

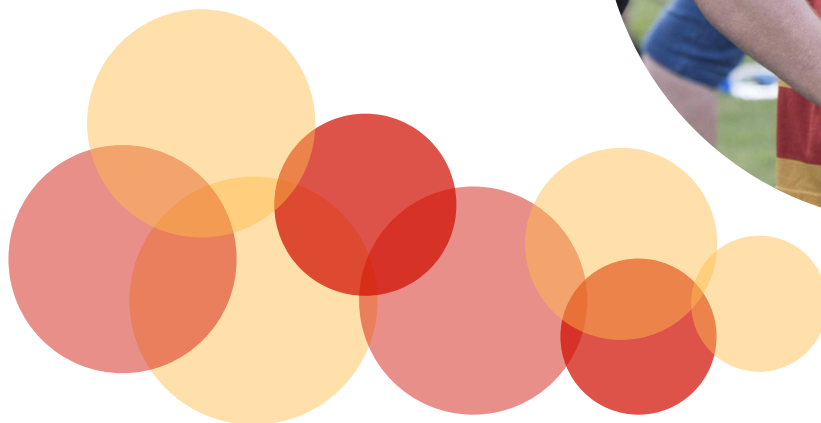


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parafed waikato

Newsletter

April - June 2019



welcome

from your Parafed Officer

Hello and welcome to the second edition of the Parafed Waikato Newsletter for 2019. This newsletter celebrates the success of our athletes and shares their stories.

This newsletter is packed with interesting things that are happening with Parafed Waikato and remember we have Ross Flood a roving reporter so if you have a story that you think needs covering let us know and Ross will get on to it.

I'll be taking a month off in August as we are expecting a baby boy, so you'll be in Cathy's capable hands for a bit.

Remember all sporting information can be found at our website at www.parafedwaikato.co.nz

Thanks to everyone who contributed to this newsletter. My email is david@parafedwaikato.co.nz if you would like to share your sporting story in the next issue. Also if you know of anyone who would like to get this newsletter please email their details to david@parafedwaikato.co.nz

David

parafed waikato

on the Web

If you haven't found our Facebook page yet go to www.facebook.com and search for Parafed Waikato or click the Facebook icon below. "Like us" and you will be kept informed of all of the latest Parafed events and information.

All of our other information and membership forms can be found at our website www.parafedwaikato.co.nz





message

From the Board

In recent months the Board has been busy beaver away with developing our Operational Plan. The plan helps us analyse what services Parafed offers our members, and who does what within our organisation. It also determines what direction we want to head in the next 3 years. It is also very helpful for securing grants from Funders as it gives us an overall plan and direction which comes directly from our strategic plan. We will share the highlights with you in the coming weeks.


Last week we were delighted to be involved in the Paralympics New Zealand Celebration Project which celebrated our local Paralympians with an official number. Surprisingly there are only 209 Paralympians in total and some have not been able to be accounted for. Our vice-chairperson Peter van Vroonhoven gave a very inspirational speech on how Parafed supports our local athletes to become Paralympians.



Photo Credit: Getty Images & PNZ

bequest

Leave a Legacy

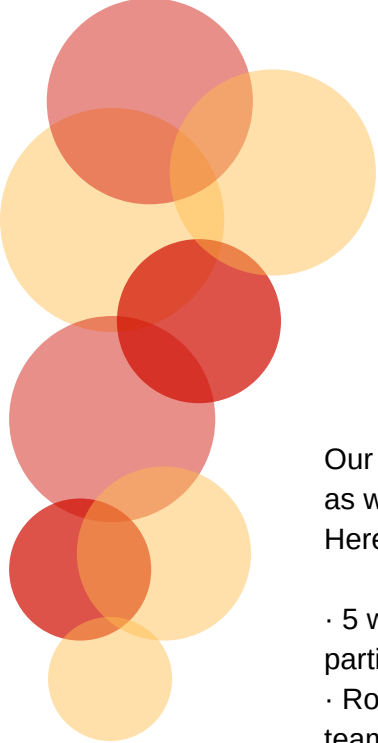


Our organisation started operating when one of our member's left a bequest to Parafed Waikato. A bequest is your special gift to help Parafed Waikato to facilitate opportunities to Waikato's physically disabled and visually impaired that are global, national, local, competitive and social. Help to create a lasting legacy for generations of disabled people to improve their life quality through active participation.

Maybe you could consider leaving a gift to Parafed Waikato in your will.

We would like to invite you to visit the following link:

<https://parafedwaikato.co.nz/wp-content/uploads/2017/08/Bequest-Intention-Form.pdf>



message

from your sport development officer

Our Youth Club is growing, and our athletes have been very busy with their own winter sports as well as participating in the sports and recreational activities that Parafed Waikato offer. Here is what the Youth Club have been up to in Term 2:

- 5 week table tennis programme at Waikato Table Tennis Association. Everyone who participated in this loved it and improved their skills.
- Rock climbing at Extreme Edge. This is proving to be very popular with our youth and the team at Extreme Edge always make it an awesome experience;
- A fun session of ten pin bowling with a great turnout of our youth club members and their families;
- Para swim camp run by Swimming Waikato at St Peters. 4 of our youth club members attended this. NZ Paralympians Cameron Leslie & Rebecca Dubber were there to help with the coaching and they also both gave inspirational speeches; and
- Soft Dodgeball and Parachute Volleyball at The Peak in Rototuna. This was a fantastic venue and it was great to see the athlete's siblings and parents joining in to make this even more enjoyable.

Other sporting opportunities coming up for term 3 are:

- 5 week adaptive indoor rowing and trike/bike programme at the Avantidrome with Eric Murray & Rene Eales;
- 5 week athletics programme for both track and field at Porritt Stadium - last 5 weeks of term three- day/time TBC;
- Rock climbing session on 10 August

If you would like to join our Youth Club or know of someone who would like to join, please get in contact with me. We apply for funding for all our sporting activities so there is no cost, only your Parafed Waikato membership fee of \$20 for juniors.

We would like to thank HCC for the single year grant as well as WEL for the Community Support Grant. These funds are used to provide the sports for our youth development programme.

Cathy Wooller
Parafed Waikato Sport Development Officer
Contact Cathy at cathy@parafedwaikato.co.nz or 027 318 0497



youth club

by Thomas Szabo

I really liked table tennis because I really wanted to try it again after having a go at the Halberg Games. I thought it was cool because some of my mates from the Halberg Games did it too and also I knew the coaches there because they were also at the Halberg Games.

After the table tennis finished Mum and I decided that we would get a table tennis table. After doing that it also made me sign up and do table tennis at the Aims Games.

I have enjoyed being part of the Parafed Waikato Youth Club because it has given me opportunities to do more activities and meet new people.





fitness revolution

Get Fit

Fitness Revolution is for physically disabled people, including those with visual impairments, to improve their fitness, coordination and overall well-being.

The programme runs on Tuesdays and Thursdays from 1:30pm until 2:30pm at Snap Fitness Hamilton North, 6/697 Wairere Drive, Hamilton.

For more information on the programme or to register for a session please contact David Klinkhamer 07 858 5388, 027 212 5496 or david@parafedwaikato.co.nz

The programme is sponsored by Life Unlimited. For more information on Life Unlimited and their range of services please see their website www.lifeunlimited.net.nz



membership

If you are not already a member or to renew your membership please go to our website www.parafedwaikato.co.nz

Full Membership \$35
Junior Membership \$20
Social Membership \$20





wheelchair rugby

by Georgia Mecchia

After being introduced to the game only 8 months ago I've never looked back. Loving the game and the people around me, I was ready to set off to my first WRC tournament with the DG Sport Waikato Stampede team. After weeks of extra training and getting tips and tricks from the senior members, it was Palmerston North here we come!!!

The facilities were amazing.. Two courts running at once..whistles echoing..the banging and crashing of chairs..the cheer of the supporters..score boards flashing, it was all on! Waikato Stampede are ready...the cow bells are ringing!!!

Amazing teamwork, fun, crashes and spills ..6 games to play in 3 days, thank goodness for the extra training!!!

The whole experience was truly amazing. Getting to play against so many great players including current and past Wheelblacks. Them giving me tips on how to improve different things. To get to meet so many of the WRC family from Athletes to Coaches, Family and Carers to Referees..it was brilliant!!

A huge thanks to David Klinkhamer for all his support and encouragement to get me into wheelchair rugby. Also for all his continued behind the scenes work with booking hotels etc, and videos of encouragement from his two beautiful girls! To Robbie Hewitt for being an awesome coach, role model and team mate!! To Peter Klinkhamer "PK" for making sure my chair is match ready and for the cheeky banter.

To the rest of my team for all your team spirit, support, laughter, different quirks and great memories. To Nan and Pop (Mueller) for making the trip so far to support us!! And to Mum and Dad for all your committed help, support and encouragement to be the best I can be!! Also not to forget all the homebaking and lollies!

Oh...and guess what??... ONLY 15 days 14 hours 46 mins 6 seconds until the next round in Wellington...

BRING IT ON!!!





halberg games

by Cathy Wooller

This year's Halberg Games (Junior Disability Games) will be held on Friday 11th October - Sunday 13th October at Kings College in Auckland.

The Halberg Games is an annual three-day National sports tournament open to 8-21-year olds with a physical disability or visual impairment. It is a fantastic opportunity for young athletes to experience an authentic Games village environment with opening and closing ceremonies.

Athletes compete in regional teams and have the opportunity to enjoy the thrill of competition and try new sports.

The following sports have been confirmed for the 2019 Halberg Games: Adaptive Cross Fit Challenge, Athletics, Swimming, Golf, Gymnastics, Wheelchair Basketball, Boccia, Badminton, Archery, Rowing, Pop Tennis, Wheelchair Rugby, Powerchair Football, Rugby, Turbo Touch, Taekwondo. Still to be confirmed – Table Tennis, Ambulant Football, Adaptive Cricket.

I am looking forward to managing the Waikato team again this year and I am currently putting together a team. Let's get an awesome team together and have some fun! This is your chance to make new friends and set new sporting goals.

If you're interested, please contact Cathy by email cathy@parafedwaikato.co.nz or phone 027 318 0497.

More information can be found at www.halberggames.co.nz.



para climbing

@ Extreme Edge

Three para athletes took part in the Waikato Regional Climbing competition held at Extreme Edge on Sunday the 23rd of June.

The climbers who entered were Stefan Hadfield, Byron Raubenheimer and Shannon Cleave.

Below is nice picture of all three climbers on the wall together. It was a last minute decision to include a para category so we didn't have a huge amount of climbers but it went well. We got to test out Shannon's phone and bluetooth headset to help coach her from the ground.

We hope to have a competitive climbing competition in November as part of our Activ8 series.





halberg hui

by Amy Dunn

This is my first year on the Halberg Youth Council. The Youth Council is a group of 11 people aged around 16-21 years who help Halberg's aim for an inclusive New Zealand and to enable youth of New Zealand with physical disabilities to participate in sport and recreation which can enhance their lives.

We had three very full on days in Wellington at the start of July. The first day was relaxed as we spent it at the ASB Sports Centre learning about Halberg's Inclusion training and figuring out ways we can adapt activities so everyone could all benefit and enjoy the activities. The afternoon of sports was also a great way for some group bonding to happen.

The second day we went to Parliament and had discussions with the Minister of Sport, Minister of Disability Issues and the General Manager of Youth as the Minister of Youth was unavailable. There were some really strong discussions within these meetings, in which some of us even challenged the ideas of the Ministers!

The third day we had morning tea at Government House. There were no formalities with the Governor General, but we learnt a lot of insight to her role and even learnt about the past Governors General and all the little details in Government House which all told stories.

Throughout these days, we also met with two very important partners of Halberg who in particular support the Youth Council. Vulcan (re branded from Vulcan Steel) and Buddle Findlay helped to make the Hui happen, with Vulcan providing support with flights and accommodation so we could all be together, and Buddle Findlay let us use one of their meeting rooms to use as a base for the likes of planning sessions.

Before we departed on the last day to the airport, we were asked to describe in one word how we were feeling after the Hui. I firstly thought of motivated, and although I did feel that I knew there was another word to describe how I felt. This was passionate, and it's the passion that motivates me to help and want New Zealand to become inclusive and for every young person with a disability to be able to be included and enjoy the sport and recreational activities they desire.



oceania champs

by Amy Dunn

At the end of June I had a week in Townsville for the Oceania Championships for athletics. There were 100 odd athletes in the New Zealand team, of which 7 of these were para athletes. I really enjoy competitions as they are a large social environment which is important to have in life and especially in sport. The weather in Townsville was lovely with an average high of 25/26 degrees!

Most of the New Zealand team stayed at a University, with some of the Australian team and also some teams from the Islands staying on the same site too.

I only competed in shot put, in which I placed 3rd in with a very good PB of 5.42 meters, and consistency over 5m which was my goal coming into this competition. Before competition day, I trained almost each day. My coach Alan did not come over with me, but then this allowed me to work with other coaches and learn some pointers.

Coaches can use differently terminology too, which sometimes makes you think a little on what they are meaning, but can also change your perspective and help you understand the techniques better. Even something as simple as starting position helps. For my glide and rotary at Porritt I use a mark on the circle to line up with, however these details and layouts of the stadiums are not the same everywhere. Then someone said to me "5 o'clock" for my positioning and it was such a simple thing to think about lining up that can be used on any circle.

Overall it was a fantastic competition, and probably was the largest team I would have been a part of as there are only around 18 of us going to the Para Athletic World Champs in Dubai later this year! Super grateful for Parafed's support for me to get to Oceania's!



paraFed athletes shine

by Alan MacDonald

Amy Dunn, Aodhan Hamilton, Danielle Aitchison, Jacob Phillips and Lisa Adams have all been selected to represent New Zealand at the World Para Athletics Championship in Dubai November 7-15 this year. Also, Amy Dunn and Lisa Adams were part of the NZ Oceania team competing in Townsville Australia 25-29 June. Their inclusion is reward for some great performances – to put it in perspective over the season all athletes made personal Bests (PBs) and broke NZ records

For the Athletics NZ and Athletics Australia Championships, all athletes in all classification compete against each other and the result is determined by the best percentage of World Record so these are really tough competitions.

The NZ Track and Field Championship in Christchurch outstanding performer was Danielle Aitchison T/F36 winning 3 gold medals 100m 14.44/94.74% (of World ranking) NZ rec, 200m 26.49/96.98% Long Jump 3.90m 94.89% NZ rec. These results boosted his World rankings to 1st in the 200m and 2nd in the 100m

Jacob Phillips was in fine form in the sprints winning the 100m 13.92sec 87.79% and placed 3rd in the 200m 28.02sec 88.12%

Amy Dunn lobbed out 5.20m (6th) PB and new NZ record in the Shot Put 14.30m in the Discus (4th)

Australia Track & Field Championships Sydney April 2019

Jacob posted fantastic times in the sprints and along with legal wind secured qualifying times for the Para World Athletics Champs in Dubai in November 100m and PB 13.70sec/89.19% and the 200m 28.08sec/88.12%

Danielle ran a great 100m 14.50sec/94.34% for 2nd in a very classy field of Paralympian medalists and backed it up with 4th in the 200m 30.66/93.28% in very hot conditions





vote for me

by Tim Young

As a C5/6 tetraplegic, I am well aware of the impact that decisions made by the government can have on my life. From the central government to the local government, one term of inaction or regressive action means three more years of risks I need to take when trying to participate in society. This lack of urgency in the Hamilton City Council on action around climate change, preparing for disruptive technologies, and improving accessibility, is why this October I'm rolling for Hamilton City Council – East Ward.

My background is in Science, Psychology, and Educational Technology. After my accident I completed a Master of Science degree, and PG Cert in EdPsych, during which I found a gap in the market and decided to develop an educational video game. Rocket Island is now available for download for free from Google Play Store or Steam and is now in high schools. I'm now ready for a new challenge and I would like to use my unique skills and life experience to benefit the city I grew up in, and the city I will raise my future kids in.

My policies focus on using my knowledge of technology to transition Hamilton City Council to green technologies, and to proactively prepare the city for disruptive technologies such as e-scooters, drone deliveries, self-driving cars and automation. I will also use my lived experience to educate other Councillors about the challenges disabled people face and improve accessibility around the city. I'll be framing the urgency around developing accessible communities from the perspective of preparing for the increasing aging population, so it is more relatable for the general population and other Councillors. I'm only one voice, but I'll do everything I can to empower all Hamiltonians.

The Council has a role to strengthen community ties by being inclusive and accessible. We need to strengthen community ties by allowing everyone to participate in the community. This means making public transport accessible to all of the public. We need more Kirsty Kerbs, accessible buses, footpaths on both sides of the road, and curbs that I (as a weak tetraplegic) can tackle independently and confidently.

These costs are easy to justify from a humanitarian view which I subscribe to but can also be justified from an economic perspective if that's what floats your boat. Humans are our most important resource, and by excluding a significant proportion of our population from participating in society, we are failing to live up to our full potential as a city.





vote for me

by Tim Young

We need to ensure all public buildings are fully accessible. I recently posted a video on my YouTube channel 'Casually Political' of me unable to even access the Council Chambers. That is not good enough. We also need to incentivise developers to build accessible homes and businesses by updating the District Plan. The Council needs to improve web accessibility on Council websites.

The current accessibility map for Hamilton is a great help to locate accessible parking and to avoid steep footpaths, but there is lots of room for improvement. I think an app could be developed to provide more real-time information that is easy to access and use for a range of people with different disabilities. It would also be great to have a fully accessible toilet in the CBD, the uni and Chartwell Square.

We need to ensure footpaths are a safe place for the elderly, the disabled, and young families by keeping e-scooters and bikes off them. We do want to encourage the use of e-scooters to reduce congestion and carbon emissions, so we should invest in safe cycleways for their use. The Council has already increased funding for cycleways, and doubled funding for footpaths, so we need to ensure these funds are used wisely.

Running for council is deeply uncomfortable, by putting myself in a vulnerable position I am opening myself up to public scrutiny, but I think this is the most effective way of creating change and potentially encouraging other disabled people to get engaged in politics. I've got my lived experience, but I'm open to hearing about different perspectives and concerns. I'm an expert in educational technology, but I'm not yet an expert on disability issues, even though I'll be representing us all if elected to Council.

If anyone has a fence that faces lots of traffic, are able to help hand out flyers in Hamilton East, or would like to learn more about my policies, please check out www.YoungForHCC.com or @YoungForHCC on Facebook.



badminton

Give it a Go



DISCOVER PARA BADMINTON

Badminton New Zealand, Waikato Badminton, Sport Waikato, ParaFed Waikato and Halberg Foundation invites people with disabilities, their families and support persons to get involved in para-sport. This Para-Badminton Open Day is free to attend, provides wonderful opportunities for people of **ALL** ages with a wide range of disabilities to be active, have fun, or aim to become a Paralympian. All equipment is provided, so come and try a great sport!

WHEN 10.00AM-12.00PM
SUNDAY 8 SEPTEMBER

WHERE EASTLINK BADMINTON STADIUM,
30 OLD FARM ROAD, HAMILTON EAST

CONTACT 07 856 3049
OFFICE@WAIKATOBADMINTON.CO.NZ

RSVP [HTTPS://TINYURL.COM/WAIKATOPARABADMINTON](https://tinyurl.com/waikatoparabadminton)

COST FREE



wheelchair rugby

by David Klinkhamer

Wheelchair Rugby fans were treated to what has been described as the most hotly contested Low Point National Championship of all time at the 2019 HealthCare NZ Low Point National Championships.

The level of competition and standard of play across the weekend was exceptional and a large amount of credit must be provided to the teams on how diligently they prepared for the Championship.

This is the pinnacle event for our low point players and I am hopeful that we will be able to further grow participation in the event for the coming years after such an amazing competition.

Congratulations to Auckland who took the trophy. The final was very close and made great watching for the spectators.

The final standings were:

- 1st - Auckland
- 2nd - Canterbury
- 3rd - Manawatu
- 4th - Waikato
- 5th - Bay of Plenty

Best 1.5 - David Klinkhamer (Waikato)

Best 1.0 - Cody Everson (Canterbury)

Best 0.5 - Gavin Rolton (Manawatu)

MVP - Shane Brand (Bay of Plenty)



Thanks to all of our volunteers who made the tournament run smoothly and to our generous sponsors who helped us put such a great tournament together. HealthCare NZ, Drake Medox NZ, TUKI Design Co., Melrose Wheelchairs, HGB, C1 South, Life Unlimited, and Seating To Go.





athletics

by Jacob Phillips

On the 4th of April I travelled to Sydney to compete in the Australian Athletics Champs in the 100m and 200m.

After a successful national champs in Christchurch I was looking forward to this event as it was not only a chance for me to try better my personal bests but this event was also an important competition as it was a chance for me to attempt to run the qualifying times for the World Para Athletics Champs in Dubai in November.

I am happy to report that after running a personal best in the 100m and another wind assisted personal best in the 200m I have been selected In the initial team to compete in Dubai at the World Champs in November.

Attending the Australian Champs in Sydney would not have been possible without the ongoing support from Parafed Waikato so I would just like to thank everyone at Parafed Waikato for helping support my athletic endeavors throughout the years.



lawn bowls

by Geoffrey Carseldine

Thank you Parafed Waikato and Frankton Railway Bowling Club for putting on another enjoyable Activ8 Lawn Bowls weekend for us.

Special thank you to Joe and his helpers for the amazing support they gave us.

The winners and the runners up of the two sections were:

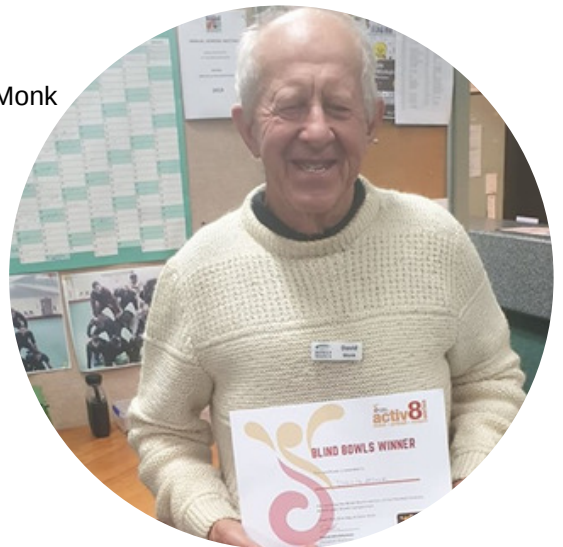
Chen Naude winner of the disabled section with runner up Garry Taylor.
David Monk winner of the blind section with Spencer Stacey runner up.

All the best to Lynda Bennett and Chen Naude who are attending the International Lawn Bowls Games in Suwon, Korea on 30 June –6 July.

Garry Taylor



David Monk

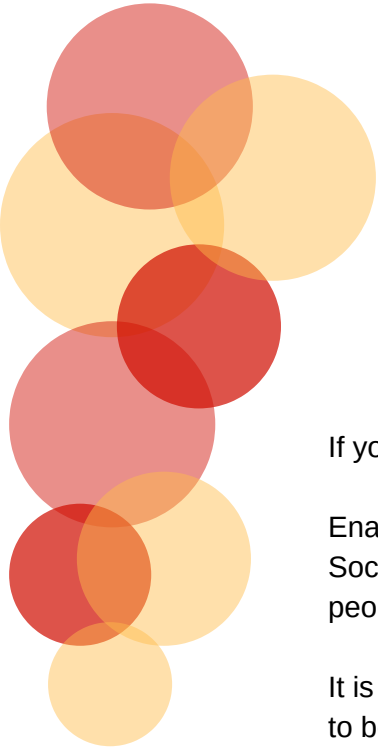


Chen Naude



Spencer Stacey





enabling good lives

by Life Unlimited

If you want an expert assessment of a new plan, who better than to ask than an expert?

Enabling Good Lives (EGL) is a ground-breaking joint programme between the Ministries of Social Development, Health, and Education which offers a new way of supporting disabled people.

It is in demonstration stage in the Waikato and Christchurch where clients have the opportunity to become the manager, if not employer, of their own care and support needs.

In the words of EGL, this is a “new approach to supporting disabled people that offers greater choice and control over the supports they receive, so that they can plan for the lives they want”.

Life Unlimited delivers EGL programmes to clients in and around Hamilton and is reporting success stories.

Michael Pulman, who lives with Spinal Muscular Atrophy, is among the Waikato residents trialling the pilot scheme. He is a writer – though was a “terrible student” who failed English, an advocate, an activist and a commentator all in one.

Under EGL he lives in his own unit with partner Jessica, who is studying vet nursing. His staff are there from 7am to 2pm and from 4pm till late.

He says it requires energetic input from clients too.

“This is about getting people out of traditional case models, but if you are not doing anything with your life, you may as well be back there.”

Michael, who is a regular blogger and has studied journalism, wants to pursue that as a career, though he would not want to be tagged as simply a writer for people with needs.





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