

Provincial Wellness Grants Projects - 2008-09

EASTERN REGIONAL HEALTH AUTHORITY

Organization: Father John B. Kent Council #6638 Knights of Columbus

Description: This program focuses on grade 1 & 2 students experiencing literacy concerns. Through the consultation and collaboration of volunteers, school administration, teachers and parents, volunteers will work 1-2 hours per week in a one-to-one setting with children experiencing difficulty in the areas of reading and writing. This program promotes the priority area of Child and Youth Development as it brings together the child, parents, teachers and community to enhance the child's early learning experience. This is an excellent example of building community capacity through collaboration.

Organization: St. John's Women's Centre

Description: This program is a partnered project of the St. John's Women's Centre and Namaste Program for Women. The project will involve 10 healthy lifestyle sessions using a mental health promotion lens and will be presented as a safe space for women to come together as mental health consumers. Through the Women's Centre and the Namaste Program women will be provided with more networks and a safer and supportive environment to address their needs. This proposal addresses a need for more support for women who are living with mental health issues, in particular young women who are working and raising children.

Organization: Father Val Power Memorial Learning Center Complex Inc.

Description: The project encourages people of different ages and interests to participate in a 30 minute discussion group pertaining to different health issues followed by a healthy snack. The snack will be examined to see how it meets the Canada Food Guide guidelines. Participants will be then given 3 choices of exercises to do. Participants will be given healthy living information to take home. Once per month a Lunch and Learn session will take place whereby a different health professional will provide a presentation followed by a discussion period. Eventually participants will be encouraged to join their gym.

Organization: Branch Cultural/Historical Association

Description: The project encourages seniors and youth to work together by offering sessions in playing traditional musical instruments. The sessions will also include presentations from the RCMP on alcohol and drug abuse. Nutritious snacks will be provided at each session. Following each session there will be a 40 minute walk around the community centre and jogging sessions for youth will take place 3 times per week.

Organization: *Marystown Recreation Committee*

Description: The project will refine, expand and extend the physical activity programs and the partnership development that was initiated in 2007-2008. This will include: a walking program, expanded to include a second indoor venue; a nutrition program to be added to the walking program; educational seminars; Tai-chi program; recruitment and training of volunteers for *Moving for Health* Program and an outreach program for isolated adults. The project will seek endorsements from neighbouring towns with a goal to establish regional partnerships to contribute to the sustainability of services once funding from provincial wellness grant ends.

Organization: *Random Age Friendly Communities*

Description: The group will offer a drop-in centre that will operate two afternoons per week. The project plans to provide an opportunity for older adults to improve skills and supports to achieve positive mental health.

CENTRAL REGIONAL HEALTH AUTHORITY

Organization: *Twillingate-New World Island Development Association*

Description: This organization has received funding from Tourism, Culture and Recreation to hire Recreation Director. Partial funding was recommended to allow them to build capacity by developing partnerships and to conduct a needs assessment to select a program. The group will collaborate with Allison Scott, Facilitator with Primary Health Care to move this project forward.

Organization: *The Salvation Army Family Services*

Description: Develop a community kitchen to serve seniors and low income families once a week and address important issues such as health eating and seniors' safety. Partnerships are clearly identified in their plan of action and in-kind contributions are evident.

Organization: *Roots of Empathy*

Description: To build empathy in children and adults through classroom visits from a neighbourhood infant and parent over the course of the full school year. The program is based on best practices and builds capacity with the use of a train the trainer model.

Organization: *Active Living for Older Adults*

Description: Expand a physical activity program to 3 days per week and conduct workshops to address issues such as injury prevention, mental health promotion, environment health, tobacco control, etc. This project is building on past success and has strong leadership.

Organization: Youth for Environmental Awareness (YEA!)

Description: To increase awareness and education about the negative effects of idling motor vehicles. Group will be asked to connect with NL Lung Association to explore the potential of utilizing their anti-idling resources. This is youth driven innovative and energetic proposal with a clear plan of action.

Organization: St. Alban's Seniors' 50+ Club

Description: Establish a community kitchen and provide grocery tours for seniors. Role of partners clearly outlined with a clear plan of action. This project has a good reach into the community and will increase skills and knowledge of the participants

Organization: The ICECAP Centre - Springdale

Description: Provide a number of healthy initiatives such as: Afterschool Healthy Snack Program; Kids Eat Smart Program (free fruit for recess); free milk campaign, lunch and learn, free contraceptives, quitters help bag (for smoking teens), etc. This organization centres on supporting the youth of the community. The role of community partners is clearly identified and they have developed a clear plan of action.

WESTERN REGIONAL HEALTH AUTHORITY

Organization: Bonne Bay Mental Health Promotion and/or Community Advisory Community

Description: To increase youth involvement in health promotion and actions to address the wellness priority areas. The organizations will deliver a 12 month initiative entitled *Youth Engagement: Wellness Strategies for Bonne Bay North* to build new partnerships and strengthen existing partnerships amongst youth and communities in the Bonne Bay North area. This proposal builds youth capacity and supports them to become leaders within their communities.

Organization: Western Environment Centre

Description: Organize regular farmers market and combining events with public education forums. This proposal is innovative with sound rationale and strong links with neighbouring communities. This organization has a very well developed network for distribution. This project will also benefit communities within the Stephenville-Port aux Basques Rural Secretariat.

Organization: Community Education Network

Description: Promote health and wellness for young children using a holistic family-centered approach. This 8-week program includes dissemination of the “WALK” Resource Kit to Family Resource Centres and RHAs. Project has clear objectives and goals as well as a clear action plan. Resources will be shared electronically to Family Resource Centres and RHAs. Project includes an external evaluation using both pre and post measures.

LABRADOR-GRENFELL REGIONAL HEALTH AUTHORITY

Organization: Town of Bird Cove

Description: Expand the Healthy Lifestyle Program to include a community kitchen that will focus on the needs of seniors. Funding is recommended to help the group provide Healthy Lifestyle Programs. This organization has had great success in building community capacity.

Organization: Northern Peninsulas Family Resource Centre

Description: Conduct a one day event (*Active Families*) across three Family Resource centres to promote physical activity and healthy living while giving families some tools to become more active together. This program has been well established and very successful in New Brunswick and has been adopted as part of their provincial wellness strategy. Partial funding is recommended for this project to determine its effectiveness in the St. Anthony-Port au Choix area.

Organization: St. Lewis Recreation Committee

Description: Provide healthy living activities across the life span. The majority of the requested funding was for gym equipment. A needs assessment conducted in the area demonstrated a great need for healthy activities. As a result of a consultation with the RHA the organization has decided to fund raise equipment. Partial funding is recommended to support the group to engage in a number of healthy living activities.

Organization: Learning for Life – Preventing Diabetes Project (Labrador Metis Nation)

Description: Expand the *Skipping for Active Living* program to the Happy Valley- Goose Bay area. This program has demonstrated a great deal of success in other areas of the province and is considered a worthwhile program to address inactivity. The project builds community capacity by utilizing a train-the-trainer model and using people from the local communities.

Organization: Trappers Running Club

Description: The Trapline Marathon 2009 was inspired by the traditional trapper’s route in Central Labrador. Pre-marathon activities include a Trapline Expo to showcase running and fitness information and weekly training runs intended to recruit participants. The main purpose of the Marathon is to promote physical activity, improve overall community health

and wellness and attract tourism opportunities. The regional contact person will work closely with this project to ensure that it has a strong health promotion focus.

PROVINCIAL

Organization: Newfoundland and Labrador Pensioners and Senior Citizens

Description: Develop information sessions for seniors in rural NL. The sessions will focus on healthy living, physical activity and health protection. The organization will work with more than 100 clubs to help reach seniors who are typically hard to reach, lonely, isolated and disabled. Through their seven link Directors responsible for different areas of the province they are able to have a broad reach.

Organization: Planned Parenthood- NL Sexual Health Centre Inc.

Description: To educate the people of NL about the needs of lesbian, bisexual, gay, transgender, etc. youth by: 1. delivering a presentation called, "Making Queerness Visible" which will address homophobia; 2. supporting and helping youth implement Gay-Straight Alliances across the NL; 3. hosting a Youth forum, bringing gay and straight youth across the province together to gather ideas about the best practices to provide educational opportunities and to provide the opportunity to meet other gay/straight youth/leaders. The project is based on sound rationale and best practice research. Strong partnerships developed with their roles clearly outlined in their action plan. Youth groups have been involved in the development and implementation of the project which is a key element in building capacity. The presentations have been developed by a \$10,000 grant from United Way. Partial funding is recommended for this project.