



JANUARY - MARCH 2024

# PARAFED WAIKATO NEWSLETTER

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# WELCOME

*from your Parafed Officer*

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Hello and welcome to the first edition of the Parafed Waikato Newsletter for 2024. 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.

It's been a busy start to the year, our sports are all back up and running after the Christmas break and it's been great to see a few new faces at trainings so far. In this issue we have stories about the fun summer activities we've had. Our Surfing day and our Water Sports Day were well attended and it was awesome to see our people enjoying the summer sunshine.

If you're looking for a new challenge this year why not try Table Tennis. We have a cool new programme coming up called Serve, Spin, Smash! More details are in this newsletter so keep reading.

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](mailto: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](mailto:david@parafedwaikato.co.nz)

## PARAFED WAIKATO

*on the web*

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If you haven't found our Facebook page yet go to [www.facebook.com](http://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](http://www.parafedwaikato.co.nz)

# MESSAGE

*from your Sport Development Officer*

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Hi to our Parafed Waikato whanau

We have certainly ticked off quite a few things already in 2024 and the year is flying by.

Our sports teams have all started back training and working towards tournaments. Our youth club have nearly had a full term back at weekly swimming and athletics trainings. They are also looking forward to the Halberg Games coming up in the April school holidays.

We are delighted to advise that we were successful with two funding applications:

Thank you to Sport New Zealand's Tū Manawa fund, supported by Sport Waikato – we will soon be the proud owners of 2 brand new Strike Force sports powerchairs for our Powerchair Football team 'Parafed Waikato Wanderers Wasps'; and Thank you to the Wilson Home Trust who have generously funded our Halberg Games team to attend the Halberg Games this year.

We have also offered some 'Have a Go' sports opportunities in January and February:

Adaptive Surfing Day at Waihi Beach was held on Saturday 20 January – make sure you read Lucas's article. We had plenty of volunteers supplied by Live Well Waihi Beach and the Waihi Beach Surf School and we were blessed with a perfect day and lots of sunshine;

Water Sports Day at Epworth Park was held on Saturday 17 February – check out what Jacob had to say about this day.

We are looking at booking in some more sports opportunities soon and 'Have a Go' sessions so look out for adaptive snow skiing, horse riding, tennis and more.

Cathy Wooller, Parafed Waikato Sport Development Officer

# SURFING

*by Lucas Pederson*

Waves splashing over my head, what amazing feeling. It is not often I am able to get into the surf. Being a full time wheelchair user, getting down to the water is very hard especially in the soft sand.

With the help of the Waihi Surf school, Surf lifesaving team and some parents who guided me on the board and picked me up when I would be tumbled off it was a great opportunity and I had a blast.

To ride the waves into shore was a highlight of the day. I did get a bit sun burnt behind my knees and my arms hurt a bit the next day but it was all worth it.

Thank you Cathy for organising the fun surf day at Waihi beach it was a great day.

I can't wait till the next one.



# SERVE SPIN SMASH

*come play table tennis!*

Just a reminder to sign up for Table Tennis if you haven't already. A number of people have said they're keen but haven't filled in the registration form. If you could do that it'd be much appreciated!

Serve, Spin, Smash! is an introductory, fun and inclusive 8-week programme offered for disabled people of all ages and abilities, and uses adapted equipment and games to help maximise participation and enjoyment. Participants will learn, grow their confidence and be challenged at their own pace.

Serve, Spin, Smash!

8-week programme to be held on Thursdays starting May 9th, 5.30pm-6.30pm.  
Waikato Table Tennis Centre, Edgecumbe Street, Whitiora, Hamilton.

Register here to join us as a participant: <https://bit.ly/3uWuThc>





## OUTWARD BOUND

by PNZ

Suspended among a canopy of Kahikatea trees, the high ropes challenge is a quintessential part of any Outward Bound course.

Offered in partnership with Paralympics New Zealand and NZ Wheelchair Rugby, the programme was attended by eight para-athletes from around the country across various sporting codes, including wheelchair basketball, athletics, para-swimming, and para-cycling. Three support workers were there to help participants to navigate the course. Despite their sporting differences, students all shared one common goal: to push beyond what they thought they were capable of.

Para-athletes have faced, overcome, and problem-solved multiple challenges already to arrive at the place they have in their chosen sports. Having the opportunity to participate in an OB course continues to allow the broadening of horizons, in truly living the mantras of 'There is more in you' and 'I'm possible'.

These mantras were particularly poignant for Hamilton 20-year-old Georgia Mecchia. An early childhood teacher and keen wheelchair rugby player, Georgia lives with Central Sensitisation and walks with a crutch, but she refuses to let her disability hold her back.

"Before I got sick, I was into lots of sports and outdoor stuff, so Outward Bound was right up my alley," she says. "The course was so good! I loved climbing through the trees on the high ropes, getting up at sunrise for physical training, and spending 24 hours in the bush solo. It was an amazing opportunity to reevaluate and reset for the year ahead, although the mental challenge of doing that reflection was a hard and emotional process."

Making new friends and "connecting with people I'd otherwise never meet" were added highlights, but the farewells really surprised Georgia.

"It was heartbreaking saying goodbye to everyone – I had no idea I would get so attached. I've come back feeling incredibly grateful and much more aware and intentional about how I want to spend my time. Outward Bound genuinely was an experience like no other."

# TENNIS

by Tiffiney Perry

For the first time ever we were invited to hold our Nationals in Papamoa in December alongside an able bodied tournament called the Eve's Open.

Even though it was right on Christmas it was a great opportunity to showcase our sport amongst the general public and high profile tennis players. Not to mention a fantastic place to hold an event.

Travis Moffatt from Christchurch was the singles winner and National Champ. Runner up was our very own Dave Venter.

Shortly after singles were played there was some rain causing a delay and the doubles title was dubious as there were more matches to be played.

Players were happy to finish on an even note. All in all it was a great event and we hope to repeat it this year.

Wheelchair Tennis integrates very easily with the able-bodied game since it can be played on any regular tennis court, with no modifications to the size of the court or the size of rackets or balls.

The game follows traditional tennis rules, with the only exception being that the Wheelchair Tennis player is allowed two bounces of the ball.





## CYCLING

*by Tiff Perry*

### Hampton Downs Time Trial

It was another good turnout for this year's TT event at Hampton Downs Motorsport Park in February – a twilight event. What a terrific representation of trikes, handcycles, c class riders and tandem bikes who took to the track one by one trying to better previous times from previous years.

It was awesome to see gritty performances from our Paralympians Nicole Murray C3 Rory Mead H2 and Eltje Malzbender T1 all coming first in their factored classifications. Other notable standout times came from Unity Collins and Vicky Flemming her pilot taking out the Tandems. Anna Taylor, Devon Briggs also had PB's along with Tiff Perry.

This event is very well run with support this year from Parafed's very own David Klinkhamer on the sign on desk and David and Michael Bland who both took some great photo's.

Bev and Dave May from Morrinsville Wheelers who had a few difficulties with the timing but it was all sorted out in the end. Plus the PNZ team and many other supporters and families.

Without you all our athletes couldn't compete at their best. Thanks everyone for all for your continuing support of Parafed events. The Goodie bags are well appreciated from athletes so thanks also to Tiff Perry for organising another great event.

Photo:

Jack Harvey on his new EBike.



# MY VIEW ON LIFE

*An acrostic poem by Dom Wanakore*

Love what is given

It may make you smile

Vain is a choice

Expensive is not everything

Wearing for comfort

It's not easy for everyone

Things I say or do are from the heart

Hoping for a thank you in return

It makes you feel appreciated

Not everyone is the same

You are you and that's all that matters

Out in public

Understanding behaviour

Rude goes the wrong way

Manners gets you a long way

Everyone is different with nothing at all

Appreciate your family and friends

Not everyone has family or friends to turn to

Showing that love and care, respect, honesty and trust to each other is life's greatest gift.



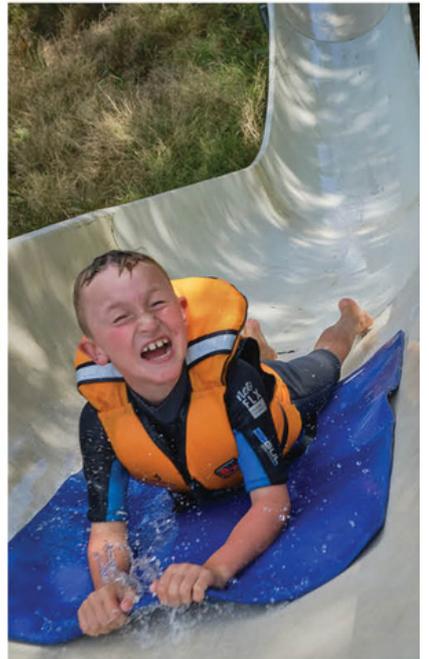


# WATER SPORTS DAY

by Cathy Wooller



**Water Sports Day**  
JANUARY 2024



# WATER SPORTS DAY

by Cathy Wooller

Water Sports Day at Epworth Park - Sat 17 February

We had over 100 members and their families attend and participate in waka ama/taurua, boat biscuit rides, kayaking, paddle boarding and having fun on the water slide and in the pool. Great to see sooo many smiling faces and families getting to know one another.

Jacob Bills is one of our youth club members who is in our swimming programme and is a boccia player. Here is what he had to say about our water sports day...

"On Feb 17 we had a fun water sports day at Epworth park. The first thing I did was kayaking with Jack. It was lots of fun! Then my Dad and I did the waka. This was great but quite tricky as I had to learn the different ways to paddle. Lunch was yum and then I headed out on the boat with the biscuit. My turn was next and it was so much fun and a bit scary when we tipped out! The pool was a nice way to end the day".

Jacobs Mum, Leanne said "For us it's such a nice time to catch up with families and for the kids to spend time together and try lots of sports in a safe environment. We really appreciate all the work that goes into the day and everyone who contributes.



# WATER SPORTS DAY

by Cathy Wooller

A massive thanks to [Sport New Zealand](#) and the Tu Manawa fund kindly supported by [Sport Waikato](#) for your generosity in funding this day and also providing a photographer to capture the day.

Thanks to our amazing sports providers and volunteers: Lofty & Mac from [Riverside Adventures - Waikato](#); Tina from Aotea Adventures who ran our waka taurua sessions; Warren & Karen who kindly took everyone out on their boat for biscuit rides; [Swimming Waikato](#) and their life jacket hub who lent us life jackets; Logan & Tash and their volunteers from [Rapid Relief Team NZ](#) who provided us with a scrumptious lunch; Lawrence Wilkinson our Halberg advisor who volunteered his time to help Tina with the waka.

Also, a huge thanks to [Wilson Home Trust](#) for funding our giant paddle board - this was awesome to take our wheelchair users out paddleboarding.

Great to see some of our board members/staff and their families there helping out and enjoying the day.



# HALBERG GAMES

by Cathy wooller

On 19-21st April, Parafed Waikato are taking a team of 29 athletes up to the Halberg Games at Kings College in Auckland.

This year for the first time, a few of our athletes are also going up on Thursday to take part in specialised coaching sessions for swimming, athletics and wheelchair basketball.

We also have 4 athletes joining our team from Taupo so we are getting bigger every year. Sandy and Penni are bringing up the trailer and our fleet of sports powerchairs to run the Powerchair Football session on Friday afternoon. Make sure you go along and check out this fun sport.

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 at our Halberg Games training programmes and they can't wait to compete against athletes from all over NZ. Lawrence Wilkinson, who is our new Halberg Foundation Waikato advisor, has been getting to know the team and coming along to athletics trainings. He is excited to support our team and see all our athletes in action.

We would love it if any of our members came up to support our team.



# THANK YOU

*from all of us*

# Thank you



**The Wilson Home Trust**  
For Children with Physical Disabilities  
[www.wilsonhometruster.org.nz](http://www.wilsonhometruster.org.nz)

A **BIG** thanks to the Wilson Home Trust for generously funding our Waikato youth to attend the 2024 Halberg Games



# THANK YOU!

A MASSIVE  
**THANK YOU**

to Sport New Zealand's Tū Manawa fund, supported by Sport Waikato.

Because of your generosity, our powerchair football team can now purchase two new strike force sports powerchairs for our youth

**Tū Manawa**  
Active Aotearoa





# ACCESS

*by Access Community Health*

We are one of New Zealand's leading healthcare providers, specialising in home-based healthcare and have been at the forefront of community health since the 1920s. Working with Whaikaha, Te Whatu Ora, ACC, and others, to provide support for over 40,000 individuals nationwide. Our dedicated team of nurses and support workers don't just stick to traditional methods; we think outside the box to customise our services to suit your specific requirements. This includes specialising in providing support in clients' homes as part of their support team, empowering them to maintain an independent lifestyle in the comfort of their own 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 wherever you are - whether it's 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. Contact us today 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](mailto:info@totalcarehealth.co.nz)  
[Access.org.nz](http://Access.org.nz)



Enquiries about Access Community Health  
 Call 0800 284 663  
 Email us at [info@access.org.nz](mailto:info@access.org.nz)  
[Access.org.nz](http://Access.org.nz)

Our Values:  
 Kaitiakitanga: Care for our communities  
 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

# FITNESS REVOLUTION

Get Fit

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

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](mailto: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](http://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](http://www.parafedwaikato.co.nz)

Full Membership \$35  
Junior Membership \$20  
Social Membership \$20

Become a member!





# PARAFED RADIO

*On the Air*

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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?*

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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*

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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 / [WWW.PARAFEDWAIKATO.CO.NZ](http://WWW.PARAFEDWAIKATO.CO.NZ)