

Annual Report

- September 2025 –

Report on the activities, projects, and services



About QASA

The QuadPara Association of South Africa (QASA) is a registered Non-Profit Organisation (NPO 000-881) and Public Benefit Organisation (PBO No. 930003176 | Ref. RG/0014/08/04), committed to improving the lives of individuals living with quadriplegia and paraplegia.

Aims and Goals

QASA is dedicated to:

- Preventing quadriplegia and paraplegia through prevention strategies.
- Supporting research aimed at finding a cure.
- Protecting and advancing the interests of Quadriplegics and Paraplegics in South Africa.
- Developing and implementing national policy and strategy to enhance the quality of life and realize the full potential of individuals with spinal cord injuries.

Governance and Structure

- QASA operates under its Constitution (Amended Sep 2023) and is directed by a Strategic Plan (Updated February 2025).
- The head office is located at 17 Hamilton Crescent, Gillitts, 3610.
- The General Manager reports directly to the QASA Management Board, while the Executive Board, elected post-AGM, oversees day-to-day operations.
- QASA's financial year ends on 31 March.

Affiliates and Membership

- QASA has three affiliated Regional Associations, each operating under a constitution aligned with QASA's national framework.
- QASA also provides direct support to Quadriplegics and Paraplegics in KwaZulu Natal, Free State, Northern Cape, Limpopo, Mpumalanga, and Eastern Cape.
- As a member-based organisation, all individuals registered with affiliated Regional Associations are automatically members of QASA and are subject to the QASA Code of Conduct.

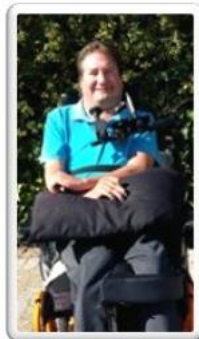
MANAGEMENT

The QASA Management for the period September 2024 to September 2025 includes key personnel such as Anton Engelbrecht (Chairperson), Vusi Ndimeni (Vice Chairperson), Ari Seirlis (Treasurer), and several board members including Simon Manganye, George Louw, Philip Case, and Zack Mathebula.

QASA MANAGEMENT



**Anton
Engelbrecht**



**Anthony
Ghillino**



**Vusi
Ndimeni**



**Ari
Seirlis**



**Simon
Manganye**



**George
Louw**



**Zack
Mathebula**



**Philip
Case**

MEMBERSHIP

Membership of the Association remains stable, supported by the continued efforts of the Regional Associations and various QASA initiatives. Members are encouraged to review and update their personal records annually to ensure the accuracy of the central membership database.

Key programmes, including the Driving Ambitions, Assistive Devices Programme, SABAT Battery Project, Employment Project, Accessible Homes Grant, Life Coaching, and Rolling Inspiration magazine continue to play a vital role in sustaining and expanding membership engagement.

Responsibility for SharePoint membership management now rests with the Regional Administrators, ensuring improved coordination and data accuracy across regions.

The Rolling Inspiration magazine has transitioned into a fully digital publication, now freely accessible to both members and the public for reading or download via the Rolling Inspiration website.

STRATEGIC PLAN

QASA Strategic Plan Overview

The QASA Strategic Plan serves as the blueprint guiding the organisation's activities and desired outcomes. It is rooted in QASA's vision, mission, and values, and aims to ensure the effective delivery of its goals.

This plan aims to significantly improve QASA's impact, broaden its reach, and expand offerings to members and stakeholders. These improvements are to be driven through innovation in methods, processes, and ideas, with a clear target of achieving measurable outcomes by the end of February 2025.

To achieve this, five key focus areas were identified:

1. **Advocacy and Lobbying**
2. **Income Generation**
3. **Footprint Growth**
4. **Organisational Structure**
5. **Organisational Development**



GOALS

Conduct active lobbying
& advocacy
Be the knowledge, networking & service
centre
Grow Partnerships & Relationships
Create opportunities
Guarantee sustainability



VALUES

Activism
Dignity & Respect
Compassion & Understanding
Growth & Development
Accountability
Transparency
Equality



MISSION STATEMENT

To improve lives by
securing resources
to advocate, educate,
capacitate, support
& mobilize



VISION

All South African
Quadriplegics & Paraplegics
will live their lives to
their full potential

RESOURCE MODEL



QASA THEORY OF CHANGE

IMPACT STATEMENT

ALL South African Quadriplegics and Paraplegics will live their lives to their full potential

OUTCOMES

ACCESSIBLE
TRANSPORT

WELL
INFORMED

SKILLS &
KNOWLEDGE

SUSTAINABLE
REGIONAL
ASSOCIATIONS

MOBILITY

EMPLOYMENT

HEALTH &
WELLNESS

EMPOWERMENT

ACTIVITIES

DRIVING
AMBITIONS

BAGS OF
HOPE

EDUCATION
FUND

MEMBERSHIP
DEVELOPMENT

ASSISTIVE
DEVICES

CV
DATABASE

PUBLICATIONS

WPRPD

LOBBY
DoT

PEER
SUPPORT

LEARNERSHIPS
& INTERNSHIPS

GOVERNANCE
& COMPLIANCE

SPORTS
FUND

EMPLOYMENT
PROJECT

LOBBY
DoH

LOBBY &
ADVOCACY

QASA
FLEET

ROLLING
INSPIRATION

LIFE COACHING

CONSTITUTION
ALIGNMENT

MOBILITY
AIDS

SENSITIZATION
TRAINING

RELATIONSHIP
SASCA

MONITORING &
EVALUATION

SADA
AFFILIATION

QASA
PUBLICATIONS

AFFILIATION
TO QASA

DoH ASSISTIVE
DEVICE
MONITORING

EMPLOYER
RELATIONSHIPS

INFORMATION
PROVISION

QASA
MEMBERSHIP

WORKSHOPS &
CONFERENCES

OUTREACH
PROJECT

DRIVING
AMBITIONS

SASCA
AFFILIATION

TRAINING

HOME ACCESS
PROJECT

ACCESS to
HEALTH PROJECT

WWW &
FACEBOOK



RESOURCE MOBILISATION & FUNDRAISING

QASA Resource Mobilization Strategy

To ensure the sustainability of its programs and operations, QASA has implemented a comprehensive resource mobilization strategy that includes:

- Fundraising initiatives
- Provision of services and consulting
- Development of alternative income streams
- Engagement of pro bono services
- Investment in dividend-generating activities
- Endorsements and awareness campaigns

This strategy ensures access to both restricted and unrestricted funding, enabling QASA to deliver impactful services and respond flexibly to emerging needs.

Building Strong Partnerships

QASA continues to cultivate strategic relationships with:

- Event organisers
- Grant makers and donors
- Corporate sponsors and trusts
- Government agencies and institutions
- Private individuals and philanthropic foundations

These partnerships are critical for mobilizing support and ensuring the long-term viability of QASA's services and advocacy efforts.

Recent Support (Past 12 Months)

QASA gratefully acknowledges the generous support and grants received from the following partners:

- **Davies Foundation**
- **The Cape 1000**
- **Strategic Fuel Fund**
- **Motiv Electrical**

- **Coloplast**
- **Q20**
- **SABAT Batteries (AutoX)**
- **Federated Employers Mutual Assurance Company (FEMA)**

Their contributions have played a vital role in sustaining QASA's projects, assisting individuals with disabilities, and strengthening organizational capacity.

QASA Shareholding and Member Benefits through CE Mobility

QASA holds a shareholding in CE Mobility, the largest wheelchair manufacturer and distributor in South Africa. As a shareholder, QASA receives annual dividends based on CE Mobility's performance and profitability.



Additionally, QASA members benefit from an exclusive 10% discount on all purchases made through CE Mobility, enhancing affordability and access to quality mobility solutions.

QASA also owns a 25% shareholding in Ukuhamba Wheelchairs (Pty) Ltd, a subsidiary company of CE Mobility, further strengthening QASA's strategic involvement in the mobility and assistive devices sector.

Pro Bono Services and Loyalty Programme Contributions

Pro Bono Services

QASA benefits from several valued pro bono partnerships that contribute significantly to its operational efficiency and sustainability:

- **Norton Rose Fulbright Attorneys** provides QASA with pro bono legal services. This partnership is invaluable in supporting QASA and its Regional Associations with compliance, legal matters, and governance.
-
- **Newsclip** has generously provided QASA with a complimentary media clipping service for over 10 years, supporting our public relations and media monitoring efforts.
- **Tracker** supports QASA by offering free tracking services for all QASA-owned vehicles. Currently, eight tracking units are active under this arrangement.



- **Mzansi Security & Fire** delivers pro bono security services to the QASA Head Office, ensuring the safety of staff, assets, and infrastructure.



- **Mamba Security** provides on-site security services at the David Lewis Lodge.



- **Turrito** contributes to QASA's IT stability by offering free IT maintenance services, ensuring smooth daily operations.



- **Argantic** provides a well-organised and efficient membership management system that ensures critical information is accessible and secure.



These partnerships are instrumental in reducing operational costs and enabling QASA to allocate more resources directly toward its programmes and beneficiaries.

Loyalty Programme Contributions

QASA is also a proud beneficiary of various loyalty-based funding programmes, which provide consistent and unrestricted income:

- **Nedbank Payroll Giving Programme**

QASA has once again been appointed as a beneficiary of this programme. Through this initiative, Nedbank employees voluntarily donate a portion of their salaries to QASA. A new contract with Nedbank ensures the quarterly distribution of funds, which are allocated toward QASA's Road Safety and Disability Awareness Programmes.



- **MySchool Loyalty Programme**

Since January 2011, QASA has been one of six selected beneficiaries of this initiative. It serves as an additional income stream supporting QASA's operations and community initiatives. To date we have received R8997,03 from MySchool Loyalty Programme.



These pro bono and loyalty programme relationships are vital components of QASA's sustainability model, ensuring that more of its core resources are directed toward service delivery and member support.

QASA PROPERTIES

QASA Properties and Utilisation

1. 17 Hamilton Crescent, Gillitts

This property serves as the QASA Head Office. The outbuilding and granny flat are permanently occupied by tenants. Additionally, office space within the main QASA office building are rented to Pro-Mobility and OMS Medical.



QASA Head Office

2. 6 Du Preez Road, Edenvale

The David Lewis Lodge, located at 6 Du Preez Road, Elma Park, Edenvale, has been repurposed for long-term rental purposes up to August 2025. One third of the Lodge operated as a satellite QASA Office. The Lodge sale was finalized in September 2025.

3. 5 Newhaven Street, Durbanville

This property housed the QAWC Office and is situated adjacent to the House Andries Olivier Self-Help Centre. It was purchased in 2010 with funds from the Quad-Squad Day initiative. QAWC held occupational rights to the property, which accommodated both the QAWC Regional Office and an accommodation unit occupied by a tenant. This property was sold as at June 2025.

QASA STAFF

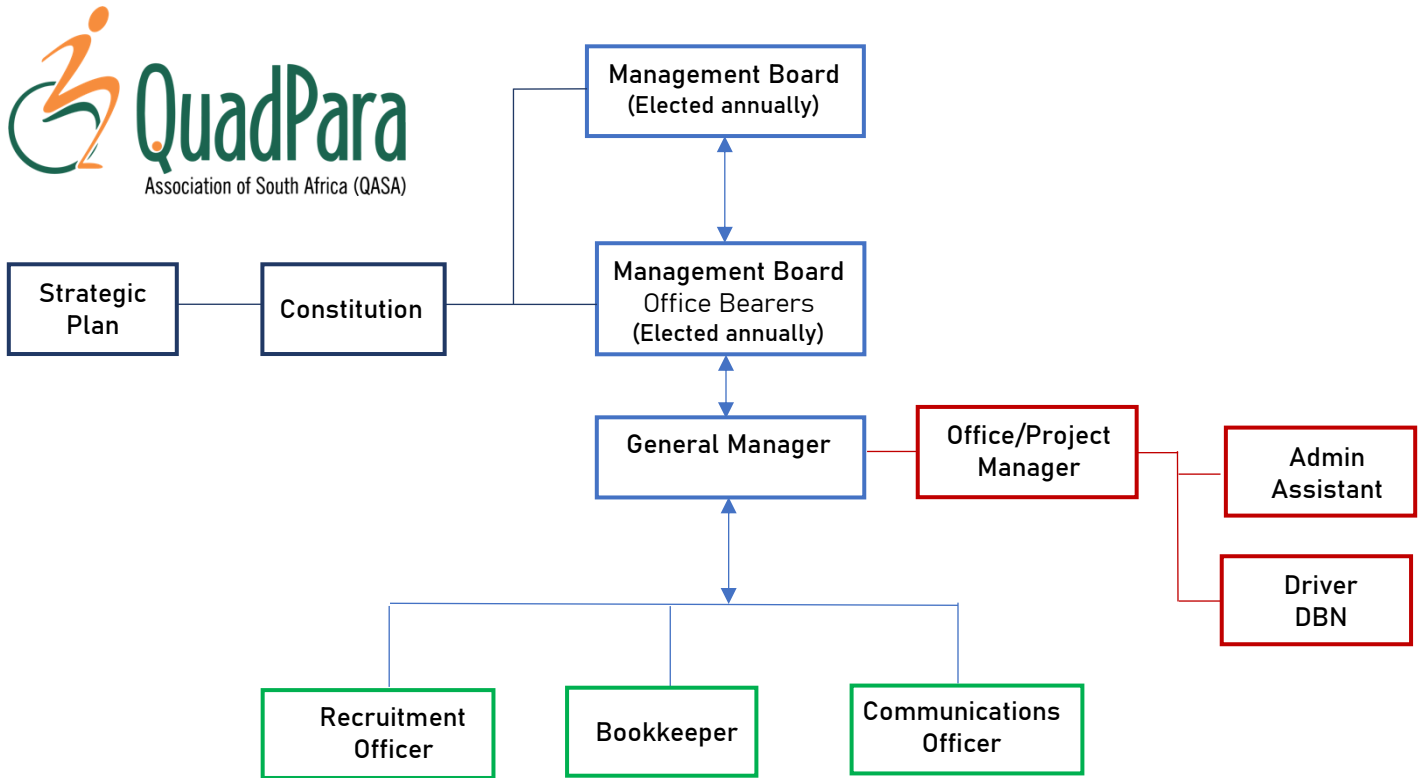


Ashley Scott – General Manager/ **Chadley Muller** – Project Coordinator/ **Mariska Morris** – Communications Officer



Louise Rode – Office Manager/ **Nelisiwe Sibiya** – Office Administrator/ **Gayleen Boulle** – Bookkeeper

QASA STAFF ORGANOGRAM



REGIONAL ASSOCIATIONS SUPPORT

QASA supports the Regional Associations through office development, capacity-building programmes, and governance and compliance initiatives. We also supply brand materials, road safety resources, publications, promotional items, and offer Website and Facebook page support.

The Regional Associations ensure their members have access to QASA programmes, services and play a key role in facilitating the application process.

QASA SERVICES

ACCESS AUDITS

QASA provides access audits on demand, and this provides alternative revenue stream to QASA and participating regional branches as well as new relationship opportunities.

SENSITISATION WORKSHOPS AND TRAINING

QASA has run various sensitisation training workshops this year and these have proved very effective and have generated a revenue stream. QASA can deliver good and effective training workshops and are considered competent and competitive in Disability Sensitisation and Awareness Training.

Training was provided for:

- Colossal Aviapartner – Johannesburg; Cape Town; Durban and Port Elizabeth, in order to ensure good quality services for assisted passengers at the airports.
- Menzies – Johannesburg and Cape Town.

A total of 323 airport staff were trained.

This training provides valuable revenue for QASA and allows QASA to maintain relationships and strong partnerships with the airline industry.



PROVISION OF MOBILITY & ASSISTIVE DEVICES

One of QASA's core responsibilities is to ensure that members have access to the essential equipment, assistive devices, and mobility aids they require—particularly where these cannot be obtained through the State or medical insurance. QASA funds certain items directly for qualifying members and also supports members in applying for equipment through partner funders and donors.

Before awarding mobility aids—especially wheelchairs—to members reliant on disability grants, QASA engages with the relevant provincial authorities. This ensures that the distribution process aligns with the Department of Health's National Assistive Device Policy and helps identify potential constraints in service delivery.

QASA has an established application process that includes both an assessment and a means test. This ensures the fair, transparent, and effective selection, distribution, and maintenance of wheelchairs and other assistive devices.

In addition to providing new equipment, QASA facilitates the repair and servicing of existing wheelchairs to support members in maintaining their mobility and independence. A total of 28 members directly benefitted from this project to the value of R 299 733-00.

Applications for assistive devices, mobility aids, and repairs are submitted through QASA's Regional Associations on behalf of their members.



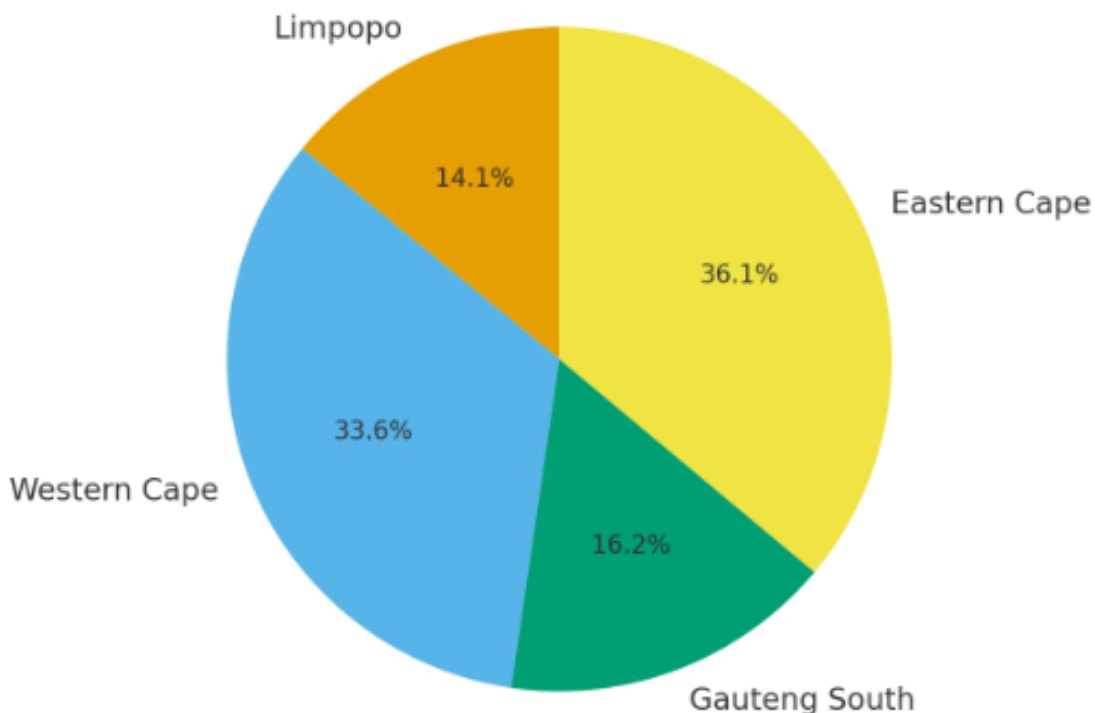
DATABASE DEVELOPMENT - Membership

An essential responsibility of QASA is the ongoing development and maintenance of a comprehensive database of members and persons with spinal cord injuries. In addition, QASA compiles databases of individuals who have participated in its projects or expressed an interest in the Association. Key initiatives contributing to these databases include the Work Readiness Programme, Driving Ambitions Project, SABAT Battery Project, Parking Project, Road Safety Programme, and Regional Association memberships.

EDUCATION FUND

QASA offers bursaries to Quadriplegics and Paraplegics to study courses of their choice at institutions of their choice through the Education Fund. The project is promoted through QASA's Regional Associations and social media platforms. QASA extends sincere appreciation to Red Bull for their continued support in funding our members' educational pursuits.

QASA Education Fund Allocation by Province (R68,813.00 Total)



SPORT FUND

QASA aims to provide Quadriplegics and Paraplegics with opportunities to access funding for sporting and hobby activities. Recognizing the value of sport and hobbies in promoting health, social engagement, and personal development, QASA seeks to encourage participation and development within these areas.

A total of 40 beneficiaries were supported at the OCC Wheelchair Race in February 2025. The total funds distributed amounted to R 57,200.



OUTREACH SERVICES

QASA provides outreach services both directly from Head Office and on the ground, in close collaboration with our Regional Associations. Our first point of contact with newly spinal-cord-injured individuals is through the Bags of Hope project, which offers essential information about QASA and the services available to them.

Through the QASA website (www.qasa.co.za) and our active presence on Facebook, Instagram, Twitter, and LinkedIn, we ensure that quadriplegics and paraplegics can easily access information, support, and opportunities. Individuals are able to connect with QASA's projects and services via their Regional Associations or, in areas where no Regional Association exists, directly through Head Office.

QASA also maintains a wide communication network using email and project-related databases to respond to enquiries and share important updates. In addition, we make sure that our brand and resources are visible at key conferences, workshops, and events, further extending our reach and impact.

QASA Outreach membership drive



SABAT/AUTOX BATTERY PROJECT



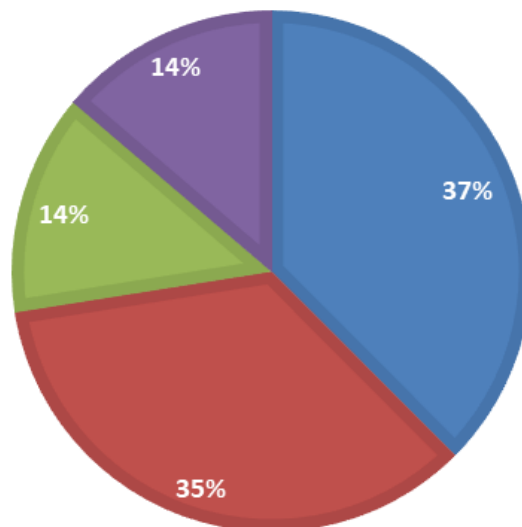
QASA's long-standing partnership with AUTO-X continues to deliver essential mobility support to quadriplegic members who rely on power wheelchairs. Through this initiative, eligible members can apply for a set of SABAT batteries every two years, ensuring their wheelchairs remain functional and reliable.

From September 2024 to September 2025, a total **89 sets of batteries** were awarded and distributed. Applications are coordinated by the Regional Associations and approved by QASA, ensuring fair and efficient distribution.

“For 23 years, the SABAT Battery Project has kept QASA members moving — powering independence, one set of batteries at a time.”

APPROVED BATTERIES DISTRIBUTION

■ QASA ■ QAWC ■ QAGS ■ QAGN





INFORMATION DISSEMINATION /PUBLICATIONS

QASA distributes information to Regional Associations, hospitals, rehabilitation units and schools, on demand. The service to hospitals and rehabilitation units ensures that service providers to the SCI community remain informed and up to date.

Information is also distributed electronically to members and health professionals, covering topics relevant to spinal cord injury, paraplegia and quadriplegia. This includes legislation, disability sensitisation, policy, human rights, regulations, health and wellbeing, sexuality, HIV/Aids, universal design, employment, assistive devices, reimbursement, and accessibility.

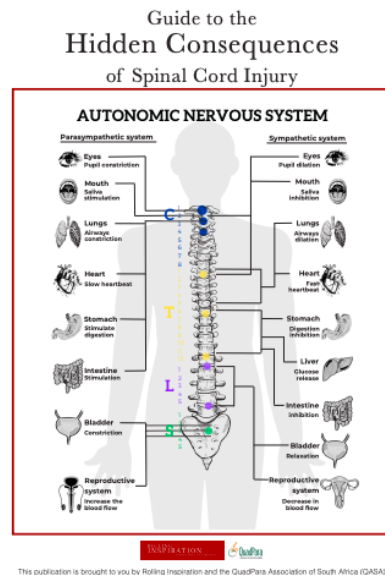
QASA publishes a range of booklets and manuals and continues to distribute these to hospitals, rehabilitation units, individuals and members. Bulk orders are accepted and provide revenue for reprinting.

Publications available in the QASA Store:

- [Hidden Consequences of Spinal Cord Injuries](#)
- [Overt Consequences of Spinal Cord Injuries](#)
- [Sexuality after a SCI](#)
- [Reimbursement Toolkit](#)
- [Sawubona Disability](#)
- **QASA PR brochure**
- **Know your Rights**

- **Care Attendant Training Manual**
- **Assistive Devices Guideline**
- **Autonomic Dysreflexia Card**
- **Hospital Pre-admission Form**

The publication of QASA manuals ensures the delivery of accurate and relevant information to members, persons with disabilities, and the health profession sector.



A QUADPARA ASSOCIATION OF SOUTH AFRICA PUBLICATION

Reimbursement Toolkit



Reimbursement pathway for Health and Wellness

QuadPara
WWW.QASASOUTH.AFRICA

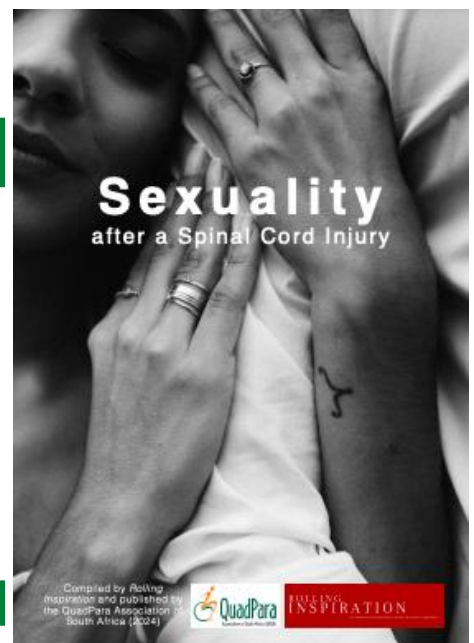
SAWUBONA DISABILITY

Disability Myths, Manners, Dos and Donts

ENGLISH



A QuadPara Association of South Africa (QASA) publication.



ACCESSIBLE PARKING DISCS

Wheelchair parking bays are reserved for persons who use wheelchairs—either as drivers or passengers. These bays are designed to provide safe and convenient access. They are not only located close to building entrances but are also wider than standard bays, allowing sufficient space for wheelchair users to enter or exit vehicles safely. This extra width ensures safer transfers and helps prevent damage to nearby vehicles.

To make use of these bays, a Wheelchair Parking Disc—also known as a Disabled Parking Permit or Disabled Badge—is required. This disc must be displayed in the vehicle whenever it is parked in a designated wheelchair parking bay.



ACCESSIBLE HOMES

Through this project QASA aims to assist members who have limited or no accessibility within their homes including access to their front doors, bedrooms, or bathrooms. Many quadriplegics and paraplegics in South Africa live in semi-rural or township areas and often lack the financial means to make these essential home modifications.

QASA plays a vital role in upholding the basic human rights of these members by ensuring they have safe and dignified access to their living spaces.

To ensure fairness and accountability, QASA follows a structured selection process that includes a means test, ensuring that the allocation of assistance is fair, transparent, and effective in reaching those most in need.

Currently, four members, two in the Western Cape and two in KwaZulu-Natal have benefited from home modifications through this project, significantly improving their independence and quality of life. The total funds distributed amounted to R 25 403.

QASA Accessible Homes Beneficiaries



BAGS OF HOPE

This project is a partnership (established in September 2003) between Coloplast and QASA and recently included CE Mobility.

When someone sustains a spinal cord injury (SCI), their road to recovery involves months, sometimes years, of rehabilitation. During this time, they learn to manage daily functions like bladder and bowel care, mobility with a wheelchair, and pressure relief, while also being introduced to the realities of independent living, employment, and intimacy.

Once discharged, people with spinal cord injuries are left without ongoing support. That's where QASA's **Bags of Hope** comes in, a project QASA conceptualized to ensure no one leaves rehab feeling alone or unprepared.

Each bag is packed with essential resources: a branded Coloplast water bottle, The Hidden Consequences of Spinal Cord Injury booklet, Sawubona Disability Booklet, Coloplast pamphlet, QASA brochure and a QASA membership form. Most importantly newly injured paraplegics and quadriplegics will be informed about QASA projects and services as well how to become a member and benefit.

These bags are handed out by our regional reps across the country, offering not just tools, but hope and connection to those starting a new chapter.



DRIVING AMBITIONS

Driving Ambitions, QASA's Driver Training Project, provides our members the opportunity to learn to drive using adapted vehicles, promoting independence and accessibility. The programme operates in Centurion, Pretoria, Johannesburg, Durban and surrounding areas, as well as the City of Cape Town and its surrounds.

QASA has established partnerships with reputable driving schools in Pretoria and Cape Town to deliver this service to our members. In Durban, QASA offers the programme directly through its own adaptive vehicle and qualified driving instructor, ensuring that members in the region receive comprehensive driver training.

To ensure fairness and accountability, QASA implements a clear application process for the Driving Ambitions Programme, which include a means test. This approach helps identify and prioritise members who are most in need of support and best positioned to benefit from the opportunity to achieve driving independence.

Currently, four QASA members are actively pursuing their driving licences, two in Pretoria and two in Cape Town. QASA wishes them every success in achieving their goal of obtaining their licences and continues to support them on their journey towards greater independence.



ADAPTED CAR HIRE/QASA FLEET

The QASA bus fleet currently consists of a Toyota Quantum stationed at our Head Office in Gillitts, KZN. This vehicle provides much-needed transport for members to attend various events, activities, and programmes.

We are grateful to Tracker for their generous support in providing a tracking service for all QASA vehicles, ensuring safety and peace of mind on every trip.



QASA WEBSITE AND SOCIAL MEDIA

QASA has a website and several social media pages (including Facebook, LinkedIn, Instagram and X, which was formerly Twitter). These platforms are used to share vital information with the QASA members.

Followers are the people who actively “subscribed” to our page to get updates. Reach is the total number of people who have seen and engaged with our content even if they don’t follow the page.

Online Performance

IN SEPTEMBER 2025



FACEBOOK



10 976 FOLLOWERS



10 648 REACH



Instagram



818 FOLLOWERS



1 440 REACHED



LINKEDIN



399 FOLLOWERS



2 019 REACH



WEBSITE

1 400 VIEWS

ROAD SAFETY EARLY INTERVENTION & PREVENTION PROGRAMMES

SCHOOLS

The Road Safety Early Intervention and Prevention Programme at Schools raises awareness among school learners about road safety and the prevention of spinal cord injuries caused by car crashes. Through interactive and age-appropriate presentations, learners are educated on safe behaviour as passengers and future drivers, with emphasis on avoiding distracted driving, wearing seatbelts, crossing the road safely, wearing reflective clothing at night or when it is dark early in the morning, and not travelling with intoxicated drivers.

Over **2,000 learners** have been impacted to date, with key QASA slogans such as “Buckle Up! We don’t want new members!” and “Don’t Text and Drive!” reinforced throughout the presentation.

The programme also promotes disability awareness, as presenters who are QASA members and are wheelchair users share their personal experiences and educate learners on respectful engagement with persons with disabilities.

This initiative continues to make a meaningful impact in promoting safety, inclusion, and prevention of spinal cord injuries among young people. We are grateful to the regional organisations for their coordination and delivery of these services.



FUEL STATIONS

The Road Safety Early Intervention & Prevention campaign at fuel stations emphasizes the importance of wearing seatbelts and the risks associated with distracted driving. With the support of QASA's regional associations, members are stationed at fuel stations along major national routes, where they actively engage drivers in conversations about road safety.

Motorists are invited to sign a Road Safety Pledge and receive a "Buckle Up" license disk as a visible reminder of their commitment to safe driving. Guided by the powerful slogans "*Buckle Up! We don't want new members*" and "*No texting and driving*", the initiative promotes prevention and responsible behaviour on the roads. To date, **548 motorists** have pledged to wear their seatbelts, avoid texting while driving, and adhere to the rules of the road.



QAWC



QAGS

BOTTLE TOPS AND BREAD TAGS FOR WHEELCHAIRS

QASA has partnered with Enviro Timbers for the *Bottle Tops Project*. This initiative focuses on recycling plastic bottle tops in exchange for funding toward wheelchairs. Enviro Timbers uses these recycled tops to manufacture high-quality furniture, including benches, chairs, patio sets, kiddies' furniture, and other outdoor items.

QASA has also outsourced the recycling of *bread tags* to various collectors. Although this project does not directly contribute to QASA's membership needs, it plays a valuable role in supporting wheelchair distribution. The provision of these standard wheelchairs has positively impacted many lives across the country.



From September 2024 to September 2025, QASA contributed **1 463 kg of bottle tops** collected by Enviro Timbers toward recycling and funding for the Assistive Devices Project

Bottle Tops funds



Thank You EnviroTimbers!!

The Access to Health Project (AtH) is a partnership between QASA and Coloplast established in October 2012. The project initially aimed at researching the standard of care for bladder management across the country within and between public and private sectors with the ultimate aim to improve standards of care for bladder management including intermittent catheterisation.

Based on findings and recommendations from this research, the Clinical Advisory Panel (CAP) was established in phase 2 of the project, hosted by SASCA, made up of rehabilitation doctors, urologists and representatives from QASA, whose mandate was to conduct research in bladder and bowel management practices and develop clinical guidelines, as well as support QASA Advocacy efforts supporting reimbursement of single use hydrophilic catheters by medical aids, COID & RAF. Successive phases saw continued development of these guidelines, stakeholder engagement through workshops and seminars with ultimate publication in the SAMJ in 2019. Roadshows and continued virtual and in person education to QASA constituents and prescribing doctors followed to disseminate these guidelines.

The project is in its 7th phase of funding from Coloplast and Mark Brand continues as a health technology and policy consultant to QASA for the facilitation of the objectives as well as the Secretariat of the Clinical Advisory Panel (CAP). Focus has primarily been on CAP involvement in an expert clinical advisory committee of the Council for medical Schemes (CMS) on development of benefit definition guidelines for neurogenic bowel and bladder dysfunction, which guides medical aid schemes on what related goods and services (including single use intermittent catheters) should be paid for. These are now published and dissemination thereof will continue via prescriber and user education.

A secondary focus has been on securing an MOU with RAF to support protocol development and education of RAF case managers and manage any related RAF enquiries relating to case management.

Going forward QASA is committing to continuing with four major objectives including driving awareness of consumer rights through workshops and presenting at symposia, lobbying medical schemes and administrators to examine the current reimbursement obligations for intermittent catheterisation, engaging with political and healthcare stakeholders inside the public sector to improve standards of care and improving availability of assistive devices (e.g. catheters). This will also include concluding an MOU with the CMS to continue as their spinal cord afflicted expert advisory board.

The current project runs until October 2025 with QASA having met all of the objectives to date, and committing to continuing same. The slogan 'refuse to reuse' used to ensure that people on intermittent catheterization bladder management never have to reuse single use devices.

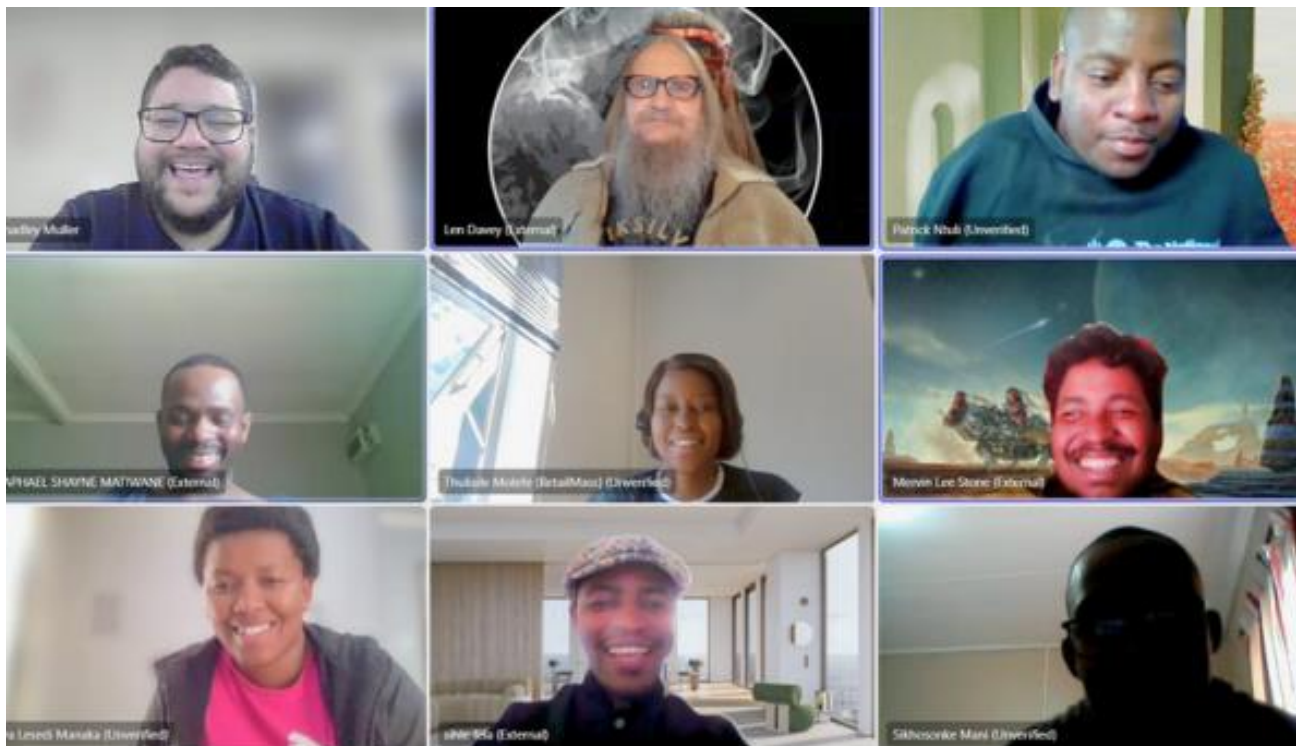
LIFE COACHING PROGRAMME

Despite progress in disability inclusion, many quadriplegics and paraplegics in South Africa continue to face barriers to independence, emotional well-being, and personal development. While QASA's Work Readiness Programme equipped candidates with employability skills, many graduates still struggle with low self-esteem, uncertainty about their goals, and challenges in maintaining motivation and confidence.

To address this gap, QASA introduced the Life Coaching Programme, a structured psychosocial support initiative aimed at empowering wheelchair users to build emotional resilience, self-leadership, and clarity of purpose. The six-week online programme is facilitated by a qualified paraplegic life coach who is a paraplegic and this offers a peer-based, empathetic approach.

Through weekly one-on-one sessions, candidates explore their aspirations, identify barriers, and develop strategies to overcome them. The coaching focuses on cultivating a positive mindset, building confidence, reprogramming negative beliefs, setting achievable goals, and planning for the future.

By the end of the programme, candidates demonstrate greater self-belief, improved emotional well-being, and a clearer sense of direction in both their personal and professional lives. The QASA Life Coaching Programme plays a vital role in promoting independence, resilience, and self-empowerment, ultimately supporting candidates in becoming economically active and employed. From September 2024 to September 2025 a **total of 27** QASA members engaged in the Life Coaching Programme.



Life Coaching Programme Orientation

WEBINARS

Webinar on Adaptive Gaming Technology

On the 7th of August 2025, QASA welcomed David Williams from Konke Gamers for an engaging webinar focused on adaptive gaming controllers and the range of video-gaming technology available to support people with mobility impairments.

During his presentation, David stated that many persons with disabilities experience isolation and how being included in the gaming world can open up new opportunities for connection and creativity. David explained that gaming allows individuals to take on different roles, solve problems, and use their imagination in ways that promote inclusion and a sense of belonging.

David also highlighted how online gaming allows for persons with disabilities to become part of a wider community, offering them a platform to interact with others and form meaningful relationships.

In addition to this David mentioned that Konke Gamers works closely with AbleGamers in Brazil, who donate equipment that is later adapted for use in assistive gaming. He further explained that each applicant receives an individual assessment to ensure that the adapted gaming controllers suit their specific needs.

The webinar was attended by **24 participants**, and David shared his contact information with everyone who wished to apply for adaptive gaming equipment.

This initiative supports QASA's ongoing commitment to promoting accessibility, inclusion, and independence through innovative technology.



Adaptive equipment making gaming accessible for persons with disabilities

ROLLING INSPIRATION MAGAZINE AND WEBSITE



Rolling Inspiration, the lifestyle publication for people with mobility impairments, is owned and published by QASA. Three issues of the magazine have been published this year with a fifth due in December.

The magazine is accompanied by a website, monthly newsletter and social media pages. The website receives roughly 12 000 visitors per month. The newsletter has about 1 623 subscribers.

The Rolling Inspiration Facebook page has 3 583 followers, the Twitter pages has 726 followers, and the Instagram account has 537 followers. The pages reach a combined 9 719 people.

The backbone of the magazine is the contribution from the columnists for which we are extremely grateful. QASA is also tremendously grateful for the support of advertisers.

ROLLING INSPIRATION

ISSUE 1 2025

The leading magazine for people with mobility impairments

Dedicated disability radio

Adding flair to advocacy



Smoother daily routine

Practical steps

Drive for inclusion

Adaptive golf empowers

ROLLING INSPIRATION

ISSUE 2 2025

The leading magazine for people with mobility impairments

Proudly sponsored by



Bringing Hope

Bags of Hope inspires

Closer to a Cure

Progress in SCI
research

Mastering Transfers

Stronger core, arms and
shoulders

Ballroom Beauty

The world of
Para Dance

Women in Rugby

A sport for everyone



Scan to read



ROLLING INSPIRATION

ISSUE 3 2025

The leading magazine for people with mobility impairments

Proudly sponsored by



The Greatest Version

Nelisiwe Sibiyi building her future

Neurogenic bladder

a PMB

Funders must pay in full

Accessibility for green thumbs

Raised planters makes
gardening more accessible

Scaling disability- owned businesses

The QPCTSA supports
small businesses

Exopulse Mollii Suit

Relaxing spastic muscles

Creative Innovations

Andy Smith is making his
world more accessible

QASA CAMPAIGNS & EVENTS

The Wings for Life World Run is a running competition held on the first weekend of May since 2014 to collect funds for the not-for-profit foundation Wings for Life. The entry fee goes completely to Spinal Cord Research.

Wings for Life

The annual Wings for Life World Run which raises funds for research into spinal cord injuries, took place in Green Point and other centres across the world on Sunday 4 May. QAWC were asked by QASA to arrange for members to be at the finish line of the Cape Town edition of the race, with QAWC members given the honour of handing out medals to all participants as they came over the finish line. This unique event, which attracted just over 310,000 participants across the participating countries, brings people together for a common cause and sees participants "Running for those who can't." With all funds raised going directly towards research into spinal cord injuries, this is a cause close to the QuadPara heart and the 10 members who attended and participated by handing out medals as participants came over the finish line were excited to play a small part in a global event. Just under 2000 people participated in Cape Town, all of whom received a medal from a QAWC member. What an honour and a privilege it was to be involved in such a positive event.



Above - QuadPara Association of Western Cape participation

CAPE 1000 Launch Event (Killarney Raceway) – 10th March 2025

The Cape 1000 once again selected the QuadPara Association of South Africa (QASA) as one of its beneficiaries for the year. To raise awareness of QASA's work and to promote the rally, The Cape 1000 partnered with QASA member and para-athlete Brandon Beak, who participated in a special race against a Ferrari 296 GTS. This creative initiative showcased the dynamic partnership between QASA and The Cape 1000 in an exciting and engaging way.

The launch event attracted significant media attention, providing valuable exposure for both QASA and The Cape 1000, while highlighting how the rally continues to make a meaningful impact through its fundraising efforts. QASA extends its sincere gratitude to The Cape 1000 team for their ongoing commitment and support, and we look forward to strengthening this partnership in the years ahead.



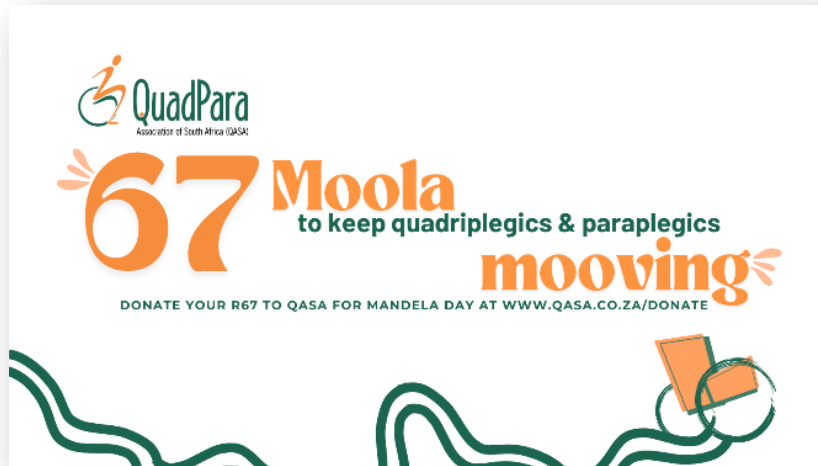
CASUAL DAY – 6TH September 2025

This campaign raises unrestricted funding for regional branches by selling Casual Day Stickers to the public. Members of the public purchase these stickers in support for persons with disabilities on Casual Day. Members were given the opportunity to sell stickers on behalf of their regional branches, retaining a percentage of the income from each sticker for themselves. Support for this campaign has decreased over the last few years.



MANDELA DAY – 18TH July 2025

In July, QASA ran an online campaign to encourage donations to the QASA Assistive Devices programme to align with Mandela Day. Members of the public were encouraged to donate R67, which went towards assisting QASA members with wheelchair repairs.



QASA PARTNERSHIPS & RELATIONSHIPS

QASA is very active and involved in contributing to the following organisations:

- The South African Disability Alliance (SADA)
- Southern African Spinal Cord Association (SASCA)
- The Clinical Advisory Panel

GOVERNMENT RELATIONSHIPS

QASA has representation of members in the Presidential Working on Disability (PWGD) and has attended stakeholder meetings at the Department of Women, Youth and Persons with a Disability.

CHRIS BURGER PETRO JACKSON PLAYERS FUND (CBPJPF)



Rugby's Caring Hands

QASA has a good relationship with the CBPJPF whose focus is to ensure prevention of catastrophic injury in rugby and sustaining the quadriplegics who have sustained their spinal cord injury because of rugby.

The QASA staff and executive team met with Annie Dobson (CEO of CBPJPF) and Shonee Cornelissen (Injured Player Welfare Officer) to discuss organisational synergies and how best to serve our members together. QASA would like to wish Annie Dobson all the best in her new appointment as the CEO of the Players Fund.

PR & MEDIA

QASA is proud of the strong and trusted brand we've built, recognised across communities, media, government, and corporate partners.

We are truly grateful to Newsclip for awarding us a 12-month pro bono media monitoring service. This allows us to see the real impact of our projects and how far our brand reaches. Even more special, this marks the 16th year that QASA has been a beneficiary of Newsclip's generous support.



City unveils vehicles for disabled employees

The City's efforts to eliminate mobility barriers and promote the inclusion of employees with disabilities were rewarded as eThekweni Municipality unveiled a fleet worth R1.3m for People with Disabilities.



Disabled parking bays routinely abused, says forum

QASA's long-term vision is for a national parking policy that standardises criteria for parking permits and ensures wheelchair users have equal access to public and private facilities.

July 7, 2025

Content provided 2 minutes read

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Para surfer looks forward to champs



QASA ADVOCACY & LOBBY

Advocacy and lobbying will remain always high on the agenda of QASA and QASA is recognised as being a leader in ensuring that the rights of QASA members and the rights of people with disabilities are upheld using the various instruments of the law and the interpretation of the White Paper on the Rights of People with Disabilities (December 2015).

Through member engagement and awareness, the abuse of wheelchair parking facilities, although not high on the advocacy project agenda, certainly needs QASA to create awareness about the rightful use of wheelchair parking facilities in.

QASA facilitates a project that encourages people to whistle blow on the abuse of wheelchair parking facilities whereby people send photographs of vehicles inappropriately using wheelchair parking facilities to a what's WhatsApp facility and these notifications are followed up to curb constant abuse and to encourage compliance of these facilities. This also allows QASA to build a database of followers, introducing them to the Association and its projects and services.



**Seen someone abusing a
wheelchair demarcated parking bay?**

Please take a photo & ensure
the vehicle registration plate is clear
& wheelchair parking sign is visible

WhatsApp it to 073 853 9675

Please include location, date & time.

- QASA is lobbying the Workman's Compensation Fund (COID) and the Road Accident Fund (RAF) for better delivery of compensation against undertakings issued by them. QASA is entering into a Memorandum of Understanding with the RAF and all the work in progress, QASA is in the final stages of agreeing on the terms.
- National Parking Disk Policy is being formulated by QASA through the South African Disability Alliance (SADA). Regular awareness and information are provided to entities involved in parking-related matters.
- QASA has contributed to the latest call from SARS for input into tax concessions for people with disabilities.
- QASA has representation on the ACSA National Disability Forum (Cluster 1, 2 & 3 committees) ensuring access and management of people with disabilities in all ACSA owned airport facilities.
- QASA is constantly addressing complaints of inaccessible environments and discrimination notified by Membership.

MEMBER FEEDBACK



LORETTA MEAD
ACCESSIBLE HOMES

[The walkway] will make [our] lives more independent. We could not get out of our granny flat without help. This is truly a life changing.



ZAMA NXUMALO
LIFE COACHING

I want to express my heartfelt gratitude for the incredible impact the life coaching sessions have had on my life. In just three weeks, I've experienced a profound shift in my confidence and perspective. As a person with disabilities, I've often felt like my limitations defined me. However, having a coach who understands the challenges and triumphs of life with a disability has been a game-changer. I've learned to approach challenges with a growth mindset.



IZAK DU PLESSIS
ASSISTIVE DEVICES

I'm an adventurous person and enjoy going on "walks" with my family, exploring and meeting new people. This would all be impossible without my wheelchair.



SETLABA LEHAKWE
ASSISTIVE DEVICES

Thank you for your kind donation of batteries for my wheelchair. Without a wheelchair that's working, I'm unable to do my work, play and visit family or get to the shops and clinic.



ABRAHAMS EESA
ACCESSIBLE HOMES

My heartfelt thanks for the assistance you provided in paving my front yard.

Thanks to your support, I am now able to move in and out of my yard independently.

This has made a huge difference in my life and has given me more freedom and confidence.

SIPHO JOSEPH MASHISHI
LIFE COACHING

It helped me see the world in a positive and hopeful way. Instead of feeling overwhelmed. I'm so grateful for the new perspective.

