

# activation

## Kia Ora.

I would like to take this time to extend our thoughts and condolences to the communities that have been affected by Cyclone Gabrielle. In times like these it is amazing to see the widespread support New Zealanders offer to each other, with not only items of food, water, or supplies, but time and help to those who need it.

If your club or community is offering support or aid for Cyclone Gabrielle relief, please let me know and I can share this information in the Upper Hutt Community. Those wanting to support Napier City Council with their recovery can make a direct donation to the Hawke's Bay Disaster Relief Trust: 02-0700-0010824-002.

Ehara tāku toa i te toa takitahi, engari he toa takitini - My strength is not as an individual, but as a collective.

### **Ngā manaakitanga.**

Teresa Shailer - Recreation Advisor Clubs and Schools  
Activation, Upper Hutt City Council

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# Sport Research

Nuku Ora 2021/2022 [Annual Report](#) has been released. Over the next couple of months, aspects of the report will be included in the monthly newsletters.

This month, we will take a look at the **barriers to participation**.

The major barrier to participation in the region is cost. Costs included: subs, uniforms as well as the cost of fuel to attend the sport. Interestingly this was also the major barrier to participating in sport for school students. Utilising funding to cover uniform costs has been the most popular use of funding by clubs in the 2021-2022 year.

Tight schedules, studying, limited free time and balancing kids sporting commitments accounted for 59% of the survey responses. These results highlight the need for a review on participation requirements, and will raise conversations about diverse physical activity opportunities for participation in the future.

## Barriers to Participation



**39%**

of young people in the Wellington Region stated that being "too busy" was a main barrier to participating in physical activity.



**59%**

of adults in the Wellington Region stated that "other commitments taking priority (such as family or work)" was a barrier for them to participate in physical activity.



**85%**

Over 85% of Wellington Regional Sport Organisations' (RSO) stated cost was the largest barrier for participants to use facilities.



# Funding



## *Writing Successful Grant Applications*

Join Upper Hutt City Council for a comprehensive grant writing workshop led by Kirsty Prentice on **Monday 20th March 6pm - 7.30pm**

Kirsty Prentice is a professional grant writer with years of experience and success in grant writing and funding. This is your chance to learn how to craft a winning grant proposal.

During the workshop, you'll learn:

- How to identify the right grant opportunities for your project or organisation
- Best practices for creating a compelling narrative and budget
- And much more

Take your grant writing skills to the next level and help secure the funding needed for your next project.

Register now as **places are limited to a maximum of 30 participants.**

Email [funding@uhcc.govt.nz](mailto:funding@uhcc.govt.nz) to secure your place

## *He Puna Korikori/Outdoor Activity Fund*

Recreation Aotearoa applications for He Puna Korikori, the 6th round of the Outdoor Activity Fund, are now open! This round of funding is for the 2023-

2024 period and applications will be **accepted until March 12, 2023**.

For more information on the application, there is a **WEBINAR Friday 3rd March 2023 @ 12.30pm**:

*Join Recreation Aotearoa Kaiwhakahare Whaihua Māori – Manager Māori Outcomes, Kuruho Wereta, in a session outlining/detailing He Puna Korikori [Outdoor Activity Fund](#).*

He Puna Korikori, meaning "a spring of activity," represents the nature of this fund. The fund was created to support outdoor activities that promote health and well-being, foster a sense of community, and increase access to recreation activities for rangatahi.

Learn more and apply [here](#)

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## **Bike the Trail 2023**

Hutt City Council, Greater Wellington Regional Council and Upper Hutt City Council have come together once again to host **Bike the Trail** on **Sunday, 5th March**. This event is a free, fun, family day out and an opportunity to ride along the beautiful Hutt River trail in a fully supported event with great company. Online entry is now open.

For more information, check out the [website](#)

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# Resources



## *RSOs Connect, Converse, Collaborate Coffee Catch-Ups*

This year, Nuku Ora will be organising quarterly breakfast coffee catch-ups for any RSOs that want to come along to connect - with us and each other!

These catch-ups offer an informal opportunity for RSOs to chat with each other and Nuku Ora. We will provide the space, tea, coffee, and a light breakfast. Going forward, based on topics of interest or areas of challenge, we can invite relevant guests to also attend.

For more details and to register your interest to attend, please email [Matthewr@nukuora.org.nz](mailto:Matthewr@nukuora.org.nz).

## *Managing Change - John Kotter's 8-Step Change Model*

The start of the year can often bring about change. This could be changes in staffing, in your organisation's direction and/or delivery models, changes to your membership subs etc.

In sport and active recreation, as in any industry, change is constant. Administrators and leaders, whether they're in clubs, schools, regional or national organisations, must be able to manage and lead change effectively in

order to keep their organisations and communities moving forward.

Read about John Kotter's 8-step change model in this Balance is Better article to help you plan and lead through change [here](#).

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## International Working Group



In November, Activation attended the International Working Group on Women and Sport Conference. The report from the conference has been released, and in each monthly newsletter I will be sharing information that clubs can discuss and create conversation around.

This month we will look at **leadership**.

Women in positions of influence, leadership and as role models, have a positive impact on the wider sport and physical activity system - from participation through to high performance. Greater gender balance within organisations can support the shift of sporting norms away from the traditional masculine model to a more inclusive design.

The shift away from the traditional model introduces a more inclusive environment for participants, this can be seen in the alteration of game play for

females, rule adjustment to allow for the physical differences in the sport, change of game duration, wider inclusive media advertising, and female friendly environments (lights, changing room facilities, and earlier training times for safety).

Equitable leadership roles at all levels aid in enhancing awareness and supporting the development of girls and women moving through the system, whether for players, refs, coaches, managers, committees and boards.

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## Club Support

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 pass on these events to be advertised on the "What's on in Upper Hutt" webpage.

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

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## Final Words

2023 has rolled around fast, winter clubs are starting their registration process and are preparing for the 2023 winter season. We will be posting our sports video on social media very soon, reminding people to register for winter sports. There will be a link to our sports directory page for people to find the sport/activity that they wish to enquire about. If your details do not match what

we have on the sports directory page, please let me know and I can update them.

This newsletter will be distributed to key contacts from the club, please forward this on to your club and organisation contacts, as there may be specific pieces of information that committees or club members may be interested in.

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Pae Tukutuku: [www.activation.org.nz](http://www.activation.org.nz) | Pukamāta: [www.fb.com/ActivationUH](https://www.fb.com/ActivationUH)

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

**activation**  
**ACTIVE RECREATION**



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