

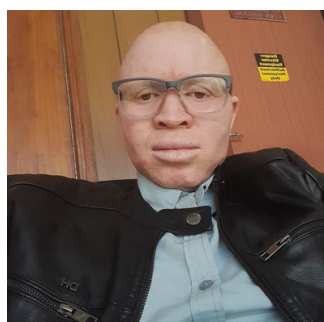


# THE TORCH

## New students 2026

This year, we have an exceptional group of students. We would like to formally welcome our new students and introduce them to our readers.

### Loyiso Dyodyo



*Loyiso Dyodyo*

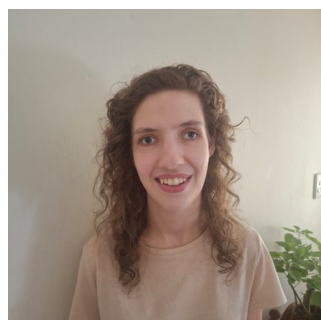
Loyiso Dyodyo joins the 2026 student cohort with a strong sense of purpose and commitment to personal and academic growth. As a motivated learner, Loyiso has chosen a study path that reflects both determination and a desire to build meaningful skills for the future.

Loyiso is particularly driven by the opportunity to develop professionally while gaining deeper insight into their chosen field of study. Through structured learning, coaching, and mentorship, he aims to strengthen his abilities and grow in confidence as he works toward his long-term goals.

As a new student, Loyiso looks forward to engaging fully in the learning process, embracing challenges, and making the most of the support and opportunities available throughout the year. We are pleased to welcome Loyiso and look forward to witnessing their progress and achievements during his academic journey.

### Lise-Mari van Wyk

Lise-Mari van Wyk is a passionate and dedicated music student who joins the 2026 cohort with an impressive academic and artistic background. She is currently pursuing the Trinity College of London ATCL qualification alongside UNISA Grade 5 Theory of Music under private instruction.



*Lise-Mari Van Wyk*

Driven by a deep love for music and a desire to share it with others, Lise-Mari aspires to build a professional career as both a performer and a music educator. Her journey in music has been shaped by long-term mentorship since 2013, during which she has achieved multiple distinctions, including advanced performance certification and theory accolades.

In 2026, Lise-Mari aims to further refine her piano technique, strengthen her theoretical knowledge, and successfully complete her ATCL with distinction. Beyond her musical pursuits, she has a wide

### Inside:

#### How to Cope with Accessibility Fatigue

If you're blind or have low vision, you've probably developed an incredible set of problem-solving skills just to get through the day.

#### Blind brothers turn passion for soccer into commentary and bring the game to life:

Both brothers were born completely blind. When their mother bought them a radio, they realised their passion and dreams lay in commentary.

#### 2026 Toyota SA SASAPD National Championships

Momentum is steadily building for this event, with a specialised Goalball Coaching Course currently taking place at the Coetzburg Games Hall

range of interests, including reading and writing, language learning, composition, performance arts, and cultural exploration.

## Nonkululeko Fortunate Mayeza

We are pleased to welcome Nonkululeko Fortunate Mayeza, a first-year LLM student at the University of South Africa (UNISA), to our student community. Nonkululeko, who is partially sighted, has chosen to pursue postgraduate legal studies with a strong commitment to advancing inclusivity for people with disabilities within the labour sector.



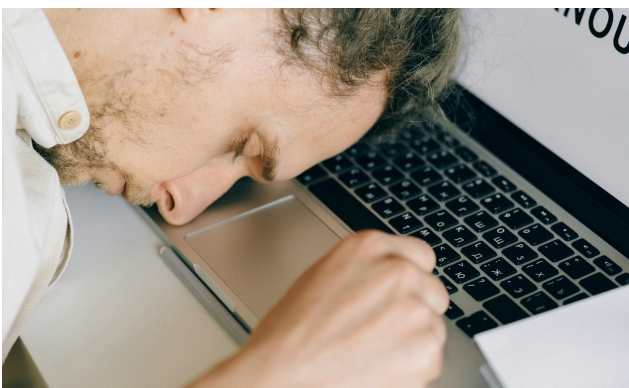
**Nonkululeko Fortunate  
Mayeza**

With a clear interest in Corporate and Labour Law, Nonkululeko is driven by the desire to contribute meaningfully to more equitable and inclusive workplaces. Her academic journey is complemented by a passion for reading, which continues to enrich her critical thinking and personal development.

As part of her growth this year, Nonkululeko is particularly focused on building confidence and public speaking skills, areas she has identified as both a challenge and an opportunity for transformation. Through coaching and mentorship, she hopes to strengthen her voice and presence, equipping herself to advocate effectively in her future legal career.

We look forward to supporting Nonkululeko on her journey and witnessing the impact she will undoubtedly make in the legal profession.

## How to Cope with Accessibility Fatigue



***Tiredness and frustration are side effects of accessibility fatigue***

If you're blind or have low vision, you've probably developed an incredible set of problem-solving skills just to get through the day. But even with all that resilience, there are times when it starts to wear on you. The energy it takes to navigate inaccessible tech, advocate for your needs, or plan every detail in advance can start to feel like a lot. That's when accessibility fatigue can set in and it's something many people in our community experience.

## What Is Accessibility Fatigue?

Accessibility fatigue is a type of burnout that happens when you're constantly having to go the extra mile by figuring out workarounds, educating others, or doing more just to access the same tools, spaces, or opportunities. Living in a world that isn't always designed with you in mind adds up to a steady mental load.

If this sounds familiar, it doesn't mean you're doing anything wrong. It means you have been working hard and developing strength. There are ways to lighten that mental load and protect your energy, without giving up the independence or momentum you have already built.

## Signs You Might Be Experiencing Accessibility Fatigue

Accessibility fatigue can show up in different ways and sometimes it's hard to recognize until it's already weighing you down. Here are a few common signs to look out for:

- You feel mentally drained after using certain apps or websites
- You avoid new places or situations because you're tired of "figuring it out"
- You get headaches or feel physically exhausted after trying to see or read things
- You've lost motivation to advocate or request accommodations
- You catch yourself thinking, "I just don't have the energy to deal with this today."

Accessibility fatigue is real and it deserves to be acknowledged. There are ways to cope with this fatigue and live life in a way that feels fulfilling, not draining.

## Low Vision Fatigue

For people with low vision, the fatigue can show up as constant eye strain. Your brain might be working overtime to make sense of blurry or distorted images. While you know that you are unable to see clearly, your brain is still trying to adapt.

Ironically, many people say that their fatigue improved after they began relying less on vision and more on non-visual strategies. Tools like screen readers, Braille, magnification software, or a white cane can help reduce the load on your eyes and your mind.

## Being Blind Can Feel Mentally Exhausting

Many people in the blind community talk about feeling worn out by the end of the day. And it makes sense, getting through a world that still expects everyone to rely on sight takes a lot of extra mental energy.

If your burnout feels like it's coming from any of the following, you're definitely not the only one:

- Memorizing every item's location in your home
- Planning routes in detail ahead of time
- Navigating inaccessible public spaces
- Dealing with other people's assumptions, questions, or criticisms
- 

Doing this day in and day out takes serious focus, flexibility, and discipline. Over time, that can build some incredible resilience, but it can also wear you down.

And that's normal.

Acknowledging this isn't a weakness, it's a strength. Because the same qualities that have helped you adapt like focus, problem-solving, and persistence, can also help you find tools, community, and strategies that make life feel easier. That kind of shift will lead to less burnout.

## How to Cope with Accessibility Fatigue

It's common to think that to remain resilient, you need to push through every obstacle that stands in your way.

But in reality, acknowledging your honest feelings and finding solutions to make life easier takes just as much strength and can lead to a better quality of life. Here are a few sustainable ways to lighten the mental load



1. Give Yourself Permission to Rest: You don't have to be "on" all the time. That might mean giving yourself more time to do something, leaning on your support system, or choosing a method that uses less energy, even if it's not the most efficient by sighted standards. Resting isn't just human — it's healthy. Taking breaks to recharge and regroup before trying again can make a big difference.
2. Try Low-Vision or Blindness Skills Training: Sometimes the most empowering thing you can do is learn alternatives that don't rely on vision. Orientation and mobility training, Braille, or screen reader navigation can make life easier.
3. Use Non-Visual Tools Strategically: Tech like Seeing AI, Voiceover, JAWS, and dark mode settings can give your brain a break. If something is causing strain, it's worth taking the time to find an alternative that better suits you.
4. Reorganize Your Environment: Setting up your space to be low-vision or blindness friendly (labels, high contrast items, tactile cues) can reduce decision fatigue and make daily tasks smoother.
5. Find Community: Isolation makes everything harder. Talking with others who understand what you're facing can be a game changer. Online groups, local organizations, or even blind content creators can offer practical tips and emotional support.

## Support for Navigating Accessibility Fatigue

If you've ever felt overwhelmed by the mental load of navigating the world while blind, you're not alone. Many others in our community feel it too. The world still has a long way to go when it comes to accessibility, but there are people and organizations working every day to build more inclusive spaces. You may not have everything you need right now, but progress is happening. And in the meantime, if the fatigue starts to feel like too much, remember: resting and taking breaks aren't signs of weakness — they're essential and healthy ways to care for yourself.

Watch the YouTube Video [here](#)

Source: [ABLR](#)

# Blind brothers turn passion for soccer into commentary and bring the game to life

Driving through the streets of Rosettenville, a working-class suburb in the south of Johannesburg, we see many of the houses are dilapidated, the roads are riddled with potholes, and it is quiet.

But at about 3pm, when school is done, the suburb comes to life. Neon cones block off sections of the road and children, still in their uniforms, spill onto the streets to play soccer.

Winding through the neighbourhood to avoid disrupting these informal games eventually leads to Corinthians Africa, a nonprofit organisation working to change perceptions of disability and create opportunities for visually impaired youngsters to be part of the beloved game.

“

**“The brothers are loving, shy, but passionate about what they do,” said Msibi. “They are very committed – they come to every training session – and they are big dreamers. They dream about being commentators on Ukhozi FM.”**

-SIMO NOUBISSI

Founded in 2012 by Mlungisi Msibi, the organisation focuses on community transformation through sport, education and agriculture. As part of this mission, Msibi helped to establish the Johannesburg Blind Football Association (JBFA), opening the door to visually impaired players to play the sport.

An estimated 2.2 billion people globally live with blindness or moderate to severe visual impairment, according to the World Health Organization. Visio International estimates that more than one million people in South Africa have some form of visual impairment.

The JBFA has also helped to make the dreams of two brothers, Sibusiso and Mduduzi Lukhele, a reality. They share a love for soccer, but their real passion lies in narrating it and bringing matches to life from the commentary box.

## Live from the box

When Sibusiso (23) and Mduduzi (22) joined the JBFA almost five years ago, they started out as players. Both brothers were born completely blind, but they have loved the game since a young age. When their mother bought them a radio, they realised their passion and dreams lay in commentary. Sibusiso said they would constantly listen to Ukhozi FM, the most popular radio station in the country with close to eight million weekly listeners.

“The brothers are loving, shy, but passionate about what they do,” said Msibi. “They are very committed – they come to every training session – and they are big dreamers. They dream about being commentators on Ukhozi FM.”

Watching them narrate soccer games on the porch of the JBFA premises for years, Msibi was inspired to give the brothers a platform. “Corinthians is very innovative. As the home of blind

football, what we seek to do is to create platforms for visually impaired people,” he said.

When benefactors from Germany visited Corinthians Africa, they donated technological equipment such as drones, helping the organisation to begin streaming its matches.

## A dream come true

The commentary initiative was launched in February – in time for the first preseason game. The brothers were to be set up at a table with mics and someone on the field with an amplifier and transmitter would give them a play-by-play of the game.

But what is life without a few obstacles?

When the amplifiers and transmitters did not arrive on time, Msibi had to improvise with cellphones. An assistant on the field used one to tell Sibusiso and Mduduzi what was happening in the game.

Using the play-by-play provided, the brothers added flavour to narrate an exciting game of blind football.



*Simo Noubissi (centre) stepped in as the eyes for the Lukhele brothers – Sibusiso (left) and Mduduzi – to help make their commentary possible. (Photo: Supplied / Corinthians Africa)*

After the game, the brothers went in search of Msibi. “They came and hugged me and they said: ‘Thank you for making our dreams come true. Thank you for making this special for us.’”

He added: “I think what we’re trying to create is not a picture of guys who can only play soccer, but a picture that they can do anything. I think we’re really starting to achieve that.”

By providing this platform for both athletes and storytellers who are visually impaired, Msibi believes a more inclusive South Africa is created. It enables members of this community to be seen as more than their disability.

“They can commentate, they can play soccer, they can do so much more. And I think that’s the picture and that’s the narrative we’re trying to drive: that they should be included in the economy,” he said.

## The makings of the game

Blind football is typically compared with five-a-side soccer, or futsal.

Like futsal, there are four outfield players and one goalkeeper. The pitch is smaller and it is enclosed in a “box” with boards.

But here is where it gets interesting: the ball has bells inside, much like in blind cricket, which allows players to follow its movements and strike it using sound. It also means that spectators are not allowed to make a sound.

“Hearing is a big thing,” said Msibi. “It’s a big thing because they need to hear the ball and its movement.”

To level the playing field because everyone has different levels of visual impairment, players are masked with goggles that resemble ski goggles.

The goalkeeper, who typically can see, acts as one of three technical guides for the outfield players. The coach is another technical guide and the third one sits behind the goal box on the opposite end to guide players to the net.

“The beauty of blind football is you’re finding people who can’t see scoring against the goalkeeper who can see,” said Msibi.

Although the JBFA has been around since 2021, an official league was only established last year. Its teams have increased from four to six, said Msibi.

Now, they are gearing up to attend the USA Blind Soccer International Cup, an international rankings tournament that is due to take place in May.

Source: [Daily Maverick](#)

## 2026 Toyota SA SASAPD National Championships

Momentum is steadily building ahead of the 2026 Toyota SA SASAPD National Championships, with a specialised Goalball Coaching Course currently taking place at the Coetzenburg Games Hall and concluding tomorrow.

Hosted under the guidance of National Goalball Convenor Dr Muya Koloko, the course has brought together 13 coaches from across South Africa, representing the Western Cape, Eastern Cape, and Free State—marking a significant step in strengthening the sport’s national footprint.



**Sharon Goosen and one of the coaches**

The course is led by Alex Bunney from Goalball UK, who serves as facilitator, with support from Steve Jones of West Wales Vipers Goalball Club. Jones also contributes to disability sport development in South Africa through his involvement with 360Ability Sport and All Ability Sports.

The programme is further enhanced by the presence of an international referee from the International Blind Sports Federation (IBSA), ensuring that global best practices are integrated into local coaching structures.



**The coaches doing the course**

# Course Focus

Participants are engaged in a comprehensive programme covering:

- Goalball rules and officiating principles
- Attack and defence cycles
- Team analysis and tactical planning
- Defensive and attacking techniques
- Practical coaching in both training and competition environments

# Building Towards the International Stage

For Dr Koloko, the course represents more than technical development:

“This course affirms our commitment to returning to the international stage. What we’ve learnt will enable us to work more effectively with both beginners and experienced players, while building a strong national identity through aligned tactics and techniques

# Looking Ahead to Nationals

With the National Championships approaching, the message to athletes and teams is clear:

“We are going to celebrate our sport in the best possible way—through competition and camaraderie. We look forward to reconnecting, identifying new talent, and playing the game we are passionate about. Let’s get in and play with our biggest smiles.”

As the countdown to nationals continues, initiatives like this coaching course ensure that Goalball in South Africa continues to grow with purpose.

Adapted from: [SASAPD Facebook](#)

# Beneficiary News



*Keagan Roberts*

Keagan Roberts celebrated his 21st birthday early in March. He is officially an adult now and we wish him all the best for the future.

# Upcoming Events

**LONG CANE FUN WALK**  
Freedom in Motion: The Power of Independence and OM Excellence

**24 October 2026**  
**9am**  
**Sea Point**

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