



SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

To help support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone

Latest CHI Activities

Sooke Region Volunteer Centre (SRVC) and New Horizons Grant

SRVC is attending as many community Board meetings as can be arranged to gather more information on the needs of these organizations from their perspective. This also provides an opportunity to share more information on SRVC membership and the workshops being offered.

Please check out the SRVC calendar to see what is going on in our region at www.sookeregionresources.com/calendar-events.

Age-Friendly Committee

This committee is represented on the Sooke Community Centre Advisory Committee (SCCAC), where several groups in Sooke have expressed the need for a permanent home-base in a communal atmosphere. The groups are among seniors, youth and the Sooke Community Arts Council, to name a few. In November, a special workshop was attended by SCCAC members to explore possible solutions, that will be presented to Sooke Council in February/March 2016.



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Seniors Managing at Home

We are finishing off the focus groups across the region. The turn-out has been good and we have collected very valuable data. A draft of the report will be written in December. In January, a panel of experts will provide solid recommendations. The final report will be shared at the Health Summit planned by the Primary Health Care Services Working Group in February/March 2016.

Board and Steering Committee

CHI is partnering with the Pacific Centre of Family Services Association (PCFSA) of the Westshore, in the hopes of securing a grant to reduce isolation among seniors. PCFSA has had a presence in the Sooke Region for the last thirty years, offering social services supporting the vulnerable in our society. Based upon information identified within our network of partners and through the Seniors Managing at Home study mentioned above, we hope to secure some funding to support seniors' access to relevant services. Fingers crossed!

Upcoming meetings - all are welcome to attend!

- **Steering Committee** - Wed., Dec. 2nd end of year potluck brunch - 9:30 - 11:30
- **Board** - Wed. Jan. 27th 4:30 - 6:30, Sooke Child, Youth and Family Centre, 6672 Wadams Way
- **Age-Friendly Committee** - Wed Dec 16th, 2015 at 9:30-11:00 – Sooke Child, Youth and Family Centre, 6672 Wadams Way



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Issue Awareness

Can Men Possibly Be Considered Vulnerable in Our Society?

In daily discourse, we are used to hearing about the needs of vulnerable groups or individuals that need extra attention, be it children, women, disabled, seniors etc, but rarely do we look at men as a group with potential vulnerabilities. Despite social changes towards equality, men are still considered (and consider themselves) to be that dependable rock that can bear any heavy load.

November 19th was International Men's Day "is an occasion for men to celebrate their achievements and contributions, in particular their contributions to community, family, marriage, and child care while highlighting the discrimination against them."

November is equally **Movember month** focusing on male physical issues such as prostate cancer, testicular cancer and physical inactivity, In addition, men's mental health is highlighted.

"Divorce is a tipping point for a lot of guys," says Prof. John Oliffe, a University of B.C. psychology researcher who is part of a team fighting male depression and suicide. "Divorce is a classic factor in suicide. These men become socially isolated. There are so many examples of good men's lives ending prematurely." (1) "The reasons divorced men — as well as men in other situations — commit suicide much more often relate to shame, loss of identity, loneliness, separation from children, financial pressures, job troubles, gender stereotypes and lack of social support."(1) It is a fact that "many men find it harder to make social connections than women, says Theo Boere, head of The Men's Centre in Nanaimo."(1)

Lack of sufficient finances is a major contributor to the elimination of self-esteem and can lead the traditional family providers down a path of depression or worse.(2)



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Domestic abuse is more commonly known to be initiated by men, but little is said about abuse on men within a relationship. Apparently there was only one shelter for men in Canada, taking battered husbands and their children into a private home in Calgary so they could escape abusive wives. It was closed in 2013 when the Samaritan was no longer able to be that rock for others.(2)

Counter-movements such as "A Voice for Men" are emerging, trying to change the cultural narrative, but some are perhaps taking a strong anti-feminist approach in their attempts to find their way.

It is clear that certain issues remain taboo due to social convention, culture and traditional norms. Perceived barriers need to be addressed in a way that individuals retain their integrity and reduce the feeling of isolation. This can be done through for example: awareness, supporting the next generation of young men with healthy rites of passage in our modern day and age, fostering a strong sense of identity, showing mutual understanding of individuals and avoid pigeon-holing. Indeed gender is part of one's identity, but all individuals are unique and have different coping abilities. Vulnerable men themselves requested, in addition to professional support, to have trustworthy people in their lives who could just "be there" for them(2).

Resources:

- International Men's Day: <http://www.internationalmensday.com>
- Movember Foundation Canada: <https://ca.movember.com>
- Man Up Against Suicide: <http://www.manupagainstsucide.ca>
- The Men's Centre, Nanaimo: <http://themenscentre.ca>
- A Voice for Men: <http://www.avoiceformen.com>

Source links:

(1) <http://blogs.vancouversun.com/2015/02/21/men-and-suicide-the-silent-epidemic/>

(2) Samaritans Study: Men, Suicide and Society

[http://www.samaritans.org/sites/default/files/kcfinder/files/Men%20and%20Suicide%20Research%20Report%202010912.p
df](http://www.samaritans.org/sites/default/files/kcfinder/files/Men%20and%20Suicide%20Research%20Report%202010912.pdf)

(3) <http://www.macleans.ca/news/canada/angry-young-men/>

For more CHI information or to subscribe/unsubscribe, please email: SookeRegionCHI@yahoo.ca