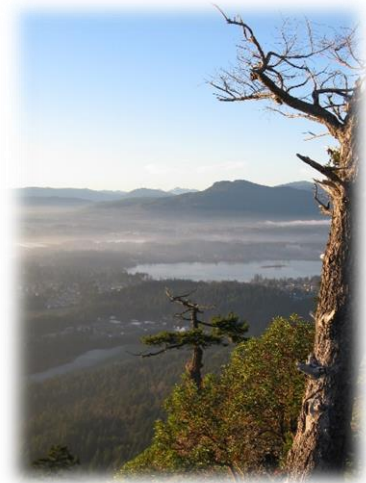




## Health Matters Newsletter September 20, 2019

### 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
- Treating Loneliness as a Medical Condition
- Trivia Challenge 2019 (attached)
- Kick off to Community Living Days (attached)
- Creating a Healthy Built Environment Learning Day (attached)



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- ✓ **Next Admin Committee Meeting- October 10, 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.

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#### 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** October 17, 1:30 -3:30 pm Ts'í'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](#)

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**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

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## 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

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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** 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](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, 2019 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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## Treating Loneliness as a Medical Condition

When a small-town clinic in England started prescribing human connection to its lonely patients, rates of chats over coffee increased—and hospital visits fell. **(watch video clip)**

<http://www.rightthisminute.com/video/no-one-lonely-british-town>

By: [Christine McLaren](#)

[Civic Engagement](#)

Studies show that loneliness is as bad for your health as smoking or obesity. People who are lonely are at higher risk of diabetes, heart disease and dementia.

So what if a doctor could prescribe social connection? What if the entire community was treated as part of the health care system, and if social connection and health were treated as though they went hand in hand? In one small town—Frome, England—they are. And they have the data to prove it pays off.

In 2013 general practitioner Dr. Helen Kingston started a project called Compassionate Frome when she noticed that many of her patients were coming into her clinic complaining of loneliness. Compassionate Frome began training “health connectors”—volunteers in the community who understand the range of health and wellness services available to patients. When someone was struggling with their health and complaining of loneliness, a health connector would be assigned to meet with that person and talk with them, providing a social connection while also helping them find the resources to address their health concerns.

These health connectors could connect the patients to traditional medical services, but also to social services: discussion groups, a “shed” where men could come together to work on projects, group exercise classes, help with shopping, help joining a community choir, even a [befriending service](#).

Compassionate Frome started health cafes where people could sit around coffee and cake and discuss their health with friends, volunteers and health care practitioners alike, or simply come for the company. They also trained health connectors out in the community—everyday people like hairdressers, baristas and taxi

drivers—to help connect people with services right on the spot when a health issue or an issue of loneliness came up casually in conversation.

The result? Hospital visits went down. Health spending went down. And social capital went way, way up. A [study](#) published in *Resurgence and Ecologist* comparing health data from 2013/2014 to 2016/2017 showed that while hospital visits across the county increased by 29 percent during that time, visits dropped by 17 percent in Frome. While health care costs rose by 21 percent across the Somerset region, costs in Frome actually fell by the same amount.

“In terms of magnitude this represents five percent of the total health budget. No other factors were attributable to the fall in hospital admission rates,” Julian Abel, a consultant in palliative care who is involved in the project told *Resurgence and Ecologist*.

“For every £1 spent on this scheme, the National Health Service is saving £6,” said Dr. Kingston in an interview with the BBC.

Today the Compassionate Frome project falls under Health Connections Mendip, the community development service at Frome Medical Practice. They have 400 groups and organizations offering support, advice, companionship and creative activity, including support groups for specialized issues like hearing support, coping with COPD and retiring, as well as cafes to discuss any and all themes related to death. They have trained over 1,100 community connectors who each talk to an average of 20 people per year, resulting in over 22,000 health and community connections annually—[nearly the entire population](#) of the town. The initiative is spreading across the Somerset area now, and has inspired a similar program [now being implemented](#) by a palliative care team in Minnesota.

*Do you know any other health initiatives tackling loneliness? Let us know on [Twitter](#), [Facebook](#), or [Instagram](#).*

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## **Cowichan Youth Host Homes Project- [Help Disseminate Information Broadly!](#)**

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](http://www.hosthomescowichan.ca) to learn more. (More information attached)

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## **Creating a Healthy Built Environment Learning Day**

In partnership with the Planning Institute of British Columbia – North Island Chapter, Island Health and Comox Valley Nurses for the Environment, the Comox Valley Community Health Network is bringing people together for a full day of learning and education around how we can promote health and wellness in the Comox Valley.

On **Thursday, October 3** at the Florence Filberg Centre, (Upper Ballroom), 411 Anderton Avenue in Courtenay, we will be hosting two events;

- A day workshop, **Creating Healthy Built Environment**, geared towards professionals working in the field, 9:00 am – 4:00 pm, \$75 registration includes lunch and refreshments. Workshop agenda and registration available at: [www.pibc.bc.ca/event/healthy-built-environments-workshop](http://www.pibc.bc.ca/event/healthy-built-environments-workshop) If cost is a barrier to participation, please contact [islandnorth@pibc.bc.ca](mailto:islandnorth@pibc.bc.ca)
- An evening public event, **Where Matters to Your Health**, featuring short films, presentations and a panel discussion with opportunity for Q&A, 6:30 pm - 8:30 pm. More information at: <https://www.pibc.bc.ca/event/free-public-event-where-matters-your-health-healthy-built-environments>

This evening presentation is an opportunity to see how the Comox Valley measures up in terms of progress on the United Nations Sustainable Development Goals.

The Comox Valley Sustainable Development Goals Scorecard 2019 stems from a collaboration between three groups: the CV Chapter of the BC Council for International Cooperation, the CV Community Health Network and the CV Nurses for Health & the Environment. The [United Nations Sustainable Development Goals](#) were officially adopted by 193 countries of the United Nations in 2015. These goals are inextricably linked to each other and hopefully will be achieved both globally and locally by 2030.

The scorecard serves as a baseline of data drawn from key community documents such as the Regional Growth Strategy, CV Sustainability Strategy, the Vital Signs Report 2018 and from the CV Transition Society.

For more information, please contact:

**Lindsay McGinn**

Facilitator, Comox Valley Community Health Network

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(250) 650-5819 | [Facebook](#)

## 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