

# Northern Health Healthy Communities E-Brief

January 2023

Happy New Year! The Northern Health Healthy Settings team welcomes newly elected local government officials and new subscribers to the E-Brief. The E-Brief is a monthly newsletter sharing resources, learning opportunities, and grant funding opportunities that support community health in Northern BC. Past editions are found on the [E-Brief and Updates webpage](#).

To create communities where everyone can thrive, we need all the right building blocks in place: stable jobs, quality housing, good education, access to health care, and more. With a new year upon us, it's a natural time to reflect on the past and plan for the future. Our team is here to support; we work with local governments and non-profit organizations to improve community health and well-being. We aim to support healthy people in healthy communities. Learn more about the [Healthy Settings team](#) and connect with your local [Healthy Settings Advisor](#).

We are excited to share that the [IMAGINE Community Granting program](#) is re-launching in February 2023! Stay tuned for more information in the February E-Brief. IMAGINE provides one-time funding to non-profit organizations, Indigenous communities, schools, and local governments for projects that support community-led health and wellness initiatives. Projects should focus on one or more of the following health priorities:

- Culturally Diverse Community Wellness
- Mental Wellness
- Harm Reduction
- Climate Health Action
- Food Security
- Active Living
- Community Safety



## For Your Information

### National Non-Smoking Week

National Non-Smoking Week takes place January 15 to January 21. This annual campaign stresses the importance of educating our children and youth by protecting them from starting cannabis, commercial tobacco, and vapour use. Did you know that one of the best ways to improve your health and the health of those around you is to quit using commercial tobacco? Visit the Northern Health Smoking and Commercial Tobacco [webpage](#) to learn more about tobacco reduction policies and smoking cessation resources.

## Resources (toolkits, reports, websites)

### BC Safe Routes Now: Active Transportation Inventory

The BC Cycling Coalition Active Transportation Inventory Project shows the current state of active transportation plans across the province. This map-based inventory allows community members, government, and other partners to see what infrastructure is proposed, what exists already, and where there is no plan in place at all. Check out the [inventory](#) and [add your community](#) if it has been missed.

### Connecting to Culture for Harm Reduction

[Connecting to Culture](#) is a three-part video series that addresses harm reduction, substance use, and stigma through an Indigenous cultural lens. Created by filmmaker Asia Youngman (Cree/Métis) in partnership with the First Nations Health Authority and Vancouver Coastal Health, the videos can be a support tool for community members in harm reduction discussions.

### Living Wage Rates 2022

Living expenses in BC, particularly for housing and food, are rising for families, meaning higher wages are needed for working families to afford their basic needs. A new [report](#) shows the living 2022 living wages in 22 different BC communities.

## Events & Learning Opportunities

### Northern Indigenous Food Ways: Learning Circle Series for K-12 Educators

**Dates: January 11, 2023**

Farm to School BC is hosting a free [webinar series](#) for educators, led by local Indigenous Knowledge Holders, to support educators with learning about Indigenous food ways and teachings. The next session is hosted by Jacob Beaton from Tea Creek Farm who will share about the history of Indigenous food in the Northern context and the Tea Creek model.

### Overcoming Ecoanxiety and Caring for Ourselves and Others

**Date: January 11, 2023**

Climate change can trigger many emotions, from fear and anger to hopelessness and despair. Tamarack Institute is hosting a free [webinar](#) that will focus on how we can support and build connections with others to inspire positive action and bring joy and hope.

### **Braiding Sweetgrass for Young Adults**

**Date: January 17, 2023**

Join Monique Grey Smith, award-winning author, as she shares about her most recent book, the adaptation of Robin Wall Kimmerer's Braiding Sweetgrass for Young Adults. In this free and engaging [online workshop](#), you will learn about how to share Indigenous Wisdom, Scientific Knowledge, and the Teaching of Plants with young adults.

### **School Garden Mentorship Program**

**Dates: January to October 2023**

Farm to School BC is offering a series of free monthly after-school [online workshops](#) to support K-12 educators in BC with planning, creating, or revitalizing a school garden. The first workshop is on January 24.

### **Local Government Contribution: A Game Changer for Positive Social Change**

**Date: January 25, 2023**

Communities are facing many complex social challenges, from the impacts of rising costs to climate emergencies. For local governments with limited capacity and resources, leading social change can be daunting. Tamarack Institute is hosting a free [webinar](#) that will explore avenues and tools to help local government leaders, staff, and community-based change makers better understand and embrace what is possible for positive social change.

### **Arrangement Options for Older Adults: At home. In community**

**Date: January 26, 2023**

Healthy Aging CORE Canada is hosting a free [webinar](#) to mobilize action on health and well-being for older adults by focusing on effective models and the policies, practices, partnerships, and networks that support them.

## **Funding Opportunities**

### **Vision Zero in Road Safety Grant**

**Deadline: January 16, 2023**

The British Columbia [Vision Zero in Road Safety Grant Program](#) offers funding to local governments, Indigenous governments, and non-government organizations to support road safety projects. The goal of the program is to prevent injuries for vulnerable road users such as people who walk, cycle or wheel in our communities. Indigenous communities and governments are invited to submit applications for the road safety projects that best suit their needs. Up to \$20,000 in funding per project is available.

## **Infrastructure Planning Grant Program**

**Deadline: January 18, 2023**

[Infrastructure Planning Grants](#) are provided for projects to study the feasibility, costs, technology, and location of proposed sewer, water, drainage, transportation, or other local government infrastructure. The grants can be used for community energy planning or energy related feasibility studies.

## **ParticipACTION Community Challenge Grants**

**Deadline: February 1, 2023**

Community organizations are invited to apply for grants of up to \$5,000 for the [ParticipACTION Community Challenge 2023](#), which will take place in June. These grants are designed to increase sport and physical activity participation, with a focus on equity-deserving groups, and can be used for staffing, training, promotion, equipment, or venue rentals.

## **Connecting Communities BC**

**Deadline: February 15, 2023**

The [Connectivity Funding Program](#) supports expanding high-speed internet services to under-served rural, remote, and Indigenous communities.

## **Access to Action: Increasing Access to Physical Activity for Canadian Students**

**Deadline: February 28, 2023**

[Access to Action Grant Program](#) supports schools and equity-deserving children and youth in delivering and accessing high quality sport and physical activity programming before, during, and after school. Schools, school divisions, and community sport organizations working with schools are eligible to apply for grants of up to \$20,000 for projects in the 2022 to 2023 school year.

## **Rapid Housing Initiative Funding**

**Deadline: March 15, 2023**

The [Rapid Housing Initiative](#) provides funding for local governments looking to build new housing and/or purchase existing buildings that will be rehabilitated or converted into permanent affordable housing.

## **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.

## **Climate Fund Finder**

**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. If you're still looking for project ideas, the Funding Finder can show you a range of possibilities to help spark your imagination.

## **Northern Healthy Communities Fund**

**Deadline: Ongoing**

Local governments, Indigenous communities, and non-profit organizations that provide supports and services to people in expanding communities near the Coastal Gaslink and LNG Canada projects can apply for project funding through the [Northern Healthy Communities Fund](#).

## **Reaching Home – BC Rural and Remote Homelessness Strategy**

**Deadline: Ongoing**

The [BC Rural and Remote Homelessness Strategy Funding](#) is available to communities who are not currently part of an existing Reaching Home funding program, to support projects that reduce and prevent homelessness. Eligible projects can run up until March 31, 2023.

## **Northern Health Stories**

### **Surviving respiratory illness season**

With the arrival of the chilly weather and the holidays fast approaching, more people will be gathering indoors and making merry. While many of the restrictions we've experienced over the last few years have been relaxed, it's still important to do what you can to prevent the transmission of respiratory viruses like COVID-19, RSV, ERV, and influenza...[continue reading](#).

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

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