

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
riley@cambridge.ca

Robyn Hyland
Inclusion Co-ordinator
519 740.4681 ext. 4292
hylandr@cambridge.ca

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.

Multi-Sport

The City of Cambridge has developed a new multi-sport program for kids ages 6-14 with developmental disabilities. It will provide an opportunity to develop new skills, develop an understanding of sports and build new friendships!

The program includes: *Soccer, baseball, volleyball, track and field, basketball, hockey, tennis and football.*

Wednesday's, September 28-November 16th 2011

4:30pm-5:30pm

\$40

Bar Code: 164529

W.G Johnson Centre, gymnasium

For more information about this program contact
519 740-4681 ext 4292.

International Day of People with Disabilities

Mark Saturday **December 3rd, 2011** on your calendar to celebrate International Day of People with Disabilities. Cambridge will join in this worldwide celebration. For more information on this event contact 519 740-4681 ext 4292.

Registration can be done for programs indicated with a Bar Code, by mail or online CORAL or in person at City Hall or any Recreation Centre.



What's Inside?

Zumba Leisure Buddy PAL Soccer JHO-The Next Step JHO

Zumba

Zumba is the new fitness hype all around the world. It fuses hypnotic latin rhythms and easy to follow moves to create a one of a kind fitness program. The City of Cambridge has developed this new program for adults with developmental disabilities.

Saturdays, October 15th 2011—November 26th 2011

No session November 19th 2011

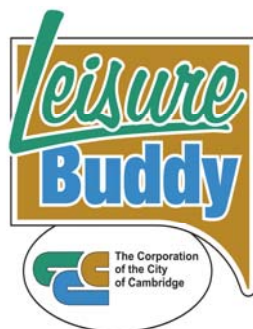
10:30am-11:30am

Cost: \$40 Bar Code: 164527

Location: David Durward Centre – 2nd Floor Activity Room

For more information on this program contact 519 740-4681 ext 4292.

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

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



Kids Soccer



Designed for children ages 6 to 12 with developmental disabilities.

Dates: Friday's September 30th 2011—November 18th 2011

Time: 5:00pm—6:00pm

Location: Com Dev Soccer Dome, 745 Fountain Street North

Cost is \$80

For more information about this program or to register please contact Robyn Hyland, 519 740-4681 ext 4292, TTY 519 623-6691 or hylandr@cambridge.ca.

Just Hangin' Out

A PROGRAM FOR TEENS WITH DISABILITIES 13 to 17

The Just Hangin' Out program is designed for teens with physical and cognitive disabilities. This is an opportunity for teens to get together in a teen space, socialize and have fun. The program, includes supper and recreation activities.

Participants must be:

- ~13 to 17 years of age
- ~Be comfortable participating in a group setting
- ~Able to understand and follow instructions in a group setting
- ~Independent with personal care (or ability to bring an attendant)
- ~Able to provide your own transportation

The program is run by the YMCA Cambridge at the Cambridge youth Leadership Development Centre (Z beside the Y) at 258 Hespeler Road. Participants can attend with their SSAH Worker. For more details, please call 519 623-YMCA ext 252.



Just Hangin' Out—The Next Step

This program is designed for teens 17 - 21 years of age with developmental disabilities. This is an opportunity for peers to gather, socialize, develop life skills and participate in recreation, in a supervised and structured environment.

Dates: Monday's September 26th 2011-November 7th 2011

(no session Monday October 10th 2011)

Time: 6:00pm-8:00pm

Location: Cambridge Centre for the Arts/David Durward Centre—3rd floor dining room

Cost: \$65 Bar Code: 164528

Contact: Robyn Hyland, Inclusion Coordinator 519 740-4681 ext 4292, hylandr@cambridge.ca





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 any time! 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.



CHANGING THE COURSE OF AUTISM Conference 2011

Date: Friday, October 14 - Saturday, October 15, 2011

Time: Friday 8:30am- Saturday 5:15pm

Location: Bingemans (Ballroom) 425 Bingemans Centre Drive,
Kitchener, ON

This 2-day conference features some of the most highly respected names in the autism community. Changing the Course of Autism will feature lectures related to clinical and basic science, educational therapies, advocating for autism and much more.

Featured speakers include; Wendy Edwards, B.Sc.N., MD, F.R.C.P., Lindsay Moir, Theoharis C. Theoharides, MS, PhD, MD, FAAAAI, Raun K. Kaufman, BA, Falcia Jervis B.Ed, M.S.W., R.S.W., Bonnie Kaplan, PhD, Kevin Stoddart, PhD, Sharon Tateishi BSc, RD, Valarie Mclean, Laurette Janak.

For more information visit

<http://www.autismcanada.org/conference/speakersPresentation.html>

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 4406
519.740.4681 ext 4464
519.740.4681 ext 4360

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
519.740.4650 ext 7907

Community Services Department—Inclusive Recreation

Annual Accessibility Planning Information & Special Projects
Parks, Trails, Playgrounds

519.740.4681 ext.4689

Inclusion Programs and Services

519.740.4681 ext.4292