Brecon Molo Disability Inclusion Work
A Venture Into Community Based Rehabilitation (CBR)

By
Paul Lindoewood and Donald Rust
Brecon Molo Community Link

- Brecon, in mid Wales, and Molo in the Rift Valley of Kenya
- 1\textsuperscript{st} visit from Brecon to Molo in October 2007
- Established three Focus Groups – Health, Education, Social Cohesion and Livelihood (including disability)
- Disability originally tasked to construct seven houses to accommodate disabled adolescents from the nearby Matumaini Children Centre.
Community Based Rehabilitation

“Community-Based Rehabilitation (CBR) was initiated by World Health Organisation ..... to enhance the quality of life for people with disabilities and their families; meet their basic needs; and ensure their inclusion and participation. ......

CBR is now ...... working to improve the equalization of opportunities and social inclusion of people with disabilities while combating the perpetual cycle of poverty and disability.

CBR is implemented through the combined efforts of people with disabilities, their families and communities, and relevant government and non-government health, education, vocational, social and other services”.

(www.who.int/disabilities/cbr/en/)
What Has Disability Work Meant For Brecon Molo?

• Two Awareness Raising Workshops in 2009 and 2011
  – 2011 Workshop Run by CBR Group from Embu
• Disability professionals exchanging visits between Brecon and Molo
• Appropriate Paper-based Technology (APT)
• Getting to Know Cerebral Palsy (GtKCP)
• Community Health Support for Disabled Children (CHSfDC)
  – A one year programme funded via the Tropical Health Education Trust (THET) – May 2016 to May 2017
Working With The Disabled Community

• Project known as “Empowering the Disabled Community”

• Ran two training initiatives, to cascade the impact through “self help groups”
  – Getting to Know Cerebral Palsy (GtKCP) - for Parents and Community Health Workers
  – Disabled Community Workers (DCW) - for disabled people to work through their organisations

• The two initiatives were jointly funded by
  – Susila Dharma Britain =£2,500
  – Hub Cymru Africa =£5,500
Empowering the Disabled Community

• GtKCP and DCW developed as 2 different training activities

• Getting to Know Cerebral Palsy (GtKCP)
  – A pre-prepared manual designed to be trained to would-be trainers and then cascaded through the community via parent groups

• Disabled Community Workers (DCW)
  – A generally open agenda which could be tailored to participants’ interests and aspirations
Molo Community Engagement

• Used the 5 communities of the Community Health Support for Disabled Children programme
  – Molo, Elburgon, Marioshoni, Sachangwan and Turi (with Karinget included in GtKCP)

• Worked with Molo Red Cross to liaise with
  – Disabled People Organisations
  – Community Health Workers
  – Parents of Disabled Children

• 2 people from Molo Red Cross were supported from Brecon via Skype, email etc
Challenges Faced

• Communication;
  – Between Wales and Kenya
  – Local Management

• Understanding who was suitable to be trained

• Alignment of purpose and path (Disabled Community Workers training)
  – Trainers having to be very flexible

• Audience reflected the range of capacity and capabilities of a rural community.
Community Impact Achieved

• As a result of the Empowering the Disabled Community training:
  – Self help groups have been inaugurated in the following – Molo, Elburgon, Sachangwan, Turi, along with Baraka
  – In some situations DPO and GtKCP groups have combined and in others remained separate
  – Some activities include table banking, purchase of chickens, goats etc
  – 2 or 3 groups continue to cascade GtKCP training
  – In Marioshoni and Keringet, people remain interested but as yet no formal group structures
Consequential Initiatives

• November 2017 - Bees Abroad, through the Disabled People’s and GtKCP groups:
  – Provided training in the manufacture of value-added bee products, such as lip balm
    • Also including a women’s jewellery making group
  – Carried out scoping visit looking into the possibility of beekeeping

• March 2018 – 12 Screenings of disability awareness film, Lisilojulikana, with help from Purple Field Productions staff in Kenya
What Does The Future Hold

• Brecon Molo is currently undertaking a review of all its activities and purpose
• Working with Self-Help Groups provides an opportunity for ‘grass-root’ development
  – But requires a strong regional coordinating base
• Still to find the most effective way to share information and motivate ‘grass-root’ community members
• Still plan to work with larger and government organisations
What Can HCA Do

Facilitate more discussion and sharing of ideas around:

– Working with disabled people and their families
– Work directly with the community rather than just service providers - disability and other areas
– More emphasis on “community solidarity” between Wales and Africa

• The Brecon “Empowering the Disabled Community” team of 5 included 3 disabled people, a parent of a disabled young person and a spouse to a disabled member

“Disabled People’s Participation Should Be Expected, Not Just Accepted” (DWA)