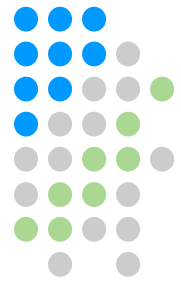




The HTN Hub

Healthy Together Now (HTN)
Prairie Mountain Health- Formerly Assiniboine RHA



Community Spotlight: After School Kids Club in Baldur

The Baldur HTN committee saw a need in their community. A need for after school activities, for kids grades 1-8 to participate in, beyond organized sport.

Looking to address healthy eating, physical activity and perhaps mental well-being the committee came up with the idea to start an after school program. Every Tuesday at 3:30pm, students would first partake in a healthy snack and then get involved in a variety of indoor and outdoor activities.

“We were very surprised with how many kids attended the program each week!” said Nicole Desrochers, Recreation Director for the Prairie Lakes Recreation District. Attendance was and still is much higher than expected. “Every week we are averaging close to 40 kids who seem very excited and pleased to be at the program,” reported Nicole.

Having great community partners and commitment from the school, which allows use of the gym and grounds really helped this project get off the ground. Access to the community handivan has also been

beneficial to transport kids who attended school in Baldur but lived in one of the smaller surrounding communities. “With the program we wanted to offer free transportation for students who lived in Belmont. Parents then have the option of picking up their child in whichever community is closer,” said Nicole. Nicole felt that securing a paid facilitator to be responsible for the weekly programming was a really important step in keeping the program running. In addition, securing assistance from two high school students on a weekly bases, has really worked out well. The high school students are able to use the time towards their high school volunteer credit and it gives the facilitator the support needed to run a program with that many kids.

The committee feels that because the program is free, provides a healthy snack and gives kids the opportunity to be active in a group its benefits have been many. It has provided a fun atmosphere where kids are not only on the move but have also gained a sense of belonging.

Issue 2

December 2012

Health Promotion
Coordinators:

Sherrill-Lee Hyra
Base: Rivers
204-328-7541
shyra@arha.ca

Melody Stewart
Base: Rivers
204-328-6215
mstewart@arha.ca

Christa Veitch
Base: Rivers
204-328-7101
cveitch@arha.ca

Angela Hewett
Base: Killarney
204-523-3224
ahewett@arha.ca

Roslyn Cullen
Base: Killarney
204-523-3246
rcullen@arha.ca

Tara Smith
Base: Hamiota
204-764-4273
ext. 268



Strengthening ACTION in YOUR Community

Strengthening community action is the basis of Healthy Together Now. Change identified and implemented by community is much more successful than a hierarchical imposition of change. Since every community is different there is no step-by-step manual for empowering YOUR community, however there are some tips and tricks that may help you along the way. Consider the acronym **ACTION** when planning your next project.

A: Ask people through casual conversation or surveys what could be done to improve the health of people in the community. Don't forget to listen to what they have to say! If you listen carefully you may pick up on common themes that can be acted on.

C: Communicate your activities through-out your community. Be sure to use a variety of communication strategies specific to the audience you are trying to reach!

T: Trust your community and partners. Open, non-judgmental dialogue between partners is invaluable to the success of a community initiative. Everyone has different strengths and

weaknesses and the combination of strengths will provide success and momentum.

I: Identify and Involve key people in your community. These people may look different in each community but think of the positive “movers and shakers” in your community. Also, think outside of the box for someone who may not already be involved in community activities but when given the chance have many positive skills to contribute.

O: Opportunities. Provide opportunities for all community members to be involved. Everyone has something to offer if they have the opportunity. Encourage participation at each stage along the way from brain-storming and planning to implementing to evaluating. Perhaps the five year old down street will have the next big idea!

N: Negotiate roles. Pitch ideas to partners and community in a “what's in it for me” way so everyone knows and understands what their roles are or could be. It is very helpful if partners know what the benefits are to them and how they can help.

Did you Know??

For children and adolescents aged 4–18, just over 22% of all calories came from foods outside of Canada's Food Guide.



Find additional facts and info at:
Health Canada (www.hc-sc.gc.ca)
 (Home > [Food & Nutrition](#) >
[Nutrition & Healthy Eating](#))

Look for the 2012 report:
[Healthy Eating After School: Integrating healthy eating into after-school physical activity initiatives](#)

Thinking about how to work on reducing tobacco use in your community?

There is a new *community friendly Tobacco Cessation resource that might be just perfect for use in your community.*

Making Quit Happen has a complete facilitators manual, to offer a 4-week group, peer support class for smokers thinking about quitting. Facilitator will offer tools to help smokers quit and to support them on their journey to becoming tobacco free.

If you know an ex-smoker in your community who would be interested in facilitating OR co-facilitating a group with a HPC let us know!

