



**Health Matters Newsletter
January 6, 2023
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- Island Health Granting Opportunity- Mental Health Resilience and Safety Grants Deadline January 18
- It is Time to Get Your Questions Submitted for Our Health Our Community Survey
- Our Health Our Community Virtual Town Hall
- Mental Health and Substance Use Scholar in Residence Opportunity
- Neighbour to Neighbour Town Share Event – Next Weekend
- New granting opportunity: ParticipACTION Community Challenge 2023
- Coldest Night of the Year Registration is Open



The light shines on a new day and a New Year. Happy 2023 everyone!

Community Meetings

- ✓ **Next Admin Committee Meeting February 2, 2023**
- ✓ **Next Our Cowichan Network Meeting January 12 Location to be determined – IN PERSON**
- ✓ **Next EPIC Committee Meeting- January 19, 2023, 1:30 pm-3:00 pm zoom call** contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT – January 26th, 2023, 10 am-12:00** 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.

Island Health Mental Health Resilience Safety Grant

Tell us your ideas for innovative ways to keep your community safe and healthy.

You could receive up to \$50,000 towards initiatives which address the toxic drug crisis, and support youth resilience and mental well-being.

<https://www.islandhealth.ca/learn-about-health/mental-health/resilience-and-safety-grants>

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 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.
 - 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)!

YOU'RE INVITED!

Our Health,
Our Community
Survey

Virtual Town Halls

Jan. 16 - 1pm-2pm

Jan. 19 - 5pm-6pm

Join in via Zoom!



Our Cowichan Communities Health Network and Island Health are preparing to host a Cowichan Valley health and wellness survey.

To ensure this survey is relevant to our community's needs, we want your question suggestions.

What should this survey ask?

Attend a Virtual Town Hall to learn more and share your survey question suggestions.



To register, email vanessa@daether.ca or call 250-715-8572.

NEIGHBOUR TO NEIGHBOUR TOWN SHARE EVENT!

Come out & connect with your neighbours!

Visit the Free Store!

Free Chili Lunch

Community Info

Food Giveaways



January can be a tough time for individuals and families after the holidays. Come out and connect with your neighbours over lunch, receive information about local services and check out the pop-up free store!



 **SATURDAY,
JANUARY 14, 2023**
11:00 am - 2:00 pm

 **Lake Cowichan 50+
Activity Centre**
55 Coronation Street



To Donate: Please drop off gently used, clean clothing (indoor and outdoor), household items, cookware, linens, sporting goods, toys, etc. at the event location on Thursday, January 12th from 9am to 2pm or Friday, January 13th between 9am and 6pm. No trinkets, please - Thank you!



ALL AGES WELCOME!



FOR MORE INFO CONTACT:

 250-701-3134

 movinonupcowichanlake@gmail.com

New granting opportunity: ParticipACTION Community Challenge 2023

Speaking of challenges, our popular [Community Challenge](#) returns June 1–30, bigger and better than ever, because thanks to funding from the Government of Canada's Community Sport for All Initiative, ParticipACTION is providing \$4 million in grants! These funding opportunities are dedicated to increasing sport and physical activity participation for equity-deserving populations as part of the 2023 ParticipACTION Community Challenge.

Eligible organizations have **until February 1 to apply for grants of up to \$5,000** that can be used for staffing, training, promotion, programming, partnerships and equipment.

[APPLY NOW](#)

Want to learn more? **Then register for our upcoming webinar on January 10!**

[JOIN WEBINAR](#)

The ParticipACTION Community Challenge is proudly supported by the Government of Canada and Saputo.

Coldest Night of the Year 2023 Feb 25th

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](#)

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