

Newsletter

Content:

2. Richmond has a New CEO
2. Tribute to Ms Elly Jansen
3. 20th Anniversary
4. Public Lecture
5. Villa Chelsea repairs
6. Tony's Talent
7. Fundraising & other Events
8. Service to Others
9. Finding Employment
10. Work / Life Balance





A Word from The Chairman

Richmond Foundation has a New CEO

Ms Antoinette Shah has been appointed CEO of Richmond Foundation with effect from May 2013. She brings with her a wealth of experience in managing the administrative and overall responsibilities of caring organizations and will continue to spear the Foundation's objectives on the same commitment and professional level of service which has been the

hallmark of Richmond Foundation during the past twenty years.

Ms Shah takes over from Ms Dolores Gauci who has relinquished her post of CEO to take up a Government appointment.

On behalf of the Board of Trustees, staff & clients we welcome Ms Shah to Richmond Foundation and wish her a good working



experience.

We also thank Ms Gauci, for her twenty years of exemplary and impeccable service to Richmond Foundation.

A Tribute to Ms. Elly Jansen



It was some time in the early 1990's when I first knocked at the door of Richmond Fellowship in London. Till today I am not sure what fate propelled me to delve in the realms of mental health being a complete stranger to this much misunderstood and generally ill conceived science.

As fate has it, in its mysterious ways, that initial encounter with Elly Jansen was the first step leading to the formation of Richmond Fellowship of Malta Foundation on the 3rd May 1993 and the incredible journey that we have been through since then.

As we celebrated our twentieth anniversary last year, I cannot let this event go by without paying tribute to Elly for the encouragement and inspiration which she kindled in me to take on the challenge of setting up the first NGO in Malta in the sector of community mental health.

Richmond Foundation, simply would not be in existence today had it not been for the invaluable assistance, guidance and patronage of Richmond Fellowship Inter-

national – and the personal commitment and vision of Elly herself. Elly accepted my invitation to fly over to Malta for personal discussion with our Government, she personally selected our first project manager, who later on spent some time in the UK to gain first-hand experience in therapeutic centres, and who eventually headed our operations in the capacity of CEO.

It is therefore my privilege on behalf of our Board of Trustees, our managerial staff, care workers and our users to extend a very warm message of thanks and appreciation to RFI, in particular Ms. Elly Jansen for giving us the unique opportunity to draw on her experience for the benefit of the Maltese Community.

We are proud of our pedigree and our association with RFI. We hope that we can continue to build on the legacy that has been founded by the inimitable and tireless "Florence Nightingale" of mental health, the remarkable Elly Jansen.

20th Anniversary

The year 2013 marked the 20th Anniversary of the Richmond Foundation. A Thanks Giving Mass was concelebrated by Archbishop Paul Cremona at St. Johns Co-Cathedral on the 13th May 2013. His Excellency Dr. George Abela, President of Malta, Board of Trustees, Management, Staff, Clients, Volunteers and other distinguished guests attended.

During the homily, Archbishop Cremona praised the work carried out by the Foundation and augured many more years of service. Mr. Anthony Guillaumier, chairman of the Foundation

thanked the Archbishop and presented him with a token for the occasion. He also thanked all the staff and numerous volunteers for the sterling work they carry out with the Foundation.

Public Lecture

Richmond Foundation convened a public lecture: 'What does not kill us makes us stronger!

Helping ourselves, our children and grandchildren avoid, survive and grow through trauma', on 23rd October 2013.

The keynote speaker, Dr Felicity De Zulueta presented the origins and effects of psychological trauma (or Post Traumatic Stress Disorder) on children and adults from an attachment perspective. She presented recent evidence relating to the transmission of vulnerability to Post Traumatic Stress Disorder down the generations and its implications in terms of future generations particularly in relation to violence. Moreover, Dr. De Zulueta outlined ways in which the cycle of trauma and violence can be broken, both through the appropriate treatment of affected individuals and also through prevention at the level of the family and society.

The public lecture was one of the activities organized by Richmond



Foundation to celebrate the World Mental Health Day which is on 10th October. Mental health is a state of health wherein the individual brings out his/her potential to succeed and advance in life, and thereby to contribute to the well-being of the community.

Richmond Foundation reiterates that there is a need for a National Mental Health Strategy with specific objectives in favour of better mental health in the community. The strategy should strengthen the cooperation between the various stakeholders, and should ensure that resources are utilised in the best possible manner. This would be in accordance with the

EU's recommendations as per the Green Paper 'Improving the mental health of the population: Towards a strategy on mental health for the European Union'. The strategy should address: (1) mental health promotion; (2) information on mental health problems; (3) prevention and early intervention; (4) services; (5) research and analysis of services; and (6) legislation.

Such a strategy will be promoting more effective, coordinated and accessible services so that the community will be in a better position to address mental health issues such as traumas and other mental health problems.



Villa Chelsea

During the year 2013, the Lions Club at St Paul's Bay, organised a year of fundraising activities in order to raise funds for Richmond Foundation projects. The project consisted of the renovation of two bathrooms at Villa Chelsea.

Richmond Foundation would like to thank all members of the St Paul's Bay Lions Club and their families for their support. Special thanks go to: Mr Emmanuel Cardona President, Mr Ronnie Cauchi Secretary and Mr Frans Labadie Treasurer.

Also last year, a group of MCAST students from the Institute of Building and Construction Engineering offered to voluntarily restore the stone niche in Villa Chelsea's garden under the supervision of their teacher, Mr. Alex Caruana. Thanks to these students' and their lecturer's hard work and MCAST's

generosity, the stone niche in Villa Chelsea's garden was restored to its former elegant state which brought the area back to life.

This, in turn has motivated clients

at Villa Chelsea to spend more time in the garden as well as to invest more energy in maintaining it. Clients claim that the garden is one of the most relaxing and therapeutic areas in Villa Chelsea.



Tony's Talent

Tony, one of our residents at the Paola Hostel has a special talent. He started drawing from the age of 7 when he was still at school. During secondary school, he used to enjoy Art lessons immensely. Teachers acknowledged Tony's talent and he still remembers that they used to say he was the best in his class.

His works were also exhibited during school activities which improved his self-esteem. Art has helped him to believe more in his skills and abilities when it comes to drawing and life.

Tony loves to draw art which is a bit scary and daunting such as ugly or sad faces and he expresses his thoughts and feelings through his art. Both his negative

and helpless feelings as well as his positive feelings are reflected in his drawings. He likes to draw nature and different portraits. He also likes to trace pictures from magazines or drawings particularly insects such as flies.

He likes to draw using different pencils because this helps him accomplish different shades in his works. In order to execute the shades appropriately, he imagines from where the light is coming since this will help him in giving the picture a more realistic look with more detail. A Volunteer meets Tony every fortnight to help him improve this expertise and also develop new ideas for his sketches. Art helps Tony to keep active and interested in life while interacting socially.

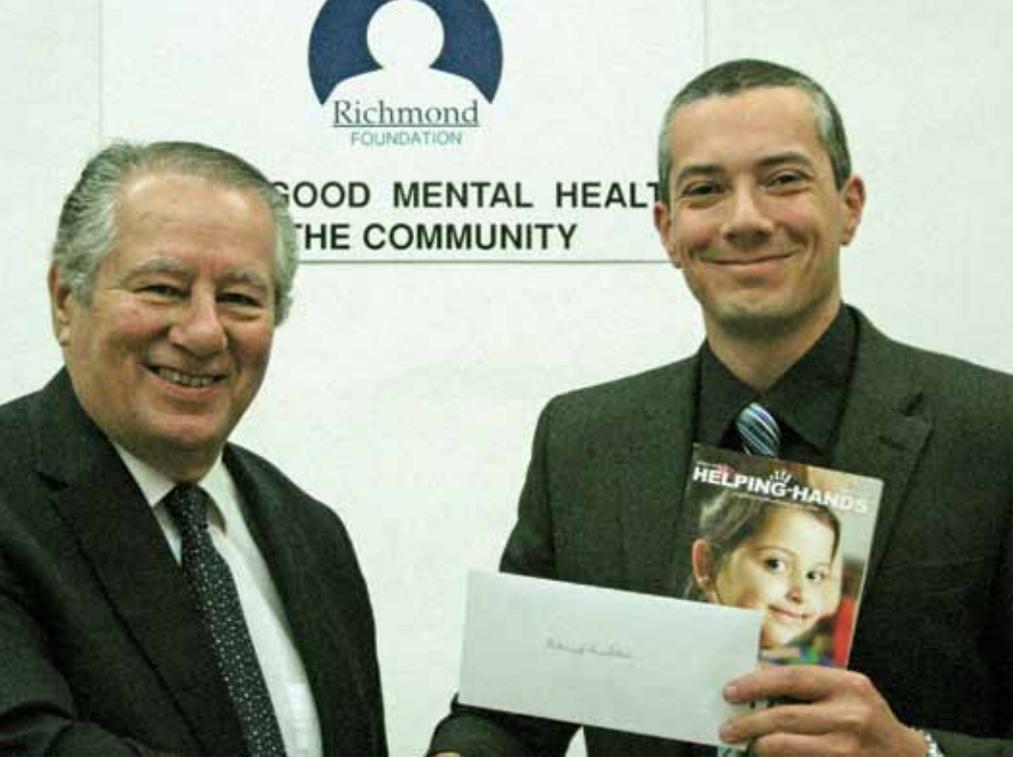
A few of Tony's works of art can be found embellishing walls at the Hostel where he resides. His works include some 36 different



portraits, 2 detailed drawings of insects, 6 other different sketches and 8 scary portraits.

He has well over 55 sketches that are organised in a portfolio.





Fundraising

Helping Hands

Għal darb'ohra il-‘Helping Hands Foundation’ ser tiddedika l-publikazzjoni tagħha ta’ Awissu – Helping Hands Family Magazine – għar-Richmond Foundation. Il-magazines li ser jitqassmu matul Awissu mhux biss iservu bhala mod kif jingabru l-fondi mehtieġa, izda biex titqanqal kuxjenza fuq is-servizzi li toffri r-Richmond fil-komunita’ u bhala mezz kif il-Fundazzjoni teduka lill-poplu sabiex jgħix hajja li twassal għal saħha mentali tajba. Ir-Richmond Foundation tuza kull mezz possibli biex twassal il-messagg tagħha u ta’ dan niringrazzjaw lis-sur Reuben Vella u t-tim kollu tal-Helping Hands Family Magazine, tal-appogg li fis-snin imghoddija dejjem taw lir-Richmond Foundation u li pprovdew din l-opportunita’ għal darba ohra.

MFIN Activities

The MFIN Charity Events Committee is composed of a group of colleagues working at the Ministry for Finance (MFIN). On a yearly basis this Committee, with the support of other Ministry employees, organizes a series of fundraising activities with the intention to raise funds for non-governmental organizations engaged in providing community services. Throughout the years these organizations varied from Charities to other organizations engaged in providing social support on a voluntary basis. In 2013, the MFIN Charity Events raised funds for Richmond Foundation and St. Jeanne Antide Foundation.



The total sum collected was of €3,074.36c which was divided equally between the two organizations. The activities organized to raise these funds included several Jeans Days and Cake Sales, a Buffet Dinner, a Football Tournament and a Bike Ride. The MFIN Charity Events Committee takes this opportunity to thank all those who contributed towards raising funds for these just causes.



Fundraising Walk

27th April, 2014

For the second consecutive year Richmond Foundation organised its Annual walk themed ‘There is no Health without Mental Health’.

The aim behind this event was to raise funds but more importantly awareness on living a healthy life which ultimately leads to better mental well-being.



Other Events

Richmond Foundation works to promote mental wellbeing in Malta. On Sunday 10th November 2013 Richmond Foundation in collaboration with BirdLife Malta organised a clean-up activity at Rdum tal-Madonna / L-Ahrax tal-Mellieha, which is an important nesting ground for migrating birds, including endangered species. We met at 10:00 am near the Chapel of Our Lady and started with a guided walk, dur-

ing which the participants learnt about the importance of the area and the conservation efforts being made to preserve it. Participants then divided into groups to clean up the designated areas. After the clean-up those present had a well-earned rest and some also picnicked in the area; other participants also visited the Ghadira Nature Reserve located on the bay just down the road from the clean-up site, which will open for the first time that weekend.



Blood Donation

As part of their team-building, the Home Support Service Team organised a blood donation group and donated blood.



Human Library

On the 6th March, I attended a Human Library activity held at the Higher Secondary in Naxxar. During this activity various people from all walks of life came together as different 'books' to form this Human library. I represented

Richmond Foundation. There were a number of students who sat down in a circle and attentively heard me talk about the work of the Foundation in the mental health field. Many students asked questions, some of which were to clarify misconceptions that they had about mental health, others

had no idea what kind of work Richmond Foundation carries out. It was an experience that I enjoyed tremendously and look forward to similar future events.

*Andrew Barberi.
Senior Project Worker. Kids In
Development Programme. K.I.Ds*

Service to Others, Service to Us

Casey Scicluna

“Service to others is the rent you pay for your room here on earth.”

- Muhammad Ali, boxer

Service to others is conducive to one's personal fulfillments. This is the result of experiences where-in unity and coordinated works help complete the circle of life. Such was the experience on the 6th July 2013 where seven volunteers from Maltco together with Richmond management and staff worked in order to refurbish the KIDS residence. In addition to the invaluable daily work done by all the staff, this project was undertaken wholeheartedly by management, staff and volunteers in order to ensure that the residents had a better environment.

This refurbishment involved tasks

such as tidying the house, painting, evaluating health and safety concerns and decorating rooms. Despite the long task list the biggest challenge was to complete everything in four hours so that the residents would be surprised upon their return.

Such a short time frame made everyone slightly concerned, nonetheless the enthusiasm and professionalism of each volunteer made concerns vanish. Seeing everyone hands on, even top management, proved to be quite motivational leading to an atmosphere of fun despite the challenges faced. Four hours of work later the team was satisfied with the final result. The greatest satisfaction however, occurred upon the residents return with plenty of smiles and enthusiastic squeals of

glee echoing throughout the 'new' home whilst they explored their surroundings.

One cannot deny the fact that Maltco together with the Richmond volunteers rendered a great service to the KIDS residence.

'One receives more in giving' proved to be true as no amount of professionalism and job experience can overshadow the positive feelings when volunteering. 'Service to others' not only is 'the rent you pay for your room here on earth' but is a vocation that gives fulfillment to one's life on earth.

Casey Scicluna.

Therapeutic Worker II

Kids in Development Programme.
K.I.Ds

**CHANGE THE
WORLD
BE A
HERO**



**BECOME A
VOLUNTEER**

**CONTACT RICHMOND FOUNDATION
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**Richmond Foundation
Malta**
for better mental health

How finding employment through Richmond Foundation changed my life

Success Stories

The mission of the Supported Employment Programme is to train, assist and support people with mental health problems to find suitable, sustainable, paid employment.

The main goals of the programme are to train jobseekers in basic life skills necessary for employment, to assist them in identifying realistic job opportunities and provide ongoing support to them and the employer once they are employed.

A.G: Ever since I was a little boy, I have been very anxious. At 18 years my anxiety was so high that I started taking tranquilizers. My anxiety affected every part of my life and I had nothing to live for. I tried to look for employment, but most employers felt overwhelmed

when they realized that I suffered from the anxiety disorder. Having nothing to look forward to in life, made me feel depressed. Then my parents told me about Richmond Foundation's Supported Employment Programme. I must say that this programme was very beneficial for me. Apart from learning various skills from the training, I also managed to find employment and I am very happy there.

The support from the staff at Richmond is very important since I know that they will help me should I encounter any difficulties. Ever since I got employed, my anxiety got much lower. Now I can say that I have a purpose in life because I can go to work, meet my colleagues, and feel useful.

B.A: I am a 52 year old male and I have depression and anxiety disorder. My mental health difficulties have created many barriers for me. I did not have any friends and I spent most of my days at home. This created even social problems for me, which had a negative impact on my health.

Then I was referred to Richmond Foundation by ETC. initially I was very reluctant to attend because I did not like getting out of home. However, with some support from the staff there, I managed to attend the training course, which prepared me for employment. I am employed now, and this is my first real employment. I am very happy at work, and I thank Richmond staff for their on-going support.



A Supported Employment training session

Work / Life Balance: For a better Quality of Life

'We make a living by what we get. We make a life by what we give'

Winston Churchill

New technological equipment keeps being created to assist in decreasing our workload and to 'simplify' our lives, both at work and at home. Notwithstanding this; we seem to have managed to create an extremely hectic and complicated lifestyle for ourselves.

If I am at home, would it not be rather useless for me to worry about something I was meant to have done whilst at work? Should I open my laptop, tablet or even mobile, so as to access the relevant file and finish off what I had not found the time to finish during my working hours? Or even forgot to do, due to the various deadlines I had to meet? Would finishing off this work make me feel better? Hence, irrespective of the fact that I might have still spent the time with my partner / children / friends, I would have actually been thinking about something else, rather than enjoying the moment. These are some of the thoughts and dilemmas that we are being faced with daily, thanks to the 'wonderful technology' that we have available.

Thus, creating a healthy work/life balance is not simply walking out of the office on time and leaving your work behind you. Nevertheless, if this new technology, such as a tablet or mobile phone, is used wisely, it can enable us to have a more organised, efficient and fulfilling life, both at work and outside of the work environment.

The essence of a healthy work / life balance is to invest your energy, fully, in whatever you are doing at that moment in time, whilst allowing yourself to also have the energy to then enjoy other things. How able are we to concentrate on things as they happen to be occurring, by perhaps using Mindfulness techniques, so as to fully appreciate what that person would be working on (Hayes, Follette, Linehan, 2004).

Mindfulness is about paying attention, on purpose, in the present moment. This needs to be done with qualities such as compassion, curiosity and acceptance. In such a way, an individual can start living the present moment, rather than worrying about the past, or being overly concerned about the future.

As can be seen, multi-tasking is not really encouraged, with this frame of thought. However, this would mean going against the cultural norms, being that in our present society, multi-tasking seems to be a coveted quality. However, through prioritising things on a daily basis, it is quite feasible for individuals to still be able to meet the required deadlines.

On a personal level, how often do you actually set time aside for your own needs? If I had to open my diary, would I find a selected time, on a weekly basis, which is just for me? Perhaps time to just sit down and listen to some music, or go to the gym, or spend time

with my friends, or son / daughter / partner / parent on a one to one basis. Do you dedicate time for these things and actually enjoy them? Or would you be ruminating about other things instead of enjoying the present moment.

Being that we are living in the 'sandwich generation', we normally also find ourselves juggling various different roles, with family commitments that include looking after or worrying about ageing parents, and all that this would entail; as well as, being involved in our young or adolescent children's lives, with all their demands and fluctuating hormone levels! Probably, whilst doing some of these activities, we tend to also contemplate on the other things we would still need to do, or should have done. All these 'shoulds' and demands lead to our stress levels increasing. Consequently, our internal conflict increases, and would transmute itself into physiological, psychological and behavioural problems (Greenhaus, Collins, & Shaw, 2003).

Physiological manifestations would include, tension headaches, migraines, high blood pressure, heart problems, ulcers, digestive disorders as well as skin conditions. Meanwhile, if a person keeps suffering from headaches for example, the person might become withdrawn, irritable, suffer anxiety or become emotionally unstable, which would be the psychological symptoms of the stress. Finally, the person's behaviour could also be affected, with an increase in smoking, intake of

coffee, and alcohol, for example, with a resultant change in the person's sleeping and eating habits.

To improve on this we need to slowly start introducing measures to help us de-stress, such as, engaging fully in each activity, or changing our mind set by perhaps looking at things in a more positive way, whilst still acknowledging our challenges. Setting time aside to invest in a hobby, or even trying to figure out what sort of hobby you might enjoy would be beneficial. However, if we feel that we have been struggling for too long, and are not coping well with what we have to handle, it would be important to reach out for professional help.

Richmond Foundation's Staff and Organisation Support Programme (SOSP), is one service that provides professional help. Richmond's SOSP has two main aims; it pro-actively prevents issues in mental health at the workplace, as well as promotes positive well-being in the work environment. This is provided through five levels of support. Policy implementations, such as stress, anti-bullying, harassment and mental health; Individual or group counselling can be provided for employees; tailor-made training in relation to stress management, and other related issues, and finally, through SOSP, there is also psychological support for those returning to work. By now, it would be helpful if you take some time out to reflect and see where you are at.

What are your own values and goals around work? What about family? Do you look forward to going to work? Or is this a daily struggle? Meanwhile, how does your own partner value their own

work? How does each one perceive the other's work? If you do not harness the same values and goals, can something be changed? What about milestones? Are you aiming too low, or too high?

Prioritising needs to be done often, with a 'to do list' that is manageable and negotiable. Procrastination needs to be avoided, whilst leeway between appointments also needs to be considered. When meeting clients, be aware of your own feelings and emotional state, and if suddenly, you start feeling differently to how you felt prior to the meeting, stop and think. When dealing with particular clients, be aware that the probability is that you are slowly being a 'container' and actually feeling their emotions, rather than your own. Hence, in such an instance, remind yourself of how you were feeling, prior to the meeting.

Planning activities is also important, to allow you to structure your weekly calendar to include quality time with significant others on a regular basis, as well as organising special activities or engaging in particular events with family members that would eventually build on family traditions. These would be unique to your own family, and enable you to form a sense of identity outside of the workplace as well. It would also be beneficial to explore your own strengths and weaknesses, and assess what can be improved on, as well as to work on accepting what cannot be changed.

Through doing most of what has been discussed you would be building on your resilience and emotional intelligence. Thus, intra and inter-personal skills would be

enhanced, leading to better interactions with others, and awareness of your own emotional state. Recognising your stressors would help you to alleviate some of the stress. Meanwhile, with the increased awareness of your own needs, motivation would thus improve. This would lead to a much healthier work / life balance, which would generate satisfaction in a ripple effect, through building a more resilient self.

To conclude, it is important that we constantly assess our current functioning to see where we are at. Listening to our body is essential to promote well-being. Do we need to slow down perhaps? Do not wait for a life changing experience, when you wake up, finding yourself in hospital, for example, without knowing how you got there. Thus, seize the day, 'Carpe Diem' and slowly start changing, if necessary, those areas that you have identified that need changing. In such a way, you would be able to slowly start living the moment, as fully as possible.

Mariella Mamo

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Counselling Psychologist
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