

Sport Hawke's Bay gets Pro-ACTIVE!



Active families and before school check 2012 end of year event

Two years ago, we decided to take a proactive approach to meeting a growing need in our community. This occurred in response to an observed increase in referrals for four year olds to our Active Families program. Unfortunately these children fell outside the funding age range for this program, so with a can do attitude we decided to do something about it.

We began by approaching Cath Hedley (Hawke's Bay District Health Board, Before School Check Nurse Coordinator) and Char Savage (Sport Hawke's Bay, Early Childhood Educator) to collectively establish a pathway for improved health for four year olds and their families.

Initially, this intervention pathway involved making contact with the children's families and explaining the age limitations on our current services. We then offered a variety of different resources to the families and encouraged them to set short term, long term and family goals. Once their child turned five they were then eligible for the Active Families program and would have access to cooking lessons, weekly physical activity and swimming lessons.

Realising we could be doing more, in July 2012, we began discussions with the Hawke's Bay District Health Board

around funding a program which aligned with the Active Families program but was eligible for four year olds. The program was named the **B4SC Active Families FUNDamental Program** and was initially supported by a 10 hours a week position.

Referrals are processed and recorded by the Before School Check Nurse Coordinator and progressed to Sport Hawke's Bay. The focus of the program is to encourage fundamental skill development, family interaction, develop goals, improve movement, nutrition and develop health literacy. It is aligned with Active Families to allow other siblings to participate as it keeps the program inclusive of all family members. The program content contains weekly physical activity group sessions, five weekly healthy cooking classes, an Active Families activate resource booklet, goal setting, facebook access and an exit strategy of sustainable healthy living or progression onto the Active Families program.

Although we have only been delivering the program for five months, it has recently been allocated more funding and the coordinator role is in the process of transitioning to a 30 hour position.

Our focus is now on raising awareness of the program and supporting those who need it. 📍

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