



CHRIS
TE'O



Thursday 18 March,
9:45am – 10:00am

Christopher Te'o founded USO Bike Ride in 2011, a cycling whanau that aims to improve the health and wellbeing of communities, particularly Pasifika peoples, through cycling.

Mr Te'o's efforts alongside others have seen USO Bike Ride become an affiliated club to Cycling NZ with over 300 members in NZ and overseas with members in Samoa, Cook Islands, Australia, Germany and the USA.

In 2012 and 2016 he was part of the leadership team that led the USO Bike Ride Bluff 2 Cape New Zealand Cycle Ride in partnership with the Cancer Society of NZ, with whom they have a strong relationship with in promoting the message of health and wellbeing within Pasifika communities in NZ and abroad.

Since 2011 UsO Bike have worked with the Samoan Cancer Society, the Samoan Ministry of Health and the WHO to complete 4 Health promotion awareness rides of the 2 main islands.

In 2018, he and others supported the establishment of 3 NZTA Bikes in Schools programmes in Porirua East schools and other currently looking to support the establishment of other BIS programmes in this area. He is also an NZTA Pedal Ready Cycle Skills Instructor and has worked with the training of these students in cycle skills.

Mr Teo is a founding trustee for Pacific Men's Health Aotearoa Trust a collective of Pasifika groups in New Zealand dedicated to the promotion of better health and wellbeing outcomes for Pasifika men and their families.

USO Bike Ride – A whanau united in promoting the health and wellbeing of communities through cycling

The presentation will focus on community led empowerment through example setting, storytelling, building and strengthening trust and relationships and bringing communities together around issues that prevent whanau reaching their potential.