



SJAF e-Magazine

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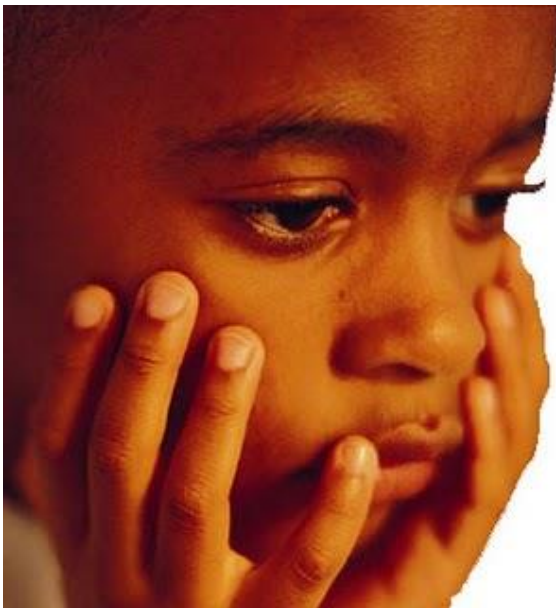
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Dizordni tal-Ansjetà fit-Tfal

Id-dizordni tal-ansjetà (*Anxiety Disorder*) hija waħda mill-aktar problemi komuni tas-saħħa mentali fost it-tfal u zgħażaġh. Il-biżżeġat u l-ansjetà huma meqjusa parti normali fl-iżvilupp tat-tfal. Madankollu, l-ansjetà ssir problema meta tibda taffettwahom fuq livell akkademiku, soċjali u familjari. Din l-ansjetà persistenti u intensa li tfixkel ir-rutina ta' kuljum hija problema ta' saħħa mentali li teħtieġ li tkun indirizzata b'mod immedjat. Għaldaqstant, il-ġenituri għandhom joqogħdu attenti għas-sinjali ta' ansjetà qawwija ħalli jfittxu għajnuna bikrija sabiex jiġu evitati kumplikazzjonijiet aktar tard fil-ħajja.



Hemm iċ-ċans li tfal li jkollkom ġenituri li jbatu minn ansjetà huma stess ikunu anzjużi. Ġeneralment, tfal li jbatu minn ansjetà ma jingħatawq daqshekk importanza meta jiġu mqabbla ma' tfal li għandhom problemi psikjatriċi oħra.

Tfal anzjużi iħossu tlett affarijiet:

- 1) **Ħsibijiet anzjużi:** jinkwetaw li se tiġri xi haġa ħażina bħal per eżempju, "x'jiġri jekk ommi ma tiġix għalija kif nispiċċa mill-iskola?"
- 2) **Sintomi ta' ansjetà fil-ġisem** bħal per eżempju meta l-qalb tibda tħabbat ħafna, tferfir fl-istonku, uġieġ ta' ras u strudament.
- 3) **Atteggjament ta' ansjetà:** minħabba l-ansjetà, ħafna drabi dawn it-tfal ikollhom ħafna argumenti ma' sħabhom. Huma jfittxu ħbieb li magħhom iħossuhom siguri u mwenssa. Ħafna mid-drabi jibku bla rażan.

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Hemm diversi tipi ta' ansjetà li t-tfal jistgħu jbatu minnha:

a) **Ansjetà dwar is-separazzjoni:** Tfal li jbatu minn din it-tip ta' ansjetà iħossu biżà' kbira u dwejjaq kbar speċjalment meta jkollhom jaffaċċjaw sitwazzjonijiet fejn ikollhom jitolqu lill-ġenituri tagħhom anka jekk ftit ħin. F'dawn il-mument i-tfal jistgħu jirrifjutaw li jmorru l-iskola, l-imġieba tkun diffiċli (tantrums), u joqgħodu ma' djul il-ġenituri. Apparti minn hekk, tfal li jbatu minn din il-kundizzjoni jirrifjutaw li jorqdu weħidhom u jibdew jilmentaw li għandhom xi tip ta' uġiġħ fiżiku bħal uġiġħ ta' ras jew uġiġħ fl-istonku.

b) **Ansjetà ġenerali:** It-tfal jibdew jinkwettaw u jithassbu fuq ħafna affarijiet mhux realistiċi u jkollhom biżà intensa fuq il-biċċa 'l kbira ta' affarijiet. Minħabba li jkollhom ħafna tensjoni u stress, ir-rutina tagħhom tiħabbel. Billi jsibuha diffiċli biex jikkoncentraw, l-ansjetà tiżdied. Jibdew iħossuom irritabbli, jkunu bla sabar u jilmentaw fuq uġieġħ fiżiku. Jispiċċaw bla mezz ta' rilassament.

c) **Attakki tal-paniku:** Hemm żewġ kundizzjonijiet ta' attacchi tal-paniku:

- Meta persuna jkollha ta' l-anqas żewġ attacchi ta' paniku mhux mistennija.

- Meta persuna tibda taħseb u tibzà li se jkollha attackk ieħor f'inqas minn xahar wara l-ewwel attackk.



Attakki ta' paniku għandhom għadd ta' sintomi, bħal ngħidu aħna rogħda, tferfir, dardir, qtugħ tan-nifs, sturdament, u biżà li jingamgħu f'ħin qasir. Dawn iseħħu f'daqqa u jkunu fl-aqwa tagħhom f'għaxar minuti. Dawn l-attakki jistgħu jseħħu jew spontanjament inkella minħabba

sitwazzjoni partikolari. Barra minn hekk, meta l-individwu jiftakar jew jerga' jgħaddi minn xi sitwazzjoni diffiċli, jistà jirriziluta li jkollhom attackk ta' paniku ieħor.

Fit-tfal iż-żgħar, is-sintomi tal-attackk tal-paniku ma jaffettwax il-mod ta' kif jaħsbu. Pero, jiġu affettwati l-marki ta' l-iskola, jonqsu milli jattendu l-iskola u jgħibu ruħhom b'mod li jitbiegħdu mill-ġenituri.

Is-sehem tal-ġenituri – l-importanza tar-rutina u tal-fehma ta' emozzjonijiet

Hemm diversi modi li bihom il-ġenituri jistgħu jgħallmu lil uliedhom iħossuom aktar rilassati, u fil-kontroll. Meta l-ġenituri jgħallmu dawn il-metodi jzidu l-probabilità li dawn iħaddmuom sa ma jikbru. Il-ġenituri għandhom jaġixxu b'mod kunfidenti u jkunu konsistenti u pożittivi fl-attitudni tagħhom lejn uliedhom. Min-naħa l-oħra, jekk il-ġenituri jkunu anzjuzi u protettivi iżżejjed, it-tfal jistgħu faċilment jiġu affettwati u jkollhom l-istess livell ta' ansjetà. Tajjeb li l-ġenituri jirrikonoxxu li għandhom jifhmu l-ansjetà tagħhom stess u jitgħallmu kif jevitawha ħalli ma jgħadduħiex lil uliedhom.

Messaġġ importanti u utli fuq it-tfal li jkunu anzjuzi huwa li l-ġenituri tagħhom għandhom juru fiduċja kemm fihom u kemm fis-sitwazzjoni. It-tfal li jkunu anzjuzi jistgħu jibbenefikaw ħafna mill-appoġġ li jagħtuom ġenituri. Dan l-appoġġ jista' jingħata billi l-ġenituri joħolqu rutina li tkun strutturata u konsistenti. Din ir-rutina hija ta' benefiċċju għaliex tfal li jkunu anzjuzi jsibuha diffiċli biex jaddattaw f'ambjent li jkun diżorganizzat u bla sigurtà ta' rutina. Ir-rutina tagħti sens ta' kontroll kemm lill-ġenituri kif ukoll lil ulied. Tajjeb li wieħed jistabbilixxu rutina ta' irqad u qawmien f'ħin maqbul, attivitajiet kwiet bħal banju u qari mal-ġenituri li jgħinu lit-tfal jirrilassaw gradwalment. Billi l-eżerċizzju fiżiku itaffi l-istress u jgħin l-

ġisem jirrilassa, tajjeb li jkun hemm ħin kuljum għal xi attiva fiżika.

Il-ġenituri għandhom jgħinu lil uliedhom jagħfru l-emozzjoniet differenti li huma jew ħaddieħor ikunu qed iħossu. F'ħin apposta u post kwiet u sikur, il-ġenituri jistgħu jiġu mħegġa jittkellmu fuq l-emozzjoniet. Iridu jisimgħuom b'attenzjoni u bla rabja u tbaqbiq. F'dawn il-mument i-tfal għandhom jirrikonoxxu u jaċċettaw l-emozzjonijiet li qed jesprimu uliedhom u magħhom jirriflettu fuq dak li qed jingħad. Huwa essenzjali li t-tfal ma jiġux ikkritikati għax inkella jingħalqu fihom infushom, jittgħallmu li aħjar jibqgħu fommhom mitbuq u jitolqu l-kunfidenza fihom infushom. Tiffir għall-passi żgħar u sforzi li jkunu għamli uliedhom jgħinu biex tintgħeleb l-ansjeta. F'dawn il-mument i-prezjuzi, it-tfal jintebħu li l-ġenituri qed jismagħhom u jifhimhom u lesti jgħinuhom. B'hekk jintgħelbu l-biżgħat.

Hawn bosta metodi li jgħinu lit-tfal jirrilassaw u jizviluppaw kontroll fuqhom stess aktar milli jkunu kkontrollati mill-ansjetà tagħhom. Hawn metodi li permezz tagħhom it-tfal jieħdu nifsijiet fil-fond biex jikkalmaw. Metodi oħrajn jgħinuom jużaw l-immaginazzjoni tagħhom.

Sfortunatament, tfal anzjuzi huma fil-mira tal-ibbuljar. Għaldaqstant, il-ġenituri għandhom iżommu għajnejhom miftuħa ħalli jekk jissuspettaw li uliedhom qed ikunu bbuljati jieħdu passi. Apparti minn hekk, il-ġenituri għandhom iżommu kuntatt regolari ma' professjonisti fl-iskejjel sabiex il-ħtigijiet tat-tfal tagħhom jiġu indirizata minnufih. Barra minn hekk, il-ġenituri għandhom joqgħodu attenti għas-sinjali ta' ansjetà qawwija sabiex ikunu jistgħu jieħdu passi minnufih ħalli jiġu evitati tbatija żejda u kumplikazzjonijiet.

Jekk tixtieq tagħrif dwar eżerċizzji li jgħinu tfal anzjuzi jirrilassaw, idhlu f'dan is-sit:

http://kidshealth.org/parent/cancer_center/feelings/relaxation.html#

Il-għala min iħossu waħdu jimrad?

In-numru tan-nies li jħossuhom weħidhom qiegħed kull ma jmur jizdied mad-dinja kollha. Ħafna minnhom huma anzjani li jsibu ruħhom weħidhom wara li s-sieħeb tagħhom imut u l-qraba jkunu marra joqgħodu 'l bogħod. Riċerki juru li nofs dawk li qabżu l-età ta' 75 sena fir-Renju Unit jgħixu weħidhom u wieħed minn kull 10 isofru intensament għax iħossuhom weħidhom.

Saħħet dawk li m'għandhomx qraba u ħbieb ma' min jiltaqgħu regolarment issofri. It-tobba ilhom jafu li l-moħħ ma jagħmillux tajjeb l-fatt li wieħed iħossu waħdu. Li tħossok waħdek tista' twasslek biex tiżviluppa mard mentali, stress, anzjetà u nuqqas ta' kunfidenza. Hemm ukoll evidenza ta' rabta bejn li wieħed iħossu mwarrab u waħdu u l-mard fiziku. Hemm riċerki li jissuggerixxu li din l-iżolazzjoni li wieħed iħoss twassal għal mard partikulari.

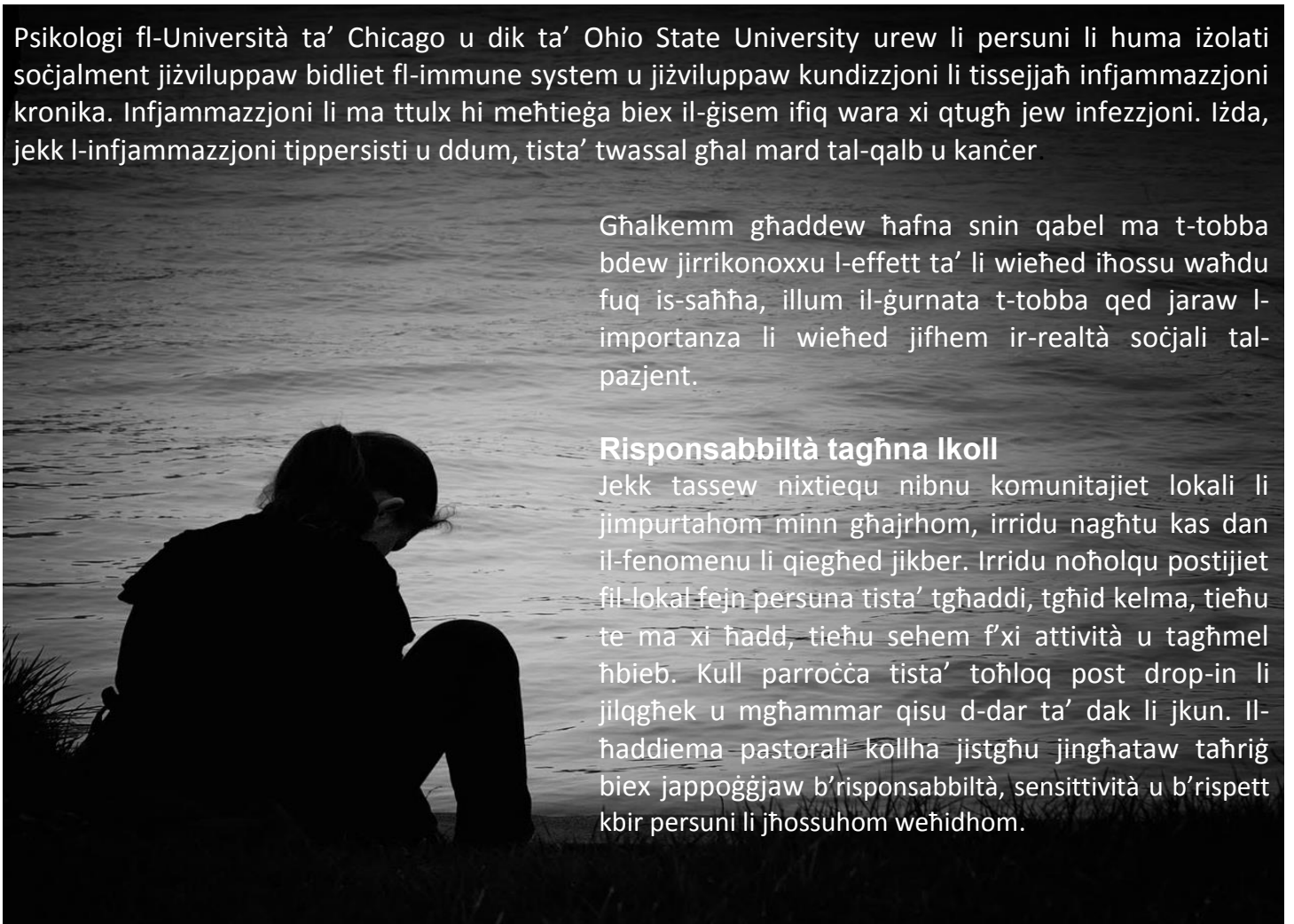
Fl-2006, per eżempju, sar studju ta' 2,800 nisa li kellhom kanċer tas-sider. Instab li dawk li ftit li xejn kellhom kuntatt ma' qraba u ħbieb kellhom 5 darbiet aktar ċans li jmutu mill-marda mill-oħrajn. Riċerkaturi illum qed jippruvaw jifhmu x'ikun qed jiġri lill-ġisem meta wieħed iħossu waħdu u maqtugħ minn kuntatti soċjali. Dawn ir-riċerkaturi sabu li persuni li jħossuhom weħidhom isibuha bi tqila ħafna biex jagħmlu l-affarijiet ta' kuljum. Li jiġrihom hu li, peress li jkunu qalbhom sewda u anzjużi, ġisimhom jipproduċi ħafna aktar cortisol (hormone) u dan jikkawża infjammazzjoni u mard.

Psikologi fl-Università ta' Chicago u dik ta' Ohio State University urew li persuni li huma iżolati soċjalment jizviluppaw bidliet fl-immune system u jizviluppaw kundizzjoni li tissejjaħ infjammazzjoni kronika. Infjammazzjoni li ma ttulx hi meħtieġa biex il-ġisem ifiq wara xi qtugħ jew infezzjoni. Iżda, jekk l-infjammazzjoni tippersisti u ddum, tista' twassal għal mard tal-qalb u kanċer.

Għalkemm għaddew ħafna snin qabel ma t-tobba bdew jirrikonoxxu l-effett ta' li wieħed iħossu waħdu fuq is-saħħa, illum il-ġurnata t-tobba qed jaraw l-importanza li wieħed jifhem ir-realtà soċjali tal-pazjent.

Risponsabbiltà tagħna lkoll

Jekk tassew nixtiequ nibnu komunitajiet lokali li jimpurtahom minn għajrhom, irridu nagħtu kas dan il-fenomeni li qiegħed jikber. Irridu noħolqu postijiet fil-lokal fejn persuna tista' tgħaddi, tgħid kelma, tieħu te ma xi ħadd, tieħu sehem f'xi attività u tagħmel ħbieb. Kull parroċċa tista' toħloq post drop-in li jilqgħek u mgħammar qisu d-dar ta' dak li jkun. Il-ħaddiema pastorali kollha jistgħu jingħataw taħriġ biex jappoġġjaw b'risponsabbiltà, sensitività u b'rispett kbir persuni li jħossuhom weħidhom.



Sr. Maria Antonia Aquilina Soru tal-Karità

Għadna kif tlietna lis Sr Maria Antonia, is-Superjura tal-kunvent ta' Hal Tarxien tas-Sorijiet tal-Karità. Billi il-Fondazzjoni hija bbażata fil-parti ta' quddiem tal-kunvent, lil Sr M. Antonia konna niltaqgħu magħha kuljum. Kienet persuna ġentilissima li emmet bis-shiħ li persuna għandha tintelaq fi hdan il-Mulej u thallih jużaha għall-imhabba lejn għajrha. Kienet persuna perfezzjonista wkoll – il-kunvent dejjem pupilla u jilqgħek. Hutha s-sorijiet qed iħossu t-telfa tagħha bi kbir.

Sr M. Antonia (Dionisja) twieldet f'Birkirkara fl-1930 go familja numeruża ta' 19-il aħwa. Meta mietet ommha u hallietha f'età li kien għad għandha bżonn min jiehu hsiebha, oħtha Karmena kompliet x-xogħol ta' ommha b'għożża kbira. Dionisja, ma damitx ma hasset is-sejha għall-hajja religjuża. Ta' sbatax-il sena dahlet Novizza mas-Sorijiet tal-Karità. Kellha karattru sod u deciż.

Wara in-novizzjat, bdiet taħdem mat-tfal iż-żgħar fl-ikola ta' Hal Tarxien. Kienet l-għaxxa tagħha tghallem. Wara Hal Tarxien saret il-kap tal-Iskola San Vincenz ġewwa San Giljan. Wara tlett snin hemm, inhatret kap tal-Juniors f'Hal Tarxien.

Il-Kapitlu Provincjali tal-1975 hatar lil-Sr M. Antonia bhala Superjura Provincjali – rwol li qdier bl-ikbar umiltà u responsabilità. Min kien magħha f'dawk l-għaxar snin jaf kemm diffikultajiet kellha l-Provincja u l-Knisja ta' Malta imma hija, bhala dejjem, ma kienitx taqta' qalbha u dejjem fdat fil-Mulej għaliex bhala Santa Giovanna Antida kienet konvinta li meta Alla jkun irid xi haġa minn persuna Hu jagħtiha l-mezzi kollha biex twettaqhom.

Wara it-tieni mandat tagħha bhala Superjura Provincjali, saret kap ta' dar residenzjali tat-tfal ġewwa l-Istitut Vincenzo Bugeja f'Santa Venera. Haddmet hemm hames snin u, fl-1990 reġgħu għajtulha bhala Superjura Provincjali.

L-aħħar għaxar snin ta' hajjitha qattathom bhala responsabbli ta' Thouret House u wara f'Tarxien fejn sabet komunita kbira tistenniha. Min jafha mill-vicin kien jara dik il-persuna stabbli u b'saħħitha minn barra u minn ġewwa, lesta biex taqdi u tghin lis-Sorijiet kemm tista' u fejn tista'. Kont tiehu pjaċir taraha malli tasal xi providenza tqassam lil kulhadd, sorijiet u lajci. Kellha attenzjoni kbira u mhabba lejn is-sorijiet u ma tqisx l-ispejjes meta jkun hemm bżonn.

Hi kellha għal qalbha l-hajja komuni, li tkun prezenti kemm tista' għal kull eżercizzju tal-komunita speċjalment għat-talb flimkien għaliex kienet konvinta li komunita li titlob flimkien izzomm shiħ flimkien.

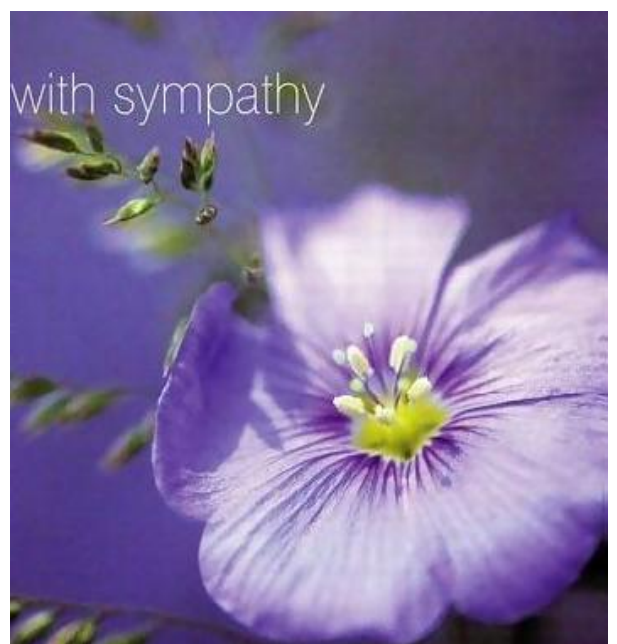
Meta saħħitha ma baqgħetx li kienet u tatha sinjali li ma kienx hemm rimedju ta' fejqan hi intelqet f'idejn id-driegħ omnipotenti t'Alla biex jagħmel minnha dak li ried, lesta għal kollox imma fl-istess hin kienet doċli għat-twissijiet tat-tobba u ta' dawk li jduru biha.. Ma kontx tisma minn għandha karba jew ilment imma dejjem b'dik it-tbissima li kienet tisser hafna.

Sr M. Antonia hallietna nhar is-Sibt 16 ta' Marzu wara nofsinhar. Ahna hutha s-sorijiet tal-karità niringrazzawha tas-servizzi twal li tat b'imhabba kbira lill-Kongregazzjoni.

Minn Sr Antoniette Attard stk



Halliena wkoll Toni Tonna, il-papa ta' Sr Teresa Tonna stk li hija membru tal-Governing Board tal-Fondazzjoni. Kien bniedem jbaqbaq bl-umoriżmu u twemmin profond iżda sempliċi. Kien iħobb jgħid lil kull min jiltaqa' miegħu kemm kien ferhan u ma jonqsu xejn għax Alla dejjem miegħu. Il-Mulej miegħu u ma' Sr Teresa.



BAZAARS U CHARITY SHOPS – RIŻORSI GĦAL FAMILJI VULNERABBLI U FOQRA

Kull min joffri appoġġ lil familji vulnerabbli u foqra tajjeb li jkun jaf fejn jista' jirreferi l-familji għal ħwejjeg ta' kwalita' bi prezzijiet baxxi ħafna u oġġetti oħra li jistgħu jiġu b'zonnhom b'hal prams, buggies, oġġetti tad-dar, żraben, kotba, u ħafna oġġetti oħrajn. Hawn lista ta' bazaars u charity shops. Għidulna jekk tafu b'oħrajn.

Isem	Indirizz	Ħin u Ġranet ta' ftuħ	Organizzazzjoni li tmexxih
Bazaar	Uffiċċju Missjunarju, 3et Sular, 7 Triq il-Merkanti, Il-Belt Valletta Tel:21236962	Kull nhar ta' Tlieta, Erbgħa u Ġimgħa mid-mid-9.00am sal-11.00am	Uffiċċju Missjunarju
Bazaar	Triq Mons. Alfred Mifsud, Birkirkara	Kull nhar ta' Tlieta u Ġimgħa mid-9.00am sas-1.00pm	Uffiċċju Missjunarju
Bazaar	Triq Lorenzo Gafa, Mosta	Kull nhar ta' Erbgħa u Ġimgħa mid-9.00am sas-1.00pm	Uffiċċju Missjunarju
Bazaar	51 Tarxien Road, Tarxien	Kull nhar ta' Tnejn u Erbgħa mid-9.00 sa' 12.00 ta' filgħodu	St Jeanne Antide Foundation
Happy Paws Charity Shop	Triq il-Qaliet, M'Scala	Mit-Tnejn sal-Ġimgħa mid-9am sas-1pm u kull nhar ta' Erbgħa mill-4pm sas-7pm	Happy Paws Charity Org.
Happy Paws Charity Shop	Triq il-Kappillan Mifsud, Santa Venera/Ħamrun	Mit-Tnejn sal-Ġimgħa mid-9am sas-1pm u kull nhar ta' Erbgħa mill-4pm sas-7pm	Happy Paws Charity Organisation
Charity Shop	9 Triq il-Mensija, San Gwann	Mit-Tnejn sal-Ġimgħa mid-9am sas-1pm u mill-5pm sas-7pm	
Charity Shop	Mellieħa (ħdejn l-għassa tal-Puluzija)	Kull nhar ta' Tlieta, Erbgħa u Sibt mit-8.30am sal-11.30am	Noah's Ark Animal Sanctuary
Charity Shop	B'Kara	Mit-Tnejn sas-Sibt mid-9am san-12.30pm	Inspire
Bazaar	Siggiewi	It-Tlieta u l-Ħamis mid-9am sal-12:00pm	Dar Tal-Providenza
Charity Shop	Sliema	Mit-Tnejn sal-Ġimgħa mid-9.30am sal-5.30pm u s-Sibt mid-9.30am sas-1pm	Paws 4 A Cause, SPCA Malta



Mid-Djarju tal-Fondazzjoni

DATE	ACTIVITY
1	- Social Workers' team meeting - Meeting at Ministry Foreign Affairs: presentation of grants for overseas development projects for 2013.
6	- Meeting of Inter-Sectoral Committee on Social Inclusion led by Ministry responsible for the Family. - Meeting with Vodafone Foundation
7	Meeting of the Governing Board
8	- Networking meeting managers community services: SJAF, Appoġġ, Caritas Diaconia Unit - Meeting with Director Missions Office regarding the 2013 SJAF overseas development project in Malawi.
11	Meeting with Paola Kristu Re Parish Priest regarding the Paola family resource centre project.
12	Start of the educational course for parents organised by the Foundation Educational Services.
13	- Networking meeting managers community services: SJAF, Appoġġ, Mt Carmel Hospital - New service planning meeting
14	- Seminar led by SJAF for volunteers of the Segretarjat Assistenza Soċjali (SAS) on the collaborative role of professionals and parish volunteers in the provision of support to vulnerable families at community level - Meeting of the Fgura Befriending Service volunteers - Technical assistance meeting on the planning of a support group for family caregivers of persons with a disability planned by the Tarxien Parish.
15	Meeting of the Governing Board
18	- Presentation to Sisters of Charity on the work outcomes of the Foundation - Monthly meeting of the Mental Health Association
20	4 SJAF personnel attended full day training course on human trafficking organised by FSWS for community service teams.
21	- Seminar led by SJAF for volunteers of the Segretarjat Assistenza Soċjali (SAS) on being of service to mental health sufferers and their families. - Annual General Meeting of the Anti-Poverty Forum.
22	SOAR Committee meeting
25-26	SOAR Co-ordinator takes part in 2-day training course for service providers on Multi-Sectoral Sexual Assault Interventions on Women organised by Victim Support Malta
25	- Social Workers Team meeting - Planning meeting – anti-obesity programme for children - Sub-committee meeting of the Strategy Group of the Anti-Poverty Forum at SJAF
27	Visit by Detox Community Services Social Work team



META ANZJANI JKUNU IŻOLATI, HUMA F'RISKJU AKBAR TA' MEWT

Tkun f'riskju meta tkun maqtugħ kompletament minn qraba, ħbieb, ġirien u xibka ta' appoġġ soċjali. L-iżolament soċjali huwa marbut ma' riskju akbar ta' mewt bikri fost l-anzjani, minkejja l-possibiltà li huma stess ma jhossuhomx wehidhom. Fir-Renju Unit sar studju fost 6,500 irġiel u nisa 'l fuq minn 52 sena u nstab li dawk fosthom li kienu maqtugħin minn qraba u ħbieb kellhom 26% riskju akbar li jmutu f'medda ta' 7 snin minn dawk li kienu mdawrin bi qraba u ħbieb u appoġġjati.

X'hassew – jekk hassewhomx wehidhom jew le – ma kienx daqstant importanti xorta baqa' l-fatt li l-iżolament iħalli effett kbir fuq is-saħħa ta' dak li jkun.

Fost dawk li l-aktar li huma iżolati hemm dawk li huma anzjani, mhux miżżewġa u jsufri minn mard kroniku bħall-artrite u mard tal-pulmun. Dawk li stqarrew li jhossuhom wehidhom huma nisa li jsufri minn numru ta' mard u dipressjoni.

Fost il-fatturi kollha nstab li l-iżolament kien il-fattur li jikkawża l-akbar riskju. Il-Professor Andrew Steptoe, Direttur tal-Institute of Epidemiology and Health Care fil-University College London li mexxa din ir-riċerka jgħid li l-kuntatti soċjali ma' ħaddiehor jipprovdu appoġġ emozzjonali, wens, pariri, iċċekkjar ta' jekk il-persuna hix qed tiegħu l-medikazzjoni preskritta lilha, u tipi oħra ta' appoġġ prattiku li n-nies iħobbu jestendu. Dan l-appoġġ huwa kruċjali biex l-anzjani jgħixu.

Fir-Renju Unit, in-numru ta' persuni ta' bejn il-55 u 64 sena ždied b'50 fil-mija. Madwar ir-Renju Unit, qed jingħalqu day care centres li, għal hafna, kienu l-uniku kuntatt soċjali li jgawdu minnu. Bla day care centre, l-anzjani qed jingħalqu aktar fihom innifishom u f'darhom.

Rokna Poetija

The Miner

*I am nobly a miner, I'm digging for coal
black gold in my mines from the olden times.*

*I thank you, Sun, for the millennia you shine
congealing sunlight for my darkened mines
to grow all the forests, to become all the coal
to maintain my family, to keep body with soul.*

*we're a team with you, O Sun magnanimous
our coal-dusted face uncovers a smile in us
for gratitude is plenty of coal in a good vein
not the dust, the sweat, the damp stale air*

*the tragedies and the fear, the furrows in our faces
the aching, and the asthma, and the ageing.
we get old quickly, Sun, in a blink of your eye -
just see what we trade away, and how we die*



Lil Ibni - Marianne Pace

Nixtieq narak ma nistax
Nixtieq immellsek ma
nistax
Nixtieq ngħannqek ma
nistax
Inkellmek biss nista'
Bla ma narak

But I've heard of nobler miners than we, they who mine the world, this hard cosmos whose face is loving-consciousness, whose soul is love. They are the lovers. These creative children of the One, born of love, moved by wonder, are mining hard cosmos for soft Essence, with love. They co-create! Their tools are love, art, alms, and dance. They use pencils, tablets, experiments, hypotheses, technology, lively child-rearing, sober healing and teaching and tender communication. Their job is to find and to water all seeds of love that the One sowed out of Himself in a fertile, unfinished world.

They avoid or inspire the cynics, who resist lovers. The hidden they manifest, the wonder they ride, the simple they celebrate and beautify. The weak they dignify, and the sick they heal - how privileged who is in their team! Their selves are what they trade away with abandon, as they work while they rest in the One, budding the world's promise as partners of the Sower. In the deep, dark emptiness of profound silence these arms and souls of the One laugh often. They shine smiles that are made of compassion, that heal the suffering, that encourage the lost, that set tired hearts on fire. In His orchards while fruiting the trees, these miners get younger, as they dance towards the beginning.

tony macelli



Waqt Tbatija -

Marianne Pace

Bħal sigra
tant xwejħa
w mgħobbija bi żmien
f'ħamrija hekk niexfa
l-għeruq iebsa ttella'
ħa tftitex mnejn
tixrob
biex ħajja ttawwal
hekk kelli tant
nagħmel
f'mumentu iebsin
bil-karba w tbatija
nissielet għal ħajti
biex ngħix jien mill-
gdid
irnexxili sa issa
ftit nifs għad baqagħli
bi ħsiebi inkompli
f'dirgħajn il-Mulej
nintelaq u nafda
għax jien tiegħu
qaddej.

SOAR – surviving abuse with resilience

A member of SOAR has sent us this article on what to do after deciding to leave home to protect oneself and the children:

Tell someone you trust about your fears and your preparations:

- Let someone you trust know because their help will make it easier for you. Let someone else know will make the burden feel lighter. Avoid telling your abuser's direct family and friends as they won't want to take sides.

- Call Aġenzija Appoġġ and seek their professional support, preferably before the situation escalates. Don't be afraid to seek support.

- You may want to contact a lawyer. You will need one later on to obtain legal advice about your situation, finances, assets, child custody and visitation rights among other things.

Save some money - put it away: Save every euro you can get your hands on. Change from every shopping trip. Tips from work. Income from odd jobs that you can do without your abuser knowing, like selling home made items. Hide the money in the seams of your clothes, in books, in shoes that you never wear, under the fitted carpet or hand it to someone you can trust.

Open a bank account: Open a separate bank account, such as a joint account with a close friend you trust or sister where all related correspondence can go to their house.

Use public computers: if you need to write an email to a shelter, lawyer or anyone about your plans, use a public computer such as one in a public library or internet cafe.

Get a new mobile phone sim card: Get a new phone card and extra credit on the side so when the day arrives you can switch the sim cards and make the important calls without being disturbed by calls and threats from the abuser.

Familiarize yourself with the procedure of leaving: In Malta, when you leave home out of fear for your safety and life, you first go to a police station and file a report so they don't think you are a missing person. If you leave home for a justified reason, you do not lose your rights to the matrimonial home - bought during marriage. You should then contact Aġenzija Appoġġ. The professionals at this state agency will support you and place you in a shelter where you will have privacy and safety and warm meals. It is not a good idea to go to a friend's or family member's house as your abuser will simply find you there and possibly hurt the people around you or even talk you into going back for more abuse.

Try to leave while your partner is out of the house and not following you. Be aware that the moment you pack and leave can be the most dangerous time for you, so do so with some thought and preparation if possible. Unless you need to leave because you are in immediate danger, pick a perfectly normal day and start it with the usual routine.

Pack a bag of essentials and leave it with a friend: Start buying or sneaking essentials that belong to you and your children out of the house, such as underwear, sleepwear, school uniforms, shoes, towels and your jewellery. Buy things like bottles of shower gel, shampoo and conditioner, sanitary items and basic medicines. Put them in a zipped bag with your clothing essentials and leave these with a trusted friend or family member. They can bring these items to you at the shelter in the event that you leave.

Gather all important documents into one flat file or large envelope: Important documents include health-related papers, contracts, certificates, qualifications, bank statements, cheque books, passports, recent bills, proof of ownership of items that are yours. All documents relating to your children, birth certificates, school records and

health records. Include a list of all important telephone numbers. If you cannot get the originals, try getting copies of these and put them with your bag of essentials. You may even scan important documents or photos and mail them to yourself by creating a new email account.

Start looking for work: You might think it's not the ideal time, however, try to familiarise yourself with preparing a CV and ways of finding work such as the ETC website. Ask for your family's support when the time comes to find work.



Stay safe! Remember that things can take a more violent turn if the abuser knows you are intending to leave. It is their last chance to convince you to stay and things may reach a peak. Try to keep the abuser from knowing your plans to avoid putting yourself in a dangerous situation. If he gets to know, inform him that others know too. Leaving is the toughest part, but being out of the abuse starts to make it easier for you to heal, pick up and move on.

Keep in touch with us at SOAR and feel free to ask for support! Share this with a friend who's thinking about leaving.

Ikkuntattjana: 99927872 email: soarmalta@gmail.com



OVERSEAS DEVELOPMENT PROJECT IN MALAWI FOR 2013

The Foundation has obtained part funding for an ODA project from the Ministry of Finance in Malta through Malta funds available for overseas development projects. The project is entitled *Construction and operation of a Health Clinic targeting 15,000 population for later development into a hospital*. The project is a joint initiative of SJAF and the Diocese of Karonga in North Malawi. The project includes the provision of health care services including maternity, general health service, health education, and vaccinations for 15,000 persons in a remote catchment area centred on Chisenga village in Karonga Diocese. The Clinic will fill a felt need by all those who face difficulties in accessing any health facility, especially pregnant women and children when they are sick. The Project has been approved by the bishop of Karonga and the District health authorities. The Diocese plans to in future extend the clinic into a rural community hospital. The Government will provide health personnel, medicines and other supplies. In emergencies, patients would be transported to the district hospital in Chitipa town.

Services at the clinic shall include:

1. Running an under-five clinic with special attention to childhood malaria cases;
2. Maternity services.
3. Attending to various diseases as presented by sick families arriving at the clinic.
4. Referring cases to the District Hospital when necessary.
5. Conducting vaccination campaigns in conformity with national policy.
6. Conducting general public sensitisation meetings on health issues.
7. Conducting civic education for the public on hygiene and prevention of various locally-common diseases.

Most of the people in Chisenga are subsistence farmers and very poor because they cannot find market to sell their gricultural produce. There is no public transport in the area and people have to walk; some use bicycles.



MHA
Mental Health Association
MALTA

Kors

għall-familjari,
graba, carers
studenti u
professionisti
attivi fil-
qasam
ta' persuni bi
problemi ta'
saħħa
mentali

IS-SAĦĦA MENTALI

DATA: Jibda 5 ta' April sa 14 ta' Guniu
Kull nhar ta' Gimgħa

POST: PROJECT HOUSE
Beltissebħ - Floriana
(faċċata tal-biħħa tad-Depottal-Eulizija)

HIN: mis-6.00pm sat-8.00pm

HLAS: Membri: €12 Individwi: €25

Għal aktar taġħrif u bbukjar, ibgħat email:
assistance@mhamalta.com

Jew ċempel fuq: **7980 0080**



Ricetta tal-Mosquito Repellent

15 il-qatra żejt tal-lavender
3-4 mgħaref extract tal-vanilla
1/4 kikkra lumi magħsur
Pogġi kollox fi flixxun tal-plastic li jisprejja tas-
16-il uqija, kompli imla bl-ilma, ħawwad sew u
sprejja.

