

ROLLING INSPIRATION

ISSUE 3 2021

The leading magazine for people with mobility impairments



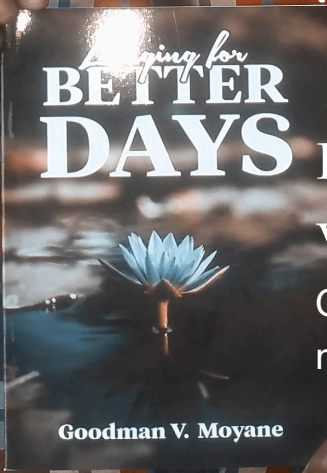
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THERAPEUTIC WRITING

Author Goodman Moyane
shares his journey

SCI RESULTS IN COFFEE BRAND

Ollie Terblanche's journey
to inspiring coffee



Fighting for BETTER DAYS

Goodman V. Moyane

PRIORITY VACCINATION

QASA fights for its
member's lives

NEW RECORDS BY SA's BEST

Para athletes perform at
National Championships



QUADPARA TRANSPORT

ACCESSIBLE TRANSPORT IN GAUTENG

THE QUADPARA ASSOCIATION OF SOUTH AFRICA (QASA) IS NOW OFFERING ACCESSIBLE TRANSPORT IN THE GAUTENG AREA!

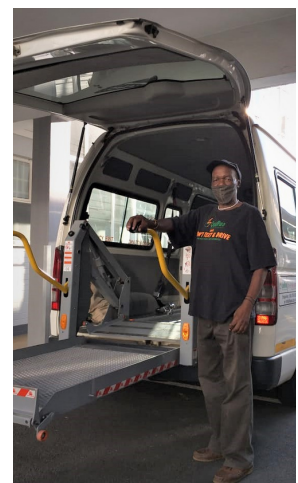
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*YOU WILL BE BILLED FROM EDENVALE (WHERE THE VEHICLES ARE BASED) BACK TO EDENVALE.



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REFLECTING ON THE YEAR WITH COVID-19

A year into the global COVID-19 pandemic and national lockdown, **RAVEN BENNY** reflects on what the year has taught South Africans

Now, a year into living with the COVID-19 pandemic, I think back on the time gone by; about the challenges faced and overcame, the innovations, creativity and hope. Yes, it has been a terrifying year since the first hard lockdown for which some still believe the president owes us an apology; a lockdown of 21 days that stretched on for what felt like forever.

Yet, look how far we've come: level one restrictions with little imposition on our daily lives (referencing May). But, back then, we faced our first encounter with COVID and the precautions needed to prevent the spread of the virus.

Many of us have done well. Yes, there were a few sacrifices, but we can celebrate the many small victories. We have made it another year! We find ourselves mid-2021.

A year in a pandemic encouraged many of us to rekindle or take up new hobbies like reading, gardening or baking. It highlighted the importance of friends, families and communities. What a privilege to be able to spend time with the people we love.

However, it still remained an uncertain time. We had to endure and survive. Sadly, many perished. They won't be forgotten. Their contribution to our lives can't be replaced or filled. So, let us hold onto the memories of them.

Aside from the human-lives lost. There were also businesses, jobs and income losses. Some of us have found ingenious ways to deal with this


pandemic. Others used it as an opportunity to thrive while a larger portion of society struggled to survive.

Through it all, we do need to push on, continue with the good things we do. Pick up the pieces even if they lay in shattered bits around you.

We are lucky to continue with our lives. We have the responsibility to focus on our legacy and those who passed. We have seen how quickly things can change; how plans can be disrupted and shifted into a completely different direction as intended.

We have the hindsight of the many days, weeks and months that we've endured to guide us into our new and still uncertain future. Marvel at the wonders of nature that were exposed by this pandemic, mourn with those who are experiencing loss, and carve out ways of reinventing our lives, businesses and general way of life going forward.

So, as we reflect on the time gone by and on our way forward, I wish you all well and encourage you to stay positive. To continue to reach out and support one another safely. We are all in this together, and it will be a collective effort to not only control the spread of infections, but to motivate and lobby for protection in the form of effective vaccines.

Long shall we remember the past year and miss the loved ones lost, but never shall we forget what we went through and the lessons we learnt on how to carefully push on with our lives. 




Raven Benny has been a C5, 6 and 7 quadriplegic since 2000. He is married and has five children, is mad about wheelchair rugby and represented South Africa in 2003 and 2005. He relocated from Cape Town to Durban, where he was appointed the Chief Operating Officer (COO) of QASA from August 1, 2019. email: coo@qasa.co.za.

CORRECTION



ABOVE: One of the patients at Hillcrest receiving their beanie courtesy of the Beanie Group.

BEANIE DONATION

QASA received a generous donation of beanies, scarves and socks from Beanie Group, a knitting and crocheting group based in KwaZulu-Natal. The group donates all its knitted and crocheted items to NPOs and NGOs. QASA delivered the items to Hillcrest hospital to be distributed among the elderly to wear and keep warm this winter. A big thank you to the Beanie Group for taking care of their community. 

DRIVER TRAINERS TO ASSIST MEMBERS

Driving instructors from across South Africa had the unique opportunity to have all their questions around driving with a disability answered during the Driving Ambitions training session held on Wednesday, March 30. The event was hosted by Caroline Rule, a qualified occupational therapist, from Rolling Rehab.

The driving instructors, many of whom have their own driving schools, gathered at the David Lewis Lodge in Edenvale. Also in attendance was former staff from traffic and licencing departments who shared their expertise in the licencing procedures.

During the training, driving instructors learned more about spinal cord injuries, adaptive driving control, setting up and positioning drivers who use hand controls, transferring in and out of a vehicle and much more. Instructors were also given the opportunity to practically implement their knowledge with some of the Driving Ambitions candidates.

“It was a great honour to meet and interact with a few of our potential partners,” notes Zandile Miya, QASA project coordinator who attended the training.

“The aim of this training is to ensure that QASA members can be assisted with obtaining



ABOVE: Caroline Rule addressing the driving instructors during the QASA Driving Ambitions training session in March.

their driver’s licence even if the QASA Driving Ambitions programme is not available in their respective area,” she continued.

“In addition, the training session gave QASA the opportunity to create new partnerships with other driving schools and expand the project into new areas,” Miya adds. “Finally, it gave us the opportunity to educate more people on the challenges facing people with disabilities, and the devices, such as hand controls, that can assist,” she concludes. 



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WRITING TO HEAL AND INSPIRE



The ambitious and motivated Goodman Moyane published his autobiography, but it was no easy feat. **MARISKA MORRIS** reports

Writing can be very therapeutic. Putting pen to paper can make it easier to work through trauma, to clearly express thoughts or emotions. It is exactly these benefits that motivated Goodman Moyane to document his journey, which led to him becoming a wheelchair user.

“I decided to write a book, because I wanted to heal after everything that I had been through in my life ever since I was a child up until I ended up in a wheelchair,” Goodman says.

“I also wanted to share my story with other people, especially people with disabilities, to show that no matter what you are going through in life, you don’t have to give up.”

“The writing process was good,” Goodman explains. “I immediately took my laptop to write the book. I knew that I must begin with that first paragraph; to start writing. It didn’t even take an hour to write my first paragraph.”

The journey to typing his first word was a little more complicated. Goodman had very little experience or knowledge of how to operate a laptop or software. Fortunately, he had the opportunity to

participate in the QuadPara Association of South Africa (QASA)’s Work Readiness Programme – a project aimed at upskilling QASA members to assist in finding work.

“When I participated to the Work Readiness Programme, I didn’t know how to use Microsoft Word, PowerPoint or Excel,” Goodman says. “Our facilitator was great. He always took his time to explain information that we didn’t understand. He was the best teacher for all the modules.”

Goodman finished the course and has even been invited back as a motivational speaker to encourage the other participants.

While the initial motivation made it easy for Goodman to start writing his autobiography, the process wasn’t without its challenges. A big challenge was writing in English.

“You’ll find in my writing some misspellings. I’ll have to contact my publisher to help me edit my mistakes,” Goodman explains.

In addition, remaining motivated to finish his book was also a challenge. He says: “Sometimes I would push myself to finish writing the book even though I would get tired.”

Goodman met the publishers of his autobiography through a talent search on Facebook for unpublished authors.

“I saw the post, took the details and called the publisher. He gave me instructions on how I should apply. I didn’t waste any time. I applied and, after two weeks, I received an e-mail to say that I was chosen; that I would get the opportunity to publish my manuscript. I was so excited as I didn’t have funds to self-publish the book,” he recalls.

Now, Goodman can enjoy the published fruit of his labours. But, he is only getting started. Next, Goodman wants to see his autobiography made into a movie and start a business.

“I want to see myself obtaining a driver’s licence, since my learner’s licence will expire in September. Then, I want to open a driving school that will accommodate people with disabilities,” he says.

“I want to see myself releasing a movie based my book, because I believe that it will motivate a lot of people. And I want to build a proper house for my father, because he has tried his best to raise me and my siblings even though it was hard for him as he is a person with a disability. He never neglected us – even when my mother passed away.”


With his drive and passion, it is only a matter of time before Goodman achieves his goals.



RIGHT: Goodman Moyane’s autobiography tells of the struggles he faced as a child and again as an adult with a disability.

In addition to his gratitude for his father, Goodman is also deeply appreciative of the role QASA has played in supporting his dreams.

“I would like to thank QASA for giving me the opportunity to be the part of the Work Readiness Programme, and for providing us with all the resources to participate. Thank you for the opportunity to be a QASA member. Also, a big thank you to the funders who sponsor the programme,” Goodman says.

Raven Benny, QASA COO, wrote about Goodman’s autobiography: “It was an emotional experience to read about some of the conditions he grew up in. He wrote this from his heart. It is a message of courage and determination. He is a brave young man with lots of potential.” 

BOOK REVIEW

Book Review by Ari Seirlis, former QASA CEO and disability activist.

Goodman Moyane, from Mpumalanga, contracted TB in 2015. As a result, his spine was damaged and he was diagnosed as a paraplegic.

This was devastating to him and he decided that he would take this adversity and turn it into opportunity. His outlook to life is a lesson for us all, and his gratitude and forgiveness stands out in this short book that he has written.

He is a humble man who showed tremendous respect to his parents and would do anything to improve the family unit. He has some ambitious dreams which I believe will come true.

This is a story that everybody should read. It will make you look at life with a difference perspective. This is the type of book you could read in an afternoon and pass it down to someone else.

Well worth a purchase. 

HOW TO PURCHASE THE BOOK

Contact Goodman by cell (both numbers are available on Whatsapp) on 060 718 5805 or, alternatively, 061 632 3983. You can also send an e-mail to goodmanmangena@gmail.com. The books are delivered nationwide by various courier companies. The e-book is available at <http://books2read.com/u/31156a>.

SPORTING HANDICAPS TO LEVEL THE PLAYING FIELD

Handicaps in the sporting world makes for more fair competition. However, the system can easily be manipulated. **GEORGE LOUW** takes a look at the abuse of these handicaps on and off the field



In 2010 and again in 2011 Hideki Matsuyama won the Asia Pacific Amateur Golf Championships. In 2021, at the Augusta National Golf Club in Augusta, Georgia, he became the first Japanese golfer to win a United States (US) Masters tournament. In interviews following the tournament, Matsuyama spoke of himself as a pioneer for Japanese golf and expressed the hope that this would pave the way for many Japanese children to pursue golf.

For me, this is significant as winning is not just about an achievement; it is about inspiring others to step up. However, inspiring others is as much about our integrity as a person as it is about our achievements. In sport, how we play the game is as important as the win.

Amateur golf, with its system of handicaps, is a wonderful example of this. Golf, as played by “ordinary” people is possibly the most social of all non-team sports, not just because of the 19th hole (the clubhouse bar), but because of the socialising and friendly competition on the

course. It is often said that if you want to get to know a person’s true character, see how he behaves on the golf course.

Because of the social aspect of the game, there is a system of handicaps which levels the playing field. If a good player averages 72 shots over the eighteen holes on a golf course, the par score for that course is 72. If another player averages 100 shots, they are 28 shots over par. This is considered their handicap and is factored into the scoring system. The winner is determined by the player who performs the best relative to their handicap even if this means more shots. Maintaining or improving on your personal average becomes the determining factor.

There are similar systems in disability sports. A friend told me how she came stone last in a swimming event, but because of the relative level of her disability compared to the other competitors, she won gold. The same holds true for team sports where there are collective scoring systems: the total scores of the players make

up a team score that must be within specified ranges so that teams match up fairly.

The purpose of a handicap is to allow people who are amateurs at the game, or whose level of disability places them at non-competitive levels, to compete and still do well. It is also a means to compete against yourself. As a golfer, by practicing your golf you can step up from a 28 handicap to 20, 10 and eventually to play professionally.

If you keep at it, like Matsuyama, you may also one day wear the green jacket of a Master Golfer. If you are a swimmer with a disability who is able to swim 50 meters in 120 seconds today but next month you can do it in 100 seconds, you will feel fantastic about yourself.

But, as with life at large, there are always those who manipulate systems meant for the greater good to suit their own ends. In the last edition, I wrote about boosting, but there are also those who “down-perform” in order to get into a disability category that would allow them to outperform by simply stepping up their performance when at a major event.

Just as there are golfers that “work” at establishing poorer handicaps before an important competition, in order to improve their chances of winning.

Handicaps aren't exclusive to the world of sport, nor down performers. The South African Department of Economic Development defines the purpose of Broad-Based Black Economic Empowerment (B-BBEE) as ensuring “that the economy is structured and transformed to enable the meaningful participation of the majority of [South African] citizens”.

It aims to create capacity at all levels (for example, procurement, business development, ownership) for the entry of black entrepreneurs into the economy. B-BBEE is essential in harnessing the potential of black communities.

In essence, B-BBEE is a form of handicap. It levels the playing field for previously disadvantaged persons to enter into the

“ A handicap allows amateurs to compete and still do well. ”

economic and sport environments, to prove their worth to society. It provides the opportunity for them to grow and excel.

Unfortunately, it has been captured by persons who manipulate the system toward serving their own selfish purposes.

For these people, it is not about an opportunity to prove their value to society. It has become an entitlement toward status, self-enrichment and power. There are many examples; our press overflows with them.

Peter Berger, a well-known sociologist, was once asked which is the better system, capitalism or socialism. His reply (paraphrased) was that neither system was good nor bad. It is what you make of them that makes them good or bad. The same holds true for handicap systems. The systems are neutral. It is how they are applied by government, business enterprises, sporting associations or individuals that make them either good or bad.

Our athletes, the able-bodied and those with disabilities, are soon leaving for Tokyo. Let's base the selection of the athletes on their performances and not their race. Let's base the appointment of the coaching teams on proficiency and not on race. Let's base the appointment of the team management on expertise and not on race. And let's go to Tokyo with the purpose to excel for our beloved South Africa. 



Ida's Corner is a regular column by George Louw, who qualified as a medical doctor, but, due to a progressing spastic paralysis, chose a career in health administration. The column is named after Ida Hlongwa, who worked as caregiver for Ari Seirlis for 20 years. Her charm, smile, commitment, quality care and sacrifice set the bar incredibly high for the caregiving fraternity. email: yorslo@icloud.com

ACCESSIBLE ACCOMMODATION A CLICK AWAY

MANDY LATIMORE takes a look at the accessible accommodation listed on the Disabled Travel website

As a travel columnist, readers contact me regularly to ask for accessible accommodation in various areas that they wish to visit. I have a list of places that I have personally visited and can recommend.

However, there are many places to which I have not been. So, usually, I scan the various websites that offer “wheelchair friendly” accommodation to see if their pictures and descriptions actually meet accessible accommodation requirements.

If it looks promising, I phone for more information. Sadly, most times, the rooms are not suitable. Research shows that only 22,7 percent of these establishments are actually accessible. This poses a problem for travellers, especially international guests who are used to more accurate websites.

Fortunately, there is a local website that is shining some light on accessible accommodation: www.disabledtravel.co.za. The website has been backed by QASA and the National Council of and for Persons with Disabilities (NCPD).

Karin Coetzee, the owner of this site, is an occupational therapist. She broke her leg badly during a ski holiday. She relied on a wheelchair while she recovered as she found crutches too difficult to use with her injury. This gave her a first-hand experience with the inaccessibility of

buildings, bathrooms and more.

I really appreciate this website, as it does not rate the venues. Rather, it simply provides the actual facilities that are available at the establishment, including measurements and descriptions of the accessible facilities such as ramped access, bed heights and space for access to the toilet.

People with disabilities have differing needs and requirements for access. The website offers travellers the opportunity to see exactly what is present and make an informed decision whether the venue will suit their own specific needs.

She started the website in 2004 and has since evaluated more than a thousand establishments. Using a set of criteria that includes level access, possible roll-in showers, grab rails and access to a toilet, she creates a description of the entire property including the areas that are accessible. The owners can have the name of their establishment entered for a small annual fee.

However, should they not be willing to pay, she will still place the accommodation on the website with a reference number. The traveller can then contact her and she will make the reservation with the establishment at no extra cost to the traveller. (She is able to usually even get a discount.)

Sadly, although this website service offers such

MAIN PHOTO: Karin Coetzee, an occupational therapist, is the owner and founder of Disabled Travel – a local website for accessible accommodation.

RIGHT: Photographs from Russels on the Port, a guest house in Port Owen Marina in Velddrif, which can be found listed on the Disabled Travel website.



a valuable source of information, she is battling to keep it going. Recently, the website was on the verge of crashing with outdated software, but was saved by the generous donation of DSC Attorneys who supplied the funds for the entire website to be rewritten.

The COVID-19 pandemic has not helped either as the reduced income generated in the hospitality industry means that many owners cannot afford to advertise at present.

Karin, like the rest of us, has not been travelling that much, but, like me, she uses every opportunity to research and visit potentially accessible venues to take the measurements and pictures.

She is also happy for owners who feel that their facilities are accessible to contact her. She will the necessary forms and list of exact pictures required so that they can do the assessment in order to be loading onto the website.

Karin has recently put new establishments onto the list in the following towns: Durban, Yzerfontein, East London, Bloubergstrand, Port Owen (Velddrift), Umhlanga; Oudtshoorn, Villiersdorp and Kleinmond.

She has supplied the information of this lovely guest house on the Port Owen Marina in Velddrift.


RUSSELS ON THE PORT

Description as it appears on the website.

- This guest house is settled in a peaceful and tranquil location overlooking the Port Owen Marina.
- Access from the paved parking area to the

private entrance of the room in an undercover corridor. Small ramp at the entrance door of the room. Outdoor patio in front of the rooms.

- Adequate space in the bedroom with access to the cupboards, no lowered hang rail. Height of the bed is 690 mm and bed can be moved to provide more space next to the bed for transfer.
- Spacious bathroom for manoeuvring of wheelchair. No bath present.
- Adequate space next to the toilet for side-ways transfer. Measurement from wall to front of toilet is 740 mm and height of toilet seat is 490 mm. Height of grab rails is 810 mm.
- Large roll-in shower with a lever tap and adjustable hand shower. Width of shower entrance is 1 140 mm and shower width is 880 mm. Height of small shower chair is 490 mm.
- Leg space of 730 mm underneath the basin with a lever tap. No mirror or shelf within reach.
- Access via a small threshold step to the lounge, dining room and outdoor patio. Steps down to access the swimming pool and garden.

In my opinion, this website is one of the best sources of information and we should all be contributing to keep it going! So, should you have an accessible holiday home, or have visited a place that is accessible, please send me the name and contact info of the establishment. I will forward it to Karin so that she can keep updating her wonderful website: www.disabledtravel.co.za. Happy Travels! 



Mandy Latimore is a consultant in the disability sector in the fields of travel and access. email: mandy@noveltravel.co.za

NEW RECORDS BY SA'S BEST PARA ATHLETES

The SASAPD National Championship gave the best among South African para athletes the opportunity break personal, provincial, national and global records



The 2021 Toyota SASAPD National Championships took place from 23 to 26 April in Gqeberha, Eastern Cape. The event was an opportunity for South African para athletes to compete against the best in the country and, hopefully, secure their spot in the upcoming Tokyo Paralympic Games, which will take place from August 24 to September 5, 2021.

The Championship was organised by the South African Sports Association for the Physically Disabled (SASAPD). It was sponsored by Toyota South Africa in partnership with Nelson Mandela Bay Metro and supported by Thirsti, Fusion printers and Trans Fire.

The first day of the Championship started in record-breaking style with four new continental records in the track and field. This set the tone for the rest of the weekend. Paralympic hopefuls Obed Lekhehle, Yane van der Merwe, Charne Felix and Puseletso Mabote reminded selectors that they will have a difficult time when picking Team South Africa, the athletes who will compete at the rescheduled 2020 Paralympic Games in Tokyo.

Unlike qualifying for the Olympic Games, where meeting a qualification standard gives an athlete a spot at the Games, the Paralympic Games gives countries slots, earned at specific

international competitions and through a global high performance ranking list.

South Africa currently has only 10 slots available. While the final athlete selection is done by South African Sports Confederation and Olympic Committee (SASCOC). The SASAPD makes recommendations for the athletes that should be considered.

Their selection or recommendation is based on whether the athlete is a realistic medal contender and whether they stand a realistic chance of reaching the final at the Paralympic Games.

Visually impaired judo was among the sports that took place during the SASAPD National Championships. It was the first judo tournament of its kind to take place in South Africa since the first national lockdown over a year ago.

It offered judokas valuable time on the mat. The two South African Paralympian hopefuls in the B2 category, Ndyebo Lamani and Jacque Joubert, made the most of their first opportunity to compete since 2019. Both participated in three bouts, including a fight between one another to test their fitness.

In May, the two travelled to Baky, Azerbaijan, for the Paralympic qualifying tournament – to improve their world ranking and earn a spot at the Paralympic Games.

MAIN PHOTO: Maria Combrink set a new world record in the women's F64 shot-put.

BELOW: Mpumelelo Mhlongo photographed mid-jump.

RIGHT TOP: The Boccia players in deep concentration. The sport was won by the Eastern Cape.

RIGHT BOTTOM: The athletes lined up for mixed class 200 men's final.



On day two of the National Championship, three new world records were set along with a host of continental and national records. Amputee, Maria Combrink, set a new world record in the women's F64 shot-put event with four throws over the previous world best (10,35 m). Her result was a massive 11,15 m heave. Unfortunately, the women's F64 shot-put class is not represented at the Paralympic Games.

T61 world record holder, Ntando Mahlangu and T44 record holder Mpumelelo Mhlongo lined up in the mixed class 200 m men's final and pushed each other to run sub 23 seconds. Both athletes are expected to be part of team South Africa for the rescheduled Paralympic Games in Tokyo.


On the final day of the athletics competition, two new African records were set with Gauteng's Daniel du Plessis powering to 52,41 seconds in the men's 400 m (T62) and Free State's Arina Nicolaisen claiming the 1 500 m Senior women (T38). Du Plessis's performance is one of a number of top performances from the province that is set to host the next edition of the Championships in 2022. His performance also helped the team to win the overall senior and junior athletics title.

Free State won the Goalball floating trophy while the host, Eastern Cape, won the Boccia, Powerlifting and Judo competitions paving the way to be announced as the overall winning province.

The 2021 SASAPD National Championships concluded with a total of 48 South African records being set across two sporting codes.

SASAPD President, Moekie Grobbelaar, congratulated the participants on their record-breaking performances and thanked all partners, sponsors and volunteers for ensuring that the games were able to take place.

For the second year, headline sponsor, Toyota South Africa, donated a quantum bus. The vehicle was handed over to Free State's Martie Du Plessis school for cerebral palsied, physically and learning disabled.

An official statement from Toyota, an international partner to the Games, read: "Another exciting period will be the Paralympic Games, which are scheduled to start on August 24 to September 5, 2021. As the Worldwide Official Mobility Partner of the International Olympic Committee and the International Paralympic Committee, Toyota shares the vision to inspire people to push onward – past their finish line, past their impossible." 



SUCCESS FOR PARA SURFING CHAMPS

Photographer Dave Linderman

In May, Made for More hosted the Tyre Life Solutions South Africa Para Surfing Championships so that South African para surfers can showcase their talent

Para surfers gathered at the Durban New Pier for the South Africa Para Surfing Championships on Saturday, 29 May, and Sunday, 30 May. The event was hosted by Made for More – a local NPO that equips and empowers people with disabilities through sport. There were 46 contestants – almost double the number of surfers at the 2019 Championship.

The conditions on Saturday were perfect with three to four-foot (1,2 m) surf while Sunday offered two to three-foot (0,9 m) contestable conditions. The size of the waves caught some surfers by surprise; however, they continue to impress with their sheer will, determination, skill and bravery.

The divisions included Stand, Kneel, Prone Unassist, Prone Assist, Blind and Visually Impaired, Waveski and All Ability.

The Championship also serves to select the surfers to represent South Africa at the ISA World Para Surfing Championships in the United States.

Jean Paul Veaudry dominated the Stand 2 (lower limb) division. He beat his friend and rival Antony Smyth in the Stand 1 (upper limb) division and finished with the overall highest scoring ride of the event.

Nachman Balulu came all the way from Israel to secure a second spot in the Stand 2 (lower limb) division and a second overall in the stand. Caleb Swanepoel took off on some



MAIN: Made for More's Coach Theo York and surfer Alulutho Tshoba during the Women's Prone Assist Division.

ABOVE: Team Kwazulu-Natal (Ethekeweni Surfriders Association) won the Championships. (Photographer Dave Linderman)

RIGHT: Para surfers used these awesome beach wheelchairs to access the water. Daniel Nel, who participated in the Prone Unassist division, is all smiles with Made for More water assistants providing some support. (Photographer Dave Linderman)

of the biggest sets of the day securing a first in the Stand 3 (lower limb) division and a fourth overall.

The men's kneel division was tightly contested. In the end, David Williams took the victory to win his first Championships after surfing for only a year.


Other notable mention is Tracy McKay, who got the ride of the day on Sunday to earn nine points and win her division while beating team member Daniel Nel. Both will be representing South Africa at the ISA World Para Surfing Championships.

The hotly contested Prone Assist division was a spectacle. Former ISA World Para Surfer silver medalist, Noluthando Makalima lead the charge and was the event favourite. However, local Durban girls, Alulutho Tshoba, Natasha Siebert and Jodie Kroone managed to take first,

second and third respectively, with Noluthando securing fourth.

On Sunday, World Multiple Sclerosis (MS) Day, Oliver Sinclair, who has MS, won the Prone Assist division. Erynn Geddie won the Blind and Visually Impaired Unassist division. Doug Hendrikz dominated the Waveski division and regained his South African title. The All Ability division, dedicated to surfers with disabilities not included in the other divisions, was won by Sean Thompson.

Founder of Made for More and event organiser, Julia Van Zyl, said: "The event wouldn't be possible without our sponsors, monthly donors and the water-assistants and volunteers who gave their time and skills so selflessly."

Congratulations to the winners and good luck to the national team in their preparation for the World Championships. 

Non-profit organisations (NPOs) and businesses can benefit from the socio-economic development (SED) element in the BBBEE Scorecard. **RUSTIM ARIEFDIEN** explains

The socio economic development element is for the benefit of NPOs that, ideally, provides services to more than 75 percent black beneficiaries with disabilities. Businesses can obtain five points if they spend a percent of the net profit after tax as a SED. All that the NPOs must have is a sworn affidavit that shows their BBBEE level if they classify as an emerging micro enterprise or qualify as a small enterprises with more than 51 percent black beneficiaries. These two categories cover NPOs that fall under the R50 million threshold.

The BBBEE Commission provides guidelines on how an NPO can benefit from SED:


- Sustainable livelihood initiatives, limited to economic activities.
- Building vocational, literacy and work-related skills (including self-employment).
- Providing opportunities for adult education.
- Income generating skills and knowledge.
- Improvement of capacity to work (including self-employment).
- Generation of income from productive activities.
- Increased employability and earning power.
- Providing training or mentoring to beneficiaries. Such contributions are measured by quantifying the cost of time (excluding travel) spent by staff or management in carrying out such initiatives. A clear justification must support any claim for time costs incurred, equal to the seniority and expertise of the mentor.
- Maintaining a socio-economic development

unit by measured entity. Only the portion of salaries related to time spent by staff promoting and implementing socio-economic development constitute contributions.

Furthermore, the Commission states: “Any support of initiatives outlined, through SED contributions cannot be charitable in nature such as mere donations that are not linked to income generation.

“Further, SED is not necessarily tantamount to Corporate Social Investment (CSI). CSI is mostly used to promote good will in communities where the measured entity operates, but does not necessarily meet the income generation test. This is usually in form of handouts, for example, donation of school uniform and books, building repairs, and donation of food parcels.”

The line between SED and CSI can easily be blurred. The key difference is that SED places less reliance on donations. Instead, the focus is on generating an income to create and maintain sustainable access to the economy.

Fundraising has become a challenging space. BBBEE SED provides NPOs with alternative funding options to the traditional CSI. Furthermore, NPOs can be present in the other elements of the BBBEE Scorecard. For example, a protective workshop that manufactures and supplies products would contribute to the procurement spend. A NPO with a placement programme can recruit people with disabilities for permanent or learnership placements. 



Rustim Ariefdien is a disability expert extraordinaire who assists businesses to “let the Ability of disAbility enAble their profitAbility” through BBBEE, skills development, employment equity and socio-economic development. His purpose is the economic empowerment of persons with disability in Africa. As a person with a disability himself, he has extensive experience in the development and empowerment of persons with disability.

FROM STRENGTH TO STRENGTH

Every so often, someone completely inspiring crosses our path. **HEINRICH GRIMSEHL** shares the story of one patient who continues to amaze

M eet Louisa Brown: Wife, mother of twins, Christian counsellor, fitness fanatic, professional photographer, Rottweiler breeder, and ... oh yes, I almost forgot, transfemoral (above-the-knee) amputee.

In 2002, Louisa lost her leg in a car accident. A year later, she gave birth to twins. In other words, she carried, delivered and cared for twins with a prosthetic leg.

Since then, Louisa kept herself busy with parenting and photography. She founded the Louisa Brown Photography studio where she offers the full suite of services.

Gym training has always been one of her passions. After starting light, she is able to now deadlift 95 kg using a prosthetic knee!

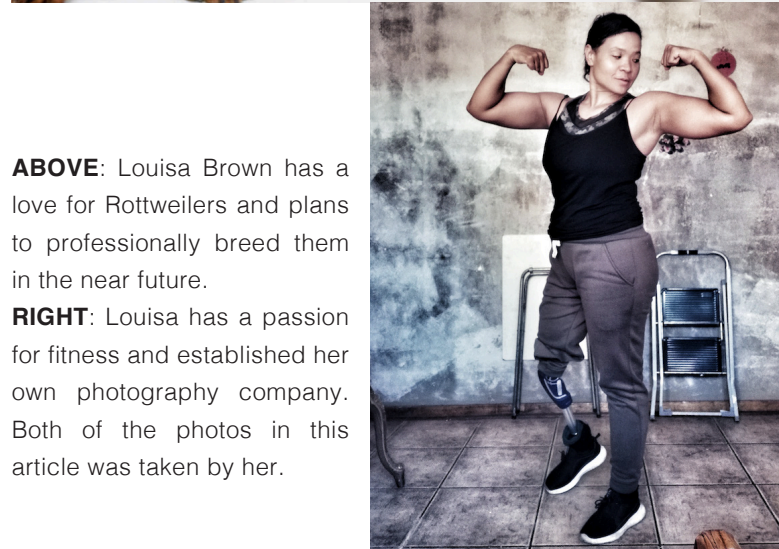
In 2020, she finished her PHD in Christian Counselling and, since then, she has been using her knowledge to help her fellow amputees and community.

Her son Freí recently competed in Japan in the world trampoline games. This Lady loves her Rottweilers, so be aware. She is planning on breeding them professionally in the near future.

I love working with this patient simply because "I can't" is not in her vocabulary. Louisa is truly




AMPUTEE CORNER



ABOVE: Louisa Brown has a love for Rottweilers and plans to professionally breed them in the near future.

RIGHT: Louisa has a passion for fitness and established her own photography company. Both of the photos in this article was taken by her.

a testament of what is possible after amputation! Follow her on Instagram at [louisabrown_](https://www.instagram.com/louisabrown_) unbreakable, if you want to see more! 



Heinrich Grimsehl is a prosthetist in private practice and a member of the South African Orthotic and Prosthetic Association (SAOPA). email: info@hgprosthetics.co.za

PRIORITY VACCINATION PLEA TO SAVE LIVES

With the rate of infections ever climbing and new variants always posing a risk, QASA is fighting to ensure its members are kept safe

Risk of death rather than mortality rates should be the criteria that secures priority vaccination argues the QuadPara Association of South Africa (QASA). The organisation has made a plea to the Department of Health to include quadriplegics and paraplegics in the second round of the vaccine roll out. The organisations hopes this will prevent deaths among its members and ensure no one is left behind.

“Many quadriplegics and paraplegics are at a higher risk of contracting the COVID-19 virus,” explains Raven Benny, QASA COO. “By pushing their wheelchairs, catheterising or accepting assistance from their carer, they are placed in high-risk situations.

“For most, social distancing from their caregiver, family or friends is impossible as they need assistance with daily, essential activities. A vaccination might not prevent them from contracting the coronavirus, but it could prevent hospitalisation.”

Many quadriplegics and paraplegics are at an increased risk of falling severely ill when contracting COVID-19. Due to lifestyle factors, like a sedentary routine, many in the community have co-morbidities like diabetes or high blood pressure. In addition, pressure sores (an open wound) and urinary tract infections are common

and put strain on an already compromised immune system.

Aside from the impact on limbs, a spinal cord injury plays havoc on the immune systems and nervous systems of quadriplegics and paraplegics. The immune system is slowed, which gives the virus more opportunity to spread.

“We want to keep our members out of hospital as we are very much aware that, unfortunately, they are not always considered a priority,” Raven continues. “In times of disaster, doctors will do what is best for the majority, which might mean denying a high-risk patient access to a ventilator to help others.

“We respect the medical practices that prioritise saving as many people as possible,” Raven continues. “Instead, we are calling on the Department of Health to save lives. They have the resources to make sure our members are never placed in a situation where a doctor needs to decide between saving them and another with a strong immune system. We need to be vaccinated.”

QASA wrote to the Department twice. After the first letter, the Department enquired about the mortality rate among members. Aside from the limited information available regarding deaths, QASA argues that there is sufficient reasons to vaccinate the community.

“Are we going to be denied because there haven’t been enough deaths? How many should die before we are considered vulnerable? We call on the Department of Health to put risk of death as the highest priority rather than existing mortality rates,” says Benny.

“Afterall, are they in the business of saving lives or counting corpses?” he concludes.


Fortunately, for older quadriplegics and paraplegics, it is possible to get their jab sooner. South Africans over the age of 60 can now register for their vaccination. The vaccine can dramatically improve your chances of only developing mild symptoms.

Like the common flu, COVID-19 can’t be cured. The virus is continuously mutating. The vaccine can’t prevent someone from contracting the coronavirus. Instead, the vaccine helps build up the immune system so that when someone encounters the COVID-19 virus, they are better

“A spinal cord injury plays havoc on the immune and nervous systems.”

equipped to fight it.

In simple terms, the vaccine will lessen your chances of ending up in the hospital on a ventilator. You are more likely to have mild or no COVID-19 symptoms. For individuals who are already at risk of falling severely ill the vaccine is a great way to improve your health.

While the vaccine can better protect you against COVID, it can’t protect those around you. It is believed that vaccinated individuals could still be carriers. Therefore, it is best to still practice social distancing, wearing a mask and staying home as much as possible. 

HOW TO REGISTER

- Visit the government vaccination registration website: <https://vaccine.enroll.health.gov.za/#/>.
- Enter your ID number.
- Complete the “general information” section, which requests some personal information.
- Provide your employment information in the next session
- If you are a medical aid member, be sure to have this information at hand for the registration process.
- Provide information on your “primary location of work”
- Accept the terms and conditions.

Thereafter, the website will confirm that the registration was successful. You should also receive an SMS.

You can update your information, although, this will require re-registering for the vaccine on the website. The government will inform you when you can visit your local centre to be vaccinated.



SPINAL INJURY TO INSPIRATIONAL COFFEE

With a little help from the Chris Burger Petro Jackson Player's Fund, Ollie Terblanche had the courage to find and pursue new passions, which lead to the inspirational Rise Coffee brand

Heinrich "Ollie" Terblanche was a determined rugby player with high hopes for a career in the sport he loved. He was a member of the Lions Super XV squad under John Mitchell and Carlos Spencer. He represented the University of Johannesburg (UJ) in the Varsity Cup Rugby and spent the 2014 season playing for the Carterton and Wairarapa-Bush rugby clubs in New Zealand.

Then ... his life changed. In January 2015, while training for the South Western Districts Eagles at the Outeniqua Park in George, he fractured his neck, which resulted in spinal cord damage. The injury impacted his life and that of his then fiancé, Chanel Supra.

There are no courses and training that can prepare anyone for the impact of this type of injury. Often the only factors that can be controlled are one's attitude, level of perseverance and a team

approach to life. Looking back at Ollie's journey, all these factors have been present. It enabled him to advance as a person and overcome barriers that no one would have expected. To this day, he continues to inspire everyone he meets.

Through his injury, Ollie became a beneficiary of the Chris Burger Petro Jackson Players' Fund, a non-profit and public-benefit organisation that is the official charity of the Springboks. By providing physical, psychological and emotional assistance to rugby players who have sustained serious injuries on the field, the organisation has also become known as Rugby's Caring Hands.

Since its inception in 1980, the Fund has supported over 500 seriously injured players on their journeys of rehabilitation.

Following Ollie's injury, the Players' Fund has been a pillar of strength for him and his family. With the necessary mobility equipment provided



and minor renovations to his home completed, the Fund has assisted Ollie to lead an independent life to the best of his ability. He reflects on the role that the Players' Fund has had on his life:

"The Fund helped me pick myself up again after my accident. After a devastating injury like this you truly lose your identity. But the Fund helped me realise that life goes on, that you have to fight for your dreams and work hard at creating a new life for oneself," he says.

In 2019, Ollie translated his passion for rugby and sharing his journey into a well-loved coffee brand called Rise Coffee. This delicious brand of coffee can be found on the shelves of Checkers and Spar stores along the Garden Route. To quote the Rise Coffee Co website:

Rise Coffee Co was founded on the belief that life can change in a flash and the challenges we face must be conquered in order to grow into a far greater being. We believe that each person must endure their trials and root themselves in good soil, sprout from the darkness, and rise from the earth to claim their new life.

We hope that every bag will inspire you to weather the storm you are facing and to rise from your darkness. That you will be reminded to grow strong and shoot into the skies, to have an honest and good heart and to bear fruit with patience.


The Players' Fund is proud to have been nominated as Ollie's charity of choice with a

financial contribution of R2 from each bag of coffee sold donated to The Players' Fund. This gesture and commitment has already helped raise R11 400 for those like Ollie whose futures were changed in the blink of an eye on the field.

"My dream for Rise Coffee is to make a difference," Ollie says, "to continue to donate regularly to the Players' Fund and to have our brand in every retail shop in South Africa and all over the world. Rise Coffee encourages people to rise out of circumstances no matter what the odds are, which is why a big dream of mine is to have Rise Coffee in hospitals like the one where I spent a lot of time after my injury."

As well as promoting delicious coffee, Ollie continues to exercise daily with his wife Chanel, fighting to walk short distances with the use of crutches in the hopes of someday walking independently.

The Players' Fund relies on donations from corporate South Africa as well as from the public with section 18A's provision for tax relief. To find out more about how you can donate to the Fund, visit the organisation's website at www.playersfund.org.za/get-involved.

A campaign is also currently running where all donors of R1 000 or more will receive a personal phone call from a former Springbok. To order your Rise Coffee, visit the website at www.risecoffeeco.co.za. 

THERAPY BEHIND ESSENTIAL OILS

From lavender to tea tree, essential oils are known to have numerous health benefits. **JOY DUFFIELD** explores in more detail

Eucalyptus became the buzzword during COVID-19 pandemic and rightly so. The health benefits that comes with using essential oils is often underestimated. It is therapeutic, but very concentrated. So, it needs to be used with caution. Those who are pregnant or have medical conditions such as high blood pressure and epilepsy should contact a qualified aromatherapist for guidance with choice of oils.

Essential oils are traditionally and commonly used in the ancient art of aromatherapy massage treatments. Aromatherapists create a synergistic blend specifically for each client depending on individual physical and psychological health needs.

Introducing essential oils into our everyday life and can be therapeutically beneficial. These oils are absorbed into our bodies via the nasal passages or skin. There are several ways to absorb the oils.

DRY INHALATION

Place one to two drops of Eucalyptus essential oil onto a tissue to hold near nose to inhale for any sinus congestion. If you're needing some upliftment or stress relief try Frankincense.

STEAM INHALATION

Place two cups of boiling water into a bowl and add four drops of your choice of essential oil. Place the face about 30 cm away over the bowl and inhale the water and oil vapours. Steam inhalation with eucalyptus or peppermint can offer great relief for sinus congestion, colds, and flu.



DIFFUSION

An oil diffuser is a device that breaks essential oils down into smaller molecules, dispersing them into the air to inhale or create an ambience in the room. Freshen up your home with grapefruit and lemon tea tree oil.

It is important to note that if you have indoor pets, avoid diffusing cinnamon, citrus, pennyroyal, peppermint, pine, sweet birch, tea tree (melleuca), wintergreen and ylang ylang.

FRESHENING UP THE HOME

Place few drops of essential oil into a tissue and place it in your drawers. For a masculine fragrance, use sandalwood or vetiver. Feminine fragrance oils include geranium and rose. Add 10 drops of your favourite oil to rinse water to freshen up your laundry. Citronella, lavender, and peppermint act as a natural insect repellent.

MASSAGE


Add five drops of essential oil per 10 ml of carrier oil such as olive oil or grapeseed oil to create a massage medium. Do not apply neat essential

oils directly to the skin. Here are a couple of examples of oil combinations that work well.

- Relaxing blend: Five millilitres of a base oil, one drop of Niaoli, two drops geranium and two drops of Jasmine mixed together.
- Uplifting: Mix five millilitres of base oil with two drops of lemon, two drops of juniper and a drop of frankincense.
- Sore muscles: Mix five millilitres of base oil with two drops of camomile, two drops of Jasmine and a drop of Clary Sage.

BATH

Essential oils do not mix with water, so remember to blend a few drops in carrier oil before adding it to the water. Remember to avoid direct skin contact.

If you only have one essential oil in your home, it should be lavender. It has so many important properties. For example, it can be used to treat burns with anti-inflammatory and pain relieving properties. It is also a great treatment for insomnia. Two drops on your pillow each night have been known to improve sleep onset and quality of sleep. 



Joy Duffield has been a C4-C5 quadriplegic since 2005. She is the owner of Beauty Academy International, an international training Institute for the beauty industry and a distributor of hair and beauty products in South Africa.

A HEALTHY APPROACH TO THE SEX TALK

While many parents can find it uncomfortable, sexual health education is a crucial part a child's upbringing. **DANIE BREEDT** gives some tips on how to approach the discussion, including talking to children with disabilities

Learning to access sex education as well as talk openly and honestly about sexual health is an important part of growing up.

Young people who understand their own bodies, rights, and experiences may find it easier to communicate their needs and have them respected.

All youth should be supported to receive the knowledge, attitudes, behaviours and skills they need to stay healthy in relationships and protected from abuse.

Similar to sex education in general, it is often the discomfort of the parent that is the biggest obstacle to youth accessing appropriate information. Creating an environment that is conducive to discussing sexuality will make it much easier for you and your child to have the necessary discussions.

Conversations around sexuality shouldn't be a once-off information-giving session but rather continuous discussions that encourage independent thinking, decision-making and setting personal boundaries.

There are wonderful resources available to guide your discussions

with your child and for them to work through on their own. However, resources should never replace open conversations about sexuality.

When talking about sexuality isn't encouraged, it sends a message to your children that sexuality is something of which to be ashamed; it's wrong. This is exactly the opposite of what the goal of sexual education should be.

Sexuality is a normal part of being human and the changes that teenagers go through physically could be disorientating for them if we don't normalise it.



In addition to the general sex education approach, sex education for a child with a disability should also include a few extra aspects.

Firstly, it is important to emphasise that people with disability can also have fulfilling romantic and sexual lives.


Self-concept and social perceptions can often hinder the process of self-discovery and prevent them from experiencing healthy perceptions about sexuality.

It is also important as a parent to give your child the necessary information about how their disability affects sexuality. This includes sexual functioning, menstruation, fertility and assistive devices or practices.

The rates of sexual abuse are shockingly high for people with disabilities. This abuse mainly occurs before the age of 18 and often goes unreported. It is therefore vitally important that we teach our children with physical disabilities about acceptable and unacceptable sexual behaviour and healthy boundaries.

“ People with disabilities can have fulfilling romantic and sexual lives. ”

It is unfortunate that society has many myths around sexuality and disabilities. This can be countered to some extent by preparing our children for these misconceptions and teaching them that they are not defined by their disability or illness.

All humans have a need and the right to be loved and accepted, regardless of the obstacles. 



Dr Danie Breedt is a passionate scholar-practitioner in the field of psychology. He divides his time between training, research and clinical practice. Danie works from an integrative interactional approach in psychotherapy, dealing with a wide range of emotional difficulties and sexual rehabilitation for patients with disabilities. He is the co-owner of Charis Psychological Services, a psychology practice that specialises in physical rehabilitation across South Africa.



PLAYDATES AND CHILDREN WITH DISABILITIES

It is important for children to socialise with their peers outside of school.

EMMA MCKINNEY provides parents with some tips on navigating playdates with their children with disabilities

Playdates are a regular childhood activity. Socialising with other children outside of school is very important. Children learn important social skills such as taking turns, following instructions from others, sharing, negotiating and, most important, having fun. Often children with disabilities are aware of their siblings or friends having playdates while they don't.

Parents should encourage their children to invite friends over for playdates and spend time with their friends away from home. Sometimes children are physically tired after attending school or have to attend therapy in the afternoons. You might consider having playdates over weekends or during holidays, or having shorter playdates.

At times, children may be nervous about being in a new and unfamiliar environment, or not having their parents around. You might want to prepare your child by counting the sleeps before the playdate; speaking about what they might do when they are there, and answering any of their questions (for example, how to keep hydrated; toilet routines; how to deal with bathroom accidents).


It often helps to come up with some 'playdate back-up plans.' Here children and their parents can brainstorm any worries they may have and come up with some options and solutions. For example, pack an extra set of clothes in a plastic packet in their bag in case of an accident.

Parents may be anxious about leaving their

child with a disability alone for a playdate. Children are often very perceptive and will sense when you are worried.

To reduce your anxiety, you might want to consider some of the following:

- If you don't know the family, give them a call and share that this will be your child's first playdate.
- Consider having a playdate in a local park where you can be with your child and get to know their friend and family.
- If having a playdate at their friend's home, ask if it would be alright to come with and stay with your child. Offer to bring some biscuits or a snack to share.
- Alternatively, ask if you can stay to make sure your child is settled.
- Raise any concerns that you might have: unfenced swimming pools, slippery surfaces, steps, allergies, food challenges.
- If your child requires any special accommodations such as toileting, peg feeding, help getting up and down steps, have an honest conversation, share what you do at home and what you would like them to do.

Remember that if your child's first playdate doesn't work out as well as you had hoped, keep persevering. The long-term social benefits and skills your child will learn are so important in developing healthy and independent children. 



Dr Emma McKinney is a lecturer at the University of the Western Cape. She is also the owner of Disability Included, a company specialising in disability research, children, and employment of adults with disabilities. email: emma@disabilityincluded.co.za

100 DAYS TO GO

The countdown to the Tokyo Paralympic Games has started. With less than 100 days till the event, **LEON FLEISER** takes a look


So, on May 16, 2021, we celebrated 100 days to the Tokyo 2020 Paralympic Games. A very emotional moment for me as the Chef de Mission for Team South Africa. A year ago, we would never have thought we would be here amid a pandemic delivering a team to the highest pinnacle of sport for people with disabilities.

There is still the debate ongoing if these Games are and should go ahead. There are good arguments on both sides: for and against the Games continuing.

My opinion is simple: Right now, we need some inspiration in the world during these horrible times. Who better to do it than the heroes that

attend the Paralympic Games? Stronger together.

Paralympic athletes are constantly inspiring and exciting the world with their performances: Always moving forward and never giving up, which is exactly what the WORLD needs right now!

Keep safe and healthy and follow our athletes in Tokyo. As I said, they need your backing online as there probably won't be any people in the stands. 

Follow the South African Sports Association for Physically Disabled (SASAPD) on social media for update on para athletes. Find them on Twitter and Instagram @SASAPD or on Facebook @SouthAfricanSportAssociationForPhysicallyDisabled.




Leon Fleiser has been involved with sport in the disability sector since 1992 when he started playing wheelchair basketball. He captained the national team to the Sydney Paralympic Games and the 2002 World Championships. He started working for Disability Sport South Africa in 2001 as a Coordinator for High Performance. It merged into SASCOC in 2005 and he is now the Manager for Team Preparation and Academy Systems. He has delivered Team South Africa to numerous Olympic, Paralympic, Commonwealth and African Games. email: leonf@sascoc.co.za

VACCINES MADE AVAILABLE FOR ATHLETES

Athletes participating in the Tokyo Olympic and Paralympic Games are required to be vaccinated ahead of the Games. Fortunately, the International Olympic Committee (IOC) has arranged for vaccines to be donated to assist countries with the vaccination process. The roll out of vaccines for South African Olympic and

Paralympic athletes started on May 24.

However, a number of athletes are still in the qualifying process. The Olympic athletes for Team SA will only be announced around July 4. The Olympic Games will take place from July 24 to August 8, while the Paralympic Games are scheduled for August 24 to September 5. 



LEFT: (From the left) Charleen Clarke and Tina Monteiro were business partners and good friends.

PASSING OF TINA MONTEIRO


It is with great sadness that we inform you that Tina Monteiro, former publisher of *Rolling Inspiration*, has passed away. Her business partner, Charleen Clarke, recalls that she first met Tina about three decades ago while working for the same publisher.

“When I met Tina, I was absolutely blown away by her prowess. I’d honestly never encountered a better salesperson!” Even after changing jobs, the impression Tina made remained with

Charleen. When the opportunity arose for her to purchase a magazine, her first call was to Tina.

“I needed someone who could sell the advertisements. I am a journalist by nature. My area of expertise isn’t sales. However, it certainly was Tina’s!” she recalls. It is thus that the duo started working together. Their business, Charmont Media Global, grew rapidly. Soon, they were publishing several magazines, including *Rolling Inspiration* with Tina managing an entire sales team.

Current editor of *Rolling Inspiration*, Mariska Morris, started her career at Charmont. She recalls: “Tina was such a friendly, caring person. She showed genuine interest in people and was always ready to assist. She was hard working and an inspiration. She will be sorely missed.”

Our condolences to Tina’s friends and family. May they find strength in their grief. 

BOOK REVIEW: LOAD, AIM ... FIRE

Ari Seirlis reviews Load, Aim ... Fire by Duncan Mattushek.


Duncan writes an incredible story about a tragic incident he faced while serving in the army as a national serviceman. A life-changing incident that cost the lives of some of his dear friends and comrades.

After a long recovery and rehabilitation process, with the incredible support from his parents, siblings, and wife, Irene, he made a conscious decision to get on with life and achieve his dream of being a farmer.

In November 1975, as an artillery man in the SADF, he was deployed in Angola with his team and they hit a landmine. He describes the incident in detail. The tragic loss of life and his casualty evacuation to hospital and rehabilitation is an incredible story. He was severely burnt and lost both his arms ... but life had to continue.

He studied agricultural sciences (farming); graduated; worked hard; fell deeply in love and

married the love of his life; started a family; emigrated; and pursued his dream career.

Duncan’s book has so many incredible lessons of how to overcome, persist and achieve. This read will definitely influence the way you think about life. 



Advance copies are available directly from Camera Press (Johannesburg) at R250 per copy and posted via registered post. Courier or PostNet are available at an additional cost. To purchase, make payment to Camera Press, e-mail the proof of payment to accounts@camerapress.co.za with a delivery address.

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SUBSCRIPTION FORM

Subscribing to *Rolling Inspiration* is simple: Complete the form, make payment, send the form (a photo or scan) and proof of payment to rollinginspiration@qasa.co.za.

BANKING INFORMATION

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Account type: Current or Cheque

Bank: Nedbank

Branch code: 1 9 8 7 6 5

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WORK READINESS PROGRAMME

BRIDGING THE GAP BETWEEN UNEMPLOYMENT AND EMPLOYMENT

ARE YOU A WHEELCHAIR USER SEEKING EMPLOYMENT?

The QuadPara Association of South Africa (QASA) facilitates a Work Readiness Programme nationwide that provides two months of soft skills training.

The QASA Work Readiness Programme bridges the gap between unemployment and employment which is a great stepping stone to gain independence.

AVAILABLE NATIONWIDE

The programme is now available online, nationwide. Participants are provided all the hardware and software required to complete the programme.

MODULES

- Stress management;
- Business Ethics;
- Motivate and build a team;
- Diversity in the workplace;
- Understanding HIV/Aids in the workplace;
- Operate as a project team member;
- Effective leadership skills;
- Communication in the workplace;
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