

FOR IMMEDIATE RELEASE

Cowichan Communities Health Network Funds Nine Community Projects

Duncan BC – May 15, 2013

Nine community agencies received a funding boost from the Cowichan Communities Health Network (CCHN) to improve health outcomes for Cowichan citizens.

The aim of this funding is to improve the overall health of our communities and to support community initiatives that directly address one or more of the determinants of health as defined by Health Canada and the CCHN Strategic Plan.

“Although the grants are small they have the ability to do great things”, says Cindy Lise, CCHN Regional Facilitator. “Funding sources are scarce so this allows agencies to provide projects and services that they might not otherwise be able to do. By keeping the grants small the CCHN is able to support a number of projects across the region.”

Carol Hunt, Executive Director, Cowichan Seniors Community Foundation says, "Our Foundation is a small charitable organization that serves seniors exclusively in the Cowichan region. An opportunity to secure a small grant from the Cowichan Communities Health Network is a very welcome change from having to spend many hours applying to faraway places through a very rigorous process. I think that we can speak in harmony with many other small agencies that are constantly challenged with funding demands to operate vital programs and services. Keep it local and keep it simple. Thank you to the Cowichan Communities Health Network for doing exactly that. We are grateful for the funding support recently granted to run another Brain Fitness program in the south Cowichan area."

The nine funded projects include:

* Cowichan Seniors Foundation Brain Fitness Program addresses issues related to brain function and the aging population offering tools to help seniors maximize their cognitive function leading to a healthier lifestyle.
* Ts’ewulthun Health Dental Clinic Seniors Denture program to support educating seniors with denture care and oral health care which improves overall health.
* Cowichan Young Carers Program Youth Leadership Conference to support youth who are providing significant care to one or more family members.
* Cowichan Literacy Now Society Pathways to Learning for ongoing literacy support for adults in the Cowichan Valley who are unable to fully participate in society because of insufficient reading, writing, numeracy or computer skill levels.
* Cowichan Success by 6 Connecting Parents Conference with agencies promoting early childhood development, health promotion and support for parents raising young children.
* West Coast Men’s Support Society Men’s Proactive Health Care that provides support services for men including hotline and support services for physical and emotional health and fitness, depression, addiction, ill health, loss and unemployment.
* Ladysmith Family and Friends Family Resource Program for a free drop in early childhood program for children, their parents and families that includes healthy meals, clothing and toy exchanges while children and families engage in play based learning
* Cowichan Green Community Youth Dig Ins Workshops to engage youth in educational experiences and improve their health through positive outdoor activities and experiential learning connecting to their food sources.
* Network for Families Meals Project to encourage and support family meals and increase the awareness of the benefits of family meals throughout the Cowichan Region. Children do better in school; have better social and language skills and improved health outcomes when families share meals together.
* Harold Joe Film Productions to create the Stolen Hearts Documentary sharing the heartache of newborns being apprehended from mothers at birth.
* Ladysmith Active Living Teen Challenge engaging youth in physical activities and healthy living
* Cairnsmore Neighbourhood Working Group to strengthen neighbourhood awareness, resiliency and capacity building as well as to host a community Barbeque to foster a connected community.

About the Cowichan Communities Health Network:

The Cowichan Communities Health Network strives to make a positive and meaningful contribution to our communities’ futures. The CCHN is committed to enhancing communities’ health and well-being and fostering a learning environment focussed on the factors that impact health and well-being. The geographic area includes the Cowichan Region which stretches from the Gulf Islands of Valdes in the East to the mouth of the Nitinat in the West…. from the Malahat in the South to North Oyster in the North. There are four municipalities, nine electoral areas, nine First Nations and Métis, local and regional government organizations, with a population of approximately 81,000 people.

Media Contact:

Cindy Lise 250-709-5062

[cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca)

[www.cchn.ca](http://www.cchn.ca)

- 30 -