



SOMERSET WEST
COMMUNITY
HEALTH
CENTRE

2008 RAPPORT ANNUEL
ANNUAL REPORT 2009



**BUILDING A
HEALTHY COMMUNITY**

**EVERY ONE
MATTERS**



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 Rye, Cindi
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 Vandelinde, Catharine
 Walby, Tracy
 Whetung, Daniel
 Windsor, Lindsay
 Wong, Teresa
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EXECUTIVE SERVICES

Burhoe, Kathy
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 Simpson, Jennifer
 Williams, Eugene

HEALTH SERVICES

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 Beriault, Patrick
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 Laver, Christine
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 Wang, Weizhong
 Warfield, Diana
 Whitehead, Kristine
 Williams, Megan
 Wu, June
 Ye, Zhenhong
 Yee, Ann
 Yip, May



June 17, 2009

Dear Friends of Somerset West Community Health Centre,

In the early 1960s, Tommy Douglas pioneered Medicare. A little over a decade later, Somerset West Community Health Centre (SWCHC) emerged as a thriving force for health promotion and community development in our catchment area. This is no coincidence. Our concern for neighbours grows from our consciousness and care for the wellbeing of our community and its people through and across the ages.

Responding to the needs of the community through time, SWCHC has developed the current model of multiple services. Beginning with the provision of health and social services, the Centre programs to meet essential needs, such as food, clothing, housing, different spheres of family and social life, including home support, parenting, childcare, technology, harm reduction, chronic disease prevention, pandemic containment, and basic physical activities that would define and enhance the wellbeing of individuals and the community at large.

In responding to the needs of different age groups, our programs cover the care for the very young through projects such as baby food, parenting, daycare, to youth programs and projects for seniors. As a community based and governed centre, it is up to us to watch out for and respond to the needs of different sectors of our community, be it emergency response to the devastating effects of fires and epidemics, or the promotion of preventive measures that consolidate the health and social foundations of our community.

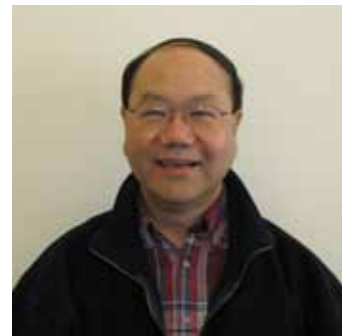
In the dawning of Medicare, Tommy Douglas warned that it is easier to remove the financial barrier between those who provide health care and those who need it (Phase 1), than to reduce health care costs by keeping people healthy in the first place (Phase 2).

This "Phase 2" of altering the health services delivery system through more preventive measures is exactly what we have developed in the last thirty-seven years. As we encounter challenging social and medical situations, we discover that there are other fellow citizens who share our concerns and enthusiasm. It is this kind of enthusiasm and concern that draws many of us, myself included, to the most meaningful volunteer and professional work that we do at SWCHC.

Now we realize that we cannot just care for the body today. We have to care for the totality of humanity through a mutually supportive community across time and generations in environmentally friendly ways. That is why sickness and poverty is no longer the concern of an individual. When one is sick, we are all sick, for that sickness would spread. When one is poor, we are all poor, for that poverty also impacts the rest of our community. This relatedness is always there, although it is even more evident in times of tight finances like the current economic crisis. The relevance of such thinking and programming only gets clearer as we develop systems of support that strengthen our society. This is the driving force behind our Community Health Centre movement because we realize "Every One Matters".



Peter Fan
Chair, Board of Directors
Somerset West Community Health Centre



Le 17 juin 2009

Chers amis du Centre de santé communautaire Somerset Ouest,

Au début des années 1960, Tommy Douglas a été l'instigateur de l'assurance-maladie. Un peu plus d'une décennie plus tard, le Centre de santé communautaire Somerset Ouest (CSCSO) s'est révélé un ardent promoteur de la santé et de la collectivité dans la zone qu'il dessert. Ce n'est pas une coïncidence. Notre souci du prochain découle de la prise de conscience et de l'intérêt que nous avons éprouvés au fil du temps à l'égard du bien-être de notre collectivité et de ses membres.

Répondant aux besoins de la collectivité, le CSCSO a, avec le passage du temps, élaboré le modèle actuel de services multiples. Commenant par la prestation de services de santé et sociaux, ses programmes satisfont des besoins essentiels, comme la nourriture, les vêtements et le logement, ainsi que d'autres liés à divers aspects de la vie familiale et sociale, dont le soutien à domicile, l'art d'être parent, les garderies, la technologie, la réduction des risques, la prévention des maladies chroniques, le confinement en cas de pandémie et les activités physiques de base, qui définissent et améliorent le bien-être des personnes et de la collectivité en général.

Afin de combler les besoins de divers groupes d'âge, nos programmes s'intéressent aux tout-petits (aliments pour bébés, rapports parent-enfants, garderie), aux jeunes et aux personnes âgées. À titre de centre établi et régi par la collectivité, il incombe au CSCSO d'être à l'affût des besoins des différents secteurs de notre communauté et d'y répondre, qu'il s'agisse de contrer rapidement les effets dévastateurs d'incendies et d'épidémies ou de promouvoir des mesures préventives qui consolident les fondements sanitaires et sociaux de notre collectivité.

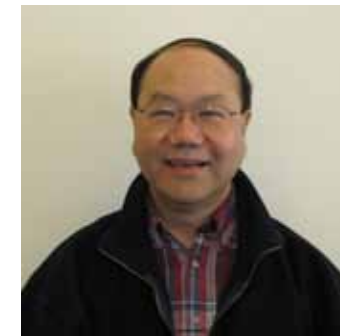
À l'aube de l'assurance-maladie, Tommy Douglas a prévenu qu'il était plus facile de supprimer l'obstacle financier entre les fournisseurs de soins de santé et ceux qui en ont besoin (la phase 1) que de réduire les coûts en maintenant d'abord les gens en santé (la phase 2).

Cette « phase 2 », celle de la modification du système de prestation des services de santé par l'adoption de mesures plus préventives, correspond exactement à ce que nous avons mis au point au cours des 37 dernières années. Lorsque nous faisons face à des situations sociales et médicales difficiles, nous constatons que d'autres concitoyens et concitoyennes partagent nos préoccupations et notre enthousiasme. C'est ce genre d'enthousiasme et de préoccupations qui incite beaucoup d'entre nous, y compris moi, à accomplir des activités bénévoles et professionnelles des plus enrichissantes au CSCSO.

Nous sommes maintenant conscients que nous ne pouvons pas nous occuper uniquement du corps. Il faut que tous les humains soient pris en charge par une collectivité dont les membres s'appuient mutuellement au fil du temps et d'une génération à l'autre, dans le respect de l'environnement. Voilà pourquoi la maladie et la pauvreté ne concernent plus les gens pris individuellement. Quand quelqu'un est malade, nous le sommes tous, car cette maladie risque de se répandre. Quand quelqu'un est pauvre, nous le sommes tous, car la pauvreté affecte aussi le reste de notre collectivité. Ces liens existent depuis toujours, mais ils sont encore plus évidents lorsque les finances sont serrées, comme durant la présente crise économique. La pertinence d'une telle pensée et d'une telle programmation ne fait que se confirmer, tandis que nous élaborons des systèmes d'appui qui renforcent notre société. Tel est l'élément moteur de notre mouvement des centres de santé communautaire, parce que nous nous réalisons que « chaque personne compte ».



Peter Fan
Président du conseil d'administration
Centre de santé communautaire Somerset Ouest



June 17, 2009

Twenty years have gone by so quickly.

When I arrived in July of 1989 at the then Dalhousie Health and Community Services Centre, plans were just starting for a capital project which would result in a move to 55 Eccles St in 1993. Many in the community got engaged in imagining a health centre that would truly welcome all people who came through our doors. The new Somerset West Community Health Centre was born and the building to this day is home to one of the most remarkable community health centres in the country.

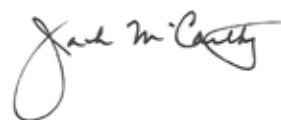
Somerset West CHC has been a centre of firsts: the first walk-in clinic to be staffed by nurse practitioners; the first CHC to offer acupuncture services; the first CHC to be accredited as “baby friendly”; and the list goes on. SWCHC has not been shy to tackle some of the most challenging health and social issues of our time. Harm reduction strategies, food security issues, response to local fires, promoting lung health are just a few examples of community issues where SWCHC provides leadership.

Strong partnerships among members of the Board of Directors, centre staff and community agencies over the years have enabled SWCHC to sustain effective community leadership.

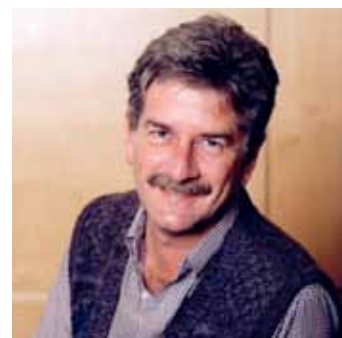
It has been a pleasure for me to work with such a gifted team; past and present staff and board members over the last twenty years. Their passion for coming together to build a healthy and vibrant community has been infectious.

On April 16 of this year a fundraising event was held to raise money for the Somerset West Marion Dewar Scholarship fund. Over \$5000 was raised for this fund that will help the successful student with university tuition costs. This event also recognized my 20th anniversary as Executive Director at SWCHC. I was truly humbled and deeply honored to be part of an evening that brought together family, friends and professional colleagues to celebrate my work. I am very thankful to have been presented with a United Way Community Builder Award and an Outstanding Leadership Award from the SWCHC Board of Directors.

I plan to continue to do my part in keeping the incredible legacy of Marion Dewar alive in the Somerset West community. Drawing on this energy gives me strength to continue my work in leading a truly amazing community health centre.



Jack McCarthy
Executive Director
Somerset West Community Health Centre



Le 17 juin 2009

Les vingt dernières années se sont déroulées si rapidement!

En juillet 1989, lors de mon arrivée au Centre, qui s'appelait à l'époque Dalhousie Health and Community Services Centre, on venait tout juste de commencer à planifier un projet d'immobilisation qui aboutirait à un déménagement au 55, rue Eccles en 1993. Beaucoup de membres de la collectivité se sont mis à imaginer un centre de santé vraiment accueillant pour toutes les personnes qui franchiraient ses portes. Le nouveau Centre de santé communautaire Somerset Ouest a ainsi vu le jour. Son édifice abrite encore aujourd'hui l'un des centres de santé communautaire les plus remarquables du pays.

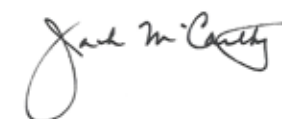
Le CSC Somerset Ouest est à l'origine de plusieurs premières : il a proposé la première clinique sans rendez-vous avec un personnel constitué d'infirmières praticiennes, et il a été le premier CSC à offrir des services d'acupuncture et à avoir été agréé « ami des bébés ». Et la liste se poursuit. Le CSCSO n'a pas hésité à s'attaquer à certains des enjeux sanitaires et sociaux les plus difficiles de notre temps. Les stratégies de réduction des risques, la sécurité alimentaire, l'intervention lors d'incendies locaux et la promotion de la santé pulmonaire ne constituent que quelques exemples des enjeux communautaires à l'égard desquels le CSCSO joue un rôle de chef de file.

Grâce aux partenariats solides qui ont été établis au fil des ans entre les membres du conseil d'administration, le personnel du Centre et les organismes communautaires, le CSCSO a pu demeurer un leader communautaire efficace.

J'éprouve un immense plaisir de travailler depuis les vingt dernières années avec les membres anciens et actuels du personnel et du conseil d'administration, qui forment une équipe si talentueuse. Leur passion pour l'édification d'une collectivité saine et dynamique est contagieuse.

Le 16 avril dernier, une activité-bénéfice a été organisée afin de recueillir des sommes pour le fonds de dotation de la bourse Marion-Dewar de Somerset Ouest. Plus de 5 000 \$ ont été obtenus pour ce fonds, qui aidera l'étudiant choisi à payer ses frais de scolarité universitaire. Lors de cette activité, mon 20e anniversaire à titre de directeur général du CSCSO a été souligné. Je me suis senti très humble et profondément honoré de prendre part à une soirée au cours de laquelle ma famille, des amis et des collègues se sont réunis pour célébrer mes réalisations. Je suis très reconnaissant d'avoir reçu le Prix du bâtisseur communautaire de Centraide et le Prix du leadership exceptionnel du conseil d'administration du CSCSO.

Je prévois continuer à faire en sorte que l'incroyable héritage légué par Marion Dewar à la collectivité de Somerset Ouest demeure vivant. Puiser à cette énergie me donne la force de poursuivre mon travail de dirigeant d'un centre de santé communautaire vraiment formidable.



Jack McCarthy
Directeur général
Centre de santé communautaire Somerset Ouest



MISSION STATEMENT

Somerset West Community Health Centre exists to help the residents of West-Central Ottawa achieve optimal health and social well-being. Special attention is given to those who have additional needs because of income, language, culture, age, gender, gender identity, sexual orientation, family composition, disability or other factors and as a result have difficulties accessing primary health care or social services.



BELIEFS

Several fundamental beliefs guide the operation of our organization:

1. The social, political and economic structures of society set societal values. This dictates the status assigned to different groups of people, allowing some to flourish, while constraining others.
2. Diversity enriches the community in which we live and work. Everyone deserves to be treated with dignity and respect, have equal opportunities and an environment free from discrimination or harassment for any reason.
3. Quality of life in the community is determined by the people, the environment and the interaction between them. Therefore, people can affect change in their lives by action at the community level.
4. All individuals have the ability to grow, develop, contribute and take responsibility for their own lives to the fullest extent possible.
5. People are most effectively helped by a process which empowers them to achieve self-determined goals.

APPROACH

We promote and assist change at the individual, community and social levels through the provision of quality services, community action and social advocacy.

1. Health and social services are provided directly to individuals and families to help them meet basic needs, learn new skills and enhance personal growth in an inclusive environment.
2. Through networking, planning and co-ordination with other community groups, and community development to support local community action groups, an attempt is made to resolve problems and issues affecting the community.
3. The Centre works at the local, provincial and national level in order to bring about social change that will benefit people living in the community served.



ÉNONCÉ DE MISSION

Le Centre de santé communautaire Somerset Ouest existe pour aider les résidents du secteur ouest du centre d'Ottawa à bénéficier d'une santé et d'un bien-être social optimaux. Nous portons une attention spéciale aux personnes qui éprouvent des besoins supplémentaires en raison de leur revenu, de leur langue, de leur culture, de leur âge, de leur sexe, de leur identité de genre, de leur orientation sexuelle, de la composition de leur famille, d'un handicap ou d'autres facteurs, et qui, par conséquent, connaissent des difficultés d'accès à des soins de santé primaires ou à des services sociaux.

CONVICTIONS :

Plusieurs convictions fondamentales orientent le fonctionnement du Centre.

1. Les structures sociales, politiques et économiques de la société établissent les valeurs sociétales. Cet état de choses dicte le statut attribué à différents groupes de gens, ce qui permet à certains de prospérer, tout en limitant d'autres.
2. La diversité enrichit la collectivité dans laquelle nous vivons et travaillons. Tout le monde mérite d'être traité avec dignité et respect, de bénéficier de chances égales et de vivre dans un milieu exempt de discrimination ou de harcèlement pour quelque raison que ce soit.
3. La qualité de vie dans la collectivité est déterminée par les gens, le milieu et l'interaction entre eux. Par conséquent, les personnes peuvent modifier leur vie en agissant à l'échelle de la collectivité.
4. Toutes les personnes possèdent la capacité de croître, de s'épanouir, d'apporter une contribution et d'être responsables de leur vie le plus possible.
5. La façon la plus efficace d'aider les gens est un processus qui les habilite à atteindre des buts qu'ils se sont fixés eux-mêmes.

APPROCHE :

Nous promovons et aidons le changement sur les plans personnel, communautaire et social par la prestation de services de qualité, l'action communautaire et la défense d'intérêts sociaux.

1. Les services de santé et sociaux sont fournis directement aux gens et aux familles pour les aider à répondre à leurs besoins fondamentaux, à acquérir de nouvelles compétences et à améliorer leur croissance personnelle dans un milieu inclusif.
2. Par le réseautage, la planification et la coordination avec d'autres groupes communautaires et par le soutien du développement de groupes locaux d'action communautaire, nous tentons de résoudre les problèmes et de régler les enjeux qui touchent la collectivité.
3. Le Centre travaille aux paliers local, provincial et national pour susciter un changement social dont profiteront les gens habitant la collectivité desservie.



Xây Dựng Một Cộng Đồng Lành Mạnh

**BOARD OF DIRECTORS
2008-2009**

Peter Fan
Chairperson

Elda Allen
Vice Chairperson

Nancy Douglas
Secretary

Lucinda Boyd
Treasurer

Abdul Arale
Sheri Arnott
Mike Bell

Tony (Anthony) Boghossian
Ed Gannon
Cliff Gaze
Wendy Gorham
Kristie Kelly
Barbara Wright
Vicky Smallman
Mary Tang
Sarah Todd (resigned)

Staff Representatives
to the Board (Non Voting):
Ginette Drouin
Liz Briggs



PROGRAM HIGHLIGHTS

- In December 2008, the **Rochester Heights Community House** opened its doors, becoming the fifteenth community house in Ottawa. Programs at the House include a youth homework club, Kids in the Kitchen program, breakfast program, and many more. An official opening to the public will take place on June 11, 2009.
- The Elvis Sighting Society sold out another **Scotiabank Blacktie Beanfest** in October 2008. This year's event saw well over 400 people at the Westin Hotel coming together for dinner and dancing. SWCHC's Rochester Heights Community House was again the principle recipient of just over \$15,000.
- A new focus for the Health Services team is to develop a **Chronic Disease Prevention and Management** strategy. One of our dietitians coordinates the chronic disease prevention management approach and collaborates with clients, staff and community partners around CDPM initiatives.



- **Green Goddesses** was developed as a result of an evident need through the Girls Group which ran throughout the summer. In partnership with Hopewell Eating Disorder Clinic, girls ages 13-18 participated weekly in outdoor physical fitness and self esteem building activities. Green Goddesses was featured in the Ottawa Citizen for their participation in an art show promoting positive body image.
- Funding from Green Shield Canada Foundation has allowed the **Lung Health Program** to expand to include COPD rehab clinics. This **Breath Easier Program** focuses on education as well as improving physical fitness.
- We were successful in obtaining limited funding for **Operation Hairspray 2** – "Spray the Word about Health" from the Public Health Agency of Canada. This one year project which ends June 2009 was a community partnership between Somerset West CHC and Ottawa Public Health. The goal was to continue HIV/AIDS peer led education with African and Caribbean communities.
- At a time when many in our city are having difficulty finding primary care providers, SWCHC has developed a unique **wait list** strategy. On average, there are 130 individuals waiting for a primary care provider. They are offered an appointment within 30-90 days. We at SWCHC are clearly improving accessibility to health care!
- My Neighbourhood, My Voice, **Photovoice Project** was a joint project conducted by Doctor Elizabeth Kristjansson of the University of Ottawa and the Coalition of Community Health and Resource Centres of Ottawa. This project was about giving community members of Ottawa a voice to show what aspects of their neighbourhood are meaningful to them, what they value and what concerns them. By using photography as a means of artistic expression, the message will be shared with local politicians and community groups in a city wide forum. Four families with children ages 4-7 who are clients of SWCHC will be featured.
- Health Services has been very involved in coordinating and providing services to the **Government Assisted Refugees** at Reception House. Over 500 clients have been assessed, screened, and provided with TB skin testing and immunizations.
- Somerset West worked with **People For A Better Ottawa (PBO)**, a broad-based coalition of individuals and community groups, to protect funding for arts, culture, health and social services in Ottawa. Representatives from our Advocacy Committee met with area City Councillors and joined PBO to urge City Council to adopt a balanced approach in the 2009 municipal budget. The Coalition was successful in its campaign with City Council approving a budget that maintained health and social services in 2009.
- We worked with the City of Ottawa and the Coalition of Community Health and Resource Centres to respond to urgent **transportation needs** created by the OC Transpo Strike which began in mid December 2008. We established a Transportation Help Line in January 2009, re-deployed existing staff and hired an additional Crisis Relief Worker to respond to urgent transportation requests from our clients and community residents.
- During the **bus strike**, we responded to 588 requests for transit help and distributed approximately 2207 taxi chits to individuals and community agencies. We also organized a bus and used our van to assist Rochester Heights residents and area seniors to do weekly grocery shopping.



POUR UNE COLLECTIVITÉ EN SANTÉ

BUILDING A HEALTHY COMMUNITY

- Our new **health promoter for physical activity** has enthusiastically encouraged an element of physical fitness throughout our programming at the Centre, targeting all ages.
- **Let's Get Together**, a new program, offered to isolated seniors, provides monthly access to a registered nurse, a social worker and physical activity health promoter. The program is designed to increase socialization and build community in their settings while encouraging healthy lifestyles and activity.
- September 2008 saw two great **fundraising events**, helping to raise money for the new Rochester Heights Community House. The Hintonburg Street Dance and Rockin' 4 Rochester brought great music and good food together to raise over \$4,000 which was then matched by Scotiabank at Somerset and Bronson.
- **Yoga and Hip Hop** classes were introduced, giving the children opportunities for stress relief and exercise. Yoga has been very well received by the children and youth and continues to run weekly.
- The number of active **volunteers** continues to rise at SWCHC with the addition of a Volunteer Coordinator in 2008-2009.
- February 2009 saw SWCHC undergo an **accreditation review** by Community Organizational Health that looks at how we perform in a variety of areas including building community capacity, delivering programs and services, managing information and leadership and planning. The preliminary report praised the Centre and its staff as being "unique" and "creative" in working towards overcoming the multiple barriers faced by our clients.
- The **School Liaison program** at the Emergency Family Shelter continues to be very successful. We were able to provide school bags and supplies during the school year. The School Transition Worker assisted 43 families during the school year, which consisted of 110 children and youth. The Youth Drop In/ Homework Help at the shelter served 46 individual youth aged 13-18 yrs.

建設一個健全的社區

- Health Services provided care to 116 **expectant families**. Our rap-around services includes prenatal classes in Chinese and Vietnamese, lactation classes and assessments, nutrition support, prenatal care, and well baby clinics. Three of our physicians attend deliveries at the Civic Hospital. We pride ourselves on our excellent breastfeeding rates and our vigorous newborns.
- On Friday December 19, 2008 representatives of our Advocacy Committee gave a presentation to the **Provincial Standing Committee on Finance and Economic Affairs**. We highlighted the importance of income security, oral health, and equitable access to health services and emphasized that additional support in these areas was urgent. We continue to work with our Provincial Association of Ontario Health Centres (AOHC) to encourage the provincial government to put into action its Provincial Poverty Reduction Plan.
- Our **Community Dietitians** held over 35 workshops at the Centre and in the community involving 323 participants. They included: nutrition to lower blood pressure; healthy weight programs; families get together for nutrition and fitness; making baby food workshops in several languages; new cooking program for kids. In addition, 187 individuals participated in individual consultations with the dietitian over a number of issues.
- This past summer we developed two new partnerships for the **Rochester Heights day camp**. Through the Ottawa Catholic School Board we had use of St. Anthony School and hired two summer students. The YMCA also provided two summer students which allowed for all 48 children registered to participate.
- **Rooming house outreach** continues with regular visits to clients living in rooming houses. As well, outreach staff hosted 15 summer BBQs and prepared over 100 bulging Christmas bags containing basic needs and Christmas treats. Contact with the staff promotes connection to the Centre and other services. Mountain Equipment Coop has generously donated 80 fleece blankets for those unstably housed, as well as volunteered their bicycle mechanics for the Bicycle Clinic.

OUR DONORS 2008-2009

To our many individual and family donors we wish to extend our sincere thanks for your generous contributions to our annual fundraising campaign. Your investment in our community went directly into programs and services that help us build a stronger and healthier community every day! Some of the programs that were supported through our annual campaign included: major renovations to the new Rochester Heights Community House; physical activity resources to help our community become more active and fit; and supplies and equipment to run such programs as:

- The Hintonburg Drop-in, a once a week program for isolated adults at the Hintonburg Community Centre;
- The Art Expressions component of our Community Kitchen group where art supplies were provided to assist individuals to develop their emotional expression and build self-esteem;
- To assist our clients living in some of Ottawa's most vulnerable address, the Outreach program developed "Bed Bug Kits" to help alleviate the effects of bed bug infestations!

To our corporate and business donors....we couldn't do it with you!

Elvis Sighting Society
 Scotiabank –Somerset Branch
 Preston Street BIA
 Nescorp Realty Ltd
 Boomerang Kids
 Cielo Printing
 Burgess Business Interiors
 Chinese Alliance Church

Bell Pharmacy
 Giant Tiger- Wellington Street
 Coffeemark Coffee and Tea Services Ltd.
 Somerset Chinatown BIA
 Pricewaterhouse Coopers
 M.E.C.
 Carleton Tavern

OUR VOLUNTEERS

Somerset West Community Health Centre would like to thank our Volunteers for their many hours of service to our community. SWCHC currently has over 60 active volunteers who provide a wide range of support to our many programs across the Centre.

Valuable is the work you do
Outstanding in how you always come through
Loyal, sincere and full of good cheer
Untiring in your efforts throughout the year
Notable are the contributions you make
Trustworthy in every project you take
Eager to reach your every goal
Effective in the way you fulfill your role
Ready with a smile like a shining star
Special and wonderful - that's what you are.



INSIEME VERSA UN ASANA COMMUNITÀ



OUR YEAR IN NUMBERS

- Our walk-in clinic saw **6300** people throughout the year.
- Over **2100** people became new clients of SWCHC in 2008-2009.
- Our annual flu shot clinics saw over **1200** people in the fall of 2008.
- **546** preschool children enjoyed participating with their parents in our Kids Korner playgroup program.
- Our clients come from over **100** different countries.
- Our Health and Social Services staff served over **8000** individuals this past year.
- Our website saw traffic from over **60** countries across the globe with as many as **59** hits per day!
- Nanny Goat Hill Nursery School saw **56** children come through its high quality program this year.
- We were able to provide service to **96** clients who did not have health insurance.
- During Asian Heritage Month in May 2008 the event "Health is Wealth" saw **400** participants screened for blood pressure and BMI.



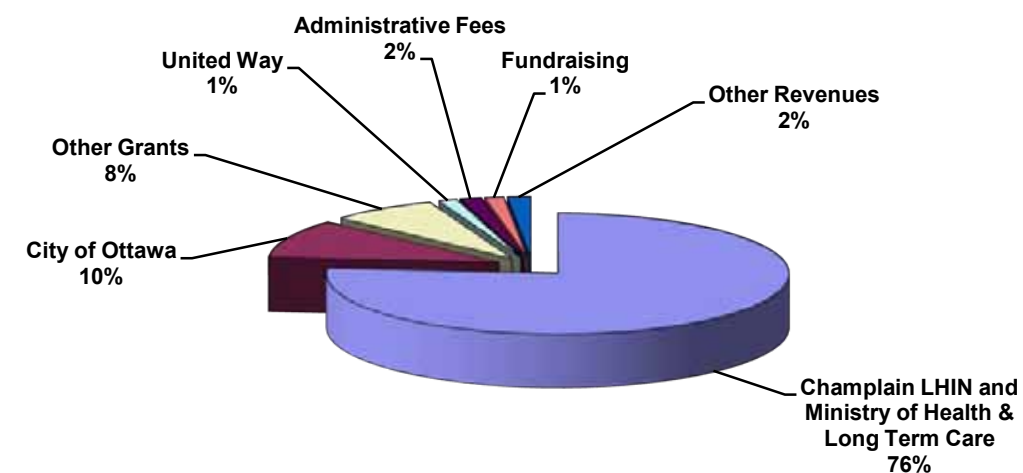
FUNDERS 2008-2009

- Champlain Local Health Integrated Network
- Ontario Ministry of Health and Long-Term Care
- City of Ottawa
- United Way/Centraide Ottawa
- Trillium Foundation
- Green Shield Canada
- Ontario Ministry of Community and Social Services
- Community Foundation of Ottawa
- Maurice Price Foundation
- Crime Prevention Ottawa
- Multicultural Health Coalition
- Ontario Early Years Centre/Canadian Mothercraft
- Ontario Ministry of Health Promotion
- Ontario Ministry of Children and Youth Services
- Ottawa Community Housing
- Canadian Mental Health Association
- Canadian Prenatal Nutrition Program
- Parent Resource Centre
- Public Health Agency of Canada
- RBC Foundation
- Rideauwood Drug Treatment Centre
- University of Ottawa

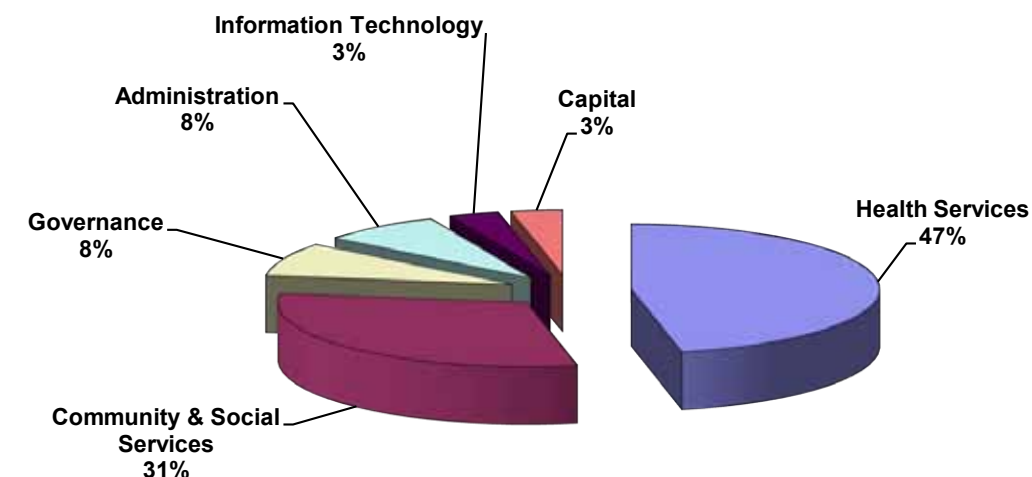
REVENUE AND EXPENDITURES 2008-2009

In April 2009 Somerset West Community Health Centre entered into a multi-year service Accountability Agreement with the Champlain Local Health Integrated Network (LHIN). This accountability agreement is available on our website as well as the audited financial statements: www.swchc.on.ca

Revenue by Source 2008-2009



Expenditures by Function 2008-2009



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