

Wellbeing Waterloo Region

Winter 2018 Update

Hello friends of Wellbeing Waterloo Region!

As we finish off the winter we thought we would provide you with an update on the activities that took place over the past several months and provide you with some highlights for the spring.

Update on progress

Strategy Design

On November 23, 2017, the members of the Wellbeing Waterloo Region groups got together at Victoria Park Pavilion to identify the priorities that we would focus on during the next stage of the Wellbeing Waterloo Region Initiative. During this session we came up with our first 3 Big Ideas to focus on going forward:

- **Affordable Housing**: Everyone has a place to call home.
- **Healthy Children and Youth**: All children and youth have the foundation they need to thrive and reach their potential.
- **Social Inclusion**: A welcoming region that embraces diversity, reduces isolation, enhances relationships, and enables belonging.

Moving Beyond Reports – An Open Data Exploration Workshop – December 8, 2017

A workshop with 186 participants was held to explore:

- How do we move beyond paper reports?
- Where do we store all of the data to measure wellbeing?
- What are other groups and communities doing to share, disseminate and display their data?
- What do we want and need in our community with regards to accessing and making use of this shared data?

[To see Power Point from this workshop click here](#)

[To see videos from this workshop click here](#)

The Measurement and Monitoring working group will be discussing the results from this forum and will be identifying potential next steps so stay tuned.

Governance Workshop

On January 23 2018 we held a workshop to discuss governance models for Wellbeing Waterloo Region. We gathered many great insights around our possible governance structure, and we will be developing some draft models based on the input from this session. Discussions on the future governance model will take place throughout February and March 2018 and a draft will be presented at the Wellbeing Waterloo Region forum in late March.

Measuring and Monitoring Wellbeing in Waterloo Region

Domain	Regional Indicators
Community Vitality	Percentage of population aged 15-64 who are employed Percentage of population aged 15-64 who are self-employed Percentage of population aged 15-64 who are in the labour force
Democracy	Percentage of population aged 15-64 who are registered voters Percentage of population aged 15-64 who voted in the last provincial election Percentage of population aged 15-64 who voted in the last federal election
Education	Percentage of population aged 15-64 who have completed high school Percentage of population aged 15-64 who have completed post-secondary education Percentage of population aged 15-64 who are employed in a skilled occupation
Environment	Percentage of population aged 15-64 who are employed in a green occupation Percentage of population aged 15-64 who are employed in a blue occupation Percentage of population aged 15-64 who are employed in a brown occupation
Equity	Percentage of population aged 15-64 who are employed in a high-paying occupation Percentage of population aged 15-64 who are employed in a low-paying occupation Percentage of population aged 15-64 who are employed in a middle-paying occupation
Health	Percentage of population aged 15-64 who are employed in a high-paying occupation Percentage of population aged 15-64 who are employed in a low-paying occupation Percentage of population aged 15-64 who are employed in a middle-paying occupation
Income	Percentage of population aged 15-64 who are employed in a high-paying occupation Percentage of population aged 15-64 who are employed in a low-paying occupation Percentage of population aged 15-64 who are employed in a middle-paying occupation
Work-Life Balance	Percentage of population aged 15-64 who are employed in a high-paying occupation Percentage of population aged 15-64 who are employed in a low-paying occupation Percentage of population aged 15-64 who are employed in a middle-paying occupation

It was important to the community to develop a coordinated approach to measuring wellbeing in Waterloo Region. The Measurement and Monitoring working group was established to advance this work and have identified the [Canadian Index of Wellbeing](#) as the overall framework for measuring wellbeing in Waterloo Region. Some of the indicators identified by the working group have been used in a report developed by the Canadian Index of Wellbeing. This report provides an overall status of wellbeing in Waterloo Region and was published in January 2018. To view the Profile of Wellbeing in Waterloo Region

developed by the Canadian Index of Wellbeing click on the below link.

- [Profile of Wellbeing in Waterloo Region](#)

There are several indicators that were not used in the Wellbeing Profile but have been identified by the Measurement and Monitoring working group as potential data sets for use in program and service level planning as well as future profile reports or inclusion in a citizen survey. To see the list of additional indicators click on the below link.

- [Additional indicators for the measurement system](#)

Coordinated Community Survey

Partners have been meeting to discuss and plan a Coordinated Community Survey. The purpose of the survey is to provide detailed information on the quality of life of residents in Waterloo Region. The Survey would follow the Canadian Index of Wellbeing framework and would provide data from residents concerning a variety of aspects linked to each of the CIW's eight domains of overall wellbeing:

- community vitality;
- healthy populations;
- democratic engagement;
- the environment;
- leisure and culture;
- education;
- living standards;
- and time use.

The survey would also gather comprehensive information on the demographic profile of residents for assessing the degree to which various subgroups in the population compare on their wellbeing.

Our plan is to conduct the Community Wide Survey in the spring of 2018. The results will be analyzed and shared with key partners in early fall 2018, and then more broadly with the public in December 2018. Community leaders will be able to use the data for strategic planning related to improved quality of life outcomes, and to monitor progress moving forward.

Emerging Strategy

The emerging strategy brings together the big ideas identified as well as the actions that will guide our future work. The strategy defines how we will measure our progress, and how we will work to realize our ambitions. The components and content within this emerging strategy are a “work in progress” and based on community input and available data.

Our vision - what we aspire to:

Working together to enhance wellbeing in our community so everyone thrives and no one is left behind.

Our mission - why we exist:

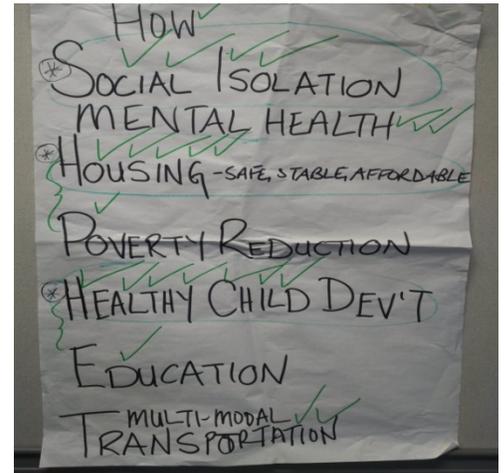
To work together in new ways to create transformational change in community wellbeing. More specifically we will:

- **Support** our community and each other with integrated systems, aligned actions and services to make transformational change.
- **Connect** with each other and networks in our communities to leverage assets and mobilize for collective action.
- **Include** and value diverse and unique abilities to address inequities so everyone thrives.

3 Big Ideas

Working together, the community has identified areas to focus collaborative efforts to make meaningful and transformational change. These “Big Ideas” are identified as the following:

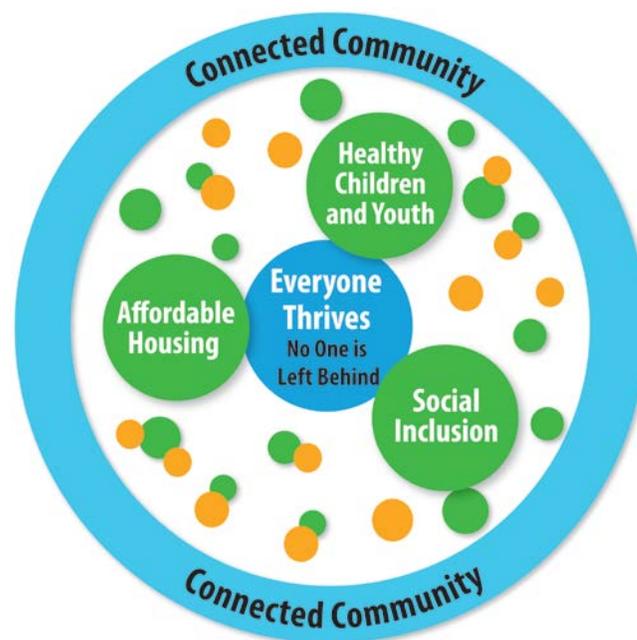
- **Affordable Housing:** Everyone has a place to call home.
- **Healthy Children and Youth:** All children and youth have the foundation they need to thrive and reach their potential.
- **Social Inclusion:** Welcoming communities embrace diversity, reduce social isolation, enhance relationships and enable everyone to belong.



Connected Community: Working better together

Complex problems require a collaborative community effort to be successful. To create meaningful and transformational change, we will need to intentionally focus on strengthening individual and network connections; breaking down siloes, leveraging local assets and mobilizing collective action are a necessary foundation for addressing any of our big ideas. Actions that help us become better connected will be explored as we work to form a governance structure. This is almost big idea # 4.

Figure 2 - Visual of the Wellbeing Waterloo Region Emerging Strategy



Next Steps

In order to drive towards meaningful change we need to bring focus to specific aspects of the Big Ideas to help get the community moving in the same direction. The following components will be developed as next steps in our Wellbeing Waterloo Region journey:

a. Develop Challenge or goal statements - The Big Ideas identified are just that...big! In order to drive towards meaningful change, we need to frame our Big Ideas into initial challenges or goal areas. This will provide initial focus and get the community moving in the same direction. These goal statements will be developed with existing collaboratives who work in the focus area as well as with the working groups of Wellbeing Waterloo Region. There will also be opportunities for the public to provide input. The goal or challenge statements are intended to be:

- ambitious and bold;
- a rallying call that creates urgency on this issue;
- specific yet convey what we want to achieve;
- achievable;
- measureable.

Examples of challenge or goal statements include:

- *By 2020 all children in Waterloo Region will have the necessary skills for reading by the third grade.*
- *By 2020 we will end chronic homelessness.*
- *By 2020 Waterloo Region will have high school graduation rates that surpass the Province and Canada.*

b. Identifying our actions - To move the ideas forward we will need to support and /or amplify existing work or develop new actions. The actions are the “how” we will achieve progress in the big ideas. It is anticipated that these actions will be identified from a variety of sources but not limited to:

- existing and new organizations and collaborative actions;
- new collective Wellbeing Waterloo Region actions;
- place based neighbourhood actions;
- Waterloo Region resident actions;
- other actions from other priority areas.

It is important to note that everyone can play a part in helping to move the big ideas forward.

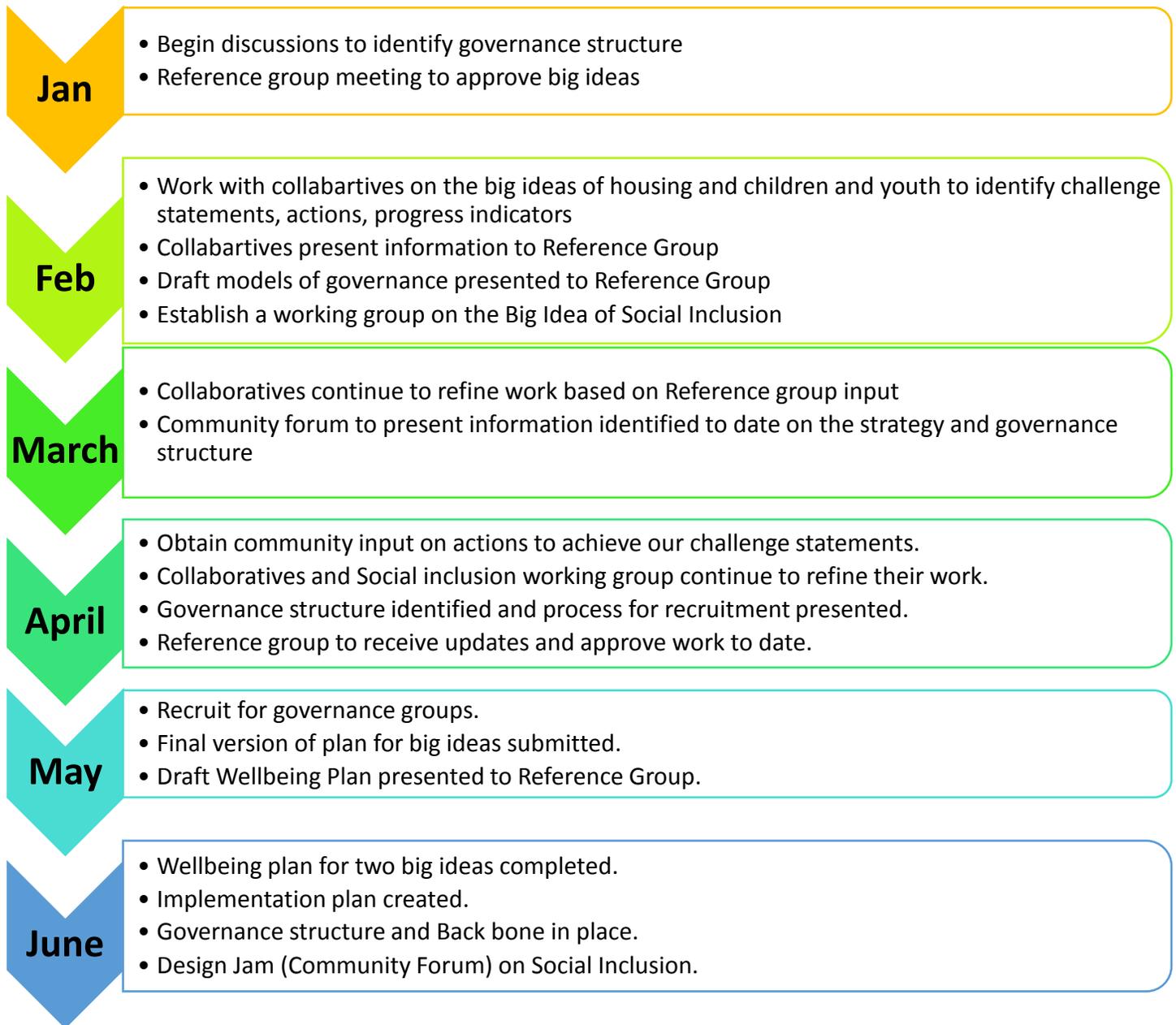
c. Establishing progress indicators - In order to understand if we are making progress on our actions, we will be establishing indicators to track progress and to understand if we are making a difference. These indicators will be both short and long-term indicators and will be integrated with the overall measurement framework.

d. Develop a plan to move forward on the Big Idea - Social Inclusion

There are several groups and organizations that work in the areas of diversity, social isolation, and belonging. A working group will be established to work with community partners to coordinate and amplify the work that is currently being done and develop further actions to make social inclusion a winning Big Idea for the community.

e. Identify and establish governance structure and backbone organization for Wellbeing Waterloo Region that supports and creates opportunities for a connected community. This structure would also help keep the work moving forward and ensure that deliverables are achieved and progress is monitored.

Figure 3: Overall timeline for next steps of Wellbeing Waterloo Region



Upcoming Events

Wellbeing Waterloo Region Forum

Our next Wellbeing Waterloo Region forum is being held on:

Thursday, March 29, 2018
1:00 – 4:30

Victoria Park Pavilion – Kitchener

Come out to the forum to receive updates and discuss the emerging Wellbeing Waterloo Region Strategy and governance structure to support the future work. [Register for the forum.](#)

Partner News

Waterloo Region Immigration Forum 2018

Communities across Canada and the world are increasingly relying upon immigrants to spur community and economic development. How does a community like Waterloo Region harness the potential of Canada's immigration policy and create the conditions to fully leverage the contributions and skills of its immigrants and refugees?

Join the Immigration Partnership on March 1 to explore these topics and contribute your thoughts.

Keynote Speaker: Debbie Douglas, Executive Director of the Ontario Council of Agencies Serving Immigrants

Community Leaders: Dave Jaworsky, Mayor of Waterloo, Dr Jenna Hennebry, Associate Professor Wilfrid Laurier University/Balsillie School of International Affairs, and more

Date: 1 March 2018

Time: 8:00am-12:00pm

Location: Holiday Inn, Kitchener (30 Fairway Road S.)

Breakfast provided

[Register on Eventbrite](#)

Looking forward to seeing you at the 2018 Immigration Forum!

The Immigration Partnership



**Invitation: Waterloo Region
Immigration Forum 2018**



Ranked Ballot Roadshow-March 1st, 2018

On March 1, [Unlock Democracy Canada](#) will bring their Ranked Ballot Roadshow to Cambridge to propose a ranked ballot voting system. Keynote speakers will include [Jeanne Massey](#) (Executive Director of FairVote Minnesota), [Mike Griffin](#) (Minneapolis community organizer), [Cynthia Richie Terrell](#) (co-founder of [FairVote](#) and Director of [Representation2020](#)) and Dave Meslin (Creative Director of Unlock Democracy Canada).

March 1- 7pm

Cambridge City Hall, Bowman room (60 Dickson St, Cambridge)

For more information, and to RSVP for this event, please visit <http://www.unlockdemocracy.ca/roadshow>.

Taking the “I” out of Isolation- March 8

The Seniors as Mentors and Leaders Project will be hosting a community event on Thursday, March 8th, called Taking the “I” out of Isolation. This event is meant to address the issue of social isolation among older adults. It is intended for anyone who is themselves an older adult, and for professionals whose work supports this population.

What is it like to experience social isolation as an older adult? Who is working to address this issue, and through what methods? These are questions we want to explore at the event. Meaningful work is being done to support older adults in Waterloo Region and beyond, and the Seniors as Mentors and Leaders Project is hosting an event to highlight the importance of this work.

Thursday March 8-10:30am-2:30 pm

Sunbridge Hotel & Conference Centre (200 Holiday Inn Cr, Cambridge)

For more information, and to register for this free event, please visit <http://spccnd.org/nhsp> .

The Seniors as Mentors and Leaders Project is delivered through partnerships between Social Planning Council of Cambridge and North Dumfries; Cambridge Council on Aging; Cambridge Self-Help Food Bank; and Housing Cambridge.

Asset-Based Community Development for Healthy Neighbourhoods- April 17-19, 2018

Asset-Based Community Development (ABCD) is an approach to the development of communities based on their strengths and potentials. It involves assessing the resources, skills, and experiences available in a community; organizing the community around issues that move its members into action; and then determining and taking appropriate action.

This April 17-19, join Tamarack's Vibrant Communities for a three-day workshop, *Asset-Based Community Development for Healthy Neighbourhoods*, in Kitchener, Canada to explore the fundamentals of Asset-Based Community Development with a focus on Neighbourhood Development and Community Health.

The workshop will explore topics such as:

- Sustainable Communities
- Belonging and a sense of community
- Resilience and personal motivations for health
- The role of place and the importance of healthy communities
- Supporting neighbours to support neighbours in times of need
- The role of caring and care giving in communities

To learn more about the workshop please visit [Tamarack's Community Engagement event page](#). There are discounts available if 3 or more Wellbeing Waterloo Region members are interested in attending - to receive the discount and register contact Lorie Fioze at lfioze@regionofwaterloo.ca or 519-575-4758.

Family Compass

On Monday, February 12 the new Family Compass website (www.FamilyCompassWR.ca) will launch! This website will be a new go-to site for finding community-based services and supports for parents, youth and children in Waterloo Region. Visitors to Family Compass will have 3 'doors' to choose from when they visit the site:

1. Search for Services – a self-search for local health, social and recreational services for children and youth
2. I Have a Concern – a tool to help parents, youth and caring adults find the best starting point organization to address developmental concerns in a child or youth
3. Resources for Parents – resources for parents to learn, find support and connect with other parents (via www.parentingnow.ca)



Development of this go-to site for services for children and youth has been the collaborative effort of the Children and Youth Planning Table, Special Needs Strategy Planning Table and Moving on Mental Health Strategy.

If you are interested in attending the launch event, [learn more and register online](#).

For more information, contact Alison Pearson, Manager, Community Engagement and Planning for the Children and Youth Planning Table at APearson@regionofwaterloo.ca.

How is this work funded?

Wellbeing Waterloo Region has received “seed funding” from the [United Way](#), [the KW Community Foundation](#) and the [Waterloo-Wellington Local Health Integration Network \(LHIN\)](#). In kind support has also been provided by the [Waterloo Region Crime Prevention Council](#) and [Waterloo Region Police Service](#). The Region of Waterloo is providing “back bone” support for the initiative, which entails planning, engagement and administrative activities to ensure the work is on task and on time. Many other community organizations and collaboratives have participated and provided expertise and support to the initiative, making this truly a community effort.



Where can I find more information?

For more information visit the Wellbeing Waterloo Region website at www.wellbeingwr.ca or contact Lorie Fioze at 519-575-4758 TTY 519-575-4608 or lfioze@regionofwaterloo.ca.