

Statement of Service Performance

The Wellington Regional Sports Education Trust

For the year ended 30 June 2024

Our vision

Hauora: Everyone active, healthy, and happy, recognises that whilst we highlight the importance of physical activity and encourage active lifestyles, in doing so we must consider the need for a holistic approach that incorporates physical wellbeing, mental and emotional wellbeing, social wellbeing and spiritual wellbeing.

Our purpose

Transforming lives in the Wellington region, is grounded in the belief that physical activity has the power to transform lives and is therefore fundamental to our region's wellbeing.

Our 12-year strategic outcome

Improved wellbeing through increased physical activity is driven by the well-documented evidence that shows the benefits to individual and community wellbeing when people are regularly physically active.

Nuku Ora is in the final year of its first four-year (2020-2024) block of strategic priorities, focusing on impacting the physical activity system in our region, providing a range of quality opportunities, and reducing the barriers to enable more people to be physically active.

This strategic block enables us to respond to the needs of our communities and position ourselves strategically within our current environment. The three strategic priorities in the first four years are:

- Less active people become more active
- Opportunities to be active better meet the needs of participants
- A connected and effective regional physical activity system

Priority 1: Less active people become more active

- Our organisational purpose, transforming lives in the Wellington region, is grounded in the belief that physical activity has the power to transform lives and is therefore fundamental to our region's wellbeing.
- Delivered under the Te Whatu Ora contract that we have held since 2012, a key area of mahi at Nuku Ora is the Green Prescription (GRx) programme. The GRx programme aims to improve the health and wellbeing of individuals and whānau through movement/physical activity and nutrition support. Services are provided across the Wellington, Hutt Valley, Porirua and Wairarapa regions, and referrals can either come through healthcare providers or by self-referral.

Metric: Green Prescription: Number of Clients / % on Target

Te Whatu Ora Contract (Green Prescription)

Number of Clients / % on Target

	2024			2023		
	Clients	Target	% of Target	Clients	Target	% of Target
CCDHB	1,073	1,049	102%	1,269	1,049	121%
HVDHB	998	757	132%	1,226	757	162%
WDHB	116	250	46%	134	250	54%
TOTAL	2,187	2,056	106%	2,629	2,056	128%

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- A key fixture in the Nuku Ora annual calendar of events is the Wellington Round the Bays (RTB) event. The largest mass participation event in the lower North Island, RTB is held each year in late February, with five races ranging from the 5.5 fun run up to the half marathon. This iconic community event has been held for 46 years, 23 of which have been organised by Nuku Ora and encourages Wellingtonians to get active and take part in this fun community event.

Metric: Round the Bays: Number of Participants

<u>Round the Bays</u>	2024	2023
Number of Participants	10,225	9,735

Priority 2: Opportunities to be active better meet the needs of participants

- Healthy Active Learning is a collaborative wellbeing initiative between Sport New Zealand and the Ministries of Health and Education to support schools and kura to improve the wellbeing of tamariki through healthy eating and quality physical activity.
- Examples of active engagement with schools include email communication from teachers, using Nuku Ora provided resources, supporting their whole school physical activity events, teacher attendance at our workshops, and planning together for future activities.
- Moderate engagement is similar to those listed for active engagement but with a smaller number of teachers involved.

Metric: Number of schools in which active or moderate engagement is achieved

Healthy Active Learning (HAL)

Number of schools in which active or moderate engagement is achieved.

	2024	2023
Schools Targeted	60	59
Schools with which active or moderate engagement achieved	26	30

Priority 3: A connected and effective regional physical activity system

Nuku Ora is the independent body for physical activity in the greater Wellington region. We work and advocate within the sport and active recreation sector with a large number of stakeholders. Every year Nuku Ora's stakeholders are surveyed to gather feedback and insights into how we have performed in the preceding 12 months.

Metric: Priority stakeholders report satisfaction in Nuku Ora Leadership

<u>Stakeholder Satisfaction with Nuku Ora Leadership</u>	2024	2023
Priority stakeholders report satisfaction in Nuku Ora Leadership	57%	74%