

The NunatuKavut Community Council (NCC) is rolling out the second phase of a series of programs and initiatives that directly addresses the urgent needs of NunatuKavut members and communities as the COVID-19 global pandemic continues. NCC has budgeted nearly \$2.3 million to help ensure our people and communities are supported and have what they need to get through this time of medical emergency. Over \$1.7 million of these funds are being provided by the Government of Canada as part of the federal Indigenous Community Support Fund.

Details on these initiatives are outlined below.

## FOOD AND HEAT SECURITY VOUCHERS

The Food and Heat Security Voucher Program will be relaunched in September to assist NunatuKavut members who are experiencing food and heat security challenges and have these urgent needs due to the COVID-19 pandemic.

This next phase of the program will involve a basic means test to verify

household income to ensure the program is helping those most in need. Application details will be available once the program is launched.

## ELDER SUPPORT

### Firewood Heat Security Program

The Firewood Heat Security Program provides one cord of firewood per household for NunatuKavut seniors aged 65 and over and vulnerable people who have not accessed the COVID-19 heat security voucher. There are limited cords of firewood available and it will be distributed on a first come-first serve basis. To date, over 20 cords of wood have been delivered with additional deliveries to be scheduled in the fall. Separate arrangements have been made for Black Tickle.

Program Contact for Applications:

Shawn Holwell

T. 709-938-7882

E. [sholwell@nunatukavut.ca](mailto:sholwell@nunatukavut.ca)

### Senior Subsidy Mailout

In May, a cheque for \$100 was mailed to all NunatuKavut seniors

over 65 in Labrador and across Canada to help with extra expenses like groceries, cleaning supplies or other bills. NCC staff are in the process of sending a second \$100 cheque to seniors in this next phase of our COVID-19 community response program.

## COMMUNITY FREEZER ENHANCEMENT

### Food Baskets

In June, NCC delivered approximately 700 food baskets to seniors and vulnerable persons in NunatuKavut. This included essential food items like meats, baking supplies and canned goods. Staff are now in the early stages of planning for a second food basket distribution at the end of September, which will also include sanitation supplies.

### Country Food Harvester Support Grant Program

The Country Food Harvester Support Grant Program provides a one-time grant of \$100 to hunters to cover costs associated with the harvesting of country foods, i.e. ammunition and

fuel. This initiative is open to all NCC members living in Labrador who hold a valid Possession and Acquisition License. To date, over 170 people have accessed this program.

Program Contact for Applications:

Margie Clarke

T. 709-899-1979

E. [mclarke@nunatukavut.ca](mailto:mclarke@nunatukavut.ca)

We are also working on stocking our community freezer with country foods and berries.

### Social and Wellness Grant for Seniors and Vulnerable Persons

The Social and Wellness Grant for Seniors and Vulnerable Persons was developed to encourage the organization of social and wellness programs or initiatives to benefit seniors and vulnerable persons. In this second phase, NCC is inviting Town Councils or Local Service Districts to submit an application in partnership with non-profit or community groups where appropriate. We are looking forward to seeing the projects that will be rolled out in communities as part of this program.

## GARDENING GRANT PROGRAM

The gardening grant program aims to support communities and individuals to improve their infrastructure and purchase supplies that will help grow healthy, nutritious and local foods within their community.

Towns Councils and Local Service Districts can access a grant of up to \$1,000 and individuals or non-

profits/community groups can access a grant to up to \$250. The grant must be used for costs relating to establishing a new garden or maintaining/expanding an existing garden. More than 70 grants have been processed to date. For more information about the eligible cost, please visit [www.nunatukavut.ca](http://www.nunatukavut.ca).

Program Contact for Applications:

Shandy Smith

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E. [ssmith@nunatukavut.ca](mailto:ssmith@nunatukavut.ca)

## VIRTUAL SERVICES

### Mental Health Counselling Services

Private and confidential mental health counselling services are available at NO COST for NunatuKavut members (ages 8+) during the COVID-19 pandemic. This is being done in partnership with Cortez Hancock at Priority Health Counselling.

Book directly at

[www.priorityhealthcounselling.com](http://www.priorityhealthcounselling.com)

or contact Cortez at 709.699.3692 or

[priorityhealthcounselling@gmail.com](mailto:priorityhealthcounselling@gmail.com)

### Physical Wellness Services

Virtual physical wellness services are also available to NunatuKavut members at NO COST during this pandemic. NCC partnered with Garreth Kippenhuck at Inclusive Health and Fitness to deliver the following services:

- private or semi-private fitness training
- group fitness training
- nutritional coaching

To book an appointment, contact Garreth at 709-693-6048 or [garreth@inclusivehealth.ca](mailto:garreth@inclusivehealth.ca)

## OTHER UPDATES

NCC is coordinating activities under the EngAGE Across Generations program, an intergenerational initiative with a focus on seniors, youth and children. A number of youth and general community workers were hired to connect with seniors in NunatuKavut and assist with basic tasks like picking up groceries or medications, getting drinking water or yard clean-up. This assistance may be continued in the fall. We are also working with a local NunatuKavut artist on the development of a NunatuKavut Inuit colouring book, which will be launched in the coming months.

NCC is continuing to provide crucial supports for Black Tickle to meet their unique and specific needs. Three part-time staff were hired to assist with NCC's on-the-ground efforts in the community, which includes water, food and heat security initiatives.

NCC is also working on a short survey around connectivity and technology in NunatuKavut to assess the need for a potential program that might address any issues related to these items.

Have a question or concern?

Please contact us!

T. 1 (877) 896-0592 (toll free) or

1(709) 896-0592 OR

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Learn more at [www.nunatukavut.ca](http://www.nunatukavut.ca)