

QUEEN'S HEALTH OUTREACH



Welcome to QHO!

Hello everyone, and welcome to the Queen's Health Outreach December newsletter! QHO is a student run registered charity based on Queen's campus. Our goal is to facilitate conversations about mental, sexual and physical health here in Kingston, nationally and internationally!

QHO was founded by a group of medical students in 1987, and was first known as Queen's Medical Aid. As QHO has expanded over the years, our mandate has shifted from providing clinical and medical services to providing needs-based health education in specific locations. We now have annual initiatives running in Kingston, Belize, Northern Canada and Guyana! We partner with organizations in each location to work towards enhanced sustainability of our initiatives.

The 2018-2019 year has been off to an exciting start! From the hirings of our 38 Peer Educators, 6 Interns, the weekly education sessions and meetings, everyone has been hard at work! Highlights have included the annual "Trick or Funding" fundraiser on Halloween and the "Bond Night" fundraiser, where everyone had the chance to dress up for a fun night with a good cause!

SNEAK PEEK

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Belize Initiative

BELIZE INITIATIVE DIRECTIORS: VIVIAN FU & KATRINA STREEF

The Belize initiative consists of 10 wonderful Peer Educators who will all be teaching in both Primary and Secondary schools this year. The PEs are divided into a group of six and a group of four who will both be teaching in two different cities amongst the six week initiative. For the first three weeks, we have Holly Logan, Kara Passi, Ryan Sieg, Julia Marshall, Cassie Zumwalt, and Katelyn Hochgeschurz teaching in Secondary schools in Belize city, and Gabriel Ferreira, Abigail Nicholson, Jessee Vaughan, and Tyra Morton teaching in Secondary schools in Dangriga. For the last three weeks, we have our group of six travelling to Belmopan, and our group of four going to Belize City to teach in Primary schools.

We are all so excited & have already began fundraising with pizza sales by Stauffer Library and cookie dough sales in the Queen's ARC. The Belize initiative also had an amazing time at Bond night and carolling, in which "Baby It's Cold Outside," was a fan favourite.

Guyana Initiative

GUYANA INITIATIVE DIRECTIORS: HANNAH REHMAN & NICK STRATFORD

This fall, 8 peer educators were selected to facilitate health-based discussions in Guyana. 4 will be in Georgetown, the nation's capital, and 4 will be in Bernice- a rural region 2 hours from Georgetown. Here are some photos from our carolling fundraiser this past week!

We kick started our fundraising on Halloween with trick or funding. We had lots of fun and won the costume contest dressed as the black eyed peas! We also sold tickets for bond night, and held a Guyana Initiative potluck beforehand. We started off the holiday season with some carolling for our Kingston neighbours. We had lots of fun singing the classics! This past week, we had a Guyana-specific fundraiser where we sold holiday sweaters and offered group photos at cogro. We had a lot of fun planning this fundraiser!

We are looking forward to the new year and all that it brings. Happy holidays from the Guyana Initiative family !



Kingston Initiative

KINGSTON INITIATIVE DIRECTIORS: *BEATRICE CHOREMIS, MADDIE GILLILAND & SYDNEY VAN SICKLE*

The Kingston Initiative had an amazing first semester. We hired 12 Peer Educators and are teaching in 11 classrooms in the community. This year, we created a longer and more in-depth crash course to prepare peer educators for the classrooms. In the crash course we discussed prevalent social issues in the Kingston community, teaching and lesson planning tips, active listening strategies and cultural sensitivity, as well as the opportunity to practice teach.

The peer educators were in the classroom for approximately 4 weeks and things have been going really well overall. Students in the classes are engaged in the lessons and discussions, share their thoughts in class and also ask great questions anonymously. The teachers have also shared positive feedback about the peer educators. We are excited to start again in the new year!

Northern Initiative

NORTHERN INITIATIVE DIRECTIORS: *HAILEY CORBETT, LEAH DUBEAU & MEGAN ELLIOTT*

As another semester and year are coming to a close, we are very happy to be able to share the excitement and enthusiasm that has been the Northern Initiative over the past few months. We would like to begin by introducing our eight amazing, kind, and unique Peer Educators, whom have already achieved so much. Ranging from first to fourth year, and from Kinesiology to Global Development Studies, with everything in between.

As per Northern tradition, we hosted our annual 'Wolfpack Sleepover', and our legendary online silent auction. We would like to thank all our donors once again for their very generous donations. One of the biggest events of our initiative to date was, as expected, our Reveal party. This is where all of the PE's find out who their teaching partner for initiative will be, and which one of the four Northern locations they will be teaching in. PE's will be teaching in Salluit, QC, Webequie First Nation, ON, Fort Providence and Fort Good Hope, N.W.T. This is QHO's first year with PE's in Fort Good Hope, N.W.T., after a very strong expansion last spring, and we are so excited by this new partnership.



A Message from the Co-Directors

CO-DIRECTORS: CANDENCE HARRIS & JENNA HICKEY

We can't believe that this semester has already come and gone - time flies when you're having fun! We had our hands full this fall with hiring for our Kingston Initiative, our Summer Initiatives as well as our Intern positions, and we couldn't be more pleased with the teams that we created! We are so lucky to have an amazing executive team working alongside us, and are excited to watch all of our new members grow in their roles on QHO.

We have also been hard at work with several organization-wide matters. We have been working alongside our Policy and Monitoring & Evaluation Directors to create and move towards implementing an Evaluation Framework and a Strategic Plan. Through these documents, we are hoping to create a clear and concise strategic direction for the organization, and build upon our existing capacities for critical evaluation. We have also already had several organization-wide fundraisers (many thanks to our wonderful Fundraising Directors!), including a very successful holiday chocolate sale - YUM!

We are absolutely honoured to be in this position and have the chance to watch everything go on behind the scenes. We are so proud of everything that QHO as an organization has been able to accomplish thus far in the school year, and absolutely cannot wait to see what the new year will bring!

Happy holidays and all the ~QHO Love~,

Jenna and Cadence



Closing Remarks

As we close out the 2018 year, we would like to say thank you to all of our donors, our loyal supporters and all the local organizations we work with in each of our locations. We would also like to say thank you to all of our hard working executive members, interns and peer educators.

Without any of these pieces, QHO would not be the family we know today.

From our family to yours, we wish everyone a happy and health holiday season.

