



Red Fox Walking

Final Report



July, 2008

Red Fox Walking was an Active Communities Vancouver project delivered by Active Outreach. It was a collaboration between Vancouver Native Health Society, the Vancouver Park Board and Hastings Community Association, designed to increase the activity levels, food security and capacity levels of Aboriginal and inner city children, youth and families in East Vancouver, and develop leaders from the community to support 2008 Active Adventure Passport activities. The project ran from October 1, 2007 to January 13, 2008. It was funded by Telus and the BCRPA, with in-kind support from the Vancouver Park Board.

Red Fox Walking was the second phase of the Red Fox program, that partners with the Vancouver School Board, community associations, health promotion agencies, recreation and Aboriginal agencies to enhance existing community programs and create leadership opportunities for Aboriginal and inner city youth and parents. The mandate of the Red Fox program is developing youth and parent volunteers from the Aboriginal and inner city communities, to lead activities in the schools and community for children and families, to foster Aboriginal and inner city participation in the 2008 Active Adventure Passport and maintain increased activity levels.

To create sustainable benefits to the Aboriginal and inner city communities, Red Fox Walking enhanced existing community programs by offering Red Fox Active Adventure sessions to schools and community groups. Three community programs and three schools enjoyed regular sessions of Red Fox Active Adventures -- activities that promote fitness, nutrition and environmental responsibility to children and families through a series of active stations. 13 Red Fox Active Adventure sessions were held, reaching 873 participants and providing leadership opportunities to 19 Aboriginal and inner-city youth and parents. See Appendix 1 for statistics.



The program sites were:

- Family Drop-in Gym at Ray-Cam Cooperative Centre
- Aboriginal Family Night at Cedar Cottage Neighbourhood House
- Multi-cultural Family Night at Cedar Cottage Neighbourhood House

The schools were:

- Hastings Elementary School
- Tillicum Elementary School
- The First Nations' Club at Selkirk Elementary

Two Aboriginal agency Christmas Parties were enhanced by Red Fox Active Adventures:

- Helping Spirit Lodge Society
- Vancouver Native Health Society



Leadership development was a key focus of Red Fox Walking, to support Aboriginal and inner city youth leadership for the 2008 Active Adventure Passport special events. Recruitment was done at schools, youth centres, community centres and Aboriginal agencies. Presentations to recruit parent and youth leaders were done at

- Urban Native Youth Association
- Vancouver Native Health Family Programs Team
- Helping Spirit Lodge's Eagle Spirit Parenting Support Program

Community members recruited to be Red Fox Leaders include:

- Nine Aboriginal people
- Five people with disabilities
- Fourteen youth

Red Fox Walking laid the foundation for the six-week youth training program to be piloted in Red Fox Running, the third phase of the Red Fox program. By holding team leadership and mentoring sessions, information was gathered to develop the curriculum for the Red Fox Youth Leadership Training program.

From engaging the community, it became clear that a Junior Leadership program for Aboriginal students in Grades 4 to 7 would benefit the program and the Aboriginal youth. The foundation of the Junior Leadership program was developed in Red Fox Walking, preparing the way for its launch in Red Fox Running.

To support leadership development:

- Two team leadership sessions were held
- 8 debriefing/mentoring sessions were held following Red Fox Active Adventure sessions
- Leaders participated in an Action Schools BC training session



To create sustainable benefits and to enhance rather than compete with existing community resources, collaborations were forged with a variety of agencies and groups. Collaborations were forged between the Red Fox and

- MoreSports - co-programming for Red Fox Active Adventures at Tillicum Elementary School.
- ADAPT (Aboriginal Diabetes Awareness and Prevention Training) Nutrition and health-promotion activities were incorporated into Red Fox Active Adventure sessions.
- Action Schools BC - Red Fox Leaders participated in Action Schools BC training in active games.
- Ray-Cam Cooperative Centre – their Family Drop-in Gym program was enhanced by the delivery of Red Fox activities.
- Cedar Cottage Neighbourhood House – their multi-cultural and Aboriginal Family Nights were enhanced by the delivery of Red Fox activities.



Budget

The original project scope was expanded by adding the funds of the Telus grant and in-kind contributions of Active Communities Vancouver. Revenue sources include: \$5,000 BCRPA grant, \$10,000 Telus grant and \$7,000 in-kind Vancouver Park Board support. See Appendix II for details on revenue and expenses.

Conclusion

By creating partnerships and delivering programming and training to the Aboriginal and inner city communities, Red Fox Walking increased the levels of fitness, capacity and social responsibility of many Aboriginal and inner-city children and families. Thanks to the BCRPA and Telus, Red Fox has continued to build a foundation of promoting healthy lifestyles as achievable and desirable to vulnerable children and families.



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