



Health Matters Newsletter October 7, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information- McCreary Youth Health Study
- Physical Literacy for Communities Webinar
- Annual Welfare Challenge
- Funding Opportunity for Status of Women



Sometimes it is perfectly ok for the power to go out. Happy October everyone!

Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting-**October 13, 2016**
- ✓ Next Our Cowichan Network Meeting **November 10, 2016 Clements Centre**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- Next Sobering and Detox Task Force Meeting – **October 20** -9:00 am to 11:00 am CVRD Meeting Room 213
- Literacy Central Vancouver Island - 25th Anniversary Celebration event **September 23**- see attachment

Local Data and or Research- With the attention focussed on our youth you may be interested in taking a look at the **McCreary Study** completed by youth about youth health. This was done in 2013 but is quite relevant to the challenges we are also seeing today

<http://www.mcs.bc.ca/ahs>



Physical Literacy for Communities Informational Webinar

Dear Physical Literacy Champion,

Is your community interested in physical literacy but not sure where to start? Are you at the end of an RBC Learn to Play or other physical literacy project and looking for ideas to continue the momentum?

Sport for Life Society is excited to launch a new initiative: **Physical Literacy for Communities!**

Physical Literacy for Communities will provide a foundation and framework that can be tailored to meet the needs and capacity of communities across Canada. As well, it will support cross-sectoral community leadership through three implementation phases: education, training and mentoring.

To learn more about how your community could benefit from this approach, sign up for our webinar on **Wednesday, October 12, 2016 from 10:00-11:00 am PST.**

Register at:

<https://attendeegotowebinar.com/register/8494146615634666243>

Thank you,
The Physical Literacy for Communities Team

physicalliteracy.ca

5th Annual Welfare Food Challenge starts October 16

Raise the Rates' Annual Welfare Food Challenge starts on World Food Day on Sunday, October 16, 2016, and runs for one week. During that week, participants eat only what they can purchase for \$18. [Why \\$18?](#)

[Join](#) the over 600 people who have taken the challenge so far! In 2016 Raise the Rates aims to make it the biggest challenge ever and make poverty an election issue in 2017.

The challenge highlights the inadequacy of welfare rates in BC. A single person receives only \$610 a month, frozen for over nine years. Raise the Rates, with others, is working to raise public awareness of the extreme poverty of people on welfare and how this poverty costs the people of BC in human suffering and billions of wasted dollars every year.

[Find out more](#)

[Sign up](#)

[Learn why \\$18 for one week's food](#)

Funding Opportunity- Call for Proposals for Status of Women

This is an invitation to a Status of Women Canada Funding Workshop that will take place on **Thursday, October 20th 2016 from 1pm to 4pm at 800 Burrard, Room 1713**. You will need to access the 17th floor via 2nd floor reception to get a visitor access card. Room seating capacity is at 20 people if you would like to attend in person. For those not in Vancouver, a teleconference number will be available for dial in and a PPT presentation will be shared in advance. Please RSVP for either in person or teleconference by **October 13th** to: thea.bracewell@swc-cfc.gc.ca

Workshop agenda items will include:

- **New** call for proposal funding under the leadership pillar
- The application process
- What is SWC looking for in a successful application?
- SWC's approach to systemic and institutional change
- Eligibility requirements and guidelines
- Changes to SWC Women's Program - Advocacy
- Discussion on BC/Yukon context and strengthening relationships between SWC and organizations.

Best regards,

Thea Bracewell

Program Officer, Women's Program and Regional Operations Directorate
Status of Women Canada / Government of Canada
thea.bracewell@swc-cfc.gc.ca / T: 604-396-6680

Agente de programme, Direction du programme de promotion de la femme et des opérations régionales
Condition féminine Canada / Gouvernement du Canada
thea.bracewell@swc-cfc.gc.ca / Tél. : 604-396-6680

[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