



# SJAF e-Magazine

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## Meta Terġa' Tfeġġ il-Marda, jew ir-relapse

Minn Connie Magro, Servizz LWIEN

Il-kelma *relapse* tfisser affarijiet differenti għal nies differenti. Għal ħafna nies, *relapse* tfisser li wieħed jerġa' jimrad mill-ġdid. Għal oħrajn il-kelma tfisser li sintomi qodma jerġgħu jitfaċċaw. Għal oħrajn tfisser li sintomi regolari jiżdiedu.

**Raġunijiet għal Relapse:** Fost il-ħafna raġunijiet il-għala l-marda tfigġ mill-ġdid insibu dawn:

- Il-medicini mhumiex qed jaħdmu tajjeb;
- Il-persuna marida mhix qed tieħu l-medicina kif suppost;
- Il-persuna tinsab taħt stress iżjed mis-soltu;
- Mhijiex qed tistrieħ biżżejjed;
- Qed tieħu xi medicina oħra, bħal per eżempju għal riħ jew influwenza. Dawn ta' l-aħħar jistgħu jnaqqsu l-konsistenza tal-medicina psikjatrika.
- Qed tixrob alkoħol jew qed tuża' xi droga;
- Għad hemm problem oħra li oriġinarjament ikkawżaw l-marda u għadhom għaddejjin.

### Bidliet fil-kura bħala kawża ta' relapse

Il-medicina għandha rwol importanti biex tibbilanċja dik il-kimika fil-moħħ li qed tikkawża s-sintomi. Kwalunkwe bidla fit-trattament tista' tiżbilanċja l-kimika fil-moħħ. Dan jista' jwassal għal *relapse*. Bidliet fil-kura jfisser li wieħed jaqleb minn medicina għal oħra jew li jinbidel il-mod kif wieħed jieħu l-medicini.



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**Eżempji ta' bidliet fil-kura:**

- It-tabib tak preskrizzjoni biex tibdel il-medicina tiegħek;
- It-tabib jgħidlek biex tieħu inqas (jew aktar) medicini minn dak li qed tieħu;
- It-tabib izid medicina oħra għall-kura tiegħek;
- Minn jeddek inti tibda tieħu medicina li tinxtara bla preskrizzjoni;
- Tinsa d-doži ta 'medicina u tħawwad l-ammonti;
- Tinsa tieħu l-medicina jew tieqaf toħodha għal kollox.

**Żomm s-sintomi taħt kontroll**

L-aħjar mod kif iżżomm is-sintomi tiegħek taħt kontroll huwa billi:

- Tikkopera mat-tabib tiegħek biex issib il-medicina u d-doża tajba għalik;
- Tieħu l-medicini regolari kif preskritt.

Ftakar li inti ma tkunx tifhem fuq il-mod kif jaħdmu l-medicini fuqek. Lanqas m'int se tkun f'qagħda li dejjem tifhem il-mod kif il-medicini tiegħek qed jikkontrollaw is-sintomi. Minħabba il-mod kif jaħdmu l-medicini, int mhux se tara d-differenza minn jum għal jum.

**Effetti tal-medicini**

Jekk tħoss xi effetti tal-medicina li jħassbuk, allura għid lit-tabib tiegħek ħalli jfissirlek x'ikun qed jigi u jgħinek taġġusta d-doża tiegħek. Għandu mnejn jagħtik medicina oħra għal dawn is-*side effects*.

**M'għandekx tibdel l-medicini tiegħek int stess**

Dejjem tkellem mat-tabib tiegħek dwar kif inti qed taħseb li tibdel il-medicina tiegħek jew id-doži tagħhom. Huwa t-tabib li hu mħarreg biex jagħtik il-medicina u d-doża li hi tajba għalik. M'għandekx tħawwad waħdek.

**Drogi oħra jew alkoħol jistgħu ifixklu l-kura tiegħek**

Medicini oħra, anke ħfief, li inti tista' tixtri mis-supermarket għal xi problemi oħra ta' saħħa jistgħu ifixklu l-kura li qed tieħu. Eżempji ta' dan huma l-kafeina mis-juba fil-kafè, fil-colas, fiċ-ċikkulata u f'xi medicini; in-nikotina mis-sigaretti; l-alkoħol u d-drogi. Dawn kollha jistgħu jbiddu l-kimika fil-moħħ anke jekk inti tużahom darba biss. Kellem lit-tabib tiegħek qabel ma tieħu xi medicini oħra. Għix 'il bogħod mid-drogi u mill-abbuż ta' alkoħol.

**Li Stress**

Hemm żewġ tipi ta' stress:

Stress tajjeb - meta int tkun kuntent dwar xi ħaġa;

Stress ħażin - meta tigri xi ħaġa li ma togħġbokx.

Iż-żewġ tipi ta' stress jistgħu jħawdu l-bilanċ tal-kimika fil-moħħ u jikkawżaw *relapse*.

**Eżempji ta' stress tajjeb**

- Forsi tkun għamilt xi bidla mixtieqa fil-ħajja tiegħek. Qed tħossok verament eċċitat. Forsi kellek problema biex torqod fl-iljieli qabel seħħet din il-bidla.
- Meta toħroġ mill-isptar;
- Tlesti xi programm ta' trattament;
- Tmur tgħix għal rasek;
- Terga tibda tistudja;
- Sib impieg wara lit kun ilek tfittex jew jirnexxilek tibdel l-impieg kif xtaqt;
- Tkun involut f'relazzjoni intima.

### Eżempji ta' stress ħażin

Dan hu tip ta' stress li normalment nirreferu għalih meta ngħidu li qegħdin taħt ħafna stress. Xi affarijiet li jistgħu jikkawżaw stress 'ħażin' huma dawn:

- Wara xi argument mqanqal ma' xi ħadd;
- Tfeġġ problema fuq ix-xogħol;
- Tilwima ma' xi ħadd jew tiflej x xi ħabib;
- Ma jkollokx biżżejjed flus;
- M'intix għal qalbek fejn qiegħed tgħix;
- Tiġi mmaltrattat minn oħrajn.



### **Għaraf s-sintomi li jwasslu għal relapse**

Inti tista' titgħallem tinnota jekk is-sintomi tal-marda mentali humiex jaggravaw meta jfegġ xi mard ieħor bħal riħ jew influwenza. Ipprova naqqas dan l-istress negattiv billi tistireħ aktar mis-soltu ħallitkseb saħtek lura malajr. Jekk is-sintomi jippersistu, fittex l-għajjnuna. Aġraf sintomi bħal dawn li ġej:

- Ċiklu ta' sintomi fejn dawn jiġu u jgħibu. Xi nies jinnutaw li s-sintomi tagħhom imorru għal xi ftit, imbagħad jiġu lura, u dan jiġri għall-ebda raġuni. Mhux kulħadd ikollu dan iċ-ċiklu ta' sintomi.

L-uniku mod biex tkun ċert huwa li tinnota s-sintomi tiegħek kuljum għal diversi xhur - imbagħad tkun f'qagħda aħjar li tara jekk hemmx dan iċ-ċiklu. Jekk ikun hemm ċiklu, inti u t-tabib tiegħek tistgħu taħdmu flimkien biex tnaqqsu s-sintomi matul is-sena.

- Espressjoni qawwija ta' emozzjonijiet: Il-qraba ta' persuni b'mard mentali jistgħu jaslu f'punt fejn juru attitudnijiet u jesprimu emozzjonijiet negattivi. Jistgħu jsiru ostili, jikkritikaw iżżejjed, jirrabjar u juru r-riżentimenti li qed jakkumulaw. Tajjeb li l-familjari ta' persuna b'mard mentali jindunaw li qed jiġri dan fihom ħalli ma jnaqqsu ċ-ċans ta' relapse fil-qarib tagħhom. Huwa fatt komuni li l-familjari ta' persuni b'dipressjoni kronika, skizofrenija, alkoħoliżmu u diżabilitajiet mentali jaslu f'punt fejn l-istress tagħhom stess jiżbroffa u jibdedw jesprimu emozzjonijiet negattiva li jistgħu jqanqlu relapse fil-persuna marida.

**(l-artiklu jkompli fil-ħarġa tal-iSJAF Magazine ta' Lulju)**

## **EMPATHY AND COMPASSION**

To learn more about empathy and compassion, have a look at the website of The Center for Building a Culture of Empathy. This website is the largest internet portal for resources and information about the values of empathy and compassion. It contains articles, conferences, definitions, experts, history, interviews, videos, science and much more. <http://CultureOfEmpathy.com/>



The St Jeanne Antide Foundation recently hosted 31 Social Workers from Aġenzija Appoġġ for a half day training on personality disorders. The training was delivered by Mrs Connie Magro, Senior Psychiatric Nurse who leads the LWIEN Service of the Foundation.

## I AM

I was regretting the past  
and fearing the future.  
Suddenly my Lord was speaking:  
My name is I AM.  
When you live in the past,  
with its mistakes and regrets,  
it is hard. I am not there.  
My name is not I Was.  
When you live in the future,  
with its problems and fears,  
it is hard. I am not there.  
My name is not I Will Be.  
When you live in this moment,  
it is not hard. I am here.  
My name is I AM.

[Helen Mallicoat](#)

Source: [quoted in The Silence of Unknowing by Terence Grant](#)



# Rokna Poeżija

## Il-Biża' w Lilhinn

u hekk ġara li —

l-maestà rawwmet minn ġewwa  
kull m'hemm, ċkienet, baqgħet hemm  
fi ġmamar jiddu, w xintilli

iżda ċ-ċokon reġa' ċkien  
meta mara ħassitha ma tiswa' xejn  
u l-ġamra mietet mitfija  
meta binha telaq mid-dar  
—le, mhux mejta, mgħottija

b' insigurtà, ħtija, uġiġħ, stejjer  
li tirrakkonta lilek innifsek  
tarka fissazzjonijiet li ma tħares xejn  
u biża', biża'.

kien hemm ieħor iżda  
li ġie bla biża'  
u tal-mara, inxtorbitilha !

b'għaġeb ħadet biss lemħa  
ta' min kienet tassew

fejn hi biżagħtek issa, mara?

tony macelli



## Il-Kunsill Malti għall-Isport

Fil-15 ta' Ġunju l-KMS tella' kompetizzjoni ta' Rifle Shooting fil-Kumpless Sportiv ta' Ғal Kirkop, b'risq il-Fondazzjoni St. Jeanne Antide. Fil-kompetizzjoni ħadu sehem numru sabiħ ta' tfal li juri kemm din id-dixxiplina qiegħda ssir aktar popolari mal-atleti ta' eta' zgħira.

Kull tifel u tifla taw donazzjoni għall-Fondazzjoni St. Jeanne Antide u fl-aħħar tal-attività kollha ngħataw ċertifikat ta' partiiċipazzjoni u premju għal min ġie l-ewwel, it-tieni u it-tielet f'kull kategorija li pparteeipaw fiiha. Il-fondazzjoni tiringrazzja lill-amministraturi u ħaddiema tal-KMS għall-inizjattiva li ħadu u lill-parteeipanti kollha għad-donnazzjoni li taw.



**On the 13th of June, Dr Helena Dalli, Minister for Social Dialogue, Consumer Affairs and Civil Liberties visited the Foundation. She is seen here in discussion with staff and volunteers.**





*Join the Sisters of Charity of St Jeanne Antide.*

*Be part of a multi-national congregation.*

*Pastoral & social development work in 30 countries.*

**KIVA is fully endorsed and recommended by SJAF. Make a loan! Even get some friends and form a lenders' group.**

## When will YOU Lend \$25 to a poor family in a developing country?

Special notice for friends and workers of St Jeanne Antide Foundation

KIVA is fully endorsed and recommended by SJAF. Make a load! Even get some friends and form a lenders' group.

Funded on May 14, 2012



### Susan

Uganda | Timber Sales

You Loaned:	\$25.00
Newly Repaid:	\$4.04
Total Repaid So Far:	\$24.18 (96.72% of your loan)
Repayment Status:	Paying back on time

How does it work? See it all at <http://www.kiva.org/>

Get all the details in your [portfolio](#). For repayments on loans made with your own funds, repayments are returned to your Kiva account to keep, re-lend to another borrower, or [donate](#) to support Kiva's operating costs.

Have questions? We're happy to help at [contactus@kiva.org](mailto:contactus@kiva.org).

On behalf of all of our borrowers, thank you for lending on Kiva.

Empower people around the world with a \$25 loan



KIVA says:

We are a non-profit organization with a mission to connect people through lending to alleviate poverty. Leveraging the internet and a worldwide network of microfinance institutions, Kiva lets individuals lend as little as \$25 to help create opportunity around the world. Learn more about [how it works](#).

Since Kiva was founded in 2005:

- 945,733 Kiva lenders
- \$443,042,325 in loans
- 99.03% Repayment rate

We work with:

- 197 Field Partners
- 450 volunteers around the world

68 different countries

[More metrics and stats >](http://www.kiva.org/about/stats)  
<http://www.kiva.org/about/stats>

### Why we do what we do

We envision a world where all people - even in the most remote areas of the globe - hold the power to create opportunity for themselves and others.

We believe providing safe, affordable access to capital to those in need helps people create better lives for themselves and their families.

## Overseas development project in Malawi – Construction of a Health Post at Chisenga in St Ignatius Parish, Karonga Diocese

Through funds obtained from the Ministry of Foreign Affairs in Malta, the St Jeanne Antide Foundation is enabling the St Ignatius Parish in Chisenga, Malawi to build a health centre. Here is a diary on the implementation of the project by Parish Priest Fr. John Benjamin Moyo who is responsible for the execution of the project from the side of the Diocese of Karonga.

**23 March 2013:** the amount of MK 2,855,307.00 was deposited into St. Ignatius of Loyola Parish bank account for the construction of Chisenga Health Post funded by the Maltese Government following the presentation of a project document by the St. Jeanne Antide Foundation.

**25<sup>th</sup> March 2013:** the local community spearheaded by Catholic Christian of Chisenga worked hard to clear the thick bush that was on the site allocated for the building of a Health Post. People really offered themselves for the work because of the profound need they have for the health services.

**27<sup>th</sup> March 2013:** Technical works started by Maro Building Contractor. On the same day, the local community started making the SSB bricks by hand.

**1<sup>st</sup> April 2013:** Work to lay a solid concrete slab started.

**15<sup>th</sup> April 2013:** The Contractor started building the foundation using small burnt bricks made by the local community.

**28<sup>th</sup> April 2013:** A one meter wide flooring slab was constructed on the ground level.

**1 May 2013:** The super structure construction was started using SSB bricks which were molded by the local Community. Door frames, windows and air vents were fixed in the process.

**20<sup>th</sup> May 2013:** The work of constructing and completing the concrete Ring Beam started. Ring beam shuttering was made, Y12 bars were fixed for the concrete Ring Beam.

**27<sup>th</sup> May 2013:** The walls were started, preparing the way for the roofing.

**CHALLENGES:** While we have worked very hard to make sure that our project becomes successful, we have also met some challenges such as the rising costs of materials because of the floating of the Malawi Kwacha for example:

- At the time of obtaining quotations from vendors, the cost of cement was at MK 5,100.00 per packet. By the time of purchase, the cost of cement had risen to MK 6000 per packet.
- The cost of transporting materials to Chisenga is very high because the roads to Chisenga are very bad. With the floating of the Malawi Kwacha, the vendors charged as they want.

Despite these challenges, we have still managed to reach what was expected with the first installment of the money. This is due to good and timely participation of the local community. Many people in Chisenga area are very excited about the coming of this small health facility. It has become a source of unity since people come and work together with great enthusiasm.

## Overseas development project in Malawi



The community making bricks



The foundation slab for the Health Post



Health Post at window level inside



Health Post window level outside



Health Post at ring beam Level



Health Post at gable level



Beneficiaries spearheading participation



**On TAKING OFFENCE:** "More suffering comes into the world by people taking offence than by people intending to give offence." (Ken Keyes) About this, Franciscan monk Richard Rohr writes in his book Falling Upwards (2012; p.7): "The offended ones feel the need to offend back those who they think have offended them, creating defensiveness on the part of the presumed offenders, which often becomes a new offensive - ad infinitum. There seems to be no way out of this self-defeating and violent ping-pong game except growing up spiritually. The True Self, you see, is very hard to offend!"

## Tree of feelings – survivors of domestic violence

(by SOAR: survival of abuse with resilience . SOAR is a support and advocacy group within SJAF. It is assisted financially in 2013 by the Small Initiatives Scheme (SIS)/ VO Fund of the Malta Council for the Voluntary Sector)

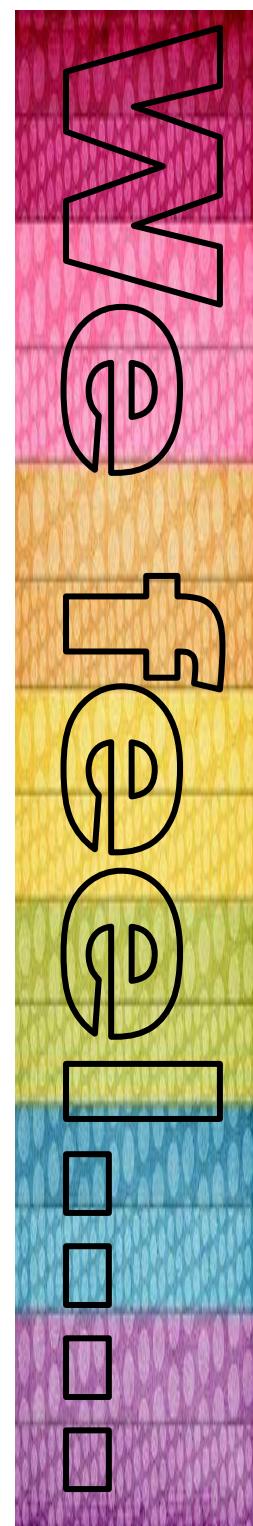
*("She saw her life like a great tree in leaf with the things suffered, things enjoyed, things done and undone. Dawn and doom was in the branches." From: Their Eyes Were Watching God, by Zora Neale Hurston, 1937. Read it!!)*

As part of their therapeutic programme, SOAR members recently carried out an exercise that is worth sharing with readers. The therapist asked members to brainstorm **things that have happened because of domestic violence** in their lives. Members listed the following consequences of domestic violence as branches of a tree drawn on a large poster.

- Loss of basic trust in people
- Isolated because of shame
- Financial difficulties
- Everything in my life was affected; my life went down the drain
- Overwhelmed – having too much to cope with
- Having to bring up the children all alone
- Huge changes
- Feeling stuck and full of anger
- Feeling of utter hopelessness
- Much time alone with my son
- Loneliness and a heavy sense of being let down
- Shock, trauma
- Exhaustion
- Lack of sleep
- Chaos
- Running against time
- Unable to concentrate
- Despair
- Instability; feeling naked.

The women then listed **feelings caused by these situations**:

- Feeling overwhelmed
- Anger
- Blame, shame, guilt
- Fear
- Lack of trust
- Confusion
- Wanting to feel loveable
- Impatience and frustration
- Loneliness
- Self-hatred
- Depressed
- Hopelessness
- Peaceful about the decision to build a new life
- Insecure
- Lost



- Trapped ; locked
- Feeling inferior and unworthy
- Disbelief and numbness
- Intimidated
- Anxious and hyper.

### What has the abuse done to me?

- Sirt passiva
- Traskurajt lili nnifsi
- Bdejt nibla kemm niflah pinnoli
- Naqqast milli nissoċlalizza
- Nirrabja mat-tfal
- Ma norqodx
- Rabja ghax il-familjari ma jifhmunix
- Bla saħħa
- Żidt fil-piż
- Dejjem għajjena
- Bla mħabba
- Dipressjoni ; hadt overdose
- Sirt nara il-ħażin biss
- Kont neżisti biss
- Sirt nargumenta ħafna u niġġieled għad drittijiet tiegħi
- Ittraskurajt id-dar
- Ma jkolli aptit nagħmel xejn
- Ridt l-imħabba fuq kollox
- Inqast ħafna fil-piż
- Nirrabja u nġhid dak li ma rridx
- Naħseb kif nista' nitlaq
- Noħrog waħdi
- Inhossni silġa
- Extreme exhaustion
- Perfectionist
- Naħrab il-ġirien
- Norqod ħafna (biex naħrab il-hajja)
- Abbandunajt kollox
- Nibla l-pilloli
- Moody; passive aggressive
- Dwejjaq kbar ħafna
- Ninjora u ma nirrispondix
- Waħdi.



### Good things that have come out of my situation today:

- Sodisfatta li rbaħt fuq l-abbuż
- Freedom
- Can now focus on taking care of my children's upbringing
- Trying to find a way to live better
- Working on myself

- Learning art
- Love myself more
- Taking control of my life
- Found more opportunities
- Exploring new roles
- Taking better care of myself and my health
- Active in a support group
- A dream come true
- Taking control back
- Less tension
- Making my own choices
- Self awareness, self esteem, self confidence
- Unafraid to make mistakes
- Unafraid to make decisions
- More friendships
- Stronger relationships
- Ability to enjoy myself
- Not afraid to socialise
- Financial budgeting
- Empathy
- Routine and stability
- Safety
- More quality time with my son
- Inner strength
- Ability to love again
- Ability to trust
- Self appreciation
- Able to reach out for help
- Grateful
- Able to move on
- More assertive
- I don't feel alone anymore.



(One member wrote: “Reading what we did brings back memories. One thing that I really felt, and the feeling was so strong, was how much we bond with each other! We feel safe together and we give so much strength to each other”.)



**06/06/2013 - CSR DAY** Co-ordinated by HSBC Malta plc –  
CSR employees from Vassallo Group

“The positive contribution the Group can make through charitable giving is important to our long-term success. As a Group of Companies, we have an absolute commitment to CSR and are continuously striving to ensure that we’re doing our part (and more) in the workplace, the environment and the wider community.” (from Vassallo Group website)

Workers from the Vassallo Group spent 4 days doing maintenance work in a premises of the Sisters of Charity which will be used by the St Jeanne Antide Foundation as a meeting place for service users as well as a bazaar. Thank you team co-ordinated by Gayl and supervised by Jason Bonnici!

## Volunteer Befrienders

**Broad aim: to alleviate loneliness and reduce social exclusion.**

**Specific aims:**

- i) to match volunteers with lonely, home-bound persons so that the latter feel cared for.
- ii) to provide a lifeline which stimulates lonely service users to take an interest in life beyond their doors.

Anyone interested in volunteering, kindly contact us. [sjafngo@gmail.com](mailto:sjafngo@gmail.com)

# BEFRIEND



Mrs Sarah Watkinson, wife of the CEO of the HSBC Malta plc, visited the Foundation to familiarise herself with the services being provided to vulnerable children and their families. The HSBC Malta Foundation is this year making a grant of €6,250 to enable the Foundation to sustain some of its intense support work with vulnerable and poor families whose children, without this support, would be at a higher risk. Accompanying Mrs Watkinson was Ms Doriette Camilleri, Manager Corporate Sustainability Department, HSBC Bank Malta p.l.c.

