



Health Matters Newsletter
April 20, 2022
Today's Health Matters Includes:

- OCCHN Meeting Schedule
- Community Meetings
- City of Duncan Draft OCP for Your Review
- Economic Development Cowichan and Internet and Connectivity Strategy
- Granting Opportunity for Children/Youth Mental Health via United Way
- Province Seeks Public Input on Supports for Children, Youth
- 2022 Sport for Life Canadian Summit comes to Victoria



Daylight hours extending in the evening provide a great opportunity for sunset strolls. Get out and enjoy!



- ✓ **Next Admin Committee Meeting** May 5- 4:00 pm zoom call
- ✓ **Next Our Cowichan Network Meeting** May 12 5:15 pm Via Zoom
- ✓ **Next EPIC Committee Meeting-** May 19, 2022, 1:30 pm-3:00 pm zoom call contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT –** April 28 2022, 10 am -noon contact Leah Vance leahlvance@gmail.com for access



Omicron Continues to Circulate Please GET Boosted



City of Duncan Releases Draft of Official Community Plan for Your Review

Since the beginning of 2021, the City of Duncan has been undertaking a comprehensive review and update of its Official Community Plan.

Following background and technical reviews and community engagement, a draft new Official Community Plan has now been prepared and is available for viewing on the City's website [here](#). The background report and engagement summary are available on [PlaceSpeak](#).

The City is inviting your organization to provide input and feedback on the draft document. If you wish to provide comments to the City, please do so no later than **Friday, June 3, 2022** by email at developmentsservices@duncan.ca or by mail to the address below.

If you have any questions, please do not hesitate to contact me.

Sincerely,

Kyle

Kyle Young
Manager of Planning



Economic Development Cowichan is undertaking an Internet and Cellular Connectivity Strategy for the region.

We have launched a regional engagement campaign around the project. Our goals for the engagement are to validate our understanding of the current state of connectivity in the region, and to uncover the community's vision for the future of connectivity that we can achieve collectively.

The primary engagement tools include a survey and virtual open house event. The survey is available online at planyourcowichan.ca/connect, and paper copies are available at CVRD, Ladysmith, and North Cowichan community and recreation centres.

The survey is open until April 30. The open house event will be held virtually on April 28 at 6:30pm, with [registration](#) through the Plan Your Cowichan website. We hope you will all participate in the open house and complete the survey!

We are also looking for your help to spread the word. Please share the campaign with your friends, family, neighbours and colleagues. Our marketing materials are linked below for easy sharing:

- Project Landing Page: <https://www.planyourcowichan.ca/connect>
- News Release: <https://www.cvrld.ca/DocumentCenter/View/103645/News-Release---Cowichan-Connectivity-Strategy>
- Social Media Posts:
 - Facebook: <https://www.facebook.com/mycvrd/posts/361447019342591>
 - Instagram: https://www.instagram.com/p/CcVxXcmpMLB/?utm_source=ig_web_copy_link
 - Twitter: <https://twitter.com/mycvrd/status/1514664975175987204>
 - LinkedIn: <https://www.linkedin.com/feed/update/urn:li:activity:6920425474896654336>

With your help, we can work towards a connected Cowichan where everyone has access to reliable, affordable high-speed internet and cellular service. Thank you!



Granting Opportunity for Children and Youth Mental Health (United Way)

We are now accepting applications for our 2022-2023 Community Investment grants in support of children and youth mental health.

Local Indigenous organizations, including First Nations, Metis and Inuit, and registered charities in the Central and Northern Vancouver Island region (CNVI), are encouraged to apply! Eligible organizations must be operating mental health programs and activities that promote adaptability, resiliency, communication skills, emotional regulation skills, problem-solving and optimism in children and youth. Thanks to the generous support of local donors, we will invest a total of \$250,000 into our CNVI community. This year, there are two funding streams: Children and Youth, as well as Indigenous Children and Youth, with each stream distributing \$125,000 through grants of a maximum of \$15,000.

Join us at an online information session to learn more about our 2022-2023 Community Investment grants. Together we will review the guidelines, the online process, and answer questions about this year's Community Investment grants.

April 25, 2022

1:00 to 2:00 pm

Information session

April 26, 2022

1:00 to 2:00 pm

Indigenous, including First Nations,
Metis and Inuit, information session

To register email fayokemio@uwbc.ca and identify which session you will attend.

If you are unable to attend an Information Session but have questions or require assistance to complete the application, please contact marycatherinew@uwbc.ca.

Apply now and learn more at uwcni.ca/grants



Province seeks public input on supports for children, youth

A survey about B. C.'s new service approach for children and youth with support needs is now open to the public.

[▶ READ MORE](#)



2022 Sport for Life Canadian Summit announces 10 host communities

Two days, 10 cities.

For the first time ever, the Sport for Life Canadian Summit will take place in multiple communities simultaneously. To optimize accessibility for communities throughout Canada, it will be a simultaneous, multi-community extravaganza that features both live, local content as well as virtual content that will connect all of the host communities in real time from May 11 to 12.

The annual Summit brings together leaders who work together to enhance the quality of sport and physical activity in Canada. The objective is to foster connection, understanding, creativity and progress among communities across Canada. We want to help build a more collaborative and resilient system where the sport, recreation, health and education sectors are aligned and working together, striving towards quality sport programming and physical literacy development that is equitably available to everyone.

To pull off this multifaceted cross-country endeavor, Sport for Life teamed up with partners in each host city. The venues will be:

Victoria – in partnership with [PISE \(Pacific Institute for Sport Excellence\)](#)

New Westminster – in partnership with [City of New West](#)

Prince George – in partnership with [Engage Sport North](#)

Edmonton – in partnership with [SPARC Alberta](#)

Winnipeg – in partnership with [Sport Manitoba](#)

Chatham-Kent – in partnership with [Chatham-Kent Public Health](#)

Peel – in partnership with [Play in Peel](#)

Ottawa – in partnership with [House of Sport](#)

Lanaudière – in partnership with [Réseau Accès Participation \(RAP\)](#)

Iqaluit – in partnership with [Government of Nunavut](#)

The theme of the Summit is *Reflect. Reconnect. Reimagine*. Each day of the Summit will focus on a specific stream that speaks to the overall theme. Day 1 will be Sport and Physical Activity for Everyone, and Day 2 will be Sport and Physical Activity for the Future.

National and community-specific content will connect to sectoral objectives, priorities and initiatives including but not limited to, Canadian Sport Policy renewal, safe sport, gender equity, the impact of sport and physical activity on social determinants of health, systemic racism and discrimination, community quality sport access, and sport for development, economic prosperity and sustainability in a post-pandemic world.

Here is our lineup of keynote presenters:

- **Dr. Ibram X. Kendi** — Director, Boston University Center for Antiracist Research; #1 New York Times bestselling author
- **Dorota Bumcyńska** — CEO of Manitoba Museum; Refugee Advocate
- **Glenn and Nick Hoag** — Father-son Olympic and Professional Volleyball Duo; Proponents of Long-Term Development
- **Aisha Saintiche** — Certified Health Coach; Keynote Speaker; Author

Additional up-to-date information on the Summit can be found on our website:

sportforlife.ca/summit

Have questions about the 2022 Summit? Contact Tyler Laing, Senior Manager of Communications at Sport for Life: tyler@sportforlife.ca.



Job Posting Front Desk Ts'its'uwatul Lelum

Please share this job posting with interested applicants!

Attached is the PDF version of the job posting, in case you want a virtual copy of it, as well as the URL here:

<https://makola.bamboohr.com/jobs/view.php?id=90>



Free Overdose Response Training and Nasal Naloxone- Health Canada/Saint John Ambulance

To Register for the Free online training sessions available weekly in April and May, click link below:

<https://calendly.com/oprt/opioid-poisoning-response-training?month=2022-02>

St John Ambulance's Opioid Poisoning Response Training Program (OPRT) provides a trauma-informed and de-stigmatized approach to opioid poisoning awareness. The program consists of a 90-minute course delivered in a virtual classroom, which includes information on: Stigma & Harm Reduction, How to respond to an opioid poisoning, How to administer nasal Naloxone, Self-Care after a Traumatic Event. Participants who complete the course will receive nasal naloxone to use in an emergency. Please note that attendees receive 2 kits with 2 Nasal Naloxone in each delivered by Fedex to their door

Health Matters Newsletter

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 Friday Newsletter