

So, who are we anyway?

As you know, the Wellness Coalition-Avalon East (WCAE) is you—a network of groups and organizations that promote wellness in our communities. But who are these groups, what aspect of wellness do we promote and where? That's some of the information you provided during last year's survey. Here's some of what we know about WCAE members:

- 30% identify as non-government organization
- 38% provide service mainly to children & youth
- 45% do most of our work in the St. John's area
- 37% have 1-5 employees; 23% have 50 or more volunteers
- Physical activity is the most promoted wellness area with 29% of you identifying it as your first priority and 20% stating it's your second.

To find out more about each other, take a look inside...

Heather and Jim –Co-Chairs

Save the Date!

Annual Gathering is May 18

What's Inside?

Community Grant Program – Defy Cancer

Yoga at Holy Trinity High

Roots of Empathy Seeking Babies

Living Healthy News

Let's Promote Health, not Weight

New Healthy Eating Resource



Meet a Member

Conception Bay Family Resource Program

by Deborah Capps

The Conception Bay Family Resource Program (CBFRP) provides programs, resources, and support to families from the time moms are expecting until their children reach six years of age. CBFRP is based in Kelligrews, with our area covering Topsail to Makinsons. We offer playgroups, physical activity, creative, science, baking, school readiness and baby programs.

Our focus on health and wellness is seen in programs where we provide healthy snacks, activities such as skating once a week, gardening with children and parents/caregivers, resources we provide on positive parenting, and the huge and exciting backyard we have for outdoor play.

Membership in the Wellness Coalition-Avalon East has provided us with resources, great opportunities to meet other member organizations, and has enabled us to apply for grants to enhance our wellness initiatives.

For more information about CBFRP go to www.cbfrp.com or call 744-4621.

Community Grants Spotlight

Feature Project

Defy Cancer Program: After Cancer Care Support Program

by Susan Penney

The **Defy Cancer Program** is a six-week program for men and women who are currently going through, or have had a cancer diagnosis. It consists of low impact dry land fitness (yoga, dancing, strength training, etc.) and a warm water gentle aquatics exercise program with a support group-like presenter component.

The aim is to motivate cancer survivors to become physically active, provide community resource connections and to educate them on how to move forward from cancer treatments and take control of their recovery.

Research indicates that exercise is not only safe and possible for cancer patients, but it can improve how well they respond to treatment and improve their quality of life. Many people feel abandoned, isolated and less secure when regular appointments with doctors and specialists are complete. This program helps individuals transition back into regular routines and provides them with resources for living healthy lifestyles. With the funding provided by the Wellness Coalition-Avalon East, we were able to provide another Defy Cancer Program. A sincere thank you!

<http://www.cancer.ca/en/events/nl/community-services/defy-cancer-program/?region=nl>

"I was never comfortable about exercising in front of people, especially with my mastectomy. This program has given me confidence to join other exercise programs and I feel much better about myself". - Program participant



Congratulations January 2016 Grant Recipients

Bishop Feild School: Winter Fun for Everyone

Cavell Park Community Garden: Boundary Project

Holy Cross Junior High: Student Wellness Day

Manuel's River Natural Heritage Society: Snowshoeing at Manuel's River

Paradise Elementary: Fitness Club & Staff Wellness Initiative

Home Again: Home Again Furniture Bank

Prince of Wales Collegiate: Safe Grad 2016

Rennie's River Elementary: Family Fun Night

St. Augustine's School: After School Snow-shoeing Club

St. Matthew's School: Mindful Moments

Next deadline: **May 15th**

More info and application at:

www.wellnesscoalition-avaloneast.ca

School Wellness

Yoga Comes to Holy Trinity High School

by Darla O'Reilly



This past Fall **Holy Trinity High School** in Torbay was fortunate to receive funding from the Wellness Coalition-Avalon East. The money was used to purchase a class set of yoga mats, yoga straps and yoga blocks.

In September 2015, the Holy Trinity High Yoga club started to hold hour long afterschool classes, this continued until December. In February 2016 their teacher, Ms. Darla O'Reilly, also a certified yoga teacher, decided to try early morning classes at 6:45am. More than a dozen students often attend the classes. This past winter an invitation was extended to parents and/or siblings to join in!

58 Families Participating in Roots of Empathy Programs in Eastern Region Classes in 2015-16

by Hazel Clarke

Roots of Empathy's baby teachers are impacting approximately 1400 children in classrooms in the eastern region through this year-long program. Children learn to be more caring, respectful and inclusive which results in more positive mental health development for those involved. Children with challenges particularly benefit from an improved classroom and school environment.

More families will soon be needed. **Babies born in June, July or August will be in the 2-4 month age range required for the first family visit to the class in the fall of 2016.** Please encourage friends and family expecting babies this summer to consider getting involved.

Contact Hazel Clarke or Frances Cole at hclarke@rootsofempathy.org; fcoll@rootsofempathy.org



Did you know? Living Healthy News : promote your wellness program and resources to schools and parents !

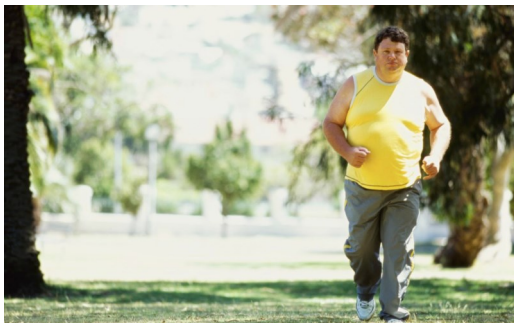
Living Healthy News (LHN) is a regional newsletter that highlights healthy living accomplishments and activities of schools while providing information on health promotion programs and resources. This newsletter is an initiative of Eastern Health (EH) and the Eastern Region of the Newfoundland & Labrador English School District. (NLESD). LHN is distributed two to three times per year to numerous recipients, including: school staff & councils, EH staff who service schools, community partners, and to EH and NLESD (Eastern Region) management and board members.

This newsletter is another way to share the great things Coalition members are doing to promote wellness within a school or within the community where the school is a partner.

For information on how to submit an article, contact Krista Manning at kristamanning@nlesd.ca or call 758-2388.

Out and About with Wellness Coalition-Avalon East

Wellness Coalition-Avalon East members gathered at MUN Botanical Garden on February 26th to **Talk about Promoting Health, not Weight**. Lesley Burgess, Regional Nutritionist with Eastern Health led the presentation and discussion which challenged traditional views and bias about the link between health and weight with the evidenced-based message that **being healthy is not based on body size**. Often though, activities such as contests to lose weight or cooking and exercise programs with an emphasis on weight, make the assumption that overweight or obese people have poor health and



make unhealthy choices that need to be changed. This can lead to unhealthy behaviors to lose weight and feelings of failure if weight loss “goals” are not achieved.

Community groups and organizations can promote the *Health, not Weight* message in their programs and events by focusing on activities that help people feel good about themselves, promote healthy eating and active living for all, and do not use weight loss as a measure of success.

An example of such a program is [Recreation NL’s Find Your Fit Community Physical Activity Challenge](#). Ashley Button and Carla Sullivan provided participants with information about this challenge happening in April across the province.

For more information about health, not weight visit Eastern Health’s [A-Z health topics](#), or contact Lesley at lesley.burgess@easternhealth.ca

Or link to this new provincial resource [Thinking about your weight? What about your health?](#)



by Tyler Blacquiere

The **Healthy Eating in NL Resource Centre**—a new project from Food First NL—is your one-stop-shop for resources to promote and support healthy eating in Newfoundland and Labrador. Whether you’re looking for tips on budget-friendly grocery shopping or steps to starting a bulk buying club, **this website is meant for you!** It provides a comprehensive, engaging and user friendly inventory of all relevant, up-to-date, and reliable resources, across five categories: Eating for Health, Healthy Eating in your Community, Food Skills, Food Programs, and What’s in your Food?

To explore what the Resource Centre has to offer, visit: <http://healthyeatingnl.ca/>.

Weaving Words

This is a new section where we'll keep the network weaving concept alive by sharing some of the terminology used to describe the approach.

Smart Network (what we hope to be!) - a network with a large core usually consisting of overlapping clusters (representing different types of organizations, geographies, backgrounds, etc.) of dense relationships and a large periphery of resources and new ideas that can be accessed by the core.

Network Weavers - people who take responsibility for making networks healthier; do so by connecting people, coordinating self-organized projects, facilitating networks, and being a network guardian.



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:

- Hacky Sack
- Lunch Bag
- Collapsible Water Bottle
- Skipping Rope
- Food Container
- Pen
- Umbrella
- Magnetic Bookmark
- Tape Measure
- WCAE Logo Banner (borrow)
- Logo (available electronically)



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

Jim Crockwell, Co-chair, MacMorran Community Centre 722-1168 or jcrockwell@macmorran.ca

Eileen Bartlett, Easter Seals NL

Tom Dawe, Teachers on Wheels

Jeff Pinsent, Recreation Division, City of St. John's

Tracy English, Health Promotion, Eastern Health

Melanie Hiscock, Primary Health Care, Eastern Health

Krista Manning, Eastern Health/NL English School District

Maureen Bethel, Day Break Parent Child Centre

Jennifer Clarke, Public Health Nursing, Eastern Health

Yamuna Kutty, Multi-Cultural Women's Organization NL