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parafed waikato

Newsletter

January-March 2021



welcome from your Parafed Officer

Hello and welcome to the first edition of the Parafed Waikato Newsletter for 2021. This newsletter celebrates the success of our athletes and shares their stories.

Wow, the year is already flying by. So much going on here with Parafed. It's great to see our programmes and sports are going so well. Boccia, PowerFootball, Athletics, Wheelchair Rugby, Fitness Revolution and Wheelchair Basketball are all having good numbers to trainings.

I also want to say a big welcome to all of our new members! So great to have you part of the Parafed family. Autumn/Winter is a busy time for us and I can't wait to see what happens in the next few months!

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 Tatou,

As autumn replaces summer and we move into the second quarter of the year (already), there is a lot to be grateful for and look forward to. Front of mind, as it has been for the past 12 months, is the ever-evolving Covid situation.

I got contacted today by Enabling Good Lives, who fund Will's carers and support costs, advising it's time to start thinking about vaccinations. Looks like we're in group 3, meaning we are getting our shots in May. I know there is still some hesitancy in the community, but I for one can't wait for our family and Will's amazing carers, to be protected as much as possible. Hopefully, as more of us in Aotearoa and around the world get vaccinated, the new normal will appear and international travel will start opening up, and our borders allow tourists to again spend their money here.

There is lots going on within the Parafed whanau as well. Athletics, wheelchair rugby and basketball are all cranking, and one-off events are on the horizon. Cathy and David are doing their stirring mahi organising rock climbing, archery, and recently the outstanding surf day, as well as the Youth Club and Fitness Rev. Keep an eye on the Facebook pages for all the information and events.

I am particularly excited by the relaunch of Powerchair Football. Will is no longer playing but has agreed to be assistant to new coach Sandy Schaare, with the first training on Easter weekend.

The club is now supported by Wanderers Football with a new playing kit and tracksuits. Wanderers Wasps (as they are now called) are the first club in New Zealand to have a full set of purpose-built football powerchairs, and a trailer to store and transport them is on it's way, removing many of the hurdles, financial and practical, for players and their whanau. Thanks, Sandy, Cathy, Dave at Wanderers Football and everyone else for doing an amazing job.

Continued next page...





message

From the Board

The other new initiative about to launch is “I Live”, Parafed Waikato’s own radio show and podcast. To be hosted by Bevin “Jenksy” Jenkinson, we should be on air on FreeFm in April.

We are lucky to have secured the support of Grant and his team at Access Community Healthcare, who are covering all the costs for 12 months. Thanks, Grant and Bevin for your belief and contribution to this initiative.

Two of our board members recently had active roles at the Halberg Sports Awards. Jacob and Amy had a few moments of glory on TV and represented Parafed Waikato proudly in their roles as Halberg Youth Ambassadors. What a great night they contributed to.

The Parafed Leadership Network has recently been engaging with Halberg regarding the Halberg games. This is an amazing event, loved and enjoyed by hundreds of Tamariki and Rangatahi from around the country. Halberg and the Parafed Network have recently agreed on Terms of Reference for a full review of the games. All options and ideas will be on the table with a view to improving the Games over the coming years. Keep an eye out for opportunities to provide input.

All in all, a busy start to the year and so much going on. I hope you are all well, enjoying all the opportunities available, and living life to the full.

Nga mihi a nui
Peter van Vroonhoven
Board Chair.



walk and a coffee

You keen?



Social Walking/Exercise Coffee Group

This is a great opportunity to meet new Parafed members and get out and about and socialise over a cup of coffee afterwards.

If you are keen, please contact cathy@parafedwaikato.co.nz



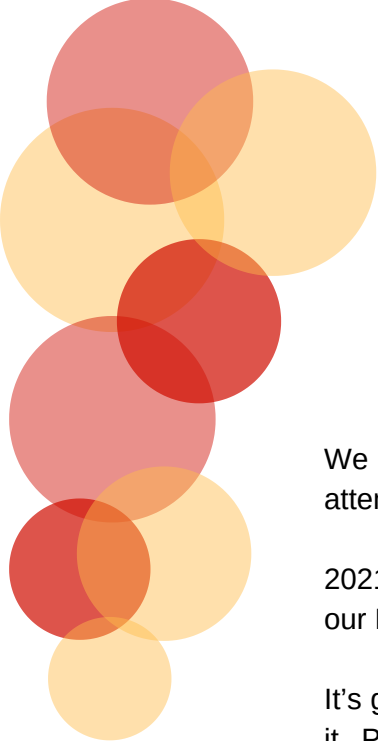
show your ability

Disability Equipment Expo

On the 23rd of February we had a stand at the Show Your Ability Expo. This year we teamed up with Honey from the Halberg Foundation to give out information about what we do.

It was a fantastic day of connecting with people, meeting potential new ParaFed members and encouraging people to be active. The expo always has lots of interesting new equipment so do check it out next year if you can.





message

from your sport development officer

We ended 2020 on a real high with our Xmas ten pin bowling evening and 120 people attending. It was great to book out the entire venue and have it all to ourselves.

2021 has started off welcoming new members and with lots of sporting opportunities such as our Hampton Downs time trial and Cambridge road race.

It's great to see all our sports teams starting back up and all the players eager to get back into it. Powerchair Football have established a great team after the success of our open day. Sandy Schaare will be our coach and assistant coach will be Will van Vroonhoven. We have been very fortunate thanks to funding received by NZCT to purchase a new covered trailer and 2 second hand sports power chairs. This will make life so much easier for our players. We have also partnered with the Wanderers Football Club and they are sponsoring our team with a full uniform and have offered their support in lots of other ways. Our team is called the Wanderers Wasps.

I have been working closely with BLENNZ (Blind and low vision education network NZ) and their resource teachers as well as our Ministry of Education physios. We have recently welcomed 3 new members to Parafed who are blind or have a vision impairment.

Our youth club sporting programmes that are currently running are our swimming programme which is at Fastlane pools every Sunday from 4-5pm as well as our athletics programme that is running for 5 weeks at Porritt Stadium on Thursdays from 4-5pm.

We have booked in an archery taster session on Saturday 17th April with Scott from Archery Experience and will book further lessons after this. If anyone is keen to join in, please let me know.

We have 20 athletes attending the Halberg Games from 23-25 April. If you would like to come up any of these days to get amongst it, we would love your support. We would like to thank Vulcan Stainless Hamilton for sponsoring our Waikato team jackets as well as DG Group for sponsoring our team caps.

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





halberg games

Get Involved

The Halberg Games will be held this year from Friday 23 April - Sunday 25 April 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. This is your chance to make new friends and set new sporting goals.

The following sports have been confirmed for the 2021 Halberg Games. Adaptive Cross Fit Challenge, Athletics, Swimming, Golf, Gymnastics, Boccia, Badminton, Archery, Rowing, Table Tennis, Adaptive Football, Wheelchair Rugby, Powerchair Football, Adaptive Rugby, Wheelchair Turbo Touch, Taekwondo, Adaptive Cricket, Wheelchair Basketball and Netball.

If you're interested, please contact Cathy by email cathy@parafedwaikato.co.nz or phone 027 3180497.

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





lawn bowls

by Lynda Bennett

I've been extremely busy over the past two and half months. The week of January 2 to 8 saw Chen Naude and I attending the Summerset Nations Pairs and Singles, in the Disabled discipline. This was held at Sunnybrae Bowling Club in Auckland. Chen and I both qualified in the singles and I qualified in the pairs.

In the singles I managed to beat Pam Walker (beating her 21-7) then beating Kevin Asplin after being 20 to 13 down, finally beating him in a very tight fought semi final 21 - 18. I got beaten in the final and I had to be satisfied with finishing runner up in the pairs also. Chen was beaten in his first round of qualifying singles.

We both had a great week of playing and watching bowls. Last week I was in Central Otago, playing in the Summerset National fours and mixed pairs. Unfortunate I didn't qualify in either discipline. Next week I'm off to Wellington to play in the NZ Intercentre 7's playing for Waikato. Hopefully the weather stays fine and Covid stays away.

I have won two Waikato Titles this year in the abled body mixed 2x4x2, and in the Womens Fours. I have won the Te Awamutu Women's Pairs and came runner up in the 4s by 1 point.





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 Drake Medox. For more information on Drake Medox and their range of services please see their website www.drakemedox.co.nz

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membership

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Full Membership \$35
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Social Membership \$20



youth club

by Cathy Wooller

We held our first adaptive surfing day on 14 February and the sun and surf really shined down on us with perfect conditions for our learner surfers.

Everyone had a blast and thanks to our awesome surfing instructors, the kids had as much time surfing as they wanted.

The beach wheelchair was great for transporting the kids across the sand and also into the water.

It was the first time surfing for most people and a few also hadn't been in the surf in years, so what an amazing opportunity. The smiles on everyone's faces made it sooo special.

This day could not have been possible without the help of the following groups and volunteers. We would like to thank:

Raglan Surf School;

Raglan Surf Life Saving Club;

Gil and her partner from C1 South - for bringing the beach wheelchair that was invaluable!

Bevin Jenkinson for being our chief photographer on the day

Stevie MacDonald and her partner Brad,

Jo Southwick & Rog from Access Community Health

Glyn Wooller

Peter van Vroonhoven



wheelchair rugby

Thank You

Waikato Wheelchair Rugby want to say thanks to these awesome organisations who have helped us to get this trailer to carry our gear to trainings and to tournaments around the country. We think it looks really nice and it will be super helpful for our club.

A special thanks to:

HealthCare NZ

New Zealand Harlequin Rugby Club

ACCESS Community Health

Drake Medox NZ

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Thanks so much!!



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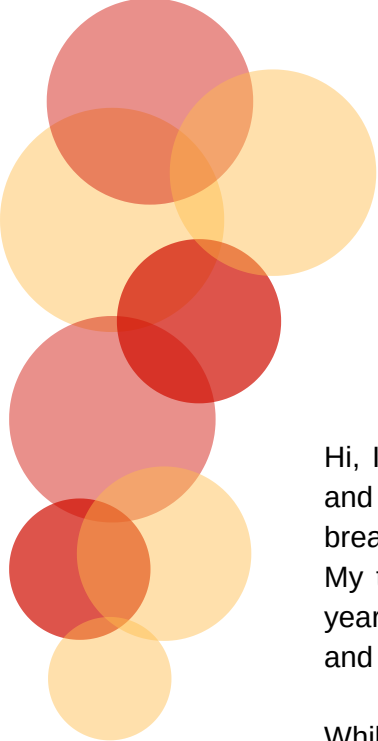
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surfing

by Niven Urlich

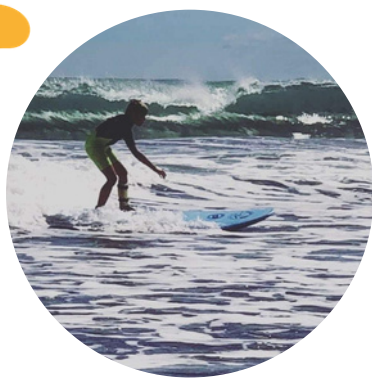
Hi, I'm Niven Urlich. I'm 11 years old, and have a condition called Neurofibromatosis (NF1) and Tibial Pseduarthrosis. It basically means my left shin bone doesn't heal properly when it breaks (it actually means "false joint" – so if it does heal, it heals wrong. It grows in a curve). My tibia was broken when I was a baby and didn't heal. I've had many surgeries over the years. My left leg has a lot of bone grafting and metal work in it. It is much shorter on that side and I wear a leg brace for support.

While I can do most things, it's a bit harder for me than my friends. I do have to be more careful, and I get sore and tired faster than others. So it's been pretty cool to join Parafed Waikato. Everyone is friendly, fun and supportive and we have lots of chances to have a go at different sports. I swim every Sunday with the Parafed swimming squad and I am also really excited to go to the Halberg Games for the first time in a few weeks.

I recently enjoyed going to the Parafed "Have a go at surfing" day in Raglan. All the friends, supporters, organisers, coaches and lifeguards were amazing. I really loved surfing. I'd had a few goes with my Dad at the beach before, but on the have a go day, I really got a chance to do it a lot more. I got out further and really caught some waves. Plus learned a few tricks. Standing up and riding all the way into the beach heaps of times and catching my own wave (instead of someone holding the board) for the first time was awesome. The feeling is hard to describe.

I was really excited to find out that Bruce Campbell from Adaptive Surfing NZ had spotted me and a couple of others at the have a go day. His email said that I showed the "form and stoke" that Adaptive surfing are looking for in future team members! He wanted to know if we would be interested in attending a training/selection weekend in Raglan. That felt pretty amazing! Of course I wanted to go!

So on Saturday, 20 March – I joined Bruce and a couple of other Parafed members at Ngarunui main beach. The waves were much bigger and stronger than on the "have a go day". Bruce was really helpful. I really want to thank Bruce for being so helpful and giving me heaps of confidence to keep going. And of course thanks to everyone at Parafed. Stoked!



para-cycling

by Pieta Bouma

I had an awesome opportunity to throw myself in the deep end with my first ever para-cycling event at Hampton Downs being the 16km time trial.

It was exciting to be around lots of other great para cyclists and be in the racing environment, although I was nervous because as a new cyclist, this was one of the longest distances I had done, and I had to race it!

I had a lot of fun and am looking forward to beating my time at future events. Only two days later, I competed in the Gran Fondo road race in Cambridge, in the 18km event, alongside hundreds of able bodied cyclists. I really enjoyed being out in the sun and the race went really quickly.

Spending time with the other hand cyclists afterwards certainly gave me something to aim for, maybe I will have to try the 67km next year! There's a super supportive group of hand cyclists around who I was very happy to meet, and I look forward to my future in hand cycling.





parafed radio

On the Air

Very soon we will have 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 freefm.org.nz, accessmedia.nz, Apple Podcasts, Spotify, iHeart Radio.



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>



wheelchair rugby

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recreational cycling

by Tiffiney Perry

After sneaking in the West Coast bike trip last year just before Covid set in we felt we needed another NZ getaway this year so in March the Bike Bitches set off on another adventure.

This time we headed to Queenstown and straight to Clyde to begin the Clutha Gold Trail, another 3 day biking adventure filled with a lot of history plus some epic scenery and most of all a lot of fun!

For these trips I use my RGK Attitude front wheel attachment because it's easy to stop for coffee and lunch and explore the small towns down South. First day was Clyde to Roxborough Dam which was the most challenging day of the three. Starting out along the Clutha River was magic and then to Alexandra and on to the Dam winding up the Roxborough Gorge was just stunning. It then includes a 13km jet boat ride because the trail stops and the guy picks you up with all the bikes and off we go getting a history tour along the way of the Chinese miners who settled there to pan for gold. Then you get dropped off and have to bike up another 11 km which after a little break on the boat is a little hard to get going again. Off we go though and awesome to arrive at our accommodation and settle in and have a wine and some home cooked food.

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recreational cycling

by Tiffiney Perry

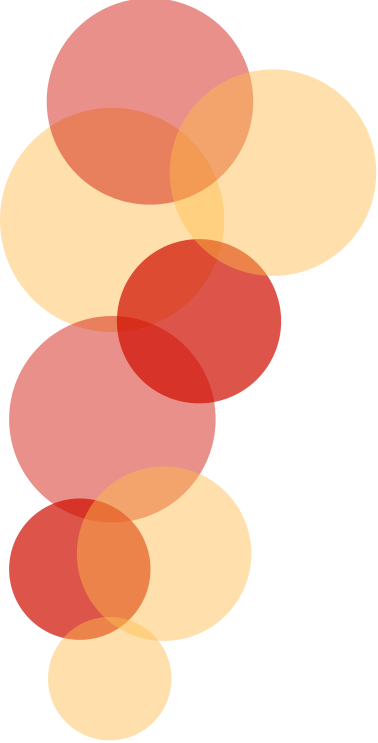
Next morning we pull into Roxborough for a quick stop for coffee and wheelchair/ bike maintenance and head off from the Dam to Millers Flat which is 30 odd km along the river again and through some rolling farmland. We start in the rain which is not cold so its fine and the landscape is just as beautiful but not as challenging as the day before (thank goodness).

Last day is the furthestest – 45km and another big day but still rolling and not too tough for me electric bike. There are times I need a push up a sharp turn with a hill and its great my bike bitches are there to leap off their bikes and help. I couldn't do it without them.

Another great trip with a wee holiday in Arrowtown at the end to finish off.

Bring on the next one on my new bike – The Lasher – all terrain beast! It will be based in the North Island as flying with it would be a mission so will let you know how I get on in The Redwoods for my next adventure.





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christmas party

by Cathy Wooller

What a great way to end 2020 with our members coming together to have some laughs and play a few games of ten pin bowling. The pizza and fries were good as well 😊

Thanks to everyone who came along and joined in the fun as well as our board members who were all there offering their support as always!

Our medals that were awarded were kindly sponsored by Sandy & Penni Schaare from Emblems NZ.

Also it was great to see one of our cutest Parafed Waikato couples there, Steve & Michelle, who were celebrating their 10 year anniversary. They actually first met at a Parafed Xmas party at Chris and Tiffs!



rewardhub

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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. See below for the list of companies that you can buy from. Some might surprise you.

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

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Research shows people with physical disabilities playing adapted sports have similar quality of life to people without impairments.* By giving persons with disabilities the opportunity to be a part of a community, their participation can improve self-esteem, self-efficacy, provide a sense of belonging and participation in meaningful activities, as well as physical well-being. Through sport, people with disabilities acquire vital social skills, develop independence, and become empowered to act as agents of change.

Witnessing the benefit and quality of life improvement in the lives of our clients who engage in sports activities, Drake Medox has been a proud sponsor of various adapted sports events and initiatives nationally. This year, we are proud to be a Gold sponsor for NZ Low Point National Wheelchair Rugby Championships and the Fitness Revolution gym programme in Hamilton. With 50 years of experience as a reliable and quality homecare provider in NZ, our team of Clinical Coordinators support our clients to set their goals, which includes participating in sporting activities as a part of their care plan.

Join a Homecare Agency that will support you to achieve all of your goals – contact Drake Medox today! Visit www.drakemedox.co.nz or call 0800 840 940.

*Côté-Leclerc, F., Boileau Duchesne, G., Bolduc, P. et al. How does playing adapted sports affect the quality of life of people with mobility limitations? Results from a mixed-method sequential explanatory study. *Health Qual Life Outcomes* 15, 22 (2017).



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