



JULY - SEPTEMBER 2024

PARAFED WAIKATO NEWSLETTER



WELCOME

from your Parafed Officer



Hello and welcome to the third 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.

We have just had our AGM and got to hear the reports from our sports on how the season has been going. So many great achievements from our members not to mention the awesome efforts from our Waikato Paralympians who competed in Paris. It's always fun to hear their stories and it was great to see Anna Taylors silver medal. That thing weighs a ton! We are so proud of all who represented NZ in Paris 2024.

Also at the AGM we welcomed the new board. I want to acknowledge the hard work these great bunch of volunteers do to steer our organisation in the right direction. Wonderful to welcome Caelan Harris to the board as our youth board member. I'm sure he'll bring a different perspective to the discussions.

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 your Sport Development Officer



Hi to our Parafed Waikato whanau

Most of our sports teams are winding down for the year with only a few trainings left. Not only have they been busy training but also playing in tournaments. Some of our wheelchair basketball players entered 7 tournaments this year with only one of those tournaments at home, so they had a lot of travelling! Our powerchair football team even went to Brisbane for the Australian Club Champs. Read all about this trip in this newsletter.

In July our youth club got to go horse riding at the Cambridge RDA. This is an annual event and it seems to get better every year. This year the RDA have built a new obstacle course in the top paddock and the kids loved this.

Our Sports on Courts Disability Sports Day in July was a fantastic partnership with The Peak and we offered 7 different disability sports over the day. Read all about it in this newsletter.

In September our youth club and their families had such a fun night at ten pin bowling. It was great to see everyone relaxed and our families socialising. Thanks to our board members Claire, Tiff, & Stu who came along with their families to support this night.

Recently I entered Cadburys 'Cheer to a Volunteer' and told them all about Sandy Schaare who is our powerchair football coach who always goes above and beyond for our team. Cadbury thoroughly enjoyed reading about the significant impact Sandy has made to the team and he was selected to join Cadbury and other outstanding everyday heroes for an exclusive All Blacks experience. Sandy and his wife Penni got to fly to Wellington for the All Blacks match against Australia for the Bledisloe cup, meet the players and stay in 5 star accommodation. This was well deserved and they had an amazing time!

We have some awesome sports opportunities coming up:

5 October – Badminton Have a Go Day

11 October – Trout Fishing for the Youth Club at the Rotorua Hatchery

16 November – Whitewater Rafting at Vector Wero Park in Auckland.

23-24 November – Goal Ball Tournament. Parafed Waikato are hosting this at St Johns College.

24 November – Para Swim Clinic.

December – Wish 4 Fish at Tauranga. Date TBC.

January 2025 – Adaptive Surfing at Waihi Beach. Date TBC.

1 March 2025 – Water sports day – kayaking, paddleboarding, waka ama, boat biscuit rides, giant water slide, zip lining & archery.

THE WASPS GO ON TOUR!

by Sandy Schaare

At the end of August, the Parafed Waikato Wanderers WASPS travelled to Brisbane, Australia to play in the Australasian Powerchair Football Club Champs.

The goal was to field a team of mixed skill, to help develop players from across NZ and have a really good time. The message we took was, let's make this a positive experience!

I really wanted to take as many "Waikato" Players, those that train regularly with us as possible.

Staying in accommodation close by to Nissan Arena (our venue for the competition.) Our first night there was a very early start of 2am! This was due to a fire alarm. Well done to fire department for a very speedy response! We were down out of the hotel and then back into bed in no time at all. What an adventure! Ha ha

Powerchair football is played with 3 field players and a goal keeper. We took 6 players. Including players from Auckland, Tauranga, Rotorua, Dunedin and of course Hamilton! With Angus from Dunedin our Marquette player.

Good thing we took so many players, as unfortunately 2 players managed to get sick enough to be hospitalized! Both recovered well enough to make our playoff games. The one of which we managed to win! This meant for most of the tournament we had just 4 players available.



THE WASPS GO ON TOUR!

by Sandy Schaare

The WASPS played 7 games in total. While only managing to win the one game, this game in particular was an absolute highlight for the whole team. Going down to penalty shoot outs vs the Brisbane Lions FC...goal for goal, save for save...WASPS triumph in the end 5-4. Incredible effort from the team but especially Emmet who had just come from hospital and played in Goal. Well done team!

Lots of positive loud vocal support from our loyal supports as well! Notable mention Ashmit's dad Danny! What a legend! Super exciting! "GO BOSS!!!", "ITS YOUR TIME!!!" This was also the first (of many) penalty shootouts for the competition, so drew a lot of spectators as well. Like I said earlier an absolute highlight!

Attending this event has qualified NZ to play in the APO Club champs in Japan in October next year! So that's hugely exciting as well! NZPF will be putting together a New Zealand squad for this event.

Coming up: we are waiting for 2 new "Strikeforce" Powerchairs to arrive. This means 2 more chairs in NZ for players, as well as a competitive WASPS team to play against Nth Auckland! We can't wait. Bring it on! Our main goal moving ahead will be lots of competitive games being played.

Also, Emmet and Sam are off to Halberg South in Christchurch! So, it's certainly all happening!

GO WASPS!

Coach Sandy

Parafed Waikato Wanderers WASPS



E TRIKE

by Sue Fookes

Tamahere Lions e-trike will be available for anyone to use, disabled or with mobility issues, free of charge from the velodrome.

Riverside Adventures will operate and maintain the e-trike.

We are hoping to improve the lives of those who have physical challenges, to be able to enjoy the wonderful outdoors in & around Cambridge and Hamilton, with their family & friends.



NEUROCONNECT

by Jenna Bagley

I have worked as a physiotherapist supporting the Parafed Waikato Fitness Revolution Class since 2015. I visit the gym sessions twice a month to provide additional support for David and physiotherapy education, strategies, and exercises for those attending. I enjoy supporting those with their rehabilitation journey, and managing their long-term conditions the best they can and provide my physiotherapy support through my company NeuroConnect.

NeuroConnect was founded by myself and Sarah Lillas (an occupational therapist) in 2022. We both share a passion for quality, real-life rehabilitation. NeuroConnect is an inter-disciplinary neurological rehabilitation service available to anyone who lives with a neurological condition including stroke, brain injury, multiple sclerosis and spinal cord injury who cannot access support and services through ACC. NeuroConnect bring our services to you—whether at home, the gym, or your favourite outdoor spot—ensuring a supportive environment that respects your cultural values and unique needs. NeuroConnect is proud to have worked alongside many individuals in the Waikato community who have experienced a stroke (or other neurological diagnosis), supporting people to return home from residential care, get back to work, and engage in more purposeful activities in the community.

NeuroConnect has a team of physiotherapists, occupational therapists, speech language therapists, rehabilitation assistants, and social workers deliver who can all deliver personalised assessment services and ongoing rehabilitation support. If you need any additional rehabilitation support through NeuroConnect, visit www.neuroconnect.nz or email hello@neuroconnect.nz.

I not only support the Parafed Waikato Revolution Class, but also the Waikato Stroke Foundation Stroke Club exercise class. Working with those living with long-term conditions in the community and ensuring everyone has access to appropriate education and community services is paramount for me and my team. I enjoy seeing those that attend the Parafed Waikato Revolution Class make progress, achieve their goals, and find several different benefits from participating in regular exercise.



BASKETBALL

by Katie van Dyk

5am my alarm clock started harassing me, by 5.45 we were in the car heading to the third and final round of the National league of wheelchair basketball in Auckland's AUT gym.

Our two Waikato teams both took to the court at 8.30am in different pools but both in the second division. I was playing in the white team so played Auckland D in our first game, they are a very young team and it was great to have them experience a tournament atmosphere but it did feel a little unfair winning by so much but with such a high moral in our team we took on our next much harder challenge of the I am kiwi vet's team who were not going down without a fight.

The scores were much closer but we progressed to our third and final pool game with two wins under our belt. Northland B always gives us a great game with a mix of young and older players in the team. It's like a reunion of friends when we meet. It was exciting to finally come away with the normally elusive win leaving us top of our pool. Heading into day two for the finals. Unfortunately black team has the pool with all the most competitive games and finished third in the pool having won round one.

Day two let us sleep in a little longer. When we arrived a little more refreshed in time to cheer on Waikato blacks first win of the day. With our games alternating throughout the day we all had great cheering squads only drowned out by the irritating buzzer.

White's first game for the day we took on Auckland c, Prim found his groove and sunk some great shots to send us into the playoff for first and second against Canterbury's b team playing for the first time outside their area.

A nail biter off a game saw prim take our first 5 points from penalty shots putting us slightly ahead at the first quarter break, but by half time the scores were tied 20 points a piece. We came back in the third quarter with a lead that set us up well going into the final quarter until the final two minutes they brought out big guns with a Matt Vernick/ Glen McDonald combo that saw 8 points in 12 seconds snatching the lead and tournament win from our grasp. Leaving Waikato in second and sixth place for the black team.

Can't wait for our comeback next season.



SPIRIT

by Jayden van Dyk

From July 24th to August 3rd, I had the chance to embark on an incredible journey aboard the Spirit of Adventure with 39 other teenagers. I was pretty nervous when I first arrived, but that quickly changed as I settled in and met everyone.

Our adventure started with a tour of the tall ship, where we stowed our gear and got ready for our first climb of the rigging. It was a bit intimidating, but I was excited to take on the challenge.

We sailed from Auckland to the beautiful Bay of Islands and back to Whangarei. The harbours were calm, but we hit a storm while out at sea, which made several of us feel seasick. I was still recovering from a recent flu, so it wasn't the easiest time for me.

Despite the rough patch, the food was amazing! From scones to pesto pasta, I looked forward to every meal. However, being off-grid without phones or technology hit me hard, especially when I wasn't feeling great. I've gone on plenty of trips before, but I always had a way to connect with home.

One of the coolest moments was when dolphins joined us. Everyone rushed to the deck to watch them play in our wake—it was magical! We also had a fun meetup with the R. Tucker Thompson, which led to an epic water fight between the ships. Afterward, we shared food and explored each other's boats, which was a blast.

We even rowed ashore a few times, including an unforgettable early morning trip in the dark to climb a hill for a sunrise picnic. I'll remember that moment forever.

This voyage has truly changed my perspective and given me memories I'll cherish for a lifetime.



SPORTS ON COURTS

by Tiffany Ulatowski

Collaboration between The Peak and Parafed Waikato

On 20 July 2024, approximately 300 people participated in the first ever Sports on Courts Day at The Peak. This collaboration between The Peak and Parafed Waikato provided an opportunity for our diverse community to participate in seven adaptive sports throughout the day. Sports offered included: No Limits Netball, Wheelchair Basketball, Wheelchair Rugby, Powerchair Football, Boccia, Pickleball, and Sitting Volleyball. There was even a kids zone complete with a soft play obstacle and Seating to Go was available for questions or assistance regarding wheelchair training and assessment.

It was a fantastic day that celebrated disability and sport! Everyone regardless of ability had a wonderful time. We plan on making this an annual event. So, be on the lookout for information about our next Sports on Courts Day! To watch the video follow this link <https://www.youtube.com/watch?v=VGt7EGpEKdo>



SPORTS ON COURTS
Disability Sports Day 2024

SMART ACCESS

by Tim Young

Currently, many disabled people and aged people miss out on employment and social opportunities, because of the uncertainty they face when travelling to new places with unknown barriers.

After facing many obstacles myself when travelling around the country as a tetraplegic, I decided to improve the safety and usability of transport networks by conducting accessibility surveys to collect photos and measurements of 40 environmental features on foot. We provide the information to the public with the Smart Access app, available on Android and Apple.

We are thrilled to announce the launch of our revolutionary navigation system designed to allow disabled individuals to plan their journeys with safety and ease, tailored to their needs. It is currently available in 12 cities across Australia and NZ, including the entire of Wellington and a chunk of Auckland, Hobart, and Melbourne.

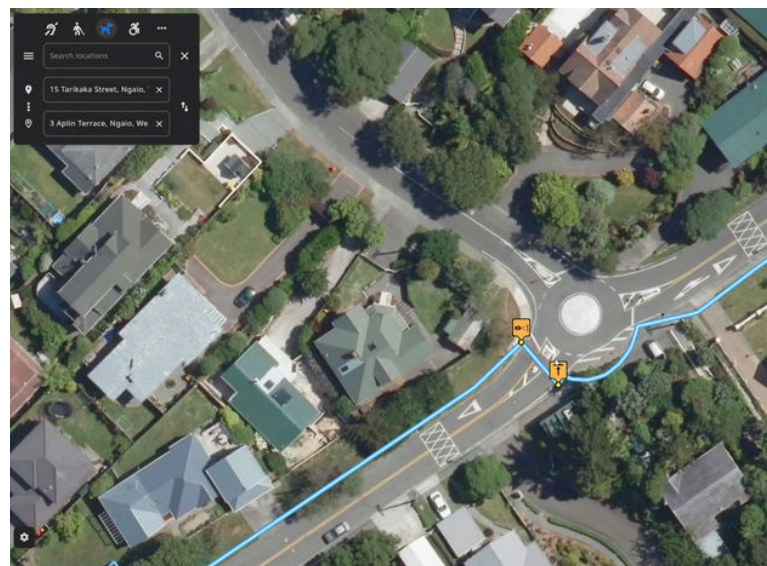
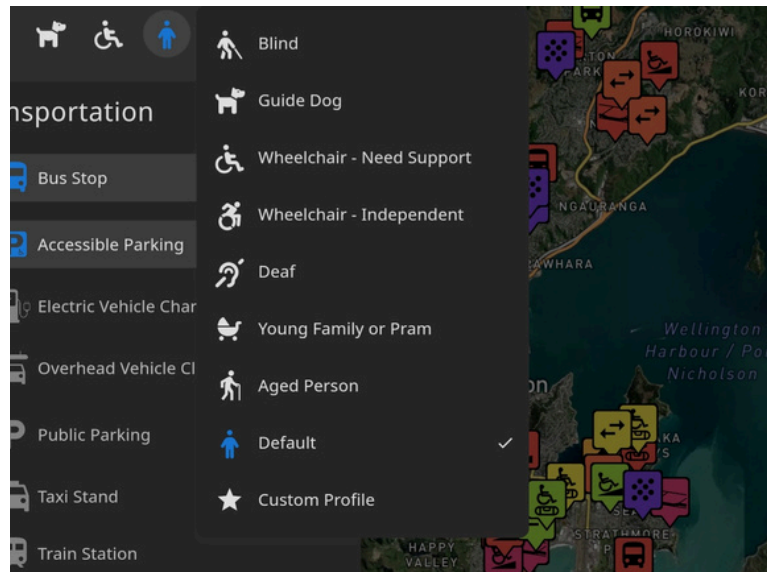
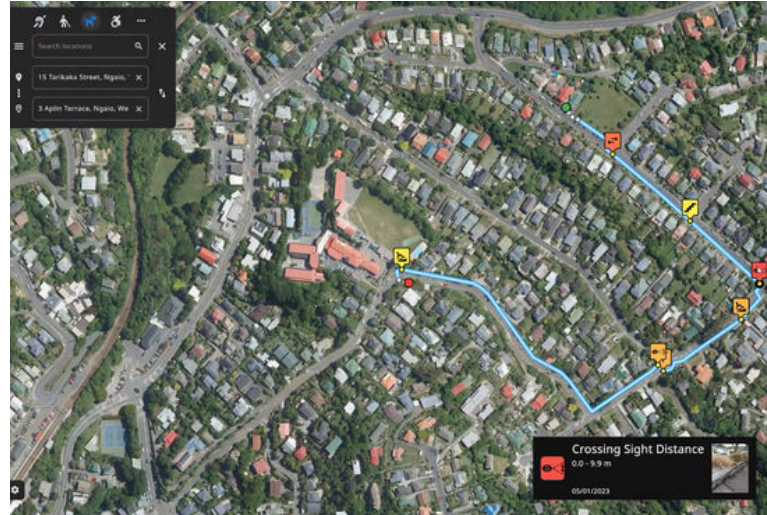
While there are 8 different disability profiles to get you started, profiles can be completely customised each user's individual needs.

We will soon release a step-by-step audio navigation feature for blind and low vision, but also for sighted people, so you don't have to look at your phone all the time while traveling. Please contact us to request navigation to be added to your neighbourhood. support@smartaccess.enterprises

We believe that everyone deserves the freedom to explore the world confidently, and this new system is a significant step toward making that vision a reality. Join us in spreading the word to those who can benefit from a more accessible journey.

www.smartaccess.nz

Tim Young, CEO of Smart Access



LOW POINTERS

by David Klinkhamer

Over the weekend of the 21st and 22nd of September the Te Awamutu Events Centre was alive with the crash and bash of low point wheelchair rugby action.

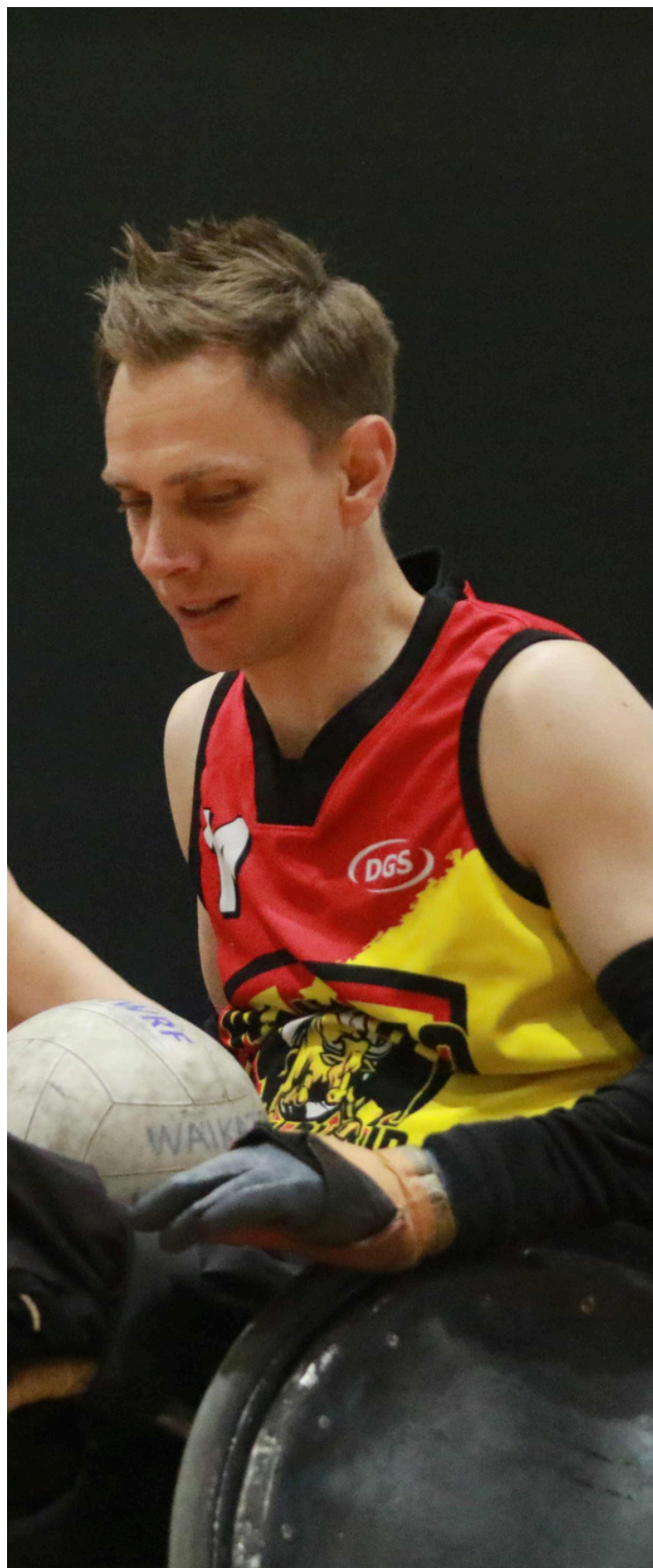
Four teams from around the country arrived to play some spectacular rugby. Bay of Plenty, Waikato, Auckland and a team from Canterbury.

Local lad Robbie Hewitt was roped in at the last minute as the Canterbury team had a player out with sickness which gave him 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 hopped in wheelchairs and had a bash around during the lunch break. A lot of the kids who were spectating also had a go in the sponsors game and they didn't want to hop out of the wheelchairs at the end.

The final was an epic battle between Waikato and Auckland. Waikato had more subs and this showed as their players were fresher towards the end of the tournament and though Auckland fought hard Waikato took the win. Bay of Plenty came away with the third place medal with Canterbury fourth.

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





LOW POINTERS

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Amanda Lowry - Seating To Go client



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Kia ora! At Access Community Health | Uru Ātea, we're all about meeting you where you are and supporting you like family. Since the 1920s, we've been right here in New Zealand, offering top-notch homecare and support. We work closely with Whaikaha, Te Whatu Ora, and ACC to lend a hand to over 40,000 people nationwide.

Our skilled team of nēhi|nurses and kaiāwhina|support workers are here to help you live your best life. Whether it's reaching your goals or connecting with your community, we're with you every step of the way. A partnership with Access means you paddle your own waka/canoe and we come along for the ride.

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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
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 communities
 Kotahitanga: Work together
 Tū Tika: Do the right thing
 Manaakitanga: Look after each other

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FITNESS REVOLUTION

Get Fit

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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 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



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