

Wine, Cheese, and Wāhine Initiatives

Post Event Insights - 13 March 2024

Nuku Ora's quarterly 'Wine, Cheese and Wāhine Initiatives' sessions provide a platform for advocates and those passionate about gender equity to discover, learn and discuss initiatives that are happening for women and girls in sport and recreation across our region.

Special thanks to Madison Recruitment for generously providing their beautiful space for our evening event.



Attendee challenges, ideas, and wonderings

Coaching females and female coaches

- Quality mentorship provides leadership and space, being responsive and patient, to offer opportunities for growth
- How can we better support coaches with education around coaching females? More research, resources, and support.
- Creating family friendly contexts with after hours connection opportunities
- Facilitating flow in learning skills (low pressure, participants themselves not the focus). Adapting technique to make play accessible and winsome.

Inspiring inclusion - what and how?

- Ensuring the visibility of diverse role models
- Consider the barriers and cater to the lowest denominator

“The ‘journey’ matters. How can we walk alongside each other and experience the journey together? Learn and grow and do - it's the invitation to take steps to figuring out these things”

Panel Discussion - Barriers and Opportunities

We were fortunate to host an insightful panel discussion with Erin Roxburgh, Owen Jones, and our very own Nuku Ora team member, Susana Sotutu. The panel shared rich kōrero around various topics including:

- What a quality, co-created coaching environment for young women in sport looks like
- Hidden gender biases in recruitment, the value of female leaders, and how to create safe settings for transitions to leadership
- Reframing 'leadership experience' to encourage greater participation of young wāhine in governance

To watch the recording of the panel, search 'Nuku Ora' on YouTube or access it directly via the link: bit.ly/3Q3l2Oj



What's next?

Stay tuned for the next Wine, Cheese & Wāhine Initiatives event scheduled for June. The content and topics will evolve to stay relevant to the needs of those supporting women and girls in sport and recreation across the wider Wellington region. Please send any additional feedback and suggestions for topics or speakers for the next event to lilyj@nukuora.org.nz

Local case study:

Ignite Sport

Providing kōhine with recreation opportunities to challenge themselves and build confidence, including a Tongariro Crossing leadership course

Ignite Sport Trust is a volunteer-based youth development organisation that encourages, supports and inspires young people to make wise choices and reach their potential. Although not a 'sports organisation', they utilise recreation opportunities to connect and engage with young people while positively impacting communities.

Their programmes assist young people in realising their full potential in education, sport and life through practical learning experiences, alongside workshops designed to engage, motivate, and inspire. Much of Ignite's work is in low-decile schools where students are predominantly of Pasifika, Māori, or refugee backgrounds.

Supporting young people throughout their intermediate and high school years is core to the effectiveness of our programme delivery, and our work with young women, in particular, has been empowering and insightful. Positive role models are foundational to their school experience.



Ignite Kaupapa:

**Mentoring/Positive Role Models • Developing leaders • Whakawhanaungatanga
Supporting Hauora • Building confidence • Developing teamwork and learning new skills**

Quotes from kōhine on the Leadership programme (Tongariro Crossing hike)

"I've learnt to not give up and that I can do anything I put my mind to. This has changed me physically because, in 2024, I hope to be more active in participating in any active activity that is put out there "I participate in any active activity that is put out there for me and doing the Tongariro walk is one step to my active journey. The best thing about participating in this programme was getting to spend time with more of my friends and experiencing new things with them."

"I've learnt that no matter how you are feeling, if you feel like giving up, just keep pushing forward and don't stop because you are going to make it in the end. How this has changed me by showing me a different perspective and changing my mindset on things. It made me realise that it's okay to make mistakes but just get up and keep trying again. My favourite thing about this programme was definitely finishing the crossing. I had my doubts, but I kept pushing."

Participating schools: Avalon Intermediate Maidstone Intermediate Heretaunga College
Hutt Valley High School Maungaraki School Naeane College Porirua College Taita College
Titiro Whakamua – Hutt Valley Teen Parent School Wainuiomata High School



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Local case study:

Wāhine Unite

A collaborative event by and for the Featherston community

Utilising the Manatū Wāhine fund, Fab Feathy, Featherston Community Centre, and Nuku Ora partnered to deliver a community festival aimed at encouraging and promoting active lifestyles among women and girls. The event was combined with the local Sports Hub's annual open day to maximise the offerings and community outreach.

Wāhine Unite brought together health providers, sports clubs, local emergency services, holistic movement tutors, group fitness instructors and community members. This collaboration created a platform that fostered encouragement, empowerment and celebration. The event aimed to break down barriers to engagement in physical activity and health information access while celebrating health and wellness.



March 2024

The Wāhine Unite festival held last month shone a spotlight on the many opportunities for women and girls to be active in Featherston. Held at the rec, the event was a chance for locals to connect with wellbeing...

Featherston Phoenix / Apr 15

“It’s highlighting that women can be active and still have fun, even when you start feeling a bit self-conscious”

The festival exposed locals to opportunities within Masterton they may not have known existed. It also brought organisations and providers based in Masterton to support the Featherston community. This meant that community members were able to sign up with relevant providers such as Green Prescription, Pasifika o Wairarapa, Pathways, Hokai Tahī, Bowel Screening and Tu Ora Compass Health. Thanks to the funding from the Ministry for Women, the organisers were able to pay and subsidize fees for participation in sport teams and fitness opportunities, with finances identified as a key barrier for many.



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