

# SportSpasifik provides FREE programmes and support for the community.

SportSpasifik creates opportunities for Pacific people to increase their holistic well being from physical activity and sport and recreation.



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ACTIVE FOR LIFE

# About Us

The SportSpasifik project was established to target the North Shore Pacific Island communities particularly in the Kaipatiki region to create opportunities for Pacific people to increase their holistic well being from physical activity and sport and recreation.

## Our Partners



## NIUMOVEMENT

Is a FREE 8-week programme delivered for Pacific children and their families. The programme provides weekly physical activity & exercise sessions for the whole family, nutrition education and many other great opportunities that keep participants active as a family unit.

## POLYSPORTS

Is a FREE sport and recreation holiday programme for Pacific Island children ages 6-12 years. Polysport Includes fun games and activities with 'healthy eating' nutritional messages as well as offsite trips to places like Jump and ice skating.

## EQUIP'D

Is a programme targeting Pacific teenage girls providing more opportunities to be involved in sport and recreation. Using a holistic approach, it aims to develop the inherent talent which lies within Pacific girls.

## NIU WAYS/ TRAIN THE TRAINER

Niu Ways is an avenue for Pacific people to be introduced to new ways to access FREE exercise in groups and to connect with their community. Niu Ways provides an opportunity for capacity building, to train the trainer in the community for sustainability of regular planned physical activity.

## PACIFIC LED PROJECTS

The SportSPasifik project also recognises the need for community led initiatives to be more sustainable in the future. Therefore, we have created opportunities for our community through the Pacific led projects initiative;

## OUTDOOR LEADERSHIP PROGRAMME NGA TAMATOA

The SportSPasifik programmes alongside cultural events and "HAVE A GO" are all available free to our Pacific communities in the North Harbour region. So, for more information please contact our team.