

Active Canterbury News

Mauri tu, mauri ora – An active soul is a healthy soul

November/December 2022



And that's a wrap!

After 10 years and more than 50 newsletters, this will be the final edition of the E-News! Sadly funding for the Active Canterbury programme was not renewed as part of the recent health reforms. This means there will be changes to the way Active Canterbury services are delivered in future. Some aspects of the programme will come to an end as they are no longer sustainable.

The Active Canterbury Network (ACN) are currently looking at ways they can provide support to community activity providers going forward.

[The Active Canterbury website will continue](#) to list education and training opportunities, event information and provide links to resources. It is also the best place to go for latest news and ACN updates.

We hope you have enjoyed receiving the E-News. A big shout out to all our wonderful subscribers! Thank you for the amazing mahi you do to help keep our communities active and healthy.

To stay up-to-date with what's happening in the exercise, play and physical activity sectors, you might like to subscribe to, or visit:

- [Sport NZ newsletters](#);

- [Exercise NZ - Industry News](#);
- [My Group Move Blog](#); or
- [Ministry of Health Nutrition and Physical Activity Knowledge Bulletin](#).

Your subscription options

With this being the final edition, we would like to make you aware of your subscription options. You have the option of:

- remaining in the Active Canterbury database to receive future updates from the Active Canterbury Network; or
- being removed from the database.

[Unsubscribe from the Active Canterbury database](#).

If you would like to stay in the database, you do not need to do anything further.

GREATER CHRISTCHURCH *Sport and Recreation Guide*

[The Activities Directory is part of the Greater Christchurch Sport & Recreation Guide](#) and is a great place to list information about classes, groups and programmes. It's free to add a listing and you will receive an annual email asking you to check all the details are still correct.

[It's easy to add a listing](#) – simply click on the red box and enter your information. Make sure you include the time, location and cost of your activity. From there it will be checked and added to the directory.

[Contact the team at Sport Canterbury for more information](#).



[Education, Training and Development](#)

The Active Canterbury website is a great place to go to find out about upcoming education and training opportunities. Click on the link above to view resources and see what's coming up over the next few months.

Do you run classes for older adults?

[The Community Group Strength & Balance Project is part of a nationwide initiative](#) designed to reduce the number of falls in the older adult population. Sport Canterbury is the lead agency for this work in Canterbury and regularly runs training sessions for accredited community activity providers. With no Active Canterbury workshops coming up in 2023, Sport Canterbury has kindly offered to open these training sessions up to unaccredited providers for a small fee.

Contact Lily Purdon at Sport Canterbury for more information or to register your interest (lily.purdon@sportcanterbury.org.nz or 027 771 7473).

[Exercise New Zealand Conference](#)

Dates: Friday 25th to Sunday 27th November 2022.

Location: AUT's North Shore Campus (Auckland).

This conference has something for everybody in the exercise industry. With over 80 sessions including lectures, masterclasses and practical hands on sessions, plus longer Deep Dive mini workshops, don't miss this opportunity to hear from a fantastic range of speakers. Day passes available.



[Online Courses from Exercise As Medicine](#)

The Exercise as Medicine (EAM) team have just released a new online training course.

[Older Adults and Exercise](#) covers the ageing process, common conditions and medications, classification and functionality, balance and falls prevention, exercise prescription, class considerations and communication and screening, assessment and monitoring. REPs will receive 3 CPDs on completion.

Check out the EAM website for other courses with a focus on long-term health conditions and exercise.

The EAM team is planning to **offer some training sessions for activity providers in person next year**. Email Programme Director Kris Tynan to find out about these opportunities or sign up to their mailing list (kris@eamnz.com).



Photos from the Active Canterbury Drumming Workshop held in August.

[Check out Drums Alive on Facebook](#) to find out more about how to upskill as a drumming instructor.



Community Exercise Foundation Course is back in 2023!

Dates: Thursday 23rd February or 2nd March 2023.

Time: 6 to 8pm.

Location: Ōtautahi Sports Association (485 Tuam Street, Phillipstown).

This one-day workshop is for...

- Inexperienced instructors in a community or church setting who want to develop more confidence;
- Current activity providers or exercise professionals who want to upskill in community-based group exercise delivery;
- Volunteers who lead or assist with the delivery of classes in age care facilities or for organisations that provide exercise classes for seniors; or
- Anyone interested in becoming a group exercise leader as no previous experience is necessary.

Contact Kris Tynan for **more information** or to **register your interest** (021 262 8886 or kris@eamnz.com).



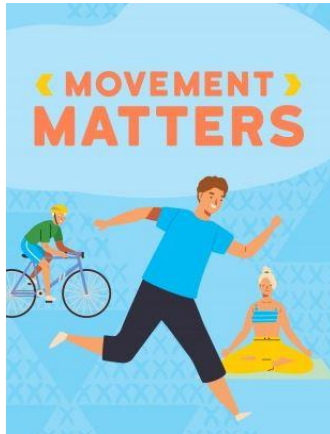
Feeling unmotivated as a group fitness instructor is normal

Figuring out how to beat those feelings is important so that you can keep moving forward.

[The My Group Move team know that flat feeling](#) and have put together some helpful tips on how to stay motivated when you're feeling uninspired.

Marietta Mehanni says *"Even if you are a great instructor and know how to motivate people, sometimes we just need a little inspiration ourselves. We need that extra push to get our groove back – the one that makes us want to dance around instead of curl up in a ball on the floor"*.

[Read the full article on what to do if you feel flat and bored.](#)



[Diabetes Action Month: Movement Matters](#)

November is Diabetes Action Month – Diabetes New Zealand's biggest awareness campaign.

Being active helps with diabetes control. Exercise lowers blood glucose levels, increases energy, and reduces stress.

Get moving with **Sneaker Friday on Friday 18th November**. Support Diabetes NZ by wearing your sneakers to work or swap your jandals for the day!

[Find out how you can help raise funds on Sneaker Friday.](#)



Kris Tynan has been part of the Active Canterbury team for the past 5 years – taking up the Training & Workshop Coordinator role in 2017. Over that time Kris has helped to plan, coordinate and deliver more than 20 workshops and courses!

THANK YOU KRIS for all the hard work, energy and enthusiasm you've put into the programme during your tenure!

The Active Canterbury Education & Training Programme is currently paused due to the changes in funding outlined above. See above about joining the EAM mailing list.



[facebook.com/ActiveCanterburyNZ](https://www.facebook.com/ActiveCanterburyNZ)

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