

District of Metchosin

Minutes

**Healthy Community Advisory Select Committee Meeting
Wednesday, May 24, 2023 at 7:00 P.M.
Council Chamber, Municipal Hall**

Present: Jane Hammond, Shari Rourke, Ted White, Sarah Anthony, Councillor Sharie Epp.

Regrets: Chris Pratt, Peter Havers, Shannon Carmen

The meeting was called to order at 7:05 p.m.

1. Annual Election of Committee Chair

(Sharie/Sarah) Shari Rourke elected as Chair.

2. Agenda, Additions and Approval

The addition of 8. d) to set dates for regular monthly meetings.

3. Public Participation

Tamara Ballard, resident, spoke to say she's happy the committee is back.

4. Adoption of Minutes

Moved and Seconded by Jane and Sharie that the Committee approve the minutes of the Healthy Community Advisory Select Committee meeting held on December 1, 2021

Carried

5. Business Arising from the Minutes

- a) The municipal directional sign was constructed and installed.
- b) The Village Square plan is on hold.
- c) Sharie provided an update on Metchosin School and the grant.

6. New Business

a) Discussion and Priorities

Various ideas and initiatives were discussed by the group, including:

- Health and wellness workshops
- Meaning of function and roles
- Setting goals, creating contacts
- Become informed about groups in the community
- What determines a healthy community

- Look at service providers at the government level
- Create links with Hans Helgesen, Westmont, Royal Bay schools
- Examine a safety component with the RCMP
- Have a forum or a round table
- Form subcommittees focusing on housing and youth
- A talent show was successful in the past
- Interact with Pearson College
- Get teeth into something productive immediately'
- Be creative, but set achievable goals
- investigate the Mental Health First Aid Certificate
- Consider general health and socio-economic issues
- Discuss events such as drop-in health clinics and tool share
- Collaborate with groups in the community
- Consider encouraging a theatre group, family events
- Help seniors in need

7. Adjournment and Next Meeting Date

The next meeting will be held on June 20, 2023 at 7:00 p.m.