

PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

September 2021

VAN AND TRAILERS



You won't be able to miss us now! Our new van, trailer and small trailer have all been sign written!

Huge thank you to Tlc4u2 Limited for sponsoring the van for us. The van will be used by the WCBB team as well as help us transport equipment around for programmes and events.

Our brand new accessible play trailer has also been sign written with all sponsorship spots full on this trailer. We would like to give a huge thank you to those organisations who have supported us in this!

Our small trailer has had an upgrade with new signwriting to match our new van and trailer. There are sponsorship spots available on this trailer. Get in touch with Sharon to enquire about a spot.



PARALYMPIC PARTY

This Friday we hosted a Paralympic Party to show our support for the NZ team at the Tokyo 2020 Paralympic Games. The theme was Spirit of Gold and people were encouraged to either dress in gold, dress a soft toy in gold or decorate their mask in gold. We also held a Paralympic Quiz! Check out the picture.



CUPPA & CATCH UP

Each Monday during Alert Level 4 & 3 we have been running a Zoom a catch up with our members. It has been awesome to catch up with everyone and hear what they have been doing.

We will continue to run these and Zoom links will automatically be sent to members. If you are not a member but would like to join you are more than welcome. Just contact Anna to be put on the list for the link!



ZOOM FITNESS

During Alert Levels 4 & 3 we will be offering 30-minute Zoom fitness sessions with both Tia and Trinity. These sessions will be held on both Tuesdays and Thursdays.

- Tuesdays - 12:00pm
- Thursdays - 11:30am

Zoom links will be automatically sent to all 2021 Parafed Northland Members. If you are not a member you are still welcome to join. Just contact Anna and she will send you the Zoom link. Sessions will be easy to follow and equipment that you will need can be found around the house such as a couple of cans.

LOCKDOWN ACTIVE CHALLENGE

Level 4 & 3 means that we cannot run any programmes or events in person but it doesn't mean that you can't still be active!

We have set you a challenge! Show us how you have been keeping active during lockdown to go in the draw to win!

Send us a picture, each picture that you send in equals one entry into the draw to win a \$50 Rebel Sports voucher. There is two vouchers up for grabs, one for our Rangatahi & Tamariki and one up for grabs for adults!

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WHAT'S BEEN HAPPENING AND WHAT'S COMING UP...



PARA CYCLING

You may have seen on our Facebook Page that some of our members hit the track at the brand new Pohe Island Bike Park to test it out. Stage 1 of this bike park is now available to be used, even though there is more work to be come. It was great to finally be able to use this awesome facility and has got us super excited for our Para cycling programme to start back in Term 4.

Head down to the Pohe Island Bike Park to check out the amazing facilities.

A massive thank you to all the hard work that Bike Northland and the incredible volunteers have put into this place!

Thank you to Dawn Dutton Photography for these amazing photos.



COLOURING IN COMPETITION

Here at Parafed Northland, we are loving watching all the action of the Tokyo 2020 Paralympic Games. To get in the spirit during lockdown we are running a colouring competition for our tamariki and rangatahi. The colouring in competition is of Someity the Tokyo 2020 Paralympic Mascot.

We have three \$10 Kmart Vouchers up for grabs.

If you would like a copy of Someity email Anna to let her know.

RAFFLE UPDATE

Our raffle for the Northland Wheelchair Basketball team was meant to be drawn on Saturday 21st August but due to being in Alert Level 4 we were unable to draw the raffle.

No tickets were sold after Friday 20th August as per the raffle conditions.

We can't wait to be able to draw the winners. Winners will be notified by phone when the raffle is drawn under police supervision.

Huge thank you to all those who have purchased tickets to support the team. Also a massive thank you to Tlc4u2 Limited for supporting the team and raffle.

SOCIAL FIT

We have got started with the 6 week Social Fit programme run by the amazing Tia. These 50min fitness sessions were aimed at improving your fitness levels and confidence in the gym. These sessions are for all abilities and are followed up by a coffee catch-up after at Refuel Cafe.

We will work to starting these up again when we are allowed to be back. If this sounds like something that you would be interested in then contact us to register your interest.

SPORTS DEVELOPMENT

Term 3 Sports Development was well underway on Tuesday afternoons. We were enjoying Boccia, Badminton/balloon badminton and volleyball. It was great to develop new skills and have a lot of fun. The last session for Term 3 is Tuesday 14th of September. Depending on what Alert Level we are in is whether we can go back or not. Those registered will be contacted. Don't worry though we have some exciting plans for Term 4!

WHEELCHAIR BASKETBALL

Northland Wheelchair Basketball Team was hard at training when the announcement happened for Level 4 Lockdown. Unfortunately, their tournament in Palmerston North was cancelled. Hopefully, the team can get back training soon for the last of the National League Tournaments in Hamilton.

SWIMMING DEVELOPMENT

We have been so excited to see how the Swimming Development team has been improving from week to week. We can't wait until we can safely resume the programme. We will let you know as soon as we have a start date.

The last session for Term 3 is Saturday 25th September. If you are not registered but want to join please head to our website and register.

- Time: 11am -12pm
- Where: Whangarei Aquatic Centre, Ewing Road, Riverside

If you want to know more information about any events make sure you contact either Anna or Sharon. You can also check out our website and follow us on both Facebook and Instagram.

Website: www.parafednorthland.com/programs-and-events

Facebook: www.facebook.com/ParafedNorth

Instagram: [parafednorthland](https://www.instagram.com/parafednorthland)

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