



**Health Matters Newsletter
June 26, 2020
Today's Health Matters Includes:**



- Meeting Schedule
- Community Meetings
- The Impact of a Temporary Home- The Discourse
- The Right Care in the Right Place at the Right Time
- BC Housing News Release for Supported Housing in Cowichan
- COVID Response Funding Opportunities
- Helpful Links During COVID Crisis

For most up to date community services information go to
www.ourcchn.ca

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- ✓ Next Admin Committee Meeting July 2 4:30 pm Teleconference Call
 - ✓ Next Our Cowichan Network Meeting **July 9 In Person Meeting Mellor Hall- Cowichan Exhibition Grounds 5:15-7:30**
 - ✓ Next EPIC Committee Meeting- **July 2 1:15 pm-2:15 pm Teleconference Call**
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Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am July 23, 2020**, TELECONFERENCE 1-844-445-4475 Access Code 4381 5922 Due to the large number of participants **Please send Email to Cindy if you are going to be on the call to assist with Moderation – technical difficulties may occur due to busy systems- keep trying to get on line so line will be open 10 minutes early**

The Impact of a Temporary Home- Reported by the Discourse

<https://thediscourse.ca/cowichan-valley/cowichan-homelessness-covid-tenting?fbclid=IwAR03Q45bSXrRY8gerCpP1YKbQi16v3ORHNR6jMwDkjaJ5queYo7TCAi5KqE>

I'm sick or hurt... WHERE DO I GO?

- NEED CARE, BUT SAFE TO WAIT?**
 - Call Your Family Doctor or Nurse Practitioner First
 - Your primary care provider knows you the best
 - If you don't have a doctor/NP, walk-in clinics are open
 - Visit pathwaysbcvirtualcare.ca for more info
- NEED CARE TODAY?**
 - Call your doctor/NP for a same day appointment
 - Call 811 for health advice 24/7 if doctor not available
 - Ladysmith and Chemainus Urgent Care Centres are open daily, 7:30am–10:30pm (lab & x-ray until 3:30pm)
 - **EXAMPLES:** broken bones, asthma attacks, allergic reactions, cuts & burns
- DONT FEEL SAFE TO WAIT?**
 - Call 911 or Go To Emergency
 - If you've been in a major accident or have a life-threatening situation
 - **EXAMPLES:** Trouble breathing, chest pain/pressure, severe pain, heavy bleeding, signs of stroke - face droop, arm/leg weakness & difficulty speaking

This has been a joint collaborative effort between Island Health, Division of Family Practice and the Cowichan District Medical Society.

Check out the local videos to help you determine what is the Right Care in the Right Place at the Right Time!

Video #1 <https://vimeo.com/428294183>

Video #2 <https://vimeo.com/428295038>

video #3 <https://vimeo.com/428295458>

they are also posted on the Division website:

<https://divisionsbc.ca/cowichan-valley>

BC housing press release about the 100 supportive housing units in Duncan and North Cowichan.

<https://www.bchousing.org/news?newsId=1479156254185>

COVID Response Funding Opportunities

- **First West Foundation** <https://www.firstwestfoundation.ca/content/covid-19-fund>
- **BC Gaming Grant** <https://www2.gov.bc.ca/gov/content/sports-culture/gambling-fundraising/gaming-grants/cggupdates>
- **Red Cross** www.redcross.ca/communityorganizations **A few points of interest-**
 - 1) they can only fund non-profits, not registered charities. OK if they are both, but must be a non-profit.
 - 2) Organizations can apply for between \$5,000 and \$100,000. The granting requests can include safety equipment and cleaning supplies.
 - 3) they are also offering a Training program for free:
 - Organizations, including registered charities, can apply for training and equipment, or one or the other.
 - The training is free and there are a few options (online, in-class where permitted).
 - The equipment is only masks and gloves for personnel
- **The Ministry of Advanced Education, Skills and Training** has developed a new Community Workforce Response Grant program stream called the “Youth Community Partnership (YCP)” to support communities and youth impacted by the effects of COVID-19. The YCP stream is expected to launch next week. The Youth Community Partnership stream supports communities to engage youth aged 15-29 in community service projects so they can contribute to their communities in a meaningful way and gain work-related skills and experience for future job opportunities or their return to school. Projects funded under this stream will run from June 29th to October 31st.

More information about the Youth Community Partnership stream is available through this weblink: [Youth Community Partnership Stream](#). Note that the application will not be available until early next week. Please distribute widely so organizations can begin developing projects and apply once the funding envelope opens.

- **Infrastructure Funding Announcement** <https://news.gov.bc.ca/releases/2020MAH0071-001167>
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Some Information that may be helpful during the COVID 19 Crisis

- **If you feel sick**, isolate yourself and use B.C.'s online [self-assessment tool](#).
 - **BC Centre for Disease Control**
<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care>
 - BC Housing provides great information <https://www.bchousing.org/COVID-19>
 - **How to support your clients or residents**
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/vulnerable-populations-covid-19.html>
 - **Self isolating in the home or co-living setting**
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html#app1>
 - **How COVID-19 puts people who use drugs at greater risk**
<https://leaderpost.com/diseases-and-conditions/coronavirus/how-covid-19-puts-people-who-use-drugs-at-greater-risk/wcm/66c9b32f-bc4f-4684-a8c1-b9d0a485aeed/>
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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 and it will be included in the weekly newsletter