



Lesotho National Federation  
of Organisations of the  
Disabled

### Special points of interest:

- Hundreds flock to Mokhotlong for International Day of Persons with Disability
- Inaugural Inclusion Lesotho awards recognize employers of choice
- Message from the Minister Social Development

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# Ntsoe Leng

Fourth Edition

December 2012

## Welcome to Ntsoe Leng

Welcome to the fourth edition of Ntsoe Leng, the bi-annual newsletter published by the Lesotho National Federation of Organisations of the Disabled. This newsletter contains news and views from the disability sector from the past 6 months. If you are interested in learning more about LNFOOD, our partners or disability in Lesotho please visit our website at [www.infod.org.ls](http://www.infod.org.ls) or sign up to our monthly email news-

letter by emailing [pletsau@gmail.com](mailto:pletsau@gmail.com). Please feel free to offer any feedback or suggestions by contacting our editorial team on [mayng1@gmail.com](mailto:mayng1@gmail.com) or [moeletsi@infod.org.ls](mailto:moeletsi@infod.org.ls). Alternatively, you may call us on 2232 0345 or visit us at the LNFOOD office in Old Europa.

Best regards,

May Ng and Rabasotho Moeletsi



## A word from the Chairperson

In the past six months we have seen many positive changes in our nation which point to the fact that Lesotho is well on its way in the race towards development. Along with all my fellow Basotho, I applaud these changes and share in the hope for a brighter future. However, we must ensure that people with disability may also share in the benefits of development.

In its preamble and general principles, the UN Convention on the Rights

of Persons with Disability recognizes the importance of accessibility to the physical, social, economic and cultural environment; to health and education; and to information and communication to enable persons with disabilities to fully enjoy all human rights and fundamental freedoms.

The government of Lesotho, in delivering its mandate through its departments, must ensure that all citizens have access to government services in

accordance with the Disability Policy guidelines. As a priority, the government must focus on its commitment to improve public buildings to accommodate all people and also strive to economically empower people with disability.

*Bongiwe Buzi*

*LNFOOD Chairperson*



## VOICES

### The Hon. 'Matebaso Doti Minister of Social Development

I would like to wish all people with disabilities (PWDs) a Merry Christmas and a Prosperous New Year. My ministry and I are at your service at all times.

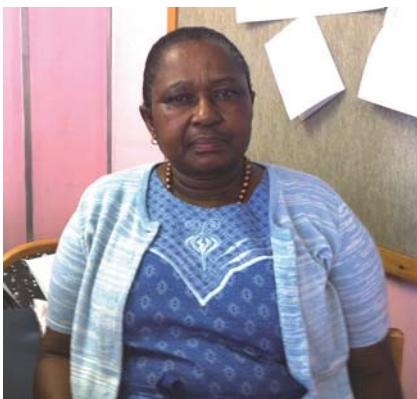
As a Ministry we need to create societies that value diversity and inclusion of people with disability in all sectors. The Ministry recognises that there are many challenges facing PWDs that require serious attention and which we cannot turn a blind eye on.

PWDs often face barriers that hinder them from participating in all aspects of society. These barriers can take a variety of forms, including those relating to the physical environment or from societal attitudes or discrimination. The results are that persons with disability do not have access to society or services including, amongst others, education, employment, health care and transportation. We are all aware that these challenges faced by people with disability have a major impact on them, their families, society and the nation as a whole.

To achieve progress and development for all we must remember that PWDs belong to our communities and that we must afford them the respect they deserve.

In other words we must remove the barriers so that PWDs are empowered to participate fully in societal life.

The Ministry of Social Development is lobbying to bring on board all the other Government Ministries in terms of including PWDs in all services they provide or deliver. My Ministry pledges to ensure that all relevant Ministries plan and budget for services they need to provide to our PWDs. I am looking forward to enjoying a strong and fruitful partnership with all disabled persons organisations in providing services for our people.



### Mapuseletso Sakoane Inspector Special Education Unit Ministry of Education and Training

The growth of education for children with special needs in Lesotho has been greatly influenced by various international declarations, conventions and policies of which Lesotho is a signatory and therefore bound to implement. The Special Education Unit was established in 1991. A feasibility study was done in 1993, which resulted in a pilot integration programme in 10 primary schools in Lesotho.

The main objective of educat-

ing children with special needs in Lesotho is to advocate their integration into the regular school system at all levels, in order to enable them to acquire appropriate life skills and education.

According to MOET's Education Sector Strategic Plan, 2005-2015, these learners include those who have physical and sensory disabilities, the gifted and talented, intellectually disabled and those with behavioural disorders.

MOET also recognizes the need for support to special schools in caring

### Story continued

for learners with extreme needs, who require special educational facilities over and above what inclusive schools offer.

LSEN face several challenges in obtaining an education. There are still negative attitudes towards them and these result in discrimination, prejudice, exclusion from school and a fall in participation regarding school activities.

Policy supporting inclusive education has not been formulated or enacted in Lesotho. LSEN still suffer because they are still discriminated against and are not able to access education. There are inadequate resources and sometimes unqualified teachers. Seemingly disability goes hand in hand with poverty, therefore families are not able to pay the fees demanded by schools and equipment is very expensive.

Many schools are inaccessible to learners with physical and visual impairment. The unsafe transportation of these learners to and from school contributes to their poor attendance. The language or format of instruction in some cases is not the first

language of LSEN. Sign language is needed by Deaf learners; Visually impaired learners require Braille material. In Lesotho, there is only one primary school and one high school which registers learners with visual impairment. Similarly there is one high school which integrates learners with hearing impairment.

There is shortage of trained staff to teach LSEN. Therefore, the situation impacts negatively on the implementation of integration, as teacher training is a necessary part of the larger context of education. The Lesotho College of Education and the National University of Lesotho have introduced Special Education courses and hopefully trained teachers will be available in the near future.

There is also a shortage of early intervention programs which is essential for children with disabilities. The curriculum is rigid and excludes LSEN. The shortage of teachers especially trained in pedagogy to meet the needs of learners with different disabilities in the mainstream results in many learners not receiving a quality education.

## Advocate R. M. Masemene

The purpose of this presentation, is to analyse disability in the context of the medical model and to pinpoint the implications for persons with disabilities under the system.

### Attitude

In all human societies, community conscience or national conscience determine the attitude or manner of thought for the treatment of the members of society.

### Normalisation theory

Normalisation theory dictates that a normal human is characterised by a mental ability and an able body with five senses (smell, touch, sight, hearing and taste).

### Medical Model

The medical model regards a defect or fault in sight as being blindness. It seeks to correct the sight defect by surgical operation, provision of spectacles or a white cane where intervention has failed.

A defect in the able body or skeleton is regarded as cripple or quadriplegic as the case may be.

The physical model normalises this condition by physiotherapy or provision of crutches or a wheel chair if need be.

A malfunction of ones mental capacity or intelligence is regarded as mental retardation where medical science fails to normalise recondition.

A deformity in hearing or speech which which cannot be corrected by surgical means or provision of hearing aids is considered as deafness.



**Article continues page 9**



## NEWS FROM THE DISABILITY SECTOR

### Hundreds march on Mokhotlong to celebrate International Day of Persons with Disability

Hundreds of people with disability gathered in Mokhotlong yesterday to celebrate International Day of Persons with Disability. This event, recognised by the United Nations and celebrated each year on 3 December, is aimed at raising awareness of issues faced by persons with disability.

Around 700 people participated in a march around Mokhotlong town in support of equal opportunities for people with disability. The march was followed by a formal ceremony which comprised speeches by various stakeholders in the disability sector including the hon. Minister of Social Development, 'M'e Matebatso Doti, Principal Chief of Mokhotlong, Morena Mathealira Seeiso and representatives from Women and Law South Africa, Lesotho Council of NGOs, the Campaign For Education and LNFOD.

The theme chosen for this year's celebration was *Removing the Barriers to create an inclusive and accessible society*. The disability movement in Lesotho chose to specifically focus on the barriers to education as 40% of children with disability aged 5 -10 are not enrolled in school, despite free and compulsory primary education.

Bongiwe Buzi, Chairperson of LNFOD said: "On this day each year people with disability gather to raise awareness of the gap between people with disabili-



The Hon. Minister Social Development at IDPD

ties and the rest of society. However, in order to create an inclusive and accessible society for all we must also be vocal about our rights for the other 364 days."

The event was supported by LCN, WLSA, Mohale Transport and Project Management Services

This is the 9<sup>th</sup> International Day of Persons with Disability observed in Lesotho. Next years' celebrations will be hosted in Qaches Nek.

Photography by Hlompho Letsielo and Emma Ferey



## Launch of Disability Service Provision Booklet

The LNFOD advocacy team is pleased to announce the launch of a Disability Healthcare Service User booklet. The booklet covers three objectives in providing healthcare information to parents, families and individuals with a disability who are currently accessing or would like to access medical and rehabilitation services. The booklet includes:

- The Roles of Core Healthcare Professionals - so that health care service users are informed of what professional services and allied health services are available to them to suit their individual needs.
- Service Referral Map - outlining some of the paths that a service user can encounter when utilizing the healthcare system in Lesotho (with specific reference to disability)

Key Contact Information - on Allied Health professionals, hospitals, specialty clinics (both government and private practice) categorized by district.

The booklet will be available at key healthcare access points (such as district hospitals and specialist healthcare centres and Social Development offices. Alternately you may be provided with the booklet on request at LNFOD offices following print release in Mid -December.

For further information, contact the LNFOD advocacy team on 2232 0345

## Festive cheer for disability advocates

This festive season, the Lesotho National Federation of Organisations of the Disabled would like to honor the achievements of four individuals who have played a particularly important role in the fight for equal opportunity for PWDs.

Moses Masemene, former Minister of Labour and Employment, Palesa Mphohle, founding member of the Intellectual Disability of Lesotho, Likopo Lesoetsa, prominent Deaf rights advo-

cate and Motlatsi Bolofo, one of the original founders of the national disability movement, were all awarded trophies and certificates of appreciation for their dedication and service to the disability sector.

Many of the achievements gained by the disability movement in Lesotho can be attributed to the hard work, commitment and personal sacrifice of individuals such as these.



*Likopo Lesoetsa receives an early Christmas present*

## International Day of the Deaf

The National Association of the Deaf Lesotho (NADL) celebrated International Day of the Deaf on 30th September. The celebration took place at Emmanuel Hostel in Maseru and was attended by over 100 deaf and hearing impaired people.

The theme for this year's celebration was "Sign Bilingualism: A Human Right for the Deaf".

International Day of the Deaf is celebrated world-

wide on the last Sunday in September, a date decided by the World Federation of the Deaf and adopted by the UN General Assembly.

The purpose of IDD is to draw the attention of politicians, authorities and the general public to the achievements of Deaf people and the concerns of the Deaf community.

## Goodbye LSMHP, hello IDAL

In November, the focal body for intellectual disability in Lesotho turned 20 with a bang, unveiling a new name, website ([www.idal.org.ls](http://www.idal.org.ls)) and ambitious plans to build a state-of-the-art multipurpose center for people with disability. In line with internationally accepted terminology, LSMHP shall now be known as the **Intellectual Disability Association of Lesotho (IDAL)**.

These changes were announced at a gala dinner event held at the Lehakoe Club on 1<sup>st</sup> November. The event was attended by over 50 representatives from government, private sector, civil society and international organizations including the guest of honor, the Hon. Minister of Social Development.

The event was designed to celebrate IDAL achievements over the past 20 years and to solicit support for the building of its new Multipurpose center in Maqhaka. The center will include accommodation, kitchen, leisure and conference facilities which will provide respite care for parents of children with severe disabilities, vocational and skills based training for disabled and non-disabled individuals and lodging/venue facility rental for third party organizations. The project is estimated to be worth M33 million.

"There is a gaping need in our society for a facility such as this. Looking after a child with severe disability is a full-time job and one with little acknowledgement or reward. This center will

allow parents and grandparents to leave their children in the hands of experienced caregivers for periods ranging from a few hours to a few days so that they may take care of their own personal needs. It will also be a hub of learning, activity and leisure for people with and without disability and will contribute to the long term financial sustainability of our organisation," commented Palesa Mphohle, Chairperson and founding member of IDAL.

The gala dinner elicited pledges of support from individuals and organizations, including skills, monetary support and building materials.

The euphoria of the 20<sup>th</sup> anniversary continued after the gala dinner with a public "Family Fun Day" celebration which took place on 3 November at the Lehakoe Club. The event was attended by over 100 people, mainly children with disabilities and their families. The guests were treated to hip hop and modern dance performances, a jumping castle, tunes from DJ Flames and a picnic lunch.

The event was supported by Square One Computers, Bensons Butchery, Spur, Scooters Pizza, Sun International, Ocean Basket, Lesotho Durham Link, Wholesale Meat Supplies, Malebo Transport, Living & Loving English Medium School, ITM Transport, Moon & Sun Transport, Station Off-Sales and Mr. Matete.





## T-shirts for Equal Education—Buy a shirt, send some love

In collaboration with Australian Volunteers for International Development and AusAid, the Lesotho National Federation of Organisations of the Disabled has launched *T-shirts for Equal Education*. These funky designer shirts aim to raise funds for assistive devices for children with disability whilst generating awareness of disability issues.

100 percent of the profits from the sale of these t-shirts will go towards purchasing assistive aids and devices for learners with disabilities.

Students from Thuso e Tla Tsoa Kae in Butha-Buthe, Phelisanong Village in Leribe and St Bernadette's Resource Centre for the Blind in Maseru are set to benefit from assistive devices purchased through this activity, with the purchase of Braille slates and stylus' for the visually impaired, mobility aids, and communication devices including speech recording and output tools etc. for children with severe disability.

Individuals were encouraged to wear their shirts on 3 December to commemorate International Day of Persons with Disability, although the shirts are fashionable all year round.

There are two cool t-shirt designs to choose from. ***Nothing About Us Without Us*** is a graffiti print design in the shape of Africa, the mother-



land. ***Together We Achieve More*** depicts the slogan in Sesotho signlanguage.

These shirts are available in men's and women's and children's styles in small, medium and large. Colours include dark blue, light blue, red, green and beige.

Please contact LNFOD on 2232 0345 for fur

Shirts retail at only **M100 per shirt**.

Please contact LNFOD on 2232 0345 for enquiries.



## Affirmative Action Employers honoured at inaugural *Inclusion Lesotho Awards* ceremony

The first annual *Inclusion Awards* were presented at a gala ceremony held at Lancers Inn today. The inaugural awards were presented to Steven Walker and Lincoln 'Mokose for their efforts in providing employment for people with disability through affirmative action employment policy.

The *Inclusion Awards* are a new initiative by the Lesotho National Federation of Organisations of the Disabled (LNFOD) to acknowledge the efforts of individuals who have been particularly successful at fostering the inclusion of people with disability into the greater community.

"The Inclusion awards represent an opportunity to celebrate the achievements of the disability movement and to shine the spotlight on the unsung heroes who work behind the scenes to improve the lives of people with disability. This year we would especially like to focus on two individuals who have played an important role in providing employment for PWDs and providing a positive example to other employers of the contribution PWDs are capable of making to the workplace and society as a whole," commented Nkhasi Sefuthi, Human Rights and Advocacy Officer, LNFOD.

Steven Walker, former General Manager of Philips Maseru, was responsible for introducing an employ-



ment quota for people with disability providing employment for dozens of individuals with disability. During his time as the Minister of Forestry and Land Reclamation, Ralechate 'Mokose successfully applied an affirmative action policy to promote the employment of people with disabilities in government forestry projects.

Continued Nkhasi Sefuthi: "Discrimination in employment is one of the biggest challenges faced by people with disability and these gentlemen have improved the lives of dozens of people with disability and their families by creating truly disability inclusive working environments."

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## LDTC offers boost to visually impaired students

August 2012 marked the conclusion of an 11 month project to produce learning materials for learners with visual impairment. With the support of the Open Society Initiative for South Africa (OSISA), LNFOD translated 77 text books into Braille including those for commerce, COSC English language, Junior Certificate English language and Development Studies.

The books will support the Lesotho Distance Teaching Centre's opportunities to cater to the needs of students with disabilities. These Braille textbooks will offer visually impaired students greater autonomy

and independence over their academic efforts as they will no longer be forced to rely on friends and family members to read to them.

LDTC enables adults and children who were previously unable to complete their secondary school education to learn in their own time outside of school premises



## FROM THE LNFOD OFFICE

### Seasons greetings from the LNFOD crew

2012 has been a huge year for the LNFOD staff—we've welcomed onboard new recruits Moholi Raseabi (Finance Officer), Kabelo Molefetsane (CBR Officer) and May Ng (Communications Officer). This year has also seen a number of personal milestones including the birth of LNFOD Director Marorisang Mafethe's second daughter and the wedding of Human Rights and Advocacy Officer Nkhasi Sefuthi.



In amongst all this we've also seen the completion of our 9th disability day, major celebrations for Day of the African Child, two Advocacy coalition meetings and a number of workshops and training sessions.

We'd like to offer thanks to our loyal partners for all the assistance

### Its all in a name...

As an organisation with a very long and awkward name (Lesotho National Federation of Organisations of the Disabled) in conversation we often use our acronym LNFOD rather than exhausting our tongue with the full version.

As a result, we've witnessed a number of interesting variations on our name. We have gathered these throughout the year and would like to take this opportunity to acknowledge some of our particular favourites:

- Land Ford

which they have offered us throughout the year. In particular the Norwegian Association of the Disabled (NAD), Norwegian Federation of Organisations of Disabled People (FFO) and our partners the Ministry of Social Development. We could not have survived the year without you!

- Linfod
- LONFORD
- LANFORD
- LANFOOD
- LENFORT
- L. N. FORD
- LNFOT
- Lanfort
- LENFOD
- LNFORD

### Article continued from page 3

#### Rehabilitation

The person with afore-said defect or abnormality are regarded handicapped persons. They deserve rehabilitation by medical professionals in the rehabilitation centres, so as to redeem their minimum functionality.

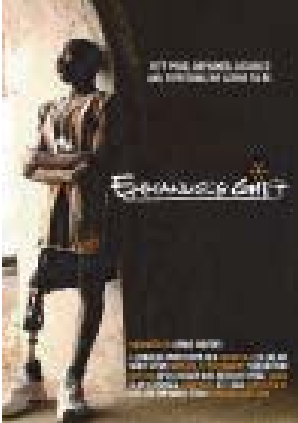
The medical the medical professionals include social workers, physiotherapists and occupational therapists to quote a few.

The social model  
When a person with a disability begins to vocalise their issues, as issues not emanating from charity, clemency or mercy but as issues based on human rights also socio-economic and political rights.

The social model rejects the medical model whereby the former is promoted by organisations for persons with disabilities, whereas the latter is propagated by able bodied persons in the form of charity or organisations for disabled persons according to charity legislation.

*By Advocate R.M. Mase-mene*

## THINGS TO READ/WATCH

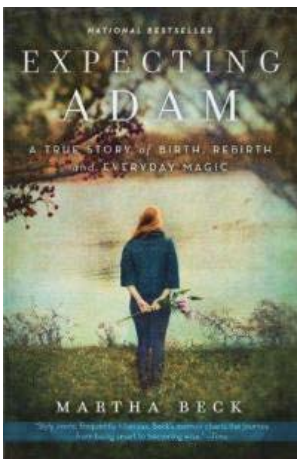


### Emmanuel's Gift (2005)

If you are born disabled in Ghana, West Africa you are likely to be poisoned, or left to die by your family; and if you are not poisoned or left for dead, you're likely to be hidden away in a room; and if you're not hidden, you are destined to spend your lifetime begging on the streets. Of the twenty million people in Ghana, two million are disabled. This is the story of one disabled man whose mission -and purpose- is to change all that forever.

In Emmanuel's Gift, filmmakers Lisa Lax and Nancy Stern have uncovered a story as compelling as it is important. Narrated by Oprah Winfrey, the film chronicles the life of Emmanuel Ofori Yeboah, a young Ghanaian man born with a severely deformed right leg, who today, against incalculable odds, is opening minds, hearts and doors-and effecting social and political change throughout his country. and becomes each of ours to share.

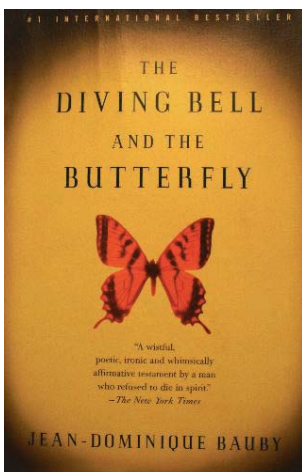
Source: [www.imdb.com](http://www.imdb.com)



### Beck, M. (2000). Expecting Adam: A true story of birth, rebirth, and everyday magic (Reissue ed.). New York: Berkley.

Expecting Adam is an autobiographical tale of an academically-oriented Harvard couple who conceive a baby with Down's syndrome and decide to carry him to term. Despite everything Martha Beck and her husband John know about themselves and their belief system, when Martha gets accidentally pregnant and the fetus is discovered to have Down's syndrome, the Becks find they cannot even consider abortion. The presence of the fetus that they each privately believe is a familiar being named Adam is too strong. As Martha's difficult pregnancy progresses, odd coincidences and paranormal experiences begin to occur for both Martha and John, though for months they don't share them with each other. Martha's pregnancy and Adam become the catalyst for tremendous life changes for the Becks

Source: *Excerpted from Ericka Lutz, Amazon.com*



### Bauby, J. (1997). The diving bell and the butterfly. New York: Alfred A. Knopf

'Locked-in syndrome: paralysed from head to toe, the patient, his mind intact, is imprisoned inside his own body, unable to speak or move. In my case, blinking my left eyelid is my only means of communication.'

In December 1995, Jean-Dominique Bauby, editor-in-chief of French 'Elle' and the father of two young children, suffered a massive stroke and found himself paralysed and speechless, but entirely conscious, trapped by what doctors call 'locked-in syndrome'. Using his only functioning muscle – his left eyelid – he began dictating this remarkable story, painstakingly spelling it out letter by letter.

His book offers a haunting, harrowing look inside the cruel prison of locked-in syndrome, but it is also a triumph of the human spirit.

Source: [Amazon.co.uk](http://Amazon.co.uk)

### The signlanguage alphabet





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## **IN THE SPOTLIGHT**

### **Mannana Sethobane, 34 years old**

#### **What type of disability do you have and how did you develop it?**

I am a paraplegic, using a wheelchair due to an accident I had in 1996

#### **Can you describe your job?**

I am an Economic Specialist at the U.S. Embassy Maseru. My job involves promoting bilateral trade and investment relations between Lesotho and United States of America and to build support for U.S. economic policies. I do lots and lots of research and telephone calls in the process.

#### **Are you happily married or single and fabulous?**

Definitely married to the love of my life. And I'm a mother of two adorable daughters. One is very much the princess- she is neat and all that. The other one is the fun-crazy type, who cares about a mess as long we are having fun! And I love these three to bits!

#### **What would we find in your desk drawer?**

Clutter! Rulers, business cards, staple removers and the likes.

#### **What do you do to unwind/de-stress?**

Sing out aloud! Or put on music full-blast and dance with my kids, sometimes we drive daddy crazy.

#### **About LNFOOD**

Established in 1991, the Lesotho National Federation of Organisations of the Disabled (LNFOOD) is an umbrella body of organizations dealing with disability in Lesotho. Its mission is to protect the rights of people with disabilities in Lesotho by providing support for disabled people's organizations and empowering their members with life-skills, financial and material resources and representing their needs to the government, development partners and wider society. Its membership consists of the Lesotho National Association of Physically Disabled Persons (LNAPD) Lesotho Society of Mentally Handicapped Persons (LSMHP), Lesotho National League of the Visually Impaired Persons (LNLVIP) and National Association of the Deaf in Lesotho (NADL).



#### **What's your worst habit?**

Not cleaning my office coffee mug daily, I can use it for three days in a row without having it cleaned.

#### **If you were granted three wishes, what would they be?**

1. To walk so that I could wear those high heels, I just love them!
2. To sing beautifully, I would praise the Lord.
3. Those heels again!

#### **If you could have a superpower, what would it be and how would you use it?**

The power of creating wealth, I would create trillions and pull everybody out of poverty.

#### **If you were given a trained monkey, how would you use it?**

I would use it to do my telephone calls, I don't like talking on the phone one bit. I do it just because I have to.

#### **Name one thing you can't live without?**

The love of God!