



To: Parks, Recreation and Cultural Services Committee

Date: November 16, 2011

From: Vern Jacques
Director, Recreation

File:

Re: Garratt Wellness Centre, New Licence

Staff Recommendation

That:

1. The City enter into a new licence agreement with Vancouver Coastal Health Authority for a term of five years, plus an option to renew for a further term of five years, at an annual licence fee of \$1.00, and on the other terms and conditions set out in the Staff report dated November 16, 2011; and
2. Staff be authorized to take all necessary steps to complete all matters detailed herein including authorizing the Chief Administrative Officer and the General Manager, Parks and Recreation to negotiate and execute all documentation required to effect the transaction.

Vern Jacques
Director, Recreation
(604-247-4930)

Att. 1

FOR ORIGINATING DEPARTMENT USE ONLY					
ROUTED TO:	CONCURRENCE		CONCURRENCE OF GENERAL MANAGER		
Real Estate Services	Y <input checked="" type="checkbox"/>	N <input type="checkbox"/>			
Law	Y <input checked="" type="checkbox"/>	N <input type="checkbox"/>			
Facilities Services	Y <input checked="" type="checkbox"/>	N <input type="checkbox"/>			
Budgets	Y <input checked="" type="checkbox"/>	N <input type="checkbox"/>			
REVIEWED BY TAG	YES <input type="checkbox"/>	NO <input type="checkbox"/>	REVIEWED BY CAO	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>

Staff Report

Origin

The City of Richmond has, since August 2004, granted Vancouver Coastal Health Authority (VCH) a licence to occupy Garratt Elementary School. During that time, VCH, in partnership with the City of Richmond's Parks and Recreation Department, has been operating the community-based Garratt Wellness Centre. The most recent agreement with VCH expired on August 15, 2011.

The Garratt Wellness Centre is an important component of the continuum of client health care, as it builds community and individual capacity in the prevention and treatment of chronic disease by fostering community partnerships.

The purpose of this report is to provide an update on the recent progress and successes of the Garratt Wellness Centre, and to seek Council's approval to enter into a of a new five year agreement, with an option to renew for an additional five years, to continue VCH's occupancy and provision of programs and services in the building.

Analysis

The Garratt Wellness Centre represents a strong and successful relationship between the City and VCH's public health and community health services. The City provides the building and facilitates the delivery of specialized physical activity programs. VCH administers day-to-day operations and upkeep of the building, including utility and janitorial costs, and builds further reaching partnerships with other service organizations such as cancer support groups, postpartum exercise groups, and community kitchens for young parents. The Centre has gained recognition in the community, and is realizing continued growth as a result of increased physician awareness, promotional efforts, and word of mouth from satisfied clients.

The number and variety of programs at the Centre continues to evolve each year. Initially the VCH focus of the Centre was on physician collaboration, which brought in funding and referrals. This focus has now shifted, and the role of the Garratt Centre has expanded to facilitate collaboration and support for a wide range of partners and various arms of VCH.

The Centre is now the home of the provincial service PAL (Physical Activity Line), which offers free phone-in advice from Certified Exercise Physiologists to anyone throughout the province needing assistance with their personal exercise decisions. PAL facilitates collaboration between programs and services offered through Garratt Wellness Centre, the City of Richmond, VCH and other community partners. PAL currently provides health-screening services to the City's specialized fitness program participants, which can replace the need for medical clearance into programs.

In reviewing the last five years of the relationship, both Parks and Recreation and VCH staff are very satisfied with what has been accomplished, and are excited about new program and service opportunities as the number of participants continues to increase. Both parties are pleased with the successes to date, and strongly believe that the partnership should continue.

Attachment 1 outlines some of the Centre's program highlights, and lists the many community groups that are currently served by the Centre.

The licence fee proposed for this agreement is \$1.00 per year. This rental recognizes that VCH uses the Centre to provide many valuable community level services and programs. As such, VCH is a community partner with the City in the provision of these services and programs. The City, as owner of the building, covers some sustaining facility maintenance costs and landscaping costs, which are covered in existing city operation budgets. Periodic major maintenance projects are completed as needed. VCH dedicates approximately \$124,000 annually for the Centre's operations and coordination, and is committed to continue this funding for the proposed new term. This funding includes the upkeep and maintenance of all fitness equipment that is utilized by the City's specialized fitness programs. The City's contribution is approximately \$28,000 per year for the specialized program delivery costs, which is offset by participant program fees of \$36,000 per year. This licence has no new OBI implications.

The basic business terms of the licence agreement with VCH include:

- **Term:** An initial term of five years plus an option to renew for a further term of five years
- **Commencement Date:** August 16, 2011
- **Licence Fee:** \$1.00 per year, including the renewal option
- **Permitted Use:** Operation of a Community Wellness Centre by the City and VCH, offering programs on a shared use basis
- **Management:** VCH provides necessary supervisory staff at its own expense
- **Maintenance:** Limited to repairing or replacing pre-existing items or equipment which is part of the base building or building system. The responsibility for maintenance costs will be shared by the City and VCH according to a schedule which will be similar to the current operation
- **Insurance:** VCH to carry a minimum of \$5 million of commercial public liability insurance
- **Alterations:** VCH may make alterations to the Centre at its own expense with prior written approval by the City

Financial Impact

The licence fee proposed for this agreement is \$1.00 per year. As there are no changes proposed from the current operation to this new agreement, the Ongoing Budget Impact is \$0.

Conclusion

Garratt Wellness Centre's overarching goal is to foster the diverse partnerships that encourage regular physical activity and support participants in becoming informed, educated and active in self-managing or preventing chronic health conditions. Participants of the various programs develop the skills and resources required to protect and better manage their health.

Since the Centre opened its doors to the public in 2004, the programs and services have had a very positive impact on the quality of life of Richmond residents living with, or at risk for, a

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variety of chronic health conditions. Participants have seen improvement in their functional capacity to carry out activities of daily life, and are therefore able to maintain their independence for a longer period of time.

The relationship between the City of Richmond and VCH is very beneficial to the community, as evidenced by the interest from other municipalities, health regions and jurisdictions. This project truly highlights a collective goal to continue to be one of the healthiest communities in Canada. As such, staff recommend approval of a new licence agreement to VCH as detailed herein.



Carol Lepine
Coordinator, Fitness and Wellness Services
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Attachment 1

Recent Highlights of the Garratt Wellness Centre

- The City has increased the number of physical activity programs available for those individuals living with a chronic health condition from 4 weekly groups to 8. Specialized programs such as Heart Wellness, Lose Weight Feel Great and Diabetes Exercise have all positively impacted those individuals participating in them.
- In 2009, the Community Gardens were established. Participants learn about food security issues, and gain experience in growing their own food as well as cooking and preserving in the community kitchen.
- The use of the building has increased overall, with additions of a variety of programs such as Respiratory Wellness, Chronic Kidney Disease, bariatric nutritional counselling, community kitchens for young parents and foster parents, postpartum depression, hospice society, vial of life, and a youth gardening project.
- The community physical activity programs provide a tremendous support for residents to understand primary and secondary prevention of chronic disease.
- Feedback from the surrounding neighbourhood has been extremely positive. Residents view the Garratt Wellness Centre as a positive addition to their community. VCH facilitates a user and neighbourhood stakeholders group several times a year

Community & VCH Groups Currently Being Served By Garratt Wellness Centre

A number of community service groups are benefiting from Garratt Wellness Centre. Many of these groups are part of the Garratt Wellness Centre Stakeholders Group. Examples include:

- Canadian Diabetes Society
- Pacific Postpartum Support Society (PPPSS)
- S.U.C.C.E.S.S.
- University of Victoria's Community-based Chronic Disease Self-Management Program
- Physical Activity Line (PAL)
- Seniors Falls Prevention Network
- Richmond Youth Support Network
- VCH-Richmond Outpatient Nutrition Counselling
- VCH-Richmond Outpatient Respiratory Therapy
- VCH-Richmond Mental Health
- Alzheimer's Society of BC
- Arthritis Society
- VHC-Richmond Public Health Nutrition: Community Kitchen
- Richmond Hospice Society
- Richmond Food Security Society
- VCH-Richmond Chinese Diabetes Education Program
- Canadian Mental Health Chinese Social Health Network
- VCH-Richmond Healthiest Babies Possible: Community Kitchen
- VCH-Richmond Oncology: Cancer Thrivers
- Youth Gardening Project Community Kitchen