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Parent Alienation – an extension of Domestic Violence

by Elaine Compagno, SOAR Service Coordinator and SOAR members

(This article is based on a focus group session between female survivors of domestic violence who are suffering the effects of being alienated from their children by their abusive ex-partner and father of their children).

Parental alienation is the process and the result of the psychological manipulation of a child into displaying unjustified fear, contempt or resentment towards a parent. This may sometimes happen when two parents are going through a difficult separation. However, when domestic violence has been present, the manipulation of the child would have started years before the actual physical separation. Over time, it would have manifested itself in small instances of manipulation.

In a domestic violence scenario, it would be perpetrator parents who alienate their children from their victim parent who is more commonly the mother. Alienating children from their victim mother becomes an extension of the violence upon her. The children are used as proxies, as if the violence was a rubber ball thrown by the abuser, bouncing off the children and flying towards the victim parent.

“The father was constantly undermining me – with my child constantly watching him commit character assassination upon me, constantly running me down, and claiming I am incapable of doing anything right.”



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Children caught up in this form of abuse are encouraged to verbally and physically hurt the victim parent. They may also describe the victim parent using 'grown-up words'.

“My daughter, barely knowing how to put a whole sentence together, used to call me ‘frigid’.”

When children are put under this psychological pressure to extend the perpetrator's violence onto the victim parent, they feel enormous guilt afterwards. The manipulation does not only result in abuse of the mother, but it also is psychologically abusive on the child.

“My child told me ‘When I’m with daddy, it’s like he puts a spell on me and I want to be mean to you, and I like being mean to you and afterwards I feel so bad’.”

“For a long time, my child’s father was absent from her life. Now that he has insinuated himself in her life, she craves his approval. So she does what she thinks her father wants her to do, whatever it may be.”

Parental alienation is not only an attempt to keep the child away from the other parent, but it is a form of manipulation of the child's memory and their image of the victim parent; a complete erasure of the victim parent's identity.

“It’s not just me that is blocked from my child, but everything that is related to me. It could be a sport I encouraged her to do, or a place I liked to take her to.”

No matter what the victim parent does to try and mend the links with her child, the abusive parent always finds a way of breaking those attempts down.

“When I buy her something, he tells her ‘mummy is trying to buy you’, and when I don’t he tells her ‘mummy doesn’t care about you’.”

“He sees her as a prize; he is winning her over and I am losing her. She would say, ‘You lost me’, like she is a prize. But she is not a prize, she is my daughter.”

The victim parent is forced to make painful and difficult decisions in the better interest of their child. Even though it is best for a victim of domestic violence to distance herself from her abuser, alienated mothers must painfully remain in contact and on good terms with their abuser. This exposes the mother to more abuse.

“I try to have a good relationship with my abuser because he is the only link to my children.”

“When she was with me, she was under so much pressure to hate and denigrate me. As the manipulation took hold, I didn’t understand why my child was being so mean and cruel to me? Today, she’s so much under pressure that she feels guilty whenever we are having a good time together. Now that she’s with her father and lost contact with me, she has no pressure. So she feels freer with him.”

It's difficult not to be moved by the sense of loss and grief that an alienated parent experiences.

“I don’t recognise my child. How awful is that when you don’t recognise your own child? It’s absolutely awful.”

“Not seeing her grow up is irreplaceable. You’re missing out and it can’t come back.”

“When I go to buy Christmas presents, I don’t know what they like anymore. I just don’t know.”

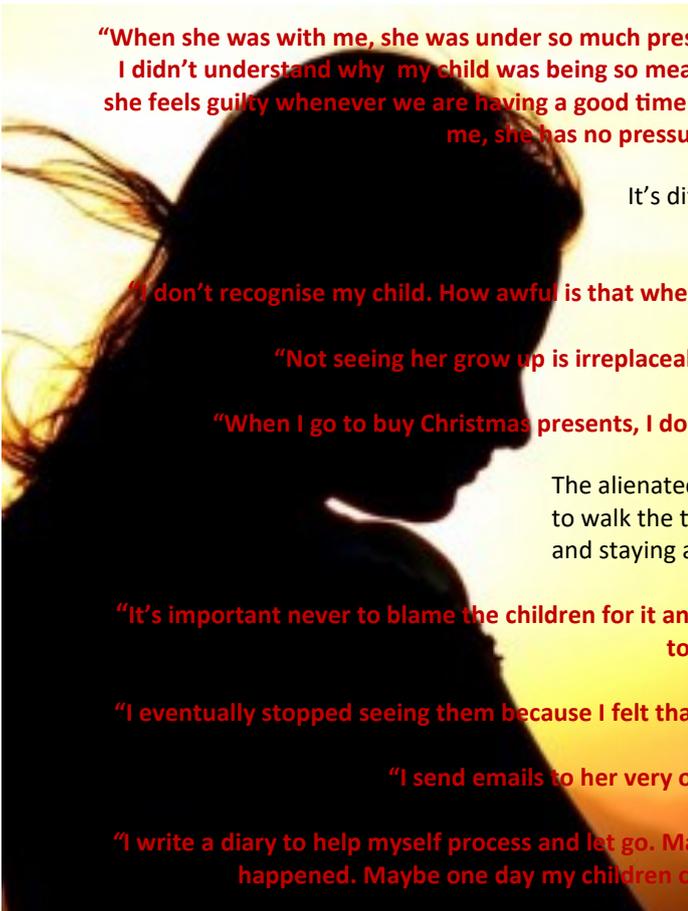
The alienated parent is left in an emotional and legal straitjacket as she tries to walk the tight rope between claiming her parental and visitation rights and staying away so as not to cause further distress to their child.

“It’s important never to blame the children for it and to let them know the door is always open. They are victims too. Like me.”

“I eventually stopped seeing them because I felt that forcing them to be with me was worse than not seeing me.”

“I send emails to her very often, even if she doesn’t read them.”

“I write a diary to help myself process and let go. Maybe one day it will be a tool to document everything that has happened. Maybe one day my children can read it and know that I did not abandon them.”



Is-Servizz IRENE – appoġġ għal nisa vulnerabbli maqbuda fiċ-ċirku tal-prostituzzjoni

Il-vuċi ta' mara li għexet din ir-realtà fit-toroq

Meta tissemma' l-prostituzzjoni, li jinstema' huwa l-vuċi ta' professjonisti. Xtaqna illum insemmgħu lehen mara li għexet ir-realtà kiefra u kumplessa tal-prostituzzjoni. Dawn huma kliemha. Qabel ma ppubblikajna kliemha, hi qrat dak li inkiteb sabiex tikkonferma li dawn huma tassew kliemha.

“Jekk mara tkun ġiet abbużata sesswalment fi ċkunitha u tibqa’ ġġarrab abbuż, hi u tikber l-abbuż ma jibqax taboo. Aktar ma jgħaddi żmien, aktar ma’ taċċetta mgjieba abbużiva. Allura, meta mara issib



wieħed li jieħu d-drogi u jniżżilha fit-triq, il-mara aktar faċli li taċċetta għax l-abbuż ikun sar ‘normali għaliha.’

“Hija ġlieda kontinwa għal mara li tieħu d-drogi li tieqaf. Tipprova, imma diffiċli. Ikollha bżonn fix malajr. Allura tinzel taħdem fit-triq. Waqt li qed tiġġieled il-vizzju tad-droga, tibqa’ fl-istess ħin tara l-flus deħlin. Biex żgur tkun tista’ tieħu d-droga, tkun lesta li tagħmel minn kollox. Anke jekk tkun waħda li twiegħed lilha nnifisha li qatt mhi se tinzel fit-triq għall-flus, tispicċa jkollha saflaħħar tinzel biex ikollha l-flus biex tixtri d-droga.

“Hawn nisa li jiddeċiedu jinżlu fit-triq sempliċiment biex imantnu l-vizzju. Imma kull storja hi differenti. Hadd mhu l-istess.

“Il-vjolenza domestika għandha x’taqsam ħafna mal-prostituzzjoni. Jekk titrabba f’familja fejn il-vjolenza hija mgħixa u tkun indrat, tfajla ma tarahix stramba meta titfarfar u tiltaqa’ ma’ ġuvni jew raġel li jikkontrollaha u jisfurzaha biex taħdem fit-triq. Tkun drat din ir-realtà. Taċċettaha. Ma topponihix. Ftakar ukoll li relazzjoni ma tibdhix bi vjolenza. Fil-bidu r-raġel se jkun ħelu miegħek sakemm issib tħobbu ħafna. Meta juri rixu, tkun sirt tħobbu ħafna u tagħmel minn kollox biex togħogbu u tibqa’ miegħu.

“Ħafna nisa, tant isiru jħobbu lir-raġel li saħansitra jgħattulu. Jagħmel x’jagħmel, jgħattulu xawwatu. It’s so fucked up imma hekk hu. Jippreferu jgħattu l-imġieba vjolenti tiegħu milli jiproteġu lilhom infushom u lil uliedhom.

“La mara li ġarrbet ħafna abbuż tħobb, aktar faċli li tiġi immanipolata u uzata. Issib ruħa f’sitwazzjoni fejn irġiel oħra jsibuha iggrumjata (groomed). U taqa’ f’ċirku vizzjuż li ma tkunx taf kif taqbad toħroġ minnu.

“Mara li taqa’ fil-prostituzzjoni qatt ma tispera li ssib raġel OK għax taħseb li kollha l-istess. Kollha jridu jużawha.

“Aħna mgħandniex kelma għal pimp. Ngħidu ‘tagħha’ għax narawha relazzjoni din, aħna. Anke jekk raġel iħaddem numru ta’ nisa f’daqqa. Billi jkun magħhom kollha, xorta ngħidu ‘tagħha’. In-nisa jaċċettawha din.”



It is a long journey - feature by JRS

The hardship faced by those who have to escape from home is beyond imagination. Refugees leave behind their loved ones, their belongings and their life behind them. Many of them cross inhospitable deserts and dangerous seas in the hope of reaching a place of safety, where they can finally rebuild their lives. And for those who are lucky enough to reach such a place of safety, the journey is still not over.

Life in a foreign country is not easy for refugees who have to undertake yet another journey which resembles, in the eyes of many, a cruel obstacle race. These obstacles vary in nature

from the bureaucratic, cultural and economic ones to those linked to the not so welcoming attitude displayed by local communities.

At JRS Malta we have learned that this movement towards integration and the search for a place in a community where one can truly belong is an important part of the journey of refugees. And yet, integration is not an option. Because life is not an option. And the integration process is what leads refugees to rebuild their life in a community which in turn is enriched by their presence. In the words of Pope Francis we have to continually ask ourselves: “How can we ensure that integration will become mutual enrichment, open up positive perspectives to communities, and prevent the danger of discrimination, racism, extreme nationalism or xenophobia?” (Pope Francis)

Integration involves a number of inter-dependent dimensions including legal aspects, the economic dimension which leads towards sustainable livelihoods as well as social interaction and political participation. Through the legal and psychosocial services it has provided over a number of years, JRS Malta has been actively accompanying refugees on this journey towards integration. More specifically however, over the last few months, JRS has undertaken a number of programmes and initiatives which have integration as their main focus:

- a) Through its employment service, JRS Malta assists people in filling in their CVs whilst making them aware of job vacancies. A one-week training course on employment issues was organized during the month of July. Our team is also reaching out and entering into dialogue with potential employers, in a bid to ensure that the rights of everyone are respected in this all-important field of employment.
- b) The Integration Priority Track programme is aimed at ensuring that individuals who have opted for long-term integration in Malta are provided with the personalised support they require in order to achieve integration. Through this programme, beneficiaries of international protection are receiving the educational support required to be able to access higher education institutions in Malta as well as receiving financial assistance to set up their own business.
- c) In collaboration with the Paulo Freire Institute, a three-month language and cultural orientation programme for refugee families who benefited from the right to Family Reunification was organized.

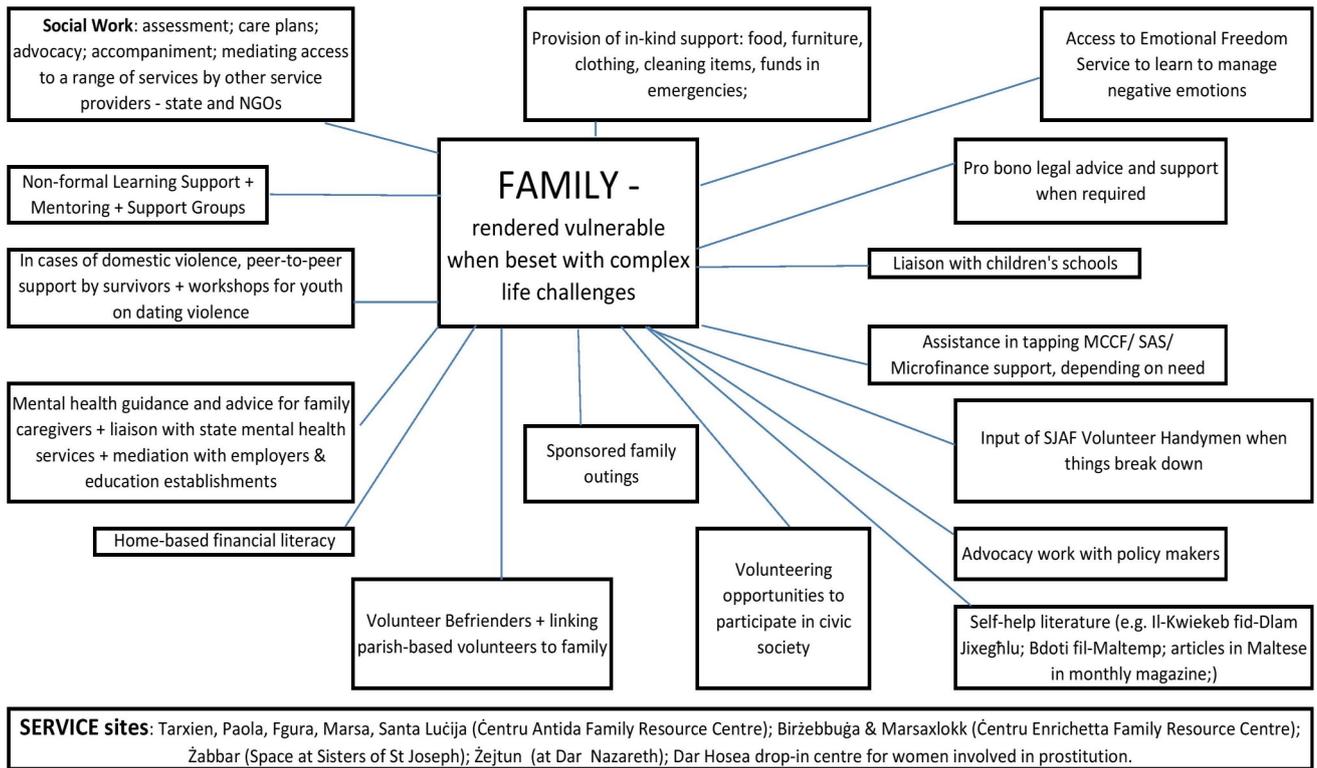
“Integration and hospitality are not only about opening our borders, but opening our communities. The latter does not result from the decisions of a few leaders, but from our own personal decisions. To change our countries we must start with our communities, and to change our communities we must start with ourselves”. These are the words of Peter Balleis, former director of JRS International. We are called to believe that a society where everyone truly belongs and where equality is much more than a soundbite is possible. We are called to actively hope that, together, we can really help create communities in which diversity is celebrated and not feared. We know that the road towards integration is long and arduous but not impossible. The important thing is to start from somewhere. And that somewhere is ourselves.



For more information: www.jrsmalta.org

SJAF support opportunities for vulnerable families

A heartfelt professional approach to supporting vulnerable families



Act of Kindness SJAF Advent Calendar

Each day, from the 1st to the 20th of December, add a grocery item to the box and SJAF will donate your hamper to families in difficulty.

For more details, contact us on
21809011 / 27672367

St Jeanne Antide Foundation

A4U Project - IT peripheral hardware and other supplies for access by disadvantaged young persons

Through A4U funding, vulnerable young people's self-development and learning potential has been maximized. The tools use provide for a user-friendly environment with increased access to learning and literacy support. This reassures opportunities for equal participation. Youths accessing mental health support were further supported to cope with the challenges at work or at their education and training institutions. Young people were supported to become agents of change, to take control of their own lives and to be responsible for their actions through youth-focused workshops and activities that took place in spaces where young people were. These included schools, colleges and youth group settings.

Through the Foundation's volunteering at the Foundation's Homework Support service, young persons contributed to social inclusion and encouraged the participation of children from vulnerable families.

Thanks Aġenzija Żgħażaġh for your financial support.



Nature Brings emotional balance and well-being to humans

New research reveals how 'stress-busting power' of nature brings emotional balance and well-being to humans

September 1, 2016

Source: <http://medicalxpress.com/news/2016-09-reveals-stress-busting-power-nature-emotional.html>

Provided by: [University of Derby](#)



Photo Credit: University of Derby

An analysis carried out by a team of researchers from the University of Derby and the University of Cardiff confirms the restorative power of nature and provides a new explanation of the links between time in nature, our emotions, our bodies and health.

The team examined the impact natural and [urban environments](#) has on the heart and discovered that nature regulates [heart rhythms](#), linking time in woodland with positive changes in the body.

Dr Miles Richardson, Head of Psychology at the University of Derby, said: "We're excited about this [research](#) as it brings together previous work in order to explain how nature regulates emotions and the heart and shows spending time in nature positively changes our health and well-being through helping balance the feelings of threat, drive and contentment we experience each day.

"Exposure to nature is emotional and emotion is the constant companion of sensation with feelings, rather than thoughts, coming first when we encounter nature and these emotions have a physiological basis, which nature and well-being research often overlooks.

"Overall, the work provides a simple yet compelling argument to convince others of the role of, and need for, nature in our everyday lives."

The team re-analysed previous studies that compared how the body reacts to being immersed in nature to being in an urban environment.

Earlier research measured heart-rate variability and, while the studies found differences between responses to both environments, they did not consider them in the context of emotional regulation – how nature links to emotion and well-being.

The researchers carried out a meta-analysis, a statistical approach to combine results from multiple studies. They used 13 studies with a total of 871 participants to examine the impact of natural and urban environments on heart rhythms.

Overall, the results revealed that natural environments promote greater parasympathetic nerve activity (contentment) and lower sympathetic [nerve activity](#) (drive) than urban environments.

A further new discovery was that the results supported the use of a 'three circles' model, which was developed by Professor Paul Gilbert, Research Professor at the University of Derby, to develop new mental health interventions. This new research shows that this model also provides an accessible way to help explain the benefits of nature

through understanding our emotions and their underlying physiology.

The analysis and model revealed how nature can bring well-being through helping balance the feelings of threat, drive and contentment which humans experience each day.

It also highlighted how nature can bring two different types of positive emotion, both joy and calm; that nature can elicit feelings of ecstasy and wonder and foster feelings of comfort.

Professor David Sheffield, Professor of Health Psychology at the University of Derby, said: "Nature brings balance to our emotions and the nervous system that influences the function of our internal organs, such as the heart, ultimately revealing the stress-busting power of nature.

"The findings and '3 circles' model can also guide the way we engage people with nature, for example the types of [natural](#) spaces we should provide for people – moving from green spaces to green places where both a soothing contentment in nature, and joy and wonder can be found."

Kirsten McEwan, Research Associate at the University of Cardiff who helped with the study, added: "There is a lot of research evidence to show that spending time in green spaces is beneficial to our health and well-being.

"However, policy-makers, planners and commissioners often remain unmoved by the arguments for the importance of green spaces.

"This research brings together evidence for the actual physiological benefits of spending time in green spaces and provides a more compelling argument for how green spaces could reduce the burden on the NHS and social services."

Explore further: [Green cities mean healthier people](#)

More information: Miles Richardson et al. Joy and Calm: How an Evolutionary Functional Model of Affect Regulation Informs Positive Emotions in Nature, *Evolutionary Psychological Science* (2016). DOI: [10.1007/s40806-016-0065-5](https://doi.org/10.1007/s40806-016-0065-5)

Provided by: [University of Derby](#)

<http://medicalxpress.com/news/2016-09-reveals-stress-busting-power-nature-emotional.html>

ST JEANNE ANTIDE FOUNDATION Governing Board - 2016

Chairperson:

Sr M. Salvina Bezzina soc (since 2007): Sr Salvina has been Provincial Superior of the Sisters of Charity of St Jeanne Antide since 2005. She is a qualified SRN from Whipps Cross Hospital, Leytonstone, UK (1973) and holds a Social Work qualification (CQSW) from Middlesex University (1980). Sr. Salvina has held a number of positions in the social welfare field. These included Manager of one of the group homes at Dar tal-Providenza in Siggiewi; nurse at Mt Carmel Psychiatric Hospital; Acting Nursing Officer at Boffa Hospital. She also worked as a Service Manager at Caritas Malta Agency where she was responsible for the development and management of HelpAge Malta, Co-ordinator of Parish-based Diaconia Commissions, and training of Managers of Church Homes for the elderly. In 1992 she worked for several years as a Service Manager at Malta Hospice Movement. In 1998, Sr Salvina took over the management of Villa Annunziata Nursing Home for elderly nuns in Balzan run by her congregation. She served on the Provincial Council from 1995 till 2005.

Vice-Chairperson:

Sr Teresa Tonna soc (since 2007): Sr Teresa has been actively involved in the field of education for many years, first as a primary and later as a secondary school teacher. For the past 18 years, she has held school administrative positions in both the Province's schools. She is currently Head of School of the Immaculate Conception Secondary School in Tarxien, forming part of the St Jeanne Antide College. Sr Teresa is also actively involved in the College's Youth Ministry.

Members

Mr Paul Barbara (since 2008): Mr. Barbara has had a 44 year career in the Public Service, mostly in taxation departments. He helped in the setting up of the VAT Department and the Tax Compliance Unit in both the legislative and operational aspects of these two Departments. Over the years he occupied the position of Assistant Director at the VAT Department, Director Enforcement at the Inland Revenue Department and Director General Tax Compliance Unit. He retired in January 2007. After his retirement he was chairman of the Eco-Contribution Appeals Board for 6 years. He has been a member of the Governing Board of the Saint Jeanne Antide Foundation since its inception.

Mr Frank Mifsud (since 2011): Mr Mifsud has served for 42 years in the Public Service. Following a long span at junior clerical grades, he moved to the Social Work profession. Since then, he has worked mainly in the Social Policy sector, his main focus being Social Welfare policy and service development. He has contributed to the setting up of *Aġenzija Sedqa* and there occupied the position of Senior Manager for Treatment and Rehabilitation. He subsequently held the positions of Head of Secretariat of the Minister for Education and Culture, Director for Social Welfare Standards, Permanent Secretary in the Ministry for Health, Elderly and Community Care, and CEO at Heritage Malta. He also served on various boards and commissions, among them the Interdepartmental Commission Against Drug Abuse, the Foundation for Educational Services, the Foundation for Social Welfare Services, and the Council of the University of Malta. He is now retired and dedicates most of his time in voluntary work with

religious organisations.

Dr Anna Vella MD, MSc Public Health, MA Bioethics, PG Dip in Women's Health (since 2015): Dr Vella has been working as a medical officer with *Aġenzija Sedqa* since 1995. She has a special interest in female drug addiction. She is a part-time senior lecturer at the University of Malta with the Faculties of Health & Sciences, Medicine & Surgery and Wellbeing. She is currently reading for a PhD with King's University and researching the effect of intrauterine opioid exposure on children till the age of three. She chairs the *Centre for Freedom of Addiction*, one of the research entities of *The Presidents' Foundation for the Wellbeing of Society*. She is also Moderator of the *Diocesan Pastoral Council*.

Dr Tony Macelli: (since 2007): Tony has 4 degrees from 3 universities in physics, mathematics, community development, and systems in human settlements. He has varied experience including being a development worker in developing countries, trainer, lecturer, Government Ministry consultant and planner, social welfare sector institution builder, manager, contract consultant for UNESCO, emotional freedom practitioner, artist, poet, and teacher of meditation.

Dr Marceline Naudi B.A., M.A. (Bradford), Ph.D. (Manchester) (since June 2016): Marceline Naudi is a Senior Lecturer at the University of Malta and is Head of the Department of Gender Studies within the Faculty for Social Wellbeing. Dr Naudi also contributes to teaching and supervision of student research within several other University departments and Faculties on gender issues, violence against women and other anti-oppressive issues (sexual orientation and gender identity, race, disabilities) at Diploma, Bachelor and

Master level. She received her first degree from University of Malta (1980), her Master's Degree in Women's Studies from University of Bradford (U.K.) (1990) and her Doctorate from Manchester University (U.K.) (2004).

A social worker by profession, her years of practice (in England, Ireland and Malta) included work with children and young people in care and their families, ex-offenders, homeless people, persons with mental health support needs and survivors of domestic violence. She continues to be active in the issues of gender equality and violence against women, as well as wider human rights issues, and has convened, chaired and presented at many conferences, seminars and meetings, both in Malta and elsewhere in Europe.

She represented Malta on the Ad Hoc Committee on Violence against Women and Domestic Violence (CAHVIO) of the Council of Europe which drafted the Istanbul Convention, and is now an elected member of its Group of Experts monitoring body, the GREVIO. In a voluntary capacity she has supported and act-

ed as consultant to various agencies in the field of violence against women, gender, LGBTIQ, racism and ethnicity and sits on the board of management of one of the local shelters, and other NGOs. She also served as the Chairperson of the Commission on Domestic Violence (Malta) from 2006 to 2010 and as a member and Chairperson of the Gender Issues Committee of the University of Malta for many years. She currently sits on the Board of the Women Against Violence Europe (WAVE) Network, and until recently on the Observatory on Violence against Women Steering Group of the European Women's Lobby (EWL). She is a management committee member of the EU COST Action on Femicide across Europe, a member of its Core group and co-chairs a working group, as well as a management committee member of the EU COST Action on Appearance Matters. She was also an appointed member of the Observatory Living with Dignity of the Malta President's Foundation for the Wellbeing of Society from 2014 to 2016.

Mr Joe Ebejer (since June 2016): Mr Ebejer's career spans over 41

years within the Public Service and another 5 years as Commissioner for Data Protection and Freedom of Information, just before retirement. Except for a break of 5 years, where he served as director within the Ministry for Home Affairs, he spent the remaining 36 years at different levels in the Social Policy field, including 9 years as Permanent Secretary in the Ministry for Social Policy/Ministry for the Family and Social Solidarity. In that position he also held the post of President of the Foundation for Social Welfare Services, which then comprised the state agencies *Appoġġ*, *Sedqa* and *Support*. Mr Ebejer is now retired but still does voluntary work and also acts as a member of the University of Malta Ethics Committee as well as chairs the Ethics Committees of the President's Foundation for the Wellbeing of Society and the Community Chest Fund Foundation.

Mr Paul Barbara Mr Frank Mifsud Mr Joe Ebejer Dr Anna Vella Dr. Marceline Naudi Dr Tony Macelli



Sr Teresa Tonna

Sr Salvina Bezzina

Sr Natalie Abela

2 awards for SJAF



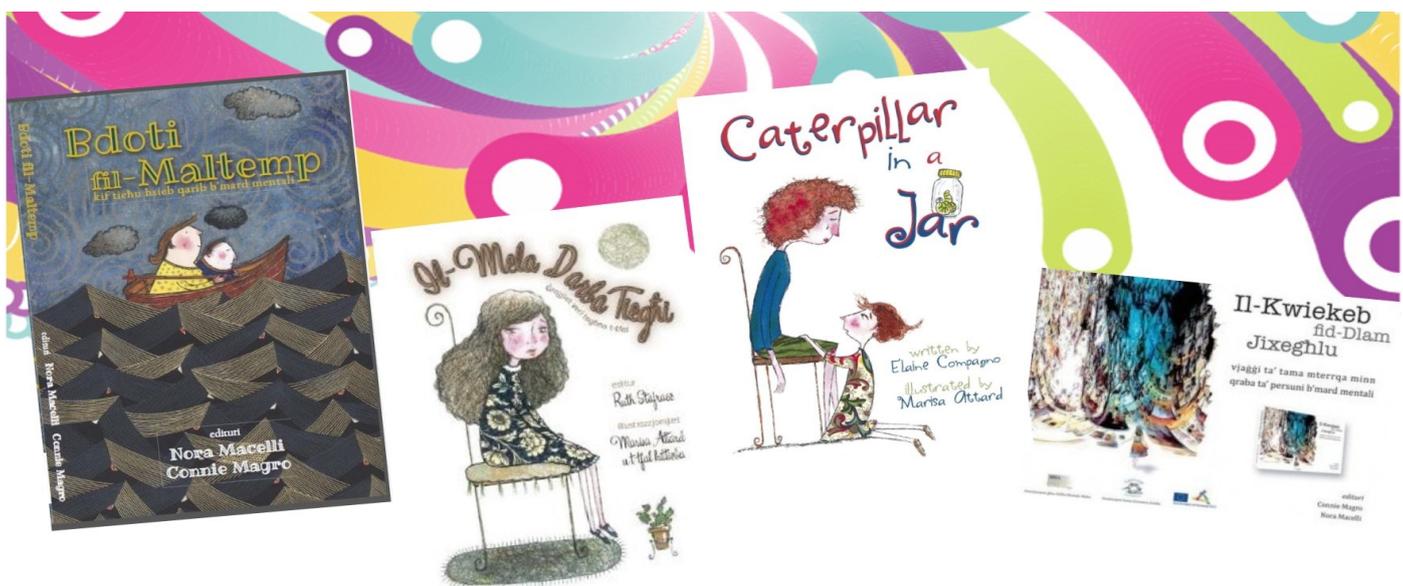
The **SOCIAL IMPACT AWARDS** is a new exciting initiative for social change in Malta, being organised and supported by a number of Maltese businesses.

By bringing companies and philanthropists together the SI Awards offer opportunities for organisations and individuals to receive financial and non financial support to develop and materialise a project that will have a positive social impact on Malta. The Social Impact Awards will create a platform for new philanthropic ideas that can have a sustainable positive impact and scalable change for Malta.

SJAF is proud to announce that it has been awarded the Social Impact Awards 2016 for its project - Dar Hosea walk in centre for prostituted women.

Dar Hosea is an initiative of SJAF which believes that women trapped in a life of street-based prostitution as victims of gender-based violence. Identified women are welcomed to the centre, treated with respect and unconditional loving-kindness, offered a range of supports that meet their express unmet needs. When possible, they are helped to bridge fractured relations with relatives, enabled to consider the issue of self-compassion and forgiveness, and accompanied in their difficult journey to gain a measure of independence, dignity and self-determination.

Dar Hosea has a welcoming milieu. For the women who drop by, it provides a unique safe emotional and psychological space where they can access support that enable them to meet their basic needs, social work, accompaniment, non-formal education, medical screening for sexually transmitted infections, sexual health education and are plans that enable them to move forward in life with dignity.



Now you can order a copy of any of these books from our website against a small donation.

Visit our website <http://www.antidemalta.org/books.html>

2nd award -

EPALE Malta Awards - celebration adult learning in Malta

The Directorate for Lifelong Learning and Early School Leavers within the Ministry for Education and Employment aims to play a key role in disseminating information about the Electronic Platform for Adult Learning in Europe (EPALE) amongst adult learning stakeholders in Malta. The Directorate is the National Support Service for EPAL, which is an online platform community for professionals working in the adult education sector. EPAL is funded by the European Commission, in an ongoing effort to improve the quality of adult learning in Europe. The platform enables the sharing of content related to adult learning. EPAL has a community of over 16,000 registered members.

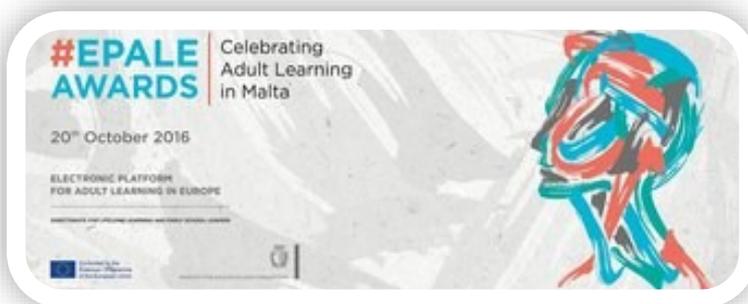
The awards will ensure that the development of EPAL is relevant to the specific needs and circumstances of the Maltese adult learning community.

It is envisaged that these awards will be held bi-annually, to celebrate adult learning practices within the Maltese context that demonstrate the use of creative and inclusive learning methods that achieve outstanding results, with the potential to be replicated and/or of inspiration to others.

The Lwien Service of the foundation has won Innovative Learning Project at the EPAL 2016 Awards.

The Lwien Service adopts an informal and non-formal adult learning process aimed at caregivers to mentally ill people. Through a combination of adult learning approaches, caregivers are empowered to be more effective informal carers without breaking down emotionally and psychologically.

Lwien is learner-centred, flexible, personal, accessible and relevant to the overwhelming daily reality lived by caregivers who, without such support, would end up chronically depressed and facing problems of their own. It is innovative in that it addresses all the issues that this hidden reality presents such as the need to understand the mental illness suffered by a family member and the need for support to encourage the ill relative to access psychiatric evaluation, treatment and care if they have been resisting it.





Handmade Christmas Decorations



Door Wreath –
Large €15
Small €10



Hangers - €8



Christmas Trees - €2



Candles –
Small €2.50
Medium €5.00



Angels - €3



Cutlery Holders –
Set of 6 €8
Set of 12 €15



Napkin Holders –
Set of 6 €10
Set of 12 €18



Stars - €2

Place your orders now!
Call on 21809011/27672367 by email miriam.sjaf@gmail.com or
comment on our Facebook page Fondazzjoni St Jeanne Antide

Women Economic Empowerment and Livelihoods Project - Malawi

By Darren Formosa, Project Manager

The Foundation had been approached once again by the Karonga Diocese in Nthalire, Malawi to help on another project on empowering women this time in Chinunkha. Fr. Joseph Sikwese, the Diocesan Pastoral Secretary requested to be a project partner of St Jeanne Antide Foundation in the execution of a project aimed at empowering a group of women to set up small farming enterprises.

The Malawian Dioceses through its Justice and Peace Desk, coordinates an advocacy programme called Participatory Women's Rights and Empowerment. The goal of the programme is to nurture a culture of respect women's rights and that women and girls are aware of their rights and are increasingly involved in income generating activities. Through this programme a group of women formed a group called Chinunkha Widows and Single Mother for Empowerment. This group has 40 members, and its membership is not based on religious affiliation. The group is involved in business farming on a small scale, but for them to be more productive they require training and financial support. Although the women have their own land, production has been poor due to insufficient knowledge of good farming techniques and materials such as quality seeds and irrigation equipment. The activities of the project, currently underway, entail a training programme, the farming of crops, and the inculcation of savings and loan lending practices. The project intends to adopt an integrated approach, where same group of farmers will engage in activities that are interlinked. The main example of this would be the retention of profits to create funds that would enable loans for the thereafter cycles of crop farming.

The group of women have been given management training that set the guidelines on how to run and keep account of all the operations that will spin off this project. The training includes general business management, financial management, records keeping and marketing. The project is also promoting village savings and loans amongst the group members. Last but not least the women have also been trained in irrigation farming and conservation farming.

The Project will fund seeds fertilizers and treadle pumps. The latter are human-powered irrigation devices usually fixed on well tops that are activated by stepping up and down on treadles that create cylinder suction to draw groundwater to the surface. Treadle pumps free farmers from dependence on rain-fed irrigation, provide capacity to raise crops in two growing seasons per year which helps farmers maximize return from their land. In the second phase of the project Sunflower, Maize, and Legumes will be sown and cultivated.

Besides being in line with the Official Development Assistance policy of the Ministry of Foreign Affairs, the project also contributes towards a number of UN Sustainable Development Goals as requested by the grant application. These are Goal 1 End poverty, Goal 2 Achieve food security Goal 5 gender equality and Goal 8 sustainable economic growth. St Jeanne Antide Foundation presented its submission for project funding in February 2016 and last April the Ministry announced the part funding of the project.

On April 21st during a signing ceremony at the Ministry, the Minister Dr George Vella presented a check of €7,762 as partial funding of the project. The projected total cost of the project amounts to €8,700. The Karonga Diocese is funding the difference.





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DONATIONS

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

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

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

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

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

€2.33 – 50617371 €4.66 – 50618095

€6.99 – 50618909 €11.65 - 50619217

You will receive a text message of thanks and acknowledgement

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

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

HOW YOU CAN HELP US - OTHER OPTIONS

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

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

CONTACT US: sjafngo@gmail.com

Foundation SERVICES

1. Family Resource Centres:

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

Volunteering opportunities, included inclusive volunteering for service users.

Volunteer Handymen in support of vulnerable and poor families.

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

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

Bazaar in Tarxien (recycling and fundraising).

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

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

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

4. SOAR Service: advocacy and support for victims and survivors of domestic violence. Includes workshops on dating and domestic violence for young persons. Tel No. 99927872 from 9:30am to 5pm. Email: soar-malta@gmail.com.

5. Emotional Freedom Service for persons wanting to be free from their anger, fear or other emotional distress.

6. Overseas Development Projects: SJAF works with partners in developing countries to formulate anti-poverty projects. It has also arranged for public funding of such projects in Pakistan, Central African Republic, South Sudan and Malawi.

7. Centering Prayer Group for contemplative prayer practice.

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