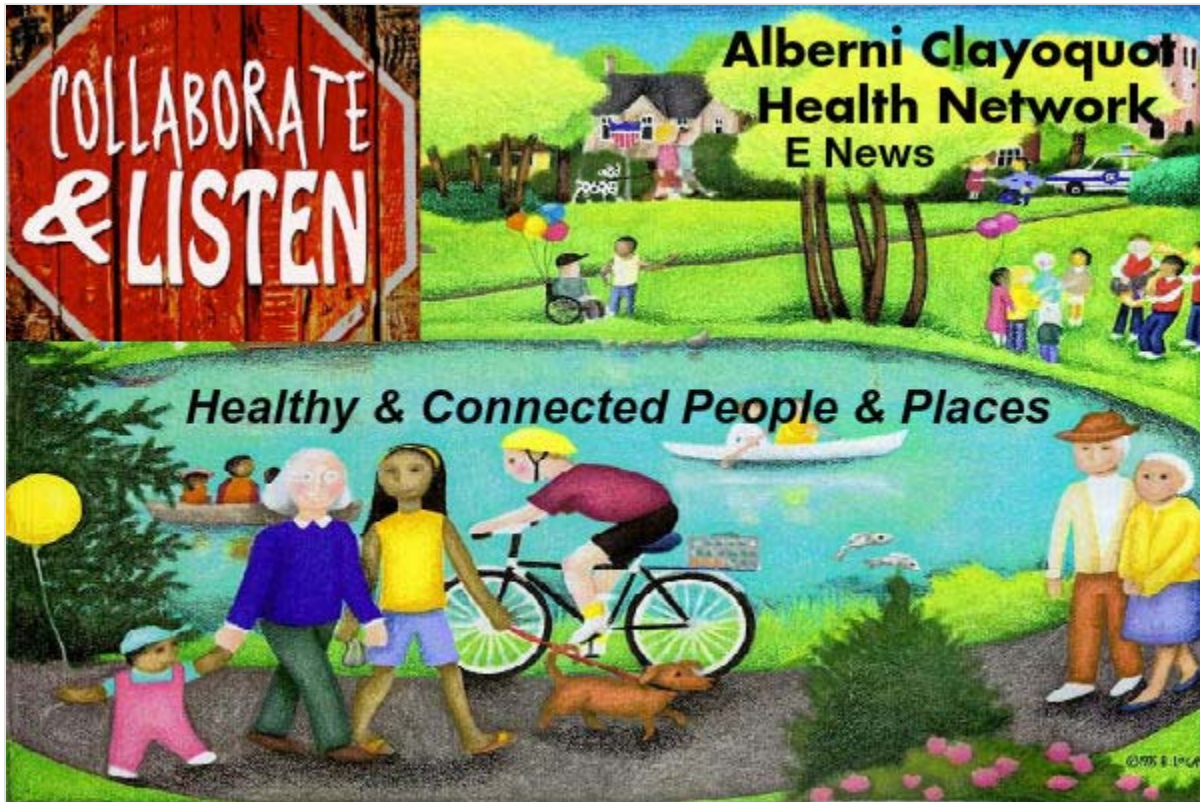


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Alberni Clayoquot Health Network

"Healthy & Connected People & Places"

Upcoming Events, Resources, Funding Opportunities & More!

Please Help us Share this E-News!

Kindly forward this e-news to any groups or individuals who might find this information useful. A lot of time and energy goes into creating this resource and we would like it shared widely as possible. Conversely - if you have news to share please send to: tanisd@live.ca

Health Network Update:

Happy New Year Everyone!!

While 2014 is well underway perhaps you're like me and your New Year's Resolutions to

get more fit and healthy are already faltering. Take a look at an article from the Globe & Mail about 15 things Canadians can do to be healthier this year. Some of the tips from top

health & fitness experts might surprise you. Located [here](#). As well, find ways to bring your outside play indoors! Get rid of some of that furniture that promotes sitting around and make space for yoga, exercise balls, Wii, hula hopping (house hockey?). The ceiling is the limit!

Wanted: Social Media Volunteer(s) for the Health Network!

Are you a bit of a social media whiz (or aspiring to be one) and have some volunteer time to help us with our website, monthly newsletter, Twitter and/or Facebook? Help us grow the network and spread important information about building healthier communities throughout the region. Contact Tanis Dagert at 250-668-5159 or email: tanisd@live.ca or **FB:** [Alberni Clayoquot Health Network](#) or **Twitter:** ACHealthNetwork

How do We Get from Here to There? Announcing the ACHN's Transportation Consultation Events

The Alberni Clayoquot Health Network is currently hosting a region-wide consultation to generate new ideas and strategies to promote affordable and accessible transportation in the Alberni Valley and on the West Coast. Laurel Sliskovic of The Sociable Scientists has been hired by the Health Network to lead the consultation process that has so far included a literature review and key stakeholder interviews. We are now looking for residents to share their stories and experiences in order to build a solid understanding of our current situation so we can develop innovative solutions to “get from here to there”. Opportunities for public input will be through a social media campaign and World Cafe transportation discussion and mapping events held in the following communities:

- **Bamfield** February 17th from 3:00 – 6:30 pm, Bamfield Community School
- **Ucluelet** February 26th from 3:00- 7:00 pm, Ucluelet Community Centre
- **Tofino** February 27th from 3:00 -7:00 pm, Tofino Council Chambers
- **Port Alberni** date to be determined for early March
- **Social Media!** The Network would like to hear your story! What's been your experience of traveling around the region for work, appointments or accessing sports and recreation? Everyone who participates will have their name entered to win draw prizes! Share your stories & photos on www.facebook.com/AlberniClayoquotHealthNetwork Twitter @ACHealthNetwork or email heretothere@acrd.bc.ca

ACHN Working Group Meetings

The **ACHN Working Group** meets on the third Thursday of each month. The next meeting is set for Thursday Feb.20th, from 9:30 to 12:30 at the ACRD Board Room. The working group will be budgeting for 2014 according to the current strategic plan located here: <http://www.acrd.bc.ca/cms.asp?wpID=338> Other Network events will be posted and

promoted through our newsletter & social media. Stay tuned for an exciting year ahead!

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Events & Opportunities:

Celebrate Family Literacy Day! Saturday, Feb. 1st at Echo Centre from 11 to 1

Families with children ages two to eight are invited to come and join in a free, community event in celebration of Family Literacy Day. Delight in an interactive storytelling of the classic children's story "Bread and Jam for Frances". Participate in lots of fun family crafts and activities based on the story. Then share in a delicious picnic style buffet lunch with many healthy choices courtesy of Buy-Low Foods. Families must pre-register at Echo Centre.

Become a Patient Partner in the Patient Voices Network! (Upcoming Orientation in Port Alberni Feb. 7th)

The Network is a community of patients, caregivers, family members, and others who are using their experiences to transform health care in BC. There are still spots available for an **Orientation** to be held on **Friday February 7** in Port Alberni. Want to be more involved in decisions that affect your personal, family and community health care? Become a patient partner with the *Patients as Partners* | Patient Voices Network. The Network is hosting a FREE ORIENTATION for registered volunteers in the Alberni-Clayoquot region. Register now to become a volunteer and information will be sent about the orientation details. Registration must be complete before an individual may attend. Contact 604-742-1772 or 1-888-742-1772; www.patientvoices.ca or email: connect@patientvoices.ca

Here We Come Pre-School Events! Five Little Monkeys Jumping on a Bed!

Here We Come! is an interactive early years screening event for 3 to 5 year olds. Any and all pre-schoolers along with their care-givers are invited to come to Here We Come! events for fun-filled activities led by qualified leaders from community related and health organizations. Research shows that over 75% of a child's brain actually develops after his/her birth - most of that in the first five years. The early years are critical in shaping a child's ability to think, to love, to trust, and to develop a strong and positive sense of themselves. The first five years have a profound impact on a child's emotional, social and intellectual development. Early identification means that potential issues can be caught before they have a chance to create larger problems, and, in many cases, can prevent problems from ever developing. For more info contact Stacy at (250) 723-7521 **Where & When:** (Time 6:15 - 7:30pm) Gill, Thursday Feb. 13th; Wood, Thursday Feb. 20th; Wickaninnish, Thursday April 24th (from 10-11:15am); Uclelet, Thursday April 24th. *Brought to you by School District #70(Alberni) and the Ministry of Education: Ready Set Learn*

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ALBERNI VALLEY AGE-FRIENDLY OPEN SPACE GATHERING, Saturday, February**15th, 1 pm to 5 pm at Echo Centre**

How can we improve the Valley as a place where all ages contribute and thrive? The Alberni Valley Age Friendly Survey was conducted over a five-week period from October to mid-November 2013. The survey is part of the Age Friendly project initiated by the City through a grant from the UBCM. The project focused on age friendly attributes in six key areas of our community living. Over 800 surveys were submitted: 24% by students, 56% by those aged 20-60, and 29% by those over 61. Overall Age Friendly grades for each of the areas include: Transportation **C**; Outdoor Spaces & Buildings **B**; Social & Recreational & Cultural Participation **A**; Housing **B**; Paid & Volunteer Participation **B**; Community Support & Health Services **A**. The Open Space Gathering is an opportunity to discuss the findings, put forward solutions you are passionate about, join the conversation or come to listen. Share ideas and collaborate with others to find creative solutions we can all contribute to. Admission is Free. No Reservations Required. Attend all or part of the afternoon. Connect and Collaborate. Get the full report by going to City of Port Alberni Website <http://www.portalberni.ca/> and clicking on the Age Friendly Report button.

NETP Career Fair Tuesday March 4th, 9:30-3:30, Alberni Athletic Hall

Looking for work? March forth on March 4th! The Nuuchahnulth Employment & Training Program is hosting a massive career fair featuring over 50 presenter tables and 4 industry specific employer forums. Contact Chrissie John to learn more. 250-731-5807 or Christina.john@nuuchahnulth.org

Crisis Line Awareness Week 2014: Trauma Informed Approaches to Suicide Prevention & Support Workshops

The workshop is for anyone interested in learning current research-based information about suicide prevention. The fee to attend is \$20.00. Please visit our website at <http://www.vicrisis.ca/crisis-line-awareness-week/> to register online. **Tofino** Monday March 31st, Tin Wis Resort 9-12 & **Tuesday** April 1st, Hospitality Inn in Port Alberni 1-4

The Rural Youth Diversity Project, Richmond, BC, April 7 & 8 2014

The Fraser Basin Council is hosting a 2 day dialogue called The Rural Youth Diversity Project, funded by the [Inspirit Foundation](#). Do you know a youth between the ages of 18 and 35 who is engaged in their community would benefit from participating in this event? If so please contact Erin Robinson at erobinson@fraserbasin.bc.ca For more information click [here](#).

Funding Opportunities:

Healthy Communities Capacity Building Grants - Round Two

The Healthy Communities Capacity Building Grant Program supports local governments

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|--|---------|-------------|-------|
| <p>to create the conditions that enable the health and well-being of B.C. citizens and communities. Grants of \$5,000 and \$20,000 are available in two funding streams for</p> | | | |
| <p>activities that support partnership development and collaborative action between local governments and health authorities, and other community partners. Both funding streams support local government learning about the community context for health and well-being, collaborative priority setting in local planning and policy, and innovative action to influence local health outcomes. Apply by March 14, 2014. Funding criteria, application guidelines and forms are available on the PlanH website: http://planh.ca/training-support/funding</p> | | | |
| <p><u>Goodlife Kid's Foundation – Grant Program 'Promoting Active Living for Kids'</u></p> | | | |
| <p>Does your organization provide opportunities for kids to benefit from an active life? Are you offering a sustainable physical activity program for kids ages 4 to 14 that will positively impact their present and future activity levels? The GoodLife Kids Foundation is accepting requests for funding from registered charities and other qualified donees. Please review the Grant Program Criteria prior to completing the online application form. Grant Application Deadlines: January 31, 2014 & April 25, 2014 See: http://www.goodlifekids.com/grant-program/granting-program/</p> | | | |
| <p><u>ViaSport Local Sport Program Development Fund - Deadline Feb. 11, 2014</u></p> | | | |
| <p>The Local Sport Program Development Fund makes community sport more accessible to people of all abilities by providing funding to sport programs delivered by local sport organizations, municipalities and Aboriginal communities. Eligible applicants are invited to apply for funding of up to \$2,000 for new and expanded programs that directly lead to new sport participation opportunities in their communities. http://www.viasport.ca/local-sport-program-development-fund</p> | | | |
| <p><u>TD Friends of the Environment Foundation - Deadline: February 15, 2014</u></p> | | | |
| <p>Funds amounts under \$2500 for community habitat, restoration, gardens and education projects. https://fef.td.com/about-us/</p> | | | |
| <p><u>Healthy Living Grants - Deadline is March 1st, 2014 (or until funds run out)</u></p> | | | |
| <p>The Healthy Schools Network (HSN) is a voluntary community of educators and schools across the province who are working in classrooms, schools, and school districts toward optimizing student health and learning, meeting healthy living goals, and improving overall student wellbeing. There are two HSN grants available: the Healthy Living Inquiry Grant (\$500) and the Healthy Living Activity Grant (\$200). http://www.dashbc.ca/what-we-do/programs-initiatives/healthy-schools-network/</p> | | | |
| <p><u>Canada Safeway Foundation Grants</u></p> | | | |
| <p>For over 80 years, Safeway has been an active member in the communities where our customers and employees live and work. The Canada Safeway Foundation supports initiatives that feed, protect and nurture children and families in Western Canada. The</p> | | | |

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Safeway Foundation supports nonprofit organizations whose mission is aligned with their four priority areas: 1) Hunger Relief 2) Education 3) Health and Human Services 4)

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Assisting People with Disabilities Link: <http://safewayfoundation.org>

Bell Let's Talk Community Fund

Through the Community Fund, Bell will provide grants of \$5,000 to \$50,000 to organizations, hospitals and agencies focused on improving access to mental health care and making a positive impact in their communities from coast-to-coast-to-coast.

Preference will be given to capacity building projects aimed at creating, expanding or improving programs that provide front-line support and/or reduce the stigma for those impacted by mental health issues. Does not provide multi-year funding. Grant recipients will only be eligible for another Community Fund grant one year after the date of any previous grant. Applications for 2014 grants will be accepted from January 23 to March 31, 2014. <http://letstalk.bell.ca/en/our-initiatives/community-fund/how-to-apply/>

RBC After School Grants

We want the learning to continue after the school bell rings. Since 1999, we have committed millions of dollars to after school programs across Canada that provide a safe environment where kids can develop social skills and self-esteem.

<http://www.rbc.com/community-sustainability/apply-for-funding/guidelines-and-eligibility/after-school-grants.html>

Healthy Schools Grants

Two types of grants: Healthy Living Activity Grants \$200 to support healthy living goals and student-centered actions within schools and \$500 Healthy Living Inquiry Grants to support healthy living inquiry-based projects with students. Apply until March 1st, 2014.

See: <http://www.healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-schools-grants.aspx>

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/>

Resources:

Groundswell: A Guide to Building Food Security in Rural Communities

Full of information and links to tools and resources. Get started with tools that will help you to reach out to your community to find out what is needed and by whom. Then get inspired

Subscribe by the section describing programs and services that are being offered in other communities. You will find information on developing policies to support food security and **Share** **Past Issues** **Trans**

find contacts at the provincial and national level. For a copy of the guide visit <http://www.nklcss.org/groundswell/index.php> or contact Aimeewatson@nklcss.org

Teaching the Food System

Cool resource for educators from Johns Hopkins Center for a Livable Future: Teaching the Food System is comprised of 11 modules that span issues in the food system from field to plate. <http://www.jhsph.edu/research/centers-and-institutes/teaching-the-food-system/curriculum/index.html><http://www.healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-schools-grants.aspx>

Health Careers Guidebook from the First Nations Health Authority

"First Nations in BC have tremendous opportunity to take a lead role in the design and delivery of health services for our communities. We can be part of transforming our health system, creating a holistic approach to health that will keep people well."

http://www.fnha.ca/Documents/FNHA_health_careers_guidebook.pdf

Healthy Eating, Active Living, Tobacco Cessation:

What to Eat When You're Broke

Some really good advice related to eating healthy on a tight budget.

<http://eatlocalgrown.com/article/12153-what-to-eat-when-you-re-broke.html>

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>

Tobacco Free Tuesdays!

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

Shapedown BC Program

10 week program designed for children/adolescents between 6-16 with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian

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Reports:

"Toward a Population Health Approach", Vancouver Coastal Health, Strategy & Recommendations Report

"A population health approach has the potential to not only improve health status, but to contribute to the overall sustainability of the health care system. This method requires action in four areas: leadership, partnerships, policy development, advocacy.

http://www.vch.ca/media/Toward_A_Population_Health_Approach.pdf

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! Attend our meetings and regional sponsored events. Send us your news & we'll share it!

Email and ask to join our network list: slyle@acrd.bc.ca
Join us on Twitter: [ACHealthNetwork](#)

'Like' us on [Facebook](#) & receive on our ongoing newsfeed.

Contact Us! Tanis Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700