

# Wellbeing Waterloo Region

## Community Forum #2

Thursday, February 16, 2017

1:00 p.m. – 4:30 p.m.

Doors open at 12:30; forum starts promptly at 1 p.m.

**Hespeler Memorial Arena - Beehive Hall  
Cambridge**

### What is Wellbeing Waterloo Region?

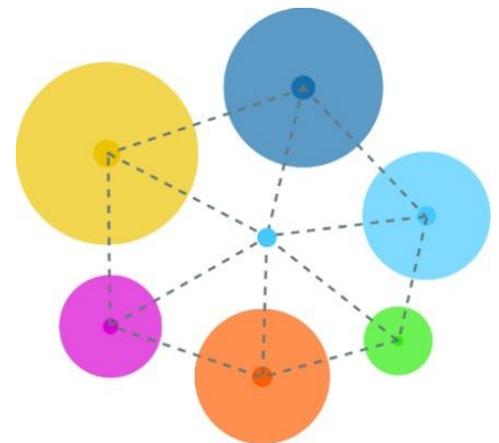
Wellbeing Waterloo Region is a community-led initiative working together across sectors to improve wellbeing. All of us, across sectors and disciplines, are working to improve some aspect of wellbeing to improve the quality of life in our community.

Through the Wellbeing Waterloo Region Initiative we want to choose a couple of key priority areas and actions that will have the most impact on wellbeing for Waterloo Region residents. In order to do this we need to engage and involve the community in the development and direction around collective areas of focus and priorities. This work will result in the development of a wellbeing plan with a wellbeing vision, focus areas, priorities and measurement system by October 2017.

Over the next year there are various ways that the community, organizations, collaboratives and interested stakeholders can be involved. All of this information is available on website at [www.wellbeingwr.ca](http://www.wellbeingwr.ca).

### Objectives for the forum:

- 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.
- Identify what area we could focus on to strengthen or improve wellbeing in our community regardless of the sector/program area we work in.
- Engage and involve the community in ways that enhance collaboration and community partnerships.



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## Our Agenda

Agenda item	Presenters	Timing
1. Welcome & Overview	<b>Glenn Pothier- Facilitator</b> GLPi Consulting	<b>1:00 welcome</b> <b>10 minutes</b>
2. Progress update	<b>Mike Murray</b> Chief Administrative Officer Region of Waterloo	<b>1:10</b> <b>20 minutes</b>
3. Vision for wellbeing in Waterloo Region	<b>Table conversations</b> At your table identify the key elements for our future vision of wellbeing in Waterloo Region. <ul style="list-style-type: none"> <li>• Key words and thoughts</li> <li>• key requirements</li> <li>• key images or metaphors</li> </ul>	<b>1:30</b> <b>30 minutes</b>
4. Wellbeing in Waterloo Region	<b>Bryan Smale – Canadian Index of Wellbeing</b>  Questions and answers	<b>2:00</b> <b>30 minutes</b>
<b>Networking Break</b>		<b>2:30</b> <b>15 minutes</b>
5. Group discussion about Canadian Index of Wellbeing presentation	<b>Table conversations</b> What's ' <b>sticking</b> ' - <i>what messages, facts, information stood-out or resonated most strongly?</i>  What's ' <b>surprising</b> ' - <i>what was unexpected, unanticipated or missing?</i>	<b>2:45</b> <b>20 minutes</b>
6. How will we make choices?	<b>Table conversations</b>  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?	<b>3:05</b> <b>35 minutes</b>
7. Starting to narrow our focus on priorities	What is one area we could focus on in order strengthen or support improvements to wellbeing in our community regardless of the sector/program area we work in?	<b>3:40</b> <b>30 minutes</b>
8. Reflections in plenary	<b>Plenary</b> Share any additional reflections you have that need to be captured or emphasized.	<b>4:10</b> <b>10 minutes</b>
9. Next steps and closing	<b>Mike Murray</b> Date of next Community Forum – May 24, 2017	<b>4:20</b> <b>10 minutes</b>



**Table 1: Areas of Focus collected to date**

**Belonging**

- Belonging across the age span, e.g. infancy belonging looks like attachment.
- Community connectedness, sense of belonging - all ages – in neighbourhoods, schools, workplaces, families, neighbours
- Building a sense of belonging - figuring out what belonging means to each person. Inclusive belonging
- Sense of community - sense of belonging; feeling safe; community support.
- Encouraging mindful and compassionate communities and policy making - Belonging and connection to Each other
- Absence of informal supports i.e. families, neighbours as care-givers, isolation and loneliness
- Neighbourhood informal networks and place-making.
- Promoting mindful community including mindful policy makers and policies, i.e. Mindfulness - coping skills at the level of individuals and fostering connectedness among citizens.
- Social cohesion / belonging / volunteerism/ cultural inclusion; Action idea #2 - neighbourhood strategy.
- Social inclusion and sense of community - authentic interactions.
- Diversity and inclusion - individuals, groups, population groups and communities.
- Culture: fear of others, hate crime; discrimination; perception of fear; political climate of fear. Physical: accessibility - sidewalks; separation from nature; degraded landscape.
- Discrimination, fear of the other

**Child Health and Wellbeing/Support to families**

- Early childhood development
- Inequitable childhood development
- Support for Youth being successful in school - include recent immigrants.
- Youth and family engagement
- Passion: inadequate equitable child development; prevention; take it seriously. Food needs - access to food, healthy foods - how to eat healthy. Prenatal period
- Children that have a reduced life opportunity from before birth. Lets think and act long term and have the courage to stick with it
- Early childhood development equitably for all
- Monitoring and support for children in-utero - 2 yrs.; 30 yrs.? Real support not 15 business cards filled with inaccessible services - or services unable to serve those in need. We know what works - lets do it. Make it a longitudinal study, too
- Early interventions for youth (before the problem; preventing rather than intervening) - looking upstream (this is a huge topic to cover)
- Best Start for Children: positive; healthy; reducing any type of trauma; meaningful connections and experiences
- Literacy - early childhood, adult Literacy, family literacy
- Trauma and attachment interventions (see adverse childhood experience study)

**Service coordination**

- Identify a way to coordinate health and social service providers to create care plans for clients.
- Amalgamation issues - can't access different services in community because of arbitrary boundaries
- Healthy Child development (including pregnancy) - wrap around approach to address the needs
- Making all relevant services more personal and less automated and impersonal.
- Access and education about existing resources
- How do we get high functioning programs (i.e. early health Child programs) and get them to people who are not accessing these currently
- Availability of resources and communication/better coordination of services for navigation.

## Table 1: Areas of Focus collected to date

- Using resources effectively
- Better use of similar resources; duplication of services
- Co-operation - How to

### Income

- Poverty:
  - living wage (income inequality)
  - poverty/inequality - underpins Housing, transportation, Food insecurity, etc.
  - Income inequity - radical policies to put financial power in hands of those who currently do not have this power (i.e. tax wealthier at an even greater percentage)
- Meeting basic needs with dignity through living income
- Cost of Living: access to safe affordable housing; access to affordable healthy food, transportation and housing
- Guaranteed income
- Water (bills too high etc.), energy
- Financial: low wages; under-employment; skill, education; cost of living

### Mental health

- Mental health; increasing
- address body, mind, spirit - access to mental health
- Social isolation and mental health wellbeing and stigmatization
- Supports for families struggling with mental health issues.
- Promoting mental health resilience (preventive, life course from infancy to older age - across the age spectrum).
- Youth access to mental health

### Access to services

- Oral and pharmacare for all ages based on income
- Access to mental health and Addiction - issue seems to be Growing in our community
- Need satellite sites for Different services in each individual neighbourhood
- Simplifying the system and communication How to access services
- Addiction services
- Access to sporting/recreational events

### Environment

- Climate crisis - action required immediately.
- Climate Change:
  - and Environment: transportation; carbon reductions; community engagement; waste reduction
  - transportation, adaptation - water/flooding, carbon reduction
  - is a real issue. As a single community, I don't think we can stop it but we can set an example as a community that values best practice
  - need to address now, not wait for more severe Issues - our Environment will Impact access to Food, Housing, jobs, physical Activity – EVERYTHING

### The Built Environment and Placemaking

- Active communities - access to physical activity, access to healthy affordable food, places to engage with others and build social networks
- Build closer-knit communities (neighbourhood centre in each community that has recreational, social and neighbourhood opportunities)

## **Table 1: Areas of Focus collected to date**

- Need clean, projects - attractions - resources. There are always smarter ways of doing what we do.
- Neighbourhoods and schools as community hubs.
- Safe, green, places to meet, eat, to play together, support (internal) and place-making

### **Social status inequity**

- Radical policies to give social power to those who do not currently have this power - focus on creating leadership opportunities in our Region for those who are not usually invited to lead (New Canadians, First Nations, etc.).
- access to information and education to reduce Stigma and discrimination
- Addressing broader social influences, e.g. inequality, cultural norms (reconciling collectivist aspirations with the realities of individualist society)

### **Education and literacy**

- Education (access; success).
- Literacy - all of these have the benefit of Impact now as well as future Impact on health, crime, social, etc.
- Literacy across the community

### **Relationship building**

- Relationship building with our Aboriginal community
- Supporting newcomers in our community - how can we do more and do better

### **Affordable housing**

- Housing - any and all - supportive, affordable, variety and choice
- Housing: homelessness/safe - affordable - accessible; additional supports required

### **Food security and access to healthy food**

- Community gardens or something along those lines - Food Security issues.
- Food Security and nutrition - all of these have the benefit of Impact now as well as future Impact on health, crime, social, etc.

### **Transportation**

- Transportation/access - a universal design

### **Employment**

- Youth Opportunities: employment; training; education

### **Physical Activity**

- Obesity/physical activity rates. Barriers still exist: financial/time/transportation to participate - social inclusion; mental health

## Inclusive Common Language

It is important for us to have a common language as we work together to impact wellbeing in Waterloo Region. Your words have power which is why it is so important to be conscious of what you say. But also remember we are all learning and will make mistakes along the way as part of the learning process. The important point to remember is to be intentional in your use of language and understand the impact your words may have on others.

To have a common language we have begun to develop a glossary of terms and tips for inclusive language. Participants of the January 20<sup>th</sup>, 2017 Health Equity Capacity Building session began this process by providing some overall tips to consider in order to be intentional about making our language more inclusive:

- Use person-first language (“a person experiencing poverty....”).
- Avoid using aggressive or militaristic language.
- Take the time to listen and learn from people.
- Focus on strengths while paying attention to unique needs.
- Avoid language that passes judgement, blames and makes assumptions.
- Avoid descriptions that refer to personal attributes unless they are relevant.
- Avoid victim blaming.
- Use plain, clear and respectful language.

Instead of	Try
Hard to reach	Populations that we have a harder time reaching
Marginalized populations	Populations that are marginalized
Priority populations	Populations that are a priority due to...
Target populations	Focused populations, programs that are tailored to, populations of interest ...
Front line	Direct service
Vulnerable populations	Populations that are at risk due to...

We are creating a glossary of terms and definitions which will be added to, so go the display at the forum and add words we need to define or suggestions to use instead of.

## Thank you and Acknowledgements

Wellbeing Waterloo Region is a community initiative based on the input and direction of community partners and citizens. Your participation – your time, commitment and insights are much appreciated. Many community agencies have also provided support by participating in one or many of the Wellbeing Waterloo Region working groups. We would like to acknowledge and thank the following organizations/collaboratives for their participation in the 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
- Environmental sustainability
- Family and Children’s Services
- Family Medicine
- Idea Exchange – Cambridge
- Immigration Partnership
- Lang’s Farm
- Lutherwood
- Lyle S. Hallman Foundation
- Mental Health Work Group
- New Story Group of Waterloo Region
- Ontario Trillium Foundation
- Police Services Board
- REEP Green Solutions Region of Waterloo
- Region of Waterloo
- Rural Realities
- 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 and 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 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

### Funding support

We also would like to acknowledge our funders for their generous support of the initiative.

