

# activation

## Kia Ora.

Welcome to our Upper Hutt Sports Clubs monthly newsletter. This is a space where we can share all the latest resources from sport and recreation organisations, including opportunities available for our clubs. The newsletter will be distributed to key contacts within the sector. Please forward this on to your club and organisation contacts.

### Ngā manaakitanga.

Teresa Shailer - Recreation Advisor Clubs and  
Schools

Activation, Upper Hutt City Council



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## Club Meet and Greet

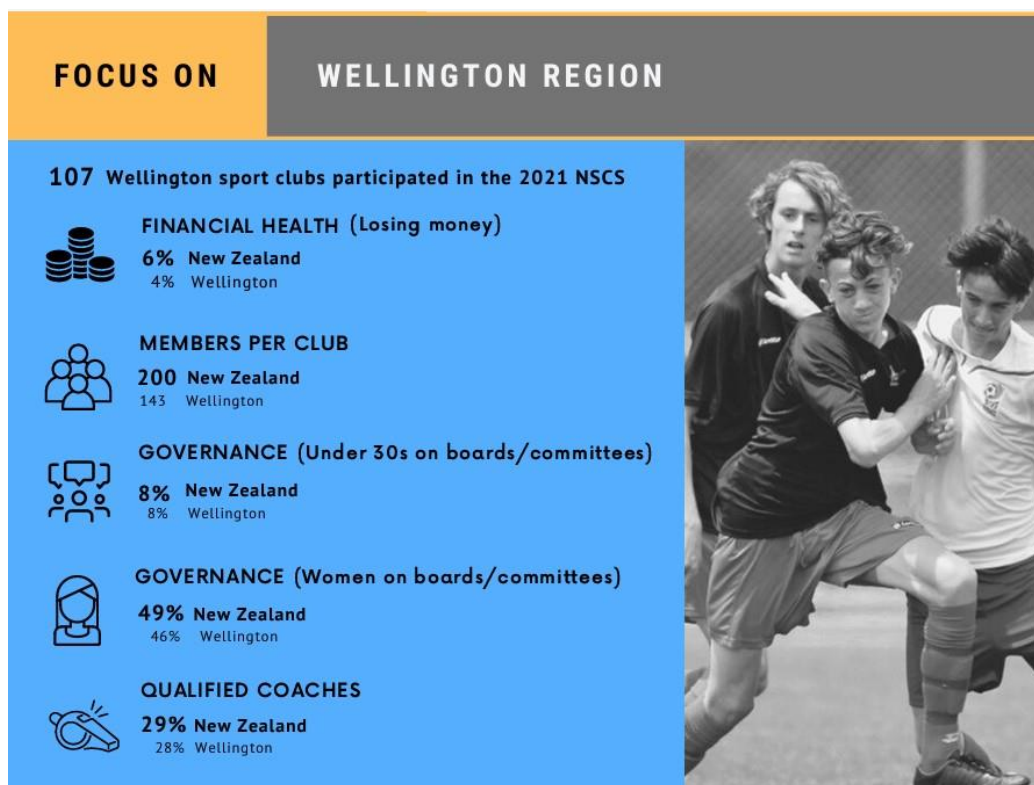
I am pleased to have started my journey meeting with club representatives. My aim is to meet the majority of clubs by the end of March 2023, this will give me an opportunity to form relationships, understand your club situation and provide you with my support tailored to your needs.

If you haven't heard from me already, expect to soon. If your club is not active at this time, or if your details are different to what is on our [Sports Club Directory](#) please let me know.

Look forward to meeting you shortly, Teresa.

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# Sport Research



The 2021 National sport club survey conducted by the NZ Amateur Sport Association (NZASA) and the Auckland University of Technology (AUT) invited 7500 clubs nation wide to participate, with 1192 completing the online survey between August and September 2021. The survey captured data from 80 sports in all 16 regions of New Zealand.

107 Clubs based in the wider Wellington Region participated in the study and the key findings show that Wellington clubs are in a similar position to the average national data. Interestingly members per club is lower than the national average and this may be because Wellington have more clubs per capita than most of the other regions. Despite clubs being smaller than the national average (143 compared to 200) the financial health of these clubs is greater (4% compared to average of 6% losing money).

You can view the insight sheets which highlight the key findings from the 2021 National Sport Club Survey [here](#).

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# Funding

## *Pub Charity Limited*

Pub Charity is a grant based company that assists community organisations in New Zealand through the funds raised in gaming machines hosted in Pub Charity member hotels and taverns. Eligibility falls into four categories:

- Education
- Fire Brigade, Ambulance, or Life Saving
- Health and health related purposes
- Youth

The next funding round closes on the 11th January 2023, fill in an online funding application on the [Pub Charity website](#).

## *Trust House Foundation*

Trust House Ltd is a community-owned company based in the Wairarapa. They operate a range of hospitality businesses and distribute profits to community events and organisations through sponsorship and donations.

The Trust house vision is to enhance the wellbeing of communities by operating prosperous businesses, returning profits to the community, investing in community assets and promoting environmental sustainability.

Eligibility includes:

- Local not-for-profit organisations such as incorporated societies and registered charities
- Local branches of national not-for-profit organisations.

- The funding must go towards an event or initiative that enhances one or more of our communities: Wairarapa, Flaxmere, Pahiatua, Rimutaka or Porirua.

To apply fill out the online form on their [website](#).

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## Resources



A new Sport New Zealand Initiative to promote physical activity in young women has been launched called #ITSMYMOVE

The needs of young women are unique when it comes to sport and recreation. Factors like time pressure and lack of confidence mean they gradually participate less and drop out of structured activity at a faster rate than young men. #itsmymove is about supporting them in leading healthy, active lives. It starts by understanding what matters to them.

National physical activity rates for females consistently decline in participation from the age of 12 years. The greatest decline is seen between the age of 15 and 17 years where there is a 30% decrease in physical activity. Sport NZ are aiming to support providers as well as individuals in framing positive environments for young women to lead healthy active lives.

Knowing this information, it would be good to have a chat with the club to see what you could do in your space to help improve the participation rates, if you aren't sure how then check out the [#itsmymove](#) website for resources, and get your club supporting young women to be active their way.

To see the reason behind Sport NZ #itsmymove initiative, check out the [Young Womens Profile](#) which highlights the reasons and barriers to physical activity.

## *Recognising Volunteers*

The end of the year is upon us, and even though that may not mean the end of the summer sports season, it is generally a time of year that we reflect.

It is a perfect time to reflect and recognise our volunteers. Everybody enjoys being thanked and when a person is working for no other reason than to help out and possibly get some work experience, that thank you is even more important.

Research does show that paid employees need to receive thanks every seven days to feel engaged. It's no different for volunteers.

Nuku Ora have a toolkit of recognition resources, including: tips for recognising volunteers, different ways to recognise volunteers and a recognition plan calendar. These resources are all free and easy to download and could be an easy topic of conversation at the next committee meeting you host.

Head over to the [Nuku Ora website](#) to discover these resources.

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## **Other Opportunities**



## *Sports Club Management Resources*

Our sports clubs function on the time and effort of volunteers, and without them, our clubs would struggle. However, trying to recruit new volunteers is also difficult and a barrier that has been recognised as the volunteers are unsure of what their role would include and how much commitment is required.

Sport New Zealand has created resources and templates to help sporting clubs not only set up their organisations and identify areas of improvement but also templates for committees, roles and meetings, event and financial management for clubs plus many other templates.

To access all the resources, check out the Sport NZ [Sports Club Management Resources Website](#).

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## **Club Support**

In January, Upper Hutt City Council are running the U-Play Summer Events Series. The events are free to low cost and aimed at encouraging children and families to get active and connect with local parks and places. Activation are collaborating with H2O, Library, and Whirinaki, to deliver the variety of events. We are lucky enough to have some clubs and organisations also supporting the U-Play series by facilitating sporting events of their own, a big thank you to:

- Upper Hutt Floorball
- Totara Park Softball
- Total Tennis
- Skate Ed

- Wellington Cricket
- Wellington Touch Association

For more information about the U-Play series check out the [Upper Hutt City Council Website](#).

Continuing on with club support, please let me know if your club is hosting events such as a business house series, or quiz nights. Small events where people can get out into the community in a different sport, whilst having fun with colleagues/friends or others who wouldn't usually participate is a great way to build community. I can share such events on the Activation Website, and if it is received before the 25th of the month prior, I could include it in the following months newsletter.

Email [teresa.shailer@uhcc.govt.nz](mailto:teresa.shailer@uhcc.govt.nz)

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## Final Words

December 2022 has rolled around fast and the year has been a bit of a mixed bag, with COVID still interfering with sports and recreation, some clubs were lucky enough to get winter sports codes in without COVID restrictions. Summer sport is well underway and we look forward to this continuing in 2023 after a well-deserved break.

The Activation team will be returning to the office from the 4th of January with our leave/holidays spread throughout the month of January.

From myself, and the Activation team we wish you all a Happy holiday and a safe New Year, we look forward to working with you in 2023.

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Āta whakaarohia a Papatūānuku i mua i tō tānga i tēnei Īmēra

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ACTIVE RECREATION



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