

# Healthy Living Community Update



## Healthy Together Now 2025–2026 *Placemaking: Creating Places and Spaces to Connect*



Healthy Living is pleased to offer a grant focused on 'Placemaking: Creating Places and Spaces to Connect', for up to \$2000 in Southern Health-Santé Sud Communities.

**Goal:** The goal of Placemaking is to create long-lasting "social habitats" where people can connect, participate and thrive. This movement empowers community members to connect with each other while improving the function of their physical space to be the "heart" of the community.

### Importance of Placemaking:

Placemaking is a community movement to create public spaces that people feel connected to. Communities are encouraged to create/use an existing space that is active, engaging, and accessible to all community members. We support the movement to transform public spaces through art, nature, physical activity, and most importantly, social connection.

**Application deadline is December 2, 2024**

For a copy of the Grant Package please reach out to your local Healthy Living Facilitator.



Mark your calendar:  
**Tuesday, November 5th 6:30–7:30**  
Healthy Together Now Grant:  
Placemaking - Community Q & A



[Teams Invite](#)



Mark your calendar:  
**Wednesday, November 20th 1:30–2:30**  
Healthy Together Now Grant:  
Placemaking - Community Q & A



[Teams invite](#)



# Men's Sheds

With nearly 100 chapters located across Canada, Men's Shed provides members with a safe space to work on projects while building meaningful relationships with other likeminded men in their community.

In their newest "Inspired to Make" video series, Lee Valley visits the Men's Shed of Arnprior-McNab-Braeside, Ontario. This 4-part video series shares how the community-based group has brought positive change to members' lives in truly meaningful ways. It's an inspiring glimpse into how simple acts of making can create lasting bonds.

Episodes are released once a week through November. Click to access the episodes!



Connection. Camaraderie. Community.



# Pembina Valley Local Immigration Partnership

Pembina Valley Local Immigration Partnership offers a variety of video workshops to better understand the experiences of our newcomer neighbours.

Workshops are free to access, and give thoughtful consideration around communication norms and patterns, influencing factors on settlement and successful integration for newcomers.

They go below the surface and look at the deep factors that impact settlement experience. Click below to check them out!





## Free Webinar: Supporting with access to benefits

Join us on Thursday, November 21, 1:00 PM – 2:30 PM EST,  
for our [Supporting with access to benefits webinar](#).

Designed for frontline practitioners – or anyone helping someone to access benefits, this webinar will provide foundational knowledge and skills to support Canadians who are living on a low income to access benefits.

### During this webinar participants will learn to:

- Recognize the importance of access to benefits for Canadians living on low income.
- Identify how they can support Canadians living on low income to access benefits they are entitled to.
- Use the [Benefits Wayfinder](#) (our free online tool that simplifies the search for government benefits) in conversations using an effective strategy tailored to the individual they are working with.





# Manitoba Action Plan for Sport (MAPS)

## Public Consultation Sessions

Manitobans are invited to participate in a stakeholder engagement session with Sport Manitoba that is dedicated to shaping the future of sport development in our province.

Your insights and expertise will be invaluable in helping us develop the next edition of a strategic roadmap called the Manitoba Action Plan for Sport (MAPS), which is set to renew beginning April 1, 2025, that will guide the growth and evolution of sport in our province.

### Agenda highlights:

- What does the ideal future of sport in Manitoba look like 20 years from now?
- What are the biggest challenges facing sport in Manitoba keeping you up at night?
- What specific actions are required to overcome these challenges?
- How should progress and success be measured?
- Youth safety in sports

Monday, November 4, 2024 (Virtual) 7:00 – 9:00 p.m.

Virtual via Zoom (Link will be shared to registrants prior to session)

Targeted towards Northern Manitoba

Register here: <https://activitymessenger.com/p/Gd8mxWY>

## Falls Prevention Month!



It takes a community to prevent a fall:  
We all have a role to play!

## November is Fall Prevention Month.

Falls are the leading cause of injury among older adults  
and **one-third** of those who fall will never return home.\*

The Fall Prevention Month website has:

- Pre-planned activities, posters and social media posts
- Resources you need to make a difference in your community

Together, we can help keep people active, independent,  
injury-free and healthy.

**CLICK HERE**



\*Data Source: Statistics Canada, Health at a Glance, <https://www150.statcan.gc.ca/h1/pub/82-624-x/2014001/article/14010-eng.htm>. Adapted by the Ontario Neurotrauma Foundation





# Grant Opportunity: Co-Op Communities in Full Colour



Communities in Full Colour is a community-investment commitment that gives back to the places Co-Op calls home.

Co-Op is working to brighten up communities by donating CO-OP® Imagine Paint to the projects and initiatives that matter most to you.



For more details about the program, see the program overview or stop by your local Co-op Home Centre.

## Imagine a Canada

The Imagine a Canada 2024–2025 program, facilitated by the National Centre for Truth and Reconciliation, invites Canadian youth to envision a Canada reconciled.

Youth from Kindergarten to Grade 12 and CÉGEP are invited to participate by submitting artwork, essays, videos, and music, as well as plans for community events, gatherings, workshops, permanent installations, and more.

There are two streams for students to participate, an Art and Essay Stream and a Project Stream (Students may choose to do both!)

At the end of the school year, a national celebration will be held to honour up to twelve projects from the art and essay stream and up to fifteen projects from the project stream.



For more information  
please visit  
[Imagine a Canada](#)

