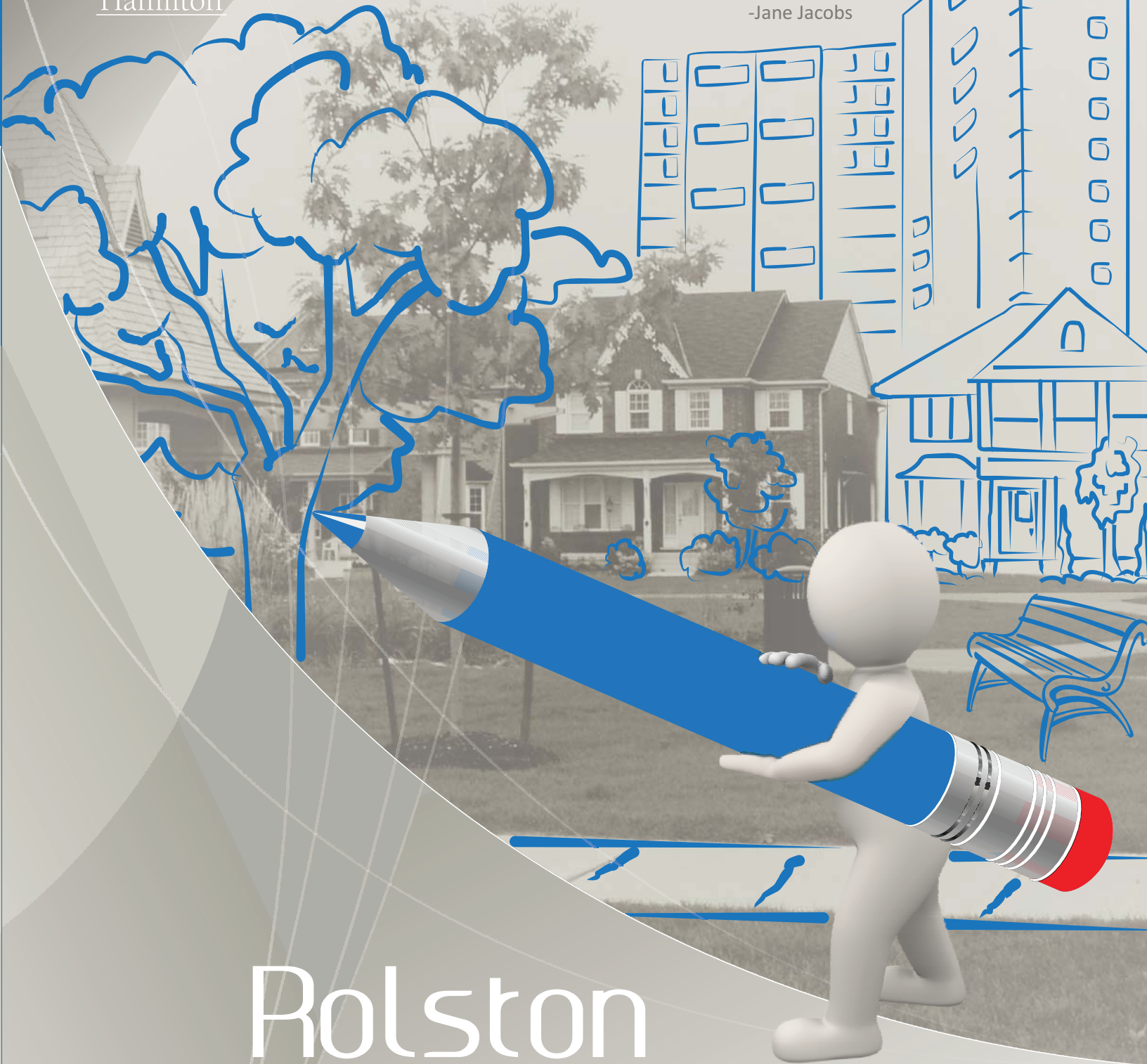




Hamilton

“Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.”
-Jane Jacobs



Rolston

NEIGHBOURHOOD ACTION PLAN

ROLSTON NEIGHBOURHOOD





Vibrant. Engaged. Green. Safe. These are the words residents of the Rolston Neighbourhood used to describe the community and what they strive to strengthen for future. The Rolston Neighbourhood Planning Team developed this action plan over 14 months, and engaged with the community, incorporating the wants and desires of the neighbourhood into tangible actions.

The planning process was facilitated by Laura Ryan, our Community Developer, and Jocelyn Strutt and Alissa Mahood from the City of Hamilton. The knowledge and expertise of the residents around the planning table, with members ranging in age from 5 through to 75+, is what drove the development of this plan. Input and guidance was sought from the community as a whole, which helped refine the plan's priorities and strengthen it as a whole.

In total, 18 planning team meetings were held and the community was engaged at 4 separate venues over 8 different days. The Rolston Neighbourhood Action Plan will bring the community together, making it stronger and serving all who reside within it. This plan is intended to drive clear and feasible action by the Rolston Planning Team, the City of Hamilton and community supporters who believe in the vision and the strength of the people in the neighbourhood. The plan will also be used to develop and inform City of Hamilton work plans and funding priorities. However, planning team members recognize that not all actions may be feasible due to funding or other limited resources. That being said, the planning team is dedicated to exploring each action to its fullest and advocating for change in the Rolston Neighbourhood.

ROLSTON NEIGHBOURHOOD VISION

Rolston is a vibrant engaged safe and welcoming neighbourhood that values collaboration and celebrates diversity. We are a community where healthy relationships natural spaces and opportunities flourish.

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Evaluating the Rolston Neighbourhood Action Plan

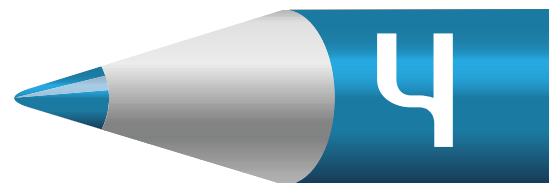
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Thank you!

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References



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Welcome to the Rolston Neighbourhood!

History of the Rolston and Yeoville Neighbourhoods

By Al Karsten and Mark Raymond

William Terryberry (1779-1847) and his wife Ann Young (1782-1869) were the first European settlers to farm the rich sloping soil where Rolston-Yeoville is today. A United Empire Loyalist of German descent who emigrated from New Jersey in 1806, Terryberry acquired 168 acres of cleared arable land south of the Mohawk Trail, and in 1810 he built the first Terryberry Inn. It was a two-and-a-half story frame building on the south side of the Mohawk Trail at the southerly curve where Sanatorium Road begins. At the time, it was one of only a few houses of its size in the entire Barton Township. On site was a large barn and stable, and vast croplands and forest to the south.

The Terryberry Inn was renowned for ornate Grecian design including two fireplaces, high windows, and a large ballroom with floor-to-ceiling cabinets believed to be whiskey cupboards. When war broke out in 1812, militia troops stayed at the property to conduct drill exercises and await orders, and the site was a rest stop for American prisoners being transported to the jail in Ancaster. Historians say the first official public meeting in Upper Canada was held at the Inn in 1816. For decades after the war, the Terryberry Inn hosted travelers on the Mohawk Trail between Ancaster and Niagara, and on the southbound Caledonia Road which is now Upper James. The Inn became well-known and was said to host the social life of the times, with dinners, dances and gatherings filled with warmth and cheer. It was demolished in 1897.

The lands of Rolston and Yeoville were farmed into the early 1900's while residential development concentrated to the north. The Mohawk Trail School was built on the Buchanan side of the Trail in 1882 and served the area's growing population until 1966. By the early 1960's the first residential roads appeared on the northern edge of Rolston-Yeoville along Mohawk Road. Expansion was rapid, and by the mid 1970's most of the area was filled with housing, churches, schools and businesses. The sprawling Westmount Secondary School opened in 1963. Today it is renowned for its self-directed learning program started in 1990, along with athletic, arts, and special needs programs that attract students from across the city.

The Terryberry Library opened in 1970 on the Buchanan side of Mohawk at West 5th to commemorate the original Inn site a few hundred metres southwest. It was the largest library branch in the city at the time, and the first to use ramps instead of stairs to increase accessibility. In 1990, construction began on a 2nd floor for the library. Collections were temporarily housed in the original Hamilton District Christian High School building at 28 Athens in Yeoville, current home to Neighbour to Neighbour Centre, which offers many programs including a non-profit bookstore. The Terryberry branch reopened with the new 2nd floor in 1991.

At the heart of Rolston is Captain Cornelius Park. John Richard Cornelius (1882-1964) was a veteran of the Great War and an athletics instructor at the Hamilton Collegiate Institute. Cornelius was credited with ushering in a new golden era of amateur sport in Hamilton, and introducing a training method which used confidence building in place of corporal punishment. Along with soccer fields, a playground, and a toboggan hill, the park offers views across the Dundas Valley and a large urban forest filled with trails.

Limeridge Road is named after the limestone ridge running east-west through the neighbourhood, making the varied landscape slope downhill to the north. The ridge is naturally exposed at numerous cliffs within the Cornelius Park forest. An allowance was kept mostly cleared south of Limeridge for an expressway to serve Hamilton's booming population and business growth, and when the Lincoln Alexander Parkway was opened in 1997 it became the new southern border of Rolston and Yeoville, with majestic cutaways of the limestone ridge on display.



A drawing of the Terryberry Inn, just before its demolition in 1897. The historically significant Inn likely stood at or near the present western end of Atwater Crescent in Rolston.



The Mohawk Trail (Mohawk Road) eastbound, intersected by The Caledonia Road (Upper James). Taken some time in the 1880s, from the edge of present-day Yeoville. The orchard and farm in the background are on the northeast corner, where Canadian Tire is today.



Mohawk Road westbound viewed from the corner of Athens St. April 1960.

Stories from the Neighbourhood

Julianna Horvath and family, including her girls Julianna and Sissy.

“We originally came to the area from Hungary in 1998. We lived downtown, and moved to the Montcalm community about three years ago. We have good memories of when the community house was active, with activities for the kids such as cooking classes, craft time, playing, and having after school activities.

The community house has been closed for a year, however it would be so good to have it back again, with activities to keep the kids in Montcalm busy and out of trouble.

In the winter it is much harder to stay busy, active, and connected, because of the cold. In the summer it is good to be outside, with the community gardens and the playground area for the kids.

The girls really enjoy dancing and singing, but there is a challenge finding a good class with affordable prices.

I have appreciated all the work that Laura and her team has done in the Montcalm community, and we enjoyed the big celebration this summer. It was a good time! “

Jim and Virginia Casey Elgar Street

“We moved to the neighborhood in 1974. We appreciated the care and schooling for our kids through the Infant Jesus Daycare, Westwood, Westview, and Westmount.

The neighborhood is diverse, with various established homes, and City Housing mixed in. The area is now seeing change, with younger families or younger people moving in as some of the older residents move on.

In our area there can be struggles with traffic flow, and we would benefit from some speed bumps to help slow down traffic, especially with all the kids getting to and from school.

We have enjoyed living in this area, with many mature trees, and have some renovations to allow us to stay.

We have built relationships with those neighbours close by, sharing a community meal at Christmas. We also started a Snow Blower Consortium, where we buy a snow blower together, and help each other clean the sidewalks and driveways in the winter.

We appreciate the things we have and hope that we can help everyone in the neighborhood to be appreciative of our neighborhood.”

Alex, Tori, Chloe Mudde

"A favourite spot we like to go in our neighborhood is Captain Cornelius Park, the forest is so fun to explore!"

John Schuurman

"One of the things I like best is that, generally, playing in the streets is a safe thing to do—whether playing street hockey, throwing a baseball or shooting hoops."

"My favourite place in Rolston is the green space around Captain Cornelius Park and the schools. It's excellent for walking around and playing in any time of year."

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The Rolston Neighbourhood, Statistically

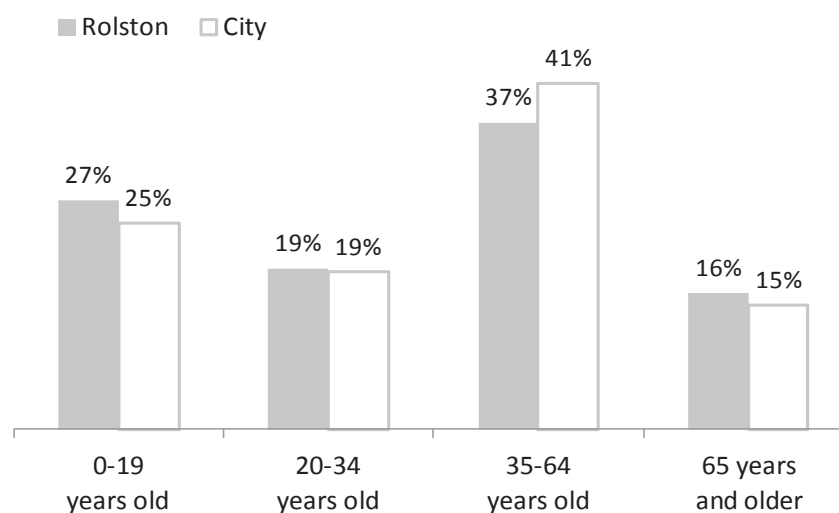
By Laura Ryan

POPULATION CHARACTERISTICS

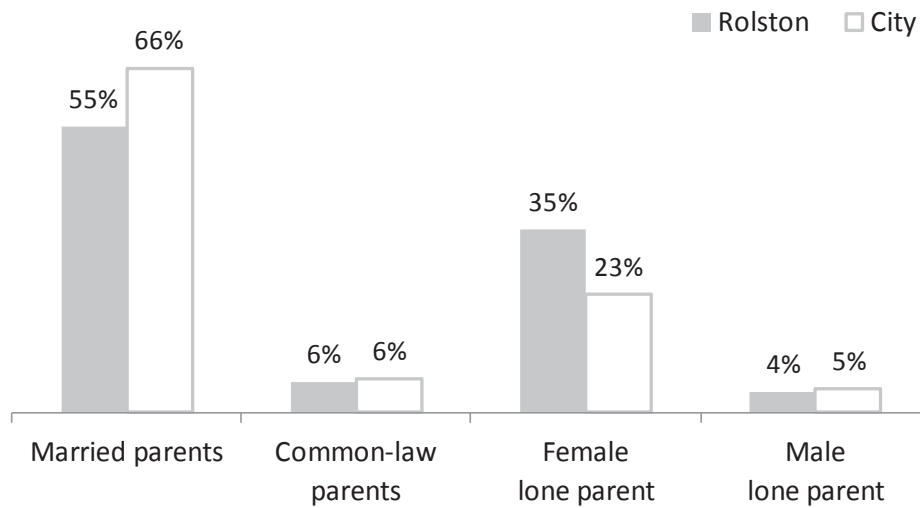
The Lifespan

Age distribution across the population in Rolston neighbourhood is similar to the City-wide distribution of ages. Planning team members have been careful to engage a broad age range for ideas and feedback while preparing the plan, and considered the entire lifespan for their final recommendations included here. The team reviewed Rolston population characteristics that fall under the *social determinants of health*. They took particular note of several health vulnerabilities, including the higher relative proportion of female lead households, individuals reporting activity limitations and persons identifying as a visible minority, as well as the rising proportion of newcomers living in the neighbourhood. These features, particularly for individuals and families experiencing more than one, can contribute to reduced income potential, social isolation and other health risks. The Rolston planning team recognizes the significance of these population characteristics, and is working towards proactive planning, programming, events, and infrastructure that consider the health and hope of all residents in the neighbourhood.

Age Groups

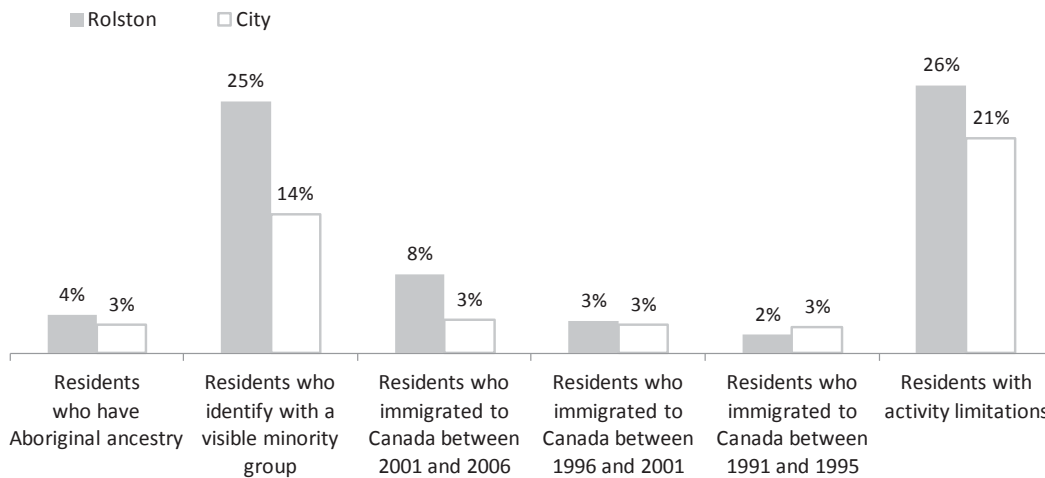


Families with Children Under 18



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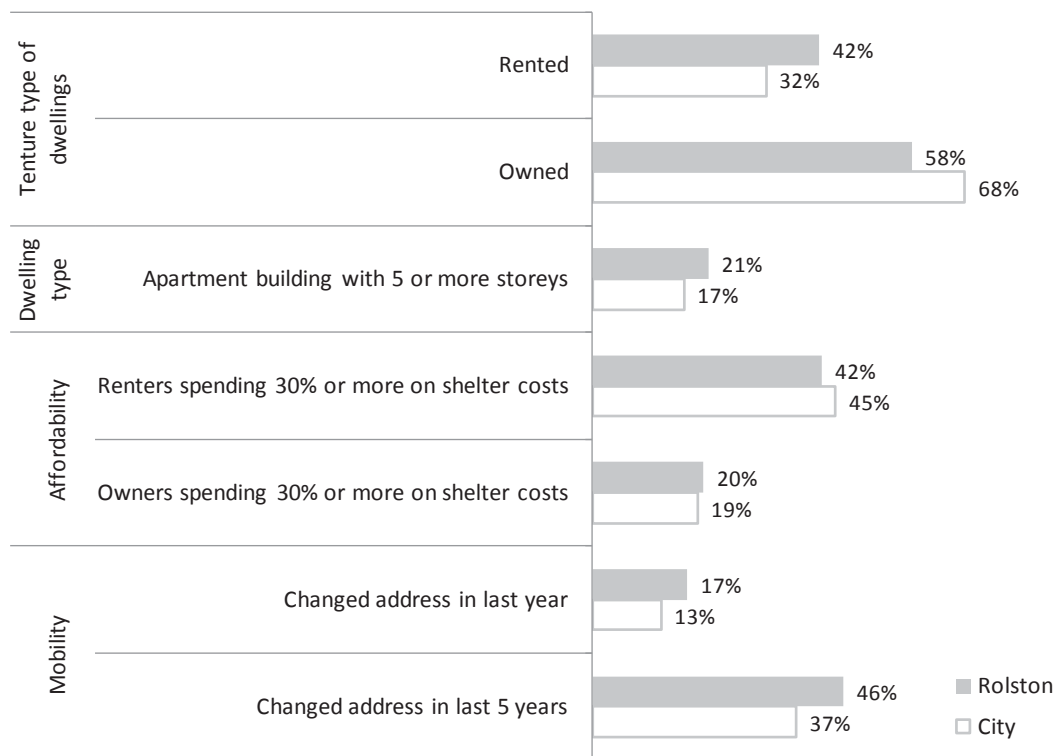
Population Groups



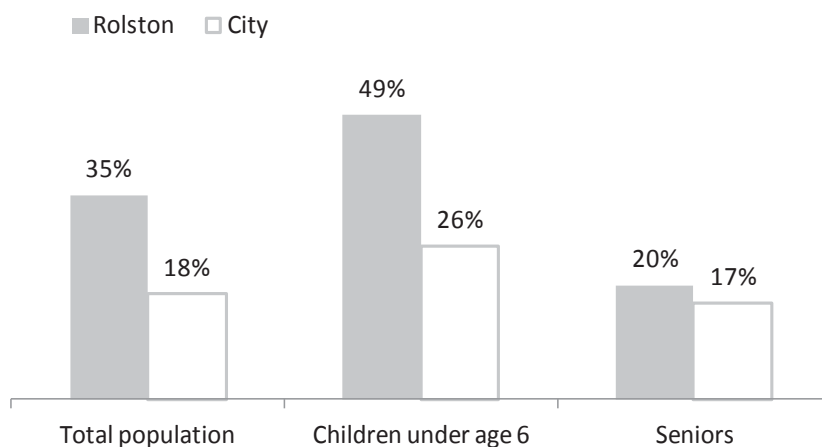
INCOME AND HOUSING

Housing in Rolston is mixed, including private ownership and rentals. Among the rental stock, there are both market rate and geared to income options. Planning team members recognized the importance of ensuring that both home owners and renters were able to provide advice for the plan, and that the goals reflected the unique needs of individuals housed in diverse living arrangements. Through our engagement, we spoke to individuals and families living in homes that are owner occupied, homes that are rented, and homes with assisted living supports on-site. The Rolston Planning Team values this diversity. The team also recognizes that housing stability is important, and for those households that move within five years the impact is a weakening of social networks, as well as contributing to financial and emotional stress.

Housing and Mobility



Poverty Rates

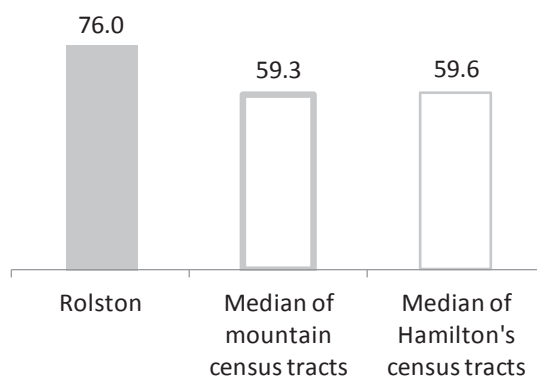


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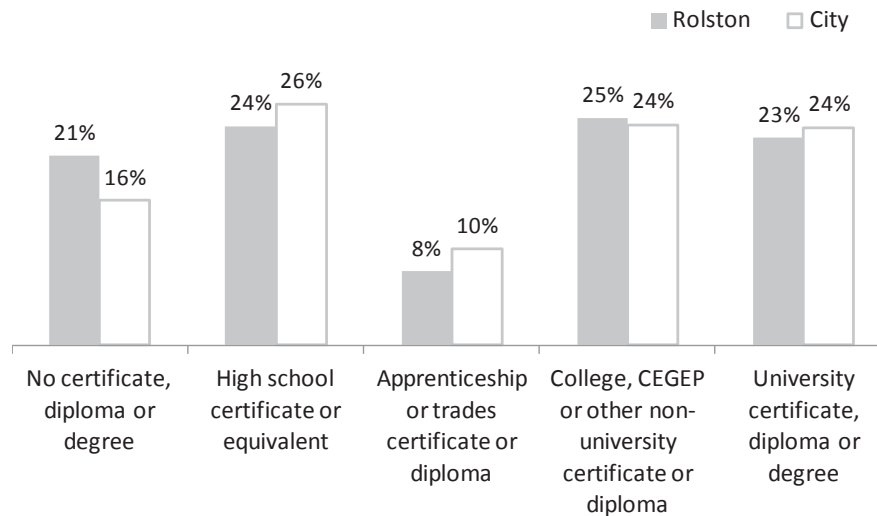
EDUCATION

The rates of education attainment among Rolston residents are similar to City-wide averages, with the exception of folks who were not able to complete high school, which is higher in Rolston than the City as a whole. Additionally, the high school non-completion rate is higher than the city and mountain tract averages. Rolston boasts a fantastic asset in Westmount High School. This is an institution with a creative approach to education, and serves students from across the city, particularly those with diverse and complex needs and aspirations. Rolston residents are committed to supporting Westmount and ensuring it also meets the needs of youth within the neighbourhood so that they can explore their particular gifts, and reach their greatest potential.

High School Non-Completion Rate Per 1,000 Students



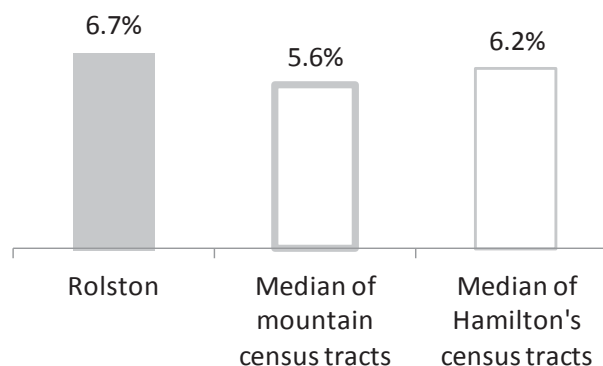
Highest Education Completed, Persons Aged 25-64



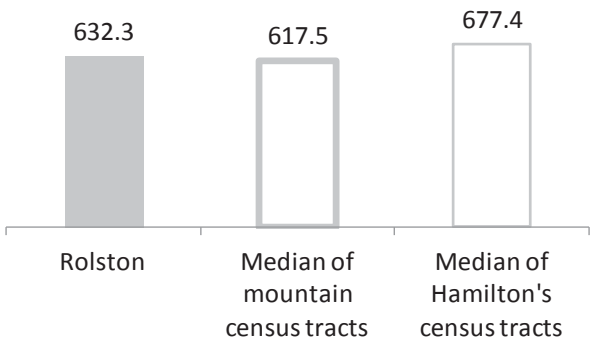
HEALTH

Overall health in Rolston is comparable to the mountain and city averages, and is a strength for the community. There are modest differences in the number of emergency room visits and families reporting that they do not have a family doctor. However, modest improvements could put the neighbourhood in an even healthier position compared to other mountain neighbourhoods or the city as a whole. The concerns raised at the Planning team table include addressing vulnerabilities such as activity limitations, household income, housing affordability and educational attainment so that longevity trends up, and that the quality of life of the gaining population improves.

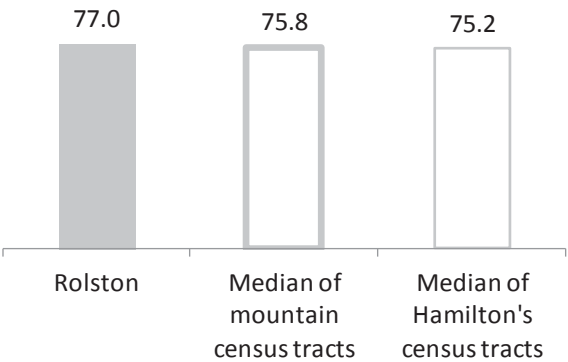
Percentage of ER Visitors Reporting No Family Doctor



Emergency Room Visits Per 1,000 Residents Per Year



Average Age of Death



2

The Planning Process

Plan Development

By Laura Ryan

Although new to Rolston, community development has been active since the early 2000's in Hamilton neighbourhoods. The Neighbourhood Action Strategy, a partnership between the Hamilton Community Foundation, the City of Hamilton and the Best Start Network formalized community development for Hamilton's priority neighbourhoods. The community developers, who represent the "boots on the ground" are supported by a partnership with the Social Planning and Research Council, and work directly with planning teams in 11 communities. Each community has its own unique character and features which presents many opportunities and challenges to the initiative. Rolston neighbourhood is the 11th neighbourhood within the Neighbourhood Action Strategy to establish a community planning team.

Rolston neighbourhood is a compact community with diverse physical features, housing, residents, and services. There are features that simplify engagement, and features that complicate it. Because it took time to secure some of the essential resources to support a planning team, and because Rolston presented a great opportunity to apply many lessons learned from the community development work conducted in other neighbourhoods, the engagement process occurred more slowly here. Engagement began with an unlikely group of residents; in Rolston we started community planning with children and youth.

In May 2012, approximately 15 students from Annunciation of our Lord Catholic Elementary School and approximately 20 children attending the Immigrant Women's Centre [name changed in 2015 to Immigrant Working Centre] children's program at the Montcalm Community House each created a photovoice project. Photovoice is a way of investigating the assets and needs in the community using group walkabouts, taking pictures, and leading discussions. The children were eager to explore and talk about Rolston. They had tonnes of ideas about what they liked, what they didn't like, what they thought could be added, removed, changed, or protected, to help this community be a better place.

In the winter of 2014, 12 students from Westview Middle School produced their own photovoice project, building on the ideas generated in the first two projects. The Westview photovoice project was presented to Hamilton City Council, including our Ward 8 Councillor, Terry Whitehead, and then mayor, Bob Bratina! Some of the student ideas were referred to City departments, and one of their ideas, fixing the road in front of their school, was completed soon after their delegation. These students learned just how simple and important it is to engage with your community and local government.

The community developer, Laura Ryan, attended services, organizations, and events in the neighbourhood, meeting neighbours of all ages and backgrounds and gathering contacts as she went. Around the same time that the community developer stepped into Rolston, researchers from McMaster University in the CRUNCH (Collaboratory for Research on Urban Neighbourhoods, Community Health and Housing) office began recruiting neighbours to participate in an evaluation project. Rolston residents were invited to share their experiences of living in the neighbourhood. CRUNCH researchers will use these responses to measure how those experiences change over the coming years, and investigate how the work of the planning team impacts the community. Representatives from CRUNCH will continue to report back to the neighbourhood as their findings are collected.

In September 2014, a family fun night was hosted by Ward 8 Councillor Terry Whitehead. This was an opportunity to bring the community together and raise awareness for the upcoming planning activities that would be occurring. Hundreds of residents attended the event, which included pony rides, activities for kids of all ages and culminated in a movie projected on an outdoor screen. In the fall of 2014, the planning team was established. Friends, neighbours, and church parishioners recruited each other and Councillor Whitehead encouraged residents to become involved in the Rolston Neighbourhood planning process. The planning team consists of a core group of approximately 10 resident volunteers as well as professionals who work in the community for various services and organizations. The team, working with the community developer and the City's Neighbourhood Action Strategy office, has worked hard to develop a terms of reference to help the team run smoothly, a vision to help lead our work towards common goals, and an action plan filled with project ideas that the team members gathered themselves from the Rolston community.

Throughout the summer of 2015, the group engaged hundreds of neighbours during eight engagement sessions at Terryberry Library, Westmount Recreation Centre, and soccer games at local fields. This effort was topped off with a community fun fair on August 12, 2015 that they helped to organize. It was also the inaugural AGM (annual general meeting) for the Planning Team, and the first executive was appointed. As a single event, the fair attracted approximately 500 neighbours!

The team has worked very hard to reach out to many different folks in many different places to best represent our neighbourhood. This plan represents that effort, and we shall continue to work diligently to ensure that all of Rolston is represented in the effort.



Meetings and Community Events

ROLSTON PLANNING AND ENGAGEMENT SESSIONS

The Rolston Planning Team was formed in October 2014 by a number of residents who felt strongly about working together to make Rolston a vibrant, engaged and safe neighbourhood. Below is a summary of the meetings held.

- Meeting 1:** October 16, 2014 *(Purpose: Project Kick-off & Asset Mapping)*
- Meeting 2:** November 20, 2014 *(Purpose: Developing a Vision)*
- Meeting 3:** January 8, 2015 *(Purpose: Confirm Vision & Develop a Terms of Reference)*
- Meeting 4:** February 12, 2015 *(Purpose: Terms of Reference & Issue Identification)*
- Meeting 5:** March 12, 2015 *(Purpose: Issue Identification & Expression of Interest for the Executive)*
- Meeting 6:** April 9, 2015 *(Purpose: Rolston Themes & Evidence)*
- Meeting 7:** May 14, 2015 *(Purpose: Summer Engagement Event Schedule)*
- Meeting 8:** June 11, 2015 *(Purpose: Refining the Action Ideas)*
- Meeting 9:** June 23, 2015 *(Purpose: Summer Engagement Opportunities Sign-up)*
- Meeting 10:** July 14, 2015 *(Purpose: AGM Planning Working Group)*
- Meeting 11:** August 6, 2015 *(Purpose: AGM Planning)*
- Meeting 12:** September 10, 2015 *(Purpose: Format of the Action Plan and Wording)*
- Meeting 13:** October 8, 2015 *(Purpose: Clarify Actions, Confirm Goals & Objectives)*
- Meeting 14:** November 12, 2015 *(Purpose: Work Plan Finalization)*
- Meeting 15:** November 26, 2015 *(Purpose: Action Confirmation and Work Plan Finalization)*
- Meeting 16:** December 10, 2015 *(Purpose: Review the Rolston Neighbourhood Action Plan Draft)*
- Meeting 17:** January 14, 2016 *(Purpose: Finalize the Rolston Neighbourhood Action Plan)*
- Meeting 18:** February 16, 2016 *(Purpose: Prepare for Presentation to ECS Committee)*

ENGAGEMENT EVENTS: 2015

The Rolston Planning Team worked to develop a vision for the neighbourhood and identified themes that were important to the community. Together, this would help frame the types of actions identified for the work plan. A series of community discussions were held in the Rolston neighbourhood to get community feedback on and endorsement of the vision. It was also an opportunity for residents to provide their input into the action plan by identifying issues or ideas that were important to them. Residents were able to use a dotmocracy activity to vote on ideas that had been developed by the planning team and other residents. The community discussions are outlined below.

1. Westmount Recreation Centre: July 21, 28 & August 7, 2015

Information panels were displayed on the main floor of the Westmount Recreation Centre showing the draft vision and asset map. Opportunities for residents to provide their comments and feedback were provided.

2. Soccer Camp: July 28 & August 4, 2015

Members of the planning team attended a local soccer camp to raise awareness of the work being done in the community and to distribute flyers inviting families to attend the first Rolston Planning Team Annual General Meeting held on August 12, 2015 at the Montcalm Community House.

3. Terryberry Library: August 5 & 22, 2015

Information panels were displayed on the main floor of the Terryberry Library showing the draft vision and asset map. Opportunities for residents to provide their comments and feedback were provided.

4. Inaugural Annual General Meeting (AGM) & Community Fun Fair: August 12, 2015

In co-operation with residents at the Montcalm housing complex and CityHousing Hamilton, the Rolston Planning team hosted their first Annual General Meeting (AGM) and community fun fair. The event attracted nearly 500 community members of all ages and was an opportunity to discuss the action plan with the larger community and to raise awareness of the Rolston planning team. Members of the executive were confirmed at this event. The AGM was a tremendous success thanks to the planning efforts of the Rolston planning team and CityHousing Hamilton representatives.





Terms of Reference

ROLSTON NEIGHBOURHOOD PLANNING TEAM - TERMS OF REFERENCE

The group shall be known as the Rolston Neighbourhood Planning Team operating in the Rolston – Yeoville Planning Area. A map showing the extent of the Rolston – Yeoville Planning Area is attached.

Vision

“Rolston is a vibrant, engaged, safe and welcoming neighbourhood that values collaboration and celebrates diversity. We are a community where healthy relationships, natural spaces and opportunities flourish.”

Membership

- Includes any resident living within the geographic boundaries
- Includes anyone who works, pays, prays and plays within the geographic boundaries
- Includes anyone else who supports the vision, mission and values of the Rolston Neighbourhood Planning Team
- New members are welcome to join at any time

Role of Members (expectation of team members)

- Champion the vision
- Demonstrate leadership in the community
- Share skills and experience and participate in initiatives, committees, action teams, planning processes and meetings
- Promote the work of the planning team
- Support the creation and implementation of the Neighbourhood Action Plan

Executive Team

- The Executive shall consist of:
 - Co-chairs (2): James Mudde and John Schuurman
 - Treasurer: Ryan Elliot
 - Secretary: Monica Mudde
 - Communication Officer: Al Karsten
- The Executive shall be elected from the resident membership
- Roles and responsibilities of the executive shall include:
 - Plan, organize and attend meetings
 - Communicate to the public, elected officials, funders and service providers on behalf of the team
 - Maintain terms of reference and team protocols
 - Review policies and practices on an annual basis
 - Signing authority for cheques and written external communication
 - Hold an Annual General Meeting (AGM)

Term of Executive Committee

- One Co-Chair position shall be elected on alternating years
- Each executive member shall serve in a position for a period of 2 years, with a minimum 1 year commitment
- A one year extension shall be possible, as approved by members of the Executive Committee
- Where a member has served a full term or a full term with an extension in one position, a minimum one year break shall be required before re-election
- The maximum term on the Executive Committee shall be 5 years

Election of Executive Members

- Elections shall be held at the AGM, in June to select new executive members
 - Nominations for the Executive shall be submitted no later than the May meeting
 - Positions shall be effective at the conclusion of the AGM
 - In the event of an unexpected vacancy of an executive member during the length of their term, the membership as a whole may:
 - Accept nominations at the first meeting following the announcement of the vacancy and a vote shall be held at the following scheduled meeting;
- OR
- Distribute duties between remaining executive members if three (3) or less months remain to the date of the AGM.

Committees and Action Teams

- Committees and Action Teams shall be created as necessary, by the membership

Meetings Dates

- Meetings will be held on the 2nd Thursday of each month for a total of 10 meetings a year (September – June)
- Where the meeting falls on a holiday, the meeting will automatically fall on the following Thursday
- The Annual General Meeting (AGM) shall be held in June
- The AGM shall be a time to discuss:
 - elections to the executive team
 - presentation of a financial report
 - celebrate the highlights of the past year
- The AGM will be an annual social event for the Rolston Neighbourhood Planning Team
- Additional meetings may be called, as determined by the needs of the team, in co-ordination with the Executive

Meeting Location

- Meetings shall be located within the community, to be determined by the team

Meeting Time

- Meetings shall start at 6:00 p.m. and finish by 8:00 p.m.

Order of Business

- Call to order
- Welcome and introductions
- Review of Vision and Values
- Review agenda
- Approve previous minutes
- Agenda items
- New / Additional Business
- Treasurer's Report
- Rolston Neighbourhood Action Plan Update
- Announcements
- Close of meeting

Decision Making

- The Rolston Neighbourhood Planning Team feels that consensus conveys strength. As such, consensus shall be the preferred decision making model
- A decision is finalized when a 75% majority of the members at the meeting agree
- The following individuals may vote on issues:
 - Residents
 - A Planning Team Member who has attended a minimum of four (4) meetings from the date of the AGM. In the event that a vote is held immediately following the date of the AGM, their attendance from the previous term shall be considered

- In order for a vote to occur, a minimum of 10 residents and/or planning team members shall be required. In the event that a planning team member or resident is unable to attend the meeting, but would like their vote counted, the planning team member or resident may:
 - send an email, voice message or note to the co-chair indicating their vote;
 - each of the above must include their name, address and signature (if applicable)
- The above shall also count towards achieving quorum
- Service providers shall provide support to the planning team, but shall not have a vote

Motions

- Anyone present at the meeting may make a motion
- The co-chair(s) shall recognize the motion
- The seconder of the motion must be a resident in order to initiate a vote

Review of Terms of Reference

- The terms of reference shall be reviewed and ratified one year after its initial development and on a bi-annual basis subsequently
- The Rolston Neighbourhood Planning Team shall bring forward the Terms of Reference for ratification

Resources and Support

The Rolston Neighbourhood Planning Team acknowledges the support and commitment of our Community Development worker, Laura Ryan and the partners who support the Neighbourhood Action Strategy, including the City of Hamilton, the Hamilton Community Foundation, the Social Planning and Research Council, the Best Start Network, Neighbour to Neighbour Centre, Hamilton Public Library (Terryberry Branch), Councillor Whitehead.

We also welcome any community partners who could provide future support to the team, individuals, businesses, churches, agencies, institutions, etc. and who support the vision and values of the team.

Organizations who can be implementation partners

The implementation of an action item requires the dedication and passion of a resident-champion. However, implementation does not need to be shouldered by only one individual or group. To help support the implementation of an action, contributions can be made by community partners, agencies or other individuals who have specific assets that could benefit a project.

Consideration may include:

- Businesses connected to or located close to Rolston
- Education partners, including the Hamilton-Wentworth District School Board, the Hamilton-Wentworth Catholic District School Board, Mohawk College and Calvin Christian school
- Places of worship
- Neighbour to Neighbour Centre
- Hamilton Public Library
- Other organization(s) who have a focus on the theme of the action
- City of Hamilton or other levels of government
- Other neighbourhoods in the City of Hamilton

Evidence

By Stella Pasion

WHAT IS URBAN GREEN SPACE?

Urban green spaces are publically accessible areas within the city that have a high degree of plant cover. (18) They include natural woodlands and ecosystems as well as designed parks and gardens. (4) They are places of retreat, recreation, and meeting. They also bring beauty to the urban landscape. (4)

Why is urban green space important to health?

Recent reviews have outlined the many health benefits of urban green space. (13, 11)

Physical health

Easy access to parks and trails has been shown to increase physical activity levels. (8) This is especially important as rates of obesity climb. Over one in four Canadian adults are obese. (20) Even more alarming, the rate of obese children more than doubled since the 1980s. (19) This increases their risk of developing a number of obesity-related chronic diseases such as diabetes, high blood pressure, and heart disease. (17) Obesity rates have been linked to decreased levels of overall physical activity. (6) Unfortunately, 85% of Canadians do not meet the current physical activity guidelines. (9) Exercise also decreases likelihood of developing depression, various cancers, and osteoporosis. (21)

Protection and maintenance of green spaces make being active the easy choice. For example, urban greenway trails leading to shops and schools significantly increased walking and cycling. (10) Being close to parks has also been associated with children and youth using active transport. (8) However, availability of parks is not the only factor in determining physical activity. The recent Active Healthy Kids Canada report card on physical activity stated that 95% of parents reported access to parks and outdoor space but Canada still received a failing grade for children's overall physical activity levels. (1) Urban green spaces must also have welcoming features such as proper signage, pleasant views, walking paths, play features and adequate lighting if they are to be used. (11) Barriers to use include signs of disrepair, litter, safety concerns and proximity to major roads. (11)

Mental health

Green space has a profound effect on mental health. This is due in part to people's decreased stress level when spending time in nature. (4) This restorative effect allows for improved concentration at work and school. Children diagnosed with attention deficit/hyperactivity disorder (ADHD) had improved concentration after a 20 minute walk in an urban park. (12) The effect was similar to that of ADHD medications.

Public green spaces also provide a meeting place for community members to interact and develop social ties. (14) This leads to an increased sense of safety and belonging in the community. For example, community gardens have been shown to create connections between neighbours. (15) These connections can become a source of support. Greening vacant urban lots has even been linked to decreased vandalism and violent crimes, which further contributes to a sense of safety. (5) Lack of access to safe parks is thought to be a factor in children from disadvantaged neighbourhoods having lower physical activity levels. (2)

Natural spaces also are an arena for skill building and development. (4) These skills set the stage for future health promoting behaviours. Parks allow children to play, which develops gross motor, communication and social skills. (4) They are also exposed to wildlife and the importance of ecosystems. (4) Parks can also provide a safe place for youth to meet, socialize, and stay active. This is especially important for children who do not have the finances for organized sports and recreation. (3)

Ecosystem health

Green spaces support a healthy ecosystem. (4) Vegetation provides a habitat for wildlife and has numerous positive environmental effects. (16) Plants can decrease air pollution levels by clearing ozone and other emissions. This in turn decreases rates of cardiorespiratory admissions. Trees offer shade and can decrease air temperature, which decrease heat-related illnesses. Trees also prevent erosion and protect areas from flooding, which can impact water quality. (4)

Why is urban green space important to Rolston?

Rolston has many natural assets. The neighbourhood is home to three major parks—Captain Cornelius Park, Newlands Park, and William McCulloch Park. There are also natural spaces related to the areas' elementary and secondary schools. Rolston is especially fortunate to have a small urban forest. Its location on the Niagara escarpment also offers scenic views to Toronto. All these areas must be protected and made more welcoming to all community members. As a result, the planning team has included having natural spaces flourish as part of their vision.

What are some examples of actions that create healthy natural environments?

There are a number of ways to promote urban green space. These are a few:

- Ensure community development plans retain natural areas and park lands. (4)
- Link green spaces with trails, bike paths, and sidewalks for commuter and recreational use. (4)

- Ensure parks are accessible, inclusive and safe regardless of age or mobility status. Provide accessible structures, adequate lighting, traffic calming, and regular maintenance. (7)
- Ensure natural spaces and parks are well marked with effective signage.(7)
- Ensure there are amenities for gatherings such as shade structures, picnic tables, benches and washrooms.(7)
- Make green spaces available through all four seasons by providing winter options such as outdoor ice rinks and maintaining winter trails.(7)
- Create shared-use contracts to allow public use of school grounds.(4)

WHAT IS AN INCLUSIVE COMMUNITY?

An inclusive community gives members a sense of belonging and social connection. This is fostered by creating opportunities for frequent contact with other community members, which builds trust and cooperation. Individuals who feel they are respected and valued members of their community are more likely to be active in civic life. (10) This in turn creates a vibrant, resilient neighbourhood, ready to face today's economic, social, and environmental challenges.

How does community building foster health?

A sense of social connectedness has been linked with many positive health outcomes. These include:

- lower rates of mental illness (5)
- lower rates of high risk behaviours such as smoking and substance abuse (5)
- decreased risk of heart disease (9)
- increased sense of wellbeing (12)

In fact, Canadians who have a strong sense of belonging to their community report feeling healthier, both physically and mentally. (12) Social networks and support are especially important for seniors' health. An elderly person who is socially isolated is more likely to move from independent living to long term care. (4)

There are many ways community building fosters health.

Feeling connected to a community increases one's social capital. Social capital is the sense of belonging and trust in a community that allows for mutual support and sharing of resources. (8) By being part of a social network, individuals have better access to the determinants of health such as housing, income, and education. Thus, it is not surprising that social capital is linked to higher education and employment for immigrants. (13) In contrast, exclusion widens the gap of disadvantage by denying opportunities.

- Social connectedness creates a web of support in times of need, which decreases stress and protects mental well-being. Help can come in the form of financial aid, transportation to appointments, childcare, or emotional support. (8)
- Close-knit communities may increase healthy behaviours by promoting healthy social norms and sharing of health information. For example, neighbourhoods with higher social capital have higher rates of physical activity. (3) Similarly, social capital was found to decrease high-risk behaviours in Canadian youth from lower socioeconomic neighbourhoods. (2)
- At times of emergency, communities with strong ties are better able to respond to crises. In 2012 when Hurricane Sandy hit the eastern seaboard, neighbours reached out to each other to share resources. For example, a restaurant owner offered free coffee and bagels, a resident uses his personal jet ski for rescue efforts, and a youth organized an internet café and charging station out of her home. (1)

Why is community building a priority for Rolston?

Inclusion is a priority goal for Rolston considering its population profile. Rolston has almost double the rate of residents who identify as a visible minority compared to the city overall. Rolston also has over twice as many new immigrants than in Hamilton (8% vs. 3%). (11) Therefore, it is fitting that Rolston has identified being a “welcoming community that celebrates diversity” as part of their neighbourhood vision.

Rolston also has higher proportions of children and seniors than Hamilton. (11) Thus, to be an inclusive community, Rolston must be age friendly. This requires removal of any limits to full participation in community life. For seniors, this may include addressing transportation and mobility barriers so they are more able to visit friends, exercise, or volunteer. For children and youth, this not only means facilities and programs to play and learn but also opportunities to have input in community decision making. (7) In a recent photo voice project, Rolston youth identified the need for multigenerational activities to encourage positive interaction between youth and seniors. (6)

What are some examples of actions that promote a sense of community?

Activities that allow for contact with neighbours and creation of personal relationships build community. The Building Neighbourhood Social Resilience project for the City of Vancouver has identified a number of best practices for fostering neighbourhood connections. (1) These include:

- Block parties
- Community organized festivals (multicultural festivals, arts festivals)
- Shared resources (book exchanges, tool libraries, carpools)
- Public spaces (community gardens, youth centres, recreational centres, outdoor rinks)
- Online communication tools (neighbourhood Facebook site)
- Volunteer networks (snow removal, babysitting pools)

Finally, it is important to note that inclusion is not simply a goal but a process. (10) It requires policies and structures that encourage diversity, accessibility, and equity.

WHAT IS A WALKABLE NEIGHBOURHOOD?

In a walkable neighbourhood, walking is the preferred option for getting around. Its design gives priority to pedestrian safety and access over the convenience of the motor vehicle. Walking is the most affordable and equitable form of transportation for an urban community. (11) It encourages mobility of all people regardless of age, ability, or finances. A neighbourhood designed for the walker is a more livable neighbourhood for all.

The national organization that promotes walking, Canada Walks (1), has identified six elements of a walkable community:

1. **Accessibility** – People of all ages and abilities can safely get from one destination to another without barriers. Examples of accessible features are crosswalks that give adequate time for crossing, curb cuts for sidewalks, and well-placed benches for rest breaks.
2. **High density and mixed land use** – Residences, schools, work places, public spaces and services are strategically placed to decrease distances for daily trips. Neighbourhoods are designed to make walking an efficient option.
3. **Access to amenities** – A range of amenities (schools, grocery stores, community centers, parks, places of worship and libraries) are easily accessed by foot or public transit

4. **Connectivity** – There is an integrated network of walking opportunities that connect people and places within the neighbourhood. The environment is planned to encourage connection rather than segregation.
5. **Aesthetics** – Walking paths are designed to make people want to travel along them. Paths are well maintained. Green spaces, public art, rest areas, and shade create comfortable and attractive walkways.
6. **Safety** – Pedestrians feel safe during their travels. Street features must include traffic calming, adequate sidewalks, well-marked crossings, and lighting.

What are the health benefits to residents of walkable neighbourhoods?

There is growing evidence for the personal and societal health benefits of walkable neighbourhoods. Thus, it is not surprising that major health promoting organizations, including the World Health Organization, the Centre for Disease Control, and the Heart and Stroke Foundation, have policy statements on the importance of walkability in urban design. (3) The major benefits are summarized below.

Increased physical activity – Physical inactivity is a risk factor for a number of chronic diseases including diabetes, heart disease, and osteoporosis. Currently, 69% of Canadian adults and 91% of Canadian children are not getting the recommended levels of daily physical activity. (2) An environment that encourages walking makes exercise part of daily life. As a result, people who use active transport are less likely to become obese or diabetic. (3) Neighbourhood walkability has been shown to be predictive of residents' body mass index in one Vancouver study. (3) The potential health, social, and economic benefit to society is significant. In fact, obesity and physical inactivity has been estimated to cost the health care system and Canadian taxpayers \$4 billion per year. (6)

Increased social interaction – Walking in a community encourages connections with neighbours and public space usage. (3) This leads to a sense of community belonging. (7) It also builds resilience for times of crises as residents become more engaged, socially and politically, in their neighbourhood. Community engagement has been linked to positive health outcomes. (8)

Improved mental wellbeing and sense of safety – Physical activity and time spent outdoors have been linked to overall sense of wellbeing. (6) In part, this is due to decreased stress levels, increased social connection, and improved mood. (9, 5) It can also be attributed to the increased safety of a walkable neighbourhood. Well-trodden streets have more eyes to discourage crime and vandalism. (1) The aesthetic and accessibility features of a walkable neighbourhood also contribute to a sense of safety and wellbeing. (1)

Decreased injuries and fatalities— Streets designed with pedestrian safety as a priority will decrease rates of traffic accidents. (1) Maintaining sidewalks and paths will also prevent slips and falls, especially for seniors. Studies have shown that safety is a key factor in determining if one chooses to cycle or walk. (12, 13)

Increased access to community services and food choices – The mixed land use, density, and connectivity of a walkable neighbourhood ensure that residents have easy access to services required to maintain good health. (3) These include access to healthy food options, medical care, social services, and recreation. Equitable access to services is a key determinant of health. Seniors, youth, lower income residents, and people with disabilities are most vulnerable if essential services are only accessible by car. (4)

Decreased pollution levels – Air pollution is responsible for 850 premature deaths annually in the Greater Toronto and Hamilton areas. (6) By encouraging people to get out of their cars and walk will reduce greenhouse gas emissions, hospital admissions related to poor air quality, and negative effects of climate change. (1)

Why is walkability important to the Rolston neighbourhood?

The Rolston neighbourhood was designed at a time when the motor vehicle was given priority. It is not surprising that the planning committee has made increasing neighbourhood walkability a goal. Residents are especially keen to improve connections between city housing complexes and the rest of the neighbourhood. To support this, they have identified multiple actions related to improving pedestrian safety and walking infrastructure. In a recent Photovoice project of local middle school students, one youth even requested a trampoline to cross a busy street on the way to school. (10). Thus, making Rolston more pedestrian friendly is certainly in keeping with its vision for an inclusive, safe neighbourhood.

WHAT IS A SAFE NEIGHBOURHOOD?

In order for residents to thrive, they must feel safe and secure in their neighbourhood. Crime or the fear of crime negatively impacts an individual's health. (4) For example, a parent will not allow their child bike to school if they feel the roads are unsafe. They are less likely to allow them to play at the local park if they do not trust other park users. Women will not walk alone at night if they fear being assaulted. Therefore, an unsafe environment restricts residents' freedom to play, socialize, and be active, all of which are important to their overall health.

Studies have shown that both crime and the fear of crime are linked to factors in the environment. (7) Graffiti, litter, vacant buildings, and poorly maintained grounds are signs of neighbourhood disorder. (7) As these signs can be viewed as a breakdown of

community, they contribute to a fear of crime. (6) It is thought this may be due to people perceiving a lack of social control and belonging. (3) In contrast, neighbourhoods where residents report higher levels of social connection feel safer. (4)

Features that support natural surveillance are also associated with a sense of safety. (5) Therefore, walkable neighbourhoods with well-maintained green spaces, high density, and adequate lighting promote safety. (5) One study of children in a Quebec community noted that trees and lighting positively influenced their perception of safety. (3) In contrast, parents were more affected by high levels of traffic, poor upkeep of buildings and presence of graffiti. Of note, after adjusting for environmental features, families with lower income levels still perceived their neighbourhoods as less safe. This suggests that socio-demographic factors also contribute to a sense of vulnerability. (3)

POSITIVE	NEGATIVE
Green space	Litter
Trees	Vacant lots and homes
Good lighting	Garfiiti
Cleanliness	Street traffic
Well-maintained properties	Poor upkeep of buildings

How do safe neighbourhoods promote health?

There is a growing body of evidence supporting the positive effect of neighbourhood safety on health outcomes for both adults and children. (4, 3)

Promotes healthy lifestyle habits – A neighbourhood environment that is perceived as safe encourages physical activity and active transport. A recent review of built environment on early childhood development concluded that low traffic neighbourhoods with green spaces were associated with more outdoor play. (2) This was especially true when coupled with child friendly destinations such as recreation centers, schools, or libraries. (2) In contrast, higher levels of neighbourhood disorder were found to be associated with less time spent outdoors and significantly higher rates of screen time. (1)

Promotes mental health – The chronic stress of living in an unsafe environment can lead to anxiety, depression, and psychological distress. (6, 3, 5) Unfortunately, poor mental health can predispose people to being more fearful, thus creating a feedback effect. (7) As a result, residents begin to withdraw from public spaces and interact less with their neighbours. This erodes a sense of community, which contributes to the perception of an unsafe environment.

Promotes health childhood development – Feeling unsafe has been associated with sleep and behavior problems in children. (10) In contrast, neighbourhood cleanliness, which is linked to perceived safety, was associated with pro-social behavior. (8) Safe neighbourhoods promote opportunities to play and interact with others, which builds social skills. Thus, perceptions of neighbourhood safety are associated with positive social and emotional development. (2) This further supports future community building.

Why is neighbourhood safety a priority issue for Rolston?

Rolston residents have identified two key areas that impact perceived neighbourhood safety – garbage and traffic. A recent Photovoice project by local school students documented signs of road disrepair and high traffic that put pedestrians at risk. (9) The students also reported that a child was hit by a motor vehicle last year outside a local school. As Rolston has a higher than average percentage of residents who may rely on active transport (seniors, children, and people with lower income), pedestrian safety should be a priority. (11)

Rolston residents are also keen on protecting their public green spaces. This goal aligns well with promoting safety. Ensuring paths, playground equipment, and facilities are well maintained creates a safe park environment. A well-maintained park will be more likely used and valued. The Photovoice project showed examples of illegal dumping and litter. (9) Children identified how unpleasant this made their walks to school. Litter also degrades public spaces, which residents value for recreational use and social gathering.

Adding park safety features, such as lighting and police presence, have also been identified as future neighborhood actions. A recent review of crime prevention through environmental design has found that small-scale improvement in public areas, such as new gym equipment in a park or repainting a bus station, decreased fear of crime. (8) The same review showed mixed results for street lighting, police practice, social programs, and landscaping. However, study quality was generally poor. (8)

In summary, a sense of safety in one's neighbourhood is an important determinant of health. Rolston residents envision a neighbourhood in which natural spaces and opportunities flourish. Creation of a safe neighbourhood environment is required to fulfilling this vision and optimizing residents' health.



3

The Rolston Action Plan

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Rolston Neighbourhood

Vision Statement

“Rolston is a vibrant, engaged, safe and welcoming neighbourhood that values collaboration and celebrates diversity. We are a community where healthy relationships, natural spaces and opportunities flourish.”

Rolston Focus Actions

The Rolston Work Plan identifies a series of priority actions that have resident champions. To provide a greater understanding of those priorities, a brief summary of what success would look like is included below.

QUICK WIN 1

Design and install Neighbourhood Banners

Summary

To raise awareness of the Rolston neighbourhood for those who live, work, learn, pray and play in the community. The banners will represent the characteristics that make Rolston unique.

QUICK WIN 2

Install community bulletin boards in community spaces (i.e. Westmount, Neighbour to Neighbour Centre, parks, bus stops, etc.) in order to post and share community information and events.

Summary

Provide opportunities to enhance communication and information sharing of events, activities and programs to the neighbourhood and surrounding communities.

QUICK WIN 3

Change the name of Newlands Park to Rolston Park.

Summary

To provide greater identity and awareness of the Rolston neighbourhood.

QUICK WIN 4

Install small Rolston Neighbourhood signs in prominent public places (including parks) to raise awareness and increase sense of community for residents and visitors alike.

Summary

Neighbourhood signs (signs with the name of our neighbourhood and contact information such as our Facebook page and Twitter name) will let residents know there is a group of engaged residents working towards bettering our neighbourhood and community at large. These signs will let people know where and how to connect with the planning team and find out more about our community. Placing these signs in high-visibility locations, such as bus stops, parks, or schools involves relatively small output for a potentially large impact.

Action A 3.1

Advocate for reading/Literacy programs with a specialty in ESL for immigrant children, including school based supports and for individuals and families in the Rolston community.

Summary

We will celebrate our diversity by being a welcoming community. These programs will allow newcomers to experience a welcoming environment in which support for language learning is an integral component. Our focus will be on new refugee's children by providing an environment where they can learn English and local customs so that they will feel at home in our community.

Action B 1.1

Increase community gardens throughout the neighbourhood to build community healthy relationships with food.

Summary

Community gardens help to build community, promote wellness and enhance our environment. In Rolston, community gardens will help empower residents to connect with, learn about and grow their own food. This will enhance the image and well-being of the neighbourhood.

Action B 1.2

Develop an edible forest, with priority to the open space in Captain Cornelius Park.

Summary

Food plants like mushrooms, fiddleheads and other edible and medicinal plants may grow in the area. The gathering of these food items and other naturally occurring edible and medicinal products has been growing substantially in popularity in some areas. Sustainability of some species is an important consideration; therefore, harvesting of these products should be for personal use only. The development of a plan will be done in consultation with the community and with our partner Neighbour to Neighbour Centre and our forestry expert. This initiative will enhance the use and function of the park.

Action B 1.3

Increase police presence and direct engagement between police and residents throughout the community to reduce fear of the police, build trusting relationships with police, and to reduce crime.

Summary

Continued and increased collaboration with the Crime Manager to both increase police presence and create more positive relationships with residents.

Action B 2.2

Complete traffic assessment on peripheral streets (Upper James, West 5th, Garth, Limeridge and Mohawk) with the goal of increasing bike usage, safety, and pedestrian activity.

Summary

A traffic assessment, with assistance from Mohawk College, will help to review the traffic flow, vehicle counts, and other items, with a focus to what is working and where our opportunities to improve are. The assessment will help build, maintain, and enhance cycling and pedestrian infrastructure. This may help to shift trips made by car to other modes including foot and cycle traffic, as well as making it more enjoyable, safe, and convenient. Creating a safe and efficient network of paths, sidewalks and cycle lanes will help residents to connect with their neighbourhood.

Action D 3.1

Support the activities of the Adopt-a-Park groups at Newlands Park and Captain Cornelius Park, including: annual clean ups, on-going litter and graffiti clean-up, monitoring playground equipment for damage and in need of repair.

Summary

Create a group of residents who are willing to more actively care for the parks in Rolston.

Action D 3.2

Work to protect existing forest and green spaces within the neighbourhood. Installation of a path and enhancement of natural features and spaces through the forest in Captain Cornelius Park will be explored to provide additional opportunities for physical fitness and awareness of nature.

Summary

In consultation with forestry experts and the community, we will explore opportunities to create a “living path” through the Captain Cornelius Park forest. This will increase the opportunities of residents to experience positive physical and social activities and have a greater awareness of nature while also respecting the forest.

Action E 1.1

Develop a community newsletter.

Summary

The newsletter will inform, inspire and encourage people of our community to become aware, interested and involved so that the vision for the neighborhood

is advanced. It will encourage excitement and engagement about our Rolston neighborhood, and will inform neighbours about events, services and resources that are available.

Action E 1.2

Market the neighborhood and communicate the efforts of the planning team and the community through social media presence (Facebook, web page, blog, Twitter, etc.) for community members to be informed and engaged.

Summary

We will continue and expand the social media presence of the neighborhood to increase engagement and excitement about our neighborhood and the work of the planning team. Social media will be used to provide information about events, resources, and services available to residents, and act as a platform for communication between residents.

Action F 1.2

Support the opening of the Neighbour to Neighbour Community Food Centre at the Limeridge Road West plaza. The Community Food Centre will improve relationships with and access to local, healthy and affordable food.”

Summary

The planning team will support Neighbour to Neighbour Centre with community consultation, fundraising and building of the new Community Food Centre to make it a space that meets the needs of the community. This will include determining ways to use the space and its programs to move forward other goals and objectives such as enhancing services and social connectedness. With this support, a beautiful, welcoming Community Food Centre will be built and open, with sufficient funds to operate. Rolston residents are actively participating in the space and view it as an asset in the community that is improving their access to and knowledge about local, healthy, and affordable food while better connecting them to their neighbours.

Action F 2.1

Enhance and promote the work of the immigrant settlement worker kiosk in the neighbourhood (including more locations and more hours available)

Summary

The presence of settlement workers (both paid and volunteers) will be present in various public places so that newcomers will be able to find the services/connection that they need to grow in their capacity to see Hamilton as their home.

Asset Map

Rolston Neighbourhood

What is a community asset ?

A community asset is anything that improves the quality of community life.

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Physical Place & Space Assets

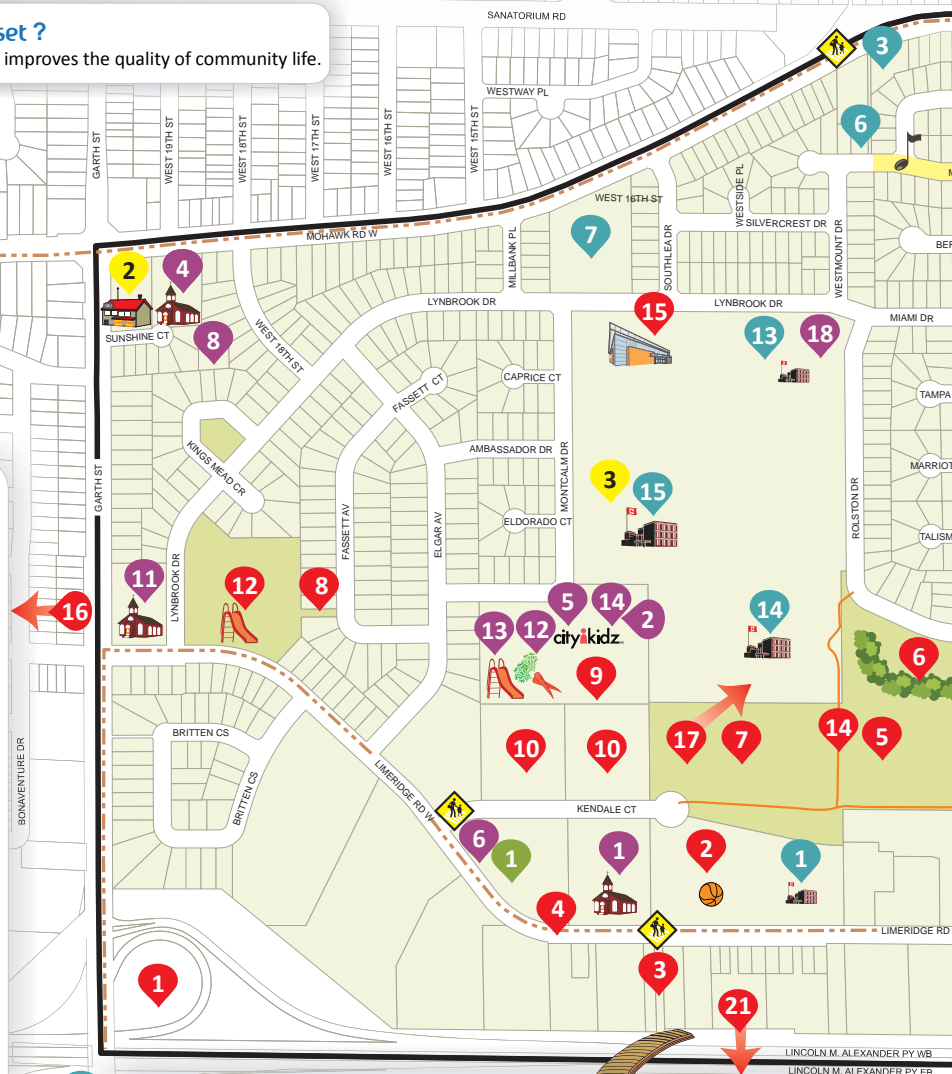
- 1 Access to the LINC
- 2 Basketball Court (Property: Annunciation of Our Lord (Catholic Elementary School))
- 3 Bridge over LINC to Gourley Neighbourhood
- 4 Bus Route # 35
- 5 Captain Cornelius Park
- 6 Urban Forest
- 7 Toboggan Hill
- 8 Connection to Park from Fasset Avenue
- 9 City of Hamilton Housing
- 10 Kendale Court Apartment Complex
- 11 Mountain Arena (Dave Andreychuk Arena)
- 12 Newlands Park
- 13 No Frills/ Grocery Store
- 14 Paved Trail/Walkway through park
- 15 Westmount Recreation Centre
- 16 William McCulloch Park (Baseball Diamonds)
- 17 Views to Toronto
- 18 Bus Stop in front of Library
- 19 Basketball Court
- 20 Samir Hallal Grocery
- 21 Gourlay Park (Baseball Diamonds and Tennis Courts)

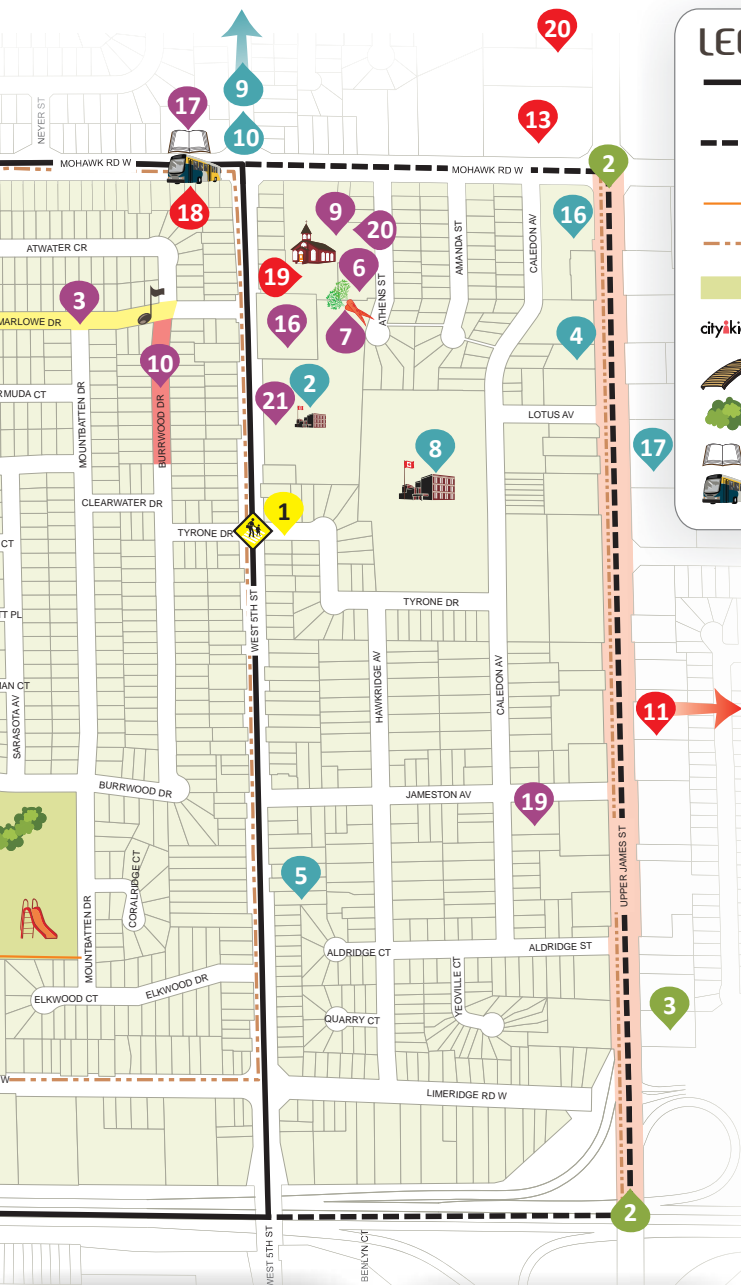
Features Not Shown on Map

- Multiple Bus Stops
- Diverse Housing Options
- Lots of Green Space

Educational/Health Assets

- | | |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| 1 Annunciation of Our Lord Catholic Elementary School | 10 Proximity to St. Joseph's Healthcare West 5th Campus |
| 2 Calvin Christian Elementary School | 11 St. Charles Education Centre for Adults and Continuing Education: Outreach Centre - St. Martin's Manor |
| 3 CHOICES Developmental Service | 12 St. Thomas Moore Catholic Secondary School |
| 4 Dentist (Dr. Gabor Filo) | 13 Westwood Elementary School |
| 5 Early Scholars Preschool | 14 Westview Middle Elementary School |
| 6 Christian Horizons Residence | 15 Westmount Secondary School |
| 7 Infant Jesus Kindergarten and Nursery | 16 PRG Medical Clinic - Walk-in |
| 8 Mountain Secondary School | 17 Public Health Clinic (891 Upper James St.) |
| 9 Proximity to Mohawk College | |





LEGEND

- | | | | |
|--|------------------------------------------------------|--|---------------------------------|
| | Neighbourhood Boundary | | Elementary School |
| | Possible Neighbourhood Boundary Extension (Yeoville) | | Middle Schools |
| | Trail | | Secondary School |
| | Bus Route | | Churches |
| | Parks and Open Space | | Playground |
| | City Kidz Program Site | | Basketball Court |
| | Bridge | | Crossing Guard |
| | Trees | | Community Garden |
| | Library | | Assets Outside of Neighbourhood |
| | Bus Stop | | Recreation Centre |

Culture, Faith & Community Assets

- 1 Annunciation of Our Lord Parish (Roman Catholic)
- 2 BBQ/Kid's Parade
- 3 Neighbourhood Carolling
- 4 Church of the Resurrection
- 5 City Kidz Pick Up Location
- 6 Neighbour 2 Neighbour Centre
- 7 Neighbour 2 Neighbour: Community Garden
- 8 Hess Family Burial Ground (hidden cemetery)
- 9 Immanuel Christian Reformed Church
 - Neighbourhood Picnic
 - Out of the Cold
 - Well Lit Parking Lot and Basketball Hoops
- 10 Leap Year Street Party
- 11 Living Hope Church
- 12 Montcalm Community Garden
- 13 Kaboom Playground
- 14 Montcalm Community House
- 15 People's Church
- 16 St. Micheal's Hungarian Greek Catholic Church Hall
- 17 Terryberry Library Branch
- 18 Parenting and Family Literacy Centre (Westwood Elementary School)
- 19 New Testament Baptist Church
- 20 Dental Health Bus
- 21 Church on the Rock

Economic/Employment Assets

- 1 Plaza (Limeridge Rd W) (Opportunity/Potential for Redevelopment)
- 2 Upper James Street Commercial District
- 3 VPI Inc. (Employment Strategies)
- 4 Westcliffe Mall

Safety Assets

- 1 Crossing Guard
- 2 Fire Station No. 3
- 3 Well lit parking lot behind Westmount School

Features Not Shown on Map

- Sidewalks on both sides throughout most of the Neighbourhood



Not To Scale

Date:

November 2015



Hamilton



Rolston Neighbourhood Action Workplan 2016-2021: Priorities

The Rolston Community Planning Team endeavours to be equitable and inclusive of the diverse populations within Rolston. We acknowledge particularly the needs of newcomers, immigrants, diverse spiritual identities, our LGBTQ community, all age groups, as well as the many unique physical, emotional and developmental identities that exist within our community.

QUICK WINS		ACTION PRIORITY	SUMMARY
Quick Win 1	Design and Install Neighbourhood Banners.	***	
Quick Win 2	Install community bulletin boards in community spaces (i.e. Westmount, Neighbour to Neighbour Centre, parks, bus stops, etc.) in order to post and share community information and events.	***	
Quick Win 3	Change the name of Newlands Park to Rolston Park.	***	
Quick Win 4	Install small Rolston Neighbourhood signs in prominent Public spaces (including parks) to raise awareness and increase sense of community for residents and visitors alike.	***	

Neighbour to Neighbour Centre

PLANNING TEAM REP	ACTION TIMEFRAME	JAN-JUN 2016	JULY-DEC 2016	JAN-JUN 2017	JULY-DEC 2017	JAN-JUN 2018	PROJECT NOTES
John Schuurman							Mohawk Graphic Design Program is able to provide support for this action
John Schuurman							
John Schuurman							
Ryan Elliot							

Rolston Neighbourhood Action Workplan 2016-2021: Priorities

GOAL A: Increase and improve culture, recreation and community opportunities		ACTION PRIORITY	SUMMARY
OBJECTIVE 1: Recreation infrastructure considerations (develop, utilize, re-purpose)			
Action A 1.1	Support the addition of new recreation infrastructure to neighbourhood parks, with a priority focus on a new splash pad within the Rolston neighbourhood.	***	
Action A 1.2	Enhance the recreation opportunities at Westmount Recreation Centre by installing outdoor play equipment on the property.	*	
OBJECTIVE 2: Increase the diversity of event and recreation programming within the Rolston community			
Action A 2.1	Advocate for a SUPIE in the park during summer months. Consideration could include split days or alternate days between Captain Cornelius Park and Newlands Park.	*	
OBJECTIVE 3: Increase and enhance literacy and technology programming			
Action A 3.1	Advocate for reading/literacy programs with a speciality in ESL for immigrant children, including school based supports and for individuals and families in the Rolston community.	**	
OBJECTIVE 4: Increase social activities and enhance spaces to bring community members together			
Action A 4.1	Develop and promote events or programming which to celebrate the diversity in our neighbourhood and provide opportunities to share cultural experiences with one another (i.e. cooking classes, music, dance nights and guest speakers).	**	

PLANNING TEAM REP	ACTION TIMEFRAME	JAN-JUN 2016	JULY-DEC 2016	JAN-JUN 2017	JULY-DEC 2017	JAN-JUN 2018	PROJECT NOTES
Al Karsten							

Rolston Neighbourhood Action Workplan 2016-2021: Priorities

GOAL B: Increase neighbourhood health and safety		ACTION PRIORITY	SUMMARY
OBJECTIVE 1: Increase health and safety through education and programs			
Action B 1.1	Increase community gardens throughout the neighbourhood to build community healthy relationships with food.	**	
Action B 1.2	Develop an edible forest, with priority to the open space in Captain Cornelius Park.	**	
Action B 1.3	Increase police presence and direct engagement between police and residents throughout the community to reduce fear of the police, build trusting relationships with police, and to reduce crime.	***	
OBJECTIVE 2: Make community safe for pedestrians and cyclists			
Action B 2.1	Install bike lanes on Limeridge Road and Garth Street with the goal of connecting the neighbourhood to the south mountain and the lower city.	**	
Action B 2.2	Complete traffic assessment on peripheral streets (upper James, West 5th, Garth, Limeridge and Mohawk) with the goal of increasing bike usage and safety and pedestrian activity.	**	
Action B 2.3	Advocate for the addition of drinking fountains in Newlands Park and Captain Cornelius park.	**	

PLANNING TEAM REP	ACTION TIMEFRAME	JAN-JUN 2016	JULY-DEC 2016	JAN-JUN 2017	JULY-DEC 2017	JAN-JUN 2018	PROJECT NOTES
Mark Raymond							Neighbour to Neighbour Centre can provide planning, building, and coordinating support through the Hamilton Community Garden Network and the Community Food Centre.
Mark Raymond, James Mudde, Berhane Habte							
Paul Dekker, James Mudde							
Ryan Elliot, Lauren Soluk (Mohawk College)				✓			Mohawk College is able to provide support. Request a kick-off event at City Hall and allow 12-14 weeks for completion.

Rolston Neighbourhood Action Workplan 2016-2021: Priorities

GOAL C: Transportation		ACTION PRIORITY	SUMMARY
OBJECTIVE 1: Address parking in the neighbourhood			
Action C 1.1	Explore opportunities and solutions to address parking concerns at the townhouse subdivisions along Burrwood Drive, Elkwood Drive, Elkwood Court and Limeridge Road West.	*	
Action C 1.2	Allow parking on Rolston Drive for July and August.	*	
OBJECTIVE 2: Ensure that community members are able to access the services they need			
Action C 2.1	Establish a shuttle service to access emergency food and a local grocery store.	**	

PLANNING TEAM REP	ACTION TIMEFRAME	JAN-JUN 2016	JULY-DEC 2016	JAN-JUN 2017	JULY-DEC 2017	JAN-JUN 2018	PROJECT NOTES

Rolston Neighbourhood Action Workplan 2016-2021: Priorities

GOAL D: Improve and enhance neighbourhood features		ACTION PRIORITY	SUMMARY
OBJECTIVE 1: Increase walkability of Rolston neighbourhood			
Action D 1.1	Install a permanent accessible north/south pathway that can accommodate mobility devices and strollers to link Limeridge Road West and Kendale Court directly to the Montcalm townhouse subdivision.	***	
OBJECTIVE 2: Naturalize the storm water management pond by Westmount Recreation Centre			
Action D 2.1	Enhance the existing naturalized features associated with the storm water management pond to promote as an educational opportunity re: climate change, planning and wetland ecology.	*	
OBJECTIVE 3: Support and promote neighbourhood beautification			
Action D 3.1	Support the activities of the Adopt-a-Park groups at Newlands Park and Captain Cornelius Park including: annual clean ups, on-going litter and graffiti clean-up, monitoring playground equipment for damage and in need of repair.	**	
Action D 3.2	Work to protect existing forest and green spaces within the neighbourhood. Installation of a path and enhancement of natural features and spaces through the forest in Captain Cornelius Park will be explored to provide additional opportunities for physical fitness and awareness of nature.	**	

PLANNING TEAM REP	ACTION TIMEFRAME	JAN-JUN 2016	JULY-DEC 2016	JAN-JUN 2017	JULY-DEC 2017	JAN-JUN 2018	PROJECT NOTES
John Schuurman, James Mudde							
James Mudde, Berhane Habte							

Rolston Neighbourhood Action Workplan 2016-2021: Priorities

GOAL E: Enhance community cohesiveness and community building		ACTION PRIORITY	SUMMARY
OBJECTIVE 1: Increase and improve communication among all neighbours			
Action E 1.1	Develop a community newsletter.	***	
Action E 1.2	Market the neighbourhood and communicate the efforts of the planning team and the community through social media presence (Facebook, web page, blog, Twitter, etc.) for community members to be informed and engaged.	*	
Action E 1.3	Support on-going recruitment to the planning team and project committees so that the work of the planning team represents the diversity of voices across the neighbourhood.	**	

PLANNING TEAM REP	ACTION TIMEFRAME	JAN-JUN 2016	JULY-DEC 2016	JAN-JUN 2017	JULY-DEC 2017	JAN-JUN 2018	PROJECT NOTES
Monica Mudde, Al Karsten							
Monica Mudde, Al Karsten							
Rolston Neighbourhood Planning Team							

Rolston Neighbourhood Action Workplan 2016-2021: Priorities

GOAL F: Strengthen business, service and economic opportunities		ACTION PRIORITY	SUMMARY
OBJECTIVE 1: Nurture relationships amongst neighbours and between neighbours, businesses and services			
Action F 1.1	Open a local, affordable eatery and coffee shop with the recreation centre and community food centre as preferred locations.	**	
Action F 1.2	Support the opening of the Neighbour to Neighbour Community Food Centre at the Limeridge Road West plaza. The Community Food Centre will improve relationships with and access to local, healthy and affordable food.	**	
OBJECTIVE 2: Enhance services available to residents			
Action F 2.1	Enhance and promote the work of the immigrant settlement worker kiosk in the neighbourhood (including more locations, more hours, availability).	***	
Action F 2.2	Promote women and children's support programs and access to comprehensive service listings through Hamilton 211.	*	

PLANNING TEAM REP	ACTION TIMEFRAME	JAN-JUN 2016	JULY-DEC 2016	JAN-JUN 2017	JULY-DEC 2017	JAN-JUN 2018	PROJECT NOTES
Rolston Neighbourhood Planning Team							
Al Karsten							

How to Implement an Action

WHAT?

- Identify the action and its goal

WHO?

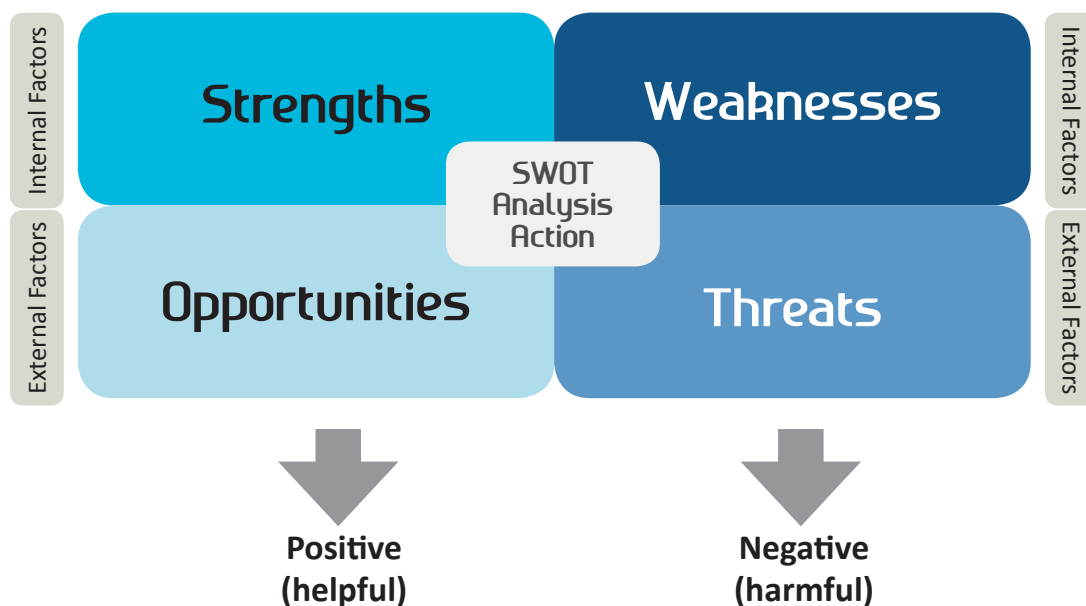
- Identify all the people and/or organizations who should or could be involved
- Also consider:
 - Who are our allies? Those who can provide support or resources
 - Who might be our opposition?

UNDERSTANDING THE ACTION: SWOT ANALYSIS

SWOT refers to *strengths, weaknesses, opportunities and threats*. It is a useful tool for brainstorming and planning. When undertaking a SWOT analysis, the action team will identify the internal and external factors that can affect a project. A SWOT analysis will help the team to:

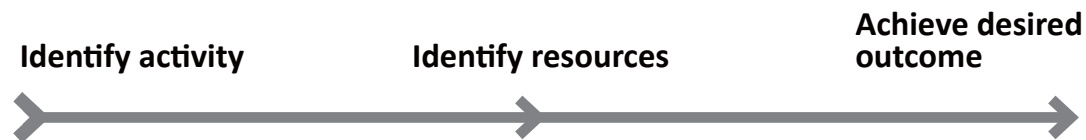
- Build on its strengths;
- Minimize its weaknesses;
- Seize opportunities; and,
- Counteract potential threats or external factors that could cause problems.

Note: when conducting a SWOT analysis, keep in mind that a strength for one project might be a weakness for another. Additionally, a weakness may also be an opportunity.



MAPPING OUT THE PROCESS

To ensure the work is completed on-time and within budget, it is important to have a clear “plan of action”. Process mapping helps identify tasks, volunteers who will complete the task(s), timing and the deliverable.



Creating a Project Work Plan

Rolston Vision: Rolston is a vibrant, engaged, safe and welcoming neighbourhood that values collaboration and celebrates diversity. We are a community where healthy relationships, natural spaces and opportunities flourish.

Action Name: _____

TASK	RESPONSABILITY	TIME	DELIVERABLE

What is success?

EVALUATING THE ROLSTON NEIGHBOURHOOD ACTION PLAN

By Jocelyn Strutt

To ensure the ongoing success of the resident-developed action plans and the Neighbourhood Action Strategy, a comprehensive evaluation has been developed and initiated alongside the implementation process. The evaluation considers both the outcomes of the Strategy as well as the process of developing and implementing the Strategy. While it will take many years for the full effect of the Neighbourhood Action Strategy (NAS) to be seen, initial findings from the research showcase the successes and challenges faced by neighbourhood planning.

The components of evaluation include:

- **McMaster University through CRUNCH:** investigates the impact of NAS in six of the eleven neighbourhoods. Considers how and in what ways the neighbourhoods are changing over time and what changes are attributable to the work of NAS.
 - **Findings:** Majority of residents are satisfied with their neighbourhoods and their neighbours. Residents also reported increases in neighbourhood and civic engagement, social cohesion and trust, community attachment and pride.
- **University of Toronto and the Social Planning and Research Council:** the Neighbourhood Action Evaluation (NAE) through workshops and interviews with neighbourhood residents, service providers and City staff, identifies common themes as a result of the NAS.
 - **Findings:** Themes include the changing culture of community engagement; the importance of inclusion and equity; understanding the long-term nature of the Strategy.
- **Resident Tracking of Action Plan implementation:** Through the NAE, residents are supported in tracking the implementation of their Action Plans, promoting a celebration of successes and identifying opportunities for additional community engagement.
 - **Findings:** Planning teams have either started work on or have completed 65% of the actions in the ten completed Plans.

- **City Departmental Tracking of Action Plan implementation:** Through the NAS, the City monitors its contribution to each applicable action and provides an annual update on its progress status.
 - **Findings:** City departments support 85% of actions within the completed Plans. City departments have either started to work on or completed their role in 67% of the actions.

The community developer is an integral piece of the puzzle, and is instrumental in building capacities and facilitating relationships in the neighbourhoods that will underpin the sustainable implementation of the Action Plans.

Thank You!

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4

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NOTES



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