



Welcome to Ntsoe Leng

Welcome to the first edition of *Ntsoe Leng* in 2012. It is with great pleasure that, we publish the first edition of LNFOOD's advocacy newsletter. This newsletter is intended to raise awareness among policymakers, development partners and the public at large on disability issues.

It is also published to demonstrate the challenges, successes and contributions made by the people with disabilities in the communities in which they live. Hence the reason why theme for this edition is sharing with Basotho nation that, disability is caused by environmental and attitudinal barriers created by the society towards people with disabilities.

Actually, disability is the interaction between a person with impairment and the environmental and attitudinal barriers which in interaction with other various barriers may hinder their effective participation on an equal basis with others. Whilst, Impairment is the loss or limitation of physical, mental or sensory function on a long-term and permanent basis. In a nutshell, disability can never be associated with inability.

LNFOOD has identified and adopted the social model of disability as opposed to medical model in which a person with disability is seen as a problem to the community.

As a consequence we strongly urge the newly born Ministry of Social Development to follow the footsteps of LNFOOD by adopting social model as an approach through which they will address disability. Social model views disability as created by the people in excluding people with disabilities to participate in society on an equal basis with others.

As a result, the readers will have a great opportunity of knowing the real life stories of a few individuals with disabilities. This will offer the readers an opportunity to explore the initiatives which are undertaken by Basotho with disabilities in the communities in which they live.

Apart from that, LNFOOD would like to convey sincere gratitude to the coalition members, Basotho nation and development partners who vehemently spoke against the disability defence envisaged by section 45 (2) of the Penal Code Act of 2011. LNFOOD appreciates all your continuous efforts towards ensuring that, people with disabilities are not discriminated against by the enactments of the parliament of Lesotho.

By Bongiwe Buzi

LNFOOD Chairperson



DAY OF THE AFRICAN CHILD IS CELEBRATED IN LESOTHO

"The duty to protect, respect, promote and fulfil the rights of children with a disability"

Hundreds flock to celebrate the rights of children with disability

"Lesotho celebrates biggest Day of the African Child yet"

On Saturday 16 June hundreds of people gathered at Pioneer Shopping Centre to commemorate the Day of the African Child in a celebration organized by the Lesotho National Federation of Organisations of the Disabled (LNFOD), Lesotho Society of Mentally Handicapped Persons (LSMHP) and Autism Lesotho.

This was the culmination of a two week long awareness campaign entitled "Joining Hands for Children with Disability" which saw a giant flag paraded to various disability inclusive and mainstream schools around the country where students and teachers placed coloured handprints on the flag to pledge their commitment to uphold the rights of children with disability.

The schools included in the flag tour included St Angela's Home, Phelisa-nong, SOS Children's Village, Leseli school, RCB at St Bernadette's, Phaphama, Montimposo and Phomolong.

The celebration kicked off with a brief ceremony involving speeches from stakeholders in the disability sector including the Principle Secretary of the Department of Social Welfare and representatives from UNICEF, LSMHP, Autism Lesotho and Makhobo Seme, a sixth grade student from Kananelo School for the Deaf which was delivered in sign language and conveyed to the audience through a sign language interpreter.

The speeches were followed by an interpretive dance performance from a troupe of students from Kananelo School for the Deaf before representatives from organizations involved in the protection of child and disability rights such as the Lesotho Mounted Police placed a symbolic handprint on the giant flag depicting a map of Lesotho.

Students from Leseli School, SOS Children's Village and Kananelo School then opened the event to the public, leading the queue of people waiting to "lend a hand" to the disability movement.

The campaign was supported by a number of other partners and donors including PicknPay, UNICEF, the Ministry of Social Development, MSH and PC FM. END

"Day of the African Child is celebrated on the 16 June every year throughout the African Union. The theme for this year's Day of the African Child is 'the rights of children with disability: The duty to protect, respect, promote and fulfill.'"



Students from Kananelo School for the Deaf dance in front of the flag
Photos courtesy of Hlompho Letsiello



Principle Secretary of Social Welfare places a hand on the flag

... "This is just the beginning of a long process of elevating and improving our focus on the rights of children with disability in Lesotho"...

Bongwi Bongwie, President LNFOD

LNFOD, LSMHP AND AUTISM
LESOTHO WOULD LIKE TO THANK:

Pick n Pay
Inspired by you

pioneer 

unicef 

msh
Management Sciences for Health

PC FM 

My Perspective – Deafness in Lesotho

My Perspective – Deafness in Lesotho

By Likopo Lesoetsa

Deaf People in Lesotho are living in isolation, if we so say. Any right, service or need for any deaf person is accessed through sign Language and Sign Language Interpreting. Communication breakdown is the major challenge in deaf communities.

Sign Language is not included in the National Constitution of Lesotho and in some of the Policies of the Government Ministries. Where sign language is mentioned there is no budget allocated to implement, for example training of sign language to service providers or to teachers of the deaf.

Deaf people as a result are victims of social injustice because they can't access any information whether they have been robbed, raped or are perpetrators themselves. As a result of this the deaf community is striving to have an inclusive society of people who communicate in sign language with deaf people and include them in their activities.

**...Any right, service or need
for any deaf person is
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Language Interpreting...**

It is so painful, for example, for deaf people to have taken part in voting for the national elections, and yet they do



not know the outcome of the election results as there was a lack of sign language interpreting through the announcement on Lesotho Television.

If all existing legislation, policies and domestication of the UNCRPD could be revised and established, NADL believes that things will change for the better, especially for the growing generation of Deaf people.

Deaf people should be consulted to table their priority issues to be included in the National Agenda, the first issue being the adoption of Sign Language as an official language of Lesotho. END



News flash ... International Youth Day-12th August, 2012



Each year, International Youth Day (IYD) is assigned a theme a conceptual slogan that communicates the scope, direction, and objectives of the year's youth initiatives and that also provides a

unifying banner from under which individuals can draw the inspiration to take action. The theme chosen for International Youth Day 2012 – Building a Better World: Partnering with Youth – is a global call to action for young men and women, as well as other stakeholders around the world, to develop and engage in partnerships with and for youth towards building a better world.

International Youth Day 2012 provides an important opportunity to build upon the priorities of the Secretary-General's Action Agenda, as well as to respond to calls from youth organizations and UN Member States around the world to strengthen mechanisms for partnerships with young people by exploring various and innovative ways that the United Nations, Member States, civil society, the private sector, academia and philanthropists effectively partner and collaborate with young people, especially in the areas of employment, entrepreneurship, political inclusion, citizenship and protection of rights, and education, including on sexual and reproductive health.

International Youth Day 2012 aims to highlight good practices in developing and expanding successful partnerships with young people, and to put forward concrete recommendations on how the United Nations and stakeholders around the world can build and enhance partnerships with youth.

Celebrate International Youth Day 2012 by telling us about your efforts to partner with and for youth for a better world!

Tell the United Nations how you think they should partner with young people, especially in the areas of employment, entrepreneurship, political inclusion, citizenship and protection of rights, and education, including on sexual and reproductive health.

Email your recommendations to: youth@un.org

"The international community must continue to work together to expand the horizons of opportunity for these young women and men and answer their legitimate demands for dignity, development and decent work. Failing to invest in our youth is a false economy. Investments in young people will pay great dividends in a better future for all."

Secretary-General Ban Ki-moon

My Personal Note on Disability in Lesotho

By Human Rights Advocate Nkhasi Sefuthi



Opinion piece by Human Rights Advocate for LNFOOD,

Nkhasi Sefuthi—Picturesd above

Most people did not understand disability before I grew up, a disabled person was not regarded as a complete human being. People would call you with mockery names and persons with disability would be perceived as an object of pity, charity case or court jester.

Nevertheless, nowadays, things are gradually changing, especially in the urban areas in Lesotho. Perhaps, the change is driven by the fact that disabled people's organisations are able to advocate for their human rights as they reach some of the urban areas in Lesotho.

However, there are many challenges in the disability fraternity as most people with disabilities are illiterate. This is caused by the fact that, most primary and secondary schools are inaccessible for the disabled to attend.

It must be noted that, the disabled people are very poor as they are not employed. Sometimes, the high unemployment rate for people with disabilities is increased by discrimination that is held against people with disabilities. The elites of Lesotho do not understand the disability concept well; this is evidenced by their unwillingness to attend disability meetings whenever invited.

There exists a lack of equalized opportunities for people with disabilities, for example, when a young person with disability has applied for a job, he/she undoubtedly know that he will not be employed. The prevailing situation in Lesotho makes life boring especially for the young people with disabilities.

Through I could be considered better off compared to my fellow disabled countrymen with disability, there are still those whom we cannot meet.

One setback I see with disability in Lesotho is that, LNFOOD (the peak disability body) only operates in two out of ten districts.

The government of Lesotho does not take disability into account; this is also evidenced by lack of commitment to fulfil their promises to the disabled. The branches of the disabled people's organisations are shaking as their members are illiterate. People with disabilities living in the rural areas are experiencing poverty in its true sense as there are no measures in place to cure the situation. END.

LNFOOD Launches New Website

Lesotho National Federation of Organisations of the Disabled is proud to announce the launch of its new website at www.lnfod.org.ls.

"The vision is that the website should be used as a tool for local and international visitors to find out more about disability in Lesotho. We wanted to make it as user friendly and interactive as possible to encourage stakeholders and members of the public to engage with our organisation," comments Nkhasi Sefuthi, Human Rights and Advocacy Officer for LNFOOD.

The website includes links to disability inclusive schools and other organizations working in the disability sector. If you would like to be included on the website please send a short description, contact details and web link



[Home](#) [About Us](#) [What We Do](#) [Disability In Lesotho](#) [Partners](#) [Resources](#) [Contact Us](#) [News](#)

WELCOME TO LNFOOD

Disability Perspective – Deafness in Lesotho



Deaf People in Lesotho are living in isolation, if we so say. Any right, service or need for any deaf person is accessed through sign Language and Sign Language Interpreting. Communication breakdown is the major challenge in deaf communities.

Sign Language is not included in the National Constitution of Lesotho and in some of the Policies of the Government Ministries. Where sign language is mentioned there is no budget allocated to implement, for example training of sign language to service providers or to teachers of the deaf. Deaf people as a result are victims of social injustice because they can't access any information whether they have been robbed, raped or are perpetrators themselves.

As a result of this the deaf community is striving to have an inclusive society of people who communicate in sign language with deaf people and include them in their activities.

It is so painful, for example, for deaf people to have taken part in voting for the national elections, and yet they do not know the outcome of the election as there was a lack of sign language interpreting through the announcement of election results on Lesotho Television.

If all existing legislation, policies and domestication of the UNCRPD could be revised and established, NADL believes that things will change for the better, especially for the growing generation of Deaf people. END



REAL LIFE STORIES...Triumphing over disability barriers



"A Helping Hand is all we need" **By MAOSIASE MATSANYANE**

Maosiase Matsanya was born in 1954 in the village of Popo (St Monicas) in Leribe district where she still lives with her husband and three of her children. This partially sighted, entrepreneurial mother of seven earns an income by running a fast food store and raising chickens on her small farm, earning an income of M800 per month (USD 100) which is not always enough to support her three school aged children..

As a young girl Maosiase was an avid reader and attended St Monica's Primary until Standard 6, when she began to lose her sight. Despite being diagnosed with a visual impairment Monica continued working on her parent's farm, although she was compelled to drop out of school due to her inability to read print.

"I am very fortunate to have a supportive family and a community which does not discriminate against me because of my disability. The hardest thing about losing my sight was that I had to give up reading novels which was one of my greatest pleasures," comments Maosiase.

Maosiase joined the Lesotho National League of Visually Impaired Persons (LNLVIP) three years ago and has attended a number of training sessions and workshops organized by the DPO.

"Being a part of LNLVIP changed my life as it was here that I learned the skills necessary to establish and operate my own business. I believe that people with disabilities should be offered micro-loans in order to help them get started. People with disability do not need pity or charity, but the occasional helping hand would be much appreciated." comments Maosiase.



"Making the best of what you've got" **By MOSELANTJA**

Ms Moselantja Kalake was born in 1962 at Ha Mathata in Leribe district. She is not married and lives with her son, her personal assistant as well as her daughter.

Moselantja developed polio at the age of five and eventually lost range of movement in some of her limbs as a result. A keen student, she attended Assumption High School and managed to obtain her Junior Certificate despite being confined to a wheelchair. However, she was eventually compelled to leave school as her family could not afford to pay both her tuition fees and her medical expenses.

Moselantja owns a small hardware shop which is currently running at a loss as she is struggling to pay accumulated debts. She is a member of Lesotho National Association of the Physically Disabled (LNAPD) and holds the position of secretary for 'Reikamohetse' a society of LNAPD.

"This society has helped myself and a lot of others with disabilities know about our rights through workshops and training sessions. LNAPD has also helped us improve our quality of life by teaching us general life skills and business management practices." Comments Moselantja.

"... I am very fortunate to have a supportive family and a community which does not discriminate against me because of my disability ..."

REAL LIFE STORIES...Triumphing over disability barriers



'We just need jobs' **By MATEBOHO JOBO**

Mrs Mateboho Jobo was diagnosed with a hearing impairment at just two months of age. She was born in 1947 at Ha TlaTlai in Leribe district where she still lives with her son. Here she also met her husband who passed away several years ago.

She attended Mositi Primary School where she obtained her standard 6 certificate but was forced to drop out as her teachers did not have the training or inclination to teach a child with a hearing impairment. Her disability became a major barrier in her life as she faced discrimination in employment and education. In the early 1990's Mateboho was terminated from her job due to her disability and her employer's reluctance to put in place systems and structures which would enable her to work around her impairment.

This prompted her to join the National Association of the Deaf Lesotho (NADL) where she became a passionate advocate for disability rights. She has also contributed to a number of NADL activities including counseling children with hearing impairment and participating in community awareness workshops.

She currently works as a dress maker earning an average of M 400 (USD 50) per month which is insufficient to meet her needs.

"People with disability need aids such as braille machines for the visually impaired or mobility aids for the physically disabled. However the most pressing need at the moment is employment. We have the right to obtain employment so that we may be self sufficient and rely on the charity of others." Says Mateboho adamantly.



'We are not defined by our disability – just by what we do with it' **by MATERENE KHOABENG**

Materene Khoabeng was born in 1977 at Mahobong in Leribe district. She lives with her mother, her siblings and her son. Materene developed polio at a young age and as a result is unable to walk without the assistance of a crutch and has a partially paralysed hand. She attended school until Form D but could not further her education as she could not walk the long distance between her home and the school campus.

She owns a hair dressing saloon which earns her a monthly income of M 1000 (USD 120). Because of her hand she has hired an assistant to help her with her business.

"Infrastructure is the key to helping people with disabilities to achieve their potential. If buildings, roads and public transport were more easily accessible to people with disability we would have the option of working for other people in professional roles, rather than being forced to run our own enterprises," states Materene.

"At first it was difficult for people to accept me because of my disability – there was a lot of discrimination in the old days. However things have improved and there's definitely been an increase in awareness relating to disability thanks to the work of organizations such as LNFOD and LNAPD."

Materene joined the Lesotho National Association of the Physically Disabled (LNAPD) in 1998 and she is also heavily involved in the community based rehabilitation (CBR) program which aims to provide care for people with disability through the existing community structures.

"Helping counsel others with disability has really been a cathartic process which has helped me come to terms with and accept my own situation. It's very important to remember that we are not defined by our disability - just by what we do with it." Concludes Materene.



District in Focus : Mafeteng

PABALLO'S STORY

Mrs Paballo Noosi is a young married woman who earns a living by working as a house keeper. Paballo developed a hearing impairment and paralysis at an early age due to prolonged sickness. Paballo was born in 1979 in the village of Matsoseng, in the Mafeteng district. Paballo lives with her husband and child. Her disability has disadvantaged her as she was unable to further her studies due to her disability. Paballo dropped out from school while in Standard 7.

Further impacting Paballo's situation, Paballo's family was very poor.

Paballo became a member of NADL for four years ago and since has been involved in the activities of NADL. She is now a facilitator for sign language, counsellor for people with disability and attends workshops and self-help groups relating to HIV/AIDS. Paballo says that after becoming a member her life changed because she can use Sign Language now.

Paballo is a strong advocate for people with disabilities and believes in the use of aids and assistive devices for PWD's to access their rights and their local communities. Paballo believes this is an area for improvement in Lesotho and one that should be addressed immediately by the Government of Lesotho.

TSOKOLO'S STORY

Mr Tsokolo Moloi is a partially sighted man who was born in 1954 in the village of Ha Khobotle in the Mafeteng district. Tsokolo is known to be the person who enjoys farming, from which he earns a living from selling vegetables and piglets, Tsokolo also owns and manages a flock of sheep.

"I am living with my wife who is a teacher and my three children" said Tsokolo. Before he became partially sighted back in 1983, he worked as a procurement officer for the Government of Lesotho but was forced to terminate his contract because he could no longer see properly. Tsokolo cites some challenges as a result of his visual impairment, "This is a great challenge because my property is not protected for instance, people stole my ten sheep recently as they knew well that I am disabled" comments Tsokolo.

Tsokolo, like many Basotho whom have acquired disabilities throughout their life, does not know the cause of the loss of sight. However, what is certain is that poor access to informed healthcare professionals has contributed to the ...

(continued)... profound nature of his impairment, which may have been entirely prevented should proper access to healthcare have been available.

Since 2009 Tsokolo has been an active member of LNLVIP where he has attended various workshops. Some workshops Mr Tsokolo has attended include education on the themes of leadership and HIV& AIDS, to name just a couple. Besides this activity, Tsokolo has acted as a counsellor for people with disability and was also involved in the raising awareness campaign on disability.

Since Tsokolo's life has changed and he says he can understand people with different disabilities better. Tsokolo believes that it is important to the community that people with disability be trained to establish self-help groups and businesses.

FUSI'S STORY

usi Sefuthi is a physically disabled man who was born in 1971 at ha Lumisi in Mafeteng district. He is holding a position of a community councilor and also owning taxis as means of his living. He stays with a taxi driver and his wife who was born in 1975. Mr Sefuthi and his wife are both physically disabled.

He discovered that he was disabled at the age of sixteen, before then he used to enjoy driving a lot. He further indicated that the community surrounding him seems to be supportive because they even imposed their confidence in him by electing him to represent them in the community council. "I could not further my studies due to lack of finances in my family but me being paralysed has to do nothing with my education" said Sefuthi.

Mr Sefuthi became an active member of LNAPD and was also involved into various activities such as counselling [people with disability and encouraging them to that there is nothing impossible for the disabled, he also attended a workshop on the basic human rights of the people with disability. Sefuthi formed a project in Mochale's Hoek entitled "Thusanong" they reared chickens in large quantity.

He concluded by saying that people with disability be created jobs and also be provided with Aid materials such as braces and crutches. Education for the disabled be improved and the infrastructure be accessible for all.

BEREA DISTRICT OFFICE PLEDGES TO WORK IN CONSULTATION WITH PEOPLE WITH DISABILITY

The Berea District Attorney's office, under the supervision of Mr MofihliPhaqane, pledges to work hand in hand with people with disability. He discussed these issues during LNFOAD Advocacy team visit early May 2012.

MrMofihli further discussed that Berea District office is the first one under his supervision to construct buildings that cater for people with disability at different levels of disability in Lesotho. "I was very challenged and received many complaints concerning DA offices not being accessible for the disabled people in 2010 when I first resumed my duty as a DA" said Mofihli.

Already Berea DA's office has library facilities for the disabled although there is still some shortage of brails for visually impaired persons in the library which is a challenge that DA office has to overcome.

He further indicated that people with disability should get proper services and be given equal opportunities as compared to the able bodied persons. Mofihli has been influenced to get involved with people with disability back at the university as he believes that everyone can happen to develop disability it is not a matter of choice. He concluded by saying that all other DA's offices be accessible for the disabled and involve the disabled when for-

FOR MORE INFORMATION

If you or your organisation would like more information on the work of LNAPD you can contact them on the details below.

Telephone: +266 2232 0366 or drop into their located on Mo-shoeshoe II Rd, Stadium Area



Useful Website Links

<http://mohsw.org/national.directory.of.organisations>

From the Ministry of Health and Social Welfare website, a national directory of organisations. List is broken down into donors, social grants, advocacy, food security, nutrition, and many more.

<http://www.un.org/disabilities/default.asp?navid=3&pid=17>

United Nations Enable is the official website of the Secretariat for the Convention on the Rights of Persons with Disabilities (SCRPD) in the Department of Economic and Social Affairs (DESA) at the United Nations Secretariat. The website provides public information on topics related to disability and the work of the United Nations for persons with disabilities.

<http://www.idealists.org>

Social networking style interactive website which provides a listings of resources, job opportunities, events, programs and stories from the not-for-profit sector

FOR MORE INFORMATION

If you or your organisation would like more information on the work of LNLVIP, you can contact them on the details below.

Telephone: +266 2232 4997

Email: Invip@tlmail.co.ls

Fax: +266 2231 7428

LNFOOD Partner Updates

Updates from our partners...

LSMHP UPDATE : Training and workshops

LSMHP continues with OVC identification in Berea

In May/June most of LSMHP activities focused on the OVC assessment visits were made to two councils in Berea District including Mapoteng Council and Berea Urban Council. In Mafeteng District, LSMHP visited Ramoetsane, Mamantso and Makoabating.

They also continued with the introduction of the project in some of the councils in Berea - Phuthiatsana Council and Tebe-Tebe Council. In Thaba-Tseka District, the team visited Bokong, Tenesolo and Bobete. These activities are part of the initial stages of the OVC project supported by PACT-Lesotho. The project covers 5 districts of Mokhotlong, Butha-Buthe, Berea, Mafeteng and Thaba-Tseka

As part of the same program, LSMHP held a Psychosocial Support (PSS) workshop where 40 caregivers of orphans and vulnerable children were trained on matters of protection, care and support empowering them to provide PSS services to OVC with disabilities and their siblings without disability.

Intellectually Disabled but HIV & AIDS Competent

LCN, Kick4Life, LNFOOD and LSMHP collaborated to host a youth training session on HIV & AIDS, sexual abuse, modes of transmission, prevention measures, sexuality and life-skills, using sporting activities to empower young people on HIV & AIDS, protection, impact and mitigation. The event was held in the Thaba-Tseka district and attracted many youths with intellectual disability.

On the first day participants used soccer balls and flags to depict the message: "Intellectually Disabled but HIV & AIDS Competent". On the second day the group was taught about transmission, prevention of HIV and lifeskills. The success of the activity showed the power of organizational collaboration as LNFOOD, Kick4Life, LSMHP and LCN successfully worked in cooperation with key community leaders such as officers from: Office of the District Administrator – Thaba-Tseka, Social Welfare, Local Government, Ministry of Gender, Police, Katse High School, Katse Health Centre and the Chieftainship.

This has helped raise awareness among government officials, private entities and ordinary citizens on inclusion of people with mental disability, their level of ability in understanding HIV & AIDS issues as they are not an exception to the rest of the community affected and infected by HIV. **END**

LNAPD UPDATE : Itjareng Vocational Training Centre

On 15 June 2012 Itjareng Vocational Training Centre threw a farewell party for the departure of Mrs. 'Manapo Mokitimi as IVTC Administrator. Mrs. Mokitimi was the Administrator of Itjareng from May 2010 until May 2012. Mrs. Mokitimi's tenure was historic as she was the first female Administrator in the history of Itjareng. LNAPD and the Itjareng staff want to thank



Left to right: Stephen Thoahlane, LNAPD Chairperson, 'Manapo Mokitimi, former IVTC Administrator, Mapitso Ranooe, LNAPD Vice Chairperson

her for the work she did in these two years.

On the same day LNAPD also welcomed the successor to Mrs. Mokitimi: Mr. Molise Foso. His appointment marks a new opportunity for Itjareng. Mr. Foso is a young and qualified individual for the position of Administrator. He also has something in common with many of Itjareng's staff and trainees—he is an empowered individual living with a physical disability. We look forward to working with Mr. Foso to achieve the objective of IVTC: providing vocational skills to people who are physically/ mentally disabled or Deaf. With the work of Mr. Foso, many disabled persons in Lesotho will have the opportunity to create a successful future for themselves. **END**



Skillshare brings spirit of London 2012 to Lesotho

On Wednesday 20th June, Skillshare International and OYAP brought the spirit of London 2012 to Lesotho through a range of activities to show the importance of inclusion not ability in sport. 150 students from selected schools in Maseru District were invited to participate and be the face of our key message.

The day mixed Olympic and Paralympic themes and involved a taste of different athletics and movement exercises, with particular favourites being 'Goalball' - a game where all participants are blindfolded to put them at an equal footing and level of ability. Balls with bells embedded were sourced for the event to encourage sportsmen to use their other senses and understand the needs of people with visual impairments.

Students from the Resource Centre for the Blind were eager to demonstrate their football skills and reinforce the message that limited sight does not mean limited ability.

The pupils were both keen and able to showcase their skills acquired over the last six months of collaborating with Skillshare International volunteers, first moving from passing techniques to penalty shootouts and finishing with a friendly match.

The biggest pleasure of the event was seeing brothers Tefo and Oetsi, residents of the SOS Children's Village, attend and partake in the activities available. The afternoon enabled the youths living with disabilities to show that being wheelchair bound was no barrier to participation in sport, it simply meant they had to be more flexible and adaptable than their able bodied team mates.

They still drew from the event essential skills and messages, particularly the importance of a strong partnership or team and the need to make physical activity inclusive for all.

Furthermore, both sportsmen successfully completed some of the events which had the Skillshare volunteers falling at the first hurdle, particularly balancing a spoon and marble in your mouth! Their presence really represented the spirit and purpose of our event; participation not ability.

The event marked the end of volunteers participating on the International Citizen Service programme in Lesotho, where the UK Government's Department for International Development (DfID) bring youths to developing countries in order to share skills and manpower. The drive and passion of the volunteers and all those involved culminated in a successful sport's day and proved that people living with disabilities have something of great value to offer their community. END



Contestants and Skillshare volunteers take a well deserved break between heats at the Sports Day

FOR MORE INFORMATION

If you would like to know more about the specific services our Disability Partner Organisations can offer, be it on workshops, referral services or information on aids and equipment and support groups, please make contact direct on the numbers indicated below:

- ◆ Lesotho National Association of the Physically Disabled Persons : Ph 2232 0366
- ◆ Lesotho Society of Mentally Handicapped Persons: Ph 2232 0407
- ◆ National Association of the Deaf Lesotho : Ph 5875 2517
- ◆ Lesotho National League of the Visually Impaired Persons : ph 22317428

Lesotho National Federation of Organisations of the Disabled WOULD LIKE TO THANK...

For their cash and in-kind contributions from partners & stakeholders who took part in the International Day of Persons with Disabilities Celebration 2011 held in Quthing, LNFOD would like to warmly thank the following:

- ♦ *Lesotho Council of Non-Governmental Organizations*
- ♦ *Mount Maluti Hotel, Mochales Hoek*
- ♦ *Mohale Transport*
- ♦ *Skillshare International*
- ♦ *The Fundraising Team, Quthing*
- ♦ *The Organizing Committee*
- ♦ *Ministry of Education and Training*
- ♦ *Ministry of Youth, Gender, Sports and Recreation*
- ♦ *Renemo Creations*
- ♦ *Lesotho Society of Mentally Handicapped Persons (LSMHP)*
- ♦ *District Administrators Berea*
- ♦ *Pioneer Shopping Centre*
- ♦ *Mr Shila (philanthropic donation)*



For More Information on LNFOD please contact: 22 Mabile Road, Old Europa, Lesotho. Phone: 2232 0345 Email : sefuth@live.co.za or moeletsi@live.com

