

LET'S  
PLAY!



HEALTHY FAMILIES NZ  
NATIONAL PLAY  
IMPACT REPORT

healthy  
families

New Zealand  
He oranga whānau



## MIHI

E ngā pou whakarae, ngā rangatira,  
nga awenga o te motu,

Tēna kōtou katoa, mai te Kāhui Tākoro  
o He Oranga Whānau,

He mihi nui maioha tēnei ki a kōtou ngā  
kaupapa tākoro hurinoa i te motu,

Kōtou i āta rangahau i ngā raraunga  
me ngā korero mō tēnei pūrongo,

Ngā reo o ngā kaimahi o He Oranga Whānau

Otīrā kōtou katoa e whakatinana i ngā mahi,

Tēna kōtou, tēna kōtou tēna kōtou katoa!

We extend greetings to you all, on behalf of the  
Healthy Families NZ Play Community of Practice.

We would like to acknowledge all the play  
movements throughout the motu, all the voices  
of the Healthy Families NZ kaimahi, those whose  
work and research made this report possible.

Thank you all for your support! We greet you all!

**Jade Kameta** | Ngāti Pikiao, Ngāti Whakaue  
Healthy Families East Cape

## Kia kaweā tātou e te tākaro | Let us be taken by the spirit of play

This whakataukī emphasises the importance of  
entertainment-based learning which was essential for  
Māori pre-European arrival. Entertainment-based learning  
involves pūrākau (storytelling), kapa haka (dance), puoro  
(music) and tākaro (play).

Te Whare Tapere, is the traditional name for the site where  
our tupuna (ancestors) enjoyed these activities. Another  
traditional site, known as Te Whare Mātoro was a similar  
site but totally led by young people, for young people.

Although Te Whare Tapere is translated as “the house of  
entertainment,” this is a metaphor since Te Whare Tapere  
were typically found outdoors where they made use of the  
local environment’s natural resources.

**We would like to acknowledge the Sport  
NZ Play unit for recognising the impact of  
systems thinking and growing their wider  
workforce to maximize play opportunities  
across the motu. Also a special thank you  
to Toi Tangata and our other key partners  
who have enabled opportunities for play –  
Waka Kotahi New Zealand Transport Agency,  
local government partners, International  
Play Association Aotearoa and our local  
community play champions.**

# INTRODUCTION

Play is our first language. When we speak about play, we are referring to unstructured activity - without rules, timeframes or scheduled training. Through play, we build physical capabilities - balance, fitness, and strength. When playing with others, we learn valuable negotiation skills, concepts of sharing and friendships, all of which improves our health and wellbeing.

**“Think about life without play. No humour, no movies, no games, no fantasy..try and imagine a culture or a life, adult or otherwise, without play. (And) the thing that’s so unique about our species is that we’re really designed to play throughout whole lifetime.”**

DR STUART BROWN, RESEARCHER OF PLAY AND FOUNDER OF THE NATIONAL INSTITUTE FOR PLAY

## Life without play – it is a bleak concept.

But this is the reality we are increasingly facing, if we don't change how we view play. And more importantly, change how our environments enable or restrict opportunities for play. Barriers including: urban landscapes which largely restrict access to play spaces, the advent of digital devices that remove the emphasis on play activities which connect our communities with the outside world, our mental attitudes towards safety and an increase in the perceived value of structured activities. These have all impacted on our community's ability to engage in unstructured, unfettered, fun, play. Our communities are less connected, less involved, and less aware of their place and value as a result.

Healthy Families NZ is committed to working with communities to firstly understand what these barriers are, and secondly, find ways to create local solutions that enable play.

Read on to learn more about how our Healthy Families NZ locations are doing exactly that - bringing back play, fun, and ultimately, community connections, changing attitudes around the importance and value of play, and working with decision makers, stakeholders, and leaders, to ensure this value and importance is adhered to at all levels.

**“Play brings a diversity of people together in a joyful and curious way, fostering strong relationships that build strong, sustained communities. Through play, whānau form memorable connections with each other, their neighbourhoods, and their place. Many research voices tell us that connection is the most important ingredient to a child’s sense of wellness. When applied to a neighbourhood, opportunities for building positive relationships between groups of people in shared spaces strengthen the mana of that community. The sense that people belong and can contribute to their community enhances their well-being and their ability to stand strong in the face of adversity, so important in this time of change!”**

JILL RICE, EXECUTIVE OFFICER PLAY AOTEAROA (IPA NZ)





## HOW HAVE WE DONE IT?

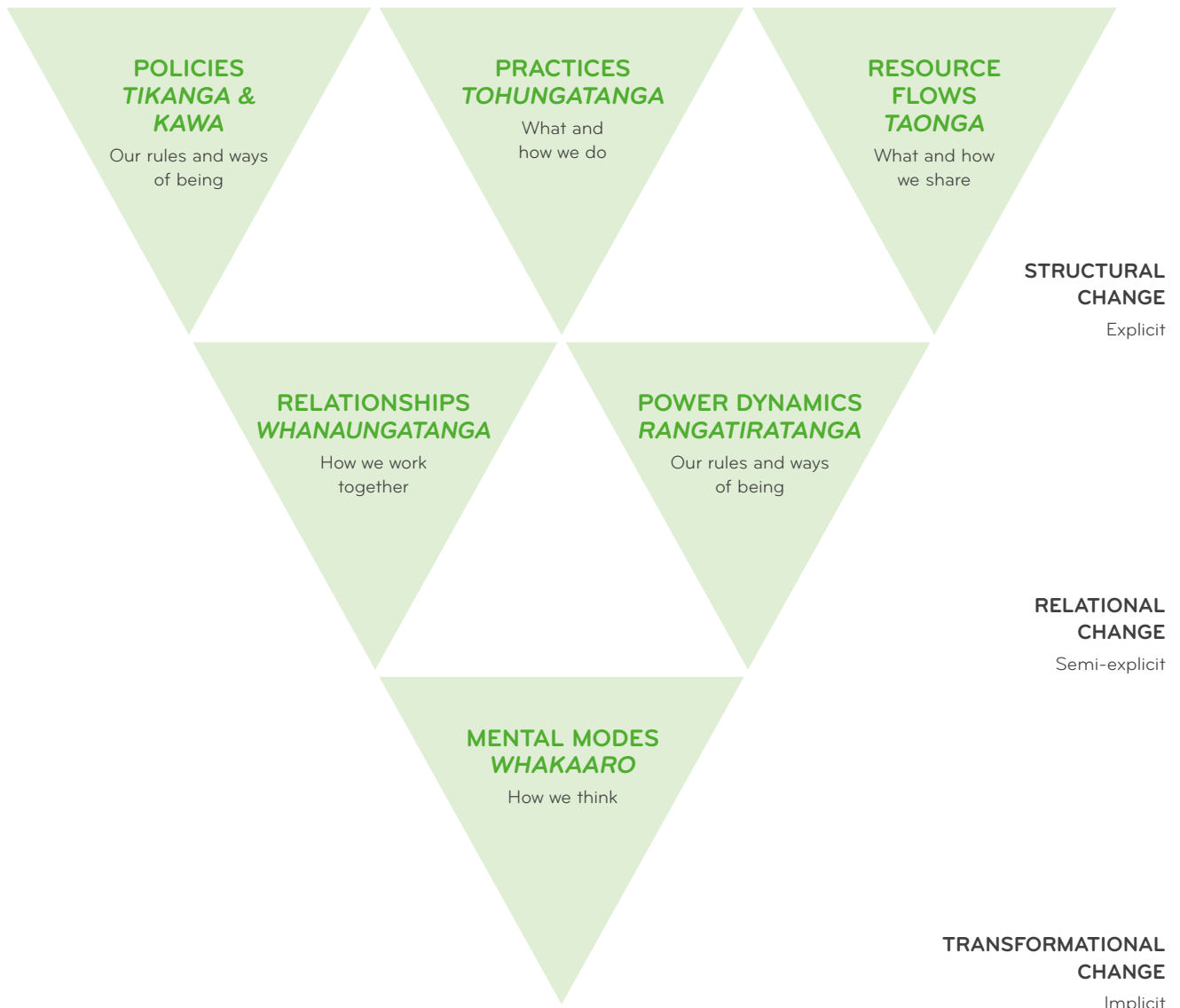
Healthy Families NZ is a large-scale prevention initiative that aims to create a healthier Aotearoa by addressing the systems and environments that impact our health and wellbeing. A healthier Aotearoa starts in the places where we live, learn, work and play. In healthier environments, children learn better, workplaces are more productive, people are healthier and happier, and communities thrive.

The Healthy Families NZ approach is based around innovative, community informed, equity focused systems change. To create sustainable systems, change in the play space, we are driving and supporting this approach across all levels so that our social and physical environments make it easier to play.

Read more about the Healthy Families NZ approach by visiting [www.healthyfamiliesnz.org](http://www.healthyfamiliesnz.org)

# SIX CONDITIONS OF SYSTEMS CHANGE

Changes to the systems and environments that govern how things work (systems change) happen only when these conditions that are holding the problem in place are shifted.



Source: [https://www.fsg.org/resource/water\\_of\\_systems\\_change/](https://www.fsg.org/resource/water_of_systems_change/) Re-created into Niho Taniwha formation with Te Reo Māori words by Canaan Tuhura, Healthy Families Rotorua.

These six conditions, when altered together, work in tandem to create sustainable systems change. This approach has been used by Healthy Families NZ to initiate, support, and achieve widespread systems change across our locations, sparking a nationwide movement that we believe will have a lasting effect.

Find out more about the six conditions of systems change on our website [www.healthyfamiliesnz.org](http://www.healthyfamiliesnz.org)

# STORIES OF IMPACT

Since 2018, when the Healthy Families NZ kaupapa began to focus on influencing and supporting play in our communities as a wellbeing tool to address the rise of preventable chronic disease, our journey has resulted in several key outcomes to help support our mahi, most notably;

**The establishment of Play System Innovator roles which have provided the catalyst to growing the play innovation workforce across partner organisations.**

**Alongside our key stakeholders we have leveraged millions of dollars of funding to enable play in our communities.**

"Over the last three years Sport New Zealand and Healthy Families NZ locations have collaborated on key pieces of play development work. Through the Healthy Families NZ approach, it enabled the ability to support and shape the National Play workforce, by demonstrating the strength of connecting to the community and understanding how to source and establish needs and wants."

**Scott MacKenzie** | PLAY SYSTEM LEAD, SPORT NEW ZEALAND

"By working together, we have unlocked funding streams for the people of West and South Auckland to grow more connected and playful neighbourhoods. Through Community Play Streets for Tāmaki Makaurau, we were able to work with communities we'd not previously had contact with, and the expertise of Healthy Families Waitākere and South Auckland enabled us to successfully deliver the project and gain ongoing insights into the impact of the community play streets mahi, both to enable tamariki and rangatahi to be more playful and active in their own streets and develop stronger community connections between neighbours. As a result of this project, Auckland Council and Auckland Transport are now working together to develop community play streets guidance to empower all Aucklanders to re-imagine their streets as sites for neighbourhood play."

**Jacquelyn Collins** | ACTIVATION ADVISOR - YOUNG PEOPLE, AUCKLAND COUNCIL



**Influenced local and central government to prioritise investment and planning of the built environment to enable play.**

"Invercargill's CBD is going through its most significant change in a generation, and making sure we make the most of the opportunity to create a space people will engage in and with, should be at the forefront of what we're investing in.

"Play in these spaces will ensure people of all ages value the new space and engage with it. Play isn't just for children, but children can lead the way and make this a space where people want to be, will stay for longer, and have positive memories of.

"Healthy Families Invercargill have been there - every step of the way - leading with innovation or supporting those with ideas. A construction zone doesn't need to be a barrier, and Healthy Families Invercargill has had an eye on the end game - but equally as important has been keeping people engaged and active in a rapidly changing space to help ensure wellbeing but also support community and commercial activity."

**Darren Ludlow** | INVERCARGILL CITY COUNCILLOR, AND HEALTHY FAMILIES INVERCARGILL STRATEGIC LEADERSHIP GROUP MEMBER

**Partnered with organisations and local communities to prototype innovative solutions that have led to changes in the system that support more play.**

"Everybody came out - old and young - for a day on the streets to play. It was one of the most incredible days ever because it provided a fun and safe place for our families to play and connect with one another.

We found out so much about our neighbours; one woman we found was very sick and needed support, while another woman after the event came to me crying because her granddaughter had made new friends. It's been a few weeks now, but people are still talking about the play street, and the neighbours are out playing every day since then.

I'd like to thank everyone who helped bring this to life, we couldn't have done it without their support."

**Patricia Body** | RĀNUI COMMUNITY CHAMPION

"By asking our community about why play is important, it helped us realise how important play is to help build a more resilient community through times of crisis. It allowed us to see their idea about play and how we can support it to happen."

**Sadra Sultani** | YOUTH LEADER, RASOL O ALLAH ISLAMIC CENTRE

**Elevated cultural voices and perspectives on play and supported the development of cultural play opportunities.**

"In New Zealand, we've noticed that our kids love playing traditional games like Toho Toume as it's an avenue to learning about culture. It helps to strengthen their identity which is important to helping young people make that connection from here in New Zealand to Niue."

**Joylyn Ikiua** | FAVONA ROAD PRIMARY SCHOOL TEACHER



# A CLOSER LOOK AT SYSTEMS CHANGE IN ACTION



## TRADITIONAL CULTURAL PLAY

**Kia kaweā tātou e te tākaro** | Let us be taken by the spirit of play

A key pou to the Healthy Families NZ mahi is equity.

To address equitable outcomes, Healthy Families NZ have been engaging with various communities to understand the challenges around play and what play means has been a key component to the play journey across Aotearoa. Supported by Sport New Zealand Ihi Aotearoa, Healthy Families East Cape spent time engaging with local communities to

understand the State of Play in Tairāwhiti. By capturing the voices that represent the community from tamariki, rangatahi, whānau and key stakeholders, Tākaro Tairāwhiti was produced. Tākaro Tairāwhiti has highlighted the importance of enabling traditional play for the whole whānau in both nature and urban settings and has been used to influence Te Tairāwhiti Play Strategy, the future Gisborne District Council Play Strategy.

**"People have a westernised view of play, that they see learning as Maths and English and play is a treat, it is almost discarded but there are many benefits."**

RURAL STAKEHOLDER



A commitment to supporting kaupapa Māori approaches to improve overall wellbeing, led Healthy Families Waitākere to see the opportunity to partner with Toi Tangata to introduce and prototype the delivery of He Pī Ka Rere into 5 early childhood centres. The prototype clearly demonstrated that this kaupapa Māori physical activity and nutrition approach can positively influence tamariki's fundamental movement skills in these settings.

Equally, the programme has supported kaiako to weave Māori cultural narrative into their work with tamariki. This in turn has enhanced children's connection to the wider environment with its associated wellbeing benefits.

A key insight Healthy Families South Auckland discovered, is that mainstream funding of the Sport and Recreation sectors does not support or effectively engage enough with Māori and Pacific Communities. Despite South Auckland being home to 130,233 residents who identify with a

Pacific ethnicity (15.5 percent of Auckland's population), there is a lack of locally-led programmes or movement initiatives funded by Sport New Zealand which solely focus on getting Pacific peoples healthy and active (Statistics NZ Census, 2018).

Healthy Families South Auckland, together with the guidance and direction of community leaders, co-created and designed the Village Games movement, traditional games from Pacific Islands and Aotearoa, providing a compelling reason for Pacific peoples and South Auckland communities to be active and well.

Being physically active through an indigenous lens with the Village Games has its health benefits but with the added appeal of teaching Pasifika histories and languages while forging or strengthening connections between individuals and their culture.

**"The Village Games movement has highlighted that the benefits of playing traditional games are multi-faceted. Pacific and Māori communities can learn and teach their language and culture as well as stay connected to their heritage and family in a fun and active environment."**

FILA FUAMATU, LEAD SYSTEMS INNOVATOR, HEALTHY FAMILIES SOUTH AUCKLAND

Engaging with kaumātua of local mana whenua is key to understanding the importance of traditional practices of play and how best to bring them to life through co-design with local play champions. Through this process, Healthy Families Ōtautahi Christchurch were gifted the name Poipoia! Time to Play, to be used on a series of play pods and a play trailer, which have been co-designed by tamariki across different populations where needs have been identified. These include the Rasol-O-Allah Islamic Centre, where play was used to provide a sense of wellbeing after the March 15 terror attack and Te Ara Koropiko West Spreydon School, a collaboration between the school, school community and the Sport Canterbury Healthy Active Learning team. It was also part of a special award recipient cohort from the International Play Association (IPA) as part of their Covid-19 response special award.

A key factor to supporting traditional cultural play is to identify and spend time building relationships with key partners within each community and understand traditional play practices. There is an intrinsic link between play, whānau and the development and maintenance of an individual's cultural identity. Play is seen as a platform for creating meaningful connections with others. Play also forms the vehicle for knowledge, language and culture transmission across generations and at all levels.



# A CLOSER LOOK AT SYSTEMS CHANGE IN ACTION



## PLAY IN OUR LOCAL COMMUNITIES

At the centre of the Healthy Families NZ approach is understanding and elevating the realities for our communities in being able to choose to be active and playful in their environments. Over many years, Healthy Families NZ locations have been gathering local data and insights to help inform initiatives and support how investment and design of our built environments, can enable play.

Community voices, such as the Clifton community in Southland, were instrumental in informing the local council around the importance of retaining play spaces and what the community wanted to see retained and enhanced.

In West Auckland and the Hutt Valley, Play Street champions played a hugely important role in galvanising and elevating community voice about what they would like to see happen in their communities and be part of the design and decision making of their play street events.

As decision makers and funders involve the community more, we are seeing a shift in how decisions and investments are being made by partners. For example in Invercargill, West Auckland and the Hutt Valley, the respective councils have recognised the community connection and leadership

that exists, supported by Healthy Families NZ locations, and have resourced this accordingly.

Another positive outcome in these examples, is to see investment and resources directed to increasing playful environments that meet the needs of those that it is being designed for. Invercargill City Council have now committed millions of dollars into ensuring physical activity and play are a focus in urban areas, and a clear adoption of a Strategy that heavily impacts the wellbeing of the community. Although the council has consulted with the public for many years on community projects, its recent willingness to invite a wider range of organisations and community representatives to be involved in this consultation and ongoing work, to ensure the lived experience is listened to, demonstrates a significant change in approach.

A unique part of the Healthy Families NZ approach is to support and backbone innovation and bring together community leaders and partners who want to increase play opportunities and understand the inherent value of play. To do this, we support communities to be involved in designing new solutions which often "test" a new way of doing things.

In Waitākere, school students and local business owners trialled a play portal concept which saw sport/play equipment located in the car park of a local business owner who then stored the equipment after it had been used. This enabled students who were commuting from school (after school hours) to have play on the way opportunities. Similarly, 14 Gear Up boxes (containing a variety of sport/play equipment) have been located with community champions in local hubs, schools, neighbourhoods streets and uniquely inside a shopping mall.

In Clifton, community members were asked how they currently used their parks and play spaces, what challenges there were to using them and what would get more families using them more. Through neighbourhood play activations further community engagement was carried out. This led to a change in the operational practice of Invercargill City Council around reviewing playground clusters and a commitment to a new Council Play Strategy.



**“Invercargill City Council Parks and Recreation are working alongside Healthy Families Invercargill and the local community to create more diverse play opportunities, including nature play for our urban communities. We engage and let each community lead the design concepts for each space to ensure that we are delivering spaces that fit the specific community. The wider team and feedback from the communities has been that there is a significant increase in community use”.**

INVERCARGILL CITY COUNCIL PARKS PLANNING MANAGER LESLEY MCCOY

Making changes to operational practices that remove barriers to play has also been evident in the Play Streets initiative. Here, the process that communities were required to follow to gain permission to close their street for a short block of time on a Sunday afternoon, was the same as what was required to close Queen Street. The process was lengthy and potentially expensive.

Making that process more community-friendly was a key aim of the Play Streets pilot. In Auckland, that became possible through collaboration between Healthy Families South Auckland, the Auckland Council and Auckland Transport who were key partners in the project. These partners have also committed to developing a new Play Street Policy. In addition, Auckland Council through its local boards, have been asked to adopt the Waka Kotahi New Zealand Transport Agency's "Guidelines for restricting traffic for Play Streets events" and a directive that Auckland Transport implement them, which is significantly shifting the processes with these organisations.

In Invercargill, insights and community voices gathered from a range of partners and communities including ECEs, Kohanga Reo, Iwi, schools, events, community surveys and pop-up activations across the city's places and spaces, have helped us to understand the challenges our

communities face when it comes to play, and have informed the direction we have taken to address them. This feedback overwhelmingly told us that our communities want more free and low cost places and quality opportunities to play, and they want those opportunities to be spread throughout the city.

This prompted the establishment of the Let's Play Southland focus group, a cohort of like-minded organisations, including Healthy Families Invercargill, working together to increase play opportunities.

The hugely-popular Play Pods were one of the key results of this group, with these pods increasing in demand rapidly, to the stage where, as well as the initial three pods based at ILT Stadium Southland, the pods are now also based at Murihiku Marae, Awarua Whanau Services, Pacific Island Advisory and Cultural Trust and the Bluff Town Hall. But, like the Ōtautahi playpods, creating these sustainable play opportunities, and changing the system they exist within to ensure they are valued, supported, and continued, has relied largely on the support of stakeholders, key decision makers, and community champions.

# A CLOSER LOOK AT SYSTEMS CHANGE IN ACTION



## PLAY IN OUR BUILT ENVIRONMENTS

Urban environments often provide limited opportunities for whānau and communities to play. In reality, they can be restrictive - drab, colourless, providing neither space, nor permission for people to engage their imaginations, or even want to spend any significant amount of time there. But that doesn't have to be the case. In fact, it shouldn't.

In Invercargill, insights, particularly those gathered at several CBD pop-up play activations, showed the community wanted much more to be done in the play space, with the city's massive CBD redevelopment highlighted as a particularly strong opportunity. A complete redesign of the city centre provided an opportunity to work with urban planners, developers, and the council, to help rethink how urban spaces can be used to promote and support physical activity and play.

Recognising the role Healthy Families Invercargill has played within the community, strengthening wellbeing, ensuring community voice is heard, and encouraging co-design with the community, the council invited Healthy Families Invercargill to be a key part of the new inner city CBD Masterplan Working Group. Through this involvement, play and physical activity has been incorporated into this

masterplan, and now forms a major part of the council's commitment to future urban projects.

Support from neighbouring retailers, also resulting from several years of relationship-building, has led to the creation of an inner city play trail, which invites families to visit the city centre, and stay and play. These initiatives showcasing the value of play in the built environment has influenced the council and ratepayers' preferred option to invest \$23.36 million for the City Centre Streetscape and urban play.

Similarly, in Waitākere, insights gathered from children and families informed the design of the first installation of the Glen Eden Play trail. Located next to Glen Eden Library, the play trail is the first to be trialled in the area and it is anticipated that more trails will follow for neighbouring suburbs.

Installed over the Christmas holidays, the outdoor play space is designed to promote free play for families visiting the library or passing through. A trial 'pop up play' event in late January saw the addition of games, crafts and an array of play activities in a focused afternoon event to introduce the area to local families.






**“The Glen Eden community and tamariki thought it was important to start with a train themed play installation to represent the history of the town and how the train station itself is a neighbourhood landmark.”**

TOBY FALCONER, DIRECTOR OF PLAY FROM OPEN FORT

In Ōtautahi Christchurch, unlocking and sharing resources to address issues of inequity, and play in crisis have led to a strengthened urban play environment.

Like Invercargill and Waitākere, the Healthy Families Ōtautahi team have channelled resources into supporting a play innovator role, and in March 2020 further strengthened that role by positioning it one day a week in the Christchurch City Council (CCC) civic offices. This move, created through a strong working relationship between Healthy Families Ōtautahi and the city council, has created multiple opportunities to enhance mahi in the play space, particularly among organisations and stakeholders not previously engaged.

It has created:

-  A platform to foster relationships with a range of people and units within Christchurch City Council.
-  An opportunity to advocate and influence the consideration of play across various units of the council.
-  Support for the council's Parks Unit in the draft of its Play Spaces Network Plan.
-  Support for the consideration of play in existing and future council facilities.
-  The creation of a new Local Play Advocate role within Christchurch City Council, in partnership with Sport New Zealand.

The Play streets initiatives which took place in several Healthy Families NZ locations have prioritised investment and planning of the built environment that enables play.

In Ōtautahi Christchurch, collaboration with transport engineering company ViaStrada and funding from Waka Kotahi's Innovating Streets for People pilot, allowed Healthy Families Ōtautahi and Sport Canterbury to foster relationships, learn from, and work with the Christchurch City Council in the development of a range of resources and activations that have helped drive and build the concept of bringing play back to urban streets.

As part of this project, we wanted to empower neighbourhoods and communities to set up and run these play streets themselves – with this in mind, a process was created in which community organisations can apply to host a play street within their community. 'Neighbourhood Play Street Champions' play a key role in helping bring play streets alive.

“The current process is quite stringent, but this is a continual work on so that we can make it easier for people – we have also created a resource kit, which highlights the step-by-step process that Community Organisations and neighbourhoods can use to prepare for a play street in their community,” Sport Canterbury's Regional Play Systems Lead, Adam Gard'ner said.

Similar experiences occurred in Waitākere, Auckland and the Hutt Valley, where removing barriers to play, and making changes to the way our communities and stakeholders view their built environments, resulted in a series of successful Play Streets events.

This initiative has resulted in a systemic impact on the local government sector and neighbourhoods, as key learnings created opportunities for further engagement, changes to practice and policies, and shifting of inherent mental modes.

In the Hutt Valley for instance, a partnership between Hutt City Council, Sport NZ and Healthy Families Hutt Valley, called Play in the Hutt, has seen the realisation of a vision to make “any space a play space”. This vision has resulted in changes in practice within the council's urban design, planning, and parks and recreation teams that acknowledges the council's role in creating the space and social permission for play in all their public spaces, not just playgrounds.

The key to all the above changes, across all the Healthy Families NZ locations, has been the buy-in and support from all levels and recognition that community voice and lived experience are not only valuable, but vital to ongoing sustainable and meaningful change.



# IMPACTS AT A GLANCE



## Healthy Families Invercargill

Encouraging councils and developers to **rethink how urban spaces can support play**, connecting communities, **gathering community voice**, and **activating play opportunities for targeted communities** has resulted in a revitalisation of play spaces, environments, and mindsets in Invercargill/Waihopai.

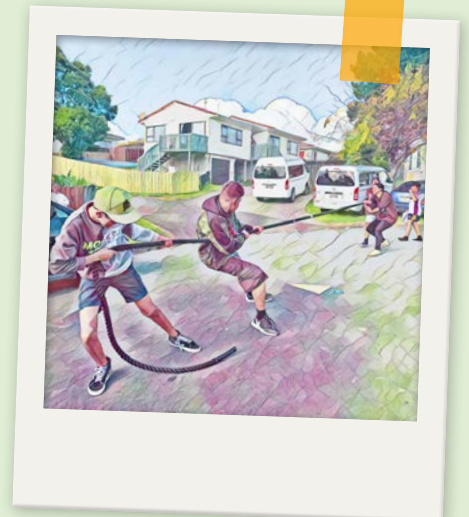
For more information visit [healthyfamiliesinvercargill.org.nz](http://healthyfamiliesinvercargill.org.nz)



## Healthy Families Ōtautahi

Play has been a valuable and vital part of the region's recovery and revitalisation. Utilising community champions, partners with a shared vision, and community voices to guide their work, the team at Healthy Families Ōtautahi have been able to establish or support a range of initiatives demonstrating how play can benefit whole communities, including the establishment of a dedicated play role at the Christchurch City Council to **co-design and create play based initiatives** including **Poipoia! Time to Play**.

For more information visit [www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)



## Healthy Families South Auckland

**Celebrating and connecting Pacific cultures through the use of traditional village games** as a way of **increasing health and wellbeing**, partnering with community champions to **activate Play Streets and bring communities together** and **collaboration guided by Māori and Pasifika values** have been key to the development of a strong play culture in South Auckland.

For more information visit [healthyfamiliesouthauckland.nz](http://healthyfamiliesouthauckland.nz)

## Healthy Families Hutt Valley

In the Hutt Valley a **partnership between Healthy Families Hutt Valley, Hutt City Council and Sport NZ** is kick-starting action to get the community playing again. Street parties, play opportunities in schools, play kits filled with gear designed to encourage creativity, fun, and playfulness, and **community fun days celebrating local, unstructured play**, are just some of the ways this movement is achieving significant change.

For more information visit [healthyfamilieshuttvalley.org.nz](http://healthyfamilieshuttvalley.org.nz)



## Healthy Families East Cape

Healthy Families East Cape is working across the region to shift conditions in the local system so every person in Te Tairāwhiti, Ōpōtiki and on the East Cape can be healthy and thrive. **By working with partners and the community**, the team has been able to capture **lived experiences, insights, and community voice**, to create and drive opportunities for play in the region.

For more information visit [healthyfamilieseastcape.co.nz](http://healthyfamilieseastcape.co.nz)



## Healthy Families Waitākere

Working with stakeholders, community representatives, and tamariki and their families, to co-design a series of initiatives aimed at helping to **activate communities, connect neighbourhoods** and provide **new opportunities for people to enjoy outside play**, has reignited a play culture in South and West Auckland that is bringing people of all ages together.

For more information visit [healthyfamilieswaitakere.org.nz](http://healthyfamilieswaitakere.org.nz)



## We all have a role to Play

We have seen first-hand the difference supporting and enabling play can make in our communities. Overall, community wellbeing is improved, social connectedness becomes more commonplace, which also flows back to overall wellbeing, and barriers to equity are largely removed.

The impacts demonstrate the value of taking a whole of community approach to help identify the systems and the social and physical environments at play. That no one individual, organisation or sector can do this alone, so working deliberately and collectively is essential to creating change. We all have a role to play to shift the conditions to ensure these environments continue to develop and grow to ensure generations to come have the same, if not better, opportunities for play.

