



Health Matters Newsletter September 8, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- OCCHN 2017 Small Grants Calls for Proposals
- Housing First 101
- Barefoot in the Park
- Suicide Prevention workshop
- Parent Child Mother Goose Fall Sessions
- Active Play for Child Care Professionals Training Opportunity
- North Cowichan Fosters a Cultural Shift and Social Connections with Cowichan Tribes



Petroglyphs in East Sooke Park- the trail is amazing as you make your way to Beachy Head there is much to see

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 September 14 Ramada Silver Bridge.** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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
 - **Housing First 101 September 15 Providence Farm- See information re: registration below**
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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.

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 or contact Cindy Lise at 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
- 1 hard copy must be mailed to:

Our Cowichan
PO Box 20106
Duncan BC,
V9L- 5H1

Housing First 101 Workshop- Registration Deadline Sept 7

Monday, September 18, 2017 – 8:30 am to 4:30 pm.

Providence Farm Chapel

1843 Tzouhalem Road, Duncan, BC

Housing First is a recovery-oriented approach to homelessness that involves moving people who experience homelessness into independent and permanent housing as quickly as possible and then providing them with additional services and supports as needed. Housing First has been shown to: increase housing stability, improve quality of life, and improve health and addiction outcomes, reduce involvement with police and the justice system, reduce costs associated with justice system and health expenditures and reduce hospitalization and emergency visits. Participants will gain an understanding of what Housing First is, how this approach can help to house individuals successfully, what is needed for Cowichan to implement this approach, and how this approach can benefit the whole community.

Seating for this event is limited and we ask that you RSVP by September 7th to admin@cowichanhousing.com.

Agenda to follow.

Suicide Prevention Information Session

On September 11 Judy North will be giving a FREE suicide prevention info session at the library in Duncan. This talk is geared for the general public and should be quite useful to anyone who has questions or curiosity on the topic of suicide. Please circulate the attached poster as far as possible.

Thanks very much!

Dave Ehle
Program Co-ordinator, Child and Youth Mental Health Team

Barefoot in the Park- Safety

See attached document



Parent-Child Mother Goose FALL 2017

Parent – Child Mother Goose is

8 WEEK ACTIVITY for babies, young children, and parents.

PLAYFUL AND FUN!

TO REGISTER IN ADVANCE

A PROGRAM that enriches parent- child relationships.

CALL BONNIE AT

ABOUT RHYMES, SONGS AND STORY TELLING

MARGARET MOSS

250-709-3050

FREE! WITH A SNACK TOO!

TRADITIONAL PLAY without toys.

September – November 2017

Closed on Statutory holidays. School programs closed on non-instructional days.

TUES	Sept 19 – Nov 7	11:00 – 12:00	Cowichan Lake Library, Lake Cowichan	0-2 yrs
WED	Sept 20 – Nov 8	10:30 – 11:30	Cowichan Library, Duncan	0-2 yrs
WED	Sept 20 – Nov 8	10:30 – 11:30	South Cowichan Library, Mill Bay	2-4 yrs
WED	Sept 20 – Nov 8	6:00 – 7:00 pm	Chemainus Comm. School, Chemainus	0-4 yrs
FRI	Sept 22 – Nov 10	10:30 – 11:30	South Cowichan Library, Mill Bay	0-2 yrs
SAT	Sept 23 – Nov 25	10:00 – 11:00	Cowichan Library, Duncan	0-4 yrs



ACTIVE PLAY

FOR CHILD CARE PROFESSIONALS



Want to learn more about what you can do to comply with the new Director of Licensing Standard of Practice Active Play? **PISE** and **Island Health** are partnering to bring information to licensed child care providers.



Each in-person, active session will last for approximately 2.5 hours, and include games and activities for 0 – 12 year olds that can be facilitated in child care licence settings. The sessions will focus on fundamental movement skills, how to teach them, age appropriate games and activities for each skill and ways to adapt games for individuals of all abilities. A take-home handout will also be provided with information on teaching cues, where to find additional resources and helpful hints and tips. **Please arrive in comfortable workout clothes and running shoes.**

COWICHAN

Island Savings Centre

2687 James St.

SEPT 13 | 6:30 – 9:00PM

Registration **#4247**

SOUTH NANAIMO

Vancouver Island University

Building 356

Room 111

SEPT 27 | 6:30 – 9:00PM

Registration **#4246**

VICTORIA

PISE

4371 Interurban Rd,
Gymnasium

OCT 21 | 9:30AM – 12:00PM

Registration **#4248**

OCT 21 | 1:00 – 3:30PM

Registration **#4249**

Visit pise.ca/kids-youth-workshops for more info and to register.

Registration opens on August 9 at 10:00AM.

Registration closes the day before the workshop at 4:00PM.



North Cowichan Fosters a Cultural Shift and Social Connections with Cowichan Tribes



A multi-sectoral effort in North Cowichan, under the leadership of Cowichan Tribes, created Culture Shift - a program to help community members develop relationships built on a shared understanding of colonial history. The series of experiential workshops helped to begin healing a community by changing the systems that led to negative health outcomes.

Do you have something to share?
Send it to cindylisecchn@shaw.ca and it will be included in the weekly
Health Matters Newsletters