



HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE



WHO IS HAMILTON URBAN CORE?

Everyone wants to be able to live their life to their full potential. But not everyone can. There are barriers to be addressed. These barriers are centered around health and wellbeing. Not everyone can access health supports, but everyone should have the right. Today, you can change this trajectory. Sometimes asking for help can be hard, but getting help shouldn't be.

Health and wellness is about addressing barriers and leveling the playing field, while being purposeful in its approach.

There is one organization in downtown Hamilton that does this -
Hamilton Urban Core.

We are your community health centre.



BUILDING HOPE AT THE CORE



For more than 25 years, Hamilton Urban Core has been addressing health inequities such as poverty, racism, discrimination, unemployment, and homelessness.

Highest priority - ensuring that equity-deserving individuals have their health needs met in a welcoming, inclusive environment.

HERE IS OUR IMPACT



Active Clients 7,923



Service Encounters 27,747



Program Participants 45,931

We are not a one-stop shop to healthcare. Our focus remains on creating a positive impact while ensuring that our clients find a consistent path to wellness.

OUR WRAPAROUND APPROACH



We provide primary healthcare, consumption and treatment services, mental health and addictions counseling, nutrition programs, and health and wellness programs.



We build a connection with our clients and design effective, community-based solutions because we understand the underlying dynamics and social determinants of health.

THIS WAS OUR PREVIOUS LOCATION

For over 15 years, Hamilton Urban Core resided in a mold-infested building on Rebecca Street in downtown Hamilton, that was originally part of a bus shelter. It was time for a change. It was time to think about the bigger picture, the need in the community, and the solution we can provide. Hamilton Urban Core will provide a better care experience for their clients in a welcoming, safe atmosphere that does not include hallway healthcare.



THIS IS OUR FUTURE

A 26,000 square foot space that provides all our programming and services in one location. It will offer a consumption and treatment service, dental, chiropody, mental health counselling, addictions, programs for youth, health promotion for seniors, nutrition programs, newcomer services, and an integrated approach to wellness that is inclusive and makes a difference in people's lives.



A HARM REDUCTION STRATEGY THAT WORKS

CONSUMPTION AND TREATMENT SERVICE

Hamilton Urban Core has the expertise and an overall harm reduction strategy that connects people to the services they need, when and where they need them.

Our impact:



Number of visits **17,348**

Harm Reduction visits **10,698**

Consumption and Treatment visits **6,650**

In the last year, we had **144** overdoses and this was our outcome:

47 required oxygen/rescue breathing

128 doses of naloxone administered

25 transfer to the emergency department

0 number of deaths

Age groups we are assisting:



65 people under the age of **25**

1,417 individuals between **25** and **64** years of age

15 people over the age of **65**

We get to know our clients and help them address the multitude of reasons why they are there in the first place. We provide a connection to social services and additional healthcare to provide everyone the opportunity for a path to wellness.

“Every single client that walks through the doors of our Consumption and Treatment Service is somebody’s child. For us, everyone matters, and everyone deserves just a little bit of faith.”

Hamilton Urban Core Provider

FACILITATING HEALTH AND WELLBEING

Food. It brings people together. Hamilton Urban Core understands this. Within the new building will be a large, industrial kitchen. It will serve as the hub of the building with a multitude of cooking and nutrition programs such as:

COOKING AT THE CORE

Designed to help low-income individuals and families learn how to prepare nutritious meals and how to budget on a limited income.

WOMEN'S COLLECTIVE KITCHEN

Bringing women together to not only cook together, but to share their ingredients, talk about food access through foodbanks, buying in bulk, cost-sharing, and provides them the space to prepare multiple meals that are shared across all the families.

“Because of the programs at Hamilton Urban Core my life has done a complete 180. I am on a path of wellness, that just a few months ago, I never thought was possible.”

Hamilton Urban Core Client



WE CREATE A SENSE OF BELONGING

“The need is unbelievable. We will continue to treat people like humans, not statistics. It’s about basic rights and shouldn’t everyone have basic rights?”

- Hamilton Urban Core Provider

We meet our clients where they are at. Collaborating with additional partners, counsellors, social workers, housing workers - whatever it takes.

Our focus remains on never losing sight of our primary goal of making a difference in the lives of people in our community.

How Is Our Work Accomplished?

Hamilton Urban Core advocates with others for equity and inclusion. Our talented staff and team provide vital health and health-promotion services to equity-deserving, marginalized, and vulnerable populations.

We will remain vigilant in our efforts to eradicate poverty, challenge indifference and make lasting, social change.





LINKING IT ALL TOGETHER

Our work is centered on social connections and building relationships. Before we can address the physical, mental, and clinical components, we ensure that we have built a trusting, respectful relationship with our clients. This is the key to our success.

Our client's are dealing with multiple issues and they are intricately woven throughout every facet of their life and the lives of their family members.

This is why our approach works:

1. We address the most urgent needs and build upon that care.
2. We ensure that the client is consulted along the way, takes ownership, and provides input.
3. We offer a collaborative approach to solutions and we break down barriers.

“We are about empowering others to be active participants and to truly feel and believe that they are worthy.”

TURNING AN OVERWHELMING NEED INTO A REALITY

For more than 8 years, Denise J. Brooks lobbied for approval for a capital project to purchase land and build a new centre to serve the inner city.

Her vision is finally becoming a reality. Your support will help us get there.

Hamilton Urban Core is requesting an investment of \$2.4M from our community to complete the new building.

How this building will create an impact:

- 15% increase in clients served
- Additional programs and services such as chiropody, dental, and mental health services all under one roof
- The new space is expected to assist more than 9,100 clients a year



**“I don’t know where I would be without
Hamilton Urban Core. They are angels
walking on this earth.”**

-Hamilton Urban Core Client

DRIVEN TO MEET THE NEEDS OF OUR COMMUNITY



We will work tirelessly to address the social determinants of health and build upon an approach to wellness that goes beyond treatment.

Instead of treating the symptoms, we treat the person. Our approach is to never offer hallway healthcare. Individuals, youth, seniors, newcomers, immigrants, racialized, and marginalized communities all receive an equitable access to health resources.

Because that's the right thing to do.

Everyone benefits when our community is stronger. You can make a difference. Join us on this journey to create impactful change.

“We never leave a meeting with a client unless we have a solid plan in place. This is what we do. We are their voice when no one else will be.”



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