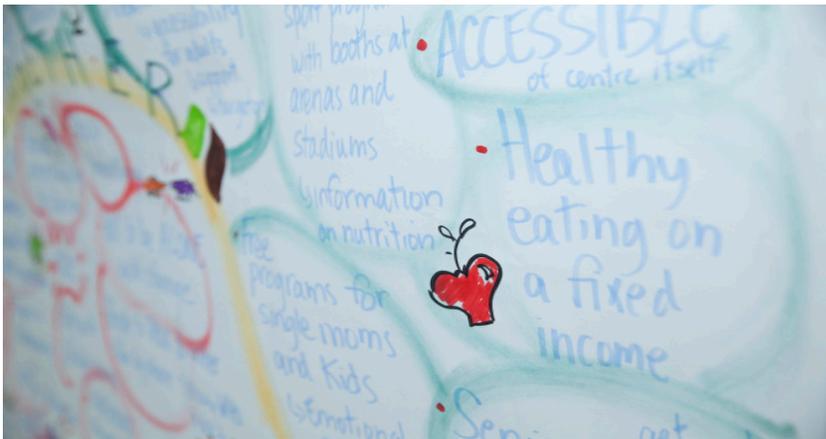


# Bedford-Sackville Community Health Team

## *Community Conversations*

### Reporting to You: Community Health Team Community Conversations

The Nova Scotia Health Authority is committed to supporting people and communities to be healthy and well. We do this by working with others to create healthy environments, support healthy behaviours, and provide health programs and supports focused on the needs of members of the community. Community Health Teams are an important part of this work. Community Health Teams offer free health and wellness programs and services to help you with your wellness goals - close to where you live and work. Your Bedford-Sackville Community Health Team opened in January 2015. The programs and services we offer are shaped by feedback from people living in the area on what is needed to best support the health of the community and its members. In October 2014 we held community conversations to learn what was important to community members. Here we share what we heard, what we are doing and how we will work with you.



## Building Healthier Communities Together

Primary Health Care,  
Nova Scotia Health Authority,  
in collaboration with IWK Health Centre  
and community partners



# Community Health Teams

## Shaping the Bedford - Sackville Community Health Team

In October 2014, the Bedford-Sackville Community Health Team held conversations with over 60 community members. We wanted to hear what health and wellness programs and services were important to you. Invitations went out through mail, local newspapers and social media.

### What We Heard

Community members from Bedford-Sackville and surrounding areas let us know how much they care about the health and wellness of their community. They shared their stories and talked about their needs. Community priorities for programs and services included: **Physical Activity, Navigation, Emotional Wellness, Nutrition & Health Eating, and Support to Self-Manage Health.**

Seniors, young families, single parents and youth were identified as the groups who could most benefit from the Community Health Team.

During the community conversations, some people shared:

- Not knowing what programs and services are available, not having access to transportation and not having programs in their community might make it hard for some community members to access the Community Health Team.
- Community Health Team programs should support access for community members who are socially isolated.
- It would be best to have programs available in a number of different locations at different times of the day. This would bring the team closer to more people and improve access.
- Many people also shared how tough it is to live on a fixed or low income. Cost is a barrier to participate in wellness programs. They were excited to hear that the Community Health Team programs are free and that Community Health Team staff will help connect community members with other free and lower cost programs.



## What We Are Doing

We are working to bring the programs and services of the Community Health Team to the whole community. Some of the work we are now doing includes:

- Finding out what is already available in your community so we can let you know about it. We also partner with groups to help bring their programs and services closer to you.
- Finding space in the communities to deliver programs and services.
- Looking into ways to bring key people together to find ways to make a difference on larger system issues like accessibility.
- Letting you and others know what we are doing.

## Programs and Services

What we heard in the community conversations shapes the programs and services that the Community Health Team offers. To begin, we will offer programs focused on:

Physical activity, navigation, emotional wellness, nutrition and healthy eating, and supports to self-manage health.

The Community Health Team links, collaborates and partners with different groups to deliver programs and services. We will need the support of others to make the Bedford-Sackville Community Health Team everything it can be.

## What You Can Do

If you need help supporting your health goals or need support to connect with services in your community, contact the Community Health Team. We are here to help you find what you need. Call us at **902-460-6750** or drop by our space at 833 Sackville Drive in Lower Sackville to find out more about our services and programs that are available free to you.

Help us spread the word about the Community Health Team! Let your friends and family know about the local programs available to them.



## How We Work

The Bedford-Sackville Community Health Team is guided by key principles that came about from the community conversations. The Community Health Team will:

- ▶ Listen to community members and be flexible in responding to their needs.
- ▶ Avoid duplication with existing community supports and services.
- ▶ Support peer learning through group programming so that people can help and support each other.
- ▶ Support people in managing their own health.
- ▶ Be mindful of the needs and issues of seniors, parents and youth in its activities.
- ▶ Respect that people best understand their own life experience and health.
- ▶ Be aware that many things have an effect on the health of individuals and communities.
- ▶ Support community connectedness.
- ▶ Network, partner, and collaborate with others.
- ▶ Connect with community members and stakeholders on an ongoing basis.
- ▶ Be inclusive and make efforts to go to where people live and work to connect and offer programs and services.
- ▶ It takes time for the community to know us and for us to know them.



## Thank you!

We thank the community members and community partners for your support. We look forward to working together with you to improve the health and wellness of Bedford-Sackville and the surrounding communities. A special thank you to everyone who participated in the community conversations. Your thoughts have helped shape the programs and directions of your Bedford-Sackville Community Health Team.

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## We want to hear from you

You can contact us a number of ways:

Drop in at 833 Sackville Drive (Upper Level), Lower Sackville

Call us at 902-460-6750

Email us at [cht@nshealth.ca](mailto:cht@nshealth.ca)

Visit our website at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

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