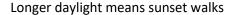


Health Matters Newsletter April 21, 2023 Today's Health Matters Includes:

- OCCHN Meeting Schedules
- Community Meetings
- Our Cowichan Small Grants are Here
- Incentive Project for Upcoming Our Health Our Community Survey
- Field Surveyor Opportunity for Our Health Our Community Survey
- Plan H BC Healthy Communities Grant
- Volunteer Cowichan Open House- Attached
- Brandi Morin Event- Attached
- Volunteer Cowichan Job Opportunities
- Cowichan Sportsplex Recreation Fair





Community Meetings

- ✓ Next Admin Committee Meeting May X, 2023
- ✓ Next Our Cowichan Network Meeting May 11, Ramada Silver Bridge 5:30 pm
- ✓ Next EPIC Committee Meeting- May 8, 2023, 10 am-11:30 pm in person Ts'its'uwatul Lelum
- ✓ **Cowichan CAT** April 27 2023, 10 am-12:00 contact Johanne Kemmler <u>Johanne.f.kemmler@gmail.com</u>

Our Health Our Community Survey – Community Incentive Application (Apply today!)

\$500 incentives for organizations willing to help Our Cowichan to promote the upcoming Our Health Our Community survey.

Is your organization interested in supporting Cowichan Valley community members to access and

complete the Our Health, Our Community survey?

The Our Health, Our Community survey aspires to recruit 4,500+ Cowichan Valley residents, ages 18 and older, to complete the survey. This high level of participation will help generate the quality data our region requires to inform community services, programs, and policies. However, we cannot do this alone. We need our regional partners' help to promote the survey and support community members to access and complete the survey. Together, we can make this project a success!

If this opportunity interests your organization, please complete and submit the online application by May 12, 2023. This fund is limited. Accordingly, not all submissions will be accepted. Those organizations selected to receive the incentive will be asked to sign a brief service agreement and, when the survey closes, to submit a short evaluation.

To complete the application form, <u>click here</u>.



To apply or for information:

- · www.ourcchn.ca/survey/incentive
- · vanessa@daether.ca

island health Cowichan

For more information on this project: https://www.ourcchn.ca/survey

Our Health Our Community Survey – We are Recruiting Field Surveyors

Are you, or someone in your network, looking for casual work this spring and summer? If so, consider becoming an Our Health, Our Community (OHOC) Field Surveyor.

Field Surveyors will host public outreach tables at regional events and facilities to share information on the OHOC survey and support residents of the Cowichan Valley to complete the survey.

For more information or to apply, please contact: vanessa@daether.ca. To learn more about the OHOC survey: https://www.ourcchn.ca/survey

Please circulate this opportunity within your networks.

Thank you, OHOC Team!



To inquire, please contact: vanessa@daether.ca





Cowichan Family Life IS MOVING!!

Effective May 1, 2023

New address: #102-481 TransCanada Hwy, Duncan, BC, V9L 3R7 (St. Julian's Plaza)

Phone: 250-748-8281

New address #102, 481 TransCanada Highway, Duncan
Access from TCH or off St. Julian Street



Plan H Healthy Communities Grant application deadline extended

The application deadline for the 2023 PlanH Healthy Communities Grants has been extended to May 15. This extension offers an opportunity for more communities to apply for and access funding to support initiatives that promote community connectedness and healthy public policy.

The grants, which are offered through two funding streams, Community Connectedness and Healthy Public Policy, provide financial support to eligible organizations seeking to make a positive impact in their communities. The Community Connectedness grant offers up to \$5,000 to fund projects that foster a sense of belonging and connection among community members. Examples of eligible projects include community events, workshops, and other initiatives that promote social interaction and build strong relationships.

The Healthy Public Policy grant offers up to \$15,000 to support initiatives that promote healthy policies that aim to create healthier environments, promote active living and support the overall well-being of community members.

The extension of the application deadline provides more time for eligible organizations to submit their proposals and access this valuable funding. The grant program is designed to support grassroots initiatives that can make a significant impact in promoting healthy communities across British Columbia. With the deadline extended, more organizations have the chance to make a difference in their communities and contribute to building healthier, more connected places to live.

BC Healthy Communities encourages all eligible organizations to take advantage of this extension and submit their proposals by May 15. Successful applicants will have the opportunity to bring their ideas to life and create meaningful change in their communities, contributing to a brighter, healthier future for all.



Job Postings Volunteer Cowichan

https://ca.indeed.com/cmp/Volunteer-Cowichan-1/jobs?jk=ff017374dea3dd20&start=0&clearPrefilter=1



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