

SRCHN VISION: Healthy thriving communities within the Sooke Region.

SRCHN MISSION: To support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone.

Annual General Meeting



June 27th, 2018

Sooke Region Communities Health Network would like to acknowledge the traditional territories of the Coast Salish, SCIA'NEW Nation and T'Sou-ke Nation, and Nuu-chah-nulth Pacheedaht Nation to the west, upon which we work together to improve health and wellbeing for all.

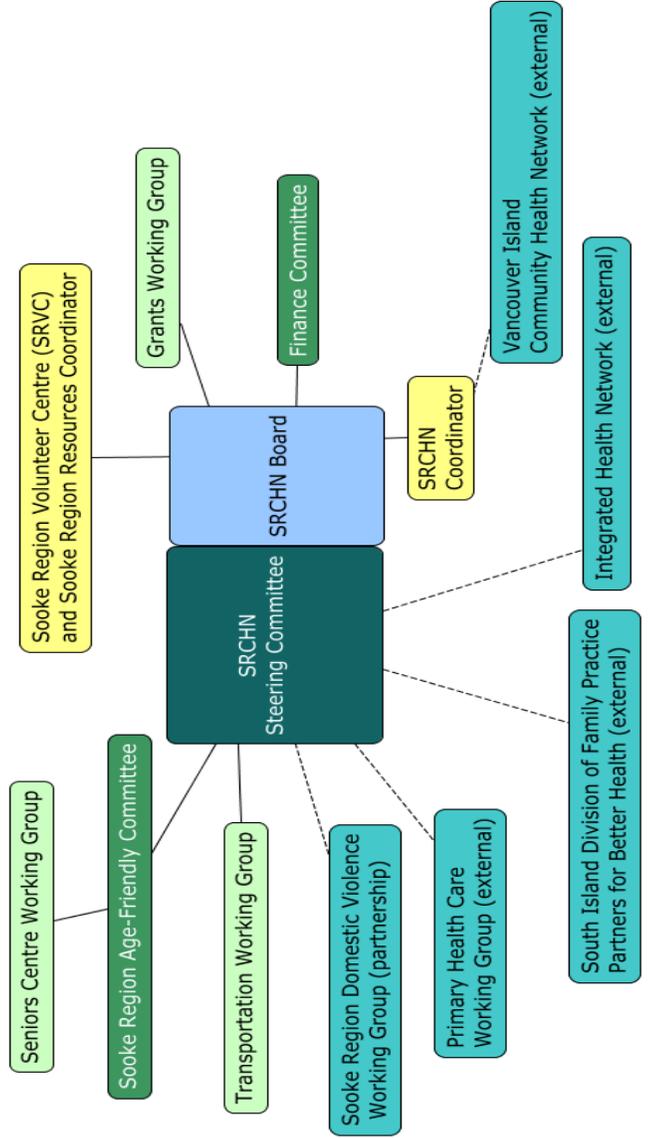
Board Members

Mary Dunn (Chair)
 Rick Robinson (Past Chair)
 Anne Bell (Treasurer)
 Sally Mclean (Secretary)
 Roy Brown (Director)

Hermione Jefferis (Director)
 Loretta Deutscher (Director)
 Jane Birkbeck (Director)
 Nicky Logins (Director)
 Layton Engwer (Director)

— Direct reporting line
 - - - Indirect reporting line

**Sooke Region Communities Health Network
 (June 2018)**





Sooke, June 27th, 2018

Word from the Chair

Thanks to a very active board as well as all the work the SRCHN and SRVC coordinators have put in this has been a very productive year for SRCHN.

We were successful in increasing our funding from the DoS and securing a 5 year agreement. This increase in funding has allowed SRCHN to secure full time space in the Sooke Child Youth and Family Centre, and to increase the SRVC coordinator's hours to 12 hours/week. We started negotiations with Island Health for the Communities Health Network Funding but did not qualify for increase.

A one-day board event resulted in the strategic plan being updated and a decision was made to have a **5-year rolling strategic plan** to reflect the current work of SRCHN.

A lot of the work this year has focused on services for seniors through our **Age-Friendly Committee**. Without a seniors centre in Sooke, this committee has been focusing on ways to support the Sooke Seniors Drop In Centre maintain membership and activity. In collaboration with the Sooke Seniors Centre we helped with the administration of the New Horizon's grant they received. This allowed us to forge new collaborative relationships, and initiate some new programs.

Board Members sit on various external committees. The District of **Sooke Primary Health Care Working Group** is actively working towards increase in primary Health Services in Sooke. A stakeholders forum was held and most recently a community information session. We are also represented on the **Sooke Primary Healthcare Executive Steering Committee** with Island Health and the District of Sooke. Current plans are looking at integrated, co-located services. Plans may include an expansion of the existing Medical Clinic Site or a new build. Mayor Tait has been a key leader in this project and has received positive support from Premier Horgan as well as the CRD hospital and housing committee. Other Primary Health collaborations include: **South Island Division of Family Practice, Partners for Better Health, Western Communities Primary Healthcare Steering Committee, Western Communities Patient Care Network Communications Working Group, Urgent primary Care Centre Development - Western Communities and Regional Community Health & Care Directors Committee (island wide).**

The **garden at the Sooke Child Youth and Family Centre** was turned over to the gardeners of the building for maintenance. We have also connected with the Lions to fix the gazebo roof.

The number of committees and working groups has increased. The first is the **Transportation Working Group** to increase access to services within the region and further afield. It is already facilitating collaboration between the local transportation providers in the region. It is also working with a transportation consultant, paid for by a 2016 New Horizons grant, to facilitate a car-pooling network. Secondly, an offshoot of the Age-Friendly Committee will work on strategies and practicalities around building a new Seniors Centre suitably called the **Seniors' Centre Working Group**. Finally, we established a **Fundraising Committee** to work on identifying and applying to relevant grants.

Through inviting different service providers to our Board meetings, we have fostered new initiatives and programming to the Sooke Region, such as the **Brain Injury Society** and **Doctors of the World**. The former will be represented in the Lifelong Learners' sessions and the Sooke Family Resource Centre encouraged collaboration with peer led support groups in Sooke. The latter will have a mobile clinic operating in Sooke every Thursday afternoon starting the end of June, 2018. The mobile clinic will be staffed by a volunteer outreach worker, mobile clinic coordinator, a registered nurse and a volunteer doctor, all servicing those most vulnerable and living in rough conditions.

We are also exploring the advantages of **Social Prescriptions** with our local General Practitioners and Doctors of the World, to sensitize them about the social, physical and intellectual activities that exist in the region that could alleviate some of the social illnesses that their patients are suffering from.

We wish to acknowledge the work done by the committee behind the **Sooke and Juan de Fuca Health Foundation**. It is a non-profit society, which is still awaiting charitable status. This foundation would be invaluable in our community.

I would like to end this note on how we have chosen to honour our aboriginal community members. After lengthy discussion and consultation with T'Sou-ke Nation about **acknowledging the First Nation territories** upon which we work, it was decided that we would add and acknowledgement to our webpage and ensure acknowledgement is given at public meetings.

Sincerely,
Mary Dunn
Board Chair

**Sooke Region Volunteer Centre
Coordinator's Report
Agnes Kossakowska**

It has been a busy year at the Volunteer Centre. We increased our recruitment to meet the needs of the annual tax clinic and our own office. The **tax clinic** last spring helped 143 clients with 3 new Volunteers helping on Mondays, Wednesdays and Fridays at two locations Sooke Region Volunteer Center and Hope Center. During tax clinic Sooke Region Volunteer Center supported our community 5 days a week as our office volunteers on Tuesdays and Thursdays were booking appointments for tax clinic and were helping walk-in clients. As we have a new rental agreement, we have access to the office 5 days a week, instead of only two. Our opening hours are still Tuesday and Thursday afternoons, but we are also open Wednesday mornings. Our volunteers now have the opportunity to work on other projects when the office is not open to visitors. We received a United Way grant of \$5,000 to support the office expansion.

Through our partnership with **Sooke Region Lifelong Learners**, our volunteers participated in 64 workshops between September and May 2018 (2.5-hour shift and two people) and we will continue in Fall 2018 with registration for selected workshops and some volunteer help during said workshops.

As for **events**, we had a booth at the Canada Day celebration, the Sooke Fall Fair and at the Seniors Summit in May. Other activities to further volunteerism include: media promotion of volunteerism in Sooke with a few articles in Sooke News Mirror and Sooke Pocket News, updating our resources database on our website, improving internal communication and a training with our database provider. The Volunteer Center also participated in a Royal Roads University's Research Program to observe volunteerism trends in Sooke.

With regards to **volunteer appreciation**, we organized a Christmas potluck, a lunch during Volunteer Appreciation Week with thank you and gift cards.

Last but not least, we continue to make volunteer referrals to other non-profit organizations, as well as assisting these organizations in promoting themselves.

**Sooke Region Communities Health Network
Coordinator's Report
Christine Bossi**

As mentioned in the Board Chair's report, most of the past year's efforts were concentrated on Seniors' issues, as this demographic seemed to require a boost of motivation. Through past public consultation across the region, many issues were identified. As a group, we decided to focus on reducing **Seniors' isolation**. This past year, we have been supporting the **Seniors' Centre build including affordable Seniors' rental apartments**, promoting a **seniors café**, assisting with coordinating **Lifelong Learners**, encouraging the new **RCMP Keeping In Touch (KIT)** volunteer call service, arranging a **Seniors' Summit** with over 100 attendees who learned about local services as well as improving their aging, collaborating with ElderCare and BC Healthy Communities on piloting a Seniors resource hub called **ElderConnect**, and establishing a **Transportation Working Group** where local transportation providers can cover community member needs. This is a solid base to move forward as a cohesive community movement assisting this particular demographic. We are now applying for funds to assist with **Senior home visiting programs, music therapy and walking programs** for those who are the most isolated; physically and psychologically. The Sooke Region remains on the list for **Better at Home** Funding. While we wait for this funding, we have applied for a Hew Horizon's Grant to start a volunteer home visiting program with isolated seniors.

It is wonderful to see how Seniors can benefit from support, but we are also sensitive to the fact that children and youth need support as well. We are working with Big Brother-Big Sister and Victoria Literacy Connection to have adults, especially among Seniors, to **mentor the younger generation**. Our Seniors have so much to pass on to the youngest among us, and we are trying to coordinate those valuable resources within our own community.

We identified a need for **peer-to-peer caregiver support**. There has been an Alzheimer's caregiver support group in the past, but attendance is not consistent. In the attempt to attract more caregivers, we decided to connect with Family Caregivers of BC. Though they support caregivers dealing with different ailments, they still provide relevant information to the particular caregiver. Recruitment for volunteer facilitators is ongoing and we hope to start a group in the fall.

The **Vancouver Island Communities Health Network** has seen an increasing collaboration, where coordinators not only share experiences but also coordinate island-wide endeavours, i.e. a drive-share program to facilitate access to services.

Financial sustainability remains a difficult task for all non-profits. We are thankful for our present funders, but we are observing varying trends in the grant world that do not always correspond with our strategic plan identified through our own community consultations. We are in the process of developing a Canada Helps page to facilitate online donations, and are exploring more large-scale fundraisers and working on legacy promotion for our organization.