When eDeaf was established in 2007 the goal from both Nazreen Captieux-Bhana and Jesse Kotze was clear – How can we help Deaf people to Empower themselves? By Employing and Empowering the Deaf community through training and education, could we make a real difference and assist with employment that integrates the Deaf community into the very fabric of society?

eDeaf began by embarking on achieving and empowering social change and paved the way to change the perceptions of what is known about Deafness. Through our partnered solutions approach eDeaf strives to produce students who have the relevant skills and training needed, are of the highest standards and have the ability to do the job.

One of the most successful partnerships for the Deaf community was that of Shoprite Checkers and eDeaf. As a company and brand, Shoprite should be lauded for being the first Wholesale and Retail group in South Africa to actively promote the learning, development and placement of Deaf individuals. As early as 2008, Shoprite Checkers embarked on a “Decade of the Deaf” program which, in conjunction with eDeaf as the accredited training provider, has now trained 1 000 learners, in a NQF Level 2 qualification, in Wholesale and Retail.

Form the Deaf community perspective this has meant that 1000 young Deaf adults, from what was always previously an “economically inactive” group of society, are now being given the opportunity to acquire the necessary skills for employment and exposure to the working world.

In addition to the training, a number of Deaf sensitization courses have taken place throughout the Shoprite Checkers group and has aided in helping to overcome both perceived and practical barriers of hiring a Deaf staff member. eDeaf provided a holistic service which supports both the company and the individual to ensure seamless integration. Fears or misconceptions are often completely unfounded and the best news is that a number of the hearing staff of Shoprite Checkers are now able to communicate in basic SASL through regular interactions with their Deaf colleagues. Customer feedback has been overwhelmingly positive, and posters are placed within the stores to show customers how to sign certain words, this has led to the Deaf community in these stores being an active part of the societal fabric and not an outsider with no means of interaction.

The program has been immensely successful due to the valuable partnered solutions approach adopted by both companies, as well as the passion and tenacity shown by the Deaf learners who have been given a chance to prove themselves as competent, capable and ready to work. This passion has not been overlooked by the Shoprite Group Head office either – One of the eDeaf learners Tobias Shozi has been promoted to the role of manager at the Chatsworth, KZN store and is a shining example to many of just what can be achieved.

To see more about Tobias’ journey go to: http://edeaf.co.za/tobiass-story/
IT’S TIME FOR THE “BLUE AND YOU” AUTISM RUN/WALK!

Show your support for Autism Awareness by walking the walk and not just talking the talk, on Saturday, 21 April 2018 at 8am.

The 5km walk / run and 10km run will be taking place along the beachfront promenade, beginning at Natal Mounted Rifles on the corner of Masabalala Yenga Avenue and Isiaah Tshangase Road.

Autism, or Autism Spectrum Disorder (ASD), which affects one in 68 people, refers to a range of conditions characterized by challenges with social skills, repetitive behaviours, speech and nonverbal communication, as well as by unique strengths and differences. We now know that there is not one type of autism but many, caused by different combinations of genetic and environmental influences. Autism’s most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier.

The objective of this fun run / walk is to promote awareness of those with ASD who are part of our families and communities and drive the message to promote inclusion in schools as well as access to services for those with ASD. Currently, treatment for those with ASD is not covered by any South African medical aids, resulting in those without the financial resources not receiving assistance for the treatment for their children. The overall vision is to develop a community therapy centre that is self-sufficient and will go on to providing therapy for those in the low income sector.

Funds raised at the fun walk run will go towards creating this therapy centre so this is your opportunity to get up off your couch and support a worthy cause. The race is open to everyone, including people with autism or those who know and love someone with Autism as well as those who support ASD.

Caz Collins, the Director of Breakthrough Interventions SA said, “I am thrilled to have Musgrave Shopping Centre’s support as a major sponsor, who are on board to ensure our event is a success, but also creating awareness of Autism. Their support is truly appreciated”, she added.

Mariam Omarjee, the General Manager for Musgrave Shopping Centre, not only endorses the event but stated, “We are proud as a Centre together with our tenants that we have been part of this initiative since inception and will continue to lend our support in this movement for many years to come”.

Register at www.eventtiming.info or get to Musgrave Shopping Centre on Saturday, April 14th between 10am - 2pm and again on Friday, April 20th between 3pm - 5pm to register and collect your race numbers and race packs. Musgrave Centre will also be providing t-shirts and race pack bags to the first 500 who sign up to do the race - so get your entry in early.

Enquiries: For more information email blueandyourun@gmail.com or call 031-837 0352 during office hours.

Register online at www.blueandyou.co.za

ONLINE ADVERT SPECIAL

Take advantage of our Online advert special, running from January to June 2018.

Book 3 consecutive months A5 adverts @R2000 per month*

*Advert booked deadline last Friday of every month. Issue goes to print first Monday of every month. Payment is to be made prior to publication going live.

Also FREE banner placement on our website
World Bipolar Day: March 30
Up the awareness, reduce the stigma – you can make a difference

A few years ago, the Sunday Times conducted a special investigation on the state of mental health in South Africa. What the investigation revealed was that around one third of all South Africans have a mental illness and up to 75% of them will not get any kind of help. These are sobering statistics and should be a wake-up call for all of us. Mental illness has always been a hidden societal issue because of the stigma with which it is associated. Many people are simply afraid to get help and seek treatment because they are afraid of what other people will think. Being labelled as ‘crazy’, ‘insane’, or ‘weird’ makes it incredibly difficult for those trying to deal with their conditions.

There are more than 17 million people in South Africa who are dealing with depression, anxiety, bipolar disorder, and schizophrenia. Yet despite this alarmingly high number, the South African government barely spends any money on mental healthcare. This means that for those seeking treatment in state-funded clinics and hospitals, their chances of getting adequate care and receiving proper treatment are tragically low. For example, only 1% of beds in psychiatric wards are reserved for children or adolescent and there is a massive shortage of staff, like psychiatrists and nurses, in specialised state hospitals.

Truth be told, those with mental illnesses are shunned by society. People, for the most part, tend to have very little sympathy for them and choose to dismiss their illness by saying things like, ‘it’s all in your head’ or ‘just get over it and choose to be happy’. Mental illnesses, just like all other illnesses affecting the body, cannot be dismissed or downplayed: the symptoms are real, the brain is affected by chemical imbalances, and the consequences without treatment are usually severe.

South Africa has an incredibly long way to go in terms of providing adequate psychiatric care to patients. Currently, most psychiatrists and psychologists in South Africa opt to work in the private sector where there are more resources and pay is higher, and for those who can afford medical aid or have the financial resources, treatment in the private sector is extremely expensive and often inaccessible for those with limited resources.

However, while large-scale solutions may seem like an insurmountable challenge at this point in time, there is always hope in the form of smaller-scale solutions. Firstly, World Bipolar Day took place on the 30 March. It is an important initiative organised by numerous global organisations to promote awareness about the disorder and fight the stigma. Secondly, mental disorders can be treated and managed. While there may be no cure, treatment regimens in the form of various medications (which can be available in generic form and therefore cheaper) and psychological therapy are very effective when it comes to managing mental disorders. And lastly, it takes a little bit of sympathy, compassion, and support to help those who are struggling and trying to cope.

If you know of someone who has a mental disorder, here are a few small things you can do for encouragement and support:

Be passionate and simply listen. Allow the person to talk. Try not to give generic advice or dismiss how he/she may be feeling.

If the person is contemplating suicide, you need to take action and contact a professional who can get involved. No matter what, suicide threats must always be taken seriously. Never downplay the seriousness of it and never tell the person that he/she is simply ‘seeking attention’ by threatening suicide.

Educate yourself. Visit websites, like the one on World Bipolar Day, so that you can gain a bit more insight into how the disorder works.

Use phrases such as, ‘I know you have a real illness and this is why you are feeling the way you do. There is nothing to be ashamed of or Tell me what I can do in this moment to help you’. At all costs, avoid things like, ‘We all go through times like this. Just snap out of it and stop worrying’ and ‘You don’t look sick, I think you’re faking it’. Mental illnesses are real—they are as real as any other illnesses familiar to you.

Recommend useful tools that can help the person. For example, there are thousands of health apps available on smartphone app stores that are designed specifically for mental illnesses. Some apps offer psychological advice, others have mindfulness activities, some function as medication reminders. For example, a good app to recommend to someone is MyTherapy because it functions as a medication reminder, health diary, and symptom/mood tracker; which all serve to help those with mental illnesses manage their conditions more effectively. Taking medication (and taking it strictly and responsibly, as prescribed) is an essential part of treating mental disorders, so medication reminder apps, like MyTherapy, can be a helpful, supportive tool in this regard.

It cannot be denied that mental health is being terribly (and dangerously) neglected in South Africa and Africa as a whole. While there has been increased attention given to mental health issues globally thanks to social media and various initiatives, mental health is still not receiving the respect and attention it deserves. The good thing is that small, little acts of kindness can go a long way in helping those with a mental disorder. Help fight the stigma. Educate yourselves and others about various mental illnesses. Offer support, encouragement, and help when you can. There is no shame in being sick, right? So why should it be any different with having a mental illness?

Info from: www.sadag.org
Harambee Buses
Accommodate the disabled community

The City of Ekurhuleni introduced people with disabilities to the new Harambee bus infrastructure on March 7. Ekurhuleni Metropolitan Municipality spokesperson Thembza Gadebe said comfortability, safety and reliability are what characterises the BRT buses and the dedicated routes on the 1st phase of the Integrated Rapid Public Transport Network (IRPTN).

On the day, T-Shad members and other people with disabilities boarded the BRT buses at RTJ Namane Drive in Tembisa to test the buses’ readiness to accommodate wheelchair-users, blind and deaf passengers. MMC for Transport and Planning Councillor Petrus Mabunda led the demonstration and feedback session that followed in terms of the Universal Design Access Plan (UDAP).

Mabunda said people with disabilities were introduced to the system so that they can start using the buses.

“Historically you would have a situation where people with disabilities had no access to public transport in the city.

“It became difficult for them to partake in economic activities and any other social activities.

“They wouldn’t have an opportunity to go to work, visit relatives or do any other thing that a person would usually want to do without the assistance of other people, but with the newly built infrastructure, we are making it easier for them to start lead normal lives.

“They can now use a bus, go to the mall, watch a movie and get back home. The intention is to create awareness that the buses are here and have the infrastructure,” said Mabunda.

He added that above all, the city wanted people with disabilities to contribute as to what else needs to be added to the IRPTN system to accommodate them.

Poor living conditions and unemployment strongly linked to depression – UCT study reveals

Individuals living in more deprived neighbourhoods in South Africa experience more depressive symptoms than their counterparts in wealthier neighbourhoods. This is according to a recent University of Cape Town (UCT) study published in the journal, BMC Psychiatry.

The study, The Association between Neighbourhood Level Deprivation and Depression: evidence from the South African National Income Dynamics Study, found that living environment and employment deprivation were the two deprivation categories most strongly associated with depression.

The study was conducted by Nicholas Dowdall (UCT graduate and now University of Oxford postgraduate), Professor Catherine Ward (Head of the Department of Psychology at UCT) and Professor Crick Lund (Director of the Alan J Fisher Centre for Public Mental Health at UCT).

Professor Ward explains: “Living in an environment where few people have a decent income may mean that the neighbourhood has very few resources for people to draw on in time of trouble. It may also mean that people feel hopeless and helpless in the face of what seems to be overwhelming odds – if everyone around them is unemployed, the chances of getting a job may seem much slimmer than in an environment where most people are employed. Both of those are linked to depression in other studies.”

The study has some big implications

“Firstly, it implies that the area you live in can affect your mental health: regardless of your individual circumstances, living in an environment where people are adequately housed, where they are educated and employed, and have enough income to meet their needs, is better for your mental health,” says Ward.

“Secondly, it implies that if we wish to reduce depression in South Africa, we need to pay attention to improving people’s living environments, and to making education and employment accessible. That makes preventing depression everyone’s business, and not just the domain of mental health professionals,” adds Ward.

According to the study, being married or living with a partner can also serve as a protective factor against common mental disorders.

Controlling for the individual variables meant that this study shows that, aside from individual factors, one’s environment can have a unique effect on one’s risk for depression.

All four domains of neighbourhood deprivation – living environment, employment, education and income, and material deprivation – were associated with depression: the worse the neighbourhood deprivation, the higher the depression scores. Living environment deprivation refers to living in a neighbourhood where many did not have access to water, sanitation, and electricity; where houses were overcrowded; and many people lived in shacks.

Employment deprivation refers to a neighbourhood where many people were unemployed; education deprivation to a neighbourhood where many people had no secondary schooling; and income and material deprivation refers to a neighbourhood where many have low incomes.

The study used nationally-representative data from the National Income Dynamics Study (NIDS) coupled with the data from the South African Indices of Multiple Deprivation (SAIMD).

Putting the two datasets together enabled the team to ask a question about the sources of depression that has seldom been asked in a low- or middle-income country before. Prior to this, most of the understanding of the environmental sources of depression has come from high-income countries like the US.

Having both the NIDS and the SAIMD data together meant that this study could control for individual sources of depression. On an individual level, people with higher income were less likely to report depression, while unemployed participants who are actively looking for work experienced more depressive symptoms than the non-economically active participants.

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The 8th Annual SAB Foundation Social Innovation Awards and 3rd annual Disability Empowerment Awards are now open for entry and eligible entrepreneurs and businesses are encouraged to enter.

The awards carry total prize money of up to R10 million with a first prize of up to R1.3 million.

The Social Innovation Awards are aimed at innovators, social entrepreneurs, institutions and social enterprises with prototypes or early-stage businesses that can solve social problems. These products, services, business models and processes should directly address the challenges faced by low-income women, youth, people living with disabilities, and people living in rural areas.

The Disability Empowerment Awards seek and award social enterprises, which have come up with innovative solutions which improve access to the economy, and/or solutions for disabled people, while generating enough revenue to become sustainable over time. People with disabilities are some of the most marginalised members of society with an estimated 70% unemployment rate.

Online applications opened on 15 March 2018 and close on 23 April 2018 at midday. Applications can be completed by visiting the SAB Foundation website (www.sabfoundation.co.za).

“Through the SAB Foundation Social Innovation and Disability Empowerment Awards we’ve had the opportunity to work with incredible entrepreneurs who create real, lasting change in their communities firstly, but hopefully eventually across South Africa and beyond. “It is our hope that many of these innovations move from the fringes of Society to become mainstream solutions to social challenges. We’re excited to see the entries for 2018 and believe that this year will bring about even bigger, positive changes in South Africa,” believes Bridgit Evans, Director of the SAB Foundation.

To apply, go to www.sabfoundation.co.za and follow the relevant instructions.

Source: RNEWS

Enter the 2018 SAB Foundation Social Innovation and Disability Empowerment Awards

Win R1.3m in Grant Funding

The SAB Foundation’s Social Innovation and Disability Empowerment Awards honours the most innovative entrepreneurs and businesses that offer sustainable products and processes that help to make life easier for South Africa’s most vulnerable societies. Entrepreneurs and businesses stand a chance to win between R150 000 and R1.3m in grant funding.

The Social Innovation Awards

Aimed at social entrepreneurs, institutions and social enterprises with prototypes or early-stage businesses that can solve social problems.

Innovators can enter in two categories:

The Disability Empowerment Awards

Aimed social enterprises that have come up with innovative solutions, which improve access to the economy, and/or solutions for disabled people.

Online applications open on 15 March 2018 and close on 23 April 2018 at midday

Please visit the SAB Foundation website (www.sabfoundation.co.za) for more information and to enter

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World Down Syndrome Day

What brings to my community

SOUTH AFRICAN motivational speaker and Down’s Syndrome ambassador Shéri Brynard says labelling those with the condition as “sufferers” was not the right way to treat them.

In fact, she adds, they are as human as everyone else: “nothing less... just one chromosome more. Down’s Syndrome is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21. It is typically associated with physical growth delays, charac-
teristic facial features, and mild to moderate intellectual disability.”

Brynard (35), who hails from Bloemfontein, was living proof of her own words on Saturday at Swakopmund when she delivered a heart-rendering speech to the coastal town’s residents.

She was invited by Elmarie Mostert of Stepping Stone educational facility for children with special needs.

Proceeds of the ticket sales to hear Brynard will go to the development of a fully-fledged school and centre for children with special needs at Swakopmund, which is expected to be one of a kind in Namibia.

Brynard is the only person with Down’s Syndrome who has a tertiary teacher’s diploma (in educare), without any amendments being made to the course (or special assistance) in South Africa, and it seems, in the world.

Although she may not have the same life as her ‘normal’ mother and sisters, she states they too have a life just as much ups and downs as everyone else’s, but that her mission in life is one that cannot be replaced by anyone else.

“I cannot win a modelling competition, or even have children. But being able to help others like me and make a difference is what gives meaning to my life,” she told about 100 people – some of them parents of children with Down’s Syndrome, while others were adults who also have Down’s Syndrome.

Brynard has written a book titled: ‘Shéri: Just the way I am’, which does not just tell her life story, but also serves as an encouragement and guide for people who live and care for those who have Down’s Syndrome. She lamented the stereotypical perceptions of Down’s Syndrome, and its conse-
quences.

Brynard is also, amongst others, an international ambassador for peo-
ple with Down’s Syndrome; and is a national and international motivational speaker who has had over 500 public addresses in New York, Rome, South Africa, Israel, India, Berlin as well as all over the UK. She has appeared on South African national television addressing the state president, was hosted as a guest on many shows like Pasella, Kwatela and “Onblytsake”, and was part of the TV production “Binnelanders”.

She received numerous national and international awards on changing social perceptions on people with intellectual challenges, and is currently an assistant teacher at a pre-primary school for pupils with special needs.

Besides that, her awards include the presidential award for people who have made a contribution to the lives of mentally handicapped people in South Africa – first time ever received by a person with a disability; World Down’s Syndrome Day award for incredible efforts to change the lives and perceptions of people with Down’s Syndrome internationally; and the Shoprite Checkers Woman of the Year category winner for “Young Movers” – first-ever winner with a disability, and first-ever to receive a standing ovation.

She thus encourages those with Down’s Syndrome to continue going forward, one day at a time, and one step at a time.

“We are all special, and I thank my heavenly Father that he made me just as I am,” she noted.

Story by Adam Hartman
Source: The Namibian

SIX CHALLENGES that impede entrepreneurs

South Africa needs to do more to support people living with disabilities who want to run their own businesses. At present it is hard for them to make a living. Helping them would benefit the broader economy too. Individuals with disabilities make up 15% of the South African population and it’s estimated that 8 in 10 people living with disabilities are unemployed.

There are some measures in place designed to alleviate the situation. These include the disability grant and some specific provisions in laws such as the equity act, black economic empowerment as well as the Constitution of the country. But these are far from enough.

Disabled people involved in small businesses face the same hurdles as other entrepreneurs, but their difficulties are multiplied. The areas in which they face the biggest challenges include:

Equipment and machinery
Lack of equipment and machinery. Physically disabled entrepreneurs said that most facilities for small business weren’t equipped to accommodate their conditions.
A physically disabled sculptor said: “I believe that the number one limiting factor for some of us is lack of supporting tools and machinery.
A welder said:
Because I am in a wheelchair, the best thing for me would be to have machinery for my business, so that I get on board with new machines that are designed with the user in mind and ultimately increasing the productivity of my business.

Discrimination
Most of the entrepreneurs living with physical disabilities said they lacked confidence as it was difficult for them to do the same things as others. They often experienced a lot of discrimination. For example, they said people thought they weren’t competent because they were disabled.
A physically disabled jeweller designer said:
I need answers as to why we have to go through such discrimination and humiliation just because we are physically disabled.

In a country like South Africa where the unemployment rate is 27.7%, entrepreneurship could save the day. In particular, it could give people with disabilities greater independence and the ability to support themselves financially. They could set their own schedules and reduce transport problems if they were based at home.

Our study out to identify the difficulties facing entrepreneurs who live with physical disabilities in the country. It focused on an area called Sebokeng, south of Johannesburg. Using qualitative research, the study explored the experiences and perspectives of disabled respondents.

Six themes emerged from the interviews: a lack of equipment and machinery; discrimination; business networking; hardships in obtaining start-up capital; knowledge of support centres and education and training.

The township environment
Sebokeng was established 1965 as a settlement designated for black people under apartheid. Areas like it, known as townships, were designed as labour reserves to supply industries with cheap labour.

The planners of township infrastructure didn’t imagine that residents would ever be self-
employed. But entrepreneurs emerged against the odds. And the challenges they face are still enormous.

In Sebokeng, there are businesses like carpentry workshops making household furniture, small scale clothing and food manufacturers.
SIX CHALLENGES that impede entrepreneurs with disabilities in South Africa, she noted. Time, and one step at a time. She thus encourages those with Down’s Syndrome to continue going forward, one day at a time. Brynard (35), who hails from Bloemfontein, was living proof of her own words on Saturday – first time ever received by a person with a disability; World Down’s Syndrome Day award for “Movers” – first-ever winner with a disability, and first-ever to receive a standing ovation. South Africa, and it seems, in the world. People with disabilities… they are not confident in our competence to run businesses. Most entrepreneurs who are not disabled exclude us from their business networking events just because we are physically challenged. This is because they recognise us as entrepreneurs who are very slow in their business operations. A comment from a 25-year-old entrepreneur was even more telling: Each time I attend business networking events people see my disfigurement and they wouldn’t want to, or don’t know how to, approach me. Education and training Education and training also emerged as a critical theme. It is generally accepted that educated entrepreneurs are better able to take advantage of opportunities. Participants in the study said that lack of education and training was a barrier to their success. In the words of one of them: We do not have adequate knowledge and teaching on how to manage various entrepreneurial businesses.

DSSA Hosts Self Advocacy Seminar
In celebration of World Down Syndrome Month, Down Syndrome South Africa hosted the Self-Advocacy Symposium in early March 2018 for adults with Down syndrome. The seminar was aimed at raising the voices of young adults to help them advocate and bring awareness of their needs in society. The seminar encouraged interaction and voicing out concerns for the young adults as they strive to participate more in society.

with disabilities in South Africa
A hairdresser said:
We are always last in line for everything, we are not treated the same because of this stigma.

Business networking
People in business use broader networks to form business relationships that create opportunities all over the world. Most of the participants in our study said they were not involved in business networking activities in the Sebokeng area. They said that they were unable to make and maintain relationships with other people in business because of the discrimination they faced. A 24-year-old computer programmer told us:
Most entrepreneurs who are not disabled exclude us from their business networking events just because we are physically challenged. This is because they recognise us as entrepreneurs who are very slow in their business operations.

A comment from a 25-year-old entrepreneur was even more telling:
Each time I attend business networking events people see my disfigurement and they wouldn’t want to, or don’t know how to, approach me.

Start-up capital
Getting capital to start a business is always a challenge for entrepreneurs. The majority of the participants said this was an issue, mostly when they sought loans from financial institutions.

A 31-year-old entrepreneur said:
Commercial banks do not want to offer loans to entrepreneurs living with physical disabilities, … they are not confident in our competence to run businesses.

Support centres
Study participants were not aware of the government support centres or initiatives to support businesses that are managed and operated by people with physical disabilities. Only a few said that they got support from the government. But the support they received wasn’t enough to sustain them in running their ventures.

Recommendations
The South African government needs to do a dedicated review of policies that are meant to support people living with disabilities to give them a better deal. Some old policies will need to be revamped and new ones put in place where necessary. This must be done with a focus on critical areas like education and skills development, start-up finance and to influence the general environment to be friendlier towards people living with disabilities.

It is imperative for business people living with physical disabilities to form networks and partnerships that can be used to lobby and open opportunities.

Eugine Tafadzwa Maziriri does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.
As the holy month of Ramadan draws closer, it is estimated that there are 148 million Muslims with diabetes across the world, of whom over 116 million may fast during Ramadan1, which starts this year on 17 May 2018, subject to the sighting of the new moon, to 15 June 2018.

Muslims observe the holy month of Ramadan by abstaining from food, drink and oral medications from dawn to dusk. Given its significance in the Islamic faith, not being able to fast due to a health condition can be devastating. Although the Qur’an specifically exempts people with a medical condition from the duty of fasting, many people living with diabetes still choose to fast despite the health risks.

Fasting presents significant challenges for people living with diabetes in terms of managing blood sugar levels, which is why it’s essential to consult with their doctor well in advance of the holy month of Ramadan to find out if they can fast and if so, plan a way to do it safely,” explains Dr. Aneesa Sheik, Medical Director of Lilly South Africa.

“The lack of food and water during the day, along with the heavy meals eaten before and after fasting at suhoor and ifthar can create serious health issues for people living with diabetes, as they are faced with major disruptions to their diet and daily routines. This can lead to serious complications among which are low or high blood sugar levels. Blood sugar level that is too low and left untreated can cause confusion, clumsiness, or fainting, and in the case of severe low blood sugar, can lead to seizures, coma, and even death. A high blood sugar level can damage blood vessels, and over a long period of time can result in serious complications, including irreversible organ damage. In general, fasting is very challenging for people living with diabetes, particularly patients with type 1 diabetes, who are dependent on insulin.

“If you have type 1 diabetes your doctor will want to ensure that the blood sugar is regularly monitored to prevent any health risks, and may even need to adjust insulin doses according to your food intake and activity. Fasting with type 2 diabetes can also be risky, especially if you have poorly controlled diabetes. It is important to remember that your prescribed medication may also influence your ability to fast. Muslims with diabetes who wish to fast must plan diligently and well in advance for a safe and healthy Ramadan,” explains Dr. Sheik.

Providing healthcare professionals with the right tools and resources, including time and personnel to educate patients and encourage them to discuss a treatment plan for fasting during Ramadan has been a key focus area for Lilly.
Peter Dunn is embarking on a backbreaking journey to raise awareness and funds for CHOC Childhood Cancer Foundation SA in the fight against childhood cancer. The hike will take a gruelling six million steps to complete over a five-month period in which Peter will test his abilities to the max to signify the gruelling and unforgiving journey that children with cancer undertake in their fight against the disease. Peter, who lost his mom to cancer and the six-year-old son of very special friends, has a score to settle.

"I am planning on hiking The Pacific Crest Trail (PCT), which starts at the Mexican border in a town called Campo, California, and traverses the length of the United States of America - through California, Oregon and Washington - ending at Manning Park, British Columbia, Canada," says Peter.

"I want to take people on this harsh journey to symbolise the incredible courage that count less children face who are fighting this terrible disease so bravely," says Peter. "The aim is to raise awareness so that every parent out there knows what the early warning signs of childhood cancer are and to raise funds to help CHOC Childhood Cancer Foundation SA in their efforts to support and aid families whose children are fighting for their lives."

Fewer people have hiked the entire PCT than have climbed Mount Everest, and with all the unsaid ascents and descents, the hike is the equivalent of almost 15 ascents of Mt Everest from sea level.

Lend children with disabilities a hand

When President Cyril Ramaphosa presented his first State of the Nation address in Parliament on February 16, he called up the memory of the recently deceased music legend Hugh Masekela and invited South Africans to “lend a hand”. Social media was alive with requests for the president to #SendMe, in response to this moving call.

Unfortunately, children with disabilities leave their parents and disability rights activists have not received Ramaphosa’s promises with equal optimism. We have become numb to winning slogans and passing references to children with disabilities’ plight in political speeches. We have also learnt through bitter experience that no slogan alone will make a difference.

When their peers began school in January this year, a month before Ramaphosa’s speech, by the department’s own estimates, about 590,000 children with disabilities had no school to go to. Many of them have been on waiting lists for special schools for up to five years. Some as old as 14 have never been to school.

On paper, children with disabilities are legally entitled to attend “ordinary” schools with their peers but, in reality, very few do. According to the department’s estimates, about 125,000 children with disabilities attend these schools. But complaints about failures to reasonably accommodate pupils with disabilities are ubiquitous. Discrimination is rife. In 2015, a grade 12 pupil, Lane Wahl, who is partially sighted, told public-interest law centre Section27 of her experience. “At ordinary schools they tease you. People are cruel. They forget to accommodate you. You are an inconvenience,” she said.

These children’s dignity is being compromised. Something as simple as going to the toilet or moving between classes can become a traumatic ordeal. Private space is seldom allocated to accommodate children with disabilities’ personal needs and school buildings are largely inaccessible to children using wheelchairs, who then have to crawl or be carried.

About half the children with disabilities who do attend school, about 120,000, go to special schools. But, on the whole, the conditions there are unconscionable. Because many of these schools are in far-flung places, the children commonly stay in school hostels. But reports of physical, sexual and emotional abuse as well as inadequate care and supervision in the hostels discourage parents from sending children to them.

The department itself has noted the “extremely poor conditions” and a “high rate of child abuse in special school hostels”. The severe neglect and abuse of children in hostels is partially a result of the failure of the government to ensure there are paid, trained carers for the children after school hours.

A 2018 South African Human Rights Commission report painstakingly documents the “systemic” failures in compliance with basic safety regulations that led to three deaf girls being burned to death in a hostel in North West in August 2015. Twenty-three other children were injured after they jumped from the first floor of the hostel to escape the fire. The doors to their hostel had been locked, apparently in attempt to make up for the absence of after-hour care.

The report tells us that this was not the first such incident.

The report is correct in identifying that the entire system is responsible for these tragedies. As brutal and awful as these incidents are, we wonder how big a tragedy is needed to get the required government response. Something on the scale of Life Esidimeni in a special school hostel? This is not an impossibility.

We write as members of the Right to Education for Children with Disabilities Alliance. We have repeatedly briefed Parliament and the executive on the extent, depth and urgency of this crisis over several years. We have provided ample clear evidence of the education system’s substantial failure to provide for children with disabilities.

This week, as a group of people living with disabilities and disability rights activists, we will make a submission to the United Nations Committee on the Rights of Persons with Disabilities (CRPD). CRPD relies on corporate sponsors. They also train and educate health care professional, home based care workers and traditional practitioners on the early warning signs of childhood cancer to promote early detection.

Peter’s flight tickets have been booked and he is set to start his mammoth task on Tuesday, 10 April 2018. “I want to use the opportunity to encourage everyone to support my efforts by donating to CHOC Childhood Cancer Foundation SA.”

“We are truly honoured and grateful to Peter for partnering with CHOC as we rely on individuals and corporates for funding,” says Zelda Zukiswa Jacobs, Communications Manager at CHOC Childhood Cancer Foundation SA. “The funds raised through this initiative will go towards our programmes of support such as psychosocial services, training and awareness of the early signs of childhood cancer, accommodation close to the country, transport to ensure that no child abandons treatment because the family is unable to afford the transport costs, food parcels as we recognise the financial difficulties families often face, patient support and hospital activity programmes.” To get involved, visit Peter’s website and follow Peter’s journey on Facebook, Twitter and Instagram.

But most of all: support CHOC Childhood Cancer Foundation SA by donating and make sure you know what the early warning signs of childhood cancer are.

I am doing this for those special little souls who would really want to be out and about, but just can’t. I hope that every step I take on this trail, will be worth a thousand steps forwards for each of the little warriors fighting the fights of their lives. Join me on my journey to help beat childhood cancer, one step at a time,” concludes Peter.

About CHOC Childhood Cancer Foundation SA

Childhood Cancer is a life changing experience, we exist to serve and equip the children, families and community through their cancer journey to keep more than hope alive.

Childhood Cancer SA is a registered non-profit organisation in South Africa that provides comprehensive countrywide support for children with cancer and other life-threatening blood disorders, and their families. CHOC has a head office in Johannesburg, six regional offices, two branches, and 12 accommodation facilities close to treatment centres, free transport and transport fund to ensure that no child abandons treatment due to the family not afford transport costs, food parcels as they recognise the financial difficulties families often face and parent to parent support groups. CHOC plays a leading advocacy role through childhood cancer and caring for vulnerable families. They also train and educate health care professional, home based care workers and traditional practitioners on the early warning signs of childhood cancer to promote early detection.

We rely on corporate sponsorship, donations from groups or individuals wanting to make a difference in the lives of children with cancer.

Our comprehensive support improves the wellbeing and quality of care to children with cancer and offers families a wide range of psychosocial services and practical support such as transportation, free accommodation close to centres, free transport and transport fund to ensure that no child abandons treatment due to the family not afford transport costs, food parcels as they recognise the financial difficulties families often face and parent to parent support groups. CHOC plays a leading advocacy role through childhood cancer and caring for vulnerable families.

We rely on corporate sponsorship, donations from groups or individuals wanting to make a difference in the lives of children with cancer.

The department of basic education, in its current five-year strategic plan, has committed itself, once again, to advancing inclusive education. In a parliamentary portfolio committee meeting, the department admitted that “drastic measures” are necessary. Speeches by the president and the minister of basic education also frequently pay lip service to the issue. But, when the budgets are produced, the money doesn’t follow.

According to nongovernmental organisation Human Rights Watch, not a single special school is categorised as a no-fee school. This transfers the financial burden on to parents, many of whom cannot afford the expense.

Despite this bleak picture, there are growing pockets of good inclusive practice in ordinary and special schools. Some special schools have been converted into resource centres, which offer outreach programmes to surrounding ordinary schools. Some ordinary schools have changed their attitudes from exclusion to a willingness to include. Some schools have made adjustments to the school environment, curriculum and ethos to ensure that children with disabilities can find a happy place.

It is the promotion of these examples that we urge the department to prioritise and replicate.

The time to act is now. South Africa’s children do not have years to wait while the department plans for their education. They cannot endure another gradual, plodding plan or policy. To make a priority of this issue, the department is aiming to see that all children with disabilities are attending a school by 2021.

But without significantly more funding, accurate data collection, adequate planning and a genuine attempt to monitor and evaluate the implementation of its policies, this remains devastatingly unlikely.

Ramaphosa and the government must acknowledge and listen to those who are already “lending a hand”. Our small delegation in Geneva this week is a good example of this.

Mr President, we, like so many other South Africans, are helping ourselves already. What we need is a government that is willing to support us and make good on its promises and policies. Please lend us a hand.

Robyn Beere, Silomo Khumalo and Tim Fish Hodgson write as members of the Right to Education for Children with Disabilities Alliance.

Source: Mail & Guardian
Hi Jason, how long have you been a practicing artist and what are your thoughts?

I graduated in 1992 from Cardiff, where I was studying painting for my degree, but soon afterwards went into teaching. This put a 15 year hiatus to my artistic practice.

When I became ill in 2004, and subsequently disabled, I felt I had courage to finally ‘run away from the ship’ and actually become a professional artist. Because of the nature of my disability, I spent a lot of time in bed, with intense pain & fatigue. It soon became apparent that I could not paint in a traditional manner, so took the decision to purchase an iPad and paint digitally, because I could ‘paint’ and have a whole studio, contained within the 9x6 inch screen. This changed my life.

In December 2010 I bought my first iPad and in the following April I was exhibiting in America. To coin a well known phrase ‘I wasn’t in Kansas anymore’.

I felt very isolated in my artistic practice, being both disabled and suffering from numerous health problems and was supported by SHAPE Arts, who are a organization who support disabled artists. If it was not for them, I would not have had any of the success I have had. They have been pivotal in my career.

The highlights of my artistic career have been plenty, from being commissioned to create art for the Museum of Islamic Art in Qatar, to creating 2 banners for the Houses of Parliament, depicting the stories of the Tolpuddle Martyrs and the Disability Discrimination Act.

This year I had my first major solo exhibition at Artlink Hull, as part of a residency with Hull City of Culture. This residency focused on telling the hidden stories of the disabled & diversity communities of Hull.

Most recently one of my sculptures, ‘Brave Boy Billy’ was shown at Tate Modern as part of the ‘Ghost in the Machine’ disabled art event, curated by SHAPE Arts.

I am now concentrating a yearlong residency in Cody, Northamptonshire, where I am working with the learning disabled community to create two new augmented reality sculptures, which will tell their story. I am also making a documentary film, which will tell the story of the residency.

How you come to the idea of Brave Boy Billy?

Brave Boy Billy came about, because I was interviewed by the BBC in 2015, as part of the 20th anniversary for the DDA. I was interviewed because I had created a piece of art for parliament about the DDA, and I was suddenly struck by the story that I was able to talk about my experiences as a disabled person, basically because I have a physical disability, and as such am able to talk up for myself, but those with other disabilities such as learning disabilities are not able, or given a platform to express their opinions or experiences of disability and discrimination; when in fact they as a community probably face this in a much more others.

I became interested in telling the hidden stories of these communities, of giving them a platform, through using art and technology to do so.

Billy is a traditional sculpture in many ways, as he is made from fibre glass, after being sculpted in clay. But he is a very different piece of art, in the sense that there are augmented reality triggers placed upon the sculpture, which when used in conjunction with AR apps, bring to life the stories of disabled people.

Billy was commissioned by the Global Disability Innovation Hub, as part of their international summit at the Olympic Park in London last year.

I designed him through working with young disabled people in London and he is the first of many such sculptures which will tell the hidden stories of the disabled communities. I am incredibly proud of Billy.

I describe ‘Brave Boy Billy’ as ‘trojan horse’ art as it lulls the viewer into believing that the artwork is comical, colourful, etc, when really it is a tool to engage with and subvert the expectations the viewer has of disabled people. Through Billy I have been able to engage the viewer with the ‘brass tacks’ of what it is to be disabled, under a government which deems it acceptable to remove 1000s of motability cars and benefits from the most vulnerable people in society.

I believe that as a disabled artist I am in the trenches and I am involved with guerrilla warfare, using art, technology & humour as weapons in this ongoing war against policies and views which are tearing lives apart.

Humour is a key component of disability politics as the expression of the wish of what others may see as an impossibility used to hold such a dominance in any form of endeavour and with hindsight shows the world to be delusional in with regards to disability. How are we as disabled people to overcome this?

I can only talk for myself, and what it is for me to be a middle aged, balding ‘gezer’ and what my experience of being disabled are. The voice that I employ in my artwork is humorous, because I was brought up in Wakefield, West Yorkshire, where humour is used as a barbed weapon, and as such it is authentic and honest.

The art I make is a starting point for me to engage with the viewer and lull them in with the colour, humour and artistry of the work I make, and then subvert that through the use of the hidden content. Using AR with the sculptures I am able to hit hard with the hidden stories I am sharing of the disabled community. I am trusted to share these stories and it is up to me to do this in a way that does justice to those I work with in the community.

4) You see augmented reality in your work are you familiar with the dystopian futurism of the cyberpunk genre in which AR has been talked about before it's arrival into the world? Do you see this as the shape of things to come?

I am familiar but like any genre it can be subverted for good or bad. It is up to the integrity of the artist to ensure that the AR, the technology, is used with an ‘authentic & truthful voice’ and that the stories I can tell with this technology have some integrity about them. I am already planning work, which will enable the viewer to ask questions of my disabled characters and even go into their world virtually. Watch this space!

As a wheelchair user yourself how do you feel about the UK's policy of funding international space programs where so many in the world are without the most basic need of wheelchair themselves?

As Billy states in one of his augmented reality triggers, ‘60 million people need wheelchairs throughout the world, but only 15 million have access to one’. This statistic is incredibly damning, but one would hope that the research being conducted into space travel might have some positive benefits for disabled people….Who knows we may benefit from the new velcro! This is somewhat tongue in cheek comment, as I believe firmly that we should be doing all we can to support the most vulnerable people in society.

Socialism does not mean on our own doorstep either. This should be a global view.

I was told a story of two disabled Indian brothers who have to share a wheelchair, which they have designed and made themselves. This was such a tragic story that I used this to inform the design and making of Billy, as he is a disabled character, but he sits upon a space hopper as he cannot access a wheelchair.

I have hope that there are many out there who are working very hard on making the lives of disabled people much better. Last year I was fortunate to work with both the Global Disability Innovation Hub & James Dyson Foundation, on residencies which looked at designing better wheelchairs and using technology to improve the lives of disabled people. So there is hope amongst the artistic and technology community.

www.jwmartist.co.uk
Demystifying albinism through art and social work

People with albinism have it rough in Africa, to say the least. There have been instances of kidnappings, maiming, and murder. Such incidents keep on happening because illiterate people believe that an albino's organs hold magical powers that will be useful in witchcraft potions.

What is Albinism and how is it seen in Africa?
Albinism is a congenital disorder where people lack skin pigmentation. This can be a partial or complete absence of melanin in the skin, eyes, and hair of the sufferer. The condition stems from a defect in the genes that provide or distribute melanin pigmentation to the body.

Visual impairment is common among albinos since their eyes are sensitive to light. Raymond Bossuyt, a dermatology professor at the University of Cincinnati College of Medicine explained the condition by saying that “People with albinism are legally blind because photoreceptors, cells in the retina that detect light, get oversaturated with light and send confusing messages to the brain.”

Their pale skin is also prone to experiencing premature skin aging. Albinos are at a high risk of developing two types of skin cancer, squamous cell carcinoma, and basal cell carcinoma because their skin is unable to block the UV radiation of the sun.

African Albinos don’t only risk health issues but also have to deal with the negative stigma surrounding their condition. Rural African communities specifically in Nigeria, Malawi, Mozambique, and Tanzania, kidnap, maim, and even kill albinos for the sake of getting hold of their body parts. These people think that the organs of albinos have magical powers and they mainly use them in creating witchcraft potions. In regions where literacy is rampant, it is not surprising that people believe in such nonsense. In Tanzania, 75 people with the condition have been killed since 2000. Toddlers and teenagers are at higher risk of abduction than adults but “hunters” will attack any albino within reach.

Art exhibition to demystify albinism
In order to debunk all the superstition and stigma around Albinos, Nigerian photographer Damilola Onafuwa held an exhibition entitled “Angels among men” with the help of Onome Akinlolu Majaro Foundation (OAM). This photography exhibition that took place in Lagos and ended on February 15, 2018, aimed to showcase the lives of African people with albinism.

According to Damilola Onafuwa, his portraits exist to educate and raise awareness among his fellow citizens. He also explained that the name of his exhibition “does not intend to fetishize or refer to people living with albinism as literal angels or as superior. It rather refers to everyone who has chosen to rise and live above stereotypical judgements against people of a different race, colour or gender; people who choose not to be limited by short-sighted and shallow standards of men, but treat all with a scale of equality.”

The exhibition intends to portray albinos in a different light than that of being hunted or killed by “witch doctors”. The goal of the snaps taken by Onafuwa is to celebrate people with albinism who succeeded in their lives despite the negative odds. Damilola’s work partner Mrs. Onome Akinlolu Majaro stated that the exhibition will be presented in different locations around the world.

Mozambique’s forum against Albino trafficking
On May 2017, Mozambique hosted a two-day forum to fight against the trafficking of albino people. The forum was organised by the UN International Organization for Migration (IOM) and the UNICEF. It was held in the form of regional workshops that attempted to find proper solutions to protect albino people and stop human trafficking in the Southern African area.

The forum targeted the issue of albino people in Mozambique, Malawi, and Tanzania. These three countries worked on creating relevant policies and a cross-border collaboration to fight the trafficking of albino people and their organs. Katharina Schroering, IOM Chief of Mission in Mozambique stated: “A regional approach like this that complements national efforts in Mozambique, Malawi, and Tanzania is the only way we will improve cross-border coordination and investigation to protect people with albinism.” The IOM and UNICEFF work tirelessly with these countries’ governments to improve the situation of people with albinism.

For more information, visit www.breakingdownbordersafrica.com

Breaking Down Borders
Africa Youth Summit 2018
Takes up the call to ‘be the legacy’

Johannesburg – The clarion call has been sounded and the time is now! More than 100 youth leaders from at least 30 countries will converge in South Africa for what promises to be one of the biggest gatherings of young minds to ever come together on the African continent.

The 2nd Breaking Down Borders Africa Youth Summit was recently launched to a captive audience at Brand South Africa in Johannesburg, Gauteng. It was a morning of rousing speeches and youth mobilisation which gave a glimpse of the awe-inspiring thought leaders that are to be expected in May when the summit takes place.

Toni Gumede, Brand South Africa’s Strategic Relationship Manager, said the company’s collaboration with the summit was “a natural marriage” that speaks to Brand SA’s ‘Play Your Part’ drive.

“The Breaking Down Borders Africa Youth Summit really resonates with what our organisation is about, specifically with the mandate that is articulated in the National Development Plan regarding strategic and critical intra-Africa relations. This seeks to do what we aspire people to do – to break down borders by building an active citizenship and inspiring new ways of doing things,” she said.

The summit is a clarion call to African youth leaders to come together in an amalgamated ‘think tank’ to address challenges facing the continent and devise impactful solutions for future generations.

Last year’s inaugural summit saw more than 60 young people from 15 countries take part in the two-day conference. Leaders, entrepreneurs, activists and influencers in the arts, academic and intelligence spaces exchanged ideas, challenged each other, and shook up the status quo during passionate debates and plenaries that took part at UNISA in Tshwane and The Maslow Hotel in Sandton.

This year the summit aims even higher by turning this into Africa’s biggest platform for networking, skills transfer, workshops and creating professional partnerships for young people.

Dr Edith Phaswana from the Thabo Mbeki Leadership Institute unveiled the theme for 2018 Breaking Down Borders Africa Youth Summit: ‘African Youth, Building Our Legacy’. In her keynote address she unpacked the theme, speaking to its ode to late statesman Nelson Mandela’s centenary commemoration. She urged the youth to not grow weary as they challenge socio economic barriers that face them, but to take lessons from the legacy of leaders such as Kwame Nkrumah, Nelson Mandela and Patrice Lumumba, who were never deterred.

The Breaking Down Borders Africa Youth Summit will be held from the 14 – 18 May, the official AU ‘African Month’ and has introduced an awards segment that recognise and celebrates young people working hard to develop Africa. These leaders are nominated by peers and scrutinised by a panel of elders who are part of the Breaking Down Borders Initiative board of advisors.

The nominees will be evaluated for the work they are doing in breaking down borders and creating platforms for themselves, their community, and the youth. Organising committee member, Lorato Modongo, a young academic and gender activist from Botswana, spoke candidly about Africa’s need for self-sufficiency and youth leadership. Modongo expanded that the 2018 theme, ‘African Youth, Building Our Legacy’, is inspired by the Mandela centenary’s call to action to “Be the Legacy” and thus was urging young people to contribute to building a better Africa through some of the resources at our disposal.

She stressed that young people through their energy, thinking, and innovations were one of Africa’s biggest assets.

Some of the summit’s expected outcomes are to see increased inter-country trade partnerships, submit recommendations on the Youth Charter to the AU, formulate a network of young African Leaders, and increased collaboration between young people within the entrepreneur-ship landscape, civil society movements and creative spaces.

For the first time since its inception, the summit will be opened to the public via an online application platform. More information is available on the newly minted website, and the BDB’s interactive social media platforms.
**SA’s Paralympic champs feel on par with able-bodied stars in Gold Coast**

Three of SA’s Paralympic champions feel like they are on par with their able-bodied comrades at the Commonwealth Games, sporting a record number of disabled events.

Reinhardt Hamman, the javelin thrower who’s competing in shot put in Gold Coast, and sprinters Charl du Toit and Dyan Buis all have cerebral palsy.

The Games don’t offer the full array of disabled events, but the 38 para events of 275 medal events here is still a massive increase on the last edition in Glasgow four years ago.

Buis, the Rio 2016 400m winner who will compete against Du Toit over 100m here, said there should be more combined events like the Australian showpiece.

‘‘There’s a small group of para athletes so it’s not like it’s in your face the whole time that it’s just disabled athletes walking around or you’ve got to watch out for a guy in a wheelchair.

‘‘Nobody really notices that we have a disability.’’

Du Toit, one of SA’s heroes of the Paralympics with two golds, isn’t expecting to top the podium this time around because the athlete, classified as T37, is competing in T38, where his rivals, including stablemate Buis, are not as limited.

‘‘I’m not going to beat this guy here,’’ he said with a laugh, slapping the thigh of Buis, his training partner at their Stellenbosch base.

‘‘This is my brother all the day,’’ explained Buis.

‘‘You’re not going out there to beat somebody else, you’re just going out there to be the best that you can. I think we bring out the best in each other.’’

They also enjoy teasing each other. Checking into the village, Buis managed to forget his luggage at the front desk.

And then he locked the trio out of their apartment when he forgot the key inside.

‘‘All three of us have cerebral palsy and it’s very dangerous to put three guys with CP in an apartment,’’ said Hamman, seeded second in the F38 shot put.

The javelin isn’t on offer at Gold Coast.

‘‘We have a thing called CP points, so depending on the level of stupidity, you get a certain amount of points, and then at the end of the trip we’ll see who wins.’’

‘‘At the moment I’m leading,’’ admitted Buis.

‘‘But it’s still a long way to go,’’ warned Du Toit.

‘‘My money’s on Reinhardt,’’ added Buis.

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**SADGA opens Golf Facility for Pretoria School**

The South African Disabled Golfers’ Association (SADGA) assisted the Pretoria School for the Cerebral Palsied to open an indoor modified golf facility recently.

At the opening, the learners were treated to a road show with the different stations focusing on therapeutic exercise while teaching them the basic life skills that golf brings through the animal drawings on the walls – Honesty, Mathematics, Integrity, Having fun, Good Sportsmanship, Fun, Saying Hello etc.

SADGA member, Nico Schmullian, helped out at the opening.

Six learners from the school will qualify for the Canon FSP Inter-schools which will take place at Zwartkop Golf Course, Pretoria on the 30th August.

SADGA’s driving partner, Volkswagen, made sure that all the equipment and gear needed for the project was well transported to the school whilst this whole project was sponsored by NOMAdS under their Furthureance of Golf Program.

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**Marcel Hug wins 2018 Laureus Award**

Swiss wheelchair racer recognised for London 2017 and Marathon Majors achievements

Swiss wheelchair racer Marcel Hug won the prestigious 2018 Laureus World Sports Award in the category World Sportsperson of the Year with a Disability, during a glittering ceremony on Tuesday (27 February) in Monaco.

The accolade is given to the person who best demonstrates excellent athletic achievement and strong leadership qualities in a sport in the Paralympic programme. Hug was among five other outstanding Para athletes nominated for the honour, and joined 11 award recipients during the ceremony.

The wheelchair racer won world titles over 800m, 1,500m and 5,000m in the highly competitive T54 class at London 2017. He also won World Marathon Majors races in Tokyo, Boston, Berlin, Chicago and New York.

To win the award, Hug beat out a strong nomination pool that consisted of Japanese wheelchair tennis multi-Grand Slam winner Yui Kamiji; US Nordic skiing world champion and overall World Cup winner Oksana Masters; Dutch Para snowboard pioneer and cancer survivor Bibian Mentel-Spee; Dutch dual-sport athlete and Ironman world champion and overall World Cup winner Oksana Masters; and German long-jump Paralympic and world champion Markus Rehm.

The 19th Laureus World Sports Awards recognises sporting achievement during the calendar year 2017. It is the premier honours event on the international sporting calendar. The winners were voted by the Laureus World Sports Academy.

For more sports stories visit our website www.thisability.co.za