



On the Road to

# WELLNESS



**SPRING 2022**

Welcome to the Spring 2022 Eastern Regional Wellness Coalition's *On the Road to Wellness* newsletter. This edition is dedicated in the memory of one of our beloved ERWC Steering Committee members, Clayton Welsh.

Clayton was a volunteer on our steering committee for many years. His work and volunteer experiences have had such an enormous impact on his hometown community of Grand Bank, the Burin Peninsula and within this Province. Throughout the years, he was always willing to jump in and help out with Coalition programs and activities. Even during his illness, he remained committed and passionate to his work. On numerous occasions, he would leave an ERWC event in Clarendville, drive back to Grand Bank, only to attend an evening town council meeting. The very next day he would head out to participate in another community meeting. That was Clayton!

His sense of humour and approachable spirit were next to none! One of our steering committee members said he was quite the story teller and will deeply miss all of his tall tales. We will miss his countless contributions, the wonderful chats and laughs and most importantly the cherished friendship that went beyond any board table or committee agenda. Clayton, your strength, courage and kindness will always be remembered. We will cherish the memories forever.



## Inside this issue:

**2** Virtual Networking Event

**4** Introducing Jack@SPLASH

**6** Riverside Walkers

## Virtual Networking Event

The Eastern Regional Wellness Coalition facilitated a virtual networking event *Seasons Meetings* on December 10<sup>th</sup>, 2021. Twenty-five members participated including various representatives from community groups, ERWC steering committee members, and as well, several Health Promotion staff from Eastern Health.

Since in recent years, many of our face to face plans were cancelled or rescheduled, this was a great opportunity to bring people together to check in and reconnect with members. Such virtual networking events have allowed us to continue hearing about all the great community work happening in the region (even during the pandemic!) and with ERWC while at the same time having some fun! Thank you to all who participated and brought along their Christmas spirit that day!



## Coalition Promotional Items

A *limited* supply of promotional items are available to coalition members to help support a community wellness activity.

For more information or to request an item please contact:  
466-6316 or 466-6302 or email  
[tammy.greening@easternhealth.ca](mailto:tammy.greening@easternhealth.ca).

## The Many Faces of ERWC!

The Coalition has a new Facebook page and all members of the ERWC are invited to join! Why should your group join? Another great way for members to:

- share information about their wellness programs, services, events and resources;
- celebrate community wellness initiatives;
- learn more provincial and regional wellness initiatives

How can my group join? Visit the link below. If you are the administrator of your community group/organization's Facebook, then you can join using this account. If not, you can use your personal Facebook account or make a new profile to join.

<https://www.facebook.com/groups/easternwellnesscoalition/?ref=bookmarks>

# Farm & Market, Clarenville

(submitted by Jessica Higdon-Reid)

The Farm & Market Clarenville (FMIC) has been an ever-evolving, non-profit venture since its fusion in 2017. Growing from a tent on a concrete slab to a 70x50 foot market building with growing beds to this year's addition of a Community Commercial Kitchen. The grounds expansion allows for greater opportunities for our local artists, artisans, bakers, and farmers to reach the local retail market. The kitchen building will be home to two main vendors this season. One with specialized baked goods and locally roasted coffee; the other serving mouthwatering cuisine that keep you coming back for more! The addition of the kitchen building allows the FMIC to offer farm-to-table events and cooking classes expanding in our current programs.



The FMIC is a non-profit social enterprise, governed by a seven-person board of directors. Currently hosting one full-time year-round staff member, one seasonal staff member, and home to two or three summer students. The market relies on the sponsorships and volunteers to operate at its full capacity during the market season. The Farm & Market Clarenville was forged from the roots of a 'carrot' originating from Israel. When the owner of the neighbouring hotel discovered the journey the 'carrot' had taken before arriving in his establishment, he became determined to find a way to bring local produce to the community. His path brought him to a local farmer and from there the vision manufactured into a reality.



Entering our 6th season, we will launch the 2022 Season & Grand Opening of the Community Commercial Kitchen on June 25th at 10am. We have many events planned for the season, including our Early Crop Celebration, Pack the Tractor, Harvest Celebration, Monster Mash, and of course, everyone's favorite "Handmade Christmas", ending our season on December 17th.

Come visit us at 134 TCH, Clarenville, explore the vendor building, then take stroll through the back garden, while enjoying a fresh brewed on-site cup of locally roasted coffee. Come play a picnic table or lawn game in our children's play area. This year the FMIC will be offering guided tours of our gardens, root cellar, and greenhouse, with a vegetable U-Pick during harvest season.

**Open every Saturday, 10 am to 3pm, from end of June to mid-December.  
See you at the Market!**



# Introducing Jack@SPLASH

**What is Jack.org?** Jack.org is a nation-wide, youth-led mental health charitable organization, the only one of its kind! They are empowering young leaders to revolutionize mental health in every province and territory. Jack.org is able to do this through their three programs: Jack Chapters, Jack Talks, and Jack Summits. We, at The SPLASH Centre are a local, community-based Jack Chapter, one of the hundreds of Jack Chapters across Canada.

**How did Jack.org come to be?** Jack Windeler died by suicide at 18 in his first year at Queens University. For whatever reasons, he was unable to reach out for the help he needed. Wanting to ensure that every young person struggling is identified and gets the help they need, Jack's parents, Eric Windeler and Sandra Hanington, started a memorial fund at Kids Help Phone. Out of this fund grew “The Jack Project”, an initiative aimed at doing its part to improve youth mental health across Canada.

**How did Jack@SPLASH start?** It was a ‘passion project’ for several of The SPLASH Centre youth volunteers during the early days of the COVID-19 pandemic. There were some youth mental health community advocates but the difference now is that we are part of a larger, national mental health movement. Having the direction and support of this nation-wide mental health movement leader, has been a real game changer in how we can do our advocacy work. We didn’t know what to expect, and we didn’t know if the introduction of a nation-wide mental health advocacy movement in small town Newfoundland, would work. What was a vague idea of a small side-project has now grown into an elaborate youth-led volunteer initiative.

**What is our aim?** The climate of mental health in rural Newfoundland has been challenging in many ways. There has been improvement over the last few years, but there is much more to be done. We recognize that mental health is still incredibly stigmatized. We also know that “resources aren’t helpful, unless you know about them”. With all of the above in mind, our aim is: to encourage mental well-being, mental health advocacy, & de-stigmatization of mental health & illness for people of all ages in our communities!

## **What are some of our initiatives?**

- Social Justice Book Club: Creating a safe space for peer-learning and discussion about sex work in NL through an intersectional social justice perspective.
- Mini Community Library: Our free, mini community library is home to a diverse assortment of social justice-themed books for people of all ages!
- Mental Health and Social Justice Local Summit: There are so many factors that influence individual mental health (known as ‘intersectionality’). Mental health and social justice are intimately related, and in our summit we learned all about it!
- Heart-to-Heart: A virtual & in-person art wall that normalizes mental health/illness and highlights the usage of art as a therapeutic tool. We are sharing stories of mental health in our communities!
- Change For Change: For this initiative, we created jewellery out of repurposed old pennies. We wanted to change the climate of mental health in our communities by active awareness and discussion, as well as fundraise to support our local mental health resources!

If you want to learn more about what Jack@SPLASH is doing, or you want to volunteer, please email us at [jackatsplash@gmail.com](mailto:jackatsplash@gmail.com)! You can find us on Facebook @ JackatSplash and on Instagram @ jackatsplash!

# Whiteway 50+ Club

(submitted by Albert Legge)



In 2020, our club received a New Horizons for Seniors Grant to set up a Community Garden. Even though we were facing a pandemic, the garden was set up and consisted of 24 raised beds and a greenhouse. The raised beds were made available to Fifty Plus members and other members of the community. In spite of the Covid restrictions, we had a very successful first growing season and everyone was excited with the fresh produce they were able to grow.

In September of 2020, we applied to the Eastern Regional Wellness Coalition for a grant to start a composting program for the community garden. In November of 2021, we received a letter informing us that we were awarded a \$1000.00 grant for our composting program.



From the grant, we built composting bins and supplied all participants with kitchen compost collector bins. In 2021, we received another New Horizons for Seniors Grant to expand our garden. As a result we were able to double the

size of our garden to 48 raised beds and build a storage barn. With the expansion of our garden came expansion of our composting program and to date we have ended up with a total of 36 participants in our ERWC sponsored Composting Program.

We have plans this year to build a larger holding bin for the compost that keeps accumulating in our smaller bins. As a result of this project and our participants, we are able to reduce the amount of household garbage going to the landfill by a considerable amount, and it will benefit our garden by producing organic material to add compost to our garden to help our produce grow.



We have received another New Horizons for Seniors Grant for 2022 and with that grant we will add further expansion to our garden and also to our composting venture. We are very proud to be active members of the Eastern Regional Wellness Coalition and we would like to express our thanks for the funding we received to help set up our very successful Composting Program.

# Riverside Walkers, Extension of the “Riverside Steps to Incredible Health”

(submitted by Don Case)

The Riverside Walkers' program has been busy within the last couple of years despite the Covid 19 restrictions. We are part of a larger program that was started some years ago called “Riverside Steps to Incredible Health”, developed by the Community of Faith, Salmon Cove. Our events included Excursions to the House of Assembly, Golf course, Whiteway, and a visit to Stella’s Circle, St. John’s.

We’ve had a number of guests from Eastern Health explaining the value of healthy eating and exercise. Most of our activities are supported by grants and a lot of encouragement from Eastern Regional Wellness Coalition. Thanks to Tammy and her team for some great advice and information.

We now have a walking and exercise program available on Tuesdays and Thursdays. Our average attendance is about 14 to 18 members. After the walk everyone enjoys sitting with coffee or tea, telling stories and having a good laugh.



## Congratulations to ERWC Grant Recipients!

### November 2021

- Whitbourne Sports & Recreation Committee
- SSVP Carbonear Foodbank
- Town of Holyrood Recreation
- Trinity Festival & Special Events Committee
- St. Jones Within Recreation Committee
- Hatchet Cove Recreation Association
- Sunnyside Recreation Committee
- Regional Action Committee on Housing (Clareville)



### March 2022

- Sunshine Friends
- Lawn Recreation Committee
- Acreman Elementary
- Town of George’s Brook-Milton
- Community Connections Housing Coalition (Placentia)
- Placentia Community Youth Network
- Lawn Recreation

Community Grant Program deadlines—  
February 1 and September 30 annually.  
A group receiving funding can only be  
awarded once in the calendar year.

Further information and application can be  
found on [www.easternwellnesscoalition.com](http://www.easternwellnesscoalition.com)



# Fall Bucket List Challenge with Coalition Charlie

In the fall of 2021, ERWC launched the second **Fall Bucket List Challenge with Coalition Charlie!** This regional activity was a great way to help us stay connected safely and encourage active living. It was initially scheduled to take place October until December, 2021. However, the pandemic caused some delays in finishing up on time. We are happy that everyone that signed up was able to participate and had fun doing so!



Members who signed up were sent a list of registered participants, a blank postcard and Charlie. Once finished, Charlie, along with a filled out postcard, was sent to another group for the next adventure!

All individuals were entered for prizes. Congrats to the three overall winners (randomly selected)! Town of Lawn (Nicole); Makinsons 50 Plus Go Getters (Doreen); Communities Against Violence –Harbour Grace (Stacy). These three winners will be receiving individual prize packages and the groups they represent have been awarded \$100 in funding to be used towards a community wellness activity or project. All participants will be receiving a little promotional resources package as well.

On behalf of the ERWC Steering Committee, we want to thank you again for being part of this challenge and for all the great work you do in your communities to promote wellness.



# Taking Care of you!

## ERWC Bingo Self Care February Challenge

This past February, ERWC encouraged members to focus on what they can be doing as individuals for our own self-care with the ERWC Bingo Challenge. Every week, members who completed the activities listed in one of the lines on the card, entered their names for weekly prize draws. Congrats to the following individuals:

Shelly Farrell- Brighter Futures, Marystown Family Resource Centre  
 Lily Mulrooney- Community Connections Housing Coalition, Placentia  
 Stephanie Griffiths- Ship Harbour Recreation  
 Don Case-Riverside Walkers, Salmon Cove  
 Grand prize winner -Ann Elmore, Fox Harbour 50+Club.

Huge shout out to all the members who participated and shared their activities and pictures!



### DID YOU KNOW?

ERWC has over 271 members, comprised of over 216 community groups and 55 schools. That is a huge number of groups out there working hard to make their communities a healthier place to live! The Coalition enables us to share your community stories and expertise and in doing so, you provide ideas and motivation to others. Consider writing your community group story for upcoming newsletters or share your successes in ERWC Facebook group. You can reach out to by email [tammy.greening@easternhealth.ca](mailto:tammy.greening@easternhealth.ca) or call 466-6316.

ERWC is led by a dedicated and passionate group of members who volunteer their time to oversee this network! This Steering Committee is made up of regional representation from diverse volunteer and/or working backgrounds. They are the people behind the scenes who help and support all ERWC functions including everything from developing and organizing a networking event, reviewing grant applications, contributing to our communication platforms, developing annual plans and representing the coalition at various meetings.

Check out their profiles on this ERWC website link at: <https://easternwellnesscoalition.com/steering-committee>.