



SJAF e-Magazine

SJA FOUNDATION

Centru Antida

51, Tarxien Road

Tarxien TXN1090

Reception Desk Tel. 27672367; 21808981; 21809011

Email: miriam.sjaf@gmail.com

VO/0005/4th May 2008

a monthly e- magazine – Issue No.45, May 2011

KIF NIEHU HSIEB MEMBRU TAL-FAMILJA LI JSOFRI MINN DIPRESSJONI

minn Connie Magro, Senior Psychiatric Nurse

Kull marda tista' twassal persuna biex taqa' f'dipressjoni. Jista' jkun ukoll li d-dipressjoni nnifisha tikkawza marda oħra. Id-dipressjoni tista' titfaċċa ma' ugiġh kroniku u ma' mard mentali ieħor bħal OCD, il-Psikozi, id-dizordni fil-personalità, il-bi-polar disorder u oħrajn.



X'għandi nagħmel meta xi hadd fil-familja jaqa' f'dipressjoni?

- Għandi nfitteż li nitgħallem dwar il-marda;
- Jeħtieġli nitkellem ma' professjonista;
- Tajjeb li nirriċerka sew fuq x'kotba tajbin hawn fis-suq qabel ma naqbad u nixtri wieħed bl-addoċċ. Aħjar nistaqsi professjonist dwar l-awtenticità tal-awtur u kontenut.
- Irrid nirrealizza li l-familja hi l-fus ta' kull appoġġ u kura għall-qraba morda. Kulhadd isemmi s-sbuħija tal-għaqda fil-familja u tal-appoġġ li wieħed isib f'ċirkostanzi diffiċli. Bl-istess mod wieħed isemmi d-dwejjaq u qsim il-qalb meta wieħed ma jsibx għajjnuna mill-familjari.
- Nirrealizza wkoll li jekk ftit li xejn insib għajjnuna mill-bqija tal-familja, hawn professjonisti u għaqdiet li jafu jkunu t-tieni familja tiegħi; m'għandix għalfejn naqta' qalbi;
- Ma niffittax lill-membri tal-familja marid/a għax inkella ndejqu u abbi jibda jabborrixi il-kura. Għandi biss ngħidli: "Din kura, qalbi. Ħudha." U daqshekk.
- Nisma u nwennes!

...pg2

KONTENUT

Kif niehu hsiieb membru tal-familja li jsofri mid-dipressjoni.....	pg 1-2
Helping a person with Paranoia.....	pg 3
Is-Sinjura Margaret Abela żżur il-Proġett Vinci.....	pg 3
Aħbarijiet.....	pg 4
Proġett Ġamra.....	pg 5
Message from Sr Hend in Pakistan.....	pg 6
Il-Kwiekeb fid-Dlam Jixegħlu.....	pg 6
Xhieda tal-Voluntieri.....	pg 7

Rokna Poeżija.....	pg 8
Live-In	pg 8
Grupp għall-Arti.....	pg 8
Funzjonijiet li kull membru jista jassumi.....	pg 9
Index to SJAF Magazine.....	pg10
My Experience – Hannah Grech.....	pg11
Avviżi.....	pg12

- Nifhem li d-dipressjoni hija marda serja. M'għandix nipprova nagħmilha tal-għaref billi ngħid lill-marid: "U ejja qum minn hemm." "Kem m'int għażżien!" "Għalfejn qed tgħagġibhom? Ejja, qum u mur hu doċċa." "Kulhadd ikollu burdati ħżiena." "Ma kienx għass li rabbewk fih." Jeħtieġ li nifhem li d-dipressjoni toqtollok l-enerġija; tħeddlek; toqtollok kull motivazzjoni li jkollok biex taħdem u tagħmel xi ħaġa bik innifsek; tohnoqlok kull sens ta' saħħa u kuntentezza. Għandi dejjem nevita kliem dispreġġattiv.

- M'għandix nikkonsla għax bosta drabi nikkunslaw persuna bi kliem li ma jissarrafx f'għajjnha. Nużaw kliem vojta li aktar idejjaq u jirrabja



lil dak li jkun.

- **Għandi nkun naf is-sinjali tas-suwiċidju** u noqgħod attenta biex nilmagħhom: Is-sinjali jinkludu kummenti bħal: "Uff kif xbajt f'din il-ħajja. Xbajt ngħix." Sinjali oħra jinkludu meta persuna tibda tqassam dak li għandha. Meta tħalli ittra fejn tidher. Meta l-persuna tmur tagħmel testment mingħajr ma qatt tkun semmieta qabel. Hu parir ta' professjonista.

- Ma jimpurtax jekk nitkellem fuq is-suwiċidju bil-miftuħ għax jista' jkun li ngħin biex insalva h-ħajja ta' dak li jkun. Tibżax tistaqsih jekk hux qed jaħseb biex itemm ħajtu b'idejh. Hu parir ta' professjonista. Tajjeb li wieħed iżomm dejjem f'moħħu li wieħed ma jahtix għas-suwiċidju ta' ħaddiehor. Meta kanċer jinfirex, ħadd ma jhossu ħati. Bl-istess mod wieħed m'għandux jaħseb li kien hu li kkawża suwiċidju.

- Inkun fil-viċin biex iħossu jista' jkellmek u jiftaħ qalbu miegħek. Ieqaf dak li tkun qed tagħmel u isma'!

- Niftakar li meta l-persuna tesprimi pessimizmu, rabja, frustrazzjoni, u swied il-qalb, tkun il-marda li qed titkellem, mhux il-persuna.

- M'għandix għalfejn nieħu għalija meta l-marid jgħidli: "M'intix qed tifhimni." F'dal kas, għandi ngħidli: "Naf. Għandek raġun." Jew: "Veru li forsi ma nifhimx eżatt minn xiex għaddej u x'qed tħoss. Imma jien qed hawn biex ngħinek." Jekk noqgħod nikkuntradih, se niffrustrah aktar.

- M'għandix inkun paternalistiku. M'għandix indawwar kolloxx fuqi u ngiegħlu jhossu ħażin aktar. M'għandix niproteġih iżżejjed għax ma nkunx qed ngħinu. L-anqas m'għandi nieħu r-riedni ta' ħajtu f'idejja u nibda nagħmillu kolloxx jien. Din mhix għajjnha. Ahjar tgħidli: "La tkun tajjeb, hu deċiżjoni int. Nissapportjak."

- Nista' nistiednu nagħmlu xi ħaġa flimkien: mixja ta' sikwit tgħin it-triq tal-fejqan u ttaffi s-sintomi.

- M'għandix nistenna affarijiet kbar. Wieħed ma jgħaddilux hekk, kif ġieb u laħaq.

- Għandi nhejji ikliet bnini.

- Għandi ngħib ruħi miegħu bil-gentilezza u mħabba!

- Nista' nissuggerilu jsib grupp ta' appoġġ li jgħinu. Fil-grupp jista' jtitkellem fuq dak li jhoss u għaddej minnu u jagħti passi 'l quddiem biex ifiq. ----

Helping a person with paranoia

by Hannah Grech

We went in as strangers but we did not leave like strangers. It was hard at first to comprehend the bigger picture but your heart tells you that this person was sitting on a dormant volcano. This person was scared of us, you could see it in her eyes yet they were also asking for help. Her fear constricted her every move and it dominated her life so much so that everyone is a threat in her uphill struggle of a life.

We started working on trust as this is the foundation for all healthy relationships and this took some time. I went to her home every week and, to due to the mistrust caused by the illness, I always informed her beforehand that I was visiting. I used to sit down with her in her kitchen, talking. She used to tell me that she does not know why we offered her help as she does not need any but at the same time she could not stop talking about her issues. We talked about the fears, the expectations and her personal wishes. Week after week, the issues got deeper and we could slowly link them together. She came to understand the value of our role in her life and slowly understood that her life could be better and that she could ease her anxiety.

I also used other measures to increase her trust and that was by helping her children in school related matters. This helped her to realise that we were not against her but for her. We then moved to the point of discussing getting professional psychiatric help for her mental health state. At first, she resisted but after we discussed the issue at length she could see the benefit of such a step.

I assisted her for the meeting with her doctor and even though I could feel her struggling with her herself to open up I could also sense relief on her part that she was now on her way forward to improve her life and relationships. It was then that I realized that what we are doing was right, something intangible but eternal and was very proud to be part of it.

Now she is sleeping, eating and as she explained to me 'everything seems better.' Her marital relationship started to mend and she is branching out by participating in her community.

In her mind, we changed from 'hostile people snooping around' to 'welcomed people' in her home. That is proof that people need people that care in a world that often leads us to believe that it is not the case. Caring is an attitude, a belief, a knowledge base and a skill which should be at the centre of our focus on our service-users' well-being.

Is-Sinjura Margaret Abela żżur il-Proġett Vinci

Il-Proġett ta' ħidma soċjali u edukattiva fil-komunità ta' Haż-Żabbar li qed titwettag id f'id mal-parroċċa huwa ffinanzjat mill-ISTRINA tal-Malta Community Chest Fund. Nhar il-Ġimgħa 20 ta' Mejju, Is-Sinjura Abela żaret il-proġett u ltaqgħet mal-ħaddiema tal-proġett flimkien mal-Kappillan Dun Bastjan Caruana u ma' numru ta' persuni li qed jagħmlu użu mis-servizzi differenti offruti mill-proġett. Is-Sinjura Abela żaret ukoll familja appoġġjata mill-ħaddiema tal-proġett. Iż-żjara kienet apprezzata mmens mill-ħaddiema u mill-familji li kellhom l-opportunità li jittkellmu mas-Sinjura Abela. Grazzi lill-Malta Community Chest Fund tal-appoġġ li mingħajru din il-ħidma ma kenitx tkun possibbli.



Aħbarijiet mill-Fondazzjoni

Data	Attività
2	Laqgħa tal-Mental Health Association
10	Beneficiaries Night organizzata minn The Voices Foundation . Il-proġett imressaq mis-St Jeanne Antide Foundation intgħażel bħala l- <i>key project</i> għal dawn is-sentejn. Dan hu l- Ġamra Community Work Project fil-parroċċa tal-Fgura. Aktar tagħrif f'dan il-Magazine.
11	Hannah Grech, studenta Universitarja fl-aħħar sena tal-kors tas-Social Work, ittemm 400 sigħa practicum fis-social work mal-Fondazzjoni (ara żewġ artikli tagħha f'din il-ħarġa tal-e-magazine).
12	Laqgħa mas-Sindku tal-Fgura Byron Camilleri f'Ċentru Antida dwar il-Proġett Ġamra ffinanzjat minn The Voices Foundation.
13	Prezentazzjoni mill-Fondazzjoni fuq it-tema Il-Volontarjat għall-istudenti tal-module Missiology tal-Fakultà tat-Teologija u l-Voluntary Lay Missionaries (VLM).
13-15	Live-In għat-tfal tal-Homework Support Service tal-Fondazzjoni immexxi mis-Social Workers Ruth Brincat u Kim Vella bl-appoġġ tas-Social Worker Vanessa Vella, student social worker Hannah Grech u Volunteer Co-ordinator tal-Homework Support Service Jessie Spiteri.
17	Book Launch organizzata mill-Mental Health Association u s-St Jeanne Antide Foundation tal-ktieb maħruġ bi sħab – Il-Kwiekeb fid-Dlam Jixegħlu – vjaġġi ta' Tama mtterra minn qraba ta' persuni b'mard mentali . Dan sar fil-Hotel Dolmen il-Qawra.
19	- Ruth u Kim ħadu sehem fil-konsultazzjoni dwar Il-Faqar organizzata mill-Partit Laburista. - Laqgħa tal-Governing Board tal-Fondazzjoni.
20	Żjara ufficċjali mis-Sinjura Margaret Abela mill-Malta Community Chest Fund lil Proġett Vinci f'Haż-Żabbar immexxi mill-Fondazzjoni id f'id mal-Parroċċa ta' Haż-Żabbar.
23	- Laqgħa ma' Madame Christian Hubert mill-Lycee Jeanne Antide, minn Franza. - Festa ta' Santa Giovanna Antida iċċelebrata mill-Provinċja tas-Sorijiet tal-Karità
24	- Studenti u għalliema mill-Lycee Jeanne Antide fi Franza jiltaqgħu ma' Social Workers mill-Fondazzjoni sabiex jiddiskutu t-taħriġ li jeżisti fil-qasam soċjali fi Franza u Malta. - Laqgħa ma' Leonid McKay, iaconia Unit tal-Caritas Malta. - Laqgħa ma' Dr Marvin Formosa mill-European Centre of Gerontology tal-Università ta' Malta dwar il-partecipazzjoni tal-Fondazzjoni f'riċerka dwar il-volontarjat fost l-anzjani. Il-Fondazzjoni se tkun tieħu sehem. Ir-riċerka hija kummissjonata mill-Ufficċju tal-Kummissarju għall-Għaqdiet Volontarji.
25	- Daniela Darmanin, Social Worker, tibda practice placement mal-Fondazzjoni bħala parti mill-Post-Graduate Diploma in Systemic Family Therapy li qed issegwi. Proġett Ġamra: Laqgħa maż-żewġ kapijiet tal-iskejjel primarji A u B tal-Kulleġġ San Tumas More fil-Fgura
26	- Proġett Ġamra: Laqgħa ta' ppjanar bejn il-Fondazzjoni u l-Kappillan tal-Fguta, Patri Renald Lofreda u l-Kummissjoni Djakonija tal-parroċċa. - Proġett Ġamra: Laqgħa mal-Pastoral Care Team tal-Kulleġġ San Tumas More. - Laqgħa mal-College Trainee Counsellor Benny Calleja mill-Kulleġġ San Ġorġ Preca
27	- Żewġ studenti li qed isegwu kors li jwassal għal dottorat Ph.D f' Counselling Psychology jiddiskutu practicum tal-counselling mal-Fondazzjoni. - Il-Fondazzjoni tagħmel prezentazzjoni dwar community care fil-qasam tas-saħħa mentali waqt panel fuq din it-tema fil-kors annwali tal-Mental Health Association ġewwa Project House, il-Furjana.

Proġett Ġamra



Il-Fondazzjoni Santa Giovanna Antida, għaqda volontarja mibdija mill-Provinċja tas-Sorijiet tal-Karità f'Malta flimkien ma' lajċi, qed taħdem flimkien mal-parroċċa tal-Fgura sabiex titwettagħ idma b'risq individwi u familji li qed jaffaċċjaw sfidi u diffikultajiet kbar f'hajjithom.

Il-Fondazzjoni id f'id mal-Parroċċa tal-Fgura ser joffru diversi servizzi fil-komunità fosthom:

SERVIZZ TA' SOCIAL WORK U COUNSELLING li jingħata minn professjonisti li, b'kunfidenzjalità kbira, jisimgħuk u jgħinuk tifhem ahjar lilek innifsek u lil ta' madwarek, ittejjeb il-komunikazzjoni fil-familja, u tindirizza dawk l-affarijiet li jkunu qed jinkwetawk u jdejquk f'hajtek. Żajjar fid-djar ta' dak li jkun huma possibbli kif ukoll jingħataw appuntamenti f'uffiċċju fil-binja tal-knisja parrokkjali.

KONSULTAZZJONIJIET INDIVIDWALI JEW BĦALA FAMILJA ma' professjonista b'esperjenza vasta fil-qasam tas-saħħa mentali. Il-membri tal-familja jistgħu jiddiskutu in-natura tal-marda mentali li jiffaċċja l-membri tal-familja b'mard mentali, is-sintomi, l-effetti tal-medikazzjoni u x'jista' jsir, kif wieħed jista' jirrelata mal-membri tal-familja li hu jew hi marida mingħajr ma jgħarraġ is-sitwazzjoni, u l-mezzi li wieħed jista' juża' biex jieħu ħsieb tiegħu nnifsu bla ma jikkrolla.

GRUPPI TA' APPOĠĠ għall-qraba li jieħdu ħsieb lil xi membru tal-familja li jsofri minn mard mentali jew għall-persuni li għandhom lil xi hadd fil-familja li jsofri minn mard mentali.

APPOĠĠ FIT-TAGĦLIM GĦAL TFAL U ADULTI: Korsijiet li jippromwovu titjeb f'hajjitna bħal tqassim xieraq tal-flus, kif ngħollu l-istima tagħna infusna u anka għajnuna edukattiva lit-tfal ta' familji vulnerabbli fil-komunità stess.

VOLONTARJAT mal-parruċċani tal-Fgura li jkollhom xi diffikultajiet partikolari. Nilqgħu persuni li jixtiequ jwettqu ħidma volontarja. Ikkuntattjawna.

Kull servizz provdut jirrispetta l-kunfidenzjalità ta' dak li jkun.

Il-Proġett Ġamra huwa ffinanzjat minn The Voices Foundation

Jekk tixtieq tagħmel appointment tista' tagħmel dan billi tibgħat email - **kimberley.sjaf@gmail.com** jew iċċempel fuq **21808981** jew **27672367** u tistaqsi għal Kimberley Vella. Tista tkellem ukoll lill-Kappillan jew lil xi membru tal-Kummissjoni Djakonija.

MESSAGE from Sr Hend in Pakistan:

Dear Sister Salvina and all the members of the St Jeanne Antide Foundation: Grace Clinic is almost ready! It is good news for all of you who have contributed so well to the realization of this project! Today I wish to extend my heartfelt thanks to each one of you! Thank you for your untiring efforts to find funds for the rebuilding of the Grace Rural Clinic. We are grateful to the Ministry of Foreign Affairs in Malta for believing in the importance of this project and for contributing to part of the required funds.

This accomplishment witnesses to what we can do when we are moved by love. What motivated you originally is your compassion for the poor people we work with who suddenly found themselves without a clinic after it was damaged by the 2005 earthquake. These people we serve in Chak 5 in Faisalabad live far from the city and the hospital and they are victims of many diseases, especially the women and the children.

The Clinic will soon welcome poor sick persons of all faiths - Christians and Muslims. Our mother St Jeanne Antide and St Vincent De Paule taught us: "to see on the disfigured face of the suffering people, the hidden Face of the Lord of Glory".

The world is going its way...violence, discrimination, corruption, increasing repression and poverty. By building this clinic, you express your belief in another world where we are all

brothers and sisters, where each person has their dignity and their rights recognised. The sacredness of the human person can never be violated; it has its roots in the Heart of the Trinity. To snatch these people from the grip of death and misery is indeed a great duty and accomplishment. It is like sharing in God's dream for his children and doing good to them.

The date of the inauguration will be fixed when the Bishop of Faisalabad is free and when the Sister nurse in charge of the dispensary will be back after the holidays. Though you are all invited, I understand that you cannot come!

St Luigi Di Liegro said: "a city in which a single man suffers less, is a better city". People in Faisalabad Village no. 4 will suffer less and this village will be a better village thanks to you! May the Lord grant you health and strength to continue to bring your stones for the building of a better world!

I assure you of my prayers and my deep gratitude,

Sr Hend – 19 may 2011



Il-Kwiekeb fid-Dlam Jixegħlu

Nhar it-Tlieta, 17 ta' Mejja fid-Dolmen Hotel, il-Qawra, tnedia ufficjalment il-ħruġ tal-ktieb Il-Kwiekeb fid-Dlam Jixegħlu – vjaġġi ta' tama mterrqa minn qraba ta' persuni b'mard mentali. Il-ktieb huwa inizjattiva bi sħab bejn il-Mental Health Association u s-St Jeanne Antide Foundation. L-edituri huma Connie Magro u Nora Macelli.

Għat-tnedija kien hemm numru ta' kelliema fosthom: Is-Sinjura Kate Gonzi, l-Onor. Mario Galea, Segretarju Parlamentari għall-Anzjanu u Kura fil-Komunità, is-Sinjura Cathrine Vassallo, Presidenta tal-Mental Health Association u l-edituri nnifishom.

Is-Sur Trevor Zahra qara bi spirtu ħaj l-ewwel esperjenza personali mill-ktieb waqt li Prof. Marie Alexander grat kritika tal-ktieb. Kienu preżenti madwar 60 ruħ fosthom il-qraba li kitbu l-esperjenza tagħhom, it-tradutturi, rappreżentanti tal-isponsors u familjari.



XHIEDA TAL-VOLUNTIERI

Voluntiera: Marianne Pace; 53 sena; Receptionist. Jiena andi 53 sena u ili sena naħdem bħala voluntiera mal-Fondazzjoni. Żmien twil ilu kont fil-Legion of Mary. Il-volontarjat minn dejjem kien fil-ħajja tiegħi u nħossni li b'xi mod għandi nsib ħin biex ngħin lil ħaddieħor. Il-volontarjat huwa importanti ħafna għalija għax meta ngħin lil ħaddieħor inħossni aktar kuntenta u ferħana. Inħoss li l-volontarjat ikattar fija sens ta' impenn, jgħallimni ma niġġudikax lil ħaddieħor, u jgħinini nkun nisranija tassew billi nagħti sehmi fis-soċjetà.

Nemmen u nara b'għajnejja kemm il-Fondazzjoni qed tagħmel gid ma' min hu fil-bżonn ta' għajjnuna professjonali. Min ifittex l-għajjnuna jsib il-bieb miftuħ u l-ħaddiema dejjem lesti biex jisimgħu u jgħinuk b'kull mod u mill-aħjar possibbli.

Esperjenza partikulari li xtaqt insemmi hi li darba kont qed nagħti sehmi fil-bazar u kien hemm xi ħadd li nieqes mill-meżzi u qbadt u tajtha xi ħaġa minn tiegħi. Fil-bidu li sirt voluntiera mal-Fondazzjoni kont sensitiva ħafna. Kont nibki ħafna meta nara l-ħaddieħor għandu bżonn l-għajjnuna imma illum sirt aktar b'saħti u aktar kapaci noffri l-għajjnuna tiegħi bla ma nitfarrak jien. Illum tgħallimt nisma' u nżomm paċenzja anke mal-familja tiegħi u meta nħoss li hemm problema naf fejn għandi nirrikorri.

Nixtieq inħeġġeg aktar nies biex jissieħbu magħna u nixtieq li aħna l-voluntiera niltaqgħu aktar ta' spiss biex insiru nafu aktar lil xulxin.

Voluntiera: Josephine Farrugia; 65 sena; Żjajar lil persuni weħedhom ma joħroġux mid-dar u Receptionist . Ili voluntiera mal-Fondazzjoni għal dawn l-aħħar 3 snin. Apparti minn dan, ili snin involuta fil-ħidma volontarja bnadi oħra. Ili ħafna żmien nagħmel xogħol volontarju. Mal-Fondazzjoni, jiena nakkumpanja lil Sr Agnes – nurse – u nżuru persuni li, minħabba l-mard, ma jistgħux joħroġu mid-dar u jħossuhom maqtugħin mid-dinja u weħedhom. Illum il-ġurnata nħoss li għandi aktar ħin nagħmel dan ix-xogħol ta' servizz. Il-volontarjat huwa importanti fil-ħajja tiegħi. Meta nagħmel xogħol volontarju inħossni tassew kuntenta għax jien dan it-tip ta' xogħol li qed nagħmel qatt m'għamiltu.

Meta nirrifletti dwar ix-xogħol tal-Fondazzjoni ngħid li twettaq ħafna affarijiet li huma utli għall-persuni li għadhom bżonn l-għajjnuna. Dak li jferraħni f'dan ix-xogħol hu li meta immur mas-sister inżuru xi anzjani li, malli jarawna, jifirħu bina, allura jien nirrealizza li qed inkunu ta' wens u ferħ għaliha u jiena wkoll ikolli l-ferħ għax naraha kuntenta. Jien naħseb li l-volontarjat fil-Fondazzjoni hu effettiv ħafna għax il-voluntiera jagħmlu xogħol siewi ma' min hu fil-bżonn.

Voluntier: Alfred Żammit, 64 sena. Handyman. Ili voluntier regolari xi 4 xhur. Qabel ġieli għent f'okkazzjonijiet imma xejn regolari. Bdejt naħdem mal-fondazzjoni fuq talba ta' uliedi li jaħdmu hemm. Il-volontarjat jagħtik sodisfazzjon u rieda li tgħin lil min hu fil-bżonn. U naf żgur li l-Fondazzjoni tgħin ħafna lil familja fil-bżonn. Il-volontarjat jikkonvincini kemm hu importanti li bniedem jasal jagħmel sagrificcju sabiex jgħin lil min hu

fil-bżonn. Naħseb li aħna l-voluntieri għandna niltaqgħu aktar regolari biex naqsmu l-esperjenzi tagħna.

Voluntiera: Mildred Żammit, 62 sena. Appoġġ fl-amministrazzjoni. Ili voluntiera xi 4 xhur. Issa qed ngħin b'mod regolari. Qabel għent f'xi okkazzjonijiet partikulari. Thajart għax spicċajt mix-xogħol u għandi aktar ħin. Il-volontarjat huwa importanti għaliex tkun qed tagħmel servizz lil dawk li veru għandhom bżonn għajjnuna. Min-naħa tiegħi, inħoss li mill-ftit li nagħmel inkun qed ngħin ukoll. Kemm ili voluntiera mal-Fondazzjoni tgħallimt kemm hemm voluntiera li jagħmlu xogħolhom bil-qalb u kemm il-management u l-impjegati huma dedikati.



Grupp tal-Kant

Fid-9 ta' Ġunju, fl-10.00 ta' filgħodu fiċ-Ċentru Antida se jiltaqa' għall-ewwel darba grupp ta' kant li jixtieq iqanqal ferħ fil-ħajja ta' min iħoss ħajtu nieqsa minnu. Se tmexxi l-grupp Patricia Borg. Min irid, jista' jaqbad u jiġi għal din l-ewwel laqgħa li se tagħti bidu għal dan il-grupp.



ROKNA POEŻIJA

Kalċi jifawwar

jimtlilha l-kalċi, mimli ugiġh
u terġa' tmur timxi f'lok il-ghageb
ixxidd il-qorq, gharkubtejha
l-kalċi fl-art
jiferra', bhala offerta,
fuq l-art qaddisa

jifirhu l-angli, minn taht l-ilsien,
izommu nnifs kif mill-art mix-xejn
inixxi l-ilma, joghla...
joghla
u jimla' kull m'hemm.
kollox jintilef.

kollox jinstab.
kalċi jimtela', jifawwar...
izd'issa... fejn hu?

Ps 23:5
Ez 3:5

tony macelli



Grupp għall-Arti

Se jinbeda grupp iehor għal min
jixtieq ipingi u jpitte. Dan hu
miftuħ ukoll għal min jiffaċċja
sfidi fil-ħajja li jhalluh ghejjien u
nieqes mill-ferħ. Min irid,
jikkuntattjana

LIVE-IN GĦAT-TFAL TAL-HOMEWORK SUPPORT SERVICE

Bejn it-13 u l-15 ta' Mejju, il-Fondazzjoni organizzat programm ta' tlett ijiem għat-tfal li jibbenefikaw mis-servizz ta' Appoġġ fil-Homework. Hadu sehem ukoll tfal minn familji meghjuna mill-Proġett Vinċi f'Haż-Żabbar. Il-grupp kien magħmul minn 11-il tifel u tifla bejn l-età ta' 8 snin u 13-il sena. Il-programm kellu attivitajiet varji bħal zjara fil-Fire Station ta' Hal Far tad-Dipartiment tal-Protezzjoni Ċivili u zjara fir-riserva naturali ta' l-Ghadira. Barra minn hekk, għalliema mill-Fondazzjoni għal Servizzi Edukattivi mexxiet sigħa ta' kitba kreattiva. Kien hemm numru ta' attivitajiet ta' loġħob fejn it-tfal setghu joħorġu l-potenzjal tagħhom f'dik li hi attività fizika u kreattiva. Il-grupp marru 'l quddies flimkien, segwew il-finals tal-Eurovision song contest, u għenu wkoll fit-tisjir.

L-għan ewlieni ta' dan il-Live-In kien li flimkien mat-tfal ngħixu f'komunità magħquda fejn kull individwu huwa apprezzat u trattat bhala persuna shiħa. Permezz ta' dan il-live-in stajna nagħtu esperjenza lit-tfal ta' kif inkunu indipendenti waqt li fl-istess waqt inrawmu kapaċitajiet li jgħinuhom imorru aħjar ma'dawk qrib tagħhom.

Permezz ta' koperazzjoni shiħa bejn is-social workers u kordinatur tal-Homework Support Service, dan il-Live-In kien suċċess. Matul dawn it-tlett ijiem, it-tim għarfu l-htigijiet individwali ta' kull partecipant u indirizzawhom b'reqqa u b'responsabbiltà. Inzamm kuntatt kontinwu mal-ġenituri tat-tfal darbtejn kuljum permezz tal-mobile.

Il-Kordinatur Volontarju tal-Homework Support Service, Jessie Spiteri, tat kontribut siewi billi hejjet l-ikel, involviet tfal fit-tisjir u anka hadet hsieb iż-zamma tal-indafa tad-dar. Is-sehem tagħha kien imprezzabbli għaliex b'hekk is-social workers setghu iserrhu rashom u jiddedikaw hinhom għall-attivitajiet li kellhom imhejjija.

L-ikel kollu uzat f'dan il-Live-In kien sponsorjat. Għaldaqstant nizzu ħajr bil-kbir lil 20 kumpanija li tawna l-ikel għat-tisjir. Barra minn hekk, ingħatajna għajnuniet finanzjarji mill-Malta Community Chest Fund (€150), is-Segretarjat Assistenza Soċjali (€100) u miċ-Children's Fund tal-Aġenzija Appoġġ (€30) sabiex stajna nkopru l-ispejjez tal-akkomodazzjoni go dar kbira u anka biex inħallu t-trasport.

Dan il-Live-In kien esperjenza unika għal dawn it-tfal li, għall-ewwel darba, għexu f'komunità barra mill-ambjent tal-familja. Il-kummenti tal-ġenituri kienu pozittivi. Eżempju: omm giet tistaqsina x'għamilna lil binha biex beda jgħib ruħu b'kalma u galbu magħha u mal-qraba wara l-live-in. Qatlna li riedet tkun taf sabiex hi tagħmel bħalna. Iddiskutejna magħha strateġiji prattiċi li jaħdmu u l-għala jaħdmu. Qatlna li kienet se tipprovahom. Omm oħra qatlna li, li kieku il-Live-In kien bi hlas, uliedha qatt ma kienu se jkollhom l-possibiltà li jieħdu sehem f'esperjenza eċċitanti u ta' benefiċċju għalihom bħal dik. Kienu jibqgħu, bħal dejjem, imħollija barra.

Grazzi wkoll lil Vanessa u Hannah li għenuna u kienu parti mit-tim.

Ruth u Kim
Social Workers



Il-Funzjonijiet li kull Membru ta' Grupp jista' Jassumi

Kull membru ta' grupp jista', f'xi waqt jew ieħor waqt il-laqgħat tal-grupp skont is-sitwazzjoni, jassumi wieħed jew aktar minn dawn il-funzjonijiet li ġejjin. Il-membri tal-grupp m'għandhomx jassumu li hu l-leader tal-grupp biss li għandu jassumi dawn il-funzjonijiet. Kemm il-leader innifsu/innifisha, kemm ukoll il-membri għandhom ikunu konxji ta' dawn il-funzjonijiet u jiprattikawhom fil-grupp sabiex il-grupp ikun tassew demokratiku u b'saħħtu.

Hemm [żewġ tipi ta' funzjonijiet ta' membri ta' grupp](#). It-tnejn huma importanti. Għaldaqstant, il-grupp irid joqgħod b'seba' għajnejn li l-grupp jagħti każ taż-żewġ tipi għaliex jekk grupp jagħti kas biss ta' wieħed u jitraskura lill-ieħor, id-dinamika tal-grupp tkun żbilanċjata.

1. Funzjonijiet li jgħinu lil grupp iwettaq dak li jrid jagħmel (GROUP TASK FUNCTIONS); u
2. Funzjonijiet li jibnu w isahhu lill-grupp (GROUP MAINTENANCE FUNCTIONS).

1. Funzjonijiet li jgħinu lil grupp iwettaq dak li jrid jagħmel (GROUP TASK FUNCTIONS)

1. Jieħu inizjattiva	Jissuġġerixxi xogħol mixtieq jew għanijiet; jagħti definizzjoni ta' x'inhi l-problema; jissuġġerixxi modi jew ideat ta' kif il-grupp jista' jsolvi problema.
2. Jiġbor informazzjoni	Isaqsi għal fatti u jfittex informazzjoni siewja dwar dak kollu li jikkonċerna lil grupp.
3. Jagħti informazzjoni	Jagħti fatti u nformazzjoni dwar dak kollu li jikkonċerna lill-grupp.
4. Jara kif jaħsbuha	Jiċċekkja kif jaħsbuha l-membri tal-grupp; iħeġġiġhom jesprimu dak li jhossu; jitlobhom estimi ta' xi spiza li għandha ssir; isaqsi għal suġġerimenti u ideat; jara li l-membri jesprimu l-valuri tagħhom.
5. Jgħid kif jaħsibha	Jgħid lill-grupp kif hu jaħsibha dwar xi suġġett waqt li jesprimi l-idejat u suġġerimenti tiegħu.
6. Jiċċara xi ħaġa li ma tinftihemx	Jinterpreta suġġerimenti u ideat; jekk ikun hemm xi konfużjoni, jiċċaraha; jispjega xi kliem tqil; juri triqat differenti li l-grupp jista' jieħu.
7. Jibni fuq li ntqal	Jagħti eżempji; ifisser sew x'inhu jintqal; jipprova juri kif xi proposata tita' taħdem jekk il-grupp jiddeċiedi li jwettaqha.
8. Jirrepeti fil-qosor	Jiġbor flimkien l-ideat ewlenin li ħarġu minn xi diskussjoni; jerġa' jirrepeti b'mod aktar ċar xi suġġerimenti li qamu; joffri deċiżjoni jew konklużjoni sabiex il-grupp ikun jista' jaċċettaha jew iwarrabha.
9. Jisma' sew	Għandu jisma' sew dak li jkun qiegħed jintqal. Inkella jsibha diffiċli ħafna biex iwettaq il-funzjaniet l-oħra.

2. Funzjonijiet li jibnu w isahhu lill-grupp (GROUP MAINTENANCE FUNCTIONS)

1. Jagħmel il-kuraġġ lill-membri	Ikun dħuli mal-membri; jaċċetta lil kulhadd; jisma' u jikkunsidra dak li jgħid kull membru; jagħti xi opportunità jew oħra lil kull membru sabiex iħossuhom milqugħa u parti mill-grupp.
2. Juri l-ħsus'	Jgħid kif qed jaħseb il-grupp u kif qegħdin iħossuhom il-membri; juri kif il-grupp irreaġixxa għal xi idejat jew suġġerimenti; jaqsam mal-grupp dak li hu qed iħoss.
3. Inaqas it-tensjoni	Meta jkun hemm nuqqas ta' qbil u tensjoni, jipprova jgħin lill-grupp jirriflettu u jiddiskutu b'mod kalm u matur dawk id-differenzi ta' bejniethom li qed iqajmu tensjoni.
4. Jagħmel sagrificċju	(Sagrificċju tal-ideat jew pożizzjoni) Ġieli jkun hemm żewġ fehmiet differenti fi grupp li jwasslu għal nuqqas ta' qbil. F'dan il-każ jista' jkun li mexxej iwassal għal kompromess. Kompromess ifisser fehma oħra li jstgħu jaqblu fuqha ż-żewġ naħat. Ħafna drabi biex jintlaħaq kompromess, kulhadd irid jagħmel sagrificċju u mhux kulhadd ikun jista' jilħaq għal kollox dak li jkun xtaq.
5. Iħajjar lill-membri jieħdu sehem	Jipprova jiżgura li l-bibien tal-komunikazzjoni bejn il-membri jibqgħu miftuħa; jaċċetta li kulhadd iħossu komdu li jipparteċipa; jissuġġerixxi mod kif il-problemi tal-grupp għandhom jiġu diskussi sabiex jiġu solvuti.
6. Jiċċekkja kemm hemm qbil	Jistaqsi għall-opinjoni sabiex jara jekk il-grupp wasalx għal deċiżjoni; jiċċekkja jekk hemmx diffikultajiet u nuqqas ta' qbil sabiex jgħin lill-grupp jaasal għal konklużjoni li kulhadd jaqbel magħha.
7. Jaqbel, jaċċetta	Jimxi skont ir-rieda tal-grupp; jaċċetta l-ideat ta' ħaddieħor; jisma' l-opinjoni u iħsbijiet ta' l-oħrajn b'interess.
8. Jirrepeti dak li ma nstemax	Kull meta jkun hemm bżonn, jirrepeti xi ħaġa li ħaddieħor ma semax sew.

INDEX to SJAF Magazine (numbers 1 to 45)This Index is available from www.antidemalta.com/Newsletters/Index%20SJAF%20Magazine.pdf

[key to entries: issue number followed by page number; e.g. 40:6]

CONTENT	2007 issues (No.1-7)	2008 issues (No.8-17)	2009 issues (No.18-29)	2010 issues (No 30-40)	2011 issues (No.41-)
Articles by Volunteers & service users			18:6;	30:4; 31:5-6,10; 32:6; 33:9	
Bridge Programme + Mentoring		8:5; 10:8; 17:5;	19:4,5; 21:2-3; 22:8; 23:4; 24:6; 25:4; 26:1,4; 27:4; 29:7;	30:6; 33:6-7	
Disability Carers Support group		8:5,6; 11:6;			
Ġamra Community Work Project, Fgura					
Grandparent Education Nannakola Clubs Monthly Forum		8:4; 9:4; 10:6;	18:2; 19:5,8-9; 20:7; 21:1,4; 22:1-2; 24:6; 25:3; 26:3; 27:3-4;	31:8; 32:8-9; 35:8; 36:6-7 39:1-2; 39:6	41:8; 44:6;
Ħbieb ta' Santa Giovanna Antida	3:5;	11:8; 13:4; 14:4; 15:12;	19:12;	32:6; 33:8 34:6; 36:3; 40:7	
Homework Support Service	2:5; 3:4; 4:3; 5:4; 6:3;	7:6; 9:3; 10:2; 11:3; 12:4; 14:5; 15:4; 16:3; 17:3;	18:3,7; 19:2; 20:3; 24:3,9; 25:4; 26:3; 28:3;	30:3; 36:5; 40:4	43:13; 44:4;
Kirkop Community Work		8:4; 9:4; 10:7; 11:7; 15:8;	19:3-4; 20:1-2, 10; 21:5-6; 25:4; 29:7;		
LWIEN Service					44:10;
Mental health issues (see also LWIEN Service)			18:8; 24:4; 24:10- 11;	31:11-12; 37:1-4; 38:1-2	42:1-2; 43:1- 3,8; 44:1-1;
News from the Foundation (monthly diary of events)	1:1,4-5; 2:3-4,6; 3:6; 5:5;	7:2,5; 9:7; 10:5,11; 11:5,9,10; 12:7,10; 15:1-2,10; 16:9-11; 17:4;	19:3; 20:13-14; 21:11-12; 27:6; 28:5;	30:7; 31:4; 32:4; 33:4; 34:4-5; 35: 4; 36: 4; 37:7; 38:7; 40:3	41:6; 42:4; 43:7; 44:5,7;
Overseas development project				35:1-2	41:8;
Other Organisations			24:8; 25:2; 26:2;	32:9	43:6;
Poeżiji	1:6; 3:8; 4:8; 5:5;	7:8; 8:7; 9:7; 10:10; 11:9; 12:3; 13:3; 14:3; 15:7; 16:6; 17:7;	19:11; 20:6; 21:8; 22:6; 23:6; 25:6; 26:8; 27:9; 28:6; 28:8; 29:3;	31:9; 32:7; 33:11; 34:10; 35:10; 36:8-9; 37:9; 38:8; 39:9	41:12; 43:12; 44:8;
Poverty			29:8;	31:1-3; 32:1-3; 33: 8; 34:1-3	
Practicums			19:6; 20:11; 24:4;		
Sisters of Charity of St Jeanne Antide	5:2-3;	12:9; 15:11; 16:1; 17:2;	19:12; 20:15; 21:8,10; 22:7; 22:9; 24:5; 27:10-12; 29:8	33:10; 34:7-9; 35:3,5-7; 35:9; 37:5-6; 39:3; 39:7; 40:5	42: 9;
Social issues & self-help articles		10:9; 16:7; 17:6;	19:10; 20:16-17; 21:13-14; 22:10; 23:7; 27:1-2; 27:7-8; 28:1-2,4;	30:2,5,8; 32:5; 32:10; 39:8	43:4; 44:11;
Social Work & Counselling Service	2:3; 3:3; 4:2,5;	7:6; 9:3; 10:3-4; 11:3; 11:4; 12:5- 6,11; 13:5; 15:3,5; 16:5; 17:3;	18:4-5; 19:2; 20:3-4; 21:9; 21:12; 23:2; 24:6,8; 26:2,4,5; 29:5-6;	32:3; 33:1-2; 36:3; 37:8; 40:6	41:10-11; 42:3,5; 44:9;
Spirituality	1:3; 2:1-2; 2:7; 3:1-2; 4:1; 5:5;	7:1,3-4; 8:2; 9:1; 9:2; 10:1-2; 11:1-2; 12:2,8; 13:1-2; 14:1; 15:6, 13; 17:8; +Supplement December 2008	18:1,3; 19:1; 20:8- 10; 20:12; 21:6-7; 22:3-5; 24:1-2; 25:5; 26:6-7; 28:7-8; 29:2;	31:6; 33:5; 33:12; 34:3; 38:4; 39:5; 40: 1-2	41:7; 42:5,8,12; 43:5; 44:3;
Youths (see also Bridge Progr. & Mentoring)				31:7	43:13;
Vinċi Community Work Project, Żabbar				36:1-2; 37:4; 38 p.3; 39:4; 40:4	41:5,9,11; 43:10;
Volunteering	1:2; 2:8; 3:4; 4:4-5,7; 5:4,7;	7:3,7; 8:3; 9:6-7; 10:10; 11:6,10; 12:12; 13:6; 15:9; 16:2; 16:4;	19:6,11; 20:5; 22:8; 23:1,3,5; 23:8; 24:1- 2,7; 26:10;	30: 1-2; 38:5-6	41:1-5; 42:6- 7,1 43:9;0-11;

My experience

by Hannah Grech, final year B.A. (Social Work) student



Process is often an undermined and a taken for granted word but it is often the ground work of our lives. One of my life processes was a three month social work practice placement at the St Jeanne Antide Foundation. This was going to mark the beginning of the end of university life which was eclectic, to say the least.

Like any other start you feel odd, slow, out of place and off in a new place. Yet the people at the Foundation do not let you to feel like that for long. The diversity of the group makes you appreciate humanity and what we represent: love. It may sound cheesy but one could feel the love for the community, for the work and for each other just by observing the environment. It is from one making tea for everyone, to making you leave the place to sleep off a cold.

One thing that struck me is that the community and the people who use the Foundation's varied services are always the priority of the people working there. I, as an outsider, can vouch and say that I have never met such a dedicated team as such as it makes me believe that there are people on our island who believe in the caring professions and are moving forwards whilst asking us to move with them.

I cannot mention my experience without mentioning 'my' youths. As part of my roles and responsibilities I held a ten session programme with vulnerable youths within the target location of the community. It was one of my most enriching experience. We covered topics from music to sexual abuse. We laughed, we cried, we talked, we enjoyed silence and sometimes went a little crazy. It took me a lot of hard work to prepare each session beforehand but every time I was about to start the session and I saw the youths all looking at me, a smile would creep onto my face, a smile of satisfaction as my hard work was being rewarded by such beautiful diamonds. Diamonds are sensitive, tough, precious and need hard work to shine. I was just a polish in their process of being but I am proud of it and them nonetheless.

We were able to give them a voice about issues and topics which are considered either trivial or taboo in the community. They expressed to me that one of the best things about this group was that they were allowed to say whatever they wanted without being judged for it. It is worrying to think that many youths today do not have the space or time to express themselves without inhibitions and worry.

My clients helped me grow more and helped me appreciate that what I am doing is worth doing and the people at the Foundation made me realize my potential, to which I am forever grateful. From Sister Rose and her infectious smile, the hard working siblings Melanie and Miriam, the hyper-active, genius and the mother of the group Connie, all the volunteers, Nora who is the hub of it all and my aspiration, the Vinci Project, Vivienne with her never ending wisdom and one of my greatest inspirations, Ruth.

I thank you for all you have given me and I hope that when I visit you one day you will have evolved but stayed the same. – Hannah.

**When you need a place to think
 Or to share a hot drink
 When you have something to say
 And when you are having a tough day
 When you yearn a sincere face or a smile
 They will know you have walked a mile
 They will know that sometimes life is sad
 That you lost what you once had
 That you need a consoling word
 That you need to be heard
 They are not there to judge
 And their values are not there to budge
 Yet, they are always there
 Of what they have, they will share
 They are always there because they believe in everything you do
 There are there because they believe in you**

- Hannah

Ir-REGETTIER u l-Mużew tal-Klassi



NORA MACELLI

Id-dħul minn dan il-ktieb
ta' novelli huwa kollu b'risq
is-St Jeanne Antide Foundation.
Ixtri kopja int ukoll. Donazzjoni ta' €8.

BAZAAR B'RISQ IL-FONDAZZJONI

Jibda nhar l-Erbgħa 8 ta' Ġunju u jkun miftuħ kull nhar
ta' Tnejn u nhar ta' Erbgħa mid-9:00 sal 12:00

Ejjew!

DONATIONS

Your donation is truly appreciated; it enables us to consolidate our services to vulnerable individuals and families from surrounding parishes. Cheques are to be issued to the St Jeanne Antide Foundation. Bank transfers can be made to the following bank account:

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)

FOUNDATION SERVICES

1. The Antide Centre: a drop-in centre in Tarxien open from 7.30am to 5.30 pm daily in winter time (sometimes later as well).

2. The Social Work & Counselling Service: includes home-visits by a nurse to home-bound lonely elderly, family-focused community outreach work and youth work.

3. The Learning Support Programme: includes (a) a Homework Support Service for children and young persons; (b) non-formal learning opportunities for vulnerable adults (courses on self-esteem, basic ICT, etc). (c) Mentoring youths-at-risk.

4. LWIEN - Caring for Family Carers Service: includes (a) Grandparent Education which supports parishes to start and run a NannaKola Club for grandparents who care for their grandchildren. Also: monthly dialogue sessions with experts take place at the Ċentru Antida. (b) support to family care-givers of persons with mental health problems: family consultations, counselling, support groups.

5. Vinċi Project: Community work in the parish of Ħaz-Żabbar undertaken in collaboration with the parish and partially funded by STRINA of the Malta Community Chest Fund. Services include social work in zones with a concentration of families in difficulty, counselling, groupwork.

6. Ġamra Project: Community work in the parish of Fgura undertaken in collaboration with the parish and funded by The Voices Foundation.

7. Proġett fil-Pakistan: Currently a rural health clinic is being built in Faisalabad, Pakistan