

NCPD'S CARIBBEAN THROWDOWN

On April 1, 2022, NCPD held its fundraiser titled "Caribbean Throwdown." Our menu consisted of delicious local cuisines such as callaloo, coo-coo, coconut rice, stewed chicken, stewed fish, green fig salad, boiled plantains, garden salad and a complimentary drink of fresh mauby.

NCPD wishes to thank everyone for the effort and support given to our fundraising event. Overall, we had an amazing turnout and the fundraiser was a success.

OUR STEWED FISH OPTION



OUR STEWED CHICKEN OPTION

GARDEN SALAD



COCONUT RICE & COO-COO

STEWED CHICKEN



STEWED FISH

Here's what to know about:

World Health Day

April 7, 2022



What is World Health Day?

World Health Day (WHD) celebrates the anniversary of the founding of WHO in 1948. Every year on April 7th, a theme is selected with the aim of highlighting an area of public health concern in the world.

World Health Day's theme for 2022

This year's theme is "Health Promotion for Well-being, Equity and Sustainable Development."

The WHO stated that on World Health Day, focus would be placed on "urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being." Currently, the planet is becoming more polluted and diseases such as cancer, heart disease and asthma are increasing. More recently, we have experienced the COVID-19 pandemic.

Notably, the pandemic has uncovered weaknesses in all areas of society. Looking at the current status of the economy, persons are living in poverty and economic instability as there is an inequitable distribution of income, wealth and power. Consequently, this leads to an increasing need for sustainable well-being societies. The WHO emphasised the need for societies to be "committed to achieving equitable health now and for future generations without breaching ecological limits."



World Autism Awareness Day

What is World Autism Awareness Day?

World Autism Awareness Day is held on April 2nd of each year with the aim of raising awareness and celebrating the achievements of persons with autism.

What is Autism?

Autism Society is an organization aimed at advocating for persons with autism. They define autism or autism spectrum disorder (ASD) as “a complex, lifelong developmental condition that typically appears during early childhood and can impact a person’s social skills, communication, relationships, and self-regulation.” Notably, autism varies in each person due to their behaviours affecting them differently and to varying degrees.

Theme For 2022

The theme for World Autism Awareness Day in 2021 and 2022 is “Inclusion in the Workplace: Challenges and Opportunities in a Post-Pandemic World.” According to the UN, the pandemic has highlighted issues that existed for several years. Looking at autism, there is a need for a more understanding work environment and inclusive employment programmes.

In 2021, the UN had a panel discussion with self-advocates, educators and other experts. During this panel, they discussed the importance of fostering inclusive quality education. The pandemic has caused schools to close, therefore, hindering progress and worsening inequalities in education. Once inclusive quality education is provided, persons with autism can fulfil their potential and become successful in the labour market.

Light it Up Blue

On World Autism Awareness Day people are encouraged to wear blue clothing and use the hashtag #LightItUpBlue to raise awareness on social media. The idea originated from the Autism Speaks organization’s campaign that aims to bring understanding and acceptance to persons with autism.

Continued Recognition of Basic Communication in Sign Language

NCPD continues to advocate for a disability-inclusive society by continuing to educate persons on the basic sign language used in everyday interactions.

Letters of the Alphabet



Health Tips for Special Needs Adults



Regular Checkups



Overall, it is good practice to keep regular health checkups. These checkups would help to ensure good health and keep potential complications at bay.

Some physicians that should be visited regularly are your family practitioner/primary care provider, dentist, and optometrist. If you are struggling with mental health disorders such as depression and anxiety, talking with a therapist can provide some comfort.

Stay Active



Staying active is another factor that assists in preventing or improving health complications. Persons with disabilities remain active through adaptive sports and recreation programs. Notably, persons should check with their doctor/physical therapist before starting any exercise or adaptive sport. These practitioners can determine the type and amount of physical activity that is safe for them.

Some adaptive sports that one can consider are:

- Wheelchair Basketball
- Volleyball
- Bocce/lawn bowling (for more severely disabled persons with low mobility)
- Aquatics/swimming
- Table tennis
- Cricket

Eat Healthy



Overall, a healthy diet is essential for maintaining a healthy lifestyle. Foods such as fruits and vegetables are key to a well-balanced diet whereas processed foods and added sugar should be avoided.

A healthy diet can be beneficial as it provides energy, nutrients and prevents diet-related illness.



Take Care Of Your Mental Health

According to the National Institute of Mental Health, (NIH), "mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life."

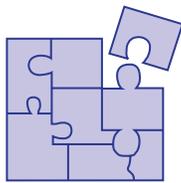
Some methods of maintaining good mental health are:

- Being social
- Staying hydrated
- Exercise your mind by doing logic or crossword puzzles
- Doing physical exercise



Create a Support Team

Creating a support team consisting of family and friends is important for persons with special needs. The support team can assist in maintaining physical and mental well-being along with providing needed encouragement.



**NATIONAL CENTRE
FOR PERSONS
WITH DISABILITIES**

**7-21 New Street San Fernando, Trinidad, W.I.
Tel./Fax: (868) 652-4880 (Whatsapp)
E-mail: ncpdtrinidad@gmail.com
Website: <https://ncpd.charity.tt/ability/>
Facebook: www.facebook.com/ncpdtrinidad**

SCAN ME!

