



First Nations Health Authority
Health through wellness

FNHA 2019 Winter 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

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 Winter Wellness event or initiative.

To be eligible, the event or initiative must be held between: **January 1 – February 22, 2019.**

Deadline for applications is **November 23, 2018.**

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 “**Everyone is a Wellness Champion – Time to Live It**”. Events and Initiatives will include a wellness component and encourage participants to lead by example. This is a time for participants to influence themselves, their family and friends, and members of their community into their wellness journey.

Application Process

Applications for a Winter Wellness Grant can be completed:

Online: https://interceptum.com/s/en/FNHA_WWG2019

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 “Everyone is a Wellness Champion – Time to Live It”.
- 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 November 26-30, 2018.





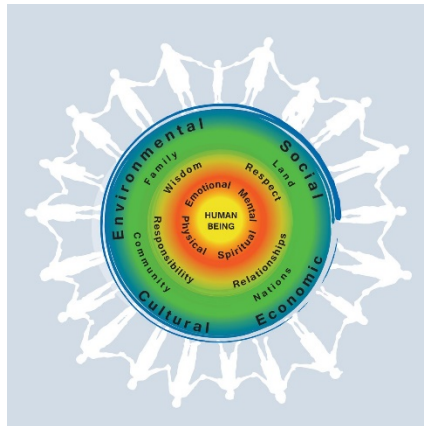
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Four Wellness Streams and First Nations Perspective on Health and Wellness

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
 <p>BE ACTIVE</p>	<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>The Nuchatlaht Tribe (West Coast of Vancouver Island) hosted a skating and swimming day. The day of events started with a three hour trip from Oclucje Reserve to Campbell River for members of the community participate in the health benefits of swimming and skating.</p>
 <p>EAT HEALTHY</p>	<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>The Yaqgan Nukiy (Lower Kootenay Ban) hosted traditional food preparation activities, including a "Master Chef" contest.</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>The Upper Similkameen Indian Band hosted a one-day event which brought together community story tellers to share their stories. These stories brought the teachings, morals, and values of the chaptixw (stories).</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>The School District 19 (in Revelstoke BC) hosted a Smoke-Free initiative for 48 hours. The challenge included a walk that concluded in recognizing those who have completed the 48 hour challenge. Resources were also provided to participants and those interested.</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.