



Health Matters Newsletter September 12 , 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Our Cowichan Small Grants Available
- Cowichan Independent Living Fund Raiser
- September is Literacy is Life Month
- Homeless Action Week- Can you give a hand up?
- E Cigarettes- An aid to smoking cessation or a smoke screen? Article
- Charity Village Webinar
- United Way Public Policy Institute Applications
- Gathering of Changemakers- Board Meets Board



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting -October 9**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday October 15, 5:30 pm CVRD Com. Room 2
- ✓ **Next Grant Committee Meeting-** Wednesday October 1, 9 am to 11 am CVRD – Room to be announced

Upcoming Events/ Workshops/ Community Meetings

- **Volunteer BC: Volunteer Futures Conference Sept 25&26** <http://volunteerfutures.org/> Join leaders in volunteerism, including Board-level volunteers, Managers of Volunteers, and Senior Staff from non-profit organizations. Attendees come from healthcare, culture, social services, sport, education and other grassroots groups. Learn from one another and make connections at Volunteer Futures. The 2-day conference filled with inspiring keynote addresses, practical workshops and plenty of opportunities to network with non-profit colleagues from across BC.
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Calls for Proposals

Cowichan Valley

Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of \$2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well-being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships.

Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities' future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

Project focus:

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the determinants of health will be accepted for review.

Application templates are available on our website www.cchn.ca or contact Cindy Lise at cindylisecchn@shaw.ca. Applications will be accepted up to October 1, 2014. Funding announcements will be made by October 15, 2014 or sooner.

- 1 copy must be submitted by email to: cindylisecchn@shaw.ca
- 1 hard copy must be mailed to:

Our Cowichan
PO Box 20106
Duncan BC,
V9L- 5H1



Get ready for the 3rd annual Welfare Food Challenge (First Call)

Raise the Rates, of which First Call is a member, invites you to participate in the 3rd Annual Welfare Food Challenge. Starting on October 16, World Food Day, British Columbians are invited to eat only what they can purchase with the money welfare recipients receive for one week.

For the week October 16 to 22, participants will live on only the food they can purchase with \$21. This amount is lower than the last two years because the cost of rent has increased. The calculation is based on the expectation that welfare recipients will have to pay for rent (and damage deposit), bus tickets and cell phone (both necessary to look for work) and basic personal hygiene. Out of \$610 per month there is not much left for food or other expenses.

"I have run out of oatmeal and I can't eat another brown banana no matter how much peanut butter I put on it," wrote 2013 participant Melissa Baker. [Read more posts from past participants](#)

We encourage all who are able to participate in the Welfare Food Challenge, to raise awareness of the inadequacy of current social assistance rates.

More information about the challenge will be posted shortly at welfarefoodchallenge.org

If you have any questions or would like to participate, contact Bill Hopwood at bill50@vcn.bc.ca or 604-738-1653.

Can you give a hand up?

Homelessness Action Week is in October

October 15 is Cowichan's Day of Community Services for the Homeless. It will be held between 10 am and 3 pm at the Duncan United church Hall. Some of the services available will be foot care, dental exams, haircuts, counseling, sign up for library cards, legal advice,

On this day of services, many donated goods will be available for those who need them. Some of the items we are asking to have donated include: lip balm, combs, seasonal clean clothing (jackets, hats, scarves, mitts, rain gear), work clothing, blankets, tents, sleeping bags, boots, back packs, sewing kits, first aid items, foot wear, books, granola bars, juice boxes, flashlights, razors, nail clippers, memory sticks, toilet paper, makeup supplies, water bottles, rain ponchos, Polysporin (healing ointment), reading glasses, duct tape, twine.

If you are able to donate to this amazing event please contact Joy at 250-746-1004 ext 260 or Barbara at barbarasocialplanningcowichan@gmail.com.

Call today.

Broadbent Institute report: Wealth inequality in Canada is highest in BC

In their new report, *Haves and Have-Nots: Deep and persistent wealth inequality in Canada*, the Broadbent Institute finds an unequal distribution of wealth that challenges the narrative that Canadians are getting wealthier across the board.

Key findings: “The new Statistics Canada data show a deeply unequal Canada in which wealth is concentrated heavily in the top 10% while the bottom 10% hold more debts than assets.” The report shows variations across provinces, with the concentration of wealth highest in British Columbia (see Table 4).

Watch the CBC’s coverage of the report and read about it in the *Vancouver Sun*.

Source: First Call Newsletter

Internet overuse and video gaming resources

Check out this list of websites, books, videos, toolkits and support services about Internet Overuse and Video Gaming, compiled by Kelty Mental Health

Source: Community E-newsletter September 2014, Family Services of Greater Vancouver

Charity Village Upcoming Webinar Sept 25

<https://charityvillage.com/elearning/webinars.aspx>

Discipline and Dismissal: Making the best of a difficult situation We appreciate our employees and volunteers and we value their contribution to our organization. But sometimes, the fit between organization and employee or volunteer just isn't there and changes need to be made. Join CharityVillage and presenter Denise Lloyd, MA, CHRP, as we explore the three phases of the discipline process, as well as how and when to make the decision to end the relationship. By the end of the session, you will be equipped with new insights, tools and resources that you can easily implement to make the best of these difficult situations.

Date: Thursday, September 25 at 10am PST / 1pm EST Skill Level: Introductory - Great for hiring managers who are not HR specialists as well as volunteer managers. Please feel free to share this invitation with any nonprofit professionals at your organization who might be interested in learning more on this topic.

Cost: Free - Space is limited

APPLICATION PERIOD IS OPEN FOR THE 2015 UNITED WAY PUBLIC POLICY INSTITUTE

Are you a changemaker and want to help strengthen your organization’s capacity to advance social change? Organizations applying to attend this training program must be from the non-profit

sector, active in the areas of social or health-related services and interested in affecting public policy change in those areas. Enrollment is open to organizations from all regions of the province.

This program is specifically designed to help non-profit leaders and their organizations increase their knowledge of the public policy process and their capacity to influence it. Monthly two-day sessions will be delivered over a six month period; from January to June 2015. A dedicated and very experienced cohort, the opportunity for shared learning as part of a small cohort of 25 sector leaders and an applied learning approach with a manageable course calendar make this a unique capacity building opportunity.

United Way starts accepting applications on Aug 13, 2014 and the deadline to apply is Oct 10, 2014. For more information please visit the program webpage at <http://www.uwlm.ca/public-policy-institute>. To obtain an application form, please contact **Yves Trudel** at:

Yves Trudel
Planner, Strategic Priorities, Stronger Communities
yvest@uwlm.ca



Gathering of Changemakers

There is a better way

Social Policy Framework: What are the possibilities for the Cowichan region?

When: Tuesday, October 21, 2014
5:30 pm - 8:30 pm

Who should attend: board directors of community based social services, executive directors, local government officials, local business people, service club members, other grassroots groups

What to expect: hear from a panel of local people about how policy affects what is happening in the region and join with others in conversation about possibilities for moving forward to create the future for our communities.

Watch for details in the coming week.

Sponsored by Board Meets Board
A community initiative of Board Voice Society of BC
www.boardvoice.ca
For information on Social Policy Framework:
<http://boardvoice.ca/public/category/social-policy-framework/>

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

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