



## Creating Community Wellness Society

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### 2021 Work Review

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2021 was another year of considerable stress for many people as we navigated the lifestyle changes caused by the pandemic, along with precarious access to healthcare due to ongoing the strain on public health care system and talent shortages. Despite all this, our community, and majorly thanks to the volunteer outreach by Victoria Community Health Co-operative, continued to support the CCWS. We are very appreciative of this support as it has enabled the Boards of CCWS and Victoria Community Health Co-op, together as a Fundraising Committee, to identify projects of interest and commit the time and effort needed to submit funding proposals for these community-focused projects.

### Activities

- ***No-Touch Wellbeing Sessions***

The CCWS has also been able to support the work of the Victoria Community Health Co-op in transitioning from services that were primarily hands-on, in-person to either well-spaced group presentations at the Cook Street Activity Centre (CSVAC) and currently almost entirely on Zoom. The year-long No-Touch-Wellbeing sessions have been rewarding to plan and while continuing to aim to reach a larger audience through increased email, social media and flyer promotion. There has been a variety of guest speakers discussing a wide range of wellbeing topics to gain interest from all groups. We discussed offering speakers an honorarium for participating and donating their time and expertise, and we will move forward with this as planned in 2022.

- ***Supporting Registered Community Nursing***

The CCWS has also supported the VCHC to continue to advocate for space in the CSVAC and for additional funding to support wellness programs, RNs, and integrated health and wellness services in 2021 going forward in 2022. We supported the co-op in their move to the new Wellness Wing at CSVAC with funding for equipment and meeting space items.

- ***“Choices”, Hans Kai, and Let’s Say Hello***

In late 2020, Vanessa Hammond coordinated a “Choices for a Healthy Lifestyle” program for a small group of participants at Our Place, which began in the middle of January 2021 and ran for 6 weeks. We had a positive response to these sessions and will be ready for the next opportunity to support Our Place or another community organization who wants to host a custom “Choices” program.

The Hans Kai program was on hold for another year due to Covid-19 safety precautions as well as funding limitations, as we require grant funds to support the Hans Kai leader/facilitator to run the program throughout the year. Two funding applications were completed to support this program but were unsuccessful.

Let’s Say Hello, an initiative by a VCHC volunteer (thank you Kelly!) was launched in the midst of new PHOs/restrictions, and while we worked hard to connect with community members from a distance. CCWS supported the supplies and technology that volunteers require to run (and grow) this program. It has received a very positive response from both community members and volunteers.

## **Funding & Donations**

As described in the 2021 Financial Reports, CCWS saw an uptick in donations toward the end of the calendar year - while it may have been a quieter year-end, holiday donations were increased with many thanks to volunteers spreading the word to their community and our online donation forms through PayPal and Canada helps.

The CCWS submitted proposals to several funding organizations in 2021 but was not as successful as we had hoped to be. We received two grants in 2021 - one from Heirloom Linens in Royal Oak, who selected CCWS as their Charity of the Month to fundraise for in their retail shop and also online, and another from The Sara Spencer Foundation, who provided funds to use toward the shared community spaces in the CSVAC Wellness Wing to provide adequate furnishings and technology to present workshops.

CCWS applied for the Community Gaming Grants from the Province of BC but was unsuccessful. Additional funding applications were completed to various Rotary clubs in the Greater Victoria Area as well, but we did not have success.

In 2022, we will await a response from our late 2021 proposal to New Horizons for Seniors Program (NHSP) to support “Building Community with Technology”. We have applied for funding to offer this intergenerational program in 2022 – through a combination of hands-on and Zoom workshops, volunteers will help seniors enhance their digital literacy and online financial safety.