

Eastern Regional Wellness Coalition Grant Summaries October 2025

The Association for New Canadians, Clarenville Chapter – “One Community Cricket”

This project aims to increase physical activity and social connection for all people in the Clarenville area who are interested in joining a cricket program. There is a focus on bringing people new to the Clarenville area together with other residents to enjoy cricket and use this opportunity to meet new people, support inclusion and form social connections. The ANC will partner with The Loft (Community Youth Network) who will provide space for the cricket program to take place during the winter months and help promote the program. Funds will be used to purchase several junior, youth and adult cricket sets as well as paying for instructors with Cricket NL.

Carbonear Academy – “Utopia Club Expansion”

Utopia Club is a student lead initiative that provides a safe and inclusive space for students during recess and lunch thus improving mental well-being. The expansion of the club will allow more options for students to avail of during these times which can promote positive mental health. The main partner is the Carbonear Recreation Complex which will provide access to its physical spaces including its pool, track & field and other outdoor equipment and will assist with leading some physical movement activities. The funds will go towards purchasing board games, puzzles, art & craft items and other supplies for the club.

Discovery Collegiate – “Fall Fitness”

This project aims to provide students the opportunity to participate in physical activity outside of organized sports and promote healthy eating. The funds will be used to purchase games/activities that focus on physical movement and are to be accessible to students to use during lunch time and will be available for students and families to use after school hours. The local Lions Club is the main partner, and they have offered to cover the cost of the snacks that exceed this grant. The school will also provide healthy snacks to the students during these activity sessions, which will be supported by the Public Health Nurse.

Freshwater Community Centre – “Oaks & Acorns”

This 30 week community initiative is an intergenerational, skill-building program where seniors teach youth sewing skills, which fosters connection, learning and well-being. In addition to the skill development and reduced isolation for all participants, the project also aims to promote a healthy environment through the making of reusable items during the sessions such as tote bags. The local Community Youth Network is a partner with this initiative and will co-develop, implement and help evaluate the sessions. The funds will be used to purchase beginner sewing kits for the participants.

Holy Name of Mary Academy – “Wellness for All”

Wellness for All is a whole-school initiative designed and delivered by HNMA Peer Helper Group. The initiative aims to focus on three key areas: healthy eating, physical activity and mental health promotion. The project will see various physical activities take place during recess and lunch such as intramural tournaments; monthly nutrition themed days such as a healthy smoothie-making workshop; and promote mental health through creation of a “Wellness Wall” where students can connect with positive messages, mindful & stress-relief activities, etc. Several partners such as the local Public Health Nurse and Burin Peninsula Voices Against Violence will assist with the activities. The Lawn Community Recreation Committee will also support the project by providing equipment for physical activity events. Funds will cover the costs of supplies for the nutrition demonstrations, wellness corner materials, small physical activity equipment and art & promotion supplies.

Point May Recreation – “Re-Start Softball”

This project aims to revitalize the local community softball field. Over the years, the infield has overgrown as well as the warning and track and fair-foul lines, the bases are worn and need replacing. The Town of Point May has partnered to by proving funds to start work on the field by digging up the infield and spreading new sand. The funds from this grant will be used to purchase new bases, a pitcher’s rubber, a slo pitch mat, a youth batting tee and training balls. Once finished, the softball field will be available to all residents of the area to use and in turn will help provide a space where people can engage in physical activity and movement.

Town of Harbour Grace – “Zumba & Yoga for Seniors”

The Town of Harbour Grace in partnership with the local Earhart 50+ Club are wanting to offer options for members of the club as well as residents of the Conception Bay North Area who are interested in trying yoga and Zumba. The main goal is to provide cost-free sessions of yoga and Zumba to promote physical activity and mental wellness. Earheart 50+ Club will help with the promotion of the event as well as the use of the yoga equipment. Funds will be used towards instructor fees for several sessions of yoga and Zumba.