



Health Matters Newsletter June 3, 2016

Today's Health Matters Includes:

Meeting Schedule
Community Meetings and Events
Events
Research and Reports- The Average Cost of Food
Per Month
Tobacco Reduction
Introduction to Collective Impact Webinar
World Elder Abuse Day activities
Aboriginal Day



When nature imitates art!

Our Cowichan- Network Member Meetings-

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

Community Events/ Meetings

- **Next Sobering and Detox Task Force Meeting -June 16** 9:00 am to 11:00 am CVRD Meeting Room 213
- **Lake Days June 5-12** For more information on the schedule of activities and entertainment go to: <http://cowichanlakedays.com/events-page/>
- **Inspiration Station-** Saturday June 11- Island Savings Centre (see attached flyer)
- **Chemainus Summer Festival June 18-** Visit: www.visitchemainus.ca for more information
- **Aboriginal Day at Transfer Beach Ladysmith-** June 21 11:00 am to 3:30 Everyone Welcome

Research and Reports

The average monthly cost of the reference food basket has risen to

\$974/month.

The information includes food costs around the province of BC

http://www.keepingintouchbc.com/2016/05/31/food-costing-bc-provincial-health-services-report-rising-food-costs/?utm_source=Keeping+In+Touch+BC+eNewsletter&utm_campaign=2bf52b0e8b-Keeping+In+Touch+May+2016+30+2016&utm_medium=email&utm_term=0_69756efad5-2bf52b0e8b-21508233

Tobacco Reduction

http://planh.ca/sites/default/files/planh_kimberley_communitystory_05.26.16.pdf

http://planh.ca/sites/default/files/planh_tobacco_reduction_guide-web09_05.25.16.pdf

Introduction to Collective Impact Webinar

Thursday June 23rd, 11:30-1:30pm PST

Is your organization interested Collective Impact? Are you considering collaborating with other organizations to change population level outcomes on an issue that is important in your community or region?

If so, you may be interested in attending an **upcoming Introduction to Collective Impact webinar, on Thursday June 23rd.**

[Click here](#) to register.

THROUGH THIS WEBINAR:

- **LEARN** about how a Collective Impact approach can support work across sectors to move the needle on urgent and complex community issues
- **EXPLORE** the types of issues and conditions best suited to a Collective Impact approach, and learn when this approach is not the best fit
- **HEAR ABOUT** lessons and insights from groups and collaboratives working with Collective Impact in BC and beyond

DETAILS:

11:30- 12:00 - OPTIONAL for groups to gather for pre-webinar discussion

12:00 - webinar commences

In addition to being an open learning opportunity, this webinar is a pre-requisite for collaboratives interested in participating in Collective Impact workshops and coaching to be offered in fall 2016 by BC Healthy Communities and Innoweave.

This session has been scheduled as a "lunch and learn" and we recommend if possible to use this as an opportunity to gather with your partners to learn and engage together. We suggest completing Innoweave's Collective Impact self-assessment and coming together as a group to discuss, prior to participating in the webinar from 12:00-1:30pm ([click here to complete the self-assessment](#)).

****We recommend that you and your partners read the following before the webinar commences: *Collective Impact*, by John Kania and Mark Kramer. [Click here](#) to access the article.**

OPPORTUNITIES AFTER THE WEBINAR:

Once you have attended the webinar, if you determine that collective impact is a fit for your issue and community, you can apply to participate in a supported Collective Impact process offered in partnership by BC Healthy Communities and Innoweave. This process helps groups of different community organizations apply the Collective Impact approach to a shared population-level impact goal. The process includes two workshops staggered over a 4-8 month period, allowing organizations time in between the two sessions to build additional community support, and refine their shared outcomes goals. Following each workshop, groups may also request Collective Impact coaching support. To access coaching, organizations should be clear on the goals that they hope to achieve with Collective Impact and the assistance that they require to develop their strategy for impact, build their collaborative and get ready to implement.

Collective Impact Workshop 1 will be offered in fall 2016. This workshop is designed to help teams of leaders from at least 4-5 different community organizations committed to working on a common issue start to:

1. Articulate and refine population level outcome goals that they wish to achieve;
2. Develop a hypothesis of the activities required to begin achieving those outcomes (e.g. a theory of change);
3. Identify how they will test (and improve) their theory of change;
4. Build a community engagement strategy that ensures key stakeholders and other leaders are part of the change process;
5. Develop a 4-6 month strategy to deepen engagement on the issue, and advance activities to test a collective hypothesis.

If you have any questions, please contact Celeste Zimmer at celeste@bchealthycommunities.ca

World Elder Abuse Awareness Day events for the Central Island:

Cowichan Community Response Network (CRN)

Duncan: It's Not Right: Neighbours, Friends and Families Presentation and Discussion

- June 15, 10:30am-noon
- Ts'i'ts'uwatul' Lelum, 5755 Allenby Road, Duncan, BC

Chemainus Wednesday Market Booth

- June 15, 10am-3pm
- Waterwheel Park, River Road at Cypress, Chemainus, BC

Ladysmith CRN

Stz'uminus Elders Lunch – combined RCMP (Community Police & Victims Services) Frauds & Scams and BCCRN's Elder Abuse presentations

- June 15, noon to 1:30pm
- Stz'uminus Health Centre, 3945-A Shell Beach Road, Ladysmith, BC

ABORIGINAL DAY

JUNE 21St

Everyone
Welcome!



**Transfer Beach
Amphitheatre
11am to 3:30 pm**

Stz'uminus First Nation would like to invite everybody to Transfer beach and the Amphitheatre to Celebrate Aboriginal Day. The event is designed to instill the pride of the Stz'uminus Mustimuxw (people) and their culture and heritage. We would also like to introduce our culture to our neighboring Non-First Nation Communities, and help build bridges between Stz'uminus and our partners.

There will be cultural demonstrations as follows: Elders teachings, singing, dancing, crafts, local first nation vendors, traditional food and games.



**Merci beaucoup
Canadian Heritage**

**Thank you for your support
Canadian Heritage!**



Thank you to the community of Ladysmith, for once again partnering with the Stz'uminus First Nation to celebrate Aboriginal Day.

Volunteer Cowichan is honored to be collaborating on this local initiative.

Please help by participating and sharing with your local networks.

My apologies for cross posting, your understanding is appreciated

Hello, my name is Jennifer Barnes van Elk and my business Inkwell Grant Seeking and Professional Writing will be hosting a series of seminars this fall in support of increasing the active and informed participation of women in our local economy. This project is funded by the Catalyst for Growth Project - an initiative funded in part by Status of Women Canada and carried out by Women's Enterprise Centre in collaboration with WEB Alliance.

Entitled "Women at Work," this project will be a series of 3 educational presentations/networking events taking place in the fall of 2016 in the Cowichan Valley.

The Women at Work seminar series will address one topic per workshop and will open with a key speaker, be followed by discussion/contributions from the floor, and will wrap up with a networking hour. Each workshop/seminar is intended to be accessible and as such will be kept to about 2-3 hours in length with a suggested (anonymous) "karma contribution" of \$5 to attend.

The umbrella theme of the seminar series is to increase the representation of women as leaders, entrepreneurs, and as participants in under-represented roles (i.e. trades/emerging sectors) within our local economy. Various community representatives have contributed to build a "short list" of topic ideas that you will see in the survey.

Please vote to select the 3 topics that interest you most, and circulate this survey to others in the community. The goal is to use the survey to select the ideas that resonate most with a diverse cross-section of our community. Your participation in taking the survey, and circulating it to others is sincerely appreciated!

If you would like to learn more about the project, please visit the website.

[Survey Link](#)

Jennifer Barnes van Elk

Volunteer Cowichan is excited to recognize committed volunteers who assist agencies and community.

In partnership with MP Alistair MacGregor

Presentation to be held on June 23, 2016
during AGM
4:30pm at 187 Trunk Ave, Duncan

Nominate your dedicated volunteer!

[Helping Hands Nomination Form](#)

[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

Health Matters Newsletter