

## Case Study: Reducing alcohol and drug related harm in Hokianga sports clubs Hayley Paul, CAYAD

### What issue did you act on?

Reducing the harm caused by alcohol and drugs in sports clubs.

### How did you act?

CAYAD, Hauora Hokianga supported the Valleys United Rugby League Club to create a 'Safe Whānau environments policy' that included safer drinking and drug practices, specifically targeted to improve the behaviour during home games for example with alcohol free sidelines, and around tamariki, for example specifying a time for tamariki to go home.

### What worked well?

- Attending Valleys United Rugby League Club hui, even if it meant working on the weekends.
- Listening to club members' concerns regarding the creation of a policy. These concerns included:
  - Who would police it?
  - What will happen if we cannot stick to it?
  - What are the repercussions?
- Developing foundation documents, for example a Memorandum of Understanding ensured both parties were aware of what was required, but especially on my part to disclose different reporting methods.
- Action based engagement - Attending hui with a clear vision of outcomes which included drafting up the policy for comment and review, and options to raise awareness for example, drafting up signage for gate entrance and field sidelines.
- Communication needs to be clear, concise and to the point.
- Having the ability to move as swiftly or as needed by the community/ sports club.
- Working with the club over a 3-year period instead of just as a one off action.
- Engaging with community support networks to gain community buy in and support, especially Hauora Hokianga, Te Runanga A Iwi o Ngapuhi, Far North District Council, and the Lloyd Whanau.

### What did not work well?

- Unfortunately, Covid 19 pushed our progress back.

## Top tips for others we learnt from this experience:

- Be clear with the outcomes you want to achieve.
- Keep things simple!
- Be patient.

### *Memorable Quotes from our project*

***'We can't move mountains, but at least we're trying'***

(Maria Mischewski – committee member)

***"It's all about the kids," says Margaret, "encouraging people to think about the safety of their tamariki, change comes slowly but it comes, cycles get broken."***

(Local write up)

Mr Mischewski ex-Chair (Chair when club signed up to kaupapa) ***hopes the positive steps the club has made to enhance their environment and members will encourage other clubs/groups do the same.***

