



parafed
waikato

OCTOBER - DECEMBER 2024

PARAFED WAIKATO NEWSLETTER



WELCOME

from your Parafed Officer



Hello and welcome to the fourth 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.

Wow, what a year it's been! As we wrap things up and look back, it's clear—2024 has been packed with so much growth, success, fun and a ton of busy moments. From big wins to small victories, we've been on a roll, and we couldn't have done it without all the amazing people who are part of this Parafed family.

It's been an exciting year for disability sport with the Paris Paralympic games and I think that has helped to grow our membership as people can see the kind of things that they can be involved in. So enjoy the newsletter, kick back and reflect with us on the past few months. Merry Christmas everyone.

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

We also now have a YouTube channel so don't forget to subscribe!



MESSAGE

from your Sport Development Officer



Hi to our Parafed Waikato whanau

I can't believe that Christmas is just around the corner. I hope you made it to our Christmas party at Chris & Tiffs. This is always a great opportunity to celebrate all the amazing sports we have been involved with this year.

This last year has been action packed for our sports teams. Here's an update for some of our sports that I am involved with:

It has been awesome to see our wheelchair basketball team growing in numbers and strength. A big thanks to Maioro for doing a great job of coaching and to our basketball committee who have managed the team. Some of our players attended 8 tournaments this year!

Our Powerchair Football team has had a great year and Sandy and some of our players even had the opportunity to go to Brisbane to play at the Australian Powerchair Football Club Champs. We were successful with an application to the Tu Manawa fund and received funds to purchase 2 new strike force sports powerchairs for the team. It took a while to freight them from the USA, but they have arrived and the team are queuing up for them at trainings. Thanks Sandy and Penni for all the hours and energy you have put into our team this year;

Our Boccia participants have had a good year. Some players attended the regional competition in Wellington and recently 4 of our players went to Auckland for a tournament and even won some medals. Thanks to Leanne and Peter who have done a brilliant job of managing the team this year;

Shooting has grown in numbers this year and our shooters look forward to their fortnightly sessions at the Hamilton Pistol Club. Coach Dave has created such a lovely inclusive environment.

In the last 3 months we have offered some awesome 'Have a Go' sports opportunities as follows:

In October we partnered with Badminton Waikato to hold a Para Badminton 'Have a Go' Day – a great couple of hours of fun. Badminton Waikato have just advised that they will be running a para programme for our members in 2025 so look out for this opportunity;

MESSAGE

from your Sport Development Officer



In the October school holidays some of our youth went Trout Fishing Day at the Ngongotaha Hatchery with Fish and Game NZ- everyone caught a trout to take home;

Recently, 50 of our members and their families got the opportunity to take to the rapids and go Whitewater Rafting at the Vector Wero Whitewater Park in Auckland. The instructors always make this a wet and wild experience! Dave also came up and got some great drone footage. Read all about it in Robert's article.

We held our first Waikato Goal Ball Tournament on 23/24 November and hosted teams from all over the North Island. The players had a social evening on Saturday night and the tournament finished off with a prizegiving on Sunday. The Mixed Spice team took out the elite division, and our very own Waikato team won the open division. Verne has written a great article about the tournament.

On 30 November our members went out on the Wish 4 Fish boat. Read Elizabeth's article about her day out on this amazing boat.

We have some awesome sports opportunities coming up in 2025:

18 January 2025 – Adaptive Surfing at Waihi Beach

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

See you all then!

Cathy Wooller,
Parafed Waikato Sport Development Officer

CHRISTMAS PARTY

by David Klinkhamer

Our Christmas Party was everything we hoped for and more! We had an amazing time with over 100 members, great food, good vibes, and plenty of fun.

Athletes from different sports – from fitness rev to tennis, boccia to rugby – came together to celebrate, share some good times, and relax after a busy year.

It was the perfect way to kick off the holiday season. The afternoon was filled with delicious food, the pool was open, and the kids enjoyed a smash around on the tennis court.

It was such a great time, and we can't wait to do it all again next year. Thanks Chris and Tiff for hosting us and to everyone who came out to make it such a memorable event!

Wishing you all a Merry Christmas and Happy New Year!

Photos can be found on our facebook page and if you'd like to see the video of the day click here.

<https://www.youtube.com/watch?v=NKFUmat28qE&t=31s>



BFT FUNDRAISER

by Glyn Wooller, husband of Wonderwoman

BFT has studios in numerous countries including Cambridge. BFT Cambridge runs 6 high intensity classes each day at 5am,6am,7am, 9.15am, 12.10 pm and 5.30 pm.

Most members will pick the best time of the day and do a single class, given the classes are pretty full on, this typically leaves you feeling pretty tapped out. One day about six weeks ago I was talking to Anna at the gym who was doing her 2nd class of the day, I asked if she had ever considered doing three? The conversation in a split second took us to the point of no return, 6 classes in one day.

A team of six quickly formed and committed, we picked a date for the challenge, and picked a wonderful charity to support, Parafed Waikato. The day of reckoning came around, we gathered excitedly well before the sunrise and got into our first 50 minute cardio session. 10-minute break and into to it again and again. I am so proud of the team, we all checked in with each other, provided encouragement, had a few clothing changes and plenty of nutrition.

Last Session at 5.30pm usually has about 15 participants, this glorious day had about 35 people supporting our small dedicated team. Thank you to Thomas Szabo, Clare and Matt Shaw and Wonderwoman for coming along to acknowledge the fund raising effort.

The challenge was amazing , thanks to BFT Cambridge for their support ,the strong willed team and kind donors who helped raise \$2685 for Parafed Waikato.

6 Group fitness classes in 1 day

Raising money for Parafed Waikato by doing 6 group fitness classes in a day

 Cambridge, Waikato



\$2,685 donated

Given by **54** generous donors in 5 weeks

 [Donate](#)

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PARALYMPIC EXPERIENCE

by Danielle Aitchison

I had the 200m heat late at night (when I would usually be asleep) so this was an adaption we had to consider and change my schedule to ensure I was still awake at 9:30pm and ready to race. I competed in the heat, and it was a cold night but my plan was to get to sleep as soon as I could. So, once I finished racing, I was straight through media zone, post call room, warm down, on bus back to village, food, stretch and normatec and then finally sleep. I did not get to sleep till early in the morning which I then had to be up early again for the final. I was gutted and disappointed in my result as I knew that I could have performed better but circumstances beyond my control impacted me so I was extremely upset and mentally impacted.

I had the 100m heat and final a few days later and we had been practicing the layout of the day a few times to ensure I knew how to execute 2 races in the same day and what my recovery looked like in between. The final was an amazing race and such a challenging race but a fun race to go head-to-head to Shi Yiting and be so close to the gold medal.

It was very special to have a crowd at the Paralympic Games. The stadium was massive. It was extra special to have my family there in the crowds. I had a big support crew in Paris watching my races which included my parents, grandparents, partner, sister and her partner, my aunty and uncle and friends. It was amazing to have them watching me in person and being able to celebrate my successes with them as well as receive hugs when I was upset.



WISH FOR FISH

by Elisabeth Charleston

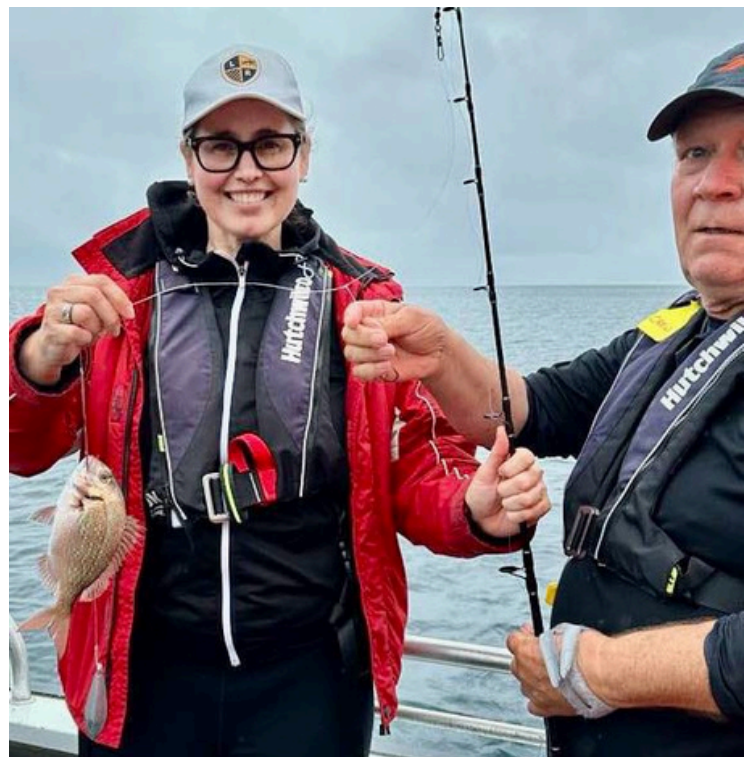
Who ever said you need fine weather and an abundance of fish for a trip out on the ocean to be considered a success has clearly never had a day out with the Wish4Fish crew.

It's been many a moon since my childhood when I last took to the water with a fishing rod in my hand, but the day out with my fellow Parafed Waikato members aboard the Wish4Fish boat made me feel like a very happy kid again. I did not stop smiling the whole time we were out on the ocean.

This custom boat is worth its weight in gold. The opportunity and freedom it gives to those of us that need a friendly, helping hand provides a lifeline getting to experience the delight of fishing out on the open water.

Whilst the modifications throughout the boat make it special, it's the crew at Wish4Fish that make the experience exceptional. The friendly banter from these knowledgeable and helpful souls are at the heart of its success.

The thrill of the fishing line starting to tense and curve down towards the water as a curious Snapper nibbles on the bait is where the serious excitement kicks in. Will he or won't take the hook? The anticipation of reeling in the line to see if you'd been wiped out of said bait or if a fish is coming to the surface was an anticipation similar to Santa coming down the chimney.



WISH FOR FISH

by Elisabeth Charleston

That feeling of pulling a fish onto the boat surround by my Parafed family is now a treasured experience and memory. The fact that all the fish I caught were returned to the water in accordance with the wishes of the Ministry of Primary Industries and Tangaroa the God of our oceans doesn't for one moment lessen the delight I experienced that day on the boat.

My dear friend Alison Kerr was my support person on trip and she loved the experience. She's done plenty of fishing and made sure I only had to utter the words "Ali" or "bait please" so I could keep enjoying myself.

For her efforts she certainly didn't deserve a slap in the face with a wet fish but hopefully our friendship can sustain that awkward moment as I brought a fish onto the boat. I've apologised many times since.

If you're given the opportunity to go on a trip with Wish4Fish make sure you grab it and be first in line. The only condition as far as I'm concerned is that you take me along as your 'support person'.

Full disclosure, I'd be a terrible support person but come hell or high water I want to get back out there on the ocean with Wish4Fish.



WHITE WATER

by Robert Verner

On Saturday, 16th November, around 50 Parafed Waikato members of all ages and abilities came together for an action-packed afternoon of white water rafting at Wero White Water Park in Auckland. The afternoon was filled with excitement, teamwork, and unforgettable moments for everyone involved. The event kicked off with a very informative safety video, after which we were kitted out with the booties, life jacket, helmet and a paddle. After another safety talk and some training we were ready to tackle the rapids. We were put into groups and assigned a guide.

The groups then took to the rafts, working together to navigate the thrilling rapids. Sometimes forward, sometimes backwards, sometimes sideways, and sometimes bouncing off boulders or other rafts like a pin ball. There was lots of laughter, cheers, and plenty of splashes making a memorable experience. But the excitement didn't stop there.

After three runs down the rapids in the rafts we abandoned the rafts and got to enjoy the thrill of floating directly down the rapids. An exhilarating way to end the afternoon.

The afternoon was a perfect mix of fun and connection, with participants cheering each other on and celebrating each person's courage and determination. It was truly a day to remember, highlighting the power of inclusivity and shared experiences.

A huge thank you goes out to the amazing Wero White Water Park guides and the support crew who ensured the adventure was accessible, safe and enjoyable for all. An unforgettable day. And an even bigger thank you to Cathy and Parafed Waikato for organising the event. Here's to more adventures like this in the future!



GOALBALL

by Lisa Pavreal

So who watched Goalball* from this year's Paralympics and got all fired up? The Hamilton goalball team sure did. It was Donovan's idea to hold host an invitational weekend tournament and the invite went out. Goalballers rallied from all around the North Island (plus a spicy character from the Mainland), converging on Hamilton last Saturday to hurl the jangling blue ball around the court and greet friends old and new.

Friday night, the Hamilton team, Parafed's Cathy and Ali and volunteers gathered at St John's College to set up the court, where old boy Steve Donnelly was surprised to find that we wouldn't be playing in a tractor shed. A fancy new gymnasium had sprung up instead. While Verne stretched his arms hauling bags of rocks to anchor the inflatable goal nets the rest of us had fun wrestling sticky tape and blowing up the nets.

Saturday dawned particularly early for some Aucklanders, who were up well before any self-respecting rooster, to make the car trip to the Mighty Waikato in time for a rousing welcome from the locals Ethan, Verne and Cathy. And then the games began. A fun aspect was that some teams were cobbled together with people from all over, who had never played together before. Because accurate communication between members is so vital and these folks didn't know each other's secret signals and play styles, a bit of confusion and a lot of laughs ensued.

Around midday a huge distraction to play occurred as delicious barbecue aromas wafted into the gym. The Rapid Relief Team NZ had set up a food stand right in the entrance thanks to some rather robust weather that was happening outside. They fed us delicious huge burgers which were appreciated by all and a massive thank you goes out to them. With rounded bellies play continued.



GOALBALL

by Lisa Pavreal

That evening many of the goalballers converged at the Don Llewellyn bar of the Waikato Uni for a social get together and to talk up battle plans for the semis and finals the next day.

By Sunday, the pungent aromas of Deep Heat and other healing potions had taken the place of yummy barbecue smells and tired bodies did battle for the semi finals and final playoffs. In the end our Waikato Team took out the open division, largely due to the efforts of our newly minted players, Jarrod, Donovan and Ethan. Mixed Spice took the elite division after a titanic clash with the Aucklanders ABSRC. D'Shaun took out most improved player and Troy a very well deserved spirit of the game award for officiating, reffing, organising AND playing, PHEW. Then it was time for goodbyes after a fantastically full on and enjoyable weekend. Hopefully we can do it all again next year.

The Waikato team is hugely grateful to Parafed, Blind Sport, Goalball New Zealand, all the players from across the motu, our organising mentors Cathy, Troy and Ali and our referees, time keepers, score keepers and goal judges. Special mention goes to Tiff and Esther, volunteers from Access, who gave so generously of their time throughout. From absolute rookies who had never seen the sport played, both became invaluable as table officials and even learned the essentials of refereeing. They are so keen they have offered themselves as Waikato players for the next season. Our wrinklies Verne and Steve might be able to retire with all this new talent coming through!!

*Goalball is a team sport designed specifically for athletes with a vision impairment. Participants compete in teams of three, and try to throw a ball with bells embedded inside it into the opponents' goal.



BOCCIA

by Peter Lee

On Saturday 9th November Disability Sport Auckland ran a bocchia tournament at the Otago Spinal Unit and invited players from other Parafeds to join.

We answered the call and Jhia, Jacob, Arthur and Karen went to represent Parafed Waikato.

They ran a combination of competitive and non-competitive games with 4 pools of 4 players, each playing 3 games of 4 ends in their pool.

Jhia and Arthur both won all 3 games in their pool, Jacob won 2 and Karen had a hard time up against some very good ramp players but managed 1.

It was a great day, thoroughly enjoyed by all and we look forward to it becoming an annual event





WHEELCHAIR RUGBY

by David Klinkhamer



Waikato Wheelchair Rugby have just come to the end of a great season. We have had lots of fun and good local competition. We came 3rd in WRC, 1st at Low Pointers, 1st at 4.5's and 3rd at Nationals. We topped off the season with our Stampede League which was a fun and super competitive tournament.

This year the most improved player award went to someone who has shown a lot of potential. Its been great to see the improvements that this person has made in such a short time. It's nice too see them coming along more regularly and it's really cool that more girls are playing the game. This years M.I.P is Tirama Walker.

This year the MVP stands for Most Valuable Peter. As you all know he does all the work fixing chairs and getting set up for trainings, he's also done every other job from scoreboard to reffing and is a big help with the low pointers tournament. This year our MVP is Peter Klinkhamer.

We would like to thank all of our players, supporters, volunteers and sponsors who have made this year possible.



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

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

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.

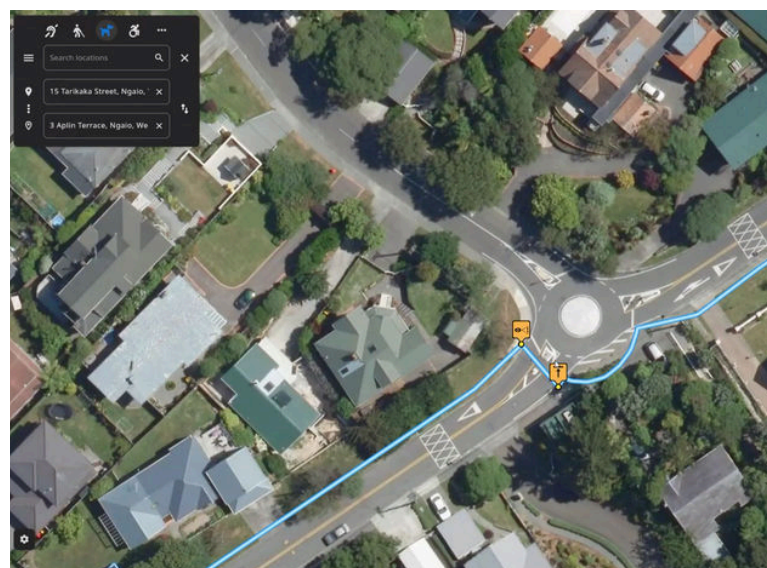
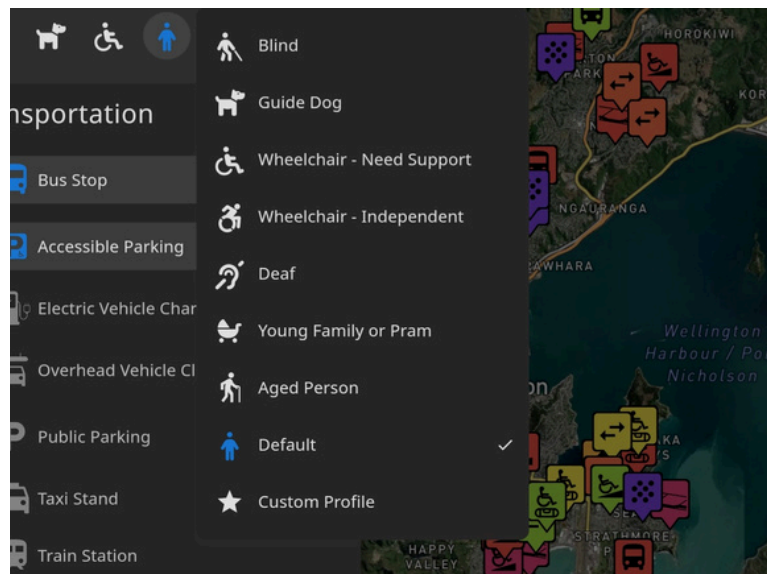
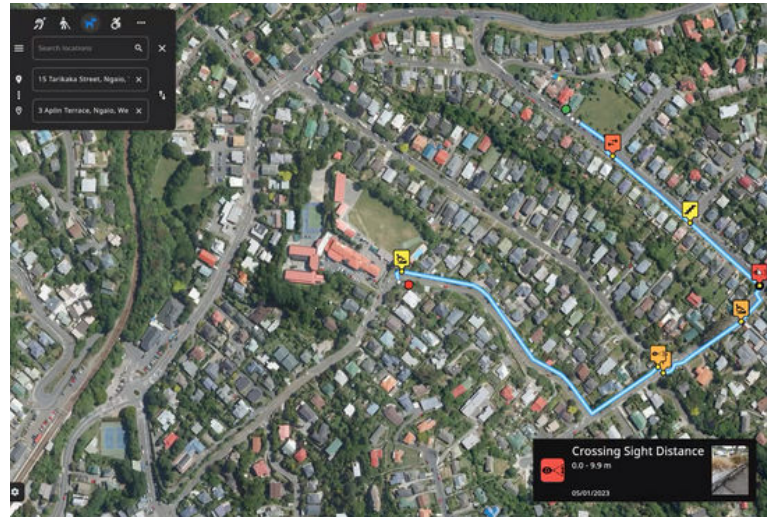
After facing many obstacles myself when travelling around the country as a tetraplegic, I decided to improve the safety and usability of transport networks by conducting accessibility surveys to collect photos and measurements of 40 environmental features on foot. We provide the information to the public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





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 / WWW.PARAFEDWAIKATO.CO.NZ