



OTAGO ACTIVITY FUND

MEET MAC DENNISTON

Seventeen-year-old Mac from Otago is hoping to improve his confidence and skills in athletics thanks to a Halberg Activity Fund Grant.

Mac suffered from a traumatic brain injury 4 years ago when he crashed off his mountain bike which has impacted his balance, coordination and speech. Mac is a very talented sportsman and since his injury has had to adapt to new ways to compete in sport with his new skill set.

Physiotherapist Annie says “His enthusiasm for sport is strongly associated with his love and support of interacting socially with his peers. Physical activity helps with his mental wellbeing and eagerness to challenge himself.”

Mac also attended the National Secondary Schools Athletics competition last December.



LOCAL HALBERG ADVISOR

Zoe Tully is the Halberg regional Advisor for Otago and Southland regions. With a background in nutrition and neuroscience Zoe has worked closely alongside a wide range of families to support healthy lifestyles through increasing movement and play both in the home and externally.

Zoe sees the many extensive benefits that sport and recreation can bring for a young person and believes this should be accessible for all! Zoe prioritises a whanau led approach, with relationships being a key priority. Each whanau is an expert in their own situation, understanding their needs and wants better than anyone else.

Zoe is excited to transition into her new role at Halberg, working alongside children with disabilities and guiding young people into successful and inclusive sport and recreation experiences. Get in touch with Zoe today: zoe@halberg.co.nz