



Victoria Health Co-op

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www.victoriahealthcooperative.ca Serving our Member-Owners and Community.



2018 Report on Wellness Clinics and Health Access Fund

The Wellness Clinics

The monthly members-only Wellness Clinics continue as a well-appreciated program of the Victoria Health Co-operative. One Sunday per month wellness practitioners volunteer their time and expertise to offer wellness sessions to our members. In exchange members contribute what they can afford to the Health Access Fund. The Health Access Fund is held in trust by our charity, Creating Community Wellness Society. Having the Fund administered by the charity enables us to issue tax receipts should our member contributors wish.

In 2018 we held 9 Wellness Clinics (none were offered in April, August, or November this year due to a lack of practitioners in those months). 10 natural health practitioner members offered 162 wellness sessions to our member participants who contributed a total of \$2,440.00 to the Health Access Fund. In the last year we have offered many health modalities including osteopathy, medical herbalism, energy work, craniosacral therapy, Alexander Movement lessons, counselling, Thai massage, Jin Chin Do (acupressure), reflexology, kinesiology and naturopathy. Some members come month after month to work with the same practitioner; others sample a variety of modalities and discover which ones support their particular health goals the best.

We would like to thank all the wellness practitioners who volunteer their time to help our members; Howard Dieno, Dacia Moss, Beverley Norman, Alexis Hennig, Susanne Hunter, Kelsey Meagher, Anna-Marie deZwager, Jocelyn Taitt, and Nicole Costello. Thank you for your many hours of dedicated service this year. Special thanks to Jan Yoder. As our Clinic Co-ordinator she's the one that most members interact with. Thanks for your cheery support, Jan!

We would like to express our gratitude to the people and organizations that allow us to use their space in which to hold the Wellness Clinics. Kaye Kennish of the James Bay Community Project, Caroline Krahe of Essential Health, Catriona Wojtas of the James Bay Pharmasave and Dr. Troy MacLeod of the Whiteye

To support the Creating Community Wellness Society, CRA 833835457, "The Health Charity"
please leave cheques at 547 Michigan St, Victoria, V8V 1S5



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Community Health Centre. Thank you for your generosity and your trust in allowing us to use your spaces once a month!

We would also like to thank Caron Smith for her contribution in the community. Caron makes room for our members to contribute what they can afford to the Health Access Fund during her regular business hours as a counsellor.

The Health Access Fund

The money collected during the Wellness Clinics goes into the Health Access Fund. (HAF). In 2018, \$1,340 from the Fund was used to provide wellness services to our members who needed special support for their well-being.

Any VHC member can apply to access the Health Access Fund. Contact Dacia Moss by email dacia@telus.net or by telephone 250-744-7288. She will send you an application. Once you submit your application in which you let us know what your health goals are and which VHC practitioners you'd like to work with, a small committee of health practitioners will assess your application and let you know what the HAF can do for you. You contribute what you are able and the HAF pays the balance of the practitioner's fee.

Some examples of HAF use in the past ... a member was waiting for knee surgery and wanted to see Beverley Norman for Alexander movement lessons to keep her mobile and help her manage her pain. One member's ICBC benefits ran out after a back injury at work. The HAF was able to support her with massage, osteopathy and counselling sessions while her back was healing. We have found that an integrative team approach really speeds up the healing process and helps the person feel well supported and cared for.

You are welcome to contact Dacia (250-744-7288) if you have any questions and/or to discuss your particular situation.

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