



OHWN – A Year In Review Just for Fun - 2017  
From your Coordinator

### ADMINISTRATION

- Developed and approved our **OHWN Strategic Plan**.
- Created **Terms of Reference** for the Network and the Circle of Partners.
- Strategically reduced the Circle of Partners to **12 members** while building Network & Action Groups.
- Bid farewell to CoP members Paula Miles, Cathy Edge, Jane Reynolds, Mary Beil, and Rosie McLeod-Shannon (but they stayed engaged with OHWN!)
- Included 2 new members of the **contract staff** team to support Forums – Janice and Carissa!
- Child Wellness, Network Development and Mental Health Action Groups have been meeting monthly, and **increasing/diversifying membership**.
- Secured **office space**, rent-free for one year in Qualicum Beach!

### COMMUNICATIONS

- Launched a **website**, thanks to RDN for hosting it.
- Designed our **OHWN logo**.
- Have a new OHWN Banner, Bookmarks, Buttons, Info Sheet and Action Page.
- Developed **info sheets** for Child Wellness and Mental Health.
- Started a monthly **e-newsletter**.
- Got **publicity in the PQB News** twice – once following presentation to Qualicum Beach Council and a second time following our *Charting the Course for Health and Wellness* forum.

### OUTREACH

- Presented to community members and staffed a booth at the **Oceanside Family Health and Wellness Fair**.
- Began **developing the broader Network** of OHWN including online membership sign ups.
- **Presented** to Parksville City Council, Town of Qualicum Beach Council, the RDN Board, and School District 69 administrators.
- Hosted a **Mental Health Stakeholder discussion** with front line providers.
- Hosted a **Network Meeting** with 25 members in attendance.
- Hosted a successful **COMMUNITY FORUM**, “Charting the Course for Health and Wellness in Oceanside”, with over 50 participants from a diversity of organizations. Well into preparations for Forum #2 in February.

### GRANTS

Generated capacity through two successful grant applications – one to Island Health for a Community Wellness Grants (\$28K) and another from BC Healthy Communities for collective impact coaching support (\$5000 in kind) with our Child Wellness Action Team.

### RESEARCH

Launched a **Student Survey** to assess food security of school-aged children, in partnership with Public Health nurses.

OHWN Christmas Social Dec 15 2016





**OHWN Network Meeting Sept 21 2017**





Charting the Course for Health and Wellness in Oceanside  
Community Leadership Forum Nov 9 2017

