

AFRICAN CANADIAN HEALTH NETWORK OF NOVA SCOTIA

November 2012

Edition #3

THE AFRICAN CANADIAN HEALTH NETWORK OF NOVA SCOTIA



The purpose of this network is to connect people/organizations addressing health of African Canadians. Through these connections we will learn about each others programs and help to promote them, support each other in getting programs off the ground, gain a better understanding of African Canadian communities, as well as collaborate and take action together. **Membership** is open to anyone who wants to work toward the purpose. It is not an exclusive network. Current members include community agencies, local health staff and provincial government representatives.

Prostate Cancer Historic Launch

On September 26, 2012, the Prostate Cancer Canada Network – Blacks in Nova Scotia (BINS) hosted a historic launch of a prostate cancer support group for Nova Scotian men of African heritage and their families. The African Nova Scotian Prostate Cancer Support Group is the first black support group within the national Prostate Cancer Canada Network.

There were over 50 people in attendance with the audience being predominantly men. These men were very interested, encouraged and keen to talk openly about their experiences with prostate cancer.

The hope of this group is to make a difference in the lives of black Nova Scotians and to be an encouragement to other black communities across the country to offer similar information and support.

*Did you know that
November is Diabetes
Awareness Month?*

Make sure to check out some of the events (back page) that are happening during the month.

Breaking the Silence

The Association of Black Social Workers (ABSW) hosted a conference for youth and elders on violence entitled 'Breaking the Silence: Youth and Elders Connect to Challenge Family Violence in Black Communities, which was held on Sept. 14 & 15 at the Ramada Conference Centre in Dartmouth.

The conference was a huge success with over 200 people in attendance. The conference also addressed health topics as well as the relation of violence and how it can affect your health and well-being. The Health Association of African Canadians (HAAC) and Canadian Diabetes Association (CDA) were both present and represented at this conference.

African, Carribean and Black (ABC) Communities Engage in HIV/AIDS Prevention

Nova Scotia Advisory Commission on AIDS, North End Community Health Centre and HAAC partnered to provide a workshop in mid October called, "Capacity Building Workshop for Service Providers Working with African, Caribbean, and Black Communities". After the workshop participants have become part of a local network or "hub" and are eager to find ways to work together to better serve communities. More information will be provided in the near future.

Upcoming Events!

FOR MORE DETAIL ON PROGRAMS, CONTACT INFORMATION PROVIDED

Healthier Behaviours While Living with Diabetes

Join the North End Community Health Centre, the Canadian Diabetes Association and the Health Association for African Canadians for a Lunch & Learn with Dr. Michael Vallis. He will be speaking on the topic of adopting healthier behaviours while living with diabetes. This will be on Wednesday, November 7th, 2012 from 12 pm-1pm 2103 Gottingen Street (JBO Centre).

For more information call 405-3663

World Diabetes Day Health & Wellness Fair

The North End Community Health Centre will be holding a Health and Wellness Fair on November 14, 2012 from 9am-3pm at the Health Centre.

ALL ARE WELCOME!

Problem Gambling in African Nova Scotian Communities

The Association of Black Social Workers invites community members and professionals to a professional development session on gambling and problem gambling. November 29, 2012, 1:30pm-4:30pm, Dartmouth North Community Centre. \$25
Call (902) 407-8809 or email nsabsw@gmail.com

Blood Collection Service in North Preston & East Preston



Everyone is Welcome to Visit Both Sites
No Appointment Necessary
Please bring your blood requisition and health card.
Questions? Call 434-3807

North Preston Community & Wellness Center
- Friday's 8-9:30 am
East Preston Family Resource Centre -
Wednesday's 8-9:30 am.

Many African Canadians are in need of stem cell transplants and dying because a donor match can't be found. Please consider donating. For more information contact One Match www.blood.ca or jullian.adler@blook.ca

Mental Health Services/ Addiction Prevention & Treatment Services/ IWK- Mental Health and Addictions

Staff from all services are present at the North Preston Community Centre on Thursdays, and are available for the surrounding communities. Staff work with individuals, families, and groups. They offer education and support, and collaborate with others in health promotion and illness prevention.

Contact Numbers:

Cole Harbour Community Mental Health
Nancy Trenchard 434-6034

Addiction Prevention & Treatment Services
Jenn MacLennan, RSW, ADS 424-5960

Seniors Mental Health
Jennifer Mason, RN, MN 464-3467