

## Northern Resilient Communities Grant

Community action is most effective when it is rooted in and driven by community. In Spring 2020, the IMAGINE Community Grants program saw an increase in applications seeking to address a variety of challenges in communities related to the COVID-19 pandemic, ranging from food security projects to communicable disease control initiatives. To address these challenges, NH initiated the [Northern Resilient Communities Grant](#) program. Launched in August 2020, this funding stream was a one-time support for groups and organizations who needed rapid assistance with adapting their practices and/or responding to new community health and wellness needs in response to COVID-19. To date, the program has received 116 applications and has invested \$282,103 into 69 projects in communities across the north.



Hear what one grant recipient has to say:

*“We were able to purchase 54 pairs of snowshoes. Initially, the goal was physical fitness and literacy during the winter. Classes who used the snowshoes regularly reported an increase in student fitness and a correlated increase in attentiveness in the classroom. As students got better at attaching the bindings, they were able to explore more deeply the forest surrounding Heather Park School in Prince George. Many classes expanded their outdoor education during the pandemic. We developed partnerships with our local First Nations community while using these snowshoes. The Aboriginal Education coordinator came into classrooms and taught a First People’s history of snowshoes. She showed students a caribou hide and sinews, and explained the process of creating a pair of snowshoes and their traditional use in Aboriginal culture. Our students loved getting outside during those long winter months; the pandemic has been very challenging for students and their learning spaces. The snowshoes created new and exciting opportunities safe outdoor learning. Thank you so much, Northern Health”*

- Heather Park Elementary

## Resources (toolkits, reports, websites)

### Farm to School BC: School Garden Crop Planning Guide

Farm to School BC has developed a [crop-planning guide](#) for school gardens that focuses on spring and fall harvest while minimizing work in July and August. The

planning guide was developed in partnership with West Coast Seeds and provides northern-specific garden planting timelines.

### **Open Hearts. Honest Conversations: A podcast from Family Services of the North Shore**

Join registered clinical counsellor Valerie Dolgin and her guests as they [chat about the issues, big and small, we are all facing together](#). From heightened anxiety and body image to pandemic parenting and finding joy in unexpected places, we'll laugh and share relatable stories about what we're learning – and our challenges along the way. Grab your walking shoes or fill up the sink and tune in for a lively discussion, including concrete tools and coping techniques you can apply across your own life.

### **How the eight domains of Age-friendly Communities impact social connectedness**

In Age-friendly planning, the goal is to create an environment in which older adults are able to age healthily in place (at home and/or within their municipality) and participate fully in their community, eliciting a sense of belonging and fostering social connectedness. To learn more about age-friendly communities read Sarah Dyer's blog, available on the [BC Healthy Communities webpage](#).

### **Collaborative Action on Health and Climate Change – Community Stories**

The [BC Climate Health Network](#) has compiled a collection of stories from communities and regions across BC. These stories demonstrate leadership from First Nations, local governments, health authorities, and non-profit organizations. They feature collaborative action on addressing health and integrating equity into climate action planning, extreme heat, wildfire response, air quality, flood response and capacity building. Check out the [booklet of stories](#) to learn more, and get inspired about addressing health and equity while building climate resilient communities.

### **Report: Food Access across British Columbia**

From February 3, 2021 to March 3, 2021, the Public Health Association of BC (PHABC) conducted a survey for organizations offering food access programming. The research team conducted a foundational analysis on the results of the survey in an effort to characterize and understand the current landscape of food access programming across British Columbia (BC). Visit the [PHABC webpage](#) to read the Executive Summary and the Full Report.

## **Events and Learning Opportunities**

### **ParticipACTION: Community Better Challenge**

### **Timeline: June 1-30, 2021**

The ParticipACTION Community Better Challenge is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community. One community will be crowned Canada's most active and win \$100,000. The most active community in each province and territory will also win. Physical activity can help us stay healthy in mind, body, and community spirit. [Join the Challenge](#) and track your activity to help your community win!

### **Webinar Series: Building Knowledge**

**Date: June 1 – October 28, 2021**

A number of factors affect housing demand in non-metropolitan areas of BC. Join the Community Development Institute (CDI) at the University of Northern British Columbia for this webinar series to learn how housing demand will be impacted in the coming years. Each webinar will focus on a specific region of the province with detailed information about population trends, housing stock, the housing market, and discussions about the opportunities, challenges, and strategies related to the housing industry. This presentation provides data that can be used by developers, builders, planners, architects, and government in developing business models and strategic plans. [Learn more and register on the CDI webpage.](#)

### **Webinar: What would it take to end Food Insecurity?**

**Date: June 16, 2021**

There has long been a call for a National Food Policy Council in Canada, and the recent launch of the [National Food Policy Advisory Council](#) signals that this is finally becoming a reality. The federal government has acknowledged the importance of addressing food insecurity in Canada, but what would this look like, and what is needed to ensure all Canadians are food secure? Join the Tamarack Institute alongside the Maple Leaf Centre for Action on Food Security, for a discussion with panelists on the role of different sectors in moving from short-term, downstream responses to long-term, systemic solutions that build capacity, enable COVID-19 recovery, and increase resiliency. [Register here.](#)

## **Funding Opportunities**

### **Union of BC Municipalities (UBCM): Housing Needs Report Program**

**Deadline: June 4, 2021**

The Housing Needs Report program supports local governments in undertaking housing needs reports in order to meet the provincial requirements. The reports will strengthen the ability of local governments and Treaty First Nations in BC to understand housing

needs in their communities, and help inform local plans, policies, and development decisions. To learn more and to apply visit the [UBCM webpage](#).

### **Canada Healthy Communities Initiative (CHCI)**

**Deadline: June 25, 2021**

Round two of the [Canada Healthy Communities Initiative](#) has opened. The Healthy Communities Initiative is a \$31 million investment from the Government of Canada to transform public spaces in response to COVID-19. The Healthy Communities Initiative will provide funding to a broad range of organizations, including local governments, charities, Indigenous communities, and non-profits for projects, programming and services that help communities, including creating safe and vibrant public spaces, improving mobility options, and providing innovative digital solutions. Visit [this link](#) to apply.

### **BC Infrastructure Planning Grant Program**

**Deadline: July 16, 2021**

The Government of BC is offering support for projects related to the development of sustainable community infrastructure through the [Infrastructure Planning Grant Program](#). This grant program is open to municipalities and regional districts and is available year-round with regular processing deadlines. Some examples of projects include asset management plans, integrated storm management plans, water master plans, and liquid waste management plans.

### **Indigenous Peoples Resilience Fund**

**Deadline: September 30, 2021**

The Indigenous Peoples Resilience Fund (IPRF) is an Indigenous-led effort to respond to urgent community needs while taking a long-term view on building community resilience. An [Indigenous Advisory Council](#) governs the funds and approves all governance, resilience fund projects, communications, and fund-raising strategies and recommendations related to the work of fulfilling the purpose of the IPRF. Any Indigenous-led organization working to foster resilience in Inuit, Metis, and First Nations communities anywhere in Canada can apply for resiliency support ranging from \$5,000 to \$30,000. For examples of eligible projects, see the [Applicant Guide](#).

### **First Nations Adapt Program**

**No deadline at this time**

This [federal program](#) supports First Nations communities to assess and respond to climate change impacts on community infrastructure and emergency management. It

prioritizes communities most impacted by sea level rise, flooding, forest fires, and winter road failures. Applications are reviewed on an ongoing basis.

## For Your Information

### **Research study: Physical activity in rural communities**

University of Northern BC, UBC Okanagan, and Northern Health are partnering on a physical activity research study. We want to hear from you about what helps and what stops you from being active where you live. Participants must be 18 years of age or older, and will receive a \$25 gift card as a thank-you for participating. Participation will be via individual or small group interviews over phone or Zoom (45 min – 1.5hr commitment). Contact [ruralactivity@unbc.ca](mailto:ruralactivity@unbc.ca) or phone/text 1-778-675-7235 for more info.

### **Advocate to beat youth vaping**

One in five grade 7-12 students in Canada vapes. Vaping is linked to respiratory harm, and nicotine is addictive and can damage the developing brain. The vaping industry targets youth through enticing flavours and attractive packaging. Have your voice heard by filling out the [Heart and Stroke's petition](#) and tell the federal government young people need to be protected.

## Northern Health Stories

### **12-year-old Quesnel resident is COVID-29 vaccinated and encouraging others**

As the COVID-19 vaccine roll-out continues through Northern Health, we are seeing community members of all ages attend the clinics to receive a dose of the vaccine that can protect those they love and the general public... [continue reading](#)

### **Physician highlight: Dr. Terri Aldred, Prince George**

Dr. Terri Aldred has dedicated her life and career to healing Indigenous peoples in Northern communities. A Carrier from the Tl'azt'en Nation, whose traditional territory is North of Fort St. James, Dr. Aldred was born in Prince George, the traditional territory of the Lheidli T'enneh people... [continue reading](#)

### **An FNHA nurse advisor on being a COVID-19 vaccine immunizer**

Born and raised in the North, from the Tshimian First Nation, Jadyn Koldeweihe is a Nurse Advisor who works with First Nations communities and is dedicated to increasing their knowledge of how to treat chronic conditions. She also has experience working with clients from vulnerable populations. During the pandemic, however, her work has

expanded to include vaccination clinics. We talked with Jadyn to learn more about what this experience has been like for her... [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.