

### 1. PAANBC UPDATES

- PAANBC receives funding from SSHRC Partnership Grant (research grant) to develop this partnership between the university and several community organizations
- Previous projects
  - Launched website, social media sites, and email account
  - Hosted virtual events in April and November 2022 – to develop PAANBC aims
- **Knowledge and Awareness of Physical Activity Guidelines in Rural Northern Communities**
  - First integrated [movement guidelines](#), available for different age groups
  - Aim: examine awareness and perception of movement guidelines in rural northern communities and seek guidance on if and how we should improve communications to be specific or adapt to context in the north
  - Methods: online survey and interviews
  - Findings: half of participants were aware of guidelines, more aware of physical activity guidelines than sleep or sedentary behaviour guidelines
  - Developed recommendations on how to improve guidelines dissemination material to reflect needs and priorities of rural and northern communities
- **Environmental Scan Physical Activity Opportunities in Northern BC**
  - Aim: to summarize programs, interventions, and resources available to support PA in rural, remote, northern BC; and determine needs and gaps in services from the perspective of organizations/program providers in the north
  - Methods: academic literature and systematic Internet search, online survey of organizations that support PA in the north
  - Findings: identified 100 different items as well as challenges and what works to support physical activity in the north

### 2. NORTHERN HEALTH GRANT OPPORTUNITIES AND FIRST NATIONS HEALTH AUTHORITY RESOURCES PRESENTED BY BREANNE FRENKEL (COORDINATOR OF COMMUNITY FUNDING PROGRAMS)

- Why does Northern Health fund? Promote health equity, encourage community engagement, support innovation and sustainability, strengthen partnership with the community
- Who do they fund?
  - If previously received funding, can apply with new project idea but they do prioritize those who have not received funding from them in the past
  - Unable to fund: prize money, food for food bank, large scale catering, academic research, one-time events (e.g., festival), projects outside of Northern Health region, Northern Health employees programs or facilities, for-profit businesses
- **IMAGINE grant**
  - Aim to support community-based initiatives that address various health and wellness priorities
  - **Deadline: October 6th (Extended to October 31st)**
  - **Grants available up to \$10,000**
  - Previously funded project: Prince George Métis Community Association, Revitalization of Métis Jigging among Métis Community members of Prince George and surrounding areas

- [Vision Zero Road Safety Grant](#) in partnership with Ministry of Health and Ministry of Transportation and Infrastructure
  - Goal is to provide funding to communities to improve road safety particularly for vulnerable road users (people who walk, cycle, or roll) with the ultimate goal of reducing serious injuries and deaths on BC roads to zero
  - **Opens: October 16th; Deadline: January 15, 2024**
  - **Grants available up to \$25,000**
  - Previously funded project: Cycle 16 project between Smithers and Telkwa
- [Rural, remote, Indigenous Food Action Grant](#) partnered with northern branch of the First Nations Health Authority to support community food action in northern BC
  - Goal is to improve food security and food sovereignty within the region
  - **Deadline: November 1st**
  - **Grants available up to \$50,000**
  - Example applications: community food security plan, community gear rack, hunting and gathering practices, regenerative poultry project
  - Previously funded project: Tea Creek, Kitwanga, BC
- **What is next for Northern Health Community grants?**
  - Move away from prescriptive granting process and looking into participatory grant making model and approaches to all grants
    - More community-level engagement through all processes (e.g., Northern Peer Support grant)
  - Explore multi-year funding options
- **Applying and report**
  - Develop project scope and goal based around the “WHY”, tell us your story and your plan to get it done, why this is needed in your community?
  - Providing attachments is encouraged to support project application – whatever will help tell your story (e.g., videos, screenshots, photos, hand drawn plans)
  - Be specific – describe project goal and activities, what you want to achieve, what is the ultimate goal, what does success look like for your community, who will benefit from project, what legacy you hope to leave, list partners who will help achieve these goals
  - Willing to work with communities for better suited timelines, can also provide support for report writing – aiming to be low barrier and use culturally safe practices
- Apply here button under grant link - need to create Log In (once Log In is created, can apply to all the grants)
  - **In the online application:** (Hard copy available)
    - Contact information
    - Project information and details with primary focus area examples, goals, scope, activity, steps, and milestones (can be point form or paragraphs)
    - Budget
    - Additional information – to upload supporting material/attachments
- **Contact for further questions:** 250-961-0253 or [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca)
- [First Nations Health Authority](#) resources ([active@fnha.ca](mailto:active@fnha.ca))
  - [Good Medicine: Ideas for supporting land-based healing during the pandemic](#)
  - [The 2023 Winter Wellness Grants Are Now Open](#)
  - [Northern Indigenous Wellness Funding Awards](#)

### **3. INDIGENOUS SPORT, PHYSICAL ACTIVITY, AND RECREATION COUNCIL (ISPARC)** **GRANT OPPORTUNITIES PRESENTED BY TAMMY WATSON AND TONI MULDOE**

- ISPARC aims to improve health outcomes of Indigenous people by supporting and encouraging physically active individuals, families, and communities
- **Northeast region Coordinator: Tammy Watson** – includes Fort Nelson, Dawson Creek, Valemount, Burns Lake, and Granisle
  - Northeast highlights include Community Ultimate Spirit program, Prince George skating camp, Swim to Survive program hosted by Takla Nation
- **Northwest region Coordinator: Toni Muldoe** – goes from Haida Gwaii to Houston and into Northeast
  - Northwest highlights include Terrace and Burns Lake Try it Hockey, Prince Rupert Try it Gymnastics, main priority basketball and ski camps (Smithers and Terrace)
- **Grants/Programs**
  - Community Sport – allows children to try all sports without barriers
  - Equipment Grants (very flexible)
  - Provincial Championship – North American Indigenous Games or Team BC
  - Athlete Development Camps – National Aboriginal Hockey Championship, Team BC
  - Sport for Life Program
  - Aboriginal Coaching Module
- **Events**
  - Northeast Regional engagement meeting – November 2nd (in person) Prince George Native Friendship Centre
  - Northwest Regional engagement meeting – November 15th (virtual)
  - Healthy Living Leader Training – September 28th & 29th in Terrace; October 3rd & 4th in Prince George
  - Active for Life Workshop – October 28th in Fort Nelson
- **Host applications** – host clinics or camps in your community – very flexible, can help find other funding if ISPARC cannot fund
  - Athlete Development
  - Coach Development
  - Officials Training

### **4. CYCLE 16 TRAIL SOCIETY - COMMUNITY SUCCESS STORY PRESENTED BY JEREMY SHRIBER (VICE PRESIDENT)**

- Overall goal is to have a separated trail from the highway connecting Smithers and Telkwa; to encourage physical activity; and to provide a safe way for people to commute between the two communities
- Working relationship with Ministry of Transportation, Regional District of Bulkley-Nechako, Town of Smithers, Village of Telkwa, and political supporters; and Blessings from Gidimt'en Clan
- After 8 years, completed Phase 1 which is approximately 4 kilometres from Smithers Bridge to Babine Lake Road, 3 meters wide and paved
- **History**
  - Started in 2002 – Village of Telkwa with Healthy Eating and Active Living grant, initial plan to build trail along river corridor, but lost momentum
  - In 2015, organized meeting with potential stakeholders
  - In 2016, they received suggestion to form a proper society, currently have charitable status

- 2020 was a turning point when they got the Regional District on board
- Project manager was key to the success
- Negotiating right of way with landowners
- 2022 had ground breaking ceremony and construction of Phase 1
- **Other step**
  - Early meetings with Ministry of Transportation with design team from Prince George
  - Open house and public outreach
  - Support, advice, and encouragement from community and other organizations such as West Side Legacy trail
  - Board of directors – focused on fundraising, setting clear goals
  - Fundraising team was crucial
- **Funding**
  - Kick start funding/seed money from Rotary Club
  - The Ministry of Transportation provided the conceptual design
  - Cassandra Trust helped with negotiating right of ways
  - Support from Northern Health, Village of Telkwa, and BC Alliance for Healthy Living
  - Membership drive
  - Fundraising initiatives – events led by local businesses, t-shirt sales
  - Regional District helped with grants – construction grant from federal government (Canada Infrastructure Program)
  - Active Transportation Network funding
  - Spoke campaign – contributions made by filling in spokes on the wheel
  - Volunteer/pro bono work (e.g., surveying and determining right of ways, laying pavers for kiosk/rest spot)
  - Donation in kind (e.g., timber)
- **Next step:** Phase 2 and Phase 3 remaining to connect Smithers and Telkwa, conceptual designs available, continue consultation with public and land owners



For more information on PAANBC

Website: [movethenorth.ca](http://movethenorth.ca)

Email: [physicalactivity@unbc.ca](mailto:physicalactivity@unbc.ca)

Facebook: Physical Activity Alliance of Northern BC

Instagram @paanbc