

DISABILITY LESOTHO

From the Editor

Dear Partner,

Complements and welcome to the seventh edition of Disability Lesotho, the monthly email newsletter from Lesotho National Federation of the Disabled. This newsletter will cover news from December 2012 and January 2013.

This e-newsletter is a platform whereby partners in the disability sector share the good work they do and learn from the work of others. This includes news, events, updates, activities and all issues affecting people with disability in Lesotho. We therefore welcome contributions of any nature from all organizations working to improve the lives of people in Lesotho, including those with disability.

If you would like to contribute to the next issue or have received this newsletter from a third party and wish to be included on the mailing list please contact Pascalina Letsau on 5905 5406 or pletsau@gmail.com.

We welcome any feedback which may improve the quality and content of this free service.

Best regards,
The Editor

From the LNFOD Director

On behalf of everyone here at LNFOD, I would like to wish you all a very happy and prosperous new year. 2013 promises to have a special significance for the disability movement, as we edge ever closer to our goal, the full domestication of the UNCRPD.

In this spirit, the theme we have chosen for this month's e-newsletter is the issue of providing educational opportunities for women and girls with disability.

Women with disability are often doubly discriminated against when it comes to education. They need to fight against the widespread negative attitudes towards people with disability in general and the traditional view that girls do not need to be educated as their role should be at home looking after the family.

As such, many women with disability of our generation have been declined the chance to reach their full potential. As members of the disability movement it is our job to ensure that the girls with disability of this generation are able to access their rights to education.

Wishing you all the best of luck for 2013!

Marorisang Mafethe
Executive Director
Lesotho National Federation of Organisations of the Disabled

GENERAL NEWS

Introducing Chris' Corner...



Chris Ranthiti interviewed by LTV

Chris Ranthiti captured the hearts of thousands when he appeared on Thahameso Show last November to share his story.

He is now set to return to the TV screens with his own mini-series Chris' Corner. Chris' Corner will be a 5 part mini-series consisting of 5 minute segments covering everything from Basotho politics to the latest fashion trends.

Chris interviewed a variety of people, from the Minister of Trade and Industry, Cooperatives and Marketing to the guy who pushes the trolleys at Pick'n Pay.

Chris challenges preconceptions of people with disability and shows that nothing can stop a curious mind.

Chris' corner is set to air in February or March from 6.45pm.

Sesotho version of Ntsoe Leng now available

A Sesotho language version of LNFOD's bi-annual newsletter Ntsoe Leng is now available. You may receive your copy either from the LNFOD office in Old Europa, Maseru, from any DPO office, or from your local district Ministry of Social Development office.

Limited numbers are available however an online version is available on the LNFOD website.

Youth with Intellectual Disability take to the airwaves



Lindle Ramatle – TK Fm presenter.

Starting Friday 25, youth with intellectual disabilities will be taking to the airwaves as part of a partnership agreement between TK FM and the Intellectual Disability Association of Lesotho. Each Friday, a member of the IDAL youth group will co-present the popular "Lunchbox" show alongside Ms. Lindle Ramatle.

The IDAL guest presenter will generally shoot the breeze with Lindle and help her communicate the latest traffic and weather reports. This initiative is part of IDAL's mission to give people with intellectual disability the opportunity to express themselves and engage with the community.

The first two shows will be co-presented by Mr. Kelebone Ntšihlele. A different IDAL youth group member will present the program every two weeks.

To listen to the program tune in to 97.1FM from 12pm-2pm on Fridays.

GENERAL NEWS

IDAL joins the online community

The Intellectual Disability Association of Lesotho (IDAL) is proud to announce the launch of its new website www.idal.org.ls. The IDAL website will be a hub of information about intellectual disability, containing useful links to many articles and sources.

The launch of the new website is part of IDAL's efforts to rebrand from the Lesotho Society of Mentally Handicapped Persons to the Intellectual Disability Association of Lesotho.

LNAPD New Executive Committee

LNAPD is proud to announce the appointment of its new Executive Committee. The committee was chosen through elections held during the general meeting.

The new Executive Committee will be responsible for steering the direction of the organisation for the next three years.

The new appointments will be announced shortly by LNAPD.

We wish them the best of luck with their endeavours!

For further information please contact the LNAPD office by calling +266 22320366
Or

Mrs 'Malerato Moeketsi +266 58788864

Email: lnapd@live.com

Capacity building Training Workshop – LNAPD



LNAPD started the year on a high note by hosting a workshop from the 14th – 18th Jan, 2013. Participants were drawn from LNAPD staff and old and new members of the Executive Committees.

This workshop was part of the orientation of the new Executive Committee. The training was conducted by *Motivation Africa*. The agenda for the workshop was informed by a needs assessment which had been conducted earlier. The training covered organisational development, Planning, Finance and resource management, Leadership and management, advocacy and lobbying.

The training provided the participants with skills and tools to carry out their daily tasks to benefit both the organisation and its projects. Through the workshop, the organisation recognized some the gaps hindering its progress towards achieving the mission and vision of LNAPD.

LNAPD would like to express its appreciation for the enthusiasm and support provided by Motivation Africa and to thank them for their assistance - both human and financial

Kick4Life's Siyakhona project gives voice to youth

Kick4Life has started training for their Siyakhona Project which aims to give normally marginalized voices the chance to be heard through film.

Siyakhona – meaning 'We can do it' - brings together young people in Lesotho from varied and underprivileged backgrounds to provide them with the opportunity to be a voice for their communities, to enact social change, and to learn useful skills related to media, film production, journalism, advocacy and business management. The group will become 'citizen journalists', investigating the views and experiences of those whose voice is less often heard in Lesotho, including young people's perspectives on HIV and AIDS.

With support from FIFA and Sony, a small group of young people will undergo intensive training in all the skills necessary to become a sustainable media production unit – capable of producing professional quality films not only for Kick4Life and for their communities, but also commercially hiring out their services to local businesses and organisations in Lesotho.

Films created under commercial contract will generate an income for the participants and for Kick4Life and the participants will be left with the lasting benefit of the professional skills they learn along the way which they can use to develop their futures, in the media industry and beyond.

The program will be officially launched at the end of February. For further information, keep an eye on the Kick4Life website: www.kick4life.org

PSI "Pusha love" campaign promises easy tips to stay healthy and achieve success

After nine-months in the making, Pusha Love has arrived! A movement that celebrates healthy living as a means to achieving individual dreams, Pusha Love promises to change the way each of us thinks about our health, life, relationships, and what it means to love oneself and others.

One unique feature of Pusha Love is its use of real people to communicate how health and healthy choices are linked to our future successes as individuals and a community. "We decided to feature real people who are working everyday to fulfil the ideals of the Pusha Love movement," explains Pusha Love spokesperson, Manthathi Phomane.

"These people have real stories about the challenges most of us face when we're trying to improve our lives. How each of them is working to overcome these challenges and stay on-track to achieve success is really inspiring," Ms. Phomane continues.

Through these stories, Pusha Love invites every Mosotho to join the conversation about their dreams, what they are doing today to achieve those dreams, and how we as a community can better support each other to stay healthy. In its first phase, Pusha Love will feature the stories of four Ambassadors: Kamohelo, a young man with aspirations of becoming a soccer star; Limakatso, a married mother of two children who studies part-time to improve her chances of better employment; Manaleli, a young woman who dreams of becoming a teacher; and, Lehlohonolo, a married teacher with one child who's working to start up his own business. "What will surprise many people is that these Pusha Love Ambassadors are not paid for sharing their stories and voices. These are real people who are so invested in the movement that they're sharing their stories only because they want to make a difference," adds Ms. Phomane.

Everything about Pusha Love promises to be different. "People are tired of health campaigns that tell them what to do without even asking what they want. Instead of following that path, we want to give people options and introduce fresh, new ways of communicating about health," says Itumeleng Mafa, another member of Pusha Love. "Just look at how we launched this movement— not with speeches but with unexpected, high energy events. We had chalk art drawings with the Pusha Love logo, living statues showing up in unexpected places, and dance mobs appearing from nowhere to get us moving. People have already taken notice and know that Pusha Love is offering something different."

Pusha Love will be active at many levels. The mass media program, which features the Ambassadors, includes a radio magazine program called Pusha Love Blomas, which will air every Tuesday and Thursday starting at 7:00pm on PCFM. Listeners can tune-in to hear the stories behind each Ambassador and add their voice to the conversation. Pusha Love also produces the S'moko Feela radio drama, which launched back in late 2012 and will rebroadcast and continue starting in February 2013. And over the coming months, Pusha Love will establish Youth Clubs to connect young people with the movement, engage communities and individuals in the conversation, and work with corporate clients to promote healthy options for their employees.

www.facebook.com/pushaloveblomas

Zimbabwe National Youth Games Conference (ZNYGC) 2013 Call Papers

The Department of Sports Science and Coaching (National University of Science and Technology, Zimbabwe) in conjunction with the Sports and Recreation Commission (Zimbabwe), The Zimbabwe Association for Health, Physical Education, Recreation and Dance (ZAHPERD) are honoured to host the third annual Zimbabwe National Youth Games Scientific Conference. The aim of the conference is to explore and debate the role of research in sport in Zimbabwe and Chart the way forward in Talent Identification and Development.

The scientific conference will be held in Bulawayo, Zimbabwe, from the 16th to the 17th of August 2013.

The conference theme is **"IMPROVING SPORTS THROUGH SCIENCE."**

The sub themes for the conference are:

- i. Doping,
- ii. Zimbabwean Traditional Games,
- iii. Sports Management,
- iv. Olympism,
- v. Gender and Sport,
- vi. Paralympic Sports,
- vii. Talent identification and development
- viii. HIV/AIDS and Sport

The Organizing Committee welcomes the submission of abstracts that meet the general criteria of significance and academic excellence. **Electronic submission** of abstracts is strongly encouraged.

The abstract must be accompanied by a Title page. The **Title of the paper** should be a brief phrase describing the contents of the paper and should not exceed 20 words. The Title Page should also include the authors' full names and affiliations, the name of the corresponding author along with phone, fax and E-mail information.

Present addresses of authors should also appear. The **Abstract** should be informative and completely self-explanatory, briefly present the topic, state the scope of the research/presentation, indicate significant data, and point out major findings and conclusions. The Abstract should be at most 300 words in length.

Abstract Submission Guidelines

- Authors are requested to submit **ABSTRACTS ONLY IN ENGLISH.**
- The name of the presenting author must appear first in the list of authors.
- Each Presenting Author/First Author can only submit a maximum of THREE abstracts.
- Abstracts are limited to 300 words and abstracts with more than 300 words will have to be resubmitted. Once your abstract is received (**deadline: 28th of February 2013**), the Conference Secretariat will **notify the presenting author that it has been received.**

All abstracts will be forwarded by the Secretariat to the Scientific Committee and will be **independently reviewed**. Authors may specify their preference for an oral or poster presentation, but the Scientific Committee reserves the right to designate the presentation format (**oral or poster**) if necessary. The final acceptance decision is the exclusive right of the Scientific Committee. Accepted abstracts will be included in the book of abstracts and authors will be requested to prepare full papers for submission by the **1st of May 2012**. The full papers will be published in special journal issue.

Presenting authors will be informed before the **30th March 2012** about the **acceptance or rejection** of their abstract(s) and the designated type of presentation format. A decision by the author to withdraw the abstract(s) from consideration or not to present within the designated format should be communicated to the Conference Secretariat as soon as possible. The registration fee for the conference is \$100-00 (for foreign delegates) and \$80-00 (for Zimbabweans) \$60.00 for student delegates (proof of registration required). The fee covers refreshments and conference material.

E-mail Abstracts to znygconference@gmail.com and copied to bkhumalo46@gmail.com, makonip@gmail.com and khanyile.d@gmail.com by **28th February 2013**.

OPINION PIECE

Women and girls with disabilities speak out for their rights

By Pascalina Letsau

Women and girls with disabilities in Africa are concerned about how they access education. Lesotho is not an exception to this concern.

In a meeting held at LNAPD headquarters on the 15th January, women with physical disabilities indicated that they face double discrimination due to their disability and gender. Women with disabilities are not respected on the streets of Lesotho. Despite their disability, they are still harassed by men and there several cases of rape involving women and girls with disabilities.

It is high time that we speak out about our rights and say; 'Enough is enough – it's time to stop rape against women and girls with disabilities.'

Normally we try to work with other women's organizations and try to mainstream our issues with that of non-disabled women. We have done this to make people understand that people with disabilities form part of the general community and our issues cannot be isolated as "disability" issues. This means; like other children, girls with disabilities have the right to education, to live freely in the community, to play; to protection under law and much more.

In the rural areas of Lesotho many girls with disabilities are not enrolled in school. Why? We are still seeking an answer to that, but we can assume that key factors might include inaccessible school infrastructure and the belief that education would be wasted on someone with little potential.

It is widely believed that educating girls will bring wealth to a country – but what about girls with disabilities?



We as women with disabilities call on the Government of Lesotho to invest more on educating girls and women with disabilities. We are forced to spend our lives in the villages and towns looking after other people's families with no hope for the future. It is here that we are also at risk of rape and abuse because people take advantage of the fact that we cannot physically defend ourselves.

However we will be defenseless no more and I call on my fellow sisters with disability to speak up for our rights to be educated and free from fear of rape. It is only then we can access our right to reach our full potential.

We implore the government to protect women and girls with disabilities by domesticating the UN convention on the rights of people with disabilities as this will help by enacting laws to safeguard the rights of women with disability in our country.

Ms Letsau recently attended Disabled Women in Africa workshop in Malawi on Lobbying and domestication of UN Convention on the rights of people with disabilities (UNCRPD) targeting education and training to girls and women with disabilities

International Day of Persons with Disability 2012 photo gallery



'Malecheko Lecheko entertaining at the 3rd Day Dec, - singing

Photographs from International Day of Persons with Disability are now available for viewing and download on the LNFOD website at:

www.lnfod.org.ls

IN THE SPOTLIGHT



Nteboheng Kele, 30 years old.

What is your disability and what caused your disability?

I am a girl with physical disability (Spinal Cord Injury). I got car accident when I was years old.

How disability does affect you?

Actually I can't say I am happy with my disability but I can say I have accepted it, although sometimes I feel very bad about my disability. This happens when I can't get what I need because of my disability.

What do you think about education to girls with disability just like you?

I am a girl with physical disability and use a wheelchair to move, it's difficult for people like me to earn a living because we are restricted by so many barriers.

For instance I am in a wheelchair and illiterate so it's hard for me to find a source of income as I do not have the physical ability to perform domestic work (washing clothes and baby setting) and I don't have the education or skills for an office job. Having an education would open a lot of doors for someone like me.

What is your opinion about education for girls and women with disabilities in relation to UNCRPD and Millennium Challenge Goals?

My opinion on education is that, I wish the government would make the domestication of the UN Convention on the Rights of People with Disabilities a priority because our situation is severe e.g. most of us are not doing anything, only staying with our families due to lack of education. We are vulnerable to rape and sexual abuse whilst our family members are out at work.

I was a student at IEMS, I had to use library for my assignments but unfortunately I couldn't because the library was not wheelchair accessible. The entrance was narrow and had steps. It is for reasons like these that many of us become discouraged and do not complete our education.

Do you have more comments on education to women and girls with disabilities?

Women and girls with disabilities are doubling-up discrimination due to their disabilities and being a woman, so it is my wish that they could have opportunities to access education and training so that they would not be victims of rape and poverty. We can do more for our lives not depending on someone. People should know that they don't have to look at our disabilities but our capabilities.