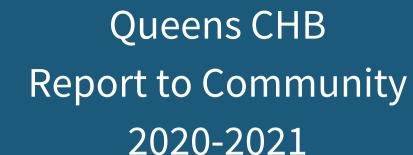
## Volunteer Profile

What I have enjoyed most about being part of the CHB is the opportunity to share my own perspective as a younger member of the community, as well as learning about issues concerning the people that live here and how we can help. I believe our CHB has done a fantastic job at reaching out to others and finding interesting ways to have discussion, like the QCHB Podcast, which was awesome to be a part of. I encourage anyone that has the chance to participate in their local CHB to do so!"



#### Lauren Inglis, Liverpool

I have been an active part of Student
Advisory Committee and the Student
Representative Council throughout school.
As I head to Acadia University in the fall for
my studies in Music Education, I hope to
continue questioning what needs to be
done to help those in the community. I
have loved my time with QCHB not only
because has it given me a chance to
express my want to help others, but it has
been an amazing experience to meet
others from around the community who
feel the same.



#### What Do We Do?

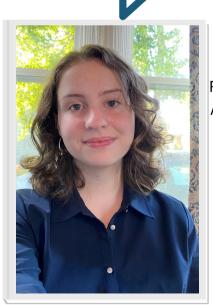
- Community Leadership
- Community Health Planning
- Health & Wellness Promotion

# Western Zone CHB Health Plan Priorities:

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







### **Podcast**

In response to COVID-19, the Queens Community Health Board decided to create a podcast, the Queens Community HealthCast! Featuring a variety of interviews on topics related to our Health Plan priorities, the Community HealthCast is available at any time wherever you get your podcasts or directly at https://www.buzzsprout.com/1086296. The podcast also airs on QCCR on Thursday afternoons.

#### **Events**

Many events this year were hosted virtually. This allowed us to easily participate in provincial and national trainings, meetings, and events.

#### Want to Join Us?

Visit www.communityhealthboards.ns.ca or contact elisabeth.bailey@nshealth.ca

# Advocacy

The Queens CHB has been active in advocating to municipal, provincial, and federal leaders for healthy public policy and initiatives, such as:

- Affordable and reliable rural internet
- Safe and affordable housing
- Universal Play Park

## Wellness Funds

We were pleased to provide \$16124.44 to local community initiatives supporting our Western Zone CHB Plan priorities:

- Queens County Transit: Social Connections
   During COVID-19
- YMCA of Southwest Nova Scotia Healthy Family Meal Kit Delivery Service -- Home Cookin'
- Region of Queens Municipality Mental Health Through Hobby Development