



SJAF e-Magazine

ST JEANNE ANTIDE FOUNDATION

Ċentru Antida

51, Tarxien Road. Tarxien TXN1090

Reception Desk Tel. 27672367; 21808981; 21809011

Email: miriam.sjaf@gmail.com

Website: www.antidemalta.com

Facebook: Fondazzjoni St Jeanne Antide

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APPOĠĠ LIL INDIVIDWI U FAMILJI VULNERABBLI F'HAŻ-ŻABBAR – il-Proġett Vinci



Il-Fondazzjoni ilha taħdem id f'id mal-Parroċċa ta' Ħaż-Żabbar minn Marzu 2010. L-għan kien u għadu li, permezz ta' interventi minn professjonisti mill-Fondazzjoni, hafna individwi u familji li qed jiffaccjaw sfidi kbar f'hajjithom, jiġu milhuqa u megħjuna fil-parroċċa stess. Fl-ewwel sentejn, il-Fondazzjoni setgħet tibda din il-ħidma msejħa *Proġett Vinci* bis-saħħa ta' għajnuna finanzjarja mill-iSTRINA. Billi wara sentejn ma kienx ikun għaqli li wieħed jisparixxi minn Ħaż-Żabbar sempliċement għax spiċċaw il-fondi, il-Fondazzjoni għamlet minn kollox biex issib għejjun oħra ta' fondi li jagħmluha possibbli biex hafna familji fid-diffikultà jibqgħu jiġu megħjuna, allavolja f'inqas granet matul il-ġimgħa. Il-Parroċċa għamlet l-almu tagħha wkoll, tant li l-Kappillan sab mezzi kif jappoġġja din il-ħidma finanzjarjament.

Il-Parroċċa allokata l-użu ta' l-ewwel sular tal-Uffiċċju Parrokkjali li jikkonsisti f'counselling room u uffiċċju mdaqqs. Apparti minn hekk, diversi binjiet tal-parroċċa intużaw għal diversi attivitajiet ta' appoġġ fi grupp.

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Minn Marzu tas-sena 2010 meta nbeda l-proġett sa Ġunju ta' din is-sena -2013 – kien hemm spiża totali ta' € 47,049 fuq is-salarji. Minn tmiem il-fondi tal-iSTRINA f'April 12 'l hawn, il-parroċċa bdiet tikkontribwixxi €500 fix-xahar. Il-ħidma baqgħet għaddejja.

Hawn taħt hawn rapport dwar xi riżultati tal-ħidma tal-Proġett Vinci.

Summary of project outputs from March 2010 untill June 2013

- 398 vulnerable individuals from 225 families have benefited from the project services: social work, counselling, consultations with the Psychiatric Nurse for families of persons suffering from a mental illness, Volunteer Handymen service, and learning support. Interventions involve office-based sessions at the Project Office on the first floor of the parish office as well as regular home visits – the preferred mode for many families.
- Outreach in 12 public housing blocks and 5 streets and alleys.
- Active involvement of service users in Foundation's wider activities.
- Group-based activities: grandparent education; depression support group; family caregivers' support group; learning support; live-in for children.
- On-going collaboration with agencies at both national and local level.

Group Activities as from March 2010 till December 2011. These two years were fully funded by STRINA 2009 and STRINA 2010. Throughout these years, two community workers were based three half mornings at Żabbar Parish Office. Group works and support groups were held in the community for service users from Żabbar.

YEAR 2010	Group Activity	Workers
October	NannaKola Club in Ċentru Maria Bambina - grandparent education initiative (weekly for 21/2hours)	2 group Facilitators
July to September	Children's educational activities for children of service users	Community workers
September to January 2011	VINĊI radio programme on the Hompesch community radio channel (a series of 17 one-hour programmes).	Social Workers
November 2010- January 2011	Sessions for parents or guardians whose children are attending the Żabbar primary schools on the theme: "Kif ngħinu lproċess tat-tagħlim fit-tfal".	Community Workers
October	Session to participants of the Social Club for the Elderly on: L-importanza u s-sehem tan-nanniet fil-familja.	Community Workers

YEAR 2011	Group Activity	Workers
January to June	Support Group for Family Caregivers	Psychiatric Nurse
February	NannaKola Club: grandparent education aimed at grandparents who regularly care for a grandchild or more	2 group Facilitators
March	Depression Support Group	Psychiatric Nurse
March to November	Parenting Skills for vulnerable women: 6 sessions of 1.5 hours each	Community Workers
21 May	Stall with educational materials for parents set up during Lejla fil-Belt Hompesch.	Community workers
13 - 15 May	Live-In for vulnerable children Dar Santa Monika, St Paul's Bay	Social Worker
16 June - 20 October	Arts & Crafts Sessions	Community Worker
15 July - 9 September	Summer Programme for vulnerable children	Social Worker

Group Activities between 2012 and 2013

The project was funded by SJAF own fundraising activities and small % from Żabbar Parish. In these last two years, the office was mainly used by the social worker and the psychiatric nurse for family consultations. Group work and support groups were carried out at Antide Centre.

	Group Activity	Workers
13 January	Parents Support Group	Psychiatric Nurse
24 February	Carers' Support Group	Psychiatric Nurse
13-15 April	Live-In	Social Worker
20 April ongoing	Klabb Familti- empowering mothers to raise their children in a healthy milieu by creating a safe, positive and supportive environment.	Community Worker
5 June	Volunteers Training on Negative Emotions.	Social Worker
6 July	Talk on Sex Education	Social Worker
11 July – 9 September	Smiling Kids Summer Programme.	Social Worker

Family Support

Since the start of the project, the Community Social Worker and the Psychiatric Nurse have worked with 398 vulnerable individuals from 225 families

- Out of the 225 families, 100 are being supported by the Foundation's Psychiatric Nurse from the LWIEN service.
- 74 families are still being supported jointly by the social worker and the Psychiatric Nurse.

Type of Presenting Problems

At the initial stage, along with the service users, the workers carry out a holistic assessment to identify the needs expressed by service users and their family members. Presenting problems are usually those that the referred person chooses to disclose at the outset. On-going worker collaboration and consultation, including with workers from other service providers, enable the team to meet a range of needs of the whole family and its individual members. All the families supported to date grapple with a range of difficulties – financial, relational and mental health ones.

The chart below highlights presenting problems of the 225 families:

	2010	2011	2012	2013
Mental health	21	60	29	12
Financial Difficulties	20	5	5	2
Highly conflictual family relations	12	21	5	4
Problematic parenting	6	6	3	1
Loss	4	16	3	
Inadequate housing	9			2
Very frail elderly	3			1
Disability and challenging behaviour related difficulties	5	4	4	3
Marriage Separation		4	2	1

Referral Sources throughout these 4 years.

Throughout these past 4 years, the largest number of referrals came from the Parish Priest, another priest who is part of the team and volunteer pastoral workers. As the VINČI Project has established its roots in the community, self-referrals and referrals by relatives is on the increase. The project team maintains regular links with state agencies who are the source of a substantial number of referrals. Additionally, through regular outreach work, the project team was able to identify and assist families who did not access any family support services.

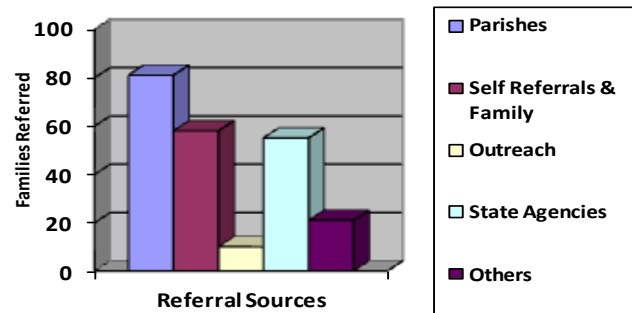


Figure 1 identifies the referral sources during the period of 2010 till end of December 2011. These two years were funded by STRINA 2009 & STRINA 2010.

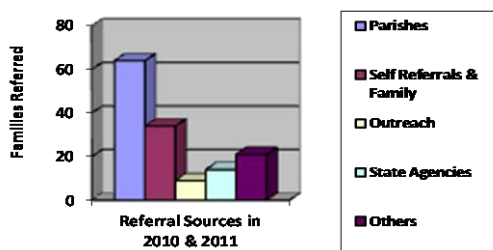
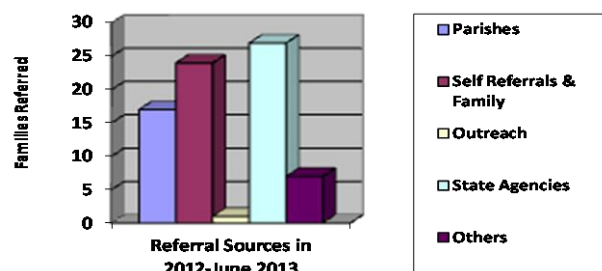


Figure 2 identifies the referral sources during the years 2012 until June 2013. These years were funded by SJAF own fundraising activities and a monthly grant from the Žabbar Parish.



Financial Aspect

% Zabbar Case Load in relation to Total Work Load of workers

	2010	2011	2012	2013 up to 30th June
Ruth Brincat - Social Worker	51%	55%	59%	62%
Kimberly Vassallo - Social Worker	-	7%	8%	15%
Connie Magro – Psychiatric Nurse	18%	31%	18%	27%
Pauline Agius - Community Worker	28%	27%	30%	27%

WHAT NGOS ACTIVE IN THE SOCIAL WELFARE FIELD HAVE TO SAY ABOUT POVERTY MEASURES

Registered voluntary organisations active in the social welfare and social solidarity field were invited to a workshop on poverty in Malta by the Malta Council for the Voluntary Sector in conjunction with the Ministry for the Family and Social Solidarity. Dr Yana Bland Mintoff presented a detailed statistical overview of poverty and social exclusion in Malta following which representatives of VOs present debated 3 aspects of poverty. The workshop was entitled **Draft National Strategy Against Poverty and Social Exclusion**; it was held on Thursday 12th September 2013. Below is the outcome of the workshop discussions.

VO Seminar Draft National Strategy Against Poverty and Social Exclusion, Thursday 12th September 2013

REPORT OF WORKSHOP 1: *Social and Financial Justice*

Moderator – Fr. Savio Vella
Rapporteur – Mr Ian Azzopardi

1. Benefit Fraud: There is concern with this Fraud. It is said that Government 'saved' Euro 30 million over a number of years in such fraud. Why such an enormous abuse? Are people happy with the social security benefits being received and do not bother to improve their situation and maybe get out of this vicious circle of poverty? Are benefits too generous? On the other hand, it was mentioned that the majority of social benefit recipients are IN NEED no doubt. We cannot penalize the majority and ignore them because of the abusing few.

Another point mentioned is why doesn't Government ring fence these fraud recoveries and use them not for the Government general budget but for disadvantaged people themselves?

2. Minimum wage and Pensions: There are people working and earning the minimum wage but are nonetheless still poor as the income is meagre. It was suggested in the past by Caritas that the minimum wage earners should be transferred to a living wage – a decent wage to live. What has this Government and the previous one done of this? Not much. The half-baked solution was that people be invited to attend

courses at ETC out of the way at Hal Far. It seems that the response was very low with only 7 persons taking

up the offer. It was commented that maybe Hal Far is out of reach and possibly not the ideal place to hold courses. There is also the issue of pensions. Grandmothers and grandfathers who, although receive a pension, are nonetheless on the fringes of poverty.

Pensions are probably unsustainable and this has to be addressed by Government before it is too late. It is like a time bomb waiting to explode.

3. Empowerment: The point of empowering people and giving them the basic skills and training to be employable was raised. It is better to teach someone to fish rather than giving him to eat.

A good education normally leads to a stable and decent job so we have emphasis this.

4. Family focused including children: We have to ensure that we ARE reaching out to families, particularly to children at school. There are a number of children at school coming from difficult family backgrounds. There has to be a clear idea of the daily challenges and sufferings that these people pass through. Priorities are not always in place. We see people in poverty who then have the latest mobile, latest manicure and playing unproportionate amounts of weekly lotteries, tombolas etc.. Is the Government through Super 5 lottery really helping these people?

The scourge of materialism was mentioned to in this context. Children coming from well off families create envy in the eyes of their counterparts coming from poor family. They tell them 'Yesterday I spent some hours playing with my X box / Playstation'. Children coming from poor families do hurt when they hear this. It was suggested that either in Local Councils or in Parish groups, these are made available so that their self-esteem will be boosted and can reply to their friends ..'Even I played with PlayStation yesterday'.

There are also private businessmen who have the power to wield out money out of the poor. The Government, the Church and the NGO have to have to set a common front against such businessmen who unscrupulously flout the poor, to eradicate poverty.



5. Unaffordable living costs: The Water and electricity bills and the rents paid to tenants were mentioned as those topping the list. Water & electricity bills are already high enough. Arms Ltd impose additional interest and penalties to those who cannot afford to pay them. It is poor families who normally fall in arrears of payments. So should we further penalize them and threaten them constantly with cutting off the supply? Eventually, cutting off the supply will leave such family in a better state?

It was suggested that Arms Ltd or the Minister set up a special unit to delve into really pitiful situations. This unit should help families not condemn them!

6. Common front: NGO's have a voice too and we have to make our voice heard loudly. We have to

change the mentality of the new generation. Government should work in this field not separately but together with NGO's. Government and NGO should work as one front fighting poverty.

7. Identifying and Prioritising Poverty issues: Strategy cannot address all the issues at once. The issues have to be identified such as (a) water & electricity (b) rents (c) unemployment benefits and fraud (d) inner harbour area (e) child care centres (f) out of home care etc.. We should clearly identify these issues and address some of them at a time. They cannot be addressed all at once. We have to prioritise.

Suggested priorities were (a) Three or four families who cannot afford rents are living in flats together. Poor people cannot afford rental payments and are being chucked out

of properties by tenants when they fall in rental arrears. (b) We have to do away with excessive bureaucracy. People sometimes end up without food or end up homeless overnight (either thrown out by tenant or by family etc.). We do not have an emergency response centre for such cases. You cannot tell a homeless or hungry person...'Tomorrow come and fill in the application form'. He wants a warm meal and a bed now, this moment! We have to have a fast track response to such urgent needs. A suggestion was made that 'dirty money' paid to Maltese Law Courts for drug related crimes should be ring-fenced and given to an agency or NGO to distribute to poor families, for adequate housing, for counselling sessions etc.

(to be concluded in the next issue of the SJAF e-Magazine, October 2013)



**Ser jerggħu jibdew il-
Fargiet Kulturali**

**Darba fix-xagħar ser jiġu
organizzati fargiet kulturali
immexxija minn gwida liċenzjata.**

**Għal aktar tagħrif fuq
l-ewwel farga
ikkuntatjaw
lil Pauline Aguis
fuq 21809011 / 27672367
bejn l-Erbgħa u l-Gimgha
jew ibagħtu email fuq
pauline.sjaf@gmail.com**

BBQ for children at residence of CEO of HSBC Bank

On the 11th September, 15 children together with their parents attended a pool party at the residence of the CEO of HSBC Malta plc Mark Watkinson. The group of Foundation service users was warmly welcomed and greeted by Mr. Watkinson, his wife Sarah and HSBC personnel. Qualified life-savers and first-aiders were on the spot for safety measures. The children enjoyed themselves swimming in the pool and taking part in water games led by HSBC staff. The outdoor activity concluded with a BBQ which everyone thoroughly enjoyed. Each child was given a goody bag before leaving.

On the behalf of the children and their families, we would like to thank Mr & Mrs Watkinson and HSBC staff for organising this pool party and for their sustained generosity towards children from vulnerable families.



Mil-Belveder

Kollox hu dak li hu,
wirja li l-Wiehed juri, u jara.
U li naħsbu li aħn' aħna
hija lenti li ċ-ċekken
l-Għarfien Ħaj,
ħa' turi biss
ċurkett zgħir ta' dawl.

Dat-tiċkin jagħtina
"identità" u "tifsira"
li, mingħalina, għandna bżonn.
U isem.
Iżda mhux isimna tassew.

Iċ-ċirku ċkejken jippermetti
kontribut liċ-ċkejken postna,
bnedmin zgħar.
Iżda fil-każ tiegħi
u ta' kull min naf
iċ-ċurkett isib tfixkil,
jittappan.

'L barra mill-lenti, hemm post
bħal-belveder
fej' it-tfixkil jġi jidher.
Mur hemm sikwit, u dum, u ishar
u ara t-tfixkil
u l-lenti li ċekken.
Ilmaħ iċ-ċurkett zgħir ta' dawl.
Bħal kollox, dawn
mimlijin ġmiel.

Mur hemm sikwit, u dum, u ishar.
Gawdi l-ftuħ,
u ż-żiffa - int tkun iż-żiffa.
Kultant, il-Wiehed jiddi
bid-dawl il-qawwi, wiesa'
wiesa'.

tony macelli



Bambù

Aħdar il-bambù, u qawwi
kbur
iżda meta ż-żmien jasal
jinża' l-weraq niexef
hekk,
mingħajr l-iċken ħsieb

Tibżawx, tibżawx...
tkunu lesti
u ħsibijietkom għar-rimi
u bejniethom
dak li hemm, hemm
mingħajr l-iċken ħsieb.

tony macelli

ROKNA POEŻIJA



Żululi għax ġie!

U ġie! U ġie! Hu wasal u ġie!

Żululi għax wasal! Ta' ħaddejħi ħamranin
t'għajnejħi liema bħalhom, ta' xufftejħi bla tqabbil
li jfittxu biex jiksbu lil fommi ħerqan

Żululi għax ġie, u ġie! Ġie hawn ħabba t-tieg; fix-xagħri inħsadt, kont
nirgħa il-bejjem, u sirt principessa, ftit qabel ma bebbex id-dawl

Kemm wiesa' dil-mizbla! Nittaqqal li nigri f'art moxa b'das-sekli ta'
skart. Daw' kolla, min inthom, hawn fl-art; kif għandkom il-wiċċ li
tibqgħuli fin-nofs? Żululi iss'issa, għax il-lejla niżzewweġ... lix-Xemx

Il-bhejjem min jaf fej' ħallejthom, kif ġie il-ħabbar... nitlob biss li f'funtana
nissaffa' ħdej' biebi, jew f'xi biebi il-belt. Żululi min hemm, għax sar ħafna
ħin. Għadruni, ħalluni, għax f'ġieħi kemm hemm... irrid nidħol il-
belt. Maħbubi tant kbir li jimla l-belt kollha, missejtu mil-bogħod - żululi
għax ġie!

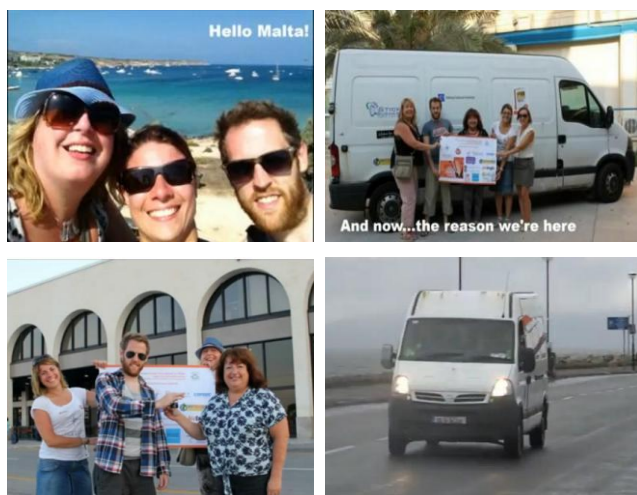
Hawn jien f'bieb il-belt, għadirni o xih, ħija l-kbir,
għadirni w wassalni sa ħdejħi!

tony macelli 2003

Team Due East from Ireland recently drove overland from Ireland to Malta to donate a second hand Nissan Van to the Foundation.

This donation came at an opportune time since the van is needed for outreach work and other initiatives in support of vulnerable families.

Thank you Evy, Lewis and Kathy for your enterprising initiative in support of a Maltese NGO. Your contribution is truly providential!



World Mental Health Day 2013

What does not kill us makes us stronger!

Helping ourselves, our children and grandchildren avoid, survive and grow through trauma.

Seminar organised by the Richmond Foundation

Date: Wednesday, 23rd October 2013

Time: 08:30 – 13:15

Venue: Dolmen Resort Hotel, Qawra

Keynote speaker: Dr. Felicity De Zulueta



Empathy, Education, Empowerment.

Contacts

E-Mail: assistance@mhamalta.com
mobile no: 79 8000 80

A SISTER'S CALL

and a family's struggle

MHA invites the public for a video forum based on a story of a sister's mission to bring her brother back from the depths of homelessness and schizophrenia all the while seeking a way to heal herself from the past. We invite you to discuss this with us on:

Friday 11th October @ 6pm
Venue: Project House, Floriana.





BAZAAR – 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
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 Togethers: 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

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

FOUNDATION SERVICES

1. The Antide Centre/ Ċentru Antida

- a drop-in/ welcome Centre in Tarxien. Open from 7.30am to 5.30 pm daily in winter time (sometimes later as well).

2. Social Work & Counselling Service: Includes:

- Services of **Social Workers** that includes home-visits, outreach, advocacy, referral, information, emotional support;
- **Counselling**;
- **Emotional Freedom Therapy**;
- **Befriending lonely** home-bound elderly persons (Volunteer Team: Nurse and brfriers)
- **SOAR advocacy and support group** for victims and survivors of domestic violence.
- **Volunteer Handymen** in support of vulnerable and poor families.

3. Learning Support Service open for vulnerable persons supported by Foundation Social Workers. Includes:

For Children: homework support for primary level students; weekly creative writing and maths support for secondary level students; summer programme; weekly arts, music and crafts sessions. For adults: non-formal learning opportunities for vulnerable adults such as self-esteem groups & literacy. For grandparents who regularly care for their grandchildren: educational clubs.

4. LWIEN Service - caring for family carer-givers:

support for family caregivers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work

5. Community Work Projects in Żabbar and Fgura

undertaken in collaboration with the parishes. Services include social work in zones with a concentration of families in difficulty, counselling, groupwork, mental health nurse, literacy support, home-visits, befriending.

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.