



St Jeanne Antide  
Foundation

Head Office: Ċentru Antida  
51, Tarxien Road. Tarxien TXN1090  
Reception Desk Tel. 27672367; 21808981; 21809011  
VO/0005/4<sup>th</sup> May 2008

Email: info@antidemalta.org  
Website: [www.antidemalta.org](http://www.antidemalta.org)  
Facebook: Fondazzjoni St Jeanne Antide

e-magazine – Issue No.126, October 2019

## Is-Sehem tan-Nanniet fil-Kura tan-Neputijiet

punti mil-lagħqa ma' Nanniet mill-Parroċċa ta' Birżebbuġa  
minn Marthese Cini, Senior Practitioner (Family Learning Support)

Riċentement, intlabna mill-Kappillan tal-Parroċċa ta' Birżebbuġa biex nagħmlu taħdita u mmexxu diskussjoni ma' bosta nanniet li jieħdu ħsieb in-neputijiet tagħhom. It-tema kienet: **'Kif għandna nieħdu ħsieb in-neputijiet meta jkunu magħna?'** Il-lum il-ġurnata napprezzaw in-numru kbir ta' nanniet li qed iżommu t-tfal ta' uliedhom dawn jaħdmu. Din is-sitwazzjoni iġġib magħha ħafna responsabbilijiet godda fuq in-nanniet.

Jiena nanna u konxja tal-fatt li l-ewwel haġa li aħna n-nanniet għandna nżommu f'moħħna hi li n-neputijiet mhumiex tagħna imma ta' uliedna. Għalhekk huwa importanti li nirrispettaw ix-xewqiet tal-ġenituri dwar it-trobbija ta' uliedhom. Per eżempju, jekk jgħidulna li ħelu u juices mill-inqas, għandna nirrispettaw din ix-xewqa u mhux inħallu lit-tfal jieklu bl-addoċċ dak li jeqirdulna bien nagħtuhom. Dak li mhux permess li jsir fid-dar tal-ġenituri



### Kontenut

Is-Sehem tan-Nanniet fil-Kura tan-Neputijiet .....	Pg. 1,2,3
Rokna Poezija .....	Pg. 4
Collaboration with the Psycho-Social Team of St Benedict College .....	Pg. 5
The Wellbeing of Family Caregives of Mentally ill Persons .....	Pg. 6
SOAR award by Inter-Reg Ensie Project .....	Pg. 7
Charles Miceli Scholarship .....	Pg. 8
When a Spouse Dies—list of official procedures .....	Pg. 9,10
Quote on Human Love .....	Pg. 10
Avviżi .....	Pg. 11

m'għandux ikun permess li jsir għand in-nanna. Inkella ha nħawdu lin-neputijiet u nirrabjaw lil uliedna-ġenituri.

L-aktar ħaġa li twegġa' lill-ġenituri hija meta t-tfal jgħidilhom li 'aħjar għand in-nanna milli hawn'. Huwa dover tagħna n-nanniet li dejjem inżommu max-xewqat tal-ġenituri tan-neputijiet u li t-tfal dejjem inħegġuom jirrispettaw ix-xewqiet tal-ġenituri tagħhom.

### **X'għandi nagħmel meta jkolli t-tfal ċkejknin miegħi?**

Ta' età żgħira, it-trabi jkollhom bżonn ta' ħafna attenzjoni. Barra li nitimugħhom u nżommuhom nodfa, hemm ħafna bżonn li nkellmuhom u nkantawilhom rimi u kanzunetti oħra tat-tfal. Importanti li nkellmuhom għax b'hekk ikunu qed jisimgħu l-lingwa mitkellma u jibdedw jassorbu -ħsejjes, ġesti u kliem. B'hekk ikunu qed iħejju ruħhom biex jitkellmu aktar 'l quddiem. Il-kant, min-naħa l-oħra, jgħin ħafna ukoll għax it-trabi jieħdu ħafna gost jisimgħu melodija u jimtlew bil-ferħ.

Hawn ħafna nanniet li jirraġunaw hekk: **"Jien personalment ma nafx inkanta! Allura npoġġi lit-tarbija quddiem it-TV jew il-kompjuter u taf kemm toqgħod tisma u tara!"** Le! Din mhix sitwazzjoni rakkomandata għax ma jkunx qed iseħħ komunikazzjoni bejna u t-tarbija. Il-kommunikazzjoni hija tant u tant importanti fl-iżvilupp tat-trabi. It-trabi jieħdu gost meta nitkellmu u nirraġunaw magħhom u nispegjawilhom x'qed nagħmlu. Nindunaw li qed jieħdu gost li nkellmuhom u nkantawilhom għax jibdedw jitbissmulna, jxejru jdejhom, iferfru saqajhom! Nindunaw li qed jagħrfu leħennha. Ikunu attenti meta nkunu qed nitkellmu ma' ħaddieħor ukoll għax jibdedw idawru ħarsithom lejn min qed jitkellem u mbagħad lejn min qed iwieġeb.

Meta t-trabi tpoġġihom quddiem TV jew kompjuter, ikunu qegħdin f'dinja għalihom weħidhom għax ma jkunux qed jikkomunikaw. Hin quddiem it-TV, allura, għandu jkun limitat ħafna għax ma jagħmillhomx ġid u ma jgħinohomx fl-iżvilupp tagħhom. Jekk tħossok ma tafx tkanta, isma' l-kanzunetti u tgħallimhom ħalli tkun tista' tkantahom lit-tfal. Waqt li tkunu qed tkantaw, aghmlu l-mossi b-idejkom u ħudu jdejn it-tfal f'idejkom ħalli dejjem ikun hemm kuntatt mat-tfal.

Waqt le qed tilgħabu magħhom, poġġu kemm jista' jkun fl-art magħhom meta jibdedw ipoġġu bilqiegħda. Ilagħbu magħhom bil-ġugarelli waqt li tkellmuhom sabiex il-kommunikazzjoni magħhom tkompli u tgħinuhom fl-iżvilupp.

Meta jorqdu, strieħ f'it int ukoll ħalli jkollok l-enerġija biex tkompli magħhom malli jqumu.



Hawn min jgħidlek: **"Li qed tgħid kollu minnu, imma l-affarijiet tad-dar iridu jsiru u nkun irrid insajjar ukoll. Għalhekk inpoġġiha quddiem it-TV."** Għandek raġun. Imma hemm bżonn li dawn l-affarijiet isiru jew meta t-tfal jorqdu, jew qabel jiġu, jew meta jjiġu għalihom il-ġenituri. Izjed ma nkunu mat-tfal, izjed ngħinuhom jizviluppaw.

Jasal iż-żmien meta t-tfal jibdedw imorru iċ-**childcare**. Meta niġbruhom miċ-ċentru taċ-**childcare** jista' jkun li jkunu għajjenin. Allura importanti li wara li naħsluhom f'it, jekk ikunu ġa kielu, inraqqduhom f'it. Importanti li jorqdu f'it għax jekk ikunu għajjenin ħafna jkunu iżjed fuq tagħhom mis-soltu.

**Il-Lingwa:** Kif nistgħu ngħinu lit-tfal biex iżidu l-vokabbularju tagħhom u jsaħħu l-użu tal-lingwa? Dan issir billi nkellmuhom ħafna u naqrawilhom kotba adattati. Meta imbagħad jippruvaw jitkellmu, nistennewhom bla ma naqbbzu u ngħidu l-kliem aħna. Noqgħodu wkoll attenti li meta jgħidu xi ħaġa u din ma tkunx kif suppost, ma nidhqux bihom għax niggustawhom għax din jistgħu joħduha ħażin u ma jitkellmux iżjed. L-iżvilupp tal-lingwa huwa importanti ħafna biex it-tfal jesprimu ruħhom u jnaqqsu mill-frustrazzjoni.

Waqt il-logħob tajjeb li nitkellmu magħhom dwar dak li nkunu qed nagħmlu biex huma dejjem qed jisimgħu il-lingwa u l-vokabbularju relatat mal-logħba. Il-kant huwa mezz tajjeb immens biex ninkoragġixxu l-użu tal-lingwa. Inkantawilhom 'nursery rhymes' u nistidnuhom biex ikantaw magħna. Tajjeb li dan il-kant ikun jinkludi azzjoni bħal 'touch your head, shoulder, knees and toes' jew 'row, row your boat' biex iżjed nibnu l-fehma tal-lingwa. Niftakru li t-tfal jittgħallmu l-iżjed bil-logħob.

**Meta jtifarrfu:** Meta it-tfal jibdedw jikbru xi f'it, tajjeb li nibdedw nagħmlu xi tipi ta' 'crafts' magħhom li jkunu addattati għall-età tagħhom. Mat-tfal żgħar irridu nużaw ħafna ż-żebgħa. Niżbawilhom idejhom jew saqajhom u nagħmlu 'prints' bihom. It-tfal jimxu skont kemm inkunu kreattivi aħna fl-attività magħhom. Importanti li meta nkunu mat-tfal naħdmu fuq xi proġett, nixsu bil-gazzetti u nilbsu xi fardal protettiv. Dan sabiex it-tfal jassoċjaw l-

importanza li jzommu l-madwar nadif meta jispiċċaw dak li jkunu qed jagħmlu. Jidhraw li ma jistgħux ipiŋġu kull fejn jiftillhom li jrridu.

Iżjed ma jikbru iżjed inkunu nistgħu nkunu kreattivi u nagħmlu ħafna proġetti flimkien. Il-bitħa jew il-ġnien joffru diversi opportunitajiet biex naħdmu mat-tfal: insaqqu, nizirgħu, nigbru l-ħaxix, nisimgħu l-ġhasafar u ħafna attivitajiet oħra.

Hawn min jgħidlek: **“Jien nixtieq nagħmel dawn l-affarijiet man-neputija imma hi għandha bżonnijiet speċjali u moħħha għadu ta’ tarbija allavolja għandha 5 snin.”** Hemm tfal li għandhom bżonnijiet differenti. Dan ma jfissirx li ma nistgħux naħdmu magħhom. Għandna nevitaw li nħalluhom quddiem it-televiżjoni jew bit-‘tablet’ f’idejhom biss. Xorta nistgħu nagħmlu xogħol biż-żebgħa. Jekk niżbgħulhom idejhom jew is-swaba jkunu jistgħu jpiŋġu. Per eżempju inti tpingilhom ħuta u huma jimlewha b’subajhom billi forsi ma jkunux jistgħu jzommu lapas. Kull m’għandna bżonn huwa ftit immaginazzjoni għax hemm ħafna affarijiet li jistgħu jagħmlu. Tistgħu tużaw sponża bil-kulur biex ‘ipiŋġu’. Jekk taqbad sponża tal-kċina u taqsamha f’erbgħa jew tqatta’ patata f’biċċiet, ikunu jistgħu jużaw kul biċċa b’kulur differenti u nkunu qed inderruhom jużaw il-kuluri.

Meta jibdew l-iskola u jkollhom ix-xogħol għad-dar ma nuruhomx li ma nkunux nafu kif għax il-metodi tat-tagħlim inbidlu minn ċkunitna ‘l hawn. Tajjeb li ma ngerrfxuhomx u nħallu f’idejn il-ġenitur.

**Il-qari** huwa importanti ħafna u tajjeb li naqrawhom minn meta jkunu għadhom żgħar. Meta jiġu biex jaqraw huma, tajjeb li nkunu tafu kif qed isir it-tagħlim billi nattendu laqgħat organizzati mill-iskola meta nistgħu ħalli nzommu ruħna aġġornati ma’ dak li jkun qed jiġri. Niftakru li ma nistgħux inħalluhom jagħmlu li jridu biex joqogħdu kwieti għax ma nkunux qed ngħinuhom fl-iżvilupp tagħhom.



NOTA: Wara din il-laqgħa, in-nanniet preżenti talbu li norganizzawhom kors qasir dwar il-qari tal- Malti u ta’ l-Ingliż u kif it-tagħlim qed jsir illum. Dan il-kors huwa ppjanat li jsir fix-xitwa.

#### Quotes for Grandparents

**Jimmy Carter:** “Because (grandparents) are usually free to love and guide and befriend the young without having to take daily responsibility for them, they can often reach out past pride and fear of failure and close the space between generations.”

**Geoff Dench:** “Grandparents should play the same role in the family as an elder statesman can in the government of a country. They have the experience and knowledge that comes from surviving a great many years of life’s battles and the wisdom, hopefully, to recognise how their grandchildren can benefit from this.”

**Ruth Goode:** “Our grandchildren accept us for ourselves, without rebuke or effort to change us, as no one in our entire lives has ever done, not our parents, siblings, spouses, friends — and hardly ever our own grown children.”

**Rudolph Giuliani:** “What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humour, comfort, lessons in life. And, most importantly, cookies.”

**Alex Haley:** “Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.”

**Helen Ketchum:** “Grandmothers are voices of the past and role models of the present. Grandmothers open the doors to the future.”

**Jay Kesler:** “Young people need something stable to hang on to — a culture connection, a sense of their own past, a hope for their own future. Most of all, they need what grandparents can give them.”

**Rudy Giuliani:** “What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies.”

#### Recommended reading:

Lesley Stahl: Becoming Grandma

Judy Turner: Grand Love

Gary Garrison: Raising Grandkids

## Stampi

Kemm nehdeu fil-passatempj tagħna:

vjolenza, rabja, battibekki,  
valeni, dominazzjoni, manipulazzjoni, stalletti,  
sabutaġġ, rivalità, mibegħda, għira, stmellija,  
kburija, wegħhat, abbużi u bsaten fir-roti,

Fil-passatempj tagħna l-għellidin

l-armi tagħna dejjem

l-istampi tagħna nfusna u ta' xulxin.

Nieqfu ftit, artisti hbieb:

minflok il-qtil tal-hin tal-passatempj għellidin  
xi hadd fl-aħħar skopra kif tpitter is-sliem:

aqbad l-istampa, aqbad pinzell, u fl-istampa  
induna bil-kuluri u bil-forom ta' meta wieħed

jithassar lilu nnifsu

jieħu lilu nnifsu b'serjetà żejda

u jara 'l haddieħor separat minn dak

li jara jħares lura mill-mera.

Laħlaħhom dawn sakemm ma jibqgħux jidhru

u minflokhom pitter, pitter kemm tiflaħ  
mogħdrija għalik innifsek u għall-oħrajn  
pitter imħabba, umiltà, hena, gmiel u sliem  
u pitter bil-għaġġla  
għax ma tantx fadal hin!

Meta tlesti, aqbad l-istampa li pittirt

armiha 'l-bogħod kemm tiflaħ

itfagħha minn fuq l-irdum

anzi, aħjar minflok tarmiha

ħalliha taqa', qisek qed tinza -

u hemm, fil-vojt tal-irdum

ieqaf fil-hemda, u isma'

"Iskot

u kun af

li jien Alla." \*

(\* ) Ara Salm 46:10

—- Kliem u stampa: Tony Macelli

# Pagna Poezija



## Meta Nħallu d-Dawl Jgħaddi

Meta nibdeu niskopru, u nneħħu, l-ostakli u l-bizgħat li ma  
jħalluniex inkunu dak li tassew aħna, u li ma jħallux il-ħajja tal-  
Ispirtu s-Santu tgħaddi minn ġewwa fina, aħna nsiru aktar sempliċi.  
Is-semplikità mhija xejn aktar u xejan anqas milli nkunu dak li aħna,  
li ngħarfu li aħna maħbubin. Is-semplikità hija li ngħarfu li aħna  
accettati - bil-kwalitajiet tagħna, bid-difetti tagħna, u b'dak li aħna  
fil-pedament ta' dak li aħna. Is-semplikità hija li tħalli l-imħabba u d-  
dawl t'Alla jgħaddi u jiddi fina.

—Jean Vanier, *Community and Growth*

## COLLABORATION WITH THE PSYCHO-SOCIAL TEAM OF ST BENEDICT COLLEGE

At the request of the College Principal Education Support Practitioner, on Friday 25th, the Psycho-Social Team of St Benedict College visited SJAF to discuss collaborative measures between the team and the SJAF Ċentru Enrichetta Team. Present were the following practitioners:



*St Benedict College:* Benjamin Calleja (Principal Education Support Practitioner – Counsellor); Lennox Baldacchino (College Prefect of Discipline); Melanie Bonavia (Head of Programm GHOŻŻA); Christine Borg (Social Worker), Elaine Shead (Social Worker); Maria Jones (Anti-Bullying Service); Michael Montebello (*Education Support Practitioner – Career Advisor*); Antoine Saliba (Anti-Substance Abuse Service); Rebecca Parnis (Psychology Assistant).

*St Jeanne Antide Foundation:* Marthese Cini (Senior Practitioner – Family Learning Support); Reuben Vella (Senior Social Worker); Donatella Pace Olivari (Senior Social Worker); Nora Macelli (CEO)

Both teams agreed to work in closer collaboration to maximise wellbeing outcomes for families. From its end, SJAF offered to share and contribute to the collaborative process through the following actions:

- 1) Ċentru Enrichetta Social Workers will liaise with the College Social Workers on common cases.
- 2) College informal meetings for parents at Birżebbuġa Primary School: SJAF can run workshops on essential life-practices for becoming whole; mental ill health in women; anxiety in children; violence in intimate relationships, simple and effective strategies which parents can learn to nurture their child/ren's learning and growth.
- 3) Workshops and resources:
  - Sharing of a dossier containing 13 session plans and related handouts which SJAF used to use in the past to run its Nannakola educational Clubs for grandparents who look after their grandchildren.
  - Running a workshop on *L-Anzjetà fit-Tfal* by the Lwien Service (family caregiver support).
  - Running workshops on *Essential Life-Practices for Becoming Whole* by the Emotional Freedom Service.
  - A workshop on Violence in Intimate Relationships.
  - Access resources on emotional freedom from the SJAF website. Link: <https://www.antidemalta.org/efs-workshops.html>
- 4) Referral of parents of struggling learners (early years) to the SJAF Family Learning Support Programme.

-----

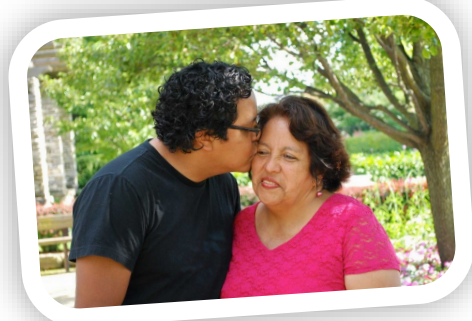
**“Love of God and love of one another lies at the core of every traditional religion.”**

**Teilhard de Chardin**

## The Wellbeing of Family Caregivers of Mentally Ill Persons

– by Connie Magro, Senior Practitioner (Psychiatric Nurse), LWIEN Service

### **Family caregiving merits affirmation and recognition by all stakeholders.**



It is a well known fact that families constitute the most natural form of support for the mentally ill. Families ensure quality of life in the sick person's troubled and bumpy journey to remission and recovery. People with severe mental illness rely heavily on their families for support lasting a lifetime. Families become a lifeline to the person who is beset by mental illness.

Their contribution saves governments billions of money.

Today families are acknowledged as one of the most significant sources of support to the mentally ill. In fact, the majority of persons with severe mental illness either live at home with their families or live independently but still

with the assistance of their relatives. The support that relatives extend to the sick family member varies: funds are forked out medication, private psychiatric consultations whenever they are needed, food and clothing and other day-to-day needs.

Relatives make special efforts to involve the sick person in recreational and social activities. They also provide other types of direct assistance such as personal care and grooming, administration of medication, management of the daily routine such as cooking and washing of personal items, accompaniment to medical and other appointments. It is the family that nurtures and supports the mentally ill member to sustain self-reliance efforts. It is the family that provides accommodation and prevents homelessness. Family support thus becomes a key factor for successful wellbeing outcomes in the treatment of mental health problems.

Following assessment, diagnosis and treatment, it is the family that is expected to provide daily encouragement to comply with treatment and to see that appointments are kept. Relatives are the ones who make sure that medication is taken according to a prescribed regimen and taken regularly to avoid relapse. Relatives are the ones who advocate on behalf of the sick person when the latter is too ill to be able to speak for himself/herself. It is the relatives who are in a position to provide useful information to the professionals - information the sick person is unable or unwilling to communicate. It is the relatives who often have to fill gaps in service roles.

Families are essential partners in care and should be treated and acknowledged as key partners by mental health practitioners. Family caregiving merits affirmation and recognition by all stakeholders. The lives of family members change in many respects. At times they feel disempowered, afraid, kept in the dark, misunderstood and judged, isolated and stigmatized. The family struggles to deal with its collective sense of helplessness, shame and social exclusion that accompany mental illness. These struggles are much worse when the problem of either alcohol or drug abuse co-exist.

Sustained fear, sorrow and guilt cause psychological anguish. Family members suffer in silence, not knowing what they themselves should do to deal with such turmoil. Sometimes they find it difficult to deal with aggressive behavior, delusions, and confusions, lack of self-care, apathy and extreme reclusiveness very tiring. Family members struggle to adjust family life and working patterns. Their freedom is curtailed. Their own relations with others outside the family and at work are undermined.

The **impact of care can tax caregivers patience** to the limit but the frustration felt by families of persons with a dual diagnosis is greater due to the enormous added burden. They have more severe symptoms, more suicidal behavior, and more non-compliance to treatment. There is more verbal hostility, disruptive behavior, aggression and poor management of personal affairs.

**Family caregivers ignore or downplay their own physical health.** It is important to understand the daily reality of family caregivers, the uncertainties they face, the overwhelming nature of the difficulties they encounter, the myriad questions that they have which often remain unanswered since very few are bothered to explain things to them in a plain and understandable manner.

There is no substitute for families who live with and care for the mentally ill member on a 24/7 basis. There is nobody else who can provide such care on a full time basis. This fact is often forgotten or ignored by professionals, policy makers and governments.

**Families are an irreplaceable yet a fragile gift to society.** The fragility can be overcome through acknowledgment and appreciations of the role the family plays in caring for their loved ones.

**Families have much to give.** They can no longer be ignored in the policy making and therapeutic partnership framework. In supporting family caregivers to fulfil their role more effectively, we would in essence be supporting the family structure and fabric to become stronger and healthier.

**Families have a life beyond caring.** They have their own needs which must be recognized. Practitioners take leave but family caregivers often sacrifice their own personal needs. Caring for caregivers essentially means investing in the wellbeing families and of society.



## ENISIE Project

Earlier this year, on the 8<sup>th</sup> and 9<sup>th</sup> May, SOAR participated in a competition organised by the Malta Innovation Hub as part of the ENISIE Project, funded by INTERREG Italia-Malta Programme 2014-2020. The aim of the competition was to find the best local and Italian idea for a social enterprise. SOAR entered the competition with its submission 'Meraki'. Meraki is a fundraising initiative that, if turned into a social enterprise, will make SOAR support services self-sustainable in the future and create jobs for vulnerable women.

The ideation event was held at the Malta Life Sciences Park in San Gwann. It offered an opportunity to learn about how to think of business, products and services. Through two sessions of mentoring, mentors Mr Rupert Mifsud and Mr Christian Kumar helped us frame our concept more clearly. On the final day, we re-pitched our idea and were co-awarded the national prize. This meant that we can use the Malta Innovation Hub space and its incubation facilities and receiving 40 hours of business mentoring. Since May, our mentor, Dr Eng. Nicholas Sammut has guided us every step of the way to understand, question, think about and build a plan which will lead to the formulation of a business plan.

In early October, the organisers of ENISIE offered us another opportunity to attend and set up a stand at the Malta Innovation Summit (MIS). We are grateful to them and to Mr Johan Zammit of MIS for waiving the fee on the second ticket and for the opportunity to attend it.



### Charles Miceli Scholarship in Social Solidarity Sponsored by The Alfred Mizzi Foundation

Two staff members of the St Jeanne Antide Foundation have been awarded the Charles Miceli Scholarship in Social Solidarity sponsored by the Alfred Mizzi Foundation. The Scholarship is intended to honour the memory of Charles Miceli, husband, father, journalist, social activist and committed social-change agent.

The SJAF personnel who have benefitted from this scholarship are Elaine Compahno, SOAR Service Manager and Shakira Fenech, Co-ordinator of the Y-Assist Service which offers supported accommodation to vulnerable homeless young mothers and their children; she too works within the SOAR Service.

Between the 10th and 15th of October, Elaine and Shakira travelled to the British Interplanetary Society in London to follow a **University Accredited DASH (2009) Risk Training – a Train-the Trainer Master Class by Dr Laura Richards B.Sc** (Forensic & Legal Psychology), MSc, MBPsP – an expert on domestic violence, stalking, sexual violence, homicide and risk assessment. DASH stands for ‘domestic abuse and honour-based violence’ It is a risk assessment tool grounded in research about the indicators of high-risk domestic abuse. The DASH Risk Checklist is a tried and tested way to understand risk. DASH is a lifeline to victims and was rolled out across the UK in 2009. Training is accredited by the University of Brighton.

Dr Richardson: after a decade of analysing violent crime at New Scotland Yard, Dr Richards became the violence adviser to the National Police Chiefs Council (NPCC). Trained by world leaders as a criminal behavioural analyst at the Behavioural Analysis Unit, National Centre for the Analysis of Violent Crime at the FBI and New Scotland Yard, Dr Richards has applied her psychology degrees to analyse violent crime from a behavioural and preventative perspective.

This opportunity has enabled two experts-by-experience to become better qualified practitioners. For SJAF, this professional development opportunity ensured the upskilling of two dynamic workers who are both personally and professionally experienced in the areas of poverty and social exclusion and family resilience work with vulnerable mothers and children.

**All of us at SJAF heartily thank Ms Pauline Miceli and collaborators and The Alfred Mizzi Foundation for this invaluable staff training opportunity. THANK YOU!!!**



## WHEN A SPOUSE DIES – official procedures that need to be followed

In our line of work, we come across families who, following the loss of a spouse, are totally overwhelmed and bewildered by the complex official procedures that have to be followed and by the lack of concise **information** about the steps they need to take. Here is a list of these steps provided by one of our staff who wished to share this information with readers. Please keep a copy of this list handy to share with anyone who needs a copy. We searched for such a list but could not find one to provide to families we know would appreciate having one to follow.



ACTION	DETAILS
<b>ENGAGE FUNERAL DIRECTOR</b>	Funeral Director will guide you through all the steps needed, as described below.
<b>MEMORIAL CARD</b>	If you like 's samples, Funeral Director will take care of chosen design, wording, material and printing. If not, you can handle it yourself by going to any printing press.
<b>FUNERAL MASS</b>	<p>On your behalf, Funeral Director will liaise with Parish Priest for everything to do with the Mass.</p> <p>The family decides who will officiate Mass and which other priests (friends of the family or the deceased) will assist.</p> <p>Music during mass: Funeral Director will give you a list to choose from but you can decide for yourself.</p> <p>Readings and who reads: family decides. Family discusses with officiating priest, copies readings and provides copies to those who accept to read.</p> <p>Guest book for signing: this is a task for the Funeral Director.</p> <p>Flowers: Funeral Director picks up the flower cards and gives them to the family after the funeral.</p>
<b>BURIAL</b>	Tell the Funeral Director where the burial is to take place. If it is a family-owned tomb, then give Family Tree plan of all those who can be buried there – signed by a Notary Public.
<b>After the FUNERAL</b>	The Funeral Director will provide the family with a pack containing: the temporary Death Certificate issued by the hospital; burial permit; guest flower cards; signed guest book; left over photo mementos and the coffin cross. The Bill is sent about a week later.
<b>IDENTITY MALTA</b>	<p>Before going there, the family needs to take about 10 copies of the deceased's Identity Card + 6 copies of the Hospital's temporary Death Certificate. These will be needed for official processes. The day after the funeral, you need to go to Identity Malta at Mater Dei hospital itself to inform them of the passing away of the relative and to apply for the Official Death Certificate. They ask you for a photocopy of the Temporary Death Certificate which had been given to you by the Funeral Director. You will be given a receipt stating indicating the approximate date to pick up the Official Death Certificate from the office in Evans Building, Valletta.</p> <p>There are 2 Death Certificates which are issued: the first is a detailed and the other is a short version which you need to proceed with other official steps.</p>
<b>ID CARD</b>	The next day after the funeral, on the same day that you go to your local branch of Social Services to hand in the deceased person's Identity Malta. This is done so that Social Services can immediately stop any pension/ benefits. If not, you would need to refund at some stage.

<b>BANK</b>	If the deceased person held a bank account, then the funeral expenses can be paid from such an account. So, as soon as you receive the funeral bill from the Funeral Director (up to a week after the funeral), you <b>need</b> to go to the bank. Present the bill, a copy of the Temporary Death <b>Certificate</b> , a copy of the ID Card and, if known, the account number. Depending on the bank policy, you will either be given a Bank Draft there and then to pay the bill or else the Bank will pay the Funeral Director itself.
<b>WAITING TIME</b>	One needs to wait at least 3 weeks for the release of the Official Death Certificate. As soon as this is issued, it is best to collect at least 4 copies of it since some processes require an original one. Then proceed with the following:
<b>CAUSA MORTIS</b>	<p>As soon as you get hold of the Official Death Certificate, go to a Notary Public to start the Causa Mortis. Give the Notary:</p> <ul style="list-style-type: none"> <li>A copy of the Will (not an original);</li> <li>2 Official Death Certificates (original);</li> <li>Photocopy of the ID card;</li> <li>Bank account number/s of the deceased person and any other information about finances (investments, etc.).</li> </ul> <p>If property is owned, then present a house plan. If no house plan is found, ask and pay an Architect to prepare one.</p> <p>The Notary will start research to complete the process of the Causa Mortis. For example he/she will contact all banks to determine the financial situation of the deceased. A house plan and location is also obtained to determine an estimate of the property (property is taxed at 5%). The Notary also needs time to research whether there is a secret will.</p> <p>When there is no will, the Causa Mortis will proceed as normal.</p> <p>Causa Mortis takes a minimum of 5 months to complete. The Court issues a ‘Segreta’. From then on, the Notary calls you to sign the Causa Mortis and pay tax.</p> <p>The Notary informs the Bank of the issuing of the Causa Mortis so that the heirs can apportion the inheritance.</p>
<b>ARMS Ltd.</b>	Utility Bills: Go to Arms Ltd. And present a copy of the Causa Mortis so that they will change the account holder’s name on future bills.
<b>TELEPHONY</b>	Advise the service provider of the change of account holder. A fee is charged.
<b>CAR INSURANCE</b>	Advise insurance company: submit a copy of the ID Card + Official Death Certificate. If you intend to sell vehicle, then fill a form signed by the Notary to be able to sell it and thus able to transfer the care to new owner. Relative keeping car: same procedure.

**“Human love is whatever energy we use to help divine love achieve its purpose.”**

**Teilhard de Chardin**



<https://www.facebook.com/SjafAntideCentre?fref=ts>



Find us on:  
**facebook**



### 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 IBANMT03APSB77080005504720000681886  
BOV IBAN MT28VALL22013000000040020033790  
HSBC IBAN MT50MMEB44130000000013175051001  
BANIF IBAN MT49BNIF1450200000000210404101
- 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: [info@antidemalta.org](mailto:info@antidemalta.org)

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

### 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. 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: [soarmalta@gmail.com](mailto:soarmalta@gmail.com).

**4. Y-ASSIST initiative:** 2 residences for the provision of supported accommodation to vulnerable mothers and their children.

**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.

*All back issues of the SJAF Magazine and other publications are downloadable from:*

[www.antidemalta.org](http://www.antidemalta.org)