



Active Fun for Everyone



Spring 2010 Red Fox Recreation Overview

Red Fox Recreation delivered physical literacy and healthy living activities to children and families throughout Vancouver at Elementary schools, community centres and at Vancouver Park Board and community special events, from February to July 2010. Sport Fit and Red Fox activities were delivered by at-risk youth, including youth with disabilities and Aboriginal youth. Youth increased their capacity to work in the recreation field. Red Fox partners with Vancouver Native Health Society, the Vancouver Park Board and the Vancouver School Board.

Red Fox Recreation Spring 2010 – Programs

Active Adventure Days with SportFit

Physical literacy training was delivered to over 1,600 students at 16 Active Adventure Sessions in 10 schools. The Red Fox youth leaders led the students through the Sport Fit training circuit and also taught them circus arts and traditional games to pair physical literacy with fun and sustainable ways to be active. The students received active prizes including VPB Social Responsibility Passes for skating and swimming admissions to further promote local, accessible recreation and sport opportunities at Vancouver Park Board facilities.

Schools:

Chief Maquinnah

Thunderbird

Begbie

Waverley

McCorkingdale

Tillicum Annex

Hudson

McBride Annex

Southlands

Franklin

**Physical Literacy and Fitness at Community Special Events**

Red Fox provided physical literacy and fitness programs to over 1,400 children, youth and adults at Vancouver Park Board and community special events:

- Trout Lake Olympic/Paralympic Opening Ceremonies Event – February 12
- South False Creek Opening Ceremony – May 15
- Celebrate Mount Pleasant Festival – June 5
- Strathcona Aboriginal Day Celebration – June 18
- MoreSports Soccer Jam – June 19
- Aboriginal Kids Day at Oppenheimer Park – June 20
- Canada Day Celebration at Hastings Community Centre – July 1

Red Fox Healthy Living and Family Support Programs

Physical literacy and healthy living were fostered with 350 inner city and Aboriginal children and families each month through the delivery of Red Fox Recreation sessions at community family support programs.

- Red Fox Feasting at Strathcona Community Centre provided a community kitchen and active living program for Aboriginal and inner city families - partly funded by Strathcona Community Centre Association.
- Cooking Fun for Families at Seymour School – partly funded by Ray-Cam Cooperative Centre Association
- Multicultural Family Night program at Collingwood Neighbourhood House
- Aboriginal Family Night program at Cedar Cottage Neighbourhood House
- Latchkey Out of School Care at Ray-Cam Cooperative Centre

Youth Mentoring and Leadership Training

More than 40 at-risk youth gained skills and knowledge in the recreation and sports fields to increase their employability and life skills.

- 29 youth completed NCCP certified coaching workshops.
 - Teaching Fundamental Movement Skills
 - Coaching from the Medicine Wheel – This was the pilot of the new coaching workshop. The NCCP asked Red Fox to recruit and register youth participants from other youth and Aboriginal agencies. The NCCP provided both workshops free of charge.
- At-risk youth worked side-by-side with Red Fox Trainers, VSB and VPB staff. This established rapport and provided the youth with mentorship opportunities with recreation professionals.
- Five Red Fox leaders promoted Red Fox Recreation as a social enterprise at the 2010 BCRPA Tradeshow and Symposium in Penticton. All expenses were paid by an anonymous donor.
- Red Fox youth leaders gained experience planning and promoting a special event for Multiculturalism Day: Red Fox One World Festival funded by Heritage Canada.
 - One Red Fox leader solicited prize donations from over 15 local businesses.
 - All promotions were designed by youth.





ACTIVE IS
ONE WORLD FESTIVAL



Join Red Fox and Celebrate Multiculturalism Day

Cultural Performances, Traditional Games, Circus Arts and Prizes
Sunday, June 27 from 1:00 to 4:00 p.m. at MacLean Park (710 Keefer at Heatley)

www.redfoxrecreation.org 604 319-2571



Red Fox Youth Outings

Red Fox youth planned and participated in youth social outings throughout Metro Vancouver. The activities were designed to increase the group rapport of the Red Fox youth leaders and reward their efforts and commitment. The activities also gave them positive and safe options for excitement and adrenaline. Outings included Monkido ropes courses in Whistler, tandem bike riding in Stanley Park and indoor wall climbing. Aboriginal cultural workshops were also held to raise pride and awareness of Aboriginal culture. The youth enjoyed special Olympic events, including Hockey games and medal ceremonies. Funding was from the Vancouver Foundation.

Promoting Healthy Active Living

Red Fox Hometown Tourists

With funding from the BCRPA, Red Fox piloted a healthy living program for adults in the downtown eastside who have multiple barriers to inclusion. Participants explored art, history and nature through walking adventures throughout Metro Vancouver.

Red Fox One World Festival gave Strathcona families the opportunity to enjoy active fun together and promote cross-cultural harmony on Multiculturalism Day.

Active Is Red Fox - Poster Campaign

Through funding from the BCRPA, Red Fox conducted a promotional campaign to increase Vancouver Aboriginal adult and family physical activity levels. Accessible and culturally appropriate physical activity opportunities were highlighted using real life positive role models. The Active Is Red Fox campaign was so successful that the template is being used for all Red Fox promotions.

ACTIVE IS TRADITIONAL

Lorinda and Mikayla celebrate their Aboriginal heritage through dance. They're strong in body and spirit and they're helping to make their community stronger.

For programs near you call the Aboriginal Friendship Centre 604 251-4844

Budget

Funders include Gaming, the Vancouver Park Board, the Inner City Inclusivity Sport and Recreation Table, the British Columbia Recreation and Parks Association, the Vancouver Foundation, Strathcona Community Centre Association, Ray-Cam Cooperative Centre Association, Heritage Canada and an anonymous donor. There was significant in-kind support from Red Fox Consulting, the Vancouver School Board, Active Communities Vancouver of the Vancouver Park Board and Vancouver Native Health Society. Total funding was \$54,000.

Red Fox Recreation is also a Social Enterprise and received income from Legacies Now, local community centre associations, and AIDS Vancouver to deliver special event programming and staff training.

Conclusion

Red Fox Recreation created many opportunities for inner city and Aboriginal children, youth, adults and families to be active, learn new skills and make healthy choices. On behalf of the participants and leaders of Red Fox, thank you for your support. If you would like more information about Red Fox Recreation, contact Emma Sutherland at 604.319.2571 or info@redfoxrecreation.org.

Red Fox Recreation delivers recreation programming to foster healthy active living to Aboriginal and inner city children, youth, adults and families in Vancouver. At-risk youth, and adults with multiple barriers gain skills and confidence by taking hands-on training, recreation team-building exercises and coaching workshops to increase their employment and life skills and prepare them to work in the recreation field. Established in 2006, Red Fox has been cited as a best practices model by the Province and has won awards including the British Columbia Recreation and Parks Association's Programme Excellence Award. Red Fox Recreation partners with the Vancouver Park Board, Vancouver Native Health Society, the Vancouver School Board and several eastside Community Centre Associations. www.redfoxrecreation.org