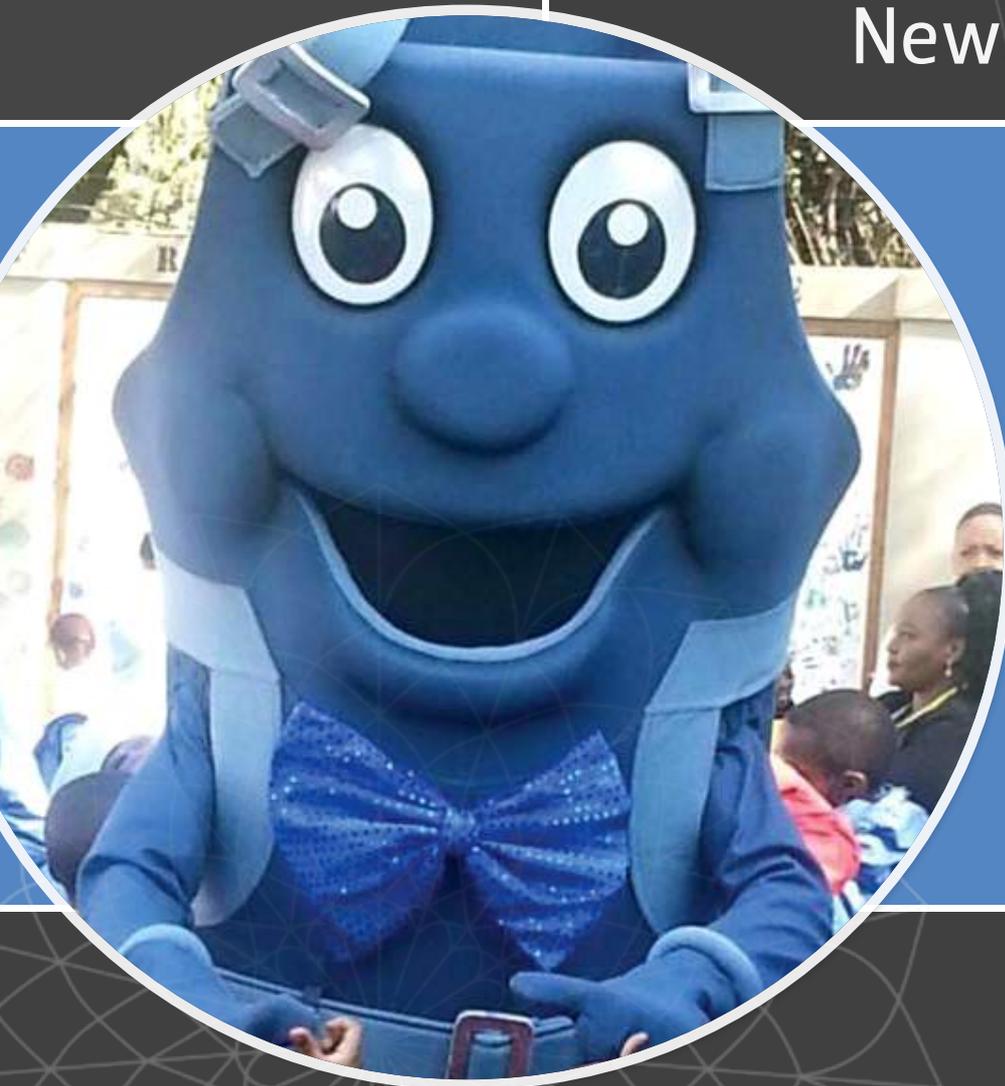


Association for Persons with Disabilities **Free State**

Newsletter | Issue 10



IN THIS ISSUE

From Our Side — Page 2

An Interview with
Able — Pages 3 & 4

Casual Day 2018 — Page 5

How you can help!
— Page 6

APD News — Page 7

Our Sponsors — Page 8

*An Interview with **Able**
our Casual Day Mascot*

From Our Side

If you haven't yet visited the [Association for Persons with Disabilities](#) you are missing out. This centre is becoming the heartbeat of Park Road.

[Jean Webber](#) is not only a home for the 38 people living with disabilities, but it's also a haven where new friendships are formed.

Our [Goodwill Coffee Shop](#) is where friends meet and enjoy our delicious chicken pies and coffee.

The [Potters House Church](#) is also on our premises and brings the place alive with their gospel band.

APD is also where school children and students of CUT and the University of the Free State come together and give of their time through projects like painting of rooms; wheel chair racing and playing games.

The new buzz on-site is the re-opening of the wheelchair friendly [47@Park Road Guesthouse](#). We have 4 luxury rooms with on-suite bathrooms and a lovely lounge where friends can relax. It really feels like home.

We invite you to come and visit us and see how you can get involved. Just one smile can change a person's day.



*I would rather walk with a friend in the dark,
than alone in the light. – Helen Keller*

Casual Day Mascot Able

“ We’re all able, we can all live our fullest lives if the barriers are removed.



For the past 23 years, Casual Day has been South Africa’s leading fundraising & awareness campaign for persons with disabilities. This year the campaign falls on Friday, 7 September 2018. We’ve decided to chat to Able – the official mascot of Casual Day – to find out what Casual Day is all about and how you can support this great initiative.

🎤 Able, tell us, what is Casual Day all about?

Casual Day is an awareness and fundraising campaign benefiting persons with disabilities. Each year on the first Friday of September, South Africans are encouraged to go to work or school dressed differently and to wear the official Casual Day sticker to show their support for persons with disabilities.

Casual Day Mascot Able

What role do you play in Casual Day?

I am the Casual Day mascot and ambassador for disability. I encourage people to see the ABILITY in people and not the dis-ABILITY. We're all able, we can all live our fullest lives if the barriers are removed.

How can people and businesses show that they support Casual Day 2018?

The most important way to show your support and solidarity is to get your sticker for only R10 from your local organisation for persons with disabilities and to wear it on Casual Day.

What happens to the funds raised during the Casual Day Campaign?

The following beneficiaries who provide services to persons with disabilities benefit from these funds:

- The South African National Council for the Blind
- The South African Federation for Mental Health
- QuadPara Association of South Africa
- Autism South Africa
- Down Syndrome South Africa
- National Association for Persons with Cerebral Palsy South Africa
- South African National Deaf Association
- National Institute for the Deaf
- Alzheimer's South Africa
- Deaf Federation of South Africa
- The South African Disability Alliance

Casual Day 2018

BE AN EVERYDAY HERO

with persons with
disabilities!



This is our theme for 2018! This year, we call on YOU to be a protagonist for change! To be a hero for yourself, for others and for our country!

Being a Casual Day Hero is easy! All it takes is getting your Casual Day sticker and encouraging as many people as you can to get theirs for a donation of only R10!

Be part of the team by telling everybody you know about Casual Day, by encouraging them to support Casual Day and by helping them understand why persons with disabilities deserve equity alongside all other South Africans.

Let's put a smile on the faces of everybody you know!



How you can help!

How you
can **help!**



The most convenient way to donate on a regular basis is by means of a debit order.

A debit order of R100 a month can make a big difference in the lives of those with disabilities.

By donating to us you can help us to help those with disabilities to reach their full potential and to enable them to live a fulfilling life!

Please get in touch with our finance department at finance@apdfs.co.za to discuss our hassle-free and safe debit order options .



Sustainable vegetable and fruit gardens

On Wednesday, 18 July, at the Association for Persons with Disabilities (APD) in Park Road, the Minister of Agriculture, Forestry and Fisheries, Senzeni Zokwana, was very impressed with a presentation regarding sustainable vegetable gardens for persons with disabilities.

This presentation was the brainchild of Thabo Olivier and Elmaine Maartens. They want to establish vegetable and fruit gardens at the Jean Webber Home for persons with disabilities.

Students at the Central University of Technology will help on the 20th of September to plant the seeds and seedlings. According to Maartens, the beds will be organized in such a way that the inhabitants of Jean Webber, who all have limited mobility, will be able to move between the beds to water them. They will plant potatoes, spinach, tomatoes and pumpkin.

The minister's spokesman, Khaye Nkwanayana, says it is projects like these that government wants to promote.



*On the right is
Elmaine Maartens
and Thabo Olivier*

Our Sponsors

Thank you to our
sponsors this month!

COUNTRY BIRD LOGISTICS T/A



WOOLWORTHS



NATIONAL LOTTERIES COMMISSION

a member of the dti group

Please support us

APD Fundraising
ABSA Bank
Account Nr.: 405 204 5103
Branch Code: 63-2005
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