

activation

Kia Ora.

Welcome to 2023 and the very first Upper Hutt Sports Clubs monthly newsletter for the year. 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

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. Firstly, we will take a look at the changing views of physical activity.

People still value physical activity, however, their attitude towards organised activity is shifting. Respondents want to be engaged in physical activity but 57% would like more flexible and less structured opportunities.

Recognised by the attitudinal shift to be flexible in regards to activity options, clubs and schools will need to work together to be able to provide options to ensure rangatahi are able to participate in ways that suits them best.



Funding



Established in 1998, NZCT is one of the country's largest gaming trusts and the largest funder of amateur sports participation in New Zealand. They are proud of the contribution they make to local communities.

During their 2021/22 financial year, NZCT generated \$37.6 million for the benefit of Kiwi communities and were able to distribute \$39.2 million through 1,422 grants to amateur sports clubs, rescue and life-saving services, education, health, the arts, and cultural and community groups across New Zealand.

If you are unsure if you qualify for a grant, then head to their [website](#) to check their criteria.

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](#)

Resources



There are many different leading and managing change models. Sport New Zealand has used Kotter's Eight Step Process as a model with our sport leaders to help frame and guide successful change management practice into the contexts and environments our sport leaders work in.

Bold and courageous leadership is about taking a stand – i.e. moving beyond words and committing to tangible action. Bold and courageous leadership at national, regional and local levels is required to design and deliver quality youth sport participation and development opportunities.

In this Q&A, Sport Development Consultants Alex Chiet and Hamish Rogers, unpack the Balance is Better principle – Bold & Courageous Leadership.

Watch the video [here](#)

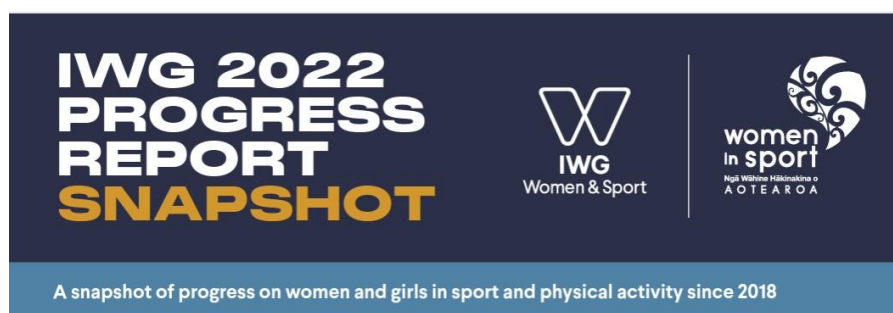
Recruiting and Managing Volunteers

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 recruit volunteers and keep them part of your club.

Have a look at their [resources](#), they are free to download.

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.

To begin, lets look at how our advertising can influence participation.

Girls and women seeing ‘themselves’ in resources used in training is an important factor in recognising, and developing their roles as participants, athletes, coaches and leaders. This section focuses on issues of gender equity in programmes and resources used for coaching and education.

The visibility of girls and women in training material is being recognised as a key component in the development of women in sport and recreation at all levels.

Time to reflect on your own club materials, do you have any female based teams? How are they portrayed in advertising material? Does your Regional or National sporting body provide resources that support equity?

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 share such events on the Activation Website, as well as our social media.

Email teresa.shailer@uhcc.govt.nz

Final Words

2023 has rolled around fast, the summer break is over and many people are returning to work and sport. Summer seasons are up and running again and some Winter clubs are starting to reactivate and meet to plan for the 2023 Winter Season.

The Activation team are back in the office but are busy out in the community hosting events for the U-Play series, Buggy Walks, Holiday Programmes, and activating the recreation sector. We are excited to provide these activities for the Upper Hutt Community and look forward to seeing you around during this time.

Teresa Shailer
Rec Advisor – Clubs and Schools

Te Kaunihera o Te Awa Kairangi ki Uta | Upper Hutt City Council

Corner Brown and Blenheim Streets,
Private Bag 907, Upper Hutt 5140, New Zealand

Tau Waea: 04 527 2113 | Waea Pūkoro: 0212782134 | Īmēra: teresa.shailer@uhcc.govt.nz

Pae Tukutuku: www.activation.org.nz | Pukamata: www.fb.com/ActivationUH

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

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ACTIVE RECREATION



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activation@uhcc.govt.nz

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