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# Labrador Regional Wellness Coalition

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## A LOOK BACK AT 2024 & WHAT'S TO COME IN 2025

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### In this edition

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1. New Logo Design
  2. Seed Sprouting
  3. Week of Wellbeing
  4. Grant Application  
Deadlines
  5. Successful Grants
  6. Discretionary Funds
  7. Our Virtual Event
  8. March Wellness  
Challenge
  9. Resources and  
Information Sharing
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### Logo Design

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The Labrador Regional Wellness Coalition Steering Committee has been exploring options for a new coalition logo over the last few months and we would like to take this opportunity to officially introduce our new logo to you. Over the next few weeks, we will be working to update our applications and forms to include our new logo for our members to begin using. Over the coming months, we will also be making updates to our website to incorporate the logo and new information and stories from our members.





## Seed Sprouting

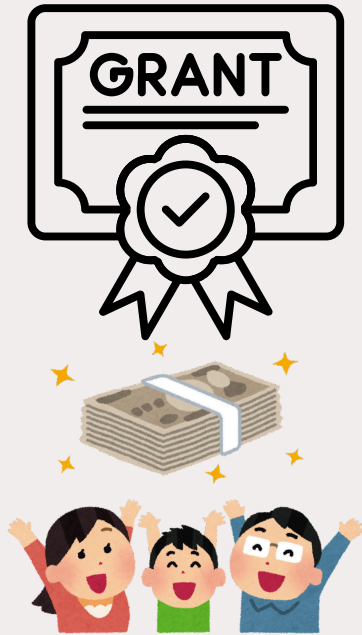
Last summer the Labrador Regional Wellness Coalition with help from Food First NL's Labrador Regional Food Animator held a seed sprouting education session to help individuals learn how to sprout their own seeds using the jar method. Participants registered for this session were provided seeds and supplies as well as additional seeds to help them continue to develop these skills and sprout for the future. The session, which we are very thankful to our facilitator for providing demonstrated valuable information about the process for seed sprouting and the feedback from the session was very positive. In just three days we had a participant report that their seeds had begun sprouting. Once sprouted, seeds can be used to top things like salads, sandwiches, and burgers or they can also be added to smoothies for some additional nutritional value. This is a great way to add some extra nutrition into your day with a variety of options available for sprouting.



## Week of Well-Being

Well-being Week is a time to learn, engage, support and take action around the many factors that impact our health and quality of life. For the past two years our Province's six Regional Wellness Coalitions have come together to develop a yearly newsletter for this week highlighting coalition stories from around the province. If you are interested in reading more about

what others have been doing to help spark ideas for your own events or projects the Well-Being newsletter can be found by clicking [here](#) and additional information about Well-Being NL can also be found [here](#) on their website. Collaborating with other coalitions on projects like this is a great opportunity to share news stories right across our province.



NEXT GRANT  
APPLICATION  
DEADLINE

**1st  
MARCH**

FINAL  
CALL FOR  
2024-25  
FISCAL  
YEAR

## Grant Deadlines

Grant applications can be submitted on a quarterly basis with application deadlines being June 1st, September 1st, December 1st and March 1st. Grant applications can be found on the Community Grant section of our website and additional support is also available by contacting [info@lrwc.ca](mailto:info@lrwc.ca).

## Successful Grant Recipients 2024

1. Safe Alliance - HVGB
2. Community Youth Network-HVGB
3. Nain Transition House
4. Kinetite Club of Goose – Happy Valley
5. MUNMed Sexual Health Interest Group- Labrador Project
6. Valley Danceworks Inc.- HVGB
7. Labrador North Chamber of Commerce-HVGB
8. St. Lewis Recreation
9. Gateway Labrador Inc- Labrador City
10. Housing & Homeless Coalition - HVGB

## Discretionary Fund Update

For groups that are looking to do a smaller project or looking for a little extra money to support a wellness event, the coalition does have a discretionary fund available. Recently at one of our meetings the LRWC steering committee had discussed the fund and have realized that with the rising cost of items the current \$100.00 cap may not allow good use of this fund. The coalition has decided to increase the cap to \$200.00 to be able to better support some of the initiatives happening in our communities. The coalition will continue to reevaluate this fund as we move forward with our work and make adjustments as needed to the amounts available so that we can support our communities where possible.





## Join Our Virtual Event

This year the Labrador Regional Wellness Coalition is partnering again with the Northern Regional Wellness Coalition to bring our members together for this virtual event. Information to register can be found below and we hope that you are able to join us.



***“Learning more about optimal health”***

***A Virtual Event On***

***February 26th, 2025***

***Starting at 1:15 NST***



**Alzheimer Society NL - Dementia-Friendly Education  
@ 1:00 AST/1:30 NST**

There are currently over 10,000 people living with dementia in our province. By 2050, we can expect this number to increase to 73%. The Alzheimer Society of Newfoundland and Labrador is a health charity dedicated to supporting people living the dementia journey. Our mission is to raise public awareness and reduce the stigma associated with dementia.



**Planned Parenthood - Inclusion @ 2:00 AST/2:30 NST**

Explore our associations with diversity, inclusion, and equity and how they play out in real-world contexts. Topics covered include unconscious bias, strategies for unlearning bias, debunking common myths surrounding the 2SGLBTQIA+ community, tackling apathy and fragility, and the importance of accountability.



**Labrador-Grenfell Zone - Family Care Team  
@ 3:00 AST/3:30 NST**

The Province of NL has invested in Family Care Teams (FCT). Family Care Teams offer seamless access to multiple health care professionals that focus on meeting the health and social needs of individuals and families. Join us to learn more about FCT's in your area and how you can avail of their services because every person and community is unique, and health care isn't a one size fits all.

**For more information or to register please contact:**

**Danica Genge - [danica.genge@nlhealthservices.ca](mailto:danica.genge@nlhealthservices.ca)**

**Karla Loder - [karla.loder@nlhealthservices.ca](mailto:karla.loder@nlhealthservices.ca)**

# March Wellness Challenge

# 2025

# March

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        | 1        |
| 2      | 3      | 4       | 5         | 6        | 7      | 8        |
| 9      | 10     | 11      | 12        | 13       | 14     | 15       |
| 16     | 17     | 18      | 19        | 20       | 21     | 22       |
| 23     | 24     | 25      | 26        | 27       | 28     | 29       |
| 30     | 31     |         |           |          |        |          |

## Activity List

1. Do something to relax
2. Have a healthy snack
3. Increase your movement
4. Read a book
5. Visit with a friend
6. Enjoy the sunshine
7. Cook your favorite meal
8. Have water to drink with your meal
9. Skip dessert for the day
10. Get a good night sleep
11. Learn something new
12. Enjoy your favorite hobby
13. Eat veggies for a snack or meal
14. Do something kind for someone
15. Reduce your screen time
16. Have a fruit for your snack

## Enter to win!

**Complete any 10 of the activities listed during the month of March for a chance to win 1 of 5 wellness giveaways.**


Winters can be long and sometimes we need a little reminder to do something nice for ourselves and others. The LRWC is launching its March Wellness Challenge to help increase your fun this winter. Submit your name, contact information and a list of the 10 activities that you have completed to [danica.genge@nlhealthservices.ca](mailto:danica.genge@nlhealthservices.ca) by April 4th, 2025. Winners will be contacted via email and prize delivery will be arranged.

# Resources and Information Sharing

## The Latest Latch


The Latest Latch is a quarterly newsletter designed to provide updates, insights, and best practices related to the Baby Friendly Initiative (BFI) in the Labrador-Grenfell Zone of Newfoundland and Labrador Health Services. While breastfeeding is an important component, our newsletter also explores the broader scope of BFI, including the 10 Steps to Successful Breastfeeding and their role in fostering a supportive environment for infant and maternal health. The Latest Latch aims to celebrate progress, share knowledge, and reinforce our commitment to promoting, protecting, and supporting breastfeeding across our region.

## Safe Works Access Program



**Safe Works Access Program (SWAP)**

SWAP is a health promotion and education service that supports harm reduction by offering free drug using supplies and equipment.




- ✓ **FREE**
- ✓ **SAFE**
- ✓ **CONFIDENTIAL**

Resources available include:

- Sex supplies
- Injection supplies
- Snorting supplies
- Inhalation supplies
- Sharps containers
- Drug testing strips (specifically for Fentanyl and Benzodiazepines)

Support and referrals to other services is also available.

**To connect with SWAP, call:**  
**(709) 897-2125**

#harmreductionsaveslives  Labrador-Grenfell Health Zone is proud to partner with the Safe Works Access Program (SWAP)