

PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

April 2021

CELEBRATING SUCCESS

Congratulations to Kyren Andrew and his pilot Coach Kerry for winning the bronze medal in the TT tandem event at the 2021 Vantage Cycling New Zealand Age Group Road Nationals. Also, congratulations to Whangarei Para swimmer Cameron Leslie for his selection into the New Zealand Paralympic Team for Tokyo 2020.



POP UP DAY IN KAIKOHE

We would like to invite you to our Pop Up Youth Day in Kaikohe thanks to CCS Disability Action.

Come along to meet Trinity, our new Far North Contact as well as trying new sports.

- **What:** Basketball, Wheelchair Basketball, Turbo Touch, Wheelchair Turbo Touch, and Boccia.
- **When:** Saturday 15th May
- **Time:** 10am – 1pm
- **Where:** Memorial Park, Kaikohe (in the event of wet weather we will be hosting the day in the gym at Northland College.)

Contact Anna or Sharon for more information or keep an eye out on our Facebook page.

WHEELCHAIR BASKETBALL TOURNAMENT

Northland is hosting the Wheelchair Basketball National League on the 22nd & 23rd of May in McKay Stadium.

Come along and support the team!
– 9am– 4pm both days.

Thank you to tlc4u2 Ltd for sponsoring this event!

WCBB RAFFLE

Keep an eye out for our raffle coming out. Tickets on sale for 3 months from 22nd May.

- 1st Prize: Fully accessible Fishing Charter value \$7,500 (Max 10 people)
- 2nd Prize: Samsung 55" Smart TV value \$1,245
- 3rd Prize Rebel Sport Pack value \$500

HUGE thanks to tlc4u2 Ltd for making this happen. All proceeds will go towards the Northland WCBB Team.
Ticket price: \$5 each.

WHEELCHAIR TURBO TOUCH

Parafed Northland alongside Touch NZ and Sport Northland have the Northland Secondary Schools Turbo Touch Tournament on the 19th, 21st, 25th & 27th May. These four days will each have a court running of Wheelchair Turbo Touch, ensuring that there is inclusive opportunities for ALL secondary students in sport.

HALBERG GAMES

On the 23rd, 24th & 25th of April at Kings College, Auckland, Asher Hovell, Amiria-Kerehi Banks, Keegan Bridges, Joshua Lilburn, Kiarn Cherrington, Mitchell Obrien, Paige Subritzky, Sage Cooper & Jaysha Hei headed to the Halberg Games.

Over the three days, participants had the opportunity to compete and try out a huge range of sports and activities. These include; Swimming, athletics, basketball, Boccia, Golf, Crossfit, and so many more! We are so proud of our team for all the effort they put in!

Massive thank you to the supporters who came down to help out. You are awesome.

Thank you to Marsden Maritime Holdings Ltd for leading their awesome gazebo.

Also thank you to Pub Charity and the House Family Trust for the funding to allow us to send a Northland team to the games!



PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

April 2021

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

Swimming Development

Watching our Swimming Development crew improve throughout Term 1 has been awesome! We have booked in 8 sessions for Term 2.

- When: Saturday 15th May – 3rd July
- Time: 11am – 12pm
- Where: Whangarei Aquatic Centre, Ewing Road, Riverside

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

Social Walk/Wheel Group

During the start of the year, we have been running a social walk/wheel group utilizing the accessible cycleways to go for a walk with some of our members then sit down and catch up over coffee. These sessions are now on pause during the winter but plan to be back when we start warming up!

Massive thank you to DeLush Cafe in Kensington for always going above and beyond for us. If you want an accessible Cafe head to them!

Social Fit

Social Fit is a new programme we will be running a trial for 4 sessions. These will be a 50min fitness session for all abilities followed by a coffee catch up after at Refuel Cafe.

- **When:** Wednesday 9th June, 23rd June, 7th July, 21st July
- **Time:** 10:30 am – 11:20am
- **Where:** Studio 1, Kensington Fitness, McKay Stadium
- **Cost:** \$4 for each session to be paid at Reception

Activ8 Fitness Group

Our fitness group at Activ8 continues to work hard at their Monday afternoon sessions with their trainer Hollie A big thank you to Activ8 Northland for funding this opportunity for the crew.

It is a great opportunity for our youth members to work on their fitness and have some fun!

If this is something you are interested in please get in touch.

Para cycling

Our Para cycling sessions have ended for Term 1. In Term 1 the Para cyclists, led by our awesome Coach Kerry, hit the cycleways out to Onerahi and the Hatea Loop.

Para cycling is on break during the winter but will be back for Term 4 at the Whangarei Athletics Track.

April Holiday Programmes

In the April school holidays, Parafed Northland was asked to attend three holiday programmes to offer inclusive opportunities as well as raising awareness of inclusive sport.

Thank you to Northland Hockey, Northland Cricket and the Tiana Dalton Foundation for having us along.

If you want an inclusive opportunity in your next holiday programme, please get in touch with either Anna or Sharon.

Wheelchair Basketball

The Northland Wheelchair Basketball Team continues to train on Tuesday evenings from 5:45–7:45 pm. If you would like to give it a go you are more than welcome – please get in touch.

The team is training hard for Nationals that is being hosted in Whangarei in May. Come along and support the team.

Sports Development Programme

During Term 2 we will be running our Sports Development Programme for all ages.

- **What:** There will be Boccia, Badminton/balloon badminton & Basketball shoot the hoop game all running during the session. Take your pick on what you would like to do each week – could be all three!
- **When:** Tuesday 18th May – 6th of July
- **Time:** 4:30pm – 5:30pm

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

Get started in Para sport with ACC and Paralympics NZ

ACC and Paralympics NZ are bringing you a FREE online webinar series on the 6th & 7th of May. This series has something for everyone – even if you don't want to follow a Paralympic pathway. For the programme and to register head to <https://paralympics.org.nz/get-started-in-para-sport-online-event/>

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



CONTACT US:

Anna Hewitt: anna@parafednorthland.co.nz

Sharon Carroll: sharon@parafednorthland.co.nz