



## Health Matters Newsletter July 6, 2018

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Attainable Housing Survey- complete by July 31
- Free Fun Family Literacy Day (poster attached)
- St. Catharines: Creating a City-Wide Movement of Compassion
- BC Child Care Grants and RESP revisions Open



Happiness is "beach daisies"

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- September 6, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at July 12 Ramada Silver Bridge** Light dinner at 5:15 pm  
Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** September 20, 9 am-11am Meeting Room 213 at the CVRD
  - **EPIC-Community Steering Committee** September 20, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
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## Local Data and or Research- Attainable Housing Survey

This year, Cowichan Housing Association is leading the development of an Attainable Housing Strategy. For more information on this project, please see <http://www.cowichanhousing.com/affordable-housing.html>.

As part of the process, we are reaching out to community members to ask for your input into housing needs. Below is a link to an online survey that will be active until July 31, 2018. It should take about five minutes, and we would very much appreciate your input!

<http://bit.ly/CowichanAttainableHousingStrategySurvey>

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## FREE

### Fun Family Literacy Day- Activities for the whole family- attached

Wednesday July 25- 3 pm to 6 pm at Island Savings Centre – The more you play- the more you can win great prizes.

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## St. Catharines: Creating a City-Wide Movement of Compassion

Posted on July 3, 2018

By [Sylvia Cheuy](#)

St. Catharines Ontario is championing a movement to make their city one where all residents have an opportunity – and responsibility – to make their community vibrant, prosperous and compassionate.



Walter Sendzik, Mayor of St. Catharines is a driving force behind his city's initiative. Compassion, he says is "a philosophy of care plus action" which is brought to life through the day-to-day actions of organizations as well as residents of all ages. This focused effort to intentionally foster a culture of compassion is the first ever city-wide effort of its kind in Canada.

Mayor Sendzik's idea for the Compassionate City Initiative was inspired by meetings and conversations with the community as well as from attending Tamarack's poverty reduction conferences. Compassion, he believes, begins as a lens through which you look at your community. It's a choice to consider the situations you observe daily from a place of caring rather than simply indifference, frustration, anger or blame. He describes a compassionate city as "one in which no one is left behind, no one is standing outside of the circle. We're all inside the circle, no one's invisible, we see everybody, it's about the wealth of our community being defined by the health and well-being of everybody." The initiative also focuses on policies where the city can have a direct impact, especially transit and affordable housing.

The St. Catharines [Compassionate City Initiative](#) features three inter-related areas of focus:

- **An Invitation to Sign the Compassionate STC Charter** – This is an endorsement, a call to action and an opportunity to join part of the growing movement of residents and organizations who have pledged their support to make the city’s commitment to compassion a reality. Some ideas for how people can put care into action include:
  - Shopping and eating locally
  - Promoting favourite local businesses
  - Coaching, mentoring and/or volunteering; and
  - Becoming involved on neighbourhood committees or contributing to other local events
- **Profiles of Compassion in Action** – The profiling of Compassion in Action begins by outlining several of the ways the municipality is committed to “walking its talk.” This includes: an emphasis on training and development for city staff that raises their awareness, understanding and effectiveness in acting with compassion; significant commitments to enhance public transit and affordable housing.
- **A Place to Share Stories of Compassion** – Here you will find inspiring stories from residents of all ages sharing how they have taken up the challenge of “care plus action” and are contributing to bring the spirit of St Catharines Compassionate City Initiative to life.

Steve Boese, a St. Catharines resident and champion of the Compassionate City initiative, believes that compassion can be shown in little ways, “saying hello, hold the door for someone; including someone into your group” together these small things can make a big difference. Another community champion, Jessica Potts, puts it this way, “I hope this project is met with open minds and hearts and encourages everyone to think about how compassion has touched them, and how we can all be more inclusive and supportive in our day-to-day lives and interactions. Just a smile and a hello can make a difference.”

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## BC Child Care Grant Applications Open

The Government of BC has two child care grant applications open. For both grants, funding is subject to approval and availability of funds and applications are accepted on a rolling basis.

The [Child Care BC Maintenance Fund grant](#) is available to support eligible organizations to address emergencies, make necessary repairs, and/or replace equipment for their operations. Eligible organizations include non-profit licensed Group child care providers (\$10,000 maximum per fiscal year), private licensed group child care providers (\$5,000 maximum per year), and licensed personal residences (\$2,000 maximum per year)

The [Start-Up Grants For the Creation of Licensed Family and In-Home Multi-Age Child Care](#) invites applications from eligible individuals interested in creating new licensed Family and In-Home Multi-Age Child Care spaces in B.C. communities. Start-up grants will be subject to availability of dollars within the budget, set at \$750,000 per year over the next three years.

## B.C. Training and Education Savings Grant

The Government of BC is contributing \$1,200 to eligible children through the [BC Training and Education Savings Grant](#) in order to help parents start saving early for their children's post-secondary education or training programs. The grant is available for BC residents with a child born in 2006 or later and is the beneficiary of a Registered Education Savings Plan (RESP) with a participating financial institution. Some financial institutions do not require you to make a contribution to open this account.

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

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

**Health Matters Newsletter**