

PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

October 2021

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 27th November, 10am – 2pm
- Where: Kowharewa Bay, Tutukaka
- Registration forms can be found on our website or contact Anna or Shaz.



PLAY TRAILER

Thanks to funding received from the Tu Manuwa Active Aotearoa Fund we have a new Play Trailer! This trailer has been specifically designed so that anyone can access the trailer up the ramp. The trailer is also filled with awesome play equipment for all to use. We are looking forward to getting to use it! If you want us to come to your school or community event please let us know.



WHEELCHAIR BASKETBALL

Northland Wheelchair Basketball has been preparing for the last round of the National League.

The team have been lucky enough that Nationals have been postponed not cancelled like many other events. However this has meant that there is limited fundraising opportunities due to current restrictions, so any funds we can raise will really help support the team. Visit the website Boosted Sport if you are able to support the team.

COVID UPDATE

Parafed Northland would like to thank everyone for their ongoing support during this time.

We are continuing to book in programmes and events with the hope it will be safe to return to activity. Please make sure you register if you are interested in any events and in the event of a cancellation or postponement we will be able to contact you directly. Otherwise cancellations and postponements can be found on our Facebook page.

KAIKOHE SPORTS SESSIONS

Parafed Northland has planned some inclusive sports sessions at Northland College starting in Term 4 if Alert Levels allow.

These sessions will be fun for the whole whānau. Sessions will be run on Thursdays 4:30pm–6:30pm

Contact us if this is something that you would like to be involved with or if you want to know more!

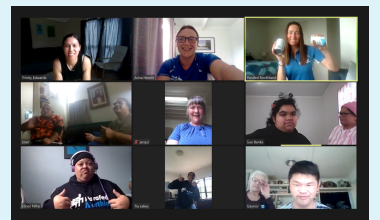
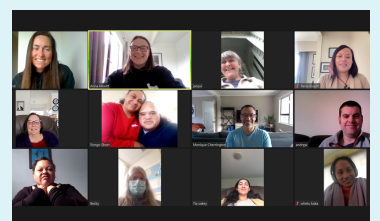
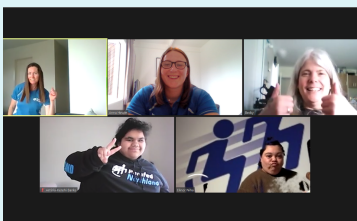
LOCKDOWN ACTIVITIES

Over the last 8 weeks we have been up to some different activities than usual. While we are usually out and about at stadiums, basketball courts and other venues for events, we have been stuck at home.

Over this time we have set some different challenges and connected together on Zoom!

We had some awesome entries into the 'Show us how you have been active' Challenge. It was great to see how everyone was keeping busy. Congratulations to Rongo and Poppy who were our winners of the Rebel Sports vouchers for this challenge.

We have also been hosting Zoom Fitness sessions to connect and keep moving. These sessions have been lead by Sharon, Trinity and Tia. We will be continuing to run these sessions until we can get back to regular sessions. Get in touch if you would like the Zoom link!



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

Swimming Development

We can't wait to get back to the pool after Term 3 was cut short. We are hoping you are looking forward to getting back to the pool too.

- When: Saturday 30th Oct – 11th Dec
- Time: 11am – 12pm
- Where: Whangarei Aquatic Centre, Ewing Road, Riverside

To register: head to our website www.parafednorthland.com

Social Walk/Wheel Group

We are back with the Social Walk Group. These sessions start with a walk along the accessible cycleways then we follow this up by a catch up over coffee at DeLush Cafe. These sessions are held fortnightly.

- When: Wed 20th Oct, 3rd Nov, 17th Nov, 1st Dec & 15th Dec
- Time: 10:30am
- Where: Meeting outside DeLush Cafe, 26 Davies Street, Kensington

To register head to our website or contact Anna or Shaz.

Kerikeri Half Marathon

The amazing Kerikeri Half Marathon is fast approaching us! If you are a ParaFed Northland Member you receive a discounted entry price.

- When: Saturday 13th November

If you would like to complete the Kerikeri Half Marathon please get in touch ASAP so that we can get you entered and make sure that you have the support you need.

Social Fit

Social Fit sessions have come to an end for 2021. Unfortunately, they were interrupted by Covid but thank you to all who took part.

A massive thank you to the amazing Tia for all her work in making these sessions amazing!

We hope everyone enjoyed them as much as we did.

Caring for Northland – Family Fun Day

This year we are involved in Caring for Northland's Family Fun Day. We will be there with our awesome Play Trailer.

- When: Sunday 14th November
- Time: 10 am – 2pm
- Where: Kensington Park, Whangarei

Para cycling

Pohe Island Bike Park is now open! We are so excited to get out there and use it during our Term 4 Para cycling Programme. The Pohe Island Bike Park is an awesome place for cyclists of all levels. Coach Kerry will be there to help develop athletes cycle skills.

- When: Thursday 28th October – 9th December
- Time: 4:30pm-5:30pm
- Where: Pohe Island Bike Park, Dave Culham Drive, Whangarei

Equipment can be provided. There is limited equipment so please get in touch if you need to borrow.

Registration is essential and forms can be found on our website or just contact us.

Sports Development Programme

Come together on a Tuesday afternoon for our sport development sessions. Participate in some Boccia, Badminton/Balloon Badminton, Volleyball and Snag Golf throughout the sessions, whether you come for all or just one.

- When: Tuesday 26th October – 7th December
- Time: 4:30pm – 5:30pm
- Where: McKay Stadium, 97 Western Hills Drive, Kensington

To register visit our website, or contact Anna via anna@parafednorthland.com or 027 728 6219

Regional Series/End of Year Get Together

For the second year in a row, the ParaFed's across the country are holding the ParaFed Network Regional Series. We are holding a swimming and athletics event where results can be sent in and compared to others across the country. You also go in the draw to win a \$50 Rebel Sports Voucher!

- When: Saturday 20th November, 2021
- Time: Swimming 11am – 12pm / Athletics 1:00pm – 2pm

Our athletics event will also double as our end of year get together. After the athletics and a few games we will be have a few light refreshments together.

Tiaho Trust Surf Day

Tiaho Trust released the date for their annual Surf Day next year. Spaces at this event fill up fast so register now to secure your spot!

- When: Saturday 26th February 2022
- Time: 10am – 2pm
- Where: Ruakaka Surf Lifesaving Club, Ruakaka
- Contact: Arlene to register – arlene@tiaho.org.nz

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)

Anna Hewitt: 027 728 6219

Sharon Carroll: 027 265 3227