



Fall 2012

## Like Us on Facebook!

The ACHN is now on Facebook! 'Like' us and get our newsfeed for healthy community related info and network updates. <http://www.facebook.com/AlberniClayoquotHealthNetwork?ref=hl>

## September 4th is School District #70's 'Back to School Day'

With students heading back to school, here are some tips from the BC Government 'NewsRoom' to help them stay safe at school and at home:

<http://www.newsroom.gov.bc.ca/2011/08/back-to-school-tips-to-keep-students-safe.html>

Students are more likely to succeed if they are healthy and active. Here are some tips to encourage healthy eating and an active lifestyle.

<http://www.newsroom.gov.bc.ca/ministries/education/factsheets/back-to-school-tips-for-healthy-active-students.html>

## 67th Annual Alberni District Fall Fair: Sept. 6th to 9th.

This year's theme is "100 Years of Urban Living Created by Agriculture". For a list of events and venues check out <http://www.albernifair.com/>

## Hi Everyone!

The following is some news and updates from the Alberni Clayoquot Health Network. Thanks to all who contributed/ passed along info to us to share with the network!

## Youth Health Clinics now on the West Coast!

The Port Alberni Youth Health Centre and Vancouver Island Health Authority are working together to provide youth health clinics on the Westcoast. During the school year these clinics will be offered at Ucluelet Secondary School and have been very popular with the help of USS teacher, Natalie Chelsom. As part of the planning classes, students are encouraged to stop by the clinic and have their blood pressure taken, ask the nurse questions or just "check us out". The nurses are available on Wednesdays in Ucluelet in the Youth Room at the Community Centre from 10 -1130 and at Coastal Family Place in Tofino from 1 - 2:30pm. The Port Alberni schedule is located here:

<http://www.youthhealthcentre.com/Welcome.html>



## Vital Signs Indicator Project is going to be region wide!

The Port Alberni Social Planning Committee asked the ACHN to get involved in the development of an indicator project. 'Indicator projects' help to deliver new knowledge about the quality of life in local communities so that members can make bet-

ter decisions, attract funding based on quality statistics etc. So far we have met with the Clayoquot Biosphere Trust and the Alberni Valley Community Foundation to discuss collaborating on a 'Vital Signs' process for the region (the CBT is al-

ready a part of this National initiative will be releasing it's Vital Signs report for the West Coast this fall). Stay tuned and if you want to learn more about Vital Signs check out the Community Foundations of Canada here: <http://www.vitalsignscanada.ca/about-vital-signs-e.html>



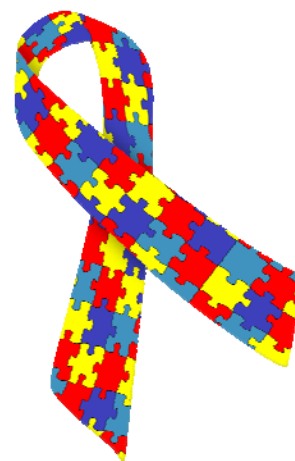
### **AIDS Vancouver Island Workshops**

The following is a list of workshop topics available through AIDS Vancouver Island. 1) HIV/AIDS: The Basics 2) Hep C: The Basics 3) Sex, Society & You 4) PartySafe 101 for Peer Counselors! 5) "H, H & T": Addressing Homophobia, Heterosexism and Transphobia 6) The Fix: Understanding Drugs, Addictions & Wellness 7) Safer Needle Handling & "Play Safe" 8) "Train the Trainers". Contact Claire Dineen, based in Nanaimo, for more info. 250-753-2437. As well, they offer an Infoline (1-800-665-2437) that provides information about HIV & HCV (Human Immunodeficiency Virus & Hepatitis C Virus), safer sex, HIV testing or transmission, STDs, harm reduction, etc. The confidential calls are administered by trained volunteers and staff. <http://avi.org/>

### **Ministry for Children and Family Development (MCFD) Autism Outreach Parent/Caregiver Workshop November 1-2, 2012: Port Alberni, BC: Gyro Center.**

The goal of the workshop is to improve access for families to research-based information and resources on autism and treatments for children and youth with autism spectrum disorders (ASD). The workshops are open to parents and caregivers only, however, families may invite a member of their child's intervention team to join them. Each workshop will be conducted by a professional in the area of autism

and will be held over two full days during school hours. Free of charge but eligible participants must register to attend. For more detailed information visit <http://www.mcf.gov.bc.ca/autism/index.htm>



**ALBERNI-CLAYOQUOT HEALTH NETWORK NEWSLETTER**



### **Vancouver Island Traditional Foods Conference, Sept. 28th & 29th, Held this year in Port Alberni!**

The Vancouver Island and Coastal Communities Indigenous Food Network will be hosting it's 5th Annual Conference jointly hosted by Nuu-chah-nulth Tribal Council and Tseshah First Nation in Port Alberni, BC. This two day conference features net-

working, sharing, and learning about the Indigenous foods, champions, projects and issues facing Indigenous communities on Vancouver Island. Enjoy delicious traditional foods and a chance to learn traditional cooking methods. Donations would be

greatly appreciated on the day of the conference. Free to attend. For more information and to register check out the website at: <http://www.indigenousfoodsvi.ca/>



### **VIHA Homelessness Grant Update:**

The Alberni-Clayoquot Regional District accepted the recommendations of the Alberni Valley Stakeholders Initiative regarding the dispersal of the \$300,000 Vancouver Island Health Authority Homelessness Grant. The grant was split among the Alberni Valley Community Fund, the Canadian Mental Health Association, Phoenix House, Port Alberni Shelter Society & the West-coast

### **Age Friendly Communities:**

By 2031, almost a quarter of the province's population will be over 65. What are the features of age friendly communities? According to [SeniorsBC.ca](http://SeniorsBC.ca) Age Friendly Communities have:

- Outdoor spaces & buildings that allow older persons get around easily and safely in the community and encourage active community participation.
- Transportation options so that older persons can travel wherever they want to go in the community, conveniently and safely.
- Housing options that are safe and affordable and allows them to stay independent as their needs change.
- Social Participation opportunities for developing and maintaining meaningful social networks in their neighbourhoods.
- Respect & Social Inclusion that allow for the diversity of needs among to participate in all aspects of society.
- Civic Participation & Employment so that older persons have opportunities to participate in community decision making and contribute their experience and skills to the community in paid or unpaid work.
- Communication & Information so that seniors are aware of programs and services available within their community.
- Community Support & Health Services so that older persons have access to social and health services they need to stay healthy and independent.



### **Resources!**

Some great articles and resources (posters etc.) from an Ontario organization on how schools and communities can support more healthy & active lifestyles. <http://ophea.net/>