



**Centre de santé
communautaire**

Votre bien-être, notre raison d'être!

☐ 810 rue East Main
Welland, ON L3B 3Y4
Tél.: 905-734-1141 / Téléc.: 905-734-1678
Courriel: cschn@cschn.ca

Sarah Leach, Administrative Assistant, Clerk's Department
Pelham Council
20 Pelham Town Square, PO Box 400
Fonthill ON L0S 1E0

Dear Ms. Leach,

We would like to respectfully request your support in adding an item to the Council's November 18th 2019 meeting agenda. Specifically, we are seeking Council approval for waving \$5,000 yearly rental space fees (2019-2020 and 2020-2021) that Meridian Centre has informed that our Community Health Centre (CHC) must cover should we continue to use their space for our "Stay Fit" and "Keeping Balance" community programs. "Stay Fit" and "Keeping Balance" are designed to assist people who are 55 years old and over and/ or vulnerable persons to help them improve physical and mental health in order to maintain autonomy and be active members of the community. 65% of participants are Pelham residents.

Here are some contextual details regarding these initiatives:

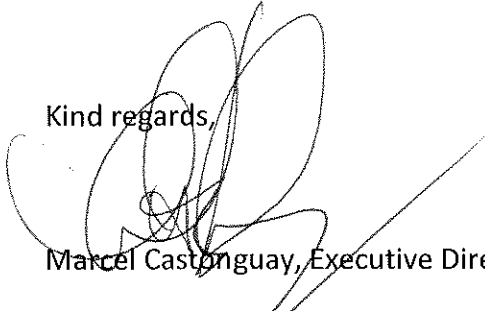
- We have always had a positive partnership with Meridian Centre which we value and wish to nourish moving forward. Because our agency is beyond capacity in providing space for group programs, one of the results of our successful collaboration with Meridian Centre allowed us to explore whether they could offer us space for the above-mentioned programs at no cost. We were delighted and extremely grateful when they agreed to partner with us in October 2018 as part of their "Seniors Active Living Centre (SALC)" strategy. As such, should Meridian Centre require assistance with other community work, it will be our pleasure provide support.
- Our programs are funded by the provincial Ministry of Health through our local Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and run yearly from September to June (Stay Fit is scheduled Tuesdays and Thursdays from 1 to 2pm,

whereas Keeping Balance runs Wednesdays and Fridays from 10:30 to 11:30am). As the Council can appreciate, the funding attached to these programs is extremely limited and our agency does not have a budget line for operating, administrative or rental-related costs. In fact, our CHC has not seen an increase to its base (operating) budget since 2011. More so, we are unable to advocate for additional funding as the provincial government discourse contemplates budget cuts that may also impact our organization in the future.

- As requested by our funder, our CHC strives to “do more with less” while demonstrating value-add in the community and improving residents’ health and wellbeing.
- The programs have been a massive success, which also helped Meridian Centre solidify their reputation and help more Pelham residents see themselves as a central, vibrant part of Meridian. Here is some quantitative data to support our statements based on information we collected in the last year:
 - “Stay Fit” has a capacity of 30 people per class. On average, 75 classes are offered yearly with a total of 143 participants, averaging 22-25 people per class.
 - “Keeping Balance” has a capacity of 12 people per class, totalling 68 participants. 73 classes are offered yearly, averaging 11-16 attendees per class.
 - Our client surveys demonstrate high satisfaction with these services and that more participants would like to be able to join.
- Our agency has been making necessary schedule adjustments whenever Meridian Centre informed that space is unavailable, which we completely understand.

We much appreciate your attention to this time sensitive matter and would be happy to provide additional information or clarification if needed.

Kind regards,



Marcel Castonguay, Executive Director

Centre de santé communautaire Hamilton/ Niagara (CSCHN)