



## Health Matters Newsletter September 14, 2018

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- OCCHN Small Grants Call for Proposals- two weeks until closing
- Day of Services Seeking Support and Volunteers – October 10 Duncan United Church
- Strengthening Families Together Course -British Columbia Schizophrenia Society
- Apply Now- United Way Public Policy Institute
- The Return of Avi Friedman
- CVRD Housing Service information attached- Get out and Vote



*This is a timely photo of the Southern Resident J pod. It is feared that our precious J 50 also known as Scarlet has perished. When we think of our health we need to think of our most treasured wild residents that matter too. Take care of our rivers and streams to ensure a healthy salmon population for all.*

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- October 4, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at November 8, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** September 20, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** September 20, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

- **Walk of Nations** - Join us on September 22nd for the 10th anniversary walk! Leave at 10 am from the old VIU parking lot across from Superstore. We will walk to join the One World festival on St. Julian St.
- **Need a FREE Space For your Non-Profit meeting?** Contact Volunteer Cowichan!  
<https://www.facebook.com/VolunteerCowichan/photos/pb.273572012733673.-2207520000.1534373684./1798932173530975/?type=3&theater>
- **Cowichan Valley Hospice Society- Ready for the Unexpected?** You are invited to a **FREE** workshop. How do you want your care and affairs managed when you are unable to speak for yourself? **Cowichan Valley** – out of region welcome Sep 27 & Oct 11, 6:30-8:30 pm 3122 Gibbons Road, Duncan -Cowichan Valley Hospice Soc. Building **poster attached**

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## Local Data and or Research-

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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 28, 2018. Funding announcements will be made by October 15, 2018 or sooner.

- 1 copy must be submitted by email to: [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca)
- 1 hard copy must be mailed to:

Our Cowichan  
PO Box 20106  
Duncan BC,  
V9L- 5H1

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## Day of Services Seeking Support and Volunteers – October 10 Duncan United Church

We are working with Duncan United to do a day of donations/ services similar to the one held in October of 2016. We are planning to hold this year's on October 10<sup>th</sup> and have folks there doing services like hair cuts, foot care, oral care, free lunch and information booths set up like last time.

SDPR attended in 2016 with a booth of information. I remember it being quite a busy info table serving approximately 30 clients according to the survey. We had approx. 120 people pass through the doors looking for information, clothing, blankets and a free lunch. We are hoping you guys would be interested in a table again this year?

We are looking for donations to hand out the day of the event. This year we are looking for hygiene products, sleeping bags, tents and tarps, socks, gloves and toques, heavy winter jackets and winter boots (no clothing this year due to the overwhelming amount received last time with nowhere to take any of it at the end)

If you can pass this along to anyone you can think of that would be wonderful J we will work on getting some tables signed up for the event and start on donations and then create a poster with the information later in September.

Thanks so much,

## Necole Young

Third-Party Administrator

Funding Research/Development Facilitator

Cowichan Independent Living

*Promoting a New Perspective on Diverse Abilities:*

<http://civilrc.bc.ca>

Telephone: 250 746 3930

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### **Strengthening Families Together Course -British Columbia Schizophrenia Society**

If you have a loved one suffering from a mental illness it can be overwhelming and you are not alone. In this 10-week course you will learn about symptoms, stigmas, myths, coping and communication strategies, as well as how to navigate the medical and legal systems and personal advocacy.

**Classes will run Wednesday nights from 6-8 beginning September 26**

**and finishing on December 5 in Ladysmith. There is no fee for this course,**

**please contact Tara McCaffery to register 250-327-4416 or at [cowichan@bcss.org](mailto:cowichan@bcss.org) Poster Attached**

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### **APPLY NOW: 2019 United Way Public Policy Institute**

**Are you a change-maker and want to help strengthen your organization's capacity to advance social change?** The application period is now open for the 2019 United Way Public Policy Institute, an applied learning training program designed to help non-profit leaders and their organizations increase their understanding of the public policy process in BC and their capacity to influence it.

Applicants must be from the non-profit sector, have several years of experience in their field, and be actively involved in the area they would like to see policy change. Enrollment is open to organizations from all regions of the province.

Monthly two-day sessions will be delivered from January to June 2019. United Way will accept applications for the 2019 institute until October 12, 2018.

For more information, including Frequently Asked Questions (FAQ), Program Objectives, Faculty, Public Policy definition and a list of participating organizations from previous years, please see the dedicated program page on our website at: <https://www.uwlm.ca/agencies/public-policy-institute/>.

To obtain an application form, please contact Yves Trudel at [ppi@uwlm.ca](mailto:ppi@uwlm.ca)

United Way of the Lower Mainland | [uwlm.ca](http://uwlm.ca)

P207-33355 Bevan Avenue, Abbotsford, BC V2S 0E7

[yvest@uwlm.ca](mailto:yvest@uwlm.ca) | P 778.880.8507 | C 778.229.4057



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**SAVE THE DATE FOR THURSDAY, SEPTEMBER 20 at 7:00 p.m.  
RAMADA HOTEL, DUNCAN  
FOR THE RETURN OF AVI FRIEDMAN**

We are **one week** away until the next Placemaking Vancouver Island Speaker Series event featuring Canada's housing guru, Avi Friedman.

Avi will be sharing the innovative housing design concepts he's developed for the Cowichan and will change the way you think about affordable housing!

Register for **free** today  
Please feel free to  
attached event poster  
may be interested!

by clicking **HERE**  
share the  
to anyone who

*Kick Off to Community Living Days*

**Join us  
Tuesday September 25th  
To celebrate Community Living Day  
BC Forest Discovery Centre  
10am – 4pm**



Train Ride, Food, Face Painting, Craft Tables, Music  
Lots of FUN for Everyone!!



**THIS EVENT IS  
FREE  
THANKS TO OUR SPONSORS**



**Please RSVP to Diane Olausen at [dolaussen@clementscentre.org](mailto:dolaussen@clementscentre.org) by 4pm on  
September 23<sup>rd</sup>**



# ONE WORLD festival



COWICHAN  
INTERCULTURAL  
SOCIETY

IMMIGRANT  
WELCOME CENTRE  
OF COWICHAN



*Join us*  
September  
21 & 22, 2018

Cowichan Intercultural Society  
321 St. Julian Street  
[www.oneworldfestivalcowichan.com](http://www.oneworldfestivalcowichan.com)

Music

Workshops & Guest Speakers

Cultural Food

Traditional Clothing

Cultural Marketplace

Cultural Expo

One World Passport

International Fashion Show

Cultural Art Show

**And much more...**



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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

**Health Matters Newsletter**