

# Wellbeing Waterloo Region

## Community Forum #3 – Participant Package

Wednesday, May 24, 2017

1:00 p.m. – 4:30 p.m.

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

Victoria Park Pavilion

Victoria Park

Kitchener

### 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. This work will result in the development of a wellbeing plan and measurement system by October 2017.

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).

### Thank you for your collaboration and participation!

All of us, across sectors and disciplines, are working to improve the wellbeing and quality of life in our community. We are excited to be on this journey with you. Your participation, your time, commitment and insights are much appreciated. We also would like to acknowledge our Planning Group for their generous support of funding and time to plan the process (acknowledged below). We would also like to acknowledge our Reference Group, our Measurement and Monitoring and Engagement working groups. They have provided direction, expertise, enthusiasm and insights throughout our journey.



## Our Agenda

### Wellbeing Waterloo Region: Community Forum May 24, 2017 | 1pm-4:30pm Victoria Park Pavilion, 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

1:00pm	<b>Welcome and Update</b>	Mike Murray, Chief Administrative Officer Region of Waterloo
1:10pm	<b>Warm Up &amp; Session Overview</b>	Tanya Darisi & Lisa Watson Openly
1:15pm	<b>What?</b> <ul style="list-style-type: none"> <li>• What we have heard so far</li> </ul>	Tanya & Lisa; All
1:45pm	<b>So What?</b> <ul style="list-style-type: none"> <li>• Making sense of what we have heard so far</li> </ul>	Tanya & Lisa; All
2:30pm	<b>HEALTH BREAK</b>	All
2:45pm	<b>Now What?</b> <ul style="list-style-type: none"> <li>• Making use of what we have heard so far</li> </ul>	Tanya & Lisa; All
3:45pm	<b>Beginnings of Vision</b>	Jason Santo Studio Locale
4:10pm	<b>Reflection and Take Away</b>	Tanya & Lisa All
4:20pm	<b>Closing Comments</b>	Stephen Swatridge Interim CEO Kitchener and Waterloo Community Foundation

## Wellbeing Waterloo Region Engagement Data Highlights (May 11, 2017)

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Over the last year, Wellbeing Waterloo Region has supported more than 45 engagement activities, involving and reaching over 1500 participants\* including stakeholders, service providers, and community members across Waterloo Region. Through different activities, participants were asked to share their vision, priorities, and perceptions about wellbeing, what makes/could make Waterloo Region great and what issues in Waterloo Region need attention. As of May 11<sup>th</sup>, 2017, these engagement activities have gathered almost 2000 responses for wellbeing in Waterloo Region. Engagement is ongoing and will include further community conversations and community surveys over the next several months.

Through community consultation and the work of the Measurement Working Group we have selected the Canadian Index of Wellbeing<sup>1</sup> (CIW) as our measurement framework. The CIW is a composite index that measures quality of life through eight interrelated domains as follows:

- **Community vitality:** Social engagement, social support, community safety, attitudes towards others and community
- **Democratic engagement:** democratic process; political institutions, participation in political activities, expression of political views, relationships with governments; trust; citizen participation
- **Education:** Social and emotional competencies, basic educational knowledge and skills, overall academic achievement, attainment and participation
- **Environment:** natural resources, clean air, clean water, available energy and raw materials, the amount of wilderness, diversity of species, and natural assets
- **Healthy populations:** Personal wellbeing, physical health conditions, life expectancy/mortality, mental health, functional health, lifestyle and behaviours, public health, health care.
- **Leisure and culture:** Participation, perceptions, experiences, opportunities (social leisure, arts and culture, physical activity)
- **Living standards:** Average and median income and wealth, income and wealth distribution, income volatility, economic security.
- **Time use:** Time, timing (control over timing of one's day), tempo (pace), temporality (biological rhythms).

To summarize the themes from the community engagement the CIW was used to code the data from all engagement sessions (forum, community conversations and surveys) up to May 11<sup>th</sup>, 2017. In addition to these domains, feedback and advice was identified that related to how systems and sectors work together across domains, which is included in the summary below as relevant to all domains.

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\* participants may have taken part in more than one activity

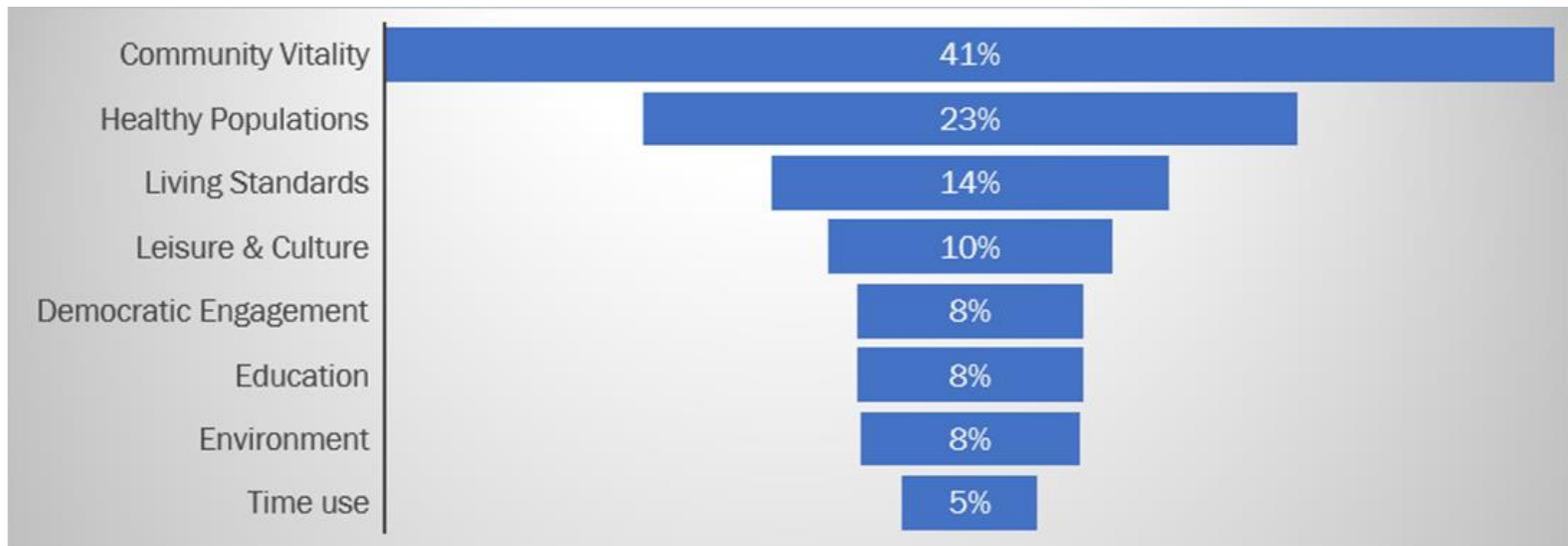
<sup>1</sup> <https://uwaterloo.ca/canadian-index-wellbeing/>

## Engagement Summary

There is recognition and appreciation of all the strengths and opportunities in Waterloo Region. At the same time, there is also recognition and understanding there exists deep inequities, and that not all children, youth, adults and older adults have access to or benefit from the existing systems, supports and community assets. There is also the sense that while there are strengths, these could be better leveraged, gaps can be filled and new ways of thinking and doing are needed to ensure that all people, places and spaces in the region reflect wellbeing.

The following summary shares ideas for focusing a wellbeing initiative across Waterloo Region. **Bolded** ideas are those that appeared most frequently in the feedback.

## Alignment of Engagement Feedback with CIW Domains



*% reflects the # of items related to each domain as a proportion of 1951 responses. Some responses were coded under more than one domain.*

## Need to focus on...

Community Vitality	Healthy Populations	Living Standards
<p>A community that is safe, prosperous and promising</p> <p>A place to live, work and play</p> <p>Access and accessibility</p> <p>Authentic interactions</p> <p><b>Belonging</b></p> <p>Celebration of diversity</p> <p>Communities for all ages</p> <p>Compassionate communities</p> <p><b>Connectedness</b></p> <p>Engagement between older adults with young people</p> <p>Help for new immigrants/refugees</p> <p><b>Inclusion</b></p> <p>Inter-generational living</p> <p>More neighborhood associations</p> <p>Neighbourhood hubs</p> <p>Saying hello</p> <p>Sense of community</p> <p>Social spaces that promote authentic human interactions</p> <p><b>Strong neighbourhoods</b></p> <p>Youth and family engagement</p> <p>Volunteers</p>	<p><b>Access</b> to health care</p> <p><b>Addictions</b>, and addiction support services, harm reduction</p> <p>Aging population</p> <p>Effects of technology on health and mental health</p> <p>End to <b>homelessness</b></p> <p><b>Food security</b></p> <p><b>Health equity</b></p> <p><b>Healthy child development</b></p> <p>Healthy food</p> <p>Holistic (physical, emotional, mental, spiritual) health</p> <p><b>Mental health</b> and access to mental health services, including for youth</p> <p><b>More active lifestyles</b></p> <p>Oral and pharma care for low income</p> <p>Patient-centred care</p> <p>Prevention</p> <p>Rural access to service</p> <p>Seven Generation healing</p> <p>Social determinants</p> <p>Social isolation</p> <p>Supports and care for dementia</p> <p>Waitlists for health, mental health, addictions services</p>	<p>Affordable housing</p> <p>Commuter culture – are too exhausted to participate in community</p> <p>Cost of bus pass – should be free for those on income support</p> <p>Discretionary benefits</p> <p>Employment in the townships</p> <p>Exclusion of those living in poverty</p> <p>Gap between rich and poor/disparity between haves and have-nots</p> <p>Homelessness</p> <p><b>Housing</b>, rising costs and pressure on market</p> <p>Inaccessible transportation for people with disabilities (difficulty getting cabs)</p> <p>Increasing number of people are struggling</p> <p>Living wage</p> <p><b>Meeting basic needs</b></p> <p>Precarious employment</p> <p>Region is becoming unaffordable for older adults</p> <p>Rising cost of utilities</p> <p><b>Transportation</b>, availability, accessibility</p> <p>Unemployment</p> <p>Unemployment services</p> <p>Urban/rural connections, getting the right blend</p>

## Need to focus on...

Leisure and Culture	Democratic Engagement	Education
<p><b>Accessibility</b> Addressing intolerance and fear of refugees/immigrant communities Arts, symphony, theatre scene Awareness and promotion of community resources/events Community centres</p> <p><b>Cultural diversity</b>, embracing diversity Family-friendly spaces and events</p> <p><b>Festivals and events</b>, free events Inaccessible events/spaces to people with disabilities Inter-generational events</p> <p><b>Keeping small town feel</b> while developing big city amenities Libraries as community hubs More inclusive programming and opportunities</p> <p><b>Neighbourhoods</b> with community gardens, centres, ice rinks; neighbourhood events Programming for children, youth, adults and older adults Rentals of community fields (baseball/soccer) for events, easier, more reasonable cost Repurposing historic buildings Schools as community hubs Vibrancy of downtowns</p>	<p>Action Community empowerment</p> <p><b>Community engagement</b> Community organizer Grassroots Having voices heard “Joined up” structures (all of government; all of community) Listening and responsive regional government More people vote and get involved at municipal level</p> <p><b>Neighbourhood leaders</b> Nothing about me without me Power Regional, municipal + townships work together Trust</p>	<p>Acknowledgement of education and degrees from other countries Attachment</p> <p><b>Cultural inclusivity</b> <b>Early childhood development and education</b> Education to reduce stigma and discrimination Educational places to visit</p> <p><b>Equitable access to education</b> Graduation rates seen as everyone’s responsibility (not just school board) Incubation and acceleration of innovations Intergenerational knowledge transfer</p> <p><b>Investment in children and youth</b> Learn from individuals with lived experience (homelessness/poverty) Lifelong learning</p> <p><b>Literacy</b>, early literacy, literacy for all No bullying in schools Non-traditional perspectives and ideas Positive parenting, parent education Success in school, especially for immigrants/refugees</p>

**Need to focus on...**

Environment	Time Use	Relevant Across all Domains
<p><b>Bike friendly communities</b>            Connecting suburbs to downtown  <b>Connection to nature</b>, to land and river            Environmental sustainability            Farmers' markets            Less land dedicated to the automobile, fewer empty parking lots            Long-term sustainability            Overcoming 401 divide            Parks, playgrounds  <b>Public spaces, place-making</b>            Recycling            Rural/urban connection            Stewardship            Technology and technological environments  <b>Trails</b>            Understanding natural resources are limited (e.g. ground water)            Urban planning, rural planning  <b>Walkable communities</b></p>	<p>Buses late, feeling like are spending all one's time waiting for a bus            Getting people out of their houses            Limiting dependence on technology            Making time for face-to-face connections            Technology            Work/life balance</p>	<p><b>Accessibility of services</b>  <b>Awareness of services and community assets</b>            Children            Concern for the future – what will it look like for children and grandchildren            Diversity            Engaging business community  <b>Equity</b>            Inclusion            More diverse leadership  <b>More meaningful collaboration</b>            Poverty            Refugee settlement            Older adults            Youth</p>

## Wellbeing Waterloo Region - Vision Statement Draft Options

Through the engagement process the community was asked to respond to the question: "What is your vision for wellbeing in Waterloo Region?" The following four options have been drafted based on the community input gathered to-date.

Tell us which option you support the most. To provide detailed input on any of the options visit our website. [www.wellbeingwr.ca](http://www.wellbeingwr.ca)

1. **Supported. Connected. Included. We all thrive.**
2. **Opportunities for all of us to grow and feel good together.**
3. **Your vision is our vision:** [dynamic multi-keyword string]

### 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
neighbours	hope	accessible	thriving	involved	better	beautiful	resilient
neighbourhood	growth	engaging	valued	opportunity	contribute	actionable	equitable
compassionate	volunteer	social	balance	diversity	accepted	capacity	understanding
prosperous	access	Engagement	dynamic	safety			

## 4. **Care for self. Care for others. Care for place. Care for planet.**

Concept from Integral City Concept, Marilyn Hamilton: [integralcity.com](http://integralcity.com)