



JANUARY - MARCH 2023

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



Hello and welcome to the first edition of the Parafed Waikato Newsletter for 2023. This newsletter celebrates the success of our athletes and shares their stories. I hope you are encouraged by the stories in this newsletter and are inspired to train hard and keep active.

I hope you've all had a great summer despite the terrible weather. This newsletter is full of fun stuff that our members have been up to and by the looks of it you've been enjoying the outdoors. We have reports on surfing, watersports, fishing, mountain biking and much more.

I want to say a big thanks to Access Community Health for partnering with us to bring our Fitness Revolution gym program to you for 2023. We really appreciate their support.

Remember we also 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

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

It's been great to see the first quarter of the year behind us largely uninterrupted. However we do need to acknowledge those communities that were ravaged by Cyclone Gabrielle. We hope our Parafed colleagues in those areas are holding up well and able to deliver programmes that will no doubt be uplifting to their members.

We must also offer our condolences to board members Stu Meehan and Wojtek Czyz who both lost their Dads in the last few weeks. We are so sorry for your losses. Earlier this year a number of us attended the Sport Waikato Sport and Active Recreation awards where Cathy Wooller and Sandy Schaare were finalists in their respective categories. We were super proud and excited when Sandy won his category - Community Coach, and Cathy was joint winner for Commitment to Youth Engagement. Highlight of the night for me was Sandy's opening comments when accepting his award; "shit, I won".

This year we welcomed Francis Asare, our new Operations Manager. Francis comes to us having worked for both Ghana Cricket and Ghana Paralympics, and is currently completing his Doctorate at University of Waikato, focusing on Disability Sport. Francis's first day on the job was going down to Christchurch with Cathy for 2 days of hui with the Parafed Leadership group and the larger Parafed Network, representing all the Parafeds and similar organisations. Once back in Hamilton he was out and about meeting people and making connections, Francis's wife arrived in New Zealand last month, and, baby Deli Asare was born on 1 April. Congratulation to Francis and Francisca, and welcome to the team.

Congratulation to our member Dani Aitchison on recent great results in Australia, and great to see Wojtek being acknowledged and supported by the Ebbett Group by supplying him a brand new electric vehicle to assist in his preparations for next years Paralympics. We are super proud of both of you.

Last week I got out and about checking in to Wheelchair Basketball and Wheelchair Rugby practice sessions. They were both well attended and I can assure you Coach Wayne at B'Ball will never pick me as his key shooter. That's it for me, look after yourselves and don't let the shorter days stop you from being active.

Nga Mihi a Nui
Peter



MESSAGE

from your Sport Development Officer



Hi to our Parafed Waikato whanau

On 14-16 April, Parafed Waikato are taking a team of 24 athletes up to the Halberg Games 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 enjoy the thrill of competition as well as trying new sports.

Our athletes have been training hard for swimming and athletics for the events they have entered. We would love it if any of our members came up to support our team.

We are canvassing interest in whether people with mobility assistance needs would use an E-Cargo bike if it were made easily accessible to the public.

The bike would be located in the Cambridge/Tamahere area.

If so would you please complete the below survey.

<https://forms.gle/XmWAjHgN6iZS4cQc8>

Thanks

Cathy Wooller, Parafed Waikato Sport Development Officer



MESSAGE

from your Operations Manager



Dear Parafed Waikato Members,

Firstly, I want to extend my gratitude to Board Members, Staff and all our members for the welcome, support and friendliness so far. I also want to extend my warmest regards to you all and I hope everyone has had a good first quarter of the year so far. I am sure I have met some members over the last two months at some of the programs. However, for members, I have not interacted with I thought I would take this opportunity to introduce myself and share some of the exciting things we are up to from an operational perspective.

As some of you may be already aware, I am currently in the last year of Doctoral study with the Faculty of Health, Sport and Human Performance, University of Waikato. My research focuses on how to increase and improve disabled people's participation in sports often impaired by inequities and lack of access to assistive technology (i.e., prosthetics and wheelchairs). About two years ago, part of the research activities drew me to Waikato Wheelchair Rugby Club as a volunteer, I tried it, it was exciting, and I loved the environment and remained with the wheelchair rugby family.

My first two months in the role of Operations Manager have been eye-opening, full of positives and promising exciting times ahead. We have strengthened our communication and relationship with our colleagues in regional Parafeds, Sport New Zealand, Paralympics New Zealand and Sport Waikato. I am happy to say this collaboration has led to a spot on the Community Para Sport Working Group and a recent invitation to join the Waikato Sport Collective led by Sport Waikato.

From the sports side of things, plans are underway to increase our member's participation in the community through a pilot Para-Table Tennis program supported by Table Tennis NZ and Paralympic NZ. Additionally, our Waikato Wheelchair Basketball community is expected to benefit from U-23 3x3 all-inclusive Wheelchair Basketball social competition proposed by Basketball NZ. With our support, it is expected to generate new interest, players and potential talents for possible participation at the next Commonwealth Games.

We have had successful 'have-a-go' sessions with adaptive surfing, basketball and croquet alongside our regular activities organised by David, Cathy and Wayne which have been an exciting bunch of events. Following these developments, I am looking forward to more exciting times with you all in the coming months with more fun activities and sports opportunities.

Francis Asare
francis@parafedwaikato.co.nz

WATER SPORTS DAY

by Cathy Wooller

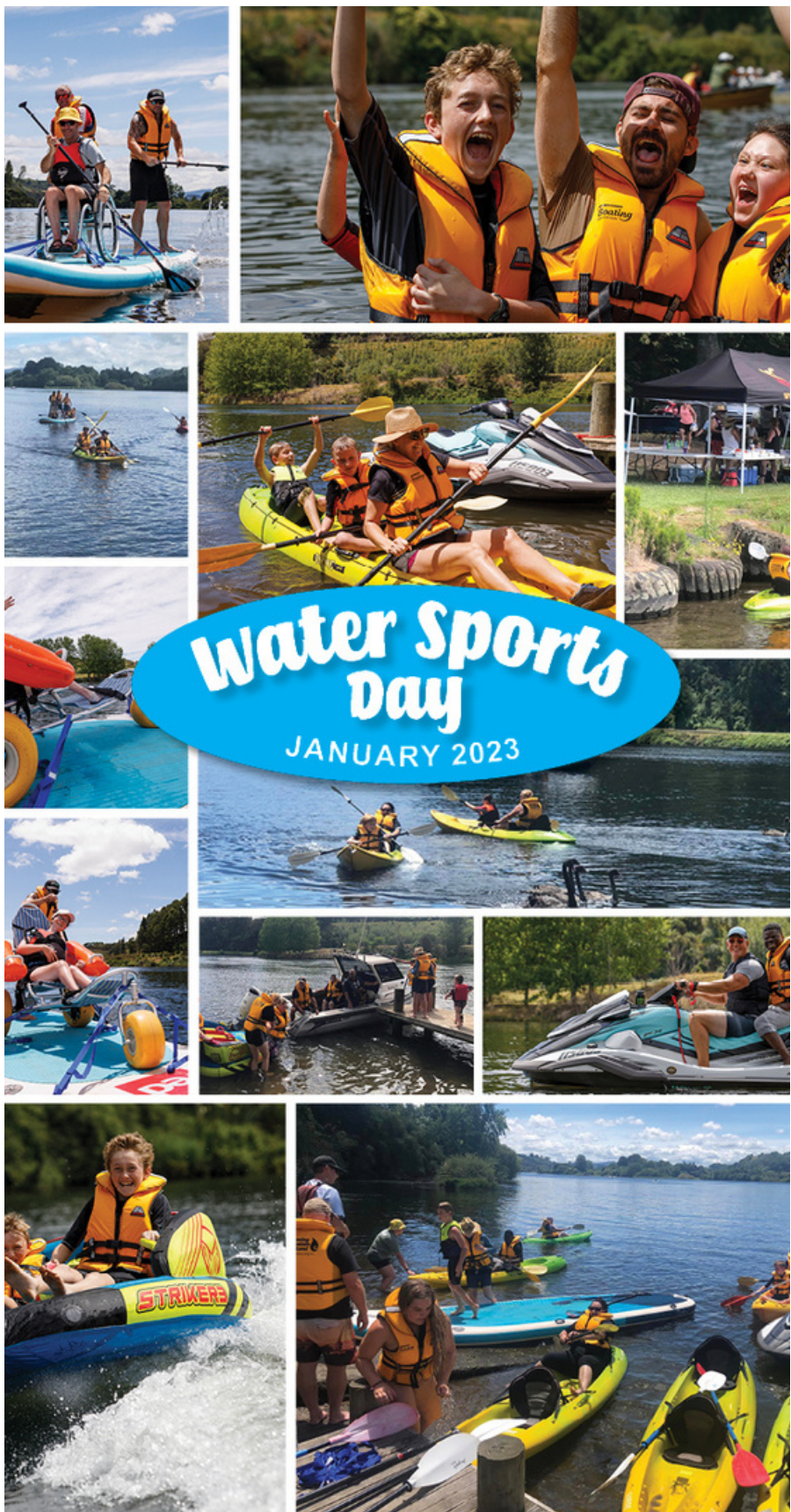
We held our first water sports day in January this year at Epworth Park. We were blessed with a beautiful sunny day. Everyone had sooo much fun and it was brilliant seeing so many happy smiling faces.

Blair took everyone out on his boat for biscuit rides, Rob and Anton offered jet ski rides, Luke & Ella provided water safety demonstrations for the kids in the inflatable and Riverside Adventures showed everyone how to kayak and paddle board. The giant paddle board was such a hit on the day and it was awesome to see our wheelchair users giving this a go.

Thanks to the following people for making this day possible and such a success:

- Blair Ballard, Rob Schultz and Anton Waller for offering your boat and jet skis and expertise;
- Chris Harvey for organising all the food and cooked up a storm on the bbq;
- Swimming Waikato for providing the inflatable boat and life jackets;
- Paul Sutherland photography who very generously offered his time to come and capture the magic on the day;
- Waimarino who leant us their giant SUP paddleboard); and
- Kevin Allum from NZ Windows who supplied the BBQ for the day.

Thanks also to the Wilson Home Trust for funding a giant paddleboard for future water sports days!



ADAPTIVE MOUNTAIN BIKE RACE

by Tiffiney Perry

This was my first ever Adaptive Downhill event held March 19th 2023. The Te Poaka Trail.

I was pretty nervous as it was a grade 3 with some hairy turns and quite like a roller coaster.

After falling over the first time I nearly pulled out as I never intended to compete in mountain biking but its hard for me to sit and watch and after a couple more practice runs I took up the challenge and actually loved it!

Big Ups to the Adaptive Mountain Bike (#Adapt MTB) crew they continually amaze me with their enthusiasm and support of Adaptive mountain biking.

For many with disabilities, mountain biking is either something they have never tried or something they have had to give up. We want to change this! With the advancements in e-bikes, trikes and hand-cycles, riding "off road" has become more achievable to the masses, rather than a lucky few. It's Adapt MTB's goal to organise opportunities for disabled people to give it a go and work with various foundations that support people with disabilities to make it happen.

Whether its Have a Go Days or Events they are there in numbers to make it happen!!



WHEEL 'EM IN

by NZ Fishing Magazine



If you ever required an illustration of the saying 'where there is a will, there is a way', you need look no further than Chris Harvey and Tiffiney Perry's FC700 HTA Wheel 'Em In.

Both Chis and Tiffiney have a passion for fishing and boating, something they share with their son Jack. Restricted physically, the simple things most of us take for granted are a challenge. Still, they have overcome many of these with technology and the engineering and design skills of FC Boat's Max Christensen and his development team.



Appropriately named Wheel 'Em In, the seven-metre hard top is chock full of innovation to make Chris and Tiffiney's time on the water as comfortable and safe as possible.

Chris is a qualified fitter welder with a love of design, so he was very much hands-on with developing his 'forever' boat. He lost his mobility when he was a passenger in a car crash, the impact resulting in the severance of his spine between the C6 and C7 vertebrae.

"This boat will allow Tiffiney and I to travel to various destinations, doing everything ourselves. Max and the FC Boats design crew – Josh, Grant and Ben – have been great to work with, and nothing was too much trouble," Chris says.



Photos:

Chris Harvey uses the Ocean Lift electric crane to swing himself aboard the appropriately named Wheel 'Em In, a highly modified FC700 HTA amphibious trailer boat.



ACCESS

by Access Community Health

We are one of New Zealand's leading healthcare providers, specialising in home-based healthcare and support, and have been at the forefront of community health since the 1920s. Working with the Ministry of Health, DHBs and ACC among others, to provide support for over 40,000 people around the country. Our skilled team of nurses and support workers provide a range of services to help clients maintain an independent lifestyle in their homes and communities.

Total Care Health Services is a division of Access Community Health, with a unique focus on wound care management and other specialist clinical services such as catheter care, and IV treatment. We'll tend to your needs in your home, workplace, or place of study, meaning you can continue your day without the need for a visit to a clinic or hospital.

Your health and wellbeing are our priority, and our holistic approach considers your lifestyle, whānau, family, friends and social connections. Trust us to be part of your journey. You can contact us to learn more about how we can support you.

Enquiries about Total Care Health services
Call 0800 426 877 / 0800 4 A NURSE
Email us at info@totalcarehealth.co.nz
Access.org.nz

Enquiries about Access Community Health
Call 0800 284 663
Email us at info@access.org.nz
Access.org.nz

Our Values:
Kaitiakitanga: Care for our community
Kotahitanga: Work together
Tū Tika: Do the right thing
Manaakitanga: Look after each other

 **Access**
community health
Hauora Tara-Ā-Whare

 **Total Care**
health services

PARAFED NETWORK HUI

by Francis Asare

The Parafed Network Hui was held at the Garden Hotel in Christchurch on 1-2 February 2023.

The meeting was attended by our new Operations Manager – Francis Asare and Sports Development Officer – Cathy Wooller.

Key stakeholders such as other Regional Parafeds, Disability Sport NZ and Paralympic New Zealand were all present. Francis and Cathy participated in discussions and workshops on how Parafeds can improve its work and services for its members. It also provided an opportunity for the Parafeds to share best practices and knowledge about how to provide more inclusive play and active recreational activities for its members. While Francis took part in discussions and workshops around improving governance, Cathy was involved in discussions about how to enhance the relationship between staff and the governance team.

For our new Operations Manager, it was an opportunity to network, build new and extend relationships with other Regional Parafeds. According to Francis “it was just the perfect way to start for me, spending two insightful and informative days with people across the disability, active and recreational sectors; as well as having lots of fruitful discussions which will aid in enhancing our programs, relations and opportunities for our members”.

He concluded, “I am looking forward to representing Parafed Waikato’s on the network and also supporting the network’s growth”.

The Parafed Network Forum is expected to reconvene at some point later this or next year.



LAWN BOWLS

by Lynda Bennett

I've had wonderful bowling season. At the NZ Summerset Nationals I was runner up in the Disabled singles.

Unfortunately a wide bowl from Graham Skellern, which hit a bowl and slid through the centre to land on the jack, in the extra end in the pairs saw us from winning to coming third equal .

I had a fantastic week in central Otago last month. Even though we didn't qualify, we all played some fantastic bowls.

My team won the Taranaki Fours. This was against 64 women's teams from all over NZ. This was absolutely magical.

We had no accommodation on the last night and a good friend of mine gave us her house, while she stayed with the neighbor. My team also won the Womens Classic at Te Aroha two weeks ago.

I have won the ladies pairs, triples and fours and the mixed fours at club level.

Photos:

Lynda with disabled bowls team in Central Otago.

Lynda with ladies team in Taranaki.



FIFA UNITY PITCH

by Cathy Wooller

Our Parafed Waikato Powerchair Football Team 'Wasps' and youth club members had a ball playing on the FIFA unity astroturf pitch in February.

It was a great opportunity for them to meet some of the Football Ferns and play alongside them with powerchair football. It was also good for the kids to put on goggles and experience blind football.

The FIFA Women's World Cup brings together many diverse people and cultures. The Unity Pitch reflects the 32 nations competing in the tournament and shines as a symbol of unity and progressiveness.



SURFING

by Cathy Wooller

Adaptive Surfing day –19th February

Our members had such a fun time at our adaptive surfing day.

Aidan and his instructors and volunteers from Waihi Beach Surf School showed everyone an amazing experience. It was great to work with Cindy from 'Live Well Waihi Beach' who rallied local volunteers to help get the beach access way levelled after the cyclone so the beach mats could go down.

We were very grateful for the kindness and support your community showed us on the day.

It was awesome to see Dave MacCalman from the Halberg Foundation come along to our surfing day.

Dave, alongside 'Live Well Waihi Beach' and the community, have been instrumental in helping to set up and source funding for the accessible beach mats and beach wheelchairs.

Photos:

Wayne on beach wheelchair

Girl on surfboard

Kids standing on surfboards on beach



CROQUET

by Cathy Wooller

A couple of weeks ago we held our 'Have a Go' croquet day.

It was awesome to see such a good turn out with 37 participants who came along to try out a new sport.

We were fortunate to partner with Oliver from Croquet New Zealand and the Leamington Croquet Club to hold this day.

Oliver was instrumental in teaching and guiding everyone and made croquet lots of fun!

Croquet is a sport that involves hitting wooden or plastic balls with a mallet through hoops embedded in a grass playing court.

Croquet is popularly believed to be viciously competitive. This may derive from the fact that players will often attempt to move their opponents' balls to unfavourable positions.

The adapted mallets also helped some of our players. It was a lot more challenging and technical than people thought it would be.

I hope this 'Have a Go' day inspires people to take up the sport.

Photos:

Youth members with croquet mallets

Arthur with coach Oliver

Chris playing croquet with adapted mallet



WHEELCHAIR RUGBY

by David Klinkhamer

The beautiful town of Te Aroha was the location for the first ever Wheelchair Rugby 5's tournament in New Zealand.

'Fives' is the fast-paced version of traditional wheelchair rugby, similar to T20 for cricket or 'sevens' to rugby union.

Game rules are the same, except there is 5 players on each team rather than the traditional 4, with matches also played in 2 x 12min halves rather than quarters.

Classification to compete in 'fives' is far less strict than traditional wheelchair rugby, opening our great game up to the thousands of people who have always wished to be able to participate at a competitive level.

It was a fantastic weekend. The supporters and volunteers made it special and though the courts were crowded with 5 players it was a lot of fun.

Our Waikato team are looking forward to the next tournament which will be the WRC on the 29-30th of April in Tauranga.

Photo:
Georgia playing wheelchair rugby.

Photo taken by Bev's Broadcasting.



BASKETBALL

by Wayne Chase

My names Wayne currently the coach and manager of the Waikato Basketball team and I'm writing this article today to show my appreciation for the family's and friends that attended our Wheelchair basketball have a go day.

In all honesty I was happily surprised with the big attendance and how the parents and kids came together and enjoyed the day and hopefully went away with a new skill set.

Thanks to Cathy and Frances for the team effort in making this day happen.

Most importantly without food we wouldn't have had the energy to push thru the day, A big thanks too the Rapid Relief team for providing your outstanding burgers and support thru out the community, you guys are the real MVPs.

Don't forget Guys anyone is more than welcome to come down to the peak Rototuna, Monday nights 6-8pm to play games and give our A team a well deserved thrashing, who's up for the challenge?

Also keep a eye out as well for our new 3x3 tournament starting soon, with this program we are aiming to attend the commonwealth games with a strong team in 2026.

Photos:

Wayne coaching wheelchair basketball.
The Rapid Relief team with Wayne





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, 027 212 5496 or david@parafedwaikato.co.nz

The programme is sponsored by Access Community Health. For more information on Access Community Health and their range of services visit www.access.org.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

Tune in to Graeme "Minty" Meads radio show on Saturday mornings. The Waikato All Sports Breakfast show 7-9am Saturdays on 97.0FM.

SPORTS CHAPLAIN

Need some Support?

Remember we have a Sports Chaplain, Heather Turner. Her goal is to provide mental, emotional and spiritual wellbeing support to our teams and individuals. If you'd like to speak to Heather please contact her on 027 516 6598.

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>



PARAFED WAIKATO

would like to thank our major supporters



LEADING DISABILITY SPORT // 07 858 5388 // WWW.PARAFEDWAIKATO.CO.NZ