TRANSFORMING THE LIVES OF CHILDREN AND YOUTH THROUGH THE POWER OF RECREATION AND MENTORSHIP.
The mission of Red Fox is to transform the lives of children and youth through the power of recreation and mentorship. 2019 has been a stellar year in realizing our mission.

Our biggest joy is seeing youth who were shy, anxious and depressed or at risk of choosing the wrong path, become transformed as they feel welcomed in Red Fox and begin to realize that they have talents and abilities that will help them succeed in life. These youth smile, stand up straight, speak up, offer to help, all things that they didn’t do a few months or a year ago. There is no time limit in Red Fox and we aim to be there for youth in any way they need us, be it through help finding supportive housing or going on wilderness adventures that challenge their ideas of what they are capable of achieving.

Red Fox has three primary goals:

• Help youth who face barriers build their capacity and find rewarding and supportive employment;

• Help educate and guide children, youth and families in leading healthy, active lives;

• Build bridges between Indigenous and Settler communities.

We do this by delivering physical literacy, youth leadership and Indigenous cultural programs free of charge to children and families, and training and mentoring local youth to deliver the programs. Children enjoy Active Play, Art and Pow Wow Drum and Dance programs at their schools, community centres and parks and youth gain essential employment skills through work experience, training and mentorship. Families of different backgrounds come together to enjoy active fun, healthy food and cultural sharing. Children are mentored by youth who in turn are mentored by Red Fox staff and community Elders.

Red Fox has grown from 6 programs in Vancouver in 2007 to more than 30 programs in 7 municipalities in 2019. Most of our staff team of 13 started with Red Fox as Youth Leaders and some even started as program participants when they were in elementary school.

There have been many exciting and rewarding developments this year and here we will highlight just a few:

• Our new Seed Generation project with Environmental Youth Alliance expanded our focus to environmental stewardship and gave us opportunities to take youth on outdoor overnight camping adventures, many for the first time.

• Our Pow Wow Drum and Dance Group expanded to North Vancouver and fostered increased confidence in children through their performances at special events.

• Finally, there is the creative collaboration with local artists and Indigenous leaders that led to the revival of the Fish Fest and Youth Canoe races in Port Moody.

Our greatest strength is the unwavering dedication and passion of our staff team to make the biggest difference to the most children and youth who need the opportunities and supports we provide. Our key strategy is building and fostering effective partnerships with municipalities, school districts, funders and community organizations based on shared missions and goals. This year, both funders and communities identified the need to increase the administrative skills of youth so that they can enter the workforce fully prepared to take on challenges. With new funding from the United Way of the Lower Mainland and Vancity Community Foundation, Red Fox has piloted two initiatives to develop computer and administrative skills among our young staff and youth leaders. Our new Office Skills training program is rounding out our employment training curriculum and is building the capacity of our young staff to take on greater leadership roles in Red Fox and beyond.

What we achieve is possible because of the incredible dedication of our entire team from our staff members and youth leaders, to our community partners, funding organizations and generous donors. Most importantly, we want to acknowledge the courageous youth willing to step out of their comfort zones and participate in our programs, when that choice is not always easy or popular. The future for Red Fox and for the children and youth we serve looks promising. Thank you to all our partners and supporters. We couldn’t do this without you!

Martin Hill
Board Chair

Emma Sutherland
Executive Director

RED FOX HEALTHY LIVING SOCIETY is a registered charity that empowers children and youth to realize their potential as healthy, active leaders. We deliver child and family recreation programs, and train and mentor youth to gain work experience and leadership skills.

We believe long-term impact is created through sustained support and opportunities for children and youth to learn, play and grow. Children can start as participants then progress to become the Youth Leaders that they currently look up to.
Active Play:

Our Flagship Program. Red Fox Youth Leaders guide children in active group games, circus arts and a range of exciting equipment to promote physical literacy and a love of being active. From hopping on a pogo stick, to walking on stilts, children try out activities that challenge them and take them out of their comfort zone. By practicing the activities each week, they master them and feel a sense of accomplishment. We then find new challenges for them to take on!

Active Play combines structured group activities with unstructured free time for the children to use the range of equipment. The children can focus on one activity or try a variety of them. Giving children choices helps them develop autonomous thinking and self-esteem. Group games bring everyone together in active fun without the pressure of competition.

Playing together helps children develop social skills and make new friends. Red Fox leaders and staff encourage the children to include everyone and be kind to one another. Active Play is always free and sessions are held at schools, parks and community centres throughout Metro Vancouver.

Out in the Community

In the summer, Red Fox moves from schools to local parks so that children can maintain their activity levels and stay connected to the Red Fox crew and the friends they made during the school year. For the third year, Red Fox delivered Active Play at Trout Lake Park for the Concert in the Park Series. Red Fox partnered with community organizations to deliver Active Play at 24 special events throughout Metro Vancouver, including 4 Indigenous People’s Day Festivals and 3 Canada Day Festivals. For the first time, Red Fox was part of the Vancouver Cherry Blossom Festival. Families enjoyed Active Play and a geo-caching adventure at Queen Elizabeth Park.

Feasting:

Youth learn culinary skills and children and families enjoy healthy meals together in a warm and welcoming setting. Each week at Strathcona Community Centre, youth leaders prepare a healthy meal while children and other youth leaders enjoy Active Play nearby. When the meal is ready, the children and families finish their play and come in to eat a nutritious and tasty meal. The J Peachy Gallery brings Creative Cafe art and music activities to many sessions. Youth learn menu planning, budgeting, cooking and serving skills. Children and families are nourished with food, creativity and supportive community.
This year has been a lot of ups & downs for me but Red Fox has really helped to bring me up & motivate me in the hard times - Emmanuel, Surrey Youth Leader

The Seed generation program was something I looked forward to every Sunday. I wasn’t going to school very often because I didn’t feel like I fit in. Being a part of the Seed Generation has helped me feel a sense of confidence and I have been going to school more often since I joined the program. I enjoyed the wilderness camping trip at Golden Ears Park; I have never been around this kind of natural beauty. This makes me want to find ways to go camping more often.

-Seeds from Squamish Nation

I enjoyed everything we did with the Seed Generation program, from the recreation outings to the Elders who would come and visit our program and share knowledge with us. I really learned so much about different native plants, the sacred medicines, and I liked the opportunity to do something different each week. My favorite part of the program was the new people I got to meet, and I got to go to Educo Adventure school with my best friend and sister. I learned leadership skills that will help me in the future.

- Youth from Vancouver

Seed Generation

Red Fox and Environmental Youth Alliance have come together to collaborate on a special year-long environmental stewardship, reconciliation and outdoor adventure program for youth in Vancouver’s inner city. Seed Generation has brought together the minds, hands and hearts of youth from across Metro Vancouver to Vancouver’s Downtown Eastside to transform the Youth Garden at Strathcona Park. Through growing and planting food and traditional Indigenous plants, and learning about reconciliation and the relationship we have with the land, youth have gained knowledge and skills, made new friends, and had fun adventures that broadened their perspectives. They have volunteered at Red Fox Active Play, Drum Group and Feasting programs, at EYA programs and at community special events.

The Seed Generation participants are made up of youth who identify as Indigenous, new Immigrant, LGBTQ2 and differently-abled. Each youth who has finished the program has completed 120 volunteer service hours over a 3-month period. Some of the youth enjoyed themselves so much that they came back to volunteer in the next cycle.

We thank Employment & Social Development Canada for making this opportunity available to Metro Vancouver youth.

A TOTAL OF 52 YOUTH HAVE PARTICIPATED IN THE PROGRAM. They have shared that they feel connected and empowered, knowing that their actions together can make a difference.

Highlights include:

- Embracing challenge and developing teamwork skills through experiential learning workshops and camping adventures with JUMP! Canada and Educo Adventure School.
- Developing communication and leadership skills during workshops and summer camps delivered by the YES Youth Excellence Society. Our credit union CCEC sponsored 5 youth to attend the YES Camp this summer.
- New this year: Office Skills training to our young staff so that they can take on new roles within Red Fox.
When my daughter started Drum Group, she was so shy and self-conscious that she wouldn’t say her name in a small circle. Now, she is introducing the other drummers and dancers in front of large audiences, sometimes hundreds of people.

- Parent

Children and youth connect to Indigenous culture by learning and practicing PowWow drumming and dancing. We chose PowWow drumming and dancing because traditional teachings allow for PowWow drumming and dancing to be shared by everyone. Through weekly practice sessions, children and families feel connected to their Indigenous heritage and to each other. Children and youth get the opportunity to perform at special events throughout Metro Vancouver which helps them develop public speaking and performance skills. Children also develop teamwork skills by practicing and performing together. Last year, Red Fox launched a Drum Group program at Norgate Xwemelch'stn school in North Vancouver close to the Squamish Nation Capilano Reserve. Our Strathcona Drum Group has been running since 2010 and is going strong.

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Over the last year we served children and youth with programming at 33 schools, parks, community centres and neighbourhood houses and at 30 special events across Metro Vancouver.

Red Fox collaborates with the J Peachy Gallery to bring inter-cultural and environmental art, music and puppetry to Red Fox programs and special events throughout Metro Vancouver. A highlight this year has been the Fish Fest in Port Moody in collaboration with local Kwikwetlem First Nation leaders. For the first time in many years, Indigenous Canoe Races were held at Rocky Point Park. Families enjoyed drumming, art, active play, music and food together in a majestic, natural setting.
FISCAL YEAR APRIL 1ST, 2018 - MARCH 31ST, 2019
ANNUAL BUDGET: $433,307

KEY SUPPORTERS

UNITED WAY Lower Mainland
Vancity Community Foundation

Government of Canada
Gouvernement du Canada

IN-KIND CONTRIBUTIONS
TOTAL VALUE: $133,148

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REVENUE

GOVERNMENT GRANTS 25%
CORPORATE & FOUNDATION GRANTS 36%
DONATIONS 12%
COST RECOVERY 15%

EXPENSES

PROGRAM DELIVERY WAGES 46%
ADMINISTRATION WAGES 23.5%
YOUTH & CULTURAL HONORARIA & STAFF TRAINING 11.6%
DIRECT PROGRAM EXPENSES 13%
OFFICE, ADMINISTRATION & FUNDRAISING EXPENSES 5.8%

KEY COMMUNITY PARTNERS

EYA Community Coalition
J Peachy Gallery
North Shore Neighborhood House
EDUCO Adventure School

CCEC Credit Union
ISPAC Islands Sexual & Polarized Assault Crisis
RAINCOAST Conservation Foundation

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
School of Kinesiology

Surrey Schools Leadership in Learning
Vancity

Gary Wozy Inc. | Mark James Group | Anonymous | Anonymous | Alexandra Hewitt | Ian Marcuse | Suki Chhoeun
WITH YOUR SUPPORT, WE CAN EMPOWER MORE CHILDREN AND YOUTH TO REACH THEIR FULL POTENTIAL

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