



## WELCOME TO PARAFED CANTERBURY

ParaFed Canterbury is one of the leading regional Para sports providers in New Zealand.

Operating since 1967, we are a not-for-profit organisation, focusing on people with physical or visual impairments. We offer a variety of programmes and services to our members including Para sports programmes, adaptive equipment, sports wheelchairs and children's after-school programmes. In addition, we offer a number of non-sports based programmes such as hydrotherapy pool sessions and a taxi fare discounts programme.

Below is a brief description on some of the programmes and services that are available.

## JUNIOR SPORTS PROGRAMMES

Our Junior Sports Programmes offers younger members exciting action-packed sessions across a variety of sports. Sessions are run in a fun and supportive environment. The programmes are a fantastic way to introduce members to a variety of sports and promotes a pathway for children to one day participate in competitive sport.

- |                                  |           |               |                                 |
|----------------------------------|-----------|---------------|---------------------------------|
| • Junior Sports Club (5-16yrs)   | Wednesday | 4:30 – 5:30pm | weekly, during school term      |
| • Selwyn Junior Sports (5-18yrs) | Friday    | 4:30 – 5:30pm | fortnightly, during school term |
| • Youth Club (16-25yrs)          | Friday    | Various times | monthly                         |

## SCHOOL SPORTS – DISABILITY EVENTS

ParaFed Canterbury encourages students with physical disabilities to become involved in their school sports. Each year the sports of athletics, boccia, cross country and swimming have disability categories included in the Canterbury School Championships for primary (year 5 and above), intermediate and secondary school students.

These events are a great way of competing in sport and representing your school alongside your peers. Entries are coordinated through your schools.

## PARA SPORTS

ParaFed Canterbury works in partnership with local sports clubs to ensure members have a range of Para sport opportunities. Below is a list of when some of the Para sports that take place.

- |                         |                               |                 |
|-------------------------|-------------------------------|-----------------|
| • Para Shooting         | Tuesday                       | 12:30 – 5:00pm  |
| • Para Table Tennis     | Tuesday                       | 6:00 – 7:00pm   |
| • Wheelchair Basketball | Tuesday                       | 5:30 – 7:00pm   |
| • Para Rowing           | Tuesday                       | 5:00 – 6:00pm   |
| • Para Swimming         | Thursday                      | 6:30 – 7:30pm   |
| • Wheelchair Rugby      | Thursday                      | 5:45 – 7:00pm   |
| • Goalball              | Friday                        | 5:30 – 7:00pm   |
| • Boccia                | Saturday                      | 10:00 – 12:00pm |
| • Para Athletics        | Various days & times (summer) |                 |
| • Para Cycling          | Various days & times (summer) |                 |
| • Winter Para Sports    | Various days & times (winter) |                 |

In most cases members will require a classification before becoming involved in a competitive Para sport.





### **CLASSIFICATION – PARA SPORT**

Classification is integral to Para sport as it defines who is eligible to compete and provides a structure for fair competition. Classification groups athletes with disabilities into sports classes, according to how much their impairment affects their ability to carry out the fundamental activities in a specific sport.

ParaFed Canterbury can assist members to begin the classification assessment process.

### **ADAPTIVE EQUIPMENT**

ParaFed Canterbury has a selection of sports wheelchairs and adaptive equipment available to assist members to get started. This includes:

- Sports Wheelchairs
- Boccia Balls & Ramps
- Shooting Equipment
- Trikes & Handcycles

### **SPORTS AWARDS FUNCTION**

ParaFed Canterbury recognises member's achievements at our annual end of year Sports Awards Function. The evening is attended by between 100-150 people from across our membership, such as Paralympians, junior athletes, parents, volunteers, sponsors and board members.

Guests enjoy a meal and celebrate our members successes through awards such as Sportsperson of the Year, Junior Sportsperson of the Year, Sports Club Awards, Volunteer of the Year and the naming of our Athlete and Coach Academy Programme for the following year.



### **TOTAL MOBILITY TAXI DISCOUNTS**

Total Mobility is a nation-wide scheme designed to increase the mobility of people with disabilities who are unable to access public transport. Assistance is provided in the form of discounted taxi fares. Total Mobility users are entitled to a 50% discount on taxi fares to a maximum of \$35 per fare.

Members have the option of becoming a Total Mobility user through ParaFed Canterbury. There is a one-off charge of \$15 for your ID card – passport photos needs to be supplied.

### **HYDROTHERAPY POOL**

The Hydrotherapy Pool at Burwood Hospital is available for members to use for social, recreational or hydrotherapy swimming. These sessions are not for continuous lap swimming.

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

The cost to attend is \$2 per session per swimmer (caregivers are free). ParaFed Canterbury provides a paid supervisor to ensure swimmers safety during these sessions. Members who require caregivers in the pool must ensure they are actively supervised at all times (within 1.5m).



## PARTNER ORGANISATIONS

ParaFed Canterbury interacts with different disability organisations that can enhance our member's experiences.

Organisation	Details	Website
Halberg Foundation	Supports young people (under 21yrs) with physical disabilities through the Activity Fund Grant to purchase equipment and funding towards costs such as swimming lessons and coaching. They also host the annual Halberg Games competition for junior athletes.	<a href="http://www.halberg.co.nz">www.halberg.co.nz</a>
CCS Disability Action	Provide a range of services to families and the community, including issuing the mobility parking permits and accessible holiday homes around the country.	<a href="http://www.ccsdisabilityaction.org.nz">www.ccsdisabilityaction.org.nz</a>
Paralympics New Zealand	Responsible for selecting New Zealand teams to the Paralympic Games and major international Para sport competitions. Run development camps for future Paralympians and oversee the classification programme.	<a href="http://www.paralympics.org.nz">www.paralympics.org.nz</a>
Amputee Society of Canterbury & Westland	Provides practical information, guidance and support to assist amputee members. Runs national conferences and youth camps.	<a href="http://www.amputeeinfo.co.nz">www.amputeeinfo.co.nz</a>
Blind Foundation	Provides support to people who are blind or have low vision. This includes living independently, transportation, using technology, continuing to read and communicate, being socially active and searching for work.	<a href="http://www.blindfoundation.org.nz">www.blindfoundation.org.nz</a>
Cerebral Palsy Society	Assist members with cerebral palsy in New Zealand with funding and support across a number of areas such as equipment, travel or activity grants.	<a href="http://www.cerebralpalsy.org.nz">www.cerebralpalsy.org.nz</a>
Little People of NZ	Supports and informs people with dwarfism and their families through regional gatherings, annual conferences and sharing of information and experiences.	<a href="http://www.lpnz.org.nz">www.lpnz.org.nz</a>
New Zealand Spinal Trust	Provides support to people living with spinal injuries by way of resources, vocational rehabilitation and connecting people who have been there and done that.	<a href="http://www.nzspinaltrust.org.nz">www.nzspinaltrust.org.nz</a>

## CONTACT DETAILS

Phone: 03 385 4449  
 Email: [info@parafedcanterbury.co.nz](mailto:info@parafedcanterbury.co.nz)  
 Website: [www.parafedcanterbury.co.nz](http://www.parafedcanterbury.co.nz)  
 Facebook: [www.fb.com/parafedcanterbury](http://www.fb.com/parafedcanterbury)

## OFFICE LOCATION

108 Sawyers Arms Road  
 Papanui  
 Christchurch 8052  
*(located inside the Melrose Wheelchairs building)*

