

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

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

Web: 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 2018-2019

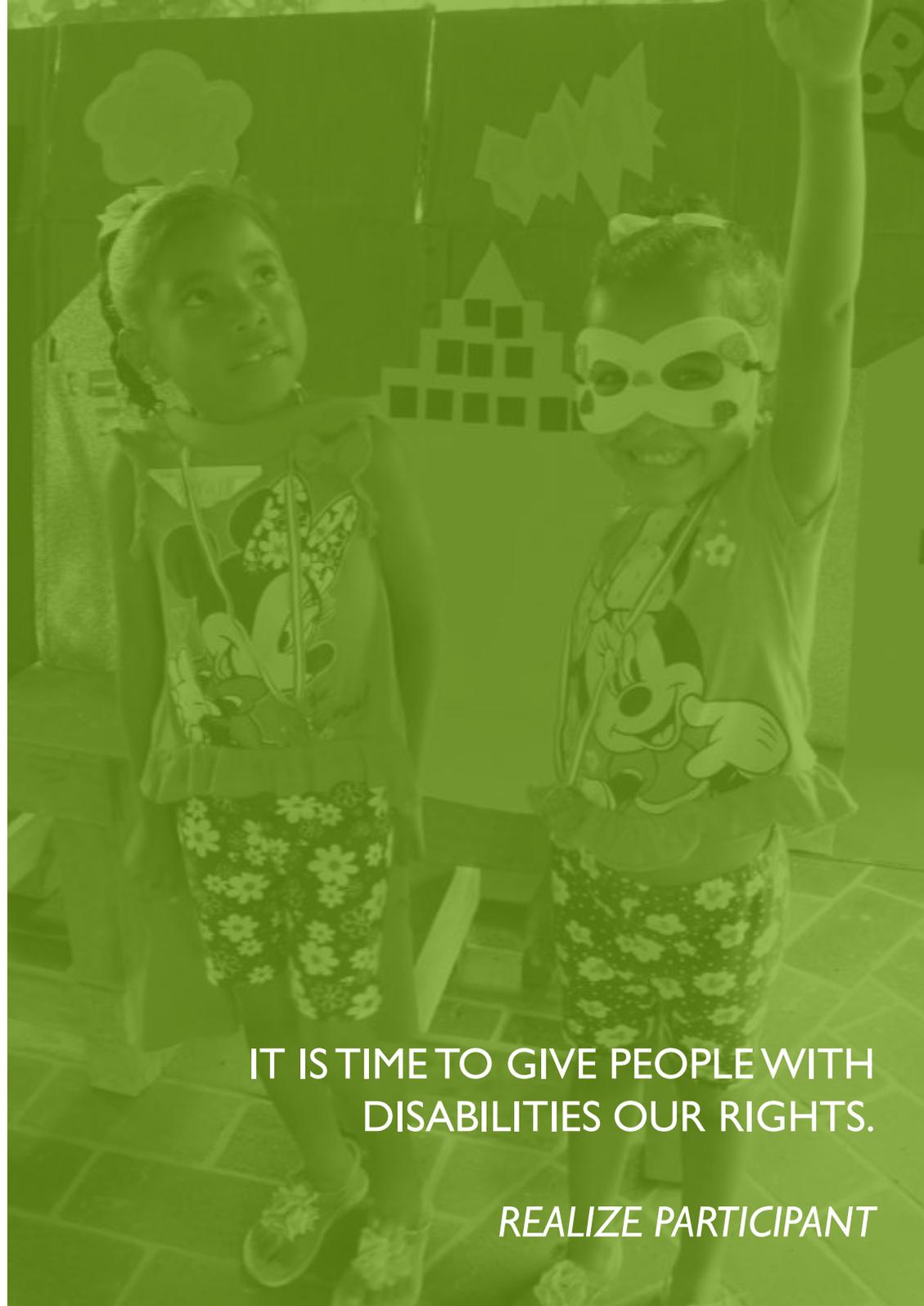
INFORMATION AND SUPPORT
EMPOWERMENT

INCLUSION
PARTICIPATION

REALIZE

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IT IS TIME TO GIVE PEOPLE WITH
DISABILITIES OUR RIGHTS.

REALIZE PARTICIPANT

FROM THE CHAIR AND FOUNDERS

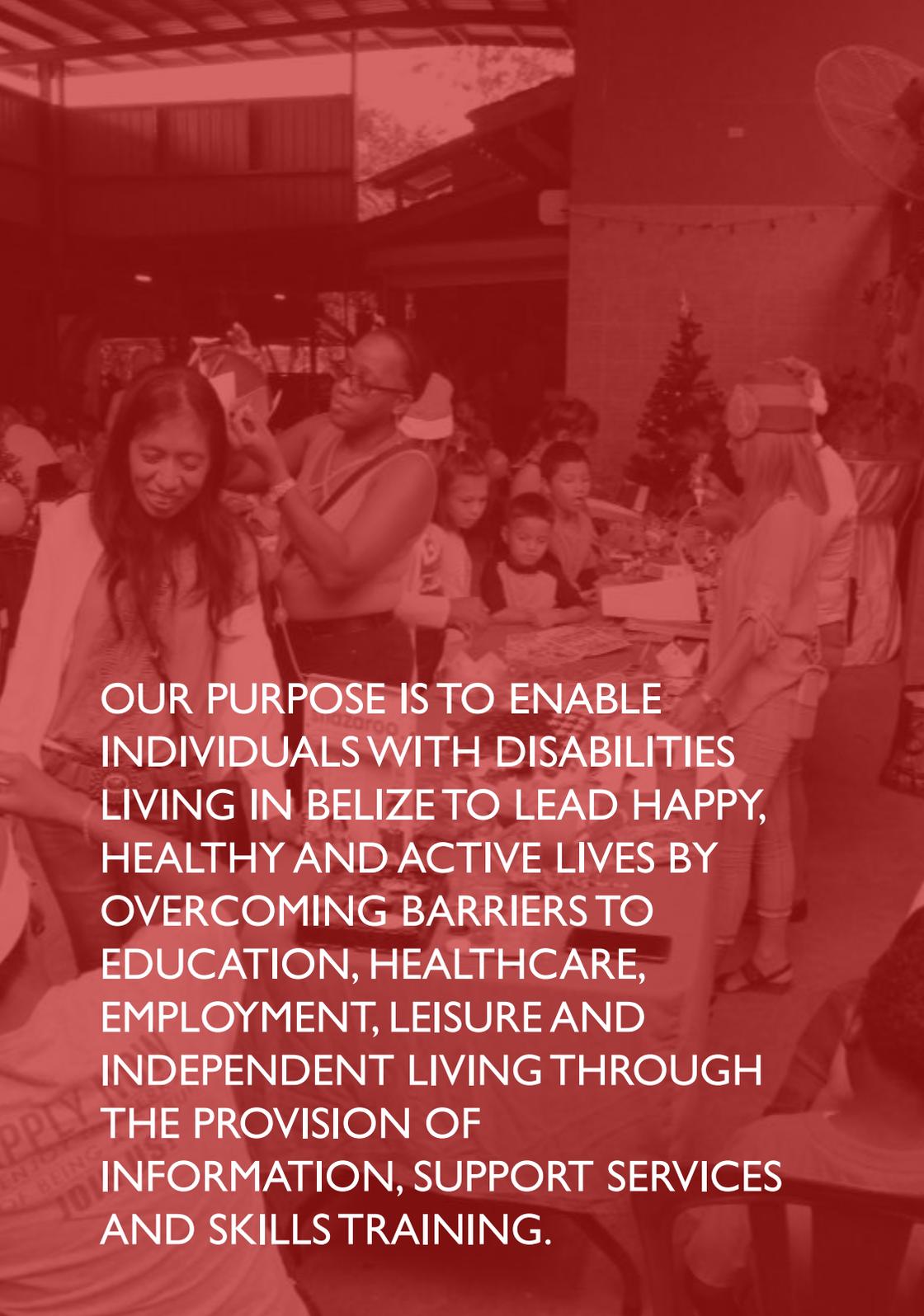
It has been a pivotal year for Realize, as we begin our Action for Change work with the community, launching both **Healthcare4All!** and **Education4All!** With thanks to support from UNICEF Belize, Realize had the opportunity to increase its impact by facilitating two national projects to combat barriers to health and education. We continued to offer the **Information and Support Service** providing families with a safe and welcoming space to meet, share experiences and access information, skills and resources. We were delighted to launch our first **Disability Information and Resource Points** in San Jose Succotz, Benque and Belmopan offering individuals with disabilities, their families and carers, teachers and health professionals increased access to information and resources.

In the year ahead Realize will focus on overcoming the barriers to education for children with disabilities. We will work alongside families, teachers, other organisations and the Ministry of Education to develop a comprehensive **Special Education Needs Toolkit** enabling teachers to develop the knowledge, skills and confidence to support children with disabilities to not only access school but thrive. Realize will also develop a **disability awareness storybook and handbook** for every school to promote awareness and understanding of disability amongst children leading to increased inclusion and reducing the risks of bullying, isolation and exclusion.

We would like to thank those who have given their time as volunteers and those who have donated or raised funds to help this work happen. This year Realize is proud to have been nominated as **Office Gurus** San Ignacio Charity of the Year. We would also like to extend a thank you to **Hode's** for donating venue space and refreshments for our Information and Support sessions. 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

OUR PURPOSE IS TO ENABLE INDIVIDUALS WITH DISABILITIES LIVING IN BELIZE TO LEAD HAPPY, HEALTHY AND ACTIVE LIVES BY OVERCOMING BARRIERS TO EDUCATION, HEALTHCARE, EMPLOYMENT, LEISURE AND INDEPENDENT LIVING THROUGH THE PROVISION OF INFORMATION, SUPPORT SERVICES AND SKILLS TRAINING.

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

Healthcare 4 All!

The year started with the launch of *Healthcare 4 All!* a national project to increase the knowledge and skills of nurses and doctors to increase access and quality of treatment for disabled patients.

Our achievements:

- A Disability Awareness training module and handbook was developed for Early Years Professional Development and will be used as part of the programme for all early years health professionals training.
- Disability awareness workshop and materials were developed and delivered to 79 in-service health professionals across Belize.
- Disability training was developed and delivered to 60 members of NEMO in Belize.
- Palliative Care training and materials were developed and delivered to 60 members of NEMO in Belize.
- Palliative Care training developed and delivered to 70 health professionals in Belize.

“EXCELLENT INFORMATION. IT WILL SURELY HELP US MORE TO CARE FOR PATIENTS WITH A DISABILITY.”

“GOOD PRESENTATION. IT MAKES ME AWARE THAT WE MUST MAKE PEOPLE WITH DISABILITIES FEEL WELCOMED.”

“VERY EXCELLENT TRAINING. I CAME WITH NO KNOWLEDGE OF PALLIATIVE CARE AND AM LEAVING WITH SUFFICIENT KNOWLEDGE TO IMPROVE MY WORK AT HOSPITAL. IT HAS MADE ME SEE THE NECESSITY FOR PALLIATIVE CARE.”

HEALTHCARE PROFESSIONALS WHO TOOK PART IN REALIZE TRAINING

ACTION FOR INCLUSION

Education 4 All!

A national project to increase the knowledge and skills of teachers in supporting the inclusion of children with disabilities in school and increase families knowledge and skills to support their children to learn.

Our achievements:

- The project has undertaken a consultation with individuals with disabilities, their families and carers and education professionals to glean what works well, not so well and their ideas for how schools could better support inclusion of children with disabilities. The findings of the consultations and recommendations were published in a report in September 2018.
- A Disability Awareness and Inclusion workshop and materials were developed and delivered to 93 education professionals across Belize.
- Family workshops for 104 children and their families- Providing information, activities and resources to promote understanding needs and aspirations, communication styles, strategies and resources, developing life skills and understanding how different children learn.

“I SEE NOW, INCLUSION IS THE WAY TO GO!”

“KEEP ON REACHING MORE TEACHERS, ADMINISTRATORS AND PARENTS SO THAT EVENTUALLY, OUR CHILDREN WITH DISABILITIES WILL BE INTEGRATED INTO OUR SOCIETY.”

TEACHERS WHO TOOK PART IN REALIZE TRAINING

Rural Development Outreach

Realize worked in partnership with Kichpan Kananten Women's Group in Cayo who were keen to address the needs of children with disabilities in their community as they had concerns that the mothers were isolated and children were remaining within the house. Together we identified:

- All families were living below the poverty line and unable to work due to care duties
- Majority of the mothers were staying in the house with their child and were experiencing isolation.
- Many mothers were experiencing mental health issues due to their situation.
- Many children had not received a diagnosis so mothers were doing their best but often unsure of how to communicate with their child, how to support them to learn and develop.

Our achievements:

Together we

- Recorded the families needs and aspirations and produced a report for Government Ministries on the needs of the community empowering the women in the community to have a voice and be heard.
- Established a disability information and resource point in the local library leading to reduced isolation for mothers, improved knowledge about their child's disability and increased access to resources to support their child's development.

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 topics this year included art therapy, play therapy, communication skills, confidence building, social skills and self-advocacy.

Our achievements:

Attended by 158 individuals with disabilities and 175 family members.

- 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

Disability Information and Resource Points

In December we launched our first Disability Information and Resource Points in San Jose Succotz library and Belmopan, then a further in January in Benque Viejo del Carmen. We offered individuals with disabilities, their families/ carers, teachers and health professionals increased access to information and resources leading to improved knowledge of disability, strategies and how to positively support individuals with disabilities to live happy, healthy, safe and fulfilled lives.

International Day for Persons with Disabilities

To increase visibility of disability within the community, and to mark International Day of Persons with Disabilities, Realize worked in partnership with Camp Sekonsa and NaRCIE to offer a family fun day for 22 children with disabilities and their families.

Key successes:

22 children with disabilities have:

- Increased community participation
- Increased access to leisure opportunities
- Increased confidence
- Increased opportunities to socialise
- Parents/carers have reduced isolation through meeting with other parent/carers



“THANK YOU FOR LISTENING AND GIVING FAMILIES A VOICE. THIS HAS MADE A REAL DIFFERENCE TO ME.”

“WE REALLY APPRECIATE COMING TOGETHER WITH OTHER FAMILIES AND WHERE OUR SON CAN BE ACCEPTED, HAVE FUN AND MEET OTHER CHILDREN.”

“IT WAS FUN! I MADE A NEW FRIEND.”

PARENTS AND CHILDREN TAKING PART IN REALIZE ACTIVITIES

OUR PLANS FOR 2019-20

ASPIRE

Information and Support Service

Drop-ins will continue throughout the next year. During the past year families told us what they really appreciated from attending the drop-ins was the opportunity for their children to socialise and to be able to talk to other families. We want to work with families this year to look at how we can establish parent support groups, so they can meet where and when it suits.

Realize More

A comprehensive online service focusing initially on health and education providing information, strategies and resources for individuals with disabilities, their families, health professionals, teachers and employers.

ACTION FOR INCLUSION

Education 4 All!

We plan to take this project to the next level through delivering two key projects. We will work alongside families, teachers, organisations supporting children with disabilities and the Ministry of Education to develop a comprehensive Special Education Needs Toolkit and training for every school in Belize. This will enable teachers to develop the knowledge, skills and confidence to support children with disabilities to not only access school but thrive.

Realize will also develop a disability awareness storybook and handbook for every school to promote awareness and understanding of disability amongst children promoting acceptance, uniqueness and ability, reducing the risks of bullying, isolation and exclusion.

FOCUS ON...

REALIZE IN NUMBERS

175 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!

158 children and young people with disabilities accessed our inclusion activities leading to increased community participation, improved confidence and increased opportunities to socialise.

93 teachers attended a disability awareness and inclusion workshop

79 health professionals attended a disability awareness and inclusion workshop

60 Members of NEMO attended disability awareness training and Palliative Care training

70 Health professionals attended Palliative Care training

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 £13,872.34. Realize has benefited from a large proportion of time given by volunteers and from community support. Our entire income for 2018-2019 was generated through a grant from UNICEF, 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 £12,602.55.

Whilst we have generated a small surplus this year, Realize has allocated this to the Education 4 All! projects in 2019-20. We will continue to focus our fundraising efforts to bring a sustainable break-even position.



SPECIAL THANKS

OFFICE GURUS

Thank you very much for your kind donations and for volunteering your time.

“Very humbled to have been able to service! Service to others is truly service!”
Office Gurus volunteer

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.

“Loved the experience, thanks Realize Belize.”
Volunteer