

DISABILITY LESOTHO



From the Editor

Dear Partner,

Welcome once again to the edition of Disability Lesotho. The edition will cover news for the Month of October, 2018

Like I said in the past edition that young people should work hard and believe in themselves, I still maintain my saying. Youth can find their way to voice out their concerns through writing, doing dramas or through art. Writing is another helping way to express feelings that cannot be expressed so easily by speaking. I think it is very important because by doing that allows youth to dream high. If one feels that he or she is failing, should seek for help from someone. Let us all remember that the idea of helping is one of the social action, service or volunteering, it is often held up as a quality of national importance of our country.

I would like to continue with my inspiration to young people to like writing.

I would like to thank young people who heard me and decided to write their life stories to this edition. I would like to continue pleading for more articles from young people.

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 (+266) 5905 5406 or pletsau@gmail.com

You can also Tweet us [@Infod_lesotho](https://twitter.com/Infod_lesotho)

If missed any edition please visit www.infod.org.ls
We welcome any feedback that may improve the quality and content of this free service.

Best regards,



The Editor

DIRECTOR'S CORNER

LNFOOD welcomes the new head of Diakonie Austria

By: Sefuthi Nkhasi

The Lesotho National Federation of Organisations of the Disabled (LNFOOD) recently held a successful knowledge management workshop in Maseru from the 15-19 October 2018 with its partners, Diakonie Austria, and Jairo's Jiri Association from the Republic of Zimbabwe. Most importantly, the representative of the back Donor of the framework program, "Capacity development for the promotion of the rights of people with disabilities", Austrian development agency came to visit LNFOOD and the beneficiaries of the program.

LNFOOD wishes to take this opportunity to extend its gratitude to the representative of the Austrian development agency for finding an ample opportunity to visit LNFOOD program area through the assistance of Diakonie Austria with the aim of exploring what LNFOOD through its affiliates is doing in the community councils for people with disabilities. In Addition, LNFOOD welcomed the new head of Diakonie Austria and as such extends its sincere thanks for the new head for visiting LNFOOD to come and learn how LNFOOD is advocating for the rights of people with disabilities in Lesotho.

The purpose of the knowledge management workshop is to exchange best practice of disability inclusion among the partners in order to strengthen the implementation of the framework program in Lesotho and Zimbabwe through the technical support from the Diakonie Austria.

One of the exciting moment of the visit to Lesotho was the field trip to the Siloe Local Community Council in which persons with disabilities through their representatives are doing advocacy for the inclusion of people with disabilities in the education and employment opportunities offered by the various government ministries through the local community council. A number of beneficiaries gave a testimony of how the framework program has empowered them to stand up for their rights and as a result, people with disabilities are getting employed in considerable number in which necessary arrangements are given to people with disabilities working in these labour force projects.

Most importantly, the Mohalenyane Health post situated in the Siloe local community council is facilitating access to healthcare services for people with disabilities by planning to provide sign language services for the deaf patients; and already providing reasonable accommodation for patients with physical and visual disabilities in order to reduce the inequalities suffered by people with disabilities in terms of access to health services.

LNFOOD has measured a considerable progress in this council in terms of inclusion of people with disabilities and the political will on the part of the local community council to participate in the disability activities undertaken by the representatives of people with disabilities in the community councils.

GENERAL NEWS

IMPORTANCE OF INCLUSIVE EDUCATION

By: Katleho Hanyane, Grade 11 Learner of St. Boniface High School.

Inclusive education is about insuring quality education for all children in age-appropriate, regular classes by effectively meeting their diverse needs in a way that is responsive, accepting, respectful and supportive. Students with impairments such as vision, deaf, mental health conditions and physical disabilities and those without them, should be allowed to participate in an education program in a common learning environment, with support to diminish and remove barriers and obstacles leading to exclusion.



The local communities provide schools and therefore every child deserves to be in it. The schools have to be designed in a way that every students will benefit. Students with physical disabilities like inability to walk- those using wheelchair must have access to classrooms, meaning that the ways in classrooms should have stairs which will distract people of those kinds to entering into classroom. The government may help to finance expenses of renovating different schools so that so that they can accommodate people with inability to walk, so they may not go around asking other children to help them up the stairs. This keeps peace between children of diverse needs.

Inclusive education allows children to work on individual goals while being with other students their own age. Children or students with vision disabilities, either short-sightedness or long sightedness often have headaches resulting from eyestrain. This may reduce considerably the study time available to these students, thus reducing the effort they place on may help in donating glasses to students with vision problems.

Inclusive education provide all students with opportunity to develop friendships with one another. Children who suffer from deaf disability should be welcomed in neighbourhood schools where the teachers and other students are taught sign language.

This can make it easy for children with diverse abilities to communicate easily. The government may invest more on teaching teachers sign language so that they can break the communication barrier between different children.

Respect and understanding grow when students f diverse abilities and background play, socialize and learn together. Students with autism disorder should be encouraged to socialize and communicate with other students. The church and the community should give a word of advice to such children so that they can play with others and break the barrier of exclusive.

Children learn important academic skill. Children with and without disabilities are expected to learn, to read, write and do maths. With higher expectations good instruction, children with disabilities learn academic skills. Even children with intellectual disabilities are expected to perform those tasks, but they should not be pressurised since their IQ level is a bit lower. Families and teachers while helping them with school work, should more relaxed and accept that the children will not understand immediately.

Children develop a positive understanding of themselves and others. When children attend class that reflect similarities and difference of people in the real world. They learn to appreciate diversity. Children with acquired brain injury must not be judged but accepted by his or her classmates and schoolmates. The may leave the child paralyzed, which is when they lose control of muscles in part of their body and this may result in seizures. Children without AB1 must accept those with it so that those with it may understand their being. Teachers in this can may offer assistance by visiting the child and having full support to the child and to his or her parents.



With the help of the government, churches, communities, families and school, inclusive education can be achieved in any country including Lesotho. All the stakeholders mentioned help to break the barriers in different ways and try to understand the impairments and look at them from a different perspective or point of view.

GENERAL NEWS

“I will make it, I won’t rest”.

By: Marorisang



I am a Mosotho woman aged 40 years with physical disability. I got the disability when I was 8 years, I was at primary level by then, in 1986. It got extreme that I spent the whole year hospitalized.

I went back to school in 1988. I completed my primary level in 1996, that was then I had to stay at home due to financial constraints. During that period I met with LNFOD in 1998 to 1999. I went back to the vocational training school with the help of LNFOD until I completed my studies in 2000. I chosed Fashion and Design (Sewing).

I must went through rough matches since then until I got married in 2010. LNFOD and I proceeded our journey until this year, when I got loan to advance my Fasion and Design business. I am indeed focusing on my business now though I still encounter ups and downs here and there.



But most significantly I have paid most of my loan I received from LNFOD to upgrade my business. There still only slight portion left for me to settle, but I am striving to reimburse it. Immediately after I have settled all my debts, I will happily start the process of registering my business legally, so that I can face the bigger challenges of business market.

GENERAL NEWS

“The story of my life.....”

By: Ntloheleng Mojaki

My name is Ntloheleng Mojaki from Butha-Buthe. I would like to recite my life story.

I am physically disabled, my impairment has affected my right hand side. Due to the disability I delayed to go to school, I was a bit older when I went to school, things were tough for my parents and also on my side.

It took my parents some time to accept me the way I am. When I was at primary school, things got worse for me. I was being discriminated and insulted by my school-mates and my teachers as well.

As I said earlier, that one side is not functioning well, it is clear that my hand was unable to do things like the other hand. Teachers used to beat the same hand, mocking and calling me with names by teachers and my peers. It was very sad to see myself being discriminated and mocked by teachers, yet I know that a teacher is a parent surrogate. This was the toughest time ever in my life. This was not happening in corridors but it was happening in public, in front of my peers. At first I was overwhelmed to be enroll at that school but it turned to be my greatest disappointment.

I did not disclose that situation at home because I thought my parents would tell to stop schooling. Some of my peers at school did not like what happened to me, so they were bold enough to tell my mother the challenges I was facing at school.

My aunts and uncles disliked me as well, my family was disadvantaged that sometimes we spent some days without food.

When I was 15 yrs of age, my mother taught me how to do laundry and other household chores. Our neighbours accused my mother of torturing me and they took her to a local court. My mother stood firm showed the court the importance of teaching me laundry work and other households activities.

In 2010, I had to face the World and also my secondary education level, that was my first time to live far away from my parents, but I met caring and loving people, that was then I enjoyed schooling. I am now living solo, I am able to do whatever I want at my convenient time. I can now design and make a dress, I have completed my COSC.

I am bodily concluding my story by telling that I am able to do whatever I want at any time I wish.

I repeat!!!! I do whatever I want at any time I wish!!!

I have noticed that I am ABLE not DISABLE!!!



UPCOMING EVENTS



Mokhotlong here we come!!

This year's celebration will be held at Mokhotlong District

For more information please contact the office on this number: +266 22320345

International Disability Day 2018 Theme: "Empowering persons with disabilities and ensuring inclusiveness and equality".

Email:

nkhasi@infod.org.ls

Are you ready???

Are you ready????

Are you ready?????

NEWS IN PICTURES



Framework Program Management Team visiting Mohalimyane Health Center Mohale's hoek



This is the project of Marorisang, it is another product of the program



Ms. Kettleho Hanyane, Grade 11 Learner of St. Boniface High School.



Framework Program Management Team in Siloe Community Council Mohale's hoek

ADVOCACY WORK



PARTNERS in Advocacy Work

