

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

## Share your opinion

### **Move the North: Youth physical activity study (University of Northern British Columbia & Northern Health)**

Are you a youth physical activity leader/enthusiast with experiences and ideas related to youth physical activity opportunities in your area? Northern Health and the University of Northern BC are partnering on a community-based research project to develop a physical activity engagement strategy with and for youth living in Northern BC. Youth ages 12 to 24, youth physical activity champions, members of the community, education sector, and organizations offering physical activity programming are invited to complete this short [survey](#). You can also express interest in the upcoming in-person workshops. The next workshop will be in Dawson Creek on May 29. Youth and community-based workshop participants will receive a \$75 honorarium. Contact [PhysicalActivity@UNBC.ca](mailto:PhysicalActivity@UNBC.ca) for more details.

## For your information

### **BC Hydro offering free portable air-conditioners**

Summer weather is fast approaching. BC Hydro, in partnership with the province, has streamlined its [free air-conditioner application](#) process. Learn who qualifies and share widely your community members.

### **Expression of interest for Planet Youth (Northern Health)**

**Deadline: May 13, 2024**

Are you ready to strengthen how your community supports children? Northern Health invites communities in Northern BC to apply to become a pilot community for [Planet Youth](#). Learn how to submit an [expression of interest](#) and register for the next [webinar](#) on May 6. Planet Youth is a program based on the Icelandic Prevention Model; an evidence-based model used worldwide to prevent substance use harms among youth.

### **Food Allergy Awareness Month**

May is Food Allergy Awareness Month in Canada. Did you know that Northern Health offers allergy aware resources for schools? For tips and ideas for packing lunches, check out the [Peanut and Nut Aware Lunches and Snacks handout](#). For strategies related to allergy awareness, prevention, and management in schools, review the [Resource Guide for Allergy Aware Schools](#). To learn more about the Food Allergy Awareness month campaign, visit the [Food Allergy Canada](#) website.

## Resources (toolkits, reports, websites)

### **Child and Youth Mental Well-Being Resources for local governments (BC Healthy Communities)**

Check out new [resources](#) from BC Healthy Communities to support child and youth mental well-being at the local government level. The resources are arranged in four parts: Participation, play, safety, and social connection and belonging. Review research and examples of how our built and social environments impact children and youth and discover ways to support action for ideal social outcomes.

### **Dementia environmental audit tool (Simon Fraser University)**

A million Canadians are expected to be living with dementia by 2030. To support healthy living and well-being of this growing demographic, it is important for local governments to incorporate dementia-friendly planning and design. Check out this easy-to-use [environmental audit tool](#) from the [DemSCAPE project](#) to help your organization build more dementia-inclusive communities.

### **Keeping Our Cool: Preventing overheated buildings in the climate crisis (National Collaborating Centre for Environmental Health)**

Watch this [recorded presentation](#) to learn about the health risks caused by climate change and overheating in buildings and the design guidelines and standards that can limit overheating in buildings.

### **Law for Non-Profits (Pacific Legal Education & Outreach Society)**

Test your legal compliance and get instant results. [Law for Non-Profits](#) is a free self-serve resource from Pacific Legal Education & Outreach Society designed to offer non-profits easily accessible legal information. The step-by-step Legal Help Guides walk you through a series of plain language questions to identify any areas that need attention. Once you complete a guide, you'll be provided with a checklist, sample documents, and helpful resources to stay in legal compliance.

## Events and learning opportunities

### **Housing that connects us (Hey Neighbour Collective)**

**Date: May 2, 2024, at 9:30 am PDT**

Increasing housing supply is essential, but how can we ensure that the next generation of homes fosters community, supports aging well in the right place and is affordable? Join this free [webinar](#) for a conversation with on how local governments (and others) can build more inclusive, age-friendly, and sociable multi-unit housing that is affordable across a wide spectrum of income levels.

## **North Central Local Government (NCLGA) Convention**

**Dates: May 13 to 15, 2024**

We (the Healthy Settings team) will be at the [2024 NCLGA Annual General Meeting & Convention](#), May 13 to 15, 2024 in Smithers, BC. Come say “hi” at our Northern Health Healthy Communities trade show booth. Next to our booth, visit the Northern Health’s Regional Harm Reduction Coordinator who is offering harm reduction education and take-home naloxone training to conference participants. We look forward to meeting you and talking about health and well-being priorities in your community and region. Bonus: Tell us that you are an E-Brief subscriber and receive an extra chance to win one of our door prizes.

## **Building authentic connections for a more equitable future (Tamarack Institute)**

**Date: May 15, 2024, at 9-10 am PDT**

Join this free [webinar](#) for a conversation with a group of inspiring youth leaders to explore what belonging looks like from their perspectives, uncover the conditions that are needed to build authentic relationships, and share lessons on how communities can foster belonging among youth.

## **Increasing affordability through municipal climate action: governance (Climate Caucus)**

**Date: May 21, 2024, at 10-11 am PDT**

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

## **Designing cool spaces for sun safety and thermal comfort (BC Cancer)**

**Date: May 30, 2024, at 10-12 pm PDT**

Are you a city planner, landscape architect, health professional, educator and/or administrator? Join this free [webinar](#) and learn about the importance of well-designed shade and get ideas on how to make your community spaces safer to prevent skin cancer and heat-related illness. Be inspired with different shade design ideas and funding opportunities.

## **ParticipACTION Community Challenge**

**Dates: June 1 to 30, 2024**

Get ready to participate in the [ParticipACTION Community Challenge](#) this June to get active, connect with others, and help your community be crowned Canada’s Most Active Community and win \$100,000 to support local sport and physical activity initiatives.

## **Equity in Action: How leaders can champion inclusive policymaking in Northern BC communities (Northern Health & PlanH)**

**Date: June 13, 2024, at 11-12 pm PDT**

Are you a local government leader or elected official? Register for this free [webinar](#) to learn about the Equity Continuum, where you are at, and how you can apply it to your policies, programs, and planning processes. Discuss local initiatives and discover valuable tools and resources that you can use to advance equity in your communities.

## **Funding opportunities**

### **IMAGINE grants (Northern Health)**

**Deadline: May 10, 2024**

Calling all community organizations, schools, Indigenous organizations, and local governments! Are you planning a project that focuses on mental wellness, community diversity, harm reduction, climate action, food security, active living, or community safety? Apply for up to \$10,000 through Northern Health's IMAGINE Community Grant. For more information on criteria, funding limitations or to view past projects, visit our [webpage](#).

### **Critical Food Infrastructure Grant (United Way)**

**Deadline: May 14, 2024**

Learn more about the [Climate Resilient Communities: Food Infrastructure Grant](#) and apply for \$20,000 for projects that develop sustainable and climate-adaptive food systems.

### **Indigenous Housing Fund (BC Housing)**

**Deadline: May 15, 2024**

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

### **Falls Prevention and Healthy Aging Grant (Northern Health & Pacific Public Health Foundation)**

**Deadline: June 30, 2024**

Learn more about the new [Northern Health Falls Prevention and Healthy Aging Grant](#) and [apply](#) for up to \$10,000 for projects that support falls prevention and healthy aging efforts in your community. Local governments, Indigenous community governments, and community organizations are encouraged to apply. This grant was made possible by support from the [Pacific Public Health Foundation](#).

## **#GreenMyCity Program (Green Cities Foundation)**

### **Deadline: Ongoing**

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

## **Northern Healthy Communities Fund (Northern Development Initiative Trust)**

### **Deadline: Ongoing**

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

## **Provincial Homelessness Grants (Social Planning and Research Council of BC)**

### **Deadline: Ongoing**

Learn more about the [Homelessness Community Action Grant Program](#) and apply for one-time funding for local planning and collaborative initiatives that better respond to the needs of those who are homeless or at risk of becoming homeless.

## **Seed Funding program (Canadian Mortgage and Housing Corporation)**

### **Deadline: Ongoing**

The Canada Mortgage and Housing Corporation's (CMHC) [Seed Funding Program](#) provides financial support for individuals or organizations involved in the initial phases of creating an affordable housing project. Apply for up to \$350,000 in interest-free loans.

## **Northern Health Stories**

### **Come for the employment opportunities, stay for the flexible work locations!**

Northern Health offers a diverse array of beautiful Northern locations to work in....[continue reading](#).

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

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