**Southwest Zone Zoom Meeting Notes**

**Monday, July 18th, 2022 10 a.m.**

-11 members in attendance

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**No Update from PHAC today**

**Other issues and discussions:**

**Update from Coordinating Committee (CC): SW Representative Netti Wall**

* Thursday, June 23rd was the last meeting before breaking for the summer. There was an opportunity for Network members to attend part of this meeting. The next CC meeting will take place in September.
* 2022 Network Summer Activity Survey: Each year we engage in evaluation activities that include two survey opportunities for Network members to offer feedback.  The first is the Summer Activity Survey and the second is a January Annual Member Survey.  Please see the link below to the survey, which has been extended to give more time for input.  Your responses are **anonymous** and will help us evaluate the Network's activities and determine how to better meet your needs.    
  Summer Activity Survey: [https://www.surveymonkey.com/r/DNZRS8B](https://carizon.us6.list-manage.com/track/click?u=9d77951b27624018f0b6a0612&id=dcbf14542e&e=37fc070ec6)
* PHA Directory needs to be updated from time to time. *Now is the time!* After you submit your changes, double check to make sure the changes were “locked in”! Your PC may have to help.
* Each zone is invited to have a CAPC, CPNP, and Indigenous Rep. Our Indigenous position remains vacant for some time ~3 years! Additionally, Netti’s position will be open in November (which can be CAPC/CPNP). Sitting on the CC is a really good learning opportunity! *Please consider this!* For more information about these opportunities contact Sydney, Netti, Erin or Ellen. The CC is expected to meet every other month and a subcommittee meeting every other month, so 1 meeting per month. There is also an annual meeting in May, and a ½ day in November.
* Note: An Indigenous Rep must be from an Indigenous Project. We have at least 7 or 8 Indigenous Projects in our zone. It seems that often these projects are quite small, with a single staff member, or a very small number of staff, which may make it difficult to make a time commitment.
* Be sure to check out the weekly Network Newsletter… contact Sydney at [sbell@carizon.ca](mailto:sbell@carizon.ca) to get on the mailing list if you aren’t getting it on Fridays. Also, be sure you have access to the Trello calendar.

**General Discussion & Sharing**

* Does Monday morning work for a time to meet as a zone? Low # today, we had higher numbers at the beginning and during COVID… are people busy with programming, off on vacation or do we need to see if there is a better day for meetings in 2023?
* Ellen to send out a separate email with information about the CC to help recruit reps. We would like a full representation from SW Zone on the CC!

**Netti Wall, Family Education and Support Project of Aylmer, Mennonite Community Services, CAPC & CPNP:** CPNP: Resumed Mom & Baby group sessions, 4/5 since April… took a bit for some moms to gain comfort, now more regular attendance. It feels like they are in a “rebuilding season”… mothers are enjoying in-person programming. They have a large space which allows for social distancing. CAPC is on hold… anticipate for in person in October if possible (depending on COVID trends). Families must pre-register. Outreach worker contacts each family by text or using WhatsApp for a screen prior to each session to be sure everyone in the household is feeling well, and she encourages them to stay home if not feeling well. There is a separate table with snacks. Mothers are not masking… women feel if they have to mask they won’t come. Staff not currently required to mask. Have not been working with PHU staff since in person programming resumed. Group numbers have been increasing since resuming in person programs.

**Ellen Bachtold, Windsor, Building Blocks for Better Babies (BBBB), CPNP:** Waiting to hear what Pubic Health Unit will say about the screening and precautions that will need to be made for in person programming. Also senses a season of rebuilding group numbers… at beginning took a long time to get numbers up, thinks will take time to get numbers up again… word is beginning to spread that we are still here and open for program! Suspects that offering in person programs will help to boost numbers.

Ellen is working on something to help with preregistration and screening, especially for those who say, “hey, I saw you on… (i.e. some type of social media)”, and just want to “show up”. They have been offering park visits/groups once month. They have been well received, and it was good to see moms connecting, making friendships. The PHU was even happy to send staff, including a manager! Their fall plan includes 2 in person groups and 1 virtual group every week but many details still need to be ironed out.

**Terri Lynn Ovens, Brant County PHU, CPNP:** Much of the PHU staff were re-deployed when Covid hit, so they moved to a FB group and still gave gift cards for participation. They offered program on Facebook Live, and participants either joined live, or made comments on topic afterwards to qualify as “participating”. Food security is a big problem for families. When PHN was re-deployed, a Dietitian and ECE from EarlyOn posted weekly… Since returning to CPNP position, they moved to in person groups in April with modifications: shortened time together to 30-45 minutes (about 20 minutes for lesson, followed by time for questions), no meal or food prep, bought groceries and provided insulated cooler bags, in addition to giving grocery certificates. Numbers are up with in person programming. Staff are masked, clients are willing to mask. They also partner with another community program who helps provide tangibles such as clothes.

They are using a shared church space, and the other program is now providing meals 5 days a week, so there is no space to resume food prep, and they are limited with staffing (no Dietitian). Program is aimed at very young clients, generally 25 and under, but is also needs-based… They are doing passive screening at the door (have a sign to help with self screening), chat with parents as needed; they provide masks.

**Jocelyn Wells, Guelph, CPNP:** Resumed in person programming in May, changed location because most parents were coming from the other side of town. They provide low cost bus passes, and run program on Thursdays. On Mondays she sends out a Microsoft form to all potential participants, to ask: will you be attending in person or on line this week? This makes sure they have enough childcare staff available for in-person families. They have been having 10-12 families attend, grocery certificates can be emailed, they provide easy to-go snacks such as bananas, granola bars. Both staff and participants are masked, and no one has challenged it. They have 2 translators, one for families from Eritrea and Ethiopia who speak primarily Tigrinya, and another for Arabic-speaking families. They run group simultaneously, providing content for online, then demonstrating for those who are attending in person. The laptop camera for zoom is pointed at the speaker, she moves it around as needed, and has a dietitian (and often a co-op student), who admits parents to the meeting and monitors the chat. It’s very common for parents to have cameras off. They offer 1:1 support if not comfortable asking in front of the group. Many know each other outside of group, so that helps build confidence, and people know how to reach us. Jocelyn can share the Microsoft form they use for pre-registration. The form has been helpful to capture statistics. They also offer a peer support breastfeeding program, which she may talk about next time!

**Andrea Licursi, Halton Region (Burlington & Oakville) PHU, CPNP:** They have been running virtually, expect to continue virtual, no direction or timelines about returning in person. Running 1 group, and have 80-90 active clients, who graduate at 6 months. Group time is about 45 minutes, and they stay on the call for comments, questions. They have had very good Prenatal uptake, wondering if Post Partum families might be attending other groups that are offering in person? Families get 1 Fresh food box prenatally and 1 box post partum. Trying to use up PN Vitamin vouchers. Staff would like to plan for in person programming, but there is no official discussion from PH. Perhaps the PHU is trying to honour staff vacation requests and wait until fall to see what happens with Covid trends? It feels a little strange to not reach out to Community Partners… hoping that there is no damage to relationships within the community that took a long time to establish.

**Jen Andrews, Healthy Families Public Health Services, Hamilton:** Still running virtually, planning to open to in person in fall. They have 200+ clients! They plan to open 2 groups (of their usual 7 groups) by end of September. They need to organize interpreters etc, They used to have volunteers who would do food prep, “Parent Facilitators” (former participants), who were “paid” with food certificates as honorariums. However, just before COVID, PHAC informed them that they can’t “pay” volunteers in this way anymore, and that the role should be filled by paid staff. Hoping that they can come up with a viable solution, perhaps with their partnerships with Community Food Centre? Concern if you don’t give volunteers anything in return for their time and service, they may be less invested, or less reliable. PHAC said a nominal honorarium may be provided, perhaps twice a year.

When they reopen to in person programming, it may be without child minding and food at the beginning. During the time they’ve been offering virtual programming, they have been issuing food vouchers whether they attend group or not, as long as they had *some* contact. Now, as they resume in person programming, they are in the position to figure out how to transition to requiring moms to *attend in person* to get food vouchers.

**Julie Van Bakel, Healthy Start for Perth, Milverton, working with Old Order Amish:** Working with this population meant that they couldn’t do any virtual programming. They are now offering in person visits, ask families to wear a mask if they are comfortable, staff mask, do a pre screen and screen at visit. Their Dietitian has been off on mat leave and position has been vacant during her leave (due to return in September). They have been working on updating data collection and documentation tool. They had an outdoor play group, low numbers. She discovered that the Old Order families had their own play group over the winter… not involved in the planning or implementation of that…! They are seeing a lot of new vaccine hesitancy… many are thinking the COVID vaccine is part of the usually vaccine schedule, so trying to help provide accurate information. Since their Health Unit has merged with Huron County PHU, they have begun to work with Old Order Amish in those communities as well… even though their funding does not target that community.

**Katrina Clarke, Clinton, Rural Response for Healthy Children, CAPC:** They are offering a combination of in person and virtual programming. Feels good to have more options available for families, especially if things shift again in the future. They have been working with Community Living (CL) to co facilitate a couple of groups, for Grandparents and “Sib Shop”, offered as a hybrid, both virtually and in person, running simultaneously. CL hosts activities and programs in person, and their staff are on zoom projected on large screens. Other programs continue to be offered virtually, while some, such as the ever-popular, *Crock Pot Cooking* runs in person. They have offered it 3 times, can take 8-10 participants (maybe 6 in smaller spaces), each participant needs own station. They have received requests to offer this program in communities, which is planned for fall. Other programs are offering an alternating format, one in person, the next virtual.

**Courtney Hansen & Brittany W, Strive, Niagara Region, CAPC:** Programming being offered virtually, going well. Numbers have dropped over summer. Offering a 2-part, pre-registered program, *Ready to Learn School Readiness Program* over the summer, for 6 children per session. Staff and families wear masks in program. Part 1 session ended last week, Part 2 starts at the end of July. They provide a take-home bagged lunch. They are going back and forth about things that work and things that don’t work, but in general there is positive feedback from families and they want to come back. There are concerns that kids are not ready or where they should be to begin school. Hope to offer an in person program by end of summer.

**Lori Wilson, Keystone Child, Youth & Family Services, Owen Sound, CAPC & CPNP:** CPNP: Continues to meet virtually on zoom, cooking once a month (groceries purchased and delivered to participating families before group), and a guest speaker, activity, or discussion/short lesson once a month (for each of 2 groups). Also maintains a private Facebook page. No plans for a return to in person at this time. CAPC Groups continue to be offered in person in small groups. CAPC Homevisiting by Nurses and weekly Volunteer visitors has resumed with restrictions to outdoor visits, Nurses & Volunteers masked, 1-2 hour visits, and pre-screening daily.

**Next meeting Monday, September 19th at 10 a.m.**

[**https://trello.com/b/Ax8YDB0i/network-events-calendar-202223**](https://trello.com/b/Ax8YDB0i/network-events-calendar-202223)

Respectfully Submitted by your SW Zone Co-Chairs,

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