



Community Health Board

2021 Summit Community Project Showcase

*Improving Community Wellness Together in
Challenging Times*



**Community
Health Boards**

Community Partnerships and a Voice for a Healthier Future



Central Zone
Showcase Submissions



Report Card on Vaping Policy

Cobequid Community Health Board

Timeline:

May 2019 to March 2021

Description:

Responding to community concern around youth vaping rates, the Cobequid Community Health Board (CCHB) formed a substance use committee as part of their Health Plan Action Plan. This group included CHB members, Mental Health & Addictions (MH&A) staff, Halifax Regional Police representation, IWK Health Promoters and Public Health representatives. In very close partnership with Nova Scotia Health MH&A the committee created a Vaping Policy Report Card. The Report Card graded government legislation and policy on 4 elements: Pricing, Accessibility, Advertising and Smoke-Free Places. Using a scan of the entire Central Zone, the report card highlighted areas where the legislation and policy were protecting health (smoke free places), areas of concern that needed to be addressed (flavored vape products, taxation), and suggestions that would help keep vaping products out of the hands of our youth. This advocacy tool was a true living document — grading was revised with every legislative change. In November 2019, the Report Card was presented to the Central Zone Council of Chairs and officially endorsed as an advocacy tool. In March 2021, the sub-committee will finish it's work and present to community partners. Through this project the harms associated with youth vaping were brought to the forefront and new stakeholder linkages were made. Two CCHB youth members were also featured a national non-smoking week video.

For more information on this project, contact:

Andrea Parker at Andrea.Parker@nshealth.ca



Musqie Meals

Eastern Shore Musquodoboit Community Health Board

Timeline:

Fall of 2020 and Spring of 2021

Description:

The Thoughtful Food Project is an initiative in the Musquodoboit Valley where a number of partner organizations work together on food-related projects. The project has established and maintained two community gardens, a fresh food bag program, free monthly meals to the students at Musquodoboit Rural High School (MRHS) and most recently a weekly meal program.

Food access in this rural community is limited with no grocery stores available. COVID-19 has seen the temporary closure of the local Meals to Wheels program that offered hot meals to seniors in a social setting and the closure of community meals used as fundraisers for groups.

These various groups got together and planned a weekly meal delivery program to increase access to food. Six local businesses and groups take turns cooking the food, one organization handles the orders/promotion, one group handles the money and volunteers deliver the meals. They deliver between 50-80 meals each week. It is truly a collaborative project that has benefited many residents.

For more information on this project, contact:

Denise VanWychen at Denise.VanWychen@nshealth.ca

MUSQIE MONDAY MEALS FROM THE THOUGHTFUL FOOD PROJECT



Upcoming Meals:

March 1st: Ham, scalloped potatoes with a biscuit and dessert prepared by Sharon Presbyterian Church. \$10

March 8th: Chicken and baked potato with spice cake prepared by Meals on Wheels. \$8

March 15th: Roast Beef Dinner and dessert prepared by Reid's Restaurant and Bakery. \$10

March 22nd: Roast Pork Dinner with carrot cake prepared by the Holy Cross Church. \$10

March 29th: Ham, Potato salad and coleslaw with a roll and dessert prepared by Meals on Wheels. \$8

**Free delivery throughout the
Musquodoboit Valley!**



Wellness Fund Video

Dartmouth Community Health Board

Timeline:

Video was compiled in February/
March 2021

Description:

Dartmouth Community Health Board members did a travelling road show to safely meet with successful Wellness Fund recipients to learn about the impact of our Wellness Funds on their clients and organizations. They learned about how many organizations are addressing important needs in our communities and working toward improving health. They heard a great deal of passion and inspiring stories of health, hope and healing. The board was able to work with a young student in partnership with the MacPhee Centre for Creative Learning to create a video that captures our community and our CHB work.

Find the video at:

<https://www.youtube.com/watch?v=tboVWLFRRpc>

For more information on this project, contact:

Monique Mullins-Roberts at Monique.Mullins-Roberts@nshealth.ca



COVID-19 Community Impact Survey

Southeastern Community Health Board

Timeline:

Survey was conducted in October/November 2020

Description:

The communities of Cole Harbour, Mineville, Cherry Brook, Eastern Passage, Cow Bay, Lawrencetown, East Preston, North Preston, Lake Loon and Shearwater, were asked to take part in our COVID-19 Community Impact Survey. It was important for the CHB to understand the health issues people are facing due to the pandemic. We will use the results to inform wellness grants, develop partnerships and to advocate on behalf of our communities.

The board was interviewed on CBC radio:

Survey reveals pandemic's positive and negative impacts on physical, mental health | Mainstreet NS with Jeff Douglas | Live Radio | CBC Listen



For more information on this project, contact:

Monique Mullins-Roberts at Monique.Mullins-Roberts@nshealth.ca



Food For Life

West Hants Uniacke Community Health Board

Timeline:

January 2020 to present

Description:

The Hants West Food Action Council (HWFAC) was established in March of 2019, in response to recommendations from “Food For Thought: a Community Conversation” held in November 2018. It is a registered non-profit society working to support program and policy initiatives that have the potential to achieve a collective vision of a healthy, just, and sustainable food system for the Hants West Region. Members represent diverse levels of the food system and work together to inform decision-making. Current membership includes farmers, the Avon Community Farmers’ Market, the Family Resource Centre, the Community Gardens, Public Health, The Station Food Hub, Avon View High School, Municipalities of Windsor and West Hants, local small business owners, and more. Food for Life (FFL) is a program of the HWFAC that aims to improve food literacy and food access, as well as social connection, through community-led cooking, learning, and growing projects. FFL is committed to increasing food access and food literacy for older adults and individuals living with reduced access to food and is a collection of initiatives, including Community Gardens, intergenerational food literacy workshops, HWFAC Soup Project, and a food pantry at the Family Resource Centre. HWFAC Soup Project is going extremely well with volunteers meeting regularly and providing individual size soups that can be easily reheated to a large cross section of community – youth to seniors enjoy these nutritious soups.



For more information on this project, contact:

Andrea Parker at Andrea.Parker@nshealth.ca



West Hants/Uniacke
Community Health Board

Eastern Zone
Showcase Submissions



Basic Income Workshop

Central Cape Breton County Community Health Board

Timeline:

February 2020

Description:

Central Cape Breton County Community Health Board worked with East Cape Breton County and Northside the Lakes Community Health Boards to host a Basic Income workshop. This was an initiative of the CHB Poverty Reduction committee, with representation from the three CHBs. Guest speakers from Basic Income Nova Scotia delivered a presentation to the CHBs followed by a public presentation attended by over 80 people (with a waitlist)!!

This event demonstrated the value of collaboration among CHBs, in addition to the benefits of community engagement and outreach on an important issue. The CHB Poverty Reduction Committee continues to meet to discuss shared concerns among local communities.



For more information on this project, contact:

Brenda Moore at Brenda.Moore@nshealth.ca



Fill a Backpack

Central Inverness CHB

Timeline:

September 2019 — November 2020

Description:

‘Fill a Backpack’ is a weekend program that allows students in need to fill a backpack with nutritious foods/toiletries on Fridays, to ensure their most basic needs are met during

weekends and holidays. We see the vulnerabilities and needs of children increasing at a staggering rate. Our school has hosted drives for the full needs of our students (toiletries/school supplies).

There is also an unofficial school pantry (food bank) operating out of ‘Schools Without Full Bellies’ so our students can learn, engage, play sports, participate in community events/processes or be a part of arts and cultural activities to the fullest of their potential.



For more information on this project, contact:

Connie Ross-MacDonald at Connie.Ross-MacDonald@nshealth.ca

Barrier Free: Learn 2 Fish

East Cape Breton County Community Health Board

Timeline:

2020 - 2021

Description:

For almost a century, the Port Morien Wildlife Association (PMWA) has encouraged sport fishing in the region. A recent 'Learn 2 Fish' program for pediatric patients was so successful that the group was inspired to encourage other vulnerable groups to fish as well. For this project, they focused on seniors and community members living with mobility issues.

The PMWA started by selecting a suitable location for fishing. Next, they identified barriers to sport fishing for the participants. The group then sourced and purchased safety devices to address these barriers. During the Winter of 2021, the PMWA will begin weekly training sessions for the participants. The group is hopeful that fishers will be casting their rods in Spring 2021 (pending COVID-19 restrictions).

For more information on this project, contact:

Brenda Moore at Brenda.Moore@nshealth.ca



Community Meals on Wheels Cheticamp

North Inverness Community Health Board

Timeline:

April 2020 — March 2021

Description:

The Community Meals on Wheels is located in Cheticamp/St Joseph du Moine (CMoWC/S). This program delivers hot meals to vulnerable seniors/disabled people in the Acadian region of the west coast of Cape Breton. A limited Meals on Wheels program had previously been provided by the local nursing home. However, the pandemic restrictions meant that this service had to be abruptly discontinued. At the time, the nursing home had been providing a limited Meals on Wheels service to 18 of the most vulnerable seniors in the region. This group has also raised and leveraged funds to deliver food boxes to 110 other vulnerable families and individuals who do not qualify for the Meals on Wheels program. These recipients were identified through the school, community services, healthcare workers and others.

For more information on this project, contact:

Connie Ross-MacDonald at Connie.Ross-MacDonald@nshealth.ca



North Sydney Food Bank

Northside the Lakes CHB

Timeline:

2019 — 2020

Description:

The Northside the Lakes Community Health Board has built a strong relationship with the North Sydney Food Bank through several partnerships, such as a Children's Healthy Lunch program, Support for New & Expectant Parents and a Reusable Bag project also in partnership with the Sydney Mines Food Bank. This project aimed to provide reusable grocery bags to clients as a support to the food bank and to reduce environmental impact of plastic bags.

The food bank provides so much more than food and is a valuable service for Northside residents. The CHB's relationship with the food bank has fostered personal connection and interest in supporting the work they do.



For more information on this project, contact:

Brenda Moore at Brenda.Moore@nshealth.ca

Spark-a-Connection

Strait-Richmond, Antigonish and Guysborough CHBs

Timeline:

September 17, 2020

Description:

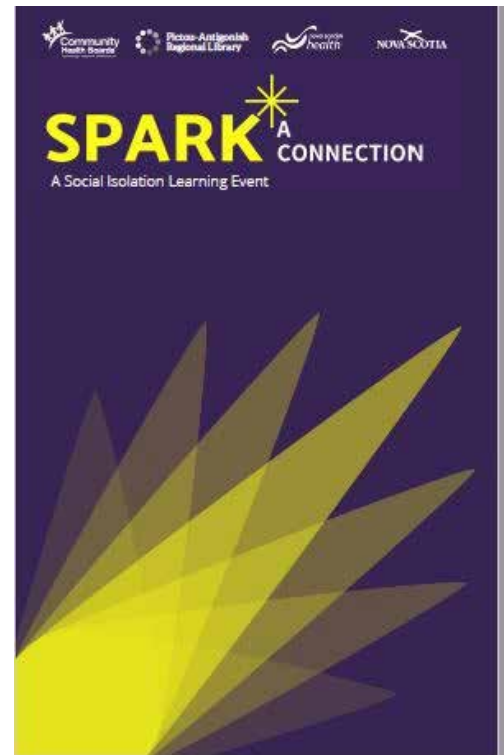
SPARK-a-Connection was a day-long event designed for the community to learn more about social isolation. It was hosted in partnership with Nova Scotia Health, the Pictou-Antigonish Regional Library and the three Strait-area Community Health Boards. The event (originally planned as an in-person gathering) was adapted due to pandemic restrictions and was held using a Zoom-hybrid model where participants (134) were offered the opportunity to join by gathering into small group pods or individually.

The day included presentations from international researchers on isolation, first-voice stories from the community, a gallery of projects targeting inclusion and an asset-mapping exercise with statements of personal commitment to action.

The biggest successes were the positive response to the community stories and First Voice narratives of individuals and groups that were using creative, grass-roots approaches to engage in their communities.

For more information on this project, contact:

Dorothy Bennett at Dorothy.Bennett@nshealth.ca



St. Ann's Bay

Victoria County CHB

Timeline:

November 6, 2019 — April 1, 2020

Description:

The St. Ann's Bay Community Health Group Society was established in 1996. It has provided community health services to the rural St. Ann's Bay Community for over 20 years. We offer well-women and well-men clinics, foot clinics, flu shot clinics, community hikes, tai chi, yoga, exercise classes and monthly appointments for hair, manicure and pedicure services. In addition to health services, we have offered a weekly Seniors Healthy Lunch program for 20 weeks beginning in November and running until the end of March every year. This event is very popular with community members and has expanded to others from close-by communities; Ingonish, Baddeck and Middle River!

These luncheons have been our main focus - to provide weekly healthy lunches.

For more information on this project, contact:

Connie Ross-MacDonald at Connie.Ross-MacDonald@nshealth.ca



Northern Zone
Showcase Submissions



Grief Education & Programming

Along the Shore Community Health Board

Timeline:

February 2021— January 2022

Description:

The Grief Education & Programming project will invite local stakeholders to help identify the localized needs in their Community Health Board area. They will work collaboratively to provide educational opportunities to support community members, training for group facilitators and the development of peer-led grief groups. Their goal is to continue to build capacity in our communities to support those dealing with grief.



For more information on this project, contact:

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**ALONG the
SHORE**
Community Health Board



Ed Bowden Community Wellness Award

Central/East Pictou CHB & Pictou West CHB

Timeline:

March 2011 — ongoing

Description:

This award was created in memory of Ed Bowden, the first chair of the Central & East Pictou Community Health Board in 1996. The Award honors his community spirit, his passion for a healthy lifestyle and his legacy as a role model. In the past 3 years, the Ed Bowden Award has been presented to:

2018: Bright Smiles Project (Pictou County Mental Illness Family Support Association). With start-up funding from CE Pictou CHB, Bright Smiles set out in 2017 to provide basic dental services for people in Pictou Co. living with mental illness. Bright Smiles has now improved the dental health (and general well-being) of more 80 people in the area.

2019: The Kids Cooking Table (Scotsburn Recreation Club). The Kids Cooking Table promoted healthy eating and eating local, taught cooking skills, built a community garden, and brought community members together.

2020: Parent Support Group (Pictou County Rainbow Community Association). Parents of 2SLGBTQIA+ children in Pictou County were looking for a way to provide mutual support for each other and for other parents. The group was free to all and transportation/child care were provided. Parents who attended increased their knowledge about gender, sexuality and allyship, and accessing the resources they needed.

Community organizations in Pictou Co. continue to demonstrate Ed Bowden's passion for working toward healthier communities.

For more information on this project, contact:

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East Hants Rural High — Clothing Closet

East Hants Community Health Board with Nova Family of
Schools (SchoolsPlus)

Timeline:

April 2020 — March 31, 2021

Description:

Hants East Rural High School (HERH) serves students who reside in the East Hants corridor. Although there has been tremendous awareness of the importance and demand for affordable basic necessities and healthy foods, access is often limited in rural communities. HERH staff continue to be dedicated to find creative ways to help support students and relieve the stress they face to ensure we can enhance their outcomes for student learning and their future success. When students access the HERH clothing closet and food pantry, they step into a safe and supportive space where staff can help to not only provide tangible and practical supports, but also link students to other necessary services, such as mental health and navigation of community social supports.

With the onset of COVID-19 and restrictions that resulted in sudden school closures in March 2020, the ability to utilize the clothing closet and food pantry became limited. The East Hants SchoolsPlus team spent significant time restructuring our SchoolsPlus Community Rooms to ensure that our space and the food pantry and clothing closet were compliant with public health recommendations. The Wellness Fund grant has been a great support with these changes. After having such a significant school closure with limited ability to access donations, the funding has been very helpful to restock the food pantry for both take-home meal options and in-school snacks. It has helped to support students and their families who continue to be impacted by food insecurity.

For more information on this project, contact:

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Youth & Community Wellness Project

North Shore Area Community Health Board

Timeline:

March 2018 — ongoing

Description:

Partners in the Youth & Community Wellness (YCW) project started meeting in 2018 to discuss ways to increase opportunities for youth engagement in their communities. Partners identified the need to connect across people and organizations to create the greatest community impact (e.g., different settings, intergenerational activities, taking greater advantage of the natural environment).

Phase I of the YCW Project is the development of a Physical Activity Strategy for Tatamagouche and area. The Strategy can be used in planning to improve the environments (built, natural and social) that support physical activity for youth, families, and all residents. Project partners secured funding for Phase I from the Active Communities Fund of Nova Scotia Communities Culture and Heritage. These funds will be used to hire a consultant to work with partners to review physical activity strategies in other areas, conduct asset mapping of physical, natural and social resources, and engage with communities to incorporate local knowledge and provide input and feedback on the draft Physical Activity Strategy.

A Physical Activity Strategy for Tatamagouche and area will build on local assets and partnerships and include activities that are inclusive and no/low cost to create opportunities for everyone to be physically active in their communities.

For more information on this project, contact:

Lynn Langille at Lynn.Langille2@nshealth.ca



**NORTH
SHORE area**
Community Health Board



Pictou County Mental Wellness Roundtable

Pictou West CHB & Central/East Pictou CHB

Timeline:

March 2018 — ongoing

Description:

The first Roundtable meeting was held in February 2020 with a keynote presentation from Dr. Michael Ungar from the Resilience Research Centre at Dalhousie University in the afternoon, followed by a public presentation by Dr. Ungar in the evening. About 60 people from a range of sectors attended.

Coming out of the first Roundtable meeting was a Coordinating Committee of 11 members which was established and has been taking action to improve mental wellness and resilience including:

A webinar called ‘How to Build a Better Community Response to Mental Health Crisis’ led to enhanced positive linkages between municipal police services and Mental Health & Addictions. These partners are now planning a Crisis Intervention Training program for Pictou County, taking place in Spring and Summer of 2021.

A proposal submitted to the Aberdeen Health Foundation’s Population Health Sub-Committee, focusing on the development of a Mental Wellness & Resilience Toolkit for Pictou County. The Toolkit includes mental wellness and resilience training for front line agencies and resource mapping.

A virtual meeting of the Mental Wellness Roundtable took place on February 25, 2021. The theme was Boosting Resilience and Enhancing Mental Wellness in a Pandemic. Four story tellers from Pictou County shared stories of resilience and participants discussed ways to strengthen community resources to promote mental wellness and resilience.

For more information on this project, contact:

Lynn Langille at Lynn.Langille2@nshealth.ca



**PICTOU
WEST**
Community Health Board



Community Water Fluoridation

SOAR & WWPA Community Health Boards

Timeline:

October 2019 — December 2021

Description:

The Springhill, Oxford, Amherst and Region (SOAR) and Wallace Wentworth Pugwash and Area (WWPA) Community Health Boards (CHBs) advocated to the Municipality of Cumberland County, the Town of Oxford and the Town of Amherst for Community Water Fluoridation.

Public Health lead the initiative, and the local dental community (NS Dental Association/the School of Dental Hygienists) and Cumberland County doctors also supported this work.

The CHBs presented to local municipal councils and the Town of Amherst who agreed to hold a plebiscite in October 2020, prior to their municipal election. The CHBs launched a social media campaign and gathered several community champions. Although we were unsuccessful in winning the plebiscite, were able to get commitment from the town to continue to work to address the effects of the oral health crisis in this area.

For more information on this project, contact:

Colleen Dowe at Colleen.Dowe@nshealth.ca



Try-It Event

South Colchester Community Health Board

Timeline:

February 2020

Description:

The South Colchester Community Health Board

partnered with Colchester County Recreation to host a one day Try-It event where residents could come try a number of winter activities. These activities included: snowshoeing, curling, skating, sledging, ringette and snow painting. We also offered tasty, nutritious treats and hot chocolate.

It was a great opportunity to partner with the County, the local Sportsplex, as well as the local curling and skating clubs.

We had over 100 attendees to the event and people were very appreciative of the opportunity to get out and socialize while trying new activities, which many people found they really enjoyed.

For more information on this project, contact:

Denise VanWycken at Denise.VanWycken@nshealth.ca



**South
Colchester**
Community Health Board



Fundy Shore Winter Carnival

SPAR Community Health Board

Timeline:

February 11-15, 2021

Description:

The idea of hosting a winter carnival came from a Southampton, Parrsboro, Advocate and Region (SPAR) Community Health Board member, who is now the chair, John Brownlie. John has a great love for the outdoors and his community. He felt that the carnival was just what the community needed to help address our CHB priority of mental wellness and sense of belonging.

The Municipalities of Cumberland County and Colchester were very supportive of the carnival. This was our 3rd Annual Carnival and although it looked different this year, we were still able to engage hundreds of people in virtual and COVID-19 approved activities.

Programs included: Try-It events, public skates, tobogganing and so many more. Almost all programs were free of charge.

Many community partners joined to help make it a success.

For more information on this project, contact:

Colleen Dowe at Colleen.Dowe@nshealth.ca



Winter Wellness

Truro and Area Community Health Board

Timeline:

February — March 2021

Description:

The Truro & Area Community Health Board worked in partnership with the Truro Parks & Recreation team to develop a series of Winter Wellness activities, along with a Winter Wellness Passport challenge. Each day, winter wellness activities were promoted on social media and participants could submit their “passports” for a chance to win some exciting prizes. In addition to the Winter Wellness Passport, the CHB worked with the Town to develop a “Story Trail” using a children’s book from a local author. This concept not only combined physical activity and literacy, but it also created an opportunity for conversations around mental wellness and grief, based on the book that was selected. The Story Trail was on display at the Kiwanis Pond Trail for the month of February.



For more information on this project, contact:

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**TRURO
and AREA**



Hike of the Month

Wallace Wentworth Pugwash & Area CHB

Timeline:

October 2021 — October 2022

Description:

Working with Cumberland Trails and Hike Nova Scotia, the Wallace Wentworth Pugwash and Area Community Health Board posts information about local hiking trails with directions to the trail and information on its level of difficulty, the length and any other interesting facts. Encouraging people to get out and explore!



The CHB, when COVID-19 guidelines allowed, also lead 3 hikes: one on Halloween, one on Walk Day and a snowshoe the last Sunday in February.

The hikes encourage activity, time in nature and the chance to make some new connections.

For more information on this project, contact:

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Western Zone
Showcase Submissions



Africentric Drumming

Annapolis Community Health Board

Timeline:

2019 — 2020

Description:



In 2019, the Africentric Drumming program at Clark Rutherford Elementary School received funding through the Annapolis Community Health Board (CHB) Wellness Fund. Students at the school, particularly those of African descent, participated in workshops with Dr. Henry Bishop to learn **djembe drumming** while providing an opportunity for healing and empowerment.

“I believe the Africentric Therapeutic Drumming program provided connection and self-confidence to each student that will impact their experience as an important school community member, as well as help them believe in themselves as a capable learner and all that will grow from that.”

- Madelene Embree, Music, Reading Recovery and Early Literacy Support teacher/facilitator of the Africentric Drumming program

For more information on this project, contact:

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CARING... FOR THE
COMMUNITY
ANNAPOLIS
Community Health Board



Kings County Postcard Project

Central Kings CHB, Kingston-Greenwood CHB, Western Kings CHB, Eastern Kings CHB

Timeline:

2020 — ongoing

Description:

The four Community Health Boards in Kings County launched a postcard project highlighting the four priority areas in the Western Zone Community Health Plan. Sparked by and showcasing artwork painted on rocks placed in the community, the postcards provide awareness and action that can be taken to address each priority area: food security, housing, community connection and recreation & wellness. The committee is working with local organizations and small businesses, as well as CHB members, to distribute postcards to community members to add their voice and mail to MPs and senators. A social media hashtag was developed, #CHBHealthyCommunities, and there is a webpage with more information (www.communityhealthboards.ns.ca/postcards).



For more information on this project, contact:

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**Central
KINGS**
Community Health Board
nova scotia
health authority



**Eastern
KINGS**
Community Health Board
nova scotia
health authority



**KINGSTON/
GREENWOOD**
Community Health Board
nova scotia
health authority



**Western
KINGS**
Community Health Board
nova scotia
health authority

Meals on Wheels

Clare Community Health Board/Conseil de santé de Clare
CHB

Timeline:

May 2019 to present

Description:

Clare Community Health Board is partnering with Villa Acadienne, a long term care facility, to deliver meals to seniors in the community as a new 'Meals on Wheels' initiative. We have purchased many of the materials necessary to transport food with La Villa contributing also. To date, over 40 volunteers have been recruited and almost 50 clients use the service daily.



For more information on this project, contact:

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CONSEIL DE SANTÉ
DE CLARE
CLARE
Community Health Board



Chew on This

Digby and Area Community Health Board

Timeline:

November 2019

Description:

Digby and Area Community Health Board (DACHB) has chosen Food Security as its Health Plan priority. It registered with the 'Chew on This Program' via our board Chair, Jan Murley. She ordered 650 bags which included a brown paper bag, a fridge magnet and a postcard that the participants signed and sent to the Prime Minister advocating initiatives by the government around food security. DACHB provided a healthy snack placed in the bag. The committee found partners such as Digby and Area schools, The Family Centre, Nova Scotia Community College (NSCC), Sobeys and others to prepare and distribute the bags on Nov 27, 2019. This was a great follow up to our November 18th event where representatives from Berwick School & the Western Kings Community Health Board explained their lunch program to stakeholders and other local CHBs.



For more information on this project, contact:

Clyde deViller at Clyde.deViller@nshealth.ca



**DIGBY
and AREA**
Community Health Board



Healthy Eating Environment Policy

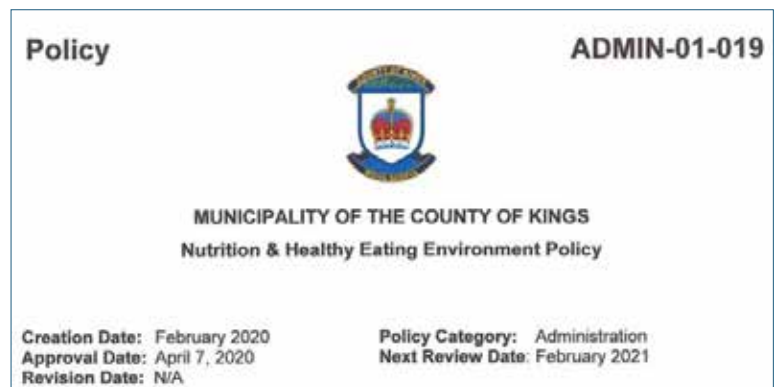
Kingston-Greenwood CHB, Western Kings CHB, Eastern Kings CHB, Central Kings CHB

Timeline:

2018 — 2021

Description:

The four Community Health Boards in Kings County formed a committee to work collaboratively toward a shared goal on advocating for a healthy eating environment policy to be developed and implemented by the Municipality of the County of Kings. Some other municipalities already had implemented similar policies. There was support/partnership from Public Health and municipal staff. The committee members approached each councilor to give background information and a package before the presentation in September of 2019. Many letters of support from community champions were also sent during this time. Following the presentation, municipal staff began working on a draft policy. In March of 2020, the council approved the draft. Municipal staff are now working on implementing the policy, ADMIN-0-019.



For more information on this project, contact:

Olivia Pattison at Olivia.Pattison@nshealth.ca



Musical Friends (St. Stephen's Parish)

Lunenburg County Community Health Board

Timeline:

Spring 2020 — Spring 2021

Description:



Musical Friends is a partnership with Vintage Voices and St. Stephen's Parish in Chester, NS. The project's original intention was to bring together isolated seniors who would be picked up by Community Wheels and brought to a group gathering each week that would bring together children, youth, and adults of all ages to sing and enjoy healthy food together.

Due to COVID-19, the project had to pivot and, following safety protocols, instead made arrangements to have smaller gatherings outside of the homes of isolated seniors to sing and deliver food to them. This change grew the program beyond its original scope and expectations.

For more information on this project, contact:

Lisa Pomfrey-Talbot at Lisa.Pomfrey-Talbot@nshealth.ca



**LUNENBURG
COUNTY**
Community Health Board



Community HealthCast

Queens Community Health Board

Timeline:

May 29, 2020 — ongoing

Description:

Queens Community Health Board places a high priority on public engagement. When COVID-19 hit, the board decided to find a new and unique way to engage with their community — through a podcast.

On May 28, 2020, the first episode of ‘Community HealthCast’ aired. Available on all major podcast platforms, Community HealthCast also airs weekly on QCCR, the community radio station in Liverpool. This allows us to reach a wide range of community members and connect us with folks who might not otherwise know of the CHB’s work.

The podcast has covered topics from Wellness Funds to isolated seniors, to 211 to supporting trans youth in rural areas. Well into our second season, Community HealthCast will continue into the foreseeable future.

For more information on this project, contact:

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Second Wave Committee

Shelburne Community Health Board

Timeline:

Summer 2020 — ongoing



Description:

The Shelburne County Community Health Board has partnered with several service organizations and municipalities in Shelburne County to prepare to meet emergent needs during a potential resurgence of COVID-19.

The committee chose to rely upon 211 to inform residents of available services. The CHB partnered with 211 to encourage service organizations to update their listings and to distribute promotional materials to residents. This initiative included working with the national organization to target all Shelburne County residents in a mail-out campaign, as well as more targeted information-sharing with isolated seniors.

For more information on this project, contact:

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Working Together
to Strengthen
our Communities
SHELBURNE
Community Health Board



Heritage Day Walk

Yarmouth County Community Health Board

Timeline:

February 2021

Description:

For the last several years the Yarmouth County Community Health Board, in partnership with Yarmouth Recreation, has organized a Heritage Day Walk each February. This year was different due to COVID-19, so we invited the community to do the walk at their leisure over the entire Heritage Day long weekend and added a trivia contest with prizes to be won. Response was very positive!



For more information on this project, contact:

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SAFE & HEALTHY
SAINE ET SÉCURITAIRE
**YARMOUTH
COUNTY**
Community Health Board







Community Health Board Summit - Spring 2021