

Eastern Health Board of Trustees Awards 2013 Community Development Grants

October 16, 2013 - St. John's, NL: Today, Michael O'Keefe, Chair of the Board of Trustees, presented awards to community partners and organizations for projects that contribute to the overall health of communities across the eastern region. The awards were presented to the recipients of the 2013 *Community Development Fund* grants in Clarenville.

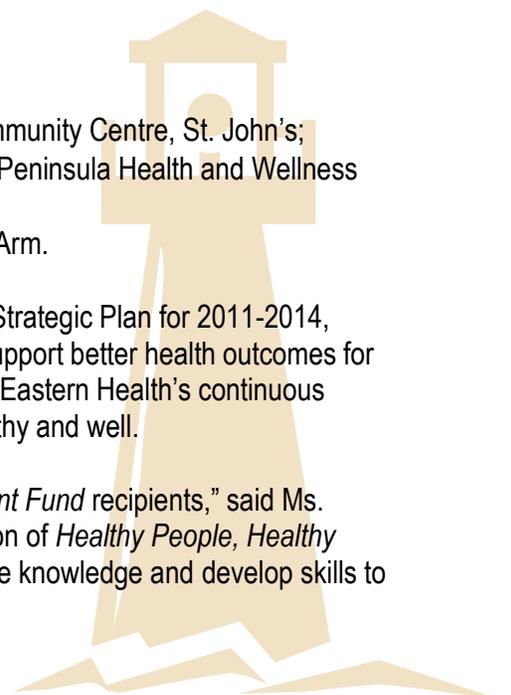
"Healthy communities are made up of many important partnerships between health and community organizations," said Mr. O'Keefe. "The programs and services provided by the 2013 *Community Development Fund* recipients address a wide variety of health-related needs in our communities, such as, but are not limited to, establishing an all-inclusive community cultural program to educate and raise awareness about Aboriginal culture; training community groups, individuals and families on how to build and share healthy food skills; creating a community garden to grow plants and vegetables; strengthening social support networks among single parent families; and designing a culture of personal and community responsibility for health and wellness."

Successful applicants included the following, where more detailed information about each recipient can be found in the attached Backgrounder:

- *All Inclusive Community Cultural Group*, St. John's Native Friendship Centre, St. John's;
- *Building and Sharing Healthy Food Skills Across Eastern Newfoundland*, Food Security Network of Newfoundland and Labrador; St. John's;
- Creative Connections, Main Street Youth, Grand Bank;
- *The Future is Now*, Tourism Bell Island Inc., Bell Island;
- *Holyrood Community Garden*, Town of Holyrood, Holyrood;
- Single Parent Family Support Program, Buckmaster's Circle Community Centre, St. John's;
- Take Charge Take Action-Together for a Healthier Future, Burin Peninsula Health and Wellness Working Group, Parkers Cove; and
- Zumba for Teen Girls, First Norman's Cove Pathfinders, Chapel Arm.

The *Community Development Fund* aligns closely with Eastern Health's Strategic Plan for 2011-2014, *Together, We Can*, which emphasizes a population health approach to support better health outcomes for the communities it serves. Awarding these funds annually demonstrates Eastern Health's continuous commitment to work with its various partners to keep its populations healthy and well.

"On behalf of Eastern Health, I applaud the 2013 *Community Development Fund* recipients," said Ms. Kaminski. "Their collaborative work helps carry out Eastern Health's vision of *Healthy People, Healthy Communities*, where projects and services offer key opportunities to share knowledge and develop skills to



celebrate good health and wellness in our communities. In partnership, together we can bring about change and offer much needed programs, services and supportive environments to improve the health of individuals, families and the communities in which we live, work and play.”

The *Community Development Fund*, valued at \$50,000, was established in 2007, by Eastern Health’s Board of Trustees, where priority is given to groups that aim to build a sense of community, strengthen social support networks, develop community connections, address a priority need, strengthens supportive environments, and strengthens community action. Since the first grants were awarded in 2008, over \$290,000 has been invested in 38 community groups and organizations.

For more information about the *Community Development Fund*, the application guidelines, eligibility criteria and more, please visit Eastern Health’s website at www.easternhealth.ca.

About Eastern Health

Eastern Health is the largest, integrated health authority in Newfoundland and Labrador employing approximately 13,000 dedicated employees and serving a population of more than 300,000 people. The authority has an annual budget of approximately \$1.3 billion and offers the full continuum of health and community services including public health, long-term care, community services, hospital care and unique provincial programs and services. Its geographic boundaries extend from St. John’s west to Port Blandford including all communities on the Avalon, Burin and Bonavista Peninsulas.

- 30 -

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Backgrounder

2013 Community Development Fund Projects

Take Charge Take Action, Together for a Healthier Future

By: Burin Peninsula Health and Wellness Working Group, Parkers Cove

Awarded \$8,620, this project develops and promotes initiatives that are aimed at helping individuals take a more proactive approach to their own health. The project targets residents of the Burin Peninsula, and focuses on bringing successful community-based initiatives to more communities and individuals to create a culture of personal and community responsibility for health and wellness.

All Inclusive Community Cultural Group

By: St. John's Native Friendship Centre, St. John's

Awarded \$8,000, the St. John's Native Friendship Centre's project focuses on establishing an all-inclusive community cultural program to educate and raise awareness of Aboriginal culture. Aboriginal and non-Aboriginal participants are provided with opportunities to participate in drumming, singing, ceremonies and physical activities that are designed to foster a stronger sense of community and provide a holistic approach to one's overall health.

Building and Sharing Healthy Food Skills Across Eastern Newfoundland

By: Food Security Network of Newfoundland and Labrador, St. John's

Awarded \$7,500, this program targets community groups, individuals and families across the eastern region of the province. The Food Security Network of Newfoundland and Labrador works in collaboration with other organizations to conduct train-the-trainer sessions, which are focused on how to build and share healthy food skills. In return, trained facilitators then deliver workshops to community groups, individuals and families.

Holyrood Community Garden

By: Town of Holyrood, Holyrood

Awarded \$7,500, the Town of Holyrood oversaw the construction of a community garden, which enabled residents of the community to grow plants and vegetables. The already existing and very successful community and home composting program helps to develop the garden. The garden provides opportunities for the community to work together and increase communication between different generations.

Zumba for Teen Girls

By: First Norman's Cove Pathfinders, Chapel Arm

Awarded \$5,330, this project focuses on getting teenaged girls involved in regular physical activity. In addition, the group works with the girls to identify and provide information on various topics that can contribute to overall improved health and well-being.

The Future is Now

By: Tourism Bell Island Inc., Bell Island

Awarded \$5,000, Tourism Bell Island Inc. unites youth and older adults in the community through activities that aim to promote and celebrate iconic figures and landmarks on Bell Island. The activities focus on storytelling and singing through community radio and community shows and activities.

Single Parent Family Support Program

By: Buckmaster's Circle Community Centre, St. John's

Awarded \$5,000, the *Single Parent Family Support Program* focuses on strengthening social support networks among single parent families living in Buckmaster's Circle in St. John's. Through various initiatives, the organization works to connect single parents with one another and the resources they require, where the goal is to have single parent families develop a sense of belonging and connectedness.

Creative Connections

By: Main Street Youth, Grand Bank

Awarded \$3,050, *Creative Connects* enables the Main Street Youth Centre's filmmaking group to partner with the Grand Bank Special Events Committee to produce videos that promote summer festivals and the community in general. The project aims to help youth build skills in a safe and rewarding environment while building a sense of community.