

Hello Community, Recreational Enthusiasts!

Antigonish County Recreation (ACR) strives to support individual and community wellbeing through various recreational opportunities. This fund is intended to support your community in moving more and staying active! In particular, this fund supports opportunities for less-structured, low barrier movements. Some examples for these types of movement are, walking, cycling, active unstructured play, and gardening.

Antigonish County Recreation is inviting you to enhance your community's recreation and movement opportunities. ACR has received funding from the 2022-23 provincial program, Active Communities Fund which has the following goals:

- To support community wide initiatives that encourage less-structured movement and physical activity.
- To focus on community members who are less active, or who have fewer opportunities for movement and physical activity.

ACR aligns this funding opportunity with the goals of our Communities in Movement: A recreation and physical activity plan for Antigonish County:

To support Community Hubs as ongoing vibrant gathering places, centers of recreation and social development, as well as avenues for the development of new ideas.

We are asking communities if they have any needs to enhance their community spaces to welcome more movement opportunities. ACR can provide community organizations funding up to the amount of \$775 for a limited number of initiatives.

A few ideas on welcoming more movement to your community may include: support to enhance trails/walking areas to allow for safer places to move (snow removal, outdoor lighting, signage, mowing); enhancements to outdoor spaces (play fields/areas, green spaces, rinks); the purchasing of equipment/gear (walking poles, snowshoes) to have available for community members.

Recreation plays an integral role in keeping individuals and communities socially connected and provides countless health benefits. We look forward to hearing of your recreation and movement ideas and hope to support your community in these endeavors.

Sincerely,

Your Antigonish County Recreation Team

