



Saturday, May 11th, 2019 marked 13 years for the RM of Springfield's Andrew Dunn Walk/Run. Over the past 13 years this event has supported mental health initiatives in Manitoba and made such a difference across the province supporting mental wellness, suicide awareness and general awareness of mood disorders that affect one in five people every day.

This event, which has become a regular part of the community calendar, has made its impact in the daily lives of those struggling with mental health issues in recent years. In addition to regular meetings of the Springfield Connections support group for those challenged with mood disorders, the Andrew Dunn Organization has supported many mental health initiatives in Manitoba since 2006.

Over the past 13 years, over \$630,000 has been raised through the Andrew Dunn Walk/Run. Applications for funding from community organizations are received and reviewed by our committee to ensure that the goal of advancing mental health in our communities is met. Project reports on the projects/initiatives are provided annually. Here are some examples of initiatives that have been funded.

Community Initiatives:

- Springfield Connections – financial support to a Weekly Mental Health & Wellness Group hosted at the Springfield Library (Free of charge to anyone in the community)
- Community Mental Health Projects to support mental health awareness and anti-stigma initiatives : support of \$600, the SPACE – support of \$250, Expressions Art Exhibition – Steinbach support of \$200 annually
- SPACE to sponsor day camp for children- \$9,000 Springfield Library - \$1000 Donation to Establish a Mental Health Resource Centre and Continue Annual Support and Donation of 2 Seasonal Affective Disorder (SAD) Lights
- Support for Lac du Bonnet area to help remove barriers that affect persons access to mental health services- \$5,000
- Cooks Creek Community Centre: \$5,000 commitment to support contemplative garden
- Seniors Mental Wellness event April 25 2019- \$2,500
- Compassionate Friends Network – Donation of \$500 annually
- Funding to ensure transportation options for persons needing assistance to attend mental health appointments/programs.

School Based Initiatives

- Sunrise School Division Mental Health Initiatives Support: \$8,500 plus commitments of \$10,000 for the coming year
 - Annual SAFE Talk Training for the Trainer (Suicide Awareness in the Schools)
 - Annual Suicide prevention training for teachers (ASIST)
 - Second Step program Lac du Bonnet
 - Wellness Expo Ecole Dugald
 - Ecole Edward Schreyer – connecting teens initiative
 - Safe Grad donation
 - “Buddy Benches” for Anola school
 - “Talking stick” project at Ecole Beausejour Early Years
 - Wellness Expo Ecole Dugald

- Annual Bursaries: \$1000 to a Springfield Collegiate Institute graduate who has shown initiative in mental wellness; \$500 Bursary to the Springfield Middle School Peer Support Program; \$100 to Royal Elementary School to support Mental Health Resources
- Pinawa Secondary School- \$1,000 bursary for student to study in the field of Mental Health

The 14th annual Andrew Dunn Walk/Run will be held at the Oakbank Arena on Saturday May 9th, 2020.