



August 16, 2012

Dear Community Partner:

## Imagine... A Healthy Community

*Where people are active, families get outdoors, residents are involved, and neighbours are connected.*

*Where everyone can access affordable recreation, healthy foods, health care services and education.*

*That provides safe physical environments, supportive networks, shelter, income and work for all.*

How do you build health from the ground up and have a community that supports healthy living for all?

- By involving people in the planning and design stages for public spaces, which results in improved lifestyle options and skill building opportunities that contribute to their well-being.
- By bringing people together around ideas to share their knowledge, expertise and perspectives. This leads to residents getting involved and coming up with more practical solutions as they are “home grown”.
- By having various organizations and groups work together on projects that are of benefit to the whole community. This strengthens its ability to ensure long-term health for all.

By working together, individuals can create communities where the healthy choice is the easy choice.

### Funding available to communities

*Do you have a project idea that would promote healthy living in your community?*

*Would you like to bring people together to discuss ideas that could better your community?*

*Not sure where to start to make it happen?*

*Healthy Together Now* is a community-led, regional health authority coordinated and government supported program that encourages organizations, government, public interest groups and concerned citizens to work together on community-led projects that promote chronic disease prevention. *Healthy Together Now* aims at increasing skills, knowledge and ability at the community level to carry out healthy living programs.

Through *Healthy Together Now*, Southern Regional Health Authority will support communities with funding of up to \$10,000 for partnership-based projects that promote one or a combination of the following purposes:

- healthy eating
- physical activity
- tobacco reduction
- mental health promotion.

## **How your community can apply for *Healthy Together Now* funds**

*Be creative... Think outside the box... Take a risk...*

*Bring people around the table and share your idea. It could be achieved with this 1-to-3 year funding.*

### Step 1

Communities must submit a type-written application for *Healthy Together Now* funding by using Appendix 2 (Community Application for Funding). It can be accessed on our website [www.sehealth.mb.ca](http://www.sehealth.mb.ca) - under *Quick Links* on the left hand side, select *Healthy Living & Health Promotion*, and select *Healthy Together Now*.

Community initiatives must meet the project criteria as outlined in Appendix 1, also found on this website.

### Step 2

Submit the application by one of the following **deadline dates**:

Intake 1: October 1, 2012

Intake 2: January 11, 2013

### Step 3

Applications will be reviewed by the Southern Regional Health Authority Health Promotion Team.

Communities will be notified of their application status by:

Intake 1: October 15, 2012

Intake 2: January 25, 2013

### Step 4

Successful communities will be required to follow all action planning and reporting guidelines with the support of the Regional Health Authority Healthy Living Facilitator.

**\*\*Only one application per community can be accepted for *Healthy Together Now* funding in Southeastern Manitoba.**

This correspondence has been sent to many organizations, groups, schools, etc. throughout the Southeastern region. It is acknowledged that this mail-out is not comprehensive enough to reach all who may have a vested interest in project funding of this kind. We ask you, as a recipient of this letter, to please share it with other organizations, groups and potential partners in your community.

Should you require any additional information or have questions, please contact me at (204) 346-6692 or by email at [msarrasin@sehealth.mb.ca](mailto:msarrasin@sehealth.mb.ca).

Sincerely,



Madeleine Sarrasin  
Healthy Living Facilitator

Enclosures

Note – Some groups in your community to whom this correspondence has also been sent include: church, seniors group, youth group, recreation committee, day care, school, parent-teacher committee, library, municipal office, chamber of commerce, community development council, not-for-profit organizations and groups, etc.