



OCTOBER - DECEMBER 2021

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



We did it! We made it to the final edition of the Parafed Waikato Newsletter for 2021. I hope you've enjoyed reading these this year. It's been fun putting them together and when I look back on 2021 it's amazing to see how much has still happened even in a year of disruptions.

Thanks to everyone who has recently renewed their membership. You'll see lots of our members having fun at our Christmas Party and Paralympian celebration evening in this issue. It's nice that we could get together to have a celebration of the year and of our successes.

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 Chairman of the board, Peter van Vroonhoven

Hari Kirihimete, nau mai haere mai. Merry Christmas and welcome to you all.

I am extremely proud of us as an organisation, our staff, members, families, board members, volunteers, supporters and partner organisations for what we have managed to achieve this year. Highlights for me are;

- the re-establishment of Powerchair Football with a new coach, new players, new sponsors, new trailer, club owned chairs and the partnership with Wanderers Sports Club.
- three new board members bringing new ideas and skills to the table including our first youth club representative. Welcome, Clare, Rob and Sophie.
- the success of our Waikato Paralympians in Tokyo along with the fantastic celebration we had for them recently.
- The inclusion of aspects of tikanga Maori to our board meetings, starting with a new whakatauki (proverb) each month. I am looking forward to adding more elements of this next year.

We did say goodbye and thanks to board member Amy Dunn who has moved to Auckland and launched her career with The Halberg Foundation. Congratulations to board member Jacob Phillips for his appointment to the first Athletes Council at Paralympics New Zealand. Jacob's desire to give back fits well with what we try and do here at Parafed. I went along to our athletics training at Porritt Stadium recently and was so impressed to see Paralympic medalist Danielle Aitchison helping train our next crop of athletes.

Our Youth Club and Fitness rev are continuing to flourish and we are excited to bring Graeme (Mintie) Mead on board as a supporter and advocate for what we do, giving us some profile on his radio sports show, starting early next year.

Also worth celebrating is Parafed Waikato and yours truly being finalists in the 2021 Sport Waikato Sport and Active Recreation Awards. This is great recognition for the work we ALL do and will give us more profile as a sport and active recreation provider to our community.

For now, stay safe, be happy, remain well, enjoy the new freedoms the traffic lights are giving us, and keep active.



CHRISTMAS PARTY

A celebration of the year

The end of year celebration was held on Sunday the 12th of December.

It rained a bit but that didn't dampen anyone's spirits.

It was a good chance for our members to reconnect and catch up after the lockdowns and a crazy year.

The kids enjoyed a splash in the pool and as always it was a great feast.

Happy Christmas everyone!



MESSAGE

from your sport development officer



Kia Ora

All of our sports teams are winding down for the year and we only have a couple of weeks left for our youth club programmes. It's been a mixed year with covid interruptions and the Waikato now moving to the new Covid Protection Framework and going to orange. Here is what everyone has been up to since our last newsletter:

·Our athletics programme at Porritt Stadium is going well and the kids are getting some awesome coaching from Alan with field athletics and Dani Aitchison with track athletics;

·Our Powerchair Football team the 'Wanderers Wasps' have affiliated with the Wanderers football club and their club sponsor Dynasty Sport have kindly sponsored our team playing shirts and hoodies. They all look so professional now!

·We have decided to start our social exercise & coffee group back up in 2022;

·Our table tennis programme started up again at the end of November for a 4 week programme and extended session times. This has proven to be popular with our members. Thanks to the Waikato Table Tennis association for running this;

·We held our Paralympian Celebration on Tues 30th November. It was awe inspiring and humbling listening to our 6 Paralympians talk about their personal experiences in their chosen sports and to hear about the Tokyo Paralympics. Thanks to Graeme Mead 'Mintie' for being our M.C and adding some great humour to the interviews.

Cathy Wooller

Parafed Waikato Sport Development Officer

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SURFING

by Ian (Charlie) Charlton

It's been a while since I was in the water. Having previously surfed a lot at Raglan before my stroke I was intrigued by the flyer that came out about the upcoming Parafed Surf Day.

After a bit of thought and some encouragement from David at Fitness Revolution I decided to seize the opportunity and headed towards the beach on Saturday the 11th of December.

The sun was out when I arrived at the top of the hill and the Raglan Surf Club volunteers were very welcoming. One of the things I'd been concerned about was how to get down to the beach but they had an ATV to take us down the big hill and it was a quick and easy ride down.

Once I hit the sand the crew were there to help us into the water. They had a beach buggy to get us into the surf. It was a cool buggy with big tyres to get across the sand and floats to keep it buoyant in the water.

Feeling the power of the ocean and the waves rushing over me brought back those good vibes and I caught four waves. It was a great feeling riding the waves surrounded by some of my old surf buddies and Daniel Kereopa. The boys knew I was a surfer so after my runs they took me way out the back for an extra swim.

The other best parts were seeing the smiles from all the kids and chatting to my old surf mates. I was left with a real stoked buzz even though I was buggered.

Being in the water reminded me that I should do it more often and I hope to do it again.

SURFING

by Ian (Charlie) Charlton



PARALYMPIANS

A celebration of Tokyo 2020

Parafed Waikato – Paralympian Celebration

It was great that we finally could get together for our Paralympian Celebration on Tuesday 30th November at the Hamilton Gardens Café.

After some nice nibbles and drinks and socialising we got to hear from our 6 Waikato Paralympians.

Thanks to Robbie Hewitt, Dani Aitchison, Eltje Malzbender, Jesse Reynolds, Nikita Howarth and Anna Taylor for coming along and entertaining us on the night with a fun interview with Graeme Mead 'Mintie'.

We all loved hearing your stories and learning more about your personal journeys in sport and life.





SURFING

by Cathy Wooller

We held our second adaptive surfing day on 11 December at Raglan and we were blessed with great weather. The surf was a little rougher than our last surfing day so it proved to be a bit trickier for our surfers. It was the first time surfing for a lot of our members, so what an amazing experience. The smiles on everyone's faces when they were catching waves was just awesome.

We had an incredible amount of instructors and volunteers and this meant that everyone got to have more than one lesson if they wanted and stay out for as long as they wanted.

The beach wheelchair was in constant use and it was great to see what an asset this is.

What a surprise when the legendary Daniel Kereopa 'DK' turned up to help out and take some members out for lessons. He is regarded as one of NZ's best surfers. Bruce Campbell from Adaptive Surfing NZ also came along to join in the action.

Ella and Zane from the Raglan Surf lifesaving Club were kept very busy transporting our members up and down the hill in the ATV's – this proved to be a real lifesaver!

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;
Our photographer Shaz;
The volunteers from Access Community Health;
Glyn Wooller;
Peter van Vroonhoven;
Tiffiney Perry; and
Lara Toxward and her friend



SURFING

by Cathy Wooller





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!





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>

Get Shopping

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.

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

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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

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