

Labrador Regional Wellness Coalition

Workshop and AGM 2016



The days leading up to our annual gathering are always interesting! The weather always likes to throw us a few curveballs, and so it did again. We had people unable to come and those who were a little late, as well as those who had to leave early. Hotel rooms were booked and then rebooked and we still ended up with a bit of a mess. Coordinating travel is always complicated, but throw in mother nature and you have got a whole new level of complicated. This year our focus was on continuing our work from the Collective Impact workshop we hosted last year. I believe our presenters did a wonderful showcase of what has been happening in our region. It's always good to know that some good has come out of what we work towards as a Wellness Coalition. For example, the Youth Support Collective, the Circle of Support and Accountability program, and Trauma Prevention and Reduction initiatives are all projects/programs that our Wellness members are a part of and help to grow. These programs have begun in Goose Bay, though the people who participate in them are from all over Labrador and I know some things are being planned to be shared regionally.

We had to, as others in the province have had to do, scale back our annual gathering and watch what we spent because of funding cuts. We definitely did not want to take any of our funding from the Community Grants program, so we left those funds alone. That meant that we had to cut our spending on our AGM and workshop. Our Steering Committee and our members are wonderful, they were very willing to help and provided encouragement. We were still able to provide a wonderful lunch to participants and hosted a great workshop at a new venue. We have to give a huge thumbs up, pat on the back and extreme thanks to Mona Gregory who cooked our soup, buns, and desserts. Without her, I don't know what we would have done. Through all the ups and downs and the complication we still had a very successful event and feel reassured that wellness will continue to gain momentum throughout the next year.

Janice White, Co-Chair

As already mentioned, the LRWC has reduced funding from the province, as all Wellness Coalitions have. Our Steering Committee had to make decisions of where our funds would be spent this year and in the coming years. We have a plan! One of those plans is to host a Bi-Annual Workshop instead of a face-to-face AGM. We did not want to lose our momentum or our educational opportunities, so we asked the participants to brainstorm what we can do in the 'off-year'. Here is what they came up with:

BRAINSTORM FOR ANNUAL EVENT

(IN PLACE OF A FACE-TO-FACE AGM)

Celebrating successes; support community to host events (promo items to link)

Learning events; Lab Institute (webcasts, powerpoints, webinar, offer to others for updates)

Dropbox or jump drives of information

Networking days in each community; target lower represented communities

Get on agendas of other regional meetings (NG NDSD Team Leaders, Rec NL, Combined Councils, VPL)

Lunch and learns

IMPROVING COMMUNICATION

Jingle

Key messages/branding

Twitter – grant hashtags, #LRWCgrants, contest to members

Social media – pan Labrador groups

Video on webpage – moovly videos

Live streaming

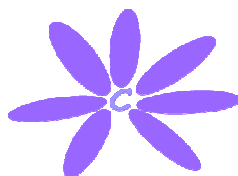
Photo collage

Instagram – take over by grant recipients on day of their events

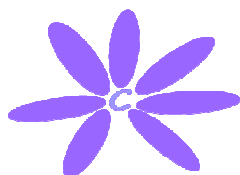
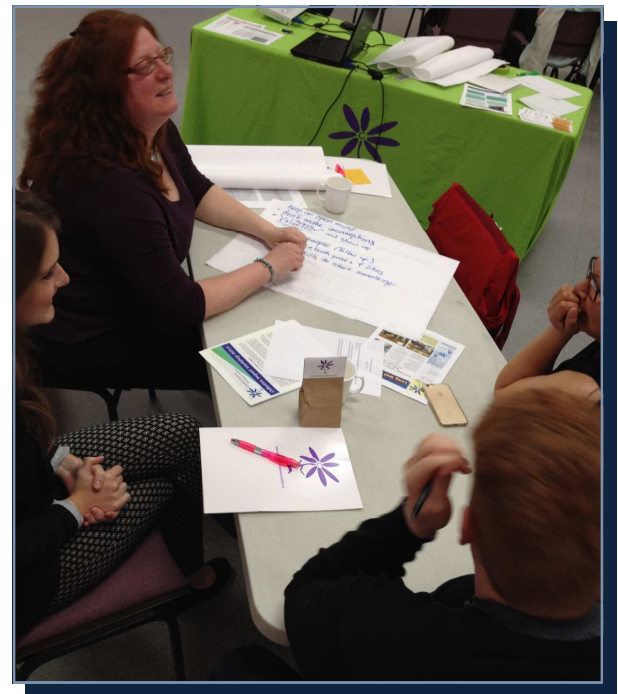
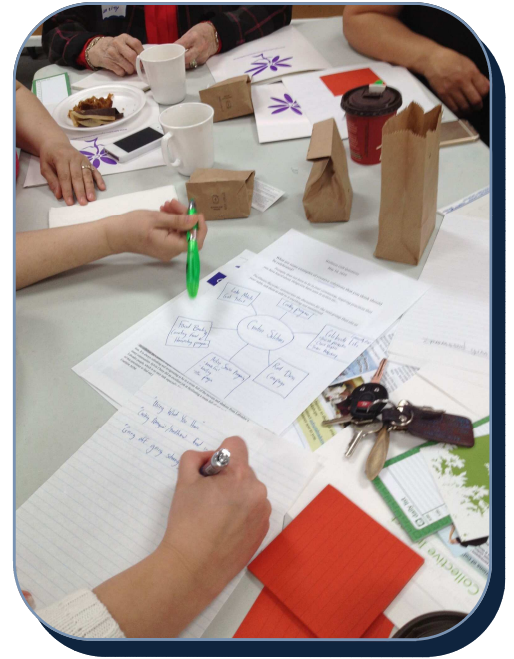
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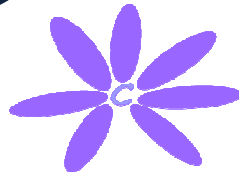
Community radio

Packages of resources, jump drives; seniors groups, church groups



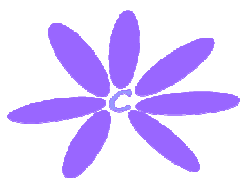
WORLD CAFÉ: GROUP WORK





All information gathered in the “World Café” groups are available from janice.white@lghealth.ca or on our website www.labradorregionalwellnesscoalition.ca

There was so much information, it was just too much to put into one newsletter. Thanks so much to all participants!



LRWC ELECTIONS

Steering Committee:

- * Co-chair—Janice White
- * Co-Chair—Dee Dee Voisey
- * Secretary –Ashley McPherson
- * Grants Co-chairs—Lynn Blackwood & Mona Gregory
- * Communication Chair—Lisa Densmore
- * Community Members at Large:
 - Kim Andersen, Makkovik
 - Danyelle Lavers, Lab West
 - Peggy Andersen, Nain
 - Grant Gear, Postville
 - Kelly Ann Blake, Rigolet
 - Travis Ford, Goose Bay
 - Jennifer Lister-Brown, Natuashish
 - Wendy Greenleaves, Cartwright
 - Helen Rich, Sheshatshiu

Grants Team:

- ♦ Co-chairs: Lynn and Mona,
- ♦ Sondra Spearing
- ♦ Janelle Budgell
- ♦ Kelly Goudie
- ♦ Dee Dee Voisey
- ♦ Lorraine Allen

Communications Team:

- ♦ Chair—Lisa
- ♦ Janice White
- ♦ Helen Rich
- ♦ Denise Cole
- ♦ Ashley McPherson
- ♦ Marty Climenhage
- ♦ Janelle Budgell (adhoc for newsletter)