Montfort College Lecturer, Sister Emma Kulombe on CPA Training of Trainers’ Course
September 2016
CPA Report

In this last year CPA has made great efforts to become stronger as an organisation so that the work of the charity can be sustained into the future.

We have relaunched our website which is now more in keeping with modern giving so that donors can access it on their mobile phones and donate through just giving. It also gives a more vibrant and interesting account of the work we are doing and the children who have benefited.

With the new website comes a new logo and we take this opportunity to thank William Siddall for creating both website design and logo and for his generosity in doing this free of charge.

Fund raising as ever is a problem and we find that our best means for covering the costs of our work is by making applications to the major donors for new projects. By this means we have again been successful in being awarded a grant from the Scottish Executive to fund another 3 year programme in Malawi. This provides some staff costs and as such will enable us to employ some administrative help in running the project. Our unrestricted funds come from faithful individual donors and from various small fund raising efforts such as participating in a run or appeals to church congregations. PFSE has raised useful amounts through running a barn dance or strawberry teas.

For a few months we paid a development officer, Dughall Laing who was keen to help us with some core fund raising and for facilitating us to apply for grants from organisations such as Comic Relief but for reasons beyond his control this did not work out. He still advises us but as a volunteer and has been very helpful in enabling us to develop Policy Documents that show that we follow best practice. We have already agreed an Equal Opportunities one and soon will have a Protecting Vulnerable Groups disclosure record application form that each volunteer should fill in. Even if they already have the English equivalent they will need a Scottish one because we are a Scottish organisation. Their clearance process will be done free of charge.

We continue to work with other organisations such as Able Child Africa and Liliane Foundation. This usually involves a sharing of the costs but with CPA only paying a small proportion.

We were invited by Liliane Foundation to work together with their strategic partner organisation in Ghana, the Samuel Wellington Botwey Foundation (SWEB) to develop more effective early intervention rehabilitation services for children with CP in Ghana. We agreed to co-fund a conference of all stakeholders to be held in July 2017 to determine how to meet the needs of children with CP and their families that had been clearly identified in a far reaching research project carried out by the London School of Tropical Medicine in partnership with Christoffel Blinden Mission and the Presbyterian Church of Ghana. The findings of this research were published in November 2016 and presented at a meeting of stakeholders in Accra. CPA agreed that if the July conference delivers a clear wish for training for personnel working with children with CP we would seek funding to carry this out.

CPA Assignments in 2016-17

Monze, Zambia in June 2016 and March 2017

Deana Owen of Friends of Monze in Wales asked if CPA could send some trainers to Monze to teach mothers to make income generating products and chairs for their children. APT trainers, Jo Mosesson and Patricia Brownlow from PFSE went with Deana to train two groups over two weeks in the Holy Family Rehabilitation Centre and Health Help Zambia centres in Monze. They trained in all
19 mothers, 5 people with physical disabilities and 2 vulnerable boys to make educational toys such as puzzle shapes, number games and a stacking toy. They also made small stools. These were distributed to the schools supported by Friends of Monze where there is no equipment for teaching. These groups have now formed into one and work together to make and sell APT items.

However they needed to learn how to make assistive devices. So Jean went in March 2017 and accompanied by Hilton Mutembu from Wukwashi and Geoffrey Mwale from Beit Cure Hospital

This Mum started practising feeding her daughter while she sat in the newly-constructed chair.

Hilton working with his group

Malawi in August/September 2016

CPA and Montfort Special Education College Project “Enabling Education for Children with Cerebral Palsy” is now in its third and final year. Sinéad Barkey, specialist paediatric physiotherapist from Great Ormond St Hospital for Sick Children and Evalina Children’s Hospital, who had taught the first training course in Montfort College in 2010 (before the current project started) was delighted to work in partnership with Isaac Chapweteka to teach 3 different groups of special needs teachers.
During this last training assignment of the project the first group of teachers had recently graduated in teaching children with learning difficulties and had had no previous training in working with children with CP. Running this course not only provided 16 more specially trained teachers but also gave the four lecturers from Montfort College the opportunity to learn themselves. This will enable them to teach the new Working with Children with CP Module that the College has been licensed to teach

i. A six -day introductory APT course – this was for 16 new teachers from Southern Education Division and four College lecturers. It was conducted by three SN teachers who have become expert trainers and practitioners themselves. No UK based trainer was needed for this part of the course.

ii. A six -day course on handling and management of children with cerebral palsy for same 16 teachers and 4 lecturers led by Isaac Chapweteka and Sinéad Barkey

iii. A three day follow up course for 15 teachers who were first taught in 2010 (the 2016 cohort were on site for the duration of the follow up course finishing their APT equipment under the guidance of the APT facilitators)

These three weeks were a long and arduous learning experience for all. The frequent power cuts and long hours needed to complete the programme because the course had to be reduced from 14 days to 12 for Montfort College operational reasons exhausted both trainers and learners but all agreed the effort had been worthwhile.

Jean’s Visit to Malawi – March 2017
Jean paid a final visit to Malawi in March 2017. Her time there coincided with Trustees, David and Morag Gibson who were visiting their daughter and grandchildren in Lilongwe. Together they visited 2 schools and had a meeting with Mr David Njaidi, the Director of Special Needs Education and his deputy, Mr Peter Nsendema, in the Ministry of Education. Mr Njaidi said "It has been a very good project moving forward; it is helping now Montfort has a stand-alone module on CP issues”

Shire Urban School Visit
They visited Shire Urban School where special needs teacher Maggi Mwale has a well organised class that she runs with help of volunteers and from the 28 strong parent support group.
**Lilongwe Teacher Training Demonstration School**
(2393 pupils, 60 with disabilities)

At Lilongwe Demonstration School they visited the Deputy Principal, Sidaya Kalawa. There was a detailed large poster in her office with the numbers of children with disabilities at the school. Usually the information about the number was on one line. A new resource room is being built but lacks money (£350) to pay for the roof. Seeing the schools was encouraging. It was impressive to see the changes being made to include children with disabilities.

**Visiting Montfort SNE Teacher training College**

Treza Natoto showed Jean the room allocated for a combined APT and Art Resource room where a number of items that had been made on the last training course in August 2016.

They discussed the possibility of having a workshop making assistive chairs and standing frames. It is a very spacious room and has a large storage room that could be used for APT work if one person could be assigned the job.

Jean also met with Acting Principal, Lucy Magagula, who was very welcoming. Picking Jean out from a number of others waiting to talk to her she started by praising CPA for all the help. Jean reminded her of all the other organisations that had been at her door and asked why she felt that CPA had been different. The answer was “Capacity-building”. In the first place CP was a component of their Physical disabilities module. She said’ “we are very happy with the documents and information that really supported and helped us to take on CP as a course”. Now they have 8 additional staff members.
Nigeria in October 2016 and February 2017

Liliane Foundation asked if CPA could run some APT training programmes for their partner organisation The Daughters of Charity of St Vincent de Paul in Nigeria. In October Kennett Westmacott went to the Centre in Abuja and ran a 2 week course for 16 participants: 2 from 8 different organisations around the country to learn to make chairs. CPA paid for Veronica Hansen Nortey’s fare from Accra. She came to help supervise and learn more herself about teaching.

In February 2017 Kennett returned to Abuja, this time accompanied by Ama Darko Williams to run a 4 day top-up course for the same participants and they learnt to make standing frames.

Sister Fidelia Unigwe, the Coordinator of the programme is an able administrator and deeply committed to seeing many children benefit from these training courses. In CPA we have doubts about the effectiveness of such training without participants having back-up support from therapists or CBR workers with the specialist training needed to prescribe the kind of device each child needs and how it should be adapted. But we hope to continue to be in touch with Sister Fidelia and to hear news of how the course participants work is going.
Future Plans

In the coming year we expect to be:

- **Malawi** - Running a two week course for physiotherapists working with children with CP who have had no previous specialist training. This will be the first part of the Scottish Executive project called Fit for School whereby children are identified early and physios, CBR workers and families work together to implement strategies that prevent the secondary impairments that so often make it difficult for children with CP to attend school.

- **Ghana** - facilitating at a conference in Ghana called “Inclusion Matters: Count in Children with Cerebral Palsy”. This is being arranged by the Samuel Wellington Botwey (SWEB) organisation who are Liliane Foundation’s strategic partners in Ghana. We hope it will lead to more community based programmes in Ghana and better support and specialist training for special needs teachers. Getting the governments approval and support will be the big challenge. If this is successful we expect to be applying for 3 year grants to run similar projects to those that are proving effective in Malawi.

- **Ghana** – providing a therapist / APT trainer to work with a separately funded project in Tamale, north eastern Ghana. She will also give some top up training to CBR workers in the Sandema programme where CPA worked in 2014.

- **South Africa** – Jean has been invited by Gillian Saloojee, the Founder and Executive Director of the Malamulele Organisation in Johannesburg to teach APT to her support workers in November 2017. Jean is hoping to take a new volunteer OT, Jane Worsley and Hilton Mutembu, from Wukwashi in Zambia, is preparing to join them.

- **Liliane Foundation** – holding talks with executives from this Dutch organisation to explore ways in which we can work together.


Paper Furniture Social Enterprise volunteers have continued to support Cerebral Palsy Africa meeting in our workshop in Medstead to make demonstration assistive equipment such as chairs, standing frames and booster seats as well as flat pack versions and the patterns and templates for these items. We have also made a wide range of assistive games and toys such as picture puzzles, stacking and posting toys and communication and education items involving alphabet and number skills. These have gone out with our volunteers and others on the teaching trips to communities in Africa. We have also been helping with the visitors who have come to learn Paper Furniture techniques in the UK and have engaged in a range of fundraising and awareness activities such as giving talks and demonstrations to local groups, the Treloar’s Plant Fair and a Cream Tea event. We have continued to take opportunities to work with other groups and social enterprises and have learnt valuable lessons about the strengths and constraints of the Paper Furniture technology and our methods of manufacture. We have scaled back our craft making and selling activities for the time being as we appear to have saturated our local markets.