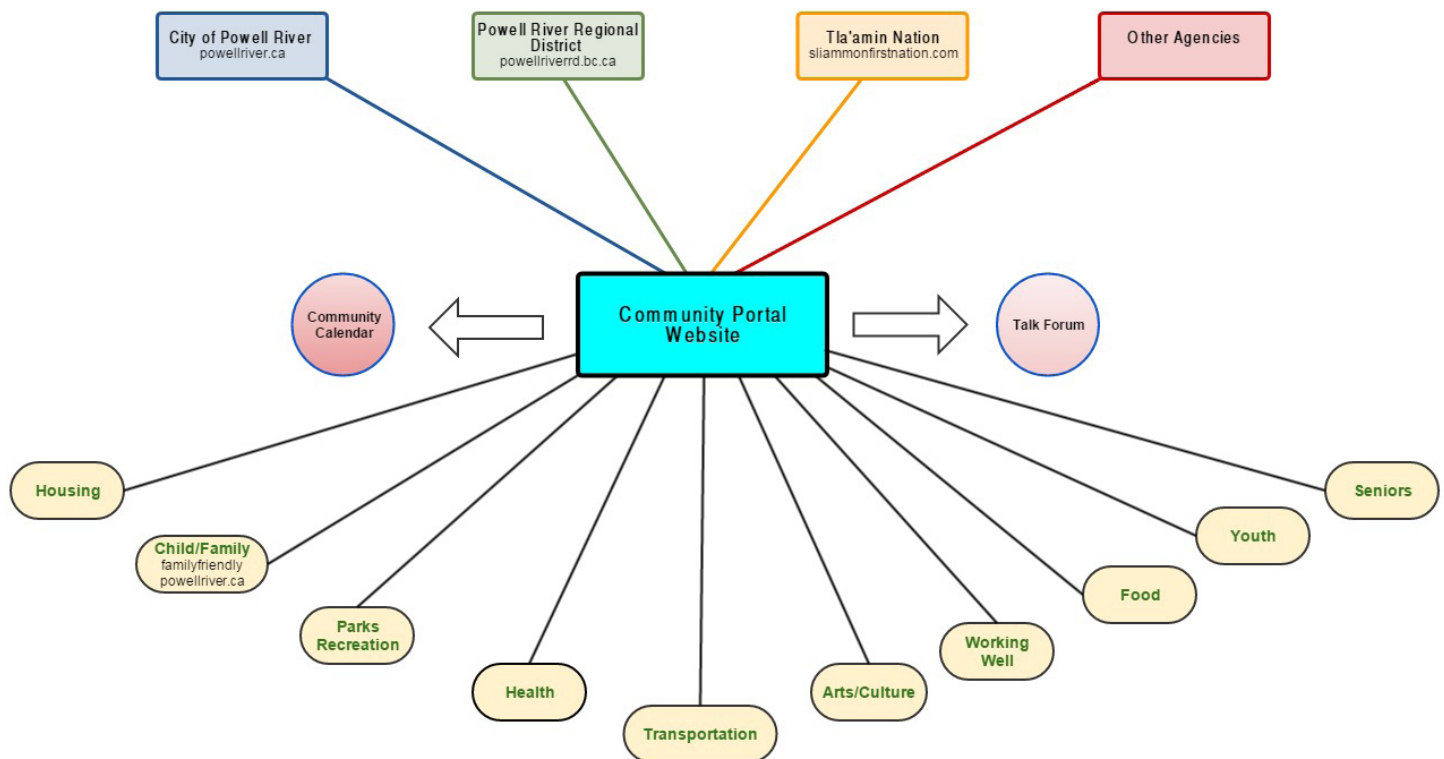
TRAINING AND EXPERIENCE REQUIREMENTS

University degree in urban planning or related field. Proven project organizational skills are required.

Minimum of three (3) years' professional social planning or community development experience.

RESOURCE TOOLS

APPENDIX C: PROPOSED COMMUNITY PORTAL STRUCTURE



RESOURCE TOOLS

APPENDIX D: RESOURCING AND FUNDING OUR COMMUNITY SOCIAL PLAN

As the different local governments and community partners consider the future of social planning in the Powell River region, the question of resources and how to fund new initiatives will quickly come to the fore.

Importantly, this Community Social Plan proposes responding to social challenges in a comprehensive (ie. 'planned') way, which requires a re-allocation of resources but not necessarily more of them. In fact, services that are currently competing, struggling to stay afloat, and unable to plan long term may instead find themselves working together in ways that are more sustainable and effective. Over time this increased coordination could lead to less need for costly services and programs in some areas because root causes are being addressed through a comprehensive Social Plan. Thus, adopting the recommendations in this Social Plan is intended to reduce – not increase – the demand on resources.

While cost-saving can be expected with these efficiencies, it is still vital that we invest in social well-being in certain ways. Resources are indeed needed up front.

Governments and taxpayers alike are typically reluctant to look to tax increases to fund needed services. And yet certain tax structures can be the most important ingredient in creating and sustaining public services. Grant-driven projects can accomplish a great deal, but are vulnerable to a constantly shifting funding landscape. Social planning is not well suited to cycles of grant funding, and instead needs ongoing and regular resources.

Decision makers in local governments and community partners may wish to consider the following when looking to pursue a comprehensive Community Social Plan:

Community Forest Fund: The Community Forest Fund (CFF) is 100% owned by the City of Powell River. It generates approximately \$1 million in revenue annually – funds that are currently used to support a wide range of community initiatives. Given that City Council has the legislative authority to re-write the bylaws of the CFF if it wishes to do so, the City may wish to consider writing in a new provision of the CFF's mandate so that a dedicated percentage (50%?) of annual revenue goes to social planning services and initiatives for the Powell River Region.

Vancouver Coastal Health: Over the course of the social planning project from November 2015 to June 2016, Vancouver Coastal Health (VCH) has signalled interest in and support for social planning work in the Powell River Region. Preliminary conversations suggest that VCH may be willing to provide significant funding for social planning work. Follow up discussions may prove fruitful in assembling the necessary resources to build momentum and achieve social planning objectives.

Catalyst Paper: Several years ago, Catalyst Paper negotiated preferential tax treatment for its Powell River operations. As local governments look across the tax base - residential, business and industrial – Catalyst Paper and its current tax status are well worth reconsidering.

Local Government Tax Rates: Taxes in Powell River are at the high end of the provincial average while taxes in the Regional District are near the bottom for provincial averages. Given that any new social planning programs and services would benefit the entire community, there is an important conversation to be had both about redressing this imbalance and considering increased revenue. Every 1% tax increase in Powell River yields approximately \$150,000 in new revenue. In light of the severity and urgency of some of the social planning challenges facing the region, tax increases may well be necessary.

Re-allocation of Local Revenues: There are other regions in our province (ie. Nelson) that dedicate 3% of building permit fees to the Arts, Culture, and Heritage sector. We may wish to consider how local investments of a small percentage of revenues can bolster initiatives that strengthen social wellbeing for all in our region over the long-term.

RESOURCE TOOLS

APPENDIX E: RESOURCES FROM THE TEXT

The following is a list of resources and information that helped to inform this plan. The information is arranged alphabetically per chapter, followed by additional, specific community resources. All web links were accurate at the time of publication. Some do not have a current web presence, but are included for awareness.

INTRODUCTION

Determinants of Indigenous peoples' health in Canada www.cspi.org/books/determinants-of-indigenous-peoples-health-in-canada
Housing First www.esdc.gc.ca/eng/communities/homelessness/housing_first/index.shtml
Social Determinants of Health www.thecanadianfacts.org/The_Canadian_Facts.pdf
Tapping the Groundswell tappingthegroundswell.ca

CHAPTER 1: COLLABORATIVE LEADERSHIP

7 Missing Links between Social Policy, Social Services, and Outcomes cdn1.inwithforward.com/documents/InWithForward-Grounded-Change-Draft1.1.pdf?mtime=20140907230724
A Healthy City For All: Vancouver's Healthy City Strategy 2014-2025 Phase 1 council.vancouver.ca/20141029/documents/ptec1_appendix_a_final.pdf
A Healthy City For All: Vancouver's Healthy City Strategy 2014-2025 Phase 2 vancouver.ca/files/cov/Healthy-City-Strategy-Phase-2-Action-Plan-2015-2018.pdf
Asset Based Community Development [www.abcdinstitute.org/docs/What%20isAssetBasedCommunityDevelopment\(1\).pdf](http://www.abcdinstitute.org/docs/What%20isAssetBasedCommunityDevelopment(1).pdf) and www.abundantcommunity.com
Building Our Social Future: A Social Development Strategy for Richmond 2013-2022 www.richmond.ca/__shared/assets/socialdevstrategy34917.pdf
Determinants of Indigenous peoples' health in Canada www.cspi.org/books/determinants-of-indigenous-peoples-health-in-canada
Dignity for All: Campaign for a Poverty-Free Canada www.cwp-csp.ca/resources/sites/default/files/resources/Dignity-for-All-A-National-Plan-for-Poverty-in-Canada.pdf
Draft Terms of Reference for the Social Action Policy Advisory Committee www.prepsociety.org/csp/SAPAC_TOR.pdf
The Federation of Canadian Municipalities: Quality of Life in Canadian Communities www.fcm.ca/Documents/reports/Quality_of_Life_in_Canadian_Communities_Second_Edition_EN.pdf
Housing First www.esdc.gc.ca/eng/communities/homelessness/housing_first/index.shtml
The Knight Foundation Soul of the Community Study www.knightfoundation.org/sotc
Plan for the Social Well-Being of Surrey Residents www.surrey.ca/files/Social_Plan_Final_Report_2006.pdf
Planners Web-The Secrets to a Successful Community plannersweb.com/wp-content/uploads/2013/07/The-Secrets-of-Successful-Communities_-_PlannersWeb.pdf
Powell River Economic Development Strategy www.powellriver.ca/content/powell-river-economic-development-strategy-report
Powell River Integrated Community Sustainability Plan www.powellriver.ca/content/powell-river-integrated-community-sustainability-plan
Service Canada Centre, Powell River www.servicecanada.gc.ca/tbcs-fsco/sc-dsp.jsp?rc=5913&lang=eng#pa
Social Determinants of Health www.thecanadianfacts.org
Social Planner Job Description www.prepsociety.org/csp/Social_Planner-Job_Description.pdf
Tapping the Groundswell: pre-Conference Discussion Paper www.prepsociety.org/csp/TTG_Conference_Discussion_Paper.pdf
Tapping the Groundswell tappingthegroundswell.ca

CHAPTER 2: A HOME FOR EVERYONE

A Way Home: Youth Homelessness Community Planning Toolkit homelesshub.ca/toolkit/way-home-youth-homelessness-community-planning-toolkit

BC Housing www.bchousing.org

BC Non-Profit Housing Association bcnpa.ca

BC Poverty Reduction Coalition bcpovertyreduction.ca

Built To Last: Strengthening The Foundations Of Housing In Canada

www.fcm.ca/Documents/reports/FCM/Built_to_Last_Strengthening_the_foundations_of_housing_in_Canada_EN.pdf

Canada Mortgage and Housing Corporation www.cmhc-schl.gc.ca/en/index.cfm

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Forming and running a housing co-op www.cmhc-schl.gc.ca/en/co/buho/gucoho/foruco/foruco_001.cfm

Home improvement assistance programs www2.gov.bc.ca/gov/content/family-social-supports/seniors/housing/home-improvement-assistance-programs

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Housing First www.esdc.gc.ca/eng/communities/homelessness/housing_first/index.shtml, housingfirsttoolkit.ca

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Rental Assistance Program bchousing.org/Options/Rental_market/RAP

Rental Housing Index rentalhousingindex.ca

Rent Bank www.niccss.ca/VRB

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Vancouver Standards of Maintenance Bylaw vancouver.ca/your-government/standards-of-maintenance-bylaw.aspx

ADDITIONAL COMMUNITY RESOURCES

Community Resource Center www.prcrc.org

Dale Manor Assisted Living for Seniors www.dalemanor.com

Evergreen Extended Care www.vch.ca/locations-and-services/find-health-services/residential-care/sunshine-coast-residential-care/evergreen-extended-care

Kiwanis Garden Manor Assisted Living www.kiwanishousing.com
Powell River Educational Services Society www.pressbc.com
Powell River Harbour Guesthouse Hostel prhostel.ca
Powell River Hospice Society prhospice.org
Sunset Home Society m-tleishman@telus.net

EXAMPLES OF AFFORDABLE HOUSING STRATEGIES

Canmore Comprehensive Housing Action Plan canmore.ca/planning-development-internal-pages/282-comprehensive-housing-action-plan
Dawson Creek www.dawsoncreek.ca/wordpress/wp-content/uploads/planning-documents-surveys/DC-affordable-housing-strategy-Final.pdf
Langford www.cityoflangford.ca/EN/meta/city-hall/affordable-housing-program.html
Medicine Hat www.mhchs.ca/housing-development/the-plan-end-homelessness
Whistler www.whistlercentre.ca/project/canmore-affordable-housing

CHAPTER 3: MAKING ENDS MEET and WORKING WELL

BC Poverty Reduction Coalition bcpovertyreduction.ca
Canada Without Poverty www.cwp-csp.ca
Canadian Centre for Policy Alternatives: Growing Gap www.policyalternatives.ca/projects/growing-gap
Canadian Centre for Policy Alternatives: Indigenous Child Poverty in Canada www.policyalternatives.ca/sites/default/files/uploads/publications/National%20Office/2016/05/Indigenous_Child%20_Poverty.pdf
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Greater Saint John Poverty Reduction Strategy: Poverty Reduction... Moving Forward vibrantcanada.ca/files/moving_forward.pdf
How Public Sector Jobs Can Foster Community Economies www.policyalternatives.ca/sites/default/files/uploads/publications/WorkingPaper_Janet-Newbury_GoodJobsConf.pdf
Illuminating new economic possibilities wordpress.viu.ca/ddcc/files/2016/02/Illuminating-New-Economic-Possibilities-Report-Final.pdf
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Poverty Network www.povnet.org
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Realizing New Economic Futures citizenengagementinitiatives.files.wordpress.com/2014/11/realizing-new-economic-futures.pdf
Resource Recovery Centre, Victoria communitycouncil.ca/sites/default/files/RRLMP_Phase1_Final_Report_0.pdf
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Wealth transfer in Canada www.newswire.ca/news-releases/canadian-baby-boomers-stand-to-inherit-750-billion-in-the-next-10-years-cibc-581943291.html

ADDITIONAL COMMUNITY RESOURCES

Career Link www.careerlinkbc.com
Powell River Community Futures prfutures.ca
Powell River Immigrant Services www.prepsociety.org/PRIS
Powell River Money Society www.powellrivermoney.ca

CHAPTER 4: A GOOD START

\$10aDay Child Care Plan www.10aday.ca

2015 Child Poverty BC Report Card www.campaign2000.ca/wp-content/uploads/2016/03/BCRC2015.pdf

25% tax incentive for childcare centers www.esdc.gc.ca/eng/child_family/child_care/index.shtml

BC Child Care Resource and Referral Program www.ccr.bc.ca

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First Call: BC Child and Youth Advocacy Coalition firstcallbc.org

Healthy cities: A good start vancouver.ca/people-programs/a-good-start.aspx

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Ministry of Social Development and Social Innovation www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/social-development-and-social-innovation

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Quebec 2016/2017 Economic Plan (with updates to \$7/day daycare program) www.budget.finances.gouv.qc.ca/budget/2016-2017/index_en.asp

Social determinants of health www.who.int/social_determinants/sdh_definition/en

UBC Human Early Learning Partnership earlylearning.ubc.ca

Vancouver Coastal Health: www.vch.ca

ADDITIONAL COMMUNITY RESOURCES

Angel Flight of BC angelflight.ca

Babies Open New Doors (BOND) www.prepsociety.org/BOND

BC Child Care Resource and Referral Program www.ccr.bc.ca

BC Poverty Reduction Coalition bcpovertyreduction.ca

Community Resource Centre www.prcrc.org

Family Place/Resource Program www.prepsociety.org/familyplace.html

Grace House and Victim Services Powell River powellrivervictimservices.wordpress.com

Inclusion Powell River inclusionpr.ca

Powell River Child Youth and Family Services, including Young Moms' Support & Outreach www.prycfss.com

Powell River Community Health www.vch.ca/locations-and-services/find-locations/?site_id=223

Powell River Community Services powellrivervictimservices.wordpress.com/services/community-services-association

Powell River Library www.powellriverlibrary.ca

Powell River Literacy Council www.powellriverliteracy.ca

Powell River Recreation Complex <http://powellriver.civicwebcms.com/content/parks-recreation-and-culture>

School District #47 www.sd47.bc.ca

Success by Six and The ORCA Bus www.successby6powellriver.ca

Tla'amin Community Health www.tlaaminhealth.com

CHAPTER 5: FEEDING OURSELVES

2008 Community Food Assessment Guide: Provincial Health Services Authority www.phsa.ca/Documents/communityfoodassessmentguide.pdf

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Coalition for Healthy Schools Canada foodsecurecanada.org/coalitionforhealthyschoolfood

Farm to Cafeteria Canada www.farmtocafeteriacanada.ca

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Powell River Food Security Project prfoodsecurity.org, prfoodsecurity.org/food-resources

PREDDs economic development plan for agriculture www.powellriverrd.bc.ca/wp-content/uploads/Economic-Dev-Plan-for-Agriculture.pdf

Richmond Food Secure richmondfoodsecure.blogspot.ca/2009/10/future-of-farmers-in-richmond.html

World Health Organization, Social Determinants of Health www.who.int/social_determinants/en

ADDITIONAL COMMUNITY RESOURCES

Active Malaspina Mariculture Association

Good Food Box Program powellrivervictimservices.wordpress.com/community-resources/food-resources

West Coast Fish Culture www.westcoastfishculture.ca

Young Adult Community Kitchen yack@prepsociety.org

CHAPTER 6: GETTING AROUND

BC Transit - Powell River Regional Transit System Service Review Report: Executive Summary bctransit.com/servlet/documents/1403643110306

City of Vancouver- Public bike share system vancouver.ca/streets-transportation/public-bike-share-system.asp

Community Audio Walks projectartpr.wordpress.com

Green Plus gogreenplus.org/nuts-and-bolts-guide/planet-nuts-and-bolts-guide/transportation/alternative-transportation

HandyDART Riders handydartriders.ca

Island Trust www.islandstrust.bc.ca/trust-council/advocacy/bc-ferries-advocacy

Powell River Cycling Plan September 2014 powellriver.civicweb.net/document/24669/Powell%20River%20Cycling%20Plan%20Final.pdf?handle=03CC3517800246CE9A46C4929DB99CB8

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Transportation Alternatives www.transalt.org

Travel Assistance Program www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc

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Vancouver Sun article www.vancouversun.com/translink+consider+taking+handydart+house/11577898/story.html

ADDITIONAL COMMUNITY RESOURCES

Powell River Cycling Association bikepowellriver.ca

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BC Healthy Communities bchealthycommunities.ca/home, bchealthycommunities.ca/article/832/display

British Columbia Schizophrenia Society www.bcscs.org

Complete Streets FAQ www.smartgrowthamerica.org/complete-streets/complete-streets-fundamentals/complete-streets-faq

Complete Streets implementation guidelines powellriver.civicweb.net/document/32785/Powell%20River%20ICSP%20Final%20Aug%2020th.pdf

First Nations Mental Wellness Continuum nnapf.com/first-nations-mental-wellness-continuum-framework

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Powell River Community Food System Assessment 2016 report prfoodsecurity.files.wordpress.com/2016/07/prcfsa_final_report_july_12.pdf

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Powell River's Vital Signs Report prvs.ca

Public health doctors' urgency to improve public transportation www.vch.ca/about-us/news/top-public-health-doctors-urge-mayors-and-the-province-to-work-together

Vancouver Coastal Health, 'My Health, My Community' www.myhealthmycommunity.org

VCH - Community Outreach Program for the Elderly - Powell River General Hospital www.vch.ca/locations-and-services/find-health-services/?program_id=1060

VCH - Powell River Mental Health and Addiction Services - Powell River Community Health Centre www.vch.ca/locations-and-services/find-health-services/?program_id=1135

VCH article 'Top public health doctors urge mayors and province to work together' www.vch.ca/about-us/news/top-public-health-doctors-urge-mayors-and-the-province-to-work-together

World Health Organization - Health Impact Assessment (HIA) www.who.int/hia/evidence/doh/en

ADDITIONAL COMMUNITY RESOURCES

Brain Injury Society www.braininjuriesociety.ca

Danielle Support Organization powellriver.fetchbc.ca/service.html?i=235

Division of Family Practice report 'Aging in Powell River' divisionsbc.ca/CMSMedia/WebPageRevisions/PageRev-9167/2016%20July%2020%20Aging%20in%20Powell%20River%20CKaaij%20Community%20Summary.pdf

FETCH powellriver.fetchbc.ca/index.html

Life Cycle Housing Society powellriver.fetchbc.ca/service.html?i=199

Powell River Health-Care Auxiliary www.prhealthcareaux.ca

Powell River Wellness Project prwellness.wordpress.com

St. John's Ambulance www.sja.ca/English/Pages/default.aspx

Sunshine Coast Treatment Services scts@prepsociety.org

Future publications to watch for:

Powell River Department of Recreation and Parks report-Expanded Regional Recreation Initiative Study

CHAPTER 8: PARKS and RECREATION

British Columbia Recreation and Parks Association (BCRPA) www.bcrpa.bc.ca

Fully accessible playground www.earthscapeplay.ca/project/accessible-playground

Health and Wellness, Vital Signs Report prvs.ca/reports/2015-report-2/health-wellness-2015

National Recreation and Park Association (NRPA) www.nrpa.org/Blog/Five-Park-and-Recreation-Trends-from-the-2015-Field-Report

Powell River - Coastal by Nature www.powellriver.info

World Health Organization determinants of health www.who.int/hia/evidence/doh/en

ADDITIONAL COMMUNITY RESOURCES

Aquatic Club powellriveraquatic.weebly.com

Climbers' Access Society of British Columbia www.access-society.ca/regions/powell-river

Division of Family Practice report 'Aging in Powell River' divisionsbc.ca/CMSMedia/WebPageRevisions/PageRev-9167/2016%20July%2020%20Aging%20in%20Powell%20River%20CKaaij%20Community%20Summary.pdf

Gymnastics Club prgymnastics.ca

Model Community Project-Disability Sports Club www.modelcommunityproject.ca
Pow! Town Roller Derby www.facebook.com/PowTownRollerDerby
Powell River Breakers Track and Field Club powelltrack.wix.com/prtrack
Powell River Parks and Wilderness Society (now known as PAWS) sunshinecoast-trail.com/prpaws
Powell River Recreation Complex Activity Guide www.powellriver.ca/content/recreation-programs-and-schedules
Skating Club www.facebook.com/PowellRiverSkatingClub
Special Olympics www.specialolympics.bc.ca/local/sobc-powell-river
Youth Soccer Association prysaweb.soccerregistrar.com
Future publications to watch for:
Powell River Department of Recreation and Parks report-Expanded Regional Recreation Initiative Study

CHAPTER 9: ARTS, CULTURE, and HERITAGE

ARTS BC artsbc.org/library
Canadian Council for the Arts [www.creativecity.ca/database/files/library/arts_positive_change\(1\).pdf](http://www.creativecity.ca/database/files/library/arts_positive_change(1).pdf), www.creativecity.ca/database/files/library/artistic_dividend.pdf
Center for the Living City centerforthelivingcity.org/#home
Complete streets www.smartgrowthamerica.org/complete-streets/complete-streets-fundamentals/complete-streets-faq
(Personal conversations with Donna MacDonald, City Councillor, Nelson BC.)
Powell River Arts, Culture, and Creative Initiative, Phase 2 powellriver.civicweb.net/document/10741/Report%20-%20Powell%20River%20Arts%20Culture%20Creative%20Initia.pdf?handle=BAE14BBBD87D449AA65C2DAE0BC27DF0
Powell River Arts Council www.powellriverartscouncil.com
Powell River Studio Tour www.powellriverartists.com
Public Art, City of Vancouver <http://vancouver.ca/parks-recreation-culture/public-art.aspx>
Realizing New Economic Futures, One Community at a Time: citizenengagementinitiatives.files.wordpress.com/2014/11/realizing-new-economic-futures.pdf
School District 47 and sculptor design bike racks: www.prpeak.com/community/school-district-47-children-and-sculptor-design-bike-racks-1.2272945
Soul of the Community Project, Knight Foundation www.knightfoundation.org/sotc

ADDITIONAL COMMUNITY RESOURCES

Artique artiquebc.ca
International Choral Kathaumixw www.kathaumixw.org
Lund www.lundbc.ca
Malaspina Arts Society artpowellriver.com
Pacific Region International Summer Music Academy prismafestival.com
Powell River Academy of Music www.powellriveracademy.org
Powell River Arts Council www.powellriverartscouncil.com
Powell River Museum www.powellrivermuseum.ca
Powell River powellriver.info
Savary Island www.savary.ca
Sunshine Music Festival www.sunshinemusicfest.com
Texada Arts, Culture and Tourism Society texada.org
Tla'amin <http://sliammonfirstnation.com>
Townsite Heritage Society www.powellrivertownsite.com

CHAPTER 10: SOCIAL COHESION

2014 Groundswell Post-conference Summary Report wordpress.viu.ca/ddcc/files/2014/03/Groundswell-2014-Post-Conference-Summary-Report.pdf

A Healthy City for All, City of Vancouver bchealthycommunities.ca

Block Connectors www.theyardsyeg.ca/connect-the-blocks-with-the-abundant-communities-initiative

Block Parties vancouver.ca/doing-business/block-parties.aspx, www.dnv.org/programs-and-services/special-event-permit

Bunbury, Western Australia: The main roads are now divided into one way traffic on each side with grassy boulevards between - equipped with benches, sidewalks, exercise equipment and bike racks. www.bunbury.wa.gov.au

Canadian Mental Health Association, Ontario ontario.cmha.ca/mental-health/lesbian-gay-bisexual-trans-people-and-mental-health

Defining Diversity: Creating Community wordpress.viu.ca/ddcc/files/2014/10/Defining-Diversity-Creating-Community-Final-Report-Final.pdf

Gibsons has a policy that supports community and public facilities on land designated for Public/Community use. www.gibsons.ca

Human Library humanlibrary.org/

KAIROS Blanket Exercise kairosblanketexercise.org

Poverty Network, Powell River www.povnet.org/find-an-advocate/bc/lower-mainland/sunshine-coast/powell-river

PR Voices prvoices.org

Public Guardian and Trustee of British Columbia www.trustee.bc.ca/Pages/default.aspx

Reducing Barriers to Social Inclusion and Social Cohesion www.parl.gc.ca

Secrets of Successful Communities – Part 6: Pay Attention to Community Aesthetics plannersweb.com/2013/07/the-secrets-of-successful-communities-part-6-pay-attention-to-community-aesthetics

Social Planning and Research Council of BC www.sparc.bc.ca

Talk Vancouver www.talkvancouver.com/Portal/default.aspx

Tla'amin Final Agreement www.aadnc-aandc.gc.ca/eng/1397152724601/1397152939293

Volunteer Canada volunteer.ca

Welfare Innovations at the local level in favour of cohesion wilcoproject.eu

World Health Organizations Commission on Social Determinants of Health www.co.int

World Summit for Social Development www.un.org/esa/socdev/egms/docs/2009/Ghana/inclusive-society.pdf

ADDITIONAL COMMUNITY RESOURCES

Association of the Savary Island Committee savaryislandcommittee.homestead.com

Community Adult Literacy & Learning www.powellriverliteracy.ca/CALL.html

Community Living BC-Powell River www.communitylivingbc.ca/about-us/contact/local-clbc-offices/coast-region/powell-river

Community Resource Centre www.prcrc.org

Cranberry Community Hall Association www.cranhall.org

inclusion Powell River inclusionpr.ca

Lund Community Society www.lundcommunity.ca

Model Community Project www.modelcommunityproject.ca

Powell River Community Foundation www.prcommunityfoundation.com

Powell River Community Services Association/Victim Services Powell River powellrivervictimservices.wordpress.com/services/community-services-association

Powell River Cycling Association bikepowellriver.ca

Powell River Employment Program www.prepsociety.org

Strive-Powell River striveliving.ca

The British Columbia Society For the Prevention of Cruelty to Animals www.sPCA.bc.ca/branches/powell-river

The Literacy Outreach Powell River www.powellriverliteracy.ca

The Powell River Diversity Initiative www.prdisociety.org

United Way www.unitedwayofpowellriver.ca

Volunteer Powell River www.unitedwayofpowellriver.ca/volunteer-powell-river.html

RESOURCE TOOLS

APPENDIX F: ACKNOWLEDGEMENTS

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