



**Sooke Region Communities
Health Network**

SRCHN

**Sooke Region Communities Health
Network
Strategic Plan 2025-2028**

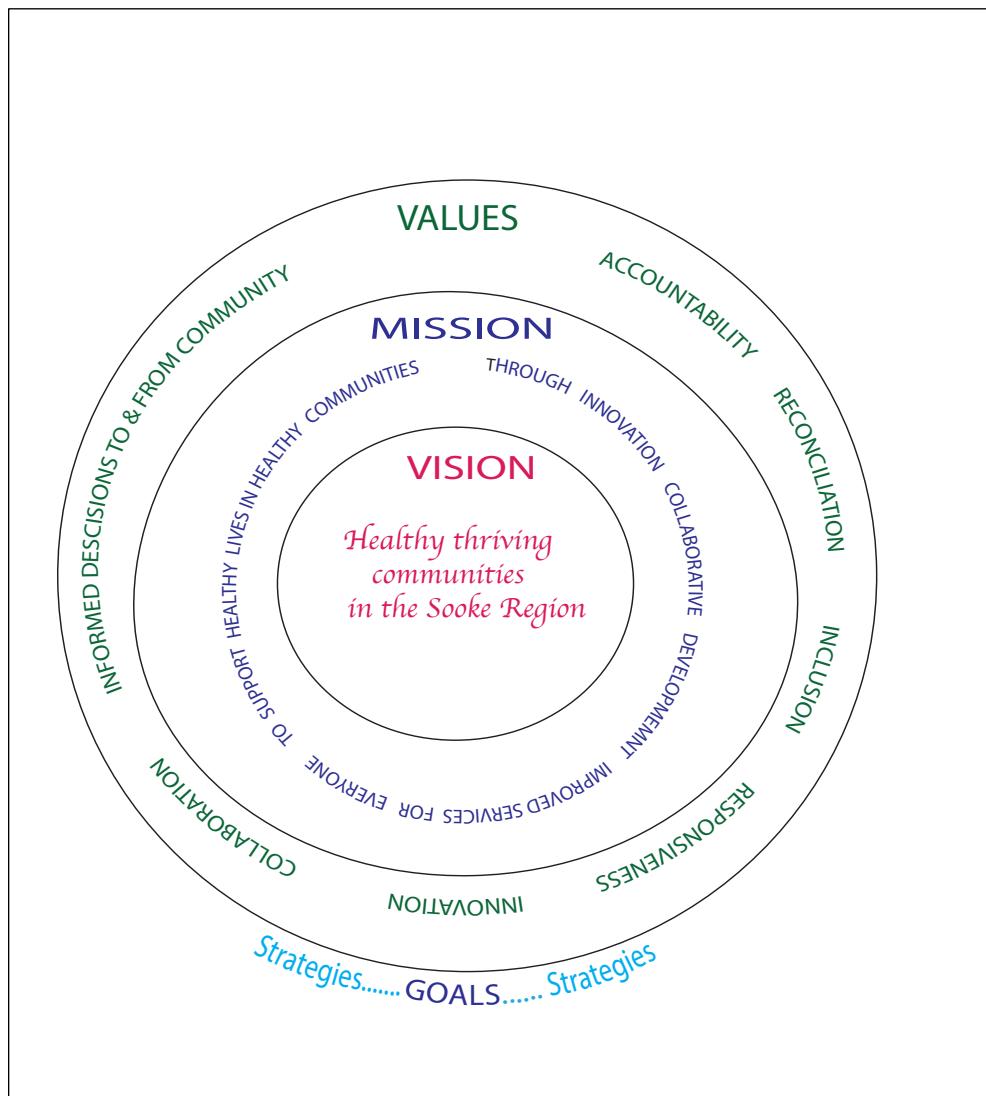
The Sooke Region Communities Health Network would like to acknowledge the traditional territories of the Coast Salish, the Scia'new Nation and the T'Sou-ke Nation and the Nuu-chah-nulth Pacheedaht Nation, to the west, upon which we work together to improve health and well-being for all.

WHAT IS THE SOOKE REGION COMMUNITIES HEALTH NETWORK?

The Sooke Region Communities Health Network (SRCHN) is a social service cooperative, with charitable status based in Sooke. SRCHN resulted from the 2015 merger of the Sooke Co-operative Association of Service Agencies (CASA) and the Sooke Region Community Health Initiative (CHI) that had been working together since 2003 to provide needs assessments and health promotion services to the Sooke Region.

Our vision is to build healthy thriving communities in the Sooke Region.

Our mission is to support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone.



SRCHN is:

- A community-based Board of Directors with varied health-systems related experience.
- A small, dedicated staff to oversee our programs and assist in assessing community needs.¹
- Volunteers that commit hundreds of hours to plan, develop and host community programs and fundraise for SRCHN's special projects.
- Working to establish the Sooke Gathering Place, that is intended to provide an Activity Centre for seniors and intergenerational programming; and
- Working, with its partners, to build a Community Health Centre – Urgent and Primary Care Centre for the residents of the Sooke region.

SRCHN Programs include:

- **Volunteer Center**– helping people connect to volunteer opportunities and helping local organizations engage volunteers.
- **Better at Home** - provides nonmedical supports for seniors to help them remain independent in their own homes. It also provides opportunities for socialization, food security, active aging, tech support and learning.
- **Sooke Region Lifelong Learning** - offers stimulating and fun workshops, lectures and films for seniors and other community members.
- **Mental Health Committee** – to improve mental health supports in the Sooke region, including a mental health fair for residents to learn about available services.
- **Women's Cancer Support Group** – an opportunity for women to get together, learn and share about their experience of living with cancer.
- The **CVITP Tax Clinic** – in collaboration with CRA, a volunteer income tax program that helps those with modest income complete straight forward tax returns; and
- the **Navigation Bureau** – to help community members navigate governmental systems, forms and technology.²

THE REGION WE SERVE

SRCHN serves the whole of the Sooke Region, from Beecher Bay (Scia'new First Nation) to Sooke (T'Sou-ke First Nation) to Port Renfrew (the Pacheedaht First Nation). A mix of the urban, semi-rural and rural, the Sooke Region includes families, youth and retired folks. The Sooke Region had its origins in a resource-based economy and this is changing as more and more people commute into the Greater Victoria area for work.

¹ SRCHN Reports on community health needs can be found at <https://www.sookeregionchn.org/reports>.

² For more information on our programs and projects, consult our website <https://www.sookeregionchn.org/>, email programs@sookeregionchn.org or visit the SRCHN office at #204-2021 Church Road.

Sooke's population has nearly doubled over the last 20 years which puts a great deal of pressure on its existing services and its infrastructure.³ Highway 14 provides primary access to Sooke and to communities up to Port Renfrew, with no public transportation west of Otter Point. Newcomers may have different expectations in terms of services and infrastructure from those who grew up in the Sooke Region. More recently, concerns in the Sooke Region include affordability/cost of living, the impacts of climate change, an increase in mental health and addictions and the increasing strain on the ability of governmental services to keep up.

Since 2015, SRCHN has been working to increase residents' ability to access health services locally. This Strategic Plan will guide SRCHN's work from 2025-2028.

HOW WE WORK

From its origins in the merger of the CASA and CHI, SRCHN has been working with many partners in the Sooke Region,⁴ to identify unmet community needs and to work with other organizations, businesses, and individuals in the Sooke Region, to address these needs. Where appropriate, SRCHN serves as an umbrella organization for groups (like Sooke Lifelong Learning) and provides administrative support for their activities. With a small staff and many volunteers, SRCHN is able to do much!

SRCHN SUCCESSES TO DATE

Our successes include:

- Preparing Mental health & other needs assessments.
- A decade of advocacy for improved health needs through our role as the Community Health Network for the region.
- Ongoing collaboration with the District of Sooke and Council
- Work to launch/incubate new organizations (eg. Sooke Shelter, Sooke Food CHI)
- Merging with organizations needing support (eg. Sooke Lifelong Learning and the Sooke Seniors Drop-in Society)
- Acquisition of major grants to support the Better At Home Seniors programs and other initiatives.
- Over \$220,000 fundraised by the volunteer Fundraising Committee for the Sooke Gathering Place
- Approval of a development permit and ongoing work to design the Sooke Gathering Place
- The March 2023 Ministry of Health approval and announcement of a CHC-UPCC for the Sooke Region, as well as work with the District, the Ministry, Island Health, and BC Builds to further this primary health care initiative.

³ <https://townfolio.co/bc/sooke/demographics>

⁴ See Appendix A – SRCHN Partners

- The ongoing work of the SRCHN Mental Health Committee work and its first 2024 Mental Health Fair
- Continuing staff recruitment for SRCHN, and
- Continuing to grow and growing stronger after ten years!

DEVELOPING OUR STRATEGIC PLAN 2025-2028

Our work to develop this strategic Plan included:

- An April 4, 2025, Strategic Planning meeting with the Board of Directors and SRCHN's Director of Community Programs, facilitated by Kitty Elton;
- An initial draft Plan and ongoing feedback from Board and staff;
- SRCHN Members were consulted in July and August 2025.
- The Strategic Plan was approved at the August 2025 Board meeting.

The Strategic Plan 2025-2028 is intended to guide SRCHN's Board of Directors and the work of the Director of Community Programs to operationalize these goals and strategies. Annually, the Board will review how we are doing to meet our Strategic Plan, with a staff update to the Board in Q2 and Q4.

GOALS AND STRATEGIES – 2025-2028

Our three priority Goals are set out below, accompanied by strategies the Board and staff will use to implement them. We identified the anticipated impact our Goal will have, along with some measures to determine whether we will have achieved the identified Goal.

Goal #1: Building healthy lives for residents of the Sooke Region, particularly seniors	
Strategies	<ol style="list-style-type: none">1. Continue work, with the District and other partners, to establish the Sooke Gathering Place for seniors and inter-generational programming, particularly with youth.2. Work with partners to deliver Better at Home and other programs that assist in reducing social isolation and improving health outcomes for seniors.3. Work with partners to improve health care services in the Sooke Region and to increase health promotion programming for Sooke residents.
Anticipated Impact:	
<ul style="list-style-type: none">• Continued delivery of programs and services that meet the identified health care needs of Sooke residents.	
Measures of Success:	
<ul style="list-style-type: none">• Negotiations concluded with the District to establish the Sooke Gathering Place and continued fundraising to support the build.• Funding deliverables met for the Better At Home and related grants for seniors programming, with additional grants sought for underserved areas of the Region.• Programs implemented as part of SRCHN's community health network and the Mental Health Committee that focus on improving the social determinants of health.	

Goal #2 – With our community and partners, identify possibilities for potential collaboration and partnerships that will improve health outcomes and to advocate for them.	
Strategies	<ol style="list-style-type: none">1. Advocate to all levels of government to advocate for improved health outcomes and for meeting the needs of Sooke residents (their social determinants of health)

	2. Work to develop a Mental Health Community of Practice to assist service providers and residents accessing needed services
	3. Work with partners through SRCHN Committees (eg. Age Friendly and Mental Health Committees) to identify community needs and opportunities for partnerships.
Anticipated Impact:	SRCHN will collaborate with community partners to continue to identify health needs and to develop and improve health services in the Sooke region.

Measures of Success:	<ul style="list-style-type: none"> • Ongoing meetings of SRCHN Committees with community partners. • Number of engagements with MLAs, MPs and others to advocate for health needs of Sooke region residents and follow-up arising. • Mental Health Community of Practice is established and fostered.
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Goal #3 - Ensure and enhance SRCHN's sustainability in terms of funding, Board and staff	
Strategies	<ol style="list-style-type: none"> 1. Continue to improve SRCHN financial and accounting systems in preparation for being audit ready.
	<ol style="list-style-type: none"> 2. Implement policies to assist SRCHN efforts to fundraise, attract donors and seek additional grants and government funding.
	<ol style="list-style-type: none"> 3. Improve communications about SRCHN's work in the Sooke Region through community consultations, outreach to members, social media and other communications efforts.
	<ol style="list-style-type: none"> 4. Hire additional support for SRCHN administrative functions, including Board activities.
	<ol style="list-style-type: none"> 5. Develop and implement a training plan for SRCHN staff and Board members to continue to improve governance and administrative capacity.
	<ol style="list-style-type: none"> 6. Improve systems for recruiting, managing, and supporting volunteers.
Anticipated Impact:	SRCHN's sustainability will be ensured, and funding solidified for ongoing operations and programs.

Measures of Success:

- Quarterly Finance Committee reviews of SRCHN finances, with support for ongoing review engagements and audits, as appropriate
- A SRCHN newsletter sent to SRHCN members and partners twice a year, or as needed.
- Improved outreach via social media, with numbers of Facebook, Instagram and other encounters
- A positive staff and volunteer satisfaction survey, annually.
- Additional staff hired to address expected project demands.
- Staff and Board members complete appropriate training.

Approved by the SRCHN Board of Directors

August 27, 2025

Appendix A – Major SRCHN Partners

- Age-Friendly Committee
- Ayre Manor
- Community Paramedic
- District of Sooke
- Edward Milne Community School Society
- Hummingbird Place (Shelter)
- Island Health
- Mental Health Committee SRCHN
- Pacheedaht Nation
- Scia'new Nation
- Sea to Tree Health and Wellness
- Sooke Family Resource Society
- Sooke Arts Council
- Sooke Community Association
- Sooke Harbourside Lions
- Sooke Rotary Club
- Sooke Legion
- T'Sou-ke Nation
- Vancouver Island Regional Library
- The Village Initiative and Foundry
- West Coast Family Medical Clinic