



## Health Matters Newsletter September 15, 2017

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- OCCHN 2017 Small Grants Calls for Proposals
- Jumpstart Applications for Kids Sport
- United Way Public Policy Institute is Open for Applications
- Love Bomb Youth Event
- United Way Kick off Breakfast
- Hospice Gala Fundraiser (attached)
- Advanced Care Planning Workshops (attached)



Heading out of town and two days into the mountains via the Elk River Trail in Strathcona park you will find Iceberg Lake with its very own iceberg.

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### Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- October 5, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at November 9 Ramada Silver Bridge.** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting September 21, 9 am-11am** Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** September 21, 1:30-3:30 Ts'i'ts'uwatul 'Lelum 5755 Allenby Road- Duncan, BC
- **Hospice Gala Fundraiser** – November 4 at Mellor Hall tickets \$125 at [tickets@puricafoundation.com](mailto:tickets@puricafoundation.com)
- **Advanced Care Planning Workshops** (poster attached)

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**Local Data and or Research- Snapshot of Results for Point in Time Summer Homeless Count- August 14, 2017**

**191 individuals were counted or surveyed across the CVRD:**

89 adults reported as absolutely homeless +2 youth and 4 children  
77 of those were within the Duncan core (winter count was 73 in Duncan core)  
Hidden homeless 62 surveys were completed + 1 declined  
At risk of homelessness 39 surveys completed .  
Full report will be released soon.

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**OCCHN Calls for Proposals for 2017 Small Grants**

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, nutrition, early childhood development, role of fathers, social supports, physical literacy
- **Promotion of good health** 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** including mental health, alcohol consumption, smoking, 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](http://www.ourcchn.ca) or contact Cindy Lise at [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) . Applications will be accepted up to noon on September 30, 2017. Funding announcements will be made by October 15, 2017 or sooner.

- 1 copy must be submitted by email to: [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca)
- 1 hard copy must be mailed to:

Our Cowichan



### **What is the Jumpstart Program?**

“[Canadian Tire Jumpstart Charities](#) is a registered charity (#1379 29 451 RR0002) dedicated to removing financial barriers so kids across Canada have the opportunity to get off the sidelines and get into the game.”

**Jumpstart funding can be used towards a wide variety of sports and physical activities**

**Jumpstart offers funding to families with children aged 4-18 that meet their low-income criteria.**

To determine eligibility, Jumpstart uses Revenue Canada’s Low-Income Cut-offs (LICOs) which are published by Statistics Canada.

These are available [here](#):

To use the Stats Can Chart:

- Find the size of the family unit down the left-hand side.
- Find the community size across the top.

Where the column and row meet is the LICO for that family unit size in the community.

To prove eligibility, applicants will have to upload an income assessment, prior year T4 statement, or three consecutive pay stubs at the time of application – this information is kept confidential.

### **How much funding can we get?**

There are two primary pots of funding that low-income families can access:

- 1) The Big Play (released for a limited time each year) which provides \$500/year for 3 years to get kids involved in minor hockey
- 2) The regular program (accepts applications “year-round” - Jan 15 – Nov 1) which provides up to \$300/eligible activity.

Both programs have an annual maximum of \$600/child/year.

*Note: these are maximums and the amount awarded is subject to chapter discretion and local demands.*

### **What can this funding be used for?**

Jumpstart funds can be used towards registration costs, transportation costs, or equipment necessary to the sport (vouchers are provided).

Eligible sports/activities are listed [here](#):

*Note: If your sport/activity is not already listed, families will be prompted to contact their local Community Partner to see if Jumpstart funding can be used.*

Eligible sport/activity programs must run a minimum of five weeks in duration and at a minimum of one session per week. In the case of camps, a duration of one week with five consecutive days in session is acceptable.

### **What do we need to know to apply?**

Learn more about this program (and others) on CTRA's [financial aid page](#).

**Recent Update: Families are now able to submit a paper application to their approved service provider. A hardcopy of the application is available for printing [here](#).**

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## Love Bomb Rock Opera Play for Youth

Warmland Women's Support Services Society is hosting, "Love Bomb" - a rock-opera play by Vancouver's Shameless Hussy Productions exposing the exploitation and trafficking of vulnerable youth, Saturday Sept. 30th 1:00 Duncan United Church 246 Ingram St. ages 12+ \$10  
[kthomas@warmlandwomen.org](mailto:kthomas@warmlandwomen.org) Funded in part by the Department of Justice Canada.

[https://www.youtube.com/watch?v=06\\_8g3pFaF8](https://www.youtube.com/watch?v=06_8g3pFaF8)

<https://www.facebook.com/events/267779797034759>

There will be youth-serving agencies present to share Cowichan Valley youth resources, and a post-performance talk back with Love Bomb cast, sexual assault advocates, peer youth counselors and RCMP.

This is a critical issue exacerbated by the availability of toxic drugs and ease of access to vulnerable youth through social media. Youth need us to stand up and become more than bystanders to the sexualized exploitation of Cowichan Valley youth 💛

Attached is a poster. Please feel free to post and share widely through your social media networks. Thank you so much for your support!

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## APPLICATION PERIOD IS OPEN FOR THE 2018 [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 2018. 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.

**The deadline to apply is Oct 13, 2017.** For more information please visit <http://www.uwlm.ca/public-policy-institute> or by e-mail at [ppi@uwlm.ca](mailto:ppi@uwlm.ca) to get an application form.

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**LOVE BOMB**

A rock-opera play for youth and adults exposing luring, manipulation and entrapment into youth sex trafficking.

**SEPTEMBER 30th—1pm**  
**Duncan United Church**  
 246 Ingram Street, Duncan 250-710-8177 Ages 12+

**\$10**

**A SHAMELESS HUSSY PRODUCTION**  
 TELL US PROVOCATIVE STORIES ABOUT WOMEN TO  
 "GIVE THE HAND THAT HOLDS THE CRADLE TO THE  
 WORLD" WWW.SHAMELESSHUSSY.COM

**Warmland Women's Support Services Society**  
 warmlandwomen.org

**LIMITED SEATING! TICKETS:**  
 kthomas@warmlandwomen.org

**Canada** Department of Justice Ministère de la Justice **Canada**

**YOU ARE INVITED!**

**United Way 2017 Campaign Kick Off in Cowichan**

**\* Early bird tickets for this breakfast event can be purchased [HERE](#) \***

# SAVE THE DATE

Thurs | September 21 | 2017



## Campaign Kick-Off Breakfast

**The Ramada Hotel - Duncan**

7:30 AM - 9:00 AM

Early Bird Ticket \$25 | Reg. \$30

Early Bird Table of 8 \$185 | Reg. \$225

**Improving lives locally**



**United Way**  
Central & Northern  
Vancouver Island

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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**