



More than 60 agencies and dozens of individuals working together to reduce poverty in Peterborough city and county since 2006

<http://ptbopovertyreduction.com>

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Five hubs are being planned at the Mount Community Centre Housing, Food, Health and Social Services, Arts and Culture. Ecology Demolition has begun in the housing hub. If you are interested in living at the Mount, please phone 705-875-5095 or email [themountpeterborough@outlook.com](mailto:themountpeterborough@outlook.com)

## *Why??* By Carol Winter

I often wonder why, particularly in low-income areas of the city, I see so many overweight young people. I also don't see as many children playing outside as I did ten years ago. Don't the parents of these children realize the long-term effects of childhood obesity and the importance of good nutrition and exercise?

- Mystified

Dear Mystified

Most parents with limited income fully realize the importance of nutritious food choices and exercise. They also have to deal with the fact that they must somehow stretch their inadequate monthly cheques to cover rent, food, clothing, household needs, other necessities and unexpected expenses like cough syrup, etc. You will notice in the grocery stores that the prices of fresh food keep rising. Despite rising food costs, benefit cheques are not increasing at the same rate..

It is very hard to hear your children crying because they are hungry. Often parents resort to buying some cheaper but filling snack foods, which are not a lean option if eaten daily.

Concerning outdoor play, parents across the city are often fearful of letting their children play in the street where they don't think it is safe. Community gardens are making neighbourhoods safer. Neighbours get to know one another while they grow food to feed their family. Children can play in the park or help grow food.

A happy care-free childhood is often a dream for children in low-income homes. Most of these children are aware of the fact that they cannot expect the treats, outings, and trendy clothes enjoyed by their peers.

## *Information and Workshops*

### **Hub Resource Staff**

Former Hub Resource Staff Person, Nicole Gagliardi has left the PPRN and is now working as the Project Coordinator for the Community Foundation of Greater Peterborough. On behalf of the PPRN, congratulations and thank you Nicole.

The PPRN Hub Resource position will be divided into two part-time jobs.

Nauni Parkinson and Laura Keresztesie have joined the PPRN as the new Hub Resource Staff Persons. Nauni will be continuing the work which Nicole started. Laura will be preparing the foundations for two more hubs—one in the city and one in the county. Welcome to the PPRN Nauni and Laura.

### **PSPC has Moved**

The new address is:

Peterborough Social  
Planning Council  
360 George Street North,  
Unit 3  
Peterborough Square  
Peterborough, Ontario  
K9H 7E7

### **Safe Swimming Beach Water**

From June until August, swimmers will be able to know whether a beach has safe or unsafe bacteria levels by visiting [www.pcchu.ca](http://www.pcchu.ca) at any time, or by calling the Health Unit at 705-743-1000 during office hours.



The following may result in unsafe levels of bacteria:

- Heavy rainfall
- Large numbers of water fowl
- High winds or wave activity
- Large numbers of swimmers

To try and keep the water quality safe for swimmers:

- Do not feed waterfowl
- Do not let children swim in soiled diapers
- Pick up your garbage
- Clean up after your dog

### **Seeds of Change**

Look at what the Seeds of Change has to offer by visiting their website at [www.seedsofchangeptbo.org/](http://www.seedsofchangeptbo.org/)

Or call 705-874-3553

Or email [info@seedsofchangepeterborough.com](mailto:info@seedsofchangepeterborough.com)

## What's Happening in the City and County



### Bikeways and Trails

<http://peterboroughmoves.com/maps-resources/>  
705-743-7777 ext 1485

Enjoy a walk, or bike ride along one of Peterborough's many city or county trails. Visit the website for many printable maps and details.

Printed copies of the maps are available at the City of Peterborough, Peterborough Green-Up, Kawartha Tourism, Wild Rock Outfitters and Peterborough County-City Health Unit.

### The Peterborough Gleaning Program

After the land has been harvested, often some food remains. That is when the Peterborough Gleaners are invited to pick and take home the remaining food.

This summer and fall, volunteers are needed to help organize gleaning trips. As a volunteer, you would also be welcome to pick and take home food. For more information, call 705 749-9977.

### The SWAP Outreach Van

Offers food, referrals

Mondays and Wednesdays  
8PM-12AM

705 772-4064 mobile  
Ask for Hunter or Tara

### Do You or Your Family Qualify for Free Dental Services?

If you, your spouse, or dependent are receiving the Ontario Disability Support Program, Ontario Works, or have Non-Insured Health Benefits – you can access many dental services at no cost to you.

If you or your child are 18 or under, living in Peterborough City or County, are without dental insurance – you may qualify for dental services at no cost to you.

Contact the Peterborough County-City Health Unit @ 705-743-1000 Ext 265, or email at [dental@pcchu.ca](mailto:dental@pcchu.ca) for assistance in finding out if you are eligible and to make an appointment.



The Health Unit is currently finalizing the 2014 schedule for the Mobile Dental Health Centre. Trips are planned for Keene, Millbrook, Havelock, Curve Lake, Norwood, Hiawatha, Warsaw, Bridgenorth, Lakefield and Buckhorn, as well as some locations across the City. The Mobile Dental Health Centre is fully equipped and offers services such as checkups, cleaning, fluoride treatments, fillings, extractions.



## Get Involved!

Contact us today to find out how you can get involved:

Phone: 705-874-3818 E-mail: [info@pprn.ca](mailto:info@pprn.ca)

Website: <http://ptbopovertyreduction.com>

All donations will receive a charitable tax receipt.

To mail us a donation, please send it to:

Peterborough Poverty Reduction Network

c/o Stephen Kylie Law Office

P.O. Box 1900

Peterborough, Ontario, K9J 7X7

Or online at [www.canadahelps.org](http://www.canadahelps.org)

BN : 812900066RR0001

## Community Resources and Events

### Canada Day Meal

July 1, 5-6pm

St. Paul's Presbyterian  
Church  
delivered by  
the Lovesick Lake  
Native Women's  
Association.



### Labour Day Picnic

Monday, September 1st

11:30-2:30

Nichol's Oval

Free BBQ, Games for the  
kids, Music

Food Served at Noon

### Labour Day Meal

Monday, Sept 1, 5-6pm

Murray Street Baptist  
Church

delivered by

Murray Street Baptist

### First Rider Program

[www.stsco.ca](http://www.stsco.ca)

1-800-757-0307

Fri Aug 22, 2014

3:00 – 6:00pm

Sat Aug 23, 2014

10:00am – 1:00pm

Lansdowne Place,  
645 Lansdowne St. West  
Peterborough

This school bus safety program is strongly encouraged for young children and parents as it is especially important for children who will be riding the bus for the first time in September. Each session runs for 30 minutes on the hour and half hour and includes a ride on a school bus.

### Day Camp

for Kids

Ages 6—12

July 7th—August 21st

9am—1pm

Mondays and Thursdays

At 30 Alexander Court

(Unit #42)

Tuesdays and Wednesdays

At All Saints Church

Free Drop In Program

No Registration Required

*For more information  
contact*

*[Hubsupport@pprn.ca](mailto:Hubsupport@pprn.ca)*

*705 868-5590*

