

# BISHOP'S CASTLE COMMUNITY HEALTH

## Engagement of Ottawa Charter on Bishop's Castle

### BUILD HEALTHY PUBLIC POLICY

#### The Current Strengths of Bishop's Castle

- Covid 19 Public Policy Health and Action Plan
- Bishop's Castle Climate and Ecological Action Plan

#### The Current Gaps

- Mental Health Line or Telehealth service
- health literacy in Bishop's Castle
- Utilizing large health body within it.

#### Suggested Solutions

- To develop a Mental Health Service for seniors
- Increase health literacy of Bishop's Castle residents through patient education and engagement in healthcare

### STRENGTHEN COMMUNITY ACTION FOR HEALTH

#### The Current Strengths of Bishop's Castle

- Four residential care and Dementia Care Unit
- Bishop's Castle is a close-knit community
- Bishop's Castle local food bank
- Community sharing their 'gifts' to the community
- Church activities which allow members of all ages to integrate

#### The Current Gaps

- staffing issues of healthcare staff within Bishop's Castle GP practice, Social Prescriber and District Nurses
- decrease carbon emissions in the town

#### Suggested Solutions

- Empowering the community to decrease emissions
- implement the Heat Network Initiatives
- support the towns' sustainability working group to enhance sustainable practice and minimise personal effects of climate change

### Develop personal skills

#### The Current Strengths of Bishop's Castle

- large creative and educated body of knowledge to educate people of all ages
- communicates well within itself allowing the potential transfer of skills
- food banks seed banks enabling better eating, enable better understanding of diet, and show a core creativity to help.

#### The Current Gaps

- Community hub yet to be opened
- Moodle yet to be made available to the public
- Lack of areas to go to for personal improvement or one on one conversation

#### Suggested Solutions

- Open the Thrive community hub as well as the Moodle Shell to the wider community with the intention to link current initiatives in an easy to access forum.
- Vocational opportunities for youth enabled by local talents and skills

### CREATE SUPPORTIVE ENVIRONMENTS FOR HEALTH

#### The Current Strengths of Bishop's Castle

- Continue with the Seed bank project developed by the BC Sustainability Working Group & 'Going Wild in BC.'
- For Bishop's Castle to maintain being a Dementia friendly community.

#### The Current Gaps

- integrated activities for seniors they can participate in even in isolation to prevent boredom and loneliness.
- activities/programs for older youth
- Develop a 'ride-share' initiative

#### Suggested Solutions

- Promoting more integrated activities for seniors to reduce situations of isolation and vulnerability
- Develop programs for older youth that promotes wellness and increase opportunities for rural youth to participate in supportive community-based activities.
- To start a 'ride-share' initiative would be beneficial in Bishop's Castle for people to help people within the community such as going to appointments, groceries etc.

### Re-orient health services

#### The current Strengths of Bishop's Castle

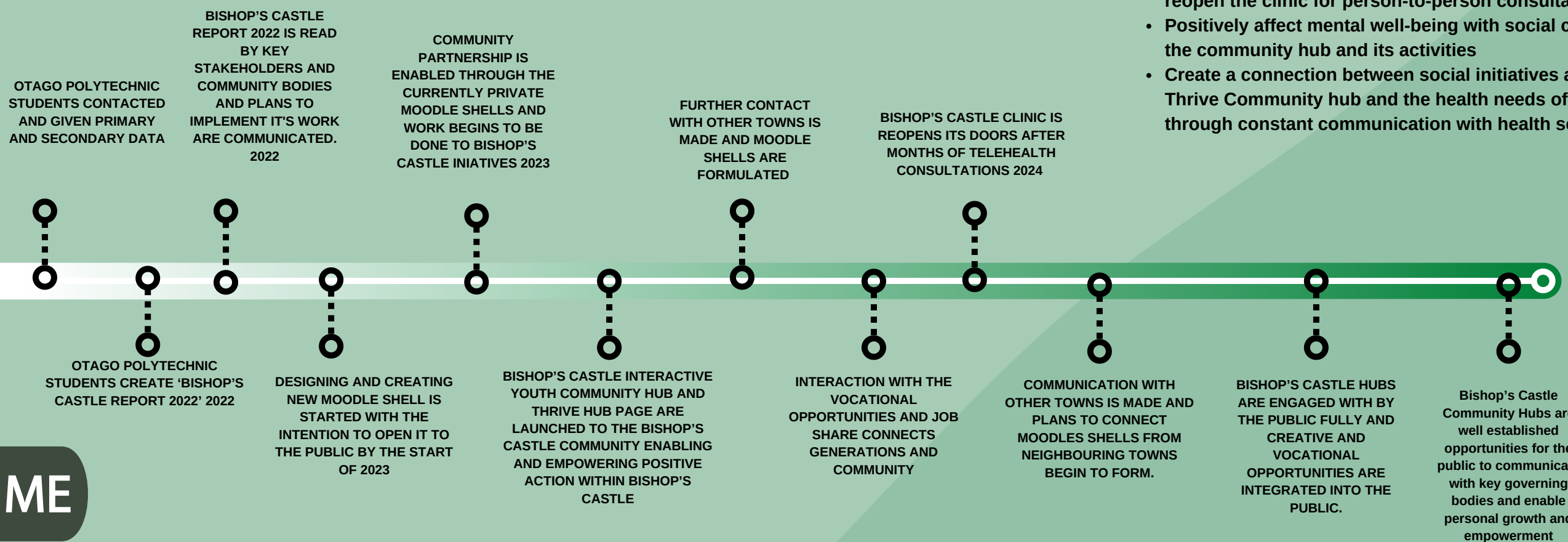
- strongly motivated people who want change and in contact with local health professionals
- health services that have previously shown flexibility during Covid-19
- community partnership connects voices with bodies that can make change

#### Gaps

- Local clinic is closed due to low staffing, with no current place to reinforce health policy or promotion.
- The flexibility of the health system is minimal, affecting coordination of care planning across services and health sectors
- Social services and health services poorly connected both nationally and locally.

#### Suggested Changes

- Slowly open clinic first with telehealth to address low staffing with efficient consultations, and with a positive change of staffing reopen the clinic for person-to-person consultations
- Positively affect mental well-being with social connection within the community hub and its activities
- Create a connection between social initiatives and activities in the Thrive Community hub and the health needs of the community through constant communication with health services



SCAN ME



This is a QR Code! Scanning this image will direct you to the Youth Hub Mental Well-Being page within the Moodle shell.

### Advocate

Health promotion action aims to advocate the health when environmental, cultural, social, political, economic, biological, and behavioural factors can have harmful impacts on health.

### Enable

Health promotion will help to reduce the current health status differences and create equal opportunities and resources to help enable people to reach their healthiest

### Mediate

Each individual needs to mediate through their health, this is to combat the downfall of health sectors that cannot coordinate health promotion for all concerned



Nursing Students 2022