


**Enabling quality
experiences for
our tamariki and
rangatahi**



**Taking an
insights
approach to
plan our work**

Green Prescription
Putting people at the
heart of wellbeing

2 Thank You!

Sport Wellington is grateful to all of our partner organisations for their support over the 2018/2019 year.

Key Funding Partners



Contract Partners



Major Sponsors



brendan foot
supersite

BLUEBRIDGE
COOK STRAIT FERRIES



LES MILLS



Absolutely Positively
Wellington City Council
Me Heke Ki Pōneke

Supporting Sponsors

Bowen Eye Clinic
Capability Group
DX Mail
Fortune Favours
Outward Bound
Rothbury Insurance
Rydges Wellington
TBI Health
Te Kairanga
Tom & Luke
Trish McKelvey
TT Media/Tradie
Southern Cross Bar & Restaurant
Shoe Clinic Wellington
Streamliner Productions
Victoria University of Wellington
Wellington - LIVE

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
Wellington NZ

Other Charitable Foundations and Trusts

Eastern Suburbs Sports Trust
Infinity Foundation Limited
Holdsworth Charitable Trust
Lands Trust Masterton
One Foundation
Pub Charity
Pelorus Trust
The New Zealand T Gear Charitable Trust
Trust House

Contents

REGIONAL DEVELOPMENT



05

COMMUNITY SPORT



17

KIWISPORT - ENABLING QUALITY EXPERIENCES FOR OUR TAMARIKI AND RANGATAHI



08

24

STUDENT COACHING



PERFORMANCE HUB - CREATING GREAT WELLINGTONIANS



22

- 4 CEO's Report - Making a Difference in our Communities
- 6 Leadership Development Pilot Programme
- 7 Insights & Evaluation - Taking an insights approach to plan our work

Our Vision.

Everyone in the greater Wellington region has a life-long involvement in sport and active recreation.

Sport Wellington is governed by a Board of Trustees and managed by a Chief Executive. It has a staff of 51 full/part time employees.

The Trust operates within a wide geographical area, spanning the region between Otaki in the west, across to Masterton in the east and Wellington City in the South.

- 10-11 Healthy Lifestyles (Green Prescription) – Putting People at the Heart of Wellbeing
- 12 Healthy Lifestyles (Green Prescription) – Participant's Stories
- 13 Healthy Lifestyles – Delivery and Reach
- 14 Community Group Strength & Balance – Ageing Positively
- 15-16 Sport Wellington Wairarapa – Participation in the Wairarapa Continues to Rise
- 25 Events – Celebrating Success and Encouraging Participation Wellington Round the Bays
- 26 Events - Wellington Sportsperson of the Year Awards
- 28-31 Financials

FUTURES TEAM



34

- 32 Board of Trustees and Staff
- 33 Our Cultural Journey
- 35 Chair's Report – A Year of Change and Evolution

Making a difference in our communities

CEO's report

Tēnā koutou katoa, tenei te mihi atu ki a koutou

Early this year a report was released that indicated that Wellington was “New Zealand’s fittest city.” While this conclusion was linked largely to how people moved around the city it does indicate that most people in the region understand the importance of physical activity and just how much it contributes to our individual and community wellbeing. We know there are many barriers in allowing everyone to be able to participate in sport, active recreation and physical activity. This year through partnerships and collaboration we have collectively been working towards reducing these barriers – and will continue to do so.

We have also been working towards creating an inclusive and accepting environment where we value our differences and believe that this makes us stronger as an organisation to influence our sector and partner with others. We have taken on the responsibility through our behaviour to create and lead a regional culture that both accepts and celebrates diversity, understanding that with diversity comes strength and inclusion. “Diversity is being invited to the party; inclusion is being asked to dance.” Verna Myers

I want to both thank and congratulate the Board and staff for their significant contributions and achievements of the last financial year. These include the development of a Spaces and Places Plan for the region; the delivery of the health contracts we have with our DHBs, internal business improvements around things like a new website and CRM system; the support provided to the regional sport and recreation organisations; a greater focus on improving our relationship management; the safe delivery of the Brendan Foot Supersite Round the Bays; the ongoing steps in implementing the Leadership Framework, and many other fantastic pieces of work.

Because our mandate is broad and diverse, it provides us with opportunities to work with, and receive support from, a wide range of



We truly appreciate your support and thank you for your belief in us and the difference we're trying to jointly achieve in our communities.

PHIL PLAYING WITH HIS GRANDDAUGHTER

groups and organisations across the region – many of whom are listed in this annual report. We truly appreciate your support and thank you, as partners, stakeholders, and sponsors for your belief in us and ultimately the difference we are all trying to jointly achieve in our communities.

A special thanks and acknowledgement for their ongoing support must go to Sport NZ,

the three DHBs in our region, ACC, the eight councils, our sponsors, the various trusts that fund us, and the regional sport and recreation organisations.

Phil Gibbons, ONZM
Chief Executive Officer

Working better together

Regional Development

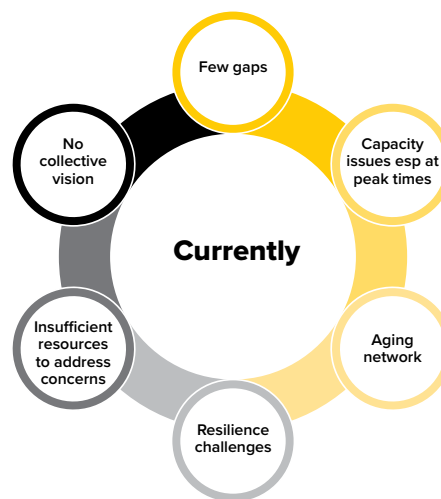
Ehara taku toa i te toa takitahi. Engari, he toa, takitini. 'My strength is not the strength of one. It is the strength of many.'

Living Well is the region's sport and active recreation strategy focused on improving physical and mental wellbeing, personal development and achievement, and social and community development through regular physical activity (play, sport and active recreation). The strategy provides a platform for more collaboration between organisations that provide physical activity opportunities so we can make better use of our available resources and share our expertise.

During 2018-19 the focus was on two key projects: the Regional Spaces and Places (Facilities) Plan and the development of a Regional Play Framework.

Regional Spaces and Places Plan

The purpose of this plan is to provide a high-level strategic framework for future regional sports facility planning as well as optimisation of the current network of facilities. The plan emphasises a one-region approach to planning for international, national, regional facilities and provides context for planning and decision-making about local facilities.



- ensuring consistency of our messages about play
- using our collective approach to advocate for consideration of play across other aspects of our respective businesses.

We know that play is an essential part of a happy and healthy childhood which:

- provides an opportunity for children to have fun and enjoy activities that are of importance to them
- provides opportunities for children to get a flying start to life by giving them a means of developing physically, cognitively, socially and emotionally especially when it is child-driven
- stimulates children's imagination and creativity
- supports the growth of resilience and independence through helping children to master their world and develop new competencies
- affords opportunities for the wider whanau to engage meaningfully with children.

Key findings:

The regional network comprises around 1300 facility entries. Just over 50 have a minimum designation of regional. Current supply is mostly meeting demand, but there are some facility types and times of the day where this is not the case. In addition, our current network will not cope with growth. Other key findings that we need to address to ensure we have a robust, fit-for-purpose, future network of facilities are noted in the diagram opposite.

Regional Play Framework

The regional play framework aims to support the development of play across the region through:

- providing a unifying vision for play across the Wellington region
- articulating our shared beliefs and values about play
- coordinating our efforts regionally where there is value to all in doing so

Leadership development pilot programme

The inaugural nine-month **'Leading Leaders Development Programme'** began in February and concluded in September. This programme aimed to assist the implementation of the Leadership Framework by offering a year-long leadership development opportunity to 14 participants from the sport and recreation sector in the greater Wellington Region.

"Leadership development in the Aotearoa Sport and Recreation sector is underpinned by the understanding that leaders develop other leaders," said Phil Gibbons, Sport Wellington CEO. "Because every member of our sector is a leader, it follows that leadership development is a shared responsibility throughout all our organisations, clubs, and teams."

Funded by New Zealand Community Trust, led by Winsborough and supported by Sport Wellington, the programme composed of three residentials and one final presentation/reflection day. The cohort of participants represented Regional Sports Organisations, Councils, Funders, Halberg Foundation and College Sport Wellington.

Like the Leadership Framework itself, the programme was designed to start with self. Before the first residential in May, each participant completed a Hogans and a 360 assessment and received a one-on-one debrief of their 360 results with one of the three programme facilitators.

After spending the first residential exploring their personalities and leadership styles, participants spent the second module focusing on high-performing teams, applied leadership, and building trust – while

encouraged to keep their "self" front of mind. The third residential asked participants to navigate complexity and explore stakeholder mapping.

The final day focused on normalising conversations around leadership development and was attended by not just the programme participants, but also their sponsors – managers, CEOs or board chairs. Each person in attendance reflected not just on the Leading Leaders Programme, but also on the Leadership Development System in the Wellington region.

"A real benefit from the last day of the programme was the organisations involved have acknowledged the need to take the first steps to implement a component, no matter how small, of the leadership system. In most cases this will be led I suspect by the participant from our programme," Gibbons said.

Throughout the programme, participants worked in three syndicates on developing a proposal for how this programme can be repeated moving forward. They were asked to take into account the nature of the Sport and Recreation Workforce, the realities of timing and cost, and the relevance of the content.

"To be fully realised, any formal leadership development opportunities need to be extended back into the workplace. A workplace that enables a leadership development focus will allow the 'newly polished frog' to continue to develop and stay shiny," Gibbons said. "If the pond they return to is one that does not embrace this approach, then the 'newly polished frog' will soon revert back to the old behaviours."

Participants were able to complete the Leading Leaders Development Programme at no cost to themselves or their organisations, thanks to the generous support of the New Zealand Community Trust and a grant specifically for leadership development in the Wellington region.

"Because every member of our sector is a leader, it follows that leadership development is a shared responsibility throughout all our organisations, clubs, and teams."

Phil Gibbons
Sport Wellington CEO



LEADING LEADERS INAUGURAL PARTICIPANT GROUP

An insights approach to plan our work

Mā te rongō, ka mōhio, Mā te mōhio, ka mārama, Mā te mārama, ka mātau, Mā te mātau, ka ora. 'Through perception comes awareness, through awareness comes understanding, through understanding comes knowledge, and through knowledge comes wellbeing'

Being physically active has proven benefits for individuals and communities including improved wellbeing (physical and emotional), lowered risks of non-communicable diseases (NCD), increased resilience, increased community engagement.

How active are people in our region?



75%

of Adults are active¹

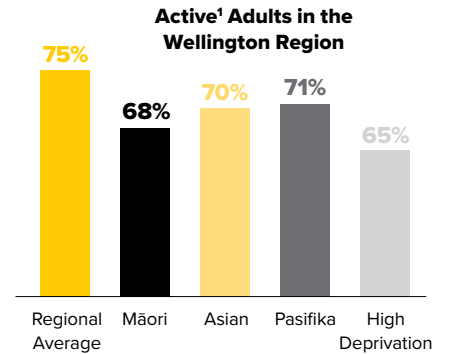
Adults are active **5.4 hours²** per week



96%

of Young People are active¹

Young People are active **11.4 hours²** per week



How healthy are we?

Many **NCD** and **mental health** issues have been increasing over the last decade. Moreover, inequitable health outcomes remain pervasive and Māori, Pasifika and those living in high deprivation areas are at higher risk for many health issues.



Depression and anxiety disorder



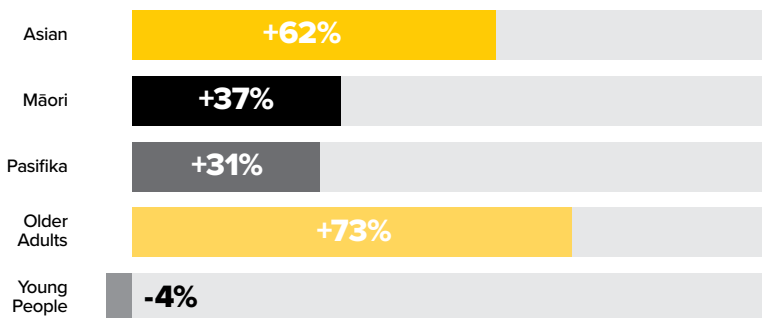
High blood pressure and high cholesterol



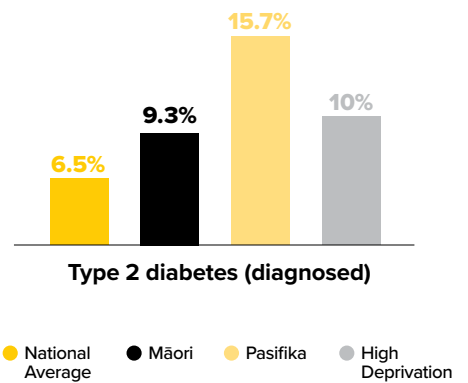
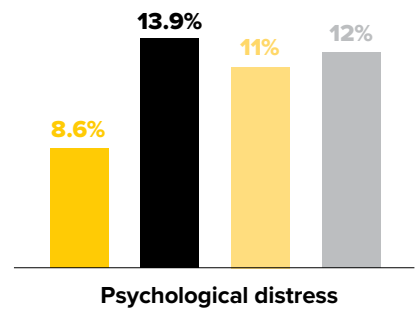
Type 2 Diabetes

How is our population changing?

20 years from now, our population will be **10% larger** but will look very different.



Health inequities in New Zealand



What does this mean for the Wellington region and Sport Wellington?

Not changing the status quo means there is a high risk that the proportion of less active and less healthy people in our region will increase.

It is increasingly important to be flexible and responsive if we want to remain relevant and meet the needs of our communities. A participant-centred insights approach can help us understand societal trends, individual behaviour and the local context so we can adapt.



¹ Participated in any activity in the last seven days
² Average number of activity hours per week

Enabling quality experiences for our tamariki and rangatahi

The positive impact that **KiwiSport** has had across the greater Wellington region over the past year has been huge. The delivery of some extraordinary and hugely successful programmes has enabled opportunities for our tamariki and rangatahi to enjoy themselves and develop healthy active lifestyles through participation in sport and active recreation.

Physical Literacy can be fun

With a typical Bush Sprouts session including anything from climbing trees, sliding down hills and swinging on vines, the programme is somewhat unconventional in terms of its activity, as well as in terms of its delivery, but the results have been incredible. Since October 2018, the Bush Sprouts programme provided 336 primary-school students with a total of 2,688 opportunities to participate. As impressive as these numbers are, what is arguably even more impressive was the quality of sessions that were provided.

A massive factor that helped to ensure a highly enjoyable and fulfilling session for participants was Bush Sprout's approach to physical literacy – which was consistent throughout the programme's duration, with a real emphasis on fun and enjoyment. At the forefront was encouragement around general play, rather than providing anything overly structured. The kids reacted to this positively, with some children even taking their parents' geocaching / orienteering

and visiting the bush in the weekends, having gained confidence and experience from their Bush Sprouts sessions.

Understanding the barriers

As part of their KiwiSport reporting The Shift Foundation produced an inspiring video that focused on capturing learnings around how to effectively engage with Intermediate-aged (10-12-year-old) females. The video highlighted the delivery of 'Just Shift It', a six-month pilot programme for girls attending Maidstone Intermediate and Lakeview School.

The aim of the pilot was to better understand their barriers to participation and to help bridge the gap between intermediate and secondary schools sport/active recreation participation. Further understanding of this space was of particular importance for Shift, as around this age there is often a drop-off in physical activity levels recorded.

Rosie Bartley, Shift Upper Hutt Coordinator says in the video that at this age they are open to new experiences and still have a bravery (to participate). "It's important that they feel like they belong. Important that they know they have skills, that they have something to contribute."



1. STUDENTS DEVELOPING THEIR LONGBOARDING SKILLS AS PART OF THE SHIFT FOUNDATION'S "JUST SHIFT IT" 6-MONTH PILOT PROGRAMME.

KiwiSport projects funded in 2018/19

Lead Organisation	Project Name
Wellington Touch Association	Empowering Community Touch
Otaki-Kapiti Primary School Principals Association	PSW Expansion
Sport Wellington	Generic Entry Level Coaching Course
Otaki College	Combined Kura Project
The Shift Foundation	Shift Programme
Capital Football	Capital Football (Females)
Capital Football	Capital Football (Porirua)
Hoe Tonga Pacifica Waka Ama Association	Waka Ama Development Officer
Hutt City Council	Fundamental Skills Project
Wairarapa Cricket	Female Development Officer (Centres of Influence)
Nature School NZ	Bush Sprouts Programme
dsport Wellington	Youth Group Programme
Sport Wellington	Student Coach Programme
Wellington Off Road Biking Dept (WORD)	WORD Mtb Programme
Wairarapa RSO Leaders Forum	Moving Time
Shift Foundation	Just Shift It
Wellington Softball Association	Softball Fundamentals Programme
Capital Football	Goals4Schools
Horowhenua Kapiti Cricket	Female Super 8's Cricket Programme
YMCA Greater Wellington	Sport For Life
Capital Zone Basketball	KiwiHoops Extension
Porirua Primary School Sports Association	PSW Expansion
Hutt City Council	Fundamental Skills Project

Coach Development for students

The Student Coach Programme has facilitated coach education opportunities that were more accessible for secondary schools and Regional Sports Organisations, led by the needs of student coaches. Sport Wellington partnered with College Sport Wellington and a number of Regional Sports Organisations to deliver the programme to support their student coach workforce by providing generic and sport-specific coach development.

A key aim of the programme is to ensure more children and young people are staying in sport due to the quality and quantity of coaches providing a positive coaching experience. The programme has enabled work with over 30 different colleges and has developed more than 1,000 student coaches over the past 4 years.



2



3

2. STUDENT COACH WORKSHOP FOR WINTER CODES, MAY 2019
3. PRIMARY STUDENTS PARTAKING IN WELLINGTON TOUCH ASSOCIATION'S 6-WEEK FOUNDATION ACADEMY.

311,613



TOTAL OF 311,613 PARTICIPATION OPPORTUNITIES PROVIDED TO CHILDREN (5-18 YEARS) THROUGH THE **23 KIWISPORT FUNDED PROGRAMMES** OVER 2018/19

\$1,825,679



WAS DISTRIBUTED TO **THESE PROGRAMMES** OVER 2018/19

33,503



PRIMARY-AGED SCHOOL STUDENTS INVOLVED IN KIWISPORT

18,627



SECONDARY-AGED SCHOOL STUDENTS INVOLVED IN KIWISPORT

Putting people at the heart of wellbeing

Mauri tū, mauri ora

The **Healthy Lifestyles team** works to break down barriers, educate, encourage and empower, adults, tamariki, whānau and their communities towards greater health and wellbeing outcomes. We provide support from pregnancy up to older adults through participation in our suite of Green Prescription programmes. Support is available for up to 12 months and involves one-to-one health coaching, and access to free programmes that emphasise whanaungatanga, while focusing on increasing physical activity and improving nutrition. Specific to our older people, we are the lead agency for Community Strength and Balance classes, working together to support our kaumatua to stay independent and injury-free by growing access to social and fun community exercise classes.

We have a diverse team, representing the communities we serve. We are targeted in our approach with the goal of improving equitable health outcomes for Māori and Pasifika peoples, and people from lower socioeconomic areas.

potential, with the first 1,000 days between pregnancy and a child’s second birthday a unique window influencing how a child grows and thrives. Our goal is to support whānau, especially young mothers, to make small changes that will support a healthy birth, healthy first foods (including breastfeeding) and lead to the maintenance of healthy behaviours postnatally. In 2018-19 over 20%

of women referred were aged 24 years or younger, 53% identified as Māori or Pasifika and 50% of referrals came from midwives or lead maternity carers.

“I feel really strong and knowledgeable. Empowered. I know a lot of things. I have goals. I know how to get there. Our Healthy Lifestyles Co-ordinator gave us the tools to start off with food and we blossomed from there.”
MGRx Participant



20%
women referred were aged 24 years or younger



50%
Referrals from Midwives/LMCs

Support for all ages

Through funding from the three District Health Boards, our Green Prescription programmes impact health behaviours by supporting the development of personal skills and cover all life stages, from conception through to older age. Participants are referred by their healthcare professional, or directly via self-referral. Our support reflects the needs of those in our care – we walk with people on their journey to achieve their aspirations for better health. We focus on listening, rather than telling. We build on strengths, rather than point out failures. We ask, “what matters to you?” not “what’s the matter with you?” to support people to rediscover their motivation for change and influence a healthy, active region.

Maternal Green Prescription (MGRx)

prioritises support for pregnant women who have a family history, or risk of, developing diabetes. Pregnancy is a time of tremendous



1

“Hi, Tommy here again. Lots has happened since my last letter. I now like broccoli, carrots, corn, peas and beans. I have three servings of vegetables a day. I now can’t go without breakfast, most days I’ll have two slices of grain toast with peanut butter and banana. I played soccer for my school and made two friends who also like soccer, the three of us are best friends! I’m so happy about that because I never liked going to school so I would pretend I was sick but now I enjoy school.”

A letter from Active Families participant, Tommy, aged 9.



Active Families and Pre-school Active Families involves whānau-centred support for tamariki and rangatahi (aged between 3 and 17 years) who would benefit from support to increase physical activity, build confidence participating in activity and practical ways to improve healthy eating as a family.

In 2018-19, our goal of growing referral pathways in primary care saw referrals from 45 medical centres across the region as well as growth in our Māori and Pasifika referrals: 58% for Pre-school Active Families and 62% for Active Families.

Home visits, weekly group activity sessions, cooking sessions and access to community recreation programmes and events are the strength-based ways we support families to take action towards their goals, together.

Green Prescription (GRx) supported over 2,000 adults across the region with a mix of phone support and one-to-one physical activity and nutrition consultations, undertaken in community-settings. We also receive some philanthropic funding that allows us to take Green Prescription’s impact to the next level by delivering intensive group-based programmes.

Participants who complete a group programme are more likely to set and feel confident to achieve, their health goals (83% compared with 60%). We put this down to the practical application of our programmes linking into sustainable community activity options and resources that address food security (such as fruit and vegetable co-operatives), but importantly it’s the social

1. COOKING WORKSHOP - HEALTHY KAI FOR YOUNG MUMS AND SMALL TUMS.

2 & 3. BUSY FAMILY FUN AT LOWER HUTT ACTIVE FAMILIES



“The programme was really enjoyable; met a lot of new people, it also helped me to improve on how I eat and looking at what I can improve for myself in a healthy and physical way, especially my wellbeing. Thank you so much for making me look at my life in a way I couldn’t imagine - this programme has been eye-opening for me.”

GRx Healthy Lifestyle Programme participant

connectedness that supports belonging. People need social support to prosper, and feelings of belonging supports people to see the value in life, and value in health. We are proud to have brought over 200 participants together on that journey in 2018-19.

Participant's stories



The Wichman-Latu family

Kat and her family of three children, ages four, five and nine belonged to the Pre-School and Active Families programme.

"Before we started the programme, we lacked energy and were not doing any physical activity. I would ask myself, "What will I do with my kids?" As a family we were not eating as well as we should be. I was having mood swings and felt grumpy.

We are now eating healthier meals and snacks, we put more vegetables into our meals, I'm cooking a lot more, the kids are helping out with dinner which they love. They tried tomatoes (raw) for the first time recently. The kids are more aware of healthy food (what they are putting into their body) and are more aware of our shopping list. Their lunchboxes have changed; they

eat lots of hummus, carrot sticks and other healthy snacks. They have roll-ups; fresh food such as carrot, cottage cheese, ham, avocado, rolled in a piece of bread. I didn't expect it to last but being in a routine has helped and we have stuck with it.

The opportunities the kids have had in the weekly Active Families sessions has been fantastic for their confidence. We didn't know what to do in the community but being part of Active Families has given us those opportunities.

The kids have made so many friends (seeing the same people every week). It's very family oriented. The range of ages is fantastic as well. You feel like part of the family. It's very lovely and community based. The kids love that, and they are always excited to go to Active Families. It's done wonders for our family."

Mereana

Mereana joined Green Prescription after a referral from her GP. This is her story.

"I joined Green Prescription (GRx) when I was diagnosed with depression. I had no prior history with depression, and it doesn't run in my family. After one intensive GP appointment, he stepped me through the referral, giving me a quick insight into what it was all about. At the time, I was struggling with medication, nothing seemed to be working for me. A week later, I got a call from Anya (Healthy Lifestyles Co-ordinator) and was booked in to see her.

GRx was very easy for me to follow. The group we had were amazing. When I was diagnosed, I never knew anyone else who had suffered from depression before. I was able to meet lovely people who were

in the same boat as me. The group was a safe place where I have made some lasting friendships. It was also a place where I felt I could share my concerns and hurdles with other likeminded people.

I shared my story about depression and from there, people came up to me and shared their stories with me...this was a WOW moment for me. I felt so alone when I was originally diagnosed. I guess it's one of those afflictions no one talks about. The people I spoke to were so open about their struggles!

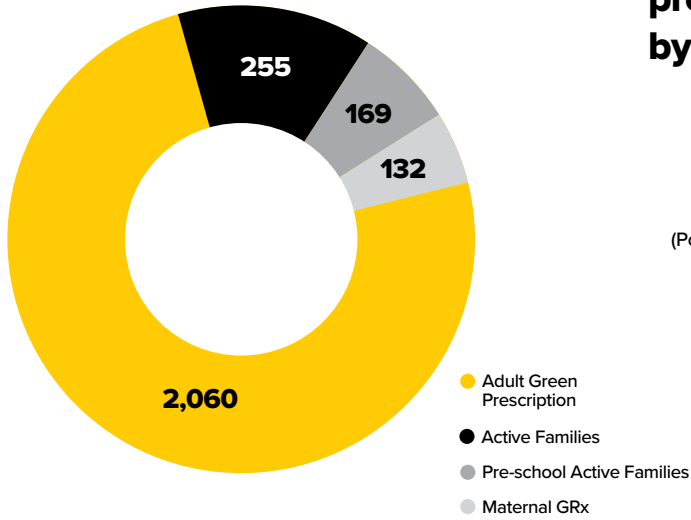
The group facilitators were also great. We were all made to feel welcome, and they reiterated that the group was a safe place to share ideas and concerns we may have. I had the opportunity to lead a session and share my own knowledge about food and cooking on a budget which I really loved.



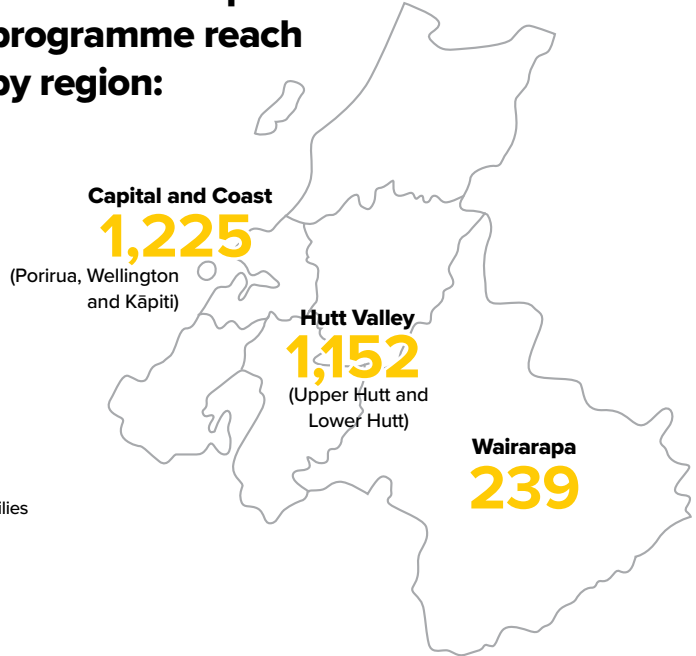
For me the biggest thing was getting back into a routine and learning to look after myself again. I had strayed so far from my usual self. I never thought I would ever take part in Round the Bays (6.5km walk), let alone complete the Hutt River Trail bike ride! My confidence is back on track. My sense of self and worth is through the roof. GRx really helped get me back on track with life in general."

DELIVERY AND REACH OF THE GREEN PRESCRIPTION PROGRAMMES

2018-19 Delivery



Green Prescription programme reach by region:



732 unique referrers

114 referral organisations

NZ European/Pakeha



Māori & Pasifika

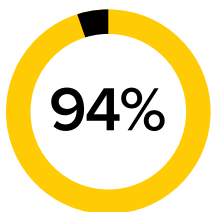


Other

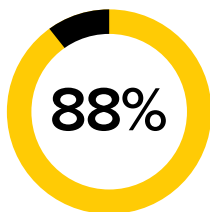


Green Prescription Programme Impact

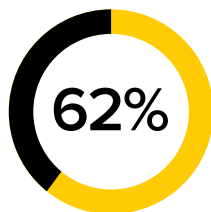
From self-reported questionnaire surveys from 394 participants across all programmes:



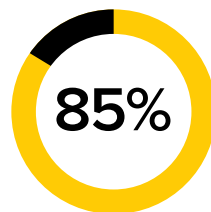
understand how to make **affordable healthy food choices** (compared with 72% pre-programme)



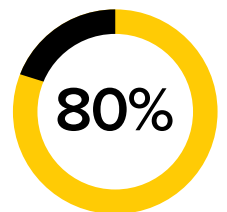
are **physically active** on one or more days of the week (compared with 68% pre-programme)



eat fruit and vegetables every day (compared with 43% pre-programme)



set health and wellbeing goals for their family (compared with 60% pre-programme)



feel confident they can achieve their **health and wellbeing goals** (compared with 56% pre-programme)

Live Stronger for Longer: positive ageing

Live Stronger for Longer is a movement which aims to enable older people to be confident, injury free and remain independent in their own homes. With funding from ACC, Sport Wellington is the lead agency to support and grow access to **Community Strength and Balance** classes.

Supporting community-led initiatives

Our **Healthy Lifestyles team** were approached by two people who had heard about the Live Stronger for Longer movement and wanted to get involved by starting a class for their local community. They identified a location that was accessible, free and popular with many, a leadership group of eight volunteers who were happy to facilitate the exercises, and they utilised their networks and community knowledge to promote to people, business and community groups they had relationships with. This all resulted in a first-class attendance of 35 people!

Sport Wellington provided support through sharing knowledge about the needs of older people in a group exercise context, training of class facilitators in exercise provision and instruction, support with start-up materials, promotional material, and ongoing mentoring of the leadership group.

This class has consistently been well attended since its inception and is discussing expanding to a nearby suburb. Motivated community leaders empowered to lead has resulted in a sustainable exercise class that suits the needs of its participants and led by volunteers that are committed to its ongoing success.

Removing barriers to participation in group exercise

Starting, getting back into exercise, or joining a new group can be daunting at any age. Sport Wellington is striving to make choosing to participate in group exercise easier for people moving into older age, as evidence shows that good muscle strength has a positive impact on your ability to carry out daily activities and interests.

As part of our 'Come and Try' event series, we hosted a range of Live Stronger for Longer approved Strength and Balance class instructors at the Sport Wellington

Wairarapa office in Masterton and invited the community to try sample sessions of locally available group classes. The goal of the day was to introduce people to the different classes running in the Wairarapa community.

With over 50 people attending, many of whom who were not currently participating in group exercise, a fun afternoon of exercise, socialising, and learning was had by all. Everyone had the opportunity to participate in, or observe, different exercises ranging from seated chair options through to line dancing.

Post event we saw a 16% increase in the utilisation rates of Wairarapa classes, and all leaders reported new attendees in classes.



KEIKO TEACHING TAI CHI AT WAIRARAPA 'COME AND TRY' EVENT.

Community Group Strength and Balance Statistics 2018/19

8,662
places available for older people to participate in accredited strength and balance classes in their community:

4,581
Capital and Coast
(Porirua, Wellington and Kāpiti)

2,658
Hutt Valley
Valley (Upper Hutt and Lower Hutt)

1,423
Wairarapa

Total places target exceeded, reaching 117%

Utilisation of classes from 2017-18 to 2018-19: growth from 50% to 56%

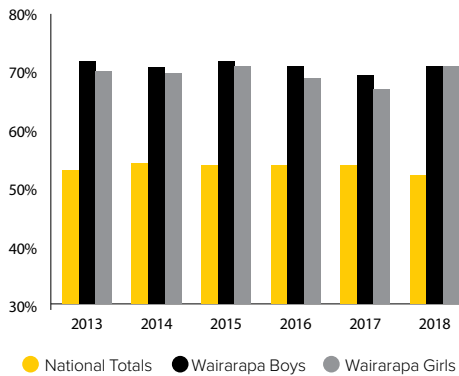
Participation in the Wairarapa continues to rise

Whāia te iti kahurangi ki te tūohu koe me he maunga teitei. 'Aim high for what is truly valuable. Be persistent and don't let obstacles stop you from reaching your goal.'

Wairarapa is sport crazy with the highest participation rate in schools in the country, and a rising number of participants in sport overall. The increase is against a national trend of flattening or declining participation, (a big increase in the numbers recorded as playing casual sport has helped these figures).

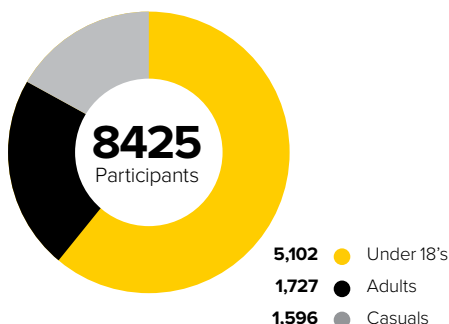
Regional Sports Organisations (RSOs) have placed a greater emphasis on capturing social, casual, and pay-as-you-play membership numbers and in 2018 hockey and netball joined cricket and tennis in doing this so the figure for casuals rose considerably from 2017.

Wairarapa secondary schools continue to have the highest participation rates in the country:



The pie graph below shows the breakdown of 2018 membership groups collected from Wairarapa Tennis, Wairarapa Cricket, Hockey Wairarapa, Netball Wairarapa & Wairarapa Bush Rugby Union.

[Note: 2019 membership data will be collected in November 2019]



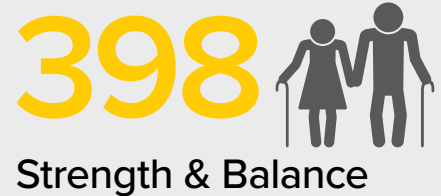
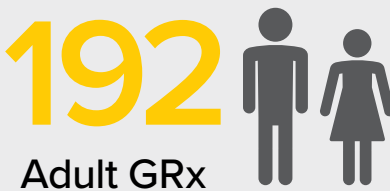
Connecting communities through health and wellness support

Active Families programme sessions in Masterton have seen a range of activities over the last year, including swimming, nutrition sessions, scavenger hunts, and goal setting activities. Many of our tamariki have not had enjoyable or strength-based participation experiences in physical education through their schooling and lack confidence to give things a go, but in this safe space they thrive on the challenge of learning new skills.

For Adult Green Prescription, eight-week Healthy Lifestyle Programmes have been delivered in Wairarapa in collaboration with multiple physical activity class providers offering tasters of various local opportunities.

We have a focus on reaching referrals for Māori and Pasifika, low-income families with young children, and referrals that support the health and wellbeing of children/mothers in the first 1,000 days.

In the past twelve months we have supported:



Taking a coordinated approach to physical literacy



Kia Hākinakina is part-funded through KiwiSport and through its design, seeks to establish a truly collaborative culture with the schools engaged, to enable the desired pedagogical (or physical literacy) approach to tie into the curriculum effectively.

For 2019, six schools have been involved with the project: Lakeview School, Masterton Intermediate School, Opaki School, Solway College (Intermediate Age), Wainuioru School and Tinui School.

The delivery itself has a participant centred focus, led by a strong element of professional development, both for the delivery squad and for the teachers involved, including wide-ranging feedback from deliverers, teachers and the voice of the participants.

Engagement has varied depending on the school setting. Three schools have shown excellent engagement and are advancing the support and direction of delivery that Kia Hākinakina can offer: Masterton Intermediate School, Opaki School and Solway College.

Valuing volunteers

Tracking volunteers has enabled sports to identify their workforce, the roles of volunteers and record any training needs. This data will also enable the RSOs to make better-informed decisions regarding the gaps in their volunteer requirements. Along with membership data captured, this highlights to RSOs that if you have a growing membership, then we need more volunteers to fill support roles to ensure participants are getting a quality and enjoyable experience.

Voice of the Participant

Question: “Can you use your learning?”

Answers. “Yes, in all sports.” “Balance, in general in all competitions.” “Rugby for throwing, Football for accuracy.” “Hockey, Netball, Basketball, Volleyball”

Question: “Were you challenged?”

Answers. “Yes, because I don’t have very good balance.”

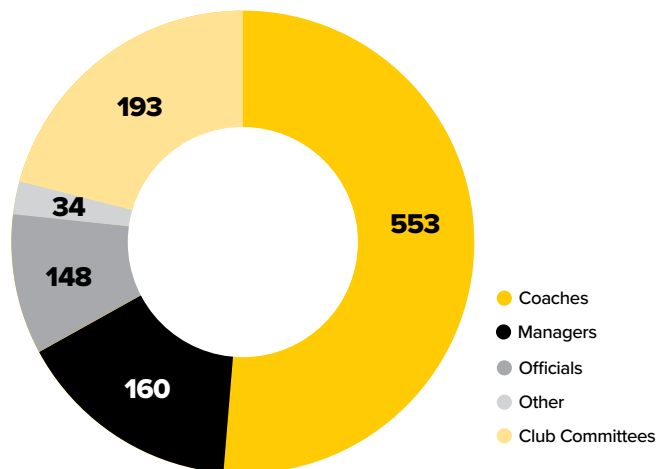
“Yes, I need to use my legs more.”

Teacher Observations:

“Great participation & engagement, all children, all abilities.” “Key messages, coaches involved, feedback main points – balance/teamwork.”



Who are our volunteers?

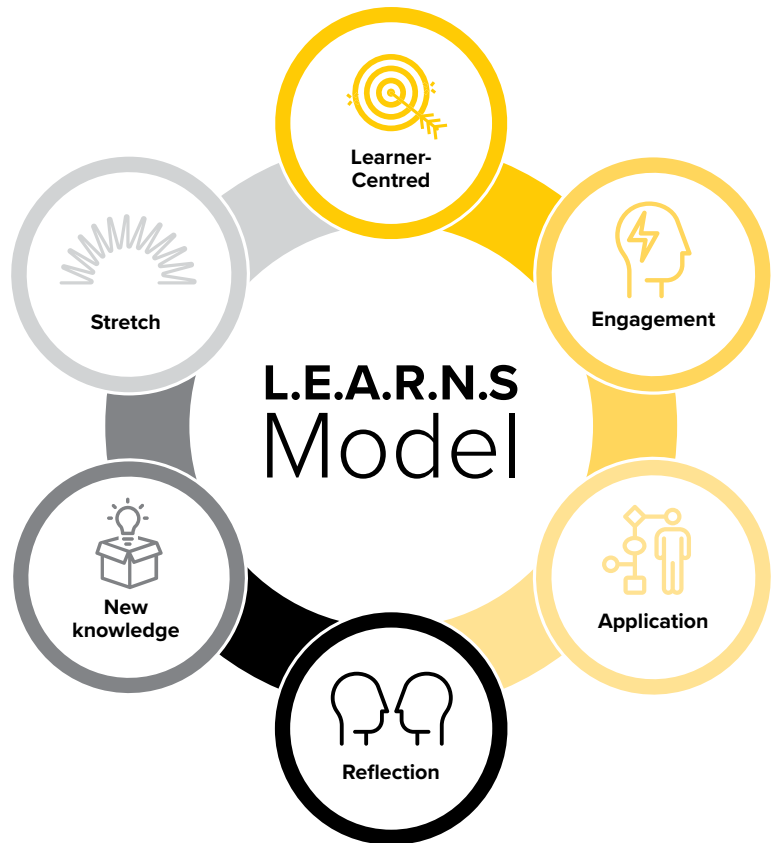


Collaboration has been a key theme, in doing this we have placed a significant emphasis on building stronger relationships between regional stakeholders, resulting in a greater buy-in by RSOs, sports clubs, schools and decision-makers (i.e. councils, funders and health agencies). Leading to a willingness to work together for the greatest impact for our communities.

Community Sport Team taking Participant Centred Approach

The **Community Sport Team** aims to increase meaningful experiences for those involved in sport and active recreation leading to a healthy active life. We have continued our engagement with partner organisations to support the development of systems, pathways, processes, structures and the overall capability of the sport and recreation sector. To achieve this and maximise the potential of those involved we aim to provide learning environments across all our programmes and initiatives.

Through the facilitation of learning opportunities we recognise that learning requires information, opportunity to practice new skills, ability to translate new knowledge and skills into the context of the learner, and the opportunity to enhance overall comprehension and mastery of the skill. We are implementing the LEARNS model across our work.



Learner-Centred

Putting the learner's needs at the centre of what we do

Our learners are varied and include:

Teachers, businesspeople, sports administrators, parents, coaches, principals, young people, athletes, volunteers, community champions, sport providers, student coaches, sport leaders. Programmes need to be flexible and adaptive to the needs of individuals in any given learning opportunity.





Engagement

Engaging people in the process of learning

Throughout the year our diverse team run a series of projects and programmes designed to engage people in the learning process.

Lead Teacher Forums enable participants to display leadership by sharing learnings wider with external colleagues and are taking responsibility of the influence they have on children's quality experiences: One school created a feedback environment through observing one another's PE sessions.

Community Led Projects such as Kairangi Touch saw community residents, youth and a core group worked together to develop and deliver Kairangi Touch. The core group, with input from the community, co-created and effectively communicated the narrative across partners and the community resulting in a successful community led initiative.

Collaborative partnerships like the close partnership between Water Safety NZ, Wellington City Council, Hutt City Council and Sport Wellington has influenced change in the Swim Well schools programme and advocated for the Water Skills for Life programme.

Requests for expertise in the volunteer space has seen us involved in various partnership speaking engagements including the: Athletics NZ national conference, Tennis Central club conference, Capital Football club workshop and Squash NZ District manager conference.

Sport Managers and Leaders forum see regional Leaders and Managers gather over a series of annual forums that aim to facilitate collaboration, provide leadership opportunities, and share

Seminar breakfast series

Performance Coach Advance

Volunteers

WCC Sports Talent Development Programme

Student Coach

Whipa Scholarships

Quality opportunities for under 5s

knowledge with key stakeholders in the Sport and Recreation sector. This year the series was themed around what sport organisations might look like in the future.



Application

Taking the opportunity to apply their knowledge to gain understanding

Across our work we apply the principles of locally-led, participant centred, and physical literacy.

Locally led:

“It’s having faith in people and that is enormous. Working with this group it shows if you really support people and build trusting relationships, anything is possible. It requires perseverance and time, but you do need to have people dedicated in that community engagement, locally led approach to make it sustainable.”

Physical literacy:

“From the new language we were using we saw the confidence and competence in young children grow as they were having fun while learning and being engaged on all levels”. “We changed our physical approach to learning and modified our equipment to include noodles, bean bags, hoops and tennis balls to encourage imagination and to also remove any barriers such as fear of a hard ball or bat”.

Kylie Summers, Wellington Softball Association

Participant centred:

I used to think ‘old school’, you know, to be great you have to start young, practise all year round and play in the off-season. Sport Wellington has provided an education through RSO workshops and this has certainly helped me change my perception around athlete development. In the foundation years especially, teach the fundamentals, keep it fun and let them play it all.

Scott Richardson, Community Development Officer, Capital Zone Basketball

“It’s about knowing my students, helping them to feel successful and embracing all aspects of their individual needs. Holistic!”

Primary School Teacher

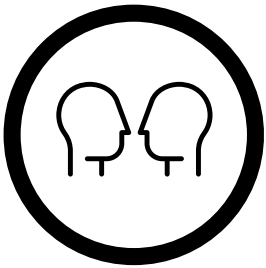
Recognition of Volunteers:

Volunteer acknowledgement is about telling stories of the impact that volunteers have on other people. This year the story of Bubs Reweti, netball coach, mentor and volunteer demonstrates the impact of volunteering in the Wellington Netball community. Stories like this allow us to truly understand the impact of a volunteer. Parent volunteering, coaching, and Māori female involvement are all themes that this story has brought to life.

Coach developer



Coaching for character



Reflection

Promoting learning through reflection

SportStart learnings:

- “I know that there is a purpose to every lesson that I give. I now see the importance in developing those fundamental skills that are age-appropriate and targeted at their developmental stages and building foundations. I can see the progression. I’m not doing things at random now and I have targeted lesson plans which is great”.
- “I have a deeper understanding of my role as an educator and a better knowledge of what to do to develop certain skills. I feel more confident to allow the students a greater degree of autonomy in changing adapting activities to suit their skill level. I’ve learnt to stand back more and observe closer as the students work”.

Softball Wellington’s volunteer journey

“Wellington Softball Association did not have a volunteer plan in place until we started our KiwiSport Journey, where we used a basic template to identify all our volunteers and what their roles are in our community. Sport Wellington gave some great feedback and positive direction on how we could utilise this plan to recognise and support our volunteers.

The best thing to come from this plan is that our association’s board has identified this plan as priority in any yearly planning activities. The first thing we did was to formally recognise all the club volunteers and asked clubs to send in their Volunteer of the Year to us and we awarded all these club members at our annual awards evening.”

Support for Wellington Golf

“With additional support from Sport Wellington around volunteerism, Wellington Golf has done some good work around developing and creating a supportive environment for volunteer coaches through our Volunteer Plan, alongside PGA NZ, [and] have now developed training resources for their volunteer coaches that will now be rolled out nationwide.”

Leading Leaders Programme

“The programme has given me time to reflect on leadership styles and the impact this has on those working with me or alongside me in the sporting context. Fantastic that there is always something to learn from others and that leadership is the ability to adapt, have a flexible interpersonal approach and be open to new challenges.”



New knowledge

Constructing new knowledge from those in the room

We understand that the learner is an information constructivist and learning activities become more effective when we include elements of this in the design of the activity. People actively construct new information when it is linked to prior knowledge, reveal discrepancies, applied to related problems and is purposely reflected on.

Coaching for Character

“In my 20 years as a head basketball coach I’ve never been as profoundly confronted or positively challenged. The programme has inspired me to reassess the meaning and interpretation of what it means to be a coach. This programme has also equipped me with the techniques to reveal my blind spots, take responsibility and develop a deeper connection with my players.”





Stretch

Giving it a go with our key customers

We stretch ourselves by constantly looking for creative ways to improve the work we do and how we support the work of others.

Leadership Day for primary-aged students

Sport Wellington partnered with Activation (Upper Hutt City Council) in the design and delivery of 'Leaders Day' reflecting a physical literacy approach with children to be more engaged in meaningful learning opportunities. Participants provided their reflections of the day:

"It was fun with my friends. It was good to meet new ppl. Excited to go back to our school and do leadership stuff."

"How to be leaders, show respect, how to help others. How to communicate without talking."

"Learning new things. Getting to know different people, working with students from other schools."

Pilot project offers inclusive sporting opportunities for children with disabilities

"We tried netball...if you can't catch the ball and you can't throw it accurately, people stop passing to you," Susan said. "It's quite awkward as they get older and the gap becomes bigger, it's hard to find places that are more accepting ... sometimes they get a bit too competitive."

However, on Thursday afternoons at the Hutt Indoor Sports Centre, Bella was able to learn new skills and do physical activity, at the Community Sport Children for Disabilities programme.

"You need the inclusive attitude; they're all having a go." Susan said.

When asked what her favourite part of the programme is, Bella, 9 years old, "Learning a new sport every time and different activities," she said. This one is better than other things because "normally all the other kids would know all the games." As she ran back to join the other children on the trampolines Bella yelled "I'm having a great tiiiiime".





Developing Great Wellingtonians

The **Sport Wellington Performance Hub** is devoted to developing people who are ready to take on the demands of the future world. We believe in challenging traditional notions of talent development and re-designing what it means to nurture athletes of potential. For us, performance is about the quality of the person, not just winning medals.

Wellbeing 2030

Our aim in the Performance Hub is to positively impact the wellbeing of

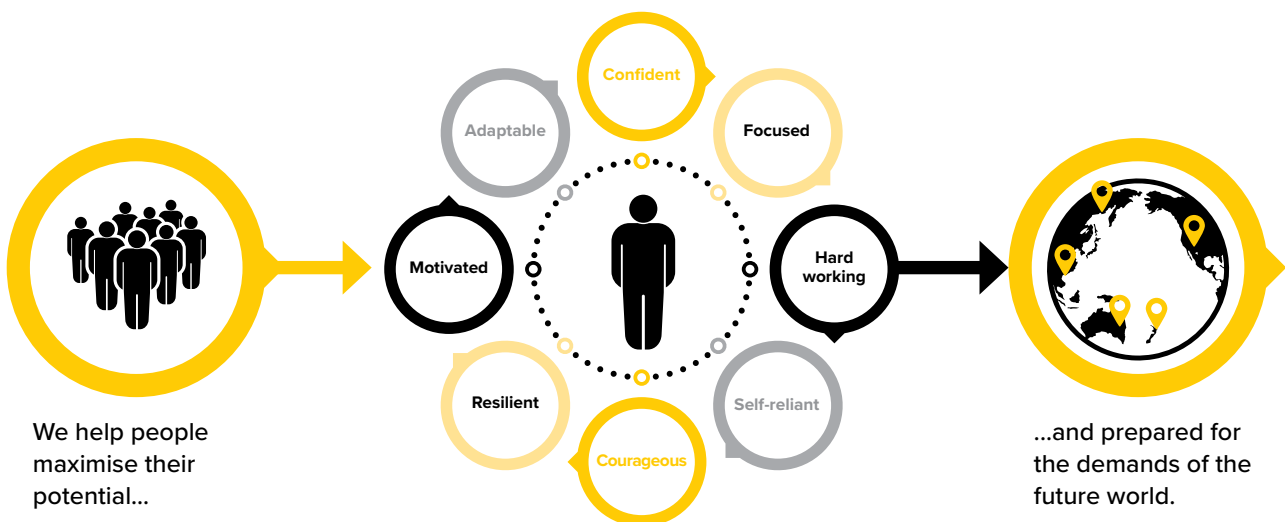
Wellingtonians. Research shows that the world of the future is going to be a demanding place; where people are going to have to be deeply knowledgeable, skilled, adaptable, motivated, and able to work with a diverse range of people.

As part of our commitment to developing great people, we use sport as the vehicle to create learning environments where young people can try, fail, succeed, iterate, and develop; so they are self-empowered to be the best they can be.

“I have enjoyed bonding with the other groups and meeting new people. I have enjoyed the activity based learning. I have learnt how to take care of my body while training often, how to manage my training load and that there is no rush to be the best.”

Netball Wellington Centre Talent Development Athlete

What do we do?



We help people maximise their potential...

...and prepared for the demands of the future world.

...so they are self-empowered to be the best they can be...

Our work:

We work with young people, parents, coaches, and sport administrators from the Wellington region through the following programmes: Wellington City Council Sport Talent Development Programme, Coaching for Character, Performance Coach Advance, Development Coach Advance, Athlete Development, and the Speaker Series.

Partnering with communities

This year the Performance Hub has focused on how to best connect and partner with our communities. We believe that knowledge, when shared, has the greatest impact. This led to the creation of the Developing Great Wellingtonians strategy; a multi-faceted campaign that advocates for the value of sport and unites sport, businesses, and education.

As part of the strategy, we are constantly looking for ways to be innovative and creative with how we connect not only with the people we work with, but also the broader communities that we work in. We want to work with people whose values and beliefs align with ours and we are dedicated to taking a flexible, agile and co-design approach to each partnership.

Would you like to partner with us to help grow our impact?

Champion Partner
 You want to champion the work the Performance Hub does and enable us to grow our resource and capability.

Gold Programme Partner
 You identify with one of our six key programmes and want to have your name associated to this piece of work.

Silver Programme Partner
 You want to support an aspect of our programmes, whether that's an individual athlete, speaker or podcast episode.

Bronze Partner
 You want to provide resource, advice, and/or opportunity to support the work we do.

For more information email meaghanw@sportwellington.org.nz



Developing coaching and leadership skills in our young people

Mana Manaaki. 'Building the mana of others, through nurturing, growing and challenging.'

2019 saw the continuation of **Student Coach programme** across the Wellington, Kapiti and Wairarapa regions.

The key purpose of the programme is to provide student coaches with a "coaching toolkit" so that they can help their athletes/players to have great sports experiences. Developing coaching and leadership skills in our young people, the programme increases the student coaches confidence to coach which increases their enjoyment and that of the participant.


Our partnership with College Sport Wellington targeted Regional Sports Organisations and participating secondary schools saw the facilitation of seven regional workshops and a series of in-school sessions. The workshops and in-school sessions provided learning opportunities for student coaches to build new coaching knowledge, to practice their coaching in a safe setting, and then reflect on what went well and how to make it better for next time.

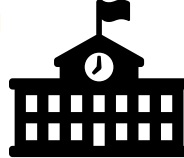
For Annalise Hames, Year 13, football student coach at Wellington Girls College, the workshop that she attended was "Really helpful in developing my understanding of coaching. I haven't done a lot of coaching in the past so getting these key ideas is really helpful".

The programme also provides immediate benefits to the schools with many student coaches playing a significant role in

volunteering to coach teams within their schools. Carolyn Kirkpatrick, Director of Sport at Wellington Girls College said, "We don't have nearly enough parents willing and able to coach the students and we couldn't have half the teams we have without student coaches."

368  **student coaches** participated in programme

3,950  the coaches who attended will coach/did coach 3,950 players/athletes

27  The student coaches who attended came from 27 different **secondary schools**

28  **Coach Developers** from different Regional Sports Organisations supporting the development of the coaches

STUDENT COACH WORKSHOPS FOR WINTER CODES
1. AT TE RAUPARAHA ARENA, PORIRUA
2. AT ASB SPORTS CENTRE, KILBIRNIE

Sports that participated – Futsal, Hockey, Floorball, Football, Netball, Volleyball, Touch, Basketball, Rugby





Celebrating success and encouraging participation

Brendan Foot Supersite Round the Bays fun run

2019 marked the start of a new Naming Rights sponsor for this iconic Wellington event. Brendan Foot Supersite Round the Bays took place on 17 February 2019 under a cloudless sky as over 12,000 people made their way around the famous waterfront route.

With three distances to choose from (6.5km, 10km, 21km) there was something for everyone, with the event priding itself on being accessible for people of all ages, stages and abilities. For the first time ever, all water stations utilised reusable cups made from recycled products. This prevented 40,000 cups ending up in landfill and marked a significant step towards the event becoming waste-free.

Live bands and on-course activations contributed to making it a memorable and fun experience for participants, and a new

layout at the Finishers Festival on Kilbirnie Park resulted in a record number of kid's activities, food stalls, marquee sites, BBQs and performances.

An incredible team of 400 volunteers fulfilled a variety of roles that made the event possible. Sport Wellington strongly advocates the importance of volunteers in the sport sector and are very grateful for their support. "It was awesome to see people out, enjoying and testing themselves. Their fun made my day." First-time event volunteer.

Thanks to all of our sponsors and to the Wellington community for making this such a special event.

We look forward to seeing you at the start line on 16 February 2020!

“It was awesome to see people out, enjoying and testing themselves. Their fun made my day.”

First-time event volunteer
Brendan Foot Supersite
Round the Bays 2019

ROUND THE BAYS 2019



KAYLA IMRIE, SUPREME SPORTS AWARD WINNER WITH JAMIE WILLIAMS, KAPURA.



JANIECE POLLOCK, WINNER DISABLED SPORTSPERSON OF THE YEAR WITH MINISTER GRANT ROBERTSON.



PORIRUA GROUP, LE ART



KAPURA SPORTSPERSON OF THE YEAR AWARDS 2019

Kāpura Sportsperson of the Year Awards 2019



Matariki hunga, Matariki ahunga nui. 'Matariki has many admirers, Matariki brings us together.'

The **Kāpura Sportsperson of the Year Awards** serves to acknowledge and promote the contribution that sport makes to the wider Wellington community. Marking the event's 40th anniversary, Sport Wellington drew inspiration for the evening's theme from Matariki – the cluster of stars which rises mid-winter and for many heralds the start of a new year and a chance to reflect on the past, celebrate the present and plan for the future.

The event opened with a karakia by Howie Tamati MBE before Jason Pine took to the stage to oversee the presentation of 12 category awards, in which 23 sports were represented. Throughout the evening, guests were treated to an inspiring range of high-quality performances from the NZ School of Dance, Colossal and Le Art.

An interview with Waimarama Taumaunu gave a unique insight into the life of an NZ sporting icon before Kieth Quin officially unveiled Allan Hewson, Michael Kenny, Naomi Shaw and Trish McKelvey as the latest Sports Legends of Wellington inductees.

For the 800 attendees, the night culminated with Kayla Imrie winning the coveted Supreme Sportsperson of the Year Award for her achievements in Canoe Sprint Racing. Not only is Kayla an outstanding athlete, but she is also a role model at Mana Kayak Racing Club, getting involved in training sessions and regattas to help guide, influence, and encourage the younger members.



SPORTS LEGENDS OF WELLINGTON INDUCTEES; MICHAEL KENNY, NAOMI SHAW, NIGEL SHAW (GIBSON SHEAT - SPONSOR), TRISH MCKELVEY, ALLAN HEWSON.

Category Winners

Kāpura Supreme Sports Award
Kayla Imrie - Canoe Sprint Racing

Wellington Sports Med Sportswoman of the Year
Kayla Imrie - Canoe Sprint Racing

Te Kairanga Sportsman of the Year
Roy Krishna - Football

Holdsworth Charitable Trust Disabled Sportsperson of the Year
Janiece Pollock - Athletics (Special Olympics)

Capability Group Coach of the Year
Bruce Edgar - Cricket

Hiremaster Team of the Year
Team Wellington – Football

Wellington City Council Emerging Sportswoman of the Year
Josephine Reeves – Athletics

Tradie NZ Emerging Sportsman of the Year
Billy Proctor – Rugby

Hutt City Council Lifetime Achievement Award
Dayle Jackson – Hockey

The Dominion Post Personality of the Year Award
Ardie Savea – Rugby

Speedy Signs Wellington Central Club of the Year
Kilbirnie Tennis Club

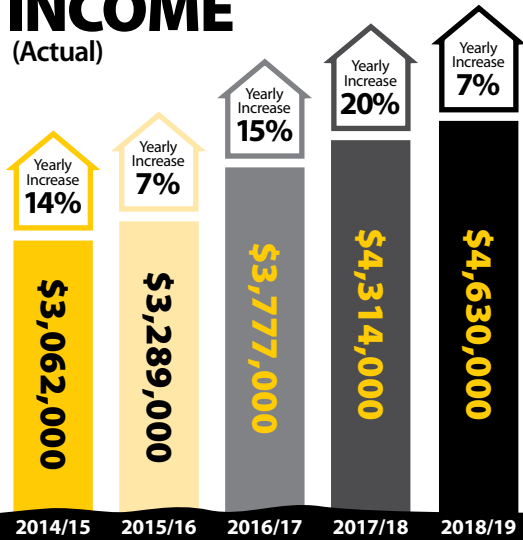
Trish McKelvey Leadership Award
Sally Morrison – Cricket/Hockey

BDO Official of the Year
Gareth Fowler - Netball

Fortune Favours Volunteer of the Year
Karen Wallace – Hockey

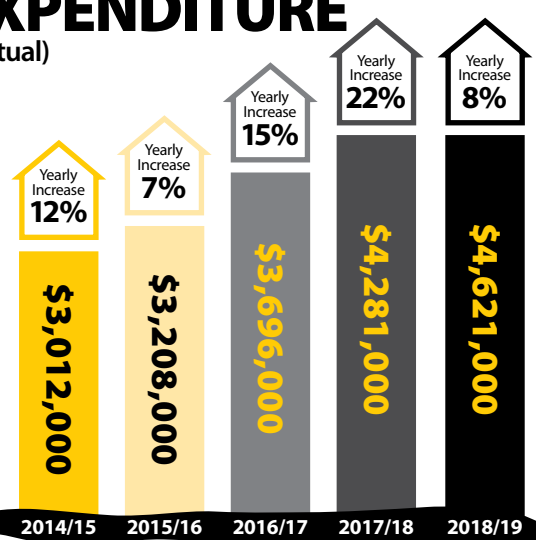
TOTAL INCOME

(Actual)

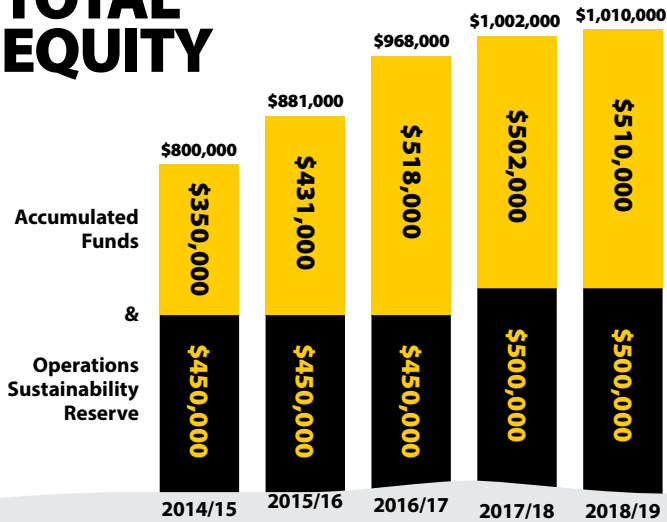


TOTAL EXPENDITURE

(Actual)

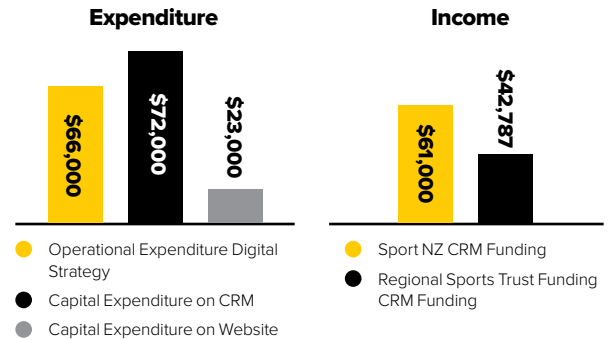


TOTAL EQUITY

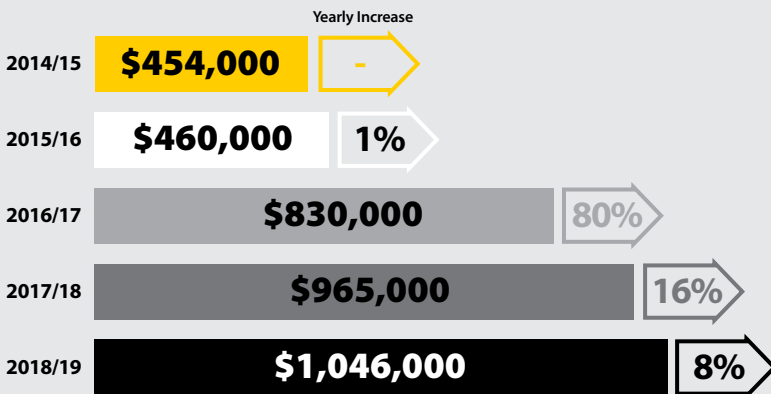


DIGITAL STRATEGY

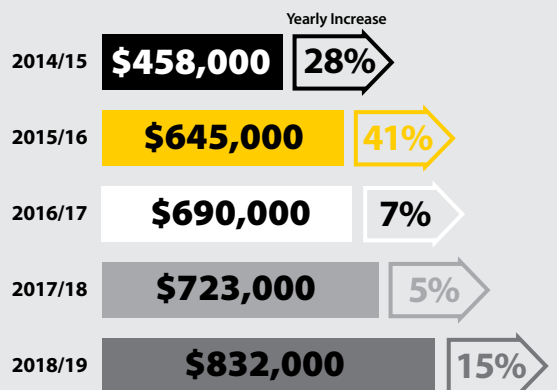
CUSTOMER RELATIONSHIP MANAGEMENT (CRM)



HEALTH EXPENDITURE



COMMUNITY SPORT EXPENDITURE



The Wellington Regional Sports Education Trust

Statement of Financial Performance

for the year ended 30 June 2019

	2019	2018
	\$	\$
Revenue from non-exchange transactions		
Government grants	1,285,142	1,217,338
Sport NZ funding	1,321,050	1,176,859
Other grants	1,020,426	910,243
Sponsorship revenue	375,881	226,326
	<u>4,002,499</u>	<u>3,530,766</u>
Revenue from exchange transactions		
Event fees	416,542	453,612
Interest revenue	47,432	61,844
Rental revenue	40,244	40,588
Resource sales revenue	26,196	25,426
Other revenue	96,600	51,237
	<u>627,014</u>	<u>632,707</u>
Total revenue	<u>4,629,513</u>	<u>4,163,473</u>
Expenses		
Employee related costs	2,923,762	2,681,179
Resources	75,417	60,497
Vehicle expenses	35,766	37,810
Promotion and communication	435,440	175,457
Programme delivery	744,841	810,501
Corporate expenses	295,752	285,673
Depreciation	104,902	74,662
Other expenses	5,461	4,430
Total expenses	<u>4,621,341</u>	<u>4,130,209</u>
Total surplus/(deficit) for the year	<u>8,172</u>	<u>33,264</u>
Other comprehensive revenue and expenses	-	-
Other comprehensive income and expenses	-	-
Total comprehensive revenue and expenses	<u>8,172</u>	<u>33,264</u>
Total comprehensive revenue and expense for the year	<u>8,172</u>	<u>33,264</u>

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

The Wellington Regional Sports Education Trust trades as Sport Wellington.

Sport Wellington thanks BDO for the provision of audit services in 2019.

The Wellington Regional Sports Education Trust

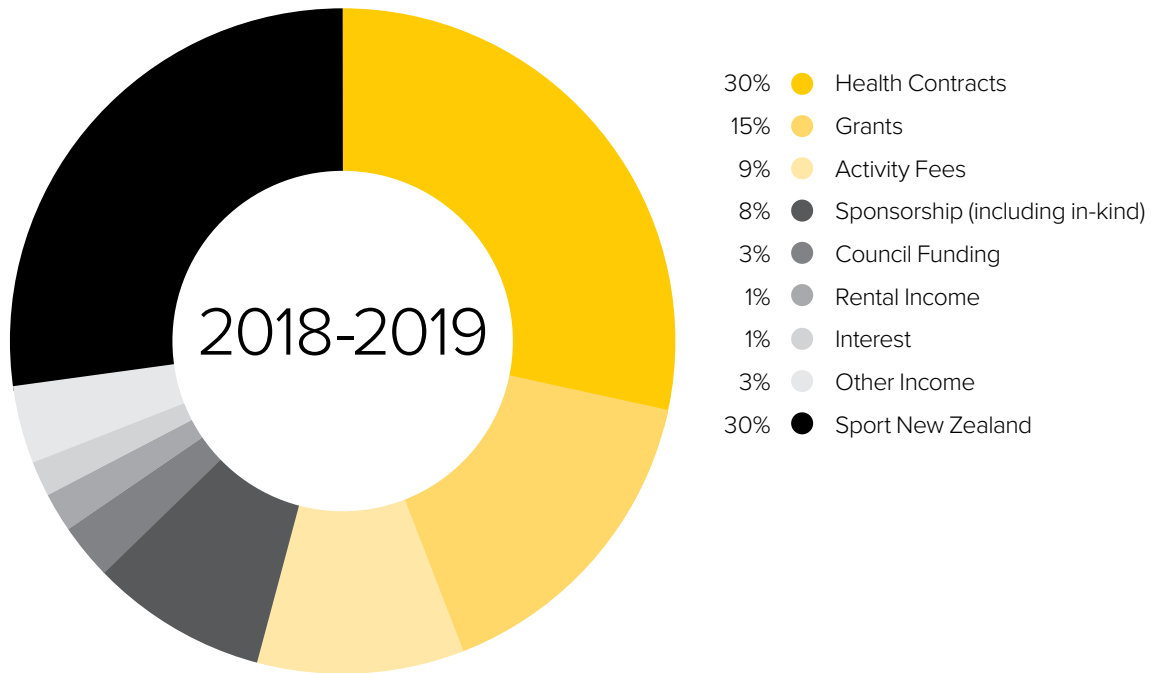
Statement of Financial Position

for the year ended 30 June 2019

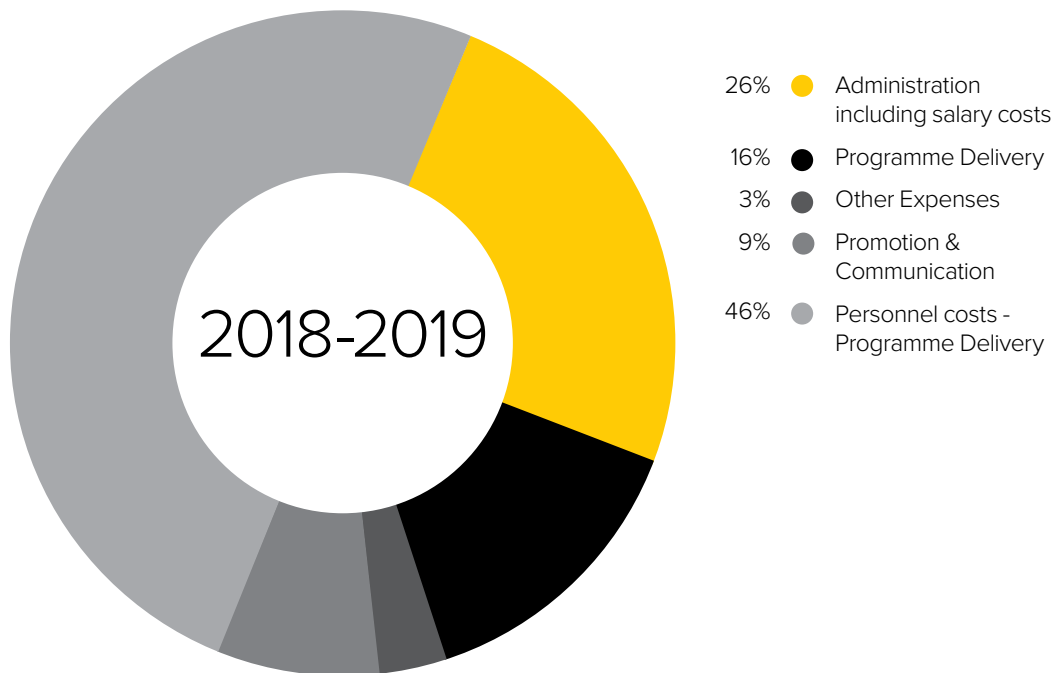
	2019	2018
	\$	\$
Current assets		
Cash and cash equivalents	363,338	90,442
Investments	1,330,000	1,688,313
Receivables from exchange transactions	70,415	46,004
Receivables from non-exchange transactions	465,074	468,988
Prepayments	24,108	25,504
	<u>2,252,935</u>	<u>2,319,251</u>
Non-current assets		
Property plant and equipment	269,595	176,789
	<u>269,595</u>	<u>176,789</u>
Total assets	<u>2,522,530</u>	<u>2,496,040</u>
Current liabilities		
Trade and other creditors	316,039	207,553
Employee entitlements	99,170	83,561
Revenue in advance from non-exchange transactions	166,378	388,932
KiwiSport non-operating funds	931,182	814,405
	<u>1,512,769</u>	<u>1,494,451</u>
Total liabilities	<u>1,512,769</u>	<u>1,494,451</u>
Net assets	<u>1,009,761</u>	<u>1,001,589</u>
Equity		
Accumulated comprehensive revenue and expense	509,761	501,589
Operations sustainability reserve	500,000	500,000
Total net assets attributable to the owners of the controlling entity	<u>1,009,761</u>	<u>1,001,589</u>

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

Total Operating Income 2018 - 2019



Total Operating Expenses 2018 - 2019



Board of Trustees and Staff

for 2018/19

Board of Trustees

Chair

Grant Richardson
David Clarke

Trustees

Andrea Blackshaw
Baubre Murray
Clare Elcome
Darrin Sykes
Dianna Taylor
Grant Baker*
Grant Richardson

Karen Aitken
Lance Walker
Lorena Stephen
Nicola Airey

Board Future Director:

Gareth Juene
Hamish Mitchell

Deputy Chair

Lorena Stephen

Sport Wellington Staff as at 30 June 2019

Chief Executive

Phil Gibbons

KiwiSport

Jamie Leith

Healthy Lifestyles

Anya Hape
Amanda Rasch
Amanda Rota
Ashleigh Baker
Campbell Clarke
Hoani Siueva
Jessica Thompson
Kate McCartney
Katie Siueva#
Lisa Tagaloa
Louise Grieve
Sarah Crean*
Sega Elise
Stewart Guild
Toshy Rapana
Bronwyn Drysdale
Kristen D'Silva*

General Manager

Michael Woodside

Community Sport

Amanda Taylor
Aidan O'Connor*
Cam Durno
Georgina Duindam
Kelly Curr*
Ken Allen*
Kevin Wilson*
Mark Shanks*
Mark Watson
Meaghan Wilby
Patrick Simpson
Paul Cleary
Tania Bartley
Tim Mannix

Support Services

Allison Yannakis#
Brianna McKenzie*
Hanna Baird-Herron
Nikhil Chand
Paul Abbott
Willie Unuka

Commercial Development and

Marketing

Kirsten Kilmister
Daniel Grubner

Futures

Julie Moularde#
Kerry Walker*
Michelle Hayward
Nicky Sherriff

Events

John Grieve
Kathleen Lask
Mathew Young
Samantha Bryant*
Sarina Balu*
William Hannah

Sport Wellington Wairarapa

Cameron Hayton*
Dayle Clarkson
Kerewai Tatana
Shona Bunny

* resigned during the period of 30 June 2018-1 July 2019

on maternity leave

Our cultural journey

He waka eke noa' 'we are all in this together'

To engage with Māori you need to have an acute awareness of Māori in terms of whanau, whakapapa, tikanga, and wairua. As an organisation we have only just started our journey. We have staff who are willing to engage in embracing Māori culture which has enhanced both our work and personal relationships, and given us a more meaningful and real appreciation of Māori. The following are quotes from staff regarding their own journeys...

“ I attended the Treaty of Waitangi training only a couple of months after I had started at Sport Wellington. It was very powerfully delivered, and it was clear that there was momentum from staff to build their own knowledge of Te Ao Māori from a personal, regional and national perspective. Although it took some time to navigate next steps, a staff led approach was taken and ultimately, I feel this has now firmly embedded our journey within the organisation. Personally, I have continued to build my knowledge of Te Ao Māori. I see this as important to me as a leader within the organisation and sector, but also as a father of three children who have more knowledge in this area than I ever had. ”

Michael Woodside
General Manager

“ For me the journey has been one of supported, self-paced learning. Sport Wellington has provided an environment in which I have been able to challenge myself and try new things. Through well planned learning sessions I was able to 'have a go' and build my understanding and confidence to not only research and increase the content of my mihi, but also take opportunities to lead karakia and share whakataūaki at the beginning of workshops. ”

Paddy Simpson
Community Sport Manager

“ I have always had a background in Tikanga Māori and while I can't speak it fluently, I know the importance of it. Sport Wellington are embracing the new learnings that will help build relationships which will open doors in terms of our engagement with Māori. Sport Wellington will continue the Maori Action Plan Group that has a strong representation of people. I'm involved in this because it is my duty as a Māori to ensure our people get the best resources possible from an organisation that is passionate to help the betterment of our people – that is reason why I work within this space at Sport Wellington. ”

Willie Unuka
Support Services Manager

“ Since Sport Wellington's quest begun in acknowledging and understanding Māori tikanga this has impacted and influenced me to go on my own journey of personal discovery of understanding WHO I am and being PROUD of what I am. The Tiriti o Waitangi workshop was an eye opener, the truth hurts, and this workshop stung! As a Māori myself I understood the pain, why there is so much hurt between European and Māori. I feel this has impacted positively to support us in Māori practices and how we work with and encourage Māori.

Being a part of an organisation and team that supports diversity and encourages us to reflect on our own personal needs is something I am grateful for. ”

Kerewai Tatana
Healthy Lifestyles Coordinator -
Wairarapa



Sport Wellington's Future Focus

The formation of the **Futures team** is enabling Sport Wellington to plan for and respond to, the ever-changing landscape that we work within. The team encompasses insights and evaluation, regional development, and organisational mid to long term planning, with key deliverables being the Living Well strategy, insights and evaluation planning, strategic relationship management, and Sport Wellington's three-year business plan.

In the 2019-20 year, the Futures team will focus on supporting our Board of Trustees to develop Sport Wellington's new Strategy and provide a platform for the organisation to rapidly progress into the new strategic cycle.

Sport Wellington's Beyond 2020 Strategy will confirm the organisation's purpose within the Wellington region and provide clear direction on the areas of work where we can have the greatest positive impact on wellbeing through physical activity.

The increased focus on the future has come at an opportune time, with government strategy and policy set to impact across

all areas of Sport Wellington's work as we develop our next Strategy. The introduction of the Living Standards Framework, delivery of the Wellbeing Budget, and the release of the Child and Youth Wellbeing Strategy are set to inform the outcomes we will be seeking, and where investment will be required. Utilising these documents, as well as broader environmental scans of potential drivers for change, has been useful to guide efforts to pilot initiatives, and determine potential new collaborative relationships.

The release of Sport New Zealand's 2020–2032 Strategic Direction, and 2020–2024 Strategic Plan in October confirms the narrowing of Sport NZ's focus from 2020 to 2024 to tamariki (5 to 11-year olds) in play and physical education, and rangatahi (12 to 18-year olds) in active recreation and sport.

Sport NZ will continue to be a key partner for Sport Wellington, as will several other critical stakeholders. Work with these partners will help shape the broader relationships and partnerships that will be critical to our future success.

In the 2019-20 year, the Futures team will focus on supporting our Board of Trustees to develop Sport Wellington's new Strategy and provide a platform for the organisation to rapidly progress into the new strategic cycle.



A year of change and evolution

Chair's report

2018/19 was another big year for Sport Wellington across all aspects of the business. The board said goodbye to three members including outgoing Chair David Clarke after 11 years on the board and welcomed in four new members - Dianna Taylor, Lance Walker, Andrea Blackshaw and Baubre Murray – all of whom have come up to speed with Sport Wellington, the strategic plan and what we are all about. This smooth transition has meant the business hasn't missed a step or slowed down during a busy period.

With the current Strategy coming to the end of its life cycle in June 2020, the board has started the process of developing the next Strategy that will take Sport Wellington through to the middle of 2024 and beyond. As this Strategy will underpin the direction and structure of the business going forward its importance to the business can't be underestimated. A process plan has been created and the board, Chief Executive and management have started work on creating the Strategy. As stakeholders, it is critical to have your input into our strategic plan and this will happen in late 2019.

Sport Wellington has taken the full value from previous IT investments and this last year has been about investing in some new business-focused technology. This has improved our knowledge sharing (shared database), stakeholder management (CRM), ability to work effectively remotely (laptops and office 365) and ability to communicate and interact with our community and stakeholders (website). A big thank you to the team that delivered each of these projects and all the staff who embraced the change and are now utilising these great digital technologies.

“With the current Strategy coming to the end of its life cycle in June 2020, the board has started the process of developing the next Strategy that will take Sport Wellington through to the middle of 2024 and beyond.”



Once again, the business has grown, interacted, supported and helped more of the community throughout the greater Wellington region. On behalf of the board, I would like to thank all the staff that put in a huge amount of hard work to make Sport Wellington successful. Special mention to Phil Gibbons who has been successfully steering the ship for the last seven years, and the way he works with both the board and the staff to create success throughout the community. Without the support from our stakeholders, sponsors, community funders, DHBs, ACC and Sport NZ we would not be

able to achieve our goals and outcomes in the community, so a big thank you for your continued support.

Finally thank you to all my fellow board members for all their hard work, enthusiasm and the knowledge that you bring to every meeting and interaction with the team at Sport Wellington.

Grant Richardson
Chair



Wellington Office

Level 1, 223 Thorndon Quay, Wellington
PO Box 24 148, Manners Street, Wellington 6142
phone (04) 380 2070
info@sportwellington.org.nz

Wairarapa Office

Cnr Jackson & Chapel Street, Masterton
PO Box 699, Masterton 5840
phone (06) 370 0157
wairarapa@sportwellington.org.nz

Hutt Office

Pelorus Trust House
Hutt Park, Seaview, Lower Hutt
phone (04) 560 0300



Supporting a healthy, active region.

www.sportwellington.org.nz



facebook.com/SportWgtn