

Well-Being HUB

Annual Report 2025



About the Eastern Shore Musquodoboit Valley Well-Being HUB Association (Well-Being HUB)

The Eastern Shore Musquodoboit Valley Well-Being HUB Association (Well-Being HUB) is a not-for-profit organization serving as a way for Nova Scotia Health (NSH) and community partners to collaborate on service provision while addressing the social determinants of health. The initiative began in 2020 as a pilot project under the administration of Harbourview Lodge and in early 2024 we launched the organization to continue with and expand on our work. We are a small team partnering with other organizations and agencies to offer resources to community members through the Eastern Shore and Musquodoboit Valley. Our services focus on mental wellness as well as supporting older adults and their care partners as they age in place and transition into care.

We offer:

- Navigation for Seniors and Mental Wellness Navigation
- Workshops, seminars & information sessions focused on mental wellness and aging in place
- Intergenerational social activities that help build social connections
- Peer support programming and capacity building opportunities
- Opportunities for collaboration

OUR VISION

A supportive community where residents can transition through life with hope and dignity, accessing the right care and services at the right time.

OUR MISSION

To create a network of community and health providers who will work collaboratively to provide the right care and supports that will empower residents to take charge of their mental, physical and spiritual health. The network will work to navigate, educate, coordinate and facilitate access to existing programs and services and create new ones to fill identified gaps.

Program Coordinator's Message

2024-25 was a challenging but exciting year for the Well-Being HUB. At the beginning of the first quarter, we were a brand-new organization finding our way with a new board and staff team. At the same time, the group was preparing for what was supposed to be my six week leave, which suddenly turned into an unplanned eight month one. Our staff all took on extra responsibilities and shifted roles to make sure all of our bases were covered through that time.

Although some of our work had to be put on hold, most of our activities stayed on track and our unstoppable team managed to secure a significant, multi-year stream of funding, which will allow us to expand our staff team this year. With it being our first year as an independent not for profit, it was imperative to build and strengthen our policy framework as well as operational and administrative structures. The staff and board succeeded in doing this together. There is still work to do in this area but we have come out of 2024-25 much stronger and organized.

Putting this report together made me think of the famous Margaret Mead quote, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." The Well-Being HUB is an example of this, from its origins as an inkling of an idea shared by a small group of people to the reality of the work we are doing today.

The Well-Being HUB staff and board members have worked collectively this year to bring us closer to our vision while serving our communities within the scope of our mission. I offer a huge thank you to our staff, board members, volunteers, community partners, and all of our supporters. Our ideas wouldn't come to fruition without your efforts.



Lesley Magee
Executive Director

Annual Report - 2024-2025

Navigation Service

Our Seniors Wellness Navigator works hard to get community members connected to the resources they need. Most clients' needs are met within two to three contacts and when faced with a new issue, they will often reach out again. Most clients self-refer to our service, while a significant number are referred by Nova Scotia Health (NSH) Continuing Care Coordinators and Social Workers. Most contacts are related to social determinants of health and often require community members being connected with:

- transportation services
- housing supports
- financial benefits
- government, including health, services
- wellness supports
- social activities & supports, as well as other community resources.

Our Navigators' contributions to programming are vital. Well-positioned to identify service and information gaps through their direct work with community members, they are also looped in to wider networks.

In 2024-25 our Mental Wellness Navigator contributed to the reduction of stigma associated with mental illness by creating a program called Mental Wellness Ambassadors. Through the year two of the three workshops in the series - *Stigma* and *Anxiety & How to Help* - were created. In the fall and winter of 2024-25, our Stigma session was offered to three groups through the catchment area.

Navigation in numbers 2024-25

277 Navigation contacts

226 individuals supported

30 repeat clients with 2 to 4 unique contacts

156 new clients

93% of clients surveyed felt they were more informed about their issue after speaking with our Navigator

Programming

156 community members attended our programming in 2024-25

- Creative Kitchen workshops, Parts 1 & 2 in Port Dufferin & Musquodoboit Harbour
- Container Gardening Workshop Series, Part 1, 2, & 3 with Gerald Hardy Society in Sheet Harbour
- Laughter Yoga in Sheet Harbour & Musquodoboit Harbour
- Grief 101 in Sheet Harbour
- Life, Death, After, a four-module program in partnership with PAUSE Wellness in Murchyville
- Reduce Your Stress workshop, partnership with YMCA NS Works in Porters Lake
- Women in the Military Lunch & Learn – Elmhurst Apartments in Sheet Harbour
- Earth Day Art Hive in partnership with Life as Medicine in Sheet Harbour
- Bus trip to Memory Lane from Sheet Harbour
- Understanding Stigma workshop in Porters Lake, Sheet Harbour and Musquodoboit Harbour
- Virtual Course on Conflict Management for Unpaid Caregivers



Image 1: Bus trip from Sheet Harbour to Memory Lane

Fun Fact

A Laughter Yoga Club now meets monthly at the Musquodoboit Harbour Public Library.

What We've Heard

"I'm learning. I'm working on growing my understanding for the future."
Programming participant

"I called the Navigator for government grants. She gave me the information I needed and told me things I never thought about."
Navigation client

"I loved it! Sharing is excellent."
Programming participant

"I got connected to the right resources."
Navigation client

Flourish Forum

Our team was thrilled to be the primary partner on the first annual **Flourish Forum: Building up rural community wellness** at Memory Lane Heritage Village. The symposium was co-hosted by the Central Zone Mental Health and Addictions Health Promotion team and attended by 80 community members, leaders, and mental health advocates. Well-Being HUB staff participated in the Innovative Community Connections Projects panel.



Image 2: Graphic facilitation work from the Flourish Forum.

Peer Support

Our Peer Support Working Group (PSWG) was brought together in February, 2024 and met five times between then and the end of April, 2025. Together, the group started mapping out what a peer support program in our area could look like.

In November of 2024, the Well-Being HUB secured funding to:

- train community members as peer supporters and trainers
- offer capacity building opportunities for existing peer supporters, and
- help build a more formalized peer support Community of Practice.

This is an opportunity to also bring the PSWG together to get back to our work expanding on the existing peer support network in our area.

Through 2024-25, we have supported two community members through Mental Health Innovations (MHI) Peer Support training and funding has been secured through OAMH to continue to expand the peer support base in our area. Visiting Buddies is also going strong, with eight pairs of older adults and volunteers being active through 2024-25.



Image 3: Art HUB at SR Balcom Centre sponsored by Well-Being HUB

Looking Forward

We go into 2025-26 with:

- three-year funding from the Nova Scotia Office of Addictions and Mental Health's (OAMH) Community Wellness Framework
- one-year funding from the Department of Seniors and Long Term Care's (SLTC) Age Friendly Communities
- one-year funding from Service Canada's New Horizons for Seniors Program (NHSP) and the
- Community Health Board (CHB) Wellness Fund grant, in addition to funding from
- Nova Scotia Health (NSH) Tri-Facilities Hospitals.

As we incorporate seasonal periods of reflection into our 2025-26 workplan to make sure we are taking time to evaluate our activities through the year, we look forward to expanding our staff team and our offerings. Our focus through this next year will be on creating opportunities for older adults and young people to learn from each other and gain new skills together through training opportunities. Our plan is to build community capacity to support flourishing communities.

The HUB Breakdown

2 new peer supporters trained

8 active Visiting Buddies pairs

93% of programming participants surveyed were
"very satisfied" with the session they attended

87% of programming participants surveyed found
the session they attended was easily accessible

1300 programming guides were distributed
around our catchment area

Over 450 individuals engaged directly
with our programming and services in 2024-25

Our Team



Image 4: Board members, staff members, and guests at our first AGM in 2024.

Staff Team

- Lesley Magee, Executive Director (ED)
- Michelle Williams, Seniors Wellness Navigator
- Nicola Bailey, Program Coordinator
- Tammy Higgins, Financial Administrator
- Kirstey Ebanks, Acting ED & Mental Wellness Navigator (June, 2024 - March 2025)

Board Members

- Brandon Neuman – Chair, Musquodoboit Harbour
- Cathy Logan – Vice Chair, Sheet Harbour
- Denise VanWychen – Secretary, ESMCHB representative
- Linda Verlinden – Treasurer, Musquodoboit Harbour
- Sharon Arsenault - Community Member, Middle Musquodoboit
- Judith Cormier - Community Member, Pleasant Point
- Roberta Duchesne - NSH representative
- Karen Negas - Community Member, Musquodoboit Harbour
- Bethana Sullivan – Community Member, Ostrea Lake
- Lorrie Boutilier - Community Member, Sheet Harbour
- Margaret Merlin Wilson - Community Member, Musquodoboit Harbour
- Julia Brown - Community Member, Sheet Harbour
- Dee Dwyer - Community Member, Musquodoboit Harbour
- Laura Homans - Community Member, Ship Harbour

Our Funding Partners

- Nova Scotia Health (NSH)
- Office of Addictions & Mental Health (OAMH) Community Wellness Fund
- Eastern Shore Musquodoboit Community Health Board (ESMCHB) Wellness Fund
- Community Links Microgrants

Financial Report 2024-2025

April 1, 2024 - March 31, 2025

Financial Position as of March 31, 2025

Assets	
Cash	\$240,037
Accounts Receivable	\$16,257
HST Public Services Bodies Rebate	\$3133
Total Assets	\$259,427
Liabilities	
Current Liabilities	\$9526
Deferred Grant Revenue	\$196,021
	\$205,547
Surplus 2024-25	\$53,880
Total Liabilities	\$259,427

Statement of Operations and Changes in Net Assets

Revenues	
Income (Nova Scotia Health Tri-Facilities)	\$151,511
Grant Income	\$73,801
Donations	\$500
Total Revenue	\$225,812
Expenditures	
Wages & Benefits	\$162,696
Programming	\$33,918
Operations/Office	\$17,594
Accounting & Legal	\$4100
Phone	\$3589
Rent	\$1750
Bank Charges	\$1475
Board & Governance	\$662
Total Expenses	\$225,784
Excess of Revenues over Expenses	\$28
Balance at beginning of year	\$53,852
Balance at end of year	\$53,880

CONTACT US



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