

Alberta Native Friendship Centres Association



Quarterly Report

on the 2011-2014 Business Plan

December 2011

Core Programs 6.1	Community Development Program
Goal 1:	Achieve sustainability and growth amongst Friendship Centres in Alberta.
Goal 2:	Foster community partnerships by enhancing the capacity of local communities.

Ongoing activities, programs/services	Description	Progress
Aboriginal Friendship Centre Program (AFCP)	The Aboriginal Friendship Centre Program provides all Alberta Friendship Centres with operational funding. As the provincial administrator of this program the ANFCA is required to monitor the governance, management and financial performance of all Alberta Friendship Centres.	All Contributions Agreements for 2011-12 (current year) were signed by FCs. They were sent to the NAFC for signatures and will be returned shortly. AFCP Applications are due on November 15 th , 2011; PTA review/approval for NAFC due December 15 th , 2011.
Support for Business Plan and Annual Report Development	In coordination with Aboriginal Affairs and Northern Development the ANFCA provides support to all Alberta Friendship Centres with the preparation of their business plans and annual reports	All reports complete.
Support for Friendship Centres in Difficulty	The ANFCA provides support to Friendship Centres that are encountering substantial governance, management, and financial difficulties. The ANFCA will assist centres with the development of a recovery plan and will assist them with its implementation.	Three Friendship Centres remain in difficulty: Nistawoyou Association FC, Canadian NFC, and Mannawanis NFC. All centres have submitted their recovery plans and the ANFCA has reviewed and made recommendations to assist in their recovery.
Friendship Centre Staff and Board Training	The ANFCA coordinates periodic training sessions for staff and board members from member Friendship Centres. The ANFCA pro-actively supports management transitions at local Friendship Centres by providing orientation and ongoing training, resources and support to new Executive Directors.	The ANFCA continues to provide support at the request of Friendship Centres. Nelson has attended AGMs & Board Meetings of several FCs in the past few months to offer support. Emilea has performed 6 AFCP Monitors and/or Support Visits.

Core Programs 6.2	Health Programs
Goal 1:	Improve the holistic health of urban Aboriginal persons.
Goal 2:	Contribute to improving health services, policy development and programs for Aboriginal persons.

Ongoing activities, programs/ services	Description	Progress
Advocacy & Representation on Local, Provincial and National Committees	The ANFCA Health Programs Manager represents the ANFCA's membership and clients on a variety of Board of Directors and Advisory Committee groups for organizations in the areas of health and wellness. This representative ensures that the perspectives and needs of urban Aboriginal persons are heard, addressed and included in local, provincial and national policy frameworks, program structures and service initiatives.	<p>CAAWS: Emilea is attending a CAAWS Board of Directors Meeting in Toronto on November 12-14th, 2011.</p> <p>AAWS: On behalf of ANFCA, Emilea continues to provide direct input into the early drafts of a new provincial strategy; ensuring Friendship Centres specifically included as potential service/communication contacts.</p> <p>Action for Wellness Forum: Dylan Richards attended a 3 day forum hosted by the GOA in Banff on October 10-13th to discuss Alberta's wellness and made some great potential partnership/ support contacts.</p> <p>NAFC Smoking Cessation Training: Emilea and Sheralle Graystone will attend a workshop in Calgary on Nov 23-24th. PTA participants will have the capacity to train interested Friendship Centre personnel to develop or enhance youth tobacco cessation initiatives at the local level. The NAFC may support further training..</p> <p>NAFC AIDS Training: Emilea will attend a workshop in Ottawa on Nov 29-30th to build capacity among the FCs to conduct community readiness assessments and training related to implementing culturally-appropriate harm reduction interventions to support HIV and Hepatitis C prevention efforts.</p> <p>InMotion Network: Emilea continues on going Board involvement.</p> <p>Alberta Centre for Active Living: Emilea attended a networking event on Sept 30th to ensure provincial health organizations are aware of Friendship Centres. Emilea will attend an Advisory Board Meeting on Dec. 9th.</p>

***CAAWS – Canadian Association for the Advancement of Women in Sport and Physical Activity:** This organization provides leadership and education, and builds capacity to foster equitable support, diverse opportunities and positive experiences for girls and women in sport and physical activity. CAAWS provides specific programming for Aboriginal communities including Aboriginal On the Move, Aboriginal Women & Leadership in Recreation and other important programs that may benefit Aboriginal women such as Mothers in Motion, Women ages 55-70 and Women on Boards. Grant opportunities are available for sport development or education.

***CDA – Canadian Diabetes Association:** The CDA's mission is: To lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. We will deliver our mission by: Providing people with diabetes and healthcare professionals with education and services; Advocating on behalf of people with diabetes; Supporting research; Translating research into practical applications.

***AAWS - Alberta Aboriginal Wellness Strategy Committee:** The AAWS is an initiative of Alberta Health & Wellness to develop a new Alberta Government-endorsed strategy to improve the overall health and wellness of Aboriginal persons throughout Alberta's urban, FN Reserve and Métis Settlement communities.

***IMN – In Motion Network:** This is a non-profit organization dedicated to promoting physical activity for girls and women in Alberta. InMotion provides grants for physical activity programs, events and education for women and girls of all ages.

***ACAL - Alberta Centre for Active Living:** This organization is associated with the University of Alberta; they work with practitioners, organizations, and communities to improve the health and quality of life for all people through physical activity.

Core Business 6.3	Education Program
Goal 1:	Improve the performance of Aboriginal students.
Goal 2:	Contribute to improving the quality of education that Aboriginal students receive.

Ongoing activities, programs/services	Description	Progress
“Friendship Centres Supporting Education” Programs	<p>The ANFCA has received direction from its membership to create an education program that responds to the following priorities:</p> <ol style="list-style-type: none"> 1. Create an Education portfolio within the ANFCA to implement priorities. 2. Friendship Centres should deliver certification and life skills programs <i>(specifically, to play a role in supporting parents to better support children in school).</i> 3. Find solutions to reduce the high school dropout rate of Aboriginal students <i>(eg. tutoring, Aboriginal School Liaison personnel, incentive programs, education, sponsorship, recognition awards, and mentorship).</i> 4. Friendship Centres become key stakeholders and motivators for incorporating Aboriginal culture and history in schools. 5. Society recognizes and respects alternative learning methods <i>(e.g. oral traditions, distance learning, tutoring, experiential/hands-on learning, etc.)</i> 6. Advocating local school boards to use Aboriginal student dollars to directly impact Aboriginal students <i>(rather than school boards absorbing funding dollars into regular school budgets.)</i> 	<p>The ANFCA continues to look for opportunities to expand this program through grants, partnerships and dialogue with government departments and personnel.</p>

Core Business 6.4	Youth Program	
Goal 1:	Support the development of youth services in Friendship Centres.	
Goal 2:	Foster Aboriginal youth leadership.	
Ongoing activities, programs/services	Description	Progress
“Cultural Connections for Aboriginal Youth” (CCAY)	The CCAY Initiative provides annual funding to Aboriginal youth centres within Alberta to support activities designed to strengthen the cultural identity and social, economic and personal development of urban Aboriginal youth. As the provincial administrator, the ANFCA is required to ensure the proper management and financial accountability of each project.	The Aboriginal Peoples’ Application Requirements and the CCAY Application Forms are posted online; Deadline for submission is Thursday, November 24, 2011 by 4:30pm MST. Also, youth interested in participating in the Provincial Alberta Regional Proposal Review Committee (RPRC) can contact Sheralle.
“Youth and Elders Gathering” (YEG)	The YEG consists of cultural instruction by Elders, recreational activities, storytelling and mentorship. It contributes to youth increasing their level of traditional knowledge and provides the opportunity to connect and build relationships with Elders and other youth from throughout the province.	Planning for YEG 2012 will begin shortly with discussion at the December Quarterly Meeting.
“Alberta Aboriginal Youth Council” (AAYC)	The ANFCA provides on-going support to the AAYC to coordinate workshops, youth council meetings and training sessions, as well as to actively seek new partnerships and funding options for the AAYC. The AAYC is composed of 16-20 urban Aboriginal youth from the 20 member Alberta Friendship Centres. The AAYC actively engages in promoting important issues and initiatives affecting the youth population such as Family Violence and Bullying, Sexuality and Identity, Recreation, Health and more.	The AAYC welcomed a new National Youth Board Representative, Jessie Johnson, elected at the September AGM. The AAYC continue to meet at Quarterly Meetings. Please refer to AAYC December report.

Core Business 6.5	Elders and Seniors Program	
Goal 1:	Support Aboriginal Elders in the transmission of traditional ways and cultural values.	
Goal 2:	Actively promote recognition and respect for Aboriginal Elders and Seniors.	
Ongoing activities, programs/services	Description	Progress
“Elders Wisdom Circle” <i>(EWC)</i>	The Elders' Wisdom Circle is a committee of the ANFCA consisting of Elder representatives from the 20 member Alberta Friendship Centres. Their purpose is to guide and advise the ANFCA Board on the affairs of the Association, ensuring that the Board works towards achieving the objectives “in a good way”. The ANFCA ensures that the EWC meets at the June, December and March quarterly meetings. The chair of the EWC sits on the ANFCA Board of Director’s Executive Committee.	EWC continues to meet at each Quarterly. They have been instrumental in guiding recent projects of the ANFCA.

Core Business 6.6	Recreation Program
Goal 1:	Foster healthy and active living amongst urban Aboriginal people.
Goal 2:	Provide personal and professional development opportunities for improving Physical Activity programs and involvement.

Ongoing activities, programs/services	Description	Progress
On the Move (OTM): <i>Workshop Facilitation Services</i>	An ANFCA staff person has been certified to deliver the “On the Move (OTM)” Aboriginal-specific workshop – an innovative programming concept and national initiative that promotes participant-driven and community-specific programs designed to increase opportunities for girls and young women (ages 9-18) to participate and lead in sport and physical activity.	No workshops during this period. Training available upon request, when time allows and with sufficient funding or combined with other funded FC travel.
Aboriginal Women and Leadership (AWL): <i>Workshop Facilitation Services</i>	An ANFCA staff person has been certified to deliver the “Aboriginal Women and Leadership in Recreation (AWL)” workshop – an opportunity for Aboriginal women to increase their skill level and confidence to increase Aboriginal women representation in leadership roles in their communities, especially with regards to sport and recreation. Workshops focus on: Leadership, Networking and Creating Change.	No workshops during this period. Training available upon request, when time allows and with sufficient funding or combined with other funded FC travel.

Core Business 6.7	Aboriginal Culture Program
Goal 1:	Support the protection, preservation and transmission of cultural knowledge and teachings.
Goal 2:	Create economic development opportunities for Aboriginal artists.

Ongoing activities, programs/services	Description	Progress
Responding to Diversity	We offer all ANFCA staff Responding to Diversity and Aboriginal Awareness training. The program is offered to individuals and organizations on a fee for service basis.	Training is available upon request and funding.
National Aboriginal Day Celebration 2011	The 2011 National Aboriginal Day event will use a grassroots approach to celebrate Aboriginal culture, to share and to educate Aboriginal and non-Aboriginal people by focusing on the 'Aboriginal' concept of mentoring and cultural leadership. The event will be hosted at the Alberta Art Gallery with the following events planned: 1. Arts Mentoring- Cultural Leadership Workshop; 2. "Drumocracy" Drumming Workshop; 3. Art and Culture Information Tradeshow; 4. Alberta Friendship Centre Rural Artisans Marketplace; 5. Bannock and Tea.	PAST EVENT: Attended by over 200 registered participants with 50-100 casual participants to observe the activities, share the bannock, or buy crafts from the marketplace. 80 children participated in the Arts Mentoring; over 100 participated in the Drumming Circle; Athabasca, Sagitawa & Rocky FCs and the EWC participated in the Artisan Marketplace.
Annual "Walk for Friendship"	The Walk for Friendship is held in all 20 Friendship Centre communities on June 1st of each year. The event aims to highlight and promote the services each Friendship Centre delivers within their communities. While the Walk for Friendship is a provincially-led initiative, each Centre plans, designs and leads their own walk at the community level.	PAST EVENT: Many centres participated in this annual event, reporting great community involvement and support. As well, many centres have donated the money raised to the Slave Lake Native Friendship Centre to assist in the rebuilding process and increased social service needs of their community after the early summer forest fire disaster.

Report on New Initiatives

New Initiative 1	Health Program (2011 New Initiative: 1 st year)
Goal 1:	Improve awareness of type 2 diabetes risk factors and preventative healthy living strategies.
Goal 2:	Deliver a primary prevention program to Aboriginal children that is culturally-relevant and age-appropriate.

New Initiative	Brief Description	Potential Partner(s)
“Sacred Circle - Aboriginal Diabetes Initiative” (SC-ADI)	The ANFCA builds on its past successful "Sacred Circle Resources" and "Aboriginal Urban Diabetes Initiative" with a 3-part project combining research, community-based program delivery and mentorship to facilitators/partner organizations. The SC-ADI project will improve awareness of, and reduce risk factors and incidence of, type 2 diabetes among urban Aboriginal persons through a primary prevention program targeting Aboriginal children ages 6-12 years old. a) An external researcher will evaluate the Sacred Circle Resources as a prospective "Promising Practice" in Aboriginal-specific, age-appropriate diabetes education. b) Facilitators in each Friendship Centre will be trained to deliver the Sacred Circle program within their community/region. c) Another Aboriginal organization will be mentored to design and/or deliver the Sacred Circle Program (or adaptation of it). <i>Project funded by Health Canada: February 2011-March 2013.</i>	Health Canada; Alberta Health & Wellness; Elders’ Wisdom Circle; Canadian Diabetes Association; Alberta Health Services-Aboriginal Diabetes Wellness Program & Aboriginal Liaison Program; Alberta Centre for Active Living-University of Alberta; Ever Active Schools; Alberta Friendship Centres.

	2011-12 Targets	Progress
Activities	<ul style="list-style-type: none"> • Researcher evaluates the SC-ADI as a Promising Practice. • Create Facilitator Manual for SC-ADI; print SC resources. *COMPLETE* • Train facilitators in Friendship Centre to deliver the SC program locally. *COMPLETE* • Local facilitators begin delivering SC programs. 	<p>As of today, the following are highlights:</p> <ol style="list-style-type: none"> 1) Train-the-Trainer Event on September 13-15th was a great success – 11 FC staff & volunteers attended from 7 Friendship Centres – many have already completed many workshops in their communities; 2) SCADI website will be launched on November 14th (World Diabetes Day) – www.sacredcircle.anfca.com. 3) All data collected for Evaluation – report available early 2012

New Initiative 2	Recreation & Physical Activity (2010 New Initiative: 2 nd year)
Goal 1:	Improve the performance of Aboriginal students.
Goal 2:	Contribute to improving the quality of education that Aboriginal students receive.

New Initiative	Brief Description	Potential Partner(s)
“Recreation Support for Friendship Centres” Project	This project will focus on: 1) increasing the participation of Friendship Centres in Aboriginal sports/recreation programs; 2) training youth leaders to deliver Recreation workshops to younger children; 3) providing resources to Friendship Centres to pay for equipment; 4) and attracting and training Aboriginal coaches and volunteers. Programs will include <u>Fundamental Movement Skills Training</u> , <u>Aboriginal On the Move</u> , <u>Aboriginal Women & Leadership in Recreation</u> and more.	Indigenous Sports Council, Corporate Sector, Alberta Sport, Recreation, Parks & Wildlife Foundation (ASRPWF), and National Coaching Certification Program, Canadian Association for the Advancement of Women in Sport (CAAWS), InMotion Network (Alberta).

	2011-12 Targets	Progress
Activities	<ol style="list-style-type: none"> 1. Expand on partnerships and build stronger relationships with local, provincial and federal recreation-related organizations. 2. Assist Friendship Centres in acquiring equipment to facilitate more recreation programs and workshops. 3. Support trained youth to continue delivering recreation workshops to pre-school children. 4. Develop an annual report identifying success of program 	<p>The ANFCA is again partnering with the Alberta Sport, Recreation, Parks and Wildlife Foundation to provide Fundamental Movement Skills training to AAYC members. The youth trained will be delivering 4 workshops to young children in the home communities and each youth will be paid \$100 for each workshop completed upon submission of a report on participant numbers, location and activities to their local Centres which will then be provided to the ANFCA.</p> <p>As of today (November 10th), 2 workshop reports have been received; both from the Hinton youth that took the FMS training. More reports are expected by the December quarterly meeting.</p>