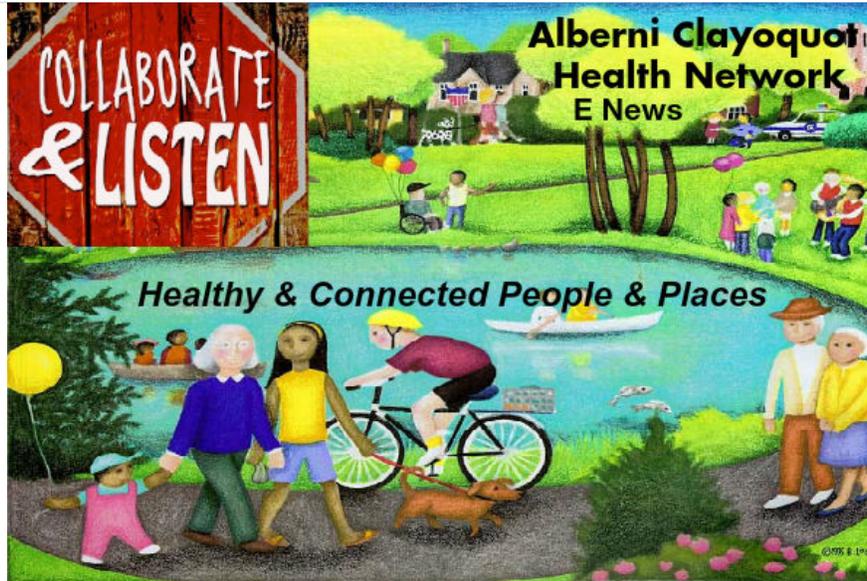


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Alberni Clayoquot Health Network

E-News June 2014 "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. Got news to share? Please send to: tanisd@live.ca

Health Network Update:

Summer is Coming!

June 20th, the official start of summer, is just around the corner! It's that time of year again when we get to enjoy longer days, warmer nights, healthy locally grown fruits and veggies and incredible opportunities to be active in nature all over the Alberni Clayoquot region.

For 10 tips on how to keep your kids moving all summer long visit Participation at:

<http://www.participation.com/10waystokeepthekidsinmotion/>

Pressing the Refresh Button on the Health Network!

Over the past six months, members of the Alberni Clayoquot Health Network 'Working and 'Planning Groups' have been meeting tirelessly to 're-envision and refresh' the structure of the Health Network in order to be a true multi-stakeholder/ community owned network that aims to improve health in the region. We are using language like 'Table of Partners' and 'Action Tables', are discussing values like respect, wellness, how to be more inclusive, transparent and responsive. A huge thanks to Devon McFarlane from Island Health who has been facilitating this process for us. And thanks again to all of you hard working and dedicated folks who have invested your time and energy. There is still some work to do (and probably always will be), so stay tuned for the roll-out plan and hear about ways to get more involved in your regional health network!

Report from BC Healthy Communities 'Health is Everyone's Business' Forum

A total of 45 participants from First Nations, Island Health, Locally elected officials, Government & Ministry staff, School District #70, Non-profits, Networks and Coalitions participated in this event, held on Friday May 9th at the Barclay in Port Alberni. The day included a welcome to the Territories, presentations by BC Healthy Communities, First Nations Health Authority and Island Health, as well we heard about local examples in Ucluelet, Port Alberni and Huu-ay-aht about initiatives that contribute to health and well-being. A World Caf  was held around topics like child apprehensions, substance abuse, transportation, family supports, housing and food security while

participants contributed their ideas on how to impact these issues in both big leaps and small steps. New connections were made and ideas were generated with the recognition that it takes collaboration to make deep lasting change for improved health in the region and across its communities. Presentations and Notes from the Forum are available to all Health Network members. Contact tanisd@live.ca

Bamfield/ Huu-ay-aht Community Accord - Key Stakeholders Meeting

A group of 20 were welcomed to the Huu-ay-aht Government Building by Chief Jeff Cook on April 26th to discuss the idea of a 'Community Accord', facilitated by David Stevenson from the Ministry of Aboriginal Relations & Reconciliation and Tanis Dagert of the AC Health Network. The Accord represents the desire for citizens and various authorities in Bamfield and Huu-ay-aht to work together, to find similarities and opportunities for collaboration, to walk the talk and create the future, together. Key issues related to transportation and community safety were discussed as well as next steps to advance the 'Accord' process. A small 'multi-use trail committee' was struck and ideas were generated to start bringing the vision of a walking/ cycling trail linking the two villages to reality. Next steps include community conversations with residents of Anacla and Bamfield.

Affordable & Accessible Transportation Study

Thank-you to all the stakeholders and participants of our interviews, social media and community consultation open houses who contributed to helping us better understand the state of affordable and accessible transportation within the Alberni Clayoquot region. Consultant Laurel Sliskovic will be presenting the 'How Do We Get From Here To There Transportation Study Report at the next Health Network meeting on Thursday June 19th.

Events & Opportunities:

Webinar with Paul Born, June 9th, 2014: Programs that Build Community

"Learn together with fellow community-builders from across North America as we seize this opportunity to be at the forefront of a new renaissance in appreciating the unique role of community. Join in the leadership of this growing national movement." [Here.](#)

2014 British Columbia Rural Network Summit, June 13-15th in Kaslo BC

The theme for the Summit is Creativity, Communications & Collaboration: Exploring new and innovative solutions to the challenges and opportunities facing BC's rural remote communities. Further info contact: Donnell Sellars, BC Rural Network, 250-392-1400 or dsellars@fraserbasin.bc.ca <http://www.bcruralnetwork.ca/bcruralsummit>

Join the 2014 Kidney Walk – Help us Close the Gap

The Kidney Foundation of Canada, BC Branch is holding its annual **Kidney Walk** to increase the number of organ donors and raise funds that will help support the work of The Kidney Foundation. In BC, 85% of people surveyed were in favour of organ donation, but only 17% have registered. To save lives, we need to Close that Gap. Everyone is invited to join in, and/or sponsor a walker.

Date: Sunday August 10th, 2014 **Place:** Blair Park **Registration:** 9:00am – **Walk Begins:** 10:00a.m **Register online** [@portalbernikiidneywalk.ca](http://portalbernikiidneywalk.ca)

Contribute to an Indigenous Recipe Collection!

The Aboriginal Nutrition Network is starting a collection of traditional Indigenous recipes from across the country. Every recipe that you contribute will be entered into a draw for prizes such as nutrition resources, cookbooks and an iPod shuffle. Once completed, the recipe template will become your ballot. There is no limit to the number of entries per person. Please circulate widely & send submissions to ann.2001@hotmail.com

Roots of Empathy: Looking for Families with Babies 2 to 4 months old in October.

Roots of Empathy is a program for elementary school children. The program's aim is to increase empathy - the ability to understand how another person feels. Children learn to care for and respect each other, and there is less bullying and aggression. Be a Roots of Empathy Family! Contact: Cathy Cross 250-723-6251 ext.2430 ccross@sd70.bc.ca

- A baby with one or both parents visits a local classroom over the course of a school year with a Roots of Empathy Instructor.
- The visits are about 30 minutes long, once a month starting in October.
- The program helps children to learn about a baby's needs and how babies develop and lets children observe the loving relationship between a parent and baby.
- Babies must be between 2 and 4 months old in October.

CIST: Crisis Intervention Skills Training, Nanaimo, on June 5 and 6, 2014.

This two-day research based workshop has been designed to teach a strengths-based approach to the communication, assessment, and suicide response skills essential for crisis intervention. To register see <http://www.vicrisis.ca/cist/>

During this two-day interactive program, participants will learn:

- The definitions of crisis
- Trauma informed practice: How to shift focus from “At Risk” to an “At Promise” perspective
- How to apply a crisis intervention model in crisis situations
- How to effectively assess crisis situations
- How to facilitate the development of a short-term coping plan for a person in crisis
- How to spot the warning signs for suicide and effectively intervene
- New Approaches for helping men
- Effective ways to find the “keys” to unlock hope in a person in crisis
- Community resource information

Funding Opportunities:

The Play Exchange

LIFT is partnering with Canadian Tire, CBC and the Government of Canada on The Play Exchange, a national online challenge to find and support ideas for a healthier Canada. There is a total of up to \$1 million in investments available for the top healthy living ideas, programs and projects! The **deadline is June 18th**. http://www.acc-society.bc.ca/files_2/e-news.php

Funding for Child Care Spaces

Major Capital Funding is available to help with the costs associated with the creation of new licensed child care spaces. Under this program, non-profit child care organization may receive up to a maximum of \$500,000 and private sector child care organizations may receive up to a maximum of \$250,000 [click here for more information](#) **Deadline June 30th**.

BC Youth in Agriculture

Non profit organizations are able to apply for funding to aid in initiatives involving youth in agriculture. The Foundation supports development of leadership in agriculture, strengthening of communities, and agriculture education. For the application form - [click here](#)

Funding: Community-Based Projects for Seniors

Community-based projects under the New Horizons for Seniors Program (NHSP) that enable seniors to share their knowledge, skills and experiences with others and help communities increase their capacity to address local issues are eligible to receive up to \$25,000 per year, per organization. Deadline to apply is **July 4, 2014** <http://www.esdc.gc.ca/eng/seniors/funding/community/index.shtml> Projects must address one or more of the **program's five objectives**:

1. promoting volunteerism among seniors and other generations;
2. engaging seniors in the community through the mentoring of others;
3. expanding awareness of elder abuse, including financial abuse;
4. supporting the social participation and inclusion of seniors; and
5. providing capital assistance for new and existing community projects and/or programs for seniors.

Epicure Foundation

In 2007 the Epicure Foundation created the Community Initiative National Grant Program to support grassroots organizations working to improve food security across Canada. Our goal is to ensure that all Canadians have access to resources and education to prepare nourishing meals for themselves and their families. The deadline for applications is **June 13, 2014** at noon (PT).

For more information click here: epicureselections.com/en/company/epicure-foundation/grant-program/

enviroFund Local Food Project Grants: Building a sustainable local food system.

There are growing concerns about disappearing farmland, depleted wild salmon populations, inequities in food distribution, the rise of a fast-food culture, and the carbon footprint of food. Sustainable food production provides economic, social, and environmental benefits to our communities. The **deadline is September 15, 2014**. [For more information: click here/](#)

Inter-Action, Canada's new Multiculturalism Grants and Contributions Program.

Administered by Citizenship and Immigration Canada (CIC). The Program supports CIC's mandate, as well as the *Canadian Multiculturalism Act*, by assisting in the socio-economic integration of individuals and communities and helping them to contribute to building an integrated and socially cohesive society. For more information: www.cic.gc.ca/english/multiculturalism/funding/events.asp

FCC AgriSpirit Fund - enhancing rural communities.

If your organization is raising money for a capital project and your city or town has less than 150,000 people, it may qualify for a donation between \$5,000 and \$25,000 to supplement your other fundraising efforts. Click here: <https://fcc-as--proposals.sponsor.com/?lang=en>

ECE Education Bursary

The B.C. government is investing \$513,000 to help increase the number of early childhood educators throughout the through a bursary fund for students enrolling or enrolled in early childhood educational programs. To respond to identified needs, priority will be given to:

- Aboriginal students.
- Students attending early childhood educational programs with an Aboriginal focus.
- And students working to achieve an infant/toddler educator designation.
- <http://www.newsroom.gov.bc.ca/2014/04/new-bursary-supports-early-childhood-educators.html>

Resources:

Grant Writing Handbook produced by the Greater Victoria Community Funders Network.

http://www2.gov.bc.ca/local/myhr/documents/pay_reimbursements/PECSF/Grant_Writing_Handbook.pdf

'Community Poverty Reduction Pilot Projects Report 2014' produced by UBCM and MCFD.

http://www.mcf.gov.bc.ca/pdf/community_poverty_reduction.pdf

BC Healthy Living Alliance's latest report: On the Path to Better Health that examines trends in chronic disease over the past decade in BC and outlines future opportunities for prevention. <http://www.bchealthyliving.ca/sites/all/files/images/bchla-path-final-screen-mar4.pdf>

Report: **Aboriginal Food Security in Northern Canada: An Assessment of the State of Knowledge** released by the Council of Canadian Academies. http://www.scienceadvice.ca/en/assessments/completed/food-security.aspx?utm_source=Food+security+launch+general+email&utm_campaign=food+security+launch&utm_medium=email#_UzRegb0wk8c.facebook

Ontario government's new plan for rural communities. "Patients and health care professionals alike told us they want better-integrated services and stronger collaboration between Local Health Integration Networks, government, communities and other key partners" and more! <http://www.omafra.gov.on.ca/english/rural/roadmap-2014.pdf>

According to a **UN report** released May 12th, Canada's relationship with its aboriginal people needs improvement.

http://www.ohchr.org/Documents/Issues/IPeoples/SR/A.HRC.27.52.Add.2-MissionCanada_AUV.pdf

Healthy Eating, Active Living, Tobacco Cessation:

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 must attend the twice weekly sessions with their child. 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! Attend our meetings and regional sponsored events. Send us your news & we'll share it!

Email and ask to join our network list: style@acrd.bc.ca
Join us on Twitter: [ACHealthNetwork](https://twitter.com/ACHealthNetwork)

'Like' us on [Facebook](https://www.facebook.com/ACHealthNetwork) & 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