

2010-
2011

Survey Community Index of Wellbeing

Report: Regent Park

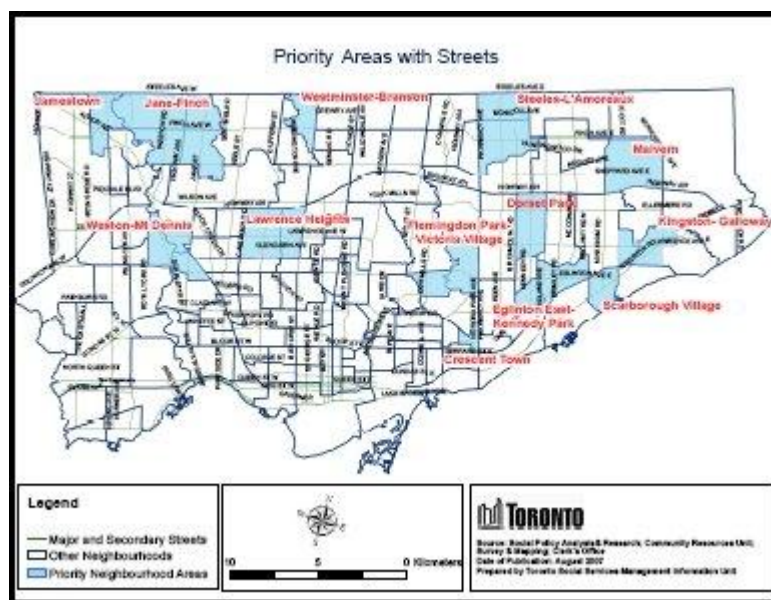
BY: Uttara Chowdhury



Introduction:-

Survey Community index of wellbeing 2010 is done by a group of newcomer women from community across Toronto and participants in the Immigrant Women integration program of the Centre for Community Learning and Development. This survey is based on the idea that the community services and life conditions impact how people feel and think of community well-being, their commitment to community, and overall life satisfaction.

The survey was done in Toronto's 13 priority neighborhoods. It was a need assessment survey trying to understand about peoples overall well-being and also how they feel about sense of belonging in their neighborhood.



About Regent park

Regent Park is a neighborhood located in downtown Toronto. Formerly it was the centre of Cabbage town neighborhood. It is bounded by Gerard St east to the north, River Street to the east, Shuter Street to the south, and Parliament Street to the west. 41% of the population living in Regent Park is children 18 years and younger (compared to a Toronto-wide average of 30%).

The average income for Regent Park residents is approximately half the average for other Torontonians. A majority of families in Regent Park are classified as low-income, with 68% of the population living below Statistics Canada's Low-Income Cut-Off Rate in one of its census tracts, and 76% in the other (compared to a Toronto-wide average of just over 20%).

Regent Park's residential dwellings are entirely social housing, and cover all of the 69 acres (280,000 m²) which comprise the community. Regent Park is Canada's oldest and largest social housing project, having been built in the late 1940s. The Toronto neighborhood then known as Cabbage town was razed in the process of creating Regent Park.

More than a half-century old, the Regent Park projects were aging rapidly and were in need of costly repairs. The city government developed a plan to demolish and rebuild Regent Park over the next ten years, with the first phase having started fall 2005. The addition of market units on site will double the number of units in Regent Park. Former street patterns will be restored and housing will be designed to reflect that of adjacent neighborhoods, in order to end Regent Park's physical isolation from the rest of the city.

Revitalization

QUICK FACTS

- Regent Park Revitalization is a six-phase, 15-year, \$1-billion strategy that will transform Canada's largest publicly funded community into a healthier mixed residential community for 12,500 people in 5,115 units. The first Regent Park tenants move into their new homes in May 2009.
- Phase one of the revitalization will include approximately 640 market condominiums and 340 mixed social housing units in the area bordered by Parliament, Oak, Sackville and Dundas Streets.

- The Daniels Corporation is the developer/partner with Toronto Community Housing for all phases of the revitalization. Daniels oversees the design of the new buildings, will build all the buildings and will also sell the market condominiums.
- Phase one includes a mix of commercial tenants such as Sobeys, Royal Bank of Canada (RBC), Tim Hortons and Rogers Communications.
- The revitalized Regent Park will be a green community. Lower carbon dioxide (CO2) emissions and energy savings will be achieved by constructing buildings that are energy efficient and environmentally friendly. Regent Park Energy Inc. will operate a district energy system that delivers high efficiency heating and cooling to all buildings in Regent Park.
- 380 households from phase one - about 1,160 residents - were relocated. All residents who are relocated to make way for demolition and construction have the right to return once new buildings are completed. All moving and related costs are paid by Toronto Community Housing.
- Construction on phase one began in 2006. The first new rental buildings will be ready for occupancy this spring and summer, and One Cole, the first condominium, will be ready for move-in this fall.
- Regent Park residents helped shape the phase two plan through a consultation process that began in fall 2008.
- The community will soon learn more about the phase two rental buildings and timelines through community meetings and newsletters.
- When it comes time for phase two tenants to move, they will receive no less than five months notice and they will have the opportunity to choose from different options for a relocation unit.





REGENT PARK NORTH

Built in 1949 Regent Park holds the distinction of being Canada's first public housing project. Regent Park was expanded in the 1950's to include the area south of Gerrard Street, which came to be known as Regent Park South.



Toronto City Council approved the Regent Park Social Development Plan in October 2007. This is the first locality or "place-based" Social Development Plan for the City of Toronto and provides a framework for building a cohesive and inclusive community.



Opened on May 2009. Phase one includes a mix of commercial tenants such as Sobeys, Royal Bank of Canada (RBC), Tim Hortons and Rogers Communications.

Purpose of the survey

The main purpose of the survey is:

- Gain a better understanding of the communities of Toronto.
- Gain better understanding of the community strengths.
- Provide an opportunity for community organisations to benefit from the information and improve their service.
- Understanding about well- being of residents of priority neighbourhoods in Toronto.
- To determine the areas on how we can improve conditions for residents
- To make recommendations to community leaders on how to improve services

The survey designed based on Canadian Index well-being. The survey includes:

- 1) Community Vitality
- 2) Democratic Engagement
- 3) Environment
- 4) Healthy Population
- 5) Leisure and Culture
- 6) Living Standard
- 7) Time Use

Methodology:

- * Outreach (Online & Hardcopy)
- * 119 responded (Regent Park)
- * Current and former residents of Regent Park
- * Social Organization staffs

The survey was first distributed in November, 2010. The survey was also made available online website at – www.tccltd.org

Report structure:



Survey Result

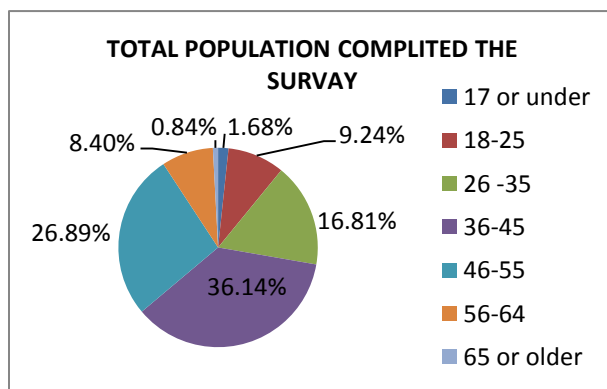
In October 2010, we designed the questioner based on the topics of Canadian index of wellbeing. 10 Immigrant women's integration program(IWIP)trainee conducted this survey in 8 different neighborhoods in Toronto. The main topics of the survey include:

- 1) Community Vitality
- 2) Democratic Engagement
- 3) Environment
- 4) Healthy Population
- 5) Leisure and Culture
- 6) Living Standard
- 7) Time Use

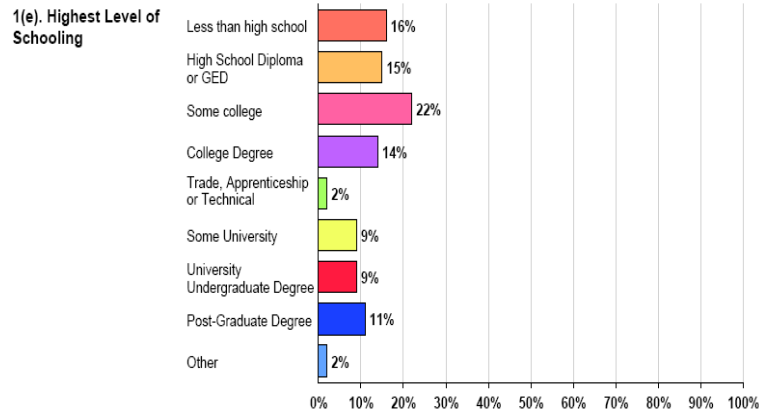
We started by outreaching the community resident. In this process different community organization helped with the hard copy distribution, and also with the key informant interview .Total 119 Current and former residents of Regent Park responded. 59% of responded were women, age between 36-55. 37% were men and 5% gay. The survey was conducted from 24th November to 24th January (3 months was completed)

Demographic info:-

In total of 119 respondent majority of the respondents are age between 36 to 45 year old.59% respondents are women. During the survey women showed more interest in taking part in the survey. There are a number of non-profit community service organizations in Regent Park. Most of their clients are women as well.

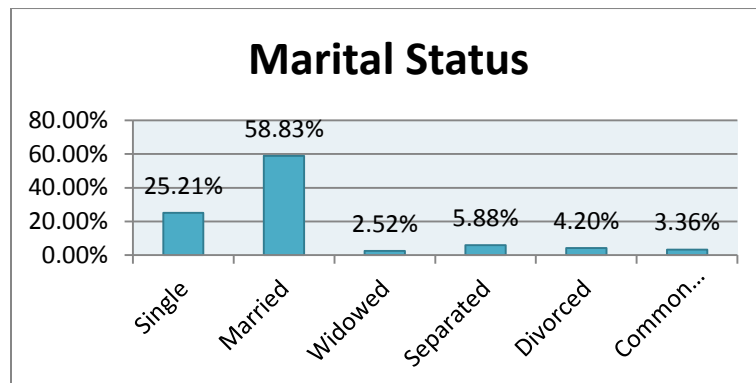


Education:

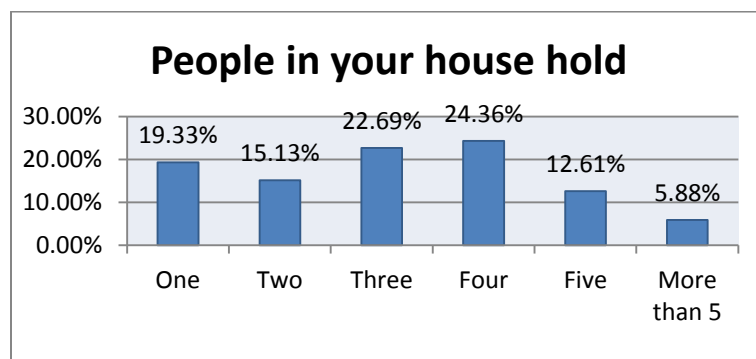


22% respondent has some college education. other 15% of respondents have high school diploma. There are also a large number of people with high education.

2. Marital Status, Household, Children

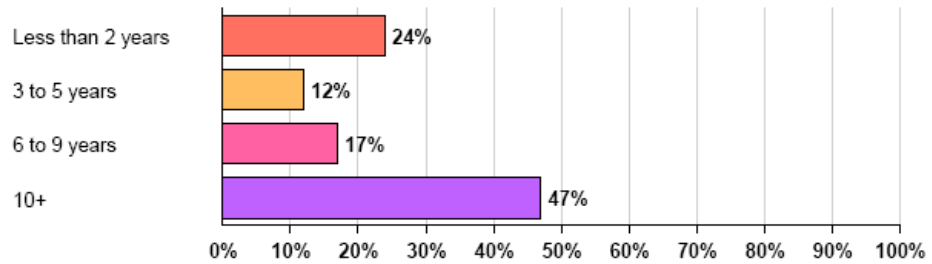


Regent Park has the largest concentration of social housing building in Toronto. Most of the residents live in these buildings and have family living with them. 58.83% respondents are married. 24.36% respondents say they have 4 family members in their family.



Most of the Regent Park residents are immigrants. There are a combination of new comers, immigrants, and also immigrants who are living in Canada for a long time. 47% respondents are Canadian citizens followed by 24% respondents who are living in Canada for less than 2 years.

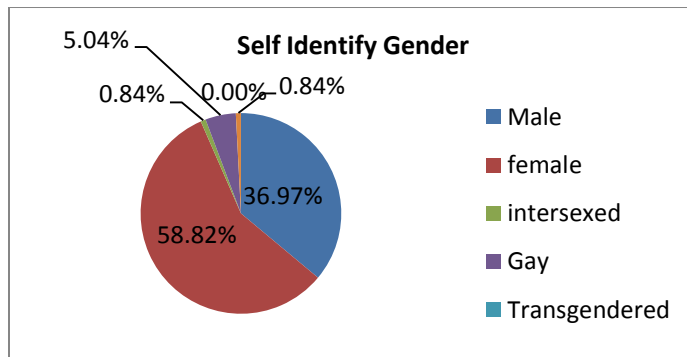
2(e). Length of time in Canada



3. Self-identity:

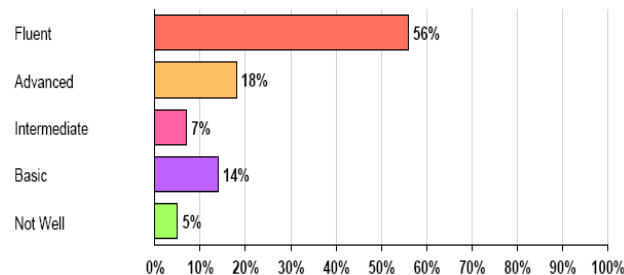
31.93% respondents are South Asian followed by 18.49% Canadian born, 17.65% from South East Asia. 13.45% White.

Self identity Gender: 58.82% respondents are women 36.97% respondents are male and 5% gay.



3(f) 56% respondents are fluent in English, 18% respondent says they are advanced, where 14% respondents say their English is basic and 5% respondents say their English is not so well.

3(f). English Fluency

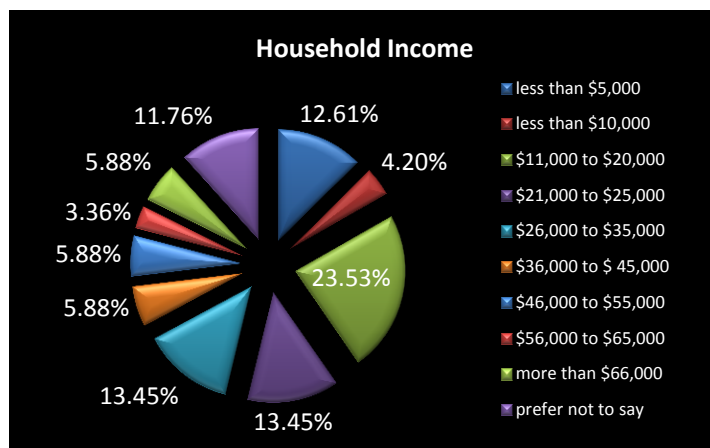


5. Income, savings, living

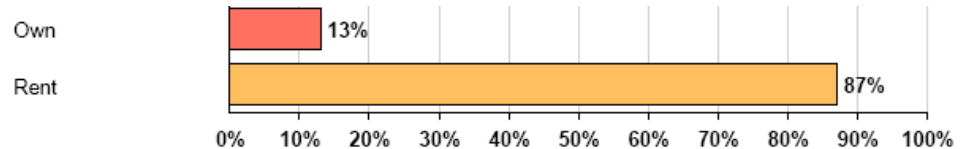
Regent Park is considered as a low income community. The survey result also shows that 23.53% respondents say their yearly income is below \$11,000 to \$20,000. But as a result of the revitalization people are being able to buy property in Regent Park. That is why a small percentage (5.88%) has income over \$ 66,000.

87% of respondents are living in rented housing where 13% respondents own their apartment as a result of revitalization.

32% respondents spend 21% to 30% of their income on housing, as a large percentage of the respondents are using social housing.

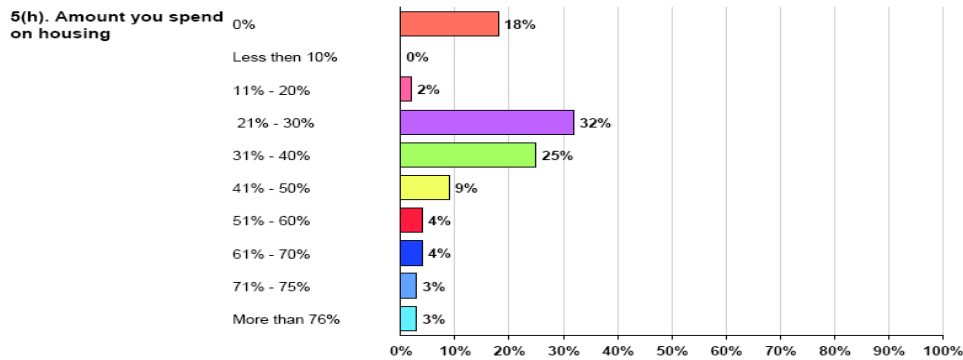


5(c). Your Housing

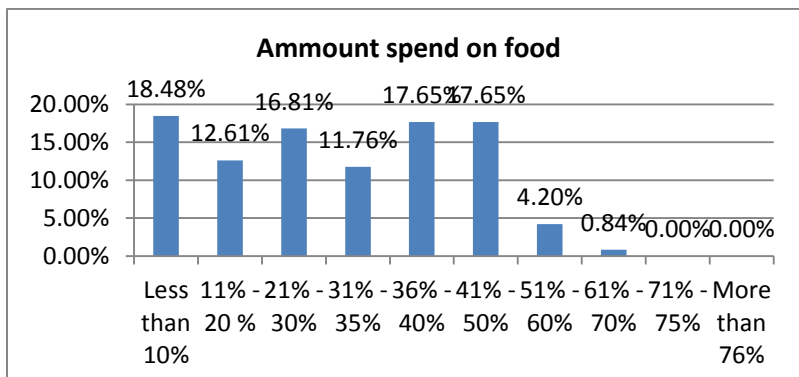


5(i) . Ammount you spend on food and houseing

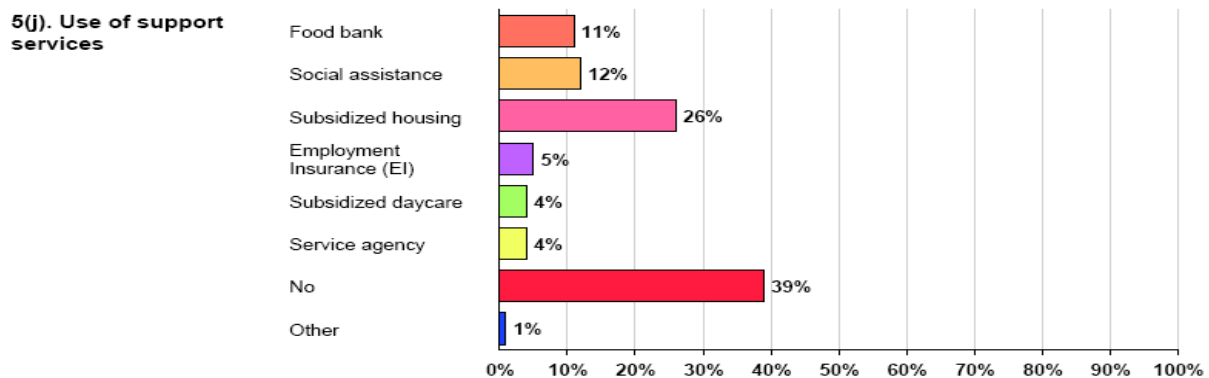
Respondents gave mixed review answering the question how much money they spend on food, where answering the question how much money they spend on housing, (32%) respondent says they spend 21% to 30% of their income. Most of the Regent Park residents live in social housing.



18.48% respondent said they spend less than 10% of their income on food

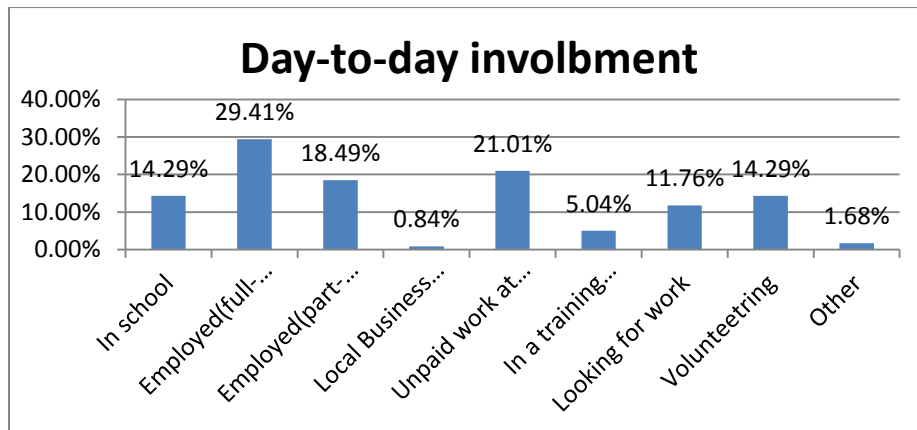


5(j) Use of support services: 39.50% respondent says they do not use any of the following services. 26% respondents are using subsidized housing. 11% of respondent said they are using Food bank. Poverty is a undeniable trough in Regent Park. Many of the residence are in denial of their situation as the do not want to be stigmatized in society.



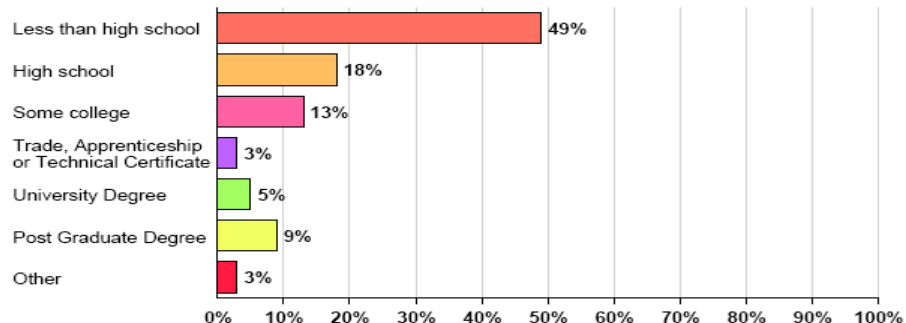
5(l) Day to day involvement

29% respondents are employed full time. A large number of people do not have job. This is a big economical problem in the community. Women are mostly staying at home .21.01% respondents are doing unpaid work at home. Most of the women are doing unpaid work at home as they are they have multiple children to take care of. Cultural and Language barrio is also a reason why the women cannot work outside their home.



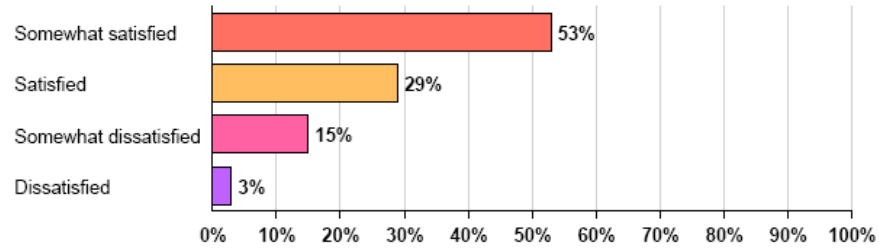
5(n). 49% respondents said they require less than high school level of education to perform their job. That shows a very large number of respondents are under employed. They are being forced to do low paid jobs for their living

5(n). Schooling required for job



5(o). Strangely most of the respondents say they are satisfied with their living standard. Even though there are facing so many challenges in life due to poverty and living condition. 52% respondent said they are satisfied with their living standard

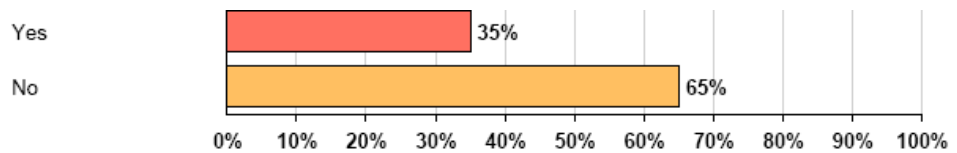
5(o). Level of Satisfaction with standard of living



6. Looking for work

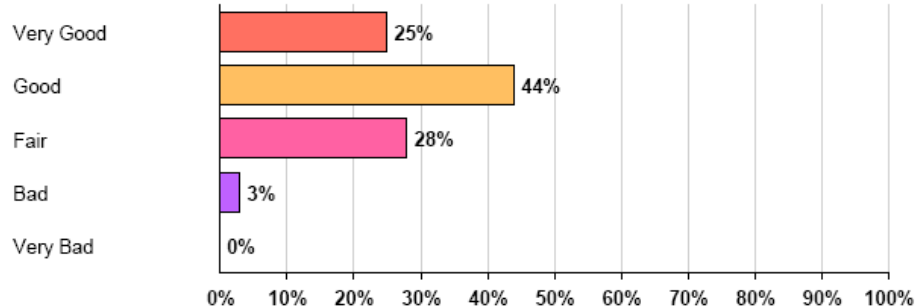
44.45% respondents are employed or in some kind of training program. Large number of respondents are unemployed or under employed. Most of the respondents do not have health insurance. 64.60% respondents do not have any health insurance.

6(c). Health Insurance

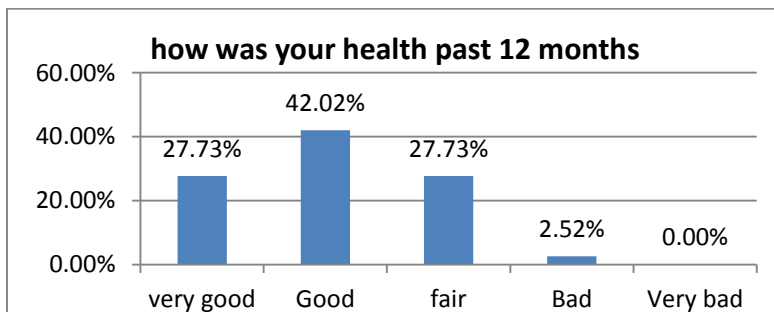


7. Health: 43.70% respondents said compared with other people of their age their health condition is good.

7(a). Your Health



7(b) . 42.02% respondents said their health was good in past 12 months. Some of the respondents are between the ages of 25 to 35. This can be one of the reasons.



- 78.76% respondents said they do not have any long-standing illness
- 79.49% respondent says their illness or disability does not restrict their activity
- 54.62% respondent visited their doctor in last 1-3 months

Response to the health related questions were very positive. Considering the low income and the living standard

The responses are positive. Answering the question of physical activity, most of the responses are that they have no physical activity. That proves either people are negligent towards their health or they do not have enough information.

Stress and depression:

Most of the respondents are not comfortable discussing the fact if they have stress or depression. During the survey this was the most challenging part, to ask the participants to fill out the answers related to mental health. That shows there is lack of education amongst people about mental health.

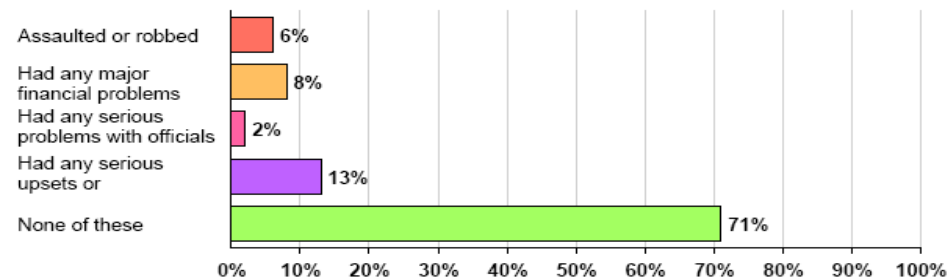
8(a). 71.43% respondents said in last 12 months nothing caused major stress in their life

(d) 38.65% responded that they had a moderate amount of stress in last 12 months

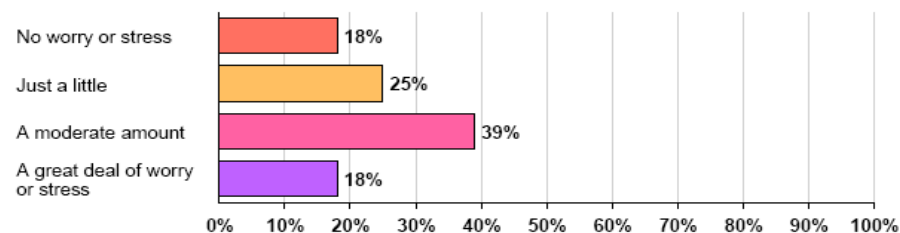
(e) 79.65% responded that they are not feeling depressed

(f) 94.69% responded that they are not taking any medication for stress

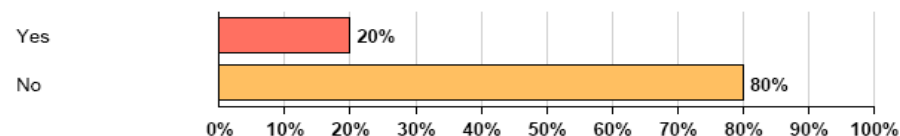
8(a). Things that can cause stress



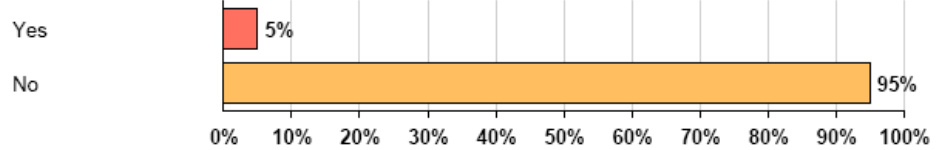
8(d). Worry or Stress



8(e). Feeling depressed

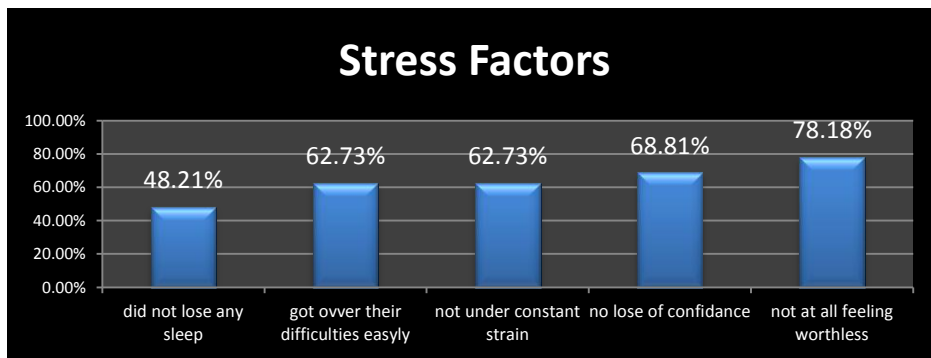


8(f). Medication



Stress Factors: 48.21% respondent did not lose any sleep over worry.

- 62.73% did not have any difficulties.
- 62.73% responded they are not under constant strain.
- 68.81% respondent did not lose their self-confidence.
- 78.18% respondent is not feeling worthless as a result of stress.



10. Feeling useful

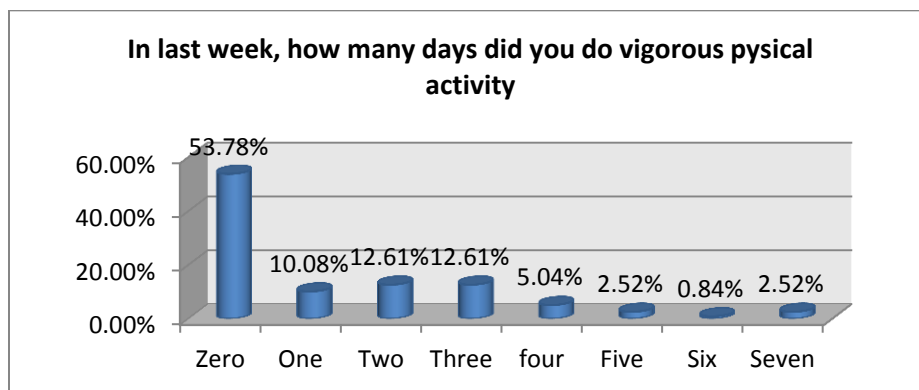
- 73.87% respondents says the do not have lack of concentration
- 68.81% respondent are taking use full steps in their life same as usual
- 74.78% respondent are capable of making decisions same as usual
- 74.54% respondent enjoy their day-to-day activity same as usual
- 74.45% respondent has recently been able to face problems same as usual
- 75.68% respondent are reasonably happy in their life, same as usual

11. Physical activity:

The survey result shows that a large number of respondents are not aware of the importance of physical activity and exercise. Either there is lack of knowledge or cultural barriers. But lack of physical activity can cause serious health issues.

(a) 53.78% respondent said they did zero hours of exercise in last week.

(b) 74.71% respondent says they are regularly physically active. Even though they do not have a chance to exercise



12. Mobility, Seeing, Hearing, speaking

Result shows most of the respondents are not disabled.

- 91% respondent does not have trouble walking.
- 94.59% respondent can walk up 12 stairs without resting
- 92.86% respondent do not have problem hearing
- 93.75% respondent do not have major eye problems
- 97.32% respondent do not have trouble speaking

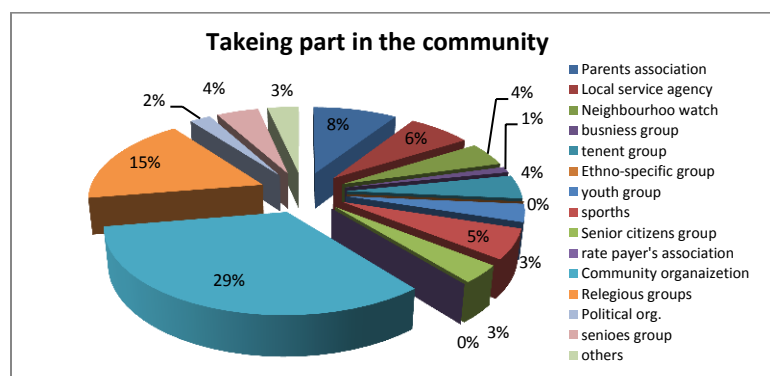
13. Civic Engagement

(a) 26.89% respondents are doing unpaid work at home

(b) In recent Park large group of people participate in community organizations. Most of the clients are women. It is the responsibility of the community organizations to provide the women effective and relevant programs.

28.57% respondent said they are connected with Community organizations.

Despite of that the survey result shows that the women who are living in Regent Park they do not have sufficient knowledge about a lot of important things such as mental health ,Importance of physical activity etc.

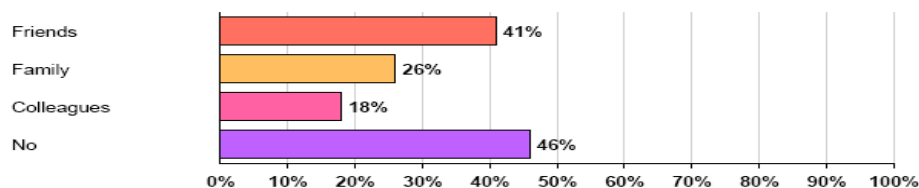


Civic engagement:

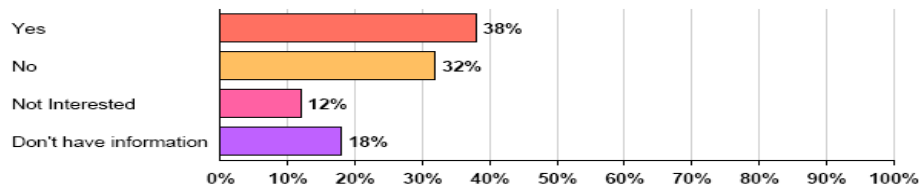
As most of the respondents are Canadian citizen it seems that they are aware of their democratic rights. All thaw participating and discussing political matters in absent in day to day life. Large group of people do not discuss politics with their friends and family; 53.57% respondents do not know who their local MPP is.

- 49.58% respondent think Progressive conservative party is in power in Ontario.47.90% respondent think it is Liberal Party
- 53.64% respondent knows who the local MP is
- 53.57% respondent do not know who their MPP is
- 46.22% respondent do not discuss politics with their friends and family
- 37.72% respondent participate in their community
- 64.22% respondent does read local newspaper

13(g). Conversations about politics



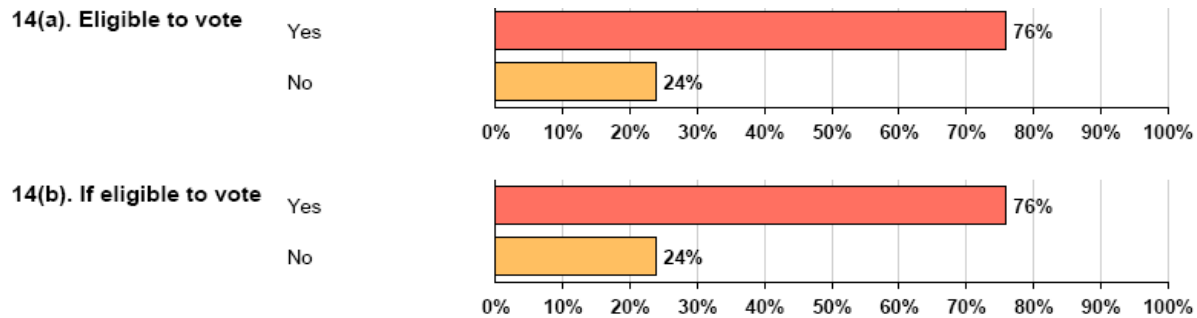
13(h). Activities in your community



14. Elections and Voting

(a) 75.65% respondents are eligible to vote

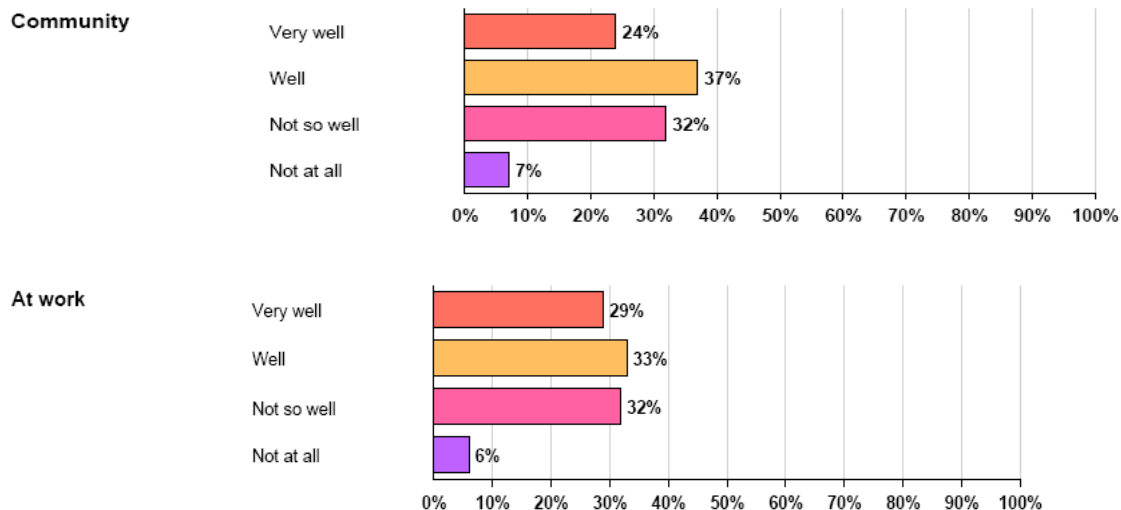
(b) 76.42% respondent says they vote. 23.58% respondent do not vote even though they have the right to vote



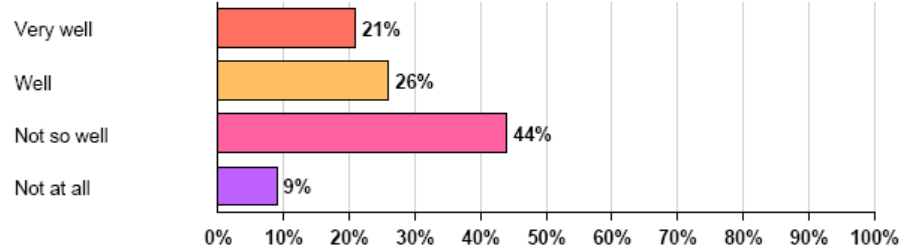
15. Knowledge of Rights

Most of the responds of the survey are emigrants. Even thaw they are living in Canada for a long time, Survey result shows large number of people does not have knowledge of Human rights. 44.04% of respondents are not aware of Ontario human rights code.

- 37.17% respondent says they do not know their rights in the community very well
- 35.96% respondent says they know their rights at home very well
- 32.04% respondent says they do not know their rights at school very well, 32.03% respondent says they know their rights well
- 44.04% respondent says they know their rights under Ontario Human Rights code



Ontario Human Rights Code

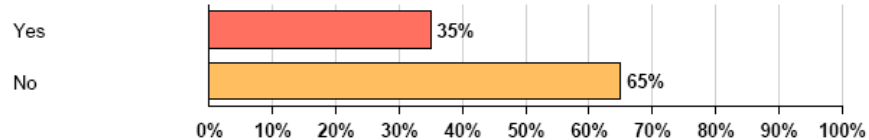


Equity of Access

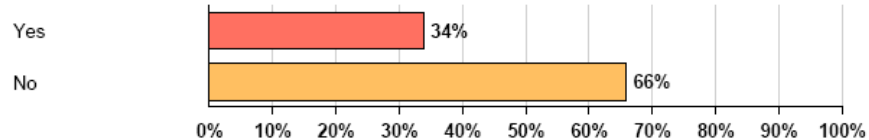
Survey result shows there is not enough equity of access in the community

- 64.71% respondent said they have Equity of access for services in their community
- 66.02% respondent says there is not enough access to information in their community
- 61.62% respondent says it is not hard for certain groups in the community to get services in the community

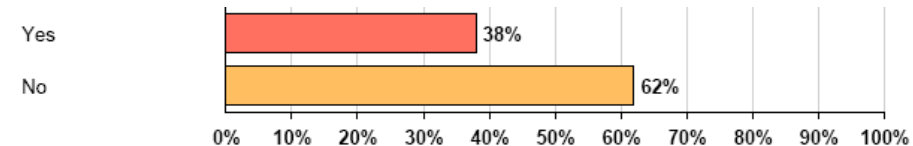
Access to Services



Access to Information



Access to Services - Groups

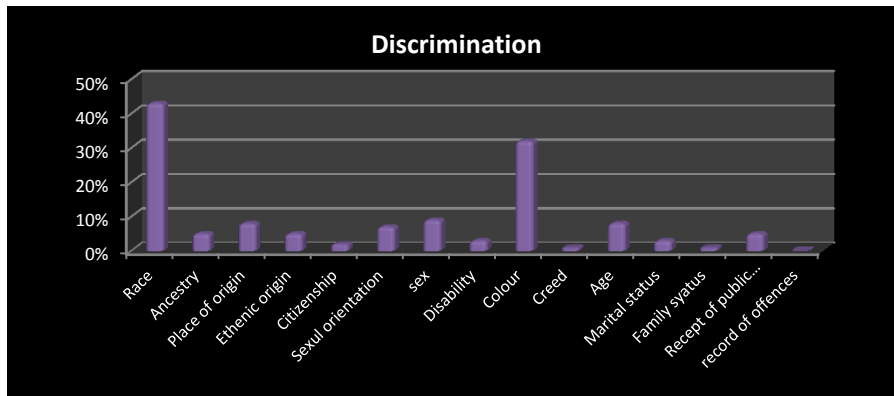
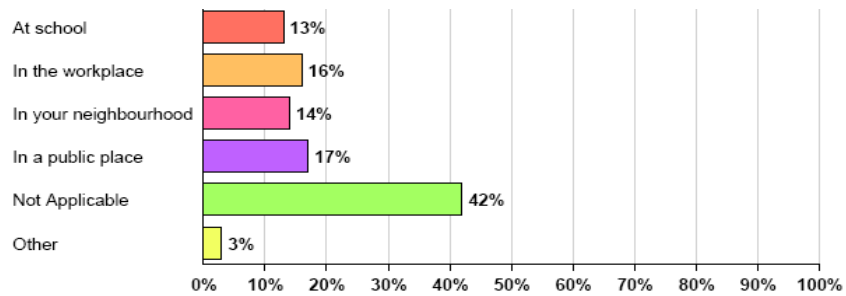


17. Knowledge of Rights

42.02% respondent does not want to share their experience if they have been discriminated or harassed in their community. In contradict respondents says they have racially discriminated.

(c)If you have experienced discrimination in Canada what was it based on42.86% respondentce say they haveexperianced discrimination based on their Race.Number of People have been discriminated for their colour as well.

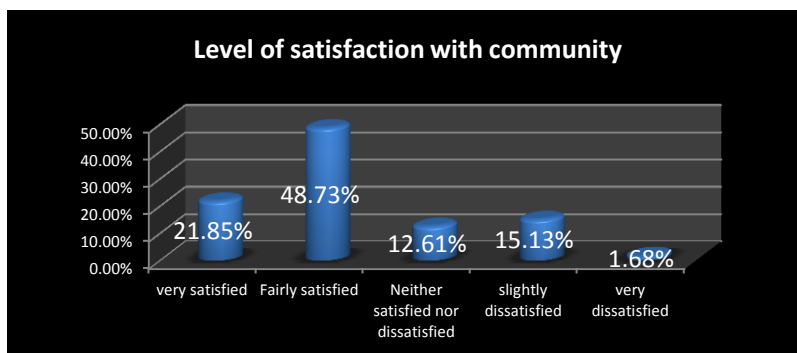
17(a). Discrimination or harassment

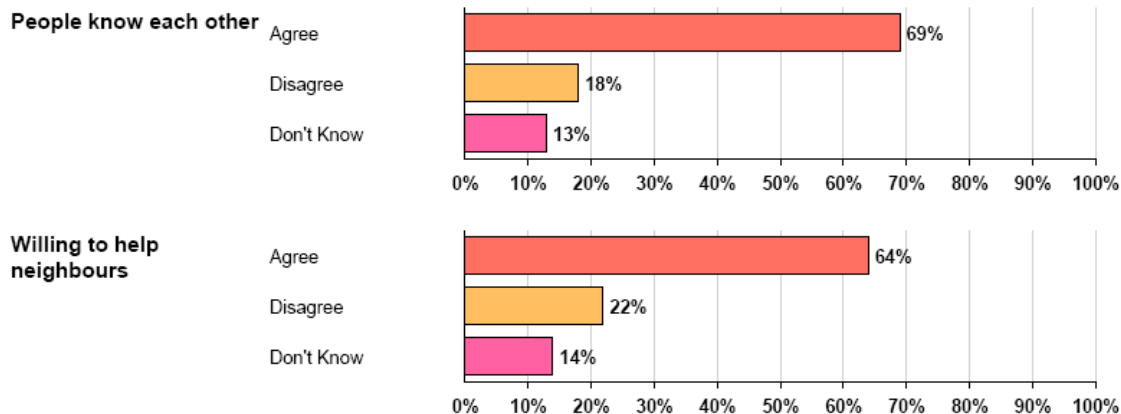
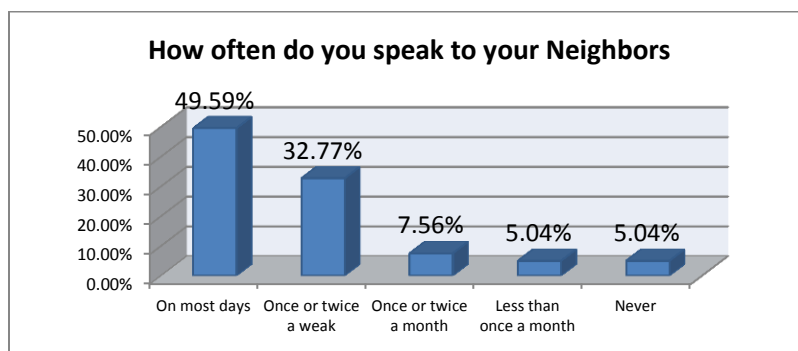
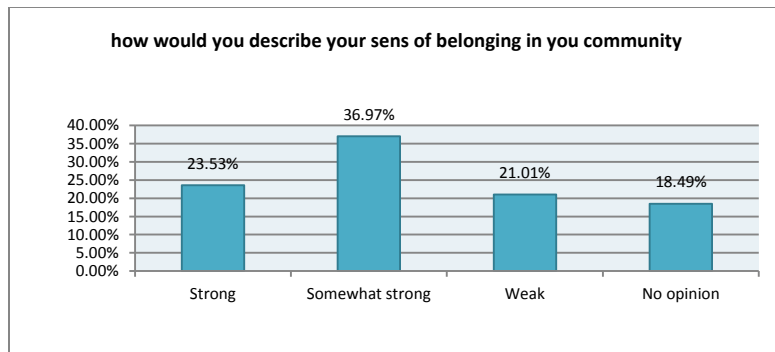


18. Community Vitality and Community Spirit

Survey results show Regent Park residents have a strong sense of belonging in their community. 48.73% of respondents says they are fairly satisfied with their community. 36.97% of respondents says their sense of belonging is somewhat strong in the community where 23.53% of respondents says their sense of belonging is strong.

As Regent Park is one of the most multicultural neighborhoods in Toronto, immigrant residents feel safe and respected in their community. There is a very strong bonding between the residents. The survey results also show the same picture.

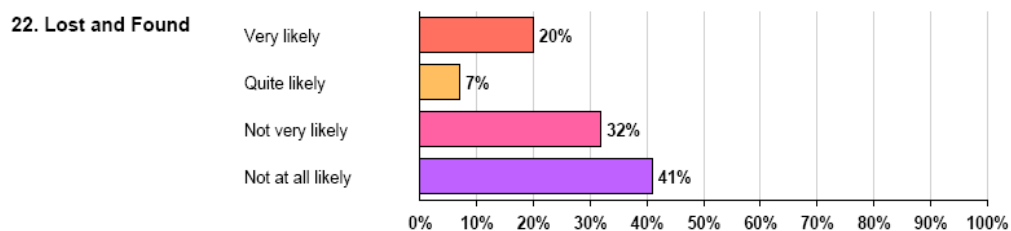
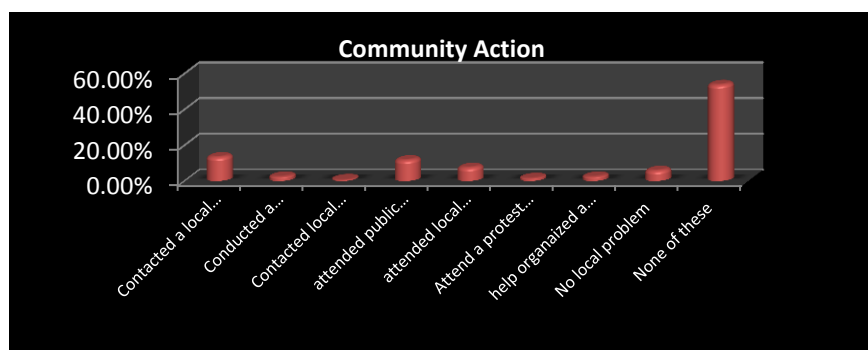




21. Community Action

Survey result shows people do not take part in community action. There is a lack of interest to take part in community matters as well. 41.18% respondent thinks it's not at all likely that their purse or wallet will be returned to them if they lose it in the Neighborhood

Respondent's shows strong opinion about their general issues, such as drug related problem, Racism, **Vandalism**, **people being drunk etc.**



General issues: 57.39% respondent thinks people being drunk in the public place is a big problem

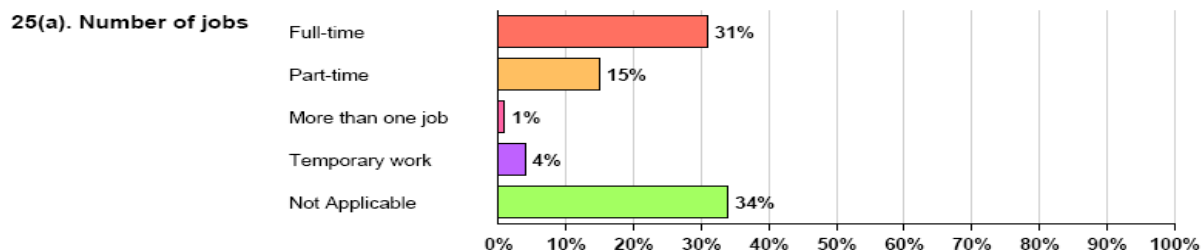
People being drunk in public place?	Very big problem	66 respondent	57.39%
Garbage or litter lying around?	Very big problem	71 respondent	61.74%
Vandalism, graffiti and other deliberate damage To property or vehicles?	Very big problem	68 respondent	60.71%
People using or dealing drugs?	Very big problem	81 respondent	70.43%
People being attacked or harassed because of their faith or religion	Very big problem	61 respondent	54.46%
People being attacked because of their skin colour or Ethnic origin?	Very big problem	61 respondent	55.45%
Teenagers hanging around and miss behaving?	Very big problem	63 respondent	57.28%
Troublesome neighbors?	Very big problem	62 respondent	56.36%

24. Social Supports

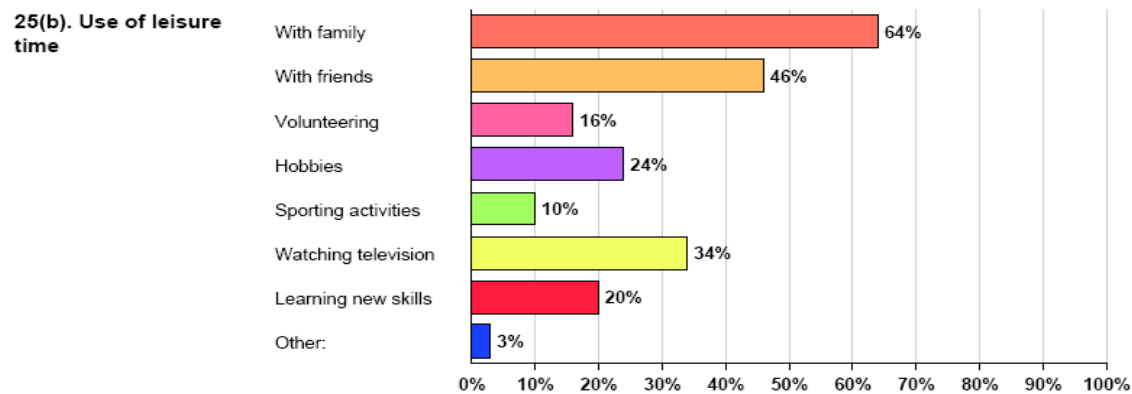
Questions	Response	
There are people in your family and friend who do things To make you happy?	Certainly true	71.15%
There are people in your family and friend who make you feel loved	Certainly true	74.53%
There are people in your family and friend who can be relied on no matter what happens	Certainly true	69.90%
There are people in your family and friend who will take care of you?	Certainly true	73.08%
There are people in your family and friend who accept You as you are?	Certainly true	75.24%
There are people in your family and friend who gives You support and encouragement?	Certainly true	77.20%
There are people in your family and friend who makes You feel important part of their life?	Certainly true	75.92%

25. Social Leisure Activities

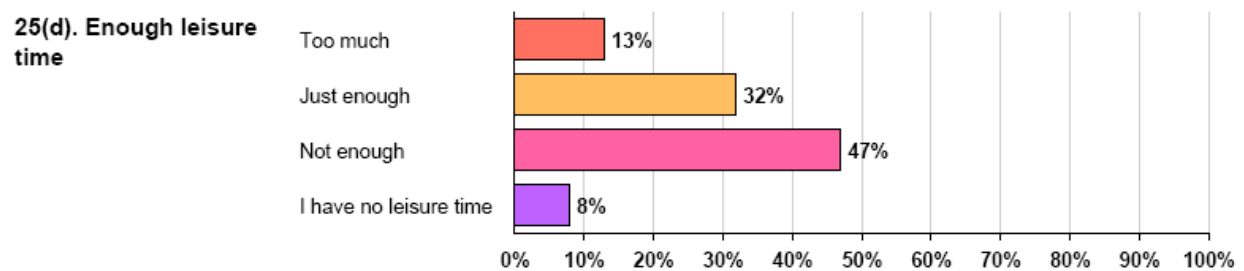
25(a) 34.45% respondent said they are not employed .31.09% respondent said they are working fulltime jobs



(b) 63.87% respondent spend their leisure time with their family



(d) 47.06% despondence said they do not have enough leisure time



Change in service

Most of the respondents are not sure if the services have improved in past years. Survey result of the survey shows that there is lack of information in the community in community.

TTC	42.58%	Stayed the same		
Housing	33.01%	Stayed the same		
Policing	40.41%	Don't know		
Daycare	53.00%	Don't know		
Availability of food	44.56%	Don't know		
Community sprit	43.30%	Don't know		
Employment	44.56%	Don't know		

Immigrants	48.00%	Don't know		
Service for youth	44.90%	Don't know		
People with disability	53.00%	Don't know		
Service for Women	49.51%	Don't know		
Service for seniors	53.45%	Don't know		
Services for family	51.00%	Don't know		

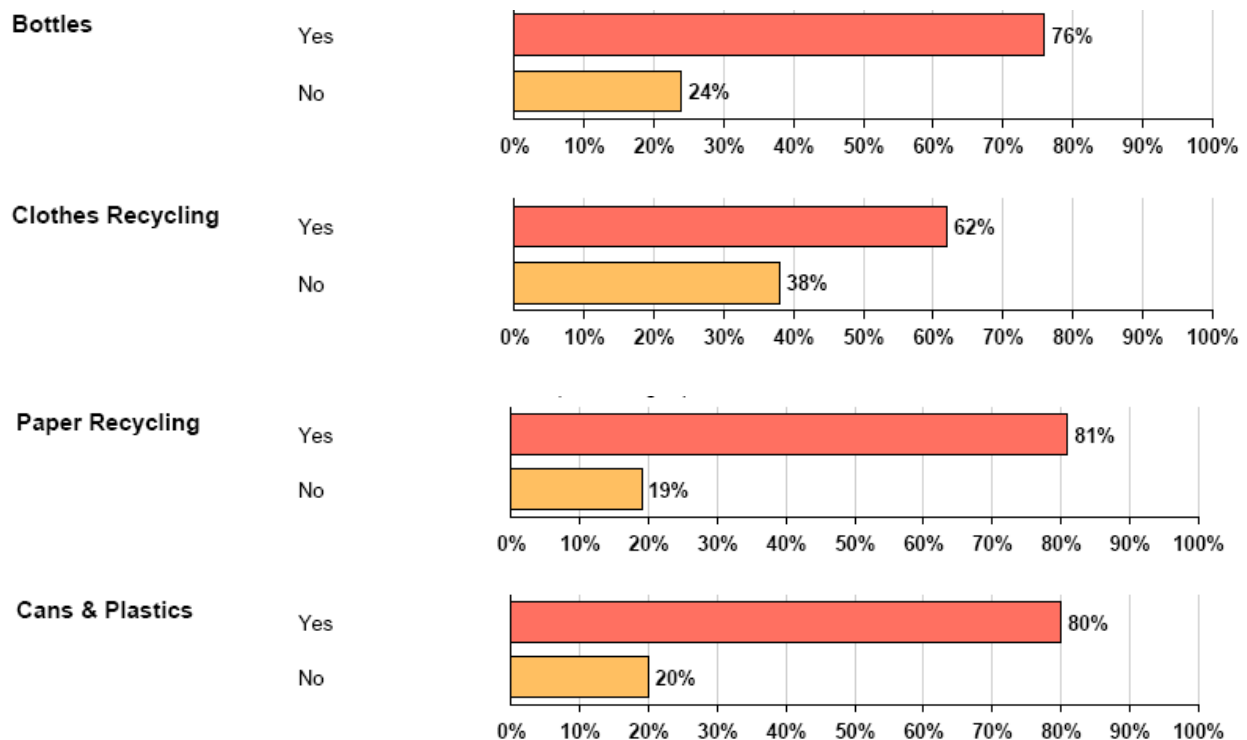
27. Recycling Services:

(a) 76.15% respondent says they recycle bottles

(b) 62.26% respondents recycles clothes

(c) 80.70% respondent recycles Paper

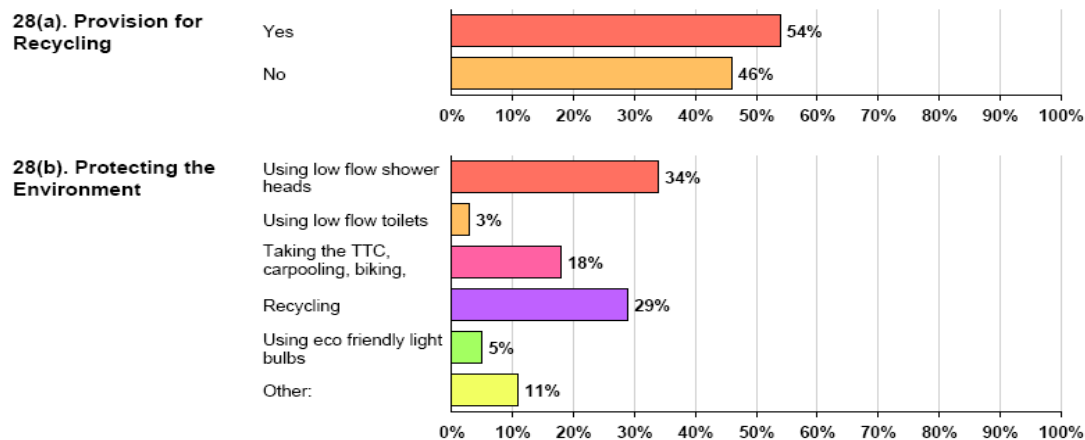
(d) 79.65% respondent recycles Cans and plastic



28. Environment

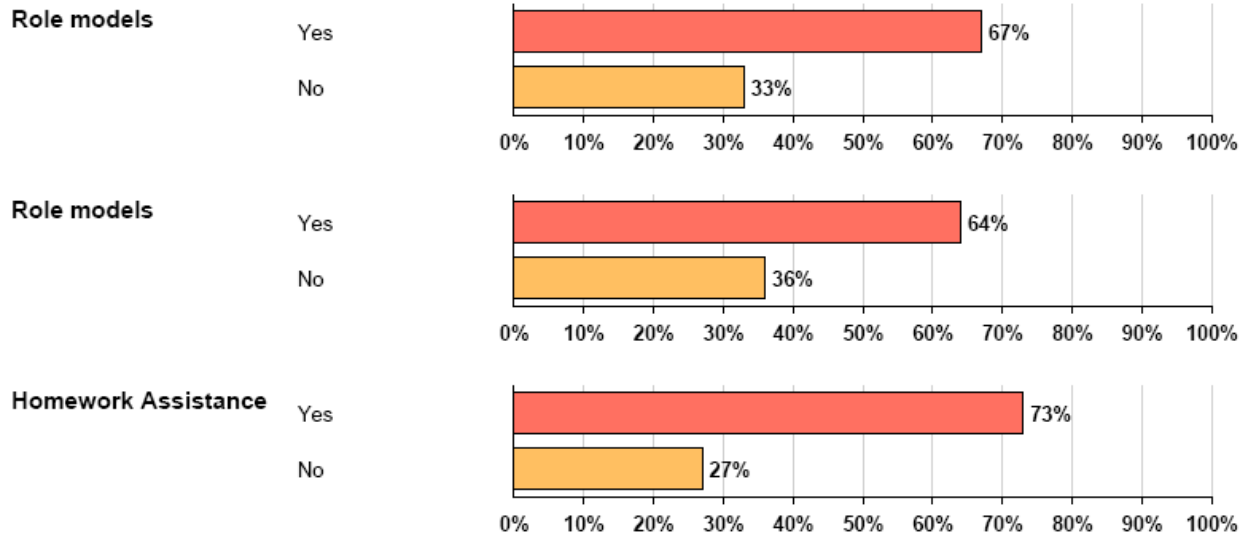
(a) 54.29% respondent feel that there is provision for recycling is adequate in their community

(b) 34.30% respondents use low flow shower heads to help protect environment



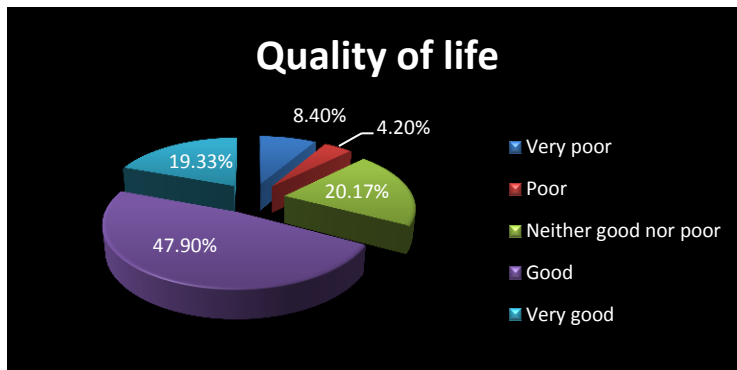
29. Youth Building Assets

Answering the question of youth building assets, and if the services are available and accessible for the youth, most of the respondents says that more services are highly needed. Most of the Regent park residents have multiple kids. Youth issues are very important. Youth are a big part of the community. Most of the respondents are parents on multiple kids. There needs to be mere education about how to stay connected to their kids during their teen age. Most of the respondents (64%) said there is lack of roll model in the community. The parents and most importantly the mothers needs assistance to build their self-confidence and needs more education about how to pass on their values to their kids. The immigrant parents need to know their own values to be roll model to their own kids so that they do not need to look for roll model outside of their home. Youth also needs Leadership training in the community so that they can be roll models to their peers.



32. How would you rate your quality of life?

47.90% of the respondents say their quality of life is good. 19.33% respondents say their life quality is very good. The survey result shows that the people of Regent Park are very positive. There are sustain difficulties in their life but they remain positive end of the day.



RECOMMENDATION AND THEORY OF CHANGE

Program for new comer immigrant women:

By statistics Canada the population of ward 29 is 58,920, and almost 50% of that population is women. The highest population of age group is 25 to 44 years age range. Regent Park has the densest population of first generation immigrant residents. There are people from all parts of the world and various ethnicities. Regent Park is the greatest example of multicultural society. When conducting the survey in Regent Park Women showed great interest taking part in it. Among 119 respondents 59% respondents are women. Large number of these women is connected with one or multiple community organizations. There is a need to provide these women with appropriate program to help them to regain their self confidence that they lost through migration.

Due to the revitalization Regent Park is going to be a mixed income group community. Still there will be subsidized housing. There is a big group of women from South East Asia, South Asia and different parts of Africa who are first generation immigrants. These women have very enriched cultural backgrounds and values. But still struggle everyday due to language and cultural barriers. As they have less rights as women in their country of origin, there is a lack of knowledge about community accessibility, health, specifically mental health, Civic engagement, Human Rights issues etc. The survey results also show the same result. There is a need for these women to understand their rights and also their duties in their community. Most of these women are not economically independent. Breaking social barriers can be the first step towards their economic independence in their life.

Women are a great asset to their family and community. The mother is the base of her family. There needs to be more support for mothers in the community as well as for young women so that they can explore their ideas and find their own identity. There is a need for the coexistence of ideas based on cultural values and new ideas that will help women to support their integration to the Canadian society. It's important to bring positive changes to their life in every possible way. These women can bring real change to their community. But before that they have to be the change.

As Mahatma Gandhi once said: "Be the change you want to see in the world."



Theory of Change

