

**CHECK UP**

**November 15, 2013**

The moss hanging from the giant maple trees on the way to Cowichan Bay is amazing..... spectacular strands hang from the branches.

**Today’s Check up Includes:**

* Meeting Schedules
* Community meetings and Events
* CDH Site Selection Forums
* The Village – and Potluck Dinner
* Cowichan Adult Learning Centre Open House
* Grandparents Raising Grandchildren support group
* Ottawa Charter for Health Promotion

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**CCHN Network Member Meetings-**

**Admin Committee Meeting** November 20- CVRD Committee Room 2 – Dinner at 5:30

**Membership Committee Meeting** November 26, 10 am CVRD

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**Upcoming Events/ Workshops/ Community Meetings**

**Community Forums for future Cowichan District Hospital Site Selection**

November 30, 10 am to 12 noon, Ladysmith Seniors Hall

November 30, 2:00 pm to 4:00 pm Cowichan Lake Arena Multi Purpose Hall

December 7, 10 am to 12 noon Kerry Park Arena Mill Bay

December 7, 2:00 pm to 4:00 pm Vancouver Island University

**The Village Two: Stories of Homelessness, Housing, and Hope**

Thursday, November 28, 2013 2:45 TO 5:00 – 5:30 Pot Luck – Community Dinner begins 7:30 – Closing

St John’s Anglican Church Hall 486 Jubilee Street, Duncan

**Cowichan Adult Learning Centre Open House**

Friday November 22 from 1:00 to 4:00 pm at 756 Castle place. We invite all past, present and future students to visit the school, enjoy some refreshments and door prizes, touch base with old friends and find out about our programs. Please check out our website at [www.studycowichan.ca](http://www.studycowichan.ca) or phone 250-746-0277 for more information.

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**Grandparents Raising Grandchildren**

Grandparents across the province are raising more grandchildren than ever before. The needs of a grandparent are quite different from those of a younger parent or family member. Grandparents Raising Grandchildren offers support, legal advice and more. If you know of a grandparent who could use extra support or information see the attached poster.

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**Ottawa Charter for Health Promotion**

This document seems foundational to the idea of the determinants of health. <http://www.who.int/healthpromotion/conferences/previous/ottawa/en/index.html>  
It might provide some answers to our strategy.

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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 Check UP Newsletter