

Social Assistant Rates Below 1995 Level

In Ontario social assistance rates are still below the level that individuals received prior to the 21% cut in 1995. In 2010 a single person living on Ontario Works has 41% less purchasing power than he or she had in 1995.

Volunteer Opportunities

Medical Secretary Assistant

Contact clients regarding appointments, prepare client charts and records, records management, data entry and stocking exam rooms

Drop in Program Assistant

Photocopy program materials, register participants, distribute information, create display boards help with evaluations

Early Steps Program Assistant

Work with children ages 2 to 6 and their families, prepare materials and information, help with reading and positive play, register participants, make follow-up phone calls and gather information for the program.

Events

Community BBQ

BBQ, games, prizes, music, fun at the Core August 17, 11 am to 3 pm Contact Tibor

Gore Park Summer Program

Hamilton Urban Core will be there Fridays 11 am to 2 pm from June 17 to Sept 5 at Gore Park Contact Maciej

15th Anniversary Celebration

Urban Gala September 22, 2011 Hamilton Urban Core, 71 Rebecca St., Hamilton Contact Ruth



“Committed to the Core” Campaign Supporters

The support for our new building campaign is growing everyday. In just a few weeks we received:

2,000 postcards

30 Individual Support Letters from:
• St. Joseph’s Healthcare
• United Way
• Wesley Urban Ministries
• Immigrant Women’s Centre
• And others

400 community members signatures

45+ signatures from Leaders and Representatives of Multicultural Community Organizations in Hamilton

Show your support today.

You can help us by:

- Join the Circle - Become a Hamilton Urban Core Champion
• Make a donation, make a difference - Contribute cash or in kind
• Influence others to contribute, get involved or connect us with them
• Meet on an individual basis to strategize how you can help contribute, get involved or connect us with them

Email: administration@hucchc.com

Address: 71 Rebecca Street Hamilton, Ontario L8R 1B6

The Healthy Core

Hamilton Urban Core Community Health Centre



71 Rebecca Street Hamilton, Ontario L8R 1B6

Phone: (905) 522-3233 Fax: (905) 522-3433 www.hucchc.com

Hours of Operation

Monday 9:00 am to 5:00 pm
Tuesday 9:00 am to 8:00 pm
Wednesday 12:30 pm to 5:00 pm
Thursday 9:00 am to 8:00 pm
Friday* 9:00 am to 5:00 pm
Saturday** 9:00 am to 1:00 pm

* Open 6:00 pm to 9:00 pm the third Friday of every month for Dinner & a Movie

** Open the third Saturday of every month

The downtown area of Hamilton has a high rate of poverty with almost 58% of the population living in poverty.

Source: Social Planning and Research Council (SPRC) 2009 Community Profile

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Celebrating 15 Years of Healing, Health and Hope in the Heart of the City



medications they need or who don’t have a place to call home or are trying to manage a chronic illness under the worse possible circumstances.

What we also know to be true is that there is so much more we can do - that we want to do - but we need space and resources. There is no room in our current building for

For the past 15 years Hamilton Urban Core has been working to make a difference in the lives of individuals and families in the inner city. We provide a range of programs and services all focused on improving the health and well-being of so many in our community. Thousands access the Centre, in fact, there are currently more than 8,000 active clients who find the help and hope they need at “the Core”. Our clients tell us that because we are here they are able to get the help they need in a safe and welcoming environment. We are humbled by this and committed to always providing the very best to those who need the most. But there are thousands more in the inner city who do not have access to basic health and social services - thousands who are living in poverty, who live without adequate nutritious food, who are precariously housed.

the services and programs that are needed in the inner city. In fact, as it is the building is so overcrowded and in such an unacceptable condition that one wonders how so much can happen in this small, cramped space. Twenty core programs, 30 staff in a space suited for less than half of that! We know a new building and additional resources means that many more families in the inner city would have access to the health and health related services they need. We know that people would be connected to information, resources and help. We know that this would make a real difference in the lives of thousands. We know this will contribute to changing the alarming health outcomes articulated so clearly in the Code Red report. And we know that this needs to happen right now!

As required we have submitted our proposal to the Hamilton Niagara Haldimand Brant Local Health Integration Network for a letter of endorsement. Once we receive the endorsement it’s on to the Ministry of Health and Long-term Care for capital funding. That’s the process. We are still waiting for the endorsement.

Our Vision for our New Building

Surrounded by green space and feeling very open, the new building will be big enough to house Hamilton Urban Core's programs now and those that will be developed in the near future. Individuals, families, groups and communities will find the new space welcoming as it reflects the diverse population in the inner city in the artwork, design and materials within the Centre. The new building will be a place for learning, growing, healing and health. It will be a demonstration of our commitment to the inner city, to changing lives and to helping people to help themselves.

We see a State of the Art Centre with enough space for people to move around freely and more Health

Practitioners so everyone can receive the health care they need. There will be a teaching kitchen to help people provide healthier meals for themselves and their families or to learn a skill to generate an income or to save money through the community co-op. The garden will be therapeutic and provide access to food, nutrition and a larger drop-in space so that people have a safe place where they can rest, get support or enjoy a hot meal. Child friendly areas will support children and their families in a program, receiving a service or even while they wait and there will be quiet counselling areas where clients can meet providers and talk confidentially. There will be a

confidential area for needle exchange and other harm reduction services, a resource room with information and tools for clients and the community, and green space to encourage health and healing. Clients will benefit from updated and expanded laundry and shower areas, larger waiting room areas where there is enough space for everyone visiting the Centre and adequate program space for the range of health promotion, skills development and outreach programs for men, women, seniors and youth. As a learning organization there will be space for students of all disciplines - medical, nursing, international medical graduates, social work, chiropody, administrative and high school.

Neighbours Friends and Families (NFF)

The NFF Diverse (Immigrant and Refugee) Communities Hamilton is a community based project, which involves the collaboration of community members, leaders and representatives from diverse communities and agencies serving women and their families in Hamilton. Our approach is based on the knowledge that comprehensive, coordinated and culturally appropriate strategies are needed to reach out to and engage immigrant and refugee women, neighbours, friends and families, who are abused by their husbands or partners. Immigrant and refugee communities in Hamilton are often the most marginalized communities in Hamilton. As such there are many barriers to community members accessing the same information, services and opportunities for engagement which make immigrant and refugee women uniquely vulnerable when faced by domestic violence.

Many studies have repeatedly noted that services for abused immigrant and refugee women need to be respectful of their diversity, cultural practices and lived experiences. Campaigns and initiatives aimed at reaching members of immigrant and refugee communities must be provided in their own language and delivered in ways that they are best able to receive the information. This involves improving and coordinating access to crisis programs and longer-term interventions tailored to the needs of these communities. Mainstream organizations as well as representatives from the communities, themselves women and men must be involved and engaged in taking

key messages to their communities, sharing information and being involved in the education and equity strategies that aim to reduce racism, discrimination, marginalization and preventing woman abuse.

The target audience of the NFF Immigrant and Refugee Communities will primarily be the Minority Roma Czech, Hungarian and the Sudanese Communities. The Project Coordinator and Cultural Facilitators representing these communities will work together to expand the NFF Campaign to raise awareness of the warning signs of

The Project Staff will engage communities in culturally specific events or forums, knowledge exchanges and information sessions.

woman abuse. The Project Staff will engage communities in culturally specific events or forums, knowledge exchanges and information sessions. The Project Staff will also provide anti-racism and cultural competence education to strengthen the supports in the mainstream services that provide services to abused immigrant and refugee women and their families.

Health Settlement Counselling

The Health Settlement Initiative (HSI) is an Interprofessional approach to ensuring the Healthy Settlement of Marginalized Newcomer Communities in Hamilton. The Health Settlement Initiative combines Hamilton Urban Core's experience, expertise, best practices and an interprofessional approach to ensure the healthy settlement of the most marginalized newcomer communities. Because settlement is a health issue the HSI initiative will utilize specialized health interventions to facilitate and support settlement for marginalized newcomers.

The initiative will support the mental and physical health and social needs of immigrants and refugees throughout all three stages of settlement including: survival, learning and integration (Durbin and Sondhu, 1992). This specialized approach is based on a needs-based model of care which is adaptable and adjusts to the populations served. The initiative also utilizes partnerships with established newcomer communities, local community agencies and the interprofessional team of providers at Hamilton Urban Core.

The clients we serve and the focus of this initiative are the newcomer communities and individuals who are marginalized and require a specialized approach to settlement services that includes appropriate health interventions, supportive counselling and mental health support to prepare individuals for ensuring a healthy settlement experience. The individuals and communities of focus are those who experience many barriers to accessing services and to obtaining the basic supports



The individuals and communities of focus are those who experience many barriers to accessing services and to obtaining the basic supports required for settlement because they are often survivors of war, violence, abuse, rape and other trauma.

required for settlement because they are often survivors of war, violence, abuse, rape and other trauma; have never been exposed to many of the mainstream processes such as looking for employment or finding housing. They are often socially isolated and excluded due to mental health issues, cultural isolation, discrimination and racism, geographic location and lack of

transportation, language and other barriers and determinants of health. For these reasons it is important that health interventions are provided so people remain well enough to engage in processes for settlement.

Two Health Settlement Counsellors have joined the Hamilton Urban Core team to carry out this important initiative.

Ontario has 445 towns and cities. Major destinations for newcomers are Toronto, Ottawa, Hamilton, Windsor, London, and the region around Niagara Falls.