

PARAFED NORTHLAND UPDATE

- INCLUSIVE SPORT & RECREATION FOR ALL NORTHLANDERS -

November 2022

FAMILY PICNIC CHALLENGE

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 with stations along the course that participants complete 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.



The poster for the Family Picnic Challenge features a bright yellow background. At the top, it says 'Family Picnic Challenge' in large, bold letters, with 'Ray White' as the sponsor. Below this, it says 'Connecting Communities Marsden Cove Marina DECEMBER 3RD'. A callout bubble indicates '\$20 Per Family Team!'. At the bottom, there is a row of logos for various sponsors including 4 Square, Keith Andrews, FUSO, Marsden Cove, Marsden Marine, Marsden, Smooth 105.6 FM, Poolside, and 24 Hour Fitness. The text 'Thanks also to' is above the logos. At the very bottom, it says 'Limited entries! To register visit www.parafednorthland.com'.

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 whanau, 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 us.



HALBERG GAMES



This year the Halberg Games were split into three smaller regional events. Our Parafed Northland team took part in the Halberg North Games held in Auckland. There were 11 athletes who were part of our team and joined other athletes from Auckland, Bay of Plenty, Waikato & Gisborne.

The Northland team was made up of Amiria-Kerehi Banks, Phoeknix Tupe-hita, Keegan Bridges, Sandy Hodgson, Renata Muunu-Te Tane, Paige Subritzky, Sage Cooper, Kiarn Cherrington, Ariki Waipouri, Serenity Wilson & Max Thompson-Bailey. The team participated in a huge range of sports and activities. Huge thank you to Pub Charity & House Family Trust for funding the team to get them to the Games!



CONTACT US:

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WHAT'S COMING UP...

NZ National Boccia Championship

This year we had Parafed Northland Member Troy Robertson head to Wellington for the 2022 NZ National Boccia Championships. Congratulations to Troy for placing second in the Individual BC3 and first in the BC3 Pairs alongside Cian Wackrow (Waikato). Thank you to the William John Allan Johnson Memorial Fund for assisting with the costs towards the trip for Troy.



Have A Go Kaitaia

Jonelle is running Have a go sessions in Kaitaia alongside a community Turbo Touch Event. Head along for some fun with inclusive play equipment.

- When: Wednesday 9th Nov – 30th Nov
 - Time: 4:30 pm – 5:30 pm
 - Where: Te Rangi Āniwaniwa, 332 Quarry Road RD2 Kaitaia
- Contact Jonelle if you would like more information.

Loop Series

The Loop Series is back for 2022! Participants have been riding, walking, rolling and pushing their way around the 4.2 km Hatea Loop. We have one more session of the Loop Series this week (Thursday 10th Nov). Meet us at the car park on the Western/Port side of Te Matau a Pohe Bridge for a 5:30 pm start.



Inclusive Afterschool Club

This Term we have been running an Inclusive Afterschool Club at Kamo Intermediate School. This five week programme has a different theme each week and participants have the opportunity to have a go and participate in different activities, skills and games. We have been having awesome fun with everyone during the sessions. The session themes include ball skills & games, athletics, wheelchair games, boccia, archery and play trailer fun. Please contact us if this is something that you are interested in and would like to know more.

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

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
 - Time: 4:30 pm–5:30 pm
 - Where: Pohe Island Bike Park, Dave Culham Drive, Whangarei.
- 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 at Northland College. 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.

Merch for sale



The Northland Wheelchair Basketball team still have some awesome Merch available to purchase! All proceeds go to supporting the Northland Wheelchair Basketball team. Tshirts are \$35 and hoodies are \$65. Visit our website to purchase or contact Anna.



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

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