



JULY - SEPTEMBER 2021

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



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

Once again we find ourselves in lockdown so it's the perfect time for the newsletter to come out. It'll give you something fabulous to read while you have a cup of tea. There are even a couple of articles from our Paralympians who just arrived back from Tokyo. We are so proud of our Waikato Paralympians!

Hopefully lockdown doesn't last long this time and we can all get back out there and finish the year with some fun competition. Until then stay safe and keep active at home.

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. "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 tatau, one of the things I have learnt about myself when locked down or on leave is that the less I have to do, the less motivated I am to do the things I still need to do. And, the busier I am, the more motivated I am to do those things. I believe it's a classic sign of procrastination. When time constraints are looming, or you are no longer able to avoid a task, then those motivation levels increase. I am not sure if that makes me more or less normal than others. As I write this, with a time constraint looming, I have never been so organised. My school work is all up to date, most of the urgent tasks I need to do are done, and yet here I am tapping away under pressure.

I wonder how this relates to athletes, especially those at elite level? As the Olympics, Paralympics, a World Cup or test approach, your motivation to commit time, money and training energy goes up. But if there is nothing coming up in the near future, even though you know you need to maintain fitness and skill levels, are you still committed to training hard? I guess that's what sets a medalist, run on player, or new cap apart from those that have the ability, but not the unknown X factor. Which one are you?

Congratulations to our Paralympians as they return with their PB's, extraordinary performances and medals. Well done to all of you, we are all very proud of you and wish you the best for the next part of your journeys, and look forward to celebrating with you over the coming weeks and months.

Welcome Clare and Rob to the Parafed Waikato Board, we look forward to getting to know you and you bringing your impressive skills and experiences to the table. To those of you in our youth programme, make sure you read the information about our youth representative opportunity on the board, and talk to Cathy, Jacob or myself if you want more information.

The temperatures are rising, the spring bulbs are out and the lambs are looking cute in the fields. My wife is planning her spring Vege planting. Please, everyone, stay safe, enjoy and appreciate what you have, make good decisions, and be happy.

Nga manaakitanga
Peter



MESSAGE

from your sport development officer



Hi to all our Parafed Waikato whanau, since our last newsletter our sports programmes have been disrupted again by Covid-19 with another few weeks in lockdown. It came at good timing though as we got to watch the Tokyo 2020 Paralympics. I really enjoyed the coverage and had a few late nights staying up to cheer on our Parafed Waikato members. They did us proud. My highlight was seeing Dani win her silver and bronze medals in the 100m & 200m track events. She won the hearts of everyone with her smile and seeing her pure joy at competing at the Paralympics was magic.

We have started most of our sports programmes up again in level 2 with the exception of our social walking group that will start back in level 1.

Over the last 3 months we have run some great sports programmes and 'Have a Go' sessions as follows:

- Ice Skating at the Cambridge raceway. This was a new experience for the kids skating on an artificial rink. Chairs could be used to push for balance until everyone got used to it;

- Our 6 week archery programme was enjoyed by everyone who attended. Scott from Archery Experience who coached this, improved everyone's skills so they were shooting their arrows further back by the end. One of our members, Jack Wallace, loved archery sooo much that he has gone on to join the River Glade Archers;

- Our table tennis programme has been a big success and it's been awesome to see both our youth club and adult members attend this. Jessica at the Waikato Table Tennis Assoc is running this and she is very knowledgeable and is providing excellent coaching. This programme will extend into term 4 as everyone is enjoying it sooo much they don't want it to end;

- Our adaptive Snow Skiing at Snow Planet was heaps of fun with 42 members and their families attending. The bi-ski and mono-ski got well used and it was awesome to see members trying snow skiing for the first time – me included!;

- We have just had our Horse Riding at the RDA in Cambridge. This was heaps of fun and it was great that we could offer this opportunity to some siblings of our youth club members as well. It was a fantastic facility with an indoor arena and outdoor paddocks with obstacles. It was also really handy to have the hoist for a couple of our riders.

MESSAGE

from your sport development officer



Our youth club continues to grow and we have recently welcomed some new members. The youth club have just started up an athletics programme at Porritt Stadium on Thursday and the athletes are coached by Alan McDonald. This is a permanent programme. Our youth have been inspired by Dani who received a silver & bronze medal in the 100m & 200m track at the Paralympics.

We have the Parafed Network Regional Series coming up in November whereby all the Parafed regions from around NZ compete in swimming and athletic events. This is a great opportunity for all the athletes to compete against each other.

Good luck to our wheelchair basketball team who are competing in the Nationals which is being held in Hamilton at Fraser High Gym 1 & 2 on 30 & 31 Oct. If you are free, they would love your support if you'd like to go along.

Also, good luck to our boccia players who are heading to Christchurch for the Boccia nationals on 14 Oct – 17 October.

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



SNOW PLANET

by Giana Edwards

On the 15th of August my siblings and I went to Snow Planet. This was our first time. I felt so excited about going and that I got to share this experience with my best friend Katie. When I was getting my ski's fitted I felt a bit scared as I didn't know what was going to happen. Walking with the ski boots, I felt quite unbalanced, but I was happy that I had the ski poles to help me. The snow felt a bit slippery and cold and icy. When we got into the snow, I tried to glide my feet on the snow so I could get use to it and then Katie helped me to put my ski's on and to balance myself. I felt a bit worried that I might slip over but Katie reassured me that I would be ok. Katie and I walked around with my ski's on, after a while my feet began to hurt so I took the boots off and wore my shoes. I had a turn on the toboggan, I fell off because I crashed into some other toboggans.

When it was nearly time to leave, I had a turn on the bi ski with the instructor Oliver. He took me up the ski lift right up to the top, I was so excited and feeling so happy, then we started going down the hill. My stomach had butterflys and I was so excited, I was laughing all the way down. I got to do this twice and the second time Oliver went even faster which I loved, "I really loved the feeling of it".

Over all I felt really happy that I was able to go to Snow Planet and try something new. I felt really grateful and I am really appreciative that Parafed was able to organise this trip and also to allow my brother and sister and my best friend Katie to come too. Thank you so much for organising this trip I hope to go again one day.



PARALYMPIAN #211

by Danielle Aitchison

The journey to the Paralympic Games began with the pre-camp in Saga, Japan. I left on 13 August to fly to Fukuoka via Singapore. Once I landed in Saga, there was a process to go through with the Covid tests to ensure we were safe to enter the country. Finally, we made it out of the airport to learn that Saga was in a lockdown due to flooding, so we had a 2hour bus ride to get to Saga. Pre-camp was an adventure of learning and adapting. The first few days, I spent in isolation as I was sick and had trouble breathing due to mask wearing and lack of oxygen. Despite this, camp was enjoyable as I got to hang out with the athletes and Valerie Adams.

Then on the 24 August, we flew to Tokyo to enter the Village. The village was so cool with the dining hall with lots of food to pick from.

On the 28 August, I competed in the 200m heat and qualified to go through to the final. I competed in the T36 200m final the next day and won silver medal. I was super happy with my results as I had done all the work and as my coach Alan McDonald always says to "trust the process" so to see it all come together made it all worth it. Especially with all the time and sacrifice to compete at the Paralympics Games made the silver medal all worth the hard times that I have had to go through the past few years especially with Covid, lack of competition and the uncertainty of if the Games were going ahead. It made training hard, but I kept pushing forward and won a silver medal in the 200m. I am super happy for myself because I just went out there and did what I love to do which is run fast.



PARALYMPIAN #211

by Danielle Aitchison

On the 1 September, I competed in the 100m heat and qualified to go through to the final. I competed in the T36 100m final in the afternoon. I was prepared and ready to go but the race was such a tough and fast race, it just felt like anyone's race, but I held on and got the bronze medal. I was happy that I had a bronze medal because during the race my CP had a mind of its own and I did not perform as well as I thought I could have. As we have worked on the 100m the most so to still get a bronze medal was amazing. I loved celebrating with Elena (Russian) and Shi Yitsing (China) and give them hugs, we walked around the track with our flags getting photos together. It was so nice to celebrate this moment with them as my family and support team could not come to Japan because of Covid. This was my favourite memory from the whole trip.

Then the next day, I flew home and spent 2 weeks in MIQ with mum.

Despite the COVID-19 circumstances, I am incredibly thankful for my family especially my mum, my coach Alan McDonald and my support team that supported me from home. It was nice to know that even though many of you were unable to come to Japan that you supported and watched my races from home. For anyone thinking about joining a sport, whether you are old or young, or have a disability or do not think you can do it. Just give anything a go, you never know if you may enjoy it and have a passion in it.

Aim for the stars and dream big!



TABLE TENNIS

by Rob Shultz

Zac has been attending the Parafed Waikato organised 5 week table tennis session held at the Waikato Table Tennis centre in Hamilton, along with other Parafed Waikato members from both the adult and youth associations which ended today,

It was great to see everyone get right into it at the start with some participants having played before with many who hadn't. The Waikato Table Tennis Association assisted in the course aided by 3 of the Waikato Table Tennis team members.

The participants in the sessions learned some basic ball skills to aid in improving hand-eye coordination in the first session, techniques on how to hold the bat correctly for forehand and backhand shots and how to position themselves correctly over the table.

Watching the participants partake each week, was brilliant to see how inclusive Table Tennis actually is with our wheelchair bound athletes being able to compete just as well at the table against our more able bodied athletes.

The Waikato Table Tennis Association will be putting on another 5 week session at the start of the school term 4. Zac and the other Parafed WAikato participants in these past sessions are looking forward to applying and developing their skills learnt in the first sessions to the next 5.





SKIING

by Tim Young

On August 15th, a group of us made the trip up to Auckland to have a go at adaptive skiing at Snowplanet.

The last time I had a go on a sit-ski was about 8-10 years ago, and I've been keen to have another go so was happy to see another opportunity to come up.

After fishing out some warm clothes and buying some gloves last minute, we headed into the freezing room at Snowplanet with all the snow. I was transferred onto the bi sit-ski, which had two skis underneath and was stable than the mono sit-ski for people like myself without any trunk control. Then we strapped my hands to the outriggers which added stability and control.

There were a few different slopes and lifts to the top, but as beginners we chose the magic carpet to go halfway up the slope. We had such a fun day! The instructor was super nice and accommodating to my individual differences.

I got about four runs in the couple of hours I was out there, which was enough to tire me out. I definitely felt like I was getting the hang of it by the end. Next time I'll take my wife to learn how to go down the slopes with me.

I would like to thank Cathy Wooller for all of her hard work organising everything to provide us with the opportunity. In hindsight, it was perfect timing for the trip, as it was only two days before the country went into Level 4 lockdown again!

10/10 would adaptive ski again.

#TOKYO 2020

by Robbie Hewitt

Here is a rundown and my experience in finally making it to Tokyo 2020 and representing the Wheel Blacks at the Paralympics. Much like Covid-19 postponed the Paralympics for a year, we left with a fair bit of uncertainty as New Zealand had just discovered its first case of community transmission brought the country to a halt the day before we were scheduled to depart. But in the wee early hours of the morning of August the 19th I was able to head up the motorway to the Auckland airport to depart to the games. Apart from being an airy feeling of jumping on a plane for international travel again it was a great trip 11 hour direct flight. That was however where the fun stopped as we had a 5 hour wait in the airport to get a Covid test and the results before we could head through customs. The Japanese people however are very efficient helpful people and had about 5 helpers for every person. We managed to escape the airport only to have to wait an hour for our bus to pick us up. The great thing was even at 11pm the weather was nice and warm.

Unfortunately due to PNZ protocols we were unable to attend the opening ceremony which was disappointing as it looked like a fantastic spectacle and would have been fantastic to be a part of. Finally Wednesday the 25th of August arrived and it was an honour to be part of 1st game of the tournament against one of the tournament heavy weights USA. Heading out onto the court, listening to the NZ national anthem and performing the Haka gave not only myself but the entire team a huge sense of achievement and pride finally making it to the pinnacle of our sport. Once that ball tipped off and the game started there were 8 new New Zealand Paralympians. The entire team put in a huge effort and showed a lot of the fighting New Zealand attitude.



#TOKYO 2020

by Robbie Hewitt

It was an absolute honour to finally get to represent New Zealand at a Paralympics and I am proud to now be able to call myself a Paralympian. The quality of rugby was at the highest level as was expected. It was eye opening to see all the resources other teams from around the world have at their fingertips and to see what we need to change to get to the level we are striving for.

We were definitely there for the rugby but it was great to be able to experience being part of the wider New Zealand Paralympic team. Being able to cheer on from our house and share in the excitement of us all competing and celebrate success whether it was a medal, PB or just competing everyone tasted success on some level. It was definitely a highlight of my rugby career so far. I have been to 2 world champs and many other top competition but this was definitely a different experience that I will not forget.

There is not a lot of time for rest as next year potentially is another busy year with international tournaments, Asia-Oceania (to qualify for world champ) and World champs latter in the year in Denmark. Thanks again to Parafed Waikato for their ongoing support. We cant represent Waikato and our country on the biggest stage without them. Its been a great year of Wheelchair rugby for the DG Sport Waikato Stampede, winning our reginal competition the WRC, a 2nd placing at NZ nationals and being represented on the biggest stage at the Paralympics.

Lets hope we get Covid under control and we can get out and play some rugby in 2022. Go the DG Sport Waikato Stampede.



RAROTONGA

A poem by Chris Harvey

Into the Sun, having lots of fun, a 3 hour plane ride, take a cushion for your bum.

Nice friendly people, always keen to take your money, internet prices are just not funny.

Accessible ish hotels and resorts, take a commode so you're not out of sorts.

Lots of roosters cock a doodle doing and a heap of interbred dogs constantly pooing.

Accessible transport nowhere to be seen, prepare for some lifts from friends strong and lean.

Sunsets amazing, watch those shark repellent drinks, might make you sleepwalk...methinks.

The Parafed Beach chair came in very handy, swimming and snorkeling was really dandy.

Fire eating warriors, cultural shows a must, beautiful hips twerking you might even see some busts.

Coconuts, palm trees, Raro you were a mid winter treat, good friends, great times another day we will meet.



HORSE RIDING

by Josh de Wild

I thoroughly enjoyed going horseriding on Saturday 25th of September at Cambridge RDA.

When I got out of the car I was extremely excited to see all of the horses.

Before we were able to ride I was able to pat Monty, after awhile he didn't like all the attention as he is 17 years old and he was backing off a bit about being groomed too much.

Getting on the horse was a little scary but I looked forward to sitting on Toby as he was really gentle. He was nice and slow.

It was also nice to have my mum dad and my brother there with me. My brother is 17 years old and it was his first time riding a horse . He was a bit unsure to begin with but when he came back from his ride my mum noticed that he was very happy.





FITNESS REVOLUTION

Get Fit

DRAKE
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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, 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

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

Become a member!



WHEELCHAIR BASKETBALL

by Maioro Barton

On Friday the 23rd of July, 8 players from the Parafed Waikato Wheelchair Basketball Team travelled down to Christchurch for the second round of the National League which was held on Saturday and Sunday. Thanks to the Lion Foundation who sponsored our flights and accommodation at the Rydges Latimer Hotel.

Also a big thank you to Cross Country Rentals who sponsored 2 vans for the weekend so that we could transport the players, support staff and equipment while down there.

We competed in division 1 which also had, Northland A, Auckland A (current national champions) and Canterbury A. All teams were very strong!

Some of our players got food poisoning on Friday night which effected them all weekend. Top scorer for Waikato, CJ Takiari also injured the ligaments in his arm during our first game.

Despite these minor set backs, we saw some great things from players who are new to playing in the A Division, Oli Posa, Prim By and Chris Harvey. Veteran players David Venter, Rowan Pringle, Wayne Chase and Maioro Barton showed their experience on the court with some great plays over the weekend. CJ Takiari returned to the court for Sundays games and had a stellar performance as our teams top scorer, in our final game for third and fourth against Northland A, which we went down in the final moments, 60-65.





OUTWARD BOUND

by Sandy Schaare

When we were first offered the opportunity to do outward bound, I was incredibly excited. I have always been aware of OB and what people achieve while there. Myself having grown up in the outdoors and already going on multiply outdoor courses, I immediately saw this as a once in a lifetime event for Emmet and myself! While I was incredibly excited for Emmet, he was his normal cool as a cucumber self!

The journey down in itself was a huge adventure! Flights, Hamilton to Wellington then Wellington to Blenheim. Then onto a shuttle to meet everyone at Picton and finally onto a small bus for a hour drive to Anakiwa. Outward Bound!

The days were very structured with early morning routines, followed by surprise adventures. Every morning we did roughly 20mins exercise, then a 6km run for most and about 3km run for Emmet and I pushing his chair...then the infamous dive into the Sounds followed by a cold shower. All this before Breakfast! Certainly, this was a change for me but all part of the adventure!

While at OB we Built rafts, Waka Ama-ed, learnt to handle a knife, light a fire, pitch a Fly, we also worked on ourselves self-analysing in a group.... Sailing was a highlight. Especially sailing to some of the stunning locations around Queen Charlotte Sound. Having already sailed as a teenager it was really nice to sit back and watch the kids take up the challenge.

At night the Stars were epic!

Solo was incredibly special and something I never thought I'd ever be able to do with Emmet...24hrs in the bush alone with my best mate and the Weka's and a huge Red Stag. By this time the body was getting pretty tired. Summing up the whole adventure it was completely Emotionally and Physically exhausting in the best possible way.

Continued next page...



OUTWARD BOUND

by Sandy Schaare

On the second to last day, we had one of the most amazing experiences "High Ropes" Think a 5 meter off the ground obstacle course.

Emmet went first! Watching these kids navigate this course was really inspirational, not only was it truly physically demanding, it was also a little terrifying being so high up off the ground! All of the kids did this with such determination, passion and enthusiasm.

As a parent I was incredibly proud, and felt very privileged to watch Emmet and all the kids' power through this challenge. And indeed, the Adults as well.

Watching Emmet ride the Flying fox down from the top of a Kahikatea was fantastic, literally once in a lifetime...so he did it twice!

To sum up OB in one paragraph has been impossible for me...but one sentence would be "The most rewarding, physically and emotionally exhausting thing I have ever done together with my son"

Then the adventure home!



FIT FUTURES

by Liam Carter

About Fit Futures Charitable Trust

Who are we?

Not-for-profit organisation Fit Futures Charitable Trust was Launched on July 23, 2012, with a view to providing quality personal training instruction for people with physical disabilities. Based in Hamilton, New Zealand, Fit Futures supports its local community through the provision of one-on-one personal training sessions and ongoing health and fitness guidance.

Internationally, Fit Futures has, via social media and educational content, enabled people with disabilities to become fitter and healthier. Says its Director and Founder David Robson, "Fit Futures guiding mission is to instill within each of our members the confidence, skills and knowledge needed to become successful in whichever endeavor they choose. Through fundamental fitness training, healthy living and positive thinking principals, Fit Futures aims to provide for our members a holistic approach to long-term, sustainable personal growth."

Why Fit Futures?

-We believe our members' improved health and wellbeing, resulting from their physical fitness training, may 'transcend the gym' and promote within them a greater willingness, and ability, to achieve in other areas of their life.

-We believe that a strong body and the ability to overcome training challenges may better enable our members to become more effective in their personal and professional life, and may bring about further opportunities for these people to connect with their communities.



PARAFED RADIO

On the Air

We are going to be having some Parafed content on Graeme "Minty" Meads radio show on Saturday mornings.

Tune into the Waikato All Sports Breakfast show 7-9am Saturdays on 97.0FM.

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>

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

Click the link below to support Parafed Waikato.

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

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Yd



SUPPORTING YOU

Drake Medox

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).





PARAFED WAIKATO

would like to thank our major supporters

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