



Department of Health and Wellness, Health Promotion

2019-20 Wellness Grant Projects

Health Promotion Impact Grants

Abegweit First Nation Wellness Centre

Welatpetmu'k : We are benefiting from this is grassroots movement to inspire a culture shift for healthy food environments in Abegweit First Nation. Community data and perspectives will be collected to inform organizational and community policy, programs and initiatives. Through engagement sessions, community champions and stakeholders will be brought together to support this work and inspire community change and healthy public policy.

Boys and Girls Club of Charlottetown

YOUTH Belong Here is an inclusion support program designed to engage youth and youth at-risk in the Charlottetown area through weekly drop-in sessions. Offering a balance of leisure and targeted programming using the Boys and Girls Club's core values, this program will bring together 12-15 year olds for a variety of activities to build essential life and social skills and give participants opportunities to connect to their community. This program will offer a needed safe and supportive environment for this age group.

Heart and Stroke Foundation

Translating knowledge into action: food environments in PEI's recreation settings is a project that builds on previous research of a food service audit in recreation facilities in PEI which provided baseline data of the current food and beverage environments for children, youth and families in recreation settings. The next phase of this project aims to translate the gathered evidence and knowledge into healthy public policy through toolkits, reports, and infographics. Heart and Stroke Foundation will continue to engage facility managers and food service operators, while also fostering new partnerships and identifying new champions to advance the project's goals in building healthy public policy and creating supportive environments.

Holland College

Investigating food security among post-secondary students is a project that will investigate the level of food security among students at Holland College, determine the barriers to healthy eating and identify the existing food environments across all Holland College campuses. The research will provide foundational knowledge to guide initiatives and strategic planning within the college, identify areas of need and action, and guide the development of policy to improve the food environments for post-secondary students at Holland College.

PEI Lung Association

A Toolkit for Educators and Parents is a project that builds on a youth vaping focus group, data will be analyzed and synthesized to inform the development of an online youth vaping toolkit that targets adult influencers. The toolkit will fill current knowledge gaps by enabling adult influencers to easily access evidence-based information and resources to increase their knowledge and awareness about vaping.

The resource will also give influencers a better understanding of the risks associated with vaping and youth attitudes and perceptions about vaping.

Wild Child PEI

Queer and Gender Creative Kids Nature Program is a 2SLGBTQ+ Leadership Nature Program is a social support initiative designed to promote community connection, community leadership, resilience, and psychosocial wellbeing among youth that are part of the 2SLGBTQ+ community and their allies. Taking a holistic approach to promote leadership and wellbeing, the 9-13 year old participants will partake in a variety of activities to build skills that empower them to be leaders and to make healthy choices. While the program focuses on connection to nature and active living, a number of other pillars will also be centering program activities such as mental wellness, art-based self-expression, food skills and literacy, and physical health.

Community Catalyst Grants

24 Strong

An **International Women's Day music video** will focus on the power of coming together through art and dance will be created to empower girls and young women across the Island to support and lift each other up and to celebrate the diverse community of women in PEI. The video will align and be launched on International Women's Day, with focus groups leading up to the event to offer spaces for young girls and women to share their experiences with self-esteem and body image in relation to the media.

Boys and Girls Club of Montague

The Montague Clubhouse will purchase and install a **Sensory Pathway** to the walls and floors of their clubhouse. This pathway is a colourful, creative and playful way for children to develop motor, cognitive and physical literacy skills. Sensory pathways can have positive impacts relating to physical activity, self-regulation, sensory processing and stress management for children.

Brackley Friendship Group

In fostering a healthier and more vibrant community, the Brackley Friendship Group will bring together older adults and seniors in the community to share knowledge, to learn from each other and to strengthen social connectedness for **Stronger Together**. This project will build on feedback from community members for activities and to fill current gaps in the community. The hope is that this project will be a catalyst for sustained relationships, self-organization, and deepened community.

Canadian National Institute for the Blind (CNIB)

Rethink Technology Tech Bar will assist Islanders who are blind or partially sighted to be trained in, educated in and provided with various types of available technology through CNIB. This technology supports community participation and removes barriers for people with vision loss. This grant will support Islanders of all ages who are blind or partially sighted in accessing training sessions by removing transportation barriers.

GCCÉ

Resources and information to increase awareness about Eco-anxiety (anxiety about ecological disasters and threats to the natural environment such as pollution and climate change) will be produced and circulated across Island Francophone communities as part of **L'éco-anxiété fait mal à ma santé mentale**

et physique! Information meetings and kitchen table conversations will be held across the province and youth will be engaged in the development of the resources and community conversations.

Island Trails

Trails West will include community information sessions held in Western PEI to promote increased trail use and to identify existing strengths and opportunities for additional trails. The goal of this project is to create a local trail group for the area and establish a plan and trail map.

Kensington Senior Surfers' Club

Community Inclusion Learning will bring together a group of seniors and community members through lunch and learn informational gatherings to address emotional, physical and spiritual topics. The program intends to reduce social isolation and loneliness through fun and interactive social activities while building relationships in the community. A variety of activities will take place, including sessions for grandparents and grandchildren. A regular exercise program will also be embedded into the learning series.

PEERS Alliance

Did You Know! is a project to increase access to locally relevant health promotion resources for 2SLGBTQIA+ communities and other populations. A number of resources will be created in brochure format to highlight local services and community supports to reduce engagement barriers.

PEI Lung Association

Exploring Youth Vaping will explore the attitudes, knowledge and beliefs of youth in relation to vaping in order to gain a better understanding of youth vaping behaviour in PEI. A focus group will be conducted to generate qualitative data that will then be analyzed based on key emerging themes and shared with community partners. This information will strengthen capacity to engage community in youth-related tobacco reduction initiatives.

Rural Municipality of Breadalbane

The project, **Building capacity to address the determinants of mental wellbeing in rural PEI**, includes community meetings and small group discussions hosted by the community of Breadalbane to identify current strengths that support well-being in rural PEI and the conditions currently cause stress and impact the mental well-being of community members. The emerging themes from focus groups will help to identify solutions to the perceived problems and assets to build on, with community input contributing to a final report.

Rural Municipality of North Shore

The community of North Shore will have two areas of focus for **Community Recreational Needs Research and Imagination Station**: (1) Community engagement and research, and (2) "Imagination Station". The Recreation and Community Engagement Committee will engage community members in research to identify the needs and barriers that currently exist with respect to recreation in order to provide programs that are reflective of the community. A creative drop-in program for children, "Imagination Station", will also be offered at the community centre to encourage unstructured, free play.

Rural Municipality of St. Peter's Bay

The community of St. Peter's Bay will be using their existing community facility to encourage increased physical activity by offering sustainable fitness programs through **St. Peter's Bay Fitness**. The accessible

and low-barrier programs will be inclusive to any community member, with an emphasis on reaching more middle-aged adults.

Tignish Member Relations

Through creating supportive environments for social connection, the **Community Picnic Area** project will add a picnic area to Tignish's existing local Bicentennial Park in an effort to increase the use of the space and to create opportunities for families and community members to come together.

Tignish Recreation

West Prince Nature Explorers will provide Tignish Recreation staff the opportunity to be trained by Wild Child PEI facilitators to start an outdoor group for young children to connect them to nature and increase physical activity.

Town of Borden-Carleton

Building on the Town of Borden-Carleton's Spatial Master Plan, **Reconnecting with Nature: Development of a Trail System through the Noonan Shore** will support the planning and community engagement for the development of a trail system to connect Noonan Beach to the existing Confederation Trail. The trail system will have important implications for the community's vitality and the physical, mental and emotional wellness of the Town's community members. The first phase of this project requires community engagement and consultations with key stakeholder groups.

Town of Stratford

Signage will be designed and installed along the Fullerton's Creek Conservation park's trail system benches to encourage increased movement with **Trails Fit Benches**. The signs will have illustrations and simple descriptions with exercises to increase strength building and movement on the trail.

Wild Child PEI

With growing program numbers and expanded reach of Wild Child PEI, this grant will support **Building Organizational Capacity to Continue Forestry Programming in PEI** through (1) strategic planning and training for the organization's staff through local partnerships and (2) installing storage boxes at program locations to improve organizational efficiency and to alleviate the burden on staff of transporting gear.