



Health Matters Newsletter January 19, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research –
- Have Your Say Poverty Reduction Community Meeting
- Canadian 24 Hour Movement Guidelines for the Early Years
- Ladysmith Coldest Night of the Year

Soon there will be warmer spring days for hiking ahead!



Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **February 1, 4:30-6:30** CVRD Committee Room 2
- ✓ Next Our Cowichan Network Meeting at **March 8 Ramada Silver Bridge**. Light dinner at 5:15 pm
Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** February 18, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** February 15, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **VIU Opioid Dialogue-** February 14 1:30 pm- 3:00 pm in Lecture Hall

Local Data and or Research-

Have your say: join us for a community meeting on poverty in Duncan

A community meeting for B.C.'s first Poverty Reduction Strategy will take place in Duncan on Tuesday, January 30 at the Ramada Duncan from 5:30 p.m. to 8:30 p.m.

You are invited to come and talk about how to reduce poverty in the province. Your ideas will help inform B.C.'s Poverty Reduction Strategy.

We want to know: What are the issues facing you and people in poverty right now? What would work to help you and people out of poverty?

A hot meal will be provided. Supports are available for you to participate in the community meeting, including transportation, child care, and health supports .If you require any supports to participate, please send your email to Duncan_Poverty_Meeting@sparc.bc.ca or call Jayd at [604-718-7745](tel:604-718-7745).

Learn more about the B.C. Poverty Reduction Strategy and find other ways to share your ideas by visiting: <https://engage.gov.bc.ca/bcpovertyreduction/>

<https://www.eventbrite.ca/e/community-meeting-on-poverty-reduction-duncan-bc-tickets-41974422628>

Canadian 24-hour movement guidelines for the Early Years

[ParticiP ACTION](#) has available a downloadable 24-hour movement guideline for the early years. The targeted guidelines focus on three core areas of 'move', 'sleep', and 'sit', and targets three distinct age ranges of less than 1 year, toddlers (1-2 years), and preschoolers (3-4 years).

Screen time is discouraged for this age group.

Download the guidelines [here](#).

Ladysmith Coldest Night of the Year

A warm "hello"!

The Ladysmith Resources Centre Association (LRCA) is excited to be hosting the "**Coldest Night of the Year**", a super-fun, family-friendly walk in support of *hungry, homeless and hurting* individuals in our community. Our fundraising walk is set for **Saturday, Feb 24th** in Ladysmith, B.C.

LRCA is a non-profit charity with a BIG mission: A purposeful direction to "enrich the lives of people in our community through advocacy, programs and partnerships". We have been working hard to enhance our partnerships and highlight the many *free* services we provide to the most vulnerable populations in our community.

At the Resources Centre we work to reduce the burden of poverty with many programs such as the Food Bank, Soup Kitchen, Extreme Weather Shelter, Christmas Cheer Hampers and Coats for Folks.

We hope you will join us on **February 24th** by registering individually or as a team to collect pledges and walk with us... proudly showing the community spirit that Ladysmith is famous for. Or volunteer at the event, we'll need lots of help!

To register Yourself or as a team, please visit <https://canada.cnoy.org/register>. Registration is open! And we need you!

Your pledges will help to support and operate our main programs which provide essential services, including:

- © **Food Bank** - approximately 300 people per week access the Food Bank, 41% who are children.
- © **Soup Kitchen** – In 2017, 17 volunteers donated 1895 hours of time and served 1482 meals; 17% were children
- © **Extreme Weather Response Shelter** – In November and December 2017, we were open for 45 nights and served 119 guests
- © **Christmas Cheer Hampers** – In December we delivered Christmas Cheer to over 145 homes
- © **Early Years Programs** (Born Healthy, Adventures in Early Literacy, Mother Goose and Dad's Drop-In)
- © **Family and Youth Support Services**; including the Triple P (Positive Parenting Program)
- © **Seniors Advocacy**; including medical transportation, peer-to-peer support and outreach to over 1200 Seniors
- © **Volunteer Counselling** – regularly serving over 30 clients
- © **Victim Services** operates 24/7, serving 173 new clients

We look forward to walking together for our community on Feb 24th!

For more information, call 250.245.3079 or email: info@lrca.ca

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

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