

Kia Ora tatou, Ko Fran Rose tooku ingoa, He Cycling & Walking Development Officer, Ahau o te Sport Hawkes Bay

Hi,

I'm Larry Blake and I'm a Transport Engineer with Hastings District Council.

We are proud to present our project Ka Tipu ngā Kahikatea, Growing the Kahikatea Tree.

I will briefly explain the 'WHY' behind the name. Nga Kahikatea is a Hawkes Bay DHB initiative centred around Healthy Active Living. And we are 'growing' that initiative.

This project reflects our tallest native, the kahikatea which was prolific on the Heretaunga Plains where Irongate School is located. A kahikatea tree alone is weak and vulnerable however in a community together the trees are strong and support one another.

Stage 1 of Ka tipu ngā Kahikatea was to upskill 3 Learning Coaches to become Cycle instructors. The project was sparked one day when we were delivering our normal cycle skills programme. The training did not go well. There were issues with our delivery and with student behaviour. Rather than give up it prompted us to look into the 'why'. So we met with the principal and learning coaches to discuss how the training could be reformatted to best suit the Irongate community. The school wanted a sustainable way to increase hauora whilst connecting to their wairua as part of their Mana Enhancement Programme.

This is the story of what grew from that collaboration.

<https://www.youtube.com/watch?v=B5UQXgLDHQ>

Maurice, the principal does not talk about equity rather liberation. Liberation is defined in the Cambridge dictionary as 'used to refer to activities connected with removing the disadvantages experienced by particular groups within society'. Maurice does not want handouts he wants to create an environment where the students create opportunities for themselves through knowing who they are and where they come from.

As part of our council iWay initiative, we have had a number of components in our active travel skills and encouragement toolbox:-

- Our School Travel Plans form the foundation of our engagement with the school, confirming commitments from both the school and Council and its associated partners
- Our Safer Routes to School regime tackles infrastructural issues that may hinder children walking, biking or scootering
- The Waka Kotahi "Bike-Ready" programme provides the necessary skills and education
- Bikes in Schools provides in-house bike and cycle track resources

Each has its place and role, dealing with different aspects of Active Travel encouragement for tamariki.

The Ka Tipu nga Kahikatea project draws these components together under a sort of "sustainability cloak" and begins helping to achieve the intended ongoing impacts of the programmes.

It involves collaboration of these projects with a broad range of stakeholders, covering infrastructure, education health and well-being and most importantly community involvement and leadership, to produce something that continues when we walk out the gate.

Our insights from this project.

What we'll chuck: -

- We will chuck the technical, unrelatable language we often use – we need to adapt our communications to our audience – we need to communicate in a way that can be easily understood by our audience, in a way that does not bewilder or confuse.
- We will no longer deliver a 'one size fits all' approach.

What we will keep: -

- We will continue to build our connection with the schools, using consistency with contacts – being a “one stop shop” – it is about walking the talk, and listening..... It's about involving the school in things like programme development and decision making – basically doing things in partnership.
- We will keep building on our relationships by adopting a Locally Led Approach which includes asking the whys, listening to our partners visions, and understanding cultural and personal perspective.

The strength of the relationship with the school relies on mutual trust, respect, and ownership, and is an absolute cornerstone to the success of the project.

What's happened since?

Stage 2 of this project; More riding, more education through.

- A student lead bike maintenance program
- Grade 2 delivery lead by the Learning Coaches which frees up our instructors to deliver in other parts of the community.
- More rides out into the community to access learning.
- Learning coaches supporting other schools cycling initiatives

But it is not just biking for biking's sake. Tamariki are learning that biking is a means to get to places to do the things they want to do – the shop, the pools, the park, sports.....

As a result of this video, we have strengthened our partnership with the DHB. Public Health nurses see how cycling is a way to achieve their outcomes too. We are trialling instructors in schools 1 day a week over a term to ensure we touch every student and pass on skills and knowledge to every teacher. DHB help to fund this.

We have also been donated bikes by members of the public through the DHB and are able to get these to those families in the community who use them as their only means of transport.

The network of relationships we built through this project is still there, ready for other opportunities.

Recently we dabbled our toes in the water in a slightly different direction. Council, Sport Hawke's Bay and the District Health Board made a joint approach to one of our schools, offering a

combination of active travel, games, exercise and nutrition and other health programmes. Normally, this contact would have been made with individual, uncoordinated approaches.

The joint approach was well received by the school, so we will see where this one leads....

We would like to finish with a quote from Colleen, Learning Coach "All the kids knew Irongate had arrived (to Splash Planet) on the bikes, they want to do it, it's so cool".