

## **Other miscellaneous notes from UHPR Training:**

### Timings for meetings:

Group consensus was that mid-spring (June) and late fall (last week of November) would work for the majority of units.

**Note:** Anytime there are a number of people interested in the UHPR training – we can do that either here in our building or on unit lines depending on the number of people (and the different units) that are expressing interest at any given time.

### Best ways to connect/communicate:

Emails – will be reserved for important announcements

CAFConnection (and possibly whatever replaces that in September) will be the repository for documents, handouts etc. We will post upcoming trainings, PD sessions or meetings there as well.

E-Circular – in our HP section, we will have a line item for UHPR when there is something coming up or newly added to the UHPR tab. Scan this regularly if you have access.

ACIMS/Sharepoint – we will work on getting a Health Promotion page set up with a UHPR tab that will also house the materials that we have shared, in pdf format for ease of access and sharing

### Environmental Scan:

We will be going through the existing scans that have been created by other B/W's and will come up with a way to share via Sharepoint, Google Forms and/or WhatsApp so that we can start gathering data and working on things that will provide quick wins and generate positive momentum.

### Promotion within the Unit:

There was discussion around the need to be as flexible as possible in terms of how to get out information, content, etc. so the following are suggestions that we would encourage you to investigate within your unit lines as to what would be the most effective:

- Resilience Boards (Bulletin Boards) – would need to be in a high(er) traffic area, perhaps in or near the canteen, near the Orderly Room, near the workout area if there is one etc. If you are interested in this option, let us know and we can work with you to create the content.
- Electronic Boards or TVs – can upload the images that we provided in your packages as posters to create a rotation of content, advertise challenges, campaigns etc.
- Displays? We didn't discuss, but once in a while this might be a good way to also put out materials that you want members to pick up.
- Monthly mailouts – we can send these as both hard copies to the POCs as well as in electronic form to the UHPRs for dissemination to members at other locations etc.

### Ongoing Professional Development/Training/Future Meetings:

We have a few ideas of what we would like to cover in upcoming meetings, but if you have topics that you are interested in please share those with us and we can see about bringing in other speakers.