

ACCESSCambridge

The City of Cambridge has a TTY Line for the Deaf, Deafened, and Hard of Hearing.
Call us at 519.623.6691

ACCESSCambridge is a newsletter produced and distributed by the City of Cambridge, Community Services Department.

It's purpose is to provide information on municipal services and recreation and leisure opportunities in the community for persons with disabilities

ACCESSCambridge is available in alternative formats upon request.

Inclusion Services

The City of Cambridge
50 Dickson Street, Main Floor
P.O. Box 669
N1R 5W8
www.cambridge.ca

Andrea Riley
Co-ordinator of Corporate Accessibility
Planning and Inclusion Services
519.740.4681 ext. 4689
TTY: 519.623.6691
rileya@cambridge.ca

Robyn Hyland
Inclusion Co-ordinator
519 750-4681 ext. 4292
hylandr@cambridge.ca



Kids Soccer Program

The City of Cambridge implemented a specialized soccer program designed for kids ages 6 to 12 with developmental disabilities. The program encourages active participation while increasing mental, physical and social development. Thank you to the coach, staff, participants and parents in making this program a success.



2009/2010 Kids Soccer Program Participants

Outdoor Kids Soccer Program

Hello soccer enthusiasts! After great response from our indoor program we decided to take the game outdoors!

The program will be designed for kids ages 6 to 12 with developmental disabilities.

If you are interested in the program please contact Robyn Hyland @ 519 740-4681 ext 4292



Would you like to receive
information to your
inbox!

Send your e-mail address to
hylandr@cambridge.ca to receive the
next newsletter by e-mail.

ASSISTIVE LISTENING DEVICES

Assistive Listening Devices are available at City Council Meetings in Council Chambers or by request at Public Meetings and Presentations. Please call us at 519.740.4681 ext. 4689 or through TTY at 519. 623.6691 to make your request.



What's Inside?

Kids in Camp 2010 Access Waterloo Region Information Night The First Person Project
Ice Hounds Leisure Buddy PAL SunBlast Playground



Kids In Camp is a program that supports children with special need, and helps them to access the recreation and leisure based programs & services in their community. Through an application process, children living in Cambridge with a disability are provided 1:1 staff support, allowing their full participation in municipal programs throughout the summer.

The goal of the Kids In Camp Program is to...

- Increase the availability of community summer programs to children with special needs.
- Increase number of children with special needs participating in community summer programs.
- Develop the capacity of community summer programs to include children with special needs.
- Enhance community summer program experience for children with special needs.
- Increase collaboration among agencies who serve children with special needs.

If your child would like to attend a day camp, playground, or arts program this summer but is unable to do so due to a physical, behavioral, or developmental disability...call 519 740-4681 ext 4689 for more information or to request and application.

Applications are available as of April 12th, 2010 and considered on an individual basis. You can also download an application online at www.cambridge.ca. Please note that children will be matched with an Inclusion Facilitator for a max of one week out of the summer.

2010 Access Waterloo Region Annual Information Evening

The Community Connections Evening is an event where service providers and recreation program providers gather in one space to assist people with disabilities and their families with both support options and summer program options for 2010. Admission is FREE!

Tuesday April 13, 5 – 8 pm, St. Mary's High School, 1500 Block Line Rd. Kitchener.

Contact Val Millen at 519.578.3660 ext. 2325.

The First Person Project

reachAbility, a non-profit disability organizations, asks **Canadians with disabilities** to share their **experiences with employment** in a new book being published in 2010.

Whether you live with a physical, cognitive, visual, hearing, mental health or invisible disability, no matter where you are in your career, we want your stories of challenges, successes, stigma, inclusion, accessibility, disclosure and empowerment, **in your own voice and in your own way**. Please send us your nonfiction contribution; we encourage a variety of formats, from **prose** (1500 words max.) **and poetry to art, photography, cartoons and more**.

The deadline for submissions is **April 15, 2010**.*

*Please include your name, age, sex, disability and location. Your piece may appear anonymously at your request. Submission is not a guarantee of publication. Submissions are considered donations and are not compensated. We reserve the right to edit.

For more information, please contact:



Karen Janik, First Person Project Editor

editor@reachability.org

Toll Free/TTY: 1 (866) 429-5878

6389 Coburg Road, Suite 200, Halifax, Nova Scotia, B3H 2A5



The purpose of the program is to provide an amateur athletic program for children and adults with developmental disabilities. The Program is open to players of any age, male or female, physically able to participate, but who are ineligible or unable to participate in an existing organized program due to his or her disability. The Cambridge Ice Hounds have scheduled weekly ice time for both practice and season play at the Galt Arena Gardens (98 Shade Street, Cambridge).

NEW team members are always wanted! Registration can take place at anytime! It's not just hockey...it's EXERCISE, SOCIAL INTERACTION, CONFIDENCE, and ENJOYMENT!

For information on this program call Andrea Riley at 519.740.4681 ext. 4689.



Personal Attendant for Leisure Card

The PAL Card allows individuals with a disability to be accompanied by a personal attendant so they may participate in programs and activities in the City of Cambridge, City of Kitchener, City of Waterloo and the City of Guelph. With an approved PAL card, your personal attendant will not be charged an additional program or admission fee and is present for the purpose of assisting you to participate

For further information contact Robyn Hyland @ 519 740-4681 ext 4292 or to apply for a PAL card online @ www.cambridge.ca

Providing One-to-One Support for Kids in Cambridge



The **Leisure Buddy Program** is a service designed to provide support to people with disabilities in a recreation program.

Vision

The vision of the program is to facilitate the provision of recreation opportunities for individuals with disabilities, so that everyone has the opportunity to participate in recreation programs and activities of their choice.

Our Goal

To provide support to persons with disabilities who require varying levels of assistance to access and participate in both municipal and community based programming.

Who can request a Leisure Buddy?

Persons with a disability who are unable to independently access recreation programs without support, who are between the ages of 3 and 25 can access the Leisure Buddy Program.

The Process

Participants must identify a recreation program, date and time that they wish to participate in.

Requests for support through the Leisure Buddy Program should be made no less than 2 weeks prior to the program start date.

Contact Inclusion Services for an application at 519 740-4681 ext 4292 or download an application from www.cambridge.ca.

Matching the Participant with a Leisure Buddy

Please note that every effort is made to find a suitable Leisure Buddy, however matching is based on availability of volunteers and staff, the amount of time given to find support before the program starts, as well as both the interests of the participant and the Leisure Buddy.

For more information contact Robyn Hyland at **519.740.4681 ext. 4292** or e-mail hylandr@cambridge.ca

SUNBLAST PLAYGROUND

This playground program is a partnership between KidsAbility, the City of Cambridge, Community Living Cambridge, and many community volunteers. SunBlast is designed to support children with disabilities & their siblings or friends. Trained staff implement the program which includes sports, crafts, entertainment, and off site trips. The playground program is set up to assist children in developing both their fine motor and social skills.

Registration will take place at Community Living Cambridge on May 19 from 6-8pm.

The program will run this summer from July 5 – August 13, 2010 at Saginaw Public school. Registration costs per week are \$80 for a full day and \$40 for a half day program. The program allows full and half day registration times for kids ages 5—8 and 9—12.

For more information on the SunBlast Program please call the City of Cambridge at 519.740.4681 ext. 4689 or KidsAbility at 519.621. 7580. ext 260



Just Hangin' Out

A PROGRAM FOR TEENS WITH DISABILITIES

13 to 17

The Just Hangin' Out program is funded by the City of Cambridge and run in collaboration with the YMCA and KidsAbility. This program is designed for teen with cognitive and physical disabilities. It's a great opportunity for teens to get together in a teen space, practice social skills and have fun. The program includes support and recreation activities.

Participants must be:

- ~At least 13 years of age
- ~Be comfortable participating in a group setting
- ~Have the ability to understand and follow instructions in a groups setting
- ~Be independent with personal care needs or be able to direct an attendant
- ~Provide your own transportation to and from the program
- ~Participants can attend with their SSAH Workers
- ~Attendant Care is available for those who need assistance

Program Runs:

Thursdays from 5 – 8 p.m. April 8th – May 27th, 2010
 Z beside the Y youth centre operated by the YMCA of Cambridge, located at 258 Hespeler Road, Cambridge
 Fee: \$65 (plus GST if 15 years old and older)

For more information, call Jenn at 519-621-3250 ext 252



Cambridge Youth in Transition Program

This program is designed for teens with physical disabilities ages 15 to 25. Exploring recreation and leisure activities such as adaptive sports, adaptive art, tour of Conestoga College, wheelchair hockey, and digital photography.



Where: Glenview

Park Secondary School (55 McKay Street)

Dates: Wednesdays, April 14th to June 2nd

Time: 3:00pm to 6:00pm

Cost: \$5 per session (\$40 for entire program)

For more information or to submit an application contact Dan Lajoie 519 571-6788 ext 7477 dan@ilewr.org

The [Ontario Blind Sports Association \(OBSA\)](#) and [Achilles Canada](#) would like to encourage your involvement in the "Shared Vision" project with the goal of expanding inclusion in the world of athletics, the education system, and community vision health agencies for the blind and visually impaired youth.

Shared Vision

The project intends to get the visually disabled active, to keep them healthy through sport and dietary education and to help empower them through social interaction and personal accomplishment. To reach their target, OBSA and Achilles Canada will try to connect to schools, universities, community centers, clubs, parks and recreation, and other organizations.



For more information on the "Shared Vision" project and how you and your community can get involved, please contact Sidronio Henrique, Project Coordinator at sidronio@blindsports.on.ca.

City Services and Community Contacts



Grand River Transit Information

519.585.2370

Older Adult Services

Allan Reuter Centre—Preston
 Ted Wake Lounge—Hespeler
 David Durward Centre—Galt

519.740.4681 ext 4400
 519.740.4681 ext 4458
 519.740.4681 ext 4368

Municipal Contacts

TTY
 Accessible Parking Issues and Information
 Snow Removal Complaints
 Sidewalks/Curb Cuts (installation and repair)
 Pedestrian Travel and Audible Signals
 By-Law Information

519.623.6691
 519.740.4684 ext 4530
 519.740.4684 ext 4222
 519.740.4684 ext 4553
 519.740.4681 ext 4689
 519.740.4684 ext 4661

Community Services Department—Inclusive Recreation

Personal Attendant for Leisure
 Kids In Camp Program
 Leisure Buddy Program

740.4681 ext.4689

PD Day Program :

Wheelchair Sports Experience Day

Come out for a fun day of new activities: wheelchair basketball, wheelchair tennis, wheelchair rugby and more! No experience necessary, all equipment (including wheelchairs) provided.

Ages: 6-14 years

Date: April 16th, 2010

Time: 9:00am—3:00pm

Cost: \$20.00 (includes a pizza lunch)

Location: Kitchener, to be announced

Contact Sheryl Dedman,
 519 621-7580 ext 260 or
 sdedman@kidsability.ca

