

October 2022

Association Communautaire francophone à Saint-Jean: Walking and Eating Well (Healthy Eating, Physical Activity)

Association Communautaire francophone à Saint-Jean (ACFSJ) is partnering with the reseau Sante` and Nature NL to offer a series of monthly healthy eating workshops and guided nature walks to French-speaking children, adults, and seniors. The intended outcomes of the project are to increase interest and engagement in nature walks all year long, and to make healthier food choices a habit. Funding from the grant will support honoraria for guides, healthy snacks, food storage containers, printing, laminating and speaker fees for workshops.

Boys & Girls Club of Bell Island: Island Jumpers/ Hula Hoopla (Physical Activity, Child & Youth Development)

The goal of this project is to create a fun program and expose up to 110 children/youth, aged 5-18 years to jumping rope and hula hooping – once a popular activity among children with amazing fitness/cardio benefits. The plan is to involve their Volunteer Teen Mentors in the planning and purchasing of ropes and hoops. The Mentors will model form and technique to the other participants. The program will be offered Monday-Friday for 40 minutes and will include team events.

Partners include St. Augustine's Elementary and the RCMP. Grant monies will be used to purchase hula hoops, skipping ropes, double Dutch ropes, stopwatch timers and whistles. Indicators of success include retaining participants throughout the program, interest in team jumping, and the number of emerging leaders.

City of St. John's: Healthy Living for Seniors (Healthy Eating, Physical Activity)

This project is an enhancement to the Seniors Social and Leisure program and the Outreach Program offered by the City of St. John's. The goal is to provide health and wellness opportunities for about 100 seniors and includes healthy food options, guest speakers and information sessions, workshops, and recreational opportunities over 24 sessions. Funding will support materials and instructor fees for food workshops that address affordable, healthy eating as well as Try It sessions for activities that are not typically offered such as acrylic painting. As a partner, Newfoundland and Labrador Housing will provide space at the community rooms in their buildings for the residents there to participate.

Flatrock 50 Plus Fun Club: Flatrock Monday Night Dart League (Physical Activity, Mental Health Promotion)

Based on an overwhelming response from their members, the Flatrock 50 Plus Fun Club will start a weekly darts program with the goal of providing their members with an additional activity to support their physical activity and social interactions. Their partner is the Flatrock Recreation Commission who is providing the space to play as well as building storage cabinets to house the darts equipment. Funds from the grant will purchase dart boards, score boards and an infra-red toe line.

Kilbride to Ferryland Family Resource Centre: Increasing Families Outdoor Physical Fitness During Winter Months (Physical Activity)

Kilbride to Ferryland Family Resource Centre (KFFRC) plans to expand two of their popular outdoor programs – Nature Babies and Little Explorers into the winter months by adding the activity of snowshoeing. With this grant they will purchase a selection of child and adult snowshoes so that about 50 parents, grandparents, caregivers, and children 0-11 years old can participate in the activity across four of their sites in the Kilbride to Ferryland area.

Their partner, Babywearing NL, will provide resources and sessions on baby wearing safely in colder weather so that parents and caregivers have a safe option to transport their children in conditions where a stroller is not practical. Trails in the City of St. John's and the towns of Bay Bulls, Ferryland, Fermeuse, and Renewes will be accessed. Pictures and surveys will be used to document project success.

MacMorran Community Centre: Nobody's Perfect Parenting Program (Child and Youth Development)

This project will offer two 10- week parenting sessions to parents of children aged 0-5 years living in the MacMorran Community Centre neighbourhood. Participants will learn the necessary skills and coping mechanisms to enhance their parenting abilities, skills, and knowledge. Nobody's Perfect is a national program that is delivered by a trained facilitator. Anticipated outcomes include an increase in parents' understanding of children's health, safety, and behaviours, an improvement in parents' self-esteem and coping skills, and the prevention of family violence. MacMorran Community Center is partnering with Eastern Health who is providing facilitation. Funds from the grant will cover childcare, photocopying and program snacks.

NL Sexual Assault & Crisis Prevention Centre: Reconnecting of the Body and Mind: A self-care program (Mental Health Promotion, Physical Activity, Healthy Eating)

Reconnecting Body and Mind is a free weekly skill-building and healthy living peer support program for individuals, aged 18 plus, of all genders who are impacted by sexual violence. Sessions will include

fitness & movement classes, mindfulness walks, arts and crafts, nutritious cooking classes, and mental wellness and body image. Facilitation, some venue space, and materials are being provided by project partners - St. John's Status of Women's Centre, Lotus Centre, Yoga Bloom Studio, and Indigena Skincare. The grant will go towards instructor fees, additional workshop materials, and support services such as childcare, participant transportation, and ASL interpretation services.

Planned Parenthood-NL Sexual Health Centre (PPNLSHC): Harm Reduction Saturdays (Injury Prevention)

The goal of Harm Reduction Saturdays is to continue to meet people where they are and expand access to services in a way that promotes healthy environments, injury prevention, autonomy, respect, and empathy. With these principles in mind, PPNLSHC will partner with like-minded organizations to expand the scope of harm reduction products offered free of charge such as condoms, personal hygiene products, safe drug supplies, and naloxone outside of the regular Monday to Friday office hours.

Trained volunteers will provide support to clients who call the center and/or drop in during the Saturday session. Support may include information and resources, referral, STI or pregnancy testing. Partners are Safe Works Access Program (SWAP) and AIDS Committee of Newfoundland and Labrador. Funds from the grant will go towards harm reduction supplies and healthy snack food.

St. Matthew's Elementary: Foodcycling for Healthy Eating and Healthy Environments (Healthy Environment, Healthy Eating)

Foodcyclers can process a broad range of food waste, turning it into usable soil nutrient in 5 – 8 hours. This project will introduce the Foodcycler to a Kindergarten and an Elementary classroom. The Kindergarten class will learn to use the machine and star in a how-to video explaining the Foodcycling process, while the Elementary students will look at the science behind it by planning experiments that compare Foodcycling to traditional composting. The soil nutrient produced will be used in St. Matthew's gardens. As partners, Conservation Corps of NL and Beachy Cove Elementary will provide technical support and suggestions for curricular links. The grant will be used to purchase Foodcyclers.

St. Teresa's School: Classroom Calm Bins (Mental Health Promotion, Health Literacy, Child and Youth Development)

The aim of this project is to add to the social -emotional learning of students by helping them to develop positive coping skills. These skills can be used in school but can also transfer to the home and in the community. Each classroom will be provided with a bin of calming and sensory tools. School counsellors will visit each class to provide instructions for use and guidelines regarding the use and care of the

items. A student leadership group of elementary students will help prepare the bins. The partner for this project, MacDonald Drive Elementary will provide advice on bin contents, usage, and program implementation based on lessons learned from a similar project carried out in their school. Monies from the grant will be used to purchase stress balls, monkey noodles, clear bottles, kinetic sand, glue, glitter, Play-doh, storage totes, timers, colored pencils and laminating sheets.

thegreenrock.ca: Remembrance Day Tree Plant (Healthy Environments)

Taking place on Remembrance Day, this multi-generational project will see about 50 people in the St. John's area gather to plant more than 1500 seedlings. Following a moment of remembrance and reflection, teams of three will plant white spruce and black spruce along an unforested part of a major city road. Partners include the Department of Forest Resources -Government of NL who will provide seedlings and dibbles, City of St. John's who will provide access to the land and an arborist, and Junior Forest Wardens and Gonzaga High School who will provide volunteers. Grant funds will be applied to materials such as gloves and sanitizer, participant transportation, event promotion, honoraria, and healthy snacks.