



PERIOD ENDING  
MARCH 31, 2022

# 2021/2022 Annual Report

Looking Back, Moving Forward

Presented to  
OHWN MEMBERSHIP

Presented by  
Jane Vinet

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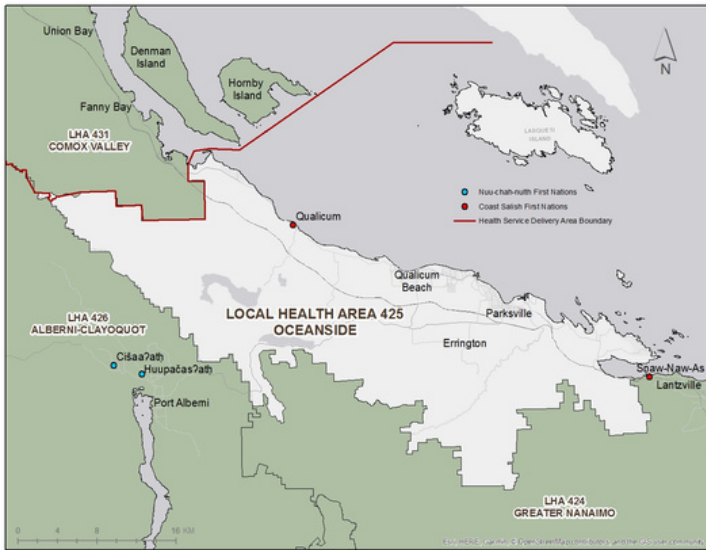
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Contact Us

## Territorial Acknowledgement

We acknowledge that we work, live and play on the traditional unceded lands of the Coast Salish peoples and are grateful to our local First Nations, Snaw-Naw-As and Qualicum for their careful stewardship of these precious lands and waters. We respect and acknowledge all Metis , Inuit and other Indigenous residents of Oceanside for their many contributions to the health of our community.





## Our Story

In October 2013, a group of stakeholders came together to discuss health and well-being in the Oceanside region. They decided to form a group that would invite the community to identify and address health-related issues together. This group evolved to become the Oceanside Health and Wellness Network (OHWN).

OHWN is committed to working together to enhance the health and well-being of Oceanside residents with a focus on the determinants of health. We work collaboratively and take collective action on strategic priorities.

### Regional Map / list of communities

The Oceanside Region includes the Qualicum and Snaw-Naw-As First Nations, the municipalities of Parksville and Qualicum Beach and four electoral areas of the Regional District of Nanaimo. The geographic area encompasses two urban centres and several small waterfront and rural communities stretching from Nanoose Bay, Errington/Coombs to Deep Bay/Bowser. The Oceanside Region is aligned with the boundaries of School District 69 and Local Health Area 425. The total population of this region is 50,979 (2020).

## Our Thanks

We would like to acknowledge the support of our funder Island Health who provides annual funding to support the network activities and part-time coordination support and the Regional District of Nanaimo for their in-kind support to manage the contract, grant funding and website for the network on behalf of the Oceanside community.

We also wish to thank all of our member organizations, community partners and individuals for their contributions at the OHWN Circle of Partners, Action Groups and for their participation in our online networking activities over the past year.

## Determinants of Health

Our lifestyle choices do affect our health, but often these choices are influenced by factors that are larger than ourselves. These are often referred to as the Determinants of Health, which are the broad range of personal, social, economic and environmental factors that determine individual population health. The main determinants of health include:

1. Income and Social Status
2. Employment and Working Conditions
3. Education and Literacy
4. Childhood Experiences
5. Physical Environment
6. Social Supports and Coping Skills
7. Healthy Behaviours
8. Access to Health Services
9. Biology and Genetic Endowment
10. Gender
11. Culture
12. Race / Racism

# WHAT WE DO

## Guiding Principles

### Planning functions:

- Influence social planning
- Identify strategic priorities
- Collect and evaluate data to set action priorities
- Capture and pool all community data and stories that help to illustrate data
- Identify gaps, overlaps, and build on strengths
- Focus on key factors that influence individual and community health
- Focus on issues that are too complex for a group to address individually
- Be attentive at the community level rather than at an individual issue level
- Look for and take advantage of shared opportunities

### Networking functions:

- Facilitate meaningful conversation – act as a switchboard connecting people
- Build partnerships
- Build capacity
- Work on a consensus for a community mandate
- Support diversity in community

### Action-oriented functions:

- Take collective action on community health issues
- Act as a catalyst to improve health and wellness
- Be a strategic coordinator of activity
- Provide leadership to bring about change





## OUR SHARED VISION

To respectfully work together to advance the health and wellbeing of the population of Oceanside. By addressing factors that influence health and other complex issues that would benefit from collaboration, we can speak as one voice on these issues.

The Oceanside Health and Wellness Network strives to facilitate a collaborative environment which engages a broad range of members that reflects the diversity of our region and supports grassroots informed initiatives to improve wellness in measurable ways.



## OUR MISSION



## OUR VALUES

- Collaboration – Building relationships and partnerships with integrity, honesty, transparency and having a willingness for open dialogue and sharing.
- Belonging – creating an inclusive and safe space for all.
- Respect – honoring each other's strengths and celebrating different voices.
- Courage – taking a leadership role when appropriate, staying strong when faced with adversity, speaking up when others cannot and being willing to listen to ideas other than our own.
- Compassion -- meeting people where they are at and taking action to build equity and resilience.



# CO-CHAIRS REPORT

**For the 12 months to  
March 31, 2022**

For the last two years, organizations have been adjusting and working within the reality of the COVID pandemic. For our network, as for many other organizations, it has been a time to re-evaluate, assess and change. We continue to have skilled and active members at our Circle of Partners, Action Tables and at our virtual community networking events. Some of our action tables have made changes adjusting to a new environment. Some tables have shifted focus to an emphasis on the social and emotional components of wellness.

In our own deep reflection, the Circle of Partners realized that in order to focus and further define our work we need to embark on a long-range plan. This process has already brought us to understanding and defining our organization, goals and activities. In the next few months, we will continue the process and this will give clear direction, deliverables and momentum for the future.

For me, the highlights of the year were the community meetings. Early this year, our Child Youth Wellness Action Group presented an engaging workshop on the First 2000 Days and Beyond and later the network developed an engaging series of workshops to restore our community connections as COVID subsided.

Elaine Young, Co-Chair 2021/2022

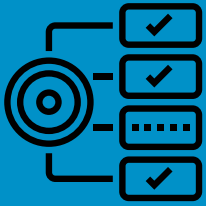
As co-chair of our Oceanside Health and Wellness Network, I want to express my sincere gratitude and appreciation to all our community partners who continue to support us as we work to develop our Network. Over the past year, in spite of COVID-19, we have continued to make progress particularly in our Child Youth Wellness Action group and in our Seniors Action group. These groups are presently performing a lot of work that is so important in building a solid base for our network and assisting in the improvement of the well being of our community.

Presently we are facing a couple of challenges in regards to our funding and our Coordinator's contract. With the support of our partners and the efforts of the Circle of Partners, I am confident that we will resolve these challenges.

As a member who has been involved with and committed to the value of our Community Health Network since its inception in October, 2013, I see a very vibrant future for our network. As we continue to work with our community partners, we will become a dynamic influence in assisting our Oceanside Community to improve their overall health and wellness.

Gerry Herkel, Co-Chair 2021/2022





## OUR STRATEGIC OBJECTIVES

1. To strengthen understanding, collaborative action and impacts that improve early childhood outcomes in Oceanside.
2. To support shared understanding and collaborative action among organizations serving seniors and advocates in Oceanside
3. To continue to build understanding of the issues, engage youth and young adults as agents of change and improve access to mental health services in Oceanside
4. To continue to strengthen the diversity, connections, and shared knowledge of the Network.
5. To support the operations and impacts of the Action Groups





# A YEAR IN REVIEW

- First 2000 Days & Beyond Community Education Series shared on OHWN website
- Governance Working Group begins planning for network governance overhaul.
- Local Action Team and Child Wellness Group merge to form Child Youth Wellness Action Group (CYWAG)
- CYWAG hosts "Building Compassionate Leadership Systems" community event online
- Network supports Regional District of Nanaimo Social Needs Assessment Project in Oceanside
- Contract with Wave Consulting for Long Range Planning 2022-2026
- Designated host agency for BC Community Response Network in Oceanside
- Oceanside Seniors Action Group publishes *Living Healthy In the Place of Your Choice - A Guide to Seniors Services in Oceanside*
- Vancouver Island Community Health Networks Annual Forum
- Long Range Planning Steering Committee Forms
- Reconnecting Oceanside: Community Online Forums
  - The Great Disconnect
  - Social Prescribing with Dr. Sandra Allison
  - Weathering the Storm Together: Fostering Resilience and Mutual Support in Oceanside
- CYWAG sponsors updated *"Every Door is the Right Door"* cards
- OHWN membership survey completed in January
- Masters of Community Planning Practicum Students support CYWAG and OHWN long range planning initiatives
- Long Range Planning Workshop 1 takes place in March 2022



# OHWN Circle of Partners (CoP)

2021/22 Annual Report

The CoP is a core group of leaders from the Network who are passionate, enthusiastic, forward-thinkers who have the skills to represent diverse perspectives and are committed to collaboration. The CoP provides strategic direction to the Network and Action Groups, oversees the strategic plan, and monitors metrics related to key determinants of health in Oceanside. Acting as the steering group for OHWN, the CoP provides leadership by promoting and supporting collaborative practices and the principles of collective impact. Members sit for a minimum two-year term.



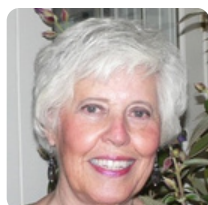
**Member of Federation of Residents Society,  
Rotary Club of Qualicum Beach Sunrise  
CoP Member since 2013**

**Gerry Herkel, Co-chair**



**School Board Trustee, SD 69  
CoP Member since 2020**

**Elaine Young, Co-chair**



**Member of Federation of Residents Society  
and Perfect Storm, CoP Member since 2013**

**Marlys Diamond**



**Executive Director, Society of  
Organized Services, Oceanside  
Homeless Task Force  
CoP Member since 2018**

**Susanna Newton**



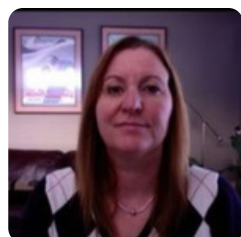
**Executive Director, Forward  
House Community Society,  
Past OHWN Chair, CoP  
Member since 2014**

**Sharon Welch**



**BC Community Response  
Network, Regional Mentor  
Central & North Vancouver  
Island, CoP Member since 2018**

**E. Jane Osborne**



**Director for Nanaimo  
Community Health Service and  
the Oceanside Health Centre  
Chair, CoP Member since 2021**

**Joanna Salken**



**Qualicum Beach Town  
Councilor, CoP Member since  
2021**

**Scott Harrison**



**OHWN Island Health  
Representative, Manager Public  
Health Services Port Alberni,  
Oceanside, West Coast  
CoP Member since 2021**

**Natasha Dumont**



# Child Youth Wellness Action Group (CYWAG)

**Vision:** A healthy, informed and resilient Oceanside community

**Mission:** To collaboratively promote well-being by cultivating learning about healthy child and youth development and by fostering compassionate responses to all those impacted by poverty, mental illness, trauma, and substance use.

**Core Values:** Compassion and Empathy

The original Child Wellness Action Group and the Local Action Team (LAT-started in 2016) joined together in early 2021 as both groups had similar goals and some members were attending both meetings. It seemed more efficient and effective to join forces. The newly formed group became the CYWAG, under OHWN.

The completion and approval in November 2021 of our Terms of Reference (ToR) for the CYWAG was a significant accomplishment that enabled us to articulate our focus as a newly combined group. It was necessary to clarify our vision, mission and core values to ensure that we were not duplicating the valuable work that other local networks/tables were doing. As a result, we can move ahead as a group using a culturally sensitive lens and a compassionate and empathetic approach. We are excited about offering future educational components to Oceanside now that COVID restrictions have eased and allowed in person gathering as a community. Flexibility and adaptation though may be required in our approaches again if COVID flares up in the future.

CYWAG meets monthly and will transition into meeting in person alternating with virtual meetings as the health orders relax and members' comfort levels increase. CYWAG is focused on the wellbeing of children and youth and the "First 2000 Days and Beyond" initiated by Island Health Public Health is a constant touch point for CYWAG. Using research and current data, we look at our community and how we can support families with children by educating the larger population. We have done this by garnering the good work that others have done to learn more for ourselves.

## **Events and activities participated in by CYWAG during the past year:**

- A presentation by Joanne Schroeder from the Human Early Learning Partnership (UBC) on Compassionate Systems Leadership and Trauma Informed Organizations on February 18, 2021. This arose from the October/November 2020 virtual Forum on the First 2000 Days and Beyond- Tipping the Scale, organized by OHWN, LAT, OBLT and Oceanside Community Response Committee.
- Three members of CYWAG attended a webinar on Decolonizing Public Spaces on February 22, 2021. This led to discussions in subsequent CYWAG meetings about alternate ways to organize meetings and share information. Every Door is the Right Door foldable cards containing local and provincial resources have been updated and distributed throughout the community in spring 2021 and again in early 2022. OHWN funded the latest (3rd) revision.
- A CYWAG working group produced a revised ToR in the summer of 2021 and Jane Vinet, OHWN Coordinator presented the background and the proposed revised ToR to all members of CYWAG in a power point presentation in fall 2021.



# Child Youth Wellness Action Group (con't)

Thank you to all of our community partners: Ministry of Child and Family Development, Forward House Community Society, School District 69, Oceanside Better Learning Together, SOURCES, Parent Support Services Society, Central Island Division of Family Practice, RCMP, Regional District of Nanaimo, Island Health - Public Health & Discovery Youth and Family Substance Use, Society of Organized Services, Qualicum First Nation, At Large Community Members, Parents and Youth, Early Years Representatives

- 4 members of CYWAG presented one session of the OHWN Fall Learning series on November 24, 2021. The CYWAG virtual session was 'Weathering the Storm Together-fostering resilience and mutual support in Oceanside '. The session included breakout discussion groups. The effects of Covid on increased isolation, anxiety and decreased mental wellness along with ideas of how to counter these challenges was a focus of this session.
- CYWAG member Helene Dufour (Registered Dietician with IH Public Health) presented February 15, 2022 to CYWAG members on "Nourishing the First 2000 Days and Beyond". The focus of this and other presentations by Helene is on learning about brain development and building resilience (3 pillars- adequate nutrition, protection from trauma and adequate early learning/stimulation). Helene has also presented this information through a brain building game to many groups including teachers in training at VIU. The Brain Story from Alberta Family Wellness and excellent information from the Harvard Center for the Developing Child are two of the main resources for CYWAG members.
- Sharing information, research and presentations with the Oceanside community through posting of relevant articles on the OHWN website (under the RDN) has been a major ongoing initiative of CYWAG.
- The local Early Development Indicators (EDI) as compiled by UBC's Human Early Learning Partnership have been reviewed and discussed at CYWAG meetings and help guide and fuel our interest in improving the indicators and longer term outcomes for children and youth in Oceanside.
- Moving forward, CYWAG will resume planning and implementation of community education connecting it always to the principles and teachings found in the First 2000 Days and Beyond literature.



**Mission:** We are a group of community stakeholders who have access to resources and information that will empower the community contained within District 69 and provide access to the needed supports for our older adults to age in place.

**Vision:** We will facilitate “self-care” and “caring for each other” in our communities. We will foster links within the community so as to seek out and assist older adults at risk of seclusion and social isolation. Through networking and communication opportunities, we will determine the detriments of our aging community and provide information that will help mitigate the effects of these barriers to good health.

**Core Values:** Treat each other with respect, dignity, and as full members of our community.

**Thank You to all our community partners:** Society of Organized Services, RDN Parks and Recreation, Qualicum Community Education and Wellness Society, Mid Island Pensioners Society, Federation of Residents Association, Emergency Management Oceanside, Emergency Management RDN, Blockwatch, Keeping In Touch, Qualicum Beach Seniors Centre, Arrowsmith Lodge & Cokely Manor for your participation and support during the past year.

We are a collaboration of service providers and community members from District 69 who were brought together by the Society of Organized Services (SOS) in response to challenges raised at the United Way of the Lower Mainland Seniors Summit in 2017. The objectives of this summit were to:

- Raise the profile of the Community Based Seniors Services (CBSS) and,
- Increase the capacity to deliver health promotion and prevention programming supporting seniors’ independence, resilience and social connectedness.

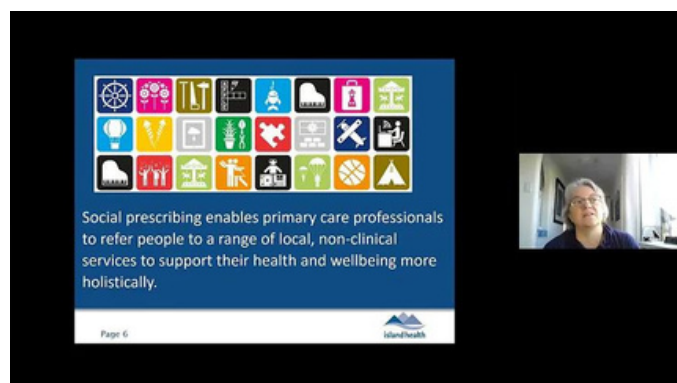
Research presented confirmed that the great majority of seniors wish to remain in their own home and “age in place”.

#### Our 2021 Activities:

- We focused on learning more about the agencies in our community that are still responding to the needs of older populations.
- With the support of the BC Community Response Network we published a community guide that supports Aging in the Place of Your Choice.
- We networked to create greater collaboration between organizations to support vulnerable, older populations in emerging situations by learning about the roles of Emergency Management Oceanside, Keeping In Touch and Blockwatch.
- We planned, we pivoted, and planned again as we organized community activities for senior focused organizations and community members, as we dealt with each new wave of COVID 19 and the need to prioritize the health and safety of our older adult population.
- We held a virtual screening of the Great Disconnect documentary that reflects on the relationships we have with those around us and raises the question: is it possible to overcome our modern culture of disconnectedness and rediscover how truly essential we are to one other?
- We learned of the possibilities of social prescribing and how we can collaboratively work with our primary health care partners, and our wellness agencies to deliver services and activities that will target not only our physical but mental well-being as we emerge from the pandemic.

In 2022 we will be hosting pop-up events in various communities to connect and engage neighbours, share neighbours' skills and knowledge; increase sense of belonging and connection to our community, and respect and celebrate diversity.

We look forward to reconnecting with volunteers and community members over the next year.





"One person doing something large changes the conversation, but large numbers of people doing something small, creates a lasting change for the better"

Scott Harrison,  
Qualicum Beach Town Council



## RECONNECTING OCEANSIDE

The Great Disconnect Virtual Film Screening



Social Prescribing with Dr. Sandra Allison



Oceanside Seniors Action Group: Reconnecting Oceanside

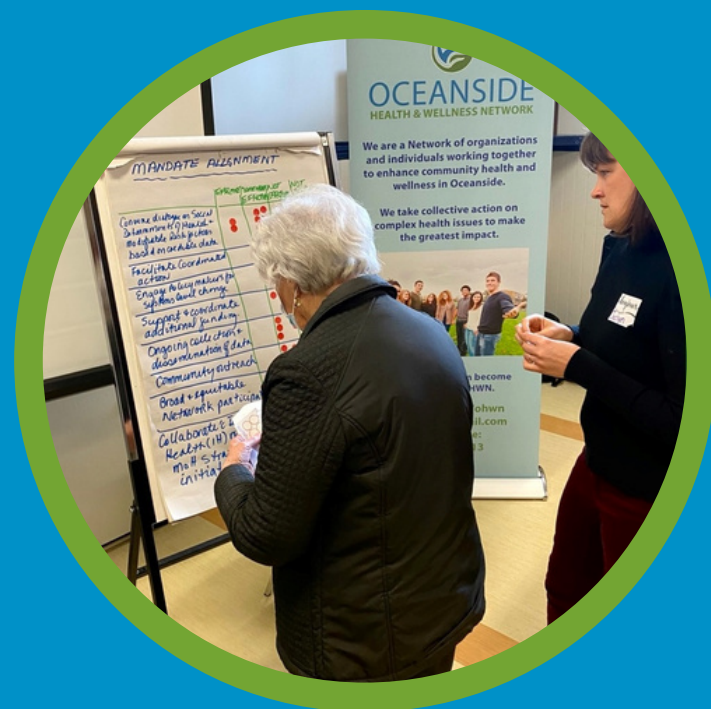


Child & Youth Wellness Action Group: Weathering the Storm Together



[www.rdn.bc.ca/ohwn](http://www.rdn.bc.ca/ohwn)

OHWN Fall Learning Series



# Take our survey

OPEN UNTIL JANUARY 31st

HELP US RECONNECT OCEANSIDE!

Child & Youth Mental Wellness

What are we doing about climate change?

Where are folks going to live?

# OHWN Annual Budget

OHWN Fiscal Year: Calendar Year - January 1, 2021 to December 31, 2021

Our Annual Budget includes funding from Island Health, in-kind support and grants from various community organizations. OHWN acts as the BC Community Response Network Host Agency in Oceanside, and we are grateful for their continued support of the OHWN Network and Action Table projects.

The OHWN relies on the professional support of the Circle of Partners members, Action Tables, community groups and members to create the maximum impact on our shared goals.

<b>Oceanside Community Health Network</b>	
January 1 to December 31 2021	
<b>Annual Revenue (\$)</b>	
Reserve Opening Balance	21,913.22
Other Grants	2,500.00
VIHA Health Network Funding 2020 (Rec'd Sep 2020)	30,000.00
<b>Total Annual Revenue (2021)</b>	<b>54,413.22</b>
<b>Expenses (\$)</b>	
<b>Details</b>	
Network Coordinator - Professional Services January to December 2021	27,228.00
Subcontractor Admin Wages - January to March 2021	1,054.00
Network Development - professional learning opportunities	790.00
Community Engagement	785.82
Priority Action Group Support	407.75
Communications	643.24
Strategic Planning *	0.00
Operating Expenses	0.00
<b>Total Budget Amount</b>	<b>30,908.81</b>
Contingency/carry-forward to 2022 budget	23,504.41
* \$7K Wave Contract for Strategic Planning moved to 2022	
Remaining (Total revenue minus 2021 expenditures)	
<b>In-Kind Contributions</b>	
<b>Circle of Partners Leadership Table</b>	<b>24,000.00</b>
8 representatives - partners time averaged at \$50/hr x 5 hrs x 12 x 8 = 24,000.00	
<b>Staff Support - Island Health</b>	<b>5,000.00</b>
Island Health Network Representative	
Medical Health Officer	
VI Community Health Network Manager and CHN Conference	
<b>Forums &amp; Community Support: Community, RDN, Island Health</b>	<b>15,200.00</b>
Action Table 17 x 12 x \$50/hr = 10,200.00	10,200.00
RDN website and contract management	5,000.00
<b>TOTAL</b>	<b>44,200.00</b>



# Moving Forward

In January, we undertook a survey of our OHWN members to help identify emerging priorities and satisfaction with the current capacity to do the work. Respondents were also asked to consider the context of pressing contemporary issues including Truth and Reconciliation, the climate crisis, and the COVID-19 pandemic. The OHWN Member Survey results were used to develop two long range planning workshops, the first of which was completed in March, to help guide the direction and focus of OHWN for the next five years.

At the time of writing this document the Network has identified the following draft strategic goals to move us forward:

1. The network has the governance, structure and capacity to optimize its performance.
2. OHWN understands the health status of the community and has set priorities to address the most pressing needs.
3. OHWN will have the relationships, resources and processes in place to address community priorities.
4. Network members and the community at large understand and support OHWN.

At the second workshop we will review these goals and focus on setting objectives that will allow us to create a plan that focuses on an upstream, collaborative approach that is responsive and adaptive as we view health and wellness through the lenses of Truth and Reconciliation, climate change and building resilient communities.

We will follow that with a presentation to community late summer to ensure the plan addresses the right priorities, supports regional mandates and priorities, and offers opportunity for members to participate in OHWN on many different levels.

Our thanks and gratitude to all of you who make up the Oceanside Health and Wellness Network. Your voice, your participation, your patience and your willingness to lean in and do the work together will make the difference.

Thank you,



**Oceanside Health & Wellness Network**  
Regional Coordinator

Jane Vinet







# OCEANSIDE

HEALTH & WELLNESS NETWORK

**Questions?  
Contact us.**

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