

## Resources to Stay Safe during the COVID-19 Pandemic

### Northern Resilient Communities Grants: COVID-19

Communities are resilient when they are able to respond to, withstand, adapt, and recover from adverse situations. COVID-19 has created many challenges for northern communities and community service organizations: it has changed how you deliver services, communicate with members, and run programming. COVID-19 has also surfaced new health and wellness needs within communities that organizations can address.

This [funding](#) is a one-time support for groups and organizations who need assistance adapting their practices and/or responding to new community health and wellness needs. Grants are available for a maximum of \$5,000 and applications will be accepted until funding is exhausted. Information on eligibility, application details, and links to other funding opportunities are on the [grant website](#).



## Resources

### Racing and the Social Determinants of Health and Health Equity Webinars

The National Collaborating Centre for Determinants of Health have published two webinars discussing systemic racism, social determinants of health, and health equity. [Part 1](#) and [Part 2](#) are available on YouTube, and they are targeted at public health practitioners, decision makers, and researchers.

### Street Space: Reallocating Street Space for Cycling and Walking

The BCCDC has published [resources](#) designed to help municipalities repurpose public spaces to accommodate more walking and cycling. There is an opportunity to sustain this strategy to have long-lasting population health impacts.

### Health Reports: The association between ambient air pollution concentrations and psychological distress

This new [study](#) looks at air pollution and psychological distress in four provinces, including BC. The study found higher distress scores associated with greater

concentrations of fine particulate matter, suggesting that air pollution may be linked to psychological distress.

### **Haida Independence and Sustainability Online Programming**

The Haida Gwaii Museum at Kay Lnagaay is publishing [online programming related to Haida independence and sustainability, with an emphasis on food security](#). The first two videos published explore Gaay.ya swaangadaya *Smoked Black Cod* and Xaaydaḡa *Dlaang Healthy Haidas*.

### **Video for Children to Watch Before COVID-19 Test**

[BC Children's Hospital](#) created a [video](#) for children to watch before they go to get a COVID-19 test.

### **Motorcycle Injuries in BC**

This new [resource](#) provides key facts, risk factors, and prevention strategies related to motorcycle injuries.

## **Online Courses, Programs and Activities**

### **Neurodevelopmental Disorders Webinars August 5 and 19, 2020, 8 – 9am PST**

Children's Healthcare Canada is hosting a three part webinar series exploring neurodevelopmental disorders. On [August 5, they are exploring aggression in children with Autism and related NDD's](#). On [August 19, they are exploring community-submitted case presentations](#), and discussing how they would approach and manage the children.

### **#MyLungLife Hockey Challenge**

The Lung Health Foundation is hosting a [hockey-inspired, Canada-wide fundraising campaign for lung health](#). Participants are encouraged to create virtual peer-to-peer fundraisers based around active lifestyle goals and achievements.

### **Tobacco & Vaping Control Forum September 22 - 23, 2020**

The [Tobacco and Vaping Control Forum](#) is going virtual this year. Participants will have the opportunity to profile new research, connect with stakeholders, examine control-related trends, discuss knowledge translation approaches and explore strategies to address emerging issues and potential impacts on decision making, research, policy and practice.

### **#EverybodyMoveNow: It's Summertime: Active Programming for All Ages**

Engage Sport North's [#EverybodyMoveNow schools programming](#) is providing healthy over the summer months! There will be three activities each week: a scavenger hunt, an exercise challenge, and a fun active game idea.

### **Being Active at Home Resources**

Choose to Move has developed a curated collection of evidence-based resources to [support older adults to get and stay active while at home.](#)

## **Funding Opportunities**

### **Northern Resilient Communities Grant**

Deadline: Until funding is exhausted

This [funding](#) is a one-time support for groups and organizations who need assistance adapting their practices and/or responding to new community health and wellness needs. Grants are available for a maximum of \$5,000 and applications will be accepted until funding is exhausted.

### **Updated Northern Health Summary of Food Program Funding Opportunities**

**Deadline: Varied**

Northern Health has updated an [extensive summary of food program funding](#) opportunities relevant to northern communities. If you are currently, or plan to start, providing food support to local community members, please review this list.

### **Housing Needs Report Program**

**Deadline: October 16, 2020**

Applications are now being accepted for the **final intake** of [UBCM's Housing Needs Report Program](#). This funding supports local governments in undertaking a needs report in order to meet provincial requirements.

### **Rural and Northern Communities Infrastructure Program**

**Deadline: October 22, 2020**

This [fund](#) is designed to meet the unique public infrastructure needs and priorities of northern BC's small, rural and remote communities. Infrastructure should contribute to food security, reliable road, air, and marine infrastructure, improved broadband connectivity, more efficient and/or reliable health facilities, or improved education and/or health facilities.

### **BC Housing Community Housing Fund**

**Deadline: January, 2021, but "Construction Read Projects" should apply by September 4, 2020**

[BC Housing's Community Housing Fund](#) works with non-profit organizations, housing cooperatives and local governments to create affordable rental homes for middle and low-income families, independent seniors, and individuals in BC.

### **President's Choice – School Nutrition Grant**

**Deadline: September 30, 2020**

Provides up to \$10,000 to schools and non-profit to [deliver meals, snacks and food-based education programs](#). The grant supplements existing programs, allowing for higher quality, more sustainable programming.

## **Share Your Experiences and Ideas**

- [BEST BC](#) wants to know [why you walk, and if your walking habits have changed during COVID-19](#). Take five minutes of your time to complete their walking survey and be entered into a draw to win a Commuter Backpack from [Two Wheel Gear!](#)
- The Union of BC Municipalities wants to hear from [local governments about how the COVID-19 pandemic has affected staffing decisions](#). Information gathered will inform UBCM's advocacy work.
- [Let's Talk Northern Health](#) wants to hear your [questions and ideas related to major capital projects](#) in Terrace, Fort St. James, and Dawson Creek.

## **Northern Health Stories**

### **Community collaboration in Fort Nelson results in better care**

"It's a team thing," says Tony LaRocque. "I know that's the secret to making anything work on a community level – just collaborating. Know the resources in the community and work together." [...continue reading.](#)

### **Local eating: Accessing local food in Northern BC**

Global events have shed light on many things, including how we access food. Though grocery stores are well stocked, some people have a new interest in local food. Are you thinking about adding more local foods to your diet? Here are some ideas to help get you started! [...continue reading.](#)

### **Bee-ing flexible: School pollinator program engages students at home**

In the last months of the 2019-2020 school year, schools worked hard to find inventive ways to connect with students and families. As learning shifted from schools to homes, teachers and community organizations worked to develop and adapt creative solutions to help keep students connected to local food systems. The Northwest BEE SEE program was no exception. With the help of some incredible teachers and dedicated

community partners, the program was able to quickly adapt to fit the needs of students learning from home. [...continue reading.](#)

See the latest stories at [stories.northernhealth.ca](http://stories.northernhealth.ca).

## E-Brief Information

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

- **To subscribe**, send a blank email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca) with "subscribe" in the subject line.
- **To unsubscribe**, send a blank email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca) with "unsubscribe" in the subject line.

**To share information, articles or resources of interest to northern BC communities**, send an email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca).

If you have any questions about our list and your privacy, please phone 250-645-6568.