



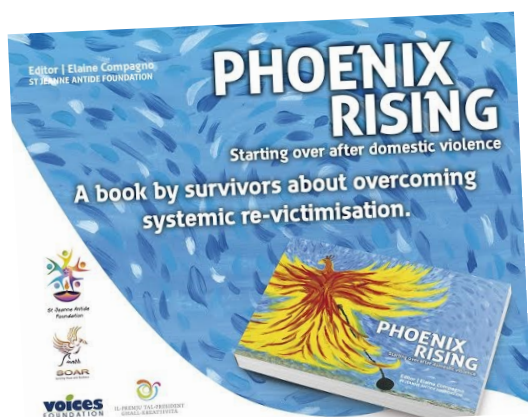
SJAF e-magazine



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

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Phoenix Rising – Involving survivors of domestic violence in activism for real change

St Jeanne Antide Foundation (Malta) embarked on a project that was born from a desire expressed by survivors to speak out about the injustices they faced when trying to rebuild their lives after domestic violence.

Thanks to feminist research in the area and the activism of practitioners and workers that came before us, survivors of domestic violence have services to turn to and laws that are meant to protect them. Nevertheless, the survivor and her story have historically been nothing more than exhibits of the damage, to give others a glimpse into the horror of domestic violence. Perhaps this is because domestic violence often happens in secret, in homes and away from the public eye. To raise awareness, one will need to see, feel and connect with the pain. On the other hand, as survivors who are eager to be active for change, when we accept interviews for newspapers, television programmes and conference panels, we feel like an exotic species of animal, on display in a zoo, for all to see – and pity. For years, this has been the only opportunity by which we could engage in activism. However, the promise of ‘empowerment’ feels like a token worth very little, like a cereal-box cut-out medal of achievement. We have been eager to be an integral part of the network that brings about change, not an optional attachment as a short demo. We want to participate in the national effort on terms that respected our dignity and that gave true value to our experience and our potential contribution. We want policymakers to be guided by our experiences and by our insights.

Inside this issue

Book Launch—Phoenix Rising	Pg. 1,2,3,4
A4U Project—Aġenzija Żgħażaġħ	Pg. 4
SOAR participates in One Billion Rising	Pg. 5
Information about Aġenzija Żgħażaġħ & Euro Desk	Pg. 5
Energy Poverty Good Practices manual European Anti-Poverty Network (EAPN)	Pg. 5
Situation Vacant at Sisters of Charity	Pg. 4
Fundraising Concert on 26th March —A Tribute to Music Legends.....	Pg. 6
Helping Hands Campaign in aid of SJAF	Pg. 7
SOAR Project - Create, Liberate, Integrate! Project	Pg. 7
Project Proposal Writing Course by KOPIN	Pg. 8
Fejn hu il-Katidral? - novella	Pg. 9.10
Rokna Poeżija	Pg. 11
Avviżi	Pg. 12

It is with this in mind that the project My Survival, My Experience was designed. The final product of the project is the book **Phoenix Rising**. It compiles qualitative insider-research carried out by survivors of domestic violence and the stories told by the survivors about their survival. It was spearheaded by survivors themselves, ensuring that the issues tackled were the ones which were important to *them*. Survivors wanted to get their voices across about the re-victimisation and the injustices within the system, in a way that ensured:

- creativity;
- respect to their dignity;
- and
- validity to the significance and importance of their testimony.

Anne Marie, a core participant of this project expressed her experience of this activism during the launch of the book. She said, “We ultimately believed in putting out there what Domestic Violence really and truly means, and the horrible effects it has on society as a whole. Seeing my personal creative expressions published in this book beside the rich insights and expressions of other survivors, gives me the energy to keep on working hard for myself and for the group, to continue to validate women going through this scourge called Domestic Violence, to strive hard for justice for victims and survivors, and to support them to rise.”

Yvonne, another core participant, said, “This project brought us together as a group. We shared our insights, we laughed together, we cried together and we learned to look at the collective experiences from all angles. Now I hope that our stories don’t fall on deaf ears. I hope to see action from policy makers that will safeguard victims and survivors of domestic violence.”

The book includes 37 policy recommendations that would directly and positively affect the quality of the lives of survivors. The message sent through this project has been loud and clear. It is time to look past survivors as passive ‘victims’, broken by a trauma. It is time to seek their willing involvement and participation in the area of activism in ways that respect their dignity but also in ways that seek the necessary attention of all stakeholders.



*This project is supported by Arts Council Malta -
President's Award for Creativity*

Speech by the President of Malta Marie-Louise Coleiro Preca at the launch of SJAF publication entitled ‘Phoenix Rising: Starting Over after domestic violence’, written by Ms Elaine Compagno and published by the St Jeanne Antide Foundation

It is my pleasure to inaugurate the launch of ‘Phoenix Rising’, a book published by Saint Jeanne Antide Foundation with the support the President’s Award for Creativity.

This book is the culmination of a two-year project, bringing to light survivors’ experiences of domestic violence in Malta, written by survivors themselves.

I hope that, through this publication, their stories will finally reach an even wider audience, providing much-needed inspiration and solidarity with those who are still caught in cycles of abuse and isolation.

Each chapter is rooted in a qualitative methodology, bridging together research, therapy, and popular wisdom. The book produces an insider’s look at the painful realities faced by many women and families across our islands.

Furthermore, the book’s thirty-seven recommendations will give an excellent opportunity for our authorities and policy-makers to see the necessary action we must take on our journey forward, as a nation, to continue tackling the scourge of domestic violence.

I am pleased to note that the recommendations combine the lived experiences of survivors with the practical requirements for action, expressed by professionals and practitioners in the field.

Together, through initiatives such as this project, we must continue sending a strong message that we are united, as one society, against gender-based violence in all its forms.

It is shocking to consider the implications of recent developments, taking place in certain European countries, which are undermining the progress we have made as a human family in the struggle against gender-based violence.

Let me speak, for a moment, about one such development. A week ago, I am sad to say, the

Russian Parliament voted overwhelmingly for a bill that decriminalises many acts of domestic violence.

Moreover, it drastically reduces sentences for abusers. The new law, which passed with a 380 to 3 votes, eliminates criminal liability for “battery within families” that does not cause “substantial bodily harm”. This substantial bodily harm is defined as injuries which require hospitalisation, meaning the most extreme examples of abuse.

In a country where an estimated one in three women are victims of domestic abuse, human rights advocates say that this law will worsen an already-grave problem.

As women's rights lawyer Mari Davtyan explains about this law, and here I quote, “sends a message that the state doesn’t consider familial battery fundamentally wrong anymore.” End quote.

We cannot allow the rejection of human dignity to go unchallenged, wherever it takes place. Ending domestic violence is ultimately a human rights issue, and human rights are universal. They cannot be treated as a pick-and-choose, or ‘a la carte’, concept.

They are a framework, a way of life, a reality that must be embraced completely and profoundly, and by all.

We, as Maltese, should be proud that the Istanbul Convention has been signed by Malta, and is being ratified in our country. However we cannot drag our feet, waiting for action to be taken. Civil society must keep encouraging our authorities to act now.

We cannot be silent while social and cultural attitudes, including certain decisions from our courts, dilute our commitment to a zero-tolerance policy towards gender-based violence.

In 2015, CrimeMalta published a study which revealed that reports of domestic violence had increased tenfold between 2007 and 2014.

The previous year, a report by the EU’s Fundamental Human Rights Agency found that one in seven Maltese women had experienced physical or sexual violence since the age of 15, and that the statistic in Malta was more than twice the EU average.

Therefore we must do all that we can to reaffirm, at every opportunity, the roots which keep us

connected to the framework of universal human rights and essential freedoms.

We must continue to empower the marginalised and the vulnerable, to strengthen their voices and their resilience in the face of political, social, or economic exclusion.

The book we are celebrating today quotes a famous poem by Maya Angelou, which describes the strength of the human spirit in the face of injustice. I would like to quote it:

“Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?
You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I’ll rise.”

Like the phoenix of the ancient legend, we are called to rise. We are called to shine our light in the darkness of ignorance and prejudice.

We are called to be examples, in this time of uncertainty, to our families and to our communities, emphasising our commitment to make the Maltese Islands a unique place of safety and respect for all.

A place where the wellbeing and the dignity of every man, woman, and child, of each human being, is at the heart of all our laws and our policies.

Let me conclude by extending my thanks to Saint Jeanne Antide Foundation for their tireless work, and their innovative and proactive strategies on behalf of the vulnerable.

We must all be firm in our responsibility to safeguard the dignity of all people in society, ensuring it is fully reflected by our authorities, our institutions, and across society in our Maltese Islands.

We are pleased to announce that a project submitted by the Foundation to the A4U Scheme of Aġenzija Żgħażaġh has been approved. Through this grant, SJAF will be able to purchase computer hardware and other materials for the benefit of youth support initiatives.

Thank you Aġenzija Żgħażaġh!



*Thank
You*

The SOAR Service of SJAF participates in One Billion Rising 2017

This year Women's Rights Foundation, Soar and Gender Studies Department, University of Malta, members of Network Forum Malta, partook in One Billion Rising event that was held on campus at the University of Malta.

A flashmob was held, followed by a panel debate. The theme was relationship violence and youth.

A vox pop was also held amongst university students on intimate partner violence. <https://www.youtube.com/watch?v=bE4x3avyWGU>



Aġenzija Żgħażaġh launched their partnership with Euro Desk.

<https://eurodesk.eu> - is a portal providing various information about scholarships, grants, internships, training and competitions.

EAPN has issued a Greens booklet on Energy Poverty Good Practices. See here: <http://meszerics.eu/pdf/energypoverty-goodpractices.pdf>.

The booklet was developed by MEP Tamas Meszerics with EAPN.

EAPN collected a large number of the good practices through the Energy Poverty cluster.

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VO No. 0005

Saturday, 25th March 2017

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Doors open at 7:30pm

Entrance Donation €15

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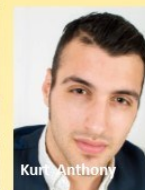
Michela Galea



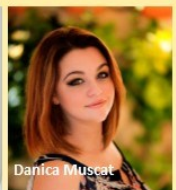
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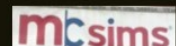
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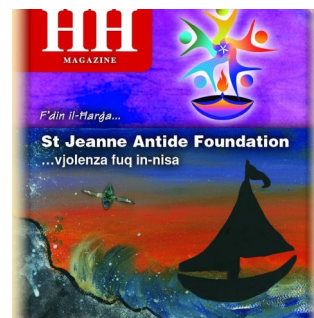


Helping Hands Campaign in aid of SJAF

Violence against women is any form of gender-based violence resulting in the physical, sexual or psychological harm to women. Some examples are: domestic violence, sexual assault and rape, sexual harassment, female genital mutilation, honor killings, trafficking in women and girls, forced prostitution, femicide, forced marriage, female infanticide and others. The violence is used against women because they are women and it impedes women from participating and contributing economically, socially and politically in their communities. It has been said to be one of the most pervasive forms of human rights violations worldwide.

St Jeanne Antide Foundation are launching a campaign to raise awareness about some forms of gender based violence that happen around us in our local communities. This campaign will be carried out in collaboration with Helping Hands, who will release the new issue of the HH magazine in aid of St. Jeanne Antide Foundation, in what will be their third campaign together.

St Jeanne Antide Foundation is a voluntary organization that works in support of vulnerable, socially excluded and marginalised individuals and families. Its objective is to provide professional holistic support to vulnerable individuals and families through its various services. This includes support to family care-givers of persons with mental health problems, support for victims and survivors of domestic violence, support for very vulnerable women involved in street prostitution, literacy support and support to vulnerable individuals sliding into poverty.



The main focus of this upcoming campaign will be on some forms of violence against women. The new issue of the magazine HH will be full of information about the St Jeanne Antide Foundation and the free services they offer, with a lot of interesting and useful information on domestic violence, sexual assault and rape, economic violence, parental alienation (as an extension of domestic violence), prostitution and femicide. The magazine will also contain new articles, real life stories, facts, games, jokes and recipes for the whole family. Helping Hands would like to remind their clients to always check the salesperson's name tag whenever approached by a Helping Hands representative.

Create, Liberate, Integrate! a SOAR Service Project funded by the President's Award for Creativity 2017 managed by Arts Council Malta

During November, SOAR launched a new project titled *Create, Liberate, Integrate!* The project is being implemented over the span of 12 months. The creative skill sharing project will involve diverse marginalised women, including migrant women and 3rd country nationals, who are survivors of gender-based violence, and their teenage or young children. The project will consist of a number of therapeutic short programmes based on creativity and skill sharing with the aim of creating a safe space where diverse women and children can connect for healing, integration, improved interpersonal relationships between mother and child and exploration of one's creativity. Some of these activities include dramatherapy, art therapy, drum workshops, self-reflective writing and jewellery making sessions.



Participants will be empowered to learn new skills by which they may find new ways of self expression. Through the project, diverse women will connect and network with each other, learn team building skills, presentation skills and have the opportunity to share their creative artistic skills and culture with other women in the group.

These are some of the images that emerged from the photography session, the first activity of the project.



SJAF participation in Training Course “An introduction to Project Development & Project Cycle Management for Voluntary Organisations”

Last January, SJAF staff and a member of another voluntary organisation with which SJAF regularly collaborates through its SOAR Service - Men Against Violence - participated in a participatory training course entitled *An introduction to Project Development & Project Cycle Management for Voluntary Organisations*. The course was organised and delivered by Kopin (VO/0200) through a grant it obtained from the Training Initiatives Scheme managed by the Malta Council for the Voluntary Sector. The course involved a total of 15 hours of training focused on the following topics tailor-made to the expressed needs of the Foundation:

- The project cycle;
- Problem Tree analysis;
- Logical Frameworks;
- Searching for funding relevant for your VO;
- Building good project partnerships.

These training components were complemented by interactive practical exercises about project development and project management.



Fejn hu l-Katidral?

novella minn Nora Macelli

Žagħżuġ darba sema' b'katidral li, ladarba tkun fiha, issir bniedem ibaqbaq bl-hena. Il-katidral, semagħhom jgħidu, kellu s-setgħa li jmisslek qalbek, ruħek, moħħok u ġismek u, minnufih, kollox ikun sew.



Staqs minn hawn u staqs minn hemm, daż-żagħżuġ ma setax isib irkaptu tad-direzzjonijiet kumplikati li tawh in-nies. Iltaqa' ma' persuni meqjusa 'sorsi infurmati tajjeb', iżda xorta ma wrewhx it-triq li għandu jsegwi.

Dawn mhux talli mhumiex infurmati sew, ħaseb, talli tilfu t-triq u jistħu jammettuha.

Oħrajn qalulu ċar u tond li, għalkemm qatt ma kienu semgħu b'dan il-Katidral meraviljuż, kienu interessati jsiru jafu t-triq mingħandu, ladarba jsibha.

Dawn ħlejjaq sinċieri, bla kantunieri u bla pretenzjoni. Interessati fis-sejba tal-katidral. Iżda mhumiex lesti jinvestu ħin u enerġija fit-tfittxija. Jistennew lil ħaddieħor jagħmlilhom xogħolhom hu.

Kien hemm oħrajn li qalulu li kienu fittxewh u sabuħ. Iżda malli ż-żagħżuġ staqsihom it-triq, wegħbu li d-direzzjoni kkumplikata wisq biex ifehmuhielu. Meta ppressahom u talabhom bil-ħrara biex ipingulu mappa, qalulu li l-memorja tqarra għax m'għadhiex li kienet.

Dawn qarrieqa u giddieba, qatagħha. Kieku veru sabuħ u ħarġu minnu nies mibdula, kieku ma kinux ikellmuni b'dal-mod.

Oħrajn ammettew miegħu li darba kienu fittxew fuq li fittxew iżda, wara ħafna attentati, qatgħu qalbhom.

"Imma, tistgħu tgħiduli min jista' jgħini?" staqsihom.

"Le", qalulu, "it-triq hi diffiċli ħafna. U dawk li sabuħ dal-katidral, mhux lakemm ikunu lesti li jaqsmu l-għarfien tagħhom ma' ħaddieħor. Ibqa' fuq kliemna."

"Il-għala le?" ried ikun jaf.

"Għax ma jaqblilhomx, ħanini. Ma jkunux iridu jaqsmu l-benna li sabu ma' ħaddieħor li m'għamilx sforz bħalhom," wegħbu bla sabar.

Dawn qed jippruvaw jaqtgħuli qalbi, qatagħha. Jista' jkun li jaħsbu li din tiegħi hi kollha bluha u li t-tfittxija hi telf ta' ħin. Jixtequni nibqa' kakkmat hawn, bħalhom, bla ma nipprova.

Kien hemm oħrajn li, minn wiċċhom u bixrithom u kliemhom, tawh x'jifhem li kienu sabuħ il-katidral u saru bnedmin li laħqu l-milja tagħhom nfushom. Ħassu miġbud lejhom bħal kalamita. Fuq kollox ħassu li, saflaħħar, kien se jasal x'imkien.

"Af li, żagħżuġ, mhux lakemm issib il-katidral kif ġieb u laħaq. Waħdek mhux se tasal. Waħdek mhux se ssibu żgur."

"Il-għala intom ta' dil-fehma?"

"Teħtieġ taħriġ intensiv biex ssir tiflaħ għat-triq. Ejja magħna. Għix magħna għal xi żmien, imbagħad tara kif, bit-taħriġ li nagħtuk, tħossok m'hejji biżżejjed biex tkompli fi triqtek bla intoppi ta' xejn."

"U..., x'irrid nagħmel biex niġi magħkom?" staqsihom. "Mill-esperjenza tagħkom, kemm irrid indum qabel ma nkun lest biex inkompli triqti?"

"Af li trid titlaq kollox, tafda ġidek magħna sakemm tkun f'qagħda li titlaq, imbagħad naraw minn hemm."

Dawn qed jilagħbu logħba oħra qarrieqa. Ħasbuni baħnan. Dawn ilpup mxedda f'ġild ħaruf. Miskin hu min jidgem il-lixxa u jsib ruħu

fin-nassa tagħhom. Perikolużi, hej!

Imbagħad kien hemm dawk li offrewlu mappa għal somma flus.

“X’jigri jekk il-mappa ma twassalnix fejn irrid nasal?”

“Jekk jigri dan, ikun tort tiegħek. Ma tkunx għaraft taqra s-sinjali fuq il-mappa.”

“Allura għax ma nħallasx lil wieħed minnkom biex jigri miegħi jurini fejn?” staqsiehom.

“M’għandniex dak it-tip ta’ hin,” wegħuh kiesaħ u biered.

“Il-għala ma tippublikawx din il-mappa ħalli kull min irid, jixtriha u jużaha biex jasal. Xejn xejn taqilgħu kemxa flus,” issuġġerielhom b’ton loġiku ż-żagħżuġħ.

“Dik mhix mappa għal kull par idejn. X’jigri jekk kulħadd jinwadi l-katidral?”

“X’timmaġinaw li jigri?” qalilhom b’ton sarkastiku waqt li ħaseb, *dan tip ta’ qerq ieħor.*

Iż-żagħżuġħ kien determinat li jasal akkost ta’ kollox. Baqa’ jterraq u jterraq, jieqaf u jistaqsi, jipprova jikseb ħjiel tal-mogħdijiet u direzzjonijiet li jistgħu, xi darba, jwassluh fejn ried jasal.



Darba waħda ħa riħ qawwi u, determinat kif kien li jsib il-katidral, baqa’ jterraq bla mistrieħ. Billi lanqas duwa ma ħa, qabditu bronkite u nifsu beda jinqatagħlu. Jum fost l-oħrajn intilef minn sensieħ fuq xarabank qadima hi u għaddeja biswit xmara wiesa’ niexfa qoxqox u għelieqi f’agunija t’għatx. Meta stejqer, sab ruħu f’kamra għerja għajr għal mitraħ li fuqu kien minn tulu. Ra raġel u żewġ nisa bilqiegħda fl-art fuq iż-żewġ naħat tal-mitraħ. Ħass l-id friska tar-raġel taħjilu l-ħruq ta’ gbinu. Iż-żewġ nisa kellhom għajnejhom magħluqa wkoll u xofftejhomm jitharrku. Induna li nifsu kien reġa’ ġie għan-normal. Ħassu tajjeb.

Reġa’ għalaq għajnejh u ħalla lil nifsu jħoss ġismu u jisma’ l-għasafar barra t-tieqa jsefsfulu għanja ta’ merħba.

Malli ħass ruħu waħdu fil-kamra, qam, inħasel sew b’ilma kiesaħ minn ħawt f’kamra ċkejna tagħmel ma’ tiegħu, mar isib il-kċina biex jitrejjaq u wara mar dritt ifittex lil dawk it-tliet persuni li kien ra f’kamartu.

“Min intkom? X’kontu qed tagħmlu ħdejjja? Tajtuni xi mistura? Inħossni tassew tajjeb.”

Wegħuh li waqfu f’dik id-dar ta’ merħba għal ftit jiem serħan, li kienu pellegrini bħalu.

“Kif tafu li jien pellegrin?”

“Nafu.”

“Imma kif?”

Tbissmulu.

Dam hemm xhur jistrieħ, jgħin fil-kura ta’ dawk li jieqfu hemm biex jitrejqu u jistrieħu min-nixfa u ġuh li ħakem lill-pajjiż. Il-miżerja madwaru tkattret mat-tfaqqiġħ ta’ gwerra ċivili. Iż-żagħżuġħ intefa’ b’ruħu u ġismu fil-kura tal-midrubin li nġiebu kuljum fil-post ta’ merħba. Qalbu nġafset bit-tbatija kbira u ħerba li ta’ kuljum ra madwaru. U l-mogħdrija lejn għajru tkattret.

Jum fost l-oħrajn, hekk kif kien qed jaħsel u jinfaxxa lil raġel midrub, ħass il-mogħdrija lejn in-nies ta’ madwaru tixpakka f’ mewġa fuq mewġa ta’ imħabba kbira lejn il-ħlejjaq kollha. Ħass bħal għamad m’għajnejh jinħall u toqol f’sidru jisfaxxa fix-xejn. Beda jara kollox b’ċarezza u leqqizza li ma bħalha. Beka u ntilef minn sensieħ bil-fehma.

Saflaħħar kien sabu l-katidral.





Gawdi

gawdi...

il-ġmiel bla qies tal-ġharfien tiegħek stess

l-aktar bejn ɥsieb u ieħor

...it-teżori tar-religjonijiet, taċ-ċiviltajiet

l-aktar bejn gwerra w oħra

tgħaġġeb...

bil-blat u bl-arzelli mejta, ɥobbhom

u ɥallihom iħobbuk

għax fihom kollox hemm

għoli, wisa', fond u glorja – kollox hemm

tiegħem u tgħaxxaq

bi triqtek tal-qdusija

tinsa' qatt li din mhix tiegħek

u li l-post fejn trid tasal

diġà wasal

u b'rispett qed jgħarxek

bħal raġel lil għarusa ɥelwa

li għadu kif iżżewweġ

tony macelli

Readings, Reflections, and Prayers for the Days of Lent 2014

"Create
in me a
clean heart,
O God,
and put a
new and right
spirit
within me."
Psalm 51:10

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

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For **local bank transfers**: **APS** 2000 0681 886 **HSBC** 013175021001
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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

Bazaar in Tarxien (recycling and fundraising).

- **Ċentru Enrichetta** Family Resource Centre, Triq San Tumas, Birzebbuga. Open Mondays, Tuesdays and Wednesdays from 8am to 5pm. 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. 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: soarmalta@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