



Spotlight on Service Program | June 2023: Health & Safety



JUNE 2023

# HEALTH & SAFETY

*spotlight on service*



# WHAT'S SERVIN' CNH!

Summer is the perfect time to serve one's community and as we get into the many summer activities it is important to focus on **Health & Safety** to ensure safe summer fun. Whether it be hosting a health fair or raising awareness for PTP, community safety is of the utmost importance. Use this manual to help you brainstorm and best of luck serving!

*Serving with a Smile,*

*Annabel Z. Lee*

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# WHAT IS THE SOSP?

The CNH Spotlight on Service Program is a district project that promotes different District and International initiatives every month. The Service Project Committee provides monthly guides that include information and tips on how clubs can complete the monthly service initiatives. This program enables clubs to showcase their unique service projects and even have the chance to receive recognition on the District Newsletter.

## HOW TO SUBMIT

In order to receive recognition, clubs can submit on the SOSP form, which can be found under the “Spotlight on Service Program” page under the “Projects” tab on the CNH CyberKey or at [tinyurl.com/SubmitSOSP](https://tinyurl.com/SubmitSOSP). All submissions are due on the fifth of the following month by **6:00 PM (PST)** or **3:00 PM (HST)**. One or more clubs are featured every month in the District Newsletter in recognition of any outstanding service project!

# KEY PARTNERS



## **Pediatric Trauma Program**

The Pediatric Trauma Program is a CNH District charity partner that raises funds to provide resources to prevent injuries and deaths caused by pediatric trauma. Pediatric trauma is the leading cause of death for children ages 14 and under and PTP seeks to aid in preventing these incidents.



## **Children's Miracle Network**

The Children's Miracle Network is a Key Club International charity partner that raises funds and awareness for children's hospitals. It has had a profound impact on communities by providing over 32 million medical treatments for children every year.



# SERVICE PROJECT

## *ideas*

### **First Aid Kits**

Summer is a great time to go outdoors and have fun. However, people are at an increased risk of getting injured. You can help prevent injury by creating and donating first aid kits! Give the first aid kits to a shelter in your community, a food bank, children's center, or other locations in need of them. Include things you can use to dress wounds, reduce dehydration, etc.

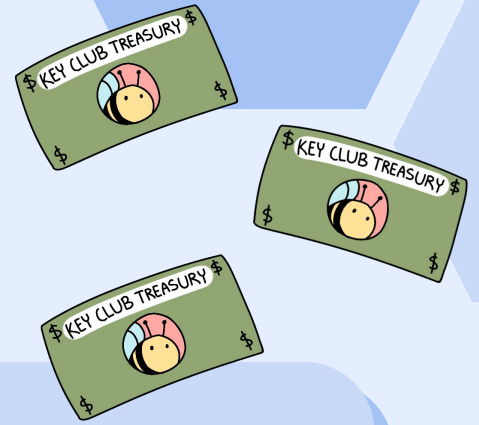
### **Host or Volunteer at a Local Health Fair**

During the summer, there are many community events *buzzing* about. Be on the lookout for upcoming resource fairs in your area. Reach out to event hosts to see if you can hold a booth to educate people on health and safety. You can also reach out to volunteer at preexisting booths you and your fellow members can help out with. We recommend that you allocate shifts to keep the event organized.

### **Trail Clean Ups**

People often enjoy going outside during summer for a nice relaxing walk or bike ride. However, their experience could be less enjoyable if the trail is littered with trash. Additionally, biking or running on dirty trails can be unsafe. To combat this, set up an trail cleanup event where you and other members can clean up local trails and move obstacles out of the way.

# FUNDRAISER *ideas*



## Host a Walk-a-Thon

An amazing way to get people moving and to raise money is to host a Walk-a-Thon! Be sure to promote this as soon as possible. Participants will register to walk a set distance and secure donations from people they know. To create some more *buzz* around your event, have a special prize for the top 3 participants who raised the most money!

## Host a Bake-Off

This does not just have to be any old bake-off. You could make it a gluten-free or dairy-free bake-off. People tend to have a hard time finding enjoyable baked goods with certain dietary restrictions. Hosting a bake-off lets people know that they have access to amazing choices. Have participants pay a small fee to enter the competition. You could even auction off the top 3 finishers' recipes for extra donations!

## Sell Awareness Bracelets

Many people like bracelets, and many stores sell supplies at cheap prices. By creating and selling awareness bracelets, you can raise lots of funds. Decide on a few issues you would like to raise awareness for and search up what color represents them. Examples include mental health and certain diseases. You can sell them all year round, like at school events, Key Club events, to friends and family, and whatever else comes to mind.



# PROMOTION

## *ideas*

### **Marathon Volunteering**

Marathons require lots of volunteers, so take advantage of this opportunity and help them out. Key Clubbers could pass out small infographics to runners after they finish with tips on recovery, how to prevent dehydration, etc. Throughout the marathon, volunteers could also put that Key Club spirit to use and cheer the marathon runners as they go!

### **Health and Safety Flyers**

Create some digital flyers promoting a healthy or lifestyle. It could be about a certain aspect about health or safety, or it could be a general flyer. Share these with organizations in your area and encourage them to post on their social media. Place the flyers on bulletin boards. Do your best to share your information as much as you can!

### **Anti-Drug Campaign**

Drug abuse is a widespread problem. Partner with a local public health agency or professionals and hold an education session. Some ideas for topics are: dangers of illicit substances, what to do if someone overdoses, and how to identify if a food, drink, or item is drugged. You could hold this in-person or online - choose whatever you think will get a larger audience.

# RESOURCES

## **SOSP Submission Form**

[tinyurl.com/SubmitSOSP](https://tinyurl.com/SubmitSOSP)

## **Spotlight on Service Program**

[cnhkeyclub.org/projects/spotlight-on-service-program](https://cnhkeyclub.org/projects/spotlight-on-service-program)

## **Preferred Charities**

[cnhkeyclub.org/projects/preferred-charities](https://cnhkeyclub.org/projects/preferred-charities)

## **Pediatric Trauma Program**

[cnhfoundation.org/how-to-help/h2h-pediatric-trauma-program/](https://cnhfoundation.org/how-to-help/h2h-pediatric-trauma-program/)

## **Children's Miracle Network**

[childrensmiraclenetworkhospitals.org](https://childrensmiraclenetworkhospitals.org)