



Wellbeing Waterloo Region

**Community Forum
May 24, 2017
Victoria Park,
Kitchener**

Meeting purpose

- Make meaning of themes emerging from community consultations
- Continue discussion of potential priorities for collective action
- Continue discussion of vision for wellbeing in Waterloo Region

Agenda

1:00pm	Welcome and Update	Mike Murray, Region of Waterloo
1:10pm	Warm Up & Session Overview	Tanya Darisi & Lisa Watson, Openly
1:15pm	What? What we have heard so far	Tanya & Lisa; All
1:45pm	So What? Making sense of what we have heard so far	Tanya & Lisa;
2:30pm	HEALTH BREAK	All
2:45pm	Now What? Making use of what we have heard so far	Tanya & Lisa;
3:45pm	Beginnings of Vision	Jason Santo Studio Locale
4:10pm	Reflection and Take Away	Tanya & Lisa
4:20pm	Closing Comments	Stephen Swatridge Kitchener and Waterloo Community Foundation

Why work on a wellbeing initiative?

- Community challenges are increasingly complex and therefore need multi-stakeholder approaches.
- Individual organizations and sector collaboratives are reaching limits on what they can do alone.
- Can we do things differently to make a more significant impact on quality of life/wellness/wellbeing in Waterloo Region?
- Community leaders from 6 organizations developed a planning approach to engage the community to see if we could identify key priorities to enhance wellbeing.

Planning support – funding and in kind services



United Way
Waterloo Region
Communities



**Waterloo Region
Crime Prevention Council**



THE KITCHENER
AND WATERLOO
COMMUNITY
FOUNDATION



Ontario

Waterloo Wellington Local
Health Integration Network



Region of Waterloo



Wellbeing Waterloo Region

- Wellbeing Waterloo Region is a community-led initiative working together across sectors to improve wellbeing.
- We are all working on various aspects 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



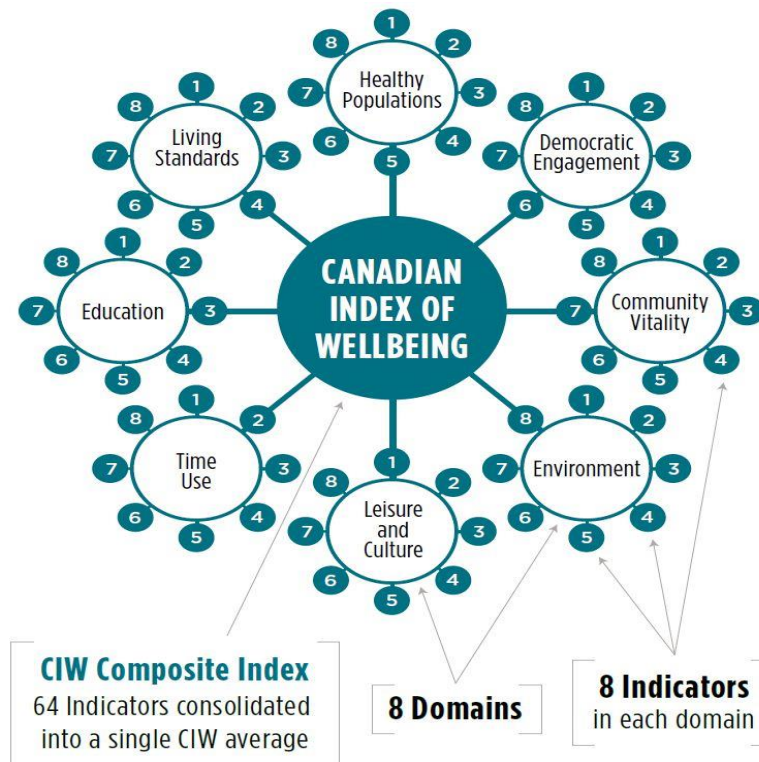
Measurement Approach

- Identify a commonly agreed upon set of indicators of community wellbeing in order to:
 - Understand the current status 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



Chose 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
- Capacity building sessions
- Community conversations
- Do it yourself community conversation kit
- Online input platform
- Having input opportunities and displays at high traffic community events
- Connecting with partners to access existing groups to connect with the underrepresented voices
- Focus groups with underrepresented voices
- Focused outreach survey

Strategic Outreach Groups

- People living in poverty
- Immigrants and Refugees
- Youth
- People living with disabilities
- Older adults
- First Peoples
- LGBTQ
- Women
- People with mental health needs
- Lone Parent Families

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.
- Always an **empty seat** for new people at the table

Organizations participating in working groups

- 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

Questions



Sense-Making: Wellbeing Waterloo Initiative - Community Forum May 24, 2017

Social Impact



Stepping in to our agenda

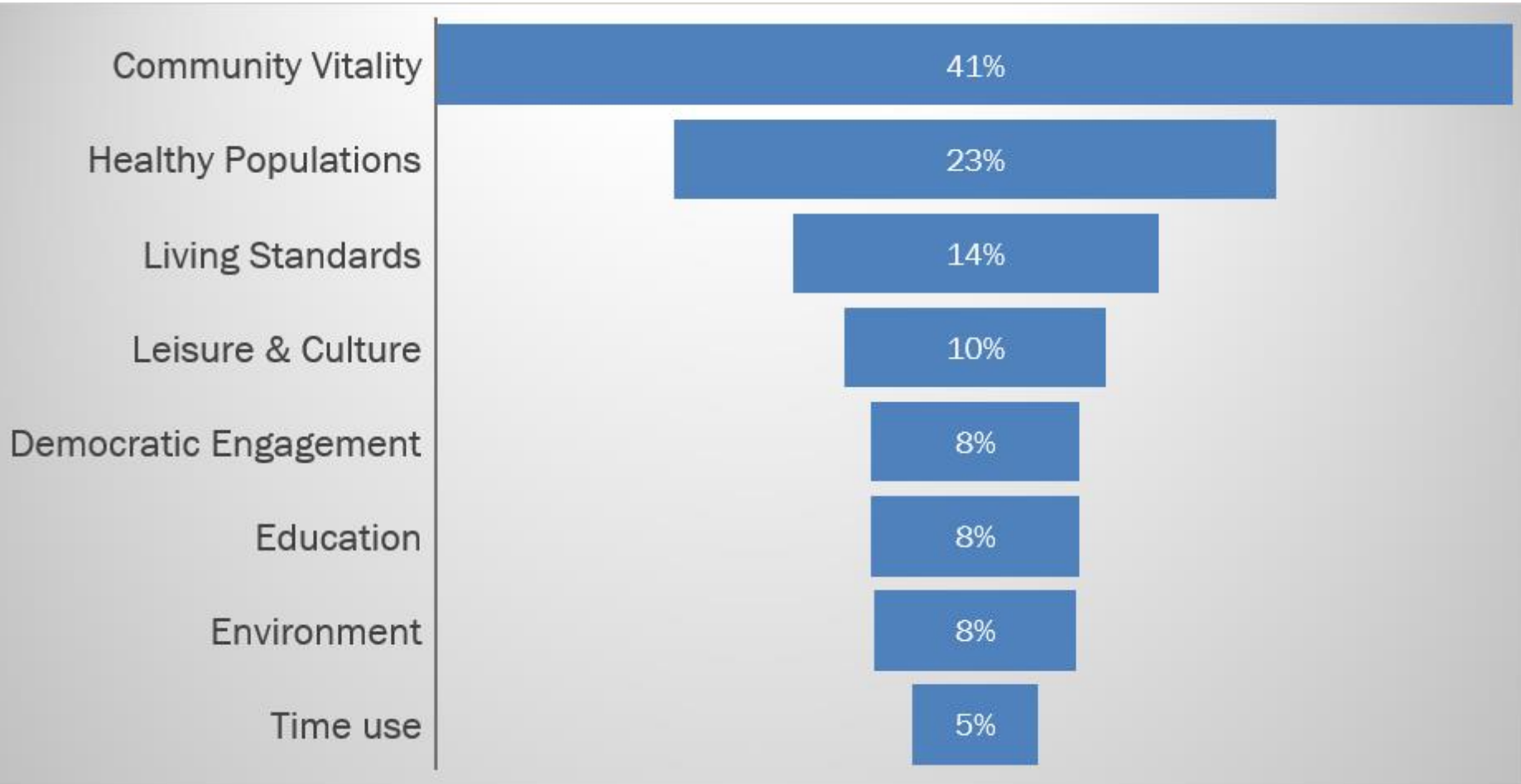
Community Forum #3

- Reflect on what we have heard so far
- Recognize there are more voices to be heard
- Balance ongoing process with action
- Recognize are many efforts underway
- Bring forward criteria & sense of what matters
- Identify take aways for action now
- Hold on to what needs more input

Canadian Index of Wellbeing



What?



What?

- **Table discussion**
 - What stands out?
 - What resonates for you?
 - Anything surprising?
 - Anything missing?
 - What does this tell us?

20 minutes for group discussion

Record reactions and impressions on flip chart paper (USE BLOCK LETTERS)

Then we will report back

So What?

- **1 – 2 – 4 – All**

- What does this mean for your work?
- Where is there a lot of attention already?
- What needs new energy and attention?

1: reflect on the answers individually (a few minutes)

2: in pairs share your thoughts and reflections (10 minutes)

4: combine 2 pairs to make a group of 4; share your responses (10 minutes)

All: As a full group, share back your insights and reflections (10 minutes)

Record on flip chart paper your shared understanding of:

1. Where there is already lot of attention and action (& Who)
2. What needs new energy & attention

(USE BLOCK LETTERS)

Report back in full group

Now What?

- Building on your responses to: **What needs new energy and attention**
- We are going to begin to filter:
 - Where there is greatest potential for impact
 - Where leadership is needed
- *Keeping in mind this is a step in the process towards priority setting (and you don't need to wait to take action)*

In small groups at your table, record answers on stickies (USE BLOCK LETTERS)
Map stickies on the Impact Matrix

Impact Matrix

What kind of difference will it make?

Who leads?		Slight	Noticeable	Game-Changing
	Neighbourhoods			
	Services			
	Sector Collaboratives			
	Cross-Sector/ Multi-System Collective Action			

Now What?

- **Reflecting on your completed matrix:**
 - What can be done now? What needs longer-term attention?
 - What can you take back to your community/organization/existing collaborative to work on?

Wellbeing Waterloo Region
Vision Statement Development
Community Forum
May 2017

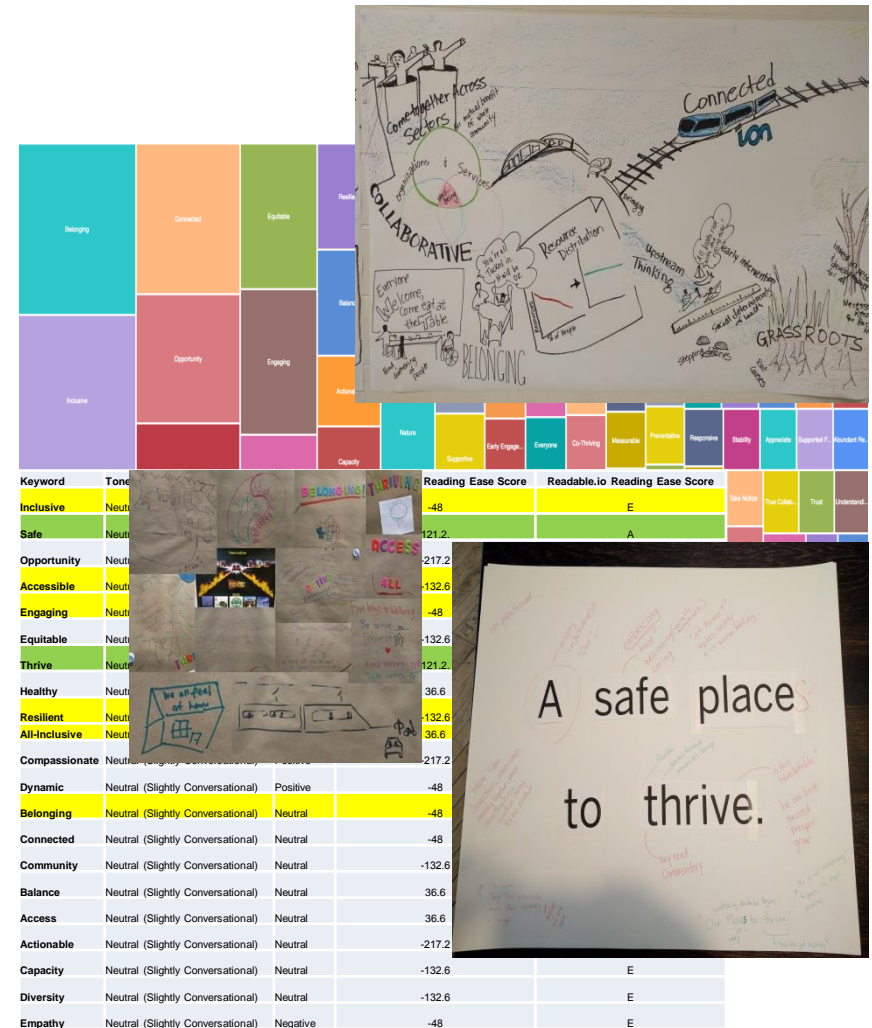
Studio Locale

Vision Input

What is your vision for wellbeing in
Waterloo Region?

Vision Statement Development Requirements & Approach

- Aspirational and inspirational
- Provides a rallying call
- High-frequency themes & sentiment based on community input
- Readability and plain language
- About *the many*. “e.g. Safe places” instead of “a safe place”.



Draft Option #1

Supported. Connected. Included.
We all thrive.

- Readability Rating: B
- Flesch-Kincaid Grade Level: 8.6
- Sentiment: Neutral (Slightly Positive)
- Tone: Conversational

Draft Option #2

Opportunities for all of us to grow
and feel good together.

- Readability Rating: A
- Flesch-Kincaid Grade Level: 6.9
- Sentiment: Positive
- Tone: Conversational

Draft Option #3

Your vision is our vision: [*dynamic
multi-keyword string*]

- Readability Rating: Varies
- Flesch-Kincaid Grade Level: Varies
- Sentiment: Varies

Our vision is your vision: **inclusive**

Preliminary Keyword List

community	vibrant	partners	meaningful	conversation	accepted	actionable	equitable
connected	respect	live	equity	together	welcoming	capacity	understanding
collaboration	active	safety	nature	belonging	ability	healthy	thrive
service	trust	inclusive	connectedness	support	awareness	everyone	healthy
<u>neighbours</u>	hope	accessible	thriving	involved	better	beautiful	resilient
<u>neighbourhood</u>	growth	engaging	valued	opportunity	contribute	actionable	equitable
compassionate	volunteer	social	balance	diversity	accepted	capacity	understanding
prosperous	access	Engagement	dynamic	safety			

Draft Option #4

Care for self.

Care for others.

Care for place.

Care for planet.

- Readability Rating: A
- Flesch-Kincaid Grade Level: 2.9
- Sentiment: Positive
- Tone: Neutral (Slightly Conversational)

StudioLocale

Reflection & Take Away

- Right now I feel...
- Right now I am excited about...
- Right now I will...

Record your “I will” on a flag

The logo for 'openly' features the word in a teal, lowercase sans-serif font. It is enclosed within a red rectangular border that is open on the right side.

Thank you

Tanya Darisi & Lisa Watson
changeopenly.com
@ChangeOpenly

Trust Curiosity. Spark Change.
changeopenly.com

The logo for 'openly' features the word in a teal, lowercase sans-serif font. It is enclosed within a red rectangular border that is open on the right side.

Continue to be involved!

- Be a community champion and tell others about the Wellbeing Waterloo Region initiative.
- Presentation and results of today will be on the website.
- Provide your input on the survey which will be sent to you at the end of the week.
- Subscribe to receive ongoing updates

www.wellbeingwr.ca

Upcoming Events

- Community conversation for the public – June 15, 2017
- Community Capacity Building sessions
 - Health and the social innovation ecosystem
 - June 12, 2017
 - First Peoples Wellbeing – June 26, 2017
- Online input (including vision seed statements)
 - visit our website www.wellbeingwr.ca
- Next community forum – October 12

Thank you for your participation

