



**Health Matters Newsletter  
May 19, 2023  
Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- It's Hot out There: Cooling Locations for the Long Weekend
- Project Impact Healthy Aging Opportunity
- Caring connection: new, central service links people to mental health and substance use resources
- Play Shop Project for Young Children and Families- Attached
- Peter Gilgan Foundation
- Honouring Community Grief

How can such smelly flowers be so beautiful?



**Community Meetings**

- ✓ **Next Admin Committee Meeting** To be determined
- ✓ **Next Our Cowichan Network Meeting** September 14 5:30 pm Location to be determined
- ✓ **Next EPIC Committee Meeting-** June 5, 2023, 10 am-11:30 pm in person Ts'its'uwatul Lelum
- ✓ **Cowichan CAT –** May 25 2023, 10 am-12:00 contact Johanne Kemmler  
[Johanne.f.kemmler@gmail.com](mailto:Johanne.f.kemmler@gmail.com)



**It's Hot out There: Cooling Locations for the Long Weekend**

- **Cowichan Basket Society:** This long weekend. Sunday Sandwiches, will have lunch like they do each Sunday from 12 to 1, and also Monday 12 to 1.

- **Warmland Shelter:** We are open all day everyday. We also have water, freezers and A/C
- **Cowichan Women's Shelter:** CWAV continues to provide the service for women/female identifying people

## Project Impact Healthy Aging 2024 Information Session

How do we know the work we're doing is making a difference or if it's even right for a given population or circumstance? How do we measure our impact?

Each year, United Way BC offers a developmental evaluation course tailored specifically to the needs of non-profit organizations in the Community-Based Seniors' Services sector. This is an opportunity to work with a team from your organization to learn how to evaluate the work you are doing in a specific program of your choosing.



Does this sound like an opportunity you would like to learn more about?

Applications close Wednesday, June 7<sup>th</sup>, 2023. [CLICK HERE](#) to review the application form.

*Project Impact Healthy Aging is offered through Dialogues in Action and is funded by the Province of B.C.*

Kindly,

**Esther Moreno** | she, her, hers

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**United Way**  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island

*United Way British Columbia acknowledges the homelands of the Indigenous Peoples of this place we now call British Columbia, and honours the many territorial keepers of the Lands on which we work.*

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## **Caring connection:**

### **new, central service links people to mental health and substance use resources**

People in the Island Health region can now call a single telephone number to access a broad array of community-based services focused on mental health and substance use.

The Mental Health and Substance Use (MHSU) Service Link launched at the end of January to help people connect to information and services in their community. People seeking information can phone **1-888-885-8824** seven days a week to speak directly with a call taker.

Health care plays a crucial role in connecting people who use substances with the resources they need to achieve better health outcomes. Service Link helps people navigate and connect to the right resources, including harm reduction services, drug-poisoning prevention, addiction medicine (opioid agonist therapy, prescribed safer supply and other medication options), withdrawal management, and treatment and recovery services.



## **Peter Gilgan Foundation**

Here is a funding portal which has a broad reach including Children, Youth & Families and Climate Change (with some specific categories in each of these including child and youth mental health, Indigenous youth, and food security systems). You may be aware of this organization, but just in case I wanted to share with you so you can have a look!

### [Grant Program - Peter Gilgan Foundation](#)

Here are some details from the website:

It's up to you to determine what type of grant to apply for. The Peter Gilgan Foundation accepts applications for three types of grants:

Project grants

Project grants fund specific programs or activities. Most grants provided through our Grant Program are single-year project grants.

Capacity-building grants

Capacity-building grants are discrete, specific investments to strengthen internal capabilities, knowledge and resources.

General operating grants

General operating grants are typically only awarded to repeat grantees after a successful project or capacity-building grant, and to Indigenous-led organizations. Grantees may use these funds to cover any costs of running the organization and fulfilling the mission.

### **Deadlines**

If your application falls within our Children, Youth & Families or Climate Change priorities, there are no deadlines. We accept expressions of interest on a rolling basis.

## Eligibility Guidelines

To be eligible to apply for funding, your organization must:

- Be a registered Canadian charity or Canadian Revenue Agency qualified donee
- Employ at least one paid staff member
- Have completed a tax return or financial audit for the previous fiscal year
- Have not submitted an unsuccessful Expression of Interest or Full Application to the Peter Gilgan Foundation in the past 12 months

We **do not** accept applications for:

- Capital campaigns, Emergency relief, Endowments, Fundraising drives, Fundraising events or galas, Government services, Grantmaking intermediaries, Individuals, Scholarships

How much should I apply for?

Our grants typically range between \$10,000 – \$100,000 per year. If you have a great project that meets our funding priorities, put in an expression of interest and if our committee is interested in learning more we will be in touch.



**Honouring Community Grief** 

We invite you to join Kwun'atsustul Counselling, Cowichan Hospice Society, and community partners on **June 14-15** for a **FREE 2-day workshop** to acknowledge and explore our grief and strengthen our capacity to support one another on our sacred journey. Lunch will be provided. **June 16** will be a drop-in day of Honouring Grief open to everyone desiring individual support from counsellors, hospice volunteers, Elders, and wellness practitioners.

*sq'uq'aptul' kws Iha'wuthut tst*  
(gathered together for our healing)

**June 14-16.**  
9:30am - 3:00pm  
Quw'utsun Cultural Centre



Scan QR code to preregister or email [cowichancares@gmail.com](mailto:cowichancares@gmail.com)  
For more info contact Mellissa Craghtten at 250-732-1602.



## **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