

## Message from the Chief Executive Officer



*Beverly Beckles PhD*

During the first quarter, a very important issue affecting the continuing education of children with special needs was highlighted in the media, i.e. the non-receipt of payments from the Ministry of Education (MOE) to Private Special Schools for the new academic year which started in September 2016.

Many of NCPD's stakeholders have been very concerned since learning of this situation and have contacted me for more information on the issue. As such, I wish to take the opportunity to give our stakeholders a brief update on the situation.

To date, Private Special Schools have not received funding from the Ministry of Education since September 2016. The Government has given the reassurance that they are committed to continuing funding. However, the new Memorandum of Understanding (MOU) between the MOE and Special Schools is yet to be finalised. It should be noted that discussions for the renewal of the MOU began between

the Private Special Schools Association of Trinidad and Tobago (PSSAT) and the MOE in 2013.

Whilst Private Special Schools, including NCPD, have truly been fortunate to receive support, both financially and in-kind, from the corporate community, this non-payment is putting considerable strain on these institutions, given the present economic climate.

NCPD hopes that the MOE will move quickly to finalize the new MOU. This will provide relief not only to staff and administrators of the

### **Our Vision**

To be a World Class Social Enterprise promoting social inclusion for persons with disabilities.

### **Our Mission**

To empower persons with disabilities through vocational rehabilitation, training, advocacy, research and consultative services in partnership with diverse stakeholders.

### **Whats inside**

	pg.
NCPD's Candle and Soap Making Programme	3
NCPD's Activities January – March 2017	6
NCPD's Upcoming Events	15
Wellness Tip	15

Private Special Schools, but most importantly, relief to the students, with special needs, who attend these schools as well as their families.

NCPD remains committed to its mission of empowering persons with disabilities (PWDs) through vocational rehabilitation, training, advocacy, research and consultative services in partnership with diverse stakeholders.

On behalf of NCPD, I take this opportunity to once again thank you our stakeholders, most sincerely for your continued support.

# EPILEPSY

## WHAT IS EPILEPSY?

---

**Epilepsy is a brain disorder that causes recurring seizures. It can be the result of a condition such as cerebral palsy or strokes, but there is often no known cause.**

## WHAT IS A SEIZURE?

---



**A seizure is a sudden surge of electrical activity in the brain. It usually affects how a person appears or acts for a short time.**

**Seizures are not a disease in themselves. Instead, they are a symptom of many different disorders that can affect the brain. Some seizures can hardly be noticed, while others are totally disabling.**

## WHAT ARE SEIZURE TRIGGERS?

---

**'Triggers' are factors that precipitate or provoke seizures. Some people may find that seizures occur in a pattern or are more likely to occur in certain situations**

# NCPD's Candle and Soap Making Programme

By Lisa Bholai

In April 2015, the Ministry of Community Development undertook a pilot project with eighteen (18) trainees at NCPD to teach them candle and soap making. In addition to the trainees, an instructor, Ms. Camille Hosein, was also part of the project being trained to become a trainer in the skill. The objective of the pilot was to gauge trainees' interest in learning a new income generating skill.

The pilot project was completed in June 2015 and was a resounding success. Trainees who participated indicated their interest in continuing the programme and trainees who heard about the programme and had seen some of the products wanted to join.

As a result, during September 2015, at the start of the 2015/2016 academic year, the Candle and Soap Making programme was introduced at NCPD. Under the excellent guidance of Ms. Hosein, three (3) levels of classes – beginners, intermediate and advanced, were established. Class size was, and still is, limited to a maximum of eight (8) trainees due to the size of the room used for classes, as well as the need to ensure trainees receive individual attention. Trainees who were part of the pilot project moved ahead to the intermediate level and those who excelled during the pilot were placed in the advanced class. New trainees joined the beginners class. At present, trainees are keenly interested in joining the programme as is



ev-  
denced by the waiting list for the class. Trainees are selected for the class based on their interest in joining, as well as whether they are physically capable, due to the na-



ture of the process. It should be noted that some persons are able to find alternative ways to perform the tasks and thereby complete the programme.

The programme is also one of the Centre's Behaviour Modification Interventions. For example, if a trainee is exhibiting negative behaviour such as bullying fellow students or being disrespectful to staff, they may not be allowed to continue the class until a pos-

itive behaviour change is observed.

It is of interest to note that the programme has made itself self-sustaining. The trainees produce candles and soaps for sale, and these

revenues are used to finance the purchase of resources needed for the class and also produce more items for sale. The trainees have hosted several successful sales displays at the Centre for Valentine's Day, Mothers' Day, Fathers' Day, Easter and Christmas.

They have also had sales displays at the annual Tea by the Sea fundraiser and even externally at the Ministry of Community Development's Community Day at the San Fernando Hill.

## COMMON TRIGGERS

Commonly reported triggers include:

- Specific time of day or night
- Sleep deprivation
- Flashing bright lights or patterns
- Alcohol or drug use
- Stress



- Associated with menstrual cycle or other hormonal changes
- Not eating well, low blood sugar
- Specific foods or excess caffeine
- Use of certain medications

## SYMPTOMS OF EPILEPSY

Seizures can affect any process your brain coordinates. Seizure signs and symptoms may include:

- Temporary confusion
- A staring spell
- Uncontrollable jerking movements of the arms and legs
- Loss of consciousness or awareness

Symptoms vary depending on the type of seizure. In most cases, a person with epilepsy will have the same type of seizure each time, so the symptoms will be similar from episode to episode.

## MYTHS ABOUT EPILEPSY

**1. You can swallow your tongue during a seizure.**  
It is physically impossible to swallow your tongue.

**2. You should force something into the mouth of someone having a seizure.**

No. This may cause harm to the person. Instead gently roll them on one side and put something soft under his or head for protection from injury.

**3. You should restrain someone having a seizure.**  
Do not try to restrain someone. The seizure will run its course. Use simple first aid to prevent injury.

**4. People with epilepsy are disabled and can't work.**

People with epilepsy have the same range of abilities and intelligence as the rest of us. Some have severe seizures and cannot work; others are successful and productive in challenging careers.

**5. People with epilepsy shouldn't be in jobs of responsibility and stress.**

People with seizure disorders are found in all walks of life and at all levels in business, government, the arts and other professions..

## MYTHS ABOUT EPILEPSY

---

**1. You can swallow your tongue during a seizure.**

It is physically impossible to swallow your tongue.

**2. You should force something into the mouth of someone having a seizure.**

No. This may cause harm to the person. Instead gently roll them on one side and put something soft under his or head for protection from injury.

**3. You should restrain someone having a seizure.**

Do not try to restrain someone. The seizure will run its course. Use simple first aid to prevent injury.

**4. People with epilepsy are disabled and can't work.**

People with epilepsy have the same range of abilities and intelligence as the rest of us. Some have severe seizures and cannot work; others are successful and productive in challenging careers

**5. People with epilepsy shouldn't be in jobs of responsibility and stress.**

People with seizure disorders are found in all walks of life and at all levels in business, government, the arts and other professions..

## TREATMENT FOR EPILEPSY

---



Epilepsy is primarily treated with medications, which are successful in reducing the frequency and severity of seizures in more than half of epilepsy patients.

However, even mild seizures can be dangerous if they happen at certain times, such as when you're driving or swimming, and could limit your ability to perform some work activities.

### LOCAL EPILEPSY ORGANISATIONS INCLUDE:

---

**The Seizure Awareness Foundation of Trinidad and Tobago**

Facebook:

[www.facebook.com/TheSeizureAwarenessFoundationOfTrinidadAndTobago/](http://www.facebook.com/TheSeizureAwarenessFoundationOfTrinidadAndTobago/)

**Epilepsy of Trinidad and Tobago**

Tel: 345-1097

Facebook:

[www.facebook.com/EpilepsyofTrinidadandTobago/](http://www.facebook.com/EpilepsyofTrinidadandTobago/)

### INFORMATION FOR INFO-GRAPHIC SOURCED FROM:

---

**The Epilepsy Foundation:**

- [www.epilepsy-ohio.com](http://www.epilepsy-ohio.com)
- [www.epilepsy.com](http://www.epilepsy.com)

# NCPD's Activities

## January - March 2017

NCPD held its 17th Annual All-inclusive Charity Fete on February 12th. Patrons were entertained by Dil-E-Nadan featuring Raymond Ramnarine, A Team featuring Eddie Charles, NGCT&T Sweet Tassa, DJs Black Gold and Alpha B as well as four-time Extempo Monarch, Lingo. ALL proceeds from the event goes towards funding the Vocational Rehabilitation Training Programme.





On January 24th, NCPD received a Special Mention in the NGO Award for Good Governance category during the Energy Chamber's Annual Awards 2017. NCPD congratulates ALTA, who won the award.



Nine (9) NCPD footballers had the opportunity to learn skills as well as train with players from TT Pro League Team W Connection on January 25th.



T'shian Gibson, Tyrese Pierre and Jaleel Pierre received awards during First Citizens Sport Foundation Youth Awards for their performance in the fields of volleyball, football and swimming respectively, on January 20th. The three NCPD athletes were nominated by their Special Olympics Coaches for their performances at the Special Olympics Trinidad and Tobago Games 2016.



On February 24th trainees and apprentices from both the Centre and Unit locations participated in NCPD's Annual Carnival Jump Up. Trainees, led by their instructors, participated in modelling, soca lip sync, and ole' mas competitions. Parents were invited to attend and enjoy the show. A great time was had by all.



Five (5) athletes from NCPD were part of the sixteen (16) member team which arrived at Graz, Austria on March 13th to participate in Floor Hockey at the Special Olympics World Winter Games. The athletes, Antonio Sorzano, Sean Gibson, Jamol Noel, Darrius Gokool and Donald Doyle were accompanied by NCPD coach and welding instructor, Mr. Ron Wilshire.



Four (4) young budding artists, Vernisha Lucien, Aleah Spring, T'shian Gibson and Ravi Seecharan, submitted pieces to the Republic Bank Ltd and Rapidfire Kidz Foundation Art Competition for kids with disabilities. Ms. Lucien tied for first place and won a cash prize.



Ms. Lucien's  
Winning  
Artwork



Powergen held its 25th Annual Special Children's Fun Day 2017 on March 15th at the Powergen Sports Club, Penal. One hundred and twenty-one trainees and apprentices, accompanied by 17 staff members attended the Fun Day. The trainees participated in many activities and NCPD placed third (3rd) in the Most Impact Category.





Members of the UK Women's Group of Trinidad and Tobago visited and toured the Centre on January 18th. They were extremely impressed by NCPD's work and facility.



On February 3rd, twenty (20) trainees from Servol (Point Fortin) visited and toured the Centre's facilities in order to learn more about what is offered at NCPD. The trainees, some of which will eventually attend NCPD, learnt that in addition to receiving certified vocational training, persons attending NCPD also participate in remedial education, life skills, computer literacy, entrepreneurial skills, music, art, craft and sports, have access to counselling services and may also benefit from placement opportunities.



Thirty-nine (39) students from St. Joseph's Convent, San Fernando, accompanied by their teachers visited NCPD's Centre location on February 15th where they participated in Disability Sensitization Training as well as toured the facility. The students also presented NCPD with a donation of \$2,140.00 as well as pieces of their beautiful artwork.



The British Council sponsored a UK Skills Policy Dialogue on the theme “How Important is Enterprise Training to Job Creation, Embedding Enterprise in Technical and Vocational Education”. It was held in Edinburgh, Scotland from March 7th - 9th. The Trinidad and Tobago delegation was comprised of three (3) persons; Dr. Beverly Beckles, CEO of NCPD, a representative from UTT and a local entrepreneur. They were part of a fifteen (15) member Caribbean delegation which included representatives from Jamaica and Cuba. The aim of the Conference was to explore the different approaches to entrepreneurship training within the wider international skills agenda by drawing on the expertise and varied perspectives of entrepreneurs, government officials and representatives from the education sector. A Study tour including business visits and college visits was also part of the three days of activity.



On March 16th, Ms. Kahaya Sooklalsingh (Programme Manager) and Ms. Lisa Bholai (Research and Communication Officer) facilitated a Disability Sensitization Session titled The Special Child at the Servol Skills Training Centre (La Romain).



### **Caribbean Telecommunications Union Demonstration**

Dr. Beverly Beckles (CEO) attended the Caribbean Telecommunications Union's Demonstration of Video Service Assistive Technology for PWDs who are Deaf or blind on January 25th. The ICT service makes it possible for Deaf or blind persons to communicate with each other and other sighted and hearing individuals.

### **Human Rights Open Day**

The Faculty of Law (FOL), University of the West Indies St. Augustine Campus in collaboration with the European Union hosted a Human Rights Open Day to raise the public's awareness on modern-day human rights issues. Ms. Lisa Bholai attended the Open Day on January 27th which highlighted the FOL's project work with a focus on human rights issues such as gender; lesbian, gay, bisexual, trans, and/or intersex (LGBTI); and the death penalty.



### **Workshop on Learning Disabilities**

The Ministry of Education's Student Support Services, Victoria District held a Workshop on Learning Disabilities aimed at showcasing new teaching strategies for learning disabilities, specifically reading disabilities. NCPD Instructors, Mrs. Krystal Branker and Ms. Candice John attended the workshop on January 27th where they were exposed to different methods of assisting trainees at the Centre with reading difficulties. They also received testing materials to be used for detecting reading disabilities.

## ***NCPD's Upcoming Activities***

<b>Date</b>	<b>Activity</b>
April 1st	Special Olympics Trinidad and Tobago Games
April 2nd	Autism Awareness Day
April 7th	End of Term II
April 8th	Cricket Match on Carrera Island
April 24th	Start of Term III
April 29th	NCPD to facilitate a Paper Recycling Workshop at the Bocus Lit Fest
July 7th	End of Term III

### ***Wellness Tip***

#### ***Never Skip Meals to Avoid Overeating***

*The biggest cause of overeating is actually not eating enough. If you deprive your body of food for too long, you will over indulge when you finally do sit down to eat. Calm cravings by eating several small, healthy meals and snacks throughout the day.*

7-21 New Street San Fernando, Trinidad, W.I.  
Tel./Fax: (868) 652-4880, 657-3525  
Tel: 657-4363, 222-UNIT (NCPD)  
E-mail: [ncpdtrinidad@gmail.com](mailto:ncpdtrinidad@gmail.com)  
Website: [www.ncpdt.org](http://www.ncpdt.org)  
Facebook: [www.facebook.com/ncpdtrinidad](http://www.facebook.com/ncpdtrinidad)