



JULY - SEPTEMBER 2023

PARAFED WAIKATO NEWSLETTER

WELCOME

from your Parafed Officer



Hello and welcome to the third 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.

We had a great AGM the other day. A big thanks to the Hamilton Golf Club for generously allowing us to use their clubrooms for the meeting. It was well attended and we got to see a nice presentation of what we have been up to throughout the year. When you see it all together like that it shows how much great stuff you've been doing and what an exciting season it's been.

Speaking of great stuff, this issue is packed full of it. I hope you enjoy reading about what's been happening in the past few months. A big congratulations to Waikato Wheelchair Rugby for winning their Nationals!

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

As this is my final contribution as Ex board chair, I thought I would share my comments from the recent AGM. There is not much more to say as my good bye koorero, so read on if you didn't attend the AGM.

The 2022/2023 year has been another successful year for our organisation. We have gained new members, new sponsors, new activities and a new staff member. As I do every year, I want to unequivocally share how proud I am to chair your board and share in the lives and successes of our members.

Of significance this past year, the employment of Francis as our first Operations Manager, has been a huge step in the growth and reach of Parafed Waikato. Francis has brought with him his experience leading and guiding major sport organisations and events in his native Ghana, his academic rigour to provide the theoretical foundation for our team and decisions, and his skills in reaching out to, identifying and establishing new partnerships. This is in line with our strategic plan to create new opportunities for our members and new income opportunities, allowing us to grow with the financial security needed. Thank you Francis for the mahi and value you bring to Parafed Waikato.

One of Francis's roles is to support our existing team of Cathy and David. I know they have appreciated his input and support of their roles. Cathy and David have again proven their worth and skills in supporting our current and incoming members. Core programmes such as Fitness Rev, our Youth Programme, Have a Go days, and, new activities have been well organised and supported by our members and their whanau. Thanks again Cathy and David for regularly going above and beyond in your roles and the highly valued mahi you do.

Some of our sports now have paid coaches and we must thank our funders and backers for providing the financial resources to do so. Basketball, swimming and shooting are just 3 examples of where having the right people in the right place at the right time provides the skills, expertise and commitment to give our members the best possible experiences, and, create opportunities to extend themselves now and into the future. Thank you to all of our coaches for the time you invest into our members.



MESSAGE

from the Board continued

This time last year we welcomed 3 new board members to the board table; Claire, Clare and Wojtek. We thank you for your commitment and the passion you bring to the table over the past year, often when other parts of your lives are demanding. Our members and I thank you for your time and effort. Our existing board members have also again added value and insights to the work we do, again with personal challenges and other commitments competing for their time and attention. Tonight we also see 2 potential, new board members join us, who would also bring with them their lived experiences in and around the disability world. You will meet them this evening and have the opportunity to support their gaining a place at our table.

As is often the case at these junctures, there are also goodbyes to be said, and on this occasion it is me that is saying haere ra. After 8 years on the board, 4 as board chair, I have made the difficult decision to stand down. Last year I'd also made the decision to stand down but was convinced to stick around for another year, and I was humbled and privileged to have the support to continue. This year however, despite the boards attempts, I have stood firm and tonight is my final hoorah. The demands of the Magical Bridge project as well as needing to provide more support for my son, has necessitated an adjustment of my commitments.

My involvement with Parafed Waikato has been life changing. When Tiffiney Perry rang me 8 years ago inviting me to join the board, it was such a powerful endorsement of me, by someone of her calibre, that I gained the confidence to grow and do things I possibly would never have done. Thank you so much Tiff for having such a profound impact on my life. To all the past and present board members, to Cathy, David and Francis, to our members, partners, providers, colleagues around the country and my family, thank you from the bottom of my heart for the privilege and honour of being part of this amazing team and community.

While I am saying good bye, I am not disappearing. I will pop up from time to time to support where I can, especially at Powerchair Football, where this journey started for me.

At the time of writing, no incoming board chair has been identified. I have discussed this at length with the board and business will continue as usual. Tiff as vice chair will assume any legal responsibilities, and the chairing of meetings will probably be rotated amongst the board, until such time as a new board chair is appointed.

Thanks again for the amazing experiences, great relationships, huge privilege and massive growth I have enjoyed over the past 8 years. Stay active, have fun, set great goals and I'll see you round.

Peter

MESSAGE

from your Sport Development Officer



Hi to our Parafed Waikato whanau.

It's been a great 3 months from July to September for all our sports. It's always nice to come into warmer spring weather and look at pursuing outdoor recreational activities.

Our Youth Club got the opportunity in July to go horse riding at the RDA in Cambridge. This is always lots of fun and a real confidence booster for them riding around on the horses, especially on the fields outside.

We partnered with Swimming NZ & Swimming Waikato to offer a Para Swim Clinic at the beginning of September, and this was a good opportunity for our members to meet some new kids. Cameron Leslie was there and talked about his journey and para sports pathway with swimming which was inspirational.

We have some awesome sports opportunities coming up. We are not taking registrations for these events until they are promoted so save the date for these and get in quick when they are promoted via email/social media:

29 October – Have a Go cycling at the Velodrome – try adaptive trikes on an obstacle course, have a go on the track (apron) as well as on a tandem for our vision impaired members.

25 November – Whitewater Rafting at Vector Wero Park in Auckland for the youth club.

9 December – Have a Go Day at Cricket at Seddon Park.

16 December – Wish 4 Fish at Tauranga.

20 January 2024 – Adaptive Surfing at Waihi Beach.

17 February 2024 – Water Sports Day with kayaking, paddleboarding (plus giant paddleboarding), waka ama/taurua and boat/jetski biscuit rides.

Cathy Wooller, Parafed Waikato Sport Development Officer

EUROPE TRIP

by Cathy Wooller

Glyn and I were really lucky to travel to Europe for five weeks to visit Croatia, Italy, Greece, England and France.

We also got to catch up with our 26 year old daughter Liv and do some travelling with her.

She has lived in London for the last year so as you can imagine we made the most of spending a couple of weeks with her.

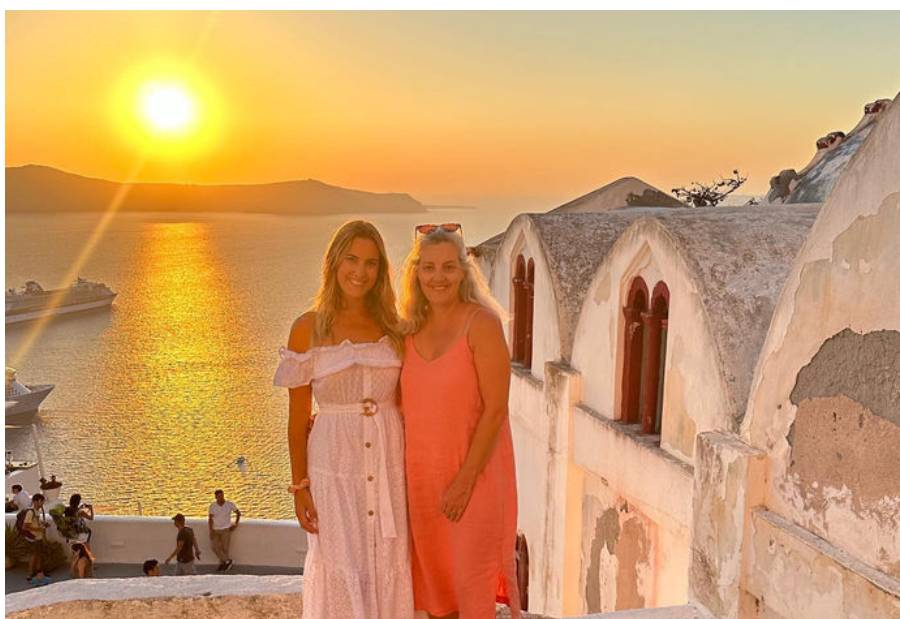
Our highlights were: visiting a couple of beautiful Islands in Croatia; the impressive architecture and history in Europe; swimming in the beautiful waters of the Adriatic, Aegean and Mediterranean; walking between the Cinque Terre villages in Italy, sampling local food and wine; sunsets in Santorini; 3 days biking the Loire Valley in France visiting some fairytale chateaus; and having a picnic dinner under the sparkling lights of the Eiffel Tower.

Photos:

Cathy and Glyn in Rome.

Cathy and Liv in Santorini.

Glyn, Liv and Cathy in the Colosseum.



WHEELCHAIR RUGBY

by David Klinkhamer

Over the weekend of the 16th and 17th of September the Te Awamutu Events Centre was alive with the crash and bash of low point wheelchair rugby.

Four teams from around the country arrived to play some spectacular rugby. Bay of Plenty, Waikato, Auckland and a mixed up team called the Drake Medox misfits. A couple of the Waikato high pointers were roped in at the last minute as the misfits had some players out with sickness which gave new player Keenan Alexander a good chance to experience getting chased by a lot of defenders. Low Pointers isn't as easy as it looks!

The tournament was supported by a whole bunch of different sponsors and one of the highlights of the weekend was when they all hopped in wheelchairs and had a bash around during the lunch break.

The final was an epic battle between Waikato and Auckland. Auckland got off to a great start and it looked like the final was in their hands until a change of defense by Waikato saw a shift in momentum and after grinding it out in the second half Waikato won the game 31-28.

The best thing about the weekend was the way that everyone pitched in to make it happen. Sponsors, timekeepers, refs, supporters, carers and players all worked together to put together the most enjoyable tournament of the season. Thanks everyone!

Photos:

Wheelchair rugby players in action.





LYNDA BENNETT

by Allan Stanley

A spotlight on Lynda Bennett. Lynda played in the Para Pairs at the 2022 Commonwealth games in Birmingham, UK.

2022-2023 Lynda played in the Waikato Representative side. She was in the team the won the Taranaki Ladies Fours (64 teams, Taranaki title). She also won the Tui Park 2day Classic. Was runner up in the Ohope Beach Paradise women's 2day classic by a measure and runner up the 2day classic "Betty Gibson" at Te Awamutu. She won the women's pairs and the 3/5 championship at Te Awamutu Bowling Club and won the women's triples, fours and was runner up in the mixed singles at Pirongia Club. Lynda was also in the Pirongia team that won the Hastie trophy (first time in 25 years). Lynda was runner up in the Waikato Open 4s and third in the triples.

Lynda did extremely well at the NZ Summerset Nationals Para section by coming runner up in the singles and third equal in the pairs (holding shots on extra end, losing to a wide bowl connecting to another and putting the kitty in the ditch).

Lynda continues to always have a high professional standard of sportsmanship and fair play. While she enjoys winning, she is the first to congratulate other winners – committed to playing the game well, rather than winning at all costs. She respects the rights, dignity and worth of all participants, including coaches, officials, volunteers and spectators. She is well organised, always punctual for games, and promotes the etiquette of the sport of bowls.

Lynda has a good knowledge of the rule book and supports newer players with the Player Code of Conduct and Rules. She encourages the development of practices that serve the interest of players and the sport in general. Along with promoting the sport, she has a genuine concern to help others develop, both physically and mentally. She is a teacher – passing on knowledge, teaching new skills and a role model who sets high standards. Her strong values include enjoyment, growth, sharing, honour and success.

Lynda also gives her time freely coaching newer players, helping in the kitchen, cleaning up after function, being a match committee member, and always being available when required.

ICE SKATING

by Cathy Wooller

During the school holidays we headed up to Paradise Ice Skating in Auckland with our youth club.

This was the first time we have offered ice skating and it was a real hit. The atmosphere with the lights and music made it lots of fun.

There were ride on whales and frames to use on the ice for support for anyone who needed it. It was magic seeing the powerchairs and manual wheelchairs take to the ice and get amongst it and do a bit of drifting!

Our Parafed Sports Officer Dave also came up with his two girls and this was a lovely holiday surprise for them.

It was the "coolest" event we've had since Snow Planet.

Photos:

Five Youth Club members in wheelchairs on the ice.

David in wheelchair with his two daughters on the ice.





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.

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

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BASKETBALL

by Katie van Dyk.

Over the last 3 weeks Wayne Chase, Tina (aka mum) and myself (Katie) have had the opportunity to share wheelchair basketball with students of Fairfield college (my school) each Tuesday. We have taken the club chairs in each week and shared with different sports classes from year 9 thru to yr 13.

Wayne, the coach of the Waikato team captured his audience quickly and while I demonstrated the basics. It didn't take long before even those reluctant-to-try students were having a go.

By the end of each session 95% of students were playing a basic game and dribbling the ball (some better than others) or pass it quickly to avoid dribbling and even landing some goals. There was one boy who asked afterwards "how do you turn" but I guess there has to be one.

The staff also jumped in the chairs and were overheard saying " I know I'm meant to let the students play, but this is addictive"

I really happy I got to share my sport with about 12 different classes and have even been able to take a few of them to Matamata to play in the social league.

Photos:

Fairfield College students having fun playing basketball in the wheelchairs.





POWERFOOTBALL

by Emma Sweetman

We have had several powerchair football training sessions since the last newsletter and they continue to be plenty of fun.

We have been reviewing the rules because understanding them allows us to be tactical. You may consider reviewing rules to be boring, but not with Sandy as the coach. You see it's all about being able to apply the rules into a game situation and it's the game we all enjoy.

Several of the regulars have been away for a variety of reasons (myself included) but we continue to grow and have had several new players come and try it out (including a 4 year old!) welcome to the family Ashmit, Dylan and Hayley.

Powerchair football is for all! Fingers crossed it sounds like we have more games with Auckland coming up.

Powerchair football is a unique sport that provides opportunities for people with a high level of impairment to access the game of football. It is the only active team participation sport for people who use electric wheelchairs.

Metal foot guards are attached to the front of the powerchairs, allowing players to kick the ball. Players 'spin' to generate power, striking the ball with the side of the guard for the strongest hits, although often using the front bars of the guard results in a more accurate impact.

Photos:

Four year old Hayley sitting in one of the competition wheelchairs.

Waikato Power Football team group photos.



WHEELCHAIR RUGBY SPONSORS


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Do the right thing

Manaakitanga

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BASKETBALL

by Wayne Chase

Hello fellow sports enthusiasts, just a little update from the Waikato wheelchair basketball team.

My names Wayne and I've taken over the role as coach for the Waikato team.

Since I've taken over the crew has grown in leaps and bounds from 1 team to 3 teams, 20 plus people from all ranges of age, from 10-50 yrs enjoying the game of basketball and travelling New Zealand to represent there region and also making those life long connections thru the sport.

A big thanks to the support we have had from the community and also from our main support team Parafed Waikato.

If you have ever thought of trying basketball but hesitant we have beginners who have never played that have attended our national leagues and various other tournaments and enjoyed the time on the court.

Contact Cathy or Francis from Parafed if you wish to play some Basketball.

Photos:

B division players making it into the tournament team

The young ones participating in the social league.

How the Waikato team has grown.



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ROCK CLIMBING

by David Klinkhamer

As part of a Ministry of Youth Development - New Zealand initiative, the Halberg Youth Council were given the opportunity to lead on some local projects to increase social connection.

Sarah Clarke, one of the Halberg Youth Council members contacted us to see if we could combine with them to run a fun adaptive climbing session.

We said yes and it was an awesome day at Extreme Edge Rock Climbing full of fun and laughs! We had a lot of our regular climbers and three new ones. Amy Dunn came down from Auckland to help out and Halberg organised some ice-cream treats for the climbers.

Hopefully we can work together to do something like this again in the future.



TAYLORED SUPPORT

by Cat Taylor

Have you been searching for someone to come alongside you and your family?

Looking for support with one off (or regular) outings, meetings or appointments?

I am able to help.

My name is Cat Taylor and I have been living with the disability world with my son for many years.

We have found it frustrating at times to find care and support for the little things.

Outings in the school holidays such as movies, hanging with his mates, bowling, hydrotherapy etc... Parents struggling to fit it in with work and other commitments. As a teenager not really wanting to hang out with us all the time.

I would like the opportunity to be that person for you.

Please feel free to make contact and let me know what you and your whanau need and lets make it happen.

Cat Taylor
0273842246
cat@tayloredsupport.co.nz



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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
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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>



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would like to thank our major supporters



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