

Wellbeing Waterloo Region

Shape wellbeing in Waterloo Region.
Get involved! Be part of the conversation.

Community Conversations Kit
Conversations that lead to action!

April 2017



About this Kit

Who is the Community Conversations Kit For?	Community members, families, neighbours, colleagues, networks and small groups interested talking about our community and helping to improve wellbeing in Waterloo Region.
What is the purpose of the conversations?	To hear from community about how to better wellbeing in Waterloo Region and to inform a wellbeing plan.
How will the information from the conversations be used?	Your input will be used by Wellbeing Waterloo Region to shape a plan to improve wellbeing in our community.
How will you report back the information from the conversations to the community?	We will report back to the community with all the input to Wellbeing Waterloo Region on our website: www.wellbeingwr.ca
What is included in this kit?	Background information How to hold a Community Conversation Community Conversation Questions
How long with the conversations take?	Depending on how many people you have in your group, the range of the conversation, and how much fun you have, the conversation could take anywhere from 20 to 60 minutes.
Who do I contact with questions? (including requesting an alternate format)	Eve Nadler Wellbeing Waterloo Region enadler@regionofwaterloo.ca 519-575-4400 ext. 3967 TTY 519-575-4608
How do I send the results to Wellbeing Waterloo Region?	<ol style="list-style-type: none"> 1. Email the PDF form and images to: wellbeingwr@regionofwaterloo.ca 2. Enter into the online form provided at: www.wellbeingwr.ca 3. Mail it to: Wellbeing Waterloo Region c/o Chief Administrative Office Region of Waterloo 150 Frederick Street, 1st Floor Kitchener, ON N2G 4J3
Where can I find more information?	Visit our website: www.wellbeingwr.ca

Background

Community wellbeing is shaped by a wide variety of factors, in which individuals and communities are born, grow, work, live, and age. Wellbeing can mean different things to different people – **what does wellbeing mean to you?** Your input will be used by Wellbeing Waterloo Region to shape a plan to improve wellbeing in our community.

What is Wellbeing Waterloo Region?

Wellbeing Waterloo Region is a community-led initiative working together across sectors to improve wellbeing. We are asking for community input on the vision, priorities, and actions to better wellbeing in Waterloo Region and to inform a wellbeing plan by October 2017. Your input and how it will be used to shape wellbeing will be posted at wellbeingwr.ca. There are many opportunities to provide input, please visit wellbeingwr.ca.

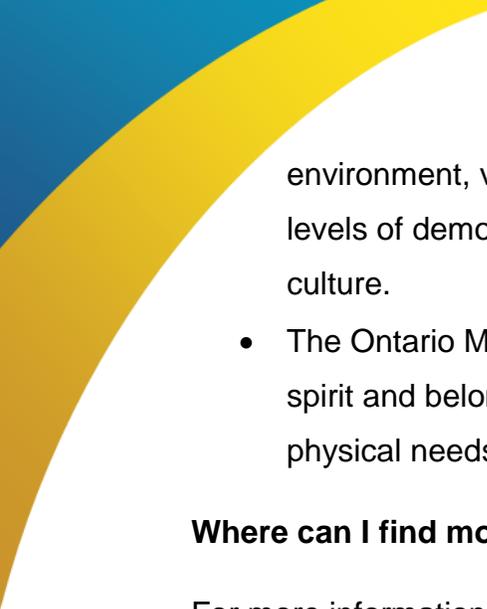
Why is this important?

“I’m putting the “we” in community wellbeing.” Personal and community wellbeing are tied together, our community can only thrive when each individual thrives. The first step to improving wellbeing is to understand what people value and what factors they think contribute to their wellbeing. Once we have a shared understanding of what wellbeing means to everyone we can start to develop areas to focus on and actions to improve it. Our plans need to be rooted in what the community values and shaped by as many residents of Waterloo Region as possible.

What does wellbeing mean to you?

Wellbeing is complex and means something different to everyone. There are many ways to think about well being, here are two examples:

- The Canadian Index of Wellbeing explains wellbeing as the presence of the highest possible quality of life in its full breadth of expression focused on but not necessarily exclusive to: good living standards, robust health, a sustainable



environment, vital communities, an educated populace, balanced time use, high levels of democratic participation, and access to and participation in leisure and culture.

- The Ontario Ministry of Education explains wellbeing as a positive sense of self, spirit and belonging that we feel when our cognitive, emotional, social and physical needs are being met.

Where can I find more information?

For more information please visit the Wellbeing Waterloo Region website:

wellbeingwr.ca and read about our journey to-date in our background document.

If you have questions, please contact Eve Nadler, Community Engagement Coordinator for Wellbeing Waterloo Region at 519-575-4400 ext. 3967, TTY 519-575-4608.

How to hold a Community Conversation

Planning

- Pick a time, date, location and group with whom to have the conversation
 - Consider a meeting or event that is already happening
 - Consider a porch gathering, coffee break, book club, family dinner
 - Invite community members, families, neighbours, colleagues
 - Gather some markers, pens, paper and tape; things you have at the home or office

Hosting

- Have fun!
 - Invite people to bring snacks
 - Consider an ice breaker or a way to introduce everyone taking part
 - Encourage hearing different views to inspire ideas and great conversation
 - Suggest an open, respectful conversation
- Ask for a conversation leader (facilitator) who:
 - Asks the questions
 - Makes sure everyone has a chance to speak
 - Makes sure one person speaks at a time
 - Manages time spent on questions
- Ask for someone to take notes (note taker) who:
 - Records the date of the conversation
 - Writes down what is being said; overall ideas and examples
 - Does not record names or who said what
 - Asks to repeat an idea if they did not hear

Wrapping Up

- Thank people for coming
 - Let them know how you will be submitting the conversation
 - Invite them to provide further input at www.wellbeingwr.ca
 - Provide contact for questions

