

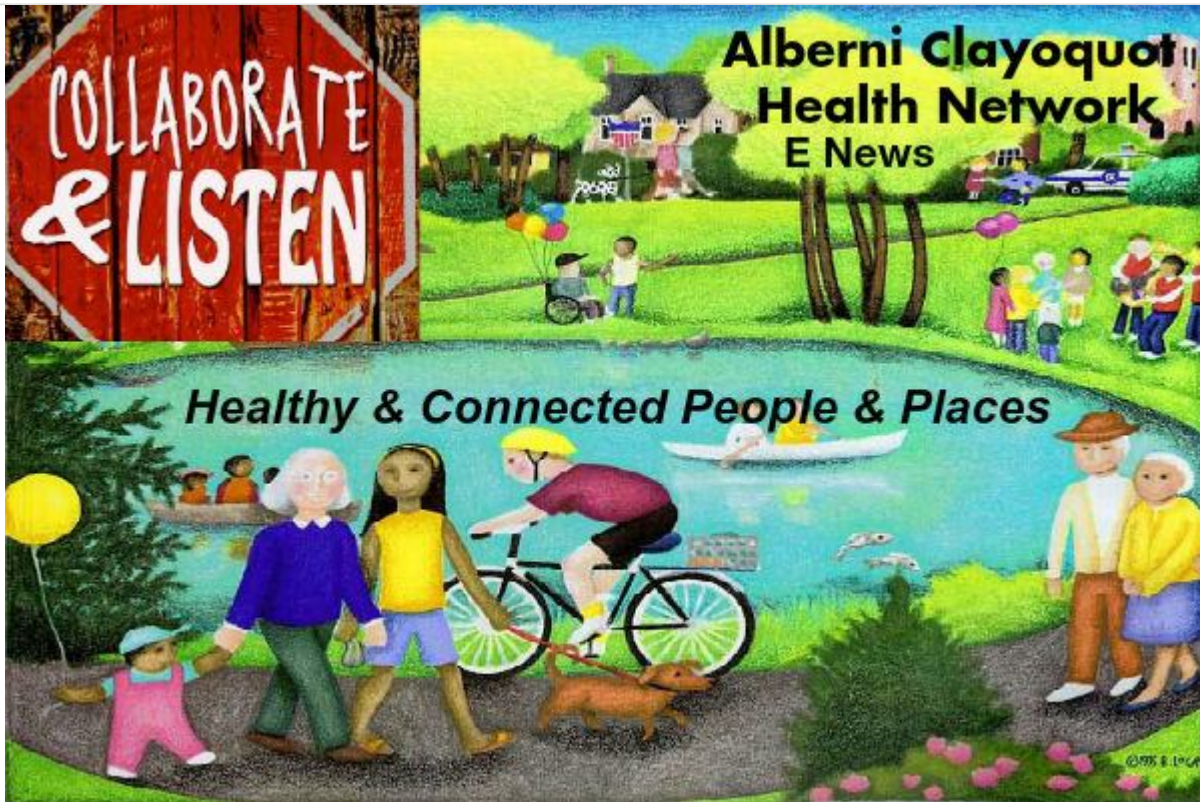
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## Alberni Clayoquot Health Network E News September 2013

**"Healthy & Connected People & Places"**

***Apologies for Cross Postings! Share far & wide!***

### **ACHN E-News:**

#### **Happy Fall Everyone!**

It sure feels like autumn: the air smells crisper, the days are getting shorter, local gardens are winding down and it's time to harvest all those healthy fruits and veggies. Not only is the fall a great time to enjoy bountiful garden and farm harvests, but to also enjoy the great outdoors - whether it's walking, hiking, cycling, raking leaves or doing some fall outdoor yard work. **Stay active, drink water, wear layers, reflective gear & carry a flashlight if you're out at night (head lamps are great)!**

The Fall is also a great time to sign up for recreation opportunities in our west coast communities.

Check out the **Port Alberni Parks and Recreation** offerings by picking up a guide or by clicking **Subscribe** **Share** **Past Issues** **Trans**  
[here](#). The **Tofino Parks & Rec** guide can be downloaded off the District of Tofino website [here](#). The

**Ucluelet Parks & Recreation** Fall program supplement can be downloaded [here](#), and a good place to find out about upcoming events in Bamfield can be found on the **Bamfield Community School** Facebook group [here](#).

### **Mark Your Calendars! ACHN Next Meeting: Thursday Sept. 26th, 2013**

The next meeting of the Alberni Clayoquot Health Network is this Thursday **September 26th, 9 to noon** at the ACRD Board Room. All are always welcome. Meetings are held bi-monthly and typically go from 9-noon, locations t.b.a. **Future Meeting dates:** November 21, 2013; January 16, 2014; March 20, 2014; May 15, 2014

### **ACHN 'Art of Hosting' Capacity Building Workshop A Resounding Success!**

The ACHN teamed up with the Ministry of Aboriginal Relations & Reconciliation - Community Relations Branch and the Office for Community Partnerships in Health at Vancouver Island University last July to host a capacity building workshop on the 'Art of Hosting'. A total of 22 participants from diverse organizations such as VIHA, School District #70, Pacific Rim Hospice, Clayoquot Biosphere Trust, early years tables, local First Nations, AV Community Stakeholders Initiative to End Homelessness, Service Canada, youth initiatives, Nuu-chah-nulth Tribal Council, VI Crisis Line and the ACRD participated in the workshop. The 'Art of Hosting' is a unique leadership and group facilitation methods training program that is held internationally. Participants learned about processes for building community and facilitating meaningful conversations among diverse stakeholders using techniques like Circle Practice, World Café, Appreciative Inquiry, Open Space Technology, ProAction Café, Digital Storytelling and more.

**According to one participant:** *"I have been actively sharing the tools with members of my team, as well as with others in other organizations. Understanding group consensus and using the teaching of decentralized power structures have been extremely inspirational for me. I can't say enough about the workshop! I continually refer to the skills I learned in meetings."* Thanks to in-kind donations of facilitation time, travel expenses, meeting room and low cost accommodations at the VIU dorm (only available in the summer) - we were able to host this workshop very economically (only \$325 per person including materials, accommodation, food & travel compared to between \$500 & \$1000 just for tuition). Thank-you to everyone who participated and especially to our partner sponsors! We hope to have a digital story about the workshop available for viewing soon made by one of the VIU Digital Harvest Youth Team facilitators, Letitia Rampanen. For more information on the Art of Hosting and to find out about upcoming training opportunities, check out their website <http://www.artofhosting.org/home/>

### **The Huu-ay-aht / Bamfield Community Accord Process Update:**

Members of the Huu-ay-aht Council met with the ACHN Coordinators and Bamfield District representative Eric Geall in July to discuss the idea of a Community Accord. The 'Community Accord' sets out a commitment and framework for representatives and key stakeholders in the region to

come together on a regular basis to discuss issues of common concern, to strengthen relationships and identify opportunities to work together for the good of all. The ACHN has assisted thus far with

drafting an Accord for review and discussion and securing a matching \$5000 grant from UBCM to host a Community to Community forum to be hosted by Huu-ay-aht next spring. Next steps include meeting to go through the draft Accord to fine tune it and then taking it to the community and key stakeholders to review and revise. The goal is for the Accord to be signed and celebrated at the Community to Community forum next spring.

### **Transportation Update:**

Unfortunately the lead consultant hired to help us study the issue of transportation in the region has left the company so the working group has been regrouping. We have enlisted the help of the Chair of VIU's 'BC Regional Innovation in Tourism & Sustainable Rural Development' at the Department of Recreation and Tourism to help us conduct a baseline study of current transportation realities throughout the ACRD. Earlier this month, Cindy Solda (Chair of the ACRD Board) and Russell Dyson (CAO of the ACRD) met with the Honourable Todd Stone, BC's Minister of Transportation and Infrastructure at the UBCM Convention to apprise him this issue. Thanks to the wise members of the health network for identifying 'transportation' and moving it forward as a key concern for the region. In the future we can look forward to a comprehensive study of current realities and possibilities for partnerships, improvements and solutions. We will keep you posted about opportunities to tell us your 'transportation tales' in the very near future! Meanwhile, the 'Alberni Children First' Committee reports that they will producing a Family Friendly map for Transit routes and schedules in the Valley.

### **Save the Date! ACHN sponsored forum on Parenting in the Alberni Valley: Saturday January 25, 2014 at the Echo Centre!**

The Alberni Children First Tables are busy planning a forum for parents in the new year with Dr. Paul Kershaw as keynote speaker. Kershaw is a farmer, University of BC professor and one of Canada's top thinkers about generational equity. He leads the 'Generation Squeeze Campaign': <http://gensqueeze.ca/about-us/> For input into preferred topics at the forum, take a quick poll on the Alberni Children First website [here](#).

### **The ACHN Network is Growing!**

We are happy to report that as of Sept. 25th, our Network list consists of 114 people from diverse organizations and locations and our Facebook group has 66 'Likes'. Joining is as easy as sending an email to [style@acrd.bc.ca](mailto:style@acrd.bc.ca) or 'Liking' us on [Facebook!](#) We send out monthly e-newsletters (like this one!) and update our newsfeed with relevant articles, events etc.

## **Events & Opportunities:**

### **Port Alberni Community Forum 'Better at Home', Wednesday Oct. 2nd, 2013, 12:30 - 2:30pm, EchoCentre**

Your input is needed on how the new United Way Better at Home Program can best support seniors in Port Alberni. This program helps seniors continue living independently in their homes by providing

simple, non-medical services. We want to hear from seniors, family members and community agencies about which services are most needed in the community and how they can be best

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delivered. Please come to share your ideas! Snacks provided! QUESTIONS? Or want to provide input but can't make it to the forum? Please contact Tracy or Julie at [betterathomeVI@shaw.ca](mailto:betterathomeVI@shaw.ca)

### **Call for Proposals: Demonstration Projects to Improve Social Inclusion Outcomes of PWD Clients**

The BC Coalition of People with Disabilities (BCCPD), CMHA-BC Division, Inclusion BC and SPARC BC are working with the Ministry of Social Development and Social Innovation to facilitate the development of community based demonstration projects that result in improved social inclusion outcomes for people with disabilities who have the Ministry's Persons with Disabilities (PWD) designation and are in receipt of disability assistance (PWD recipients). This Call for Proposals is an invitation for BC-based community organizations to apply for funding for projects that result in the increased participation and social inclusion of PWD recipients. More info on the Sparc BC website: <http://www.sparc.bc.ca/component/content/article/408>

### **Human Early Learning Partnership (HELP) Expo - October 21st, 2013**

This full day event will take place at UBC Robson Square in Vancouver. Research findings will be presented that have furthered our understanding of factors that can support and enhance the well-being of children in BC: from policy environments, to communities, to families. The event includes keynote presentations, and hands-on workshops with researchers. This full-day event is FREE and open to the public. Review the schedule and register at their website:

<http://earlylearning.ubc.ca/blog/2013/sep/10/helps-fall-research-expo-registration-now-open/>

### **BC's Non-Profit Housing Conference, November 18-20,2013 Sheraton Vancouver Airport Hotel, Richmond BC**

Get ready for three full days of learning, sharing and networking with colleagues from across the province. Upgrade your skills, learn better ways of working and collaborating, hear about the latest research, share your challenges and successes, and be inspired by new ideas, innovative programs, and on the ground case studies. Includes a symposium on Wednesday, November 20th focused on exploring the connection between social housing and food security. Bursaries available to help staff and volunteers from small non-profit housing societies, students, and young professionals attend the conference. Bursary Application deadline: Sept 27th. More info at: <http://conference.bcnpha.ca/>

### **Cities Fit for Children Conference, November 21 -22, 2013, Sheraton Guildford Hotel, Surrey**

The Conference will bring together local, municipal, and regional leaders involved in policy decisions and designing and **building safe, healthy communities for children and families**. This is a great opportunity to engage with municipalities, non-profits, recreation programmers, social and community planning, early childhood practitioners, youth workers, engineers, and policy makers. The theme for this year's conference will be the **Rights of the Child**, and will include workshops on healthy built environments, programs and services, and meaningful civic engagement. There will be a keynote panel each day, including Kerry Constabile, an international representative from UNICEF, Surrey

Mayor Dianne Watts, and Dr. Trevor Hancock. More info: <http://www.surrey.ca/culture-recreation/13780.aspx>

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### **Tools for Change Workshop Series at VIU**

A new series of workshops devoted to connecting and building connections between community, government and business and providing new tools to ignite community-wide collaboration for wellbeing and positive change. Workshop topics include: Processes For Change; Storytelling For Change; Graphic Facilitation; The Art Of Mapping Assets; Transformative Media; Understanding & Using First Nations Protocols, Intro to the Art of Hosting, and Remodelling Community Development. Check out the VIU Community Extension & Contract Services Calendar at:

<http://www.cc.viu.ca/ce/BrochF13.pdf>

### **Making Connections Facilitator Training Workshop: October 31 & November 1: Parksville**

Start a Making Connections Support Group in your area! First attend an upcoming 2-day Facilitator Training workshop to learn more about the model and enhance your skills. Participants will learn how to deliver the Making Connections Curriculum. The Making Connections support group model offers facilitators a meaningful and supportive way to connect with women who have overlapping experiences of abuse, substance use and/or mental health concerns. More Info:

<http://www.bcwomens.ca/Services/HealthServices/WomanAbuseResponse/Making+Connections.htm>

### **First Nations Health Council - Gathering Wisdom for a Shared Journey Conference. October 22-24th, Hyatt Regency Vancouver.**

Chiefs, health leaders, front-line health workers, federal and provincial partners, and other key decision makers in BC First Nations health will meet to discuss the 'Transfer' to the First Nations Health Authority (FNHA), discuss, explore and define what it means for the FNHA to be Your Health and Wellness Partner; and explore other opportunities for collaboration, partnership and sustainability. Includes a Transfer Ceremony at the opening of the on the 22nd. More info:

<https://www.regonline.ca/builder/site/default.aspx?EventID=1252664>

### **2014 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 2014. 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. For more information or to obtain an application form, please visit [www.uwlm.ca/ppi](http://www.uwlm.ca/ppi) or contact Yves Trudel at [ppi@uwlm.ca](mailto:ppi@uwlm.ca) Deadline to apply is October 11, 2013

## **Building Sustainable Communities Conference - Kelowna, November 25-28, 2013**

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This is a popular conference that draws up to 600 delegates from government, business, NGOs, and academia, along with students and members of the general public to learn from each other about accelerating the move toward more vibrant and resilient communities. Innovative and interactive opportunities for information-sharing amongst sponsors, speakers, delegates, and exhibitors will be peppered with social and cultural activities to guarantee more meaningful and memorable outcomes. All sectors to celebrate the move toward social, cultural, environmental, and economic well-being. Information-sharing among sponsors, speakers, delegates, and trade show participants is interspersed with social and cultural activities to ensure meaningful and memorable outcomes.

Website: <http://freshoutlookfoundation.org/events/2013bsc/>

## **Resources:**

### **New Coastal Family Resource Coalition Website of Local Resources Listings Launched!**

We define the local resources available on our website as the services & service providers who work with children, youth and families in all the communities on the West Coast of Vancouver Island.

Discover New helpful resources in the community directory for family, youth, educational and social services; find interesting reads, discussions and local events! Located at:

<http://coastalfamilyresources.ca>

### **What is a Healthy Community?**

Check out the BC Healthy Communities 'learning centre' for frequently asked questions (faq's) about what makes a healthy community. "All sectors of the community are inter-related and share their knowledge, expertise and perspectives, working together to create a healthy community."

<http://bchealthycommunities.ca/faq>

### **Building on the Strengths of Your Community: A Guide in 8 Simple Steps**

This resource has been designed and piloted for resource dependent communities, particularly in the forest sector and offers communities' steps and resources to conduct a community-assessment to provide a better understanding of community strengths, challenges and economically viable options for the future.

[http://www.modelforest.net/media/k2/attachments/CMFN\\_SocioEconToolkit\\_2012\\_Final.pdf](http://www.modelforest.net/media/k2/attachments/CMFN_SocioEconToolkit_2012_Final.pdf)

### **Map of BC First Nations**

Map of BC, courtesy of the provincial government, showing traditional First Nations territories, pronunciation, language families etc. <http://www.bced.gov.bc.ca/abed/images/map2.jpg>

## **Healthy Eating, Active Living, Tobacco Cessation - Ongoing Opportunities**

### **Tobacco Free Tuesdays!**

The first Tuesday of every month is Tobacco Free Tuesday. Take the pledge and enter to win prizes.

[www.tobaccofreefridays.com](http://www.tobaccofreefridays.com)

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### **ParticipACTION Teen Challenge**

The ParticipACTION Teen Challenge allows teens to come up with innovative ways to get active, and then provides micro-grant funding, called Teen Physical Activity Grants, to registered community organizations to support teens' physical activity programs. If you are part of a community organization, recreational facility, or a school that can support a teen physical activity program, consider being a part of the ParticipACTION Teen Challenge. <http://www.participaction.com/teen-challenge/>

### **Online Chronic Disease Self-Management Program**

The Online Chronic Disease Self-Management Program is a fun and practical online workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. The program is FREE for BC residents with all levels of computer skills, who are experiencing chronic conditions. Caregivers, friends and family members. <http://www.selfmanagementbc.ca/onlinechronicdiseaseprogram>

### **Shapedown BC Program**

This is a 10 week program designed for children/adolescents between 6-16 years of age with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian must attend the twice weekly sessions with their child. Shapedown BC supports families in creating healthy eating habits and an active lifestyle. Families learn to set goals that target positive lifestyle changes and also look at the issues that may block positive change. Children and teens improve self-esteem and peer relationships and adopt healthier habits. Parents will learn to sharpen their nurturing and limit setting skills which will help them feel better about their relationship with their child. The whole family becomes healthier and closer. Contact the Central Island Healthy Weights Program in Nanaimo at 250.755-7955 for more info.

### **Join the network & be a part of healthy change!**

The Alberni Clayoquot Health Network is a mechanism for citizens working and living in the regional district to come together and speak with a collective voice on health issues and share ideas and resources to build healthy sustainable communities. Everyone is Welcome! How can you participate? It's simple! Email and ask to join our network list: [style@acrd.bc.ca](mailto:style@acrd.bc.ca) 'Like' us on [Facebook](#) & receive on our ongoing newsfeed. Attend our meetings and regional sponsored events. Send us your news & we'll share it! Contact Us! Tanis Dagert, Network Coordinator [tanisd@live.ca](mailto:tanisd@live.ca) (250) 668-5159 or Shelli Lyle, Admin Assistant, [style@acrd.bc.ca](mailto:style@acrd.bc.ca) (250) 720-2700

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