



SJAF e-magazine



St Jeanne Antide
Foundation

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

Email: sjafngo@gmail.com
Website: www.antidemalta.org
Facebook: Fondazzjoni St Jeanne Antide

a monthly e-magazine – Issue No.118, April 2018

CREATIVE CARE PACKAGES FOR VULNERABLE FAMILIES

*a project funded by the Voluntary Organisations Programme funding scheme (VOPs)
of the Ministry of Education and Employment managed by the Malta Council for the
Voluntary Sector (MCVS)*

Project OUTCOMES - May 2017 to March 2018

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OUTCOME 1: Identified 70 vulnerable families, as and when they were referred, assessed their expressed support needs, developed and implemented a Family Care Package for each.

- Identified families and provided intense, holistic social work support to 70 families, 28 of whom are still high support ones at the end of the project. (see attached chart of model of holistic family support offered to families);
- Professional supervision sessions provided to social workers, discuss care plans and on-going family casework outcomes, and explore other approaches to maximise wellbeing outcomes;
- Tapped into continuous professional development opportunities that were available at national level, organised by other service providers.
- Held monthly progress review and case discussion sessions, involving the contribution of other professionals;
- Contacted potential sponsors to be able to provide in-kind support to families, depending on the nature of their needs (e.g. funds to change a lock to safeguard mother and children's safety from abusive parent/ partner; funds to tailor make an ECDL course for a very disadvantaged service user who cannot catch up and cope with learning in a group context; funds to top up service users' tallinja card or their mobile phone credit so that they manage to attend hospital/ court/ lawyer/ social security/ social welfare agency/ probation appointments and call callers back when needed; funds to enable service users to repair their run down car so as not to fall into a depression due to guilt and frustration and helplessness in having to give up all children's and own commitments without a car. One sponsor donated €3,000 that enabled one social worker to pay off all debts (rent, food, utilities) of a migrant family of 5, one of whom has a disability.
- Submitted advocacy letters and social reports, emails, calls on behalf of service using families in order to ensure their right to access justice, protection, services, in-kind support schemes, and information. Service providers to whom such advocacy letters, emails and calls are made on behalf of families included the following:
- Housing Authority;
- Arms Ltd.;
- Malta Community Chest Fund Foundation, Social Unit;
- The Police: district stations, especially the Victim Support Division in Floriana;
- The Women's Rights Foundation;
- Victim Support Malta (NGO);
- Food Bank Malta, St Andrew's Scotts Church, Valletta;
- MCAST;
- Employers;
- JobsPlus;
- Lino Spiteri Foundation;
- LEAP Centres;
- Social Security branch offices;
- Community Mental Health clinics;
- Private mental health practitioners;
- CDAU;
- Various shelters;
- Various companies and entrepreneurs to provide sponsorships to cover emergency costs of certain service users;
- SAS (Azzjoni Kattolika);
- Employee Relations Department;
- Commission on the Rights of Persons with a Disability;
- Parish Diaconia Commissions;
- Schools/ Colleges;
- Private legal and medical practitioners (for pro bono work in support of service users);
- 14 service users (out of the 56 families supported) were encouraged, and have since become volunteers; are service users who have been supported by the project and have now become volunteers.
- Pen drive with support resources** for vulnerable persons prepared for sharing with service users who would benefit from its contents. So far, content includes the following:

many recipes in simple Maltese for meals that are high in nutrition, low in cost and uncomplicated to cook for young parents with no cooking experience;

several powerpoint presentations in Maltese with colour illustrations on baby nutrition; healthy eating; benefits of eating herbs and vegetables; making one's own cleaning

disinfectants to save money; how to store food in one's fridge and why;

learning to distinguish between items one wants and ones that are essential for the family (kapriċċ versus bżonn);

series of 15 illustrated articles in Maltese on emotional freedom (helsien emozzjonali).

OUTCOME 2: Mobilised the competencies of different professionals to implement different elements of the Family Care Packages.

Personnel mobilised, including Volunteers, to provide support, depending on care plans developed, included:

- ◆ Social Workers
- ◆ Psychiatric Nurse
- ◆ Social Work supervisor
- ◆ Family Learning Support practitioner
- ◆ Self-Esteem groups facilitator

Apart from the project workers, 7 other professionals mobilised (at no cost to this project) to provide their specialist expertise to maximise wellbeing benefits for the identified families (Lawyer, Notary Public, medical doctor, 3 experienced handymen for refurbishment of 2 counselling rooms and a resource room).

OUTCOME 3: Mobilised and supported 35 Volunteers to work alongside professionals for the personal growth and development of the identified families

45 mobilised (target exceeded):

1: Emotional Freedom worker

6: Peer Survivors of domestic violence helping other survivors and for helping organisations of events – courses/ fairs + admin work (SOAR Volunteers/ 6)

2: Volunteer Handymen (2) to carry out basic repairs and maintenance work in poor families' houses

15: Volunteer Learning Support Tutors (15)

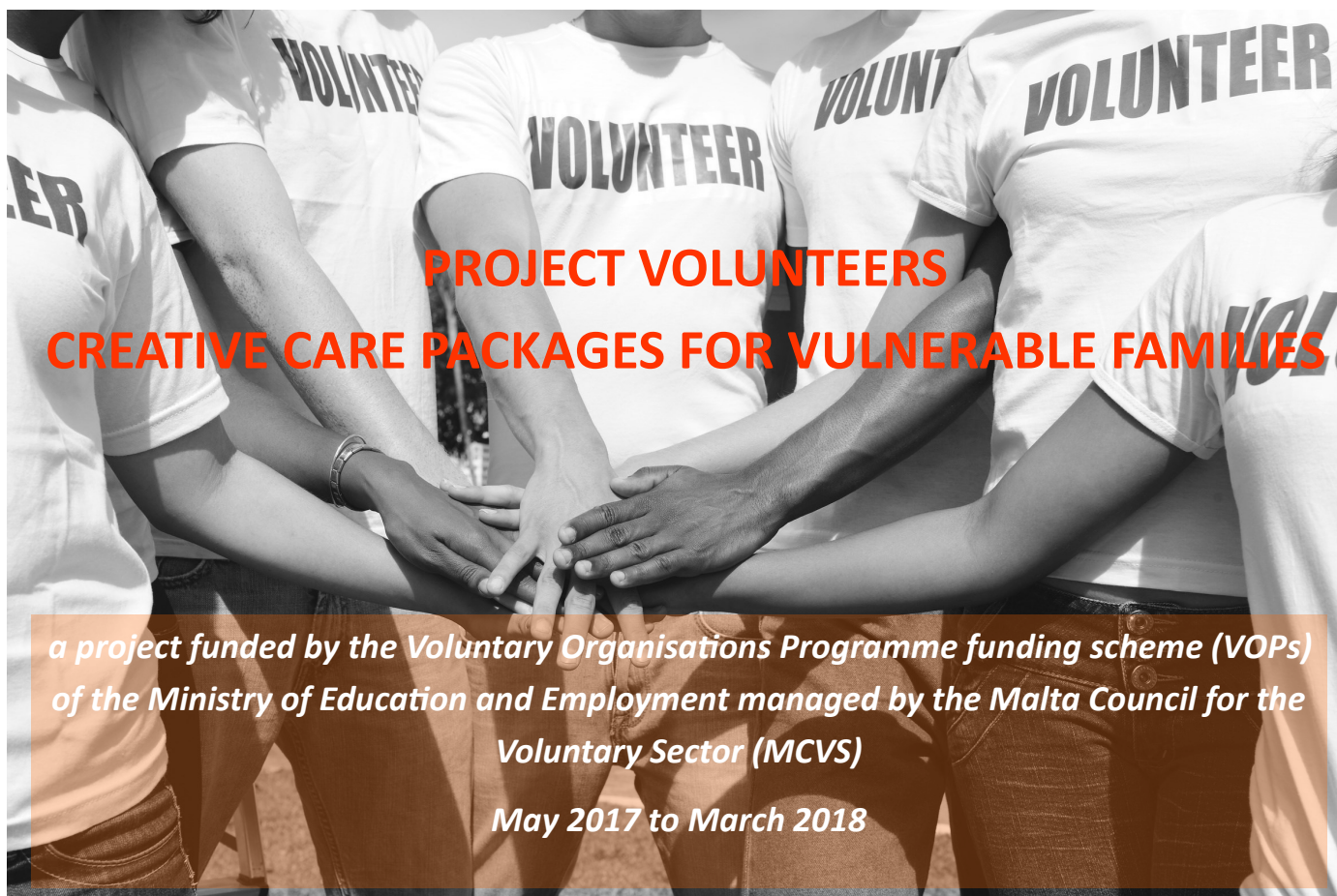
2: Mentors with young persons with cognitive impairment (2)

4: service users engaged as volunteers to learn crafts-making and to produce items for sale;

12: service users trained for voluntary welcome work at the Foundation's centres;

3 Volunteer Mentors matched with vulnerable youth for outings and skills building.





a project funded by the Voluntary Organisations Programme funding scheme (VOPs) of the Ministry of Education and Employment managed by the Malta Council for the Voluntary Sector (MCVS)

May 2017 to March 2018

45 Volunteers have been providing a service to matched service users during the project cycle. What follows are a few examples.

1 Emotional Freedom worker: the volunteer runs the Emotional Freedom Service for individuals wanting to be free from their anger, fear or other emotional distress. Project Social Workers and other professionals running SJAF services refer persons to him whenever they assess that the person is ready to access the Emotional Freedom Service. Apart from this voluntary service, the volunteer has written 15 articles in Maltese explaining, in simple terms, a number of techniques they can continue to use on their own, whenever their emotions show signs of erupting. The articles form part of the contents of a pen drive for service users prepared as a by product of the project.

6 survivors of domestic violence who are members of SOAR informally provide peer-to-peer support, meet each Saturday to produce handicrafts for fundraising, and volunteer during events.

2 Volunteer Handyman are guided by social workers to carry out basic repairs and maintenance work in poor families' houses

15 Volunteer Learning Support Tutors form part of a larger team and weekly provide one-to-one or one-to-two learning support to children referred to them by SJAF social workers, as part of the care plan for the child and his or her family system.

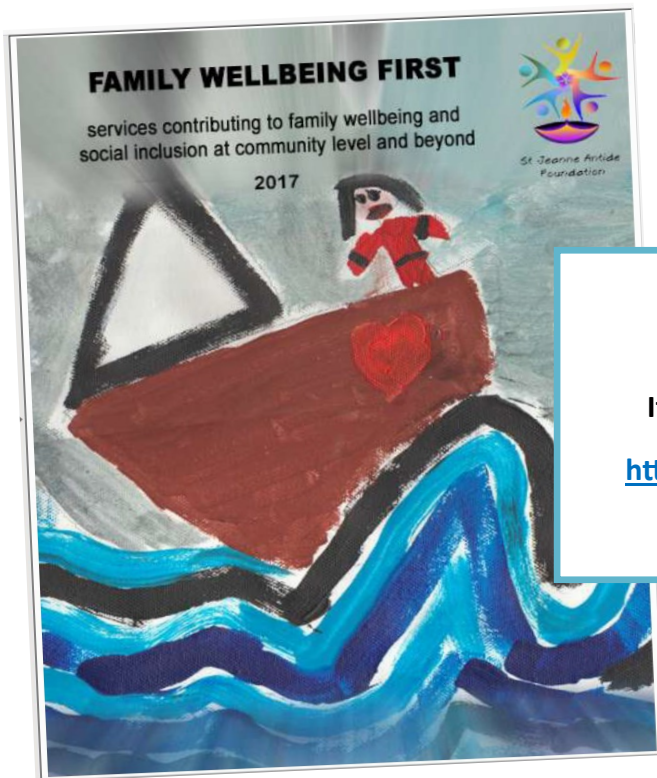
5 Volunteer Mentors matched by social workers to young mentees. Examples:

one young mother with cognitive impairment whose child too is cognitively impaired; Mentor teaches her planning meals, cooking, self-care. She has become an aunt she never had.

a youth with cognitive impairment has been matched with a Mentor; they go out together to places the young man wishes to go like other youth; the Mentee feels he is now a man because he has a friend and is no longer constrained to go out only with his parents.

4 service users engaged as volunteers to learn crafts-making and to produce items for sale;

12 service users have been trained for voluntary welcome work at the Foundation's 2 family centres;



SJAF annual report for 2017 is out.

It can be download by clicking on the link below

<https://www.antidemalta.org/annual-reports.html>

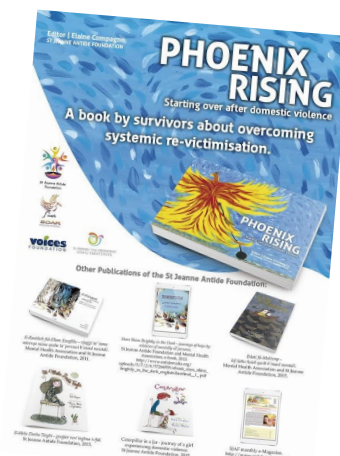


Tajt kom xitaba zykira. għax napprezza dak li
 amiltu miegħi bis-sakka ta' kom il-lum. il-Gurmeta
 na-f-nagra xitaba u niktib. ukoll xitaba.
 issa qed nagra xi niceti u xi santi
 gattma u tard biex titallim.
 kadd magħandu jagħta galbu
 Rita.

Apprezzament mingħand
service user

All our publications can be purchased online from our website -
 click on below link

www.antidemalta.org



2017 Statistical data

141 Volunteer in 2017: their roles and number:

Roles	No. of active volunteers
Learning Support Tutors and Mentors (43) + 10 with Y-Assist	53
Social Work support	18
SOAR Service	15
Reception work at the Antide Family Centre	15
Handicrafts making/ teaching	14
Support to administration (3 of whom cleaners)	10
Governance (one of whom outgoing)	9
Fundraising	4
Handymen	2
Overseas Development Projects	1
TOTAL	141 (100%)

Ages of the 141 volunteers

Age bracket	No.	% of total
Up to 20	15	11%
20-29	14	10%
30-39	15	11%
40-49	13	9%
50-59	27	19%
60+	57	40%

Volunteers discontinuing or remaining in 2017:

Discontinued at some point in 2017	Volunteers still active at the end of 2017	Total volunteers who worked at any time during 2017
35	106	141

Overview of volunteers during 2017 by gender:

Females	Males	Volunteers who worked at any time during 2017
120	21	141

Overview of volunteers during 2017 by regular vs occasional work:

Regular	Occasional involvement	Volunteers who worked at any time during 2017
139	2	141

Inĥeles Minn Ġewwa



St Jeanne Antide
Foundation

Tlett Iktejjeb b'xejn għal fuq il-mobajl jew kompjuter jew tablet — sabiex tegħleb it-tbatija tiegħek, tħossok aħjar, u ma għorrx piżijiet żejda. Inĥeles. Ifraħ. Agħder. Aqdi.



Niżżilhom bla ħlas, u aqrahom fuq kompjuter, mobajl, tablet eċċ. Mur f'din il-paġna tal-websajt tagħna, u niżżel kull ktieb fil-format li għandek bżonn: .PDF (kompjuter, tablet); jew ebooks għall-mobajl: .MOBI eBook (kindle) jew .ePub ebook. Nirrikmandawlek ukoll "il-Metodu tal-Merħba", li jinsab fl-istess paġna:

<https://www.antidemalta.org/efs-books.html>

Jekk l-għaqda, ditta, jew dipartiment tiegħek għandu bżonn ħafna kopji stampati, nagħmlulek stima; ċempel lill-Amministraturi fuq 21808981 jew ikteb sjafngo@gmail.com. Jekk tridu workshops dwar kif tiegħu ħsiem sentimenti diffiċli, tkellmu magħna dwar il-bżonnijiet tagħkom.

DAN IL-POSTER JITNIŻŻEL UKOLL MILL-ISTESS PAĠNA, JEW DIRETT MINN [HAWN](#):
GĤADDIEH LIL GĤAQDA JEW PERSUNI OĤRA. GRAZZI!

Ktejjeb A

1. It-tifel ġewwieni tiegħi, xi jrid jismagħni ngħidlu?
2. Kif nista' naħfer lili nnifsi?
3. Kif nista' naħfer lill-ġenituri?
4. Ir-rabja u l-Belveder
5. Biex ma nitkaxkarx: il-Metodu tal-Merħba

Ktejjeb B

- 06 - Kontra l-Ansjetà: Il-Metodu tal-Kummentarju
- 07 - Kontra l-Ansjetà: Kun Konxju-Attent
- 08 - Ergajt Waqajt
- 09 - Inzomm f'Qalbi—Parti 1
- 10 - Inzomm f'Qalbi —Parti 2

Ktejjeb C

Maħruġin minn

[Servizz Ĥelsien Emozzjonali](#)

tal-[Fondazzjoni Santa Ġovanna Antida](#)

Intervista ma' Residenta ta' Dar Esther

Dar Esther hu servizz ġdid tal-Fondazzjoni kommissjonat u finanzjat mill-President's Trust li jikkonsisti f'akkomodazzjoni u programm edukattiv għal żgħażaġħ vulnerabbli li se jwelledu jew bi tfaġġ taħt il-ħames snin

Ili minn Settembru 2017 li sirt residenta ta' Dar Esther. Għandi 18 il-sena u għandi tifla ta' għaxar xhur; kellha 3 xhur meta dhalna noqogħdu f'appartament ċkejken f'Dar Esther. Lanqas naf kif jgħaddi ż-żmien.

Inħossni tajba ħafna f'Dar Esther u napprezza ħafna l-għajjnuna kbira li nsib. Napprezza ħafna l-fatt li għandi post u li nista' infendi għal rasi. Mhux bħal meta issib ruħek trid bilfors tgħix f'xi kamra għand xi ħadd u tkun hemm fuq demm id-dars. Jogħgobni wkoll il-fatt li rrid nagħmel kollox jien – insajjar, naħsel il-ħwejjeg, innaddaf, nippjana jien kif se nuża l-ħin.

Napprezza ħafna ħafna l-fatt li nikkontribwixxi ammont li żgħir għall-akkomodazzjoni sakemm inkun nista' ngħix għal rasi; kieku kien ikun impossibbli li ngħix x'imkien f'kirja għax il-kirjiet m'għola s-sema. Il-ħin nippjanah jien u mhux timetable li jimponielek xi ħadd. Fil-flett ngħix waħdi.

Il-Fondazzjoni offrietli għalliema għax jiena ridt nitgħallem ħalli fil-futur inkun nista' jew nistudja jew naħdem. L-għalliema li għandi, kollha all right u jispjegawlek skont il-pass tiegħek.

Is-social worker tiegħi mill-Fondazzjoni dejjem tgħinni bl-aħjar mod li tista'.

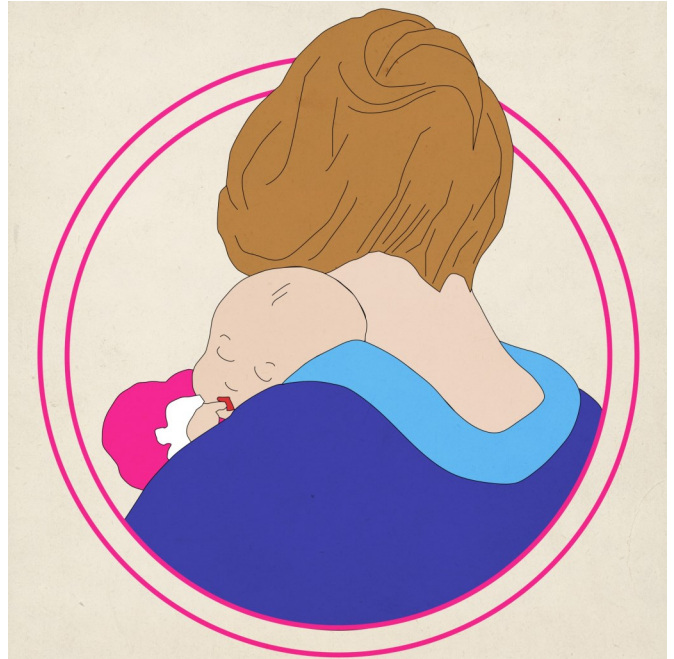
Il-Fondazzjoni laqqgħetni wkoll ma' Mentor. Il-Mentor hija voluntiera. Hija all right ħafna. Nitkellem magħha fuq kollox. Jekk ikolli dwejjaq u naħsel naqta' qalbi, hi dejjem tferraħni u tiggwidani. It-tifla tħobbha ħafna lill-Mentor. U l-Mentor tħobb lilha ħafna wkoll! Ikolli bżonn xi ħaġa, tara kif tgħini. Tiftaħli għajnejja. Turini kif ma nonfoqx ħafna flus għal xejn – bħal ħwejjeg, għax jien iffissata fil-ħwejjeg. Nixtri l-bżonn mhux dak li jaraw għajnejja. Tgħinni f'kollox. Qisha ommi. Kull ma nistaqsiha taf tgħinni. Sibt familja fil-Mentor u l-familja tagħha. Lanqas kont naf li hawn familji tajbin hekk.

Mill-familja tal-Mentor tgħallimt li hawn familji fejn m'hemmx piki u preferenzi. Ix-xogħol tad-dar jinqasam bejn tnejn – il-koppja jifthiemu u jaqsmu kollox bejniethom. M'hemmx ġlied u għira. Togħgobni s-sistema ta' Mentors! Veru ssib għajjnuna kbira permezz tagħhom.

Veru kien hawn bżonnu dan is-servizz ta' Dar Esther għal dawk bħali li m'għandhomx familja. Kieku tispicča homeless.

Jien qed nitgħallem Malti, Maths u Inġliż u sejra tajjeb ħafna. L-għalliema tal-Inġliż u tal-Maths huma voluntieri. Veru qalbhom tajba u ddedikati.

Għal min hu lest, dejjem hemm triq x'tiskopri li tmexxik fid-direzzjoni t-tajba.



Mingħajri ma tistgħu tagħmlu xejn!

minn Lynn Aquilina

Ħafna drabi, għalkemm inkun irqadt raqda tajba, filgħodu xorta nqum bla heġġa ta' xejn. Imbagħad nibqa' bi ngħas il-ġurnata kollha, u nibda ngħid imma raqdt dawn is-siġhat kollha kif jista' jkun erġajt qomt bi ngħas? Ir-raġuni tkun li vera jien inkun riekda u ġismi ikun mistrieh, imma moħħi jibqa' jaħdem u jaħseb. Huwa tort ta' dawn il-ħsibijiet li għalkemm inkun irqadt inqum għajjiena xorta.

Jien nesperjenza l-istess haġa spiritwalment. F'dak is-sens li ngħid u nħossni li nemmen u meta jistaqsuni biex nitkellem fuq ħajti u l-fidi tiegħi fl-isfond tad-diżabbiltà li għandi, noħroġ bi grinta u enerġija qawwija għax hemm faċli nirrealizza li Alla qiegħed miegħi u li mingħajru ma nista' nagħmel xejn. Il-gwaj jinqala' meta tfaqqa sajjetta fil-bnazzi.

Nibda ngħid basta ngħid li nemmen u fl-istess ħin insibha vera diffiċli biex indur lejn Alla u nitolbu jgħinni fil-mument diffiċli. Mhux għax ma nemminx fih, imma għax inħossu li qiegħed jikkondizzjonali ħajti. Alla jikkondizzjonali ħajti f'dak is-sens li rrid nuri li nemmen fih billi nħobb, naħfer u nħenn. Heqq, ngħid il-verità, bniedma dgħajfa li jien mhux dejjem ikolli aptit nipprattika l-fidi.

Allura nispiċċa bla forza spiritwali, għax nibda nisfida lili nnifsi u mmur kontra dak kollu li hemm magħġun fija. Inkun nixtieq nesperjenza xi tisser ħajja bla Alla; imma teżisti kuntentizza mingħajru? Hu perjodu ta' dlam u ikrah ħafna, għax donni nkun irrid nemmen dak li qatt ma nista' nemmen - il-fatt li nista' ngħaddi mingħajr Alla.

Għalkemm f'ruħi nkun qed nissielet din il-battalja, hi haġa tal-għaġeb kif minn barra n-nies jibqgħu jaraw lil Alla fija. U hemm bħal donnu fija nisma' vuċi tgħidli: "Erġa' dur lejja u nizzel għeruqek fija, biex xejn ma jkun jista' jifirdek minni. Mingħajri ma tista' tagħmel xejn mhux għax nikkondizzjonalek ħajtek imma għax jien nagħtik Imħabba perfetta mimlija libertà biex tgħix ħajja shiħa."

NEW

bazaar

Tuesdays
from 8:30am to 11:30am

Ċentru Enrichetta
Triq San Tumas,
Birżebbuġa
(behind Parish Church)

St Jeanne Antide Foundation



Do you **support** someone
with **mental health** issues?
Do you need someone
to talk to?

You are not alone. We can help.

The Mental Health Association is organising a support group for family carers/members facilitated by a **Psychologist**

First session Monday 7th May at 6.00pm |

Place Centru Lucija 45, Triq Stiefnu Zerafa
Marsa

Map: <https://www.google.com/maps/@35.8856476,14.4950858,19z/data=!5m1!1e4?hl=en>

Places are limited. Please apply by 30th April 2018 by sms on 79461694



Find us on:
facebook®

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



BAZAAR Tarxien u Birżebbuġa

b'risq il-Fondazzjoni

Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa - Tarxien

Kull nhar ta' Tlieta - Birżebbuġa

mid-9:00 sa 12:00

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. 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.

4. Dar Esther for vulnerable young pregnant women and young mothers: accommodation, educational programme, mentoring. Commissioned by The President's Trust.

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.

NOTE Dar Hosea: day centre for women involved in prostitution. This service has become autonomous and is now self-managed.

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

www.antidemalta.org