

## Active Canterbury News

*We're Getting Through Together - Whāia E Tātou Te Pae Tawhiti*

September/October 2020



## Sport & Recreation Guide makes it easy to connect!

[The Greater Christchurch Sport & Recreation Guide](#) has undergone a significant revamp over the past few months. New branding has been developed and the website has a fresh new look. The Activities Directory – added to the Guide in 2019 – now has close to 200 class, group and programme listings. A new Events section has also been added. The next step is to start spreading the word about the Guide more widely. Over the coming months, a promotional strategy will be rolled out to encourage more Cantabrians to visit the site and make a connection with clubs, groups and providers in their area.



It's not too late if you haven't listed your activities in the Guide yet! Simple Submit your details via the online form at the link below. It's free and easy!

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

[Add my Activities to the Sport & Recreation Guide](#)

## Like to help us promote the Guide?

Contact Nadine at [nadine.milmine@activecanterbury.org.nz](mailto:nadine.milmine@activecanterbury.org.nz) for more information about the new branding guidelines and promotional elements available.

# GREATER CHRISTCHURCH Sport and Recreation Guide

## Don't Ignore the Pelvic Floor!

The Spring Activity Providers Workshop – held in August – had a key focus on delivering safe exercise options when pelvic floor weakness is an issue. [Lynne from Lynne Allen Personal Training](#) and [Ange of Coach Ange](#) generously shared their knowledge and expertise. Unfortunately, there is still a stigma attached to the pelvic floor and it often gets ignored. The two key messages from the session were:

1. We need to normalise the PF – talk about it!
2. We should train the PF like every other muscle.

Some of the other important points were:

- Load and demand need to match PF condition;
- Core control is one of the most important things;
- We may need to change the way we cue things; and
- Know your boundaries and do no harm.

[A summary of the presentation will be available on the Active Canterbury website](#) in the next few weeks.



## Like to know more about the pelvic floor?

[Pelvic Health Physiotherapy has an excellent video about the pelvic floor muscles.](#)

Presenter and physio Liz Child also discusses when someone should seek help, and how to go about this. You might also like to get along to the Continence NZ Pelvic Floor Focus Workshop coming up on Friday 6th November – see details overleaf.

## [Education, Training and Development](#)

### **Summer Activity Providers Workshop: Mark the date!**

The key focus of this workshop will be on respiratory conditions such as asthma and COPD), and how to deliver safe, appropriate exercise.

**Date:** Saturday 28th November 2020.

**Time:** 12.30 to 4.30pm.

**Location:** Pioneer Recreation Centre.

**Cost:** Free! Registrations essential.

There will also be several fun practical activities including:

- one on incorporating bands into your classes/groups;
- easy square-dancing ideas to try, and
- a session on Hikitia Te Hā – a series of simple te ao Māori breathing exercises that anyone can learn.

**Registrations open on the Active Canterbury website from Monday 12th October.**

### [GX Day with the My Group Move team](#)

Join the My Group Move team at their virtual Group Exercise (GX) training day. This workshop for all group fitness instructors and potential instructors (members of the public), and is an opportunity to learn, network and support each other.

**Date:** Sunday 4th October 2020.

**Time:** Noon to 5.30pm NZST. Registration and networking from 11.30am to noon.

**Location:** Online.

**Cost:** AU\$60 per session or AU\$150 for the whole day (all 3 sessions).

Sessions will cover: Top 6 GX Tips, Functional Core and Instructor Mental Health. REPs NZ members will earn 5 CPDs for attending the whole day.

### [Pelvic Floor Focus Workshop](#)

ContinenceNZ are running their popular pelvic floor workshop again in November. Book early as places are limited.

The workshop will teach you how to:

- understand basic anatomy and function of the pelvic floor and core;
- be aware of the types of dysfunction of the pelvic floor and core;
- learn how to screen patients for pelvic floor dysfunction; and
- know how to apply Pelvic Floor Safety when developing an exercise programme.

**Date:** Friday 6th November 2020.

**Time:** 9am to 4pm.

**Location:** Te Hapua: Halswell Centre (341 Halswell Road, Halswell).

**Cost:** \$75 for REPs professionals, \$149 for non-members.

## Top Tips for Taster Sessions

Are your class numbers down due to COVID-19? Would you like to encourage new people to come along to your activities? Taster sessions can be a great way to attract a new clientele. They allow new people to come along and have-a-go with no strings attached. Laura Organ is a local group exercise instructor based at Woodend, and advisor for the Community Strength and Balance Programme. She recently shared her top tips for running a Taster Session.



Use these ideas to run your own Taster Session:

- Make it free to attend.
- Anyone who attends goes into a draw to win prizes. Prizes could include a massage voucher, free classes or a health and beauty pack with soap, socks, herbal tea, or a healthy snack (bliss balls etc). Draw the winners on the night.
- During the taster session run an exercise class as normal. People can join in or sit and watch – most people join in!
- Put out business cards, flyers, and newsletter sign-up sheet out on a table so that people can pop in and take some info if they don't want to join in.
- You could also put some resources like home workouts or 'top 5 healthy snacks' or anything that relates back to your business or activities.
- Set up a Facebook event and promote the event to your current clients and participants – encourage them to bring friends, neighbours, family. Post in local Facebook groups and get the word out as much as possible.

Karawhiua! – Go for it! Thanks Laura for sharing!



Mental Health Awareness Week (MHAW) is coming up on 21 to 27 September. The theme is: **Reimagine Wellbeing Together – He Tirohanga Anamata.**

MHAW is underpinned by Te Whare Tapa Whā – a Māori framework that describes wellbeing as a whareniui/ meeting house with four walls and a foundation, which are all interlinked.

[Visit the MHAW website to find out more](#) and how you can get involved.

There is a specific section on taha tinana/ physical well-being) and a range of free resources available.

### **The Canterbury Community Pharmacy Group**

offers a range of services, to help patients better understand their medication and have greater access to pharmaceutical services.

[One is the free Medication Management Service.](#) If you are an activity provider delivering activities for older adults, or have people in your class on medications, encourage them to visit their local pharmacy for advice.

It's also a good idea to get to know your local pharmacist as they can provide advice if you have questions. Pop in and say hi!

The Active Canterbury team are currently developing the 2020-21 Education and Training programme for activity providers and would like input from local instructors, group exercise leaders and small group trainers.

**Specifically we would like to know what training needs you have and what topics you'd like to see included in the programme.**

We have put together a short survey to help capture this information and feedback. Please take 5 minutes to tell us what support you need to grow and thrive.

[Complete the survey on your support and training needs.](#)



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We welcome your feedback and comments.