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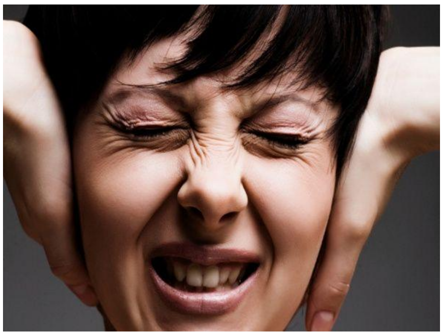
IL-FAMILJA TA' PERSUNI B'MARD MENTALI U L-EFFETTI TAL-KURA KOSTANTI

minn Connie Magro, SERVIZZ LWIEN

(Connie Magro hija l-Viċi President tal-*European Federation of Associations of Families of People with Mental Illness* (EUFAMI). Dan l-artiklu huwa traduzzjoni tal-preżentazzjoni li tat waqt il-Konferenza Ewropea A Perfect Vision for Mental Health organizzata mill-EUFAMI ġewwa Dublin fl-24 ta Mejju 2013.)

Il-familji ta' persuni li jbatu minn mard mentali spiss jintlaqtu kemm b'mod pożittivi kemm ukoll b'mod negattivi mill-istat mentali tal-qarib. Ir-relazzjoni ta' mħabba spiss twassal lill-membri tal-familja biex jerfgħu risponsabbiltà ta' kura li jagħtu riżultati pożittivi. Uħud minn dawn ir-rwoli huma ta' natura prattika. Oħrajn, bħal appoġġ emozzjonali sostentut, jipprovdu s-sisien li fuqhom jista' jinbena l-fejqan.

L-għoti ta' kura pożittiv għandu l-potenzjal li l-persuna b'mard mentali li qed tirċievi l-kura tibqa' tiżviluppa u tikber personalment minkejja l-ħafna sfidi ġodda li jkollha tiffaċċja. Dan jagħti lil qarib marid il-ħila li tibqa' parti integrali mill-ambjent soċjali, kulturali u reliġjuż tagħhom. Aċċettazzjoni u tifħir ta' dak li jagħmlu jgħinu lil dawk li jirċievu l-kura biex iħossuhom li qed jiżviluppaw karatteristiċi personali mixtieqa u pożittivi bħal sabar, gratitudni u motivazzjoni biex jidħlu għal mogħdija differenti minn dik imfassla qabel ma laqtithom il-marda. Għoti ta' kura pożittiv jista' wkoll iwassal lill-membru tal-familja marid mentalment biex irabbi l-ħila li jgħin lil xi ħadd li jħobb biex itejjeb hu jew hi wkoll il-kwalità tal-ħajja.



Għoti ta' kura pożittiv għandu wkoll il-potenzjal li jsaħħaħ ir-relazzjoni bejn min jagħti l-kura u min jirċeviha.

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Ir-relazzjoni pożittiva ta' għoti ta' kura trawwem ħila li wieħed ikun kapaċi jegħleb id-diffikultajiet u jsaħħaħ il-ħila ta' min ikun qed jirċievi l-kura biex jerġa' għal li kien. Għandha wkoll il-potenzjal li tispira lil dak li jkun biex jidħol fil-fond tat-tifsira tal-imħabba, ħbiberija, aċċettazzjoni u dmir fil-kura tal-persuna maħbuba li saħħitha tkun iddgħajfet. Meta dan l-għoti ta' kura pożittiv isaħħaħ il-proċess biex wieħed jiġi f'tiegħu, min jagħti l-kura jikseb sens profond ta' sodisfazzjon u kuntentizza li jkompli jixpruna l-impenn ta' min jagħti l-kura biex jimxi 'l quddiem b'imħabba.

Għoti kostanti ta' kura għandu l-aspett negattiv tiegħu. L-għoti ta' kura kostanti hu xogħol impenjattiv u jaffettwa ħafna l-paċenzja ta' min jagħtih. F'każ ta' persuni b'żewġ dijanjożi, is-sitwazzjoni ssir agħar għax il-persuna marida issir aktar reżistenti għall-kura. Jitfaċċa r-riskju allura li l-imġieba tal-persuna marida ssir aktar aggressiva u vjolenti u attentati ta' suwiċidju. Il-biża' u inċertezza tkattar l-istress fil-familja.

L-istress li jqanqal din l-imġieba jista' jikkaġuna mard fiżiku l-aktar minħabba t-tendenza ta' dawk li jagħtu l-kura biex jinjoraw is-sinjali li qed juruhom li għandhom jistrieħu u jieħdu ħsieb tagħhom infushom biex ma jkomplux jikkrollaw. Hu xogħol li jegħjik fiżikament, emozzjonalment u mentalment, u dan ikompli jnaqqar il-ħin li wieħed irid jagħti lill-familtu, relazzjonijiet u attivitajiet soċjali, u jħarbat relazzjonijiet familjari. Ġaladarba min jagħti l-kura jimrad, l-effetti fuq il-bqija tal-familja jistgħu jkunu kbar ħafna. Hu aċċettat minn kulħadd li s-saħħa tal-familjari li jagħtu l-kura lil membru tal-familja b'mard mentali ma tingħatax tant kas tagħhom minn dawk li jfasslu l-politika, minn riċerkaturi u minn persuni li jaħdmu fil-qasam tas-saħħa, saħħa mentali u tal-kura soċjali.

Irid ukoll jitqies l-impatt fuq is-saħħa emozzjonali ta' dawk li jagħtu l-kura. Dawn spiss ikollhom jissieltu mal-limitazzjonijiet tagħhom infushom biex jikkontrollaw emozzjonijiet qawwija bħal riżentiment u rabja għall-marid li huma jħobbu jew għall-qarba li ma jkunux iridu jaqsmu l-piż tal-kura. Huma jissieltu ma' ħsus ta' tort personali, bħal meta finalment ikollhom jiddeċiedu li jużaw is-servizzi tal-kura ta' serħan. Ikollhom ukoll jissieltu mal-ansjetà u l-għali.

Għoti ta' kura kostanti jwassal għal frustrazzjoni, tensjoni u eżawriment. Ir-reponsabbiltà tegħjik u tista' twassal għal qtigħ il-qalb u għal deċiżjoni li wieħed itajjar minn fuqu l-piż tal-kura. Dawk li jagħtu l-kura jafu li l-libertà personali tagħhom se titnaqqsilhom bil-kbir. Is-sitwazzjoni ssir agħar meta l-persuna marida tkun qed tabbuża mid-drogi jew alkoħol. F'dawn iċ-ċirkostanzi, kliem il-persuna marida jsir ostili, l-imġieba taggrava, u ssir aggressiva. Ma tibqax kapaċi tmexxi l-affarijiet tagħha personali. Il-vjolenza u t-theddid ikunu marbuta mal-ħtieġa li tikseb flus biex tmantni l-vizzju tat-teħid tad-droga jew alkoħol. Persuni b'żewġ dijanżi ta' mard mentali u abbuż ta' droga jew alkoħol ikollhom aktar komplikazzjonijiet ta' sintomi u aktarx li jispiċċaw ma jimxux mal-medikazzjoni u kura preskritta. Għall-familjari tagħhom, din is-sitwazzjoni toħolqilhom frustrazzjoni, anzjetà u għeja kbira.

Taqlib emozzjonali kostanti jħarbat il-ħajja tal-familja u, filwaqt li qabel kien hemm sigurtà fir-rutina, issa hemm in-nuqqas ta' sigurtà li jiġi meta tgħix fi stat kostanti ta' inċertezza tal-ġejjieni. L-ippjanar itir mar-riħ. Ħruġ mal-familja u vakanzi jsiru ħaġa tal-imgħoddi. Minn studju mwettaq fis-sena 1991 minn Kashner, Rader u oħrajn instab li t-toqol tal-abbuż ta' sustanzi flimkien ma' mard mentali joħloq konflitti kbar fil-familja, jherri s-sistema ta' appoġġ li l-persuna marida jkollha, u jġiegħel lill-familjari joħduha kontra il-persuna marida bil-kbir.

Il-ħin għas-serħan spiss jispiċċa jew jitwarrab minn dak li jagħti l-kura bħala ammissjoni ta' falliment. Il-ħajja bħala wieħed li jagħti kura ssir monotona. U din il-monotonija tkabbar it-tensjonijiet assoċjati mal-għoti tal-kura għaddej bla waqfien u bla ebda appoġġ minn ħadd. Spiss ħafna, dawk li jagħtu l-kura jesprimu frustrazzjoni u biża' li ma jkunux jistgħu jlaħħqu mal-ħajja ma' persuna marida meta din tibda tabbuża mill-kura li tagħtiha. L-imġiba mhix prevista tal-persuna li wieħed ikun qed jieħu ħsiebha tħarrax it-taqlib emozzjonali li jħoss min ikun qed jagħti l-kura. Meta l-emozzjonijiet l-familjari jitilfu l-paċenzja u t-toleranza tonqos sew.

Ma' l-għeja emozzjonali, tispiċċa l-paċenzja u tonqos it-toleranza.

Dawk li jagħtu l-kura jitħabtu biex ilaħħqu ma' rutina differenti li tirrestrinġihom severament milli jkomplu l-attivitajiet tagħhom. Huma jgħixu wkoll f'biża' kontinwu li dawk li huma jħobbu jieqfu milli jieħdu l-kura u jerġgħu jaqgħu, jew li jikkommettu suwiċidju. Meta jiġri dan, il-qawwa tad-dwejjaq emozzjonali kemm ta' min jagħti l-kura u kemm tal-bqija tal-familja jafu jkollhom konsegwenzi dejjiema.

Is-saħħa mentali ta' min jagħti kura fil-familja hi dimensjoni oħra li teħtieġ konsiderazzjoni u fehim serji. Spiss ħafna, persuni professjonali jsemmu l-konfidenzjalità professjonali bħala r-raġuni għaliex jinjoraw il-ħtiġijiet ta' min jieħu primarjament kura tal-oħrajn fil-familja. Jekk ma jkunx hemm affermazzjoni tal-ħtieġa li wieħed jifhem in-natura tal-marda u l-implikazzjonijiet tagħha, is-saħħa mentali ta' dawk li jagħtu l-kura tkun mhedda. Huma jitħawdu, jidħlu f'tensjoni u jsiru ansjużi. Jibdew iħossuhom maqbudin f'xibka u eżawriti, u jidħlu fi stat ta' dipressjoni. M'hux ta' b'xejn li l-istudji juru li 30% ta' dawk li jagħtu kura jiżviluppaw stat ta' dipressjoni (Cassidy 2001).

Hemm implikazzjonijiet finanzjarji fil-każ ta' dawk li jagħtu kura fil-familja. L-istat jistrieħ wisq fuq l-għoti ta' kura fil-familja u fuq l-ispejjeż li ma tgħoddhomx li jagħmlu l-familji biex jerfgħu l-piż tal-kura. Id-diskors politiku fuq l-ilqugħ ta' bilanċ bejn il-ħajja tal-familja u r-responsabbiltajiet tax-xogħol spiss jinjora r-realtà moħbija tal-għoti ta' kura fil-familja. Meta jiġi l-mument li fih mard mentali jħarbat ir-relazzjonijiet u rutini familjari, min iġorr il-piż tal-kura ikollu jiddeċiedi li jnaqqas is-sigħat ta' xogħol jew jibdel jew jitlaq ix-xogħol biex ilaħħaq mar-responsabbiltajiet tal-għoti tal-kura. Deċiżjonijiet ta' din ix-xorta spiss isegwu t-telf tax-xogħol tal-persuna li wieħed ikun qed jieħu ħsiebha. Lanqas ma tistagħġeb li niltaqgħu ma' familji li qatt ma kienu fqar iżda li issa qabdu t-triq tal-faqar.

F'dawn iż-żminijiet insibu ruħna għadna nissieltu ma' stigma. Stigma tagħmilha aktar iebsa għal dawk li jagħtu kura biex ifittxu għajnuna għalihom infushom. Ma ħbiebhom, il-kollegi u qrabathom jagħmluha ta' bir-ruħhom li kollox normali sabiex jevitaw imbarazzamanent, ġudizzju, kliem minn wara daharhom u min jitħassarhom. Reazzjonijiet għall-istigma jwasslu għal iżolament. Dawk li jagħtu l-kura jeħtieġu appoġġ biex jegħlbu l-biża' ta' fixla f'għadd ta' sitwazzjonijiet. Il-biża' li wieħed ikun iġġudikat, mogħti l-ġenb, ridikulat u mwarrab iċaħħad lill-qraba mill-istima tagħhom infushom, u mill-fiduċja u wkoll mill-opportunità li jiffaċċjaw is-sitwazzjoni b'fiduċja u tama kbar. Biża' ta' din ix-xorta ma jħallihomx ifittxu għajnuna u jaqbdu triq oħra.

"Il-paċi ta' tfissirx post fejn m'hemmx ħsejjes, problemi jew ħidma iebsa. Il-paċi tfisser li tkun f'nofs dan kollu u xorta tibqa' kalm f'qalbek. Agħmel il-ħila li ddaħħal idek fid-dlam biex taqbad id oħra li twasslek għad-dawl." Kwotazzjoni minn Norman B. Rice.

Il-sehem tal-familja fil-kura ta' qarib b'mard mentali

minn Connie Magro

Dijanjosi tal-mard mentali f'membru tal-familja hija kriżi maġġuri fil-ħajja li għandha impatt sinifikanti fuq l-istruttura u d-dinamika tal-familja. Il-ħajjiet tal-membri tal-familja jinbidlu f'ħafna aspetti. Huma jħossuhom neqsin mill-qawwa, beżgħanin, imħollijin fil-għama, mhux mifhumin, iġġudikati, iżolati u stigmatizzati. Il-familja titħabat biex tħallaq ma' dan is-sens kollettiv ta' nuqqas ta' ħila, mistħija u esklużjoni soċjali li jġib miegħu l-mard mentali.

Biża' kontinwu, għali u sens ta' ħtija jikkaġunaw diqa psikoloġika. Membri tal-familja jbatu fis-skiet, ma jafux x'għandhom jagħmlu huma stess biex ilaħħqu ma' dan it-taqlib emozzjonali. Membri tal-familja jissieltu biex jaġġustaw il-ħajja tal-familja u l-mudell tal-ħajja tax-xogħol. Ir-relazzjonijiet tagħhom stess ma' oħrajn barra mill-familja u fuq ix-xogħol jissewsu.

Billi x-xejra kurrenti hija li wieħed jittratta dawk mentalment morda fil-komunità, wieħed ma jistax jiċħad li l-familji kellhom jerfgħu fuq daharhom parti kbira mill-piż u r-responsabbiltà tal-kura ta' persuni bi problemi kroniki ta' mard mentali i. Illum, il-familji jitqiesu bħala waħda mir-riżorsi l-aktar sinifikanti għall-kura ta' dawk morda mentalment. Infatti, il-maġġoranza tal-persuni b'mard mentali sever jew jgħixu d-dar mal-familji tagħhom jew jgħixu għal rashom iżda xorta bl-għajnuna ta' qrabathom.

L-appoġġ li qraba jagħtu lil membri morda tal-familja jvarja: ħlas ta'mediċini, konsulti privati ma' psikjatri kull meta jkun meħtieġ, ikel u lbies. Qraba jagħmlu sforz speċjali biex jinvolvu lill-persuna marida f'attivitajiet rikreattivi u soċjali. Huma jipprovdu wkoll tipi oħrajn ta' assistenza diretta, bħal kura personali u żamma tal-ġisem nadif, amministrazzjoni ta' mediċini, immaniġġjar tar-rutina ta' kuljum, tisjir u ħasil ta' oġġetti personali, u jakkumpanjawhom għal appuntamenti mat-tabib u ma' persuni oħra.

Il-familji huma l-forma l-aktar naturali ta' għajnuna għall-morda mentali; huma jiżguraw kwalità ta' ħajja fil-vjaġġ mimli problemi u mqalleb tal-marid biex ifiq u jerġa' jieħu saħħtu. Persuni b'mard mentali sever jistrieħu ħafna fuq il-familji tagħhom biex ikollhom appoġġ tul ħajjithom kollha. Il-familji jsiru l-fil li jagħti l-ħajja. Il-kontribut tagħhom jiffranka biljuni ta' flus lill-gvernijiet.

Għaldaqstant l-appoġġ tal-familja jsir fattur kjavi għar-riżultati pożittivi fil-kura tal-problemi tas-saħħa mentali. Wara li jsiru l-valutazzjoni, id-dijanjosi u l-kura, hija l-familja li mistennija tipprovdi l-inkoraġġiment ta' kuljum biex wieħed jimxi mal-kura li jeħtieġ. Hija l-familja li trawwem u tappoġġja lill-membru mentalment marid tagħha biex isostni l-isforzi tiegħu ħalli jgħin lilu nnifsu. Hija l-familja li tagħti l-akkomodazzjoni u tipprevjeni li dak li jkun ma jkollux fejn joqgħod. Il-kura fil-familja għaldaqstant jistħoqqilha affermazzjoni u għarfien minn kull min hu involut f'dan il-qasam.

Il-professjonisti tas-saħħa mentali kollha jeħtieġ jintrabtu li jappoġġjaw lil dawk li jagħtu l-kura fil-familja biex, aktar milli jibqgħu lura, jaqdfu 'l quddiem b'determinazzjoni u qawwa. L-ewwel pass hu li jifhmu r-realtà ta' kuljum ta' dawk li jagħtu kura fil-familji tagħhom stess, l-inċertezzi li jiltaqgħu magħhom, in-natura mill-aktar iebsa biex tingħeleb tad-diffikultajiet li jiltaqgħu magħhom, l-eluf ta'mistoqsijiet li jiġuhom u li spiss jibqgħu bla tweġiba billi ftit ħafna jħabblu rashom biex jispjegawlhom l-affarijiet f'mod kalm u li jinftiehem.

Ir-riċerka turi li involviment ta' familji li jeħtieġu għajnuna fil-problemi tagħhom stess itejjeb il-kwalità tal-ħajja ta' persuni b'mard mentali sever. Involviment tal-familji ppjanat tajjeb u mogħti l-appoġġ meħtieġ fil-kura jwassal biex familja tieħu f'idejha stess l-immaniġġjar tal-kura: il-familja titgħallem tiżen, tikkontrolla u tittratta l-problemi u l-kriżijiet ta' kuljum. B'dan il-mod il-familja tingħata l-ħila li tagħmel aħjar dak li tkun diġà qed tagħmel, aktar milli tħawdu ħtija ta' nuqqas ta' għarfien, ħiliet u l-attitudni korretta. F'dan ix-xenarju, il-funzjoni tal-maniġers tal-każijiet hija assenjata lil dak involut li hu fl-aħjar qagħad li jaqdiha tajjeb – il-familja.

On Friday, 24th May, over 193 delegates from 21 European countries met in Dublin to discuss the needs of family carers for people with mental ill health. Addressing the conference Dr Tonio Borg, EU Commissioner for Health and Consumer Affairs stressed the importance of family involvement in mental health care across Europe.

The Irish Minister of State, Kathleen Lynch TD declared at the conference that good mental health was a partnership between government, professionals, people with self-experience of mental ill health and family members.

Throughout the day, the audience heard presentations on the importance of family involvement, the need for education, quality information and communication in helping families to cope with mental ill health.

Against this background, the delegates unanimously agreed **The Dublin Declaration 2013,** the full text of which appears below.

Dublin Declaration*

EUFAMI's vision for the future for families

All families and persons affected by mental ill health should at all times be afforded equal rights, entitlements and opportunities that are available to any other member of civil society and should be empowered to participate in the community in which they live.

The role of families

- The central role and rights of family members in the care and treatment of people with mental ill health should be fully acknowledged and provided for throughout Europe. Family carers should be acknowledged as equal partners with professional staff and the person with mental ill health in decisions relating to the planning and delivery of treatment and care.

- Families and individual family members have a right to choose and define the role they are willing and able to play. This must include the right not to be involved directly with their relative's care, or to be involved in planning services, campaigning and monitoring services.

- Families should not be discriminated against or held responsible legally or financially for their family member directly affected by mental ill health. State mental health care should be adequate to enable family members of people with mental illness to make their choice without any feelings of personal guilt.

The needs of families

- The needs of families and carers themselves for support and understanding should be recognised and fully provided for by the state authorities. Families should have a right to the opportunity to state their emotional, practical and financial needs so that they can be empowered to acquire the necessary coping skills to fulfil their caring role.

- Families need to be cared for to ensure that their own physical and mental health is well maintained and supported. Evidence exists widely to show that this is not happening and that family member's health suffers. Depression amongst families is increasing and much is going un-diagnosed. Families should be provided with a statement of their own needs on a routine basis, with written records of these needs, and continuing assessment. Plans for meeting identified needs should be implemented and audited.

- The need for families and carers to recover from the experience and trauma of mental illness must be formally recognised and services provided to help them with their own recovery.

Public Authorities and statutory service providers

- Resources must be made available to meet those needs to enable family carers to carry out their role effectively. This may involve costs of training, counselling or other emotional help, providing information and financial help (for respite breaks, and travel costs to visit their relative)

- Such resources should be available to meet the family's needs, over time, in a planned way. They may include factual information, training in new skills (identifying signs of relapse, communication and problem-solving skills), support for themselves, e.g. counselling, advocacy, and support for self-help carer groups, help lines, peer support (carer to carer), respite, or help with identifying their role.

- Legislators and statutory service providers must be proactive in providing evidence–based family intervention services. They should not leave this to voluntary groups. The evidence for family interventions has been available now for thirty years, and it is negligent that these approaches are not yet widely available.

- The development of Comprehensive Community based services is seen as both essential and desirable if recovery is to be a realistic possibility. However, it is imperative that mental health care services provide the services outlined above to family members so that they can carry out frontline care, which is essential as a consequence of community care, more effectively. The sharing of information on the wellbeing of the person affected by mental ill health is essential.

** The Dublin Declaration was unanimously endorsed by delegates attending EUFAMI's special European Family Conference held in Dublin, Ireland on Friday, 24th May 2013 to mark the 20th Anniversary of the founding of EUFAMI under the patronage of his Excellency, Michael D Higgins, President of Ireland. The Conference was officially opened by Ms Kathleen Lynch, Minister of State with responsibility for Mental Health. Dr Tonio Borg, EU Commissioner for Health and Consumer Affairs also addressed the delegates, who numbered 190 from 21 European countries.*

My 400 hour Social Work placement experience at the Foundation by Charmaine Rotin, final year University of Malta Social Work student

My social work placement experience at the St Jeanne Antide Foundation involved working with vulnerable service users - all unique persons having different complex and challenging life experiences. My social work placement gave me the opportunity to apply what I study and learn at University to real life situations. My role involved helping families referred to the Foundation to enhance their well-being.

On my first day at the Foundation I felt very nervous. But having been welcomed by very friendly and helpful staff, I was able to develop a better understanding of how SJAF operates. SJAF aims at meeting the complex needs of very vulnerable families in the community through a multidisciplinary team approach and through a number of services. I was part of the team which included staff and volunteers. The work at the Foundation gave me the opportunity to integrate my theoretical learning into the variety of the situations presented.

The Foundation works towards giving the utmost opportunity for personal growth and development to people in the community by offering different services, activities and learning opportunities. Service users actively participate in such activities, and I found this very rewarding since I got to know and understand some of their individual needs and how they were being fulfilled.

Through my placement at the Foundation, I gained a realistic job preview of what social work entails and will entail in my future job. I was able to develop confidence in myself and my abilities in order to be able to carry on with my career aspirations. Having had the opportunity to explore and expand my knowledge at the Foundation, I was able to develop my own style of practice, by ongoing supervision, support, and assistance whenever I had any difficulties whatsoever.

Through my placement, I was able to gain contact and became aware of different social work and welfare agencies which offer help to meet the needs of service users. This broadened my knowledge and skills when it came to advocating and mediating on behalf of the service users.

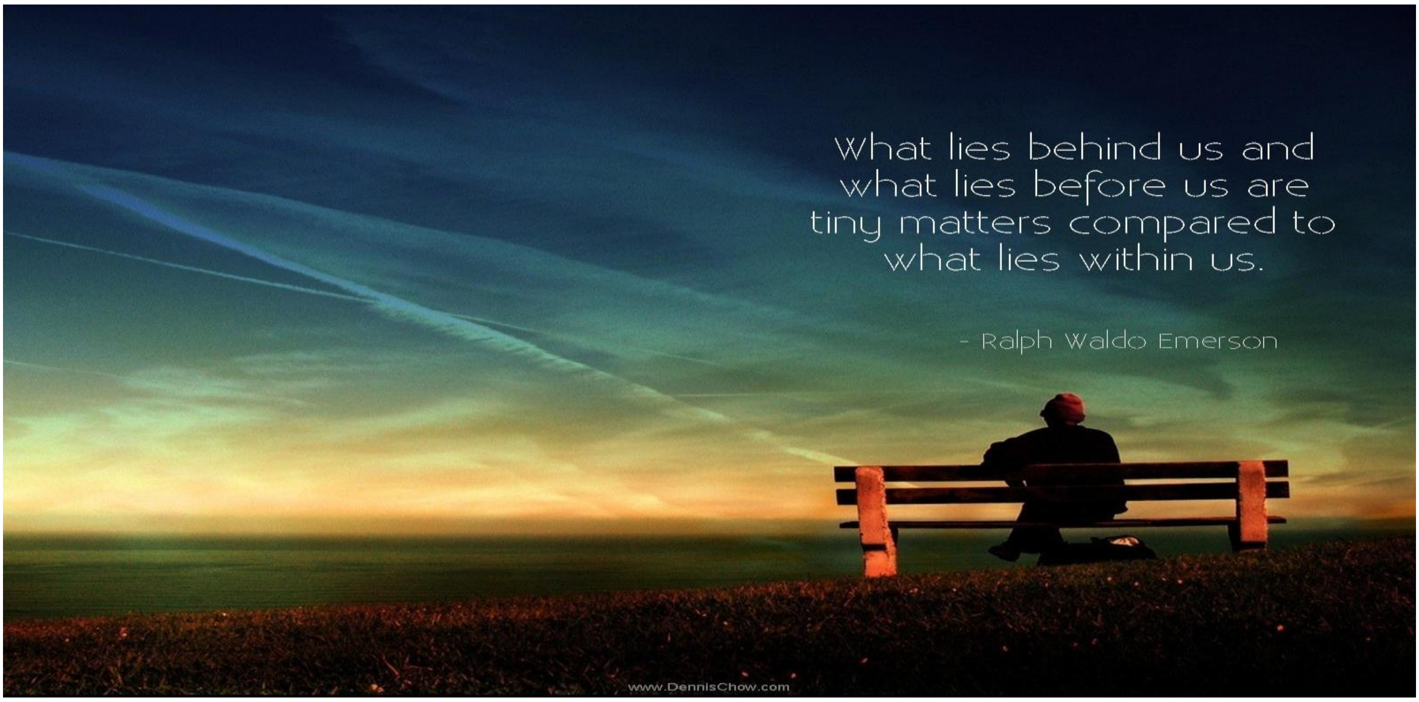
I am very grateful that I had the opportunity to carry my placement at the Foundation since I was able to work with dedicated workers who provide ongoing assistance and support to individuals, families and groups even though the resources are limited. I would like to thank all the Foundation workers and volunteers who have all contributed to a very positive social work placement experience. Thank you!

(Editor's note: We thank Charmaine for her contribution to the team effort in support of families in difficulty and wish her the best in the forthcoming finals, in her career and in life.)

Mid-Djarju tal-Fondazzjoni

MEJJU

Data	Attività
4	Laqgħa edukattiva u informattiva għal Grupp SOAR dwar aspetti legali tal-vjolenza domestika.
6	Laqgħa tas-Social Workers biex jiġbru suġġerimenti għall-Aġenzija Appoġġ dwar il-proġett BeSmart Online – Child Web Alert
7	Laqgħa mal-Leader tac-Child Protection Services tal-Aġenzija Appoġġ sabiex isir protocol dwar proċeduri ta' referral ta' każijiet ta' abbuż tat-tfal
8	Laqgħa ta' ppjanar
10	- Laqgħa mal-Kappillan ta' Ħal Tarxien - Laqgħa mad-Direttur tat-Tarxien Youth Centre sabiex jingħata bidu għal ħidma ta' Youth Worker tal-Fondazzjoni mal- 53 żgħażagħ vulnerabbli li jiffrekwentaw iċ-Ċentru. - Attendenza fil-kors annwali tal-Mental Health Association
13	Preżentazzjoni dwar il-ħidma tal-Fondazzjoni lil Ladies Circle ta' Marsascala
15	Laqgħa dwar il-ħidma tal-Fondazzjoni lill-Ladies' Circle, Raħal Ġdid
16	Session ta' sagħtejn lil nurses li qed isegwu t-2ni sena tal-kors ta' Community Nursing fil-Fakultà ta' Nursuring Studies, Università ta' Malta. Is-session provduta kienet dwar is-Sehem ta' NGO fil-qasam ta' kura multi-dixxiplinarja fil-komunità.
19	- Laqgħa tal-Kumitat tal-Grupp SOAR mal-pulizija - Il-membri tal-Grupp SOAR attenda l-produzzjoni Pretty Lisa fil-Manoel Theatre dwar l-esperjenzi ta' nisa vittmi ta' vjolenza domestika
21	Laqgħa tal-Governing Board
24	Laqgħa soċjali tal-Grupp SOAR
31	4 ħaddiema jattendu parti mit-tnedija tal-Council of Europe Model Platform on Citizens' Consultation on the Right to Protection of Health, Hotel Excelsior, il-Furjana.
2,9,16, 23,30	- Grupp Litteriżmu, mit-3pm sas-6pm - Homework Support service, mill-4pm sas-6.30 - 2 ħaddiema tal-Fondazzjoni jattendu l-kors Katekeżi tal-Faqar
	Kull nhar ta' Erbgħa: Centring Prayer Group, 6pm-7.30pm
	Kull nhar ta' Ħamis: Grupp Self-Esteem, mid-9am sal-11am



Rokna Poeżija

Mar Ifittex Daru

għasra, l-fittiex
f'tiftixa sal-mewt
fittex daru
(darna, post?)

ħiereġ iqattar mill-bir
imdallam fejn għodos
waħdu, imħarbat, imċekken
(bla dar, il-kburin)

iterter, jgħannaq sidru,
u jżomm lill-jien iż-żejtni
li issa qed... jiżloqlu
(ma kollox kien jiċċappas)

ħafna minn ħwejġu
jinżagħhom, u jtir
u jagħraf, il-prinċep, bla nifs
min kien, li kien libishom
- ir-Re il-kbir!

(darna, preżenza.)

tony macelli

It-Tabella mat-Triq

trid tkun kuntent, it-tabella mat-triq
staqsiet. għaddi fis-sogħod minn hawn.
iżda t-trejqa dejqa, u umli
u l-belt kienet tant il-bogħod

ħdejn raħal fqir tat-tribù
it-trejqa waslet sa fejn il-bdiewa
kienu jarmu t-tadam moħli li kabbru
għax ma jafux minn jum għal jum
b'kemm jinbiegħu fil-belt it-tadam

il-pellegrin ħallielhom il-mobajl minn butu
u batteriji, u qagħad jisma' d-domandi
u sfidhom iwieġbu huma stess
sakemm ix-xahar ta' wara tgħallmu s-suq
u ma ħlewx aktar xogħolhom,
jew kaxxa tadam

iżda l-pellegrin kien mar, għax baqa' miexi
għajnejh u widnejh għat-tbatija miftuħin
kien ħanin u kien jgħin, fix-xita w fil-ħmieġ
kien jisma', kien jara, u jitbissem dejjem

meta miet, dik it-tbissima baqgħet, u nibtet.
dik kienet ta' kull min fittex mhux fama
mhux kumdità, iżda trejqa dejqa
b'tabella mat-triq, u sab kif jaqdi.

tony macelli

Closer to You   by Alice Scerri

I look at you and what do I see?
The reflection of the child that was once in me.
Through you I see dreams that can be true,
A world of fantasy that unfolds in you.

Be proud of who you are,
You are the treasure that I will guard,
With all my strength,
I make things right.

I help you know what love is all about,
A gentle hand that warms your heart,
I'll be your guardian in everything you do,
Always, I will be there for you.

My love is written here for you,
I want your happiness,
I'll help you through.

No monster will haunt us again,
All cruelty I promise will go away!

Today we see a new bright day,
We are free!

I love you for you mean the world to me.

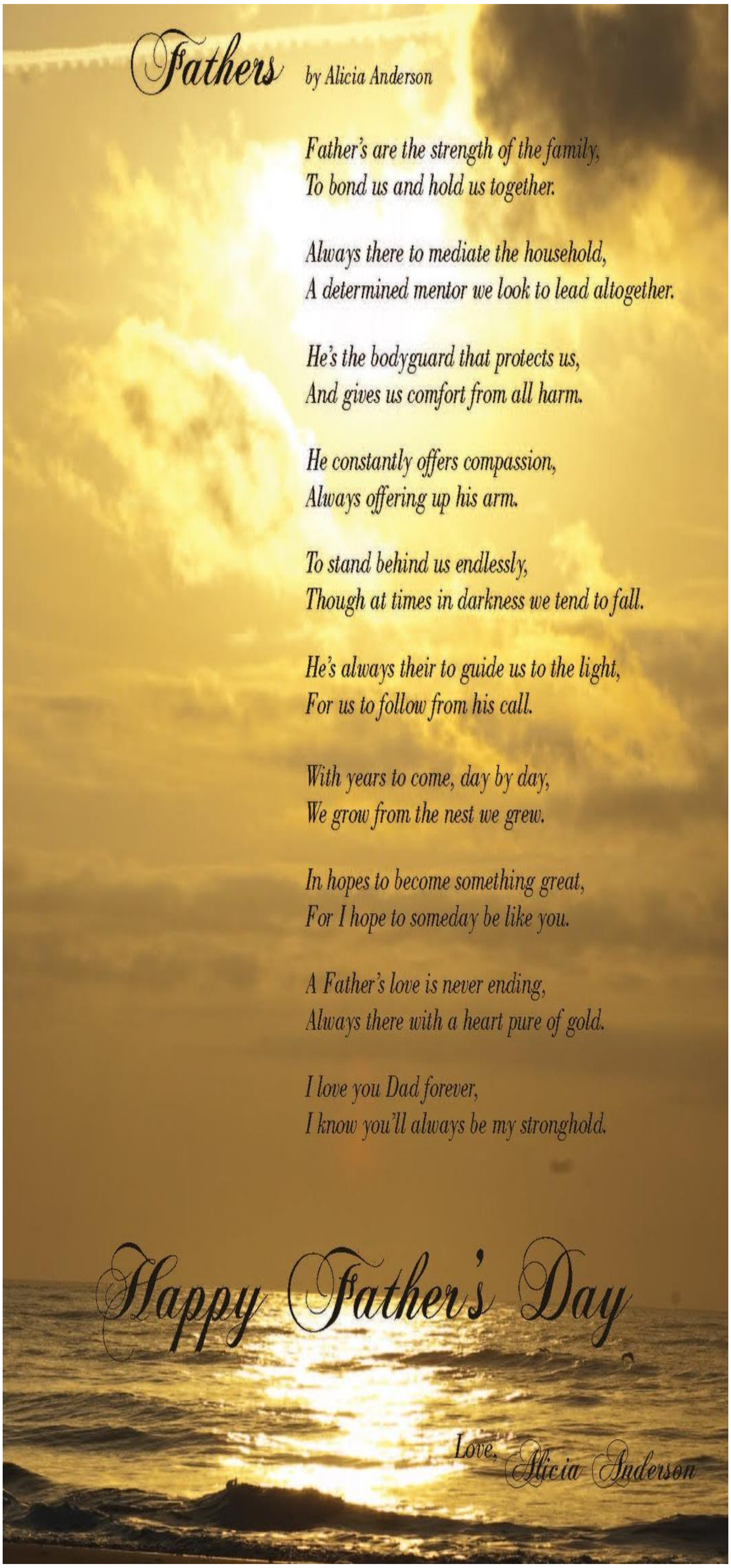
I will be strong just for you,
For I will make a man out of you,
A man of courage, of peace and truth,
That respects and is true.

I will bring out the best in you,
Always love those who care,
For caring people are very rare.

You'll learn to respect me
And others too.
For that shows great strength in you.

All is forgiven this I say,
Closer to you the more I will be each day,
Now put your arms around me
And I will let you see,
How important and special
My dearest son is to me.

Love Mum.



ĦARĠA KULTURALI - APRIL 2013

minn Maria Buckle, Voluntiera

Dan ix-xahar morna inżuru it-Tlett Ibliet – L-Isla, Borma u l-Birgu. Tlett ibliet li huma importanti ħafna fl-istorja ta’Malta. Il-ġurnata kienet sabiħa u konna grupp ta’ 17, grupp sabiħ fejn kullħadd, inkluż is-sewwieq tal-minibus, kien lest li jgħin wieħed lill-ieħor. Inħoss li b’ dawn il-ġesti żgħar tinħoloq klima sabiħa ta’ familija u ħbiberija. U nara li kull darba jiġi xi ħadd ġdid.

L-ewwel waqfa kienet il-Knisja tal-Isla u wara komplejna d-dawra tagħna b’waqfa fuq il-Ponta tal-Isla minn fejn wieħed seta’ jammira l-panorama sabiħa u unika tal-Port il-Kbir u tal-Belt. Il-grupp kien attent ħafna biex jisma’ l-ispjegazzjoni fuq dawn il-postijiet.

Wara morna Bormla u komplejna għall-Birgu fejn hemmhekk għamilna d-dawra tal-Birgu bil-mixi. Il-Birgu hija l-aktar belt importanti minn dawn it-tlett ibliet għaliex il-Kavallieri ta’ San Ġwann għexu hemmhekk għal 35 sena. Huma bnew bosta palazzi u wkoll il-Knisja Parrokjali ta’ San Lawrenz. Għamilna passiġġata mat-toroq dojoq u indaf pupilla tal-kwartier fejn kienu joqgħodu il-Kavallieri ta’ San Ġwann.

Kien hemm ftit minna li qatt ma kienu għamlu din id-dawra hekk interessanti u baqgħu impressjonati mhux ħażin bil-wirt storiku li għandha din il-belt.

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
  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 Togethers: 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 Centre/ Ċentru Antida - a drop-in/ welcome Centre in Tarxien. Open from 7.30am to 5.30 pm daily in winter time (sometimes later as well).

2. Social Work & Counselling Service: Includes:
- Services of **Social Workers** that includes home-visits, outreach, advocacy, referral, information, emotional support;
- **Counselling**;
- **Emotional Freedom Therapy**;
- **Befriending lonely** home-bound elderly persons (Volunteer Team: Nurse and brfrienders)
- **SOAR advocacy and support group** for victims and survivors of domestic violence.
- **Volunteer Handymen** in support of vulnerable and poor families.

3. Learning Support Service open for vulnerable persons supported by Foundation Social Workers. Includes: *For Children*: homework support for primary level students; weekly creative writing and maths support for secondary level students; summer programme; weekly arts, music and crafts sessions. *For adults*: non-formal learning opportunities for vulnerable adults such as self-esteem groups & literacy. *For grandparents who regularly care for their grandchildren*: educational clubs.

4. LWIEN Service - caring for family carer-givers: support for family caregivers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work

5. **Community Work Projects in Żabbar and Fgura** undertaken in collaboration with the parishes. Services include social work in zones with a concentration of families in difficulty, counselling, groupwork, mental health nurse, literacy support, home-visits, befriending.

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.