



Disabled



DISABLED

Kwazamokuhle Special School

Years Funded: Eleven • Province: KwaZulu-Natal

Route Key: **G**



FROM EXCLUSION TO INCLUSION FOR THE KWAZAMOKUHLE SCHOOL CHILDREN WITH SEVERE PHYSICAL DISABILITIES ... OUR JOURNEY WITH N3TC

As told from the perspective of the Therapists working at Kwazamokuhle Special School

Imagine not being able to move around as you wish? Having to be pushed everywhere in a wheelchair? Imagine being left outside a classroom and you are unable to push your wheelchair so that you can join your classmates for your next class? These are but a few of the challenges faced by the learners attending Kwazamokuhle Special School.

Today, there has been progress nationally to include children with disability in Education, however barriers around meaningful social participation and equal learning opportunities remain.

Kwazamokuhle School accommodates children with physical disabilities, mild and moderate intellectual disability, learning problems and Autism. As Therapists, we often focus on children with the more severe physical disabilities such as those with Spina Bifida, Muscular Dystrophy, Spinal Muscular Atrophy, Arthrogryposis and Cerebral Palsy amongst others.

The main aim for Therapists is for each child living with a disability, to achieve his or her maximum level of function and independence, to enable them to be included in all aspects of life experiences and society. As Therapists, we are witness to the fact that children with severe physical disabilities are often denied the experience of everyday lifestyle activities and this plays into societal norms of exclusion.



The definition of Disability introduced in the Convention on the Rights of Persons with Disabilities (CRPD, UN 2006) states that disability is an 'evolving concept' resulting from interactions between persons with physical, mental, intellectual or sensory impairments and various barriers (such as attitudinal and environmental barriers) that hinder their full participation in society on an equal basis with others.



Children with severe physical disability face many challenges of limited mobility and access as well as poor social integration. Their support needs are great regarding the assistive devices that enable them to achieve their maximum level of mobility, functional independence and social inclusion in school activities.

This is what has made our journey with N3TC so incredibly meaningful. It has been a wonderful journey. The fact that our ambition to move from the exclusion of those children with severe physical disabilities to inclusion, became our collective common goal. Together we have built a relationship of trust and shared vision that to include all children is achievable, one small step at a time.

Through N3TC's initial funding award in 2010, the school was able to install a hoist on the school bus so that children using wheelchairs could be lifted into the bus in a dignified and humane way. In the words of a former pupil *"it means that we are no longer lifted into the bus as bags of potatoes"*.

N3TC's investment in Kwazamokuhle has enabled the school to procure 12 new computers and construct a new classroom. The Kwazamokuhle Top-up Bursary programme was initiated to address the needs of one of the Kwazamokuhle pupils who had gone on to attend Secondary School. From this initial seed of support, the Fundisisizwe Bursary Project has evolved and now assists 18 deserving learners.

As already mentioned, children with severe physical disabilities have various support needs including expensive assistive devices. Through N3TC's support, Kwazamokuhle has been able to acquire specialised motorised wheelchairs for mobility and postural support for four severely disabled learners. This mobility independence has enabled them to go where they want, when they want! This freedom of movement has given these four children the ability,



opportunity and experience of speed and they are now 'running' wherever they need to go. Of greater significance, however, is seeing their self-confidence and self-esteem improve.

Walking aids such as reverse walkers for children with Cerebral Palsy and computers and special aids for children with limited hand function, have been purchased. The positive impact these items have had on the children is best expressed through their joy as they discover something new every day.

The wheelchair playground funded by N3TC in 2016 has created a whole new 'world of play' for our children in wheelchairs. They now enjoy the experience of swinging and movement. This form of movement is fun but more importantly it helps to regulate their sensory systems. There is a lot of laughter and chatter outside the Therapy Block when our volunteers collect the children from class to go swinging. The time in the playground gives the children a sense of freedom, they feel special and are no longer intimidated by the abilities of able-bodied children. Apart from the fun of playtime, it is also a time of learning about speed and direction, position in space, movement and developing postural awareness and balance. It has changed lives and will continue to do so in years to come.

The motivation behind the Cerebral Palsy (CP) Early Intervention Project lay in the fact that many children born with Cerebral Palsy missed essential foundational movement therapy and integration interventions as a result of a lack of early identification. Many children with

CP present with secondary complications leading to severe disability and by creating awareness of CP and that it is a condition for life, it was hoped that a better quality of life could be achieved. With N3TC's support this project presented numerous workshops for parents and caregivers of CP kids in 2015 and 2016.

This CP Early Intervention Project soon evolved into the CP Indaba that took place in 2017 with the aim of promoting collaboration between the Department of Education and Department of Health in the Uthukhela District, to examine and evaluate current services available for CP children and to develop management strategies for children with CP and their caregivers. The hope was to work towards successful outcomes for CP children to enter the education system.

Through our journey with N3TC, we have made many friends. GRINAKER LTA donated a container for storing wheelchairs, and Music Voyage assisted us with establishing a drumming and marimba programme.

What a journey it has been! A collaborative approach to advocating for and empowering the severely disabled learners in Kwazamukuhle School. Their lives have been forever changed. It is a work in progress, and we know that there is still much to be achieved to secure inclusion, even in Special Schools. Siyabonga!

Lungelo is 17 years old and lives in the rural area of Ntunda, outside Estcourt in Kwazulu-Natal. He lives with his mother, older brother and his twin brother in a mud house without electricity. His father sadly passed away this year and his mother is unemployed.

Lungelo was born with Arthrogryposis which effected his entire body resulting in tightness of his soft tissues and contractures of his arms and legs. He uses a wheelchair for mobility and needs assistance with all his daily needs such as bathing, dressing and feeding.

When Lungelo was younger he was screened at Kwazamokuhle Special School and it was found that he could not sit in a wheelchair as his legs were contracted in abduction. A little while later Lungelo underwent surgery on his hips, which was successful, and he was able to start school in Durban in 2012. But the cost of transport to and from Durban soon became restrictive and in 2016 when he was in Grade 4, Lungelo transferred to Kwazamokuhle.

Lungelo is now in Grade 7. He is an incredibly determined young man, quiet and reserved but very popular amongst his peers. He realised that his English needed to improve and has worked hard at building his confidence in conversational English, which is steadily improving. Lungelo writes with a pen or pencil in his mouth. The neatness of his writing is amazing! It soon became evident that this form of writing excluded him from participating in class discussions. An eye-gaze head pointer was purchased and has improved Lungelo's ability to take notes while participating in class discussions.

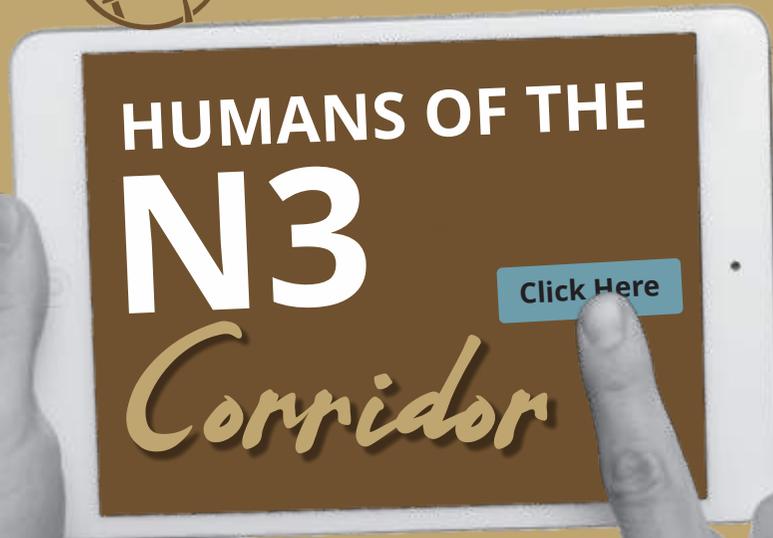
Pretty soon, Lungelo's life changed again when a motorised postural support wheelchair arrived at Kwazamokuhle. Funded by N3TC, the wheelchair has given him the gift of independence and freedom of movement - his wheelchair has a chin control, which he controls with his elbow.

Lungelo's self- confidence has grown and he is always surrounded by friends. His friends are amazing, they lift him, position him comfortably, help him get dressed and on occasion even feed him. It is a testimony of true friendship and Lungelo's tenacity.

Lungelo likes listening to the radio, loves music and is an avid Pirates supporter; and when he is home for the holidays, he visits his neighbours and enjoys watching a game of soccer with them.

The N3TC Touching Lives Programme has been instrumental in helping Lungelo become an independent young man who exudes confidence and a desire to succeed.

Lungelo's mother sums it up beautifully, *"I can see there is hope for my child, even though he cannot walk or use his arms, I can see that he has a life ahead.....a good life, the life that God has given him"*.



Lungelo Majola



DISABLED

Pevensey Place

Years Funded: Four • Province: KwaZulu-Natal

Route Key: **N**



Tucked away in the foothills of the Underberg district in the Southern Drakensberg is Pevensey Place home to 74 residents of varying disabilities.

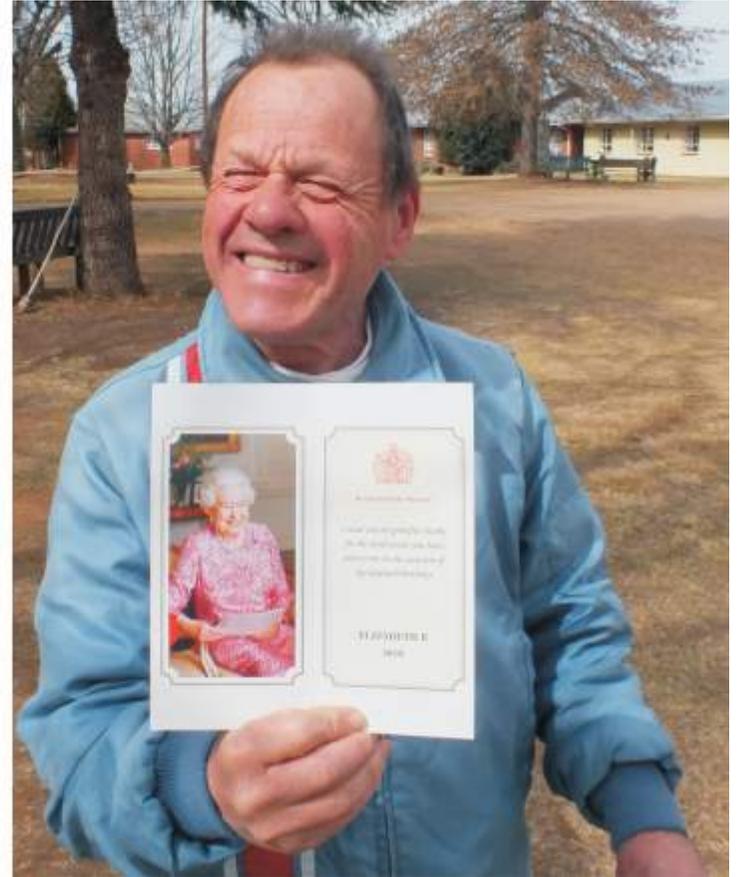
The residents' range in age from 23 to 84 years of age. There are many orphans living at Pevensey Place who have outlived their parents and the financial resources left to them by their parents have depleted.

The residents develop deep and meaningful relationships with one another. They are taken on numerous excursions to game parks, picnics, sporting events, agricultural shows and any events of interest in the community. They are family and Pevensey Place is home.

The Pevensey team works hard securing the sustainability of the facility, but the number of orphans and growing expenses often drain the resources and the little surplus that has been saved over time. N3TC supports Pevensey Place through funding a number of orphans who no longer have the resources to cover their costs to stay at Pevensey Place.

This has given the residents and the Pevensey team the peace of mind that these vulnerable members of the Pevensey family are cared for and can continue to live in the only home they have ever truly known.

Pevensey Place builds financial reserves through various means, including raising funds through large-scale sporting events that take place in Underberg such as Sani2C, N3TC Drak Challenge, joBerg2C and Splashy Fen. Furthermore, a variety of farming interventions, free



range egg production in particular and the lease of 35 hectares of farming land, secures further funding that contributes to covering its operating costs.

With the help of N3TC and other donors, local charities and the large-scale sporting events that take place in Underberg, Pevensey Place manages to support its residents and provide a loving, caring and secure home where they flourish.

The joy of seeing residents support one another, contribute to the upkeep and running of Pevensey Place, and participate in a range of activities that contribute to their wellbeing far outweighs the daily challenges of making ends meet.







HIV and AIDS



HIV and AIDS

Trucking Wellness

Years Funded: Nine • Province: ROUTE - Gauteng, Mpumalanga, Free State and KwaZulu Natal

Route Key:



The impact of N3TC's investment in the Trucking Wellness Programme is evident in the statistics. In 2013, Trucking Wellness reported an average HIV infection rate of 8,68%. Through various interventions including the dissemination of condoms and one-on-one training and education, Trucking Wellness recorded a significant decrease in new HIV infections of 3,64% in 2018.

But what has changed since 2010 when N3TC first invested in the efforts of Trucking Wellness along the N3 Toll Route.

Trucking Wellness has focused on upgrading its wellness centres located at truck stops along the N3 Toll Route, the acquisition of mobile clinic facilities and improved services to ensure that clinic staff and visitors receive the full benefit.

Trucking Wellness is celebrating 20 years of supporting the trucking community in 2019 and has much to be proud of. The programme has been instrumental in promoting the health and wellness of the logistics industry through the provision of world-class services.

The services provided by Trucking Wellness are comprehensive and holistic. The programme's impact extends beyond the logistics industry into the communities where it operates, and beyond – thanks to more recent acquisition of a mobile clinic fleet. The programme is playing its part in addressing the scourge of HIV and AIDS on the sector, families and the economy. Beyond that they are playing an instrumental role in supporting the treatment of chronic illnesses such as Diabetes and Hypertension.



By building trust within the logistics industry, families of their patients, members of the surrounding communities and sex workers, Trucking Wellness has become an integral part of the healthcare system in rural communities and, in so doing, is contributing to building sustainable, healthy and informed communities for the future.

With the financial support received from N3TC, Trucking Wellness has expanded its footprint and is providing services to the transport sector in managing and mitigating the impact of the HIV/AIDS epidemic on the economy.

The acquisition and supply of point-of-care technology, PIMA machines, to all the Trucking Wellness Roadside Wellness Centres has changed the way patients are supported. The PIMA machines provide patients with their CD4 counts immediately, which has seen a significant

improvement in the roll-out, adjustment and effectiveness of treatment.

Furthermore, Trucking Wellness has become a conduit to addressing human trafficking through workshops presented to staff and healthcare support teams on the prevalence, methodology and identification of possible sex-trafficking situations and safe methods to report a possible trafficking situation.

Trucking Wellness' has firmly positioned itself as a leader in supporting the health and wellbeing of the logistics sector. With a continued focus on innovation, growth and improved services tailored to meet the changing needs of its clients, Trucking Wellness will remain an integral part of the Road Freight and Logistics industry.

