

St Jeanne Antide Foundation

Annual Report
2011



Supporting Vulnerable Families

contributing to social integration at community level

Annual Report - 2011

St. Jeanne Antide Foundation

© St Jeanne Antide Foundation - January 2012

51 Tarxien Road, Tarxien TXN 1090

Tel: +356 21808981; +356 2727672367

VO/0005

E-mail: macen.sjaf@gmail.com

Website: www.antidemalta.com

Facebook: centruantida@gmail.com

Acknowledgement: front cover illustration – Tony Macelli

Affiliate membership:

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

C O N T E N T S

| | |
|--|-----------|
| Introduction | 5 |
| Mission Statement | 5 |
| Objectives..... | 5 |
| Governance | 6 |
| Services | 6 |
| The Antide drop-in Centre (Ċentru Antida) | 8 |
| Volunteering at the Foundation | 11 |
| Community-based Social Work and Counselling Service | 16 |
| Service Team | 17 |
| Categories of service users | 18 |
| Groupwork carried out in 2011 | 20 |
| Handyman service in support of very vulnerable families | 22 |
| Learning Support Service..... | 24 |
| The Homework Support Service | 25 |
| Non-formal Education Courses and Support Groups | 26 |
| Grandparent Education | 26 |
| LWIEN Service - caring for family caregivers of mentally ill persons | 27 |
| Community Social Work Projects..... | 31 |
| The VINĊI Community Social Work Project in parish of Ғaḡ-Ḓabbar..... | 32 |
| The Ġamra Community Social Work Project in Fgura | 37 |
| Assistance to Anti-Poverty Projects among vulnerable people in developing countries | 40 |
| Collaboration with other organisations | 43 |
| APPENDIX 1: Staff Training and Development Activities – 2011 | 46 |
| APPENDIX 2: Organigram | 48 |

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 the community of Tarxien and works in partnership with community-based organisations in Tarxien and neighbouring localities, 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. 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 is 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.

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.

Governance

A Governing Board is responsible for strategic planning, policy development and oversight. Board members come from such diverse backgrounds as social work and nursing, education, counselling, financial management, and social welfare service planning and management. The CEO is a non-voting member of the Governing Board that meets monthly.

Services

During 2011, the Foundation ran the following services:

1. The Antide drop-in Centre and its Volunteering opportunities;
2. The Social Work and Counselling Service;
3. The LWIEN Service - caring for family caregivers of mentally ill persons;
4. Community Social Work Projects:
 - The Vinči Project in Hāž-Žabbar;
 - The Ġamra Project in Fgura;
5. The Learning Support Service;
6. Overseas Development Projects.

Personnel

In 2011, the staff and volunteer team of the Foundation was made up as follows:

Social Work:

- 3 full-time social workers and part of the time of the CEO who practises family work as well; two of the three social workers are project leaders of the Žabbar and the Fgura community social work projects;
- 1 part-time EFT (emotional freedom) Practitioner;
- 1 Volunteer Social Work Supervisor;
- 1 casual part-time Groupworker for self-esteem groups which run regularly;
- 3 Volunteer Befrienders;
- 3 Lawyers who carry out legal work for service users on a pro bono basis;
- 1 doctor who occasionally undertakes pro bono consultations;

Nursing:

- 1 Senior Psychiatric Nurse who holds family consultations on a full 2 to 3 weekday basis;
- 1 Volunteer nurse who visits homebound sick and lonely persons;

Counselling:

- 1 Volunteer Counsellor who holds sessions once weekly and serves on the Governing Board;
- 3 Masters in Counselling students who practice at the Foundation as part of their course practicum;

Community Work:

2 part-time Community Workers;

Learning Support

35 Volunteer Tutors work with vulnerable children from service user families;

51 Form 4 students run learning and fun activities for vulnerable children;

1 part-time Literacy Teacher for youths and adults;

Administration:

1 part-time Foundation Administrator;

1 part-time drop-in centre administrator who is also responsible for Volunteer management and editorship of the monthly electronic magazine;

1 Volunteer financial oversight expert who also serves on the Governing Board;

Full-time CEO;

Overseas Development:

3 Volunteers;

Maintenance:

3 Volunteer Handymen two of whom additionally undertake such work in the homes of poor and vulnerable service users;

Reception work:

13 volunteers take turns, spending half a day each doing reception work at the Antide drop-in Centre;

Bazaar:

2 Volunteer fund-raisers who manage the Bazaar;

Governance:

7 members serve on the Governing Board on a voluntary basis.

NGO finances

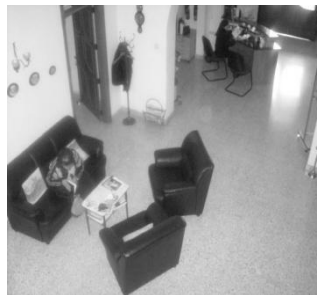
A financial audit is carried out annually on a pro bono basis by the firm Andrew Galea and Associates. An annual audit report is produced and given to all funding organisations, the Ministry responsible for family affairs, the Office of the Commissioner for Voluntary Organisations.

Fundraising events

Foundation workers organised a number of fundraising activities during 2011. Two volunteers, a married couple, took the initiative to open a bi-weekly Bazaar the proceeds of which are used to cover part of utility telephony costs. Apart from this on-going fundraising activity, Foundation workers organised the following events: the annual Figolli making and sales in April, a Car Wash on the 30th of April, A stall during Lejla Hompesh on 23rd May, a Ravjulata on the 17th September, a 2-hour TV Programme hosted by Vespri on Favourite Channel on the 1st November, Christmas Logs making and sales in December. Large grants for core services were obtained through project proposal writing.



The Antide drop-in Centre (Centru Antida)



Although the Antide Centre is based in Tarxien, it 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, Żabbar and Fgura Diaconia Commissions and works closely with that of Paola and Santa Lucia.

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

The Antide Centre has increasingly become known to local people. People drop by to talk to someone, to access social work or counselling support, to join group-based learning activities or support groups, to become a volunteer or else to donate furniture and other household items families needing them. Family care-givers of mentally ill persons are increasingly dropping by or phoning 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 for temporarily homeless persons as well as a library for young and adult service users. Moreover, kitchen facilities are also available for vulnerable families. 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 an average of 25 persons a day.

The Antide Centre continued to publish its monthly e-Magazine for Foundation personnel and volunteers, collaborators, parishes, funders and the general public; 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. A total of eleven issues of the e-magazine were published in 2011. A number of issues focused on mental health since a high percentage of families supported have one mentally ill member or more.

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.

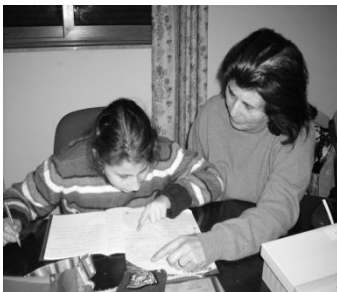
Reception work at the Antide Centre is fulfilled by a group of dedicated volunteers who share a roster. Housekeeping work at the Antide Centre is carried out by volunteers throughout the week and by a worker from the Province of the Sisters of

Charity at the weekend. Anyone coming to the Centre is welcomed, offered tea and seen by workers at the Centre.

Linked to the Antide Centre is an adjacent fund-raising Bazaar that is fully managed by two volunteers; it serves as a means of providing low cost or free good quality clothes to service users and a place to which lonely persons turn to for a chat. Families aware of the bazaar regularly visit it to either donate knick knacks, books, toys and unused clothes and to make purchases.



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 meaningful activities beyond their personal and professional sphere as well as 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.

European Year of Volunteering (EYV)

During the EYV, the Foundation was involved in the following initiatives:

i. Nurturing the spirit of social volunteering in 51 Form Four students from the Tarxien-based Immaculate Conception Girls Secondary School run by the Province of the Sisters of Charity. The Co-ordinator of the Foundation's Learning Support Service for children co-worked with one of the school teachers to create a fortnightly opportunity for Form Four students to support vulnerable children not much younger than themselves. Using their own interests and skills as an entry point, the Form 4 students were grouped and matched with children interested in what they had to offer: music, drama, reading, and cooking. Sessions took place at the Antide drop-in Centre for the duration of the scholastic year at the end of which students received a certificate of appreciation for their portfolio. This initiative is in line with one of the key aims of the Foundation – "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."

ii. Evaluation of the Volunteering Experience: early in 2011, volunteers were invited to evaluate their experience of voluntary work with the Foundation and to make recommendations for further development and improvement. A questionnaire

was given to each volunteer. Extracts from replies were featured as volunteers' experiences in a number of the Foundation's monthly e-magazines throughout 2011.

iii. Intended for publication during the European Year of Volunteering, the Mental Health Association Malta and the Foundation jointly produced a book in support of family caregivers of mentally ill persons. Entitled *Il-Kwiekeb fid-Dlam Jixegħlu – vjaġġi ta' tama mterrqa minn qrafa ta' persuni b'mard mentali*, the publication was the result of the hard work of many volunteers.

iv. A presentation on *Volunteering in the poverty and social exclusion field* was made at the national conference on volunteering organised by the Malta Council of the Voluntary Sector (MCVS) on the 26th March 2011.

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 2011 there were a total of 78 active volunteers involved in one or more spheres of service provision.

The highest number – 35 - were Tutors working within the Learning Support Service – the Homework Support Service and the Summer Programme for children. Another 51 14-year old volunteers provided fortnightly learning support sessions on a different weekday from that of the Homework Support Service.

38% of the volunteer cadre in 2011 were over 60 years of age; 18% were in their 50's and 17% under 20. Based on the Foundation's experience, older volunteers are more regular than others and are more likely to dedicate more hours and years of service than volunteers of younger age groups. Thus, old age offers older persons a meaningful opportunity to become involved in the social care field. Volunteering is also a means of remaining life-long learners since the Foundation encourages volunteers to tap into the varied non-formal learning opportunities that exist at both local and national levels.

During the year, 21 volunteers discontinued their involvement for a number of reasons which appear in a table below.

As already mentioned, one of the aims of the Foundation is "to provide the opportunity and training to service users so that they themselves can provide services to others in need." To this end, SJAF encourages service users to consider volunteering as part of their self-development plan. In fact, 14% of the volunteers who provided a service to the Foundation during 2011 were service users.

Below is statistical data concerning volunteering at the Foundation during 2011. Not included in the statistical data are the:

- 8 students on an undergraduate or masters degree programme practicum in such fields as social work, counselling, family therapy and play therapy;

- the 51 14-year old Form 4 students from the Immaculate Conception girls' secondary school who were engaged in fortnightly volunteering in support of vulnerable children aged 8 to 11.

Volunteer roles by number

| Roles | Number of active volunteers | Discontinued during 2011 |
|---|-----------------------------|--------------------------|
| Reception work at Ċentru Antida | 13 or 17% | 4 |
| Learning Support Tutors | 35 or 45% | 11 |
| Support to Social Work & Counselling Service Team | 14 or 18% | 3 |
| Support to administration | 7 or 9% | 2 |
| Governance | 6 or 7% | 0 |
| Overseas Development Projects | 3 or 4% | 1 |
| Total | 78 (100%) | 21 (27%) |

Ages of the 78 volunteers

| Age bracket | No. | % of total |
|-------------|-----|------------|
| Up to 20 | 13 | 17% |
| 20-29 | 9 | 11% |
| 30-39 | 6 | 8% |
| 40-49 | 6 | 8% |
| 50-59 | 14 | 18% |
| 60+ | 30 | 38% |

Reasons for discontinuing voluntary service:

| | |
|---|-----------|
| Volunteering experience in summer only; return to full-time studies | 6 |
| Work | 3 |
| Health & mental health | 6 |
| Family commitments | 4 |
| Distance | 2 |
| Total discontinued | 21 |

Volunteers discontinuing or remaining in 2011:

| Discontinued at some point in 2011 | Volunteers working at the end of 2011 | Total volunteers who worked at any time during 2011 |
|------------------------------------|---------------------------------------|---|
| 21 | 57 | 78 |

Overview of volunteers during 2011 by gender:

| Females | Males | Volunteers who worked at any time during 2011 |
|----------|----------|---|
| 60 (77%) | 18 (23%) | 78 (100%) |

Overview of volunteers during 2011 by regular vs occasional work:

| Regular | Occasional involvement | Volunteers who worked at any time during 2011 |
|----------------|-------------------------------|---|
| 66 (85%) | 12 (15%) | 78 (100%) |

Hours of service contributed by volunteers in 2011

During the year, a total of 12,101 hours of volunteering were registered which are equivalent to approximately 6 full-time workers.



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 responsible for 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 courses 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 35 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 2011, the Volunteer Nurse carried out a total of 241 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 2011, the service team comprised the following members:

- Three full-time Social Workers and partially the CEO who is a practitioner;
- 1 Volunteer Social Work Supervisor;
- 1 part-time Senior Psychiatric Nurse;
- 1 Counsellor whose service provision is 95% voluntary;
- 1 Volunteer Nurse (part-time) and 3 Volunteer Befrienders;
- 3 Social Work students who completed a 300-400-hour practice placement each;
- 4 Masters in Counselling students, all professionals in various fields, who carried out part of their practice placement at the Foundation;
- 1 professional completing a Masters in Play Therapy;
- 1 volunteer who undertakes EFT work (Emotional Freedom) with service users having long-standing emotional blockages;
- 1 group facilitator for Self-Esteem groups for service users;
- 1 Literacy Teacher for work with very vulnerable illiterate 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 occasional urgent consultations.

Categories of service users

During 2011, SJAF worked intensively with:

- family caregivers of persons with chronic mental health problems and persons facing many life-challenges and difficulties due to the nature of their mental health difficulties;
- families in conflict;
- families grappling with financial problems;
- frail persons with chronic health problems who feel lonely and isolated at home;
- families in inadequate housing;
- women in a marriage or other relationships who are poor since their spouse/partner leaves them unsupported financially;
- single mothers;
- grandparents who regularly care for their grandchildren;
- disadvantaged youths.

In 2011, the foundation supported 608 families. Of these, new referrals constituted **540 individuals from 324 families; the rest – 284 families – were referred in 2010 and continued to be supported in 2011.** During the year, 170 cases were closed. 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 | 113 | 133 | 120 | 116 | 119 | 132 | 99 | 130 | 110 | 150 | 157 | 136 | 1513 |
| Number of Home Visits | 71 | 67 | 85 | 75 | 79 | 58 | 81 | 91 | 92 | 106 | 125 | 83 | 1013 |
| Accompanying service users to other services | 13 | 14 | 16 | 12 | 19 | 17 | 13 | 16 | 14 | 12 | 10 | 7 | 163 |
| Total interventions by month | 197 | 214 | 221 | 203 | 217 | 207 | 193 | 237 | 216 | 285 | 292 | 226 | 2708 |
| Social Work Supervision sessions | 2 | 3 | 3 | 5 | 8 | 7 | 8 | 5 | 6 | 5 | 14 | 11 | 71 |

Referral sources of families - 2011

| Referral Source | No. | % |
|---------------------------------|-----|------------|
| Public agencies | 83 | 26% |
| Self-referrals | 53 | 16% |
| Relatives of service users | 46 | 14% |
| Parishes | 42 | 13% |
| SJAF field workers | 27 | 9% |
| NGOs | 25 | 8% |
| SJAF Radio & TV Programme slots | 24 | 7% |
| Other | 24 | 7% |
| TOTAL | | 100 |

Locality of Residence of 324 families referred in 2011

| | |
|-----------|------------------|
| 68 (21%) | Żabbar |
| 47 (15%) | Fgura |
| 39 (12%) | Tarxien |
| 25 (8%) | Paola |
| 7 (2%) | Santa Luċija |
| 138 (42%) | Other localities |

Categories of referred 324 families by main presenting problem - 2011

| Main presenting problem | Number of families | % of 324 families |
|---|--------------------|-------------------|
| Mental health problems/ needs of family caregivers | 163 | 50 |
| Family relations problems | 28 | 9 |
| Chronic ill-health & loneliness/ isolation | 26 | 8 |
| Financial difficulties | 20 | 6 |
| Lack of life-coping skills | 15 | 4 |
| Single parents in difficulty | 11 | 4 |
| Marriage separation | 9 | 3 |
| Challenging behaviour | 9 | 3 |
| Disability-related difficulties | 7 | 2 |
| Loss | 4 | 1 |
| Unemployment | 3 | 1 |
| Other problems | 29 | 8 |
| TOTAL | 324 | 100% |

Case referrals by state agencies in 2011: 83

| | |
|-------------------------|--------------------------|
| 51 - Agenzija Appoġġ | 2 - Mater Dei Hospital |
| 7 - State Schools | 2 - CommCare |
| 7 - MCCF | 2 - Karen Grech Hospital |
| 6 - Social Services | 1 - MEPA |
| 5 - Mt. Carmel Hospital | |

Working closely with other organisations

Close collaboration with other state and voluntary sector organisations is a cornerstone of the Foundation's work. Each annual report of the Foundation contains a list of organisations with whom the Foundation collaborates. The feature *News from the Foundation/ Aħbarijiet mill-Fondazzjoni* published on a monthly basis in the SJAF e-Magazine outlines links with such organisations.

The team participates in regular case conferences and reviews called by other agencies or by itself with respect to high-support families who are supported by different organisations. A staff member represents the Foundation on the executive committee of the Anti-Poverty Forum Malta whilst another is on the central committee of the Mental Health Association, Malta.

In 2011, the Foundation organised a Practice Sharing seminar for the state ACCESS community teams and its own community social work teams. Each team shared its approach through a powerpoint presentation and discussion. A report was drawn up and sent to Appoġġ Community Services Manager.

Practitioners from other organisations continue to make use of the facilities at the Antide Centre for work with their own service users from neighbouring localities. This offer is often taken up by practitioners from Aġenzija Appoġġ, Aġenzija Sapport, Ursuline Sisters in Tarxien, and others.

The organisations with whom the Community Social Work and Counselling team regularly collaborated included:

- Housing Authority
- Department Social Services
- Mental Health Association
- MCCF
- SAS Azzjoni Kattolika
- Aġenzija Appoġġ
- Aġenzija Sapport
- Mt Carmel Hospital Social Worker Team
- Mental Health Clinics and Day Centres: Paola, Cospicua, Żejtun, Kirkop
- Parisha Priests & Diaconia Commissions: M'Scala, Fgura, Tarxien, Paola, Żabbar, St Lucia
- Department Elderly and Community Care
- Student Support Service teams, State Colleges
- Mater Dei Hospital Social Workers
- University Social Work and Social Policy Department
- Millenium Chapel Foundation (EU Food Aid)
- Richmond Foundation & its Villa Chelsea

Groupwork carried out in 2011

The Social Work and Counselling team is sensitive to needs commonly expressed by many service users that could be met through short-term groupwork opportunities.

In 2011, a number of such opportunities were facilitated. 208 service users participated.

| | Group | Target group | No. of participants | Duration |
|----|--|---|---------------------|--------------------------------------|
| 1 | Depression Support Group | Family Caregivers with high level of anxiety/depression Led by Psychiatric Nurse. | 17 | 31st March - 22nd June (13 sessions) |
| 2 | Carers' Support Group at Antide Centre | For primary family caregivers. Led by Psychiatric Nurse. | 7 | December 2010 to March 2011 |
| 3 | Self-Esteem Group | Young women, mostly single parents, with low self-worth and self-esteem | 15 | 2nd February - 23 March |
| 4 | Self-Esteem Group | Young women, mostly single parents, with low self-worth and self-esteem | 6 | May 4,11, 18, 25. |
| 5 | Self-Esteem Group | Young women, mostly single parents, with low self-worth and self-esteem | 6 | December 2011 (to end in May 2012) |
| 6 | Homework Support Service | Children from vulnerable families receiving one-to-one learning support every Friday from 4.00 to 5.30pm | 21 | Until June '11; resumed October '11 |
| 7 | Summer Programme | Children from families supported by the Social Work and Counselling Service | 31 | July to September 2011 |
| 8 | Writing Group | Vulnerable children aged 11 to 13 from service-using families. (Group facilitated by Foundation for Educational Services – FES) | 10 | 20 October 2011 |
| 9 | Maths Group | Vulnerable children aged 11 to 13 whose parents are being supported by the Social Work & Counselling Service | 5 | 18 November 2011 |
| 10 | Groupwork for Tarxien Youth Centre | Adolescents and youths aged 13 to 18 from difficult family backgrounds. | 21 | Concluded February 2011 |
| 11 | Groupwork for Tarxien Youth Centre | Adolescents and youths aged 13 to 18 from difficult family backgrounds. Led by social work student on Placement B | 32 | November 2011 |
| 12 | Circle Time, Homework Support Service | Children aged 8 to 10 from service-using families. Led by 4 Sixth Form students on Placement | 21 | Late September 2011 |
| 13 | Crafts group | A group of relatives from a very poor socially excluded family | 6 | 16/1/11 |
| 14 | Literacy Support Group – Adults | Vulnerable persons supported by the Social Work & Counselling Service (ages 19 to 34) | 6 | October 2011 (still on-going) |
| 15 | Literacy Support (Children) | Secondary level young persons from very poor families | 4 | March 2010 |

The group-based programme for vulnerable youths from Tarxien Youth Centre was led by a final year Social Work student between the 18th of February and the 11th April 11. Around 21 youths under 18 took part. Sessions focused on themes selected by group members themselves such as Music genres, relationships, alcohol misuse, bullying and abuse. Another groupwork programme was offered to the Tarxien Youth Centre in November by two 3rd year Social Work students. Approximately 31 youths participated. This initiative is part of an on-going collaborative relationship

with the Tarxien Youth Centre whose Director strives to attract to the Centre vulnerable youths who do not belong to any group.

Volunteer Nurse

The Volunteer Nurse, a Sister of Charity, continued to have a steady case-load of around 35 lonely home-bound elderly persons. She visited these persons regularly without fail accompanied by two Volunteer befrienders. The Nurse maintains records of each visits and liaises with the social worker concerned. Consequently, family interventions are tackled by the social worker responsible for the case. During 2011, the Volunteer Nurse carried out 241 support home-visits.

Hosting Practice Placements

The Foundation hosts a number of students seeking a social service agency with whom to practice their field of study. Nine students provided counselling, social work and family therapy support to SJAF service users in 2011:

- 4 Masters in Counselling students who are professionals in other spheres;
- 1 practitioner who is completing her Play Therapy practicum as part of a masters degree programme with a UK-based university;
- 1 Diploma in Family Therapy student;
- 3 Social Work students;

Handyman service in support of very vulnerable families

Two volunteer handymen provided handyman service support to 9 vulnerable families during 2011. They carried out whitewashing of rooms, repaired fixtures and taps, and other odd jobs. In 2012, this service will be expanded through a recruitment campaign which will involve publicity, screening and training of pensioners skilled in fixing things around the house. The service is open for vulnerable and poor young families lacking the means to pay a handyman for odd jobs around the house and lacking relatives who might be able to undertake such tasks at no cost.

EU Food

The Foundation maintains close contacts with the Millenium Chapel Foundation that is the designated national co-ordinator and distributor of EU food for vulnerable persons. During 2011, the Foundation's Social Workers provided EU food items to 60 poor and at risk families from the localities it is active in. In Fgura, the Foundation assisted the parish to welcome families queuing to benefit from EU food distribution so as to link them to other support opportunities. In Ħaż-Żabbar, the Foundation identifies and refers very poor families who have no links with the parish and the EU food distribution system. This is similarly done in Tarxien parish.

Social Work Supervision

All Social Workers received regular professional supervision in line with the requirements of the Social Work Profession Act.

Celebrating Christmas with Service Users

As with previous years, SJAF workers prepared a Christmas meal and party for very vulnerable service users. This year, 84 persons were invited; SJAF workers cooked and served service users themselves, as is the tradition.



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 2011, 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 2011, 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 Homework Support Service adopted the following modality in 2011:

- every Friday afternoon, a group 23 Volunteer Tutors provide learning support as follows:

- 4.00 to 4.15 pm Parents' arrival and chat with Tutors
- 3.45 to 5.15 Service Group
- 5.15 to 6.00 Circle Time for all service participants

- every fortnight on a Wednesday afternoon, 51 4th Form students from the adjacent Immaculate Conception School in Tarxien, work in groups to support vulnerable children whose families are being supported by the Social Work and Counselling Service. Students engage the children in drama, music, cooking and reading.

- a Live-in is organised annually for Homework support children.

- a Summer Programme is additionally organised on a 3-morning week basis for the duration of 8 weeks.

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, who is herself a volunteer, liaises 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. Volunteer Tutors access resources and materials from the resource room set up for this purpose and are free to consult both the Service Co-ordinator and Counsellor. Each Tutor keeps 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 2011 and students supported

| | Students aged 6 to 15 | Learning Support Tutors | Tutors in summer |
|-------------------|-------------------------------------|--------------------------------|-------------------------|
| 2008-2009 | 21 | 20 | 4 |
| 2009-2010 | 21 | 22 | 4 |
| 2010-2011 | 18 | 14 | 4 |
| Oct. 2011 onwards | 39 (24 primary; 15 secondary level) | 23 | 14 |

Non-formal Education Courses and Support Groups

During 2011, a number of non-formal adult learning-support opportunities were organised. Foundation personnel 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 education and training providers such as: the ETC, MCAST, the Department for Lifelong Learning, the Foundation for Educational Services, Local Councils, and others.

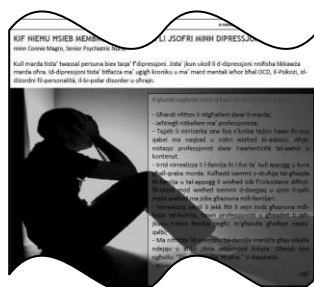
With respect to support groups, the Foundation continued to provide a range of support group opportunities as listed in the previous section of this report.

Grandparent Education

During 2011, the Foundation reviewed its grandparent education strategy and concluded that the preferred modality of ensuring a multiplier effect was for the Foundation to encourage parishes interested in providing such an educational opportunity to identify parish level volunteers for training and follow-up support by the Foundation.



LWIEN Service - caring for family caregivers of mentally ill persons



Family caregivers constitute a category of citizens who lack support in fulfilling their challenging and overwhelming responsibility. They constitute one of the under-served categories in society that the Foundation has targeted for support interventions for the coming years.

As is borne by practice since starting LWIEN, family caregivers of mentally ill persons are highly prone to become overwhelmed and depressed. The Foundation continued to meet distressed family caregivers whose financial means are drained, constraining the family to sell assets, leave one's job, close a business 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.

The schedule of twice-weekly family consultations was maintained. Each week, between 12 to 16 family consultations took place. Additionally, the LWIEN team of Social Worker and Senior Psychiatric Nurse carried out home-based assessments and consultations on Saturdays to keep up with the demand and the needs of families requiring high support. The LWIEN service is unique since it combines family consultations with community outreach work that identifies and supports hard-to-reach families where mental health problems are a major stressor. Apart from supporting families who come from all over the island, the service is linked to three community social work services of the Foundation based in the Parishes of Tarxien, Ħaż-Żabbar and Fgura.

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

Families supported

In 2011, the Lwien Service provided intense support to 398 individuals from 240 families of mentally ill persons. Of the 398 individuals supported, 282 were sufferers and 101 were family caregivers. Of the 282 sufferers who benefited from the service, 115 were male and 167 were female.

Nature of presenting problems

Depression (115 families),
OCD (32),
Personality Disorder (24),
Schizophrenia (22),
Paranoia (15),
Sociopathy (6),
Severe disability including autism (13),
Bi-polar disorder (7),
Addictions (10),
High anxiety and phobias (9),
Eating disorders (4), and
Other difficulties (25).

Geographic regions represented by families supported

The 240 families supported through the LWIEN Service came from localities in the following geographic regions:

| | |
|-------------------------|-----|
| Southers Harbour Region | 139 |
| Southers Eastern Region | 34 |
| Northern Harbour Region | 28 |
| Northern | 21 |
| Western Region | 15 |
| Gozo | 3 |

Age categories of the 282 sufferers

The age categories of sufferers supported were as follows:

| | |
|-----------------|----|
| Under 20 years: | 41 |
| 20s: | 42 |
| 30s: | 55 |
| 40s: | 38 |
| 50s: | 51 |
| 60+: | 55 |

Support provided

The Senior Psychiatric Nurse provided family consultations to 206 of the 240 families.

Social Workers worked with 115 of the 240 families.

Counselling was provided to 7 families.

The team's priest provided spiritual guidance to 9 families.

The Depression Support Groups and Carers' Support Group reached 31 service users.

Effective liaison with Mental Health System

Maintaining effective links with the community mental health services is crucial. Hence, the service continued to liaise closely with state and NGO providers in this key sector. Referrals both ways continued to take place throughout 2011. Moreover, direct liaison with the Psychiatric Firms was maintained to maximise positive outcomes for service users and their families. Wherever indicated, detailed reports based on many hours of assessment and interventions were submitted to Psychiatrists with service users' consent. This practice facilitated diagnosis and decisions related to treatment.

A detailed list of services and providers, including contact details, was prepared by the Foundation and disseminated through the Foundation's website, through the annual course on mental health organised by the Mental Health Association Malta and through service users and practitioners.

In partnership with the Mental Health Association Malta, the Foundation published a book aimed at caregivers of mentally ill persons. Entitled ***Il-Kwiekeb fid-Dlam Jixegħlu – vjaġġi ta' tama mterrqa minn qrafa ta' persuni b'mard mentali***, this

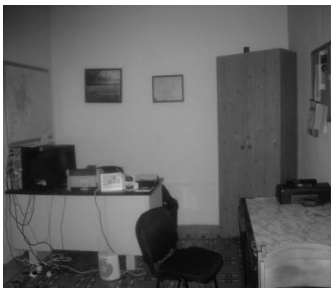
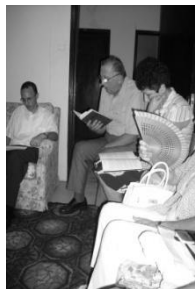
book is unique in that it contains 14 personal narratives of relatives who care for a family member with mental health problems. It also provides guidelines to classroom teachers and support tools to carers. Additionally, it attempts to fulfil a number of aims:

1. To provide encouragement and hope to close relatives of newly diagnosed mentally ill persons;
2. To sensitise professionals to relatives' experiences;
3. To show relatives the range of helping roles that relatives may have so that they become self-empowered;
4. To reassure relatives and carers by showing them that there are others who share their experience and that they need not be alone;
5. To provide direct guidance to carers and close relatives on how to accept and manage their reality;
6. To provide a tool for sensitising and informing teachers who may have such students in their classes;
7. To sensitise the media about mental illness.

The book was marketed by both organisations who take every opportunity to bring it to the attention of families who have either experienced mental health problems or who have friends and colleagues who are sufferers.



Community Social Work Projects



The VINČI Community Social Work Project in parish of Ħaż-Żabbar

All through 2011, the Foundation continued to implement the STRINA 2009 and 2010 Vinči project. All project workers involved strived to fulfil the aims of identifying and supporting hard-to-reach vulnerable and poor families with tenuous links to health, mental health, family affairs and education sectors. A key tool of reaching the objectives of this community social work initiative is community outreach work in neighbourhoods with a concentration on families in difficulty.

Since the start of the initiative in March 2010, the Vinči community social work service provided support to 262 individuals from 148 families as follows:

| Year | Individuals supported | Total Families referred | Cases closed | Individuals still receiving support at the end of 2011 |
|-------------|------------------------------|--------------------------------|---------------------|---|
| 2010 | 146 | 80 | 53 | 27 |
| 2011 | 116 | 68 | 21 | 47 |
| | 262 | 148 | 74 | 188 |

In 2011, therefore, the team provided support to 116 individuals from 95 families, and 27 who had been referred during 2010.

The Vinči service team during 2011 was made up of the following workers:

- 1 Community Social Worker who also fulfils the role of Project Leader; she also represents the Foundation on the Parish Diaconia Commission;
- 2 part-time Community Worker; one terminated her employment mid-year to pick up her studies;
- 1 part-time Senior Psychiatric Nurse for weekly family consultations;
- 1 occasional Counsellor (student on a practicum - Master in Counselling);
- 2 occasional part-time Grandparent Education workers, themselves grandparents;
- 1 Priest (Volunteer) who worked closely with the team; he is also responsible for the Diaconia Commission;
- 2 Volunteer Learning Support Tutors who supported 4 secondary level students from very vulnerable families; one has a Masters in Early Years Education and one is completing her Masters degree in Maltese.
- 2 University Social Work students (1 Placement B in early 2011 and 1 Placement A in late 2011);
- 1 Team consultant.

The team has its offices on the first floor of the Parish office adjacent to the parish church. However, other parish infrastructure is made use of such as the parish hall, the Ċentru Nazareth in the public housing zone, the Ċentru Maria Bambina and other buildings.

Referrals of vulnerable families were made through the following sources:

- **17% were referred from the Parish priest and volunteer pastoral workers** from Kummissjoni Djaġonija, Kunsill Pastoral Parrokjali. These worked closely with the VINĊI team and referred individuals for social work support and/or counselling.
- **32% were either self-referrals or referrals by relatives.** These referrals came mostly from people after hearing team members speak on either the community radio (Radio Hompesch) or through TV slots.
- **13% were identified** through outreach work in the community carried out by the social workers, community workers and senior psychiatric nurse. During 2011, outreach work was carried out intensely in two alleys, namely St. Michael's and St Francis's.
- **27% of referrals were from State agencies:** The Foundation had regular links with Aġenzija Appogg that refers vulnerable families on the waiting list of their generic social work service. The Foundation liaised with the social workers and Heads of Schools and Principal of the college that includes Żabbar in its catchment areas.
- **11% Others:** Some families heard about the project from friends and acquaintances or from the annual course on mental health organised by the Mental Health Association.

Services

The Vinċi initiative comprised the following services during 2011:

- Community-based Social Work carried out both at the Vinċi Project office as well as in families houses;
- Counselling at the project office;
- Family consultations provided by the Foundation's Senior Psychiatric Nurse; these were carried out at office and home basis;
- Literacy support to vulnerable youths;
- Support groups;
- Parental support group;
- Drop-in at project office level;
- Involvement in Foundation's wider activities.

Families supported

Between January and December 2011, **116 individuals from 68 families** were newly referred for support.

Of the 68 newly referred families, 28 families were regularly followed up jointly by the Social Worker and Senior Psychiatric Nurse since successful outcome of the therapeutic interventions depended on sustained monitoring.

Of the 116 individuals supported:

52% of individuals supported suffer from mental health problems.

28 persons (24%) were persons who responsibly care for **27** dear family member with mental health problems, disability, or other chronic health conditions. Of these 28, there were 2 young caregivers who take care of a parent or a sibling; another 7

were grandparents who regularly care for their grandchildren. Most of these 28 family caregivers were overwhelmingly depressed due to their daily struggle to cope with the care of the sick family member.

Of the 27 individuals cared for by a family member:

- 5 were under the age of 20,
- 4 were over 20,
- 7 were over 30,
- 4 were between 40 and 50,
- 7 were over the age of 60.

Despite the presenting problem, the majority of families have financial and relationship difficulties. Other families live in inhumane conditions lacking basic amenities such as water and electricity. Those living in the alleys have small houses without ventilation and adequate space, with interconnected rooms.

Apart from the 27 persons mentioned above, another 32 suffer from chronic mental health problems; **5** of these have addiction problems. **10** individuals are frail elderly who live on their own but need constant monitoring. They have chronic health conditions but wish to remain in the community. **7** suffer from severe physical disability; 2 of these additionally suffer from a rare condition that requires constant care. **7** children manifest severe challenging behaviour often resulting in truancy, loitering, foul language and no respect to older persons in authority.

| Main presenting problem of 116 new rereffals 2011 | Number of individuals |
|---|------------------------------|
| Mental Health problems especially family care-givers at risk | 60 (52%) |
| Family Relations Problems | 21 (18%) |
| Chronic-ill health including loneliness and feelings of isolation | 16 (14%) |
| Single parents in difficulty | 6 (5%) |
| Disability and challenging behavior related difficulties | 4 (3.3%) |
| Marriage separation | 4 (3.3%) |
| Financial Difficulties | 4 (3.3%) |
| Unemployment | 1 (1%) |
| Total | 116 individuals |

The team worked in close collaboration with the following organisations:

Żabbar Parish: Parish Pastoral Council, Diaconia Commission

Housing Authority (Office of General Manager)

Aġenzija Appoġġ (CPS, DVU, Generic Services, AĊCESS Cottonera Community Team)

Aġenzija Sapport

Żabbar state schools

Żabbar branch office of the Social Security Department
 Żabbar Local Council
 MCCF Social Work office
 Mater Dei Social Work office
 Mater Dei Psychiatric out-patients (POP) department
 Paola Mental Health Clinic and Day Centre
 Mt Carmel Hospital
 Malta Tourism Authority
 HSBC Bank Malta plc and other sponsors to cover the needs of poor families
 Millenium Chapel Foundation (for EU food).

Activities carried out during 2011

| Date | Group Activity | Venue | No. of participants |
|-----------------------|--|---------------------------------|---|
| January to June | Support Group for Family Caregivers | Sala Parrokkjali | 8 |
| February | NannaKola Club: grandparent education aimed at grandparents who regularly care for a grandchild or more | Ċentru Nazaret, Housing Estate | 15 |
| March | Depression Support Group | Ċentru Antida, Tarxien | 2 from Żabbar took part |
| March to November | Parenting Skills for vulnerable women: 6 sessions of 1.5 hours each | VINĊI office | 8 |
| April - ongoing | Literacy Group | Ċentru Antida, Tarxien | 1 from Żabbar |
| 28 April | Family Caregivers met Archbishop Mons. Paul Cremona | Archbishop's residence | 6 from Żabbar |
| 21 May | Stall with educational materials for parents set up during Lejla fil-Belt Hompesch. Community workers distributed handouts with useful information for parents and grandparents. | Haż-Żabbar | General public |
| 13 - 15 May | Live-In for vulnerable children | Dar Santa Monika, St Paul's Bay | 4 from Żabbar |
| 16 June - 20 October | Arts & Crafts Sessions | Ċentru Antida, Tarxien | 1 from Żabbar |
| 15 July - 9 September | Summer Programme for vulnerable children | Ċentru Antida, Tarxien | 10 from Żabbar |
| 22 Septmber | Trip to Comino for vulnerable children sponsored by HSBC Bank plc | Comino | 3 from Żabbar out of a total of 15 children |
| 24 September | Trip to Airshow for vulnerable children sponsored by HSBC Bank plc | Luqa | 2 from Żabbar out of a total of 21 children |

During 2011, the project Community Social Worker participated in 10 monthly meetings of the Parish Diaconia Commission. The Social Worker assisted the Parish in preparing a data-base of very vulnerable families who could benefit from EU Food

Aid and food hampers funded by the parish. Parish volunteers were also mobilised to befriend these families to ensure integration into the mainstream life of the community.

Supervision: The Community Social Worker benefited from 11 professional supervision sessions and weekly discussions about the service with the team consultant. She herself provided 9 supervision sessions to one of the Social Work students on a practicum at the Foundation.

Community Social Work interventions in 2011

Office-based Social Work interventions: Referral sources of the 68 new families:

| | |
|-------------------------------|--|
| Social Worker- 52 | Parish Priest and Pastoral workers: 12 |
| Community Workers – 27 | Self-referrals and relatives: 22 |
| Senior Psychiatric Nurse – 40 | State agencies: 19 |
| | Outreach: 8 |
| | Others: 7 |

Home-visits to vulnerable families:

Social Workers - 177
Community Workers – 26
Senior Psychiatric Nurse – 102

Work with service users referred in 2010:

Of the 146 individuals from 80 families referred and supported in 2010, the project team continued to provide on-going support to 27 in 2011. Successful closures were achieved in 2011 with 53 families referred in 2010, and 21 families referred in 2011.

Accompanying service users to government departments such as Housing Authority and Arms Ltd.: 36

Case-conferences involving other state agencies: 15.



The Ġamra Community Social Work Project in Fgura

Background

The project officially commenced in May 2011 after funding was secured from The Voices Foundation for a period of 2 years. The idea of having a community social work service in Fgura evolved following discussions with the Fgura Diaconia Commission and the Parish Priest who were concerned about the number of families needing support in their community. Hence, before funding was sought, the Foundation assisted the Diaconia Commission to carry out a SWOT analysis. One recurring need was that of setting up an office to welcome vulnerable individuals seeking support.

As funds became available, two concurrent initiatives were undertaken: setting up space in the parish centre with parish volunteers to run it and carrying out outreach work in a number of neighbourhood zones. Persons qualifying for receipt of EU food aid were welcomed and engaged in a discussion about the project and its services. Families identified through both outreach work and referrals were provided with support.

The Ġamra Project team is made up of professionals who collaborate with the parish Diaconia Commission to ensure an effective service to vulnerable families and individuals. An analysis of NSO data indicates that Fgura has a population of approximately 13,000 out of which 2,348 (18%) are elderly persons and 333 (2.6%) are people with disability. The locality is considered by many as one of transition where families rent a place until they are in a better position to move to a desirable locality and house. According to leaders interviewed, it is the younger generation that feels that it has roots in Fgura; while the older generation still retains a sense of belonging in their locality of birth from which they felt constrained to move to Cottonera or elsewhere.

The current composition of the project team is as follows:

- 1 full-time Community Social Worker and part of the time of another one; one of these fulfils the role of the Project Leader;
- 1 Psychiatric nurse who sees families once a week;
- 1 Counsellor and 2 Trainee Counsellors to whom persons needing counselling are referred;
- 2 Learning Support Tutors;
- 1 Priest who is also responsible from the Diaconia Commission;
- 1 representative of the Diaconia Commission;
- 10 parish volunteers who do reception work on a roster basis to run the Diaconia Office;
- 1 Team Consultant.

The team obtains referrals of vulnerable families from different sources including:

- The Diaconia office volunteers refer vulnerable persons whom they meet either through their reception work or through their voluntary work in the parish;

- The Parish Priest and the priest who chairs the Diaconia Commission;
- Outreach work in the community carried out by the social workers;
- State agencies: the Foundation maintains regular links with Agenzija Appogg through whose Seneric Social Work service, Intial Response team, and Child Protective Services referrals are received;
- Articles appearing in monthly magazines such as the 'Flimkien' which generate a number of requests for family support;
- Self-referrals.

The Team Leader organised a number of meetings to become more familiar with the characteristics of the locality, to discuss its needs, to identify neighbourhoods with a concentration of vulnerable families, to promote the project and to invite referrals. As is the practice in the Foundation, the Team Leader became a member of the Diaconia Commission so as to ensure an effective working collaboration between the Foundation project team and the parish structure which shares the same vision. Participation in the regular Diaconia Commission meetings is thus maintained. In this manner, the Diaconia Commission is fully aware of any developments. Furthermore, the Team Leader helps the Diaconia Commission to update the database of residents who are eligible to EU food. A Community Profile is gradually being built. This essential tool contains information about the locality, its structures and contact persons, public infrastructure, resources and services, as well as information that enables the project team to understand the socio-cultural, historical and economic characteristics of the locality.

In collaboration with the parish and a number of volunteer pastoral workers, an office base has been set up and officially opened for residents on the 6th September 2011. The office is open for the public on Tuesdays and Fridays between 9am and 11am. On the other days of the week, the office is open by appointment. A roster of Diaconia Commission and other volunteers has been formed so that, on given days, someone is at the office to welcome visitors. As the project progresses, it is hoped that the office becomes more known and used by residents who would like to be assisted.

Between May 2011 and December 2011, outreach work was carried out in the following areas:

| Zone | House-holds | Families supported |
|-----------------------|--------------------|---------------------------|
| Mary Carter | 40 | 22 |
| Mahatma Ghandi | 48 | 22 |
| Ġojjin | 6 | 2 |
| King Martin Luther | 6 | 4 |
| Matteotti Giacomo | 6 | 4 |
| Il-Pitiross | 12 | 9 |
| Mater Boni Consigli | 18 | 16 |
| Antonio u Maria Cumbo | 8 | 4 |
| 14 ta' Diċembru 1945 | 6 | 3 |
| Marianu Gerada | 6 | 5 |
| Liedna | 19 | 6 |
| Total | 182 | 99 |

Furthermore, a list of the oldest residents – those above 70 years of age – has been prepared. On the 5th of December 2011, visits to them was initiated to assess unmet needs and to facilitate support via other existing services for the elderly.

Apart from the above work, the Project Team Leader/ Social Worker undertook the following family work:

- 156 vulnerable individuals from 70 families were supported through community-based social work, counselling, and consultations with the Senior Psychiatric Nurse.
- Joint home-visits/ family consultations undertaken by the project Social Worker and the Senior Psychiatric Nurse.

Office-based Social Worker interventions:

Social Worker: 62

Psychiatric Nurse: 25

Home Visits:

Social Worker: 174

Psychiatric Nurse: 128

Referral Sources:

Parish Priest and Pastoral workers : 10 (14%)

Self referrals and relatives: 10 (14%)

State agencies: 32 (45%)

Outreach: 6 (10%)

Other: 12 (17%)



Assistance to Anti-Poverty Projects among vulnerable people in developing countries



In mid-2011, the construction and refurbishing of the Grace rural health clinic in Chak 5 in Faisalabad, Pakistan, was completed and officially opened in September 2011. The initiative was a result of collaborative work between the Foundation and the Pakistan Region of the congregation of the Sisters of Charity of St Jeanne Antide. Funding from the Overseas Development Unit of the Ministry of Foreign Affairs in Malta (MFAM) enabled the realisation of this project. The project was implemented over a one year period.

In 2011, the Foundation set up an Overseas Development Assistance (ODA) team made up of 4 volunteers. Throughout the year, the team worked on the development of a number of projects in support of poverty reduction initiatives of the following worldwide religious bodies: the Sisters of Charity of St Jeanne Antide, the Augustinian Congregation and the Dominican Congregation. These included:

| Project Title and Subtitle | Partners and Roles | Status |
|---|--|--|
| Pakistan: Constructing a Rural Health Clinic in Chak 4, Faisalabad, Pakistan | The Foundation and the Pakistan Region of the Sisters of Charity | Completed and officially opened in September 2011 |
| South Sudan: Initiating socioeconomic development especially among women in rural South Sudan - initiating early processes of socioeconomic Development especially among women, including widows of massacred husbands, in the absence of almost all social and economic infrastructure in the rural area Wad-Akona, Upper Nile State, in the newly created country of South Sudan . | Project developed by the Foundation for the Province of the Sisters of Charity, Malta To be executed by the community of Sisters of Charity in Wad-Akona, South Sudan | Approved and funded in July 2011. Project implementation to start in January 2012 |
| Central African Republic: Skills Development Among Poor Single Teenage Mothers - vocational, self-development, and home-management training and education for young poor vulnerable women; and facilities upgrade for their special school in the city of Berberati, Central African Republic (C.A.R.) | Partners: - Sisters of Charity, Malta - Nemesia Centre of the Sisters of Charity in Berberati - Integrated Community Development International (ICDI) | Application developed in December 2011 for submission to MFA for funding in January 2012 |
| Nigeria: Mitigation of the conflicts in the city of Jos - a peace-building strategy through a program of identification, rehabilitation and reintegration for youths who usually participate in the inter-ethnic and inter-religious fighting in the Nigerian middle belt. | Some technical assistance on project development provided by the Foundation (SJAF) to the Millenium Chapel Foundation, Malta. Project will be executed for the Augustinian Congregation by Apurimac, an Italian NGO working with Nigeria's Plateau State | Application completed in December 2011 for January 2012 submission to MFA |
| Mozambique Supporting the educational | Technical assistance on | Proposal |

| | | |
|--|--|--|
| <p>environment for the poor in Mapinhane,</p> <p>- enabling the Escola Secundaria Padre Gerardo Gumiero in Mapenhane to upgrade its very basic educational environment for youths and adult community members and providing bamboo huts for very poor destitute families.</p> | <p>project development provided by the Foundation to the Segretarjat Missjonijiet Agostinjani, Malta, the executors of the project</p> | <p>formulated in December 2011 for submission to MFA in January 2012</p> |
| <p>Ethiopia: School and Health Access by Minibus in a peri-urban area</p> <p>- improved school and health services access to children, disabled, sick, and isolated persons in outlying communities around Inda Selassie (Shire) city, Tigray Region of Ethiopia, through the use of one new minibus.</p> | <p>Partner: Sisters of Charity in Ethiopia within the congregation's Province of the Middle East and North Africa.</p> | <p>Submitted for MFA funding in February 2011. Project was not approved by MFA for funding</p> |
| <p>Egypt: Setting up and Running of a Burns Clinic and Burns Preventive Programme in Ghanayim in Upper Egypt.</p> | <p>Technical assistance on project development provided by the Foundation to the Province of the Sisters of Charity, Malta. Partner: Sisters of Charity in Cairo and Ghanayem, Egypt</p> | <p>Project design process <i>abandoned</i> on request from Egypt-based partners</p> |
| <p>Albania: To help alleviate the poverty of the poorest and most vulnerable persons living in the surroundings of Durrës,</p> <p>- by creating programmes that improve the health and education of the community and lead to the empowerment and self-reliance of women.</p> | <p>Technical assistance on project development provided by the Foundation to the Maltese Dominicans in Albania</p> | <p>Project design process and search for international funding is <i>ongoing</i>.</p> |



Collaboration with other organisations



Parish Diaconia Commissions

The Foundation's community-based initiatives in support of very vulnerable families at risk of social exclusion continued to enable it to build competency in this area.

Malta Community Chest Fund (MCCF)

During 2011, the Foundation continued to provide a social work service at the Malta Community Chest Fund (MCCF). The service was commissioned by MCCF so as to cater more effectively to the needs presented by applicants to the various support schemes offered by MCCF. The full-time Social Worker worked at the MCCF head-office and provided assistance to vulnerable families who visited the MCCF office seeking support for a range of needs.

Malta Council for the Voluntary Sector (MCVO)

During 2011, the St Jeanne Antide Foundation set up an information booth in the MCVS stall during the Malta Trade Fair. This was one of the MCVS initiatives organised during the implementation of the EU Year of Volunteering. NGOs were invited to set up a stall for one evening. The Foundation made a presentation on *Volunteering in the Poverty and Social Exclusion Field* during a national conference on Volunteering organized by MCVS on Saturday 26th March at the Corinthia Hotel in Attard.

Organisations with whom the Foundation collaborates

Parishes

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

Public entities

- Aġenzija Appoġġ
- Housing Authority
- Malta Community Chest Fund (MCCF)
- Malta Council for the Voluntary Sector (MCVS)
- Ministry of Education, Employment and the Family
- 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
Mater Dei Hospital: Social Work team; Psychiatric Out Patients (PoP)
Speech and Language Pathologists, Health Division
MCAST Basic Skills Unit
Mt Carmel psychiatric hospital & its Mental Health Community Services
University of Malta: Social Work & Social Policy Department; Department of Psychology
Colleges and schools

NGOs

- Mental Health Association, Malta
- Millenium Chapel Foundation
- SAS Azzjoni Kattolika
- Anti-Poverty Forum Malta
- CARITAS Malta agency
- Richmond Foundation and its Villa Chelsea
- National Council of Women
- SOS Malta
- University Chaplaincy
- YWCA, Msida

Overseas Development Organisations

- Overseas Development Unit, Ministry of Foreign Affairs, Malta
- SKOP (Solidarjetà u Koperazzjoni) NGDOs forum
- Settore Progetti Internazionale, Congregation of the Sisters of Charity of St Jeanne Antide, Rome
- Pakistan Region, Sisters of Charity
- South Sudan community of the Sisters of Charity
- Egypt community of the Sisters of Charity, Province of the Middle East region
- Apurnimac onlus International, Rome.



APPENDIX 1: Staff Training and Development Activities – 2011

| Date | Conference/ Seminar/ Course | Organiser | No. of SJAF workers attended |
|------------------|--|--|------------------------------|
| 12 January | The Role of Grandparents in Strengthening the Family | Moviment CANA | 1 |
| 19 January | Seminar for Mental Health NGOs | Mrs. Kate Gonzi | 2 |
| 3 February | Course on Legal Persons u Foundations | Institute for Legal Studies. | 1 |
| 7 February | NGOs u Local Councils fuq il-Eurodesk u l-EuroMed Youth Platform u l-inizjattivi u fondi marbuta magħhom | MEUSAC | 1 |
| 15 February | ½ day staff training on Spirituality | SJAF | 14 |
| 22 February | Promotion of volunteering opportunities in NGOs | University Chaplaincy | 2 |
| 24 February | Sehem il-Lajči fil-Parroċċa | Diocesan Commission for the Laity | 3 |
| 28 February | Annual General meeting | Anti Poverty Forum | 2 |
| 4 March - 3 June | Annual Course on Mental Health for family caregivers | Mental Health Association | 2 |
| 9 March | Development in Social Work Practice and Community Care - the UK Context | Department Social Work & Social Policy | 3 |
| 16-20 March | Partnership-Building Activity; Spring Into Action | European Association of Young Regionalists | 2 |
| 26 March | National Conference on Volunteering | Malta Council for the Voluntary Sector | 2 |
| 8 – 9 April | Participation in public information stall at the Open Weekend at Girgenti Palace | Office of Mrs Kate Gonzi | 12 |
| 13 April | The life and spirituality of Sr Enrichetta Alfieri | Seminar organised by the Province of the Sisters of Charity led by Sr Anna Antida Casolani | 3 |
| 19 April | Seminar on how Local Councils and NGOs can collaborate to tap EU funds | MEUSAC and Malta Council for the Voluntary Sector | 1 |
| 28 April | Dialogue meeting with Mons. Archbishop Pawlu Cremona | SJAF | 5 staff & 55 service users |
| 17 May | Book Launch: Il-Kwiekeb fid-Dlam Jixegħlu: vjaġġi ta' tama mterrqa minn qraba ta' persuni b'mard mentali | Mental Health Association & St. Jeanne Antide Foundation | 3 |
| 19 May | Public consultation on Poverty | Labour Party | 2 |
| 20 May | Official visit by First Lady Mrs Margaret Abela to the Vinċi community outreach project in Haż-Żabbar | MCCF and SJAF | 7 |
| 2-3 June | Collecting, Analysing & Disseminating Data on Social & Civil dialogue | MCESD | 2 |
| 15-18 June | Annual General Meeting of EAPN | EAPN in LISBON | 1 |
| 21 June | Adolescents & Mental Health- responding to needs | Mental Health Association | 2 |

| | | | |
|------------------------|--|--|----|
| 13 July | Mental Health Legislation – the way forward | Ministry for Health, the Elderly and Community Care | 1 |
| 29 July 2011 | Launch of the Charter of Right for Social Workers | Malta Association of Social Workers | 2. |
| 12,14, 16,19,20 August | Capacity Building for Structural Funds Stakeholders | PPCD/ OPM | 1 |
| 15 September | Literacy Awareness Day Seminar | The Literacy Research and Development Team | 2 |
| 23-27 September | Community Care – a blessing or curse? | EUFAMI , Basel, Switzerland | 2 |
| 24 September | Seminar on Il-Volontarjat Soċjali | CARITAS Malta | 2 |
| 29 September | Promoting Sustainable Partnerships | MEUSAC & Malta Chamber of Commerce | 2 |
| 29 September | Malta Microfinance – tackling poverty in Malta | Fakultà Banking and Finance tal-Università ta' Malta u l-iScotts Church ta' Malta. | 1 |
| 13 October | Public Information Session dwar l-ERDF Energy Call | PPCD/OPM | 2 |
| 18 - 23 October | ODA | Sisters of Charity | 1 |
| 27 October | Sharing models of Community Social Work practice | St. Jeanne Antide Foundation & Aġenzija APPOĠĠ | 12 |
| 28 October | National Conference on Employee Supported Volunteering | Malta Council for the Voluntary Sector | 1 |
| 1 November | Konferenza Provinċjali tas-Sorijiet tal-Karità | Sisters of Charity | 3 |
| 7 December | Building Resilience in School Children | Euro Centre for Ed Resilience & Socio-Emotional Health University of Malta and St Margaret College | 3 |
| 16 December | Course on ERDF projects progress reporting | PPCD | 1 |
| 19 December | Staff training in CBT | SJAF | 8 |

Participation in meetings of the Anti Poverty Forum, Malta

28th February 2011 Annual General Meeting
 7th July 2011- Extraordinary General Meeting
 9th August 2011
 13th September 2011
 11th October 2011
 14th November 2011



APPENDIX 2: Organigram

St Jeanne Antide Foundation (SJAF)

St. Jeanne Antide Foundation (SJAF)
51, Tarxien Road, Tarxien TXN1090
www.antidemalta.com
Tel: 21808981/ 21809011

ORGANIGRAM 2011

