

About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

VISION:

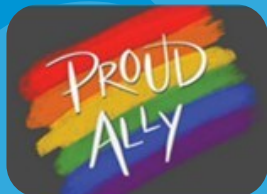
Vibrant and Caring Communities, People and Workplace

MISSION:

Partnering with our communities to achieve the best health and wellbeing for all

VALUES:

Compassion, Excellence, Collaboration, Accountability, Respect and Equity



West Lorne (West Elgin CHC)

153 Main Street
West Lorne ON, N0L 2P0
T 519-768-1715
F 519-768-2548

Open Monday - Friday
except holidays and posted closure times
8:30 a.m. - 4:30 p.m. Monday, Wednesday, Friday
Tuesday & Thursday open until 8:30 p.m.
closed 12 -1 p.m. daily

Aylmer (424 Medical Building)

424 Talbot Street West, Unit L9
Aylmer ON, N5H 1K9
T 519-765-4797
F 519-765-4977

wechc.on.ca



Land Acknowledgement

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices



Welcome to the West Elgin Community Health Centre

We're glad you're here.



Building a Healthier Community

Serving our rural communities for 30 years, the West Elgin Community Health Centre offers primary health care, illness prevention and community programs.

We are proud to be a part of an alliance of community health centres across Ontario where we focus on improving the health and well-being of people and communities.

We believe that housing, education, food, and the environment all play a role in health and well-being. We also value and advocate for a more inclusive society.



The Health Equity Charter guides our efforts recognizing and confronting barriers to equitable health, and helps bring us closer to our vision of the best possible health and well-being for everyone.



Programs and Services

Unless otherwise identified, all programs and services are **free**.

Assisted Living: Support workers provide services across Dutton Dunwich and West Elgin assisting with personal care, light housekeeping, laundry services, medication reminders and checks, security checks and social support.

Diabetes Education Program: Offers individual and group education, and diabetes support at multiple locations in Elgin County. Service available to adults (18+) living with Type 1 and 2 diabetes or prediabetes, and those at risk for diabetes. Provider referrals/self-referrals accepted.

Health Promotion: Health includes a sense of physical, mental, emotional, spiritual, and social well-being. Health promotion is based on the social determinants of health such as food, housing, education, income, peace and justice, physical environment and social supports.

Let's Connect: Offers a variety of programs and services for children, families, and expectant and new parents such as fun family events, prenatal and infant programming, breastfeeding support, nutrition, and cooking programs.

Mental Health Services: Our therapists provide non-judgemental counselling services to people of all ages to help manage short or long-term challenges such as depression, stress, abuse, parenting, grief and loss support, relationship, family problems and more.

Physiotherapy: Working with West Lorne's Talbot Trail Physiotherapy, the Centre offers financial support for physiotherapy to individuals. If you do not have physiotherapy benefits or your benefits have run out, call Talbot Trails to discuss the eligibility criteria. Self-referrals are accepted.

Primary Health Care: Includes physicians, nurse practitioners, registered nurses, and registered practical nurses. We offer illness prevention, health promotion, assessment and management of chronic and acute health conditions and support for people with terminal illness. We also offer after hours on-call telephone support to clients who receive primary care from our Centre.

Seniors and Adults with Disabilities: Some of our programs and services include friendly visiting, telephone reassurance checks, meals on wheels, congregate dining, caregiver support, virtual programs, fitness groups, regularly scheduled programs and so much more!

Systems Navigation: Assists people to find their way through health care, community, and social service systems. Systems Navigators support individuals and families to discover and access appropriate programs and services.

Transportation: Provides transportation to appointments, shopping and various social activities by either screened volunteers using their own vehicle or staff driving the Centre's Accessible Van. **There is a fee for these services.** However, there is also a "Gift-a-Ride" program funded by the United Way available.

Youth Advocacy: Engages with youth (ages 10 - 18) to improve equitable health and well-being outcomes. This program also supports the mental health of area youth and young families.