

# PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

September 2022

## INDOOR ROWING CHALLENGE

During the month of August, the ParaFed Network held the Indoor Rowing Challenge for the Parafeds across the country. We held our challenge at Activ8 Health & Fitness and Activ8 and their members were awesome in supporting us in this challenge. It was a great day with people Parafed Northland and Activ8 members rowing the 100 m, 500 m, and 1000 m distances.

Each of our members who participated in the Indoor Rowing Challenge went into the draw to win a Rebel Sports voucher! We had a winner for each distance that was drawn out of the hat!

The winners are:

100m – Elinor Niha

500m – Cameron Leslie

1000m – Keegan Bridges (voucher thanks to the ParaFed Network)

A huge thank you goes to Activ8 Health & Fitness for hosting and welcoming us to this event. Thanks also go to Pak'n Save Whangarei for vouchers for spot prizes.



## WELCOME JONELLE

We are so excited to introduce you to Parafed Northland's newest staff member, Jonelle Waipouri.

Jonelle will be based full-time in Kaitia. Jonelle's role has been made possible by our successful application to Sport New Zealand's Disability & Inclusion Fund.

"Hi, my name is Jonelle. I was born and raised in the Far North and have family members who have a physical impairment, so have some understanding of the barriers that people face. I would love to help remove barriers and create inclusive sports, recreation and play opportunities for all and look forward to meeting everyone!"

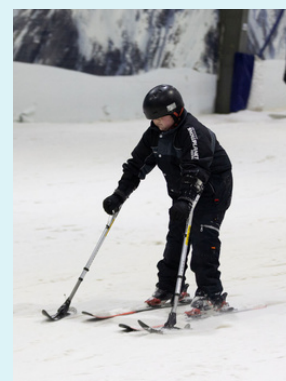
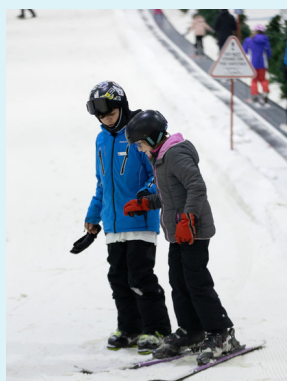
Make sure you introduce yourself when you see her.  
[jonelle@parafednorthland.co.nz](mailto:jonelle@parafednorthland.co.nz) / 022 160 6146



## ADAPTIVE SNOW SPORTS

In August we took some of the Parafed Northland Youth Members to Snow Planet in Auckland. We had an awesome time giving Adaptive Snow Sports a try. Our members had a go with sit skiing, skiing, snowboarding and tubing. It was great to see the improvement of everyone throughout the session. Snow Planet has awesome instructors who are always willing to help and are well trained in Adaptive Snow Sports. They also have awesome equipment that you are able to loan.

Remember that the mountains also have trained instructors and equipment. If this is something you would like to get involved with, get in touch and we will help point you in the right direction. Huge thank you to our trailer sponsors for funding this incredible opportunity.



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## WHAT'S COMING UP...

### On Water Sports Day

This year we are excited to bring you another On Water Sports Day. This day is designed to be a day at the beach for the whole whānau, with Stand Up Paddle Boarding, Kayaking, Waka Ama and the crew from Surf Lifesaving.

- When: Saturday 26th November, 10 am – 2 pm
- Where: Kowharewa Bay, Tutukaka
- Registration forms can be found on our website or contact Anna or Shaz.



### Loop Series

The Loop Series is back for 2022!

Due to the disruptions at the beginning of the year, we are now holding the Loop Series at this end of the year.

Ride, roll, walk or push your way around the 4.2km of the accessible pathway.

- When: Thursday 27th October, 3rd November & 10th November
- Time: 5:30 pm – safety briefing followed by event start
- Location: Meeting and starting from the car park on the Western/Port side of Te Mataua a Pohe Bridge

Registration is essential so visit our website to sign up!

### Swimming

The Swimming Development squad continues to improve throughout their swimming sessions. This programme is booked for the whole year!

- When: Term 4 runs from 29th October – 10th December
- Time: 11am – 12pm
- Where: Whangarei Aquatic Centre, Ewing Road, Whangarei

The minimum requirement for swimmers is to be able to swim half a length unassisted. Due to lane space, places are limited.

### Sports Development

Our Sports Development programme continues to run at McKay Stadium every Tuesday afternoon during Term time. We are running fun Boccia games, badminton as well as some Archery.

- When: Term 4 Tuesday 18th October – 6th December
- Time: 4:30pm – 5:30pm
- Where: McKay Stadium, 97 Western Hills Drive, Kensington

### Family Picnic Challenge

The Family Picnic Challenge is an inclusive fun family event where the whole family can enjoy a day out together. The Family Picnic Challenge is proudly sponsored by Ray White Bream Bay. The challenge follows the footpath around Marsden Cove Marina and there are stations with activities along the course where participants need to complete tasks to move on.

- When: Saturday 3rd December
- Time: 9:30 am start
- Where: Marsden Cove Marina
- Cost: \$20 per family team (maximum of 2 adults and up to 4 children (must be within the household))

Spaces are extremely limited so please get in quick if you would like to take part.

Registration is essential and can be done on our website. If you would like a direct link to the form please contact Anna.

### Wheelchair Basketball

The Wheelchair Basketball team's training has ended for the 2023 season. Don't worry though, the team will be back at it in February 2023 on Tuesday nights at McKay Stadium.

### Para cycling

Para cycling is held at the incredible Pohe Island Bike Park and is an awesome place for cyclists of all levels.

- When: Term 4 Thursday 17th November – 8th December (Loop Series is available to cyclists prior)
- Time: 4:30pm–5:30pm
- Where: Pohe Island Bike Park, Dave Culham Drive, Whangarei.

Sessions will be weather dependent. We will contact you via text should there be a cancellation. Equipment can be provided, contact us if you wish to borrow it. Registration is essential and forms can be found on our website.

### Kaikohe Sessions

Our Inclusive Sports Sessions in Kaikohe are run by Jaden. These sessions are fun for the whole whānau.

- When: Term 4 Thursday 20th October – 8th December
- Time: 4:30pm – 5:30pm
- Where: Northland College Gym, 62 Mangakahia Road, Kaikohe

Contact us if you want to know more.

### Halberg Games

We are taking a Northland team to the Halberg Games being held in Auckland on the 8th & 9th of October. The team of 12 have come from throughout Northland.

Thank you to Pub Charity and House Family Trust for supporting the cost for the team.

## Want to register?

Make sure you secure your spot by registering through either Anna, Sharon, Jonelle or by heading to our website and completing the registration form online.

Website: [www.parafednorthland.com/programs-and-events](http://www.parafednorthland.com/programs-and-events)

Anna Hewitt: 027 705 9520 // Sharon Carroll: 027 265 3227 // Jonelle Waipouri: 022 160 6146



Parafed  
Northland

## CONTACT US:

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