

Let's have fun!

Evaluating Sunshine House's Solvent Users Recreation Program



Sunshine House is a harm reduction-oriented drop-in centre for street-involved and homeless people, many of them affected by addictions, HIV and HCV.

"There is a certain group of guys that were heavy solvent users who loved building things. Also...one of the guys is now coming to boxing regularly. People wanted to participate, were excited and wanted to try different things."

About the Program:

A unique pilot program ran from November 2012 until July 2013, programming was offered twice a week. Modules included art, guitar, home building repair, boxing, photography, drum making and bike and auto repair.

At the end of each module, a community feast celebrated participants' accomplishments.

"People seemed to treat every activity with respect, and gave their full attention to it to the best of their ability."

programs' success. All volunteers enjoyed participating and would take part again.

- Having many short modules that focus on a lot of areas and interests helps keep people interested.
- Future programs should include more physically active programming.
- After the program, participants had improved their health and physical fitness .

For a copy of the full report, please contact Margaret Ormond, Special Projects Manager at Sunshine House by phone at (204) or by email at veal2@shaw.ca

Evaluation Methods

Activities were tracked, staff gave feedback, and volunteers and participants filled out questionnaires to see how the program helped participants.

Conclusions:

- Participants had a lot of fun. "Hands-on" activities were the most fun
- People were generally willing to try and learn new things.
- The Advisory group worked effectively and well to manage the project and secure resources
- Volunteer engagement contributed to the

