

## **Provincial Wellness Grants Projects 2007-08**

### **EASTERN REGIONAL HEALTH AUTHORITY**

*Organization: Salvation Army NL East Division*

*Description:* This program will bring Community Kitchen Programs to high need areas in the community. It will build capacity for ongoing programs that provide basic skills for cooking, budgeting and nutrition. It links several organizations which are involved in providing programs and services to low income areas and is an excellent example of community capacity building.

*Organization: Mount Pearl Sport Alliance*

*Description:* This extensive project builds on previous programming of healthy eating and physical activity to include "Living Smoke Free" and "Playing Safe" through the Active Kids Club and Healthy Eating Guidelines for community groups.

*Organization: Boys and Girls Club of St. John's*

*Description:* The program involves four components: 1) Back to Basics for Play, 2) Play for Life, 3) Family Fun, and 4) Healthy Image Community and family focused project.

*Organization: Wabana Boys and Girls Club*

*Description:* This project focuses on exercise through low impact programs, games and outings plus healthy snacks and nutrition education. Obesity and diabetes are identified health concerns in this high need area. A junior mentor will be hired to work with a staff person.

*Organization: Lower Trinity South Regional Development Association*

*Description:* This project provides a unique and fun way to promote positive attitudes towards healthy eating through production and consumption of fresh fruit and vegetables at the greenhouse attached to St. Francis School in Harbour Grace. Internet and webcam technology will be used to share the info and experience with other schools. It builds on the school health curriculum.

*Organization: Marystown Recreation Committee*

*Description:* This project will conduct focus group sessions to identify seniors needs and then work with professionals to assist in program development.

Organization: Age-Friendly Community of Clarenville

*Description:* This recently formed organization has a mandate to promote and provide wellness and leisure opportunities to all aging residents. They plan to hire a co-ordinator to implement and evaluate wellness and leisure opportunities.

**CENTRAL REGIONAL HEALTH AUTHORITY**

Organization: Gambo Community Youth Center

*Description:* Youth Center to hire a co-ordinator to organize sports activities and wellness seminars for youth in order to raise awareness of health issues. Central Health and the School District will work with the group to provide advice and resources to assist with the development and implementation of the project.

Organization: Change Islands Youth Association, Change Islands

*Description:* Develop and implement a program to promote healthy lifestyles and good and good citizenship to the youth in this small, isolated community known for its high level of community involvement. They will include youth in the planning and consult with Central Health and the School District for guidance and resources.

Organization: James Hornell Boys & Girls Club, Buchans

*Description:* Introduce fitness activities, promote healthy living and offer healthy after school snacks to youth in this isolated and economically challenged community. The Boys & Girls Club is a junk food free zone and links with the provincial Boys & Girls Club Association. The program resources and results will be shared with other Clubs and youth organizations in the province. Central Region and the School District will provide guidance and support to the project.

**WESTERN REGIONAL HEALTH AUTHORITY**

Organization: Active Living Committee: Western

*Description:* Introduce *Active Schools* as a pilot project to the Western Region, coordinated by the Active Living Community with members from the School District, Health, Humber YMCA, Medical Association, Coleman's, Recreation, Municipal and Federal Representatives. Daily physical activity will be introduced, a coordinator hired and training undertaken in both the Corner Brook and Stephenville areas. Financial support committed from the School District, Western Health and Department of Education.

Organization: Humber Community YMCA

*Description:* Several programs are planned to address physical activity and healthy eating with parents and children, young girls and residents age 50+ years. There is strong recognition of the determinants of health in the proposal including measures to reduce financial barriers to participation in programs.

Organization: Organization for Community Action and the Corner Brook Status of Women

*Description:* These are two separate proposals which have a common focus of healthy eating and physical activity programs such as cooking sessions, group fitness and education for low income families. Western Health will facilitate discussion between the organizations for a collaborative project. The Organization for Community Action initiatives will be the leading organization.

Organization: Port au Port East Twilight 50+ Club

*Description:* Promote physical activity through dancing. Seniors will teach traditional square and step dancing to Grade 3 pupils and teachers, and country line dancing to adults and students. This also provides an opportunity for intergenerational learning and has potential for sharing with other areas.

Organization: Municipality of Cape St. George

*Description:* The proposal requests funds for hiking trail signage. In discussion with Western Health, we would recommend a change in focus to build capacity for physical activity. There are numerous opportunities which may be created to engage people in physical activity. Western Health will work with the group to further develop ideas.

## **LABRADOR-GRENFELL REGIONAL HEALTH AUTHORITY**

Organization: Northern Peninsula Family Resource Centre & the Labrador Straits Family Resource Centre and Northern Regional Wellness Coalition

*Description:* These are two separate proposals which have a common focus of active healthy living. The programs target school age children and young adults by teaching them lifelong skills that will keep them fit, healthy and capable of reaching their maximum potential. Labrador-Grenfell Health will facilitate discussion between the organizations for a collaborative project. This joint proposal has strong potential to be used as a template for other regions.

Organization: St. Anthony & Area Advisory Committee

*Description:* The proposal involves holding information/workshop sessions for seniors such as falls prevention, home safety, diabetes prevention, nutrition, low impact strengthening exercises, mental health activities, etc. This proposal builds on existing strengths (e.g., Walking Club for seniors, St. Anthony Recreation Committee) within the region and has a strong community capacity focus.

Organization: Drop the Pop Working Group

*Description:* Drop the Pop program includes a five day program aimed at approximately 4000 students in Labrador's Aboriginal communities to create supportive environment in schools, home and communities for prevention of diabetes and other chronic diseases. The goal of the program is to encourage students to make healthier drink choices. The program was held in Nunavut last year with a high level of success. This program could be used as a template for non-Aboriginal communities.

Organization: Labrador Friendship Centre

*Description:* Project entails hosting a 3 day conference to bring people together from all areas of Labrador and some areas of Newfoundland to discuss issues surrounding sexual health. It is anticipated that the conference will facilitate workshops to increase capacity of community, health and education organizations on sexual health issues.

Organization: Mokami Status of Women Council

*Description:* The project will provide women and teen girls an opportunity to learn about personal safety options through the Learning Circles Program. Respected community elders will engage the community in a dialogue about violence against women and girls. Training will be provided for women throughout Labrador to facilitate sessions (train the trainer model). The current practice is to use a trained facilitator from St. John's which is not cost effective and threatens the sustainability of the program. This proposal has a strong evaluation plan and has potential to serve as a template across the region.