

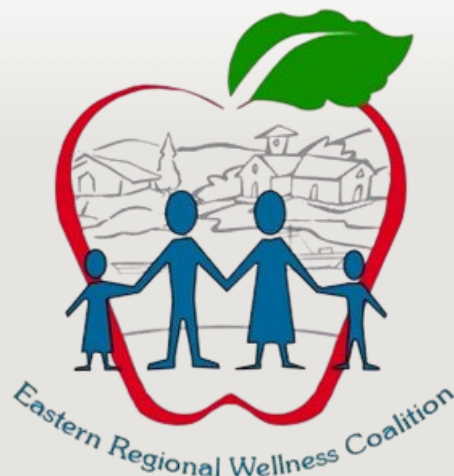
EASTERN REGIONAL WELLNESS COALITION

COMMUNITY WELLNESS GRANTS

Grant writing can be overwhelming. The following are tips to keep in mind when completing our grant application.

1 NARROW DOWN YOUR IDEA

- Never think an idea is too bizarre!
- Run the idea by a few people to see their reactions
- Ask, IS there is a need for this in the community? How do I know?
- Are other groups/agencies already doing this?
- Will I be able to make this idea into reality?
- Is this idea realistic?
- Who will benefit from this idea?



2 WHEN TO APPLY?

- When you have a new project or expanding an existing project
- When your project is eligible for funding
- When you have time, energy and commitment from staff/volunteers and/or partners

3 BEFORE YOU BEGIN

- Be clear about your reasons and focus on the type of support you need
- Know the partnership support available in your community

4 APPLYING FOR A GRANT

- Explore all funding options - there may be other grants better suited to your idea
- Know and follow the grant guidelines or criteria
- Ask questions if needed
- Build community support
- Involve your group in all aspects of the grant from start to finish
- Reach out to the contact for the grant. Email EasternRWC@nlhealthservices.ca and ask to connect about your project idea



What is the purpose of the Eastern Regional Wellness Coalition Community Grants Program?

The purpose of the grant program is to support community involvement and action to promote wellness. This program provides opportunity to foster and strengthen community partnerships.

The grant program will support coalition members with initiatives and/or projects related to the Coalition's wellness focus areas, which are explained below:

- Healthy/Nutritious Eating
- Physical Activity/Literacy
- Tobacco/Nicotine and Vape-Free Living
- Healthy Environments
- Mental Health Promotion
- Injury Prevention
- Child & Youth Development
- Sexual Health & Well-being



What amount of funding is available?

- Successful applicants will receive up to a maximum of \$1000.00
- Priority is given to groups who have not received funding in the last year

You can contact the Coalition's Chair:

Tracey Sharpe-Smith at [709-945-6531](tel:709-945-6531) or email: EasternRWC@nlhealthservices.ca



Conception Harbour Recreation - 2024 Grant "Healthy Eating & Living Opportunities" project

Healthy Living

Healthy living is about people living in healthy ways and making positive choices about personal health practices. Healthy living focuses on prevention. It promotes overall well-being by helping people take action to improve their health. The following are examples of the different types of projects/initiatives that help address a wellness area.

Healthy/Nutritious Eating

Food Skills Programs

These are programs that aim to increase people's knowledge and skills on how to buy, prepare, cook and enjoy nutritious foods that are affordable and influenced by culture. With increase in knowledge and skills, people may feel more confident in their ability to plan, purchase, prepare and cook a nutritious meal.

Examples may include:

- Meal Planning & budgeting - learning how to shop flyers for specials
- Reading food labels - dispel myths around sugar, fat, sodium, etc.
- Food preparation skills - how to use a knife, safe food handling, cooking temperatures, etc.
- Fresh, frozen and canned - learning how to cook with foods that are accessible and nutritious

Community Gardens

Developing new or revitalizing community gardens creates opportunities for people of all ages to develop skills in growing, harvesting and enjoying foods from the garden to their plate. Community gardens can help increase food security and access to nutritious foods, especially in rural areas.



Trinity East Port Rexton, CLB - 2024 Grant
“Community Garden Project”



The Loft Community Youth Network - 2025 Grant
“Nourish and Flourish Cafe”

Physical Activity/Literacy

Physical activity includes exercise as well as other activities which involve bodily movement, for example, playing, working, using active ways to get around your community, household chores, and recreational activities. Physical activity has numerous benefits across the life span. It promotes healthy growth and development in children and youth and is important for healthy aging, improving and maintaining quality of life and independence in older adults.

Physical literacy is the essential building blocks which allows children, youth and older people to develop the knowledge, skills and attitudes they need to take part in physical movement and activities.

There are many ways we can promote physical activity/literacy in our communities such as:

- Municipalities providing safe and accessible space for physical movement to take place e.g.: community centre provides space for indoor walking for seniors
- Family Resource Centre that hold outdoor play groups for young children and their families
- Schools purchasing equipment for students to try new sports such as pickleball and then open up the activity to the larger community
- A 50+ club hosting a series of chair based yoga sessions for its members



Sunnyside 50+ Club - 2025
Grant 'Wellness & Fun' Project

Tobacco/Nicotine and Vape-Free Living

Creating healthier, smoke- and vape-free communities is a shared responsibility. Community groups, organizations, schools, municipalities and other partners can work together to:

- Prevent youth and young adults from starting to use tobacco, vaping and other nicotine products
- Support people who want to quit, are trying to quit, or are working to stay tobacco- and nicotine-free
- Protect people from second-hand smoke and vape aerosol by creating smoke- and vape-free spaces
- Support policies that reduce tobacco and nicotine use
- Share reliable information that helps build healthier attitudes and behaviours



Example of projects/initiatives may include:

- Celebrate National Non-Smoking Week by hosting a youth poster or awareness contest
- Create “Nicotine-Free Space” signs for your organization, or partner with your town or municipality to promote nicotine-free buildings, parks and playgrounds
- Partner with local health professionals, such as Public Health or Mental Health and Addictions staff, to offer education sessions for youth, parents or community members
- Make community events smoke- and vape-free and share that message on signs, announcements, and event materials.
- Promote/provide quit supports and resources in workplaces, community centres, libraries, recreation facilities, and other public spaces.
- Create community displays or activities that address the environmental impact of cigarette butts, vape devices, pods, and other nicotine-product waste. Also, proper disposal of vaping devices which are not easily recycled.

Injury Prevention

Injuries that happen as a result of accidents can often be prevented if safety measures are considered ahead of time. Many of the injuries from car, snowmobile or ATV accidents, poisonings, falls, fire or water-related incidents can be prevented or reduced.

Examples of projects may include:

- Kids Bike Safety - community groups/schools/recreation programs offer information sessions on bike safety including the importance of wearing a helmet and funds help provide free individual helmets and safety gear to participants.
- Fall Prevention - A seniors group purchases walking sticks to support members in thier weekly walking club to help reduce falls and increase participants confidence in thier ability to take part safely.



Bay De Grade 50+ Club -
2025 Grant “Walking
Program”

Child and Youth Development

Infant and early childhood experiences influence health throughout life. It is important to support health and well-being from infancy through the teenage years in areas such as healthy pregnancy and birth, parenting and family support, early childhood learning and care, and community supports.

Examples of projects may include:

- A Family Resource Centre co-located in a school purchases sensory equipment for the young children who comes to the centre and can also be used by primary children of the school that have sensory needs
- A municipality creates a breast-feeding space in its community centre to allow breastfeeding people and their babies to feel safe and comfortable
- A school creates a safe and comfortable decompression space to support youth with their emotional regulation needs (this also crosses over into Mental Health Promotion)



O'Shaughnessy House 2025 Grant -
'Seeds of Hope' Outdoor Therapeutic
space for mothers and their children



Healthy Environments

Healthy environments are about creating and maintaining environments which promote good public health. It involves those aspects of human health that are determined by physical, chemical, biological and social factors that support health and well-being for all. It includes things like building safe environments to promote an active lifestyle, having access to clean water, green space for people to enjoy, recycling & composting.

Examples of projects may include:

- A municipality setting up a community composting station
- A school engaging students to create posters on the importance of recycling and using funds to purchase poster materials as well as recycling bins
- A community group expanding their community garden to be more accessible for people with various physical abilities and include spaces for rest, and socialization and uses funds to purchase benches for the garden



“Kindness Garden” at Battery Park St. Mary’s



Sexual Health & Well-being

Sexual health is a key component of overall health, well-being, and quality of life (SIECCAN, 2019). It includes building healthy relationships, feeling a sense of belonging, safely expressing who you are, and being a part of a welcoming and respectful environment. Creating spaces that encourage connection, respect, inclusion, and meaningful social relationships positively impacts our overall sexual health and well-being. By promoting sexual health and well-being, people feel empowered to take control over their health, protect it, and improve it. Just as we focus on healthy eating and staying active, it's also important to take care of our sexual health!

Learning about sexual health empowers people to make informed choices, build healthy relationships, and feel good about who they are. It's important to recognize that understanding sexual health is not a one-time event that happens only when we are young; rather, it's a lifelong learning journey that evolves as we grow, age, acquire new knowledge, and encounter new experiences. At all stages of life, understanding our sexual health and having access to accurate health information are vital to our overall health and well-being!

Examples of projects may include:

- A Town hosts a PRIDE event including a flag raising with information booths and local supports
- A 50+ club hosts a series of safe and inclusive education sessions on Menopause to help increase knowledge and provide a place for peer support
- A youth centre work with local partners such as Public Health Nurses and Sexual Health Consultants to develop a safe and accessible contraception space



PRIDE flag raising in Clarendville, 2025.
Photo submitted by Natasha Price-
Cullimore
*Founder, Clarendville Pride. ERWC
Summer 2025 Newsletter*



Mental Health Promotion

Mental health promotion is about promoting good mental health and well-being for all individuals and communities. It includes such things as creating supports in our communities, developing positive coping skills, building strong self-esteem and being able to use the resources available to us. Mental health promotion happens every day in our communities through the ways we connect, support one another, and create environments where people feel valued and included.

Communities can support well-being in many ways, including:

- Walking groups and outdoor recreation activities
- Community meals and social gatherings
- Volunteer opportunities
- Community gardens and shared projects

These activities help reduce isolation, build relationships, and strengthen a sense of belonging. Communities can also help people build resilience and healthy coping skills through programs such as:

- Parenting workshops and family programs
- Youth leadership initiatives
- Creative arts programs
- Stress-management or wellness activities

(On The Road to Wellness ERWC Newsletter, Spring 2026. “Stronger together: Community actions that support mental health and prevent substance use harms”. Melissa Cormier, Mental Health Promotion and Addictions Prevention Consultant with NL Health Services.)



Main Street Youth Centre
Grand Bank - 2025 Grant
“Art Lounge” project



Carbonear Academy -
2025 Grant “Utopia Club”
project

Tips for a strong proposal:

- Follow all directions in the guidelines
- Ensure you answer all questions in each section
- Clearly state the purpose of your project. We should clearly know what it is you want to do, why you want to do it and who will benefit from it
- Outline the specific activities of your project
- Clearly demonstrate who your partners will be for the project. Explain how they will be involved, what they are contributing in terms of time, resources, skills, etc. and their commitment to the project
- Make sure to tell us how you will know your project was a success
- Times lines and budgets must be realistic
- Budget must be specific. Tell us exactly what you plan to use the funds for. Ensure the funds meet the criteria for funding that it outlines in the application guidelines
- Ask for help if having difficulty completing the proposal for funding
- Don't leave us to assume anything!

A few final thoughts....

- On occasion, we may ask for more information. This is not to be difficult but it is intended to produce a stronger proposal.
- Understand that granting is a competitive process.
- If your proposal is unsuccessful you will receive a letter outlining the reasons why your project was not funded with recommendations on how to improve your application for future submission and supports such as other funding sources and resources.
- Consider attending proposal writing workshops to help develop skills.

