



# ANNUAL REPORT

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1 JULY 2020 - 30 JUNE 2021



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# STRATEGIC INTENT 2020 - 2025





## SPORT WHANGANUI BOARD MEMBERS 2020/2021

Back: James Bowen, Derek Pickering, Philippa Ivory, Wayne Brown

Front: Sheena Maru, John Unsworth (Chair), Suze Redmayne

Inserts: Memo Musa, Renée Harrison

# CHIEF EXECUTIVE REPORT

Agility, flexibility, and an unwavering community commitment have been key ingredients during the past year as the team collaborate and support the Sport, Active Recreation and Play sectors. Physical activity is, and rightly so, more important now than ever.

A collaborative mindset and approach is critical to achieve the best possible outcomes for our region. We have continued to strengthen our relationship with our key investment partner Sport New Zealand as well as proudly worked alongside Whanganui District Council and Ruapehu District Councils, Whanganui District Health Board and Ministry Social Development. Together we navigated the challenges and delivered many successful outcomes within the community. Aligned strategies provided the ideal platform to achieve maximum impact.

Our mahi, within the respective sectors we work in, is significantly assisted by financial support from key funders including Sport New Zealand, NZ Community Trust, The Lion Foundation and the Four Regions Trust. Their support plays a massive part in what we do and is hugely appreciated.

Our most valuable asset is our people. As a collective unit they are a dedicated, passionate, and committed group who strive to achieve our strategic goals and vision. Thank you so much for your contributions during some challenging times. I would also like to acknowledge the board for its strategic guidance and respected input into the overall operation of our entities.

Ngā mihi



# CHAIR REPORT

As a follow on from our CEO's report I too record that our organisation's key to success is its people. Danny, Jodie, and Tania, together with their excellent team, are doing the mahi in a manner which makes the board proud and so too should our community be proud.

With that staff commitment, our board happily volunteer their time for regular hui, with its three entities (Sport Whanganui, Splash Centre, and Boys and Girls Gym Club) is a more complicated and involved governance role than in the past. Regrettably, this AGM will be the last for Renee whose relocation to Timaru has made her connection harder. Thanks to her for her input and hopefully we will see her back in our village soon. A special mention also to retiring Memo Musa who has given fourteen and a half years to the organisation and has been its rock. Thank you, Memo.

Danny's report covers many of the issues that have challenged the organisation this year, so I'll not repeat. The clear take out, and my final message, is that the three entities that our Board governs are doing great things for our wider community. We all must continue to achieve and improve.

Ngā mihi



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LEADERSHIP IS ABOUT ONE LIFE  
INFLUENCING ANOTHER.

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I HAVE HAD THE PRIVILEGE OF PERFORMING A NUMBER OF GOVERNANCE ROLES BOTH NATIONALLY AND LOCALLY. IT IS FAIR TO SAY THAT BEING A MEMBER OF THE BOARD OF SPORT WHANGANUI IS THE ONE I ENJOY THE MOST. THE SECTOR IS FAST MOVING AND DYNAMIC. ALL THE PARTICIPANTS LOVE SPORT AND RECREATION BUT MORE IMPORTANTLY ARE PASSIONATE ABOUT MAKING LIFE A LITTLE BETTER FOR EVERYONE. OUR BOARD ARE OUTSTANDING IN THE SKILLS THEY BRING TO THE TABLE AND THEIR HUMOUR IS PRETTY IMPRESSIVE ALSO. MY ELEVEN YEARS IN THIS PRIVILEGED POSITION HAS FLOWN BY!

gg





## CONNECTORS

Back row: Jenny Worsley, Christine Strichen, Kimberley Kawau, Tasha Carver, Ben Fantham, Hunter Torbet, Louise Follett, Aidan O'Connor, Annette Cox  
 3rd row: Tiana Absolum, Jodie Brunger, Dave Campbell, Kastro Matete-Miller, Tania King, Gemma Bartley, Justin Gush, Danny Jonas, Leo Rodrigues  
 2nd row: Kelly Taylor-Ward, Clare Lynch, Rachael Lynch, Janette Bailey, Sarah Whayman, Debra Byers, Whitney Cox, Hana Haruru, Harry Unsworth  
 Front row: Lynne Lower, Melody Tamou, Prue Paulger, Dinelle Saunders, Linda Stevenson-Price, Kirsty Lower, Mere Katene, Christine Taylor

## CORPORATE BUSINESS MANAGER REPORT

I feel very privileged to have taken up the role of Corporate Business Manager at the end of November 2020 and join such a wonderful team of dedicated professionals. The diversity and depth of expertise is impressive.

Strategic plans, annual goals and policies and Health and Safety procedures for the three entities we manage have been high on my list of priorities and are now in place.

I have developed some great professional relationships with our key stakeholders, in particular, Sport New Zealand and other Regional Sports Trusts and relish the ability to tap into a wealth of knowledge.

We have allocated over \$350,000 through the Tū Manawa fund to organisations, schools, clubs, and groups to deliver programmes which allow for youth to experience play, active recreation, and sporting opportunities. Some amazing impact stories have been shared.

As like 2020, the Covid-19 pandemic paved the way for new uncertainties, however, I have been impressed by the support and resilience shown and to see us come through what has been a difficult time.

*Tania King*



## COMMUNITY SUPPORT MANAGER REPORT

2021 has once again been significantly affected due to the impact of COVID-19. Sports events and programmes have been cancelled and parts of community isolated. So, how do we confidently plan for the future in a world transformed by the virus?

“In the middle of difficulty lies opportunity”. – Albert Einstein

Like many organisations, Sport Whanganui have had to contend with several setbacks throughout the year, COVID-19 forcing us to be agile and learn to embrace change. As a result, our active communities’ team has developed several new innovative approaches to fill the void created by the numerous programmes and events cancelled this year.

As a team, we have also worked hard to bring our Sport Whanganui strategy to life by successfully:

- Activating new and existing spaces and places.
- Strengthening partnerships with territorial authorities, the health and education sector.
- Creating connections with local iwi and community organisations.

Although 2021 has challenged us in so many ways, I believe that as a team we have learnt the true value of collaboration. We have been able to navigate complexities alongside our community and utilise the collective strengths of our partners to find innovative solutions to shared challenges. Something we are all committed to build on in to 2022.

*Jodie Brunger*



## ACTIVE WELLBEING MANAGER REPORT

We have never needed to focus on our health and wellbeing more than we do now. Wellbeing is a major health factor and making exercise and physical activity a priority has outcomes that can only help the future of our wellness.

The challenges of COVID-19 tested the delivery of Active Wellbeing programmes. The team seamlessly provided continued support to their clients despite the disruption, adapting the framework for our support service to suit the needs of our community through these times.

Sport Whanganui’s investment in physical health support aligns with primary care organisations, GPs, Iwi health providers and other community and national agencies. I would like to thank all the organisations, providers and agencies for working collaboratively with the Active Wellbeing team to optimise client’s success.

Supporting people experiencing exercise challenges due to a range of health conditions from diabetes, respiratory and weight issues, through to more severe conditions is rewarding work. One of the key focusses this year has been helping people develop their confidence to generate increased activity and encourage self-management, which increases the likelihood of achieving goals.

Our aim is a healthy, connected community. It is satisfying to know that working collaboratively with health professionals and alongside our clients, we are building for the future.

*Deb Byers*



ee HE TANGATA, HE TANGATA, HE  
TANGATA IS WHAT MAKES ME LOVE  
GETTING OUT OF BED EVERY MORNING. 99

ee WE ARE SO BLESSED TO HAVE SO  
MANY WONDERFUL PEOPLE AND  
ORGANISATIONS ACROSS OUR REGION  
WHO ARE PASSIONATE ABOUT  
SUPPORTING THEIR COMMUNITY. 99

ee EVERYONE IS EMBRACING THE  
OPPORTUNITY TO BE HEALTHY AND  
ACTIVE FOR LIFE – IT’S FABULOUS! 99



## COLLABORATING FOR TAMARIKI

Healthy Active Learning

Healthy Active Learning is a joint government initiative between Sport New Zealand, Sport Whanganui and the Ministries of Health and Education to improve the wellbeing of children and young people through healthy eating, drinking, and quality physical activity.

It contributes to one of the government’s key priorities of improving the wellbeing of children and is also part of the government's Child and Youth Wellbeing strategy.

Developing relationships with schools and kura and sharing the Healthy Active Learning kaupapa has been a major focus until our workforce are on board and Healthy Active Learning officially launches in 2022.

Healthy Active Learning will allow us to support schools to:

- Understand and recognise the value of the Health and PE curriculum.
- Create an environment that supports and promotes quality play, sport, and physical activity.
- Build confident and capable teachers and kaiako to deliver the Health and PE curriculum.
- Create healthy food and drink environments.
- Make well informed decisions when engaging with external providers.
- Strengthen schools' connections with their wider community, including whānau and local health and physical activity providers.

### KEY SUCCESSES

Strengthened connections with the health and education sector  
Building a strong physical education workforce  
New school connections across our region

**\$47.6 million**  
ALLOCATED TO HEALTHY ACTIVE  
LEARNING OVER FOUR YEARS IN  
THE 2019 WELLBEING BUDGET



**71%**

OF STAFF INVOLVED IN THE PILOT PROJECT  
INFORMING HEALTHY ACTIVE LEARNING  
REPORTED INCREASED CONFIDENCE IN PLANNING  
AND TEACHING PE



AFTER THE PILOT PROJECT INFORMING HEALTHY ACTIVE LEARNING,



**94%**  
OF STUDENTS INTERVIEWED GAVE EXAMPLES  
OF TRANSFERRING LEARNING FROM PHYSICAL  
EDUCATION TO OTHER CONTEXTS.

“

I LOVE OBSERVING ‘AHA’ MOMENTS  
FOR TEACHERS AND THE IMPACT OF  
OUR WORK FLOWING THROUGH TO  
HAPPY AND HEALTHY TAMARIKI.

”

Clare Lynch  
Regional HAL Lead, Tamariki & Rangatahi Manager





**16** SPORTS CODES, SCHOOLS AND COUNCIL REPRESENTED AT THE BREAKFAST



OF ATTENDEES REPORTED HAVING A COMPLETE TO GOOD UNDERSTANDING OF BIB AFTER THE BREAKFAST

**19** PLEDGES TO TAKE ACTION SIGNED



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I ENJOY BUILDING RELATIONSHIPS WITH OUR CLUBS TO ENSURE THEY FEEL SUPPORTED AND CONNECTED.

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Aidan O'Connor  
Sports & Club Partnership Lead

## CONNECT & STRENGTHEN



### INNOVATING FOR SPORT

#### Balance is Better Philosophy

Balance is Better is a Sport New Zealand initiative aimed at providing positive experiences for all youth when playing sport. Research has shown that specialising in sport too young and prioritising winning over personal development has a detrimental impact on young people's overall enjoyment, and physical wellbeing. Balance is Better focusses on creating opportunities and quality experiences with the needs of rangatahi at the heart of all decisions.

Sport Whanganui have led the way locally on the Balance is Better philosophy, engaging with key stakeholders in youth sport including sports codes, schools, and Whanganui District Council. Through these connections, we want to create a better understanding of the philosophy and how it relates to our region and context.

Working together as a collective is the most effective way to create sustainable change within our network. Collaborative networks such as the Sport Leaders Network,

Sport Co-coordinator' groups, Y.E.S.S Council, and local school principals will be key community champions for us as we continue our work together to change mindsets on youth sport.

#### KEY SUCCESSES

Collective leadership established and supported  
Amplifying community voice  
Working as part of a national collective

## BUILDING FOR THE FUTURE OF SPORT

### Springvale Park Development Plan

Through our partnership with the Whanganui District Council, Sport Whanganui will lead the establishment of a Springvale Park development plan in consultation with key stakeholders. Springvale Park is a community hub which currently houses the Jubilee Stadium and extension, Springvale Stadium and extension, Community Sports House, Whanganui Boys and Girls Gym Club, Splash Centre and a vast open space used for a range of recreational purposes.

The establishment of a development plan was one of the 11 recommendations from the 2019 Whanganui District Council Sport and Recreation Facilities Strategy Implementation plan. Sitting alongside the Council’s Parks and Open Spaces strategy, the vision is to create connection and alignment between key users across any future development which is to occur at Springvale Park.

Aligning with the Parks and Open Spaces Strategy has strengthened the relationship between Sport Whanganui and the Whanganui District Council. In essence, the Springvale Park Development Plan consultation will focus on the provision of sporting delivery at Springvale Park, with the Parks and Open Spaces Strategy having a wider focus to include all green spaces and open areas in Whanganui. Through consultation with key stakeholders, we have the opportunity to ensure Springvale Park remains a viable and sustainable community asset for years to come.

#### KEY SUCCESSES

- Strengthening of the partnership with WDC
- Advocating for a range of community organisations
- Access to expertise at a national level – spaces and places insights



OF WHANGANUI RESIDENTS  
PLAY ORGANISED SPORT

Source: WDC Community Views Survey 2021

22 SPORT AND ACTIVE RECREATION  
ORGANISATIONS BASED AT SPRINGVALE



AVERAGE OF  
3,500

STADIUM USERS PER WEEK IN PEAK SEASON

“

SPRINGVALE PARK IS A SIGNIFICANT SPORTING  
FACILITY IN THE WHANGANUI AREA. PROVIDING  
A FRAMEWORK FOR FUTURE DEVELOPMENT OF  
THE PARK IS AN IMPORTANT COMPONENT OF  
BUILDING A STRONG SPORTING NETWORK FOR  
OUR COMMUNITY.

”

Aidan O'Connor  
Sports & Club Partnership Lead

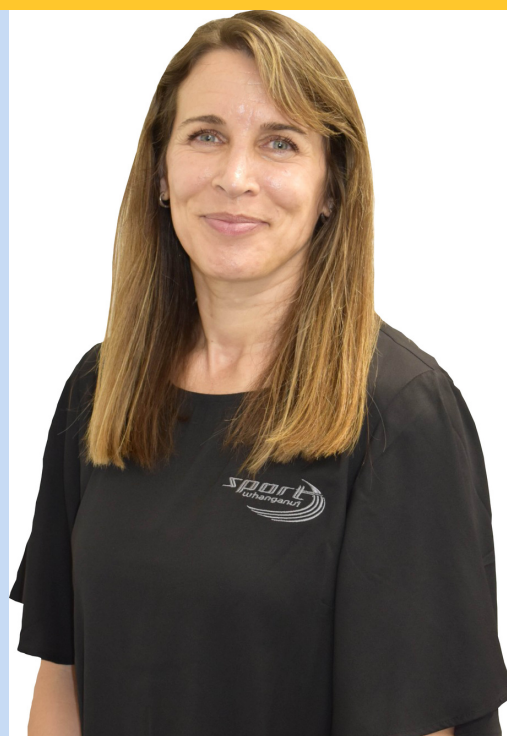


 **16** AFFILIATED AND SUPPORTED  
GROUPS UNDER THE TRUST

**10**   
SCHOOLS IN TAUMARUNUI

 **293**  
SECONDARY SCHOOL STUDENTS

**780**   
PRIMARY SCHOOL STUDENTS



EE HE AHA TE MEA NUI O TE AO, HE TANGATA HE  
TANGATA HE TANGATA.

WHAT IS THE MOST IMPORTANT THING IN THE  
WORLD, IT IS THE PEOPLE, THE PEOPLE, THE PEOPLE.  
THERE ARE SO MANY WONDERFUL PEOPLE AND  
ORGANISATIONS DOING INCREDIBLE THINGS IN OUR  
REGIONAL COMMUNITIES. IT IS AN ABSOLUTE  
PRIVILEGE TO WORK ALONGSIDE THEM.

Jodie Brunger  
Active Communities Manager

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## EMPOWERING COMMUNITIES

### Regional Partnerships

Sport Whanganui not only supports our local community, but we have the privilege of working with several organisations and partners across the Ruapehu and Rangitikei districts. The work our regional organisations and partners do in their communities is invaluable and makes a real difference to so many people's lives.

The Taumarunui Youth and Community Trust is just one of the incredible regional organisations we support. The Trust was formed in 2016 and has grown into a vibrant community hub that supports the educational, social, and physical development of Taumarunui youth and the wider community.

One of the biggest challenges for smaller organisations like the Taumarunui Youth and Community Trust, is telling their story and demonstrating the impact they are making for their community to funders and local authorities. Sport Whanganui, in partnership with the Ruapehu District Council, Community Waikato, and Lamp Studios, worked together to capture stories from the Taumarunui community that demonstrated the true value of the Trust. What we discovered through this process was simply inspiring. Amy and her team at the Trust have created more than just programmes, events, or activities, they have created a sense of belonging and a place to grow and connect to. Something we should all aspire to when working with our own communities.

A business case was created for the Trust and this along with the Lamp video were presented to the Ruapehu Council to support their submission to the Long Term Plan. As a result, the Trust has secured additional funding to continue to run their programmes. The Ruapehu Council have also committed to working alongside the Trust and the wider community to develop a Wellbeing Strategy to address the health and wellbeing of the Ruapehu District. The Taumarunui Youth and Community Trust are now positioned to be a key partner in the implementation of this strategy.

### KEY SUCCESSES

Community partnerships  
Sharing and collecting key insights for the region  
Leadership and advocacy of the Trust  
Development of strong relationships to support sustainability

## STRENGTHEN



### CREATING PATHWAYS TO INCLUSIVITY

#### Insights and Play Spaces

Sport Whanganui, on behalf of Whanganui District Council, undertook a significant audit in 2020-21 to assess the accessibility of community play spaces in Whanganui. The results of the audit revealed that current spaces were geographically spread across the community and had ample green space to play. There was however an opportunity to improve access and include more sensory equipment at many locations. The results of this initial assessment were presented to the Whanganui District Council's Sport and Recreation Advisory Group (SARAG) and initiated further discussion between the WDC Parks team and Sport Whanganui.

In addition to the playground audit Sport Whanganui have worked in partnership with Whanganui District Council to develop a play framework that will guide future decisions and developments related to local play spaces. While this framework is yet to be formally adopted, Whanganui District Council have committed to revisiting several play spaces with Sport Whanganui to investigate ways they can improve play opportunities for the community. Whanganui District Council has also dedicated funding to improving play spaces in Whanganui over the next three years.

Insights show that Whanganui has a higher percentage of people with a disability than the national average. The development of more inclusive play spaces will be a welcomed addition to the community in the future allowing tamariki to explore their true boundaries, build physical confidence, and interact with others in a safe and inclusive play environment.

#### KEY SUCCESSES

- Strengthened community partnerships
- Improved access to local facilities
- More inclusive opportunities to be active



**15**  
PLAYGROUNDS AUDITED

**9.7%** OF PEOPLE IN  
WHANGANUI HAVE AN  
ACTIVITY LIMITATION  
Source: Census 2018



DISABLED CHILDREN ARE LESS LIKELY  
TO DO SOCIAL THINGS, SUCH AS  
PLAYING IN A SPORTS TEAM

Source: Office for Disability Issues

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I AM PASSIONATE ABOUT  
GETTING EVERYBODY ACTIVE  
WITH NOBODY MISSING OUT.

99

Ross Kinnerley  
Community Activator / Recreation



TAMARIKI IN WHANGANUI SPEND AN AVERAGE OF



**69%** OF WHANGANUI PARENTS ARE CONCERNED ABOUT TAMARIKI PLAYING IN THEIR NEIGHBOURHOOD DUE TO TRAFFIC AND DOGS



**55%** OF WHANGANUI TAMARIKI SAY STREET PARTIES/EVENTS THAT BRING FRIENDS, FAMILY, AND NEIGHBOURS TOGETHER WOULD MAKE IT EASIER TO PLAY IN THEIR NEIGHBOURHOOD



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PLAY IS INCREDIBLY IMPORTANT FOR THE WELLBEING OF OUR TAMARIKI, WHĀNAU AND COMMUNITIES. THE BEST PART IS – IT'S ALSO SUPER EASY AND FUN!

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Harriet McKenzie  
Community Activator

## STRENGTHEN



## CREATING ROOM FOR PLAY

### Power of Play

Play is the foundation of a child's physical and cognitive development, helping them build the skills they need to be active for life. At Sport Whanganui, we see quality play opportunities as an important part of our Strategic Intent.

In March, we hosted a workshop, facilitated by Sport New Zealand and the Innovation Unit, to better understand local attitudes, barriers and enablers to play. Our workshop included partners from iwi, the Whanganui District Council, health, education, economic development and the disability sector. Not only did this cross-sector group provide a diversity of perspectives, it helped identify and connect local 'Play Champions'.

Alongside interviews with parents and tamariki and findings from various community surveys, the workshop contributed to a report we call The Power of Play. The Power of Play highlights the play opportunities our stakeholders want to see, as well as what is influencing the current state of play in Whanganui.

Later in 2021, we're hosting our Play Champions for a hui focused on bringing the Power of Play to life. We'll identify potential collaborative projects and develop a play framework that will be presented for adoption by the Council. Together, we'll continue developing our network and creating a more playful Whanganui.

### KEY SUCCESSES

Insights into the current state of play in Whanganui

Identified and celebrated local Play Champions

Working collaboratively with WDC to strengthen play systems

ACTIVATE



ACTIVATING RANGATAHI  
Active Recreation

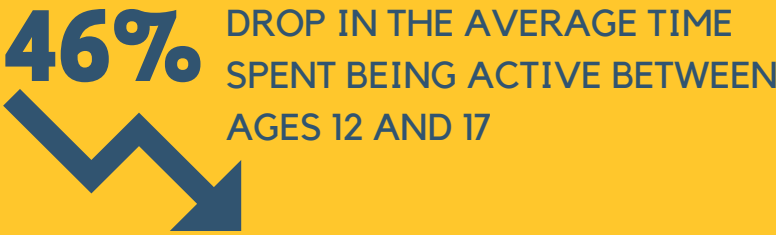
The benefits of physical activity in supporting and enhancing our health and wellbeing are well documented. Unfortunately, statistics show that rangatahi engagement in physical activity continues to decline between the ages of 12-18 years. Recently, Covid-19 has also had an impact on engagement in sport with lockdowns, events, and programmes cancelled due to the pandemic. Without organised activities many young people have been left to find alternatives to connect with their peers and engage in physical activity in more informal settings. As a result, the health and wellbeing of our young people has been impacted.

National and local insights support these trends and the increasing desire for young people to be physically active in more informal, social settings. Young people want to have a safe and inclusive space to meet up with peers and share common interests and active recreation provides the perfect vehicle for this.

This year Sport Whanganui piloted an initiative as part of Youth Week to test these insights. Youth Week is a nationwide festival of events held annually for young people to help promote the importance of physical activity and wellbeing to youth. Sport Whanganui, in partnership with a number of local organisations, opened up the Springvale Stadium for a late night open court time. The focus for this session was to provide a safe space for youth to come and play basketball with transport provided to get them home at the end of the night. The event was a huge success, reinforcing our insights and strengthening our connections with several youth providers including the YMCA and the Whanganui police.

KEY SUCCESSES

- New connections with rangatahi
- Improved access to local facilities
- New opportunities for rangatahi to be active



 **AT LEAST ONE HOUR**  
OF MODERATE OR VIGOROUS PHYSICAL ACTIVITY PER DAY IS RECOMMENDED FOR CHILDREN AND TEENAGERS  
Source: Ministry of Health



“ JUST BECAUSE SOME PEOPLE DON’T ENJOY SPORTS DOESN’T MEAN THEY CAN’T ENJOY BEING ACTIVE. ”

Ross Kinnerley  
Community Activator / Recreation



**212,595**  
SPLASH CENTRE ADMISSIONS



 **25,057**  
LEARN TO SWIM LESSONS

**4,252**  
WHANGANUI EAST POOL  
ADMISSIONS



“

OUR PEOPLE, IT'S WHAT MAKES US  
A GREAT PLACE TO BE.

Dave Campbell  
Splash Centre Manager

”



ACTIVATE

## ACTIVATING FUN AND FITNESS

### Splash Centre

Despite a disjointed year for the Splash Centre, with Covid-19 level changes hindering users access to areas of the facility like the steam room and sauna, the number of admissions to the facility was exceptional. Prior to the change in levels, the Splash Centre was on target to have the highest admission numbers in the Splash Centre's history. While the disruption created challenges, I am proud of the team's ability to adapt to the changes and one key learning has been the resilience and patience of our staff in dealing with challenging situations.

We were once again Poolsafe accredited which is one of the Splash Centre's key performance indicators for the Whanganui District Council. Poolsafe is an industry led, voluntary management system designed by the industry for the industry. 150 of the 214 public pools in New Zealand are audited by Poolsafe, and having the accreditation gives the public the assurance that the Splash Centre has been through a robust auditing process.

We celebrated the longevity of five our staff, Christine, Marie, Linda, Lynne and Melody who celebrated nearly 150 years of collective service at the Splash Centre. Testimony to the passion for the work they do at the Splash Centre.

### KEY SUCCESSES

4591 more swim lessons compared to 2019-20  
597 more people attended aqua aerobics compared to 2019-20  
6108 more family passes were purchased compared to 2019-20

## ACTIVATE



APPROXIMATELY **4,000** .....  
TAMARIKI AND RANGATAHI PARTICIPATED.

APPROX **60**   
SCHOOLS PARTICIPATED

## EXPANDING OPPORTUNITIES

### Events for Tamariki and Rangatahi

Although some events had to be cancelled due to Covid-19, we managed to adapt most events to operate safely within the Covid-19 restrictions. Students missed out on many opportunities to connect and build physical confidence due to the pandemic and Sport Whanganui felt it was important to provide as many opportunities to be active as possible.

Over 4000 tamariki and rangatahi participated across 12 Sport Whanganui events in the 2020-2021 year. These events are so important to us because they are an opportunity to be present and connect with our community and stakeholders.

Gathering and understanding insights from tamariki and rangatahi regarding what they want from sport will be a key factor in Sport Whanganui's event programme planning for the future. This means that we are often adapting our events to improve them. Sport Whanganui also provided Play Days and online challenges as well as taking a support role in many community events.

Sport Ability	Whenuakura Sports Day
Mitre 10 Mega Tough Kid	Try a Tri
Waimarino Tough Kid	Whanganui Secondary School Cross Country
Whanganui Secondary School Mountain Biking	
Whanganui Secondary School Athletics	Youth Week events
Midnight Basketball	Whanganui Secondary Schools Dodgeball

### KEY SUCCESSES

Competitive events with an increased emphasis on participation and development  
Strengthened partnerships with community organisations  
Connecting participants and schools with local clubs to create more physical activity

“ MY GOAL IS TO HAVE MORE  
RANGATAHI IN OUR REGION  
INVOLVED IN PHYSICAL  
ACTIVITY. ”

Harry Unsworth  
Rangatahi Activator



**3** HEALTHY ACTIVE LEARNING DAYS HELD



**145**  
YOUNG PEOPLE INVOLVED



“ I ENJOY MY ROLE BECAUSE IT ALLOWS  
ME TO ENGAGE WITH OUR FUTURE  
LEADERS AND CONNECT AND  
COLLABORATE WITH OTHER  
COMMUNITY PROVIDERS TO SUPPORT  
OPPORTUNITIES TO BE ACTIVE. ”

Dinelle Saunders  
Tamariki Activator

ACTIVATE



## EMPOWERING RANGATAHI

### Active Youth Leadership

This year Sport Whanganui has focussed on supporting rangatahi to improve wellbeing and enhance leadership capabilities. The team's aim was to create an environment that supported the growth and confidence of rangatahi to take on leadership roles within their communities. Sport and physical activity were used as the vehicle to deliver hauora activity days with rangatahi leading sessions, using Te Whare Tapa Whā as the foundation.

The activity days were implemented to develop local rangatahi as event leaders in collaboration with local and regional primary, intermediate, and secondary schools – Year 4 through to Year 11. Rangatahi were positive role models and supported the hauora of the younger participants throughout the day.

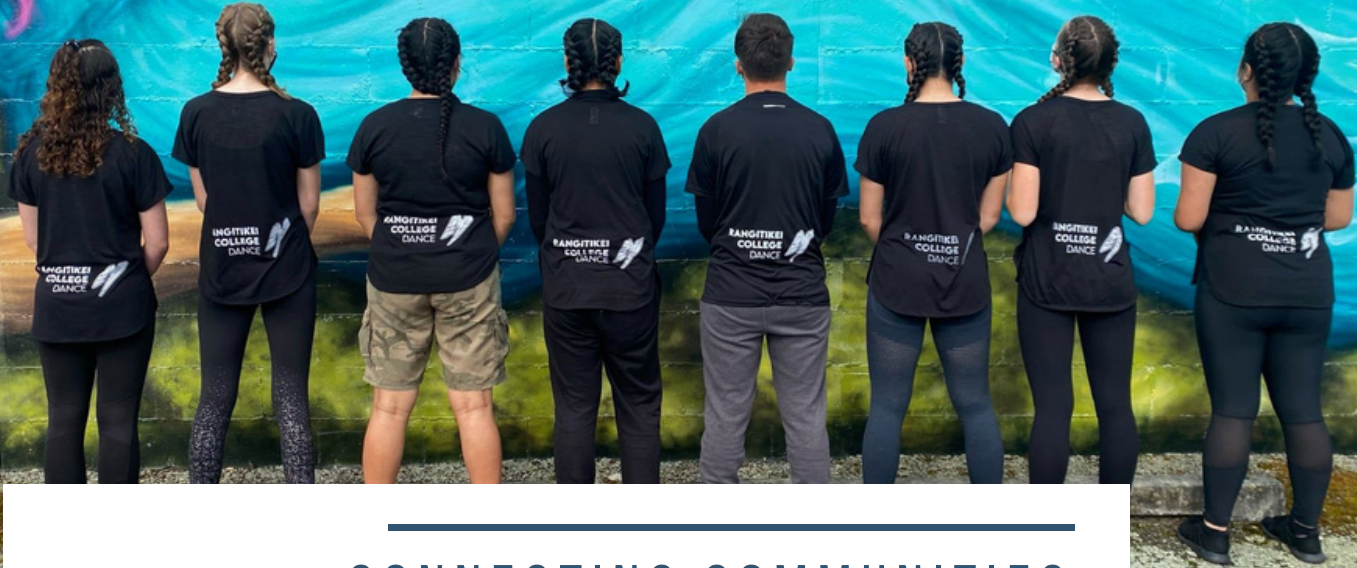
Through the development and the delivery of the activity days the team strengthened partnerships with schools, sport codes, and local providers. More opportunities for rangatahi to lead events and programmes were developed and school connections strengthened.

Allowing rangatahi the time, space, and permission to lead in new and innovative ways will continue to be a priority so we can build a stronger sport system for the future.

### KEY SUCCESSES

Development and implementation of 'rangatahi as leaders'  
Strengthened relationships with key partners  
Introduction of the Healthy Active Learning programme, launching 2022

ACTIVATE & CONNECT



CONNECTING COMMUNITIES  
Community Partnerships

In many smaller communities it is often more of a challenge to access resources and attract volunteers to support programmes and events. Support for our sports coordinators and their schools is vital but with many codes residing in Whanganui it makes it hard to develop new programmes without local expertise.


Sport Whanganui has worked with several regional schools this year to address some of the barriers to rangatahi participation. In Marton, Sport Whanganui worked closely with Rangitikei College Director of Sport, Emily Rayner, to gain better insights into some of the barriers to participation. These insights were then used to codesign a plan to get more of their students active. Through this process, dance was identified as a potential area for growth and a connection was made with local iwi, Ngāti Apa, who had a dance expert. Support to access funding to pilot their dance programme was secured and a pilot programme was launched early this year.


As a result of this pilot, additional programmes have been introduced to the school. Student engagement and satisfaction in the sport and active recreation offerings at Rangitikei College have grown considerably. This is a fine example of how Sport Whanganui takes a locally led approach to supporting communities to work together to improve youth engagement in physical activity.

KEY SUCCESSES

- Locally led approach
- New innovative activities offered to youth
- Youth voice
- Strengthening community connections

 **22** SCHOOLS IN RANGITIKEI

 **394**  
SECONDARY STUDENTS

**1,097**   
PRIMARY STUDENTS (YR 1-8)

ee

WORKING IN MARTON WITH RANGITIKEI COLLEGE HAS BEEN A HUGE HIGHLIGHT OF MY YEAR. THEIR DIRECTOR OF SPORT EMILY RAYNER IS VERY PASSIONATE AND PROACTIVE AND HAS CREATED MANY OPPORTUNITIES FOR THE STUDENTS TO GET ACTIVE. WORKING WITH AND SUPPORTING EMILY HAS SEEN MANY GREAT PROJECTS SO FAR, WITH MANY MORE TO COME IN THE FUTURE.

Harry Unsworth  
Rangatahi Activator

99





**\$353,410.58**

DISTRIBUTED TO THE COMMUNITY  
THROUGH TŪ MANAWA



PROJECTS FUNDED

**45**

APPLICATIONS RECEIVED



“AN AMAZING FUND TO GET OUR  
TAMARIKI AND RANGATAHI TO BE  
ACTIVE THROUGH OPPORTUNITIES  
THEY WOULD HAVE OTHERWISE  
MISSED OUT ON.”

Tania King  
Corporate Business Manager



**ACTIVATE & STRENGTHEN**



## INNOVATING THROUGH FUNDING

### Tū Manawa Active Aotearoa

The Tū Manawa Active Aotearoa fund is a new initiative for community-based programmes and projects helping tamariki and rangatahi to get active. We have been privileged to allocate over \$350,000 in the past financial year to 32 different groups, schools and organisations with grants ranging from \$300 to \$70,000.

The fund is all about activation through play, active recreation or sport and targeting tamariki and rangatahi from high deprivation areas, girls and young women, and children and young people with disabilities. We have been fortunate to fund a range of programmes from providing rangatahi who live in the higher reaches of the Whanganui awa with active recreation opportunities to providing sensory equipment for a school who have tamariki with complex disability needs.

It is exciting to be able to support groups who have not been able to previously source KiwiSport funding due to criteria restrictions. Tū Manawa has broadened our capacity to assist with a more diverse number of programmes and more importantly develop some fantastic relationships with people who we now consider as key stakeholders for supporting and promoting mahi. It is also great that we can support initiatives further afield but within our region of Ruapehu and Rangitikei.

Tū Manawa Active Aotearoa funding continues to be offered for the next financial year so we look forward to supporting many more exciting programmes and projects.

### KEY SUCCESSES

Distributing over \$350,000 in the past 12 months to organisations, clubs, and schools  
Providing opportunities to some children who would never have had the chance to participate  
To allocate the funds to groups, who in the past, did not meet the Kiwisport funding criteria



## INNOVATING FOR THE WORKPLACE

Hauora ki te Mahi & 9 to 5 Thrive

### Hauora ki te Mahi

Hauora ki te Mahi was developed in partnership with the Ministry of Social Development as a support programme to create healthy habits and improve wellbeing for Whanganui people who are in between employment or looking to gain employment.

The objective of the 12-week programme is to provide individuals with a holistic view of health and the importance of being healthy and physically and mentally fit for employment. The programme offers social connection, increased motivation, and improved employment opportunities.

Hauora ki te Mahi has extended Sport Whanganui’s reach to those who are not physically active in the community and extended our partnerships with physical activity facilities. The work would not be possible without local partnerships: Donnelle O’Neil from Ministry of Social Development and James Metekingi from Workbridge. Thank you to Donnelle and James, and the gyms in the community who have supported the programme: Splash Centre, Club Fitness, Her Fitness, Jetts, Inspire Health and Fitness Centre, and City Fitness.

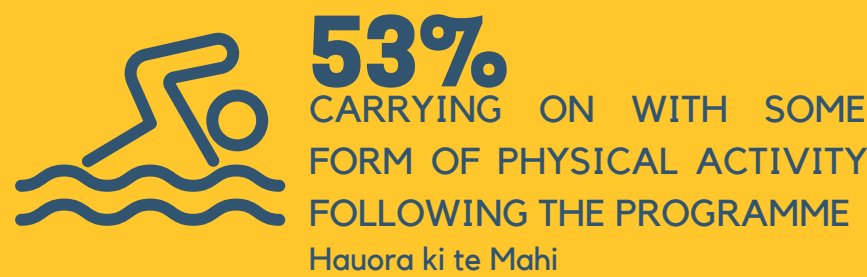
### 9 to 5 Thrive

The 9 to 5 Thrive Workplace Wellbeing programme, developed in 2020, offers an individualised approach to making wellbeing a priority and positively impacts people's lives and businesses. We have worked with Whanganui District Council, the team at Bayleys Whanganui and Ohakune, Ali Arc, and several of the Ray White Whanganui staff. The programme offers a simple approach to wellbeing, looking to make small changes and add habits to make being healthy a part of everyday life. The 9 to 5 Thrive programme includes a health consultation at the beginning, four-week, eight-week and twelve-week mark, bioscan, goal setting, and the best ways to fit exercise and healthy eating into your life.

A highlight was speaking at the Whanganui Chamber of Commerce breakfast meeting and reaching a new audience with ways to take care of their sleep, nutrition, physical activity, and mental health.

#### KEY SUCCESSES

- Clients disclosing how much more confident they feel about being in a good mindset for work
- Regular exercise now a part of lifestyles long after the programme finished
- Clients reporting improved sleeping habits and how much better they feel for regular exercise



“

THERE'S A LOT OF NOISE THAT CAN BE  
OVERWHELMING IN THE WELLNESS  
SPACE, AND I WANT TO HELP PEOPLE  
SIMPLIFY IT TO FIT THEIR LIFESTYLE.

”

Rachael Lynch  
Wellness Coach



14.3%



OF 15-24 YEARS OLDS NOT IN EMPLOYMENT, EDUCATION OR TRAINING IN MANAWATU-WHANGANUI IN THE YEAR TO MARCH 2021

Source: Stats NZ

75%

OF 18-24 YEAR OLDS IN NEW ZEALAND ARE NOT MEETING PHYSICAL ACTIVITY GUIDELINES

Source: 2019 Active NZ survey



82%



OF 18-24 YEAR OLDS IN NZ WOULD LIKE TO BE DOING MORE PHYSICAL ACTIVITY

Source: 2019 Active NZ survey



ee

I AM PASSIONATE ABOUT WHĀNAU, THIS COMMUNITY AND PHYSICAL ACTIVITY.

99

Justin Gush  
Hauora Advisor

ACTIVATE & STRENGTHEN



## INNOVATING FOR RANGATAHI

### Youth to Work Programme

The Youth to Work Programme is a joint initiative between Whanganui District Employment Training Trust, an employment support agency, and Sport Whanganui. Funded by the Ministry of Social Development, this initiative was originally designed to support young people to get the required skills and documentation to enter the workforce.

Utilising insights gathered from a pilot youth programme run by Sport Whanganui in 2019, we were able to advocate for the importance of not just focussing on employment opportunities, but taking a more holistic approach when working with young people. Sport Whanganui were able to demonstrate how addressing the social, emotional, mental, and physical needs of each student helped develop the skills and attitudes required to participate confidently, not only in their employment, but as integrated members of their community. Both the Whanganui District Employment Training Trust and Ministry of Social Development saw huge benefits in taking this innovative and holistic approach. As a result, Sport Whanganui and the Whanganui District Employment Training Trust worked together to codesign and implement the Youth to Work programme which was launched in June this year.

We want to thank the Whanganui District Employment Training Trust for working with us to create this innovative and collaborative programme to address youth unemployment in Whanganui, and for their continued commitment to prioritise the wellbeing of students involved in the Youth to Work programme.

### KEY SUCCESSES

- Partnerships created with employment services
- Focus on youth wellbeing not just employment
- Connections made with wider youth organisations and local business



ACTIVATE & STRENGTHEN

ACTIVATING COMMUNITY WELLBEING  
Green Prescription

Green Prescription is a Sport Whanganui delivered programme developed in collaboration with the Ministry of Health and the Whanganui District Health Board. The programme aims to motivate and support people into quality physical activity. Sport Whanganui has seen the positive impact from people engaging in regular exercise.

Building stronger relationships with the Whanganui District Health Board’s clinical team, the Cardiac Super Beat Healthy Heart Programme and the WDHB Pulmonary Rehabilitation Programme, has been a key success this year. Working together has unlocked a clear pathway between the WDHB services, Green Prescription and the Breathe Easy group exercise classes. The class is now a significant pathway to suitable exercise for cardiac and respiratory clients. Using Graded Exercise Tolerance tests, if required, has helped to establish safe exercise heart rates.

Statistics indicate men in New Zealand are more reluctant than women to seek help from the medical profession and this is reflected in the number of Green Prescription clients. Based on the statistics the Green Prescription team embraced Men’s Health Week Te Wiki Hauora Tane to promote wellbeing for men. The promotion was well received and important relationships were built as a result.

Working alongside General Practitioners and health professionals, Green Prescription’s vision is to strengthen connection and alignment for any future development of activity for our whanau and community.

KEY SUCCESSES

- Clinical Exercise Physiology tests resulting in 12 reports to doctors & two successful heart surgeries
- More participants requesting support for accountability to achieve goals
- Increasing awareness of the benefits of the outdoor environment for wellbeing

OVER 1,000 REFERRALS RECEIVED FOR 2021

39% MĀORI PARTICIPANTS



REFERRALS FROM 14 GP PRACTICES  
& OVER 10 HEALTH PROFESSIONALS FROM WDHB AND WRHN



ee

IT IS SO REWARDING TO BE ABLE TO WALK  
ALONGSIDE A CLIENT WHO HAS TAKEN UP THE  
CHALLENGE TO STAY FIT AND HEALTHY. IT’S A  
HUMBLING MOMENT FOR US SEEING THE  
CHANGES HAPPEN FOR OUR CLIENTS BECAUSE OF  
THEIR HARD MAHI. 99

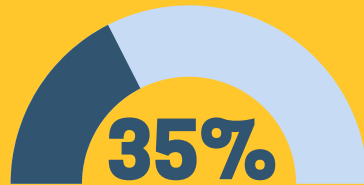
Deb Byers & Sarah Whayman  
Green Prescription Team





**76**

NEW REFERRALS FOR THE YEAR OF  
127 ACTIVE CLIENTS



MĀORI PARTICIPANTS ON THE  
PROGRAMME FOR THE YEAR



**74%**

RETURN PHYSICALLY FIT TO WORK



“ IT IS HUMBLING TO BE A PART OF FIT FOR  
SURGERY PARTICIPANT’S JOURNEYS.THEIR  
DETERMINATION TO MAKE POSITIVE  
CHANGES FOR THEIR HEALTH AND  
WELLBEING IS INSPIRATIONAL, AND FOR  
THEM LIFE CHANGING. ”

Christine Taylor  
Fit for Surgery Navigator

ACTIVATE & STRENGTHEN



## EMPOWERING PATH TO WELLBEING

Fit for Surgery, Fit for Life

Fit For Surgery, Fit for Life, at the end of its third year, continues to gain momentum. This community based multi-component programme is designed to support patients to be fit for orthopaedic, knee, or hip surgery through weight reduction and the optimizing of medical and long-term conditions. The collaborative partnership between Whanganui District Health Board and Sport Whanganui provides a distinctive service to the Whanganui community that prioritises wellness and wellbeing and allows individuals to be key players in their care plan. We are now exploring expansion to other types of elective surgeries in 2022.

The results from the Fit for Surgery, Fit for Life programme look promising. Health outcomes have improved, and positive lifestyle changes have resulted in safer surgeries and a reduction in surgery admissions. A number of Fit For Surgery, Fit for Life clients are choosing not to have surgery due to the improvements in their health: reduction in pain, increased mobility, and more active and connected lifestyles.

There has been external interest from other District Health Boards and consequently professional relationships developed across the country. The future looks bright for expansion of Fit For Surgery as a main stream programme that is now well socialised within Whanganui’s community.

### KEY SUCCESSES

ANZCA / NZNC Cultural Safety & Leadership Hui presentation  
Collaboration with Nic Gill Author at the Fit For Surgery Key Stakeholders Hui  
The establishment of the Fit For Surgery – Peer Support Group  
International exposure presenting at the 2021 Combined Faculty of Pain



ACTIVATE & STRENGTHEN

## BUILDING PHYSICAL CONFIDENCE

### Whanganui Boys & Girls Gym Club

Whanganui Boys and Girls Gym Club came under the governance of Sport Whanganui on 1 January, 2021, with Annette Cox in the position of operations manager. The philosophy for the club remains the same with a desire to offer the community, from toddlers through to adults, movement that is fun and keeps people active.

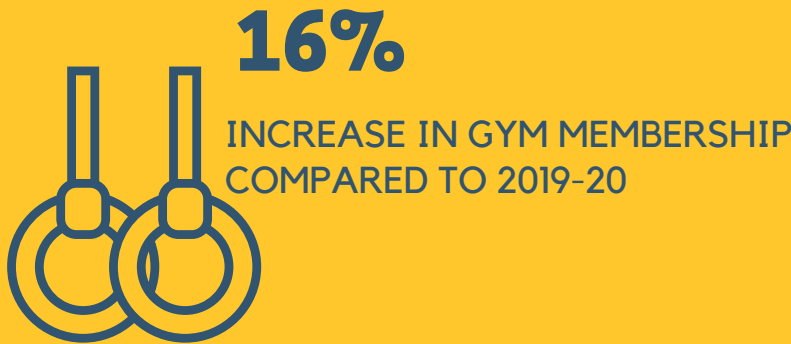
The visibility of the Whanganui Boys and Girls Gym Club was strengthened by the support of David Jones Motors, who provided a branded vehicle to the club. The vehicle has opened more opportunities for outreach to the community.

The year saw an increase in participation numbers, particularly in the 7-9 year old bracket. Men's artistic gymnastics was reintroduced to the gymnastics programme with the return of Leo Rodrigues to the club after a eight year hiatus. Leo's return has revitalised boys' participation in the sport and provided boys who take part in competitive gymnastics a local training centre. Whanganui Boys and Girls Gym Club now offer 35 recreational gymnastic sessions and competitive classes each week for toddlers through to adults. During weekdays our coaches run sessions for our schools, ECE's and community groups.

In a world that increasingly relies on community connectedness, the Whanganui Boys and Girls Gym Club is focussing on building a better future that remains grounded in its purpose: fostering fun fitness and fundamentals for the wellbeing of the community in Whanganui. Approximately 1200 children pass through the club's doors annually, with six permanent staff members, 12 casual staff members and many community-minded volunteers allowing the club to operate seven days a week.

#### KEY SUCCESSES

- Sport Whanganui governance offering extensive support
- Reintroduction of men's Artistic Gymnastics
- More tamariki through our doors



“ MY FAVOURITE GROUPS TO SCHEDULE SESSIONS IN THE CLUB WOULD BE THE SCHOOLS OR ECE'S, THIS IS WHEN ALL TAMARIKI HAVE A CHANCE TO EXPERIENCE GYMNASTICS NO MATTER WHERE THEY LIVE, OR WHO THEY LIVE WITH, THIS TRULY IS WHEN YOU EXPERIENCE 'GYMNASTICS FOR ALL'. ”

Annette Cox  
WBGGC Manager



# FUNDERS & PARTNERS

SPORT WHANGANUI WOULD LIKE TO THANK ALL OF OUR PARTNER ORGANISATIONS FOR THEIR SUPPORT OVER THE 2020/21 YEAR.

## SPORT WHANGANUI

### Funding partners



### Valued partners



## WHANGANUI BOYS & GIRLS GYM CLUB



## SPLASH CENTRE



# STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2021

	<u>Jun 2021</u>	<u>Jun 2020</u>
	\$	\$
<b><u>Operating Revenue (Note 5)</u></b>		
Donations, Grants & Other Fundraising Revenue	1,023,718	1,037,306
Revenue from Goods & Services	450,631	318,634
Interest, Dividends & Other Investment Income	257	255
Other Revenue	33,575	181,005
	<u>1,508,181</u>	<u>1,537,200</u>
<b><u>Less Operating Expenses (Note 6)</u></b>		
Volunteer & Employee Related Costs	1,178,495	1,062,797
Donations & Grants Paid	1,500	1,699
Costs related to providing Goods & Services	244,695	241,489
Other Expenses	9,776	14,616
Depreciation	80,437	80,696
	<u>1,514,903</u>	<u>1,401,297</u>
<b><u>Surplus/(Deficit) for Period</u></b>	<u>(\$6,722)</u>	<u>\$135,903</u>

	<u>Jun 2021</u>	<u>Jun 2020</u>
	\$	\$
<b><u>Current Assets</u></b>		
Debtors & Prepayments (Note 7)	91,800	268,793
Bank Accounts & Cash (Note 8)	<u>349,369</u>	<u>560,421</u>
	441,169	829,214
<b><u>Non Current Assets</u></b>		
<b><u>Fixed Assets (Note 25)</u></b>		
Property, Plant & Equipment	<u>1,475,758</u>	<u>1,549,026</u>
<b><u>Total Assets</u></b>	<u>1,916,927</u>	<u>2,378,240</u>
<b><u>Less Liabilities</u></b>		
<b><u>Current Liabilities</u></b>		
Creditors & Accrued Expenses (Note 13)	48,746	251,556
Employee Costs Payable (Note 14)	61,530	110,728
Income Received in Advance (Note 15)		5,072
Finance Lease Liability	3,236	3,236
Bank of New Zealand Limited Loan		69,970
Unused Grants with Conditions (Note 16)	75,972	117,460
Other Current Liabilities (Note 17)	<u>113,974</u>	<u>199,290</u>
	303,458	757,312
<b><u>Non Current Liabilities (Note 18)</u></b>		
Finance Lease Liability	<u>1,618</u>	<u>4,855</u>
	1,618	4,855
<b><u>Total Net Assets</u></b>	<u>\$1,611,851</u>	<u>\$1,616,073</u>
<b><u>Equity</u></b>		
Accumulated Surpluses or Deficits	<u>1,611,851</u>	<u>1,616,073</u>
	\$1,611,851	\$1,616,073

Represented by:

Chairperson:   
 CEO: 

Date: 3<sup>rd</sup> December 2021

Date: 3<sup>rd</sup> December 2021