

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 January 2018 Grant Recipients

- Beachy Cove Elementary— Freezer Meal Planning and Preparation
- Brookside Intermediate— Fitness Program
- Candlelighters Association NL— Camp Delight
- CBS Elementary—After School Physical Activity Program
- Canadian National Institute for the Blind—Post-Secondary Youth Orientation Week
- Conservation Corps NL— Environmental Wellness – Youth Panel Discussion Videos
- Easter Seals NL— Adapted Archery Program
- Neighbourhood Dance Works— The No Excuses, No Limits Public Outreach
- St. John’s Women’s Centre—Thursday Tea Time
- St. Matthew’s School—After School Participation Nation Program
- Virginia Park Community Centre—Introduction to Literacy for Newcomer Families

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, we learned from guest speaker Robyn Pike, that 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 65 members already there!



Coalition Promotional Items

New items available! 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
- Notebook & Pen set **new!**
- Kneeler Pad (gardening) **new!**
- Measuring spoon **new!**

Our Steering Committee - the workers behind the scene!

Did you know that our wellness coalition is led by a wonderful group of members who volunteer their time to make sure everything runs smoothly: from developing annual plans and budgets, to organizing gatherings and workshops, reviewing grant applications, contributing to our communication platforms, and representing the coalition at various meetings and events. There's a lot that goes on behind the scenes by people who you may not even know.

Well, we thought it's about time to shine a spotlight on some of our worker bees. And here's our first... Meet Jeff Pinsent.

On the Steering Committee, I represent the City of St. John's Recreation Division. As a resource in the community, we offer support and programs to residents of St. John's and all over the Avalon. I have been working with recreation for the past 14 years with the City of St. John's and have made many network connections as it relates to wellness. Wellness is such a broad area as it relates to so many people in different capacities. As the Fitness and Active Lifestyles Coordinator for the past seven years it has played an important role in my day to day preparation. I see firsthand the benefits of eating right and moving daily, people participating in our programs have seen life changing results. People of all ages come up to me after classes and tell how much better they feel physically, how they enjoy the social component of coming each and every day to our facilities. The fact they can exercise for less than the cost of coffee and muffin helps with the financial side of wellness too. Being surrounded by people who want a healthier lifestyle empowers me to want to help others more. Being a member of the Avalon East Wellness Coalition is such a positive networking opportunity. You meet others in the community who are as motivated and passionate about living healthy, getting outdoors and enjoying the most that life has to offer. It is a great group and I encourage others to join the coalition, it is completely free. Check out our website at <http://www.wellnesscoalition-avaloneast.ca/>

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

Peggy Orbasli, 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