



Canadian
Red Cross

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Financially Assisted Social Prescribing (FASP) Quarterly Newsletter

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Year 1, Issue 1

What is FASP?

The Canadian Red Cross has been collaborating with the [Greater Hamilton Health Network](#) to develop Financially Assisted Social Prescribing (FASP), an innovative approach to bring social prescribing to community organizations providing support to citizens residing in Municipal wards 2, 3, and 4 in Hamilton, Ontario. The goal of the initiative is to increase health equity and informed care and services in the Hamilton region by bringing the health and social sectors together. On September 16, 2024, the FASP initiative was officially launched accompanied by a community engagement campaign in Hamilton's downtown wards 2, 3, and 4.

Our Results so far:

251

Total Organizations in
Social Prescribing
Service Inventory

934

Total Emails Sent to
Potential Collaborators

70

Total Hours of
Volunteering

30

Total Hours of Community
Meetings & Consultation

Community Service Collective Meeting

The Social Prescribing Community Service Collective is comprised of organizations serving clients in Hamilton Municipal wards 2, 3, and 4. Together they are able to network, co-develop a shared vision of what social prescribing could look like for them, and apply for the first Canadian Red Cross Society Community Health grant.

Twenty organizations (and growing) spanning both community and health care sectors,

joined the first meeting at the Workers Arts and Heritage Centre in Hamilton on October 30. At this first meeting, members learned about social prescribing from expert knowledge, shared common barriers they face in community, identified opportunities to collaborate across sectors, and learned about the possibilities that FASP holds for their clients. These meetings will take place monthly and will lead to a connected social prescribing network that all have a common understanding of social prescribing. Members of the Collective will also be the first recipients of the first Canadian Red Cross Community Health Grant coming in early 2025.



Le-Tien (Community Health and Knowledge Coordinator) presenting to the Community Service Collective

Welcome to the following organizations:



Volunteer Spotlight:

GEORGE SARGIOUS

We are excited to shine a light on George Sargious (He/Him), a member of the Social Prescribing Community Liaison volunteer team within the FASP project. George's enthusiasm and initiative has made a significant impact since he began volunteering with the Canadian Red Cross Society this past Summer.

George is a newcomer to Canada and as a previous Anesthesiologist, has seen the benefits of connecting healthcare to community first-hand. George connects deeply to the values of social prescribing, and his commitment to community engagement is truly commendable. No matter his role, he eagerly takes on new challenges and goes above and beyond in his duties. To date, George has supported with

community outreach along the Barton Street corridor in Hamilton (photo above), one of the City's highest need areas, to help build an inventory of social prescribing services that will be used to better connect health and community together. George also regularly attends public meetings in support of gathering information to further the FASP project, like those organized by the [Hamilton Roundtable for Poverty Reduction](#), and shares what he learns with the volunteer team. George has also been someone that the FASP team can rely on to complete a thorough search to support the inventory, as well as pick up extra tasks that need completing.



Photo of FASP Team on Barton Street conducting community outreach: (Left to Right) George Sargious (volunteer), Sara Alzedawy (Project Assistant), Leah Fuller (Community Engagement Coordinator)

George's efforts have also set a wonderful example for his daughters. Recently, volunteering has become a family affair for the Sargious family. His daughters, Holy and Joy, have joined the FASP volunteer team, turning their volunteer work into a meaningful family activity. Together, they embody the true spirit of Voluntary Service, making a real difference in the lives of many. We are proud to acknowledge George as part of the Canadian Red Cross Volunteer team, a network of 14,000+ individuals spanning across Canada. We are grateful for the positive impact he and his family have had on the community. George's story is a testament to the power of volunteerism and the incredible things that can be achieved when we come together to help others. Thank you, George!



Click the images to enlarge

FASP Team Building

The first FASP team building session was held last month from October 15-17 at the Canadian Red Cross Society's Ancaster office. It was a blend of collaboration and productivity. We kicked off with engaging activities that strengthened our bond and set a positive tone for the event. Throughout the week, we shared presentations based on our individual work, fostering a deeper understanding of each other's contributions and sparking innovative ideas.

One of the highlights was listening to the Canadian Red Cross Society's Ontario town hall, a meeting that connects all teams across Ontario. The town hall provided the team with valuable updates and a unified vision for the future. It also provided an opportune moment to officially kick-off the FASP project to our colleagues across the Province.

The main focus of the week was formulating the FASP logic model. A logic model is a visual illustration of a program's resources, activities and expected outcomes.

FASP is a three-phased project and will have three evaluation plans led by an internal specialist supported by the Pan-Canadian Measurement, Evaluation and Learning department of the Canadian Red Cross Society. The logic model workshop is the beginning of the evaluation planning for FASP.

Overall, the first team building session was a success, leaving everyone energized and more connected as a team, ready to tackle the challenges ahead.

Get Involved

If you would like this newsletter translated to French or are interested in knowing how you can get involved by joining as Advisory Committee Member, Community Collective Member, Working Group Member, or Volunteer, please contact us:

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