

Play

Quarterly Update 1 April - 30 June 2023

Healthy Families NZ develops quarterly updates for each key focus area, providing a snapshot of mahi being carried out across our location teams.

Ola Malosi is an initiative to create a toolbox for Aoga Amata to use with children to improve access to culturally appropriate resources and equipment. **Healthy Families Waitākere** is using a co-design approach to the development of the toolbox, incorporating being active, healthy eating and language development. Using co-design ensures the toolbox reflects the needs and wants of faiaoga (teachers), Aoga Amata (Samoan Language nests) and aiga (children and family).

Healthy Families Far North are working closely with sports organisations to explore how the sports sector can better support its volunteers. A workshop was held this month to better understand what is currently happening, what is working and not working, where they might want to get to, and what some of the barriers might be.

Healthy Families East Cape were invited by the teachers of Sunrise School to help them become more active. After an initial insight-gathering session with teachers, the team have been supporting them to include more play every day, including supporting the school to attend their first gymnastics festival, developing a games ideas pack for teachers, running a play day and linking them to Gisborne District Council to investigate supporting a new playground.

Healthy Families Invercargills' Play Systems Innovator has collaborated across Active Southland teams on an initiative called Winter AS, encouraging adults to engage in play by providing "old school" play equipment such as chatter rings, to create some nostalgia around play and encouraging them to relive their youth and have some fun. The team also are involved with the launch of the Murihiku Portable Pump Track, have activated several play initiatives in Bluff, and are working alongside Invercargill City Council as it develops an Urban Play Plan.

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In June, **Healthy Families South Auckland (The Cause Collective)** completed their church plant prototype with the Tokaima'ananga Ōtara Tongan Methodist Parish Church and EFKS Samoa East Tamaki. The Church Plant aims to support Pacific trainers and churches in South Auckland to develop effective opportunities to explore how they can design and use churches as sites for play, and recreation. We look forward to expanding the Church Plant movement to other South Auckland churches.

Mariana Vercoe from **Healthy Families Rotorua** was involved in the Kī-o-rahi Matariki tournament, led by Te Arawa Whānau Ora and Te Papa Tākaro o Te Arawa. Healthy Families Rotorua sourced funding for the tournament through the Tu Manawa Fast Fund (administered by Sport Bay of Plenty).

In June, **Healthy Families Ōtautahi** hosted the first Tū Manawa kaupapa Māori wānanga, and accompanying this was a workshop with Harko Brown, Māori Games Expert and author. The workshop taught those in attendance practical, fun physical activities and games designed to strengthen connection with te ao Māori and kaupapa Māori, and build confidence for embedding mātauranga Māori into planning and programmes. Healthy Families Invercargill also called on Brown's services for their own workshop in Southland.