



## Health Matters Newsletter September 25, 2015

### Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- UBC Learning Circles October Webinars
- Homeless Action Week – Can you help volunteer
- Homeless Action Week – Can you help with donations?
- 4<sup>th</sup> Annual Welfare Food Challenge
- Youth Wellness Centre seeking supplies
- Kinpark Family Drop in Centre Fall Schedule



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#### Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting October 8, 2015**, CVRD Board Room. Light dinner at 5:30 pm Meeting starts at 6:00 pm.
- ✓ **Next Admin Committee Meeting-** October 1, 5:00 pm to 6:30 pm- CVRD Committee Room 2

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#### Community Events

- Listed in pages below
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## Save the Date      UBC Learning Circles

We've got a couple of great events this October at the UBC Learning Circle. A two part series on **Digital Health & Wellness for Communities**.

OCTOBER

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Hunelhyad (What's the matter?): Social Media, Youth and Health

**PART I of a two part series**



**With:** Johanna Sam

**Date:** Tuesday, October 06, 2015

**Time:** 10:00 am to 11:30 noon (PST)

**Where:** Participate live via videoconference OR computer webinar. For tech requirements, click [here](#).

**Registration:** required for participation

For more information and to register, click here!

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Raising Children in a Digital World: A way through

**Part II of a two part series**



**With:** Denise Findlay

**Date:** Tuesday, October 13, 2015

**Time:** 10:00 am to 12:00 noon (PST)

**Where:** Participate live via videoconference OR computer webinar. For tech requirements, click [here](#).

**Registration:** required for participation

For more information and to register, click here!



**Cowichan  
Housing Association**

Planting the seeds that will grow our community.

## **Homelessness Action Week – 2015**

### **Day of Services**

**Thursday, October 15, 2015 - 10:00 am to 2:00 pm**

**Duncan United Church**

### **Volunteers Needed**

**Please consider helping us for this special community event!**

**1. Set-up Wednesday, October 14 – evening:**

- Transport donated goods to Duncan United Church. Sort items and do as much pre-set up as possible.
- 3-4 hours depending on the number of volunteers and volume of donated goods.

**2. Set up Thursday Morning, October 15 – 8:00 to 9:30:**

- Set up tables and chairs for service providers, signs up, etc.
- Assist any service providers with set up as need be.

**3. Greeters at the Door:**

- Greet people as they enter. Provide information on what services are available. Good to have a few people who know some of the guests.

**4. Tables with donated goods:**

- Last year we had three sites where donated goods are laid out.
- Help guests find items. Reorganize and restock items as need be.
- Please specify morning or afternoon.

**5. Kitchen:**

- Receive and organize the catered lunch food, put out tea, coffee, juice, snacks

**6. Clean-up – 2:00 to 3:30**

- Help service providers pack up and take displays out, pack up remaining donated goods and transport to local thrift store.
- Put tables away, sweep and tidy rooms.



**The Cowichan Housing Association**  
**is honoring**  
**HOMELESSNESS ACTION WEEK – Oct 11-17, 2015**

**By hosting**  
***A Day of Community Services for the Homeless***  
***Thursday, October 15, 2015***

This event brings together a variety of community agencies so that people who are homeless or living on a low income may easily access these services. Our vision is to provide support for people transitioning from homelessness to housing so that they may take steps to improve their housing and overall well-being.

On this Day of Services many donated goods will be available for those who need them.

**Some items we are asking be donated include:**

- Lip balm, Combs
- WARM, clean clothing:  
Jackets, hats, scarves,  
mitts, rain gear
- Work Clothing
- Blankets
- Tents
- Sleeping Bags
- Boots
- Back Packs
- Sewing Kits
- First Aid Items
- Foot wear
- Books
- Tarps
- Flashlights
- Razors
- Nail Clippers
- Memory Sticks
- Toilet Paper
- Makeup supplies
- Water bottles
- Rain ponchos
- Polysporin (healing ointment)
- Reading Glasses
- Duct Tape
- Twine

**THANK YOU FOR YOUR SUPPORT!**

Questions can be addressed to Joy at: 250-746-1004 Ext 260

**Items may be dropped off by Wed Oct 14 at Cowichan Housing Association's office  
135 Third St., Duncan**

**We are anticipating over 100 guests.  
Items will be displayed and guest may choose what they like.**

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**Take the Raise the Rates' 4th annual Welfare Food Challenge –  
November 3-9. Please take a moment to read about the experiences  
individuals, couples and families had as they**

First Call is a member of the Raise the Rates coalition. They're looking for participants for their fourth annual Welfare Food Challenge, which highlights how inadequate current social assistance and disability rates are to live on. It runs later than usual this year because of the federal election, from November 3-9.

Last year First Call Steering Committee member Derek Gent and his family participated, you can read their thoughts on the experience [here](#).

Participants will only eat the food they can buy with \$21. Why \$21?

Find more info and sign up at [welfarefoodchallenge.org](http://welfarefoodchallenge.org)

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**Can you help? The new Youth Wellness Centre at Cairnsmore could really use  
community support as it sets up the youth drop in centre that will provide much  
needed Mental Health services- Supply List**

- Comfy Counselling chairs (3) or combination of love seat and chair
- Coffee table (2)                      Small Filing Cabinets – 2 drawer (2)
- Shredder
- Small Desk (3)                      bookshelf
- Office Chairs (3)                      Small Fridge
- Lamps (4)
- Computer or Laptop
- Rug
- Couch
- End Tables (2-3)
- Coffee Mugs
- Glasses
- Coffee Machine
- Spoons
- Small Freezer

Contact Cindy Lise [cindylisechn@shaw.ca](mailto:cindylisechn@shaw.ca) if you are able to help

# KINPARK FAMILY DROP-IN CENTRE

FAMILY \* FOOD \* FREE \* FARMING \* FUN

## FALL SCHEDULE

Starting Oct. 5th

### **Mondays - Family Cooking Class 4:00-6:00pm\***

Learn how to make delicious, easy, and family-friendly meals featuring local seasonal foods!

\*Call or join the "Cowichan Family Cooking" Group on Facebook to register!

### **Tuesdays & Thursdays-**

#### **KinFarmin' Fun Drop-in 9:30-11:30am**

Release some stress by pulling weeds and planting seeds! Check out the farm, get your hands dirty, relax, have fun, and learn about growing food.

### **Wednesdays - After-School Drop-in 1:00-5:00pm**

Get crafty, share laughs, and play in the gardens! Snacks will be provided.

### **Fridays\* - Movie Night! 3:00-6:00pm**

\*Last Friday of every month we will be showing family-friendly movies.

**All classes and drop-in events are FREE**  
**All are welcome to attend!**

Located at Kinsmen Park off of Alderlea St. or The Station, 360 Duncan St.  
Contact: E-mail [alysa@cowichangreencommunity.org](mailto:alysa@cowichangreencommunity.org), or call 250-748-8506





***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**