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# parafed waikato

## Newsletter

## July-Sept 2020



# welcome from your Parafed Officer

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

You may have been disappointed that Covid returned and postponed our Bowling and Pizza celebration event but don't worry we have rescheduled and have combined it with our Christmas Party. We had over 120 people registered for it so hopefully everyone can join us again on the 11th of December. All the details are in this newsletter so keep reading.

In this issue we have reports on Skiing, Swimming, Power Football, Lawn Bowls, Youth Club and much more. I hope you enjoy the read.

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](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)

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

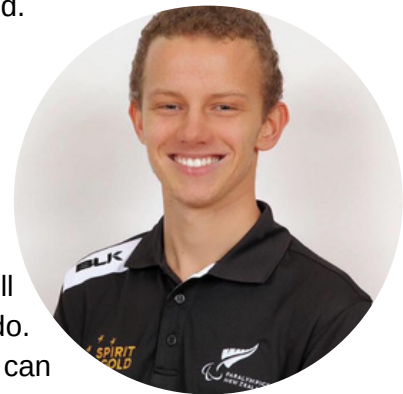
## From the Board

Kia Ora Tatou. As we move into the final quarter of 2020, there is a lot to reflect on as we start thinking about BBQ's, Christmas parties, longer and warmer evenings and hopefully a better and brighter 2021.

Heaps has been said about Covid19 and 2020 in general, both as a contemporary issue and in years to come, as an historical event. For now, lets all focus on moving forward and embracing the inherent goodness we kiwis have in abundance. Speaking of Christmas, Cathy has a date for the ten pin bowling that had to get postponed a month or so ago. This year we are also making this the Christmas end of year function, so Tiff and Chris will get a break from hosting it this year.

Last month we had our AGM where amongst other business, we said thanks and good bye to Viv, and welcome Jacob Phillips on to the Parafed Waikato board.

Jacob brings to the table his experience as a Paralympian and time on the Halberg Foundation youth council. Jacob's athletic journey started with Parafed so we look forward to his insights and first hand experience guiding the board's decisions.



We are also on the lookout for another board member. A focus on board governance and our strategic goals has identified a skill gap around marketing and promoting who we are and what we do. We want to make Parafed Waikato more visible so more people can enjoy the benefits of sport and active recreation, and current and potential partners will benefit from supporting us. If you know of someone that has the skills and experience we are looking for and has some board or committee experience let me know. They don't necessarily have to have a direct connection to disability issues, just a willingness to contribute.

One of the things we will be exploring over the coming weeks is the idea of hosting a radio segment on Freefm, Hamilton's community access radio. Cathy has been asked to explore options and possibilities. If you like this idea or want to contribute, let Cathy know.

Continued next page...





# message

## From the Board

Most of you will know I started my journey into the world of disability sports etc through Powerchair Football. Will, my son played, and I was on the local and national committees for a while. Will no longer plays, however I still follow the game and want to see it thrive.

It with some sadness then that I note the Waikato Club has closed due to shrinking numbers and nationally many clubs are experiencing similar challenges. However, by the time you read this Cathy and I will have met with a potential new coach and hopefully will have sewn the seeds of a new club. If you or anyone you know uses an electric wheelchair and are wondering what team sport or activity they can participate in, Powerchair Football is one of the only sports that meets those needs. I urge you to contact Cathy if you want to check it out.

The Parafed National Leadership group is also working with Powerchair Football NZ to assist in the growth, and Parafed Waikato's roving reporter Ross Flood has written an article for this newsletter with some insight into the game and why it so important. Go check it out!

Lastly, congratulations to the organisers of the Wheelchair Basketball National Champs held at The Peak on the weekend of the 26 and 27th of September. I went down for a couple of hours on the Saturday to check it out. Great action, great atmosphere, although unfortunately the results weren't going Waikato's way in the two games I watched.

Stay safe and healthy.

Nga mihi a nui.

Peter







# christmas party

Bowling and Pizza

## PARAFED CHRISTMAS PARTY



# BOWLING & PIZZA

BRING YOUR FAMILY  
ALONG TO JOIN IN THE FUN!

**11 DECEMBER AT 6-8PM**  
**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](mailto:cathy@parafedwaikato.co.nz)





# parafed radio?

## Get on the Air

We want to explore the idea from within the membership about setting up a weekly radio show on Free FM to share content, advice, stories etc

You can find Free FM on 89.0 FM.

Free FM is a Community Access station, and giving voice to under-represented parts of our community is their priority. They bring in people and train and support them as 'content creators' – and then deliver that content in several ways – on air via 89.0FM Waikato wide, via live streaming, via a podcast available via [freemf.org.nz](http://freemf.org.nz), [accessmedia.nz](http://accessmedia.nz), Apple Podcasts, Spotify, iHeart Radio.

It's a weekly commitment, and shows are 28 or 58 minutes duration. If you are interested in being involved in creating this radio program please contact [cathy@parafedwaikato.co.nz](mailto:cathy@parafedwaikato.co.nz)





# message

## from your sport development officer

Over the last 3 months and despite the Covid-19 ongoing restrictions, we have managed to keep our youth club sports running and we have also had a few fun activities. Some of the things we have been up to other than our regular sports trainings have been: an amazing day at Rainbows End, a Para Badminton Open Day, a swim camp in Rotorua and four of our swimmers receiving a Para swimming national classification.

A big thanks to all our members, families of our youth club members, our supporters and volunteers over this time for your ongoing support.

What's coming up over the next few months:

Boccia Nationals in Christchurch on 8th-11th October – good luck to Troy, Vishal and Cian!

Horse riding at the Pukete Riding for the Disabled on Sunday 18th October;

Rock climbing on 17th October and 7th November;

Have a Go' tennis day on 14th November from 1-3pm

Fun Youth Day at Tauranga/Mount Maunganui on 28th November with surfing, sailing, volleyball and badminton. This will be held in partnership with Parafed Waikato, Parafed BOP & Parafed Gisborne; and

Hockey programme at Gallagher hockey centre from 13th October to 10th November 4-5pm;

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](mailto:cathy@parafedwaikato.co.nz) or 027 318 0497







# swimming

## by Sophie Ridgway

Hi there! My name is Sophie Ridgway. I have been a member with Parafed Waikato since 2018 and it has been an amazing experience.

I was born with cerebral palsy from birth and this had some effect on my physical state but not mental. I have always been one to brave through pain and the plenty of operations, too many to count on one hand!

I am very grateful for all the love and support Parafed Waikato has had to offer me as a young kiwi living with a disability in New Zealand. This has really enabled me to spread my wings in terms of enhancing my sport of swimming; trying new sports at the 'Have a Go' days; pushing my boundaries to go on the roller coaster at our trip to Rainbows End and attending the amazing Halberg games and playing new sports like archery. This has turned my life around for the good.

This whole journey with Parafed Waikato has inspired me for my future, in terms of the exciting news of getting a national classification from Swimming NZ! The swim camps in Rotorua helped improve my skills and further my motivation as a para swimmer and aiming for my life goal to compete in the Paralympics in the future, all thanks to Parafed Waikato and Halberg.







# skiing

## by Tiffiney Perry

What a cool couple of days I had skiing in Queenstown a couple of weeks ago. One day I was at the Remarkables where I used the Dynamique Bi Ski. My instructor was Ross James and he started the Adaptive ski program at the Remarkables 20 years ago.

Ross picked me up from the Novatel in the morning as I didn't have a ride and whipped me up the mountain and I had a morning and afternoon session. The sun was shining and the snow was perfect and everyone was so helpful and friendly. I also had a volunteer taking photos and learning off Ross. I absolutely loved it!

The next day was exactly the same except Ross picked me up early and that day we went to Coronet Peak to mix it up. Another fab day was on order it was like the weather was on repeat just for me!

Totally recommend this past time for next season. It's been a few years for me and I don't know why I left it for so long! Ruapehu and Turoa are just as good from memory and a drive instead of a flight. As long as you get up the mountain to experience the snow at some time in your life. It's a fantastic feeling.



# youth club

by Cathy Wooller

On the 26th July a group of 64 youth club members and their families went on a fun trip to Rainbows End using the \$1,000 funds they raised at a Bunnings cake/sweet stall. We all arrived early and spent the whole day there with the kids pushing their comfort zones and going on all the rides.

Rainbows End gave the kids 'fast track' passes that enabled them to miss the queues and go straight on the rides. This was great as it meant they got the most out of their day and could fit in as many rides as they wanted to.







# 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](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







# powerchair football

by Ross Flood

Parafed Waikato are about to re-introduce the action packed sport of Powerchair Football into its region. Our local Parafed are already in negotiations with a coach and plans to implement "Have-a go-days and a short training season to fit around the Halberg games. For more information contact [cathy@parafedwaikato.co.nz](mailto:cathy@parafedwaikato.co.nz) or 0273180497

For those who are unfamiliar with the sport it consists of two wings, a centre and a goal-keeper who rev up their powerchairs to attack, defend and spin-kick a 13 inch football in an attempt to score goals. Each powerchair is fitted with a guard, attached to their footplate, which allows players to dribble or spin-kick the football towards their opponent's goal.

Newly appointed NZ President Angela Pulini is excited about where the sport is heading with games been played on a regular basis in Northland, Bay of Plenty and Canterbury as well as significant interest in Taranaki, Wellington and the Waikato. "Last year we took a young team to the Asia/Pacific games and the New Zealand side were very competitive against well - established countries, losing to Australia in the last minute and losing and then drawing with Japan," said Angela.

Cantabrian Luke Alderton is also greatly encouraged by the growth of the sport. "When I first started playing in 2009 it was social but now it's very competitive. At training there is a lot to take in, like defence strategies, visual awareness and reading the play on a one on one situation," said Luke. Luke, a 3rd year law student, plays centre for the national side.

Former President of the Auckland club, Trevor Jenkin knows full well how important training is to hone skills. He had his players whizzing in and out of cones before shooting for goal on a weekly basis. So Powerchair Football is a sport with a very positive future and now local players have the opportunity to join in the fun and learn a variety of skills.

Go for it!!!





# tennis

Have a Go!



**OPEN TO PARAFED  
WAIKATO MEMBERS  
& THEIR FAMILIES**

Coaching provided  
in Wheelchair Tennis  
& Tennis

**SATURDAY  
14 NOVEMBER  
1PM - 3PM**



**TO REGISTER CONTACT CATHY**  
[cathy@parafedwaikato.co.nz](mailto:cathy@parafedwaikato.co.nz)





# lynda bennett

## Bowler of the Year

Lynda Bennett set new standards of excellence over the past year and has been honoured with a fitting accolade, crowned the Summerset Bowls New Zealand 2020 Para-Sport bowler of the year.

It's just reward for Bennett, who enjoyed a wonderful season on the green. The Waikato bowler won the national disabled singles title, and then backed it up by skipping her disabled triples team to victory. Adding to those achievements, Bennett was also third equal in the disabled pairs category of the New Zealand Open.

Bennett also showed her ability against able-bodied rivals, part of winning teams in the Te Awamutu Ladies Pairs and Mixed Fours competitions, along with a third place in the Ladies Triples. "Lynda was probably unlucky not to win this award last year but the way she dominated at the nationals, she was a sure winner this time round," says Bowls New Zealand high performance manager Kaushik Patel. "Unfortunately there weren't any international events she could showcase her skills due to circumstances." Patel added that Bennett performed admirably as part of the Para team in the Bowls3Five.

Coach Rex McGill says she has embraced the concept of "purposeful planned training". He explains that Bennett has a focus on process over outcome and has developed breathing techniques and other mindfulness tools to help with the mental side of the sport. And she doesn't cut any corners with physical preparation, with Pilates and core sessions twice a week and well as regular swims to help with cardio. "It's impressive the way she looks after herself," says Patel. "You look at the modern bowler and you talk about going the distance....she is super fit and really looks after herself." "She is committed to it and as a one armed bowler, her conditioning has to be spot on, to get the balance and the strength needed to compete."

Her coach McGill adds that for someone so experienced – Bennett was part of team for the 2014 Commonwealth Games – she also sets the right example on the green. "[She has an] impeccable standard of sportsmanship and fair play," says McGill, who adds that Bennett is always trying to encourage other disabled bowlers to play. "Bennett also isn't one to put limits on what is possible." Her philosophy is defined by what she can do, and not by what she can't do," says McGill. "She regards failure as the result of not trying sufficiently. [She] constantly plans [so she can] realise her maximum potential."





# tiff and jack

by Life Unlimited

Lockdown was revitalising in a lot of ways. We slept in and we did a lot of exercise because the weather was good. We listened to Jacinda, we stayed home; we saved lives. We saw a few neighbours and met up for a drink over the fence but everyone pretty much did their own thing. For us who are busy people it was actually quite refreshing.

The only time Covid-19 really slapped me in the face was when we did go out for necessities and we saw all the plastic all over the doctors and the chemists. Our neighbours were kindly doing our shopping for us as supermarkets were a no-go zone for us. We didn't want to be compromised any more than we are with our disabilities.

Luckily we have a few toys to keep us and Jack busy energy-wise. This was a big focus - trying to keep Jack busy as otherwise he can drive you nuts. Because we watched the news with Jacinda most days he was aware of what was going on. There were a lot of questions. Jack would wake up most days and say the same thing: 'Is it still here Mum'? meaning Covid. And then it was all about making a plan for the day. Jack works well with a routine and so having no school gave us a big chunk of the day to fill in. At first it was nice enjoying some free time but then it got a little monotonous. You just had to wake up, go for a bike ride, shoot some hoops, play some tennis, go for another ride ... best to tire Jack out early and then the Xbox would get a thrashing.

It's (usually) quite hard to get Jack to watch the news on a general school night. He'd rather do other things, but it was one time in his life that he was like, 'what's that thing, how many today mum?' and stuff like that. Jack mowed the lawns and washed the cars a lot. We see him doing a job like that one day. Setting up a car wash or mowing other people's lawns. He would still need assistance as he does with most tasks.



# tiff and jack

by Life Unlimited

Obviously, I'm surrounded by disability. But helping others is inbred in me from my mum and dad who always gave back. Philanthropy became a big part of the Perry way, and still is. Mum would often invite the ill and misfortunate into her life. She wanted to save them.

Disabled sports are a great way to break barriers between able-bodied people and ourselves and perceptions people have. They just think 'be happy with what you have got and just sit there in the room and go stay in the corner and behave yourself in your wheelchair', which is not us.

Jack is not unhealthy; he just has issues with how to process normal everyday life. It's his cognitive skills that give him the most trouble. Other than that he is fit and strong as an ox and a big help to our family unit. If he was your normal teen, he would be out and about and not around much to help but luckily, we all have a lot of fun and do a lot of stuff together. Lockdown brought us all a bit closer, I think He needs a little bit of advice on what to wear and when to have a shower, when to go to bed, a little bit of direction. He's on medication but other than that you normally can't shut him up."



**life**  
unlimited



# 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>







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