



Seaway Valley Community Health Centre

Working with you for a Healthier Community

Client Engagement: 2016-2021 Strategic Planning

Social Drop-In – February 4, 2016 Seaway Valley Community Health Centre

Introduction:

On Thursday, February 4, 2016, Debbie St John-de Wit, Executive Director for the Seaway Valley Community Health Centre (SVCHC) hosted a Client Engagement exercise during the monthly Social Drop-In Program. Approximately 25 clients attended the Social Drop-In from 9:00 to 1:00 p.m. and many participated in the exercise.

The Executive Director explained to the participants that the Community Engagement Exercise centered on the theme “Sense of Belonging” and their comments/input would be used to reaffirm SVCHC’s values and inform the 2016-2021 Strategic Plan.

Exercise Description:

1. Participants were asked to discuss with a partner the following question: “What does belonging to SVCHC mean to you? After 5 minutes of discussion, they were asked to share their responses aloud with the larger group. The following is a list of participant responses:

What does belonging to SVCHC mean to you?

Community
Sense of Belonging
Purpose
Friends
Healthier

Energetic
Fun
Alive
Wonderful
Happiness

Food / Dessert
New Experience
Support
Strength
Useful



2. In order to celebrate the meaning of “Sense of Belonging at SVCHC” participants were asked to relax and let their subconscious lead them through the next exercise. Tables were supplied with magazines, Bristol board, scissors and glue. Participants were asked to take 20 minutes to select pictures and/or words from the magazines that symbolized or represented “Belonging to SVCHC”. These images were then randomly glued to form a paper “Collage of Belonging”. Members from each table shared aloud their end product and their experience.

“Collage of Belonging”

The pictures speak a thousand words and the words are loud and clear. SVCHC continues to be a safe, welcoming space where our clients feel a tremendous sense of belonging. SVCHC is *their* Community Health Centre.



When asked to report back and share their interpretation of “Belonging” to SVCHC the following messages were communicated:

- Eat Healthy and Healthy Eating Tips
- Great Nursing
- Great Fitness Program
- Mingling with people keeps you happy
- Garden Program helps a lot of people
- We grow our own spices
- We get the community news
- Good new – everyone is having a good time
- Meeting new people
- Sense of Community
- Smiling Faces
- Reach for the top of your game
- Share the love
- Good Vibrations
- Feel better
- Flowers
- Feels like home
- Live life as best as we can
- Tree of Live
- Introduce new foods

Thank you to all who participated!