



Health Matters Newsletter January 16, 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Buy Local and On Line with Cow-op.ca
- Patients as Partners – upcoming orientation
- Buy Local –By Fresh- Cowichan Food Map
- Clinical Research - Survey

A visit to Port Renfrew in the stormy season is well worth the drive!



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting – February 12, 2015**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Thursday January 22, 5:30 pm CVRD Com. Room 2

Upcoming Events/ Workshops/ Community Meetings



- **Early Years Gathering-** Tuesday January 20 – 9:30 am to 1:00 pm. 1033 Nagel Street, Duncan BC (in the old Duncan Elementary School)

Goals: Focus on what each of us brings to the table and to begin the process of building an Early Years Table **Please RSVP to Laura Court at cowichansuccessby6@shaw.ca by Friday, January 16th 4:30 pm so we can plan for a light lunch and refreshments.**

- **Dec 30, 31 & Jan. 3:** Blood Donor Clinic, Heritage Hall

- **Cowichan Child Care Resource and Referral Program Presents:** Kids have Stress Too- Saturday February 28, 2015 For more information go to www.islandfamilyinfo.ca

Buy Local! Buy Fresh! online with Cow-op.ca



Highland cattle at Bird's Eye Cove Farm

Tender green sprouts at Dragonfly Farm



Coming soon! There's a new way to get Cowichan grown foods to local market. The new Cowichan food producer's co-op is launching the "Cow-op.ca" online marketplace in 2015.

An initiative of the Cowichan Valley Co-operative Marketplace, in partnership with CGC, Cow-Op.ca will allow local food lovers to shop direct from local farms and other food producers online every week.

Come learn about it, share your ideas, and join up at the Cow-op's first AGM: January 29th, 5:00pm-7:00pm at Cowichan Green Community's Board Room (360 Duncan St, beside Duncan Garage). It's a potluck dinner so bring your favourite dish to share.

Anyone who grows, eats, or believes in local food is warmly welcome. For more info or to let us know you're coming, email info@cow-op.ca or visit: www.cow-op.ca

Patients as Partners

I need your help on creating awareness. After you review this email, could you please:

1. Forward this to key contacts in the Cowichan area that may not be members of Our Cowichan
2. Consider connecting with one or two individuals in your work environment or neighbourhood that may be interested in more information about the Network; Direct them to our website: <https://www.patientsaspartners.ca/network> or have them email me (mchudley@impactbc.ca).
3. Let me know if I can come and speak/share/meet with groups that you know of over the next 7 weeks – service providers or community members – to interest them in the Network.

Cowichan Orientation (see attached poster – feel free to print and post, or ask me for more copies and I will mail you a package!)

There will be an **orientation session** held for new volunteers who want to become involved in the Network on **Thursday March 5 in Duncan**. This is a 4 hour session. Location information and details will be forwarded to individuals after they have an initial conversation with Mary

Chudley. If individuals register on our website to "[Become a Volunteer](#)", they will receive a phone call/email to set up a time to talk about questions and to get more information. We purposely do not advertise the location of the orientation until individuals have an intake interview.

Patients as Partners | Patient Voices Network is a Ministry of Health, Patients as Partners initiative administered by [ImpactBC](#). The Network is a community of BC patients, families, caregivers and others who are using their experiences to influence change in BC's health care system. Through the network, patient volunteers have the opportunity to work openly and collaboratively with health care providers and decision-makers by lending their voice to important discussions around health care service delivery. Activated patients are eligible to participate in collaborative opportunities with health care partners such as advisory committees, focus groups, conferences, or other projects.

The network collaborates with a wide range of partners and providers all over BC. This includes the Ministry of Health, all BC health authorities, the BC Medical Association, the General Practice Services Committee, and many other non-governmental and community organizations. There are over 1,600 members in the network. Since the inception of PasP|PVN in 2009, members have been matched with over 700 opportunities to work with health care providers and decision-makers on a wide variety of health care issues. There [three interesting video modules](#) available online with more detail about the Network and patient engagement: [Online Modules](#)

Anyone is welcome to join the network, because we are all patients. Everyone accesses the health care system at some point in their lives. Many of us have also supported family members and friends in their journeys through the health system.

Thank you for your assistance in spreading the word. My contact information is below. Also attached is a good handout on Frequently Asked Questions (FAQs).

Hope to hear from you soon, Mary

Mary Chudley

Engagement Liaison | Island Health

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www.impactbc.ca | www.patientsaspartners.ca/network



Buy Local! Buy Fresh! Cowichan Food Map - Calling all Cowichan Farmers and Food Producers



While the cool farm soils of the Cowichan rest under cover of mulch, the heat is being turned up on the 2015 production of Cowichan's premiere Food Map.

Published annually in June, the [BLBF! Cowichan Food Map](#) is a comprehensive directory for sourcing local food; it makes food producers more visible in the region, supports their growth into the market, and links consumers to local food. The map showcases our region's abundance of local farms, food producers, and local food events. The map is available to the public for free.

Registration is now open. If you're a local farmer or food producer and want to list your farm or business on our map, [register online today](#).

Clinical Research Survey

Patients as Partners | Patient Voices Network is forwarding this survey on behalf of the BC Clinical Research Infrastructure Network. Feel free to share with your own networks. Please direct any questions to the contact person listed below.

Have you ever been asked to participate in a clinical trial?

The BC Clinical Research Infrastructure Network (BCCRIN) is conducting an on-line, anonymous survey.

Clinical trials are a form of medical research that studies new ways to prevent, diagnose, and treat diseases in people. The studies commonly assess if these new methods are effective and safe.

Until recently, there has been little effort to engage and learn from patients and the public about the clinical trial process. The British Columbia Clinical Research Infrastructure Network (BCCRIN) www.bccrin.ca hopes to improve this by providing unique opportunities for the public to provide feedback and advice on their experience with clinical trials, especially people who have declined to participate in a clinical study.

You are eligible to complete the survey if you have either:

- participated in a clinical trial,
- were asked to participate and declined,

- or if you are the parent of a child who has been asked or has participated, **Your feedback is important to the future of research in BC and your time is greatly appreciated. Please complete the survey by Monday, February 2, 2015.**

To access this on-line survey or for more information, please click www.bccrin.ca/survey.

If you have any questions or require more information please contact.

Alison Orth, BBA, CCRC
Project Manager, BCCRIN
Mobile: 778-928-8272
www.BCCRIN.ca

About BC Clinical Research Infrastructure Network:

The British Columbia Clinical Research Infrastructure Network (BCCRIN) was formed in April 2010 as a response to the trend of decreasing industry sponsored clinical trials in BC and Canada. It has since grown to become a pan-provincial network of 23 member organizations representing research institutions, health authorities, universities, granting organizations, and the life sciences industry. These members are committed to the goal of developing and promoting BC to become a premier international location for clinical research to benefit all stakeholders especially patients.

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