



**Welcome!**

**Community  
Wellness/  
Wellbeing  
Forum**

**Thurs, October 13, 2016  
Waterloo Memorial  
Recreation Complex**

# Overview and agenda

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1. Overview & agenda
2. Background – our journey to date
3. Factors that contribute to community wellness.
4. What are we already doing to support community wellness?

Break

5. Collective impact approach to community wellness
6. What keeps you up at night? The top areas of focus to improve community wellbeing.
7. Importance and Interest moving forward
8. Next steps

# Journey to date

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- Over the past several years there have been meetings to discuss community wellness and the potential to develop a community wellbeing plan.
- Initially the meetings had a Community Safety and Wellbeing focus.
- There was interest to move forward – but with a broader focus.
- Chair Seiling volunteered to help bring together partners to discuss next steps and a path forward.

# Journey to date

- UWKW, KWCF, WRCPC, LHIN, WRPS and the Region of Waterloo formed a Planning Group to help develop a draft approach and a path forward.
- The Planning Group has had several meetings with a larger "Reference Group" to gather advice and input.
- The proposed initiative was discussed with various collaboratives and other community groups over the summer to gather input on the proposed approach and establish interest in moving forward.

# Results of discovery meetings

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- Overall strong support for moving forward.
- Have shared ownership.
- Recognize and build on existing work of the collaboratives.
- Strong support for a coordinated approach to measurement and monitoring of wellbeing.
- Have tangible and measureable actions that add value.
- Be bold and innovative: develop new ways of doing things and be bold about what we want to achieve as a community.

# Purpose – The "Why"

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- We are trying to do together what no organization has or can accomplish on its own.
- Want to create new, significant and impactful solutions...
- To identify and address collective priorities for community wellbeing....
- To improve community wellness so that everyone in our community is able to thrive, and no one is left behind.

# Goals



# Shared vision and collective plan

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- Develop a shared vision and collective aspirations for community wellness, based on the desired future state.
- Develop priority areas for future focus.



# Community capacity and engagement

- Promote and communicate the community wellness initiative broadly, using existing networks and innovative approaches.
- Ensure there is an inclusive process and broad participation in the initiative.
- Implement multi methods to reach a variety of groups.
- Involve the community in development opportunities that enhance skills, while at the same time shape direction of the community wellness initiative (see page 8 of your package).
- Work together as a community to move the initiative forward.

# Measurement & monitoring approach

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- Identify a commonly agreed upon set of indicators of community wellness.
  - Identify potential gaps or priority areas for collaborative action.
  - Understand the impact of our efforts and actions identified in the action plan.
  - Tell us over time whether community wellness is improving.

# Collaborative process

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- Build on existing work of the collaboratives.
- Bring all the appropriate community partners together to develop a shared vision of community wellness.
- Develop a structure further along on our journey (if needed).

# Overall approach

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- Collective impact has been used as the planning approach to develop the Community Wellness Initiative.
- The Social Determinants of Health were seen as the framework to use in the beginning stages as they provide a broad picture of the multi-dimensional factors that impact health.

# Stephanie Lefebvre

## WHAT IS KEEPING YOU UP AT NIGHT?

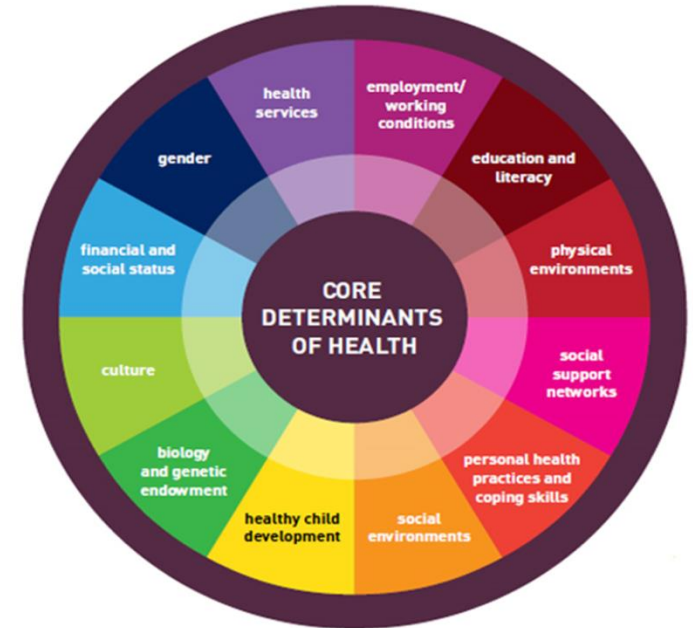


- Stephanie will provide an overview of what we know about the broad conditions – the social determinants – that influence our health and well-being.
- She will also talk about opportunities for partners to work together to effect change in our community.

# What we are already doing

## AGENDA ITEM 4

1. Write the name of your organization or collaborative next to the social determinant(s) of health in the wheel that are impacted by your work.
2. Discuss what you notice about the wheel.
3. Record on worksheets.



# Sylvia Cheuy

## COLLECTIVE IMPACT

- Sylvia will provide us with an overview of what collective impact is and what it is not.
- She will talk about the key elements of a collective impact approach.
- Sylvia will provide us with the encouragement to think and act differently in order to impact wellness in our community.



# What keeps you up at night?

## AGENDA ITEM #6

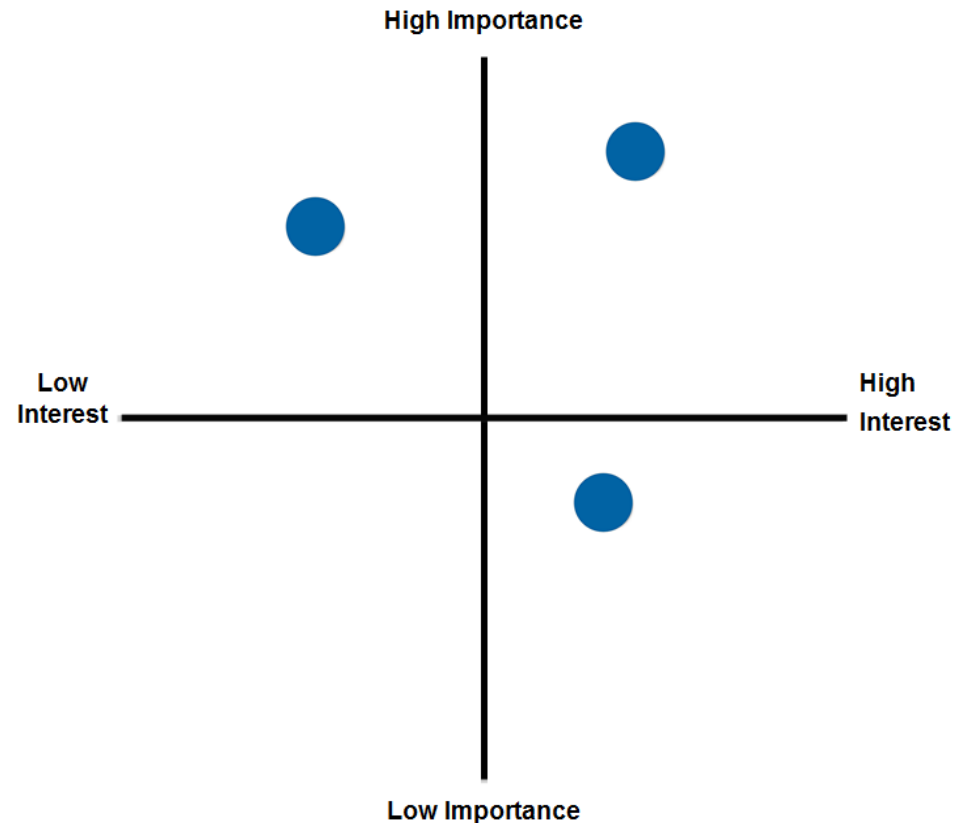
- From the perspective of SDOH – discuss what keeps you up at night?
- Given what you know and your experience, what are your top three areas of focus for the community wellness/wellbeing initiative?





# Gauging your interest

- With all of the discussion and information from today, use a dot to rate your interest in the wellbeing initiative and how important you think it is.
- Discussions of reasons for your rating.



# Next Steps



# Next steps



- Follow-up email to offer you different ways to get involved.
- Capacity building series: enhance skills; shape direction (overview of sessions are found on page 8 of the participant package).
- Community forum #2 – **(tentative date)**  
February 16<sup>th</sup> – 1:30 – 4:30 – Hespeler Hall.
- Visit our website at:

[Bit.ly/wrwellness-wellbeing](https://bit.ly/wrwellness-wellbeing)

# Thank you!

