

WHO IS SPORT WELLINGTON AND WHAT DO WE DO?

Sport Wellington is a Regional Sports Trust which promotes, develops and supports sport, health and active recreation in the greater Wellington region.

We're committed to everyone in the greater Wellington region having a life-long involvement in sport and active recreation. To achieve this, some of our key activities are:

COMMUNITY SPORT TEAM

The Community Sport team is responsible for enabling better sporting experiences for participants by engaging with RSOs, early childhood centres and schools. The team also includes; the Sport Wellington Performance Hub, governance and management capability building, community coach initiatives, regional advocacy, and teacher professional development.

This is a big task! Because we don't have the resources to work with everyone, we work with a limited number of partners who align with our strategic outcomes and we rely on our communication channels to assist in broadening our reach.

HEALTHY LIFESTYLES TEAM

Providing support through the Green Prescription programmes, we're focusing on improving health outcomes for pre-schoolers, children, whānau, adults and pregnant women. These initiatives aim to increase participation in physical activity, improve nutrition through lifestyle changes and support individuals and whanau to stay healthy, active and well.

And, as the lead agency for the Community Strength and Balance project throughout the Wellington region, we work with community organisations and agencies to enable older people to live stronger for longer and stay independent and well in their own homes.

COMMUNICATIONS

Using e-newsletters like Sport Connector and Active Download, our social media channels of Facebook and Instagram @Sportwgtm, and our website www.sportwellington.org.nz, we are writing and promoting stories about news and concepts of interest to the sector which cover the breadth of work we do – from schools to coaches, sports and athletes, to healthy lifestyle tips for our GRx clients.

EVENTS

Sport Wellington has two annual signature events: the iconic Round the Bays fun run to promote being active and #get involved, and the Wellington Region Sportsperson of the Year Awards honouring volunteers, officials, teams, clubs and individuals for their achievements over the past year.

KIWISPORT

KiwiSport aims to increase the number of school-aged children participating in organised sport. Sport Wellington is responsible for distributing the Regional Partnership Fund to initiatives and programmes that provide quality experiences and develop skills that contribute to them participating confidently in sport.

Positive experiences lead to a sense of connection and pride which in turn lead to a lifelong involvement and appreciation of sport, health and active recreation - benefiting not only the individual but whole communities.