



Creating Community Wellness Society

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2022 - Work Plan

In 2022, the CCWS will continue to work on projects and programs in these three main areas:

- Carrying out its own work, primarily in the area of researching the work of community-based services that focus on optimizing health and wellness as described by the World Health Organization as the human right to “a positive aspiration to be in a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”
 - **Hans Kai:** *Health promotion program with support from trained Hans Kai Leaders and VCHC’s Registered Nurses, can be offered in many locations in our community*
 - **Choices For a Healthy Lifestyle:** *Volunteers create and support a community where everyone enjoys optimal well-being. In partnership with the VCHC, this 4-8 week group education program is held in drop-in centres, churches, community housing locations, community centres, and libraries. Session topics have included: mobility and gentle exercise, getting better sleep, relaxation techniques, and entertainment on a budget. Complimentary homemade and healthy snacks are provided for the group at each session whenever allowed under COVID restrictions.*
 - **Let’s Say Hello:** *Volunteer-run community health promotion program, supporting stronger social connections for all and outreach for isolated individuals across Southern Vancouver Island*
 - **Community Garden Project/Indigenous Pollinator Garden:** *Working Cook Street Village Activity Centre (CSVAC) and Pacific Rim College, as well as environmental groups, counsellors/therapists/horticulture therapists/art therapists to create programming for this future greenspace*
- Supporting the work of the Victoria Community Health Co-operative, especially as it continues to provide services while under PHOs/restrictions, and continues to work towards acquiring permanent space at the Cook Street Village Activity Centre (CSVAC), and establishing permanent services there. This includes working with the VCHC to support Wellness Practitioners Members to conduct their services, enable residents of our community to find the wonderful, highly qualified, peer-evaluated, effective VCHC practitioners, and to provide good outreach for their services and community building.
- Supporting local community organizations with compatible objectives, partnering with them to implement programming and providing funding support, volunteers, and program development guidance where needed.

Resources

Governance: We would welcome additional board members. Specific roles needed in the coming year are Fundraising Committee Lead, Secretary/Archivist, and programs coordinator. Alternatively, volunteers may support our board members from time to time if the commitment is not feasible.

Fundraising Support: We hope to achieve this with the help of some new Board members or volunteers who have established fundraising connections and grant writing experience. We are also looking to increase our activity in fundraising campaigns and planning an auction or other type of fundraising event, which will require approaching local donors, individual or organizational, for support. Plans for various activities are in progress.

We hope to continue supporting an active Fundraising Committee partnership between CCWS and VCHC volunteers. We thank everyone who has contributed their time, energy, and expertise over the past year and already in 2022. We are looking forward to what we can accomplish this year, with more support and new ideas from our community - collaboration will be our focus in 2022 and beyond!

Funding Opportunities: Grant Applications

<i>Sorted by calendar month - some have 2 dates</i>	
Deadline	Name/Organization/Details
Closes: January 15 & July 15 annually	TD Friends of the Environment Foundation Grant
Closes: January 31, 2022	Strategic Plan Grants Victoria
Closes: March 15, June 15, September 15, December 15 annually	Rexall Care Network - Supporting Caregivers
Closes: March 15 & Sept 15 annually	The Hamber Foundation <i>*paper application only*</i>
Opens: April 1, 2021 (2022) Closes: October 31, 2021 (2022) <u>*Applications will be accepted until October 31, 2021 unless funds are fully allocated prior to this date.</u>	City of Victoria, My Great Neighbourhood Grant Program <i>The City will provide up to \$5,000 for placemaking projects and community recovery and resiliency projects and up to \$1,000 for activities.</i> <i>*2022 Details not yet provided</i>
Closes: April 30 and September 30 annually	Vancity - Greater Victoria Savings and Credit Union Legacy Fund Apply for grants under \$5000 Apply for grants over \$5000
(2022) January 19th for the March 30th board meeting May 3rd for the June 22nd board meeting September 13th for the October 26th board meeting	Mr. and Mrs. P.A. Woodward Foundation
Opens: June 1 2021 (2022) Closes: Nov/Dec 30 2021 (2022)	Community Gaming Grants - Province of British Columbia <i>x 2 - VCHC & CCWS</i>
Closes: October 29, 2021 <u>*Once a year, but not awarded more than 2 consecutive years</u> <i>(Awarded to CCWS in 2021)</i>	Sara Spencer Foundation Up to \$2000 <i>*2022 Details not yet provided</i>
Opens: October 2022 (tbd)	New Horizons for Seniors Program - Community-based projects (up to \$5,000) <i>(or \$25,000 Project - cannot choose both)</i>

Opens: November 23, 2022 Closes: December 21, 2022 (Nov-Dec 2022)	New Horizons for Seniors Program - Community-based projects (up to \$25,000)
Not specified	Other Opportunities (refer to lists) 1. Funding - Canada.ca 2. Victoria Foundation Grants
Not specified	Island Health Community Wellness Grants
Not specified	Co-operative Development Program (CDP)
Not specified	Canada Summer Jobs <i>*2022 Details not yet provided</i>
TBD	Rotary Club of Victoria - Community Needs
TBD	Harbourside Rotary
TBD	Bayer Canada: Science for a better life - Bayer Canada
Not specified	SAFEWAY/SOBEYS - Community Action Fund Donation Requests
Not specified	ASTRAZENECA
Not specified	Island Health Community Wellness Grants <i>*2022 Details not yet provided</i>
Not specified	The McLean Foundation
Not specified	Rasch Foundation
Not specified	Vancity - Community Partnership Program Community Branch Partnerships \$500
Not specified	Other Opportunities (arts & culture related) Little Dog Consulting - Grant Calendar Bursarsies