



Keswick Site

Community Needs Assessment

Town of Georgina

Version 1.0

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Introduction

This document has 3 folds: first, to establish a community profile and second, to have a better understanding of the community needs and third to influence the design and implantation of a potential community initiative focused on addressing food insecurity.

Town of Georgina and/or York Region have not yet conducted a neighbourhood specific survey and data was lacking for Georgina Island's labour force, prevalence of low income and the community's health status. The information provided below are from primary resources such as quantitative and qualitative surveys and interviews and the secondary data were taken from the Census Canada, Town of Georgina, York Region and the community resources' websites.

1.1 Town of Georgina Ward Boundaries

Town of Georgina is located on the South/East of Lake Simcoe. The neighbouring areas are East Gwillimbury to the south and Durham Region to the south/east and Bradford West Gwillimbury to the west. The main neighbouring areas within the Town of Georgina are Keswick, Sutton, Jackson's Point and Pefferlaw. Georgina Island, Chippewas of Georgina Island First Nation, is also within the town of Georgina and the Regional Municipality of York and is in Lake Simcoe. Town of Georgina has 5 wards and each ward is being represented by a counsellor (See appendix A. Table 1).

Town of Georgina has 1 provincial park called Sibbald Point located in Ward 4 and houses 1 police station, 3 fire stations including the headquarter office and 2 paramedic response stations (See Appendix A. Table 2).

Georgina Island government structure is made of a Chief and 4 council members elected every 4 years. The political governance members of Georgina Island are responsible for public works, transportation, emergency services, economic development, education, housing, financing and human resources (Chippewas of Georgina Island, 2019).

1.2 Socio-cultural information

In 2016, the total population of the Town of Georgina was 45,418 and this value represented approximately 43.6% of York- Simcoe District; 50.4% of them were females; there were 29% children and youth between the ages of 0 to 24 years, 41.5% adults between the ages of 25 to 45 and 29.5% are seniors, 55 years and over¹. Town of Georgina's population increased from 2011 to 2016 by 4.4%.

In 2011 total population of Georgina Island was 275 and this number decreased to 261 in 2016. 16.5% of the population in 2016 were between the ages of 0 to 14, 54 % were between the ages of 15 to 54 years and the rest were 55+ (See Appendix B. Table 1).

According to Census Canada (2016), the Aboriginal identity of the population of Georgina Island was 195 First Nation (North American Indian) and the rest of the population were non-Aboriginal. In 2016 census, there were no members of Métis and Inuk (Inuit) on the Island (See Appendix B. Table 2).

¹ Based on the Vaughan Community Health Centre's age distribution scale, seniors age is considered 55 years and over.

According to Census Canada (2016), between Keswick Sutton and Georgina Island, Keswick had the highest number of both male and female in the age of 25 to 54 and in all the three neighbourhoods mentioned above, female gender dominated in the 55+ age category (See Appendix B. Table 3).

In 2016 Town of Georgina was composed of 13,385 families; 64.7% of them reported as married couples; 17.9% as lone-parent families; and 17.4% as common law couples. 54% of married couples reported having children. 21.9% of them with one child, 23.7% with two children, and 8.4% with three children or more. Based on the 2016 survey, 50% of the Island's population were married or common-law and approximately half of the couples had children (See Appendix B. Table 4).

In 2016, majority of Town of Georgina's population were non-minority (91.8%); the top five visible minorities included, South Asian, Chinese, Black, Filipino and Latin American. According to Census Canada (2016), 86.1% of Georgina's population was born in Canada. Census Canada reported, 0.6% of the population did not have knowledge of English or French (See appendix B. Table 5).

According to Ontario Community Health Profile Partnership (OCHPP) (2018) and Census Canada (2016), Town of Georgina had a total of 385 immigrants between January 2011 and May 2016 and majority of the immigrants reside in Keswick area. No data was available for other neighbourhoods in the Town of Georgina (See Appendix B. Table 5). The top 3 Languages spoken in each part of Georgina (irrespective of immigration time period) are available in the Appendix (See Appendix B. Table 6).

1.3 Socio-Economic information

In 2015 the average total household income in Town of Georgina was \$43,842. 14% of the population were in the \$40,000 to \$59,999 income scale whereas in the Georgina Island, in 2015 the average total household income was \$36,627 (See Appendix C. Table 1).

The prevalence of low income based on the Low-Income Cut-Offs After Tax (LICO-AT) measurement² for the Town of Georgina was 11.3% while this number was measured 9.5% for all of the York-Simcoe District (See Appendix C. Table 1).

According to the LICO-AT scale presented in the appendix, 11.3% of the population within the Town of Georgina fall below the threshold of low income considering the family size and the area of residence. For instance, in 2016 in the Town of Georgina 8.4% of the households were made of families with 5 people or more (couples and 3 children or more living at home with them). If any families of 5 or more (8.4% of the Georgina's population) whose income falls below \$37,757.00 the family is considered to have a low income (See Appendix C. Table 2).

According to Census Canada 2016, data collected on the Town of Georgina, number of households that spent 30% or more of their income on shelter costs was 27.8%. The employment rate for population aged 15 years and over by labour force status for 2016 was 64.3% (1.8% less in comparison with York-Simcoe District). For Georgina Island the employment rate was presented at 59.9% and the average of unemployment (age 15+) was 6.3%, and 25,590 people were in the labour force (See Appendix C. Table 3).

² The low-income cut-offs after tax (LICO-AT) are calculated based on the amount of income after tax spent on the necessities of food, shelter and clothing than the average family based on the 1992 Family Expenditures Survey.

According to Census Canada's data on the labour force population, the top 2 types of labour within the Town of Georgina based on the occupation type were sales and service occupation (such as retail and wholesale) followed by trades, transport and equipment operations³ (See Appendix C. Table 4). Total labour force population, the top 2 types of labour within the Town of Georgina based on the industry category were construction and retail trade (See Appendix C. Table 5).

Census Canada 2016 indicated that the percentage of people with no certificate, diploma or degree was 20.3%; secondary (high) school diploma 33.6%; postsecondary certificate, apprenticeship or trades certificate or diploma and trades certificate were 59.8%. In the Town of Georgina, 9.2% of people had bachelor's degree while in York-Simcoe District this value is 11.9%. In comparison with the rest of Town of Georgina, Georgina Island's rate in having no certificate, diploma or degree is 3% higher and employment rate is lower (See appendix C. Table 6).

Looking further into the education based on the major field of study within the Town of Georgina the top field was architecture, engineering and related technologies followed by business, management and public administration (See Appendix C. Table 7).

1.4 Environmental characteristics

In 2016, housing in Georgina was composed of 16,820 total private dwellings; 84% of them were owned and 16% were rented. According to Census Canada, total percentage of tenant households in non-farm, non-reserve private dwellings⁴ was 2,680 and this number doubled in York-Simcoe District; in the Town of Georgina 18.4% population listed above live in subsidized housing while York-Simcoe District presented 12.8% of the total population (See Appendix D. Table 1).

In Georgina area there are 12 elementary schools (including Georgina Island) and 2 secondary schools (YRSD, 2019) (See appendix D. Table 2 &3). Town of Georgina currently has 2 adult learning centres located in Keswick and Sutton which both offer certificates and trainings (See Appendix D. Table 4). There are 8 other colleges located near the Town of Georgina which offer certifications and hands on trainings (See Appendix D. Table 5).

There is one major highway that runs through the Town of Georgina: Hwy 48. This highway starts at Major Mackenzie in Markham and connects Keswick, Sutton and Pefferlaw together. Town of Georgina is located at the end of Hwy 404 connecting this town to the downtown Toronto in approximately 50 minutes. The closest major airport to Georgina is Pearson International Airport and 2 smaller airports closer to Georgina are Buttonville Airport and Baldwin Airport (Town of Georgina, 2015a). Georgina Island transportation varies from season to season due to weather conditions. Ferry and water taxi are the only method of transportation to the Island and the ferryboat travels from April through to December.

Town of Georgina has access to 2 York Region Transit buses, Bus 50 YRT and Bus 51 Keswick Local. Bus 50 YRT connects the community from Newmarket Go to all the neighbourhoods in the Town. Mobility

³ Trades transport and equipment operations include trades supervisors and contractors, construction and mechanical tradespersons, operators of transportation and heavy equipment.

⁴ Census Canada collected the data from 25% of the population; 25% sampling allows statisticians to draw conclusions about a whole by examining a part of the population.

on request is an on demand service available for the community connecting travellers to their stops or select locations and operates on a first-come, first-served basis (See Appendix D. Table 6A&B).

Town of Georgina has access to 13 food markets which are scattered throughout the neighbourhoods however there is no food market place located in Jackson's Point. For Georgina Island, no data was available on the food resources (See Appendix D. Table 7).

Refer to Food Insecurity section for information on the community food agencies and community food banks.

1.5 Indigenous population and barriers in accessing services

Based on the personal interview conducted by VCHC-Keswick site Social Worker (2019), clients visiting from the Island reported a number of barriers that exist for Georgina Island residents such as: transportation, access to emergency medical care, access to clean water and secondary schools education.

Transportation to outside of the Island is limited and this creates a challenge for the residences to seek emergency medical treatment. According to the Chippewas of Georgina Island (2019), the residences have access to a physician once a month and nurse practitioner once a week. In case of any medical emergency, residences have to travel outside of the Island for medical care. The ferry runs from April to December and this creates a barrier to access the main land during the winter period.

Georgina Island's students have access to the Waabgon Gamig elementary school and students in the secondary level travel to the main land for education. This lack of access raises a safety concern as either i) Students have to travel daily through the lake by ferry or ii) Stay on the main land throughout the week and return back home on the weekend.

Access to clean water is also another challenge for the residences of Georgina Island. According to the York Region News (2017), \$2.6 million investment was issued to ensure safe reliable drinking water for the Chippewas of Georgina Island residents living under "boil water advisory" and according to the Chippewas of Georgina Island website the advisory is still in effect.

1.6 Health status

Based on the data collected from Ontario Community Health Profile Partnership (OCHPP) (2018), in the town of Georgina top health diagnosis were diabetes, high blood pressure, Asthma, COPD, mental health and addiction problems (See Appendix E. Table 1). Neighbour specific data taken from OCHPP presents a large number for individuals with more than 1 chronic health condition and in comparison with the Central LHIN; Town of Georgina's rate is higher for both sexes and for all its neighbourhoods (See Appendix E. Table 2).

According to ConnexOntario (mental health and addiction support service in Ontario), the agency received total of 71 calls from the Town of Georgina residents between September 1st 2018 and August 29th 2019, and majority of the calls were from age group of 25-34 years (12 male and 9 female) (See Appendix E. Table 3 & 4). The tables represent a small portion of the population living with mental health disorders and this shows the lack of research completed on population's mental health status.

1.7 Food insecurity

Town of Georgina has 8 food banks and community food services (including churches and community centres) with access to food for all ages with no fee. One of the community food services called Club 55 offers affordable community lunch or dinner which is restricted to the seniors with membership to the club (\$20 plus Tax/Year). On route community food service is also available through York Region Street Outreach Van however challenges such as limited access to the van and lack of predetermining schedule exists with this program (See Appendix F. Table 1).

There are 7 food banks and community food services near the Town of Georgina (in Newmarket and East Gwillimbury) that offer community lunch and/or dinner with no restrictions to the residences of Georgina (See Appendix F. Table 2).

Based on the information provided by the Executive Director of the Food Bank of York Region, the organization serves 6 agencies within the Town of Georgina. 2,347 people were served and 1009 households used the services, approximately 35% of them were children (See Appendix F. Table 3&4). Looking into the organization's report for the past 3 years the number of individual fed has been gradually increasing which represents the increase in food insecurity and/or lack of income (See Appendix F. Table 5). Looking at the data collected from the Georgina Community Food Pantry, in the year of 2018, 3,540 individuals visited the food pantry and based on a personal communication with the Executive Director, Catherine Cook, the number has increased from the previous years (See Appendix F. Table 6).

Vaughan Community Health Centre (VCHC) Keswick site in partnership with Georgina Community Food Pantry have implemented social programs related to cooking and nutrition called "Nourishing Possibilities", in partnership with Community Living Georgina and Maple Hill Baptist Church VCHC implemented "Cooking on Budget and Healthy Eating" program which promoted education on healthy eating on a budget and education on nutrition and food choices and in partnership. Pre and post evaluation surveys were collected by a VCHC Community Health Worker and Community Dietitian. Majority of the participants reported: lack of knowledge on healthy eating habits and healthy food shopping and budgeting skills. Between the 2 programs, majority of participants had an annual household income level of \$20,000 and lower and after deducting the cost of living (i.e. rent, transportation, utilities, and etc.); the monthly budget is significantly decreased (See Appendix. F. Table 7 & Table 8).

Community resources, assets and limitations

According to the College of Physicians and Surgeons of Ontario (CPSO) registration list, in the Town of Georgina there are 34 practicing family/walk-in physicians and 76% of the registered physicians practice in the Keswick area. Based on information taken from CPSO, there are no physicians in the Willow Beach area. The closest hospital to the Town of Georgina is the Southlake Regional Health Centre located in Newmarket which is approximately 30 km away from the centre of Georgina. In the Georgina area there are 4 Public Health Clinics which offer Breast Feeding education, Immunization and Sexual Health services (See Appendix G. Table 1).

According to Chippewas of Georgina Island, there are community health resources available within the Island with the focus on diabetes, nutrition, school programs, prevention, women's health issues and family support programs (See Appendix G. Table 2).

Town of Georgina has access to the following community resources: 6 community centres, 8 recreational facilities, 4 retirement livings/nursing homes, 5 cultural services, 8 child care and after school programs, 1 youth centre, 3 shelters, 8 resorts, 5 public golf courses, and access to physiotherapy, respiratory therapy, Chiropractic and registered Dietitian (See Appendix G. Table 3).

In the Town of Georgina, there are community counselling and addiction services that offer opioid management, in person case worker/support worker services, on route harm reduction services and over the phone supporting counselling services. The services offered are free and have no restrictions (See Appendix G. Table 4).

Town of Georgina's assets were mostly related to the recreational programs and the community involvement in the support programs. Programs offered by VCHC such as i) Coffee & Chats, ii) DIY Art program, iii) After School Program and Recreational Gym Programs, iv) Recipe Sharing and Healthy Eating, v) Wellness Walking Program and vi) Nourishing Possibilities educate participants on healthy living topics and they provide a chance to connect and socialize.

Public transportation services have been one of the biggest visible challenges within the community and even though York Region Transit offers demand-responsive services, residences still face the commute challenge when they have to travel to the business district of Newmarket for health care services. According to the results found by the Closer Look research project⁵, the majority of community members that participated in the study selected transportation and accessibility as being the most challenging to access services (Closer Look Focus Group, 2019).

A Closer look Focus Group⁶ is a community development that explores the reasons behind poverty within the Town of Georgina. From their community presentation hosted on October 28th, 2019 a list of current community resources available to the Town of Georgina's residences was developed by the participants (See Appendix G. Table 5).

Recommendations

After reviewing the collected primary and secondary data, the following recommendations have been established. As VCHC mission is not to provide food to individuals, the centre can collaborate with available community agencies which do provide food or meals to community members to implement education and capacity-building programs (Myriam Castilla, Personal Communication, 2019) and by doing so, individuals are given the skills needed to effectively manage a healthy diet while living with barriers such as low-income. As mentioned in the introduction, one of the purposes of this project is to

⁵ The Closer Look Project Report has not yet been released however the findings were presented at a community partner meeting on October 2019.

⁶ The Closer Look project is the Georgina Community Needs Assessment project, which is funded by United Way Greater Toronto and is being led by Routes Connecting Communities, Jericho Youth Services, and the Georgina Community Food Pantry. Eco-Ethnomics is the consulting partner supporting the community needs assessment project.

assess the potential of implantation of a community initiative focused on addressing food insecurity and through the programs and workshops that will be implemented as part of the initiative coupled with the food/meals community members receive through various providers in the Town of Georgina, VCHC can offer knowledge and skills as a longer-term solution to food insecurity. The long-term solution can be seen as supporting clients with financial limitations and other barriers managing a healthy. Lastly, taking the upstream approach in health promotion, offering a healthy eating on a budget program for teens and young adults should be explored as a preventative measure to food insecurity.

During the creation of the Community Needs Assessment surveys (Appendix H. Table 1) were created to gather a consensus of community needs on education about healthy eating, 30 community members participated in this survey. Based on the findings the top 4 topics chosen were i) Grocery shopping on a budget through smart shopping (53.8%) ii) Healthy recipe ideas (58.6%) iii) Affordable weekly meal planning (50%) iv) Food and nutrition for healthy adults (41.3%). Participants mostly selected Social Media (e.g. VCHC website, Facebook and Twitter) as the preferred method of notification about the programs and workshops (29.6%). For the number of participants and a breakdown of the survey results please see Appendix (See Appendix H. Table 2).

Provider interviews with 1. Julia Heos, Zehrs Registered Dietitian 2. Kim Dooley, office manager at Maple Hill Baptist Church 3. Lilian Wilkinson, The Gathering Place Coordinator at the Keswick United Church and 4. Catherine Cook, Executive Director of Georgina Community Food Pantry, expressed they would be interested in collaborating with the VCHC to facilitate cooking on a budget and healthy eating/hydration education workshops. The interview was conducted by the author, face to face or via email. For a sample of the interview questions refer to the Appendix (See Appendix H. Table 3). For further details on the interview response refer to Appendix (See Appendix H. Table 4).

Vaughan Community Health Centre currently has formal partnership with some community organizations, further recommendations are that VCHC should expand its partnerships with more community agencies that serve low income individuals that are facing barriers to maintaining optimal health such as food insecurity. Refer to Appendix for further recommendations (See Appendix H. Table 5).

Summary

Georgina is geographically one of the largest municipalities in York Region, and is situated just on the south east shore of Lake Simcoe. The municipality is comprised of a number of lakefront communities, small rural hamlets and three larger communities including: Keswick, Sutton/Jackson's Point and Pefferlaw. Keswick is by far the largest community with a population of more than 25,000, representing more than half of Georgina's total population. In 2015 the average total household income in Town of Georgina was \$43,842. 14% of the population were in the \$40,000 to \$59,999 income scale whereas in the Georgina Island, in 2015 the average total household income was \$36,627.

Based on the data collected from Ontario Community Health Profile Partnership (OCHPP) (2018), in the town of Georgina top health diagnosis were diabetes, high blood pressure, Asthma, COPD, mental health and addiction problems.

Further recommendations are made for the potential future partners for PACT and social programs (See Appendix I. Table 1).

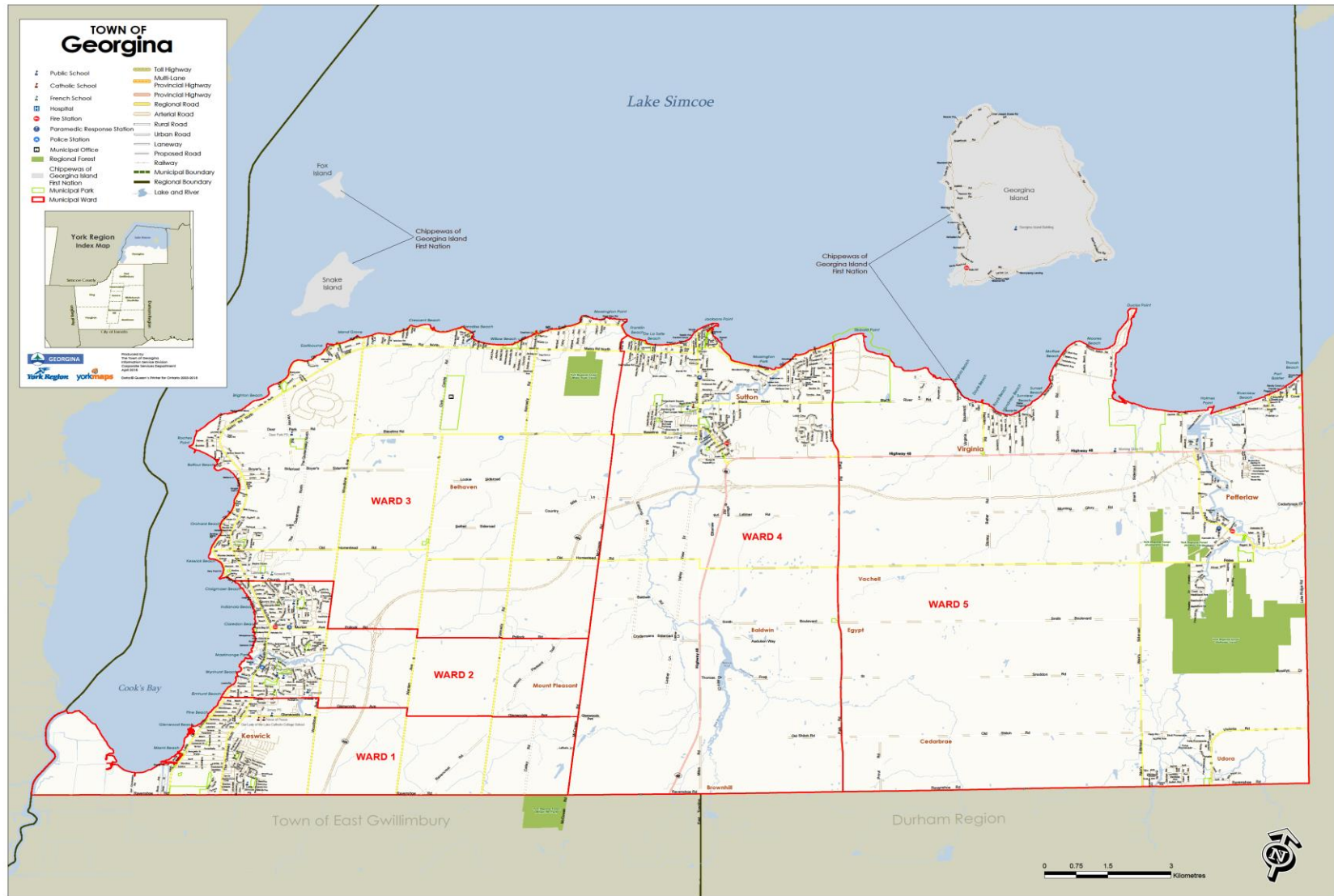
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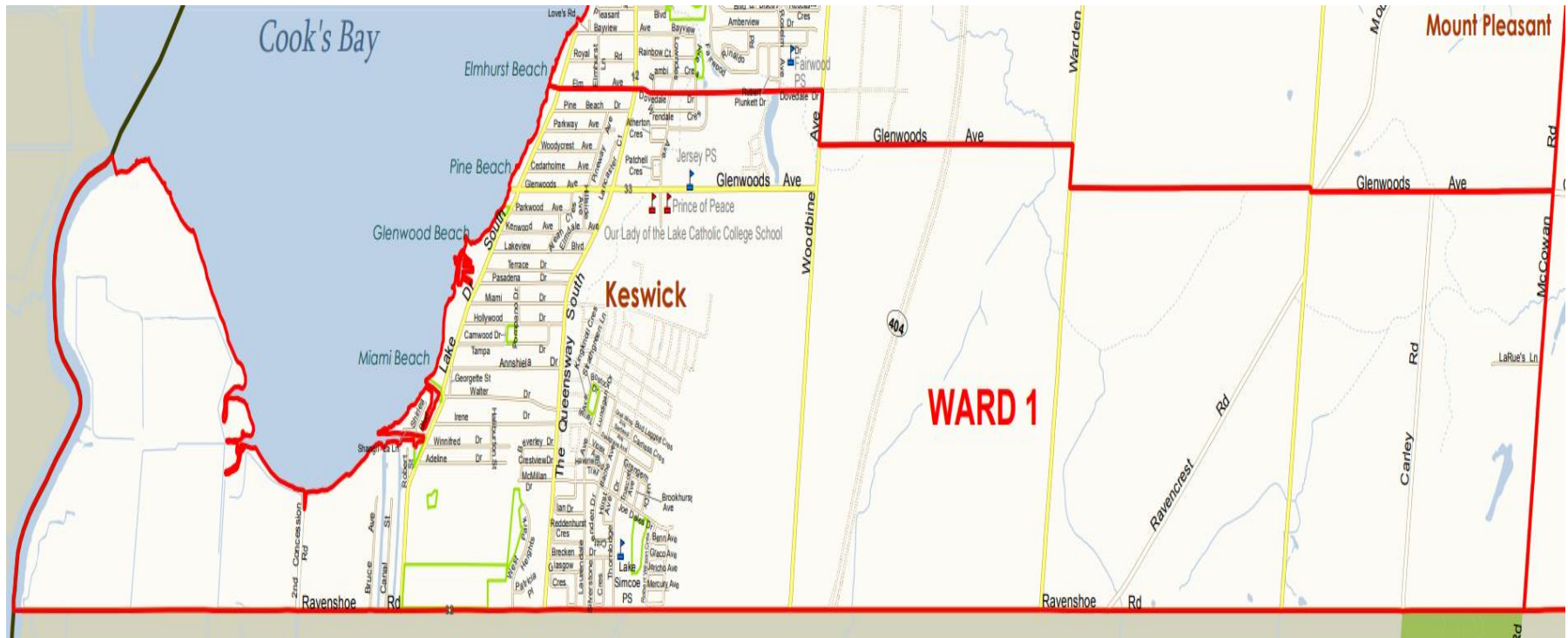
Appendix A. Town of Georgina Ward Boundaries

Table 1: Ward Boundaries



Town of Georgina Ward Boundaries (2018)

Ward 1 of Town of Georgina



Town of Georgina Ward Boundaries (2018)

South: Ravenshoe Rd East: McCowan Rd West: Cook's Bay North: Glenwoods Ave

The main roads are: The Queensway South, Warden, Kennedy Rd and Woodbine Ave and all go northbound

VCHC-Keswick site is located in this ward

Main Neighbouring area: Keswick



Fire Station: N/A

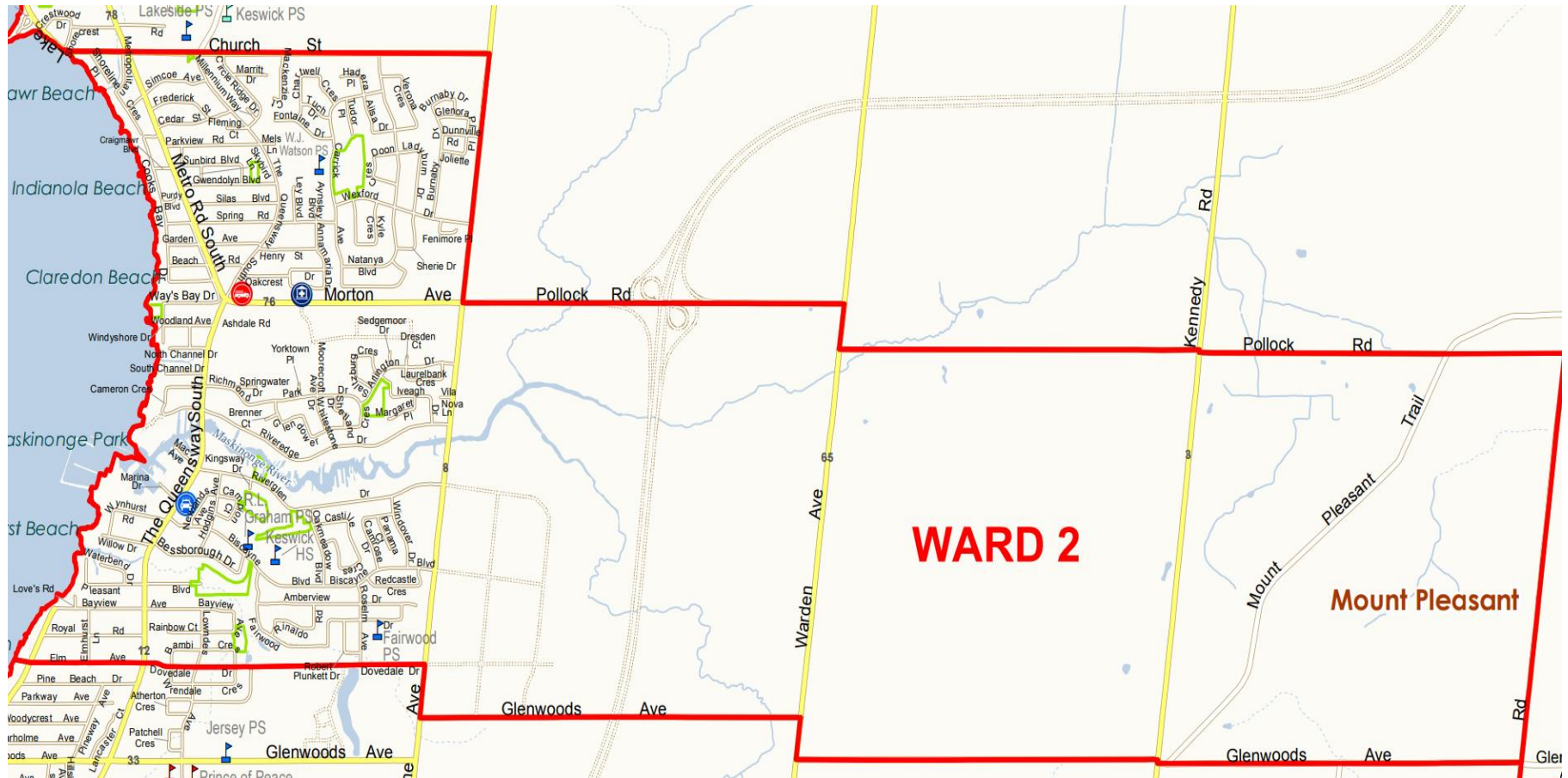


Paramedic Response Station: N/A



Police Station: N/A

Ward 2 of Town of Georgina



Town of Georgina Ward Boundaries (2018)

South: Glenwoods Ave

East: McCowan Rd

West: Cook's Bay

North: Pollock Rd & Church St

The main roads are: The Queensway South, Warden, Kennedy Rd and Woodbine Ave and all go northbound, the main Neighbouring area: Keswick



Fire Station: approximate time to arrive to VCHC-Keswick site is 5 minutes

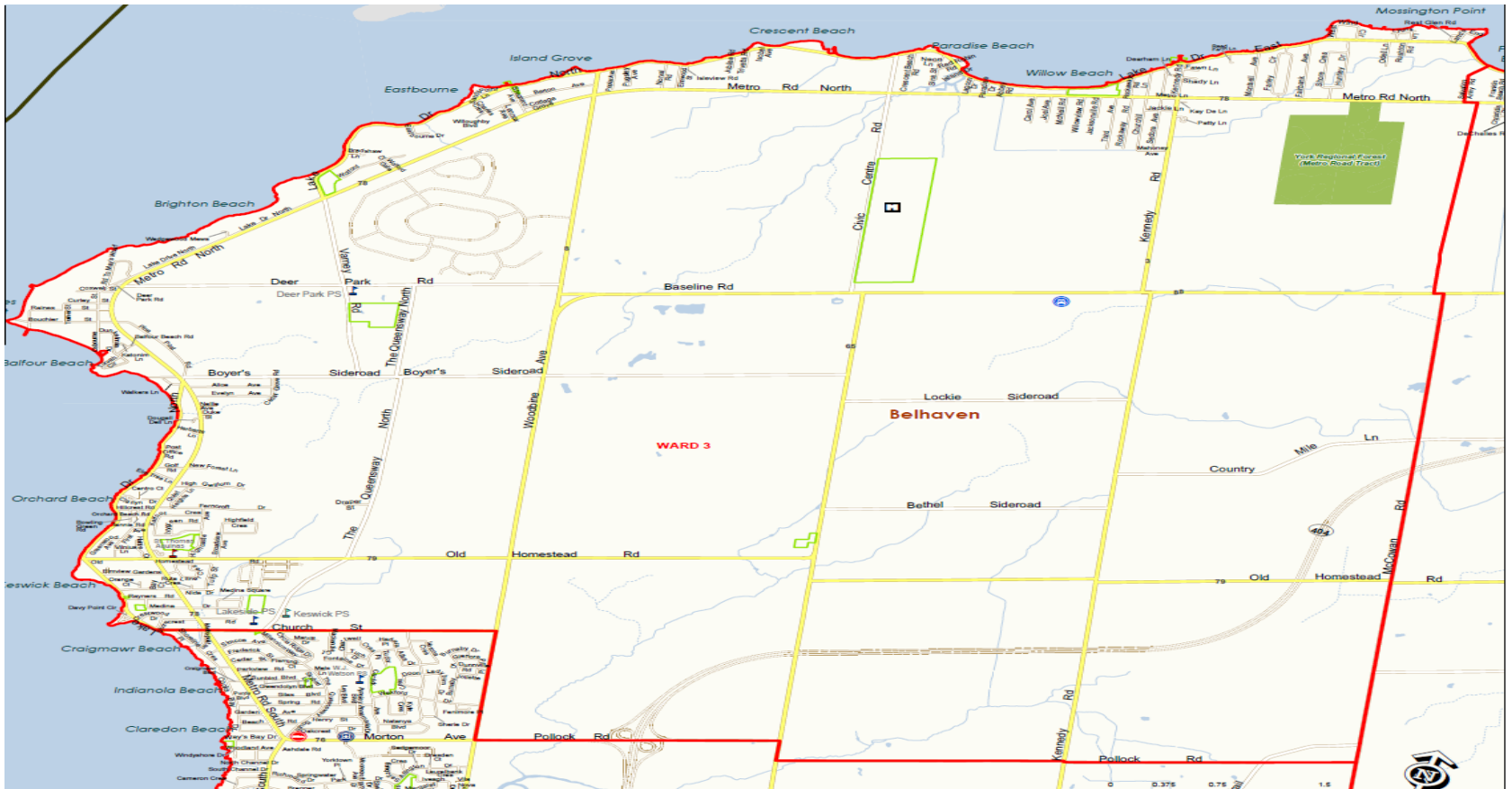


Paramedic Response Station: Permanently closed



Police Station: N/A

Ward 3 of Town of Georgina



Town of Georgina Ward Boundaries (2018)

South: Pollock Rd & Church St

East: McCowan Rd

West: Cook's Bay

North: Lake Simcoe

The main roads are: The Queensway South, Warden, Kennedy Rd and Woodbine Ave and all go northbound and Metro Rd North going north to the end of ward 3 then Eastbound to ward 4, the main Neighbouring area: Belhaven



Fire Station: N/A

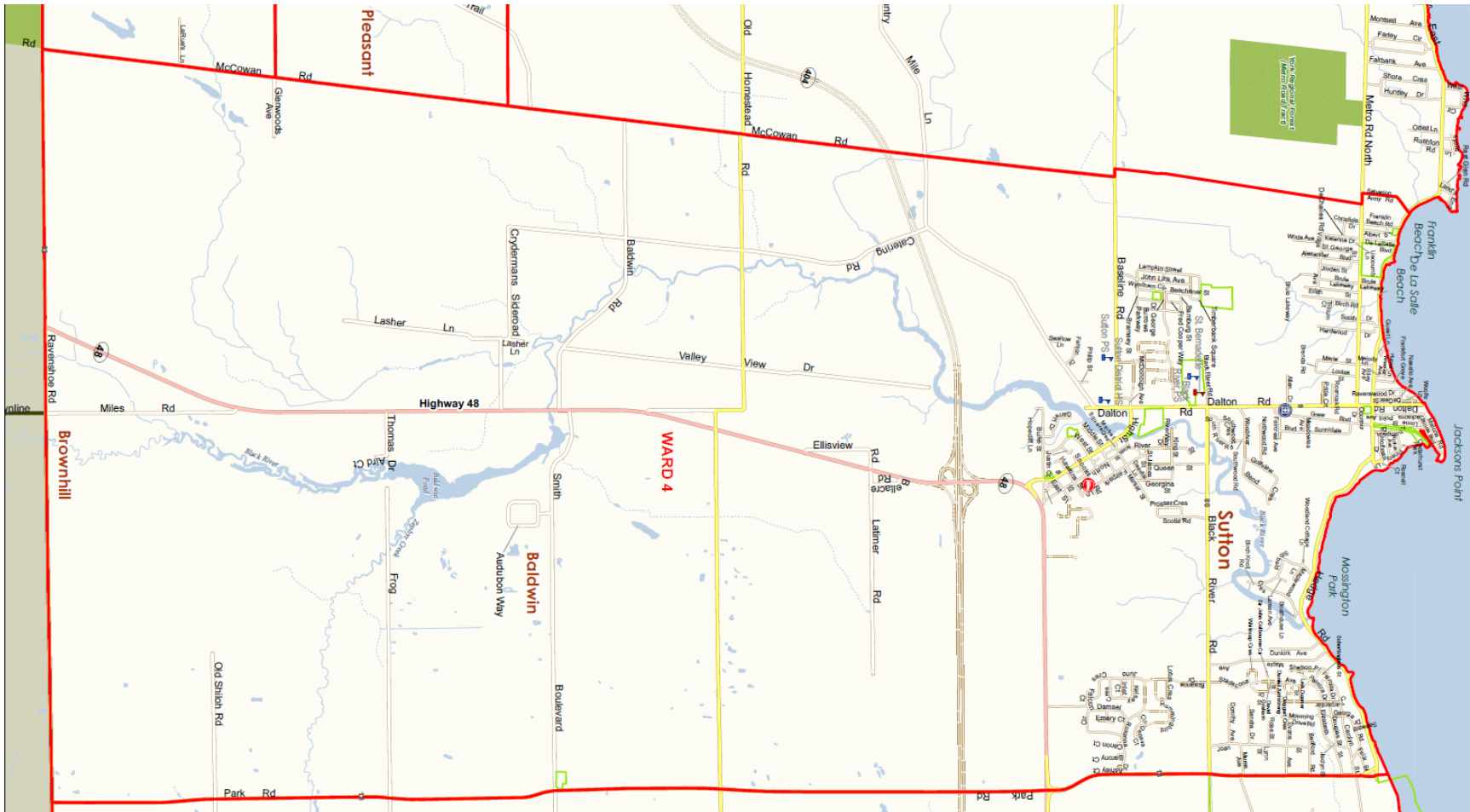


Paramedic Response Station: N/A



Police Station: approximate time to arrive to VCHC-Keswick site is 15 minutes (the time is based on the distance from the station only)

Ward 4 of Town of Georgina



Town of Georgina Ward Boundaries (2018)

South: Ravenshoe Rd

East: Park Rd

West: McCowan Rd

North: Lake Simcoe

The main roads are: Highway 48 going northbound and Homestead Rd west to east, the main Neighbouring area: Sutton & Jackson's Point



Fire Station: approximate time to arrive to VCHC-Keswick site is 20 minutes

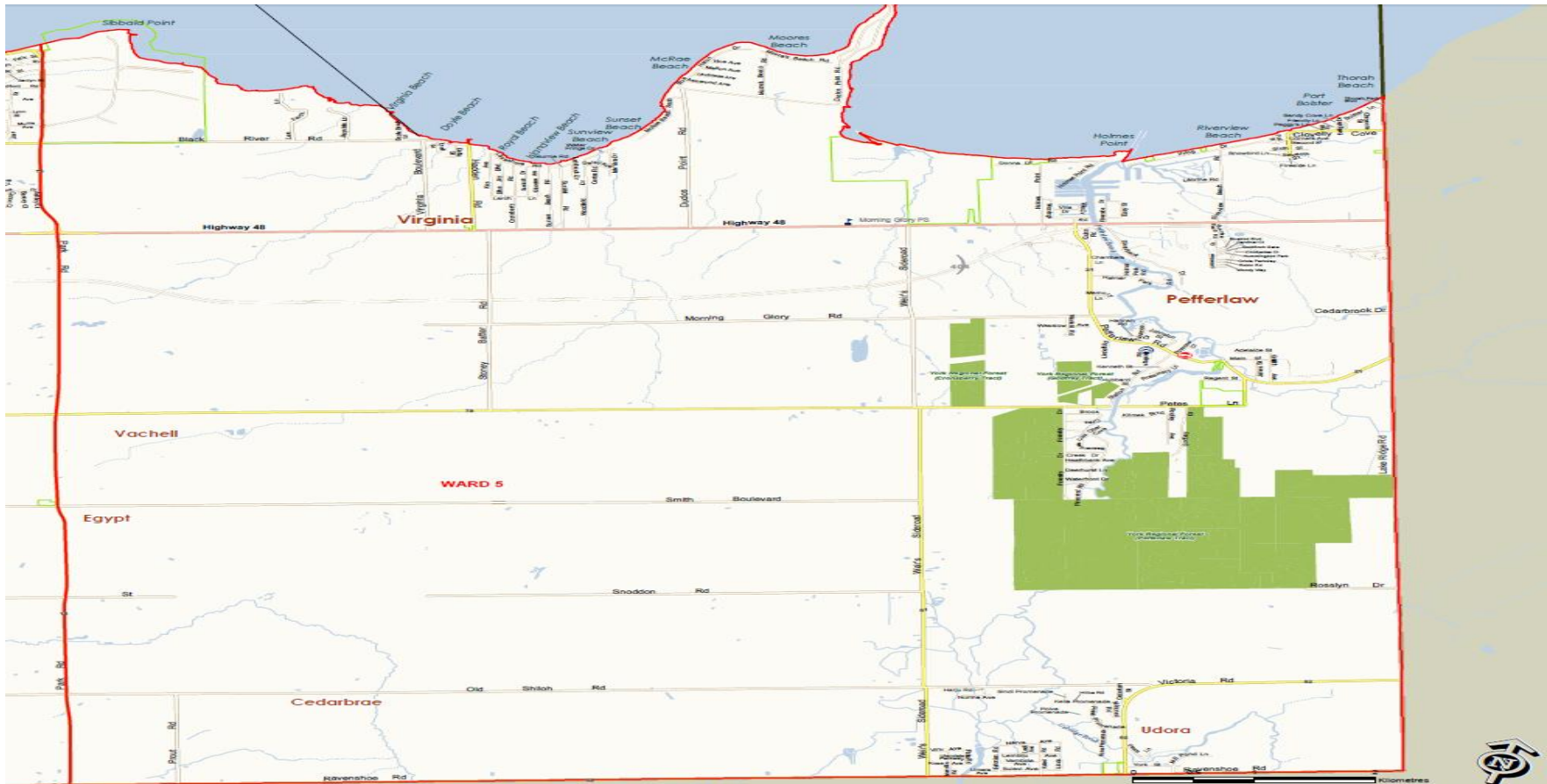


Paramedic Response Station: approximate time to arrive to VCHC-Keswick site is 20 minutes



Police Station: N/A

Ward 5 of Town of Georgina



Town of Georgina Ward Boundaries (2018)

South: Ravenshoe Rd

East: Lake Ridge Rd

West: Park Rd

North: Lake Simcoe

The main roads are: Highway 48 going Eastbound and Weir's Sideroad. Main area: Pefferlaw. **Georgina Island is considered a part of this Ward**



Fire Station: approximate time to arrive to VCHC-Keswick site is 27 minutes



Paramedic Response Station: approximate time to arrive to VCHC-Keswick site is 28 minutes



Police Station: N/A

Table 2: Town of Georgina local resources

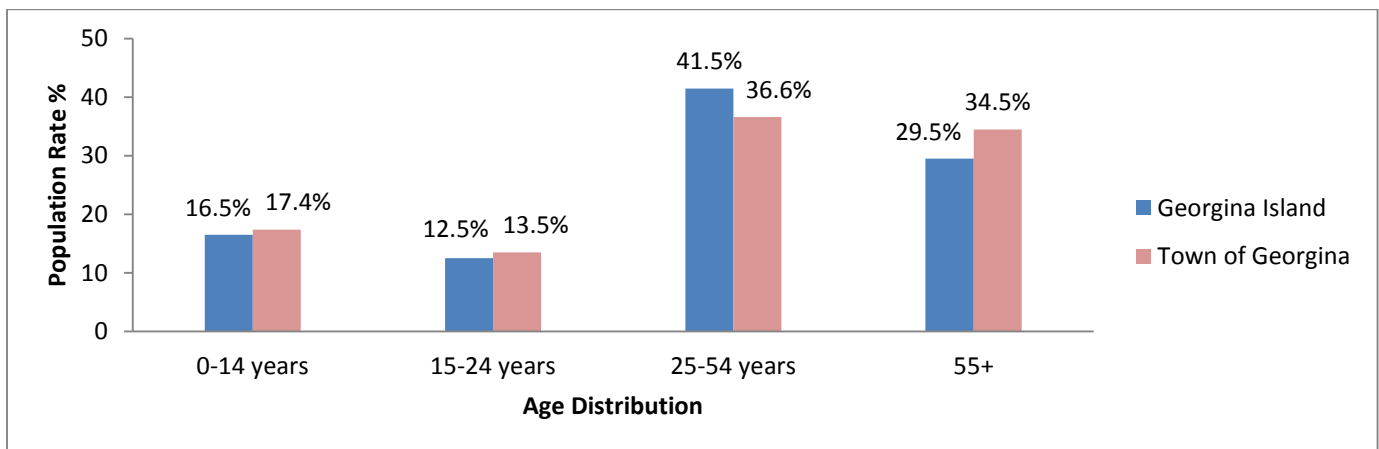
Provincial Parks	Municipal Parks Regional Forest	Provincial Highway	Police Station	Fire Station	Paramedic Response Station
Ward 1					
N/A	6 Municipal parks	404 ends right at this ward	N/A	N/A	N/A
Ward 2					
N/A	10 Municipal parks	N/A	N/A	Headquarters/Main office Keswick Fire Hall (Station 1-4) 165 The Queensway South Keswick, ON, L4P 3S9	N/A (Permanently closed)
Ward 3					
N/A	10 Municipal parks 1 Regional forest	N/A	Baseline Rd	N/A	N/A
Ward 4					
Sibbald Point Provincial Park	10 Municipal parks	Highway 48	N/A	Sutton Fire Hall (Station 1-6) 37 Snooks Road Sutton, ON	Dalton Rd & Allen Dr
Ward 5					
N/A	10 Municipal parks 3 Regional forest	Highway 48	N/A	Pefferlaw Fire Hall (Station 1-8) 270 Pefferlaw Road Pefferlaw, ON & Georgina Island	Pefferlaw Rd & Hastings Rd

Source: Author's own based on Town of Georgina (2019)

Appendix B. Socio-cultural information

Table 1: Town of Georgina Age Distribution

Age group (Years)	Georgina Island	Town of Georgina
0 - 4	5.8%	5.5%
5 - 9	5.8%	5.5%
10 - 14	5.8%	5.5%
15 - 19	5.8%	6.3%
20 - 24	7.7%	6.1%
25 - 29	3.8%	6.3%
30 - 34	5.8%	6.1%
35 - 39	5.8%	6.0%
40 - 44	5.8%	6.3%
45 - 49	7.7%	7.3%
50 - 54	7.7%	7.3%
55 - 59	9.6%	8.6%
60 - 64	7.7%	6.3%
65 - 69	7.7%	5.2%
70 - 74	3.8%	3.5%
75 - 79	3.8%	2.5%
80 - 84	1.9%	1.8%
85 - 89	0.0%	1.1%
90 - 94	0.0%	0.5%



Source: Author's own based on Census Canada (2016b)

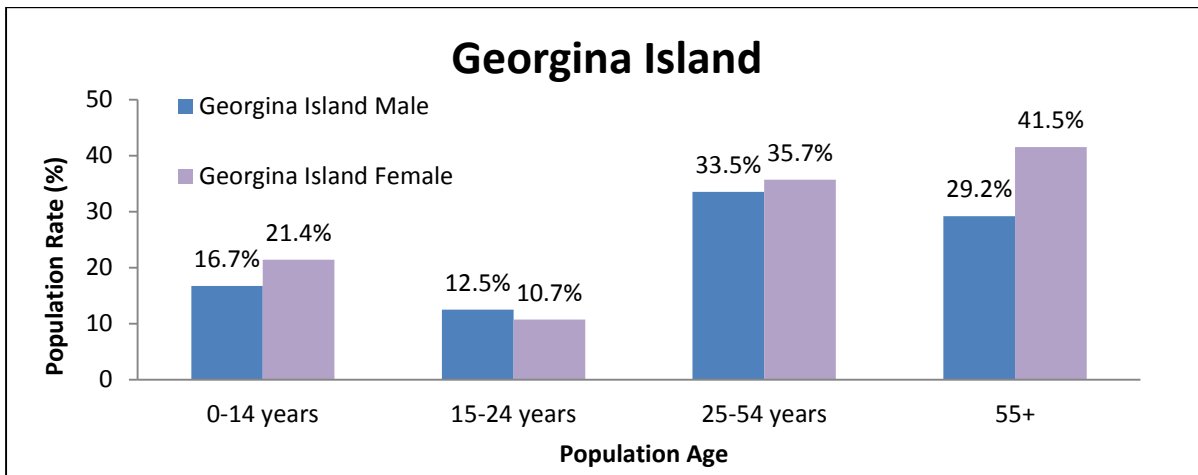
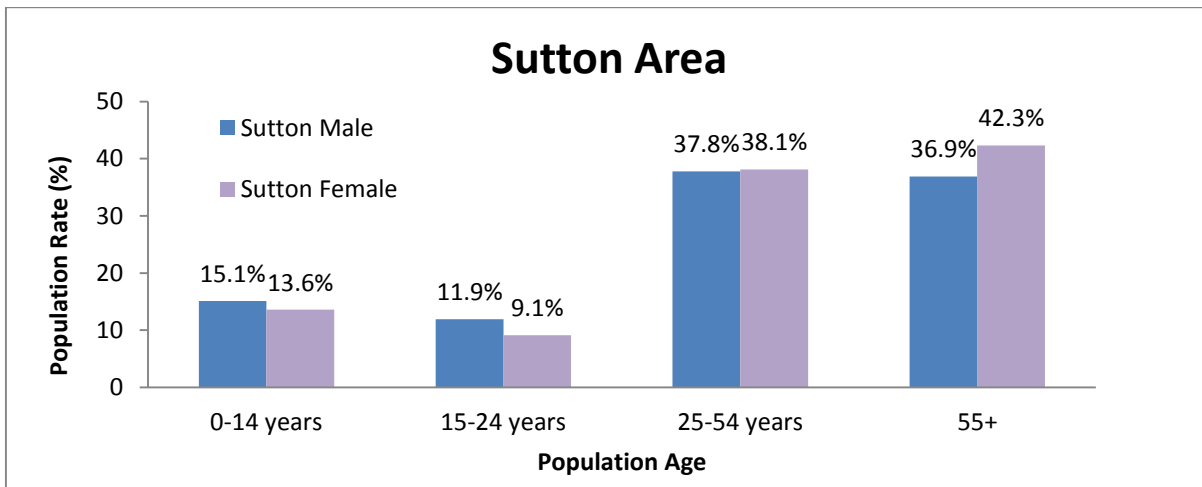
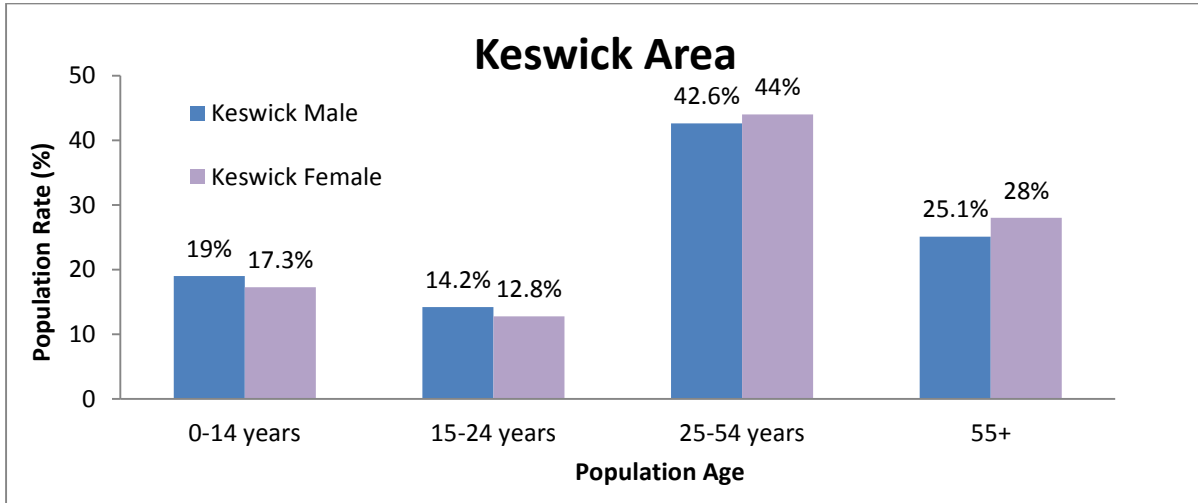
Table 2: Chippewas of Georgina Island and Town of Georgina First Nation population

Characteristics	Georgina Island	Town of Georgina
Aboriginal identity ⁷	205	1225
First Nations (North American Indian)	195	660
Métis	0	505
Inuk (Inuit)	0	10
Non-Aboriginal identity	55	43,540

Source: Author's own based on Census Canada (2016J)

⁷ Aboriginal identity' includes persons who are First Nations (North American Indian), Métis or Inuk (Inuit) and/or those who are Registered or Treaty Indians (that is, registered under the Indian Act of Canada) and/or those who have membership in a First Nation or Indian band.

Table 3: Neighbourhood specific age population based on gender



Resource: Author's own based on Census Canada (2016b)

Table 4: Household Structure and Average Household Size

Characteristics	Town of Georgina		Georgina Island		York Region	
	100%	Count	100%	Count	100%	Count
Total Population (2016)	n/a	45,418	n/a	261	n/a	104,010
Total # of census families in private households	n/a	13,385	n/a	75	n/a	30,395
Married couples	64.7	8,655	50	75	70.9	21,555
Common - law couples	17.4	2,335	18.8	35	14	4,250
Couples with children at home	54	5,940	45.5	25	57.9	14,930
1 child	21.9	2,405	27.3	15	22	5,675
2 children	23.7	2,610	9.1	5	25.9	6,675
3 or more children	8.4	925	9.1	5	10	2,575
Lone-Female parent	13.4	1,800	25	20	11.5	3,495
Lone - Male parent	4.4	595	6.3	5	3.6	1,100
Couples without children	46	5,050	45.5	25	42.2	10,875

Source: Author's own based on Census Canada (2016a, 2016b)

Table 5: Visible Minority Population & Language

Characteristics	Town of Georgina		York Region	
	100%	Count	100%	Count
Total - Visible minority for the population in private households - 25% sample		44,765		102,340
Total visible minority population		3,685		12,755
South Asian		700		2,920
Chinese		660		1,760
Black		685		1,815
Filipino		345		1,005
Latin American	N/A	380	N/A	1,445
Arab		100		425
Southeast Asian		155		1,220
West Asian		185		810
Korean		100		200
Japanese		65		135
Visible minority, 'not included elsewhere.'		65		440
Multiple visible minorities		250		580
Not a visible minority		41,075		89,585
no knowledge of English or French (2016) %	0.6		1.2	
recent immigrants- within 5 years (2011-2016) %	0.9	N/A	1.4	N/A
recent immigrants- within 10 years (2006-2016) %	0.9		1.5	
Born in Canada %	86.1		80.6	
Total Immigrants between January 2011 and May 2016		385		1,465
Keswick Area	N/A	230	N/A	N/A
Sutton		60		

Source: Author's own based on Census Canada (2016c, 2016d)

Table 6: Neighbourhood Specific top 3 language spoken at home⁸

Neighbourhood Name	Number listed on the map below	#1	#2	#3
Keswick East	8207	Arabic	Italian	Russian
Keswick South	8206	Korean	Portuguese	Spanish
Keswick West	8205	German	Persian/Farsi	Spanish
Pefferlaw	8211	Russian	Portuguese	Italian
Ravenshoe West	8204	Spanish	Vietnamese	Polish
Jackson's Point (Roches Point)	8210	Russian	Italian	Serbian
Sutton	8211	Russian	Gujarati	Urdu
Town of Georgina	All of the above	Chinese	Spanish	Russian



Source: Author's own based on Ontario Community Health Profile Partnership (2018)

⁸ The neighbour specific areas are based on the Central LHIN division. As of 2018 the neighbourhoods outside the City of Toronto have been relabelled to include the LHIN number as a prefix (8). Two neighbourhoods in LHIN 8 were merged into one neighbourhood: 8211 is comprised of former neighbourhoods 208 and 209 (Sutton and Pefferlaw).

Appendix C: Socio-Economic information

Table 1: Total household income groups in 2015 for private households - 100% data

Characteristics	Town of Georgina 100%	Georgina Island 100%	York-Simcoe 100%
\$0 to \$14,999	4.1	17.3	3.3
\$15,000 to \$19,999	2.9	8.7	2.3
\$20,000 to \$24,999	3.7	4.3	3.0
\$25,000 to \$29,999	3.1	13	2.7
\$30,000 to \$34,999	3.4	4.3	3.0
\$35,000 to \$39,999	4.0	4.3	3.5
\$40,000 to \$59,999	14.1	17.3	13
\$60,000 to \$79,99	13.7	0	13.1
\$80,000 or greater	51.1	30.3	56.2
Prevalence of low income	11.3	N/A	9.5

Source: Author's own based on Statistics Canada (2016e)

Table 2: Low income cut-offs after tax, 1992 base

Community size	Family size	2016	2017
Rural areas	1 person	13,525	13,735
	2 persons	16,461	16,718
	3 persons	20,498	20,817
	4 persons	25,571	25,970
	5 persons	29,119	29,573
Population 30,000 to 99,999	1 person	17,267	17,536
	2 persons	21,016	21,344
	3 persons	26,169	26,577
	4 persons	32,649	33,157
	5 persons	37,178	37,757

Source: Author's own based on Statistics Canada (2019k)

Table 3: Labour Force Status. Population aged 15+ years - 25% sample data

Characteristics	Town of Georgina	Georgina Island	York-Simcoe
Participation rate (100%)	68.7	61.9	70.2
Employment rate (100%)	64.3	59.9	66.1
Unemployment rate (100%)	6.3	N/A	5.9
30% or more of income on shelter costs (100%)	27.8	0	26.4

Source: Author's own based on Statistics Canada (2016f)

Table 4: Total labour force population aged 15+ years by occupation - 25% sample data

Characteristics	Town of Georgina	York-Simcoe
Sales and service occupations (100%)	22.2	21.4
Trades, transport and equipment operators and related occupations (100%)	20.4	19.1
Business, finance and administration occupations (100%)	14.7	15.4
Management occupations (100%)	11.1	12.0
Occupations in education, law and social, community and government services (100%)	10.2	10.2
Natural and applied sciences and related occupations (100%)	5.3	5.2
Health occupations (100%)	4.7	4.6
Occupations in manufacturing and utilities (100%)	4.6	5.0
Natural resources, agriculture and related production occupations (100%)	2.9	3.0
Occupations in art, culture, recreation and sport (100%)	2.5	2.7

Source: Author's own based on Statistics Canada (2016l)

Table 5: Total labour force population aged 15+ years by Industry - 25% sample data

Characteristics	Town of Georgina	York-Simcoe
Construction (100%)	12.5	12.9
Retail trade (100%)	11.3	11.3
Health care and social assistance (100%)	10.1	9.0
Manufacturing (100%)	9.8	10.5
Educational services (100%)	6.4	6.4
Professional, scientific and technical services (100%)	6.0	6.2
Public administration (100%)	5.8	5.7
Administrative and support, waste management and remediation services (100%)	5.6	5.4
Accommodation and food services (100%)	5.1	5.1
Other services: Transportation, Art, Utilities, Agriculture and Fishing, Real estate, Finance and Insurance and etc. with the highest % of 4.7 (100%)	26.2	25.2

Source: Author's own based on Statistics Canada (2016I)

Table 6: Education of the population 15+ years in private households - 25% sample data

Characteristics	Town of Georgina	Georgina Island	York-Simcoe
Postsecondary certificate, diploma or degree (100%)	46.1	51.2	48.8
Secondary (high) school diploma or equivalency certificate (100%)	33.6	25.6	31.6
No certificate, diploma or degree (100%)	20.3	23.3	19.6
Apprenticeship or trades certificate or diploma (100%)	9.5	14	8.3
Bachelor's degree (100%)	9.2	4.7	11.9
Certificate of Apprenticeship or Certificate of Qualification (100%)	5.3	4.7	4.8
Trades certificate or diploma other than Certificate of Apprenticeship or Certificate of Qualification (100%)	4.2	9.3	3.5
Master's degree (100%)	1.5	4.7	2.1

Source: Author's own based on Statistics Canada (2016g)

Table 7: Major Field of study-population aged 15+ years - 25% sample data

Programs	Town of Georgina	York-Simcoe County
Architecture, engineering, and related technologies (Count)	4,255	9,475
Business, management and public administration (Count)	3,120	8,245
Health and related fields (Count)	2,580	5,725
Social and behavioural sciences and law (Count)	2,075	5,005
Personal, protective and transportation services (Count)	1,620	3,480
Education (Count)	895	2,340
Visual and performing arts, and communications technologies (Count)	745	1,755
Humanities (Count)	600	1,715
Mathematics, computer and information sciences (Count)	580	1,405
Physical and life sciences and technologies (Count)	370	1,100
Agriculture, natural resources and conservation (Count)	335	800

Source: Author's own based on Statistics Canada (2016g)

Appendix D: Environmental characteristics

Table 1: Housing Characteristics

Characteristics	Town of Georgina		York-Simcoe	
	Count	100%	Count	100%
Private dwellings	16,820	N/A	36,370	N/A
Owned	N/A	84	N/A	84.6
Rented	N/A	16	N/A	15.4
Tenant in non-farm, non-reserve private dwellings	2,680	N/A	5,580	N/A
% of tenant in subsidized housing	N/A	18.4	N/A	12.8

Source: Author's own based on Statistics Canada (2016h)

Table 2: Town of Georgina Secondary Schools

School	Address	Contact Information
1. Keswick Highschool	100 Biscayne Blvd., Keswick L4P 3S2	Michael Grieve (P), Stewart Todd (VP), Pamala Agawa (VP) 905-476-0933
2. Sutton District High School	20798 Dalton Rd., Sutton L0E 1R0	Daniel Gillis (P), Jean Janzen(VP), Karen Fogleman(VP) 905-722-3281

Source: Author's own based on York Region District School Board (2019)

Table 3: Town of Georgina Elementary School

Keswick Area	Address	Contact Information
1. Deer Park P.S., JK-8	605 Varney Rd., Keswick L4P3C8	Cathi Robinson (P) 905- 476-4185
2. Fairwood P.S., JK-8	201 Fairwood Dr., Keswick L4P 3Y5	Jill Maar (P), Cheryl Glass (VP) 905-476-5447
3. Jersey P.S., JK-8	176 Glenwoods Ave., Keswick L4P 3E9	Erin Hudson (P), Shelley Hewitt (VP) 905-476-7777
4. Keswick P.S., 1-8(FI)	25 The Queensway North, Keswick L4P 1E2	Tonya Vokey-Young (P), Susan Wansbrough (VP) 905-476-4377
5. Lake Simcoe P.S., JK-8	38 Thornlodge Dr., Keswick L4P 4A3	Debra Camden (P), Jason Innes (VP) 905-656-5970
6. Lakeside P.S., JK-8	213 Shorecrest Rd., Keswick L4P 1J1	Heather Lostchuck (P), Cynthia Galpin (VP) 905-476-8369
7. R.L. Graham P.S., JK-8	70 Biscayne Blvd., Keswick L4P 3M8	Andrea Rye (P), Tammy Dillon (VP) 905-476-9295
8. W.J. Watson P.S., JK-8	162 Carrick Ave., Keswick L4P 3P2	Cathie Pennington (P), Susan Wansbrough(VP) 905-476-1618
Sutton	Address	Contact Information
9. Black River P.S., JK-8	5279 Black River Rd., Sutton LOE 1R0	Brian Harrison (P), Christine Smith (VP) 905-722-5889
10.Sutton P.S., JK-8	5147 Baseline Road, PO Box 190, Sutton LOE 1R0	Roxanne Hibberd (P), Christine Smith (VP) 905-722-3782
Pefferlaw	Address	Contact Information
11.Morning Glory P.S., JK-8	29478 Hwy #48, Pefferlaw LOE 1N0	Susan Dickson (P), John Bearcroft(VP) 705-437-1537
Georgina Island	Address	Contact Information
12.Waabgon Gamig F. N. S., JK-	Georgina Island	Patti Big Canoe , Education Operations Lead, email: patti.bigcanoe@georginaisland.com Ms Rachel Reimer: Primary Teacher Mrs. Jessie Porte: Elementary Teacher 705-437-1529

Source: Author's own based on York Region District School Board (2019)

Table 4: Adult learning centres within Town of Georgina

Centre	Contact Information	Programs Offered
1. Learning Centre for Georgina	443 The Queensway South, Unit 17 Keswick, Ontario, Canada L4P 3J4 905-476-9900	Introduction to Computer Courses Math (Seneca ACE) English (Seneca ACE) Chemistry (Seneca ACE) Biology (Seneca ACE) GED Prep (Grade 12 Equivalency Test)
2. Georgina Trades Training	5207 Baseline Rd, Sutton, ON L0E 1R0 905-722 6300	Certifications such as Forklift, Smart Serve, WHMIS, Fall Protection, Chainsaw Safety, First Aid/CPR, Proton Food Handler, and Computer Software Training.

Source: Author's own (2019)

Table 5: Adult learning centres near Town of Georgina

College	Contact Information	Programs offered
1. Canadian Beauty College	130 Davis Dr #209, Newmarket	Esthetics & Hair and makeup
2. Sanjay Gandhi Computer Collage	Newmarket	Computer Training
3. Laurel College Newmarket	713 Davis Drive, Newmarket	Computer training
4. First Interactive Computer College	465 Davis Dr, Newmarket, ON L3Y 7T9	Computer Technology Application Development and Programming Languages, Database Programmer, Oracle Database Administrator, Web Site Designer
5. Visions Hair & Esthetics Academy	86 Main St S, Newmarket, ON	Esthetics & Hair and makeup
6. Seneca College (King Campus)	13990 Dufferin St, King City, ON L7B 1B3	Variety of programs
7. Georgian College (Barrie)	1 Georgian Dr, Barrie, ON	Variety of programs
8. Oxford College of Arts, Business, and Technology	Barrie Campus	Accounting & Payroll Business Management Community Development Intra-Oral Dental Assisting I & II. Massage Therapy & Medical Office Assistant. Medical Laboratory Technician. Video Game Designer.

Source: Author's own (2019)

Table 6A: Town of Georgina York Region Transit (YRT)

Service	Hours of operation At The Queensway S and Leslie stop	Distance to VCHC-Keswick site (Approximate time)	Cost (one way)
Keswick			
Bus 50 (YRT)	Runs Monday to Friday Every 30-33 minutes	24 Minutes	\$4.25
Sutton			
Bus 50 (YRT)	Runs Monday to Friday Every 30-33 minutes	50 Minutes	\$4.25
Pefferlaw			
Bus 50 (YRT)	Runs Monday to Friday Every 30-33 minutes	1 Hour	\$4.25
Jackson Point			
Bus 50 (YRT)	Runs Monday to Friday Every 30-33 minutes	36 Minutes	\$4.25
Willow Beach			
Bus 50 (YRT)	Runs Monday to Friday Every 30-33 minutes	30 Minutes	\$4.25
Georgina Island			
Bus 50 (YRT) & Ferry	Runs Monday to Friday Every 30-33 minutes	Georgina Island Ferry: 5 Minutes ride 1 Hour 5 Minutes on the Bus	\$4.25 (YRT) + Ferry (\$4.25)
Newmarket			
Bus 50 (YRT)	Runs Monday to Friday Every 40 Minutes from Newmarket Go	33 Minutes	\$4.25
East Gwillimbury			
Bus 50 (YRT)	Runs Monday to Friday Every 30-33 minutes	12 Minutes	\$4.25

Source: Author's own based on York Region Transit (2019)

Table 6B: Town of Georgina York Region Transit (YRT) Mobility on Request⁹

Service Stops	Service Hours	Cost	How to book a ride
<ol style="list-style-type: none"> 1. Simcoe Avenue and Metro Road 2. Glenwoods Avenue and The Queensway South (connection to Route 50 – Queensway) 3. The Queensway S and Ravenshoe Road (connection to Route 50 – Queensway) 4. Keswick Marketplace 5. Georgina Ice Palace 	<p>Monday to Friday:</p> <p>10 a.m. to 1:45 p.m (last pick up time)</p> <p>7 p.m. to 10:45 p.m</p>	<p>\$4.25</p>	<ol style="list-style-type: none"> 1. Use the Mobility On-Request App 2. Call 1-844-667-5327 to book

Source: Author’s own based on York Region Transit (2019)

⁹Mobility On-Request (MOR) is a responsive service available in York Region, connecting travellers to their stops or select locations and operates on a first-come, first-served basis. In Georgina, Mobility On-Request allows travel from an address in the service area to one of five select locations in Keswick. Travellers can be picked up at a curbed-address and dropped off at one of the following locations or vice versa.

Table 7: Grocery Stores within Town of Georgina

Store	Location	Accessibility
Keswick		
1. Food Basics	199 Simcoe Ave, Keswick, ON L4P 2H6	Open everyday Holidays schedule varies
2. FreshCo	443 The Queensway S, Keswick, ON L4P 3J4	Open 24 Hours everyday Holidays schedule varies
3. Georgina Butcher Shop	204 Simcoe Ave, Keswick, ON L4P 2H7	Open Tuesdays to Sundays Holidays schedule varies
4. Queensway Grocery	372 The Queensway S, Keswick, ON L4P	Open everyday Holidays schedule varies
5. Queensway Marketplace	205 The Queensway S, Keswick, ON L4P 2A3	Open everyday Holidays schedule varies
6. Walmart Keswick Supercentre	23550 Woodbine Ave, Keswick, ON L4P 3E9	Open everyday Holidays schedule varies
7. Zehrs	24018 Woodbine Ave, Keswick, ON L4P 3E9	Open everyday Holidays schedule varies
Sutton West		
8. Georgina Farmers' Market	20895 Dalton Rd, Sutton West, ON L0E 1R0	Open Sundays from 9am to 2pm
9. Sobeys	20954 Dalton Rd, Sutton West, ON L0E 1R0	Open everyday Holidays schedule varies
10. Steve's No Frills	20895 Dalton Rd, Sutton West, ON L0E 1R0	Open everyday Holidays schedule varies
11. Sutton Fruit Market	5035 Baseline Rd RR 3, Sutton West, ON L0E 1R0	Open everyday Holidays schedule varies
Pefferlaw		
12. Pefferlaw Supermarket	255 Pefferlaw Rd, Pefferlaw, ON L0E 1N0	Open everyday Holidays schedule varies
Willow Beach		
13. Lake-View Grocery	437 Lake Dr E, Willow Beach, ON L0E 1S0	Hours not available

Source: Author's own (2019)

Appendix E: Health Status

Table 1: Rate of Chronic Disease within the Town of Georgina for 2016/2017

Health Condition	Diabetes*	Asthma**	High Blood Pressure (HBP)***	Mental Health & Addiction-related hospital Visits ±	COPD ☒
Town of Georgina	4,784	9,522	10,310	4,088	3,988
Central LHIN	191,684	270,102	375,853	119,130	84,021
Province of Ontario	1,392,539	2,047,025	2,907,298	101,5601	870,001

*Number of people with Diabetes for 2016/17 period, ages 20+ years
 **Number of people with Asthma for 2016/17 period, ages 0+ years
 ***Number of people with High Blood Pressure (HBP) for 2016/17 period, ages 20+
 ± Number of Mental Health & Addiction-related hospital Visits for 2016/17 period, ages 20+
 ☒ Number of people with COPD for 2016/17 period, ages 35+

Source: Ontario Community Health Profile Partnership (2019)

Table 2: Neighbourhood Specific Rate of 2+ Chronic Diseases for 2016/2017

Neighbourhood Specific	# of individuals with 2+ chronic conditions, 2016/17±, All Ages 20+	
	Both sexes	Comparison with Central LHIN*-Both sexes
Ravenshoe West	966	H
Keswick West	680	H
Keswick South	1,103	H
Keswick East	883	H
Roches Point	1,155	H
Sutton-Pefferlaw	2,935	H
Town of Georgina	7,722	
Central LHIN (LHIN 8)	244,378	
Province of Ontario	1,972,098	

*H: Chances are at least 19 in 20 that the rate is higher (H) than the Central LHIN rate (p < 0.05).

Source: Ontario Community Health Profile Partnership (2019)

Table 3: ConnexOntario calls received reporting Mental Health Disorders for September 2018 to August 2019

Diagnostic Criteria	Number of Calls
Not Diagnosed	24
Depressive Disorder	18
Anxiety Disorder	13
Neurodevelopmental Disorders	5
Trauma & Stressor-Related Disorders	5
Bipolar and Related Disorders (BP)	4
Schizophrenia Spectrum & Other Psychotic Disorders	3
Diagnosis Unknown	2
Personality Disorders	1

Source: Author's own based on ConnexOntario (2019)

Table 4: ConnexOntario Data on Age and Gender for the calls Received for September 2018 to August 2019

Age	Gender	Number of Calls
0 – 14	Male	1
	Female	0
15 – 19	Male	3
	Female	4
20 – 24	Male	5
	Female	5
25 – 34	Male	12
	Female	9
35 – 44	Male	3
	Female	5
45 – 54	Male	2
	Female	6
55 – 64	Male	4
	Female	7
65 +	Male	2
	Female	0
Age Not Identified	Gender Not Identified	3

Source: Author's own based on ConnexOntario (2019)

Appendix F. Food insecurity

Table 1: List of Food banks and Community Food Services in Georgina

Food banks/Community food services	Location and contact information	Services	Hours	Eligibility
Keswick				
1. Hope for Today Church	267 Hollywood Dr, Keswick, ON L4P 3W4 Phone: (905) 716-1945 Website: http://www.hopefortoday.ca/	Offer food pantry	Tuesdays 11 am -1 pm	Open to public, no restriction no requirement
2. Keswick Christian Church	2 Old Homestead Rd., Keswick L4P 3E1 Phone: 905 476-4548 Website: http://www.keswickchristian.ca/Home.html	Offers Community Dinner	5:00 p.m. to 7:00 p.m. last Wednesday of each month	Open to public, no restriction no requirement
3. Keswick United Church	177 Church Street, Keswick, On. L4P 1J4 Phone: 905-476-5532	"The Gathering Place" - Free Soup, Bun & Dessert	Every Thursday 4:30pm to 6:00pm	Open to public, no restriction no requirement
4. Maple Hill Baptist Church	215 Glenwoods Ave, Keswick, ON L4P 2W7 Phone: 905 476 2541 http://www.maplehillbaptist.org/food-pantry/	"Helping Hands Food Pantry" This ministry is run by Sheri S and Maple Hill's Outreach Team and helps people in the community who are in need of groceries that they might be short on for the month.	Every 1st and 3rd Saturday of the month from 11:00 AM-12:00PM.	Open to the community
5. Maple Hill Baptist Church (Only provides the facility for Rose of Sharon to organize this program)	215 Glenwoods Ave, Keswick, ON L4P 2W7 Phone: 905 476 2541 http://www.maplehillbaptist.org/food-pantry/	All Babies Count (ABC) ABC is a FREE weekly prenatal nutrition program during their pregnancy! Provides snacks, a small meal and take-home groceries.	Thursday 10:00am-12:00pm	low income, teen pregnancy, social or geographical isolation, etc (open to all ages)

Food banks/Community food services	Location and contact information	Services	Hours	Eligibility
Keswick Continued				
6. Seniors - Club 55	Club 55 Keswick - 130 Gwendolyn Blvd., Keswick, ON L4P 3W8 Phone: 905-476-9972 Club 55 Sutton - 1 Market St., Sutton, ON L0E 1R0 Phone: 905-722-9508 Club 55 Pefferlaw - Pefferlaw Lion's Community Centre, 38 Pete's Lane, Pefferlaw, ON L0E 1N0 Phone: 905-476-9972 https://www.georgina.ca/getting-active/recreation/seniors-club-55	Variety of services for members	Lunches Club 55 - Pefferlaw 1st & 3rd Tuesday (each month) 12 noon \$5 member \$6 non-member Club 55 - Keswick Club 55/Stephen Leacock Theatre Every Wednesday 12 noon \$4 member \$5 non-member	- An annual membership for residents is \$20.00+HST (*\$22.60) and runs from January 1 to December 31 of that year. - An annual membership purchased after July 1 is reduced to \$10.00+ HST (*\$11.30) for the remainder of the year. Sutton Seniors ONLY (Membership only to Club 55 Sutton) is \$10.00 (no HST)
Sutton				
7. Georgina Community Food Pantry	20849 Dalton Rd Sutton, ON Phone: 905-596-0557	Provide a four-day supply of food each month	Thurs 5 p.m. – 8 p.m. Friday; 9 a.m. – 12 p.m.	Open to the community
8. St. Andrew's Presbyterian Church	20858 Dalton Rd, Sutton West, ON L0E Phone: (905) 722-3544	Offers a free community dinner	Tuesdays from 5p.m. to 6:15 p.m.	Open to the community

Food banks/Community food services	Location and contact information	Services	Hours	Eligibility
Jackson's Point				
9. Georgina Community Church	1816 METRO RD Jackson's Point, ON Phone: 905-722 4613 https://salvationarmy.ca/christmas-kettles/kettlefaq/	Emergency food services for people who can't afford Funds: raised through Christmas campaign called Christmas Kettel	Tuesdays, Thursdays and Fridays from 9 AM – 2 PM	Individuals meet with the case worker, Dave Jackson for intake for eligibility assessment
On Route Services				
10. Street Outreach Van – York Region	Van drives throughout the York region Phone: 1-866-553-4053	Variety of services such as food, harm reduction and clothing - If serving people on the street, they can access the services whenever the van is in the area and no limits on use - If serving people at home, services can be used x2/month For food services they provide can food, sandwiches, things that can be easily eaten if living on the street	Works 7 days a week from 2pm-9pm (service users must call for getting info on the location for the day)	Anybody in York region: York region Fund: Partnered with York region public health and (operated by Loft/Crosslinks) Eligibility requirement: 16+ individuals, housed or on the street All the info is anonymous

Food banks/Community food services	Location and contact information	Services	Hours	Eligibility
On Route Services Continued				
11.Meals on Wheels CHATS (Community Home Assistance to Seniors)	https://www.chats.on.ca/usercontent//Meals_on_Wheels.pdf Meals are available to help seniors to remain independent in their own homes. Services <u>are not free</u> . 1. \$6.30 per entrée, \$2.70 each for soup, snack or dessert. 2. Exceptional circumstances requiring reduced rates will be considered on an individual basis.	All foods arrive frozen for final heating in the client’s home. Meals are delivered once a week and must be ordered in advance. Special diets (health, minced and pureed) available on request	Orders must be placed by noon on Mondays for delivery the following week	Residents of York Region or South Simcoe

Source: Author’s own based on: York Region Food Network (2010), York Region on a Limited Budget (2017a)

Table 2: List of Food banks and Community Food Services near the Town of Georgina

Food banks/Community food services	Location and contact information	Services	Distance from VCHC-Keswick Site	Eligibility
Newmarket				
1. Newmarket Food Pantry	1251 Gorham St S, Unit 9 Newmarket, ON L3Y 8Y6 Phone: 905-895-6823 Website: https://newmarketfoodpantry.ca/	Emergency Food Pantry service * 3 day supply of food once a month * supply includes fresh produce, non-perishable items, baby needs, pet needs and toiletries * Turkey Drive each Christmas	35 Minutes by bus, 15 minutes by Car.	Must produce proof of identity and residence <u>each time</u> for all household members
2. St. John Chrysostom Church	432 Ontario Street (at Main St.) Phone: 905-898-4137 Website: https://stjohnchrysostomne.archtoronto.org/	Community Bread Main program Mondays Door opens at 4:30- food service is at 5:00 p.m. to 6:30 p.m.	By bus 30 minutes, by car 20 min	No eligibility requirements
3. Trinity United Church	461 Park Avenue (at Main) Phone: 905-895-4851 Website: https://stjohnchrysostomne.archtoronto.org/	Lunch at My Place (LAMP) Hours: Tuesdays 12:00 p.m. to 1:00 p.m. (closed July and August)	By bus 40 minutes, by car 20 min	No eligibility requirements
4. Crosslands Community Lunch	776 Davis Drive (Davis Dr. And Alexander Rd.) Phone: 905-868-9920 Website: https://www.crosslands.ca/community-meals/	Doors open at 4pm for coffee and a chat. Dinner at 5pm and usually close up around 7pm.	By bus 25 minutes, by car 20 min	No eligibility requirements and no registration is needed
5. Inn from the Cold	510 Penrose St. Newmarket, ON. L3Y 1A2 (West off Prospect, one block north of Mulock Dr.) Phone: 905-895-8889 Website: http://www.innfromthecold.ca/community-meal	Every Friday from 4:30 PM to 6:00 PM. Meals are served in the Community Hall- In addition take-home meals are given for those who may be unable to come out for the meal.	By bus 45 minutes, by car 25 min	No eligibility requirements
6. Valleyview Alliance Church	800 Davis Dr. Newmarket, ON L3Y 2R5 Phone: 905-830-9619 Website: https://www.vvac.ca/communitydinner	Sunday evening between 4pm and 6pm	By bus 25 minutes, by car 20	No eligibility requirements

Food banks/Community food services	Location and contact information	Services	Distance from VCHC-Keswick Site	Eligibility
East Gwillimbury				
7. Mount Albert United Church	41 Alice Street, East Gwillimbury, ON L0G 1M0 Phone: 905-473-2562 Website: https://www.mauc.ca/food-bank-	Mount Albert Food Pantry". Last Wednesday of Every Month "Our Church's Food Pantry is <u>open for clients in the Mount Albert area</u> from 3-6pm the last Wednesday of every month"	By bus 55 minutes, by car 25 minutes	No eligibility requirements

Source: Author's own based on: York Region Food Network (2010), York Region on a Limited Budget (2017)

Table 3: Information provided by Food Bank of York Region Oct 19, 2018 – Oct 19, 2019
(Town of Georgina)

Characteristics	Count
Number of organizations served in Georgina	6
Number of unique individuals served	2,347
Adults	1531
Children	816
Number of times people visited food bank agencies	10,865
Adults	7,949
Children	2,916
New immigrants (within the last 10 years)	73
Indigenous Population	66
First Nations (North American Indian)	15
Métis	46
Inuk (Inuit)	5
Total number of households using Food Bank of York Region	1009
Single family	178
2 Parents Family	157
Couples with children	95
Single parents	466
Other	84
Undisclosed	31

Source: Author's own based on Food Bank of York Region (2019)

Table 4: Information provided by Food Bank of York Region Oct 19, 2018 – Oct 19, 2019
(Town of Georgina – Organization specific)

Organizations	Number of people reported living with Diabetes (Duplicated) ¹⁰	Number of clients used the services in the time period listed above		Top income source (For clients used the services in the time period listed above)				
		New Clients	Existing Clients	ODSP	OW	Child Tax benefit	Unknown	Undisclosed
Georgina Food Pantry	313	167	526	221	218	141	6	4
Hope for Today Fellowship, Keswick Community Homes Co-operative Inc, Lakeside Residence, Maple Hill Baptist Church	4	148	97	26	3	0	152	178
Sutton Youth Shelter	0	37	11	11	22	0	24	1

Source: Author's own based on Food Bank of York Region (2019)

Table 5: Total value of the food distributed
(York Region)

Characteristics	2016	2017	2018
Number of individuals fed	10,500	14,000	16,000
Community Organizations Served	45	57	64
Fresh and frozen food	17%	20%	40%
Food delivered equivalent to number of meals made	289,000 Meals	438,857 Meals	604,357 Meals
Food delivered equivalent to the amount spent \$	\$1,445,400	\$2,194,000	\$3,021,789

Source: Author's own based on Food Bank of York Region (2019)

¹⁰ Duplicated number refers to the number of people who visited the food bank services several times in one year and each visit is encountered as one single visit. This number does not represent an accurate data as for example an individual could visit the facility 4 times and report of living with diabetes and the data counts each visit as 1 person so the data reads total of 4 people visited the facility are living with diabetes.

Table 6: Georgina Community Food Pantry data collected from clients from January 2018 to December 2018

Characteristics	Data
Unique count of individuals (counted once regardless of number of the visits)	3,540
Number of individual served (Duplicated count: counted each visit made as one)	9,550
Number of people reported living with Diabetes	9%
Income Source ¹¹	
Ontario Disability Support Program (ODSP)	34%
Ontario Works (OW)	25%
Canada Pension Plan (CPP)	6%
Old Age Security	3%
Child Tax Benefits	5%
Full time income	7%
Part time income	5%
No income	6%
Selected "Other" as a source of income	9%

Source: Author's own based on Georgina Community Food Pantry (2019)

¹¹ Based on the Ministry of Children and Community and Social Services income RATE as of September 2018, a single individual income rate would be as the following: approximately \$733/months if income source is OW, \$1,169/months if income source is Ontario Disability Support Program (ODSP). CPP payments changes each year however in 2019, the maximum CPP payout is \$1,154.58 per month for new beneficiaries. Old Age Security pays maximum of \$916.38 if the individual is a single, widowed or divorced pensioner. Child Tax benefit pays \$553.25/month for each eligible child under the age of six or \$466.83/month for each eligible child aged 6 to 17 (Ministry of Children, Community and Social Services, 2018 and Government of Canada, 2019).

Table 7: Nourishing Possibilities program evaluation data

Characteristics	Responses
Number of participants registered	21
Age range	29-79
Income	
\$0-\$14999	38.10%
\$15000-\$19999	23.81%
\$20,000- \$29,000	12.56%
\$30000-\$34999	4.76%
Do Not Know/No Data	19.05%
Household Composition	
Sole member	57.14%
Single parent family (mother head)	19.05%
Couple without child	9.52%
Unrelated housemates	4.76%
Grandparent(s) with grandchild(ren)	4.76%
Average of eating process/packaged foods	69%
Familiarity with the New Canadian Food Guide	31% responded not familiar at all
Reasons for eating unhealthy meal (participants responses in order from highest to lowest)	Cost Food being on sale Quick and easy Love the food Cultural food

Source: Author's own based on Adrienne Moreau (VCHC-Keswick site Community Health Worker) (2019)

Table 8: Cooking on a Budget and Healthy Eating program evaluation data

Characteristics	Responses
Number of participants registered	9
Age range	33-64
Income	
\$0-\$14999	11.76%
\$15000-\$19999	29.41%
\$20000-\$24999	11.76%
\$30000- \$39999	11.76%
\$60000 or greater	11.76%
Do Not Know	5.88%
Household Composition	
Mother father child(ren)	5.88%
Couple without child	23.53%
Extended family	5.88%
Do not know & Do not want to answer	17.64%
Survey asked if the individuals create weekly or daily budget for grocery shopping	57% responded No
Survey asked if the individuals believe their meal budget effects their ability to eat healthy	57% responded Yes
% of people that never prepare food ahead	29%
Reasons for eating unhealthy meal (participants responses in order from highest to lowest)	Love the food Food being on sale Quick and easy food Cost Not knowing how to modify the recipe

Source: Author's own based on Adrienne Moreau (VCHC-Keswick site Community Health Worker) (2019)

Appendix G: Community resources, assets and limitations

Table 1: Neighbourhood Specific Health Care Services within the Town of Georgina

	Family Physicians/Walk-in services	Specialities Physicians	Diagnostic Services/other HCPs	Hospitals	Public Health Clinics
Keswick	26	(Anesthesiology, Psychiatry, Cardiology, Pediatrics, Physiotherapy, Orthotist)	(Keswick advanced imaging) Blood lab services: Georgina family HT & Georgina NP clinic 5 PT services Registered Dietitian Registered Respiratory Therapy	Southlake (30 KM away from centre of Georgina)	Immunization clinic Sexual health clinic Breastfeeding clinic
Sutton	4	N/A	Registered Message Therapist	N/A	Sexual Health Clinic
Sutton West	2	N/A	Registered Message Therapist Registered Dietitian	N/A	N/A
Pefferlaw	1	N/A	Registered Message Therapist	N/A	N/A
Jackson's Point	1 GP 1 Nurse Practitioners clinic	N/A	Registered Message Therapist	N/A	N/A
Willow Beach	N/A	N/A	Registered Message Therapist	N/A	N/A

Source: Author's own based on Town of Georgina (2015b), CPSO (2019)

Table 2: Georgina Island Health Resources¹²

Programs	Services Offered
Health Care services	<ul style="list-style-type: none"> • Dr. Larry Barcza visits once a month • Dr. Ed Moloy, Chiroprapist visits every six weeks for orthotics and foot care • M. Cassidy, Nurse Practitioner, visits weekly on Thursdays • P. Margetson, Registered Social Worker, visits weekly on Tuesday mornings for counselling • Reflexology and Massage Therapy are available at the Health Centre
Diabetes	<ul style="list-style-type: none"> • Regular clinics for blood pressure and blood sugar check • Diabetic support group • Diabetic screening for students
Nutrition	<ul style="list-style-type: none"> • Community Garden
Family Support	<ul style="list-style-type: none"> • Healthy Babies, Healthy Children Program • Parenting workshops • Aftercare program • Sex education • Alcohol/drug awareness • Psychology and counselling
Women’s Health Issues	<ul style="list-style-type: none"> • Breast feeding support • Screening clinic/pap tests
School Programs	<ul style="list-style-type: none"> • Breakfast program, healthy relationships and hearing/vision testing
Prevention Programs	<ul style="list-style-type: none"> • Sun safety • Suicide prevention • Immunization clinics • Blood pressure clinics • Blood sugar clinics • STD/HIV • Tobacco • Tick Prevention

Source: Author’s own work based on Chippewas of Georgina Island (2019) and Central Health Line (2018)

¹² The programs are funded by Central LHIN for free. There are fees associated with massage and reflexology services.

Table 3: Community Resources in the Town of Georgina

A. Health Resources

Asset	Location	Reach
Registered Physiotherapy Centres		
1. Dynamic Health Therapy	Po Box 13, 24018 Woodbine Ave, Keswick	Offers variety of services such as physical therapy PT, women’s health and pregnancy-Direct billing with insurance
2. Georgina Physiotherapy & Sports Injuries Clinic	184 Simcoe Ave, Keswick	Offer adults and Paediatrics Physiotherapy assessment and treatment.
3. Glenwoods Rehab-Physiotherapy,Chiropractic & Chiropodist	417 The Queensway S #204, Keswick	Offers PT services and Government Funded Physiotherapy treatment services by (MOHLTC).
4. Keswick & Sutton Physiotherapy & Sports Injuries Clinic (2 locations)	Keswick: 76 Arlington Dr., Unit 10 Keswick Sutton: 20887 Dalton Rd., Unit 7	Offer massage therapy, chiropody and physiotherapy
5. Keswick Active Physiotherapy	543 The Queensway S, Keswick	Offer Physiotherapy services and cosmetic services
6. VCHC – Keswick Site	Georgina Health Centre	Offers PT services for Non-insured clients under PACT program
Registered Respiratory Therapy Centres		
VCHC – Keswick Site	Georgina Health Centre 716 The Queensway S, Keswick	The only RT service offered in Georgina for Non-insured clients under PACT program.
Registered Dietitian Centres		
1. Georgina Nurse Practitioner led clinic	152 High Street, Suite 104, Box 340 Sutton	Offers RD services
2. Registered Dietitian - Zehrs Keswick	24018 Woodbine Ave, Keswick	Offers nutrition education services-privately funded
3. VCHC – Keswick Site	Georgina Health Centre 716 The Queensway S, Keswick	Offers one-on one counselling and educational workshops for Non-insured clients under PACT program
Chiropody Services		
1. VCHC – Keswick Site	Georgina Health Centre 716 The Queensway S, Keswick	For Non-insured clients under PACT program.
2. Georgina Foot & Orthotic Centre	Georgina Health Centre 716 The Queensway S, Keswick	Full Service Foot Clinic

B. Social Programs

Asset	Location	Reach
Community Centres		
1. Cedarvale Lodge	121 Morton Ave, Keswick	Offer assisted living, respite care and independent living
2. Community Living Georgina (2 locations)	Sutton West The Link – 20849 Dalton Road	Day Program: Within the community. Community Outreach, supported Independent Living and residential Program. Respite program: relief program for people’s families. Camp Hope program: offers 8 weekly blocks of summer day camp D.A.N.C.E Program: for people with a developmental disability
3. Georgina Island (Chippewas of Georgina) Community Center	Georgina Island	Offer social services such as Child Welfare Program (CWP), library, Fitness Centre and youth program
4. Georgina Public Library (3 locations)	Keswick Branch: 90 Wexford Drive, Keswick Sutton Branch :5279 Black River Rd, Sutton Pefferlaw Branch: 76 Pete's Lane, Pefferlaw	Public access for all ages. Offer programs for all ages
5. Kin Community Centre	15 Fairpark Ln, Georgina	Community Living Georgina hosts weekly bingo at this centre
6. VCHC – Keswick	716 The Queensway S, Keswick	Centre offers health care services to people no private insurance and free social programs Programs such as System Navigator, Chiropody, Social work and Psychology, Dietitian, Physiotherapy, Smoking Cessation, Spirometry Testing and Social programs as well as Health Promotion programs.
Retirement Livings & Nursing homes		
1. River Glen Haven Nursing Home	160 High St, Sutton	Nursing home
2. Royal Canadian Legion Branch 356	21 East St, Sutton	Provides support services and community dinner programs for Veterans
3. Russian Orthodox Retirement Centre	81 Alexander Blvd, Jacksons Point	Privately held organization. No website
4. Sunnybrook Home	825 Lake Dr E, Jacksons Point	Residential care home. No website
Youth Centres		
Jericho Youth Services	20849 Dalton Road, Sutton West	Recreational youth programs

Asset	Location	Reach
Childcare & After School Support Programs		
1. Home away from home daycare	Robert Wilson Cres, Keswick	Private home daily day care
2. Kumon Math & Reading Centre	213 The Queensway S Unit 300, Keswick	After school Math and reading programs
3. Learning Together Childcare	319 The Queensway S, Keswick	Ages 2.5-4 years
Childcare & After School Support Programs Continued		
4. R L Graham Child Care (4 Locations) KINARK Children and Youth Services	<u>Fairwood Public School (Ages 3.8-12)</u> 201 Fairwood Drive, Keswick <u>Lakeside Public School (Ages 3.8-12)</u> 213 Shorecrest Road, Keswick <u>Jersey Public School (Ages 3.8-12)</u> 176 Glenwoods Avenue, Keswick <u>R.L. Graham Public School (Ages 2-12)</u> 70 Biscayne Boulevard, Keswick <u>Child and Youth mental health offices</u> 184 Simcoe Street, Keswick	Offers after school mental health programs.
5. Shoberrys Daycare Centre (2 locations)	26995 ON-48, Sutton 14 High Street, Sutton	Infants, toddlers, preschoolers, kindergartens and school age to the age of 12.
6. The Little Red School House Daycare	325 The Queensway S, Keswick	Toddler Kindergarten Preschool School Age
7. Tykes of Keswick	48 Reddenhurst Crescent, Keswick	Private home daily day care
8. Whipper's Kids Child Care	162 Carrick Ave, Keswick	Child care for children 1.5 to 12 years, offer: Before and After School, Christmas and March Break Programs, P.A. Days Program, Preschool & Toddlers and Summer Camp
Shelters		
1. Sandgate Women's Shelter	Women's Shelter of York Region Inc. Sutton West	Shelters, Transitional Housing and Emergency Drop-in Centres for Women and 24/7 crisis line services
2. The Salvation Army	Georgina Community Church, 1816 Metro Rd, Jacksons Point	Emergency shelters: Extreme Weather Response: overnight Emergency Shelter: 30-90 days Transitional Housing: Transitional Housing: six months to two years (varies by province/territory)
3. The Salvation Army-Sutton Youth Services	20898 Dalton Rd Box 1087, Sutton West	Residential Services: 16 emergency beds and 10 transitional beds for homeless youth 16-26 years of age.

C. Recreational and Cultural Centres

Asset	Location	Reach
Recreation Centres		
1. 24/7 NRG Fitness	443 The Queensway S, Keswick	24/7 Fitness Centre
2. Georgina Civic Centre Soccer Fields (5 locations)	The ROC : 26479 Civic Centre Rd, Keswick De La Salle : 1940 Metro Road, Jackson's Point Pefferlaw Lion's Park : 38 Pete's Lane, Pefferlaw West Park : 1210 Ravenshoe Road, Keswick Highcastle Park : 262 Old Homestead Rd, Keswick	Soccer Field
3. Georgina Ice Palace	90 Wexford Dr, Georgina	Skating Rings
4. Georgina Lawn Bowling Club	26557 Civic Centre Road, Keswick	Accessible for all ages. Membership required.
5. Georgina Leisure Pool	5279 Black River Rd, Sutton	Accessible to all ages. Has 3 pools
6. North Shore Bike Park (ROC)	26479 Civic Centre Road, Keswick	Recreational Outdoor Campus
7. Snap Fitness	702 The Queensway S, Keswick	24/7 Fitness Centre
8. The ROC	26479 Civic Centre Rd, Keswick	Offers Summer & winter activities
Cultural Services		
1. Georgina Arts Centre and Gallery	149 High St, Sutton	Offers arts programming for children, youth and adults year round
2. Georgina Military Museum	26061 Woodbine Ave, Keswick	Provides school tours and general public access
3. Georgina Pioneer Village & Archives	26557 Civic Centre Rd, Keswick	Closed for general admission to the buildings and will reopen in spring 2020. The village represents the history of Georgina between 1850 and 1920. Also has archival collection that contains personal family documents, including land records, photographs and scrapbooks.
4. Stephen Leacock Theatre.	130 Gwendolyn Blvd, Keswick	Community theatre, venue for professional and amateur live theatre and concerts
5. The Gem Theatre	11 Church St, Keswick	Theatre, offers discounts on Tuesdays

Assets	Location	Reach
Resorts		
1. Elm Grove Trailer Park	439 Catering Rd, Sutton	Trailer Park/Family Campground
2. Gypsy By The Lake Bed & Breakfast	33 Albert St, Sutton	Bed & Breakfast and cottage rentals
3. Jackson's Point Conference Centre (Salvation Army)	1890 Metro Road North, Jacksons Point	Offers conference rooms, cottage rentals and cedar lounge
4. Peninsula Resort & Riverside Patio	202 Holmes Point Rd, Pefferlaw	Full year resort and cottage
5. Ramada Jacksons Point	49 Lorne St, Jacksons Point	Near Sibbald Point. Overnight stay
6. Sibbald Point Provincial Park	26071 Park Rd, Jacksons Point	Overnight camping and day visiting
7. The Briars Resort & Spa	55 Hedge Rd, Jacksons Point	Offers overnight stay, cottage, lodge and hotel and spa services.
8. Whispering Pines B&B Cottage	992 Lake Dr E, Jacksons Point	Bed & breakfast and cottage rentals
Public Golf Courses		
1. Lakeview House Golf Club	2051 Metro Road, Jacksons Point	Golf course- Special rate for juniors and seniors
2. Lyndhurst Golf Course	24198 Highway 48, Baldwin	Golf course- Variety of Packages with different fee level
3. Orchard Beach Golf & Country Club	273 Metro Road North, Keswick	Golf course- Variety of Packages with different fee level
4. Pines of Georgina	30446 Highway 48, Pefferlaw	Golf course- Variety of Packages with different fee level
5. Willow Green Golf Centre	1661 Metro Rd. N., Willow Beach	Golf course- Variety of Packages with different fee level

D. Mobility and Transportation

Asset	Location	Reach
1. Mobility Plus	York Region	York Region's door-to-door, shared ride, accessible public transit service for people with disabilities- Regular fare rate applies based on the age of the service users.
2. On demand (Dial- a- Ride)	York Region	Demand-responsive service connecting travellers to their requested stops and operates on a first-come, first-served basis -- Regular fare rate applies based on the age of the service users.
3. Routes	York Region-The Link. 20849 Dalton Rd. Sutton	Affordable transportation services to individuals in need in York Region
4. CHAT	York Region	Offers community transportation services – Not a free service

Source: Author's own based on Town of Georgina (2019, 2015a)

Table 4: Georgina’s Community counselling & Addiction Services

Programs	Services	Location
Keswick		
OATC (Ontario Addiction Treatment Centre)	Partnered with Black Creek Community Health Centre: Bridges to Moms Program to provide general addiction counselling and case management services and to Mothers and Parenting Females. Partnered with Yorkwork’s Employment to provide employment services and training. Partnered with Women’s Support Network of York Region to provide supportive counselling for women in sex trade, or suffering sexual abuse and trauma.	Keswick Clinic 204 Simcoe Avenue Unit 1 & 2, Keswick Ontario, L4P 3S6 905-476-3737
Sutton		
1. Family Services of York Region-Sutton Site	Individual counselling, group, youth, family and counselling for LGBTQ+	905-476-3611 www.fsyrc.ca
2. Georgina Nurse Practitioner led clinic	Have social workers who provide counselling/services: <ul style="list-style-type: none"> - Depression counselling, Stress/anxiety counselling - Assistance coping through grief and loss - Marital/Relationship counselling, work/School related problems - Addictions counselling including smoking cessation - Assistance coping with a chronic disease and enhance problem-solving, coping and developmental capacities of individuals. - Resource and link people with systems and supports that offer resources, services and opportunities for the individual’s unique needs. - Various group programs related to mental health and wellness Nurse Practitioners make referrals to the clinic Social Worker	152 High St, Sutton, ON L0E 1R0 (905) 722-3251
3. Sutton Youth Services	Emergency Housing, Transitional Housing, Youth Reach Drop-in Centre, Aftercare Services, Onsite Supportive Services	20898 Dalton Rd, Sutton, ON L0E 1R0 Phone: (905) 722-9076

Table 4: Georgina’s Community counselling & Addiction Services Continued

Programs	Services	Location
On the Road/Phone programs		
Addiction Services for York Region (ASYR)	Offer community opioid management and Community Withdrawal Management Services. Also offer court services.	To access the services call the Intake Department at: 905-841-7007 or 1-800-263-2288 ext. 322
Centre for Addiction and Mental Health’s Smoking Treatment for Ontario Patients (STOP)	On the Road program: provides nicotine replacement therapy (NRT) at local community workshops for Ontarians who wish to quit smoking. Also Public Health Nurses offer workshop participants five weeks of NRT patches at no cost	York Region
ConnexOntario	Have System Navigation Specialist: listen, provide support, offer strategies, and give information about treatment services in your community. Offer listening, support and information about counselling and other treatment services in your community. Do not provide counselling.	Accepts clientele via the telephone, email, and webchat.
Mobile Service - Loft Crosslinks Street Outreach Van	York Region Public Health works in collaboration with Loft Crosslinks to provide needle exchange services through the street outreach van. Available seven days a week from 2 p.m. to 9 p.m.	Call 1-866-553-4053 to schedule a meeting location.

Source: Author’s own (2019)

Table 5: A Closer Look Focus Group Town of Georgina’s Community Resources¹³

	Transportation	Employment & Entertainment	Housing	Senior Services	Health & Long-term Care	Addiction & Mental Health Support
Core	Routes YRT/Viva Metrolinks	GTTI YorkWorks JVS Youth Services JVS Youth Reach Jobskills	Seniors Housing Sandgate Women’s Shelter YR Housing Housing Cooperatives 360 Kids Salvation Army Youth Services Georgian Women’s Shelter Blue Door Shelter	York Region Hospice Georgina Routes CHATS Club 55	VCHC Physicians/NPS Food Bank of YR Georgina Community Food Pantry Public Health Hospital NP Lead Clinic	YR Public Health Community Living EMS OntarioWorks CAMH Hospice Georgina Southlake Community Living LOFT YRDSB CMHA YR
Involved	CHATS GTTI Town of Georgina Georgina Community Food Pantry	YRDSB/YCDSB WCYR Jericho Youth Services March of Dimes CMHA YR 360 Kids Sutton Youth Shelter Southlake Community Futures	CMHA-YR JVS Youth Reach Habitat for Humanity	YR Police Jericho Youth Services VCHC YRT Southlake Hospital	YR Police Hospice Georgina Community Paramedics CHATS Alzhiemers Society Long-term Homes EMS CAMH HSC/HWS CMHA-YR	Jericho Youth Services YP Police Alzhiemers Society CHATS 360 Kids HCS/Housing Support Doctors/Nurse Clinics Victims Services John Howard Society VCHC BlackCreek CHC LOFT

¹³ The information listed in the table was compiled by the participants at the Close Look Focus Group. The table’s information is not a final product as this is a work in progress.

	Transportation	Employment & Entertainment	Housing	Senior Services	Health & Long-term Care	Addiction & Mental Health Support
Supportive	VCHC JVS Youth Reach Jericho Youth Services 360 Kids	Georgina Public Library YR Police Routes Georgina Chamber of Commerce Gergina Community Food Pantry SBEYR	VCHC YRDSB YR Police Georgina Community Food Pantry YR Centre for Community Safety LOFT Churches	Georgina Public Library	Georgina Public Library Rose of Sharon YRDSB 360 Kids LOFT Churches Community Living Georgina Georgina Public Library Immigration Welcome Services A Closer Look Project Routes Club 55	YR Housing Supportive Georgina Public Library JVS Youth Reach YR Smoking Cessation Family Services of YR Salvation Army Youth Shelter Georgina Community Food Pantry Women's Shelter Yorkworks Routes
Interested	YRDSB Women's Support Network CMHA-YR Victims Services	MCYS	Jericho Youth Services Routes Georgina Public Library Addiction Services YSSN	JVS Youth Outreach	JVS Youth Outreach Town of Georgina	
Not Involved	YR Police Georgina Public Library	VCHC	Town of Georgina	360 Kids YDRSB	Roger Cable Jericho Youth Services	Rogers Cable

Source: Author's own based on A Closer Look Focus Group (2019)

Table 1: Sample of the community survey

Healthy Nutrition Survey

Thank you for participating in this survey. The purpose of this survey is to have a better understanding of how Vaughan Community Health Centre can effectively support healthy eating in the community.

Your responses to the questions will help us to assess the needs of our community and the services we provide you. The survey should take approximately 5 minutes to complete.

Participation in the survey is completely voluntary and all your responses will be kept anonymous.

1. Have you attended any workshops on healthy eating or healthy hydration (e.g. benefit of fruit and vegetable consumption)?

- Yes
- No
- Prefer not to respond
- I don't remember/I don't know

2. Which of the following topics are you interested in learning more on? (select all of your preferred options)

Grocery Shopping Skills:

- Understanding how to read nutrition facts label
- Grocery shopping on a budget through smart shopping
- Obtaining information on the community food resources
- How to navigate through the supermarket to find healthy and affordable food

Recipes and Alternatives:

- Healthy recipe ideas
- Healthy school lunch box ideas
- Easy and quick nutritious meals- basic and "No-Cook" cooking
- Modified recipe ideas
- "Lunch to Go" ideas
- Healthy snacks ideas
- Plant based alternatives for meat

Budget Friendly Meal Planning:

- Healthy and budget friendly holiday meals
- Improving meal planning
- Cooking on a budget
- Creating and managing a food budget
- Affordable weekly meal plan

Health and Wellness:

- Canadian Food Guide and understanding nutrients
- Women's health and nutrition
- Men's health and nutrition
- Food and nutrition need for healthy adults
- Healthy snack or meals when eating out
- Mood boosting foods
- Adjusting diet for special needs and selecting adaptive equipment
- Benefit of hydration

Any other subject you would like to learn:

3. How would you prefer to be informed on the community educational programs and workshops?

- Social Media (e.g. VCHC website, Facebook and Twitter)
- Flyers posted in the VCHC's bulletin boards
- Flyers posted in other community support agencies
- Flyers posted in churches
- Local newspaper Advertisements
- VCHC Email Subscription
- Other _____

If you would like to receive updates on VCHCH-Keswick Site Programs & Services please provide your email:

****Thank you for participating in this survey, your help is greatly appreciated****

Table 2: Community survey results

Location where participants were surveyed	Number of participants surveyed
Total number of participants	30
Georgina Community Food Pantry	11
Coffee & Chats Program- 716 The Queensway S location	6
Coffee & Chats Program – Hospice Georgina Location	5
Zehrs (Keswick) Parking Lot	3
Walmart (Keswick) Parking Lot	3
Keswick United Church	2

Question 1: Have you attended workshops on healthy eating or healthy hydration (e.g. benefit of fruit and vegetable consumption)

Answer Choices	Responses
No	65.5%
Yes	31 %
I don't remember/I don't know	3.5%
Prefer not to respond	0.00%

Question 2: Choose the following topics of interest? (Select all of preferred options)

Topic of interest: Grocery Shopping Skills

Answer Choices	Responses
Grocery shopping on a budget through smart shopping	53.8%
Understanding how to read nutrition facts label	42.3%
How to navigate through the supermarket to find healthy and affordable food	34.6%
Obtaining information on the community food resources	27%

Topic of interest: Recipes and Alternatives

Answer Choices	Responses
Healthy recipe ideas	58.6%
Modified recipe ideas	38%
Healthy snacks ideas	31%
Healthy school lunch box ideas	27.5%
Easy and quick nutritious meals- basic and "No-Cook" cooking	27.5%
"Lunch to Go" ideas	24%
Plant based alternatives for meat	10.3%

Topic of interest: Budget Friendly Meal Planning

Answer Choices	Responses
Affordable weekly meal plan	50%
Cooking on a budget	46%
Healthy and budget friendly holiday meals	34.6%
Creating and managing a food budget	27%
Improving meal planning	11.5%

Topic of interest: Health and Wellness

Answer Choices	Responses
Food and nutrition need for healthy adults	41.3%
Healthy snack or meals when eating out	38%
Women's health and nutrition	27.5%
Men's health and nutrition	27.5%
Canadian Food Guide and understanding nutrients	10.3%
Mood boosting foods	10.3%
Adjusting diet for special needs and selecting adaptive equipment	10.3%
Benefit of hydration	10.3%

Question 3: preferred method to be informed on the community educational programs and workshops

Answer Choices	Responses
Social Media (e.g. VCHC website, Facebook and Twitter)	29.6%
Flyers posted in other community support agencies	22.2%
Flyers posted in the VCHC's bulletin boards	14.8%
VCHC Email Subscription	14.8%
Flyers posted in churches	11%
Local newspaper Advertisements	7.4%

Source: Author's own based on the community surveys collected (2019)

Table 3: Sample service provider interview questions

We're conducting this interview as a part of community needs assessment on the Town of Georgina. At VCHC-Keswick site we recognize that food insecurity is an issue in the Town of Georgina and as our mission is not to provide food products, we can collaborate with the available community resources such as your organization to act as incubators of knowledge on healthy cooking on a budget. We want to learn more on how as a community health centre, we can help the community to become more skilled and educated on nutrition and access to healthy and affordable food.

1. Do you offer any cooking skills workshops or educational sessions on healthy cooking within your organization?
2. We are developing an initiative that would focus on food insecurity and we would like to know if your organization is interested in collaborating with us?
 - A) How would you help us throughout this initiative?
 - a. Do you have facilities that we could use for any of the food insecurity initiatives such as cooking skills workshops, healthy eating programs, etc.?
 - b. Can we use your news bulletin board or your cash register (for supermarkets) to advertise our free social programs?
3. We're asking the community about the skills they need the most to maintain a healthy diet on a budget or a healthy diet in general, skills such as cooking skills, grocery shopping on a budget skills, and knowledge of healthy recipes. Can you think of any other skills that would be essential in maintaining an affordable healthy diet?

Thank you so much for your time

Source: Author's own (2019)

Table 4: Summary of the service provider’s response to the interview questions

Organizations	Zehrs Store	Maple Hill Baptist Church	Keswick United Church	Georgina Community Food Pantry
Interviewee	Julia Heos, Zehrs Registered Dietitian	Kim Dooley, office manager	Lilian Wilkinson, The Gathering Place Coordinator	Catherine Cook, Executive Director The information is based on a personal discussion with Catherine on October 2 nd /2019
Date and place of interview	November 6,2019 Zehrs Store	November 5, 2019 Via Email	November 14, 2019 Keswick United Church	October 2, 2019 Georgina Community Food Pantry
Do you offer any cooking skills workshops or educational sessions on healthy cooking within your organization?	Yes	No	No	Georgina Community Food Pantry has collaborated with VCHC for the Nourishing possibilities.
How would you help us throughout this initiative?	VCHC can use the store Bulletin to advertise the free programs. Julia is also willing to present at workshops for fee or VCHC can bring the clients to the store for free 1 hr workshop when event is planned. Julia is also willing to advertise the programs on the Zehrs’s Dietitian Facebook Page.	By working with the centre to use facilities for programs. VCHC can also use the facility to promote the free programs. Currently facility space available on Monday mornings/afternoons, Tuesday afternoons, Friday morning/afternoons.	VCHC can contact Ralph Cox, facility coordinator to discuss workshop planning. VCHC staff can attend the gathering place for workshops and educational sessions and the facility can be used to promote the free social programs. The facility also has kitchen that could be used for cooking programs if permission is given by Ralph.	VCHC can use the facility to promote the programs, VCHC can survey the service users and for future collaboration, VCHC can use the kitchen for the cooking programs
Can you think of any other skills that would be essential in maintaining an affordable healthy diet?	Using apps to find healthy foods on sale with the stores.	No Comment	Healthy and easy cooking recipes for one person	Catherine suggested continuing with promoting healthy eating on a budget.

Source: Author’s own based on the service provider’s interview (2019)

Table 5: VCHC-Keswick Site potential partners for food insecurity initiative

Potential Partner	Available Resources	Potential collaboration reach
Family services York Region –Sutton location	Service Users	Healthy eating & healthy diet programs
Georgina Chamber of Commerce - Georgina	Website- Upcoming Events section	Using the facility to promote programs
Jericho Youth Services - Keswick	Service users	Healthy eating & healthy diet programs
Lakeside Residences-Keswick	Service users, and further investigation is needed.	Healthy eating & healthy diet programs and using the facility to promote programs.
Libraries in Georgina Keswick Branch Peter Gzowski (Sutton) Branch Pefferlaw Branch	Service users, YorkInfo Community Information linked on the library website and “What’s on Guide for Adults” online newsletter	Using the facility and website to promote programs
Sandgate Women’s Shelter-Jackson’s Point	Further investigation is needed	Cooking programs and/or healthy eating programs
Sutton Youth Shelter-Salvation Army	Service users	Using the facility to promote VCHC programs.
The Loft Street Outreach Van	Service users	Using the facility and website to promote VCHC programs
Town of Georgina	Further investigation is needed	Using the facility to promote and provide cooking programs
York Region Food Network	Service users	The organization can promote VCHC-Keswick site cooking programs among the service users

Source: Author’s own (2019)

Table 1: VCHC-Keswick Site potential partners for PACT and Social programs

VCHC-Keswick Site list of potential partners			
Social Housing and Housing support	Outreach completed	Women's shelter and services	Outreach completed
Hamilton Place (Newmarket)	No	TLC Pregnancy Centre (Newmarket)	No
Tom Taylor Place (Newmarket)	No	Belinda's Place (Newmarket)	Yes
Fairy Lake Gardens (Newmarket)	No	Abuse Hurts (Newmarket)	No
Royal Oak Court Manor-Mount Albert Charles Darrow Housing Co-operative Inc.- Aurora Lakeside Residences-Keswick	No	The Women's Centre of York Region (Newmarket)	No
Royal Oak Court Manor-Mount Albert	No	Rose of Sharon (Newmarket)	Yes
Charles Darrow Housing Co-operative Inc- Aurora	No	Yellow Brick House-Aurora	No
Lakeside Residences-Keswick	No	Bridgenorth Women's Mentorship and Advocacy Services (Newmarket)	No
Carpenters Local 27 Housing Co-operative- Newmarket	No	Sandgate Women's Shelter-Jackson's Point	Yes
Keswick Community Homes Co-operative- Keswick	No	Municipality	Outreach completed
Newmarket Co op	No	York Region Public Health	Yes
German Canadian Place-Newmarket	Yes	Town of Georgina	Yes
Victim services of York Region	No	Community food programs	Outreach completed
Family Services of York Region	Yes	New Hope Methodist Church	Yes
York Region Centre for Community Safety	Yes	Hope for Today Fellowship	Yes
BANAC Aging at Home Program		Welcoming Arms (Aurora)	No
Habitat for Humanity - GTA	No	Crossland's Church (Newmarket)	No
Homeless and youth shelters	Outreach completed	Inn from the Cold (Newmarket)	No
Porter Place, Men's Shelter (East Gwillimbury)	No	The Welcome Table (Aurora)	No
Leeder Place, Family Shelter (East Gwillimbury)	No	Community food pantries	Outreach completed
Kevin's Place Youth Shelter (Newmarket)	No	Aurora Food Pantry	Yes
Sutton Youth Shelter-Salvation Army	Yes	Newmarket Food Pantry	No
Teen Challenge (Ontario Women's Centre Aurora)	No	Northridge Community Church Food Pantry (Aurora)	No
The Loft Street Outreach Van	Yes	Holland Landing Food Pantry	No

VCHC-Keswick Site list of potential partners Continued			
Addiction support Services	Outreach completed	Youth Services	Outreach completed
Addiction Services of York Region	Yes	Jericho Youth Services	Yes
Substance Abuse programs	No	Mental Health support services	Outreach completed
Cornerstone Recovery Community (Newmarket)	No	Canadian Mental Health Association	Yes
OATC (Ontario Addiction Treatment Centre)		Alzheimer Society of York Region	Yes
York Support Services Network	Yes	Community Centres and Learning centres	Outreach completed
Seniors programs	Outreach completed	Learning Centre for Georgina	Yes
CHATS -Day Program - Aurora	Yes	Holland Landing Community Centre	Yes
Hospice Georgina	Yes	Kin Community Centre	Yes
Club 55 (3 Locations)	Yes	Senior's/At-Risk Youth & Families	Yes
Schools	Outreach completed	Magna Community Centre	Yes
Sutton High school	Yes	Legal Aid and Employment Services	Outreach completed
Keswick High school	Yes	York Region - Ontario Works and Employment Resources	Yes
Crisis Management	Outreach completed	Legal Aid Ontario	Yes
360 Kids	No	Job Skills	No
ConnexOntario	No	York Works	No
		Welcome Centre Immigrant Services	Yes

Source: Author's own (2019)