

## PRESS RELEASE

### Health Council Gives Back to the Community

**(Hamilton, Bermuda; 16<sup>th</sup> December, 2016)** – As part of an annual give back initiative, Bermuda Health Council employees volunteered their time cleaning Trunk Island with the Bermuda Zoological Society (BZS) and preparing meals for those in need with Meals on Wheels (MOW).

The Health Council team is usually found ensuring the quality of Bermuda's health system including working on improving access to health insurance, assisting the public with queries about their healthcare, and providing advice to health professionals and providers. This month, the Council joined the community to promote the importance of volunteering.

MOW supports vulnerable and elderly members of the community by providing healthy meals to those who may not otherwise be mobile or able to cook a meal. 180 meals are prepared in a central kitchen in Paget and then delivered by car all over Bermuda. MOW caters to clients requiring diabetic, renal, vegetarian, vegan, gluten free and low salt meals as well as those with regular diets.

Trunk Island is an amazing part of Bermuda's eco-system and conservation efforts. A living classroom, Trunk Island unplugs students and immerses them in nature. The island features seven acres of natural beauty with diverse marine and terrestrial habitats. It offers many exiting ways to explore, touch, smell and experience nature; all while being restored as a living museum nature reserve.

**CEO of the Council, Tawanna Wedderburn said:** "As a part of the community, the Health Council values the support of non-profits who are contributing to making Bermuda's residents healthy. Helping Meals on Wheels provides insight about the struggles some face in achieving good health. The Health Council is also pleased to have worked with the Bermuda Zoological Society, helping to remove exotic trees and other bio-invaders, improving the island's function as a hub for environmental education."

**Joan Chisnall, Volunteer Coordinator, Bermuda Zoological Society:** "The Bermuda Zoological Society (BZS) is very appreciative of the Bermuda Health Council choosing to volunteer their time to Trunk Island. Volunteers are an essential component of the Bermuda Zoological Society's operations and we encourage other organisations to come out and learn about BZS's conservation efforts."

**Allison Garland, Volunteer Coordinator, Meals on Wheels:** "Meals on Wheels (MOW) is extremely grateful for the help the Health Council provided. This is the second year the Health Council team has volunteered their time helping to prepare meals and wash the dishes. We always welcome the opportunity for other organizations to join us in helping to provide meals to those in need."

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**About Bermuda Health Council**

Established in January 2006, the Bermuda Health Council (Health Council) is tasked with regulating, coordinating and enhancing the provision of health services in Bermuda. Led by a Board representing a broad range of sectors in Bermuda's community, and staffed by a team of committed professionals, the Health Council works with health system stakeholders toward achieving a quality, equitable and sustainable health system.