

NCPD PROGRESSION

HIGHLIGHTS

Disability Awareness

World Cerebral Palsy Day

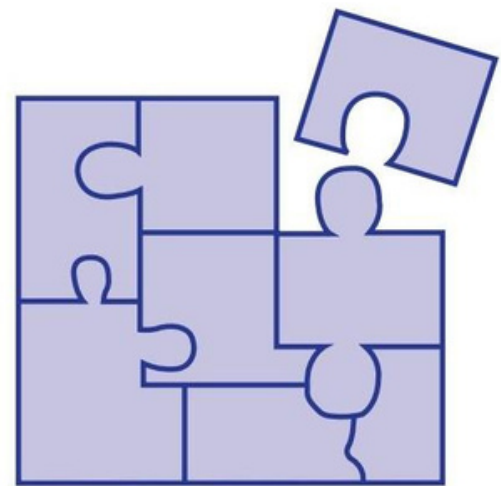
World Mental Health Day

Disability Etiquette

Creativity Corner

Upcoming Events

NCPD's Bazaar and Family Day 2022



**NATIONAL CENTRE
FOR PERSONS
WITH DISABILITIES**

Our Vision

A country in which every PWD enjoys equal access to the rights, privileges and opportunities afforded to all citizens

Our Mission

To be the leading organization that is renowned for educating and training PWDs to contribute to a disability inclusive society.

Disability Awareness

Down Syndrome Awareness Month

October is designated as Down Syndrome Awareness Month. The entire month is dedicated to advocating and raising awareness of persons with Down Syndrome.

What is Down Syndrome?

Overall, Down syndrome is a naturally occurring condition where a person is born with an extra chromosome. Usually, a baby has 46 chromosomes, however, a baby with Down syndrome is born with an extra genetic material associated with the 21st chromosome. The extra chromosome is a result of an error occurring during cell division when the egg and sperm first meet.

HOW TO PARTICIPATE



WEAR A BLUE AND YELLOW RIBBON

By wearing a blue and yellow ribbon, you can raise awareness and express solidarity for persons with Down syndrome.



PARTICIPATE IN DOWN SYNDROME FAMILY NETWORK'S BUDDY WALK

On October 30th 2022, the Down Syndrome Family Network is having a buddy walk to celebrate their 10th anniversary and to raise support and acceptance of persons with Down syndrome. Notably, this event is being held at Nelson Mandela Park.

Link to register for the event:

<https://bafasports.com/product/buddy-walk-2022/>

VOLUNTEER / DONATE TO ADVOCACY GROUPS

To raise awareness, people can donate or volunteer at advocacy groups for persons with Down Syndrome. One notable group in Trinidad and Tobago is the Down Syndrome Family Network.

Website:

<https://www.dsfamilynetwork.org/>

Facebook:

<https://www.facebook.com/dsfamilynetwork>

PARTICIPATE IN SEMINARS



On October 8th 2022, the Down Syndrome Family Network is having a workshop focusing on inclusion in education. The workshop will be held at the Hyatt Regency Ballroom from 2 pm to 5 pm.

Persons who are interested are asked to pre-register through this link:

<https://bit.ly/dsfnttrinidad1022>

FUN FACT

Did you know that October was initially carded as Down Syndrome Awareness Month in the 1980s?

World Cerebral Palsy Day

World Cerebral Palsy Day is celebrated yearly on October 6th with the intent of supporting and advocating for persons with Cerebral Palsy.

What is Cerebral Palsy?

According to the Centre for Disease Control and Prevention (CDC, 2022), Cerebral palsy consists of a group of disorders "that affect a person's ability to move and maintain balance and posture." Further expanding on this, they explain that Cerebral Palsy is caused by "abnormal brain development or damage to the developing brain." Consequently, this can affect one's ability to control their muscles.

Types of Cerebral Palsy

According to the CDC, there are four types of Cerebral Palsy:

- Spastic Cerebral Palsy
- Dyskinetic Cerebral Palsy

- Ataxic Cerebral Palsy
- Mixed Cerebral Palsy

Spastic Cerebral Palsy

In this type of Cerebral Palsy, persons have increased muscle tone. This means that their muscles are stiff which further affects their movements.

Notably, Spastic Cerebral Palsy is described by the part of the body affected. The CDC listed three forms which are:

- Spastic diplegia/diparesis
 - Muscle stiffness is located in the leg. Unfortunately, the leg muscles can cause the legs to turn inward, cross at the knees, or pull together.
- Spastic hemiplegia/hemiparesis
 - This is where one side of a person's body is affected. In many cases, the arm is affected.
- Spastic quadriplegia/quadruparesis
 - This is the most severe form which can affect their face, trunk and all four limbs.

Notably, the type of Cerebral Palsy depends on the areas of the brain which is affected.

Dyskinetic Cerebral Palsy

In this type of Cerebral Palsy, persons have problems controlling the movement of their hands, arms, feet, and legs. This movement can be uncontrollable as it may be slow or rapid.

The CDC also explains that in some instances, a person's face and tongue are affected. This leads to them having difficulty talking, swallowing and sucking. Furthermore, they stated that persons with this type of Cerebral Palsy experience changes in muscle tone that can be day to day or during the day itself.

Ataxic Cerebral Palsy

Persons with this type of Cerebral Palsy experience issues with balance and coordination. Consequently, they have difficulty with quick movements and controlling their hands or arms.

Mixed Cerebral Palsy

As the name suggests, this type of Cerebral Palsy consists of persons experiencing more than one type of Cerebral Palsy.

HOW TO PARTICIPATE

Educate yourself About Cerebral Palsy

Persons can read about Cerebral Palsy on reputable websites, books and through organizations advocating for persons with Cerebral Palsy.

Participate in Events Supporting Cerebral Palsy

Keep an eye on the social media pages of organizations focusing on Cerebral Palsy. Usually, on these pages, organizations advertise upcoming events.

Provide Respite for Caregivers

Parents or caregivers of children with Cerebral Palsy spend most of their time providing daily care. If you are close to a family affected by cerebral palsy, offer to step in and assist. This gives the parent/caregiver a short period to rest and re-energize.

Donate to Organizations and Charities

Some notable organizations in Trinidad and Tobago are:

- Cerebral Palsy Association of Trinidad and Tobago
- Cerebral Palsy Society of Trinidad and Tobago

World Mental Health Day

World Mental Health Day is celebrated on October 10th, each year. Recognised by the World Health Organisation (WHO), this day aims to raise awareness of mental health issues globally and emphasize the need for support.

Theme for 2022

The theme for 2022 is to **Make mental health & well-being for all a global priority**. According to the WHO (2022), this creates the "opportunity for people with mental health conditions, advocates, governments, employers, employees and other stakeholders to come together to recognize progress in this field and to be vocal about what we need to do to ensure Mental Health & Well-Being becomes a Global Priority for all."

Reference: World Health Organization. 2022. World Mental Health Day 2022. <https://www.who.int/campaigns/world-mental-health-day/2022>.

DISABILITY ETIQUETTE

When interacting with persons who are blind:

- Identify yourself before making physical contact with them. Depending on the situation, introduce yourself and your role.
- Persons who are blind may need their arms for balance. If they need to be guided, you can offer them your arm. Do refrain from taking their arm.



CREATIVITY CORNER

Highlighting items made by NCPD's Staff and Trainees



This month we are highlighting our woodwork trainees and their instructor Mr Shepherd. Currently, the trainees are being taught how to make pastelle presses for the Christmas season.





UPCOMING EVENTS



NOTICE

Please be advised that NCPD's Curry Que Fundraiser carded for Friday 21st October 2022 has been postponed to November 4th due to unforeseen circumstances. We sincerely apologize for any inconvenience caused and thank you for your kind support.

Tasty Curry Que!

ORDER NOW!

Friday 4th November 2022
Pick Up Time: 11am-2pm

MENU:

CHICKEN	\$55 .00
VEG	\$50 .00

Meals Include:
Buss Up Shut, Channa & Potatoes, Amchar & Pumpkin
Veg (Only): Additional Bodi

CALL OR WHATSAPP TO PLACE ORDERS!
652-4880
7-21 NEW STREET, SAN FERNANDO

100% HALAL

NATIONAL CENTRE FOR PERSONS WITH DISABILITIES



Bazaar & Family Day

FUNDRAISER



Saturday 3rd Dec 2022
1- 5pm
7-21 New Street San Fernando

TICKETS AVAILABLE

\$25

KIDS UNDER 5YRS FREE

GAMES & ACTIVITIES
FOOD & DRINKS ON SALE
CHRISTMAS VILLAGE
MUSIC & ENTERTAINMENT
PRIZES TO BE WON!

For More Info: 652-4880 ncpd.trinidad@gmail.com

NCPD'S BAZAAR AND FAMILY DAY 2022

As seen in the flyer above, NCPD will be hosting a Bazaar and Family Day Fundraiser on Saturday 3, December 2022, between 1:00pm–5:00pm.

What does our Bazaar commemorate?

The event commemorates International Day for Persons with Disabilities to recognize inclusiveness. Additionally, the funds raised would be used to fulfil the needs of the Centre.

The Bazaar will include fun games and activities such as a Christmas village, music and entertainment, various food and drinks and several prizes to be won. However, to make this event a success NCPD is seeking contributions/donations in the following areas:

- Supermarket items
- Decorations and Infrastructure
- Cleaning Items
- Prizes

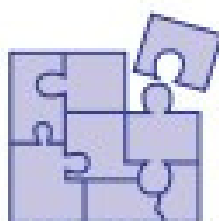
Overall, this event is a great opportunity to provide an affordable social affair where people can come together in a safe environment and experience a fun-filled day with their family and friends.

Persons who are seeking additional information or are willing to donate are asked to contact the Centre.

Telephone number: 652-4880

Email address: ncpd.trinidad@gmail.com

NCPD looks forward to seeing you there!



NATIONAL CENTRE
FOR PERSONS
WITH DISABILITIES



Updated fees on membership types:

Ordinary: \$100

Covers both parents & immediate family of an NCPD student
(\$100.00 annually)

**PWD
Membership: \$80.00**

Lifetime: \$400
(one-off)

Corporate

For Business/Government entities

\$400 (Annually)

(All members of the organization/company included)

BENEFITS:

5% Discount on Goods and Services • Deposit-free Rental of Disability Aids
Other benefits as may be identified by the Board of Directors from time to time.

Membership form: <https://bit.ly/3LBIMp4>

Payment can be made to Republic Bank AC# 940801570601 • National Centre for Persons with Disabilities

Send e-receipt to ncpdtrinidad@gmail.com

7-21 New Street, San Fernando, Rep. of Trinidad and Tobago, W.I.

Tel./Fax: (868) 652-4880, 657-3525

E-mail: ncpdtrinidad@gmail.com • Website: <https://ncpd.charity.tt/>



PURCHASE PRODUCTS CREATED BY NCPD

*Tea boxes, napkin holders
& more*

2. JEWELLERY BOXES



3. COASTERS



1. TEA BOXES



4. NAPKIN HOLDERS



Items can be found at the following stores:

- Bright Ideas Design Centre Limited
 - Marabella, Gulf City Mall and Princes Town
- Bel-Air Store Limited
 - Marabella
- Better Value Limited
 - San Fernando
- Southern Food Basket Market Place
 - San Fernando
- JTA Supermarkets Ltd.
 - Marabella
- S&B Exclusive Variety Store
 - Marabella
- TB Marketing Limited
 - Couva

CONTACT US



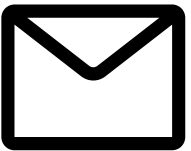
Address:

7-21 New Street San Fernando, Trinidad, W.I.



Tel./Fax:

1(868)652-4880 (Whatsapp)



E-mail:

ncpdtrinidad@gmail.com



Website:

<https://ncpd.charity.tt/>



Facebook:

<https://www.facebook.com/NCPDTrinidad>

SCAN ME!

