



**Health Matters Newsletter**  
**May 5, 2023**  
**Today's Health Matters Includes:**

- OCCHN Meeting Schedules
- Community Meetings
- Our Cowichan Small Grants close May 12
- Incentive Project for Upcoming Our Health Our Community Survey
- Brain Injury Bike Rodeo Saturday May 6.
- Caring connection: new, central service links people to mental health and substance use resources
- New Seed Library at Cowichan Library Branch

*Please take a moment to reflect on the significant losses of murdered and missing Indigenous women. The families and loved ones will never give up searching or grieving.*



**Community Meetings**

- ✓ **Next Admin Committee Meeting** To be determined
- ✓ **Next Our Cowichan Network Meeting** May 11, Ramada Silver Bridge 5:30 pm
- ✓ **Next EPIC Committee Meeting-** May 8, 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)



## Our Cowichan Calls for Proposals Small Grants Project

Cowichan Valley

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Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of \$2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well-being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships. Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities' future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

Project focus:

OCCHN small grants are designed to meet a specific need or a specific project that would not otherwise be able to happen or would be significantly impacted without funding.

Through strategic planning OCCHN has identified 5 priority areas.

- **Children and their families aged 0-6** including prenatal care, maternal health, mental health, nutrition, early childhood development, role of fathers, social supports, physical literacy
- **Promotion of good health- all ages** including nutrition, physical activity, environment, social supports
- **Elderly** including home support, housing, caregiver support, mental health, healthy aging, social supports
- **Identifying causes and prevention of chronic illness- all ages** including mental health, alcohol consumption, substance use, smoking, vaping, respiratory, diabetes, circulatory/ heart disease
- **Poverty /Economic Status** including education, employment, living wage, poverty reduction

Projects addressing these priorities will be given first consideration.

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the [12 Determinants of Health?](#) will be accepted for review.

Application templates and supporting documents are available on our website [www.ourcchn.ca](http://www.ourcchn.ca) or contact Cindy Lise at [cindyliccchn@shaw.ca](mailto:cindyliccchn@shaw.ca) . Applications will be accepted up to noon May 12, 2023. Funding announcements will be made by June 1, 2023 or sooner. 1 copy must be submitted by email to: [cindyliccchn@shaw.ca](mailto:cindyliccchn@shaw.ca) and must be confirmed received by noon May 12, 2023.

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## Our Health Our Community Survey – Community Incentive Application (Apply today!)

\$500 incentives for organizations willing to help Our Cowichan to promote the upcoming Our Health Our Community survey.

*Is your organization interested in supporting Cowichan Valley community members to access and complete the Our Health, Our Community survey?*

The Our Health, Our Community survey aspires to recruit 4,500+ Cowichan Valley residents, ages 18 and older, to complete the survey. This high level of participation will help generate the quality data our region requires to inform community services, programs, and policies. However, we cannot do this alone. We need our regional partners' help to promote the survey and support community members to access and complete the survey. Together, we can make this project a success!

If this opportunity interests your organization, please complete and submit the [online application](#) by May 12, 2023. This fund is limited. Accordingly, not all submissions will be accepted. Those organizations selected to receive the incentive will be asked to sign a brief service agreement and, when the survey closes, to submit a short evaluation.

To complete the application form, [click here](#).

For more information on this project: <https://www.ourcchn.ca/survey>

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### To apply or for information:

- [www.ourcchn.ca/survey/incentive](http://www.ourcchn.ca/survey/incentive)
- [vanessa@daether.ca](mailto:vanessa@daether.ca)



**Saturday, May 6: Bike Rodeo** Cowichan Community Centre has partnered with Cowichan Brain Injury Society to put on a [Bike Rodeo](#) and spread brain injury awareness and education in the community. The Bike Rodeo takes place at the Cowichan Community Centre from 10 a.m. to noon and includes obstacle courses, helmet checks, door prizes and maintenance checks from Cowichan Cycles. Cowichan Community Policing & Engagement Society will also be there to share information about bike safety. The event is free and all are welcome



### **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.



#### **The Cowichan branch of the Vancouver Island Regional Library, in Duncan, has**

**[opened a new seed library!](#)** With support from the Cowichan Food Hub and Westcoast Seeds, library patrons can sign out up to three packets of locally adapted seeds per visit. The library will also accept seed donations. Visit or contact the library, located in the Cowichan Community Centre, for seeds and information.



#### **Lake to Lake Trail Run & Walk-**

**Now is the time to plan and start training for the Lake to Lake.** Walk or run the Lake to Lake Event (approximately 42 km) from Shawnigan Lake to Cowichan Lake, or the Park to Park Event (approximately 21 km) from Shawnigan Lake to Glenora Trails Head Park for the charity of your choice. Both events follow the Cowichan Valley Trail, an established section of “The Great Trail,” built along a former rail bed. Featured highlights of the route: crossing several historic rail bridges including the Kinsol Trestle, traversing rural Cowichan countryside and experiencing the lush, green canopy of the Cowichan River Provincial Park.

Encouraging participants along the way will be volunteers at strategically located rest stops to provide food and beverage recharging, access to portable toilets, and basic medical attention as may be needed. The steady, gentle rising grade of the Cowichan Valley Trail from Shawnigan Lake to Cowichan Lake provides a rewarding near-wilderness challenge and experience.

Limited shuttle options are available. Participants are encouraged to arrange their own transportation (drop-off and pick-ups).



**Date:** Saturday | September 9  
**Start Time:** 8:00 a.m.  
**Course Distance:** approximately 42 km  
**Start Site:** West Shawnigan Lake Park  
**Finish Site:** Cowichan Lake Sports Arena  
[Register for the Lake to Lake Event](#)(External link)

**Date:** Saturday | September 9  
**Start Time:** 8:30 a.m.  
**Course Distance:** approximately 21 km  
**Start Site:** West Shawnigan Lake Park  
**Finish Site:** Glenora Trails Head Park  
[Register for the Park to Park Event](#)(External link)

REGISTRATION FEES		Lake to Lake (42 km)	Park to Park (21 km)
Early Bird Registration	<i>Until July 1</i>	\$70	\$50
Advanced Registration	<i>July 2 - Aug 1</i>	\$80	\$60
Final Registration	<i>Aug 2 - 18</i>	\$90	\$70
<b>REGISTRATION DEADLINE AUG 18</b>			



### 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