Message from the Chief Executive Officer

As we move into another year, I extend best wishes to you all for 2018 wishing you health, strength, peace and courage.

As I reflect and move forward I cannot help being bothered and angry by the extent of violence in our world. I am even more petrified by the number of cases of neglect and sexual violence perpetrated against our children.

We know that violence against children is ugly – we also know that it is imperative for us to intervene as necessary to end the violence and save our children particularly our children with disabilities who are even more vulnerable.

Who are the people who harm and neglect the nation's children? They can be a relative, friend or neighbour!

Violence and Neglect Against Children Does Not Discriminate ... It knows no color, no race no ethnicity. It happens in every community, village, constituency, yes, in our neighborhood!

Abused children come from the poorest and the richest families and every type of background in between. These children come in all shapes and sizes and they have one thing in common ... PAIN Children who have been harmed and neglected can show physical signs of abuse as well as have developmental problems. They can be socially, educationally and sometimes emotionally slow. They can show signs of anger, hurt, confusion and even worst – violence!

The UN Convention on the Rights of Children states in Article 23 (Children with disabilities): Children who have any kind of disability have the right to special care and support, as well as all the rights in the Convention, so that they can live full and independent lives.

We must not forget that innocence belongs to all children.

Beverly Beckles, PhD
Chief Executive Officer

Beverly Beckles PhD

Whats inside

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Edge Is Here</td>
</tr>
<tr>
<td>New faces at NCPD</td>
</tr>
<tr>
<td>NCPD’S Activities July - September 2017</td>
</tr>
<tr>
<td>Wellness Tip</td>
</tr>
</tbody>
</table>
On the 25th of October, 2017, National Centre for Persons with Disabilities (NCPD) along with Vocational Rehabilitation client, Khaleel Mohammed, a certified financial accountant whose story was highlighted in a subsequent publication was the proud recipients of the Eyegaze Edge Communication device.

In an intimate ceremony held on the Centre’s compound at the Information Technology Lab, Chairperson of the NCPD’s Board, Ms. Shereen Baksh welcomed all and expressed her gratitude for this piece of Assistive Technology that would make a positive impact on both the students at the Centre and Khaleel’s life as he works towards returning to the workplace.

Chief Executive Officer, Dr. Beverly Beckles chaired the ceremony and not only expressed her and the NGO’s gratitude but also the new partnership that was formed with The Children Ark, Trinidad, one that she looked forward to as it could only positively impact the lives of Persons with Disabilities (PWDs).

In her address to the small gathering and members of the media, IT Instructor, Ms. Candice Barbara John highlighted the benefits of the devices to persons who will be using it and how it will fit into the IT program. Such a device will not only give voice but will be used as a communication device for students. It will further allow them to text, send and receive email, surf the internet, read books, keep up with social media and persons such as Khaleel will be able to operate Microsoft Office suite and other programs that are necessary for carrying out work duties effectively and efficiently.

The Eyegaze Edge was invented in 1989 and is used across the globe by many persons. It is safe and very comfortable to use. National Centre for Persons with Disabilities (NCPD) feels extremely privileged to have

Simone de la Bastide - President of The Children’s Ark charitable, non-profit organization present
NCPD’s CEO Dr. Beverly Beckles and Khaleel Mohammed each with the Eyegaze Edge communication technology
New Faces at NCPD

NCPD is pleased to introduce two new members of staff into the NCPD Family.

Ms. Therese Branker

National Centre for Persons with Disabilities welcomes and introduces our Human Resource Officer, Mrs. Therese Branker. Mrs. Branker joined the NCPD family on November 6th 2017. She has five (5) years experience in Human Resource Management and is a holder of the following qualifications; a Bachelor’s in Hospitality and Tourism Management, two Certificates in Human Resource Management, Events Management, and an Associate Degree in Culinary Management. She has worked previously in the Oil and Gas sector.

Outside of her professional life, Mrs. Therese Branker enjoys being a wife and a mother. Along with her wealth of knowledge, experience and skills, Mrs. Branker brings her vibrant personality and looks forward to positively impacting the organisation.

Ms. Angela Gomez

NPCD welcomes and introduces to you our Business Operations Coordinator, Ms. Angela Gomez. A graduate of the University of the West Indies with Upper Second Class honours (at the age of 55), Ms. Gomez joined the NCPD family officially on October 2nd 2017.

A very energetic and vibrant person with a positive outlook on life, Ms. Angela Gomez brings this along with her qualifications, experience and skills and looks forward to positively impacting the organisation.

Quote Corner

“It’s not the disability that defines you; it’s how you deal with the challenges the disability presents you with. We have an obligation to the ability we DO have, not the disability.”

-Jim Abbott
On October 17th and 18th, 2017, Information Technology (IT) Instructor, Ms. Candice John and Graphic Artist, Mr. Kyle Young Lai received an in-depth training on how to use the Eyegaze Edge Communication device as the rudiments of how to teach persons to use it. The training was spearheaded by The Children Ark, Trinidad and facilitated by Mr. James Brinton, Assistive Technology Coordinator and Speech and Language Pathologist of LC Technology, Inc, inventors of the Eyegaze Edge Communication device.

The training took place at the Crews Inn Hotel and Yacht Club, Chaguaramas.
SOTT Seaside Games

On October 29, 2017, Special Olympics Trinidad and Tobago (SOTT) held its 2nd Annual Seaside games at the Las Cuevas Beach facilities. The games were held in an effort to develop Open Water Swimming, Beach Soccer and Beach Volleyball.

NCPD participated in the games and won the following medals:

<table>
<thead>
<tr>
<th>Event</th>
<th>Open Waters</th>
<th>Beach Volleyball</th>
<th>Beach Soccer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medals</td>
<td>4 Bronze</td>
<td>2 Bronze</td>
<td>2 Silver</td>
</tr>
<tr>
<td>Team A</td>
<td>1st Place</td>
<td>5 Gold Medals</td>
<td>Team B: 2nd Place</td>
</tr>
<tr>
<td>Team B</td>
<td>2nd Place</td>
<td>5 Silver Medals</td>
<td></td>
</tr>
</tbody>
</table>

The team which comprised of 17 athletes were accompanied by Mr. Ricardo Rampaul, Mr. Clarence Shepherd, Mr. Ron Wiltshire, Ms. Princess Lewis and Ms. Betty Ann Julien.
T&T Super League Finals

The Trinidad and Tobago Super League Finals was held at the Ato Boldon Stadium located in Central, Trinidad on November 18th 2017. Guaya United and Prison FC were the two teams in the finals. A group of students from NCPD was accompanied by Mr. Ricardo Rampaul. The Trainees got the opportunity to not only enjoy the finals but also escorted the players onto the field as mascots. It was indeed a memorable experience for both the players and students of the Centre.
On November 18th 2017 Special Olympics Trinidad and Tobago (SOTT) held their annual Floor Hockey Tournament at the Marabella North Secondary School to display and highlight players abilities and skills in the sport discipline.

National Centre for Persons with Disabilities (NCPD) was well represented at the event. At the end of the day, NCPD’s team walked away as champions, winning their two games against Lady Hochocy Gasparillo and Penal respectively.

In the skills aspect of the games, NCPD’s team obtained 4 Ribbons, 1 bronze medal, 2 silver medals and 1 gold medal. The players performed excellent and Kudos goes out to them as well as Instructors; Ms. Betty Ann Julien, Mr. Clarence Shepherd, Ms. Lesa Paul, Ms. Princess Lewis and Mr. Ron Wiltshire who accompanied the team.
Health and Wellness Fair

The Trinidad and Tobago Police Service-Guard and Emergency Section held its annual Health and Wellness Fair on November 25th 2017 at the Nelson Mandela Park. NCPD was invited and hosted a booth at the event.

Visitors to the booth were educated about Disability Etiquette, made aware of the Centre and its operations including the entrepreneur aspect as they got to see first-hand some of the products produced by the organisation.
NCPD’s participation in Consultations and Workshops

National Progress Report

NCPD was invited to be part of the National Consultation on the Preparation of the 2017 National Progress Report on the implementation of the Montevideo Consensus on Population Development.

Parent Advocacy Training


Ms. Janice Griffith, one of the Instructors at the Unit attended the training and found that the session was meaningful.

St. Stephen’s College

A group of students from St. Stephen’s College located in Princess Town visited the Centre on December 14th 2017 to meet and interact with Trainees and Apprentices. The group of students also got a tour of the facilities and was entertained by the students of the Centre.

It was indeed a good experience for all persons as NCPD welcomes such activities and interaction in keeping with its Vision of Inclusion.
Some Benefits of Sleep

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, as well as:

- Improves Memory
- Sharpens Concentration and Productivity
- Lowers Stress
- Improves Immune System

www.health.com