

THE KETTLE CLINIC EASY ACCESS HEALTH CARE

If you've ever been to the corner of Venables and Commercial Drive, you may have wondered about that bright yellow building with the name "Kettle Friendship Society" written across the entrance. "The Kettle" serves people with mental health issues in Grandview Woodlands. In addition to a drop-in centre, the Kettle's services include a range of housing, employment programs, advocacy, and for the past two years - a medical clinic.

The upstairs clinic was created two years ago as a partnership between Vancouver Coastal Health and the Kettle Friendship Society. Two friendly nurses from North Community Health Office offer a range of services and is open to everyone over the age of 19.

Eternal Joneses'

I have high friends in low places,
I've sailed the seven sins.
I can walk on fire,
but I can't walk away from the position I am in.
Cowering beneath the sun,
my left is alright but my right is all wrong.
Tick the days off like they were flies on the wall,
I asked for the shorter version and it's too long.

When god was handing out happiness,
my coat was stuck in the gate.
When god gave out his love,
all I got were scraps of hate.
Shot me up but don't shot me down,
e-ter-nal-joneses'.
I deserve to display my illustrious crown,
e-ter-nal-joneses'

I wish I could hold 10 seconds of eternity,
just to throw it in your face.
I wish I could lose 10 seconds of uncertainty,
but I realize this isn't my place.
I am excess baggage on the carousel of life,
so what if my smile comes upside down.
It's like being trapped in a maternity ward dressed like a clown.

- Robert McGillivray, Kettle Friendship Society.

"We want people to know that we are a safe and non-judgemental place for anyone in the neighbourhood to get health care," says Anastasia, one of the Kettle nurses. "You don't need to be a mental health consumer or a member of the Kettle to come see us. We're LGBT-friendly and you don't need a Care Card."

The Kettle Clinic offers services like wound care, foot care, chronic disease management, testing for sexually transmitted infections, women's health care and PAP tests. They are open Wed, Thurs, and alternating Mondays from 9:30 am - 12 pm and 1 pm - 5 pm. Just drop in! The Kettle is located at 1725 Venables Street. For more information call (604) 251-5237.

CREATING SAFE HARBOURS ON THE DRIVE

Building more welcoming communities starts with an understanding of diversity. The Safe Harbour program promotes an inclusive BC that builds community support for diversity. Safe Harbour promotes the idea of moving past acceptance to an *understanding and celebration* of diversity, resulting in safer, more welcoming communities.

Safe Harbour is catching on in communities throughout BC - there are now over 350 Harbours and the number continues to grow. There are three Safe Harbour locations displaying colourful window decals in the Commercial Drive area: Jenny Kwan's constituency office, the Eastside Family Place, and Salsbury Community Society. MOSAIC is the local community organizer of the program and offers free training session to any storefront business, financial institution, government office, community policing station, library, or agency wishing to be involved. Supported by the Ministry of Attorney General, AMSSA has partnered with community-based agencies in 21 communities across the province to promote Safe Harbour's vision for *Respect for All*.

Safe Harbour community organizers deliver dynamic 2-hour sessions that address the impact of stereotyping and share ways of better demonstrating respect to everyone who walks in the door. A recent survey sponsored by the Canadian Race Relations Foundation and the Association for Canadian Studies revealed that



one-fourth of Canadians say they have been the victim of discrimination based on their race, ethnicity, skin colour or gender. The Safe Harbour program addresses the fact that many diverse community members may not feel welcome and safe in their own neighbourhoods. It teaches businesses and agencies to work together to create more welcoming environments for diversity.

Safe Harbours make three main commitments:

Equitable treatment: Treating all of their clients and/or customers in an equitable manner. If a concern is expressed regarding a lack of equitable treatment, staff members take this concern seriously and take steps to address it.

Providing a "Safe Harbour": Being a safe place where a community member who has experienced mistreatment will receive a helping hand, such as a place to sit, a telephone to use, and information about how to seek further assistance.

Prepared employees: Trained staff commit to sharing the program with their colleagues through a review of Safe Harbour in a Participant's Workbook.

For more details, please visit www.safeharbour.ca or contact Lindsay Marsh, Safe Harbour Program Coordinator, at 604.718.2776 or amssash@amssa.org

YOU SPEAK

The following quotes were pulled from letters to the government written at Under One Umbrella.

"Having a roof over your head is a basic human right, as far as I'm concerned... Other countries successfully ensure all citizens are housed. Why can't we?"

ER - Hastings Sunrise

"I am a non status native who has moved here from the Island of Vancouver and was looking for more affordable housing, in the process of the moving had been broken into and in this have lost all my identification and with all of the identify theft its been very very difficult. With no job and address or phone tell me what is a man supposed to do but wait for services that don't exist?"

WAG - No fixed address

"I have lived in Grandview Woodlands for 20 years. I love this community. It is my home. Sadly, I recently lost my home of 16 years to developers who turned my affordable rental home into an expensive private home. Many of my friends have also been losing their houses and some have been forced to leave the community because there are NO AFFORDABLE HOMES TO RENT ANYMORE."

IM - Grandview Woodlands

"It is unfortunate that slogans such as Vancouver being a 'world class city' can be thrown around without addressing the very visible poverty in this city."

GH - Killarney

"In terms of cost, public good, international perception and humanity YOU need to start solving the homelessness crisis...History will forget the building of convention centres but will forever be mindful of those that solve homelessness."

LS - Downtown Eastside (proud member of homeless squat at 950 Main St.)

"Fish don't need prisons (Aquarium expansion) but we need homes!"

P - No fixed address

ALCOHOL AND DRUG RESOURCES

The following are some of the resources available in the Grandview Woodlands community. Others will be included in future newsletters.

Peer 2 Peer: Vancouver Union of Drug Users

Peer support in a non-judgmental, non-12-step setting every Mon, 6-9pm, North Health Unit. Also needle distribution and outreach in the Grandview Woodlands area 7 days a week, 5 -9pm
T: (604) 312-2988

North Addiction Services

Offers a host of supports including needle exchange, home detox, counseling, prevention for youth, methadone maintenance. Located at the North Community Health Office, 202-1651 Commercial Dr
T: (604) 215-3990

The Kettle

Drop-in and other direct services for people experiencing mental health challenges, A&D addiction support on Fridays from 10 – noon.
T: (604) 251-2801
www.thekettle.ca

Pacific Legal Education Association (PLEA)

Residential support recovery for youth 12 – 21. Assessment, 24 hr

Grandview Woodlands Drug & Alcohol Coalition

GWDAC is inviting you to take action around alcohol and drug issues. We meet on the 2nd Wed. of every month for our monthly meeting: 6:30-9:00 pm at the North Health Office, 200-1651 Commercial Drive.
T: (604) 215-3907

supervision, treatment planning, referrals, aftercare, and support.
T: (604) 871-0450
www.plea.bc.ca

Urban Native Youth Association

Provides a range of programming for aboriginal youth including A&D counseling, residential treatment outreach for street involved, youth workers, and drop-in are a few programs offered.
T: (604) 254-7732
www.unya.bc.ca

Mixed LGBT Group

An open, safe space that provides support and addresses issues that may be coming up in recovery and any issues that may be related to sexual orientation and/or gender identity. Every Mon from 12 -1pm. - Vancouver Detox
T: (604) 658-1254

Trans Recovery Group

North Community Health Office
T: Corinne - 604-215-3990

Queer Women's Recovery Group

North Community Health Office
T: Stacey - 604-301-3860
www.vch.ca/prism

Hey-Way-Noqu

Provides addiction supports for aboriginal peoples. One to one counseling, Women's support, relapse prevention programs, youth drop-in, drumming night – 401-1638 E Broadway
T: (604) 874-1831

Watari

Supports youth, family and community through addictions, employment, housing and other issues. Programs include A&D counseling and treatment, youth day programs, one to one supports, school prevention programs.
T: (604) 254-6995
www.watari.org

Pacifica

A co-ed alcohol A&D residential treatment centre. An A&D counselor or addictions specialist must make referrals.
T: (604) 872-5517
www.pacifictreatment.ca

Crossroads

Free community meals every Thurs at 6:30. Call for more information about overnight stays, outreach, computer time, laundry, and other initiatives:
T: Carl: (604) 253-6667 or
Lisa: 604-255-1111 ext 2

Multicultural Family Centre

Paso a Paso program providing a Latin American men's drop-in support group including A&D discussion. Monday evening, 6 – 8pm. Contact Pedro for Info.
T: (604) 254-6468

Neighbourhood Needle Recovery Program.

Call the hotline if you find a discarded needle. Needle pickup will happen within 24 hours.
T: (604) 657-6561



Grandview Woodlands Drug and Alcohol Coalition

UNDER ONE UMBRELLA

On October 20th, 2007, the Grandview Woodlands Drug and Alcohol Coalition hosted the first "Under One Umbrella" service fair for people who are homeless in Grandview Woodlands. Held at the Aboriginal Friendship Centre, the idea to organize this event came from our 2006 needs assessment of Grandview Woodlands. People told us that homelessness needed to be a priority for action, and so the idea for "Under One Umbrella" was born.

The concept for the event was to bring a range of services and information together under one roof. Our hope was to help people on the street access needed supports, help service providers connect with one another, and give residents and businesses an opportunity to be involved in this important community issue. On the day of the event we had 28 service providers participate, 15 local businesses make donations, approximately 50 volunteers and over 500 people came!

Some of the great services at the event included free legal advice, bike repair, and foot care. Some of the most popular services that day included the SPCA's booth where a veterinarian provided free examinations for pets. And downstairs, Acupuncturists, massage therapists and energy healers provided free healing treatments.

In addition to the services, we also enjoyed a delicious meal and entertainment. The Latin American Community Kitchen from the Lifeskills Centre prepared an amazing meal of handmade tostadas, poupousas, fresh salsa and salad. Meanwhile, the Aboriginal Traditional Mother's Dancers performed for us all.

The "Under One Umbrella" event could not have happened without the hard work and support of many individuals and organizations. Our thanks to our funders: Vancouver Coastal Health, City of Vancouver, and the Hastings Sunrise Community Policing Centre, as well our many donors. Thanks also go to Watari Research Association, Crossroads, the Kettle, CUPE Locals 391 and 15 and the Aboriginal Friendship Centre for their support.

"Under One Umbrella" was such a success, the Coalition hopes to do the event again in Fall 2008. If you would like to get involved, please email gw.dac@vch.ca



Under One Umbrella - Photo by Damian

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