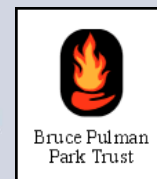




The Papakura District Draft Physical Activity Strategy

2006 to 2009



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1. FOREWORD

We all know how important regular physical activity is to our health and wellbeing, but we often fail to make it a high priority. During community consultations the Papakura community clearly stated how important physical activity was to them. Five of our eight community outcomes mention recreation, yet still the obstacles to participating in sport and physical activity continue. This document is an attempt by key groups in the community to remove or reduce those obstacles.

During Counties Manukau State of Sport workshop a local Physical Education teacher commented that *"while sport is compulsory for all students at our High School, a lot of them can't perform the fundamental skills well enough to make sport an enjoyable experience."* It is tragic that our children and young people are growing up without these fundamental movement skills. These are the types of skills that allow them to participate in a simple game of backyard cricket, or enjoy a game of bulrush.

As well as supporting our sports clubs so they remain strong and grow, we need to focus on the fundamental movement skills of gymnastics, athletics and swimming. We would then have a solid base of motor literate young people who could choose to be more active in any sport they chose to do. A strong and active district would set the platform for new initiatives to flourish.

It is time for concerned people in Papakura to take action to address the shocking inactivity statistics in the region. Schools and locally based initiatives are the place to start. We have many assets to build on to really make Papakura a model "Active Region"

1. Counties Manukau Sport have been leading the Active Schools initiative and have developed resources for teachers to confidently implement active schools
2. We have 23 primary schools and 3 high schools (4 if you count Alfriston)
3. We are compact and have a positive network of schools.
4. We have a number of Kura kaupapa & Kohanga reo in the area.
5. We have a District Health Board with a strong focus on improving health outcomes and reducing obesity levels
6. We have motivated and dedicated physical activity people working in our community
7. We have a council that is committed to education and activity and has already developed a number of strategies and initiatives that will support increased physical activity
8. We have Bruce Pulman Park and a strong gym club
9. We have Massey Park and Papakura Athletics which has a strong junior program
10. We have South Auckland Charitable Trust that has already funded equipment for schools and clubs
11. We are already producing Olympic Athletes and premier division players
12. Key decision makers are already in alignment
13. We have a community that has already told us how important recreation is to them and how strongly they want to focus on children and young people.

I really believe we have a unique opportunity to make something happen in Papakura. For the sake of ourselves and our children we must improve our physical activity levels. We really do want to ensure Papakura is a district where children grow and families thrive.

Peter Goldsmith
Councillor – Papakura District Council

2. INTRODUCTION

2.1 PURPOSE AND CONTEXT OF THIS STRATEGY

In the report of the Ministerial Taskforce on Sport, Fitness and Leisure released in January 2001 a number of findings and recommendations were released concerning the state of physical activity and sport in New Zealand. The Taskforce recommended the establishment of Sport and Recreation New Zealand (SPARC) whose task it was to implement the recommendations and provide the leadership that would take New Zealand to a position of world leadership in sport and physical activity.

SPARC identified, as a priority, the need for more effective regional coordination in the planning and provision of physical activity and sport across regions to bring the issues into focus, reduce fragmentation of effort, leverage skills, grow leadership capability and better utilise resources. This has led to the development of the Auckland Region Physical Activity and Sport Strategy. Subsequently, the Papakura District Council, the Counties Manukau District Health Board, Counties Manukau Sport, Papakura Marae, Papakura Principals' Association, Bruce Pulman Park Trust, ProCare Health and ARPASS expressed a desire to develop a district strategy to capture the benefits for Papakura District that physical activity offers. Each was already a key stakeholder in delivering benefits that could be enhanced by increasing physical activity within the district and by working together it was felt that, not only could more significant gains could be made in Papakura, but that more could be got out of the existing facilities, clubs, initiatives and resources.

The Papakura physical activity strategy has been developed under the umbrella of the Auckland Regional Physical Activity and Sport Strategy 2005 (ARPASS), with two specific objectives:

- To determine how Papakura can position itself to take maximum advantage of regional initiatives to increase participation in sport, physical activity and active recreation being undertaken by ARPASS. This will be done by providing support for existing clubs, programmes, facilities and initiatives and by undertaking projects that encourage the development of new ones
- To determine how Papakura can further leverage the considerable benefit that it already receives from its principle Papakura and Counties Manukau region providers:
 - Counties Manukau Sport
 - Counties Manukau District Health Board and in particular, their *Lets Beat Diabetes Strategy*
 - Papakura District Council
 - Bruce Pulman Park
 - Procure Health and their implementation of the Healthy Eating Healthy Action (HEHA) developed by the Ministry of Health

3. A PROFILE OF PAKURA

3.1 POPULATION AND ACTIVITY LEVELS

Papakura District has the 28th largest population of the 74 Territorial Local Authorities in New Zealand. It covers a land area of 12,000 hectares and is located on the urban fringe of Auckland. Once a distinct military town, urban sprawl has seen the rural gap between Manukau City and Papakura District close. The majority of Papakura district's population today live in the townships of Takanini and Papakura, with the balance in the rural and lifestyle areas of Alfriston, Ardmore, Drury and Hingaia.

Period	Population	Growth over Previous Period
Total population – 1991 Census	37,149	
Total population – 2001 Census	40,665	9.5%
Projected population 2050	94,000	131.0%

The Auckland Regional Growth Strategy (ARGS) has allocated considerable growth to the Papakura District with the District's population expected to increase from 40,000 to around 94,000 by 2050. It is envisaged that this growth will be accommodated in the form of residential intensification in the existing urban area and green fields residential development in the growth areas of Takanini (10,000 by 2020) and Hingaia (5,000 by 2020). Limited residential growth is also expected to occur in the rural areas. A number of structure plans have been prepared as a guide to development within the growth areas, while district wide strategies and policies have been prepared to guide the location, provision and development of commercial, retail, industrial and open space activities.

Age Distribution	Papakura (1996)	Papakura (2001)	New Zealand (2001)
Age 0-14 years	25.4%	25.5%	22.7%
Age 15-64 years	65.6%	64.8%	65.2%
Age 65+ years	9.0%	9.7%	12.1%

Papakura has a significantly higher proportion of young people and a lower proportion of all other age groups than the New Zealand average. The high proportion of young people increases the requirement for sport, physical activity and active recreational facilities in the district.

Ethnic Distribution (2001)	Papakura	Auckland Region	New Zealand
NZ European	73.9%	66.9%	80.1%
Maori	24.4%	11.5%	14.7%
Pacific Peoples	7.9%	14.9%	6.5%
Asian	6.1%	14.6%	6.6%

Papakura has a high Maori population and a low Pacific population compared to the Auckland region.

Maori Population by Age	Papakura	New Zealand
Age 0-14 years	39.3%	37.3
Age 15-64 years	58.5%	59.3%
Age 65+ years	2.2%	3.4%

- 33.7% of people in Papakura (aged 15 and over) have no formal qualification compared to 27.6% nationally. 26% have a tertiary qualification compared to 32.2% nationally.
- The median income for Papakura is \$2,200 above the national median income but lower than the Auckland regional median.
- The number of single parent families is 5% higher than the national rate.
- Of the 18 State Schools, nine are rated decile 2 or below. 50% of the population is rated as living in deciles 7-10 on the deprivation index (see Appendix 2).

3.2 SCHOOLS

- There are approximately 10,000 students enrolled in 23 schools in the Papakura district. There is also one kura kaupapa and two Alternative Education Schools. Two of the schools also have immersion units. Of the 23 schools, 2 are private and one is a Catholic Integrated school.
- A new high school, Alfriston College, opened in 2004. This is in Manukau City but it draws students from Papakura district.
- The Ministry of Education has purchased an additional site in Takanini for future growth in the next 10 years. It is seeking a further two sites in Papakura TLA.
- There are four youth training providers in Papakura, including one that specifically offers a youth leadership/outdoor education course.

3.3 SPORTS

- Papakura District Council's Open Space Strategy identifies that Papakura does have an adequate number of sports fields (see Appendix 2). However, as the population increases, additional fields will be required. The Open Space Strategy does include an acquisitions policy.
- Papakura has a wide range of sports clubs and physical activity programmes available in the District (see Appendix 1). The Gymsports Building at Bruce Pulman Park is a regional facility but the majority of facilities are local. Given its rural fringes, equine sports are reasonably well catered for. However the comparatively small coastline (for the Auckland region), has seen a limited number of water sports develop locally.
- Papakura's location within the Auckland region, allows access to some activities in neighbouring TLAs without replication locally. Proximity to the Hunua ranges

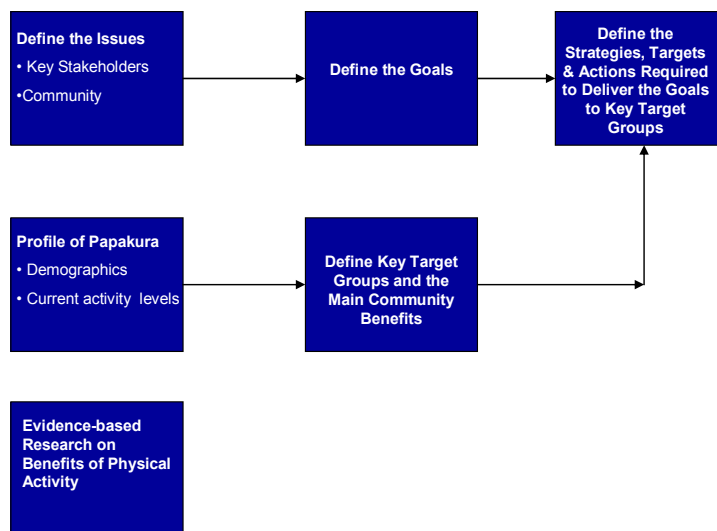
gives Papakura residents good access to bush-walking and mountain biking trails. Other facilities such as a cycling velodrome, and a deep-water pool, are available in Manukau City.

4. GOALS, STRATEGIES, TARGETS AND ACTIONS

4.1 A VISION FOR SPORT AND PHYSICAL ACTIVITY IN THE PAPAURA DISTRICT

"People choose to be physically active in ways that suit their lifestyle on at least five days of the week because they value the benefits this brings"

4.2 CONNECTING THE PIECES - HOW THE GOALS, TARGETS, TARGET GROUPS, ACTIONS AND BENEFITS ARE LINKED



4.2.1 Defining the Goals

Counties Manukau Sport, Papakura District Council, Counties Manukau District Health Board, Bruce Pulman Park Trust, The Papakura Schools Principal's Association, Procure Health, Papakura Marae, ARPASS and the public of Papakura district were facilitated through a process to define the issues that need to be addressed to increase sport, physical activity and active recreation. A profile of Papakura was done to determine the current levels of activity and the demographic groups who should be targeted because of their risks, needs and potential benefits. The issues and target groups were then used to develop the goals of the strategy – the broad areas of measurable improvement which would be delivered.

4.2.2 Developing Strategies, Targets and Actions to Deliver the Goals to Target Groups

The strategies were developed from a detailed sorting of the issues, particularly those related to the key target groups. Each strategy nominates the groups it is targeting. The strategy targets are outcomes that can be seen in the community – for example, the increase in the number of active people or the establishment of an administration support service for sports clubs. They describe *what* will be delivered.

The actions described *how* the targets will be delivered. They are the things that will be done to deliver the outcomes described in the targets.

4.2.3 Linking the Strategy targets to Community Benefits

The community benefits are those described in section 3 that will result from the delivery of the targets.

4.2.4 Linking the strategy to other related strategies

The goals of the Papakura strategy were aligned with the ARPASS goals. Development of the strategy included thorough examination of other related documents to ensure synergy (see 7.1). The strategy has also been aligned against Progress Papakura – the draft Long Term Council Community Plan Community Outcomes 2006-2016.

4.3 GOAL 1: DISTRICT COLLABORATION

Utilise the strategy partners' specialist skills and knowledge of Papakura communities, networks and structures to develop an inter-agency task force that delivers an increase in activity rates from priority target groups

	Strategies	Targets and Actions	Start Date And Priority	Lead Agency	Target Group	Resources
1.1	Develop an inter-agency strategy partnership ¹	<p>Papakura District Council, Counties Manukau Sport, Counties Manukau District Health Board, Procure Health, Papakura Maraesign a Memorandum of Understanding agreeing the basis for working collaboratively to implement the Papakura Physical Activity plan</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Obtain agreement amongst partners to the term and conditions of the partnership ◆ Prepare and agree the Memorandum of Understanding 	<p>Late 2006</p> <p><i>High</i></p>	PDC	Key Stakeholders	From within existing partner budgets. Possible Active Communities Funding
1.2	Develop an annual business plan for the partnership	<p>A business plan describing the district projects to be undertaken by the partnership, their funding, resourcing and deliverables is agreed at the beginning of each year and the performance is reviewed and reported to partners at the end of each year</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Identify projects for the following target groups 	<p>Late 2006</p> <p><i>High</i></p>	PDC	Key Stakeholders	

¹ Aligns to Lets Beat Diabetes, ARPASS, CMS Strategic Plan

		<p>and prioritise:</p> <ul style="list-style-type: none"> - Inactive young people - Inactive 18-24 yr olds - Active 5-15 yr olds to increase their activity levels - Active 5-15 yr old boys to increase their activity levels - Maori & Pacific adults - Maori & Pacific young people - Adults under 35 			As shown	From within existing budgets
1.3	Make Papakura District a centre of excellence for New Zealand in physical activity behaviour change	<p>Key behavioural drivers for each target group are identified</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Implementation of the 10 strands of the Counties Manukau Lets Beat Diabetes Strategy in Papakura ◆ Develop an implementation plan for prioritized initiatives ◆ Lobby regionally to have Papakura used as a 	Ongoing <i>High Priority</i>	CMDHB	Defined Target Group for each project	LBD funds

		site for piloting social marketing initiatives				
1.4	Establish a physical activity information hub for Papakura ²	<p>Establish a database and point of contact that becomes the source of information on Papakura issues, needs, events and current activities for agencies and service providers working with Papakura organisations</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Establish a database of target groups, issues, needs, events and current activities by merging and updating existing databases ◆ Develop a communication programme to ensure agencies & service providers are aware of the availability of this information 	2007 <i>High Priority</i>	CMS/PDC	<p>Key stakeholders</p> <p>Service Providers</p> <p>Community</p>	Existing PDC and CMS budgets. Possible further internal funding required

² Aligns with PDC community outcomes, CMS Strategic Plan

4.4 GOAL 2: PARTICIPATION

Increase participation in physical activity across all sectors of the community, with a particular focus on Maori and Pacific people and high need demographic groups.

	Strategies	Targets and Actions	Key Milestone Dates	Lead Agency	Target Group	Resources
2.1	Use technology to enable inactive people to become active ³	<p>Papakura is the pilot Auckland region funded by ARPASS to test text messaging as a support mechanism to get 1000 inactive people active</p> <p>Papakura is a pilot district under ARPASS for the mapping of target population segments in the SPARC <i>Obstacles to Action</i> research</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Develop a business case for the text messaging pilot ◆ Work with the Strategy Director of ARPASS to develop the trial with Auckland University and implement 	2007 <i>Medium Priority</i>	<p>ARPASS</p> <p>ARPASS</p>	<p>Inactive young people (42%) Inactive adults (19%) Adults active 1-4 days per week (40%) <i>Support Seekers & Others Orientated</i> segments from SPARC <i>Obstacles to Action</i> research</p> <p><i>Support Seekers & Others Orientated</i> segments from SPARC <i>Obstacles to Action</i> research</p>	Seek ARPASS funds
2.2	Support Counties Manukau Sport as the green	Support an increase the number of referrals in the Counties Manukau region from 1560 per	Green Prescription	CMS	Maori & Pacific adults (5800 = 14%)	

³ Aligns with ARPASS

	<p>prescription contract holder for Counties Manukau to meet the SPARC investment schedule targets in the Papakura District⁴</p>	<p>annum in 2005-06 to 2640 in 2006-07 by increasing the Papakura share to 20% (528 referrals) in 2006-07</p> <p>Minimum 48% of patients more active 6-8 months after receiving a Green Prescription</p> <p>At least 65% of patients report positive health gains after 6-8 months</p> <p>Minimum 80% of patients satisfied with patient support service</p> <p>A minimum of 70% of GPs prescribed Green Prescriptions in the last year</p> <p>A minimum of 35% of Practice Nurses prescribed Green Prescriptions in the last year</p> <p>Minimum 60% GPs satisfied with GRAM service</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Develop a programme to engage GP's ◆ Use the SPARC GP monitoring programme to track and report progress ◆ Develop the monitoring programme to measure continuity of activity after six and 12 months 	<p>Area Manager's Monthly Reports to SPARC</p> <p>Annual Patient Survey</p> <p>Annual Patient Survey</p> <p>Annual Patient Survey</p> <p>Annual GP Survey</p> <p>Annual GP Survey</p> <p>Annual GP Survey</p>		<p>Inactive adults (19%)</p>	<p>Seek Procure funding</p>
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⁴ Aligns with HEHA Strategy

2.3	Develop or support community based physical activity programmes ⁵	<p>Evaluate the 10,000 Steps programme for implementation in Papakura District</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Work with Sport Northland, who have been running this programme for 12 months, to scope a programme for Papakura ◆ Identify key issues, such as the cost of pedometers, and tailoring for Maori & Pacific people and ensure these can be addressed in Papakura ◆ Design an enrolment programme for individuals, teams, workplaces, schools, clubs, informal groups, cultural and church groups ◆ Investigate the feasibility of expanding the programme to include cycling ◆ Develop a programme that is fun and encourages participants to: <ul style="list-style-type: none"> - set goals - record their steps or distances - compete with other teams as an option ◆ Co-ordinate with events and other local activity programmes 	2008 <i>Low Priority</i>	CMS	<p>young people (42%)</p> <p>adults (19%)</p> <p>active 1-4 days per week (40%)</p> <p>young people who need to increase their active hours per week</p> <p><i>Seekers & Others Orientated segments from SPARC Obstacles to Action research</i></p>	CMS to evaluate and seek external funding
2.4	Secure funding from SPARC's Active Communities Fund to develop local activity hubs in Papakura in high deprivation index/poor	<p>Train local people to run activities that are relevant to these communities (such as kapa haka, traditional Maori games, tai chi, street ball)</p> <p>Actions</p>	2007 <i>High Priority</i>	CMS/PDC/Procure/DHB	High deprivation index/poor health communities	Seek Active Communities funding and partner resourcing

⁵ Aligns with HEHA, LBD, CMS, Community Outcomes

	health areas to increase physical activity amongst these communities ⁶	<ul style="list-style-type: none"> ◆ Define target areas/communities ◆ Seek Active Communities funding ◆ Facilitate meetings to increase awareness of the health message and gain community ownership of the issue ◆ Identify leaders within these communities who can be trained to train 				
2.5	Implement ARPASS initiated ⁷ physical activity programmes in Papakura that are targeted at Maori and Pacific people and other Papakura target groups	<p>Work with ARPASS to identify regional gender and culture based physical activity initiatives for:</p> <ul style="list-style-type: none"> - Maori & Pacific people - other Papakura target groups <p>that can be piloted or rolled out in Papakura</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Present Papakura target groups and needs to ARPASS Strategy Director ◆ Incorporate ARPASS initiatives into Papakura plan ◆ Liaise with the local PANIC collective regarding programmes targeted at Maori 	2007 <i>Medium Priority</i>	ARPASS/ CMS/PDC	<p>Maori & Pacific young people</p> <p>Maori & Pacific adults</p> <p>Inactive young people (42%)</p> <p>Inactive adults (19%)</p> <p>Adults active 1-4 days per week (40%)</p> <p>Active young people who need to increase their active hours per week</p> <p><i>Support Seekers & Others Orientated segments from SPARC Obstacles to Action research</i></p>	Liaise with ARPASS re. resources
2.6	Collaborate with Counties Manukau Sport and other	Obtain agreement from school principals in the district on a district approach to coordinating	2007	CMS	5-17 year old school students	

⁶ Aligns with HEHA, LBD

⁷ Aligns with ARPASS

	partners to help schools in the Papakura district develop practical strategies for increasing physical activity for students both within and outside curriculum activities ⁸	resources to make the Push Play, Active Movement and Active Schools and healthy schools programmes more effective Every child is physically literate by the age of seven Actions <ul style="list-style-type: none"> ◆ Facilitate agreement to a combined approach ◆ Identify needs of schools ◆ Scope and design a project ◆ Implement 	<i>High Priority</i>			PDC/CMS and Principals Assoc to seek resources
2.7	Improve equity of access to physical activity ⁹	Identify barriers to access in Papakura. Prepare a plan to remove physical barriers for disabled people that moves Papakura to comply with SPARC's No Exceptions policy Actions <ul style="list-style-type: none"> ◆ Survey physical activity sites ◆ Develop a joint plan of action with the Halberg Trust ◆ Prioritise issues ◆ Prepare plan to address issues ◆ At least one Council facility per year is upgraded to improve accessibility 	2007 <i>High Priority</i>	PDC/Halberg Trust	Disabled people	Halberg Trust/ ASB Trust PDC LTCCP budget
2.8	Ensure there is sufficient programme and service	Monitor the number of active programme and service delivery people in Papakura.	2007 <i>High</i>	Procure/PDC /DHB/CMS	All target Groups	Procure resources pls seek Active

⁸ Aligns with CMS strategy

⁹ Aligns with CMS and SPARC Strategies

	<p>delivery capacity in the community¹⁰</p>	<p>Identify requirements for training of new people to deliver locally/culturally appropriate activities to high needs groups</p> <p>Work with facilities management providers to ensure appropriate entry level activities are provided at a variety of times to encourage Maori, Pacific, people with disabilities and low income people to become active</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Develop a central database of trained programme & service deliverers ◆ Recommend training needs ◆ Coordinate training expertise across the partnership and other stakeholders 	<p><i>Priority</i></p>			<p>Communities funding</p>
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¹⁰ Aligns with all CMS Strat Plan, HEHA, LBD, ARPASS, PDC Community Outcomes

GOAL 3: SPORTS AND CLUBS

Coordinate the physical activity needs and goals of individuals, groups, clubs and organisations in Papakura so agencies can work at a district level on investment and development initiatives

	Strategies	Targets	Key Milestone Dates	Lead Agency	Target Group	Resources
3.1	Develop a Papakura district view of the state of sport in Papakura ¹¹	<p>Develop and maintain an accessible database of clubs and groups in Papakura by building on existing databases</p> <p>Develop a forum and electronically connected network where Regional Sports Organisations, sports clubs, activity providers, community groups, informal groups and individuals with activities in Papakura can identify common issues, transfer knowledge and best practice and develop a district-wide network and approach to solving common issues</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Develop a current database ◆ Facilitate meetings of sports clubs to gain commitment to a Papakura forum ◆ Develop a prioritized set of state of sport issues ◆ Work with Regional Sports Organisations, Councils, Counties Manukau Sport and ARPASS to identify the role of each in addressing these issues ◆ Continue with Sports Volunteer Recognition Awards ◆ Investigate viability of adding sport and physical activity questions to PDC household survey ◆ Ensure database info is available to the community 	<p>2006 <i>Medium Priority</i></p> <p>2006 <i>Medium Priority</i></p>	CMS	Sports clubs and organisations and their members	CMS current resources. PDC to support

¹¹ Aligns with CMS Strat Plan and ARPASS

4.5 GOAL 4: FACILITIES AND URBAN DESIGN

Current facilities and future urban growth areas are planned, developed and managed to ensure increased participation in physical activity

	Strategies	Targets	Key Milestone Dates	Lead Agency	Target Group	Resources
4.1	Support the Papakura District Council Walking and Cycling Strategy to ensure safe, active transport options are developed ¹³	<p>A 50% increase in school travel plans by 2011</p> <p>Increase the use of active transport by 50% by 2011</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Work collaboratively with schools, ARTA, Papakura District Council, Counties Manukau Sport and ARPASS through their existing initiatives to gain commitment to walking buses and other school travel plans ◆ Develop a monitoring system for active transport 	2006 + <i>High Priority</i>	PDC/ ARTA /ARPASS	Young people Adults	Seek resources in PDC LTCCP
4.2	Work with planners, and through Council processes, to ensure safe, friendly, accessible spaces are provided for physical activity ¹⁴	<p>All new developments include walkways, cycleways and other physical activity provisions</p> <p>Provide new investment in Hingaia, Drury and Takanini to meet future new demand</p>	Ongoing <i>High Priority</i>	CMS/PDC/ DHB/Procure/ HNZC	Policy makers Councils	

¹³ Aligns with PDC Walking and Cycling Strategy

¹⁴ Aligns with PDC Walking and Cycling and Open Space Strategies

		<p>There is continuous walking access around the entire Pahurehure inlet</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Gather widespread council and community support for physical activity provisions ◆ Monitor all new development plans for physical activity provisions ◆ Lobby for changes where required 				Seek resources in PDC LTCCP
4.3	Investigate the feasibility of upgrading Massey Park	<p>Scope the changes required to upgrade Massey Park to premier grade quality, charge ground</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Set up a project team and scope requirements ◆ Develop a plan for progressing this concept if feasible 	2006 <i>High Priority</i>	PDC	Sports clubs and organisations	PDC existing resources
4.4	Improve utilization of existing facilities and open spaces within the district	<p>Work with schools to encourage community access to school facilities</p> <p>Work with schools and the Department of Education to develop future facilities which can be used by schools and communities</p> <p>Undertake a study on the feasibility of upgrading the Papakura Recreation and Fitness Centre to ensure it can provide adequate space for:</p> <ul style="list-style-type: none"> - Meetings - group fitness activity - fitness centre activity - sports <p>for all people in the community</p> <p>Work with facility management providers to investigate the feasibility of providing affordable casual rates for Community Service Card holders,</p>	2008 <i>Medium Priority</i>	PDC/Schools /Halberg Trust	All target groups	Seek future PDC and CMS resources

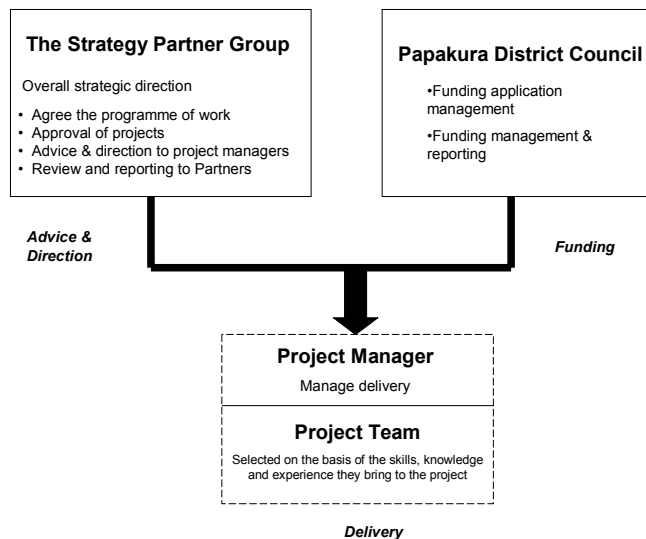
		<p>Green Prescription participants, students and senior citizens at Fitness Centres and community facilities to remove a barrier to participation</p> <p>Actions</p> <ul style="list-style-type: none"> ◆ Set up a working group ◆ Scope the project ◆ Obtain commitment to developing a plan 				
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5. IMPLEMENTATION STRUCTURE

The Steering Group, which has provided direction for the development of this strategy, will become the Strategy Partner Group who will be responsible for approving the projects to be undertaken each year and for providing guidance and direction to the project managers who will be selected from the partner organisations to deliver them. The Strategy Partner Group will be made up of representatives from each of the Strategy Partner organisations:

- Papakura District Council
- Counties Manukau District Health Board
- Counties Manukau Sport
- Papakura Marae
- Papakura Principals' Association
- Bruce Pulman Park Trust
- ProCare Health
- ARPASS

The financial governance role will be undertaken by Papakura District Council, who will be responsible for managing funding applications on behalf of the Strategy Partner Group, receiving and managing the expenditure of funding and reporting as required to the funding agencies



6. THE BENEFITS OF PHYSICAL ACTIVITY

6.1 PHYSICAL ACTIVITY DELIVERS COMMUNITY BENEFITS IN FOUR KEY AREAS

The benefits of physical activity are beyond question. In 2004, as part of the preparation of ARPASS, a review of world-wide research on sport and recreation was commissioned to provide an independent and up-to-date basis for that strategy. This work reviewed the benefits of increasing physical activity, the demographic and health profile of Auckland, barriers to participation and best practice models. It was undertaken by the policy and regulatory firm Allen & Clarke of Wellington and compiled in their report *Sport and Physical Activity: A Review of the Evidence*.¹⁵ This report shows compelling evidence in four areas:

- A healthier community
- An enhanced sense of identity and image
- Greater social cohesion
- Economic benefits

6.2 A HEALTHIER COMMUNITY

Physical activity reduces the death rate and physical inactivity increases it for all age groups in the population. The greatest benefits are seen when previously inactive people undertake any form of physical activity. The major impact is in the following areas:

6.2.1 Obesity

Obesity is a serious public health epidemic that is increasing at epidemic rates in both adults and children throughout the world. It is a risk factor for many chronic diseases including type two diabetes, heart disease, hypertension, stroke and some cancers

- In 2003, 20 percent of adult New Zealanders were obese.¹⁶ This has increased from 11 percent in 1989
- In 2002, almost one third of New Zealand children between 5-14 years were overweight (21 percent) or obese (10 percent)
- If these trends continue 28 percent of all New Zealanders are likely to be obese by 2011
- More than 1,000 New Zealanders die each year from obesity-related diseases. This is double the annual road toll
- Papakura has a high percentage of population groups with high levels of obesity with almost one third of the population of either Maori (24 percent) or Pacific (8 percent)

¹⁵ Allen & Clarke 12 August 2004 *Sport and Physical Activity: A Review of the Evidence*

¹⁶ Ministry of Health, 2003

ethnicity. For all of New Zealand, 27 percent of Maori men and 27.9 percent of women are obese. For Pacific people, 47 percent of women and 26 percent of men are obese

6.2.2 Diabetes

- Approximately 200,000 New Zealanders have diabetes, only about half of which has been diagnosed
- Forecasts predict diagnosed diabetes will increase by two thirds by the year 2011
- Physical activity plays an important part in the prevention and treatment of this disease
- Type 2 diabetes is expected to double among Maori and Pacific people by 2011
- Maori and Pacific peoples, who together make up almost one third of the Papakura District population, are more than three times as likely to have diabetes than non-Maori or non-Pacific peoples¹⁷
- By 2020 the number of Maori and Pacific people with diabetes is forecast to double even if poor diet, obesity, and physical inactivity do not increase

6.2.3 Heart Disease

- Heart disease is one of the top two causes of death in the Auckland region for all population groups, accounting for around one quarter of deaths. Inactive people have up to twice the risk of a heart attack than people who are moderately active
- Death from heart disease is high among Maori and very high among Pacific peoples
- Starting physical activity in childhood and adolescence reduces heart disease risk later in life

6.2.4 Stroke

- Physical activity protects against stroke, the third highest cause of death in the Auckland region
- Stroke is more common in Maori and Pacific peoples
- Maori tend to have strokes earlier in life compared to Pacific peoples and others
- Pacific people have the highest mortality rates from stroke, followed by Maori and others

6.2.5 Mental Health

¹⁷ Ministry of Health, About Diabetes, website, 2004

- Physical activity has consistently been shown to benefit the mental health of people by contributing to lower levels of stress and anxiety. It relieves symptoms of depression and may also protect against its development

6.2.6 Cancer

- Physical activity reduces the risk of colon cancer by up to 50 percent and breast cancer by up to 30 percent for some parts of the population

6.3 AN ENHANCED SENSE OF IDENTITY AND IMAGE

- Physical activity and sport are a central part of most New Zealanders' identity. Interest in sport is high with 94 percent interested and/or involved in sport¹⁸
- Sport, particularly at the national level, has the capacity to create national pride within New Zealanders and strengthen national identity. Recent market research found that winning or performing well at international sporting events is important to New Zealanders.¹⁹ Success by New Zealand athletes at international level makes a significant contribution to national pride, international exposure and participation rates.²⁰ Another New Zealand study reports that "Sport would appear to be occupying an increasingly significant place in the lives of many New Zealanders"²¹
- Sporting achievements also create a sense of identity and belonging²²
- Anecdotal evidence from around New Zealand suggests that regional sporting success is also important in strengthening identity and creating feelings of pride and belonging

¹⁸ CM Research, 2000 in SPARC *Statement of Intent 2004/5*

¹⁹ NFO, 2003 in SPARC *Statement of Intent 2004/5*

²⁰ Ibid p.7

²¹ Collins C and Downey J, 2000 *Challenges Ahead: The Future and Sport in New Zealand*. In C Collins (Ed) *Sport in New Zealand Society*. Dunmore Press p 309 - 330

²² Coakley 2001 in SPARC *Statement of Intent 2004/5*

6.4 GREATER SOCIAL COHESION

Within the Auckland Region, local authorities are acknowledging the social benefits arising from recreation, physical activity and sport. These benefits include:

- The promotion of interaction, friendships and participation between members of the community
- Provision of a focal point around which community life may be centred and developed
- Assistance in breaking down social barriers such as age, gender, race and religion
- Provision of general community benefits through an enhanced quality of life, community identity, an improved social cohesion and a satisfied community¹¹³
- Internationally, physical activity and sport plays an important social function within communities. Sports clubs, outdoor recreation clubs and local walking groups provide settings in which individuals can establish friendships, undertake voluntary activity and build stronger communities
- Sport provides the opportunity for social and personal development within families and the wider community
- Communities may be strengthened by teaching positive attitudes and values associated with participating in sport. The social interaction provided through physical activity can help develop shared values and connected communities
- Physically active people commonly have a higher self esteem and sense of control, and are more likely to participate in other aspects of community life^{23 24}
- In active communities, there is an increased likelihood of people knowing their neighbours, participating in local matters, trusting others and being socially engaged²⁵
- Increased participation in sport and physical activity can be particularly important for certain population groups. For young people who have an intense focus on socializing, sport provides a positive environment where their need for interaction can be met.²⁶

²³ Sports and Recreation Victoria. 2000. *The Active for Life Physical Activity Framework*. Active For Life, p.5

²⁴ Bauman A, Bellew B, Vita P et al, 2002. *Getting Australia active: towards better practice for the promotion of physical activity*. Melbourne: National Public Health Partnership, p.44

²⁵ Leyden KM. 2003. Social Capital and the Built Environment: The Importance of Walkable Neighborhoods.

American Journal of Public Health: 93(9), pp.1546-1551

²⁶ Waitakere City Council, 2001. *Waitakere City Youth Leisure Needs and Wants*. Waitakere City Council, pp41-2

Participation in sport can also be used as a forum to teach pro-social behaviour to adolescents with disruptive behaviour disorders²⁷

- The 2002 Ministerial Taskforce reported that recreation and sport, organised as a positive community experience, can assist crime prevention, particularly with young offenders

6.5 ECONOMIC BENEFITS

- The rate of increase in health costs will reduce. For obesity alone, the World Health Organization has estimated the cost at 2 to 7 percent of the annual health budget. In New Zealand this equates to around \$303 million
- The Ministerial Taskforce reported that in 1999 the real gross output of the sport and recreation sector was almost \$2 billion. The non-commercial expenditure on this sector, from central government, lotteries, gaming and local government was \$569 million²⁸
- The sport and recreation sector contributes \$300 million per annum in sport generated tax payments²⁹
- Sport provides a vehicle to reinforce and enhance our brand image, improve the value of traded products and enhance tourism opportunities
- International tourists who visited New Zealand to watch or play sport contributed \$120 million to the economy in 1999³⁰

²⁸ Business and Economic Research Limited (BERL), September 2000 *The Growing Business of Sport and Leisure. Impact of the Physical Leisure Industry in New Zealand. An update to the 1998 Report.* Wellington, BERL

²⁹ SPARC *Statement of Intent 2004/5* p 7

³⁰ Business and Economic Research Limited (BERL), September 2000 *The Growing Business of Sport and Leisure. Impact of the Physical Leisure Industry in New Zealand. An update to the 1998 Report.* Wellington, BERL

- Consistent evidence shows that sport and physical activity related industries are experiencing increased demand and growth. In particular, significant increases have been found in the number of people employed in delivering physical activity and sport services. These include outdoor adventure leaders, fitness clubs and other similar activities
- Many regular, major events in the Auckland region are sporting events. These events deliver economic benefit to the region by attracting visitors who spend money in the region. Events create employment, investment and an opportunity to showcase the Auckland region to international visitors, international media and the world

7. THE KEY TARGET GROUPS

7.1 PHYSICAL ACTIVITY LEVELS IN COUNTIES MANUKAU

SPARC produce activity statistics on the Counties Manukau region which includes Papakura but there are no Papakura specific statistics. The activity statistics which have been used are those for Counties Manukau on the assumption that they are the best reflection of physical activity levels in Papakura available.

7.1.1 Counties Manukau Young People are Amongst the Least Active in New Zealand

Young people in Counties Manukau are among the least active in New Zealand. 58% of young people are active in comparison with the average for New Zealand of 68%, spending an average of 5.5 hours per week taking part in sport and active leisure compared with the national average of 6.6.

	Counties Manukau							New Zealand
Activity Levels	Boys	Girls	5-8 yrs	9-12 yrs	13-15 yrs	16-17 yrs	Young People	Young People
Sedentary	11%	13%	13%	5%	7%	32%	12%	9%
Relatively inactive	27%	33%	35%	31%	26%	23%	30%	22%
Inactive	38%	45%	48%	35%	33%	55%	42%	32%
Relatively active	26%	17%	23%	26%	18%	16%	21%	24%
Highly Active	36%	38%	29%	39%	49%	29%	37%	44%
Active	62%	55%	52%	65%	67%	45%	58%	68%
Hours active per week (average)	5.5 (NZ 7.3)	5.6	5.1 (NZ 5.9)	5.7 (NZ 7.2)	5.5 NZ 6.9)	6.7 (NZ 6.4)	5.5	6.6

- Boys in particular spend less time being active than their national counterparts, spending on average 5.5 hours per week participating in sport and active leisure compared to 7.3 hours.
- Almost all young Counties Manukau people (89%) take part in some sport or active leisure. The most popular sport for boys is rugby union (25% play) and for girls it is netball (21% play). The most popular active leisure activity for boys is swimming (24%) and for girls it is running/jogging (24%).
- 57% of young Counties Manukau people are interested in participating in a new sport or active leisure activity.

7.1.2 Adults are About as Active as Most New Zealanders but only four out of Ten are Active Enough

Around two thirds (65%) of Counties Manukau adults are active for more than 2.5 hours per week which is slightly less than the New Zealand figure of 68%. However, as well as finding out the total time that adults are active per week it is important to know how regularly they are active. The SPARC Push Play campaign recommends the following standard for adults:

"At least 30 minutes of moderate intensity physical activity, on most, if not all days of the week. Most days is a minimum of 5 days per week"

This recommendation is based on the findings of the US Surgeon General's report *Physical Activity and Health* (1996) that 30 minutes moderate intensity physical activity, on most days of the week, is enough to maintain health and prevent some diseases. SPARC have developed the Couch Potato Index which measures the number of days in the last week that adults participate in a sport or active leisure for 30 minutes or more. The figures for Counties Manukau adults are shown below:

	Counties Manukau								New Zealand
No. days active for at least 30 min per day	Men	Women	18-24 years	25-34	35-49	50-64	65+	All Adults	All Adults
Not active any days	18%	19%	26% (NZ 18%)	21%	18%	14%	17%	19%	19%
Active 1-4 days	40%	40%	37% (NZ 41%)	42%	41%	43%	33%	40%	42%
Active 5+ days	42%	41%	37% (NZ 41%)	38% (NZ 34%)	41% (NZ 36%)	44% (NZ 40%)	50% (NZ 48%)	41%	39%

	Counties Manukau					New Zealand
No. days active for at least 30 minutes per day	Maori	European	Pacific	Other	All Adults	All Adults
Not active any days	25% (NZ 22%)	15%	17%	31%	19%	19%
Active 1-4 days	29% (NZ 37%)	42%	47%	37%	40%	42%
Active 5+ days	47% NZ 41%)	43%	36%	32%	41%	39%

- Only four out of ten (41%) are active for 30 minutes or more on at least five days of the week.
- Younger adults (those under 35 years old) in Counties Manukau are significantly less active than those in New Zealand as a whole (58% versus 67%).
- European adults are the most active ethnic group. With 70% of them active they are more active than the New Zealand average (70%) whilst Maori (62%) and Pacific (63%) are below the New Zealand average.
- 98% of all Counties Manukau adults participate in some form of sport or active leisure over a year. Golf is the most popular sport for men (20% play) and netball is most popular for women (10%). Walking is the most common way men and women are active

in their leisure time although, as for New Zealand as a whole, this activity is more popular for women (82%) than men (59%).

- 26% of all Counties Manukau adults are involved in active leisure in a capacity other than participant. This includes being involved as a coach, referee, official, administrator or parent helper.

7.1.3 Key Target Groups

This shows the key target groups, the channels that can be used to access them and the main community benefits increasing their levels of physical activity will provide to Papakura:

Key Target Group	Sub Groups	Key Channels of Access	Main Community Benefits
Young People			
The 42% of young people who are inactive	The 30% who are relatively inactive	Parents Schools	<ul style="list-style-type: none"> - Lower number of overweight & obese young people - An enhanced sense of pride, self esteem & belonging - Greater social cohesion, friendship, self esteem, interaction, pro-social behaviour & community growth - Reduction in number of young offenders - Personal development & development of shared values
The 49% of 5-15 year olds who are active but not active enough	Active boys who need to increase their active hours per week	Schools Sports clubs Activity providers Community activity groups Church and cultural groups	<ul style="list-style-type: none"> - Lower number of overweight & obese young people - An enhanced sense of pride, self esteem & belonging - Greater social cohesion, friendship, self esteem, interaction, pro-social behaviour & community growth - Reduction in number of young offenders - Personal development & development of shared values
	Active 5-8 year olds who need to increase their active hours per week	Parents Schools	<ul style="list-style-type: none"> - Lower number of overweight & obese young people - Physical literacy - Greater ability to realise their learning potential

			<ul style="list-style-type: none"> - Development of lifetime activity - Reduced heart disease, diabetes & stroke in later life
	Active 9-12 year olds who need to increase their active hours per week	<ul style="list-style-type: none"> Parents Schools Sports clubs Activity providers Community activity groups Church and cultural groups 	<ul style="list-style-type: none"> - Lower number of overweight & obese young people - An enhanced sense of pride, self esteem & belonging - Development of lifetime activity - Greater social cohesion, friendship, self esteem, interaction, pro-social behaviour & community growth - Reduction in number of young offenders - Personal development & development of shared values - Growth in sports participants - Economic benefits of increased involvement in sport and physical
	Active 13-15 year olds who need to increase their active hours per week	<ul style="list-style-type: none"> Parents Schools Sports clubs Activity providers Community activity groups Church and cultural groups 	<ul style="list-style-type: none"> - Lower number of overweight & obese young people - An enhanced sense of pride, self esteem & belonging - Greater social cohesion, friendship, self esteem, interaction, pro-social behaviour & community growth - Reduction in number of young offenders - Personal development & development of shared values - Growth in sports participants - Economic benefits of increased involvement in sport and physical
The 57% of young people are interested in participating in a new sport or active leisure activity		<ul style="list-style-type: none"> Sports clubs Schools 	<ul style="list-style-type: none"> - Lower number of overweight & obese young people - An enhanced sense of pride, self esteem & belonging - Greater social cohesion, friendship, self esteem, interaction, pro-social behaviour & community growth - Reduction in number of young offenders - Personal development & development of shared

			<p>values</p> <ul style="list-style-type: none"> - Growth in sports participants - Economic benefits of increased involvement in sport and physical activity
Maori and Pacific young people because of their higher health risks			<ul style="list-style-type: none"> - Lower number of overweight & obese young people - An enhanced sense of pride, self esteem & belonging - Greater social cohesion, friendship, self esteem, interaction, pro-social behaviour & community growth - Reduction in number of young offenders - Personal development & development of shared values
Adults			
The 40% of adults who are active on 1-4 days per week but not active enough	Maori adults who are active 1-4 days per week but not active enough	<p>Sports clubs</p> <p>Activity providers (eg Recreation & fitness centres, keep fit classes, yoga classes etc)</p> <p>Community activity groups</p> <p>Church and cultural groups</p>	
	Adults under 35 years who are active but not active enough	<p>Sports clubs</p> <p>Activity providers (eg Recreation & fitness centres, keep fit classes, yoga classes etc)</p> <p>Community activity groups</p> <p>Church and cultural groups</p>	
Maori and Pacific adults because of their higher health risks		<p>Sports clubs</p> <p>Activity providers (eg Recreation &</p>	

		fitness centres, keep fit classes, yoga classes etc) Community activity groups Church and cultural groups	
18-24 year olds	Inactive 18-24 year olds 18-24 year olds who are active but not active enough		

8. ALIGNMENT WITH PARTNER AND KEY STAKEHOLDER STRATEGIES

8.1 THE KEY PARTNER STRATEGIES

The strategies of the following partner organisations were examined in detail:

- Papakura District Council Open Space strategy
- Papakura District Council Walking and Cycling strategy
- Counties Manukau Sport strategy
- Counties Manukau State of Sport and Physical Activity strategy
- Counties Manukau Health Board *Lets Beat Diabetes* strategy
- Bruce Pulman Park strategy
- Department of Health *Healthy Eating Healthy Action* strategy
- Auckland Regional Physical Activity and Sport Strategy

Each partner organisation was asked a set of questions about the issues and challenges they experienced in implementing their strategy, the difficulty of each of these, the major opportunities they saw and the overall impact and feasibility of each component of their strategy. These were sorted and analysed alongside the target groups' data in section 5.1.3 to determine the goals of the strategy. As each goal was developed it was checked against each element of each partner strategy to test what strategies it was contributing to.

8.2 THE ROLE OF A DISTRICT STRATEGY

The partners in this strategy are already committed to significant initiatives designed to increase the level of physical activity in the Papakura district. For some of these their work in Papakura is part of a Counties Manukau regional strategy whilst for others, such as the Papakura District Council, their work is specifically focused on Papakura. The role of a district physical activity strategy is to support the strategies of these partners by developing ways to coordinate their knowledge, skills, effort and resources so that their combined application is more effective for the district. It does not duplicate or replace their strategies and it does not develop strategies that should be developed by other organisations in the district. A district strategy delivers two main types of benefit:

- Benefits that are obtained through existing stakeholders working more closely together. These include benefits obtained from creating critical mass, creating a consistent approach, improving delivery, reducing unnecessary duplication and filling gaps in delivery
- Benefits that are obtained from making Papakura easier for existing stakeholders to access and work with

9. APPENDIX 1

Inventory of Existing Physical Activity Assets/Facilities/Classes in Papakura District

January 2006

TYPE	NUMBER	OWNERSHIP	LOCATIONS
Rugby Union Fields (3 clubs ³¹)	11	PDC, Bruce Pulman Pk Trust (BPPT), HNZC (Army Camp fields)	Keri Downs, Massey Park, South Park, Mansell Field, Drury Sports, Drury Domain, Bruce Pulman Pk, Army Camp. (three more to come at BPPT next season)
School Fields	22+	Min of Education	All local schools have at least one playing field
Rugby League fields (1 club)	4	PDC	Prince Edward Park, Ray Small Park
Touch fields			Played in summer on existing sports fields (primarily Rugby)
Cricket wickets (1 club)	5	PDC (1) BPPT (1), Clubs ³²	Drury Sports, McLennan, Ardmore (Bell Field), Conifer Grove, PB Pk
Soccer fields (2 Clubs)	8	PDC, HNZC	McLennan, Drury Sports, Army Camp (some shared with rugby)
Softball diamonds (1 club)	2	Club ³³	Prince Edward Park
BMX (1 club)	1	PDC	Keri Downs
Athletics	1	PDC	Massey Park
Gymnastics (1 club)	2	BPPT, PDC	BP Pk (permanent gymnasium) Rec Centre (weekly)
Netball (1 club)	24	BPPT	BP Pk
Squash (1 club)	4	Squash Club ³⁴	Green St
Public Tennis Courts (1 club)	4 +	PDC, Papakura Tennis Club ³⁵	Conifer Grove (1.5 public), Runciman (1 public), Tennis Club (2) Green St
Aquatic Centre	1	PDC	Massey Pk (wave pool, 25m indoor, 50m outdoor, 4 kids pools, hydro slide, sauna, spa, steam room)

³¹ Clubs denotes clubs with clubrooms

³² Wickets owned by clubs but located on Council land

³³ Diamonds owned buy club but located on Council land

³⁴ Located on Crown land

³⁵ Located on Crown land

Badminton (1 club)	1	Badminton Club ³⁶	Badminton Club (Elliot St), also at Drury and Alfriston Hall
Halls (for indoor bowls, kindy gym etc)	4	PDC	Ardmore, Alfriston, Drury, Eliz Campbell, Takanini
School Halls	unknown		Majority of local schools have a hall
Church Halls	unknown		
Bowls (4 clubs)	4	Various Clubs	RSA Elliot St, Papakura Club (Croskey Rd), Marne Rd (womens), Green St (mens) ³⁷
Croquet (1 club)	1	Club	Chapel Rd
Skateparks or facilities	3	PDC	Parks – Elliot St, Else Morton. ½ Pipe – Taka St
Basketball Indoor	1	PDC	Rec Centre
Basketball hoops (outdoor)	6 +	PDC	Keri Downs, Ray Small, Claris, Else Morton, Pukeroa, Wing
Public Playgrounds	32	PDC	various
Public Hockey turfs	0		Rosehill College has a sand turf
School Pools	11	Individual schools	Generally not open to public. Some schools do sell keys for local community usage)
Motocross Track (1 club)	1	Club	Ardmore Quarry Rd (on PDC land)
Pony Clubs	3	Private	Alfriston (Pointways), Ardmore (Sonshine Ranch), Papakura (Drury)
Gyms	3 +	Private	NB. At least one rugby club also has a gym
Dance studios	3 +	Private	3 studios + range of dance classes run in multi-use facilities
Unallocated playing fields	2 +	PDC	Te Koiwi, Rolleston. Alfriston field only used by Alfriston School. Bell Field only used in summer
Boat Ramps	3	PDC	Bottletop Bay, Slippery Creek, Youngs Reserve (Sea Scouts and kayaks only)
Outdoor pursuits/wilderness camps	1	Private	Ardmore (Sonshine Ranch)
Golf	2	Private	Manukau Golf Club (18 hole), Papakura Golf Club (9 hole)

³⁶ On Council land

³⁷ Men's on Crown Land, Women's on Council Land

Driving Range	1	Private	Papakura Golf Club (GS Rd)
Gliding Club	1	Private	Drury
Airfield	1	Private	Ardmore, various propeller and fixed wing activities
Martial Arts	numerous	Clubs	Primarily out of school halls and Rec Centre
Green Prescription	1	PHOs and CLM	Programme run out of Aquatic Centre and Rec Centre
Physical Activity Classes	numerous	Private, CLM	Rec Centre, Private gyms, other?
Aerobics			WorkitOut
Aqua Aerobics			Massey Park Aquatic Centre, PAPAURA
Aquacise			Massey Park Aquatic Centre, PAPAURA
Croquet			
Fifties Forward			Papakura Recreation and Fitness Centre
Gentle Exercise			Papakura Recreation and Fitness Centre
Line Dancing			Conifer Grove School, Longford Park Village, Papakura Marae, Papakura Senior Citizens Hall
Petanque			Bruce Pulman Park
Riding for the Disabled	1		Drury ³⁸
Round Dancing			
Seated Exercise			Longford Park Village
Social Badminton			
Table Tennis			Papakura Recreation and Fitness Centre
Walking			Papakura Marae, Papakura Rec and Fitness Centre
Weightwise			
Yoga			Papakura Recreation and Fitness Centre, WorkitOut, Broadway

³⁸ On Council land

APPENDIX 2

Papakura District Deprivation Index Map

APPENDIX 3

Papakura District Sports Fields Location Map