

The Social Work Service: As part of the care plans they develop for service using individuals and families, Social Workers look at the learning interests and needs of each person so as to guide and nudge them into joining a learning support initiative or course. Such opportunities can be in-house ones or ones offered by other service providers such as those for young persons (Youth.Inc of Aġenzija Żgħażaġh or Embark for Life of Aġenzija Appoġġ); Self-Esteem and literacy groups run by the Foundation for adults or the myriad courses offered by the Directorate Lifelong Learning. Courses and groups offered in-house aim to enable participants to feel at ease and enjoy the learning process until they feel comfortable enough to want to venture out to other opportunities. Social Workers encourage service users to help themselves to books available in the foyer of Ċentru Antida Family Resource Centre in Tarxien. They also enrol child service users to the Friday afternoon children's programme where trained Volunteer Tutors provide learning support on a one-to-one basis. Social Workers also refer parents to in-house courses on how to support their child's literacy.

SOAR Service for victims and survivors of domestic violence: SOAR prevention workshops involve non-formal learning techniques to enhance young people's knowledge on the subject of gender equality and healthy relationships. Some of the tools used include ice-breaker games, group work, audio-visual clips and theatre games, such as role play and a story book on domestic violence from the perspective of a young person. These tools have proven to be popular and result in high



engagement and participation. SOAR also provides group work, discussion and presentations to facilitate adult learning in the areas of victim's rights, domestic violence, budgeting skills and helping skills. SOAR hopes to launch a project later this year that will comprise of various creative learning opportunities in the arts, such as photography, jewellery-making, paper-crafts making, art and drumming. SOAR members have also been coached by an expert in voice projection, writing for conference presentations, and planning and leading a national conference.

Emotional Freedom Service: This service enables persons to release emotional distress, even long-standing distress, and become happier and more free. So as to help them become less likely to get carried away by unwelcome emotional storms and blockages in the future, the Service teaches them methods for managing their negative emotion. They are also given other elements for a future tool-box for autonomous future work on themselves. This education, which involves immediate practice, is a type of informal education for self-empowerment. Part of the emotional healing or recovery is the use of awareness exercises and some detective work on oneself. These methods are an informal practice in understanding oneself and the factors (such as present attitudes or unresolved reactions to past events) that appear to be responsible for their distress, are often regarded as a new revelation by the service users. Empowerment results from this kind of education and self-education. The resulting self-understanding and self-mastery typically clears a previously inaccessible path to further growth and liberation in other areas of internal life.

The Lwien Service: The service adopts a mix of adult learning approaches to empower caregivers of mentally ill persons to become more effective informal carers without breaking down emotionally and psychologically and without having to give up their jobs due to ill health. The approach used 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 Group:* Caregivers have the opportunity to participate in a 10-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 Social Security to dialogue with participants on the many issues they need to raise and discuss about welfare benefits for their mental ill family member. This dialogue enables them to obtain accurate information which they lacked or previously misunderstood.

(3) *Courses:* Support Group participants are referred to two other courses: (a) the annual Caregivers Empowerment Course run by the Mental Health Association (Malta) for learning reinforcement; and (b) an online MOOC course designed by EUFAMI (the European Association of Families of Mentally Ill Persons) and Leuven University called Caring for people with psychosis & schizophrenia and delivered by Dr Juliana Onwumere Institute of Psychiatry, Psychology & Neuroscience King's College, London.

(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 Jixeqħlu - vjaġġi ta' tama mtterra minn qraba ta' persuni b'mard mentali* (an-ebook version of this book in English is also available online www.antidemalta.org); *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.

Volunteers as teachers and learners: Volunteers too have a learning pathway to follow. Learning Support Tutors, for example, access in-house training on contemporary teaching and learning strategies. Others participate in progress review meetings to reflect about their work and to determine what attitudes and practices need improving or discarding. Some have a mentor to fall back on to improve one's skills and approach.

Staff as adult learners: All staff have the opportunity to access continuous professional development sessions (CPDs) in the form of in-house and external courses, seminars, and conferences. Professional supervision is another learning tool which practitioners regularly access.

Resources for grandparents who regularly care for their grandchildren: Up until some years ago, the Foundation used to run educational clubs for grandparents who care for their grandchildren. These were called *NannaKola Clubs*. The educational resources created and used are available online for other organisations to use: <http://www.antidemalta.org/resources.html>

Niltaqgħu ma'....

It has been quite a few years since my wife and I became involved with the Foundation as Volunteer Co-Managers of the Foundation's Tarxien-based Bazaar. The Bazaar is both a source of fundraising as well as a place where service users of the Foundation can obtain much needed clothes and household goods. At first we just did this activity as a way of filling time each week since both myself and my wife Mildred had retired and wanted to do something to keep us busy. As time passed, we organised the Bazaar in such a way that donation of items were received from the public on a daily bases. To be honest we never expected such an enthusiastic response. At the moment we have quite a large amount of items for sale especially clothes.

The need arises, when we are at the Bazaar, for one of us to visit the office of the Foundation next door for one thing or another. There, we notice how many people call at the Foundation for support. It's not the first time that we are asked to supply items to service users. This encourages us more to do our best to raise as much funds as possible so that more people can be helped.

Apart from running the Bazaar, we also involve ourselves when other fundraising activities are organised by the Foundation. We also involve our grandchildren in voluntary work so that they become as enthused as us in volunteering.

It's a very wonderful experience knowing that with what we are doing we are providing funds for a good cause. Hopefully, with God's help, we will be able to continue with this activity to better the services the Foundation offers.

Finally we would like to thank the Governing Board for the affirmation and support they always give us.

Freddie and Mildred



Sa mill-Bidu taż-Żminijiet - Il-Misteru ta' Kristu

Fr Richard Rohr, Franġiskan

"[Kristu] hu xbieha ta' Alla li ma jidhirx, il-kbir fost il-ħlejjaq kollha; għax fih kien maħluq kollox, fis-sema u fl-art, ... Kollox bih u għalih kien maħluq, hu li hu qabel kollox, u kollox fih qiegħed iżomm." (Kolossin 1:15-17). Ġesù huwa l-mikrokosmos tal-kosmos, u sehmu huwa li jzomm flimkien il-materja u l-ispirtu ġewwa bniedem wieħed fil-konkret — li jidher totalment uman u eżatt bħalna. Ġesù ta' Nazareth donnu qed jgħid, "Il-materja u l-ispirtu dejjem kienu mwaħħdin, haġa waħda. Iżda intom ma tistgħux temmnuha din, u għalhekk ser nitlobkom tarawha, tissieltu magħha, tinħabbu magħha fija. U wara dan, wessgħu dak l-għarfien u mħabba sa ma jhaddnu lil kull ma jeżisti — u qabel kollox lilek innifsek!" Hemm ikollok il-milja tal-misteru Ġesù-Kristu, u tista' tgħix ħieni ġewwa l-"Ġisem ta' Kristu", il-wieħed, l-ewlieni. Jekk għadek tgħix f'dinja fejn il-materja hija hawn u l-ispirtu huwa hemm, għadek m'intix nisrani, Kristjan. Dan m'huwiex ġudizzju morali — huwa biss il-verità li għadek ma ndunajtx bil-Bidla l-Kbira, jew għadek ma ħallejthiex issir.

"Kollox bih u għalih kien maħluq, ... u kollox fih qiegħed iżomm. ... Hekk Alla għoġbu li tgħammar fih il-milja kollha. Bih Alla għoġbu jerġa' jħabbeb kollox miegħu; ... ġieb is-sliem permezz tiegħu fis-sema u fl-art." (Kolossin 1:17-20). Alla tal-Insara mhuwiex biss fil-materja u mhuwiex biss fl-ispirtu — iżda preċiżament meta dawn it-tnejn jaħdmu bħala wieħed. F'dak is-sens il-parti l-kbira tal-Insara għadhom mhumiex Insara; huma biss "jemmnu li hemm Alla" u l-isem t'Alla huwa Ġesù. Ftit huma dawk li jafu l-"Kristu" kosmiku.

Maqlub għall-Malti minn t.m. minn test tas-Center for Action and Contemplation ta' Fr Rohr, test li kien adattat minn Soul Centering through Nature: Becoming a True Human Adult



HSBC Bank Malta plc sponsored outing at Fort Rinella

SOAR organises a social outing once a month for its support group members. For August, HSBC Bank Malta plc. kindly sponsored and organised a barbeque and tour at Fort Rinella for our women and their children. The event included pony rides, archery, a film about Fort Rinella's history and a firing of one of the canons. HSBC Bank Malta plc staff prepared and cooked a meal for the participants. The children wore period costumes and were kept entertained by the humorous and jovial playfulness of Fondazzjoni Wirt Artna volunteers, who also look after and maintain the Fort. This event was the highlight of the summer for many who attended. SOAR thanks the organisers from the HSBC Corporate Sustainability department and the Fondazzjoni Wirt Artna for making it such a wonderful and enriching experience.



Workshop on Gender Roles and Stereotypes for children at The Karl Vella Foundation

On the 22nd of August, SOAR and Men Against Violence organised a workshop for children at The Karl Vella Foundation on gender roles and stereotypes. The Karl Vella Foundation provides educational and psychological assistance to children in families disrupted by illness. On the day, Aleksandar Dimitrijevic, from Men Against Violence, facilitated the workshop with a special focus on women who do jobs or sports which are usually male-dominated areas of work or sport. The aim of the workshop was to break gender stereotypes which begin being formed from as young as 3 years old. Professional boxer Claire Ciantar, and pilot Cathia Mifsud Bonnici very generously gave up their time to visit the children and participate in the workshop. Claire brought along some photos and her boxing headgear and gloves, and Cathia brought her pilot hat, special maps used by pilots and many photos. The children were completely engrossed! We would like to thank Claire Ciantar and Cathia Mifsud Bonnici for their invaluable participation, as well as The Karl Vella Foundation for their collaboration in this workshop.

This initiative is implemented as part of an MSDC/ MCVS VOPs funded project entitled A Package of Outreach Services for Social Inclusion and Wellbeing, aspects of which implemented in partnership with VO Men Against Violence.

Malta Council for the
VOLUNTARY SECTOR

VOPs

MINISTRIJ GĦAD-DIALOGU SOĊJALI
ATTARĠJET TAL-KONSUMATUR U LIBERTAJET CIVILI

This project is funded through the Voluntary Organisations Project Scheme managed by the Ministry for Social Dialogue, Consumer Affairs and Civil Liberties



Resources and equipment used for these workshops are funded by Aġenzija Żgħażaġh.



Aġenzija
żgħażaġh

A PACKAGE OF OUTREACH SERVICES FOR SOCIAL INCLUSION AND WELLBEING –

a project funded by the Voluntary Organisations Projects (VOPs) fund of the Malta Council for the Voluntary Sector (MCVS) of the Ministry for Social Dialogue, Consumer Affairs and Civil Liberties (MSDC)

The Foundation is well on its way in implementing this project which has two additional partners – the Autism Parents Association (APA) and Men Against Violence. The project has three components:

- a range of outreach initiatives leading to the identification and support of vulnerable individuals and families. The target of 150 service users has already been reached with support interventions by different practitioners well under way.

- the partnership with the Autism Parents Association (APA) is also moving fast. The course for parents of children on the autistic spectrum who are facing difficulties is nearing completion at the Ċentru Enrichetta Family Resource Centre in Birżebbuġa. Eight parents are taking part, all referred by APA. The Foundation is planning to repeat the course later on this year so as to reach other interested parents. The course focuses on to learn how to support their children with reading and writing from the early days. Parents are also trained on how to use multi-sensory techniques for the acquisition of reading and writing competences. Discussion and techniques are based on how to present the basic elements for reading and writing to learners within the autistic spectrum.

The other element of this partnership – the IYAC Programme too is progressing well. IYAC – or integrating youth on the autistic spectrum in the community – involves the design and running of three groups for 25 youth on the autistic spectrum aged 14+ starting this coming October. In preparation, a parents' meeting has been held at Ċentru Antida to appraise families about IYAC. Parents who enrolled their young children have already benefited from a psychological assessment of their child to determine which of the three concurrent groups would best fit the young person's interests and abilities. A clinical and an education psychologist have been engaged and have completed each young person's assessment. A call for an IYAC Programme Co-ordinator has been issued. 5 Young persons will be recruited as Activity Facilitators and a number of volunteers will be identified to support IYAC programme activities including outings.

- the third project element is also moving smoothly. This involves the running of many workshops for young persons on domestic and dating violence. These workshops are being run jointly by the SOAR Service of the Foundation and Men Against Violence. Resources are being purchased from overseas to complement those developed in-house.



A huge thanks to MSDC and MCVS for this opportunity to provide a wide range of social support initiatives in partnership with other voluntary organisations!

International Youth Day

Every year, on the 12th of August, we celebrate International Youth Day. Thanks to Aġenzija Żgħażaġh, Malta celebrated this event. SJAF being a member of Aġenzija Żgħażaġh, Social Workers and their young service users took part. Aġenzija Żgħażaġh is a pioneer in running a range of key education and training and support initiatives for youth. Most importantly, it runs **Youth.Inc** programme for young vulnerable persons who dream of achieving their own life goals as well.

Youths from all over Malta took part in this year's event whose theme focused on one of the Sustainable Development goals of the United Nations - Eradicating Poverty. To help the participating youth become more knowledgeable about this issue, 3 spokespersons were invited to make presentations. Two of resource persons were from Caritas Malta (Mr. Louis Bellizi and Mr. Andre Bonello). Caritas Malta, as everyone knows, provides key services in the field of addictions. Drug abuse and usury are closely linked to poverty. The other spokesperson was Parliamentary Secretary Mr. Kris Agius.

During this event, the Caritas representatives provided an overview of the services offered by Caritas Malta and how, as the adults of the future, young persons can make mature decisions for their future in order to avoid sliding into poverty. Youths were reminded that help is available for those ready to seek it. Both agencies' have websites which can be accessed through these links: <http://www.caritalmalta.org/> and <http://www.agenzjazghazagh.gov.mt/>. Alternatively one can call Caritas on: 25906600 or Aġenzija Żgħażaġh on: 22586700.

Maria Zerafa -
Social Worker



Sparixxa

Raġel darba beda vjaġġ.
Min hu, miexi?
Kakofonija hu,
narcissista
qalb imxerrda.

X'esperjenza qed jikseb?
Jekk għall-ksib, sejjer triq
b'oħra.
Iżda triq hemm –
trasformazzjoni.

Lejn tmiem il-vjaġġ,
min hu, miexi?
Huwa l-Ispirtu Kbir u qaddis
Għax dak li jidhol
għal vjaġġ, mhuwiex
l-istess wieħed
li jasal.

Kif jinħass, dan kollu?
L-hena togħma tajba,
frott tal-ispirtu
lfraħ dejjem.

U bħalissa fejn hu,
dal-pellegrin?
Miet, u ħajtu
moħbija.

Fejn hu tmiem il-vjaġġ?
It-tmiem bla tmiem. Il-wasla
hija l-mixja.
Fejn u kif tasal huwa
fejn u kif timxi.

Il-vjaġġ tiegħu għen
lil xi ħadd ieħor?
Kif jista? Huwa miet.
Iżda l-Ispirtu jgħin
lil ħaddieħor.

tony macelli

ROKNA POEŻIJA

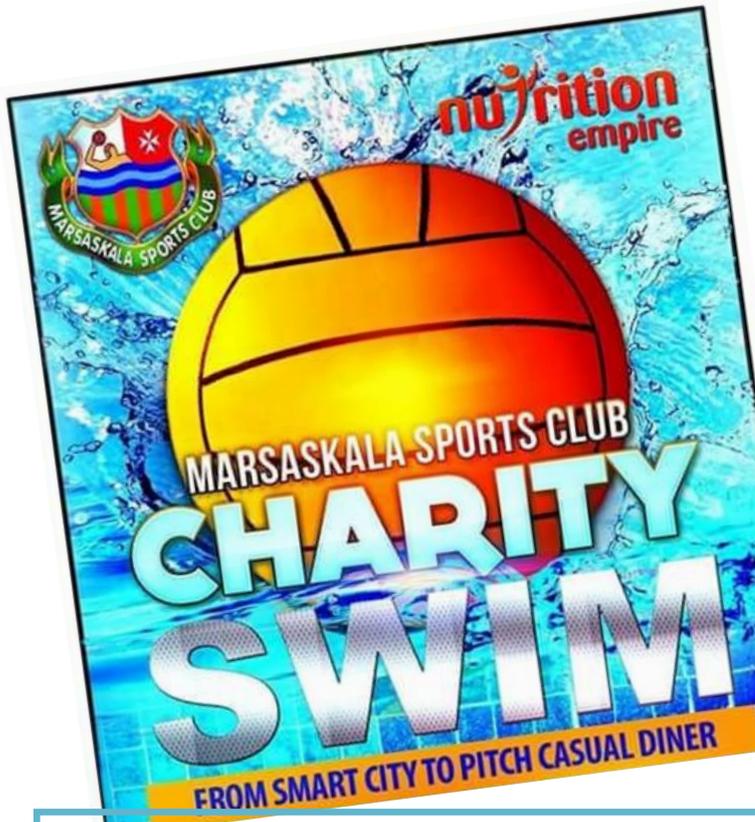


Il-frott ta' l-Ispirtu huma: l-imħabba, l-hena, is-sliem,... Gal 5 :22

Ifirħu dejjem fil-Mulej; nerġa' ngħidilkom, ifirħu. Fil 4:4

Ifirħu dejjem. I Thessalonin 5:16

Għax intom mittu, imma ħajjitkom hi moħbija flimkien ma' Kristu f'Alla. Col 3:3



On Sunday 31st July, Marsaskala Sports Club organised a Charity Swim and funds raised were donated to St Jeanne Antide Foundation and Karibu Malta.

"There is no mental health without family caregivers"

Jens Peter Dam Eckhardt Jensen, chief analyst at Bedre Psykiatri's research unit, published a short article titled "There is no mental health without caregivers" on BJPsych International Blog. Definitely worth reading.

The Shift - a movie worth seeing

The Shift - illustrates how and why to make the move from ambition to meaning. Such a shift eliminates our feelings of separateness, illuminates our spiritual connectedness, and involves moving from the ego-directed morning into the afternoon of life where everything is primarily influenced by purpose.

As we contemplate leaving the morning of our life, where ego has played a commanding role, and entering the afternoon (and evening), where meaning and purpose replace ambition and struggle, we may encounter unexpected occurrences that accompany this new direction.

Link: <http://www.drwaynedyer.com/blog/making-the-shift/>

Third Free Online Course for Carers

EUFAMI will be launching its 3rd free online course for caregivers on World Mental Health Day - October 10th. Entitled "***Caring for People with Psychosis and Schizophrenia***" it is led by King's College London and EUFAMI through FutureLearn. The course is very interactive, with thousands of comments from the participants from all over the world reaching EUFAMI. Caregivers can still access the videos and transcripts here. For more information, use the following link: <https://www.futurelearn.com/courses/caring-psychosis-schizophrenia>



Sisters of Charity of
St Jeanne Antide Thouret

ESTHER House night shelter

As a congregation committed to supporting people in difficult life circumstances, we plan to open a night shelter for women who suddenly become homeless. We have spent €76,995 to refurbish a house which was in a bad state of repairs. The house is now ready but we have a shortfall of €32,495.

Donations would be appreciated.
Receipts will be issued.

We will be entrusting the management of Esther House to The St Jeanne Antide Foundation (VO/0005).

Contact: Sisters of Charity on 2169 4451/9948 9134

152 Sisters Street, Tarxien TXN 1042.

Donations through Bank transfers can be made as follows:

BOV - MT91 VALL 2201 3000 0000 4002 0809 335
HSBC – MT72 MMEB 4413 0000 0000 1307 5510 051
APS – MT61 APSB 7708 0000 4977 1049 7711 018

BBQ

B'risq il-fqar

Fil-missjoni

Tas -Sorijiet tal-Karita'



Is-Sibt, 3 ta' Settembru,
fis- 7.30 pm.

Fil-bitħa tal-Kunvent tas-Sorijiet
(dħul minn wara - Carmel Str.Tarxien)

Prezz:	kbar €13	zghar €7
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Tombola, raffles b'rigali sbieh,
ikel bnin u varjeta'.

Ċempel: Sr. Dositea Cardona 79293798
Charlie Piscopo 79250246
Doris Seguna 79269706





Find us on:
facebook®

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



DONATIONS

Your donation is truly appreciated. It enables us to sustain our services to vulnerable and poor individuals and families.

Donation to the St Jeanne Antide Foundation can be made as follows:

Cheque issued to The St Jeanne Antide Foundation and posted to the Foundation: 51 Tarxien Road, Tarxien TXN 1092

For **local bank transfers**: **APS** 2000 0681 886 **HSBC** 013175021001
BOV 4002003379-0 **BANIF** 00210404101

If you are a Go/Vodafone/Redtouch subscriber you can donate by sending a **blank SMS** (SMS tariffs applicable):

€2.33 – 50617371 €4.66 – 50618095

€6.99 – 50618909 €11.65 – 50619217

You will receive a text message of thanks and acknowledgement

For **bank transfers from overseas**: APS Bank, 146/147, Antoine De Paul Square, Paola PLA1260

Bank Code (Swift) APSBMTMT IBAN No: MT03 APSB 7708 0005 5047 2000 0681 886 (last 11 digits are the account number).

HOW YOU CAN HELP US - OTHER OPTIONS

- If you are getting married: make a donation instead of buying wedding souvenirs.
- If you are having a birthday party: ask friends to make a donation instead of buying a gift.
- If you are having a wedding anniversary celebration: convince your guests to make a donation instead of buying a gift.
- For funerals: you may wish to make a donation instead of buying flowers.
- Get Together: organise a spontaneous collection.
- You may wish to send us a monthly or annual donation, whatever the amount.
- You can encourage others to consider donating to the Foundation.
- Ask your employer for a matching scheme which will make your contribution go even further!

Become a HELP-SJAF Champion and ask friends and family to make a donation.

CONTACT US: sjafngo@gmail.com

Foundation SERVICES

1. Family Resource Centres:

- **Ċentru Antida** Family Resource Centre, 51, Tarxien Road, Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well); up to 1pm in summer Serves localities of Tarxien, Paola, Fgura and Santa Lucia. Social Work, community outreach, advocacy, referral, information, emotional support, support groups.

Volunteering opportunities, included inclusive volunteering for service users.

Volunteer Handymen in support of vulnerable and poor families.

Learning Support for vulnerable persons supported by Foundation Social Workers. Includes: *For Children*: weekly learning support for primary level students; *For adults*: non-formal learning opportunities such as self-esteem groups & literacy.

Volunteer Befriending for lonely, home-bound elderly persons **Counselling**;

Bazaar in Tarxien (recycling and fundraising).

- **Ċentru Enrichetta** Family Resource Centre, Triq San Tumas, Birżebbuġa. Open Mondays, Tuesdays and Wednesdays from 8am to 2pm. Social Work service; Family Literacy Support Programme; MCCF service on Tuesdays from 8am to 11am. Tel No. 21652038—99960381.

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

3. IRENE Service in support of very vulnerable women involved in street prostitution. Dar Hoesa drop-in centre. Tel no. 27133684—99508954.

4. 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: soar-malta@gmail.com.

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.

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

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