Inuusittiaringniq

News from Nunavut's Wellness Community

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Spring 2018, Issue #6

Cambridge Bay Tobacco Reduction Sewing Groups and Qamutik Making

The tobacco reduction sewing and qamutik making groups in Cambridge Bay bring together many groups of people including children, youth, women and men. The groups make different types of clothing and equipment. For example, youth and adults from the community make seal skin mitts, and women from the Canada Prenatal Nutrition Program come together to make amautis. Depending on the group, sewing groups can take place at the Elder's Palace, Double Portables, and the Wellness Centre. The programs run for about 2-4 weeks, and sessions are usually 2-3 hours in length. The program is funded through a contribution agreement with the Government of Nunavut's Department of Health.

A participant preparing her patterns for her mitts

Participants working hard to sew their seal skin mitts

The program's main goal was to educate people about the harmful effects of tobacco and reduce the use of tobacco by encouraging participants to engage in healthy activities such as sewing and building, which they enjoy doing. Learning and practicing cultural skills such as sewing and qamutik making are positive ways to prevent tobacco use, and support those who are trying to quit smoking.

> "People enjoyed coming and participating in the sewing groups. They expressed that they liked attending the workshops and participants said that when they sew, they do not crave a lot for cigarettes."

In addition, these groups provide an opportunity for people to come together and offer one another support and learn from each other's experiences. Participants can provide advice or tips on how they quit smoking, or how they refrained from ever using tobacco. For many participants, the sewing groups and qamutik making groups are a place where they are away from the things that produce stress in their lives, and an opportunity to feel connected with others who share similar interests and skills.

Beautiful sealskin mitts sewn by participants of the tobacco reduction sewing group

Attending a wellness program in your community is a positive way to cope with the stresses of everyday life, learn new information and strengthen skills, and be connected with culture and the community, which not only strengthens an individual's health and wellness, but the health and wellness of the community as a whole.

Cambridge Bay Tobacco Reduction Sewing Groups and Qamutik Making

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Simple Soups Resource

In March, the Department of Health celebrated Nutrition Month and released the Simple Soups resource. This resource encourages Nunavummiut to make more meals at home, which allows you to save money and eat healthier, as well as create opportunities to share food preparation skills and bond with children.

The resource shows how you can build a soup by choosing one or more items from each row. You can mix and match based on what you have available. It also provides a basic soup recipe, a cost comparison between store bought and homemade chicken noodle soup, as well as tips on how you can make store bought soup healthier.

Tip: Incorporate country food to boost the nutritional value of your soup!

Electronic copies of this resource are available online in all four official languages at https://livehealthy.gov.nu.ca/en/resources.

For more information, contact Tenzin Lama at tlama@gov.nu.ca or call (867) 975-5726.

Embrace Life Council: Trauma Informed Practice

Trauma Informed Practice (TIP) is a training program which combines information sharing with practical application of knowledge. The Embrace Life Council (ELC) collaborates with community members who would like to host the training, and sets up a time and place to hold the training in a space available for 15-30 people. The TIP sessions may be a half day, or a full day. A half day training presents the Trauma Informed Practice content, whereas a full day session on TIP allows participants to create a long term implementation plan.

The main goal of the TIP training is to enable participants to better support and respond to individuals who have been impacted by trauma, whether it was experienced firsthand, historically, or intergenerationally. The program aims to help Nunavut service providers understand individuals from a more compassionate, trauma-informed perspective. As an example, through trauma informed practice, the question shifts from asking, "What's wrong with you?" to, "What happened to you?"

The Embrace Life Council carries out this program with certified trainers who deliver the sessions. The program is funded through a training contribution agreement with the Government of Nunavut's Department of Health.

Most recently, the Embrace Life Council provided Trauma Informed Practice training to approximately 100 Iqaluit educators and the Qikiqtani Regional Professional Development Conference. ELC will be running a spring workshop open to interested participants in Iqaluit.

An illustration from the TIP training document created by Patrick Béland

Embrace Life Council

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The website includes many resources for individuals, community groups, and frontline workers.

About this Newsletter

*Inuusittiaringniq*means "living well together." This newsletter presents stories about community wellness work across Nunavut and other information for community-based wellness leaders. Each issue profiles successful projects and new initiatives. We focus on practical details about what is working well so we can learn from each other's experiences.

To suggest a story, please email us at *embracelife@inuusiq.com*.

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Cape Dorset Avuttut Canada Prenatal Nutrition Program

The Canada Prenatal Nutrition Program (CPNP) is a community-based program that provides support to improve the health and well-being of pregnant women, new mothers, and babies.

CPNP is a community based program for prenatal and recently postpartum women living in Nunavut. The goal of CPNP is to help women have healthier pregnancies and healthier babies and encourage women to connect with services and supports in their community. The program also aims to promote partnerships within communities and strengthen community capacity to increase support for pregnant women and new mothers.

To meet the CPNP goal, 4 main activities are offered:

1. Nutrition Education (e.g. eating healthy foods, healthy meals for babies);
2. Food for pregnant women and women with babies (e.g. cooking groups and food baskets);
3. Breastfeeding promotion and support (i.e. help women start and continue to breastfeed); and
4. Health promotion activities that support healthy pregnancies and babies (i.e. FASD prevention and awareness, mother's mental health).

A nutritious and delicious seal stew was prepared during the CPNP session.

CPNP participants (mother and baby), Community Wellness Coordinator, and guest speakers enjoying throat singing together.

In Cape Dorset, the CPNP runs at the sewing centre twice a week on Tuesdays and Thursdays for about three hours per session in the afternoon. The program is carried out in collaboration with many dedicated community staff including the CPNP Coordinator, the Community Health Representative, the Community Wellness Coordinator, and the Public Health Nurse. Cape Dorset's CPNP is a great example of team work, bringing together many women and their babies to learn from one another, and support each other in their health and wellness.

During one of the Cape Dorset CPNP sessions, there were interactive workshops where participants talked about nutrition, nutrients in country food and healthy store-bought food, how to read food labels, and addressed the management of diabetes with nutrition and physical activity. Participants also had throat singing activities, as well as a presentation about sexual health. A nutritious and delicious seal stew was prepared and served at the session for everyone to enjoy!

Cape Dorset CPNP

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