

COMMUNITY WELLNESS SURVEY

Executive Summary

The 2021 Beverly Community Wellness Survey was conducted as a partnership of The Candora Society alongside the Rundle Health Centre (Edmonton North Primary Care Network) and the Abbottsfield Youth Project, with support from the Abbottsfield – Penny McKee Branch of the Edmonton Public Library

Introduction

In Fall 2021, the four organizations came together to form a collaborative community research project in the Beverly neighbourhood.

Below are the primary objectives of the project:

1. To gain insight about community members' lives and how people are doing (in general, and as a result of changes due to the Covid-19 pandemic).
2. To understand barriers to accessing services and how to make programs more responsive to community members.
3. To understand who is currently accessing community services, who is not, and additional resources that would benefit community members.

Process

The survey data was collected mainly through the process of randomized door knocking in the following neighbourhoods: **Abbottsfield, Rundle Heights, Beverly Heights, and Beacon Heights.**

Main Findings

1. Connected Community with an “Appetite” for More

The majority of participants report feeling a strong sense of community. Participants thought it would be helpful for other people in their community if there were more community events and opportunities for interaction, and if there was greater awareness of community services.



2. Changes in Family Relationships and Priorities as a Result of Covid

The most frequently cited positive change for participants over the past two years was household relationships. The most negative change was isolation due to the pandemic. About half of the participants shared that their priorities



had changed since the pandemic began. For those who said this, there was a shift from ‘just going through the motions’ and placing importance on work, to valuing health and well-being, relationships, and engaging in meaningful reflection. For the majority of participants, their lives have not become easier since the pandemic began.

3. Community Resources: Gaps and Opportunities

Participants shared that they wanted to do more physical activity and that a closer recreation centre would help them do this. Participants also expressed that they would benefit from mental health support, and that free, more appropriate services such as a walk-in option would help them meet their mental health needs.



4. Online Programs and Services: Mixed Experiences

Some participants felt online services were positive and others felt they were negative. However, there was a trend towards in-person services being more accessible and preferred.



Demographics

- **85%** of respondents were **adults**, **15%** were **seniors**
- Approximately $\frac{1}{5}$ of respondents said they, or someone in their household, were **First Nations or Metis**
- Approximately $\frac{1}{4}$ of respondents said they, or someone in their household, were **immigrants or refugees**
- Approximately **10%** of respondents said they, or someone in their household, were **LGBTQ2S+**
- Approximately $\frac{1}{2}$ of respondents said they, or someone in their household, had a **disability**

Implications & Possible Next Steps

- A **community services and events bulletin board** in an accessible area in the community would be responsive to the desire for greater awareness of community services expressed by participants.
- A **whole family programming structure** for some programs may respond to current interests of community members, since some participants said they enjoy having more time with family.
- Option for **in-person services** when safe to do so, since there is a trend towards community participants preferring in-person services.
- **Free, walk-in mental health services** would be supportive, based on what we heard from community participants.
- **Services for people with disabilities** and **services for people who are LGBTQ2S+** would fill gaps in community services, based on what we heard from community participants.

