# Narch 2023 Vol.19

### HIGLIGHTS

**Disability Awareness** 

International Women's Day

Volunteer Planting Day

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**Creativity Corner** 

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**Upcoming Events** 



#### **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**

#### World Down Syndrome Day

World Down Syndrome Day is celebrated on March 21st each year. According to the Down Syndrome of Delaware, this specific date is symbolic as persons with Down syndrome have 3 copies of their 21st chromosome.

#### What is Down Syndrome?

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 additional 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.



#### **Rock Your Socks**

Persons worldwide wear brightly coloured mismatched socks on World Down Syndrome Day to celebrate and raise awareness. of wearing The idea mismatched socks started in 2013 chromosomes as are similar in shape to socks and persons with Down syndrome have an extra chromosome.









#### WORLD DOWN SYNDROME DAY AT NCPD







## International Women's Day

#### What is International Women's Day?

International Women's Day is celebrated annually on March 8th each year. According to the United Nations, this event aims to uphold women's achievements, recognize challenges, and focus greater attention on women's rights and gender equality to mobilize all people to do their part.

#### Theme for 2023

The theme for this year is "DigitALL: Innovation and technology for gender equality". Unfortunately, several women are excluded from technology and digital education. Data have shown that "259 million fewer women have access to the Internet than men" (United Nations, 2023).

The UN stated that this lack of access can hinder women's digital skills that are required for engagement in digital spaces. Furthermore, it

See next page for further details

"diminishes their opportunities to pursue careers in science, technology, engineering, and mathematics (STEM) related fields" (Ibid, 2023)

Therefore, this event aims to:

- Protect "the rights of women and girls in digital spaces"
- Address "online and ICT-facilitated gender-based violence".
- Explore "the impact of the digital gender gap on widening economic and social inequalities"
- Celebrate "the women and girls who are championing the advancement of transformative technology and digital education."

## **Volunteer Planting Day**

On Friday 3rd February 2023, NCPD had its Volunteer Planting Day. At this event, volunteers were invited to come to the Centre and plant vetiver grass.

Unfortunately, in the later months of 2022 NCPD experienced land slippage at the Centre. In order to prevent any further land movements it was recommended that vetiver grass be planted.

Thankfully through our collaboration and funding provided by UNDP GEF SGP, NCPD was able to successfully carry out this event.

#### **Vetiver Grass**

According to VetiverTT (2019) "Vetiver Grass is a perennial grass that can withstand a wide range of temperatures ranging from 0 to 50 degrees Celsius." This grass has a fibrous root system that can grow up to 10 feet deep within two years.



The Vetiver Network International (2021) further explains that when the grass is planted close together, it creates a dense narrow hedge. Additionally, under this hedgerow, the roots interlock and form dense underground walls that stabilize and reinforce soil structure.

NCPD extends our gratitude to Ms Liz Munrow and the Community Livelihood Champions team for supplying the vetiver grass and volunteering at our event.















#### Robots created out of 3D shapes

At the beginning of the semester, Ms Joy Edwards created a project where students are required to build a robot out of 3D shapes.

In the first part of the project, students used



In the first part of the project, students used bristol boards to create 3D shapes that would then be assembled to create a robot model.



Following this, they moved on to using 3D shapes out of any material to create a robot. As seen in these pictures, our students did exceeding well with their creations.

### **UPCOMING EVENTS**

#### NATIONAL CENTRE FOR PERSONS WITH DISABILITIES

#### PRESENTS

## THE COOLER CRUISE!

APRIL 22™, SATURDAY BOARDING 3PM | SAILING 4PM-7PM

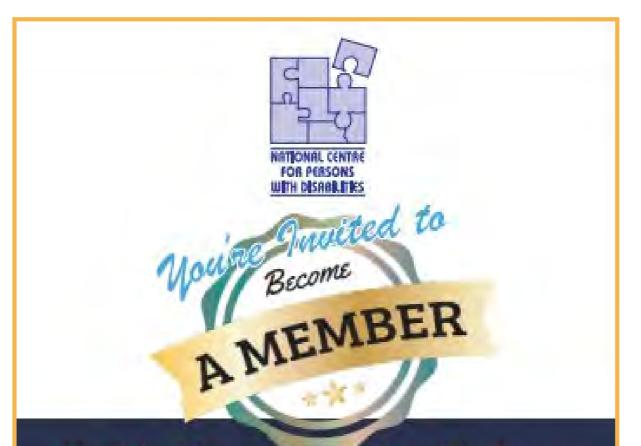
#### ENTERTAINMENT BY: JOJO THE DON | AGENT B | AARON 868 NO OVERSIZED COOLERS | NO GLASS BOTTLES ALLOWED

SEA CHAMPION - KINGS WHARF SAN FERNANDO



FOR TICKETS & INFO: #7-21 New Street San Fernando 652-4880





#### Updated fees on membership types:

Ordinary: \$100

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

PWD <u>Membership:</u>\$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/





2. JEWELLERY BOXES

**3. COASTERS** 

#### **1. TEA BOXES**

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

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**SCAN ME!** 



