

# GET INVOLVED

PROMOTE INCLUSION

Follow us on Facebook and Twitter and become a friend of Realize. It's free and we'll keep you updated with our quarterly newsletter.

FUNDRAISE

Join one of our annual community fundraising events or plan your own.

DONATE

You can make a one off or regular donation by visiting: [www.realizebelize.org](http://www.realizebelize.org)

VOLUNTEER

We are always keen to hear from individuals who are passionate to support the inclusion of people with disabilities. We have opportunities for volunteers both in the UK and Belize.

For more information please email: [sam@realizebelize.org](mailto:sam@realizebelize.org)  
Web: [www.realizebelize.org](http://www.realizebelize.org)  
Facebook and Twitter: [@realizebelize](https://www.facebook.com/realizebelize)

ENABLING INDIVIDUALS WITH DISABILITIES TO FULFIL THEIR POTENTIAL

Realize is registered as a Not-For-Profit in Belize: Registration No. 16681  
Realize is registered as a Charity in England & Wales: Registration No. 1171695  
International House, 24 Holborn Viaduct, London, EC1A 2BN

KNOWLEDGE  
ACCESSIBILITY

PROFESSIONAL DEVELOPMENT  
OPPORTUNITY

## REALIZE ANNUAL REVIEW 2019-2020

INFORMATION AND SUPPORT  
EMPOWERMENT

INCLUSION  
PARTICIPATION

REALIZE

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*I want to go to school. I want to be a teacher.. I want a chance.*  
**REALIZE PARTICIPANT**

# FROM THE TRUSTEES AND FOUNDERS

This year has seen significant milestones, consolidation of service developments and new partnerships.

Realize's Information and Support Service continued to be on offer, through face-to-face events and online, providing a safe and affirming physical and virtual environment for families and individuals with disabilities, and professionals working with them.

Another milestone was the development and launch of the Realize Disability inclusion information and resources online platform, which has reached 385 professionals to date.

And under 'Action 4 Inclusion' a disability awareness book and resource pack has been developed, launched and disseminated. This resource promotes awareness, inclusion and integration of children with disabilities in school. We're delighted to report that this has been disseminated throughout the country to key organisations for onward distribution to every primary school.

As we look to the future and in a changing world we're working hard on 'Realize More' - our online information service. We're looking forward to launching a resource for families in the coming year.

An important part of Realize's work is to support existing services and organisations to become more inclusive. We will continue to work closely with our partners and the community to promote inclusion at all levels.

Above all we remain committed to our purpose which is all about promoting inclusion through information, support and a skilled network around families.

We'd like to thank those who have given their time as volunteers, raised funds to help this work happen and given donations and resources.

We are also so thankful to the local community, especially those individuals with disabilities and their families who have placed your trust in us, have shared your needs and aspirations and helped shape the journey forward for Realize.

## 5 THINGS WE ARE PROUD OF...





## ABOUT REALIZE

Realize exists to promote and support the inclusion of individuals with disabilities in all aspects of society through developing their own skills, improving the knowledge of society around them and supporting them and their families to overcome challenges they face in accessing healthcare, education, work and leisure. We work to ensure that people with disabilities are heard, have rights and are able to participate fully in their community.

In Belize it is estimated that 1 in every 10 people has a disability. As an individual with a disability in Belize the odds are:

- You won't have completed school
- You won't be able to have a job due to lack of skills and opportunity
- Your family will suffer economic disadvantage through ongoing care cost
- You will have no livelihood or likelihood of independent living

We want to change the odds!

We approach the challenge of building inclusivity from two angles – from the individual outward, and from society inward. Our goal is to equip people with disabilities, their families and professionals who support them via our *Aspire* services, and to build the legislative, social and economic conditions in which their aspirations can be achieved through our *Action for Inclusion* projects.

# ACTION FOR INCLUSION

## Education 4 All!

This year, Realize launched and disseminated uniQue - a disability awareness book and resource pack to promote awareness, inclusion and integration of children with disabilities in school.

### Our achievements:

- The book and resource pack was disseminated throughout the country to key organisations to distribute to every primary school in Belize.
- The project has undertaken a consultation with individuals with disabilities, their families/ carers and health professionals to glean what works well, not so well and their ideas for how healthcare could better support patients with disabilities. The findings of the consultations and recommendations were published in a report in May 2018.
- Realize has established excellent relationships with the Ministry of Education, NGO's, libraries, schools, Angela's Press and Chamberlain Consultants to produce and disseminate the resource.
- Two launch events were held providing additional disability inclusion resources for all schools and organisations attending.
- The book and resource pack was given to key organisations to distribute to all 253 Primary schools in Belize.



In the last year, Realize held a number of events and activities for individuals with disabilities, their families and circles of support with the goal of reducing isolation, gaining access to support networks and information and social opportunities. Our activities and events included:

## **Information and Support Drop-ins**

Offering a safe and welcoming space for individuals with disabilities to come together with their families to socialise, make friends, develop skills and have fun. The drop-ins support families to reduce their isolation, share experiences, develop and access peer support. Alongside, Realize offered disability information, skills development and access to organisations and NGOs working in education, health and social care share the support they can offer.

## **Our achievements:**

- Face to Face Drop-in attended by 130 children with disabilities and their families, and accessed by 255 online.
  - Parents/ carers have reduced isolation through meeting with other parents/ carers
  - Parents/ carers have increased peer support
  - Individuals with disabilities have increased opportunities to socialise
  - Individuals with disabilities have increased community participation
  - Individuals with disabilities have increased self confidence
- Education 4 All! Disability inclusion information and resources online platform developed and launched. The platform has reached 385 professionals.



## OUR PLANS FOR 2019-20

### ASPIRE

#### Information and Support Service

This will continue as an online service for families and professionals for the time being due to the Covid 19 Pandemic. Regular contact will be made with families and professionals via email, FaceBook, WhatsApp and via the Realize website.

#### Realize More

A comprehensive online service focusing on health and education providing information, strategies and resources for individuals with disabilities, their families, health professionals and teachers was developed and launched last year. This year we plan to expand the platform by developing and launching a platform for families providing information and resources on a range of disabilities, how parents to support their child's specific needs to ensure they lead healthy, happy, safe and fulfilled lives..

FOCUS ON...

REALIZE IN NUMBERS

**130** families accessed the Information and support drop-ins leading to increased peer support for families and increased opportunities for children to socialise, make friends and have fun!

**255** individuals with disabilities and their families accessed the information and Support Service **Online** to access information and resources to support children with disabilities to lead happy, healthy, safe and fulfilled lives

**385** Education Professionals accessed the **Education 4 All! Disability Online** platform to increase their knowledge and understanding of how to promote and support the inclusion of children with disabilities in school so they are safe, enjoy learning and reach their potential.

**253** copies of uniQue – disability inclusion resource given to key organisations to distribute to all Primary Schools in Belize- to promote awareness, inclusion and integration of children with disabilities in school.

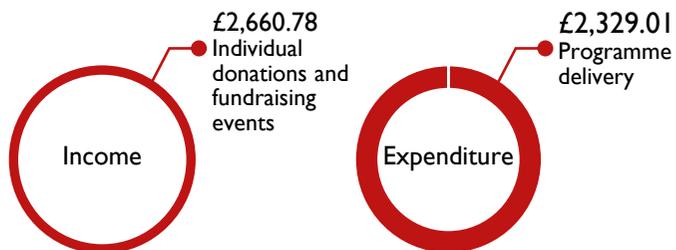
## OUR FINANCES

We are deeply grateful to the people and organisations who participate with us in our vision through funding and resourcing Realize's work.

Overall income for the year was £2,660.78. Realize has benefited from a large proportion of time given by volunteers and from community support. Our entire income for 2019-2020 was generated through community fundraising and individual donors.

100% of our expenditure was incurred in support of our charitable work with individuals with disabilities and their families. Our overall expenditure was £2,329.01.

Whilst we have generated a small surplus this year -£331.77, Realize has allocated this to projects for 2020-21. We will continue to focus our fundraising efforts to bring a sustainable break-even position.



## SPECIAL THANKS

### CHAMBERLAIN CONSULTANTS

Thank you very much for your kind donation.

### HODE'S PLACE

Thank you for your support of the work of Realize and providing a venue for us to facilitate sessions with families.

### VOLUNTEERS

Thank you to all of our volunteers without whom we could not offer the support and opportunities we have.

"It's been fantastic to feel I am making a difference. Thanks Realize Belize."  
*Volunteer*