

Active Canterbury News

Keeping Physical Activity Providers Informed

November - December 2018



greater christchurch sport & recreation **guide**

NEW Activities Directory launched!

Active Canterbury and *Sport Canterbury* have teamed up to launch a new **Activities Directory**.

[The directory has been added to the Greater Christchurch Sport & Recreation Guide](#) and captures information about local classes, groups and programmes. The listings are searchable by activity type and locality, making it easy for people to connect with providers in their area.



An email invitation to join the directory was recently sent out to a large number of activity providers who have previously connected with Active Canterbury and Sport Canterbury. Activity providers who did not receive this email are also encouraged to join! **You can add your details by clicking on the red button below.**

[Check out the FAQ section on the Sport Canterbury website for more information.](#)

What are the benefits?

1. The directory will be widely promoted by Active Canterbury and Sport Canterbury, encouraging visitors to the website. This will result in more people finding out about your activities and likely lead to an increase in sign-ups and new members.
2. The directory will be used as a referral tool by Sport Canterbury and other organisations - it will become the 'go to' for health and activity practitioners.
3. The directory has a strong community focus – it gives all local providers the opportunity to list and promote their classes, groups and programmes at no cost.

[**Add my details to the Activities Directory**](#)

Workshop Boosts Knowledge, Networks and Skills

The **Spring Activity Provider Workshop** held on Saturday 27 October was attended by thirty six local providers who enjoyed a smorgasbord of presentations and practical sessions. A new delivery format proved popular, with attendees being able to select various sessions of most interest. Feedback was overwhelmingly positive...

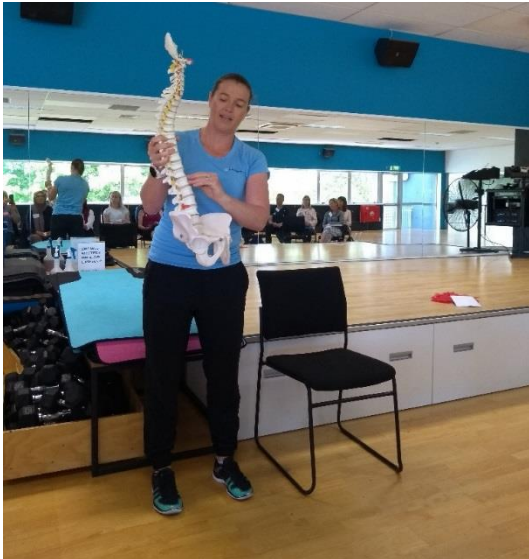
"The knowledge and skills I have gained will definitely enrich my classes..."

"Great variety of information at a good level"

"Always informative and really supercharges me..."

Thank you to all our wonderful presenters who made the day such a success!

Don't miss our next workshop coming up on **Saturday 23rd February 2019.**



[Education, Training and Development](#)

FREE Activity Provider Training Workshop: Mark the date!

Date and Time: Saturday 23rd February 2019, from 1 to 4pm.

Location: Pioneer Recreation Centre.

Join us for an afternoon cram packed full of ideas especially for community activity providers. There will be two streams to select from, covering helpful topics and practical sessions. Registrations open mid-January on the Active Canterbury website.

Contact Workshop and Training Coordinator Kris Tynan for more information (021 262 8886 or kris.tynan@xtra.co.nz).

[Community Exercise Foundation Course](#): It's back in 2019!

Dates: Saturday 9th and 16th March 2019.

Time: 8.30am to 3.30pm both days.

This exciting two-day foundation course is suitable for leaders of group exercise in a community or church setting, plus new or inexperienced leaders - no previous exercise or instruction experience required. Course will cover exercise and group instruction fundamentals. Cost is \$50 per person.

Register your interest today by emailing nadine.milmine@activecanterbury.org.nz

Like some help to set goals and make a plan?

The Active Canterbury **Mini-Mentoring Initiative** is designed to help community providers: 1. start up new classes and activities, 2. grow their class or participant numbers, and 3. manage existing classes or activities more effectively. Successful applications will receive up to 4 hours of FREE mentoring and support.

[Apply now for the next round of mini-mentoring.](#) Applications close **end of January 2019.**

New research confirms physical activity is tied to healthy mental wellbeing

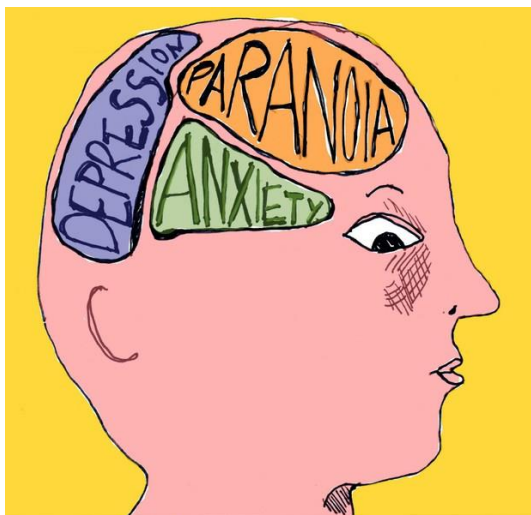
Recent research by Sport NZ shows that Kiwis who meet the global physical activity recommendations of at least 2.5 hours of moderate to vigorous-intensity physical activity a week are **51% more likely to have healthy mental wellbeing.**



Other findings include:

- The odds of having better mental wellbeing increased for each additional day of recreational physical activity from two to three days (24%), four days (18%) and five days (13%) per week.
- People meeting the physical activity recommendations by participating in vigorous-intensity recreational activity have 57 % higher odds of having good mental wellbeing compared to 23% for those participating at a moderate-intensity level.
- People meeting physical activity recommendations through regular gardening having 25% higher odds of reporting good mental wellbeing.

[Read the full media release from Sport NZ.](#)



Are you concerned about someone in your class or group?

Michael Hempseed from the Collaborative Trust advises using the statement: "*I've noticed you seem... [...low on energy ...not yourself ...lacking motivation... etc] lately... have you noticed this?*".

If the person asks for help, **advise them to talk to their GP** in the first instance (and suggest they take a friend or support person).

[The Mental Health Foundation NZ has a range of free support materials](#) for anyone who is going through a difficult time, or for people who are supporting someone.



Business Tax: Getting in the know

IRD Community Compliance Officer Darren Thompson spoke at the recent Activity Providers Workshop. He explained what activity providers need to know to meet their tax obligations.

If you missed this presentation, you can register for one of several free seminars run by the IRD each month. These seminars cover online services, business structures, income tax, expenses you can claim, GST, and more.

[Visit the IRD website for seminar details.](#)



Have you ever thought about what your email address says about you and your activities?

If your email address is something like baddude6785@hotmail.com, you could be sending the wrong message!

According to Activate Design, you should *'not underestimate a simple email address for its power of reflection on you and your personal or business brand.*

[Get tips on how to set up your own personal domain name](#) and other helpful ideas.



Are your First Aid and CPR qualifications current?

Activity providers must ensure that the level of First Aid/CPR is appropriate and relevant to the environment and conditions in which they deliver exercise.

Considerations include location, activities undertaken, and the number of clients under instruction.

[The REPs website provides specific industry advice.](#) You can find out about local first-aid courses by contacting one of the many providers such as St John or the Red Cross.



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We welcome your feedback and comments.

