

This monthly publication is prepared by the [Northern Health Healthy Settings](#) team to provide information and resources for local governments and community organizations to promote and support community health across Northern BC.

Share your opinion

Sexual and Reproductive Health Survey

Northern Health is inviting members of the public to complete a survey about their experiences, needs and preferences around accessing sexual and reproductive health services. This information will help guide how we prioritize, plan, organize and deliver sexual and reproductive health services for Northern BC communities. Your participation in this survey is completely voluntary and confidential. Please consider completing or sharing this short [survey](#).



Resources (toolkits, reports, websites)

Canadian Parks, Recreation, and Sport Infrastructure Database (Canadian Parks and Recreation Association)

The Canadian Parks, Recreation, and Sport Infrastructure Database needs your input! This [database](#) has information about parks, recreation, and sport facilities across Canada, including location, size, services, and age. Communities can use this tool to help measure the value of local infrastructure and the impact of investments. As more communities add information to the database, the platform will become more useful and will help Canadian Parks and Recreation Association in its national advocacy efforts for the sector.



The price of inactivity: Measuring the impact of sport, physical activity, and recreation in Canada (Canadian Parks & Recreation Association & Canadian Fitness Lifestyle Research Institute)

Look no further for evidence to support investments in sport, physical activity, and recreation in your community. This [report](#) outlines the significant social, health, economic, and environmental impacts made possible by investing in activity.



Preparing for cold weather events (UBC Climate Hub)

Check out this [resource](#) for an array of cold weather coping strategies that support well-being at multiple levels (individual, community, and systems level).



Resource catalogue (ClimateReadyBC)

Climate change requires us to plan for the unexpected. While many regions of BC will have gentler winters with higher temperatures and wetter conditions in future, individuals are more likely to be unprepared when extreme cold and winter storms strike. To help you understand how your community can manage its risks, explore the resources and information within the [ClimateReadyBC resource catalogue](#) and [extreme cold winter storm webpages](#).



Events and learning opportunities

Join the Push-up Challenge (Canadian Mental Health Association)

Dates: February 1 to 23, 2024

In February, the Canadian Mental Health Association challenges Canadians to complete push-ups (or an [alternative exercise](#)) in the name of the 20 per cent of Canadians who experience a mental illness each year. Register for the free and virtual [Push-Up Challenge](#) to get moving, learn about mental health, and make a difference together!

Food and physical activity online workshop (Appetite to Play)

Date: February 15, 2024

Are you an early childhood educator and want to learn more about healthy eating for children 0-5 years old? Register for the Appetite to Play [Food and Physical Activity Online Workshop](#).

Increasing affordability through municipal climate action – nature-based solutions (Climate Caucus)

Date: February 20, 2024

Are you passionate about making a positive impact on your community and taking action on climate change? Are you eager to learn more about how municipalities can play a crucial role in addressing climate change while increasing affordability? Join this [webinar](#) to more about innovative policy solutions and successful case studies from municipalities across the country.

Indigenous Climate Resilience Forum (BC Climate Action Secretariat)

Dates: February 20-22, 2023

Join the [Indigenous Climate Resilience Forum](#), a free, three-day virtual event designed to inform, connect, and support Indigenous communities in building resilience to the impacts of climate change. The forum aims to centre Indigenous voices by sharing and celebrating the work happening in communities, facilitating knowledge sharing amongst Indigenous folks, and supporting connection between communities and government bodies.

Funding opportunities

Active Communities Grant (BC Alliance for Healthy Living)

Deadline: February 5, 2024

Apply for an [Active Community Grant](#) for up to \$50,000 to increase access to physical activity in your community. Indigenous communities and local governments are encouraged to take advantage of collaborative partnerships to strengthen their project and application.

Equipment Grant Program (Indigenous Sport, Physical Activity and Recreation Council)

Date: February 7, 2024

Need sporting equipment? First Nations, Métis Chartered Communities, friendship centres, and community not-for-profit organizations that deliver Indigenous sport, recreation and/or physical activity programs are invited to apply to the Indigenous Sport, Physical Activity and Recreation [Equipment Grant Program](#). Grant applications can range for requests from \$500 to \$3,000. Funding can be used to promote active lifestyles for Indigenous communities by reducing barriers and increasing access to sport, recreation, and physical activity programs.

Disaster Risk Reduction – Climate Adaptation (Union of BC Municipalities)

Deadline: March 28, 2024

Apply for [Disaster Reduction-Climate Adaptation funding](#) to support initiatives that reduce disaster risks from natural hazards and climate-related events. First Nations and local governments are encouraged to apply.

Anti-Hate Community Support Fund (Ministry of Public Safety and Solicitor General)

Deadline: March 31, 2024

Apply to the [Anti-Hate Community Support Fund](#) for up to \$10,000. This fund is intended to support organizations, such as places of worship or cultural community centres, which have sustained damages to their site(s) or are seeking to enhance security measures in and around their site(s).

Indigenous Housing Fund (BC Housing)

Deadline: April 30, 2024

Apply to the [Indigenous Housing Fund](#) to create new homes for Indigenous people in your community. Indigenous non-profit housing providers, First Nations and Indigenous governments, and non-profit housing providers are encouraged to apply.

Climate Fund Finder (Clean BC)

Deadline: Ongoing

Planning a climate action project? Need financial support? Not sure where to start? The [Funding Finder](#) is the tool for you. By answering a few questions, you'll be on your way to learning which programs fit your program best.

#GreenMyCity Program (Green Cities Foundation)

Deadline: Ongoing

Apply for a [#GreenMyCity grant](#) to support the restoration and revitalization of any publicly owned land, including parks, community gardens, sports fields, playgrounds, and public open spaces. Garden clubs, associations, neighbourhood groups, service clubs, and school/youth groups are encouraged to apply.

Northern Healthy Communities Fund (Northern Development Initiative Trust)

Deadline: Ongoing

Is your community nearby an LNG Canada or Coastal GasLink project? Apply for the [Northern Healthy Communities Fund](#) to help your community adjust to the economic growth expected to occur as a result of major economic development projects.

Northern Health Stories

WHO declares loneliness a “global public health concern”

The World Health Organization (WHO) recently shared a [report addressing the issues of social isolation and loneliness](#), highlighting the importance of fostering social bonds and connections for individuals' overall well-being. Loneliness and social isolation are widespread challenges that impact people across different ages and regions globally...[continue reading](#).

See the latest stories at stories.northernhealth.ca.

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