



History

- Outcome of the Nelson Tasman Physical Activity Plan using a SPARC Active Communities Grant
- Aim is to “make the active choice the easy choice” - focus on Support Seekers and Others Oriented.
- Tasman District Council led in partnership with Nelson City Council, NMDHB, Sport Tasman, Nelson Bays Primary Health.

Objectives

- Ensure the community is well-informed of physical activity options
- Introduce multiple strategies via regional community “Hubs”
- Remove barriers to participation

The plan was to establish 4 Hubs across Nelson/Tasman
- we have established 7





Way2Go Hubs

- Victory Community Health, Nelson
- Tasman Recreation Centre, Richmond
- Motueka Recreation Centre
- Golden Bay Community Workers
- Moutere Hills Community Centre
- Murchison Community, Cultural & Recreation Centre
- The New Hub, Nelson



Hubs

Hub Coordinators respond to community need, identify gaps and barriers and initiate activities.



Governance via a Steering Group

- Partner contribution is invaluable and includes 'In-Kind' and \$
- This collaborative approach is one of the strengths of Way2Go



Success 1

- **Ease into Activity**
(pedometer support programme)
- **Pedometers in Libraries**
(partnership & regional spread)

Results:

- 80% pedometer users report and increase in physical activity levels
- People are joining the library to access a pedometer
- Pathway into other activity options
- Medical Centres linking in with Pedometers in Libraries



Success 2

- **Activities Trailer**

The trailer takes affordable physical activity options to the community.

- **In Your Neighbourhood**

NMIT students take games to local parks



Success 3

■ Urban Links Maps

- These maps identify the quick walking and cycling links
- Maps have been produced for:
 - Richmond
 - Motueka
 - Nelson





University Of Auckland's Evaluation:

- Strong emphasis on community engagement
- Stakeholders saw potential to grow over time
- Hubs offer a wide range of activities
- Activities are guided by a consultative, inclusive needs-driven approach
- Distinction between Way2Go and non Way2Go activities is often blurred
- The programme has forged strong partnerships

Expansion of Way2Go

- In 2008, \$210,000 over three years was secured from SPARC's Active Communities funding to develop a 'community pathway' from inactivity to engagement
- A further \$360,000 over three years is being provided by NMDHB's Nutrition and Physical Activity Programme
- The other partners are also contributing funding and resources



Three Components To The Expansion

- Developing a pathway from primary health to community sport and recreation
- Expansion of the hubs
- Volunteer capacity building



The 'Way2go' Community Pathway

Referrals From

- e.g. PHO / CVD Risk Assessments, GRx, Mental Health, Diabetes nurses, self, community or word of mouth etc

Way2Go Community Programmes

- Community programmes; structured, regular and social
- Add on services e.g. diabetes get checked, community dietitian, smoking cessation
- Graduate training to become volunteers, community coaches and peer support

Way2Go Active Communities Initiatives

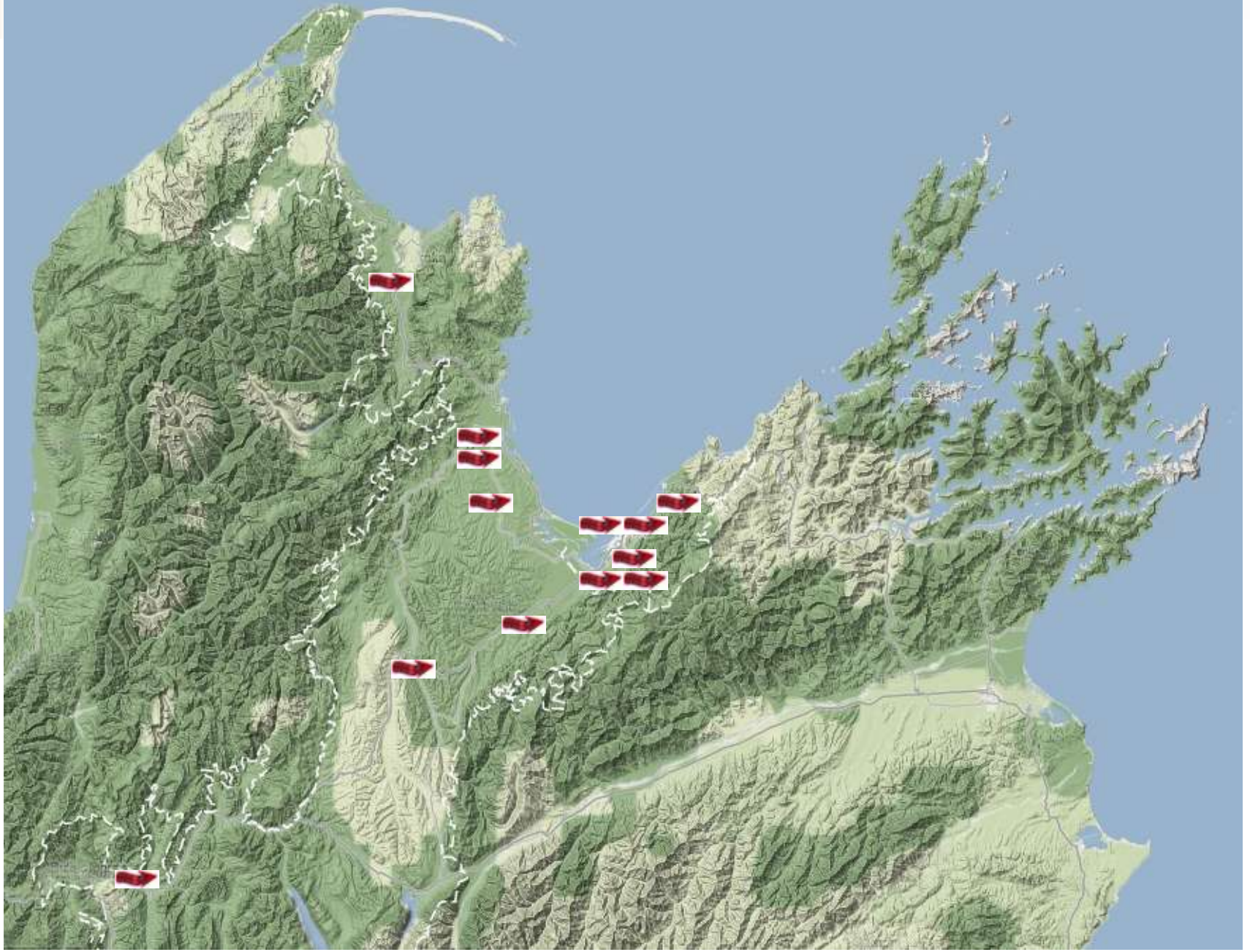
- Linking current activities and initiatives
- Supporting communities to initiate and establish activities and programmes
- Training opportunities and support through local hubs

Independently active within community / social group



Way2Go Expansion

- House 44 (Stoke)
 - Tahuna Community Centre
 - Whakatu Marae
 - Te Awhina Marae
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- Planning to establish hubs in Wakefield and Tapawera





House 44

Adult Easy Exercise Programme

Official opening Thursday 4th September 2008

Monday 	Walking Group 30min easy walk. Wet weather options always available and cup of tea on completion. Meet at House 44	Time 9.30am	Cost nil
Tuesday 	Confidence Course / Fitness Trail This is walking with a difference. We'll do easy "stations" at the park to add exercise variety and laughter. Done in small groups where you can walk and talk (or laugh) together. Wet weather options always available and cup of tea at House 44 on completion.	Time 9.30am	Cost nil
Wednesday 	Water walking Walking in water feels so good. Play in the waves, walk the lazy river, then soak in the hot spa. Held at the ASB Pool. Meet at House 44 to car-pool or walk/bike.	Time 9.30am	Cost \$3
Thursday 	Fun and Games in the Park Walk to Octopus's Garden and enjoy a selection of 'have-a-go' social games such as frisby golf, shooting hoops, balloon volleyball etc. Cup of tea at House 44 on completion. <i>(Whakatu Marae gym option coming soon)</i>	Time 9.30am	Cost nil
Friday 	Up-Cycle Re-learn or learn the skills of riding a bike gaining confidence as you go. Bookings required - so if this interests you, give your details to Tash.	Time Book with Tash	Cost nil
	Tell us what YOU want! If enough people are interested we can also organize: social sports such as tennis, badminton, netball etc.		

All programme options start from House 44 at the time stated.

Contact: Tash at House 44
 44 Karaka Street
 Stoke
 Ph: 547 6055
 E: house44@slingshot.co.nz

Volunteer Capacity Building

- Recruitment and development of volunteers
- Linking with: Coachforce
Volunteer Nelson
Tertiary Training



Next Steps

Way2Go network expanding into areas other than physical activity:

- Get Cooking (*thanks Waikato Primary Health*)
- Get Gardening

Making the Active Choice the Easy Choice

