



Richmond Foundation

Malta

for better mental health

Newsletter, March 2015

Issue 48

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Swiss Connections

A word from the Chairman, Mr. Anthony Guillaumier

My first visit to Switzerland was in 1951. I was the youngest among a small group of St. Aloysius College students furthering our education through a “Grand Tour” of Europe.

I still have vivid memories of the idyllic landscapes with cows (and their bells) grazing in green fields, the stunning mountains, the crisp fresh air, the cleanliness, the peace and tranquility and so many other first impressions that make this small country such a popular tourist attraction.

This Country, often described as “heaven on earth” has not only promoted the uniqueness of its natural assets, but it has somehow also managed to create an internationally recognized brand of anything “Swiss”. “Swiss” watches, chocolate, army knives, Alpine skiing resorts, a reputable banking systems and posh finishing schools.

But there is more – although perhaps not on top of the list for some – Switzerland is a haven of relaxation and tranquility, providing the perfect setting for health spas, clinics and sanatoriums catering for the Swiss themselves and for the lucrative medical tourism industry. The Swiss sanatoriums are among the first in the world providing serenity, refuge and professional care in diverse conditions of mental health. One such set up is CLIENIA

LITTENHEID, situated in the Canton Thurgau and surrounded by a beautiful hilly landscape.

My niece, Colette, a clinical psychologist and psychotherapist has been working at this private clinic for over 15 years. She is

specific areas of specialization such as crisis management, post-traumatic stress disorder, anxiety, depression and psychosis in the areas of adolescent, adult and geriatric psychiatry.

Every time I meet up with Colette



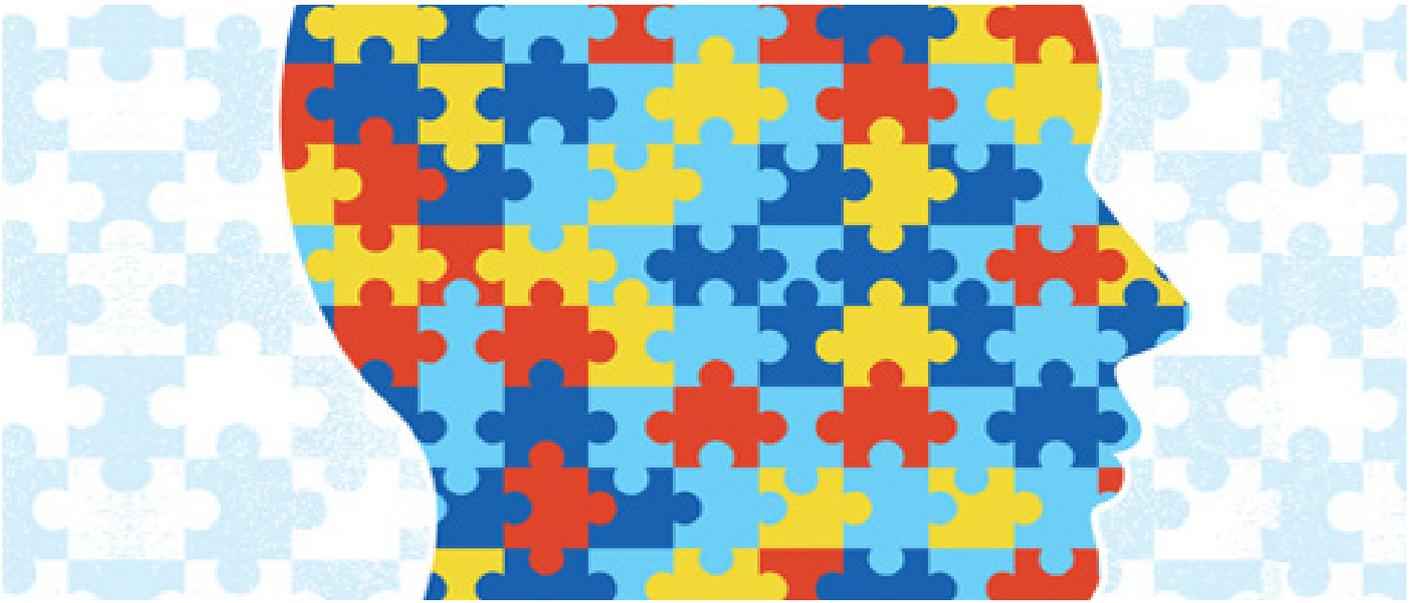
Mr. Guillaumier with his niece Ms. Colette Guillaumier

the head of the psychiatric day care programme and works as cognitive behavior therapist with ongoing training in schema therapy, psychoanalysis, group psychoanalysis and Balint Groups.

I met up with Colette and her charismatic husband Winfried last November when they were here on holiday. We exchanged information on the latest developments at Richmond Foundation and at the Clenia Littenheid, which forms part of a larger group of clinics throughout Switzerland.

The Group is engaged in providing a wide range of programmes in

we find ourselves somehow talking about our respective experiences in mental health and sharing the satisfaction, sometimes tribulations, of what destiny brought Colette to work as a mental health professional in Switzerland and my voluntary involvement in this same sector at Richmond Foundation. I often contemplate on these coincidences in life when savouring some of that famous Swiss cheese, with nostalgic memories of my first experience in Switzerland and the present connections.



Katie Delicata
Psychotherapist
Richmond Foundation

What is Psychotherapy?

Psychotherapy is a journey that is travelled by client and therapist together. At the most fundamental level it aims to facilitate growth and development through awareness. Awareness is a commonly-used word nowadays but what does it mean? Often we find ourselves going through our lives, doing one thing after another without actually realizing it. This is a useful and necessary way of functioning in our fast-paced life but sometimes a lack of awareness can be unhelpful because what we are not aware of, controls us and this

is how we become stuck in patterns which do not serve us well.

Psychotherapy supports clients to become aware of various aspects of themselves and their needs and in this way creates an opportunity for clients to have space in their lives to make choices. Once we exercise choice in our everyday lives, we are able to become more flexible, and this in turn is beneficial to our mental wellbeing.

There are some misconceptions about what psychotherapy consists of. Firstly everyone can benefit from psychotherapy, it is not only for people who are experiencing mental health difficulties. Some people need support in certain everyday situations that we all encounter,

stress at work, loss and grief, or relationship difficulties, for instance. Some people choose to go to psychotherapy for the sole purpose of growth and development.

Furthermore psychotherapy is not about getting advice or being given solutions to problems, at least not directly. Rather, through the professional relationship between therapist and client, the client is able to come to his or her own conclusions, spontaneously, through the process itself. At times the therapy journey can be a painful one as it can hurt to become aware of certain things but the journey is also a rich one where new and exciting discoveries are made and in turn our lives can have the colour and vitality they deserve.

Christmas Party at Villa Chelsea

by Francesca Scerri
Community & Rehabilitation
Services Coordinator



Last Christmas the community at Villa Chelsea decided to forego the usual Christmas lunch which would be just for clients, staff and management. Instead a party was held and the clients' relatives were invited. This was a success and was thoroughly enjoyed by all present.

A speech given by Laura Holmberg, who was part of a staff exchange programme at Villa Chelsea at the time was very touching. It reminded all those present what we are all striving for and what the overarching aim of Villa Chelsea is. If family members, staff and clients all work together we can help the community members achieve their full potential, but ultimately it is the individuals who are doing the programme who need to make the effort to attain their goals.

The party itself brought all those involved together for no other reason than to enjoy each other's company in the spirit of the festive season but at the same time it also served as a reminder that when we work together we can achieve more.

Visit to 'L-Arka ta' Noe'

by Tracey Zammit, Paola Hostel Coordinator



L-Arka ta' Noe in Siggiewi

On the 20th of February, the team at Paola Hostel together with other service-users attended for an outing to 'L-Arka ta' Noe' zoo. Apart from being fun for everyone, this activity it also served as quality time for the staff and service-users.

The place visited is at Siggiewi so the residents enjoyed the ride to the destination from Paola. The adventure started immediately on arrival as one of the monkeys escaped from the cage and gave its owners a hard time. We had the opportunity to see a variety of animals most of which cannot be found on the Maltese Islands. Some of the animals and birds which the group had the opportunity to see and learn about were owls, horses, mountain goats, zebras, ostriches, wallabies, tigers, monkeys and black panthers.

The group really enjoyed interacting with the animals especially with a friendly lama who was willing to kiss those who approached her. It was also a learning experience to all of us as the leader who was showing us the place was explaining in certain detail about the animals including their country of origin and diet, amongst others.

After we went round all the animals, we took the opportunity to sit all together and have a light snack where everyone could chat about what they saw and things that impressed us. Towards the end of the experience, all of us were given nuts to feed to the monkeys where we had the opportunity to directly interact with the animals. Overall, it was a lovely experience and most of us wished we could take some of the animals back to the Hostel as everyone was impressed with their beauty.

Volunteer of The Year 2014

The Richmond Foundation would like to thank all volunteers, but especially Mr. Joseph Zammit who was named volunteer of the year. A commemorative plaque was presented to him on the 3rd December 2014, for his dedication throughout 2014. Ms. Fleur Mifsud Bons, Clinical Psychologist and Psychotherapist discussed 'Coping with Stress' with Richmond Volunteers prior to the ceremony.



Ms. Fleur Mifsud Bons discussing 'Coping with Stress' with volunteers



CEO Mrs. Shah presenting the plaque to Mr. Zammit

Public Services Employees carry out voluntary work at K.I.D.S

On Saturday 24th January, ten workers from various public services came to K.I.D.s for a few hours to carry out some voluntary work. The main job of the day was the white washing of a room which is used for meetings. Moreover, we took the opportunity to use some extra pairs of hands to carry out old or broken furniture that needed to be thrown away, general clearing and also weeding of the pathway in the grounds at K.I.D.s. It was a morning full of activity.

Voluntary work, such as this is very powerful. Not only does it give our services a push with regards to completion of chores and tasks but gives our staff and service users the courage and peace of mind that help is available and one is not alone in this world.

We would like to thank Ms. Daniela Grech from the Office of the Prime Minister who organised the event. It is heart-warming to know that there are so many individuals and companies who are willing to give some of their time to help others.

A graphic with a white background and a blue border. On the left, the text "CHANGE THE WORLD BE A HERO" is written in blue and black. In the center is a cartoon superhero character with a red suit and blue cape, flying. On the right, there is a blue silhouette of a person with the text "Richmond Foundation Malta" and "for better mental health" below it. At the bottom right, the text "BECOME A VOLUNTEER" is written in large black letters. At the very bottom, it says "CONTACT RICHMOND FOUNDATION INFO@RICHMOND.ORG.MT 21224580".

Fundraising & Awareness

by Luca Bugelli, Fundraiser

2014/15

TV & Radio Appearances

The 2014 / 2015 media season has seen staff members, services users, volunteers and friends of the Richmond Foundation participate on various TV and Radio programmes.

Regular appearances on popular afternoon



Mariella Mendez (Housing Coordinator) discussing 'Courage' on TVPM hosted by Sander Agius

programs such as TVPM hosted by Chrysander Agius and Kalamita hosted by Alfred Zammit allow the Foundation to reach out, increase awareness on the various mental health services in the Community and trigger informal discussions on mental health and wellbeing.

Lillian Maistre and Monica Attard, hosts on PBS Radio and Radio101 respectively, also dedicate slots on their radio programmes to mental wellbeing by inviting Richmond to empower listeners who are experiencing mental health difficulties and discuss typical life events where the person's mental wellbeing is threatened.

Festa San Martin b' Risq Richmond Foundation



Xejk TV dedicated a weekend during November 2014 to raise funds for Richmond Foundation, and raise awareness about mental health and wellbeing. Psychiatrists, psychologists, service users and Richmond employees were invited to share their experience on Xejk TV during Festa San Martin which was held on the 7, 8, 9 November. Richmond would like to thank Xejk TV Station for their support and all those who gave donations – €6000 were raised.

Crossover Events 2014/15

Luffhansa Technik, Playmobil Malta Ltd, Farsons, Island Hotels and HSBC Bank Malta plc. joined forces to hold a Christmas Raffle, a Football Tournament and a Fenkata as part of a series of events organised by employees involved in the Crossover Project.

The project brings together staff from the aforementioned companies, with the aim to raise awareness of Richmond Foundation's work in the Community through various events held all year round. Richmond Foundation would like to congratulate the winners and thank all those who participated and gave a helping hand to during the activities.





Mr. Gaetano Calleja Head of School presenting donation to Luca Bugelli

GCHSS Students Valentine's Donation

Giovanni Curmi Higher Secondary students organised activities for Valentine's day to raise funds for Richmond Foundation. The Organisation of Psychology Students (OOPS) worked very hard to sell various items such as cards which were designed by Psychology students, perfume, soft toys and a raffle. The total amount collected from this activity was € 450. Richmond Foundation would like to thank GCHSS for the support shown on an annual basis.

MCAST Chariton 2015



MCAST Institute of Community Services at Kordin, held its annual fundraising event CHARITHON (Charity Marathon) on the 9th & 10th of March 2015, in aid of Richmond Foundation and Dar Frate Jacoba. Staff and Students prepared a number of activities for the public to enjoy such as Food Stalls, Plant Stalls, Soap and Organic Beauty product stalls, Sports, Carwash, a LAN party, Hairdressing and Beauty treatments. A very big thank you goes to MCAST staff, students and sponsors.

Donations from LeaderBet Group & Mrs. Camilleri

LeaderBet Group donated €700 to Richmond Foundation instead of buying Christmas presents for their staff in 2014. Mrs. Anne Marie Camilleri (pictured below) organised 2 tea parties raising a total of €535.

The money will be used to finance part of the funds needed for furnishing the new hostel that will open soon. On behalf of the service users and Board of Trustees, CEO Mrs. Antoinette Shah would like to thank all our sponsors and donors for the altruistic gestures.



Mrs. Monica Attard receiving donation from Mr. Bufalino (LeaderBet Group)



Richmond Chairman & CEO together with Mrs. Camilleri (Centre)

Upcoming Events

9,10 MAY 2015, 7 pm

'Lejn il-Bejta Tar' adaptation by Natasha Turner
staged by Atturi Salesjani in aid of Richmond Foundation
Teatru Salesjan, Sliema

17 MAY 2015, 9:30 am

Fundraising and Awareness Walk
Bisazza Street (Sliema) to Love Monument (St. Julian's) & back

End of May

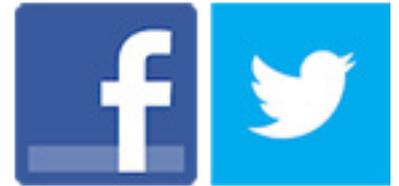
Beland Music Festival in aid of Richmond Foundation, Puttinu
Cares, Dar Nazareth
Zejtun

Mental Health First Aid Training



Ms. Betty Kitchener CEO of Mental Health First Aid Australia, helped Richmond Foundation Staff to adapt the Standard MHFA Course for the Maltese context. Once the programme is up and running, Richmond will be recognized as an MHFA International organisation together with another 23 organisations around the world.

Richmond
on the web



With the help of logistics specialists Crimsonwing, Richmond carried out an uplift of its website (www.richmond.org.mt). With just a click away one can find information about the Foundation's services and current events.

You can also follow us on Facebook (Richmond Foundation – Malta), Twitter (@RichmondMalta) and Youtube (Richmond Foundation)





My Work Experience at Richmond Foundation

by *Annalisa Pizzuto*
MCAST Care Management Student

Over the past years I was on placements at various agencies and organisations, which all contributed valid experiences to my line of work.

However, during the past three weeks I had a placement experience with a difference. This was held at Richmond Foundation. The difference was because I had quite some time to observe how the work is carried out from the administration office of the Employment Services offered by this Foundation. I also had the opportunity to carry out research on different topics which provided a wealth of knowledge. Apart from this I had the opportunity to participate in activities that took place both at Richmond Foundation Head Office and company

offices as well. I was exposed to the Staff and Organisation Support Programme training, offered by the Employment Services Department. with the aim to help companies identify situations which can lead their employees to experience stress and burnout.

I also had the opportunity to attend one session which the staff carry out on an individual basis with clients, part of the Supported Employment Programme. I would have loved to gain more insights on how to prepare for TV and Radio slots, and Supported Employment 1-to-1 sessions but due to the short-term nature of the placement I did not manage.

All in all I have learned a lot and I consider this experience as a great work placement

for me. Although at first I felt a bit uncomfortable in getting used to the staff and the system, I must say that at the end I consider it to have been an experience where I have learned a lot about the challenges this work brings with it. I looked forward to each day and I must admit that now that the placement is over I do miss my colleagues there.

As I have already mentioned in the thank you card I left at the office I am very grateful for what everyone at the Foundation did to make my placement a pleasant and fruitful one; one I will never forget.

My special thanks go to Dragan, Jennifer, Arianne and Lawrence for making me feel part of the team. I will always carry with me this wonderful placement experience.



Fitness at Villa Chelsea

by *Tiziana Zammit*
B. Ed. (Hons) PE Student

Four students from the Institute of PE and Sport, at the University of Malta, have recently taken on a project work as part of their studies. The project focused on the promotion of and engagement in physical activity within the community and students chose to conduct this at Villa Chelsea, Birkirkara. Fitness plans for residents and visitors at Villa Chelsea were planned every week as students would demonstrate and assist the sessions. Every student had to

prepare and adapt basic physical exercises for each individual's capabilities, which can be practiced every day (even without assistance). All residents participated and were looking forward to the sessions; improvement in physical ability and self-confidence of participants was remarkable. This project helped students to broaden their perspectives on physical activity promotion and the participants engaged in social interaction while adopting a healthier lifestyle.

negative psychological effects from watching bad news

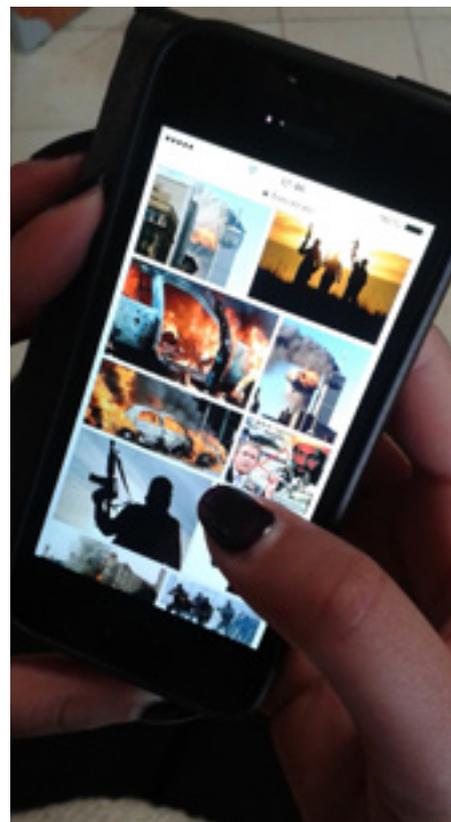
by Andrew Barberi
K.I.D.s Coordinator

In today's day and age, information is easily and immediately available. Nowadays, we not only have television and computers but also mobile phones which give us access to the world of the internet wherever and whenever we want. One might argue that this is simply extraordinary and marvellous and has made us more 'in touch' with all that is happening around us. But being aware of all that is going on (and in real time) can also leave a negative effect on our psychological well-being.

Watching, reading or seeing negative news can generate in us feelings of anger, sadness or anxiety. Many years ago, long

before the existence of the internet and televisions, one might hear of some bad news many days, weeks or even months after. Nowadays, even with the help of social media, one can literally see what is happening on the other side of the world in real time... whilst it is happening. Scenes of people being killed, plane crashes and people succumbing to deadly illnesses. These are but some of the negative news we hear about constantly.... if we choose.

In reality, it is a choice. You choose to read or watch negative news because probably the headline grabs your attention and curiosity kicks in. However you must



learn to take control of your emotional well-being.

You need to become conscious on how bad news is affecting you. This is done through self-reflection. You must also consciously understand what is bothering you and why. One must also understand that a lot of what is happening in the world is out of your control. Moreover, bad news seems to hit the headlines far more than good news... but the world is not just bad. You need to be disciplined and take a break from the news. If you are on a bus stop and get the urge to flick through your social media newsfeed, stop yourself, if you know that you will be affected by all that is posted. Learn how to take care of yourself.



Richmond Foundation

Malta

for better mental health

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**“There is no Health
without Mental Health”**

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€ 4.66 - 5061 8093

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