



SJAF e-magazine



St Jeanne Antide
Foundation

Head Office: Ċentru Antida
51, Tarxien Road. Tarxien TXN1090
Reception Desk Tel. 27672367; 21808981; 21809011
VO/0005/4th May 2008

Email: sjafngo@gmail.com
Website: www.antidemalta.org
Facebook: Fondazzjoni St Jeanne Antide

a monthly e-magazine – Issue No.100, May 2016



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In 2007, being a mother of three small children, I was not really thinking of looking for a part-time or full-time job. I had more than enough to handle! Being an old student of the Immaculate Conception Girls Secondary School of the Sisters of Charity, the Provincial Superior contacted me in 2007 to see whether I would be interested in doing some voluntary work within the newly-established St Jeanne Antide Foundation. I gave it a thought and accepted with alacrity. I was invited by one of the Volunteer Consultants to be in charge of the design, layout and editing of the Foundation's Newsletter. In truth, I had never done anything of the sort. But, as they say, 'tikber u titgħallem!'. All this happened in 2007 and by February 2008 I became a part-time Administrator of Ċentru Antida Family Resource Centre at Tarxien. From that day I have never looked back. I held on to the role of Newsletter Editor which some time later became a fully-fledged Magazine. We are now in the 100th edition of SJAF e-Magazine....I can't believe it!

I have acquired knowledge about a many topics highlighting aspects of today's social reality. Some situations encountered by the Foundation's practitioners have a happy ending whereas others unfortunately do not. Every issue has its challenges especially when there are last minute changes or too many articles to feature. I hope that you, our regular readers, find our magazine of value and that it keeps you up-to-date with with certain fields of practice. At the Foundation, we believe the monthly reportage enables us to remain accountable to the general public, volunteers, donors, collaborators, partners, benefactors and service users.

Please do tell us what you think of our Magazine and should you wish to contribute an article to be featured in one of the monthly issues, we shall certainly consider it. We want to know about new initiatives and services too. So send us a write up about your services and activities. Contact me via email: miriam.sjaf@gmail.com.

Miriam Grech
Editor

In these 100 issues we have covered all types of services and activities of the foundation. Below is an overview of outcomes these past 10 years we have been up to...

Mill-ewwel publikazzjoni.....Lulju 2007

X'Servizzi bdejna diġa'

- * Servizz ta' full time Social Worker professjonali (Soru tal-Karità)
- * Sar kors għall-ommijiet żgħażaġh fuq self-esteem.
- * Għajjnuna fil-Homework għal tfal minn familji fid-diffikultà.
- * Grupp għajjnuna lir-Refuġjati f'koperazzjoni mal-J.R.S.
- * Żjarat lir-residenti nisa tal-Faċiità Korrettiva ta' Kordin.
- * Qegħdin nistharrġu l-possibiltà li noffru xi tip ta' għajjnuna lil persuni bla xogħol.



Għall-aħħar publikazzjoni.....Mejju 2016

2 Family Resource Centres, Ċentru Antida in Tarxien and Ċentru Enrichetta in B'Bugia.—responding to the expressed utmost needs of vulnerable individuals and families.

Volunteering at the Foundation—opportunities for active citizenship

LWIEN Service – supporting family caregivers of mentally ill persons

IRENE Service—in support of very vulnerable women involved in street prostitution.

Social Work Across all Services—nurturing self-determination and self-empowerment journeys.

SOAR Service—support and awareness, research and advocacy by survivors of domestic violence.

Emotional Freedom Service—learning to overcome negative emotions

Overseas Development Projects—supporting poverty alleviation initiatives beyond our shores.

Publications—writing for empowerment



Rokna Poeżija—we have published 139 Poems. 102 thanks to Mr Tony Macelli and 37 thanks to various contributors.

First poem published in August 2007

Reception Centre of some nice person

July 2007, and 30th September. announced in the

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tony macelli

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LWIEN Service, supporting family caregivers of mentally ill persons.

This service was initiated in August 2010. It provides specialised professional support to family caregivers of mentally ill persons from all over the island. The service offers support groups on depression and caregiving and twice to three times weekly family consultations with a Psychiatric Nurse. Over the years, a significant number of special articles on mental illness and caregiving featured in the magazine about this service. One can find these articles on our website www.antidemalta.org



Bridge Programm started in January 2008 and was phased out in mid 2010. This programme offered basic skills training to youths-at-risk with mild to moderate cognitive impairment, lack of basic skills and mental health difficulties.



Homework Support was one of the very first voluntary services offered by the Foundation. Today, it has transformed itself into a child and parent learning support service.



Grandparent Education—

Klabb Nannakola, a learning support opportunity that combines the elements of a support group with structured and unstructured discussions and demonstrations of learning strategies for home trials.

These were held in Tarxien and M’Scala in 2008, B’Kara, Haż-Żabbar, Marsascula (twice) and Paola in 2009.

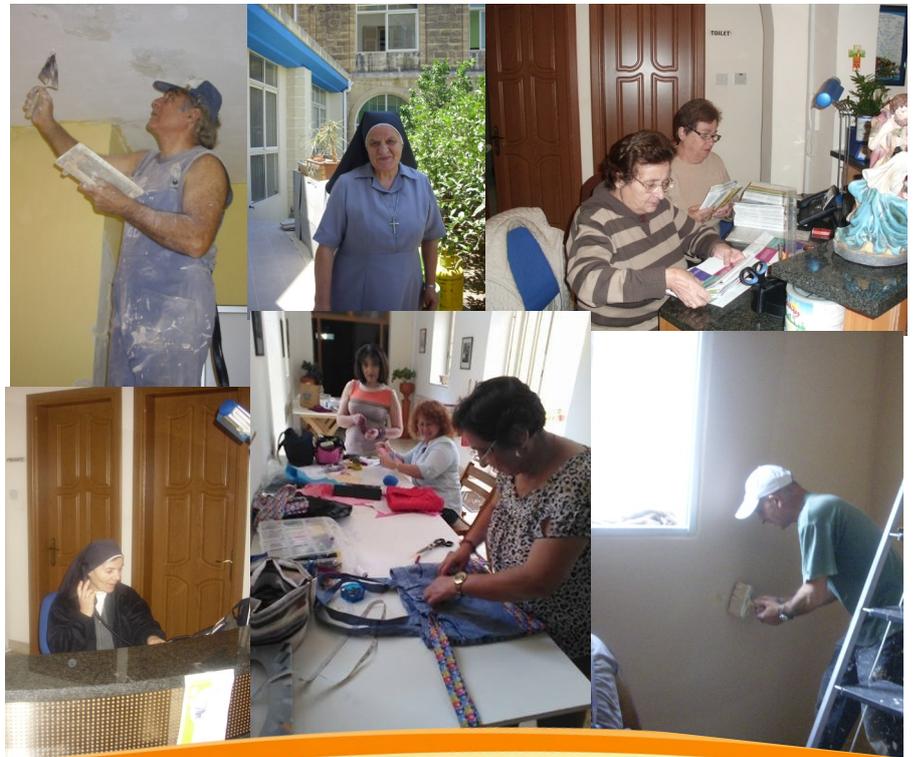
In 2010 NannaKola Clubs were held in B’Kara, Paola, M’Scala, Zabbar, Fleur-de-Lys and Żabbar Żona Maria Bambina.

The programme was wound down in 2012 due to lack of funding and difficulty in finding parish-level volunteers to be trained to continue the initiative at community level.

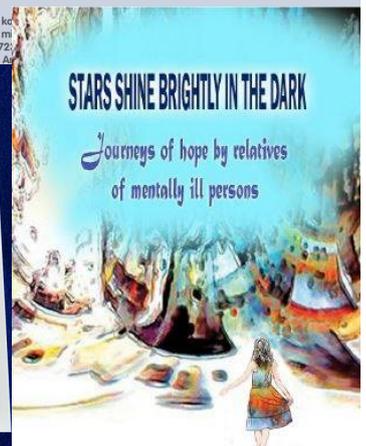
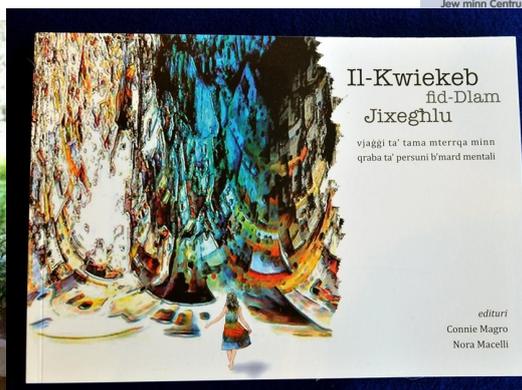
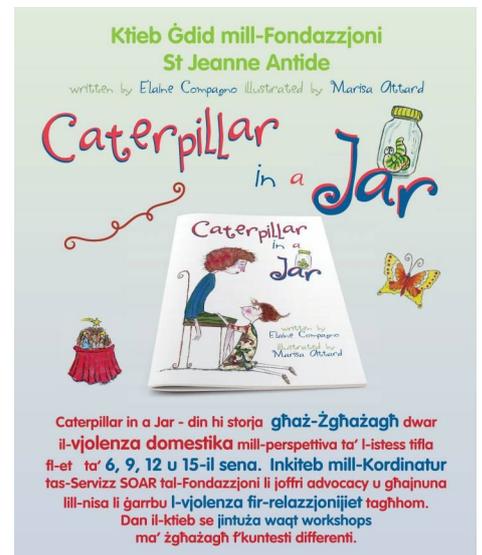
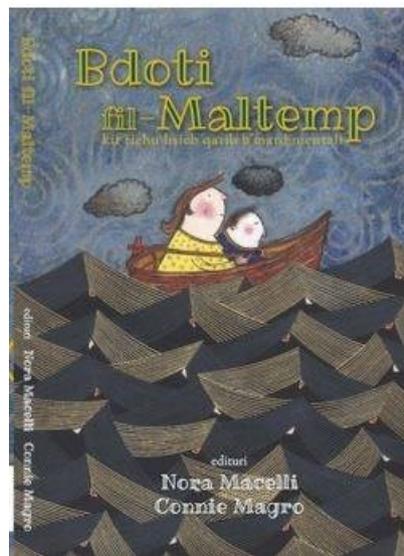




Today, SJAF has over 100 **volunteers**. The very first ones in 2007 included Jessie Spiteri, Daniel Grech, Paul Barbara, Sr Giovanna, Sr Agnes, Tony Macelli, Rita Scarfe and Josephine Farrugia. After 10 years, these first volunteers are still volunteering! We are all truly grateful to the hundreds of volunteers who have served at the Foundation during the last 10 years. God bless you all



Publications— Besides the monthly SJAF eMagazine, SJAF has published the following books—*Il-Mela Darba Tiegħi - ġrajjet veri tagħna t-tfal*; *Caterpillar in a Jar*, *Bdoti fil-Maltemp*, *Il-Kwiekeb fid-dalm Jixgħelu - ġrajjet ta' tama mterrqa minn qraba ta' persuni b'mard mentali*; u *Stars shine Brightly in the Dark (e-book)*. Later this year, we shall be publishing a book on research conducted by SOAR Service on the collective experience of victims of domestic violence and the systems they tap into.



Overseas Development Projects: since 2007, the Foundation has assisted in the development and funding sourcing for the following poverty alleviation projects:

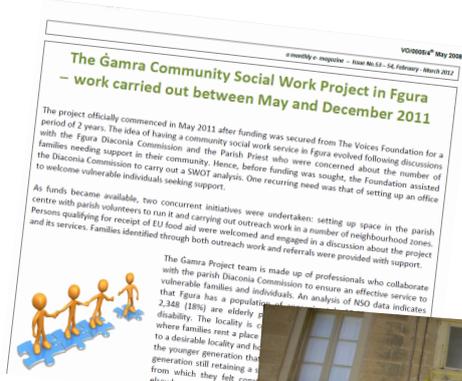
1. 2010 in Pakistan: Rebuilding a clinic in a poverty-stricken area after the earthquake damage of 2005.
2. 2011 South Sudan: Initiating socio-economic development especially among women in rural Wadakona, South Sudan.
3. 2012 Central African Republic: Skills development among poor young women, Nemesia Centre, Berberati.
4. 2013 Malawi: Construction and operation of a rural Health Post for later development into a hospital.
5. 2014 Peru: A residential care home for elderly abandoned women in the Amazon Rainforest, Iquitos, Peru
6. 2015 Peru: Beds for Aids patients in Iquitos, Peru.
7. 2016: Malawi: Women's economic development for tiny enterprise



Community Social Work Projects.

Community Social Work Projects

A number of articles were published in the SJAF e-Magazine about the Ġamra Community Social Work Project in Fgura and the Vinċi Community Social Work Project in Haż-Żabbar. The Vinċi Project started in March 2010; it was responsible for providing holistic support to 300 individuals and families within 3 years. The Ġamra Project started in May 2011 after funding was secured from the Voices Foundation for a period of 2 years. Over 250 vulnerable individuals benefited from the project services.



SOAR Service—support and awareness, research and advocacy by survivors of domestic violence. Another core service of the Foundation. Since its launch in 2012, SOAR service has connected and supported 101 women and over 1,000 young persons who took part in workshops on Dating Violence.



The IRENE Service, in support of vulnerable women involved in street prostitution.

This service, which has become a fully-fledged core service of the foundation, begun in October 2013.

It has a team of 22 workers whose roles range from Social Support Work, volunteers who run the Prison Woman’s outreach and pro bono work of practitioners. The service runs a drop-in centre called Dar Hosea which is open 6 days a week.



2 family resource centre *reaching out and supporting families at community level.*

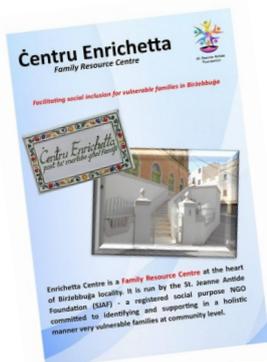
Ċentru Antida in Tarxien.

It’s doors are open to one and all, to those who are going through a difficult time and need professional support; to those who just need someone to talk to during a cup of tea; and those who wish to explore the possibility of volunteering. Workers laugh, pray and cry with those who turn up there for help. Birthdays and Christmas are celebrated. Those who come to the Centre know that they have another family there.



Ċentru Enrichetta is in Birżebbuġa.

This is a relatively new family resource centre inaugurated in 2015. The services offered are in response to identified needs of vulnerable individuals and families in this community of over 11,000. Parent learning support courses, outreach work and community social work are cornerstones of this centre.





Find us on:
facebook®

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



DONATIONS

Your donation is truly appreciated. It enables us to sustain our services to vulnerable and poor individuals and families.

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

Cheque issued to The St Jeanne Antide Foundation and posted to the Foundation: 51 Tarxien Road, Tarxien TXN 1092

For **local bank transfers**: **APS** 2000 0681 886 **HSBC** 013175021001
BOV 4002003379-0 **BANIF** 00210404101

If you are a Go/Vodafone/Redtouch subscriber you can donate by sending a **blank SMS** (SMS tariffs applicable):

€2.33 – 50617371 €4.66 – 50618095

€6.99 – 50618909 €11.65 - 50619217

You will receive a text message of thanks and acknowledgement

For **bank transfers from overseas**: APS Bank, 146/147, Antoine De Paul Square, Paola PLA1260

Bank Code (Swift) APSBMTMT IBAN No: MT03 APSB 7708 0005 5047 2000 0681 886 (last 11 digits are the account number).

HOW YOU CAN HELP US - OTHER OPTIONS

- If you are getting married: make a donation instead of buying wedding souvenirs.
- If you are having a birthday party: ask friends to make a donation instead of buying a gift.
- If you are having a wedding anniversary celebration: convince your guests to make a donation instead of buying a gift.
- For funerals: you may wish to make a donation instead of buying flowers.
- Get Together: organise a spontaneous collection.
- You may wish to send us a monthly or annual donation, whatever the amount.
- You can encourage others to consider donating to the Foundation.
- Ask your employer for a matching scheme which will make your contribution go even further!

Become a HELP-SJAF Champion and ask friends and family to make a donation.

CONTACT US: sjafngo@gmail.com

Foundation SERVICES

1. Family Resource Centres:

- **Ċentru Antida** Family Resource Centre, 51, Tarxien Road, Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well); up to 1pm in summer Serves localities of Tarxien, Paola, Fgura and Santa Lucia. Social Work, community outreach, advocacy, referral, information, emotional support, support groups.

Volunteering opportunities, included inclusive volunteering for service users.

Volunteer Handymen in support of vulnerable and poor families.

Learning Support for vulnerable persons supported by Foundation Social Workers. Includes: *For Children*: weekly learning support for primary level students; *For adults*: non-formal learning opportunities such as self-esteem groups & literacy.

Volunteer Befriending for lonely, home-bound elderly persons **Counselling**;

Bazaar in Tarxien (recycling and fundraising).

- **Ċentru Enrichetta** Family Resource Centre, Misraħ il-Pajtjer, Birżebbuġa. Open Mondays, Tuesdays and Wednesdays from 8am to 2pm. Social Work service; Family Literacy Support Programme; MCCF service on Tuesdays from 8am to 11am. Tel No. 21652038—99960381.

2. LWIEN Service – support for family carers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work.

3. IRENE Service in support of very vulnerable women involved in street prostitution. Dar Hoesa drop-in centre. Tel no. 27133684—99508954.

4. SOAR Service: advocacy and support for victims and survivors of domestic violence. Includes workshops on dating and domestic violence for young persons. Tel No. 99927872 from 9:30am to 5pm. Email: soar-malta@gmail.com.

5. Emotional Freedom Service for persons wanting to be free from their anger, fear or other emotional distress;

6. Overseas Development Projects: SJAF works with partners in developing countries to formulate anti-poverty projects. It has also arranged for public funding of such projects in Pakistan, Central African Republic, South Sudan and Malawi.

7. Centering Prayer Group for contemplative prayer practice.

PUBLICATIONS: ask us for list or visit our website www.antidemalta.org

See "Services" & "Reports" on www.antidemalta.org