



# Equally Well: lunchtime meet-up 2025

## Summary of feedback

December 2025



## Acknowledgements

We truly value the contributions of everyone who attended the lunchtime meet-up and completed the feedback survey.

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Te Pou is a national centre of evidence-based workforce development for the mental health and addiction sectors in Aotearoa New Zealand.

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## Executive Summary

In 2025, the Aotearoa Equally Well backbone team hosted ten monthly lunchtime meet-ups to strengthen connections across the network and share initiatives advancing physical health equity. These informal sessions provided an open space for updates, resource sharing, and collaborative discussion.

### Participation and feedback:

- There were 100 total attendees from diverse organisations and roles
- The 39 survey responses (39 percent response rate) informed this evaluation.

### Key findings:

- Most respondents (95 percent) agreed the sessions were useful for informing their mahi and hearing from others.
- Four main benefits emerged:
  1. Networking and connection across regions and sectors.
  2. Sharing knowledge and resources directly applicable to practice.
  3. Awareness and updates on national initiatives and trends.
  4. Learning and inspiration to improve services and spark new ideas.

### Suggestions for improvement:

- introduce themed sessions and guest speakers.
- gather attendee input on topics before each meet-up
- consider more structured presentations alongside the relaxed format.

### Conclusion:

The lunchtime meet-ups were highly valued for fostering collaboration and practical knowledge exchange. Implementing suggested improvements such as themed sessions and guest speakers will enhance relevance and engagement, ensuring these sessions continue to support the Equally Well kaupapa.

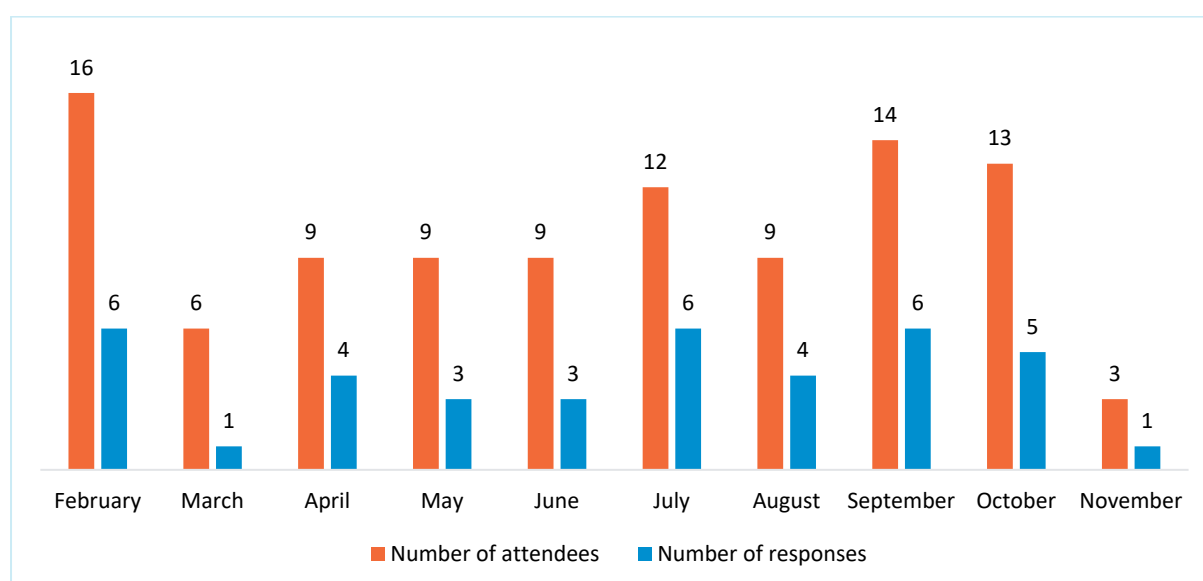
## Background and methodology

The Aotearoa [Equally Well](#) backbone team hosted monthly lunchtime meet-ups from February to November 2025. These meet-ups were designed to strengthen connections across the network and create a collaborative space for attendees to share physical health equity initiatives they were working on such as new resources, programmes, and upcoming events. It was an open floor for all attendees to share updates and ask questions. Invitations were distributed through the Equally Well mailing list and LinkedIn.

As part of the Equally Well activities, Te Pou evaluates the meet-ups through a brief SurveyMonkey feedback survey at each session. The purpose of this survey was to understand the value of these sessions in informing attendees' mahi and to gather suggestions for future improvements. The same set of questions was asked across all meet-ups (see Appendix A for the survey questions). A QR code and survey link were shared at the end of each session, and a follow-up link was emailed the next day.

This report summarises the feedback provided by attendees through the post-meet-up survey, offering insights into the value of these sessions and opportunities for future improvement. Across the ten meet-ups, there were 100 total attendances, representing 73 unique individuals, as some participants attended multiple sessions. In total, 39 responses were received, resulting in a 39 percent response rate. While fewer than half of attendees responded, the feedback still provides valuable insights, though it may not fully represent the experiences or opinions of the entire group. The informal nature of these sessions may have contributed to the lower response rate. See Figure 1 for the monthly breakdown of attendance and number of responses.

Figure 1. Monthly attendance and survey response numbers for meetups (February–November 2025)



# Results

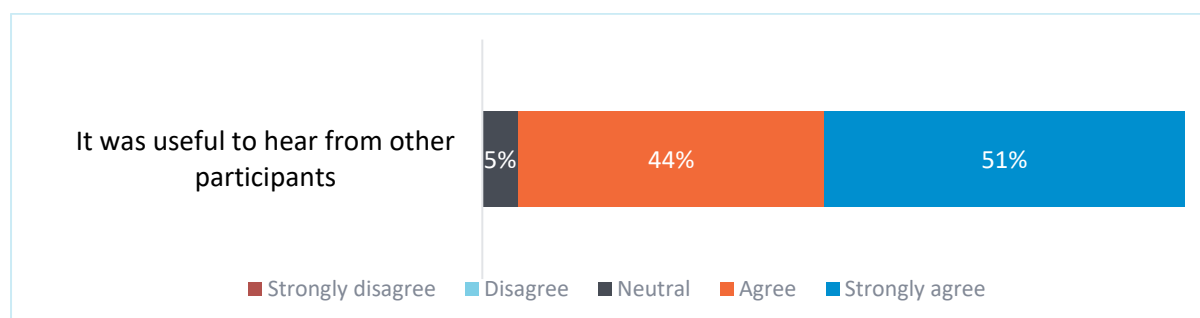
## In tParticipants profile

Participants in the lunchtime meet-up represented a wide range of organisations, including Health New Zealand | Te Whatu Ora, non-governmental organisations (NGOs), government agencies such as Corrections, and education providers. Attendees brought expertise from diverse roles, including nurses, health coaches, project and programme lead roles, policy and quality improvement specialists, support workers, population health specialist, educators, and lived experience and whānau advisors. Leadership roles were also well represented, highlighting the breadth of perspectives in the discussion.

## Key outcomes

Most respondents (95 percent) agreed or strongly agreed that it was useful to hear from other participants in the meet-up.

Figure 2. Useful to hear from other attendees (39 respondents)



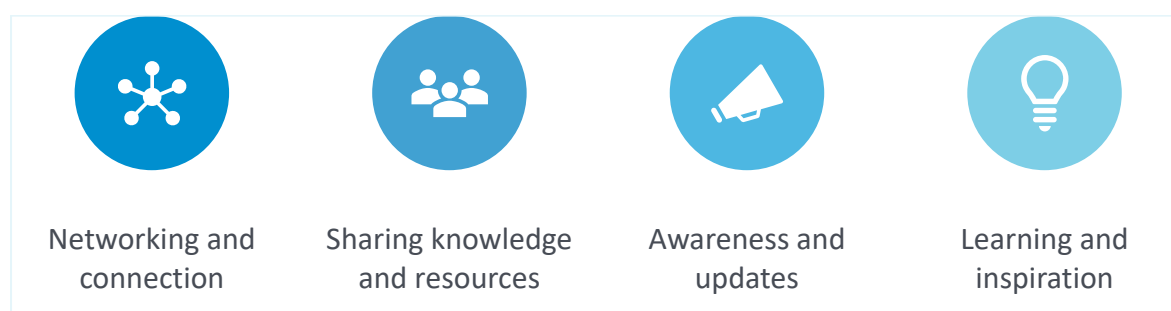
Most respondents (95 percent) agreed that the lunchtime meet-ups were useful in informing their mahi (see Figure 3).

Figure 3. Useful in informing their mahi (39 respondents)



Furthermore, 90 percent provided specific examples of how these sessions supported their work, from which four key themes were identified (see Figure 4).

Figure 4. Four key themes illustrating how these sessions supported respondents' mahi



## Networking and connection

The sessions created opportunities to meet kaimahi working in services across the motu. Respondents valued the chance to connect with others, hear stories, and build relationships that support collaboration. Examples of feedback include:

“Great to see and connect with others too. Nice to know the platform is there and we can bring things to the space to discuss.”

“It provided a friendly warm forum to share what’s going on and keep connected with matter relevant to Equally Well”

“Making connections and sharing best practice is awesome.”

## Sharing knowledge and resources

Respondents valued the exchange of resources, tools, and practical ideas that were directly useful for their mahi. Some comments were:

“Excellent sharing of knowledge and resources directly applicable to my mahi.”

“Great kōrero and resources shared that I could hopefully adapt for my work.”

“I wrote down what everyone was doing so I could write a recap email to my colleagues and team leader to see what else we could be doing.”

## Awareness and updates

Updates on Equally Well initiatives and trends (for example, drug use and improving primary care) were seen as valuable. Respondents left more informed about what is happening nationally and how they can contribute locally. Some comments include:

“Hearing initiatives and what people do - and an opportunity to raise multisector awareness across the public health and connected sectors”

“I was able to find resources for my services I didn't previously have.”

## Learning and inspiration

Attendees gained insights into initiatives happening in other regions. The kōrero sparked ideas for improving services and reassured participants about their role in Equally Well mahi. Examples shared:

“It is helpful to hear everyone else’s mahi around the motu as it helps generate ideas on what we can implement/improve on in our service.”

“Made me think about the role my work might have in this space and also reassuring to hear from people who are highly knowledgeable.”

## Overall comments and suggestions

Overall, participants appreciated the meet-ups, noting the welcoming tone and relaxed format.

“It provided a friendly, warm forum to share what’s going on and keep connected.”

“I prefer the more relaxed format too – thank you.”

However, a few participants indicated that they struggled to see clear connections to their mahi:

“I enjoyed the session; however, I struggled to find connections to my role working within public health, community development, and health prevention.”

Suggestions for improvement included:

- incorporating sessions with more detailed or formal presentations when relevant
- inviting guest speakers for some meet-ups
- introducing themed sessions
- seeking attendees’ input on topics and updates prior to the meet-up.

## Conclusion

The 2025 Equally Well lunchtime meet-ups were highly valued, with 95 percent of respondents finding them useful for informing their mahi and hearing from others. Feedback highlighted four key benefits: networking and connection, sharing knowledge and resources, staying informed, and gaining inspiration. Many noted the practical relevance of shared ideas and appreciated the relaxed, collaborative format. Suggestions for improvements included themed sessions, guest speakers, and gathering input on topics beforehand to enhance engagement and relevance. These insights provide a strong foundation for refining future meet-ups to ensure they continue to support collaboration and advance physical health equity initiatives.



## Appendix A



### Equally Well Lunchtime Meet-up

Thank you for attending the Equally Well lunchtime meet-up November 2025

**Please take 2 minutes to respond to the meet-up evaluation survey. Your feedback is important as it helps the Equally Well backbone team understand what parts of the meet-up are working and what parts need more work.**

**Participation is voluntary. The survey is anonymous. Data will be collated and used for internal monitoring. No one will be identified in the reports and statistics produced.**

**If you have any questions about Equally Well, please contact [info@equallywell.co.nz](mailto:info@equallywell.co.nz)**

\* 1. Please rate your agreement with the following statement about the Equally Well lunchtime meet-up.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
It was useful to hear from other participants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 2. Was the kōrero useful for informing your mahi?

- ☐ Yes  
☐ No

3. Please share how.

\* 4. Do you have any suggestions for improving the format of the next meet-up?

- ☐ Yes  
☐ No

5. Please share your suggestions.