



North Vancouver Recreation Commission

Media Release

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UBC study North Vancouver's Recreation Program for Newcomers

A three-year Social Sciences and Humanities Research Council of Canada grant of \$110,000 has been awarded to Dr. Wendy Frisby in the School of Human Kinetics at the University of British Columbia. She will conduct a participatory action research project on the North Vancouver Recreation Commission's *Health and Wellness Project for Newcomers*.

The project was presented with a 2010 Program Excellence award by the BC Recreation and Parks Association. It supports newcomers in meeting their health and wellness needs through multilingual volunteer hosts, orientation tours of recreation facilities, translated health and wellness resources, multilingual healthy living workshops, and other community engagement initiatives. The Newcomers project was originally funded through a grant from the Union of BC Municipalities.

The UBC research grant will begin in the Fall 2011 and will engage recent immigrant women, North Vancouver Recreation Commission staff and volunteers, and various community partners to assess strengths and areas of improvement in the Commission's newcomers program. The focus is on immigrant women because research has shown that they suffer most from what is known as the 'healthy immigrant effect' where their health tends to decline after migrating to Canada. Opportunities for involvement in the project include: membership on the project advisory committee, support in participant recruitment, and participation in data generation about the role that public physical activity programs play in settlement into a new country. "This is such a wonderful opportunity to engage the community and learn how we can build on the strengths of the Newcomers program," says Leslie June, Manager of Community and Recreation Services with the North Vancouver Recreation Commission.

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