

Paul's Christmass Message



It gives me much pleasure to write a short end of year Christmas message.

If 2016 is anything to go by, I know we will have a lot to look forward to in 2017. Parafed Wellington continues to not only support its traditional sports like rugby and basketball but has opened a whole new range of opportunities for young people with disabilities throughout the region. The youth group provides a real opportunity for our up-and-coming members and athletes to participate while at the same time as having fun.

All our sports teams continue to do very well in all their events. I know they train hard on a weekly or fortnightly basis. This year we hosted the WRC2 Wheelchair Rugby Tournament, the North Island Wheelchair Basketball Champs and the North Island Boccia championship.

The highlight for me this year was the Rio Paralympics where our athletes Mary Fisher, Kate Horan Amanda Cameron and Greg Reid represented us with commitment and character. But once again the medal went to our golden girl Mary Fisher when she achieved a new World Record and Gold Medal in the 400 M Freestyle. All of these activities and events would not have been possible without the dedication of our Manager Catriona McBean and the hard work from our committee and volunteers. I would like to place on record all of our appreciation for their dedication and support. Last but not least I would like to thank all of our sponsors, funders and supporters for their ongoing commitment. I wish you all a very Merry Christmas and a wonderful New Year.

Kind wishes Paul Curry
Parafed Wellington Patron

February

2016 started with our a bang when **Kate Horan** broke the **World Record** again at the AvanteDrome in Cambridge in the C3 Women Flying 200m World Record in 13.198.

More sedately later in Feb, some of our members joined ODD's of others in the annual Sport Wellington **Round the Bays**. Many of our Youth Group walked with parents and siblings while some of our older members raced in their sports wheelchairs. Alan Signal, our President, again took the charge on racing the course in 36 minutes.

A week later we were all out on "Daniel" **fishing** up a storm in Wellington Harbour. This year we had lots and lots of our Youth Group members attend and they were very adept at catching lots and lots of orange Gurnard. Not such good eating as they were all pretty small, so many were released for next year's catch!



Thanks to Pelorus Trust for helping with the fishing trip.



March

March saw the start of training for all our teams. We had wheelchair basketball on Tuesday nights at ASB Sports Centre in Kilbirnie, wheelchair rugby on Thursday nights at Te Rauparaha

Arena in Porirua, and fortnightly boccia at Knox Church in Lower Hutt.

As part of a nationwide programme, Parafed Wellington and **Paralympics NZ** held a fundraising event at the CQ Hotel in Cuba Street, hosted by the Wellington Chamber of Commerce. After speeches and presentations, a number of items were auctioned off to help raise funds for the team heading to Rio. Wellington Chamber of Commerce won the bid for a team-building session with Parafed Wellington. This was scheduled for late 2016 but will now be held in 2017.



Alan Signal and **Chris** and **Michael Barry** all attended "**The Bash**", the first wheelchair rugby tournament for the year. This year it was held in Napier for the first time. All players got to play with other players from different regions and wheelblacks to mix up the teams and have a fair competition.

The **AGM** was again held at the Petone Workingmens Club where we re-elected the committee: Alan Signal – President, Colleen Dryden – Treasurer, and Greg Reid – Committee member.

We also took the opportunity at the AGM to present the awards and certificates for our members sporting performances and contributions to Parafed Wellington for 2015. The winners were

Parafed Wellington Boccia Cup - Awarded for outstanding achievements in Boccia. **Hyran Daymond**.

Parafed Wellington Wheelchair Basketball Cup - Most dedicated basketball player. This cup is awarded to the person who plays or helps at wheelchair basketball. This person goes that extra bit further for themselves and the team outside of normal training etc, but usually goes unrecognised. **Slade O'roke St John**

Parafed Wellington Wheelchair Rugby Cup - Most dedicated rugby player. This cup is awarded to the person who plays or helps at wheelchair rugby. This person goes that extra bit further for themselves and the team outside of normal training etc, but usually goes unrecognised. **Paulo Pelasio**

Caltex Novice Trophy - Awarded to athlete from any sporting code. **Michael Barry**

Parafed Wellington Swimming Cup - Awarded for outstanding achievements in Swimming. **Mary Fisher**

Parafed Wellington Trophy - For outstanding sporting achievement and representing NZ internationally. **Mary Fisher**

Carlyle Trophy - Most input to the Association from non-committee member for coaching, mentoring and support. **Andy Henderson**

WPPDA President's Trophy - The Chairman of Parafed Wellington names the recipient for this award each year. **Colleen Dryden**

Eileen O'Callaghan "Hand of Friendship" Award - Is for the person who helps others within Parafed. - As are always people behind the scenes that go unnoticed. **Peter Horne**

Harold O'Callaghan Trophy - Awarded to the Sportsman of the Year in the region served by Parafed Wellington. *Not awarded for 2015.*

Weet-bix Try

This year we had members of our Youth Group compete in both the Wellington and Hutt Valley events. It was fabulous to see our young athletes out competing alongside their peers.

We had more kids enter this year than last, and it was wonderful for the to also to have their siblings also involved in the event.

Wellington competitors were: **Noah** and **Felix Galloway** (and their 2 other brothers Angus and Otis), **Jack Lewington** (and his sister), **Fraser Governo**, **Erin Knox**. The sole Hutt Valley competitor was **Josh Tia**.



Erin

Thanks to the Weet-bix Tryathlon Foundation who assisted our team's registration by providing 50% of the entry fee.



Jack



Noah



Fraser

April

With Easter in March this year, April was a long month with a few interludes for sports and competitions.

Our first competition to host this year was the **North Island Boccia Championships** which were held at the ASB Sports Centre in mid-April.

The Parafed Wellington team included **Matthew Henderson, Hyran Daymond, Colin Frude, David Harrison, Natalie Austing, Jeffrey Kerr** and **Andy Henderson** who officiated at the tournament.



Matthew and Jeffrey



Hyran

Thanks to Pelorus Trust for their continuing support of Boccia. Without this support we would not be able to help our players train and compete in Boccia.



Mary Fisher breaks own **World Record** in 50m Butterfly Paralympic star Mary Fisher set a new world record the 50m butterfly in April. Fisher clock 32.92 in the S11 category which was 0.3s under her own world record to cap off an outstanding meet for her.

Junior Disability Games

The Junior Disability Games were again held in Cambridge at St Peters College.

Team Wheelington – our new team brand – was rolled out for the Youth Group to use at the Games.

12 Families from the Wellington Region attended the Games:

12 young athletes participating – (9 were current members of Parafed Wellington Youth Group, 3 who were not)

15 Parents; and 4 Siblings.

In our team was Lincoln Parker, Libby Leikis, Liam Melvin, Josh Tia, Fraser Governo, Keziah Ross, Joel Flewellen, Erin Knox, Gretta Gilbert, Mitchell Lang, Jack Lewington and Corran Hanning and they competed in a range of sports including swimming, athletics, indoor rowing, triathlon, archery and wheelchair basketball.

Team Wheelington was named the **Best Team Performance**. We won this award as most of our athletes tried every sport they could. Good work everyone!



Members of the Parafed Wellington Team at the Junior Disability Games.

Parafed Wellington Team on top

The Parafed Wellington Team thrived at the recent Junior Disability Games in Cambridge, winning the Best Team Performance, along with individual awards.

The Halberg Junior Disability Games is an annual three-day sports tournament for eight to 21-year-olds with a physical or visual impairment.

This year the tournament was held in Cambridge, Hamilton from April 22 to 24.

The tournament offered 15 sports and gave athletes the opportunity to experience the games' village environment, try new sports, and excel on their own.

The Parafed Wellington team

had 14 athletes from across Wellington region travel to Hamilton to compete.

Parafed Wellington Sport Coordinator, Melissa Pepler said she was excited about the team's participation and success in the games.

"The Wellington team competed in a range of different sports during the two-day event and gave 100 per cent to everything they tried.

"We are so proud of the group and can't wait to take on more events and activities this year."

Three team members won individual awards, Melissa said.

Libby Leikis was the 'Overall Female in Athletics' award, Mitchell Lang was the 'Overall Male in

Swimming' award and Keziah Ross took out an athletics award.

Melissa thanked the committed parents and families who invested time and energy into making the opportunity become a reality for their children as well as Parafed Wellington's funding partner, the Four Winds Foundation.

Parafed Wellington's goal is to provide a pathway into sport for people with physical disabilities, through a range of sport and recreation opportunities and an active youth group for five through 18-year-olds.

For more information, head to www.parafedwellington.co.nz

May

May saw the start of our adult athlete's competition travel season.

The first trip away was for our wheelchair rugby team who headed to Christchurch for the first round of the **WRC** series. The year our team included: Alan Signal, Chris and Michael Barry, Paulo Pelasio, Connor Mackie, Rose Vaea and Catherine Gregory.



Thanks to NZCT for their continuing support of Wheelchair Rugby. Without this support we would not be able to help our players train and compete in wheelchair rugby.



May also saw the naming of **Mary Fisher** and **Kate Horan** in the **2016 Rio Paralympics** team. This was followed in June with **Greg Reid** being named in the team. **Amanda Cameron** was the fourth Parafed Wellington member named in the team.

Mary Fisher wins **Disabled Sportsperson of the Year**

Mary has won, for the third consecutive year, Disabled Sportsperson of the Year at the Sport Wellington Sports Awards. Up against Mary this year was fellow Parafed Wellington members, and then recently named Rio Paralympians Kate Horan and Greg Reid.



We wish to thank Four Winds Foundation for assisting with the team registration costs.



June

Congratulations to our member **Genevieve McLachlan** who was awarded a **MNZM** in the **2016 Queens Birthday honours**

Ms Genevieve McLachlan is committed to improving the lives of New Zealanders living with a disability or impairment.

Ms McLachlan established Adaptive Technology Solutions, a holistic consultancy service that works with people who have experienced a range of accident or health related disabilities and impairments, and provides people with assistive technology to improve their quality of life. Although she grew up with cerebral palsy and a visual impairment, she has never let her disabilities slow her down.

She spent almost seven years working for the Royal New Zealand Foundation for the Blind, providing vocational and adaptive technology assessments, and training for blind and low vision clients. She is also a Trustee of SailAbility Wellington, which runs sailing programmes for people with a wide range of disabilities, and was a Guide Dog Handler Consultant for the Blind Foundation.

She is a past Treasurer of the Guide Dog Alliance Inc. and was a member of Grey Power Upper Hutt. She is currently a Be.Welcome Coach with Be.Accessible. Ms McLachlan received multiple awards at the David Awards in 2014, which honour champions in small business, including the Bizbuss Most community-minded business, and the Solo Meo Award for a business owner who runs their business single-handedly.

July

For the first time in many years all the Parafed's got their staff together for a 2-day forum hosted by Parafed Canterbury. This was a great opportunity for staff to compare notes and get new ideas and tips on how to make things easier. Catriona McBean attended this forum for Parafed Wellington and was pleased to be able to report back to the Board Parafed Wellington is exceeding in the area of engaging young people with physical disabilities through its successful Youth Group programme.

The **North Island Wheelchair Basketball champs** were again hosted by Parafed Wellington at the ASB Sports Centre in Kilbirnie. Five teams from the North Island attended the tournament and while Parafed Wellington didn't win, we were really pleased with our performances this year.

Our team for the basketball champs was: **Alan Signal, Chris and Michael Barry, Connor Mackie, CJ Walker**, and the President of Wheelchair Basketball NZ who we roped into play Shane Davies.



Thanks to Pub Charity for their continuing support of Wheelchair Basketball. Without this support we would not be able to help our players train and compete in wheelchair basketball.



Two weeks later, Parafed Wellington also hosted the **WRC2 Wheelchair Rugby** tournament at Te Rauparaha Arena in Porirua. This event is one which is looked forward to by both players and officials, and it's a pleasure to bring the teams into the city for the weekend.

We played the same team as the WRC1 in Christchurch and succeeded in winning a few games. This year we were without the support of any Wheelblacks players so felt we did really well to hold our own against some of the stronger and more experienced teams. We finished 6th.



What many of our members probably don't realise is the fabulous support we get from Air NZ and the ground crew team at Wellington Airport. We are able to collect and deliver the team's sports wheelchairs (about 40 in total) and gear directly into the "cans" so the gear doesn't get taken through the airport baggage claim. It does mean a few hours sitting in the cargo sheds on a Friday evening, but it's much easier this way.



Air NZ Cargo "Can"

September



Thanks to the NZCT and Trust House for their support of Wheelchair Rugby WRC2 tournament.



Mary Fisher- Swimming 100m Backstroke S11 - **GOLD** and new **WORLD RECORD** 400m Freestyle S11 - 4th, 50m Freestyle S11 - 6th, 100m Freestyle S11 - 4th, 200m IM SM11 - 6th

Kate Horan - Cycling 3km Pursuit C4 - Qual - **Paralympic Record**, Final - 4th; 500m C4-5 - 4th, Cycling Time Trial C4 - 8th

Parafed Wellington was named the runner up in the Wellington Airport Regional Community Awards 2016 for our Youth Group for the Sport Award.



Amanda Cameron/Hannah van Kampen - Cycling Kilo BVI - Final- 6th and Personal Best, Cycling 3km Pursuit BVI - 4th, Cycling Road Race BVI - 11th

Greg Reid - Shooting Mixed R3-10m Air Rifle Prone - 7th



Mary

August

August was pretty quiet at Parafed Wellington. **Catriona McBean** was a volunteer at the **2016 Rio Olympics**. It was an amazing experience for her but she was back in NZ in time to watch along with the rest of the country the 2016 Rio Paralympic Games.



Kate



Amanda



Greg

New Zealand in competition at Rio 2016

- 31 kiwi Paralympians, including 11 returning athletes and 20 debutants
- 6 sports - Para-Swimming, Para-Cycling, Para-Shooting, Para-Sailing, Para-Athletics, Para-Canoe
- 68 separate events contested across these 6 Para-Sports by kiwi Paralympians
- **3 world records** were set by New Zealand, of the 196 set across the 6 Para-Sports kiwis contested
- **11 Paralympic records** were set by New Zealand
- **21 medals** won by New Zealand - 9 GOLD, 5 SILVER and 7 BRONZE
- **52%** of all events contested saw kiwi Paralympians deliver personal bests
- **57 finals** were reached from amongst the 68 events contested by kiwi Paralympians
- **94%** of our kiwi Paralympians made it to the Top 8 in at least one event
- 77% of the finals reached saw a New Zealander finish in the Top 8
- 12 individual Paralympians secured medals, and increase from 4 during London 2012
- **1st in the world for medals per capita**, successfully defending London 2012 title
- 13th in the world overall in medals, beating previous best of 16th at the Athens 2004 Paralympics
- 9 gold medals secured, matching to the 1996 Atlanta Paralympic Games for most successful

October

No rest for our Parafed members in October with two national champs within one week in Auckland.

Firstly, the **NZ Wheelchair Basketball Championships** where our players from the North Island Champs in July again took to the court to play. This time we were less Shane Davies but the team played well despite having no subs. Needless to say they were a happy but exhausted team on the plane home on Sunday night.

Our second team to head to Auckland was the Boccia team who competed at the **NZ Boccia National Championships**. The team included Matthew Henderson, Colin Frude, David Harrison and Hyran Daymond. Andy Henderson again officiated and was team manager for Parafed Wellington. **Matthew and Colin** won a **Silver** for their pair's event, **David** and his team won **Silver**, and **Hyran** got **Bronze** in BC3.

We were fortunately in being invited by **SnowSportsNZ** to send some of our Youth Group up to **Turoa Ski Field** on Mt Ruapehu for some introductory ski lessons over the school holidays.

Our young skiers included **Fraser Governo, Joel Flewelen, Noah** and **Felix Galloway, Joss Patel** and **Sean Prendeville**.



Fraser and Joel

November

Continuing the work with the other Parafeds, in November Catriona McBean presented to representatives from the Parafed Boards on the state of sport and disability sport in New Zealand. In 2017 it is

expected SportNZ will start development of a National Disability Sport Strategy so it is important all Parafed Boards are aware of the wider issues affecting sport in general and the state of disability sport in particular.

Catriona was appointed convenor of the Parafed Leadership group which has been established to work on behalf of all Parafed's on issues which are of national importance. Also on the Leadership group is Alan Signal from Parafed Wellington, Hamish Meaceham – Auckland, and Ian McDonald – BOP. The 5th position is currently vacant with an appointment planned before Christmas.

Catriona was also the Parafed Wellington representative at the Paralympics NZ AGM and Forum held in Auckland so totally missed the Kaikoura earthquakes and floods which hit Wellington those few days.

December

With Christmas just around the corner, it was decided to try an overnight camp for the Youth Group. We secured a place at **El Rancho** in Waikanae and 12 brave members agreed to help us trial a camp.

We tried archery, low ropes course, waterslide, mini-golf, paddle boats, feeding the horses, patting the very pregnant cat (it had kittens the night we were there), playing on the giant playground And more waterslide.

Our Youth Group members (and parents) were: **Ari Crowe** and Steven; **Noah** and **Felix Galloway** and Gretchen and Richard; **Fraser Governo** and Silverio; **Kody Schief** and Shaun; **Greta Gilbert** and Jo; **Kahu Wesling Macgregor** and Kelti; **Lance Allen-Lucas** and Barbara and Duncan, **Sonnie Boyce** and **TP Moananu**;

On Sunday we welcomed the rest of the families for a Christmas BBQ, and more waterslide!



Youth Group 2016

Aside from the activities listed above, the Parafed Wellington Youth Group has been extremely active this year. So instead of explaining what we've been doing, here's a wee photo summary.



athletics



mini golf



Indoor softball



good luck to our Rio Paralympians



horse riding



gym sports



wheelchair basketball



end of year camp

Thanks to Wellington City Council Pelorus Trust for their support of our Youth Group in 2016

**Absolutely Positively
Wellington City Council**
Me Heke Ki Pōneke



What else did we get up to in 2016 ... if this wasn't enough ...

Andy Henderson and Colin Frude were both re-elected to the **Boccia New Zealand Board.**

Paula Tesoriero, previous Parafed Wellington member and Paralympia was elected to the **Paralympics NZ Board.**

Catherine Pot, ex-Parafed Wellington member was named a finalist for the 2016 Welly Awards Youth Category. Catherine Pot has played wheelchair basketball for a few years and has recently focused on physics.

Catherine, from Onslow College, is a physics wiz. She won several prizes at this year's Science Fair and was in the New Zealand Young Physicists team which won silver medals at the 2016 World Cup of Physics in Russia

ACC volunteers who helped with score bench duties at both the NI Wheelchair Basketball Champs and the Wheelchair Rugby WRC2.

Message From Our President – Alan Signal



That time of year has hit us all again when we think we are still young and can do anything!

Wow what great year we have all had so far with lots of new members who have joined and the youth group which is growing in numbers and bring families and kids together and forming new friendships. I wish all our members and volunteers and friends of Parafed Wellington a very Merry Christmas stay safe and see you all next year.

Some BIG Thank You's ...

Thanks to a number of our members and others for their time and commitment this year.

Alan Signal was re-elected as President of Parafed Wellington this year, which has been kept him busy, but Alan has still committed time and energy to coaching and managing the Wheelchair Basketball and Rugby teams.

Colleen Dryden continued in the role as Treasurer.

Andy Henderson continued to run the Parafed Wellington Boccia programme, along with **Colin Frude** providing coaching assistance.

Erin Fitzgerald the Halberg DSA for Wellington has supported and actively promoted our Youth Group again this year. Erin really enjoys coming to the Youth Group activities and joining in.

Also a **Special Thanks** to all the **parents, spouses, partners, family and friends** of our members who regularly help not only their own family member with trainings, competitions, transport, encouragement and sometimes "tough-love" but also our other members. Without your ongoing support, our members sporting and recreational aspirations would not be so easily achieved.

Without our Funders & Partners

Parafed Wellington is very grateful and offer heartfelt thanks to all our funders this year. Our funders who supported some specific projects have been listed above. The following funders have helped us with general and non-project funding:



Manager's salary assistance is gratefully appreciated as it allows Parafed Wellington to have a staff member to help organize the sporting activities, as well as run the organization.



Lottery Grants Board have come on board with Parafed Wellington again this year supporting us with funding which has helped us continue to deliver sports, activities and other services to our members.



Assisted with general funding for Parafed Wellington to continue providing a range of activities and opportunities for our members.



Pelorus Trust have come on board with Parafed Wellington again this year supporting us with funding for rental for our office at ASB Sports Centre.



Thanks to ContainerCo who very kindly donated a 20ft container to store all our equipment. And also to the **Kilbirnie Fire Station** who continue to let us leave the container in their car park!



Ongoing partner of Parafed Wellington.



Ongoing partner of Parafed Wellington.



Who continue to provide great nutrition for our players when we hold tournaments in Wellington.

SO, what we are doing in 2017



2017 is going to start with another **Round the Bays** is on **19 Sunday February**. We are planning on entering a team again this year. If you wish to be part of the Parafed Wellington team, you can register through the wellingtonroundthebays.co.nz website.

We'll be entering the 6.5km run/walk.

We have set up a team entry again, so search for Parafed Wellington. Enter all your details.

You **DO NOT** need to pay when you register, we will invoice you once the entries are all completed.

Encourage friends and family to join us on the walk, it's a great morning out. Lots of fun!!

<https://secure.tiktok.biz/register/default.aspx?EventID=wellingtonroundthebays&Edition=2017&Team=ParafedWellington&Password=Kilbirnie1>

Appointment of Sport Coordinator ... again!

We will again be aiming to appoint a part-time Sport Coordinator to continue with the fabulous Youth Group in 2017. This role is to facilitate the development of Parafed Wellington, ensuring our organisation caters for and supports people with physical disabilities to be active in sport and recreation. A key focus of this role is to work with our younger members through our Youth Group.

We hope this successful applicant will start in early March. We'll keep you posted.

And, finally

2017 Membership

Please remember to renew and/or join Parafed Wellington this month so you can access all these great activities and more during 2017.

We have kept the membership fee the same - **\$30** for an individual or **\$40** for a family membership.

A membership form will be sent along with this newsletter, but if you don't receive it, you can find one on the Parafed Wellington website www.parafedwellington.co.nz.

Fishing trip



We have 'Daniel' booked for **Friday 24 February**.

If you are keen please contact the office asap. We will need to limit the number of wheelchairs on board this year (we took a few too many last year)!!. Again, if you are in an electric wheelchair, you will need to have access to a manual chair while we are out fishing as we can't get them on the boat.