



ATTACHMENTS MINUTES

Council Meeting

Wednesday, 30 July 2025

Table of Contents

25.15.3 Sport Otago's Accountability Report

Appendix 1 Presentation from Sport Central.....4

25.15.10 Journey to an Established Welcoming Community

Appendix 1 Presentation: The Journey to Level 2 Accreditation.....16



SPORT CENTRAL

2024 -2025 CODC REPORT





STAFF



Kate Hamilton

Play and P.E. Advisor



Ben Hamilton

Sport and Active Recreation Advisor



Monique Kerr

Health Coach/Healthy Lifestyles Advisor - Cromwell



Jess Davis

Health Coach - Alexandra



PLAY *Outcomes*

- 13 organisations using the Tākaro Play Trailer.
- 14 organisations using equipment from the Play Shed.
- 8 organisations using the Event Trailer equipment.
- 10 organisations using the Inflatables.
- 7 Early Childhood Centres (ECEs) involved in the Foam Shape Gear Swap (4 in Alexandra and 3 in Cromwell).





PHYSICAL EDUCATION *Outcomes*

- Maniototo Area Junior School with a refreshed PE plan for year 1 – 8
- We supported Tarras School to obtain funding from Tū Manawa for new athletics equipment.
- **Learn to Swim** - This year 1,810 students from twelve schools in the Central Otago region accessed the programme.
- **Physical Activity Leaders (PALs)** - 11 schools participated in the PALs training and 133 students were involved.
- Supported the PALs at Goldfields Primary School to run a mini-Olympics

04



EVENTS

Outcomes

- Organised an Active Recreation and Play session as part of the Merino Shears event in Alexandra.
- Cromwell Big Morning Run for Mental Health Awareness Week.
- Dunstan Zone Triathlon.
- Central Otago Primary Schools Sports Association Triathlon.
- Dunstan Zone Athletics.
- Central Otago Primary Schools Sports Association Athletics.
- Top Bike 2025 in Alexandra.
- Clued Up Kids Alexandra.
- Central Otago Primary School Sport Association Rippa Rugby Tournament.
- Cromwell College Cross Country.



05



Active Recreation

Outcomes

- Secured further sponsorship to get the Half Mile Disc Golf course completed.
- Training events for Challenge Wanaka adaptive competitors in Alexandra.
- Women's Wednesday's.
- Opening & closing party for the Roxburgh Pool.
- Supported Puna Rangatahi's BLAST longest day event.
- Alexandra Park Run with their 1st birthday event.
- "Share Your Gear" .
- Youth Week Celebrations.
- Move-it Monthly.
- Roxburgh Bike Park.



06



SPORT DEVELOPMENT OUTCOMES

- Alexandra Badminton Club Revival
- Alexandra & Cromwell Coaching Workshops
- Secondary School Coaching Workshop
- Iceinline Committee Support , Including Strategic Plan Development
- Unity Hoops Basketball Festival
- Central Otago Rugby Focus Group
- Funding Support to Clubs and secondary schools

07

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Stakeholder Relationships, Advocacy, Spaces and Places

- Submitted on CODC LTP & Cromwell Racecourse
- Members of our leadership team attended the Central Lakes Trust Community Outcomes workshop in Cromwell.
- Huddle
- Quarterly Meetings with CODC SLT
- Molyneux Turf Trust Support
- Funding Clinics
- Millers Flat Recreation project





HEALTH

Outcomes

We received 111 Green Prescription (GRx) referrals and one Active Families referral from medical practices across Central Otago. Our Health Coach at Cromwell Medical and Junction Health worked with 294 individuals for 1133 total encounters as part of the Access and Choice programme.

Water Wellness : Feedback from clients "I had not been in the water for 20+ years, I was so nervous to go to the pool. This group made it accessible and gave me the confidence I needed. I now go to the pool 3x a week" "I didn't know I could move so freely in the water, I always knew it would be good for me but didn't know where to start. Water Wellness gave me the confidence in the pool. I now go to the pool 5 days a week and no longer need my walking frame."

Wednesday walking group/ New mums focus - Each group I went to was sitting down, it was frustrating. I love that I can walk and talk with other mums/people. It breaks up my day.

Diabetes Support group : Educational and peer support group. "I felt so alone with Diabetes, I was considering traveling to Invercargill to meet other people with Diabetes. This group has made such a difference, I no longer feel alone and now know what I can do to look after my wellbeing."

Monday night walking group: I have always struggled to exercise. Having a group straight after work has helped me enjoy walking. We always have a laugh and a good way to start the week.



GROUPS ON OFFER



All groups are run by the HIP or HC- please contact Allie or Monique with any questions!
mkerresportotago.co.nz
alison.monksawellsouth.org.nz



Diabetes group

When- If we have 4+ patients interested then we will run this group on a Monday at 12pm
Who- Anyone diagnosed with Type 2 Diabetes or has been screened as pre-diabetic.
What- We provide a 4 week education group focusing on diabetes education, nutrition, movement and emotional impact. Ongoing peer support is encouraged for the group.
Where- This group takes place at the local sports club with tea and coffee provided.



Water Wellness Group

When- Every Monday at 9am- runs in a 6-8 week blocks
Who- Anyone who is interested in getting more active and building new connections.
What- This group focuses mainly on improving general mobility and strength (fibromyalgia, Osteoarthritis, General decline in strength).
Where- Cromwell Pool- Discount voucher available via Green Prescription Service.



Wednesday Walking Group

When- Every Wednesday at 10am
Who- Anyone that wants some fresh air and connection
What- This is a casual walk for about 30 mins with coffee afterwards. A great way to get out of the house for new parents, people who work from home, people struggling with loneliness ect
Where- Meets outside the Forage cafe- Cromwell



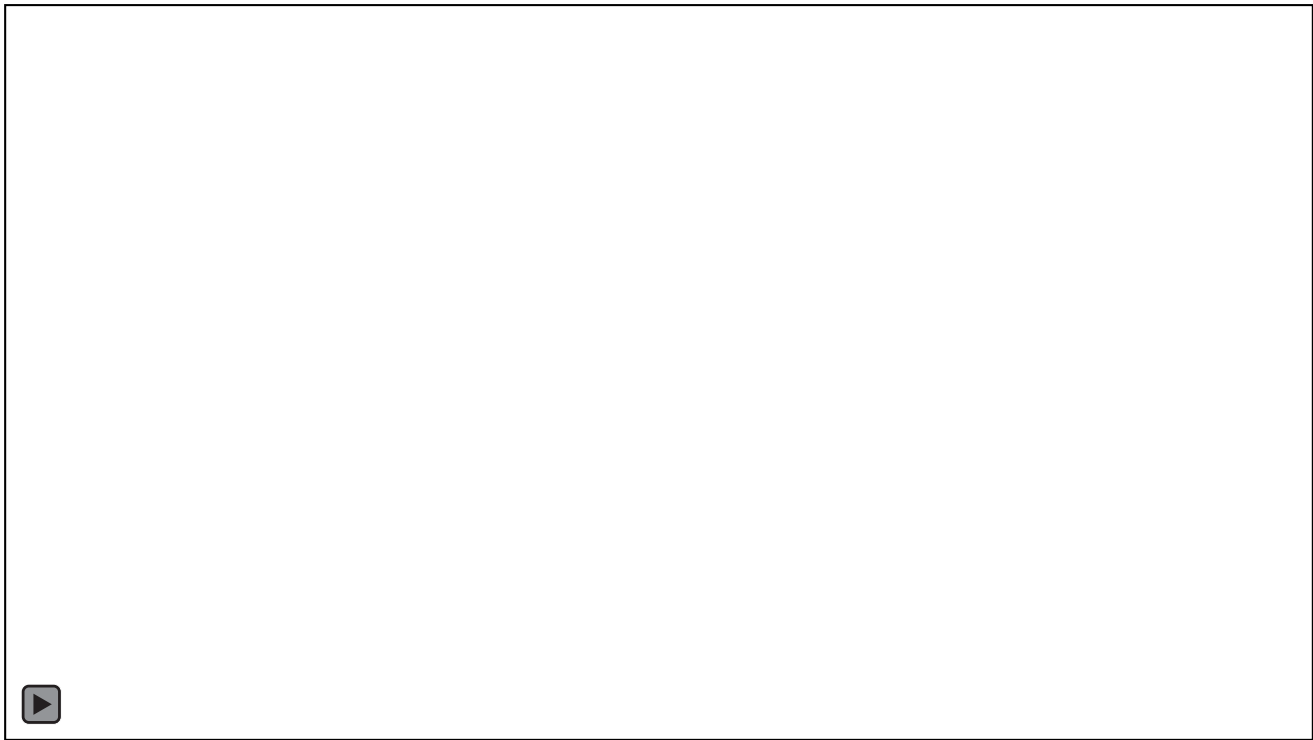
Evening Walk for Wellbeing

When- Every Monday Evening at 5.15pm
Who- Anyone and Everyone is welcome- all abilities
What- This is a walking group for people wanting to build connections and build up some physical fitness.
Where- We meet at Butchers Drive, Boat Ramp Carpark.





COMMUNITY FUNDING




Sporting Chance supported 20 children in the CODC area from a financially disadvantaged situation to participate in sport, granting them a total of \$2,745.00.

\$21,788 of Tū Manawa Active Aotearoa funding was granted to four projects including Up - Cycles Charitable Trust, Alexandra District Youth Trust in both Dunstan and Maniototo, and Cromwell College. The Tū Manawa fund supports and facilitates access to play, active recreation, and sport for tamariki and rangatahi.

THANK YOU

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Follow us online

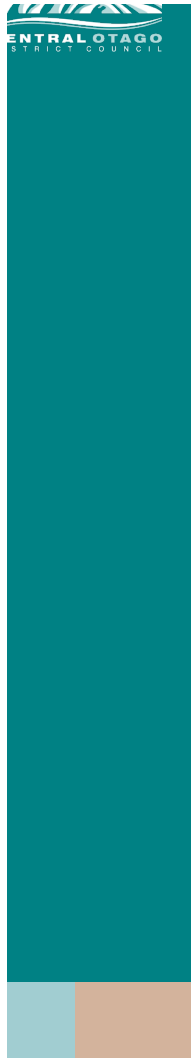
@sportcentral



Welcoming Communities

30 July 2025





Accreditation Badge



STAGE 1



STAGE 2



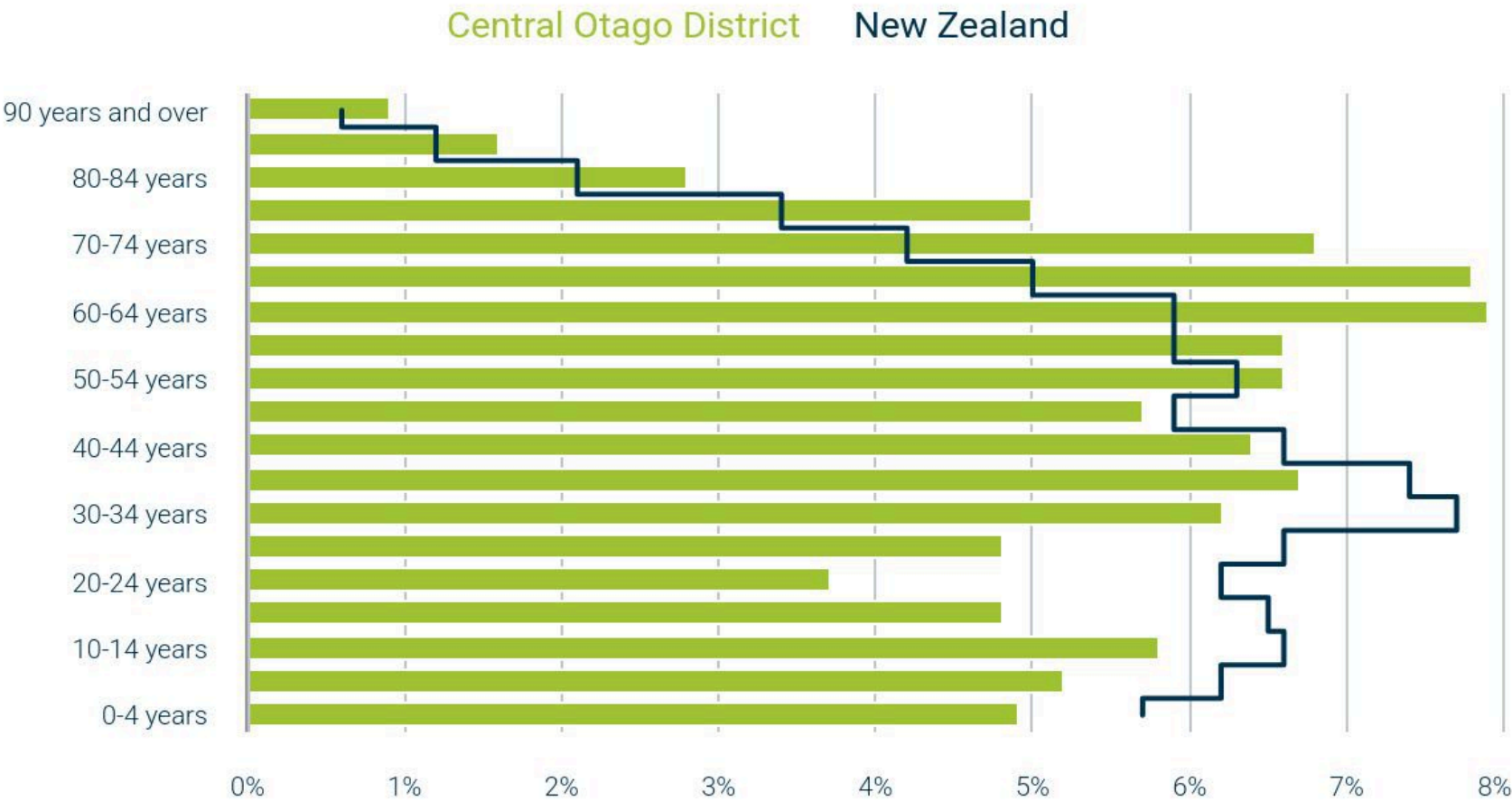
STAGE 3

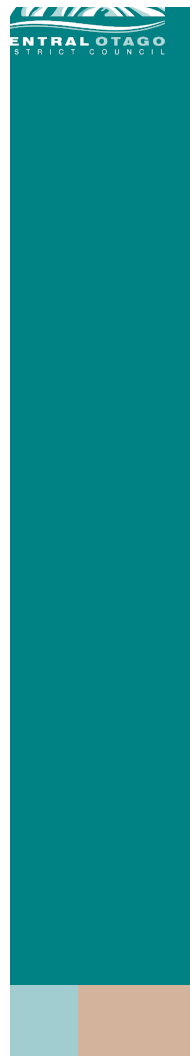


STAGE 4

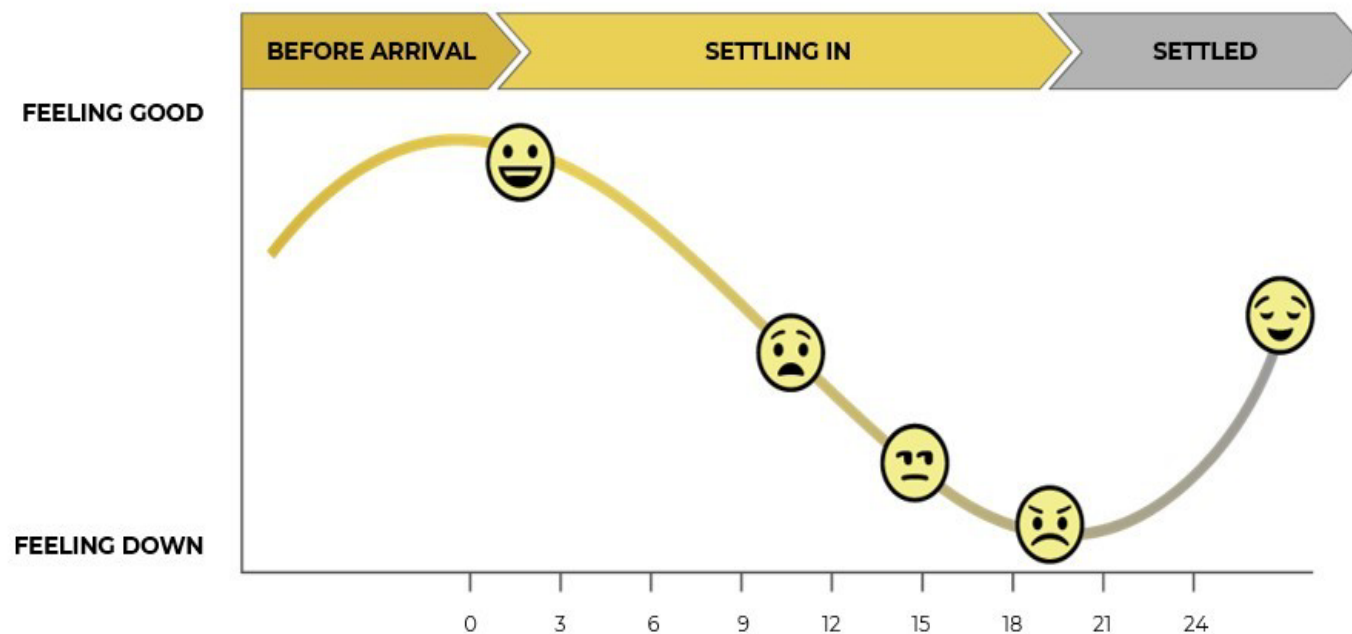
Population by 5-year age group, 2024

% of total, as at 30 June





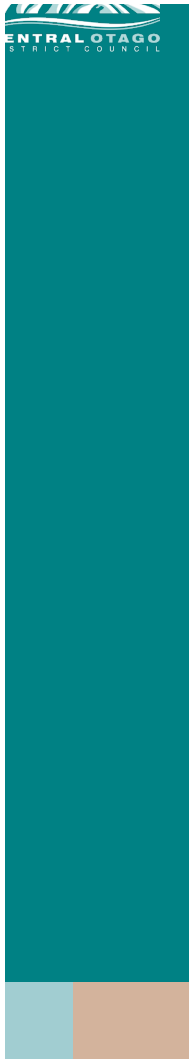
The Settlement Curve



Newcomers go through a number of settlement stages – it can take up to 2 years

Credits: Immigration NZ Settlement Support

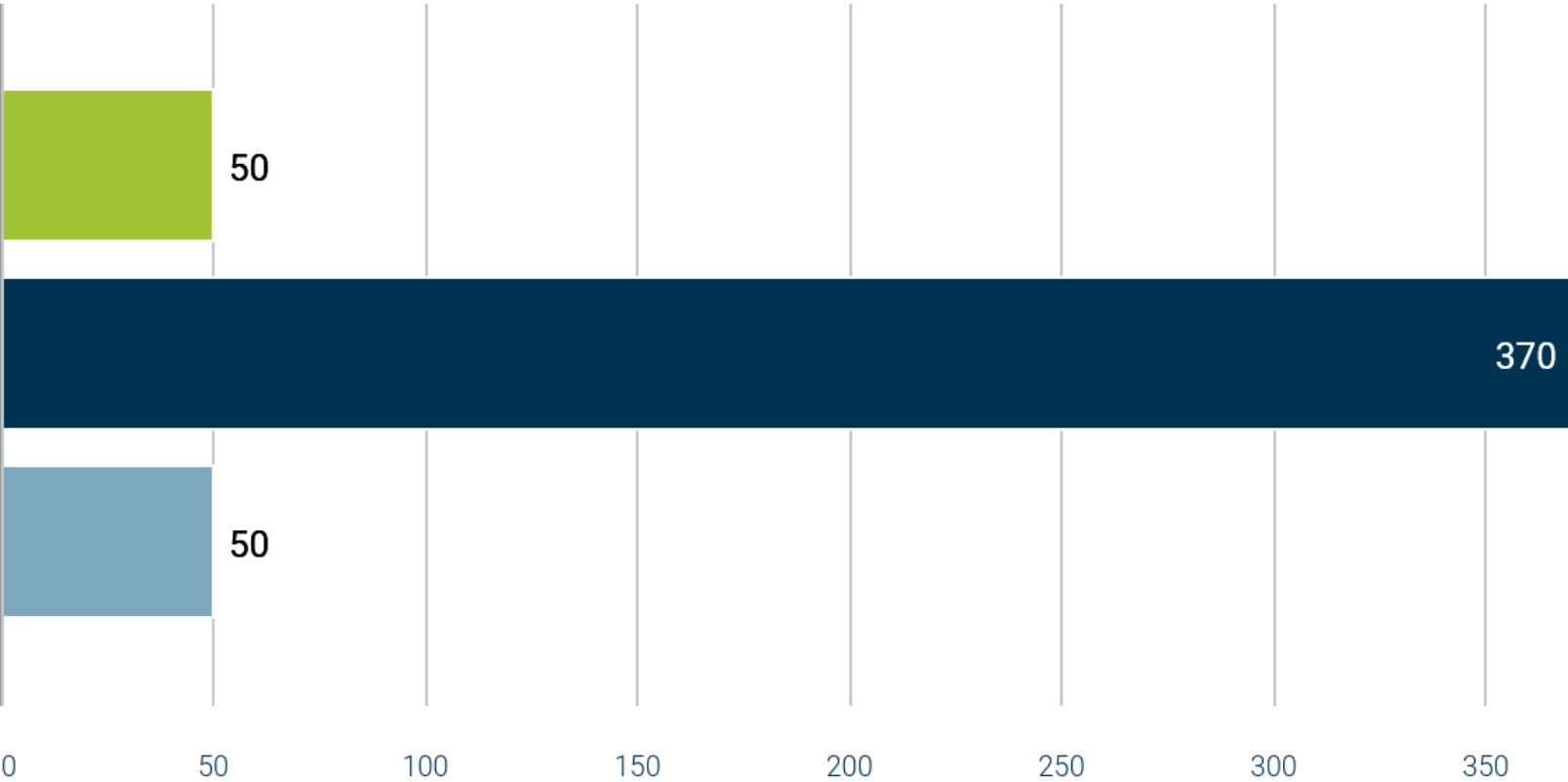




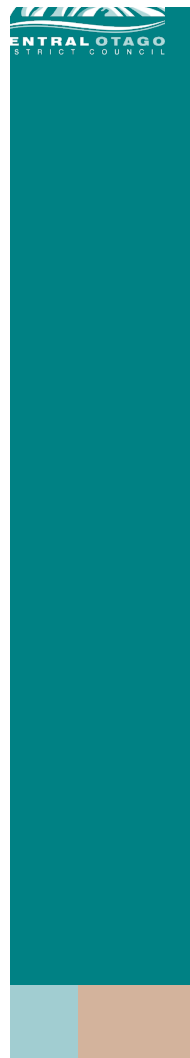
Source of population growth 2023 - 2024

Persons, annual average, June years

Natural increase Net internal migration Net international migration





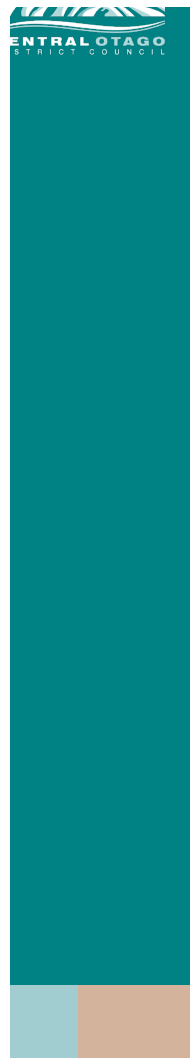


Business Mentors for newcomers

“The day I received that email, I felt a weight being lifted off my shoulders.”

Justina Thevede-Bain





Mariya & Women's Wednesdays



Belonging through camaraderie & connection





**Welcome to Central Otago,
we're glad you're here!**

