



## Reciprocity Health Fund Grant Recipients 2024

### **AOK (Acts of Kindness) Society - \$25,000**

#### **Project: Pantry Project**

AOK (Acts of Kindness) exists to provide and coordinate the supply of meals, food and other basic necessities to the homeless, lonely and needy people of the Yarmouth area. They want to build more community free pantries to expand their reach to impact more people in more communities. They also run a hot meal program with costs incurred for supplies, kitchen rental, and delivery.

### **Autism NS – South West Chapter - \$20,000**

#### **Project: Program Facilitator Project**

The South West Chapter of Autism Nova Scotia is expanding its outreach and services to better support autistic individuals and their families in rural areas. By hiring a part-time Program Facilitator, the organization aims to address growing demands and accessibility challenges by enhancing program delivery and community support, ultimately fostering a more inclusive and supportive environment.

### **Beacon United Church - \$20,880**

#### **Project: Beacon United Church Community Garden Replacement Fencing Project**

The Community Garden is replacing an aging fence with a new, taller, and more secure one to continue providing 176 garden plots to citizens of Yarmouth town and county. This upgrade will protect the garden from animals and enhance its role in promoting physical and mental well-being, social interaction, food security, and education for over 100 individuals and families from diverse backgrounds, while also supporting youth employment and community engagement.

### **Bear River First Nation - \$13,320**

#### **Project: Community Sports and Recreation Initiative**

The Bear River First Nation Health Center's program enhances community well-being by providing financial support for recreational and sports activities, addressing barriers related to income and social status. This initiative promotes physical activity, supports healthy behaviours, and fosters social connections, while encouraging role modeling of positive habits across generations and alleviating financial stress associated with participation.

### **Brain Injury Assoc of NS - \$1,125**

#### **Project: Concussion Café**

The Concussion Cafe is a peer support program, which has successfully operated in HRM and Yarmouth, and aims to expand to Digby and Shelburne. This expansion will offer both virtual and in-person meetings, providing vital support, training for volunteers, and safe spaces for those navigating the complex recovery process.

### **Shelburne County Youth Health and Support Assoc - \$40,000**

#### **Project: Barrington Care and Recovery Centre**

The Barrington Community Care and Recovery Centre has quickly become a cornerstone of support for our community, addressing physical, mental, and social needs through diverse programs and partnerships. Originally established for fire relief, the Centre now operates under the Shelburne County Youth Health and Support Association. By focusing on key factors like access to resources, community support, and inclusive services, the Centre aims to enhance overall well-being and foster long-term resilience for community members of all ages.

**Tri-County Restorative Justice - \$15,000****Project: Youth Wellbeing Health and Recreation Communications Coordinator**

The Youth Wellbeing Network, led by TCRJ and Public Health Services, is undertaking work to improve youth support through enhanced communication and collaboration among community stakeholders. By mapping resources and creating updated guides and digital tools, this project aims to streamline access to services across eight key well-being areas. Engaging youth in this process ensures their perspectives are included, strengthening community connections and resilience.

**Tri-County Women's Centre - \$25,080 (Renewable for 3 years)****Project: TCWC Wellness Clinic**

With resources to fund a Nurse Practitioner and cover essential medical supplies and administrative costs, the clinic will enhance its capacity to provide critical women's and 2SLGBTQ+ health services. This support ensures sustained access to care for those without a primary care provider, enabling us to continue offering a safe, inclusive environment and maintaining our commitment to accessible, high-quality healthcare for our community.

**VON Tri-County - \$68,420 (Renewable for 3 years)****Project: Clinic, Supplies, and Transportation**

The Clinic, Supplies, and Client Driver program at VON's Yarmouth Clinic enhances healthcare access for individuals across the Tri-County area, including Yarmouth, Shelburne, and Digby. By providing essential transportation and delivering supplies, this program improves healthcare efficiency and outcomes for elderly, disabled, and economically disadvantaged clients who are homebound or face barriers to traditional healthcare settings. This initiative ensures equitable, timely access to critical health services and fosters community connections, supporting a broader regional network of care.

**Yarmouth Community Health and Wellness Classes - \$3,000****Project: Healthy Body Healthy Mind**

Supporting Yarmouth seniors, this initiative aims to enhance senior wellness by providing a low-cost, inclusive fitness and mental health program. It offers educational resources, support, and practical sessions to improve physical mobility and mental well-being for participants from diverse backgrounds

**Yarmouth Life Skills - \$28,000****Project: Healthy You: A focus on wellbeing for persons with intellectual disabilities**

"A Healthy You" is a program offering low-cost or free access to physical activities, mental health support, healthy food, spiritual practices, and social integration opportunities, the program addresses significant barriers related to disability, economic strain, and social isolation. This approach helps mitigate the impacts of socioeconomic conditions on health and well-being, thereby promoting greater inclusivity and improving quality of life for individuals in the Tri-Counties.

**YMCA of Greater Halifax/Dartmouth - \$35,000****Project: for Tri-County YMCA LiveWell Project**

YMCA LiveWell is a community-based exercise program designed to enhance the physical and mental health of Nova Scotians with chronic conditions and seniors. By offering personalized, evidence-based wellness activities and fostering supportive social connections, LiveWell aims to improve health outcomes, reduce disparities, and promote long-term behavior change across the Tri-Counties.