

Annual Report

2023 - 2024



Welcome to the Nuku Ora Annual Report for 2023-2024!

Continue reading for an exciting snapshot of this past year's milestones, achievements, and key statistics. You'll find the outcomes and progress of some of our key initiatives and mahi, aligned with our three strategic priorities, all brought to life through impact stories from the communities we serve.

Explore each section to discover how we're working toward our 12-year strategic goal: improving hauora and wellbeing for individuals, whānau and communities through increased physical activity.

CEO Report



Tēnā tatou katoa

It is my pleasure, on behalf of the Board, to present the Nuku Ora Annual Report for 2023-2024.

This past year can be characterised as a time of change and as it is for others in our sector, a time of confronting the challenges inherent in our operating environment. In the face of ongoing change, I am proud of the progress we have made across the many programmes of work we oversee. We have collaborated with schools and kura, Iwi, clubs and Regional Sports Organisations, Councils, funders, Government agencies, physical activity providers, and a wide range of health and community providers.

Some highlights for me have been the progress of our relationships with Iwi, particularly Ngāti Toa and Te Āti Awa, the refresh of our strategic priorities for the next four years of Strategy 2032 implementation, starting work on our climate change response, the implementation of our Revenue Strategy, our advocacy through submissions to Councils' long-term plans, and the development of our partnership with Stuff Events to transition Southern Cross Round the Bays as one of three events in the Southern Cross Round the Bays series across Aotearoa.

We have continued to respond to the needs of the communities

we serve, in a bid to activate as many people as possible. Our greatest collective challenge lies in overcoming inequitable access to physical activity. Working effectively with key provider partners to deliver opportunities that allow anyone to participate in a way that works for them is an important aspect of our mahi.

Nā tō rourou, nā taku rourou ka ora ai te iwi.

We have been well supported by partners and key stakeholders. I thank those who have worked alongside us to effect change, those who have invested in us to deliver outcomes for our communities, and those who have sought our assistance and allowed us to provide our support.

This year has seen the successful renewal of our key contracts with Sport NZ, Te Whatu Ora, and ACC. We are thankful for their continued support and investment, and we are well placed to deliver results for our communities with this backing. Our partnership with NZCT has continued to grow, and we are equally grateful for the support from Four Winds, the Lion Foundation, and other funders in the region, including Councils.

None of this would be possible without the support of our Board

**Nā tō rourou,
nā taku rourou
ka ora ai te iwi.**

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

and the tremendous work of our committed and very capable kaimahi.

We look forward to consolidating our efforts after this year of change and continuing to work towards effecting positive change, improving the hauora and wellbeing of individuals, whānau, and communities through increased physical activity.

Ngā mihi nui,

Andrew Leslie
Kaiwhakahaere Matua

Nuku Ora uses research and insights to help identify communities that may face barriers to being active.

We also assess current participation rates and explore the types of physical activity people engage in and may want to pursue in the future. This combined data informs our operational approach, guiding our initiatives and programmes to effectively support and engage with the communities we serve.

On the following two pages is a visual representation highlighting key changes in physical activity levels for tamariki, rangatahi and adults in Wellington over the past year. The data shows an increase in physical activity rates for tamariki, a decline for rangatahi, and stable rates for adults. These insights were gathered through the ActiveNZ survey, conducted between January 2023 and January 2024, across the greater Wellington region.



Regional Participation Landscape

Below is a visual representation of key changes to physical activity levels for tamariki, rangatahi and adults in the greater Wellington region last year. In some cases, data has been compared to national averages but please interpret the following data with care. This data suggests that tamariki physical activity rates are increasing, rangatahi rates are decreasing and adults are relatively stable.

Which Wellingtonians responded to this survey?

Data was collected across the greater Wellington region through the ActiveNZ Survey between January 2023 and January 2024.

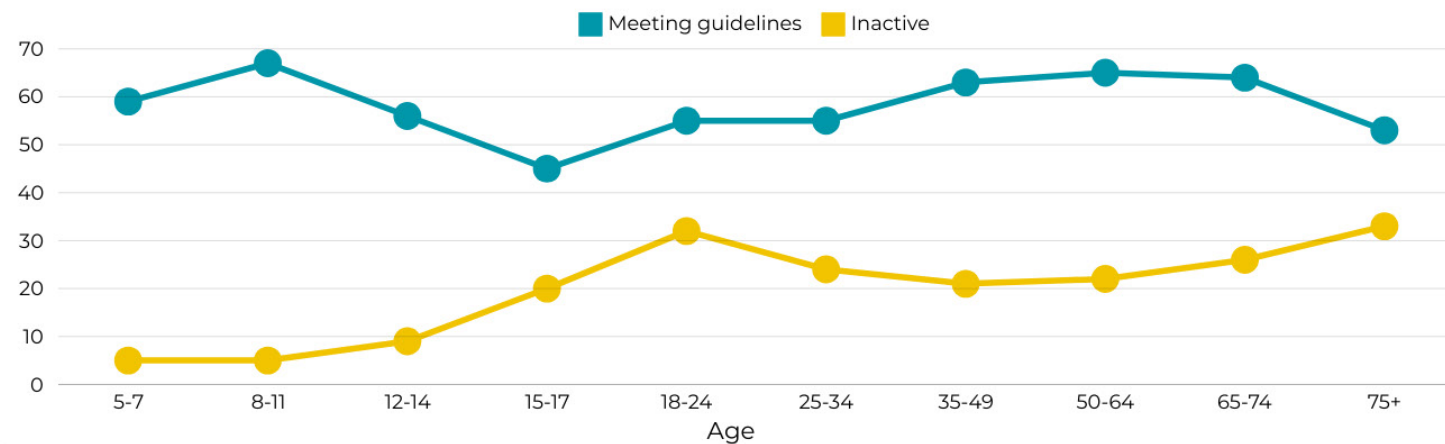
777 young people
(5-17 years)

2,188 adults
(18 years and over)

Results show differences by age, gender, ethnicity, material deprivation and disability.

Meeting Guidelines

In the greater Wellington region, 59% of young people and 60% of adults meet physical activity guidelines. For young people, this is an increase from 56% in 2022 and for adults, a non-significant decrease from 61% in 2022. Unfortunately, inactivity is still at its highest for young adults aged 18-24.



Time Spent

10.4

The average number of hours Wellington young people are active weekly. Wellington adults spend 4.5 hours being active weekly.

Overall Participation

92%

The number of Wellington young people who participate in physical activity each week. 77% of Wellington adults participate in physical activity each week.

Number of Activities

4.8

The number of activities Wellington young people participate in weekly. Wellington adults participate in 1.9 activities per week.

The activities that rangatahi aged 15 to 17 are most interested in trying include running or jogging, walking for fitness, tramping or bush walks, working out (weights or cardio), and waka ama.

Most Active

12-14 years



12-14 year old spends the most time in physical activity, participating in 11.3 hours of activity per week. Boys in this age group spent over an hour more in physical activity than girls aged 12-14.

Least Active

15-17 years

The least active age group of Wellington young people are aged 15-17. They spent an average of 7.8 hours in physical activity per week. Boys at this age spend over 3 hours more time in physical activity than girls aged 15-17. More work continues to be needed to provide opportunities for girls to be physically active.

Barriers

Wellington young people aged 8-17 identified the following as their primary barriers:

'Too busy' (27% for young people)

'I prefer to do other things' (25% of young people)

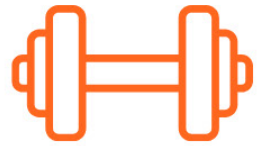
'I already do a good amount of physical activity' (19% of young people)

For Wellingtonians (aged 18+);

'Other commitments are taking priority' (58% of adults)

'I am too tired or don't have the energy' (30% of adults)

'I struggle to motivate myself' (26% of adults)

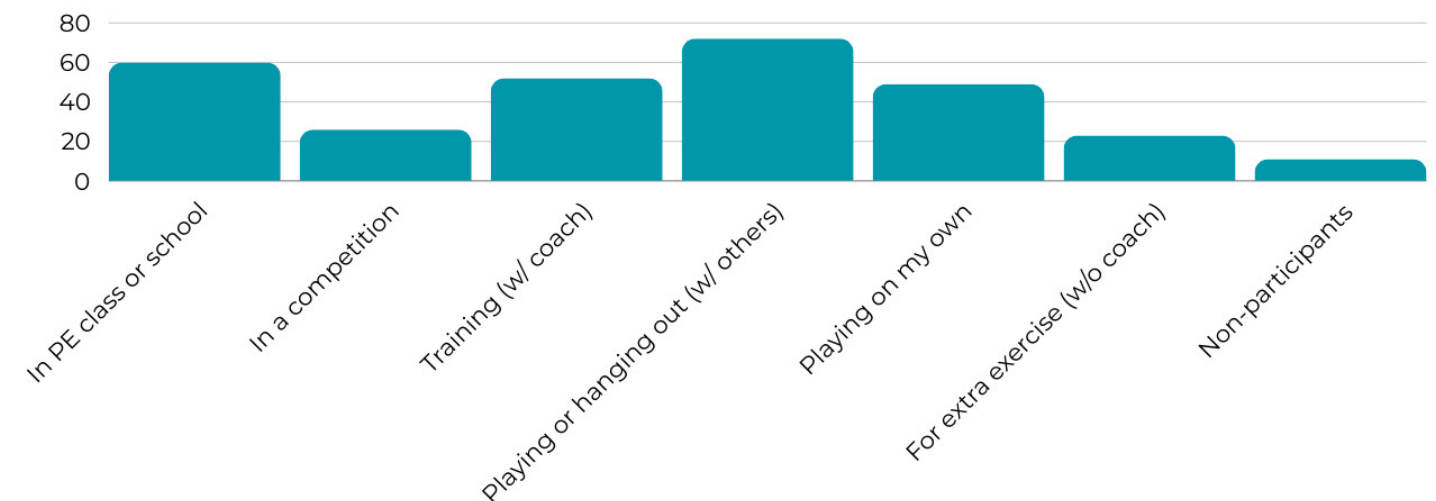


The number of barriers for young people with disabilities has increased from 2.2 to 2.8, which tells us accessing physical activity has become more difficult for these young people.

Over the past 7 years, rangatahi agreement with the statement "my school doesn't offer physical activities I'm interested in" has increased. They want physical activity on their own terms, which has been reflected in a decrease in school or sport club membership and an increase in gym memberships for rangatahi.

Participation

Hours spent in activity (last 7 days)



A Community Led Development Approach

Here at Nuku Ora, we drive change by prioritising the needs of communities and ensuring our work is people centred. We achieve this through local insights, identifying local strengths, and understanding local aspirations. Thanks to NZCT, we have been able to provide significant financial support to geographical priority communities, contributing \$148,274 to Porirua and \$107,611.96 to Lower Hutt for community-led initiatives. The following video showcases how empowering local organisations to offer physical activity opportunities helps them achieve their unique goals, leading to a positive community impact.

Scan here to see the Porirua Community empowered to achieve their own unique goals



Strategic Priority 1:

Shift the barriers

Less people become more active

People who are less active or not active at all miss out on the many benefits of regular physical activity. Often, they encounter systematic obstacles that limit their access to these opportunities. These barriers disproportionately affect specific groups, particularly those living in high-deprivation areas, older adults, people with disabilities, women and girls, as well as individuals from Māori, Pasifika, and Asian communities. Our priority is to reduce these barriers, ensuring that everyone has the opportunity to engage in high-quality physical activity.

Southern Cross Round the Bays



10,226
participants in 2024



510

students, parents and teachers from 17 schools joined the Run and Become programme

Green Prescription



2022
referrals



150

referrals for tamariki, rangatahi & whānau



962

Māori and Pasifika participants supported

Tū Manawa Active Aotearoa



126

applicants received a total funding of \$2,594,923.05



83

applications funded and 16 Kaupapa Māori initiatives funded

Senior Regional Games (SRG)



2

SRG delivered

Supporting older adults in staying active, connected, and engaged in a fun, safe environment

Wellington SRG

270
participants

4

new activities and 9 returning favourites

Wairarapa SRG

70
participants

5

new activities and 8 returning favourites

Community Strength and Balance

Over 740

Accredited classes offered weekly across Wellington and Wairarapa

4,800

Weekly places available in accredited classes

34,000

Reported attendances at accredited CSB classes

240

People attended an accredited class for the first time

5 Connecting with Kaumātua:

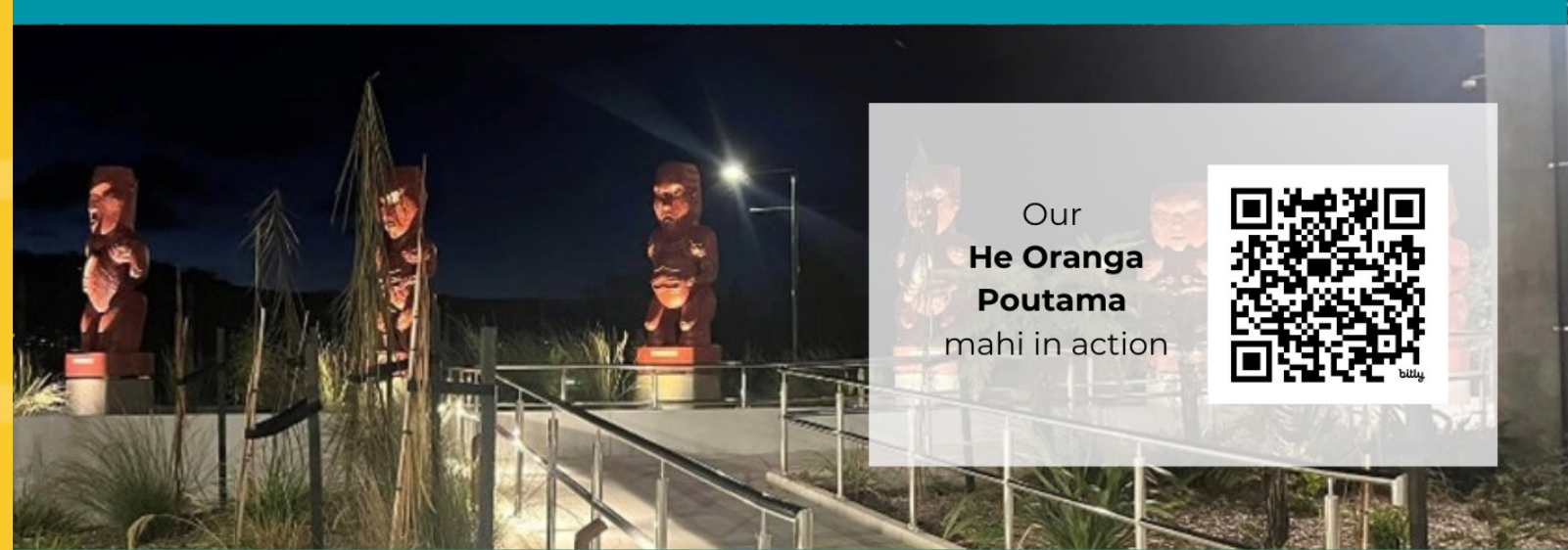
Engaged with five kaumātua rōpū to support the development of Strength and Balance programmes tailored to their needs



Our
Tū Manawa
Active
Aotearoa
mahi in action



Our
He Oranga
Poutama
mahi in action



Our
Green
Prescription
mahi in action



Our
Southern Cross
Round the
Bays
mahi in action



Strategic Priority 2:

Shift the quality

Opportunities to be more active better meets the needs of the participants

This relates to the quality of the experience provided to participants and how well initiatives and programmes align with their aspirations and needs. It plays a crucial role in fulfilling the desires of individual and whānau to stay physically active. It focuses on both the opportunities provided and those delivering these opportunities.

Wellington City Council Sports Development Programme



Wāhine and Kōhine Mahi – Wine, Cheese and Wāhine Initiatives



Nuku Ora Student Coaching Workshops



Tū Manawa Active Aotearoa Fund

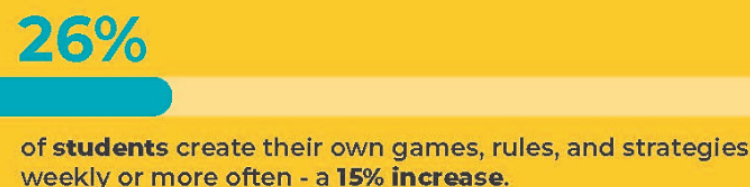
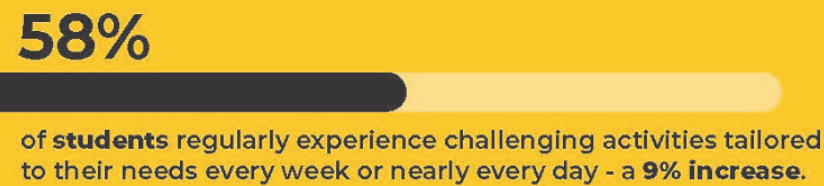


of approved applications were for active recreation



of total funding went toward active recreation for rangatahi

Healthy Active Learning



Our Healthy Active Learning mahi in action



Our Active Recreation mahi in action



Our Woman and Girls mahi in action



Strategic Priority 3:

Shift the system

A connected and effective regional physical activity system

Initiatives and programmes that aim to achieve a collective impact by fostering connections, collaboration, and shared leadership. These efforts involve forming partnerships among leadership organisations from various sectors, which are essential for creating a more efficient and resilient regional sector, that is ready for the future and set up to provide for the people of our region.

Leadership Programmes



2
programmes delivered to **33 participants**

Midday Mastery Webinar Series



6
lunchtime webinars covering **5 topics** for the sector

Governance Workshops



4
workshops to support governance education region-wide

Coffee Connect Meet-Ups



4
sessions for the local sporting community to connect, converse, and collaborate

Nuku Ora Regional Conference



74
attendees in 2023



10
speakers focused on the conference theme of **Diversity and Inclusion**

Spaces and Places



8 Collaboration with **8 city/district councils** and **1 regional council**



6 Participated in **6 Regional Steering Group meetings**



15+ Planning and advocacy support provided to **15+ sports clubs, Regional Sports Organisations, schools, and community groups**

Tū Manawa Active Aotearoa Fund



16%
16% of approved applications were for Play

Nuku Ora
Regional Conference
2023



Statement of Service Performance

The Wellington Regional Sports Education Trust

For the year ended 30 June 2024

Our vision

Hauora: Everyone active, healthy, and happy, recognises that whilst we highlight the importance of physical activity and encourage active lifestyles, in doing so we must consider the need for a holistic approach that incorporates physical wellbeing, mental and emotional wellbeing, social wellbeing and spiritual wellbeing.

Our purpose

Transforming lives in the Wellington region, is grounded in the belief that physical activity has the power to transform lives and is therefore fundamental to our region’s wellbeing.

Our 12-year strategic outcome

Improved wellbeing through increased physical activity is driven by the well -documented evidence that shows the benefits to individual and community wellbeing when people are regularly physically active.

Nuku Ora is in the final year of its first four-year (2020-2024) block of strategic priorities, focusing on impacting the physical activity system in our region, providing a range of quality opportunities, and reducing the barriers to enable more people to be physically active.

This strategic block enables us to respond to the needs of our communities and position ourselves strategically within our current environment. The three strategic priorities in the first four years are:

- Less active people become more active
- Opportunities to be active better meet the needs of participants
- A connected and effective regional physical activity system

Priority 1: Less active people become more active

- Our organisational purpose, transforming lives in the Wellington region, is grounded in the belief that physical activity has the power to transform lives and is therefore fundamental to our region’s wellbeing.
- Delivered under the Te Whatu Ora contract that we have held since 2012, a key area of mahi at Nuku Ora is the Green Prescription (GRx) programme. The GRx programme aims to improve the health and wellbeing of individuals and whānau through movement/physical activity and nutrition support. Services are provided across the Wellington, Hutt Valley, Porirua and Wairarapa regions, and referrals can either come through healthcare providers or by self-referral.

Metric: Green Prescription: Number of Clients / % on Target

Te Whatu Ora Contract (Green Prescription)

Number of Clients / % on Target	2024			2023		
	Clients	Target	% of Target	Clients	Target	% of Target
CCDHB	1,073	1,049	102%	1,269	1,049	121%
HVDHB	998	757	132%	1,226	757	162%
WDHB	116	250	46%	134	250	54%
TOTAL	2,187	2,056	106%	2,629	2,056	128%

Statement of Service Performance

The Wellington Regional Sports Education Trust

For the year ended 30 June 2024

- A key fixture in the Nuku Ora annual calendar of events is the Wellington Round the Bays (RTB) event. The largest mass participation event in the lower North Island, RTB is held each year in late February, with five races ranging from the 5.5 fun run up to the half marathon. This iconic community event has been held for 46 years, 23 of which have been organised by Nuku Ora and encourages Wellingtonians to get active and take part in this fun community event.

Metric: Round the Bays: Number of Participants

<u>Round the Bays</u>	2024	2023
Number of Participants	10,225	9,735

Priority 2: Opportunities to be active better meet the needs of participants

- Healthy Active Learning is a collaborative wellbeing initiative between Sport New Zealand and the Ministries of Health and Education to support schools and kura to improve the wellbeing of tamariki through healthy eating and quality physical activity.
- Examples of active engagement with schools include email communication from teachers, using Nuku Ora provided resources, supporting their whole school physical activity events, teacher attendance at our workshops, and planning together for future activities.
- Moderate engagement is similar to those listed for active engagement but with a smaller number of teachers involved.

Metric: Number of schools in which active or moderate engagement is achieved

Healthy Active Learning (HAL)

Number of schools in which active or moderate engagement is achieved.

	2024	2023
Schools Targeted	60	59
Schools with which active or moderate engagement achieved	26	30

Priority 3: A connected and effective regional physical activity system

Nuku Ora is the independent body for physical activity in the greater Wellington region. We work and advocate within the sport and active recreation sector with a large number of stakeholders. Every year Nuku Ora’s stakeholders are surveyed to gather feedback and insights into how we have performed in the preceding 12 months.

Metric: Priority stakeholders report satisfaction in Nuku Ora Leadership

<u>Stakeholder Satisfaction with Nuku Ora Leadership</u>	2024	2023
Priority stakeholders report satisfaction in Nuku Ora Leadership	57%	74%

Statement of Profit and Loss
The Wellington Regional Sports Education Trust
For the year ended 30 June 2024

	Notes	30-Jun-24	30-Jun-23
		\$	\$
Revenue from non-exchange transactions	5		
Government grants		1,509,880	1,418,548
Sport NZ funding		1,991,094	2,040,675
Other grants		669,021	702,105
		<u>4,169,995</u>	<u>4,161,328</u>
Revenue from exchange transactions	7		
Event fees		435,363	498,025
Interest revenue		45,038	27,572
Rental revenue		19,500	19,500
Resource sales revenue		10,582	30,682
Sponsorship revenue		424,413	371,288
Unrealised Managed Fund Gains		53,460	37,979
Other revenue		123,449	119,555
		<u>1,111,806</u>	<u>1,104,601</u>
		<u>5,281,801</u>	<u>5,265,929</u>
Total revenue			
Expenses	8		
Employee related costs		3,575,780	3,370,050
Resources		274,318	196,013
Vehicle expenses		70,532	64,301
Promotion and communication		324,609	257,928
Programme delivery		616,938	783,907
Corporate expenses		458,910	432,617
Depredation	12	74,885	86,830
Other expenses		8,565	5,830
		<u>5,404,537</u>	<u>5,197,477</u>
Total expenses			
Total surplus/(deficit) for the year		<u>(122,736)</u>	<u>68,452</u>
<i>Other comprehensive revenue and expenses</i>			
Other comprehensive income and expenses		-	-
Total comprehensive revenue and expenses		<u>(122,736)</u>	<u>68,452</u>
Total comprehensive revenue and expense for the year		<u>(122,736)</u>	<u>68,452</u>


These financial statements should be read in conjunction with the notes to the financial statements.

Statement of Financial Position
The Wellington Regional Sports Education Trust
As at 30 June 2024


	Notes	30-Jun-24	30-Jun-23
		\$	\$
Current assets			
Cash and cash equivalents	9	91,953	166,565
Investments	10	480,000	480,000
Receivables from exchange transactions		27,139	396,306
Receivables from non-exchange transactions		442,139	53,332
Prepayments		17,143	18,514
		<u>1,058,374</u>	<u>1,114,717</u>
Non-current assets			
Managed Fund	11	589,939	536,479
Property plant and equipment	12	99,649	152,546
		<u>689,588</u>	<u>689,025</u>
Total assets		<u>1,747,962</u>	<u>1,803,742</u>
Current liabilities			
Trade and other creditors	13	223,539	348,494
Employee entitlements		113,925	89,891
Revenue in advance		114,201	138,120
Funds Held on Behalf of Others		-	61,099
Tu Manawa non-operating funds	14	408,054	155,160
		<u>859,720</u>	<u>792,764</u>
Total liabilities		<u>859,720</u>	<u>792,764</u>
Net assets		<u>888,242</u>	<u>1,010,978</u>
Equity			
Accumulated comprehensive revenue and expense		338,242	460,978
Operations sustainability reserve		550,000	550,000
Total net assets attributable to the owners of the controlling entity		<u>888,242</u>	<u>1,010,978</u>

These financial statements should be read in conjunction with the notes to the financial statements.

Signed for and on behalf of the Board of Trustees who authorised these financial statements for issue on 21 November 2024.



 Trustee



 Trustee

Board Chair Report



Tēnā tatou katoa

As I reflect on my first year as Chair, and the work and achievements of Nuku Ora over the past year, I find much to acknowledge and celebrate – particularly the way the organisation has approached and managed significant change.

As we head into the first year of implementing our refreshed Strategy 2032, with its refined strategic priorities and with key contracts secured, it will be important for us to consolidate our work in each of the five strategic priority areas. This will involve being responsive to the needs of our communities, working with stakeholders to ensure equitable access to quality physical activity opportunities, supporting change in the way people in our rohe experience physical activity, and further developing our partnerships with mana whenua.

Additionally, we will prioritise ensuring that Nuku Ora is a successful and sustainable organisation, enabling it to support others well and provide the greatest value to our partners and stakeholders in the long term.

As a Board, we have undergone some membership changes. At our 2023 Annual Hui, we welcomed Cassius Kuresa, Megan Reid, and Sumati Govind for their first terms, replacing our retiring kaitiaki, while Lance Walker and Paula Collins stepped down during 2024. Jason Crowe and Andrea Blackshaw have also decided to step down at our 2024 Annual Hui, and I take this opportunity to thank Lance, Paula, Jason and Andrea for their contributions to Nuku Ora over the course of their respective terms. Their knowledge and advice have been invaluable. We also welcomed Rebecca Ralph as our Future Director.

This year, it was a pleasure to join our kaimahi for a Te Tiriti o Waitangi course, the knowledge from which informed our new Te Tiriti o Waitangi Policy. In the coming year, the Board will undertake a governance review to ensure compliance with the recent amendments to the Charities Act and to maintain the highest standard of governance.

Thank you to those organisations, including Sport NZ, Te Whatu Ora, ACC and various councils across

the region who have continued to invest in and partner with Nuku Ora. We are also grateful also for the ongoing support of key funders, especially NZCT, whose investment continues to benefit our communities, as well as Four Winds, the Lion Foundation and other regional funders. Your support allows us to continue responding to the needs of our communities. I'm especially grateful for the valuable working relationship we have with mana whenua, especially around the Board table.

A huge thanks to Andrew Leslie and his team for their commitment to activating communities across the region and the general way they go about their work. You are all such a pleasure to work with. I look forward to more of the same over the coming year.

Ngā mihi nui,

Sam French
Kaiwhakahaere | Board Chair

2023-2024

Governance Statement

Board Composition

The Board comprises up to ten kaitiaki, each appointed for a three-year term through an open recruitment process. The composition, powers, proceedings, and process for the appointment of members are set by the Nuku Ora Trust Deed and Board Charter.

In late 2023, the Board appointed three new kaitiaki: Sumati Govind, Megan Reid, and Cassius Kuresa. We also welcomed Rebecca Ralph as the new Future Director.

During 2024, two kaitiaki, Lance Walker and Paula Collins, stepped down. Additionally, two more, Andrea Blackshaw and Jason Crowe, have advised they will step down at the end of 2024. Four new kaitiaki have been recruited, bringing our numbers to a maximum of ten. We welcome Anna Liumaihetau Darling, Ganesh Nana, Kylie Tuffery, and Matt McNeil to the Nuku Ora Board in November 2024.

Good Governance

As part of our commitment to ongoing good governance, the Board undertook work in several key areas during 2023/24, including:

- Reviewing and refreshing our strategic priorities after the first four years of Strategy 2032
- Adopting a new Te Tiriti o Waitangi Policy, based on the articles of Te Tiriti
- Conducting regular reviews of the organisation's main strategic risks
- Maintaining a skills matrix to ensure that, when recruiting kaitiaki, we have strong representation from across the motu and appropriate capabilities.

Subcommittees

Meeting regularly, work continues with the sub-committees.

- The Assurance, Finance, and Risk Subcommittee, chaired by Sumati Govind, regularly reviews the organisation's financial performance, risk profile, and possible mitigations.
- The Commercial Subcommittee, which had developed new commercial opportunities, was disestablished in early 2024 upon the appointment of a Commercial Manager, with its remit absorbed by the Assurance, Finance, and Risk Subcommittee.
- The Personnel Subcommittee, currently chaired by Andrea Blackshaw, meets at least twice a year to review and guide the CEO's performance and remuneration.
- The Appointments Subcommittee receives applications for kaitiaki positions, conducts interviews, and recommends new appointments to the full Board, generally on an annual basis.

Thank you

Nuku Ora is grateful to all of our partner organisations for their support over the past year.

Key Funding Partners



Contract Partners



Major Sponsors



Supporting Sponsors

Shoe Clinic Wellington
Streamliner Productions
Handy Rentals
Asics NZ

Territorial Authorities & Associated Organisations

Carterton District Council
Greater Wellington Regional Council
Hutt City Council
Kapiti Coast District Council
Masterton District Council
Porirua City Council
South Wairarapa District Council
Upper Hutt City Council
Wellington City Council

Other Charitable Foundations and Trusts

Eastern Suburbs Sports Trust
Grassroots Trust Central
Holdsworth Charitable Trust
One Foundation Pub Charity
Pelorus Trust Trust House
Kiwi Gaming Foundation
Four Winds Foundation



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Wellington Office

Level 1, 223 Thorndon Quay, Wellington
PO Box 24 148, Manners Street,
Wellington 6142

Phone (04) 380 2070

Email info@nukuora.org.nz

Wairarapa Office

Pasifika o Wairarapa Trust
23 Intermediate Street, Masterton, 5810

Email wairarapa@nukuora.org.nz