

Southeastern CHB Report to Community 2021-2022

What Do We Do?

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

Central Zone CHB Health Plan Priorities:

- Access to Services & Information
- Working Together Upstream
- Wellness & Health Promotion
- Supportive Communities



Volunteer Profile

Jessie Allen,
Eastern Passage



I've always felt a strong sense of community living in Nova Scotia. It was through my local community swim team that my passion for health was nurtured, leading me to pursue an education in Health Promotion and a career in medical technologies.

Being a part of the Community Health Board is a rewarding experience. I'm honoured to work with other community health oriented individuals to ensure the voice of our community is represented – the Health Board lets me put my passion for healthy living and community wellness into practice by enabling myself and the other board members to facilitate positive change in the community through advocacy, programs, and other health promotion activities.

Jessie has been a CHB member for 3 years.

Want to Join Us?

Visit www.communityhealthboards.ns.ca

or contact

Monique Mullins-Roberts 902-483-3745 or
monique.mullins-roberts@nshealth.ca

Wellness Funds

This year we funded 8 Community Projects

- Adult Skills Workshop Series - Cole Harbour District High School
- Recreation and Recovery: Creating Connections with Self & Community - Eating Disorders NS
- Girls on Fire Program - Island View High School Enhancement Committee
- The Birds & Bees: Rewriting Sex & Gender Education - MacPhee Centre for Creative Learning
- Gimme a Break Bins and Library of Mindfulness - Ocean View Elementary School
- New Parents Group - Parents and Children Together (PACT)
- Physical Health: Unpacking and Navigating (PHUN) - Society for Enterprise Education and Development (SEED)
- Breaking Bread - The John Howard Society



Advocacy

- --Our board advocated to government seeking support for Basic Income. Recognizing that the impact of poverty is one of the key detriments of health for our communities it is not surprising that poverty reduction advocacy is very much at the heart of the work that Community Health Boards do.
- We also added our voice to those advocating to keep the cap on property assessments for Nova Scotians. We believe it is vital that residents, especially those with low incomes and fixed incomes maintain access to stable and affordable housing.

Partnerships

- We host a Youth Service Provider Network to connect our youth service providers and to understand the programs, services and resources in our area.
- Members and staff are involved and take leadership on the Eastern Passage and Area Action Committee
- We also continue to be active on the Rural Access to Physical Activity Committee in East Preston working on collaborating and engagement with community to address community needs. We also have members/staff that participate on a number of committees like the QE2 Diversity Bursary Committee, Cherry Brook Senior Citizens Group, Health Association of African Canadians, etc.