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# ANNUAL REPORT

2022-2023 | OUR YEAR IN REVIEW

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**Nāu te rourou, nāku te rourou, ka ora ai te iwi**

*With your food basket and my food basket the people will thrive*





# Letter from our leadership team

On behalf of the board and staff of Sport Whanganui, we are pleased to present the Annual Report for the 2022-2023 year.

We often hear that people are surprised to learn of the breadth of our mahi and just how much the Sport Whanganui team is involved in. It is safe to say our team is busy, working hard to maintain the right balance of delivery and strategic support in an often challenging climate.

We acknowledge and thank the dedicated Sport Whanganui staff and board for their mahi this year.

Relationships and partnerships are pivotal and vital to gaining influence and decision-making in our sport, recreation and play sector. A snapshot of these successes includes the Awa Safety Plan, Hoops in Parks, Healthy Active Learning, and our health programmes to name a few.

Our team created new ways to engage and activate tamariki and rangatahi, ranging from the introduction of a Quiet Hour at the Mitre 10 MEGA Whanganui Tough Teen event in 2022, reinventing the teams cross country event 'Battle of the Codes', to partnering with five local sports clubs and associations to offer an inclusive holiday programme for rangatahi in Term 3.

Clubs, coaches, volunteers, and administrators are the true champions in our community. We are proud to have strengthened our strategic offering for sports clubs with the introduction of the Wheelhouse Workshop programme, focusing on building capability and confidence among boards and committees.

Our own board has made considerable progress on achieving Sport New Zealand's Governance Mark standard and will continue to focus on our strategic intent in the new year. Our congratulations also go to board member Suze Redmayne for successfully winning the Rangitikei seat in this year's election. We thank her for her years of service and wish her the best of luck in her new role.

As always, our partnerships are central to our successes, and we thank the many individuals, groups, clubs, and organisations we are fortunate to collaborate with across our region. We also appreciate and value the continued support of Sport New Zealand, our local sponsors and funders New Zealand Community Trust, Four Regions Trust, and Lion Foundation. A special mention to Mitre 10 MEGA Whanganui as a valued partner and supporter of many of our events and programmes.

We look ahead to the new strategic investment cycle with interest and what a change of government may mean for our communities, and for us as a Regional Sports Trust.

All the best for the year ahead,

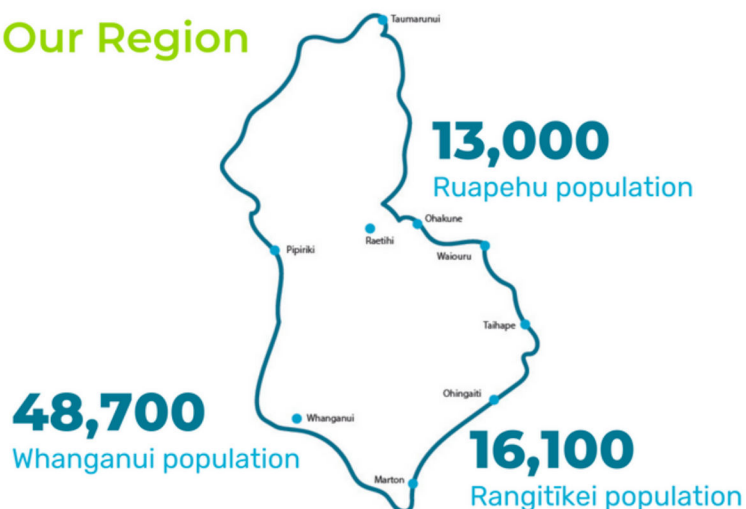
**John Unsworth, Sport Whanganui Board Chair**

**Danny Jonas, Chief Executive**



# Our year at a glance

## Our Region



Statistics NZ estimated populations for 2022



**29.1%** Māori

**77.2%** European

**63%** high deprivation



Sport New Zealand Insights Tool

## Funding

**52** projects funded through the Tū Manawa Active Aotearoa fund

**\$385,997** allocated in funding

**8** Awhi te Rangatahi applicants

**\$1500** distributed



## Stakeholders

**52%** return rate on our Sport NZ stakeholder survey

With **134** responses, we had the highest return from all Sport NZ regions



## Events & Hui

**68** events led or supported to allow participation in sport, active recreation and play



**11,129** participants at active events lead or supported by Sport Whanganui

**6** Sport Leader Network Hui held



**7** Secondary School Sport Coordinator hui held

## Whanganui Boys & Girls Gym Club

**32** staff - paid and volunteer

**40** recreational gymnastic sessions each week



## Women & Girls

**222** women and girls attended **7** La Fiesta events that Sport Whanganui was directly involved with and attended



**100** people attended the La Fiesta surfing event, **85%** of which were women and girls

## Communications

**25** clubs, codes and organisations signed up to the Sport Whanganui directory on the new website

**402** individuals receive the Sport Whanganui Active Communities newsletter

**95** individuals receive the Sport Whanganui Healthy Active Learning newsletter





## Healthy Active Learning

The HAL team led **7** opportunities to upskill teachers from **30** schools

**32** teachers from **17** schools schools attended the ngā taonga tākaro wānanga in Whanganui and Rangitikei

## Fit for Surgery

**53** referrals

**17** clients reached their goal BMI and were referred for surgery

**8** clients have had surgery

**67%** of referrals were for knees

**32%** of referrals were for hips



## Green Prescription

**1000** referrals

**63%** of referrals were female

**32.7%** were referred with Type 2 Diabetes



## Hauora ki te Mahi

**44** referrals

**30** clients engaged and completed the full 12 weeks

**9** gained employment

**10** have taken out gym memberships and have advanced with their fitness



Stats from July 2022 - June 2023

## Play

The Tākaro Play Trailer was booked **184** times, reaching over **3,700** tamariki



Approximately **1,500**

Great Whanganui Play Trail maps have been picked up from the Whanganui iSite since launch in April 2022

## Diversity & Inclusion

**33%** of participants experienced cricket for the first time at the holiday programme

**58%** of participants experienced sense rugby for the first time at the holiday programme



**\$20,116**

of Tū Manawa funding to support projects specifically for tamariki and rangatahi with diverse needs

**\$274,668**

of Tū Manawa funding to support mainstream projects that include tamariki and rangatahi with diverse needs

Stats from July 2022 - June 2023



# Update from the Board



## Sport Whanganui Board Members 2023

Wayne Brown, Leighton Toy, Hannah Middleton, Cindy Hoskin, Suze Redmayne, John Unsworth (Chair), Lorri Bishop, Sheena Maru, James Bowen, Hayden Gibson.

### Our Board values

Integrity | Fiscally responsible | Locally led  
Culturally and environmentally sensitive | Wellbeing centric

### Board composition

Sport Whanganui is governed by an 11-member Board, chaired by John Unsworth. The Trustees provide considerable diversity in many areas, regularly tested against a 'skills matrix'. Cindy Hoskin and Hannah Middleton were appointed to the board in October 2022. Leighton Toy and Wayne Brown have taken a 6 month leave of absence until February 2024.

### Board achievements

- The Board recently reviewed their Trust Deed along with several other governance documents in order to bring them to the Governance Mark standard.
- Regularly reporting occurs at every board meeting about risk, environmental scan and health and safety. The board review the progress towards reaching their strategic intent and are looking to review this in the middle of 2024.
- Blue sky thinking and non-traditional income streams continue to be front of mind for the board as the sustainability from funders remains unsure.



## Subcommittees

James Bowen is Chair of the Audit, Finance and Risk Committee (with Derek Pickering and Hayden Gibson) which holds eight meetings a year. This committee considers organisational risk, commercial opportunities, budgets and financial policy and procedures and provides recommendations to each board meeting.

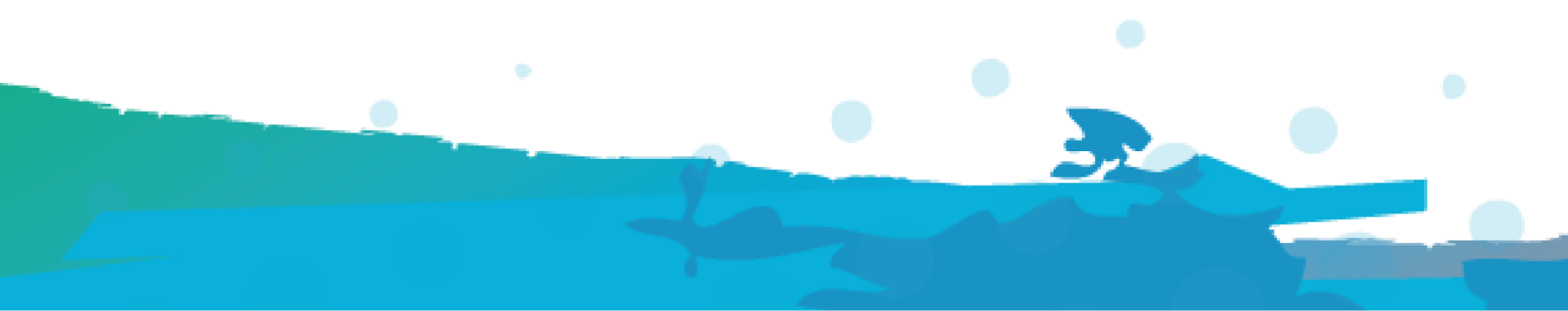
Wayne Brown and Derek Pickering form the CE Performance Appraisal Review Committee. They work closely with Danny Jonas, Chief Executive, and provide feedback at the board level.

## Attendance

Board attendance from 1 July 2022 - 30 October 2023

- John Unsworth (Chair) - attended 11 out of 11 meetings
- Cindy Hoskin\*\* - attended 7 out of 9 meetings
- Derek Pickering - attended 11 out of 11 meetings
- Hannah Middleton\*\* - attended 7 out of 9 meetings
- Hayden Gibson - attended 9 out of 11 meetings
- James Bowen - attended 9 out of 11 meetings
- Leighton Toy\* - attended 8 out of 9 meetings
- Lorri Bishop - attended 9 out of 11 meetings
- Suze Redmayne - attended 8 out of 11 meetings
- Sheena Maru - attended 8 out of 11 meetings
- Wayne Brown\* - attended 4 out of 8 meetings

\*leave of absence \*\*appointed October 2022





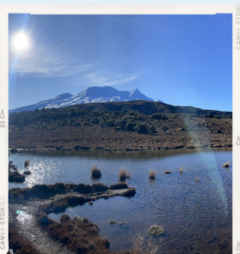
# Our place

Read more about a few of the places across the region we have been privileged to work this year.

## Waimarino Tough Kid®

Waimarino Tough Kid® is Sport Whanganui's annual Tough Kid® event for the Ruapehu region. Held at the Raetihi Showgrounds, it is a chance for tamariki around the region to enjoy a challenging but fun obstacle course.

Winners from the event are invited to participate in the Mitre 10 MEGA Whanganui Tough Kid® event, held in December.



## Community health clinics

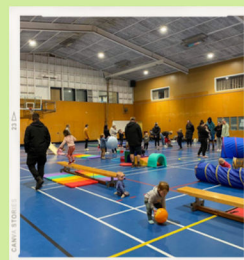
The Active Wellbeing team have recently increased their services in the region by holding monthly consults in Taihape, Marton, Raetihi and Bulls.

These clinics allow clients in the region to engage in the programmes and receive the support needed for improved health outcomes.

## Mountain Movers

Earlier in 2023 Leah Sims (now Sport Whanganui's Healthy Active Learning Connector in Ruapehu) was in search of active opportunities in the region for her children.

Leah connected with Sport Whanganui and Whanganui Boys & Girls Gym Club staff and with their support, Ohakune Mountain Movers was created. The extremely popular movement classes for 1-4 year old's were launched at the start of Term 3 2023 with plans to continue the programme in 2024.



## Rangitīkei Clubs & Codes Expo

The Rangitīkei Clubs & Codes Expo was an opportunity for the community to see the sport and recreational clubs available in the region, and for clubs to showcase what they have to offer.

Organised by Sport Whanganui and attended by 20 local clubs and organisations, the Expo was held at the Marton RSA and Citizen's Memorial Hall and supported by Rangitīkei District Council.



## River Valley Community Hub

Sport Whanganui was part of the planning group for the development of the River Valley Community Hub, led by The Community-Led Development Trust (TCLD).

Since the opening of the Hub, Sport Whanganui has been taking classes for kaumātua, working not only their physical health, but also holistic wellness and welfare.



## Marton Basketball league

Sport Whanganui and Whanganui Basketball Association joined forces to create a pilot basketball league for Rangitīkei primary schools during Term's 2 and 3 in 2023.

With the help of Te Rūnanga O Ngā Wairiki Ngāti Apa, the league was an enormous success with 20 teams competing from nine schools. A refereeing workshop was also held to upskill parents and coaches in order to keep the league sustainable in the future.

## Downer New Zealand Masters Games

The New Zealand Masters Games draws thousands of participants - competitive and social - to Whanganui every other year. The 2023 Games was held from 4-12 February with the motto '#KeepPlaying'.

Sport Whanganui is a key supporter of the Games and our sporting network is heavily involved as Sports Partners, volunteers and participants themselves.



## Quiet Hour

Quiet Hour is a new event, held the day prior to Mitre 10 MEGA Whanganui Tough Kid® and provides an opportunity for tamariki to enjoy the course without the crowds, noise and competitive element.

It is a fantastic way for tamariki of all abilities and needs to be involved and will continue to be a key part of the Mitre 10 MEGA Whanganui Tough Kid® event.

## Ngā Taonga Tākaro wānanga

Sport Whanganui, Te Rūnanga o Ngā Wairiki Ngāti Apa and Dr Mike Paki collaborated to bring our Healthy Active Learning schools two ngā taonga tākaro wānanga earlier in the year which were facilitated at Pūtiki Marae in Whanganui and Tini Waitara marae in the Rangitīkei.

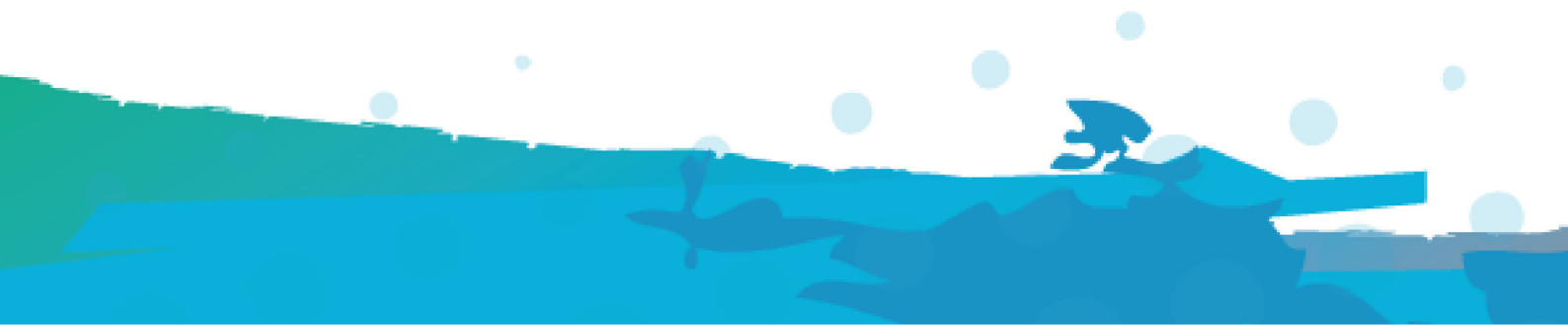
Both days were about providing teachers with culturally responsive, practical and fun physical activities and games that will strengthen their connection with te ao Māori and kaupapa Māori, building confidence to develop meaningful Physical Education learning for their students.



## Kī o Rahi wānanga

Healthy Active Learning schools had the opportunity to attend two Kī o Rahi wānanga in Whanganui and Rangitīkei during Term 3 2023.

The wānanga were delivered by Sport Whanganui, in partnership with Ngā Tai o te Awa and Te Rūnanga o Ngā Wairiki Ngāti Apa with the intention to provide an opportunity for kaiako to deepen their understanding of Kī o rahi, by unpacking the pūrakau, history, kupu and the values associated with the game.





# Project updates

## Hoops in Parks

### Community collaboration in Castlecliff

Hoops in Parks is a [Basketball New Zealand \(BBNZ\)](#) initiative that works with local partners to install new hoops in existing parks and open spaces. The purpose is to address a known issue of communities not having enough basketball facilities to meet the demand.

A collaboration between BBNZ, Sport Whanganui, Basketball Whanganui, Whanganui District Council, local community group Progress Castlecliff, and with funding support from the Lion Foundation, resulted in new hoops installed at the Castlecliff Domain basketball court in December 2022. The launch attracted a huge cross section of the community with people of all ages and abilities attending. Community partners worked together on the day to enhance the experience, providing a free BBQ, prizes, shoes, and activities for tamariki and rangatahi.

Following the launch, we have seen an increase in the community using the court to play basketball. Random site evaluations found a near doubling of rangatahi using the park, all attributable to increased use of the basketball court.

Shortly following the installation of the hoops, the backboards were graffitied after having been left lowered. This highlighted the importance of community ownership of the site, and the tool to raise and lower the hoops was given to Project Castlecliff, who have passed them on to community kaitiaki.

The new hoops also reignited conversations around how the park could be further developed. Progress Castlecliff stepped in to lead this initiative and ensure the park reflects the community's identity and aspirations. After the hoops were installed, BBNZ and Fleetline agreed to sponsor the court to be painted. Sport Whanganui supported Progress Castlecliff to apply for additional funding to secure a local artist to oversee a design competition that was ultimately won by the tamariki of Castlecliff School. Artist Mike Marsh used elements of the school's entries to create the final design and presented it at a school assembly.

The launch of the painted court was turned into another event, creating a new opportunity for the Castlecliff community to gather together in the park, celebrate the changes and connect with neighbours over a few games of basketball. We are so grateful for all the different people and organisations that came together to make this happen and look forward to supporting this great community in the future.



# Community Bike Park

Keeping wheels turning in Springvale

The wheels are turning again at the Whanganui Community Bike Park following a track upgrade over Winter 2023, thanks to support from New Zealand Community Trust (NZCT).

A joint application to NZCT by Sport Whanganui, Whanganui Mountain Bike Club and Cycling Whanganui was successful in March, with work to repair and reshape the tracks beginning in April and continuing over winter. Prior to the upgrades, the original tracks had started to break down and where the seal was thinner, holes had appeared and rain had exposed the dirt tracks beneath.

Since April, the Mountain Bike Club has been busy filling holes and clearing drains in preparation for new seal to go down once the weather warms up a bit.

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## Women Who Lead

Spotlight on community leaders

Women Who Lead is a monthly event series that aims to celebrate and connect the inspiring women in leadership across our community.

Stemming from an idea pitched by long-time collaborator, Carla Donson from Women's Network Whanganui, 'Women Who Lead' was launched on Tuesday 19 September; a date chosen to coincide with the 130th anniversary of Women's Suffrage in Aotearoa New Zealand.

**“Partnering with Sport Whanganui felt like a good fit given the work that the team has been doing to promote governance skills and capacity across our community.”**

*Carla Donson, The Women's Network Whanganui*

Speakers to date have included former Olympic and Commonwealth cyclist Cath Cheatley, principal of Tawhero School Karlene Marshall and food sovereignty advocate Kiritahi Firmin, and two-time breast cancer and event organiser Kristy Humphries.

Each event is hosted by The Barracks Sports Bar, who have generously provided a space for free. Open to all, the series aims to be inclusive and varied to invite and encourage a cross section of the community to connect and be inspired.

Plans are in place to continue the series with a special event as part of the La Fiesta festival in February 2024.

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# Active Communities

The Sport Whanganui Active Community team works closely with schools and clubs to activate tamariki and rangatahi, building the connections that help strengthen the overall sporting, play and active recreation system in our region.

## Strategic support

Our team worked to support and enhance the capability of Regional Sports Organisations and clubs across the region in several ways.

This year we have held or facilitated:

- 6 Sport Leaders Network hui
- 7 Secondary School Sport Coordinator hui
- 6 Wheelhouse workshops
- 2 'Clubs and Codes' expos held in Marton and Ohakune

Clubs also now have an opportunity to promote their activity through the [Sport Whanganui online directory](#), launched in May 2023 as part of a website refresh. To date, 26 clubs and community groups from across the region have created a profile in the directory and are regularly adding events to a shared calendar.

## Planning for the future

Our strategic support for clubs showcases what we can offer as a Regional Sports Trust and gives clubs a roadmap for the future. This year, the Sport Whanganui Active Communities team has worked side-by-side with several sports clubs to help them plan for the future, including:

- Continuing to strengthen our relationship with the **Whanganui Mountain Bike** club – assisting with a survey of members and facilitating planning workshops to complete a four-year strategic plan.
- Helping the **Rivercity Pickleball** club to navigate the requirements of becoming an incorporated society, to enable them to apply for funding and plan for growth in the future.
- Supporting the creation of new strategic plans for **Whanganui Sailing** and **Whanganui Athletics** clubs.
- Supporting the Stadium Trust to pilot a new paid co-ordinator role to run the local school-aged volleyball league, allowing nearly 500 kids to keep playing volleyball.

“ Right from the start Sport Whanganui was able to provide help, information, and professional guidance to get us where we are now. Without them it would have been harder to navigate through the jungle of requirements. ”

*Rene Schmidt, Rivercity Pickleball*

### Wheelhouse Workshops

Volunteers are essential to any sporting network. According to research conducted by Sport NZ in 2006, there were approximately 8 volunteers to every 1 paid staff in the New Zealand sporting sector. We have continued to see a reduction in the number of volunteers willing and able to devote their time to sports governance.

Seeking a solution to build the confidence, capability and knowledge of our sporting sector, Sport Whanganui aligned with The Wheelhouse, a partnership of eight Taranaki capacity-building organisations. The Wheelhouse offers high quality not-for-profit governance training which focuses on building an understanding of basic governance principles, including financial requirements - something that is on the minds of clubs with the new Incorporated Societies Act coming into effect in 2023.

Through a collective including Whanganui & Partners, Whanganui Community Education and Sport Whanganui, funding was secured to deliver a series of workshops for sports organisations, young leaders, and the wider community. Approximately 35 participants have taken part in four community workshops this year, with two dedicated workshops also delivered to local organisations the Koha Shed and Mainstreet Whanganui.



## Connecting clubs and the community

Keeping kids active with recycled sports gear

Replay NZ is a charity which helps communities redistribute good quality used sports gear and footwear. Sport Whanganui has partnered with Replay NZ to pass gear on to tamariki or rangatahi who need a helping hand to participate in their chosen sport or activity.

“Replay is one of my favourite roles in my job. It is amazing being able to support our families, clubs and schools and Replay is one way we can help as a community to break down barriers to playing sport.”

*Paula Darlington, Sport Whanganui Sport and Club Partnership Lead*

Replay NZ not only helps individuals, it can also benefit schools or clubs. Recently a school was looking for balls for their PE shed and Sport Whanganui was able to hand over a bag of various playground balls and tennis balls for students to play with in their lunch breaks.

When there is a need, collaboration also extends across the region. The Manawatū arm of Replay NZ recently supplied basketballs that were donated through the Rplay programme to a team in Whanganui and to players in the Rangitīkei.

Replay drop-off bins are currently located at Whanganui Resource Recovery Centre, Rebel Sport, Hunting and Fishing New Zealand and Mitre 10 MEGA Whanganui, or the Sport Whanganui office. Plans are in place for a trial of fixed drop-off boxes in public parks in Whanganui, Ruapehu and Rangitīkei.





## Creating opportunities for rangatahi and tamariki

Inclusivity is increasingly a focus at our sporting events and this year we have enjoyed working with rangatahi to create new ways for them to be active on their terms.


By rangatahi, for rangatahi

The Y.E.S.S Council (or 'Youth Empowering Sports Squad') was established by Sport Whanganui in 2017 and is made up of students from schools across Whanganui. They ensure the voice of local students are heard in sport and have a mission to empower all rangatahi to be involved in physical activity.

This year, in collaboration with Sport Whanganui, Y.E.S.S Council members conceived a new event, 'Battle of the Codes', to replace the ailing former interschool cross country relay competition. Members were also involved in decision making around funding for youth projects, collaborating with the Whanganui District Youth Council to offer 'Awhi te Rangatahi', for the second year running.

Awhi te Rangatahi aims to alleviate the cost barrier to participation and encourage more youth to lead or become active in the organisation of these projects. 2023 saw more than double the applicants from last year with three groups awarded \$500 each to go towards their chosen project:

- **Cullinane College Waka Ama** to help their crews get to Regional and National regattas
- **Whanganui Performing Arts** to provide support and a venue for their show, 'Heathers'
- and a second group from **Cullinane College, fundraising for their Netball team** to head to the Lower North Island Secondary Schools Netball Tournament – something the school had not attended since 2018.



“ The committee were looking for youth-focused, fun, inclusive, and active projects. Over a few hours of serious deliberation, they then decided who they thought best fit the criteria and how much of the funding each successful applicant would receive. ”

*Dinelle Saunders, Sport Whanganui Community Activator*



## Changing up events to increase participation

### Battle of the Codes

Open to all secondary school students from the Whanganui region, 'Battle of the Codes' was conceived by, and delivered, in collaboration with the rangatahi-led Y.E.S.S Council. Members were involved in organising several aspects of the event, from sourcing prizes and food to capturing interviews and videos from around the course on the day to share on social media.

Mixed teams of four represented their chosen winter sports code with rugby, hockey, football and a combined basketball and netball going head-to-head on the day. By mixing up the standard relay format and incorporating skills-based challenges, 130 rangatahi were given space to complete the course in their own time with friends, or race for time, depending on their preference.

**“ If we did one big track then some people wouldn't do it. But because we split it into four with activities and you can do it with friends, that's what appeals to other students. ”**

*Thor Darlington, Y.E.S.S Council member, Year 11 Cullinane College*

Held during Youth Week in May, the event was partly funded by [Ara Taiohi, the Peak Body for Youth Development](#). Special thanks also go to the team at Tawhero Golf Course for ongoing support of youth activations in Whanganui.





## Diversity & Inclusion

Our Friday Collaborative Inclusive Sport Sessions brought together 47 rangatahi from learning support classes from six secondary schools within Whanganui. Where we had previously delivered physical activity sessions in a single school model, this year we moved to a more collaborative approach, bringing together more schools and adding a social connection between the rangatahi.

Delivering on a larger scale meant that the schools could submit a collaborative Tū Manawa funding application to pay for a central space, and specialist providers to deliver specific sports e.g. golf, cricket, and sense rugby.

We also connected with our community by partnering with IDEA Services to activate their adult clients who are in supported living. Monthly sessions held at the Springvale Stadium provided an opportunity to socialise while getting active. This has been particularly important since the COVID lockdowns, with many participants remaining housebound longer than the general population due to being vulnerable.

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## Increasing student engagement through physical activity

### Kaitakawaenga Pilot

Two Sport Whanganui Kaitakawaenga (mentors) delivered a pilot programme in five local primary schools between March – October 2023, working with 20 tamariki, their whānau and principals to increase student engagement through physical activity.

The pilot has seen positive feedback from all principals involved and has recently been extended until at least March 2024, with the hope of seeking additional funding to continue this important mahi.





## Activating people and places for play

Through workshops and community feedback, we know that the Whanganui community value play and are interested in more opportunities that increase play at existing spaces.

Sport Whanganui has partnered with Sport NZ, Whanganui District Council and other community organisations to promote play and provide opportunities for tamariki to experience play in new ways, including:

- Adapting and activating the **Great Whanganui Play Trail**, including creating a treasure trail for Children's Day, and a bunny hunt over Easter weekend.
- Continued promotion of the **Tākaro Play Trailer**, which has been used more than 3,700 times in the past year by Whanganui tamariki. Rangitikei and Ruapehu District Councils have both now got their own trailers through Tū Manawa Active Aotearoa funding, and look forward to rolling these out into the community.
- **Loose parts play boxes** are now in ten Healthy Active Learning schools across the region.
- Working with students in Healthy Active Learning schools to create **outdoor stencil art** to brighten up their spaces.
- Alongside Whanganui & Partners, hosting a **Play workshop** for local creatives with Troy Innocent of the Future Play Lab in Melbourne.



“

The equipment was so well used, I completely underestimated how popular it was going to be! There were all ages and stages in there constantly and it looked like the kids had a blast...such a great community resource, can't believe it's free!

”

*Tākaro Play Trailer feedback from a community event*





## Inviting play-on-the-way

### Splash Community Stencils

An opportunity for collaboration and creativity came to life at the beginning of the year to brighten up the spaces around the Splash Centre.

Sport Whanganui staff noticed the areas outside the pool were used a lot by classes before and after swimming, particularly while waiting for their buses to arrive. Having acquired a set of playground stencils that had successfully been used to activate a schoolground, it was suggested that these would work in a community space too.

After consultation with the Splash Centre manager, 120m of footpath was identified as available for painting. Students from Carlton and Aranui schools were then invited to the Sport Whanganui office to help design and create an ideal play space.

120m of footpath is now activated with 9 different games including hopscotch, a maze, and animal footprints to hop along. The Splash Centre sees 188,775 visitors every year (averaged over past 4 years), nearly all of whom pass over the newly stenciled footpaths to access the pool.

Random site observations identified that 51% of tamariki crossing the stencils actively interact with them. Feedback from tamariki and their parents has been positive, suggesting that this is an effective and low cost way to activate play in community spaces.



## Healthy Active Learning

Healthy Active Learning is a four-year joint government initiative between Sport NZ, Ministry of Health, Te Whatu Ora | Health New Zealand, and the Ministry of Education to improve the wellbeing of tamariki and rangatahi through healthy eating, drinking and physical activity.

At the end of the first year we asked teachers and senior leadership to provide feedback on the impact of Healthy Active Learning and where we could direct our mahi in year two.

We heard that Healthy Active Learning is making a difference in schools, with access to professional development continuing to be a focus, as well as a strong desire to connect more with the wider community, and a call for more resources around health food and drink.

### Providing opportunities to learn

In 2023 we offered seven professional learning development opportunities for kaiako (teachers) and support staff of our Healthy Active Learning schools.

We were privileged to run two wānanga to upskill 32 kaiako around ngā taonga tākaro - traditional Māori games - in both Whanganui and the Rangitīkei. The programme included learning local pūrakau (stories), some simple kēmu (games), making poi toa and playing a range of games. At the end of the day teachers took away equipment to make a class set of poi toa.

**“ I was actually blown away by how captivating the whole experience was. I learnt a lot from it. ”**  
*Matua TeeJay Campbell, South Makirikiri School*

Feedback from the teachers who attended the wānanga was overwhelmingly positive. A month out from the wānanga, 13 out of 14 participating schools had applied what they learned at their schools, from making poi toa and creating their own kēmu to one school involving all their students in a puppet show about Tutaeporoporo.



## Connecting with the community

Feedback from our year one survey told us that Healthy Active Learning schools were confident engaging with external providers, but wanted more information about what was available. They also wanted to strengthen relationships with the wider community, particularly following disconnection due to COVID.

Our Community Connectors are based in Rangitīkei, Whanganui, and Ruapehu and play a critical role in supporting schools and communities. Libby Rayner is based at the Community Hub in Marton, working alongside Te Rūnanga o Ngā Wairiki Ngāti Apa. This year Libby has been instrumental in launching a new primary school basketball league in Marton, running a series of Vape Free hui, and organising a successful Clubs and Codes Expo to connect local clubs and community groups with people looking for new ways to get active.

The Ruapehu community is now being supported by Leah Sims who co-founded 'Mountain Movers', a new pre-school gymnastics programme run in conjunction with the Whanganui Boys and Girls Gym Club.

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## Partnering to deliver healthy food and drink resources

An area we continued to focus on was nutrition, with feedback from schools saying they wanted more support and resources to help with reinforcing healthy food and drink policies. We partnered with Mariana Alletson-Collins, a senior nutrition advisor from the Heart Foundation, to run sessions in schools, and for parents to learn more about healthy food alternatives to improve whānau overall wellbeing.

On the last day of the basketball competition in the Rangitīkei, the Healthy Active Learning team put on a nutrition afternoon for players and parents. We provided recipe booklets and an opportunity for whānau to talk to Mariana, who compared prices of different lunch box options and was able to show that healthy choices do not need to be more expensive than the packaged processed ones.

The appointment of a Healthy Learning Advisor within Te Whatu Ora Whanganui is an encouraging development in this space, and we look forward to working alongside them to create more opportunities for learning for our schools and communities.

**“ This is fantastic, I am always looking for new ideas for the kids lunchboxes! ”**  
*Parent feedback from the Nutrition Afternoon*







## Collaborating for water safety

St. Mary's and Cullinane College

In Whanganui, with the awa, beaches and lakes on our doorstep, it's no surprise that schools are keen to see tamariki receive quality and engaging water safety experiences.

Sport Whanganui has recently been involved in a pilot water safety programme with students from St Mary's School and Cullinane College, supported by the Royal Life Saving Society NZ.

Without a school pool onsite, St Mary's School were looking for ways to improve their water safety programme to better meet the needs of the students and the community. St Mary's also wanted to strengthen their connection with neighbouring 'feeder' school, Cullinane College.

Over four weeks the two schools met at the Splash Centre where rangatahi from Cullinane took the younger St Mary's students through a water safety programme under the guidance of Marie Baker, President of The Royal Life Saving Society NZ.

**“ I really enjoyed seeing the relationship between the older and younger students. They were so well engaged, and their confidence grew every lesson. ”**

*Marie Baker, President of The Royal Life Saving Society NZ.*

Both schools are very interested in continuing with the programme and Cullinane are now looking to include water safety and leadership into their school curriculum - a win for schools, whānau and the wider community.



## Tū Manawa Active Aotearoa - Funding our future

This year 52 projects were funded locally through Sport New Zealand's Tū Manawa Active Aotearoa fund.

We allocated \$385,997 in funding to a range of play, active recreation and sport initiatives, all aimed at activating children and young people across the region.

Two members of our Y.E.S.S. Council joined the Tū Manawa panel, adding a youth voice to the decisions being made. Cullinane College students Eloise and Abbey put their hands up after an invitation went out to Y.E.S.S Council members to be a part of the process early in 2023.

A range of programmes and initiatives were supported including a new 9-hole Disc Golf course at the Bason Botanic Gardens, yoga-based movement programmes for children and young people run out of the Women's Network Whanganui, and a range of play projects including play trailers in the Rangitikei and Ruapehu.

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## Whanganui Boys and Girls Gym Club

Whanganui Boys and Girls Gym Club have been going from strength to strength with 456 members enrolled in 40 different gymnastics sessions per week throughout Term 4 2023.

Due to the popularity of casual preschool sessions, an extra session was added to the timetable and the continued growth of parkour classes has been a highlight with 39 members now enrolled.

Our team continues to grow with 32 staff members (paid and volunteer). We also welcomed two exchange coaches from Denmark's Ollerup Academy in Term Four.





# Active Wellbeing

Sport Whanganui's Active Wellbeing team are a group of enthusiastic health professionals and kaiāwhina who specialise in supporting people to manage their health conditions.

This year, new initiatives include opening a gym space for clients at the Sport Whanganui office in Springvale Park. We also piloted exercise programmes specifically for people who have experienced a cardiac event; and another for people diagnosed with Type 2 diabetes.

## Green Prescription (GRx)

Green Prescription is a partnership with Te Whatu Ora Whanganui and local health providers, aimed at motivating and supporting people to be active for their physical and mental health and wellbeing. Our goal is for people to have quality experiences that meet their needs – making them more likely to keep being active beyond the programme.

This year successes include:

- Over 1000 referrals (up 33.3% from previous year).
- Continued delivery of Active Families/Teens programme with one whānau requesting to stay on another term to increase their fitness.
- Strong engagement with our Men's Health Week campaign on social media.
- Health progressions for clients and their whānau, providing positive physical, social, and emotional outcomes.

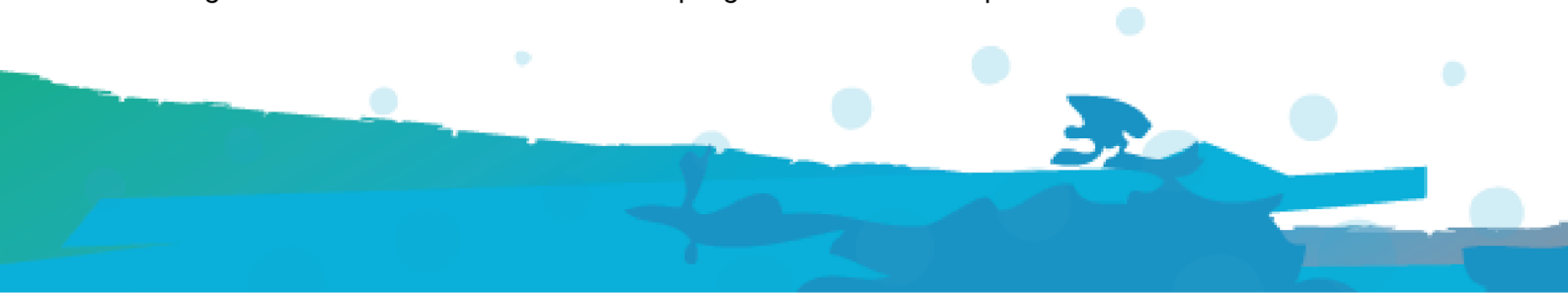
For rangatahi as part of our Active Families/Active Teens programme, initial appointments were an opportunity to connect and have a kōrero about how we can help them gain strength for health. Rangatahi reported successes such as weight loss, with one client losing a massive 53kg, as well as a new-found love for exercise helped by having a fun and non-threatening environment to be active in.

For our adult clients, the benefits of increased physical activity are not just fitness-related but also about decreasing pain, improving energy and mobility, and improving social connections.

### Cardiac exercise pilot

Starting in June 2023, clients who have had a heart event and completed the required rehabilitation through the Whanganui Regional Health Network (WRHN) were referred on to GRx for further physical activity support.

From this, we trialled an eight week exercise programme with eight cardiac participants focusing on regaining strength and wellness. All eight participants reported that they their noticed fitness and strength had increased at the end of the programme and blood pressure had stabilised.





## Activating kaumātua on the Awa

The newly established hub in Ranana is a fantastic place for all members of the Awa community to gather. When Deb and Darren from our Active Wellbeing team were asked by The Community Led Development Trust team to provide kaumātua exercise classes, they jumped at the chance.

Deb and Darren now take a regular gentle exercise class to music every Thursday morning at the awa hub, followed by a cuppa and relaxed chat.

“ It’s a chance for kaumātua to exercise in a comfortable environment and it’s a great opportunity for Sport Whanganui to work together to support the awa community’s visions and goals.

*Deb Byers, Sport Whanganui Active Wellbeing Manager*



Feedback from the kaumātua around the weekly sessions is it has helped immensely with their overall wellbeing. After participating in the Taipahake - Kaumātua Olympic Games recently held in the Springvale Stadium they were pleased to advise us they felt fitter on the day to take part in all the games, and there were no aches or pains in the days after as experienced in previous years.

It is a privilege to be in the company of these elders and to be able to contribute to the wellbeing of the Awa community.





## Hauora ki te Mahi

Hauora ki te Mahi is a support programme in partnership with the Ministry of Social Development for job seekers who would benefit from improving their health and wellbeing.

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

- 44 people were referred to the Hauora ki te Mahi programme.
- 30 people completed the full 12-week programme, of whom:
  - 9 gained fulltime employment,
  - 2 quit smoking,
  - Total weight loss of 47.9kg – 4 people lost over 7kg,
  - 2 people were referred on to the GRx programme on request for continued support
  - 10 people have chosen to take up gym memberships.

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## Fit for Surgery

Fit for Surgery is designed to support patients to become fit for elective orthopaedic hip and knee surgery, through weight reduction and optimisation of medical and long-term conditions. This year, a new regular exercise class for Fit for Surgery clients was introduced in July to complement existing peer support group sessions.

Clients referred to the programme often have long and complicated medical histories, and the benefits they see through their involvement in the programme are many and varied – from increasing their understanding of how to manage long term health conditions, to reducing the risk of surgery through improved health in general.

“ These exercise classes have not only helped me get fitter and stronger, but they have also been a way of helping to connect with others on the programme and are a great means of emotional/social support.

*Client feedback*

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# Funders and partners

**With thanks and acknowledgements to our funding partners:**

Sport New Zealand | New Zealand Community Trust | Grassroots Trust  
| Four Regions Trust | Lion Foundation | David Jones Motors |  
Whanganui Community Foundation | Community Organisation Grants  
Scheme

## Contract Partners

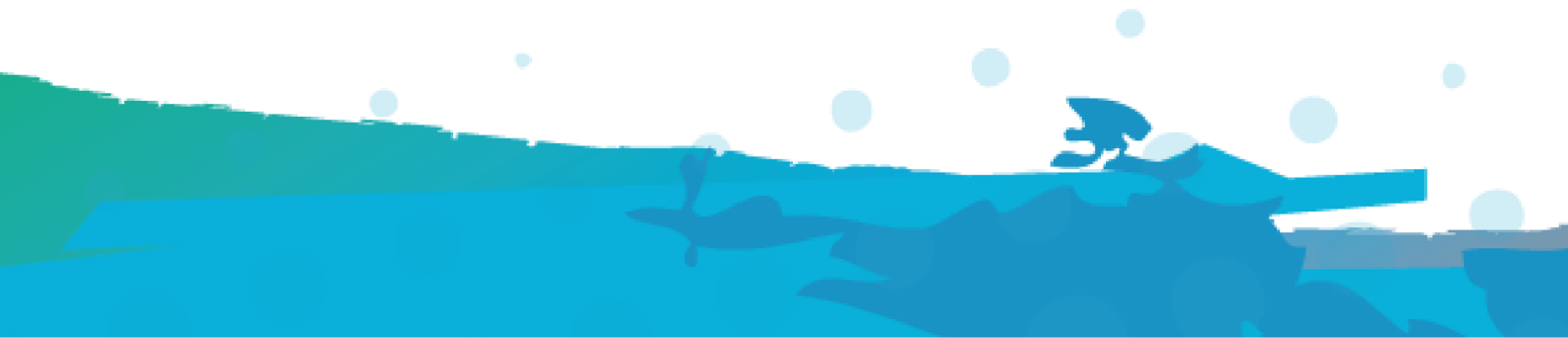
Te Whatu Ora Health New Zealand | Ministry of Social Development | Ministry of Education  
| For Our Kids

## Community Partners

Te Rūnanga o Ngā Wairiki Ngāti Apa | Ngā Tai o Te Awa | Te Oranganui | Mitre 10 MEGA  
Whanganui Future Champions Trust | New Zealand Masters Games | Taumarunui Youth and  
Community Trust | Halberg Foundation | The Y Central | The Community Led Development Trust |  
Mitre 10 MEGA Whanganui | Bayleys Whanganui | Moore Markhams | Whanganui Community  
Education

## Territorial Authorities

Whanganui District Council | Rangitīkei District Council | Ruapehu District Council



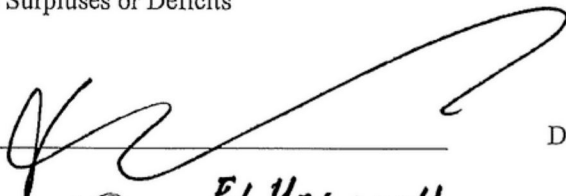


# Financials

## Sport Whanganui Statement of Financial Position As at 30 June 2023

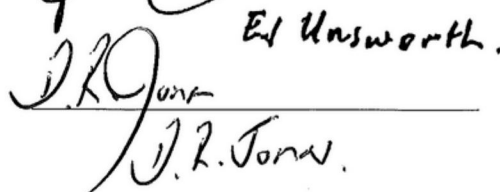
	<u>Jun 2023</u> \$	<u>Jun 2022</u> \$
<b><u>Current Assets</u></b>		
Debtors & Prepayments (Note 7)	63,134	73,522
Bank Accounts & Cash (Note 8)	383,518	244,635
Short Term Investments (Note 12)	<u>405,792</u>	<u>200,140</u>
	852,444	518,297
 <b><u>Non Current Assets</u></b>		
<b><u>Fixed Assets (Note 25)</u></b>		
Property, Plant & Equipment	<u>1,468,326</u>	<u>1,538,139</u>
<b><u>Total Assets</u></b>	2,320,770	2,056,436
 <b><u>Less Liabilities</u></b>		
<b><u>Current Liabilities</u></b>		
Creditors & Accrued Expenses (Note 13)	86,989	37,943
Employee Costs Payable (Note 14)	97,124	83,883
Finance Lease Liability	2,843	4,490
Unused Grants with Conditions (Note 15)	142,385	106,270
Other Current Liabilities (Note 16)	12,412	139,037
Funds Held For Third Parties (Note 17)	<u>7,246</u>	<u>8,990</u>
	348,999	380,613
 <b><u>Non Current Liabilities (Note 18)</u></b>		
Finance Lease Liability	<u>9,002</u>	<u>16,839</u>
	9,002	16,839
<b><u>Total Net Assets</u></b>	<u>\$1,962,769</u>	<u>\$1,658,984</u>
 Represented by:		
 <b><u>Equity</u></b>		
Accumulated Surpluses or Deficits	<u>1,962,769</u>	<u>1,658,984</u>
	<u>\$1,962,769</u>	<u>\$1,658,984</u>

Chairperson:



Date: 01 December 2023

C.E.O:

  
J. R. Jones.

Date: 01 December 2023

**Sport Whanganui**  
**Statement of Cash Flows**  
**For the Year Ended 30 June 2023**

	<u>Jun-23</u> \$	<u>Jun-22</u> \$
<b><u>Cash Flows from Operating Activities</u></b>		
Cash was provided from:		
Donations, Fundraising & Other Similar Receipts	1,794,231	1,340,831
Receipts from Providing Goods & Services	555,693	405,995
Interest, Dividends & Other Investment Receipts	12,075	931
Net Funds held for Third Parties	<u>2,361,999</u>	<u>1,747,757</u>
Cash was applied to:		
Payments to Suppliers & Employees	1,855,003	1,520,770
Goods & Services Tax	<u>2,510</u>	<u>4,977</u>
	1,857,513	1,525,747
Net Cash inflow (outflow) from operating activities	<u>504,486</u>	<u>222,010</u>
<b><u>Cash Flows from Investing Activities</u></b>		
Cash was provided from:		
Receipts from Sale of Property, Plant & Equipment	-	6,776
Community Recreation Services Trust	<u>( 126,625)</u>	<u>-</u>
	( 126,625)	6,776
Cash was applied to:		
Purchase of Property, Plant and Equipment	28,839	142,910
Purchase of Investments	205,653	200,140
Repayment of Loan borrowed from other parties	-	-
Lease Payments	2,743	( 16,474)
Funds administered on behalf of third parties	<u>1,744</u>	<u>6,886</u>
	238,979	333,462
Net cash inflow (outflow) from investing activities	<u>( 365,604)</u>	<u>( 326,686)</u>
<b><u>Cash Flows from Financing Activities</u></b>		
Cash was provided from:		
Net increase (decrease) in cash held	<u>138,883</u>	<u>( 104,676)</u>
Cash at Start of Year	<u>244,635</u>	<u>349,311</u>
Cash at End of Year	<u><u>383,518</u></u>	<u><u>244,635</u></u>