Mission: To remove barriers in society that prevents People with Physical Disabilities from enjoying full Rights on an equal basis with other citizens.

Partners and their Stakeholders after a dialogue meeting on the progress of Capacity Building for Sustainable Development Project in Kampala.
COMMUNICATION FROM THE EXECUTIVE DIRECTOR

Greetings from Uganda National Action on Physical Disability (UNAPD). As “The UNAPD UPDATE” is a forum for sharing ideas, experiences, let me also have an opportunity of using the same media to make my first communication to the members, stakeholders, partners, and all well-wishers of disability movement in general and UNAPD in particular. I last communicated to you as an Acting Executive Director but early this year, the Board of Directors promoted me to the position of substantive Executive Director. I therefore take this opportunity of thanking the Board for entrusting me with this responsibility and the staff for their support given to me while still in the Acting position. With all your support, pledge to work together to elevate UNAPD to another level both nationally and internationally.

As the year begun, a lot has happened and among these will be mentioned in the Chairperson’s communication, UNAPD was joined by a new staff by the names of Alwan Richard as the Senior Project Officer.

Richard is charged with the responsibility of supervising Project Officers on the different projects, but also there was promotion of Kafeero Vincent from the position of the Senior Project Officer to the position of UNAPD’s Projects Coordinator.

As 2015 was coming to an end, and 2016 sets in, through the fundraising efforts of staff and Board, UNAPD was able to bring a new partner on Board i.e. Open Society Initiative for Eastern Africa – OSIEA to support a project in Hoima and Soroti district. This new one year project is aimed at empowering the PWDs Councilors and UNAPD membership with skills and knowledge for effective participation and inclusion of PWDs in the local government budgeting processes. UNAPD also secured another new project aimed at raising the profile of PWDs in the situation of Risks and Humanitarian Emergencies; it’s being implemented in Bududda district and funded by Disability Rights Advocacy Fund (DRAF). These two newly supported projects are in addition to the already ongoing projects like; the Joint Capacity Building for sustainable Development Project, Accessible and Inclusive Education Project, and Accessibility Improvement Project.

Great thanks to the partners/donors for their support towards the UNAPD efforts of empowering her membership through these projects to become responsible citizens and contribute to the development process locally and nationally.

UNAPD with her sister partners of SIA and BISOU just like last year have continuously worked together under the Capacity Building Project to empower their respective members, advocate and lobby for their inclusion in the different development processes of the country. There is high hope that this brotherhood or sisterhood will continue as the project moves within the last two years of implementation and plan for the possible next phase. It should be noted that it’s also within this time period that the project is due for the mid-term review and evaluation, which will assess the progress of the project and may determine the future of the next phase of the project. This exercise will take place in April, 2016, and will be conducted by DHF hired consultants.

For the membership, let me use our combined voice, “The UNAPD UPDATE” to encourage you all to use your structures to advocate for the inclusion of PWDs in the different local government programs, those who have not renewed their membership to do so, while those who are not registered with UNAPD to also ensure that they fulfill their obligations. In addition to our traditional advocacy work, in this year, UNAPD hopes to venture into other new areas like: capitalizing on the New Sustainable Development Goals (SDGs), advocating for inclusive WASH facilities, more efforts on effects of climate change on the lives of PWDs, participation of PWDs in the local government budgeting processes, among others. This will imply bringing on new partners/donors, but which of course requires more efforts of fundraising and resource mobilization.

With those few remarks, I end by urging all of us to work together to make UNAPD more visible both at local, national and international level. This will effectively fulfill our slogan of “Against All Barriers”...
Dear Readers,

I bring you warm greetings from the Board Members of UNAPD, this is the first newsletter for 2016 and as you are aware, “The UNAPD UPDATE” is the voice of persons with Physical Disabilities in Uganda. As the year was beginning, the country was covered up with political campaigns and some of us who were in politics, know very well what it means. Let me take this opportunity to officially congratulate all those PWDs who actively participated in the elections, and if lost, please work together with those who went through to develop your respective areas.

Away from politics, as the year was beginning, UNAPD secretariat experienced some few positive changes in the staffing. The former Acting Executive Director (Mukasa Apollo) was promoted to the position of the substantive Executive Director, the former Senior Project Officer (Kafeero Vincent) was promoted to the position of UNAPD’s Project Coordinator, and a new staff by the names of Alwan Richard was recruited to the position of the Senior Project Officer. The board wishes to congratulate those who were promoted, but their new positions calls for more hard work to push UNAPD to another level.

Also to welcome Richard Alwan to UNAPD and requested him to exhibit team work and high level of cooperation to improve the visibility of UNAPD both at national and international level.

I wish to thank all the membership districts which have worked hard last year in the different areas of interventions like project implementation, individual membership registration, lobbying for inclusion in local government programs, networking with other stakeholders all aimed at ensuring that the lives of PWDs in your respective districts improves. Let me also remind those membership associations who are weak at registering individual members with UNAPD to wake up and register members with us, the more individual members a particular district registers with UNAPD, the more the chances of getting a project from UNAPD. At the same time encourage Associations to take advantage of the available developmental programs at the district level, to advocate for the inclusion of PWDs in such programs and also being a rainy season lets make good use of our lands and do farming so that we don’t rely on only government programs to sustain us.

With those few remarks, allow me wish all of you the best of the year and let’s communicate again in the next edition of “The UNAPD UPDATE”.

However I appeal him to give priority to PWDs in the different development programs and also during appointment of the new cabinet.

Participating in election is a human right for all including PWDs and encourage all PWDs to always exercise that right fully, and if denied the right to either elect or be elected is an offence in the courts of law. I cannot forget to thank my fellow Board Members who participated in the elections, and if lost, please work together with those who went through to develop your respective areas.
Overview of UNAPD’s projects.

Projects’ Coordinator
Vincent Lyazi Kafeero

Our esteemed readers, happy 2016. I am delighted to serve UNAPD in a new capacity of Projects Coordinator. I thank the management and staff of UNAPD to entrust me with this responsibility which I am sure I will perform to the best of my ability. Following are the projects that UNAPD is implementing to address some of the issues affecting people with physical disabilities in Uganda.

Capacity Building for Sustainable Development Project:
This is a partnership project between and among Brain Injury Support Organization of Uganda (BISOU), Spinal Injuries Association of Uganda (SIA) and UNAPD which is still running until 2017. The project works towards achieving the goal of: “People With Disability in Uganda have attained independent lives; they are now mobile, recognized as full citizens by society, have access to government institutions and services and have a livelihood – and their organizations are a united, respected and legitimate voice in society advocating for PWD rights and interests.”

The objectives of the project are:
• By the end of 2017, a large majority (80%) of organized PWDs in targeted districts indicate that they have been personally empowered in one or more ways (self-esteem, personal mobility, health, understanding and acceptance among family, livelihood skills or income). Improved access to a government or private Health, Education or Poverty Alleviation service is involved in most of these cases.
• By the end of 2017, at least one Health, Education or Poverty Alleviation program in a large majority of targeted districts and sub districts (75%) have instituted policies to actively ensure inclusion of PWDs to their services (physical access, staff training, outreach, design of services to take account of PWD issues, tracking of PWDs among users, PWDs inclusion in target numbers, etc.)
• By the end of 2017, the project partners have achieved tangible advocacy results at national level in at least two policy areas (Education: Physical Accessibility to basic schools and Health: Sports as a tool for rehabilitation) and engaged major national level actors in at least one other (Health: Rehabilitation for trauma victims). UNAPD will be a respected and experienced actor at the national level. SIA and BISOU will have built capacity, respect and confidence for independent advocacy.

Sports Component under Capacity Building for Sustainable Development Project:
In the last three years, UNAPD with support from DHF and DSOD implemented a membership Empowerment Project with a sport component. One unique advocacy strategy used by this project is to mobilize members, identify talents, explore potential and build confidence through disability sport. This was piloted in Mubende district (MRC) and three subcounties of Bukuya, Kalwana and Kizibawo. The strength of the sport component originates from the success stories learnt from MRC, although one sport discipline was piloted in Mubende, the new project came along with seven sport discipline which includes, wheelchair basketball, Boccia, Amputee soccer, Athletes Table tennis, sitting volleyball and Goal ball which is practiced and developed in MRC and the districts of Nebbi, Busia and Kampala. Through the sport component, the three partner organizations of SIA, BISOU and UNAPD are involved in mobilizing their respective members into social groups and economic empowerment activities which will help them gain membership ownership and confidence building for members to become active advocates with or without the mother organizations.

Accessible and inclusive Education for Children with Disabilities in Uganda project (AIEP).
This project is being implemented in Masaka, Sembabule, Kapchorwa and Bugiri districts. Through the project, UNAPD promotes accessible and inclusive education for CWDs in Uganda, advocates for inclusive education approach for CWDs to enable them study with their non-disabled counterparts through improved physical accessibility environment and accessible Water Hygiene and Sanitation
Mission: To remove barriers in society that prevents People with Physical Disabilities from enjoying full Rights on an equal basis with other citizens

(WASH) facilities for learners with disabilities. UNAPD empowers CWDs on their education rights, raises awareness on the potentials of CWDs in schools and society in general, offers social support to families of CWDs in order to reduce chances of child neglect, abject poverty, and creates an avenue for love and responsibility in the family setting. UNAPD audits schools for accessibility and guides school administrators on how to improve the school accessibility situation for CWDs, encourages formation of parents of CWDs support groups and empowers them with entrepreneurship skills or improve on their Income Generating Activities (IGAs) to be able to derive their family livelihood but also support their CWDs with scholastic materials to fit well in the inclusive education setting. These efforts enable CWDs to have equal access to basic education like their non-disabled peers.

UNAPD implements this project in Bugisu sub region, with special focus on the mostly affected sub-counties of Bukalasi and Bulucheke in Bududa District. The project is specifically to raise the profile of PWDs in situations of risk and humanitarian emergencies in line with Article 11 of the UNCRPD. The main aim of the project is to address the plight of PWDs in situations of risk and humanitarian emergencies as enshrined in article 11 of the UNCRPD. The objectives of the project are: - a) By the end of 2016, UNAPD has established the situation of PWDs in disaster prone areas of Bugisu sub region, b) By the end of 2016, awareness is created on the situation of PWDs in situations of risk and humanitarian emergencies the case of landslides in Bugisu sub region.

Promoting Effective Representation of PWDs Councilors for Better Access to Development Programs and Services in Soroti and Hoima districts.

This project officially started in January 2016 and will run up to November 2016. The project specifically promotes effective representation of Persons with Disabilities councilors for better access to development programs and services in the two districts. The Goal of the project is: “To enhance the capacity of PWDs Councilors/UNAPD leaders to effectively advocate for increased budgeting to education sector for better education services for PWDs Soroti and Hoima District”.

The specific objectives of the project are:-
- Increased technical capacity of PWDs councilors/UNAPD leaders on aspects of local government operating procedures, budgeting and monitoring to ensure their effective participation and inclusion of disability in the district related development programs by 2017
- Increased budget allocation to education departments of the targeted districts by at least 2% in the two years project period biased to special needs education by 2017

UNAPD is therefore intervening through this project to enable PWDs benefit from service delivery at local government level for an all-inclusive participatory development in the districts of Hoima and Soroti.

Raising the profile of PWDs in situations of risk and humanitarian emergencies in line with Article 11 of the UNCRPD.

Accessibility Improvement Project (AIP)

During the two years grant period in Mukono and Kampala, UNAPD strives to improve physical accessibility to private and public buildings in Kampala. In the process, UNAPD tests implementation of Accessibility Standards at grassroots level in Nabaale Sub-County by advocating for an Accessibility bye-law, in line with CRPD Article 9 (Accessibility). The bye-law on accessibility will ensure that accessibility provisions are provided on every private and public building in Nabaale Sub County to enhance access by all. The bye law is needed because PWDs in Mukono are increasingly affected by the in-accessible environment, there is Continued discrimination, stigmatization, exclusion coupled with inaccessible physical environment faced by persons with physical disabilities especially in the key social service provisions such as health & education and there is high need to implement activities leading to improved accessibility, which can make it possible for PWPDs to access services in order have improved standard of living. The main aim of the project is to ensure improved accessibility to the public and private facilities in Uganda so that Persons with Physical Disabilities can enjoy their inherent rights without any barriers.

I would like to thanks our development partners for supporting UNAPD projects and I call upon others to come on board and support UNAPD’s development work. May God bless you all.
PRIDE IN YOU:
THE WELL GROOMED GENTLEMAN

More often, grooming is thought to only be for a few but those few who know what exactly to do:

Amaise the heart... by the way, they sway in confidence.

Eyes catcher...for they are a sight to follow.

Their clothes are so clean...so well ironed... they rattle as they move,

Their shoes shine not from cleaning but good maintenance with no dirt nor stone.

Their clothes match and the fabrics gently blend with each other.

They hardly smell of sweat but masculine cologne....raising nostrils and eyebrows

Their hands bear few ornaments.....the wrist watch only....maybe a wedding band as well

A Salute.... and blessings to his mentor.

Points to note: “for the Men”.

1. Take care of your skin. If women can do it, why can’t we? It shows that you care about your image and after 20 years, your skin will be better than most men your age.

2. Practice proper hygiene. Shower daily, brush and floss your teeth twice a day

3. Work out. A good body can go a long way. It grabs the attention of the people around you and you will be physically fit as well.

4. Shave. This not only applies to your face, but to other parts of your body too. Crazy back hair is a huge turn-off for a lot of people. If you do sport a beard, keep it well-trimmed.

5. Avoid bad breath. No one wants to kiss a guy with bad breath. Carry mints along in case of such emergencies. Chew gums after every meal to remove stains on your teeth.

6. Get rid of the uni-brow. Uni-brows are not very attractive, so if you have one, use a good pair of tweezers and pull out the hairs connecting your eyebrows. It will look neater.

7. Wear fitted clothes (This is key). A good-looking guy with sharp features could be overlooked if he wears clothes that don’t fit him well.

8. Keep your hands and legs clean. Trim your fingernails and toenails. Make sure no dirt is under them. A dirty pair of hands leaves a very bad first impression.

9. Change your hairstyle. If you’ve been sporting the same hairstyle for the past ten years, it’s time to look into some new trendy hair styles. Try them out!

10. Make sure you smell nice. Use deodorant. For underarms, a roll-on is advised. As for cologne, don’t wear too much of it.

12. Read men’s magazines. These magazines have a lot of information about what’s going on in the fashion world, so keep up to date with it.

14. Polish your shoes. If they are funky, then see to it that they are once again in a good condition!!!!

Gratitude and grateful...if you picked a hint or two.

Life need not stop because of a spinal injury
Persons with Disabilities Engagement in the SDGs

The Sustainable Development Goals, otherwise known as the Global Goals, build on the Millennium Development Goals (MDGs), eight anti-poverty targets that the world committed to achieving by last year (2015). The MDGs, adopted in 2000, aimed at an array of issues that included slashing poverty, hunger, disease, gender inequality, and access to water and sanitation. Enormous progress has been made on the MDGs, showing the value of a unifying agenda underpinned by goals and targets. Despite this success, the indignity of poverty has not been ended for all. There is broad agreement that, while the MDGs provided a focal point for governments – a framework around which they could develop policies and overseas aid programmes designed to end poverty and improve the lives of poor people – as well as a rallying point for NGOs to hold them to account, they were too narrow.

The new SDGs, and the broader sustainability agenda, go much further than the MDGs, addressing the root causes of poverty and the universal need for development that works for all people.

Persons with disabilities were instrumental in creating this transformational roadmap to a better future. Now the hard work of real change lies directly ahead. Persons with disabilities must be leaders, guiding the world towards achieving these goals for everyone. This journey demands our persistent and unwavering duty to hold our governments accountable to their own commitments.

Unlike MDGs, the UN conducted the largest consultation programme in its history to gauge opinion on what the SDGs should include. Establishing post-2015 goals was an outcome of the Rio+20 summit in 2012, which mandated the creation of an open working group to come up with a draft agenda.

The open working group, with representatives from 70 countries, had its first meeting in March 2013 and published its final draft, with its 17 suggestions, in July 2014. The draft was presented to the UN general assembly in September. Member state negotiations followed, and the final wording of the goals and targets, and the preamble and declaration that comes with them, were agreed in August 2015. Alongside the open working group discussions, the UN conducted a series of “global conversations”. These included 11 thematic and 83 national consultations, and door-to-door surveys. The UN also launched an online My World survey asking people to prioritise the areas they would like to see addressed in the goals. The results of the consultations were fed into the working group’s discussions. This marks an important milestone in putting our world on an inclusive and sustainable course. If we all work together, we have a chance of meeting citizens’ aspirations for peace, prosperity, and wellbeing, and to preserve our planet. The Sustainable Development Goals will now finish the job of the MDGs, and ensure that no one is left behind.

Achieving the 2030 Agenda and the SDGs in each country will depend on collaborative partnerships between governments and non-State actors at all levels, and at all stages of the programmatic cycle-planning, consultations, implementation, monitoring and reviews.

Among the 17 core principles, disability is referenced in various parts of the SDGs and specifically in parts related to education, growth and employment, inequality, accessibility of human settlements, as well as data collection and monitoring of the SDGs.

The participation of persons with disabilities in the implementation of the SDGs is critical and will serve as a litmus test to whether the SDGs achieve what the MDGs failed to achieve for persons with disabilities.

DPOs must engaged both locally and with the government, working both independently and in alliances with other stakeholders to reinforce messages and support each other, and it’s essential to participate from the very beginning of the implementation of the SDGs, to be part of the design and planning of all national policies to implement the SDGs with the aim of ensuring that the outcomes are in line with the UN CRPD.

“Together we shall make the world a better place for all”
Uganda and Danish Partners’ in a meeting during the December project monitoring visit 2015

UNAPD BOD during a Board meeting in December 2015

Chairpersons of Partners’ organisation and EDs during a joint trust fund training held in December 2015

UNAPD Board Youth representative giving remarks during Masindi General Assembly

Training on Reproductive health rights for Girls and women with disability in Naryvur Sub-County in Nebbi Distrcit.

Training of Bugiri District Action on Physical Disability on Business Development, Financial management and Membership registration

Vision: Society where Persons with Physical Disabilities are accorded rights enjoyed by all citizens
Mission: To remove barriers in society that prevents People with Physical Disabilities from enjoying full Rights on an equal basis with other citizens.

UNAPD members during the Day of the African Child Celebrations in Kayunga 2015.

Dr. Allan Birabi showing accessibility models in Makerere University, Department of Architecture and Physical Planning.

Our Danish Partners on a field visit to Kiboga during the December 2015 project monitoring visit.

Disability Sports group in Nebbi and Busia during a training session.
I convey greetings from Mukono District Action on Physical Disability (MDAPD) to all our esteemed readers, specially members who are the major target for this article.

This is my first time communicating to you using this forum and I am delighted to have this opportunity to write about the bye-law on accessibility from Nabbaale Sub-County, Mukono District.

The project is funded by Disability Rights Advocacy Fund (DRAF); the main aim of the project is to ensure improved accessibility to the public and private facilities in Kampala and neighbouring areas of Mukono as a representative picture of national level so that Persons with Physical Disabilities can enjoy their inherent rights of access to services without any barriers.

The bye-law was warmly welcomed by the leaders of Nabbaale Sub-County from the day of its introduction by the then UNAPD projects’ coordinator (Mukasa Apollo) together with the then Senior Project Officer (Kafeero Vincent) from UNAPD on 17th April 2015. The bye-law went through processes until it was passed by the council of Nabbaale Sub-County and forwarded to the District council for approval. This same bye-law was approved by the business committee of Mukono District council which later put it on the order paper of the council that sat and passed it on 17th of February 2016.

PWDs of Nabbaale Sub-county in particular are proud of this bye-law because they are sure that the accessibility of their place is going to improve together with those PWDs of Mukono District as a whole.

This bye-law has acted as a stepping stone for us (MDAPD) and PWD fraternity to fight for our right of accessibility of public buildings through the different forums, and thanks to the media houses that has been reporting about this bye-law and its intentions. We hope to continue sensitizing the public on the issues concerning accessibility.

On behalf of MDAPD, people of Nabbaale Sub-County and PWDs of Mukono as a whole, we want to appreciate our funders together with UNAPD for choosing this bye-law to come to our area because it has acted as an eye opener to our leaders, planners and the engineers to think about accessibility as they plan and build public buildings. We hope for great improvement on the side of accessibility.

I am directly under the supervision of the Project’s Coordinator and directly supervises all the Project Officers. Therefore, I would like to congratulate every one of you and look forward to a good working relationship as a team. The word TEAM to me means “Together Everyone Achieves More”. As the UNAPD Team, I wish to encourage you to always note the followings: Acceptance, Respect, Love, Cooperation, Unity, Honest, Equality, Equity, Transparency and Trustworthy among others as we serve persons with Physical Disability in the country.

Finally to each and every one of you who will have the chance to read this Article, I want to encourage you to always have persons with disabilities included in your various development interventions (projects or programs)

“Let us get united against All Barriers in Society that Prevents People with Physical Disabilities from enjoying their full Rights on an Equal basis like any other citizens”

I take this opportunity to thank the almighty God for allowing us (UNAPD) pass through to this great moment. I know it has not been easy but with his guidance and provision made us (UNAPD) successful. I wish to salute each and every one who took their time and supported us in this great journey since 1998. It is my pleasure to communicate to the UNAPD membership, Board of Directors, Secretariat, partners, friends and all the well-wishers of UNAPD. Am delighted to be part of the UNAPD Team as the Senior Project Officer. Though am still new on the team, I have been so far able to interact with some of you. As we move on, I will be able to interact with you all at different levels and forums.

I am a simple man with simple profile with Bachelor’s Degree in Social Work and Social Administration from Ndejje University and a Certificate in Law from the Law Development Centre. I have great and vast experience in working for the marginalized and vulnerable persons in the community for example those in Karamoja, Children, Women and specifically persons with disabilities where I have spent most of my time after the University.

I am directly under the supervision of the Project’s Coordinator and directly supervises all the Project Officers. Therefore, I would like to congratulate every one of you and look forward to a good working relationship as a team. The word TEAM to me means “Together Everyone Achieves More”. As the UNAPD Team, I wish to encourage you to always note the followings: Acceptance, Respect, Love, Cooperation, Unity, Honest, Equality, Equity, Transparency and Trustworthy among others as we serve persons with Physical Disability in the country.

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“Let us get united against All Barriers in Society that Prevents People with Physical Disabilities from enjoying their full Rights on an Equal basis like any other citizens”

Alwan Richard
Senior Project Officer

Ms Nassanga Sylvia
Project Assistant Mukono
Mission: To remove barriers in society that prevents People with Physical Disabilities from enjoying full Rights on an equal basis with other citizens

Volume: 1, Issue 1, 2016

PADIAPD Lobbied Finance Trust Bank, Pallisa Branch for provision of an Accessible ramp
As a result of the effective lobbying efforts of Pallisa District Action on Physical Disability team I am so thrilled to inform you that Finance Trust Bank, Pallisa Branch has put in place a ramp in line with PWDs Act 2006 Part IV section 20.

Gratitude to the management of Finance Trust Bank, Pallisa Branch for considering access for all a priority to ease PWDs mobility to maneuver within the bank as they transact business; lets embrace SDGs agenda 2030 and together we shall achieve it.

An inclusive community guarantees access for its citizens to all necessary services and ensures there are no barriers preventing people with disabilities from participating in its social and economic life. Through neglect, ignorance, prejudice and false assumptions, as well as through exclusion, distinction or separation, persons with disabilities have very often been prevented from exercising their economic, social or cultural rights on an equal basis with persons without disabilities. The effects of disability-based discrimination have been particularly severe in the fields of education, employment, housing, transport, cultural life, and access to public places and services.

Expensive is a relative term in reference to the right for all persons to be able to access public facilities. “Note that any of us could become disabled in an instant, say from a car accident, so ‘expensive’ would directly relate to limited knowledge on what the Accessibility Standards are about exactly, for example accessibility can be improved simply by providing a tap lever handle that someone with fingers impaired from disease can use with an elbow, or levelling a path to have a gentle incline towards a pit latrine.

Together lets prioritize a non-discriminatory approach; accessibility of the physical environment (to include transport and buildings); services being within safe physical reach, including in rural areas; and accessibility of health information and communication.
THE IMPACT OF THE CAPACITY BUILDING PROJECT ON THE LIFE OF PWDs’ FAMILY.

Our esteemed readers, let me take this opportunity to congratulate you upon ending 2015 as well as coming into 2016 safe and sound, glory be to the almighty God. This time round we need to account for the stories about the unknown.

In the year 2014, UNAPD Launched the project in four different districts of Uganda i.e. Lira, Mbale, Mukono and Kabale which mainly focused on how Children with disabilities can be enrolled as well as be retained in schools with their fellow peers without disabilities. Economic involvement in all government programmes and improvement of accessibility of all public places is regarded as a score point in the disability movement for the project in this district.

To many, this sounded like mystery but in two years of rigorous work with the selected project schools in the four districts, there was an initiative started referred to as the Parent Support Groups (PSGs) comprised of Parents of CWDs. In order to empower them, they were trained in advocacy and livelihood skills so as to be able to sustain their own children in schools. This strategy has greatly empowered these parents with courage and has as well enhanced parents love for their children. A point to note is the PSG group of Mbale District in Nakaloke Sub-county by the name of “Kolonyi Parent Support Group” where parents in this group have been able to save and economically develop themselves, such initiative has had a multiplier effect of other groups. For example in Lira Ireda PSG registered as a Community Based Organisation(CBO) and was able to benefit from the subcounty grant of CDD.

Readers and partners in disability, there is ability in disability. Let's try to lobby, advocate and empower the disabled by involving them from the grass-root level and embracing the principle of “Nothing for us without us”. We shall generally revive the fraternity and register mile-stone achievements for the Disabled.

Embarking on Lobbying; it’s with great pleasure to inform you that as a result of the effective lobbying efforts of the project team in the respective fields, Appropriate Technology Center (ATC) offered an accessible latrine facility to Bishop West primary school, one of the project schools in Mukono District. Currently, this latrine is being put to use and CWDs are enjoying a free and nice inclusive learning Environment.

For the membership, we are coming in full force to implement, lobby and advocate. Nothing will stop us from achieving our goals of improving the lives of PWDs. Together we shall make this country a better place for all.

“For God and My country.”
Seizing a life time education chance to study in Denmark through Para sports

Am blessed to be one of the people who are differently able in Uganda and a member UNAPD who had a chance to study overseas. This was as a result of my involvement in Para-rowing sport which sport I real cherish. Fate caught up with me through the polio disease when I was 2 years and now I use a pair of crutches to walk. I was introduced to Para-rowing sport 9 years ago hence fulfilling my dream of playing water sport.

In 2014 UNAPD my mother organization offered me to volunteer in the development of Para-sports in 4 districts of Uganda namely, Mubende, Kampala, Nebbi and Busia.

As a sports committee member representing UNAPD, I was recommended in 2015 to go and study at Egmont folk high school in Denmark.

I realized at Egmont that everyone at this school is self-reliant as possible, treated with respect and dignity plus working together and taking responsibility for each other being part and partial of this society. Egmont is characterized by full accessibility which suits the differently disabled persons like me to move.

While in Denmark at Egmont high school, I learnt to stretch beyond limits. We could do sports activities like climbing the wall, swimming among many sports disciplines. This helped me do away with self-pity.

Also the education system in Denmark is very practical compared to ours in Uganda. Any topic we could study like workshop planning, advocacy among many others could be done practically which could cause one to understand it more. We also had many study trips.

Climatic conditions and time changes weren’t all that easy at first. Denmark is so windy even when there is sunshine. In spring, the day could get dark at around 8:30pm or even 9:00pm and it could brighten as early as 4:30am. One could wonder how God created this part of the world. In winter time, we experienced some snow and it was a good experience for me and others. We could go and have an experience in the cold sea and then go to the sauna. It was real fun. When winter came, the day could get dark at 4:30pm and take long to brighten the following morning. Amazing!

Time keeping is part and partial of the Danish culture. In everything we could do as foreigners, we ought to have kept time if at all we didn’t want to offend our teachers and others.

I found it pretty challenging getting used to some of the Danish food even by the time I left. The way food is prepared there is very different from the way we do it here in Uganda. Some food like Irish potatoes and rice I could enjoy. I also used to eat many fruits like peers, apple among others. Breakfast could usually be served starting 7:45am and end at 8:30am. Lunch could be served at 12:30pm to 2:00pm and dinner at 6:00pm. This was also a new experience compared to the time we are served food here.

Transport system is much more developed, they have well-coordinated road network, rail and water transport. While in Denmark I had a chance of travelling in electric trains and the ferry which I had never used before. We used a ferry to and from one of the study trips to Laeso Island and I real enjoyed the experience. We also used a big tractor with a carrier as means of transport on this Island. Danish people are so lovely and caring but so reserved and hard to befriend. Children are taught to live independent life from their childhood. They learn to work to earn a living while still in school. I really liked this.

PWDs in Denmark are treated with care and respect. They can even achieve higher education because they have every assistive device that makes their lives easy living. Every place is accessible which makes it easy for the movement of PWDs. Those who are educated can get good jobs with accessibility and everything in place to suit their work well.

Those who have severe disabilities are looked after by the government by giving them some allowance every after a certain period of time.

To sum it up all, I would say that studying in Denmark was a life time chance that anyone would wish to have taken given a chance like the one that was given to me. It was such a wonderful experience that was worth facing in one’s life time. I learnt many things that I can apply in my day to day life, my organization and my community as a whole. Many thanks to UNAPD for recommending me and DPOD/DSOD for the sponsorship.

Long live UNAPD, long Live Danish People
Greetings to our esteemed readers

Here again, we get another opportunity to communicate to you. In this edition we would like to talk about the beauty in being transparent and accountable. We had trust fund and financial management skills and guidelines training recently. The training was followed by advancing trust fund to the District Associations/ Beneficiaries of the three partner organizations of SIA, BISOU and UNAPD. We hope that the funds were put to the right use, were used transparently and have benefited our membership.

By transparency, we mean acting visibly, predictably and understandably to promote participation of the members in the District Association and accountability. The executives are answerable for their actions and that there is redress when duties and commitments are not met. They have to explain, clarify and justify usage of the funds. They have to effectively communicate to their mother organizations in an honest and truthful way and in compliance with the set guidelines.

Openness and transparency can save money and strengthen donor’s trust in our work and encourage greater participation of our beneficiaries.

We therefore need to respect the reasonable requests of donors, beneficiaries and other stakeholders, of a better understanding of how we work so as they trust us, get more support and fundraising resources to see to the effect of our great cause in the disability movement.

It’s now time to account for the trust fund funds, we hope, to see the two principles of transparency and accountability exhibited in the reports and accountabilities.

Trust, honesty, humility, transparency and accountability are the building blocks of a positive reputation. Trust is the foundation of any relationship.” - Mike Paul

A lack of transparency results in distrust and a deep of insecurity.”--Dalai Lama
Hello our mighty sport readers,
Warm greetings from the Disability sport component of SIA, BISOU and UNAPD. Since the launch and induction of sport activities in the project districts of Nebbi, Busia, Kampala and Mubende (MRC) in 2014, a number of sport activities have been ongoing and these includes; engagement meetings with relevant disability sport stakeholders such as Uganda Paralympic Committee (UPC), National Council of Sports (NCS), Uganda Society for Disabled Children (USDC), daily sport trainings by members participating in the sport activities, membership identification and registration of SIA, BISOU and UNAPD members in the sport district sub counties.

One very key amazing activity that have been carried out by SIA, BIOSU and UNAPD members participating in the sport project districts is formation of sport group Associations. This is a very amazing idea that have been generated by the members themselves in which they have come together to form social groups through disability sport.

There are so far four groups formed and they are Buyanga persons with disability sport association in Busia district, Spinal Injury sport Association in Kampala, Nebbi Sub county sport Association in Nebbi, Nyaravur and Parombo sport groups associations in Nebbi. These groups have got in place interim Executive committee members who are Chairpersons, Secretary Treasures among others whose key role is to ensure the groups achieve their main goals and objectives.

Why the Sport Groups
In an interview with the Chairperson of Buyanga sport group in Busia District, he said the main objective of forming the sport groups was to bring about sustainability and promotion of disability sports in Busia district. Mylene from SIA Sport group also added that as members with spinal injury, they association will act as a very important link to among themselves through mobilizing more members with spinal injury in Kampala and other districts.

Afoyocan Beatrice from Nyaravur subcounty in Nebbi District said, the sport activity have brought them together as women with physical disabilities in Olyeku villages therefore forming an association will enable them continue getting together and also getting involve in economic development and empowerment activities like savings/accessing some of the government programmes like CDD and special grant.

What the groups have achieved so far
1. Registration of the groups as CBOs
2. Elections of interim committee leaders

Planned activity for the groups by SIA, BISOU and UNAPD.
1. Capacity buildings of the group leadership like OD group dynamics, financial management
2. Trust support
3. Support legal elections of the interim executives
4. Affiliation with mother organizations

And to my fellow PWDs, sport is a right that we should seriously take on to mobilize, unit us and showcase our abilities.

I love to lastly pass my sincere thanks to our sport partners in Denmark for the great support in promotion of PWDs sport in Uganda, and all our members plus our dear mighty readers for the spot on.