



Health Matters Newsletter November 14, 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- New Community on line resource library
- Free adult CPR and use of AED training
- What is Collective Impact?
- TED TALK Economic Case for Early Childhood Development



This is one of my favourite hikes. The view of the valley is incredible. The Maple Mountain trail head starts on Arbutus Point Ave. about one km past the Brig. The sign is on the left hand side of the road. Take the orange trail until it branches off to the blue trail. Follow the blue trail and you will find this view too.

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 December 17, 5:30 pm CVRD Com. Room 2
- ✓ **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

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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New Resource that Links you to over 170 Cowichan Research Reports

FOR IMMEDIATE RELEASE November 18, 2014

SOCIAL PLANNING COWICHAN LAUNCHES NEW COMMUNITY RESOURCE LIBRARY

A new tool is available for those who are looking for data about what it means to live, work and play in the Cowichan Region. Social Planning Cowichan has launched its Community Resource Library, a compilation of links to research reports, planning strategies and data sources specific to the Cowichan Region.

The Community Resource Library currently contains more than 170 research reports and planning documents and more than 45 data sources related to everything from housing to safety to the natural environment.

“We are fortunate to have a wealth of information about the Cowichan Region,” says Kathleen Sheppard, Executive Director for Social Planning Cowichan. “Our hope is to make that information easier to find by providing a single access point.”

The Community Resource Library is hosted on Social Planning Cowichan’s website at www.socialplanningcowichan.org/community-resource-library.html. The focus of the Community Resource Library is to provide links to research reports and planning strategies that have been produced locally or that have a primary focus on the Cowichan Region. Topics in the Resource Library include Health and Safety, the Built Environment, Employment and Economy, Children and Families and others.

Despite the breadth of documents currently included in the Resource Library, Social Planning Cowichan does not consider the project to be complete.

“We expect there are other documents out there that we have missed or new documents that have been produced,” stated Sheppard. “We would welcome suggestions for other resources that could be included.”

Anyone who wishes to submit additional resources may email info@socialplanningcowichan.org. Social Planning Cowichan researches, forms partnerships, creates strategies and informs the Cowichan public about social planning issues. Social Planning Cowichan is currently working on initiatives around affordable housing, cross-cultural relations, youth initiatives and coordinating with other partners on community issues. 2

Social Planning Cowichan is always looking to involve the community in the work it does. Community members are encouraged to contact Social Planning Cowichan at (250) 746-1004 or www.socialplanningcowichan.org

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November 3, 2014

Cowichan Valley Sport Organizations,
Recreation Facility User Groups, and
Cowichan Valley Residents,

Dear Friends,

In November 2013, during a Cowichan Valley Capitals Junior A Hockey Game at the Island Savings Centre, a tragedy occurred. Eleven year old Caleb Kroffat collapsed due to an undetermined medical condition. Caleb could not be revived and passed away just outside the Centre.

Although an automated external defibrillator (AED) was used, it couldn't bring Caleb back, but there are many times that an AED can help. In addition to many other locations throughout the Region there are AED's at the Kerry Park Recreation Centre, Cowichan Lake Sports Arena, Cowichan Aquatic Centre, Fuller Lake Arena, Frank Jamieson Community Centre as well as four AED's at the Island Savings Centre.

Members of the Heart and Stroke Foundation BC are working with our recreation centres to provide FREE training to the public in adult CPR and the use of AED's. Training will be provided through a drop-in, open house style format in the Multi-Purpose Hall at the Island Savings Centre on Saturday, November 29, 2014 from noon to 3:00 pm.

Participants will be offered the opportunity to go through four stations featuring information and hands on practice for recognizing a cardiac emergency, calling 911, performing CPR, and using an AED. Blood pressure measurements will also be available, as well as information on healthy lifestyle choices. Visit all stations and receive a free CPR Anytime kit.

While you're at the Island Savings Centre, you'll also be able to take part in free gym activities and public skating as part of Sports Day in Canada sponsored by RBC. These activities are going on across the Region so contact your local recreation centre to find out more.

We're using this letter format, to get the word out to organizations and residents throughout the Region. Please forward to your members, and others that may be interested.

We hope you can join us for the first and hopefully annual "Caleb Kroffat Memorial AED Training Session".

Thank you.

Your Cowichan Region Recreation Team.

Collective Impact Information

Just in case you missed it last week - 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](#).

TEDxTC - Art Rolnick - Economic Case for Early Childhood Development

<https://www.youtube.com/watch?v=M02Z1vAuwBs>

Great video you might be interested in that relates economic development to early childhood education.



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