



Municipalities NL Webinar

Re-Creating Recreation

April 17, 2020

Who is Recreation NL?

VISION

Recreation NL envisions a province of engaged communities where all people embrace the benefits of recreation to enhance their quality of life.

Core Services

- Communicate
- Advocate
- Educate & Train



Benefits of Recreation

- Enhances quality of life by helping people to live happier and longer.
- Develops creativity, builds healthy bodies and positive lifestyles.
- Provides opportunities for personal growth and development for people of all abilities.
- Our parks, open spaces, and trails ensure ecological sustainability.
- Is an important contributor to community economic development.

The Role of the Municipality

Municipal governments are closest to the people; they are likely to respond more flexibly, more quickly and more effectively to the needs of the community in matters of recreation. For this reason the municipality is the primary public suppliers of direct recreation services.



Strengthening Children's Mental Health during COVID – 19



Did you know that 1:5 children live with a mental health issue? During these times families are experiencing unique challenges as they re-create their homes.

Tips for supporting children's mental health:

- Provide reassurance
- Help them express and feel their feelings
- Young children feel safest when they are with family and caregivers
- Where possible, keep routines
- Provide age-appropriate information
- Monitor your social media and screen time as well as your child's
- Use community resources

The value of Unstructured Play:

Unstructured play allows children to use their imaginations and express themselves, get creative. IDEAS of Unstructured Play at home:

- Fill the sink with water and bubbles or food coloring – add toys
- Take out blankets and build forts, have a sleep over
- Recycling is not being picked up not a problem, use those boxes to build
- Pick old school games like thumb war, cat's cradle

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While there are common fears of

- Obesity
- Food Insecurity
- Addictions

Let's persevere and be the solution

- Recess at home
- Stream exercise classes
- When purchasing buy frozen vegetables, fruits (reach out to dietitians in your area)
- Keep in mind addiction is an illness and it is important to communicate proper channels that individuals can go to for advise.



Change has happened
and will continue to
happen.
Be the difference, by
making the difference...

- Communication within your community and at home.
- Sharing of information. We all come in different shapes and sizes. Not only body size but municipality size.
- Support and Shop Local



**SHOP LOCAL.
SHOP TORBAY.**

The Town of Torbay is home to many great businesses that provide goods and services to our community. At this time of distancing and self-isolation, these businesses are facing unprecedented challenges. As they adapt to support the community, we are asking you to support them in return. When you shop, shop local; shop Torbay.

How to support your local businesses

 Shop local online.	 Take online classes from local instructors.
 Buy your groceries and supplies from local stores and producers.	 Buy gift cards from local businesses to use at a later date.
 Post reviews for local businesses and share their online posts.	 Re-book scheduled appointments instead of cancelling.

For a list of local businesses, visit torbay.ca/businesses
For product & service offerings from local businesses, visit torbay.ca/shoplocal



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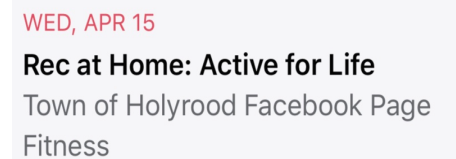
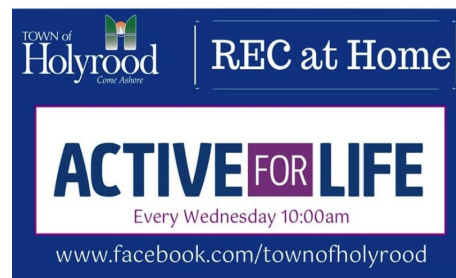
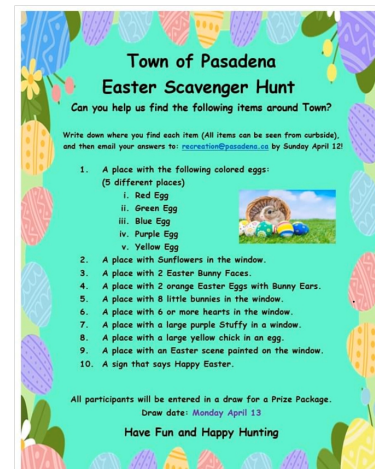
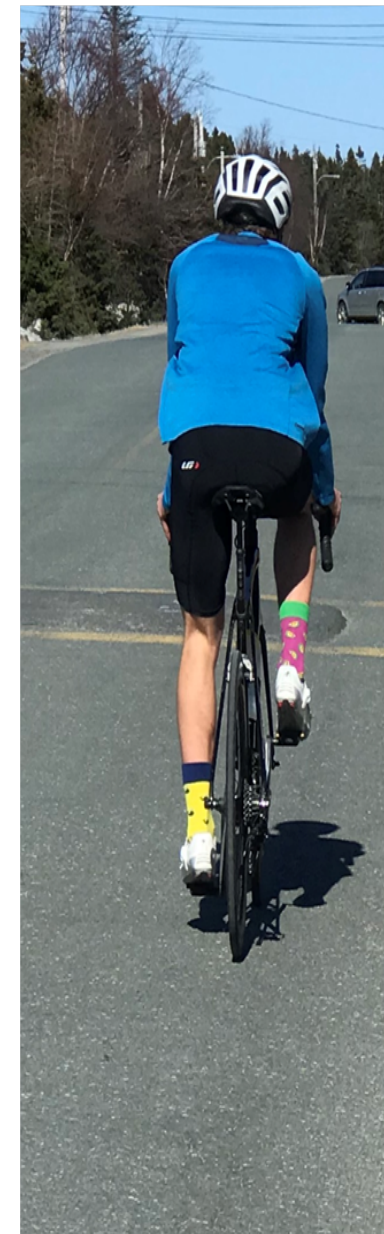
Common Vision

- “Quality Programs & Services”
- “Healthy Active Lifestyle”
- “Strong Sense of Home”
- “Outdoor life second to none”
- “Our people connected to land, sea and each other”
- “Opportunities to engage in exercise and active lifestyles”
- “Developing Strong Neighborhoods and Healthy Citizens”



NEW





Thank You

To learn more about Recreation NL programs and services,
please visit www.recreationnl.com or email
info@recreationnl.com

