



First Nations Health Authority  
Health through wellness

Jan. 7, 2021

Greetings,

Please share as widely as possible. Materials can be published in community newsletters, printed and distributed, or shared among leadership and health care providers.

### **Public Health Notices and Articles:**

#### **COVID-19**

- [What You Need to Know About the COVID-19 Vaccine](#)  
Plus this [shareable infographic](#).
- [COVID-19 Vaccines \(Pfizer-BioNTech and Moderna\) – How They Work](#)  
A technical explanation of how the vaccines work to protect you against COVID-19 and why they're recommended by the FNHA's Medical Officers.
- [The pandemic and winter blues: a one-two punch to our mental health](#)  
A message from Dr. Nel Wieman, Acting Deputy Chief Medical Officer.

#### **FNHA news**

- [Happy New Year 2021! Brighter days are ahead and a vaccine is coming!](#)  
A message from Richard Jock, Chief Executive Officer; and Dr. Shannon McDonald, Acting Chief Medical Officer
- [Board of Directors - Director at Large Recruitment](#)  
Position open for FNHA Board of Directors

#### **FNHA funding for programs and services**

- [Funding Available for Outdoor Play Spaces at FNHA AHSOR Head Start Sites](#)  
The FNHA has a new funding opportunity for communities participating in the Aboriginal Head Start On-Reserve program. Deadline is Jan. 29, 2021.
- [The FNHA Winter Wellness Grants 2021 Applications are now open](#)  
FNHA funding for wellness services to Indigenous people in BC. Deadline to apply is Feb. 15, 2021.

We encourage everyone to check our website frequently for up-to-date information. Get the latest COVID-19 news from FNHA here: <https://www.fnha.ca/about/news-and-events>. Our COVID-19 Community Support Guide [can be found here](#).

### **FNHA's e-newsletters**

[FNHA's New Year message; How the COVID vaccines work; Winter Wellness grants are here; and more](#). Jan. 6, 2021

The next newsletter is scheduled for Jan. 13, 2021. You can sign up for the FNHA's e-newsletter to ensure you get regular updates and information here: <https://www.fnhanewslettersignup.ca/>

### **FNHA App**

Stay updated on COVID-19, Health Benefits updates and more with the new FNHA App. [Learn more](#).

**In health and wellness,  
The First Nations Health Authority Communications Team**

**Please ensure your application is complete.** Incomplete applications will not be accepted, so please review your application to ensure you have provided all required information. When internet connectivity is available, it is preferred that FNHA receives applications online.

## Criteria

**Please review the following criteria before submitting an application for the 2021 Winter Wellness Grant**

1. The Grants are intended to support virtual initiatives that encourage First Nations in BC to stay safe and stay home while supporting one another during these unprecedented times
2. Activities must be conducted through methods that ensure safety and in alignment with Orders of the Provincial Health Officer (e.g., virtual gatherings, webinars)
3. Eligible recipients include First Nations communities, BC schools, and health and social organizations that provide wellness services to Indigenous people in BC
4. Recipients are encouraged to collaborate with neighbouring communities and organizations where feasible
5. Eligible recipients are able to access a single grant up to \$1,000 and completion of a brief closing report will be required to capture the highlights of your initiative.

## Contact Information

<b>Host Name</b> (Community/Organization):			
<b>Mailing Address of Host</b> (include postal code):			
<b>Wellness Coordinator Name</b> (Main contact):			
<b>Phone Number:</b>		<b>Email Address:</b>	
<b>Region:</b>	<input type="checkbox"/> Northern <input type="checkbox"/> Interior <input type="checkbox"/> Vancouver Island <input type="checkbox"/> Vancouver Coastal <input type="checkbox"/> Fraser Salish		

## Virtual Initiative Information

<b>Title of virtual initiative:</b>	
<b>Please provide a short description of the virtual event/initiative:</b>	
<b>Target audience for virtual initiative</b> (i.e., open to everyone, community members only, youth, Elders, etc.):	
<b>How will you determine the initiative is successful?</b>	
<b>Will your event follow the latest safety advice from the FNHA, the Provincial Health Officer, the Regional Health Authority the event is based in, and community leadership?</b>	I agree <input type="checkbox"/> I do not agree <input type="checkbox"/>

## Funding Request

**Grants of up to \$1,000** are available to support your virtual Winter Wellness initiative.

Please provide details below to indicate your funding needs and request.

**Note:** Grant funds cannot be spent on alcohol, concession or for-profit items, prize money, or illegal material.

<b>What do you intend on spending the Grant on?</b> (i.e., craft material, presenters fees, delivery fees)	
<b>Budget Request</b> (up to \$1,000.00):	

## Additional Information

<b>Please provide any additional information that may assist in the review of this application.</b>

By sending in your application, you are confirming all information is accurate and complete! **Please remember to keep a copy of your application submission handy**

Deadline for applications is Monday, **February 15, 2021**

**Important:** The FNHA will be reviewing applications on an ongoing basis up until February 15, 2021. You can expect a response from FNHA within three business-days of submitting your application for information on next steps. Please ensure the Wellness Coordinator is available for follow up.

For any questions regarding the grant application and guidelines, please contact:

Email: [Active@fnha.ca](mailto:Active@fnha.ca)

Phone: (604) 693-6529

Fax: (604) 666-3867

**Note:** If you are faxing your application, please notify us with a phone call or email!

**Please remember to submit a final report to the First Nations Health Authority after your virtual Winter Wellness initiative.**