

# SJAF e-Magazine



ST JEANNE ANTIDE FOUNDATION

Centru Antida

51, Tarxien Road. Tarxien TXN1090

Reception Desk Tel. 27672367; 21808981; 21809011

Email: [miriam.sjaf@gmail.com](mailto:miriam.sjaf@gmail.com)

Website: [www.antidemalta.com](http://www.antidemalta.com)

Facebook: Fondazzjoni St Jeanne Antide

VO/0005/4<sup>th</sup> May 2008

a monthly e-magazine – Issue No.90, June 2015

## BALLYMUN Child and Family Resource Centre, Dublin

one of the organisations visited by Maltese delegates as part of a **LEAP Project** study-visit to Dublin

by Nora Macelli

Between June 8 and 13, 54 Maltese officials forming part of 4 Regional Networks of the LEAP Project of the Ministry for the Family and Social Solidarity (MFSS), were exposed to the work of around 21 organisations to learn first-hand how such organisations are extensively collaborating with other service providers for the best possible outcomes to the families they support.

Networking and collaboration infused all interactions, discussions, dialogue sessions and visits throughout the week. The Maltese delegates are all, in their own way and within their own sphere of operations, already working closely with other colleagues who form part of their Regional LEAP Network of service providers across a number of sectors – health, mental health, education, criminal justice, housing, social security, family welfare, Local Councils, Parish Diaconia work, NGOs. The study visit, funded through the LEAP Project, was another step in the direction of consolidating and nurturing the spirit of collaboration among practitioners for the best outcome possible for the vulnerable families we all serve.



### KONTENUT

BALLYMUN – a Dublin-based Child and Family Resource Centre.....	pg 1,2
For people with other exists.....	pg 3
Centering Prayer Groups.....	pg 3
IRENE PROJECT: Prison Outreach in Female Section.....	pg 4
The new Crafts Group at Ċentru Enrichetta in Birżebbuġa.....	pg 5
Rokna Poeżija.....	pg 6
Caring for psychosis and schizophrenia.....	pg 7
Supporting a community-based group of vulnerable young persons.....	pg 8
Book launch on the 19th June 2015.....	pg 9,10
LEAP Project of the Ministry for the Family and Social Solidarity.....	pg 11
Ktieb ġdid: Bdoti fil-Maltemp .....	pg 12
Avviżi.....	pg 13

Given that the St Jeanne Antide Foundation runs two Family Resource Centres in Malta – one in Tarxien (Ċentru Antida) serving the needs of vulnerable families from the localities of Tarxien, Paola, Fgura, Żabbar and Santa Luċija) and Birżebbuġa (Ċentru Enrichetta), I looked forward to the visit to Ballymun Family Resource Centre. Ballymun is a community of around 22,000 mostly low-income families. The centre aims to empower families, build on their strengths, nurture self-esteem, improve learning and well-being outcomes for children and their parents. The centre runs supportive activities that encourage positive interactions that enable children and parents to further improve and sustain their emotional bond and relationship.

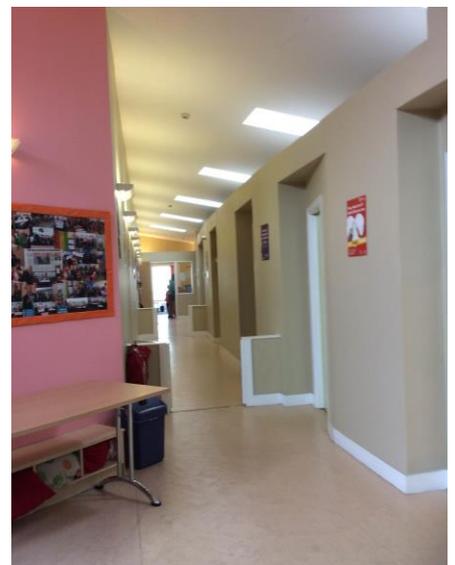
Ballymun Child and Family Resource Centre is funded by, among others, TUSLA – the State’s Child and Family Agency which was established in January 2014 and is now the dedicated State agency responsible for improving wellbeing and outcomes for children. The Board of Management of the Ballymun Centre is made up of local activists and representatives of locally based organisations. The Centre works in partnership with other local statutory and voluntary bodies so as to better respond to the identified needs of residents.

Some of the family support activities and services offered at the Centre include:

- a Schools-Out Programme: literacy based activities that run during school breaks.
- a Parent and Toddler activity group.
- a Homework Club for children from years 2 to 6 of primary schools.
- a Study support group for students from second to third years of secondary school.
- a Counselling service for those over the age of 18.
- a Uniform recycling bank for very low income families.
- Information leaflets of all types for families.
- Referrals to other services.
- Information sessions run by other services on Citizens’ rights.
- Outreach clinic run by the Community Law Centre.
- Appointments for those who need assistance to fill-in applications for social support.
- Advocacy and appeals.
- Bereavement Support Group.
- A range of non-formal education courses on: Women’s Leadership, Self-development, basic-cooking on a budget, introduction to gardening for men.
- a Crafts group.
- a Men’s Shed project for retirees and unemployed.
- a Strengthening Families Programme.
- English for non-English speakers since Ballymun is a multi-cultural community.
- Occasional community sessions on key issues that impact the lives of residents.

Those of us who visited Ballymun Child and Family Resource Centre were welcomed by Mary – a staff member of the Centre, and Frank, a member of the Board of Management who has been a community activist for many years. Frank and Mary described to me how the Ballymun Centre evolved. Once TUSLA child and family agency decided to start a Child and Family Resource Centre in Ballymun, a centre manager was recruited. This person started to familiarise herself with the community, its socio-economic and historical context, its resources and infrastructure, resource persons and activists, the services of other community-based groups. She then identified a building which was subsequently rented and refurbished. She then organised a community meeting to discuss the setting up of the Child and Family Resource Centre. From this meeting, persons were identified who were ready to commit to serving on a voluntary basis on the Board of Management. Frank was a community activist who committed himself to fulfil such a responsibility.

The environment of the Ballymun Child and Family Resource Centre is very welcoming. There is an open space with computers, leaflets on positive parenting and a table for those who drop by, two large activity/groupwork rooms, counselling rooms, a kitchen, dining area, offices, a reception area, toilets and largish back yard. The Centre uses ample wall space for information leaflets of all sorts and on diverse topics of interest to parents. Booklets for children, parents and teenagers published by Barnardos can easily be picked up; they range in topics from domestic abuse, to drug taking, to bullying, coping with grief, marital separation, cyber-bullying, positive parenting, tips for parents on communicating with their children, and much much more. A range of brochures of other organisations are also on display.

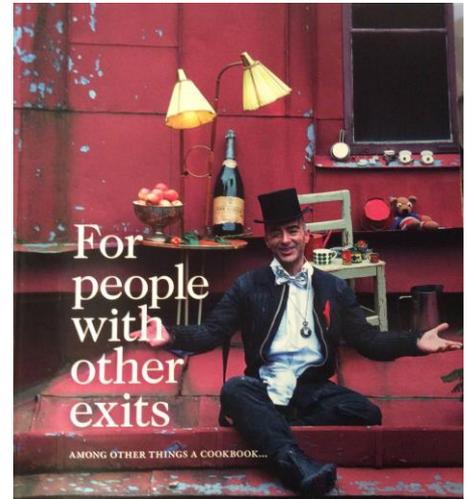


## FOR PEOPLE WITH OTHER EXITS

a happy and unusual book for persons who underwent stoma surgery

The subtitle of this book reads...“among other things a cookbook”. Maria Gylfe, Head Nurse of Danderyd Hospital Surgery and Urology Ward in Sweden states in her preface to this lovely book that it is not a scientific book but rather a cookbook for people who have just had ostomy surgery and have myriad questions about how their life will unfold with a stoma bag. As cookbook Project Manager Maria Gylfe worked with a number of persons to create this book: sponsors, models for the book photos, photographer, Chefs and food creators, examiner of recipes (a Professor/Chief Physician from the Rolf Hultcrantz Karolinska University Hospital, proof reader, manager of operations, managing director....

The end result is a funny, hope-full, inspirational cookbook that tells you...*hey, life goes on and can be embraced with zest and enthusiasm*. Apart from stomapartients, the book can be read and used by those who work with such patients. Recipes can be made with limited resources and are very easy to cook. They are lifesavers. The models who posed for the book photos are stoma patients themselves from an organisation called ILCO (Sweden Ostomy Association). Their pose defies pity in the face. They pose with their stoma bags on – although adorned to co-ordinate with their outfit.



Apart from providing a number of recipes, each chapter focuses on a stoma patient and his or her suggestions for living life normally without allowing their stoma to become an impediment. Their headline suggestions:

- “A girdle keeps the stoma *in place*”;
- “Win by finishing a meal *last*”;
- “Snorkel in a *tube top*”;
- “Paint your own *stoma bags*”;
- “Carbon monoxide can be whisked out to avoid gas”;
- “Terry cloth neutralizes *sterility*”;
- “Test your stoma – see what it can take!”.

Health practitioners are all the time asked by stoma patients: “But what can we eat now?” This book helps them answer this question while demonstrating, from the personal experiences dotting the book, that life can still be lived to the full.

download the cookbook from URL:

[http://www.ds.se/Global/Sidor%20utanf%C3%B6r%20menyn/Cookbook\\_english\\_print.pdf](http://www.ds.se/Global/Sidor%20utanf%C3%B6r%20menyn/Cookbook_english_print.pdf)



## Centering Prayer Groups

are held every week as follows:

Balzan Centering Prayer Group meets every Monday from 6pm to 7.30pm

Tarxien Centering Prayer Group meets on Tuesdays from 6pm to 7.30pm

Marsaxlokk Centering Prayer Group meets Wednesdays at 7pm

## IRENE PROJECT: Prison Outreach in Female Section

The weekly Crafts sessions in prison are becoming increasingly more popular. The women who participate are very enthusiastic and committed to producing crafts that eventually can be sold with other crafts items produced by the Foundation for sale in Crafts Fairs. A huge thanks to the SJAF Volunteer Team involved in this initiative and to the women in prison who take part!

This week we present you with another poem, this time written by a young woman to her mother who is in prison. Thank you Toya for sharing this poem!

### LIL OMMI - minn Toya

*poeżija mill-qalb ta' żgħażuġha mxennqa għal ommha li qiegħda l-ħabs*

*Aw ja' omm għażiża għalija,  
inħares lej k tarmi d-dija,  
ji ena lilek wisq inħobb u  
mingħajrek ma noqgħodx.*

*Meta lilek jien narak,  
wiċċek imbaċċaċ hekk aħjar,  
niftakar meta l-bogħod minni spiċċajt,  
imma xorta waħda ommi bqajt.*

*Ma jimpurtanix x'jgħidu n-nies,  
dawk kollha moħħhom biex jgħaddu ż-żmien.  
Inħobbok kont, għadni u nibqa', u  
ejja ħa toħroġ minn ġo dik il-mizbla.*

*Ma ġara xejn li int żbaljajt,  
m'intix waħdek li fl-iżball waqajt.  
Meta ma ċċempillix jien nimmisjak,  
u lilek nixtieq narak.*

*Ejja ħa toħroġ minn hemm ġew,  
ħa ngawdik bħal ma diga gawdejt.  
Għalhekk għażiża ommi rabbi l-għaqal,  
Forsi t-tnejn ngħixu ħajja bil-għaqal.*

*Taħseb li lilek jien ma' nħobbx.  
Imma jien lilek ma nobogħdx.  
Anzi jien inħobbok ferm,  
Jekk ma nħobbokx immur l-infern.*

*U tghidlix li jiena fitta,  
Imma nieħu ħsiebek irrid nibda,  
dil-ħajja aħna rridu nbiddlu,  
U ingawdu lil xulxin irridu nfittxu.*

*Għażiża ommi tinsinix,  
Għax jien mingħajrek ma ngħaddix.  
Nerġgħu ngħixu flimkien tul iż-żmien,  
Avolja niġġieldu bla waqfien.*

*Għażiża ommi ser inħallik,  
Nispera li b'dil-poeżija se npaxxik!!*

Toya

(EEA 06/14) Ċentru Enrichetta Family Resource Centre is a project co-financed by:



EEA Grants NGO Malta Programme  
2009-2014  
This project is part-financed by the EEA Grants.  
Co-Financing Rate: 90% EEA Funding,  
10% Beneficiary Funds



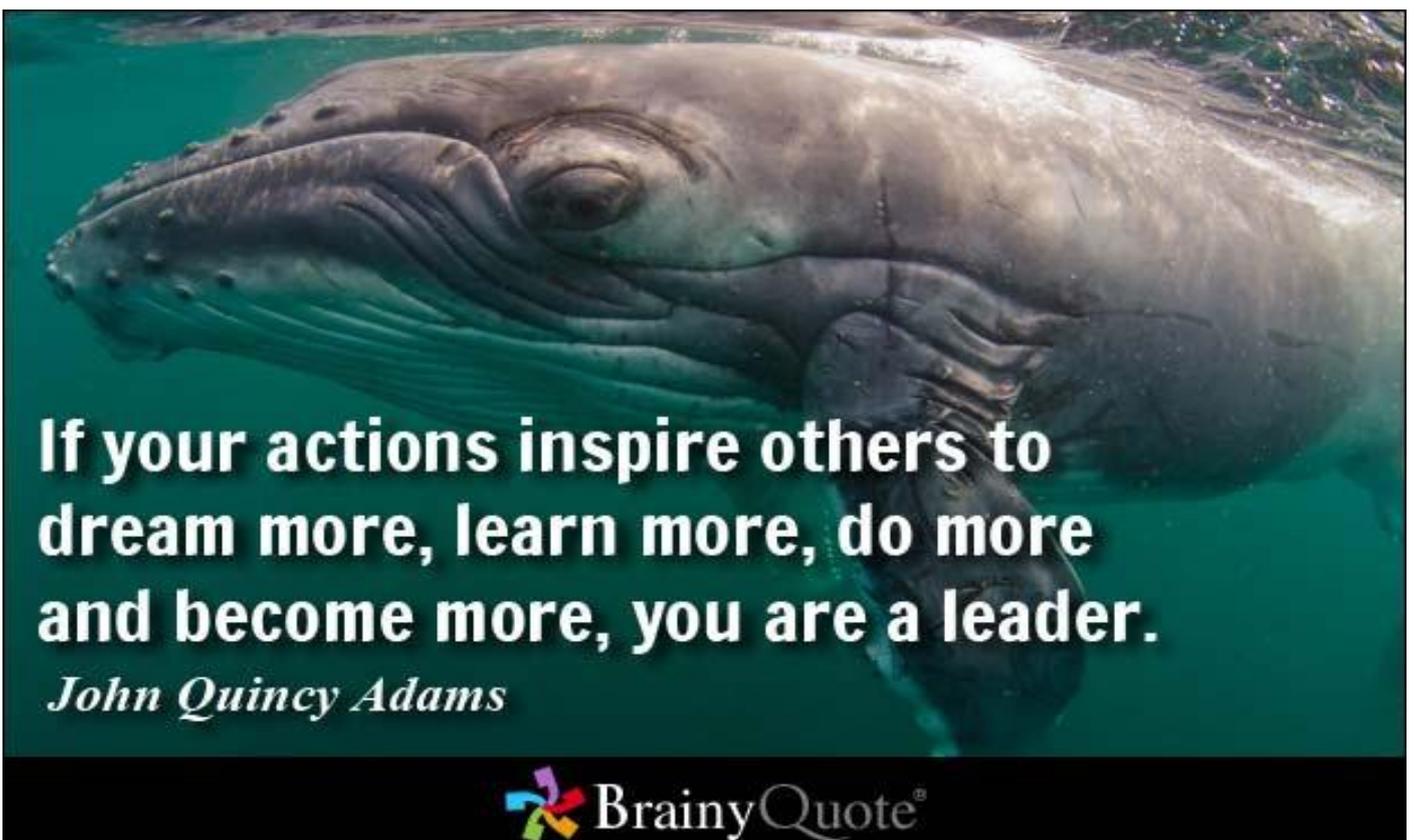


### The new Crafts Group at Ċentru Enrichetta in Birżebbuġa

A team of Volunteers in as been formed to produce Crafts to raise funds for the Foundation. The Volunteers are working two mornings a week at the Foundation's Family Resource Centre in Birżebbuġa. The first three Volunteers to join are Maria Kemp, Carmen Cassar and Maria Bartolo

They are looking for more volunteers to join them in this fun but very creative and productive group. Materials are being donated for use by this group. In the meantime, Dar Hosea staff members too are embarking on a craft producing initiative to raise funds for Dar Hosea.

Products produced by these two teams and craft items produced by women in prison who attend the Foundation's weekly crafts session will also be on sale during craft fairs held around Malta.



## Rokna Poezija

Ghadira Hemda

biswit Ghadira Hemda  
fi triq lejn Muntanja Ilma  
- tista' timmaginaha? -  
pellegrini bil-ghatx jaslu  
sa Funtana Ghageb  
u jsiru  
funtana w muntanja

tony macelli, 2011

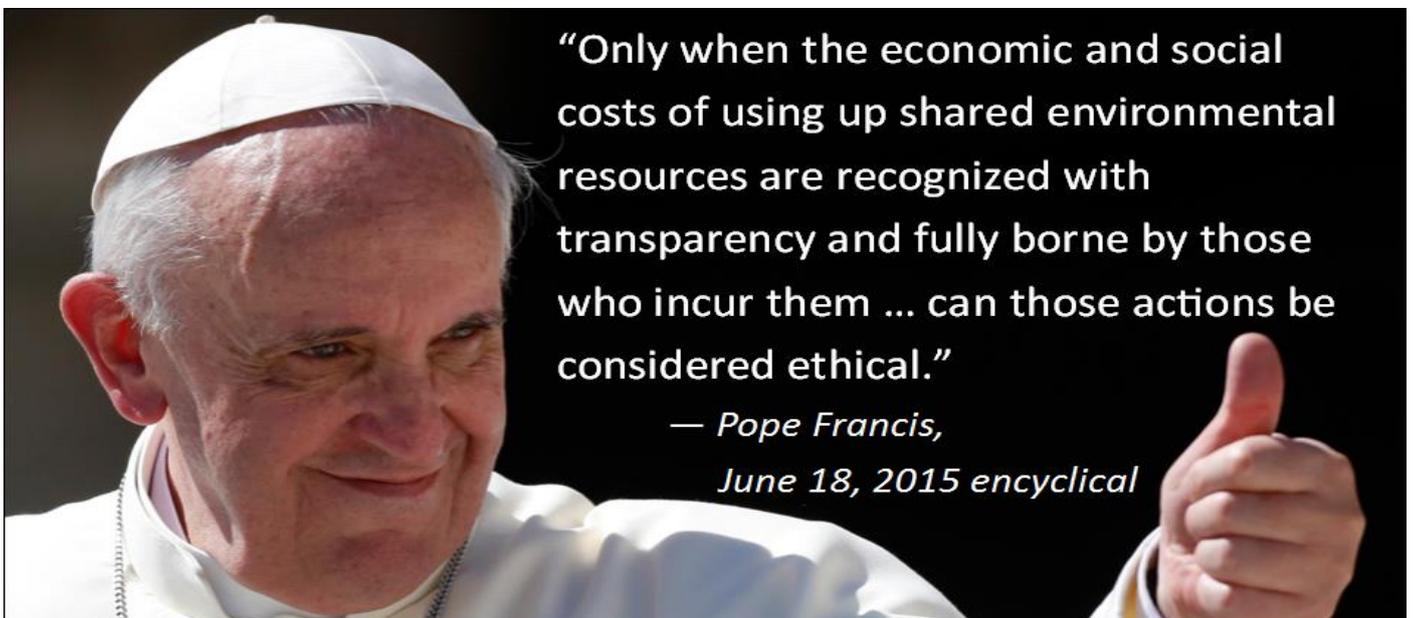
La Jghożżna Dan l-Ilma

la jghożżna dan l-ilma li jghaddi mid-dielja  
ha' naghmlu l-imhabba, maħbuba fidila  
ha' naghmlu nbid qawwi u pur  
li jqawwi u jferraħ il-qlob

jinbarmu f'xulxin żewġt ifrieghi għaġġiela  
dan l-ilma nghixuh, u nitghaxxqu bi ġmielu  
dan l-ilma tal-ħajja dejjem  
gelgul... passarella... tad-deheb

bi sliem u b'imhabba ta' hemda bla kliem  
u b'ferħ liema bħalu f'dil-fergħa ta' ġmiel  
kemm qrib, kemm mill-qrib inti ġejt  
u d-dielja li tghixna urejt

tony macelli, 2002



“Only when the economic and social costs of using up shared environmental resources are recognized with transparency and fully borne by those who incur them ... can those actions be considered ethical.”

— Pope Francis,  
June 18, 2015 encyclical

## CARING FOR PSYCHOSIS AND SCHIZOPHRENIA - A NEW SUPPORT VENTURE FOR FAMILY CAREGIVERS

by Connie Magro, Vice President, EUFAMI & Senior Psychiatric Nurse/ Lwien Service

The Otsuka and Lundbeck Alliance have embarked on an international initiative – Caring4Carers – guided by an independent international Steering Committee, of which EUFAMI is a member, to create support for carers of people with schizophrenia and psychosis. This initiative consists on an on-line course which will make it possible for caregivers to become more key participants in the treatment partnership, whilst improving their own quality of life.



The objectives of this new Caring4Carers course are to:

1. empower carers to play a more active part in the treatment process in collaboration with professionals;
2. improve the schizophrenia and psychosis management experience for both carer and patient;
3. enable the family caregiver to gain a more positive experience of caregiving;
4. improve the treatment and care partnership between the caregiver and health care professionals;
5. allow a more open discussion about treatment options and management between stakeholders.

### Who is offering the Caring4Carers course and its accreditation?

King's College London (KCL), a world renowned academic institution and its department, the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) – is leading the development of the curriculum of this “accredited” educational course, in consultation with EUFAMI and other caregiver and patient advocacy organisations.

*The course will be accessible by family caregivers and professionals through the Mass Online Open Course (MOOC). MOOC is the newest pedagogic learning concept used by major universities in the world. It combines a rich mixture of visual (video) and text-based interactive learning with role-play and skills training. It includes social learning by participants interacting in real-time with each other. The course will run for two weeks in order to respect the time pressure on family caregivers. Educators from King's College London will moderate the course and mentor participants through interactive discussions.*

The MOOC will be piloted in Australia, Canada and UK before roll-out to rest of world *shortly afterwards*. The course will be exclusively delivered via the **FutureLearn** platform (<https://www.futurelearn.com/>) – one of the leading MOOC providers.

You can meet the course developer during the EUFAMI Congress in Sofia, Bulgaria, to be held on the 19th and 20th September, 2015. The Course developer is Dr Juliana Onwumere, Academic Lead for Carer MOOC and Consultant Clinical Psychologist with the National Psychosis Unit/ Lecturer, Institute of Psychiatry, Psychology and Neuroscience, King's College London. She will be presenting a paper on the subject.

## SUPPORTING A COMMUNITY-BASED GROUP OF VULNERABLE YOUNG PERSONS by Melanie Piscopo

Over the past few years the Foundation has deployed through own funds a Youth Worker to work at the Tarxien Youth Centre for 2 evenings a week, in order to better serve the vulnerable category of young at risk persons. In close collaboration with the Leader of the group, the Youth Worker developed a schedule of activities based on the expressed interests of the young members. These included dance sessions by a dance therapist, volunteering activities, outings, discussions about common life-issues, arts and crafts-making, counseling, referrals to other support organisations whenever required and other activities.

Last year, through the Small Initiatives Scheme (SiS) of the Malta Council for the Voluntary Sector, the Foundation procured essential equipment for use by the young persons who regularly frequent the Centre. A public speaking system, a CD player, a DVD player and a projector screen were purchased through the SIS grant. This equipment is used for large-group activities.

Through the SiS grant, a creative self-expression course on Graffiti art was also organised for this group. However, due to circumstances beyond the Foundation's control, the course could not be held at the Youth Centre. SiS subsequently approved the request that the course be held in collaboration with secondary school students from the St Jeanne Antide College adjacent to the Foundation. The graffiti course ran from December 2014 to May 2015 in the school's yard



## BOOK LAUNCH on the 19<sup>th</sup> June 2015 hosted by Her Excellency the President of Malta – Marie-Louise Coleiro Preca

by Elaine Compagno

As we walked through the tunnel-like corridor and emerged into the bright, lush, President's Secret Garden it was difficult not to feel like Alice in her Wonderland. What a perfect place to launch two books for young people!

A table was set up with both books, **Il-Mela Darba Tiegħi** and **Caterpillar in a Jar**. In the shade of the majestic trees, around 35 invitees sat in a circle along with the excited child-authors of *Il-Mela Darba Tiegħi*. Her Excellency Marie-Louise Coleiro Preca soon joined us and, in her inimitable informal manner, made us all feel welcome and initiated the launch.

**Nora Macelli**, the CEO of the St Jeanne Antide Foundation, introduced the project and the books. She explained how, thanks to the funds made available through the President's Award for Creativity, the Foundation was able to embark on the implementation of the project. Nine children from vulnerable families who make use of the service of the Foundation were selected to take part in the project. The Foundation enlisted the professional service of an expert Writing Process Tutor from the Malta Writing Programme which today forms part of the National Literacy Agency. The Writing Process Tutor, Silvana Cardona, used creative writing strategies that enabled each child to write a touching story based on their own difficult life circumstances. Well known children's book illustrator Maria

Attard also worked with the children to enable them to create illustrations to go with their story, while creating her own illustrations for the book. With their voices forever carved into each printed word in the book *Il-Mela Darba Tiegħi*, the child-authors were given a safe space to express their thoughts in their own unique way.

**Ruth Stafrace**, Social Worker and editor of the children's book, spoke about how the idea for the book came about and stressed that vulnerable children (unfortunately) had a wealth of experiences of struggle and hardships at their young age which often remains hidden. The idea behind the project was to enable vulnerable persons to have a voice through narrative writing. Writing is a creative process which helps young writers to process their thoughts, make sense of them and put them in order, experiencing a form of emotional purging through writing. Through the *Il-Mela Darba Tiegħi*, the child-authors' messages can now be passed on to other children who may be going through similar hardships.

**Elaine Compagno**, author of the book **Caterpillar in a Jar** and Co-ordinator of the SOAR Service within the St Jeanne Antide Foundation, spoke about how the support group for female victims of intimate partner violence, SOAR, came about. She explained how as survivors of intimate partner violence, victims often start off having warped ideas about their roles as women, wives and mothers, later, making excuses for their abusers' behaviour as the victims try to fix the abusive situation they find themselves in. Pointing out how important it was to try and prevent such situations happening in the first place, she called for young people to discuss

the topic more openly. Elaine introduced the main character of the book called Jenna. In the book, Jenna is a child witness to domestic violence who later on in life finds herself dating a possessive young man. What does Jenna do?

**Rachel Schembri**, Deputy CEO of the National Literacy Agency, spoke about the effectiveness of the Writing Process and how it liberates children who are taught to write using this process. She referred to her agency's Writing Process Tutor – Silvana Cardona – who worked with the Foundation's children to create their story. Rachel then thanked the Foundation for this opportunity to collaborate on this project which led to the production of a unique children's book. She augured more such collaborative ideas and projects in the near future.

Her Excellency Marie-Louise Coleiro Preca thanked the Foundation for giving children a safe space to share their stories through writing. She said that the Foundation often comes up with creative ideas that enable vulnerable children to genuinely feel loved, nurtured and acknowledged. She stressed that children are not just the people of tomorrow, but the people of today and it is today that they need the spaces to talk for themselves. Her Excellency also pointed out that sometimes as adults we don't listen to children; we do not give them the opportunity to talk. Children are able to see the community through innocent and unprejudiced eyes and sometimes express themselves better than adults can. She congratulated the Foundation for being an effective example of successful collaboration with other agencies and responding to the needs of vulnerable families in a holistic way, working hard on a daily

basis to make a difference to people’s lives. Her Excellency argued that inclusion must be true inclusion, not just a buzz-word of

the moment; it should be our life-mission for communities to live in harmony, peace and dignity.

Coffee and light snacks were served and all guests were given a copy of each book.

### President’s Award for Creativity (2014)

The project of the St Jeanne Antide Foundation that won an award was entitled: **Creativity takes Courage: conveying traumatic experiences of vulnerable children through art and creative writing.** The two books which were launched on the 19th of June were end products of this project.



## IL-PREMJU TAL-PRESIDENT GHALL-KREATTIVITÀ

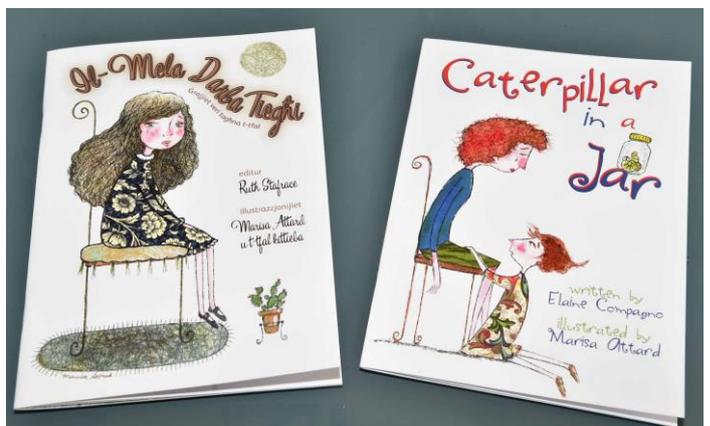


Photo - DOI - Jeremy Wannacott



Photo - DOI - Jeremy Wannacott



Photo - DOI - Jeremy Wannacott

**LEAP Project of the Ministry for the Family and Social Solidarity (MFSS) - Visit by Maltese delegation to Dublin, Ireland** (see also pages 1 and 2 of this issue)

A delegation of 54 Maltese officials visited 28 organisations in Dublin, Ireland between the 8th and 13th June. Members of the delegation included officials from the Ministry for the Family and Social Solidarity (MFSS), the Foundation for Social Welfare Services (FSWS), LEAP Regional Development Agents and Community Workers, representatives of the Department for Social Security (DSS), the Police, Local Councils, Education, KNPD, Health, Mental Health, NGOs, and Parish Diaconia Commissions.

The delegation was accommodated at Purcell House within the All Hallows College compound. Throughout the week, delegation members had contacts with and visited a total of 21 organisations. These included POBAL (an intermediary body that finances services and programmes), The Department of Children and Youth Affairs, Don Bosco Care, Larken Community College, Hands On Peer Education (HOPE), the Garda Station Community Policing in Store Street, the Crinan Project of the Lourdes Youth and Community Services, an Adventure Sports Programme, the Child and Family Services of the Daughters of Charity, RUHAMA, the Child Care Services of Barnardos, Child Vision, Ballybough Community Centre and its YPAR (Young People at Risk) initiative, the Garda Community Relations Bureau, Don Bosco Homes in Clontarf, Ballymun Child and Family Resource Centre, Volunteer Ireland, the Department of Social Security, Saint Andrews Family Resource Centre, Salvation Army and the Hill Street Family Resource Centre.

The study visit was extremely well organised and the exposure varied and inspiring. The emphasis throughout was how other organisations in Dublin effectively network and collaborate with other organisations to maximise benefits for the vulnerable families they support. Similarly, delegation members networked resourcefully amongst themselves to ensure a similar experience within the Malta regions of the LEAP network.

Being a member of two of the 6 Regional Leap Networks (the South East region and the South Harbour Region) the St Jeanne Antide Foundation was invited to take part in the study visit.



**Purcell House in All Hallows' College, Dublin, where the delegation was accommodated.**

**Some of the organisations visited by the Leap Project Networks delegation members.**

## KTIEB ĠDID BDOTI FIL-MALTEMP - KIF TIEHU #SIEB QARIB B'MARD MENTALI

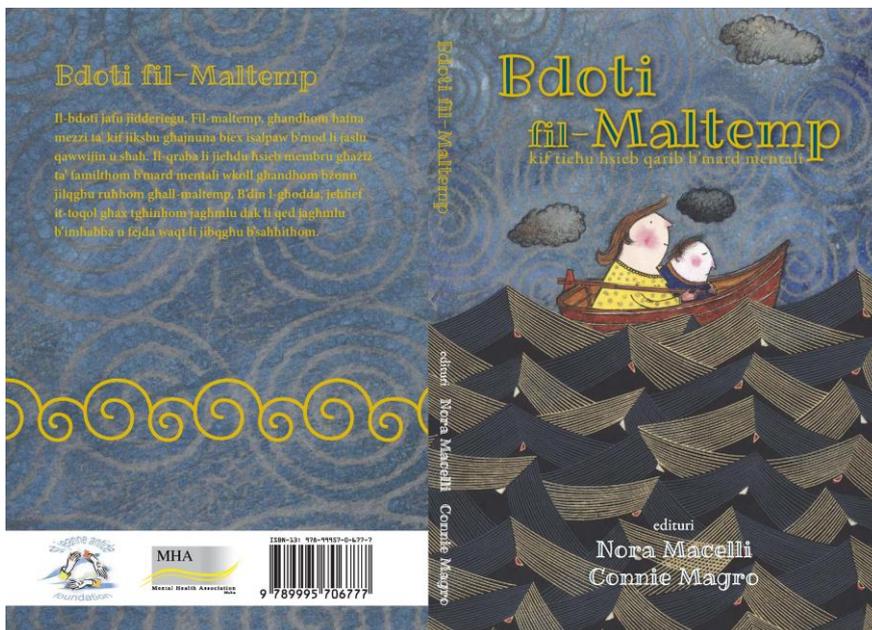
### Kummenti minn dawk li graw dan il-ktieb:

"I really appreciate this book; for our family it is like a manual that gives us a good overview of common mental illnesses. I read it and know that I will consult it many more times. Every Maltese family should have a copy even for general knowledge and to understand others who may be suffering from a mental illness. Thank you for this book. We need such information in Maltese." (Andrew)

"Dan il-ktieb mhawnx ieħor bħalu bil-Malti. Għalina li ma naqrawx bl-Ingliż u għandna bżonn naqraw fuq il-mard mentali li laqat lill-familja tagħna, almenu għandna dan il-ktieb u l-ieħor li ħriġtu wkoll into stess Il-Kwiekeb fid-Dlam Jixegħlu. Grazzi talli taħsbu tant fina l-qraba ta' min isofri minn mard mentali. Li ma kienx għas-servizz Lwien tagħkom il-Fondazzjoni, m'għandniex fejn immorru għall-għajnuna daqshekk intensa u apprezzata minna." (Paul)

"Qrajtu kollu f'darba. Ma stajtx nieqaf naqrah għax sib t tagħrif li veru kelli bżonn. Weġibli l-ħafna mistoqsijiet li kelli u li jinqalgħuli ta' sikwit. Grazzi ħafna u proset. J'Alla jaqrawh ħafna u ħafna nies għax naħseb li kull familja xi darba jew oħra tintlaqat minn xi marda mentali jew oħra." (Rita)

"Intom veru tifhmu minn xiex ngħaddu aħna li nieħdu ħsieb membru tal-familja b'mard mentali. Ħafna drabi, lanqas qrabatna stess ma jifhmuna. Għalhekk nispiċċaw ma nitkellmu ma ħadd għax aħjar hell milli naffaċċjaw nies li jħarsu lejna b'gudizzju. Il-partijiet tal-ktieb li jitrattaw minn xiex



ngħaddu aħna l-qraba nista' ngħid li qishom inkitbu minna stess. Proset ħafna tal-ktieb mitqлу deheb." (Johnny)

"Grazzi tas-servizzi li toffrulna lilna l-familjari ta' min isofri minn mard mentali. Veru nħossuna nħlissna minn mażżra għax it-toqol tagħna hu kbir. Imnella hawn intom fuq min induru regolarment. Grazzi ta' dan il-ktieb li jkompli jgħinna ngħixu ħajjitna b'aktar għerf u tama." (Anna)

**Min irid jikseb kopja jista' jikkuntattja lil Miriam Grech fuq email  
miriam.sjaf@gmail.com**



Like us on  
**Facebook**

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

## **BAZAAR** fi Triq Hal-Tarxien b'risq il-Fondazzjoni

**Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa  
mid-9:00 sa 12:00**

**Naċċettaw oġġetti biex jinbiegħu fil-Bazaar**

### **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](mailto:sjafngo@gmail.com)

**THANK YOU! WE PROMISE TO PRAY FOR YOU AND YOUR FAMILY**

## **Foundation SERVICES**

### **1. Family Resource Centres:**

- **Ċentru Antida** in the heart of 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, Żabbar and Santa Lucia.

- **Ċentru Enriuchetta** in Birżebbuġa.

### **2. Social Work Service:** Includes:

- **Social Work:** home-visits, outreach work, advocacy, referral, information, emotional support. Catchment areas: Tarxien, Paola, Fgura, Żabbar, Santa Lucia, Birżebbuġa.
- **Emotional Freedom Service** for persons wanting to be free from their anger, fear or other emotional distress;
- **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)

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

**4. IRENE Project** in support of very vulnerable women involved in street prostitution. (Project financed for 18 months by the EEA NGO Malta Fund managed by SOS Malta) .

**5. SOAR Service: advocacy and support** for victims and survivors of domestic violence . Includes workshops on dating violence for young persons ([soarmalta@gmail.com](mailto:soarmalta@gmail.com))

**6. Volunteering** opportunities, included inclusive volunteering for service users.

**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. Centring Prayer Group** for contemplative prayer practice.

See "Services" & "Reports" on  
[www.antidemalta.com](http://www.antidemalta.com).