

Sarvodaya Suwasetha
Ariyawansa Weerakkody Memorial Resource
Training Centre & Special Education Unit
Warakagoda
Project Proposal - 2019



Name of the Organization: Sarvodaya Suwasetha Sewa Society Ltd.

Contact Address: No: 66 Rawatawatte Road, Moratuwa, Sri Lanka.

Telephone: +94(0)11-2655577, Fax: +94(0)11-2655579

E-mail: info@sarvodayasuwasetha.org

Website: www.sarvodayasuwasetha.org

1. Title of the Project: Ariyawansa Weerakkody Memorial Resource and Training centre and Special Education Unit - Warakagoda

2. Project Period: 01.01.2019 – 31.12.2019

3. Introduction

Sarvodaya Suwasetha an organization birthed under the aegis of the Lanka Jathika Shramadana Sangamaya as its social welfare arm has in course of time changed into an autonomous charity offering an incomparable service to the vulnerable segments of the Sri Lankan society. Sarvodaya Suwasetha as its popularly known cares and empowers persons with disabilities/children with special needs through the Suwasetha community based rehabilitation programme.

Suwasetha CBR project implements its programmes within the two districts of Kalutara and Galle. Ariyawansa Weerakkody memorial resource and training centre located in Warakagoda, in the Madurawala divisional area, Kalutara district managed by Suwasetha is one of the CBR initiatives.

The Warakagoda centre as it is popularly known is located in a rural area, housing a special education unit for children with special needs and a vocational training centre for persons with disabilities. The residents of the area around the centre being low income earners the centre is a boon to both children and adults with disabilities. We also need to record with immense gratitude that since its inception with the blessings of Sarvodaya Netherlands the Warakagoda center has been continuously and staunchly funded by Sarvodaya Netherlands enabling Sarvodaya Suwasetha CBR project to offer quality services to persons with disabilities/children with special needs in the area.

By now the number on roll at the special education unit has expanded to 20 children of ages ranging from 08 to 16 years. Most of the children suffer from autism while a few suffer from Down's syndrome. The children being of low intellectual capacity the centre concentrates on improving their intellect and developing their basic life skills such as developing gross

and fine motor skills, creative skills, appreciation of arts. A teacher with a long experience in working with children with special needs and an assistant teacher instruct the students.

4. Rationale and justifications

The Ariyawansa Weerakkody Memorial centre for children with special needs /persons with disabilities is one of the initiatives within the support network of the Suwasetha CBR project.

With 16 years of experience behind it the Warakagoda centre has built up a reputation for its genuine concern as a service provider in the area. The work done by the centre stands out as it serves a host of low income earning families for whom a child with special needs is an added burden in so many ways. As a family unit it affects their earning capacity negatively as an able person has to be spared to be the carer. The expenses involved in caring for a child with special needs such as taking them to various clinics for which they cannot use public transport a big problem and private transport is beyond their financial capacities. The vocational training centre by training persons with disabilities for self-employment helps to integrate them to the main society empowering them in the process.

The funds we receive from the Liliana Project is diverted to the Vocational centre which is already finding it difficult to fund more activities that would be a blessing to the lives of persons with disabilities.

5. Geographical area

The special education unit and the residential centre for women with disabilities are located in Warakagoda within the Madhurawala divisional secretariat area of the district of Kaluthara in the Western Province. Away from the ever busy town of Kaluthara the centre dwells in rural surroundings close to the village temple

6. General Objective – Health

Integrating into society persons with disabilities while promoting their physical and mental well being

6.1 Sub-objectives

6.1.1 Sub-objective

Promoting the mental health of persons with disabilities to lead a normal life within the broader society by improving their physical health and well being and their communication skills thereby overcoming the problems of disabilities.

6.1.2 Sub Objective

Raising the level of awareness of persons with disabilities on the possibility of being subject to secondary health problems and instructing them on how to avoid them

6.2 Activities

Sub Objective	Activities
6.1.1	<p>6.2.1 Physio-therapy clinics The clinics will be conducted by an experienced physio-therapist for children with mobility impairment. The teachers and parents/carers will be briefed on the exercises prescribed for each child and solutions to any problems they may face regarding the child. The six children with autism will benefit from these clinics.</p> <p>6.2.2 Speech therapy clinics and awareness programmes We hope to obtain the services of a speech therapist to conduct these clinics and the target group comprises children with speech impairments and delayed speaking skills. The clinics will pass on knowledge on techniques to be used for children with speech impairments.</p> <p>6.2.3 Occupational therapy clinics One Professional therapy clinic will be held in the year 2019 for the children attending the special education unit and the adult women with disabilities in the adjoining centre.</p>
6.1.2	<p>6.2.4 Medical clinics The medical clinics will be held to make the teachers and parents aware of secondary problems, how to identify them and what treatment is</p>

available. Medical examination of the children’s teeth, eyes, skin will be done and recommendations will be made. The weight and height would be charted and any deficiencies will be detected. The main purpose of these clinics will be to ensure the good health of the children with special needs,

The resource persons will be Medical officers of health, Public health inspectors, and family health officers.

6.3 Outcomes

Activity	Outcomes & methods of evaluation
6.2.1	Physio-therapy clinics Observing the growth chart maintained by the therapist about progress made; information from teachers and parents about progress made
6.2.1	Speech therapy clinics and awareness programmes Observing the speech and language growth chart maintained by the therapist about progress made; information from teachers and parents about progress made.
6.2.2	Occupational therapy clinics Observing the daily living skills progress chart maintained by the therapist about progress made; information from teachers and parents about progress made

7. General Objective – Education

Empowering persons with disabilities/children with special needs through education affirming their right to education and affording them equal opportunities in education.

7.1. Sub Objectives

7.1.1 Sub Objective

Provide guidance to teachers of children with special needs to develop the children's concepts in mathematics and language skills

7.1.2 Sub Objective

Develop learning skills of children with special needs through an aesthetic approach introducing them to art music and dancing.

7.1.3 Sub Objective

Guide them to strengthen the foundation necessary for formal education by improving their gross and fine mobility/motor skills

7.2 Activities

Sub Objectives	Activities
7.1.1	<p>7.2.1 Training sessions for teachers to update their knowledge and skills to teach basic concepts to children with special needs.</p> <p>A number of teacher training sessions will be held for teachers serving in the special education unit. Knowledge on activities to teach writing and matching similar colours, shapes and letters, identifying numerals, quantities will be discussed at the training sessions.</p>
	<p>7.2.2 Guidance for planning pleasant and attractive class rooms</p> <p>Instructions to create a stimulating environment through clean and attractive classrooms will be provided. In addition guidance and material assistance will be provided encouraging an effective learning approach.</p>
7.1.2	<p>7.2.3 Develop learning skills of children with special needs through an aesthetic approach introducing them to art music and dancing.</p> <p>Guidance and instructions and the funding will be made available to prepare children with special needs with talent to</p>

participate in divisional, regional and national competitions in art, music and dancing

7.1.3 **7.2.4 Guidance for the children with special needs attending the centre to strengthen the foundation necessary for formal education by improving their gross and fine mobility/ motor skills.**

Improve fine and gross motor skills through activities such as cutting paper using scissors, crushing and tearing paper, buttoning up clothing, pulling in zip, holding the pencil correctly and training the children in walking, sitting ,running and jumping correctly

7.3 Outcomes

Activity	Outcomes & methods of evaluation
7.2.1	Feedback form completed by the participants at the conclusion of the sessions
7.2.2	Observing the teaching methods at surprise visits to the special education unit
	Observations made at a inspection visit after providing guidance
7.2.3	Certificates, trophies won at various competitions and variety entertainments
7.2.4	Subsequent evaluations and observations of progress achieved

8. General Objective – Social

Socialization of persons with disabilities within the main society through integration and empowerment

8.1. Sub Objectives

8.1.1 Sub Objective

Creating the appropriate environment to improve the spiritual and mental health of persons with disabilities

8.1.2 Sub Objective

Encourage and stabilise interpersonal relationships among family members and persons with disabilities to develop their social skills

8.2 Activities

Sub Objective	Activities
8.1.1	<p>8.2.1 Creating the appropriate environment to improve the spiritual and mental health of persons with disabilities</p> <p>Organizing various religious activities by the teachers at the Warakagoda special education unit to promote healthy and calm minds among the children with special needs and their carers</p> <p>7.2.2 Counselling</p> <p>Counselling sessions are to be held to heal and create positive attitudes in the children with special needs and their carers/families</p>
8.1.2	<p>8.2.3 Parent teacher meetings</p> <p>Parents and teachers meetings are held to strengthen the relations between the teachers and the parents/carers of children with special needs</p> <p>8.2.4 World children’s day commemoration</p> <p>This annual event is planned and implemented by the teachers of the centre with the help of parents and well wishers.</p> <p>8.2.5 New year festival</p> <p>The new year festival is held before the school closes for the new year holidays. The children experience traditional games and the new year traditions and customs on this day. Children enjoy participating in the folk games held within the school premises.</p> <p>7.2.6 Year ending concert</p> <p>The yearend concert provides the children attending the school to showcase their talents to the parents and well wishers of the school. The concert is also a way of finding out about their progress in the course of the year.</p>

9. General Objective – Empowerment

Contributing to create a set of children with the confidence to say ‘I can’ aware of their own strengths and weaknesses and self worth

9.1 Sub Objectives

9.1.1 Sub Objective

Produce children with special needs who have undergone mental, emotional and attitudinal changes for the better through activities for integration into society

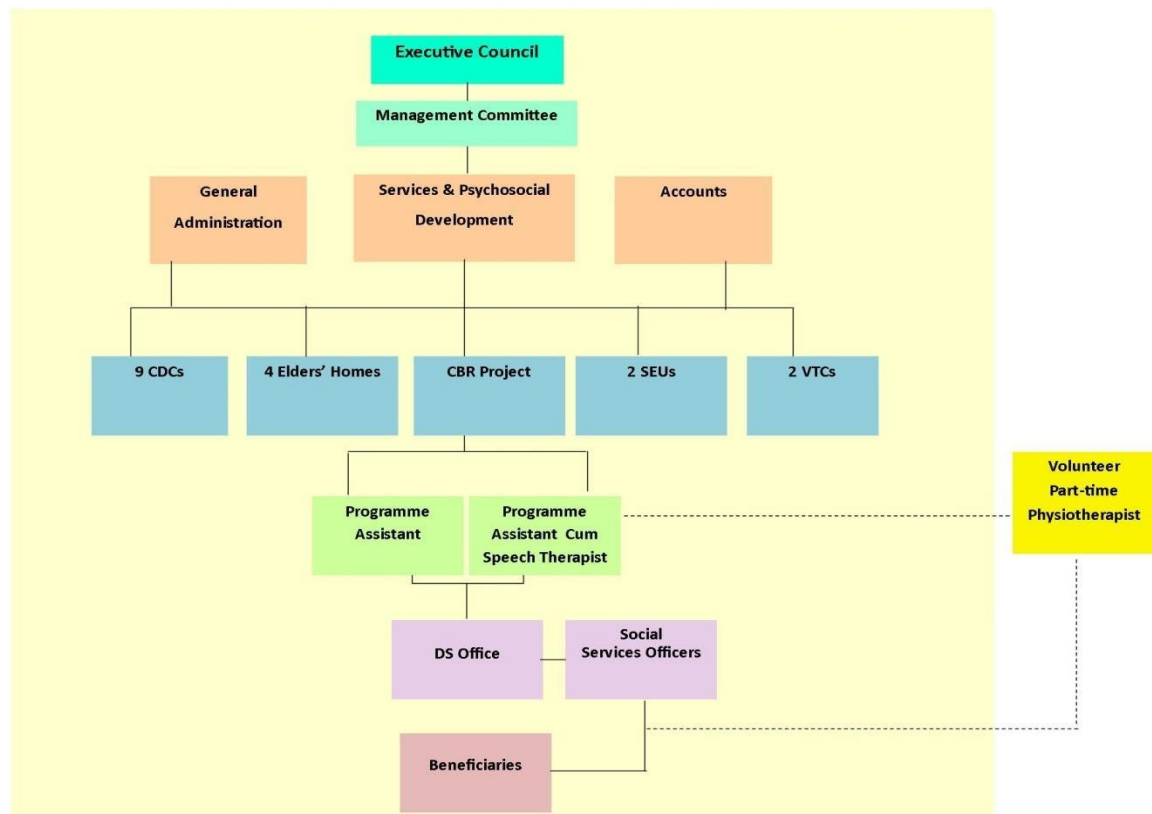
9.2 Activities

Sub Objective	Activity
9.1.1	<p>9.2.1 Taking the children with special needs to a school where normal children study for interaction with peers</p> <p>Six (06) visits are scheduled to take place in the year 2019. The children attending the centre will be taken to other schools/pre-schools for interaction with peers in the year 2019. The visits will be to other schools or from other schools.</p> <p>9.2.2 group activities</p> <p>The children of the centre will be grouped into several groups to include children with a high level of progress, a middle level of progress and a low level of progress within the same group and activities connected to the subjects they have learned will be done by the groups. Two group activities will be done every month totalling up to 24 group activities for the year. The teacher/s will chart their progress in behaviour, interacting with other children, alertness etc</p> <p>9.2.3 maintain progress charts</p> <p>The teacher has a small note book allocated to every child to chart their progress. Apart from that stars are given to every child as they progress and the star charts are displayed in the classroom for children and parents to see. As a child shows progress in his/her daily activities stars are given every two weeks. Every month the star chart is renewed and at the end of the year all the charts are collected and perused to measure the child's progress.</p>

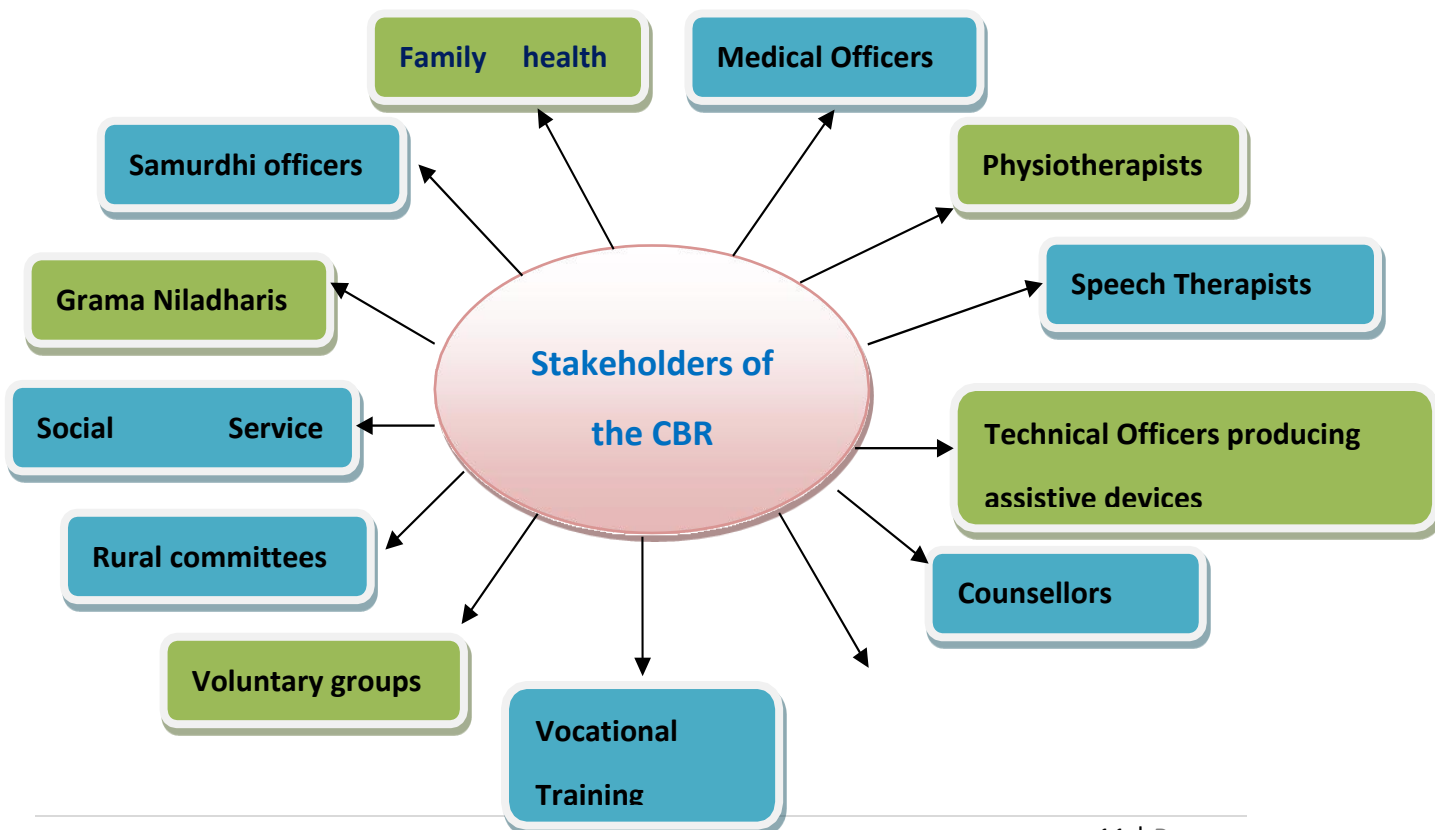
10. Project Approaches

It is a scientifically proven fact that a person with disabilities faces numerous and diverse hazards and challenges in every aspect of life including but not limited to physical, psychological, behavioural, social etc. at every stage of his/her life. The adoption of a multispectral approach in community based rehabilitation seeks viable solutions to these complex problems. Lifelong rehabilitation is a valuable project approach which facilitates and enables persons with disabilities to awaken their potential and reach maximum levels of rehabilitation at different stages of life. Sarvodaya Suwasetha, in line with the Global human rights approach to delivering services has shifted its welfare oriented approach to a rights oriented one. The CBR project in particular has taken a conscious effort to empower persons with disabilities to practically enjoy the human rights that they are entitled to. The project has widened its scope to cover political and civil rights of persons with disabilities during the project period. We believe that the programmes implemented by Suwasetha CBR programmes offer quality services to this vulnerable sector of the society and we thank our donors for making it possible for us to forge ahead in our humanitarian journey.

11. Implementation Structure



12. The Stakeholders of the CBR programme



13. Activity Summary

General Objectives	Activity	No: of Activities	No: of Beneficiaries
Health	6.2.1 Physio-therapy clinic	02	20
	6.2.2 Speech therapy clinic	02	20
	6.2.3 Occupational therapy clinics	01	20
	6.2.4 Medical (Health) clinic	02	20
Education	7.2.1 Training sessions for teachers to update their knowledge and skills to teach basic concepts to children with special needs.	02	20
	7.2.2 Guidance for planning pleasant and attractive class rooms	02	20
	7.2.3 Develop learning skills of children with special needs through an aesthetic approach introducing them to art music and dancing.	02	20
	7.2.4 Guidance for the children with special needs attending the centre to strengthen the foundation necessary for formal education by improving their gross and fine mobility/ motor skills.	02	20
Social	8.2.1 Creating the appropriate environment to improve the spiritual and mental health of persons with disabilities	04	20
	8.2.2 Counselling	02	20
	8.2.3 Parent teacher meetings	12	40
	8.2.4 World children's day ommemoration	01	20
	8.2.5 New year festival	01	20
	8.2.6 Year ending concert	01	20

Empowerment	9.2.1 Taking the children with special needs to a school where normal children study for interaction with peers	06	20
	9.2.2 group activities	12	20
	9.2.3 maintain progress charts		20

14. Monitoring and evaluation

Project activities will be evaluated while the while the project is in operation and at the end of the project period. The CBR team, teachers at the centre and the parents/carers will actively participate in these monitoring and evaluation process.

The CBR team will be visiting the Thalpapwila centre once every two months. The teachers are expected to submit separate reports on the progress of each child to the CBR team and Suwasetha headquarters every month. The teachers have been instructed to report after the monthly parent teacher meetings so that any comments from parents could be included in the reports.