

SJAF e-Magazine



ST JEANNE ANTIDE FOUNDATION

Ċentru Antida

51, Tarxien Road. Tarxien TXN1090

Reception Desk Tel. 27672367; 21808981; 21809011

Email: miriam.sjaf@gmail.com

Website: www.antidemalta.com

Facebook: Fondazzjoni St Jeanne Antide

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SJAF member of LEAP! Project – South East Region Network (SERN)

by Ruth Stafrace, Social Worker & Lwien Service Leader

The St Jeanne Antide Foundation is a member of the South East Regional Network (SERN) of the LEAP! Project of the Ministry for the Family and Social Solidarity. Between the 30th of November and the 6th of December 2014, SERN members travelled to Lisbon, Portugal for a study visit. All the 19 participants represented different entities in Malta such as the Housing Authority, Aġenzija Żgħażaġh, Aġenzija Appoġġ, Mayors, Department of Social Security, ETC, M'Scala Diaconia Commission and the St Jeanne Antide Foundation. All these participants form part of the SERN.

The study visit was a unique opportunity for all of us to learn about best practices adopted by social entities in Portugal. We visited the family resource centre “Centro de Acolhimento Familiar” and a



Kindergraten “Principezinho,” both of which are run by Santa Casa da Misericordia. This institution is the first Portuguese Holy House of Mercy and aims to strive to find the best social responses to situations of inequality and socio-economic deprivation, vulnerability and social exclusion. In fact, Santa Casa manages a large network of social welfare and health services. It runs 15 nursing homes, 28 home support services, 2 occupational activity centres and others. The main source of funding for Santa Casa is the state lottery games organisation.

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During our stay, we visited the Department of Social Security of Lisbon and had the chance to learn about strategies and policies to combat poverty and social exclusion. We were also provided with information about the setup of social network programmes. These programmes create links between the different Local Authorities and organisations who work hard to reduce poverty and exclusion and promote social development. We also had the occasion to visit ETAP - a Professional School that organises educational courses and training aimed at young people and adults. In the same building, there is an old people's home and a child care centre. It is a joint initiative of the government and a cooperative. For us, it was a poignant experience to see services aimed at both elderly and children in one building.



We also had the opportunity to visit "*Centro de Reabilitação Profissional de Gaia*" which provides services in the field of rehabilitation of victims of accidents, enhancing their professional and social reintegration. It also supports young people with disabilities in the transition from school to active and professional life. They also promote inclusion in the labour market by offering job training placements. The CRPG has a unit that gives information and produces assistive products.



On the last day, we had a meeting with a representative from the Volunteering Bank. We were informed that in 2006, the National Action Plan for Inclusion set up the Volunteers' Bank based on partnerships between municipalities and voluntary organisations. These volunteering banks are designed to mobilize the people who express their readiness and willingness to volunteer and the organisations that are interested in receiving volunteers. Their motto is: Who

loves, takes care. Those individuals who express their interest in volunteering are interviewed by a psychologist and asked to attend a training course prior to starting the voluntary work. We also had the opportunity to visit a project in a hotel that is cooperating in social volunteer programme for enterprises.

We feel privileged and enriched by this experience because it has widened our perspective to explore alternative approaches to social inclusion. We became more enthused about ideas that we can cooperatively adapt for our SERN Leap! network.



We thank Ms. Maria Rauch for her enthusiasm and dynamism in providing us with such a comprehensive



exposure to family support measures throughout our stay in Lisbon. I would also like to express gratitude for the coordination work carried out by the LEAP! Regional Development Agent - Ms. Denise Farrugia. We look forward to the SERN stakeholder partnership initiatives.

IL-MAĦFRA

silta mill-Messaġġ Pastorali għar-Randan 2015 mill-Mons. Charles Scicluna, Amministratur Appostoliku ta' Malta

L-aħħar ittra fil-kelma sawm hija l-ittra 'M', u partikolarment fil-kuntest tar-Randan tfakkarni fil-maħfra. Il-kelma maħfra nixtieq nipprezentahielkom f'erba' mument. L-ewwel. Meta nitlob maħfra qiegħed nimpinja ruħi li nirbaħ bit-tajjeb il-ħażin li hemm fija u madwari. Nagħti eżempju żgħir. Vizzju li huwa drawwa ħażina fil-ħajja tiegħi nirbħu biss billi nbiddlu b'għażliet aħjar; drawwa ħażina tkeċċiha 'l barra bi drawwiet tajbin.

Tirbaħ il-ħażin bit-tajjeb! Il-maħfra tfisser ukoll li min jagħmilli l-ħsara mhux se npattihelu, għax jekk nagħmel hekk ma nkunx qed nirbaħ il-ħażin bit-tajjeb, iżda nkun qed nidhol f'ċirku vizzjuż ta' tpattija u forsi anke vjolenza li tiġġenera iżjed tpattija u vjolenza.

It-tieni mument tal-maħfra huwa li nifhem li dak li għamilt ħażin hemm bżonn li niftaħlu l-bieb biex joħroġ minn ħajti. Il-kelma ta' Ġesù lill-mara li ngabdet fid-dnub kienet "Mur, u mil-lum 'il quddiem tidnibx iżjed" (Ġw 8, 11). Il-kelma 'mur' kienet kelma ta' ħelsien li permezz tagħha l-mara kellha d-dritt tibqa' tgħix għaliex Ġesù ma kkundannahix għall-mewt. Imma Ġesù jgħidilha wkoll biex ma terġax tidneb, biex tbiddel ħajjitha, biex tagħmel li tista' biex tgħix aħjar. U dan l-impenn jevita li aħna nabbużaw mill-ħniena t'Alla jew li nersqu lejn is-Sagrament tal-Qrar bħala xi ħaġa li hija grazzja faċli.

It-tielet mument fil-maħfra hija l-kapaċità li dak li nitlob lill-Mulej inkun nista' naqsmu ma' ħuti, "Aħfrilna dñubietna, bħalma naħfru lil min hu ħati għalina" (Mt 6, 12). Jiena għandi jkolli l-wiċċ immur quddiem il-Mulej, mgħobbi bi dñubieti, u nitolbu maħfra biss jekk nimpinja ruħi li nitlob lill-Mulej jaħfirli biex jiena wkoll naħfer lil min hu midjun miegħi. U għalhekk, it-tielet mument f'din it-triq tal-maħfra hija d-disponibilità tiegħi li naqsam ma' ħaddieħor dak li qed nirċievi mingħand il-Mulej. Hu jaħfirli u għalhekk jien irrid naħfer lil ħaddieħor. Hekk insir tassew wild il-Missier u parti mill-familja ta' Alla għax naġixxi bħalma qed jagħmel Hu miegħi, u hekk nagħmel jien ma' ħaddieħor.

Ir-raba' u l-aħħar punt hija t-tislma ta' Ġesù f'Ħadd il-Għid, li nħalluha tidwi magħna għal ħamsin jum ta' ferħ wara erbgħin jum ta' penitenza fir-Randan, "Il-paċi magħkom" (Ġw 20, 21). Il-maħfra ġġib il-paċi f'qalbna u tizra' l-paċi madwarna. "Il-paċi magħkom" mhijiex rigal mogħti lill-individwi, imma lill-komunità. Il-maħfra li jiena nakkwista u li naħdem għaliha fir-Randan imqaddes, permezz tas-sagrament tal-Qrar, billi nagħmel il-karità ma' ħuti, billi nrażżan il-ħażen fija, hija verament ir-riċetta tal-paċi, l-għajn tal-paċi fis-soċjetà.



Assist us to provide professional support to vulnerable families facing many complex life challenges

BE PART OF OUR ORGANISATION....



€450 enables a disturbed child from a vulnerable family to benefit from 10 therapeutic sessions

MAKE A DONATION AND ENABLE US TO SUSTAIN OUR SERVICES TO FAMILIES & INDIVIDUALS AT RISK OF POVERTY & SOCIAL EXCLUSION



10 donations of €100 each covers fuel costs of 250 home visits by a Social Worker for one year.

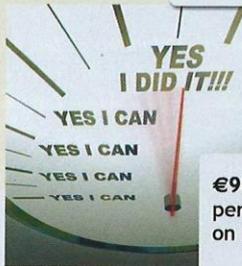


€121 enables primary family caregivers of a mentally ill relative to benefit from 10 professional consultations in a year

€110 provides 10 persons with a Depression Support Group



YOUR DONATION WILL GO A LONG WAY!



€90 provides 10 persons with a course on building self esteem



“God loves a cheerful giver.”

2 Corinthians 9:7

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Website: www.antidemalta.com
Facebook: Sjaf Antide Centre
Registration number: VO/0005

The St. Jeanne Antide Foundation (SJAF) is a registered NGO committed to identifying and supporting in a holistic manner very vulnerable and poor families at community level and beyond. It was set up by the Malta Province of the Sisters of Charity of St Jeanne Antide in collaboration with lay persons.

Happy Women's Day

A daughter who serves,
A sister who loves,
A mother who bears
A friend who cares.
Bestower of love, life,
Friendship and trust.
A picture of poise,
Strength and grace.
A Dreamer, achiever,
A winner all along.
We celebrate you,

The phenomenal Woman today!



SOAR advocacy and support group in 2014 *(survival of abuse with resilience)*

The last 12 months have been exciting, and will be remembered particularly for our launch into the educational sphere, which has seen us deliver over 20 presentations or workshops about Dating Violence to young people, in their school or youth club environment. In a separate initiative, students from Verdala International School are collaborating with SOAR on a school project where they aim to learn and raise awareness on Dating Violence among their peers, using various creative methods and in the process learning leadership skills, organisational skills, delegation skills and how to work in a team. The importance of education in the prevention of Domestic Violence has been discussed time and time again by major stakeholders and SOAR is proud to be at the forefront of such initiatives to raise awareness among children and young people.

SOAR also formed part of the Coalition that worked together throughout the year towards the eventual setting up of the now founded NGO Men Against Violence, an organisation that aims to engage men in the elimination of violence on women.

Often participating in TV and Radio discussion programmes throughout the year, SOAR has worked towards reaching people in their homes, in the hope that victims who may be isolated from society will get the chance to learn about support systems that exist for

them. We have reached out to students on campus and have participated in street-based awareness raising activities such as 'One Billion Rising' and 'Ability Fair'. SOAR leader and committee members have participated in 7 training and development opportunities during the year. In early March, SOAR attended the launch of the results of an EU wide survey on Gender Violence, by the Fundamental Rights Agency in Brussels. SOAR also networked with Dr Birgit Wolf to discuss the Aims, Objectives and the setting up of SOAR with shelter managers in Austria.

Survivors of Domestic Violence often suffer from isolation as they try to start putting their lives back together again. As a support group, SOAR often organises social activities for its members, where members can meet, create bonding friendships, give each other support, learn together and socialise. SOAR members have attended popular social events, theatre productions and concerts together. Other times the members meet up for a quick coffee as their lives get busier whilst occasionally members would cook a meal or organise a food-sharing party that they can all enjoy together. Getting back on your feet is so much easier when you have supporting people around you!

2014 has seen SOAR Support and Advocacy group grow, learn, develop and become known to many more people, here and overseas.



Elaine Compagno from SOAR, Malta with Elena Hidalgo from Plataforma de ONG de Acción Social, Spain after the FRA conference.



Zainab Ali and Alys Boranian from Verdala International School.



The Ability Fair

Rokna Poeżija

Il-lejl ta' qabel il-festa

Għal Dak li quddiemu
il-kliem jimmollaw,
x'ingorr miegħi jien,
ħlief ħsieb, u kliem?

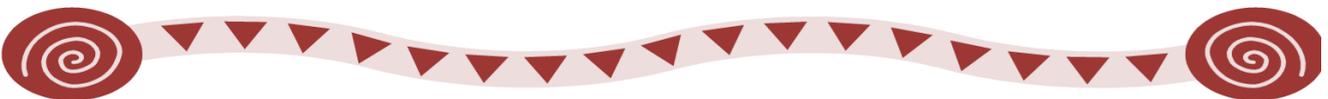
Kemm se' jdum ma jintlaħaq, li hu
lil hinn minn tarf ħarsti?
Kemm, sakemm nitwarrab
u jittieghem il-Ta' Bla Tmiem?
Kemm, sakemm ngħodos
ħdejn lok in-nar
ħdejn il-guf ta' tqalet il-ħemda?
ħdejn Dak li quddiemu
il-kliem jimmollaw



Sabiex flahħar norqod
f' merħba għal-qawmien;
sabiex flahħar ngħama
ħa' nara biss dawl;
Sabiex immut (qabel ma mmut)
u tfeġġ il-ħajja.

Għax il-lejl ta' qabel il-festa
Twil, twil, twil.

Tony Macelli, 200



Biss fis-solidarjetà

Huwa biss permezz ta' solidarjetà mat-tbatija ta' ħaddieħor li il-persuni li jgħixu f'kumdità jistgħu jiġu ikkonvertiti. Altrimenti in-nies komdi jtilfu ir-rabta mas-salib - is-salib lu huwa id-dinja, l-oħrajn, Ġesù, u finalment is-sehem meħtieġ tagħhom fil-misteru kbir tal-mewt u l-qawmien. Bosta minna fl-Ewropa, fl-Amerika, u mill-Ekwatur 'l fuq lejn it-tramuntana għandna veduta minn mis-sular għoli, allavolja aħna stess ma nkunux qrib is-sular ta' fuq nett. (...)

Huwa biss f'xi forma Prattika ta' solidarjetà mal barranin/midinbin/ċkejknin illi nistgħu nirċievu l-messaġġ tal-Vangelu. Huwa hekk biss li nifhmu ir-ruħ fqira tagħna u kem hija fil-bżonn.

Richard Rohr's Daily Meditation Center for Action and Contemplation www.cac.org



Like us on
Facebook

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

BAZAAR fi Triq Ħal-Tarxien b'risq il-Fondazzjoni

Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa
mid-9:00 sa 12:00

Naċċettaw oġġetti biex jinbiegħu fil-Bazaar

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

THANK YOU! WE PROMISE TO PRAY FOR YOU AND YOUR FAMILY

Foundation SERVICES

1. **The Antide Family Resource Centre** in the heart of Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well).
2. **Social Work Service:** Includes:
 - **Social Work:** home-visits, outreach work, advocacy, referral, information, emotional support. Catchment areas: Tarxien, Paola, Fgura, Żabbar, Santa Lucia, Birżebbuġa.
 - **Emotional Freedom Service** for persons wanting to be free from their anger, fear or other emotional distress;
 - **SOAR advocacy and support group** for victims and survivors of domestic violence (soarmalta@gmail.com)
 - **Volunteer Handymen** in support of vulnerable and poor families.
 - **Learning Support Service** 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.
 - **Befriending Service** for lonely, home-bound elderly persons
 - **Counselling;**
 - Bazaar in Tarxien.
3. **LWIEN Service - caring for family carers:** support for family caregivers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work.
4. **IRENE Project** in support of very vulnerable women involved in street prostitution. (Project financed for 18 months by the EEA NGO Malta Fund managed by SOS Malta) .
5. **(NEW) Ċentru Familji: Family Resource Centre in Birżebbuġa.** Starting first week of September. (Project financed for 12 months by the EEA NGO Malta Fund managed by SOS Malta)
6. **Volunteering Programme:** range of volunteering opportunities included supported volunteering for service users.
7. **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.
9. **Centring Prayer Group** for contemplative prayer practice.