SJAF *e*-Magazine

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DEPRESSION SUPPORT GROUP

Programm t'Appoġġ għal Family Care-givers

Fl-24 ta'Settembru nbeda Depression Support Group – parti minn firxa ta' inizjattivi tal-Programm ta' Appoġġ għal Carers – familjari li jerfgħu r-risponsabbiltà kbira li jieħdu ħsieb lil xi ħadd fil-familja li jsofri minn mard kroniku, diżabilità jew mard mentali.

L-14-il membru tal-grupp, kollha nisa, iqattgħu ħin flimkien kull ġimgħa sabiex ikollhom spazju personali fejn jistgħu jitkellmu fuq dak li qed iġarrbu u jħossu, jifhmu aħjar in-natura ta' dipressjoni u jitgħallmu mezzi li jgħinuhom jimxu 'l quddiem f'ħajjithom.

Il-grupp qed jitmexxa minn Connie Magro, Mental Health Nurse b'eaperjenza twila ta' ħidma fil-qasam tas-saħħa mentali. L-idea tal-grupp ġiet minn membru tal-grupp stess li ċemplet lill-Fondazzjoni wara l-programm tar-Radju Marija ***Lejn Ħajja Mimlija*** mtella' mis-Sorijiet tal-Karità u l-Fondazzjoni u ssuġġeriet il-ħolqien ta' grupp għal min għaddej minn dipressjoni. Billi l-Fondazzjoni hi attiva fil-qasam ta' appoġġ ta' family care-givers, it-talba ta' din il-persuna malajr intlaqgħet.

It-tielet serje tal-programm tar-radju *Lejn Ħajja Mimlija* ilu għaddej minn Jannar ta' din is-sena. Kellu tliet skedi. L-aħħar waħda trattat problemi ta' saħħa mentali u kien immexxi minn Nora u Connie bħala l-esperta mistiedna. L-interess tas-semmiegħa kien kbir tant li numru sostanzjali – għal għaqda volontarja żgħira – ta' semmiegħi li jieħdu ħsieb membru tal-familja b'mard mentali ċemplu għall-għajnuna. It-talbiet stajna nlaħqu magħhom b'mod professjonali minħabba li Connie ingħaqdet mat-tim tal-Fondazzjoni. Bħala parti mill-Programm Caring for Family Care-givers, familjari b'diffikultajiet ta' saħħa mentali kbar u kumplessi marbuta ma' kura sensittiva u ta' sfida kbira issa jistgħu jirrikorru għand il-Fomdazzjoni għall-għajnuna.

Ilkoll nafu li l-ħtiġijiet ta' familjari li jieħdu ħsieb membru tal-familja b'mard mentali mhumiex milħuqa. Dan joħloq tbati li tista' tittaffa sew b'mezzi bħal dan ta' konsulti fejn dawk il-familjari li jerfgħu risponsabbiltà ta' kura jistgħu jiddiskutu dwar il-marda, l-effetti tagħha, il-medikazzjoni, terapiji, servizzi oħra madwar Malta, kura tagħhom innifishom u dak kollu li jixtiequ jiddiskutu.

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Għall-Carers għal dawn l-aħħar 15-il sena, il-Mental Health Association li magħha l-Fondazzjoni hija affiljata, organizzat kors kull sena li hu mfittex u apprezzat ħafna. Il-ħidma tal-Fondazzjoni qed tikkumplimenta inizjattiva bħal din billi tgħin lill-familjari ta' persuni li jsofru b'mard mentali biex jiksbu għajnuna meta jiġu bżonnha. Il-programm tar-radju uriena biċ-ċar x'għatx kbir hawn għal dan is-servizz. Il-ħidma tagħna qed turina biċ-ċar ukoll x'livell għoli ta' stress, ansjetà u tbatija jgħaddu minnhom il-Carers speċjalment għax m'għandhomx fejn jirrikorru b'mod xieraq li jkollhom il-ħin meħtieġ biex jitkellmu u jiddiskutu.

Qed niltaqgħu ma' Carers li ftaqru jew li naqsulhom il-mezzi biex ikomplu jirrikorru għand professjonisti fi kliniċi privati. Iltqajna ma' Carers li ilhom snin twal jirrikorru regolarment għand professjonisti fi kliniċi privati – għax bħala Carers inkella ma jinqdewx – u jkollhom iħallsu bejn l-40 u 60 Ewro kull darba. Konsulta d-dar tiswa mal-150 Ewro.

Il-membri tad-Depression Support Group kważi kollha huma Carers. Għandna talba minn bosta oħrajn u lesti li nibdew żewġ gruppi ta' appoġġ għall-Carers dalwaqt, wieħed minnhom f'Ħaż-Żabbar fejn qed inwettqu il-Proġett Vinċi.

Nappellaw lill-kollaboraturi tagħna kollu biex jgħinuna nsibu aktar niex li jappoġġjawna finanzjarjament għal din l-inizjattiva li qed tirrispondi għal ħtieġa akuta u qed ittaffi tbatiji kbar fost il-familji.

(Araw ukoll is-Self-Assessment Tool bil-Malti għall-Carers f'paġni oħra tal-Magażin)

Ċemplulna 25 familjari ta'persuni b'mard mentali wara l-aħħar ftit programmi tar-Radju Marija dwar is-saħħa mentali. Qed ngħinuhom u l-qraba tagħhom kollha.

DEPRESSION SUPPORT GROUP

Bidu: 24 ta' Awwissu

Tmexxi: Is-Sinjura Connie Magro, Registered Mental Health Nurse

Grupp jiltaqa' kull nhar ta' Tlieta bejn il-11.00 u l-12.30 ta'filgħodu

Post: Ċentru Antida, 51 Tarxien Road, Tarxien TXN 1090

Telefon: 21808981; 21809011

Titli ta'kull laqgħa:

1. Introduzzjoni dwar l-għanijiet tal-grupp.
   Nintroduċu lilna nfusna.
   Nsarrfu l-problemi f'għanijiet għal bidla (rabja, riżentimenti, eċċ)
2. L-effetti tad-dieta, eżerċizzju, rqad
3. Intejbu l-ħajja soċjali tagħna
4. Nitgħallmu naħsbu m'mod realistiku
5. Kif nirrirassaw
6. L-importanza tal-ħbieb u qraba f'ħajjitna
7. Kif nimmaniġġjaw il-ħsus (feelings) tagħna
8. Inrawmu attitudni li nħarsu lejn is-sabiħ fil-ħajja
9. Id-dawl f'tarf il-mina mdallma
10. It-tama. Għeluq tal-grupp.

Jekk trid tfittex aktar dwar id-dipressjoni tista' tara dawn il-websites.

Healthy Place - http://www.healthyplace.com/depression/menu-id-68/

http://depression.about.com/od/mooddisordertypes/tp/types.htm

http://www.webmd.com/depression/guide/depression-symptoms-and-types

KIF INT? - KWESTJONARJU BIEX TUŻAH INT STESS

(Kwestjonarju għall-familjari li jieħdu ħsieb membru tal-familja)

Dawk il-familjari li jieħdu ħsieb membru tal-familja bi problemi ta' saħħa, saħħa mentali, diżabilità, u diffikultajiet oħra tant ikun moħħhom fil-kura tal-qarib tagħhom u l-qadi tal-ħtiġijiet tiegħu jew tagħha illi jinsew kompletament u jinjoraw il-ħtiġijiet tagħhom stess.

Jekk inti terfa' ir-risponsabbiltà kbira li tieħu ħsieb membru tal-familja li jeħtieġ kura u attenzjoni intensa u regolari, imla dan il-kwestjonarju u imbagħad aqleb il-paġna ħalli tqis fiex int.

Matul il-ġimgħa li għaddiet....

1	Sibtha bi tqila biex nikkonċentra... ma kontx naf x'qed nagħmel.	[ ] Veru	[ ] Le
2	Ħassejtni ma nistax inħalli lil qaribi waħeda/ waħdu.	[ ] Veru	[ ] Le
3	Sibtha bi tqila nieħu deċijonijiet.	[ ] Veru	[ ] Le
4	Ħassejtni se negħreq.	[ ] Veru	[ ] Le
5	Kont fuq ix-xwiek u irritat.	[ ] Veru	[ ] Le
6	Ħassejtni magħfus bejn xogħol u r-risponsabbiltà tal-familja.	[ ] Veru	[ ] Le
7	Ħassejtni tajjeb li xi ħadd għandu bżonn l-għajnuna tiegħi u li qed nagħmel xi ħaġa utli.	[ ] Veru	[ ] Le
8	Inħossi mifxula meta nirrealizza kemm dak/ dik li nieħu ħsieb inbidel minn kif kien qabel.	[ ] Veru	[ ] Le
9	Ħassejtni li ma baqgħalix privatezza u ħin għalija nnifsi.	[ ] Veru	[ ] Le
10	L-irqad tiegħi kien disturbat minħabba l-kura li nagħti.	[ ] Veru	[ ] Le
11	Ġieli nfqajt nibki.	[ ] Veru	[ ] Le
12	Ħassejtni waħdi.	[ ] Veru	[ ] Le
13	Kelli dahari juġgħani.	[ ] Veru	[ ] Le
14	Ma ħassejtnix tajba (uġigħ ta' ras, stonku, riħ).	[ ] Veru	[ ] Le
15	Ninsab sodisfatta bl-għajnuna li l-familjari tawni.	[ ] Veru	[ ] Le
16	Inħoss li l-ambjent tad-dar fejn nieħu ħsieb il-membru tal-familja tiegħi huwa inkonvenjenti u mhux addattat għall-kura.	[ ] Veru	[ ] Le

17. Fuq skala minn 1 sa 10, fejn il-1 ifisser li inti "ma tħossokx mimli stress" u l-10 ifisser li inti tħossok "stressat immens", iddeċiedi l-livel ta' stress li tħoss li għandek. ______________________

18. Fuq skala minn 1 sa 10, fejn il-1 ifisser li "saħħtek tajba ħafna" u l-10 ifisser li "tħossok imradt", iddeċiedi kif inhi saħħtek bħalissa meta tqabbilha mas-sena l-oħra bħal daż-żmien. ______________________

Kummenti: (Niżżel xi kummenti oħra)

Sors: American Medical Association

aqleb il-paġna

KIF INT? - KWESTJONARJU BIEX TUŻAH INT STESS IKOMPLI

(Kwestjonarju għall-familjari li jieħdu ħsieb membru tal-familja)

ISSA QIS FIEX INT..... Biex tkun taf l-iscore tiegħek għamel hekk:

1. Aqleb l-iscore tat-tweġibiet għall-mistoqsijiet numru 5 u 15. Jiġifieri jekk weġibt "Iva" għoddha bħala "Le" u jekk weġibt "Le" għoddha bħala "Iva."
2. Issa għodd in-numru ta' tweġibiet "iva."

ISSA TISTA' TINTERPRETA R-RIŻULTAT TIEGĦEK:

Aktarx li inti għaddejja minn żmien ta' stress kbir –

- Jekk inti weġibt "Iva" għal waħda jew għaż-żewġ mistoqsijiet numru 4 u 11; jew
- Jekk ġibt 10 jew aktar minn 10 tweġibiet "Iva"; jew
- Jekk l-iscore għall-mistoqsija numru 17 hija 6 jew ogħla; jew
- Jekk l-iscore għall-mistoqsija numru 18 hija 6 jew ogħla.

IL-PASSI LI JMISS:

- Aħseb biex tara tabib għal check-up għalik innifsek.
- Ikkunsidra sew il-possibiltà li tieħu ftit serħan mir-risponsabbiltà li terfa' billi tiddiskuti mat-tabib tiegħek u ma' Social Worker x'mezzi jeżistu biex jgħinuk tikseb ftit serħan għalik innifsek.
- Ikkunsidra ssir parti minn xi Support Group.

XI GĦAJNUNIET:

Is-St Jeanne Antide Foundation għandha programm Caring for Family Caregivers. Ċempel għall-għajnuna ta' Social Worker u Counsellor. Il-Fondazzjoni tmexxi wkoll Depression Support Group għal familjari li jerfgħu risponsabbiltà ta' kura ta' membru tal-familja u jħossuhom mifnija u depressed.

Il-Proġett VINĊI -

community work fil-Parroċċa ta' Ħaż-Żabbar, id f'id mal-parroċċa

- **Minn Marzu sa Settembru, qed naħdmu ma' 55 persuna minn 39 familja. Dawn il-55 familja huma komposti minn 127 persuna.**

- **It-tim jikkonsisti: 1 Social Worker u assistenta, Mental Health Nurse, 2 Community Workers, Counsellor, Qassis u voluntieri mill-Parroċċa. Il-Mental Health Nurse qed taħdem ma' familjari ta' persuni b'mard mentali.**

- **L-Uffiċċju tal-Proġett huwa l-ewwel sular tal-Uffiċċju Parrokkjali biswit il-Knisja Parrokkjali.**

- **It-Team Leader hija Ruth Brincat, Community Social Worker.**

- **Matul Awwissu u Settembru tmexxa grupp edukattiv għal 10 tfal minn familji li nahdmu magħhom.**

- **Fil-23 ta' Settembru, se jibda jittella programm tar-radju fuq Radju Hompesch bl-isem VINĊI. Se jitratta fuq kif wieħed jibni u jmantni relazzjoni u fuq saħħa mentali. Kull nhar ta' Ħamis fil-11 ta' filgħodu b'repetizzjoni s-Sibt fl-10 ta' filgħodu u filgħaxija.**

- **Il-Proġett iffinanzjat mill-iSTRINA 2009 tal-Malta community Chest Fund.**

Post-General Chapter of the Congregation of the Sisters of Charity 2010 – the next steps

On the 8th September, Sr Salvina Bezzina, Provincial Superior, led a celebration where the sisters and lay associates received the Acts of the General Chapter – a 30-page booklet outlining the outcome of the 19th General Chapter 2010 of the congregation. Entitled ***At the Springs of Living Water***, these acts provide us with:
- an introduction by the incoming Mother General – Sr Nunzia De Gori,
- a foreword that links the Objective and its requirements of both the 2005 and 2010 and the inner trans-formation for which we are personally and collectively called;
- a declaration on the Sisters of Charity in Europe;
- decisions relating to the Rule of Life of the Congregation;
- some voices of the Chapter sisters; and
- a prayer to pass on the Acts to the congregation.

Following the September 8 celebration, the Malta Province organised two weekend Assemblies (September 11-12; 18-19) that focused on:
1) sharing of the GC Rome experience including personal narratives by those from Malta who took part and an album of photos with spiritual commentaries of the 4 stages of the GC 2010;
2) the very profound and moving messages by the out-going Mother General Sr Maria Louisa and Provincial Superior Sr Salvina;
2) an explanation of the underlying meaning of the Objective and what the direction in which it points;
3) group-based reflective exercises and sharing in plenary of the myriad suggestion for the way forward;
4) discussion of the imminent election of a new Provincial and Council and the role of the Mother General and her Councillors who will arrive in Malta on October 2nd to facilitate this 5-yearly process.

The Acts aptly call us to a personal journey towards a trans-formation, by the Word, of:
- ***"Our mentalities***: opening them to a hope that does not belong to the future but to the Invisible that is already present in history and that only mystic mentalities can recognise;
- ***Our relationships***: calling them to accomplish a true Exodus, from a conflictual-ego to a pacific one;
- ***Our lifestyle***: that only an authentic and solid covenant with the poor will be able to regenerate, for a trans-formation of the earth, that is called to pass from being a place of accumulation of goods to a place of universal solidarity."

OBJECTIVE (Acts page 11)

(The first sentence is a continuation from the Objective of the 2005 GC. The second is the Objective of the 2010 GC.)

In order to pursue the global objective of the General Chapter 2005 we, together with the laity, want to contribute to sow the seeds of a humanity which is simple, fraternal and in solidarity.

The hour has come for us, to enter into a new spiritual dynamism that makes our communities the meeting place at Shechem where the power of the Word transforms our mentality, our relationships, our lifestyle, in view of a new 'Diaconia' of Charity.

DOCUMENT OF THE FRIENDS OF ST JEANNE ANTIDE

At the end of their one week in Chapter, the ten lay associates representing others from a number of provinces around the world, presented this document grounded in the reflective process of the General Chapter:

"We felt totally accepted in the family of the Sisters of Charity.

We appreciated working in groups together with the Sisters.

We felt humbled and overwhelmed that the Sisters were willing to share their experience of being in community. We also appreciated the collective reflection and search for a more profound and vivid interior life.

Like us lay persons, the Congregation is intensely engaged in developing a transformative spirituality, grounded in the Bible, especially John's mystical Gospel, and the spirituality of St Jeanne Antide.

As an international group, we worked very well together. We walked the Sisters' walk and we walked around Rome. We had fun, related well and got to know each other well. We are now more committed to develop this connection we have so that our groups of 'Friends of SJA' across the world grow and flourish.

Cont. Pg 6

We understand what it really means to celebrate a General Chapter. We feel personally and collectively enriched and affirm that the process of this Chapter is an on-going prayer. Being in prayer helped us discern our movement forward.

We fully agree with the direction of the Chapter and want to be part of it.

We thank Don Gino for his deep and stimulating reflections, for the new interpretations and for provoking us to develop a new mentality new perspective for the life and action.”

SUGGESTIONS

“We re-visited the basic text outlining the objectives of the Friends of St Jeanne Antide in the light of the Chapter and are committed to work together on the development of effective tools that lead to our own and our groups’ spiritual journey. As the sisters re-discover their identity, we too need to undertake a similar process.

We will put Christ in the centre of our lives, individually, collectively and with the Sisters of Charity.

Each group of Friends need to have a Sister of Charity to help the group become truly grounded in the spirituality of St Jeanne Antide.

Our action will be the result of intimate knowledge of God’s love for us, deep self-awareness and self-knowledge and discernment. True joy will result from knowing how to give without expecting anything in return and knowling how to receive.

We commit ourselves, moreover, to help the Sisters of Charity implement one international project annually and to find the means of doing so.”

ŻEWĠ KORSIJIET FUQ SPIRITWALITÁ:

KORS 1: Il-Kontemplazzjoni fid-dawl ta’ Santu Wistin, San Benedittu, u San Frangisk.
Dati: Kull Nhar ta' Ġimgħa mill-25 ta' Settembru 2010
Post: fl-Istitut Agostinjan, G’Mangia.
Tul: Il-kors huwa ta’ xi 10 sessjoni ta’ sigħa l-waħda. Kelliema varji.

Kors 2. l-ispiritwalità tad-Desert Fathers
Tul: Weekend sħiħ: mill-Ġimgħa 1 ta’ Ottubru mis-6.00 ta’ filgħaxija sal-Ħadd 3 ta’ October fis-2:30 ta’ wara nofsinhar.
Post: Dar tal-Irtiri Mount St Joseph, il-Mosta
Kelliem: Fr Joseph Bhuagiar Bianco, sj

SĦUBIJA:

Is-St Jeanne Antide Foundation hija affiljata ma’:

- **Il-Mental Health Association, Malta**
- **L-Anti-Poverty Forum Malta**
- **SKOP (Solidarjetà u Koperazzjoni**
- **l-NGDO forum ta’ Malta**
- **Il-Malta Health Network**

Il-Fondazzjoni u l-MEDIA

- **One TV – Programm APPUNTAMENTI ta’nhar it-Tnejn,23 ta' Awwissu filgħaxija ittratta fuq it-tema ta’Young Carers u l-ħidma usa’ tal-Fondazzjoni.**
- **Fit-Torċa ta’ 15 ta' Awwissu deher artiklu fuq il-Fondazzjoni bl-isem Tiddedika ħajjitha għall-ġenituri tagħha.**
- **Fil-Magażin tal-Festa ta’ Ħaż-Żabbar ta’ din is-sena deher artiklu tal-Fondazzjoni dwar il-proġett ta’ Community Work Vinċi f’Ħaż-Żabbar.**
- **Radju Marija: Fit-23 ta’ Settembru tintemm it-3 serje tal-programm tar-Radju Lejn Ħajja Mimlija mtella’ minn Jannar ‘l hawn mill-Provinċja tas-Sorijiet tal-Karità u tal-Fondazzjoni.**
- **Radju Hompesch: mit-23 ta’ Settembru 2010 sa Jannar 2010, kull nhar ta’ Ħamis bejn il-11.00 u nofsinhar, b’repetizzjoni s-Sibt mill-10.00 sa nofsinhar u filgħaxija, se nibdew inxandru programm bl-isem VINĊI. Il-programm se jkun parti mill-proġett b’istess isem li l-Fondazzjoni qed twettaq f’Ħaż-Żabbar b’fondi mill-iSTRINA 2009.**

Aħbarijiet mill-Fondazzjoni

data	**AWISSU 2010**
3	Żjara mal-Pastoral care team tal-Kulleġġ San Benedettu: Counsellor, College Prefect of Discipline, 2 Trainee Psychologists, u Social Worker dwar kif nistgħu naħdmu id f'id fl-oqsma rispettivi tagħna. Laqgħa tat-tim kollu tal-Proġett Vinċi – community work f'Ħaż-Zabbar.
5	Laqgħa mal-Kap u żewġ għalliema mill-iSkola Immaculate Conception tas-Sorijiet tal-Karità biex noħolqu inizjattiva kollaborattiva fejn l-istudenti
11	Filming għall-programm Appuntamenti -One TV.
17	Parteċipazzjoni għall-preżentazzjoni mill-ETC Employment Services Division f'Ħaż-Żabbar dwar statistika tal-qgħad fil-lokal.
20	Laqgħa għall-għaqdiet attivi fil-qasam tal-faqar organizzata mill-Malta Council for the Volontary Sector (MCVO).
24	Bidu ta' Depression Support Group mill-Fondazzjoni. Jiltaqa' kull nhar ta' Tlieta fil-11 ta' filgħodu.
25	Sr Helen Żammit – infermiera irtirata – tibda ħidma volontarja mat-tim ta' Social Work u Counselling fil-kuntest ta' appoġġ ta' family care-givers u żjajjar fi djar ta' min hu marid u jħossu waħdu.
26	Laqgħa ta' ppjanar mad-Direttur ta' Radju Hompesch dwar il-programm Vinċi li se jittella' mill-Fondazzjoni mit-23 ta' Settembru 2010 sa Jannar 2011.
31	Jiltaqa' għat-tieni darba d-Depression Support Group.

data	**SETTEMBRU 2010**
2	Żjara minn Uffiċjal tal-Malta Community Chest Fund (MCCF) għal monitoring tal-Proġett Vinċi – community work f'Ħaż-Żabbar.
4	Laqgħa ma' Uffiċċjali mill-Kulleġġ Santa Margerita - il-Kap ta' l-iSkola Primarja A ta' Ħaż-Żabbar u Social Worker – dwar il-Proġett Vinċi tal-Fondazzjoni f'Ħaż-Żabbar u passi kollaborattivi.
6	Case Conference
7	Case Conference
7	Iltqajna ma' diversi service users biex naraw kif jaħsbuha dwar is-servizz/i miksuba mill-Fondazzjoni.
8	Laqgħa tal-Governing Board.
11-12	Assemblea Post-Kapitlu Ġenerali 2010 ta' jumejn organizzata mis-sorijiet tal-Karità. Ħadu sehem attiv 4 persuni mill-Fondazzjoni.
13	Laqgħa ta' ppjanar ma' rappreżentanti tal-Kummissjoni Djakonija Ħal Balzan għal ħolqien ta' riċerka dwar saħħa mentali.
14	Laqgħa mal-Kap tal-ETC Training Services Division dwar miżuri kollaborattivi.
15	Żjara minn rapreżentanti tal-Institute Community Services tal-MCAST dwar il-possibiltà ta' practice placements għal studenti tal-korsijiet ta' Care Work.
17	Case Conference
18-19	It-Tieni Assemblea Post-Kapitlu Ġenerali 2010 ta' jumejn organizzata mis-sorijiet tal-Karità. Ħadet sehem persuna waħda mill-Fondazzjoni.
23	Tintemm it-tielet sensiela tal-Programm Lejn Ħajja Mimlija mtella' mill-Provinċja tas-Sorijiet tal-Karità u l-Fondazzjoni. L-aħħar skeda trattat dwar problemi ta' saħħa mentali u kien immirat lejn familjari li jieħdu ħsieb membru tal-familja b'mard mentali.
23	Jibda l-programm tar-radju Vinċi fuq Radju Hompesch.

ST JEANNE ANTIDE FOUNDATION - SERVICE DEVELOPMENT 2006-2010 - Milestones

Core Service	SERVICE element	Started	Concluded	Active
Antide drop-in Centre	Opening drop-in Centre, Tarxien	January 2007		√
	Start of Volunteer Recruitment	January 2007		√
	monthly e-magazine	August 2007		√
Social Work & Counselling Service	Social Work Service	October 2006		√
	Counselling	October 2008		√
	Therapy	9 February 2009		√
	Nurse home-visiting	September 2008		√
	Self-Esteem Groups	July 2008		√
	Wens Group	6 November 2009	February 2010	
	EFT (Emotional Freedom Techniques)	October 2009		√
	Befriending Women in Prison Group	August 2007	June 2009	
Ħal Kirkop Community Work Project	Community Work	February 2008	January 2010	
	Youth Work with socially excluded youths	June 2008		√
	Mother & Baby Group 1	14 March 2008	16 June 2008	
	Mother & Baby Group 2	January 2009	February 2009	
	Crafts Group 1	July 2009	September 2009	
	Crafts Group 2	September 2009	January 2010	
	Weight Loss Course	June 2008	August 2008	
	Social Work	September 2009	December 2009	
	Summer Family Educational Club	July 2008	August 2008	
	Drama for Children	February 2008	May 2008	
	CV writing support	February 2009	December 2009	
Learning Support Programme	Bridge Programme (basic skills for youths with dual diagnoosis)	February 2008		√
	Bridge Intake 1	February 2008	July 2008	
	Bridge Intake 2	September 2008	26-Apr-09	
	Bridge Intake 3	September 2009	June 2010	
	Homework Support Service	October 2006		√
	Mentoring service	March 2008		√
	Basic ICT Courses for Service Users	October 2008	February 2009	
	Grupp Ħoloq - Crafts for mental well-being	January 2009	June 2009	
Caring for Family Care-givers Programme	Nanna*Kola* Club Tarxien	February 2008	Apr-08	
	Nanna*Kola* Club Paola	13 January 2009	30 March 2009	
	Nanna*Kola* Club M'Scala 1	12 November 2008	11 February 2009	
	Nanna*Kola* Club Żabbar	November 2009	February 2010	
	Nanna*Kola* Club Paola 2	February 2010	21-Apr-10	
	Nanna*Kola* Club B'Kara	20 October 2009	11 February 2010	
	Nanna*Kola* Club M'Scala 2	7 October 2009	3 February 2009	
	Nanna*Kola* Club Fleur-de-Lys	05-Apr-10	21 June 2010	
	Monthly Grandparent Education Forum	Apr-09		√
	Disability Carers' Support Group	29 January 2008	3 June 2008	
	Counselling for Carers	Apr-08		√
	Family-caregivers Consultations (mental health)	August 2010		√
	Young Carers Project	Planning Oct. 2009		
VINĊI Community Work Project, Żabbar	Community Social Work	March 2010		√
	Children's crafts group	18 August 2010	22 September 2010	
	Consultations for family care-givers of mentally ill persons	9 August 2010		

Welcome

NEW VOLUNTEERS WITH SJAF

Sara Spiteri – Learning Support

poeżiji ta' tony macelli

Rokna Poeżija

Fejn hi l-Ħemda?

It-taħditiet ta' ħafna nies
ta' dawn l-inħawi
huma intimi għall-aħħar
u jgħajtuhom b'ħanxra daqsxiex
forsi jridu idaħħlu
lil tan-naħa l-oħra tat-triq
għax iħobbu l-komunità...
imma niddubita —
forsi jibżgħu
ikunu waħedhom?

Qtajt qalbi li nsib fil-kwiet
xi kikkra tè, mingħajr TV
Jew tnejn
Iżda n-nies titkellem
minn ġod-damdim
Imħuħhom dejjem jgħarblu
Il-kliem mill-għagħa
forsi jkunu jridu jżommu
kuntatt mad-dinja...
imma niddubita —
forsi jibżgħu
mill-ħemda?

Irħejtilha sad-dar
il-Ħadd, wara nofsinhar
fejn il-ġar għandu banda
bil-ħbieb, u l-provi tat-tnabar
żinnatati, u kuntrabaxx
jgħollu sew, għax inkella forsi
ma jisimgħux —
tgħid tħossok sewwa
b'widnejk imtarrxin?

Wara snin u snin
kultant, dażmien,
fin-naħa ta' wara tal-ħoss,
jew taħtu,
inkun nista' nisma' ftit —
il-Ħemda.

Meta Ħarab

meta fi skiet ewlieni
ikun ħarab l-għarfien tal-jien
u donnu xejn ma kien ġie
minfloku
fil-ħemda ħienja w serħana
jitħasseb il-jien:
x'kien li baqa', x'kien li għex
waqt li "jien' kont għebt?

u issa li rġajt ġejt
x'inhu dal-ħoss ta' taħt l-ilsien?
huwa jien,
id-defiċjenti, ta' bin-nieqes
jew forsi huwa kollu, l-ħolqien,
jinstama' jitniehed fil-fond
fil-ħlas tat-tqala?

jew huwa forsi, forsi...
(jgħid il-jien minn taħt l-ilsien)
l-Ispiritu li jitniehed
lilhinn minn kull kliem? [2]

- Rum 8:22
[2] - Rum 8:26

It-Torri Mħares

daqqaq, daqqaq il-qniepen
li ddoqq id-dehra li tara
minn fetħa tant ċkejkna
f'ħajt qawwi u wiesa'

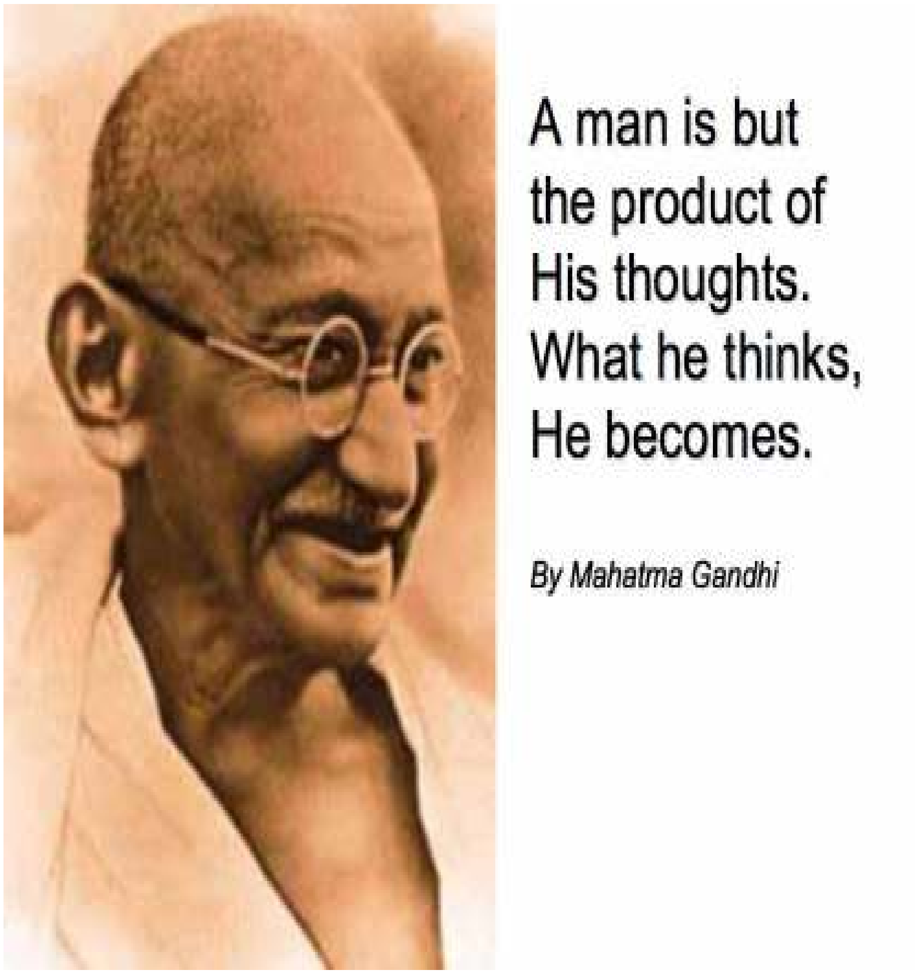
id-dehra li tara, tħajrek
turik wiċċ b'ieħor, attent!:
taraha skond kif tara
inti biss
fejn darba ttawwal prinċep
jitpaxxa bil-firxa ta' wirtu

meta l-aħħar qanpiena tidwi
mur inżel il-bosta turġien
fil-fond, taħt ħitan qawwijja
u wiesa'
issib kantina bla qies

Photo: Ivan the Great Bell-Tower, Moscow. Stan Shebs Creative Commons Attribution-Share Alike 3.0 Unported license.

hemmhekk, ħabib,
daqqaq tal-qniepen
l-aħjar inbid
issib li hemm isir
attent, daqqaq, u isker
isker sew b'imbid qadim
u jalla ssib fik u madwarek ...

...dehra inqas ċara
b'medda usa'
li tħajrek bħal ma ħajret
lill-prinċep ta' dari
li nizel it-taraġ
waqa' fuq is-sejf
u miet



ĊENTRU ANTIDA

Ħinijiet tal-Ftuħ

Mis-16 ta' Settembru sal-1 ta' Lulju

mis-7:30 ta' filgħodu sas- 12:30 ta' wara nofsinhar

u

mis-1:30 sal 5:00 ta' wara nofsinhar jew aktar tard

DONATIONS

Your donation is truly appreciated; it enables us to consolidate our services to vulnerable individuals and families from surrounding parishes. Cheques are to be issued to the St Jeanne Antide Foundation. Bank transfers can be made to the following bank account:
APS Bank – St. Jeanne Andtide Foundation –IBAN Number:
MT03APSB77080005504720000681886

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

FOUNDATION SERVICES

1. The Antide Centre: a drop-in centre in Tarxien open from 7.30am to 5.30 pm daily in winter time (sometimes later as well).

2. The Social Work & Counselling Service: includes home-visits by a nurse to home-bound lonely elderly, family-focused community outreach work and youth work.

3. The Learning Support programme: includes (a) a Homework Support Service for children and young persons; (B) the Bridge Programme - a basic skills training initiative for youths aged 16 to 24 including those with mild cognitive developmental delays and mental health problems; (c) non-formal learning opportunities for vulnerable adults (courses on self-esteem, basic ICT, etc). (d) Mentoring youths-at-risk.

4. Caring for Family Carer-givers Programme: includes (a) Grandparent Education which supports parishes to start and run a NannaKola Club for grandparents who care for their grandchildren. Also: monthly dialogue sessions with experts take place at the Ċentru Antida. (b) support to family care-givers of persons with mental health problems, disability and chronic ill-health; (c) Young Carers support (in the pipeline)

5. Consultations to Diaconia Commissions: regarding service provision.

6. **Vinċi Project:** Community work in the parish of Ħaz-Żabbar undertaken in collaboration with the parish and partially funded by STRINA of the Malta Community Chest Fund. Services include social work in zones with a concentration of families in difficulty, counselling, groupwork

7. **Appoġġ proġetti f'pajjiżi fejn hemm faqar akut:** proġetti ta' zvilupp tas-Sorijiet tal-Karità f'pajjiżi fejn hemm il-faqar. Bħalissa qed tinbena l-Grace Clinic fil-Pakistan.