

# VISION

Gaspé Percé

Volume 1

May 2013

Vision is a non-profit organization founded in 2004. It continues to work with and on behalf of the English-speaking community.

The Roadmap for Canada's Linguistic Duality 2008-2013 funding has allowed Vision to represent the interests of the English-speaking community and improve access to health and social services. Our strategic partner is the Gaspé CSSS.

Vision's public and community partners provide support and sustainability for our activities.

### Vision's Staff

Cheryl Henry Leggo - Executive Director  
Jessica Synnott - Project Coordinator – seniors/families  
Melissa Ste-Croix - Youth Liaison  
Florence Agnesi - Finance Manager.

### Committee Representation

Vision will continue our representation on several committees:

- Agence – Public Health Agency
- CSSS de La-Côte-de-Gaspé Board of Directors
- Ville de Gaspé – municipal committees
- Ville de Percé – municipal committees
- Eastern Shores School Board – Community Learning Centre Regional Partnership Table
- Residents Committee at the Centre d'Hébergement Mgr-Ross
- Elder Abuse Table of the MRC Côte-de-Gaspé
- Youth Integrative Committee
- Santé Jeunesse

This representation ensures that the English-speaking community is included when strategies are developed: assists with the implementation of programs – doing what needs to be done – ensuring that the English-speaking community's voice is represented.

### Annual General Meeting

Vision will be holding its AGM on May 30<sup>th</sup> from 6:00 pm – 8:00 pm at the Douglastown Community Centre, located behind the church in Douglastown. Please join us to see the work we have done on behalf of the English-speaking community over the past year. Light refreshments will be served.

### A Good Hair Day

Jessica's 4 year old daughter, Emma Eden, is learning how to be a good citizen. She decided to cut her hair a whole 13 inches! She also made the decision to donate her hair to the Canadian organization 'Angel Hair for Kids' who make wigs for children in need. The instructions for donations can be found on their website:<http://www.acvf.ca/index.php/ourprograms/angel-hair-for-kids/>



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### **Day Centre**

The Day Centre in Barachois has been operating since 2009 and continues to be very successful. Averaging 10 participants every second Wednesday at the Legion in Barachois. The CSSS team leads the activities in the morning including exercises and cognitive activities. The participants help the Vision coordinator to plan the afternoon activities which range from health presentations to games and activities. For more information or to register contact the Vision office.

### **Senior's Wellness Centre**

The Vision-CASA Wellness Centre has been successfully running again this year. The Wellness Centre aims to get seniors out and active by offering activities, exercise, health information and a chance to get out and socialize. The Wellness Centre offers a variety of activities to the 50+ population in Gaspé and its surrounding areas. In the near future we look forward to hosting the Wellness Centre at the new Community Centre in York. For more information or to register please contact the Vision office.

### **Career Coaching Project**

With funding from McGill University, Vision launched a career coaching project at the CEGEP which included classroom presentations and a kiosk aimed at helping students develop career paths in the health and social services field. Vision also arranged to have health professionals visit the high school giving the students the opportunity to ask career related questions.

### **Maintien des Acquis**

Vision plays an active role in the Maintien des Acquis program which is an English-language training program for health professionals with support from McGill University and Groupe Collegia. Vision's role is to engage volunteers and plan activities that are directly related to the interests of the students.

### **School Prevention Programs**

We are also continuing to do workshops at the high school on a wide variety of topics that are aimed at preventing substance use and abuse. Topics include drug and alcohol prevention, bullying, self-esteem and

leadership. We are also launching a lunch hour program at the school, working with the spiritual animator to develop and host interactive learning activities once a week in the student lounge.

### **High School Nutrition Program**

A nutrition program funded by Quebec en Forme was launched with the Secondary V students at the Polyvalente in November 2012. The aim of the program is to help the students to find healthy, easy meals that they can use when they go off to college or university as well as the basics of healthy eating. At the end of the program the students will cook meals for their classmates. They will also be eligible to win prizes by submitting healthy recipes.

### **Super Nanny Arrives**

The program, Super Nanny Arrives/Grand-maman Arrive, was launched in April 2012 with funding from the CRÉGIM. This volunteer service offers parents with new babies support, a listening ear and a little break from the demands of parenthood. Vision enlists the help of retired women who then volunteer their time to help parents by looking after the baby 2-3 hours a week for six weeks. Anyone who is interested in knowing more about the program should feel free to contact the Vision office.

