

Well-being in Focus

WELL-BEING WEEK - SEPTEMBER 17-23

The Government of Newfoundland and Labrador is focused on the importance of well-being with the goal of becoming a healthier province. Well-Being Week is being observed to encourage people to learn more about the many factors that impact not only their health but also their quality of life.

Access to housing, food, water, justice, money, education, equality, safety and

SOCIAL DETERMINANTS OF HEALTH

Income and social status
Employment and working conditions
Education and literacy
Childhood experiences
Physical environments
Social supports and coping skills
Healthy behaviors
Access to health services
Biology and genetic endowment
Gender
Culture
Race / Racism

our connections with one another influence our health much more than we realize. These influences are called the Social Determinants of Health. Choose this week to learn more to improve your health and the health of your community!

The six Regional Wellness Coalitions (RWC's) play an important role in building healthier communities in our province. Supported by the Department of Health and Community Services and NL Health Services, RWC's have been connecting with community

groups, organizations, schools and municipalities for almost 20 years. Well-Being Week is an excellent occasion to showcase the capacity building work we have been doing through our community initiatives, outreach and grants programs. Coalitions provide networking opportunities for its members through the engaging of partners, cultivating positive relationships and sharing resources and ideas that will help Newfoundland and Labrador become a healthier Province.

As we observe Well-being Week in this special issue, join us in a tour around our province to learn more about some of the good news stories that support healthier communities.



**NL Health
Services**

Well-Being Week is a time to learn, engage, support and take action around the many factors that impact our health and quality of life. It's a week to build momentum and empower people to continue making meaningful steps to better our well-being today, tomorrow and beyond.



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SPECIAL POINTS OF INTEREST

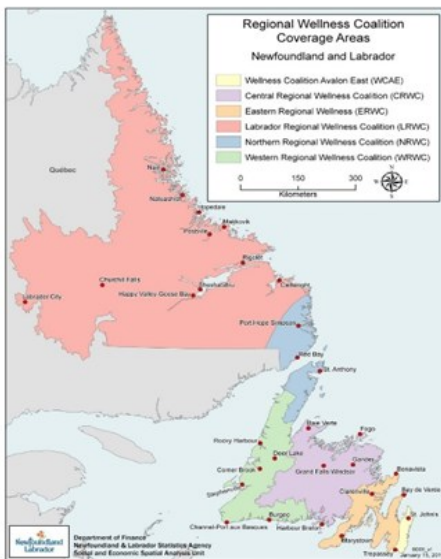
- People in Your Neighborhood
- Food & Fun Camps
- Get to Know Your Coalition!
- Did You Know?



OUR REGIONS

The Pursuit of Health & Wellness

The geography of the province is covered by six coalitions which align with the Newfoundland and Labrador health zones. We bring together groups and individuals through partnerships and coordination to build local and regional capacity for the pursuit of health and wellness for all Newfoundlanders and Labradorians.



BLAZING TRAILS WITH THE GREAT NORTHERN TRAIL ASSOCIATION

St. Anthony & Area

Our communities are made up of many things. We have neighborhoods, houses, workplaces, schools, shops, playgrounds, sidewalks and trails. How we design our community is connected to our well-being and is called *Healthy Built Environments*, or places that are designed to support good health for everyone.



The Great Northern Trail Association is a not-for-profit organization established in November 2020 by a group of people with the intention to create a multi-use trail network (for hiking, mountain biking and running) in St. Anthony and the surrounding area. Incidentally, their trail is a great example of the built environment. It creates an opportunity to participate in a more active lifestyle.

In partnership with the Northern Wellness Coalition, funding was allocated for tools and equipment to help construct the 6.5 km Cartreau Point Trail, which begins at the top of Fishing Point Head in St. Anthony.

To learn more, please contact them by email - greatnortherntrail@gmail.com; Instagram [@greatnortherntrailassociation](https://www.instagram.com/greatnortherntrailassociation); or Facebook - Great Northern Trail Association Inc.

“Healthy built environments are places that are designed to support good health for everyone...”

PEOPLE IN YOUR NEIGHBOURHOOD

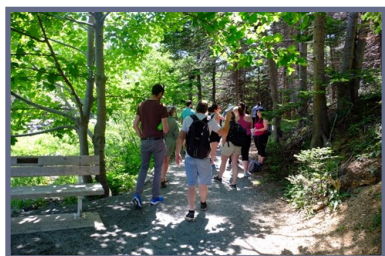
Connecting with Partners - Marystown & Harbour Grace

The Eastern Regional Wellness Coalition (ERWC) facilitated two mini networking days titled **Who are the People in Your Neighbourhood** on October 2019 in Marystown and March of 2020 at the Splash Centre (Community Youth Network) in Harbour Grace. During both events the Coalition heard from several groups on the amazing work they have been doing to promote wellness in their neighbourhoods. Such days provide an opportunity for members to not only share community stories but also to learn from each other while fostering partnerships and making new ones!



NETWORKING IN NATURE!

A Unique Way to Bring People Together - St. John's & Conception Bay South



One of the main roles of Coalitions is to bring together community groups and organizations who want to make their communities healthier. In 2020-2021 when pandemic health measures were in place, the Wellness Coalition-Avalon East (WCAE) provided a unique way for members to come together. Networking in Nature events were held on the trails at MUN Botanical Garden in St. John's and Manuel's River in Conception Bay South.

The events gave members a chance to connect with nature and each other. Participants from a variety of groups took part in a facilitated trail walk. During the walk, they learned about each other's programs and services and identified potential opportunities they could use to work together. Perhaps most importantly, the participants paused to appreciate the natural setting with mindfulness activities.

This networking format was adopted by Eastern Regional Wellness Coalition. ERWC hosted events for its members along the Castle Hill trail in Placentia and in the Town of Trinity.

CREATING OPPORTUNITIES FOR EDUCATION

Mental Health Education - Goose Bay

The Labrador Regional Wellness Coalition (LRWC) is creating opportunities for mental health education in the community. This summer, the Coalition planned their first ASIST interactive workshop at the Labrador Health Centre in Happy Valley-Goose Bay. The two day workshop was met with tremendous success with nine individuals completing the training.

ASIST, or Applied Suicide Intervention Skills Training focuses on suicide first aid and teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. To keep pace with the interest shown across the region for this type of training, the LRWC are exploring the logistics of offering this opportunity to additional locations in the near future.

The Coalition is using this event as a stepping stone to offer a variety of other health education and training options to the community. Sincere thanks are extended to the trainers, partners and participants for making this prevention and education session possible.

STAYING CONNECTED DURING COVID-19

In September of 2020, the Eastern Regional Wellness Coalition launched the *Fall Bucket List Challenge with Coalition Charlie*. This challenge evolved when members could not meet face to face during the pandemic. It became a great way for communities to safely connect and to encourage active living.



Participants chose to do an activity listed on a fall bucket list created by the Coalition (or an activity of their own) and took Charlie along on the adventure! With their activity completed, participants submitted their picture for prize draws and then sent Charlie to his

next adventure. One of our members, the Splash Centre, created a great video showcasing all of those adventures! In the fall of 2021, ERWC launched the second Fall Bucket List Challenge with Coalition Charlie!



The Health Information ("Hi") website is now available across Newfoundland and Labrador! Looking for health and wellness info for you, your family, and your community? Explore Hi today: hi.easternhealth.ca

SHARING KNOWLEDGE AND SKILLS

FOOD & FUN CAMP

Over 2000 children in the Central zone have participated in a Food and Fun Camp since 1999. The Central Wellness Coalition has supported more than 200 weeks of camp hosted by organizations such as municipal summer recreation programs, faith/church groups, Child Youth Networks, Boys and Girls Clubs, local service groups, Community and Family Resource Centres and schools. The camp is a 5-day food skills program for children 8-10 years of age and is led by older peers or camp leaders. They serve as examples for children, guiding them as they engage with different types of foods within enjoyable and interactive settings. Children learn how to safely prepare nutritious meals and snacks through hands-on activities which include grocery store tours, reading recipes, food preparation, and cooking. The camps also find time to promote physical activities like hiking!



Wellness coalitions have a broad range of knowledge and skills within their networks that they share with others in their communities.

Most every year, Wellness Coalition - Avalon East (WCAE) hosts a workshop on a topic of interest, based on feedback from its members. Topics vary and may focus on a wellness area or center on a specific skill like healthy eating or completing funding applications.



Learning about the Social Determinants of Health at the Health Status Workshop

Once a topic is chosen, the Coalition looks for expertise from its membership to help plan and deliver the workshop. Expertise may come from a community organization, a health services program, or both!

Here's a sample of workshops that the Coalition has been delighted to host over the years:

- Shifting Focus: Measuring the Impact of Your Wellness Projects
- What's the Word? Communications in 2022
- Promoting Healthy Eating for Everyone: Taking Action for Food Security
- Health Status in the Eastern Region: Using Health Information to Plan Projects and Programs
- Let's Talk about Promoting Health not Weight
- Local Vegetables: A How-to Introduction to Hosting a Food Skills Workshop
- Inclusion Workshop: Make Your Programs More Inclusive For Children and Youth with Physical Disabilities

?

160

Did you know that since forming in 2004, the Coalitions have hosted over 160 networking events and workshops?

MUSIC AND FRIENDS

Promoting Social Health - Pasadena

Community member Paddy McNeil loves music and wanted to share that with others. With support from the Western Regional Wellness Coalition, local businesses and several community partners, Paddy brought the Pasadena Music & Friends Group to life. The goal was to provide a guitar camp to area residents - learn ten chords and four songs in a fun and friendly group setting. That goal was certainly met and surpassed!



The three guitar leaders, Alvin, Jerry and Paddy, were community residents that came to share their knowledge and skills with others. The 39 participants ranged in age from 20 to 90. Starting in July, the guitar camp was planned as a two-hour session once a week for six weeks. This soon became two sessions per week (an afternoon and an evening) and the sessions were extended. Participants would often show up early to socialize and stay longer to continue practicing, playing together and having a fun social gathering. The group has been a great success! They continue to meet regularly and hopefully some of the students will transition to instructors for newcomers; everyone is welcomed, any time! An accordion group has started with a leader, Cal, and four students. There are intentions to play in public sometime soon. As Paddy says to everyone, "when you are home alone playing and singing, you are the best musician in the house!"

"Thank you for this opportunity. I really enjoyed playing guitar and especially having like-minded people to play along with" - Participant

3400
Did you know that more than
3400 school & community
projects have been funded by
wellness coalition grants?
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STUDENTS LEARN SKILLS THAT WILL LAST A LIFETIME

Promoting Well-Being - Pilley's Island



The Central Wellness Coalition Community Grants Program offers support to groups and organizations who are working towards promoting wellness and fostering partnerships among community groups. One of those groups is the school community.

In 2022, Dorset Collegiate in Pilley's Island requested funding to establish a community garden. The school wanted to have a larger presence in the community and to increase its green space on its grounds. The garden began with students and volunteers meeting twice a week after school. Partnerships were formed involving six surrounding communities - students of the skilled trades program, local volunteers and contractors

built the planter boxes needed for the garden beds. When completed, it was able to house several types of healthy fruits and vegetables! During a time when children's lifestyles can be more sedentary, projects like the garden help encourage healthier eating and physical activity - key components to overall well-being. The project also fostered making new friendships. The students reported being able to give back to their community and form skills that will last them a lifetime!

SOWING SEEDS OF PARTNERSHIP

Red Bay

The community of Red Bay is not only known for its rich archeological history. Added to that distinction is a perfect example of partnerships and volunteerism. The local 50+ Club recently completed the Seniors Community Greenhouse Project, Senior Green Thumbs, on land provided by the Town of Red Bay. With monetary support from New Horizons federal funding, a 20 x 40 building was created to provide residents, and particularly seniors, with a place to grow fresh vegetables.

While fundraising saw the groundwork completed, support from the Provincial Community Garden Program resulted in the materials to build raised beds inside the structure. Equally important to a community garden project, soil was provided by NunatuKavut, while the Northern Wellness Coalition helped the group to procure seeds, tools and much-needed supplies to start planting.

Adding to the success of the project is the knowledge that seniors have become more active in their community, a key to improving overall physical, social and mental health. There were a number of added benefits reported by the community - access to plants and fresh vegetables free of charge and the impact the project has had on intergenerational activities in their town. Gardening tips were passed from one generation to the next, while plants were delivered to seniors who wished to watch their plants grow at home. The 50+ Club members extend many thanks to all who contributed to the success of this project which wouldn't have been realized without funding from multiple partners and support from volunteers. There are plans to expand with a garden outside very soon!



STAYING SAFE WHEN ACTIVE

Labrador City

Staying safe when participating in various physical activities is important, and having the appropriate equipment can help. The Labrador Regional Wellness Coalition (LRWC) promotes health and well-being, and a large part of those efforts is community outreach and educating individuals about the importance of staying active but also how to do it safely. According to the Parachute Canada website, a properly worn helmet can reduce serious head injury by up to 60 per cent.

With the support of the Labrador City Canadian Tire, the Labrador Regional Wellness Coalition was able to purchase a total of 133 bicycle and multisport helmets ranging in sizes from infant to adult for distribution throughout the 15 communities in our region! Over this summer, the Coalition has been working with a number of community members and groups who graciously agreed to assist efforts to get these helmets to people that need them.

The LRWC would like to extend a BIG thank-you for helping make this possible. In addition to the helmets, the Coalition provided safety information, activity booklets and promotional items to educate individuals on the topics of bicycle and helmet safety. The responses received thus far have been very positive, with a great deal of interest in similar injury prevention outreach in the near future.



RECONNECTING TO THE WORLD OUTSIDE

A Team Effort - Port au Port East

In partnership with the St. Thomas Aquinas School and the Western Regional Wellness Coalition an outdoor sustainable learning space for students and the entire school community was created. With funding, six conversion picnic tables were built and used in a new outdoor classroom.

The Mr. James Conran Memorial Outdoor Classroom was named in memory of a wonderful teacher at St. Thomas Aquinas who passed away during the 2019-20 school year. It was so named to recognize Mr. Conran's legacy, his contributions to the school, and to pay tribute to his dedication to students. The project took approximately one month from beginning to end, with help from the school administration, a volunteer, and the grade six, seven and eight students. It was a team effort to make this project come to life. Students were eager to help with the assembly and have plans to paint and stain the tables soon.

The outdoor learning space has reconnected teachers and students to the world outside. It has provided a meeting place for students who participate in various initiatives offered at the school. Also, it has introduced the students to nature-based education and provided a much-needed break from the indoor learning environment during the COVID 19 pandemic.

Teachers and students are very proud of their outdoor classroom! Plans are underway to explore how to expand their learning space and project partners are excited to see what it becomes!



JOIN US! GET TO KNOW A COALITION NEAR YOU!

Wellness coalition members are community groups, organizations, schools and municipalities. To learn how you can become a member, please visit a website below by clicking on a logo!



www.westernwellnesscoalition.com



www.lrwc.ca



www.wellnesscoalition-avaloneast.ca



www.easternwellnesscoalition.com



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