



Sport 
Gisborne | Tairāwhiti

ANNUAL REPORT

2020-2021

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REPORTS

FROM THE CHAIR

Steve Berezowski

The past year has been a pretty busy but productive year for Sport Gisborne Tairāwhiti Trust. After the interruptions of last year, we have been concentrating on getting a number of initiatives back on track and moving forward as well as maintaining our day to day operations.

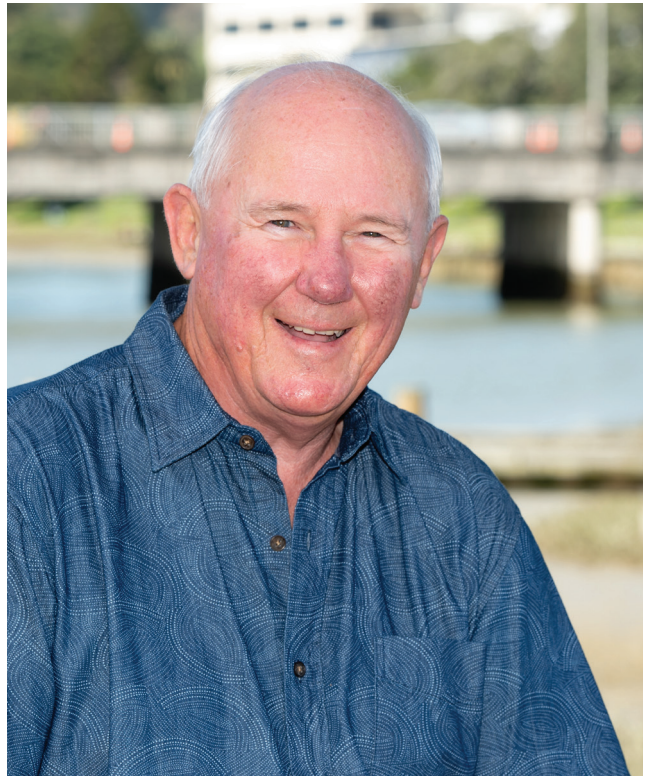
The development of our new Strategic Plan, which was put on hold last year, has been a major focus for the Board and Staff and after many discussions, drafts and re-writes we are at the point of finalising and adopting a plan that will guide us for the next five years.

The Community Facilities Strategy, Tairāwhiti Sport and Recreation Facilities proposal, has required a lot of time and patience for our board over the last 18 months. Working alongside Trust Tairāwhiti and Gisborne District Council we encountered a number of barriers and squeaky wheels that led to delays in finalising the proposal. The overall direction and purpose of the strategy changed after reviewing the initial recommendations. It is satisfying that it has finally been endorsed by the GDC and will soon be presented to Central Government. Trust Tairāwhiti has also ensured a number of projects will soon get on their way with the injection of \$15m of funding. These “early wins” include - a pump track across from Alfred Cox Skate Park, resurfacing and development of the Victoria Domain netball courts, upgrades at Whakarua Park, pool heating at Ruatoria, Tokomaru Bay, Tolaga Bay and Ilminster Intermediate School, and a play zone in Tokomaru Bay.

Other Board Highlights for the year include:

- » Our GM of Sport and Operations, Kylie Turuwhenua-Tapsell won the Future Leaders Scholarship at Sport NZ’s Sport and Recreation Awards
- » Our “Well Wāhine Week” programme was selected as a finalist in the Leadership in Diversity and Inclusion category at Sport NZ’s Sport and Recreation Awards.
- » Our Manawakura team was selected by Sport NZ to develop a number of case studies regarding Healthy Active Learning.
- » A design finally being agreed to and the building of Gisborne’s new swimming pool, Kiwa Pools, started. I look forward to the planned opening date of March 2023.

SGT is extremely fortunate to have such a highly dedicated and hardworking staff that is capably led by our CE, Stefan Pishief and his Leadership team. There is such a positive “we can make this happen” attitude throughout the organisation and I thank all of you for your commitment and dedication for the work that you do. It is really appreciated.



I would like to make a special mention of Toni Hoskin who, after 20 years at SGT, has decided it was time for a change. Her contributions in the health sector and as part of the Leadership Team were extensive and immeasurable. She will be greatly missed.

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 continue to enjoy 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.

REPORTS

FROM THE CEO

Stefan Pishief

Tēnā koutou.

It's always a humbling experience writing the Sport Gisborne Tairāwhiti Chief Executive report each year, as the breadth of the services we provide and the initiatives we are involved with are significant – making it hard to fully convey how immensely proud I am of the work undertaken by the team, and how grateful I am for the numerous partners who we had the privilege to work with over the past twelve months.

The challenges from COVID-19 did not abate over this past year, and unfortunately, they seem set to stay for the foreseeable future. However, the innovation and resilience shown by our sporting and recreation partners needs to be commended, as did the commitment to community welfare from our health colleagues. The safety of our participants and the wider community was always put at the forefront of everyone's endeavours, and collectively we were able to ensure that activities vital for the well-being of Te Tairāwhiti were able to continue, albeit often in new and dynamic forms.

The report from our Chair Steve Berezowski covers off many key highlights for our organisation, and when contemplating the year, what I find most pleasing is the momentum shift that has occurred. Externally, we are now seeing better commitments to the activity space - whether it be with play, active recreation or sport - and a greater embracing of the need for activity offerings to be inclusive and responsive to the various needs of our communities.

We have also been ramping up our focus on reducing the inequities that prevent too many in our region from being active and healthy. We didn't have the resources to be everywhere at once, so we needed to be deliberate in our decision-making to ensure we focused on the areas where our support would make the biggest impact, all-the-while ensuring we were listening to, understanding, and supporting the aspirations of those we interacted with.

Further initiatives worth mentioning are the substantial changes we have made to how we provide our hauora services, the development of our shared services pilot, our increased engagement on the Coast, the greater prominence of play in our community, and our evolved and varied approaches to nutrition, activity, and holistic well-being in early childhood centres, kohanga, schools and kura.

To that end I need to thank our amazing team who passionately care about what we do and strive every day to



make a positive difference. A truly wonderful group of people that I am honoured to work with.

I also want to thank my Chair, Steve Berezowski, for his enduring support of what we do, and for his superb steering of our organisation this past year, ably supported by a diverse and talented board who will frequently give up their own time to help us achieve our outcomes.

Thank you finally to our funders and partners who believe in us and who align to our kaupapa. Without you we couldn't do what we do.

We are conscious of the scale of the challenges we still face in ensuring a connected Te Tairāwhiti where our communities are active and healthy. However, it's pleasing to look back on the year and genuinely feel that we are making a difference.

Ngā mihi nui.

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



KATE RHODES
Dietitian



TYLER KIRK
Insights & Evaluation
Advisor



HELAYNA RUIFROK
Active Communities
Advisor



SARAH POCKOCK
Active Communities
Advisor



WADE MANSON
Active Communities
Advisor



RODNEY MARTIN
Active Communities
Advisor



KATE NEY
Manawakura Advisor



DARRYL CRAWFORD
Manawakura Lead



VICTOR HERBERT
Manawakura Advisor



FERGUS KNIGHT
Manawakura Advisor



SHYLA-DREW TAIAPA
Manawakura Advisor



MARINA KIRIKIRI
Mokopuna Mataara



ALANA KAREHAND
Active Rangatahi
Advisor



KERRY PEGRAM
GRx Coordinator



TORI SAUNDERS
GRx Client Support



LIBBY TE RAUNA
Pipī Paopao



ANNA TOLICH
Regional Play
Systems Lead



LEANNE HARRISON
Taupua Tairāwhiti
Project Manager



ISAAC HUGHES
Taupua Tairāwhiti
Coordinator



TAMERA NELSON
Taupua Tairāwhiti Accounts
& Admin Assistant



KELLY NELSON
Active Health Nutritionist



RAWINIA PARATA
Community Connector



KYLIE TURUWHENUA-TAPSELL
General Manager Sport
& Operations



PIP THOMSON
Office Manager



STEFAN PISHIEF
CEO

AT A GLANCE

838

GREEN PRESCRIPTION
REFERRALS

1000+

PARTICIPATIONS IN WELL
WĀHINE WEEK



50+

EARLY CHILDHOOD CENTRES
AND KOHANGA SUPPORTED
BY THE ACTIVE MOKOPUNA
PROGRAMME



1416

GYMNASTS FROM OVER 31
SCHOOLS TOOK PART IN
THE GISBORNE SCHOOL
GYMNASTICS FESTIVAL 2021

53

CHILDREN REFERRED TO
GREEN PRESCRIPTION ACTIVE
FAMILIES

\$271,829

DISTRIBUTED IN CRF ROUND 2



\$286,463.64

IN TŪ MANAWA ACTIVE AOTEAROA FUNDING
ADMINISTERED ACROSS 26 PROJECTS



2083

REGISTERED PARTICIPANTS
IN THE TITIRANGI MT.
EVEREST CHALLENGE

10 NEW TAIRĀWHITI RISING LEGENDS



COMMUNITY DEVELOPMENT

COMMUNITY CONNECTOR

Our Community Connector has now been in operation for 19 months. In that time we have delivered:

- » Ruatoria Pop up Play
- » Colour Run
- » Ngāti Porou Netball Tournament
- » Christmas Movie and Potluck in the Park (Ruatoria/ Te Araroa)
- » Whānau Day for Ruatoria City Rugby Club
- » Ruatoria Skatepark Mural and Te Putanga Kai Festival
- » Matariki Kite Festival

The Ruatoria Skatepark mural was a collaborative effort led by Sport Gisborne Tairāwhiti in consultation with the community and implemented by the artists of Hōea Gallery. Initially we canvassed support from the local community about painting the skatepark and basketball court. This was met with overwhelming agreement, local business support and engagement from our rangatahi during the course of the painting.

The mural represents local history and kōrero as given by local leader and orator Ngarimu Parata. The mural itself is about reclaiming safe spaces for tamariki and rangatahi. We embodied those concepts with Horowhatu the kaitiaki and

taniwha, Mahuika's fire nails, the ariki Toreia bird and the arrival of the kumara via a rainbow.

It is an art piece that has brought great joy and positivity to a community that was desperately in need of an uplift. It was gratefully received by the community. To celebrate the reclamation we held a celebration and a kai festival in the playground. This event was attended by well over 600 people with many messages of appreciation and thanks directly to Sport Gisborne Tairāwhiti for leading this initiative.

We gave away 15 skateboards and had local sponsors giveaway scooters, basketballs & skipping ropes.

Since the completion of this project in April the skatepark has seen a huge rise in skate culture, and in children using the playground and skatepark consistently.

Projects currently underway or planned are:

- » Skate Demo
- » Colour Run
- » Te Ara Patupaiarehe
- » Ngāti Porou Netball Tournament
- » Pa Whutuporo Touch Tournament
- » Mr G Art Mural (Tokomaru Bay)
- » Te Araroa Skatepark Mural



IMAGE: HIKA PHOTOGRAPHY

COMMUNITY FACILITIES



2020/21 saw the continuation and strengthening of our collaboration with Trust Tairāwhiti and Gisborne District Council to address many of the significant deficits that our region faces in facility provision. The business case that we commissioned in mid 2020 is now complete and will be presented to the government alongside a range of other regional priorities for investment in the coming months by a collective of regional leaders.

While we work with the Crown toward a partnership approach to addressing the most significant of these deficits, we are working as a region to build what we can with the resources that we have. As such, we commend Trust Tairāwhiti for their commitment of up to \$15M toward the implementation of this work through funding 'early win' projects – facilities which are urgent priorities and can be achieved within our regional funding envelope.

THESE PROJECTS ALONE REPRESENT MORE INVESTMENT IN SPORT AND RECREATION FACILITIES THAN OUR REGION HAS SEEN IN A GENERATION, INCLUDING:

- » Waka Ama storage facilities at Anzac and Marina Park
- » Redevelopment of the Alfred Cox Skate Park and Pump Track
- » Phase one of the Victoria Domain court sports precinct
- » Improvements to Ruatoria's Whakarua Park
- » Heating of school pools up and down the coast
- » A rangatahi recreation space in Tokomaru Bay

YOUTH DEVELOPMENT

Secondary School Support

Sport Gisborne Tairāwhiti has been providing support to schools, building capacity and providing new quality experiences and opportunities based on what they want to participate in. There have been a wide range of activities and events that have taken place for both intra school, regional and national sports competition. Students have been able to participate in both a fun festival pathway and also a competitive pathway, allowing for both coaching and development clinics to increase skills and self confidence.

SGT has worked along side different sporting codes with the help of sports coordinators so that students of all sporting abilities can participate in the following sports at different locations around Tairāwhiti. Some of the highlights were:

- » Several schools were able to access coaching from Hawkes Bay Volleyball association from the Tū Manawa Active Aotearoa Fund. 200 rangatahi participated over a 5 day clinic in Ruatoria, Wharekahika, and Gisborne.
- » Rural schools have been provided the opportunity to join in afterschool intra school leagues in volleyball, soccer, and most recently basketball and rugby. Volleyball is on the rise as a growing sport again in 2021, with over 120 girls and boys playing at Campion College and GBHS each week. TASSPA provided transport for Te Karaka and Whatatutu to make it to the after school games.
- » Social Volleyball was held across two venues with 60 students participating at each, Campion College and GBHS, The competitive and development league was held in collaboration with Central Football. 10 girls and boys team participated with 2 teams traveling from Wairoa College to play Gisborne teams.
- » Supported the co-design of a Softball New Zealand pilot working with Matawai, Whatatutu, Te Karaka, where participation for rangatahi was at 100% in almost all three schools. On the final sports day, the codes worked together to come in and deliver Rip Rugby, Basketball and Softball. A fun day had by all, that can now possibly act as a blueprint for the future.
- » Fast 5 netball TASSPA event with Gisborne Netball Centre. There was 8 schools with 180 students participating
- » Collaborated with PBRU for Rip Rugby with over 100 students in attendance participating on the day.
- » ECNI Cross Country 112 students from 19 different schools attending as far as Dannevirke. Tairāwhiti had 4 schools participating.
- » The Remarkable Games were held at Campion College for students from different schools in Tairāwhiti that have a learning disabilities unit. Four schools attended, Poverty Bay Golf and Parafed teamed up with SGT to deliver a morning of different modified sports, golf, badminton, basketball and boucher.
- » Social basketball was held at Lytton High School and played with Nga Uri a Maui.
- » Ultimate Frisbee is still popular being held afterschool at Lytton high school with 20-25 students attending each week.

The East Coast schools have had access to a range of different sports opportunities. Sports have included waka ama, Ki o Rahi, gymnastics, badminton, rugby league, basketball, volleyball, fast 5 netball, and traditional sports such as rugby and netball. Schools have been participating in a bi-weekly intra-school competition and also developed an afterschool basketball league. Volleyball has proved popular with students participating in the area school games in Dunedin for volleyball and Ki O Rahi.

Wāhine Toa

LEADERSHIP THROUGH WELLNESS PROJECT

SGT delivered the second year of the Ministry of Youth Leadership Through Wellness project in 2020 at Gisborne Girls High School. For this project we worked with 10 Year 9 girls to grow their leadership skills through designing and planning a Wellness Expo at their school. They incorporated peer feedback, along with their own ideas, into the expo which saw female active recreation groups (mountain biking, skateboarding, fast-5 netball and yoga/ mindfulness), along with nutrition and menstrual health to showcase their offerings to students.

Discussions with this group helped to shape Well Wāhine Week. The providers found value in the expo and they used the event to formulate the design of their WWW offerings.



YOUTH & CODE DEVELOPMENT

TAIRĀWHITI RISING LEGENDS

Talent Development within Sport Gisborne Tairāwhiti consists of the Tairāwhiti Rising Legends (TRL) program. TRL is in its sixteenth year and continues to support talented youth in Gisborne. It is hoped that support through this programme will help athletes further their sporting careers by giving them extra tools to better their performances.

The core program consists of providing mentoring and development workshops for both selected athletes and their coaches. It also helps to prepare athletes to move away from their support systems and still be able to cope with day-to-day life, as well as continuing to train and compete at the highest level.

Highlights from the year (in addition to core programme workshops) include:

Nutrition Workshops – Kate Rhodes

Athlete Life 1 on 1 Sessions – Barry Hislop

Mental Skills – Wanda Douglas

Media Training – Diana Dobson



Tairāwhiti Rising Legends

2021 TRL SQUAD

Jack Keepa – Swim / SLS

Oscar Ruston – Rowing

Paige Richter – Bowls

Lachie Falloon – SLS

Zach Hall – Clay Shooting

Matthew Ney – Tri

Nathan Trowell – Indoor Bowls

Finn Vette – Surfing

Jack Willock – Mountain Biking

Seb Wilson – Basketball

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 2020/2021 we worked with our coach developer group to extend their learning, providing online workshop/sessions

with notable presenters including Dr Craig Harrison from AUT on Intrinsic Motivation. The group also supported Gisborne Netball Centre to facilitate an online Q&A forum with Silver Fern coaching staff Dame Noeline Taurua and Deb Fuller.

In 2019 a forum was held with the Regional Sports Director, schools and coach developers to co-design a sustainable 'fit for purpose' coach development model that improves the quality of experience for students. Unfortunately, due to COVID-19 and the subsequent lockdown, the programme was not developed. During lockdown a group of coach developers reinvigorated the idea of a coach developer workshop targeted at student coaches. After gaining insights from a group of student athletes across a variety of sports, a pilot workshop was developed based on the Sport NZ Coach Developer Learning Model. The pilot was received well with 88% rating the workshop 'Very Good' or above, 63% felt they were more confident after taking the workshop and 91% were interested in further training from their code. After the initial workshop the students co-designed continued learning opportunities, highlighting topics of interest which codes provided support to. The programme has continued through 2021 with other high schools including Wharekura along the Coast as a number of kura rely on their senior students to help with coaching teams within the school, as teachers and parents are time poor. Having this programme has given them the opportunity to grow as leaders.

Tairāwhiti Sports Collective

In the 2020/2021 year, the Tairāwhiti Sports Collective have been instrumental in a number of sector initiatives to strengthen collective efforts in advocacy, capability building and Covid-19 responses. These included:

- » The Tairāwhiti Sports Collective informing and refining the community facilities business case which will be presented to Central Government and advocating for greater regional support for facilities focussing on our sectors from both funders and the Council through the Long-Term Plan process.
- » Through a review process after year 1 of the Collective forming, the need for governance support and development was identified. SGT secured expertise to deliver governance training. Further individualised support was identified in the feedback from this session and planning is underway to support conversations on collective governance models later this year.
- » Led by the needs of the Sports Collective, we delivered a 'Return to Play' programme of activities which included the development of signage and messaging for safe hygiene practices for codes, hygiene packs to clubs and codes, return to play planning tools for clubs and codes and contact tracing tools for groups to use.
- » Through members of the Collective were able to promote and distribute double the amount of funding originally provided for the Community Resilience Fund which enabled direct support to the sector to stay afloat through the uncertainty of Covid-19 restrictions and their lasting effects within our region.

WELL WĀHINE

In 2019, the Active Communities Team brought together a group of inspiring Tairāwhiti women whose aim is to support and advocate for the participation, leadership, value and visibility of women and girls in sport and active recreation.

When the group first formed, they conducted a thorough 'blue sky' brainstorm of what they would like to achieve for our community of wāhine and kōhine. One of these aspirations was a women and girls-only festival, where women and girls could try new activities and learn new things. What resulted was Well Wāhine Week, a co-designed initiative that included a week-long calendar of activities and workshops run by various providers in sport, active recreation and women's health. The calendar included have-a-go sessions, a nutrition workshop, fitness classes, a women's hormone talk and kōhine workshops to talk and learn together.

Our coast based wāhine Community Connector and Manawakura (Healthy Active Learning) Advisor connected with hapori in ways that encouraged groups within their communities to realise their aspirations and access the expertise that is there. As this initiative was being designed, these two wāhine used their insights into the community to tailor 3 events for coast wāhine in Tokomaru Bay, Ruatoria and Wharekahika. These events were unique to the aspirations of the wāhine in those communities and were built on quality delivery by local experts and professionals.

“It was such a pleasure being able to meet all these aspiring female skaters... Such a great turn out on all three days and we hope to do it all again next year!”

“I loved the variety of opportunities and I didn't know there was so much for us to do in Gisborne!”

As a result of Well Wāhine Week, women and girls from all walks of life came together, got out of their comfort zone and tried something new with like-minded wāhine. Participants and providers were ecstatic to be a part of the kaupapa. Wāhine who had met for the first time cheered each other on, it was an inclusive and empowering environment. More importantly, it didn't matter how skilled you were in the activity, emphasis was placed on just showing up and participating.

Evidently, the event succeeded in breaking down the barriers associated with cost, the fear of trying something new, the fear that you needed to be good at the activity first and confidence.

29
PROVIDERS

**80% OF PROVIDERS
DELIVERED SOMETHING
UNIQUE TO WWW**

1000+
PARTICIPATIONS

**ALL 70+ EVENTS
WERE WELL-ATTENDED
(INCLUDING SPECIAL FREE
OPPORTUNITIES THROUGH YMCA)**

16 LOCAL BUSINESSES

**DONATED \$3000 OF PRIZES,
DISTRIBUTED AT THE CLOSING CELEBRATION.**



FUNDING

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.

Due to COVID-19 and the subsequent cancellation of Regional, National and International competition opportunities, the fund was greatly undersubscribed in 2020.

\$5,700 funding has been granted over the past year (01 July 2020 - 30 June 2021) from the \$7,700 applied for.

Tū Manawa Active Aotearoa

In August of 2020, Sport NZ launched Tū Manawa Active Aotearoa. The national fund, \$16 million per annum between 2020-2024, supports the provision of physical activity opportunities for tamariki and rangatahi. The fund is administered by Regional Sport Trusts across the country. Sport Gisborne Tairāwhiti receive an investment of \$284,000 per annum to disperse into the community through 2024.

To assure a process that improves equity across our region, we created a two-panel assessment process. All the applications were given an initial score by an internal panel. For applications that identified as delivering a project in a Kaupapa Māori context, Māori panel members led the discussion to determine quality as Māori participating as Māori, using the Sport NZ-designed tool, Te Whetū Rehua.

An Approval Panel made up of members of Sport Gisborne Tairāwhiti executive leadership and external representatives of the community, provide external accountability with the knowledge of play, active recreation and sport and physical activity in communities prioritised by the Tū Manawa Active Aotearoa fund.

In the first year, we held 3 rounds of funding, closing at the end of October, February, and June. We received applications totaling \$598,382.66. We funded 26 projects across Play, Active Recreation, and Sport totaling \$285,824.51.

OTHER STATS:

- » 46% projects created by or for East Coast Communities
- » 27% projects created by schools
- » 15% projects created by kura
- » 27% projects created by active recreation providers
- » 2 projects created for young people with disabilities
- » 2 projects created by sports clubs
- » 19% projects delivered predominantly Play activities
- » 46% projects delivered predominantly Active Recreation activities
- » 35% projects delivered predominantly Sport activities

ROUND ONE - NOVEMBER 2020

| APPLICANT | \$\$\$ | TO DELIVER |
|--|------------|--|
| Coasty Kidds Limited | \$16,000 | Project to deliver pool- and sea-based diving instruction, to connect young people in kura and disengaged young people with the sea and to grow their food sovereignty. The Panel funded the delivery-related costs. |
| Gisborne Boardriders Club | \$4,900 | Project to deliver 3 weekend surf and noho in three East Coast communities/marae. The panel funded 2 weekends. |
| Hikurangi Sports Club Inc | \$7,245.79 | Project to purchase equipment and support delivery of summer sports previously never organised by the club, based on the aspirations of the club's young people. |
| Ngāti Porou Principals' Association | \$31,625 | Project delivering Swim for Life lessons to collective of East Coast schools and kura. |
| Riverview Treks & Pinehollow Riding School | \$12,525 | Project to deliver 20 weeks of Equine Therapy to young people with disabilities and/or mental health needs. The panel funded 10 weeks. |
| Te Hapara School | \$8,000 | Project delivering non-traditional activities to all Y3-6 students, based on the aspirations of the students. |
| Te Kura-a-Wao Charitable Trust | \$23,925 | Project delivering 10 East Coast bush camps for disengaged rangatahi. The panel funded 6 camps. |

FUNDING

ROUND TWO - MARCH 2021

| APPLICANT | \$\$\$ | TO DELIVER |
|------------------------------|------------|---|
| Gisborne Boardriders Club | \$2,900 | Project to deliver a weekend surf and noho in the Wharekahika, East Coast communities/marae. |
| Kaiti School | \$20,000 | Project to deliver academy-like support to students who face extra barriers to participate in local community sport. The name of the project, "Sports Academy" does not denote a project that funds high-performance sport. The term "academy," chosen by the whānau in codesign, describes the intensity of support by the school and whānau around vulnerable young people who have significant barriers to participate in community sport. |
| Parafed Gisborne Tairāwhiti | \$9,632.10 | Project to deliver sport, fitness, and other whānau-inclusive group activities to young people with disabilities, including whānau-inclusive transport for young people with disabilities from the East Coast. |
| TKKM o Te Waiu o Ngāti Porou | \$9363 | Project to deliver Waka Ama transport and training in order to participate in multiple local and regional Waka Ama competitions. |
| YMCA | \$10,650 | Project to deliver 40 weeks of co-designed group activities, sports and games, as well as coaching and support to 15 young women. |

ROUND THREE - JULY 2021

| APPLICANT | \$\$\$ | TO DELIVER |
|--|------------|--|
| Campion College | \$7,856 | TASSPA – Wednesday Volleyball League (Sport). Project to deliver a girls-only social Volleyball league across multiple schools. |
| E Tu Elgin | \$16,270 | Connecting Community Through Play (Play). Project to purchase and outfit a Play Trailer and deliver regular after-school play sessions at a variety of Elgin green spaces. |
| Lytton High School | \$7,524 | Kia Manawanui Wellbeing Project (Active Recreation). Project delivering fitness and active recreation opportunities to students with learning challenges. |
| Mahi Mahi Bowlriders/ Tairāwhiti Adventure Trust | \$8,958 | Sk8boards from Scratch (Active Recreation). Project delivering skateboard building opportunities to 50 Kaiti young people. |
| Makarika School | \$4,089 | Makarika Community Play Days & Interschool Sports Days (Play). Project to purchase equipment to deliver a series of play and sport opportunities for communities and whānau and to break down barriers for young people with disabilities. |
| Ngāti Porou Surf Lifesaving | \$17,600 | NPSLS Waka Ama (Sport). Project to deliver Waka Ama in East Coast communities. |
| Potaka School | \$7,585 | Upgrade of Sports Courts project (Sport). Project to purchase sports equipment and deliver new sport opportunities at their small, East Coast school. |
| Riverdale School | \$10,000 | Paoa Play Project (Play). Project to purchase play equipment and safety matting to deliver play opportunities to the high-needs classrooms at Riverdale School. |
| Tairāwhiti Voyaging Trust | \$27,800 | Rangatahi Holiday Program (Active Recreation). Project to deliver 2 holiday programs (4 day/3 night) to 16 local rangatahi. |
| TKKM o Ngā Uri a Maui | \$3,845 | Volleyball Development (Sport). Project to deliver multi-day upskilling sessions for rangatahi and coaches (adult and rangatahi) to their school and East Coast kura. |
| TKKM o Te Waiu o Ngāti Porou | \$3,230.50 | Netfest (Sport). Project to deliver secondary school aged Netball sessions at 4 East Coast schools and kura, culminating in a day-long festival. |
| Te Kura o Māngātuna | \$2,200 | Tihei Taku Koiora (Play). Project to purchase loose parts play equipment and deliver more play opportunities within their kura. |
| Te Urunga o Te Ra | \$10,580 | He Hauora te Taonga (Health is Wealth) (Sport). Project to purchase sports equipment to expand the opportunities for Rangitukia community. |
| YMCA | \$2,160 | Mega Laser tag Weekend (Active Recreation). Project developed by Youth Leadership Group, to hire equipment and deliver a weekend of low-cost laser tag. |

REGIONAL PLAY

SGT AND SPORT NEW ZEALAND IHI AOTEAROA ARE COMMITTED TO INCREASING OPPORTUNITIES FOR TAMARIKI, RANGATAHI AND WHĀNAU TO ACCESS QUALITY PLAY EXPERIENCES. THE PART-TIME REGIONAL PLAY SYSTEMS LEAD POSITION IN PARTNERSHIP WITH HEALTHY FAMILIES EAST CAPE WAS FILLED IN NOVEMBER 2020 AND HAS BEEN IN OPERATION FOR THE PAST 11 MONTHS.

What is play?

Play is an essential part of our tamariki and rangatahi's physical, cognitive, emotional and spiritual development and overall wellbeing. Play allows our tamariki and rangatahi the space to practice, learn and develop the life skills they need to be active for life including fundamental movement skills, self-directed creativity and innovation, social and emotional connections, resilience, independence, leadership and informed risk taking.

If we think back to our childhood memories, play is spontaneous, child led and directed, freely chosen with no pre-determined outcome, fun, accessible, challenging, social and repeatable. It is also usually based outdoors in nature, highly active with elements of challenge and risk that test boundaries in an imaginative way.

Play is under threat

The playful upbringing of previous generations is no longer as accessible to our tamariki and rangatahi due to changing social, environmental, technological and economic pressures. Our young people need the time, space and permission to play but with increasingly structured lives and reduced free time, the loss of traditional play spaces such as streets and driveways, increased fears around safety and risk and a loss of societal connections means play deprivation is becoming an increasing national and international concern.



“

My boy said "mum my favourite time of the day is when you put your phone down and play with me." - Parent (Cobham Play Survey/ Tākaro Tairāwhiti Report)

”

Pop-up Play

We have hosted a series of collaborative pop-up play events through fun, whānau-friendly activities to encourage positive play experiences including Splash in the Park, Waitangi Day Out and E Tu Elgin: Christmas in the Park.

For the inaugural Play Week Aotearoa, we coordinated and promoted a weeklong series of play themes and ideas to challenge caregivers to play with their tamariki every day and to increase the importance of play in building young people's resilience and wellbeing.

In collaboration with Healthy Families East Cape, we held a Manu Aute workshop to help celebrate the month of Matariki. Holding the Manu Aute Workshop during the month of Matariki was a great way for tamariki and whānau to explore, learn and celebrate through play our unique regional pūrakau (stories) and mahi toi (arts).

Over 50 participants worked in whānau roopu to create a taonga for their whānau that has been woven together with their aspirations for the Matariki New Year.

“

"Amazing way to spend time with my daughter!"

"So amazing! Really well organised. Loved the storytelling in combination with hands on workshop!"

"Amazing workshop! Had to drag the whānau here and had to drag them out!"

”

Play Champions

We have partnered with Healthy Families East Cape, Gisborne District Council, Turanga Health, Cobham School, Parafed Gisborne, CCS Disability Action and Metcon Mauri to establish a committee called Reimagining Streets and Neighbourhoods to spark a regional-wide conversation about the role of play and active transport on the wellbeing of tamariki, rangatahi and whānau in Tairāwhiti.

We also established a play champion relationship with the Gisborne District Council through their creation of a hotdesk for our Play Lead to help establish a strategic approach to play. GDC has also developed a GDC Play Champion to internally endorse and actively promote play.

Funding

We have promoted and supported play applicants through the Tū Manawa Active Aotearoa. There have been six successful play applications including a community play trailer, school based loose part play boxes, inclusive school play spaces and a horse-riding programme.

INITIATIVES

POWER OF PLAY HUDDLES

SGT has hosted four Power of Play Huddles across the region to better understand our communities' perceptions and experiences of play.

Over 60 key stakeholders from a wide range of backgrounds gathered at Waikanae Surf Club, Te Waiu Hall in Ruatoria and Te Karaka Area School to share their experiences, collective wisdom and insights in the world of play across the Tairāwhiti region.

In the workshops, participants explored their play memories and what play meant to them growing up. Universally these memories involved outdoor risky nature play, with neighborhood kids and relatives, little adult supervision and included eeling, camping, fort building, tree climbing and imagination play.

“

It was one big whānau with all the street, playing 'go home stay home' outside till the lights came on. - *Rural stakeholder*

”

Play in Tairāwhiti has historically centered around survival - such as finding kai - and is strongly influenced by the communities' strong connection to te taiao and Te Ao Māori. Other unique aspects of play in our region included:

- **A strong sense of community and local pride**
- **People's creative, playful mindsets**
- **Easy access to nature and low-cost activities**
- **Play through mahi**
- **Connection to whenua and Te Ao Māori**

“

Every generation has its time playing on their own whenua. Parents and grandparents know where the kids are playing as they used to play there too. It's a succession plan for Māori land blocks - teaching kids to love the land. If they love that place they'll learn to look after it. It instilled a genuine love of nature in me, now I'm fiercely protective of it. - *Coast parent*

”

Participants in the play huddles identified what the future of play in Tairāwhiti might look like including:

- **Inspirational and freely available**
- **Nature-based**
- **For the whole whānau**
- **Embedded in our urban fabric**
- **Balanced between safety and risk**
- **Valued and normalised**
- **Child-led**
- **Part of holistic wellbeing**
- **Māori play**

“

There's a proud generation of us who want to bring up our children as we were brought up. - *Town stakeholder*

”

“

Kids being empowered and given the space just to be kids. Propping up their crazy ideas and not knocking them down. Let their imagination be - try not to bring our adult world into their play experience and the reality of things. Let their play be completely unrealistic because that's what it is.

- *Town parent*

”

As well as the Power of Play huddles, we talked to local Tairāwhiti tamariki, rangatahi and whānau about what play means to them. Their stories, the huddle conversations, and opportunities for the region have been captured in a Play Huddle report - Tākaro Tairāwhiti produced by Sport New Zealand and the Innovation Unit to help inform SGT's and Sport New Zealand's planning and strategies for play and to spark a nation-wide conversation about the role of play in the wellbeing of young New Zealanders.



SIGNATURE EVENTS

📅 APRIL 2021

GISBORNE HERALD QUARTER MARATHON 2021

After a hiatus of 36 months due to a date change and COVID-19 cancellations the 37th annual Gisborne Herald Quarter Marathon & 5.6km Fun returned to Marina Park on Sunday 18 April 2021. Having moved from the traditional October date to April a total of 507 participants walked, jogged or ran one of the two events around the scenic course. The event is designed to be inclusive for our wider community with participants of all ages and abilities being able to enjoy.

The charity of choice was Huringa Pai Charitable Trust. The charity received a donation to support their local programmes and activities from funds raised from the event. The charity also provided over 20 volunteers to assist with marshalling and contribute to make the event a great success. We thank Huringa Pai Charitable Trust, Tairāwhiti Rising Legends, SGT staff and whānau that volunteered to ensure the participant experience was fun and enjoyable.

Special acknowledgement to our main sponsor, The Gisborne Herald for their continued and significant support. This year we were also massively supported by the Womens Native Tree Project Trust who donated vouchers to all registered adult participants. This entitled them to uplift a native tree of choice for planting around their homes. In addition, they also provided vouchers as spot prizes. To all our other contributing sponsors MyRide Gisborne, Dive Tatapouri, Eastwoodhill Arboretum, Surfing with Sarah, Harvey Norman Gisborne and the Gisborne Olympic Pool Complex, a huge thank you, without your support the overall success of the event would not be possible.



📅 MAY 2021

TAIRĀWHITI SCHOOLS GYMNASTIC FESTIVAL 2021

The 53rd annual Tairāwhiti Schools Gymnastic Festival returned to Term 2 after moving the event in 2020 and being cancelled due to a COVID-19 Alert Level change. 1416 participants took part from 31 schools from as far north as Potaka to Nuhaka in the south.

The event remains a signature event for the Sport Gisborne Tairāwhiti event portfolio and schools calendar. The two-day event is heavily reliant on the support of the host clubs Gisborne Gymnastic Club and Gisborne Trampoline Club for providing significant resource. Over 50 volunteers including SGT staff and students from Lytton High School and Gisborne Girls High School ensured the event was a success.

CANCELLED EVENTS DUE TO COVID-19

📅 The Bronwyn Kay Agency Sporting Excellence Awards 2020 was cancelled due to COVID-19



PARTNER EVENTS

📅 AUGUST 2021

SWIM THE DISTANCE

2020 marked our 10th year of partnering with the Gisborne Olympic Pool Complex to deliver the Swim the Distance Challenge. A significant milestone for the event saw a record 276 participants registered that swam, jogged or walked their way toward, or beyond the challenge distance of 45.5km.

This year we welcomed Recreational Services on board as the naming sponsor of the event. This provided participants with a reduced entry fee from previous years and the provision of the major spot prize. Sport Gisborne Tairāwhiti's 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 in the colder months.

A special thank you to all our sponsors, over 40 local businesses supported the 2020 Recreational Services Swim the Distance Challenge of which we are extremely grateful.

CANCELLED EVENTS DUE TO COVID-19

📅 2021 Weet-Bix Kids Tryathlon



GOING THE DISTANCE:
101 participants reached 45.5km. Over 11500km was accumulated by participants during the challenge period.

📅 SEPT - OCT 2021

TITIRANGI MT EVEREST CHALLENGE 2020

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.

In the 8th year of the challenge Titirangi Reserve turned into a hub of activity during the spring months of September and October with 2094 participants taking part.

HIGHLIGHTS OF THE CHALLENGE INCLUDED:

- » The one-way roading system through the support of GDC, Ngāti Oneone and Tairāwhiti Roads for the duration of the challenge.
- » Opening the event with a dawn ceremony
- » Delivering the event with COVID-19 controls in place
- » 58% of participants were FIRST time challengers
- » Pak N Save for sponsoring the free BBQ at the closing night ceremony

The total amount fundraised for the Cancer Society amounted to just over \$4,100.00. Once again a special mention to Sean and Fiona Shivanan who continue to be the inspiration behind this event that has impacted many positive health outcomes in our community.



MANAWAKURA

HEALTHY ACTIVE LEARNING IS AN INITIATIVE THAT PROMOTES AND IMPROVES HEALTHY EATING AND PHYSICAL ACTIVITY IN SCHOOLS, KURA AND EARLY LEARNING SERVICES ACROSS AOTEAROA. OUR MANAWAKURA APPROACH TO HEALTHY ACTIVE LEARNING FOCUSSES ON THE OVERALL WELLBEING. WE WANT TO ENSURE WE LOOK AT THE HOLISTIC WELLBEING AND DEVELOPMENT OF TAMARIKI WHEN SUPPORTING OUR SCHOOLS AND KURA HERE IN TE TAIRĀWHITI.

Tangata Whaikaha – More than special needs

In essence the term Whaikaha is about finding or gathering strength, and this title fits better with our team than special needs people or children.

Kate Ney has been instrumental in leading our Tamariki Whaikaha Kaupapa. So far there has been two community play sessions at one of the local primary schools during the weekend, and the plan is to have one once a month. She has also worked with our Active Rangatahi advisor to lead the “Remarkable Games” and they are both hoping to have another one of these events next term. Kate is also coordinating with Parafed and compiling a list of parents who are keen to build something together for their tamariki and their community. We are also working together to plan an East Coast based Tamariki Whaikaha event.

At present, we are in conversations with community deliverers – Golf, Comet Swim Club, Dance fit and other groups and is trying to connect schools with deliverers who can only deliver during school hours and parents with deliverers who want to explore after school options.

Kai – our Manawakura approach

Rather than solely focusing on the nutritional value of food or the food choices of an individual, whānau, or school/kura, our Manawakura team is looking at the bigger picture. We have taken a contemporary and holistic approach to kai.

There is strong evidence to suggest it's not what our tamariki are eating that is the most important component to nutrition and health, it's how they're eating. A good eater isn't just a child who eats their vegetables, it's a child who feels good about food and eating, enjoys a variety of foods, and is able to learn to like new foods. A good eater is also a child who is able to trust their body and eat to their hunger and fullness cues, and as much as needed for their energy and growth. And finally, a good eater is a child who can eventually learn to plan and prepare their own kai.

We are working with schools and kura to support teachers in applying this kaupapa by delivering hands on experiences for tamariki and whanau.

Some insights we have gained from going into schools and kura is many teachers would like to focus on nutrition but don't know where to start. We have been developing a resource to help support teachers, health professionals, whānau, and anyone working with tamariki to support their nutrition and health using this positive and holistic approach to kai.



MANAWAKURA



Tuakana Teina – Creating a Community of Practice

Looking ahead to our transition phase our team will be implementing a Tuakana Teina approach, essentially this approach is creating clusters of schools/kura or communities of practice. The idea is these communities come together to share their vision with likeminded schools/kura that are geographically close and are willing to work collaboratively.

One of our East Coast clusters or Communities of Practice that we have identified are meeting soon to establish a set of outcomes, share thoughts and ideas and discuss how our Manawakura team can help them meet their outcomes and needs. This cluster has two Kura and two mainstream schools, what will be important to the principals of those kura is that Te Reo is valued by all parties and the overall holistic wellbeing is integrated into their marau a kura.

Through Rā Tākaro we are forming a small community of practice between our small rural schools on the outskirts of Gisborne, we believe they will work well together. One of our goals is to see new connections and relationships develop between these isolated school communities and align them to our Tuakana Teina approach.

We hope that once schools establish and strengthen these connections and the confidence within this approach grows, their community of practice grows as well.

Te Waharoa – A Whānau & Community approach

Te Waharoa is the entrance way, or the gateway to a pā or a marae. In this case, we want to align this to the entrance way to some of our low decile Gisborne schools in an approach to better engage their communities and whānau.

Our approach within these schools so far has been to align Te Whare Tapawhā to their localised curriculum, events and activities. With our Te Waharoa approach we want to help these schools find a way to engage their whānau and wider school communities so that their tamariki are in a better space mentally and physically to learn.

Two school Principals have indicated they want a person who can help to help engage their whānau and school communities. At present, the design and specifics of this role is still in its early phase. However, together we have engaged with the MOE and other funders to help find resource and funding to help fund a person to fill this role.

Once this role is confirmed and they have found a person the ideal situation is they would work closely with our Manawakura team. This person will also help with our alignment to the establishing a community of practice with these inner-city schools.

PĪPĪ PAOPAO, WHAKANUIA WHĀNAU, MOKOPUNA MATAARA

NGĀ MANU TAUPUA IS A COLLABORATION OF THREE INDIVIDUAL KAIMAHI WHO WORK TOGETHER TO DELIVER MOKOPUNA MATAARA, PĪPĪ PAOPAO, AND WHAKANUIA WHĀNAU.

PĪPĪ PAOPAO and Whakanuia Whānau

Pīpī Paopao and Whakanuia Whānau have actively supported the holistic well-being of tamariki and their whānau from birth to 18 years of age throughout Te Tairāwhiti. The holistic well-being encompasses the whole tamaiti and their whānau by recognising the needs of their oranga, hauora, tīnānā, wairua, hinengaro and whānau.

MAHI DELIVERED HAS ENCOMPASSED OUR ORGANISATION VALUES:

He manu rere tahi:

- » Working with all whānau to grow and move forward in spaces where they feel empowered as a individual and as a whānau.

He manu rere teitei:

- » Improved eating, drinking and sleeping patterns;
- » Assisted by playing games, sports and having fun;
- » With the use of our natural environment to support individual and whānau growth and development.

He manu rere tika:

- » The use of local knowledge, history and kaupapa adds substance and appreciation of our connectedness to Te Tairāwhiti and Te Ao.

He manu rere rata:

- » Outcomes seen through ongoing increased activity and engagement obvious where ever they are, whānau participation and contribution to all kaupapa.

Over the past year Pīpī Paopao and Whakanuia Whānau have collaborated and worked with up to 70 tamariki and their whānau. We have engaged with them by doing kanohi ki te kanohi home visits, phone calls, texts, group gatherings and pop up sessions.

Post COVID-19, whānau have been more active and keen for change, and so their interaction with our taiao has increased by being outdoors and actively doing more things as a whānau like walking, biking, talking and enjoying each other.

Mokopuna Mataara

This year there is 10 centres from our Tuakana 2021 whānau and 30 centres from our new Matariki whānau. This is alongside 7 centres from our Pakeke 2019 whānau and 11 centres from our Teina 2020 whānau that are across Te Tairāwhiti.

This year, kaimahi and kaiako have been building whanaungatanga, watching how the tamariki interact with each other and enjoying the innovative ways they create games. It's also important to learn their moemoea, the vision of the centres, their values and expectations and weave our takaro through their mission statement.

Another focus of Mokopuna Mataara is dedicating time to work on the development of four-year-olds before they transition into school by ensuring their fundamental movement skills are developed. The tamariki become confident and competent in ball skills, balancing, skipping and listening to follow clear instructions.

It's important to incorporate and weave our values into the play space of tamariki and mokopuna. Kaimahi teach each tikanga and how it fits into their play area.

He manu rere tahi:

- » Working together, and pointing out the reasons why we all got to a fun place, because we worked together.

He manu rere teitei:

- » Identifying each tamaiti/mokopuna's natural talents and skills. It could be exceptional sport skills, singing, artistry, orators. These talents are incorporated into takaro to help them achieve goals, as well as encourage each tamaiti to 'pakipaki up' when their friend does something great.

He manu rere tika:

- » Doing what is right! Teaching our older tamariki to care for the pēpi. Playing together, sharing rauemi/resources.

He manu rere rata:

- » Takaro/games that include everyone. If there is a need to vary the takaro to suit different ages, abilities, or heights, this is done to involve and include nga tamariki katoa.

LIFESTYLE CHANGE

Green Prescription

Green Prescription (GRx) is a referral-based program that provides wellbeing support for those who want to become more active, make healthier food choices, and strengthen wellbeing.

Over the last twelve months the GRx team have been redeveloping how GRx support is offered in Tairāwhiti. Insights were gathered from past and present GRx participants, those who refer to the program, and other key stakeholders which helped inform the changes made.

The new structure creates greater opportunity for connection and provides participants with the ability to choose the support options they feel best suits them and their whānau.

With the development of the GRx Facebook page, participants and their whānau can easily stay up to date with session opportunities, activities of interest, and helpful resources.

REFERRED TO GREEN PRESCRIPTION? HERE'S WHAT'S ON OFFER:

Intro to GRx sessions
Small group sessions introducing opportunities, kōrero, and resources that may help guide your GRx journey

Weekly Pods of Support
Opportunities to be active and learn together

Wānanga Kai
An interactive 5-week course focusing on preparing and enjoying healthy kai

Cuppa & Kōrero
Monthly community workshops that help strengthen wellness confidence

IN THE 2020/21 YEAR, SGT RECEIVED 838 GRx REFERRALS. OF THESE, 54.5% WERE MĀORI, 35% NZ EUROPEAN AND 2.5% PACIFIC. 66.5% WERE FEMALE AND 33.5% MALE.

AGES

18-29=
10.5%

50-64=
34%

30-49=
31%

>65=
24.5%

Leaderbrand New Zealand generously provide fresh produce for nutrition sessions, these are either used within the recipes on the day or given away as spot prizes.

Community and GRx nutrition sessions have been delivered on a regular basis. Nutrition support has also been provided to; Turanga Health's Eke Tu, PROactive Tāne, StepOut, Cancer Society, Cardiac/Pulmonary Rehabilitation, Kohanga Reo, GGHS, and Well Wāhine Week.

GRx Community classes

Community activity opportunities are delivered by members of the GRx team and are available for clients and their friends and/or whānau. Even accounting for the class disruptions due to Alert Level changes and pool closure, the sessions have been so extremely well attended. The 20/21 period saw over 540 participations in the aquatic exercise sessions and over 1,100 in the Active Bands classes.

2021/2022 will see 2 additional weekly sessions added; Active Circuit and Aqua Circuit.



THE STORY OF DAVID & BRONWYN



“

DAVID

A lot of people may not know where to start or may feel self-conscious. Green Prescriptions help with the start. Helps you to be the person you want to be.

”

“Twelve months ago, we had become very comfortable with our lounge suite!” chuckled David when asked what life was like for him, and wife Bronwyn a year ago.

In 2018 Bronwyn visited her Oncologist for a check-up, a mass had been found on her lungs earlier in the year and she had been taking cancer medications that had resulted in significant weight gain. “The specialist told me I had to get the weight down. I felt stuck between a rock and a hard place, the meds that were helping with my cancer were causing me to put on weight and increase my blood sugars - that wasn’t good for my diabetes. My hips were continually painful. I hadn’t been moving much”.

Once referred to Green Prescription, they were invited to an Introduction to GRx session to learn more about what support options were available to them. They met with Steve and Kerry (GRx Advisors) as part of a small group session and talked about the many things that impact wellness. This holistic view of wellness really resonated with Bronwyn, but she can remember thinking “this sounds good, but it’s going to take me way out of my comfort zone. Way out!”

Both felt their decision to take the next step and join the Y-Pod, a weekly activity group led by Steve at the YMCA, was due to both Advisors being interested in, and really listening, to what was important to everyone in the room. “They were both brilliant, magic! They dealt with us on our level”. David said gyms had always been a bit daunting,

but he was looking forward to the challenge, “knowing the guys were going to be there made a huge difference” he said. Bronwyn knew that first step into the YMCA would take

a lot of courage, “I wondered if I would be able to do the session, I thought I wouldn’t be able to last”, but knowing what she knows now she encourages others to just take that first step. “If you are feeling low, carrying extra weight, struggling get a Green Prescription” David agrees “a lot of people may not know where to start or may feel self-conscious. Green Prescriptions help with the start. Helps you to be the person you want to be”.

Bronwyn now feels confident to walk through those YMCA doors, “I have discovered I love the rowing machine; I feel stronger and able to do more. When I first started, I couldn’t even do 100m on the rower, I can now do 2km in a session. And I’ve only been going for 6 – 7 weeks!”. They have learnt how to exercise in a way that suits them and have even set up an exercise circuit at home “we would never have even thought to do this, we wouldn’t have known what to do!”

Even though recent news from the Oncologist is not as positive as David and Bronwyn would have liked, they are both full of hope. “This is our journey ahead” says David who is barely able to get his sentence out before Bronwyn enthusiastically states “They say the new 60’s is the old 40’s, that’s me. We’re loving this!”

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