

Ashburton District Council - February Report

Sport Canterbury is committed to building an active recreation, sport and play system that reflects our commitment to Te Tiriti o Waitangi and the Treaty principles of Partnership, Protection and Participation.

Executive Summary

Sport Canterbury, Mid Canterbury (MC) has a major impact on respective communities in sport, active recreation, and play, in the Ashburton District.

Recognising the unique role that sport, active recreation and play has on community and individual wellbeing, we work to develop and achieve community objectives in sport, health, and education, through leadership and advocacy, activating partnerships, investing in capability, and supporting priority populations.

Sport Canterbury's focus is to build the capability of our communities. We achieve our vision of "More People, More Active More Often" through a targeted community approach, based on the needs and opportunities identified and the building of connections between people and organisations within a community.

- We play a large advocacy/influencing role for our local communities.
- We support the capacity and capability building of the deliverers of sport, active recreation and play within our district.
- We foster locally led community programmes aimed at increasing participation in sport, active recreation, and play.
- We focus on providing quality experiences for our young people with an emphasis on young girls and women.
- We provide quality experiences to those with lower-than-average levels of participation with a focus on Pasifika and Māori populations.
- We deliver our Health & Wellness programmes that support and motivate participants to be active and improve their lifestyle.
- We deliver the Green Prescription (Exercise Referral) and Strength and Balance programmes to inactive clients.

Sport Canterbury undertakes an assessment of needs and opportunities for community groups working in sport, active recreation, and play. A focus is on practicalities of producing a clear and robust assessment to help develop and apply a local planning approach. Such assessments provide a clear understanding of what is required in an area, establishing a sound basis for policy development and informed decision making. Resources including the Sport New Zealand Insights tool, local specific data and national and local research are utilised for decision making and identifying needs in our communities.

Strategic Alignment

Ashburton District Council Strategic Priority	Sport Canterbury Strategic Priority	Outcome	Support Statements
<p>Council to enter partnerships where there is a clear benefit to Council and the community.</p> <p>Provide a framework for common understanding of Council's practices for potential partners.</p>	<p>A leading resource in sport active recreation and play, trends, insights, and best practices.</p>	<p>Implement social wellbeing connections</p> <p>Positive collaboration</p> <p>Approved vision</p> <p>Appropriate structure</p> <p>Capacity Development</p>	<p>Sport Canterbury represented on groups:</p> <ul style="list-style-type: none"> • ADC Welcoming Communities Advisory Group <ul style="list-style-type: none"> - Community workshops - Pasifika - Planning • Mid Canterbury Safer Community Council <ul style="list-style-type: none"> - Leads Falls Prevention sector - Workshops/presentations • Mid Canterbury Funders Group • EA networks centre, User Group • ADC Regional Event Funding Group • Principals Cluster Group • MC Primary Schools Sport Association • Mid Canterbury Sports Awards • EA networks Junior Triathlon/Duathlon?
<p>ADC - Local interest in the planning, design, procurement, construction and operating of more affordable and sustainable sport and recreation spaces and places.</p>	<p>Enabling clearer decision-making and investment for future sporting spaces and places.</p>	<p>Collaborative regional approach to planning priority</p> <p>Comprehensive planning policies for a shared, strategic approach to open spaces and places that maximises potential to contribute to a more inclusive and sustainable future at a local, regional level.</p>	<ul style="list-style-type: none"> • ADC Strategic Plan / Active Recreation, Sport, Play • Projects that will make the most impact • Club Mergers • Ashburton Domain User Group <ul style="list-style-type: none"> - 'Sport Canterbury Led Subgroup <ul style="list-style-type: none"> MC Football, Ashburton Athletics, MC Cricket, Wareika Croquet

<p>A healthy community that supports lifelong participation in sport active recreation and play: Ashburton District, More Active, More Often!</p>	<p>Lead play, active recreation, sport system that focuses lifting the physical activity levels of those living in our district.</p>	<p>Innovative developments and options that guide Play, active recreation, and sport sector to remain relevant, fit for purpose.</p>	<p>Ensuring the opportunities to be physically active, engaged and enhanced, so that the region is well positioned to respond and adapt to ongoing change.</p>
<p>Ashburton District offers an abundance of high-quality community and sports facilities.</p>	<p>Coaching From grass roots to high performance Coaches play an integral role in the sporting scene</p>	<p>Youth sports, Secondary school and sports coaches, club parents, athletes and administrators experience measurable impact through partnership with positive coaching.</p>	<ul style="list-style-type: none"> • Lead Sport Forums • Governance & Capability support • Effective Coaching Workshop • Environmental Changes workshops
	<p>Philosophy to inform and provide a framework for the sport system to put the needs of the participant/ athlete first.</p>	<p>Promote/ support positive experience that benefits sport participation Ensure the sport system provides opportunities for all tamariki and rangatahi (young people aged 5-18)</p>	<ul style="list-style-type: none"> • Workshops • Sport Forums • Coach Developers Course • Balance is Better <p>https://www.sportcanterbury.org.nz/changing-the-game/how-to-raise-a-champion</p>

	(PALS) Physical Activity Leaders	Senior Students developing personal leadership skills to create active opportunities for younger students	Students gain a sense of satisfaction for helping the enjoyment of others while working towards a happier, healthier, more physically active life! PALS trained <ul style="list-style-type: none"> • 2018 - 65 • 2019 - 91 • 2020 -142 • 2021 – 172 • 2022 – March /April
Align to the ADC goal of More people, More active More often Health benefits of increased exercise, through to creating well connected communities.	A Green Prescription (GRx) is a health professional's written advice to a patient to be physically active, as part of the patient's health management	Support to make some changes and take charge of a client's health and wellbeing. Referral numbers 210 Satisfaction 87%	Aqua classes - significant number attend from Green Prescription referral 80% are referred to attend a programme within the centre (not just council run, but pickleball, walking netball, badminton etc) O2go class, - 50% of the members are with GRx. clients Evolve class -95% members would be GRx clients Be Active 8-week Programme Participants - 34 Success rate of participants continuing activity - 91 Case study https://www.sportcanterbury.org.nz/newsarticle/106758?newsfeedId=1309799&newsfeedPageNum=1
	Improving strength and balance is one of the most effective ways our elders can reduce their risk of falling.	Classes Accredited: Workshops Presentations	24 classes running a week providing 416 spots a week for participants to attend. 685 Individuals attended an Approved Strength and Balance class in Mid Canterbury during 2020 FY, 389 of them for the first time. Class utilisation sits at 51.7% in Mid Canterbury. Case Study https://www.sportcanterbury.org.nz/newsarticle/95066?newsfeedId=1030021&newsfeedPageNum=

	<p>Tu Manawa Active Aotearoa Funding</p>	<p>Funding for programmes and projects delivering play, sport, and active recreation experiences for tamariki and Rangatahi</p>	<p>Round one- 8 groups received funding in MC</p> <p>Example of Tu Manawa Active Aotearoa Community Initiatives:</p> <ul style="list-style-type: none"> - Mid Canterbury Netball – Netball for All – Walking Netball programmes - YMCA - Community Pop Up programmes - YMCA - Wahine Active programmes - Hampstead School – Learn to Swim for students with Disabilities - Hakatere Maori Komiti - Empowering whānau into their futures by delivering a Waka ama programme for Tamariki, Rangatahi and Wahine to participate and learn new skills and knowledge in an active kaupapa Māori context Empowering whanau <p>Case Study</p> <p>https://www.sportcanterbury.org.nz/resources-and-funding-1/ashburton-ymca</p>
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Mid Canterbury Healthy Active Learning Initiative

Healthy Active Learning (HALS) is focused on providing tamariki with quality physical experiences and supporting schools in delivering healthy food and water only policies. Working collaboratively to support schools and kura to create healthy and active learning environments, and better connection to communities with resources to support quality delivery of the Health and Physical Education and Hauora curriculum.

- 10 schools have been identified in Mid Canterbury.
- Commenced process September 2021 / Commenced programme January 2022

Healthy Active Learning Facilitator for the Mid Canterbury region is Anna Holland.

Sport Canterbury continue to work with community organisations, introducing key Sport New Zealand messages and philosophies to our work while keeping a locally led approach.

Current projects:

- Sport, Active Recreation and Play Strategy
- A Spaces and Places Strategy Plan review with ADC
- Links /partnerships - sport /schools E.g. programme planning
- Aorangi Golf Strategic Plan facilitation and development
- Administration of the Tu Manawa Active Aotearoa Fund in Mid Canterbury
- Increasing awareness and implementation of the `Balance is Better` philosophy
- Sector Support Plans with targeted partners
- Including coach education, governance training, planning development and community forums
- Exploring Active Recreation and Play opportunities in the district.
- Teacher and student leadership development programmes
- Strategic Plan support with sports
- Increased service provision of Green Prescription, Be Active, Falls Prevention and Strength and Balance Programmes
- Mid Canterbury Sports Awards

Through Sport Canterbury`s management, there has been community benefits and growth in development of more capable organisations, increased physical activity, health, and wellness within our local communities.



Jan Cochrane
Regional Manager
Sport Canterbury, Mid

