

# Cobequid Community Health Board Report to Community 2021-2022

## What Do We Do?

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

## Central Zone CHB

### Health Plan Priorities:

- Equitable Access to Health Services and Information
- Working Together Upstream
- Wellness and Health Promotion
- Supportive Community

# Partnerships

We value working collaboratively in community to discuss and action important issues. Partnerships this year have included:

- Bridge the Gap Housing Group
- Cobequid Youth Providers Network
- Cobequid Partnership Network
- Cobequid Food Network

We have also partnered with other local CHBs on:

- Food Security
- Housing Supports



# Events

- We continued to attend, support and create online events. Cobequid Partnership Network, Cobequid Youth Providers and the Community Health Board all met online with great attendance.
- On June 20th the Cobequid CHB held a zoom meeting of community stakeholders and partners that provide direct food support. This was a follow up to the numerous zoom consultations with these stakeholders.

# Advocacy

We have advocated for healthy public policy, including:

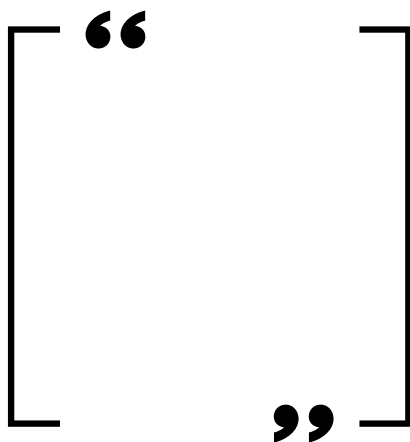
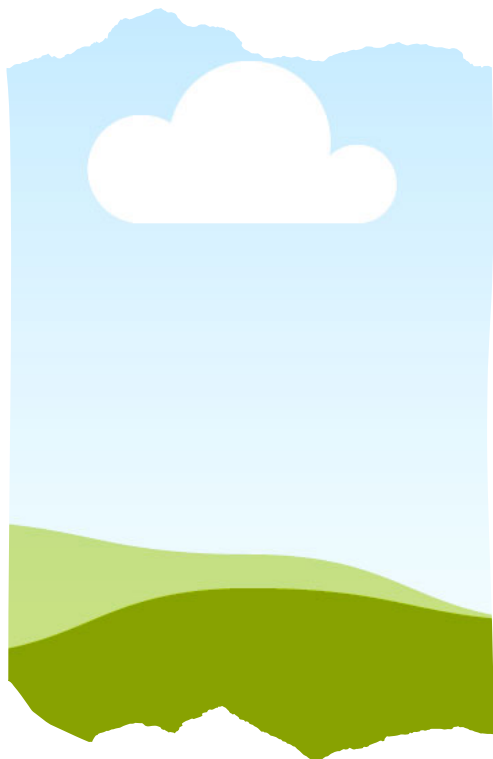
- Linking community on Housing Supports & Homelessness
- Promoting, linking and supporting those in community that support individuals requiring shelter and food
- Weaving Allyship into the work and decisions of the Board

# Wellness Funds

**We were pleased to provide Wellness funding to local community initiatives that support our priorities:**

- Bedford and Forsyth Education Centre - *Student Health and Wellness Club*
- Eating Disorders Nova Scotia - *The Recreation and Recovery: Creating Connections with Self and Community Project*
- Leslie Thomas Junior High - *GSA Conference*
- Lockview High Students' Council - *Hands-on Mental Health*
- Madeline Symonds Elementary School - *Healing Through Traditional Knowledge and Medicine*
- Northwood Support Services – *Picnic Pals*
- Mik'maw Native Friendship Center - *POSSE Project Youth-in-Crisis Fund*
- U-Knighted for Health and The Jack Project - *Bouncing Back : supporting mental wellness at Millwood High*
- SchoolPlus - *Cooking Club, English as an Additional Language Games Group, SchoolsPlus Room and Lunchtime Yoga*

# VOLUNTEER PROFILE



Deanna joined the Cobequid Community Health Board in the spring of 2020. She was first introduced to Community Health Board's through her then employment which involved networking and partnering with CHB's across the province.

## **Want to Join Us?**

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

**or contact Denise VanWychen at:**

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