

STORY SNAPSHOT

Our Health Centre is a health and wellness community resource serving the Municipality of Chester and surrounding areas since 2016.

OHC partners with Nova Scotia Health to co-locate a range of primary care, health promotion, wellness, and other health services under one roof.

While a holistic approach is central to the mission of OHC, it can be challenging to maintain funding for social determinants of health programs like food security.

A core funding model would allow OHC to build on what the community has already created, scaling services to be in line with the needs of the local community.



OUR HEALTH CENTRE

Healthy People, Healthy Communities.

www.ourhealthcentre.ca



Our Health Centre is a Community Health Centre in the rural District of Chester serving as a hub for a variety of health resources and programs. OHC is **owned and operated by the community for the community** and provides health services, wellness information, and low-barrier access to care.



More than 8,000 walk-in clinic visits since its launch in April 2018, and almost half of all visitors are without a family doctor.

OHC strives to provide care that meets all of the needs of its citizens, and that means **supporting people to be healthy and stay healthy, not just treating them when they are already unwell.** Wellness programs and health promotion services are crucial to local community health, but these services are a struggle to fund.

Programs and services offered at OHC:

- Walk-in Clinic
- Employment Services Centre
- Clinical Foot Care
- Blood Clinic
- Mindfulness Group
- Yoga
- Sleep Clinic
- The Hearing Specialists
- Plastic Surgeon
- Caregivers Support Group
- Smoking Cessation
- Diabetes Clinic

Located in

Chester, Nova Scotia



Key Features:

- Serves local residents and visitors to the municipality
- Community owned and operated
- Co-located interdisciplinary services and programs
- Collaborates actively with Nova Scotia Health and other community-based partners

Programs and services at OHC **help close the gaps in care that many rural communities face.** The team at OHC works with Nova Scotia Health to provide primary care and specialty services. The facility also houses professionals such as public health, mental health and addictions. OHC partners with the Municipal Recreation department and other community groups to develop and offer wellness programs.



The COVID-19 crisis highlights the value of strong community relationships, and OHC is **adapting frontline health and wellness supports to meet the needs of local residents in this time of uncertainty.** However, without core funding, valuable time and energy continues to be devoted to fundraising and piece-meal approaches to service delivery.

Rural CHCs like **Our Health Centre** exists to fill in the gaps for those in our communities who would otherwise have limited access, or no access, to primary care and wellness services.

Support core funding for Community Health Centres in Nova Scotia.