



# THE NORTH END *pulse*

A Publication of the North End Community Health Centre

Fall 2008

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## NECHC Receives Prestigious Award

On Saturday, August 23<sup>rd</sup> the North End Community Health Centre (NECHC) was presented with the Marjorie Hiscott Keyes Award by the Canadian Mental Health Associate (CMHA) in Halifax.

This award, named after mental health pioneer Marjorie Hiscott Keyes, is presented to an individual or group who has made strides in the world of mental health, and has contributed greatly to mental health services in their community. Marjorie Hiscott Keyes was the first psychiatric nurse, employed at the first psychiatric hospital in Canada, and is considered to be a cornerstone in modern mental health care.



At the dinner to accept the award was (L-R) Dr. John Fraser, Sharon Lawler, Pam Chisholm and Dr. Margaret Casey, Board Chair

The Nova Scotia Division of the CMHA hosted this year's annual conference and awards dinner, providing them with the opportunity to select the recipient of this prestigious award. "I nominated the Clinic because we wanted to recognize the tremendous contribution to mental health services made by the individuals at the Centre," says Carol Tooton, Executive Director of the NS Division. "We have a framework of support, and the clinic really supports that. Not just with core mental health services, but also with their efforts in low income housing and different programs and activities they organize."

"This award might traditionally be given to an individual, but in our case, the entire Centre is the recipient of the Marjorie Hiscott Keyes Award," says Dr. John Fraser, a family physician at the NECHC. "We have made great strides in the delivery of mental health care to our patients, and I am proud to be a part of our team."

### North End Community Health Centre

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#### Hours of Operation

Mon. – Fri. 9 am – 12 pm  
1 pm – 5 pm

#### Evening Clinic:

Registered Patients Only  
Mon. – Thurs. 6 pm – 8 pm

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**Our Mission**

To support North End Halifax to be a healthy community by offering leadership in primary health care through health services, education, community development, outreach and advocacy.

**Newsletter Team**

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## Clinic News

### Changes to Clinic Programs

Starting on Tuesday, September 9th and every Tuesday afternoon, the North End Community Health Centre will be making nursing staff and Dr. Anne Houstoun available exclusively for Pre-natal and Well Baby care.

These services include pre-natal check-ups, well baby exams, including scheduled infant vaccinations, and other general pregnancy and infant education related information.

This change has been made to improve services for mothers-to-be and their children by allowing dedicated nursing staff time with parents and babies.

**Walk-in services for non pre-natal, post-natal and well baby care will not be available Tuesday afternoons.**

Scheduled doctor and nurse practitioner appointments will continue as normal Tuesday afternoons.

An afternoon devoted to pre-natal, post-natal and well baby care, will allow the North End Community Health Centre to better serve all patients.

We thank you for your cooperation!

### Clinic Closure

Please note that the North End Community Health Centre will be closed on Friday, October 3<sup>rd</sup> for a workshop.

### Some New Faces

People might start to notice some new faces around the Centre as students from different health related programs complete placements with our staff.

Medical residents, nursing students and other disciplines will be at the Centre over the next few months. The North End Community Health Centre values the importance of hands on experience for these students, but also respects our clients confidentiality.

### Farewell to Nova Scotia (for one of our Docs!)

It is with heavy hearts that the staff and clients of the Centre bid farewell to Dr. Christy MacAulay. Dr. MacAulay came to the North End Community Health Center as her first placement after medical school, and she is now moving to Alberta to gain more experience in family medicine. We wish her all the best, and hope to see her in the future.

## Upcoming Programs

Pre and post-natal programs will be offered at the Clinic by our nursing staff in collaboration with Public Health. Information is available at the Centre on the specific programs, and of course, parents and babies are welcome to drop in on Tuesday afternoons for dedicated care.

After a successful summer with the North End Community Garden, staff nutritionist Jessie Jollymore is cooking up some new programs for the fall. Cooking, general nutrition, and workshops dedicated to specific needs will be coming up. Watch the Centre and the website ([www.nehc.com](http://www.nehc.com)) for more information!



# Community Garden

The North End Community Garden is flourishing after the many hours of hard work logged by community partners and volunteers.

An initiative of the North End Community Health Centre, spearheaded by Centre nutritionist, Jessie Jollymore, the Garden has become a place of learning, friendship and fresh produce.

The North End Community Garden has involved many people, including sponsoring partners and community volunteers. Funding, human resources, materials and physical space for the Garden has come from the following agencies:

- Halifax Regional Police Department
- Black Business Initiative
- Halifax Peninsula Community Health Board
- Earthcraft Landscaping
- Halifax Seed
- Halifax Regional Municipality & Department of Sport and Recreation
- George Dixon Centre
- St. Patrick's Alexandra School

Volunteers of all ages have participated in the Garden, including a group of children who became involved through a summer entrepreneurial camp at the Black Business Initiative. This group came together to learn more about urban gardening from a business perspective, and launched a homemade salsa business. A test sale was conducted with produce that had been purchased, and all 60 portions sold out. The large batch of salsa, coined Salsamania by the kids involved in the BBI group, was launched at the North End Community Street Festival on Sunday, September 14th. After just a few hours, all the salsa, over 70 bottles, sold out!

To become involved in the North End Community Garden, please contact Jessie Jollymore at 420-0303



Rev. Rhonda Britten blesses the garden, Spring 2008, North End Community Garden Kick-off



Volunteers plant vegetables, Spring 2008, North End Community Garden Kick-off



Kids involved in the BBI Summer Camp sell Salsamania salsa, August 2008

# In Our Community

## North End Community Street Festival—A Community Success!

September turned out to be a busy month in North End Halifax, with a number of festivals and special events going on in the area.

The North End Community Street Festival, originally planned for Sunday, September 7<sup>th</sup> was rescheduled for Sunday, September 14<sup>th</sup> due to bad weather. As it turns out, the extra time allowed for more harvest time of the tomatoes and other fresh produce from the Community Garden for Salsamania!

The North End Community Health Centre was a sponsoring participant by supporting the event financially and with a display out in front of the Clinic. Blood pressure readings, general health information and materials about Clinic programs were also available.



Staff nutritionist, Jessie Jollymore, is pictured with Councilor Dawn Sloan and Salsamania participants.



Nurse Practitioner, Keith Cockersell takes a pulse reading from community volunteer, Gregory.

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## Public Health Events

### Global Breastfeeding Challenge 2008

Breastfeeding moms and their babies are invited to participate in a global breastfeeding challenge Saturday, Oct. 11, from 10:30 am to 12:00 noon at Alderney Landing, Rotunda Room - 2nd Floor (2 Ochterloney Street, Dartmouth).

Last year the region won silver, and this year they are hoping moms and babies will, "Help our region **latch** on to GOLD with the most babies feeding at 11:00 am." Moms & babies: bring your families to the global Quintessence Breastfeeding Challenge and celebration!

To register for this free, family event, or for more information, phone 481-5801 or email [breastfeeding2008@cdha.nshealth.ca](mailto:breastfeeding2008@cdha.nshealth.ca).



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## Community Action on Homelessness News

The Steering Committee of Community Action on Homelessness just recommended ten projects for funding to Service Canada under the Federal Homelessness Partnering Strategy. A total of \$350,000 will be invested in local shelters, supportive housing facilities and program spaces to urgent address health and safety concerns.

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