



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



Longer daylight means sunset walks



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
Johanne.f.kemmler@gmail.com



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, [click here](#).

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

Our Health, Our Community
HEALTH & WELLNESS SURVEY

COMMUNITY INCENTIVE

\$500

The Our Health, Our Community (OHOC) survey team is excited to announce that we have funding to support registered non-profit and/or charitable organizations to:

- Support their clients or members to access and complete the online OHOC survey.
- Promote the survey through their networks.

Incentives are \$500 each.

To apply or for information:

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

island health Our Cowichan COMMUNITIES HEALTH NETWORK

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.ourchn.ca/survey>

Please circulate this opportunity within your networks.

Thank you,
OHOC Team!

Our Health, Our Community
HEALTH & WELLNESS SURVEY

We Are RECRUITING

Field Surveyors >>

Do you . . .

- Enjoy working with the public?
- Have strong communication skills?
- Have your own mode of transportation?
- Have time starting June 6, 2023?

Field Surveyors receive \$25/hour honourarium, gas allowance, and training.

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.

[Read More](#)



Job Postings Volunteer Cowichan

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

FREE!

**2ND ANNUAL
SPORT & RECREATION FAIR**
SATURDAY, MAY 13TH 11AM - 3PM

COWICHAN SPORTSPLEX

- ★ Hands-on opportunities to try locally offered sports and activities
- ★ All ages event - From kids to seniors!
- ★ Totally FREE for sport organizers and participants
- ★ A fun outdoor festival like environment
- ★ Prizes, food trucks, mascots and more!

**AMAZING!
FUN!**

COWICHAN SPORTSPLEX

Supported by the Province of British Columbia
You'll feel like family.

For more information please call 250-746-5666 or e-mail ed@cowichansportsplex.com

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