

Wheelchair Softball

With the help of Softball NZ and some volunteers from the local softball club we tried wheelchair softball.

It was a usual sunny calm Wellington summer day, so after a few hours mastering the techniques of keeping wheelchairs still by pitching or batting, racing around the bases without colliding with each other, and the occasional visit to the neighbours to collect the “home run” balls, we finished with a bbq and a few sunburnt and sore bodies.

While we played outside, we can also play wheelchair softball inside, so it may well be an activity we do in our summer off-season again, but this means it's not weather dependent.



Wheelchair Basketball

This season we have been really busy with wheelchair basketball training and competitions. Over a dozen people each week have been turning up to training which allowed us to have both skills and drills and games during training sessions.

We hosted the **Hurricanes** injured players for a training session during their season. While the team was in South Africa for a few games, the injured players still needed to keep up their fitness and strength. They thought wheelchair basketball would be a relatively easy training session ... that was until they met Alan and he took them through their paces.



Victor Vito and Callum Gibbons

In preparation of the National Champs we invited Taranaki to some friendly training games in Wanganui during May & June. These games gave our players a good opportunity to practice strategy and game play against a side who is growing and developing really quickly.



Unfortunately the Dunedin and Christchurch wheelchair basketball tournaments were cancelled so the first real tournament our team played in was at the **North Island Champs** which we hosted at the ASB Sports Centre in July.

We had B-grade teams from Auckland, Taranaki, Christchurch, Otago and Wellington play so the competition was fierce and fair.

Auckland took home the title but the Wellington team played well - including 2 close and tightly fought games against Canterbury - to secure 3rd spot.

It was great to see lots of new and upcoming players at the tournament.

This years wheelchair basketball programme was supported by NZ Community Trust which helped with their training, travel and competition costs.

Thanks also to **Pelorus Trust** who this year helped our wheelchair basketball team with new wheels for our chairs, and **Eastern Suburbs Sports Trust** for coaching assistance.



In between the big competitions we had the opportunity to be part of the Northern League competition for the Auckland tournament. This was a day trip to West Auckland and back for our team but really worth it, as a month later



Back: Willah Mawhinney, Julie Signal Alan Signal.
Front: Slade O'rorke St John, Karl Hobman, Paul Fallon, Kristine Grooby.

We got Silver!!!

Congratulations to our Wheelchair Basketball team who finished **2nd** at the **National Champs (Division 2)** in Auckland in September.

Game results:

- Auckland Blue 29 v Wellington 23 (Final)
- Auckland Blue 24 v Wellington 26
- Wellington 52 v Waikato Dev 10
- Wellington 46 v Northland 14
- Taranaki 32 v Wellington 33
- Wellington 46 v Auckland White 30

Boccia

The Boccia programme this year has been very busy with our first away trip to Palmerston North for the **Lower North Island Champs** in April.

This was followed by the **Upper North Island Champs** in Hamilton in June.

At both competitions our players had the opportunity to compete against some of the country's best players, which put them in good stead for the **National Champs** which we hosted at the ASB Sports Centre in October.

We had two teams on the podium at the National Champs, David Harrison, Matthew Henderson, Natalie Austing (Teams) and Colin Frude & Nicola Dunleavy (Kiwi Pairs).



David Harrison, Matthew Henderson, Natalie Austing

A very BIG Thank You to Pelorus Trust who this year supported our entire Boccia programme and enabled our players to travel and compete in all these great competitions.



Wheelchair Rugby

Our wheelchair rugby team this year was a little smaller than previous years with Gavin Rolton moving to Auckland to be better able to make his mark on the **Wheelblacks** team which competed at the 2014 IWRF Wheelchair Rugby World Championships in Denmark in August. The Wheelblacks are now ranked 8th in the world, just knocking on the door of eligibility for the Rio 2016 Paralympics.

It was great Gav still played for us at competitions even if he wasn't around at trainings to put our team through their paces. Another ex Parafed Wellington member now living in Auckland, Chris Lay, also joined our team for a few games.

Catherine Gregory accepted the unenviable role as Team Manager this year and did a great job of keeping everyone informed of what was going on, where to be and at what time. Thanks Catherine.

The season started with a few players heading up to Tauranga for the **Bash**. The Bash mixes players from all teams and regions, but the team our players were in won the event.



Auckland White vs Chris Barry

The Bash was followed by the **Lower Pointers** tournament in Te Awamutu where our two eligible players joined other teams for the weekend competition.

We had a few new players start the game this year and they had their first taste of competition at the **WRC1** we hosted at Te Rauparaha Arena in Porirua in May. Teams from Auckland, Waikato, BOP, Canterbury, Manawatu and Wellington.

This was the first time we have used Te Rauparaha Arena as a competition venue as we do train there weekly. The venue was great for us, having easy access throughout the facility, 2 courts for competition and another court for warmup and team storage.

The WRC2 in Christchurch in June was the last team tournament for our players this year as we have insufficient players who are eligible to enter the National Champs.

This year our Wheelchair Rugby programme was supported by two partners who enabled our players to travel and compete in these great competitions and host our own tournament.



At the Parafed Wellington AGM in March, the following members received Awards:

- | | |
|---------------------------|-----------------|
| Basketball Cup | Julie Signal |
| Rugby Cup | Yvonne Mackie |
| Athletic Cup | Ashley Exeter |
| O'Callaghan Trophy | Mary Fisher |
| Caltex Novice Trophy | Kristine Grooby |
| Carlyle Trophy | Paul Fallon |
| Boccia Cup | Hyran Daymond |
| Swimming Cup | Mary Fisher |
| President's Trophy | Alan Signal |
| Parafed Wellington Trophy | Greg Reid |

Parafed Wellington Thinks Differently

Think Differently is a social change campaign to encourage and support a fundamental shift in attitudes and behaviour towards disabled people. It's about maximising opportunities and focusing on what people can do rather than what they can't.

This year Parafed Wellington was fortunate to secure support for our programmes from Think Differently which helped offset the costs of delivering our wheelchair basketball, wheelchair rugby and Boccia programmes. Our partnership with Think Differently provided us the opportunity to meet other organisations who also think differently and to actively promote what we do to others in our communities.



Youth Group

In March Parafed Wellington trialled the Youth Group for kids 5 – 18 years with physical disabilities. We met monthly with the first activity being wheelchair basketball.

This first session was received with great enthusiasm so we followed up with indoor athletics, wheelchair softball, circus, craftability, a trip to Wellington Zoo, gym/confidence course, and water confidence. Each session we have had over a dozen young kids and siblings participating in these activities.



Round the Bays

Parafed Wellington again entered a team into the Wellington Round the Bays in February. Paula Booth, Alan Signal, Kristine Grooby and Catriona McBean members raced the 10km in wheelchairs, Felicia Manase and Evan Gray ran the 10km, and Julie Signal and Colleen Dryden walked the 6.5km event. Although the 10km was definitely harder than the 6.5km event last year, those racing in wheelchairs equalled or bettered their km rate over the longer distance.



Parafed Wellington

Parafed Wellington was named a Finalist in the Wellington Airport 2014 Regional Community Awards. It's a great honour to be recognised for the work we do, pity we didn't take out title, but there's always next year!!





Junior Disability Games

The Junior Disability Games were held in Cambridge this year and Catriona McBean and Evan Gray helped as volunteers. In 1992, CCS originated the idea of holding the Independence Games so young sports people with disabilities could develop their sporting talents. Now named the Halberg Junior Disability Games, the 3-day event included cycling, water safety, triathlon, athletics, boccia, wheelchair basketball, waka ama and swimming.

No Skiing but Fishing

This year we hoped to go skiing again as the season looked good. Unfortunately for us we have to schedule skiing after the end of the wheelchair basketball and rugby seasons so we don't put our other teams at risk. What happened this year was injuries and illness from our team members meant skiing had to be cancelled.



Fortunately we were able to transfer our support from skiing to fishing ... maybe not so fortunate for the fish though!



and the Xmas Party was great, despite the rain!!



Celebrating our Members' Achievements

This year a number of our members have competed on the world stage at elite competitions and events. Their exploits were also worthy of celebration.



Mary Fisher - Swimmer

This year Mary's sporting successes have been recognised far and wide. Mary was named the Pelorus Trust Disabled Sportsperon of the Year and the Wither Hills Sports Woment of the Year at the 2014 Wellington Sports Person of the Year Awards. Mary was also a finalist in the 2014 Halberg Awards for Athlete with a Disability.

World Record breaker. Mary competed at the **IPC Para Pan Pacific Swimming Champs in California**. Mary swam 6 races, won 6 races, and set ... new world records.

Just a few weeks later, Mary was in action again at the NZ Short Course Swimming Champs in Wellington where is set **6 NEW world records** – breaking many she had set in California.

Mary was also recognised in the:
2014 Wellys – Youth Category Finalist

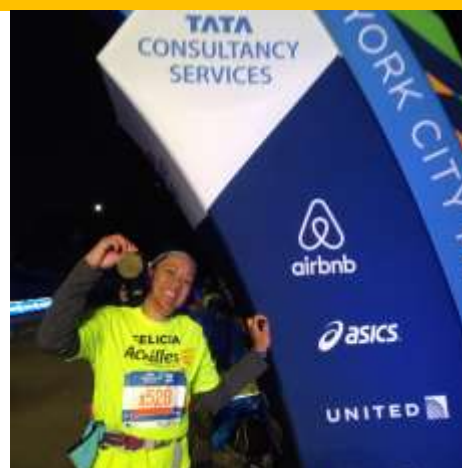
Wellington Kiwibank Local Hero medal recipient, and

In December she won the **2014 Attitude Awards** Youth Category and was named **Supreme Winner** for 2014.



Greg Reid - Shooter

This year Greg represented New Zealand at the 2014 **IPC Shooting World Championships in Suhl**, Germany. Greg even made the cover photo of the IPC Shooting Facebook page!



Felicia Manase - NYC Marathon Runner

Felicia was invited to be part of the Achilles NZ team to compete at the **New York Marathon** this year. While Felicia was interested in running she had never raced anywhere near as far as 42km before. Felicia's training started with her first goal being the Taupo Half-marathon which she successfully completed.

Felicia finished the race in **9 hrs 4 mins 37 seconds**. What a great result. Felicia's placing of 50,429th shows just how large the event was. What a fabulous occasion to be involved with.

Not long after this photo was taken Felicia wrote on her Facebook page

"New York marathon accomplished 42 k baby ... I dedicate my New York marathon to everyone who had supported me through my journey the last 6 months. Hearing 2 million people cheering "go Felicia you can do it" was so overwhelming and emotional."



Kate Horan - Cyclist

Kate came out of retirement in 2012 to take on the world at cycling.

In Kate's first major competitive outing as a Para-cyclist she secured a

spot in the New Zealand cycling team who competed in the 2014 **UCI Para-Cycling Track World Championships in Mexico** in April.

Kate showed her international class by taking **Silver** in the C4 - 500m Time Trial.

The first ever UCI Para-Cycling C1 Track event was held in Invercargill in December.

Kate **won the C1-5 500m TT** and finished 3rd in the C1-5 3000m Individual Pursuit.



Pete Mason-Smith - Soldier

Pete (on far left, Prince Harry on right) represented New Zealand Defence Force at the **Invictus Games** in London.

A delegation of 12 competitors headed over to London to compete in the Games. Every service was represented at the Games – including NZ Defence Force veterans and civilian staff.

The team was delighted Willie Apiata VC agreed to act at the Kiwi team's Patron for the Games.



Gavin Rolton - Wheelblack

Gavin (No 9) was again named in the Wheelblacks team, and this year they competed at the **2014 IWRF World Championships** in Demark. The team finished 8th in the tournament which helped them raise their **World Ranking** to 8th.

Appointments

Tim Prendergast

Tim, a former Parafed Wellington member, was fully elected onto the IPC Athletes Council at the recent General Assembly in Germany. Great to see Tim continuing to represent NZ on the world stage



Catriona McBean

Parafed Wellington Manager, Catriona, was elected to the Paralympics NZ Board in September.



Catriona was also selected for the Sport NZ Women in Governance Mentor Programme, which she will undertake in 2015.

Andy Henderson & Colin Frude

Andy was re-elected to the Boccia NZ board. Andy is now in his second term on the Board. Colin Frude has been coopted to the Boccia NZ board.



Some BIG Thank Yous ...

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

Alan Signal was re-elected as Treasurer of Parafed Wellington this year, and again has been kept busy, along with his wife **Julie**, with coaching and managing the Wheelchair Basketball teams.

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

Also a **Special Thanks** to all the **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.

Condolences

This year saw a number of our members sadly pass away. We offer our condolences to family and friends of:

Eileen O'Callaghan

It is with sadness we noted the passing of one of Parafed Wellington's founders and Life Member Eileen O'Callaghan in her 86th year.

Eileen's involvement with the Wellington Paraplegic and Physically Disabled Association (now Parafed Wellington) began when she and her husband Harold became the mainstay of athletic sports in 1970. After Harold died, Eileen continued their commitment and became a judge for the National Athletics in 1973. She went on to become an Athletics judge for the Fourth Commonwealth Paraplegic Games in 1974.



Harold O'Callaghan Trophy

Eileen maintained the Association's register of members and past members for over 30 years. During this period she has also looked after the considerable archives of the Association. There was so much accumulated material which Eileen had to dedicate one of her bedrooms to accommodate our past treasures. The archives include hundreds of scrapbooks, photograph albums and memorabilia, all catalogued and carefully preserved. We are pleased all her good work will last forever as our history is now stored in the National Achieves.

In 1981 the Association identified the need for a Welfare Officer (lovingly referred to as the "Hearts and Flowers Lady"). Eileen developed and held this important role for more than 30 years. For 10 years Eileen was deeply involved in the development and organisation of the National Disabled Holiday Camps at Otaki, and helped make the camps a fantastic success providing wonderful memories for all those who attended.

Eileen was also the Mobility Coordinator, responsible for the distribution of taxi chits and Mobility vouchers to people with disabilities right across the region, helping people with disabilities maintain their independence and participation in the community.

In 2001 Eileen was honoured by the Lower Hutt City Council when she was presented with a Civic Honours Award for services to people with disabilities and the community.

In 2005 she was recognised for her outstanding service by the New Zealand Government and the country when she was very deservedly awarded the QSM, Queens Service Medal.

Eileen continued to make a contribution right into her 80's. Her unselfish input and commitment to the Association over 40 years made a huge impact on the lives of many hundreds of people with disabilities. Considering that Eileen had health issues herself it makes her contribution even more incredible. Eileen never asked for fame or glory for herself - she just quietly got on and did whatever needed to be done.

Bob Wellington

Bob Wellington, a former Parafed Wellington member and active Wheelchair Rugby player for many years.

Christmas Message from our Patron Paul Curry

What a tremendously busy year Parafed Wellington has had. Not only on the elite sporting front, where our athletes have excelled, but also on the wider participation sporting arena. Whether it be rugby, boccia, basketball, shooting, cycling, sailing, swimming or our youth club, members have embraced and participated in all the activities provided. During the year there was also a range of more recreational fun activities provided such as fishing, end of season dinners and the Christmas party at Staglands.

On a sadder note in April we lost one of our greatest supporters in Eileen O'Callaghan. Eileen had been involved with the organisation since 1970, serving as a committee member for most of that time. Another sad note, also in April was the passing of Bob Wellington. Bob was a former active Parafed Wellington member and Wheelchair Rugby player. Eileen and Bob will both be missed.

Organisations like Parafed can only provide the range of programs and services; they do through the dedication of their committees and staff. To this end I would like to thank Colleen Dryden our President, Alan Signal our Treasurer and all our committee members for their tireless work. I would especially like to thank our Manager Catriona McBean for all her dedication in providing the range of sports and recreation opportunities that Parafed does.

Special thanks must go to our many sponsors, volunteers and supporters, without you we would not have had the successful year we have.

Finally, I would like to wish all of our members and their families a happy and relaxing Christmas break.

Paul Curry

... and from our President Colleen Dryden

2014 is nearly over with...so roll on 2015 because there is more in the pipeline for members of Parafed Wellington!

We have achieved much for such a small organisation but with dedicated volunteers and committed members we have been able to provide many sporting and recreational opportunities. The development of our youth group has been fun. Watching the children as well as parents enjoy a safe environment to experience sport and recreation has been a joy. The programme for the future includes more of the same calibre of exercise. Nice to get some wins at tournaments as well – congratulations to all the medal winners from Boccia and Wheelchair Basketball.

Hard to do it without sponsorship though. Thanks to all those companies and organisations which have sponsored activities including payments for our contractors Catriona and Evan. Without such assistance we would not have had the success and variety of opportunities for members.

On behalf of the Parafed Wellington Committee including Alan Signal and Greg Reid, I wish you all a safe and happy festive season. May you spend it with families and friends and be refreshed for the new year.
Ka kite ano

Colleen Dryden
President

2015 Sports and Activities

We are planning more sports and activities next year, starting with ...

30 January	Fishing on "Daniel", Seaview Marina, 5:30pm
3 February	Wheelchair Basketball training restarts at ASB Sports Centre, Kilbirnie 6-8pm
12 February	Wheelchair Rugby training restarts at Te Rauparaha Arena, Porirua 6-8pm
14 February	Boccia training restarts at St Lukes Church Hall, Lower Hutt 12 noon.
22 February	Round the Bays

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:



Think differently.

Think Differently have helped Parafed Wellington with providing financial support to provide the services and programmes we have delivered in wheelchair rugby, wheelchair basketball and boccia this year.



Lottery Grants Board have come on board with Parafed Wellington again this year supporting us with funding for salaries for our Manager and Sports Development Officer. This funding 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.



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.



Provided support for Parafed Wellington this year through a number of its sports and community grants including the CH Izard Bequest.



Ongoing partner of Parafed Wellington.



Thanks to UCL who very kindly donated a 20ft container to store all our equipment in this year. Also to the Kilbirnie Fire Station who have let us leave the container in their car park.