



First Nations Health Authority
Health through wellness

FNHA 2019 Indigenous Peoples Day of Wellness Grants Application Guidelines

The First Nations Health Authority (FNHA) envisions healthy, self-determining and vibrant BC First Nations children, families, and communities playing an active role in decision-making regarding their personal and collective wellness. The Winter Wellness Grants are in line with Directive #1: Community-Driving, Nation-Based, the FNHA is encouraging First Nations to create their own health event or initiative!

Grant eligibility

First Nations Communities, Organizations, schools, and agencies that are engaged in direct health services delivery to BC First Nations and/or Aboriginal people may be eligible for funding to host a Community-Driven Day of Wellness event or initiative.

To be eligible, the event must be held on **June 21, 2019 – Indigenous Peoples Day!**

Deadline for applications is **April 30, 2019**.

If you have received a Day of Wellness or Winter Wellness grant funds in the past, previous closing reports must be submitted before applying for new funds.

Theme

The theme for 2019 is ***Celebrating our cultures through wellness!*** Community-led events that are grounded in ceremony, traditional practices and incorporating BC First Nations Cultures. A time to bring together the wisdom of our elders and the energy of our youth to Celebrate Our Vibrant Cultures across BC First Nations!

Application Process

Applications for a Winter Wellness Grant can be completed:

Online: https://interceptum.com/s/en/FNHA_IPDoW2019

Email: Active@fnha.ca for an application form

Fax: by phoning 604-693-6529 for a paper/fax application form

*Only fully completed application forms will be considered.

Review and Assessment

Applications will be weighed against the following criteria:

- Includes the theme of “Rejoice in our Culture”.
- Event or initiative focuses on one or more of the FNHA Wellness Streams,
 - See page 3 for a breakdown of the wellness streams & examples.
- BC First Nations community-based applications,
- Collaboration and partnerships with other communities are possible and demonstrated at the regional, or sub-regional level,
- Fairness and equity within and across the five regions.



The Review and Assessment process will be between May 1 and 17, 2019.





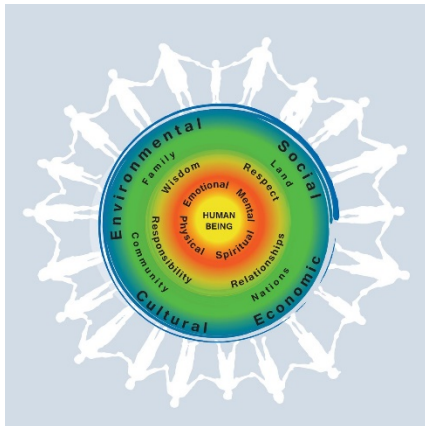
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Four Wellness Streams and First Nations Perspective on Health and Wellness

To achieve a healthy lifestyle, the First Nations Health Authority has identified 4 key Wellness Streams. These Streams represent wellness areas that - if pursued - could greatly improve First Nations health and wellness. Setting goals in each of these Wellness Streams can have major impacts on your health.

		Example of use
 BE ACTIVE	<p>You know that exercise is healthy for your body, but don't forget that it's also a great way to manage stress, anxiety and mood.</p> <p>Feel like you have no time to exercise? Remember, every minute of activity counts. Consider trying some of these tips:</p> <ul style="list-style-type: none">• Keep a pair of walking shoes at work• Keep clothes you need for a workout in your car• Keep hand weights near your television or phone <p>When an opportunity for exercise comes along you'll be ready.</p>	<p>In 2018, Sts'ailes hosted a day of events that started with a raising of the Sts'ailes flag ceremony. The day also featured drumming and singing to start the day in a good way.</p> <p>The day featured six hours of soccer games. There was 60 athletes that took part in a five team tournament.</p>
 EAT HEALTHY	<p>Nutrition is the foundation in maintaining good health. There are many, many resources available on healthy eating. It is about taking the time and finding the resources that resonate with your specific needs, (i.e. sodium-free, gluten-free, vegetarian diets, etc).</p>	<p>In 2018, Yunesit'in School in Stone BC, hosted a day of indigenous foods. Hunters dropped off a deer and students learned preparation and cooking of the traditional foods. This included drumming and singing in respect to the deer.</p>

 <p>NURTURE SPIRIT</p>	<p>Nurturing spirit is the aspect in your life that makes you smile! This is about what makes you feel good and connected. This builds your self-esteem, self-confidence and allows you to be connected to others, mother nature and yourself. Nurturing your spirit supports your mental, emotional and physical aspects of your being.</p> <p>Even though your spirit is fundamental in your wellness it is often overlooked or not supported when discussing your health.</p>	<p>In 2018, members of the Sechelt First Nation chartered a boat and took a ride around their traditional shishalh territory. Knowledge keepers provided cultural and historic information of significant places visited during the boat ride, elders also shared memories of living in the traditional villages that were visited.</p>
 <p>RESPECT TOBACCO</p>	<p>For thousands of years, natural tobacco has been an integral part of Aboriginal culture in many parts of British Columbia and Canada. Used in ritual, ceremony, and prayer, tobacco was considered a sacred plant with immense healing and spiritual benefits. For these reasons, the tobacco plant should be treated with great respect.</p> <p>We should also be very careful not to confuse traditional tobacco and its sacred uses with commercial tobacco and the addiction epidemic we see today.</p>	<p>In 2018, Positive Living North in Prince George had a smudging throughout the downtown core of Prince George.</p> <p>The teams were led by a local elder that providence guidance and knowledge. The teams blessed areas they believed needed to be smudged.</p>



The First Nations Perspective on Health and Wellness aims to visually depict and describe the First Nations Health Authority Vision: Healthy, Self-Determining and Vibrant BC First Nations Children, Families and Communities.

This visual depiction of the Perspective on Health and Wellness is a tool for the FNHA and First Nations Communities. It aims to create shared understanding of an holistic vision of wellness. This image is just a snapshot of a fluid concept of wellness: it can be adapted and customized freely and is not confined to remain the same.