

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

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

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Antide Family Centre

reaching out and supporting families at community level

The Antide Centre, or Ċentru Antida as it is known to families, is a family resource centre in the south eastern locality of Ħal Tarxien. Its support services are open to families in difficulty from the localities of Ħal-Tarxien, Paola, Fgura, Ғaḡ-Ḓabbar and Santa Luċija. It has been operating since 2007 and is recognised as a welcoming service hub through which referred families are able to access a range of support initiatives that include Social Work, non-formal education courses, support groups, peer-to-peer support offered by survivors of domestic violence, literacy assessments and learning support for children and parents, mentoring for young persons, therapeutic emotional freedom support, mental health consultations for caregivers and handicraft-production group.

During weekdays, Ċentru Antida opened daily from 8am to 5pm or later in winter time and from 7.30am to 1.30pm between mid-July and mid-September. The facilities of the centre were also accessed by other organisations. In order to accommodate the needs of highly anxious service users who cannot easily take a few hours leave, the Centre opened at 7am twice a week.



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Ċentru Antida is based on the ground floor of 51 Tarxien Road in al Tarxien, part of the main convent of the Sisters of Charity in Malta. It is accessible, having a welcoming environment with space for group-work, courses, offices, counselling rooms, socialising and relaxation space, a kitchen which is also used by Volunteer Mentors and their Mentees and a resource room for Volunteer Tutors. There are showers for temporarily homeless persons as well as a library for young and adult service users. In 2016, the Centre was visited by an average of 22 persons a day. Moreover, the Sisters of Charity enable the Foundation to make use of a large hall for group activities and a conference hall for seminars and courses accommodating 80 persons.

Ċentru Antida is managed by a part-time administrator who is responsible for the management of a team of **Volunteer Reception workers** and a team of Volunteer Handymen and provision of back-up support to practitioners across services. She is also responsible for the production of a **monthly electronic magazine** which is widely disseminated and accessible from: <http://www.antidemalta.org/monthly-e-zine.html>

ADJACENT CHARITY SHOP

Linked to Ċentru Antida is an adjacent charity shop that is fully managed by two volunteers. This initiative is a means of providing low cost or free good-quality clothes and household items to service users and a place to which lonely persons turn to for a chat. Families who are aware of the charity shop regularly visit it to either donate knick knacks, home furnishings, books, toys, clothing and children's items and to make purchases. The centre has become a recycling hub, with many visitors dropping by to pick up items for their handicraft-making pastime while representatives of other support voluntary organisations drop by to pick up items for financially hard-up members. Donated items are also shared with other organisations that need available items.



NON-FORMAL EDUCATION OPPORTUNITIES

During 2016, a number of non-formal education opportunities were offered to service users at Ċentru Antida.

- An open-ended **literacy group** for vulnerable young persons over the age of 18 ran during the scholastic year and resumed in late September. The teacher was provided by the Lifelong Learning Directorate of

the Ministry of Education and Employment.

- Three **courses on self-esteem** were offered to service users who expressed the need to develop self-confidence, decision-making ability and self-esteem. These were run between the 14 of January and the 3rd of March; between the 7th and 28th April; and between the 2nd and 23rd June.

- Two **depression support groups** ran for ten 90-minute sessions per group, one of which was commissioned by the Mental Health Association (MHA) for its caregiver members.

- **Learning support sessions for vulnerable children** were held every Friday throughout the scholastic year and resumed in early October. This service benefited 17 children from service-using families who were tutored on a one-to-one basis by 13 Volunteer Tutors.

- 10 **Volunteer Mentors** met their mentees at the Centre for weekly sessions and outings. Training sessions for different groups of volunteers were held throughout the year.

- **SOAR** Service members met at the centre for art therapy and other support and **group-based therapeutic opportunities**.

- **Handicrafts making groups**: Service users interested in learning handicrafts making are referred to the group that runs every Friday morning. Another handicrafts making group is run by volunteers who produce high-quality handicrafts for fundraising purposes.



INTEGRATING YOUTHS WITH AUTISM IN THE COMMUNITY (IYAC) based at Ċentru Antida

Through funding from the Voluntary Organisations Projects Scheme (VOPs) managed by the Malta Council for the Voluntary Sector (MCVS) on behalf of the Ministry for Social Dialogue, Consumer Affairs and Civil Liberties (MFSS), SJAF entered into a partnership with Autism Parents Association (APA) to develop three youth groups for youth on the autistic spectrum. APA members had long felt the need for such groups since mainstream youth groups and initiatives lacked inclusive practises for this category of young persons. Through the project, SJAF and APA engaged a young person with experience of working with persons with autism who was completing his Masters degree in autism studies. Two Psychologists undertook assessments of 25 youths on the autistic spectrum to determine their level of preparedness for community participation. Three groups were created and ran in parallel every fortnight on Saturdays afternoon starting from the 14 of October. Until the end of December 2016, the three groups had run 5 times. Apart

from the IYAC Coordinator, 5 youths were engaged as Activity Facilitators, while APA member-parents, siblings of participating youths and SJAF Volunteers served as Volunteers. There were 12 Volunteers taking part.

Group 1 - Community Integration (7 members): aimed to nurture the acquisition of socialisation skills and integration in other youth groups. The group visited other mainstream youth groups in order to gain familiarity with the group and its activities and explore the possibility of membership.

Group 2 - Community Exposure (8 members): aimed at providing a range of opportunities for members to engage in a variety of community activities such as sports, music, art and crafts workshops and local community events. Siblings and friends were encouraged to join.

Group 3 - Community Skills (7 members): aimed at providing in-house activities to build skills required for future community participation. Activities included such as social stories and role play on catching a bus in preparation for the next session where youths would actually take a bus. Social stories and role plays prepared members of this group for different settings. A drama school assisted in the socialisation processes. A movie night and sport activities were also organised.

VOLUNTEER HANDYMEN

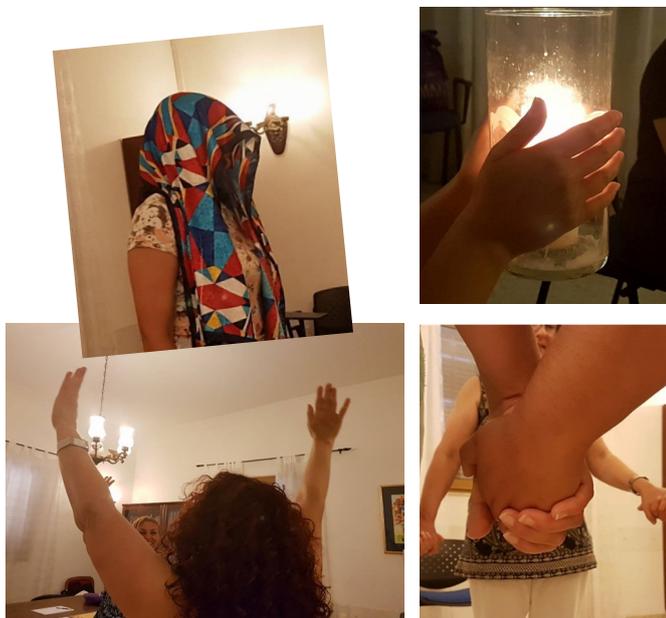
In 2016, two Volunteer Handymen undertook 125 service related trips: 46 in support of service users who needed basic repair and maintenance work at their homes; 63 trips related to errands for the different service sites of the Foundation and pick-ups from sources donating items; and 13 trips related to the Foundation's charity shop. In total, they covered 1,322 kilometres on errands and home-visits.

VOLUNTEERING OPPORTUNITIES

Volunteering is a cornerstone of the Foundation's mission. The Foundation encourages and nurtures volunteering within its range of service provision.

Throughout 2016 there were a total of 124 active volunteers involved in one or more spheres of service provision. The highest number were Learning Support Volunteer Tutors and Mentors (37) working within the Family Learning Support Service that comprises the children's learning support, non-formal education for parents and Mentoring.

Drama Therapy Sessions



These are images from the Drama Therapy group sessions that were held as part of St Jeanne Antide Foundation's project *Create, Liberate, Integrate!* with the support of The President's Award for Creativity managed by the Arts Council Malta. The sessions have just come to an end and had been going on since January. Look out for August's issue to read about the self-reflective experiences of the women who participated in these drama therapy sessions.

July saw another activity from this project get underway with a jewellery-making course that is open to female survivors of domestic violence and kindly led by a volunteer artisan, Ms Claudine Slater.



IL-PREMJU TAL-PRESIDENT
GHALL-KREATTIVITÀ

End-of-Summer Dinner

**WEDNESDAY, 20TH SEPT.
UNIVERSITY RESIDENCE, LIJA
IN AID OF ST JEANNE ANTIDE FOUNDATION**



St Jeanne Antide
Foundation

TCM Photography

MENU

Starter - Variety of Pasta (including vegetarian)

**Main - Choice of Chicken, Pork or Fish &
a variety of salads**

Dessert

Water

Entrance Donation: €18 Adults - €10 Children under 10yrs

Dinner served at 8:00pm

For bookings contact Darren 99872074 or Miriam 79297153

Inizjattiva Y-Assist

– *akkomodazzjoni b'sapport għal tfajliet tqal u ommijiet vulnerabbli*

Servizz li jilħaq il-ħtiġijiet ta' tfajliet tqal u ommijiet vulnerabbli ta' tfal sa 5 snin, ta' bejn l-età ta' 18 u 25 sena.

Is-servizz jinkludi:

- **Akkomodazzjoni** ta' mhux aktar minn sena; l-ommijiet jieħdu ħsieb l-akkomodazzjoni tagħhom u tal-ispazju komuni;
- **Programm edukattiv** għall-iżvilupp personali u inter-personali;
- **Attivitajiet** prattiċi biex l-ommijiet ikatru l-kunfidenza u l-istima;
- **Kollaborazzjoni** ma' aġenziji oħra f'setturi differenti;
- **Ħajja indipendenti**: għajjnuna biex isibu impjieg skont iċ-ċirkostanzi tagħhom, u kif ukoll isibu fejn joqogħdu.

Żvilupp personali

- ⇒ Aċċess għal taħriġ dwar it-tqala;
- ⇒ Kif jevitaw imġibiet riskjużi;
- ⇒ Kif iħarsu s-saħħa fiżika u dik mentali;
- ⇒ In-nutrimient;
- ⇒ L-immaniġġjar tal-flus u tad-dar;

Żvilupp inter-personali

- ⇒ Kif jibnu u jmantnu relazzjonijiet pożittivi;
- ⇒ Ir-relazzjoni bejn il-ġenitur u t-tfal;
- ⇒ Aċċess għal taħriġ dwar t-trobbija tal-ulied.

Inizjattiva ta':

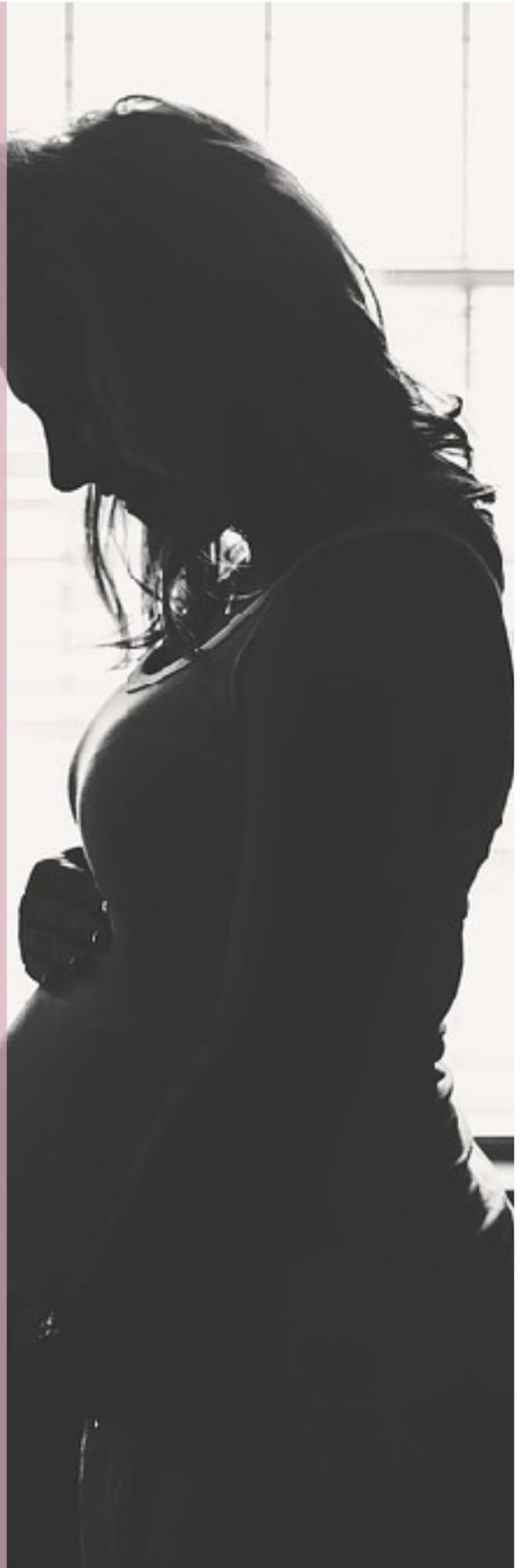


www.presidentstrust.org.mt Tel: Tel +356 21226226

Bi sħab ma':



Fondazzjoni St Jeanne Antide
www.antidemalta.org Tel: +356 21 808 981



Rokna Poeżija

Żebgħa

imxi skont ma tħoss, qaluli
ohrajn qalu: il-ħsieb kollox
imma xejn ma kien sejjer
tasew sew

sakemm fl-ahħar ilmahtu, ż-żgħir
ipitter u jfajjar
bill-pinzell infallibbli
u l-pinzell tas-sigurtà
qbadtu jagħmel hniżrija bla grazzja
ta' ħsieb u sentimenti
u jtajjarli ż-żebgħa
f'għajnejja.



Aon Malta -Community Day

Empower Results Day for Communities, is Aon's annual day of volunteering. It is a global initiative which allows colleagues to actively live their values and empower results in local communities.

This year Aon Insurance Managers (Malta) PCC Limited chose to carry out their CSR voluntary work with the St Jeanne Antide Foundation. Six AON staff carried out work at Esther House of the Foundation. The Foundation will be running Esther House, in partnership with The President's Trust, to provide accommodation and educational support to vulnerable young mothers with children up the age of 5 and pregnant women. Esther House forms part of the Y-Assist initiative of the President's Trust. It was a truly rewarding experience and a great opportunity to take time to step away from our desks and join other colleagues around the world.

Through this collective effort, Aon as a team was able to give a little and transform lives, making the community stronger, and empowering results.



VACANCIES

Non-Formal Education for Vulnerable Groups (NFE-VGs) – a partnership project between the St Jeanne Antide Foundation (VO/0005) and the Autism Parents Association (VO/802)
REF: MCCFF-C3-004-2016

1) APA Co-ordinator of non-formal education opportunities (part-time; definite contract)

RESPONSIBILITIES INCLUDE:

- motivating parents to take part in activities through social media;
- liaising with parent members regarding meeting venues and logistics;
- liaising with parents regarding fun & learning activities planned for their children.

2) Leader of Social Inclusion Activities for youths on the autism spectrum ages 14 to 21 (part-time; definite contract). RESPONSIBILITIES INCLUDE:

- Seeking offers of activities for APA families and their children;
- Running social-educational groups for youths with autism;
- Coordinating project Activity Facilitators and Volunteers involved in the running of group activities;

3) Activity Facilitators (part-time, definite, 2-3 hours every fortnight).

RESPONSIBILITIES INCLUDE:

- assisting the APA Leader of Social Inclusion Activities to run social activities for youths every 15 days;
- accompany youths to educational (historic; environments; heritage; science; etc) and fun outings to enable them socialise and integrate in a social group.

4) Volunteers – to assist in the running of youth group activities. Interested dynamic young persons who are siblings of a young person on the autistic spectrum and University students who have worked with other young persons with autism are encouraged to volunteer.

5) 2 Psychologists to carry out pre group-admission psychological assessments of youths on the autistic spectrum.

Requirements: Experience, passion and commitment to work in the field of autism spectrum disorders. Qualifications in the field of autism studies will be preferred for Vacancies '1 & 2 and 5'.

Apply by sending a covering letter and CV to: sjafngo@gmail.com by 4th August 2017 quoting the project reference number MCCFF-C3-004-2016 and the vacancy number and position.



This project is funded through the Fund for NGOs of the Malta Community Chest Fund Foundation (MCCFF).

St Jeanne Antide Foundation's annual report for last year is available online. Follow the link below

http://www.antidemalta.org/uploads/5/7/2/6/57264959/sjaf_2016_annual_report.pdf





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, Triq San Tumas, 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. SOAR Service: advocacy and support for victims and survivors of domestic violence. Includes workshops on dating and domestic violence for young persons. Tel No. 99927872 from 9:30am to 5pm. Email: soarmalta@gmail.com.

4. Dar Hosea: day centre for women involved in prostitution. *This service is in the process of becoming autonomous and self-managed.*

5. Esther House for vulnerable young pregnant women and mothers with children below age 5. The service comprises accommodation and educational support. It is a partnership between The President's Trust and SJAF as part of the Trust's Y-Assist initiative

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

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.

8. Centering Prayer Group for contemplative prayer practice. (*not meeting in summer*)

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

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