

Welcoming Our New Co-Chair

One of the benefits of being involved in this coalition is getting to share the co-chair leadership role with some fabulous people from community organizations that work tirelessly to promote wellness.

For the past four years, **Jim Crockwell** of MacMorran Community Centre has shared the helm at the Steering Committee. Now the role of Co-chair (Community) passes to **Jeff Pinsent**, Fitness and Active Lifestyles Coordinator, Department of Community Services, City of St. John's. And like Jim, Jeff will no doubt bring his own style and own knowledge of wellness and community to help strengthen our network and create healthier places where we live, learn, work and play.



L to R: Jim, Heather, Jeff

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Meet a Member

Multi-Cultural Women's Organization of Newfoundland and Labrador (MWONL)

by Kaberi Sarma-Debnath

[MWONL](#) is located in S. John's, and is a provincial based voluntary, non-profit organization for multicultural women and their families who are culturally and linguistically diverse. Since 1982, the organization has worked to empower women from diverse cultural backgrounds to achieve their goals of advancing towards equality and becoming contributing members of our Canadian society.

We offer a broad range of culturally appropriate, gender-based support and services such as empowering women through English practice, career development, professional social work and counselling, volunteer support, violence prevention, health and wellness, seniors programs and more. In addition to our services for women, we provide Trans-Cultural Competency & Awareness (TCCA) training to human services providers.

MWONL has been a member of the Wellness Coalition-Avalon East for several years and actively participates in the annual gathering, workshops, and committees, with one of our members represented on the coalition's steering committee; and our Health and Wellness program has been supported by a community grant.

To find out more about our programs and services, visit our [website](#) or call 726-0321.

Community Grants Project Spotlight



West Heights Neighbourhood Centre Afterschool Program

“The project was a great success!”, says Stephen Ross, Outreach Coordinator with Froude Avenue Community Centre and partner supporter of the [West Heights Neighbourhood Centre](#). The project he’s referring to is the new afterschool program, started at the centre in November 2016, after families in the area were spurred on by the success of their neighbourhood summer program. Beginning with 5 children once a week, the program grew to 17 children twice a week by June 2017.

The aim of the afterschool program is to support active living and the social, emotional, and academic growth of children and youth. With this in mind, children engaged in various activities ranging from homework help, arts and crafts, baking, music, and Zumba!

And what began as a pilot project, is now operating three days a week, with the aid of additional funding and supportive partners such as Vibrant Communities, City of St. John’s, and NL Housing Corporation. Add an influx of volunteers, a new partnership with Kids Eat Smart, who are providing healthy snacks, and this program is well on its way to having a long-term and sustainable presence in the neighbourhood.



Congratulations September 2017 Grant Recipients

- Association communicautaire francophone de St. Jean: Tous nos plats, d’ici et là
- Canadian Hard of Hearing Association-NL: Daisy’s Ears
- Logy Bay-Middle Cove-Outer Cove Development Association: Organic Community Vegetable Garden
- MUN Med Gateway: Engaging Refugee Youth in Healthy Living Activities
- Neuropsychiatric Patient’s Association NL: Enhancement Project
- St. John’s Tool Library: Workshop Series

Next deadline: **January 15th**

More info and application at:

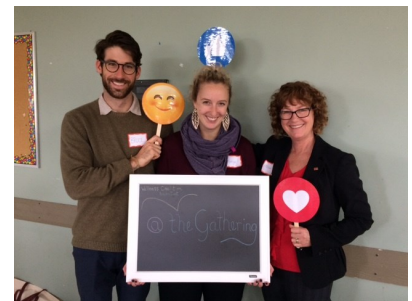
wellnesscoalition-avaloneast.ca

Coalition Members Get Social at Annual Gathering

Let's Get Social: Weaving Wellness with Social Media. That was the theme for this year's annual gathering held October 4 in St. John's at the [St. John's Retired Citizens Centre](#).

And that's exactly what we did, beginning with an interactive ice breaker that had us "stranded" on a desert island, to getting together for a wellness date. In between the selfie shots (see below), we learned how the thoughtful and planned use of social media can be effective in promoting wellness messages; and saw how Eastern Health's [#thebaybreastfeeds](#) and [Veggies and Fruit](#) campaigns got information to their audiences by using social media.

Finally, we heard about how coalition members are using the Community Grant funds to create healthier communities: thanks Sarah Osmond of [Buckmaster's Circle Community Centre](#) for telling us about the Healthy Meals & Deals Slow Cooker Program; and Megan Stuckless, [Conservation Corps NL](#) for sharing the Community Stewardship project.



find us on
facebook

Join our Facebook group! Connect with other Wellness Coalition-Avalon East members, share what you're doing and find out about resources in our new members-only Facebook group. [Click here](#) to find us and join the 45 members already there!

Coalition Promotional Items

A limited supply of promotional items are available to coalition members to help support/promote a wellness activity. For more information or to request an item please contact 752-4912 or e-mail heather.powell@easternhealth.ca . Items available include:

- Lunch Bag
- Tote Bag
- Skipping Rope
- Food Container
- Small Bouncing Ball
- Magnetic Bookmark

Canadian Cancer Society's Walk or Run to Quit Program to start Year 3 in NL

-by Julia Howard



The Canadian Cancer Society's Walk or Run to Quit program is an innovative partnership in smoking cessation that combines the Canadian Cancer Society's quit smoking expertise with the Running Room's highly successful Learn to Run/Walk model. The program provides practical support around the top two modifiable cancer risk factors: physical activity and smoking.

Over the course of 10 weeks, training program participants receive step by step instructions to learn how to walk or run 5 kilometres as well as receive practical quit smoking resources. Incentive prizes are part of the program for both smokers and their support buddies. In addition, the program connects participants to the Smokers' Helpline quit coaches to ensure they receive as much support outside of program sessions as possible. The program has both in-person and online program options and **it's for people of all fitness levels and ages!**

As we approach Year 3 of the program in our province, we look forward to continuing partnerships with healthcare professionals, workplaces, and community groups. For more information about the program or to order promotional materials, contact Julia Howard at 757-8537 or jhoward@nl.cancer.ca. You can also visit our website at RuntoQuit.com

Wellness Coalition-Avalon East Steering Committee

Contact Coalition Co-chairs if you have any questions, ideas or comments:

Heather Powell, Co-Chair, Health Promotion, Eastern Health 752-4912 or heather.powell@easternhealth.ca

Jeff Pinsent, Co-chair, Recreation Division, City of St. John's jpinsent@stjohns.ca

Ruth MacDonald, Community Sector Council NL

Yamuna Kutty, Multi-Cultural Women's Organization NL

Jim Crockwell, MacMorran Community Centre

Tracy English, Health Promotion, Eastern Health

Melanie Hiscock, Primary Health Care, Eastern Health

Krista Manning, Eastern Health/NL English School District

Jennifer Clarke, Public Health Nursing, Eastern Health

Kimberly Orren, Island Rooms/Fishing for Success

Ashley Crocker, Health Promotion, Eastern Health