

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 it has 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.



Queens 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



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