

# NATIONAL PHYSICAL ACTIVITY GUIDELINES

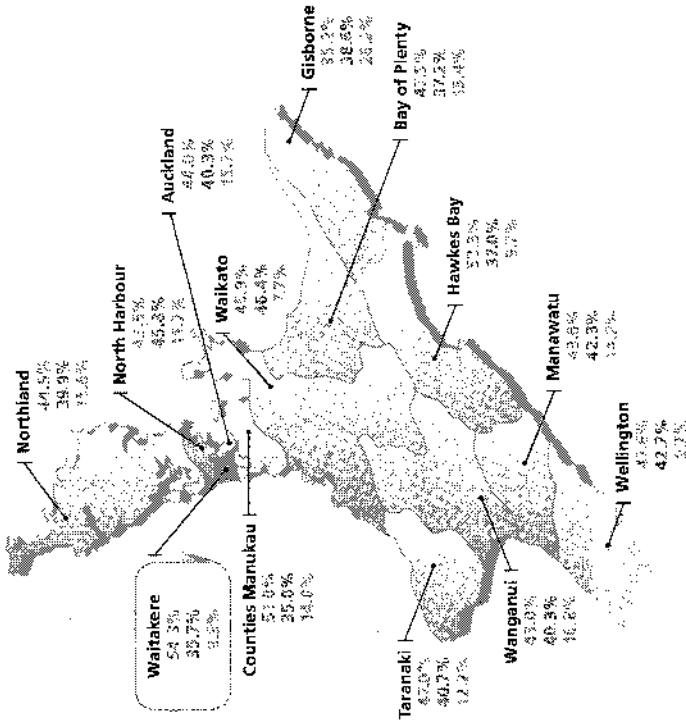
## Physical Activity Levels<sup>10</sup>

The New Zealand Physical Activity Guidelines<sup>11</sup> state that adults should participate in at least 30 minutes of moderate intensity physical activity<sup>12</sup> on most, if not on all, days of the week.

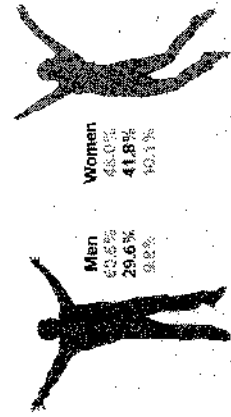
Adults were categorised into one of three groups:

1. **30 x 5 Guideline Met**  
Adults who achieved 30 minutes of moderate intensity physical activity on at least five days out of seven.
2. **Some Activity**  
Adults who did not achieve 30 minutes of moderate intensity physical activity on at least five days, but did achieve at least 30 minutes of moderate intensity physical activity in total, over seven days.
3. **Inactive**  
Adults who, over seven days, achieved less than 30 minutes of moderate intensity physical activity in total.

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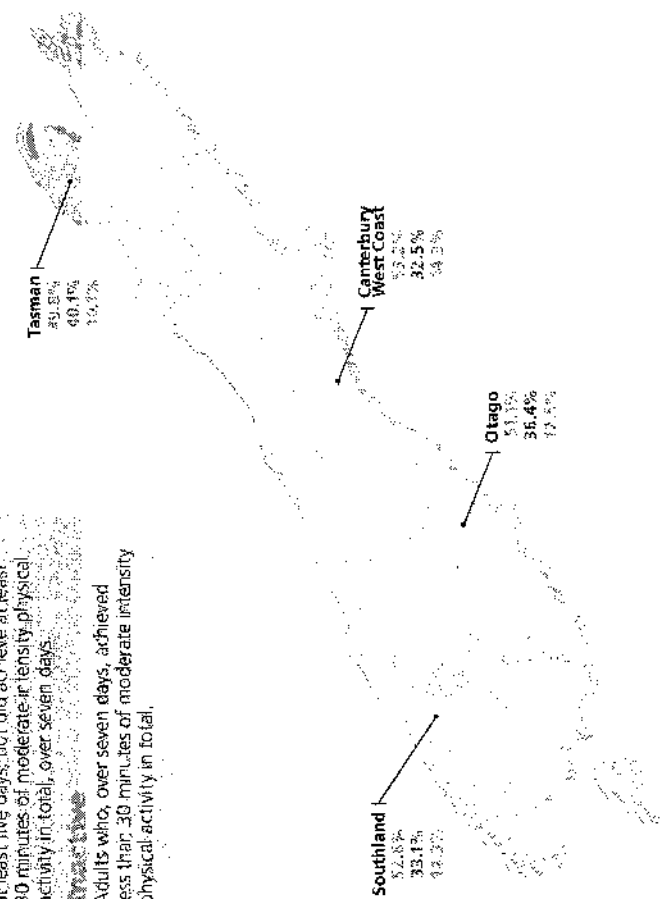


## Physical Activity Levels Among Adults in the Waitakere Region by Gender



Over seven days:

- The percentage of adults in the Waitakere region who achieved the national physical activity guideline was similar to the percentage for New Zealand adults. (New Zealand: 48.2%, Waitakere: 54.3%).



10 When summed, the percentages per region may not equal 100% because of rounding.  
11 Sport and Recreation New Zealand. (2003). *Movement - /health /Me* /Konkoti Ka Ora. Wellington: SPARC.  
12 Moderate intensity physical activity will cause a slight, but noticeable, increase in breathing and heart rate.

# **Six Monthly Report to Waitakere City Council: July – December 2008**

**From: Martin Sutcliffe, Director Corban Estate Arts Centre  
On behalf of the Waitakere Arts and Cultural Development Trust  
Date: March 2009**

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## **1. Introduction:**

This report offers a brief overview and also includes specific reporting against deliverables as per WACDT's agreement with WCC.

In this six-month period, CEAC has been maintaining its ongoing services while preparing for 2 key projects in 2009:

- An intensified Arts Education Programme for visiting schools under the Ministry of Education's LEOTC scheme
- A performance project, 'The Resting Show'.

There is a growing awareness of the extent of the world economic recession and the impacts this will have on our communities, and in turn our activities and programmes. This situation may call for CEAC to review its activities and adapt its services to better respond to community needs in the changing reality.

## **2. Highlights & Achievements:**

CEAC has continued its strongly established programme of exhibitions, courses and workshops for adults and children, events, and programmes for visiting schools.

In addition, the following highlights and achievements are recorded:-

### **2.1 Learning Experiences Outside the Classroom (LEOTC):**

A contract has been signed with the Ministry of Education to deliver this programme. The programme will build on CEAC's 2008 Arts Education for Schools Programme. The Ministry's funding of \$70,000 per year is for 2.5 years, commencing in January 2009. CEAC's LEOTC programme was launched to teachers in November 2008. An Advisory Group of School Principals from Waitakere City has met. Information about the programme has been sent to all schools in the Auckland Region. Details are available on the CEAC website.

## **2.2 Event Funding from ASB Community Trust:**

The ASB Community Trust has granted CEAC \$62,610 for a series of events in 2009. The funding includes:-

- A part time Event Coordinator salary;
- Staging of Warwick Broadhead's 'The Resting Show' at CEAC (further information below);
- An Exhibition Opening Event for Matariki;
- A Matariki Music Night;
- A series of workshops for young people to develop performances for the annual 'Word Up!' youth event, held in conjunction with 'Going West'.

## **2.3 'The Resting Show' Project:**

Warwick Broadhead is a theatre director with a unique vision, who creates theatre experiences from what is available; working with the people who want to be involved, and whatever recyclable materials are available. CEAC is hosting Warwick as an 'artist in residence' to develop and stage his new work, 'The Resting Show', indoors and outdoors at CEAC. The show is based on a Zane Grey novel, 'Thunder Mountain' which is turned into a morality tale about greed, interwoven with the poetry of Rumi, a 13<sup>th</sup> century mystic poet. Rumi's words spoken at intervals throughout the performance mark a time when everyone, performers and audience, rest briefly in silence. It has been ten years since Warwick has created a performance of this scale.

## **2.4 Gallery Shop Review:**

The Gallery Shop has undergone a review to explore how it can be improved and an action plan is being implemented. The ultimate success of the Gallery Shop to provide more revenue for CEAC, is inextricably linked to CEAC becoming a more appealing destination to the general public.

## **2.5 Increased Venue Usage:**

CEAC has experienced a steady increase in venue usage over the 6 months. Venue hire in December and January tends to be lighter however, as many groups are in recess for these summer months.

## **2.6 Waitakere Arts & Cultural Development Trust Strategic Focus:**

CEAC's Board has been reviewing its vision and mission and developing its strategic focus for CEAC and the Corban Estate site. This work is ongoing. The Board would like to develop a stronger partnership with council to progress this vision.

### **3. Challenges Faced:**

#### **3.1 Corban Estate Creative Quarter:**

News was received at the end of May 2008 that Unitec would not be proceeding with its plans to locate its visual and performing arts faculties to the Corban Estate in the foreseeable future. This has meant planning for development of the site is now on hold. Up till May 2008, The Corban Estate Arts Quarter Project gained considerable momentum. Facility development with scale is also impacted by the recession, as funding for capital development becomes scarce.

#### **3.2 Building Condition & Maintenance:**

3.2.1 Vandalism: While CEAC suffered some vandalism in this period, this seems to have abated since early October 2008. Evidence of groups of young people gathering and drinking on the Corban Estate on Thursdays evenings, is now rare.

3.2.2 Unsound Building: Council's Property Manager has advised CEAC that the old 'Barrel Store' is structurally unsound and that an adjoining artist's studio can no longer be occupied. The tenant has since been given notice to vacate (February 2009). The Barrel Store section of the building is built into the railway embankment. Over time passing trains have put pressure on the back wall of the building, which in turn has produce a slight outward lean in the brick wall at the front.

3.2.3 Facility Improvement: Many of CEAC's workshop studio spaces are very basic warehouse type facilities and in a rough state. With greater demand on the use of CEAC's facilities, CEAC will be developing plans to make improvements that will better support a variety of uses.

#### **3.3 Financial:**

3.3.1 2008/09 Budget: CEAC's budget is tight and decreases in revenue have a financial impact. With the economic downturn, there are indications that enrolments for some courses are dropping off, resulting in increased cancellation of classes offered. Classes can only be held if basic costs (tutor and materials) can be met by course participants.

3.3.2 Recession Impacts: As with all organizations, CEAC will face greater financial challenges with the deepening of the recession and be adjusting its strategies to meet the emerging situation.

## **4. Aspirations:**

4.1 Generating Arts & Cultural Activity: In the current economic uncertainties, CEAC is looking at ways it can maintain its profile in the community, and continue to generate cost effective activities and services in its facilities, to meet the City's arts and cultural needs.

4.2 Annual Events: Dependent on the availability of funding, there is a need to develop a programme of annual niche events on site, that will generate activity that complements the arts centre's purpose.

4.3 CEAC as a Destination: In the longer term CEAC needs to strengthen its presence as an art and cultural destination. This will mean planning for additional facilities such as a café, to be developed on site, increasing the overall appeal of the Corban Estate to the public, as a significant arts destination in the region.

## **5. In Conclusion:**

Media reports are telling us 'the world is changing', and we may be going to experience the deepest recession since the 1930's. CEAC is monitoring the impact of these economic trends on its services, to both ameliorate the financial impacts and adjust its services to meet changing needs.

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**FUNDING AND SERVICE AGREEMENT BETWEEN WACDT & COUNCIL – SCHEDULE 1  
2008/2009 – 6 month Progress Report**

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	<p>1.2 Profile city artists of significance.</p>	<p>Exhibitions profiling at least 12 professional artists with strong links to Waitakere either as residents or with working or historical association.</p>	<p>recorded.]</p>
	<p>1.3 Reflect the bi-</p>	<p>involve Maori artists in at</p>	

**41 Artists:**

CEAC TUTORS exhibition – Derek March, Claudia Pond Eyley, Peter Lange, Beth Serjeant, Ann Uerata, Kairava Gullatz = **6**

WESTERN GOTHIC – Gretchen Albrecht, Sarah Munro, Don Binney, Derek March, John Edgar, Peter Lange, Leila Ataya, Peter Purcell, Allan McDonald, Peter Saubier, Alec Sunde, Donna Sarten, Bernie Harfleet, Christina Beth, Beth Serjeant, Rosina Kamphius, Brian Marsom, Sylvia Siddell, Peter Siddell, John Radford, Tanja Nola, Maryann Pennington, Marica McEwen, Tabatha Forbes, Samantha Lisette = **25**

RENDER – Dan Mills = **1**

WAITAKERE ARTS LAUREATES 2008 – Lemi Ponifasio, Fatu Feu'u, Patricia Wright, Peter Siddell = **4**

RECOVERY - Catherine Davidson = **1**

ASSIGNMENTS – John Chapman = **1**

T[error] – Habeas Corpus Collective - Donna Sarten, Bernie Harfleet, Jude Nye = **3**

	cultural commitment of the city.	<p>least 3 exhibitions, teaching programmes or events per year with a particular focus on the Matariki Festival period.</p> <p>Matariki:</p> <ul style="list-style-type: none"> <li>- film nights</li> <li>- exhibitions</li> <li>- at least 3 adult workshops</li> <li>- School programmes</li> </ul>	<p>1. CEAC Tutors exhibition – Ann Uerata</p> <p>2. WAITAKERE NEW GRADUATES exhibition – Various Maori artists</p> <p>[Timing of Matariki 2008 fell in 07/08 year]</p> <p>Ann Uerata in Tutors' Exhibition Flax Weaving Workshop offered (Nov.) – Ann Uerata. School Programmes: Nga Toi Waitakere Workshops available, but no bookings for these.</p>
1.4	Present an annual arts programme that reflects/address the cultural diversity of the city.	<p>3 exhibitions per year that reflect the changing cultural diversity of Waitakere City.</p> <p>Work to develop events/exhibitions/classes that reflect the growing Asian population of the city.</p>	<p>Exhibitions as above. (Included Lemi Ponifasio, Fatu Feu'u, Ann Uerata)</p> <p>(Under development)</p>

<b>COUNCIL OBJECTIVES</b> These refer to Council's broad aims for arts and culture for the City	<b>DESCRIPTION OF SERVICES</b> These refer to WACDT's contribution to Council's objectives	<b>PERFORMANCE TARGETS 2008/2009</b> Performance targets are a measure of WACDT's contribution to Council's objectives	<b>1 July – 31 December 2008 (6 Month Progress Report)</b>
2. Develop City identity	2.1 Encourage cultural	Hold at least 3 exhibitions per year showcasing a diverse range of emerging artists and community arts groups from within Waitakere City.  Support and create at least 3 opportunities for local community arts development: e.g. Artspeak Enterprise seminars Emerging artists show	<b>3 Exhibitions:</b> 1. I SPEAK! – Spark Studio artists exhibition 2. AAA – Annual Affordable Art Exhibition – Various Artists 3. WAITAKERE NEW GRADUATES exhibition – Various artists  <b>9 Opportunities:</b> 1. ARTISTIC VENTURES – Arts Enterprise Seminar - July 2. OWNERSHIP & COPYRIGHT – Arts Enterprise Seminar - October 3. WAITAKERE NEW GRADUATES exhibition – Various artists 4. AAA – Annual Affordable Art Exhibition – Various Artists 5. ARTSPEAK – Catherine Davidson – July, 6. ARTSPEAK -Rob Garrett – August 7. ARTSPEAK - Florian Habicht and Warwick Broadhead - September 8. ARTSPEAK – Emily Perkins - September 9. ARTSPEAK - Peter Siddell - November  Liaison with Waitakere Enterprise

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and profile through arts and cultural programmes, which reflect the unique arts and cultural life of Waitakere City.	tourism through a wide-ranging spectrum of arts, cultural and heritage activities.	Waitakere Enterprise Board and with regional tourism networks.  Offer 'heritage estate tours on demand.  Promote CEAC through tourism brochures and other avenues.	CEO's Network Meetings Member of West of Auckland Tourism  Heritage tours available on request. Minimal demand.  Promotion of CEAC to be included in next West Auckland Tourism brochure/map
2.2 Encourage awareness of the unique culture and heritage of Waitakere City.		Trial 1 heritage open day per year.	
2.3 Acknowledge the pivotal funding and support role of Waitakere City Council		Ensure that the Waitakere City Council visual identity is profiled appropriately and prominently as a primary funder.  Acknowledge at all times in the public domain Council's supporting role.	Waitakere City Council logo on promotional material.  Council publicly acknowledged at events and openings (where speeches included).

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3. Provide access to the arts for a wide range of ages and cultures.	3.1 Offer a diverse range of educational opportunities and experiences for all residents of the city.	Maintain free entry to exhibitions. Hold 1 annual studio open weekend per year. Hold 2 educational youth focussed events per year.	Exhibition entry free
	3.2 Plan the CEAC programme to support and promote other cultural events in the City, including the Pasifika Festival, Going West, Matariki and Trash to Fashion.	Co-ordinate the exhibition programme to complement each city festival i.e. Going West, Matariki, Lantern Festival, Trash to Fashion  Organise at least one programme or event in association with each key city festival.	<b>2 Exhibitions associated with Festivals:</b>  1. GOING WEST – Western Gothic exhibition – various artists 2. AUCKLAND FESTIVAL OF PHOTOGRAPHY – Recovery exhibition - Catherine Davidson and Assignments exhibition – John Chapman  <b>2 Events associated with Festivals</b> Course: The Photographer's Eye – John Chapman Event: Word Up! (Youth Event associated with Going West)
	3.3 Actively pursue opportunities to align programmes to regional and national events.	Organise exhibitions and/or events to reflect projects such as: Auckland Photography Festival Celebrate Pacifica	As above
	3.4 Administer an	Offer at least 12 weekend	<b>Weekend Workshops: 12 offered (7 held)</b>

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	education programme of workshops and classes, for students, other young people and the general public.	workshops per year.  Offer at least 4 adult classes per term.  Offer at least 4 children's classes per term  Offer at least 1 school holiday programme each school holidays (6 classes per programme)  Offer a summer school with a minimum of 5 courses for 5 days.	<b>Adult classes: 11 offered (3 held)</b>  <b>Children's classes: 16 Offered (7 held)</b>  <b>School Holiday Programmes: 3 programmes offered (3 holiday periods); 23 holiday classes offered. (16 Holiday Classes held)</b>  (Summer School planned for January 2009)
3.5	Develop and run an education programme for local and regional school students	At least 2,000 school student visits per year	<b>1,345 students visited.</b>
3.6	Develop and run a programme of lectures, forums and workshops to engage with an develop the capacity and knowledge of local artists and organisations.	Hold at least 6 gallery floor talks annually connected with an exhibition programme	<b>5 Gallery Floor Talks:</b>  1. Assignments exhibition – John Chapman 2. Recovery exhibition – Catherine Davidson 3. [Terror] exhibition - Rob Garrett 4. [Terror] exhibition - Bernie Harfleet, Donna Sarten, Jude Nye

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		Hold at least 3 'Arts Enterprise Seminar' related workshop per year.  Hold at least 8 forums offering discourse about contemporary arts practices. E.g. Artspeak	5. Waitakere Arts Laureates 2008 exhibition - Peter Siddell  <b>2 Arts Enterprise Seminars:</b> 1. Artistic Ventures – July 2. Ownership and Copyright - October  <b>4 Artspeaks held:</b> 1. ARTSPEAK - Florian Habicht and Warwick Broadhead - September 2. ARTSPEAK – Emily Perkins - September 3. ARTSPEAK - Peter Siddell - November 4. ARTSPEAK – Catherine Davidson - July 5. ARTSPEAK - Rob Garrett – August
	4.6 Provide an Arts Information Resource available to students and members of the public.	Display communication materials related to events, exhibitions, forums etc  Maintain an accessible up-to-date website archive of images and photographs related to exhibitions, programmes and events.	CEAC Foyer used to display information, & hold information in brochure stands.  Website now updated weekly.
4. Support the delivery of arts and cultural services by a range of local providers.	4.1 Act as a conduit between Council and other providers to strengthen the arts community.	Participate in Waitakere Arts Network [WAN] meetings. (Under review by WCC)	WAN under review  Ongoing liaison.

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5. To develop and expand Waitakere City's arts and cultural hub on the Corban Estate	5.1 To manage a stepped programme of development of the buildings and facilities on the Corban Estate currently leased by WACDT  5.2 To contribute as a	To Council on arts projects and contracts.  Support local cultural focussed community groups to use CEAC facilities.  Encourage local arts and cultural groups to be involved with CEAC	Embroiderers & Lacemakers Guild, Glad Poets, Kids 4 Drama, French & Spanish classes, Mosaic Group, Sonar Chand Dance Academy (Indian dance), Show West Singers, WCCAC, Waitakere Indian Assn (Indian dance & music, Hindi language), Waitemata Theatre Co, Waitakere Writers, West Auckland Historical Soc, Flamenco Dancers, SALT Painters Group, Triple Goddess (Belly Dance), Manava o Tahiti Nui Dance Troupe, Project Twin Streams Weaving Circle, Tertiary Student Art Exhibitions, Choir Concert, PTS Sculpture Projects, Kiwi Theatre, Trash to Fashion, Charity Music Concert, WEA Te Reo Classes, WAVES, White Ribbon Day Banner Making Workshop.  Wider Corban Estate Development Project on hold.
		Work closely with Waitakere Council's project team on the wider Corban Estate development.	As above.

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	major stakeholder to the wider development of the Corban Estate as an arts precinct.	participation with Council and other stakeholders in the Corban Estate site development.	
5.3	Build networks of arts and cultural activities.	Find alternative ways to promote the activities of the Arts Centre (other than traditional mailing lists) and report on the success or otherwise of this.  Actively encourage a diverse range of artists to take studio space to encourage development of professional arts based practice. Review policy re studios annually.  Ensure and support healthy working relationships with all arts organisations on site. [Pacific Arts Centre, MAU, WCCAC]	Greater use of email invitations. Monthly 'What's On at CEAC' email. Project to improve database capability in progress.  Studio tenant artists:- painters, sculptor, weavers, multi media, ceramic artist, installation, photography, screen printer, book & paper maker. Pakeha & Maori tenants.  Ongoing meetings as required.
6. Act as an information resource for local artists and community groups and a liaison regionally and nationally.	6.1 Develop and sustain strong relationships with other local, regional and national arts, cultural educational and	Build and maintain relationships with CNZ, other funding bodies, tertiary institutions other galleries and arts centres and schools.	Quarterly meetings with similar arts organisations in Auckland Region (Artstation, Te Tuhi, Uxbridge).

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	heritage bodies.	Send newsletters to key agencies.	Regular 'bulk mail-outs' of Newsletters, invitations etc.
6.2	Communicate widely across the spectrum of arts, cultural and heritage institutions and individuals.	Quarterly newsletter (circ. 5,000) produced and distributed.  Produce additional promotional material where appropriate.  Email information to mailing list.  Maintain up to date representation on Council website.	Ongoing.  Exhibition Invitations, Event Fliers etc.  Monthly 'What's On @ CEAC'.  Direct link from Waitakere City Council Website
7. Support the implementation of Arts Strategy for the City.	7.1 Provide professional advice to Council on arts strategy and implementation.  7.2 Support staff/Council understanding	Take part in meetings, discussions, research and feedback.  Offer at least 1 opportunity for Waitakere City Council to visit (staff and elected members)	Ongoing as required.
8. Act as a responsible governance body in all aspects of organisational	8.1 Adhere to all directives contained within the Waitakere Arts & Cultural	Use sound management procedures on a daily basis to manage the Trust's activities and objectives	Ongoing.

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management.	Development Trust Deed.	Conduct performance reviews on key staff on an annual basis	Ongoing for all key staff.
9. Maintain sound fiscal procedures	9.1 Maximise funding from all sources.	Use best practice financial management practices and procedures	Continual improvements to financial management procedures.
		Seek funding support from outside funding bodies.	Support received from ASB Community Trust, Ministry of Education, Perry Foundation, Waitakere Licensing Trust.
		Continue to develop retail opportunities.	Gallery Shop reviewed.
		Produce audited accounts on an annual basis.	Completed annually.

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