



**Health Matters Newsletter  
January 20, 2023  
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- Honouring Women's Voices Discussion and Reflection Event- Attached
- It is Time to Get Your Questions Submitted for Our Health Our Community Survey
- Woodsmoke and Your Health- Attached
- From The Discourse- Community leaders call for urgent support to shelter unhoused people after recent deaths
- Community Fundraiser
- Coldest Night of the Year Registration is Open
- CVRD Workforce Housing Workshops



***Need some fresh air? Take a walk at the Somenos Marsh Boardwalk. It is wheel chair and senior friendly so bring along a friend that doesn't get out much.***

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### **Community Meetings**

- ✓ **Next Admin Committee Meeting** February 2, 2023
- ✓ **Next Our Cowichan Network Meeting** February 9 Location Ramada Silver Bridge – IN PERSON
- ✓ **Next EPIC Committee Meeting-** February 16, 2023, 1:30 pm-3:00 pm zoom call contact Cindy [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) for access
- ✓ **Cowichan CAT –** January 26th, 2023, 10 am-12:00 contact Leah Vance [leahlvance@gmail.com](mailto:leahlvance@gmail.com)

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**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.

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## **It's Time to Submit Your Questions for the Our Health Our Community Survey**

On behalf of the [Our Cowichan Communities Health Network](#) (Cindy Lise cc'd here), I am reaching out today regarding the forthcoming Our Health, Our Community (OHOC) survey for the Cowichan Valley.

As you may have heard, Our Cowichan Communities Health Network and Island Health are working with those living in the Cowichan Valley to develop a region-specific population survey for 2023. This survey will collect local-level data on the health and wellness of Cowichan Valley residents. The data collected will be used to support local evidence-based decision-making around health and wellness planning, policy, and services.

To ensure this survey and its results are relevant to the needs of Cowichan Valley residents, we are asking the community for input on the survey questions. Accordingly, we invite your organization to share your health and wellness question suggestions with our team. What information could your organization use that would allow you to improve local services, programs, and policies?

How to submit your question suggestions:

- Fill out and submit the attached Question Submission Form on behalf of your organization (or department) to [vanessa@daether.ca](mailto:vanessa@daether.ca) by 5pm on January 25, 2023.
- Attend one of two Virtual Town Halls where we will discuss the survey and possible questions to include. To register, email: [vanessa@daether.ca](mailto:vanessa@daether.ca).
  - Jan. 16 from 1pm-2pm PST (Zoom)
  - Jan. 19 from 5pm-6pm PST (Zoom)

For more information, reach out to Cindy Lise or me, or check out our website for ongoing updates: <http://www.ourcchn.ca/surveys>

Thank you for your support (and feel free to share this email with your networks)!

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## **From the Discourse**

### **Community leaders call for urgent support to shelter unhoused people after recent deaths**

After two unhoused community members died in recent weeks, local organizations and leaders are again calling for action to prevent more loss in the community. Reporter David Minkow's latest story takes a look at what needs to be done to support people in our community who are unhoused or require support for mental health and substance use. [Read the full story on our website.](#)

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## United Church Saturday Jan 28, 2023 9:30 to 2:30

We have a huge trove of books which will be sold by donation. Come and find your winter reading treasures.



*At the same time you will be helping reunite a Syrian family. Yasmin Faris and her family are currently in a refugee camp in Jordan living*

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### Coldest Night of the Year 2023 Feb 25<sup>th</sup>

We are so excited to participate in Coldest Night of the Year again this year - we had so much fun last year! We hope that you will join us as we raise funds to create a safe space and programs for homeless youth. [Registration is now open.](#)

During Coldest Night of the Year, we are raising funds to create a safe space and programming for homeless youth. There is currently no shelter available for homeless persons under 18.

The Cowichan Valley has an estimated 300+ individuals that are unhoused, precariously housed (couch surfing, living in vehicles). As housing becomes more scarce and less affordable, these numbers are increasing. **Many of those individuals are youth.** At a time in their lives when they need stability, direction and support, they have none. Some have aged out of care, left unhealthy family situations, some have disabilities and many have trauma we can't imagine. Some turn to substances to ease the pain.

**How can we help?** We can start by providing a safe place for youth to drop in. We can start by listening while we provide the basics such as a warm meal, medical attention, a warm shower and some clean clothes. We can learn about what they need and direct them to other resources in the community. In a perfect world, we could provide shelter or at the very least a referral to shelter. We can provide the vital connection needed to change the course of their lives.

[Sign Me Up for  
#CNOY23](#)

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## **CVRD Workforce Housing Strategy Workshops**

The Cowichan Valley Regional District (CVRD) is developing a Workforce Housing Strategy for the Cowichan region. Economic Development Cowichan is leading the work with support from Cowichan Housing Association. The goal of the project is to come up with actions for increasing housing availability and affordability for the labour force.

We're hosting a series of workshops to discuss current workforce housing issues and opportunities, where we want to be in the future, and how we want to get there. These discussions will help the project team develop a vision and framework for the next step in the process: the solutions. Specific workshops are being held for employers, workers, builders & developers, service providers, local government, and the public. The workshops will take place virtually between January 30 and February 8, 2023.

I'm reaching out today to ask for your help in spreading the word about this important engagement opportunity. In particular, if you know of any employees or workers who have experienced issues finding and/or affording housing, we would appreciate you sharing this information with them.

General outreach is also appreciated. Here are some pieces for easy sharing:

- Facebook: <https://www.facebook.com/mycprd/posts/pfbid0M6uNaU6vRpC5KGwK8R2br7rN9uZ6df1ih83pN6LaS2kXMnKiKK8ygd7wqBZ39quEI>
- Instagram: [https://www.instagram.com/p/CnhvnuRryHo/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CnhvnuRryHo/?utm_source=ig_web_copy_link)
- Twitter: <https://twitter.com/mycprd/status/1615529543975968770>
- LinkedIn: <https://www.linkedin.com/feed/update/urn:li:activity:7021174665725317120/>

Blog post: <https://www.ecdevcowichan.com/public-and-business-input-sought-on-workforce-housing-in-cowichan/>

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## **Health Matters Newsletter**

**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the Friday Newsletter