



# Community Health Needs and Resources

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## Community Asset Listing: Port Saunders Area

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## Introduction

Community assets include anything that can be used to improve the quality of community life. This may include things such as a physical structure or place, community service or health service. The purpose of the Primary Health Care (PHC) community assets report is to provide insight into the resources that communities have available to them to support health and wellness. Community assets can be used as a foundation for community improvement. Understanding a community's strengths makes it easier to understand what kinds of programs or initiatives might be possible to address the community's needs. The following report provides a summary of Community Assets available in Port Saunders PHC Area which includes 9 rural communities from River of Ponds north to Bartlett's Harbour and spans 76 kms along the coastline of the Northern Peninsula. These communities include: River of Ponds, Hawke's Bay, Port Saunders, Port au Choix, Eddies Cove West, Barr'd Harbour, Castor River North, Castor River South, and Bartlett's Harbour. It is recognized that while this listing may not include every community asset, it should provide an overview of the major assets available within the health region, with a focus on health and community resources that support individuals and communities in maintaining a safe and healthy environment. Please find below the community assets summary for the Port Saunders PHC Area.

## Community Assets Listing

### Health Related Assets

The Rufus Guinchard Health Centre (RGHC) is located in Port Saunders and is the only medical facility within a 166 km radius. It provides emergency, acute and long-term care, medical services, radiology, rehab, laboratory, outpatient, and Population Health services such as Community Health, Mental Health and Addictions, and Community Supports. There are four family/general practice physicians in the area (two salaried physicians who work out of RGHC, and two fee-for-service family physicians who work out of Port au Choix Medical Clinic); as well as two Nurse Practitioner positions). Programs and services are delivered to the area via various means such as traveling clinics, service outreach, and telehealth. These services include: Speech, Language Pathology, Dental Health Services, and Physiotherapy. There are a variety of telehealth services offered through RGHC such as tele-oncology, mental health and addictions, diabetes services, etc. For all other health services and for specialist services residents must travel out of the area to Corner Brook or St. John's. There are a limited number of support groups in the area; a regional Alzheimer's support group that is offered through telehealth at the RGHC and a breastfeeding support group offered through the Kids First Family Resources Centre.

In addition to the 22 bed long-term care facility at RGHC, there is a personal care home and senior's apartments to support seniors in an independent living arrangement located in Port Saunders. There are no adult day programs, or meals on wheels programs in the area, however there are community volunteer groups that provide a similar type of meal service to seniors around the holidays. This is a very community specific initiative and heavily reliant on volunteers and fund raising.

There are a number of Provincial programs and services that are accessible to all residents of Newfoundland and Labrador by way of toll free numbers, apps and the internet. These programs include the Newfoundland and Labrador Health Line, Planned Parenthood Sexual Health Centre, Bridge the Gapp, Strongest Families, the Smokers help Line and Gambling Help Line. Table 1 provides a listing of health related assets by community for the Port Saunders Area.

**Table 1: Health Related Assets for the Port Saunders Area**

Health Asset	Community
Rufus Guinchard Health Center <ul style="list-style-type: none"> <li>• 22 Long term care beds</li> <li>• 7 Acute care beds</li> <li>• Medical Services</li> <li>• Nursing Services</li> <li>• Emergency Care Services (24 hr coverage)</li> <li>• Out-Patient Clinics</li> <li>• Palliative Care Services</li> <li>• Laboratory &amp; Diagnostic Services</li> <li>• Dietitian Services</li> <li>• Acute Care Social Work</li> <li>• Recreation Therapy Services</li> <li>• Occupational Therapy Services</li> <li>• Physiotherapy Services (inpatients and long-term care)</li> <li>• Pastoral Care and Volunteer Services</li> <li>• Pharmacy Services (Coordinated through WMRH)</li> <li>• Population Health Services:               <ul style="list-style-type: none"> <li>○ Community Health Services</li> <li>○ Community Support Services</li> <li>○ Mental Health and Addiction Services</li> </ul> </li> </ul>	Port Saunders
Telehealth Services (Equipment at RGHC)	Port Saunders
Port au Choix Medical Clinic (Fee for Service Family Practice with two Physicians)	Port au Choix

<b>Health Asset</b>	<b>Community</b>
Pharmacies (2)	Port Saunders, Port au Choix
Support Groups (2) <ul style="list-style-type: none"> <li>Regional Alzheimer’s Support Group (telehealth)</li> <li>Kids First Breastfeeding Support Group</li> </ul>	Port Saunders (RGHC) Port Saunders
Personal Care Home	Port Saunders
Seniors Apartment/Retirement Home	Port Saunders
Provincial Health Programs and Services <ul style="list-style-type: none"> <li>NL Health Line</li> <li>Smokers Help Line</li> <li>Gambling Help Line</li> <li>NL Planned Parenthood Sexual Health Center</li> <li>Bridge the Gapp App</li> <li>Strongest Families Program</li> </ul>	Provincial

### Emergency Related Assets

Emergency health services such as volunteer fire departments are scattered throughout the Port Saunders area with the hub for regional services, such as the RGHC Emergency Department, ambulance services, RCMP, and Search and Rescue, centrally located in Port Saunders. There is a Community Trauma Response Team (in the development stage) that services the Port Saunders Area providing support and trauma debriefing following a distressing event. There are a number of Provincial emergency services that are accessible to all residents of Newfoundland and Labrador, such as the 911 service, Kids Help Line, Mental Health Crisis Line, Sexual Assault Crisis Line and Services for Victims of Violence. Table 2 provides a listing of emergency related assets by community for the Port Saunders Area.

**Table 2: Emergency Related Community Assets**

<b>Emergency Asset</b>	<b>Community</b>
RGHC Emergency Department	Port Saunders
RGHC Ambulance Service	Port Saunders
Volunteer Fire Departments (7)	River of Ponds, Hawke’s Bay, Port Saunders, Port au Choix, Caster River North and South, Bartlett’s Harbour
Port au Choix Coast Guard Search and Rescue	Port au Choix
Canadian Rangers (Affiliated with the	Services the Port Saunders Area

Emergency Asset	Community
Canadian Forces) Based in Plum Point	
RCMP Port Saunders Detachment (services Daniels Harbour to New Ferolle)	Port Saunders
Community Trauma Response Team (Services Portland Creek to Bartlett’s Harbour)	Port Saunders (in development stage)
Provincial Emergency Programs and Services <ul style="list-style-type: none"> <li>• 911</li> <li>• Kids Help Line</li> <li>• Mental Health Crisis Line</li> <li>• Sexual Assault Crisis Line</li> <li>• Services for Victims of Violence</li> </ul>	Provincial

## Churches

There are many churches throughout the Port Saunders Area, with the most common denominations being Roman Catholic and Anglican. While churches have a strong presence in many communities it should be noted that several churches are used only for funerals and weddings as a result of outmigration, an aging population, and limited new members joining the church. Table 3 provides a listing of churches by community for the Port Saunders Area.

**Table 3: Churches**

Denomination	Church	Community
<i>Roman Catholic</i>	Sacred Heart	Bartlett’s Harbour
	St. Anne’s Chapel	Castor River North
	Our Lady of Angels	Castor River South
	St. Joseph’s	Port Saunders
	St. Theresa’s	Port au Choix
<i>Anglican</i>	Holy Innocents Anglican Church	Hawkes Bay
	St. Peters	River of Ponds
	St. Thomas Beckett	Port au Choix
	St. John the Divine	Port Saunders
<i>Pentecostal</i>	Bethel Pentecostal Tabernacle	Hawkes Bay
	Good Tidings Pentecostal Church	Port Saunders

Denomination	Church	Community
	Trinity Pentecostal Church	River of Ponds

## Education

There is one Kindergarten (K) to 12 school located in the Port Saunders area with students from River of Ponds to Eddies Cove; students who live in Castor River South to Bartlett’s Harbour attend Viking Trail Academy a K to 12 school in Plum Point which is outside the Western Region (Port Saunders Area). There is a school health nurse assigned to all schools within the Western Region. Table 4 provides a listing of Schools by community for the Port Saunders Area.

**Table 4: Schools**

School	Type	Community
French Shore Academy (River of Ponds to Eddies Cove)	K to 12 School	Port Saunders
Viking Trail Academy <sup>1</sup> (Castor River South to Bartlett’s Harbour)	K to 12 School	Plum Point

## Early Learning and Childcare

The Port Saunders area, from River of Ponds north to Bartlett’s Harbour, is serviced by the Kids First Family Resource Centre located in Port Saunders. There are three designated satellite sites; one located in Port au Choix, Hawkes Bay, and Castor River. There are no formal regulated child care centers in the Port Saunders area; however there are unregulated family home child care services throughout the area. Table 5 provides a listing of early learning and childcare assets by community for the Port Saunders Area.

**Table 5: Early Learning and Childcare Assets**

Early Learning and Childcare	Community
Kids First Family Resource Center	Port Saunders
Kids First Family Resource Center (Satellite)	Port au Choix
Kids First Family Resource Center (Satellite)	Castor River
Kids First Family Resource Center (Satellite)	Hawkes Bay

<sup>1</sup> VTA is located outside of Western Health’s geographic boundaries, however children and youth who live in the more northern part of our region attend this school, thus it services our area. It should be noted however that the school health nurse connected to VTA works for Labrador-Grenfell Health.

<b>Early Learning and Childcare</b>	<b>Community</b>
Unregulated Family Home Child Care <sup>2</sup>	Several throughout the Port Saunders Area

## Community and Volunteer Organizations-Committees

The Port Saunders area has a vast geography that is entirely rural and thus many of the programs and services provided to the area such as town councils, fire departments, recreation committees, social clubs, sports/recreation programs, youth groups, seniors clubs, etc. are supported solely by community volunteers. Table 6 provides a listing of community and volunteer organizations by community for the Port Saunders Area.

**Table 6: Community/Volunteer Organizations and Committees**

<b>Community and Volunteer Organization/Committee</b>	<b>Community</b>
Lions Club	Port au Choix
Lioness Club	Port au Choix
Knights of Columbus	Port Saunders
Northwest Trackers Snowmobile Club	Port Saunders
RGHC Hospital Gift Shop Committee	Port Saunders
St. Anne's Guild/Parish Council	Port Saunders
Roman Catholic Guild/Parish Council	Port au Choix
Anglican Parish Council (services the Port Saunders Area)	Hawkes Bay
Anglican Church Women (ACW) (2)	River of Ponds, Hawkes Bay
Anglican Church Vestry Group (4)	Port Saunders, Port au Choix, Hawkes Bay, River of Ponds
Pentecostal Women's Ministry (3)	River of Ponds, Hawkes Bay, Port Saunders
Pentecostal Youth Group/Kids Club (4)	Port Saunders (2), Hawkes Bay, River of Ponds
Food Bank	Port Saunders
Seniors Clubs (4)	Port Saunders, Port au Choix, Hawkes Bay, Reefs Harbour (covers Castor River to Bartlett's Harbour area)

<sup>2</sup> In NL a person can provide family home child care without a provincial licence. This individual is legally obligated to care for only four children at any given time, including their own children under the age of 13 years.  
[http://www.ed.gov.nl.ca/edu/family/childcare/pdf/Unregulated\\_Family\\_Home\\_Child\\_Care\\_Fact\\_Sheet2017.pdf](http://www.ed.gov.nl.ca/edu/family/childcare/pdf/Unregulated_Family_Home_Child_Care_Fact_Sheet2017.pdf)



<b>Community and Volunteer Organization/Committee</b>	<b>Community</b>
St. Barbe Central Manor Board	Port Saunders
Firettes (2)	Port Saunders, Port au Choix
Conservation and Heritage Committees (1)	Port au Choix
Police Youth Advisory Committee	Port Saunders
Northern Youth Justice Committee	Port Saunders
Community Development Cooperation	Hawkes Bay
Community Advisory Committee (services entire Port Saunders Area)	Port Saunders
Committee for Health Communities (services entire Port Saunders Area)	Port Saunders
Women's Wellness Committee	River of Ponds, Bartlett's Harbour
Norpen Aboriginal Women's Group	Port Saunders
Library Board	Port Saunders
Regional War Memorial Site Committee	Port Saunders
Waste Disposal Management Committee	Hawkes Bay
Recreation Committees	See Recreation and Leisure Organizations/Committees section

## **Public Facilities and Services**

The Port Saunders Area is known for its fishing and forestry industry. The tri-town area (Port au Choix-Port Saunders-Hawkes Bay) is a major service center for the central area of the Northern Peninsula. Services and amenities vary greatly throughout the area with the bulk of services located in the tri-town area. There are a number of services geared toward tourism as well as a variety of amenities such as restaurants, cafes, bakeries, retail and department stores, furniture stores, hardware stores, financial institutions, etc. There are three grocery stores in the area however there are no larger supermarkets. There are also a number of general merchandise stores throughout the area that sell a wide variety of food/grocery items in addition to other items such as hardware, household items and items for general everyday needs. Table 7 provides a listing of Public Facilities by community for the Port Saunders Area.

**Table 7: Public Facilities and Services**

<b>Public Facility</b>	<b>Community</b>
Parks Canada	Port au Choix
Advanced Education, Skills and Labour	Port Saunders
Motor Registration	Port Saunders
Department of Transportation and Works	Port Saunders
Post Office (several)	Throughout the Port Saunders Area
Department of Justice and Public Safety (Services include: Adult Corrections, Victim Services, fish and wildlife enforcement)	Port Saunders
Department of Fisheries and Oceans	Port au Choix
Department of Fisheries and Aquaculture (2)	Port Saunders, Port au Choix
Department of Fisheries and Land Resources	Port Saunders
Tourism, Culture, Industry and Innovation	Port Saunders
Service Canada Center (1 day a month)	Port Saunders
Funeral Home Services (2)	Port au Choix, service outreach from Deer Lake
NL Court House (Provincial Court on Rotation)	Port au Choix
Harbour Authority (5)	River of Ponds, Port Saunders, Port au Choix, Castor River North, Bartlett's Harbour
Fish Plant/Processors/Buyers (7)	Port au Choix (3), Port Saunders (2), River of Ponds (2)
The Women's Institute	Port au Choix
Local Service District (1)	Bartlett's Harbour
Town Council Offices (4)	River of Ponds, Hawkes Bay, Port Saunders, Port au Choix,
Public Library's (1)	Port Saunders
Community Access Program (Public Internet Access) through Libraries (1)	Port Saunders
Museums and Heritage Facilities (3)	Hawkes Bay, Port au Choix (2)
Salmon Interpretation Center	Hawkes Bay

Public Facility	Community
Gas Stations and Convenience Stores <sup>3</sup> (5)	River of Ponds, Hawkes Bay, Port Saunders, Port au Choix, Viking 430
Grocery Stores <sup>4</sup> (3)	Port Saunders, Port au Choix (2)
General Merchandise Stores <sup>5</sup> (6)	Hawkes Bay, Port au Choix, Port Saunders, River of Ponds (2), Bartlett's Harbour
Department Store	Port au Choix
Hardware/Building Supply Store (3)	Port Saunders, Port au Choix, Hawkes Bay
Furniture Store	Port au Choix
Banks/Financial Institutions (2)	Port Saunders, Port au Choix
Equipment Rental	Hawkes Bay
Automotive Sales (GMC retailer)	Hawkes Bay
Garage/Auto Body Shops (5)	Hawkes Bay (3), Port Saunders, Port au Choix
Marine Repair Services/Dry Dock (2)	Port Saunders, Port au Choix
Construction Services/Contractors (several)	Throughout the Port Saunders Area
Northern Meat Shop	Hawkes Bay
Self-Storage	Hawkes Bay
Accommodations: Apartments, Affordable Housing (Several)	Port Saunders, Port au Choix, River of Ponds
Restaurants/Take-outs/Cafes (Several)	Throughout the Port Saunders Area
Recycling Depot	Port au Choix
Courier Services (Several) – based outside the Port Saunders Area	Throughout the Port Saunders Area
Taxi Service	Port Saunders (services entire area)
Bus Service (travels to Corner Brook 3 days a week – Monday, Wednesday and Friday)	Services the Port Saunders Area (Based out of Englee)
Tour Guides and Outfitters (Several)	Throughout the Port Saunders Area

<sup>3</sup> A **Convenience Store** is an establishment primarily engaged in retailing a limited line of convenience items that generally include milk, bread, soft drinks, snacks, tobacco products, newspapers and magazines. These establishments may retail a limited line of canned goods, dairy products, household paper and cleaning products, as well as alcoholic beverages ( <https://www.ic.gc.ca/app/scr/app/cis/summary-sommaire/44512>)

<sup>4</sup> A **Grocery Store** is defined as an industry group comprised of establishments primarily engaged in retailing a general line of food products. ( <https://www.ic.gc.ca/app/scr/app/cis/summary-sommaire/4451>)

<sup>5</sup> A **General Merchandise Store** is an establishment primarily engaged in retailing a general line of merchandise that may, or many not, include a general line of grocery items. (<https://www.ic.gc.ca/app/scr/app/cis/summary-sommaire/452>)

## Recreation and Leisure Spaces and Facilities

Port au Choix is a National Historic Site providing multiple opportunities for tourism and tourism related activities. There is a regional Sports Complex (Stadium) located in Port au Choix, as well as a variety of other recreational spaces throughout the Port Saunders Area. Most communities have access to a playground, soccer field, community or church hall, and hiking/walking trails. Table 8 provides a listing of recreation and leisure facilities by community for the Port Saunders Area.

**Table 8: Recreation and Leisure Facilities**

Recreation and Leisure Facility	Community
Community Hall/Town Hall (4)	Port Saunders, Port au Choix, Castor River South, Viking 430
Church Hall (6)	River of Ponds (2), Port Saunders, Port au Choix, Hawkes Bay, Bartlett's Harbour
Twin Town Sports Complex Stadium	Port au Choix
Playgrounds (several)	Throughout the Port Saunders Area
Ball/Soccer fields (several)	Throughout the Port Saunders Area
Walking/Hiking Trails (several)	Throughout the Port Saunders Area
Campgrounds (3)	River of Ponds, Port au Choix, Hawkes Bay

## Recreation and Leisure Organizations

Access to recreation programs vary throughout the area, with the majority of programs being offered in Port Saunders and Port au Choix. During the school year there are many opportunities for children and youth to participate in afterschool programs, a variety of sports teams, and other recreation programs such as Girl Guides, Scouts, and Cadets. During the winter months there is opportunity to participate in hockey (Minor Hockey and an Adult Recreation League). Many community groups support a variety of community social and recreational activities such as Bingo, Darts, and Sewing groups, etc. Table 9 provides a listing of recreation and leisure organizations by community for the Port Saunders Area.

**Table 9: Recreation and Leisure Organizations**

<b>Recreation and Leisure Organizations</b>	<b>Community</b>
Twin Towns Regional Stadium Board	Joint Port Saunders-Port au Choix
Recreation Committees (3)	Port Saunders, Port au Choix, Bartlett's Harbour
Minor Hockey Association	Port au Choix Region
Recreation Hockey (Adults)	Port au Choix
Dart Leagues (Several)	Throughout the Port Saunders Area
Bingo (2)	River of Ponds, Port au Choix
School Volleyball team	Port Saunders
School Badminton team	Port Saunders
School Soft Ball team	Port Saunders
After school programs (Several)	Port Saunders
Girl Guides	Port au Choix
Scouts	Port Saunders
Air Cadets	Port Saunders
Northern Threads Quilt Guild	Port Saunders
Sewing Group	Port au Choix
Norpen Aboriginal Drumming Group	Port Saunders

## Other

Other community assets include community based initiatives like festivals, carnivals, and community/family fun days. These festivals are often supported and organized by town councils, community groups, and volunteers, and create an engaging community environment. Table 10 provides a listing other assets by community for the Port Saunders Area.

**Table 10: Other Community Assets**

<b>Other Assets</b>	<b>Community</b>
<i>Festivals, Carnivals, Fun Days</i>	
Winter Carnival (3)	Port Saunders, Port au Choix, River of Ponds
Canada Day Parades and Events (July)	Port Saunders, Port au Choix, Hawkes Bay

Other Assets	Community
Fall Fair (Oct/Nov.)	Port Saunders, Hawkes Bay
Summer Fest (Aug)	Port Saunders

## Conclusion

The Port Saunders Area includes 9 rural communities from River of Ponds north to Bartlett’s Harbour and spans 76 kms along the coastline of the Northern Peninsula. There are a variety of primary health care and emergency services scattered throughout the Port Saunders region, with the hub for most of the services being Port Saunders. The Port Saunders Area includes a Health Center, as well as community based health services such as a family physician clinic, two pharmacies, and several services delivered via traveling clinics, service outreach and telehealth. While there are not many support groups in the area (Regional Alzheimer’s Support Group and a Breastfeeding Support Group), there are a number of Provincial programs and services that are available to the area such as the Health Line, Smokers Help Line, Gambling Health Line, Planned Parenthood Sexual Health Center, Bridge the Gapp and Strongest Families. In regards to emergency related community assets there are a number of volunteer fire departments throughout the area, as well as RCMP, Ambulance Services, and Search and Rescue which are more centrally located in Port Saunders. There are also Provincial programs and services available to the area such as 911, Kids Help Line, the Mental Health Crisis Line, Sexual Assault Line, and Services for Victims of Violence.

While the Port Saunders Area has one (kindergarten to Grade 12) school, children residing in the more northern communities (Castor River South, north to Bartlett’s Harbour) attend school in Plum Point, which is outside the Western Health Region. The Port Saunders Area has many different churches, a Family Resource Center with several satellite sites, and multiple community volunteer organizations and committees. Many of the programs and services provided to the area such as town councils, fire departments, recreation committees, seniors clubs, sports and recreation programs, youth groups, social clubs, etc. are supported by community volunteers.

Much of the industry in the Port Saunders Area has its roots in Fishing and Forestry, with the tri-town area (Port au Choix-Port Saunders-Hawkes Bay) acting as a major service center for the central area of the Northern Peninsula providing access to financial institutions, grocery stores, restaurants, general retail stores, convenience stores, hardware and supply stores, etc. There are a variety of recreation spaces throughout the area and most communities have access to a playground, soccer field, community or church hall. Access to recreation programming varies from community to community, with much of the programming happening in Port Saunders and Port au Choix (Youth Sports Teams, Hockey, Girl Guides, Scouts, Cadets, etc.). There is a

regional Sports Complex Arena open from late-October to early April which supports programming for all ages during the winter months.

While the Port Saunders Area may not have access to the variety of amenities seen in more urban areas (e.g. Malls, Multipurpose Recreation Centers, YMCA's, big box stores, etc.) there are many health and community services available in the area, or to the area by way of traveling clinics or service outreach. There is a large volunteer base in the Port Saunders Area committed to supporting community based programs and initiatives in an effort to improve the overall health and well-being of their community.