

APPENDICES

Appendix A: Project History, Goals and Timeline

The Movin' On Up Cowichan Lake Poverty Reduction project is a collaboration between the Town of Lake Cowichan, and a diverse working group from across the area that is engaging the public on the impacts of poverty and identify local actions that we can all take to eliminate poverty and meet the needs of Cowichan Lake area, Ts'uubaa-asatx, Pacheedaht and Ditidaht residents.

In 2019, the Province of British Columbia (BC) released its poverty reduction strategy: TogetherBC: British Columbia's Poverty Reduction Strategy. The strategy sets targets to reduce overall poverty in BC by at least 25%, and the child poverty rate by at least 50%, by 2024.

The Province has provided \$5 million over three years through the Poverty Reduction Planning & Action program to support local governments in helping to reduce poverty administered through the Union of BC Municipalities. As a result of this funding, the Town of Lake Cowichan received a [UBCM Poverty Reduction Planning and Action program grant](#) to develop a plan of poverty reduction actions specific to the local needs of Cowichan Lake area residents.

About the Project

The Movin' On Up Cowichan Lake Poverty Reduction project aims to create a local Poverty Reduction Strategy based on community input. Through a variety of community engagement tools, Cowichan Lake area residents were encouraged to share experiences and ideas for solutions to reducing poverty in the Cowichan Lake area.

While there are universal strategies for addressing poverty, individual experiences will vary depending on where a person lives and their access to services and necessities such as affordable housing, health care, employment opportunities, transportation, healthy food, social services and education.

This work was done in partnership with Social Planning Cowichan and a collaborative Working Group lead by members from several local organizations:

- Town of Lake Cowichan
- Cowichan Lake Community Services
- Lake Cowichan Food Bank Society
- Cowichan Lake District Chamber of Commerce
- Lake Cowichan Advisory Planning Commission
- Cowichan Valley School District
- Island Health
- OUR Cowichan Health Network
- Social Planning Cowichan

Summary of Community Engagement Activities

What does poverty look like for Cowichan Lake area residents? How does it impact us as individuals, families and neighbours? We believe that for people to rise out of poverty a collective effort is needed, with everyone in our communities finding ways to take action where they can. We wanted to involve those with lived experience so that community members can better understand poverty, and what can be done to make a difference. Our vision is that everyone in our community is thriving, not just surviving.

Our community engagement phase engaged a cross section of the public in the Cowichan Lake area with the following objectives:

- Community building and education around poverty related issues and impacts.
- A reduction in stigma around poverty and discrimination.
- Relationship building among peers and with the peers and community.
- Participation by existing community service organizations that will benefit by sharing and further understanding community needs, identifying gaps and opportunities for expanding services to support those needs.

The Working Group guided the process of developing this strategy and tapped into the strength of their existing community relationships to get the word out in a variety of ways. Some of our activities included:

- Identified peers from the community with lived experience of poverty to conduct one-on-one interviews with community members, especially those with lived experience.

- Conducted a questionnaire online and hard copies that included the following questions:
 - How does living in poverty affect you or the people in your community?
 - How does poverty affect our community as a whole?
 - What ideas do you have or actions can we take to make life easier for someone living in poverty?
 - What helps you to live a healthy and happy life?
 - How will we know when we have ended poverty in our community?
- Raised awareness about poverty in the Cowichan Lake area through an engaging campaign "Movin' On Up Cowichan Lake Poverty Reduction Project" that included a website, social media campaign, print materials and press releases.
- Engaged local leaders and community members and gathered ideas and solutions to inform a Poverty Reduction Plan through a Questionnaire and one-on-one interviews.
- Hosted two Virtual Community Conversations to discuss the impacts and actions related to poverty in the Cowichan Lake area.
- Presentation on the project to the Town of Lake Cowichan Council, the Cowichan Lake District Chamber of Commerce and the interagency Community Outreach Team.
- Interviews with local community organization staff to map existing resources and services.
- Researched and reviewed the Town of Lake Cowichan and CVRD Electoral Areas F and I Official Community Plans and other local and regional materials related to poverty themes.
- Developed a Summary of Community Input to share the experiences and ideas for taking local action on poverty from the first phase of community engagement and to get additional input.
- Develop a Final Poverty Reduction Strategy for presentation and approval by the Town of Lake Cowichan Council by the end of July.

The following is a summary of some of the research conducted that informed this Final Report:

- Review and poverty analysis of existing Town of Lake Cowichan and CVRD Electoral Areas F and I planning documents
- Review of Poverty Reduction Plans and strategies from other cities and rural communities

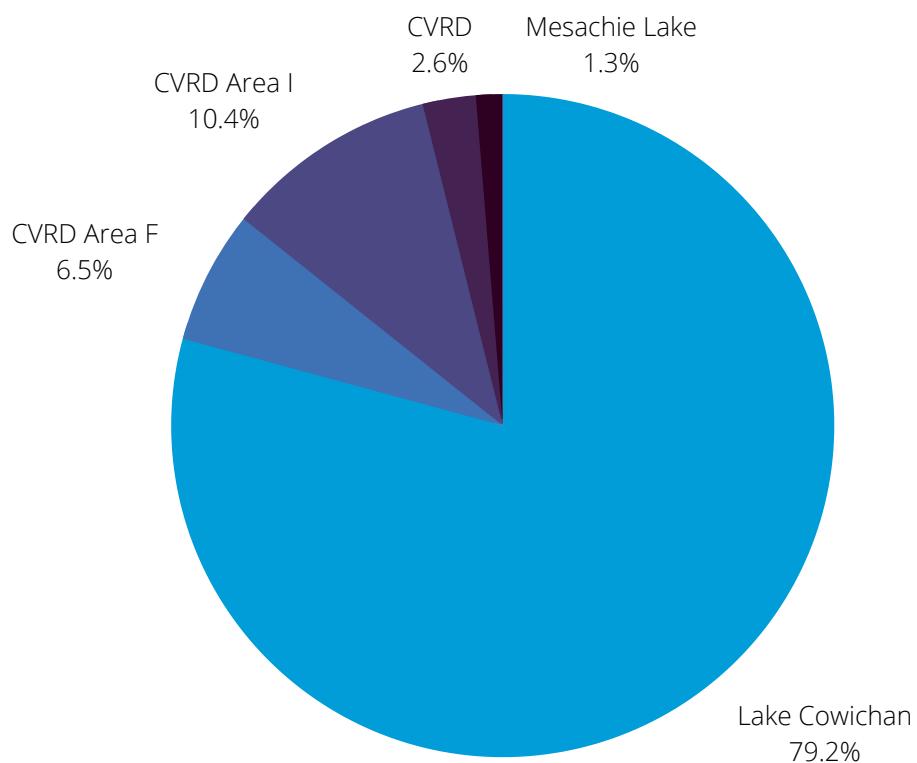
- Research poverty resources for social media engagement
- Identify and review local and regional data and information and literature (see Appendix B for a list of documents)
- Participate in Tamarack Institute Community of Practice webinars
- Attend a coaching call with Jill Zacharias, Tamarack Institute
- Attend the Tamarack Institute 2021 Poverty Summit along with other Working Group members
- Conduct individual interviews with Working Group members for a service gap analysis
- Research successful and innovative initiatives and ideas from other communities (see Appendix C)
- Calculate the Living Wage estimate for the Cowichan Lake area.

Project timeline

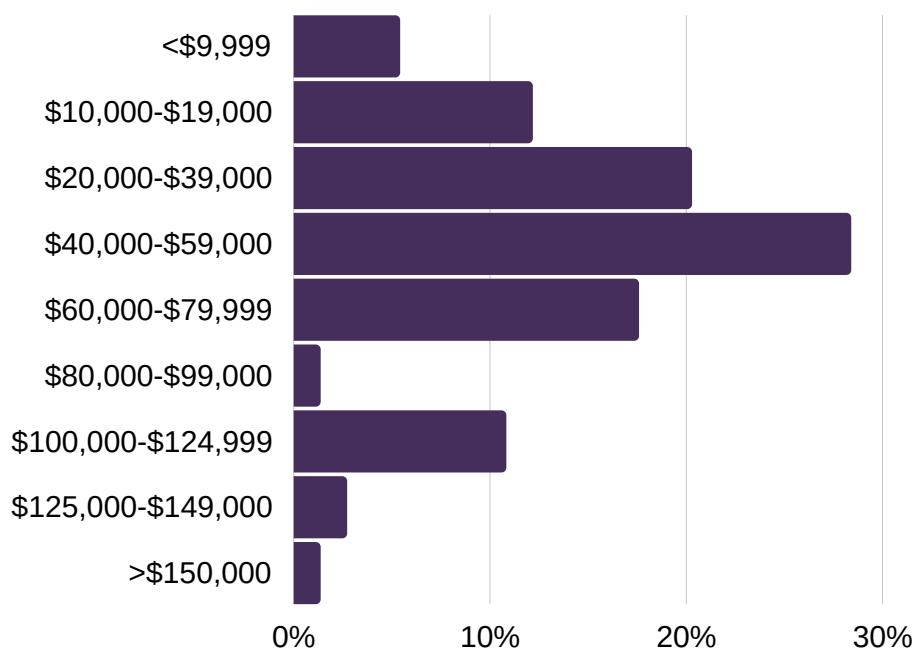


Community Engagement Participant Demographics

Location of Residence



Annual Household Income



Age

82

highest age of
survey
respondents

54

average age of
survey
respondents

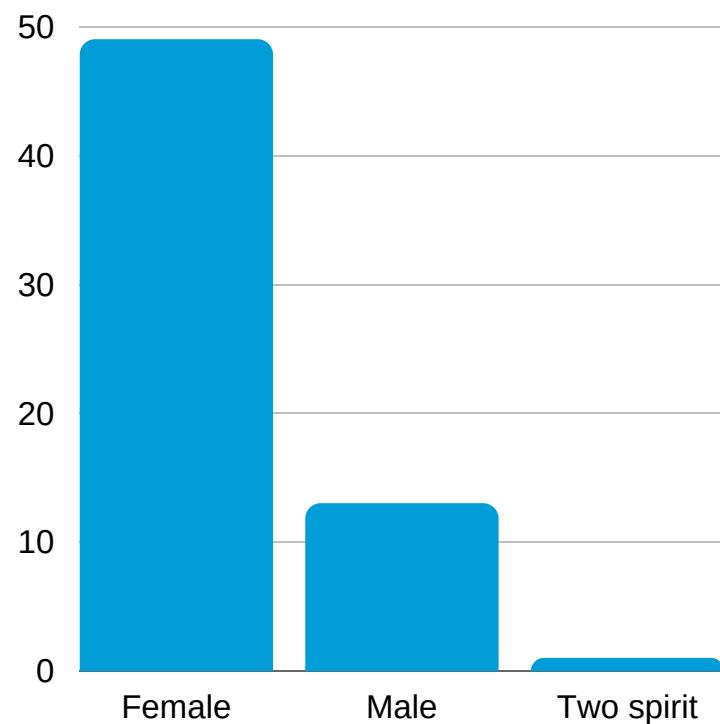
16

lowest age of
survey
respondents

59

median age of
survey
respondents

Gender



Appendix B: List of Literature/ Documents Reviewed and/or Referenced

Town of Lake Cowichan Planning Documents

Active Transportation Network Plan – Town of Lake Cowichan. (2020).

<https://storymaps.arcgis.com/stories/3ba8aa37edf64e6787ac4d2a3fbc8362>

CVRD Town of Lake Cowichan Housing Needs Assessment Data Report. (2021).

<https://www.cvrd.ca/DocumentCenter/View/99846/2---Sub-regional-Report>

CVRD Bylaw No. 4270 – Cowichan Valley Regional District Community Plan for the Electoral Areas Bylaw. (2021).

<https://www.cvrd.ca/DocumentCenter/View/100944/2021-07-07-CVRD-Bylaw-4270-OCP-for-the-Electoral-Areas>

Electoral Area F – Cowichan Lake South/Skutz Falls Local Area Plan. (2018).

<https://www.cvrd.ca/DocumentCenter/View/100947/2021-07-07---Area-F-Cowichan-Lake-SouthSkutz-Falls-Local-Area-Plan>

Electoral Area I – Youbou/Meade Creek Sub-Regional Snapshot. (2021).

<https://www.cvrd.ca/DocumentCenter/View/99711/1---Snapshot>

Manufactured Home Park Re-Development Policy For The Electoral Areas. (2021).

<https://www.cvrd.ca/DocumentCenter/View/100992/2021-07-07-CVRD-Manufactured-Home-Park-Re-Development-Policy-for-the-Electoral-Areas-2021>

OCP for the Electoral Areas Indicator Dashboard. (2021).

<https://www.cvrd.ca/DocumentCenter/View/100943/2021-07-07-Appendix-III--Indicators-Dashboard>

Town of Lake Cowichan Official Community Plan. (2019).

<https://www.town.lakecowichan.bc.ca/dl/1022-2019%20Official%20Community%20Plan%20Bylaw.pdf>

Local and Regional Data and Information

Cowichan Attainable Housing Strategy. (2019). Cowichan Housing Association.

http://cowichanhousing.com/wp-content/uploads/2019/12/ah_strategy_revised_as_of_april_18_2019.pdf

Cowichan Community Health Profiles. (2021, January). Our Cowichan Community Health Network.

http://www.ourcchn.ca/files/Cowichan%20Communities%20Health%20Profile_FIN_AL%20Feb%207.pdf

Cowichan Housing Association. (2021, July 9). www.cowichanhousing.com

Cowichan Region Affordable Housing Strategy.

<https://www.cvrd.ca/DocumentCenter/View/8819/AffordableHousingStrategy2010?bidId=1>

Cowichan Valley Transit Future Action Plan.

<https://engage.bctransit.com/cowichanvalley2021>

Cowichan Valley West 422 - Local Health Area Profile.

<https://www.islandhealth.ca/sites/default/files/cowichan-valley-west-local-health-area-profile.pdf>

Monthly Statistics Package. (2021, July 2). Vancouver Island Real Estate Board.

http://www.vireb.com/assets/uploads/06jun_21_vireb_stats_package_64847.pdf

Regional Housing Needs Assessment Cowichan Valley Regional District. (2019).

<https://www.cvrd.ca/DocumentCenter/View/99617/Regional-Housing-Needs-Assessment---1---Report?bidId=1>

Regional Housing Service. <http://cowichanhousing.com/regional-housing-service/>

Sub-regional Housing Needs Assessment Reports.

<https://www.cvrd.ca/3348/Sub-regional-Housing-Needs-Assessment-Re>

Town of Lake Cowichan Sub-Regional Snapshot (2021).

<https://www.cvrd.ca/DocumentCenter/View/99845/1---Snapshot>

Living Wage and Employment Strategies

The Living Wage for Small Businesses.

https://d3n8a8pro7vhmx.cloudfront.net/livingwageforfamilies/pages/324/attachments/original/1569354096/Employers_Series_4_-_Small_Businesses.pdf?1569354096

Government of Canada Poverty Reduction Plan

<https://www.canada.ca/en/employment-social-development/programs/poverty-reduction/reports/strategy.html>

TogetherBC Provincial Poverty Reduction Plan

<https://engage.gov.bc.ca/govtogetherbc/impact/b-c-poverty-reduction-results>

Enough for All (Calgary)

https://prismic-io.s3.amazonaws.com/enoughforall/5e8e62ac-7d2b-4a33-93b6-25c05265288b_E enoughforall2.0.pdf

End Poverty Edmonton

<https://static1.squarespace.com/static/5d02aedc004fc3000119590a/t/5d2f87c503060100016d0b3a/1563396045470/EPE-Strategy.pdf>

Thriving for All (Lower Columbia Region)

http://www.communityskillscentre.com/wp-content/uploads/2017/11/ThrivingforAll_e-version.pdf

Surviving, Not Thriving: Poverty in the Lower Columbia Region

<http://www.communityskillscentre.com/wp-content/uploads/2017/01/RDI-State-Of-Poverty-Report-ONLINE.pdf>

TO Prosperity (Toronto)

https://www.toronto.ca/wp-content/uploads/2017/11/9787-TO_Prosp e rity_Final2015-reduced.pdf

Peel Region Poverty Reduction Strategy

http://www.povertyinpeel.ca/_include/Peel-Poverty-Reduction-Strategy-2018-2028.pdf

London for All (London Ont)

<http://unitedwayem.ca/london-for-all/>

Thrive Medicine Hat. <https://www.thrivemh.ca/>

Living St. John's Social Renewal Strategy

https://cdn2.hubspot.net/hubfs/316071/VC/Living%20SJ/Living_SJ_Social_Rene wal_Strategy.pdf

www.livingsj.ca

Everyone is Home: Yellowknife 10 Year Plan to End Homelessness

<https://www.yellowknife.ca/en/living-here/resources/Homelessness/EVERYONE-IS-HOME---YELLOWKNIFE-10-YEAR-PLAN-TO-END-HOMELESSNESS-FINAL-REPORT-JULY-2017.pdf>

Tamarack Institute Cities Reducing Poverty Resources

Cities Reducing Poverty Impact Report 2020

<https://www.tamarackcommunity.ca/hubfs/Resources/Publications/CRP%20Impact%20Report%20Summary.pdf>

PAPER | State of Cities Reducing Poverty

https://www.tamarackcommunity.ca/library/state-of-cities-reducing-poverty?utm_campaign=CoP&utm_medium=email&hs_mi=39106949&hsenc=p2ANqtz4MVqMcSMeEmic6hBwhxT_KdSW30nimx6KIPBKh4abnJ_0WZR3Q84ferprjRD0o9RcAB5OWwHzND5Hmq7wF1KgdTORDmFwwSKoENnd7zIN7OghEI0&utm_content=39106949&utm_source=hs_automation

Wheel of Engagement tool

<https://www.tamarackcommunity.ca/hubfs/Collective%20Impact/Tools/Stakeholder%20Engagement%20Wheel%20Tool%20May%202017.pdf?hsCtaTracking=95a70673-e3d3-4b0b-961f-432670166a60%7Ce578f338-782e-4d86-97d5-efb99bb7f6b5>

SUMMARY | A Collection of Poverty Reduction Strategies

<https://www.tamarackcommunity.ca/library/summary-select-poverty-reduction-strategies>

Collective Impact. <https://www.tamarackcommunity.ca/collectiveimpact>

Other Resources

Barron, Robert. "Lake Cowichan woman facing homelessness running out of options." (2021, May 21). Cowichan Valley Citizen.

<https://www.cowichanvalleycitizen.com/news/lake-cowichan-woman-facing-homelessness-running-out-of-options/>

Barron, Robert. "Latest homeless count reveals 129 in the Cowichan Valley." (2021, February 24). <https://www.cowichanvalleycitizen.com/news/latest-homeless-count-reveals-129-in-the-cowichan-valley/>

Barron, Robert. "New affordable-housing project for seniors in Lake Cowichan inches forward." (2021, April 2). Cowichan Valley Citizen.

<https://www.cowichanvalleycitizen.com/news/new-affordable-housing-project-for-seniors-in-lake-cowichan-inches-forward/>

Barron, Robert, "Property values jump significantly for Lake Cowichan area." (2021, January 29). Cowichan Valley Citizen.

<https://www.cowichanvalleycitizen.com/news/property-values-jump-significantly-for-lake-cowichan-area/>

Canada's Food Price Report (2020). Dalhousie University and University of Guelph.

<https://cdn.dal.ca/content/dam/dalhousie/pdf/sites/agri-food/Canada%20Food%20Price%20Report%20Eng%202020.pdf>

Canada Mortgage and Housing Corporation. Identifying core housing need. (2019).

<https://www.cmhc-schl.gc.ca/en/professionals/housing-markets-data-and-research/housing-research/core-housing-need/identifying-core-housing-need>

Helps, Lisa. "Housing Supply in Victoria is Tipping In The Wrong Direction, and How Giving Away Council's Power Can Help." (2021, July 4). <https://lisahelpsvictoria.ca>
Infographic: Inequalities in working poor Canadians. (2019).

<https://www.canada.ca/en/public-health/services/publications/science-research-data/inequalities-working-poor-canadians-infographic.html>

Other Resources

Mehta, Shalu. "Two years in, Cowichan affordable housing fund shows results." (2020, December 16). The Discourse. <https://thediscourse.ca/cowichan-valley/cowichan-housing-fund>

Opening doors: unlocking housing supply for affordability. Final report of the Canada - British Columbia Expert Panel on the Future of Housing Supply and Affordability. (2021).

https://engage.gov.bc.ca/app/uploads/sites/588/2021/06/Opening-Doors_BC-Expert-Panel_Final-Report_Jun16.pdf

Appendix C: Innovative Ideas from Other Communities

Affordable Housing

Local Action Example	Cost	Funding	Community Partnership	Beneficiaries
<p>Tiny Homes, Bluegrass Meadows</p> <p>Tiny houses are defined as non-motorized, moveable, and ground-oriented dwellings under 500 square feet.¹</p> <p>Bluegrass Meadows Micro Village, located 15 minutes north of Terrace, B.C. is Canada's first micro and tiny house community. Monthly rent and utilities range from \$975-\$1350 depending on the size of the tiny home. Average rental costs in Terrace range from \$774 for a 1 bedroom to \$1935.71 for a 3 bedroom.² Current listings range from \$1250/month for 1 bedroom rentals to \$2100/month for 3 bedroom homes.</p>	<p>Monthly rent is estimated at \$500-\$800 for under 300 square feet and \$1000-\$1200 for 400-500 square feet.³ The average cost of a single family home is \$429,420 in Grand Forks, whereas the average tiny home costs between \$40,000 and \$80,000.⁴</p>	<p>Tiny house owners are responsible for all costs.</p>	<p>Tiny houses on wheels remain unregulated under the B.C. Building Code which means that local governments do not have any mechanism to permit tiny houses as legal permanent⁵ residences. There is potential for creative regulatory solutions as suggested by alterations made to the City of Grand Forks in the West Kootenays bylaws and official community plan in 2018. Following flooding in the region, zoning bylaws were amended to permit tiny houses on wheels in all residential areas with a Temporary Use Permit.⁶</p>	<p>Singles, small families, and retirees looking for a low maintenance affordable housing solution.</p>

Affordable Housing Cont.

Local Action Example	Cost	Funding	Community Partnership	Beneficiaries
<p>Columbia Park, Trail, B.C. Columbia Park can house nine households and has one, two, and three-bedroom units. Applicants, who must be residents of the Lower Columbia Region for at least one year, apply to the waitlist through the BC Housing Registry.⁷</p>	<p>The project cost is upwards of \$4 million and monthly rent is set by the Building BC: Community Housing Fund.</p>	<p>The Lower Columbia Affordable Housing Society received \$900,000 from the Building BC: Community Housing Fund as well as an additional \$3 million to finance construction and annual operating costs. The Columbia Basin Trust provided a \$155,300 grant for the building.</p>	<p>Community organizations including the City of Trail, Kootenay Savings Community Foundation, and Teck Resources Ltd.⁸</p>	<p>Low income families, seniors, and people with disabilities who are able to live independently.</p>
<p>Hall Street Place, Nelson, B.C. Hall Street Place is operated by the Nelson CARES Society and offers 43 rental homes to low to moderate income residents of Nelson.</p>	<p>The project cost is upwards of \$15 million and monthly rent is set by the Building BC: Community Housing Fund.</p>	<p>The Building BC: Community Housing Fund contributed \$4.3 million to the complex as well as an additional \$11.6 million in repayable financing. The Columbia Basin Trust contributed \$542,400 for construction costs.⁹</p>	<p>The project is run by the Nelson CARES society which has programming on affordable housing, emergency shelters, and residential services for community living.</p>	<p>Families, seniors, and people with disabilities with low to moderate incomes.</p>

Affordable Housing Cont.

*note on Hall Street Place and Columbia Park Projects

Both projects were funded through the Building BC: Community Housing Fund which supports mixed-income buildings where 50% of the units are for households with annual incomes up to \$64,000, 30% of the units for residents with annual incomes up to \$74,000, and 20% of the units are for households with very low incomes. Rent in buildings supported by the Community Housing Fund are determined on household income. Monthly rent is broken down as follows:

- \$375-\$660/month for residents with very low incomes (i.e., seniors on fixed incomes and people receiving income assistance)
- \$650-\$950/month for residents with low to moderate incomes
- \$975-\$1625/month at market rental price for residents with moderate or average incomes
- \$375-\$445/month for community living units for people with disabilities

Local Action Example	Cost	Funding	Community Partnership	Beneficiaries
Secondary Suites Prior to December 2019, secondary suites could only be constructed in single detached houses and could not exceed 90m ² . A revision to the BC Building Code in 2019 gave no limit to the floor space or percentage distribution of a secondary suite compared to the habitable space of the building. Ken Dantzer, a developer in Kingston, Ontario is constructing new homes that include secondary suites. ¹¹ Dantzer suggests that secondary suites are a solution for communities with low vacancy rates. ¹²	Costs for authorizing secondary suites depend on Zoning Bylaws. Building Permits that allow the City Building Inspector to authorize secondary suites in Nanaimo ¹³ costs \$500. Rental prices are location specific but tend to be lower than apartment rental rates.	Homeowners are responsible for licensing and construction costs while renters are responsible for rent.		Homeowners, seniors, couples, and small families. Secondary suites offer benefits to homeowners and renters, providing one with additional rental income and the other with an affordable place to live.

Design a Local Healthy Food System

Local Action Example	Cost	Funding	Community Partnership	Beneficiaries
<p>Community Gardens Since initiating the Jubilee Community Garden at Centennial Park in 2004, the Cowichan Green Community has started a number of community gardens in the Cowichan Region. Plots are rented every season by community members and some are maintained by the local food bank and housing shelter.¹⁴</p>			Cowichan Green Community, Local Food Banks, Local Housing Shelters	Plots are rented every season by community members and some are maintained by the local food bank and housing shelter. The gardens provide land for those who do not have access and are a source of affordable and sustainable food for the community.
<p>Pender Island Community Gathering Lunch Program The Pender Island Community Gathering provides lunch once a week at the Community Hall. Activities are organized to precede the lunch such as exercise classes, crafts workshops, and technology support.¹⁵</p>	By donation for attendees.		Local cooks, Pender Island Community Hall, Pender Island Health Care Society, and the Ptarmigan Music and Theatre Society	The program is not exclusively for seniors but about half of participants are 55 and older.
<p>Food Services Program - Silver Harbour Seniors' Activity Centre The Food Services Program at Silver Harbour Seniors' Activity provides hot lunches 5 days a week. A bus service run by volunteers runs 3 days a week while the lunch program pays 1 full-time chef.</p>	\$200,000 or 25% of Silver Harbour's budget. Seniors pay \$8 per lunch.	Silver Harbour Seniors' Activity Centre, local food recovery program	local mental health and disability services	Community members aged 55 and older.

Design a Local Healthy Food System Cont.

Local Action Example	Cost	Funding	Community Partnership	Beneficiaries
<p>Cowichan Seed Incubator Farm Since initiating the Jubilee Community Garden at Centennial Park in 2004, the Cowichan Green Community has started a number of community gardens in the Cowichan Region. Plots are rented every season by community members and some are maintained by the local food bank and housing shelter.¹⁶</p>		The Municipality of North Cowichan, the Cowichan Valley Regional District, the Bauta Family Initiative on Canadian Seed Security, and the Island Coastal Economic Trust among other key funders.	Cowichan Green Community, local food bank and housing shelter	Community members, local food banks, housing shelters
<p>reFRESH Cowichan Marketplace The reFRESH Cowichan Marketplace sells imperfect but edible produce donated from local grocery stores for less than half the original price. The non-profit enterprise began as a food recovery project but has pivoted to becoming a storefront that uses its revenue to support the Cowichan Green Community's ongoing food recovery program. Food that isn't sold by reFRESH is given to local food banks and community programs. The initiative helps to provide the community with low cost health foods while minimizing greenhouse gas emissions by keeping good food out of the landfill.¹⁷</p>		BC Association of Farmers' Markets, Canadian Diabetes Association, City of Duncan, CVRD, Real Estate Foundation of BC, Economic Development Cowichan, Provincial Government who contributed \$124,000 to get the project up and running.	Cowichan Green Community, local grocery stores, City of Duncan, SD 79, Island Health, Municipality of North Cowichan, Nanaimo Foodshare, VI Coastal Communities Indigenous Food Network	Community members, low income households

Miscellaneous

Local Action Example	Cost	Funding	Community Partnership	Beneficiaries
<p>GERTIE</p> <p>Gabriola's Environmentally Responsible Trans-Island Express (GERTIE) is a community bus service run by the Gabriola Community Bus Foundation. The project began in 2008 when a small group of community volunteers suggested that resident's Climate Action Dividend cheques of \$100 issued by the BC Government could fund an environmentally responsible public bus service on the island. Eventually the fund totalled \$7000 and the group conducted community surveys to gauge interest in the service. The GERTIE project has since become a registered charity under the Income Tax Act and is supported by grants, donations, and profits raised ¹⁸ through community benefits.</p>		<p>The proposal was supported by the community and by the regional government in Nanaimo which contributed \$65,500 through the Community Works Fund.</p>		<p>All community members</p>
<p>Reduced Cost Dental Care</p> <p>While MSP covers dental and oral surgery performed in a hospital, basic dental costs are not covered without additional insurance. Some dental clinics offer care at a reduced cost for those without insurance.²⁰ For instance, The Cool Aid Community Health Centre Dental Clinic in Victoria offers dental cleanings, extractions, and x-rays at a 20% discount for seniors and low income earners.²⁰</p>				<p>Low income individuals and families, those without additional health coverage</p>

Miscellaneous Cont.

Local Action Example	Cost	Funding	Community Partnership	Beneficiaries
<p>Wheels for Wellness The Wheels for Wellness Society provides transportation for residents of Vancouver Island to and from non-emergency medical appointments. The service transports 25,000 patients per year and thus operates 17 Toyota Sienna MiniVans Monday-Friday.²¹</p>	Annual operating costs are \$1,200,000	Funds primarily come from contracts with the Island Health Authority. Additional corporate sponsors include Toyota and Mid-Island Co-op.		Seniors, Vancouver Island residents who need transport to and from medical appointments
<p>Salt Spring Island Laundromat Salt Spring Island had been without a laundromat for 5 years until The Salt Spring Island Laundromat opened on June 1st, 2021. The lack of a laundromat especially impacted low-income residents who either had to rely on friends, handwashing, or pay \$80 to travel to the nearest laundromat on Vancouver Island.²²</p>		The facility was built with funds raised by the Wagon Wheel Housing Society and Island residents. All profits raised from the laundromat will go toward local affordable housing solutions.		Low income individuals and community members without access to a laundry facility

FOOTNOTES: APPENDIX C

1 [BC Housing Research Centre](#)

2 [Housing Terrace: Trends, Needs and Directions](#)

3 [Ibid.](#)

4 [Ibid.](#)

5 [Minkow, David. The Discourse](#)

6 [BC Housing Research Centre](#)

7 [Affordable Housing Lower Columbia Region](#)

8 [BC Housing, New affordable homes for families, seniors on the way in Trail](#)

9 [The Nelson Daily](#)

10 [Ministry of Municipal Affairs and Housing](#)

11 [Canada Mortgage and Housing Corporation](#)

12 [Ibid.](#)

13 [City of Nanaimo Development Services](#)

14 [Cowichan Green Community](#)

15 [Seniors Raising The Profile](#)

16 [Martin, Azja J.](#)

17 [reFRESH Cowichan Marketplace](#)

18 [GERTIE: Gabriola's Environmentally Responsible Trans-Island Express](#)

19 [Government of BC, MSP Health Coverage](#)

20 [Cool Aid Society](#)

21 [Wheels for Wellness](#)

22 [Watson, Bridgette](#)

Appendix D: Community Resource Mapping

Agency	Services	Target Groups	Capacity/ Resources
<u>Cowichan Lake Community Services</u>	<p>Counselling Cowichan Lake Community Services has qualified and considerate counsellors available to provide services and programs for a wide range of issues and age groups, including: Individual Counselling, Family Counselling, Group Counselling, Support Groups, Crisis Intervention, Parenting Programs, Assertiveness Training, Violence Intervention Programs, Life Skills and Social Skills Development, Prevention and Intervention Programs For a range of issues: Depression, Anxiety, Drug and Alcohol Use/Addictions, Loss and Grief, Abuse, Intimate Partner Violence, Trauma, Stress and Coping, Self Harm, Mental Health, Relationships, Effective Communication, Other Social/Emotional/Behavioural Challenges, Family Transitions (Separation and Divorce)</p> <p>Programs Sign up for one of our many programs. We offer programs for adults, children and youth. School programs, after school programs, occupational therapy, transit assistance, food and clothing needs for marginalized, community bus rental, annual Christmas hamper, medical equipment loans, free veggies and frozen meals Wed and Fri, computer access, advocacy to navigate gov systems, homeless prevention support</p>	Children, youth, adults	The demand for counselling services exceeds the capacity.

Community Resource Mapping Cont.

Agency	Services	Target Groups	Capacity/ Resources
	<p>WorkBC Centre</p> <p>The WorkBC Centre at Cowichan Lake Community Services can help you find the resources you need to reach your goals. Find information on jobs, education and training. Access services and supports that match your needs.</p>		
<u>CVRD Cowichan Lake Recreation</u>	<p>Provide recreational services to the entire Cowichan Lake area, with many programs that are free or nearly free (e.g., Monday afternoon free skate). The Recreation Assistance Program is available to low income individuals or households who qualify providing \$125/calender year/household member to apply up to 75% of the costs of programs.</p> <p>Host and run several public seasonal low cost family oriented events in partnership with other local organizations, including Bay Day, Youbou regatta, Winter Wonderland skate</p> <p>Amenities:</p> <ul style="list-style-type: none"> Ice Arena Skateboard Park Four Community Halls (Centennial in Lake Cowichan, Mesachie Lake, Honeymoon Bay, Youbou) Youbou Bowling alley Two Baseball Diamonds Playground and Picnic Shelter 	All ages, with specific programming for children of different age groups, youth, families and seniors.	Encourage active transportation and the Arena and Centennial Hall are on the bus routes from outlying communities.

Community Resource Mapping Cont.

Agency	Services	Target Groups	Capacity/ Resources
<u>Lake Cowichan Food Bank Society</u>	<p>The LCFBS strives to help reduce hunger in the Cowichan Lake Area by enabling an effective food bank community that addresses both the short-term need for food and longer-term solutions.</p> <p>Distribution is the second Wednesday of every month except for December. They are located at 105-205 South Shore Road. Applications are to be filled out/ picked up/ dropped off at the Cowichan Lake Community Services at 121 Point Ideal Road</p>		There is a community demand for more frequent food bank services.
<u>Lake Cowichan 50+ Activity Centre</u>	<p>The Centre is an all ages welcome facility that caters to our 50+ community with various activities and social functions.</p> <p>Senior Golden Agers' volunteers from the 50 Plus Activity Centre pick up frozen meals for seniors on Thursday or Friday and take them to those in need.</p> <p>There are ~ 300 Golden Agers' members from this area registered at the Centre who are kept in the loop by phone, email and Facebook.</p> <p>The 50 Plus Activity Centre offers reasonable-priced lunches Monday to Friday and offer different activities like bingo, exercises, music, card games etc.</p> <p>The Centre has been closed due to COVID but will open soon, possibly after Labour Day.</p>	All ages but caters to 50+	

Community Resource Mapping Cont.

Agency	Services	Target Groups	Capacity/ Resources
<u>Cowichan Lake Elder Care Society</u>	<p>Our Mission To support the establishment of a facility that enables our aging residents to continue living in the Cowichan Lake area.</p> <p>VISION: Seeing our Cowichan Lake residents living their entire lives in this community with health, safety, security and the support needs they require</p>	Aging residents	The Cowichan Lake Elder Care Society has applied for a \$3-million federal grant to support the construction of Lakewood Manor, an 30-unit affordable housing project for seniors in Cowichan Lake.
<u>Vancouver Island Regional Library</u>	<p>Open for Takeout only: Tues 1-7 Wed/Fri/Sat 10-4 Thu 10-12, 2-4</p> <p>Prior to COVID the branch provided public access to computers and free wifi.</p>	General public	
<u>The Lake Healthcare Auxiliary</u>	Dedicated to the care and comfort of patients in our area and Duncan through fundraising and other activities		
<u>Lake Cowichan Health Unit/Kaatza Health Centre</u>	<p>Hours: Monday-Friday; times vary; call to find out Phone: 250-749-6878 Location: 58 Cowichan Avenue</p> <p>Public Health Nurse and Nurse Practitioner Healthy Beginnings program</p>	General public	
<u>OUR Cowichan Health Network</u>	Our mandate is to create change by identifying local health issues and bringing together the people and resources best able to develop community-based		

Community Resource Mapping Cont.

Agency	Services	Target Groups	Capacity/ Resources
	<p>solutions. Guided by twelve key determinants of health, we aim to create and sustain the most effective health system possible for our Cowichan communities. Pathways is a one-stop online directory created for Cowichan Valley residents to easily find latest clinic updates and booking information for their own doctor.</p>		
<u>First Nations Health Authority</u>	<p>The First Nations Health Authority plans, designs, manages, and funds the delivery of First Nations health programs and services in BC. We are the health and wellness partner to BC's 203 diverse First Nations communities and citizens across the province. These community-based services are largely focused on health promotion and disease prevention such as:</p> <ul style="list-style-type: none">• Primary Care Services• Children, Youth and Maternal Health• Mental Health and Addictions Programming• Health and Wellness Planning• Health Infrastructure and Human Resources• Environmental Health and Research• First Nations Health Benefits• eHealth Technology <p>This does not replace the role or services of the Ministry of Health and Regional Health Authorities. The First Nations Health Authority collaborates, coordinates, and integrates our respective health programs and services to achieve better health outcomes for BC First Nations in rural and urban settings.</p>	First Nations members	

Community Resource Mapping Cont.

Agency	Services	Target Groups	Capacity/ Resources
	<p>Resources Available</p> <p>Mental Health Benefit (counselling) Health Benefits (Dental, Vision and Medical Supplies) Virtual Doctor of the Day (primary health care) Virtual Substance Use and Psychiatry Service Tsow-Tun le Lum (counselling and cultural supports) Treatment Centres</p>		
<p>Ministry of Health</p> <p>Ministry of Mental Health and Addictions</p>	<p><u>Fair PharmaCare</u></p> <p><u>SeniorsBC</u> - The BC Seniors' Guide is a compilation of information and resources to help us all plan for and live a healthy lifestyle as we age. You can download the PDF version of the guide in English, French, Chinese, Punjabi, Vietnamese, Korean or Farsi, read it online, or order a hard copy.</p> <p><u>Healthy Families BC</u></p> <p><u>HealthLink BC</u> - Navigators, Nurses, Dieticians, Exercise specialists, Pharmacists</p> <p><u>Mental Health and Substance Use Supports in B.C.</u>, an online resource of over 6,000+ mental health and substance use services. Or, call 8-1-1 any time of the day or night for help navigating the mental health system. For the deaf and hard of hearing call 7-1-1 (TTY) or for VRS, visit Video Relay Services to sign up and give them the number 604-215-5101 to call us.</p>		