

The Shoreline Tid-Bits Journal

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More Mental Health and Addictions Support

Community organizations across the province will be able to provide more mental health and addictions support to those in need with new government funding announced December 11. The Mental Health Foundation of Nova Scotia will receive over \$1.6 million, to be distributed as grants to organizations province-wide.

Grants will be up to \$25,000 each. Applications will be reviewed by an independent committee and will be assessed based on whether they address a unique need, empower positive change, or promote recovery and reintegration for Nova Scotians living with mental illness and addiction.

Funding comes from Gambling Awareness Nova Scotia, the Department of Health and Wellness and the federal Safe Restart Agreement.

The Mental Health Foundation of Nova Scotia began accepting online applications on December 14. Government's investment in mental health and addictions has increased to \$314.5 million this year. Gambling Awareness Nova Scotia was established in 1998 to receive and distribute funds (a percentage of VLT revenues) to reduce the harmful effects of gambling; in 2020, its mandate was broadened to address other co-occurring mental health and addictions issues.

Federal Safe Restart Agreement funding is available for community organizations that serve those most vulnerable to the health, social and economic impacts of COVID-19.

For information: Government of Canada Safe Restart Agreement: <https://www.canada.ca/en/intergovernmental-affairs/services/safe-restart-agreement.html>

Virtual Medical Care Extended

Access to virtual care options like telephone and videoconferencing that are available for doctors to connect with patients is being extended until March 31. "Access to virtual care has become increasingly important to patients and doctors as the COVID-19 pandemic continues," said Health and Wellness Minister Leo Glavine. "Further extending virtual care maintains access to these important options while allowing us to finalize a longer-term approach."

Virtual care is one of several measures introduced during the COVID-19 pandemic to strengthen the health system and support Nova Scotians and health-care providers. Virtual visits are provided via telephone, telehealth network or secure videoconferencing tools. More than 1,207,900 services were provided virtually by physicians in Nova Scotia between March 1 and December 1.

Public Input Wanted for New Traffic Safety Act

Nova Scotians can now provide feedback on proposed regulations that will govern how motorists, pedestrians, cyclists and those operating other types of transportation use the road. This is the third group of draft regulations being shared for public comment.

The proposed Use of the Road regulations are now available online.

Highlights of this phase of regulations include: Clarifying the use of hand-held devices while driving; increasing the parking distances from the curb to car; a variety of safety measures to better protect cyclists, including prohibiting the opening of car door in traffic without due care; updating hand signals for bicyclists, including an alternate right turn signal; updating the requirements for seatbelt use for emergency responders and taxi drivers; modernized language pertaining to commercial vehicles, including their safety fitness, securing of loads and carriage of freight; establishing red flashing lights for tow trucks and establishing which types of transportation may be operated on the roads and the rules they must follow, including bicycles, bicycle trailers, power-assisted bicycles and personal transporters

Draft regulation addressing the use of e-scooters remains under development and will be included in a subsequent public input phase. The draft regulations are being released in phases. The phases include regulations for drivers, vehicles, rules for using the road, penalties and other administrative changes.

Nova Scotians can get more information and provide feedback by going to: <https://novascotia.ca/traffic-safety-act-public-engagement/>. The deadline for feedback on the Use of Road regulations is January 8, 2021.

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A Message from Sarah Flemming



As the new Executive Director of the United Way of Colchester County, I feel very fortunate to be a part of this global organization. In response to the COVID-19 pandemic, United Ways across Canada were able to funnel funds through the Federal Government directly to the frontlines. In a relatively short timeframe, some of the projects we have seen locally include a move to online support, creating food baskets and providing gas cards for families, and an expansion and subsidized meal delivery program for seniors. The beauty of

the United Way is that even though our Colchester office is a small one, we have many resources and support from United Ways in larger areas. This allows us to keep up to date and current, while still being firmly invested in the Colchester region. I hope that in my new role I can bring a spirit of collaboration and outreach. As my background is grassroots frontline work, I can offer a perspective of learned experience and continue to advocate for those that need it the most! I look forward to meeting new people, and making new connections.

Sarah Flemming is Executive Director of the United Way of Colchester County

United Way Community Fund – Building a Better Future

By Heather Hamilton

Throughout the history of the United Way of Colchester County, our work has been focussed on identifying and addressing the challenges facing our local neighbourhoods. Back in 1954 we set out on a path to create positive change in Colchester County, and to this day we continue this journey in partnership with local agencies and with the support of our generous community of individuals and businesses.

Over the years the people of Colchester County have faced many challenges. This year, however, is unprecedented in the way the entire world has been affected by a truly global challenge. The COVID-19 pandemic has directly and deeply impacted the lives of people around the world, but here in Colchester County, we are only too aware of the many other challenges our local community has been forced to endure.

The United Way has been part of the healing work that 2020 has brought to our doorsteps, but we cannot forget the many unignorable issues that have been our focus for over 65 years. Unfortunately, some of these issues have become even more critical, and new ones have emerged. This incredible year has proven that as a community, we are strong and resilient. So today we continue our efforts to help create positive change, and we ask you to join with us as we move forward into this new world, working together towards healthier and happier communities.

Your local United Way continues to offer many in-house programs that directly serve Colchester families. Modified as current protocols require, our plans for the next year include Elves for Elders, Soup Fest, Day of Caring, Bikes for Kids and Back to School. We also have our creativity caps on and are developing new and exciting programs for 2021. Our work, however, in fact our very existence, is completely dependent on the donations we receive to our Community Fund through workplace payroll deduction programs and the gifts of many generous individuals and businesses.

With your gift to the Community Fund you are part of positive change, directly affecting the lives of your neighbours, friends and co-workers. The United Way of Colchester County shares the Community Fund through a stringent variety of granting options to support the programs and services of many local agencies. Over the years the Community Fund has sponsored hundreds of programs, serving thousands of people. Just some of the agencies making a difference in Colchester County include the Boys and Girls Club of Truro & Colchester, the Colchester East Hants Branch of the Canadian Mental Health Association, the Colchester Adult Learning Association (CALA), the Colchester Food Bank Society, Maggie's Place Family Resource Centre, Third Place Transition House and the Truro Homeless Outreach Society. We are currently building our connections with folks in the far corners of the County to identify regional challenges and develop programs relevant to their specific needs.

As we all figure out how we can move forward, the United Way of Colchester County encourages you to share your hope for the

future with your local community. A financial gift to the United Way's Community Fund ensures that local needs are addressed in the following areas:

- Helping Kids Be All They Can Be;
- Moving People from Poverty to Possibility; and
- Supporting Healthy People and Strong Communities.

United Way is an expert at bringing appropriate resources together, ensuring that the right people, organizations and skills are at the table to solve tough problems and develop long-term solutions. We know that by creating a strong, healthy and happy community, we are also creating a vibrant and sound economic environment. A community of healthy people equals a community of healthy businesses – benefiting everyone.

You can give to the Community Fund in a variety of ways: through payroll deductions where you work, securely on our website, or via cash, cheque, debit or credit card. You might even consider a legacy gift and be part of a positive future in years to come. Contact us to discover how you can make a difference.

As a donor to the Community Fund of Colchester County you can be confident that your gift will be used right in your own neighbourhood, making a profound and positive difference right where you live, work and play. Together we can create opportunities for everyone in our community to live a better life.

Be part of a healthier and happier future for Colchester County. Donate to the United Way of Colchester County's Community Fund. Make a secure, online donation at www.colchester.united-way.ca

Call 902 895.9313 or email coordinator@colchester.united-way.ca or mail to: P.O. Box 32 Truro NS B2N 5B6 / 2-90 Esplanade Street Truro NS B2N 2K3

Heather Hamilton is Office & Community Engagement Coordinator, United Way of Colchester County

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