



Anthony E. Guillaumier
Chairperson

The Missing Link

There can be no justice in the agenda for social inclusion in the absence of a structure which provides vocational rehabilitation and work opportunities for disadvantaged groups in Malta.

Employment takes top priority on the protocol of the European Anti Poverty Network, however despite all the good intentions of the local authorities concerned, Malta unfortunately does not embrace a structure that provides for sustainable employment in this sector.

For the past seven years, Richmond Foundation has been running a Supported Employment Programme, in collaboration with the Employment & Training Corporation. This programme is in place for persons suffering from mental ill health.

Although appropriate training and job coaching has enabled us to place some job seekers in indefinite, open employment, the major part of the work that is offered to our clients is sourced from task assignments of short and intermittent periods.

As a consequence, the experience gained from this programme highlighted the need for a project based on a framework, which could create suitable, sustainable and gainful employment for persons who are experiencing exclusion from the job market.

Our Foundation has been pursuing this avenue by commissioning a detailed study on the feasibility of setting up a social enterprise which could address the problem of unemployed disadvantaged groups on a wider front thereby filling this missing link in our social fabric.

Last October, the CEO, Ms Dolores Gauci and myself went to Ghent in Belgium to have a first hand experience how this problem has been addressed successfully in that country which has a track record of community based mental health support services.

We visited Compagnie de Sporen, a centre for job coaching and vocational rehabilitation for people with psychological problems and Ateljee, a very successful social enterprise employing over 350 people.

We were impressed by what we had seen and came back to Malta to loop this 'missing link' by keeping our social enterprise project high on our list of priorities.

I take this opportunity to thank Ombudsman Mr Paul Arteel, who facilitated our visit to Belgium. ■

2
WORLD MENTAL HEALTH DAY
SEMINAR

3
SERVICE USER INVOLVEMENT &
EXPERIENCES

4
WORLD MENTAL HEALTH DAY
ACTIVITIES

5
NEWS FROM THE SERVICES &
USERS' EXPERIENCES

6
RIKONOXUT IS-SEHEM TA'
DR LOUIS GALEA FIL-QASAM
TAS-SAHHA MENTALI

RICHMOND FOUNDATION
THANKS ITS VOLUNTEERS ON
INTERNATIONAL VOLUNTEER DAY

7,8,9
SEMINARS & TRAINING

10-11
FUND-RAISING & PROMOTION

12-13
EXPERIENCES

14
PROMOTION & AWARENESS

STAFF NEWS

15
DONATIONS

16
THANKS & ACKNOWLEDGEMENTS

Best Wishes
for a healthy
2009





Seminar

Active Inclusion Through Service User Involvement

Carmen Grech
Self-Help Group Facilitator

In celebration of World Mental Health Day 10th October 2008 Richmond Foundation organized a half day seminar. The title of the seminar was 'Active Inclusion through Service User Involvement'. This event took place at Phoenixia Hotel, Floriana and it was sponsored by Foster Clark, Kinetix and Novitas.

The concept of Service User Involvement is still at its infancy in Malta and thus introducing and discussing such a concept was innovative and useful.

The seminar had two parts. The first part included the speech of the Parliamentary Secretary for the Elderly and Community Care Hon. Mario Galea, the keynote speech of Prof. Peter Beresford who works at the University of Brunel in the UK and the experience of Shirley Muscat.

In his opening speech Hon. Mario Galea gave an overview of the present mental health legislation / policies in action and their respective issues.

He stressed the importance of an inclusive mentality in all sectors and expressed his wish and his resolve to continue to strive so that this inclusion is constantly reinforced thus giving the user the opportunity to take more control of his/her life.

Prof. Beresford, in his keynote speech, which was prepared specifically for this seminar on DVD, stressed the importance that the users themselves take an active role in the services they use, and in all the aspects of the planning and preparation of any policies/legislations which would in the long run affect their lives. Being a user himself he has first hand experience of the problems users sometimes encounter. To elaborate more on the word "user" and its concept, any person simply paying a visit to his/her doctor/psychiatrist etc. can be classified as a user. By encouraging the involvement of the user in the services provided we are giving the user the opportunity to make a difference in his/her life.

True to its title, this seminar saw the active inclusion of several users in the running of the seminar itself. For this occasion I was asked to help in the chairing of the seminar. Although I have previously attended and taken part in several other seminars related to my work, this was my first experience in the actual chairing of a seminar. To be totally frank I did feel a bit nervous

when I saw all those people in front of me, but then once I got the ball rolling words came easy and I felt comfortable in my role. And alas I discovered that I had another hidden potential/talent which I could improve on, thanks to Richmond! My colleague and friend Ms Shirley Muscat gave a heart rending account of her personal experience. Her speech was warmly welcomed by all those present and she was greatly applauded for having the courage to speak up about her experience. Various other users also gave a hand in the chairing and reporting of the three workshops held on the day. The titles chosen for these workshops were: "The Concept of 'Service User Involvement' – Current Local Practice"; "Involving Users from Planning to Evaluations to Enhance Inclusion"; "The Challenges to Implement the Principle of Service User Involvement".

After this session, the groups had the opportunity to share and discuss the main ideas with the rest of the participants. ■

Through the speeches and the following discussions it was clear that a shift in mindset of users and professionals is required so that such a culture of user involvement is fostered. The professionals need to accept that involvement is always possible as long as users are willing to do so. Continuous support to the involved professionals and users is a key factor that is likely to make user involvement possible and effective. ■



▲ Part of the audience during the seminar.

Prior to this half day seminar, the Foundation also organized a press conference and Hon. Mario Galea, representatives from Richmond Foundation and Mt Carmel Hospital and a service user shared their perspectives in relation to mental health and mental health difficulties within the local context. It was highlighted that there is a dire need of a new legislation that is to reflect nowadays' realities. Enhancing community-based services was another main and common concern which was shared between all parties. ■



Service User Involvement

A Service User's Experience



“My experience as a rapporteur during the seminar on user involvement was very positive. The seminar started with a video presentation of an English psychiatrist. I was interested in knowing if England's Mental Health Care is similar to Malta's so I asked if there were any Half-Way-Houses in England. One of those leading the seminar answered that in fact there were.

Later, everyone present was separated into 3 groups and I was the rapporteur of one of these groups where we discussed challenges of service user involvement. I was happy to hear what a social worker said about her work. Stephanie, the supportive employment worker, helped me in taking notes of what was said during the workshop. She then gave a short presentation about what the group had discussed. After that, I read out my notes.



▲ Workshop in progress.

Amongst what I said was that everyone is obliged to look after his health and also that it is important to follow the doctor's prescriptions.

I was happy to listen to the experiences of other people who have mental health problems as well as to give my point of view of how mental health care can be developed further. I hope this seminar will be useful to people in Malta and abroad. ”

J.C.E.D.

L-Involviment ta' Min Juża is-Servizz

Christopher Bezzina
Co-ordinator



Il-kuncett ta' *Service User Involvement* jew aħjar bil-Malti, l-involviment ta' min juża s-servizz hu pjuttost ġdid għal pajjiżna u ftit huma dawk li semgħu bih. Dan il-kuncett għalkemm hu ġdid f'Malta, ilu li daħal f'pajjiżi bħall-Ingilterra għal dawn l-aħħar f'mistax-il sena. Kien proprju għalhekk li fl-għaxra t'Ottubru, fl-okkażżjoni tal-Jum Dinji għas-Saħħa Mentali, Richmond Foundation organizzat seminar b'din it-tema. Dan il-kuncett jilhaq verament l-għan tiegħu meta n-nies jkollhom opportunità li jsemmgħu lehinhom, u li jkollhom kontroll fuq il-jigri fis-servizz u fl-organizzazzjoni in ġenerali. Dan il-kuncett huwa fih innifsu bidla fil-kultura, bidla fil-mentalità mhux biss ta' kif dawk li jipprovdut s-servizz iħarsu lejn dawk li jużaw is-servizz imma wkoll ta' kif is-servizz jiġi mfassal u pprovdut. Dan il-kuncett iħares lejn il-persuni li jużaw is-servizz bħala riżorsa, bħala persuni li jafu fuq id-diffikultà tagħhom u bħala persuni li jistgħu jkunu ta' għajjnuna kbira sabiex is-servizz ikompli jitjieb u verament jilhaq l-għan tiegħu. Skond

dan il-kuncett, il-persuna li tagħmel użu mis-servizz m'għadiex biss il-pazjent, m'għadiex dak jew dik li għandha biss problema, m'għadiex biss piż fuq is-servizz tas-saħħa imma saret ukoll persuna li għandha vuċi u li hu jew hi wkoll tista' tagħmel differenza. Hafna drabi l-involviment ta' min juża s-servizz jibda fuq livell ta' ilmenti, kummenti u suggerimenti fl-ippjanar u tfassil tal-politika soċjali.

Punt ieħor interessanti hafna hu, li hafna drabi dawk li jkunu involuti fit-tfassil u fl-ippjanar jkunu barra mill-esperjenza ta' hafna nies li qed jagħmlu użu mis-servizz.

Fl-aħħar naħseb li anke f'Malta wasal iż-żmien li l-persuni li jużaw is-servizz ikunu nvoluti fil-qasam ta' l-edukazzjoni u t-taħriġ vokazzjonali u tax-xogħol, speċjalment f'oqsma bħal ma huma dawk tal-psikoloġija u tas-social work. L-involviment ta' min juża s-servizz jista' jkun f'kull stadju u f'kull aspett tal-kwalifika, mill-għażla ta' l-istudenti sal-formazzjoni tal-kurrikulu. Il-persuni li jużaw is-servizz jistgħu jkunu ta' għajjnuna kbira meta hemm bżonn li jiġu stabbiliti ċerti standards, meta jsir performance review u sabiex jkun hemm aktar kontroll fuq il-kwalità tas-servizz. L-involviment ta' min juża s-servizz jista' jkun utli hafna fir-riċerka u fl-evalwazzjoni tas-servizz halli dejjem wieħed jipprovidi servizz li hu mfassal skond il-htigijiet ta' min qed jirċevih. ■

Esperjenza Ġdida ta' Paul



“Ġejt imsejjaħ mill-care worker tiegħi biex nidher ma' żewġ social workers ta' Richmond Foundation biex nagħti l-opinjoni tiegħi, bħala persuna li nagħmel użu mis-servizzi tal-Fundazzjoni, dwar għażla ta' social worker ġdid/a minn fost dawk li applikaw għal post vakant.

L-aktar haġa li tagħtni pjaċir hi li l-applikanti kollha għaddew kors l-Università u kollha kienu gradwati.

L-aktar haġa li dejqitni kienet meta kelli nagħti marki baxxi għal xi risposta ħazina, għax għalkemm forsi marru ħazin fl-interview, kollha kienu ta' skola u b'ċertifikati tajba.

Bħala esperjenza ħadt pjaċir u kelli għajjnuna kbira mis-social workers ta' Richmond Foundation li bdejna naqblu fuq min kienu l-aħjar tlieta. Ħadt pjaċir ukoll niltaqa ma' nies ta' ċertu livell ta' skola.

Kien sodisfazzjon li kont ta' għajjnuna u nipparteċipa bil-qalb kollha jekk inkun nista' ngħin fil-futur.”



Tree Planting at Villa Chelsea

Christopher Bezzina
Co-ordinator Villa Chelsea



▲ Ms C. Gonzi planting the first olive tree.

As part of its full week of activities which brings Bank of Valletta, particularly the branch in Naxxar Road, closer to the community in B'kara and also in occasion of World Mental Health Day, on Tuesday 8th of October, Mr John Galea (Manager) together with his team alongside with other Bank of Valletta employees, came to Villa Chelsea at around 3pm to do some voluntary work in the garden. Besides cleaning and clearing the garden, this activity also included planting 16 olive trees. It was the culmination of some weeks of intensive collaboration between Bank of Valletta branch in Naxxar Road, the B'kara Local Council, the Ministry for Rural Resources and Richmond Foundation. Mr Michael Fenech Adami (B'kara Mayor), Mr Anthony Guillaumier, Ms Catherine Gonzi and Ms Dolores Gauci (Richmond Foundation Chairperson, Vice Chairperson and CEO respectively) were present for the activity. ■

Fun Day

As in previous years a committee was set up and various sport activities were organized in celebration of World Mental Health Day involving staff and clients and volunteers. It was a thoroughly enjoyable and fun day. We were happy that once again local MPs took up our challenge for a friendly football match. Clad in a colourful red and yellow kit, MPs, however, got a veritable thrashing by the Richmond team, which scored seven goals against only two of the parliamentarians, one scored by David Agius and a dubious one by Stefan Buontempo. The MPs were still given medals in true sporting spirit.

Our service users, as well as footballers, had positive comments to say:

“Richmond Foundation fakkret il-World Mental Health Day b'diversi attivitajiet. Haġa li laqitni minbarra l-logħob kien punt interessanti mid-diskors ta' Ms D. Gauci fejn qalet li għandna nsibu hin fost il-gimgha biex nagħmlu xi attività sportiva halli b'hekk inkunu qed inħaddmu moħħna b'mod li ntaffu mill-problemi ta' saħħa mentali... Hadna ħafna gost nilgħabu logħob differenti u divertenti...” **D.M.**

“Fil-logħba tal-futbol li għamilna fil-fun day vera ħadt pjaċir għax iltqajt mal-Bużu u mal-players kollha. Hassejtni ferhan ħafna u kienet esperjenza sabiħa...” **P.V.**

Carmel Busuttil (Bużu) wrote to us:

“First of all I would like to thank you for your invitation. I really enjoyed it and I had a good time playing with you.

What really amazed me was that you all gave your best, you gave everything, you all so wanted to win, you never gave up and at the end we were all happy that we gave our best.

In real life it's the same – life can be very hard but you must never give up, you have to fight back as you all did in that game.

In my playing days I had also some difficult time, life was not always easy but I was so determined, I worked harder during training. I became physically stronger and that's what made me who I am today.

So, my friends, even though some of you are passing through some hard time, never give up, continue working hard. Take part in sports activities or any other activities that are being organized for you. Taking part in sports can keep you healthy and also gives you some satisfaction.

Once again: thanks – Carmel Busuttil”



▲ Members of Parliament from both sides of the House playing a football match against clients and volunteers of the Foundation.



Klienta tas-Supportive Housing Scheme titkellem dwar l-Esperjenza Tagħha ma' Richmond Foundation

“L-għajnuna minn Richmond Foundation sibtha f'diversi modi f'hajti. Wahda mill-aktar importanti kienet meta' offrewli appartament li qed naqşam ma' kollega oħra. Infatti din hija ir-raba' sena f'dan il-post. Nagħmel ukoll parti mill-*Employment Scheme*, fejn flimkien ma' *job coach* naħdem ma' kumpanija privata. Issa ilni naħdem tlett snin. Mhux biss, nipparteċipa wkoll fl-attivitajiet organizzati minn Richmond Foundation, attivitajiet li ma jonqsu qatt, anke matul is-sajf. Appuntament li nżomm regolari huwa mal-*Leisure Centre* kull nhar ta' Tnejn fil-5.30pm. Inħajjarkom tigu għax tiegħu gost żgur!

Nixtieq ngħid grazzi lil Richmond Foundation għaliex bis-saħħa tagħhom qed ngħix fil-komunità u fl-istess hin qed naħdem ukoll. ”

Harga sal-Grawnd f'Ta' Qali

L-Erbgħa 15 ta' Ottubru kienet ġurnata li fiha erba' persuni li jużaw is-servizzi ta' Richmond Foundation kellhom l-opportunità li jmorru jaraw il-logħba bejn Malta u l-Ungerija ġewwa l-grawnd f'Ta' Qali. It-tickets kienu ġentilment offruti mis-Sur Carmel Busuttil. Għalkemm it-tim Malti tilef bl-iskor ta' 1-0, din l-esperjenza hija wahda minn dawk li ser tibqa' fil-memorja tal-persuni li attendew għaliha...

“Nhar l-Erbgħa 15 ta' Ottubru kellna attività sportiva. Din kienet il-logħba futbol ta' Malta mat-tim ta' l-Ungerija li ntlabet fl-istejndjum nazzjonali f'Ta' Qali. Il-taqajna il-Belt Valletta u minn hemm morna l-istejndjum fejn haġna gost naraw din il-logħba. ” D.M.

“Jiena dejjem xtaqt li mmur fil-grawnd ta' Ta' Qali għax qatt qabel ma kelli ċ-ċans li mmur. Għalija kienet esperjenza sabiha għax lagħbu l-Maltin u stajt narahom jilgħabu viċin tiegħi! L-atmosfera tal-grawnd kompliet tagħtini gost u li kieku jkolli opportunità oħra ma nitliffiex. ” R.M.

“Jiena wkoll mort nara logħba futbol bejn Malta u l-Ungerija. Din kienet l-ewwel darba li mort nara logħba fil-grawnd nazzjonali ta' Malta u veru haġt pjaċir. ” P.V.



Health Inspector visits Villa Chelsea

Christopher Bezzina
Co-ordinator

The Institutional Health Inspectorate Unit within the Department for Environmental Health has been conducting regular and unannounced visits at Villa Chelsea for the last six years.

The aim of such visits is to monitor and assess the overall hygienic and sanitary condition of the premises and provide us with the guidance and direction needed to help us to achieve required standards.

Since that first visit, we have worked very hard to improve our hygienic standards, and consequently the rate has been steadily improving. In the latest unannounced visit on Tuesday 16th September we managed to achieve an all time minimum overall risk factor of 6.56% and rated as grade A. This does not mean that now we can sit back and do nothing because it is very easy to go down a grade. The most difficult task is not managing to get the highest grade but keeping it at that level. ■

Leisure Centre

Kull nhar ta' Tnejn mill-5.30pm sas-7pm ġewwa ċ-Ċentru ta' Santu Wistin il-Belt Valletta. Għal kull min jattendi jew jixtieq jibda jattendi l-*Leisure Centre*, mill-bidu ta' din is-sena, saru diversi tibdiliel fl-attivitajiet organizzati. Dan kollu grazzi għas-suġġerimenti tal-voluntiera illi fosthom hemm ukoll il-partecipazzjoni ta' persuni li jagħmlu użu mis-servizz tal-*Home Support Service*. Fost l-attivitajiet organizzati se jkollna logħob u *quizzes*, *drama*, *crafts*, diskussjonijiet, hrug ġewwa l-Belt Valletta kif ukoll l-istedina ta' diversi personalitajiet Maltin matul is-sena.

Għal iktar informazzjoni ċempel l-uffiċċju ta' Richmond Foundation fuq **21482336/21440324** u staqsi għal **Christiana**. ■

Evaluation Activities at the Hostel in October

Throughout the year the Hostel prepares and organizes activities which involve the residents, staff and also relatives. Apart from the usual activities such as the weekly and monthly outings, regular meetings and other daily activities, October is quite a busy period. Throughout this month several exercises were held by staff to evaluate the service being offered to the eleven residents. A meeting with Hostel residents' relatives was called to discuss issues pertaining to procedures and policies adopted and how these affect residents. It also offers an opportunity for relatives to give their opinion on how the service can be improved. Feedback from the residents themselves was also sought through a service evaluation exercise which involved a focus group and individual questionnaires. The exercise was facilitated by a Richmond Foundation volunteer, offering anonymity. Residents' opinions were elicited on various aspects, like the house itself, ambience and facilities, relationship with

An Outing

Brian Camilleri

The day was fine and the weather was hot and a tingle scorching too. We set up to go to the Presidential gardens in Attard. We left from Villa Chelsea and apart from the expected grumbling reiterations we arrived there at about 2 pm. The scenery was heavenly bright and the birds were chirping in the trees. When we arrived we made our way to the restaurant where we accommodated ourselves. We made our menu choices and had a little chat. We ate our lunch with relish and we were very satisfied with the cooking. Some photos were clicked up from the manager's cameras. When lunch was over we directed our way towards the gardens. There we gloated on what we were seeing: the ducks and turtles were indeed beautiful to look at. Inside the gardens we looked for some place to rest and found some places where we had some respite while we exchanged some comments on the surroundings.

An hour after we entered the garden we were on our way back to the Villa, satisfied and happy by another shortcut way which led us to Balzan Valley. When we arrived at our lodging we had something to refresh our mouths and throats and rested our feet on the sofa. We were a little bit tired from the journey but happy that we did it determinately safe and sound. ■

staff and personal satisfaction derived from their accommodation at the Hostel.

The findings of these meetings were discussed and analyzed during a 'Think Day', which is held twice yearly. This day offers the opportunity for the whole Hostel staff team to objectively assess the quality of the service being offered, how this can be improved and whether the aims and objectives are being met.

Apart from these activities, an exercise related to health and safety was also carried out. A risk assessment is held bi-annually, by a member of Hostel staff, a resident and a third party, usually another employee of Richmond Foundation, who scrutinise the area of the Hostel, objectively looking out for any possible hazards. Once identified these are addressed in order to minimise and reduce as much as possible the danger concerns.

October is a time of reflection for staff, a time to appraise with satisfaction the results of hard work throughout the year, and humbly take on board comments and suggestions from involved parties on how the Hostel can continue offering the best possible opportunity for the residents to lead a fulfilling life in the community. ■

Rikonoxxut is-Sehem ta' Dr Louis Galea fil-Qasam tas-Saħħa Mentali

Courtesy of DOI – 11.11.2008

Delegazzjoni tar-Richmond Foundation, immexxija miċ-Chairman is-Sur Anthony E. Guillaumier, tat rikonoxximent lil Dr Louis Galea, illum Speaker tal-Kamra tar-Rappreżentanti, għall-hidma li huwa wettaq favur dawk b'mard mentali, speċjalment bis-sehem tiegħu għat-twaqqif tar-Richmond Foundation hmistax-il sena ilu.

Fid-delegazzjoni kien hemm ukoll is-Sinjura Catherine Gonzi, Deputy Chairperson tal-Fondazzjoni, is-Sinjura Antoinette Caruana, is-Sur Emanuel Ciantar, u s-Sinjorina Dolores Gauci, CEO tal-Fondazzjoni.

Il-Fondazzjoni Richmond twaqqfet f'Mejju, 1993, bl-inizjattiva ta' grupp ta' persuni mmexxija minn Anthony Guillaumier u bl-appoġġ shiħ ta' Dr Louis Galea, dak iż-żmien Ministru għall-Iżvilupp Soċjali. Din il-Fondazzjoni hi organizzazzjoni mhux governattiva li tipprovdi servizzi

komunitarji fil-qasam tas-saħħa mentali biex tiżgura promozzjoni, prevenzjoni u kura għall-hajja ta' kwalità aħjar.

Ir-Richmond Foundation tagħti s-servizzi tagħha minn Villa Chelsea, f'B'Kara, u mill-Floriana Hostel. Il-Fondazzjoni tmexxi diversi programmi fosthom għal tfal fi żvilupp (*Kids in Development*), servizz ta' appoġġ fid-djar (*Home Support Service u Supportive Housing Scheme*), appoġġ fuq il-post tax-xogħol (*Supported Employment Programme, Staff and Organisation Support Programme*). Il-Fondazzjoni tmexxi wkoll *Community Technology and Learning Centre*.

F'dan il-perjodu Louis Galea kien nieda proċess ta' riforma fil-qasam tas-saħħa mentali bl-iskop li jittjiebu s-servizzi fil-komunità u fl-isptarjiet f'Malta u Għawdex. Is-Sur Anthony Guillaumier qal li, bħala parti mit-tifkira tal-hmistax-il anniversarju mit-twaqqif tal-Fondazzjoni, il-Bord ried li pubblikament jagħti għieħ u jirringrazzja lil Dr Louis Galea li mingħajr l-impenn

tiegħu ma kienitx titwaqqaf il-Fondazzjoni Richmond.

Louis Galea, filwaqt li fisser l-apprezzament tiegħu, sostna li bħala Ministru m'għamel xejn aktar milli kien jittlob id-dmir tiegħu. "Ir-Richmond Foundation hija eżempju ħaj tal-gid li joħroġ minn tilqima ġenwina ta' impenn volontarju u servizz professjonali. Wieħed mill-isbaħ episodji tal-impenn politiku tiegħi kien il-hidma li flimkien ma' hafna tobbja, psikjatri, nurses u uffiċjali amministrattivi għamilna, biex nidejna proċess li llum wassal biex tjebru sew is-servizzi u t-taħriġ tal-professionisti, nurses u paramediċi fil-qasam tas-saħħa mentali. Iżda meta wieħed iħares 'il quddiem insibu li għad hemm sfidi importanti li għad irridu nirbħu, fosthom, għarfien aktar effettiv biex ngħixu fi stat aħjar ta' saħħa mentali u servizzi aktar mifruxa li jieqfu ma' dawk li jkun għaddejjin minn diffikultajiet ta' natura mentali." ■

An Excerpt from a Message sent by Dr Louis Galea to the CEO, Ms Dolores Gauci

From left to right: Mr E. Ciantar, Ms C. Gonzi, Mr A. E. Guillaumier, The Hon. Dr L. Galea, Ms D. Gauci, Ms A. Caruana

"I also want to thank Mr Guillaumier, Mrs Kate Gonzi, the Board and yourself for remembering the fruitful working relationship we developed in those days fifteen years ago and which today has flourished in such an effective organisation as Richmond Foundation. May God bless you all and empower you to forge ahead in such an important area. Regards to all, Louis."



Richmond Foundation thanks its Volunteers on International Volunteer Day

Richmond Foundation recognizes and respects the valuable contribution of volunteers and their work on behalf of people who experience mental health problems and their efforts in promoting mental health.

The volunteers' component of Richmond Foundation's human resources enhances the effectiveness of the activities of Richmond Foundation. It continues to be a major means of delivering programmes as the long standing core of activities

of volunteers such as befriending are recognized as increasingly relevant and important with the development of service delivery to persons in the community.

Current volunteer activities vary and include work in the area of housing, befriending, leisure, mental health promotion, clerical and administrative work and fund-raising. Volunteering is done on a part time bases as needed and depends on the need of people experiencing mental health problems, the priorities of the Foundation and the interests of the volunteers.

Volunteering has a meaningful positive input on our society. It also has many benefits for the individual who decides to volunteer. Some of the reasons to volunteer are learning and developing new skills, you are part of the community, it motivates and gives you a sense of achievement, it can boost your career opportunities, it can provide you with interests and hobbies,

it gives you new experiences, you meet a diverse range of people and so you are able to develop your interpersonal skills, you send a signal to your employer, teacher, friends and family that your life outside their environment is fulfilled.

Studies have shown that volunteers benefited from gaining specific skills as a result of increasing their volunteering time.

Richmond Foundation would like to take this opportunity to thank all those volunteers who throughout the year give freely of their time to carry out voluntary work with the Foundation, and so giving people using our services an opportunity for a better quality of life.

The Foundation would also like to thank the hundreds of other volunteers carrying out voluntary work in the different sectors of the society. By giving of their time they too are helping to make the world a better place through their dedicated work. ■



Seminar on Social, Emotional and Behavioural Difficulties in Maltese Schools

Tracy Cutajar
K.I.Ds Teacher

On the 23rd of October 2008, The European Centre for Educational Resilience and Socio-Emotional Health at the University of Malta in collaboration with the Education Directorates, held a half day seminar to present the findings of a three year national study on social, emotional and behaviour difficulties in Maltese schools, 2005-2008.

The seminar was held at the National Curriculum Centre in Hamrun. The seminar kicked off with an opening address by Ms Micheline Sciberras, Director General of Educational Services and Dr Valerie Sollars, Dean of Faculty of Education at the University

of Malta. This was followed by a presentation of the national study findings by Prof. Paul Cooper, University of Leicester, Dr Carmel Cefai and Dr Liberato Camilleri, University of Malta.

The second part of the seminar was dedicated to three local initiatives in the area of social, emotional and behavioural difficulties (SEBD). One of the initiatives presented was K.I.Ds which is a nurturing initiative for young children with SEBD. The presentation was delivered by Ms Dolores Gauci, CEO Richmond Foundation, and Ms Tracy Cutajar, K.I.Ds teacher. In this presentation, the speakers gave a description



▲ Ms Tracy Cutajar and Ms D. Gauci presenting the K.I.Ds initiative.

of how the idea started and explained the nurturing concepts underpinning such an initiative. Moreover, various stakeholders in education were also given an explanation of the aims of K.I.Ds school, the assessments that are performed, the curriculum characterising the school and a description of the activities which are carried out at K.I.Ds school. The presentation ended with a portrayal of the outcomes brought about by the nurturing programme carried out at K.I.Ds. The most rewarding one was that of having children, who were not functioning constructively in mainstream classrooms, reintegrate successfully in mainstream primary and secondary schools.

The K.I.Ds initiative was followed by two other presentations namely, 'A Whole Classroom Approach to Behaviour in a Secondary School', presented by Ms Jennifer Cini, Educational Psychologist and Ms Rosaline Scicluna, Educational Social Worker, and 'A Whole School Approach to Behaviour in a Secondary School' presented by Mr Ray Vella, Head of School. ■

Leonardo Da Vinci Mobility Training Employment Unit, Scotland

Stephanie Camilleri Galea
Supportive Employment Worker

Following the offer for training in Dundee City, I headed off to Scotland for a two-week training programme offered by the Leonardo Da Vinci Mobility Training of the European Union on the 23rd November 2008 whereby I was hosted by Dundee Council. The Employment Unit in Dundee offers services of Supported Employment to people with disability, the largest proportion of which are people with mental health problems.

The first day at the Employment Unit started with an orientation visit to get me better acquainted with the services offered. The Unit Manager, Mr Michael J. Evans introduced me to the Employment Team following which I attended a team meeting. I was also given an overview of the services offered. The team consisted of a manager, assistant manager, co-ordinator, five support workers, 2 employment development officers, 1 job club assistant and the administration.

During these 2 weeks I attended team meetings, initial sessions and vocational profile sessions with clients. Moreover, I conducted home visits and work visits in conjunction with the support workers. Furthermore, I liaised with employers at the work place, met with clients at the Job Clubs and Voluntary Work Organisations. Most of my work consisted in direct client contact.

I had the opportunity to attend the Scottish Union of Supported Employment 10th Anniversary Conference held in Fife coupled with a training day at the Employment Unit held by the Manager himself. During the conference, supported employment services were highlighted by service users as being highly effective and pertinent to integration at



the place of work. Thus, this confirms the importance of such services to our client group.

Whilst attending practice workshops, negotiation and liaison with other organizations were discussed and were described as being conducive to the creation of a more holistic service involving the participation of several entities.

This two-week training programme provided me with the opportunity of enhancing my knowledge pertaining to the provision of supported employment services which in turn I will utilize in the best interest of our service users. ■



▲ Ms Stephanie Camilleri Galea (2nd from left) during a team meeting at the employment unit.





An Information Session for GP Trainees



On 15th October 2008, about 17 qualified doctors who are being trained to become general practitioners had a four-hour information session where they had the opportunity to learn about the services delivered by the Foundation. Seven co-ordinators delivered a short presentation about their particular service. Moreover a service user also shared his experience and perspective with the GP trainees. This training was well received by the GP trainees. ■



▲ The group of general practitioners attending the awareness talks.

A Talk about Food Hygiene Awareness for Users



On Monday 6th October 2008, a talk about Food Hygiene Awareness was organized for service users at Richmond Foundation's Head Office – St Venera. The aim of the session was to sensitize service users about the basic principles of food handling. About 13 users from Villa Chelsea and Floriana Hostel attended this session and actively participated in the process of applying the learnt principles and basic techniques into their daily life. ■

Awareness Talks to Medical Students



Richmond Foundation provided a number of sessions to medical students as a way of sensitizing them to the area of mental health and the services offered by Richmond Foundation. The feedback was positive and showed that they found the sessions interesting and informative. ■

Bosted Training



Between 20th and 23rd October, all staff members of Richmond Foundation received a day training on a web-based programme called Bosted. This training was facilitated by Ms Janani Thevavickneswaran, Project Manager with Team Online in Denmark. Bosted is a secure system of data storage which is well used in Denmark and it aims at integrating the data and information used by the Foundation so that it is easily accessible and used in a more organized way. ■



▲ Members of staff during Bosted training session.



Training on Mental Health Difficulties and Domestic Violence

Two training sessions about Mental Health Difficulties and Domestic Violence were organized on Monday 13th and Thursday 16th October 2008. About 20 social workers whose services address the needs of persons who experience domestic violence attended these sessions, which offered an opportunity for the participants to reflect on the needs of the clients holistically. This training included short group workshops where the participants discussed relevant issues at length and at a deeper level. ■



▲ Mr Holger Saliba, Operations Manager (2nd from left), Ms Dolores Gauci, CEO of Richmond Foundation (4th from left), Ms M'Anne Gauci, Manager Appoġġ (5th from left) and Ms Doreen Camilleri, Service Area Leader at Domestic Violence Services (8th from left) with the group of trainees on domestic violence.

Talks to Youth Leaders

“**You CARE about You(th): Stress Management for Young People and Community Leaders**” was the name of two sessions targeted at community leaders, youth workers and group leaders. These sessions were jointly organized by Richmond Foundation, Sedqa and Kummissjoni Djoċesana Żgħażaġh (KDŽ). The session of 20th October was facilitated by Richmond Foundation and the other session was facilitated by Sedqa. These sessions took place at KDŽ offices at St Venera.

About fifteen youth leaders or persons involved with young persons attended the session on 20th October. The participants had the opportunity to reflect on stress management on the basis of three perspectives; the personal, the youth leader and the young person. ■

Richmond Foundation and the Commission on Domestic Violence

On 24th November 2008, a memorandum of understanding between Richmond Foundation and the Commission on Domestic Violence was signed.

Following the training sessions with domestic violence workers in October, it was deemed necessary by all involved stakeholders to provide additional support to workers who are very much experienced in the field of domestic violence but yet may need more support in the sphere of mental health difficulties. In this pilot project, Richmond Foundation will provide 100 hours of professional support, through the Home Support Service, to the domestic violence workers in dealing with service users having mental health difficulties.

The beneficiaries of this agreement include: Domestic Violence Service including Għabex (Aġenzija Appoġġ), Dar Qalb ta' Gesù, Teresa Spinelli and Dar Merħba Bik.

It is being hoped that at the completion of this pilot project, a more comprehensive project will be formally agreed and launched. ■



▲ From right Dr Marceline Naudi, Chairperson of the Commission on Domestic Violence, Ms Dolores Gauci, Chief Executive Officer of Richmond Foundation and Mr Holger Saliba, Operations Manager.



Fraser Eagle's Initiative in Support of Richmond Foundation

Fraser Eagle a leading transport, travel and logistics firm took the initiative to collect donations from its employees, management and working partners in support of Richmond Foundation. Staff from three companies took part in the Olympic Fun Run 2008 which took place on 22nd June 2008 in Bugibba. During this Fun Run, Fraser Eagle raised a total of €675 including €420 from Fraser Eagle, €150 from Mediterranean Insurance Brokers (M.I.B.) and €105 from Dmax Studios.

Mr Kevin Dean, Managing Director of Fraser Eagle and the mind behind the idea of this charity run, expressed his gratitude for the participation of his staff and associate companies. "Fraser Eagle is conscious of its corporate social responsibility in Malta and in the UK and will embrace such initiatives again in the future", he added. ■



▲ Ms Lucienne Vella, Finance Manager and Ms Ruth Vella, Operations Director presenting the donation to Mr A. E. Guillaumier, Foundation Chairman.

Richmond Foundation would like to thank all who were involved for their thoughtfulness and generosity.

P. Cutajar & Co. Ltd – Corporate Social Responsibility in Action



▲ The FIAT Ducato van donated by P. Cutajar & Co. Ltd.

A FIAT Ducato van has been donated to Richmond Foundation by a leading Maltese Company, P. Cutajar & Co. Ltd.

The van has been in use for some years, however, it is still in good running condition and VRT approved.

In the fifteen years that we have been in operation, we never owned a motor vehicle so we are naturally happy with our first acquisition.

Our Foundation has been seeking assistance from local companies in the setting up of a social enterprise with the scope of generating sustainable employment to disadvantaged groups.

Messrs P. Cutajar's generous gesture in responding to this approach is a confirmation that in Malta there are companies who practice what they preach about corporate social responsibility. ■

Our Board of Trustees thank the Board of Directors of P. Cutajar & Co. Ltd for this 15th Anniversary gift with a special thanks to Messrs Tony and Michael Zammit Cutajar who were responsible for this contribution to a worthy cause.



In Solidarity with Razzett tal-Ħbiberija

One of the yearly events organized by the *Razzett tal-Ħbiberija* is the **Razzett Walk** which brings together Maltese and English residents to raise funds from their sponsored walk.

It was a fine Saturday morning on the 25th October when the “ramblers” gathered at the *Razzett* to start on their one and a half hour’s trek in the countryside. The route was planned by fund-raising events co-ordinator Celaine Portelli, who ensured that participants enjoyed scenic views, plenty of fresh air and exercise whilst helping a worthy cause.

Richmond Foundation Chairperson, Mr A. E. Guillaumier, who is a long-time friend of Mrs Janatha Stubbs and her late husband Paddy, took part in the walk and encourages new comers to the next event in 2009. ■



▲ Foundation Chairman, Mr A. E. Guillaumier (second from right) joining the ramblers group.

Rookies Music Marathon

Richmond Foundation was one of the beneficiaries of this year’s annual Rookies Music Marathon. The event took place over 3 days: on the 7th, 8th December and 13th December. In total, over 30 bands participated, all of them eager to show off their talents! The response from the public was great. All three days, Rookies Bar in Bugibba, was packed with people having a good time with the aim of raising funds for charity. For a first try as a fund-raising activity, this event turned out to be a success.

Apart from the initial aim, that of raising funds, the event also served as an opportunity for raising awareness on mental health problems amongst those present as well as a social event for the staff members who attended. ■



We would like to thank Rookies for choosing Richmond Foundation this year as well as for their efforts in organizing such an event!

To Thank RGB Studio

Mr David Azzopardi, of RGB Studio, is one of the many benefactors who support our Foundation behind the scenes. He has always come to our rescue when some urgent audio-visual production was required at short notice. ■

Thank you David – we wish you every continued success in your business.



▲ Mr & Mrs David Azzopardi together with Mr A. E. Guillaumier.

Richmond Foundation’s Book Stand at Valletta Waterfront

Michela Galea Bonavia, Assistant Co-ordinator, manning Richmond Foundation’s book stand at the collective bazaar held at *Magazino*, Valletta Waterfront, during a fund-raising event organised during the 6th-8th December weekend by AX Foundation. ▼





Richmond Malta in India

Holger Saliba
Operations Manager

Richmond Fellowship Society (RFS) India has four branches. The first project was launched in 1986 in Bangalore, in 1999 in Delhi, in 2004 in Sidlaghatta (a rural project outside Bangalore) and in 2005 in Lucknow. RFS runs various services including care homes, vocational training and outreach programmes which help individuals with mental health difficulties and their families.



▲ Holger Saliba at RFS, Bangalore, India.

On 6th November 2008, I had the opportunity to visit Richmond Fellowship Society (RFS) in Bangalore. This city is the capital of the Indian state of Karnataka. It is located on the Deccan Plateau in the south-eastern part of Karnataka and it is India's third most populous city, with an estimated population of 5,281,927 in 2007.

My visit at RSF Bangalore started with a short presentation about Richmond Foundation, Malta. Many of the participants never heard of Malta before. A number of professionals and students were present and were eager to know about their sister organization, which though geographically far, it is very close in terms of vision, principles and nature of services.

This presentation took place at the Chetana Day Care Centre. This centre was opened in 1997 and provides training on basic living skills, work habits and vocational skills. Vocational training includes plastic molding, printing, crafts such as tailoring and embroidery, and computer skills. Chetana means conscious, intelligent and super-conscious.

Later on, I visited Asha (meaning Hope) which is a community-based psychosocial rehabilitation and can accommodate up to twenty-one residents. It is based on the philosophy of therapeutic communities and it focuses on the capabilities of the individual to take on responsibilities. In this programme the clinical, social,

cultural, interpersonal, vocational and recreational needs of the residents are acknowledged and fostered. The involvement of the family is an essential feature as well as this attitude is also evident in the Asian cultures. At the end of the six months, the resident is sent home to see if s/he adjusts to the family environment or not and further interventions are based on the family's feedback. The resident has the opportunity to return to Asha if further assistance is needed and respite services are also offered to these users and their families in order to prevent burnout and relapse.

Finally, I visited Jyoti (meaning divine light) which was launched in 1995 to cater for the needs of twelve residents (six males and six females). In this facility the residents stay here for indefinite period of time. Most of the residents go out to work and live independently with limited support from mental health workers. The need for a long-stay home was felt by caregivers and families especially due to fear of the main caregiver's death. There were other circumstances where the caregivers could no longer address the needs of the person adequately.

The Richmond Fellowship Post Graduate College for Psychosocial Rehabilitation was opened in 1999 and it offers various courses including a two year M.Sc degree course in psychosocial rehabilitation. This training is offered in conjunction

with Rajiv Gandhi University of Health Services, Karnataka and it trains people such as social workers, psychology graduates and nurses in counseling and other skills required to become rehabilitation specialists.

During my visit, the hospitality shown by the users and members of staff was remarkable. I also appreciated the support given by Dr S. Kalyanasundaram who is at the helm of RSF Bangalore. He is a psychiatrist and is a founder member of the Richmond Fellowship Asia Pacific and a member of the advisory panel of the Richmond Fellowship International, UK.

Having directly experienced Chetana, Asha and Jyoti, I could not stop thinking of some of the services offered by the Maltese Richmond Foundation. Amazingly, in spite of the cultural differences between Malta and India, the similarities between the two organizations and their services were striking. I could appreciate, and felt proud of the fact that after all, I am part of a larger and transnational family which holds the same vision, values and principles. ■

I would like to thank my friend, Mr Nishikant Kolge, a research scholar at the Indian Institute of Technology of Madras who took the trouble to accompany me whilst visiting Richmond Fellowship Society, Bangalore - India.



My Experience at Richmond Foundation



Elisa Camilleri

“ This was my fifth and last year working at Richmond Foundation. Quite a good number of years when considering that the area of mental health was never the area I imagined myself working in.

My first experience within Richmond Foundation was at our rehabilitation facility at Villa Chelsea in B’Kara. Throughout this experience I’ve learnt a lot, mainly the importance of consistency, team work and structure needed to work within this area. Having spent 3 months on my University course placement the year before, it was not very hard to get the hang of what should be done and of the daily routine. However there were many other experiences at Villa Chelsea that were enriching, helped me grow and gave me a whole new outlook about persons with mental health difficulties. The major change in my perspective was to start looking at the person behind the illness, beyond the effects that the illness has left on the person.

After a year working at Villa Chelsea I decided to move to the Home Support Service where I have spent nearly four years. Having gained considerable experience at Villa Chelsea, adapting to the Home Support Service was not difficult. The main difference was that through the Home Support Service one could see the person functioning within his/her own environment rather than within a closed community.

Besides the care aspect of work, I enjoyed the opportunity the Foundation offered me to gain experience working and training in other sectors. Throughout these

five years I gave talks about mental health to the public, participated in radio programs and was responsible for running stalls during the open weekend. I also had training abroad about talking on the media and on advocacy.

Both Villa Chelsea and the Home Support service gave me more than professional experience. I’ve had the opportunity to work in great teams and meet a lot of interesting people. Working in an agency that never bypasses new professional procedures and strives for an optimal service made me feel very secure and focused in my work.

My life-long lesson at Richmond was to look at situations in life as a process that has an end to it. This made me more open to change and helped me to deal with losses in my life. Apart from this Richmond made me aware of the importance of taking care of one’s self regularly and consistently.

My employment within the agency terminates here, but I will definitely cherish loads of memories that I am extremely fond of. A big thank you goes to all those who were present during these past five years, supported me in difficult situations and were pleased to share my achievements. ”

Working in Two Settings



Bernice Pizzuto

“ My experience of working full time at Richmond Foundation is a unique situation due to the fact that my hours are shared between K.I.D.s and the Hostel. The biggest challenge I face is adapting to the difference in client group, as this requires a totally different approach in offering support and to nurture appropriate behaviour. The fact that I have a break in between

the mornings in one setting and afternoons in the other, helps me to relax and I am therefore able to ease my mind from one service to the other.

This also helps in keeping my work boundaries according to the setting. This opportunity of working in two different settings is proving to be extremely interesting as it is allowing me to grow professionally with two separate client groups. ”

My Trainee Experience at Richmond Foundation

“ My name is **Graziella Busuttill** and I am seventeen years old. As part of the Employment and Training Corporation Job Experience Scheme, I have been assigned to work for six weeks with Richmond Foundation during this summer.

It has been my first work experience and I have been assigned clerical work at the Foundation’s premises in Santa Venera. It consisted of work on computer, photocopying of documents and other paper work, as well as answering the telephone calls directed to the Foundation. For some days, I was assigned computer work at Villa Chelsea in Birkirkara and so also had the opportunity to meet the clients.

This experience gave me the opportunity to meet people at their place of work and also to gain first hand knowledge of office work. Life at the office is quite different from that at school and I have seen this difference put into practice. At times I have had to take immediate decisions at the office and learnt what it means to work under pressure.

All in all this was a very positive experience for me and like most firsts, this first work experience will remain as a happy memory for me. I would like to thank the Employment & Training Corporation for giving me this opportunity. ”

Richmond Foundation on TV...



Dolores Gauci with Ray Calleja on **12.05**, TVM every Wednesday



Holger Saliba on **Bongu**, TVM



Shirley Muscat with Lou Bondi on **Bondi+**, TVM



Carmen Grech during on **Newsroom**, Net TV



Stelmart Khalil with Clare Agius (2nd & 3rd from right) on **Ghal Kulhadd**, TVM

on PBS Radio... with Lilian Maistre on her programme **L-Ghodwa t-Tajba**, fortnightly on Tuesdays.

Richmond Foundation at *Notte Bianca*

In the special and enlightening night between 4th and 5th November 2008, known as Notte Bianca, Richmond Foundation had a stand at Palazzo Castellania at Merchants Street Valletta. This annual event attracts thousands of people to the capital city and many visited Palazzo Castellania especially to see the exhibition and the laboratory of Sir Temi Zammit (the doctor who discovered the undulant fever in 1905). In the meantime, all visitors passing through the main entrance had the opportunity to see the stand of Richmond Foundation and to obtain some general information about the Foundation and its various services. ■



▲ The Stand during Notte Bianca in Valletta.

STAFF NEWS



Christmas 2008 at Richmond



▲ Staff members enjoying themselves during the Christmas lunch.



Friends and benefactors were hosted by the Chairman and Board of Trustees for lunchtime drinks at the Foundation premises in St Venera.



Staff were treated to lunch at Ir-Rizzu Restaurant in Marsaxlokk.



Service Users from the various units got together for Christmas lunch, which this year was held at Villa Chelsea in Birkirkara.

Welcome to:

Ms Darlinka Barbara
B.Psy (Hons)
who has joined the Villa Chelsea team.



Ms Michela Galea Bonavia B.Psy (Hons)
who has been recruited as Assistant Coordinator.



Thank You and Good Luck to:

Ms Jessica Galea
who resigned from the Villa Chelsea team.





▼ Give Your Donations Today!

Name & Surname:

Date:

Address:

Tel:

Mob:

E-mail:

YES!

I would like to support Richmond Foundation.

I can contribute:

☐

€46.59

☐

€23.29

☐

€11.65

☐

Other

☐

Please accept my cheque/postal order made payable to Richmond Foundation

OR I have:

☐

furniture

☐

household goods

☐other items
(please specify)

Signature:

MAIL TO:

Richmond Foundation, 424, St Joseph High Street, St Venera, SVR 1013, Malta.

▼ Call for Volunteers

Volunteers are required to assist persons attending the residential and day programmes, to learn everyday activities such as cooking and cleaning and accompanying clients on appointments. Volunteers are also needed to co-facilitate groups (such as Social Skills, Problem Solving, etc), help in clerical duties and publications, proof-reading and translations, gardening, maintenance work and fund-raising activities. Interested persons are kindly asked to call **Richmond Foundation Head Office** on **21482336/21440324** or send an email to **info@richmond.org.mt**

▼ We Need Your Experience!

Certain organisations in Europe carry out research on issues related to mental health and illness. If you suffer from a mental health problem, would you be willing to participate in surveys? You will be guaranteed confidentiality as the data is statistical. If you are interested, please fill out the form and mail it to Richmond Foundation.

Name & Surname:

Date:

Address:

Tel:

Mob:

E-mail:

MAIL TO:

Richmond Foundation, 424, St Joseph High Street, St Venera, SVR 1013, Malta.

For their support and generosity we would like to thank all those who made a donation to the Foundation among whom:



AX Holdings	Mr Willy Axiag
Bank of Valletta	Novitas
B'kara Local Council	P. Cutajar & Co. Ltd
Eden Leisure Group	Pizza Hut
Foster Clark's	Razzett Tal-Hbiberija
Kinetix	RGB Studios
Kunsill Malti Għall-Kultura u l-Arti	Rookies, Buġibba
Marks & Spencer, Valletta	Splash & Fun Waterpark
Mr Edward Mercieca, FM Productions	Stitch In Time
Ms Claire Pace, Actavis Ltd	Tal-Furnar
Mr Ramon Micallef, MICRA Events & Services Ltd	The Ministry For Rural Resources
Ms Sonia Micallef	Ix-Xlukkajr Restaurant



NeverMind LEISURE CENTRE

WHEN

Mondays 5.30pm – 7.30pm

WHERE

St Augustine's Youth Centre,
Old Bakery Street, Valletta

FOR WHOM

Adults

If you wish to attend or
become a volunteer
contact

Christiana Farrugia

at Richmond Foundation

21482336 / 2140324

Self-help GROUPS

- Qatt esperjenzajt xi problema ta' saħħa mentali?
- Tahseb li għandek problema ta' saħħa mentali?
- Għandek xi qarib/a li għaddew jew għaddejjin minn problemi ta' saħħa mentali?
- Ejja u aqşam l-esperjenza tiegħek ma ħafna oħrajn
- Ejja u tgħallim dwar il-kundizzjoni li għaddej/a minnha
- Ejja u tgħallim kif iġġib ruħek mal-qarib/a tiegħek

Ċempel lil Richmond Foundation fuq in-numri

21482336 / 21440324

u tingħata d-data u l-ħin tal-grupp.

A NEW SERVICE BY RICHMOND FOUNDATION

RespiteService

AT VILLA CHELSEA, B'KARA

The main aim of the respite service is to improve the quality of life of the service users and their carers. The respite service provides an alternative caring environment to the service user who experiences mental health difficulties whilst the carer has sufficient and definite time to rest before s/he resumes the caring responsibilities.

Maximum stay: 3 weeks

For more information kindly contact **Villa Chelsea** on

21440456 / 21488062

Board of Trustees

Mr Anthony E. Guillaumier
Chairperson

Ms Catherine Gonzi
Vice Chairperson

Mr Manwel Ciantar
Secretary

Ms Antoinette Caruana
Treasurer

Members

Dr Ronald Aquilina

Ms Monica Attard

Dr Anton Grech

Mr Michael Muscat

Rev. Dr Victor Shields MSSP

Auditors

Anton Chetcuti Ganado & Co.

Bankers

Bank of Valletta

HSBC Bank Malta p.l.c.

Richmond Foundation

424, St Joseph High Street,

St Venera SVR 1013, Malta

Tel: (+356) 21482336, 21440324

E-mail: info@richmond.org.mt

Website: www.richmond.org.mt

RichmondNews

RICHMOND FOUNDATION JOURNAL

WINTER 2008/9



35

© 2009 Richmond Foundation, Malta

RICHMOND NEWS is published periodically by Richmond Foundation, Malta. Reproduction in whole or in part without written permission is strictly prohibited. All information in this newsletter is verified to the best of the authors' and publishers' ability at the time of going to press.

for Community Mental Health

Visit our website

www.richmond.org.mt