

d sport

dsport.nz





dsport offers our disabled community of all ages opportunities to connect via a range of recreational activities.

Exploring, discovering and experiencing life

Our Youth Group (5-18 years) offers year-round events including athletics, cycling, rock climbing, ice skating and much much more. We enter teams into events such as the Round the Bays, Weetbix Try and Halberg Games. We encourage full family participation – parents, whanau and friends. It's a great way to meet new friends and network for both young people and their family.

Winning and competition

For our more competitive members who are keen to develop their confidence, expertise and performance in sport, we provide opportunities to compete and hopefully win in our boccia, wheelchair basketball and wheelchair rugby teams. Members also compete in bowls, cycling, swimming, shooting, archery to name a few, and we are happy to facilitate your involvement in these sports too. If the Paralympics is a dream for you, dsport could help make it a reality.

Getting into sport and active recreation

Leveling the playing field

Our members have participated in Outward Bound courses, sailed on the Spirit of New Zealand, cycled the Molesworth Station, run marathons and tramped across New Zealand. Feeling equal and valued is important. Having an impairment does not change this. Being actively involved in physical activity, whether competitive sport and active recreation, is one way to achieve this. Through dsport many doors may open for you.

Recovery and Rehab

It's well recognised that physical activity is good for everyone. If you are recovering from an injury or going through rehab, being part of a sports group may be a good way to help you aid your recovery, understand your abilities and learn tips and tricks from others who have had similar experience. Being part of a dsport team brings its own rewards and will help you continue your active life even with an impairment.

Having fun and letting loose

You cannot overvalue the importance of just having fun and letting loose. Whether as part of our Youth Group activities or one of our sports teams, sport and active recreation can help you just enjoy yourself while developing skills which will help lead to a successful life.

Embracing change

Learning to live with a disability can be daunting and difficult. Being part of a sports team will develop autonomy and may create opportunities to participate alongside able-body athletes. dsport enters teams in the Wellington Round the Bays and Weetbix Try, while some of our members regularly compete in able-bodied sports and competitions. The choice is yours.



Want to know more

dsport (previously known as Parafed Wellington) is a charity managed by a board of elected volunteers.

Our vision is for Wellington to be a diverse and inclusive region.

dsport is underpinned by the principles of inspire, enable, achieve.

We inspire disabled people to believe in themselves. To aspire to being involved in sport and active recreation. To dream.

We enable disabled people to get into sport and active recreation. We don't believe in can't. We focus on how we can. We persevere and we build strength collectively. Our members achieve. They overcome adversity, find work-arounds and creative solutions to achieve. And for some, they will achieve the dreams they never thought possible.

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