

## **Activity and Community Places - Seven Oaks Healthy Living**

### **Project Target Risk Factors:**

Healthy Eating  
Physical Activity  
Mental Wellbeing

### **Target Population:**

All age groups

**Project Lead:** Sandee Deck

**Community:** Seven Oaks

**RHA:** Winnipeg

**Project Partners:** Seven Oaks School Division, University of Winnipeg, University of Manitoba, Elwick Village Centre, Seven Oaks Healthy Living

### **Project Details:**

A multiple event / ongoing project

### **Description:**

We open the schools in the evening for families to get active and have fun. We also do an outdoor skating program and provide all the skates and helmets. The school division provides the gyms and equipment at no cost. Instructors set up the gym with structured activities and also some free space. These opportunities were promoted in the newspaper in the early days of the project. There has been a university kinesiology education student and community facilitator on site. A dietitian and dietitian student have done healthy eating presentations, helped prepare, promote and provide healthy low-cost snacks at the school gym and skating events. Recipes for the healthy snacks and low-cost meals are shared as well.

### **Time:**

We are in our 8<sup>th</sup> year. We provide one night a week in two schools from 6-8:00pm. Skating is one night a week from 4:00-6:00pm.

### **Objectives:**

We wanted to get families active together. We have a community with high rates of chronic disease and we wanted to provide information and a venue in their area to help them become active. Transportation, cost and location were the main barriers when a survey was done. We have added nutritional information during the evenings. We also wanted them to feel comfortable going into the schools.

### **Planning Supports:**

We talked with schools in the area. We met with community groups in the area and did surveys to look at needs and wants and barriers to participation. We then talked to core groups to see what we could do to encourage participation in activities. We offered some SWAG (t-shirts, pedometers and water bottles) to people that came out on the first few evenings. We encourage them to keep coming back.

**Results:**

The attendance varies depending on the activity - often about 50 participants / evening.

**What worked:**

- Having the location within the community / walking distance;
- Providing child-care at the start of the program - later learned that it worked well to have volunteers help with child-care;
- Providing healthy snacks, and equipment;
- Staff being very welcoming and getting to know the participants.

**What didn't work and any changes made:**

It didn't work when we tried to get a community member to volunteer to lead the program. It works well with a paid staff member and the volunteers helping them out.

**Unexpected Outcomes:**

There are an increased number of participants on the skating rink on all days of the week. With increased community interest being shown we were able to reopen the Elwick Community Centre that had been shut down for 7 years. The community clubs have said that the numbers for free skate have increased. Parents have been taking their kids to the Forks River Trail for skating. Some of the members have joined community badminton groups and have added 2 more nights to their activity.

**Volunteers:**

Varied throughout the years. Currently volunteers are mostly students from the universities and high school.

**Facilities:** School gyms and outdoor rink

**Equipment:** Gym equipment, skates and helmets

**Other:** Hot chocolate

**Total Costs:**

Healthy Together Now funding provided \$5500 for this project (2010/2011); \$3000 was allocated for the activity leaders/instructors, \$1500 for food and supplies, \$500 for incentives (water bottles, t-shirts, pedometers) and \$500 for advertising.

**Materials developed for your program:**

[Poster - Activity and Community Places](#)

[Poster - Community Engagement Session Invitation](#)

**Contact Information:** (the person who is willing to answer questions from other communities)

Community: Seven Oaks

Region: Winnipeg

Contact person: Sandee Deck

Email address: sandee.deck@7oaks.org

An alternate contact or for information on other Healthy Together Now programs in this area please contact Evan Zarecki - ezarecki@wrha.mb.ca