

## **2016 Sooke Region Health Summit – Final Report**

On May 28, 2016 – the Primary Health Care Services Working Group (PHCSWG), chaired by Mayor Maja Tait, hosted a “Health Summit” to allow Sooke residents to come together to discuss issues of mutual concern related to the health of our community. The theme of the event was, “Let’s Get Healthy Together: Community Conversations on our Assets, Actions and Advocacy.”

The Health Summit was well-attended, with many fruitful discussions and ideas for improvement. A “visual scribe” was on-hand to create a graphic recording of the event, which has been attached to this report for reference as Appendix B.

Dr. Richard Stanwick, Chief Medical Health Officer for Island Health, delivered a powerful keynote speech, which set the tone for small group discussions, held at tables throughout the room.

The event was structured to facilitate discussion around 4 key topics that the Primary Health Care Services Working Group determined in advance. Attendees were challenged to identify issues, a vision for the future, and potential partners in achieving that vision in 4 areas, all of which help to shape a healthy community:

- Healthy Food Accessibility
- Special Populations
- Medical Services and Infrastructure
- Social and Physical Activities

The results of these discussions are attached to this report in point form, as Appendix A.

Moving forward, the Primary Health Care Services Working Group aims to work on addressing gaps that were identified as affecting the health of our community and working to build upon identified solutions, alongside potential partners. Two examples of initiatives that have sprung from these community discussions are an inter-faith support group planned under the umbrella of Transition Sooke, and a Healthy Food Affordability workshop taking place in November at the Vancouver Island Regional Library.

The working group will continue to seek solutions and identify new opportunities to improve the health of the community, because, as Millard Fuller stated, "For a community to be whole and healthy, it must be based on people's love and concern for each other".

**Vision: Healthy Food Accessibility**

- Access to Affordable Healthy Food

**GEMS**

- Increased awareness of food access as a community issue
- Food Bank with committed volunteers
- Local churches, NPO's offering meals
- NPO's, on-line groups, businesses offering or supporting food box programs
- School programs fruit and veggie?)
- Increased interest in home gardening
- Active community garden

<b>Issues</b>	<b>Solution</b>	<b>Status / Responsibility</b>
Need: Education and information about healthy food and food access	<ol style="list-style-type: none"> <li>1. Reskilling workshops/information for new growers – Food CHI, Garden Club, Facebook</li> <li>2. Encourage home gardeners to prioritize growing food</li> <li>3. Develop opportunity for regular communication between food access groups (meetings, newsletter, other?)</li> <li>4. Develop opportunity for regular information sharing, access for public</li> </ol>	<p>Community Information Meeting held at Sooke Library November 2016</p> <p>Sooke Health and Wellness Team education tours</p>
Need: Food Gathering, Storage and Distribution	<ol style="list-style-type: none"> <li>1. Increase capacity for Sooke Food Bank storage and distribution <ul style="list-style-type: none"> <li>• Space secure and increased</li> <li>• Storage improved</li> </ul> </li> <li>2. Develop partnerships for improved transportation of food (e.g. good food box/food rescue project) <ul style="list-style-type: none"> <li>• More/committed volunteer drivers</li> <li>• Secure funds for transportation costs (gas company?)</li> <li>• Develop a local food purchasing co-op</li> </ul> </li> </ol>	<p>Food Share Network and Food Rescue Project, Greater Victoria Group – Nicky Logins-SFRS and Neighborhood House Coalition</p> <p>Plan under development to coordinate transportation of Good Food Box with Neighbourhood House Coalition food delivery to Sooke (2X/m)</p>
Need: Growing more food locally	<ol style="list-style-type: none"> <li>1. Increase community gardens</li> <li>2. Secure co-ordination of community gardens</li> <li>3. Plan and implement for summer use of school gardens</li> <li>4. Increased local farming activity (larger farms)</li> </ol>	<p>Community gardens (Sun River, SRCHN and Baptist) met to collaborate on a Coordinator position for summer 2017.</p>

Issues	Solution	Status / Responsibility
		Children's Health Foundation has taken over garden at Wadams Way location.
Need: Policy to support improved food access	Municipal, Provincial action/policy changes: <ol style="list-style-type: none"> <li>1. Assessment of resources, capacity, communications</li> <li>2. Support regulation that increases local food production and access <ul style="list-style-type: none"> <li>• Support farm activities on ALR lands</li> <li>• Support local food processing- meat, preserving</li> </ul> </li> <li>3. Municipal support for community efforts to gather, store and distribute food (Food Bank space, gardens, education...) – tax exemption policies</li> <li>4. Firearms regulations for hunting-supportive</li> <li>5. Bigger picture: address income inequality</li> </ol>	

## Vision: Special Populations

- Communities adapted to Special needs

## GEMS

- Sooke Health and Wellness Team through physicians (HWT)
- Ayre Manor plans for expansion in place
- School Clinic
- Hospice
- Child Care access
- Seniors Co-housing
- Churches and social service NPO's providing some services

Issues	Solution	Status /Responsibility
Services for seniors	<ol style="list-style-type: none"> <li>1. A community place to meet for senior's activities</li> <li>2. Sharing information; education-health literacy, navigator</li> <li>3. Increase access to Health and Wellness Team (HWT)- all populations</li> <li>4. Develop informal networks</li> <li>5. Transportation improved</li> <li>6. Home supports improved – Better at Home extended to Sooke</li> </ol>	<ol style="list-style-type: none"> <li>1. SRCHN supporting activities for seniors/youth/community activity place/s.</li> <li>2. SRCHN offering learning opportunities for seniors</li> <li>4. KIT program started in Sooke through RCMP.</li> <li>5. SRCHN active on transportation committee, Transition Sooke exploring Transportation Future for Sooke.</li> </ol>
Services for youth	<ol style="list-style-type: none"> <li>1. A community place to meet for youth activities</li> <li>2. Sharing information; education-health literacy, navigator</li> <li>3. Mental health supports; substance use supports</li> <li>4. Transportation improved</li> </ol>	<ol style="list-style-type: none"> <li>1. SRCHN supporting activities for seniors/youth/community activity place/s.</li> <li>3. Ministry of Children and Family Development is increasing Child and Youth Mental Health intake –walk in – at Wadams Way this fall.</li> <li>4. SRCHN active on transportation committee, Transition Sooke exploring Transportation Future for Sooke.</li> </ol>
Services for persons with disabilities	<ol style="list-style-type: none"> <li>1. Sharing information; education, health literacy</li> <li>2. Transportation/ access improved</li> <li>3. Access to home supports</li> <li>4. Increased outreach for Victoria based programs</li> </ol>	

Issues	Solution	Status /Responsibility
<p>Other: Housing – affordability Prenatal – secure service funding (VIHA)</p>	<ul style="list-style-type: none"> <li>• Advocacy</li> <li>• Municipal Supports</li> <li>• co-housing supports – multi-generational</li> <li>• increased outreach for Victoria based programs.</li> </ul>	<p>Increased co-housing with new project under development; Sooke Shelter group looking at developing a local homeless shelter; Habitat for Humanity exploring Sooke project Prenatal supports increased minimally – we are still depending on foundation grants to fund most Sooke prenatal activity. VIHA funds secured by SFRS are allocated mostly to West Shore prenatal program.</p>

### **Vision: Medical Services and Infrastructure**

- Access to Health Services

### **GEMS:**

- South Island Division of Family Practice
- Integrated Health Network- preventive services, chronic disease management, medical social work
- Complementary health practitioners
- Sooke Hospice

<b>Issues</b>	<b>Solution</b>	<b>Status / Responsibility</b>
Difficulty with access to and capacity of local primary health care services. Many residents are without a regular primary care physician, locally or in the Greater Victoria area; access to local Urgent Care Clinic is limited to 4 hours/day, 6 days/week; after-hours access to primary care is limited to only those residents with a local primary care physician; local medical imaging is limited.	Establish a Primary Health Care Center in Sooke. Ideally, this facility would house primary care physicians, an urgent care clinic, maternity care providers, medical imaging, laboratory services, visiting specialists, public health and community nursing, and allied health care providers.	Primary Health Services Working group is currently working with both CRD and Island Health Authority to advance this project. In order to proceed, this project will need the full support of both Island Health and the CRD.
Difficulty with both access to and capacity of mental health services. Many residents do not have access to a local primary care physician; psychiatric consultations are not available locally; access to psychiatric consultation requires a referral from a primary care physician; current wait-times for psychiatric consultation are significant; and access to either partially- or fully-subsidized counseling services is very limited.		
Insufficient capacity of local residential care beds and assisted living spaces. Many residents must leave Sooke to be placed into either residential care or assisted living.	Advocate with potential government and Island health Authority for increased funding for residential care beds.	Island Health Authority does not currently support and increase in the number of residential care beds in Sooke.

### Vision: Social and Physical Activities

- Low-Cost and easily accessible activities for body and soul
- Respect and social inclusion

### GEMS

- Many social and recreational programs
- Ready access to nature, parks and trails
- Volunteer Networks (social networks and large number of organizations)
- Interconnections between volunteer groups
- High level of volunteerism among Sooke elders & youth

Issues	Solution	Status / Responsibility
Cost of Social and Recreational Activities	<ul style="list-style-type: none"> <li>• Promote free/low-cost activities</li> </ul>	
Education re: Physical literacy and health	<ul style="list-style-type: none"> <li>• Re-establish Sooke garden network (Sunriver, CASA garden, EMCS food garden, John Muir Elementary garden + creation of teaching gardens at other schools)</li> <li>• Physical literacy initiatives (ex: VIRL story walks)</li> </ul>	
Improve recreational infrastructure	<ul style="list-style-type: none"> <li>• Expanded urban trail system (bike, wheel chair and walk) + formalizing currently unofficial trails west of Otter Point Rd. and in the developing town Centre</li> <li>• Whiffin Spit maintenance and upkeep, especially during winter storm season when the trail becomes unmanageable for some walkers.</li> </ul>	<ul style="list-style-type: none"> <li>• New Sooke library</li> <li>• All-season turf field at Fred Milne Park</li> <li>• SEAPARC expansion plans</li> <li>• Community Centre Committee (recommendations for Community Hall renovation, Seniors Centre)</li> <li>• Summer 2016 – completion of Sooke River Park trail.</li> </ul>



