

Head Office: Ċentru Antida
51, Tarxien Road. Tarxien TXN1090
Reception Desk Tel. 27672367; 21808981; 21809011
VO/0005/4th May 2008

Email: sjafngo@gmail.com
Website: www.antidemalta.org
Facebook: Fondazzjoni St Jeanne Antide

a monthly e-magazine – Issue No.107, January 2017

A Tribute to Music Legends

**Concert in aid of
Fondazzjoni St. Jeanne Antide**
Vo No. 0005/08

Saturday, 25th March 2017
Sr Nemesia Auditorium, Tarxien
Doors open at 7:30pm
Entrance Donation €15

Tickets available from www.showshappening.com
Ticket Hotline - 77053837



Spiteri Lucas Band



Following last year's concert, we would like to announce this year's concert

A Tribute to Music Legends

**to be held on
Saturday
25th March 2017**

Park and Ride facilities available

Inside this issue

Fundraising Concert—A Tribute to Music Legends	Pg. 1
Integrating Youths with Autism in the Community	Pg. 2
Jobs for Mums helps Fondazzjoni St Jeanne Antide	Pg. 3
Dar Hosea volunteering experience	Pg. 3
Situation Vacant—Sisters of Charity	Pg. 3
Multisensory method of teaching reading and writing	Pg. 4
Why Leaving Your Abusive Partner Is Indicated	Pg. 5
Paġna Poeżija	Pg. 6
Act of Kindness SJAF Advent Calendar	Pg. 7
Avviżi	Pg. 8

INTEGRATING YOUTHS WITH AUTISM IN THE COMMUNITY (IYAC)

by Josnef Agius B.Psy (Hons), IYAC Coordinator

The IYAC Programme is now in its second term. This is a partnership project between the St Jeanne Antide Foundation and the Autism Parents Association (APA) funded through a grant from the Voluntary Organisations Projects Scheme (VOPs) of the Ministry for Social Dialogue, Consumer Affairs and Civil Liberties (MSDC). The fund is managed by the Malta Council for the Voluntary Sector (MCVS).

Given the fact that IYAC is a totally new initiative, some initial teething difficulties were as expected. These helped the IYAC team to improve upon the sessions week after week.

The *Community Skills Group* started off the 2nd term with two sessions on shopping and money management skills. The youths have been entertained with shopping games where they had to role play paying for shopping item props representing supermarket items. The upcoming sessions for the current term include lego therapy, horse riding and safety measures both around the house and in the community. We are extremely pleased to see that a couple of attendees have become more willing to join the sessions, even without the parents being present in the same room. This was a great achievement and we are very proud of their performance during the sessions.



We are proud to witness that the youths in the *Community Exposure Group* have become extremely interested and motivated to take an active part in group based activities. The skills learnt will enable them to join similar activities-

organised by both community based groups. We started off the 2nd term with a bowling

session. Then, they participated in a session on using the public transport. The session had both a theoretical and a practical learning component. Youths were supported in using the public transport to go to Valletta and back to Centru Antida Family Resource Centre of the Foundation in Tarxien. During this term, more sessions are being planned such as drama, military games and trekking.

Finally the *Community Integration Group* started the year by interacting with other youths who are members of the *Safehouse Project* youth club in St. Julians. Two sessions were held in January and followed by another two in February. The only difficulty was that this Youth Club doesn't open on Saturdays, but we adapted and organised the session for some of our youths to attend on a Friday. The youths felt very welcome and some are attending regularly not only when organised for our sessions. *Safehouse Project Youth Group* is turning out to be a potential place where IYAC members may continue frequenting after the IYAC programme terminates in May 2017. The integration group also attended the bowling session and after some joined for pizza where we practiced restaurant social skills.

Overall, the IYAC programme is turning out to be a successful initiative since its primary aim of enabling youths with ASD to integrate in the community is being reached. More creative approaches to groupwork with the other two IYAC groups – the *Community Skills* and *Community Exposure Groups* - need to be explored.

A key aim which is happily being reached is the friendship flourishing between the youths and the respect they hold for each other. It is great to see youths from our 3 IYAC groups befriending other individuals such as volunteers and activity facilitators. It is also amazing to see some youths with ASD interact between themselves and trying to understand each other through meaningful discussions.

Jobs for Mums helps St Jeanne Antide Foundation

www.JobsforMumsMalta.com provides a platform where flexible job opportunities can be easily accessed by experienced, skilled and talented job seekers who wish to work flexible hours.

For the new year as www.JobsforMumsMalta.com celebrates its one year anniversary we are happy to announce the launch of 'The Women's Business Directory'.

During 2017, **JobsforMumsMalta** will support businesses run by women - entrepreneurs and freelancers, by giving them a focused online platform where they can showcase their talent and businesses.

Together, all business promoted on the portal will also be supporting underprivileged women who need empowerment in order to start their own enterprise, reintroduce themselves into society to find employment so that every woman can find her financial independence and personal freedom.

The business listing fee will be donated in full to **St Jean Antide Foundation** to assist funding education and training for their women within their community.

JOBSFORMUMS

Dar Hosea - volunteering experience

Sharon, an outgoing Volunteer Social Support Worker writes: During my volunteering experience with SAJF at Dar Hosea, I experienced first hand the positive impact volunteering and charities can have on individuals and disadvantaged groups of people. Dar Hosea is a home, a place with a lot of heart and understanding, with professional services. Met amazing human beings who use their skills and explore new initiatives to provide love and support to very vulnerable women who visit.



Thank you for the opportunity to be a part of of the support team. God bless

SISTERS OF CHARITY OF ST. JEANNE ANTIDE

Situations Vacant

Experienced and qualified part-time night & day carer to work on a roster basis at the Sisters of Charity Nursing Home in Balzan. Detailed CVs to be sent to anna.sistersofcharity@gmail.com. For more details call Monday to Friday between 8 a.m. and 12.00 on 9948 9134.



What Parents should know about the Multisensory method of teaching reading and writing in the English Language

by Marthese Cini, Family Learning Support Co-ordinator

Multi-Sensory Methodology (a blend of phonics and look and say methodologies)

Learning to read and write fluently are vital skills for children. The aim of using this methodology through an early systematic phonics programme is to help learners acquire this very important skill. This teaching can be divided into the following 5 basic skills:

1. Learning the letter sounds
2. Learning letter formation
3. Blending – for reading
4. Identifying the Sounds in the Words – for writing
5. Tricky Words – irregular words

Although the teaching has is separated into these 5 basic skills, it is important to realise that they are all taught at the same time.

Blending

Before actual reading, children need to be able to work out what the words say. The skill for this is to look at the letters, say the sounds and hear the word. This is called BLENDED. The adult working with the children needs to say the sounds and the children will form the word. This oral training is given without actually showing them the words. This is done so that full concentration is directed towards Blending. Training the ear is an essential part of the reading and writing process.

Adult says: 's-u-n' and the child says: 'sun'

In the beginning, most children are not able to do this, and need to be taught. With the ability to blend the children are able to read unknown words.

For a person to attain, it is important that they experience success, if possible, immediate success. In order for the learners to experience this success, the multi-sensory approach is used as it caters for this need. Synthetic Phonics methodology caters for the basic recognition of the alphabet letters and blends or 'phonemes blends'.

Letter Groups

1. S, a, t, i, p, n
2. Ck, e, h, r, m, d
3. G, o, u, l, f, b,
4. J, z, w, v, y, x, q
5. C, k,

Phoneme Blends

1. Sh, oo, ar, ee
2. Ch, qu, oi
3. A-e, i-e, o-e, u-e
4. Ai, ou, oa,

These groups of sounds are introduced a group at a time. At the outset, only the sounds are taught. As soon as the children can recognise and blend words using the sounds in the group, then words and text are introduced so that the children will be able to read the given text and so experience immediate success.

Example:

First block:

S, a, t, i, p, n

Pin, tin, sin, nip, pan, tan, pat, tip, snap, nap, pins, sat etc.....

A pin in a tin.

Pat sat in a tin.

A pan is in a tin. etc.....

A block of sounds is usually introduced every week.

Reading in the English language is not just sounding words. There are a good number of words which cannot be sounded. These words are called Tricky Words. These tricky words need to be memorised.

Tricky words are introduced two per week and included in the prepared text.

The pin is in the tin.

The following pattern is followed every time a group of words is introduced:

Introducing the sound

- ⇒ Blending of words containing the sound
- ⇒ Reading of words containing the sound
- ⇒ Writing of words containing the sound
- ⇒ Introducing more tricky words
- ⇒ List of words are given to the children
- Reading of text is given to the children.

When the first five blocks are covered, then the other blocks are introduced.

The same pattern as before should be followed.

It is of utmost importance to keep in mind that the learners must experience success so that they can continue on their learning journey.

Why Leaving Your Abusive Partner is Indicated

Elaine Compagno, SOAR Service Coordinator

When we think about the subject of intimate partner violence, we think about physical and psychological trauma. We think of the physical and psychological entrapment and the social shame. We think about the tiresome stereotypical image of a bruised woman, looking out of a dark room, through the window blinds with tears in her eyes. Yep. That one.

I'm not going to write about terrible experiences in police stations, what it means to live in a shelter with your kids on the brink of poverty or how terrifying family mediation, court room hearings and constant threats of murder are for survivors of domestic violence (we've done that already, check out our new book *Phoenix Rising*). Instead, with the help of the women in our SOAR support group, I'm going to expose the unsaid and the unseen sides to surviving domestic violence. Too often, the media shies away from shining a spot light on life *after* domestic violence and it's about time we start talking about what makes all that hardship worthwhile.

Surviving domestic violence involves not getting killed or maimed. While you're doing that, you will spend at least the first couple of years (or more) going to court, fighting for protection orders, custody and child support, trying to sell your matrimonial home, getting a separation or divorce and rebuilding relationships with family and friends. All beginnings are hard. It's kind of like giving birth. It will be difficult and painful but when you look at your baby, you know it was worth it – and would do it all again if you had to. Even after the exhaustion and sleepless nights, eventually, you'll slowly feel your life getting back on track.

In spite of feeling afraid and unsure of the future, survivors feel free. Their

abuser is not hovering over their shoulder, breathing down their neck. Finally, they can truly breathe. They can think. They can get their thoughts together, plan their day, their week or their future and do exactly what they wanted to do. Sure, survivors will have days when they feel they can't cope, when they struggle with poverty and depression, but being free of the violence, control and the isolation also means that they are free to reach out for help whenever they need it. Along with their recovery from the trauma of domestic violence, survivors find the reins of their lives back in their hands.

Some of our support group members share what it's like to have control back over their lives and become the authors of their own destiny:

"I was constantly told I was stupid and unable to do anything correctly: passing my exams and supporting myself and my child without his 'help' was incredibly liberating and showed me that goals are achievable if I worked hard enough and believed in my capabilities." R.

"Apart from living on my own terms, supporting myself and embarking on a new and challenging career, I now travel a lot, I took up dancing and theatre, made a lot of new friends locally and abroad and have definitely found the true me! So much for being 'incapable and antisocial' as my abuser constantly labelled me!" D.

For many, life itself takes on a new meaning. It's like a dark cloud is lifted and the world gains its colour again.

"Since leaving, I feel I have been reborn, given another chance to life. It has affected me positively in many ways. I am a much happier person and I laugh a lot more now. I enjoy buying make-up and new clothes and looking nice when I go out. I have become more open minded. Most of all I feel safe. Colleagues, family and friends have all noticed a big change in me for

the better. Life has taken on a new meaning for me, and even though I still have challenges, I know I can make it alone, that I am strong. I have come to believe in myself." C.

Breaking all the stereotypes and negative expectations linked to victims of domestic violence, many will go on to forge new healthier relationships and form new happier, stable families.

"The decision to leave was hard, but with the help of my loving family I found shelter at my parents' home. Later, I met a man who became my partner. He supported me in every way. He is accepted by my children and he loves them like his own. Eventually, my family accepted him too, and he is nowadays considered like a son and a brother to them. We are in the process of buying a new house. I believe that there can be love after domestic violence." M.

"After the psychological violence and manipulation, I built a thicker filter and better, healthier boundaries with the support of a good therapist. I paid more attention to my gut feeling when it came to meeting new people. Today I am in a healthy relationship with a person who respects me and my space, supports me and encourages me to reach my potential. It hasn't been easy but it's been totally worth it." S.

SOAR is a free support service for survivors of intimate partner violence, offered by St Jeanne Antide Foundation. Email: soarmalta@gmail.com Contact: 21808981, 27672367



Paġna

Nisġa Ġdida

qed infittxu,
skon2 il-gurnali
soluzzjoni ta' kif
il-karbonju niġġiesi
jingibed mill-arja
u jsir fjuwil siewi

homo sapiens fl-aħħar
qed isib ruħu mnisseg
u nissieg ta' processi
ġodda f'xibka kumplessa
ta' arja u blat
ilma u ħajja
ta' pjaneta kaħla —
bħal qabla li twelled
u ġġedded lil Gaia*

jalla l-ħeffa u l-barka,
ja blanzuni mistħija
ħerġin mis-soppa tal-kaos
favorita tagħna,
iffermentata bit-tinwir
minn ġewwa w minn barra
tar-regħba
u sfruttament imtarrax

iżda fejn intom,
ja blanzuni oħrajn,
li qed nistennewkom tinbtu
mill-minestra mħassra l-oħra
tal-ksenofobija, gwerra,
w mibegħda tal-biza'?

—————
(* Gaia: din il-pjaneta meta meqjusa
bħala organiżmu ħaj li jirregola lilu
nnifsu



Poeżija

Baħrija Mejta Ma Tikbirx

fuq artal, fjamma
baħrija wara Baħrija*,
friefet ta' billejl,
f'titjir mifxul
imsaħħar -
jingemgħu jaraw
il-mewt ta' xulxin

imutu ħafna
b'qillithom jew bin-nar
mixwijin
fuq artal meqjum
fejn jaħarqu t-tfal

is-suċċess huwa alla għajjur
mghaddab, esigenti, jgħajjat
jikkastiga bil-għajb
jirregala bil-mewt,
in-novizzi tiegħu jirnexxu,
kburin,
maqtuġhin

baħrija mejta ma tikbirx
ma ttirx lejn tempju iehor,
eqdem, fil-qrib —
lejn santwarju, fejn
fallimenti, telf, (jew suċċess)
huma l-għalliema, mhux l-allat

jgħallmu lin-novizzi
li għad għandhom ħin jikbru
lejn iċ-ċokon
go moħħ is-sid —
jiċċedew
f'dak
li ma jifhmux.

—————
(* baħrija: farfett ta' billejl li jagħmel
għad-dawl

Act of Kindness SJAF Advent Calendar



We would like to thank the following for their contribution in making this campaign a huge success. Over 60 hampers were distributed to vulnerable families.

Kulleġġ St Klara Sekondarja Pembroke, Trelleborg Sealing Solutions Malta Ltd, Kulleġġ St Thomas More Sekondarja St Lucia, Guidance Unit, Staff Education Assessment Unit Education Dept, Staff & Clients Alfie's Saloon, BOV Corporate, BOV M'Scala, Mirielle Cilia, Julie Gatt, Ruth Seychell, Yvette Debono, Diane Duca, M'Scala Girl Guides Dolphins Section, Roberta Farrugia, Mark Zammit, Miriam Grech, Melanie Piscopo, Marion Zammit, Mildred Zammit, Roberta Xuereb, Gaby Bray, Theresa Demanuele, Catherine Micallef, Ramona Micallef, Carmen Darrie, Annie Fleri Soler, Angie Fleri Soler, Catherine Fleri Soler, Margaret Huber, Thelma Brincat, Albert & Jean Frendo, Michela Sullivan, Margaret Dimech Galea, Furtu Caruana, Helen Muscat, Anna Farrugia, Maria Pia Borg Olivier, Franca Caruana, Sharon Scicluna, Mary Vella, Catherine Massa, Doreen Vella, Mariella Tabone, M. Theresa Lowell, Carmen Vella Falzon, Tony Azzopardi, Yvonne Marie Jones, Catherine Bajada, SJAF Staff & Volunteers and all those who deposited items at Ċentru Antida





Find us on:
facebook®

<https://www.facebook.com/SjafAntideCentre?fref=ts>



DONATIONS

Your donation is truly appreciated. It enables us to sustain our services to vulnerable and poor individuals and families.

Donation to the St Jeanne Antide Foundation can be made as follows:

Cheque issued to The St Jeanne Antide Foundation and posted to the Foundation: 51 Tarxien Road, Tarxien TXN 1092

For **local bank transfers**: **APS** 2000 0681 886 **HSBC** 013175021001
BOV 4002003379-0 **BANIF** 00210404101

If you are a Go/Vodafone/Redtouch subscriber you can donate by sending a **blank SMS** (SMS tariffs applicable):

€2.33 – 50617371 €4.66 – 50618095
€6.99 – 50618909 €11.65 – 50619217

You will receive a text message of thanks and acknowledgement

For **bank transfers from overseas**: APS Bank, 146/147, Antoine De Paul Square, Paola PLA1260

Bank Code (Swift) APSBMTMT IBAN No: MT03 APSB 7708 0005 5047 2000 0681 886 (last 11 digits are the account number).

HOW YOU CAN HELP US - OTHER OPTIONS

- If you are getting married: make a donation instead of buying wedding souvenirs.
- If you are having a birthday party: ask friends to make a donation instead of buying a gift.
- If you are having a wedding anniversary celebration: convince your guests to make a donation instead of buying a gift.
- For funerals: you may wish to make a donation instead of buying flowers.
- Get Together: organise a spontaneous collection.
- You may wish to send us a monthly or annual donation, whatever the amount.
- You can encourage others to consider donating to the Foundation.
- Ask your employer for a matching scheme which will make your contribution go even further!

Become a HELP-SJAF Champion and ask friends and family to make a donation.

CONTACT US: sjafngo@gmail.com

Foundation SERVICES

1. Family Resource Centres:

- **Ċentru Antida** Family Resource Centre, 51, Tarxien Road, Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well); up to 1pm in summer Serves localities of Tarxien, Paola, Fgura and Santa Lucia. Social Work, community outreach, advocacy, referral, information, emotional support, support groups.

Volunteering opportunities, included inclusive volunteering for service users.

Volunteer Handymen in support of vulnerable and poor families.

Learning Support for vulnerable persons supported by Foundation Social Workers. Includes: *For Children*: weekly learning support for primary level students; *For adults*: non-formal learning opportunities such as self-esteem groups & literacy.

Volunteer Befriending for lonely, home-bound elderly persons **Counselling**;

Bazaar in Tarxien (recycling and fundraising).

- **Ċentru Enrichetta** Family Resource Centre, Triq San Tumas, Birzebbuga. Open Mondays, Tuesdays and Wednesdays from 8am to 2pm. Social Work service; Family Literacy Support Programme; MCCF service on Tuesdays from 8am to 11am. Tel No. 21652038—99960381.

2. LWIEN Service – support for family carers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work.

3. IRENE Service in support of very vulnerable women involved in street prostitution. Dar Hoesa drop-in centre. Tel no. 27133684—99508954.

4. SOAR Service: advocacy and support for victims and survivors of domestic violence. Includes workshops on dating and domestic violence for young persons. Tel No. 99927872 from 9:30am to 5pm. Email: soar-malta@gmail.com.

5. Emotional Freedom Service for persons wanting to be free from their anger, fear or other emotional distress.

6. Overseas Development Projects: SJAF works with partners in developing countries to formulate anti-poverty projects. It has also arranged for public funding of such projects in Pakistan, Central African Republic, South Sudan and Malawi.

7. Centering Prayer Group for contemplative prayer practice.

PUBLICATIONS: ask us for list or visit our website
www.antidemalta.org

See "Services" & "Reports" on www.antidemalta.org