



**Health Matters Newsletter
December 16, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- When is the Last Time You Went Skating?
- Road Safety Improvement Granting Opportunity
- It's Cold Out There- Where you can Help?
- Drug Poisoning Advisories by Text Message- NEW Service
- Upcoming Funding Opportunities United Way
- Give the Gift of Life- Donate Blood
- Name it to Tame it Mental Wellness Support
- FNHA Handbook for Territorial Acknowledgements- Great Resource- Attached



Community Meetings

- ✓ **Next Admin Committee Meeting** January 5th- 4:00 pm In Person
- ✓ **Next Our Cowichan Network Meeting** January 12 Location to be determined – IN PERSON
- ✓ **Next EPIC Committee Meeting-** January 19, 2022, 1:30 pm-3:00 pm zoom call contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT – December 22, 2022, 11 am-12:30 Pot luck** contact Leah Vance leahlvance@gmail.com


**Omicron and the Flu Continues to Circulate
Please GET Boosted**

Vaccination Clinics are open again at the Cowichan Community Centre and local pharmacies for **Flu and COVID** Vaccines.



When is the last time you went skating? Now is your opportunity.

Sun, Dec 18, 3:30–5:30 p.m. The Fuller Lake Arena hosts a special Christmas light extravaganza. Join us for Christmas music, prizes, decorations and more! 2\$ per person, skate rentals are included! [Read more on Municipality of North Cowichan](#). Reach out to someone you love for an old fashioned winter skate!



Road Safety Improvement Granting Opportunity

The BC Vision Grant program has opened the Road Safety Grant Program. This is a grant opportunity for projects that improve road safety. It is open to local government, First Nations and other non-profit and advocacy groups so if there is a specific work that your network has identified or perhaps opportunities to partner with local/First Nation governments on projects, here is the opportunity.

The British Columbia Vision Zero in Road Safety Grant Program provides funding to allow organizations to make infrastructure changes and implement other projects that improve road safety.

Through this program, successful applicants receive funding for small projects that have short and long-term benefits for vulnerable road users (those who walk, cycle, or roll). Up to \$20,000 in funding is available per project. Innovative, technology-driven, proven, and/or low-cost measures that promote safety will be considered.

Deadline to apply: January 16, 2023

Award Term: April 1, 2023 – March 31, 2024 (12 months)

Who can apply?

- Local governments,
- Indigenous governments, and
- Non-governmental organizations (NGOs) including, but not limited to: School Districts, Parent Advisory Councils, road safety advocacy groups, Aboriginal Friendship Centres, and charitable organizations.

There are two funding streams:

- **Stream 1** funding is for the design and installation of low-cost road infrastructure improvements—temporary (pilot) or permanent—that increase the safety of vulnerable road users. It also includes other projects, such as policy changes or other proven or innovative initiatives.
- **Stream 2** projects are those identified by Indigenous communities. This stream may include infrastructure improvements like Stream #1. More importantly, Stream #2 ensures that Indigenous communities are able to set and direct their own road safety priorities. This aligns with the BC Government's commitment to meaningful and lasting reconciliation.

Important Dates

- Applications Open | November 1, 2022
- Application Closing Date | January 16, 2023
- Successful Applicants Notified & Awarded | February 2023
- Midpoint Evaluation Due | September 2023
- Final Evaluation Due | April 2024

Visit visionzerobc.ca to learn more about the program and how to apply.

For questions related to the application process and how to maximize the value of your proposed project idea, please contact the BC Injury Research and Prevention Unit (bcinjury@bcchr.ca) who will connect you with a local health authority grant lead.



Its Cold Out There

Without current additional extreme weather shelter options outreach teams and community members are supporting people who are unhoused directly on the streets. How can you help?

Donations and Supply drop off Options: Warm blankets, clothing, socks, gloves and toiletries are always in demand. Drop off locations include:

- House of Friendship
- Warmland Shelter
- Women's Shelter
- Life on Wheels (Sea Can on Canada Avenue across from Cowichan Independent Living- Tuesday's Wednesdays and Thursdays between 12 pm and 3 pm. Community members can access clothing, flashlights, small heaters and toiletries. Volunteers help to make connections to detox, treatment and community services



Drug Poisoning Advisories By Text Message- NEW Service

We are excited to announce the launch of a service that sends **drug-poisoning overdose advisories by text message** to subscribed community members. This allows individuals who are using substances, as well as their friends and families who enroll, to receive timely information to help inform their harm reduction strategies. Here is a link to the [News Release](#).

The initiative was developed and implemented by the BC Centre for Disease Control Harm Reduction Services, in collaboration with the Office of Virtual Health and community partners. This texting service is currently available in Fraser Health and Interior Health. As of December 15th it became available here in Island Health, and it will continue to be expanded to other regions of the province.

Community members can text **JOIN to 253787** to receive drug poisoning overdose advisories for select regions within Island Health. Harm Reduction teams will send region-specific or provincial drug poisoning overdose advisories to subscribers who will then receive these advisories by text.

The need for text-based public health advisories is driven by an increase in deaths due to the toxic illicit drug supply in B.C.

In 2021, there were 2,224 deaths due to the toxic illicit drug supply. This was the highest ever number of annual overdose deaths in B.C. since a public health emergency was declared in 2016, and a 26 per cent increase compared to 2020, which previously set the record.

Attached is wallet card and a poster that you can print off and post or distribute widely.

Warm regards,

Tracey Thompson (she/her) | Project Manager

Population and Public Health

Cell: 250.812.3253 | email: Tracey.Thompson@islandhealth.ca

Upcoming Funding Opportunities Via United Way

the Community Services Recovery Fund (COVID Recovery) is coming in January with the grant applications opening on January 6/23 and closing on Feb 21/23. Charitable organizations, Non-profits (with out charitable status) and First Nations can apply

We don't have a lot of detail yet but we know that organizations can apply to only one sector of either **investing in program service innovation and redesign** or **investing in organizational systems and processes** or **investing in people – staff, volunteers and boards** (the three streams will be available through United Way, Community Foundations and Red Cross). Grants can be from \$10,000 to \$200,000. Here is a link to preliminary info and FAQ's [Resources | Ressources — Community Services Recovery Fund](#).

Here is some info on UWBC info sessions for our stream (program and service innovation and redesign):

Join our United Way British Columbia team on January 9, 2023 10-11 AM for a walk through of the Community Services Resource Fund website and as we answer frequently asked questions including the application process and information on the application portal which will open on January 6, 2023.

Register today: <https://www.eventbrite.ca/e/uwbc-community-service-recovery-fund-csrf-info-session-tickets-482619807837>

Can't make our January 9 session, another is available January 11, 2023 for 3-4 PM.

Register today: <https://www.eventbrite.ca/e/uwbc-community-service-recovery-fund-csrf-info-session-tickets-482633629177>



Give the Gift of Life Donate Blood

Tue, Dec 20, 2:00 p.m.–Thu, Dec 22, 6:45 p.m.

Cowichan Community Centre 2687 James St, Duncan, BC

During the holiday season the demand for blood increases and the number of people donating decreases. Canadian hospital patients and their families are counting on us -- book your lifesaving appointment today. Come see us in Duncan at the Cowichan Community Centre on Tuesday Dec 20, Wednesday Dec 21, and Thursday Dec 22, 2pm- 6:45pm. Book your appointment at blood.ca, by downloading our GiveBlood app, or by calling 1-888-2DONATE (1-888-236-6283). Thank you for being part of Canada's Lifeline!



Waves of Change

A nature based program for women who identify anxiety as a barrier in their lives

Info sessions:
December 13th and January 10th at 6 PM

Group dates are as follows:

Thursdays 10 AM- 2 PM: February 9th, March 9th, April 13th, May 4th

Tuesdays 6-830 PM: February 21st, March 28th, April 25th, May 16th

Weekend adventure June 3rd and 4th

Please email
sarahduncan@humannaturecounselling.ca to sign up
for info session

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

