

About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at wechc.on.ca to learn more about us.

To learn more about Health Promotion Services or any of the topics in this brochure or to participate in programs, you can visit our website, send an email, or call us and ask for a member of our Team.

diana@wechc.on.ca

or sskelding@wechc.on.ca

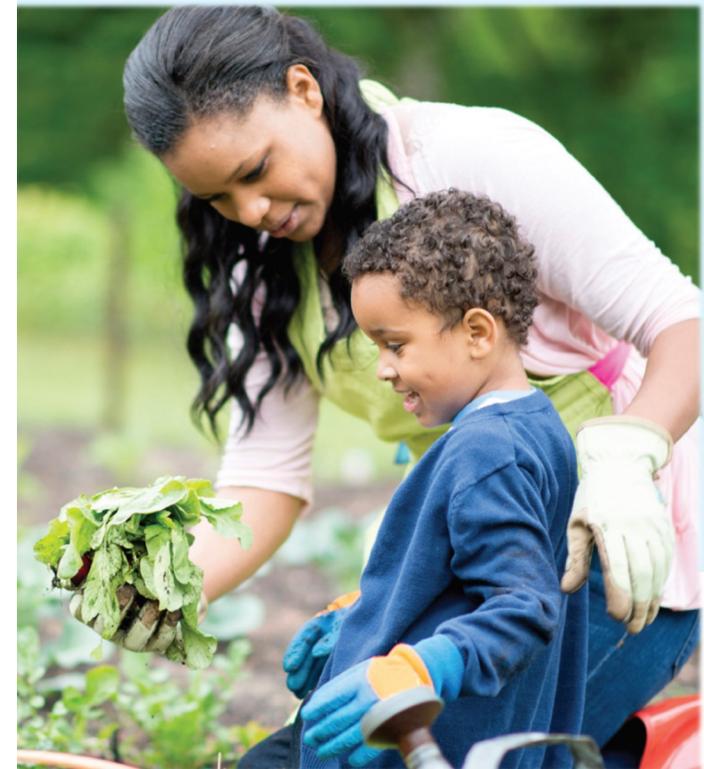


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Health Promotion Services

We envision caring and vibrant communities where people achieve and maintain the highest possible level of well-being



Our Goal is a Healthy Community

Health Promotion

Community Health Centres like WECHC believe that health is more than just not being sick. We believe that being healthy means having a sense of mental, social, emotional, spiritual, and physical well-being. This means having access to food, housing, education, peace and justice, income and social supports (sometimes called “the social determinants of health”). We also believe that health is a community responsibility and that you are a partner in your own health and well-being. As Health Promoters, we provide tools and resources to help you improve wellness and stay healthy!



Community Development

Community Development is another part of health promotion. It is a process where community members come together to find solutions to common problems. It means understanding community needs, and looking at ways to work with partners, municipalities and community members to improve community health. To do this, we use the Canadian Index of Wellbeing (CIW), which lists 8 Domains of Wellbeing:

- Community vitality (what is happening in our neighbourhoods)
- Democratic Engagement (citizen participation in public life such as voting)
- Education (having the knowledge, tools and resources to be well)
- Environment (access to clean air, water, food, shelter)
- Healthy Populations (access to high quality healthcare, living a healthy lifestyle)
- Leisure and Culture (participation in social, artistic, cultural or recreational activities)
- Living Standards (having a sustainable income, job opportunities, and access to transportation)
- Time Use (being able to balance time effectively)

Systems Navigation

Part of being healthy is being able to access the services you need. Systems Navigators help people to understand and find their way through health, community, and social services. There are times when people do not know what kinds of help are available to them, so we assist individuals and families to discover and access appropriate programs and services. This might include referrals for home care, help finding a medical provider, assistance with Ontario Works and Disability forms, and support with applications for Unemployment or medication coverage. We can also connect you to things like mental health counselling, diabetes education and other support agencies in the community.

