



Anthony E. Guillaumier
Chairperson

Challenging Times Ahead

A recent “Business Survey” undertaken and published by Deloitte Malta underlines the impact of the international crisis on local businesses. It provides also recommendations for those areas where action is needed most to overcome the potentially daunting economic challenges ahead.

Unfortunately, the survey does not make specific references as to how local charities and NGO’s will be effected, however, one does not have to be a financial guru to assume that charities, particularly those that owe their existence to divine providence, are not exempt from this turmoil. The majority of businesses feel compelled to react and restructure the way they do business and are cutting back on costs, staff numbers whilst implementing every possible conceivable idea for survival.

Following the example of the business model, Richmond Foundation has already embarked on a cost cutting exercise

involving suggestions and ideas from all the members of our staff. Some initiatives are already being implemented – reducing the cost of publishing our newsletter, with effect from this issue, is one measure that we have taken. “Richmond Newsletter” will be printed in one colour and issued every four months instead of quarterly.

We are also looking at several other ways to improve revenues, retaining optimism that our responsible action on various fronts, particularly in monitoring our cash flow, should ascertain that we continue surfing this wave of doom and gloom. ■

2
MS CHERIE BLAIR VISITS VILLA
CHELSEA

3–4
NEWS FROM THE UNITS

5
EXPLORING ALTERNATIVE
THERAPIES

6
FUND-RAISING AND
PROMOTION

7
EUROPEAN BRAIN COUNCIL
(EBC) FORUM 2009

8
PROJECT HEALTHQUEST
EXCHANGING EXPERIENCES,
KNOWLEDGE AND EXPERTISE
WORLD HEALTH DAY

9
EMOTIONAL INTELLIGENCE
AND LEADERSHIP IN
THE WORKPLACE

10
RICHMOND FOUNDATION
CELEBRATES THE
IMPLEMENTATION OF THE
BOSTED SYSTEM
STAFF NEWS

11
DONATIONS

12
THANKS &
ACKNOWLEDGEMENTS



Ms Cherie Blair Visits Villa Chelsea

On Wednesday, 1st April, 2009, Villa Chelsea had the honour and the pleasure to host Ms Cherie Blair who was in Malta as the guest of Ms Catherine Gonzi.

Present for this occasion was Mr Anthony Guillaumier, Chairman, Ms Catherine Gonzi, Vice Chairperson, members from the Board of Trustess, Ms Dolores Gauci, Chief Executive Officer, Mr Holger Saliba, Operations Manager, all staff and users at Villa Chelsea as well as staff and users from the other units of the Foundation.

After introductions, Ms Cherie Blair was taken on a brief tour of Villa Chelsea. This was followed by a presentation by Ms Nadya Busuttill, a service user of Villa Chelsea. Ms Busuttill gave a brief presentation of her personal life experiences and also an overview of the different services being offered by Richmond Foundation. Nadya then presented Ms Cherie Blair with a small brooch with Richmond Foundation's logo on it as a small token and Mr Anthony Guillaumier presented her with "The Temple of the Knights" written by Baron Nicholas De Piro in appreciation for her visit. Just before she left to the airport, she spent around 20 minutes in our office where she tasted our typical Maltese almond sweets, a loquat locally known as "naspla", and sipped mint tea while she spoke to a group of users of Richmond Foundation.

We were indeed happy to welcome Ms Cherie Blair as the first honorary member of 'Friends of Richmond Foundation'. ■



▲ Mr A Guillaumier presenting the book "The Temple of the Knights" to Ms Cherie Blair. Looking on is Ms C. Gonzi.

« We all felt honoured that Ms Blair specifically chose to pay us a visit rather than visit the Hypogeum. She came to us as a humble woman who is genuinely concerned for all humanity. She was pleased to have met us and she remarked on how clean and well kept the place is. We greeted her warmly and were very proud of her attendance. I felt very nervous at first, however her charisma calmed me and I felt comfortable in her presence. During my speech, I spoke very well and I felt proud that I was chosen to speak on everybody's behalf. This helped me to boost my self confidence and overcome my restrictions. With this experience I wanted to pass on the message that although we have our own problems we are still capable to be part of society. Ms Blair helped us all feel at ease even though she is considered a very important person. She listened attentively to my life story and I shall never forget that day. »

Nadya Busuttill
Resident



▲ Ms Cherie Blair proudly showing the first 'Friends of Richmond Foundation' certificate.



▲ Ms Nadya Busuttill delivering her speech.



A Day's Outing to Gozo

Having just spent some five months at Mt Carmel Hospital and some three weeks as a day user of a rehabilitation programme at Villa Chelsea, I was quite excited and looking forward to the 20th of March 2009. This was the day agreed upon by all the residents and day users of Villa Chelsea together with the Coordinator and staff, to be a day's outing to the sister island of Gozo.

Our first visit was to Ninu's cave and Kola's windmill in Xagħra. According to what we were told, Ninu's cave was discovered quite by chance when digging the foundations for a house for what was to be originally a well. The cave is quite impressive and full of stalagmites and stalactites which have formed along the years. I believe it to be quite a rarity too as it is to be found in a fully developed residential area whilst still being very well preserved.

Kola's windmill too is very well preserved and dates back to some three hundred years ago when this island was ruled by the Knights of St John. The windmill is built out of local limestone

and had a sort of outer wheel which had sails affixed to it which, when moved by the wind, would make the wheel rotate, which in turn would move the internal mechanism so that the two round, heavy, purposely crafted stones could rotate on top of each other and in opposite directions in order to have the wheat ground for the making of flour.

The miller also had to be a good carpenter and blacksmith as the windmill's mechanism, apart from the stones already mentioned, was mostly made of metal and wood which needed frequent maintenance/repair. This man's living was augmented by doing other odd jobs within his trade for the village people. The adjoining house is also preserved intact exhibiting period furniture and utensils.

We then drove to Victoria's flea market where we had time for a light snack and some of us even bought the well known delicacy 'gbejniet' the gozitan cheeselets made from goat's milk. A very pleasant lunch was enjoyed at Qbajjar restaurant in Marsalforn where the service was excellent and the food even better. The time spent here was very relaxing and on the way back we all agreed to visit this charming island more frequently. ■ R.G.

A Lovely Friday at Baħrija

This was my first outing with the whole group of the rehabilitation centre of Villa Chelsea and also a very special day for me as the whole community accepted me in their community as a day user.

We left in our minivan to Baħrija for a "Fenkata" (a cooked rabbit-do). It was a very relaxing drive with flowers and beautiful greenery captivating me the whole drive through the outskirts and countryside of Malta. On arrival we were greeted by the owner and shown to our tables. While browsing the menu the owner kindly prepared us a plate filled

with cheeselets (gbejniet) and some Maltese crackers (gallett) and bread as an appetiser.

The delicious main course of fried rabbit with chips and gravy was followed by mouthwatering desserts and fresh fruit. The meal was so good and filling that I did not eat anything else until the following afternoon. I enjoyed myself so much with the company of such amazing individuals and I laughed so much that I did not want the day to come to an end!

I went home with a great smile on my face and a joy that each and every person at Villa Chelsea gave me in my heart to take with me and recount to my family and close friends of what a great place this home is. ■ T.D.

Ikla għall-Familjari u Ħbieb tar-Residenti fil-Hostel

Fil-Hostel kull sena tiġi organizzata ikla għall-familjari u ħbieb tal-qalb tar-residenti u wara li tiġi deciza l-ġurnata, ir-residenti jiġu mhegġa jstiednu lil qrabathom. L-istaff joffri l-assistenza lil dawk ir-residenti li għandhom bżonn l-għajnuna biex iċemplu.

Meta waslet il-ġurnata, it-30 ta' Jannar, l-istaff bdew il-preparamenti minn kmieni filgħodu biex b'hekk kien kollox lest u f'postu meta waslu l-familjari. Għal din l-okkażjoni ittellgħu l-imwejjed ta' l-ikel fl-ikbar kamra tad-dar, biex kulhadd joqgħod iktar komdu.

Bħal kull sena r-residenti u l-familjari flimkien ma' l-istaff, qattgħu ħin tassew sabiħ waqt din l-ikla, jgħidu kelma ma' xulxin. Kien hemm atmosfera veru rilassanti u ferriħija, iktar u iktar bil-preżenza ta' żewġ neputijiet zgħar ta' wieħed mir-residenti. Attivitajiet bħal dawn jiġu organizzati biex ir-residenti ma' jtilfux il-kuntatt ma' tal-familja u r-relazzjoni tagħhom tibqa' waħda tajba jew saħansitra timxi akar il-quddiem.

Nixtiequ u nisperaw li d-darba li jmiss il-familjari u ħbieb tal-qalb kollha jkunju jittstgħu jattendu għax l-aktar haġa importanti hi li r-residenti kollha jhossuhom maħbuba, irrispettati u qatt ma' jkunju minsija min-nies l-iktar għeziez għalihom. ■



Richmond Foundation Increases the Number of Apartments



On 3rd March 2009, the Housing Authority has leased another three bedroomed apartment to Richmond Foundation. Since the launching of the Scheme in 1999, the Housing Authority has in fact, leased a total of 13 apartments to Richmond Foundation.

In all, the Foundation now manages a total of 21 apartments, out of which 8 are rented from the private market. The number of tenants benefiting from the service has now increased to 45.

The management of Richmond Foundation takes this opportunity to wish Dr Paul DeBattista all the best of luck on his appointment as C.E.O. of the Housing Authority. ■



▲ Dr P. DeBattista and Ms D. Gauci signing the agreement.

Agreement between Richmond Foundation and Support Line 179



On 3rd April 2009 an agreement was renewed between the Home Support Service of Richmond Foundation and the Support line 179 of Aġenzija Appoġġ, whereby through this agreement the Home Support Service users can receive round the clock support. ■

Ms Victoria Said DeBattista, Home Support Service Coordinator, and Mr Carlo Olivari Demanuele, Service Area Leader (Appoġġ). ▶



Vittorio Gauci Visits Leisure Centre



On Monday 30th March, Singer Vittorio Gauci made a surprise visit to the 'Never Mind' Leisure Centre, one of Richmond Foundation's initiatives.

Vittorio got a warm welcome by a number of people who were really enthusiastic asking him several questions about his singing career. He posed for some photos, signed autographs and then sang some songs which delighted the people present.

Richmond Foundation would like to thank Mr Christian Borg for putting us in contact with Vittorio Gauci. ■



▲ Vittorio (2nd from right) chatting with the Leisure Centre Group.

CTLC Computer Courses



Alfred Cauchi, Sliema

The excellent idea that Richmond Foundation has been conducting computer courses for the past months is bearing abundant fruit. I attended four or five different computer courses but it was only here that I started getting a good and solid introduction to a practical approach at computer literacy, thanks to Mr George Gatt, an excellent tutor and perfect gentleman. He gives each student individual attention and yet keeps the class moving at the same pace. Lessons are held in a room which is air-conditioned and practically sound proof with a carpet for comfort. ■

Alfred Cauchi attended a basic computer course between the 12th January 2009 and 16th March 2009.

Never Mind 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



Exploring Alternative Therapies

It is a widely documented fact that most people will face mental health difficulties at any point throughout their life, either through one's own experience or that of a loved one. Nevertheless, many of these are caught unawares when illness strikes. Lack of information, awareness and support, often prolong more than necessary the prodromal and recovery phase. This compromises the quality of life that one enjoys following the onset and possible relapse into illness.

Conventional management of symptoms have been established for years, with medication being the first choice of treatment. Nowadays treatment options include medication complimented by an array of therapies, like psychotherapy and cognitive behavioral therapy, which generally involve heavy investment of time, energy and commitment from both therapist and client.

However this engagement with another person or a group of people is not the only other option besides medication. Other, maybe less well-known methods, are slowly gaining momentum, abroad more than in the local context. Most often emergent therapies like the two described here, are recommended as part of a treatment package, rather than stand alones. Nonetheless they offer resources that were previously either ignored or not put adequately in the limelight.

For all animal lovers, the bond between animal and human being is a deep, meaningful one. Pets are usually adopted and kept for the sheer amount of unconditional affection and faithfulness displayed by the animal, whatever this may be. Others may offer a sense of security and companionship, or fill the owner's need to feel indispensable for another being's welfare.

Animal-Assisted therapy (AAT), also known as pet therapy, plays on the positive effects of the above mentioned emotions which contribute to one's healing process. Notwithstanding, or maybe even enhanced by, the fact that a non human is the principal medium to recovery, great benefits are achieved by clients who spend a significant amount of time with animals trained for such purposes.

People suffering any kind of mental illness tend to focus upon their difficulties and needs. Caring for an animal helps to direct focus outwards, towards the animal itself and its environment. In particular reference to children, having pets around helps to develop a sense of empathy and starts building up their nurturing skills.

Another kind of therapy, highly promoted by the Mental Health Foundation UK, is exercise therapy. Research has shown that it is highly effective in the treatment of mild to moderate depression in primary care. It is claimed that physical exercise helps to reduce anxiety, decreased depression, enhanced mood, improved cognitive functioning and self worth.-

In accordance with the belief that physical and mental health are interrelated and co-dependent Richmond Foundation launched a Wellness Programme in 2007. Focusing on appropriate nutrition and the importance of a regular dose of exercise, the programme encourages people with mental health difficulties taking psychiatric medication, to explore the various benefits

one can achieve through exercise. Professionals following a person's treatment are involved in the referral process to this programme.

Having focused on animal assisted therapy and exercise therapy, only allows for a very brief mention of many other alternative therapies as are the expressive arts like art, dance and music and culturally based therapies like yoga or acupuncture. One has to emphasise that these therapies are often complimentary to psychiatric treatment, especially where chronic and severe mental illness is involved. However, professionals and especially people challenged with mental illness have to know what other options can be pursued in order to achieve the desired level of life satisfaction. Thus, besides taking the appropriate treatment, a very effective way of combating the heavy, draining symptoms that mental illness can present, could be as simple as taking out your pet dog for a walk! ■

Bibliography

1. Berget, Ekeberg and Braastad, 'Animal-assisted therapy with farm animals for persons with psychiatric disorders: effects on self-efficacy, coping ability and quality of life, a randomized controlled trial'. Clinical practice and Epidemiology in Mental Health 2008. 4:9
2. Up and running? report published by Mental Health Foundation 2005 (<http://www.library.nhs.uk/MENTALHEALTH/ViewResource.aspx?resID=105516>)
3. http://www.holistic-online.com/stress/stress_pet-therapy-benefits-of-pets.htm

**Programm
b'xejn
biex
jghinek
tibza'
ghal
sahhitek**

Jekk inti tiegu
kura biex
tgawdi
saħħa mentali
aħjar u għandek
bejn 18 u 50 sena,
cempel fuq
21482336

Richmond



Fundraising Activity at Girgenti

Once again, the Inquisitor's Palace at Girgenti opened its doors to the members of the general public to visit this historic site which also serves as the official summer residence of the Prime Minister. Thousands of people took this opportunity to pay a visit and enjoy the unique panoramic views that only such a place could offer. Members of public could also visit various available stands, including those selling food, cakes, plants and paintings from local artists. There was a children's corner where kids could enjoy face paintings, balloons and other games as well.

The event took place on 18th and 19th April 2009. This fundraising event took place under the patronage of Ms Catherine Gonzi and it raised over €16,000 in aid of Richmond Foundation, Mental Health Association and Friends of Richmond Foundation. All these organizations were also represented throughout this event. Richmond Foundation took this opportunity to disseminate, as much as possible, information about its services, mental health and mental health difficulties.

The event was supported by HSBC Bank Malta, BPC International, Sign It, Papillon Caterers, Simonds Farsons Cisk, the 34U Campaign, Jugs Malta Ltd, WasteServ and Borg Brothers.

Richmond Foundation would like to take this opportunity to heartily thank

all volunteers who actively helped in this event, particularly its members of staff, the volunteers and the staff of the Office of the Prime Minister. The Foundation would also like to express its gratitude to Ms Catherine Gonzi for hosting this event in aid of Richmond Foundation and other organizations which work in the field of mental health. ■



▲ Mental Health NGOs' stand at Girgenti Palace.

Bay Kids Week

As in the last two years, Bay Radio organised a week-long fundraising event 'Bay Kids Week', between the 20th and 25th of April in order to raise funds to improve the quality of life of children in need. The funds this year were donated to Richmond Foundation and will be used to buy a brand new van to be used by KIDs programme.

The week kicked off with two dress down days. These encourage companies to allow employees to change from their formal wear / uniforms into casual wear for the day against a small donation to the Bay Kids fund. Bay staff also visited the participating organisations for a short live link with someone from the organisation during the Breakfast show.

You Pay We Play took place on the 21st April when Bay Radio accepted requests by

sms's from listeners against a donation to the Bay Kids fund.

A 30 hour on-air marathon took place between the 23rd and 24th April. Taking part were breakfast show hosts Abel and Elinor, and Afternoon Drive Time host Captain Drew.

Saturday 25th April – the last day of this week of events, Bay hosted a Party at Ku Club Gozo with the participation of Bay's DJ's including Abel and Elinor. ■



« KIDs is an innovative program run by Richmond Foundation that addresses the needs of children between 5 and 10 years of age who have emotional and behavioral difficulties due to various reasons. We are glad to join forces with Bay Radio which are directly assisting our programme and I am sure the raised funds will improve the children's lives. Having an adequate means of transport for children is not a luxury but a strictly necessary requirement... On behalf of Richmond Foundation I would like to express my gratitude to Bay Radio for this initiative and I also thank in advance all those who will contribute. »

Dolores Gauci,
CEO Richmond Foundation

Relax for Richmond

"Relax for Richmond" was a fundraising activity held at Jean Bannon's Beauty Salon in Balzan during the last weekend in April. This event not only generated funds for the Foundation, but also promoted the work/relaxation balance for all the clients who contributed in making this a successful event.

Sponsors for this event were: Jean Bannon, for her time, energy and even raffle gifts, Sonia, Vicky, Jenny, Indrè and Miki, Alf Gera & Sons for the Yogi Teas provided for the clients, as well as donated for the raffle, Regent Palace Agency for the Crawford biscuits provided for the clients and Vivian Commercial Corporation Ltd for the MAVALA products. ■



▲ Jean Bannon and Mariella Mamo (Richmond Foundation representative), 1st and 2nd from right with a client and helpers.

Stitch In Time Donations

Pursuant to its highly successful Xmas Xstitch organised at the Catholic Institute in Floriana, the Stitch In Time Club donated €1000 to the Foundation. Stitch in Time also presented a perfectly cross-stitched logo of Richmond Foundation to C.E.O. Ms Dolores Gauci. We would like to express our heartfelt thanks to the Club for their interest and support. ■



▲ Ms E. Maccarelli (1st from left) and club members presenting the cross stitch logo to Ms D. Gauci (2nd from left)..



EUROPEAN BRAIN COUNCIL (EBC) FORUM 2009

A FOCUS ON DEPRESSION AND THE EUROPEAN SOCIETY

Carmen Grech
Self-Help Group

The European Brain Council, set up in 2002 with the specific aim to promoting brain research and improving the quality of life for those living with brain disease in Europe, held its 2nd forum in Brussels Belgium on the 25th and 26th February 2009. This forum focused on Depression and the European society. The opening address to this forum was conducted by Dr Julien Mendlewicz (President of the EBC). Mr M. Lewis from the U.K. was the moderator during this two day conference.

This forum brought together a vast network of professionals (psychiatrists, neurologists, neurosurgeons, basic scientists, etc) each with their own expertise in their field, to share with us their findings from researches and studies which they conducted on depression and its impact on the patient and the European society. I will just highlight a few points, as comprehensive reports were presented at the forum by the respective speakers.

It is worth noting, from the findings and statistics presented, that by the year 2020 major depression is predicted to account for the second highest burden

of diseases worldwide; that it is more prevalent in women than in men and that 9% of the EU population (between the ages of 18-65 years) experienced depression in the last six months. One of the findings presented which caught me by surprise is that, from the research conducted it was established that there was more incidence of depression in women with children who do not work outside the house than there was amongst women with children but who also hold a job outside the home. Depression can have a devastating effect on the patients, their families and on society as a whole. Suffice it to say that about 60,000 people each year commit suicide, most often as a direct consequence to depression and other mental illnesses.

Amongst various topics covered in this forum was the burden and cost of depression. It was highlighted that the economical cost of depression has doubled in the last ten years and what is curious to note is the fact that direct costs, such as health care costs account only for a minor part of the economic burden. The majority of costs amounting to approximately 65% arise indirectly from the loss of productivity such as sickness absence, early retirement and also from mortality due to suicide. So, promoting the prevention and treatment of depression in Europe is one of the top agendas, both from a patient's perspective in relation to a better quality of life but also on an economic level. Thus several means of preventive measures are being promoted, explored and researched in the hope that financial and economic loss directly linked to depression are kept at a minimum.

Needless to say depression can have a very negative impact on the patients, their families and carers but there is hope. It is a treatable disease and scientists and

professionals must ensure that there is a constant and open communication between them and society in this regard. We are very appreciative and thankful to all the professionals who are constantly researching and devising ways and better means of treatment, however from my point of view as a patient, sometimes I feel that there could be more interaction between patient and doctor and that the patient is given a better understanding of the treatment being proposed by the doctor. Much is being done by the professionals, each in their respective field in the research of this disease but we, as patients would like to be treated holistically, both in mind and spirit and not treated as a statistic or worse still as guinea pigs. It might be debatable between the professionals whether depression is a disease of the brain or whether it is a body and soul disease (in my experience I can say that depression effected me very deeply on a mind / body and soul level in its entirety), however we as patients would be more grateful if the professionals are more willing to collaborate between them for the benefit of the patient. Having said this I would like to once again show my gratitude and appreciation to these professionals who give their time and energy in constantly keeping up with new research.

At the end of all the presentations there was time for a panel discussion about the topics presented, a healthy exchange of ideas and proposals between all those present. ■

I would like to thank the EBC and GAMIAN-Europe for giving me the opportunity to participate in this forum and I must congratulate them for the excellent organization.

More info on:
www.europeanbraincouncil.org



Leonardo Da Vinci Mobility Programme

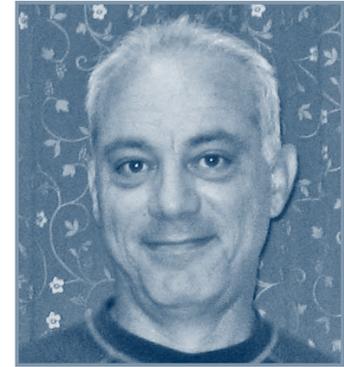


Through the Leonardo Project, Exchange Programme, on 3rd May 2009, Joseph Spiteri, Supportive Housing Aide is visiting various housing services provided by Re-Think, in Taunton, Somerset in the South West Region in U.K.

The host organisation, Re-Think, was founded over 30 years ago to give a voice to people affected by severe mental illness and today, with over 8,300 members, Re-Think remains determined that this voice will continue to be heard.

Throughout the 12 day stay in Taunton, Joseph will have the opportunity to visit: landlords, tenants, spend time with different support teams and visit different housing set ups.

We wish Joseph a fulfilling experience and good luck.



▲ Mr Joseph Spiteri

Project HealthQUEST



In April 2009, Foundation C.E.O. Dolores Gauci attended a meeting in Brussels organized by the European Centre for Social Welfare Policy and Research in connection with the new policy Brief: "Access to Health Care for People with Mental Disorders in Europe". The following is an abstract from the policy brief on the research findings of the project HealthQUEST which was written by Manfred Huber, Director Health & Care at the European Centre for Social Welfare Policy and Research, Vienna and Kristian Wahlbeck, Research Professor at the THL – National Institute for Health and Welfare, Finland.

Abstract:

« Poverty and social exclusion continue to be serious challenges across the European union and for health systems in member states. People with mental disorders are at high risk of poverty, stigmatisation and social exclusion. They are also more likely to face physical health problems and to die prematurely. There is evidence that they do not receive the general health care that best responds to their needs. Improved access to general health care is therefore essential to minimising disadvantage for people with mental disorders. This policy Brief outlines hurdles of access to health care for people with mental disorders and discusses policy implications. »

Full text may be viewed on: www.euro.centre.org

World Health Day at Bay Street Complex



For World Health Day, 7th April, Richmond Foundation welcomed the invitation made by Bay Street Complex, Paceville to join other organizations to set up information booths promoting health issues. Staff members from Richmond Foundation were available to answer queries on mental health .

Staff at Richmond Foundation information stand. ►





Emotional Intelligence and Leadership in the Workplace

Dr Natalie Kenely Ph.D

The study of emotions and their effects in the workplace has become one of the 21st century's most exciting and burgeoning fields of organizational research. It has become increasingly clear that emotions are an essential element of our understanding of organizational life.

For years, a premium was placed on intellectual ability. The idea was that if you were very bright, you would learn faster and use better judgment when managing and leading within an organization. Unfortunately, modern research has demonstrated that skills related to managing our relationships and our emotion-based responses serve as powerful factors in the success of people of comparable intellect. Emotional Intelligence has at least as much, if not more, to do with our ability to be successful in leadership as intellect.

Research over the past twenty-five years has consistently pointed to a set of competencies such as self-confidence, initiative and teamwork – that make significant difference to the performance of individuals and organisations. A few of these competencies are purely cognitive, but most are emotional (Cherniss & Goleman, 2001).

Emotionally intelligent individuals are self-aware, show emotional resilience, are motivated, exhibit interpersonal sensitivity, are influential, reveal intuitiveness and are people of integrity. Emotionally intelligent organisations exhibit core competencies such as teamwork and collaboration, adaptability,

achievement orientation, and service orientation; and they tend to be more networked and flexible than traditional hierarchical organisations.

Two of the main authors on emotional intelligence, Caruso and Salovey (2004), argue that “the integration of rational and emotional styles is key to successful leadership” (pp 3). It is evident that both emotional and logical skills are required in order to make good decisions. Making good decisions and being an effective manager of self and others cannot, and indeed does not happen in the absence of emotion.

What sets best leaders apart from the rest is the ability to understand the powerful role of emotions in the workplace – not just in issues like better business results and the retention of talent, but in the very important aspects of higher morale, motivation and commitment of all employees.

Emotional intelligence complements IQ, it doesn't oppose it. Emotional intelligence and IQ work in dynamic synergy; when both are well developed, they help us make more-strategic and higher-quality judgments. There is no question that cognitive and analytical capabilities are important in leadership, but they

are not the only factors. Emotional intelligence adds a dimension of depth, compassion and relational brilliance that enables leaders to influence without having to evoke authority, to foster deep loyalties based in trust and respect and to create powerful relationships with the most challenging people. ■

References:

Caruso, D., and Salovey, P., (2004).

The Emotionally Intelligent Manager,
San Francisco: Jossey-Bass.

Cherniss, C., and Goleman, D., (editors) (2001).

The Emotionally Intelligent Workplace,
San Francisco: Jossey-Bass.

Training on emotional intelligence was recently given to management and staff of Richmond Foundation. In February, the coordinators had a one-hour information session with the facilitator and continued with a full day's training in April. Following these sessions each coordinator will be meeting the tutor on an individual basis to explore further possibilities of personal and professional development through emotional intelligence. Eventually all members of staff at the Foundation will also receive training and assistance on this aspect as well through the help of the coordinators.



Richmond Foundation celebrates the implementation of the Bosted System



On March 12th Richmond Foundation Chairperson Mr A. Guillaumier and C.E.O. Ms D. Gauci signed the final agreement with Team Online following the successful implementation of the Bosted System in the eight units of the Foundation.

Before the agreement was signed, Richmond Foundation held a seminar session, where more than 10 Maltese social service institutions were present to get more information about the Bosted System.

“After using the Bosted System for only six months, we have experienced time savings in the administrative work and the system supports our working procedures with the users in the everyday life completely. Therefore, we like to show the surrounding world

how far we have reached in such a short period of time”, says Ms Gauci.

The first time Richmond Foundation learned about the Bosted System was when Team Online’s C.E.O. Michael Sandal visited Malta in February 2009 in connection with Team Online’s Head of Board and consul to Malta, Bjorn Petersen’s visit to the country.

“Using IT in the social service sector is something new for Maltese, therefore we should regard the celebration of the successful

implementation as a great victory”, says Janani Thevavickneswaran Team Online Project Manager.

In a short speech, Richmond Foundation Chairperson Mr A. Guillaumier said he regards the perspectives positively for the further digitizing of the social service institutions in Malta. He explained that he also has useful connection to the Italian social service sector, and that he sees perspectives for implementing Bosted System there as well. ■



▲ The two witnesses, Chairperson Mr. A. Guillaumier and Consul to Malta Bjorn Petersen, signing the agreement.

Congratulations to:

Andrew Barberi who qualified to the Finals of the Malta Eurosong Festival 2009 with the group ‘The Elements’.



Good Luck to:

Ms Jacqueline Delicata who is no longer working with the Supported Employment Programme.



Ms Michela Galea Bonavia B.Psy (Hons) who resigned from her post as Assistant Coordinator.





“Thanks to Richmond Foundation I was able to recover from a period of emotional stress.”

“With help of Richmond Foundation I can now enjoy a healthy lifestyle.”

Would you seek help if any of your loved ones develops a mental health problem? Would you wish to relieve their suffering?

We are here to help you help them. With your donations we can help your loved ones live a good quality of life.

▼ 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.



▼ 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:



American International Women's Association

Bay Radio

Fr Frank Cini, St Joseph's Home

Jean Bannon's Beauty Clinic

Kingsway Store

Mater Admirabilis Training College Old Girls 1966-68

Mr Andre Agius, Cose Casa

Mr Chris Borg

Mr Noel Gauci, Wembley Stores Co. Ltd

Mr Pierre Galea, Galea Art Studio

Ms Rosanne Baldacchino, The Albion Stores

Ms Sylvana Zammit, Float Glass Ltd

Tomino Ltd

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

Self-Help GROUPS

- Qatt esperjenzajt xi problema ta' saħħa mentali?
- Taħseb li għandek problema ta' saħħa mentali?
- Għandek xi qarib/a li għadew jew għaddejnin minn problemi ta' saħħa mentali?
- Ejja u aqsam l-esperjenza tiegħek ma ħafna oħrajn
- Ejja u tgħallem dwar il-kundizzjoni li għaddej/a minnha
- Ejja u tgħallem kif iġġib ruħek mal-qarib/a tiegħek

Ċempel lil Richmond Foundation fuq in-numri

21482336 / 21440324

u tingħata d-data u l-hin 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 MSCP

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

Richmond Foundation is registered with the Commissioner for Voluntary Organisations: VO/ 0017.

RichmondNews

RICHMOND FOUNDATION JOURNAL

ISSUE

36

© 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.