



Summary of Wellness Grant Recipients September 2023

Project Name: Community Wellness Group

Organization: The Beechville Walkettes

Contact: Yasemin Erdogan, 514-569-8695, yase.erdogan@hotmail.com

Summary: The Beechville Walkettes, founded August 2021, stemmed from needs that emerged during the Covid isolation during lockdowns. We provide unique home and community-based services for seniors offering empowering opportunities through creative and engaging activities that promote autonomy, active living, healthy lifestyle, and positive mental wellness.

This home and community-based program aims to support physical and mental wellness of participants, mainly seniors, through activities & resources, while fostering social connection, combating social isolation, and addressing accessibility needs in the Beechville community.

This program's local impact will be on the individual and collective level. It will positively impact individuals' and the group's health consciousness and healthy habits through local wellness programming and health promotion. It's important for seniors to feel included and comfortable in their communities as they age. This program will nurture a senior-friendly community. We will have an impact on the community by increasing social inclusion and connectedness.

Project Name: Sensory Room

Organization: SchoolsPlus - Tantallon Sr Elementary

Contact: Lisa Williams, 902-279-0030, lisa.williams@hrce.ca

Summary: Sensory rooms in elementary schools are used to promote calm, support sensory integration, and provide a therapeutic setting. A Sensory Space is also a designated space which can optimize a student's learning. Schools can be busy places with a lot of activity and noise. For some children, the stimulating environment of a school can make it a problematic and stressful place at times. Building a sensory room in a school is an effective way to provide a safe and calming place for learners with autism spectrum disorder and other special educational needs.

Sensory spaces can also be used as part of a school's trauma-informed approach to supporting students who have experienced loss of a consistent caregiver, neglect, different forms of abuse and maltreatment, and chronic stress.

Project Name: English Speaking Club for Ukrainians
Organization: Spryfield Business Commission
Contact: Bruce Holland, 902-406-7444, bruce@discoverspryfield.ca

Summary: A Speaking Club for Ukrainians to practice English, learn about the local community and culture in a comfortable, relaxed environment teaching soft skills and individual grammar and pronunciation. Interacting with skilled, knowledgeable local Communications instructor.

Each individual session will host approximately 10 people. At two sessions per week, that's 20 people and we expect we will see some different people each week for a potential of 100 to 125 who may attend sporadically over the 20 weeks as their schedules allow. Local Impact: People who live in the community tend to seek employment in the community thus providing this area with ready, skilled labor and reducing poverty and food insecurity. Providing a safe group of peers helps directly with their social and mental wellbeing. Integrating these individuals will also enrich the culture and diversity of these communities, creating opportunities for new ways of doing things.

Project Name: Supportive Housing for Young Mothers – Food Programming
Organization: YWCA – Halifax
Contact: Mallory Guthro, 902-396-6458, m.guthro@ywcahalifax.com

Summary: The mission of YWCA Halifax is to build economic security, promote wellness and create opportunities for diverse women, girls and their families by providing a strong voice and integrated services.

YWCA's Supportive Housing for Young Mothers serves young mothers at-risk of homelessness who are referred to us from across the province. The program offers food programming to help young mothers learn how to budget, shop for, and prepare healthy, nutritious meals for their young families by brainstorming and budgeting for weekly cooking classes, meals and snacks are prepared for SHYM community group meals and for freezer storage for the busy families.

Project Name: Music & Munch!
Organization: Terence Bay Community Hall
Contact: Jessica McCarron, 902-430-3047, jessicamorrissey1990@gmail.com

Summary: Our mission states that The Terence Bay Community Hall Association is committed to maintain, operate and support an accessible community space that serves the needs and interests of Terence Bay, Lower Prospect and neighbouring community, while promoting volunteerism and local culture.

The Music & Munch Program will offer a monthly meal to our senior community, free of charge. We will connect with local musicians to provide entertainment during the meal. Seniors will be engaged in socialization opportunities as well as opportunities to volunteer to help make the meal & organize the event.

Without access to public transportation, our distance from the city can be very isolating for some of our senior community members who have limited or no access to their own means of transportation. By providing a social opportunity locally, partnered with a healthy, wholesome meal, we are aiding in food security for our seniors and offering them an escape from isolation.

Project Name: Gambling Prevention Community Rollout
Organization: Gambling Risk Informed Nova Scotia
Contact: Richard Dunbar, 782-414-8014, rich.dunbar@grins.info

Summary: GRINS has developed an interactive technology that assists in educating the public concerning the adverse effects of gambling on individuals, the community, and the workplace. The learning aid has recently been finished and is ready for distribution into the community. The idea is to demonstrate the technology and potential to gain support for distribution into educational and professional classroom settings. This technology will allow the presenter to run groups through an interactive scenario-based environment that will allow participants to understand the why behind effective decision-making about gambling.

The goal is to arm the community with the tools and resources they need to make responsible decisions when it comes to gambling. The aim is to educate our youth in collaboration with the educational system to allow them to make effective decisions surrounding gambling before being exposed to it.

Project Name: Youth Advisory Council
Organization: Resource Opportunities Centre - Prospect Road Community Centre
Contact: Jessica McCarron, 902-852-2711, jessica@prospectcommunities.com

Summary: Youth Advisory Council. The ROC-PRCC will be, in partnership with community leader mentors, create a council made up of youth between the age of 14-18. The purpose of the council is to provide a voice for our youths in the community to have a say in specific and meaningful programming and services offered at the PRCC. Youth will be supported by our Senior Manager and empowered to create positive change within the community through opportunities that promote social wellbeing, mental health, and education. Youth will gain experience and knowledge that will be passed down through new members to increase sustainability of the program.

The council will be made up of 8-12 youth members. The program will impact not only the wide youth communities in our catchment, but it will also support the greater community. e.g: Youth council decide to run a youth dance night – youth plan, fundraise, execute an event for their peers, which also provides time for parents to rest, access other services, socialize. Or youth plan a movie night that is open to community as a whole. Lastly, council hears from peers there is a need for courses relating to mental health, sexuality, job seeking - they create partnerships with organizations to provide those of charge.

Project Name: Wellness Wednesdays

Organization: Chebucto Family Centre- A service of the Home of the Guardian Angel

Contact: Courtney Covey-Keefe, 902-479-3031, courtney@chebuctofamilycentre.ca

Summary: Wellness Wednesdays is an initiative where we hold the vision to provide a variety of wellness programming to the Spryfield and surrounding communities on a weekly basis (in 8-week segments, for a total of 4 sessions). The vision is that we would use this time to address social determinates of health by providing educational programming that addresses personal, family, emotional/mental, social, and societal wellness. Alongside the educational topic of each "Wellness Wednesday" we would facilitate an activity that relates to that session's topic of discussion, to also encourage social connection. A few of the topics in mind are: self-care, creating healthy habits, fitness, eating healthy on a budget, mental and physical health, life management/ balance, personal health practices, coping skills, meditation, resource navigation and connection, etc.

There is a need and value to creating social and educational opportunities in an effort to foster emotional, social development, wellbeing and overall wellness; in a space where a sense of community and connection can be actualized. People can learn about more of our resources and the resources in the community around them.

Project Name: Babysitters Club

Organization: HRCE SchoolsPlus - Herring Cove Junior High

Contact: Rosalind Curran, 902-225-2245, rosalind.curran@hrce.ca

Summary: SchoolsPlus will work with Mundle's First Aid to offer a Babysitter's Course to students attending Herring Cove Junior High which is a school for grades 6 to 8. This course will be an opportunity for students to learn a new skill, support them in finding employment when they are ready, and be a positive experience for them at school. A SchoolsPlus staff will become certified to be a Babysitter's Course instructor through Mundle's First Aid and Mundle's can also loan us some of the equipment needed to run the program. We will also offer healthy snacks to the students to support their well-being and ensure they have the nutrition needed to focus on their course work.

This course will be open to 30 students at Herring Cove Junior High. Students attending this school live in Spryfield or the Sambro Loop. Some of the neighbourhoods in this community are low-income, and this program would be an opportunity for students to take this course at no cost which would reduce barriers to participation.

Project Name: Enhanced Emergency Preparedness

Organization: Village Green Recreation Society

Contact: Debbie MacKenzie, 902-852-2722, debbie.mackenzie@vgrs.org

Summary: The program aims to enhance emergency preparedness for residents of East Dover and surrounding areas by providing first aid training to interested adult residents, including VGRS volunteers involved in organizing and running a designated Comfort Center at the hall in collaboration with EMO. We will arrange for participants to complete, at no cost to them, a 2-day Standard CPR-C and AED first aid course through St. John Ambulance (or similar organization), plus a one-day course in Mental Health First Aid through Nova Scotia Health, in our hall. We will provide healthy meals and snacks to participants and course instructors during the training and purchase an appropriate first aid kit for the hall. This program is particularly important considering that in our rural location, the travel time for an ambulance to reach us is over 20 minutes.

The 2-day Standard First Aid training will be provided to 20 adult residents from East Dover and surrounding areas (West Dover, McGraths Cove, Big Lake and Blind Bay). The 1-day Mental Health First Aid training will be provided to 30 locally resident adults. The enhanced emergency preparedness of this group will then contribute to the physical and psychological safety of persons in the area, and to a feeling of connection and social support between neighbours.

Project Name: Loose Parts for the Head and Heart

Organization: Chebucto Family Centre, a service of the Home of the Guardian Angel

Contact: Nicole Clarke, 902-479-3031, programs@chebuctofamilycentre.ca

Summary: Loose Parts for the Head and Heart is an initiative where we hold the vision of purchasing large loose parts, with weekly educational guidance and tips for parents/caregivers and their children who are between the ages of 6months and 5years. Research and evidence shows that loose parts play contributes to promoting the type of thinking that leads to problem solving, theoretical reasoning, critical thinking and enhanced imagination. Children are more apt to see solutions and experiment with new ideas freely, while they see natural materials from the natural world. This type of play is self-directed, without an imposed path or framework. It helps to cultivate child-led play and contributes to healthy brain development as well as the bond and attachment between child and parent/caregiver.

Project Name: Engaging community through accessible, welcoming spaces

Organization: Common Roots Urban Farm BiHi Park

Contact: Nicola Nemy, (902) 306 8055, nicola.n@mymetroworks.ca

Summary: Common Roots Urban Farm BiHi sees approximately 1000 people on the farm for community programming each year. In addition, dozens of visitors who wander through the farm every week. We want to add clear, accessible wayfinding signage that includes braille, QR codes and visuals, increasing visitors ability to navigate our public space. We also want to add three free food pantries to the entry points of our garden, helping to communicate that the farm is a welcoming space.

Over a season, Common Roots BiHi engages approximately 1000 community members through programming and at events. Many many others wander through the farm and use the farm when we are not there - we are a public community space. In addition to foot traffic, Common Roots BiHi sits at a very busy intersection. The addition of chalk boards and large water tank logo stickers will allow us to communicate community events on Bayers Road and on the 102 on-ramp. These events include community meals, workshops, markets and celebrations.

Other wayfinding signage will help community members interact with the garden. Signage will include QR codes, braille, images and language to make it accessible. A QR code linking to an audible tour at the entry of the farm will allow people who are blind or partially sighted to independently navigate the main farm path.

Project Name: Keep Calm and Paddle On!

Organization: Adaptive Paddling Solutions Society

Contact: Pauline Halstead, 647-267-1221, info@adaptivepaddlingsolutions.org

Summary: This Pilot Project, in a partnership with East Coast Outfitters, Lower Prospect, will offer six people who want to explore paddling in a kayak, four half day sessions (which includes all the equipment and two instructors for ongoing kayaking instruction). Our target participants are individuals who self-identify that their mental health symptoms impact their quality of life. The participants will have the opportunity to be certified in Paddle Canada Basic Sea Kayaking skills.

The local impact of this program is to generate possibilities for community supports within this area to see the potential for creating more opportunities to paddle for persons with disabilities. We have had a lot of expressions of interest to make paddling on the water more accessible for those who cannot afford or do not partake in paddling due to limitations and barriers they face. At a minimum, we plan to share our qualitative and quantitative data collected from this project with community partners who work with us on this grant, on our social media platform, with Canoe Kayak Nova Scotia, and on our website under our Blogs and News.

Project Name: Food Support

Organization: Square Roots Fairview/Clayton Park

Contact: Yvonne Noel, 902-441-4931, squarerootsfairviewclaytonpark@gmail.com

Summary: We provide produce bundles for Free to individuals and families facing food insecurity. Produce can also be purchased at \$1.00 per pound or by donation (depending on the family's financial situation). We receive our produce from local valley farmers. Two times each month we operate for on-site shopping at our 50 Gesner Street location.

On the second Square Roots weekend we also provide Family Meal Kits. These kits include the pre-measured ingredients and recipes for a main course and dessert to feed a family of 6. The recipes are provided by Andrea Booth of the Community Health Teams.

The focus of this project is to provide seniors living at the two Provincially assisted seniors' complexes in Fairview, fresh produce and senior friendly Meal Kits.