

imagine



# IMAGINE Community Grants Project Report 2014





*The Robson Valley Community Learning Project - The Open Gate Garden (2013 - McBride)*

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# TABLE of CONTENTS

Why Community-Based Grants? .....	Page 3
Introduction .....	Page 3
Background .....	Page 3
Quality Improvement .....	Page 3
I.M.A.G.I.N.E. Acronym .....	Page 4
All Northern Regions .....	Pages 5 - 6
Northeast HSDA .....	Pages 7 - 11
All Northeast Regions .....	Page 7
South Peace Region .....	Pages 8 - 9
North Peace Region .....	Page 10
Fort Nelson Region .....	Page 11
Northern Interior HSDA .....	Pages 12 - 22
Prince George Region .....	Pages 12 - 15
Omineca District Region .....	Pages 16 - 17
Lakes District Region .....	Page 18
Quesnel Region .....	Pages 19 - 20
Mackenzie Region .....	Page 21
Robson Valley Region .....	Page 22
Northwest HSDA .....	Pages 23 - 31
West Cluster Region .....	Pages 23 - 25
East Cluster Region .....	Pages 26 - 30
Central Region .....	Page 31

## WHY COMMUNITY-BASED GRANTS?

Health happens in community where people live, work, learn, play. Prevention of chronic disease and injury is everyone's responsibility. Northern Health supports innovation across communities, inspires community and community leaders, supports joint efforts across health, education and communities, and builds healthier and safer communities for all Northern people.

## INTRODUCTION

We are pleased to share the IMAGINE Community Grants Project Report 2014. IMAGINE funds community-based projects across the whole Northern Health region, supporting health promotion and prevention and the health and wellness of Northerners. Community Grants are available to all community partners, including organizations, schools or service agencies. Projects are funded to move ideas into action, targeting one or more modifiable risk factors, with the shared goal of preventing chronic disease or injuries.

This year, 97 projects have been funded for a total of \$294,750.

Funding for community projects is received from several programs across Northern Health:

- HIV Prevention (HIV) - Blood Borne Pathogens Team, Regional Chronic Disease Program
- HEAL for Your HEART (H4H) - Cardiac and Cerebrovascular Services, Regional Chronic Disease Program
- BCCDC Harm Reduction (HR) - Preventive Public Health
- HEAL, Injury Prevention (IP), Tobacco Free Communities (TFC) and Road Health (RH) - Population Health

## BACKGROUND

IMAGINE has deep roots in the north and is unique to Northern Health and HEAL. HEAL (Healthy Eating Active Living in northern BC) was a 3-year Diabetes initiative with funding from Health Canada. This initiative involved many healthcare professionals and leadership from across BC, working together with grassroots champions to accelerate the prevention of chronic disease. HEAL, together with Healthier Community Development, formed the core of Northern Health's original Population Health program. This work began to align with the strategic direction of a Population Health Approach. The Population Health programs continue to evolve toward a broad focus of addressing modifiable risk factors in support of the aims to prevent chronic disease and injury.

## QUALITY IMPROVEMENT

Across the organization, within a culture of quality, we are continuously improving the community granting work. We continue to develop broader partnerships and engagements from grassroots through to government. We continue to align the community granting work with the strategic directions of the organization. Additionally, we have begun to evaluate and track projects more intentionally by improving our processes including reporting of information and sharing stories with stakeholders and partners.

## I.M.A.G.I.N.E.

**I**nvesting upstream and for the long haul

**M**ultiple, strength based, strategies

**A**ddressing the determinants of health

**G**rassroots engagement

**I**ntersectoral collaboration

**N**urturing healthy public policy

**E**vidence based decision making



*Sk'aadgaa Naay Elementary School - Farm to School Salad Bar Program (2013 - Skidegate)*





## ALL NORTHERN REGIONS

### ***BC Wheelchair Basketball Society - The Let's Play Program, Northern BC (H4H - \$3,000)***

This grant supports northern delivery of the “Let’s Play Program”, creating a supportive and inclusive environment for children with physical disabilities to participate in PE classes, school sport teams and in local community settings.

### ***BC Forest Safety Council - Transportation Safety - Distracted Driving Prevention - Train the Trainer (RH - \$2,000)***

“Drop it and Drive” is a distractive driving prevention outreach and education organization that will develop and deliver the “Train-the-Trainer” workshops coordinated by the BC Forest Safety Council. There will be a minimum of three workshops that will train individuals to develop and deliver presentations to others.

### ***British Columbia Conservation Foundation - Wildlife Collision Prevention Program (WCPP) - WCPP Public Awareness Campaign (RH - \$5,000)***

The goal is to reduce the number of wildlife vehicle collisions and subsequent negative outcomes of injury and death for people and animals in northern BC. The three main priorities are to increase awareness of WCPP and its activities, increase visitors to the WCPP website and to have a stable or increased demand for brochures.

### ***Northern Brain Injury Association - “Head’s Up Northern BC” (RH - \$5,000)***

Goals are to increase awareness and knowledge about unintentional injury and its prevention, focusing on road safety hazards, unsafe pedestrian behaviour, and the importance of behaving consciously when using roadways; to empower citizens to reduce unintentional injury through skills acquisition and the use of appropriate ‘gear’ and ‘equipment’ (helmets, reflective outerwear, seat belts, etc.); to provide free and/or inexpensive helmets and reflective gear to people in need; to reduce the frequency of pedestrian/motor vehicle incidents in the north. Through increased community awareness, community members will also become more knowledgeable about the supports that are available for survivors of brain injury.

*University of Northern BC - Using GPS technology and a Northern Health Buses partnership to track Hitch Hiker activity in Northern BC (RH - \$5,000)*

Goals are to understand patterns of Hitch Hiker activity in northern BC, to map by gender and group where hitch hikers are attempting to catch rides. Specifically, we are planning to build a partnership with the Northern Health buses to expand on our current work with courier companies. We have worked with the Northern Health buses on another project and hope to capitalize on their regular schedules to capture more consistent GPS data on hitch hiker activities. This project is in partnership with the RCMP and is in response to the 18 women, who have been identified as murdered or missing along the "Highway of Tears". All of these cases are unsolved and all victims were involved in high-risk activity or last seen along one of three northern BC Highways: Highway 16, Highway 97 or Highway 5.



*Fort St. John and District Sports Council - Fort St. John Skatepark (2013 - Fort St. John)*

## Northeast HSDA

### ALL NORTHEAST REGIONS

BLUEBERRY RIVER, DOIG RIVER, FORT NELSON FIRST NATION, HALFWAY RIVER, PROPHET RIVER, SAULTEAU FIRST NATION AND WEST MOBERLY FIRST NATION

*Northern BC First Nations HIV/AIDS Coalition - North East Youth Train-the-Trainers (HIV - \$25,000)*

The goal is to send youth from seven First Nations communities to Fort St. John, in order to educate through HIV 101. The course will include the following subjects:

- STI's;
- body concerns (women sexuality);
- how to get tested;
- definition of HIV;
- transmission equation for HIV;
- activities that do and don't put a person at risk of getting HIV;
- putting on a condom;
- information about getting tested.

Youth will also participate in a forum to brainstorm ideas for future training.



## SOUTH PEACE REGION

### CHETWYND

#### *Chetwynd Harm Reduction Committee - Chetwynd Harm Reduction Awareness (HR - \$1,000)*

To reduce HIV infection, hepatitis, overdose deaths and other early deaths among people who use substances; reduce injection substance use in public places; reduce the number of used needles in public; reduce the sharing of needles and other substance use equipment; educate about safer injecting and reduce injecting frequency; educate about safer sex and sexual health and increase condom use; reduce crime and increase employment among people who use substances; reduce stigma surrounding Harm Reduction and create awareness and understanding of Harm Reduction.

#### *School District 59 - Little Prairie Elementary School - Food for Fuel - Our Outdoor Classroom and the Winter Games (HEAL - \$2,000)*

Students will be engaged in the research and construction of a greenhouse and designing outdoor gardens that will serve as a classroom for their learning education. This education will provide opportunities for students to learn how their food choices will affect their health, environment and community. For the purposes of this grant, the decision for seeds will be guided by, "Food for Fuel", with discussions about how the food we eat affects our performance, both physically and mentally, and while referencing the 2015 Winter Games and how athletes prepare for peak performance. (Note: This project also received a community-based award from a 2013 IMAGINE Project - "Hungry for Your Ideas" which followed a "Detroit Soup" model of community engagement dinners to support community-based decision-making on health promotion grants.)

### DAWSON CREEK

#### *Dawson Creek Harm Reduction Committee*

##### ○ *Harm Reduction Promotion in Dawson Creek (HR - \$1,000)*

The goals of this project are to build community capacity through prevention and harm reduction initiatives; to discuss harm reduction-related community issues; provide education for community members about prevention and harm reduction theory and practice; and develop ideas to promote a healthier Dawson Creek community.

##### ○ *Stop HIV/AIDS - Developing Community Capacity for Infection Prevention and Harm Reduction (HIV - \$5,000)*

Goals are to build community capacity in order to prevent the transmission of the Human Immunodeficiency Virus (HIV) through prevention and harm reduction initiatives within the Dawson Creek community.

#### *Nawican Friendship Centre - Youth - Hear our Voices (HIV - \$5,000)*

Supporting the aboriginal practice of oral tradition, this project will: create a documentary video produced by youth and distribute it to local area friendship centres, schools, libraries, colleges, health centres, band offices, etc. Youth will be given the knowledge of HIV prevention/harm reduction and they will develop interview skills, camera operation, cutting and editing, distribution and advertising. This project will bring youth and elders/seniors/community together for a common goal to share what they really know about the epidemic. The video can also be used as a learning tool for the community.

## TUMBLER RIDGE

### *TR CARES Society (in partnership with) Tumbler Ridge RCMP Victim Services - A New World: Social Media Awareness and Safety (IP - \$3,500)*

There are rising concerns and issues in this community with the use of social media and the effects on the health and well-being of children and youth. Parents have stepped forward to learn more about how social media works, impacts their lives and the lives of their children and community. This is a proactive and reactive approach to this emerging challenge and the community will come together to experience professional engagement from Mediated Reality "Social Media Education, Risk and Awareness". This engagement will address social media education and awareness, specifically for high-risk populations (children and youth), parents, educators and seniors. This project will also be layered with health promotion and harm prevention messaging.

## WEST MOBERLY

### *West Moberly First Nation - West Moberly After School Care Group (HEAL - \$2,000)*

This project will support qualified staff to build relationships with youth in order to identify common trends and risk factors affecting their lives. The focus will be to increase students' academic performance through assisted sessions, contact with the school and teachers' curriculum, and to provide opportunities for growth and responsibility development in areas of academics, emotional and social connectedness. "Healthy Lifestyles" will be promoted through a supportive environment to encourage learning and engagement about what healthy lifestyles means in areas of nutritious foods, indoor and outdoor physical activity, mentorship, building healthy relationships, sleep/rest and proper hygiene. The program will encourage peer support between older and younger students through staff mentorship.

## NORTH PEACE REGION

### FORT ST. JOHN

#### *Anneofield Kidz Club Child Care Society - Healthy Eating After School - Pilot Program (HEAL - \$1,090)*

This project will create a supportive setting where children will learn about healthy eating by preparing as well as eating healthy food; to support the development and practice of safety skills in a kitchen setting; and to raise awareness for children and their families about the good things they can put in their bodies and how to creatively prepare them.

#### *Fort St John Women's Resources Society - Building Community Capacity for Harm Reduction / HIV Prevention (HIV - \$5,000)*

The Fort St. John Harm Reduction committee was developed from last year's IMAGINE Grant funding. To support further development of this work, this group has determined the need to educate the community further on the Harm Reduction approach and HIV Prevention, so that stigma is decreased and that the community and other service providers may be more willing to take ownership of this committee.

#### *Prespatou Elementary - Secondary School - School/Community Greenhouse & Garden Project (HEAL - \$2,000)*

The project is an opportunity for the school to have a greenhouse and gardens that will build cooperation within the school, support interaction with the community and school and align with the prescribed learning outcomes of British Columbia, while supplying healthy food to our students. Funding will be used to buy the materials for four medium-sized green houses, growing lights and stands to begin growing before spring. The project will take place on the school property.

#### *The Salvation Army - Community Kitchen (H4H - \$3,000)*

The focus of this project is to help clients develop the necessary skills to feed their families healthy and nutritious foods to improve their overall health, well-being and enjoyment together. They will learn the differences of nutritional choices versus easy choices, quantities needed and how to shop seasonally, yet still make healthy choices that will work with their limited budgets.

## FORT NELSON REGION

### FORT NELSON

#### *Fort Nelson Aboriginal Friendship Society*

- *HIV Awareness Week (HIV - \$5,000)*

To raise awareness and educate members of the community on how to protect themselves and to break down the stigma/stereotype of AIDS and encourage testing and make safe sex a common practice. This project will arrange multiple showings of the educational play, "HIV unmasked", presented by artist, Valerie Lobb (Smithers), and related engagement activities.

- *Young At Heart (H4H - \$3,000)*

The project will encourage Aboriginal and non-Aboriginal Youth and Elders about healthy eating for a healthy heart. The focus will be on healthy cooking, healthy living workshops, traditional foods and supports for daily exercise. Activities will include healthy cooking workshops, elders teaching about traditional foods, daily exercises and use of Canada's Food Guide.

#### *Fort Nelson First Nation - Let's Get Moving - HEAL for Your HEART (H4H - \$2,000)*

Due to an identified community awareness of an increase in high blood pressure in the youth of this community, as well as diabetes, obesity and heart concerns, this project is intended to increase physical activity for all ages through the creation of a walking club, sponsoring a trail walk and offering free fitness classes for community members of all ages (Zumba, Kickboxing, Yoga & How to Work with Weights).

#### *GW Carlson Elementary - Stay Active in the Winter! (HEAL - \$2,000)*

The goal of this project is to have as many students as active as possible each and every day at school. We want it to be a fun, safe and inclusive environment because, due to extreme cold weather, there are long periods of time where students are unable to go outside and play during their breaks. This inactivity affects student energy, mood and ability to focus and learn. The grant will provide resources to run a lunchtime fitness program that will be available for all students of all abilities to participate in, and by providing more opportunities for students to move, the overall student health and well-being will improve.



*Wells Community Garden - Wells Community Garden Expansion Project (2013)*

## Northern Interior HSDA

### PRINCE GEORGE REGION

#### PRINCE GEORGE

##### ***BC Schizophrenia Society Prince George Branch - Activity Centre for Empowerment - Healthy Eating for Healthy Lifestyles (H4H - \$3,700)***

The goal of this project is to build individual capacity to make healthier choices around food and nutrition in a high risk population. Poverty, risk of homelessness and challenges around weight gain associated with illness and medication often lead to poor health and food choices. Goals also include long-term improvements in health outcomes in this setting focusing on health improvements lead by the community and hence adhering to the self-determination theory, programs will increase levels of engagement, long-term continuance and health outcomes.

##### ***Canadian Mental Health Association (CMHA) Prince George Branch - Clubhouse Clean Air & Clubhouse in Motion Project (TFC - \$3,000)***

This project will work with CMHA's clubhouse program to initiate and sustain a tobacco cessation program combined with support to assist membership to become healthier in terms of their diet and mobility. The goal is to assist individuals with severe and persistent mental illness to learn how to cease or reduce their use of tobacco, develop healthy eating patterns and build a healthier lifestyle, while living within poverty and coping with weight-inducing medications.



***Carney Hill Neighbourhood Centre Society - The Family Unity Program  
(H4H, HEAL & TFC - \$6,000)***

This grant will support the weekly delivery of the “Family Unity Program”, developed to create healthier families, healthier youth and healthier children. The focus of this grant funding will be to educate and model a healthier approach to food for families and will be used for funding food purchase and food growth to be used in a teaching curriculum. Families will be engaged to plant, tend, harvest, prepare and sit down together to eat and experience healthy food they have grown and/or prepared. The project will encourage cognitive development, social and emotional development and physical development, by bringing family together for meals and a stimulating social program that encourages inclusiveness for the benefit of children and families. In addition to family focused food preparation and sitting down to eat together, each week a wellness topic will be shared.

***Community Futures Fraser Fort George - Prince George PechaKucha (HEAL - \$1,500)***

The short-term goal of PechaKucha Prince George is to provide community organizers a platform to share and celebrate their creative projects that address food and health issues in the community and to provide an audience with a fun, inspiring and entertaining way to learn about all the amazing projects happening in the city. The long-term goal of this project is to connect designers, artists, photographers and other creative minds with community movements aimed at promoting social change.

***DP Todd Secondary - Break the Habit - True North Strong and Smoke Free (TFC - \$1,000)***

This project will create and support a positive, healthy space for youth during school break times as an alternative to going to the “smoking areas”. A space in the school will be set aside with support available, health information provided and engagement through healthy activities and discussions.

***Highglen Montessori Elementary PAC - Greening the School & the Learning Garden  
(replacement) Project (HEAL - \$2,150)***

This grant will support the development of a portable gardening system that will move with the school to its future location, as they are currently displaced due to a fire in their previous building. Goals are to create and nurture a greener school environment – both inside and outside; support healthy eating and healthy choices; enhance elementary education in the areas of gardening (science/botany) food systems, community food security and healthy eating; actively involve children, staff and parents in food production; and provide opportunities for active, hands-on learning and create a sense of pride and stewardship through involvement and ownership in a series of greening and growing projects. The focus will be to add a small, portable greenhouse to the school foyer, bring in small hydroponic growing units for eight different classrooms and to add small outdoor (de-constructible) raised garden beds.

***Northern HIV and Health Education Society - Resources for Health Enhancement and Resilience  
(HIV - \$3,500)***

This project focuses on the following identified HIV Prevention activities: supporting awareness campaigns and community engagement that leads to increased HIV testing in northern BC communities; and providing promotion, education and skill building in their communities to prevent HIV and/or secondary health problems.

### ***PG New Hope Society - Harm Reduction Safety Kits (HR - \$500)***

The goals are to increase accessibility to Harm Reduction materials and supplies, increase awareness for the participant population and create and make "Safety Kits", available as a means to encourage Harm Reduction in the participant's day-to-day activities.

### ***Pinewood Elementary School - P.L.A.Y. (Pride, Leadership, All Together, You Make a Difference) (H4H - \$1,500)***

This grant will support the leadership club to improve school climate and culture with fun. Leadership students have set a goal to encourage students to be active and enjoy outside aerobic activities. To encourage both indoor and outdoor physical activity, Leadership students will help organize events and activities.

### ***Positive Living North: No kheyoh t'sih'en t'sehena Society***

#### ***o Community Voices HIV/AIDS Toolkit (HIV - \$3,000)***

This project will expand work with their DVD, developed last year, and utilize it as a teaching tool to be distributed to communities throughout northern BC, developing a resource binder and workbook to accompany and supplement the DVD.

#### ***o PHA Individual and Community Empowerment (HIV - \$3,000)***

The primary goal of this project is to provide people living with HIV/AIDS/HCV (PHA's) with the appropriate tools that will lead to a positive healthy outcome.

#### ***o Positive Faces Positive Messages (HIV - \$3,000)***

The primary goal of this project is to empower the "Frontline Warriors" in their work, developing individual resources (pull-out banners), based upon their unique stories, that will be utilized to increase messaging around testing, decrease stigma and discrimination and stress the prevention messaging through first-hand experience.

#### ***o Prevention through Art Expression (HIV - \$3,000)***

This project will engage Fire Pit patrons to express their thoughts on HIV/AIDS/HCV prevention. Workshops will support participants to learn about the basics around HIV transmission routes, bodily fluids and prevention strategies. Local community artists will be engaged with participants to discuss ways to turn the HIV/AIDS/HCV messaging into art. The primary focus will be to paint on canvas material what HIV/AIDS/HCV prevention means to them. Canvases will be displayed at the Fire Pit.

### ***Prince George Division of Family Practice Society - Blue Pine Clinic Community Kitchen (HEAL - \$2,000)***

This project will be support preparing a kitchen in a primary care setting to become a teaching kitchen. Expenditures will be related to "Food Safe" training for clinic staff, kitchen materials (pots, mixing bowls, etc.), basic pantry supplies and initial food costs to begin the program. This is a new opportunity to outfit a kitchen in a primary care setting that will be available to multiple partners within the community. Northern Health's Population Health Dietitians will support the development of curriculum for kitchen participants as a pilot to share with other emerging kitchens in primary care settings.

***Spruceland Traditional School - Spruceland Traditional School Mountain Bike Team  
(HEAL - \$2,050)***

This project will focus on activities that are possible for all students, by removing the social barrier of economic inequities, to get students off the couch and be active after school, to teach them how to ride safely on public roads, to teach them about healthy eating and hydration, to teach them about wearing protective equipment and why it is the law, and to get them in touch with activities that they can do in Prince George without it costing a lot of money.

***The Exploration Place - Explorers Urban Garden (H4H - \$2,500)***

The project will engage the general public, preschool, after school care and summer camps with the opportunity to discover and build a healthier relationship with food production and consumption, by learning about where food comes from and enjoying the physical and mental benefits of being active outdoors.

***UNBC School of Nursing and BCCA Prevention Program - "UNBC Tobacco Free Tuesdays"  
(TFC - \$800)***

Student nurses will bring in the "Smoke Eater" from Vancouver. This is a resource to engage people around quitting smoking by offering to exchange prizes for people surrendering their cigarettes. The project will include meetings with UNBC staff and service providers and a media campaign. In addition, part of this project includes a research piece that would track UNBC students connecting to QuitNow.

***UNBC, School of Health Sciences - Food Intake Patterns and Psychosocial Factors related to  
lifestyle in ethnic (non-aboriginal) populations in Prince George, BC (H4H - \$3,000)***

This project is research-level engagement by UNBC graduate students of ethnic (non-aboriginal) populations in Prince George to gather detailed information related to food intake patterns and eating habits. The ultimate goal is for the data to be used to help understand the determinants of healthy/unhealthy eating and food preferences that will be used as a foundation for designing heart health intervention strategies for this population.

## OMINECA DISTRICT REGION

### FORT ST. JAMES

*Fireweed Collective Society - Women's Sexual Self Story (HEAL & HR - \$1,000)*

Teen Workshop:

Goal is to teach and to affirm healthy, sexual identities of Teen girls in Fort St. James, in the hopes of preventing sexual violence, while promoting greater sexual awareness, vocabulary and acceptance in the community and to educate the participants about sexual health and increase condom use.

Adult Workshop:

Goal is to explore, identify and heal personal concepts of sexuality in a safe and creative way, such that the participants experience improved quality of sexual lives, as well as improvements to personal relations.

### FRASER LAKE

*Stellat'en Health Centre*

○ *Relapse Prevention (H4H & TFC - \$3,500)*

This project will support a long-term group where men can meet on a regular basis, with a format of building trust among group members, a space to talk about their lives and the challenges they face around relationships, work, children, addiction, sense of purpose, direction and fulfillment. Health, on the spectrum of mental, physical, emotional and spiritual aspects will be explored to include open discussions of practical, emotional and relationship care and planning. The group will develop increased community involvement and increased self-esteem and self-worth, and will work within an overall community plan to build a healthier population.

○ *Healthy Eating Active Living (H4H - \$2,000)*

To support the community to come together at the health centre to learn how to preserve, can and cook with fresh garden foods. This grant will support the purchase of the following commercial equipment: canner, food dehydrator, food processor, vacuum sealer and meat slicer.

○ *Stellat'en Health and Wellness (H4H - \$2,000)*

We see the people in our community encouraging others to practice activities for healthy living and will support these people with an opportunity to do a workshop for the community and providing funding from these grant dollars to support these community workshops. Our ultimate goal would be that everyone in the community participates in our community garden and smokehouse so that they can enjoy healthy activities and healthy eating.

### *Village of Fraser Lake - Fraser Lake Road Health Awareness (RH - \$5,000)*

This is a community partnership working to ensure all industry safety coordinators and trainers are educated regarding road health and are supported to communicate key concepts to their workforces. Additionally, this partnership involves the Elementary-Secondary School incorporating information into their curriculum specifically targeting Grade 10 students and the growing industry in this area that is dealing with an influx of new workers that are operating trucks and heavy equipment in worksite and work camp settings. The goal is to ensure that road health information is widely understood and shared, Ensuring that road health information is widely understood and shared will lead to the development of future safety programs to reduce road incidents on area highways and roads and will improve the health of the emerging workforce building in this area due to an increase in resource development and mining activity.

## **VANDERHOOF**

### *Saik'uz First Nation*

- *Saik'uz Youth 'Be HIV/AIDS Aware' Project (HIV - \$5,000)*

This project will educate youth, in collaboration with Saik'uz Elders, on HIV/AIDS. The goal is to reduce HIV infection in Saik'uz First Nation and other First Nation communities through organizing and hosting a series of educational workshops and activities to encourage the Saik'uz people to get HIV testing done and challenge other First Nation organizations to also participate.

- *Saik'uz Youth 'Paths of Our People' Project (H4H - \$2,000)*

Goals are to provide community an opportunity to participate in active living with a cultural component by increasing health and wellness, by promoting decreased sedentary behavior and increased physical activity; promoting healthy lifestyle choices, through active living and healthy eating; and education on the benefits of life-long active living, to improve health and reduce the rate of chronic disease.

### *YMCA of Northern BC - YMCA Vanderhoof Family Active Morning (H4H - \$2,000)*

The project will consist of programming combined from childcare and recreation curriculum - activities that develop imagination, encourage active living, learning and positive values by playing games, playing with toys and sharing healthy snacks in a safe environment that encourages participation from families of all sizes and types. It will be open to families from the area, YMCA staff will be on site with pre-arranged activities and supplies/equipment. Activities will reflect the North's seasons, holidays and other themes, such as the upcoming 2015 Canada Winter Games, annual National Child Day celebrations and internal YMCA events.



## LAKES DISTRICT REGION

### BURNS LAKE

#### *Lake Babine Nation Treaty - LBN Members - Promoting Healthy Members (H4H - \$3,000)*

Promotion and education toward healthier lifestyle choices can contribute to healthier members. This grant will support the development of relationships with other organizations and professionals, who can assist in this process. Healthier members will improve lifestyles all the way around. This project will also complement other concurrent projects geared towards developing a healthier community.

#### *Lake Babine Wellness Team - LBN Wellness Team Men's Workshop (H4H & TFC - \$4,000)*

This project will engage men from the Lake Babine First Nation in a planned retreat that will be a part of a broader program of developing a healthy community. They will engage with 20 men from Lake Babine and Burns Lake in a three-day event as part of a broader initiative within the community. A follow-up event, which will focus on bringing together Fathers and Sons from the community to build positive parenting relationships, is also planned for the near future. Ongoing work will continue through a Men's Group that has already begun and has support from the New Vision Recovery Centre. The workshops, which may include traditional practices, the use of DVD's, presentations and group discussion, will engage men in recognizing and addressing some of the challenges First Nations' men face in today's society, how unhealed wounds affect their relationships with their children, partners and friends, getting through the tough times, dealing with anger, jealousy and gossip. Men will be able to practice and develop listening skills, how to deal with anger, help each other along their journey of manhood to enable them to be more responsible fathers, better husbands and better providers for their families.

#### *Wellness Activity Centre - Muriel Mould Neighbourhood Learning Centre - Wellness Activity Centre Snowshoe Club Project (H4H - \$1,990)*

Grant dollars will directly support the purchase of snowshoes and related equipment that will be broadly shared beyond the funded group, through partnerships and also between communities. The key focus is for project clients, families and service providers to work and play together creating a supportive environment to improve their heart and physical health through outdoor physical activity. This project will additionally benefit their mental and emotional health and improve social connectedness, through group socialization and healthy accessible aerobic activity.

### TACHET

#### *Lake Babine Nation - Tachet Women's Group Community Garden (H4H - \$2,500)*

The Tachet Woman's Group has been going strong since 2010 and was created to provide a safe place for the women of Tachet to gather and enjoy good food and good company. The next phase of our project is to create a greenhouse, grow our own fruits and vegetables, share in the care of the greenhouse and learn about canning and cooking the foods grown.

## QUESNEL REGION

### QUESNEL

#### ***Big Brothers Big Sisters of Quesnel - Go Girls and Game On (H4H - \$1,600)***

These are eight-week programs running weekly sessions that incorporate physical activity, healthy eating, sharing and self-reflection. Focus will be on developing a way of life in which physical activity is valued and integrated into daily living. "Go Girls and Game On" are mentoring programs that provide girls (Go Girls) and boys (Game On) with information and support to make informed lifestyle choices, while maintaining sensitivity towards emotional, social and cultural issues. Physical activity, healthy food choices, self-image and self-reflection will be incorporated into each weekly meeting.

#### ***CHAAPS (Cariboo Hoofbeats Assisted Activity Programs Society) - CHAAPS Summer Camps (H4H - \$2,000)***

This grant will support four summer camps for physically disabled participants (three for children and one for adults), each with a different theme: 1. Friend and Family; 2. Literacy; 3. Super Hero; and 4. Adult Camp. Each camp will be tailored to meet the specific needs of the registered clients, but will include horse-related activities, such as grooming, caring for the horse, riding, fun games on horseback, physical exercises to improve riding ability etc. Participants will be served a healthy lunch and there will be education on growing, planting, cooking and eating food for healthy living. Activities provide the participants with a sense of freedom and release, and allow them to move into areas that they cannot experience in a wheelchair.

#### ***McNaughton Centre - Preserving Food and Winter Sports / Put It Out Before it Puts You Out (H4H - \$3,460)***

"Preserving Food & Winter Sports", supports staff to positively work with students to address unhealthy lifestyle choices related to food and activity. Students frequently eat food that is overly processed and overly packaged, rarely eat fruits and vegetables and do not participate in regular healthy physical activity. This project will involve the entire school population.

"Put It Out Before It Puts You Out", addresses tobacco reduction in a high-risk student population. The project will focus on the following aspects: training through talking circles, learning and challenge. All participating students will be recognized for their contributions and commitment with a certificate, and each student will be given a 'NIC FIT' kit to take home with them.

#### ***Quesnel Tillicum Society - Keeping the Circle Strong (HIV - \$1,400)***

This project will support community organizations to come together to network, share information on resources, meet and talk with service providers in a non-clinical environment about HIV. Elders will share the Carrier culture with the community, members and service providers will be exposed to the Carrier language and spirituality. There will be four days of networking, information sharing and community collaborations to become more aware of HIV, and services will be provided to support the people. These sessions will assist in bridging the gap between service providers and gaining more awareness regarding HIV and its prevention.

## RED BLUFF

### *Lhtako Dene Nation - Lhtako Ts'koo Ihe na ha gha delth (Lhtako Women's Group) (HIV & HR - \$5,500)*

Women of all ages will be engaged to increase their knowledge of HIV/AIDS, by learning about prevention through cultural activities blended with prevention messaging. The information and tools received from the workshop activities will then be shared within their circles of loved ones. The Women's Group connects youth and elders to address HIV prevention through the use of discussion during craft periods to deal with difficult topics in a supportive, comfortable environment. Ideas from all ages will be used to introduce prevention into community events and gatherings.

## WELLS

### *Wells and Area Community Association - Wells Farmer's Market (H4H - \$2,000)*

This project will focus on setting up and operating the first year of a farmer's market in Wells. This will include obtaining insurance, purchasing tent(s) and tables, creating signage and marketing, establishing vendor applications and regulations, as well as setting up the schedule and managing the market days. These steps set the basis for an ongoing annual seasonal market that will provide a reliable source and market for locally harvested and produced food. (Note: this is a final phase of successive projects that have increased community engagement and food security capacity building in the community of Wells).

## MACKENZIE REGION

### KWADACHA

#### *Kwadacha Nation - Kwadacha Health and Wellness Group (HEAL - \$2,000)*

This project will focus on a community-identified overuse of processed boxed foods that has contributed to generational eating problems and dental problems. This coincides with adults being diagnosed with diabetes and heart/blood pressure problems. The project plans are to educate, with visual demonstration, about healthy cooking and the functions and benefits of community kitchens; provide families with a fun learning activity to increase their motivation to cook with healthier food products; and to host healthy cooking classes for families and individuals wishing to learn healthier ways of cooking food on a budget. Additionally, participants will be compiling recipe binders and they will be invited to bring in recipes for preparation and learn how to adjust the recipe to be healthier.

### MCLEOD LAKE

#### *McLeod Lake Indian Band - HIV Education, Awareness & Prevention (HIV & HR - \$3,000)*

This project will support health education to the McLeod Lake Membership on HIV/AIDS through a harm-reduction approach, door-to-door campaigns, and community workshops with partners and McLeod Lake personnel. Goals will include community engagement by providing training to McLeod Lake membership, health workers and community in general; provide coordinated services with Health partners and key stakeholders for consistent and timely service delivery of health information; focus on target groups (Women and Men); and incorporate best practices for health education, through meaningful partnerships with Northern Health Authority, Positive Living North, HIV Task force and community.

### TSAY KEH DENE

#### *Tsay Keh Dene Band - Youth Building Awareness Program (HIV - \$3,000)*

Goals are to offer HIV/AIDS education to youth, ages 16 - 25 in Tsay Keh Dene. Health educators will use resources, offer culturally competent and age-appropriate information emphasizing prevention, risk reduction and skill building. All activity supports youth to work towards an approach to decrease risk factors associated with HIV/AIDS and collaboration between youth and elders will help to address HIV prevention.

## ROBSON VALLEY REGION

### MCBRIDE

#### *The Robson Valley Community Learning Project - The Open Gate Garden - Phase 2 Expansion (HEAL - \$2,000)*

This project is based in community-based multi-sectoral partnerships promoting healthy eating and active living through community gardening; providing gardening opportunities for people with mobility issues; constructing a permanent community garden in McBride; utilizing community development methods to engage vulnerable citizens in community gardening; providing opportunities for civic engagement and volunteerism through community gardening; encouraging the transmission of gardening skills and knowledge between the generations; supporting spin-offs from community gardening, such as community kitchens, community markets and feasts; ensuring sustainability through fundraising and mentoring emergent leaders; encouraging healthy social relationships in a safe public space; and teaching about local economy, and working together towards a sustainable local food system. Grant dollars will be applied toward building and purchasing infrastructure to support additional gardening and multi-use spaces.





*Telkwa Elementary School PAC - Telkwa Elementary Bike Rodeo (2013)*

## Northwest HSDA

### WEST CLUSTER REGION

#### MASSET

***Northern Haida Gwaii Hospital and Health Centre - Find Your Voice: HIV Prevention using vocal improvisation and modern audio technology (HIV - \$5,000)***

Project goals are to provide a venue for having open and frank discussions with high-risk youth, local doctors and medical residents about HIV risk factors and prevention; support youth who may be suffering the sequelae of intergenerational trauma in a First Nations context; buy a vocoder-looper set that enables participants to quickly generate immersive sounds using the power of their voice; and bring Kinnie Starr to Old Massett to do a playshop with participants and give a performance. A video will be recorded and made available on the HEARTs Facebook page and elements of the performance developed with students and Kinnie Starr will then be featured in the rock opera that will be performed in March 2014.

#### PRINCE RUPERT

***Bethel First Baptist - Healthy Lifestyle Choices (H4H - \$3,000)***

This project will focus on fun, activities, comprehensive support and health education that inspire lifestyle modification in a cost-free, safe and supportive environment. Additionally, it will focus on messaging that stresses the benefits of lifestyle choices to improve health and wellness, as opposed to numbers on a scale or on a tape measure, to determine health and success. The funding dollars will also directly support capital investment purchases for exercise, heart and blood pressure monitoring.

***Prince Rupert Library - Medical Health Collection Rebuild (H4H - \$3,000)***

In consultation and with support from Northern Health staff, this funding will be used to purchase up-to-date health/medical books and DVDs to replace the current older and non-existent items. The collection will be promoted to create a greater awareness of good health, education and personal health and wellness. After purchasing, processing and promoting the collection, brochures will be created and guided tours of the library will be given to local and village students. The brochures will detail the collection and provide pointers to local healthcare resources.

### ***Prince Rupert RCMP - Long Board Safety (IP - \$5,200)***

Major community concern has developed around ongoing safety issues created by Long Boards/Skateboards operating on roadways. This project has set a goal to have at least 75% of individuals riding bicycles and skateboards within the city wearing helmets; ease bullying and peer pressure (when people are minorities they can take a lot of ribbing and bullying over issues); ease community/youth tensions; and create safe/shared road usage for vehicles, bicycles and even skateboards. The culture around the lack of safety equipment leads to an environment of bullying toward individuals that choose to wear protective safety helmets. To change the culture and protect the community, a broad project is being implemented, involving education plans, community events, media outreach, donation, bylaw development and enforcement. The current bylaw only applies to cyclists on the road and does not extend to other high danger areas such as, parks, trails, skate parks and parking lots. New bylaw development will be aimed at enforcing helmet laws for any wheeled conveyance within the city. This project will be partnering with School District #52, ICBC and the City of Prince Rupert.

### ***Prince Rupert Seniors Centre Association - Seniors Wellness Forum (H4H - \$2,000)***

This project will provide health screening; coordinate a forum for seniors to learn about what services are available within the community; and promote nutrition and other lifestyle changes that will support seniors to stay more active and healthy.

## **SANDSPIT**

### ***Agnes L. Mathers School - Outdoor Education (H4H - \$2,000)***

The entire school will engage and participate in outdoor physical activities and an outdoor education program on Haida Gwaii. This project will provide a supportive atmosphere of physically active, day-long adventures to increase physical activity levels, build an increased sense of community and promote mental health and wellness.

## **SKIDEGATE**

### ***Sk'aadgaa Naay Elementary School - Farm to School Salad Bar and Traditional Haida Food Program (HEAL - \$2,000)***

Local food gathering and traditional preparation opportunities will be offered to students. Groups of students will take turns collecting local foods in a culturally appropriate manner. These opportunities will fluctuate according to seasonal availability of foods (e.g. berry picking in spring and fall months as well as seaweed gathering at appropriate and optimal times, depending on tide cycles) and gathered food will be incorporated into the school's salad bar.

### ***Swan Bay Rediscovery Program Society - Canoe Journey's - Ways of Knowing (HIV - \$5,000)***

The project provides positive opportunities for youth and elders to share traditional knowledge and language, while teaching respect for land, waters, community and healthy living. The project will focus on preventative programming and educate youth in our community, including first nations and low-income families. The foundation is based on the need for cultural awareness combined with HIV education.

## QUEEN CHARLOTTE

### *Village of Queen Charlotte - Youth and Adult Road Health Project (IP - \$5,000)*

In partnership with local media (Haida Gwaii Observer), RCMP and Northern Health, this project will promote brain and spinal cord health in the Village of Queen Charlotte through injury prevention and public education about the importance of wearing bike helmets. The local RCMP detachment is actively enforcing the helmet law under the *Motor Vehicle Act*. They are stopping cyclists, who are not in compliance with the law and referring them to the "Youth and Adult Road Health Project" team at the Youth Centre for access to free helmets. Our Village has two facilities (the dirt jump park and the skateboard park) where helmet use is mandatory. Unfortunately, not all users have access to helmets, especially our high-risk youth. This project will support Village Staff to supply park users with appropriate safety equipment.

## EAST CLUSTER REGION

### DEASE LAKE

#### *Dease Lake School - Outdoor Skills Program (H4H - \$6,600)*

The goal of the program is to increase physical, spiritual, mental and heart health by developing connectedness to the land through traditional skills. The school will be implementing the delivery of an outdoor skills program for students and the intention is for the course to be ongoing. Grant funding will support training of a teacher facilitator in archery skills, with the intention of returning to the community with a train-the-trainer focus; and equipment and supplies for an archery program to complement the existing components of hiking, snowshoeing, cross-country skiing, survival skills, wilderness preparation and traditional skills of hunting, gathering and trapping.

### HAZELTON

#### *Gitxsan Health Society*

##### ○ *HIV/AIDS Celebration Event (HIV - \$3,000)*

The goal of this project is to host an educational day to raise community awareness of HIV and point-of-care testing in order to allay fears and dispel myths about HIV/AIDS. The project will help reduce health inequities by reaching out to those who are disadvantaged and marginalized and will hopefully increase communities' knowledge and awareness of testing. The project goal is to also build collaboration between Gitxsan Health, Positive Living North and Northern Health Authority.

##### ○ *Stop HIV/AIDS and Hep C (HIV - \$5,000)*

The goals of this project are to have an HIV/AIDS Educator coordinate with nurses to hold preventative and screening workshops about HIV/AIDS and Hepatitis C, pre and post-test counselling, point-of-care testing, prevention/sex education workshops for youth, schools and community members, an AIDS walk, team meetings every two months and harm reduction services. Quantitative and qualitative statistics will be kept and evaluations will be done after events and walks.

##### ○ *Walking Challenge (H4H - \$2,000)*

This project will decrease sedentary lifestyles, by increasing exercise through the development of a walking club that will walk with the Gitxsan nurses three days a week (M, W and F). There will be weekly blood pressure checks and a graduated approach to walking will be supported to work toward and exceed the limits of the CSEP Physical Activity Guidelines.

##### ○ *Gitxsan Boogey - Exercise DVD (H4H - \$2,000)*

This project will increase health and wellness and improve quality of life through the production and promotion of a Gitxsan Boogey DVD that will decrease sedentary behaviour and increase physical activity through a graduated approach to traditional Gitxsan Dances. Focus is on the key message: "EXERCISE IS FREE...ALL YOU DO IS GET UP AND DANCE... the FROG, the WOLF, FIREWEED, etc."

### ***Hazelton High School - Growing a Healthy Lifestyle (HEAL - \$550)***

This project supports student food skill development to live off the land through hunting, fishing, berry collecting and medicine gathering throughout the school year. Food preserving is taught such as making applesauce, apple butter, dried meats, canned fish and meats, etc. Students grow a garden to use for lunches and making winter soups. Teaching students to live off the land not only helps them to see where food comes from, but also increases self-sufficiency. A root cellar will be the next phase of this project, to store vegetables for the winter. Students will be involved in the building of the root cellar to provide this opportunity for storage capacity. Students will work in a cooperative atmosphere with the building instructor.

### ***John Field Elementary - Don't Cloud the Gitxsan Moons with Smoke (H4H & TFC - \$1,500)***

This project will engage grades 2 and 3 students to create a calendar featuring the 13 Gitxsan moons with smoke-free messages. This follows up on an initiative by Theresa Healy and Agnes Snow regarding the creation of calendars of this type. The project uses traditional cultural elements, linking them to smoke-free messages. The completed calendars will be shared throughout the community.

### ***Storytellers' Foundation - Backyard Gardeners (HEAL - \$2,100)***

This project will support increased capacity of the Learning Shop's "Backyard Garden", to create a safe, secure and accessible "backyard space" for youth at risk. The focus will be on building sustenance skills. Youth will each have their own garden plot and will learn to grow, maintain, harvest, cook and preserve their own food through small plot intensive growing methods. Youth at risk will be supported to increase their food skills; decrease risky/destructive behaviours; build youth social capital; access a safe backyard space and build capacity, hope and happiness of people who have been pushed to the margins.

## **HOUSTON**

### ***Houston Link to Learning - Stepping Stones Project (HEAL - \$2,000)***

Goals are to increase people's use of the community garden, by improving overall physical health through movement and exposure to a healthier way to prepare and preserve produce; teach safe and healthy preserving techniques; create a space where people can build basic food skills; and create and maintain a safe place to learn new skills and develop healthy relationships. All vegetables grown in the community garden, in participant's personal gardens as well as by partnering organizations, will be harvested and processed at a community garden site.

## **ISKUT**

### ***Iskut Valley Health Services - "Let's Play Together" (H4H - \$2,500)***

This project will address obesity within the community through exercise and healthy eating education. Specifically, these grant dollars will support the purchase of ice skates and helmets to support a weekly family skate night, public skating and skating for the Klappan School. The skating programs will help to reach community goals of bringing families out together, social interaction and mental wellness to address long winters and cold days that often lead to depression, anxiety and obesity.



## KITWANGA

### *Kitwanga Elementary School - Healthy Bodies, Healthy Hearts, Healthy Spirits (H4H - \$3,000)*

This project will further enhance the physical health, social and emotional well-being of students, who come from significantly vulnerable and marginalized communities and build on the existing program of Healthy Bodies, Healthy Hearts, Healthy Spirits. Funding will be used towards the purchase of new sporting equipment to support and provide the means for physical activity during school.

## MORICETOWN

### *Moricietown Health Station - HIV Prevention (HIV - \$5,000)*

Goals are to have community workshops on, "How to prepare family members - when someone they know becomes HIV positive", "STI's", "HIV Pre & Post Test" and "HIV/AIDS 101 & Prevention". We want to prepare our people to support the individual(s) with AIDS and remove the stereotyping and other emotions felt, so that the individual(s) continues to fit into our community. We want to build a support group to make our community member(s) feel safe and welcome. As a whole, we want our community to realize the true meaning of HIV/AIDS and be able to discuss being tested in our community and learn how to live healthier lifestyles.

## SMITHERS / MORICETOWN / TELKWA

### *Dze L K'ant Friendship Centre - Healthy Together (H4H - \$2,000)*

"Healthy Together" is a family education model that brings families together to learn to make healthy choices and build healthy relationships. The goal is to produce an innovative and adaptable training resource that can be implemented with families across Canada, to build a culturally relevant, sound knowledge base, and develop practical skills that will help them achieve and maintain healthier weights for life. "Healthy Together" considers the mental, emotional, spiritual and social needs of children and families and emphasizes health in a broad sense.

## SMITHERS

### *Dze L K'ant Friendship Centre - HIV/AIDS Awareness in the Valley (HIV - \$4,350)*

The project will build collaboration between youth, frontline workers and elders to address HIV/AIDS prevention, awareness, reduce stigma, promote HIV testing and share ideas around prevention activities in northern BC.

### *Groundbreakers Agricultural Association - Learning Gardens and Local Food Education Project (HEAL - \$2,300)*

The "Learning Gardens and Local Food Education Project" is the start of Groundbreakers' larger initiative to expand and support a network of school and neighbourhood gardens in the Bulkley Valley and to use public gardens as venues for hands-on learning about local food and self-sufficiency. The project will focus on working with children to provide foundational skills in self-care, healthy eating, learning connections between different subjects, gardening/farming through the construction and support of school-yard gardens, development of elementary school workshops and lesson plans for teachers around local food issues, gardening, environmental education, and providing garden/farm tours. The ultimate goal is to have more kids working with soil, supporting the growth of fresh produce and enjoying the end results of cooking and eating food they have grown. This grant specifically supports the construction of two new schoolyard gardens at Telkwa Elementary and Smithers Secondary, the home of the Vegucation project grant.

## ***Positive Living North: No kheyoh t'sih'en t'sehena Society (Bulkley Valley)***

### ***o Harm Reduction Engagement and Capacity Building Project (HR - \$1,000)***

This project focus on engagement to build understanding of harm reduction philosophy, practice, connecting service providers, and increasing capacity to develop a shared leadership role in community to further address harm reduction. More specifically, the project goals are to create programs that are more accessible by exploring the diverse harm-reduction practices, which include safer alcohol consumption, injection drug use, inhalation and sex practices and to increase awareness and appreciation of the harm-reduction work that takes place locally to expand and enhance existing local harm reduction support service and strategies.

### ***o Positively Healthy Community Kitchen (HIV - \$5,000)***

The project will work to engage individuals living with, affected by, or at risk for HIV/AIDS/HCV to explore their individual and unique health care needs in a safe environment and gain skills in preparing healthy, budget-friendly meals. Positive Living North plans to arrange for several individuals to get their "Level 1 - Food Safe" certificate. Additionally, participants will receive basic education on prevention, treatment, and information to support and promote better health outcomes.

### ***o HIV unmasked (HIV - \$5,000)***

The goal of this project is to share the HIV/AIDS educational play, "HIV unMasked", created with a 2011 IMAGINE Grant, with other Northern communities. The focus will be on engagement with high schools. This play engages all members of the community and provides an opportunity for individuals living with, affected by, or at risk for HIV/AIDS/HCV to hear the personal stories of fellow northern residents living with HIV/AIDS/HCV. This play will be staged in schools in northern BC in February and March 2013. A DVD of the play will be available to communities and discussion guide will be developed to support the educational experience through engagement and interaction with the information. Stigma and fear surrounding HIV/AIDS/HCV are immense and in smaller, rural settings, this fear is amplified. The creation of the educational discussion guide will focus on the three main themes in the film: stigma, prevention and transmission.

## ***Smithers Community Policing - Town of Smithers - Youth Mentoring Project (HEAL - \$1,800)***

With a focus of "Give a man a fish and feed him for a day... teach a man to fish and feed him for a lifetime", this project will promote healthy, recreational opportunities for at-risk youth, by teaching valuable life skills. They will be encouraged to carry these learnings forward as a positive outlet into their adult lives. Youth in the school have been learning fly-tying for the past three years. This project will progress to the next stage of teaching the skills of fly-fishing to connect and support "at-risk youth" in the community and teaching those skills to develop a positive lifelong interest and recreational pursuit. Instruction and facilitation will be done in partnership between SD 54 staff, local members of the RCMP and the Prevention & Community Safety Officer Supervisor of the Smithers Community Policing Office.

### *Smithers Secondary School - Vegucation - The Full Year Greenhouse Project (HEAL - \$2,050)*

Vegucation will engage students in the exploration of green technology to provide more environmental and fiscally responsible strategies toward healthy food production in northern climates. Students and staff will be building a geodesic-dome greenhouse that will be able to support the growth of fresh produce year-round using heat generated by a constructed bio-reactor (biomeiler). The project will provide hands-on skill development for students in healthy food production, increased awareness of grocery store produce quality, availability and pricing of produce, and an understanding of how closely life is linked to diet. Students will be able to appreciate and learn from the fruits of their labours in the study, preparation and eating of the fresh produce they grow.

## TELKWA

### *Telkwa and District Volunteer Fire Department - Fire Safe Kids (IP - \$2,000)*

The goal is fire safety and injury prevention, through the use of working smoke detectors in homes. Handing out free smoke detectors and batteries will prevent fire injuries and promote fire prevention and fire safety where the students live. In conjunction with "October Fire Safety Month" (2014), the fire department volunteers will dress in official uniform and visit the Telkwa Elementary school to teach them the basics of 'Get Out Safe'.

### *Telkwa Elementary School PAC - Skate Safe Telkwa School (IP - \$560)*

The focus of this project is the prevention of childhood brain injury, through the purchase of helmets for school use, by introducing outdoor skating and the importance of using helmets. The teachers will monitor, maintain and have access to the helmets and it is anticipated that the full classes would then be able to enjoy the activity on the municipal, outdoor rink. The helmets will be sanitized and stored in the school gym. The helmets would be purchased with both the primary and intermediate students being considered in the sizing.

## CENTRAL REGION

### STEWART

#### *District of Stewart - Growing Naturally (HEAL - \$2,000)*

This grant will support the initial stages of development for the first community garden in the District of Stewart.

### TERRACE

#### *Ksan House Society - Safer Southside Kids (IP - \$1,500)*

The goal of the project is to develop basic health and safety skills and knowledge for neighbourhood children, who are in the home and without adequate parental/adult supervision. The intent is to reduce injury and unsafe risk taking, including personal safety, and coercion with the advent of the newer technologies.

#### *Suwilaawks Community School - Food for Thought - Suwilaawks Community School's Commitment to Healthy Active Living (HEAL - \$1,500)*

In the context of the determinants of health and recognition that knowledge without resource supports does not lead to action, this project will support vulnerable students and their families to engage in healthy behaviours at school and at home.

#### *Terrace Campus Child Care Society - Adaptive Swings (IP - \$1,500)*

The grant dollars will help purchase two types of swings that ensure safety and promote health and well-being to the members of the Terrace Community. The adaptive swing allows children, who require additional support to swing alongside their friends and meets safety requirements and is play-rated for children with special needs. It has a high back and wing support and has a molded adjustable harness to help minimize fatigue.

#### *Terrace Women's Resource Centre Society - The Family Place - Family FUNdamentals (HEAL - \$2,000)*

From a very early age, children are exposed to messages that emphasize the importance of being thin and looking fit. There is growing literature to suggest that children, as young as three, are not only aware of weight and body size, but commonly express a desire to be thinner. Healthy growth and development of children is enabled by positive feeding and eating relationships, interactive parent/child activities and confidence building in the early years. Programs have been developed for school-aged children focusing on prevention of disordered eating; however, there is currently no organized program in BC for parents and children under five-years of age. Family FUNdamentals is seen as an important part of the continuum of services to support the healthy growth and development of children.

## Four concept words form the core of IMAGINE's community-based granting work

### Connect

Grant applications become an open door for us to listen into what is resonating in our communities. We learn as much from what we are able to fund, as what we don't fund by connecting to how health happens in community.

### Support

With grant funding partnerships, expertise of health professionals and other partners we support and provide information and leverage resources to help move health promotion ideas into action.

### Share

Powerful ideas, stories, resources and toolkits come from community grant work. Health does happen in community and by listening, showcasing and sharing this work, everyone benefits.

### Inspire

A Knowledge Transaction to Action (KTA) approach, inspiring more communities, community groups and other partners to embrace the dream of a healthier North and to work together to inspire action to turn those dreams into reality and a healthier future for all the people that live, work, learn, play and are cared for in the Northern Health region.

If you have any questions or require more information, please contact us at:

1-888.645.6555 or 250.645.6407

[imagine.grants@northernhealth.ca](mailto:imagine.grants@northernhealth.ca)

or visit our webpage <http://www.northernhealth.ca/yourhealth/healthylivingcommunities/imaginegrants.aspx>

## Notes

## Notes





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