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COVID 19 EDITION



parafed waikato

Newsletter

April - June 2020



welcome from your Parafed Officer

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

It's definitely been an interesting year so far with the lockdown interrupting our plans but nothing stops this newsletter and once again we have a nice read of interesting things that our members have been up to.

I've heard that there is one thing that everyone on the planet loves and that is free pizza. Also I've heard that the other thing that everyone loves is free Ten Pin Bowling. Our board thought what better than to combine the two and have a fun event to celebrate being back together after lockdown. So if you haven't already please RSVP for the Pizza and Bowling on the 16th of August. Details later in this newsletter, keep reading...

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.

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

Kia Ora Parafed Whanua.

As I sit here contemplating the past three months and what to discuss here, I find my mind heading in two directions. In one sense I am extremely grateful to live in our amazing country with the freedoms of movement we are now enjoying after levels 3 and 4.

We have done a great job as a nation, or Family of 5 Million as Jacinda says. I have friends and family, as we all do, living around the world envious of us from their very restricted lives. I find it quite surreal moving and enjoying life, knowing other parts of the world probably haven't even reached the peak of the Covid infections.

On the other hand, I am also very aware of the troubled and conflicted times we live in. We are rightly nervous about our borders and how they are managed, we have the economic repercussions of our Covid response, the Black Lives Matter global protests and of course, we have not only our elections coming up but also the upcoming American elections which we observe from a distance with shaking heads of disbelief.

In all in all, as a mostly positive person, I choose to focus on the good things in life, the things we can do, the things we all do well, and the joy our family and friends bring to us. I urge you to do the same.

I also have another project I am driving that was front of mind. Magical Bridge Playgrounds are the world most accessible and inclusive playgrounds and I am leading a team to bring one to Hamilton. Check out www.magicalbridge.com to see what these amazing spaces look like and watch out for soon to be announced developments and announcements. If you want to learn more or have some input into the design, drop me a line.

With everything closed down over the past three months there is little to discuss in relation to sports, clubs and Parafed activities, other than the incredible work Cathy, David, Sue, Tash and Tiff have done securing funds to keep us operating.

Continued next page...





message

From the Board

Many of our normal funding streams dried up, so there was lots of form filling and applications to complete to access government grants and re-submitting previously declined applications to fit new criteria. I can not understate the hard work and importance of their efforts. Thank you guys!

The Parafed team have decided it would be great to talk about what we all got up to over the past few months. Please read and enjoy these stories giving an insight into what we all have been doing to keep busy.

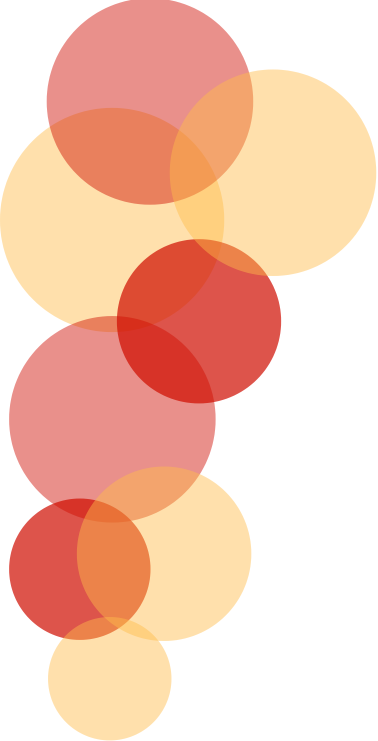
In my case, I must admit to enjoying the four weeks of Level 4. I watched lots of movies (thanks Netflix), read some books that I hadn't had time to read, stayed up late, had coffee in bed in the mornings chatting to Jo, my wife, and I did some DIY around the house. Check out the paint job on my laundry wall.

The lawn got mowed a lot, and the dog was in seventh heaven with all of us home all the time. Zoom became a verb rather than a noun and as a teacher, I adapted to teaching (and learning) online. The only downside was not seeing my family, especially my beautiful grandson.

That's all from me, be safe, be happy and see you on the courts, gyms and fields.

Nga mihi a nui.
Peter





celebrate

with Bowling and Pizza

WE ARE CELEBRATING BEING BACK IN ACTION AND YOU ARE INVITED TO OUR PARAFED WAIKATO SOCIAL GET TOGETHER

BOWLING & PIZZA

BRING YOUR FAMILY
ALONG TO JOIN IN THE FUN!

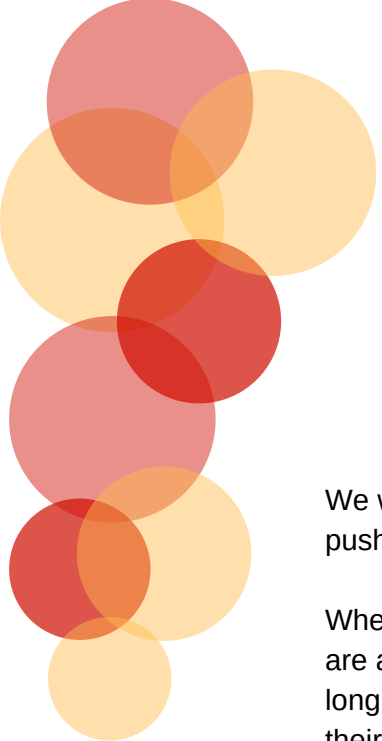
16 AUGUST AT 2.30PM
SKY CITY HAMILTON



We will treat you to pizza & chips followed by
ten-pin bowling (buy your own drinks)
Please RSVP asap – we will book this once we
have confirmed numbers cathy@parafedwaikato.co.nz

RSVP to cathy@parafedwaikato.co.nz





thank you

to Brendan Mes

We would like to pass on a HUGE thanks to Brendan Mes who has very kindly sponsored a push rim racing wheelchair for our athletes. Luke was the lucky one who got to try it out first.

Wheelchair racing is for anyone who has a qualifying disability. This includes athletes who are amputees, have spinal cord injury, cerebral palsy, or even athletes with impaired vision (as long as they also have another disability.) Athletes will be classified based on the severity of their disability.

Racing chairs are not like regular wheelchairs. They have two large wheels in the back, and one smaller wheel in the front. You may be able to go fast in your everyday wheelchair, but you will never get up to the same speeds as a sports wheelchair.

If you'd like to try wheelchair racing please do get in touch.





message

from your sport development officer

What a crazy year we've had so far with Covid-19 and staying at home in our bubbles during lock down. I managed to keep myself busy planning future sports opportunities as well as reviewing funding applications. I also organised some fun weekly lockdown challenges for our youth club to participate in. We are very fortunate that we all got through this safe and sound. It's great to be back in action and doing what we all love to do and playing our sports.

The youth club have started back up with their swimming programme and push rim wheelchair racing programme and the kids were very eager to get back into it.

The Halberg Games has been postponed until 23-25th April 2021. This decision was made due to limited funding streams, uncertainty around alert levels and individuals health less at risk.

Some cool things coming up:

A fun trip to Rainbows End on the 26 July for the Youth Club with the \$1,000 funds they raised at a Bunnings cake/sweet stall. Look out for some photos on Facebook after this date of the kids on the rollercoaster!

Cameron Leslie is coming down at the beginning of August to assess some of our swimmers for national classifications.

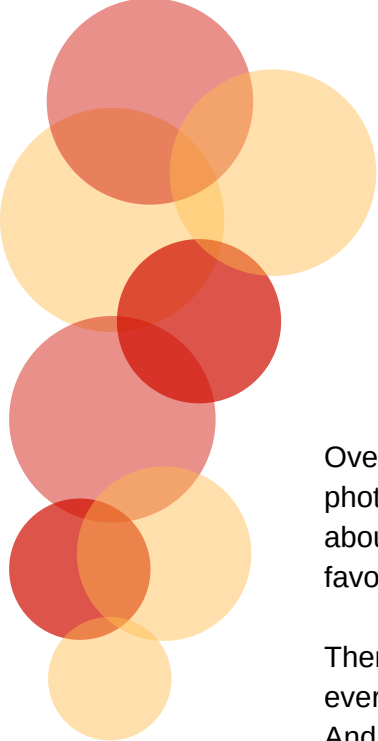
We are working with Badminton NZ to hold another para badminton day on Sunday 9 August – save the date for this!

We have our social ten pin bowling and pizza day on Sunday 16 August at 2.30pm. Please RSVP to me asap. This will be a great opportunity for your whole family to socialise with our extended Parafed family.

Looking forward to seeing you all at one of these events

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





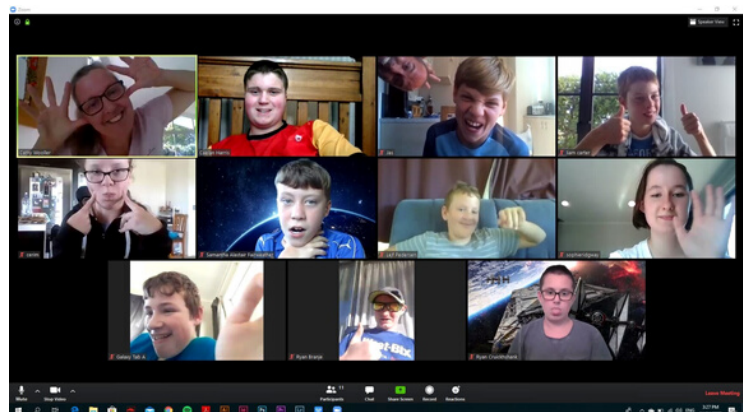
youth club

by Cathy Wooller

Over the Covid-19 lockdown the Youth Club participated in weekly challenges and they posted photos or videos of them completing each challenge. The challenges they participated in were about keeping active and staying fit at home, cooking or baking at home, dressing up in their favourite costume, photographing a family pet and writing a story about them.

There were two members who totally embraced the lock down challenge and participated in every single challenge and each won movie tickets for two people. They were Thomas and Andrew.

The Youth Club also took part in Zoom calls during lock down. This was a great way to stay connected and hear what the kids had been getting up to such as Lucas cooking meals on the outside fire and Ryan C sleeping in his tent.





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



athlete profile

Jack Harvey

Name: Jack Harvey

Sport: I play Wheelchair Basketball and I also dabble in Cycling

How you got into the sports: My mum and dad are both amazing sportspeople. They encouraged/pushed me to have a go.

Highlight of playing your sport: I love shooting baskets and winning.

Future dreams: In the future I hope to shoot more baskets and do more winning!

Favourite food: Burgers and chips



my lockdown

by David Klinkhamer

My lockdown story involves little flying machines. For my birthday this year my Dad surprised me with a drone, I've always been into radio control cars and trucks but never really considered drones as I tried to fly a friends one once and it was pretty tricky.

Though having one of my own gave me the chance to try it again and I found out that flying them is actually really fun. Unfortunately that drone didn't last long before it packed up but it was a great starting drone and it got me hooked. As soon as I could I ordered another drone this time a MJX Bugs 3. It arrived the day before lockdown began.

The lockdown was actually quite good because every day I could practice my flying. I found flying very stressful and it took a lot of concentration at first. Especially when you are trying not to crash an expensive drone. The worst thing about flying drones is panicking. If you start to get too close to something sometimes you panic and overreact on the sticks and it makes things ten times worse.



Throughout lockdown my skills improved and I also discovered a different type of drone. This kind is a micro drone that you fly first person view (FPV) through a set of goggles. I bought an EMAX Tinyhawk 2 and its been so much fun learning to fly this way. You can fly indoors and outdoors and it gives you the feeling that you are actually doing the flying. I've a little racetrack around my lounge, under the dinner table and around the kitchen. I'm getting faster and having less crashes. Its addictive and the kids love watching the little drone buzzing around. If you are looking for a fun new hobby I'd definitely recommend flying drones!



para memories

by Ross Flood

For those athletes who qualified or were about to qualify for the postponed Paralympics in Japan, I encourage you to hang on to your dreams. The memories from participating in such an event last a life time. My most vivid, off court, memory was from my first Paralympics in Sydney, 2000. I will never forget the impact of the crowd, estimated to be hitting the 100k mark, at the opening ceremony.

As I cruised in to the stadium with the New Zealand squad, the impact was truly physical. In a word breath-taking, especially as we were hyped up, in the shade of the stadium's tunnel, by an impromptu haka, led by the wheelblacks rugby team. The Aussie official was none too happy about our timing but as all kiwis know ya can't stop a haka in mid-flight.

Fast forward four years to Athens, 2004. Another fav memory was being interviewed on top of the Acropolis under the shadow of the Parthenon. The interviewer was former rugby commentator Keith Quinn, as a life-long rugger fan this made it an extra special moment for me.

The journey to the summit was rather hair-raising as the Greeks had put together a lift that went up the side of the cliff. We may have been the first people to take our wheel-based contraptions to the top of the Acropolis in two and a half thousand years. The experience of being surrounded by ancient history made the role of Guinea pig worthwhile.

To say I have held a life-long ambition to be a Paralympian would be an exaggeration, as there was no appropriate sport for a Cerebral Palsy lad to take up, in my youth. It was not until my late forties that I discovered Boccia

Talk about a late developer but I made up for it by attending Boccia World Champs and Cups in America, Argentina, Portugal and good old Christchurch as well as the Paralympics in Greece and Australia. Thanks to my team mates we won the silver medal in Athens. Portugal pipped us for the gold by one point.

So hang in there and create your own wonderful memories.



Ross on the left

my lockdown

by Tiffiney Perry

My lockdown story involves baking, cleaning the house, swimming, playing tennis, cycling and shooting hoops. Also lots of drinking beer after playing tennis!





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>



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

Kidslife: 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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