



**Health Matters Newsletter  
September 11, 2020  
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Our Cowichan Small Grants Open Sept 1, 2020
- Supported Housing Information
- Summer Survey for Organizations and Business in Downtown Core
- Helpful Links During COVID Crisis
- Works with Respect- Attached



*San Josef Bay – It's easy to social isolate out here!*

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- ✓ **Next Admin Committee Meeting **October 1, 4:30 pm- Location to be Determined****
  - ✓ **Next Our Cowichan Network Meeting **November 12 In Person Meeting to be determined****
  - ✓ **Next EPIC Committee Meeting- **September 17 1:15 pm-2:15 pm Teleconference Call****
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**Community Events- Meetings**

- **Community Action Team (CAT) Meeting 9:00 am September 24, 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****

# 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, 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 [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) . Applications will be accepted up to noon on September 30, 2019. Funding announcements will be made by October 15, 2020 or sooner.

- 1 copy must be submitted by email to: [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and must be confirmed received by noon September 30.
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## Supported Housing Information

Here is some information regarding upcoming **supported housing** for folks who want to learn more:

- [Let's Talk website \(Cowichan Valley\)](#) – A number of resource documents are available here.
- North Cowichan Drinkwater - [Fact Sheet](#)
- Duncan White Road materials - [Fact Sheet](#)
- Community Benefits - [Fact Sheet](#)
- Great example and video of the Parksville Project [Orca Place supportive housing](#).
- Information on application process (attached)

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**Temporary COVID Shelter Project – Survey for businesses and organizations** who reside in the downtown core, Highway Corridor, Mall or Canada Avenue. Take a moment and answer 3 short questions to help with dialogue and future planning.

**Last call for summer check in survey** the survey closes at 4 pm Monday September 14

- <https://www.surveymonkey.com/r/MJGND8W>

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## Words with Respect- Attached

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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>

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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](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly newsletter