



# GROWING COMMUNITY INVOLVEMENT: A WORKSHOP FOR WOMEN IN POUCH COVE

SATURDAY, SEPTEMBER 19, 11AM-1PM  
RECREATION CHALET - STILES COVE RECREATION COMPLEX



## POTENTIAL COMMUNITY PROJECTS

### Supporting Women

- Launch women's learning/networking events around a decided theme, e.g.:
- leadership training
- meet women leaders in Pouch Cove
- dealing with harassment and disrespectful behaviours
- legal issues (e.g. cohabitation, divorce, wills)
- health (e.g. pregnancy, breast feeding, menopause health)
- basic home maintenance (e.g. winter preparations, plastering/painting)
- lawnmower usage and maintenance
- snow blower usage and maintenance
- home security (e.g. lighting, cameras)
- nutrition (e.g. menu planning, reading labels, affordable healthy meals)
- crafts (e.g. card making, knitting, paint night, wreath making)
- food preserving (e.g. bottling, canning)
- basic self defense
- fitness (e.g. yoga, walking or hiking group)
- writer's circle
- outdoor survival skills
- orienteering and geocaching
- Host a 'Campaign School for Women' who may be interested in running for political office
- Create a Knowledge Hub on town website which creates documents for running for office
- Invite representatives from Equal Voice to speak to women about running for political office
- Host a 'Career Exploration for Females' event
- Form a women's learning club (mixture of video, blogs, books, articles, speakers) in a common area of interest:
- Succeeding as Women at Work
- Financial Literacy and Success
- Raising Resilient Children



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## **POTENTIAL COMMUNITY PROJECTS**

- Living a Healthy and Fulfilled Life
- Organize Costco and other shopping trips for women without transportation
- Ensure women's shelters and violence prevention contacts/supports are on the Town Web site
- Form a mentor group whereby women pair and learn from one another on a particular topic
- Arrange a babysitting circle of volunteers so women (in need) have some free, personal time
- Confer with Equal Voice in St. John's to learn how to involve more women in govt. at all levels
- Confer with Status of Women's Council in St. John's to identify ideas/supports for women
- Confer with Women in Resource Development to identify ideas/supports for women in trades/tech
- Partner with the Single Parents Association to better support the single parents in Pouch Cove
- Arrange an exchange of kid's outer wear and boots in the fall and spring



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## **POTENTIAL COMMUNITY PROJECTS**

### **Fostering Community Identity**

- Organize a community blood drive
- Hold a silent/virtual auction to gather funds for a specific community need
- Organize book readers for people who are visually impaired
- Participate in a charity race
- Organize an event or Mummers Parade for holiday season
- Put off a regular fitness class
- Organize a community walk couple of times a week
- Volunteer to help at a charity auction
- Organize a car wash and donate the profits to a community need
- Participate in National Volunteer day
- Partner with a tree nursery to provide Christmas trees to families who lack transportation or can't afford to buy their own
- Help deliver meals and gifts to residents who are sick or in hospital
- Collect unused personal, hygiene products to donate to a woman's shelter
- Send cards to local soldiers serving overseas
- Agree to ask for charitable donations instead of gifts for your next birthday
- Help register people to vote
- Organize a Flu Shot in the community
- Organize a Shingle Shot in the community
- Organize 'Understanding Opiate Addiction' event
- Host series of community wellness learning events on nutrition, reading labels, diabetes, healthy living, menu planning...
- Host a series of community financial literacy learning events on insurance planning, house buying, renting vs. buying, credit card issues, ...
- Organize a berry picking or foraging/mushroom picking outing
- Teach a first aid or CPR learning event
- Host a diversity event where differences among community members are celebrated
- Put brightly colored Adirondack chairs in scenic spots and walks
- Paint park benches needing attention



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- Organize monthly donations of used popular books to your local library
- Host a murder mystery event
- Put off a story telling event coffee/tea house
- Organize an evening of diverse local entertainment: song, dance, poetry, storytelling, music,
- Invite local authors to read and discuss their books
- Develop a videoed community walk that highlights the history and geography of Pouch Cove and offer post on Town website for downloading by visitors and newcomers
- Plan celebrations e.g., Halloween, Christmas, Canada Day
- Repaint community fences
- Plant flowers in bare public areas
- Organize a community garden
- Host learning events on container growing, vegetable planning, perennials of NL
- Organize a campaign to raise money to buy and install new playground equipment for a park
- Clean up a vacant lot or community eyesore
- Produce a neighborhood monthly bulletin
- Campaign for more lighting along poorly lit streets
- Create a newcomer group in your neighborhood to help welcome new families
- Organize monthly flea markets for residents
- Host a craft and food market from time to time
- Volunteer to clean up trash at a community event
- Adopt a local highway or road and clean up trash
- Help fix/raise funds to repair a playground
- Clean up crew help after a natural/weather disaster
- Host monthly Saturday coffee breaks or brunches



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## **POTENTIAL COMMUNITY PROJECTS**

### **Children & Education**

- Volunteer to organize a homework haven for children after school – at their school
- Provide additional supervision at schools at lunch times
- Tutor children during or after school – at their school
- Host an event on reminding/teaching children about online safety during lunch
- Host a parent session on initiating difficult conversations with your children: sex, drugs, pornography
- Organize volunteers to take turns with the School Breakfast and Lunch programs
- Donate stuffed animals to community children in hospital
- Organize games and activities for children in hospitals or who are visiting hospitalized relatives
- Knit or crochet baby blankets to be donated to hospitals or homeless shelters
- Collect baby clothes and supplies and donate to new parents
- Create a Special Olympics fundraiser or event for children and teenagers
- Sponsor a bike-a-thon and give away safety gear (helmets, knee pads) as prizes
- Collect used sports equipment to donate to families and after-school programs
- Organize/volunteer at a summer camp for children who have lost a parent
- Sponsor a child living in a foreign country, either on your own or as part of a group
- Coach a youth sports team
- Give free music lessons to school children
- Become a volunteer teen crisis counselor
- Organize a summer reading program to encourage kids to read
- Organize a Haunted House or Haunted Walk any time
- Organize an Easter egg hunt for neighborhood children
- Organize a community scavenger hunt
- Create a new game for children to play
- Organize events to help new students make friends
- Babysit children during a Parent Teacher meeting
- Provide refreshments at the Parent Teacher meetings
- Organize a regular reading hour for children at a local school or library
- Host a monthly used children's book exchange – bring a book – take a book



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## **POTENTIAL COMMUNITY PROJECTS**

### **Seniors & The Elderly**

- Organize a Pneumonia Shot Clinic in Pouch Cove
- Read to residents at a nursing home
- Arrange delivery of hampers, groceries, meals to seniors in need who have no transportation
- Teach basic email and computer skills in pairs or individually in their homes on their computers
- Drive seniors (in need) to doctor appointments and to pick up drugstore items
- Arrange the mowing of seniors (in need) lawn mowing or snow removal
- Host a bingo night for seniors
- Host a holiday meal for seniors
- Create a group that helps seniors decorate their homes for Christmas
- Make birthday cards for shut in seniors
- Donate and decorate a Christmas tree to a needy senior
- Organize a family and seniors afternoon get together
- Ask residents of a retirement home to tell you about their lives
- Organize medicine pick ups for seniors
- Perform a concert or play at a senior center
- Educate seniors about home security
- Be available to assist seniors with major appliance and household purchases
- Help elderly neighbors clean their homes and organize their belongings
- Rake leaves, shovel snow, or wash windows for a senior citizen
- Deliver cookies to a homebound senior citizen



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## **POTENTIAL COMMUNITY PROJECTS**

### **The Environment & Animals**

- Host a dog/cat food drive drop off and deliver to animal shelter, e.g. SPCA, Beagle Paws
- Organize a crew with teens to regularly volunteer at a nearby animal shelter
- Organize a weekly dog walk
- Put off dog training sessions given by a dog trainer
- Host a learning event given by a vet on a particular topic
- Host an annual spring and fall local park/walk clean up
- Raise money to provide a bulletproof vest for a police dog
- Organize tree planting for Green Day
- Place a bird feeder and bird fountain in your backyard
- Start a butterfly garden in your community
- Sponsor a recycling contest
- Grow flowers in your backyard then give bouquets to people who are housebound
- Help create a new walking trail at a nature center or park
- Update the signs along a nature trail
- Adopt an acre of highway to clean up
- Help train service dogs
- Participate in the cleanup of a local river, pond, or lake
- Foster animals that shelters don't have space for
- Organize a fundraiser to spay and neuter pets – give fund to Beagle Paws
- Care for a neighbor's pet while they are away
- Train your pet to be a therapy animal and bring it to hospitals or nursing homes
- Build and set up a bird house
- Organize community carpools to reduce car emissions
- Plant native flowers or plants along highways



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### **Helping the Less Fortunate**

- Host a men's and woman's sock and scarf drive and donate to shelters
- Build a house with Habitat for Humanity
- Host a clothing drive for those in need
- Volunteer/create a soup kitchen
- Collect and donate old eyeglasses to an organization that distributes them to the needy
- Donate non-perishable food to a food bank
- Host a blanket drive and deliver to a homeless shelter
- Host a Thanksgiving dinner for people who may not be able to afford their own
- Offer to babysit or nanny for a family in need
- Make "care kits" with shampoo, toothbrushes, combs, etc. to donate to homeless shelters
- Prepare a home-cooked meal for the residents of a nearby homeless shelter
- Collect grocery coupons to give to a local food bank
- Help repair or paint a local homeless shelter
- Donate art supplies to kids in a shelter or Ronald McDonald House
- Help organize and sort donations at a shelter
- Babysit children while their parents look for jobs
- Become a Big Buddy for children at a shelter
- Take homeless children on outings
- Bake a batch of cookies or loaf of bread and deliver it to a soup kitchen
- Build flower boxes for Habitat for Humanity houses
- Organize a winter coat drive to donate
- Make first aid kits for homeless shelters





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### **Promoting Public Safety**

- Host a home security learning event or on-line security course
- Offer babysitting courses
- Become a volunteer firefighter
- Become a certified lifeguard and volunteer at a beach
- Paint over nasty graffiti in your neighborhood
- Organize a self-defence workshop
- Organize a drug-information program
- Teach a home-alone safety class for children
- Create a TV or radio public service announcement against drug and alcohol use
- Become first aid and CPR certified
- Volunteer as a crossing guard for your elementary school
- Start or join a neighborhood watch program
- Post on the Town Website a list of resources for people who might need help