

PARAFED CANTERBURY NEWSLETTER

APRIL 2008



Canterbury Shooters at National Championships
Jill Philip (support), **Andy Blay**, **Peter Hastie**, **Rachel Hastie** (support), **Grant Philip** (front),

www.parafedcanterbury.co.nz

CONTACT DETAILS

PARAFED CANTERBURY OFFICE

Monday to Friday
8:30am – 5:00pm
Burwood Hospital
Burwood Road (2nd Entrance)
Burwood, Christchurch

PO Box 35 080
Shirley, Christchurch 8640
Phone: (03) 385 4449
Email: info@parafedcanterbury.co.nz

OFFICE BEARERS

Auditor

BDO Spicers

BOARD MEMBERS

President

Mr Phil Humphreys
11 Reaby Street
(03) 385 4403

Mr Andrew Hawker
5 Garforth Green
(03) 322 4453

Mr Phil Melrose
c/- ParaFed Canterbury
(03) 354 5616

Mr Ben Lucas
201 Southfield Drive, Lincoln
(03) 325 7666

Mr Ken Sowden
61 Country Palms Drive
(03) 322 8513

Mr Grant Philip
16 Mahuri Street
(03) 383 6159

STAFF MEMBERS

Operations Manager

Ken Sowden ksowden@parafedcanterbury.co.nz

Operations Assistant

Ang James ajames@parafedcanterbury.co.nz

Sports Development

Kerry Jenkinson kjenkinson@parafedcanterbury.co.nz

Junior Sports Co-ordinator

Kerry Jenkinson jsc@parafedcanterbury.co.nz

Funding Co-ordinator

Judy Jarvis jjarvis@parafedcanterbury.co.nz

Personal Trainer

Nicki Brown nickisteve@xtra.co.nz

SPORTS AND ACTIVITIES

Recreational Swimming

Wednesday
Sunday

Burwood Hospital

4:30pm – 6:30pm
1:00pm – 2:30pm

Gymnasium

Seven Days

Burwood Hospital

6:00am – 9:00pm (with gym card)
gym programmes are also available

Arts Programme

Wednesday

Burwood Hospital

1:00pm – 4:00pm

Junior Sports Club

Wednesday

Burwood Hospital

4:30pm – 5:45pm

Athletics

Tuesday

QEII Park

5:00pm – 6:00pm

Boccia

Saturday

Burwood Hospital

10:00am – 11:30am

Shooting

Tuesday

Marshland Road Hall

5:00pm – 8:30pm

Swimming

Thursday

QEII Park

6:00pm – 7:00pm

Table Tennis

Monday

Blenheim Road Centre

6:00pm – 7:00pm

Wheelchair Basketball

Tuesday
Thursday

Aranui High School

7:30pm – 9:00pm
7:30pm – 9:00pm

Wheelchair Rugby

Monday
Thursday

Mairehau High School

5:30pm – 7:30pm
5:30pm – 7:30pm

If you are interested in getting involved in any of the above sports or activities, please contact the office to register or find out more information.

NOTE: If you have any complaints, concerns or suggestions please put them in writing and send them to any of the above board or staff members. All complaints and concerns will be actioned in accordance with our complaints and allegations procedure, which is available from the office.

FROM THE OFFICE

EDITORIAL

With less than 6 months to go before the Beijing Paralympic Games it will be interesting to see how things eventuate within Beijing and China. Will the Tibet situation cause a major disruption to the greatest show on earth?

I have been lucky enough to attend the last three Paralympic Games in different roles and each Games that I have attended have had a very different feel to them and a different situation attached.

At the 1996 Atlanta Paralympics I felt that we were an inconvenience at the end of the Olympics and as the Olympics that year had so many logistical problems the Paralympics were not a memorable event for most. The village was so hilly that from the Transport Mall to our accommodation we had to push most of the wheelchair athletes as it was too steep for them. The dining hall would close in the evening when there were still hundreds of people still waiting for a meal. Despite the problems we encountered, the event was my first Paralympics and was special to me and of course the incredible results of the athletes made it one of our most successful events.

At the 2000 Sydney Paralympics we saw a quantum leap in what was offered and the public's perception of the Games. The Australians embraced the Paralympics and our athletes were treated to huge spectator numbers and fantastic facilities. This event set the benchmark for future games and will be used as the yard stick for many Games to come. Sydney was a true sporting celebration and the Australians showed the rest of the world what they could do both as organizers and athletes.

At the 2004 Athens Paralympics we were all aware of the issues the Greeks had with their facilities and organization. Despite most venues only just being completed prior to the Games opening, the Games were a success. The Greeks had a really laid back but at times arrogant attitude towards the event as they were the birth place of the modern Olympics. Therefore just the fact that the Games were being held in Athens was enough to make the event successful.

What will the 2008 Beijing Paralympic Games bring?? The Chinese are so keen to put on the ultimate show that they will stop at nothing to ensure the Games are a success. Such is the Chinese attitude that failure will not be in their vocabulary. Having done two site visits to Beijing over the past 6 months I can tell you that all seems to be very much on track, but if you scratch the surface just slightly and ask a few probing questions you get the feeling that the Chinese don't want to hear anything negative or too enquiring.

What ever happens either politically or on the sports field, Beijing will offer to those lucky enough to attend, an enduring memory of history, organization and competition.



ANNUAL GENERAL MEETING

Friday 28th March 2008 – 6:00pm
Marshland Room, Burwood Hospital

The 2008 AGM was held on the 28th March in the Marshland Room of Burwood Hospital.

The new Board was announced:

- Phil Humphreys
- Ben Lucas
- Ken Sowden
- Andrew Hawker – re-elected
- Philip Melrose – newly elected
- Grant Philip – newly elected

Cathy Hemsworth and Gary Still have both resigned from the Board and the President thanked them for their contribution over the last two years.

The annual subscription for 2009 was again set at \$40 the same as 2008.

The audited accounts for 2007 were presented and passed by those members in attendance.

2008 SUBSCRIPTIONS

ParaFed Canterbury subscriptions were due on the 1st April 2008.

For members who use the gym, this will mean that your gym swipe card will no longer work until you renew your membership.

If you are involved in any of ParaFed Canterbury's sports or activities, are a user of any facilities or services, or just want to receive the newsletter, then please ensure you renew your membership.



ParaFed Canterbury subscriptions are \$40 for the year and a subscription form can be found at the back of this newsletter.

TOTAL MOBILITY MAXIMUM SUBSIDY

The Total Mobility Committee has changed the maximum Subsidy in Christchurch.

As of May 1st 2008 the maximum subsidy per taxi trip has been raised from \$15.00 to \$35.00. This maximum subsidy applies to both manual and power chairs.

This will ensure greater freedom for our members.



GENERAL

BURWOOD HOSPITAL POOL

The Burwood Hospital Pool is available for recreational swimming for ParaFed Canterbury members during the following sessions:

Wednesday 4:30pm – 6:30pm
Sunday 1:00pm – 2:30pm

The sessions run throughout the year on Wednesdays and Sundays (unless they are a public holiday or fall in a long weekend i.e. Queens Birthday weekend)

The cost to attend is \$1 per session and is for financial members only.

ARTS PROGRAMME

The Arts Programme is continuing on strongly with a number of regular attendees.

The programme is held on Wednesdays from 1:00pm – 4:00pm at Burwood Hospital and is run by our arts tutors, Joyce and Nicki.



If you are interested in trying your hand at the arts, contact the office for more information.

JUNIOR SPORTS CLUB

The Junior Sports Club is back into full swing with Term 1 packed with fun activities including orienteering, athletics, bike ride at Hagley Park and fishing.

The programme is held on Wednesdays between 4:30pm – 5:45pm, generally at Burwood Hospital or at other locations around Christchurch depending on the activity.

If you would like to register or find out more contact the office or email jsc@parafedcanterbury.co.nz



WEEKLY SPORTS GROUPS

We currently offer weekly training sessions in seven different sports, which are listed below:

- Athletics
- Boccia
- Shooting
- Swimming
- Table Tennis
- Wheelchair Basketball
- Wheelchair Rugby

For more information on the days and times of our weekly sports groups, see page 2 of this newsletter, or contact the office.

HANMER SPRINGS FOREST CAMP

This recently upgraded facility now offers a range of affordable, accessible accommodation in a tranquil forest setting 90 minutes north of Christchurch. The camp is situated on Jollies Pass Road 2.5km from Hanmer Springs Village.

The camp features:

Ensor Lodge – comprising of 3 buildings
Ensor (10 rooms sleeping 40 people total),
Larch (6 rooms sleeping 24 people total),
Mountain Beech (8 rooms sleeping 44 in total)

Abilities Lodge

A 32 berth self contained building that was designed for people with disabilities, containing 5 bedrooms.

Mahariki & Ngahere

2 fully self contained accessible units which can sleep up to 4 people in each.

The camp includes a 1km wheelchair accessible walkway and large childrens playground.
The Forest Camp also contains other (non accessible) accommodation options.

243 Jollies Pass Road, Hanmer Springs

hanmer.forest.camp@xtra.co.nz

Phone / Fax (03) 315 7202

www.hanmerforestcamp.co.nz



AMPUTEE SOCIETY OF CANTERBURY & WESTLAND

As a Society we welcome all amputees as members & give the first year of membership free, thereafter the annual subscription is \$10. We currently have 226 members. We produce a newsletter every 2 months & welcome contributions from members & provide interesting articles & information.

We also provide a visiting service to new amputees either in hospital or at home and a mentoring service for continued support to members. We are also an agency for Total Mobility taxi voucher scheme which gives a substantial discount on fares.

Social gatherings are being planned for this year also. We have a good link with ParaFed Canterbury, in that one of our executive & one committee member are in the senior training squad.

For further details contact

Ava Thomas, Secretary/Treasurer:

Ph: (03) 381 1873

Email: avat@xtra.co.nz

SPORTS RESULTS

ATHLETICS

Canterbury Track and Field Championships

QEII was the location of the 2008 Canterbury Track and Field Championships from 22nd – 24th February 2008 which featured events for athletes with a disability (AWD). Daryl Humberstone broke several New Zealand Masters Records.

New Zealand Track & Field National Championships

The New Zealand Track & Field Championships were held at Mt Smart Stadium, Auckland from 28th – 30th March.



Julian Bethall, Daryl Humberstone, Alex McIntyre and Joe Wilson represented ParaFed Canterbury in competing against athletes from around the country including several Paralympians.

Julian Bethall	1 st	Ambulant Discus	
	1 st	Ambulant Shot put	(NZ Record)
Daryl Humberstone	2 nd	100m Sprint	
	2 nd	200m Sprint	(NZR Masters)
	2 nd	Ambulant Discus	(NZR Masters)
	3 rd	Ambulant Shot put	(NZR Masters)
Alex McIntyre	3 rd	100m Sprint	
	2 nd	200m Sprint	
	3 rd	400m	
	2 nd	Seated Shot put	
	2 nd	Seated Discus	
	3 rd	Seated Javelin	
Joseph Wilson	1 st	Ambulant Javelin	
	2 nd	Ambulant Shot put	
	3 rd	Ambulant Discus	

SHOOTING

New Zealand Championships

The New Zealand Target Shooting Nationals were held at the Manawatu Sports Rifle Association near Awapuni. The Friday evening was for equipment check and practise. Competition started on Saturday morning.

IPC Standing Match

1 st	Michael Johnson	<i>Auckland</i>
2 nd	Robert Berger	<i>Auckland</i>
3 rd	Andy Blay	<i>Canterbury</i>
4 th	Grant Philip	<i>Canterbury</i>
5 th	Peter Hastie	<i>Canterbury</i>
6 th	Bradley Mark	<i>Auckland</i>

Open Prone

1 st	Michael Johnson	<i>Auckland</i>
2 nd	Ross Mason	<i>Wellington</i>
3 rd	Andy Blay	<i>Canterbury</i>
4 th	Robert Berger	<i>Canterbury</i>
5 th	Bradley Mark	<i>Canterbury</i>
6 th	Peter Hastie	<i>Auckland</i>
7 th	Grant Philip	<i>Canterbury</i>

Australian Cup (Round 2)

Grant Philip attended this event being held at the Sydney International Shooting Complex, which was the venue of the 2000 Paralympic Shooting Competition.

Grant shot in the Prone match on the first day of competition and shot a 582/600, which was an international PB for him, and placing him 4th overall. In the Standing Match Grant scored 567/600 finishing 4th again.

Overall Grant was pleased with his results, as he should be. His results place him well to be competing at future international events further a field.

SWIMMING

New Zealand Disabled Swimming Championships

The New Zealand Disabled Swimming Championships were held at QEII Park, Christchurch on the 4th – 8th March 2008. This event was one of the final opportunities for swimmers to throw their goggles in the ring for selection for the 2008 Beijing Paralympic Games.

Canterbury swimmer Sophie Pascoe set a huge five New Zealand Open Records – 50m Freestyle, 100m Freestyle, 100m Backstroke, 100m Butterfly and 200m Individual Medley.

Sophie was also selected to represent New Zealand at the British Swimming Nationals, in Sheffield, England along with 4 other swimmers.



WHEELCHAIR RUGBY

Low Point Nationals

The New Zealand Low Point National Champs were held in Wellington in early March.

Canterbury Wheelchair Rugby sent up their low pointers to this event. From all reports the Canterbury Team competed strongly but unfortunately lost to Auckland in the final 16 – 13 and bringing home the Silver.

WHEELCHAIR TENNIS

Canterbury Wheelchair Tennis Championships

The Canterbury Wheelchair Tennis Champs were held at Wilding Park, Christchurch on the 16th – 17th February.

Glenn Barnes	Winner – Singles Main Draw
	Winner – Doubles
Travis Moffat	Runner Up – Singles Main Draw
	Winner – Doubles
Mark Sullivan	Winner – Singles Second Draw

Waikato Tennis Open

Canterbury was well represented at the recent Waikato Tennis Open by 9 athletes.

This event is a ranking tournament and was well attended by international athletes who want to qualify for Beijing.

Glenn Barnes	Quarter finalist – main draw
Tyler Belcher	2 nd Consolation Round
Mark Sullivan	Winner – "A" Draw
Wayne Chase	2 nd "A" Draw
James McLeod	Winner – Quad Division



UPCOMING EVENTS

BOCCIA

South Island Boccia Championships

ParaFed Canterbury is sending a team down to the South Island Championships which are being held in Dunedin over the weekend of 12 – 13 April.

Representing ParaFed Canterbury will be Kerri Bonner, Erin Gough, Greig Jackson, and Jeremy Morriss.

Defi Sportif

Defi Sportif is an international sporting event held in Montreal, Canada each year attended by approximately 3000 athletes.

Boccia is one of the events being held at Defi Sportif and Paralympics New Zealand is sending a full New Zealand Team. Representing ParaFed Canterbury will be Kerri Bonner, Jeremy Morriss and Greig Jackson. This is a build up and test event for the New Zealand Boccia Team prior to the Beijing Paralympic Games.

CYCLING

Paul Jesson, Paralympic bronze medallist, is heading off to the Australian Track Nationals in a bid to qualify for the 2008 Beijing Paralympics.

SWIMMING

British Nationals

Sophie Pascoe is competing at the British Swimming Championships in late April in the build up to Beijing. Sophie is part of a 5 strong New Zealand contingent attending this event.

REGIONAL GAMES

ParaFed Canterbury Regional Games

The ParaFed Canterbury Regional Games will be held at QEII Park, Christchurch on the 19th – 20th April. The event will be held in conjunction with the CCS South Island Independence Games.

Sports on offer include track, field and swimming. Entries are available from the office.

WHEELCHAIR BASKETBALL

The first round of the Southern Zone tournament is being held in Nelson in mid-May. This is the first tournament of the season. Canterbury will be sending a strong team up to this event.

WHEELCHAIR RUGBY

WRC1

The first round of the WRC is being held at Cowles Stadium, 170 Pages Road, on 19th – 20th April. The WRC (Wheelchair Rugby Competition) is inter-regional competition between rugby regions and is run over 3 rounds. Spectators are always welcome.

North America Tour

The Wheel Blacks are also going to North America for a number of events in the build up to Beijing. ParaFed

Canterbury will be represented in the Wheel Blacks by Jeremy Tinker.

Firstly they will be competing at the North American Challenge in Lakeshore, Alabama, USA.

The Team will then travel to Vancouver, Canada to compete in the Canada Cup.

From Canada the team will be travelling to Cairns, Australia to compete in a series against Australia and USA.

WHEELCHAIR TENNIS

Wheelchair Tennis World Team Cup

Tyler Belcher and Curtis Smith will be representing New Zealand at the World Team Cup in Cremona, Italy 9 – 15th June.

These Juniors have competed at the World Team Cup for the previous two years along with Eamon Wood and have finished 4th in both 2006 and 2007.

Good Luck to all ParaFed Members competing over the coming months!

LAWN BOWLS

Try your hand at Bowls

If you are interested in getting involved in lawn bowls please contact Quinn Mahoney at NZ Disabled Bowls on (03) 310 2294 or email quinn.mahoney@clear.net.nz

OUTWARD BOUND

Looking for a challenge? Apply for the Outward Bound No Limits Sport & Recreation scholarship!

Outward Bound seeks applications from emerging leaders (athletes and volunteers) in sport and recreation for a scholarship to attend the No Limits course.

You don't need to be a superstar athlete or volunteer - you simply need to be enthusiastic about keeping active and inspiring others to do the same!

Next No Limits course: Friday 20- Friday 27 June 2008

No Limits is an 8 day experience for people aged 17-27 years where half of the participants have a mild disability. This is a challenging experience for all participants in many different ways. Using the outdoors as their classroom, participants will have the opportunity to:

- Take their learning to the next level through challenge and adventure in the outdoors
- Realise their full potential and be inspired to reach their goals
- Develop essential life skills that impress employers - team work, communication, leadership and more....

Contact Danielle Bowater at Outward Bound for more information or an enrolment pack on:

- 0800 OUTWARD (688 927)
- dbowater@outwardbound.co.nz

CLASSIFIED

CALENDAR OF EVENTS

2008

- 12 – 13 April South Island Boccia Championships
Dunedin, New Zealand
- 19 – 20 April ParaFed Canterbury Regional Games & South
Island CCS Independence Games
QEII Park, Christchurch
- 19 – 20 April Wheelchair Rugby WRC Round 1
Cowles Stadium, Christchurch
- 25 – 27 April British Swimming Nationals
Sheffield, England
- 1 – 4 May Defi Sportif Boccia Competition
Montreal, Canada
- 16 – 18 May Wheelchair Rugby WRC Round 2
Auckland, New Zealand
- 17 – 18 May Wheelchair Basketball, Southern Zone
Nelson, New Zealand
- 9 – 15 June Wheelchair Tennis World Team Cup
Cremona, Italy

20 – 22 June North American Challenge (Wheelchair Rugby)
Lake Shore, USA

25 – 29 June Canada Cup (Wheelchair Rugby)
Vancouver, Canada

For more upcoming events visit www.parafedcanterbury.co.nz

FOR SALE

Shower Chair

Melrose portable shower and commode chair with travel bag. Good condition, sell \$750ono (new \$1500)

Phone Julianne 355 9313 or 021 360 253

Portable Ramp

EZ-Access R3000 8 foot Telescoping portable ramp with platform. It can be used as just rails or the platform added as well. Ideal for manual and electric wheelchairs.

Allows access to buildings and cars-max height 28 inches. Easy to use and small to store. Good condition, sell \$750 ono (new \$1200).

Phone Julianne 355 9313 or 021 360 253

PARAFED CANTERBURY WOULD LIKE TO THANK OUR MAJOR SPONSORS FOR THEIR SUPPORT



ParaFed Canterbury has sponsors from all trades and professions.
A full list of our sponsors can be found at www.parafedcanterbury.co.nz

2008 SUBSCRIPTION

April 2008 – March 2009

Payment made anytime in 2008 will entitle you to membership until 31 March 2009



Name: _____
Surname First Name

Address: _____

Telephone: _____ Mobile: _____

Email: _____

Date of Birth: _____

Ethnic Group: _____

Disability: _____

Tick the box where appropriate

- Would you like to receive the newsletter by email?
 Are you a WINZ client?
 Are you an ACC client?

Price

- | | | |
|---|----------------|--|
| <input type="checkbox"/> Subscription | \$40.00 | <input type="checkbox"/> Do you already have a gym card? |
| <input type="checkbox"/> Gym Card | \$30.00 | |
| <input type="checkbox"/> Gym Programme (one on one) | \$20.00 | Gym Card No: _____ |

Total \$ _____ *Make cheques payable to ParaFed Canterbury*

Are you interested in being involved or receiving information on any of the following?

- Arts Programme
 Junior Sports Club (5-15 yrs)
 Sports: If yes, what sports are you interested in? _____

Disclaimer

I the undersigned state that I am physically and medically sound to proceed with the activities of ParaFed Canterbury and Canterbury Health Ltd and that they shall not be liable in anyway for personal accident or loss of property. All equipment and people within the organisation must be treated with respect and the organisation rules must be adhered to at all times. ParaFed Canterbury reserves the right to exclude a member without refund should their conduct at any time be prejudicial. ParaFed Canterbury reserves the right not to renew a persons membership should they no longer met the organisations criteria.

Should I require a replacement gym card it will cost me \$30. Do you require a receipt?

Signed: _____ Receipt Date: _____

ParaFed Canterbury: _____ Receipt No: _____