



Health Matters Newsletter December 20, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research- Regional Child Care Survey- please take the survey and distribute broadly
- Volunteer Cowichan Programs and Opportunities
- Seniors Advocate Annual Report
- Your Thoughts on Vaping Regulatory Framework – Survey
- Bursary Fund for Early Childhood Educators
- Early Years Indigenous Cultural Safety Resource Guide



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- ✓ **Next Admin Committee Meeting- To be determined, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at January 9, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) To be Determined-**, 11:00 am to 1:00 pm Location to be determined
- **Community Action Team (CAT) Meeting January 24, 2020, 9 am-11am Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** January 16, 2019 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Seniors Advocate's annual report:

<https://www.seniorsadvocatebc.ca/monitoring-seniors-services/>

Regional Child Care Surveys -Survey Closes January 19 2020

- The three surveys (Child Care Provider, Parent/Caregiver and General Public) are available in hard copy and online. Copies of the survey were attached to my previous email.
- The URL to access all three surveys is: www.cowichanchildcare.malatest.net
- A copy of the poster to advertise the surveys is attached
- Malatest has also produced business-sized cards containing the URL and a QR code to scan and access the surveys. If you would like any of these to be made available to you, please contact cindylisecchn@shaw.ca
- Please feel free to copy and paste the text in the box below for your social media posts (e.g. Twitter, Facebook, Instagram)

Cowichan Child Care Plan – Prize Draw!

Your voice matters! The Cowichan region is working towards creating a child care system that meets families' needs and we want to hear from you! Your opinions will help inform the region's Child Care Plan.

Complete our online survey by January 18th at: www.cowichanchildcare.malatest.net and you will be entered for a chance to win some great prizes!

#cowichanchildcareplan #cowichan #cowichanvalley #childcare #yourvoicematters

Volunteer Cowichan Program and Volunteer Opportunities

Let's Connect:

Volunteer Cowichan is now listed on the website for Self-Management BC which is University of Victoria and funded by Ministry of Health. The first link shows on their website that the first leadership training in February for the Island will be done here in Duncan, at Volunteer Cowichan, means for the first time, people on the Island will have to travel to us and not Victoria or Nanaimo.

<https://www.selfmanagementbc.ca/trainingssessions>

This second link shows the 12 workshops that will be held in 2020 at Volunteer Cowichan. The three workshops are Diabetes, Chronic Conditions and Chronic Pain.

Chronic Pain: January 11 - February 15, 2020 from 1 - 3:30 pm; May 5 - June 9 from 10 am - 12:30 pm; September 15 - October 20 from 6 - 8:30 pm; November 2 – December 7 from 1 – 3:30 pm.

Chronic Condition: March 7 – April 11 from 1 – 3:30 pm; May 22 – June 26 from 10 am – 12:30 pm; September 3 - October 8 from 1 – 3:30 pm; October 21 – December 2 from 6 – 8 pm.

Diabetes: March 3 – April 7 from 6 – 8:30 pm; April 22 – May 27 from 1 – 3:30 pm; October 27 – December 1 from 10 am – 12:30 pm; October 3 – November 7 from 1 – 3:30 pm.

<https://www.selfmanagementbc.ca/upcomingworkshops>

This is the link to the other 40 workshops that Cowichan Brain Injury will facilitate for Volunteer Cowichan, under Let's Connect to the community:

<http://coscoworkshops.org/>

Your Thoughts on Vaping Regulatory Framework

Good Day,

On November 14, 2019, the Minister of Health announced the intention to strengthen the current regulatory framework to address the rise in youth vaping. The Ministry of Health (the Ministry) is proposing new regulations under the *Tobacco and Vapour Products Control Act* and the *Public Health Act* to be enacted on April 1, 2020.

As part of the process to develop the regulatory framework, the Ministry is seeking comments on the proposed regulatory changes outlined in the *Vapour Products Intentions Paper*. You can view it at: <https://www2.gov.bc.ca/gov/content/vaping>.

If you or your organization is interested in providing feedback, comments can be submitted on the proposed changes until January 24, 2020 at 4:30 PM at the following:

Email:

vaping.info@gov.bc.ca or;

Mailing Address:

Ministry of Health

Health Protection Branch

PO Box 9646 Stn Prov Govt

Victoria, BC V8W 9P1

All submissions will be treated with confidentiality by Ministry staff when preparing consultation reports. Please note however that comments you provide and information that identifies you as the source of those comments may be publicly available if a Freedom of Information request is made under *the Freedom of Information and Protection of Privacy Act*.

Sincerely,

Jonathan Robinson

Executive Director

Population and Public Health Division

It's That Time of Year When Falls Increase

Ashley Kwon and the team in Fraser Health did a great job coordinating this TV spot on JoyTV on seniors' fall prevention. I think it turned out well!

<https://www.youtube.com/watch?v=M3oDM5mwf2Q>

Bursary Fund for Early Childhood Educators

In partnership with the Province of BC –Ministry of Child and Family Development and the Government of Canada, West Coast Child Care has established a Bursary fund for early childhood educators and other child care providers in BC.

Please see the below links for more information and eligibility requirements.

Early Years Conference

<https://interprofessional.ubc.ca/initiatives/earlyyears2020/>

Bursary Link:

<https://interprofessional.ubc.ca/initiatives/earlyyears2020/bursary/>

Early Years Indigenous Cultural Safety Resource Guide

The Province of British Columbia’s Ministry of Children and Family Development recently released an [Early Years Indigenous Cultural Safety Resource Guide](#). The purpose of this guide is to help Early Childhood Educators who work with Indigenous children, families, and communities find appropriate and meaningful resources that will enhance their ability to provide culturally safe and respectful care.

The resource has a list of online resources, experiential learning resources, websites, print resources, and podcasts.

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 weekly newsletter