



Summary of Grant Recipients 2011 Community Development Fund

Project Name: Cedar Canoe

Organization: ArtsExpress, Spryfield

Summary: To increase physical activity, sense of belonging, importance of healthy eating and sense of well-being. Youth from J.L. Ilsley School will build a 17 foot cedar strip canoe, paddles and drums. Participants will acquire skills, experience camaraderie, strengthen social supports, learn about ancient cultures and their spiritual practices and experience nature leading to improved physical and mental personal health

Project Name: BLT Bird Watching

Organization: Beechville Lakeside Timberlea Rails to Trails Association

Summary: To improve fitness, strengthen mental health, increase sense of community and reduce isolation by developing a bird watching group. The project targets local seniors, families, school groups, summer recreation programs, people of all ages and backgrounds.

Project Name: Helping Bay Seniors Live Safely and Well

Organization: St. Margaret's Bay Seniors Association

Summary: To increase participation of St. Margaret's Bay residents, seniors, volunteers and local service providers in providing information, assistance and services to seniors to live safely and well. The project will develop resources and links for seniors to assist them in remaining in their homes. Includes outreach, website maintenance and public information meetings.

Project Name: Kids Basketball Wheelchairs

Organization: Halifax Wheelchair Basketball Association

Summary: To develop the first youth wheelchair basketball team(s) in Nova Scotia. This will increase physical activity, a sense of belonging, and personal well-being through sporting activities. The project targets youth 8-16, both disabled and able-bodied.

Project Name : Healthy Living at Laing House

Organization: Laing House

Summary: To assist with programming for members age 16-30 who have been diagnosed with mental illness. Includes activities such as gardening, wellness, acupuncture, workshops and special outings.

Project Name: Happiness and Health Go Hand in Hand

Organization: Halifax Public Libraries – Keshen Goodman Public Library

Summary: To increase awareness, knowledge and motivation regarding the connection of physical health and happiness/spiritual well-being. Open public programs, including evening and weekend workshops and presentations. Target population is families, youth and adults.

Project Name: Creative Start Open Studio Program

Organization: Veith Street Gallery Studio Association

Summary: To enhance the quality of life of youth living with disabilities by developing awareness of their ability and worth within the community. Participants will experiment with different visual arts materials, and processes; enhance their interpersonal and communication skills; and recognize their creative and artistic abilities.

Project Name: Cowie Hill Seniors Fitness Group

Organization: Cowie Hill Recreation Committee

Summary: To increase physical activity of seniors leading to a healthier outlook and better degree of wellness. To provide various exercise equipment for senior members.

Project Name: Mental Health Training and Programs

Organization: St. Timothy's Anglican Church

Summary: To support community members in their family relationships, in coping with grief, depression and divorce/separation. Provide programming and support groups to help individuals return to healthier relations with those they love, and restore them as engaged citizens in the community.

Project Name: St. Margaret's Bay Toy Library Healthy Eating Campaign

Organization: St. Margaret's Bay Toy Library

Summary: To increase awareness surrounding healthy eating by providing healthy snacks, as well as information sessions for parents and caregivers. Project includes developing a cookbook and implementation of a food and nutrition policy for members.

Project Name: Activities, Events, Health Issues

Organization: Prospect Seniors Network

Summary: To increase enjoyment of later years for seniors including health, exercise, mental and emotional stability by interaction with peers. This would be achieved through day outings, special speakers, indoor and outdoor games, yoga, etc

Project Name: Drumming for Mental Health

Organization: Healthy Minds Co-op

Summary: To increase self-esteem, self-expression, positive experiences, sense of belonging and social interaction for those with mental illness. Target population is 16-30 year olds. Participants will learn a new skill and have opportunity to become part of larger community through performing.

Project Name: Taking Steps Towards Healthy Living

Organization: Prospect Road Community Centre/Hatchett Lake Medical Centre

Summary: To increase physical activity, emotional and physical well-being, interaction with others and relieve stress and tension by developing a community walking club. Target population is all ages.

Project Name: Active Kids, Healthy Lives

Organization: Rockingham Community Centre Summer Camp Programs

Summary: To include physical activity and healthy eating in a daily routine among youth. Project will build on sports programming and physical activity available at the centre by increasing the equipment and sporting gear. Population would be ages 5-15.

Project Name: Self-Harm and Drug Awareness

Organization: Adsum for Women & Children

Summary: To provide proper training for staff to build capacity to provide immediate and appropriate assistance to the clients who utilize the facility who are dealing with drug and self-harming addictions. Direction, support and encouragement can be given to these women in a non-threatening environment on an as needed basis.

Project Name: Year of Aging Well Interactive Calendar

Organization: HRM Preventing Falls Together Coalition

Summary: To develop an interactive informative educational tool for seniors to assist with reducing falls, staying active, and providing information on resources available to help them maintain optimal health and well being. Calendar is distributed free to the 10,000 -15,000 seniors and their families living in HRM.

Project Name: John Umlah Community Garden

Organization: St. Paul's Family Resources Institute

Summary: To maintain an environment where members can continue to enjoy physical activity, socialization, a sense of belonging and opportunities to grow fresh produce. Project aims to build planter boxes which will allow seniors greater ability to continue/start doing their own gardening. These will remove barriers for those with limited mobility.

Project Name: Boys and Girls Social Circle

Organization: Cunard Jr. High School PTA

Summary: To allow youth with social difficulties to spend time with their peers in a positive school social environment leading to improved sense of belonging, building better friendships and gaining positive social cues. Project aims to provide an Xbox Kinects for these youth to access in a warm, safe environment as well as utilizing the peer volunteers they have available at the school.

Project Name: Drug Abuse Resistance Education

Organization: Tantallon Drug Awareness Committee

Summary: To assist youth in grades 5 and 6 how to make healthy decisions and how to say no to tobacco, marijuana, and alcohol. Project teaches youth to recognizing peer pressure, the impact of advertising and the importance of goal setting. Program is taught by police officers and has potential to lead to healthier, more positive, productive lives for youth.