



# **Supporting Vulnerable Families**

St Jeanne Antide Foundation

# Supporting Vulnerable Families

**contributing to social inclusion  
at community level  
and beyond**

**ANNUAL REPORT - 2013**

**ST JEANNE ANTIDE FOUNDATION**

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Registration as a voluntary organisation: VO/0005

Acknowledgement for cover illustration: Tony Macelli

Affiliate membership:

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

SJAF is registered with the Malta Qualifications Council as a provider of informal lifelong learning opportunities for students in compulsory education (SLC 1196).

#### Publications:

*SJAF Magazine*: a monthly e-zine recording the work of the Foundation and providing articles on specialised topics for family caregivers of mentally ill persons, persons experiencing violence in intimate relationships, volunteers, service users and practitioners.

*Il-Kwiekeb fid-Dlam Jixegħlu: vjaġġi ta' tama mterrqa minn qraba ta' persuni b'mard mentali*. Jointly produced with the Mental Health Association, Malta.

*Stars Shine Brightly in the Dark: journeys of hope of relatives of mentally ill persons*. Jointly produced with the Mental Health Association. E-book format, 2013.

Annual Reports – accessible from: <http://www.antidemalta.com>

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# INTRODUCTION

## Background

The St. Jeanne Antide Foundation (SJAF) is a child and family focused not-for-profit organisation committed to identifying and supporting in a holistic manner very vulnerable and poor families in the communities where they live. 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 localities neighbouring its Tarxien base as well as state agencies and NGOs that are national in scope. It undertakes outreach work as a means of identifying and extending support to hard-to-reach vulnerable 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 local communities. 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, the NGDO Forum SKOP (Solidarjetà u Koperazzjoni) and the Church Secretariat for Social and Charitable Action. It is also registered as a provider of informal lifelong learning for students in compulsory education.

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

### **Services**

During 2013, the Foundation ran the following services:

#### Community-based family support services:

1. The Antide Family Resource Centre and its Volunteering opportunities.
2. The Community Social Work Service.
3. Learning Support.
4. Volunteer Handymen in support of poor families.
5. Youthwork with disadvantaged adolescents.

#### Services at broader level:

6. The LWIEN Service - caring for family caregivers of mentally ill persons.
7. The Emotional Freedom Service.
8. SOAR – support and advocacy group.
9. The IRENE Project.
10. The Social Work Service at the Malta Community Chest Fund.
11. Overseas Development Projects .

### **Personnel**

In 2013, the staff and volunteer team of the Foundation was made up of the following:

#### Social Work support:

- 3 full-time social workers and part of the time of the CEO who practises family work; two of the three social workers are Service Leaders of two core services and Co-Leaders of another;
- 2 part-time Social Workers were engaged in implementing a Social Work Service commissioned by the Malta Community Chest Fund;
- 2 Social Work Supervisors, one of whom provides the service on a pro bono basis;
- 1 Part-time Community Worker;
- 1 Volunteer nurse who visits homebound sick and lonely persons;
- 1 part-time Youth Worker attached to a community youth centre who also runs a number of self-esteem groups annually;

6 Volunteer Befrienders who belong to a Befriending Group that includes 12 parish level Befrienders;  
Pro bono service providers: 2 Lawyers, 1 Doctor, 1 Notary, 1 Management Consultant, a Family Therapy agency.

Practice Placements:

The Foundation hosts a number of students seeking a social service agency where they can practice their field of study. 7 students provided social work and counselling support to SJAF service users in 2013: 1 Masters in Counselling students who is a professional in another field and 3 Social Work students.

Family Caregiver support:

1 Senior Psychiatric Nurse who holds family consultations 2 to 3 days a week.

Counselling and Therapy:

- 1 Volunteer Counsellor who holds sessions one day a week;
- 1 Volunteer running the Emotional Freedom Service;

Learning Support:

- Volunteer Learning Support Co-ordinator (20 hours a week);
- 37 Volunteer Tutors and Social Mentors work with vulnerable children from service user families;
- 1) 1 Literacy Teacher for youths; his services are provided by the state Directorate for Lifelong Learning;
- 2) 1 Customer Care Tutor for Reception Volunteers; her services were provided by the state Directorate for Lifelong Learning.
- 4 students: 3 MATSEC community work project students and 1 from University Degree Plus.

Management and Administration:

- 1 part-time Administrator (Finance);
- 1 part-time drop-in centre administrator who is also responsible for aspects of Volunteer management as well as design and production of the monthly SJAF Magazine;
- 1 Volunteer financial oversight expert who also serves on the Governing Board;
- Full-time CEO.

Overseas Development:

- 1 Volunteer Co-ordinator for overseas development projects who also serves on the Governing Board;

Maintenance:

- 3 Volunteer Handymen two of whom additionally undertake basic repairs in the homes of families experiencing poverty.

Reception work:

- 21 Volunteers form a roster, spending 4 hours a week each doing reception work.

Fundraising:

- 2 Volunteer fund-raisers who manage the Bazaar;
- 5 Volunteers in Fundraising Group.
- Members of the Inner Wheel Malta who run the Foundation's St Julian's Charity Sale.

Governance:

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

**Financial Management and Annual Audit**

A financial audit is carried out annually by the auditing firm Andrew Galea and Associates; the firm provides this service on a pro bono basis as part of its Corporate Social Responsibility policy. The audit report of the previous year was submitted to organisations who provide a grant, to the Ministry responsible for family affairs, to the Office of the Commissioner for Voluntary Organisations and to the Registrar of Legal Persons.

**Fundraising activities**

The Foundation organised a number of fundraising activities during 2013. A volunteer couple contributed over 10 hours a week each to run a twice-weekly Bazaar in Tarxien. Members of The Inner Wheel Malta started managing the Foundation's Charity Sale in St Julians. Other activities included:

- a Lejla Maltija on the 29th of June;
- a BBQ dinner at Heritage Malta in Bighi on the 9th of August;
- a Concert by singer Freddie Portelli at Ta' Qali on the 23rd of August;
- Christmas logs production and sales on the 6th of December.

Large grants for core services and projects were obtained through grant proposals. Full details of grants received are made available to all major donors.

**Spirituality**

The mission statement of the Foundation, besides the specifically social imperatives, includes also this sentence: "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."

An activity of SJAF that contributes to the process of aligning oneself in this way is the Centring Centering Prayer group. Mainstream Christian tradition (including for example, the Catechism of the Catholic Church) states clearly that the three major forms of prayer are *oratio* (with words), *meditatio* (with thoughts), and *contemplatio* (without thoughts). At Ċentru Antida, weekly meetings are held. The Centering Prayer group is open to all who are seriously interested in contemplative practice beyond thoughts and feelings. Centering prayer, formulated in recent times from the ancient contemplative tradition of the Church by a group of Trappist monks, serves to make a person ready for *contemplatio* – the state of resting in God beyond words and thoughts. Persons who do enough of such contemplative practice are moving towards a deeper relationship with God, and by the grace of God, they may become empty and open to seeing the divine everywhere and permitting the divine current of universal compassion to pass through themselves to others.

With service users, team members tap into the deep and healing power of prayer by starting off each day with a prayer and, at the end of support sessions, praying for others especially those with whom one is in conflict. Articles on the website and monthly magazine help readers.

Workers at Centru Antida maintain a friendly, humour-filled atmosphere in relating to each other - this is detected and appreciated by visitors and service users. The Christian orientation and personalities of the main workers including volunteers, and the policies of the Foundation, have created an environment and an approach to vulnerable service users that has resulted in a certain ethos, culture and atmosphere. Service users frequently comment on the attentive listening, acceptance, peacefulness and love they find in the SJAF premises, and on the humane and personal approach in the field. The economic, psychological, emotional and social freedom and self-acceptance found by distressed or vulnerable people through the work of the Foundation recovers human dignity. Not only do the staff love the service users but the latter also come to discover their own capacity to love. Spontaneously or through SJAF encouragement, some service users even offer their voluntary service to help others. These are signs of the healing power of the divine at work through love.

### **Acknowledgement to donors**

The Foundation acknowledges the significant contribution, during 2013, of the following donors:

The Malta Province of the Sisters of Charity  
 Ministry for Social Dialogue, Consumer Affairs and Civil Liberties and the  
 Ministry for the Family and Social Solidarity  
 The Malta Community Chest Fund and STRINA 2012  
 Żabbar Parish  
 The Alfred Mizzi Foundation  
 Ministry for Foreign Affairs  
 Helping Hands  
 American Foundation for Maltese Charities  
 Voices Foundation (final instalment of 2011 grant)  
 Inner Wheel Malta  
 The Small Initiatives Scheme of the VO Fund of the Malta Council for the Voluntary Sector (MCVS)  
 Andrew Galea & Associates: annual financial audit  
 The HSBC Malta Foundation  
 Anna Friesenegger  
 A & MC Goddard  
 Charity Events Committee, Ministry of Finance (MFIN)  
 KSi Malta  
 St Peter Foundation  
 De La Rue  
 P. Deguara

The Foundation additionally thanks the following organisations for their voluntary contribution to refurbishment of two of its premises:

- Vassallo Group: CSR activity - refurbishment of St Julians site for Charity Sale (3-6 June)
- HSBC Bank plc personnel: CSR activity - clean-up day at St Julians Charity Sale site (2 August)
- De La Rue Co. Ltd. Workers: CSR activity at Tarxien (8 November)
- Ward u Żgħar self-help group: Clean-up day at St Julians Charity Sale site (16 November).

## **SECTION 1: COMMUNITY-BASED FAMILY SUPPORT SERVICES**

## The Antide Family Resource Centre (ĊENTRU ANTIDA)

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The Antide Family Resource Centre has been open daily since late 2006. It is easily accessible by residents of Tarxien and neighbouring localities. Parish Priests, their deputies, parish groups and parish Diaconia Commission members are key collaborators in a shared socio-pastoral and educational endeavour. SJAF is officially a member of the Tarxien, Żabbar and Paola Diaconia Commissions.

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 residents from five neighbouring localities with a population of around 47,000. People drop by to talk to someone, to access social work or counselling support, to join group-based learning activities and support groups, to become a volunteer or else to donate furniture and other household items for families needing them. Family care-givers of mentally ill persons from across Malta are increasingly seeking support at the Centre. Some mental health service users have become regular volunteers and take up roles compatible with their current ability and state of mind.

The Centre continued to publish the monthly SJAF e-Magazine for Foundation personnel and volunteers, collaborators, parish level workers, practitioners, funding organisations and the general public. The e-zine is available through the SJAF website at [www.antidemalta.com](http://www.antidemalta.com). Each issue features a key article or two as well as information about services and a diary of activities and events to ensure that stakeholders are kept abreast of developments. A total of eleven issues of the e-zine were published in 2013. A number of issues focused on mental health since a high percentage of families supported by the Foundation 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 is often open at 7am and 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. Anyone coming to the Centre is welcomed, offered tea and immediately seen by a professional worker.

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. In 2013, a Charity Sale centre was opened in St Julians and managed on behalf of the Foundation by a team of dedicated members of Inner Wheel Malta. The use of the Foundation's premises in Tarxien and those of the Tarxien Bazaar and the St Julian's Charity Sale are generously provided by the Malta Province of the Sisters of Charity of St Jeanne Antide.

### Facilities

The Antide Centre is based on the ground floor of 51 Tarxien Road in Tarxien, part of the Provincial House of the Sisters of Charity. It is accessible, having 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 and cooking sessions. SJAF additionally hosts meetings of other organisations and offers the use of its facilities to social workers from state agencies that need to meet their service users closer to their homes. The Centre is visited by an average of 25 or more persons a day.

Facilities at the Antide Centre include:

- an open reception area;
- a large welcoming foyer with a sofa suite and armchairs serving as a space for visitors, informal meetings and children's library area. Children from vulnerable families are encouraged to pick up books they feel enthusiastic about and to take them home to read;
- 2 counselling rooms;
- 1 Learning Support Resource room stocked with a range of educational materials, books, games, and other resources for use by the team of Volunteer Learning Support workers.;
- 1 large training room and board room with a library for professional personnel;
- 5 offices;
- a kitchen which is also used for cooking classes for small groups;
- a shower for service users.

Moreover, the Sisters of Charity enable the Foundation to make use of a large hall for group activities and a conference hall for seminars and courses accommodating 150 persons.



## **Volunteering**

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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:

- 3) to support and train a number of persons to make their own contributions to society and to persons in need;
- 4) to provide the opportunity and training to service users so that they themselves can provide services to others in need;
- 5) 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 draws a person away from self-centredness and towards an understanding of, and compassion for others;
- it significantly enhances the person's sense of well-being 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 for Volunteers to guide them in their work. Throughout 2013 there were a total of 100 active volunteers involved in one or more spheres of service provision. The highest number — were Tutors working within the Learning Support Service that comprises the Homework Support Service, Mentoring and the running of the summer programme for children and young persons - Smiling Kids and Smiling Teens. Apart from the 100 volunteers, 52 fourth form students from the Immaculate Conception Girls Secondary School in Tarxien completed a short-term volunteering assignment with the Foundation between October 2012 and June 2013. Of the 100 volunteers, 24 discontinued their involvement for a number of personal reasons.

Below is statistical data about volunteering at the Foundation during 2013. Not included in the statistical data are the:

- 7 students on a practicum with the Foundation;
- 52, 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. This group concluding their volunteering experience in June.

**Age of volunteers by number**

Age group	Number	% of total (101 volunteers)
Up to age 20	15	15
21-29	9	9
30-39	9	9
40-49	11	11
50-59	18	18
60+	39	39

**Volunteer Roles by numbers in 2013**

Roles	Number of active volunteers	Discontinued
Reception work at Centru Antida	21	3
Learning Support Tutors & Mentors	37	20
Social Work support, Counselling, Therapy	4	
Governance	7	
Befriending	6	1
Bazaar Managers	2	
Irene Project	5	
Soar advocacy and support group for domestic violence victims and survivors	9	
Fundraising Group	5	
Admin support	4	

**Volunteers discontinuing or remaining in 2013:**

Volunteers active at the end of 2012	Discontinued at some point in 2013	Total volunteers who worked at any time during 2013
77	24	101

**Overview of volunteers during 2013 by gender:**

Females	Males	Volunteers who worked at any time during 2013
77	24	101

**Overview of volunteers during 2013 by regular vs occasional work:**

Regular	Occasional	All Volunteers during 2013
82	19	101

**Hours of service contributed by volunteers in 2013:**

During the year, a total of 13,633 hours of volunteering were registered which are equivalent to 6.5 full-time workers. Were these hours of service be measured in terms of cost savings, this would amount to €77,649.

**Inclusive volunteering – a self-development tool for service users**

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 9% of the volunteers who provided a service to the Foundation during 2013 were service users. This practice of special supported volunteering presents a number of challenges to the organisation. Service users who become volunteers, especially those with mental health problems, need constant encouragement and support. They also need reassurance that their role within the organisation will not be halted in times of relapse and crisis. Short one-to-one sessions before the start of each volunteering period helps to ease and clear any apprehensions and doubts they may have about the performance of their volunteering role. Volunteering contracts with a flexibility clause goes a long way in easing apprehensions. Regular liaison between the volunteer's key worker and the volunteering co-ordinator is necessary to ensure a meaningful experience for the volunteer.

In the experience of the Foundation, volunteer-involving organisations need to consider developing an inclusive volunteering policy through which persons in vulnerable situations and those who are socially excluded are offered access to volunteering opportunities. The current local scenario makes it difficult for family support practitioners to refer their service users to other organisations for volunteering.



## Community Social Work

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, Emotional Freedom Therapy, non-formal education courses and support groups and a handyman service are an integral part of the service for vulnerable families.

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 users

During 2013, SJAF workers intensively supported 481 individuals from 320 families; 256 cases were closed. The 481 individuals fell under the following categories:

- overwhelmed 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;
- persons experiencing relationship conflicts;
- families grappling with inadequate income;
- frail persons with chronic health problems who feel lonely and isolated at home;
- families in inadequate housing;
- women in a marriage or relationship who find themselves in financial difficulties since their spouse/ partner leaves them financially unsupported;
- single mothers lacking skills that would enable them to manage their family life.

The following chart gives an overview of the number and type of interventions by month undertaken by professional personnel across SJAF services during 2013:

### Interventions across services throughout 2013:

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Office-based sessions	135	159	143	129	165	179	186	147	166	179	170	177	1,935
Home-visits	69	91	92	72	86	89	67	58	78	82	98	83	965
Accompaniment to other services	8	15	19	17	10	6	10	7	10	17	16	11	146
Total interventions	212	265	254	218	261	274	263	212	254	278	284	271	3,046
Supervision sessions	4	6	8	7	3	2	4	1	1	5	6	5	52

**Referral sources 2013 (320 families):**

Referral Source	No.	%
Public agencies	70	22
Self-referrals	55	17
Relatives & friends	66	20
Parishes	40	13
SJAF workers	28	9
NGOs	18	6
Other service users	43	13
<b>TOTAL</b>	<b>320</b>	<b>100%</b>

**Locality of Residence of 320 families referred in 2013:**

No. of families	% of total	Locality of residence
38	12	Tarxien
41	13	Paola
51	16	Żabbar
22	7	Fgura
6	2	Santa Lucija
162	50	Other localities

**Categories of referred families by main presenting problem – 2013:**

Main presenting problem	Main type of problem encountered by 320 families
Mental illness & needs of family caregivers	229
Problematic inter-personal relations	79
Chronic ill health	31
Financial difficulties	30
Lack of basic family-life management skills	19
Abusive relationships	7
Accommodation difficulties	2

**Vulnerable individuals and families supported between 2007 and 2013:**

Year	Individuals	Families
2013	481	320
2012	473	298
2011	540	324
2010	412	284
2009	185	150
2008	231	169
2007	121	93
<b>Total</b>	<b>2,443</b>	<b>1,638</b>

### **Outreach work as an approach to the identification of hard-to-reach vulnerable families**

Outreach work continues to be a key tool in community social work practice at the Foundation. The modality used leads to the identification of un-served and under-served categories of vulnerable and poor persons. The rate of service users identified through outreach work in 2013 was 9%. Other organisations openly acknowledge the effectiveness of this approach. Parishes where this approach is being used by Foundation personnel express high satisfaction at the way very vulnerable families in the community are being identified, befriended and supported. During community outreach home visits, team members introduce themselves, discuss the services being offered by the Foundation in the community and engage in a discussion about their perceived needs at community level.

Throughout 2013, the Social Work team carried out 80hrs of community outreach. Assessments of identified families are mainly carried out through follow-up home visits.

### **Working closely with other organisations**

Close collaboration with other state and voluntary sector organisations is a cornerstone of the Foundation's work. 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 Social Work team participates in regular case conferences and reviews called by other agencies or by SJAF itself with respect to high-support families who are supported by different organisations.

Practitioners from other organisations continued to make use of the facilities at the Antide drop-in Centre for work with their own service users from neighbouring localities. This offer is often taken up by practitioners from Agenzija Appoġġ, Agenzija Support, and others.

### **Advocacy**

Advocacy is a key function in community social work practice. The Foundation's Social Workers often represent the case of service users having very pressing concerns to other service providers, decision makers and, where necessary, policy makers. This is done so as to enable certain service users to voice their concerns and needs so as to ensure enhanced rights and entitlements. By doing so, the Foundation's Social Workers enable vulnerable families to move forward and bring about desired changes for a better quality of life. The Social Workers write letters and present reports as a means to advocate on behalf of families. They also empower and assist families to set up appointments to make their voices heard. They also present memos to policy makers highlighting issues from practice that need to be addressed through changes in the social welfare system.

The Social Workers mediate with sensitivity and respect throughout the advocacy process. In 2013, a significant number of advocacy representations were carried out, including two memos to the National Consultative Forum for the Family, a presentation to the Parliamentary Social Affairs Committee, and memos to both major political parties in connection with measures outlined in their political manifestos.

**Volunteer Nurse**

The Volunteer Nurse, a Sister of Charity, continued to have a steady case-load of around 20 lonely home-bound elderly persons. She visited these persons regularly without fail sometimes accompanied by a Volunteer Befriender. The Nurse maintains records of each visit and liaises with the caseworker concerned. Consequently, family interventions are tackled by the social worker responsible for the case. During 2013, the Volunteer Nurse carried out 185 support home-visits.

**Befriending Service**

Throughout their work in the community, the Social Work team members identify individuals who are lonely, homebound and socially excluded. At present the team of Befrienders is made up of 18 volunteers who regularly visit 26 such individuals.

Volunteers Befrienders are given regular training on various topics including maintaining boundaries and practical activities which they can do with the individuals they visit. Additionally, constant contact is kept with each Befriender to ensure high morale and stability of the service.

**EU food aid**

Given that the parishes where the Foundation is actively involved in community based service provision have developed an EU food aid distribution mechanism, the Social Work team has not felt the need to obtain, store and distribute food to poor families itself except for emergencies for a limited number of very poor service users whose life circumstances preclude them from queuing for this service on distribution days or who are too shy to apply.

The Foundation maintains close contacts with the Millenium Chapel Foundation that in 2013 was still the designated national co-ordinating body for the distribution of EU food for vulnerable persons. During 2013, the Foundation's Social Workers provided EU food items to 60 poor 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 the Tarxien and Paola parishes.

Throughout 2013, the Foundation has continued to receive 20 kilos of fish from a major distributor. The Social Workers distribute this to a number of high support families.

**Social Work Supervision**

All Social Workers received regular professional supervision in line with the requirements of the Social Work Profession Act. Similarly for personnel from other disciplines.



## Learning Support

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The Foundation stimulates service users of all ages to consider moving ahead with their lifelong learning journey. To this end, it provides a range of learning support opportunities to vulnerable children and adolescents, youths and adults. The rationale, approach and content of such opportunities are regularly revisited to ensure quality as well as to avoid duplication with opportunities provided by other organisations.

### **Homework support:**

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 holistically supported by the Foundation's Social Work and Counselling Service. Reaching a total of 34 children in 2013, the Homework Support service adopted the following modality:

- every Friday afternoon, a group Volunteer Tutors provided one-to-one or one-to-two learning support as follows:

- 4.00 to 4.15 pm Parents' arrival and chat with Tutors
- 4.15 to 5.15 Service Group
- 5.15 to 6.00 Circle Time for children.

### **Non-formal education courses and support groups**

During 2013, a number of non-formal adult learning-support opportunities were organised. Foundation personnel continued to encourage vulnerable individuals to access widely-available non-formal courses, to help in the application process and to seek fee waivers whenever required. A literacy group ran throughout the year with a break in summer. A course on Customer Care ran for a few months. Both were led by Tutors provided by the Directorate for Lifelong Learning. As part of the learning process, the literacy teacher often organised orientation visits to historical sites while building reading and writing exercises around them.

### **Self-esteem groups**

During 2013, three self-esteem groups were offered to service users of the Foundation and other service agencies.

### ***My Family Group***

The group of vulnerable young single parents continued to meet on a weekly basis throughout 2013. The group was led by a Community Worker and a Volunteer. Thirty seven 90-minute sessions were held. Sessions with children were also held to complement the self-development process of the parents. Topics for the children's group were suggested by the parents themselves based. Individual meetings were also held regularly to enable parents to discuss sensitive personal issues. The most appreciated topics included personal and home hygiene, positive inter-personal relations, regulating computer use, and eating together. Participants chose healthy and easy-to-cook recipes which they demonstrated to each other. Family-time spaces and activities were planned especially for the holidays.

The group participated in sessions by a number of resource persons. Microfinance Malta addressed the group about this opportunity to embark on an income generating activity as a group. The SJAF

Psychiatric Nurse focused on sexually transmitted diseases were the participants were invited to attend. Another helped the group delve deeper into issues of self-confidence and esteem.

Participants were introduced to volunteering as a tool to give back something to society. They subsequently helped with a major fundraising activity. Monthly cultural outings were accessed by members.

### **Youth Work with disadvantaged adolescents**

The St Jeanne Antide Foundation uses a number of strategies to identify and support hard-to-reach, vulnerable and socially excluded categories of society. In its efforts to identify and support vulnerable groups at community level, the Foundation works closely with community-based organizations that have a common vision and mission. Since 2008, the Foundation has been working very closely with the Tarxien Youth Centre which reaches out to at risk young persons in the Tarxien community and beyond. Despite the fact that it supports around 53 teenagers, it is under-resourced.

In order to better serve this vulnerable category of at risk adolescents, the Foundation deployed a Youth Worker in late May 2013. The Youth Worker works hand-in-hand with the Volunteer Director of the Youth Centre to support members on two evenings a week. Through the Youth Worker, an activity programme is evolving based on the interests of members. These include dance sessions by a dance therapist, volunteering activities, outings, discussions about common life-issues, counseling and other activities.

The Foundation has also obtained start-up funds for the refurbishment of the building which urgently needs a face-lift. These funds will become available from the Small Initiatives Scheme (SiS) of the VO Fund of the Malta Council for the Voluntary Sector in early 2014.

The Foundation's Youth Worker strives to link up members to other organisations and companies that are in a position to offer resources for meaningful hands-on activities. Through board games, subbuteo, billiards and football, the Youth Worker engages members in personal discussions, thus building a trusting relationship with them. Well known and admired resource persons are invited for motivational talks. These come from different walks of life, each having moved forward in their lives despite the hard times they had faced and managed to overcome. A range of activity resources are being sought for 2014 to further engage the young persons and to stimulate them to embark on self-development journey individually and together.

### **Mentoring**

A small team of dedicated Volunteer Social Mentors built and maintained a trusting relationship with a young service user with whom each of them were matched.

### **Cultural orientation visits**

In order to enable service users to appreciate their cultural heritage, a cultural visits programme continued to be implemented in 2013. Service users and volunteers were consulted about the sites they had never before visited. A volunteer who is a licensed tourist guide and a community worker were deployed to further develop this plan.

Throughout the year, children benefited from a number of outings, some of which were sponsored by HSBC Malta Foundation.



## **Volunteer Handyman Service in support of very vulnerable families**

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In the experience of the Foundation, hard up single parent households and households where the husband suffers from chronic ill health lack the financial means and ability to tackle odd repair and maintenance chores in their homes. They find that they cannot pay a handyman to handle such chores. Neither do they have the means to buy equipment and materials for such repair work. Because of this, their houses become run down, drab and dreary environments which negatively impact the mental health of family members.

During 2013, the Foundation continued to run the Volunteer Handymen Service in support of very poor families. Volunteer handymen spend 5 hours a week each doing repair works in the homes of service users and undertake maintenance work at the Foundation's premises as well.

This service grew out of a keenly felt need by Foundation Social Workers. Since one of the strategic objectives of the Foundation is to identify gaps in social support service provision and to respond to such needs, the Foundation tries to fill the gap through the engagement of male retirees who are highly skilled in handyman work to volunteer within this project.

The Volunteer Handymen in the project have completed a total of 524 person-hours of service; 180 person-hours of which in the homes of vulnerable families. 18 families benefited from the service. Without this service, the homes of these 18 families would have remained highly disorganised. Apart from the work described above, the Volunteer Handymen spent 116 hours on trips to pick up used furniture and other materials from donor families and transporting these to families needing them and to the Foundation's recycling Bazaars. They also spent 42.5 hours on trips to procure materials and supplies for the Foundation, and undertook 28 person-hours of work at headoffice. One volunteer undertakes computer repair jobs on second hand computers donated to the Foundation.



## **SECTION 2: SERVICES AT BROADER LEVEL**

## The LWIEN Service

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This service was initiated in August 2010 as a response to an unmet need felt by the Social Work team. Community social work practice had brought the team in touch with primary family caregivers who had nowhere to go for support, especially those with no financial means to constantly turn to mental health specialists in private practice. Following discussions with family caregivers in distress who had turned to the Foundation for support it was ascertained that no established support service existed for this category of vulnerable group. Contacts were made and sustained with the Mental Health Association, Malta and gradually the LWIEN Service was developed. The Foundation is affiliated to the Mental Health Association and has embarked on a number of initiatives with it.

### **Supporting overwhelmed caregivers of mentally ill persons**

Family caregivers constitute a category of citizens who lack support in fulfilling their challenging and overwhelming responsibility. The Foundation has targeted this category for support interventions through the LWIEN Service. This 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.

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.

Throughout 2013, the schedule of twice-weekly (sometimes thrice weekly) family consultations was maintained. Each week, 19 or more family consultations were held. Additionally, the LWIEN team of a Social Worker and Senior Psychiatric Nurse occasionally carried out home-based assessments and consultations on Saturdays as well to keep up with the demand and the needs of families requiring high support. 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.

### **Caregiving Families supported**

In 2013, the Lwien Service provided intense support to 222 individuals from 150 families. These 150 families supported by this service constitute 47% of total new cases in 2013. Of the 222 individuals reached, 112 were primary family caregivers. Of these, 51 tapped the service along with their mentally ill family member. 12 caregivers participated in the Foundation's Depression Support Group. 53 additionally used the Social Work Service, the Emotional Freedom Service and Counselling.

**Geographic regions represented by families supported**

The 150 families supported by the LWIEN Service in 2013 came from the following localities:

25 from Żabbar  
13 from Paola  
11 from Fgura  
10 from Tarxien  
92 from other localities.

**Effective liaison with the 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 2013. Liaison with mental health services for sufferers was maintained to maximise positive outcomes for caregiving families.

**Collaborative work with the Mental Health Association**

During 2013, the Mental Health Association Malta and the Foundation continued to market their joint publication *Il-Kwiekeb fid-Dlam Jixegħlu – vjaġġi ta' tama mterrqa minn qrafa ta' persuni b'mard mentali*. Every opportunity was taken to bring it to the attention of families who have either experienced mental health problems or who have friends and colleagues who are sufferers. The English version of the book was produced in e-book format. It is downloadable from [www.antidemalta.com](http://www.antidemalta.com).

**Training Seminar for Aġenzija Appoġġ Community Services**

A half-day training seminar was organised for the social workers of the Community Services teams of state agency Aġenzija Appoġġ. The seminar focused on how to work with families where one or more members have a personality disorder.



## The Emotional Freedom Service

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The Foundation has been offering a service of Emotional Freedom free of charge to those persons who have been carrying around with them an emotional distress or negative emotions. These persons would like to be free from such tensions but do not know how to do this. The service is given by direct appointment at Centre Antida, the Family Resource Centre of the Foundation at 51, Tarxien Road, Tarxien. Referrals from other services of the Foundation to the Emotional Freedom service are also made. The Service is free of charge and is given by a qualified and registered practitioner of EFT (AAMET practitioner's certificate, level 2).

The service employs a painless, no-touching complementary therapy, a combination of ancient acupuncture and modern psychological techniques, that has proven to be very effective in dissolving emotional distress and making people happier and less anxious or disturbed. One session of two or three hours is usually needed, and sometimes two or more such sessions.

During 2013, 159 sessions totalling 325 hours of service were given. Three workshops were also led for different groups.

Phobias are often removed by this therapy, some of them surprisingly quickly, while others go away in time, after some work by the service users themselves at home. There are adults who have been carrying for a number of years into adulthood a heavy burden of anger at someone - maybe a parent or childhood teacher or bully - for faulty parenting or teaching. Others persist in angrily blame their abusive relatives of today. Cultivating such long-term anger is poisonous to the angry person. There are cases of physical pain with no cause that is apparent to doctors, but nevertheless really felt by the sufferer, and somehow connected to past traumas or present emotional distress.

There are cases where some quite unnecessary fear is the burden being carried, but the man or woman who has carried the burden for years does not know how to put it down. Other persons approach life, jobs, or relationships with a half-hidden sense of unworthiness; and this holds them back from being happy, confident, and free. Some people obsessively compare themselves with someone else, and become miserable. Some people blame themselves for not being smarter or better in some way; others blame their parents, teachers, or other persons in their past or present lives. Some feel that they cannot forgive, and carry their angry blaming voices with them against others who have offended or harmed them. Some are unable to forgive themselves. Some persons even hate themselves and feel they do not deserve to be loved. Many people live with so much tension that they are unable to live life properly.

The Emotional Freedom Service has transformed the lives of such persons and more. It has healed their emotional distress, and given them tools to work on other issues whenever needed at home and their place of work. Sometimes these tools involve new perceptions and understandings of themselves and a new mindfulness. Where needed, it has taught them relaxation techniques. They have seen old and unnecessary constraints surprisingly dissolve into thin air, without coming back at some later time. People become more relaxed. Human potential is being unlocked, freedom discovered, even the capacity to love and be loved, to give service to others, and to be confident, dignified and creative in life and in relationships. Some have used their new freedom to proceed with their own spiritual path, others have used it to give voluntary service, while others have used their new freedom to come to healthier new family, work, and social relationships.



## SOAR – survival of abuse with resilience

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“ 'Tis not enough to help the feeble up, but to support them after.” (William Shakespeare - *Timon of Athens*; I.i.111 )

SOAR is an advocacy and support group for victims and survivors of violence in relationships. It is a service user led initiative. Its underlying philosophy revolves around making the self-determination of members a reality.

During 2013, SOAR held 15 Committee meetings and 8 meetings between the SOAR Organiser and the SJAF Mentor. It has organised 27 social, educational and therapeutic meetings for its members and their children. Members from the Committee have attended a total of 12 seminars in a bid to gain more knowledge and share survivor insights. Committee members held meetings with and collaborated with other organisations on 24 occasions. Members actively participated in media programmes and made presentations for other organisations on 20 occasions.

SOAR survivors have always felt that they have much to contribute to the Domestic Violence sphere, in Malta and overseas. During 2013, they have made themselves and their insights available to policy makers, advocating for better policies relating to poverty, justice, general health with mental health in particular, child-related challenges, housing, education and welfare. As SOAR, they have tried to be as visible as possible in spite of the general trend for victims and survivors to be invisible. They have reached out to other survivors they know are out there, with regular articles in the SJAF e-magazine, media presence and almost daily updates of SOAR Facebook pages. SOAR also formed part of the Coalition that set up Men Against Violence, which was chosen as one of the best ideas of 2013 in an article on news portal Maltatoday.com.

SOAR Committee members attended many training seminars and conferences on the subject of Gender Violence, including domestic violence, rape and the related Maltese laws and policies. The group has also met with the Police Vice Squad on a number of occasions to build an effective and sensitised working relationship with the squad which also deals with Domestic Violence cases. This has helped SOAR members understand the limitations of the Police but it has also helped the Squad leaders understand the reality of a victim/survivor's experience, especially those in Police stations, given the psychological state that such a person is in (due to the recurring abuse) when they are reaching out for help. SOAR has also worked closely with lawyers to help its members become more familiar with related legal procedures.

Isolation is one of the most devastating effects of violence in relationships. The concept of the support group itself brings people together and breaks away the isolation that victims may get used to living in. In 2013, SOAR organised a variety of meetings for members and their children, such as picnics, movie Sundays, therapeutic dance classes, group therapy, informal get-togethers and other creative, therapeutic or cultural outings.

During 2013, SOAR was funded by a grant from the Small Initiatives Scheme of the VO Fund of the Malta Council for the Voluntary Sector.

“I'm so glad I found this group. I have never felt more understood.” – SOAR member.

## **IRENE Project – supporting vulnerable women involved in street prostitution**

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Women involved in street prostitution constitute a category of vulnerable women with complex underlying issues, chaotic lifestyles and the difficulties that these present. Vulnerable women involved in street prostitution are likely to have been sexually abused as minors, self-medicate and take illegal substances to cope with their harsh, risky and violent reality, face serious health problems, suffer from mental health problems, show signs of cognitive and social impairment, are in conflict with the law and live a life of exploitation and coercion.

During 2013, the Foundation embarked on the development of a support measure aimed at this target group. It set up a Technical Committee to steer the project planning and development stage, undertook a literature review, carried out in-depth interviews with a number of women to better understand their support needs, visited 2 London-based services, and sought funding from two sources.

Set to become operational in early 2014, the IRENE project aims to offer support services to women involved in street prostitution through outreach work and through the setting up and running of a drop-in centre in the vicinity.

The Project involves three pillars:

- Outreach work to identify and support vulnerable women involved in street prostitution.
- Setting up and running a drop-in centre in a locality where vulnerable women involved in street prostitution loiter in late evenings and from where they move on to another locality late at night to continue their loitering elsewhere. Through the drop-in centre a range of support services will be offered. These include befriending, establishing trust, listening, counselling, provision of information, links to other support services, advice on mental health issues, sexual health education and STDs screening and accompaniment to existing services.
- Operational research.

This project is funded by:

- The EEA and Norway Fund for NGOs, Malta Programme, managed by SOS Malta
- STRINA 2013.



## Anti-Poverty Assistance in Developing Countries

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With funding from the Ministry of Foreign Affairs in Malta, the Foundation was able to embark on another overseas development project, this year in partnership with the Diocese of Chisenga in Malawi. The Foundation's 2013 ODA Project is entitled *Construction and operation of a Health Post for later development into a hospital*. It is being executed by the St Ignatius Catholic Parish in Chitipa.

Since March 2013, Chitipa community members worked hard to clear the thick bush that was on the site of the Health Post. People volunteered their collective efforts because of the profound need they have for a health service. The technical work of setting up of the building structure was started. Community members produced the bricks for the building themselves.

In April, actual construction work commenced and the foundation completed with the supply of hand-made clay bricks made by the local community.

In May, the structure was completed and door frames, windows and air vents were fixed in the process. The building was then ready for roofing. Two pit latrines were dug for health centre staff and patients. By December, the building was in an advanced stage of completion.

This is the third overseas development project for which funding was obtained from the Ministry of Foreign Affairs in Malta. The other completed projects were the construction of a rural health clinic in Faisalabad in Pakistan and the resourcing of a Vocational Training Centre for poor women in the Central African Republic.



# **APPENDICES**

## APPENDIX 1: Collaboration with other organisations

Foundation workers regularly strive to further develop robust collaborative links with other agencies at both national and local level.

### 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. Foundation personnel continued to work closely with the parish-based Diaconia Commissions (volunteer service teams). In 2013, regular collaborative work was undertaken with the Diaconia Commissions of Tarxien, Żabbar and Paola. Discussions were also started with the B'Bugia Commission.

### Malta Community Chest Fund (MCCF)

During 2013, the Foundation continued to provide a social work service to the Malta Community Chest Fund (MCCF). The service is commissioned by MCCF so as to cater more effectively to the needs presented by applicants to the various support schemes offered by MCCF. The two part-time Social Workers worked at the MCCF head-office in Valletta and provided assistance to vulnerable families who visited the MCCF office seeking support for a range of needs.

### Workshops by SJAF personnel for other organisations

On the request of other organisations, the Foundation led the following workshops throughout 2013:

Date	Title	Organisation	No. of participants
14 March	Hidma ma' familji vulnerabbli u foqra fil-parroċċa – is-sehem tal-Voluntieri Pastoral	Segretarjat Assistenza Soċjali (SAS)	60
18 March	Il-hidma tal-Fondazzjoni Santa Giovanna Antida - 2007 - 2013	Province of the Sisters of Charity	40
21 March	Being of service to mental health sufferers and their families at community level	Segretarjat Assistenza Soċjali (SAS)	Volunteers of the
4 April	Session on <i>Community Work</i>	Community Workers, Appoġġ Community Teams, Access Centre	6
6 April	Overview of the Services of the St Jeanne Antide Foundation	Charity Events Committee, Ministry of Finance	25
6 May	Volunteering in the social solidarity field	Missiology module Students, Faculty of Theology, UoM	7
13 May	Meeting the needs of Vulnerable Families in the Community – the services of SJAF	Ladies' Circle, M'Scala	60

15 May	Is-Servizzi tal-Fondazzjoni	Ladies Circle, Paola	15
16 May	Working with Vulnerable Families in the Community: the role of an NGO in Community Care	Faculty of Nursing	7 post grad. Nurses
1 June	Ngħinu lill-fqir fil-komunità stess - xi riflessjonijiet dwar il-Proġett tal-Caritas Malta fil-Parroċċi ta' Ħal Qormi	Residents of Qormi	90
3 June	Personality Disorders: borderline and narcissistic personalities	Appoġġ Agency Community Social Work teams	30 social workers
14 June	Ħidma ma' familji vulnerabbli u foqra fil-parroċċa – is-sehem tal-Voluntieri Pastoral	Kunsill Pastoral Parrokkjali, Tarxien	22
26 July	Legal issues faced by victims of domestic violence (led by SOAR)	Parliamentary Social Affairs Committee	6
6 August	The Role of an NGO in Community Care	Social Workers, Mt Carmel Hospital	9
2 Sept	Working with Vulnerable Families in the Community – the work of the St. Jeanne Antide Foundation	LEAP Project Task Force, Ministry for Social Dialogue	6
17 Sept	Supporting Vulnerable Families: the work of the St Jeanne Antide Foundation	Inner Wheel Malta	25
17 Oct	Is-Servizzi tal-Fondazzjoni	One Radio	Public
4 Nov	Community Development: 3 hour workshop	Masters in Social Work students, Faculty of Wellbeing	7
12 Nov	Il-Familja u l-Isfidi li Qed Tiffaċċja Llum: sehem il-Parroċċa.	Assemblea Parrokkjali M'Scala	60

### Organisations with which the Foundation regularly collaborates

#### Parishes

- Tarxien, Ħaż-Żabbar, Fgura, Paola (Kristu Re), M'Scala and B'Bugia
- Tarxien Youth Centre for at risk youths

#### Public bodies

- Ministry for the Family and Social Solidarity
- Ministry for Social Dialogue, Consumer Affairs and Civil Liberties
- Malta Community Chest Fund (MCCF)
- Aġenzija Appoġġ
- Housing Authority
- Malta Council for the Voluntary Sector (MCVS)
- Aġenzija Sedqa
- Aġenzija Sappoort
- Paola and Tarxien Local Councils.
- School Psychological Services, Department Student Services, Directorate Student Services

- COMMCARE
- Department Elderly and Community Care
- Department Social Security
- Department Student Services, Directorate Student Services, Ministry of Education
- ETC
- Mater Dei Hospital: Social Work team; Psychiatric Out-Patients Clinic (PoP); Pain Clinic.
- Mt Carmel Psychiatric Hospital & its Mental Health Community Services
- University of Malta: Faculty of Wellbeing; Faculty of Law
- Colleges and schools.

#### **NGOs**

- Mental Health Association, Malta
- Anti-Poverty Forum (APF) Malta
- SAS Azzjoni Kattolika
- SOS Malta
- Inner Wheel Malta
- Nazareth Foundation, Żejtun
- Millenium Chapel Foundation
- Institute for Family Therapy
- CARITAS Malta agency

#### **Overseas Development Organisations**

- Overseas Development Unit, Ministry of Foreign Affairs, Malta
- SKOP (Solidarjetà u Koperazzjoni) NGDOs forum
- Karonga Diocese, Malawi
- Wadakona, South Sudan, community of the Sisters of Charity
- Nemesia Vocational Centre for Women, Central African Republic, Sisters of Charity

#### **Other**

- Immaculate Conception Girls Secondary School, Tarxien
- HSBC Malta Foundation
- Verdala International School.



## APPENDIX 2: Staff Development Opportunities

### Staff Development Opportunities – 2013

Date	Type of activity	Provider	No. Personnel taking part
9 Feb	One-day Silent Retreat	Centring Prayer Group	4
15 Feb	Half-day Seminar: <i>Family Resource Centres</i> (EU mobility project dissemination)	Foundation for Social Welfare Services	4
20 Feb	Talk on <i>Spirituality and Lectio Divina</i> by Fr Charlo Camilleri	Centring Prayer Group	4
20 March	Half day seminar on <i>Human Trafficking</i>	Foundation for Social Welfare Services	4
25-26 March	2-day training course for service providers on <i>Multi-Sectoral Sexual Assault Interventions on Women</i>	Victim Support Malta	1 SOAR member
9 April	Pre-launch Seminar on the EEA & Norway NGO Fund Programme for Malta	SOS Malta	2
16 April	Sumer on <i>Multi-Agency Risk Management System Liaison Team</i>	Department Parole & Probation	1
April-May	<i>Katekezi tal-Faqar</i> , 10 session course	Azzjoni Kattolika	3
22 April	Seminar on <i>Engaging and Mobilising Men to end violence against women</i>	US Embassy & Malta Council of Women	SOAR members
25 Apr	Mapping Poverty	Leonid McKay	6
29 Apr	Orientation visit in Dar Victoria	Caritas Malta	1
30 Apr	Social Security Benefits	Victoria Bugeja	4
4 May	Legal aspects of domestic violence.	Dr Lara Dimitrijevic	SOARmembers
19 May	Attendance performance <i>Pretty Lisa</i> on domestic violence	Manoel Theatre	SOAR members
31 May	<i>Council of Europe Model Platform on Citizens' Consultation on the Right to Protection of Health</i>	Health Division	4
1 June	Half-day Seminar <i>Ngħinu l-Fqir fil-Komunitá</i>	Caritas Malta	4
3 June	Personality Disorders: borderline and narcissistic personalities	SJAF Lwien Service	4
25 Jun	Microsoft NGO Connection Day	Microsoft Malta	1
27 Jun	The process leading to the National Poverty Strategy and the LEAP Project (for NGOs)	Ministry for the Family & Social Solidarity	1
4 July	Ningħaqdu Kontra l-Faqar	Ministry for the Family & Social Solidarity	2
17 July	<i>Making a Difference</i>	National Commission for the Promotion of Equality	2

20 July	<i>Sustainability and Fundraising Techniques</i>	Malta Council for the Voluntary Sector	4
27 July	<i>Managing Volunteers and Staff</i> (including recruitment, appraisal, training)	Malta Council for the Voluntary Sector	4
12 Sep	<i>Draft National Strategy Against Poverty &amp; Social Exclusion</i> – workshop for Social NGOs	Malta Council for the Voluntary Sector(MCVS) & Ministry of the Family and Social Solidarity	4
28 Sept	<i>NGO Governance – financial and legal aspects</i>	Malta Council for the Voluntary Sector	1
Oct-Dec	Course on <i>Customer Care</i>	Directorate Lifelong Learning	8 Reception volunteers
11 Oct	<i>A sister's call and a family's struggle</i> – video forum on Schizophrenia and impact on family	Mental Health Association	2
12 Oct	<i>Values, ethics and principles of operating a service</i>	Malta Council for the Voluntary Sector	2
19 Oct	Silent Retreat	Centring Prayer Groups	3
1-3 Nov	<i>Annual Conference of the Province of the Sisters of Charity</i>	Sisters of Charity	3
4 Nov	<i>Domestic Violence and Maltese Legislation</i>	Institute Legal Studies	2 SOAR Members
13 Nov	<i>Lifelong Learning</i> : information session	Directorate Lifelong Learning	1
20 Nov	<i>Re-Imagining Child Protection: towards humane social work with families</i>	Dept. Social Work & Social Policy, UoM	3
26 Nov	<i>Rape and the Istanbul Convention</i>	Malta Confederation of Women's Organisations	2
29 Nov	<i>Domestic Violence: Facts &amp; Figures</i>	Commission on Domestic Violence	2 + 5 SOAR members
29 Nov	<i>Child Poverty in Today's World</i>	Anti Poverty Forum (APF)	2
30 Nov	<i>Mapping the Next Step</i> : Training Seminar for NGOs. Sessions on: <i>Legal aspects and Governance of NGOs</i> <i>Strategy Planning and Mapping</i> <i>Finance</i> <i>Managing Volunteers and Staff Innovative</i>	Malta Council for Voluntary Sector (MCVS)	2
5 Dec	<i>Community Care Policy Development and Family Caregivers</i>	Dept Social Policy & Social Work, Faculty of Wellbeing, UoM	2
10 Dec	<i>L-Anzjani fil-faqar taż-zmiena</i>	Anti Poverty Forum	1
12 Dec	Informal Session about SJAF services	SJAF workers	30 Volunteers

### APPENDIX 3: Educational Groupwork Activities for Service Users

Start date	End date	Title	Target group	Venue	No.of participants
January	On-going	SOAR – support & advocacy group	Victims & survivors of domestic violence (DV)	Ċentru Antida + other venues	15-20
January	June 13	Children's Circle Time	Children from Homework Service	Ċentru Antida	14
January	March	Self-esteem	Service users	Ċentru Antida	11
January	June	Malti Bażiku (Level 1)	Young service users	Ċentru Antida	5
January	June 13	Learning Support: Reading, Oracy, Comprehension, Writing	Children from supported families	Ċentru Antida	14
6 February	6 March	Għajnuna Bażika fit-Trobbija tat-Tfal	Parents	Ċentru Antida (led by Aġenzija Sedqa)	
Apr 2012	On-going	Grupp Familti	Very vulnerable young parents	Ċentru Antida	6
June 2012	Sept 13	Boys' Creativity Group	Children (boys) from supported families	Ċentru Antida	5
June	Sept 13	English Group	Children from supported families	Ċentru Antida	7
July	Sept 13	Literacy group for service users	Vulnerable youths	Ċentru Antida	3
5 Sept		Microfinance (by Microfinance Malta)	Single mothers	Ċentru Antida	5
Sep 13	June 14	Malti Level 1 (continuation)	Youths	Ċentru Antida	4
1 Oct	14 Jan	Customer Care	Volunteers	Ċentru Antida	12
2 Oct	14 Jan	Depression Support Group	Family Caregivers	Ċentru Antida	14
3 Oct	14 Jan	Self-esteem Grp1	Young mothers	Ċentru Antida	9
3 Oct	14 Jan	Self-esteem Grp2	Young mothers	Ċentru Antida	8
11 Oct	June'14	Circle Time/ Time	Children from Home work	Ċentru Antida	14

		Learning Support	Service		
June	Sept	Fun learning activities	Boys' Group	Ċentru Antida	12
11 Oct	14 June	Learning Support: Reading, Oracy, Comprehension, Writing	Children from supported families	Ċentru Antida	14
On-going	On-going	Youth Work Tarxien Youth Centre	At risk adolescents	Tarxien Youth Centre	53
On-going	On-going	Soar Activities	Victims and Survivors of DV	Various venues	15
On-going	On-going	Centring Prayer	Persons practising contemplative prayer	Ċentru Antida	7

### Activities sponsored by by HSBC Malta Foundation

11 February: Carnival Party - 15 children.

8 March: Make me Feel Good Day at MCAST Community Services Institute - 12 service users.

11 September: BBQ - 15 children + 3 parents

2 December: Christmas Party - 30 children

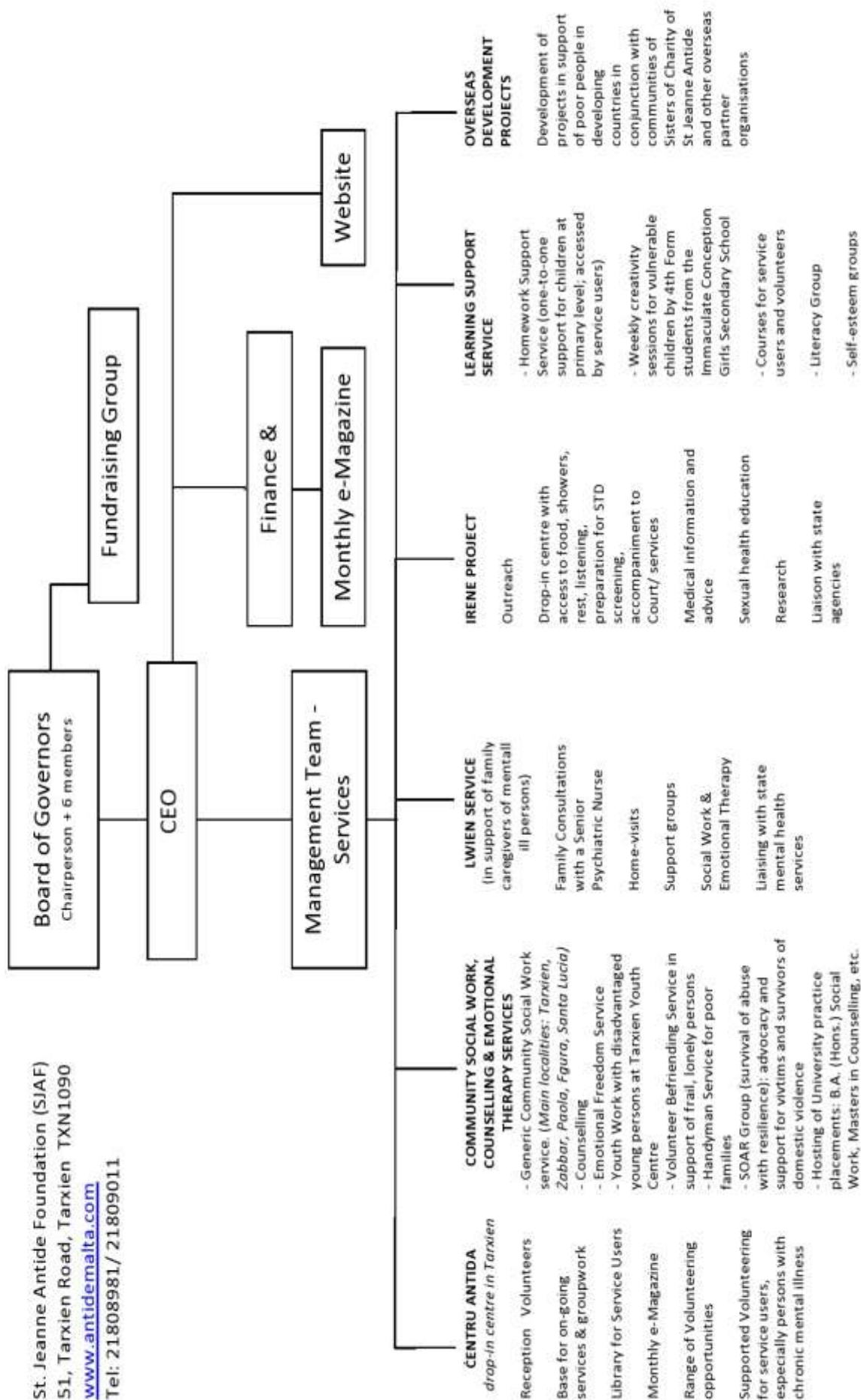
5 December: Christmas Party - 10 children



## APPENDIX 4: Organigram

## St Jeanne Antide Foundation (SJAF)

## ORGANIGRAM 2013



## **St Jeanne Antide Thouret – Foundress of the Sisters of Charity**

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St Jeanne Antide deeply breathed and lived the Gospel values of love, prayer, non-attachment and service to the poor. Her actions and writings are a rich legacy that models a life attentive to God, demonstrating love for all humanity, and letting oneself be imbued with the Spirit.

Born on November 27, 1765 in Sancey-le-Long in the Doubs region in France, Jeanne-Antide Thouret was the fifth child of a family of eight. When she was just 15 years old, her mother died leaving the responsibility of maintaining the household and looking after her siblings to Jeanne Antide. As a young girl, she searched for a way that would give meaning to her life and believed that it was important to respond to God's will for her. At 22 she left her home and joined the Daughters of Charity, a congregation at the service of the poor founded by St. Vincent de Paul in Paris.

In 1793, when the French Revolution was at its height, all religious congregations were banned and Jeanne Antide was forced to leave the Daughters of Charity. She returned to her home knowing that she would carry on what she had learned from St. Vincent de Paul. She cared for the sick, the wounded, and the poor - all of whom grew numerous during the chaos of the French Revolution. Jeanne Antide also taught poor children, fed poor families, helped the priests who were forced to hide, and gathered Christians in prayer.

Because of her desire to commit herself to Christ and to her religious vocation, Jeanne Antide fled France and escaped to Switzerland to join a different religious itinerant community where she cared for the sick. With them she traveled across Switzerland and Germany. When she decided to return to France she did so on foot, alone, without a passport, and through unknown places at the risk of her own life. She passed through Einsiedeln and reached the village of Landeron in Switzerland. It was there that representatives from the diocese of Besancon, also in exile, made a request of her to continue on to France and take in young girls whom she should train in the same way she had been trained. With these girls she was to return to Besancon in France to teach the children and to care for the sick. Jeanne Antide accepted this request and in 1799 she opened a school, a clinic, and a soup kitchen for the poor in Besancon. She had founded a new congregation.

In 1810 Jeanne Antide was called to Naples, where she and a group of sisters accepted the challenge to work in a very hierarchical social system where the wealthy never encountered the poor. Jeanne Antide became administrator of the Hospital of the Incurables, the largest hospital in the city. The sisters often visited the poor and sick in their homes.

In 1819, the Pope approved *The Rule of Life*, a book she used to organize her congregation and the life of the women who had followed her. In fact, *The Rule of Life* is still used today by The Sisters of Charity. Jeanne Antide died in Naples in 1826. In 1934, Pope Pius IX declared Jeanne Antide a Saint.

Today, the congregation is ever active in 29 countries, including Malta. The St Jeanne Antide Foundation is the social solidarity arm of the congregation in Malta.

*“Learn to be content with the simple necessities of life. Transcend your cravings for more and more things. Give up unnecessary comforts. Seek only God. Your wealth and glory should come from Him only.”* (Documenti e Lettere:25)

*“In the presence of the poor, consider nothing except Jesus. Serve the poor in the same way that you serve Jesus. Serve them with humility, respect, compassion and love.”* (Documenti e Lettere:27)

