



# SJAF Magazine

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## ***VOLUNTEERING IN OLD AGE***

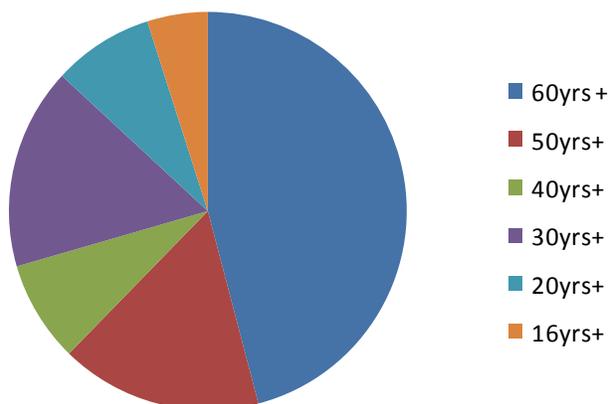
46% of the current group of volunteers at the St Jeanne Antide Foundation are over 61 years of age. Older volunteers, we find, are more regular than others and are more prone to providing more hours of service than volunteers of other age groups.

Old age can offer older persons a meaningful opportunity to become involved in the social care field. The situation of each older person is different. Hence, older persons should not be considered a homogeneous group; they have life-experiences, skills and time that are invaluable if used for volunteering in support of others.

Volunteering is a way for people to engage in a meaningful activity beyond their professional sphere and to develop an interest outside of their working lives. Volunteering has many positive side effects for all of us, irrespective of age:

- it significantly improves the volunteer's quality of life and sense of well-being;
- it provides a sense of satisfaction that is often not derived from other spheres of life;
- it injects meaning in an often materialistic life-style devoid of altruism;
- it provides an opportunity for forging new friendships;
- it makes it possible for social care organisations to create new and better ways of supporting vulnerable individuals and families;
- it creates the fabric of a robust welfare society;
- it is, above all, a powerful way of living one's faith and stimulating hope on lives that are bereft of love and compassion.

### **SJAF Volunteers' Age**



Volunteering is also a means of becoming or remaining a life-long learner since organisations that utilise the services of volunteers often provide a range of non-formal learning opportunities related to the voluntary work experience.

Several studies suggest that voluntary work has favourable effects on physical and mental health. Moreover, volunteering is more apt to stimulate the brain than such passive mental activities as reading and puzzles. Remaining mentally agile through volunteering in any field – cultural, environmental, social care, health – has protective effects on brain functions.

The 2008 Flash Eurobarometer on family life and the needs of an ageing population revealed that 73% of workers approaching retirement want to participate in such activities after they leave their work.

However, other studies reveal that there is a discrepancy between the number of older workers who say they would like to volunteer when they retire and those that actually engage in such activities on retirement.

Volunteering, we feel, is one of the best examples of active citizenship, community participation, and social solidarity. Its economic contribution is equally important and is often overlooked in national statistics as its monetary value is often very difficult to measure.

# "Issa inti ta' gewwa, Sor"

## minn Sr Agnes Farrugia soc

Jiena soru tal-karità. Ftit xhur ilu ġejt mitluba mill-provincja biex nagħmel xogħol pastorali volontarju mal-Fondazzjoni. Jiena nurse u allura xogħli mal-Fondazzjoni hu li nżur anzjani morda u persuni li jhossuhom wehidhom. Ilqajt din it-talba b'ferh kbir għalkemm kont imbeżza għax ma kontx naf x'ha nsib billi jien imdorrija naħdem f'Wards u mhux f'djar in-nies. Allura tlabt hafna biex nara l-Mulej xi jrid minni.

Issa ili naħdem fil-kuntest tas-servizz tas-Social Work u Counselling dawn l-aħħar 10 xhur. Qed inżur regolarment numru sabih ta' persun. Uħud għandhom diżabilità fizika minħabba mard jew accidents. Mill-familji nitgħallem kuljum u, aktar ma' jgħaddi ż-żmien, aktar inhossni li rċevajt minn għandhom milli tajthom. Uħud min-nies li nżur għandhom appoġġ minn familjari wkoll. Uħud huma miżmuma fuq il-wiċċ l-idejn u whud le. Hemm familjari li jagħmlu minn kollox biex jarawhom kuntenti u tassew jafdaw fil-hniena t'Alla.

Nghin ukoll mara xweġha mimlija b'imħabba t'Alla, qalbha tad-deheb, taf thobb hafna u mara ta' rispetti li tagħder lil min hu mgarrab. Kienet tapprezza kull nitfa xogħol li kont nagħmlilha. Kellha familja kbira, kulhadd miżżewweġ, u hi kuljum wehida mis-7am sal-4.30pm. Jiena kont immur għandha flimkien ma' voluntiera tlett darbiet fil-ġimgħa. Bilkemm kienet tista' tagħmel pass mingħajr ma żzomm ma' l-affarijiet. Meta kont immur kien ikolli nistenna mhux ftit sakemm tifthilna l-bieb ta' barra; alla jbierek kellha paċenzja kbira timxi pass pass.



Eżatt eżatt malli npoġġu, fis tofrilna nagħmlu ftit kafe. Jien kont nagħmel hekk u nhejji wkoll tazza te għax-xweġha. Peress li kont naf li tqatta hafna sigħat wehidha kont inhejjiha ftit sandwiches kif thobb hi, ngħallilha xi tuffieħ u ngħasrilha laringa biex almenu tkun tista' titrejjaq sakemm jiġi jaraha xi hadd filgħaxija. Ġieli talbitna nagħmlulha xi qadja. Dan kont nagħmlu tlett darbiet fil-ġimgħa għal 4 xhur shaħ. Izda ġara li din ix-xweġha ħallietna wara li marda li hakmitha malajr malajr. Qabel ma mietet, il-hin kollu titlob lil Alla biex titwetqaj ir-rieda Tiegħu u kienet titlob ukoll mar-Radio Maria li kien l-għaxxa tagħha.

Fiz-żmien li kienet f'dik il-kundizzjoni mort naraha kuljum biex noħdilha wkoll l-Ewkaristija. Ferhet hafna malli għidtilha li kont ser noħdilha lil Ġesu' kuljum. Kuljum tlabt lil Alla jibgħat l-Ispirtu Mqaddes Tiegħu fuqha u fuqi wkoll halli nagħraf kif intenni xi kelma li twennes lill-marida għax qalbet għall-agħar. Inhossni li veru tlift ġahwra prezzjuża għax ix-xweġha li għinniha b'tant għzza kienet mimlija b'hafna mħabba, tjubija, u gratitudni. Grazzi, grazzi habiba għax hadt hafna minghandek. Inti habbejtni u jien habbejtek ukoll. Nibqa' niftakar li x-xweġha li saret habiba dejjem kienet tlissen dan il-kliem "Issa inti ta' gewwa, Sor".

Flimkien ma' tim ta' voluntieri, jiena nżur familji oħra indikati mis-Social Workers. Dawn ilkoll għandhom il-problemi, il-faqar, kif ukoll il-gwaj tagħhom. Nipprovaw ngħinhom mill-aħjar li nistgħu.

Nixtieq infahhar u niringrazzja lil Mulej ta' l-Ispirtu Tiegħu li sawwab fuqi, tal-kuraġġ u tal-għajjnuna li jagħtini u tal-voluntieri li jakkumpanjawni. Inhoss li l-id t'Alla dejjem tharisna.

**Grazzi Mulej. Nafda Fik.**



**A self-help group of women who wish to continue working on their self-development has been set up. Group members have followed two courses on self-esteem and decided to continue meeting monthly. The group is being led by Astrid Camilleri and is composed of SJAF volunteers and service-users.**

### Steve – an overwhelming experience

I have been told by many that the saying “three is a crowd” especially when it comes to kids, stands very true! Now that I’m experiencing it, I dare say that having three kids, means having a house that looks like it’s just been ransacked an hour after it’s been decluttered and cleaned; it means having to manage three different kinds of demands – who needs to be fed; who needs his homework checked, and who needs to be at a doctrine lesson which would have already started – all at once.

Nevertheless, amid the havoc and the stress, I can’t stop thanking Our Lord for the wonderful gifts he has bestowed upon us, as a family – with Steve being the latest.

Having Steve meant having been given another chance to wonder in awe at the miracle of life ; and with each smile, I have been given another chance to get a glimpse of heaven.

Praise be to God!

*Caroline - Coordinator (Prison Visits)*



### NILTAQGHU MAL-VOLUNTIERI fi hdan il-Fondazzjoni Santa Giovanna Andtida.

F’din il-ħarġa ħa niltqagħu ma’ **Vivienne Abela**

Data tat-twelid:	<b>2 ta’ Ġunju 1945</b>
Fejn Twelidt:	<b>Raħal Ġdid</b>
Fejn toqgħod:	<b>Tarxien</b>
Stat:	<b>Mizzewġa</b>
Kemm ilek mizzewweġa:	<b>39 sena</b>
Isem il-raġel:	<b>Charles</b>
Tfal:	<b>Henry ta’ 38 sena u Stephen ta’ 31 sena</b>



X’inhu r-rwol tiegħek fil-fondazzjoni:

**Nagħmel xogħol ta’ Receptionist. Nagħmel ukoll xi qadi ieħor bħal immur il-bank u nixtri.  
Ngħin fit-tagħlim tal-Crafts.**

Kumment fuq Vivienne:

**Vivienne hija waħda mill-ewwel grupp ta’ voluntieri li ssieħbu mal-Fondazzjoni biex jgħinu f’dak kollu li jkun hemm bżonn. Vivienne tkun iċ-Ċentru mat-tliet darbiet fil-ġimgħa u dejjem lesta li tgħin f’kull ma jinqala’: tieħu ħsieb tlesti t-te għal gruppi ta’ appoġġ, tilqa’ lin-nies meta jaslu iċ-Ċentru, twieġeb it-telefon u tieħu messaġġi, tgħallem il-Crafts. Mara dedikata, qalbha tajba immens, dejjem bi tbissima fuq fommha u fuq kollox umli. Hija membru ta’ Kor lokali għax tħobb tkanta u tħobb tieħu sehem f’re-anactments storiċi! Grazzi Viv!!**

*A big thank you to Alex Aquilina for sandblasting the annexe free of cost*

**ALEX AQUILINA** - specialising  
in sand blasing of farm houses  
and houses of character and  
also sand balsing on metal,  
wood, boats etc., also  
galvanising, airless painting

**Mobile 99443699**

[a\\_ablast@maltanet.net](mailto:a_ablast@maltanet.net)



**ĊENTRU ANTIDA**

**Ħinijiet tal-Ftuħ**

**Mill-1 ta' Lulju  
sal-15 ta'  
Settembru**

**mis-7:30 ta'  
filgħodu sas- 1:30  
ta' wara  
nofsinhar**

## **PROGRAMM AĦN'AHWA – SERVIZZ TA' MENTORING**

### ***Niltaqgħu ma' Art Mentor Emily Frendo***

I am Emily Frendo, married with a family of five: my husband Mario, and three youngsters Elaine, Daria and Reuben.

Some months ago I got to know about the St.Jeanne Antide Foundation though a friend of mine who was volunteering with the Foundation's Bridge Programme. A link was made and I was asked if it was possible to share my love of drawing and painting with others. I thought about it and decided, why not, when for a few hours weekly I can help others discover a hidden talent. At this point I met Felix who is very clever at drawing and is very keen to learn more. We share ideas about drawing, painting and all concerning the subject. Time flies but he nearly always succeeds to finish the picture by the end of the lesson. At the moment we are practicing with poster colour but hopefully, with some encouragement and extra effort, we will start using acrylic, a medium with a different texture that will last longer.

Painting is one of my favourite hobbies. It is very calming and relaxing. I think everyone can become an artist in his own way. Just give it a try.

Well done Felix for your interest and motivation!



# Bazaar ta' Ġurnata



**Data: il- Ġimgħa 10 ta' Lulju 2009**

**Min: 8.00am - 4.00pm**

**Post: Ċentru Antida, Tarxien**



**Bejgh ta':**  
**- Hwejjeġ**  
**- Pjanti**  
**- Ikel**

**Indirizz : St. Jeanne Antide Foundation**

**51 Tarxien Road, Tarxien**

**Telefon: 2180 8981**

## HADDIEMA TAL-MEPA SE JAGĦMLU XOGĦOL VOLONTARJU

### MAL-FONDAZZJONI

Nhar il-Ġimgħa 10 ta' April, se nilqgħu fostna 20 haddiema tal-MEPA li se jagħmlu jum xogħol volontarju mal-Fondazzjoni. Se jitqassmu f'erba' gruppi.:

- grupp se jkompli jġib il-ħitan tal-annexe fuq il-fil u jkaħħlu l-fili u jqaxxar iż-żebgħa ta' bibien;
- grupp ieħor se jwaħħlu l-madum ta' l-art u tal-ħitan tad-WC għal persuni b'diżabilità;
- grupp se jkun isajjar affarijiet għall-bejgħ; u
- grupp se jmexxi bazaar ta' jum biex inkomplu niġbru fondi għas-servizzi li noffru lill-parroċċi ġirien.

Nirringrazzjaw lil dawn il-haddiema tal-MEPA bil-quddiem talli għażlu li jwettqu ħidma volontarja mal-Fondazzjoni u nirringrazzjaw ukoll lill-MEPA talli tkegġegħ lill-haddiema biex jgħinu lil organizzazzjonijiet filantropiċi b'dan il-mod.

## Metanoia mhux issa

Hhallini, jew tini ftit ħin,  
 għax jien  
 ma nistax ngħaddi mingħajr  
 l-ikkalkolar  
 u jien  
 kull talba irrid ngħidha  
 kif suppost,  
 u mhux mingħajr hwejjeg,  
 u jien  
 irrid nikkalkula  
 t-telf u l-qliegħ  
 qabel ma nsir... għasra

Wara kollox,  
 min qatt sema'  
 b'Magħmudija fejn toghdos  
 taħt wiċċ l-ilma?  
 subgħajja ta' saqajja  
 billejthom biżżejjed:  
 biżżejjed

U meta tgħidli bil-għageb  
 bir-raġel li rajt  
 li ma tlajjax u qabeż  
 b'għirja w'għodos sal-fond,  
 żgur illi kont  
 qed toħlom

Hhallini, ħallini kwiet  
 nikkontempla... l-ilmijiet  
 u mat-talbiet nissielet  
 ħa' nlisten kif imiss  
 ...u ninħasel bl-ilma mbierak –  
 b'qatra, biss

Iżda malli nongħos, għandi ngħid  
 li dejjem noħlom b'dak  
 li qabeż  
 b'għirja w'għodos  
 wiċċ l-ilma fired u sgiċċa taħt –  
 u sar ħuta kbira daqs  
 il-baħar.

*kliem u arti ta' Tony Macelli,*

**Ġunju 2009**

Have you visited our new multi-video **How To Pray site** yet?  
 Learn from the masters about contemplative and other forms of prayer.  
<http://www.antidemalta.com/Spirituality/HowToPray.htm>



## ***Il-Faqar tal-Familja u l-Esklużjoni Soċjali***

Is-sena l-oħra, il-Kummissjoni Nazzjonali Familja haġġet ktejjeb importanti dwar riċerka mwettqa fl-2005 dwar il-faqar fil-familja u l-esklużjoni soċjali b'emfasi speċjali fuq it-tfal. Ir-riċerka twettqet minn Dr Angela Abela, Psikologa u Terapista tal-Familja, u Rev Dr Carmel Tabone op, Soċjologu. Il-ktejjeb tassew ta' min wiehed jaqrah u jixtarru sew. Fil-limitazzjoni ta' l-isparzu tal-Magażin li joħroġ l-ISJAF, qed ngħaddulkom il-proposti magħmula mir-riċerkaturi-kittieba sabiex jigwidaw il-politika nazzjonali dwar il-familja.

- The current minimum wage is certainly a cause for concern. Minimum wage earners with a dependent person are at high risk of poverty. Nevertheless, the revision of the minimum wage is a complex endeavour and necessitates in-depth investigation from an economic perspective to ascertain the economic perspective to ascertain the economic viability of such a measure (Schulten & Watt 2007).
- To minimize the risk of poverty, welfare benefits also need to be reconsidered. Topmost priority is to be given to children living below the poverty line. The children's allowance needs to be increased to make sure that it allows for an adequate standard of living for children living in poor families.
- Unemployment benefits also need to ensure an adequate standard of living. As they stand, they leave those depending upon them in poverty. To avoid falling in the benefit trap, special allowances for training and community work should be offered and should serve to top up the unemployment benefits.
- To encourage employment, unemployment benefits need to be immediately provided on the loss of a job. Low-skilled employment is easily lost and such workers cannot afford to wait to receive unemployment benefits. The long waiting time discourages such workers from trying another employment.
- Besides training and community work, stricter measures need to be adopted to fight benefit fraud. More monitoring is necessary. The ETC Compliance Unit needs to be re-enforced. The legal framework is outdated, making sanction too lenient. A revision is called for to support monitoring.
- Laws need to be enforced to fight against the exploitation of illegal immigrants, to maximize job opportunities for low-skilled workers.
- Cooperation between the ETC and employers needs to maximize opportunities for low-skilled workers to develop their abilities and increase their employability.
- Special attention needs to be given to the children and their parents to fight intergenerational poverty. Early intervention using a family-based approach is recommended.
- The existing services targeting parents and their young children including Parent Craft Courses, Well Baby Clinics, and Community Nursing could offer preventive intervention at a minimum cost by giving special attention to families who are socially excluded.
- Families below the poverty line who have social problems need more intensive intervention. The introduction of the family nurse visiting such families on a regular basis when the children are still young would provide them with valuable support and timely intervention, thus serving as a preventive measure protecting children from social exclusion.
- The setting up of other high-quality care nurseries like the one in Access, need to be available in other areas. In these nurseries parents are encouraged to participate fully in the intellectual emotional and social development of their children.
- Fathers need to be systematically encouraged and empowered to participate fully in the upbringing of their children.
- The setting up of Family Focused Trans-Disciplinary Teams to whom families could be referred need to be more widely available. These teams should include professionals such as family therapy teams, social workers, psychologists and psychiatrists. Such teams would receive referrals from professionals working in early intervention, from schools, mental health clinics, and from the community at large.
- Greater collaboration needs to be sought between the school and the parents, particularly where social exclusion is believed to be present. Heads of schools need to be more sensitive to the parents' difficulty to disclose their situation with the school because of the stigma involved.
- Teachers and heads of schools need to be trained to be more aware of poverty and social exclusion among school children and to detect children living in poverty.
- On-going training and support for teachers is to be provided in order for them to be able to work hand-in-hand with parents to motivate children coming from poor families with a low educational background to learn. The recent FES initiatives in this regards are a step in the right direction and need to be spread to reach all schools if possible.
- Special attention should be given to the school curriculum. Teachers need to be provided with ongoing professional support to develop creative ways how to make the curriculum appealing to all their pupils.
- The preponderance of private lessons is worrying and needs to be addressed. Children coming from poor families that do not afford to pay for private lessons are at a disadvantage. Measures need to be taken at an institutional level to fight against the artificial need for private lessons. Furthermore schools should provide individual coaching when needed.
- All initiatives that fight against segregation of school children are to be stepped up so that children coming from poor families will no longer end up grouped in lower streams with a limited opportunity to develop their potential.
- More comprehensive financial support is to be provided to children coming from poor families to encourage them to continue their education after 16 years of age. Parents in particular need to be made aware of the educational opportunities available for their children.
- Urban development policies and community development programmes need to be sensitive to the ill effect of clustering of poor families in housing estates and in socially deprived areas.
- Professionals in general need more training to be able to relate with the poor from a strengths perspective. Their trainers need to develop an empowering philosophy toward helping the poor and recognize that the poor are resourceful and are the best experts of their own situation.
- All policy interventions need to be monitored in order to ascertain their outcome and be in a position to carry out any necessary adjustments accordingly.

# Active SJAF Volunteers

**61 active (as at 15 June '09):**

7	Governance
22	Learning Support: Homework Support; Bridge Programme; Mentoring
16	Support within Social Work Service
7	Reception
9	Administration including Website design & maintenance; Monthly Newsletter; Cleaning

## Ages

**3 = Under 20**

**5 = 21-29**

**10 = 30-39**

**5 = 40-49**

**10 = 50-59**

**28 = 60+**