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## Being a Volunteer Mentor

by Lilyen Fiedler

I am very lucky mentoring a lovely 18 year old and her little one. From day one I took my role very seriously and I took a genuine interest in both mother and her child.

I must admit I do bend a bit the rules and end up being super flexible as to when I can be available but living in the vicinity does help a lot. We got to know each other very well and I feel I can walk with her about anything even though sometimes it falls on deaf ears! Mind, you it happens with one of my boys all the time. My role is to give guidance and when I cannot visit we connect through facebook and chat. We enjoy doing things together, from putting clothes away to shopping, waiting for an electrician and dining out. Occasionally I help with learning support too!

To me, being a mentor is no different to being a mum. I worry when they get sick, I want to know how she's doing with her studies and I would hate it if I get to know she's not telling me the truth. I know she's my Mentee and not my child but I cannot help it and I have so much love for them. I am sure that I was chosen to be a Volunteer Mentor because of my willingness to give time and love.

I do my best not to give advice but to suggest how things could be done differently. I show her directions and my only wish is for her to understand that her past is over, many people love and care for her and the baby and together we can look to a brighter future.



*The author is a volunteer recruited through Noffri.com and deployed with the Y-Assist Project of The President's Trust which commissioned the Foundation to start and manage Dar Esther for pregnant youth and young mothers. Volunteer Mentors take on the role of a loving-kind aunt or big sister. Volunteer Mentors make a big difference in the lives of young persons who need positive relationships and guidance in their lives.*

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## Construction of a borehole BOUAR, Central African Republic

By Daren Formosa, ODA Volunteer at SJAF

ODA PROJECT

dURING 2017, SJAF has partnered up with The Sisters of Charity in Bouar, Central African Republic for the implementation an Overseas Development Assistance Project from the Ministry of Foreign Affairs in Malta amounting to €9,265.00. The Sisters of Charity in Bouar sourced the remaining funds for the project..

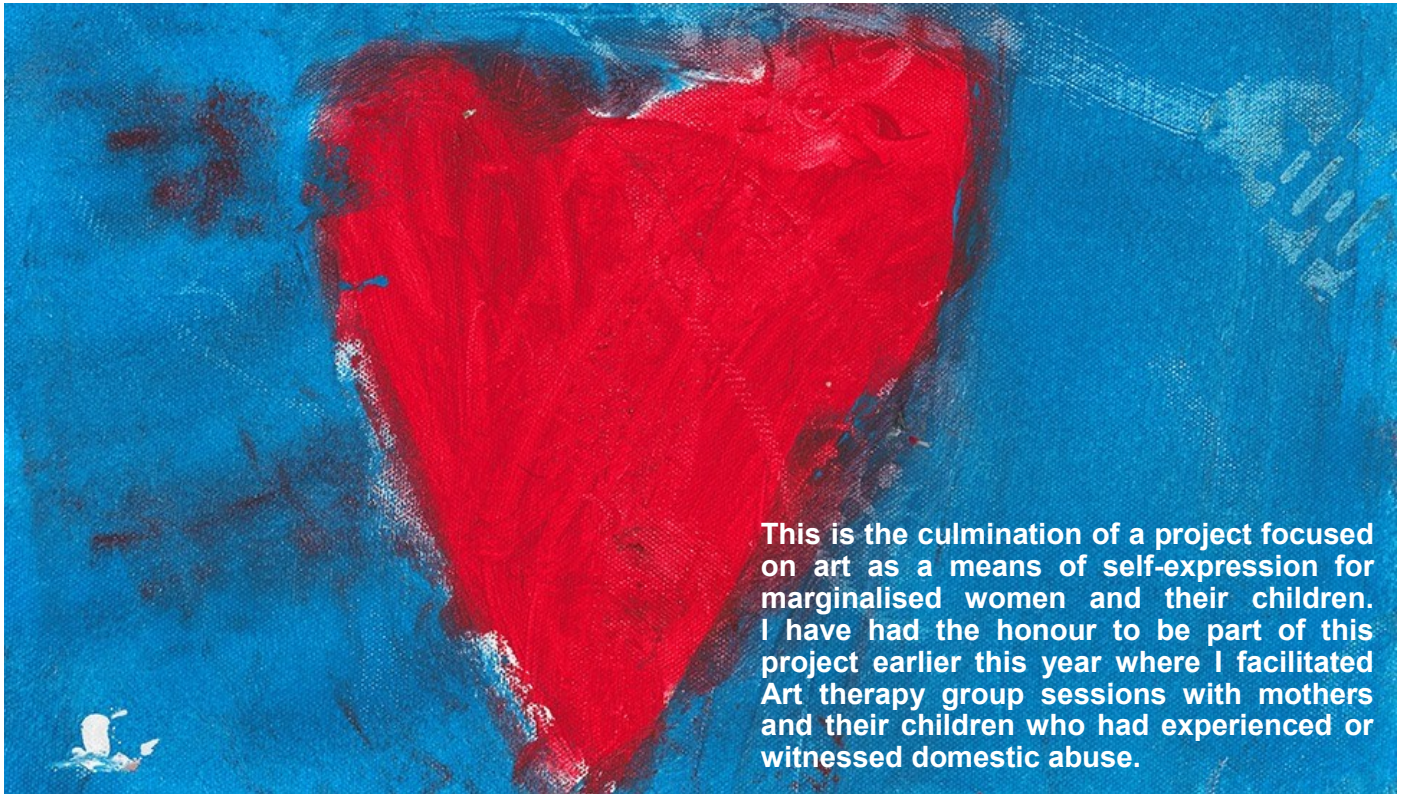
The Sisters of Charity in Bouar provide health and education services in the community. The Sisters run a clinic that is managed by Sister Christine Richard that welcomes and treats the sick, mostly AIDS patients, and others seeking to be tested for HIV. The Sisters also run a pharmacy for the Diocese that is managed by Sister Alosia. In addition, the Sisters run a dispensary that provides medicine as well as clinic services. The dispensary is located 78 kilometres away from Bouar. The Sisters of Charity also run a primary school for children, and a college.

Due to lack of clean water in Bouar, diseases transmitted through unclean water are a leading cause of preventable illnesses and premature deaths, with children being particularly vulnerable. Easy access to safe, potable water is a basic human need, important for health and quality of life. This project is intended to provide access to safe water to the inhabitants of Bouar located close to the College of Saint Jeanne Antide. The principal source of inland groundwater is rainfall, a proportion of which percolates downwards into an aquifer if the conditions are right. The project consisted of the construction of a bore hole to extract this water. Boreholes essentially consist of a vertically drilled hole that is equipped with a strong lining to prevent the walls from collapsing. The lining also serves as a means of allowing clean water to enter the borehole space. The work included surface protection for the well and a means of extracting water that essentially is a manual water pump.



## Create, Liberate, Integrate! - an exhibition of strength, courage and resilience.

- Noelle Camilleri, Art Psychotherapist MA BA Psych



This is the culmination of a project focused on art as a means of self-expression for marginalised women and their children. I have had the honour to be part of this project earlier this year where I facilitated Art therapy group sessions with mothers and their children who had experienced or witnessed domestic abuse.

The project provided access to SOAR members and others living in DV Shelters to a range of art sessions. These provided an opportunity to reflect on the mother-child relationship which may have been strained by years of abuse. Main themes that arose were the perpetrator's continuous manipulation and undermining of the relationship and how to cope with this.

Attachment-related problems in childhood also affect the way children continue to think about themselves, and their self-esteem. This affects the ways in which they manage their emotions and how to self-reflect even later on in adulthood. Therefore, for the children, the group sessions were an opportunity to engage in safe and meaningful play and art-making both with other children and with their mothers. The groups gave an opportunity to the children to build a more secure attachment with the mothers.

Group therapy provided an opportunity for participants to observe others in the group and give and receive valuable feedback. Both adults and children learned through this form of social interaction. It provided a safe space where the participant can reflect and process their experiences of violence and abuse and understand the feelings that they bring with it: shame, loss, guilt. Participants can support each other by witnessing and appreciating each other's art works. It gave them a sense of belonging and space to improve their self-worth. This, in turn, can equipped them with the strength needed to go out there in the world and face the hurdles that life poses. The mother-child group sessions elicited more positive communication and a better attachment style and bonding between the mother and the child giving more security to the child. This manifested itself as an improvement in behaviour both with the mother and also with other children.

*The exhibition ran between 20th December 2017 to 28th January 2018. Thanks are due to Fondazzjoni Kreattività - Spazju Kreattiv for hosting the exhibition and Mr Chris Gatt for his technical assistance and on-going support.*

Check [here](#) for President's video message to SJAF



IL-PREMĴU TAL-PRESIDENT  
GHALL-KREATTIVITÀ

This project is supported by the President's Award for Creativity managed by the Arts Council Malta.



# SIPT - Social Inclusion Programme

The Autism Parents Association (APA) identified a gap in community integration services for youths aged 14+ on the autistic spectrum and agreed to partner with St. Jeanne Antide Foundation (SJAF) to develop an appropriate programme. This initiative is funded through the Fund for NGOs of the Malta Community Chest Fund Foundation (MCCFF). (Project Ref: MCCFF-C3-004-2016). It forms part of a wider project coordinated by SJAF.

The aim is for APA to empower youths with autism to participate in activities to integrate in society and to provide them with skills required to be active participants in the community. Through SIPT, APA with the help of SJAF, are bridging the gap by organising fun and creative activities either at Ċentru Antida or in the form of outings.

Some of the activities carried out so far, consisted of team-building games, Halloween and Christmas themed craft activities and participating in the European Waste Reduction Week competition. The youths also attended a workshop at Esplora and participated in a dance for the APA Christmas event.

## **Interview with Bradley Desira- Activity Facilitator**

How did you find out about this opportunity and what made you decide to enroll for this role?

*I heard about this opportunity through a friend and I decided that helping youths with autism will assist me for my future career as I am studying social work.*

In which range of the spectrum do the youths you work with fall under?

*Most youths have mild to moderate autism and I assist according to need.*

What are the things/ situations/ experiences you enjoyed so far during this experience?

*I enjoyed every aspect of it but I think the fact that I see these young people do activities which will help them integrate into society is great.*

What are you aiming to achieve from this experience?

*From this experience, I am looking for the experience of working with vulnerable people who have different needs than others.*

Do you recommend such experience to other people?

*Yes, I would definitely recommend it as apart from seeing the youths happy, it is an enriching experience for me personally as I can better understand those people who have different needs.*

## **Interview with Parent**

Can you give us some background of your son and what are his major needs?

*Mark is a 16 year old with Autism. He has limited verbal communication skills and enjoys being active and being around other youths his age. Mark requires prompting to participate in activities and supervision during outings as he tends to wander off.*

How did you get to know about this service?

*We have been members of APA from the very beginning. In 2004 when Mark was still very young, we attended parent support meetings in B'Kara at the time. We found out about SIPT from the APA closed Facebook page.*

Which activities did your son participate in?

*Mark participated in all activities held so far. He enjoyed the outing, sports and crafts activities.*

Does he feel accepted in the group and does he look forward to attend?

*He looks forward to attend the Saturday activity and adapts well with the rest of the group.*

So far were your expectations met?

*Yes for sure, activities are very interesting and well organised. Helpers are all dedicated.*

Do you recommend this service to other parents?

*We surely recommend SIPT to other parents as it is an opportunity for our youths to enjoy themselves and integrate with others their age rather than stay with the parents on Saturday evenings. It is the only youth group of its kind in Malta*

## SIPT activities

(continued from previous page)



Getting to Know each other games



Halloween Activity



European Waste Reduction Competition



Visit at Esplora

(continued from previous page)



Christmas activities and crafts



Preparation for talent show



Sports activity at the gymnasium of the St Jeanne Antide College in Tarxien

**NEW**

# bazaar

**Tuesdays**

**from 8:30am to 11:30am**

**Ċentru Enrichetta**

**Triq San Tumas,**

**Birżebbuġa**

**(behind Parish Church)**



St Jeanne Antide  
Foundation

**Situations  
Vacant**

**Nurse with management skills** required full time at Sisters of Charity Balzan Convent; experience & qualifications as well as Maltese and English languages an asset. Detailed CVs to be sent to [anna.sistersofcharity@gmail.com](mailto:anna.sistersofcharity@gmail.com); contact 9948 9134.

**Chef part/full time** to work with Sisters of Charity at their Nursing Home in Balzan. Must be qualified, experienced, self motivated, work in a team. Detailed CVs to be sent to [anna.sistersofcharity@gmail.com](mailto:anna.sistersofcharity@gmail.com) or call on 9948 9134



*For Stronger Families -  
creative care packages for  
vulnerable families  
(VOPs 12/ 2017)*

Through a project funded by the Voluntary Organisations Projects scheme (VOPs) of the Ministry for Education and Employment and managed by the Malta Council for Voluntary Organisations, the St Jeanne Antide Foundation is currently implementing a project with the above title. The project will be completed by April 2018. Project outcomes include the following:

- 70 vulnerable families identified, assessed and provided with a range of supports, depending on the care plan developed with each of them.
- 35 Volunteers recruited and engaged to assume different roles and responsibilities.
- Of the above 35 volunteers; 14 service users have already been encouraged and mobilised as volunteers;
- Depending on the family needs identified and interventions planned, and apart from project family workers, 7 other professionals provide their input (at no cost to this project);
- A pen drive with self-help resources for vulnerable persons is nearly complete.



PARLIAMENTARY SECRETARY FOR YOUTH,  
SPORT AND VOLUNTARY ORGANISATIONS

*This project has been funded through the Voluntary Organisations Project Scheme managed by the Malta Council for the Voluntary Sector on behalf of Parliamentary Secretary for Youth, Sports and Voluntary Organisations within the Ministry for Education and Employment (MEDE)*

*★ Thank  
you★*

Thanks to your support & generosity we distributed

*over 120 Hampers*

donated to SJAF Service-using families

Various HSBC Branches & Departments, BOV M'Scala, BOV Zabbar, BOV Collateral Management Unit, Misco, Ms Grace Bonavia, Ms Jane Azzopardi, Mr & Mrs D Purchase, Ms J. Schembri, Mr & Ms J Caruana, M'Scala Girl Guides - Brownies Section, Family Seychell, Family Micallef, Family Xuereb, Mr & Mrs A Zammit, Family Demanuele, Paddy Power Betfair, St Thomas More College, Dept of Health Information, Family Caruana, Department of Counselling at the University of Malta, Kummissjoni D'akonija Tarxien, Family Debono, Ms J Spiteri, Family Mifsud Bonnici, Ms J. Bonnici, Juanafil Group, Immaculate Conception School Tarxien, Child Guidance Unit - G'Mangia, SJAF Staff & Volunteers and all individuals who deposited items at Centru Antida



**Fondazzjoni St Jeanne Antide - Tarxien**

# Rokna Poezija

## Li Kieku

Li kieku tħobb tassew lilek innifsek,  
kif tista' qatt b'xi att  
tagħmel ħsara lil xi ħadd?

*għasfur tal-bejt fuq il-mejda tiegħi*

Li kieku m'għandek ebda bżonn  
ta' min ifaħħrek jew jurik li tiswa', kif tista'  
kif tista' qatt ma tkunx kuntent?

*l-għasfur iħares lejja, nofsu beżgħan*

Li kieku l-ħsara fik tużaha bħala  
triq li twasslek sal-ħelsien, kif tista' qatt  
titħassar lilek innifsek?

*tpespisa li riedet twegiba*

Li kieku tidra tagħder lilek  
li tbatu bħall-ġens uman, kif tista' qatt  
ma tfejjaqx l-univers?

*iqajjem rixu, iħares bla biża'*

Li kieku tasal tassew san-nifs li jrawwmek  
u tagħraf int min int, kif tista' qatt  
ma ddawwalx id-dlamijiet?

Li kieku, li kieku...

*ngħix il-mument ta' issa*



tony macelli

## Get Together organizzata minn ex-partecipanti tas-Self-Esteem Groups minn Astrid Camilleri, Facilitator tal-gruppi self-esteem għal dawn l-aħħar 8 snin

Għalija l-Milied ġie kmieni din is-sena meta irċevejt telefonata minn waħda mill-ex partecipanti tal-kors tagħna mis-sena 2012. Din xtaqet li, bħala grupp ta' dak iż-żmien, nerggħu niltaqgħu flimkien u ngħidu kelma. Wara ħafna xogħol investigattiv minn naħa tagħha, irnexxielha tlaqqa' ħafna mill-grupp u flimkien iltqajna biex nifirħu b'xulxin u nieħdu xi ħaġa waqt li naqsmu l-esperjenzi tagħna minn dak iż-żmien 'l hawn u x'għara minn kulħadd tul dawn l-aħħar snin. Għalija kien mument vera sabiħ meta rajt l-għaqda li nbriet u baqgħet hemm prezenti fihom; u l-ferħ li wrew meta raw lil xulxin. Tant ħadna pjaċir li issa għamilnieha fatta li s-sena d-dieħla irridu nirrepetu din l-esperjenza.

## What Can One Person Do? - suggested reading:

*What Can One Person Do? - Faith to Heal a Broken World* - by Sabina Alkire and Edmund Newell. London: Darton, Longman and Todd Ltd., 2005.

If you feel discouraged, disheartened and powerless to effect change, if you are looking for an effective way to put your faith into action, then do read this book. The authors and their collaborators provide us with a hope-full vision, along with a plan of action, that each of us can follow to extend God's boundless love for all people. World leaders and faith communities have adopted the Millenium Development Goals, as well as the ideas found within this book - for the authors demonstrate that as shared vision grows and as these goals are accomplished, human communities shall indeed flourish.



Find us on:  
**facebook®**

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



**BAZAARS f' Hal Tarxien u Birzebbuga**

**b'risq il-Fondazzjoni**

**Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa - Tarxien**

**Kull nhar ta' Tlieta - Birzebbuga**

**mid-9:00 sa 12:00**

#### 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](mailto: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. 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: [soarmalta@gmail.com](mailto:soarmalta@gmail.com).

**4. Dar Esther** for vulnerable young pregnant women and young mothers: accommodation, educational programme, mentoring. Commissioned by The President's Trust.

**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.

**NOTE Dar Hosea**: day centre for women involved in prostitution. This service has become autonomous and is now self-managed.

*All back issues of the SJAF Magazine and other publications are downloadable from:*

[www.antidemalta.org](http://www.antidemalta.org)