



*The Way Forward*  
*diversity, equity, inclusion*



**Hamilton Urban Core  
Community Health Centre  
2013 / 2014  
Annual Report**



# MISSION, VALUES AND ENDS

---

## MISSION STATEMENT

Hamilton Urban Core Community Health Centre is committed to providing our community with the highest level of primary health care, education and advocacy, especially with those individuals in our community who face barriers to improving their health and well-being.

## VALUES & BELIEFS

We believe that...

- all people have a right to be treated with dignity and respect
- primary health care and services must be accessible, available and appropriate, and be directed towards addressing the specific issues of people who experience barriers to access
- all forms of oppression including racism, sexism, ableism, heterosexism, ageism, classism and economic oppression impact on the health and well-being of individuals and communities
- people essentially have an understanding of their own health and health needs, and have the right to informed choice
- focusing on the most disadvantaged will benefit everyone in the community and society.

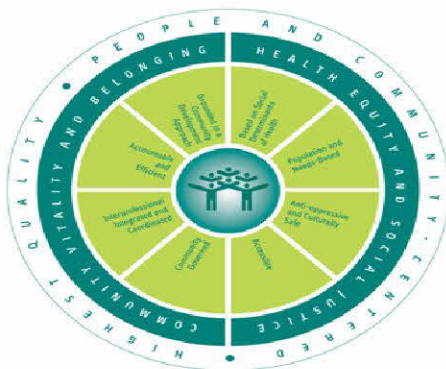
## ENDS STATEMENTS

Because Hamilton Urban Core Community Health Centre exists people are healthier with no barriers to health and well-being.

Our highest priority is that those living in poverty will have their health needs met in a welcoming environment that is easy to access.

---

## THE CHC MODEL OF HEALTH AND WELLBEING



The Values and Principles that unite:

- Highest Quality People and Community Centred Health and Wellbeing
- Health Equity and Social Justice
- Community Vitality and Belonging

## A FEW CORE FACTS

---

In the past year.....

- Oral health education presentations made during the year were attended by 935 people. Oral health presentations were made at schools, ESL programs, libraries and various community locations across the city
- 404 men successfully completed the Anger Management for Men Program
- 3,867 benefitted from participating in Street Drop In sessions that included a hot meal, health information and a blood pressure clinic
- 40 children participated in the Kids Cooking Boot Camp learning about nutrition and kitchen safety while having fun
- 437 people attended the Inner City Chiropractic Clinic and received free services
- 116 people were able to obtain a health card with help from the Centre's Health Card kiosk. This program is the result of a partnership with the Ministry of Health and Long-Term Care and is unique in the province
- 193 new immigrants accessed groups provided by the Health in Settlement program
- 461 shower services and 705 laundry services were provided
- The Early Steps program engaged 133 participants in focussed child development activities
- 328 attended Pancake Tuesdays, an outreach initiative at the Centre
- Family Saturdays engaged 488 participants in family fun and healthy family development activities
- The Men's Circle worked with its 295 participants on a variety of topics involving men's health and well being
- 139 seniors and older adults actively participated in health promoting activities and sessions

