

UPLIFT, FOR HEALTHIER GENERATIONS

UpLift is a highly collaborative partnership designed to improve the health and learning of youth throughout Nova Scotia. Formerly titled Recipe for Health and Learning, the rebranded UpLift partnership aims to create environments for all children to achieve their highest potential, understanding that health plays a key role in learning and life.

As part of a funding consortium for this partnership, alongside the QEII Foundation, the IWK Health Centre and Dalhousie University, DMRF has played an instrumental role in getting UpLift off the ground, with this group's donors contributing approximately \$640,000 since the fall of 2017. This year, an estate gift provided by longstanding DMRF supporter Miriam "Bunny" Hayman added an additional \$500,000 in funding toward this very important initiative.

Thanks to this incredible support from consortium donors, as well as a commitment from the Public Health Agency of Canada (PHAC) to match raised funds up to \$5 million, UpLift is now well underway. Additionally, DMRF is proud to announce a \$1.5 million pledge, over the next five years. This, combined with the PHAC match, means over \$5 million has been raised to support this visionary and long-term partnership.

KEY COLLABORATORS & PARTNERS

- Nova Scotia Health Authority (NSHA)
- Department of Education and Early Childhood Development (DEECD)
- Regional Centres for Education
- Department of Health and Wellness (DHW)
- Conseil Scolaire Acadien Provincial (CSAP)
- Department of Communities, Culture and Heritage
- IWK Health Centre
- Dalhousie University - Healthy Populations Institute
- QEII Foundation
- DMRF
- Dalhousie Advancement



AN ESTATE GIFT WITH PROMISE

As a certified Occupational Health Nurse with a vested interest in health and wellness, Bunny had a positive affect on many lives in the Maritimes. A proponent of keeping active, Bunny was known and loved as an avid golfer and gardener in her community on Nova Scotia's South Shore. So much so, in fact, that the Chester Golf Club even named their 14th hole rose garden "Hayman Corner" during her lifetime. In honour of Bunny, her service in healthcare and her love of her community, Bunny's legacy gift will be put toward the UpLift partnership in Nova Scotia's South Shore region specifically, where she will continue to have an impact.

"The generous estate gift provided by Miriam Hayman really enhances our ability to encourage healthier environments and behaviours for Nova Scotia's youth. With increasing rates of conditions like obesity and diabetes threatening their health as they age, supporting health and learning in schools is particularly important."

- Margaret Kay-Arora, UpLift Project Manager

“As a teacher, I look forward to helping be a change maker to advocate for better health for students. We see so many students affected by things like poor nutrition and sedentary behaviour, but wouldn’t it be great to provide environments that put every student on the same starting line for education? UpLift, with its committed school-community-university collaborative partners, can do this.”

- Vikki MacLaughlin, Teacher, Chignecto-Central Region

FOR HEALTHIER GENERATIONS

Since our last update, UpLift has made even more significant leaps forward, including the hiring of a project manager, Margaret Kay-Arora, and the development of an official, public-facing brand. UpLift is now launched online with a full website (upliftns.ca) and a presence on select social media platforms where students, parents and key project stakeholders can be reached.

With official implementation of the partnership occurring this fall, UpLift will roll out to approximately 70 schools in the Cape Chignecto area in September, followed by the South Shore Regional Centre for Education shortly after.

With continued support, UpLift will become a reality in all schools and communities across Nova Scotia. Gifts toward this transformational project can truly create healthier environments and brighter futures.

To get involved or to learn more, visit upliftns.ca



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Uplift Nova Scotia