



Physical Activity Coalition of Manitoba

PACM News

Cultural Safety in Sport and Physical Activity

PACM presents the free webinar *Cultural Safety in Sport and Physical Activity* in conjunction with the Winnipeg Newcomer Sport Academy (WNSA) on **Sept. 9 2021** at 12 noon. Click [here](#) for details and registration.

As a follow up to the webinar an event WNSA participants and families will be held at the Sport for Life Centre **September 12 2021** 10 am to 12 noon. This will provide an opportunity for them to experience some activities and increase their awareness of community opportunities for physical activity and at the Sport for Life Centre..

We are still encouraging support from our members/stakeholders to join us on September 12th to share information on the services they provide. This is a great opportunity to reach out to some newcomer communities and help reduce barriers to participation in physical activity. Please contact Roy Mulligan at pacm.mb@gmail.com to let him know of your interest in being involved.

Thanks to those who have already responded.



PRESCRIPTION
TO GET ACTIVE



Cultural Safety in Sport and Physical Activity Event -

September 12, 2021 10 am - 12 noon. Sport for Life Centre.

Active Aging Week - October 4 - 11 2021 Click [here](#) for more information and resources to help get involved.



State of Youth Report

This report issued from Canadian Heritage provides perspectives and recommendations from Canadian youth on youth-identified priority areas: Leadership and Impact; Health and Wellness; Innovation, Skills and Learning; Employment; Truth and Reconciliation; and Environment and Climate Action. Click [here](#) to access.



The Active Transportation Fund

The Active Transportation Fund (ATF) is a national, merit-based contribution program linked to Canada's National Active Transportation Strategy intended to support projects that improve active transportation infrastructure across Canada. The Fund will make available \$100 million over five years to

Prescription to Get Active

In this podcast Jeff Tartera, the Program Director for Prescription to Get Active in Alberta provides an overview of how the program works, the related tools and resources, and how to get involved. Click [here](#) to access. PACM is actively pursuing the potential for introducing the program in Manitoba.



Physical Activity 2021

The Lancet launches its third Series on physical activity with a diverse collection of articles on the importance of regular physical activity and sport to our health and wellbeing. The authors call for urgent efforts to improve physical activity levels in key populations, and recognise the potential to incorporate population health initiatives into future mass sporting events such as the Olympics. Click [here](#) to access.



Webinar: Cultural Safety in Sport and Physical Activity - Sept. 9 2021 - 12 noon to 1 pm. Winnipeg Newcomers Sport Academy presents this session providing practical tips on how to make activities safe and welcoming for newcomers. Click [here](#) for more information and to register.



Creating quality sports programs for kids with intellectual and developmental disabilities

Children with intellectual and developmental disabilities (IDD) can benefit physically and psychosocially when they take part in sport. Unfortunately, their needs are often neglected, which leads to various physical, social, communication and policy barriers to their involvement. This blog by the Canadian Disability Participation Project discusses 3 blueprints for how program providers can build sport programs that foster quality participation for children, youth and adults with disabilities. Click [here](#) to access.



Help Shape Canada's First Disability Inclusion Action Plan

\$400 million over five years to help build new and expanded networks of pathways, bike lanes, trails and pedestrian bridges, as well as support Active Transportation planning and stakeholder engagement activities. Funding deadlines to be announced. Click [here](#) for more details.



Call for Presenters

Recreation Manitoba has put out a call for presenters for their 2022 annual provincial conference taking place in March 2022. If you have a topic you would like to share click [here](#) for details.



Are the WHO Guidelines on Physical Activity and Sedentary Behaviour Inclusive or Appropriate for People Living with Disabilities?

In 2020, the World Health Organization (WHO) released its Guidelines on Physical Activity and Sedentary Behaviour for people living with disabilities. Are they suitable or appropriate for people living with a disability? The Canadian Disability Participation Program provides some perspective on this. Click [here](#) to access.

The Government of Canada is moving forward with its first-ever Disability Inclusion Action Plan (DIAP) and wants to engage all Canadians in the process.

The Disability Inclusion Action Plan will focus on:

- reducing poverty among Canadians with disabilities
 - getting more persons with disabilities into good quality jobs
 - helping meet the Accessible Canada Act goal of a barrier-free Canada by 2040
 - making it easier for persons with disabilities to access federal programs and services
 - fostering a culture of inclusion
- Click [here](#) to access the online survey.



ParticipACTION Community Better Challenge Results

The ParticipACTION Community Better Challenge is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community. This year's winner was North Grenville, Ontario. In Manitoba, **The Pas** took the honour as the most active community in the province. Congratulations to all the participants and the winners.



2nd Physical Activity Almanac

For those who like a global perspective on physical activity, the Global Observatory for Physical Activity has compiled a 2nd edition of the Physical Activity Almanac on physical activity research, policy and surveillance worldwide with data from 164 countries. Click [here](#) to access.

If you have any news, events and/or resources you would like to share, please forward them via email to PACM at pacm.mb@gmail.com

This message was sent to you by {Organization_Name}

PACM Mission: The Physical Activity Coalition of Manitoba (PACM) mission is to support increased physical activity among Manitobans through collaboration, promotion and education.

PACM host organization is the Manitoba Fitness Council. PACM is supported by Manitoba Health, Seniors and Active Living

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