

# 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

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## *Nuku Ora Women and Girls Week*

As we strive for gender equity, Nuku Ora shone a light on wāhine and kōhine (women and girls) with a week of activities in May, promotion, and resources to encourage the inclusivity and participation of women and girls across all areas of sport and active recreation.

They focused on the three outcomes of Sport NZ's Women and Girls Strategy; **leadership, participation, and value and visibility.**

Equity isn't a nice-to-have, it's a must-have and everyone can play a part in making positive changes happen!

Nuku Ora have made their webinars from the week available to watch

- Raising Our Voices - Empowering Women and Girls in Sports & Active Recreation through Social Media
- Collaborative Learning Session - Woman and girls in the sport and active recreation space
- Breaking barriers: The value of wāhine and kōhine across sport and physical activity

To watch the webinars that occurred during the week, head to their website [here](#)

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## Graduate Programme



The Sport NZ Graduate Programme has open applications for those who have completed an undergraduate degree in the last 2 years. The programme exists to develop talented future leaders within the sport sector. The ultimate goal of the Graduate Programme is to provide our partners in the sport sector with a pipeline of talented individuals with leadership potential to meet the future capability needs of the sport sector.

The Sport New Zealand Ihi Aotearoa Graduate Programme is a paid, two-year fixed-term opportunity, the Graduate Programme aims to support the leadership

development of talented individuals who aspire to work within the play, active recreation and sport sector. This unique opportunity enables graduates to develop professionally and personally, gain valuable work experience, contribute to a diverse range of projects, and build professional relationships while working alongside leaders in the sector.

Click the [link](#) to find out more information

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## Sport NZ - Athlete, Parent & Coach

This discussion is a must-watch if you're a coach or leader in youth sport and have a desire to build more positive relationships with players and parents.

Dave, Craig and Reed dive into a wide-ranging discussion on the challenges of relationships in youth sport, with a focus on athlete, parent and coach. The conversation is underpinned by three key themes:

- The coach as the leader: How the coach can impact positive relationships
- Unification and collaboration: Everyone coming together benefits athletes
- Communication and common language: Practical tips for building alignment

Within these three themes, Dave, Craig and Reed discuss culture setting and player ownership, including parents in the process, parent engagement,

reducing parental anxiety, ensuring alignment and tackle several audience questions.

The webinar is available on the Balance is Better website, and can be viewed [here](#)

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## Funding



### *UHCC Event Fund*

The annual contestable Event Fund will be accepting applications from 1 June 2023 to 30 June 2023.

A fund to support a diverse range of events that contribute to the local economy, enhance the City's vibrancy, have an environmental conscience, and provide cultural, safe, and accessible experiences that are of value to locals and visitors alike.

Council has identified four event categories, Signature Events, Large Events, Regional Events and Local Community Events. Each event will be assessed under the category that it naturally aligns with based on its characteristics or objectives

The application and objectives can be found on the [Upper Hutt City Council Website](#).

### *Nuku Ora - Grant Funding Overview*

Nuku Ora have categorized the funding options for sport, recreation, play and community organisations.

To apply for funding, you need to be either a registered charity, not-for-profit organisation, an incorporated society, or be affiliated to a body that is incorporated (and preferably registered with the Charities Commission).

The list of funders can be found on the [website](#).

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## **How Team and Game Structure Impact Rangitahi Participation**

Rangitahi have highlighted the importance of fun to keep them involved in sports, with some identifying that they stop participating due to the increased competitiveness of the sports. Rangitahi that participated in the research had ideas about "the ideal games structure"

- Emphasis is on fun and fitness
- More social games
- Shorter game times
- Keep teams at similar levels
- Equipment provided at games

You can read the full article [here](#), which includes some perspectives from the rangitahi that were interviewed.



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## "Whats on"

Activation is working on updating our website to include a "whats on" segment that will be linked to the Upper Hutt Council website. This information will also be included in the weekly pinned 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 before Monday mornings and I can include them in the weekly Facebook posts.

Also if your club has a venue that you are able to hire out which can help build revenue, can you please contact me and we can chat about how we promote this to the Upper Hutt Community.

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

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## Final Words

A multitude of sports and recreation activities are taking place in the Upper Hutt region. Additionally, Activation are undertaking a research project that focuses on gathering insights and perspectives from young women regarding active

recreation in Upper Hutt. I am eagerly anticipating the outcomes of this research and am enthusiastic about organizing workshops with clubs and schools to delve into the findings. This will include engaging in meaningful discussions regarding the future of active recreation and how clubs can reflect and improve their offerings to suit rangitahi and increase participation.

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**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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