

Meaford Independent Trillium Grant to Help Residents Become More Active

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Seventeen municipalities in Grey and Bruce are pairing up to craft a plan that will help local residents increase their physical activity through play.

Bruce-Grey-Owen Sound MPP Bill Murdoch was in Tara today along with OTF representative Liz Chalmers as members of PLAY in Bruce Grey collaborative accepted a \$115,000 financial boost from the Ontario Trillium Foundation (OTF).

Over the next two years, the OTF grant will be used to hire a PLAY Coordinator to implement programs with each of the municipalities and to engage local volunteers in the process.

“This is about creating environments that will allow people to make healthy choices,” MPP Murdoch said. “We’ll now have more reason to get outside, get active, take care of ourselves and have fun in a healthy way.”

PLAY promotes activities that are cost free, require little skill, are inclusive of all ages and abilities and can be done at any time in any place.

“With the addition of the PLAY coordinator, Cathy Smart, to the team, focus can now be given to assisting communities who are struggling with developing capacity for the Community Action Networks. Communities that provide an active lifestyle for its residents and visitors also develop desirable neighbourhoods,” said Jayne Jagelewski, manager of Recreation and Culture for the Town of Saugeen Shores.

“There are 1440 minutes in a day and our children and youth need 60-90 minutes of moderate to vigorous physical activity everyday for health benefits. The PLAY initiative is aimed at creating communities that make it easy for children and youth to turn off the screens and become active everyday their way,” said Grey Bruce Health Unit program manager Lynda Bumstead.

Members of PLAY collaborative are lead by the Municipality of Arran-Elderslie and include: Saugeen Shores; Brockton; Kincardine; Northern Bruce Peninsula; South Bruce; South Bruce Peninsula; Huron-Kinloss; Blue Mountain; Chatsworth; Georgian Bluffs; Grey Highlands; West Grey; Hanover; Meaford; Owen Sound; Southgate; County of Bruce, County of Grey, Grey Bruce Health Unit; Bruce Grey Catholic District School Board; Bluewater District School Board; Bruce County Tourism; and Owen Sound and Area Family YMCA.