

TO: Board of Health

FROM: Dr. Lynn Noseworthy

SUBJECT: MOH Update

DATE: May 19, 2016

A. Warkworth Community Lunch

The Warkworth Community Lunch is a community-based collaboration initiated through United Way Northumberland: Action for Community Change project. The goal of the Action for Community Change Project was to go out into the community to identify issues that are most important to its residents. Issues were identified in Warkworth and this community was selected for further study.

Representatives from the Town of Warkworth, including individuals, organizations and stakeholders, with an interest in community building set out to identify specific issues. Barriers to food security such as no local grocery store coupled with transportation issues, social isolation and lack of knowledge related to community services were identified.

After much discussion a decision was made to trial a monthly community lunch. This provided a venue for sharing information from community agencies, and offered a social opportunity while providing a nutritious meal in an inviting atmosphere.

Partners and support:

- 1) United Way; Action for Community Change
- 2) HKPR District Health Unit
- 3) Abundance Project
- 4) Community Care; Transportation Initiative
- 5) St. Paul's United Church
- 6) Salvation Army Good Food Box Program
- 7) Food4All Northumberland
- 8) YMCA Northumberland
- 9) Northumberland County Social Services; Outreach
- 10) The Help Centre; Northumberland Legal Centre
- 11) Many community volunteers who have become instrumental in the success of this lunch

Funding from the United Way through the Abundance Project along with use of Food4All Northumberland has enabled access to healthier foods including some local options. Community volunteers, who benefit from the food skills developed along with the Health Unit's Public Health Food Worker, are part of a team that prepares soups, salads, and main dishes made with healthier ingredients such as pulses and a variety of vegetables. With the diversity of diners, vegetarian and vegan dishes; lactose free and gluten free selections are on the table. For those unable to attend, meals are prepared for delivery by volunteers. People of all ages, abilities and income levels come together to share a meal while rekindling old friendships and creating new ones. Being part of a community promotes good health and gives folks a sense of belonging.

Some of the community agencies presenting information include:

The Help Centre Northumberland; Northumberland Legal Centre: help the unemployed and disadvantaged residents of Northumberland County through

programs that provide assistance for the real world problems of low-income people

Community Care Northumberland: shares information on its programs such as the Friendly Visitor Program and the Meals on Wheels Program

Habitat for Humanity: talks about its 0% interest home repair/renovation "renew it" loan for low income people

Northumberland Transportation Initiative: shares information on routes, fares and contact information for people in need of transportation who are living in rural communities

Trent Hills Library, Warkworth Branch: shares library program information, and provides access to use of a computer, scanner, printer for communication as well as for children/youth who need the service for projects etc.

Respectfully submitted,

Original signed by Dr. Noseworthy

A. Lynn Noseworthy
Medical Officer of Health