

A non-profit society governed by local volunteers dedicated to the health and wellness needs of our community.

Local health matters

Community needs assessment spotlight

In the spring of this year, the Pender Harbour Health Centre launched the 2024 Pender Harbour Health and Social Service Needs Assessment. This project aimed to connect with community members from Pender Harbour and surrounding communities to hear from you what your health and social needs are and how the Health Centre and our community partners can work to find solutions to these health and social challenges.

As part of the needs assessment process, we connected with over 200 people with a needs assessment survey, we facilitated interviews with five community members, we heard from 12 community organizations and held two town hall events. We then collaborated with a consultants Urban Matters who synthesized the data and produced the final needs assessment report.

We are excited to let you know that this report is now finalized, and we are ready to share some of the key findings and recommendations with the community.

Key highlights and identified needs were:

- A lack of primary care physicians in the community;
- Transportation barriers that impact community members' health and wellness;
- Concerns around the lack of mental health and addiction services, especially for youth;
- The aging population and challenges accessing appropriate care, and
- Cost of living and food security challenges in community.

A comprehensive list of needs can be found in the final report. The final report also made some recommendations on how the community could help address these needs, some of the recommen-

dations include:

- Establish a health steering committee that could help advocate for community needs;
- Continue to expand elder/senior support programs in community;
- Explore options for telehealth and virtual care to increase access, and
- Explore ways to reduce health travel transportation costs.

A more comprehensive list of recommendations can be found in the final report. If you would like a copy of the report, you can collect a paper version from the reception at the PHHC or access a digital copy at the PHHC website www.penderharbour-health.com. The PHHC will be holding a town hall event in the spring of 2025 where we will share the findings of the report and let the community know the next steps we can take to address these needs.

We would like to acknowledge and thank the Sunshine Coast Foundation and their Responsive Community grants which funded this needs assessment and Urban Matters who guided us through the process.



Finally, a big thank you to all those community members and organizations who gave their input and contributed to this report, with a special mention to Marlene Cymbalist who was key to the success of this project.

We look forward to seeing you in the spring to continue the conversation.

Have a wonderful, safe, and healthy Christmas to you all.