

# Western Kings CHB Report to Community 2020-2021

## What Do We Do?

- Community Leadership
- Community Health Planning
- Health & Wellness Promotion

## Western Zone CHB Health Plan Priorities:

- Food Security
- Housing
- Recreation & Wellness
- Community Connection



**Western  
KINGS**  
Community Health Board



# Partnerships

We value working collaboratively in partnerships, such as:

- Kings County Community Food Council
- Homeless No More
- Valley CAP (Community Alcohol Partnership)
- Aging Well Together Coalition
- Partnerships with other local CHBs:
  - Distributing postcards about priority community health issues
  - Work with the municipality on a Healthy Eating Environments Policy



# Events

With many events being hosted virtually this year we were easily able to participate in provincial and national trainings, meetings, and events. We also continued to host our Community Chat virtually, which happens every September, November, January, March and May.

# Advocacy

We have been active in advocating for healthy public policy, including:

- A guaranteed basic income
- A barrier-free healthy school food program
- Affordable and reliable rural internet

# Wellness Funds

We were pleased to provide \$13,238.20 to local community initiatives supporting our Western Zone CHB Plan priorities:

- Annapolis Valley Frugal Moms Society  
*"GROW, LEARN and PRESERVE"*
- Burlington Community Club  
*Interactive Website & Wellness Programs*
- Digital Mi'kmaq  
*Womens Wellness Packages*
- Flying Squirrel Adventures  
*Nature Based Recreation Program*
- Nova Scotia Fitness Association  
*Mental Health First Aid Training for Exercise Educators*
- Valley Raging Grannies  
*Taking Our Message to the Youth*
- VON  
*Active Arts! Programming*

# Volunteer Profile

Heather Morse,  
Berwick

“ I thoroughly enjoy my role as a volunteer with the Western Kings Community Health Board. I particularly appreciate being able to work within community working towards creating valuable partnerships. ”



Heather Morse is Chair of the WKCHB. She retired from the field of education. Heather enjoys working on special projects and is interested in all of the priorities, especially Food Security. She is excited to work with community groups and programs to advocate for social policies that address income and therefore address poverty and food insecurity.

## Want to Join Us?

Visit [www.communityhealthboards.ns.ca](http://www.communityhealthboards.ns.ca)

or contact

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