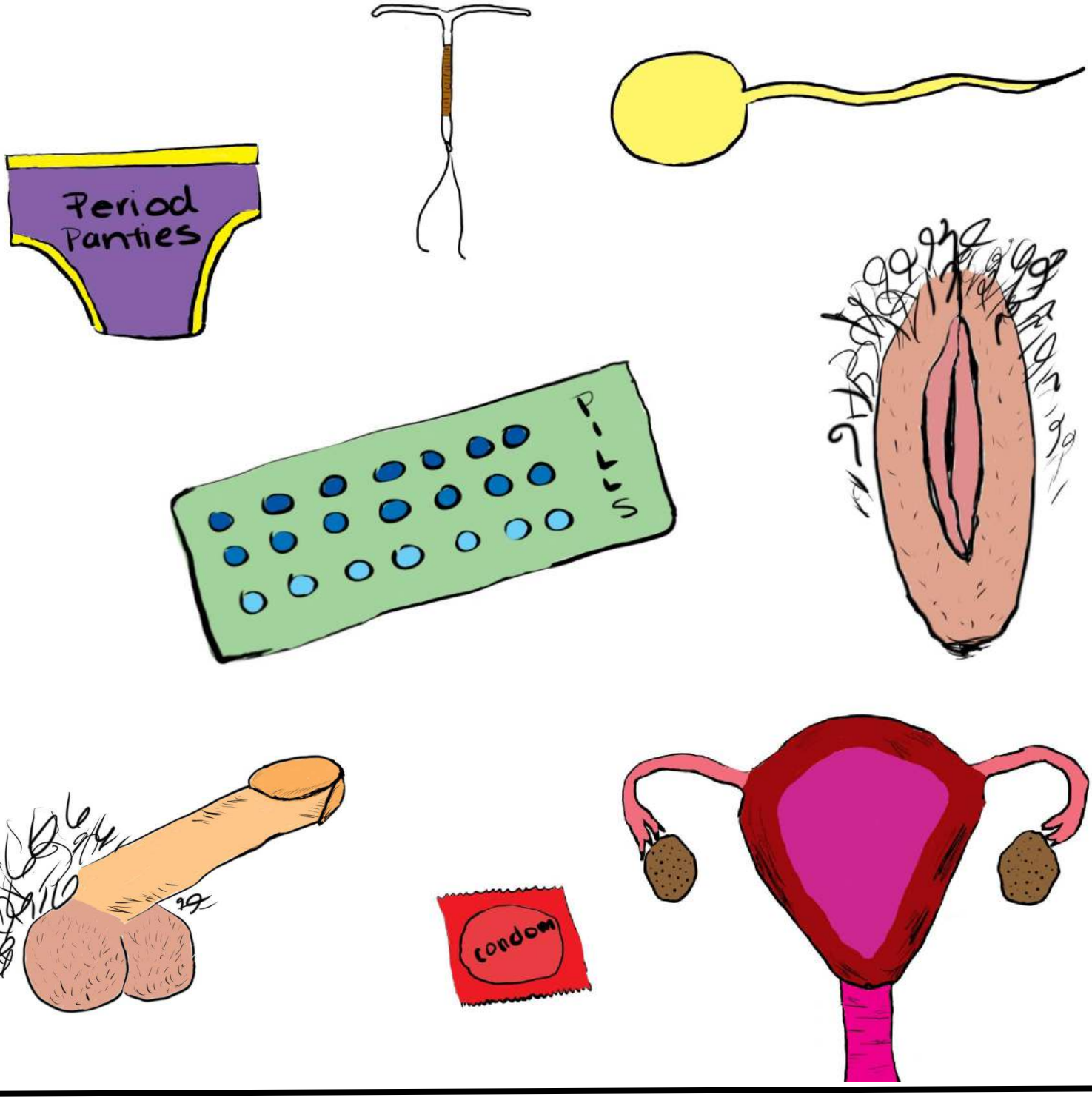


Sexual Health Centre Lunenburg County

Annual Report 2018-2019



Sexual Health Centre Lunenburg County
A member-centre of Sexual Health Nova Scotia
109 Logan Road, Unit 2
Bridgewater, NS B4V 3T3
(902) 527-2868
lunco.ns.sexualhealth@gmail.com
sexualhealthlunenburg.com

On Facebook, Twitter, YouTube, and Instagram

TEAM
Julie Veinot, EXECUTIVE DIRECTOR
Jan Cressman, CO-CHAIR
Kendra Ritcey, CO-CHAIR
Susan Berry, SECRETARY
Kaitlin Richard, FINANCIAL OFFICER
Rebecca Zolkower, DIRECTOR



Introduction

Sexual Health Centre Lunenburg County (SHCLC) is a registered, not-for-profit serving both Lunenburg and Queens Counties on the South Shore of Nova Scotia.

Our mission is to promote sexual and reproductive health throughout the lifespan by providing information, education, and services, and encouraging informed, responsible attitudes toward sexuality.

We offer a number of core services:

- Education workshops
- Outreach
- Pregnancy testing and options guidance
- Free or low cost health supplies like condoms, dams, and lube
- Individual guidance or peer counselling
- Resources including website and lending library

We are a member-centre of Sexual Health Nova Scotia, which supports us with a grant they receive from the Department of Health and Wellness. We are also affiliated with Action Canada for Sexual Health and Rights, through which we can access low cost condoms and lube.

Trends

By following the news, interacting with our community network, and gathering data, we are able to keep track of local trends in sexual health.

On the global front, concerning developments in the United States has led to a reduction in reproductive services for Americans, especially around abortion. While Canada supports abortion services, trends in the U.S. do concern us, especially with the development of a sex-negative provincial government in Ontario. Currently, Canadians have access to reproductive services (at least in big cities), but these services can sometimes be changed overnight when a different government takes power.

More locally, it is concerning how few supports there are for trans and gender diverse individuals. We are currently referring people to the Annapolis Valley and Halifax for these sometimes life-saving supports. Local support for mental health as well as transitioning health care needs to be improved.

We continue to field requests for primary health care. Our number seems to be a last resort for folks looking to book appointments for Pap testing, sexually transmitted infection testing, and prescriptions for contraceptives. The best we can offer them is our local walk-in clinics, which do not do Pap testing, or Halifax.

In the schools, one of the biggest issues we face is sexting and intimate images. This potentially risky activity has become a cultural norm for youth, and community partners are working to develop ways to respond to this trend that is effective and evidence-based. And, of course, our organization aims to be sex positive at the same time.

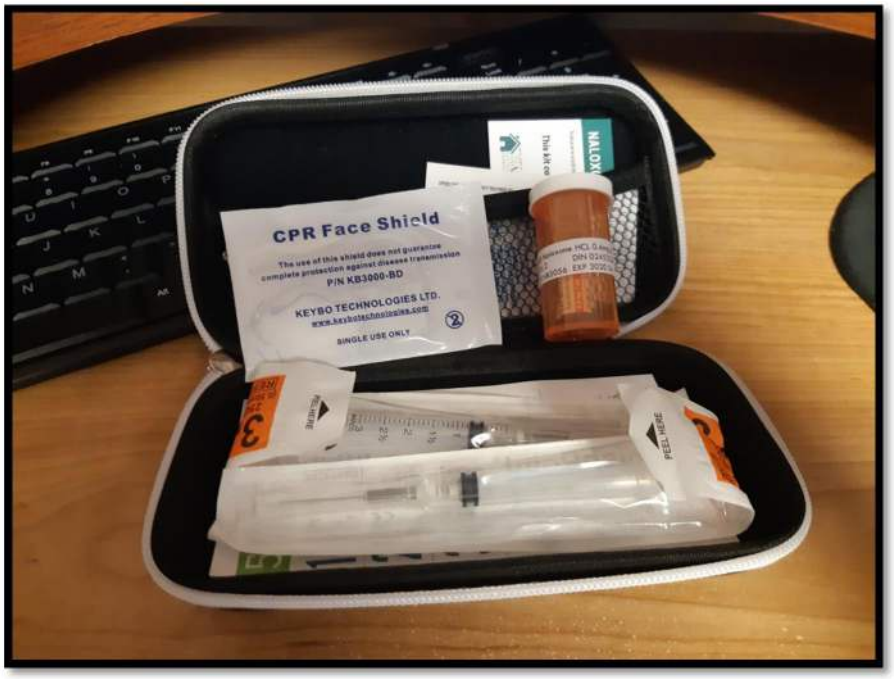
Consent continues to be a subject of interest for our school presentations, as all educators become aware of the importance of teaching consent to all grades.



Trick or treat. We always have chocolate and safer sex supplies for Halloween, no matter how you like to celebrate.

Successes & Challenges

Successes	Challenges
Raising awareness of crisis pregnancy centres run by anti-choice/pro-birth advocates	Closing for 2 months
Finding cheaper pregnancy tests (0.50 each vs 2.00 each)	Unable to fulfill all presentation requests due to late asks
SEX Talks videos have had 5,000 views since it went on air on YouTube	Project-based grant work impacting time spent on regular office work and services
Facilitating the start of young adult LGBTQ group	Unable to give free supplies to everyone who requests them
Finishing 3 fact sheets for the Mental Health grant	Human resources with policing partners slowing down consent presentations
Naloxone training	Snow storms cancelling days
Writing our massive gender diverse, sex positive puberty guide (stay tuned for release!)	Delayed April 1st funding from government (not received until July 17)
Partnering with the Centre for Gender and Sexual Diversity to offer 2 sessions on Intimate Partner Violence in the LGBTQ2S community	Struggling to find unique fundraising opportunities



Naloxone kit.

Impact

We keep statistics on our services and presentations so we can track trends and effectiveness. We do not gather personal information about people.

	2017-2018	2018-2019*	Notes
Total Client Contacts	251	200	Includes requests from individuals and professionals
Total Workshop Participants	1093	883	
Hours of Workshop Programming		49	
Support for Sexual Violence Survivors	4	2	
Support for Abortions	9	4	
Distribution of Condoms	11,145	9385	Includes dams and gloves
Distribution of Lube	2570	4200	
Pregnancy Tests		17	We supply individuals and support organizations with free tests when possible

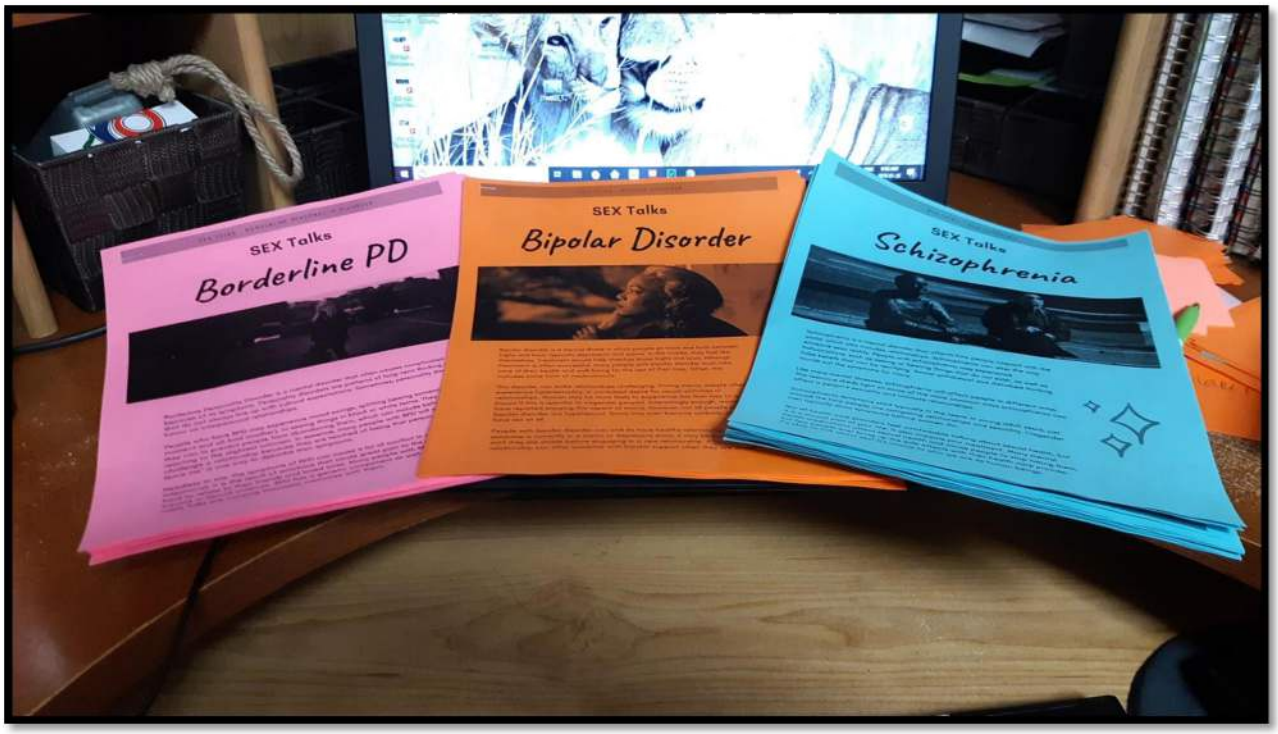
*Our numbers are down this year, partially due to our summer closure (8 weeks).

Snapshots

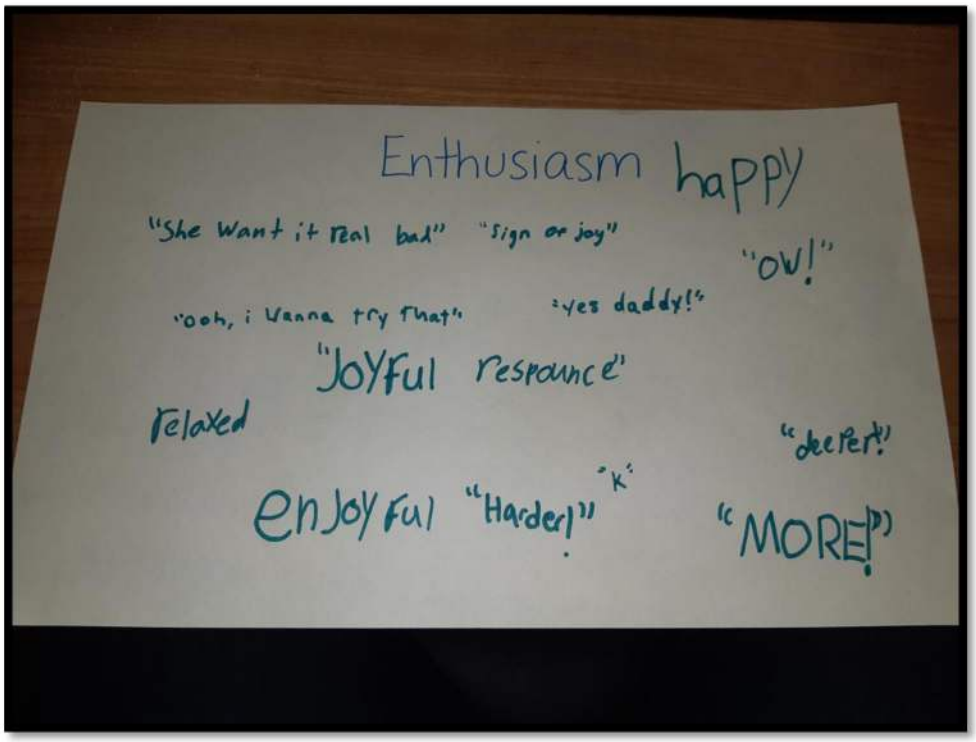
- Doing a pop up shop at Forest Heights in April
- Building capacity in other professionals to talk about pro-choice pregnancy options
- Offering consent presentations to Grade 8s in partnership with Harbour House Youth Outreach
- Giving inclusive language presentations to students at North Queens in May
- Presenting at the Girl Power camp facilitated by Schools Plus at Camp Brigadoon
- Working to revamp Sexual Assault Services Lunenburg Queens
- Supporting the Health Authority in purchasing safer sex supplies
- Taking ASIST Training at Our Health Centre
- Presenting to the Gay Straight Alliance at Bayview in November
- Collaborating with the boards of Second Story Women's Centre and South Shore Transition House Association
- Meeting and greeting with parents at Wickwire Academy's holiday concerts in December
- Attending the Bell Let's Talk Day at NSCC Lunenburg Campus in January
- Rocking inclusive language with the staff of the Better Together Resource Centre
- Presenting to the NSCC Disability Supports program on sex and disability, contraceptives, and inclusive language
- Hosting a co-op student from North Queens
- Creating Mental Health resources in partnership with Sexual Health Nova Scotia



Presentation on Intimate Partner Violence by the Canadian Centre for Gender & Sexual Diversity. Facilitated by Adri Bravo and hosted at the YMCA Youth Centre on King Street. (January 24, 2019)



Resources developed in January through a grant held by Sexual Health Nova Scotia on the links between mental and sexual health. They are now available on shns.ca



Answers from students at one of our consent presentations, co-facilitated with Harbour House Youth Outreach.

Finances

Our core operating funds continue to be less than we need to operate full-time year around. We receive a little less than $33,000 annually to keep our doors open. **The government has not increased funding to Sexual Health Nova Scotia (and thus us) since 2006.**

Small project grants help us offer workshops and resources to our community and we are thankful for the ongoing support of the United Way of Lunenburg County (which funds our youth presentations) and our local Community Health Boards.

The bulk of our funding goes to payroll and rent, with the remainder going to safer sex products and office supplies. We are a thrifty organization in order to maximize our charitable efforts to the community for as much of the year as possible. **Unfortunately, we had to close for two months during the summer in order to balance our budget.**

Financial Statement 2018-2019

REVENUE	
SHNS (Core)	31680.00
Other Grants	5535.00
Interest Revenue	1.31
Fundraising	0
Donation Income	640.00
SHNS (Surplus)	0
United Way	1446.00
CHB	3000.00
Presentation	200.00
Safer Sex Supplies	120.00
	42622.31

EXPENSES	
Total Payroll	31540.52
Clinical Supplies	51.74
Safer Sex Supplies	4907.85
Fees & Dues	258.16
Rent	5160.00
Insurance	540.00
Mileage	1372.06
Phone	589.32
Other Travel	87.33
Interest and Bank	77.75
Office Supplies	245.56
Special Events	130.61
	44960.90
Net Income	**- 2338.59**

ASSETS	
Chequing Acct	11861.42
Savings Acct	62.10
Total Cash	11923.52
Computer & Software	970.25
Office Furn & Equip	434.93
HST Receivable	3555.58
Total Receivable	3555.58
TOTAL ASSETS	**16884.28**

LIABILITIES	
Vacation Payable	132.00
Total Rec. General	3430.09
Total Liabilities	3562.09
EQUITY	
Retained Earnings	13921.17
Current Earnings	- 2338.59
Net Assets	1739.61
Total Retain Earn	13322.19
TOTAL EQUITY	**13322.19**
LIABILITIES & EQUITY	**16884.28**

Thanks

Our wee organization requires the help of many partners and supporters in order to make an impact in our community. Our apologies to any friend we've missed!

- Action Canada for Sexual Health and Rights
- Better Together Family Resource Centre
- Bridgewater Police Service
- Canada Summer Jobs
- Canadian Centre for Gender & Sexual Diversity
- CATIE
- Chester and Queens Interagencies
- Community Hub
- Department of Health and Wellness
- Family Service of Western Nova Scotia
- Harbour House
- Lunenburg County Community Health Board
- Lunenburg Pride
- Nova Scotia Community College
- Nova Scotia Health Authority
- PAMCO
- Queens Community Health Board
- RCMP
- Schools Plus
- Second Story Women's Centre
- Sexual Assault Services Lunenburg Queens
- Sexual Health Nova Scotia
- South Shore Regional Centre for Education
- United Way of Lunenburg County
- YMCA Youth Centre on King Street

Also, thank you to our board of volunteers who give us their free time and passion for sexual health. Thank you to everyone for helping us keep our communities healthy and safe.