



Back Up New Zealand  
PO Box 12229  
Ahuriri  
Napier 4144



Nafi Lefono

Nafi is a 24 year old tetraplegic as a result of a rugby accident

***"I can honestly say that this Back-Up course has definitely changed my perspective on life.***

*My attitude and thinking has been limited by disability since my accident. The things I thought I could no longer do cause of my disability, I did!*

*Because I'm in a wheelchair doesn't mean life is no longer worth living. Life is meant for living and that's exactly what I intend to do.*

*I will not settle for mediocrity.....*



Karen Downs

***"I have a severe visual impairment and I have cerebral palsy which means I have limited mobility and I also have schizophrenia.***

*The thing I enjoyed most was rowing down the river; this was a new experience for me and I loved it. I was also really proud of myself for getting up the hill to do abseiling. I wasn't quick but I got there in the end!*

*The challenges and sense of achievement are well worth it*



Chris Pasterz

**Chris an able bodied Buddy**

***I relate to people with disabilities, I grew up with brother who has disabilities.***

*I backed myself as a solid guy whose handy in a team, good with the outdoor activities as I had grown up doing that with my brother. I found out that those things didn't matter in the end as I was in for more than I bargained for.*

*I ended up experiencing a week long personal development session that stretched me physically, mentally and emotionally .....leaving me buzzing*

# Changing lives by breaking boundaries...



**for people with disabilities  
...all ages and abilities**



[www.backup.org.nz](http://www.backup.org.nz)

**0800 50 30 95**

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PO Box 12229, Ahuriri, Napier 4144

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Email [barb@backup.co.nz](mailto:barb@backup.co.nz)

# Meeting the needs in all areas of disability...

Back-Up New Zealand is a provider of adventure therapy programmes that assist all participants to recognise their abilities. The challenges provoke a mind shift, motivating participants and instilling self confidence whilst opening minds to future possibilities.

Courses are open to all, however, our key focus is the inclusion of those with disabilities. We promote integrated activities at all levels - work, sport and social. Courses provide the opportunity to plan and achieve personal development and lifestyle changes supported by a network of agencies and providers. Better health and workplace opportunities are the outcomes fostered.

Back-up New Zealand welcomes enquiries from all community organisations, agencies, employers and other service providers. Courses are specifically tailored for group requirements; they include physical activities such as climbing, abseiling, scuba diving along with personal goal setting, functional team work and social networking opportunities.

Courses are delivered by trained providers in safe and accessible environments. All safety standards and conditions are adhered to.

[www.backup.org.nz](http://www.backup.org.nz)

**Ask about our publicity stunts - we know how to draw a crowd!**

## Event Calendar

**Join the fun to raise funds - see you at these events...**

Proceeds from all events will assist with BUNZ operational costs

### 14th October

Rotary Dinner, Function Room, Cosmopolitan Club, Napier - MC John Newland  
Speakers - **Wayne Forrest** - ex rugby player, now tetraplegic. **Mark Ingliss** - Motivational Speaker.  
Ticket: \$35 limited numbers register early

### 18th October - Sports Event/Family Day/Auction Parliamentary Charity Trust vs Back-Up NZ Invitation Team

It's all happening at Park Island Tamatea Drive Napier

**20- 23 October** – A&P Show Volunteers are needed for the Ice Cream stand & Wheelchair Awareness Course.

### The Extreme Event Weekend – Destination Taupo

**28th November - Wattyl Lake Taupo Cycle Challenge**  
Calling all cyclists - choose Back-Up NZ as your charity and power us up with sponsorship money.

**Event sponsor – Powerco NZ Ltd**

**29th November - In The Pink – Taupo Skydive**  
\$350 for a Madcap descent from the Clouds. Participants with a disability must have a Medical Certificate, stating they are fit to jump.

**Get involved now call 0800 50 30 95 to register or by email [barb@backup.org.nz](mailto:barb@backup.org.nz)**

**Registration information available [www.backup.org.nz](http://www.backup.org.nz)**

## Thank You for being a Back-Up Friend!

### Membership...

- I would like to renew/commence my individual membership to Back-Up New Zealand at \$25 per annum.
- We would like to renew/commence our organisational membership to Back-Up New Zealand at \$250 per annum.
- We would like to renew/commence our corporate membership to Back-Up New Zealand at \$2500 per annum.

### Donation...

- Yes, I would like to make a one-off donation to Back-Up New Zealand
- Yes, I would like to make a regular donation to Back-Up New Zealand

### Payment...

- My cheque is attached made out to Back-Up New Zealand
- Paid Online Back-Up New Zealand Bank (include Name as reference and please return this form):

**Westpac Napier 030658-0189997-00**

- Credit card payments can be process via:  
**<http://paymex.co.nz/PayMe.ashx?id=re01i7>**
- Please tick box if receipt is required and return this form
- Please forward me course info
- and Newsletters

### Complete and post...

Name.....

Address .....

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Phone/Mobile.....

Email.....

