

Supporting At Risk Families

**– contributing to social integration at
community level**

St. Jeanne Antide Foundation

Annual Report

2010

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VO/0005

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- The Mental Health Association, Malta
- Anti-Poverty Forum – Malta
- The Malta Health Network
- SKOP (Solidarjetà u Koperazzjoni)
- Church Secretariat for Social and Charitable Action

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Introduction

The St. Jeanne Antide Foundation (SJAF) is a family- and community-focused not-for-profit organisation committed to identifying and supporting in a holistic manner very vulnerable and poor families. It was set up by the Malta Province of the Sisters of Charity of St Jeanne Antide in collaboration with lay persons and is administered by a Governing Board with a Chief Executive Officer. It is registered as an NGO with the Office of the Commissioner for Voluntary Organisations (VO/0005).

SJAF is based in a community – Tarxien - and works in partnership with community-based organisations and other state entities and NGOs that are national in scope. It engages in outreach work as a means of identifying and supporting hard-to-reach vulnerable and poor families, assisting them as close as possible to where they live. Since its establishment, the Foundation has set up a number of core services and is in the process of developing others. Being based in a local community, SJAF has naturally evolved into an organisation that is at the service of the local parish community and its neighbouring ones. Its scope is local, national and international.

SJAF is an affiliate member of the Mental Health Association, the Anti-Poverty Forum – Malta, the Malta Health Network and the NGDO Forum SKOP (Solidarjetà u Koperazzjoni) and the Church Secretariat for Social and Charitable Action.

Mission Statement

The Foundation shall be run and its mission fulfilled by a community of Sisters and lay people working in partnership systematically in teams for the support and self-empowerment of socially excluded persons, families and minority groups. As a Christian community, it aims to reflect the love of God in all that is done, and to see and love Jesus Christ in persons who are in need. The mission of the Foundation is to be present for individuals and families who need someone who can listen to them with compassion, link or guide them to appropriate existing support services, support them in the restoration of their dignity, and guide them towards self-reliance. Looking holistically at persons in need, the Foundation's mission is to give moral and spiritual support to such persons in need.

Objectives

The objectives of the Foundation are:-

- (a) to identify, understand and raise awareness about under-served and un-served categories of excluded or vulnerable persons;
- (b) to develop and implement programmes in support of identified under-served and un-served categories of vulnerable persons, families, and minority groups;

- (c) to support and train a number of persons to make their own contributions to society and to persons in need;
- (d) to provide the opportunity and training to service users so that they themselves can provide services to others in need;
- (e) to be open to voluntary service of young people who would like to offer time and energy at the service of others in order to gain experience and insight;
- (f) to create links with overseas agencies that work in line with our mission, to share experiences, give and get support and widen our vision.

Services

During 2010, the Foundation ran the following services:

1. The Antide drop-in Centre
2. The Social Work and Counselling Service
3. The Learning Support Service
4. LWIEN Servicece - caring for family caregivers
5. The Vinci Community Work Project
6. Overseas Development Projects



The Antide drop-in Centre (Ċentru Antida)

The Antide Centre is based in Tarxien but is easily accessible by residents of other neighbouring localities such as Paola, Fgura and Santa Lucia. Parish Priests, their deputies, parish groups and parish service (diaconia) commissions are key collaborators in a shared socio-pastoral and educational endeavour. SJAF is officially a member of the Tarxien and Żabbar Diaconia Commissions and works closely with those of Paola and Fgura.

Working closely with local structures has brought SJAF in touch with parish-level pastoral voluntary workers who support families in difficulty. Parish priests regularly effect referrals thus enabling individuals and families to drop by at the drop-in Centre to seek support for themselves, for relatives, friends, neighbours and acquaintances.

The Antide Antida contributes to the fulfilment of the following statutory aims of the Foundation:

- to develop and implement programmes in support of identified under-served and un-served categories of vulnerable persons, families, and minority groups;
- to support and train a number of persons to make their own contributions to society and to persons in need;
- to provide the opportunity and training to service users so that they themselves can provide services to others in need;
- to be open to voluntary service of young people who would like to offer time and energy at the service of others in order to gain experience and insight.

The Antide Centre has increasingly become known to local people. People drop by to talk to someone, to access social work or counselling support, join group-based learning activities or support groups or to become a volunteer. Family care-givers of mentally ill persons are increasingly dropping by to seek support. Some mental health service users have become regular volunteers and take up roles compatible with their current ability and state of mind.

The drop-in centre is based on the ground floor of 51 Tarxien Road in Tarxien, part of the Provincial House of the Sisters of Charity. It has a welcoming environment with space for group-work, courses, offices, counselling rooms, socialising and relaxation space and a kitchen where courses are also delivered. There are showers as well for temporarily homeless persons and a library for young and adult service users. SJAF additionally hosts meetings of other organisations and offers the use of its facilities

to social workers from state agencies that need to meet service users from the vicinity. The Centre is visited by around 20 – 25 persons a day.

The Antide Centre continued to publish its monthly e-Magazine for volunteers, Foundation personnel, collaborators and parishes; it is available through the SJAF website at www.antidemalta.com. Each issue of the e-magazine features a diary of activities and events to ensure that stakeholders are kept abreast of developments. Eleven issues of the e-magazine were published in 2010. The official daily opening hours of the Antide Centre are from 8.00 am to 5.30 pm in winter time and from 7.30am to 1.30pm between mid-July and mid-September. However, the Centre has longer opening hours on those weekdays where a regular service is offered beyond closing time.

Reception work at the Antide Centre is fulfilled by a group of dedicated volunteers who share a roster. Housekeeping work at the Antide Centre is carried out by volunteers throughout the week and by a worker from the Province of the Sisters of Charity at the weekend. Anyone coming to the Centre is welcomed and offered tea and is seen by workers at the Centre.

Volunteering at the Foundation

Volunteering is a cornerstone of the Foundation's mission. The Foundation encourages and nurtures volunteering within its range of service provision, in line with three of the Foundation's key objectives:

- to support and train a number of persons to make their own contributions to society and to persons in need;
- to provide the opportunity and training to service users so that they themselves can provide services to others in need;
- to be open to voluntary service of young people who would like to offer time and energy at the service of others in order to gain experience and insight.

Volunteering is a way for people to engage in a meaningful activity beyond their personal and professional sphere and to develop an interest outside their family and working lives. Volunteering has many positive side effects, irrespective of one's age:

- it significantly improves the volunteer's quality of life and sense of well-being;
- it provides a sense of satisfaction that is often not derived from other spheres of life;
- it injects meaning in an often materialistic lifestyle devoid of altruism;
- it provides an opportunity for forging new friendships;
- it makes it possible for social care organisations to create new and better ways of supporting vulnerable individuals and families;
- it creates the fabric of a robust welfare society;
- it is, above all, a powerful way of living one's faith and stimulating hope in lives that are bereft of love and compassion.

Volunteers at the Foundation are screened and assessed before their induction and are given a Code of Practice to guide them in their work. Throughout 2010 there were a total of 75 active volunteers. The highest number (48%) were Tutors working within the Learning Support Service – the Homework Support Service, Bridge Programme Basic Skills Tutors, Summer Creative Self-Expression Course and Mentoring. During the year, 25 volunteers discontinued their involvement; 12 of these were young Learning Support Tutors who discontinued for two main reasons: pressure of full-time studies (8) and conclusion of their summer voluntary experience (4).

37.3% of the volunteer cadre in 2010 were over 60 years of age while 21.4% were under 20. It is the experience of the Foundation that older volunteers are more regular than others and are more likely to dedicating more hours and years of service than volunteers of a much younger age groups. Old age does offer older persons a meaningful opportunity to become involved in the social care field.

Volunteering is also a means of remaining a life-long learner since the Foundation provides a range of non-formal learning opportunities both related to the roles being performed as well other themes of interest to them.

Of the 75 volunteers, 3 worked between 15 to 25 hours a week on a regular basis, 2 worked 8 hours a week, 12 of the Receptionists worked a weekly 4 hour roster, 4 Learning Support Tutors worked 8 hours a week during the summer months of July to September, while 54 provided between 2 to 3 hours of service a week.

SJAF encourages service users to consider volunteering as part of their self-development plan. 13% of the volunteers who provided a service to the Foundation during 2010 were service users. A number of volunteers have contributed articles for the Foundation's monthly e-magazine. Others joined support groups and courses developed for service users since the nature of the groups and courses was linked to a felt need of theirs. 9 volunteers accessed social work and counselling support during 2010.

Below is statistical data concerning volunteering at the Foundation during 2010. Not included in the statistical data are the university students practising social work, counselling, therapy or adult education as part of their undergraduate or masters degree programme.

Volunteer roles by number

Roles	Number of active volunteers	Discontinued during 2010
Centru Antida Reception work	12	3
Learning Support Tutors	35	17
Support to Social Work & Counselling Service Team	13	1
Support to administration	10	3
Governance	5	0
Total	75	25 (33%)

Ages of the 75 volunteers

Age bracket	No.	% of total
Up to 20	16	21.4
20-29	5	6.7
30-39	7	9.3
40-49	6	8
50-59	13	17.3
60+	28	37.3

Reasons for discontinuing voluntary service:

Volunteering experience in summer only	4
Pressure of full-time studies	8
Return to work	2
Illness (self or family member)	3
Pressure of Work	2
Other	6
Total discontinued	25

Volunteers discontinued or remaining during 2010:

Discontinued at some point in 2010	Volunteers working at the end of 2010	Total volunteers who worked at any time during 2010
25	50	75

Volunteers discontinued or remaining during 2010:

Volunteers working at the end of 2009	New volunteers during 2010	Discontinued at some point during 2010	<i>Volunteers working at the end of 2010</i>	<i>Volunteers who worked at any time during 2010</i>
44	31	25	50	75

Overview of volunteers during 2010 by gender:

Females	Males	Volunteers who worked at any time during 2010
60 (80%)	15 (20%)	75 (100%)

Overview of volunteers during 2010 by regular vs occasional work:

Regular	Occasional involvement	Volunteers who worked at any time during 2010
58 (77%)	17 (23%)	75 (100%)

Volunteers in 2010 by year of joining SJAF:

2007	2008	2009	2010
15	12	17	31

Community-based Social Work and Counselling Service

A key method of reaching out to and supporting vulnerable families is through community-based outreach work and the development of strong collaborative links with parish structures in neighbouring localities. Being a community-based organisation with a community-based drop-in centre has naturally led to a build-up of a generic case-load. Workers seek supervision and mentoring from practitioners from fields most represented by service users. The Psychiatric Nurse attached to the LWIEN service for family care-givers of mentally ill persons mentors and trains personnel in this specialist field and co-works with team members in outreach work.

Social Work, counselling, home-visiting by a nurse, office-based family consultations, non-formal education and support groups are an integral part of the service. A retired nurse – a Sister of Charity with 30 years of nursing experience – maintains a regular case-load of around 40 frail and sick home-bound elderly who feel lonely and isolated. A few volunteers accompany the nurse during some of the daily home-visits to assist with befriending and other support work. During 2010, the Volunteer Nurse carried out a total of 346 support home-visits.

Service team members encourage service users to indicate their interests and try their utmost to enable them to tap into existing education and training activities run by the state and NGOs at both local and national levels and create opportunities where none exist in specific areas of interest. Service users are moreover encouraged to volunteer as part of their personal growth process.

Service Team

During 2010, the service team comprised the following members:

- The equivalent of 3 full-time Social Workers.
- 1 Volunteer Social Work Supervisor;
- 1 Volunteer Counsellor;
- 1 Volunteer Nurse (part-time);
- 1 part-time youth worker;
- 2 Social Work students who completed a 400-hour practice placement each;
- 3 Masters in Counselling students, all professionals in various fields, who carried out part of their practice placement at the Foundation;
- 2 professionals completing their Diploma in Gestalt Psychotherapy;
- 1 professional completing a Masters in Play Therapy;
- 2 Masters in Adult Education students (a teacher and a social worker by profession) who ran a group each for male and female vulnerable youths with cognitive impairments;
- 1 volunteer who undertakes EFT work (Emotional Freedom Techniques) with service users having long-standing emotional blockages;

- 1 group facilitator for Self-Esteem groups for service users.

The team additionally had access to the following professionals:

- two lawyers who offered their services on a *pro bono* basis to represent service users in court,
- a doctor for consultations.

Categories of service users

During 2010, SJAF worked intensively with:

- family caregivers of persons with chronic mental health problems;
- youths with mild-to-moderate cognitive impairments and mental health problems;
- disaffected youths at risk of social exclusion;
- grandparents who regularly care for their grandchildren;
- single mothers;
- frail persons with chronic health problems who feel lonely and isolated at home;
- families facing conflicts;
- women in a marriage or other relationship who are poor since their spouse/partner leaves them unsupported financially;
- families grappling with financial problems.

Apart from the support offered to 412 individuals from 284 families referred during 2010, the service team continued to provide support to another 150 families who continued to receive support from 2009. 166 cases were closed in 2010. The following chart gives an overview of the number and type of interventions by month undertaken by professional personnel:

Social Work & Counselling Service - Intervention sessions with Service Users and social work supervision sessions by month

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Office-based sessions	99	86	93	82	110	68	93	143	132	127	135	120	1288
Number of Home Visits	42	60	60	56	47	56	73	77	62	85	69	42	729
Accompanying service users to other services	14	19	31	37	18	17	18	24	15	31	46	10	280
Total interventions by month	155	165	184	175	175	141	184	244	209	243	250	172	2297
Social Work Supervision	10	11	12	11	9	7	11	9	10	10	8	6	114

Referral sources of families - 2009

Referral Source	No.	%
Parishes	96	34%
Public agencies	48	16.9
SJAF Radio Programmes	46	16.2
Relatives of service users	44	15.4
Self-referrals	23	8.1
SJAF field workers	14	4.9
NGOs	11	3.8
Other	2	0.7
TOTAL	284	100

Locality of Residence of 284 referred families in 2010

47	Tarxien
84	Żabbar
34	Paola
13	Fgura
7	Santa Luċija
99	Other localities

Categories of referred 284 families by main presenting problem - 2010

Main presenting problem	Number of families	% of 284 families
Mental health problems/ needs of family caregivers	95	33
Chronic ill-health & loneliness/ isolation	44	15.5
Financial difficulties	31	11.5
Family relations problems	20	7
Illiteracy / need for learning support	19	6.6
Disability-related difficulties	15	5.5
Marriage separation	12	4.2
Single parents in difficulty	12	4.2
Unemployment	10	3.5
Loss	3	1
Other problems	23	8

At the end of 2010, an internal evaluation of the Community Social Work and Counselling Service was carried out.

Service Procedures

The referral form has been improved and uploaded on the Foundation's website. Most of the external referrals using this form are received from public agencies.

The case data process and tools have been improved for evidence-based evaluation, monitoring of the challenges faced by service user families supported by Foundation as well as for accountability towards funding agencies.

Record keeping tools have also been improved during 2010.

- During 2010, the Social Work Team created a **Case Intervention Overview Tool** as a way of recording Social Workers' work with high support service users. Social Workers use this tool for research and social worker training purposes. The tool was shared with a Psychiatric Firm as a possible tool for case discussions and reviews. It is an effective tool for condensing the wide-ranging interventions into one chart.
- The Social Worker's Monthly Report format has also been revised.
- The method of recording case intake, closure and interventions has been upgraded and incorporated in the new Social Worker's Monthly Report form.

Volunteer Nurse

The Volunteer Nurse, a Sister of Charity, continued to have a steady case-load of around 40 lonely home-bound elderly persons. She visits these persons regularly without fail and is accompanied by two Volunteer befrienders. Another Volunteer Nurse joined the team in mid-2010 but had to terminate her involvement due to sudden ill health. The Nurse maintains records of each visits; these are discussed with the social worker concerned with the case and filed in the respective case file. Family interventions are tackled by the social worker responsible for the case.

Counselling

The following persons provided counselling and therapy interventions during 2010 as part of the Community Social Work and Counselling Service:

- A Counsellor whose service provision is 95% voluntary;
- Three Masters in Counselling students who are professionals in other spheres;
- Two practitioners completing their final year of the Diploma in Gestalt Psychotherapy;
- One therapist (remunerated) for specialised work with a few service users;
- One practitioner who is completing her Play Therapy practicum as part of a masters degree programme with a UK-based university.

Youth Work

Through its outreach work, team members continued to identify and support hard-to-reach socially excluded youths. Although the Kirkop Community Outreach project concluded in December 2009, the youth work element was retained. One youth worker continued to work with around 19 youths from this locality, linking them to new education and training opportunities such as the ICT Courses organised by the Kirkop Local Council and the Youth Employment Programme (YEP) of the ETC.

Collaboration with other organisations

The team works in close collaboration with other professionals from public agencies and NGOs. Regular contact is maintained with Aġenzija Appoġġ service teams, the Mental Health Association, the community mental health clinics and day centres closest to the geographic areas covered by the team, the Department of Social Security, the Diaconia Unit of Caritas agency and parish Diaconia Commissions. The team participates in regular case conferences and reviews called by other agencies or by itself with respect to high support families being supported by different organisations.

During 2010, the Social Work and Counselling team collaborated with Aġenzija Appoġġ in a number of ways:

- A presentation was made to all Service Area Leaders about the work of the Foundation;
- The team solicited referrals of families on the waiting list of the agency's generic team;
- Discussions were held on the 12th of May with three of the agency's community Access teams (Valletta, B'Kara and Qawra) on the nature of community work and community outreach as a tool for community social workers;
- The family of one of the Foundation's Social Work and Counselling team members volunteered to provide emergency fostering to two children whom Aġenzija Appoġġ could not find a placement for;
- A Foundation Social Worker daily accompanies an Aġenzija Appoġġ young service user from the residential care facility to the school;
- Throughout the summer, a Foundation volunteer accepted to assist Aġenzija Appoġġ by helping a child under a care order placed in a residential care facility to dress up and have breakfast before leaving with the nuns for Skola Sajf.

During 2010, the Foundation invited service users to a fun activity to view the Malta Eurovision Song Contest at SJAF. As part of the annual Christmas celebration, this year too SJAF personnel organised a Christmas Mass and meal for 74 vulnerable families. Staff cooked and served themselves.



Learning Support Service

This service provides a range of learning support opportunities to vulnerable children, adolescents, youths and adults. Its rationale, approach and content are regularly revisited to ensure quality as well as to avoid duplication with opportunities provided by other organisations. During 2010, the programme comprised three elements:

The Homework Support Service

This service was started in mid-2007 as a valid way of supporting children and young persons in compulsory education who risked falling behind in their schooling due to their parents' inability to support them in their learning process. Intake has been restricted, with some exceptions, to children from families being supported by the Foundation's Social Work and Counselling Service. During 2010, the Foundation's management team agreed that this intake route should be retained and that external referrals should be discouraged for the following reasons:

- The family is not being supported and followed up by the Foundation's social workers; the relationship with the children would thus have limited outcome possibilities;
- External referrers would not necessarily adhere to the Foundation's policy of offering support to very vulnerable families with limited financial resources that restrict them from paying for learning support.

The professional support and guidance offered to the team of Volunteer Tutors and their Volunteer Service Co-ordinator by a SJAF Counsellor and a volunteer primary school teacher with a Masters in Early Years Education were found to be adequate to meet the needs of the Volunteer Learning Support Tutors.

During 2010, the team agreed that the following procedures be retained for the September 2010 to June 2011 service period:

- Three learning targets per term identified by the Service Co-ordinator with each parent and child in the service; outcomes are to be assessed at the end of each school term;
- Volunteer Tutors to continue preparing process and outcomes diaries after each weekly service session, placing them in the child/young person's record box;
- Children and Young people in the service would be involved in an evaluation of their experience in the Homework Support Service in late January 2011;
- Team building and planning meetings would continue on a regular basis;
- Tutors will continue to refer difficulties encountered in the course of service provision to the Family Social Worker;

- Volunteer Tutors would continue to freely access the team's Educational Counsellor as and when required;
- The service modality would be retained since it was found to be the most effective following the 2009 evaluation. Thus, every Friday afternoon, two groups of Tutors would provide learning support as follows:
 - 4.00 to 4.15 pm Parents' arrival and chat with Tutors
 - 4.15 to 5.30 Service Group 1
 - 5.30 to 5.45 Circle Time for all service participants of both Groups 1 and 2
 - 5.45 to 7.00 Service Group 2

Referral protocol: Foundation Social Workers assessing a need for learning support hold a meeting with the Homework Support Service Co-ordinator. Tutor recruitment would start immediately so as to limit the time between referral and start of service.

Statistics: the Service Co-ordinator will liaise with the SJAF Administration to ensure statistics are well maintained and to indicate any changes such as service terminations, addition of new Volunteer Tutors and children/ young person to the service, dates, and other relevant information.

Between October 2008 and June 2010, 38 Volunteer Tutors supported 43 children. The Service Co-ordinator is herself a Volunteer. Volunteer Tutors could access resources and materials from the resource room set up for this purpose consult both the Service Co-ordinator and Counsellor. Each Tutor kept a record of each child's learning targets, session plans and outcomes. During the summer months, 5 children continued to receive learning support by a young volunteer.

Homework Support Service, 2008 to 2010 and students supported

	Students	Learning Support Tutors	Tutors in summer
2008-2009	21	20	4
2009-2010	21	22	4
2010-2011	18	14	4

The Bridge Programme

Started in January 2008 by the Social Work team in response to a very real but unmet need of a category of youths at risk identified through community outreach work, the programme offered basic skills training to youths-at-risk with mild-to-moderate cognitive impairments and mental health problems. The programme filled a gap in service provision for such youths whose families would not have otherwise taken the initiative to enable their sons/daughters to access support services. Youths were identified through community outreach. Social work personnel built relationships of trust with identified youths and their parents until they emerged from their isolation to frequent the Antide drop-in Centre where they could access individual support. Following this, they were admitted to the Bridge Programme. The

3 Bridge Programme intakes since January 2008 provided basic skills training to 25 at risk youths.

The September 2009 intake of 9 youths completed the programme in June 2010. The programme offered:

- A small Pre-Bridge group to prepare youths for the group-based programme.
- modules in the following areas: English, Maltese, ICT, budgeting, cooking, intra-personal and inter-personal skills and skills for independent living.
- Participants needing a personal mentor were assigned one so as to reinforce learning in particularly difficult basic skills areas.
- Two Live-Ins of three and four days respectively.
- Creative self-expression sessions throughout the summer;
- Weekly group-work on inter-personal communication during the summer.
- Referral to the Youth Employment Programme (YEP) of the ETC and Me2 in July 2010.

The Bridge group of students and their Tutors and Social Workers were invited by the President of Malta, His Excellency Dr George Abela to a meeting with him at the San Anton Palace where he talked with the students about their experience and personally gave the group a tour of the Palace.

On the 18th May, 24 students from the fourth and fifth forms of the Lorenzo Manche School with a few teachers visited the Foundation to get to know more about the Bridge Programme. The visit was part of the school's transition planning initiative to identify post secondary education and training routes for the students.

During the summer months 3 group-based opportunities were offered to Bridge youths:

- Participation in a creative self-expression group run by three youths who volunteered for this work during the summer;
- One-to-one learning support by a young Volunteer Tutor;
- Participation in one of two 30-hour groups on Inter-personal relations run by two Masters in Adult Education students.

Hard-to-reach youths with cognitive impairments and mental health problems in the Bridge Programme – 2008 to 2010

Number	Training
25	TOTAL Youths who completed the Bridge Programme – 2008 to 2010
7	Bridge Programme Youths who accessed ETC employment training schemes
5	Bridge Programme Youths who accessed ITS Course 'Training in Hospitality Trades for Disadvantaged Youths
3	Bridge Programme Youths referred to the WasteServ project– <i>Care creates change in people's lives and the environment</i>
3	Bridge Programme Youths referred to the Embark for Life – better integration for young people in society of the Foundation for Social Welfare Services
3	Bridge Programme Youths referred to the Youth-Inc project of the Foundation for

	Educational Services
3	Bridge Programme Youths referred to the Youth Employment Programme of the ETC
1	Bridge Programme Youths receiving a sponsorship from a private Drama School
1	Bridge Programme Youths referred to the Villa Chelsea Day Programme for Independent Living
1	Bridge Programme Youths referred to the Centre for the Blind

Closure of the Bridge Programme

Following an internal review in mid-2010, this programme was phased out. Given that one of the principles of the Foundation is to avoid duplication of services. In 2010, the Foundation saw an advert in the newspapers announcing the launch, by the Foundation for Educational Services (FES), of a new learning support programme for disadvantaged youths aged 16 to 24 with low or no basic skills. The Foundation determined that the Bridge Programme target category – youths aged 16 to 24 with mental health problems and mild cognitive impairments – were also a target of the new FES programme. In order not to duplicate service provision, the Foundation decided to refer to FES its at-risk youths waiting to be assessed for the next Bridge Programme intake. The Social Work and Counselling Team will continue to refer all youths at risk needing access to basic skills courses to existing service providers, except for socially excluded youths who are so shy and excluded that such a referral would be pointless. During 2010, only two such youths could not be so referred and the Foundation is offering both one-to-one support until such time as they too are ready and willing to access other programmes.

Non-formal Education Courses and Support Groups

During 2009 a number of non-formal adult learning-support opportunities were organised. Groups were formed to enable participants to learn about communication skills with their children, basic ICT, self-esteem, and crafts for mental wellbeing. Other opportunities were offered to carers through the SJAF Caring for Family Caregivers Programme.

The Service Team continued to encourage vulnerable individuals to access widely-available non-formal and formal courses, to help in the application process and to seek fee waivers whenever required. To this end, team members liaised with such education and training providers as the ETC, MCAST, the Department for Lifelong Learning, the Foundation for Educational Services, Local Councils, FITA and others.

With respect to support groups, the Foundation continues to provide support group opportunities. In 2010, the Foundation ran support groups for persons lacking self-esteem and self-compassion, persons who were depressed due to their caregiving responsibilities, persons wishing to improve their parenting skills and a group for women needing fellowship. Three Self-Esteem groups ran during 2010 in which 25 service users and volunteers took part.

- Group 1 ran weekly from the 28th of January 2010 until the 11th of March.

- Group 2 ran weekly from the 3rd of February 2010 until the 17th of May 2010 and continued to meet monthly on the 3rd of September, the 4th of November, and the 2nd of December 2010.
- Group 3 ran weekly from the 9th July until the 27th of August.

The service team continues to refer service users to other support groups run by NGOs and public agencies such Aġenzija Sedqa, Cana Movement and Caritas Agency (parenting skills), Richmond Foundation (OCD support group and Never Mind Leisure Centre), and Caritas agency (Thursday Club).

For 2011, the Foundation plans to offer group opportunities for its service users and volunteers in the areas of forgiveness and understanding the ego and its tricks.



LWIEN Service - caring for family caregivers

During 2010, the service continued to consolidate its various elements in support of family caregivers. Family caregivers constitute a category of citizens who lack support in fulfilling their challenging responsibility. It is one of the under-served categories in society that the Foundation has targeted for support interventions for the coming years.

Supporting Family Caregivers of Mentally Ill Persons

Family caregivers of mentally ill persons are highly prone to become overwhelmed and depressed. The Foundation is increasingly meeting distressed family caregivers whose financial means are drained, constraining the family to sell assets, close businesses and doing whatever it takes to pay professionals privately so as to cope with the constant strain of caring for the mentally ill family member. It is the experience of the Foundation that family caregivers rarely seek help for themselves, limiting their access to state and private mental health services for their ill family member.

Throughout 2010, Foundation personnel and interested service users participates in the annual course for relatives of mentally ill persons organised by the Mental Health Association (MHA). A Foundation staff member chaired the regional conference in Gozo organised by MHA Malta and the Ministry for Gozo and Eko-Gozo where MHA Gozo was launched. MHA Malta took part in a series of radio programmes on Mental Health co-presented by the Malta Province of the Sisters of Charity and the St Jeanne Antide Foundation. Each programme tackled a mental health condition and led to a number of self-referrals of relatives who care for a family member with a mental health problem.

Taking into consideration its burgeoning case-load of family care-givers and the additional referrals following radio programmes, in August 2010 the Foundation decided to engage an experienced Psychiatric Nurse. A schedule of twice-weekly family consultations was introduced and start-up funding obtained from the Ministry of Health, the Elderly and Community Care. The service is unique since it combines whole-family consultations with community outreach work to identify hard-to-reach families where mental health problems are a major stressor. The service has been extended to the Żabbar Community Work Project since outreach work there has led to a high number of referrals.

Profiles of families with major mental health stressors are being kept for evidence-based evaluation as well as for training purposes.

Effective liaison with Mental Health System

In the course of the community based social work service provision, a need arose for the development of an effective liaison modality with the mental health system. On-going outreach work in Tarxien, Paola, Santa Lucia, Fgura and Zabbar resulted and continues to result in the identification of individuals and families with chronic mental health problems who no longer maintain contact with the public health and mental health system. Moreover, families are often unclear about the names of their current psychiatric consultant and social worker, leaving it up to us to identify the firm and firm workers who are best placed to discuss needed follow-up interventions. It has also been noted that, despite financial difficulties, some families are regularly in touch with a psychiatrist in private practice but lack access to the wider public mental health services available. In the latter case, a discussion about the need for access to such service is initiated.

Following a meeting with the Manager of Community Mental Health Services based at Mt Carmel Hospital a clearer route to follow-up interventions is being developed:

- Families who have never accessed the mental health system will be referred to the leader of the community-based mental health clinics;
- Families needing to access mental health day centres but whose next follow-up appointment with the firm is months away: such cases will be discussed with the team leader who would then consult the firm concerned for a referral to the day centre;
- Crisis situations: it will be explained to all service users that in such an emergency, they need to go directly to Mater Dei Emergency and from there they will be referred to the psychiatric crisis team.
- SJAF will be preparing a brochure listing all NGO services in the mental health field so as to add it to the list of all state community-based mental health services being prepared by the Manager Community Services at MCH. SJAF will pass on such information to all its service users.

During 2010, one meeting was held with all members of one Consultant Psychiatrist's Firm to inform the Firm about how SJAF works at community level. It has been agreed that during 2011, other meetings will be held with other Firms.

Grandparent Education

Grandparents in Malta are shouldering a challenging caring responsibility often linked to their adult children's marriage breakup or career. For many grandparents, this role is both a source of joy and one that gives rise to resentments at being regularly imposed upon, taken for granted and criticised when child upbringing styles clash.

Grandparent education continued to be a focus of support during 2010 characterised by NannaKola Clubs – educational and fun courses organised at parish level following outreach work to identify grandparents in distress. The Club combines the elements of a support group with structured and unstructured discussions and demonstrations of learning strategies for home trials. The content and process of a NannaKola Club empowers grandparents to reflect critically about their role and how it differs from

that of a parent. During club sessions, grandparents hone inter-generational communication skills, practice creating educational resources for use at home with their grandchildren, learn how to handle stress and care for themselves, and become a source of fellowship and support to one another. Those requiring counselling are also offered this service. Detailed session plans and related resources have been developed by the team.

During 2010, 6 Nannakola Clubs were running in the parishes of B'Kara, Haż-Żabbar, Marsascula (twice), Paola and Fleur-de-Lys in partnership with parish priests and their Diaconia Commissions. In all, 102 grandparents actively participated in the 6 clubs in 2010. Each club runs for 13-14 sessions of two and a half hours each.

The aims of the NannaKola Clubs are to:

1. enable grandparents to learn strategies of how to stimulate their grandchildren to love reading through creative play and fun activities;
2. support each other to further develop and hone the skill of caring for one's grandchildren;
3. encourage other grandparents in the community to join the club and the monthly educational grandparents' forum;
4. become familiar with some of the reading and writing methods used in schools today;
5. practice using materials found at home to create educational resources for use at home such as hand puppets and story bags;
6. take an active part in the monthly educational dialogue sessions with experts in particular fields in order to continue their lifelong learning journey.

NannaKola Clubs that ran in 2010 by locality and number of participants:

Locality	Duration	Participants
B'Kara (St Helen Parish)	October 2009 to February 2010	20
Paola (Christ the King)	17 February 2010 to 21 April 2010	17
M'Scala	7 October 2009 to 3 February 2010	14
Żabbar	November 2009 to February 2010	16
Fleur-de-Lys	5 April to 21 June 2010	23
Żabbar (Żona Maria Bambina)	20 October 2010 to January 2011	12
TOTAL grandparents		102

Grandparents' Monthly Forum: These monthly dialogue meetings with experts in various fields of interest to grandparents were started in April 2009 following a suggestion from grandparents who wished to continue their learning journey. These monthly meetings were continued during 2010. This opportunity enables grandparents who care for their grandchildren to sustain their care-giving role. The following were the themes covered during 2010:

Month	Theme of Dialogue session	Guest practitioner
January	Positive relationships, prevention and what to do when a grandchild is bullied	Mary Anne Satariano - Guidance Teacher
February	The Services of the St Jeanne Antide Foundation	Nora Macelli, CEO, SJAF
March	Family Values	Frans Chircop – Retired Social Worker
April	Creating resources and activities so as to stimulate a love for reading in our grandchildren	Pauline Agius and Claire Farrugia, Community Workers
May	Poverty in Malta and how the St Jeanne Antide Foundation works with poor families at community level	Nora Macelli, CEO, SJAF
June	Introductrion to First Aid	Steve Piscopo
November	What is Mental Health	Connie Magro, LWIEN Service, SJAF
December	Emotions and what we should do about them	Tony Macelli, Governing Board member, SJAF



VINĊI Community Work Project in Żabbar

The project idea developed in discussion with the Parish Priest and the Diaconia Commission and funding provided by the STRINA 2009 initiative of the Malta Community Chest Fund. The project aims to identify and support hard-to-reach vulnerable families outside the radar of mainstream services. The main tool for doing so is outreach work in neighbourhoods with a concentration of social problems. Multidisciplinary team work and collaborative work with parish and Local Council structures ensures the best possible outcomes for vulnerable families.

Families in difficulty become known to the team through:

- **Parish priest:** The Parish Priest of Żabbar works closely with the VINĊI team and regularly refers families for support. He is in regular contact with the project leader.
- **Thrice weekly outreach work** carried out by the social workers, community workers and a psychiatric nurse.
- **The community radio:** the introduction, by the project team of a weekly one hour programme on Hompesch Radio aired between 11.00am and 12.00pm generated a number of requests for family support.
- **State agencies** such as Aġenzija Appoġġ – the main state social work agency; **The Malta Community Chest Fund;**
- **Volunteer pastoral workers** from the parish Diaconia Commission (Volunteer service co-ordination team) and the Parish Pastoral Council.

Haż-Żabbar has a population of over 14,000 and is rich in characteristics that distinguish it from other communities: its history, location, population density, economy, folklore, architecture, parish identity, political allegiances, and band clubs. It has its own particular resources and needs, be they social, educational, economic.

One of the Community Worker is building a Community Profile for the use of team members. At the start of the project, team members were provided with a tour of the locality, highlighting the zones where outreach work would be carried out. A number of meetings were held with parish and community structures to develop of working relationship and to discuss the project. During contacts with families established through regular outreach work and the community radio, families are engaged in a discussion about opportunities that they feel are missing.

The team has its offices on the first floor of the Parish Office adjacent to the parish church. However, it makes use of the parish infrastructure such as the parish hall, the Ċentru Nazareth in the public housing zone, the Ċentru Maria Bambina and others.

The project team is made up of the following part-time workers:

- 1 Community Social Worker who also fulfils the role of Project Leader; she represents the project on the Parish Diaconia Commission;
- 1 Psychiatric Nurse for weekly family consultations at the Vinci Project Office;
- 2 Community Workers;
- 1 Priest who works closely with the team; he is also responsible for the Diaconia Commission;
- 2 Grandparent Education workers, themselves grandparents;
- 1 Volunteer Learning Support Tutor;
- 1 team consultant.

Since March 2010, apart from community outreach work and its related social work and counselling service, the following activities have been organised:

Date	Group activity	Venue	Number of participants
October	NannaKola Club – a grandparent education initiative (weekly for 21/2 hours)	Ċentru Maria Bambina	12
July to September	Children’s educational activities for children of service users	Sala Ragħaj it-Tajjeb	8 children
September to January 2011	VINĊI radio programme on the Hompesch community radio channel (a series of 17 one-hour programmes). Recorded live on Thursdays between 11.00am and 12.00 noon with repeats on Saturdays 10.00 to 11.00am and Saturday evenings. Live streaming as well.	Hompesch Radio	Presenter + 9 guests (average of 4 callers per programme)
November 2010- January 2011	Sessions for parents or guardians whose children are attending the Żabbar primary schools on the theme: “ <i>Kif ngħinu l-proċess tat-tagħlim fit-tfal</i> ”.	Sala Ragħaj it-Tajjeb	15
October	Session to participants of the Social Club for the Elderly on: <i>L-importanza u s-sehem tan-nanniet fil-familja</i>	Sala Parrokjali	15

Between March and December 2010, the Project provided support to 111 individuals from 81 families. Of the 81 families supported, 21 had a member suffering from mental health problems and 20 faced financial hardships. 15 families were regularly supported by the Social Worker and Psychiatric Nurse.

Office-based Social Work interventions:

Social Worker 1 – 33

Social Worker 2 - 29

Community Workers – 27

Psychiatric Nurse – 13

Home-visits:

Social Worker 1 – 70

Social Worker 2 - 59

Community Workers – 26

Psychiatric Nurse – 13

Referral Sources:

Parish Priest and Pastoral workers: 52

Self-referrals and relatives: 12

State agencies: 10

Other: 7



Supporting Poor Families through an Overseas Development Project

The Grace Clinic in Rural Pakistan

In 2010, the Foundation began collaborative work with the Pakistan Region of the congregation of the Sister of Charity of St Jeanne Antide to determine an acute need which could be met through a joint development project. Following a public call for project proposals, in early 2010, by the Overseas Development Unit within the Ministry of Foreign Affairs in Malta, the St Jeanne Antide Foundation obtained funds in June for a project entitled *Demolishing and rebuilding the Grace Health Centre*. The Health Centre is being built in Faisalabad, Pakistan.

The project involves demolishing, re-building and equipping the rural health centre that was structurally damaged and rendered unsafe for further health service provision by the 2005 earthquake that effected this part of Pakistan.

The Health Clinic has been run by the Sisters of Charity in Faisalabad, Pakistan for over 15 years. The clinic building suffered extensive damage during the 2005 earthquake. Lack of funds had prevented the Sisters of Charity from demolishing the unsafe structure so as to rebuild it. The sisters were barely managing to cope with the demand for health care using the one remaining usable room. With such a limited space, the two Sisters of Charity who run the clinic – a qualified Nurse and an Assistant Nurse – manage to care for 15 to 20 poor sick persons daily.

The Health Clinic is located in Chak 4 in Faisalabad district. Chak 4 is a village of approximately ten thousand (10,000) inhabitants about 18 km away from Faisalabad itself. The majority are very poor peasants living a hand-to-mouth existence. From the experience of the nuns who work with the poor families, families living in Chak 4 village are often victims of malaria, typhoid, flu, skin problems, tuberculosis, hepatitis, scabies, persistent diarrhoea, and many other diseases. Families face extreme hardships due to the hard conditions of life and work in the fields. Women cook in hand-made ovens in the open-air and often suffer burns. Children become easily dehydrated due to unhygienic surroundings and severe diarrhoea. The extreme heat, lack of safe drinking water, lack of money for adequate food and medication take their toll of victims.

Yet the most devastating suffering is that of women and children. Many women die while giving birth or just after delivery due to lack of hygiene, treatment and care. Women who give birth to a baby girl are sometimes consciously neglected until they die as a punishment for giving birth to a baby girl. Women are sometimes burnt by their husbands or their mother in law for failing to produce a baby boy. Extreme

poverty drives children to prowl the streets to beg for food and money. Such a life leads to familiar risks such as sexual abuse, organ trafficking, kidnapping, and murder.

It is a fact that many families drink the same water in which they took a bath with their buffaloes. They are often sick and under nourished. The Sisters have observed that the incidence of hepatitis, especially among children, has considerably increased in the past few years.

Lack of funds had created a situation where the Sisters of Charity have had to make do with the use of one remaining room after the Health Clinic suffered structural damage during the 2005 earthquake. Once completed, the clinic will be named *The Grace Clinic* and will continue to be run by the Sisters of Charity in Pakistan.

The Sisters are present to check progress and to suggest alterations to meet the needs of the staff and to ensure security.

Rebuilding works carried out during 2010

Between August and December 2010, the following works were completed:

- *Demolishing and excavation works*: these were started at the end of August. August was selected as the starting point since such structural works cannot be carried out during the heavy monsoon season. Heavy floods that rendered thousands homeless and destitute created uncertainty about the commencement of works. However, as the weather stabilised, the demolition work proceeded smoothly since very poor families needed the materials from the original building for their own use and for reselling to have some money for food and clothing.
- *Laying the foundation*: Digging works were started and completed after the monsoon. The dug base of the pillars of the foundation initially became waterlogged with water following freak flood.
- *Brick masonry, roofing, wiring and cementing*: both ground floor and first floor were completed by December.

In July 2010, the Foundation became an affiliate member of SKOP (Solidarjetà u Koperazzjoni), a national platform of NGOs involved in overseas development work (NGDOs).

Also in 2010, the Foundation took part in a training course for NGDOs organised by the Ministry of Foreign Affairs on funding opportunities at European level.



Collaboration with other organisations

Parish Diaconia Commissions

The Foundation's community-based initiatives in support of very vulnerable families at risk of social exclusion is enabling it to build competency in this area that community-based groups are increasingly tapping into. Parish-level Diaconia Commissions often contact the Foundation to dialogue about ways in which vulnerable groups could be further identified and supported. During 2010, the Foundation provided technical assistance to the following Diaconia Commissions:

- Żabbar: support extended on the design of a questionnaire to identify the needs of elderly parishioners and what support services they are already accessing;
- Qormi (9 April; 3 November): dialogue about the further development of psycho-social and learning support activities in support of vulnerable families;
- St Julians (12 April): measures through which EU food distribution could be linked to non-formal education;
- Fgura: Meetings to plan a SWOT exercise which was subsequently facilitated on the 20th of May and planning the development of a Diaconia Office to which vulnerable families could turn to for support;
- Żentun (8 July): Meeting to discuss grandparent education at parish level.
- Mellieħa: Meeting to discuss ways through which poor families can be identified to extend support.

Workshops on Poverty

On the request of other organisations, the Foundation made the following presentations:

2010	<u>Poverty in Malta and how poor families are being supported at community level.</u> Seminar organised by the University Students' Council (KSU) and the Young European Federalists at Student House
10 Dec.	
17 March	<u>Working with poor persons at community level.</u> Evening session for University students and staff organised by the University Chaplaincy.
3 Feb.	Interview on Poverty during a ĊAM Productions TV Programme
13 Jan.	<u>The Reality of Poverty in Malta – what is being done in parishes in response to this challenge.</u> Presentation during Live-In for Parish Priests, The Seminary, Tal-Virtu, Rabat.
11 Jan.	<u>Shut Out - reaching out to socially excluded poor youths at community level.</u> Presentation during a PDP Seminar organised by St Aloysius College for its 6 th Formers at Paradise Bay Resort Hotel, Ċirkewwa.

- 2009**
- 12 Dec. Community Outreach targeting socially excluded youth. Plenary session during a National Seminar for Youth Workers and Youth Leaders on *Comfortably Numb- stirring action against poverty and social exclusion* organised by a group of Masters in Youth & Community Studies students in conjunction with the European Union Programme Agency (EUPA). Held at Mount St Joseph, Targa Gap.
- 24 Oct. Workshop on Working with Poor Youths at Community Level during a national conference for youths on *Stand Up Against Poverty in Everyday Life – combating poverty* organised by the Diocesan Youth Commissione (KDŽ).

Radio Programme

Between January and September 2010, and jointly with the Province of the Sisters of Charity, the Foundation has presented three series of radio programmes entitled *Lejn Hajja Mimlija*. The weekly half hour programmes dealt with the work of the Province through the years through the testimonies of Sisters of Charity, the work of the St Jeanne Antide Foundation, development projects run by the Congregation of the Sisters of Charity in developing countries and mental health issues. The latter generated significant interest in listeners who subsequently got in touch with the Foundation for support. The programme aired on Radju Marija on Thursdays between 3.30 and 4.00pm

Malta Community Chest Fund (MCCF)

Following a public call for expressions of interest to provide social work support to MCCF, the Foundation's submission was approved in late February. As from March, the Foundation provided the services of a full-time Social Worker who is based at MCCF head-office and meets vulnerable families who turn to MCCF for a range of needs.

Exhibition on the work of NGOs active in the field of poverty alleviation

Between the 17th and 23rd of May, the Foundation took part in an exhibition of posters highlighting the work of NGOs in the field of poverty and social inclusion. The exhibition was organised by the Ministry of Education, Employment and the Family as part of the programme of activities on the European Year on Combating Poverty.

Prison Inmates Programme (PIP)

Four residents from the PIP run by Caritas Agency assisted the Foundation in refurbishing a small old house adjacent to its headquarters. They took turns in teams of two for three weeks to use their skills for the creation of additional space for Foundation services.

MEDIA

- ONE TV produced a one hour feature on the life of a young carer and on other work of the Foundation.
- The February issue of Sunday Circle (pages 68-69) published a feature on the Foundation's Social Work and Counselling Service entitled *Falling Through the Cracks* by journalist Nestor Laiviera.

- Child Magazine (Issue 23, March 13, pages 24 -26) published a feature on the NannaKola Clubs initiative of the Foundation entitled *Grandparents to the Rescue* by journalist Marika Azzopardi.
- The Newspaper It-Torċa of the 15th August published an article by Eevan Chetcuti entitled *Tiddedika Ħajjitha għall-Ġenituri Tagħha*, focusing on the experience of a young carer associated with the Foundation.
- Leĥen is-Santwarju Madonna tal-Grazzja – Ħaż-Żabbar (issue number 121, Festa 2010) published an article on the VINĊI project of the Foundation on page 9.
- The November issue (number 72) of FLIMKIEN Magazine published an article by three youths who completed a summer voluntary work project with the Foundation (page 16). The July issue (number 68, pages 10-11) featured an article by a Young Carer associated with the Foundation entitled *Ħajja Qasira Imma Sabiħa*.
- A number of staff accepted to participate in radio and TV programmes to discuss social trends that necessitate the services provided by the Foundation.

Links with schools

Foundation personnel met with officials from public colleges in the geographic regions reached by the Foundation. One of the visits was from the Pastoral Care team of the St Benedict College where both parties discussed approaches, services and possible areas of collaboration. Foundation staff met with the Principal of the St Margaret College and College personnel in Żabbar to discuss the Vinci project. In late 2010, the Co-ordinator of the Homework Support Service of the Foundation developed activities in support of SJAF young service users in collaboration with the Immaculate Conception Girls Secondary School run by the Sisters of Charity. The latter initiative is aimed at stimulating and nurturing volunteering amongst school students.

Malta Council for the Voluntary Sector (MCVO)

One of the Foundation staff was nominated by MCVO to the Ministry of Education, Employment and the Family to participate in the 9th EU Round Table Conference on Poverty and Social Inclusion in Brussels between the 18 and 19 October.

Poverty Think Tank

The Foundation has invited a number of practitioners across key sectors to meet to discuss the possibility of preparing papers on working with at risk families from the perspective of one's practice area.

Organisations with whom the Foundation regularly collaborates

Parishes

- Agostinian Friars, Tarxien
- B'Kara Parish
- Fgura Parish and its Diaconia Commission
- M'Scala Parish and its Diaconia Commission
- Paola Parish and its Diaconia Commission
- Santa Luċija Parish
- Tarxien Parish and its Diaconia Commission
- Tarxien Youth Centre

- Żabbar Parish and its Diaconia Commission

Public entities

- Aġenzija Appoġġ
- Malta Community Chest Fund
- Aġenzija Sapport
- COMMCARE
- Department Elderly and Community Care
- Department Social Security
- Department Student Services, Directorate Student Services, Ministry of Education
- ETC: Supported Employment Section; Employment Services Division; Training Services Division
- Housing Authority
- Institute of Tourism Studies (ITS)
- Kummissjoni Nazzjonali Persuni b'Dizabilità (KNPD)
- Mater Dei Hospital: Social Work team; Psychiatric Out Patients (PoP)
- Speech and Language Pathologists, Health Division
- Ministry for Social Policy
- MCAST Basic Skills Unit
- Mt Carmel psychiatric hospital & its Mental Health Community Services
- University of Malta: Social Work & Social Policy Department; Department of Psychology
- WasteServ
- Żammit Clapp Hospital

NGOs

- Mental Health Association, Malta
- CARITAS Malta agency
- Millenium Chapel Foundation
- Richmond Foundation and its Villa Chelsea
- Kummissjoni Djoċeżana Żgħażaġħ (KDZ)
- National Council of Women
- SOS Malta
- SAS Azzjoni Kattolika
- Anti-Poverty Forum Malta
- SKOP (Solidarjetà u Koperazzjoni) NGDOs forum
- Żgħażaġħ Azzjoni Kattolika (ŻAK)
- Malta Autism Parents Association (MAPA)
- Mentoring Society
- University Chaplaincy
- YWCA, Msida

APPENDIX 1: Staff Training and Development Activities – 2010

Date	Training event	Organiser	SJAF workers
15 January	Orientation visit to Dar Leopoldu Tabone – a shelter for homeless men run by Fondazzjoni Suret il-Bniedem	St. Jeanne Antide Foundation	3
22 January	Orientation visit to Dar Tereza Spinelli – a shelter for women & children run by Fondazzjoni Suret il-Bniedem	St. Jeanne Antide Foundation	4
23 January	National Conference: The Family...yesterday, today, tomorrow	Ministry for Social Policy	5
2 February	Launch of the EU Year to combat poverty and social exclusion and Malta's programme of activities	Ministry for Social Policy	2
24 February	Talk: Kif nistgħu nifhmu u nghixu d-dimensjoni strutturali tal-imħabba by Professor Lino Delia	Institute for Pastoral Formation, Diocesan Curia	2
25 February	Training session on Neuro-linguistic Programming	St Jeanne Antide Foundation	6
2 March	Seminar on Dyslexia, Drama and Self-Esteem	University of Malta	2
3 March	Training Seminar on Cyber Crime	St. Jeanne Antide Foundation.	15
4 March	Orientation visit to Cospicua Day Centre for Mentally Ill run by the Community Services of the Department of Psychiatry	St. Jeanne Antide Foundation.	2
4 March-6 May	Course: Habs u Riforma	Mid-Dlam għad-Dawl	4
5 March – May	Course on Mental Health	Mental Health Association	2
12 - 14 March	Conference on Empowering Families as sustainable partners in social policy.	The International Commission on Couple and Family Relations & CANA Movement	3
18 March	Orientation visit to Dar Nazareth, Żejtun	St Jeanne Antide Foundation	2
22 March	Orientation visit to Dar Frate Jacoba in M'Scala	St Jeanne Antide Foundation	2
7 April	Informal dialogue session with poor persons	Parliamentary Social Affairs Committee & Anti-Poverty Forum	2
10 April	International Conference: Communicating Poverty	SOS Malta	3
13 April	Session on: OCD	St Jeanne Antide Foundation	6
14 April	Conference on Depression	Richmond Foundation	1
22 April	Orientation visit to the Richmond Foundation	St Jeanne Antide Foundation	3
27 April	Training Seminar for NGOs - Getting through European Funds	MEUSAC	4
28 April	Conference- Breaking the Silence	Mental Health Association Malta and the Ministry for Gozo	4
30 April	Session with Inger Nillson, ex-President of EUFAMI, on the role of NGOs in supporting relatives of mentally ill persons and therapeutic resources that exist for sufferers	St Jeanne Antide Foundation	5

11 May	Conference on the Benefits of Occupational Therapy in Mental Health	Association of Occupational Therapists	2
14 May	Press Breakfast- Asylum in Malta and the EU: Rights and Realities	Department of European & Comparative Law, Faculty of Law and M.E.S.A	1
27 May	Orientation visit to the Paola Day Centre (Mental Health)	AGAPE Centre & St. Jeanne Antide Foundation	2
28 May	Press Breakfast on Homeless People and Asylum Seekers	Organising Committee 2010 European Year on Combating Poverty and Foundation for Social Welfare Services	1
1 June	Writing Process Teachers' Convention	Malta Writing Programme, Department Quality and Standards in Education	1
9 – 10 June	Seminar on EU funding for social development initiatives in developing countries	Overseas Development Aid Section, Ministry of Foreign Affairs	1
25 June	Press Breakfast on Poverty and Mental Health	Organising Committee 2010 European Year on Combating Poverty and Foundation for Social Welfare Services	
13 July	Seminar on the European Framework for the National Qualifications and recognition of all types of learning	The Malta Qualifications Council and the National Commission Persons with a Disability	3
16 July	Staff Training Seminar on Therapy and Counselling	St. Jeanne Antide Foundation	6
27 July	Seminar on Domestic Violence and Employment Opportunities aimed at generic social workers	The Commission on Domestic Violence	3
26 July	MFFC meeting for Social Workers on the MCCF application process	Malta Community Chest Fund	3
28 July	SJAF Strategy Planning day	St Jeanne Antide Foundation	9
29 July	Conference on ETC Employment Schemes	ETC	3
30 July	Press Breakfast on Domestic Violence & The Elderly	The Ministry of Education, Employment and the Family	1
17 August	ETC Employment Services and Schemes and unemployment statistics in Żabbar	Employment Services Division, ETC	1
8 October	Cine Forum on Schizophrenia on World Mental Health Day	Mental Health Association	4
18-20 October	EU Round Table Conference on Poverty and Social Exclusion (Brussels)	EU Commission	1
30 October	General Assembly 2010: The Face of Poverty	Church Secretariat for Social and Charitable Action	5
30 October	Evidence-based policy in response to domestic violence. Seminar to mark the International Day for the Elimination of Violence against women.	Commission on Domestic Violence	6
7 December	Autism is not just in the mind	Malta Autism Parents' Association	2

