



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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SPECIAL EDITION ON FAMILY CARE GIVERS

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FAMILY CAREGIVERS - IL-QRABA LI JERFGĦU R-RISPONSABBILTÀ TAL-KURA TA' MEMBRU TAL-FAMILJA

Permezz tas-servizz LWIEN, is-St Jeanne Antide Foundation qed taħdem mill-qrib ma' numru kbir ta' qraba li, b'sagrificċju u tbatija, qed jerfgħu r-risponsabbiltà ta' kura kontinwa ta' membri tal-familja li jsofru minn mard mentali. B'hal dawn il-family caregivers, hawn oħrajn li qed jieħdu ħsieb membru tal-familja b'diżabbiltà jew mard kroniku. In-numru huwa kbir iżda ħadd ma jaf kemm fil-fatt hawn familjari li qed iwettqu din il-ħidma ta' kura kontinwa, jum wara l-ieħor, sena wara l-oħra. Ir-risponsabbiltà merfugħa minn dawn l-informal carers hija kbira u tqila u tħalli effetti fiżiċi u mentali fuq il-caregiver.

Hemm il-piż finanzjarju wkoll. Hemm l-effetti emozzjonali li l-caregiver jinjora à spejjeż personali. Hemm ukoll l-fatt li ftit li xejn hawn servizzi immirati speċifikament għall-caregivers. Tradizzjonalment f'Malta, kienu l-familjari li jieħdu ħsieb membri tal-familja li għandhim bżonn ta' kura kontinwa. Madanakollu, il-bidliet li qed isehħu fis-soċjetà irrizultaw f'risponsabbiltajiet akbar fuq inqas membri tal-familja, jekk mhux fuq membru wieħed biss.

Hawn nuqqas ta' appoġġ li jgħin u jiggwida lill-family caregivers biex ikomplu jwettqu s-servizz imprezzabli ta' kura. L-isfidi li jaffaċċjaw huma kbar u ta' spiss jgħaddashom 'l isfel ukoll. Kemm mill-esperjenza tal-Fondazzjoni kemm ukoll mir-riċerka li teżisti, il-family caregivers huma fir-riskju li jaqgħu f'dipressjoni jekk ma jieħdux ħsieb tagħhom infushom u ma jkollhomx appoġġ minn familjari, ħbieb u servizzi nazzjonali u fil-komunità. Nindunaw li l-qraba li jieħdu ħsieb membru tal-familja rari jfittxu għajjnuna u jillimitaw l-għajjnuna li jfittxu għall-membru marid.

Din il-ħarġa tal-iSJAF Magazine qed niddedikawha għal qraba li b'kuraġġ u b'sagrificċju personali u familjari, qed jieħdu ħsieb regolarment ta' membru tal-familja fil-bżonn ta' kura.



KONTENUNT

Family Caregivers.....	pg1	L-Aħwa ta'persuni b'mard mentali....	pg10
Riċerka mill-SOS Malta.....	pg 2-5	Ħarġiet kulturali.....	pg11
Minn kliem St Giovanna Antida.....	pg4,8,10	SOAR – survival of abuse with resilience..	pg12
Hope Magazine b'risq il-Fondazzjoni.....	pg5	Rokna Poeżija.....	pg13
The Role of the Family in caring for the mentally ill..	pg6	Mid-Djarju tal-Fondazzjoni.....	pg 13
The Lwien Service.....	pg 7-8	Avviżi.....	pg14
It-talba tal-Qraba.....	pg 9		

RIĊERKA MILL-SOS MALTA FUQ INFORMAL CAREGIVERS AND VOLUNTEERING IN THE COMMUNITY

Riżultat ta' riċerka mill-SOS Malta fl-2012

Fit-30 ta' Ottubru 2012, I-SOS Malta organizzat konferenza nazzjonali bit-titlu *Informal Carers and Volunteering in the Community*. Waqt il-konferenza, fuq talba mill-SOS Malta, is-St Jeanne Antide Foundation għamlet preżentazzjoni plenarja wkoll fuq l-istess tema.

Fil-ftuħ tal-Konferenza, is-CEO tal-SOS Malta, Claudia Taylor East, spjegat l-għan tal-proġett li kien iffinanzjat mill-iSmall Initiatives Scheme (SiS) tal-Malta Council for the Voluntary Sector (MCVS). Qalet li I-SOS Malta xtaqet li tixpruna djalogu bejn il-partijiet kollha konċernati li jwassal għal rikonoxximent tas-sehem u kontribut imprezzabbli tal-qraba li jieħdu ħsieb jikkuraw membru tal-familja.

Il-proġett tal-SOS Malta jikkonsisti f'riċerka u konferenza biex tqanqal kuxjenza dwar is-sehem tal-informal caregivers u tal-ħtiġijiet tagħhom. Il-proġett qanqal aktar diskussjoni dwar ir-realtà ta' din il-kategorija fis-soċjetà li, minkejja l-ħidma kontinwa, siekta u risponsabbiltà soċjali li terfa, għadha mhix rikonoxxuta. Tqanqlet ukoll diskussjoni li għandu jitkompla dwar tipi ta' volontarjat li jista' jkun ta' benefiċċju għall-informal carers innifishom, u ta' inizjattivi li jwieġbu għall-ħtiġijiet li ġew identifikati mir-riċerka.

Kif jaraw is-sitwazzjoni l-għaqdiet volontarji

Wieġbu l-kwestjonarju tal-SOS Malta 40 għaqda volontarja. 70% stqarrew li huma interessati li jieħdu sehem fi proġett komuni li joffri appoġġ lill-*Informal Carers*. Fost dawk l-għaqdiet li wieġbu li joffru appoġġ lill-*informal carers*, instab li dawn joffru appoġġ li jilhaq il-ħtiġijiet ta' kuljum; appoġġ lill-*carers* meta l-familja tagħhom tiġi bżonn ilbiesi, ikel u mediċini; u tmexxija ta' gruppi ta' appoġġ. L-għaqdiet volontarji stqarrew li hawn bżonn ta' inizjattivi ta' appoġġ għall-*carers* bħal per eżempju: *Good Neighbour Schemes*; taħriġ għall-*carers*; servizzi ta' għajjnuna psikoloġika; u networking bejn il-*carers* infushom.

L-isfidi li jiffaċċjaw l-*carers* – skont l-għaqdiet

- Nuqqas ta' ħin għal mistrieħ (91.3%);
- Piż finanzjarju (78.3%);
- Stress eċċessiv (60.9%);
- Is-saħħa marret lura (56.5%);
- Iżolazzjoni soċjali (56.5%);
- Nuqqas ta' ħin (52.2%);
- Nuqqas ta' għajjnuna minn barra l-familja (47.8%);
- Attitudni abbusiva tal-marid (43.5%);
- Raġunijiet oħra (17.4%).



L-għaqdiet volontarji huma tal-fehma li l-aktar servizzi li huma meħtieġa mill-*carers* huma dawn:

- Appoġġ ta' Counselling minn Social Workers u Psikologi (65.2%);
- Appoġġ finanzjarju (65.2%);
- Tax breaks/ stipendji (65.2%);
- Support Groups (60.9%);
- Għajjnuna minn Voluntieri u Psikologi biex ikampaw mat-telfa tal-persuna li kienu jieħdu ħsieb (60.9%);
- Helpline (56.5%);
- Respite fi sptar/ nursing home (52.2%);
- Respite fid-dar stess (52.2%);
- Għajjnuna biex wieħed iħoll il-kobba tal-burokrazija (52.2%);
- Uffiċċju fejn jistgħu jirrikorru għall-informazzjoni (47.8%);
- Manteniment fid-dar u ġnien (30.4%);
- Tagħrif permezz tal-internet u social media (21.7%).

Kif jaraw is-sitwazzjoni l-**Informal Carers** infushom

Wiegbu għall-kwestjonarju tal-SOS Malta 113 *informal carers*. Il-biċċa l-kbira tagħhom (79.6%) kienu qed jieħdu ħsieb membru tal-familja. Dawk li wiegbu qalu li r-raġuni li għaliha kienu qed jerfġu din ir-risponsabbiltà kienet għax:

- il-persuna li qed jieħdu ħsieb hija parti mill-familja (50%);
- kien mistenni minnhom li jerfġu din ir-risponsabbiltà (13.8%);
- xtaqu jgħinu (17%);
- l-irwol ta' caregiver qed jgħin lill-familjari (52.5%);
- l-irwol ta' carer qed jgħin lill-carers stess (37.3%) minħabba s-sens ta' ta' companionship, sens ta' tifsira u sens li wieħed seħħlu jwettaq xi haġa sew;

Dawk il-carers li wiegbu stqarru wkoll li qatt hadd ma' għamlilhom assessment tal-ħtiġijiet tagħhom (92.7%), li l-kwalità ta' ħajjithom marret lura bir-risponsabbiltà li qed jerfġu (44.1%), ma kenux konxji tal-fatt li l-istat jipprovdi pensjoni għal ċertu carers (61%), huma stressati ħafna, u m'għandhomx ħin biżżejjed għal familjethom u għalihom infushom.

Mir-riċerka tal-SOS Malta naraw li l-fehma tal-għaqdiet volontarji u dik tal-carers infushom tvarja f'dak li għandu x'jaqsam ma' sfidi li jħabbtu wiċċhom magħhom il-carers.

Sfidi li jiffaċċjaw il-Carers ↓	Perċentaġġ ta' Carers li semmew din l-isfida ↓	Perċentaġġ ta' NGOs li semmew din l-isfida ↓
Stress eċċessiv	42.4%	61%
Nuqqas ta' ħin personali	40.7%	91%
Kif jiġi immaniġġjat il-ħin	28.8%	52%
Qraba jirrifjutaw li jaqsmu l-piż tal-kura u nispiċċa l-carer primarja	22%	-
Piż finanzjarju	20.3%	78%
Nuqqas ta' għajjnuna barra mill-familja	18.6%	48%
Is-saħħa marret lura	16.9%	57%
Izolament soċjali	15.3%	57%
Dipendenza totali tal-marid fuq il-carer primarju	13.6%	
Attitudni abbusiva tal-marid	5.1%	44%

L-Impieg tal-**Informal Carers**, gie effettwat minħabba r-risponsabbiltà ta' kura?

Dawk li wiegbu l-kwestjonarju stqarru li:

- 46% qalu li jsibuha bi tqila ħafna biex ikampaw kemm mal-impieg tagħkom kemm ukoll mar-risponsabbiltà ta' kura ta' membru tal-familja fl-istess waqt;
- 28% qalu li sabiex ikampaw, jużaw il-btala kollha tagħhom għal dan l-irwol;
- 15% qalu li kellhom japplikaw għal tnaqqis fis-sigħat tax-xogħol (*reduced hours*);
- 13% kellhom jibdlu x-xogħol ma' wieħed b'anqas risponsabbiltà sabiex jonqsilhom l-istress kbir;
- 11% qalu li kellhom jabbandunaw l-idea li jirritornaw għax-xogħol wara li rabbew l-ulied minħabba r-risponsabbiltà li qed jerfġu ta' kura ta' membru tal-familja;
- 9% talbu *leave of absence*.

Li kieku kienu jeżistu dawn is-servizzi li ġejjin għall-marid, se jużawhom il-carers?

- Servizz ta' Home-help: 56.7% qalu iva.
- Għajnuna personali: 43.3% qalu iva.
- Żajjar soċjali ta' ħbiberija: 35% qalu iva.
- Għajnuna għax-xiri: 26.7% qalu iva.

Li kieku kienu jeżistu dawn is-servizzi li ġejjin għall-carers, se jużawhom il-carers?

- Tagħrif permezz tal-internet u social media: 46.7% qalu iva.
- Respite care fid-dar stess: 46.7 % qalu iva.
- Helplines: 43.3% qalu iva.
- Tax breaks: 43.3% qalu iva.
- Tagħrif essenzjali dwar servizzi li jeżistu mogħti minn ufficċju: 36.7% qalu iva.
- Respite care fi sptar/ nursing home: 31.7% qalu iva.
- Għajnuna meta l-carer jiffaccja diffikultajiet ta' burokrazija: 28.3% qalu iva.
- Xogħol ta' manteniment fid-dar: 28.3% qalu iva.

Informal Carers - Information about good practices suggested by SOS Malta:

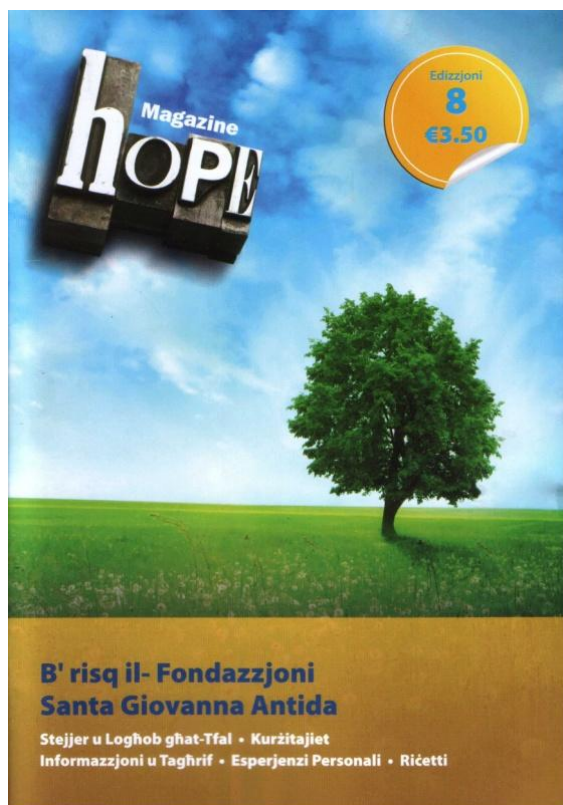
- UK: <http://www.carers.org/> - online support forum providing comprehensive information on/for carers including initiatives for support at local level.
- <http://www.carersuk.org/> Campaigning organisation providing information about carers' rights.
- DaneAge – volunteer respite services in Denmark for families with elder people suffering from dementia. Trains volunteers to be able to provide support services in the home. Provides support and breaks from caring for families with an older person suffering from dementia. One of few schemes targetted specifically at the carer.
- Carers Association - a national voluntary organisation in Ireland that provides home respite services, training, information, support and counselling, advocacy, information operating 16 carers resource centres across Ireland.
- UK Carers Act – a unique legislation through which caregivers' social rights are recognized.
- Eurofamcare Feb 2006 report provides information about a number of examples of good practice and innovative practices in supporting informal carers in Europe.

**Minn Kliem Giovanna Antida**

“Jekk insibuha diffiċli li nintelqu fil-Mulej, għandu mnejn li għadna marbutin wisq mal-volontà tagħna. Meta l-jien tas-soltu jfettillu jirribella għax xi hadd ikun waħhal fih jew ċanfru, għid li int ħadt għalik għax il-jien tas-soltu għad għandu kontroll; għadu marbut wisq mal-opinjonijiet, ideat u ġudizzji. Meta nixxenqu għal pożizzjoni għola minn ħaddieħor sabiex inħossuna rispettati, ibqgħa' żgur li l-bniedem il-qadim, dak li mimli frugħa u vanità, għadu ma mietx fina kompletament.” (Circolare del 1808, Besançon, p.43)

XI SERVIZZI GHALL-CAREGIVERS F'MALTA

- **Servizz Lwien**, mis-St Jeanne Antide Foundation (konsultazzjonijiet għall-qraba li jiehdu hsieb membru tal-familja b'mard mentali). Għal appuntament, ċempel 21808981/ 27672367
- **Mental Health Association**: kors fuq is-sahha mentali li jsir kull sena għall-familjari ta' persuni b'mard mentali. Bhalissa dan il-kors għadu għaddej. Ikkuntattja bl-email: assistance@mhamalta.com
- **Family Group** tar-Richmond Foundation. Miftuħ għall-caregivers ta' persuni b'mard mentali. Jiltaqa kull l-aħħar Erbgha tax-xahar fid-9.30 ta' filghodu gewwa Villa Chelsea, B'Kara. Għal aktar tagħrif, ċemplu: 21224580.
- **Dipartiment tal-Patoloġija**, Università ta' Malta: Kors bażiku fuq id-dementia għall-caregivers. Mejju 2013: 6, 13, 20 u 27 mill-5.30 sas-7.00 ta' filghaxija fil-University Residence, Hal Lija. €75 Għal aktar tagħrif: Tel: 21240746/ 99829244; email: maria.bugeja@mube.com.mt
- **Autism Parents Association Malta**. Appoġġ għall-ġenituri ta' tfal bl-autism. Għal aktar tagħrif ċemplu. [Facebook](#)
- **Għaqda Nazzjonali Ġenituri ta' Persuni B'Dizabilità**.
- **Respite għall-Caregivers** fil-qasam tad-dizabilità: numru ta' għaqdiet volontarji joffru repite lill-caregivers. Għal aktar tagħrif, ikkuntattjaw: (1) Dar Tal-Providenza, T el: 2146 2844 email: info@dar-tal-providenza.org; (2) Fondazzjoni Arka, Għajnsielem, Ghawdex, Tel: 2156 5773, 2155 0596, email: arka@maltanet.net (3) Fondazzjoni Servizzi ta' Respite Care, Dar il-Kaptan, Mtarfa Tel: 2145 0103, 2145 0104, 2745 0103 email: rcsmalta@waldonet.net.mt
- **Respite għall-Caregivers** fil-qasam tal-anzjani: staqsu għal aktar tagħrif lir-residenza San Vincenz de Paule, Hal Luqa.



The HOPE Magazine is out on sale in the streets. Part of its proceeds are for our Foundation. The issue contains articles on gratitude, on how to help family members who suffer from eating disorders or depression, an article on the role of the family in caring for a member with a mental health condition, an appeal for volunteering and an intro about our services.

BUY A COPY PLEASE and you will be helping us sustain our services to very vulnerable families.

The role of the family in caring for the mentally ill

Connie Magro

A diagnosis of mental illness in a family member is a major life crisis which has a significant impact on the family structure and dynamics. The lives of family members change in many respects. They feel disempowered, afraid, kept in the dark, misunderstood, judged, isolated and stigmatized. The family struggles to deal with its collective sense of helplessness, shame and social exclusion that accompany mental illness.

Sustained fear, sorrow, and guilt cause psychological anguish. Family members suffer in silence, not knowing what they themselves should do to deal with such emotional turmoil. Family members struggle to adjust family life and working life patterns. Their own relations with others outside the family and at work become undermined.

Since the current trend is to treat



the mentally ill in the community, one cannot deny that families have had to absorb a large portion of the burden and responsibility of care of persons with chronic mental health problems. Today, families are acknowledged to be one of the most significant resource for the care of the mentally ill. In fact, the majority of persons with severe mental illness either live at home with their families or live independently but still with the assistance of their relatives.

The support that relatives extend to the sick family member varies: paying for medication, for private psychiatric consultations whenever they are needed, for food and clothing. Relatives make special efforts to involve the sick person in recreational and social activities. They also provide other types of direct assistance such as personal care and grooming, administration of medication, management of the daily routine, cooking and washing of personal items, accompaniment to medical and other appointments.

Families constitute the most natural form of support for the mentally ill; families ensure quality of life in the sick person's troubled and bumpy journey to remission and recovery. People with severe mental illness rely heavily on their families for support lasting a lifetime. Families become a lifeline. Their contribution saves governments billions of money.

Family support thus becomes a key factor for successful outcomes in the in treatment of mental health problems. Following assessment, diagnosis and treatment, it is the family that is expected to provide

daily encouragement to comply with treatment. It is the family that nurtures and supports its mentally ill member to sustain self-reliance efforts. It is the family that provides accommodation and prevents homelessness. Family caregiving thus merits affirmation and recognition by all stakeholders.

All mental health professionals need to commit themselves to support family caregivers so that, rather than faltering, caregivers forge ahead with determination and strength. The first step is to understand the daily reality of family caregivers, the uncertainties they face, the overwhelming nature of the difficulties they encounter, the myriad questions that they have which often remain unanswered since very few are bothered to explain things to them in a patient and understandable manner.

Research shows that supported involvement of families in treatment enhances the quality of life of persons with severe mental illness. A well-planned and supported family involvement in treatment leads to family uptake of the key role of case manager: the family learns to assess, monitor and deal with daily problems and crises. The family is thus empowered to do a better job of what it is already doing rather than bungling it due to lack of knowledge, skills and the right attitude. In this scenario, the role of case managers is assigned to the stakeholder that is best positioned to assume it – the family. ---



THE LWIEN SERVICE

A SJAF service in support of family caregivers of mentally ill persons

Between 2011 and 2012, 618 individuals from 379 families were intensely supported through this service.

The LWIEN Service of the St Jeanne Antide Foundation aims to provide a lifeline to family members who feel overwhelmed by the daily pressure and mental anguish of caring for a family member suffering from a mental illness. Family Caregivers are at risk of developing mental health problems themselves. The daily struggle to grapple with the challenge of caring for a loved one with mental illness is gruelling and exhausting and often leads to high anxiety and distress. Carers often end up depressed. Their relationships suffer. Their morale at work is threatened. Family caregivers of mentally ill persons lack much needed support for themselves since service providers mostly focus on the needs of the sufferer. LWIEN tries to redress this situation by providing the following support to alleviate distress:

INDIVIDUAL AND FAMILY CONSULTATIONS with a mental health practitioner with 30 years experience. Family members can discuss the nature of their family member's illness, the symptoms, potential side-effects of medication and what to do about them, relating to the mentally ill family member without exacerbating painful behaviour patterns, and learning ways of caring for oneself without breaking down.

SOCIAL WORK SUPPORT and COUNSELLING: office based sessions; home-visits by a Social Worker and a Psychiatric Nurse; outreach work in depressed neighbourhoods to identify the most hard-to-reach and most at risk families where mental health problems have never been addressed.

SUPPORT GROUPS: depression support groups; carers' support groups; and Art Group and a Singing Group.

Work carried out in 2012

The schedule of twice-weekly (sometimes thrice weekly) family consultations between the SJAF Psychiatric Nurse and families was maintained. Each week, around 18 family consultations took place. Additionally, the LWIEN team of a Social Worker and Senior Psychiatric Nurse carried out home-based assessments and consultations on Saturdays so as to keep up with the demand and the needs of families caregivers requiring high support. Apart from supporting families from different parts of the island, the service remained intrinsically linked to three community social work services of the Foundation in the Parishes of Tarxien, Haż-Żabbar and Fgura.

Moreover, profiles of families with major mental health stressors continued to be produced for evidence-based evaluation as well as for training purposes. In 2012, the Lwien Service provided intense support to 219 individuals from 139 families of mentally ill persons. Of the 219 individuals supported, 97 were primary caregivers. Of the 282 sufferers who benefited from the service, 115 were male and 167 were female. The presenting problems were as follows:

Depression (59),
 OCD (15),
 Severe disability including autism (14),
 Anxiety disorder (11),
 Bi-polar disorder (12),
 Schizophrenia (11),
 Paranoia (6),
 Personality Disorder (3),
 Eating disorders (3), and
 Other mental illnesses (5).



Geographic regions represented by families supported

The 139 families supported through the LWIEN Service during 2012 came from such localities as Żabbar (21), Paola (15), Fgura (11), Żejtun (10), Tarxien (9), Cottonera (7), M'Scala (9), and 66 from other localities around Malta. Given that primary family caregivers have no other support service to turn to, the LWIEN remains national in scope despite the lack of regular funding support and lack of specialised professional personnel to cope better with the demand.

EIVE LIAISON WITH THE MENTAL HEALTH SYSTEM

Maintaining effective links with the community mental health services is crucial. Hence, the service continued to liaise closely with state and NGO providers in this key sector. Referrals both ways continued to take place throughout 2012. Liaison with mental health services for sufferers was maintained to maximise positive outcomes for caregiving families. Wherever indicated, detailed reports based on many hours of assessment and interventions were submitted to psychiatrists with service users' consent. This practice facilitated diagnosis and decisions related to treatment.

A detailed list of services and providers, including contact details, was prepared by the Foundation and disseminated through the Foundation's website, through the annual course on mental health organised by the Mental Health Association Malta and through service users and practitioners.

Collaborative work with the Mental Health Association

During 2012, the Mental Health Association Malta and the Foundation continued to market their joint publication *Il-Kwiekeb fid-Dlam Jixegħlu – vjaġġi ta' tama mtterraqa minn qraba ta' persuni b'mard mentali*. Every opportunity was taken to bring it to the attention of families who have either experienced mental health problems or who have friends and colleagues who are sufferers.

Work continued on the English version of the book for publication as an e-book in the first quarter of 2013. A third joint publication is in the pipeline providing tips for family caregivers of mentally ill persons on how to care for a relative with a mental illness. Each chapter focuses on a specific mental illness.



“Għażiża....., Nixtieq nibda billi ngħidlek grazzi minn qiegħ qalbi tal-għajjnuna kbira li tajtni u għadek ittni, tismagħni u tagħtini pariri għall-problemi tiegħi. Jien għamilt ħafna progress mill-ewwel darba li ġejt għandek bħal ma tista' tara int stess. Grazzi talli ddirigejtni f'postijiet u għand nies li dejjem kienu minn ta' quddiem biex jgħinuni. Napprezza l-fatt li meta kelli bżonn dejjem sibtek u qatt ma ppretendejtu ħlas lura tax-xogħol u l-paċenzja li turi miegħi. Naħseb li kieku kien servizz bi ħlas ma kienx ikun possibbli għalija li niġi. Nixtieq niringrazzja lilek u lill-istaff kollu tal-Fondazzjoni u ngħidilkom proset tal-organizzazzjoni..... J'Alla dejjem ikun hawn aktar nies bħalkom biex isir aktar ġid bħal ma qed tagħmlu li huwa infinit. Il-Mulej ikun dejjem magħkom u aktar saħħa ħalli tkomplu xxerrdu aktar ġid u trankwillità fost dawk li jiġu għandkom. Grazzi ħafna mill-qalb,...”

“Il-ħidma li qed issir miegħi, eżempju – kif immur mal-familjari, niddilja mal-ansjetà; qed nitgħallem nibni struttura f'ħajti; jarawni spiss kif nixtieq.”

“I found the people very caring indeed... I felt very much better and positive afterwards.”

Minn Kliem Giovanna Antida

“Għixu ħajja umli u mistura bħal ta' Ġesu Kristu.... Jista' jkun li tixtiequ tidhru fid-dinja, li tkunu magħrufa, li jkollkom reputazzjoni rispettabbli, li tkunu distinti? Tiftaħru bikom infuskom, bid-doni tagħkom u bil-pjanijiet kbar li għandkom sabiex tħossukom tajjeb u importanti? ... Hemm min jipprezenta ruħu b'arja ta' sodisfazzjon bih innifsu waqt li jidhra juża ġesti, manjieri, espressjonijiet, tbissim, tkerrih il-wiċċ, turija ħaġa b'oħra u tħajjim li jmermru l-virtù tas-semplicità evanġelika u religjuża.” (p.66; 67)

It-Talba tal-Qraba li jieħdu ħsieb membru tal-familja fid-diffikultà

Mulej ħanin, għinni biex nifhem aħjar,
u nemmen li nista' nagħmel, dak li trid minni.

Aħfirli għad-drabi kollha, anke issa,
meta naħsel niddubita minnek.

Hekk kif inkun għaddejja bix-xogħol tal-indukrar,
agħtini l-ħegġa biex inkompli.

Hekk kif nilmaħ lill-għażiż tiegħi mhux f'sikktu,
agħtini s-saħħa.

Drajtni biżżejjed nistaqsik: "Imma 'l għala din it-tbatija, Mulej?"
Agħtini l-għerf biex nifhem.

Hekk kif fil-familja kultant noqogħdu niftakru x'għadda mingħalina qabel il-marda,
agħtina mumentu biex nidħqu daħqa sew.

Hekk kif qed insir naf b'mod ġdid lill-għażiż tiegħi marid u
qed nagħraf il-qawwiet u dgħufijiet tiegħu, imlini bit-tama u bil-ferħ.

Hekk kif inpoġġi ħdejh sakemm il-medicina tiegħu effett,
imlini bil-faraġ.

Meta nħossni se nixpakka bit-toqol tat-tbatija,
agħtini l-qawwa biex ma naqtax qalbi.

Agħtini rokna mimlija ħemda,
ħalli fiha nsib lilek u l-anzjetà thallini.

Għinni ninbidel minn persuna mimlija għejja, dwejjajq, rabja u rizentimenti,
għal persuna li tfur bl-imħabba u mogħdrija, kif tassew nixtieq li nkun.

Ibqa' s-sieħeb kostanti tiegħi Mulej
hekk kif inkompli niffaccja l-isfida tar-risponsabbiltà
li nieħu ħsieb il-membru għażiż tal-familja li hu marid.
U meta jasal iż-żmien li nieqaf mill-indukrar,
u jkun il-ħin li nerħi,
għinni niftakar li l-għażiż tiegħi marid hu dejjem f'idejk.

Ammen.



Nifhmu minn xiex jgħaddu l-aħwa ta' persuni b'mard mentali

L-aħwa ta' persuni li jsufri minn mard mentali jgħaddu minn taqlib kbir li ma tantx hu mifhum u apprezzat. Dawn li ġejjin huma ħafna mill-emozzjonijiet li jesprimu l-aħwa ġaladarba jfittxu u jsibu għajna:

- Billi l-attenzjoni tal-ġenituri ta' spiss tkun fuq l-huhom/oħthom b'mard mentali, jibdeu iħossuhom injorati u minsija. Tinbet l-għira wkoll. Isiru rrabjati meta hadd ma jagħtihom attenzjoni.

- Ikollhom emozzjonijiet imqallba u jibdeu ma jithalltux sew m'oħrajn minħabba l-mistħija u imbarazzament. Ir-riżentiment tagħhom jikber meta l-imġieba taggrava u jkollhom jiskużaw l-imġieba ta' l-huhom/oħthom ma' ħbiebhom, il-boyfriend/girlfriend, sħabhom tal-iskola, ġerien u kollegi fuq il-post tax-xogħol. Biex jevitaw li jsibu ruħhom f'dawn is-sitwazzjonijiet, jaħbu kollox minn kulhadd u s-sitwazzjoni ssir sigriet li jgħerrihom minn ġewwa.

- Biża' kbira li titfaċċalhom l-istess marda. Biża' li, jekk jimirdu, mhux se jkun f'qagħda li jkollhom relazzjoni intima għax, malli l-parti l-oħra ssir taf, titlaqhom.

- Biża' li uliedhom tista' titfaċċalhom l-istess marda.

- Ikunu inkwetati li l-huhom/ oħthom ma tiehux il-medicina, tmur għall-agħar, taggrava l-imġieba li tid-disturba l-ħajja tal-familja u forsi tipprowa tneħħi ħajjitha b'idejha.

- Jimtlew b'riżentiment għax il-familja ma tkunx tista' toħroġ tgawdi flimkien bħal qabel minħabba l-imbarazzament li tqanqal l-imġieba ta' oħthom/huhom marid.

- Ħafna drabi jħossuhom darhom mal-ħajt għax sfurzati mill-ġenituri li jiksbu suċċess fil-ħajja jew li jagħmlu għażliet li l-ġenituri xtaqu lil l-huhom/oħthom jagħmlu qabel ma tfaċċat il-marda. Allura jsibuha bi tqila ħafna biex jiżviluppaw l-identità tagħhom.

- Ġieli jevitaw u jinjoraw lil l-huhom/oħthom.

- Ir-rabja li tingema' fihom, jisparawha lejn il-ġenituri tagħhom jew lejn Alla.

- Isofru minn niket akut għax tilfu lil l-huhom/ oħthom kif kienet qabel ma mardet.

- Ikunu mbeżża' ħafna meta s-sintomi ta' l-huhom jew oħthom jaggravaw u l-imġieba ssir ostili, aggressiva u vjolenti.

- Dan kollu huma konxju tiegħu u għaldaqstant jimtlew b'sens ta' ħtija kbira għax qed iħossu dan kollu.

Dan is-sens ta' ħtija jherrihom minn ġewwa u ma jibqgħux kapaċi jifirhu għax iħossu li m'għandhomx dritt għal ferħ. Hemm min iħossu li sar persuna li wieħed għandu jabborrixi u jistaħbew mill-bqija tas-soċjetà. Weħidhom, jgħerqu fit-tbatija.

- Ħafna aħwa, mit-tfulija, jerfġu biċċa kbira mir-risponsabbiltà ta' kura ta' l-huhom jew oħthom marida u jibqgħu jieħdu ħsiebhom anke meta jikbru. Dan il-piż spiss jaffettwa b'mod negattiv ir-relazzjonijiet tagħhom ma' haddieħor. Hemm aħwa li jiddeċiedu li jiċċdu d-dritt tagħhom għal relazzjonijiet u żwieġ sabiex ikomplu jieħdu ħsieb l-huhom jew oħthom marida.



Minn Kliem Giovanna Antida

“Oqogħdu attenti mill-egoizmu u mis-supervja għax dawn jafu jgarrfu l-ispirtu ta' trazzin u umiltà. Dawn ma jifhmx il-valur li wieħed irazzan u jiċċad ir-rieda tiegħu nnifsu imma jafu jixxalaw meta aħna ma jseħħilniex niċċdu l-volontà tagħna għal dik t'Alla. Iċċienu u kunu dejjem aktar umli f'għajnejkom stess.” (p.26)

ĦARĠIET KULTURALI TA' KULL XAHAR għas-Service Users, Voluntieri u oħrajn

Il-ħarġiet kulturali organizzati mill-Fondazzjoni qed jindraw u jintgħogħbu. Għall-aħħar waħda, grupp sabiħ ta' 24 persuna żaru belt medjoevali tal-Imdina. Ħarġet ġurnata sabiħa. Il-grupp kien imżewwaq għax il-membri ġew minn bosta lokalitajiet. Malajr inħolqot atmosfera ta' ħbiberija bejn kullħadd.

Kif wasalna morna dawra bil-Ferrovija li ħaditna madwar ir-Rabat, l-Imtarfa u madwar is-swar tal-Imdina. Il-kummentarju kien mezz ta' tagħrif u tagħlim għalina lkoll. Għinna biex insiru aktar midhla tal-wirt storiku ta' pajjiżna. Fl-Imdina żorna il-Kattidral ta' San Pietru u San Pawl fejn stajna nammiraw it-teżori li hemm fih. Kellna ukoll ix-xorti li nżuru il-Knisja tal-Karmelitani, gojjell ieħor f' din il-belt.

Imbagħad min fuq is-swar ammirajna il-panorama ta' parti kbira mill-gżira tagħna. Sellimna u ħallejna lil-xulxin b'dawn il-kliem: "Issa ix-xahar li gej fejn ser tkun il-Ħarga"?



Ħarġiet Kulturali

Organizzati mill-Fondazzjoni Santa Giovanna Antida

Lokalità – Ġurnata Għawdex.

Inżuru diversi postijiet ta' interess, bi gwida professjonali u it-trasport magħna l-ġurnata kollha.

Data – L-Erbgħa, 15ta' Mejju 2013

Nitilqu minn Ċentru Antida fis-7.15a.m.
lura mal-vapur tal 4.30p.m.

Prezz għal din l-attività huwa ta' €8.00
(Trasport Tarxien – Għawdex - Tarxien)

Biljetti għall-bejgħ minn Ċentru Antida. Postijiet Limitati.



SOAR - survival of abuse with resilience

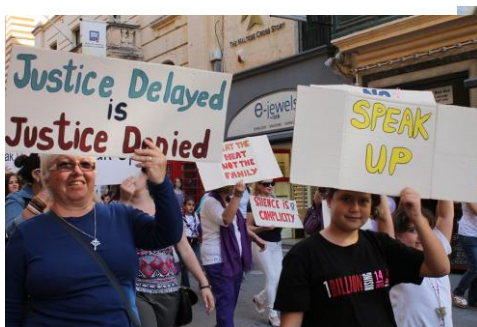
Nhar is-Sibt 20 t'April, membri tas-support group SOAR tal-Fondazzjoni ħadu sehem f'silent march ta' protesta kontra l-vjolenza domestika.

SAY NO TO VIOLENT RELATIONSHIPS
SILENT MARCH AND DANCE AGAINST VIOLENCE
www.malraqirlguides.com

DATE **SAT-6-APRIL** TIME **9:00AM**
MEETING POINT **CITY GATE - VALLETTA**

DESS Code **PURPLE/WHITE SHIRTS**

Logos: Agenzija għaz-żagh, SWAN KULLUNA, Girl Guides, and a purple awareness ribbon.



Rokna Poeżija

Ulied il-bniedem

sa minn dejjem ta' dejjem
mhux mitwieled, mhux maħluq
abbiss ħiemed, bla qies —
guf mistur tal-gjuż
f'lok bla lok li għalih
kull għerq għatxan

dija tiddi minnha nnifisha
dawl jiddi u jfur.
mill-misteru l-kbir
ulied il-bniedem
bħal bżieżaq f'ragħwa
tkatru, terrqu, mxew, infirxu
lilhinn mill-lok fejn bdeu

ir-raġġi li rikbin ma jarawx, għamjin
bl-għama ta' għamad il-qalb.

b'abbissi ħemdin ma ndunawx
b'ebda guf il-qalb
jew b'xi żerriegħa moħbija
jew teżor ta' perli dejjiema
li hemm kienu taru mar-ruħ

izda wħud iduru, jieqfu, u minnhom
dawl jiddi u jfur.

tony macelli



Mid-Djarju tal-Fondazzjoni

APRIL

Date	Activity
4	Djalogu mal-Community Workers mill-Aġenzija Appoġġ li jaħdmu fiċ-Ċentri Access
9	Attendanza għall-Pre Launch seminar organizzat mill-SOS Malta dwar l-EEA & Norwegian NGO Malta Programme immanigġjat mill-SOS Malta.
11,18,25	Kors dwar Katekezi tal-Faqar organizzat mill-Azzjoni Kattolika.
12	Membri tal-grupp SOAR ħadu sehem fil-laqgħa tal-proġett inter-kulturali VOICES
6,14,21,28	Laqgħa tal-Grupp SOAR
16	SJAF tieħu sehem fil-laqgħa bejn aġenziji differenti bl-isem ta' <i>Multi-Agency Risk Management System Liaison Team</i> kordinat mid-Dipartiment tal-Probation.
19	Laqgħa tal-Governing Board tal-Fondazzjoni.
22	Membri tas-SOAR ħadu sehem fis-sessions organizzati mill-Ambaxxata Amerikana u l-Council of Women fuq it-tema: <i>Engaging and Mobilising Men to end violence against women.</i>
2,9,23,30	Jitkomplu fiċ-Ċentru Antida l-kors tal-FES għal ġenituri.
25	Continuous professional development session għall-ħaddiema fuq Mapping Poverty immexxija minn Leonid McKay.
26	- Laqgħa terapewtika għall-Grupp SOAR - Prezentazzjoni dwar is-servizzi tal-Fondazzjoni lill-ħaddiema tal-Ministeru tal-Finanzi
29	Orientation visit f'Dar Victoria mmexxija mill-Caritas Malta.

