



Health Matters Newsletter March 21, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- Everyone Should Have a Home – presenting the Plan
- Participation Build your Best Day
- Elders Gathering
- Setting the Stage for Lifelong Healthy Behaviours
- BC Coalition to End Youth Homelessness Looking for Members



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** **April 5 1, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** at **April 12 Ramada Silver Bridge** Light dinner at 5:15 pm
Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** April 19, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** April 19, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Lake Cowichan Opioid Dialogue-** April 19 6:30 pm Lake Cowichan High School Theatre
- **Everyone Should Have a Home-** the Plan April 10 6:00 pm-8:00 pm Ramada Silver Bridge

Local Data and or Research- Don't miss the April OCCHN Meeting- Dr Shannon Waters will be there with the latest Local Health Area Data for our Region

Everyone Should Have a Home- Part 3 Presenting the Plan

April 10, 2018 @ Ramada Silver Bridge

6:00 pm-8:00 pm

Who Should Attend: Representatives from agencies working to address homelessness (funders, direct service providers, municipalities, RCMP, Island Health/other provincial ministries, school districts, etc).

Part 3 -Reporting Back on Progress and Introduction of the Plan

facilitated by Cameron Keller, Kaleidoscope Consulting

<http://www.vancouverexecutivecoaching.ca/about-cam/>

The federal government, through the Homelessness Partnering Strategy (HPS), has funded a 12-month planning project to bring local agencies together to develop a multi-year plan to address homelessness in our community. Cam Keller is the consultant hired to help facilitate our community in the creation of that plan.

“In November and December 2016 many organizations came together to explore the issue of homelessness in the Cowichan region. In March of 2017 We came back together to design the process for how to work together more effectively to address homelessness, and to build the foundations for a Community Plan.” Part 3 will include the presentation of the final draft of the Cowichan Homelessness Plan.

Parts 1 and 2 included:

- 1. History - What has gone on before today*
- 2. Current State - What we are facing today structure*
- 3. Future - What we want to see*
- 4. Moving us forward - Developing the structure*



FREE - RSVP required – email your attendance to

Melaina Patenaude ciocci@uwcvi.ca

ParticipACTION: Build Your Best Day

In 2016, the Canadian 24-Hour Movement Guidelines for Children and Youth were released. The first of their kind in the world, the guidelines outline what a healthy 24-hour period looks like for children and youth.

To bring the guidelines to life, **ParticipACTION** and their partners developed **BuildYourBestDay.com** - a fun, interactive and educational tool to help children and youth aged 5-17 and their parents learn about the Canadian 24-Hour Movement Guidelines.



The digital experience allows kids to choose from a variety of whimsical and real-life activities to build their best day and understand how much Sweating, Stepping, Sleeping and Sitting they need each day to be healthy.

To help parents, educators and others understand the value of the new guidelines, a resource toolkit was developed, which includes the following:

- Posters, printouts of icons, fact sheet, activity page, matching game, colouring sheet and certificate.

For more information, you can:

- Visit the **Build Your Best Day** website [here](#)
 - To view the **Resource Toolkit**, you can download them [here](#)
-

Elders Gathering in Cowichan Valley

needs volunteers

Upwards of 5,000 participants
expended to attend

- [SARAH SIMPSON](#)
- Mar. 19, 2018 6:00 a.m.

Cowichan Tribes is hosting the 42nd annual B.C. First Nations Elders Gathering at the Island Savings

Centre in Duncan from July 10 to July 12. The event could bring upwards of 5,000 participants, including 2,500 elders and their caregivers, to the territory.



This year's theme: "‘I tst ‘o’ hwun’ ‘I – (*We are Still Here*)," speaks to the resiliency of the Elders to still be present to rebuild, reconnect and revitalize their culture with future generations and work toward respectful harmonious relationships, explained coordinator Rozalee Daniels. The event will feature workshops, cultural demonstrations and chances for the Elders to make connections, to learn and to celebrate.

"This is an excellent opportunity for our community and neighbours to come together with Nuts’a’maat shqwaluwun – *One Heart, One Mind*, just like we did in 2008 for the North American Indigenous Games and Tribal Journeys," said Cowichan Tribes Chief William (Chip) Seymour. Ed and Juanita Elliott have been chosen to be the gathering's King and Queen.

"We are looking forward to welcoming family, friends and relatives," they said. But, to make the function a success, both participants and volunteers are needed. By visiting eldersgathering.ca would-be participants can register and volunteers can sign up to help out.

The early registration deadline is May 25. Interested individuals can contact Stella Johnny at 250-715-3333 or by email by volunteers@eldersgathering.ca

"This is an excellent opportunity for our community to come together with our neighbours in the spirit of celebration, reconciliation and partnership," Seymour said.

Setting the Stage for Lifelong Healthy Behaviours: An Overview of Appetite to Play webinar

Appetite to Play is a provincial initiative in B.C. that supports early years providers to promote healthy eating and physical activity in the early years (0-5 years). Physical activity and healthy eating in early childhood is important for healthy childhood development and setting the stage for lifelong healthy behaviours. Spend one hour with the Appetite to Play team to learn



about the initiative, the resources and tools available for early years providers, the available training, and how you can bring Appetite to Play to your community!

Webinar Details: April 24, 2018 12:00pm-1:00pm (PST)

[>>Register](#)

BC Coalition to End Youth Homelessness looking for members

The BC Coalition to End Youth Homelessness (BCCEYH) seeks members from all regions of BC to help develop and guide a provincial plan to end youth homelessness. The Coalition's mission is to develop a plan to end youth homelessness that will ensure every youth has access to safe housing and the supports needed to sustain it. BCCEYH is prioritizing expanding membership to underrepresented regions and communities: East and West Kootenays, Northeast BC, Northwest BC, and Rural and Indigenous communities.

[Access the BCCEYH Membership Call here.](#)

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

Health Matters Newsletter