



Health Matters Newsletter September 6, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research-
- 2019 Small Grants now open
- September Rights of the Child seeking photos
- Cowichan Youth Host Homes Project Seeking Homes (attached)
- Calls for United Way Public Policy Institute
- New CDH and More Summer Update
- Fall Early Years programs (attached)
- Rural and Indigenous Overdose Action Exchange (attached)
- Pauquachin First Nations Job Posting



It appears everyone including the animals are busy getting ready for fall!

-
- ✓ **Next Admin Committee Meeting- October 3, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at September 12, 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

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

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.
-

Rights of the Child- This month send your favourite photos of children engaging in sport, the arts or recreation so we can celebrate Article 31 "You have the right to play and relax by doing things like sports, music and drama." They will be featured in the September 12 power point at the Our Cowichan meeting.

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)

Be Part of United Way's Public Policy Institute

In [2019, twenty-one changemakers](#) from the non-profit sector in B.C. graduated from the United Way [Public Policy Institute \(PPI\)](#). The Institute is a professional development program designed to help leaders from the non-profit sector create lasting social change. Through PPI participants deepen their understanding of public policy and increase their capacity to change it for the better. [Applications](#) for the 2020 United Way Public Policy Institute are now being accepted.

This unique learning opportunity is targeting non-profit organizations from across the province grappling with dynamic challenges in social and health services and eager to engage in the shaping of public policy. Participants will learn innovative real-world skills and knowledge and be mentored on a policy project relevant to their organizations.

Led by former premier Mike Harcourt, the Institute's faculty of leading policy experts include Elizabeth Cull, Ida Goodreau, Dana Hayden and Liz Whynot.

The Public Policy Institute will be delivered through two-day sessions delivered once a month over a period of six months from January to June 2020.

Ready to apply? Find the application form and more detailed information on the [institute webpage](#).
Still have questions? Please contact Bobbi Symes, Assistant Director, Population Health at ppi@uwlm.ca.

Deadline to send in your application is **October 11, 2019**.

PS if you have attended PPI in the past please feel free to share this information with a colleague who would benefit from attending.

Bobbi Symes

Assistant Director, Population Health

United Way of the Lower Mainland | uwlm.ca

4543 Canada Way, Burnaby, BC V5G 4T4

BobbiS@uwlm.ca | P 604.294.8929 | ext. 2303

Follow us on [Facebook](#) | [Twitter](#) | [Instagram](#) | [Youtube](#) | [LinkedIn](#)

SHOW YOUR LOCAL LOVE.
TAKE ACTION TODAY.



New CDH Summer Update and More- (Attached)



**Pauquachin First Nation
Job Posting**



POSITION: Early Childhood Development Coordinator
SALARY: Starting @ \$18/hour
HOURS OF WORK: Fulltime – Permanent
CLOSING DATE: August 23, 2019

Position Summary: The Head Start Program is a holistic program that meets the individual needs of the children spiritually, intellectually, physically, cognitively and emotionally, with activities that are enhanced by HUL'Q'UMI'NUM' and SENCOTEN languages. Under the direction of the Head Start Coordinator, the Early Childhood Development Coordinator delivers developmentally appropriate activities for the Head Start Program. The ECD Coordinator will promote parents as a child's most important teacher and instill a love of life-long learning.

Duties and Responsibilities:

- Ensure Pauquachin First Nation ECD is delivered in a professional, ethical and efficient manner maintaining the highest standards possible.
- Be support in HS Preschool with the Head Start Coordinator
- Assist with the Baby group program with the Head Start Coordinator
- Coordinate, assist and facilitate Parenting programs including Triple P Parenting.
- Coordinate, assist and facilitate Family programs including connecting with Trinity Holy Church
- Keep inventory of program supplies

- Keep a record of activities, menus, attendance for reports
- Prepare monthly newsletters
- Prepare healthy snacks/lunches where appropriate
- Promote healthy nutrition/lifestyle while at work
- Collaborate and liaise with outside agencies
- Ensure children develop peer relationships and social behavior while supporting a child's resilience.

Skills and Experience:

- College or University Certification in Early Childhood Education, and combination work experience.
- Food Safe Certificate
- Valid First Aid/CPR-C/AED Certificate
- Three to Five years facilitating children's programming
- Experience working with professionals from other programs and with external professional resource people
- Ability to develop and maintain trusting, supportive relationships with children and families
- Ability to work effectively along with co-workers
- Knowledge of First Nations language, culture and traditions
- Knowledge of the resources of the community
- Ability to refer parent(s) legal guardian(s)/ extended family to appropriate resources
- Effective interpersonal skills
- Effective communication skills in writing and speaking
- Ability to work closely with community resources to ensure the coordination of services
- Experience working with First Nations children and families
- Good organizational skills
- Excellent planning and organizing skills including menu planning
- Open to learning and taking direction
- Enhanced Criminal Records Check
- Valid Class 5 Drivers License

*Preference will be given to applicants of Aboriginal Ancestry. Send Resume and Cover Letter to:

Marquita Wilkinson
 Pauquachin First Nation
 922 Sunset Lane
 North Saanich, BC V8L 5W8
 Email: marquita@pauquachin.com

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