



Welcome!

Wellbeing
Waterloo
Region

Community
Forum 2

February 16, 2017
Hespeler Hall



#wellbeingWR

Objectives for Today

- Provide an overview from the previous forum and public input gathered to date.
- Provide an overview of the status of wellbeing in Waterloo Region.
- Identify key elements for our future vision of wellbeing in Waterloo Region.
- Discuss and identify criteria to make decisions on future priorities.
- Begin to identify a few priority areas that we could focus on to strengthen or improve wellbeing in our community.

Agenda

- 1. Welcome & Overview**
- 2. Progress update – Mike Murray**
- 3. Vision for wellbeing in Waterloo Region**
- 4. Wellbeing in Waterloo Region – Bryan Smale**
- Networking Break**
- 5. Group discussion about Canadian Index of Wellbeing**
- 6. How will we make choices?**
- 7. Starting to narrow our focus on priorities**
- 8. Reflections in plenary**
- 9. Next steps and closing – Mike Murray**

We want your insights

- Twitter - #wellbeingWR
- Group discussions- record the discussions on flip chart worksheets
 - spell out acronyms (at least once)
 - write legibly
- Display e.g., inclusive language
- Get to know one another

Wellbeing Waterloo Region

- Wellbeing Waterloo Region is a community-led initiative working together across sectors to improve wellbeing.
- We are all working to improve some aspect of wellbeing to improve the quality of life in our community.
- There are still people who are "falling through the cracks" or have less than optimum health.
- Is there something we can do to collectively change this?

Wellbeing Waterloo Region

THE "WHY"

- We are trying to do together what no organization has accomplished or can accomplish on its own.
- In order to create new, significant and impactful solutions, we wish to work together to identify and address collective priorities...
- ...so that everyone in our community is able to thrive and no one is left behind.

Goal areas



Measurement Approach

- Identify a commonly agreed upon set of indicators of community wellness to:
 - Understand the current status and interconnectedness of the many aspects of wellbeing
 - Provide information to help the community identify strategic priorities and actions
 - Understand the impact of our efforts and actions

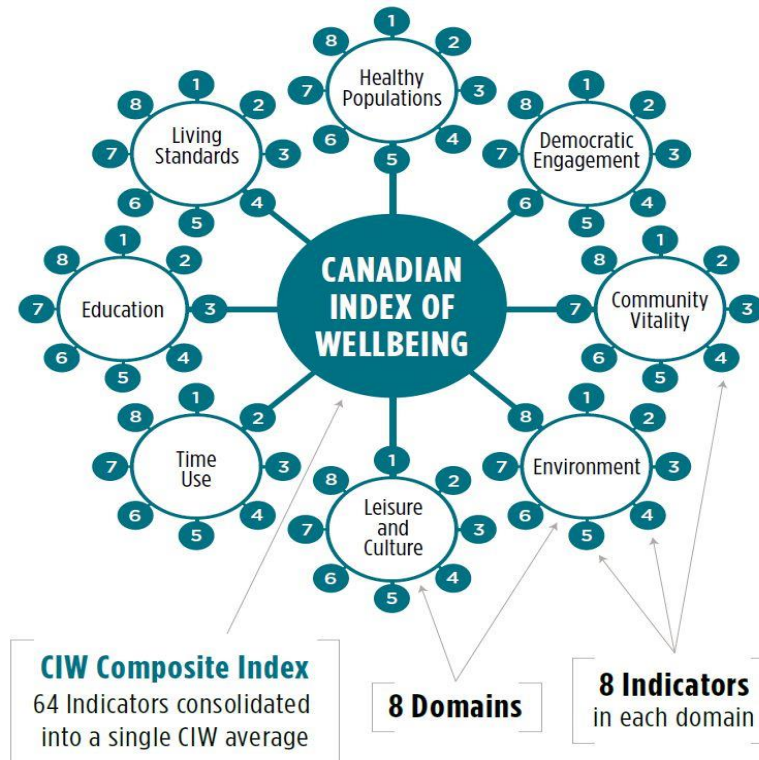


How do we do this?

- Find a way to develop a comprehensive, holistic picture of community wellbeing
- Create a conceptual framework that helps us with a common language
 - Do we build our own?
 - Do we use an existing one as our starting point and adapt it for our community?
- Extensive review of wellbeing measurement systems
- M & M working group chose the CIW

Use CIW as a starting point

- CIW will coach us to add and delete indicators to their framework to make it relevant to Waterloo Region



Foster community engagement & communication

- Discovery meetings with collaboratives
- First community forum - October 13, 2016
- Capacity building sessions:
 - Community engagement planning
 - Measuring wellbeing
 - Health equity
- Created an online platform
- Will be going out to the community to obtain input from a variety of groups

How will we hear from under-represented voices?

- Community conversations with populations that are marginalized
- Conestoga College students doing outreach with under-represented groups
- Using social media and other online tools
- Using partners and existing groups to connect with the communities we have a harder time reaching
- Having displays at high traffic community events (Ambush the Arts)
- Gathering input at community partner forums e.g., New Story Group
- If you have other suggestions let us know

Approach based on feedback

- **Build on** work of existing collaboratives / networks.
- **Strike a balance** between planning the journey and moving to action.
- Be **responsive and adaptive** in our planning.
- **Engage the community** to enhance capacity and shape our wellbeing journey.

Collaborative Process

- Expanded the Reference Group
- Expanded the Measurement and Monitoring Working Group
- Established an Engagement Working Group
- Region of Waterloo playing an interim "backbone support" role

Working group members

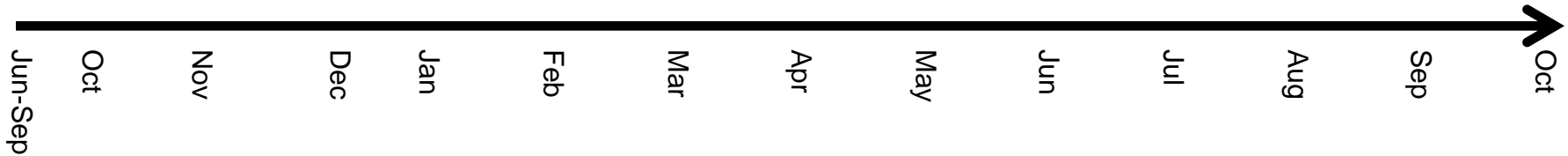
- Cambridge & North Dumfries Community Foundation
- Canadian Index for Wellbeing
- Carizon Family and Community Services
- Children's Planning Table
- City of Cambridge
- City of Kitchener
- City of Waterloo
- Community members
- Delton Glebe Counselling Centre
- Early Literacy Alliance of Waterloo Region
- Family and Children's Services
- Idea Exchange – Cambridge
- Immigration Partnership
- Langs
- Lutherwood
- Lyle S. Hallman Foundation
- Mental Health Work Group
- New Story Group of Waterloo Region
- Ontario Trillium Foundation
- REEP Green Solutions
- Region of Waterloo
- Rural Realities Network
- Social Planning Council of Cambridge & North Dumfries
- The Centre for Family Medicine- KW 4 Health
- The Kitchener & Waterloo Community Foundation
- The United Way of Kitchener, Waterloo and Area
- Township of North Dumfries
- Township of Wellesley
- Township of Wilmot
- Township of Woolwich
- United Way of Cambridge and North Dumfries
- University of Waterloo
- Waterloo Region Catholic District School Board
- Waterloo Region Crime Prevention Council
- Waterloo Region District School Board
- Waterloo Regional Police Service
- Waterloo Wellington Local Health Integration Network
- Woolwich Community Health Centre
- YMCAs of Cambridge & Kitchener-Waterloo





Funders

- Waterloo Wellington Local Health Integration Network
- United Way of Kitchener Waterloo and Area
- Kitchener and Waterloo Community Foundation
- Region of Waterloo



Strategic Decisions & Short Term Outcomes



<p>Interest established, partners engaged and aware of wellbeing measurement frameworks</p>	<p>Measurement framework selected</p> <p>Input gathered</p> 	<p>Draft vision identified</p> <p>Criteria established for selection of priorities and actions</p> <p>Input and research synthesized to shape priorities</p> 	<p>High level strategic priorities identified</p> <p>Input gathered</p> <p>Commitment to large community survey established</p> 	<p>Actions to achieve priorities identified</p> <p>Structure, roles and backbone identified</p> <p>Commitment to actions by community partners established</p> <p>Wellbeing plan developed</p> 
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Questions



Vision for wellbeing

- A **vision** is a clear picture of where we want to be in the future; it provides direction, is future oriented and inspirational. It is what we aspire to.
- Developing a shared vision requires broad participation from the community.
- The community is being invited to share their opinions and ideas about what they hope for the future of wellbeing for themselves and for the community.

Vision for wellbeing

At your table identify the key elements for our future vision of wellbeing in Waterloo Region.

- Key words and thoughts
- Key requirements
- Key images or metaphors



Michele Braniff, Graphic Recorder



- Graphic facilitation provides a visual record to capture group conversations, identify patterns and inspire creativity and new perspectives.
- As a graphic recorder & facilitator, Michele will take your group discussion on the key elements for the wellbeing vision and graphically record them.
- You will be able to see what she has recorded at the end of the forum.

Canadian Index of Wellbeing

Bryan Smale

- Director of the Canadian Index of Wellbeing (CIW)
- Housed at the University of Waterloo
- Use your flip chart work mats to record your group discussion following Bryan's presentation



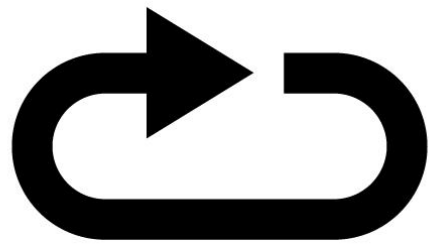
Questions



Small group discussion

- What's '**sticking**' - *what messages, facts, information stood-out or resonated most strongly?*
- What's '**surprising**' - *what was unexpected, unanticipated or missing?*





REPORT BACK

How will we make choices?

- There will be many priorities and issues identified (page 4 of participant package).
- We will need to make choices on where to focus our community efforts and resources to impact wellbeing.
- What criteria should we use in order to make these choices together?
- How do we come to a decision on which priorities and issues to work on as a community?
- We need to create criteria that will help us make decisions together as a community.

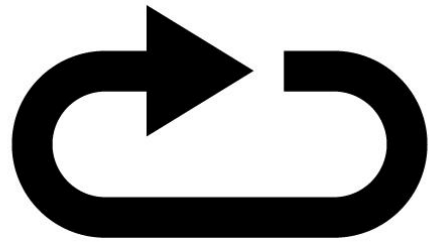
Criteria

- What criteria should we use to help determine where to focus community efforts and resources to have the most positive impact on community wellbeing?



Examples of criteria:

sustainable, impactful, resource availability, innovative, etc.



REPORT BACK

Starting to narrow our focus on priorities

- What is one area we could focus on in order to strengthen or support improvements to wellbeing in our community regardless of the sector/program area we work in?

Graphic recording of vision

Open forum

- Share any additional reflections you have that need to be captured or emphasized.

Continue to be involved!

- Presentation and results of today will be on the website
- Subscribe to receive ongoing updates
www.wellbeingwr.ca
- Join a working group
- Follow us on twitter @wellbeingWR



Be a community champion

Help us promote and increase awareness of the initiative:

Social media

- Follow us on Twitter [@wellbeingWR](https://twitter.com/wellbeingWR)
- Join the conversation [#wellbeingWR](https://twitter.com/hashtag/wellbeingWR)



Website

- www.wellbeingwr.ca

Upcoming Events

Upcoming

- Community conversations - evenings
- Outreach to groups who we have a harder time reaching
- Online platform
- Developing our measurement framework
- Other opportunities for stakeholder input
- Next community forum – May 24, 2017 – Victoria Park Pavilion, Kitchener

Thank you for your participation

