**Southwest Zone Zoom Meeting Notes**

**Monday, May 16th, 2022 10 a.m.**

-19 members in attendance

**Welcome to new members attending for the first time today:**

* Ted Hildebrandt, Hamilton, very first day on his new job!
* Tina Neeb, London, Merrymount Children’s Centre
* Kim Martin, Hamilton

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**Update from PHAC: Michelle Halket: See separate report**

**Q: How does PHAC want us to count participants who attend more than one CAPC/CPNP program, or a CAPC and a CPNP program within the same project? Do they count once, or once per program or once to CAPC and once to CPNP?**

**A: Michelle will take back to team and send us an answer.**

**Reminder:** Be sure you are receiving the weekly CAPC/CPNP Network News from Sydney Bell on Fridays. In the newsletter you will find information about our 4 learning circles, zone meetings, learning opportunities, and the link to the TRELLO calendar with registration and links for meetings (including zone meeting zoom links!) and events. Don’t miss out! Contact Sydney (sbell@carizon.ca) if you need to be added to the mailing list! The Network Webconnects site is another good way to be informed, and will soon be launching a new look with new features to help us all stay connected and share information and resources.

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**Coordinating Committee (CC) Update: Netti Wall and Erin Young, SW Zone Representatives**

The committee aims to meet on the first Thursday of the month.

**Q: What is the CC?** The CC is made up of representatives from CAPC, CPNP, and Indigenous Projects from each of the 5 zones, forming a Provincial Committee. It gives a closer connection to PHAC, and the overall Provincial and National direction. It can be eye-opening to a broader perspective and vision for how the work of our projects fit into the “Big Picture”. Sydney Bell is our Network Lead for CAPC & CPNP Projects in Ontario. It’s a great spot for a new member, or one with experience, and there is a project honorarium for standing on the committee. They meet (virtually for now) about once a month.

**Note:** There is a current position available for a representative from an Indigenous project, and Netti’s term will end in the fall, which will open another position for either a CAPC or CPNP representative.

**Questions?** Contact Netti (nettiw@mcson.org), Erin, or Sydney (sbell@carizon.ca).

* The Annual CC is scheduled to take place on May 25 & 26. There will be a presentation from this meeting. Watch for an email from Sydney and check the Trello calendar regarding date, time, and registration.
* There was an opportunity to participate in a Network discussion regarding the National Evaluation on May 4. Sydney will send a summary of ideas discussed and will gather our collective Provincial feedback to be added to the National review.
* Expect changes to the 2024 application/renewal process.

**General Discussions and Sharing:**

Ellen Bachtold, Windsor, Building Blocks for Better Babies (BBBB), CPNP: Together with their Dietetic Intern, Kate, prepared an annual report. Some of the thoughts that came up in discussions included looking ahead to renewal 2024, and wondering: Do our politicians know about our project and what we offer the community? Also included in the report is a “favourite family meals” list. They have noticed strong attendance at evening breastfeeding classes. Park visits are to start 1x/month while weather permits. In September, the hope is to offer in-person classes. Ellen shared free “Meals in a Jar” resources available from the Dairy Farmers of Canada at:

<https://dairynutrition.ca/en/educational-resources/on>

Tina Neeb, London, Merrymount Children’s Centre, CAPC: Offering in-person groups including a Family Math program. Recently participated in a class offered by the City of London, open to everyone for what could be needed for 72 hours, with specific considerations for those who live in London such as train derailment since they have train service in London. Now offering 72 hour emergency kits to their families.

Mary-Lynn Houston-Leask, Owen Sound, M’Wikwedong Native Cultural Resource Centre, CPNP: They have also offered an Overnight Oats and Sprouts kits in the past which were well-received. Breastfeeding classes continue to be offered virtually with good uptake. They may offer an in-person gathering in the summer. They have offered in-person gatherings including a clothing exchange; looking ahead to another community-wide exchange in June, container garden kits, and they have booked 2 children’s musical performers for outside concerts this summer. Labour & birth classes to continue virtually which has allowed for an increased capacity to reach those who live outside of Owen Sound, or don’t have transportation to attend in-person classes. Planning ahead includes looking at seasonal activities and workshops such as rain stick making class.

Robyn Mackenzie, Owen Sound, M’Wikwedong Native Cultural Resource Centre, CAPC: In order to offer programs inside their building, participants must be vaccinated, and because their agency offers many different programs and services (outside of CAPC & CPNP), there can only be 2 groups in their building happening at the same time. Additionally, they are under the same restrictions as long-term care facilities. They have had feedback from some disappointed community members who have not been able to access services because of these restrictions. To offer in-house services, a detailed summary must be presented to management to be approved including managing the logistics and how they will comply with the restrictions. As they shift to offering programs outside, many of the challenges will be lifted. They have been supporting some homeless families recently, and many staff hours have been spent on trying to problem-solve, and make pick-up and drop-offs to help meet basic needs.

Gerri Catherwood, South London, Families First CAPC: The requirement to be double vax’d and masked will be lifted this week. They will revert back to increased precautions if needed. They currently screen at the door. Their peer support groups have been very busy, with 25-30 women participating. They are brainstorming how to best move forward with these large groups, including limiting risks, providing child minding and maintaining with staff:child ratios. They have been meeting weekly with a facilitator who comes with a question or topic to guide discussion.

Jan Tomlinson, London-Middlesex Public Health Unit, CPNP: They are shifting to in-person groups this week. They ask people to remember to stay home if sick and screen at the door, but staff do not have time to call each person before each group to screen. They provide masks at the door. If they are going to eat the mothers will remove their masks, but will be required to stay at their table to eat. While they offer in-person programming, they will simultaneously offer virtual access, which requires 1 staff to maintain, answer the chat etc. They purchased a gaming microphone to help with conversation. They are looking at groups of 10-12, and pre-registration is required.

Katrina Clarke, Clinton, Rural Response for Healthy Children, CAPC: They recently attended a local high school for an open house, where they offered a session about crock pot cooking. There were many participants, no pre-screening, no masks. Some attempt at social distancing was apparent as open house stations were spaced. They offered 4 in-person classes last month. Walk & Talks have been offered with slow uptake. They are planning a community garden in June. Moving forward, they anticipate some level of virtual service. They have some peer support groups that are also very busy including a Grandparents raising Grandchildren group and Parents with Children with Disabilities. They have a Dad’s class that used to end in eating a meal together at a restaurant. Now they give a gift card to a local restaurant. Check out:

<http://siblingsupport.org/sibshops/>

Erin Young, Carizon, Kitchener, CAPC & CPNP: Have offered a virtual collective kitchen, 3 week session of introduction to Solids for babies 4-8 months. Dietitian provided nutrition information and a long-time participant and mother of 4 took a lead role as a Volunteer, gaining confidence that she knows this information, and can be a peer support. Have been offering virtual programming to families in the LEAP program, and hope to offer in-person programs in the next few months. They offered ingredients, the recipe, and a gift card to purchase the ingredients again if they want to make the recipe again. They made Breakfast Burritos, which uses many ingredients they receive in the food hamper.

Andrea Licursi, Halton Region (Burlington, Oakville) PHU, CPNP: Continuing with virtual programming. My look at an evening option to accommodate those who are working during the day. They have a lot of new staff, so may consider in-person options in a couple months. In-person programming is very problematic so they continue to move forward cautiously.

Sylvia Blay, Building Healthy Babies, Chatham: They are planning on an evening option for working moms. Also looking to start outdoor activities but not until later in the summer as there has been a large turnover in PHN staff. With regards to indoor programming, they are taking a more conservative approach, maybe in the fall.

Jen Andrews, Healthy Families Public Health Services, City of Hamilton: They also have a lot of new staff and are thinking that perhaps in the fall they will start with 1 in-person group, and then increase accordingly if possible and needed. They would likely start by offering in-person to their Arabic-speaking group first. Over the summer they will be increasing virtual groups.

Lori Wilson, Keystone Child, Youth & Family Services, CAPC & CPNP: Completed surveys and most families are wanting a combination of in-person and virtual programming. Virtual programs in CPNP have been well attended and include 1 cooking group per month (staff deliver groceries prior to group). No plans to resume in-person CPNP group at this time, perhaps in the fall. Have also been servicing families facing homelessness and note that wrapping around these families is critical, but very time-consuming. For CAPC we just received permission from our agency’s Covid task force to offer short in-person, outdoor visits, masked, including Volunteer support to families. In process of trying to figure out what services/delivery options we can stop in order to resume in-person services… feels like something has to “give”… can’t offer it all, including driving to in-person visits. CAPC groups are in-person, in small groups, with good attendance.

Netti Wall, Family Education and Support Project of Aylmer, Mennonite Community Services, CAPC & CPNP: Over the winter their CAPC groups met in-person, requiring pre-registration, with 1 table per participant, wearing a mask, and only a small number of children attending per group. The logistics of offering in-person programming require a good deal of staff time: contacting each family prior to the group for screening (ie. are you well, is everyone in your household well, has anyone travelled outside of Canada etc.) and the physical logistics of setting up the space. For their Low-German families, virtual programming does not work. They have also offered a small number of home visits.

**Trending Concerns:**

With the rising cost of gas, housing insecurity and high rents, there are some living expenses that are fixed, or not controllable. Will families see food as an area that they can flux? How can we help families manage this crisis?

-Ellen has updated their menu planning class to feature planning on a budget.

What kind of snacks/food are offered at in-person programming? How are projects managing the logistics of food & Covid safety?

-Katrina: For walk & talks, they offer granola bars to the parents and something different for the little ones such as apple sauce

- Jan: For in-person programs, wearing masks, all parents are involved in snack prep, may be given a specific task such as washing produce. Snack ideas include strawberry parfaits, hummus & seasonal veggies

Robyn: Fun with Food Program- each family makes their own lunch, staff serve food, careful to not use purchased prepared snacks that could be high in sodium, fat, calories

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**Tabled Items and Things to Keep in Mind:**

**Upcoming 2022 SW Zone meetings, 10 a.m.:** June 20th, July 18th, September 19th, November 21st

**A skill development opportunity awaits!** Are you looking for an opportunity to serve as a **SW Zone Chair or Co-Chair?** Ellen has generously given her time, talents, thoughts, experience, creativity, encouragement and fun sense of humour leading us through challenging and changing times for **5 + years!** If you feel motivated to step up to a Chair or Co-Chair position, as a voice and leader for the SW zone projects, please speak to Ellen or Lori. Everyone needs a break now and again, and it’s good for us to develop our talents, share the load, and try something new!

**Land Acknowledgement Conversations:** Ongoing meeting item. If you have ideas to share, would like to volunteer to offer a land acknowledgement or teaching at a future SW Zone meeting, or would like to be part of an on-going conversation, please let either Ellen or Lori know. Of note, one of our learning circles is focused on Indigenous Teachings (dates in the weekly newsletter).

**Question:** Should there be a subcommittee of SW Zone members (or on a wider scale to invite all zones for larger impact) to work on activities such as “Impact Statements” that might give us a stronger voice to the Government? (Impact Statements were created in the past, and Ellen has some examples.) PCs may be able to help provide national statistics and helpful information that may capture the attention of the Government.

The topic of asking how the CC might support projects in awareness raising and funding challenges

Next meeting: **Monday, June 20th, 2022 at 10 a.m.**

Respectfully Submitted by your SW Zone Co-Chairs,

Ellen Bachtold bbbb@uwindsor.ca and Lori Wilson loriwilson@kcyfs.com