

Health Care Co-operative Federation of Canada
La Fédération canadienne des coopératives de santé

Annual Report 2015



Our members provide Wellness, Health and Social Services
through community outreach and health centres.

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<p>Membership</p> <p>We have 18 members in Newfoundland & Labrador, Nova Scotia, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia with 2 currently in the process of incorporation and seeking approval.</p>	<p>Our Federation is operated from the work-places of our Board members. Our registered office is at the Regina Health Co-op, 1106 Winnipeg Street Regina, Saskatchewan S4R 1J6, Canada lknudson@reginacommunityclinic.ca You can also reach us at ChairHCCFC@gmail.com 250.415.9272 You can learn about our Federation our members across Canada at www.healthcoopscanada.coop Please follow us on Twitter HealthCoopsCdn Like us on facebook.com/Health-Co-op-Federation-of-Canada</p>	

Looking Back

Strategic Plan as presented by Hugh Nelson and Vanessa Hammond October 2014

Strategic Pillars

1. Relationships.
2. Research and Resources.
3. Recruitment.

1. To create and foster Relationships between members, members and others, the Federation and others in the health and co-op sectors, we planned to continue and expand our work to:

- share and learn within the HCCFC, facilitate the uptake of Hans Kai and other outstanding programs as a benefit of HCCFC membership, be a ready source of information and connections for groups wishing to start or expand health and wellness co-ops
- enhance internal and external communication, improving the utility of our website and other social media
- investigate the possibility of agreements with other health sector and co-op sector organizations (CCO, FCSDSQ, CAHCA, The Co-operators, etc), with parliamentarians, with professional associations to act as preceptors for medical residents who would then provide locum services to co-ops
- seek opportunities for further international contacts and co-operation to strengthen awareness internationally and in Canada of the role of health co-ops

2. Related to Research and Resources, we planned to identify and acquire:

- the evidence to convince the public and policy makers of the community wellness benefits and the cost saving that are created by health and wellness co-ops by working with researchers to develop the metrics tools and the metrics needed to measure the progress and impact of our sector, and to apply those tools across all health and wellness subsectors across Canada
- the resources for the sector to continue to expand by:
 - making our work known through appearing before the All Party Co-op Caucus of the federal government and in other high-level situations
 - carrying out the work specified in grant agreements with funders and to report effectively
 - seeking additional and diversified funding sources
 - seeking fee for service contracts with governments, academic institutions, health authorities, sectoral organizations, the private sector
 - enhancing our French language capability

3. Towards Recruitment, we planned to

- attract additional members and encourage associate membership for start-up
- we will encourage non-coop health and wellness organizations to convert to co-ops and will continue to inform governments and others about the advantages of the co-op option
- attract additional services and resources that can be benefits of membership, such as an enhanced relationship with The Co-operators, and other programs such as the Staples discount
- use our growing presence and credibility to recruit help both financial support and policy support for the work being done by health co-ops.
- develop an international strategy including seeking opportunities for international contracts

Strategic Pillar 1. Creating and fostering relationships.

Sharing and Learning.

- Within the HCCFC we have facilitated communication between members and across the sector by use of email, the website and social media, by arranging for several co-ops to speak at our AGM about their programs that could be replicated or adapted, by being a ready source of information and connections for groups wishing to start or expand health and wellness co-ops by responding to enquiries about our sector from the health sector, media, community organizations, and by informing previously unaware audiences about the existence of Wellness, Health and Social Service co-ops.
- We facilitated the uptake of Hans Kai by hosting the largest ever training group in Canada. As a result, community groups in Victoria are adopting the program or integrating the core modules into the work of existing community organizations. Plans are underway for presentations to other groups throughout BC and to groups in other parts of Canada – primarily Ontario and Alberta. We have arranged for several groups to speak at our AGM about how they are implementing Hans Kai to meet the needs of their communities.
- In all of these “sharing and learning” situations we state clearly. that these opportunities arise because of the existence of the Federation.

Internal and external communication.

- We have made our website a useful tool for those interested in our work, have increased our social media effectiveness, invited all potentially interested co-ops and others to our monthly board phone meeting, send regular emails about our activities, present “the Health Co-op Update” every month on Vancouver Co-op Radio, created Victoria Co-op Day and the Co-op Wellness Fair and invited the general public, and have been mentioned in national print media.

Fostering relationships and visibility.

- We have worked closely with Co-ops and Mutuels Canada, participating in Congress in Saskatoon and the discussion on the ICA’s Roadmap for Co-operative Decade; and benefiting from access to information and support at meetings. We gained visibility in Ottawa through Hugh Nelson’s (Y’sOwl Maclure) participation at the CMC Parliamentary Relations Committee discussions and Receptions, and the celebration of the life and work of Marc Goldblat.
- We attended the CACHA Conference making some excellent connections leading to a full day of HCCFC presentations hosted by their member, the L’Association Canadienne-française de l’Alberta. The relationship with CACHA holds the potential for further co-operation based on mutual interests.
- We supported the CWCF work to create the Co-op Development Fund and grant program, and their motion on climate change, and appreciate their help in arranging to introduce our sector to a group of worker and housing co-operators in Calgary. The relationship with CWCF and CHF both hold good potential for further co-operation based on mutual interests including our concern for small co-ops..
- We gained visibility at On-Coop events; (Hugh Nelson, Y’sOwl Maclure) in Ottawa and Doug Dowhos, TeamWerks, ThunderBay at the On-Coop AGM with as recipient of the Spirit Award.
- We and the FCSDSQ are ensuring that our materials specify the area covered by each organization. We met with the CCO and agreed to be open to any opportunities for co-operation.

- We are in on-going discussion with the Canadian Medical Association (focused on their “Demand a Plan for Seniors” campaign), Canadian Nurse Association, Public Health Agency of Canada, International Centre for Longevity and Canada Health Act Strategic Policy Division. We are building the potential to provide services on a contract basis to reduce costs and pressure on doctors by moving the focus to wellness rather than always relying on a medical, surgical or pharmaceutical action.
- We have been active in advance of and since the federal election. In addition to presenting at the All Party Co-op Caucus we have met with MPs and provincial legislators across the country. We raised health co-op awareness at all-candidates debates, wrote to all party leaders and worked hard to bring awareness of our sector to all candidates. Currently we are in touch with the eight cabinet ministers whose portfolios touch on the work of our members.

Seeking opportunities for further international contacts and co-operation.

- We were a lead organization in the Health and Social Services sector at the International Summit of Co-operatives in Québec City, October 2014, with visitors from 22 countries participating in our events. We presented at conferences and met community organizations in Ireland, Scotland and England, participated in two conferences web-hosted in the UK and have been invited to provide Hans Kai training in Ireland in 2016 subject to funding. We hosted representatives from the Korean Ministry of Health Insurance, participated in the ILO survey on health and social service co-ops and followed up with articles in the magazine of the International Health Co-op Organization and in the Co-operative News (UK).

Strategic Pillar 2. Seeking research partnerships and other resources.

Seeking research partners.

- We worked hard to find researchers to develop tools to measure the progress and impact of our sector and apply those tools across Canada. Despite many attempts we have not succeeded in this but are still working towards a research partnership.

Broadening our resource base.

- Raising visibility and developing relationships is the ongoing essential first step. We are moving from “visibility” to making concrete suggestions for contracted services that would create a shift to wellness and education. This would reduce costs to be met by government or insurers by decreasing reliance on medical, surgical and pharmaceutical treatment of illness and injury. We have continued to make grant applications. We continued to seek additional and diversified funding sources. Enhancing our French and other language capability remains an objective.

Strategic Pillar 3. Related to Recruitment.

- Our membership grew. We responded to enquiries from the website, existing co-ops, the public, presentations, Hans Kai sessions, kept in contact with members and non-members, encouraged start-up organizations, talked with soon-to-be-retirees in the Maritimes about taking an active role in recruiting new members, encouraged non-coop health and wellness organizations to convert to co-ops, worked to attract additional services and resources that can be benefits of membership.

Financial Report

Please see separate document provided by our Treasurer Lorna Knudson.

Membership Report

Please see separate document provided by our Treasurer Lorna Knudson.

Looking Ahead

The immediate future.

Over the next few months we will:

- Meet and work with new Cabinet Ministers, other federal MPs and their staff, and with senior staff in Health Canada and the Public Health Agency of Canada, and with politicians and senior staff in some of the provinces to increase their understanding of our sector and identify opportunities for us to provide services under contract with financial benefits to the participating co-ops and the HCCFC
- Continue to work with potential partners such as CMA, CNA, CWCF, CHF and their provincial counterparts to identify similar opportunities; attempt to identify other contract opportunities
- Continue to work with a number of start-up co-ops and with co-ops outside our sector that may wish to incorporate wellness work, work to gain new members in the Maritimes by involving two recently retired co-op and health experts in the Maritimes;
- Continue to seek financial or other support;
- Clarify our level of participation in the 2016 Summit, the celebration of the Ottawa Accord, etc.
- Find meaningful ways of integrating a youth perspective into all of our activities.

Strategic Planning.

Core questions

We look forward to developing a new Strategic Plan later in the year, supported by The Co-operators. Some of the core questions we have already raised include: Is our Federation needed? Is it most effective as a stand-alone organization or should it merge or work more closely with others?

More specifically we may ask:

Will we remain guided by our **Vision Statement**?

- *We envision a Canada with strong community-based wellness and health care co-op sector benefitting from our Federation as a vital leader and enabler of individuals and communities in achieving optimal physical, mental, emotional, social and spiritual wellness.*

Will our **Mission Statement** remain?

- *To support and promote health and wellness co-operatives in Canada through work within and beyond our sector.*

Will our **Mandate** still include?

- *Serving our members with information, networking and revenue opportunities.*
- *Raising awareness of our sector and our work across Canada.*
- *Increasing our membership.*

- *Ensuring that the research we need is carried out.*
- *Gaining the resources to carry out this work.*

Context

In making our decisions about immediate work and in developing our Strategic Plan, we will need to bear in mind that:

- *Many of our members are small, with very tight budgets and heavy demands to meet.*
- *We have been supported by one national organization (The Co-operators) since inauguration, and three regional Credit Unions (Vancity, Affinity and Assiniboine). Of these, The Co-operators approached the fledgling organization. The other three were brought in by the work of the Chair. Other Board members have approached credit unions but none have agreed to provide funding. The CMC allowed reduced membership and Congress registration fee.*
- *We anticipate the development of contracts for delivery of services but currently have no way of estimating revenue.*
- *We have no staff. We estimate the volunteer commitment averages 40 hours per week.*
- *To survive we need to move towards adequate resources rather than depending on grants and volunteers.*

Choices

From our informal discussions and the work already undertaken, we understand that one or more of the following could be considered:

- *Shrink our operation; almost certainly becoming less effective in serving our members or raising the awareness of our sector.*
- *Attempt to increase membership fees; almost certainly leading to loss of members.*
- *Merge with another organization; almost certainly leading to loss of visibility and voice for our sector.*
- *Commit to a really active effort to gain the support of credit unions, governments, large co-ops, foundations across the country. This might be effective but would need serious time commitment from already time-pressured members in each region in addition to the Chair.*
- *Continue to build really good relationships with other organizations with the aim of increasing our mutual reach and the financial stability of both organizations through economies of scale and the ability to earn fees for delivering services.*
- *Visit other health co-ops of any size and any area of work and create "What I learned when visiting ..." report, possibly videos in order to share the inspirational value of these experiences.*
- *Develop materials to make it easy for members, particularly those with no salaried staff, to work with potential funders and explain how they and their communities benefit from their participation in this national Federation.*

The Legacy of Mark Goldblatt (1952 – 2015)

Mark was the spark that led to the creation of the Federation and an on-going inspiration and practical resource for all of us. Without him the Federation would probably not have been formed. The memory of his passion, the breadth of his interest, the depth of his commitment provide daily

encouragement to overcome obstacles and use the co-op structure to make the world a better place. Mark, we miss you.

Membership in related organizations

The HCCFC is a founding member of Co-operatives and Mutuals Canada (CMC) and a member of the International Health Co-operative Organization (IHCO).

Staff

All work is carried out by volunteers who are either employed in wellness, health or social service co-ops, or are “retired.”

Board

Representatives on the Board are selected by the members in each Province and can alternate to accommodate their other commitments.

Acknowledgements

We gratefully acknowledge commitment of all our members



We thank our friends for their community services



and the ongoing support of



We particularly thank the host of our 2015 for their outstanding commitment and support



We acknowledge the co-operation of



We acknowledge and appreciate the leadership for the 2014 and 2016 International Co-op Summits

