

WCAPD NEWS

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Affiliated to



The National Council for Persons
with Physical Disabilities in SA

We have a winner!



From right: Mr Nazeem Aziz (Suzuki); Mr Pieter Coetzee (winner) and Ms Esme Bronkhorst (WCAPD)

We'd like to congratulate Pieter Coetzee, the lucky winner of our 2014 Car Competition!

We'd like to thank Mr Nazeem Aziz and Suzuki Kenilworth for their generous sponsorship of the amazing prize, as well as our donors who made the day so memorable.

Last, but certainly not least, we'd like to thank everyone who bought a ticket. Without you, this competition wouldn't be possible. It is your donations that make the difference in the lives of persons with disabilities.



Above: Neva Smith (Director of WCAPD) draws the winning ticket



Right : Elmien Grobbelaar and Esme Bronkhorst calling the winner



The Opening of Summer of Champions



The Opening of Summer of Champions at Durbanville Race Course was held on a picture perfect day! A family day out at the race course, picnic baskets, live entertainment, a wine route and other activities, all encouraged us to relax in the tranquility of the beautiful surroundings.

One of the highlights was The Jockey Challenge where jockeys sprint against each other without their horses, which raised funds for Western Cape APD. A huge thank you to all our sponsors for their support in this wonderful day at the races.

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Christmas Market 2014



We received very positive reports from the public and community organisations who visited our Christmas Market, commenting on the inspiration and values we add in our community.

Western Cape APD wishes to compliment all the exhibitors on the outstanding displays of craftsmanship and skills. It is heartwarming to see that we have faith in ourselves and our ability to tap onto our creative side. The unstable economy has affected us all, but we did not allow this monster to destroy our creativity and enthusiasm.

Western Cape APD would like to thank each of you for the wonderful opportunity to showcase our second Christmas market with your beautiful arts and crafts.

Disability Employment Summit



One of our Occupational Therapists, Leigh-Ann Richards, was invited to speak at the Disability Employment Summit jointly organised by the Western Cape Network on Disability and the Office of the Premier of the Western Cape.

She gave us a brief background of the timeline of disability rights since 1994 while other speakers dealt with the present-day situation on the employment of persons with disabilities and related employment issues. Work groups discussed various ways in which this could be addressed, and feedback will be forwarded to the Western Cape Network on Disabilities for further action.

Update on Peer Support

We are extremely excited to finally be in a position to train Peer Supporters on awareness raising!

There is nobody better able to speak about living with a disability, than someone who does! We are currently formulating the material (which is almost complete) before rolling out the

training to all 10 Peer Support groups in the province. The Khayelitsha group will be first up in early March, to be followed by the others through the course of this year.

To all Peer Support Co-ordinators : we will be contacting you shortly to arrange the training in your area!

Sitting Volleyball South Africa



What is Sitting volleyball?

Sitting Volleyball is extremely similar to traditional volleyball, although played on the floor, with a slightly smaller court and a lower net. It is an inclusive sport for players with and without disabilities and is played from club up to Paralympic level. It's a fast paced action sport with lots of movement, tactics and game strategy.

Who can play?

- Men and Women
- 15-40 years old
- People with or without disabilities
- Most suitable for lower limb amputees or people with reduced lower limb functions
- No previous volleyball experience needed

- No wheelchairs or other equipment required
- Wear sports gear (best nylon shorts/pants)

ParaVolley South Africa promotes the sport of sitting volleyball and beach sitting volleyball in South Africa. It shares news and information on the sport, builds awareness and provides support services for the sport.

This event is organised by ParaVolley South Africa in conjunction with Maties ParaSport.

We currently hold **free** weekly training sessions:

Every Tuesday, 19:00 - 21:00 at the UCT sport hall

BRANCH ACTIVITIES

George APD



TOY RUN TRUST DONATION

George APD would like to thank the Toy Run Trust for their generous donation of toys. We received different types of toys from soft toys to educational toys, which were distributed to the children at Optima Special Care Centre.

Most of the toys were sent home with the children to enjoy outside of service hours and a few toys will be kept at the organisation for all the children to play with when they are at the centre.

The children were delighted to receive the toys and giggled and laughed while exploring their new toys. Thank you for bringing happiness and joy to the Optima Special Daycare centre.



Oudtshoorn APD

TOYS DONATION

Kids at Reenboog Spesiale Sorgsentrum in Oudtshoorn with the toys they received from the Toy Run.



Mosselbaai APD



Mosselbaai APD het 'n Duvet uitgeloot op 'n Kersmark in Mosselbaai.

Die Duvet is gemaak van klein afval stukkies lap, wat deur die Daisie groep gemaak is. Die Daisies is meestal jong vroue met 'n fisiese gestremdheid.

Helderberg APD

Stellenbosch establishes a Disability Network

The inaugural meeting of the **Stellenbosch Disability Network** took place on Wednesday 29 October at the Stellenbosch Town Hall. It is an open network for organisations, local government, service providers and members of the public wishing to share information, raise awareness and ensure the inclusion of disability and people with disabilities in local planning and service delivery in greater Stellenbosch (including Franschhoek, Klapmuts, Pniel, Stellenbosch and surrounds).

The meeting was well attended and included representatives from Disabled Persons Organisations, private service providers, the Municipality and members of the public.

Helderberg APD initiated and facilitated



the establishment of the network.

Anyone wishing to join the network can send an email to : helderberg@wcapd.org.za.

Tygerberg APD



On the picture from left to right is Naomi Cumpsty (DR), Cellista Gerber (Tygerberg APD), Ronél Smit (Tygerberg APD) and Nellis Rietmann (DR).

DONATED NAPPIES WELCOMED

Tygerberg APD was the fortunate recipient of a donation of much needed adult nappies. During the past year, volunteers and staff members of Sanlam's Distribution Remuneration (DR) team raised funds through different projects for Tygerberg APD. On November 10, 2014 the group handed a donation of adult nappies to representatives of Tygerberg APD. A heartfelt thank you to all the staff members and volunteers of Distribution Remuneration for your support during the year. It is a privilege to be associated with you. The donation of nappies will definitely have a positive impact on our clients lives.

WHEELCHAIR DONATION

Alpha Pharm Western Cape donated two standard wheelchairs to Tygerberg APD. The two wheelchairs already have new owners, Mr. Kloppers and Mrs. Jacobs, both from Belhar. These wheelchairs will positively impact the quality of lives of these clients.

On the picture : Monique Daniels from Alpha Pharm Western Cape is handing the wheelchairs to Cellista Gerber of Tygerberg APD



KING AND QUEEN OF MIRACLES WORKSHOP

On Wednesday, 09 September 2014, the clients of the Miracles Workshop dressed up for a fashion show with a difference. Each one had the opportunity to bring out the inner fashion model in them and participated in KING AND QUEEN OF MIRACLES WORKSHOP.

Careful wardrobe planning, hair and makeup turned all the clients in super models. The "models" were judged by their personality, charm and wit. At the end, Warren Arendse was crowned "King" and Monique Wragg crowned "Queen" of Miracles Workshop.





Hope in Motion WALK4WHEELS

Friday, 20 March 2015 at 17h30,
4km walk and 8km fun run at Bergvliet
Sports Association, Children's Way,
Bergvliet. R40.00 entry fee .
Boerewors rolls will be on sale, cash bar.

For more information visit
www.chaelicampaign.co.za or
Email : info@chaelicampaign.co.za
Or call 0861 242 354



FUN RUN

Venue: Blaauwklippen Wine Estate, R44,
Stellenbosch

Date: Saturday, 14 March 2015

Time: Registration 7h00

Race starts at 7h30

Cost: 10km - R80

5km - R50

Wheelchair race - R50

For group discounts, please
contact info@senecio.org.za

Staff News



Francis Robyn, a Fundraising Assistant at WCAPD, was married in December 2014 and is now Francis Pretorius.

Comings and Goings.....

Debbi Windell was appointed to the staff as Head of Administration. Welcome Debbi - we hope you spend many happy years with us!



DIS DIE EEN

Leefwêreld van die Gestremde Sundays 19H00

Datum	Onderwerp	Gas
01 Mar	Brain hearing approach	Margot Christie & Christine Viljoen
08 Mar	Young blind lady tells of her life, successes and challenges	Cindy Swart
15 Mar	Human Rights Day in mind - advice for parents with children with hearing loss	Brenda Schmidt
22 Mar	HRD - more about schizophrenia	Dr Ian Westmore
29 Mar	Services of APD Northern Cape	Sean Lakey
05 Apr	HRD - services of Marthie du Plesse School in Bloemfontein	Francois van Heerden
12 Apr	Expedition to Nepal - Gerrard is blind	Gerrard Ferreira

Sound clips of programmes from **TransWorld Radio** are available from this office. Please advise Asanda at asanda@wcapd.org.za whether you would like a list of the topics for these clips as soon as they become available.



**WESTERN CAPE
ASSOCIATION FOR
PERSONS WITH
DISABILITIES**

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More information

Moebius Syndrome Foundation Africa

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adding
value
to
lives

Focus on...

Moebius Syndrome/ Sequence

What is Moebius Syndrome/Sequence

Moebius syndrome is a rare neurological disorder that is present at birth. It primarily affects the 6th and 7th cranial nerves, leaving those with the condition unable to move their faces (they can't smile, frown, suck, grimace or blink their eyes) and unable to move their eyes laterally.

Other cranial nerves may be affected, especially the 3rd, 4th, 5th, 9th, 10th and 12th. There may be skeletal involvement causing hand/feet anomalies and/or club feet. Respiratory problems, speech and swallowing disorders, visual impairments, sensory integration dysfunction, sleep disorders, and weak upper body strength may also be present. Approximately 30% of children with Moebius syndrome are on the autism spectrum.

What causes it?

Moebius syndrome is thought to be genetic, and most cases are sporadic, occurring once in a family. Research on the causes of Moebius Syndrome is not conclusive at this time.

Symptoms may include:

- Lack of facial expression; inability to smile
- Problems with feeding, swallowing and choking
- Keeping head back to swallow
- Eye sensitivity due to inability to squint
- Motor delays due to upper body weakness
- Absence of lateral eye movement
- Absence of blinking
- Strabismus (crossed eyes)
- Drooling
- High palate
- Short or deformed tongue
- Limited movement of tongue
- Submucous cleft palate
- Dental problems
- Hearing impairment
- Articulation / speech disorders
- Minor mid-line anomalies
- Club feet
- Hand/feet deformities

Although they may crawl and walk later, most children with Moebius Syndrome eventually catch up. Speech problems often respond to

therapy, but may persist due to impaired mobility of the tongue and/or mouth. As children get older, the lack of facial expression and an inability to smile may become the dominant visible symptoms. Moebius Syndrome is sometimes but usually infrequently, accompanied by Pierre Robin Syndrome and Poland's Anomaly.



How is it Treated?

Infants sometimes require special bottles (i.e. Special Needs or Pigeon Feeder) or feeding tubes to maintain sufficient nutrition. Strabismus (crossed eyes) is usually correctible with surgery. Children with Moebius syndrome usually benefit from physical and speech therapy to improve their gross motor skills and coordination, and to gain better control over speaking and eating, as well as occupational and sensory integration therapies.

Limb and jaw deformities may often be improved through surgery. In addition, plastic reconstructive surgery of the face can offer benefits in individual cases. In that surgery, nerve and muscle transfers to the corners of the mouth have been performed to provide an ability to smile.