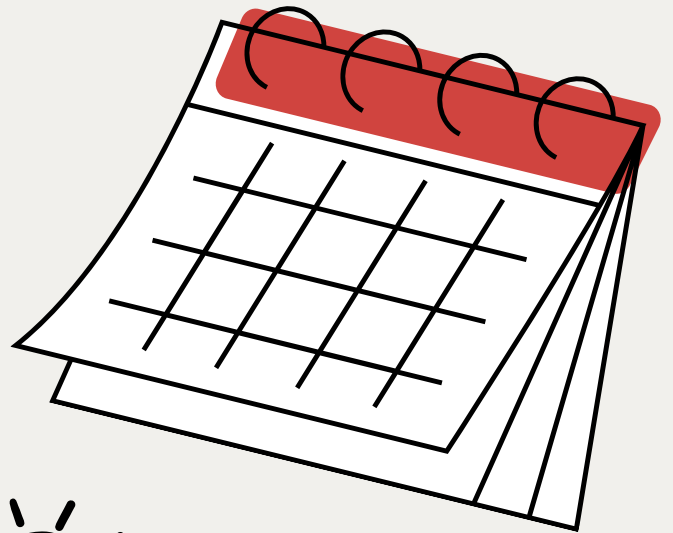


# Labrador Regional Wellness Coalition Newsletter 2023-2024

## Year in Review

The 2023-2024 year is coming to an end, and we are excited to share what we have been doing. The Labrador Regional Wellness Coalition has been keeping busy this year with some awesome community engagement projects and we want to share with you the great news.



## In this Edition

Bicycle Helmet Safety

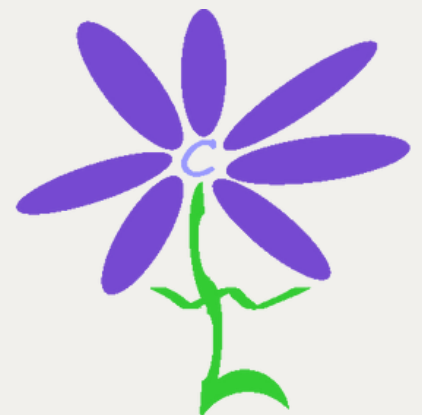
ASIST Training

Colon Cancer Awareness Month

Successful Grant Applicants 2023-2024

Virtual Session - Dr. TA Loeffler

New Grant Deadlines



Labrador Regional  
Wellness Coalition

## HELMET & BICYCLE SAFETY

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At the end of the 2022-2023 with the help of the local Labrador City Canadian Tire, the Labrador Regional Wellness Coalition was able to purchase a total of 133 helmets ranging in sizes from infant to adult for distribution to communities in our region. Throughout this year with the assistance of community members and groups who graciously agreed to help us we were able to distribute the helmets to individuals in our communities along with some information and promotional items. We would like to extend a BIG thank-you to everyone for their help as it would not have been possible without them.



## APPLIED SUICIDE INTERVENTION SKILLS TRAINING

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On June 28th and 29th the Labrador Regional Wellness Coalition sponsored 9 individuals to complete the 2-day ASIST interactive workshop at the Labrador Health Centre in Goose Bay. Individuals who completed this training were taught skills that can be helpful in recognizing when someone is having thoughts of suicide and how to help. The coalition would like to extend thank-you to everyone who helped organize this and to the instructors for taking the time to offer this valuable training opportunity. We would also like to thank individuals for their interest in this training and we are currently exploring the possibility of offering additional training opportunities in the future. The LRWC will provide additional information as this moves forward.

# March is Colon Cancer Awareness Month

## About Colon Cancer

- Colon cancer is also known as colorectal or bowel cancer. It is cancer of the wall of the colon or rectum.
- The colon is also called the large intestine or large bowel; it is approximately five to six feet long. The rectum is the last few inches of the colon.
- Colon cancer generally develops from tiny growths called polyps inside the colon or rectum.
- Polyps start out as small harmless growths on the inner wall of the colon. However, as polyps grow larger some may turn into cancer.

## Who should have colon screening?

The Colon Cancer Screening Program recommends that all people aged 50 to 74 who are considered at average (normal) risk for colon cancer be screened with a home screening test called the Fecal Immunochemical Test (FIT).

This includes people who:

- have no personal or family history of colon cancer;
- have not had a colonoscopy (the light put up) in the last five years; or are currently scheduled for one; and
- have no personal history of inflammatory colitis or Crohn's disease.

People with a family history of colon cancer might have a higher chance of getting colon cancer. These people and their families who believe they are at a higher risk should speak with their family doctor or other health-care provider about the best test option for them.

**NEWFOUNDLAND  
& LABRADOR**

HAS THE HIGHEST RATES OF COLON CANCER IN CANADA. Colon screening is essential to detect problems early, before cancer develops.

**CALL FOR YOUR EASY  
AT-HOME SCREENING KIT:**

1-855-614-0144 or 709-752-6713  
EMAIL: [nlccsp@easternhealth.ca](mailto:nlccsp@easternhealth.ca)

**CANCERcare**  
A PROGRAM OF EASTERN HEALTH

**For more information on  
screening programs**

E-mail:  
[tracey.winters@lghealth.ca](mailto:tracey.winters@lghealth.ca)  
or  
call 709-897-3116

## 2023-2024 GRANTS

This year the Labrador Regional Wellness Coalition has received a variety of great grant applications. Below is a list of projects that have received funding for the 2023-2024 year:

Harm Reduction Self-care Circles- Mokami  
Status of Women Council

Je bouge avec mon minou- L'association  
Francophone du Labrador

Safety for Seniors'- Sivunivut Inuit Community  
Corporation Inc.

Ride to Learn Better- École Boréale

MMC Athletic Luncheon- Mealy Mountain  
Collegiate

Iron City Duathlon Biking & Running Event-  
Menihek Nordic Ski Club

Rainbow Hike/Run/ Trivia event- Birch Brook

Mental Wellness Week - Menihek High School

Pancake Breakfast - Housing and Homeless  
Coalition

Sivunivut community project - Sivunivut Inuit  
Community Corporation Inc.

SEL Care Kits - AP Low Primary School

Intramurals & Physical Education Programming -  
Queen of Peace Middle School

B.L. Morrison School Playground Upgrades - B.L.  
Morrison School



## TA LOEFFLER VIRTUAL EVENT

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This year the Labrador Regional Wellness Coalition partnered with the Northern Regional Wellness Coalition to bring individuals and groups together for a virtual session held on March 22nd, by Dr. TA Loeffler titled Getting All on the Same Rope - Climbing Together Towards Healthier Communities. In this session TA talked about the life and community lessons learned from training for, reaching, and climbing the world's highest mountains and how this can connect to engaging with the communities that we live in. With a focus on community engagement during the session attendees were asked to share their thoughts creating the word cloud featured here.

The session was well received by those who attended and the coalitions hope to work together to provide similar sessions in the future.

Partnerships  
Building  
Trying Vision Together  
Inclusion  
Support Accessible stakeholders



## CALL FOR INTEREST

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We want to hear from you about things that you would like to see in your community. If there is a training opportunity that you would like to see or if there is an activity that might be beneficial, we would be happy to explore these possibilities. If you have any suggestions on these topics or others please feel free to send them along to [info@lrwc.ca](mailto:info@lrwc.ca)

## NEW GRANT APPLICATION DEADLINE DATES

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The Labrador Regional Wellness Coalition has recently made some changes to the grant application process, and we want to make our members aware of a slight change in the call dates. Our next grant call application deadline is **June 1st, 2024**. Going forward yearly grant application deadlines for each fiscal year will be **June 1st, September 1st, December 1st** and **March 1st**. The LRWC recommends applying early to ensure that your application can be reviewed and if successful funds can be received before the start of you project. We look forward to seeing your applications in the future.