



**Sport**   
Gisborne | Tairāwhiti

# ANNUAL REPORT

2019-2020

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# REPORTS

## FROM THE CHAIR

### Steve Berezowski

The second half of this year has proven to be one of the most challenging and disruptive times. COVID and its associated Alert Levels forced a big change of direction for our organisation as we concentrated on response and recovery for the sporting and health sector. As a result our Board decided to delay the development and implementation of a new Strategic Plan until the beginning of the 2020-2022 Financial Year. For the balance of this year we have a single year plan to support our community towards resetting, rebuilding and growing stronger for the future.

Overall, we have come through Alert Levels 3 and 4 well. Our CEO, Stefan Pishief and his team worked tirelessly throughout these times to keep connected with our community and support them through the tough times. This led to the strengthening of established relationships and enabled us to build a number of new ones with associations that in the past have been a bit reluctant. Our Health team faced their own set of challenges and struggles but managed to keep in contact with their clients and continue supporting them using every means available to them. The



quality of Stefan and his Management Team's leadership came to the forefront in guiding and supporting our staff as they navigated through this extremely harrowing time. All staff need to be congratulated for the way they admirably managed the changes and the ensuing workload.

At the beginning of this year we appointed three new members to our Board taking our numbers to ten. The range of knowledge and experiences these three "highly skilled women" bring to the table add value to and strengthen our board as well as increasing our diversity to better reflect the community we serve. These appointments also enabled us to meet the 40% gender target set by Sport NZ.

In closing, I would like to extend my thanks and appreciation to my fellow board

members Grant Bramwell (Deputy Chair), Andy Cranston, Naomi Whitehead, Walton Walker, Theo Ackroyd, Lyall Evans, Alice Pettigrew, Belinda Mackay and Tui Babbington for their support and contributions throughout the year. I have enjoyed the privilege of working with this dedicated group of individuals who have all played instrumental roles in guiding our trust with their insights and unique expertise.

## FROM THE CEO

### Stefan Pishief

Where to start when describing 2019-2020? This past year will long stand out in the memory as it tested the resolve of our entire country. I was extremely grateful for the professionalism and dedication shown by our team during the COVID lockdown and beyond (ngā mihi nui). It's fair to say that everyone struggled at times given the scale of uncertainty unfolding before us, yet the team was determined to support and work with our community. Ka topa te manu ki te rangi.

That support had to come in many forms. With our extensive hauora services we needed to reach out, modify our approach, and ensure a continued level of service for some of our more vulnerable community members.

We also witnessed the massive impact of COVID upon sport and recreation. Playing sport can be taken for granted, yet it is reliant on committed individuals and organisations with limited resources. Advocating on behalf of our sector, and administering vital funding, were two of the more practical ways where we were able to assist. I also need to pay tribute to the many great sporting leaders we have here in Te Tairāwhiti who made sacrifices and put the needs of the community first in their decision-making.

And then we come to our funders. They allow us to do the great mahi that we do, and they need to be commended



and thanked for the rapid assurances and funding commitments they gave. We were also extremely grateful for the generous bequest we received from the estate of the late Les McGreevy. Thank you.

As significant as it was, I don't want the impact of COVID to be the sole narrative for the year. Extremely pleasing developments were the creation of our new organisational values, and our ability to better support our communities on the East Coast. Having more of a presence on the Coast has been an aspiration of ours in order to enhance health and well-being, and to ensure equitable support across Te Tairāwhiti.

The creation of our Community Connector position in Ruatorea has created new and important relationships for our organisation, and added momentum to many of the great initiatives being planned by local champions. The establishment of our new Manawakura team, (as part of the roll-out of Healthy Active Learning), has also strengthened our ability to support

the Coast and wider region. Although centred in kura, this is an all-encompassing approach that will ensure engagement with whānau and the community around quality activity and nutrition.

And finally, I want to thank the SGT Board and our Chairperson Steve Berezowski. We have a fantastic Chair and board who provide great leadership and engagement for the work that we do, and who were a tremendous support during a very challenging year. It has been a pleasure working with you all.

# OUR BOARD



**STEVE BEREZOWSKI**  
Chairperson



**GRANT BRAMWELL**  
Deputy Chairperson



**TUI BABBINGTON**  
Board Member



**THEO AKROYD**  
Board Member



**NAOMI WHITEWOOD**  
Board Member



**LYALL EVANS**  
Board Member



**ALICE PETTIGREW**  
Board Member



**ANDY CRANSTON**  
Board Member



**BELINDA MACKAY**  
Board Member



**WALTON WALKER**  
Board Member



# OUR TEAM



**TRACEY HARKESS**  
Communications Advisor



**CARL NEWMAN**  
Talent Lead



**DEBBIE HUTCHINGS**  
Event Coordinator



**HANA WILKINSON**  
In-Home Strength & Balance Physiotherapist



**KATE RHODES**  
Dietitian



**TYLER KIRK**  
Active Communities Lead



**HELAYNA RUIFROK**  
Active Communities Advisor



**SARAH POCKOCK**  
Active Communities Advisor



**WADE MANSON**  
Active Communities Advisor



**TONI HOSKIN**  
Active Health Manager



**DARRYL CRAWFORD**  
Active Tamariki Lead



**KATE NEY**  
Active Tamariki Advisor



**VICTOR HERBERT**  
Active Tamariki Advisor



**MARINA KIRIKIRI**  
Mokopuna Mataara Kaiārahi



**SHANE LUKE**  
Whakanuia Whānau Kaiārahi



**KERRY PEGRAM**  
GRx Client Support



**TORI SAUNDERS**  
GRx Client Support



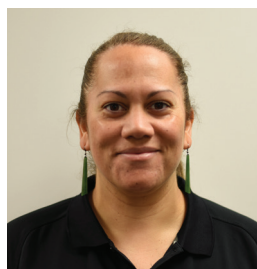
**STEVE ALLEN**  
GRx Client Support



**LIBBY TE RAUNA**  
Pipī Paopao Kaiārahi



**RAWINIA PARATA**  
Community Connector



**KYLIE TURUWHENUA-TAPSELL**  
General Manager Sport & Operations



**PIP THOMSON**  
Office Manager



**STEFAN PISHIEF**  
CEO

# AT A GLANCE

849

GREEN PRESCRIPTION  
REFERRALS

119

PEOPLE WERE REFERRED TO  
THE IN-HOME STRENGTH AND  
BALANCE PROGRAMME



10

EARLY CHILDHOOD CENTRES  
SUPPORTED BY THE ACTIVE  
MOKOPUNA PROGRAMME

1456

GYMNASTS FROM OVER  
34 SCHOOLS TOOK PART  
IN THE GISBORNE SCHOOL  
GYMNASTICS FESTIVAL 2019

58

CHILDREN REFERRED TO  
GREEN PRESCRIPTION ACTIVE  
FAMILIES

450+

INTERACTIONS WITH  
OUR DIETICIAN



\$136,142

DISTRIBUTED IN CRF 1

10

NEW TAIRĀWHITI  
RISING LEGENDS



50

LOCAL SPORT AND  
RECREATION ORGANISATIONS  
RECEIVED FUNDING THROUGH  
THE COMMUNITY RESILIENCE  
FUND PHASE 1

2189

REGISTERED PARTICIPANTS IN  
THE TITIRANGI MT. EVEREST  
CHALLENGE



\$116,558

IN KIWISPORT FUNDING ADMINISTERED  
ACROSS 18 PROJECTS





# COMMUNITY DEVELOPMENT

## CASE STUDY - RUATORIA

The Community Connector role was filled in February 2020 and has now been in operation for the last 6 months. In that time there have been significant challenges with the global pandemic, however, the East Coast communities have rallied and supported the community connector to engage, develop and support community aspirations.

Some highlights of the last 6 months include a Pop-Up Play in Ruatoria in celebration of the new playground, engagement and establishment of the local advisory board, support and leadership for community facilities (particularly Whakarua Park), Ngati Porou Netball Tournament, and the

organisation of the Ruatoria Colour Run.

The Community Connector has worked with local schools and the community to organise and support Netball and League Workshops.

The aspirations of the East Coast is to have an abundance of opportunities and diverse sporting opportunities at all levels. There is a need for better facilities and connecting bigger organisations to better support the needs of the Coast.

With the establishment of the role and the work of the Community Connector the community itself has started to implement and run their own projects.



# CLUB & CODE DEVELOPMENT

We believe that quality play, active recreation and sport opportunities for young people begin with a strong regional system. To ensure our sporting and recreation organisations have the capability to be sustainable and responsive we offer a mixture of sector-wide and tailored support.

## Coach Development

Our aim is to build a sustainable and accessible coach development system that caters for coaches of all levels, creating more quality sporting opportunities and experiences for both coaches and young people in our region.

Due to our geographical location, it can be a costly exercise for National Sporting Organisations to provide coach development courses in Tairāwhiti. As a result, local coaches can miss out on accessible, affordable opportunities to develop. In response, we consistently work to grow local expertise in Coach Development, so that these courses can be organised locally, at a low cost and in a sustainable manner. In 2019/20 we delivered 4 regional coach developer workshops - training 16 new coach developers.

- » Worked with Regional Sport Director, schools and coach developers to co-design a sustainable 'fit for purpose' coach development model that improves the quality of experience for students. Facilitated initial forum to discuss the proposal and gain understanding/insights from schools and codes before COVID.

## Tairāwhiti Sports Collective

In 2019 we established a collective of sports and recreation organisations with the purpose of sharing, collaborating and advocating for quality sporting experiences for young people in Tairāwhiti. Through facilitating bi-monthly workshops, the collective tackled shared issues as identified by them.

Over the course of 2019/20 we hosted ten workshops covering facilities, secondary school sport, strategic planning, regional participation insights and navigating COVID. The workshops provided an effective platform for a collective voice from the sporting sector. 92% of attendees felt that the work improved collaboration between codes and other organisations.

### NOTABLE ACHIEVEMENTS ACROSS THE YEAR INCLUDE:

- » Developed and piloted an approach with rugby to develop 10 new referees using a coaching model with approval from NZRFU.
- » Co-designed 12 month coaching plan for rowing with the Gisborne Rowing Club.
- » Co-designed regional cricket coach development plan with PB Cricket Association focusing on recruitment and retention, rather than development.
- » Facilitated alongside Bowls NZ a two day coaching workshop with local clubs.
- » Supported the planning of a Gisborne Boardriders female-only coaching workshop
- » Collaborated with local, regional and national organisations to seek out opportunities to work across groups in the coach development space, including Special Olympics, NZ Rugby League and Cricket NZ and Northern Districts.



## CASE STUDY - FACILITIES

We know that many gaps with sport and recreation facilities in Te Tairāwhiti, and that there are a number of facilities that are no longer fit-for-purpose and/or are nearing the end of their lifespan. Our desire to see the implementation of the Community Facilities Strategy gained significant traction during the course of the year.

In collaboration with our partners the Gisborne District Council and Trust Tairāwhiti, we commissioned a significant piece of consultancy work that will conclude in October 2020. The purpose of the work is two-fold; to submit a business case to the Government following the election that will seek significant financial assistance, and to develop an implementation roadmap of facilities for the region. This roadmap will determine where facilities will be located, how they can best be configured, and how their development can be phased.

Critical to the success of this work has been the positive engagement and involvement of our sporting codes and clubs. Our sporting and recreation sectors are willing to hub together and make compromises where necessary to ensure the best outcomes for our community.



# COVID RESPONSE

## Insights

In response to the March COVID Lockdown, we initiated a sector scan to assess the immediate impacts and needs of sport and recreation organisations. Where possible, we connected organisations to external support systems, such as the wage subsidy and alternative funders.

Additionally, these insights were compiled into a report detailing the impact and need within the system. This report was used to advocate with key agencies to provide relief support to codes, and led to the inclusion of sport and recreation rebuild projects within the regional “Rau Tipu, Rau Ora” Regional rebuild plan.

## sector hui

Additionally, we worked to increase collaboration and peer to peer support in the system by hosting a series of COVID recovery online workshops in the months following the March lockdown. These workshops covered a range of topics put forward by the codes and identified through insights, such as alternative funding options, health and safety, understanding sport in the alert level framework and more.

## Winter code support

One key insight to come from the COVID impact assessment was the disproportionate effect had on sports that operate primarily with a winter season.

Post-COVID Lockdown, sports experienced great uncertainty about how to deliver sport with uncharted health and safety requirements. SGT played a huge role ensuring Winter Sport returned to our region.

Based on sector insights, the Active Communities team responded to the Winter codes’ return-to-play sanitation and hygiene needs, easing major burdens for the regional organisations, clubs, and teams.

SGT found resources to purchase a variety of sanitation and hygiene supplies (e.g. hand sanitiser, disinfectant, gloves, etc), creating 120 player/supporter packs and 70 change room packs that supported 28 sports and regional associations. Additionally, in collaboration with the sports codes, SGT designed and printed a variety of signs for display at our sports’ many venues.

Additionally, SGT created new sector-wide conversations that considered the impact of COVID-related season changes on young people and collaborating to reduce athlete pressure.



# YOUTH DEVELOPMENT

## Secondary School Support

We work with secondary school Sport Coordinators to assist and promote student participation in sporting opportunities regionally and nationally.

We also work with schools and codes to provide collaborative approaches to encourage non-participating students to engage in sport, through intra-school and/or inter-school opportunities.

**Over 2019/2020 schools have increased collaboration with codes and are seeing added benefits of this work. Examples of this include:**

- » Improved code collaboration led to a school-code workshop through the Tairāwhiti Sports Collective and improved understanding of each other's roles.
- » Schools demonstrated student-led and collective behaviours through initiatives such as Ki-o-rahi. Previously competition focussed, SGT supported the Collective to include development opportunities for new participants in a safe environment.
- » Leveraging enthusiasm from a community Slam Beach Volleyball comp, students sought support to play from passionate teachers in schools. While we have no RSO, schools were willing to work together to develop opportunities for young people.
- » Improved collaboration enabled us to remove travel cost barriers to ensure that rangatahi on the coast can participate in sporting opportunities.

While 2019 showed a reduction in the School Sport NZ participation census data of 7%, more events were offered and there was a rise in teacher support from the previous years. A big effort has gone into the integrity and quality of reporting to provide realistic insights which highlighted the impact codes have in the school sport space.

There was an increase in waka ama (6%), rugby sevens (77%) and hockey (16%), with the top five participated sports being (in order) netball, rugby union, ki o rahi, waka ama and in 5th equal -- basketball, rugby sevens and football. New events were also added on the school sport calendar including mountain biking on the new Whataupoko Park MTB tracks, volleyball, and surfing.

The Gisborne Slam Beach Junior Joust Volleyball tournament (December 2019) and the East Coast North Island Cross Country Championships (June 2019) were held here in Turanganui a Kiwa.

## Talent Development

Talent Development within Sport Gisborne Tairāwhiti focuses on our emerging talent programme, the Tairāwhiti Rising Legends (TRL). TRL is in its 14th year and continues to support talented youth in Tairāwhiti through providing young athletes with the skills and experience that they need to thrive as elite athletes training and competing beyond their support networks at home.

## Wahine Toa

The Active Communities teams's Wahine Toa work centralised around two pieces of work:

### WOMEN AND GIRLS CHAMPIONS GROUP

Over 6 months (prior to the COVID lockdown), SGT brought together over 20 champions of women and girls in Sport, Active Recreation, and Play. This group, from the Business, Iwi, Fitness, Active Rec, Sport, and Leadership sectors of our community, shared aspirations and co-created actions that could result in a future Te Tairāwhiti that has more quality opportunities for women and girls, more leadership by women and girls, and more value and visibility placed on the sport, Active Rec and play that women and girls do.

Their first action, a media campaign launched on International Women's Day, showcased a range of women and girls, as leaders among their community or as people who prioritise their wellness.

### GGHS-BASED MINISTRY OF YOUTH PILOT: LEADERSHIP THROUGH WELLNESS PROJECT

SGT met with 12-20 Year 9 and 10 GGHS students across 3 terms in 2019. Firstly, we encouraged the young women to explore the different activities that increase wellness for them. We supported the students to gain insights from their peers, and then design and deliver a variety of activities for themselves and their peers. Overall 100% of the participants were happy or very happy with the programme and 80% felt more confident. GGHS were keen to continue with a second year, which has begun in Term 3, 2020.

Moving forward, we are looking forward to opportunities for the two above mentioned groups to intersect and collaborate.

## Tairāwhiti Rising Legends

### 2020 TRL SQUAD (LEFT TO RIGHT)

**Kitini Taihuka** – Weight Lifting  
**Seven Mapu** – Surf Life Saving  
**Emma Brownlie** – Kayaking  
**Paige Richter** – Bowls  
**Genna Robertson** – Kayaking  
**Jack Keepa** – Swimming / Surf Life Saving  
**Summer Marama Kingi** – Netball  
**Oscar Ruston** – Rowing  
**NOT PICTURED: Caleb Ney** – Triathlon  
**NOT PICTURED: Ella Kelso** – Judo





# FUNDING

## CRF Phase 1

In response to disruptions to sport caused by Covid19, Sport NZ launched the Community Resilience Fund, aimed to provide relief to groups who had suffered financial hardship because of the global pandemic. The fund allowed local groups to apply for up to \$1,000 and regional organisations to apply for up to \$40,000 to cover fixed costs during the months of April, May and June 2020.

**SGT distributed over \$136,000 over 5 weeks. This funding went to:**

- » 47 Clubs/Associations
- » Volunteer (or minimally-staffed) organisations: - 72% of successful applicants - totally volunteer; 15% - minimal staff.
- » 11% regional groups and 89% local support in high deprivation areas: 34% of successful applicants to CRF were East Coast or Rural.
- » Grew relationships with new groups: 49% applicants were groups who hadn't engaged previously

## TOP UP

The Top Up Sport Funding Scheme aims to ensure equity of access to regional, national and international pathway sporting opportunities for Tairāwhiti athletes. This fund therefore only supports athletes who experience financial hardship, and would potentially miss out on such opportunities otherwise.

The unique aspect of this fund is the Pay it Forward aspect, where successful applicants give back to their sport in the way of volunteering. The volunteering can include such things as coaching, umpiring, mentoring and club assistance.

\$7,650 funding has been granted over the past year (01 July 2019 - 30 June 2020) from the \$8,650 applied for.

## KiwiSport

**The past year of KiwiSport continues a 4- year journey of innovation to improve equity. Some notable highlights include:**

- » Creating more Kaupapa Māori activities
- » Creating locally relevant activities in surrounding environments (eg, surfing, hunting, reconnecting to ancestral navigation through sailing, etc)
- » More connected sector, connecting coast groups and town groups
- » Oversubscribed fund (for several years, the fund went under-subscribed)
- » 22 applications of which
  - 12 were first time applicants (or after a long hiatus of not applying), and of these, four will deliver to or support the growth or leadership skills of secondary school aged young people.
  - 6 applications were by coast groups (schools, clubs, and Te Kura Kaupapa Māori)
  - 17 successful applications
  - 2 projects are girl-only initiatives
  - 4 projects are being delivered through a kaupapa Māori lens
  - 8 projects make use of our natural landscapes

This year, we established a sharing evening, which functions as an end-of-year reporting. However, the stronger outcomes are the connections that are made across the sector. As a result of the sharing evening:

- » 89% said they felt more connected
- » 100% said they were exposed to more knowledge and inspiration



## FUNDING

CLUB OR GROUP NAME	\$\$\$	PROGRAMME NAME	TO DELIVER
Gisborne Homeschool Group	\$1,869.00	Gisborne Homeschool Group Skills Development	An increase in participation in Volleyball and Basketball through purchase of equipment, venue hire, coaching, upskilling parents, and delivering games.
Gisborne Mountain Biking Club	\$5,343.00	Mountain Bike Skills Development	Training of their club's volunteers and equipment hire to implement a Girls Club.
Gisborne Rowing Club	\$1,240.00	Learn to Row Programme 2020	A Learn to Row programme for secondary-aged students
Mahi Mahi Bowriders Kaiti	\$4,880.50	Mahi Mahi Ramp and Clubhouse Upgrade	An increase in the safety for participants and fit-for-purpose use of their space through purchase of equipment to repair increased user wear and tear, and to build secure storage for materials/tools used to support young people to build their own skateboards.
Mareikura Canoe Club Inc	\$3,000.00	Kokiri Taiohi	An increase in Waka Ama development in young people through multiple wananga, with a focus on developing leadership in the rangatahi participants.
NPEC Basketball Collective	\$5,000.00	East Coast Basketball Project	Quality local Basketball development through coaching and officiating wānanga, an interschool league, and a Coast-based tournament.
Parafed Gisborne Tairāwhiti	\$1,764.00	Disability and Adaptive Sport	Quality adaptive sport opportunities for young people with disabilities through the purchase of equipment, delivering after-school skill development sessions, hosting inclusion workshops for local coaches and parent volunteers, and support local clubs to better adapt sport for athletes with disabilities.
Patu Tahi Boxing Club	\$6,300.00	Patu Tahi Boxing Club Coach and Athlete Development Programme 2020	2 coach and athlete development camps, bringing together the boxing clubs that sit under the East Coast Boxing Association umbrella
Poverty Bay Rugby Football Union	\$800.00	Girls Festival of Rugby	Coaching to improve the experience for the participants in a Girls Festival of Rugby
Swim for Life Tairāwhiti	\$30,000.00	Swim For Life - Water Skills for Life	10 quality swim survival, water skills sessions to 3,200 students across 36 schools in the Tairāwhiti area
Surf City Squash Club	\$4,160.00	Try KiwiSquash	200+ hours of squash development sessions in 26 schools in Gisborne with the use of a mobile squash court (8 hours per school)
Surf Life Saving Eastern Region	\$5,000.00	Gisborne/Tairāwhiti Beach Education	Beach Education Programme to 1000 Gisborne/Tairāwhiti youth
Tikitiki School	\$4,366.05	Getting our Kids Moving	Physical activity and play among students, in partnership with other local kura, through purchase of equipment, delivery of whanau days and interschool events, while building leadership among older students
TKKM o Kawakawa Mai Tawhiti	\$4,620.50	Te Karapu Takitoru o Kawakawa	Triathlon development through the purchase of bikes and helmets, specialty coaching, and increased support to participate in local and regional triathlons.
TKKM o Mangatuna	\$5,000.00	Mangatuna kia eke Tangaroa!	Quality local, water-based skills and experiences through the purchase of wetsuits and surfboards, upskilling of local volunteers, and delivery of water-based activities like river swims, diving, and surfing.
TKKM o Te Waiū	\$3,000.00	Rugby League/Netball	Establish quality and fun-filled Rugby League and Netball experiences with a Ngati Porou essence that promotes whanaungatanga, through supporting a paid coordinator role.
ŪAWA Sports Club	\$5,290.00	Whakapau Kaha	New club experiences like hunting and fishing, as well as expanding on the quality delivery of winter sports holiday programs, Brazilian Jiu Jitsu, and summertime Whānau activities.
Waerenga-A-Hika Squash Club	\$3,500.00	Junior Coaching	Training for new volunteer coaches to support quality experiences to the growing number of newly recruited young people



# SIGNATURE EVENTS

## 📅 NOVEMBER 2019

### BK AGENCY SPORTING EXCELLENCE AWARDS

The 2019 Bronwyn Kay Agency Sporting Excellence Awards treated an audience of 340 to recognise and celebrate sporting success in Tairāwhiti from the previous 12 months at the Farmers Air Showgrounds Event Centre.

#### THE 2019 WINNERS:

- » Sportsperson and Sportsman of the Year - George Bridge (Rugby)
- » Sportswoman - Charmaine McMenamin (Rugby)
- » Junior Sportsman - Michael Pickett (Swimming)
- » Junior Sportswoman - Briana Irving (Surf Lifesaving)
- » Masters Sportsperson - Vesna Radonich (Waka ama)
- » International Sports Person - Tayler Reid (Triathlon)
- » Sports Team - Smartcookies Racing (Speedway)
- » Junior Sports Team - Puhi Kaiariki J16 Women (Waka ama)
- » Coach of the Year - Stephen Sheldrake (Triathlon)
- » Official of the Year - Jo Cumming (Hockey)
- » Club of the Year - Gisborne Harriers Club
- » Services to Sport - Nicola Ludwig (Gymnastics) and Ngaio Haenga (Hockey)

- » Community Impact - Gisborne Parkrun
- » Event Excellence - 2019 Eastern Region Senior Surf Lifesaving Championships
- » People's Choice Volunteer of the Year - Yoko Houthuijzen (Harriers) and Adrian Sparks (Basketball)
- » Tairāwhiti Legend of Sport - Merv Utting (Dog Trials)

Special acknowledgement must go to all of our sponsors and contributing partners. Without their support this annual event would not reach the level of success and celebration we strive to achieve.

### EVENTS CANCELLED DUE TO COVID

📅 **Gisborne Herald Quarter Marathon  
MOVED TO APRIL 2020**

📅 **Tairāwhiti Schools Gymnastic Festival  
MOVED TO AUGUST 2020**





# PARTNER EVENTS

📅 **AUGUST 2019**

## SWIM THE DISTANCE

2019 marked our 9th year of partnering with the Gisborne Olympic Pool Complex to deliver the Swim the Distance Challenge. Two hundred and forty nine people swam, jogged or walked their way toward, or beyond the challenge distance of 45.5km. Our role is to assist with the marketing and administration of the event. The event continues to increase community use of the pool facilities over the 8 week challenge to a level that would not be possible without the Swim the Distance challenge. A special thank you to all our sponsors; over 40 local businesses supported the 2019 Swim the Distance Challenge of which we are extremely grateful.

📅 **SEPTEMBER-OCTOBER 2019**

## TITIRANGI MT EVEREST CHALLENGE

The Titirangi Mt. Everest Challenge has established itself on our community calendar as a 'must do'. The award-winning event is a 7 week challenge where people of all ages walk, run or cycle up Titirangi (Kaiti Hill) 68 times, equivalent to the height of Mount Everest.

Once again the challenge turned the Titirangi Reserve into a hub of activity during the spring months of September and October with a record breaking 2377 participants taking part.

### HIGHLIGHTS OF THE CHALLENGE INCLUDED:

- » The one-way roading system through the support of GDC & Tairāwhiti Roads for the duration of the challenge.
- » Sharing in the planting on Titirangi summit for the opening night event
- » The option to purchase an event T-Shirt was also available for purchase. 100% of the sale was donated back to our supporting charity Gisborne East Coast Cancer Society to support bowel cancer patients and their whānau.
- » Pak N Save for sponsoring product to provide a FREE BBQ at the closing night ceremony

The total amount raised via all fundraising sources amounted to just over \$4900.00. Special acknowledgement to those sponsors - BDO Gisborne, Ovation, ECT, EIT, Emerre & Hathaway, Huringa Pai Charitable Trust, AON and Eastland Group.



### PARTICIPANT SWIM THE DISTANCE

Thought I might easily get to Sponge Bay Island and back. Never expected to get to mahia and back! Was a great experience. Pool staff are awesome, Sport Gisborne is awesome. Well organised and kudos all round.



📅 **FEBRUARY 2020**

## WEET-BIX KIDS TRYATHLON

The 2020 Gisborne Weet-bix Kids Tryathlon delivered another amazing experience for 7-15 year olds in Tairāwhiti. 1065 students took part in summer conditions. Unfortunately sea conditions were unsafe for the event, but with the ability to move the swim to the Olympic Pool Complex the overall outcome was another successful Gisborne event.

Sport Gisborne Tairāwhiti remain an integral partner in the Gisborne event providing direct support through the coordination of volunteers on the day - 106 volunteers from secondary schools and community organisations.

The overall success of the event has again ensured that the event returns in 2021.



### GIVING TRI A TRY

The Weetbix TRYathlon is one of the largest school sporting events in Tairāwhiti each year.





# HEALTHY ACTIVE LEARNING

Healthy Active Learning is a Wellbeing Budget initiative that will promote and improve healthy eating and physical activity in schools, kura and early learning services across Aotearoa. Manawakura is our approach for Schools & Kura within Te Tairāwhiti.

In essence, Manawakura means The Precious Breath of Well Being.

The children of Te Tairāwhiti, are at the heart of our role in Manawakura and we need to ensure that we can influence change with all those involved in their development and wellbeing.

Exploring the whakapapa of our role and how that connects to our tamariki will allow us to develop a better approach and ensure their needs are met! Understanding this whakapapa, in all of its forms, will enable us to gain more knowledge and a better understanding of how we can work together to meet the desired outcomes.

Our main focus is to engage and connect with schools, Principals and BoTs and staff.

In phase one from 2020 to 2022 we are engaging with 26 of our schools and kura, the remaining schools will be part of this kaupapa from 2022 through to 2024. Developing relationships with our phase one schools and kura is a high priority and ensuring that we develop and maintain those connections are vital. Being able to comfortably engage with principals, teachers and staff will enable us to freely

co-design learning outcomes and activities with all involved.

To help shape our approach to Manawakura we need to see and hear what the needs of our schools and kura of Te Tairāwhiti are. By gathering insights through school visits, meetings with principals, BOTs, staff and students we can plan accordingly to help us to design learning outcomes and also who we can look to engage within our community to help as well.

Developing relationships and connections with community organisations within Gisborne is an ongoing focus for Manawakura. Our team is confident that we have good coverage for our East Coast kura and schools. Through our Sport Gisborne Tairāwhiti team and networks we are working hard to engage with our Gisborne and rural community groups based on the aspirations of those schools and kura.

A small number of community groups have approached us wanting to engage with schools and asked us for guidance with lesson structure and alignment to the curriculum. Other community groups are already established and welcome our team working together with their staff to deliver in schools. Overall the community groups we have engaged with have all been positive experiences and we are looking forward to working with others in the very near future.

We have noticed a small shift in thinking away from





# HEALTHY ACTIVE LEARNING



traditional forms and practices of Physical Education in schools to Active Recreational type activities such as orienteering, surfing and hunting & fishing. There are some schools and kura who still want to focus on the traditional types of activities. However, through gathering insights from teachers and students it is evident that there is a desire to get out and engage with our local environments, the sea and rivers, the land and mountains and getting amongst our natural environment.

We all realise that movement and staying active happens in many different ways and for a large percentage of our communities it is engaging with our Taiao that gives purpose to this.

Manawakura are fortunate to have experienced teachers who are able to create resources that meet the needs of teachers and support the school's aspirations for their students' learning. We are also working with community groups to help them design approaches to learning that align to the New Zealand Curriculum and Te Marautanga o Aotearoa.

We also have the capability to support planning outcomes in schools and kura in English and Te reo Māori as well as create resources in both languages for active recreational activities.

Alongside our Sport Gisborne Tairāwhiti Dietitian Kate Rhodes, we are also developing positive messages and resources around nutrition and kai for our schools and kura that specifically relate to Atua and Tipuna within Te Tairāwhiti.

As a team and organisation we are grateful to have local Tairāwhiti Health, Regional Education Office and Gisborne District Council members as part of our steering group to ensure we are informed at a local, regional and national level from the Ministries of Health and Education.

## COVID

Whilst a small number of schools were clear to us that no outside providers were permitted within their schools, others were happy for us to re-engage post COVID. The relationships are still strong and most of our action plans that were co-designed pre COVID are still in place. Obviously COVID has had a huge impact and being aware of the stress of staff in schools was evident when we first re-engaged with them all. Some schools have changed their ideas and shared these with our team and we are all progressing forward. Over the final two terms of 2020 we hope to focus on developing our action plans with our schools and kura



# PĪPĪ PAOPAO, WHAKANUIA WHĀNAU, MOKOPUNA MATAARA

Ngā Manu Taupua is a collaboration of three individual kaimahi who work together to deliver Pīpī Paopao, Mokopuna Mataara, and Whakanuia Whānau. Working together allowed the team to think collaboratively across all three kaupapa, walking in each other's shoes to deliver a kaupapa, and showing support where needed. Whether this was visiting whānau, having hui with stakeholders or maintaining a pathway for others it will always be a collective kaupapa.

For the last year Pīpī Paopao & Whakanuia Whānau have had a kotahitanga approach in their delivery with whānau. This has allowed our under 5's and taiohi an opportunity to teach and learn from each other in a comfortable environment.

Supporting whānau comes with many highs and few lows as they are all unique in their own way, ensuring the support is of relevance all stems from how whanaungatanga occurs with individuals and their whānau. Support varies from kanohi ki te kanohi, whakawhiti kōrero, whakarongo,

playing at the park, walking, attending different exercise groups and school participation with relays, athletics and sports.

New learnings are implemented into weekly sessions by introducing new kai or new ways of doing kai, and new sports or an introduction to a sport. Introducing kai and sport to whānau allows our tamariki to feel comfortable amongst like minded peers or similar kids without feeling heavy or whakamā. Overall, this is our way of empowering the kids and allowing them that moment to give things a go, this in the long run will boost their self-confidence to thrive.

With Mokopuna Mataara, 10 centres/kohanga were involved last year across Gisborne and up the Coast. Critical to the success of Mokopuna Mataara was the inclusion of the centres/kohanga in the programme planning from the outset, and ensuring that kaiako had the confidence and support required to whakamana tamariki mokopuna whānau.





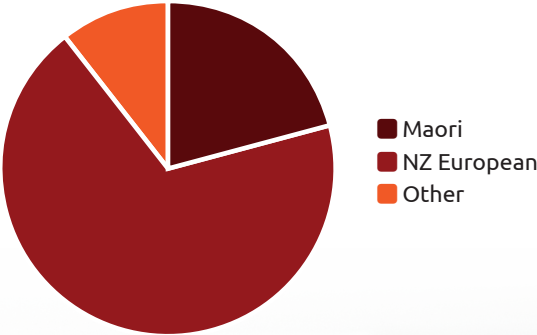
# PROACTIVE TĀNE

The Active Health team have partnered with The Cancer Society (Gisborne East Coast) to co-design an exercise support programme for those on the active surveillance list or diagnosed with prostate cancer.

Clients are either referred to the programme by a health professional or are able to self-refer. Each client has the opportunity to meet with the PROactive Tāne Advisor to go through health aspirations and develop a personalised plan that is relevant and appropriate for their given situation. All participants have the opportunity to connect into the gym-based group twice a week and/or the monthly support group that is led by the Cancer Society.

Education sessions are available for participants and their whānau. One favourite this year was the nutrition session on Prostate Protecting Foods, the group enjoyed delving into the science behind the effect of various foods and then making and tasting flaxseed crackers and watercress dip!

A core group of 16 - 20 participants: 4 Māori, 13 NZ European, 2 Other. Aged between 60 - 86 years of age.





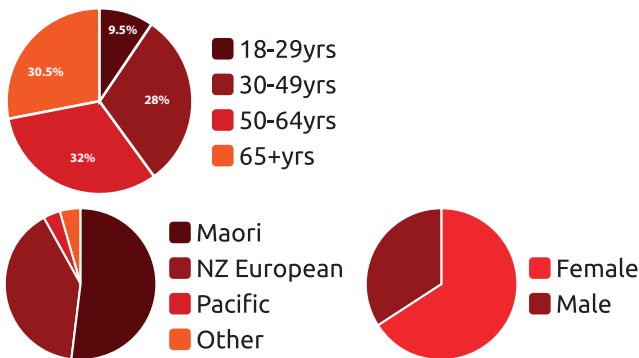
# LIFESTYLE CHANGE

## Green Prescription

A Green Prescription (GRx) is a health professional's written advice for their patient to become more physically active as part of their health management plan.

The Sport Gisborne Tairāwhiti (SGT) GRx Team provides support to strengthen the confidence of these people so healthier choices can be made and health/wellness improved.

In the 2019/20 year, SGT received 864 GRx referrals. Of these, 52% were Maori, 40% NZ European and 3.6% Pacific. 66% were female and 34% male.



The Active Health Dietitian continues to deliver monthly community workshops on a variety of topics, these interactive and practical sessions have become very popular with 40 - 45 now attending each session. Leaderbrand New Zealand generously provide fresh produce which are used within the recipes on the day or given away as spot prizes.

88.5% now understand why eating varied colourful whole foods is important for my gut health

75% feel inspired to eat mindfully and intuitively in the future

62.5% now have a better understanding of the harmful effects of dieting

Education sessions have also been provided to a number of community groups; Turanga Health's Eke Tu, PROactive Tāne, StepOut, and Cardiac/Pulmonary Rehabilitation.

A range of online resources are being developed that encourage the enjoyment of healthy kai - educational video series, workshop summary videos, recipes and informational posts.

### “ TONY ACTIVE BANDS

The classes are so lively and varied. I really enjoy going. I've noticed my legs have gotten stronger and my balance has improved.

### “ LOLA ACTIVE BANDS

After my stroke I wasn't very good. I started going to Active bands and am now feeling as fit as a fiddle! I so enjoy the company.

## GRX COMMUNITY CLASSES

A number of community activity opportunities are delivered by members of the GRx team and are available for clients and their friends and/or whānau. These sessions have been so well attended this year that additional weekly sessions have been added.

## ACTIVE BANDS

Aquatic exercise - the 19/20 period saw over 1,000 participations in the aquatic exercise sessions.

## SUPPORT THROUGH COVID

The health team were committed to supporting all clients and their whānau through alert levels 4 and 3 in whatever way was possible and helpful. Support was offered via phone calls, text, email, mail, facebook posts, and video calls. The frequency and duration of contact was determined by each client and the focus was on hauora/wellbeing; taha tinana, taha whānau, taha hinengaro, taha wairua.

To ensure the support provided post-lockdown continued to be relevant, appropriate and meaningful, a Support Survey was developed. Over a 4 week period 60 clients shared their lockdown experiences and whakaaro, the key themes that came out were around the importance of whakawhānaungatanga and regular connection. These insights are now being used to help refine the GRx service going forward.

## WHAT WE LEARNT:

- 17% felt more well than usual
- 29% felt less well than usual
- 54% felt about the same
- 17% were more active than usual
- 42% were less active than usual
- 41% were about the same
- 24% ate healthier kai than usual
- 25% ate less healthy kai than usual
- 51% didn't really notice a significant change



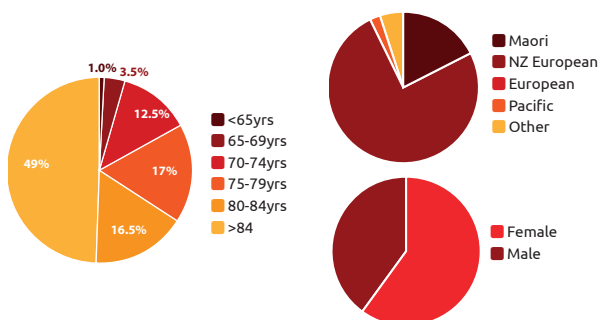
# FALLS PREVENTION

## In-Home Strength & Balance

The In-Home Strength & Balance (IHSB) provides strength and balance support to those living in the community who are at high risk of falls and have difficulty accessing community group-based falls prevention exercise classes.

It is our aim to help our elderly stay in their homes and remain independent for as long as possible, we do this by:

- » talking with participants and whānau about the importance of maintaining balance
- » prescribing exercises that improve lower body strength, balance, and movement confidence
- » addressing barriers that may hinder the enjoyment of physical movement
- » encouraging healthier habits that enhance quality of life; regular movement, nourishing kai, quality sleep, social/cultural connection, breathing, mindfulness etc.
- » minimising potential hazards in and around the home
- » providing onward referrals to other services if and when required
- » connecting and collaborating with other groups/organisations/professionals to ensure pathways and supports are meaningful and effective.



## Meeting the needs of our community

To gain a better understanding of the support needs and desires of those referred onto IHSB an insight gathering/program review exercise was undertaken in the latter part of 2019. The information received was invaluable and allowed us to consider an IHSB program structure that would better suit the needs of more of our clients, one that provided participants with equitable support options based on exercise confidence, falls risk factors, and the availability of wider support networks.

## Step Out

Step Out is a weekly exercise class designed to help participants improve their strength, balance and movement confidence. Step Out was developed in partnership with Enliven (Presbyterian Support East Coast) and creates an opportunity for participants to get together, share a cuppa and participate in a 45-minute personalised exercise session.

## SUPPORT through COVID

IHSB support continued throughout the lockdown period, however the physiotherapist broadened her focus to include social/emotional wellness, availability of kai, what assistance was required, as well as continuation of home exercise programme. Wider supports were put in place when and where appropriate.

A variety of resources that encouraged daily movement and nourishing kai were made available through the SGT website however it quickly became apparent that older adults did not have access to appropriate exercises on platforms that they engaged with. The physiotherapist made contact with TVNZ, Maori TV and Radio New Zealand (RNZ) to push for exercises to be delivered more specifically for older adults. RNZ expressed interest and asked the IHSB physiotherapist to develop 5 minute time slots that took listeners through exercises they could do at home. These were aired every week night through Level 4.

## In-Home Strength & Balance FEEDBACK

Feedback received from IHSB clients who have engaged with the IHSB physiotherapist show the holistic nature of the benefits participants experience. These are represented using Te Whare Tapa Wha model of health:

### TAHA TINANA

- » 90% have improved physical function
- » 87.5% have fallen/tripped/slipped less

### TAHA WAIRUA

- » 87.2% feel more confident
- » 77.5% are able to perform more tasks on their own

### TAHA WHĀNAU

- » 57.5% are spending more time with their whānau and friends
- » 55% are more able/willing to participate in social or community activities

### TAHA HINENGARO

- » 92% feel more independent
- » 60% are enjoying activities they were previously unable to do

119 referrals have been received in the 2019/20 period, of these 103 (86.5%) have received some form of support from our IHSB physiotherapist.



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