

# MY TOWN, MY LIVING SPACE

A photograph of a man in a blue shirt and dark jacket holding the hand of a young child in a grey hoodie and dark jacket. They are walking in a field with dry grass. In the foreground, a large, shaggy dog is partially visible, and a soccer ball is on the ground. The background is a soft-focus landscape under a bright sky. The image is overlaid with a large, diagonal graphic element consisting of a blue-to-orange gradient bar.

SOCIAL  
DEVELOPMENT  
POLICY AND  
ACTION PLAN

2022  
2024

## A WORD FROM THE MAYOR

Eight years have passed since the Town adopted its first Social Development Policy. During these eight years, citizen participation and community involvement have been the driving forces behind many initiatives geared at fostering Pincourt residents' well-being and development.

In 2022, the Town of Pincourt is presenting its Second Social Development Policy, which reflects the people of Pincourt today and tomorrow. This Policy is intended to be inclusive: its primary aim is to meet the needs of all while also accounting for those who are part of the most vulnerable groups. To this end, the Town has integrated its Age-Friendly Municipality (MADA) Policy and Family Policy into its Social Development Policy. The Social Development Policy is also consistent with the following internal policies: People with Disabilities Policy, Sustainable Development Policy, and Cultural Policy.

*The Town of Pincourt thanks the Government of Quebec for financial support received through the Programme de soutien à la démarche Municipalité amie des aînés and Communagir and Espace Muni for mentoring services. The Town of Pincourt would also like to acknowledge the collaboration of the members of the Steering Committee, who helped ensure that this Policy reflects the needs of the Town's population.*

**Claude Comeau,**  
mayor of Pincourt.



## STEERING COMMITTEE

**Elected municipal officials:** Claude Comeau, Mayor and Chair of the Steering Committee / Denise Bergeron, Municipal Councillor / Claudine Girouard-Morel, Municipal Councillor

**Citizens:** Josée Maltais, Chair of the Healthy Town Committee / Philippe Nathan Crisafi, Co-Chair of the Intercultural Committee / Anne Coulter, Representative of English-speaking seniors / Joanne Déry, Representative of French-speaking seniors

**Youth Representative:** France D'Amour, Director of CPE Les petits mousses

**Community organization representatives:** Judith Girouard, Director of Comité Jeunesse La Presqu'île / Natasha Simard, Director of Arc-en-ciel / Karine Daigle, CISSS de la Montérégie-Ouest Community Organizer

**Private Sector Representative:** André Gingras, President of Groupe AutoForce

**Municipal employees:** Stéphane Séguin, Assistant Director, Emergency and Fire Protection Department / Francis Hamel, Director, Recreation and Community Services Department / Sabrina Martel, Social Development Agent

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Photo Credit: Christian Gonzalez



## BACKGROUND

"My Town, My Living Space" distills the essence of Pincourt's social development vision for its territory. For the past eight years, social development has made our town a pleasant place to live, where every citizen feels welcome, where people enjoy living, where projects are undertaken, and actions were taken to promote their well-being.

But what exactly is social development? The term is sometimes difficult to understand, so we've drafted an accessible definition that reflects our vision of social development.

### **Definition of social development:**

Municipal social development aims to build a supportive, inclusive, and equitable community by forging links between individuals and building on each person's strengths. Together with citizens and social development stakeholders, the Town works to promote the quality of life and development of its population, paying particular attention to the most vulnerable.

In short, social development aims to contribute to the well-being of each individual and foster a sense of community and belonging.

To ensure the Policy is well understood, we've also defined some important terms used in it.

### **Senior**

A senior is an older person who identifies with the oldest group of people in society. This group is rich in experience, and its contributions to the community should be valued. Social development promotes the active aging of the population by placing the health, safety, and civic participation of seniors at the heart of the Town's actions.

### **Family**

The family is the basic unit of society and is made up of the people with whom we have a strong bond, those with whom we grow and develop. Family members support each other across generations. Municipal social development actions aim to support families in their development by considering the needs of all generations.

### **Person with a disability**

According to the law, a "disabled person" means "a person with a deficiency causing a significant and persistent disability, who is liable to encounter barriers in performing everyday activities." Disabilities may be of different types, including motor, intellectual, language, visual, auditory, autism spectrum disorder or severe mental health disorder. Social development aims to identify and overcome barriers to the inclusion and participation of people with disabilities in the community.

### **Community organization**

Community-based organizations are non-profit organizations rooted in the community that maintain an associative and democratic life. Such organizations aim to respond to social issues and offer services to a population that is often vulnerable. Community organizations are key players in social development and are essential partners for the Town.

## VALUES

The values that underpin our actions are social inclusion, respect, equity, creativity and collaboration, and innovation.

### **Social inclusion:**

So that everyone, regardless of their differences, feels included and valued.

### **Respect:**

So that everyone feels listened to, recognized and welcomed.

### **Equity:**

To aim for equal opportunities for all citizens.

### **Collaboration:**

To recognize, value and contribute to each other's expertise.

### **Creativity and innovation:**

To surpass ourselves and stand out in our actions.

Photo Credit: pexels-andrea-piacquadio

## SOCIAL DEVELOPMENT TOOLS

**Citizen participation:** The involvement of citizens in the community is the basis of municipal social development. The Town listens to citizens, encourages their mobilization and supports their initiatives. Citizen participation makes it possible to start from the needs of the population and develop actions with the community that reflect the area's reality. It also fosters a sense of belonging to the community and of influencing its development. It empowers citizens to act by giving them the space to put forward their ideas and skills.

**Partnership development:** Community organizations and associations are key players in social development. They have a privileged link with the population and offer essential services. One of the roles of the municipality is to support them and develop a collaborative relationship with them.

**Proximity to citizens:** The municipal government level is the one with the greatest proximity to the population. Listening to citizens and increasing opportunities for dialogue with them allows the municipality to understand the issues experienced by the community.

**Sustainable development approach:** The three pillars of sustainable development are the environment, the economy and the social sphere. Social development therefore plays a key role in the sustainability of our community by strengthening the social fabric and making people more resilient. The environment provides spaces for meeting, bonding, and caring for our physical and mental health, while economic actors are potential allies and partners in social development.

Photo Credit: Christian Gonzalez

## POLICY DEVELOPMENT PROCESS

<b>Spring 2021:</b>
Process kick-off and Steering Committee mobilization
<b>Summer 2021:</b>
Survey and seniors focus groups
Consultations with community organizations that provide services to seniors
Consultation of children in day camps
<b>Autumn 2021:</b>
Survey and general population focus groups
Survey of teenagers
Consultations with community organizations and social development partners
<b>Winter 2022:</b>
Consultation with Town departments and the Town Council
Data analysis and drafting of the Policy and its Action Plan
<b>Spring 2022:</b>
Launch

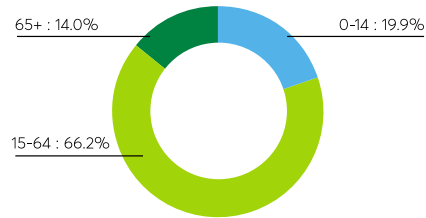




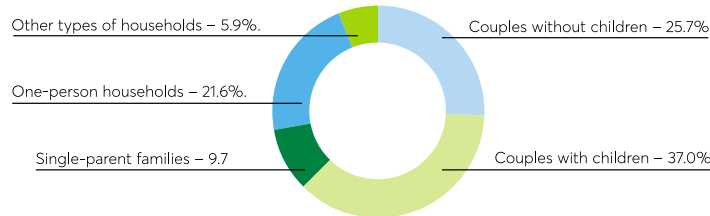
## POPULATION PROFILE<sup>1</sup>

Statistical study allowed us to draw a portrait of our population and identify specific vulnerability factors to be addressed in our consultations. Pincourt had 15,109 citizens in 2021, making it the third most populated municipality in the MRC of Vaudreuil-Soulanges, after Vaudreuil-Dorion and Saint-Lazare. The Town experienced a 13.2% growth in population between 2008 and 2018.

### Population distribution by age group:



### Household type



The neighbourhoods with the highest concentration of families with children under 18 are Suroit (60.5%) and Mont-Bleu (50.0%).

The proportion of single people quadrupled between 1996 (5%) and 2016 (22%)



### Income and employment status

The median annual total income after taxes is \$33,929. However, there is a gap of almost \$8,000 between men's and women's income, with women's income being lower.

♂ Men: \$38,044    ♀ Women: \$30,189

4.3% of the population lives below the low-income cut-off. This proportion rises to 9.2% in the 2-20 neighbourhood, 8.2% in Bellevue and 6.2% in Pointe-aux-Renards.

Pincourt's unemployment rate is slightly higher than that of the MRC.

- Pincourt: 6.7%
- MRC of Vaudreuil-Soulanges: 5.4%

## Housing

88.1% own their homes; 11.9% rent.

16.0% spend more than 30% of their income on housing. This proportion rises to 38.5% for those who rent.

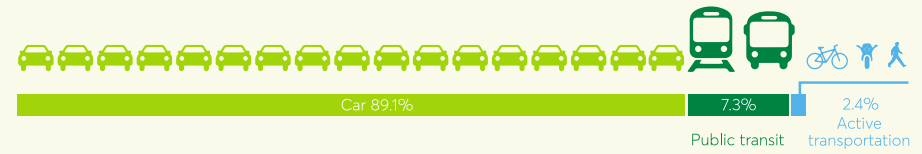
Seniors have access to 55 social housing units and cooperative housing at Résidence Pointe-Aux-Renards, but there is no social housing for families on the Town's territory.

## Transport

Pincourt is served by EXO, which offers shuttle services to the train station, the commuter train to Montreal, and paratransit.

Volunteer transportation for seniors and shuttle services to hospitals for oncology patients are also available in the community.

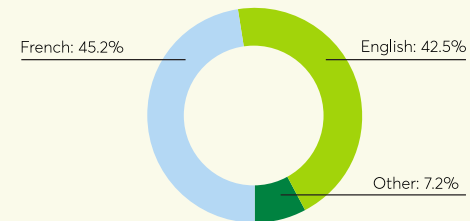
89.1% of people use a car to get to work, 7.3% use public transit, and 2.4% use active transportation.



## Languages spoken

Pincourt has bilingual municipality status. 69.4% of the population knows both official languages.

Language most often spoken at home:



<sup>1</sup> With the exception of data on 11- to 17-year-olds and persons with disabilities, the data in this section are sourced from Statistics Canada's 2016 Census of Population.

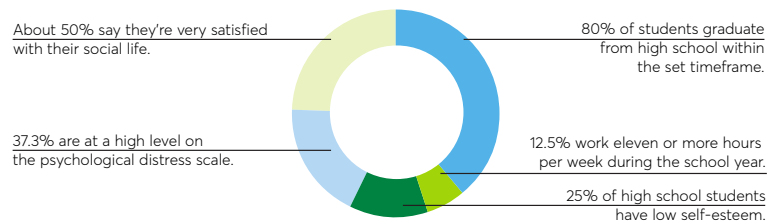
## Immigration

2.9% of the population does not hold Canadian citizenship.

16.4% of the population has immigrant status compared to 11.9% for the MRC of Vaudreuil-Soulanges. Second-generation immigrants represent 18.7% of the population.

## Young people aged 11 to 17<sup>2</sup>

In Quebec:



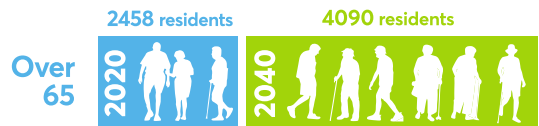
## Population over 65

In Pincourt, 23.0% of people over 65 live alone. This proportion rises to 38.3% in the Bellevue neighbourhood and 41.9% in the 2-20 neighbourhood.

PEOPLE OVER 65	PINCOURT	BELLEVUE	2-20
Live alone	23.0%	38.3%	41.9%

The proportion of unattached individuals increases with age, rising to 41.6% among those aged 85 and over.

Forecasts indicate that the number of Pincourt residents over 65 will increase from 2458 in 2020 to 4090 in 2040.



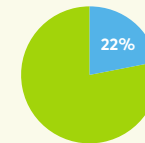
<sup>2</sup> Fondation Jeunes en tête. 2019. « Portrait du bien-être des jeunes au Québec. » <https://s3.amazonaws.com/u92-fondationjeunesentete/wp-content/uploads/2020/06/02144911/1-ensemble-du-quebec-definitif.pdf>

## Population aged 65 and over by age and gender

Age	Male	Female
65 to 69	355	380
70 to 74	285	280
75 to 79	170	185
80 to 84	100	115
85 to 89	35	70
90 to 94	10	35
95 to 99	5	5
100 years and over	0	5

## People with disabilities<sup>3</sup>

In 2017, 22% of the Canadian population aged 15 years and over had at least one disability.



- The prevalence of disabilities increases with age.
- People with at least one disability are less likely to be employed (59%) than those without a disability (80%).
- People with a severe disability are more likely to live in poverty (28%) than the population without a disability (10%).

<sup>3</sup> Canadian Survey on Disability Report. 2017. "A demographic, employment and income profile of Canadians with disabilities aged 15 years and over," Statistics Canada. <https://www150.statcan.gc.ca/n1/pub/89-654-x/89-654-x2018002-eng.htm>



## PUBLIC CONSULTATION FINDINGS

The Social Development Policy and Action Plan were developed based on the opinions of citizens and local stakeholders to represent the issues that are specific to Pincourt. In total, 271 people and 17 organizations participated in our consultations.

### Outdoor areas and buildings

- Outdoor spaces such as parks, bicycle paths, sidewalks, and residential neighbourhood streets are places where people can socialize, meet, and build relationships, regardless of the generation they belong to.
- Pincourt does not have a meeting place for teenagers on its territory.
- Environmental issues are important to most of the population.



### Social participation

- Many people want to volunteer but are unaware of the opportunities available in the community, while organizations face challenges in recruiting and retaining volunteers.

### Respect and social inclusion

- An active neighbourhood life promotes the social inclusion of various groups of people by increasing the opportunities for people living in the same area to meet. Also, creating links between neighbours is essential for developing a citizen's mutual aid network.



The public agrees that the Town should support community organizations.

### Communication and information

- The population appreciates the Info-P tool.
- The Town has more difficulty communicating information about municipal services to seniors, youth, and more isolated and vulnerable people.

INFO/P

### Transport and mobility

- The population reports safety issues in the commercial sector and in accessing to the train station by active transport.
- Some seniors are not aware of the range of transport services available in the community.



- Issues of accessibility to municipal buildings and sanitary facilities in the Town's parks exist.

### Habitat and living environment

- Seniors expressed their desire for the Town to act to promote home care.
- Social housing in Pincourt is reserved for seniors.



Some people would like to help members of the community on an ad hoc basis.



### Leisure

- Sports activities and facilities are of interest to all generations, allow for socialization and promote healthy lifestyles.
- Most of the population is not getting the recommended 30 minutes of daily physical activity.
- The opportunities for intergenerational contact should be increased.

### Security

- Seniors have low trust in security services and a lack of knowledge about elder abuse services.

### Health and social services

- Many young people experience psychological distress.
- There is a lack of awareness of the services available in the community among seniors.
- The population would like to have more access to healthy and local food.



## ORIENTATIONS

### ORIENTATION 1

#### Develop a dynamic neighbourhood life

**Overall goal:** Make the neighbourhood a centre of mutual support, socialization, and fun.

### ORIENTATION 2

#### Promote the adoption of healthy lifestyle habits

**Overall goal:** Ensure the citizens of Pincourt live healthy and active lives, age well, and care for the natural environment around them.

### ORIENTATION 3

#### Promote social inclusion

**Overall goal:** Make sure citizens feel included and respected in their community, with special attention to the most vulnerable groups.

### ORIENTATION 4

#### Support and team up with local social development players

**Overall goal:** Position the Town of Pincourt as a dynamic, effective, and responsive partner for local organizations and associations, support and recognize the work accomplished by the community network and volunteers, and attract more services to its territory.

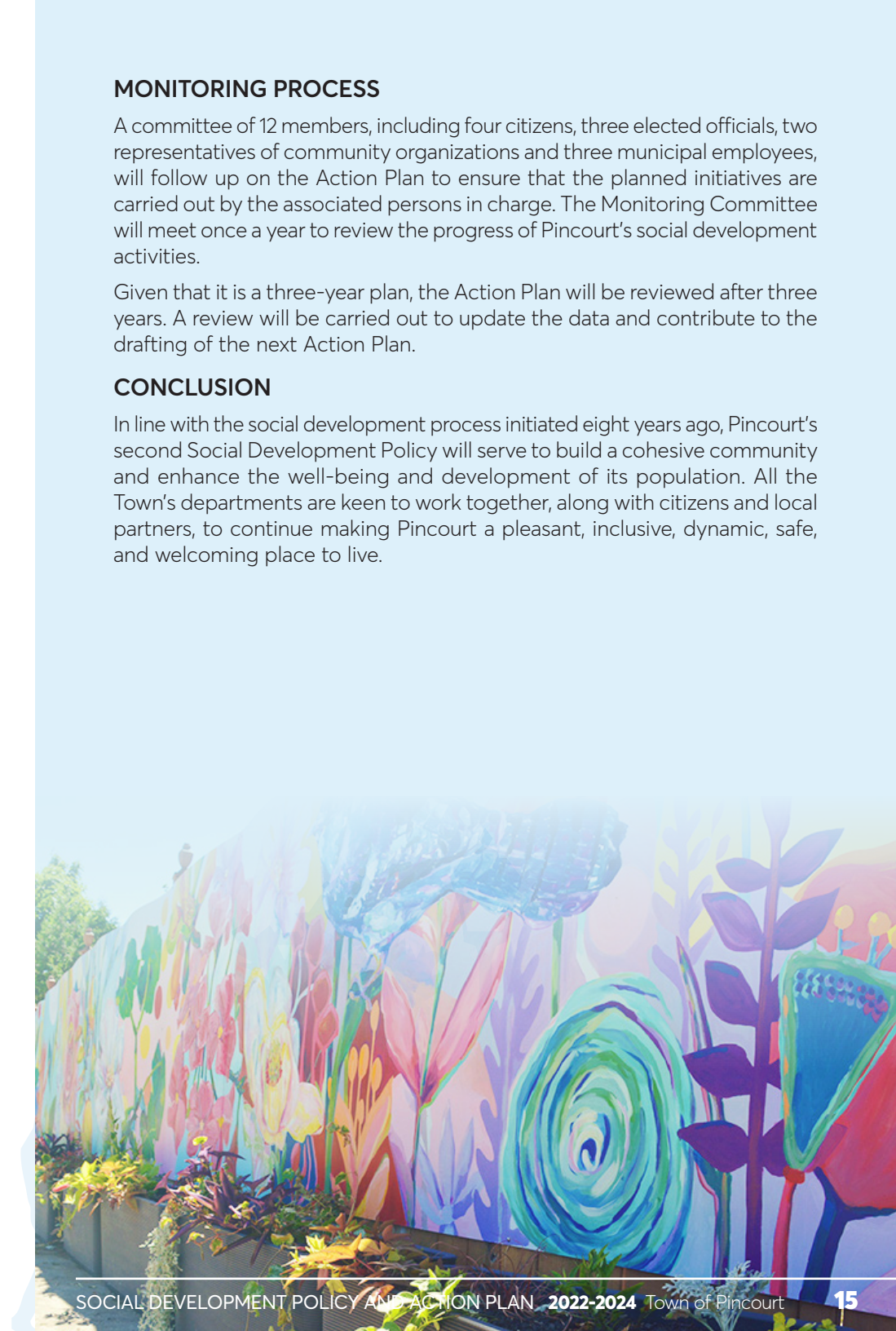
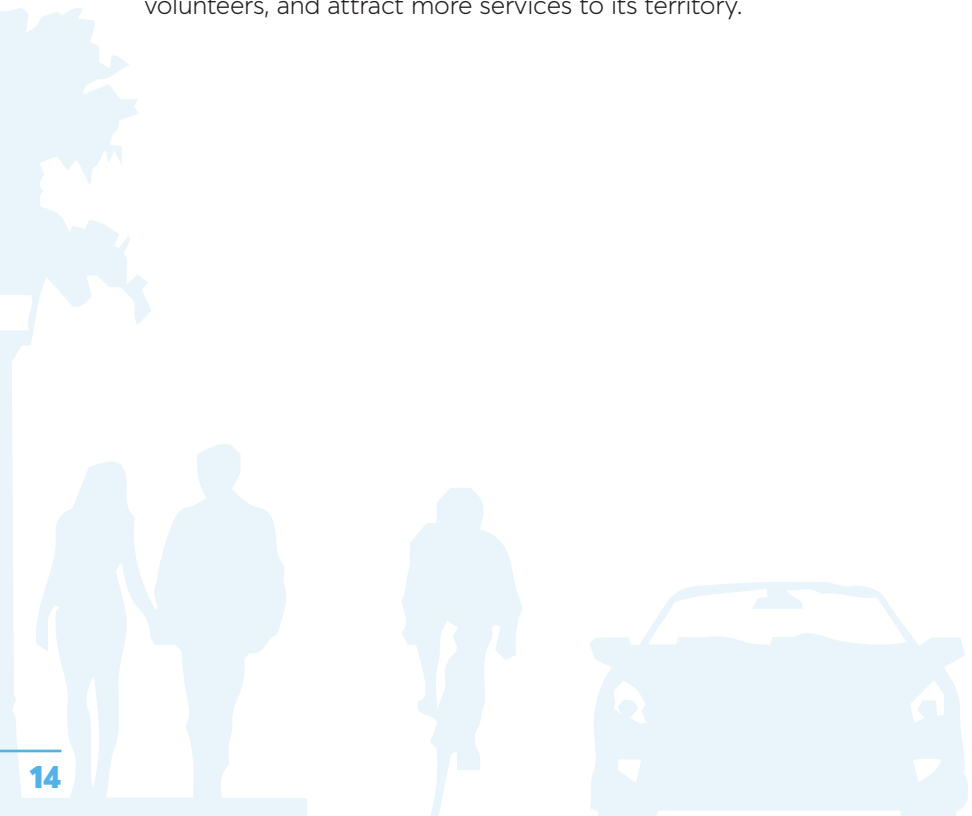
## MONITORING PROCESS

A committee of 12 members, including four citizens, three elected officials, two representatives of community organizations and three municipal employees, will follow up on the Action Plan to ensure that the planned initiatives are carried out by the associated persons in charge. The Monitoring Committee will meet once a year to review the progress of Pincourt's social development activities.

Given that it is a three-year plan, the Action Plan will be reviewed after three years. A review will be carried out to update the data and contribute to the drafting of the next Action Plan.

## CONCLUSION

In line with the social development process initiated eight years ago, Pincourt's second Social Development Policy will serve to build a cohesive community and enhance the well-being and development of its population. All the Town's departments are keen to work together, along with citizens and local partners, to continue making Pincourt a pleasant, inclusive, dynamic, safe, and welcoming place to live.





## ORIENTATION 1

### Develop a dynamic neighbourhood life

Objectives	Actions
Develop active neighbourhood life and good neighbourliness.	Increase the number of neighbourhood parties.
	Make “Children at play ” easels available.
	Include activities that are interesting for seniors during “Mondays in the Parks”.
	Roll out of the Neighbours in Solidarity approach in the territory.
Improve citizens' confidence in the security services.	Organize an occasion for Sûreté du Québec officers to meet citizens.
	Organize activities to raise awareness of car-bike-pedestrian cohabitation.
	Adhere to the Municipal Child Protection Charter.
	Set up a Citizens' Committee on Urban Security.
Improve safety around schools.	Carry out the rehabilitation of Shamrock Street.
	Redevelop the section of the multifunctional trail on Cardinal-Léger between Forest and Lussier.
Promote home care for seniors.	Implement a weekly call service by the Pincourt and Notre-Dame de l'Île-Perrot firefighters for seniors and/or vulnerable persons.
	Support the youth coop's desire to offer its services year-round.
	Organize a seniors' fair to publicize resources.

## ORIENTATION 2

### Promote the adoption of healthy lifestyle habits

Objectives	Actions
Promote access to healthy food with a focus on the most vulnerable.	Develop a drop-off point for Coop Csur marché éco-local in Pincourt.
	Redevelop the foodscape area in front of the Omnicentre with the participation of citizens
	Set up a community fridge in partnership with the Food Security Coalition.
Increase citizens' motivation to engage in physical activity.	Install raised garden containers in the community garden.
	Increase the free outdoor equipment rental offering.
	Provide a variety of outdoor sports facilities.
Encourage citizens to adopt environmentally friendly lifestyles.	Creation of a citizen group committed to the environment.
	Set up a seed exchange library.
	Organize conferences and workshops on green living.
	Organize a big garage sale with repair 'islands'.



Photo Credit: Christian Gonzalez

### ORIENTATION 3

#### Promote social inclusion

Objectives	Actions
Strengthen intergenerational links to develop community ties.	Set up a collective kitchen where seniors teach young people to cook.
	Set up computer twinnings of young people and seniors.
	Organize daycare centre visits to senior living facilities.
Ensure that information on municipal services is accessible to all.	Identify the best strategies for providing information to the more vulnerable population and seniors.
	Implement the People with Disabilities Action Plan, including website accessibility measures.
	Set up a shared calendar for citizens that lists important dates for municipal services and organized activities.
Make leisure activities more inclusive.	Implement the Cultural Policy Action Plan to provide more culture-based recreation.
	Organize a training session on how to register for activities online.
	Identify possible accommodations for courses and activities in the leisure and recreation brochure.
Improve the reception and social inclusion of immigrants.	Work in partnership with the school service centre to organize information activities on municipal services for immigrant families.
	Organize introduction to winter sports activities for immigrant families.
Foster a sense of belonging and inclusion in young people and young adults.	Provide an outdoor gathering place for adolescents.
	Organize a summer party and a winter party for young people.
Identify methods to facilitate access to housing.	Assess the opportunities and strategies to develop adapted and affordable housing for families in the territory.

### ORIENTATION 4

#### Support and team up with local social development players

Objectives	Actions
Recognize and value the work of community organizations and associations that provide services to citizens.	Undertake a review of the Town's Support Policy to include a social development initiative component.
	Include promotional space for organizations in our seasonal brochures.
	Promote the 211 line.
Develop partnerships with local social development actors.	Organize a themed day to present the organizations.
	Participate in consultation tables.
	Integrate recreational activities offered by community organizations into our recreational programming.
	Introduce Pincourt's entrepreneurs to social development.
	Organize an event to showcase Pincourt's small- and medium-sized businesses.
	Have mental health, homelessness and intercultural intervention community organizations provide training to Public Safety and Fire Safety personnel.
Value and promote volunteer work.	Relaunch calls for projects.
	Work in partnership with the Pôle d'économie sociale Vallée-du-Haut-St-Laurent.
	Create a citizen's mutual aid platform.
	Review existing volunteer recognition practices and revise the current process.





Municipalité  
amie des aînés



En partenariat avec :

Québec 

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