

## Community Wellbeing Survey kick-off

**FOR IMMEDIATE RELEASE**

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Over the next week, residents across Grey County and Bruce County will receive an invitation in their home mailbox to participate in a *Community Wellbeing Survey*. Twenty-five per cent of all households across the region have been randomly selected to receive the survey, which asks questions about your health, education, employment, leisure, and recreation.

The Canadian Index of Wellbeing is a part of a global movement that recognizes the contribution of various domains of life to wellbeing. In Canada, these domains include community vitality, democratic engagement, education, environment, healthy populations, leisure and culture, living standards and time use. By monitoring wellbeing, policy makers and the general public can advocate for social change to promote the highest level of wellbeing for all citizens. Community organizations can also better understand and support the people they serve.

“The survey provides a glimpse of how we’re really doing,” said Allan Madden, Executive Director of South East Grey Community Health Centre. “By learning about your experience and what matters to you, we can work together to improve quality of life for everyone to make our lives even better. Your voice matters!”

The survey was made possible by a \$500,000 Grow grant from the Ontario Trillium Foundation, an agency of the Government of Ontario, to the South East Grey Community Health Centre in Fall 2016. As a part of the grant requirements, the Community Health Centre committed to conducting a Wellbeing Survey to further promote healthy policy planning and program development. The survey caught the attention of several organizations as well as both Grey County and Bruce County. A local committee has been working with the CIW to ensure accessibility and goodness of fit for all communities. The working group includes leadership from: Bruce Grey Poverty Task Force, County of Bruce, County of Grey, Grey Bruce Public Health Unit, Community Foundation Grey Bruce and the South East Grey Community Health Centre.

The Wellbeing Survey is administered by the Canadian Index of Wellbeing (CIW) at the University of Waterloo. The CIW will collect and analyze all answers and ensure answers are completely anonymous. A baseline report on the quality of life in our community will be available later this summer on the Grey Brue Health Unit website.

Survey respondents can enter into a draw for one of 10 \$50 gift certificates for Foodland. You can help by asking your co-workers or clients you work with, neighbours, friends and family if they received an invitation, and if so, to complete the survey. To request a paper copy, for help completing the survey, or for all other questions, contact the Community Health Centre toll free at 1-855-519-2220 and press 6360.

To learn more, visit [www.segchc.ca/ciw](http://www.segchc.ca/ciw)

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