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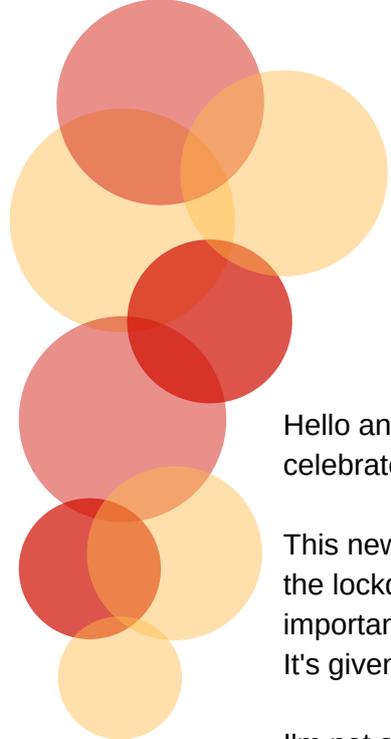
TRUST WAIKATO  
TE PUUNA O WAIKATO



# parafed waikato

## Newsletter

### January - March 2020



# welcome

## from your Parafed Officer

Hello and welcome to the first edition of the Parafed Waikato Newsletter for 2020. This newsletter celebrates the success of our athletes and shares their stories.

This newsletter comes to you from my safe little bubble. It's been an interesting year so far with the lockdown interrupting our plans but I hope you are all managing to stay active at home. It is important to keep doing exercise in a safe way and to keep in contact with your friends and family. It's given us all a good chance to get creative in the way we work and communicate online.

I'm not sure what the next few months will look like but thankfully our athletes were up to heaps of amazing stuff in the first three months of the year and this issue is full of fun articles!

Remember we have Ross Flood a roving (after the lockdown) reporter so if you have a story that you think needs covering let us know and Ross will get on to it.

Thanks to everyone who contributed to this newsletter. My email is [david@parafedwaikato.co.nz](mailto: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](mailto:david@parafedwaikato.co.nz)

Bubble bubble.  
David

# parafed waikato

## on the Web

If you haven't found our Facebook page yet go to [www.facebook.com](http://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](http://www.parafedwaikato.co.nz)





# message

## From the Board

As I write this report, I am doing a stocktake in my mind of all the notable things I want to talk to you about. Given the current circumstances, Covid19 is the first thing that comes to mind. Suffice to say, we here at Parafed Waikato hope you and your family are safe, well and keeping active.

This is actually the first newsletter of 2020, so let us have a look at where things are at, and what's been going on. Late last year we had our annual Christmas party at Tiffiney and Chris house. Always a great time with good food, drink and company. Thanks, Perry/Harvey family for hosting us all again.

Over the past year or so, we developed a new strategic plan. This sets the roadmap of where we want to be as an organisation, and how to get there. One of the first changes from this was to engage and communicate more with our sports. We are doing this by inviting a different sport to each of our board meetings so we can find out what more we can do for them, what they want from us, and how we can make these things happen.

At our first meeting, we hosted the Wheelchair Basketball crew. We had a great discussion, looked at some options on how to improve their scene and came away feeling it was a very worthwhile discussion. In March we were to host the Wheelchair Rugby guys, however, this has been postponed given the lockdown. We had our board meeting online. I urge all of you to take up the invitation to come along and meet us when Cathy invites you. Or, please feel free to contact Cathy or David if you want to come along.

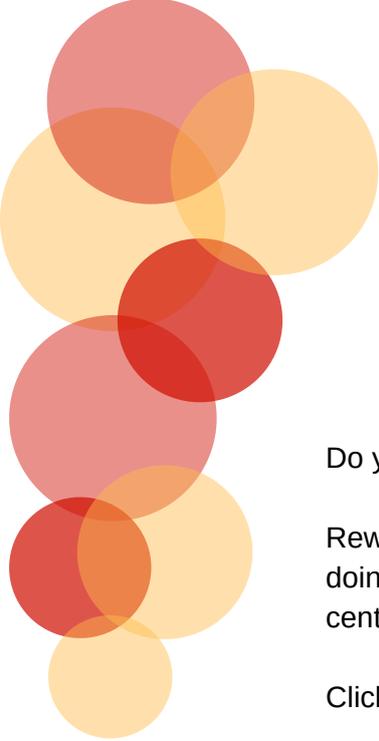
Other notable events were the adapted golf day we had at the Ngaruawahia Golf club, which was an amazing success, and the Youth club cake stall at Bunnings Hamilton South. Both were organised by Cathy, who did a great job, and well supported by many parents, members and their family & friends. Bunnings reported back telling us it was the most successful cake stall they have hosted, and Waikato golf has received some enquiry about their youth programme off the back of the golf day, proof that these have a go events are enjoyed and introduce new sport and recreation options to our members.



Behind the scenes, the newly formed Parafed Leadership Group has been working hard on all of your behalfs. This group of Parafed leaders from around the country are working to create new opportunities and resources which will benefit members of all ten Parafeds. They look forward to giving you more details on the projects as they develop.

Over the coming weeks and months, we will come out of this lockdown emerging into what I think will be a new normal. Embrace the changes as I think the sense of community, strengthened family bonds and awareness that each and everyone of us is connected globally, will bode well for the future.

Best regards Peter van Vroonhoven, Board chair, on behalf of all the Parafed Waikato board.



# rewardhub

## Get Shopping

Do you want to support Parafed while you shop online?

Rewardhub lets you earn free donations for the school, club or cause you care about, just by doing every day online shopping from their Rewardhub page, and it won't cost you an extra cent.

Click the link below to support Parafed Waikato.

<https://rewardhub.co.nz/parafed-waikato?q=parafed%20waikato>

Nga mihi  
Parafed Waikato Board.



# 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>





# thank you

From Georgia Mecchia

Thank you so much to Parafed Waikato, The Lion Foundation and The Halberg Foundation for helping to fund my new Wheelchair Rugby chair. No amount of words can begin to express how thankful I am. Thank you for believing in me and allowing me to continue playing the game I love. I'm so happy that now I get to play in a stylish new chair who I named "baby rhino."

I can not wait to play in more competitions and to continue to improve my game play.





# message

## from your sport development officer

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.

Cathy Wooller

Parafed Waikato Sport Development Officer

Contact Cathy at [cathy@parafedwaikato.co.nz](mailto:cathy@parafedwaikato.co.nz) or 027 318 0497



## keep fit during lockdown

### Functional Adaptive Movement

Michael Hynard and FAM (functional adaptive movement) are offering opportunities to provide “at home” sessions. Anybody can participate, no age limit, totally inclusive, Michael and his team are awesome!

3 days a week, Monday, Wednesday and Friday  
2 classes, 10am standing athletes, 11am seated athletes  
No equipment needed. Live online through Zoom.

You just have to register your interest by sending an email to:  
[info@functionalAdaptiveMovement.com](mailto:info@functionalAdaptiveMovement.com)

# push rim racing

## by Lucas Pedersen

Hi, my name is Lucas and I am 11 years old. I was born with spina bifida, I am a full time wheelchair user.

My favourite sport is push rim wheelchair racing. I love it because it is fun and you can get some speed up, also I am with other people who are like me. When I was young, I once saw Paralympics on TV and they were push rim wheelchair racing and I thought one day I would like to do that too.

Last year I was given the use of a push rim wheelchair which was like a dream come true. Alan McDonald has been giving a group of four of us training at Porritt Stadium once a week. I have really enjoyed this. Thank you, Alan and Cathy, for organising this.

I have two places I can ride on near our home, one is the path from Leamington to lake Karapiro and back again, and the other one is a cul-de-sac opposite our house. Especially since there are no cars around at the moment because of the lockdown.

If you are like me, you should have a go!



# golf day fun

by Cathy Wooller

On Sunday 15 March we held our Golf Day at the Ngaruawahia Golf Course with a whopping total of 63 participants.

The players rotated around 5 different stations and were fortunate to have expert coaching on hand. We finished the day off with a prizegiving and spot prizes that were kindly donated by NZ Golf and the Ngaruawahia Golf Course.

A big thanks to:

Peter Arndell, General Manager of the Ngaruawahia Golf Club;

Ben Matheson, Kiwisport Officer at Waikato Golf;

Kevin Kretschmar, PGA coach;

Our volunteers and supporters - Peter Van Vroonhoven, Honey Hireme-Smiler, Glyn, Abby, and Jenne.





# 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. Temporarily closed for COVID-19 lockdown.

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](mailto: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](http://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](http://www.parafedwaikato.co.nz)

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





# wheelchair rugby

by David Klinkhamer

While our athletes have been unable to compete in the 2020 HealthCare NZ Low Point Wheelchair Rugby National Championships due to Covid-19, our platinum sponsor Healthcare NZ has continued to support us and we are now using their funding to help purchase a new trailer.

It's going to be so helpful for transporting our gear to tournaments and trainings.

Thanks HealthCare NZ.

If anyone else would like to support our trailer project please contact [david@parafedwaikato.co.nz](mailto:david@parafedwaikato.co.nz) and I can send you our Partnership Opportunity document.

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# bunnings fundraiser

by Cathy Wooller

The Youth Club held a cake stall fundraiser at Bunnings on Saturday 29 February 2020.

We raised a phenomenal \$958.50. That's a lot of cakes/slices sold at \$2 a piece!

The funds raised will be put towards a sports or recreational activity of the kids choice.

Thanks to all the kids and families who contributed their time to bake and help man the stall. This was also a great opportunity to promote Parafed Waikato to the public.





# internship

by Jacob Phillips

Last summer I spent time working with Parafed Waikato as a part of an internship set up by an organisation called BeAccessible, which has come about from me being in the final year of my Sport Development and Management degree at Otago University.

Throughout my time at Parafed Waikato I worked in with David at various community events and also the gym program fitness rev, and with Cathy I helped out with Parafed events and also spent some time with the Parafed youth club connecting families and also letting them know about other opportunities like the Halberg Games.

That is another hat I wear, I have been a member of the Halberg youth council for the past three years and am stepping off now to let the younger generation have a say in their community, it has been a privilege to be a part of the council and would highly recommend it to any of the youth if you are passionate about the disability sector and having a say in how it is shaped over the years to come.

So if this sounds like you get in touch with Honey at Halberg and she can help you start the process of applying.





# activ8 cycling

by Devon Briggs & Jono Nelson

When I first signed up for the time trial I was just expecting to do a normal race. When I found out that I was time trailing around the famous race track Hampton downs I was very surprised and excited. For my first couple of laps I was nervous about the course, but then I got the hang of things and I was away.

It was one of the most amazing experiences ever and I would gladly do it again if given the chance. I would like to say thankyou to the Morrinsville wheelers club, the Perry foundation and Parafed Waikato for putting on such an amazing event. Devon Briggs



I have been attending Activ8 since it started, I think I have only ever missed one. I love coming to Hamilton to race this event even though I live in the South Island. It's a good chance to catch up with other paracyclist and have some good hard racing.



I also really appreciate help of Bev and Dave who help organize the event with Tiff. Its awesome seeing them year after year. Entries were good again this year, not so many handcyclists but there were more C class riders with PNZ holding a development camp the same weekend.

Once again the Waikato put on stunning weather, I've also got to say thanks to Chris and Tiff for letting me stay at there house and the land of there car which is always greatly appreciated. Jono Nelson



# west coast tour

by Tiffiney Perry

From Historic Ross to Greymouth the West Coast Wilderness Tour was one of the most awesome trips I've ever done. 130km of rugged winding west coast through farmland, coastland, lush native bush and historic parts of NZ culture and landscape.

Every couple of years my girlfriends and I head off on a cycling trip. On February 23rd (just before our first Covid case) we headed to Nelson to begin this year's adventure. The next day we were picked up by our Kiwi Journeys guide and driven to Ross – just a little 4.5 hour trip with lots of laughs along the way.

The first night we stayed in rail containers that had been converted into self contained units at the Ross Top 10 Holiday Park right on the beach. There was even an accessible one just for me J It was definitely a tight fit and interesting as I had a bunk bed and yeah I know what your thinking... did I tackle the top bunk right?

The next morning we set off to Hokitika along the rail trail, through magical native bush and making our way to the Treetops Walkway. Me on my E Bike and the girls on their hired mountain bikes. This was a must. A walk amongst the treetop canopy with magical views was included and majorly accessible too! Not to mention a fantastic café for lunch.

Later in Hokitika we met our hosts and stayed in beautiful accommodation with a whole house to ourselves. A homecooked dinner was presented and then we went on a river cruise. Nothing was too much for these hosts, including getting me onto the boat and allowing us to take our wine for a scenic trip not to be missed.





# west coast tour

by Tiffiney Perry

We flopped into bed that night and every night let me say and every day was as amazing as the next. I have to be honest it was pretty challenging in parts with a few steep moments and washouts that I couldn't have managed on my own. In fact it was extremely handy having my 5 fit girlfriends to help me out and enjoy some laughs it truly was a great trip.

Some more highlights included drinks and dinner in the remote and pretty bogan Ross Hotel. No drinks at Cowboys Paradise where the guys liquor license has been revoked due to the fact he is rumoured to have been growing weed in a bunker on his property... he also has poles installed in the main lounge of his premises... for the Russian pole dancers he once employed. Hmmm very interesting character but with an absolutely stunning farm that you have to bike through during the Wilderness Tour to get to Kumara and onto Greymouth where you finish. Then a wonderful scenic train ride to Christchurch before flying home.

Totally loved this rugged wild fun trip and everyone was so accommodating for Weelies you must put it on your bucket list. We were so lucky to get it in (and home) before the world started changing dramatically.

Cant wait for the next trip!



# wheelchair basketball

by Sheldon Larsen

Thank you so much for your support in helping fund the flights to Thailand to compete in the Tri Nations Tournament against South Africa and Thailand.

What an awesome Tournament it was. The weather was really hot and played all our games in a hot venue without air conditioning. I have never played in such hot conditions before and it really pushed every player competing there to stay focused, hydrate well and be on top of our game. 8 games in 4 days was a challenge playing two games a day.

We played our first game against South Africa and it was a very tough game. We had a really bad start and first half to the game which made it very difficult to catch up. We managed to win both quarters in the second half, fighting hard to perform better than the first half but could not obtain the win losing 54 - 36.

Our second game was against Thailand, the 6th best team and Asia Oceania. We knew this game was going to be hard and even more so with facing the temperature we were in.

Another hard loss for the team not knowing what hit us. Missing shots and not really working together as one which needed to be fixed ASAP if we were to improve and be competitive.

Unfortunately a few of our players started to feel unwell and dehydrated which made our player combinations to field a strong team a hassle with less substitution options when players were getting tired. We faced the rest of the tour losing all games against Thailand and South Africa but our team work and competitive play made each team work hard for their wins. The NZ team played so much better with more control and composure in the last few games.



# wheelchair basketball

by Sheldon Larsen

Despite the losses of this series in Thailand, the NZ team was able to improve in their game and confidence on court. Every player got the opportunity to play harder games than they have played on NZ and learnt valuable lessons within their game and personal skills and abilities.

I personally managed to have a good tournament and created a strong relationship with the Head of Disability Sport in Thailand and was offered a contract to compete in their National League next year in May 2020. I was presented with an offer to accept and coach the Thailand Under 23 squad in 2020 and had a successful 3 day trial with the team. I had a lot of fun and my basic understanding and communication in Thai helped so much.

I was also offered to have a few trainings with their national team which I thoroughly enjoyed. Training at that level was really good and learnt so much and such a short time which I can use to train myself and teach others in NZ. With the positive feeling I had from the Thailand Under23 team and managers from the Nationals men's team I have accepted a contract to compete in their National League and coach in Thailand next year 2020. A new journey in my wheelchair basketball chapter and I am really looking forward to it.

I would like to thank each and everyone on the Parafed Board one once again for the continued support in my Wheelchair Basketball career and making my sporting dreams and achievements a reality for me to obtain.



# at one with nature

## by Life Unlimited

Life Unlimited joined other health providers in Hamilton's Garden Place to raise awareness around mental health issues.

Heading out doors and being one with nature was a key theme for Mental Health Awareness Week along with understanding the importance of good nutrition, social interaction, physical activity and occupational wellness.

Life Unlimited's information advisor Tinihua Nassar said it was a great opportunity to interact with other providers and the community who braved the cold winds and rain. "It was a very moving experience to hear the guest speakers, who included family members of people living with mental illness, as well as people living with mental illness themselves, talk about their lived experiences."

The crowds were entertained with live music and poetry, stories of recovery and also the challenges mental health issues bring, she said. Mental Health Awareness Week ran from 23-29 September. The theme was "Explore your way to wellbeing – Whāia te ara hauora, Whītiora".

The 2016/2017 New Zealand Health Survey found that one in six Kiwi adults have been diagnosed with a common mental disorder at some time in their lives.

### WHERE TO GET HELP

Lifeline: 0800 543 354 (available 24/7)

Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO) (available 24/7)

Youthline: 0800 376 633

Kidsline: 0800 543 754 (available 24/7)

Whatsup: 0800 942 8787 (1pm to 11pm)

Depression helpline: 0800 111 757 (available 24/7)

If it is an emergency and you feel like you or someone else is at risk, call 111.





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