

The Village News

April's Special Dates

- 1 Easter Monday
- 5 Laylatul Qadar(Night of Power)
- 9 Vimy Ridge Day
- 10 Eid ul Fitr (Tentative Date)
- 23 First Day of Passover
- 30 Last Day of Passover

April 2024

- -Club Inclusion-Drop-in Calendar
- -Club Inclusion-Program Calendar
- -Parents of Complex Children Support Group
- -Camp Triumph
- -Brigadoon Camp Dates
- -Para squash
- -Recruiting for F-words Foundation Course
- -Autism Education Series
- -Recruitment Flyer--Transition Framework Co-Design
- -McMaster University Research Study
- -Manual Wheelchair Study
- -Transition Tips
- -Interplay Research Study
- -Parasport
- -Rehab Kids Patient Recruitment Study
- -Pediatric Power Wheelchair study
- -CP Pain Survey

Contact:

angela.samson@iwk.nshealth.ca

Phone: 902-470-7039

Fax: 902-470-8348

5850/5980 University Ave Halifax, NS B3K 6R8 www.iwk.nshealth.ca



CLUB INCLUSION



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PROGRAMS CLOSED Easter Monday	Evening Drop In 2 7pm to 9pm Easter Egg Hunt! Easter Baking Spring Crafts	Afternoon Drop In 3 3pm to 6pm Huckle Buckle Play Rehearsals Member's Council	Afternoon Drop In 4 3pm to 6pm Heads Up 7 Up Dance Team Practice Autism Acceptance Month Activity	Special Event 5 7pm to 9pm Live Band Event! Robinson Bros \$20 Admission	Afternoon Drop In 6 1pm to 4pm 20 Questions & Guess Who? Boxing Team Practice
7	Afternoon Drop In 8 3pm to 6pm Book Club - The BFG Walking Club 80's Aerobics	Special Outing 9 Movie Outing TIME TBD Registration Required	Afternoon Drop In 10 3pm to 6pm SOUP CLUB \$6 Play Rehearsals Member's Council	Afternoon Drop In 11 3pm to 6pm Roll 20 Dice Game Dance with House of 8s Pictionary	Evening Drop In 12 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 13 1pm to 4pm STEM DAY! Egg Drop Challenge Bridge Building Contest
14	Special Outing 15 Campfire Outing to Jackie & Justin's! 3pm to 6pm Registration Required	Evening Drop In 16 7pm to 9pm Runway Fashion Photoshoot Talent Show & Karaoke	Afternoon Drop In 17 3pm to 6pm Theatre Headshots Scooter Hockey Play Rehearsals Member's Council	Afternoon Drop In 18 3pm to 6pm Visit with Sookie the Dog 3-3:30pm Taylor Swift Dance Fitness with Tam! Whiteboard Wordle	Evening Drop In 19 7pm to 9pm Circle Sharing Music Therapy	Afternoon Drop In 20 1pm to 4pm Boxing Team Program Celebration Party! Team Photos & Headshots
21	Afternoon Drop In 22 3pm to 6pm Book Club - The BFG Walking Club Pickleball & Badminton	Evening Program 23 7pm to 9pm Spa Night & Yoga with Soak Your Soles Registration Required	Afternoon Drop In 24 3pm to 6pm Theatre Headshots Zumba with Rafi Play Rehearsals Member's Council	Afternoon Drop In 25 3pm to 6pm Gluten Free Baking with Kelsey from Prescott Dance Team Practice Paper Plane Contest	Evening Drop In 26 7pm to 9pm Circle Sharing Music Therapy	Special Outing 27 Boxing Team Outing Queensbury Rules Boxing Club 1pm to 4pm Registration Required
28	Afternoon Drop In 29 3pm to 6pm Book Club - The BFG Walking Club Backyard Fun!	Evening Drop In 30 7pm to 9pm GAME SHOW NIGHT! The Price Is Right Wheel of Fortune				

Club Inclusion

www.theclubinclusion.com Facebook: The Club Inclusion Instagram: @clubinclusion Twitter: @ClubInclusion

How Can I Join?

To join our Drop In Program please reach out to Linnea

<u>LinneaSinclair@PrescottGroup.ca</u>

Registration & Fees

Pay As You Go: \$15 per session Monthly Membership: \$100 a month Registration for Drop In is not required unless stated.

Where to find us

Drop In Club is located at St James Anglican Church Hall, on the Armdale rotary, 2652 Joseph Howe Drive. Fully accessible. Adult change table. Quiet space.

Thank you

Supported by St James Anglican Church, Grace United Church, the United Way of Halifax Region, and generous donors in the community.

General Manager: <u>JackieRivers@PrescottGroup.ca</u>

Supervisor - Youth Initiatives & Opportunities: <u>LinneaSinclair@PrescottGroup.ca</u>
Supervisor - Day Program & Skills Development: <u>JustinMcGarragh@PrescottGroup.ca</u>

Club Inclusion is a part of Prescott Group https://prescottgroup.ca/ prescott.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PROGRAMS CLOSED Easter Monday	Day Program 2 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 3 Halifax 9am to 2:30pm	Day Program 4 Halifax 9am to 2:30pm	Day Program 5 Halifax 9am to 2:30pm	Community Meet Up 6 Swim Outing to Zatzman Sportsplex TIME TBD Registration Required
Inclusive Choir 7 Grace United Church Club Dartmouth 2pm to 3pm	Day Program 8 Halifax 9am to 2:30pm	Day Program 9 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 10 Halifax 9am to 2:30pm	Day Program 11 Halifax 9am to 2:30pm	Day Program 12 Halifax 9am to 2:30pm	Supper Club 13 Halifax 4pm to 8pm Registration Required
Inclusive Choir 14 Grace United Church Club Dartmouth 2pm to 3pm	Day Program 15 Halifax 9am to 2:30pm	Day Program 16 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 17 Halifax 9am to 2:30pm	Day Program 18 Halifax 9am to 2:30pm	Day Program 19 Halifax 9am to 2:30pm	Lunch Club 20 Halifax 9am to 12:30pm Registration Required
Inclusive Choir 21 Grace United Church Club Dartmouth 2pm to 3pm	Day Program 22 Halifax 9am to 2:30pm	Day Program 23 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm	Day Program 24 Halifax 9am to 2:30pm	Day Program 25 Halifax 9am to 2:30pm	Day Program 26 Halifax 9am to 2:30pm	Supper Club 27 Halifax 4pm to 8pm Registration Required
Inclusive Choir 28 Grace United Church Club Dartmouth 2pm to 3pm	Day Program 29 Halifax 9am to 2:30pm	Day Program 30 Dartmouth 9am to 2:30pm Music & Movement Halifax 1pm to 4pm				

Club Inclusion

www.theclubinclusion.com Facebook: The Club Inclusion Instagram: @clubinclusion Twitter: @ClubInclusion

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Where to find us

Club Halifax: St James Anglican Church Hall, on the Armdale rotary, 2652 Joseph Howe Drive Club Dartmouth: Grace United Church, 70 King St Fully accessible. Adult change table. Quiet space.

Thank you

Supported by St James Anglican Church, Grace United Church, the United Way of Halifax Region, and generous donors in the community.

Club Inclusion is a part of Prescott Group https://prescottgroup.ca/







Support Group for Parents of Children with Complex Care Needs

Next Virtual Meeting
Thursday, May 2nd, 2024
Wednesday, June 12th, 2024
7:00-8:30 p.m.

This is a journey that does not have to be taken alone.

We can do this together!

If you are interested in attending, please contact Jackie Pidduck jacklynn.pidduck@iwk.nshealth.ca



as a Camp Counsellor

A camp for children who have a family member with an illness or disability

Help to lead activities. Build relationships with the campers.







Session 3: July 27 - Aug 3 Session 6: Aug. 17 - 24



Session 5: Aug. 10 - 17

Apply online at camptriumph.ca



Where kids with a sick family member GET TO BE KIDS AGAIN.



A camp for children who have a family member with an illness or disability







APPLY NOW





Registration is FREE For more info and to apply, visit: CAMPTRIUMPH.CA



2024

Camp Programs



June 30th - July 5th

Camp Silly-Yak
Celiac Disease

Summer Leadership Program

WEEK 2
July 7th - July 12th

Camp Whatcha Say Deaf or Hard of Hearing

Camp Lots-a-Wata Kidney Disease

Camp Braveheart
Heart Conditions

Camp Trailblazers
Craniofacial Differences

WEEK 3

July 14th - July 19th

Camp JoinTogether

Juvenile Arthritis

WEEK 4
July 21st - July 26th

Camp SolaceFamily Bereavement

Camp BELIEVE
Parental Mental Illness

WEEK 5

July 28th - August 2nd

Camp Treasure Chest Asthma, Anaphylaxis, Lung Conditions

Camp Clots-of-Fun Bleeding Disorders



WEEK 6

August 4th - August 9th

Canadian Cancer Society's Camp Goodtimes

Living with or Beyond Cancer

WEEK 7

August 11th - August 16th

Camp Guts & Glory
IBD & Ostomies

Camp Got2Go (ON+QC)

IBD & Ostomies

WEEK 8

August 18th - August 23rd

Camp Carpe Diem Epilepsy

Camp See-YaBlind or Visually Impaired

Camp Brainiac Neurosurgery Conditions

Giving extraordinary kids a chance to be ordinary

Visit our website to learn more and apply!

1-888-471-5666 | camp@brigadoonvillage.org www.brigadoonvillage.ca



Monday, April 8th, 7pm Monday, April 15th, 7pm

Monday, April 15th, 7pm @ Cole Harbour Place





PEDIATRIC MANUAL WHEELCHAIR USERS NEEDED

Wheelchair Skills Training Program

Partake in a study evaluate the effectiveness of a program to teach children how to safely and efficiently perform 32 manual wheelchair skills that are essential for everyday activities

Target population

Children who use a manual wheelchair for their everyday mobility

Eligibility criteria

- ✓ Be between the ages of 3 21 years old
- ✓ Use a manual wheelchair regularly and be able to self-propel for 10 meters
- Have your own manual wheelchair
- Understand 2-step instructions in English
- ✓ Live in (or willing to travel to) the area of Halifax
- Children using a double hand-rim (one-sided propulsion) for maneuvering their manual wheelchair are not eligible

Description of the study



12 manual wheelchair skills training sessions held weekly with a trained occupational therapist or research assistant at/near the IWK Health Centre



3 evaluation sessions each spaced 3 months apart to assess wheelchair mobility



You will receive a stipend of \$50 after each of the 3 evaluation sessions

Email Pediatric-WSTP@iwk.nshealth.ca for any questions or to partake!

Primary Supervisors: Krista Best, PhD and Jordan Sheriko, MD (Jordan.Sheriko@iwk.nshealth.ca)











Recruiting for F-words Foundations Course

Are you a service provider to, or a family member (parent/caregiver) of, someone with a developmental concern in Canada?

If so, we would like to invite you to be part of our F-Words Foundations Course study! The 'F-words for Child Development' (Functioning, Family, Fitness, Fun, Friends, Future) provide a family-centred, strengths-based, holistic approach to child health and development.

For the study, you will choose to complete one of two versions of the online F-words Foundations Course: (i) the self-paced version; or (ii) an online facilitated version that involves the self-paced version plus weekly one-hour online discussion groups with other caregivers and service providers.

You will also be asked to complete a questionnaire at baseline, program completion, and three months post-completion. A subset of parents and service providers will be asked if they would like to participate in an optional interview upon of completing the program.

Please contact Sarah, hopmansn@mcmaster.ca, if you would like more information about the study.

Thank you!









Autism Education Series

Explore resources to support your family in learning more about autism.



Scan here with your smartphone camera to learn more and access the Autism Education Series:



Visit the IWK Health Website









Autism Education Series:

The resources below have been created to support families with preschool-age children to learn more about autism.

Understanding Autism / Comprendre l'autisme

EN: Learn about the features of autism, support services, and autism acceptance.

FR: Découvrez les caractéristiques de l'autisme, les services de soutien, et l'acceptation de l'autisme.

Making Sense of Behaviour

Understand the meaning of behaviour and strategies to teach skills.

Parent Perspectives

A Parent and Family Advisor shares their family's autism journey.

Exploring Play
Explore ideas for playing together with your child.

Engagement Set up the stage for your child's communication.

Social Communication

Build your child's social communication skills.

Positive Behaviour Support Respond to behaviours of concern and teach your child new skills in daily routines.

Toileting

Prepare to teach toileting, practice the skills, and show your child that they are successful.

Self-Care for Parents and Caregivers

Reminders about how important it is to ask for help and to take care of yourself.

PATIENTS AND CAREGIVERS INVITED TO DESIGN A TRANSITION STRATEGY FOR THE IWK AND NOVA SCOTIA HEALTH

The transition from **pediatric to adult care** is an important time for youth and their parents and/or caregivers.

To improve health outcomes along this transition, a project is underway to create an implementation strategy that will help the IWK and Nova Scotia Health to improve the transition to adult care.

Co-design sessions start this November!

2-hour virtual session to create practical strategies for the IWK and NSH to use based on their own experiences with the transition process.



Who can join? Patients (14-24 years old) and caregivers of a patient

with one of these health conditions:

- Sickle Cell Anemia
- Thalassemia
- Complex Care
- Inflammatory Bowel Disease
- Complex Ear Disease
- Tracheostomy



scan to register







To register for a co-design session, please scan the QR code or contract Megan Churchill: Megan.Churchill@iwk.nshealth.ca

Know your health history and treatment plan

Find out who to talk to if your health changes before your adult care appointment

Make a back-up plan in case things don't go as you expected

Trust your gut! Speak up if you are not sure about something

Getting ready for adult care



What to know before you go to a dult care

Who your new provider will be and how to contact them

When to expect your first appointment

Look for a llied health providers too, like physio, dietitians or psychology (if needed)

Have enough medication refills and supplies to last to your first appointment



Getting
ready for
your
appointment

In vite someone to support you at your appointment, if you choose

Check what prescriptions to renew or forms to fill out

Write down your questions before your appointment

Confirm where you are going and how to get there

Track your symptoms to share with your care team



At your appointment

Go to your appointment even if you are feeling well!

Ask when to contact your specialist, your primary care provider/walk-in clinic or go to the ER.

Find out what happens if you miss an appointment. Keep the contact information for the clinic in your phone.

Know the follow-up plan before you leave.

Ask questions if you don't understand.



Start Early!
Tips for
Caregivers

Create space for youth to be excited and ready to move into their new role.

Help your youth to prepare for their appointment
Ask what they want to talk about with the team
and how you can help

Check in a fter the appointment

Find out how you can support them for their next

appointment

If you will be supporting your youth into a dulthood, talk to your team to help you to navigate this transition

You are not a lone! If you are worried about transition, talk to the health care team





You're in Charge Workshops

Building the skills you need to care for your health

Register now for our next online session











Share your experiences with HAND THERAPY

Complete an online survey about things that may influence early intensive hand therapy for young children with cerebral palsy.

Across Canada, we'd like to hear from:

- Coregivers of a child with cerebral palsy under 6 years old.
- Occupational Therapists who provide therapy for children with cerebral palsy.
- Leaders who manage occupational therapy programs.



Take a picture to participate in the survey

Participants will receive \$25

Questions? Ask us at interplay.study@ucalgary.ca

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB22-1692)

sport nova scotia parasport

Parasport's in Nova Scotia

Para or Adaptive sports are competitive and/or recreational sports that are accessible to everyone, and can be played by anyone whether living with or without a disability!

Did you know there are tons of Parasport opportunities available in communities all across Nova Scotia? Visit parasportns.com to learn more about all the individual programs that are available across the province!





Para Hockey



Boccia



Para-Canoe



Goalball



Wheelchair Curling



Wheelchair Basketball



Ski & Snowboard



Powerchair Soccer



Map of Programs in Nova Scotia



sport nova scotia parasport

Parasport FAQ's

Do you need to have a specific disability to participate in Parasport programs?

NO! Parasport's are designed to create a more inclusive and accessible sport environment. This means that at a recreational level they are open to participants of all abilities! Depending on your ability, certain sports may provide a better experience than others. You can check out each parasport offered in Nova Scotia at www.parasportns.com to see which sport might be the best fit for you, or you can reach out to parasport@sportnovascotia.ca if you need additional assistance or guidance!

* At competitive National levels and above all Parasport's have classification systems to group similar abilities together for competition

How do I register for a program?

Parasport programs are not provided directly by Sport Nova Scotia, but by a variety of different organizations across the province! Each organization has their own registration process, but a centralized list of programs, links to register, and contact info can be found at www.parasportns.com! If you are having trouble finding the info for a specific sport ort program, you can reach out to parasport@sportnovascotia.ca to get started!

What is the cost?

Cost varies program to program depending on the organization providing the program. Most parasport programs in Nova Scotia are low to no cost to register! If cost is a barrier, there are funding options such as KidSport available -

https://kidsportcanada.ca/nova-scotia/provincial-<u>fund/</u>. There are also a number of municipalities across the province that offer subsidies for sport registration fees for youth.



I don't know what sport would be a good fit for me/ my child?

You can check out each parasport offered in Nova Scotia at www.parasportns.com to see which sport might be the best fit for you, or you can reach out to <u>parasport@sportnovascotia.ca</u> if you need additional assistance or guidance!

Is there a parasport program in my community?

There are parasport programs offered in communities all across Nova Scotia! You can find a map and list of available programs at www.parasportns.com!

Are there any options if there is no programs in my community?

Yes! Sport Nova Scotia offers the Parasport Program Loan which loans out the equipment, training and resources for a selection of parasports to eligible organizations to trial them in new communities! To find more info on this program visit

https://www.parasportns.com/parasport-program-<u>loan/</u> or email <u>parasport@sportnovascotia.ca</u>

Do I need to have my own equipment?

It varies program by program depending on the organization providing the program, but for the vast majority of programs, NO! Most programs provide any specialized equipment such as sport chairs, specialized balls, etc as part of the program.





Calling parents of children with disabilities across Canada for a research study



MPOC 2.0: Field-testing the new MPOC

WHAT IS THE STUDY ABOUT?

 Researchers at McMaster University have developed a new questionnaire to measure parents' experiences with healthcare services for their children with disabilities. Now we would like to have parents test it out!

WHO CAN PARTICIPATE?

- Parents of a child/youth who has been receiving developmental, medical, or behavioural services for at least 6 months in the past 5 years.
- Parents who have not previously participated in another phase of the MPOC 2.0 study.

WHAT WILL YOU BE ASKED TO DO?

- Complete a set of surveys to tell us about your experiences with healthcare services.
- Participants will receive a \$20 e-gift card for their time.

INTERESTED IN PARTICIPATING?

Contact us at mpoc2@mcmaster.ca





This study has been reviewed by the Hamilton Integrated Research Ethics Board under project #15702 Version #3 May 18 2023



Weekly Health Letters for Parents of Children with Developmental Disabilities

Facts about 90Second Wellbeing:

- 2 short health letters weekly
- Actionable tips to improve wellbeing
- Evidence-based health information
- Free

- ✓ For all parents of children with developmental disabilities (regardless of age)
- ✓ Flexible time commitment
- ✓ Confidential
- ✓ Complete the study and obtain a \$25 gift card

To learn more about this study, visit:

www.parentwellbeing.ca

Contact us at: Parent.Wellbeing@iwk.nshealth.ca

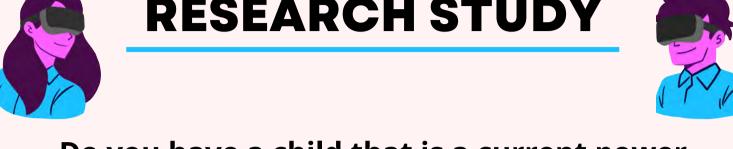
Phone: 1-877-341-8309 [Ext 6]







SEEKING PEDIATRIC POWER WHEELCHAIR USERS FOR RESEARCH STUDY



Do you have a child that is a current power wheelchair user? Or are you younger than 18 and a current power wheelchair user?

Current pediatric power wheelchair users (aged 4-17) and their caregiver are invited to take part in a research study to help develop a **virtual reality game** for power wheelchair skills training

Participants will each receive a \$25 gift card for their time

INTERESTED IN PARTICIPATING OR HAVE QUESTIONS?

Please contact the Research Coordinator, Sara, at Sara.Drisdelle@iwk.nshealth.ca







Do you have a child (<18 years old) living with cerebral palsy? Or are you younger than 18 and living with cerebral palsy?



Complete an online survey to tell us about pain experiences in cerebral palsy and its impact (those with and without pain encouraged to participate!)

1 in 100 chance to win a \$150 prepaid VISA card

https://tinyurl.com/CPPAINsurvey

Centre for Pediatric Pain Research



