



News & Views

Issue 44 December 2017

Newspaper Post



Our Mission is to provide the means necessary to empower individuals who have Down syndrome to reach their full potential.

Our Vision is to become a model organisation that will not cease until every person who has Down syndrome is a valued member of society.

SERVICES:

- Parental Support
- Weekly Aerobics
- Monthly Mass
 - First Friday of month
- Social activities for our members
- Yearly magazine
- Talks and fora

MEMBERSHIP:

Full life membership:
€25.00

Associate life membership:
€35.00

EDITORIAL CONTRIBUTIONS:

Esperjenzi, artikli u ittri mill-qarrejja għal dan il-magażin huma dejjem milqugħa.

Experiences, articles and letters from our readers to this magazine are always welcome.

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VO/0159

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Founded 1981

Member of the



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Gheżież membri u ħbieb,

Reggħet għaddiet sena qisha ħolma. Naħseb li qatt bħal din is-sena ma kien hemm uċuh ġodda fil-Kumitat. Flimkien tul din is-sena, ħdimna fuq ideat ġodda, b'enerġija ġdida fejn kulhadd ta l-impenn tiegħu biex l-Assoċjazzjoni setgħet tkompli tikber u tissaħħaħ. B'hekk wassalna aktar b'qawwa l-vuċi tal-membri tagħna.

Bħala Kumitat, ħadna deċiżjoni li nwaqqfu żewġ sotto kumitati. Ms Rebecca Bonello, Ms Vanessa Portanier u Ms Michelle Spiteri huma l-membri tas-Sotto Kumitat li jirrapreżenta lill-membri ta' età mit-twelid sa tnax-il sena, filwaqt li Ms Debbie Borg, Ms Jane Bonello u Ms Shirley Pace Gasan qed jirrapreżentaw membri mill-età ta' tnax-il sena 'l fuq. Dan sar biex kull età tiġi milħuqa sew għal *issues* kif ukoll għall-attivitajiet. Nixtieq b'hekk niringrazzja lil dawn is-sotto kumitati għax-xogħol siewi tagħhom.

Nieħdu pjaċir ħafna meta jkollna attendenza numeruża għal attivitajiet li dawn is-Sotto Kumitati jorganizzaw. L-attivitajiet isiru biex il-membri tagħna jkollhom iċ-ċans li jiltaqgħu mal-ħbieb tagħhom u aħna l-ġenituri jkollna ċans li nitkellmu flimkien b'hekk naqsmu l-esperjenzi tagħna u nagħtu għajnuna lil xulxin.

Jiena ser nagħlaq dan l-indirizz bit-twemmin tiegħi li jekk kulhadd jagħti sehem u niġbdu ħabel wieħed nistgħu negħlbu kull ostaklu għall-benefiċċju ta' wliedna.

Joeanna



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Alice Farrugia
Joeanna Xerri

Views expressed in this magazine may not necessarily
be those held by the Editor or by the Down Syndrome
Association.

L-artikli u l-ħsibijiet miġjuba f'dan il-magażin mhux
bilfors juru l-opinjoni tal-Editur jew tal-Għaqda Down
Syndrome.

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FRONT COVER

*Group photo with the President of Malta
– World Down Syndrome Day 2017*

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FACE BOOK

Down Syndrome Association, Malta

Editorial



I would like to welcome you all to this year's
edition of News & Views. This year we have
updated the magazine layout and gave it a
small facelift. As in previous issues the Down
Syndrome Association Malta's Magazine is full
of articles and information that we hope are of
interest to the Associations' members and their
families.

As we had announced in the previous edition of
News and Views, the Association was awarded
the President's Award for Creativity to fund the
project – Equality in Music. After nine months of
lessons and practice our young musicians have
showcased what they have achieved during a
concert which was held at San Anton Palace.
We are so very proud of them. You can read
about their achievements in the article written
by their teacher Ms. Sarah Spiteri.

Other items in this issue include an article by
an Occupational Therapist which is very useful
especially for our young members and also
an interesting write up by Mr Oliver Scicluna –
Commissioner CRPD. In the activities section
you can go through the various activities held
during the year for our members.

It was a full year of work and activities, as you
can see from the administrative report. All this
would not have been possible without the hard
work of the Association committee and most
importantly your support as parents/carers of
our members. A lot has been achieved in recent
years but there is still much more to be done to
provide better future for our beloved children.

Alice

Attività oħra suċċess għall-membri tagħna

Sleepover Notte Bianca 2017

Fis-7 ta' Ottubru, fil-habta tal-10 ta' filgħodu, il-membri tagħna waslu fil-bini tat-triq Nofsinhar il-Belt Valletta. Wieħed seta' jhoss l-eċitament fl-arja, speċjalment fil-membri żgħażaġh tagħna. Malajr imlejniet il-bini, u l-partecipanti stennet bil-herqa sabiex il-familjari tagħhom jtilqu, sabiex huma setgħu jibdew isibu posthom, u joħorġu kulma kellhom mill-basktijiet biex jaħtfu dik ir-roqqa għal dan l-isleepover.

Wara ftit kulhadd bdiet tgergirli żaqqu. Wasal il-ħin tal-ikel. Kulhadd fuq xogħolu jipprepara l-mejda akbar minn tal-Appostli. Ħarġu t-tazzi, il-platti, pożati, kollox f'postu u tfaċċa l-ikel. Kulhadd kiel u sbarazza u kollox lura f'postu, biex ifittxu joħorġu barra.



Kmieni wara nofsinhar kellna stedina għal żjara fil-Ministeru tal-Affarijiet Barranin. Gejna milqughin u dawwruna minn sala għall-oħra kollha mimlijin storja. Fl-aħħar wasalna fil-kamra fejn Napuljun qatta' sebat'ijiem waqt il-migja tiegħu f'Malta. Qabel tlaqna kellna saħansitra riċeviment żgħir.

Ergajna lura triq Nofsinhar, biex inhejju ruħna għall-ħarġa tan-Notte Bianca. Għaldaqsekk kulhadd ta daqqa t'id biex nieklu bħalma għamilna f'nofsinhar. Malajr kilna u żbarazzajna, għax kulhadd ried jerga' jitlaq il-barra. Trid tara t-fajliet, jghinu lil xulxin b'liema hwejjeġ imorru ma' dak iż-żarbun, x'imsielet jilbsu, in-nail polish, kif jagħmlu xagħarhom...U xi ngħidu għall-guvintur, kollhom fwieħa, liebsin eleganti biex jimpressjonaw it-fajliet. Tlaqna 'l barra.



It-toroq tal-Belt inbidlu f'palk kwazi tistħajlu teatru. Mużika minn kull kantuniera, Jazz, Tango, li trid. Ikel b'varjetà liema bħalu, spettaklu sabiħ immens. Dhalna flimkien fit-teatru miftuħ fi Strada Rjali. Kulhadd iċapċap u jkanta ma' talent lokali u anke popolari ħafna bħal Claudia Faniello u



ohrajn. Imma l-isbah biċċa kienet meta daqqew silta mill-Blues Brothers, kulhadd qam jiżfen. Mużiċisti jdoqqu s-saxafone, il-bongos, il-kitarra, il-vjolin, il-pjanu, insomma, min fuq palk, min fit-triq, id-divertiment ma jieqafx. Mużika u rwejjah ta' ikel għall-gosti ta' kulhadd. Wasalna Pjazza San Ġorġ, minn fuq il-palk bdew idoqqu u jkantaw mużika Maltija, tgħidx kemm iċċaqalqu u żifnu l-membri tagħna meta semgħu Viva Malta u Xemx. Fl-aħħar kulhadd waqa' żorba, imma bi tbissima fuq fommna, irhejnielha lura għal triq Nofsinhar, għar-raqda.



Kif dhalna ġewwa nstabatna rasma mal-imħadda. L-għada filgħodu wara kolazzjon bnin, bdew jingabru l-kutri, saqqijiet, imħadded... insomma wiċċ kulhadd xehed li ħadu pjaċir u ma xtaqux illi l-ġenituri jew qraba jiġu għalihom.



Nistennew bil-ħerqa l-avveniment li jmiss.

Anna Farrugia

Adult Down Syndrome Clinic



Id-Down Syndrome Association flimkien mad-Dipartiment tal-Kura Primarja ħadmu qatiegħ biex f'Awissu 2012 tinfetaħ klinika għall-persuni adulti li għandhom *Down Syndrome* bl-għan li tittejjeb il-kwalità tal-ħajja kif ukoll titrawwem attitudni pro-attiva u ħolistika dwar is-saħħa ta' dawn il-persuni.

L-*Adult Down Syndrome Clinic* taħdem b'sistema ta' appuntamenti li jsiru kull nhar ta' Sibt filgħodu fiċ-Ċentru tas-Saħħa ta' Birkirkara. Dan huwa servizz li jingħatha mingħajr ħlas lill-persuni *Down Syndrome* Maltin u Għawdxin li għandhom sittax-il sena 'l fuq. Matul il-vista, illi ssir minn tal-inqas darba f'sena, isir assessjar tal-bżonnijiet fiżiċi, psikoloġiċi u soċjali tal-individwu mit-tabiba Dorothy Zammit u l-infermiera Josette Camilleri li huma l-professionisti allokatati speċifikament ma' din il-klinika. Minbarra *check-up* mediku, isiru riferiment/i għal xi testijiet oħra li huma meħtieġa, għall-*follow-ups* jew għal xi visti għand xi professionist/i oħra; dejjem skont il-ħtieġa partikolari tal-individwu. Huwa assigurat li tinżamm kunfidenzjalità assoluta. Dan ifisser li kull informazzjoni li tingħata dwar is-saħħa jew il-ħajja ġenerali, bl-ebda

mod ma tingħata lil ħaddieħor mingħajr il-permess tal-persuna kkonċernata.

Matul is-snin illi għaddew, l-istaff ta' din il-klinika organizzaw numru ta' inizzjattivi biex titqajjem kuxjenza u għarfien dwar ħajja aktar b'saħħitha u ħolistika, kemm għall-persuni adulti bid-*Down Syndrome* kif ukoll għall-ġenituri/kustodji tagħhom. Fost dawn wieħed isemmi diversi sezzjonijiet edukattivi u interattivi dwar sugġetti varji fosthom dieta bilancjata, eżerċizzju, kura tas-snien, kura tas-saqajn, il-komunikazzjoni, il-*Guardianship Act* kif ukoll is-saħħa sesswali.

Huwa aspirat illi dil-klinika tkun bażi ta' appoġġ u opportunità għal support ħolistiku għall-klijenti tagħha u l-familjari tagħhom, kif ukoll punt ċentrali fejn tista' ssir prevenzjoni bikrija u promozzjoni tas-saħħa. Għalhekk inheggu li jsir użu minn dan is-servizz fuq bażi regolari.

Min jixtieq jagħmel kuntatt mal-klinika, għandu jċempel fuq 21494960 u jsaqsi għall-*Adult Down Syndrome Clinic*, jew jibgħat imejl fuq dsc.phc@gov.mt

Michelle Cilia

Acting Charge Nurse ADSC



Give me the opportunity - Prietka 2016

Carla Cutajar

My adventure started when in the company of my parents, my aunt Mansy approached me and asked me if I was interested in presenting the Christmas prietka. My mum and dad looked at each other and encouraged me to accept. I accepted and I blessed the day that I did.

How did I come to do it?

Ms Gilson, Principal in charge of MCCF activities together with Ms M'Ann Briffa every year invite a school to organise the celebration of the mass at St John's Cathedral. Every year by roster they choose a school from the Government, Church or Private sector. This year it was a church school turn. In fact they chose St Joan Antide, my school and fortunately I was chosen.

Miss Mansy Cutajar my aunty wrote the script and in September it was ready. My parents, God bless them, helped me a lot. My mum helped me to act it out and my dad and mum together helped me to memorise it. We started reading, acting and memorising paragraph. It was not easy you know! There were times when I was afraid I was not going to make it. It took us many, many hours of hard work. My parents encouraged me a lot and although they were all smiles I knew they

had butterflies in their stomachs. But I was becoming more and more confident and I did it! To tell you the truth I was enjoying it and I could feel what was being said and so it made more sense to me and more sense to whoever was listening. My school helped a lot as well. Since my prietka was going to be accompanied by a play, all the staff and students involved were really helpful. My class, God bless them was the choir.

The day of the rehearsal arrived. I was feeling sick and nervous at the Cathedral. I was not focused at all as tourists were all around the place and looking at me, and I was just looking at the microphone. From the look on her face I could see that mum was worried sick. It was then that I became determined to give it my very best because the following day the cathedral was going to be filled with students and teachers together, with the President of Malta, and the Archbishop sitting at the front. I did it as best I could. On arriving home my mum checked my temperature and I had a fever. I was scared that I was not going to make it. I was given the medicine and thanks God, in the morning I was not well, but better.

Luckily for me, I was provided with a mic which I could wear. That was a blessing.



The celebration of the mass started. I led the group who was going to take part in the play. As the procession was on its way to the altar, I could see that mum and dad were trying to hold their tears. I was invited to go up the altar and deliver my prietka. I made the sign of the cross and started. I felt confident. The words were coming out fluently and easily. I could see that all the audience was attentive and smiling at me.



They were enjoying it. My little school mates were really good. By the time I finished I could feel that it was an amazing experience. I could see tears of joy in my parents' eyes and pride in what I had achieved. If you wish to see for yourself this is the link https://www.youtube.com/watch?time_continue=5&v=XS9xILSDEIQ

At the end of the mass, I took a photo with the Archbishop and with Mr Preca as the President was not present as she had another commitment.

Before I finish, I would like to thank Ms Gilson and Ms Briffa for such an experience. Thanks also go to my school for the support given and for making this event such an enriching one.

Parents comments

The only thing that really hurt us in this experience was that the media did not report the event. If they did, they would have reported the achievement of a girl with Down syndrome who made a hit. We are saying this because even the Archbishop when asked during a Xarabank programme to name two events that impressed him, he mentioned Carla Cutajar doing the prietka as one of them.

The only channel that gave the event a certain amount of publicity was Newsbook and for this we wish to thank them. Promoting such events would help people to understand that children with disabilities in this case with Down syndrome can achieve a lot if given the opportunity. In our opinion if it was given more exposure it would have helped to open new doors and more opportunities to such children.



World Down Syndrome Day

My Voice My Community

Din is-sena ċelebrajna World Down Syndrome Day b'gimgha ċelebrazzjonijiet u attivitajiet għall-membri tal-Assoċjazzjoni u l-familjari tagħhom. Il-ftuħ ta' dawn iċ-ċelebrazzjonijiet kien fil-11 ta' Marzu. L-Eċċellenza tagħha l-President ta' Malta, Marie-Lousie Coleiro Preca ġentilment offritilna l-użu tal-Palazz tal-Verdala biex issir il-ftuħ ta' esibizzjoni ta' ritratti tal-membri tal-Assoċjazzjoni. Wara l-ftuħ tal-esibizzjoni mill-President komplejna s-serata b'diversi diskorsi, fosthom mill-President tal-Assoċjazzjoni, Ms Joanna Xerri u Mr Oliver Scicluna, Kummissarju tas-CRPD. Wara diskors sabiħ tal-Eċċellenza tagħha l-President kien wasal il-ħin għal qofol tas-serata... Fashion show mill-membri żgħar u kbar tal-Assoċjazzjoni. Din is-serata kienet suċċess u kemm il-membri, ġenituri u mistednin oħra ħadu pjaċir.

Il-Ġimgha ta' Down Syndrome komplet b'ġenituri u membri jieħdu sehem f'diversi programmi fuq it-televiżjoni u radju biex ikabbru l-awareness tal-kundizzjoni Down Syndrome. Matul din il-ġimgha thejjiet ukoll il-kampanja ta' *Rock your Socks* f'diversi skejjet u kumpaniji. F'din il-





kampanja kulhadd libes kalzetti differenti biex infakkru d-diversità.

Is-Sibt 18 ta' Marzu saret ukoll il-mixja annwali organizzata mill-Assoċjazzjoni. Din is-sena membri u familjari mxew f'Tas-Sliema, minn hdejn it-Torri sa Triq Bisazza.

Il-Ġimgħa kkonkludiet fil-21 ta' Marzu, fejn dawk li ipparteċipaw fl-esibizzjoni tar-ritratti u l-fashion show ġew mistednin mill-Eċċellenza tagħha l-President ta' Malta, Marie-Louise Coleiro Preca ġewwa l-Palazz

ta' San Anton. Hemmhekk il-President ipprezentat ċertifikat ta' parteċipazzjoni lill-membri.

Wara ż-żjara fil-Palazz ta' San Anton saret quddiesa fil-kappella tad-Dar tal-Providenza, iċċelebrata minn Fr Martin Miċalief. Wara ġimgħa impenjattiva membri u familjari spiċċaw is-serata b'ikla flimkien.



Kienet ġimgħa fejn kulhadd ħa gost u għamel l-almu tiegħu biex l-attivitajiet ikunu suċċess.

Grazzi speċjali tmur lil dawk kollha li għenu lill-Assoċjazzjoni biex torganizza din il-Ġimgħa ta' attivitajiet. Fosthom Lorraine Abela u Mark Pace għall-fotografija, Stephen Vella ta The Cutting Edge Hair Studio li ħa ħsieb ix-xahar tal-mudelli, Laken Degabriele għall-make-up, Anna Farrugia, Zuri Boutique u Bump and Me għall-ħwejjeg. Nirringrazzjaw ukoll lil Printwell, Albert FS Manduca Limited, Delicata, AMC Ltd., Casapinta u Mr Lino Barbara tal-għajnuna li tawna biex jithejja r-riċeviment tal-11 ta' Marzu. Grazzi speċjali tmur lil Jean Pierre Portanier ta' Sounds Good għas-sound.

Grazzi wkoll lill-voluntiera, Miriam Grech, Elinor Magro u Manuel Ellul li għenu waqt ir-riċeviment.

Alice Farrugia

EQUALITY IN MUSIC

– *taking inclusion to another level*

Most of us engage with music in one way or another, consciously or unwittingly, every day of our lives. We listen to music on the radio whilst driving, on television while watching films or through adverts, on our phones, in waiting rooms, in restaurants, in music halls... we are surrounded by music everywhere we go. This is the primary exposure that pretty everyone, living within our social reality, has the opportunity of having.



The next level of opportunity is to have the possibility to learn music, learn how to play an instrument and have the possibility to experience the joy of music making. In Malta we have a good number of possibilities to learn via the school of music or private tuition ... But where would one go if an individual has a problem with understanding or reading the normal music notation? How can one play and make music with his peers if there is an intellectual impediment?

The project EQUALITY IN MUSIC, gave the opportunity for a number of young adults to access the sheer joy of making music together through the use of an ingenious method of colour codification of notes.

In October 2016, I was the only one who showed interested in this project by the Downs Syndrome Association Malta to teach members of their association using a method called Figurenotes. Figurenotes was created at the Resonaari school in Finland by music educators Kaarlo Uusitalo and Markku Kaikkonen. Each musical note is represented by a coloured symbol. The colours repeat – for example all the Cs are red, all the Fs are blue etc. – but the shape changes depending on the octave (a high C would be a different shape to a low sounding C). By matching the coloured symbol on the 'score' to the sticker on the instrument gives one immediate access to making music. If one can match, one can play!

Following intense workshops with Markku both in Malta and in Finland, I set to work with a set target – presenting a short concert in front of her Excellency the President of the Malta. Quite a tall order considering we were just starting.



As was expected, within the group of musicians there were different levels of musicality, some were naturally musically inclined, whereas others had to work more on the basics of pulse and rhythm. However, what was common was a high level of enthusiasm and positive energy to learn how to play.

We met once weekly, starting off with basic matching (matching colour on the score to the colour on the keyboard) and rhythmic exercises. Within a couple of months we could start looking at simple songs, and playing within a group. Each budding musician on the keyboard was supported by an adult who would help in colour matching if at any stage they hesitated. We also had two musicians who were very keen on playing the guitar. One guitar was re-stringed to accommodate the Figurenotes system and the other was a normal 6 stringer. For the latter, the musician learnt a couple of normal guitar chords. We also had a very energetic and passionate drum player, who wanted to play nothing but the drum, even if his sense of pulse was not very strong.

Fast forward to October 2017... we had an intense week of rehearsals leading for the concert. Excitement was tangible. The sense of pride was so manifest in each and every musician. They were all smiles, they couldn't stop talking about it, some posted

on facebook photos during the rehearsals. We had prepared a 35 minute performance with an eclectic choice of songs, from Paul Anka's *Diana*, Queen's *We will Rock You* and a couple of songs in Maltese *Viva Malta* and the group's anthem *Radju Valo*.

The performance was magical. The look on their faces, their expressions while they were playing, the intense focus on the score ... and then the smiles when they received the applause ... it was an honour and a privilege to be there and experience it.

This project is taking inclusion to another level. I am not talking about creating a physical space where people with or without intellectual disabilities can be together. I am talking about giving the **possibility** for access to making music through a different approach. By including a wider number of people with the possibility to experience the sheer joy of music making, we are offering an equal opportunity to all.

It is hoped that the success of this project, which has been presented to the education authorities, bears fruit, and other potential students with learning difficulties are given the possibility to experience making music. I live in hope.

Sarah Spiteri

<https://www.youtube.com/watch?v=CBEdKjDRYq8>
https://www.youtube.com/watch?v=yo_dGUoTP2I



Activity organized by HSBC



Awareness Walk WDS 2017



Camping 2017



Equality in Music visit the Prime Minister



Equality in Music with the President of Malta



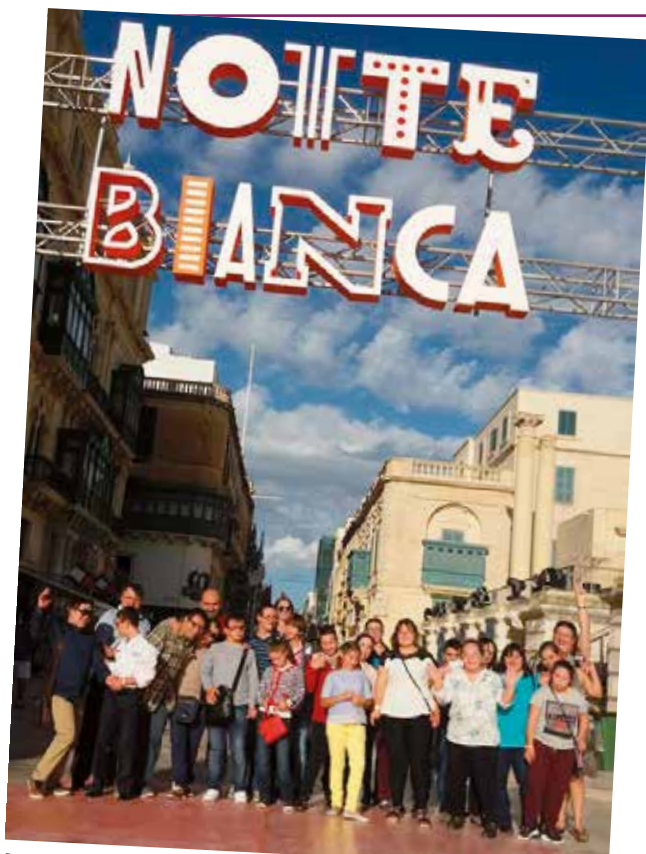
Exhibition WDS 2017



Halloween Party 2017



New agreement for ADSC 2017



Notte Bianca 2017



Picnic at San Anton private gardens



Splash and Fun 2017



Youth Exchange 2017



Fun Run 2017



Noah's Ark Halloween Party 2017

Activities

Il-Proġett ‘Erasmus +’ Ġewwa Għawdex

Dan il-proġett beda fit-22 ta’ Mejju 2017 fejn iltqajna mal-partecipanti Ġermaniżi u Fjlandiżi fl-Ajruport Internazzjonali ta’ Malta u minn hemm tlaqna għal Għawdex.



Matul dan il-proġett qagħdna għand il-Patrijiet ta’ Stella Maris ġewwa Żebbuġ fejn kellna veduta mill-isbaħ.

L-ewwel attività kienet li nsiru nafu lil xulxin u t-tradizzjonijiet tal-pajjiżi partecipanti li kien is-sugġett tal-proġett. Il-lingwa uffiċjali tal-grupp kollu kienet l-Ingliż. Permezz tal-għajjnuna tas-*supporters*, il-partecipanti ta’ kull pajjiż setgħu jifhemu lil xulxin.

Żorna ħafna postijiet ġewwa Għawdex. Bdejna billi morna ġewwa agriturizmu fejn tghallimna fuq sigar differenti, fuq ir-raba’ u l-annimali. Morna wkoll fil-Magro Food Village fejn rajna kif isiru diversi prodotti.



Post ieħor li morna kienet iċ-Ċittadella. Hawnhekk żorna l-Mużew Storiku fiċ-Ċittadella fejn tghallimna kif kienu jgħixu n-nies fil-passat. Rajna wkoll veduti li jsaħħruk. Kellna wkoll l-opportunità li nidhlu fil-Katidral ta’ Santa Marija.

Għalkemm ix-xogħol kien għadu mhux lest għalkollox stajna napprezzaw il-ġmiel tal-mużajk tal-misteri tar-rużarju u s-Santwarju Ta’ Pinu. Fil-viċin stajna nżuru wkoll mużew tal-bizzilla. Xogħol sabiħ ħafna tal-idejn.



Post fejn rajna snajja tradizzjonali tinhadem quddiemna kien Ta’ Dbiegi Crafts Village. Wara l-Grupp tal-Qala Menhir urewna u għallmuna xogħol tal-idejn u żfin tradizzjonali Malti. Il-partecipanti



Ġermaniżi u Fjllandizi wkoll għallmuna xi żfin tradizzjonali tal-pajjiż tagħhom.

Żjara interessanti oħra li għamilna kienet fit-Tempji tal-Ġgantija fejn il-gwida fhemitna kif kienu jgħixu fi żmien il-qedem. Ftit passi 'l bogħod rajna wkoll kif fil-passat kienu jaħdmu u jgħixu ġewwa mithna.

Matul il-proġett ġiet iżżurna s-Segretarja Parlamentari tad-dizabilità u Anzjanità Attiva Justyne Caruana.

Morna wkoll mixja fost ir-raba' fejn stajna naraw kif jaħdmu l-bdiewa u aktar veduti sbieħ fosthom It-Torri tax-Xlendi. Fix-Xlendi żorna l-mithna tad-dqiq taħt l-art li saret fi żminijiet tal-gwerra. Bajjiet oħra li żorna kienu l-Qbajjar fejn rajna s-Salini, il-bajja tar-Ramla l-Ħamra u l-Bajja ta' Marsalforn.

Morna wkoll naraw fejn kienet it-Tieqa tad-Dwejra. Hemmhekk il-grupp ERRC għallmuna fuq is-saħħa u s-sigurtà. Ħadna ħafna gost nagħmlu 'Zip Lining'.

Ippreżentajna ċertifikati u Youth passes lil kull min ipparteċipa. Għalkemm minn kulturi differenti ħadna gost flimkien u tghallimna ħafna minn xulxin. Aħna t-tim tar-Radio Valo Malta u l-parteċipanti tal-pajjiżi l-oħra tghallimna ħafna min dan il-proġett u wehdna lil xulxin li mhux ser ikun tal-aħħar.

<https://www.youtube.com/watch?v=IICxqEPEuz8&t=119s>

David Cauchi
Gayle Borg
Gayle Mugliette
Karl Xerri
Nadya Gatt
Naomi Pace Gasan
Thomas Buttigieg
(Radio Valo Malta Team)



Niksru s-Silenzju

Ma naffordjawx li nhallu dan il-qasam jibqa' rieqed u mingħajr ideat. Irridu nagħtu l-ispinta sabiex inwasslu dan is-suġġett aktar lejn l-hekk imsejha *mainstream*.

Aħna konxji li jeżistu ċirkustanzi li xejn m'huma sbieħ dwar individwi b'*impairments* differenti. Irridu nkunu aħna li nibdlu l-mentalità dwar dan is-suġġett u l-persuni b'diżabilità.

Fostna għandna diversi persuni b'diżabilità li jixtiequ jesprimu s-sesswalità tagħhom iżda għal xi raġuni jew oħra, ma jirnexxilhomx. Fost l-aktar raġunijiet komuni hemm in-nuqqas ta' soċjalizzazzjoni. Jekk persuna trabbiet ġo bozza, inutli li nippretendu li la tikber issir l-iktar persuna soċjevola fid-dinja, jekk din ma kisbitx il-ħiliet li jwassluha li tagħmilha man-nies. U biex tistabilixxi relazzjoni, l-ewwel ħila li jrid ikollok hija li tikkomunika ma' persuna oħra. F'dan il-qasam sar ħafna permezz tal-edukazzjoni inklussiva, u nhegġeġ lill-ġenituri sabiex ikomplu jgħinu lil uliedhom sabiex jintegraw fis-soċjetà.

Xtaqt insemmi wkoll punt ieħor li huwa tabù, iżda nħoss li għandi nesponieh għad-diskussjoni pubblika. Naħseb li dan huwa l-mument propizju sabiex nesploraw il-possibilità li jiddaħhal servizz ta' *surrogate jew facilitated sex work* għall-persuni b'diżabilitajiet severi. Naf li dan huwa forsi tabù għal pajjiżna, imma dan huwa servizz li jinstab faċilment f'diversi pajjiżi oħra, fosthom ir-Renju Unit, id-Danimarka, il-Fillandja u l-Awstralja.

Naturalment, hemm bżonn ta' diskussjoni serja fuq is-suġġett, sabiex nifhmu l-implikazzjonijiet etiċi u morali tal-introduzzjoni ta' dan is-servizz. Iżda jekk inkomplu nżommu ħalqna magħluq għax nibzġhu li s-soċjetà sejra tifhimna ħażin, mela allura nistgħu naqdbu nżarmaw u mmorru d-dar. Dan aħna m'aħniex lesti li nagħmluh.

Ma rridux li naħlu aktar żmien. Mingħajr dubju irridu nsaħħu l-edukazzjoni dwar is-sesswalità, kemm għaż-żgħażaġh b'diżabilità u le, kif ukoll niffukaw fuq l-adulti b'diżabilità għax irridu naċċertaw li kulhadd jifhem il-bżonnijiet personali tiegħu kif ukoll l-implikazzjonijiet li jġib magħhom bħal tixrid ta' mard, u aktar jekk dan is-suġġett ma



niehduhx bis-serjetà. Irid ikollna servizzi tas-saħħa aktar iffukati fuq is-saħħa sesswali ta' persuni b'diżabilità għax xi kultant inħoss li teżisti “*lacuna*”.

Irridu noffru servizzi ta' “*counselling*” kemm għal persuni b'diżabilità li jkunu għaddejjin minn diffikultajiet rigward sitwazzjoni relatata ma' dan is-sugġett, kif ukoll *guidance* għall-ġenituri li jkollhom persuni b'diżabilità li ma jistgħux jirrapprezentaw lilhom infushom biex ikollhom fejn jirrikorru f'każ li jkollhom bżonn gwida.

Ejja ma ninsewx li l-Konvenzjoni tal-Ġnus Magħquda għad-Drittijiet ta' Persuni b'Diżabilità tistabilixxi d-dritt ta' Persuni b'Diżabilità għal relazzjoni u li jwaqqfu familja. Il-Kummissjoni għad-Drittijiet ta' Persuni b'Diżabilità hija kommissa bis-shiħ li tkompli taħdem sabiex tippromwovi d-drittijiet ta' persuni b'diżabilità. Għal dan il-għan ħadna ħsieb li nemendaw l-Att dwar Persuni b'Diżabilità, fejn fost l-oħrajn daħħalna dikjarazzjoni ta' 14-il dritt ta' Persuni b'Diżabilità.

Fosthom hemm 3 paragrafi li nħoss li huma importantissimi;

Kull persuna b'diżabilità għandha d-dritt li tilħaq il-milja tal-kapaċitajiet fiżiċi, sesswali, riproduttivi, emozzjonali, soċjali, artistici u intellettuali tagħha.

Kull persuna b'diżabilità għandha d-dritt li tieġu dawk id-deċiżjonijiet li jaffettwawha ħajjitha u li tħoss li huma tajba għaliha wara li tiġi megħjuna biex tagħmel dan f'każ ta' talba għal tali għajjnuna.

Kull persuna b'diżabilità għandha d-dritt li tiffirma familja jew unjoni ċivili skont il-każ u bħal kull persuna oħra.

Ejja nieħdu dan is-sugġett bis-serjetà u ma niddejqux nitkellmu fuqu, wara kolloxx dan is-sugġett jaffetwa diversi affarijiet f'ħajjitna bħal *self esteem*, kif ukoll is-saħħa mentali tagħna. Ma fiha xejn ħażin billi ma naqblux ma' ċertu affarijiet, l-importanti li niddiskutu ħalli nibdew nagħmlu pass.

Oliver Scicluna
Kummissarju CRPD

From Scribbling to Stories

Fine motor skills refer to the coordination of small muscles of the hand and fingers with the eyes, and how well we manipulate small objects in our hands. Fine motor skills play a great part in a child's development as they enable the child to carry out activities such as tying shoelaces and buttoning a shirt, as well as learning to colour inside the lines or write with a minimum of effort.

Essential Bases for Fine Motor Skills Development

In order for the hand skills to develop, there are four crucial bases that need to be in place:

Posture control

This refers to the big muscles of the whole hand in relation to the muscles of the chest which eventually stabilise the small muscles of the finger.

Touch Perception

Good sensory information is important as it tells our brain what we are feeling, and how we are using our hands when doing a task

Bilateral Coordination

This refers to the ability to use both sides of the body together in a coordinated way.

Hand Function

This refers to the muscles of the hand working well together to control pencils and other small objects.

Here are some tips to help your child develop good pre-writing skills:

Postural control

- Animal walks (i.e. crab walking);
- Wheelbarrow walk;
- Climb on play ground equipment.
- Use tabletop easels or bookstands (the child can do the activity while seated);

- Chalkboards or white board;
- Letter and number magnets on the fridge.

Touch perception

- Play with different textured materials (shaving foam, sand, goop, play doh, paint and sugar) and draw shapes and lines on these textures;
- Hide objects such as a key, toothbrush, spoon, eraser, paper clips, etc. in a bag and ask your child to feel an object and tell you what it is.
- Hide coins, beads or other small objects in play dough, sand or rice tubs for your child to find.

Bilateral coordination

- Roll out pastry with a rolling pin;
- Pedal a bike;
- Cut with scissors,
- Thread beads;
- Draw a line with a ruler;
- Star jumps;
- Roll a play dough ball.

Hand function

- Put coins into a piggy bank;
- Play with finger puppets;
- Use small tongs to pick up cotton balls, pom-poms, blocks, etc.
- Draw and scribble;
- Pour, ladle and spoon soapy water into different sized containers at the kitchen sink.

Hand Dominance

One of the things many parents worry is when they experience their children switching pencils between hands. Hand dominance is an important handwriting prerequisite, but it's not the end of the world! It is important that children are not forced to choose the hand that they will be writing with, but instead assisted to choose. Hand dominance is usually achieved throughout the ages of

2 and 4 years. As well as having a strong and dominant hand to emerge, it is also important to have a good “assistant hand” (the non-dominant hand) for activities such as cutting with scissors, or holding the paper when colouring. If your child tends to leave one hand out, then keep on doing bilateral coordination activities to help his hands to work together well.

Left Handers important factors:

- Writing with the left hand is a different movement
- Child may experience more pain in wrist and hand
- Poor endurance, resulting in fatigue
- Position of paper: paper should be tilted so that top right corner of paper is towards the child
- Position of arm and wrist: Hand should be below the writing line and wrist straight

Pencil Grasp

A correct pencil grip is one which is efficient and enables to write neatly and at a reasonable speed without tiring. Fingers in a tripod grip position (thumb, middle and index fingers) work together to control the pencil and write neatly.

General tips for good fine motor skill development

Tabletop activities

- The table and chair should be the right size for your child. His feet should be flat on the floor and forearms should rest comfortably on the tabletop (at approximately elbow level). Use a phonebook or box so his feet do not dangle or swing.

Play and draw on vertical surfaces

- Place the toy or paper at or above eye level. This will bring the wrist and hand into a better position to practise and it will strengthen the movements and control that will be needed for printing, etc.

Pencil Grasp

There 4 different types of grips:

1. fist grasp - movement from the shoulder

2. palmar grasp

3. immature 5-finger pencil grasp

4. mature 3-finger pencil grip

Pre-writing activities (no pencils required)

- Make lines, shapes and letters by: finger painting, painting with pudding or shaving cream, painting with water on the sidewalk and even with your fingers in the sand.
- Play shape and letter matching or recognition games.
- Play with puzzles, magnetic letters and play dough.
- These activities are general in nature and are not intended to replace the intervention that may be provided by an occupational therapist. If you find that your child is struggling with these skills, you may wish to contact an occupational therapist for assistance.

Maria Mizzi B.SC (Hons)
Occupational Therapist

Ringrazzjamenti

L-Assoċjazzjoni Down Syndrome għandha benefatturi li sena wara l-oħra jgħinu bil-modi diversi tagħhom biex l-Assoċjazzjoni tkun tista' tkompli tiffunzjona mingħajr xkiel:

- The President of Malta
- Mrs Mary Runza and Little Angels
- KPMG
- MSV life p.l.c.

Matul din is-sena sibna wkoll l-għajnuna ta':

- EUPA (Building Relationships and Learning Together project)
- Il-Premju tal-President għall-Kreattività (Radio Valo Project)
- Il-Premju tal-President għall-Kreattività (Equality in Music Project)
- Mr Ghazi Abdullah M Abbar (Donation)
- Philip & Caroline Galea Trust (Donation)
- Marisa Portelli (Donation)
- Ms Catania (Donation)
- Ms Rizzo (Donation)
- Donations in Memory of Catherine Borg Myatt (Family Borg Myatt)
- Centre Com. Ltd (Donation)
- St Dorothy's Senior School (Donation)
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- SGPC Pietà Primary School (Donation)
- SGPC Middle School Blata l-Bajda (Donation)
- San Anton School (Readaton) (Donation)
- St Thomas More College Żejtun Secondary School (Donation)
- Vivian Corporation Ltd (Donation)
- Helen O'Grady Academy Malta (Donation)
- St. Angela Kindergartens (Donation)
- Bacchus Co. Ltd (Donation)
- Playmobil (complimentary tickets)
- MADC (complimentary tickets)
- Tramici (venue for aerobics)
- HSBC (activity)
- Novartis (activity)
- Best Print Co. Ltd

Grazzi mill-qalb!

Couple who both have Down syndrome get married in magical wedding ceremony complete with a unicorn throne and singing waiters

A couple who both have Down syndrome have shared photos of the magical day they wed in a ceremony attended by 200 guests. Polly and Joe met eight years ago when they were both college students in Sussex, UK. The pair said their attraction was instant and have made things official by tying the knot in a ceremony that included a unicorn throne and singing waiters.



Come let's party at a
Disco Night
 Qawra Palace Hotel

Friday 5th January 2018
6.30pm
 For teenagers/adults members
 and their **siblings**
Price €12

Food and soft drinks included in price
For bookings please call Ms Debbie Borg 79070696 ,
Ms Jane Bonello 79203270, Ms Shirley Pace Gasan 79451350




Diskors amministrattiv tas-segretarja ġenerali – 2 ta' Ġunju 2017

Sena tgħaddi bħal ħolma. Mil-Laqgħa Ġenerali li għaddiet nistgħu ngħidu li l-kumitat ħa dehra ġdida. Bdejna x-xogħol tagħna fejn kulhadd ħa rwol tiegħu u sar ukoll il-*handing over*. Kienet ta' importanza kbira li kulhadd ikun preżenti għal-laqgħat biex b'hekk inkunu nistgħu noħorġu b'aktar ideat u dan ifisser aktar xogħol u innovazzjoni.

B'din il-laqgħa ser nurukom x'ħidma saret matul din is-sena u nixtiequ wkoll li min għandu xi ideat, problemi u sugġerimenti li nistgħu naħdmu fuqhom iressaqhom lill-kumitat. Għalina dan huwa importanti ħafna għaliex inkunu qed naħdmu fuq ix-xewqat tal-membri tagħna.

Napprezzaw li kemm għall-membri kif ukoll għall-għaqda li l-interess, il-partecipazzjoni u s-sapport fix-xogħol tal-kumitat jibqa' ħaj biex il-kumitat ikompli jistinka għall-benefiċċju tal-persuni li għandhom Down Syndrome.

Co-Option fil-Kumitat

Fl-ewwel laqgħa ddecidejna li noħorġu sejha għal żewġ membri żgħażaġh biex jingħaqdu fil-kumitat. Kienu Gayle Borg u Maria Gauci li wrew interess u għalhekk dawn ġew co-opted. Il-kumitat, wara kuntatti mal-individwi konċernati u b'decizjoni unanima, ikkooptja lil Kris Grima u lil Rebecca Bonello għax rajna n-necessità ta' aktar nies li jaħdmu fi ħdan il-kumitat.

Riżenji

Sfortunatment ukoll saru xi riżenji. Min minħabba raġunijiet ta' saħħa, min minħabba raġunijiet personali u wkoll minħabba nuqqas ta' *attendenza* fil-laqgħat tal-kumitat fejn kellha tittieħed id-decizjoni

skont l-istatut biex jirriżenjaw żewġ membri oħra.

Sotto Kumitati

Xtaqna li l-attivitajiet jilħqu kull età u hassejna li biex isir dan irid li jkun hemm żewġ sotto kumitati wiehed għal kbar u wiehed għaż-żgħar. Kull sotto kumitat huwa magħmul minn tliet persuni. Permezz ta' dawn is-sotto kumitati l-għaqda tkun f'pożizzjoni aħjar biex torganizza u toffri aktar attivitajiet matul is-sena. Dan kien riless fl-attivitajiet li ġew organizzati din l-aħħar sena.

Kalendarju bl-attivitajiet

Kien żmien tas-sajf b'hekk bdejna b'attivitajiet sajfin bħal Splash and Fun, attività fil-Playmobil Funpark, u ġurnata ġewwa l-pool, lunch u buffet BBQ ġewwa l-Inspire Marsaskala. Saru wkoll attivitajiet bħal Halloween Disco party fil-Beach Club Marsascala u n-Notte Bianca *sleepover*. Morna wkoll l-aħħar kunċert ta' Voices fejn ingħatajna l-biljetti b'xejn. F'Novembru saret Pizza and Movie Night ġewwa l-premises il-belt. Hadna gost ħafna li din l-attività ġiet issugġerita mill-membri żgħażaġh. Fi żmien il-Millied sar Party ġewwa l-Kitchen Garden għal tfa' inqas minn 10 snin u Disco ġewwa t-Tugulio għaż-żgħażaġh. Saret ukoll ikla għal membri u l-familijari tagħhom ġewwa l-Alexandra Hotel, kif ukoll ġewwa Villa Budda u dan grazzi għal Mr Lino Barbara li għogbu jofriela din il-Villa. Grazzi wkoll lill-MADC fejn dawn tawna l-opportunità nerġgħu naraw il-panto li huma jtellgħu. Fi żmien il-Karnival ġie organizzat Disco Party għaż-żgħażaġh u party ġewwa l-Hip Hip Hurray għaż-żgħażaġh. Nirringrazzjaw Novartis u l-Bacchus Restaurant li għogobhom jorganizzaw party għal tfa' il fuq min 9 snin. Għamilna wkoll picnic ġewwa l-ġnien

privat ta' San Anton għall-familji tagħna li ġentilment offritilna L-E.T. I-President ta' Malta. Għal kull attività kellna attendenza tajba ħafna fejn din għamlitilna kuraġġ inkomplu naħdmu għal aktar attivitajiet għal membri tagħna.

Jum Dinji tad-Down Syndrome – 21 ta' Marzu 2017

Minn Jannar bdejna naħdmu aktar għal ġurnata ddedikata lid-Down Syndrome. Iddeċidejna li din is-sena niċcelebrawha b'differenza. Hsibna li nagħmlu attivitajiet matul dik il-ġimgħa kollha biex isir aktar għarfien.

Bdejna fil-11 ta' Marzu fejn għamilna 'Launching of World Down Syndrome Week' bit-titlu 'My Voice My Community' fil-Palazz Verdala li grazzi għall-E.T. I-President ta' Malta kellna ċ-ċans li nagħmlu użu minnu. Hawnehkk itellgħet Photo Exhibition grazzi għar-ritratti ta' Lorainne Abela u Mark Pace. Din tant kienet suċċess li I-E.T. I-President ta' Malta Marie Louise Coleiro Preca talbitna nkompluha ġewwa l-Palazz ta' San Anton. Saret ukoll fashion show fejn il-mudelli kienu membri tagħna. Grazzi lil Anna Farrugia, lil Zuri Clothing għall-ħwejjeġ taż-żgħażaġh u Bump and Me għall-ħwejjeġ tat-tfal. Mingħajr Mr Jean Portanier li ħa ħsieb is-sound, għabilna żewġ monitors u għamlilna banner kollox b'xejn ma stajniex nagħmlu din is-serata. Għenuna wkoll Delicata, Alf Manduca, Printwell, AMC u Casa Pinta. Nirringrazzjaw lil Mr Steve Vella li ħa ħsieb xagħar il-mudelli, Leanne li ħadet ħsieb il-makeup u lil Mr Lino Barbara għat-tapit l-aħmar. Kellna wkoll tliet volontarji Ms Miriam Grech, Elinor Magro u Mr Manuel Ellul li ħadu ħsieb eċċellenti tal-bar. Spicċajna din is-serata b'riċeviment.

Grazzi għall-kuntatti li għamlet Ms Michelle Spiteri konna mistednin f'diversi programmi televiżivi u kif ukoll radjofoniċi biex isir aktar għarfien matul din il-ġimgħa.

Fit-18 ta' Marzu saret il-mixja ta' għarfien dwar il-kundizzjoni Down Syndrome. Din is-sena saret ġewwa tas-Sliema.

Fil-21 ta' Marzu, il-Jum Dinji tad-Down Syndrome L-E.T. I-President ipprezentat ċertifikat lil membri li taw sehemhom fl-*exhibition* jew fil-*fashion show* tal-11 ta' Marzu 2017. Din il-prezentazzjoni saret ġewwal-Palazzta' San Anton. F'din il-ġurnata saret ukoll propoganda mill-ġenituri ta' xi membri tagħna fejn tmexxiet il-kampanja bl-isem 'Rock My Socks'. Permezz ta' din il-kampanja xi skejjel għamlu għarfien dwar il-Jum Dinji tad-Down Syndrome billi l-istudenti libsu kalzetti differenti fil-ħin tal-iskola. Kien hemm skejjel wkoll li b'din l-attività għamlu gabra għall-bżonnijiet tal-assocjazzjoni tagħna. Għalaqna din il-ġimgħa b'quddiesa u riċeviment zgħir ġewwa d-Dar tal-Providenza fis-Siġġiewi li ġentilment organizzalna Fr Martin Micallef. Din is-sena ħadna gost li l-Uffiċju tal-Prim Ministru laqa' l-istedina tagħna u appoġġjana billi nxteghelet Kastilja bil-kuluri isfar u blue bħala sinjal ta' għarfien dwar Down Syndrome.

Radio Valo

F'Ottubru beda x-xogħol mill-membri ta' dan il-grupp biex jippreparaw għall-proġett ġdid. Is-Sinjura Marthese Mugliette li baqgħet tmexxi dan il-grupp, il-President Joeanna Xerri u l-voluntiera Mandy Darmania, jiltaqgħu ma' dan il-grupp kull nhar ta' Erbgħa. Dan il-proġett ġie implimentat f'Mejju ġewwa l-gżira ta' Għawdex flimkien ma' grupp ta' żgħażaġh b'nuqqas intelletwali mill-ġermanja u mill-Fillandja.

F'Novembru bdejna wkoll il-proġett 'Equality in Music' għal perjodu ta' sena. Dan il-proġett ukoll ħadmu għalih dawn iż-żgħażaġh li xtaqu li jitgħallmu l-mużika. Permezz tal-fondi mill-'Premju tal-President għall-Kreattività stajna nilqgħu fostna lil Mr Markku Kaikkonen fejn għal ġimgħa sħiħa

għallem lill-membri li kellhom ix-xewqa li jdoqqu strument muzikali permezz ta' figuri u kuluri. Flimkien ma' Mr Markku Kaikkonen iltqajna mal-Onorevoli Ministru tal-Edukazzjoni Evarist Bartolo biex immexxu l-proġett tagħna fi skejjel Maltin. Wara din il-ġimgħa baqgħu u għadhom jitharġu kull ġimgħa minn għalliema tal-muzika Ms Sarah Spiteri.

Proġetti

Wieħed mill-proġetti li kkonkludejna din is-sena kien il-bieb ta' barra. Dan ġie ordnat f'Ġunju 2016 u tlesta fi Frar 2017.

Kien hemm il-bżonn li jinbidlu l-computers li jintużaw għal-lezzjonijiet ta' kull nhar ta' Ġimgħa u applikajna għall-10 computers mill-Good Causes Funds. L-applikazzjoni ġiet aċċettata u ibbenefikajna minn parti kbira tas-somma u l-kumpliment inxtraw mill-Assoċjazzjoni.

Servizzi tal-Għaqda

Lezzjonijiet fil-Computers

Il-lezzjonijiet qed isiru regolari kull nhar ta' Ġimgħa bejn il-4.45pm u s-6.45pm fiċ-Ċentru tal-Għaqda l-Belt Valletta.

Lezzjonijiet ta' Aerobics

Il-Lezzjonijiet qed isiru fil-Platinum Fitness Centre B'Kara kull nhar ta' Tlieta mill-5.00pm sas-6.00pm u huma miftuħin għall-membri kollha.

Il-quddiesa tal-ewwel ġimgħa tax-xahar

Il-quddiesa ssir fiċ-Ċentru tal-Għaqda filgħodu. Avviż qiegħed jintbagħat kull xahar bl-informazzjoni kollha permezz ta' ittra elettronika. Wara l-quddiesa jkun hemm tè u kafè.

Klinika tal-adulti

ħafna membri qegħdin jibbenefikaw minn din il-klinika fejn din is-sena reġa' ġie iffirmit u mġedded il-ftehim bejn l-Assoċjazzjoni, il-Ministeru tas-Saħħa u s-Segretarjat tad-Diżabilità u Anzjanità Attiva fi ħdan il-

Ministeru tal-Familja. Dawk li għandhom 'l fuq minn sittax-il sena huwa importanti li jirreġistraw ma' din il-klinika.

Magażin

Il-Magażin joħroġ darba fis-sena f'Diċembru. Ix-xogħol għall-magażin din is-sena beda fis-sajf u baqa' sejjer sa Novembru biex b'hekk din is-sena stajna nagħtu dehra differenti. Fil-fatt grazzi għax-xogħol siewi li għamlet Ms Alice Farrugia l-Editur ta' dan il-magażin bl-għajnuna ta' Ms Joeanna Xerri dan seta' joħroġ kollu bil-kulur.

Website

Tajna wkoll dehra ġdida lill-website bl-għajnuna imprezzabli ta' MFPA (Malta Football Players Association). F'Settembru din kienet lesta u kulhadd seta' jara kif ġiet aġġornata.

Attivitajiet b'kollaborazzjoni mal-Għaqda

Bl-għajnuna kbira ta' Aġenzija Żgħażaġh qed isir Youth Cafe kull nhar ta' Ħamis bejn il-5.00pm u s-7.00pm liż-żgħażaġh tagħna jidhru li qegħdin jingħallmu u jieħdu rikreazzjoni.

Għandna wkoll Read with Me classes għall-membri żgħar u dan seta' jsir bl-għajnuna ta' Santa Venera Special Education.

Laqgħat tal-President

Il-President tal-Għaqda, attendiet diversi laqgħat li jolqtu temi jew proġetti li jibbenefikaw minnhom il-membri tagħna. Hija wkoll irrapreżentat l-Għaqda fi programmi fuq il-mezzi tax-xandir biex twassal il-vuċi tal-Għaqda u l-membri kollha tagħha.

Xogħol tar-Released Officer

Ir-Released Officer ġiet appuntata sentejn ilu. Xogħolha huwa li tibgħat avviżi u ċirkulari. Tattendi laqgħat, intervisti fuq mezz tax-xandir, training seminars,

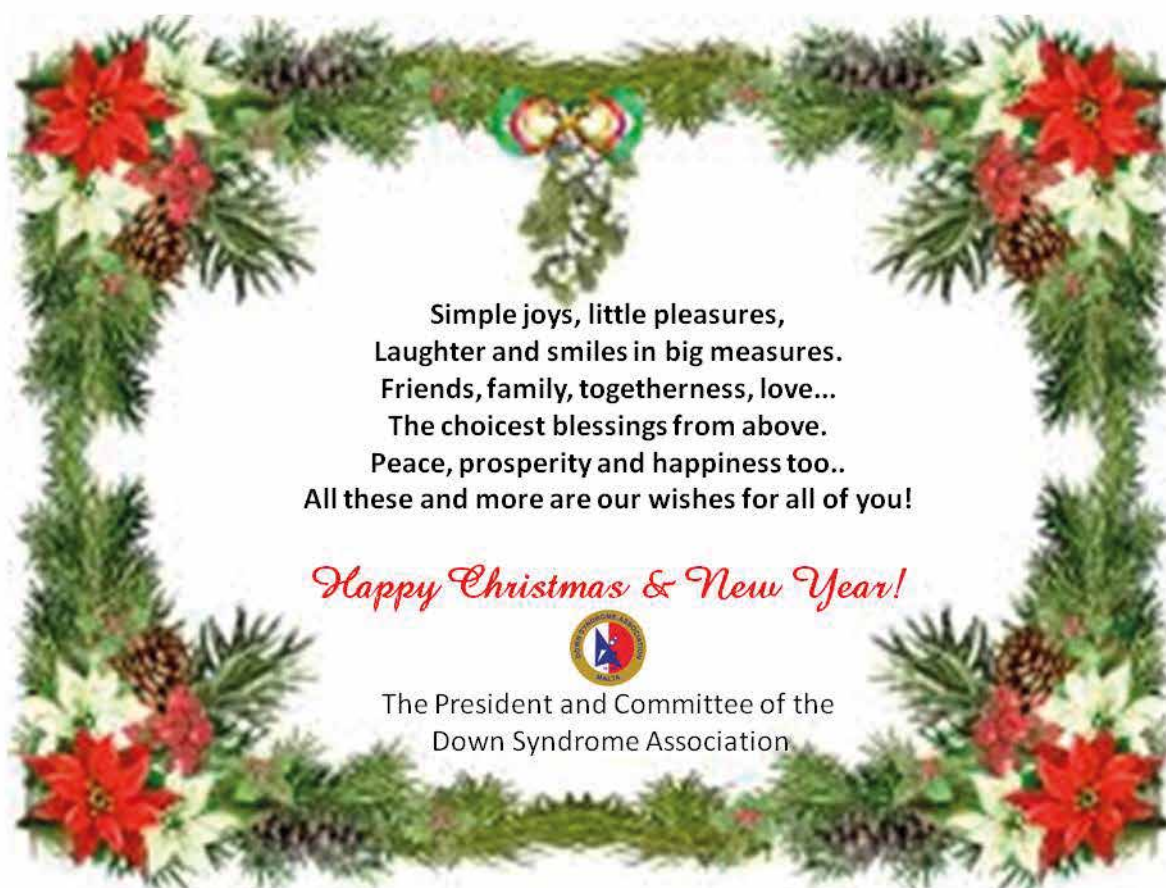
workshops u konferenzi. Hija persuna importanti hafna biex jistgħu jsiru diversi proġetti li jirrekjedu hafna xogħol, laqgħat u rapporti. Hija tattendi ukoll laqgħat ta' Radio Valo fejn tgħin fil-produzzjoni tal-videos u ta' Equality in Music fejn ukoll tgħin lil Ms Sarah Spiteri.

Konkluzjoni

Ser nagħlaq dan ir-rapport billi niringrazzjakom li attendejtu din il-Laqqgħa Ġenerali Annwali. Ngħid grazzi wkoll il-membri kollha tal-Kumitat u s-Sotto Kumitati u l-familjari tagħhom tal-paċenzja u s-sapport, il-helpers u l-benefatturi kollha tal-Għaqda li jgħinuna fl-ispejjeż ta' Kontijiet u b'zonnijiet li tiltaqa' magħhom l-Għaqda.

Marija Laura Mifsud
Segretarja

Joanna Xerri
President



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