

Northern Health Healthy Communities E-Brief

May 2023

IMAGINE Community Grants are back!

With a 15-year history of grant funding within the Northern Health region, the IMAGINE Community Grants program was relaunched earlier this year after a brief pause. This grant supports community-led health and wellness initiatives that aim to improve the health and well-being of Northern BC residents.

Did you know IMAGINE is an acronym?

- Investing upstream and for the long haul
- Multiple, strength-based strategies
- Addressing the determinants of health
- Grassroots engagement
- Intersectoral collaboration
- Nurturing healthy public policy
- Evidence-based decision making



For this past funding intake, Northern Health invested over \$370,000 into 46 projects that address mental wellness, community diversity, harm reduction, climate health action, food security, active living, and community safety.

One successful applicant, Dunster Station Museum, received funding for their project “Honoring Our Elders”, which focuses on social connectedness.

“We are a small rural community with a high percentage of seniors, many of them have lived here for more than fifty years and some were born here. We want to honour our seniors and try to capture their stories, lives, and memories for future generations before it is too late. It is important for everyone to feel that their lives mattered while they have been here” – Jill Howard and Heather Zahn, Dunster Station Museum

The next intake of IMAGINE Community Grants opens in Fall 2023. Visit our [webpage](#) for updates.

For Your Information

May 1-7 is Mental Health Week in Canada

Each year, 1 in 5 Canadians experience a mental illness or mental health issue and 5 in 5 (all of us) have mental health. From May 1 to 7, the Canadian Mental Health Association (CMHA) will showcase community-based mental health care champions and community programs, the importance of securing universal mental health care, and

how mental health care can be expressed and nurtured (e.g., through art, photos, music, sounds, dance, movement, nature, etc.). During Mental Health Week, share your personal journeys, mental health programs, and how your community supports the mental health of others using the hashtags: #MyStory; #MentalHealthWeek. To access the toolkit, visit the CMHA [webpage](#).

Share Your Opinion

BC SPEAK (Survey on Population Experiences, Action, and Knowledge)

Dates: April 25 to June 24, 2023

Public Health launched the third round of the province-wide BC SPEAK Survey and wants to hear from BC residents about their physical and mental health, as well as their social and economic well-being. By sharing and participating in the survey, you will provide valuable information about how to improve the health of your community. Northern BC residents who take the survey can win one of 3 iPads, or one of 150 grocery gift cards. Please help us spread the word: bccdc.ca/SpeakSurvey



Reach BC

REACH BC is an initiative of BC's health authorities and partner universities. Sign up for REACH BC to be matched with research opportunities based on your interests. Help advance health care in areas that are important to you, your family, and your community. Learn more at www.REACHBC.ca

Resources (toolkits, reports, websites)

Canadian Parks, Recreation and Sport Infrastructure Database

Canadian Parks and Recreation Association (CPRA) and ActiveXchange are pleased to announce the launch of the Canadian Parks, Recreation and Sport Infrastructure Database. The [database](#) brings together information about parks, recreation, and sport facilities across Canada. Sign up for a free account to find and add information for your community.

Consider the Consequences of Vaping Self-led Module

This online [module](#) aims to provide youth aged 13-18 with information about vaping to help them make informed decisions about their health. The module offers three key topic areas which can be used in classrooms or community settings to educate teens on the harms and risks associated with youth vaping. The module includes engaging activities, informative content, and videos.

Equity and Climate Synergies Resource Hub

This [Resource Hub](#) is intended to support municipal staff with identifying equity and climate synergies in their climate action plans.

Healthy Public Policy Quick Start Reference Guide

This quick start reference [guide](#) helps you and your team consider where to enter the policy process, the type of influence or change you want to achieve and to provide examples of indicators for policy influence or change.

Events & Learning Opportunities

Webinar: Canadian Parks, Recreation and Sport Infrastructure Database

Date: May 18, 2023

Canadian Parks and Recreation Association (CPRA) is hosting a free [webinar](#) on May 18 at 10 a.m. Pacific Time. Learn about the first-ever, open-platform database on parks, recreation, and sport infrastructure, and how you and your organization(s) can use it to freely access essential facility data to assist with planning, reports, and funding requests.

Funding Opportunities

PlanH Healthy Community Grants

Deadline: May 15, 2023

The application deadline for the 2023 PlanH Healthy Communities Grants has been extended. This extension offers an opportunity for more communities to apply for and access funding to support initiatives that promote community connectedness and healthy public policy. The PlanH Healthy Communities grants support Indigenous and local governments in B.C. as they work with health authorities and other partners to collectively create conditions that enable healthy people and healthy places. Administered by BC Healthy Communities, there are two funding streams being offered: [Community Connectedness](#) (up to \$5,000) and [Healthy Public Policy](#) (up to \$15,000).

Reclaiming My Language: A Course for Silent Speakers

Deadline: May 31, 2023

[Reclaiming my Language: A Course for Silent Speakers](#) is an Indigenous-developed program to support Silent Speakers to reclaim their language and begin speaking again. First Peoples' Cultural Council provides funding of up to \$35,000. BC First Nations communities and Indigenous organizations are eligible to apply.

Age-friendly Community Grants 2023

Intake: Summer 2023

The 2023 Age-friendly Communities grants are anticipated soon. The intake for applications is planned to open in early summer. If interested, local and Indigenous governments can get a head start by reviewing past application [materials](#) to learn about grant streams and criteria.

Disaster Mitigation and Adaptation Fund

Deadline: July 19, 2023

The [Disaster Mitigation and Adaptation Fund](#) is a national program designed to support construction of public infrastructure and/or modification or reinforcement of existing public infrastructure that prevent, mitigate or protect against the impacts of climate change, disasters triggered by natural hazards, and extreme weather.

Rural Transit Solutions Fund

Deadline: Ongoing

The Rural Transit Solutions Fund seeks to help Canadians living in rural and remote areas get around their communities more easily for their day-to-day activities and connect with other communities nearby. From on-demand services to publicly owned ride shares, and volunteer community car-pooling, funding will help rural, remote, Northern, and Indigenous communities to develop and offer new public transit options to their residents. Eligible organizations representing these communities can seek support through two program streams depending on the nature of their project: [Planning and Design Projects stream](#) for grants of up to \$50,000 & [Capital Projects stream](#) for grants of up to \$3-5 million. [Informational webinars](#) are available to learn more.

Welcome Home Kits

Deadline: Ongoing

[New Welcome Home Kits](#) provide household items and essential supplies to individuals and families throughout the province as they transition into more stable housing. The

approximate value of each kit is \$450. Organizations interested in participating in the Welcome Home Kits program can email info@sparc.bc.ca or call (604) 718-7736.

Provincial Homelessness Grants

Deadline: Ongoing

The Social Planning and Research Council of BC (SPARC BC) [Homelessness Community Action Grant](#) provides one-time funding for local planning and collaborative initiatives designed to better respond to the needs of those who are homeless or at risk of becoming homeless. Funding supports community-based action including demonstration projects, partnerships, research, and other collaborative efforts.

Northern Health Stories

Making a difference by volunteering

“When I walk into the Lodge, the clients’ faces light up! Knowing I’m going to make someone’s day brighter makes me very happy.” It was a desire to learn more about the medical field that first drew Jessica to volunteer with Northern Health. ...[continue reading](#).

See the latest stories at stories.northernhealth.ca

E-Brief Information

The Healthy Northern Communities [E-Brief](#) is produced by [Northern Health’s regional Population and Preventive Public Health program](#).

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