



## Health Matters Newsletter June 30, 2016

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information – **Important request for regional data and reports** to support creation of Cowichan Snapshots
- Cowichan Success By 6 **Call for Proposals**
- Participaction Report Card on Physical Activity in Children and Youth- too tired to be active?
- Canadian KidCare Report

*Happy Canada Day to All!*



---

### 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, 2016](#) CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

---

### Community Events

- **Next Sobering and Detox Task Force Meeting –** [September 15](#) -9:00 am to 11:00 am CVRD Meeting Room 213
- **39 Days of July Cowichan Summer Festival 2016** <https://www.facebook.com/Duncan-Cowic...>

---

### Local Data and or Research-

### For Immediate Release from Social Planning Cowichan Request for Local Research and Reports June 27, 2016

Social Planning Cowichan, working with the community partners and OUR Cowichan is launching the final stage of our community based research project the "Story of Cowichan" for 2016 and moving forward, will be updating this work every two years. This project will provide us with an overview of the

current health and well-being of our community, where we are alive and thriving and where we need to be taking a deeper look at what is challenging us.

As experts in your area as community service providers and organizations we are reaching out to you for any research reports you have completed over the past couple of years that will assist us in providing the most current, accurate and up to date data for this look at our community.

We will be using this data in our snapshots but also will be housing links to all the reports on our website and pinpointing areas where we are research rich and those that need attention.

We invite you to email us links by July 8<sup>th</sup> to reports or if offline, pdf's and indicate whether or not you would like them linked to this project website or if you would like the information to stay offline.

There are other ways you can contribute or encourage others to have their voices included, please refer to the following to find out more and thank you for taking the time to make sure your area of expertise is recognized and included.

How would you rate your quality of life in the Cowichan Valley?

What is it about this place that makes you call it home?

If you could change one thing about it, would what that be? How happy are we in the Cowichan Valley?

These are some of the questions we will be asking people in the Valley over the summer months as we work in collaboration with our community to develop a series of Community Snapshots that will tell the Story of Cowichan for 2016.

In order to make these Snapshots truly reflective of the Cowichan community, we're aiming to gather as much feedback as possible from community members, like yourself! We have three different ways you can get involved:

1. Community Happiness Survey: How happy are we in this beautiful valley of ours? We can find out by taking part in this simple survey and once all the surveys are in, we can compare our results to other places in the world! To complete, please follow the link on our website or Facebook Page.

Then sign up or log in & select "CowichanValley2016."

2. Cowichan Valley Story Survey: This one is for those live and work in the Cowichan Valley to find out what matters most to you and what concerns you the most? To complete, please follow the link on our website or Facebook Page.

3. Photo Contest: Take it one step further and include a photo that captures what matters most to you and/or what concerns you the most along with a short caption that explains why. Your photo will have a chance of being included in our Snapshots and you'll be entered in a contest to win a one-night stay on a beautiful float home in Cowichan Bay, plus dinner for two! Photos & captions can be posted on our Facebook Page or sent to [spcowichan@gmail.com](mailto:spcowichan@gmail.com)

Please complete the surveys by July 31st, 2016. Watch for results on our website at [www.socialplanningcowichan.org](http://www.socialplanningcowichan.org) and in local media coming out in the fall of 2016.

Having a series of Snapshots will not only highlight the current status of our community, but can also act

as a lens for measuring our progress in different areas as we move forward together. By having a framework in place, we'll be better able to guide and shape our community to be the best it can be. That's why, in designing these Snapshots to accurately reflect what's happening around us, it's important for us to hear from the community.

Social Planning Cowichan is a local, registered charitable society whose goal is to provide leadership that brings the community together to create a sustainable quality of life for everyone in the Cowichan Region. We are happy to have Our Cowichan as partners.

For more information, please contact Kathleen Heggie at [khspcowichan@gmail.com](mailto:khspcowichan@gmail.com), or 250-745-1004 ext. 250



---

# Success By 6

Helping all children succeed for life.



United Way

United Way Success By 6® Partners

*The vision of Success By 6 is to build the capacity of parents and communities to support children ages 0 to 6 to become healthy, safe, secure, successful learners, socially engaged and responsible so they are ready to succeed in school and in life.*

## CALL FOR PROPOSALS – ELIGIBILITY REQUIREMENTS

2016/2017 Strategic Implementation funding opportunity for **small grants up to \$5,000**, to build the capacities of parents, families and child care providers in making a difference in the social and emotional development of young children. Research, community forums and the Early Development Instrument (EDI) results have identified that a priority for the Cowichan Valley is to improve and support the social and emotional development of our children.

To be considered eligible for funding, project proposals will successfully demonstrate:

- Support of the social and emotional development or health of children and families within the

Cowichan Region

- Relevance to children 0 to 6 years old and/or their caregivers, (may include the perinatal period)
- Collaboration and/or partnership with other agencies
- Enhancement and/or development of spaces, places, or services for children and families

The request for funds and your proposal must signify how you plan to support the social and emotional development or health of children and families within the Cowichan Region.

Applications will be reviewed with an emphasis on sustainability. Applications are open to all non-profit agencies. Funding must not benefit any individual, group or organization in terms of financial profit.

Grantees must meet all eligibility requirements. Grantees must complete both an interim progress report and a final report.

All proposals must be completed and submitted by **4:30 pm, Friday, July 8th, 2016**

**Grant Application:**

If interested in applying, please contact Laura Court by email at [cowichansuccessby6@shaw.ca](mailto:cowichansuccessby6@shaw.ca) or call 250-701-3647 to receive the grant application.

---

## **Participation Report Card on Physical Activity for Children and Youth: Are Canadian Kids Too Tired to Move?**

Canadian kids are inactive and they may be losing sleep over it. Emerging research, which spurred Canada to develop the world's first 24-Hour Movement Guidelines, shows that physical activity, sedentary behaviour – and sleep – are closely interrelated.

According to the latest [Participation Report Card on Physical Activity for Children and Youth](#), “Kids who are tired out from running around sleep better, and those who have slept well have more energy to run around.”

[Find more info](#)

---

KidCare Canada Annual Report- great work from our neighbours to the south

Hot off the press, [KidCare Canada's Annual Report](#) for 2015 can now be viewed online.



---

[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**

