



**Health Matters Newsletter
October 16, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Quality Mattress to Go to Someone in Need
- Cowichan Tribes Youth Speak Out in Regards to Opioid Crisis
- Canada's First 24 Hour Movement Guidelines for Adults (Attached)
- Unbelievable Rebates on Improving Heat Sources in Your Home- ACT Now
- Canadian Mental Health Association Cowichan Branch Online Auction to Support Youth in Cowichan
- United Way COVID Relief Grant
- Harm Reduction COVID Relief Grant Deadline Approaching
- Waves of Change – Women's Nature Counselling Program (Attached)



Fall adventure walks are the best.



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- ✓ Next Admin Committee Meeting **November 5, 4:30 pm- Location to be Determined**
 - ✓ Next Our Cowichan Network Meeting **November 12 In Person Meeting to be determined**
 - ✓ Next EPIC Committee Meeting- **November 19 1:30 pm-3:00 pm zoom call**
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Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am October 22, 2020, Contact Cindy for access**
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Cowichan Tribes youth are speaking out in response to the overdose crisis.

The two-video series is available on [Cowichan Tribes' Vimeo channel](#).

Quality Mattress to go to family or person in need.

My wife and I have recently purchased a new, softer Tempur Pedic queen size mattress and would like to donate our existing mattress to an organization or family (such as new comers, single mom etc) that could make immediate use of it.

This is a queen size, Tempur Pedic mattress in pristine condition; we have had it covered from the day we purchased it (about 7 years ago, for approx \$6,000).



Might you have any suggestion on an organization that could use this or who could pass it on to a family or person in need. Any assistance you can give would be most appreciated.

Contact Greg and Bev Gerbis gerbisbg@telus.net



We are excited to announce the arrival of Canada's first ever 24-Hour Movement Guidelines for Adults! They were developed by the [Canadian Society for Exercise Physiology \(CSEP\)](#), the [Public Health Agency of Canada](#), [Queen's University](#), [ParticipACTION](#), and a network of researchers and

stakeholders from across Canada.

These Guidelines offer clear direction on what a healthy 24 hours looks like for Canadian adults aged [18-64](#) years and [65 years](#) or older, featuring a unique approach that doesn't just focus on a single movement behaviour, but instead looks at how all they all integrate

together. This is the first time there are recommendations on various types of physical activity woven together with guidance on sedentary and sleep behaviours for these age groups.

These Guidelines couldn't come at a better time. Social distancing measures and economic challenges have fueled unprecedented physical and mental stress for so many of us. We hope Canadians come to view these recommendations as an essential foundation for our overall health.

To help launch the Guidelines, we have created a [communications toolkit](#) comprised of social media posts, infographs and other content to help inform your networks.

Visit our [Guidelines webpage](#) for more resources and tips on how adults can stay active.

To learn more about the Canadian 24-Hour Movement Guidelines visit csepguidelines.ca.

Emergency Community Support Fund (ECSF)

COVID-19 is having a disproportionate impact on vulnerable populations in Canada. We're here to help.

The Government of Canada's \$350 million Emergency Community Support Fund (ECSF) aims to help charitable organizations adapt and increase frontline services for vulnerable populations during COVID-19. Together, the Canadian Red Cross, Community Foundations of Canada and United Way Centraide Canada are collaborating with the Government of Canada to flow ECSF support to those who need it most right now.

We call this local love.

Since the COVID-19 pandemic was declared, community-based charities and agencies have been working tirelessly to provide emergency support of all kinds—in particular, to individuals and communities experiencing continued or heightened vulnerability. Demand for their services has increased dramatically. The Fund is designed to help these organizations carry out their vital work to ensure no one is left behind. United Way Central & Northern Vancouver Island is pleased to support this vital investment by the Government of Canada in critical services for vulnerable people in our community.

Of the \$350 million, UWCNVI has received \$1.64M to help front-line service agencies in our region support your vulnerable neighbours.

Individual charitable organizations, or multi-agency collaborations, who are working to meet the needs of vulnerable people within the identified below streams are welcome to apply for a grant.

Local Love starts when we help one another.

Emergency Community Support Fund: Round 2

APPLY NOW

Applications close at 12:00 pm noon on October 30, 2020.

Late submissions will not be accepted to ensure the funding gets distributed in a timely manner.

1. Initiatives to support those at-risk or experiencing homelessness in Mt. Waddington, Comox Valley, Campbell River and Port Alberni areas.

Mt. Waddington Region - Max grant- \$20,000

Port Alberni Region - Max grant - \$20,000

Strathcona Region - Max grant - \$40,000

Comox Valley Region - Max grant - \$40,000

Organizations, Networks and Coalitions are encouraged to work together and submit one proposal per region. Only one application per region will be approved.

2. Agencies throughout UWCNVI's geographic area that have seen an increase in demand for their mental health and wellness services as a result of COVID-19.

Max grant \$20,000

APPLY NOW

To discuss your organization's eligibility for funding please contact cioni@uwcnvi.ca

Si vous avez des questions ou souhaitez présenter une demande de financement au Fonds d'urgence pour l'appui communautaire en français, veuillez communiquer avec nous à FUAC-demande@centraide.ca.

Funded by the Government of Canada



Unbelievable Rebates! What a great time to replace fossil fuel (and baseboard and woodstove home heating appliances) for heat pumps! Let's make our valley more climate and air quality "friendly".

- 1) CVRD offers a \$2,000 incentive for replacing woodstoves with a heat pump
- 2) Until Dec 31, residents can: access **double the rebates** on select upgrades for home energy improvements through the CleanBC Better Homes and Home Renovation Rebate Programs when they register for a promo code by December 31 2020 and complete eligible upgrades by March 31 2021. Applies to baseboard and fossil fuel systems.
- 3) Work together with one or more homes, and get more money: **Additional rebate** offer that rewards groups of homeowners working together to reduce greenhouse gas emissions by switching from an oil, natural gas, or propane heating system to an air source heat pump.

<https://betterhomesbc.ca/rebates/gpr/>

The size of the rebate a participant can access depends on the size of the group using the same GPR Code.

Size of Group	Each Participant Receives
2-4 homes	\$200
5-9 homes	\$275
10-14 homes	\$350
15-19 homes	\$425
20-30 homes	\$500

Canadian Mental Health Association Cowichan Branch is doing a Silent Auction to support youth in our community.

Dear Friends;

I am inviting you to be a part of this journey by; Donating an item for the auction Sharing the Auction through Social Media when it goes live in a few short weeks and of course joining the auction when it goes live simply Bid, Bid, Bid.

Thank you so much for your consideration and kindness in advance.

Kind Regards,

Lise

Please see attached Donation Request Form

North Cowichan Community Engagement – Needs Public Input

North Cowichan is currently undertaking a community engagement on community engagement! We are creating a community engagement framework and policy and we need public input to make sure we get it right. We want to better understand what meaningful engagement means to you, your experiences, barriers to engaging with us, what topics are of most interest, and how you want to be engaged.

More information on this project can be found on our website at: www.northcowichan.ca/engag

Talk to us about community engagement and take our shot online survey (link below)! It is open until Monday evening, please feel free to also share this link with your networks. We want to hear from as many folks as possible!

<https://form.simplesurvey.com/f/s.aspx?s=b0150b40-54ab-4373-b31f-5abc6d790d28&lang=EN>

Harm Reduction Services Granting Opportunity

The Provincial Health Services Authority (PHSA) is offering one-time funding to community-based organizations (CBOs) in British Columbia to support their response to COVID-19. This is the second and final round of Relief Funding, the [first](#) of which was offered in June 2020. The PHSA acknowledges that CBOs face various challenges to offering programming and services during a pandemic. The total amount of funds available is \$150,000. The maximum that will be awarded per application is \$10,000.

In this second round, funding for Indigenous-led and Indigenous serving organizations will be prioritized. Organizations who were successful in the first round of funding may re-apply, however, priority will be given to first-time applicants. Each organization is limited to one submission.

Some examples of relief fund expenses that were funded last round include a new outreach vehicle, handwashing stations, increases to food programs, general health and sanitation supplies, contraception, safer smoking supplies, and personal protective equipment.

Hope you are doing well! The second round of the COVID-19 Relief Funding is now live, all details are posted here: <https://pacificaidnetwork.org/2020/09/30/phsa-covid-19-relief-funding-for-cbos-round-two/>

The application deadline is Friday, October 30th.

Please feel free to share the opportunity with your networks as you see fit. So far it has been shared through the following channels:

- FNHA enews (going out next Wednesday)
- BC Association of Aboriginal Friendship Centres (to be sent to their members via email)
- PAN Newsletter (going out next Tuesday)
- PHSA Collective Impact Network (email sent out today)
- BCCDC Chee Mamuk Team (shared with them today)

Due to the blackout period during the election, we will not be able to share through our social media.

Karmen Olson

Operations Coordinator, Harm Reduction Services

604-707-2556

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