



Reciprocity Health Fund 2023 Grant Recipients

Canadian Mental Health Association (CMHA) Southwest Nova - \$39,000

Circle of Friends offers a safe, respectful and supportive space where people living with mental illness and those who provide care can gather without judgement. To be offered in Yarmouth initially, the eight-week program will be facilitated by those trained in providing mental health programming and peer support. With funding for three years, plans include expanding the program into Yarmouth County and offering training to those interested in becoming a peer supporter.

Rotary Club of Yarmouth - \$12,700

The Rotary's Meals on Wheels program delivers hot meals daily to seniors and those at risk of poor nutrition, regularly providing over 650 meals each month. Each nutritious meal, prepared at the kitchen of the Yarmouth Regional Hospital and delivered by volunteers, often provides enough food for two meals. Recipients are referred to the program by social services, Victorian Order of Nurses (VON) and other healthcare professionals, for either short or long-term support in helping provide food stability and accessibility.

Tri-County LiveWell Community Wellness Initiative - \$70,000

The LiveWell Community Wellness Initiative is a community-based physical activity program designed to ensure those with compromised health can comfortably participate. An evidence-based initiative developed by the YMCA of Nova Scotia in partnership with Nova Scotia Health, Dalhousie and Acadia universities, LiveWell is focused on supporting adults living with chronic health conditions live better through physical activity and knowledge in improving their physical, social and mental wellbeing.

Laing House Yarmouth - \$10,000

Laing House offers accessible mental health supports for youth aged 16-29 who have lived mental health experience. Recognizing that food security is a gap for members, Food for Mental Health provides food-based programming, take home meal kits and workshops that cover food prep, budgeting and more. The program brings together young people to prepare and share

meals in promoting a sense of belonging, mental wellbeing and engagement. Having access to good food is key to a sustainable, healthy lifestyle, including mental health and recovery.

Yarmouth Wesleyan Church - \$10,000

We've Got Your BackPacks is helping offset food insecurity for families in need in the Yarmouth area by providing children and youth, aged 5-18, at selected schools with a backpack of healthy food. From the start of the school year in September 2023 to the end of January 2024, over 900 backpacks of nutritious food, including fresh fruit and vegetables, have gone to students at six schools in Yarmouth and the county. We've Got Your BackPacks is helping these children and youth – and their families - be at their healthiest.

Victorian Order of Nurses (VON) Tri-County - \$53,000

Through its Foot Care Clinics, VON provides much needed in-clinic and in-home foot care services to Yarmouth area clients and in-home services to those in Shelburne. These clinics are part of VON's wrap-around services for elderly and immune-compromised or ill clients who are often subject to poor circulation in their feet and more susceptible to injury and infection. VON also provides essential transportation services to those seeking access to nursing care at its Tri-County Clinic.