

SUCCESS AND THE FUTURE

There is no comparable health promotion service at the work place available elsewhere in Canada.

This program has been very successful to date. In 1988, the project visited 8 work sites in which approximately 1,000 women were participating in the lunch time presentations and 300 women visiting the unit's doctor. In 1989, the project has visited 12 sites so far, with approximately 1,200 women participating in the presentations and 184 women visiting the clinic.

With the help and consent of concerned employee and factory management, the use of the Mobile Medical Unit and the "Health Care in the Work Place" program will continue to be a success.



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FOR MORE INFORMATION

The Immigrant Women's Health Centre
367-1388

MOBILE

HEALTH

UNIT

"Take a Ride with Us to Good Health"



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A TRAVELLING CLINIC

The Mobile Medical Unit Project is an extension of services offered by the Immigrant Women's Health Centre.

The Mobile Health Unit travels around Metropolitan Toronto and will be near or at your work place if required.

Information and resources on cancer prevention, Family Planning and other related women's issues are provided through group presentations at the work place during the womens' lunch break. Afterwards, interested women can visit the unit to pick up additional educational material, receive counselling in their own language and be examined by a woman doctor.

THE NEED

The purpose of the Mobile Medical Unit is to create a convenient way to reach those parts of the population that usually do not have easy access to health care facilities and information.

One of these sectors of the population is immigrant women who work outside of the home. They belong to the Black, West Indian, Italian, Chinese, Portuguese, Vietnamese and Spanish communities.

Many immigrant women are employed in the textile industry or other factories where conditions of employment and family responsibility make it hard for them to use health care services until a time of crisis.

When the immigrant woman does decide to see a doctor, she must miss at least half a day of work. This results in a loss for both her and her employer.



THE HEALTH IN THE WORK PLACE PROGRAM

There are presentations on topics such as:

- *family planning*
- *cancer prevention*
- *gynecological problems*
- *stress*
- *nutrition*
- *family violence*

Following the presentation, a 28 foot mobile clinic, staffed with a female doctor comes to the work site and interested employees can have a check, breast examination and/or private counselling on family planning or general health problems and referrals to social agencies.

There is no disruption of work schedule and the only commitment on the company's part is a minimum of 20 minutes of paid time to allow those women who wish, to visit the clinic.

The "Health Care in the Work Place" program provides female workers with group presentations and printed materials promoting reproductive and preventive health care, identification of health problems and referrals to family doctors and/or other agencies. These seminars take place during lunch breaks and are conducted by health counsellors who speak the language of the workers.

THE WORKSHOPS

The program consists of a series of workshops, approximately 2 to 3 weeks long, in a relaxed atmosphere and in the languages offered by the centre. Open discussion of personal experience are encouraged on topics such as:

- *sexuality*
- *stress & nutrition*
- *well-being & fitness*
- *birth control*
- *menopause*
- *pregnancy*
- *gynecological problems*
- *breast & cervical cancer prevention*
- *AIDS and other sexually transmitted diseases*