



## A MESSAGE FROM OUR CO-DIRECTORS

Through these uncertain times, QHO has consistently looked to the numerous possibilities that have arisen from the sudden yet temporary pause to our diverse initiatives this past spring. In our combined 7 years of time spent on QHO, QHO's adaptability has never failed to impress us. While it will certainly continue to be tested in the coming year, the character of our organization has never been more clear. Above all, we are incredibly grateful for our strong team. This past year, the executive team application process was the most competitive it has ever been, and there could not be a more committed and capable group of individuals working tirelessly in support of QHO's mission and

vision! We are so proud of all that our team has accomplished thus far. We are hoping to get creative through virtual platforms, social media, and other correspondence to maintain health discussions and youth engagement alongside our partners. Simultaneously, our Initiative Directors have been working with our Strategic Planning POD to work on an exciting initiative re-evaluation rubric, which will allow us to have a sound, well-documented picture of where our initiatives can improve and how we can make lasting change. Finally, while in the beginning stages, we are excited to get to work learning from past QHO members with the re-establishment of the QHO Advisory Committee.

While determining QHO's future in our new COVID world was admittedly an overwhelming prospect at first, our feelings quickly turned into excitement and anticipation. As a critical development organization, we have found unique opportunities to re-imagine QHO's impact by evaluating our best practices, organizational effectiveness, and initiative sustainability in the pause to our organization's regular activities. We cannot wait to see where this year takes QHO, and are committed to ensuring that this year is meaningful and successful no matter what 2020 can throw at us!

All the QHO love,

*Georgia Fraulin & Annelise Perron*

General Co-Directors 2020-21

## WHO WE ARE

Queen's Health Outreach is a student run registered charity based on the campus of Queen's University in Kingston, ON. Our goal is to facilitate needs-based, peer-to-peer health discussions surrounding topics of mental, sexual, and physical health locally, nationally, and internationally.

QHO was founded by a group of medical students in 1987, as Queen's Medical Aid. As QHO has expanded over the years, our mandate has shifted from providing clinical and medical services to the establishment of health education initiatives, collaborating with communities to work towards sustainable opportunities for youth engagement, leadership, and health conversations.



# Kingston INITIATIVE

This past year, we have faced many unexpected challenges, although this has not stopped us from executing QHO's mission.

We are excited to have hired 12 new Kingston Peer Educators at the end of September. This year, QHO's Kingston initiative will look a bit different - our Kingston Initiative Directors have been hard at work transitioning our workshop style health discussions to a live, virtual format. We have no doubt that our new Kingston Peer Educators will make purposeful contributions in carrying out QHO's mandate in the Kingston community this year, even if it is done remotely.

This past year, partnerships had been made in many schools around Kingston and continue to be fostered in and around the community. So far, we have confirmed partnerships with classrooms and are planning crash course for our newly hired PEs.

Some of our goals for this year are to establish sustainable, effective virtual programs in all schools/community groups with the hopes that our initiative can expand to other classes within the schools/organizations. We want to foster new relationships with other Queen's clubs and organization to create more partnerships and awareness about health promotion in the Kingston community. Although the current pandemic has made this goal more difficult to execute, we have been finding new ways to connect with the community and work towards accomplishing these goals.

As we begin virtual programming, we are planning to devise strategies to receive more feedback mid-initiative in order to evaluate necessary changes that need to be made. We want to create relevant material for students in the classrooms to ensure that current, relatable issues are brought up in the classroom in a fun, but meaningful way. This is a new and unfamiliar situation for us all. We are looking at it as a learning experience to strengthen our relationships and improve our peer-based learning.

We look forward to working collaboratively with our new PEs and executing our virtual health discussions!



# Belize, Guyana & Northern Canada INITIATIVE UPDATE...

As we are adapting to the current circumstances of the pandemic, we have begun to contact our partners initiative wide to ensure we continue to foster our relationships and grow synchronously. QHO's mission is still being executed through virtual methods. Although we do not have any set in stone plans for the upcoming initiatives, we are looking at different social media platforms to connect with the community and working toward a virtual program to provide the same peer-based learning of health education.



Belize

We have reached out to our partnering schools and communities to identify how they have been affected by Covid-19 and the impact it has had on their education system. By better understanding the current circumstances in these communities, it has provided us a more educated basis of how we can alter QHO and become a more sustainable organization. We are using skills such as critical thinking, creativity and adaptability to maintain QHO's goals and vision in a different setting and format. Through critical evaluation of our initiative's, we are looking at ways to improve in future years.



Guyana

We have put our hiring process on hold until the winter semester to better evaluate the world conditions and ensure the safety of our organization members. We are hopeful that there will be upcoming initiatives to look forward to, although in the meantime this pause has given us the opportunity to critically evaluate our initiatives and incorporate improvements to increase the sustainability of our organization. We are looking at this change of plans as a way for us to reconnect with our mission and grow in ways we have never thought possible!



Northern Canada



# PR UPDATE

This past month, PR has focused on attending Queen's virtual orientation events and creating promotional material for students to learn about QHO and apply to be Peer Educators or Interns! We have been reaching as many students as we can across programs and years through a variety of online events, on social media and on our website. We are also very excited about our events in progress such as the podcast (QHOnAir), Zoom fitness events, a QHO recipe book, Zoom cooking event, virtual fundraising events and more! This semester has encouraged us to be creative in our approach to engaging the Queen's community with QHO and we are excited for what's to come.



## NEW THIS YEAR: *QHOnAir*

QHOnAir is a new project we are very excited about! The Public Relations Pod has been working collaboratively with the Education Pod on creating QHO's first podcast. This podcast will be targeted at those who are interested in health, global health, global development, ethical engagement and education. It will give the listeners insight into what types of discussions our organization, Queen's Health Outreach has on a regular basis.

Listen in on the first episode as we chat with the Co-Directors about all things related to QHO. Additionally, join us on Fridays, bi-weekly as we will be chatting about health themes surrounding topics of mental, sexual, and physical health.

## UPCOMING EVENTS

- 10.31.20 Halloween Instagram Raffle
- 10.14.20-11.12.20 Purdy's Chocolate Fundraiser
- 11.18.20 Empowerment, Confidence and Wellness Workshop

## SPONSORSHIP UPDATE

QHO's Executive Team is currently working to discover how online learning will alter the execution of our organization's mission. The sponsorship team is collaborating with all the initiatives to develop a method to continue discussion-based learning as we navigate this new environment. The Sponsorship team is presently collaborating with the Kingston Initiative to locally supplement Peer Educators lesson planning. Our goal is to provide students with interactive materials to stay engaged in online learning and continue to provide peer-to-peer education. Peer Educators will be provided with tools such as whiteboards, markers, popsicle sticks, paint, and much more to continue to make these discussions captivating and educational. We look forward to discovering more ways we can overcome the challenges presented this year to successfully expand and adapt as an organization.

# OUTREACH UPDATE

In October we launched the first event of our online fitness class series. We are hosting a variety of online fitness activities throughout the semester to promote healthy active living in the Queen's community. These events are open to Queen's students, alumni and community members. The first event was a Tabata class led on Zoom by QHO alumni Laura. The event was a great success with about 40 people participating in the fun and sweaty class. There will be more events taking place throughout the semester such as Yoga classes, HIIT Workouts and dance-cardio classes. Some of these events will also be combined with workshop and discussion activities surrounding various health topics such as active living, mental health, body confidence and wellness.



LAURA @FITPALFAM

Laura is a body positive fitness instructor who wants to promote accessible, inclusive and positive fitness experiences for all!! She started the fit pal fam free zoom workouts to try to support individuals on their fitness journeys- with or without gym and equipment access! Apart from tabata workouts Laura loves running, hiking, playing sports and being outside. While at Queen's Laura had the amazing privilege of being on the QHO Belize Secondary initiative! Fun Fact: Laura actually STARTED doing Tabata style workouts on initiative in Belize with her amazing team (Kieran, Avery and Mo).

"EVERYDAY WE'D COME HOME FROM SCHOOL, WE'D PLAN AN AWESOME HIIT TABATA AS A TEAM AND THEN CRUSH IT BEFORE DINNER. IT WAS SUCH A GREAT WAY TO RELIEVE STRESS AND BOND AS TEACHING PARTNERS, NOT TO MENTION GET A GREAT SWEAT ON IN THE 35 DEGREE HEAT. I AM SO THANKFUL FOR MY TEACHING PARTNER TEAM FOR INSPIRING ME AND PUSHING ME TO FALL IN LOVE WITH MOVING TO IMPROVE MENTAL WELLBEING" – LAURA



Hello family & friends of QHO members, we invite you to participate in our annual QHO Purdy's Fundraiser. Your purchase is greatly appreciated and will go to support our initiatives! Please visit the website for the link to shop the chocolates.

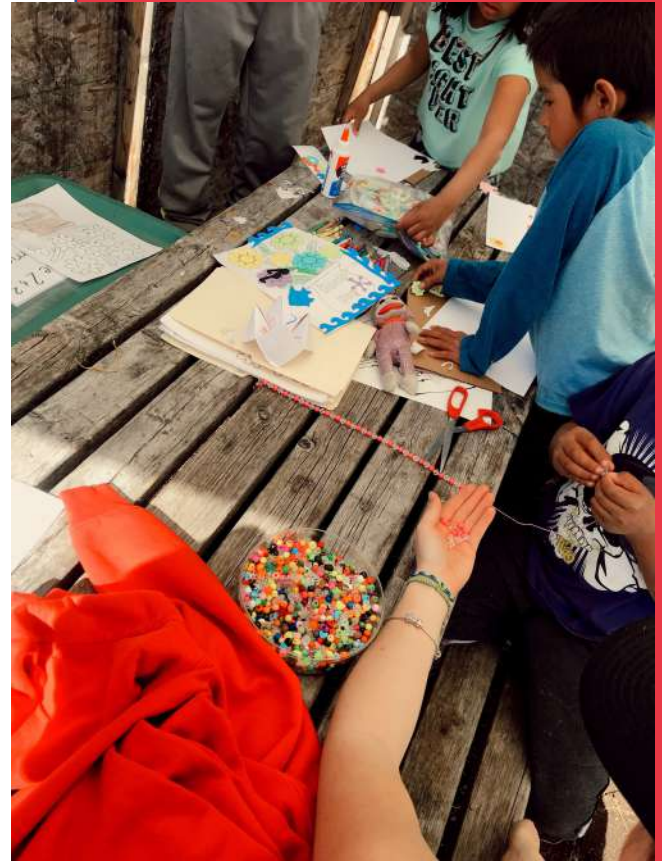
Enter for a chance to win!

# Halloween Raffle



How: follow us on instagram, like our post and click the link in our bio  
Prize: Uber Eats Gift Card





Peer-to-peer teaching and learning relationships implemented to focus on a more dynamic and relatable learning experience.

## *donate*

To ensure the continued success of our initiatives in Kingston, Northern Canada, Belize, and Guyana, Queen's Health Outreach (QHO) depends in large part on financial support from individuals and organizations (both public and private sector). Although QHO hosts a variety of fundraising events throughout the school year, charitable donations are critical to the viability of our organization. As such, we welcome and greatly appreciate financial contributions of all kind.

If you would like to donate, here are some options for you to consider:

### **OPTION 1: ONLINE DONATION**

Visit our website [www.gho.ca/donate](http://www.gho.ca/donate).

### **OPTION 2: CHEQUE**

Send a cheque payable to:

**Queen's Health Outreach**

**Registered Charitable Organization #889124798**

**P.O. Box 2045**

**Kingston, ON**

**K7L 5J8**

### **OPTION 3: CONTACT**

Please contact the sponsorship director at [sponsorship@gho.ca](mailto:sponsorship@gho.ca) for more information on how you can donate to a specific initiative.

**THANK YOU FOR YOUR SUPPORT!**