

activation

Kia Ora.

Welcome to our Upper Hutt Sports Clubs' monthly newsletter. This is a space where the latest resources from the sport and recreation sector are shared, this includes funding opportunities, research, and working group information. The newsletter will be distributed to key contacts within the sector, please share this with your committee, and your school/club community.

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

Nuku Ora Regional Conference



Nuku Ora is excited to announce they will once again be holding a regional conference for the sport and recreation sector. The Nuku Ora Regional Conference 2023 will again be guided by Ako Tahī - Learning Together, which captures the event's opportunity to

connect, grow and learn together.

The theme for the conference is **Raising the Voices: Diversity and Inclusion**. The programme will have a particular focus on gender and gender equity, and what this means for the sport and active recreation sector.

Diversity creates room for the input of different kinds of people while inclusion refers to the degree to which an individual feels 'included'. It embraces them through being treated properly, with due respect and having equal access to opportunities. Inclusion makes the actual input from different kinds of people a reality.

For more information and to register head to their [website](#).

Wellington Airport Community Awards



On Tuesday 15th August we celebrated community spirit at Whirinaki Whare Taonga for the 2023 Wellington Airport Regional Community Awards.

The Community Awards celebrate the heroes in our Upper Hutt community who volunteer to make Upper Hutt a better place for residents and visitors.

It is my pleasure to announce the Winner and Runner up in the Sport and Leisure category:

- Winner - Upper Hutt Rams Rugby Football Club
- Runner Up - Upper Hutt Floorball Club

Congratulations to both of these clubs, it is great recognition for the work that the Sports clubs do for the Upper Hutt community.

For a full list of award winners click [here](#).

Upper Hutt Sports Club Directory



With the change of season, also comes the change in sport codes. I have created a short video for social media advertising that summer sport registrations are open. Since sharing this video, I have had a few messages enquiring about summer sport opportunities in the Upper Hutt region, and I share our sports club directory link with all enquiries.

If you have a poster advertising your club and the summer season registrations you are welcome to put them in the comments section of the [Facebook post](#), or share with me and I can upload them for you. Additionally if you could please check that the contact details are accurate for your club on our [Upper Hutt Sports Club page](#) and if any changes are needed then please email me teresa.shailer@uhcc.govt.nz and I can update them.

Trust House Foundation Funding



The Trust House Foundation is a respected, licensed Class 4 Gaming foundation. Every year, they provide over \$4 million in community gaming proceeds to fund community events and organisations through grants.

The Upper Hutt community is supported by the Trust House Foundation and they offer sports grants to support amateur sport. Clubs wanting to apply must ensure they are:

- Affiliated to a recognised national body
- Genuine and real (has standards, rules, etc)
- Played regularly as part of a significant competition
- Open to public membership

If your club fits these categories, then check out their full [application](#) criteria and enquire. Their next round of funding closes October 24th.

Sport New Zealand Gender Neutral Design Principles



Gender-neutral changing rooms/toilets and making sure spaces are inclusive for women and girls is a current area of focus for many of our partners.

Sport New Zealand has just published a great reflective guide for RSOs looking to design or upgrade their facilities - Gender Neutral Design Principles. These principles should be considered and used when designing and specifying project scope and developing design solutions for new developments, or when upgrading existing facilities.

If you would like support in considering the inclusivity of your facilities, or other Spaces & Places matters, we encourage you to contact our Partnership Advisor Spaces & Places - Lily Joiner lilyj@nukuora.org.nz

View the Sport New Zealand resource for Gender Neutral Design Principles [here](#).

Future of Sport For Rangitahi in NZ

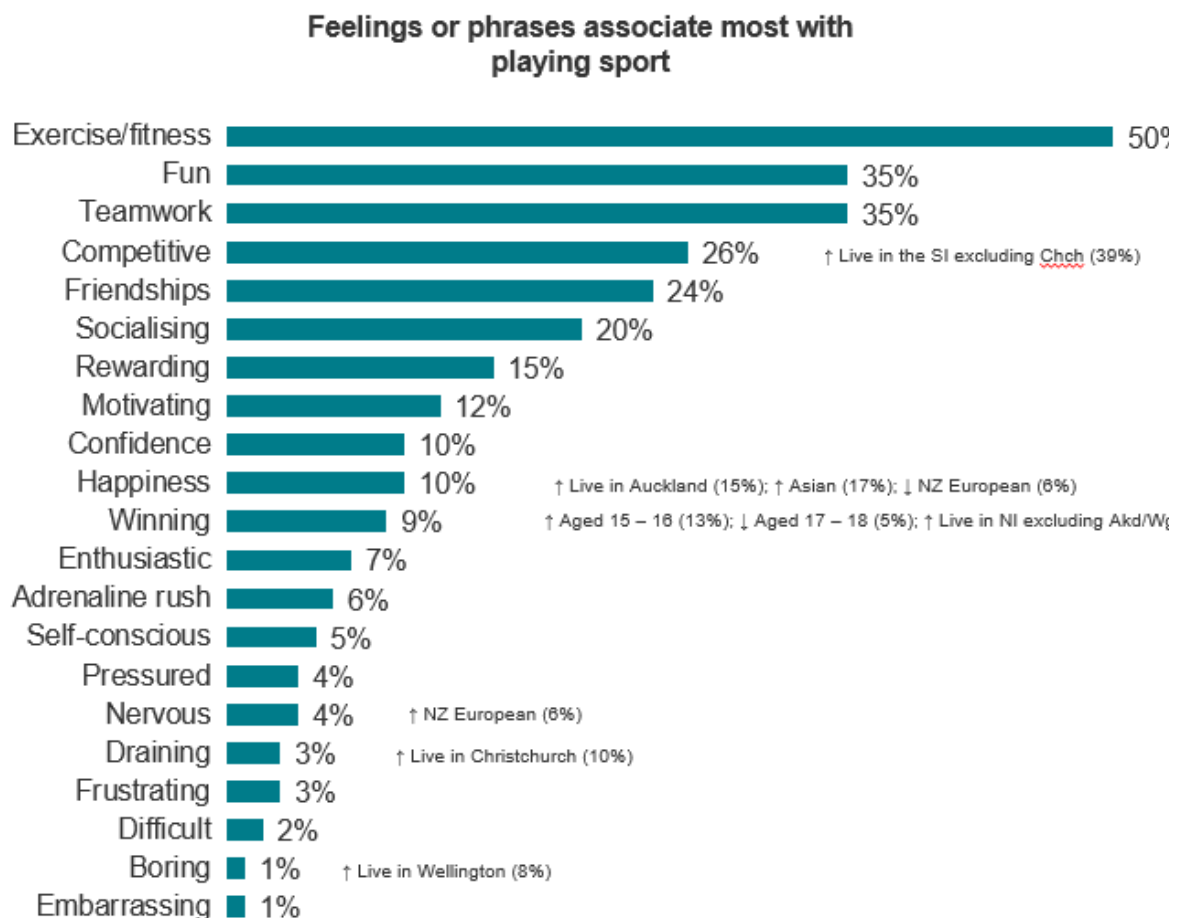
Research report

Over the next few issues of the monthly newsletter I will be providing some feedback from the Future of Sport for Rangitahi in NZ. This research was conducted in 2022, and was recently released to the public.

This month the focus is feelings or phrases associated most with playing sport research found the three most common reasons are:

- Exercise/fitness (50%)
- Fun (35%)
- Teamwork (35%)

To read the full report click [here](#)



Bike Recycling Project



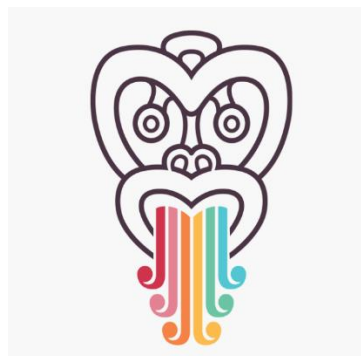
The Bike Recycling Project provides refurbished bikes to children, youth and adults who may not otherwise have access to safe, quality bikes.

The initiative is a true community partnership with several organisations working together, from the team at Menzshed Upper Hutt and Get Fixed Bicycle Café who work on refurbishing the donated bikes to Greater Wellington Regional Council who support schools with cycling skills and education through their *Pedal Ready* programme.

They also recently gifted helmets to Fergusson Intermediate School to accompany the bikes. The Heretaunga Bookfest Charitable Trust (formerly Rotary) provided financial support and the Bike on New Zealand Charitable Trust provided helmets.

If you or someone you know needs a bike, but is not in a position to purchase one, you can complete an online nomination by applying [here](#).

Māori Language Week



Te Wiki o te Reo Māori, or Māori Language Week, is an annual campaign led by Te Taura Whiri promoting te reo as New Zealand's language and a language for all New Zealanders. Every year we encourage whānau from across Aotearoa, New Zealand, including organisations, schools, workplaces and homes, to give te reo Māori a go.

Māori Language week

11th - 17th Hepetema (September)

For ideas on how to support this, and integrate Te Reo into your week, follow this [link](#).

Mental Health Awareness Week



Mental Health Awareness Week (MHAW) is run annually by the Mental Health Foundation and has been since 1993.

This year's Mental Health Awareness Week theme is **Five Ways, Five Days**. Life has been a rollercoaster lately, with stress and overwhelm coming from all angles. The population has faced uncertainty, unfamiliarity, and hardships that have left people with mixed emotions.

That's why MHAW are bringing you the **Five Ways** for the **Five Days**, to give everyone a set of proven tools to boost mental health when we need it.

Mental Health Awareness Week is 18th - 24th September.

Check out their [website](#) for FREE resources and tools.

All Star Of The Week Certificates



Upper Hutt City Council, Kapiti Coast, Porirua, and Hutt City Councils support the All Star of the Week certificates. The certificates entitle the child to a free pool entry at any of the corresponding council pools. Upper Hutt City Council are utilising Fulton Pool whilst H2O Xstream is undergoing a major upgrade.

If you would like some certificates to hand out to the tamariki during their sporting season please contact [Teresa](#) to order them.

"Whats on"

Activation has a weekly "Whats on" post on the Activation Facebook page. This will allow the community to find information on what is happening in the club community and school spaces. If you have any events, please email them through before Monday mornings and I can include them in the weekly Facebook posts.

Email teresa.shailer@uhcc.govt.nz

Teresa Shailer

Rec Advisor – Clubs and Schools



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



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Our mailing address is:
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