

# SEEDING COMMUNITY-BASED RESEARCH

Over the course of five years, Women's Xchange has funded 148 projects across all of Ontario. Teams supported through our \$15K Challenge, devise practical solutions to local health issues to implement real and meaningful change. Through seed funding, skill development and expert insight, Women's Xchange ensures that \$15K projects are economically viable and executable.

A critical component of our work is the \$15K Challenge program - \$15,000 one-time, one-year, non-renewable grants to support projects initiated by community-based organizations addressing important women's health issues. Community organizations can partner with universities, hospitals or other academic institutions to further their projects.

As solutions rooted in local insights, \$15K projects have long-lasting ripple effects in their community and beyond. Many of our projects have spread in scope and scale to either a provincial or national level, producing tangible impacts beyond their immediate community. In addition to sharing a report at the end of the project, all \$15K Challenge projects also produce a short video describing their project and its impacts which are shared online via YouTube. The videos are a tremendous additional resource and speak to the reach and scope of completed projects.

**"One of the greatest accomplishments of Women's Xchange since its inception has been the development and implementation of the \$15K Challenge. I haven't seen another funding mechanism that comes close to achieving the same level of support for meaningful and impactful community-researcher collaboration. In this sense, the \$15K Challenge is truly a unique and much needed approach to moving women's health research forward in ways that directly engage with the all-too-often overlooked health needs and experiences of women and girls in our communities."** – Suzanne Day, PhD, former Women's Xchange post-doctoral researcher.

**"My program of research is focused on developing and systematically evaluating an integrated smartphone and web-based intervention (HEARTPA N) to improve the health and quality of life for women with cardiac pain. The support from Women's Xchange has been invaluable. As a successful recipient of the \$15K Challenge I have been able to advance sex and gender knowledge in cardiac health to other researchers, students, clinicians and community partners."** – Monica Parry, PhD, Associate Professor and Coordinator, Nurse Practitioner Programs, University of Toronto





# \$15K PROJECTS AWARDED ACROSS ONTARIO

Barrie  
Brampton  
Brantford  
Brockville  
Cornwall  
Elora  
Guelph

Hamilton  
Kingston  
Kitchener  
Little Current/  
Whitefish River  
First Nation  
London  
Markham  
Midland  
Mississauga  
Newmarket  
North Bay/Nipissing  
Oshawa  
Orillia

Ottawa  
Pembroke  
Penetanguishene  
Seaforth  
St. Catherines  
Sudbury  
Thunder Bay  
Toronto  
Wallaceberg/  
Chatham-Kent  
Waterloo  
Winchester  
Windsor

