

HEALTH MATTERS

SOUTH RIVERDALE COMMUNITY HEALTH CENTRE

NEWSLETTER | January 2024

South Riverdale Community Health Centre invites you to an

OPEN HOUSE

First come, first served
Families welcome

Ride our Bike Blender
and make your own
smoothie!

Check out our services, including:
Chiropractic
Physiotherapy
Diabetes Education
Harm Reduction / CTS
Food Security
Family Medicine

January 17 • 6–8pm
January 20 • 10am–1pm
January 22 • 6–8pm

srchc.com 955 Queen St East

New video boosts boosters

In October 2023, South Riverdale Community Health Centre (SRCHC) launched an animated video on the topic of vaccine boosters, including annual flu shots and COVID-19 boosters.



Subtitles in French, Chinese, Tamil, Bengali and Urdu are available. Scan the QR code below or visit our YouTube channel to see the video.

The video's launch was part of SRCHC's strategy to mitigate the negative effects of the

fall/winter surge, when the number of cases of respiratory illnesses, including flu and COVID-19, are expected to rise. The strategy also included administering flu shots. In addition to offering flu shots to clients during individual appointments, in the fall of 2023 SRCHC administered 476 flu shots at 11 flu shot clinics located at SRCHC and community locations.

Mindful Food Journey program launched

SRCHC has launched a new program called *Exploring Mindful Food Journey Together (EMFJT)* 身心靈食物之旅 designed specifically for the Chinese community. The program received great response that filled up all spaces within a few days. The program is conducted in Cantonese and Mandarin.

In addition to weekly virtual sessions conducted by Grace Ho, Health Promoter, and Connie Cheung, registered dietitian, the program aligns with a research study administered by Dr T.Y. Lee of York University. EMFJT aims to help participants achieve a wellness state by walking through the food journey like gardening, cooking and eating with mindfulness techniques.

Message from Jill Campbell, Provincial Supervisor:

Since starting my role as supervisor of the Consumption and Treatment Service at SRCHC in October I have met with many residents and local groups to listen to their concerns about security and safety and what improvements are needed.

While much has been done to improve safety around 955 Queen, including hiring security personnel, erecting fencing between SRCHC and Queen St. E. Presbyterian church, work with Toronto Police Services to improve security cameras, and lighting, and more frequent community needle sweeps, I will continue to listen for ways that further improvements can be made and better community building can occur.

Please do not hesitate to contact me at jcampbell@srchc.com if you wish to meet with me either in person, or virtually.

NEWS SHORTS NEWS SHORTS

CTS maintains extended hours

SRCHC's Consumption and Treatment Service is open from 8am to 5pm, Monday to Friday, at 955 Queen Street East. A CTS is a health service that is designed to save lives, reduce the harmful effects of drug use and connect clients to other health and social services. Clients inject, snort or orally consume pre-obtained drugs in a safe and hygienic environment under the supervision of trained staff. The Queen Street East CTS saw over 10,000 visits in 2022 and just over 9,500 visits in 2023. CTS staff overturned 124 overdoses in 2022 and 74 in 2023. In the first six months of 2023, there were 112 referrals made to addictions treatment and detox and 986 made to mental health services.

Community Liaison Committee relaunches

In 2017 when the supervised consumption services started at SRCHC a community liaison committee was formed. Under the mandate of the Provincial Supervisor, Jill Campbell, the community liaison committee is being relaunched with new terms of reference and new membership. The first meeting will be held January 16th.

Reporting safety concerns

In an emergency if you have concerns for your safety or the safety of others, call 9-1-1. For non-emergency police matters call 416-808-2222.

To report a discarded needle in the immediate vicinity of the SRCHC call 416-461-1925 x2344 (Monday-Friday, 9-5). For needles found elsewhere in the community call the City of Toronto's 3-1-1 service.

SRCHC QUICK FACTS

- ▶ SRCHC serves more than 14,500 clients with more than 100,000 visits per year
- ▶ Team-based primary care is provided to over 5,000 registered patients who have access to Doctors, Nurse Practitioners, Midwives and Nurses
- ▶ Over 200 staff work at 5 locations



South Riverdale
COMMUNITY
HEALTH CENTRE

South Riverdale Community
Health Centre - SRCHC
@SRiverdaleCHC
srchc.ca

Calling all health care providers

Are you a registered health care provider living or working in South Riverdale? Would you like to join our healthcare professionals' network? Send us an email to srchc@srchc.com and we will provide updates on our clinical services and specialized community health services.

Get a digital copy of Health Matters

To be added to our Health Matters database, please email srchc@srchc.com.

要接收本新闻稿的中文版，请发送电子邮件至：
srchc@srchc.com

Are you living with or at risk of Type 2 Diabetes?

If you live in the Toronto Region, the **Toronto Central Referral Service** can help you to connect with culturally-relevant diabetes supports in the community

For more information about these programs and to refer yourself or loved ones, please visit our website:

<https://www.torontodiabetesreferral.com/>

Or contact us by phone or email:

📞 416-778-0676 ext. 2242

✉ tcrs@srchc.com



SCAN ME