

St Jeanne Antide Foundation



Annual Report

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St. Jeanne Antide Foundation - SJAF

# Annual Report 2008

**VO/0005 /14<sup>th</sup> May 2008**

**Affiliate member:**

- The Mental Health Association
- The Malta Health Network
- The European Anti-Poverty Network (EAPN) Malta

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The St. Jeanne Antide Foundation (SJAF) is a family- and community-focused not-for-profit organisation set up by the Malta Province of the Sisters of Charity of St Jeanne Antide in collaboration with lay persons. It is administered by a Governing Board with a Chief Executive Officer. Its establishment was the result of an internal restructuring of the work of the “St Jeanne Antide Welfare Campaign” set up since the late sixties. SJAF is registered with the Office of the Commissioner for Voluntary Organisations (enrollment number: VO/0005/14th May 2008).

SJAF is based in a community and works in partnership with community-based and other organisations to reach out to vulnerable families in difficulty. Since its establishment, the Foundation has set up a number of core services and is in the process of developing others. Being based in a local community, SJAF has naturally evolved into an organisation that is at the service of the local parish community and its neighbouring ones. Its scope is both local and national.

SJAF is an affiliate member of the Mental Health Association and the Malta Health Network.

### **Mission Statement**

The Foundation shall be run and its mission fulfilled by a community of Sisters and lay people working in partnership systematically in teams for the support and self-empowerment of socially excluded persons, families and minority groups. As a Christian community, it aims to reflect the love of God in all that is done, and to see and love Jesus Christ in persons who are in need. The mission of the Foundation is to be present for individuals and families who need someone who can listen to them with compassion, link or guide them to appropriate existing support services, support them in the restoration of their dignity, and guide them towards self-reliance. Looking holistically at persons in need, the Foundation’s mission is to give moral and spiritual support to such persons in need.

### **Objectives**

The objectives of the Foundation are:-

- (a) to identify, understand and raise awareness about under-served and un-served categories of excluded or vulnerable persons;
- (b) to develop and implement programmes in support of identified under-served and un-served categories of vulnerable persons, families, and minority groups;
- (c) to support and train a number of persons to make their own contributions to society and to persons in need;
- (d) to provide the opportunity and training to service users so that they themselves can provide services to others in need;
- (e) to be open to voluntary service of young people who would like to offer time and energy at the service of others in order to gain experience and insight;
- (f) to create links with overseas agencies that work in line with our mission, to share experiences, give and get support and widen our vision.

The core services of SJAF during 2008 were as follows:

1. The Antide drop-in Centre
2. The Social Work and Counselling Service
3. The Learning Support Programme (LEAP)
4. The Caring for the Carers Programme
5. The Vinci Community Work Project

## Antide drop-in Centre

During 2008, SJAF developed close relations with two large parishes – Tarxien and neighbouring Paola. Parish Priests, their deputies, parish groups and commissions are highly appreciative of the collaborative socio-pastoral relationship that has so far evolved. SJAF is officially a member of the Tarxien Diaconia Commission and works closely with the Paola Parish to support its evolving Diaconia Commission. Collaborative links with the Marsa and Santa Lucia Diaconia Commissions have been initiated.

Working closely with local structures has brought SJAF in touch with parish-level pastoral voluntary workers who support families in difficulty. Parish priests regularly make announcements during masses about SJAF and its services – thus enabling individuals and families to drop-by at the Antide drop-in Centre to seek support for themselves or for relatives, friends and neighbours.

The Antide Centre has increasingly become known to local people. People drop by to talk to someone, to access social work or counselling support, join group-based learning activities or support groups or to become a volunteer. Individuals with mental health problems have become regular visitors. Some are slowly assuming volunteer roles specifically tailor-made for their current ability and state of mind.

The Centre is based on the ground floor of 51 Tarxien Road in Tarxien, part of the Provincial House of the Sisters of Charity. It has a welcoming environment with space for group-work, courses, offices, counselling rooms, socialising and relaxation space and a kitchen where courses are also carried out. It has a library for young and adult service users. SJAF additionally hosts meetings of the Malta Autism Parents' Association (MAPA).

The following chart presents the number of persons who accessed a service during 2008; it excludes service users who additionally participated in support groups and courses at the Antide Centre.

<b>Persons provided with a service:</b>	<b>Community Social Work &amp; Counselling Service</b>	<b>Nanna-Kola Clubs</b>	<b>Bridge Progr.</b>	<b>Mentoring</b>	<b>Learning Support (homework)</b>	<b>Volunteers who needed support</b>
<b>TOT for 2008</b>	<b>350</b>	<b>27</b>	<b>15</b>	<b>11 from Bridge + 7 others</b>	<b>34 children from 24 families</b>	<b>21</b>

The Antide Centre publishes an e-Newsletter at the end of each month for volunteers, Foundation personnel and collaborators; it is available through the SJAF website. The Centre, which was officially opened and blessed by His Excellency the Archbishop, Mons. Paul Cremona, on Thursday 11<sup>th</sup> September 2008, is open daily between 8.00 am and 6.30 pm in winter time and from 7.30am to 1.30pm in summer.

## **Social Work and Counselling Service**

Being a community-based organisation with a community-based drop-in centre has naturally led to a build-up of a generic case-load. Workers seek supervision and mentoring from practitioners from fields most represented by service users. The Mental Health Association provides training sessions to staff on demand. In September, Counselling became an integral part of the service. Volunteers forming part of the Friendship Group within this service regularly visit service users who feel very lonely or are home-bound. Volunteers additionally carry out monthly visits to women prisoners at the nearby Corradino Correctional Facility. Non-formal education courses for vulnerable persons are organised around interests expressed by service users themselves. Service users are encouraged to volunteer as part of their support and growth process.

The service team is made up of social workers, a Counselling Co-ordinator, a nurse and volunteers who carry out befriending work with home-bound service users who feel lonely and cut off from community affairs. The service hosted the practicum of 3 Sixth Form, 3 undergraduate and 3 post-graduate Malta University students and another 1 for a distance learning diploma. Three of these started their practicum in late 2008 and will conclude in late 2009.

During 2008, 54% of new referrals were, in the main, referred by community-based Church-related bodies; 30% from government and public bodies; 16% from SJAF workers and service users.

During 2008, SJAF worked intensively with:

- persons with chronic mental health problems;
- youths with mild-to-moderate cognitive development delays;
- other youths at risk of social exclusion;
- carers of persons with a disability;
- carers of persons with mental health problems;
- carers of children (grandparents);
- single mothers;
- persons with chronic health problems;
- persons who feel very lonely and isolated.

Apart from the support offered to 231 individuals from 169 families referred during 2008, the service team continued to provide support to another 119 individuals from 69 families referred during 2007.

**Referral sources of the 169 families referred during 2008:**

Referral Source	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
TARXIEN: Church structures & pastoral workers	7	7	7	10	4	3	3	1	4	5	11	2
PAOLA: structures & pastoral workers	2		1	2	2	4	3		3		2	
SANTA LUCIA: structures & pastoral workers	1		1		1							
Kumm. Djakonija Balzan				1								
Kumm. Djakonija Zurrieq											2	
SAS						1			1			
<b>Sub-Total: referrals from Church structures (91 or 54%)</b>	<b>10</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>7</b>	<b>8</b>	<b>6</b>	<b>1</b>	<b>8</b>	<b>5</b>	<b>15</b>	<b>2</b>
<b>SOCIAL WELFARE organisations</b>				1			2		3	1	1	2
<b>HEALTH &amp; MENTAL HEALTH</b>		1	1	1		1	1			2	1	1
<b>Self-referrals</b>		1			3	2		1	2	3	6	2
<b>EDUCATION</b>		4	1	3					2		1	
<b>Sub-total: Referrals from other sectors (50 or 30%)</b>	<b>0</b>	<b>6</b>	<b>2</b>	<b>5</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>7</b>	<b>6</b>	<b>9</b>	<b>5</b>
<b>SJAF itself:</b>		4	4		1		1	2	1			
Kirkop SJAF Community Team							1					
SJAF service users			1				1					
Staff workers	2	2		1			1	1	1	2	3	
<b>TOTAL new Referrals 2008 (169)</b>	<b>12</b>	<b>19</b>	<b>16</b>	<b>19</b>	<b>11</b>	<b>11</b>	<b>12</b>	<b>5</b>	<b>17</b>	<b>13</b>	<b>27</b>	<b>7</b>

**Categories of new 2008 cases (169) by presenting problem only:**

Number of referrals →	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Type of presenting problem												
Indebtedness	1		1		2							
Financial				1	2	1	1		1	2	7	1
Prostitution									1			
Sub-standard Housing	1			1								
Homelessness (overseas national)	2					1			1			
Need for learning support		7	2	4	1				1	1	2	
Chronic ill-health & cancer			1	1	1	1	1			1	1	1
Elderly/Dementia						2			5	1	1	3
Mental health problems	1	2	2	2		1	1		1	1	4	1
Loneliness			2								1	
Disability		3	3	1	2	1		1	1	2	2	
Stillbirth										1		
Substance abuse: Alcohol		1		2								
Single parenthood			1	1			1		1			
Unwanted pregnancy									1			
Need of life-skills		1	1	1			2	1		2		
No or low Basic Skills	5									1	6	
Separation	1			1		1	3	2				
Victim of abusive behaviour	1	1		2	1				1		1	
Multiple problems at home		1			1	2			1		1	1
Imprisonment				1			1		1			
Behavioural problems (child)				1			1					
Unemployment					1	1					2	

## **LEAP - Learning Support Programme**

This programme aims at offering a range of learning support to vulnerable children, adolescents, youths and adults. Currently, it incorporates four services:

### **The Homework Support Service**

The group of volunteer tutors continued to offer learning and homework support to children of families being supported by a social worker. During 2008, 34 children from 24 families were regularly supported by 12 dedicated volunteers.

### **The Bridge Programme**

Started in late January 2008, the programme offers basic skills training to youths-at-risk with mild-to-moderate cognitive development delays and others who missed out on secondary schooling due to chronic ill health. The 17 youths admitted to the programme during 2008 were aged between 16 and 25. Two groups benefited in 2008: 7 were admitted to the first programme between January and June; 8 were admitted to the second group in late October, and 3 were offered an individual programme. The learning content was revised in October 2008; it now includes English, Maltese, ICT, budgeting, cooking, personal, inter-personal and independent living skills, and physical exercise. Participants are often assigned a mentor through SJAF's own mentoring service and are helped to access courses and schemes of the ETC, ITS and other entities. Four Bridge participants completed a job experience period at SJAF through the ETC Job Experience and the Active Youth schemes. Referral sources included the Tarxien Youth Centre, the Zurrieq Diaconia Commission, SJAF community social workers and service users and the Richmond Foundation. The Augustinian Order of Friars in Tarxien offered sustained support through on-going access to its computer lab for the Bridge ICT module.

### **We are Kin (Aħn'Aħwa)**

During 2008, SJAF piloted a social mentoring service to complement its services for youths-at-risk. Besides matching vulnerable youths with adults who can be a source of friendship and support, mentors coach their mentee in an area of special interest. In 2008, coaching included art, ICT and writing. Youths come from disadvantaged backgrounds and face difficult life experiences. The one-to-one art mentoring and coaching experience is often healing and liberating for the young person and can trigger the creative spirit within. During 2008, 18 youths from 17 families benefited from this service; 11 of these were from the Bridge Programme. SJAF plans to further develop this component of LEAP.

### **Non-formal learning for vulnerable persons**

During 2008, the following learning opportunities were offered specifically for service users: 3 support groups on self-esteem (24 persons); 3 courses on basic ICT skills (21 persons); and crafts for mental wellbeing (5 persons). Other opportunities were offered to carers through the SJAF Caring for the Carers Programme.

## Caring for the Carers Programme

During 2008, three initiatives were developed in support of persons who care for a family member:

**(i)** a group-based learning-support group for **relatives who care for a family member with a disability** or learning difficulty. This initiative consisted of weekly 2 ½ hour sessions over a period of 5 months. Issues identified at the first meeting were used to design a participatory learning opportunity that for most was a unique experience.

**(ii) Grandparent education:** The Justice and Peace Commission of the Augustinian Order in Tarxien requested SJAF to develop an educational initiative for grandparents who regularly look after their grandchildren. The outcome was the development of *Klabb Nannakola* - a learning support opportunity that combines the elements of a support group with structured and unstructured discussions and demonstrations of learning strategies for home trials. Two Clubs reached 27 grandparents who regularly look after their grandchildren due to their adult child's marriage separation or career.

The club focuses on the honing of such skills as creating educational resources, effective inter-generational communication, managing stress, and other issues suggested by participants. The first such club was organised together with the Justice and Peace Commission of the Augustinian order in Tarxien. The second started in November 2008 and was run in M'Scala in conjunction with the parish and its Diaconia Commission. Detailed session plans and related resources have been developed by the team.

A number of requests have been received from other parishes wishing to implement this initiative. Training for parish club animators is being planned so that a multiplier effect is created.

**(iii) Counselling and group-work** with grandparents whose married children have separated started to be offered as well during 2008. This area is in its development stage.

## VINČI – community work project

Commissioned in late 2007 by the National Family Commission within the Ministry for Social Policy, the Vinči Community Work Project in the village of Ħal Kirkop commenced in early February 2008. Outreach work is being undertaken with the most vulnerable families living in 3 housing zones in Kirkop (17 Housing Blocks). This work is being carried out in close collaboration with the Kirkop Local Council, the Kirkop Parish and the Kirkop state Primary School.

As a first step, the team decided to start off by combining development of strong linkages with local structures and resource persons with regular home-visits to families. Individual and group meetings were held with:

- the Mayor, his staff and councilors
- the Parish Priest and the deputy Parish Priest responsible for youths
- the Parish Pastoral Council
- the Kummissjoni Djaġonija
- the Head and Assistant Head of School
- a retired teacher who is highly respected in the parish and has been involved in socio-pastoral work for many years who is also the President of the School Council
- an ex-Mayor who is a drama teacher
- all identified resource persons in the parish/ locality; the project team called a dialogue meeting
- the Local Council Sub-Committee of Socio-Educative measures
- a retiring community nurse who had worked in the locality for 28 years;
- a local family doctor;
- a Community Mental Health Nurse from the Mt Carmel Psychiatric Hospital who has clients from Kirkop
- social workers from other agencies including a Case Conference called by the Project Leader with respect to one family needing high support
- a local money lender who daily does the rounds of the housing blocks to stimulate more purchases of items (and hence further indebtedness) and to call in due payments
- some shop owners;
- a mother who is a member of the School Council
- an *Aġenzija Appoġġ* Social Worker.

Parallel to the above process, house-to-house visits were initiated during a difficult period when families were being visited by candidates contesting the Local Council as well as national elections.

Different approaches to engaging with community members have been developed, tested, shelved and new ones tried. Different entry points have also been tried to establish an understandable and acceptable presence in the public housing zones area.

*The project team:* In late January, two dynamic parents were engaged as Community Outreach Workers; both had a background in stimulating and co-facilitating non-formal community-based learning opportunities for parents. In May, following the expressed need for a 'group' by youths the team was in touch with, a qualified Youth Worker was engaged to undertake outreach work in the evenings. In July, the services of a SJAF Counsellor were extended to the whole team due to

the stress faced in regularly working with individuals and families with complex long-standing problems needing high support.

*Households:* Outreach work was undertaken on an on-going basis in 3 public housing zones comprising 112 households living in 17 blocks of flats.

*Relationships with local structures, leaders and resource persons:* Relationships have been built with the Local Council (LC), the Parish and the local state primary school.

**Local Council:** The Mayor, his staff and Councillors have been helpful. The Local Council provided the project team with a much needed physical space from which to operate. The one-storey street level Ćentru Soćjali – a largish room with a kitchenette and two toilets – was put to our disposal, as was a telephone line. The provision of this space enabled project personnel to establish a presence and a base; it has served as a reference point for individuals and families who do not wish to be seen in the Local Council or parish office.

**Parish:** The parish priest was very enthusiastic and supportive from the outset. The parish priest sees the project workers as a much needed resource to reach out to housing families. The parish priest has given the team sole access to an untenanted house for storage of furniture donated to SJAF for poor families.

**Primary School:** The Head and Assistant Head have been very supportive. They both worked with the community work team to try out a number of approaches to encourage parents from the public housing zones to participate in meetings that would enable us to dialogue with them about common concerns and needs while at the same time establish a relationship. All attempts to harness this potential have so far failed. For the first meeting, twenty parents of students struggling with their learning, the majority of whom live in the public housing zones, were invited by the Head of School to a meeting; three turned up one of whom was from the target area. Subsequently the team tried to identify students from the target area to offer them the possibility of joining an after-school short-term drama group. Eight students joined, 4 of whom were from outside the target area.

*Group-based initiatives and family work:* During 2008, a number of group-work opportunities have been created around interests and needs identified during home-visits, street-work contacts, meetings at school, entry-point group-work and individual meetings with families.

**Weight Loss Programme:** especially targeting tense young single mothers

*Actual No of participants:* 26

*Aim:* To stimulate dialogue about healthy lifestyles and practical cooking strategies and a readiness to try them out.

*Promotion:* Home-visits, door-to-door flyers, posters in shops and word of mouth.

*Partner organisation:* The Health Promotion Department.

*Outcome:* Unfortunately, but not surprisingly, the persons that we made most effort to motivate did not enrol. Participants hailed from various areas in the community and of various ages.

*Feedback:* Ms. Petra Mallia is planning a follow-up session. Feedback by participants was positive; they all looked forward to each session and learning outcome was high.

### **Sunflower Club (an educational parent & child club):**

*Actual number of participants:* 11 (only 4 of those targeted participated).

*Aims:*

- To enable parents/guardians and their children under the age of 3 to spend 2 hours a week in a relaxed and welcoming environment engaged in educational activities;
- To stimulate participants to learn from each other's child raising experiences.
- Through practical hands-on activities, demonstrating strategies that nurture learning and growth;
- To encourage the use of books at home and their creative use for storytelling;
- To facilitate the transition to kindergarten;
- To promote the concept of "re-use"/ "re-cycle" through the creation of a range of crafts using very low cost or no cost materials.
- To enable participants to dialogue with professional invitees;
- To celebrate and affirm all positive results, however minor they might be.

*Promotion:* home-visits, door-to-door flyers.

*Feedback:*

- parents found such quality time spent with their children to be highly beneficial to both;
- they appreciated the interaction with other parents;
- more sessions were requested;
- children enjoyed themselves and became easily involved in the routine of the sessions; improvement in their communication skills was registered.

### **Short-term drama group and discussion forum for parents**

*Actual number of participants:* 8 students (4 of whom from the housing blocks) for the drama group and 60 parents for the performance and discussion forum.

*Aim:*

- To stimulate creative self-expression through drama, bringing together primary school children from the housing zones.
- To engage parents in a discussion about contemporary family issues highlighted by the short performance.

*Agenda:* To reach out to housing parents through a school activity.

*Promotion:* Through the state primary school.

*Outcome:* A drama animator was engaged to work with a small group of primary school pupils after school hours. In all, ten 90-minute sessions were held excluding the rehearsal and performance day. The situation highlighted by the short script centred round the dilemma faced by a young single mum who chose to struggle with work whilst bringing up her children. The role of the grandmother as child carer was portrayed in a poignant manner. Balancing the role of carer of both a grown up child and grandchildren as well as counsellor, friend and mum, the grandmother's role left a positive influence on the whole family; she even helped her daughter decide to work within the formal rather than the informal sector. The children and their school friends openly discussed feelings, fears and concerns about a mostly-absent working mum.

The lively and often emotional discussion that the team leader facilitated in the school hall led to a number of parents requesting the project team to organise an educational club for families during the summer months. The reasons they gave for this included the fact that:

- they hardly ever had the opportunity to freely and openly discuss day-to-day family issues;
- at times they felt overcome by day-to-day pressures and needed such a stimulus;

- they often felt at a loss as to how to put an end to unhealthy family dynamics that were clearly damaging to both mother and son/daughter (e.g. a mother who is constantly seeing to her son's needs, leading him to believe that this is natural to order his parent around with a master-slave attitude);
- they did not know how to spend quality time with their children.

### **Summer Educational Club for Families**

*Actual number of participants:* 12 parents and 16 children.

*Aims:*

- enabling parents to identify one's own skills and interests apart from household chores and routines;
- helping parents experience the benefits of spending quality time with their children;
- enabling parents to acknowledge the importance of playing with their children;
- to explore the benefits of nutritious snacks and meals for the whole family.

*Promotion:* door-to-door flyers, posters in shops and word of mouth.

*Family needs identified during Club sessions:*

- How to sustain quality time with one's children;
- How to identify the priorities in one's life;
- How to manage our finances;
- How to deal with stress and depression;
- How to deal with loneliness;
- How to create a better line of communication with neighbours within the Block;
- How to communicate with own family members;
- How to identify skills that would make one a better parent;
- Learning to live a healthier lifestyle (preparing healthier meals; reducing smoking, especially near children).

### **Youth Social Activity**

*Actual number of participants:* 28 youths from the housing zones and 16 youths from the Tarxien Youth Group.

*Aims:* To create an opportunity where youths interact with others from the Tarxien Youth Club for fun activities and sports.

*Promotion:* street work, posters in shops.

*Outcome:* The School sports ground managed by the Kirkop Nursery was used as a venue for a social activity that combined sports, dancing and eating out.

*Feedback:* Participating youths felt happy about the fact that an activity they suggested materialised. Moreover, they appreciated the fact that a local but unaffordable resource (the sports ground) that they had long, wished to use, was made available to them at no cost. The latter is an issue that needs to be tackled by policy makers who had decided to make the sports ground available for formal sports training, against payment. Youths we work with wish to have access to a football ground for informal games, but cannot afford the fee charged by the Nursery. This activity helped the targeted youths to work harder for the setting up of a group.

### **Therapeutic Groupwork**

In mid-November, 8 women signed up for a therapeutic group guided by the SJAF Counselling Co-ordinator. However, only one woman turned up for the first session and, despite sustained contacts, only one turned up for the second Friday. It was felt that vulnerable families living so closely to each other feel apprehensive about disclosing personal issues in a group setting. Individual support seems to be, for now, the most acceptable form of emotional and psychological support.

### **Family Work**

From the outset, a good number of families visited at home expressed a need to talk about their personal problems, sometimes seeking refuge on the doorstep to discuss private matters away from family members. These families were invited to meet a team member at the Čentru Soćjali. This was a stepping stone to family work which is today bearing fruit. In some cases, work was undertaken with individual members of the family so as to support, nurture, empower to help break the cycle of helplessness, lack of skills, under-employment, depression and aimlessness. During the year, 15 families requiring high support were assisted.

**Problems faced by families** supported during this period included following:

- mental health problems, giving rise to other problems
- lack of basic skills
- sense of hopelessness and helplessness
- young carers looking after a sick family member
- abuse of children and adults
- alcoholism
- absolute dominance by a family member over the rest of the family
- re-constituted families
- women who abuse the welfare benefits system
- incessant loud noise leading to non-stop conflicts between neighbours living in the same block of public housing apartments
- lack of parenting and grandparenting skills
- negative advice exchanged between adults
- moneylending and indebtedness
- disaffected youths without a routine or aim in life
- underemployment and unemployment; linked to this is involvement in the irregular employment sector
- blurring of necessary boundaries between families
- minors in residential care who alternate between this setting and their home, especially during the weekends
- need for a public space for youths looking for informal leisure and sports
- overwhelming prejudice by residents from the ‘core’ of the locality.

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## APPENDIX 1:

### Categories of SJAF service users by identified needs, service response and inter-agency links

Category of service users	Identified needs	Programme/ service developed and offered in response to identified needs	Links developed with:
<p>Youths-at-risk of social exclusion due to their low basic skills, mild-to-moderate cognitive developmental delays and mental health problems</p>	<ul style="list-style-type: none"> <li>- acquisition of basic skills</li> <li>- job experience opportunities for future employment prospects</li> <li>- need of friendships</li> <li>- a welcoming, accepting and loving learning environment</li> <li>- social skills</li> </ul>	<p><b>Bridge Programme:</b>            Bridge is a basic skills programme for youths with mild-to-moderate cognitive development delays and those who missed out on secondary schooling due to chronic ill health. Youths are mostly aged 16 to 22. Formal educational modules include English, Maltese, ICT, Budgeting and cooking. For personal growth and development and re-enforcement of basic skills acquisition, participants are assigned a <u>personal mentor</u> through the Ahn' Ahwa Mentoring programme. They are also helped to access courses and schemes of other entities.</p> <p>The second student intake commenced in November following individual assessments and parental meetings carried out in September and October. Bridge is filling a gap in national service provision since such youths find they cannot fit in with profit in existing post-16 education and training provision.</p> <p>Youths not in the group programme are assisted to develop an individual learning plan and either assigned a volunteer or paid Tutors or linked to other external courses, depending on ability and availability.</p>	<ul style="list-style-type: none"> <li>- ETC: (a) <i>Job Experience Scheme</i> (JES), and (b) <i>Active Youth Scheme</i> (AYS).</li> <li>- <b>Institute of Tourism Studies</b> (ITS): <i>Hospitality Trades Course for Disadvantaged Youths and Youths with Learning Difficulties.</i></li> <li>- <b>MCAST</b> provides SJAF with Basic Skills assessments to determine BS levels so that SJAF Tutors can plan module sessions in a differentiated manner.</li> <li>- <b>Villa Chelsea</b></li> <li>- <b>Tarxien Youth Centre</b></li> </ul>
<p>Persons needing access to a community-based socio-educational service centre</p>	<ul style="list-style-type: none"> <li>- persons with mental health problems needing friendship &amp; fellowship</li> <li>- elderly who need support</li> <li>- persons who wish to volunteer a few hours a week</li> <li>- anyone needing someone to talk to</li> <li>- parents with children</li> </ul>	<p><b>Ċentru Antida</b></p> <ul style="list-style-type: none"> <li>- a drop-in centre based at 51, Tarxien Road, Tarxien. The centre is becoming known by local people and practitioners from other education, health social welfare organisations. Persons in difficulty regularly drop by at the centre which welcomes anyone looking for support or for information about existing services. It is open daily between 9.00am and 6.30pm in winter time and from 7.30am to 1.30pm in summer. At the end of each month, the Centre issues a newsletter for its volunteers, staff and collaborators. The June issue was in fact the 12<sup>th</sup> one published so far. Features and poetry of a spiritual nature are appreciated by many readers, including parish pastoral workers to whom it is sent. Currently, the Centre has 57 regular</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Parish Priests</b> of neighbouring parishes</li> <li>- <b>Augustinian Prior</b> and the Justice and Peace Commission, Tarxien</li> <li>- <b>Local primary and secondary state schools</b></li> <li>- Volunteers from the <b>Evangelisation Cells</b> (Tarxien, Paola) who regularly visit vulnerable families</li> <li>- <b>Kummissjoni Djakonija</b> Volunteers</li> <li>- <b>Malta Autism Parents Association</b> (MAPA) (meets at</li> </ul>

	<p>requiring learning support</p> <ul style="list-style-type: none"> <li>- primary carers</li> </ul>	<p>volunteers who carry out reception work, learning support, mentoring, befriending and other tasks. Persons who visit the drop-in-centre invariably state that they immediately felt at home, calm and at peace.</p>	<p>Ċentru Antida)</p> <ul style="list-style-type: none"> <li>- <b>Ladies Circle</b>, Tarxien</li> <li>- <b>Marsa Diaconia Commission</b></li> <li>- <b>COMMCARE</b></li> <li>- <b>Mt Carmel Hospital</b></li> </ul>
<p>Families rendered vulnerable through chronic ill health, separation, disability of a member, old age, isolation</p>	<ul style="list-style-type: none"> <li>- Need for understanding and connection with a caring adult</li> <li>- Removal of isolation and alleviation of loneliness</li> <li>- Dialogue with a compassionate other who can also challenge one's attitudes and perceptions of self and others on a sensitive manner.</li> <li>- counselling</li> <li>- unfurling the complexities of dealing with many service providers and agencies; filling-in complex application forms and gathering documents to append</li> </ul>	<p><b>Community Social Work and Counselling service:</b></p> <ul style="list-style-type: none"> <li>- listening</li> <li>- counselling</li> <li>- link-up to other services</li> <li>- liaison with other services and practitioners</li> <li>- provision of volunteers for on-going follow-up support, befriending, home-visiting;</li> <li>- assistance in communicating with national services across sectors: Housing, Social Security, Primary Health Care, Community Mental Health, employment, etc.</li> </ul> <p><b>- additionally, access to SJAF:</b></p> <p>a. <u>adult learning groups</u> (e.g. Building My Self-Esteem Group; Learning More about Disability Issues; Crafts for Mental Wellbeing; Introduction to Computers; NannaKola Club; etc)</p> <p>b. <u>Learning Support</u> services to children of service users: homework support by volunteers; mentors;</p> <p>c. <u>Friendship Group</u>: volunteers who regularly visit or phone-up to comfort, support, talk.</p> <ul style="list-style-type: none"> <li>- Group or individual counselling for parents whose adult married children have separated (new; July 2008)</li> <li>- A Counselling Co-ordinator was appointed in September 2008; she partly works on a voluntary basis.</li> <li>- A team of volunteer befrienders form part of this service and accompany professionals on home-visits or do so on their own under supervision.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Parish Diaconia Commissions</b></li> <li>- <b>Mental Health Association</b> (staff training; consultations)</li> <li>- <b>Mt Carmel Hospital</b> (liaison re. service users in the community)</li> <li>- <b>Aġenzija Appoġġ</b> (consultations, referrals, case-conferences)</li> <li>- <b>Caritas Malta</b> (Diaconia section; Usury service; referrals)</li> <li>- <b>COMCARE</b>, Department Primary Health Care;</li> <li>- <b>Health Division</b> (Chaired Focus Group on Perspective of Service Users/ Consultation re. Primary and Community Health Care Strategy)</li> <li>- <b>SAS Azzjoni Kattolika</b> (financial support to SJAF service users)</li> <li>- <b>Community Chest Fund</b></li> <li>- <b>Tarxien state Primary School</b></li> <li>- <b>Żammit Clapp Hospital</b></li> </ul>

Category of service users	Identified needs	Programme/ service developed and offered in response to identified needs	Links developed with:
Grand-parents who regularly look after grand-children	<ul style="list-style-type: none"> <li>- need to become aware of contemporary educational methodologies and strategies that stimulate learning</li> <li>- need to meet others who are struggling to cope with this role</li> <li>- need for affirmation</li> </ul>	<p style="text-align: center;"><b>Klabb NannaKola</b> <i>(within the context of the wider <u>Support to Carers Programme</u>)</i></p> <p>– an educational club for grandparents who regularly care for their grandchildren. The club focused on the honing of such skills as creating educational resources, effective inter-generational communication, managing stress, and other skills suggested by participants.</p> <p>Plans are underway to run two clubs in late 2008 in Paola and Marsascala.</p> <p>Detailed session plans have been formulated by the team. (A copy is available).</p> <p>Certificates of participation were given to participants.</p> <p>Photos and feedback sheets for every session held are also available.</p>	<p>During this period, links with the M’Scala parish led to the setting up of a club there. In December, work was at an advanced stage to start another one in Paola in early January 2009.</p> <p>Posters were placed in key locations such as shops, schools and parish notice boards; house-to-house drops of handbills; meetings and contacts with grandparents at Social Clubs, bingo centres and outside schools; article in Flimkien; Church announcements. Home-visits to social housing families.</p>
Youths from disadvant-aged backgrounds	<ul style="list-style-type: none"> <li>- unfulfilled artistic and creative potential</li> <li>- relationship with an adult friend</li> </ul>	<p style="text-align: center;"><b>Ahn’Ahwa (We Are Kin) – Youth Mentoring</b></p> <p>In 2008, 16 Mentors were matched with youths from disadvantaged backgrounds and difficult life experiences. The one-on-one coaching experience is often healing and liberating for the young person and triggers the creative spirit within.</p>	<ul style="list-style-type: none"> <li>- Richmond Foundation</li> <li>- Aġenzija Appoġġ – Adolescent Outreach</li> <li>- Fejda</li> </ul>



<b>Service/ Programme/ Group</b>	<b>Number of persons supported</b>	<b>Number of families reached</b>	<b>Additional information</b>
<b>D. Learning Support Programme (LEAP)</b>			
<b>1. Bridge Programme</b> (basic skills): 5 Modules from January to June; Content revised in October '08 (7 modules); 16 hours a week of formal tuition backed up by other formal and informal learning opportunities	<b>TOT: 18</b>  7	<b>TOT: 17</b>  7	- all 18 benefited from the service of a learning mentor - 4 obtained job experience with SJAF through 2 ETC schemes (450 hours each) - 5 joined the Institute for Tourism Studies Course on Hospitality Trades for disadvantaged youths and youths with learning difficulties - 1 benefited from a traineeship with FITA
2 <sup>nd</sup> Bridge Programme intake (November '08 to April '09):	8 + 1 re-admission	8	- 1 is benefiting from a stone sculpting traineeship with a tourist enterprise
Individual programme route	3	3	
<b>2. Homework Support Service</b>	34	24	
<b>3. Courses for Social Work Service Users</b>			
Self-Esteem courses	22	22	2 courses delivered + one starting early February 2009
Craft sessions for mental health service users	2	2	A wider Crafts Programme for mental well-being is being planned; volunteer Tutors already identified
<b>4. Ahn'Ahwa</b> (We Are Kin) – mentoring Youths-at-risk	11 Bridge students benefited + 7 others	17 families	16 Mentors
<b>E. Caring for the Carers</b>			
1. Grandparent Education (Nannakola Clubs for grandparents caring for their grandchildren)	15 Tarxien 12 M'Scala	15 12	2 Clubs started in 2008 and one scheduled for early January 2009
2. Support Group for parents whose married children have separated/ are separating	5	5	
3. Support Group	24	15	for carers of persons with a disability

## APPENDIX 3:

### Regular active SJAF Volunteers as at December 2008

There were a total of 60 volunteers at SJAF in December 2008. Some have dual roles. The chart below is not representative of the total 2008 picture since there were volunteers who discontinued. For example, volunteer Mentors (16 in 2008) are given a starting date and a conclusion date for the mentoring relationship. Thus, in December, as can be seen from the Chart, there were 5 and 3. The chart gives the number of volunteers deployed in different areas of SJAF work as at December 2008.

Role	Number of volunteers
Centru Antida reception work	13
Homework Support (for children of social work service users)	12
Homework support for children of refugee families at Dar Liedna	4
<u>Mentors</u> for Youths at risk	5
Tutoring & <u>Mentoring</u> Bridge Programme students	3
Befriending (for social work service users)	10
Social Work Supervision	1
Counselling	1
Newsletter editing & website design and maintenance	2
Mental health service users who volunteer (teaching crafts and fundraising)	2
Administration including handyman work and cleaning	12
Governance	7

A monthly newsletter was sent to volunteers, collaborators and staff during 2008. The newsletter is sent electronically to over 80 persons including neighbouring parish Diaconia Commission teams. It is also available on the SJAF website.

