



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.122, December 2018

IL-FAQAR TAL-FAMILJI MALTIN LI NILTAQGHU MIEGĦU TA' KULJUM

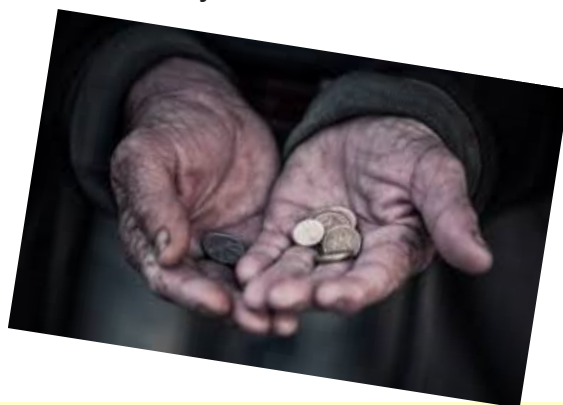
Il-Papa Franġisku ddedika il-jum tas-17 ta' Novembru bħala l-Jum Dinji tal-Foqra. Il-faqar hu realtà kiefra li tnaqqar id-dinjità tal-foqra u timblukkalhom l-iżvilupp personali u l-mixja 'l quddiem lejn il-milja ta' ħajjithom u tal-benessere tagħhom.

FATTURI LI JIMBUTTAW FAMILJA LEJN IL-FAQAR

Aħna l-ħaddiema fil-Fondazzjoni niltaqgħu ma' numru kbir ta' familji li jew ilhom jgħixu fil-faqar minn generazzjoni għall-oħra jew qed jizzersqu fil-faqar minħabba ċirkostanzi diffiċli li qed jiffaċċjaw.

Jeżistu numru ta' fatturi li, flimkien, iwasslu għal qagħda ta' faqar. Hemm xibka ta' raġunijiet. Fin-nisġa tax-xibka nsibu dawn u bosta kawżi oħra li jirrendu individwu u familji fqira:

- livell ta' edukazzjoni baxx u nuqqas ta' ħiliet bażiċi;
- diffikultajiet kbar ta' saħħa mentali li taffettwa l-familja kollha;
- effetti emozzjonali u psikoloġiċi koroh ta' abbuż mit-tfulija f'familja kaotika li jirrendu lill-vittma



Kontenut

Il-Faqar tal-Familji Maltin li niltaqgħu miegħu ta' kuljum	Pg. 1,2,3
Supporting Youths	Pg. 3
Non-Formal Education for Vulnerable Groups	Pg. 4, 5
Visit by Nursing Students from the Netherlands	Pg. 5
Donation by Helping Hands Magazine	Pg. 6
On the Brink of Everything: Grace, Gravity and Getting Old	Pg. 6
Rokna Poeżija	Pg. 7
Music Triq for a Cause - Fundraising Concert	Pg. 8,9,10
Best Wishes	Pg. 10
Avviżi	Pg. 11

- vulnerabbli u bla stabbiltà;
 - teħid ta', u dipendenza fuq, id-drogi;
 - vizzju tal-logħob tal-azzard li jwassal għal djun kbar;
 - vjolenza domestika li tirrendi omm u ulied bla saqaf u ekonomikament falluta;
 - nuqqas ta' impieg fit-tul;
 - kultura ta' dipendenza fuq il-benefiċċji soċjali;
 - impieg irregolari b'paga anqas minn dik minima;
 - nuqqas ta' appoġġ mill-familja meta tinqala' krizi li tħalli lil dak li jkun bla mezzi biex jgħixu ħajja decenti sakemm isibu saqajhom;
 - qraba li jieħdu ħsieb tnejn jew tlett membri tal-familja b'mard jew diżabilità jew mard mentali; hemm min ikollu jitlaq mix-xogħol biex ikun full-time carer;
 - persuni li tilfu ix-xogħol u ma jistgħux ikomplu jħallsu il-loan li ħadu mill-bank għad-dar, u l-bank jippossessalhom darhom;
- u ħafna fatturi oħra.



Illum il-ġurnata għandna fenominu insidjuż li qed jaffettwa ħafna familji - il-prezzijiet għolja tal-kirjiet bla kontroll. Is-Social Workers kollha jgħidulek kemm sar diffiċli tgħin familja fqira li qed tfittex kirja affordabbli jew għax għollewliha l-kirja u m'għamdhomx il-mezzi biex iħallsu l-ammont il-ġdid jew għax għaddew minn ħafna ċirkostanzi diffiċli, qed jibnu ħajjithom mill-ġdid u għandhom bżonn saqaf decenti u affordabbli biex jimxu 'l quddiem f'ħajjithom. U għax ma jistgħux isibu kirja decenti, jispiċċaw jagħmlu dak li ma jridux - jew jerġġu jmorru jgħixu ma xi ħadd li kien jaħqarhom, jew imorru lura jgħixu mal-ġenituri li jiġġudikawhom bl-aħrax u jgagħluhom jemmu li ħaqqhom u li m'huma tajba għal xejn, jew imorru jgħixu f'garaxx bla faċilitajiet sanitarji suret in-nies u bla ventilazzjoni.....

Hemm sitwazzjonijiet oħra li aħna li nieħdu ħafna affarijiet *for granted* ma nifhmux biżżejjed. Hu mara li qed tgħix fil-faqar minħabba li żewġha kien jaħqarha u kellha titlaq mid-dar u tgħix f'xelters ma' uliedha. Trid tħallas l-avukat ammonti li jiekluha l-benefiċċji soċjali u c-children's allowance u jkedduha. Trid tħallas kirja li ma taffordjahix. Trid tieħu ħafna leave biex titla' għas-seduti tal-qorti għas-separazzjoni u seduti oħra minħabba rikors wara l-ieħor frivoli u intenzjonati biss biex ikomplu jikkontrollawliha ħajjitha. Tasal biex titlaq mix-xogħol jew ikeċċuha. Ikollha tabbanduna l-karozza antika għax bla flus għat-tiswijiet. Qraba jiġġudikawha flok ma jippruvaw jifhmu d-dinja tal-vjolenza kontra n-nisa. Xibka kkumplikata li tonsob persuni u familja u twassal lil ħafna biex jaqgħu f'dipressjoni.

L-INDINJITAJIET LI JAFFAĊĊJA L-FQIR



Il-foqra jkollhom jiffaċċjaw ħafna indinjatijiet ukoll. Indinjità ta' min jiġġudikawhom u jwaħħal fihom. Indinjità li jkollhom jitalbu u jaċċettaw karità. Indinjità li qegħdin f'riskju li ma jipprovdwx sew għal uliedhom. Indinjità li, jfittxu kemm ifittxu xogħol li jiffittja ċ-ċirkostanzi tagħhom, ma jsibux mpieg. Indinjità li m'għandhomx spazju mentali biex ma jkunux inkwetati 'l ħin kollu dwar x'se jiġri

minnhom fl-istat li sabu ruħhom fih. Indinjità li jridu jmorru għand għaqda fuq oħra, servizz wara l-ieħor u laqgħa wara l-oħra biex l-ħtiġijiet tagħhom jiġu evalwati ħalli forsi jibbenefikaw minn skemi u servizzi ta' għajjnuna.

X'GĦANDNA NAGĦMLU BIEX NGĦINU LILL-FOQRA?

Qabel xejn jeħtieġ li nkunu persuni li jimpurtana minn ħutna madwarna li qed isofru fis-skiet. Irridu nieqfu niġġudikawhom u minflok ġenwinament nirrispettawhom u nħobbuhom. Tajjeb li nsiru aktar konxji ta' kemm mingħalina nafu aktar mill-foqra stess x'għandhom bżonn u kif għandhom jgħixu.

Irridu mmiddu jdejna biex ngħinu. Ma nistgħux nipriedkaw u nieqfu hemm. U meta mmiddu jdejna, immidduha wara li nistaqsu lil ħutna mgarrba x'għandhom bżonn. Jekk ma nistaqsuhomx x'għandhom bżonn nispiċċaw nimponu tipi ta' għajjnuna li ma jgħinux. Li tgħin m'għandhiex tkun l-aġenda tagħna imma għajjnuna msejsa fuq għarfien tal-ħtiġijiet tal-imgarrab li jeħtieġ għajjnuna. U rridu nrawmu lil uliedna miċ-ċokon biex ma jiġġudikawx u biex iħossu għal, u jagħdru lil, ħaddieħor. Hawn ħafna x'wieħed jista' jagħmel. Hawn ħafna gruppi fil-parroċċi tagħna li nistgħu nissieħbu magħhom biex ngħinu lill-ħutna fil-bżonn - bħall-Kummissjonijiet Djakonija. Hawn bosta għaqdiet volontarji li nistgħu nsiru voluntiera magħhom biex ngħinuhom fis-servizzi li joffru.

Malta aħna ixxurtjati li għandna bosta u bosta organizzazzjonijiet li qed jaħdmu bil-kbir biex itaffu t-tbatija tal-foqra. Hawn għaqdiet li qed iservu kategoriji differenti ta' individwi u familji li qed isofru - nisa msawwta u uliedhom; persuni b'mard mentali sever; persuni b'dizabilità; tfal u zgħażaġħ li qed jgħixu fi djar residenzjali flok mal-familji tagħhom; immigranti; persuni li ħarġu mill-ħabs jew qed jiskontaw sentenza l-ħabs; persuni bil-vizzju tad-drogi; persuni bla saqaf; u tant u tant servizzi oħrajn. Dan l-aħħar is-Segretarjat tad-Djakonija tal-Kurja Arciveskovili ħarġet direttorju tas-servizzi kollha li joffru l-organizzazzjonijiet fi ħdan il-knisja.

Nawguraw li daww kollha li jixtiequ jwettqu ħidma sfiqa b'risq min hu fqir jingħaqdu ma' oħrajn fuq livell lokali, distrettwali u nazzjonali biex jinħoloq moviment qawwi ta' ċittadini li jimpurtahom tassew minn ħuthom fid-diffikultà.

Supporting youths in developing their skills and imagination



Non-Formal Education for Vulnerable Groups (NFE-VGs) (Ref.: MCCFF-C3-004-2016)

One of the elements of this initiative funded by the NGO Fund of the Malta Community Chest Fund Foundation is the facilitation of active participation of caregivers in beneficial non-formal education processes. The initiative covers two years and will conclude in April 2019.

Outcomes within this element:

- 1412 hours of family support sessions between May 2017 and November 2018
- 24 office-based appointments and home-visits a week x 83 weeks = 1992 appointments
- 566 individuals from 263 families reached so far;
- 1 Support Group organised on Depression; 14 caregivers participated (2017) - 11 sessions of 90 minutes each = 16.5 hours + 20 hours of session planning
- 1 Support Group on Depression for caregivers titled: Id-Dipressjoni, kif nevitaha, x'għandi naqħmel biex nieħu ħsieb saħħti u moħħi (Three 2-hour sessions held on the 16, 19 and 23 November 2018 (14 participants)
- 1 (3-hours) training session titled: Kif Taqħder Lilek Innifsek, lil Haddieħor u Kif Tirrileksja held on the 30th October (23 participants)
- 1 (3-hours) training session titled: Kif Taqħder Lilek Innifsek, lil Haddieħor u Kif Tirrileksja held on the 24th October (8 participants)
- 24 self-help/ self-development articles in Maltese for those who do not read English but wish to have access to tools that enable them to grow as persons; available online through this link: <https://www.antidemalta.org/efs-books.html>

Family caregivers of mentally ill persons constitute a category of citizens who lack support in fulfilling their challenging and overwhelming care responsibility. Through this initiative, the following type of supports were offered to the families mentioned above: office-based family consultations via different service sites, home-visits, social work support, support groups, educational literature in Maltese, referral to available courses on mental health, liaison with mental health practitioners, mediation with employers and educational establishments and in-house referrals to the Emotional Freedom Service.

The non-formal learning approach used by the Foundation to reach out to and support family caregivers is learner-centred, flexible, accessible and relevant to the overwhelming daily reality lived by family caregivers who, without such support, would end up chronically depressed and facing problems of their own. The approach is innovative in that it addresses all the issues that this hidden reality presents such as the need to understand the mental illness suffered by a family member and the need for support to encourage the ill relative to access psychiatric evaluation, treatment and care if they have been resisting it.

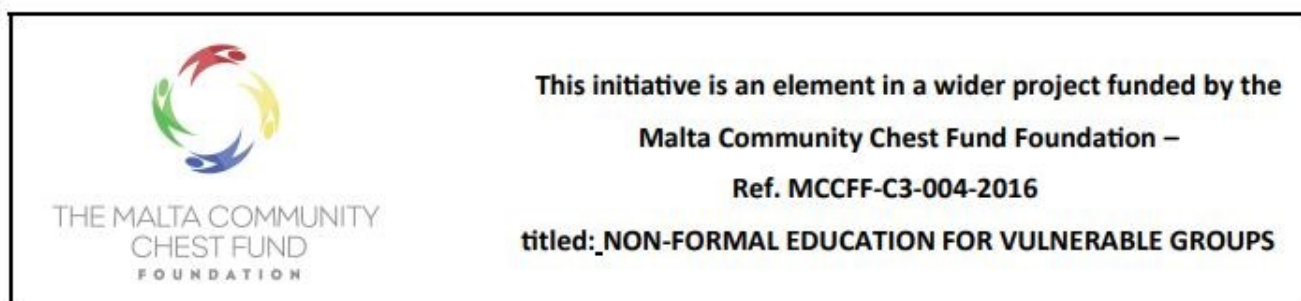
The approach involves the following informal and non-formal adult learning processes:

(1) *Learning about the relative's mental illness and how to provide care more effectively*: Access to personal guidance through office-based sessions focusing on the nature of the illness suffered by one's relative; the medication and its side-effects; symptoms of relapse and how to prevent these through effective communication with the ill relative; information about other services offered by the state and other NGOs; mediation with the employer of the ill relative to prevent job loss; and referral to self-help books published by the Foundation for Caregivers.

(2) *Support Groups*: Caregivers have the opportunity to participate in an 11-session (90 minutes per session) Support Group which combines a presentation on different topics with a discussion of it. The content includes self-care, medications and their effects, relapse prevention, support services in existence, relaxation techniques, welfare benefits for the ill relative, the impact of caregiving on the family, impact of the caregiving by a parent on the siblings. The main teaching and learning tool used is the Experiential Learning Model combined with facilitated dialogue and suggested reading and access to other learning opportunities. During the support group, the facilitator invites an external resource person from the Directorate for Social Security to dialogue with participants on the many issues they need to discuss about welfare benefits for their mentally ill family member. This dialogue enables them to obtain accurate information which they lacked or previously misunderstood. In 2016, 2 such support groups were held at the Foundation's Ċentru Antida in Tarxien. One of them was specifically commissioned by the Mental Health Association for its caregiver members.

(3) *Courses*: caregivers are referred to the annual Caregivers Empowerment Course run by the Mental Health Association (Malta) for learning reinforcement;

(4) *Literature in Maltese*: Family caregivers seeking support are also encouraged to read: (a) two books in the Maltese language published by the Mental Health Association and the Foundation for caregivers of mentally ill persons. These are entitled: *Il-Kwiekeb fid-Dalm Jixegħlu – vjaġġi ta' tama mtterra minn qraha ta' persuni b'mard mentali* (an-ebook version of this book in English is also available online www.antidemalta.org); and *Bdoti fil-Maltemp – kif tieħu ħsieb qarib b'mard mentali* (each chapter deals with a mental illness and tips for caregivers. (b) Moreover, through the Foundation's monthly electronic magazine called SJAF e-Magazine (accessible online since 2007: www.antidemalta.org), caregivers can access articles on mental health issues.



We hosted and briefed four young nursing students from The Netherlands from the university Viaa in Zwolle. They came to Malta to make a documentary about domestic violence, and SOAR was a helping hand to make them understand the situation.



Thank you Mr Rueben Vella, Director Helping Hands Magazine for the magazine campaign to raise funds for SJAF.

Sum raised: €5,708 (ask Melanie). SJAF had 10 pages of text in the Helping Hands Magazine written by Tony on Kif Tinheles Minn Gewwa.

On the Brink of Everything: Grace, Gravity and Getting Old

"Focused on the browning of summer's green growth, I allowed the prospect of death to eclipse all that's life-giving about the fall and its sensuous delights. Then I began to understand a simple fact: all the "falling" that's going on out there is full of promise. Seeds are being planted and leaves are being composted as earth prepares for yet another uprising of green.

Today, as I weather the late autumn of my own life, I find nature a trustworthy guide. It's easy to fixate on everything that goes to the ground as time goes by: the disintegration of a relationship, the disappearance of good work well done, the diminishment of a sense of purpose and meaning. But as I've come to understand that life "composts" and "seeds" us as autumn does the earth, I've seen how possibility gets planted in us even in the hardest of times.

Looking back, I see how the job I lost pushed me to find work that was mine to do, how the "Road Closed" sign turned me toward terrain that I'm glad I traveled, how losses that felt irredeemable forced me to find new sources of meaning. In each of these experiences, it felt as though something was dying, and so it was. Yet deep down, amid all the falling, the seeds of new life were always being silently and lavishly sown. . . .

Perhaps death possesses a grace that we who fear dying, who find it ugly and even obscene, cannot see. How shall we understand nature's testimony that dying itself—as devastating as we know it can be—contains the hope of a certain beauty?"

Source: *Quaker teacher and author Parker Palmer: On the Brink of Everything: Grace, Gravity and Getting Old.*

Il-Ħabiba

sab ruġu mitluf, u mħawwad
u fil-mixja bil-għaġġla
l-bogħod mid-dar
mhix ħaġa tal-għaġeb
li tilef it-triq, li twassal
sar-rebbiegħa

fil-bosk umdu, mudlam, u xitwi
fost tħaxwix u tpepispis u tgedwid
u pappagalli ħomor
sab ruġu f'mogħdija tal-qedem
li ma setgħax jara -
u lit-tfajla sabha
hemm sabha,
mal-għeruwq suwed
ta' sigra ġgant

kienet ħelwa bla qies,
is-sbuħija nnifisha –
b'għajnejn
ta' sliem u ta' fond bla tmiem;
iddiet minn ġisimha dija
u meta ħares b'għajnejha
seta' jara.

kemm-il seklu kienet ilha hemm
tistennih... lilu!
biss sabiex tgħinu jinduna li mitluf,
jgħix mument ieħor
u jmut, imut sakemm
it-tnejn ma jibqgħux
jifirdu lill-wieħed...

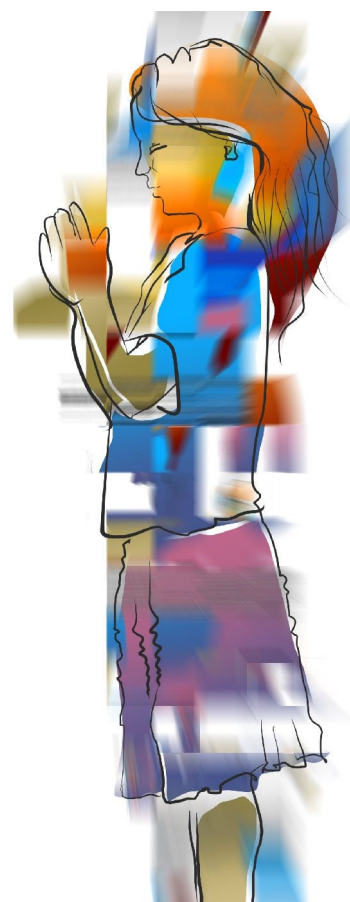
reġa' sabha
tgħum bil-mod
f'baħar turkiż u ikħal
tal-Mediterran
tistenna...
f'tarf ir-realtà, u f'nofsha

izd'issa ħbieb, qatt ma jinfirdu
għax il-ħemda tagħha
hija wirtu

sa fl-aħħar l-imħabba
ħabbet minn ħarstu
u b'dirgħajh, u b'qalbu

għax l-imħabba kull ma riedet
qalb serena
fejn tgħammar.

Kliem u stampa :
tony macelli



Music Trip for a cause





A Big Thanks to all these singers who offered their time to participate in the 3rd Edition of the SJAF Fundraising Concert.

Special Thanks also goes to all the volunteers, sponsors and those who attended and made this event possible.





On behalf of SJAF we would also like to thank the Spiteri Lucas Band for supporting our foundation for the 3rd consecutive year.

Wishing you all a Blessed Christmas and a Happy New Year



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



Find us on:
facebook



BAZAAR Tarxien u Birżebbuġa

b'risq il-Fondazzjoni

Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa - Tarxien
Kull nhar ta' Tlieta - Birżebbuġa

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 Esther for vulnerable young pregnant women and young mothers: accommodation, educational programme, mentoring. Commissioned by The President's Trust.

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.

NOTE Dar Hosea: day centre for women involved in prostitution. This service has become autonomous and is now self-managed.

All back issues of the SJAF Magazine and other publications are downloadable from: