



GEORGINA COMMUNITY ACTION TABLE



NEWS RELEASE

2023 QUICK ACTION GRANT ROUND 1

In partnership with the United Way Greater Toronto Area, the Georgina Community Action Table (Georgina CAT) is pleased to announce the recipients of 2023 Round 1 Quick Action Grants. The purpose of the Quick Action Grants is to provide residents with resources to implement their ideas to address two critical issues – Mental Well-Being and Employment/Income Generation in our community. Congratulations to our grant recipients!

RESIDENT LED GRANTS

Keswick Community Fridge (\$2,000)

Food insecurity is on the rise and food pantries are experiencing a massive increase in participants. The Keswick Community Fridge initiative strives to help support community members in a time of need by offering dignified access to food 24/7, with no requirements. Extreme poverty is a hidden issue in Georgina, mainly in Keswick. By placing a community fridge, the goal is to support food security and aid mental health as now individuals can focus on other issues such as housing, employment, etc. The funds from this grant will help support building the structures and keeping this fridge running for years to come. The fridge will be located outside of the Ice Palace in Keswick. If you have any questions or if you are interested in volunteering, please email keswickcommunityfridge@gmail.com.

Food and Mood (\$2,000)

This fun food workshop will focus on the education of making and growing foods and the benefits it has for your mental well-being. Participants will walk the farm, learning about the land, and have the opportunity to make lunch to enjoy outside as a community! The aim of this project is to empower the community with education around food and the connection to their mental health. This workshop will take place at Clearwater Farm in Sutton on Wednesday July 12, 2023 from 10:00AM - 1:00PM. To register please email georginafoodandmood@gmail.com

Perennial Pollinators Resident Grant (\$250)

Gardening has been proven to benefit the mind, body, and soul. This event will involve participants to help create a perennial pollinator garden for residents of the Sandgate women's shelter. This will be held at one of the Sandgate shelter locations in Georgina for the purpose to increase physical and mental health benefits for women and children. The goal is to create stronger connections between families and to offer information about support and services available in the area. Thank you to this great team for helping build a long-lasting garden for everyone to enjoy!

Boots, Brushes, and Breath (\$2,000)

This event's focus is to expose the community to different forms of creative expression, reduce stress, and foster a sense of community. This will be a one-day workshop featuring line dancing, expressive arts, and breathwork/meditation. The workshop will provide participants with an opportunity to learn new techniques to handle stress, to gain self-awareness and to enjoy the camaraderie of community. The date for the workshop will be announced shortly. For more information, please contact Lauren Helmkey at lauren@laurenhelmkeywellness.com.



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Smoking Cessation and Naloxone Workshop (\$250)

This free workshop will focus on supporting community members quitting smoking and reducing substance abuse. These sessions provide a free space for participants to meet and talk openly about substance abuse and the effects of smoking. Participants will receive educational tips and tricks to help them with their habits, as well as provide additional resources to make better healthy decisions. These workshops will be held at The Link in Sutton starting in June.

Bringing Financial Knowledge to Georgina (\$2,000)

Financial knowledge is an important skill to help individuals in many aspects of their daily lives. Coming soon in Georgina a financial workshop helping participants learn more about their finances. The goal for this workshop is to improve personal finances by educating participants about financial literacy, financial planning, budgeting and much more. These sessions strive to inspire participants to learn more about their finances in the hope of helping find financial security. Time and location for these workshops will be given in the future.

AGENCY LED GRANTS

Georgina Community Equity Needs Analysis (\$7,500)

This project is led by a new non-profit organization in Georgina called Equity Georgina, which is focused on supporting equity-deserving groups (e.g., Indigenous, Black, and racialized people, 2SLGBTQ+, those with disabilities) to feel heard, safe and welcomed in our town. One of the ways we can do this is to speak to and learn from those who may feel marginalized or experience discrimination as residents, workers, or visitors to Georgina. This needs analysis will involve a survey, interviews, focus groups and town hall discussions to better understand what is working well regarding equity, what isn't working as well, and what we can do about it. For more information, please visit www.equitygeorgina.ca or email info@equitygeorgina.ca.

Garden of Inclusion (\$7,000)

In collaboration with The Georgina Community Food Pantry, Georgina Hospice, and the Vaughan Community Health Centre, created a program aimed to address food security as well as engaging groups that have historically been excluded. The plan to create a fully accessible garden site to engage people who face barriers to participation. This project will improve physical and mental health, allow people to grow fresh healthy food, develop friends among their garden peers, improve skills around growing and processing food and becoming more self-reliant. This project will expand the existing footprint of the community garden at the Link in Sutton by adding new garden plots intended to engage currently non-engaged populations. This will include 4-6 additional large plots and the addition of 6 raised planters that will facilitate access to seniors and people with disabilities.

Sutton Youth Shelter Healthy Mind & Body and York Regional Police Basketball & BBQ (\$1,500)

Coming this summer in collaboration with the Sutton Youth Shelter, York Regional Police, and residents of Georgina, will be hosting 2 amazing events. The York Regional Police Basketball BBQ event will give participants the opportunities to team up in a competitive and fun basketball tournament. The purpose of this event is to create a fun interactive day where residents of the Youth shelter can make new friends, build relationships, and learn about services and supports offered in Georgina. This event will be held at The Sutton Youth Shelter in July.

The Healthy Mind & Body workshop provides residents at the youth shelter with resources for mental health. This workshop will focus on cannabis addiction, peer supports, and meditation practices to try and give youth an overall feeling of better health and a more positive image of their mental attitudes and self-worth. This event will be held at The Sutton Youth Shelter in September.



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For more information about the grant projects, please contact Anthony at anthony@routescc.org or Sandra at sandra@routescc.org .

The Georgina CAT is a community based round table comprised of residents and agencies that want to make a difference in Georgina. Our primary focus is in the areas of Mental Well-Being and Employment and Income Generation. For more information on the Georgina CAT initiatives, Please contact sandra@routescc.org