



## Health Matters Newsletter April 1, 2016

### Today's Health Matters Includes:

Meeting Schedule  
Community Meetings and Events  
Local Data/ Relevant Reports – CVRD Paratransit Study 2014  
RFP Announcement For Sobering Beds for Cowichan  
Ladysmith Transit Survey  
Island Region Healthy Communities Forum  
Brain Fitness (attached)

Spring has sprung in the Cowichan Trails!



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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** April 7, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** April 14, 2015  
**CVRD Board Room.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.

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### Community Events

- **Next Sobering and Detox Task Force Meeting – MOVED to May 5 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Literacy Now Wordscrum Fundraiser-** April 10 3pm to 5 pm at York Street Diner
- **Ladysmith Interagency Meeting- the last Wednesday of the month from** 12:30 pm to 2:00 pm at Ladysmith Resource Centre Society- 630 Second Avenue Ladysmith
- **Brain Fitness Program** Mondays, April 4 to May 9, 10 a.m. to noon At the Crofton Community Centre To register: phone: 250 715-6481 Email: [cscfoundation@shaw.ca](mailto:cscfoundation@shaw.ca)

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**Local Data and or Research-** CVRD Paratransit Study 2014 (attached)

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## RFP Announcement for Sobering Beds in Cowichan

<http://www.bcbid.gov.bc.ca/open.dll/welcome>

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### Ladysmith Transit Survey

[http://1.facebook.com/1.php?u=http%3A%2F%2Fquestionnaire.simplesurvey.com%2FEngine%2FDefault.aspx%3FsurveyID%3De1ee43fb-b0e4-4481-8fe5-da098a61dd6e%26lang%3DEN&h=xAQH9o5pg&enc=AZP3-lrag3Tpw-I4vf\\_hMvjg8MWQLRcBG-GK7C4Xya8uFHHdFK33q6IqC\\_RFHWqqO1sTieRq8iZ2bNnpPcvh7nxWbN35yaltCneWXcgnbQ5WQxrUg-5aI6ZqKJFRNmavCg&s=1](http://1.facebook.com/1.php?u=http%3A%2F%2Fquestionnaire.simplesurvey.com%2FEngine%2FDefault.aspx%3FsurveyID%3De1ee43fb-b0e4-4481-8fe5-da098a61dd6e%26lang%3DEN&h=xAQH9o5pg&enc=AZP3-lrag3Tpw-I4vf_hMvjg8MWQLRcBG-GK7C4Xya8uFHHdFK33q6IqC_RFHWqqO1sTieRq8iZ2bNnpPcvh7nxWbN35yaltCneWXcgnbQ5WQxrUg-5aI6ZqKJFRNmavCg&s=1)

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## Island Region Healthy Communities Forum: Collaborating for Upstream Impact on Community Health and Well-being

### Event Information and Registration Link

**Date:** April 21st & 22nd, 2016

**Location:** Parksville Community Conference Centre  
132 E. Jensen Avenue  
Parksville, BC

A complimentary lunch and refreshments will be served.

*This is a free event facilitated by BC Healthy Communities on behalf of the PlanH Program, and hosted in partnership with Island Health.*

Space is limited with only a few spots left for First Nations, Local Government staff and elected officials. To register, please [CLICK HERE](#)

BC Healthy Communities, the PlanH program and Island Health are pleased to invite you to be part of this exciting island-wide forum to learn, share and build collaborative strategies for upstream action for healthy communities. This forum will feature multiple sessions including local speakers as well as a **keynote address by Al Etmanski, social entrepreneur and author of *Impact: Six Patterns to Spread Your Social Innovation***. Stay tuned for information on additional speakers and workshop sessions coming soon.

This is a **two day forum**, with a focus on foundations to collaboration and upstream prevention on day one (April 21) and a deeper dive into skill building and innovations taking place on day two (April 22.)

There will be a variety of opportunities to network, share lessons and promising practices, hear inspirational stories from near and far, and learn about practical tools for addressing community health and well-being challenges together. Join us to:



Island Region  
Healthy Communities  
Forum

in partnership with  planH

- **GATHER** skills for advanced collaboration & Collective Impact
- **LEARN** about best practices and innovations for upstream prevention
- **CONNECT** with others to build and strengthen relationships within and between communities
- **SHARE** and **CELEBRATE** local successes and challenges

**WHO SHOULD PARTICIPATE?** This forum has reached capacity for representatives from Island Health and Community Health Networks. The only spots left available are for local government and First Nations (staff and elected officials), and First Nations Health Authority.

**PRE-REGISTRATION REQUIRED AND SPACE IS VERY LIMITED!** You are being invited to this forum based on your role and involvement as an important partner in collaborative healthy communities work in the Island region. Note that in order to ensure diverse participation, there are a limited number of forum spots available for different Island sub-regions and sectors.

Please **CLICK HERE** to register

Limited **travel subsidies** are available upon request.  
For more information, please contact Celeste Zimmer at [celeste@bchealthycommunities.ca](mailto:celeste@bchealthycommunities.ca)

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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**