



Health Matters Newsletter September 13, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research-
- Seeking Committee Members for Small Grants Review
- 2019 Small Grants now open
- Cowichan Youth Host Homes Project Seeking Homes (attached)
- Civil Resolutions Tribunal information (Community Events -Meetings)
- Board Voice Conference information (Community Events - Meetings)
- United Way Kick off Breakfast (Community Events- Meetings)
- Kick off to Community Living Days (Attached)



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- ✓ **Next Admin Committee Meeting- October 3, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at November 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome)**-September 24, 11:00 am to 1:00 pm Location to be determined
- **Community Response Team Meeting** September 26, 9 am-11am **Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** September 19, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **Civil Resolutions Tribunal (as per discussion at September 12 OCCHN Meeting)**- [Civil Resolutions Tribunal](#)
- **Board Voice Conference (as per discussion at September 12 OCCHN Meeting)** [Board Voice Conference and AGM](#)
- **United Way Kick Off Breakfast** Good morning everyone,

I wanted to make sure you have an opportunity to join us next week at United Way's Annual Campaign Breakfast. It's our biggest event of the year where we celebrate local social impact and the very special donors who help make it happen. My apologies if this is a duplicate invite. Please free to share with your contacts!

Join us: Wednesday, September 18th for our Annual Campaign Breakfast featuring local speakers, local stories, and local inspiration.

When: September 18, 2019 | 7:00 AM to 8:30 AM

Where: Vancouver Island Conference Centre, 100 Commercial Street, Nanaimo, BC

Why: To celebrate your impact on our community and hear how your support has made real change.

BUY TICKETS HERE: <https://www.eventbrite.com/o/united-way-central-and-northern-vancouver-island-2554466679>

Together we're making local issues #UNIGNORABLE

Local Data and or Research- Revision of Cowichan Communities Health Profile and My Health My Community Health Survey- Stay tuned there is more information to come

Seeking Members for Small Grants Committee

We are looking for 3-5 Our Cowichan Health Network Members to assist with the vetting of the Small Grant proposals received for the 2019 project. If you have an interest please contact Cindy.

Time requirements include: personal time to read over proposals prior to meeting

- Early October 1 3-4-hour meeting
 - October 1 follow up meeting if required
 - 1-2-hour meeting to review and close 2018 proposals (November)
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Calls for Proposals Small Grants Project

Cowichan Valley

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** 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** including mental health, alcohol consumption, smoking, 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 or contact Cindy Lise at cindylisecchn@shaw.ca . Applications will be accepted up to noon on September 30, 2019. Funding announcements will be made by October 15, 2019 or sooner.

- 1 copy must be submitted by email to: cindylisecchn@shaw.ca and must be confirmed received by noon September 30.

Cowichan Youth Host Homes Project

Do you have room to give?

Check out Host Homes Cowichan!

Working across the region with community partners this pilot program will match youth & young adults who are close to or are experiencing homelessness with a host family who can support them towards independent living.

We are now recruiting host families!

Please visit www.hosthomescowichan.ca to learn more. (More information attached)

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