



Health Matters Newsletter
April 28, 2023
Today's Health Matters Includes:

- OCCHN Meeting Schedules
- Community Meetings
- Our Cowichan Small Grants close May 12
- Incentive Project for Upcoming Our Health Our Community Survey
- Field Surveyor Opportunity for Our Health Our Community Survey
- Set a Fitness Goal and Sign up for the Lake to Lake



Happiness is spring and the camas!



Community Meetings

- ✓ Next Admin Committee Meeting **May 4, 2023**
- ✓ Next Our Cowichan Network Meeting **May 11, Ramada Silver Bridge 5:30 pm**
- ✓ Next EPIC Committee Meeting- **May 8, 2023, 10 am-11:30 pm in person Ts'its'uwatul Lelum**
- ✓ Cowichan CAT – **May 25 2023, 10 am-12:00** contact Johanne Kemmler
Johanne.f.kemmler@gmail.com



Our Cowichan Calls for Proposals Small Grants Project

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:

OCCHN small grants are designed to meet a specific need or a specific project that would not otherwise be able to happen or would be significantly impacted without funding.

Through strategic planning OCCHN has identified 5 priority areas.

- **Children and their families aged 0-6** including prenatal care, maternal health, mental health, nutrition, early childhood development, role of fathers, social supports, physical literacy
- **Promotion of good health- all ages** including nutrition, physical activity, environment, social supports
- **Elderly** including home support, housing, caregiver support, mental health, healthy aging, social supports
- **Identifying causes and prevention of chronic illness- all ages** including mental health, alcohol consumption, substance use, smoking, vaping, respiratory, diabetes, circulatory/ heart disease
- **Poverty /Economic Status** including education, employment, living wage, poverty reduction

Projects addressing these priorities will be given first consideration.

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the [12 Determinants of Health?](#) will be accepted for review.

Application templates and supporting documents are available on our website www.ourcchn.ca or contact Cindy Lise at cindylisecchn@shaw.ca . Applications will be accepted up to noon May 12, 2023. Funding announcements will be made by June 1, 2023 or sooner. 1 copy must be submitted by email to: cindylisecchn@shaw.ca and must be confirmed received by noon May 12, 2023.



Our Health Our Community Survey – Community Incentive Application (Apply today!)

\$500 incentives for organizations willing to help Our Cowichan to promote the upcoming Our Health Our Community survey.

Is your organization interested in supporting Cowichan Valley community members to access and complete the Our Health, Our Community survey?

The Our Health, Our Community survey aspires to recruit 4,500+ Cowichan Valley residents, ages 18 and older, to complete the survey. This high level of participation will help generate the quality data our region requires to inform community services, programs, and policies. However, we cannot do this alone. We need our regional partners' help to promote the survey and support community members to access and complete the survey. Together, we can make this project a success!

If this opportunity interests your organization, please complete and submit the [online application](#) by May 12, 2023. This fund is limited. Accordingly, not all submissions will be accepted. Those organizations selected to receive the incentive will be asked to sign a brief service agreement and, when the survey closes, to submit a short evaluation.

To complete the application form, [click here](#).

For more information on this project: <https://www.ourcchn.ca/survey>

Our Health, Our Community
HEALTH & WELLNESS SURVEY

COMMUNITY INCENTIVE

\$500

The Our Health, Our Community (OHOC) survey team is excited to announce that we have funding to support registered non-profit and/or charitable organizations to:

- Support their clients or members to access and complete the online OHOC survey.
- Promote the survey through their networks.

Incentives are \$500 each.

To apply or for information:

- www.ourcchn.ca/survey/incentive
- vanessa@daether.ca

island health Our Cowichan COMMUNITIES HEALTH NETWORK

Our Health Our Community Survey – We are Recruiting Field Surveyors

Are you, or someone in your network, looking for casual work this spring and summer? If so, consider becoming an Our Health, Our Community (OHOC) Field Surveyor.

Field Surveyors will host public outreach tables at regional events and facilities to share information on the OHOC survey and support residents of the Cowichan Valley to complete the survey.

For more information or to apply, please contact: vanessa@daether.ca. To learn more about the OHOC survey: <https://www.ourcchn.ca/survey>

Please circulate this opportunity within your networks.

Thank you,
OHOC Team!

**Our Health,
Our Community**
HEALTH & WELLNESS SURVEY

We Are RECRUITING

Field Surveyors >>

Do you ...

- Enjoy working with the public?
- Have strong communication skills?
- Have your own mode of transportation?
- Have time starting June 6, 2023?

Field Surveyors receive
\$25/hour honourarium,
gas allowance,
and training.

To inquire, please contact:
vanessa@daether.ca

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Our Cowichan
COMMUNITY HEALTH NETWORK

Lake to Lake Trail Run & Walk-

Now is the time to plan and start training for the Lake to Lake. Walk or run the Lake to Lake Event (approximately 42 km) from Shawnigan Lake to Cowichan Lake, or the Park to Park Event (approximately 21 km) from Shawnigan Lake to Glenora Trails Head Park for the charity of your choice. Both events follow the Cowichan Valley Trail, an established section of "The Great Trail," built along a former rail bed. Featured highlights of the route: crossing several historic rail bridges including the Kinsol Trestle, traversing rural Cowichan countryside and experiencing the lush, green canopy of the Cowichan River Provincial Park.

Encouraging participants along the way will be volunteers at strategically located rest stops to provide food and beverage recharging, access to portable toilets, and basic medical attention as may be needed. The steady, gentle rising grade of the Cowichan Valley Trail from Shawnigan Lake to Cowichan Lake provides a rewarding near-wilderness challenge and experience.

Limited shuttle options are available. Participants are encouraged to arrange their own transportation (drop-off and pick-ups).



Date: Saturday | September 9
Start Time: 8:00 a.m.
Course Distance: approximately 42 km
Start Site: West Shawnigan Lake Park
Finish Site: Cowichan Lake Sports Arena
[Register for the Lake to Lake Event](#)(External link)

Date: Saturday | September 9
Start Time: 8:30 a.m.
Course Distance: approximately 21 km
Start Site: West Shawnigan Lake Park
Finish Site: Glenora Trails Head Park
[Register for the Park to Park Event](#)(External link)

REGISTRATION FEES		Lake to Lake (42 km)	Park to Park (21 km)
Early Bird Registration	<i>Until July 1</i>	\$70	\$50
Advanced Registration	<i>July 2 - Aug 1</i>	\$80	\$60
Final Registration	<i>Aug 2 - 18</i>	\$90	\$70
REGISTRATION DEADLINE AUG 18			



Health Matters Newsletter

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 Friday Newsletter