



## Health Matters Newsletter November 14, 2014

### Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Together Against Violence Community Workshop
- Who uses Food Banks in Canada?
- Engaging Aboriginal Youth in Arts Grant
- What is Collective Impact?



In all of her fury in the windstorm last week Mother Nature teased us with a little rainbow so we would not be too angry!

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –December 11**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday November 19, 5:30 pm CVRD Com. Room 2
- ✓ **Small Group planning meeting** for Personal Health Practices and Coping skills combined with Chronic Illness and Mental Health – Wednesday November 19- 9:30 to 11:30 CDH Board Room
- ✓ **SAVE THE DATE-** Community Gathering Day to discuss the Cowichan Communities Health Profile and More! January 22 9 am to 3 pm at the Island Savings Centre Duncan

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### Upcoming Events/ Workshops/ Community Meetings

- **Together Against Violence Workshop-** November 26- 8 am to 12 pm breakfast included – Duncan United Church \$10 or by donation
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## **"Together Against Violence" community workshop Wed. Nov. 26th 8:00 a.m. to noon, Duncan United Church, breakfast served!**

CWAVS' Social Action committee warmly welcomes you to our 2nd annual "Together Against Violence" kicks off the "16 Days of Activism on Violence Against Women" and our Purple Lights campaign Nov. 25th-Dec. 10th. RSVP Nov. 20th [cwav@cwav.org](mailto:cwav@cwav.org)<<mailto:cwav@cwav.org>> 250-748-7000<<tel:250-748-7000>>. Posters attached.

This is an opportunity for community members to talk about how the Cowichan Valley, a community who proudly embraces inclusivity, diversity, and social justice, can work together for a safe community for all. In the first 9 months of 2014 British Columbia stood witness to a brutal outbreak of domestic violence murders, attempted murders and suicides that left 20 people dead - 13 women, 6 men, one child, another 11 seriously injured. There are 60,000 cases of domestic and sexual violence in B.C. each year. Duncan has the highest rates per capita of relationship violence in BC. Families are struggling with the impact of spousal assault and removal of children into foster care because of relationship violence. Children, moms, dads, and partners in abusive relationships need us to come together as the strong, healthy, vibrant community we are to create lasting safety for all. Everyone has the right to be safe, everyone has the responsibility to respond.

Goals of the workshop:

- \* enjoy each others' company over breakfast
- \* celebrate Cowichan Valley social action
- \* introduce local coordinated responses to reducing relationship violence
- \* explore our attitudes towards women in abusive relationships
- \* explore our attitudes towards men who use violence
- \* explore how our attitudes create barriers for both reporting violence and for healing
- \* how to become more than a bystander
- \* welcome men as allies and role models

This invitation is open to all members of the Cowichan Valley so please share and distribute widely! We look forward to spending the morning with you :-)

Kendra Thomas  
Community-based Victim Services  
Cowichan Women Against Violence Society  
#103-255 Ingram Street  
Duncan, BC V9L-1P3  
250-748-7000 ext.224<<tel:250-748-7000%20ext.224>>

"Cowichan Women Against Violence Society believes that safety for women and children is rooted in social justice and social change. We organize and participate in activities that promote gender equality and a fair and just society free from violence. We engage our community to raise the profile of Cowichan Women Against Violence Society and its programs. We support and encourage grassroots efforts to end violence against women and children in the Cowichan Valley." ~ CWAVS Social Action Committee



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## Who uses food banks in Canada? Check the Hunger count report by Food Banks Canada

More than 840,000 Canadians turn to food banks every month, according to *HungerCount 2014*. The HungerCount report is a comprehensive study of food bank use in Canada. It offers a snapshot of the people helped by food banks and other charitable food programs, looks at the causes of hunger and food insecurity and offers recommendations to reduce hunger.

Among the Canadians being helped are:

- Children and families. Nationally, more than one-third (37% or 310,460) of those helped by food banks are children. Nearly half (45%) of households helped are families with children, and close to half of these are two-parent families.
- In BC, more than 97,300 people used the food bank each month in 2014—representing a 3.6% increase from 2013 and a 24.7% increase since 2008. Close to 31% of them are children.
- Workers. One in every six households helped by food banks have income from current or recent employment.

[Find more statistics and read the recommendations](#)

Read more in this Press Progress article, [Food bank use in Canada now 25% higher than before the recession](#)

And from CBC News: [Food Bank Canada report: 'Alarming' number of Canadians seek help](#)

### Food Costs in BC – new report from the Provincial Health Services Authority

This [report](#), from the PHSA, regional health authorities and the Dietitians of Canada, presents 2013 data on the average monthly cost of a nutritionally adequate diet in BC based on the National Nutritious Food Basket, and it compares the cost to previous years.

The [report](#) found: “In B.C., the 2013 average monthly cost of a nutritious food basket for a reference family of four was \$914, an increase of \$45 since the 2011 survey. There is some variation in average monthly cost by health authority: the highest cost was in Island Health (\$948) and the lowest cost was in Interior Health (\$862). The cost of a healthy diet can affect individuals and families of all incomes but has the highest impact among households with the lowest incomes.”

Source: EYCDI e-Newsletter

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## Engaging Aboriginal Youth in the Arts in BC and Aboriginal Languages Initiative – Grant deadlines early December

First Peoples' Cultural Council is inviting applications to the [Aboriginal Youth Engaged in the Arts Program](#) for grants up to \$13,000 from Aboriginal artist organizations and collectives and from First Nations communities.

Deadline for grant applications: Monday, December 1, 2014. [Find guidelines and application form](#)

There is also a call for proposals for the Aboriginal Languages Initiative, which supports community projects that revitalize and preserve Aboriginal languages in Canada. Deadline: Friday, December 5. [Find out more](#)

Source: BCACCS E-News

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## Collective Impact Information

Here is some of the background information on Collective Impact that was discussed at the November 13 Our Cowichan Meeting.

*Download the presentation slides from the Introduction to Collective Impact webinar [here](#).*

Collective Impact initiatives aim to generate significant population level outcomes such as raising graduations rates by 10% points, cutting youth unemployment in a neighborhood in half, or doubling local food production and consumption. Achieving these outcomes requires sufficient participation of community members effected by the issue, community organizations, business and government leaders. Communities interested in implementing a Collective Impact approach should ensure that they have appropriate capacity including influential multi sector leaders engaged in the process; that the issue being addressed is considered urgent and important and that there are adequate resources to support implementation.

In their Stanford Social Innovation Review paper called [Collective Impact](#), John Kania and Mark Kramer of [FSG Social Impact Consultants](#) also identified five conditions for collective impact initiatives. Innoweave has adapted these five conditions to underscore the need for common outcomes goals and approaches:

- Community level outcome goals
- A clear model of how to work together to achieve those goals
- Shared measurement of outcomes and leading indicators
- Continuous communication and improvement
- Backbone coordination and support

Collective impact generally requires the engagement of leaders from across different sectors of the community. When bringing diverse leaders together, collective impact requires increased focus on the building of relationships and the use of data to inform and measure progress.

**To learn more:**

To learn more about collective impact, view the video above. Live webinars (and info sessions) are also regularly scheduled. Those currently scheduled are listed at the bottom of this page. The Collective impact module includes [two workshops](#), [coaching](#) to help groups of organizations establish a collective impact approach, and [grants](#) to help collaboratives to launch.

*Content for this module has been developed by [Tamarack](#).*

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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**