



Health Matters Newsletter June 23, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- EPIC video –Collective Impact is working
- Canada Day Ladysmith (poster attached)
- Needles and Drug Epidemic is Everywhere- what can we learn from others?
- Multi Cultural Day and Newcomer Neighbours
- Lahal Bone Games- demonstration
- Aboriginal Sport for Life



If you go exploring Montague Harbour on Mayne Island you will find this wonderful surprise on the forest trail

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- July 6, 4:30-6:30** Committee Room 2 CVRD
- ✓ **Next Our Cowichan Network Meeting at July 13 Ramada Silver Bridge.** Light dinner at 5:15 pm
Meeting starts at 5:45 pm.

Community Events- Meetings

- **Canada Day At Transfer Beach in Ladysmith-** July 1
- **Community Response Team Meeting** July 20, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** July 20, 12:00 pm to 1:00 pm Ladysmith Community Health Centre Lower meeting room (Then moving to Duncan 2:00 pm-4:00 pm) Ts'i'ts'uwatul 'Lelum 5755 Allenby Road- Duncan, BC

Local Data and or Research- Interesting article on impact on mental health from smoking.
<http://www.cbc.ca/radio/whitecoat/blog/butting-out-is-good-for-mental-health-patients-too-1.4166952>

Housing Coalition- Everyone Deserves a Home

On May 26th 2017, *Everyone Deserves a Home: Building A Coordinating Structure for the Cowichan Valley*, Session 3 work shop, examined Homelessness and Housing Coalition models in BC, and featured presentations from representatives of two communities that have organized around these issues: from Victoria, the Victoria Coalition to End Homelessness and the Capital Regional District, and the City of Nanaimo.

This workshop was co-hosted by the 'Home Team': Cowichan Housing Association, Our Cowichan Communities Health Network, Social Planning Cowichan, Mental Health and Substance Use Collective Impact Team, the United Way and Cowichan Division of Family Practice.

On behalf of the 'Home Team' we are pleased to share this draft summary report outlining the discussion from the workshop participants regarding a Cowichan Coalition model. We welcome your comments and questions on the draft by July 4, 2017. We know that many people could not attend on May 26th and so we are sharing this widely, and welcome questions and feedback from all.

http://www.cowichanhousing.com/uploads/4/9/6/0/49605357/everyone_deserves_a_home_community_report_draft_june_15_2017.pdf

Over the coming months, the 'Home Team' will be working to build on the recommendations from the workshop, to move forward with the goal of developing a coordinated structure in the Cowichan Region, and ultimately toward the goal of safe, affordable housing for everyone.

Thank you,
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Cowichan Housing Association
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The Drug and Needle Epidemic is Everywhere-

What might we learn from other communities?

Vancouver's mayor has issued a statement in response to concerns about needles found at Andy Livingstone Park, calling on all levels of government to help keep public spaces clean.

Metro reported on the park board's increased cleanup efforts last Thursday(

<http://www.metronews.ca/news/vancouver/2017/06/15/crosstown-residents-find-needles-at-andy-livingstone-park.html>), which include a permanent park ranger station at Andy Livingstone and daily patrols from 7 a.m. to 11 p.m.

Mayor Gregor Robertson emphasized those efforts Tuesday in a written statement:

"The City, Park Board, **Vancouver Coastal Health** and Vancouver School Board are ramping up efforts to keep Andy Livingstone Park clean and safe for neighbourhood residents and will be reporting to the public regularly on progress of reducing discarded needles. I'm reminding all residents that if you see a discarded needle on the street or in a park, report it immediately to the Needle Van Hotline," he said.

"Fourteen months into B.C.'s most serious public **health** emergency in history, managing discarded needles in public spaces has become a significant challenge. We need partners at all levels of government to work together to keep our public spaces clean and safe."

But some parents and residents in the neighbourhood say more needs to be done because children frequent the park. Crosstown Elementary, by design, does not have its own playground - children spend recess and lunch in Andy Livingston Park.

School staff conduct four sweeps of areas that children play in every day, according to the Vancouver School Board.

The park board re-iterated it is doing its best to keep the park safe in a statement, Thursday.

"We hope our efforts send a message to residents that they've been heard and their concerns are important to us. This is a process that requires all of us to work closely and diligently together as we strive for safety in our parks and a great experience for all park users," said park board chair, Michael Wiebe.

People can contact **Vancouver Coastal Health's** needle-pickup hotline at 604-657-6561

Newcomers, Neighbourliness and the Inclusion Challenge of the Cowichan Valley, Vol. 2:

Six Signature Traits of Inclusive Neighbours

Inclusive neighbourhoods need inclusive neighbours. This might seem like common sense, but often as local communities become more diverse there can be a tendency to revert to less-than-welcoming behaviour. Diversity and Inclusion strategist, Alden E. Habacon, delivers a continuation to last year's keynote on Cowichan's "inclusion challenge" by focusing on what it means to be an inclusive neighbour. Using the most recent research on when people actually feel included in their workplaces and the traits of inclusive business leadership, this year's message builds on previously introduced ideas and tools with a concrete understanding of how to create the most inclusive neighbourhoods possible for newcomers and long-time residents, neighbour-to-neighbour. This is a critical update for employers, community leaders and neighbours who aspire to foster an intercultural Cowichan Valley.

Please join us on **Tuesday, 26th June at Duncan Community Lodge** (2244 Moose Rd) and help us celebrate Multiculturalism Day!

5:00 pm Annual General Meeting

6:00 pm Cultural Expo, Canapé Dinner (suggested donation \$10), and Champions of Inclusion Awards

7:00 pm Keynote by Alden E. Habacon

I hope you will be able to join us!

CELEBRATE

Multiculturalism Day

TUESDAY JUNE 27th
Duncan Lodge, 2244 Moose Rd



**Alden Habacon
Keynote Speaker**

Cultural Expo

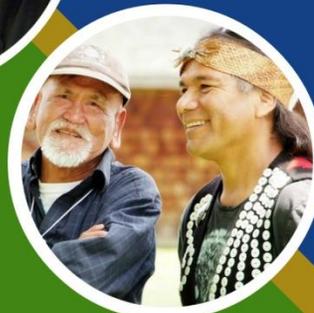


Doors at 4:45pm
AGM 5:00 - 6:00pm
Canapé Dinner
6:00 - 7:00pm
Keynote + Awards
7:00 - 8:30pm

**Intercultural
Society AGM**



**Champions of
Inclusion Awards**



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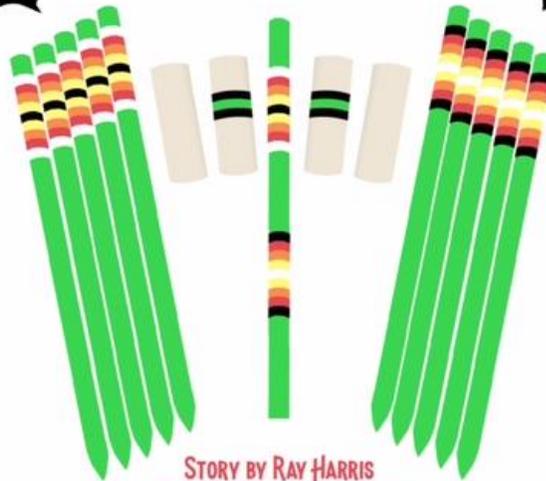
COWICHAN
INTERCULTURAL
SOCIETY

IMMIGRANT
WELCOME CENTRE
OF COWICHAN

250 748 3112 / CIS-IWC.ORG

LAHAL

ORIGINS of the BONE GAME



STORY BY RAY HARRIS

Performed by Local Youth

June 28 @ 5:30pm, Community Centre Gym



Enjoy burgers,
fruit, veggies, and
refreshments!



Need a ride? Contact
Community Centre
Staff at 250-245-9372



A Stz'uminus First
Nation Production



Funded by First Peoples' Cultural Council,
Aboriginal Youth Engaged in Arts Grant

Aboriginal Sport Circle and the Sport for Life Society are proud to share with you a new resource for communities on this National Aboriginal Day.

Aboriginal Communities: Active for Life is a culturally-tailored resource that is designed for Aboriginal community members, such as parents, Elders, educators, recreation leaders, and coaches, who value physical activity and healthy living as a vehicle to the holistic development of both the individual and the community.

The nearly 40-page document and its accompanying workshop supports and empowers members of the communities who seek to develop quality sport and physical activity programs.



Over 260 sport and physical activity leaders from across the country contributed to the publication, which received financial support from the Government of Canada through Sport Canada, a branch of the Department of Canadian Heritage.

We would like to thank the many important partners who played a role in the development of the resource. In particular, Aboriginal Sport Circle and Sport for Life would like to acknowledge the Cowichan 2008 North American Indigenous Games Legacy, the Aboriginal Sport and Wellness Council of Ontario, and the Indigenous Sport, Physical Activity & Recreation Council for their contributions.

[>>Download ABORIGINAL COMMUNITIES: ACTIVE FOR LIFE](#)

We hope you find this resource useful. Please share it widely to any of your networks who you think will benefit from this information. If you have any questions or concerns, email andrea@sportforlife.ca.

Thank you very much,
Andrea Carey
Director of Operations & Special Projects, Sport for Life Society

Do you have something to share?
Send it to cindylisecchn@shaw.ca and it will be included in the weekly
Health Matters Newsletters