



Health Matters Newsletter September 21, 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
- Parent Support Circles Training - attached



Thankful for the rain and a fresh supply of salmon

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.

Community Events- Meetings

- **Community Response Team Meeting** October 18, 9 am-11am Meeting Room 213 Location to be determined
- **EPIC-Community Steering Committee** October 18 , 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>

- **AppleFEST Fundraiser** Saturday, Sept. 29th, 2017 11am – Ts’i’ts’uwatul’ Lelum Assisted Living 5755 Allenby Road, Duncan, BC
10am - 2pm. celebrates the start of the fall **apple** harvest season with our annual **AppleFest** fundraiser. Our talented kitchen staff will be baking up a variety of delicious homemade baked goodies: **apple** pies, dutch **apple** pies, tarts and more!
- **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**

Local Data and or Research-



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

- 1 copy must be submitted by email to: cindylisecchn@shaw.ca
- 1 hard copy must be mailed to:

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

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 10th 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

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

Music
Workshops & Guest Speakers
Cultural Food
Traditional Clothing
Cultural Marketplace
Cultural Expo
One World Passport
International Fashion Show
Cultural Art Show

And much more...



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

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