

Ashburton District Council - September Report

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

Sport Canterbury Executive Summary

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

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 within the 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, Be Active 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.

Sport Canterbury Strategic Priorities:

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

- **Leadership & Advocacy**
Leading, empowering and supporting the sector to facilitate change to improve sport and physical activity levels.
- **Activating Partnerships**
Enabling collaboration and community led approaches to improve sport and physical activity levels
- **Investing in Capability**
Enabling the sector by developing the knowledge, skills and capacity of its people and organisation to improve sport and physical activity levels
- **Supporting Priority Populations**
Delivering initiatives to priority populations with a focus on equity to improve sport and physical activity levels

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>Activating Partnerships</p>	<p>Be a leading resource in sport, active recreation, and play.</p> <p>Use trends, insights, and best practices to implement social wellbeing connections</p> <p>Positive collaboration across community stakeholders.</p> <p>Partnerships are working toward approved and common vision.</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"> - Sport Canterbury Leads the Falls Prevention sector • Mid Canterbury Funders Group • EA networks centre, User Group • ADC Regional Event Funding Group • Principals Group • MC Primary Schools Sport Association • Mid Canterbury Sports Awards • EA networks Junior Triathlon/Duathlon

<p>Local interest in the planning, design, procurement, construction and operating of more affordable and sustainable sport and recreation spaces and places.</p>	<p>Leadership and Advocacy</p>	<p>Enabling clearer decision-making and investment for future sporting spaces and places.</p> <p>A regional approach to planning that identifies priorities.</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 and regional level.</p>	<ul style="list-style-type: none"> • ADC Strategic Plan / LTP focus • Ashburton Domain User Group <ul style="list-style-type: none"> - Sport Cant. Led Subgroup MC Football, Ashburton Athletics, MC Cricket Wareika Croquet
<p>A healthy community that supports lifelong participation in sport and recreation: Ashburton District, More Active, More Often!</p>	<p>Leadership and Advocacy</p>	<p>Lead a local play, active recreation and sport system that focuses on lifting the physical activity levels of those living in our district.</p> <p>Innovative developments that guide the play, active recreation, and sport sector to remain relevant and fit for purpose.</p>	<p>Ensuring the programmes and opportunities provided to be physically active are engaging so that the region is well positioned to respond and adapt to ongoing change.</p> <p>E.g.</p> <ul style="list-style-type: none"> - Community Pop Ups - Have A Go - Sport sessions in schools
<p>Ashburton District offers an abundance of high-quality community and sports facilities.</p>	<p>Investing in Capability</p>	<p>Coaching</p> <p>From grass roots to high performance play an integral role.</p> <p>Youth sports experience measurable impact through partnership with positive coaching.</p>	<ul style="list-style-type: none"> • Lead four Sport Forums 2019 -2020 • Governance & Capability support • Effective Coaching Workshop • Environmental Changes workshops

	Investing in Capability	<p>Balance is Better A philosophy that informs and provides a framework for the sport system to put the needs of the participant/ athlete first.</p> <p>Promotes/ support positive experience that benefits sport participation</p> <p>Ensure the sport system provides equal opportunities for all tamariki and rangatahi (young people aged 5-18)</p>	<ul style="list-style-type: none"> • Workshops • Forums • Balance is Better • Young Leaders Groups <p>https://www.sportcanterbury.org.nz/changing-the-game/how-to-raise-a-champion</p>
	Investing in Capability	<p>Physical Activity Leaders (PALs) Senior Students developing leadership skills to create physical activity opportunities for younger students</p>	<p>Students gain a sense of satisfaction for helping the enjoyment of others while working towards a happier, healthier, more physically active life!</p> <p>PALS trained</p> <ul style="list-style-type: none"> • 2018 – 65: 2019 – 91: 2020 -142: 2021 - 172
<p>Align to the ADC goal of Ashburton District More people, More active More often</p> <p>Health benefits of increased exercise, through to creating well connected communities.</p>	Supporting Priority Populations	<p>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</p> <p>Support clients (patients) to make sustainable behavioural changes and take charge of their own health and wellbeing.</p> <p>Referral numbers 210 - 100%</p> <p>Satisfaction 87%</p>	<ul style="list-style-type: none"> • Aqua - significant number from GRx • 80% are referred to attend a programme within the EA networks centre, not just council run programmes, e.g., pickleball, walking netball, badminton • O2go class, - 50% of the members are GRx clients • Evolve class -95% members are GRx clients <p>Be Active 8-week Programme - Participants 34 Success rate of participants continuing activity – 91%</p> <p>Case study https://www.sportcanterbury.org.nz/newsarticle/106758?newsfeedId=1309799&newsfeedPageNum=1</p>

	Supporting Priority Populations	Strength and Balance Classes Improving strength and balance is one of the most effective ways our seniors can reduce their risk of falling.	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=9
	Supporting Priority Populations	Tu Manawa Active Aotearoa Funding Funding for programmes and projects delivering play, sport, and active recreation experiences for tamariki and rangatahi	Round one-Funding 8 groups received funding in MC Case Study https://www.sportcanterbury.org.nz/resources-and-funding-1/ashburton-ymca

Mid Canterbury Healthy Active Learning Initiative

Healthy Active Learning is focused on providing tamariki with quality physical experiences and supporting schools in delivering healthy food and water only policies. We will work 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.
- Commencing process September 2021 / commencing programme January 2022

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 are:

- A Spaces and Places Strategy Plan review with ADC
- Aorangi Golf Strategic Plan facilitation and development
- Introduction and Administration of the Tu Manawa Active Aotearoa Fund.
- 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
- Club Mergers
- Strategic Plans with two sports
- Increased service provision of Green Prescription, Be Active, Falls Prevention and Strength and Balance Programmes

Across Mid Canterbury through Sport Canterbury`s leadership, there has been significant community benefit and growth in development of more capable organisations increased physical activity, health, and wellness within our local communities.



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