



Anthony E. Guillaumier
Chairperson

The Ten Commandments of Metal Health

A psychologist in Iceland Dora Guorun Guomundsdottir has carried out various research on topics such as happiness, mental well-being, and the interplay between mental, physical and social well being.

She found that a study from the 1960's suggested that the happiest people would be those who had the easiest lives – however this hypothesis was NOT supported by the findings.

In fact further studies revealed that those who reported the highest level of happiness had all been through some difficult times in their lives, which they had overcome. The difficulties did not make them happy but what mattered most was their attitude towards their adversities, how they coped with them and how they finally triumphed over them.

As a result of this interesting finding, Dora and her colleagues created a simple device in the form of phrases to remind people of simple strategies to stay mentally healthy – and so increase their happiness.

The phrases were printed on a

refrigerator magnet – to act as a visible reminder in people's daily lives. The Public Health Institute of Iceland sent a magnet to every home in the country as a Christmas gift. This was followed up with lectures and a media campaign on the importance of thinking and caring about mental health. The Ten Commandments of Mental Health are:

- Think positively
- Cherish the ones you love
- Continue learning as long as you live
- Learn from your mistakes
- Exercise daily
- Do not complicate your life unnecessarily
- Try to understand and encourage those around you
- Do not give up; success in life is a marathon, not a sprint
- Discover and nurture your talents
- Set goals for yourself and pursue your dreams

Ref – Article "The Refrigerator Message" by Dora Guorun Guomundsdottir from "The World Book of Happiness" by Leo Bormans.

2-5

Events

6

Art Exhibition
&
Treasurehunt

7

Volunteers

8

CPD & EU Proposal

9-10

Services &
Information

11 -12

Up Coming Events



GAMIAN-EUROPE REGIONAL SEMINAR

Shirley Ann Muscat



Prof. Cyril Hoeschl

On the 2nd June, I was lucky enough to attend the GAMIAN-Europe Regional Seminar which this year was held in Larnaca, Cyprus with the theme 'Adherence to Treatment'.

It has been a very interesting experience because there were members from different countries from around Europe such as Israel, Greece, France, Italy, Ireland, Belgium and Russia.

Some of those who were present were users of mental health services themselves, others were psychiatrists and psychologists or social workers. The patients were more than willing to share their experience about the subject and psychiatrists were ready to share their own point of view. One patient from Greece stated that in the past when she was younger and was already taking medication for her illness, she wished to become a

mother but when she talked to her psychiatrist about the matter he did not allow her to plan for a baby. She made her own decision and stopped taking her medication. She eventually became pregnant but her mental health deteriorated drastically. A discussion then followed on the importance of treatment adherence but also on the importance of a good and healthy therapeutic relationship between the patient and his/her psychiatrist. This good relationship is needed so that the psychiatrists would give an individualized treatment, tailored to the patient's need and characteristics. This way the patient would feel free to discuss the side effects of the medication and together they work on a plan on how to limit these side effects.

Someone also mentioned that many psychiatrists urge the family members to make sure that the patient takes his/her medication at all costs but if the patient

refuses to take it the caregivers usually resort to involuntary hospitalization. Statistics, in Greece for example show, a high involuntary hospitalization rate of around 60% of all hospitalizations. This is the highest rate followed by 30% in Sweden.

We discussed also that most mental health patients face problems with their physical health especially when they are middle aged. A discussion followed on how important it is that the patient should also follow a healthy lifestyle by abstaining from smoking, alcohol and drugs and also by following a healthy diet. A stable sleep routine and daily exercise is also of the utmost importance.

I'm very grateful that I was given the opportunity to participate in this seminar. It has been a very enriching experience and it inspired me to do more voluntary work at the Foundation.



BBQ at Villa Chelsea

On Saturday 7th July, a fundraising BBQ was held in the lovely garden of Villa Chelsea, B'Kara. The activity was very well attended and was made possible through the efforts of volunteers and Richmond Foundation Staff who

worked really hard to make the evening a big success.

A big thank you to our sponsors:
JB Stores - Iklin
High Grade Chicken - Qrendi
Park Towers Supermarket - St Julians
Prime Bacon - Marsa
T'Emelda Butcher - Zebbug

Robert Ingloft, Enya and Eric Cassar were the cooks for the evening. There is no way anyone can thank them enough

for their altruism and hard work that made this event possible.





SPRING SHOW

Richmond Foundation was represented in the Annual Spring Show of the Malta Horticultural Society which took place at San Anton Gardens on the 5th and 6th May.

A flower arrangement together with information about Richmons Foundation activities was displayed in section reserved for NGO's



TV MARATHON

Richmond Foundation, Hospice Malta, together with U Foundation organized a marathon on Local TV stations between the 28th and 29th January 2012.

This was a first for Richmond Foundation and though the hours were long, it was an experience for all those who volunteered to help out. Thanks to the Presenters, Singers, Dancers and Sponsors this was a successful event and one that we hope we will repeat in the near future.

A DAY TRIP TO GOZO

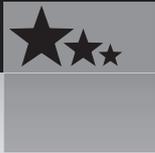
Francesca Scerri
Home Support Worker



On the 6th June 2012, seventeen Home Support Users went on a day trip to Gozo. They were accompanied by two Home Support Workers, Francesca Scerri and Katie Delicata and a student from Germany, Dorothee Losel, who is on placement at the Foundation.

The day started off at Rabat, where everyone had a look round, stopped for a drink, or did a spot of shopping at the market. The next destination was Ninu's Cave in Xaghra, followed by lunch by the sea at Xlendi. The day ended with a short visit to Ta' Pinu Sanctuary.

Our Special thanks go to ARRIVA who provided transport and helped to make this outing a success!



KAMPANJA GHINNI NASAL

Jiltaqgħu l-organizzazzjonijiet li se jikkollaboraw fil-Kampanja Ghinni Nasal tal-Arriva CARITAS, RICHMOND FOUNDATION, SEDQA U ST JOSEPH HOME L-ewwel li se jibbenefikaw

Waqt konferenza stampa li saret fid-29 ta' Frar, 2012 fl-uffiċċju ta' Caritas Malta fil-Floriana, Arriva Itaqgħet mal-ewwel grupp ta' organizzazzjonijiet li se jkunu qed jikkollaboraw fil-Kampanja Ghinni Nasal, mnedija mill-operatur lokali tat-trasport pubbliku biex tkun ta' għajnuna għal dawk li qed jagħmlu l-ewwel passi biex jintegraw lura fis-soċjetà. Il-Konferenza kienet indirizzata mill-Maniġer Kummerċjali tal-Arriva Thomas Dimech, fil-preżenza tar-rappreżentanti tal-Caritas, Richmond Foundation, Sedqa u St Joseph Home, li huma l-ewwel organizzazzjonijiet li se jippartecipaw u jibbenefikaw minn din l-inizjattiva.

Il-Kampanja Ghinni Nasal hija inizjattiva mnedija mill-Arriva biex tgħin lil persuni li qed jagħmlu l-ewwel passi lejn ir-ri-integrazzjoni fis-soċjetà billi jipprovduhom mobilità fuq perijodu qasir, u b'hekk ikollhom appoġġ f'mument meta qed jimbarkaw fuq vjaġġ biex jerġgħu jibnu ħajjithom u l-istima fihom infushom.

"Il-Kampanja Ghinni Nasal ta' Arriva se tipprovdi mobilità b'xejn fuq żmien qasir għall-persuni li jkollhom l-aktar għandhom bżonn. It-trasport huwa r-rwol ċentrali ta' Arriva fil-komunità Maltija u l-Kampanja Ghinni Nasal se tippermetti li organizzazzjonijiet japplikaw għal din l-iskema f'isem



nies li għandhom bżonn mobilità. Il-Mobilità hija essenzjali biex xi ħadd ikun parti mis-soċjetà, u b'hekk fornitur tat-trasport pubbliku rridu ngħinu fil-mod tagħna biex nagħtu lil dawk li jeħtiġuha l-ewwel imbutattura fil-vjaġġ tagħhom lejn is-soċjetà," qal Thomas Dimech.

L-inizjattiva se taħdem bil-kollaborazzjoni ta' NGOs u organizzazzjonijiet oħrajn li se japplikaw bus passes skont ir-reogolamenti tal-Kampanja. Kull wieħed minn dawn il-passes s jkun validu għal perijodu qasir ta' żmien

u se jkopri s-servizzi kollha li Arriva toffri matul il-ġurnata. L-ewwel erba' organizzazzjonijiet li se jkunu qed jieħdu sehem f'din l-iskema huma Caritas, Richmond Foundation, Sedqa u St Joseph Home.

Filfatt, preżenti waqt din il konferenza kien hemm ukoll Dun Karm Farrugia, Assistent Direttur tal-Caritas Malta, Dolores Gauchi, CEO ta' Richmond Foundation, Jesmond Schembri Direttur tal-Operazzjonijiet ta' Sedqa u d-Direttur ta' St Joseph Home Fr Frankie Cini. "Aħna ikoll nirringrazzjaw lill-Arriva għal din l-inizjattiva sabiha, li se tgħin ħafna nies li għaddejnin minn perjodi diffiċli fil-ħajja tagħhom," qal l-Assistent Direttur tal-Caritas Dun Karm.

L-istess sentiment gie mtenni minn dawk kollha preżenti, fosthom is-CEO ta' Richmond Dolores Gauci li kkomentat ukoll dwar l-isem tal-kampanja fejn qal li, "Għinni Nasal huwa isem xieraq ħafna, u fil-fatt huwa dak li aħna finalment kollha nippruvaw nagħmlu: ngħinu lin-nies biex jaslu f'post aħjar fil-ħajja tagħhom."



Laqgħa mal-Prim Ministru

Laqgħa mal-Prim Ministru u Kap tal-Partit Nazzjonalista bhala parti mill-proċess ta' Kuntatti li qegħdin jiġu organizzati. F'din il-laqgħa l-Fundazzjoni ġibdet l-attenzjoni lejn diversi problemi u sfidi li il-Fundazzjoni nnifisha kif ukoll il-qasam nazzjonali tas-Saħħa Mentali qed jiltaqgħu magħhom.

The Hon. Justine Caruana met with Ms Dolores Gauci, CEO of Richmond Foundation and Dr. Ivan Mifsud, Trustee at the Offices of Richmond Foundation on 22nd May. During this meeting the Hon. Caruana was given an overview of the Foundation's services and the review of legislation with extremely derogative wording towards people experiencing mental illness was discussed. The Hon. Caruana acknowledged that the wording in legislation connected with mental illness needed to be reviewed reflecting respect and dignity.



Acting Commissioner for the Elderly and Mental Health Dr. John Cachia together with other members from his office visited various services offered by Richmond Foundation on the 20th April. Here he is seen at Foundation's head Office together with Richmond Foundation's CEO and Chairman.



Car Treasurehunt

On the 20th May, Richmond Foundation in collaboration with the De La Salle Drama Group organized a Car Treasure hunt.

People of all ages gathered at Villa Chelsea in B'Kara on a pleasant Sunday afternoon and after registering and going over the few rules for the treasure hunt, they were off to identify six localities and answer questions related to them. They then returned to Villa Chelsea, and whilst participants indulged in sandwiches and drinks prepared by our volunteers, the answers of the hunt were corrected and a winner group announced. All participants commented that they had a very good time and hoped that this activity



would be repeated again in the future. A big well done and thanks goes to the De La Salle Drama group for their support, as well as the volunteers who helped on the day.



Contemporary and post Impressionism Art Exhibition at Chamber of Commerce

Richmond Foundation in collaboration with the artist Pauleen Micallef, held an exhibition at the 'Malta Chamber of Commerce', between Wednesday 29th February and Friday 9th March 2012.

The contemporary section consisted of acrylic paintings of a Farmstead, known as 'Razzett tal-Qasam', dating back from Punic times. These paintings have been painted in plein'air.

The 'Post impressionism' section was dedicated to 'After Degas'. This consisted of the artist's interpretation and approach to Degas's paintings of dancers. Pauleen is a Dance Principal, so with her knowledge of dancers combined with love of the great impressionists, who have influenced her artistic ability all through the years, hopes to create a wrap-all with Degas through her works.

Thanks to our Sponsors: Pauleen's Dance and Fitness Studio. The Malta Chamber of Commerce - Offset Printers - Peak Insurance Brokers - BOV - Bank of Valletta - Peter Parnis - Photographer - Ten Green Bottles - Azure Caterers. Martin Formosa - Exhibition set-up



Dancers from Pauleen's Dance and Fitness Studios



The Group of Volunteers who took care of the catering of the day





My Experience as a Volunteer

Connie Micallef

It seems like only yesterday that I answered an advert on a local newspaper calling for volunteers to join Richmond Foundation. I always wanted to do some kind of voluntary work though I did not have anything in particular in mind. At that time I really did not know what Richmond Foundation was about.

I was asked to call for an interview and soon after I was assigned with the Administration Section at the Foundation's Head Office in St. Venera. My job was to carry out clerical work for a few hours during the week. I remember the first task I was assigned was the preparation of folders with material for an important seminar which was being organised.



After that I started doing routine office work, like typing, filing, answering the telephone, welcoming people at reception and the thousand and one other jobs that are necessary to keep the office running smoothly.

Three years have now passed since then and during this time I came to know more about

Richmond Foundation, the kind of services they provide, and I also had the opportunity to meet, personally or through the telephone, persons who make use of these services. To be honest, before I started working at the Foundation, for me 'mental illness' only meant patients at Mount Carmel Hospital. But since then I began to realize that mental illness is very vast and very common illness which can affect anyone, from any walk of life.

Carrying out voluntary work at Richmond Foundation helps me understand people more; Users of the services are persons like any other ordinary persons; mental illness can affect anybody from children to old people and very common among people who are under stress which is very common nowadays.

I am very happy with my volunteering experience as it gives me a lot of satisfaction. In my opinion, doing something without receiving anything back makes you happy in the sense that you are doing something beneficial to the community.



We need volunteers to help us in fundraising events & administration

Contact us on 21482336 or send an email to info@richmond.org.mt



Helping Persons with difficult personalities



On 1st June Dr Joseph. J. Cassar (Consultant psychiatrist) and Dr Anna Cassar (clinical psychologist) provided a half day training to members of staff on challenging personalities. this was a very useful session as staff became more knowledgeable about different personalities and challenges that can present to professionals and others. Various situations and effective interventions were discussed and explored throughout the training session.

SYSTEMIC PRACTICE

On 7th, 9th & 14th May 2012 members of staff of Richmond Foundation have participated in training and workshops focusing on systemic practice. The training was delivered by Dr. Charles Azzopardi – Family Therapist. Staff have been sensitized and training on how to address users' difficult situation in a systemic way so that we mobilize resources and address the limitation with the immediate systems, including the family. It is crucial to address significant others in our line of work. The training will be followed up by two-hour supervision sessions which will be held every two months to fine-tune the acquired knowledge and skills. The first supervision session took place on 3rd July and the following one will be on 25th September

Two Project proposals for ESF funding

After the successful implementation of ESF 3.71, Impact Assessment on Mental Health for Employment Policy Development, Richmond Foundation took the plunge to submit two separate ESF project proposals under priority axis 3 – Promoting and Equal and Inclusive Labour Market under Operational Programme II 'Empowering People for More Jobs and a Better Quality of Life'. The first project is Healthy Mind for Healthy Business and the second project is TLIETENS - Nikbru, Nitgħallmu, Naħdmu.

Healthy Mind for Healthy Business

This project, which is being carried out with the collaboration of Malta Employers Association, The Malta Chamber Foundation, the Gozo Business Chamber and the General Retailers and Traders Union, is an awareness raising campaign on mental health issues in the workplace. It invests in actions that focus on workers in a leading position within the workplace to equip them with the necessary tools to increase their knowledge on mental health problems in the workplace. Thus, this project aims on improving the working environment of enterprises that do not have a mental health policy in place. The general public is going to be reached through publicity measures. The project will develop infrastructural tools which enterprises can use to setup policies in their workplace, as well as provide training to improve the skills of workers in leading positions. Such methods are inexistent in Malta and Gozo, thus enterprises are going to be introduced to an innovative tool that can assist them to increase profits. Tools developed will equip workers in leading positions to adopt mental health policies at the workplace to improve healthy lifestyles and contribute to productivity.

TLIETENS – Nikbru, Nitgħallmu, Naħdmu

The project TLIETENS aims at promoting mental well-being and resilience for individuals who have been disadvantaged in some way or another. The project is to provide coaching and mentoring so that individuals, mostly parents and adults, will be able or remain active in their community, access labour market or get equipped with the necessary skills to be employable. It is understood that in this process, individuals will be given the opportunity to realize their potential as individuals, parents and adults.

This project has three components as follows:

Family Day Programme – this is to identify parents with particular needs and provide them with the necessary training and coaching on a regular basis. This will be provided by professionals. The training is to address the holistic needs of parents and their family in a systemic way whilst empowering them to access the labour market or remain active in it. It is believed that employment helps the individual to grow, move forward and break the vicious circle of poverty.

Pre/Post Natal Programme – this is to help new parents, and parents-to-be to address arising concern during pregnancy and after the birth of the child. Through experienced professionals in the field, the more mentoring and support is given to these individual during this delicate period, the less likely they are to develop problems affecting their mental well-being. This is a phase where a lot of preventive action and early intervention is called for.

Online training and support – with the use of various online tools, persons experiencing mental health problems can be trained and coached through well-established online tools that promote the well-being of its users. This innovative way of electronic coaching can indeed help persons to realize their potential and access the labour market or remain active in it.

These aforementioned two project proposals are still being vetted by the concerned authorities and the Foundation looks forward to receiving the official approval and starting their implementation straight away.





GROUPTHOME GHAN-NISA ĠEWWA FLEUR-DE-LYS

Adele-Marie Bonello
Assisted Living Coordinator

F'dawn l-aħħar snin twaqqfu ħafna proġetti mir-Richmond Foundation li l-gpan tagħhom kien li jilpaq il-bżonnijiet partikolari ta' gruppi ta' klijenti. L-aħħar proġett li gie mwaqqaf, wara xhur ta' preparamenti, hu dak li qed titqies b'gala 'grouphome' għan-nisa, ġewwa Fleur-de-Lys.

L-iskop ta' din id-dar hu li toffri akkomodazzjoni għal 7 nisa li għandhom biżżejjed kapaċitajiet biex jgħixu b'mod indipendenti imma għandhom bżonn ta' support intensiv. Għaldaqstant it-tim li jmxexxi l-Hostel ta' Raħal Gdid qiegħed joffri s-servizz ta' support fid-dar. Żewg therapeutic aids ġew individwati biex waħda minnhom iżżur lin-nisa bejn it-8 u l-11 ta' filgħodu, mit-Tnejn sas-Sibt. B'hekk jiġi zgurat li n-nisa qamu u qed jippjanaw il-ġurnata tagħhom. It-therapeutic aid tara li l-pinnoli ta' filgħodu ittiefdu, li kulhadd jagħti sehmu fiż-żamma ta' l-indafa tad-dar, li jinżammu l-appuntamenti, li jiġu pjanati l-ikliet tal-ġurnata u dak kollu li hemm bżonn biex in-nisa jkomplu l-kumplement tal-ġurnata waħedhom. Dan il-proġett hu estensjoni tas-Supportive Housing Scheme. It-tim ta' dan is-servizz ha ġsieb ix-xogħol ta' manutenzjoni u rinovazzjoni tad-dar

sabiex takkomoda bl-aġjar mod ir-residenti. Hu jjeħu ħsieb il-kiri tal-post, kontijiet u aspetti ta' manutenzjoni regolari.

L-ewwel nisa dahlu f'April 2012. B'ħalma jiġri ħafna drabi meta persuna tibdel l-ambjent u l-akkomodazzjoni tagħha, il-perjodu ta' tranzizzjoni kien żmien ta' incertezzu u mistoqsijiet, imma fl-istess ħin ta' eċitament u aspettativi ġodda. In-nisa li bdew jgħixu f'din id-dar jew kienu għadhom kif spiċċaw il-programm tagħhom ġewwa Villa Chelsea jew imxew mill-isptar Monte Karmeli. Huma qed jiġu mgħejjuna biex itejbu l-ħiliet tagħhom fuq livell prattiku, izda wkoll biex jagħrfu jgħixu f'armonija flimkien fil-waqt li jsolvu b'mod adattat xi dizgwid li jista' jinqala. Il-lum il-ġurnata draw sew il-lokalita', u sabu għajnuna kbira kemm mill-ġirien kif ukoll mill-ħwienet, spizeriji u banek tal-madwar.

Għalkemm il-proġett joffri akkomodazzjoni fit-tul, it-tir hu li n-nisa jsiru dejjem iktar indipendenti, sabiex ikun hemm anke l-opportunita' li fil-futur, persuna timxi għal sistemazzjoni iktar indipendenti, bil-pass tagħha, u r-rieda tagħha.



**We need volunteers to help us in
fundraising events & administration**

Contact us on 21482336 or send an email to info@richmond.org.mt



Stability in a Child's Life

Andrew Barberi

Children in residential care portray similar characteristics and the latter influence very much the learning experiences they go through, both before entering a residential facility and whilst living within one.

Most of these children are hypersensitive, verbally aggressive and some might also reveal violence when corrected. Many of these characteristics are known to be learnt behaviours, used as a defense mechanism, whereas there are some cases where these behaviours are portrayed due to the lack of stability these children were brought up in.

In a residential facility, such as the K.I.Ds Programme, they live within a community amongst other children. Most of these children would need to learn how to live with others, and others might have to get used to the fact that adults will be caring for them on a daily basis. As professionals within this field, one must understand that the more structured the day is for these children, the better they can get along once they grow up and move on. Having a set out plan for the day makes the child focus on each task separately and even though, at times, certain plans make some children act out, it helps them have less chaos in their life. It goes without saying that once a child has a clear definition of what structure is he or she can manage to adopt it to their

life on a personal and social level as well.

Having said this, one cannot mention structure without talking about consistency as these arrive hand in hand. It is useless having a set out structure within a residential programme if the staff members within this programme do not follow it thoroughly and all in the same manner. Without consistency, these children would not know to whom to turn to and as a result, they would be re-living the chaotic environment they were taken out from. Professionals in this sector need to act as role models, and what better way than to follow certain rules and try to maintain the same attitudes towards these children.

As a last thought, one can realize that both structure and consistency leads to the child in having a more stable life – which in turn will lead to a more structured future. It is not always easy to follow things through, especially when some children become violent, however, one must keep that both structure and consistency would not work if professionals do not show empathy with these children. Younger ones need to understand that they can trust the 'new' adults in their life, and it is with empathy that one can attain this. When trust is built, it would be easier for a child to follow through with what is laid out in front of him or her.

SCHIZOPHRENIA

Schizophrenia – is it an illness which spreads fear and terror? An illness which is incurable? The media gives us a wrong picture of schizophrenia. In fact, it is a hugely misunderstood illness. There are a lot of myths and untruths in people's mind about it.

This is a main problem people suffering from schizophrenia encounter - the stigma. For most of the persons concerned it is harder to deal with hiding the diagnosis than with dealing with the actual illness. The truth is that every single person can develop schizophrenia: the young, the old, the rich, the poor - everyone! The idea that schizophrenia also causes people to become aggressive or dangerous is also wrong – this in fact rarely happens. The reality is that they can cope. It might not be an easy life they are living, but with support and the right treatment a fulfilling life is possible. Treatment is greatly important. Untreated schizophrenia can have a bigger impact on life. The sooner the illness is treated, the better the outlook. In fact, a quarter of the patients completely recover or improve considerably; a case in point is that of Karl:

I interviewed a 44 year old male, Karl, who is diagnosed with

schizophrenia. Karl is a good example of how these persons can cope with their illness. Karl was diagnosed with this illness when he was 14. He said that growing up with schizophrenia was not easy; however with help and support he now has a full time job.



Karl explained that his way of thinking is still slightly negative. He fears both the past and the future. This is mainly because of stigma. He spoke of an experience at work where he had to work overtime and did not get paid – because of his illness. Another time other workers stole money from him because they felt like they could easily manipulate him. These were just a few of the bad experiences he had related to illness and stigma.

Through these experiences, Karl can understand this illness better. To him it means fear. He said that at times you are over confident and other times you are too shy to believe in yourself. It feels like you are losing yourself.

Karl feels that medication has helped him a lot, together with the support he receives from his family, colleagues, and professionals. Therefore, to make this possible, an understanding within the community is essential. So be aware of wrong messages the media conveys and keep yourself informed!





TOM HANKS signs books for auction



“'Common Sense'... ...makes sense!”

Tom Hanks, the well-known American actor who has the leading role as Captain Phillips, in a film about the true life story of a pirate attack, substituted parts of the film with... shot in Manila, was recently presented with a book entitled "Common Sense", written by Dr. Edward Burns.

Tom Hanks will be remembered for his magnificent role in the 1990s film "Forest Gump", which earned international laurels on the personal, social and cultural changes that people with intellectual disability and their families have to go through in their difficult journey in life.

Richmond Foundation, a nonprofit 501(c)(3) educational corporation, mental health care, the opportunity of Tom Hanks presence in Manila to create renewed awareness on the condition of mental health, to be connecting with Tom Hanks for his support towards the Foundation's cause and objectives.

With the assistance of the producer, and the Manila Film Commission, Mr. Hanks accepted the invitation and gave his approval to sign a limited number of copies of "Common Sense".

"Common Sense" - Burns' understanding of Dr. Edward Burns being a collection of over 100 articles written over the last few years by Dr. Edward Burns, a psychologist and epidemiologist, he produced for his article. He devoted a portion of his time which are likely to touch all of us in some way in our lives. This book not only offers a deeper understanding of mental health but offers practical advice to the reader.

Anyone who is interested in acquiring a limited signed copy by Tom Hanks, can contact the Richmond Foundation Manila, 254003rsm.org at or mobile 09291711000 to participate in an auction. Bidding starts at P50 for every signed book.



For an application to view and bid
contact us at 254003rsm.org
254003rsm.org • 09291711000



UP COMING EVENTS

A Special Thank You to our benefactors, who generously offer their contributions supporting our cause.



Charity 'Meet the Players' Summer BBQ



In aid of
Richmond Foundation
In collaboration with
Sheffield United F. C.



Menu

Starters

- Penne with Bunched Tomato Pesto, Ricotta & Basil
- Pesto with Shrimps, Spinach & Black Olives

Main Courses

- Smoked Garlic & Paprika Marinated Beef Steak
- Rosemary Grilled Chicken Breast served with Honey & Lemon Sauce
- Filet of Fresh Seasonal Fish with served with Aubergine & Capser Sauce

Side Dishes

- Tomato & Onion Salad with Basil Pesto
- Marinated Beefroot with Balsamic & Orange Dressing
- Mixed Leaf Salad
- Coleslaw
- Jeweled Cous Cous Salad
- Roasted Vegetable Caponata
- Greek Salad
- Baked Jacket Potato with Creamed Leeks

Sweets

- Melon & Watermelon Platter
- Gâteau of the Day

For bookings and more information please contact
Mrs Bonello on 99498117 or
Maryrose@richmond.org.net

Date: Thursday 26th July 2012

Time: 7.45pm - Onwards

Venue: Fortina Hotel, Lido

Price: €20 Adults, €10 Children U10

-Sheffield United players and coaching staff will be in attendance

-Sheffield United's Gary Sinder will be the evening's MC

-Entertainment from singer Kristina Casolari
-Raffle and auction including Sheffield United Memorabilia and fabulous local artist painting.

Thank you to our sponsors



Board of Trustees

Chairperson
Mr Anthony E. Guillaumier

Vice Chairperson
Ms Catherine Gonzi

Secretary
Mr Manwel Ciantar

Treasure
Ms Antoinette Caruana

Members
Ms Monica Attard
Dr Ethel Felice
Dr Anton Grech
Dr Ivan Mifsud
Ms Shirley Muscat
Rev. Dr Victor Shields MSSP

Auditors
Anton Chetcuti Ganado & Co.

Bankers
APS Bank
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



Richmond News
RICHMOND FOUNDATION JOURNAL

July 2012

© 2012 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.

Join us and have fun!

Following last year's success, we are inviting you to another
BBQ at the Great Dane Restaurant in Mellieha
on 15th September 2012.

Come and have fun with your family and friends to an evening of good food, music and a pleasant ambience!

Price: €20 adults and €10 children over 6 years

Book your reservations by phoning 21224580 or 21224580

By email :info@richmond.org.mt