Community Wellness

Community Wellness is an outreach initiative of Trillium to extend support to our community to benefit older adults and adults with health challenges who lack family support, are income insecure, or have cultural / language barriers.

This outreach initiative launched February 1, 2023 with funding from two grant programs of the *United Church of Canada* and with the support of the *Cambridge Food Bank, Community Support Connections, St. John's Anglican Church*, and the *Cambridge Council on Aging*. There were three distinct outreach services: Personal Care Clinics offering foot care and haircuts on a pay-as-you-can basis; Wellness Talks on health and safety topics; and the holistic health support of a Parish Nurse.

In 2023, the Parish Nurse assisted over 60 individuals in one or more of these ways:

· Navigating local health and support services
· Support after discharge from hospital
· Assist in difficult conversations about health
· Understanding your medications
· Interpreting medical advice or reports
· Offer spiritual support in challenging circumstances

In 2023, Trillium organized six Personal Care Clinics that were well attended with active participation from the community. Four *Wellness Talks* addressed these topics: security from scams/fraud, caring for those with dementia, self-care for mental well-being, and how to age well.

In 2024, Parish Nursing and Personal Care Clinics will continue because of the increasing demand for these services, the ongoing financial commitment of Trillium, and thanks to a grant from the Up Fund of *Western Ontario Waterways Region* of the *United Church of Canada*. Eight Personal Care Clinics with the pay-as-you-can model will be offered including two clinics held at buildings managed by *Satellite Community Homes*. Clinics will feature a new service: therapeutic massage for those dealing with acute or chronic pain that affects everyday functioning.

In 2025, an UpFund grant and Trillium funds will support twelve Personal Care clinics, half of which will be held at buildings managed by *Satellite Community Homes.*

Trillium's Health and Wellness Team of seven volunteers and the Parish Nurse are directing the Community Wellness initiative.

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