



News & Views

Issue 45 December 2018

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
- Friday Computer Lessons
- Social activities for our members
- Saturdays Friendship Circle
- 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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Founded 1981

Member of the



Federazzjoni Maltija tal-Organizzazzjonijiet
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Għeżież membri u ħbieb,

Din hija issa t-tielet sena tiegħi fit-tmexxija ta' din l-Assoċjazzjoni. Jien flimkien mal-kumitat u s-sottokumitati qegħdin naħdmu flimkien biex intejbu f'ħafna aspetti l-ħajja tal-membri tagħna.

Din is-sena kellna diversi laqgħat mal-awtoritajiet biex nippruvaw insibu risposta għal diversi ostakli li l-membri tagħna sew tfal u sew adulti qegħdin jiltaqgħu magħhom. Kien hemm fejn ħriġna sodisfatti iżda wkoll hemm fejn irridu nkomplu naħdmu biex inwasslu aktar b'qawwa l-vuċi tal-membri tagħna.

Ħidma oħra li qed tagħti ħafna frott huma l-proġetti li l-Assoċjazzjoni qed timplimenta. Dawn qed jagħtu diversi opportunitajiet lill-membri tagħna. Hawnhekk nixtieq nistqarr li mhux kulhadd jagħti kas meta l-Assoċjazzjoni tagħmel dawn is-sejġiet. Nirringrazzja 'l dawk kollha li jaħdmu biex dawn il-proġetti jkunu possibbli. Napprezzaw li dan jinvolvi ħafna u ħafna xogħol.

Is-Sottokumitati qed jagħmlu xogħol siewi ħafna fejn huma attivitajiet. L-attivitajiet qed jiġu organizzati addattati għal età tal-membri tagħna. Nieħdu pjaċir li l-partecipazzjoni dejjem qed tiżdied u naraw uċuħ ta' membri ġoddi li jattendu għal dawn l-attivitajiet.

Jiena ser nagħlaq dan l-indirizz tiegħi billi nagħti merħba lil membri ġodda fil-kumitat, kif ukoll membri ġodda fl-Assoċjazzjoni. Nispiċċa billi ngħid lil membri kollha li jekk kulhadd jagħti sehem u niġbdu ħabel wieħed nistgħu negħlbu kull ostaklu għall-benefiċċju ta' wliedna.

Joeanna



NEWS&VIEWS

is a bilingual Publication:
Mouthpiece of the Down Syndrome Association
Malta. It is issued yearly and is distributed free.

Pubblikazzjoni bil-Malti u bl-Ingliż, maħruġa mill-
Għaqda Down Syndrome Malta, darba fis-sena u
mqassma b'xejn.

EDITORIAL BOARD

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-hsibijiet miġjuba f'dan il-magażin mhux
bilfors juru l-opinjoni tal-Editur jew tal-Għaqda Down
Syndrome.

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FRONT COVER

*Some of the young members of the Down
Syndrome Association*

PRINTING

Best Print Co. Ltd, Żurrieq Road, Qrendi
Tel: 21680789



Down Syndrome Association, Malta

Editorial



I would like to welcome you all to the 45th issue
of the Malta Downs Syndrome Association's
magazine, News and Views. As in previous
issues, this year's magazine includes interesting
articles and also an overview of all that has been
achieved during the course of this year.

2018 will be remembered as a year full of fun
activities for our members, ranging from a day
by the pool to a Halloween party, to name a
few. A full week of activities were also organized
to raise awareness leading to World Down
Syndrome day. Photos of these activities can be
found in the middle pages.

In this issue will we update you on the progress
of our members participating in the Equality in
Music Project. They have made huge progress
and we are working hard to expand the project
further. You can also read about their trip to
Ressonari School in Finland where this music
teaching system was developed.

It was a busy year for our association, but all
this would not have been possible without the
hard work of the committee and very importantly
without the support of you as parents/guardians
of our members. I would also like to thank our
benefactors which have assisted greatly during
the year.

Let us all work together for another interesting
year ahead and to provide a better future for our
children and families.

Alice

Insellmu Iis-Sur John Peel

L-Assoċjazzjoni Down Syndrome tixtieq issellem il-memorja tas-Sur John Peel, li l-Mulej sejjajlu għal għandu fit-tlettax ta' Awwissu 2018.

John kien attivist kbir u wieħed mill-pijunieri li ħadem fil-qasam tal-Persuni b'Diżabilità. Huwa kien wieħed mill-fondaturi tal-Assoċjazzjoni Down Syndrome fl-1981 meta ħames ġenituri ltaqgħu u ddeċidew li jwaqqfu l-Assoċjazzjoni. Dawn il-laqqgħat kienu jsiru fid-djar tal-istess membri tal-Kumitat. Huwa beda jservi sa mill-bidu bħala Public Relations Officer.

Fl-1988 ġie mañtur bħala President. Is-Sur John Peel kien it-tielet President ta' l-Assoċjazzjoni Down Syndrome. Matul it-tmexxija tas-Sur John Peel l-Assoċjazzjoni rnexxielha tagħmel ħafna avvanzjoni 'l quddiem fejn jidhru d-drittijiet ta' persuni li għandhom l-kundizzjoni Down syndrome. Kien fl-2001 li l-kumitat imexxi mis-Sur Peel iddeċidew li l-Assoċjazzjoni tinvesti u tixtri l-lokal li għandha llum il-ġurnata ġewwa Triq Nofsinhar il-Belt Valletta. Huwa baqa' fil-kariga ta' President għal tmintax-il sena sa 2006. Wara baqa' attiv ukoll bħala President Onorarju għal dawn l-añhar tnax-il sena.



Kien ukoll membru fil-kumitat tal-Għaqda Nazzjonali Ġenituri Persuni b'Diżabilità u membru fil-KNPD għal bosta snin. Is-Sur John Peel kien ukoll voluntier tad-Dar tal-Providenza.

L-Assoċjazzjoni tiringrazzja mill-qalb Iis-Sur John Peel tal-ħidma siewja li wettaq fi ħdanha u fil-qasam tad-diżabilità.



Down Syndrome Week

What I bring to my community

Fis-17 ta' Marzu l-Assoċjazzjoni tat bidu għal ġimgħa ta' attivitajiet fl-okkażjoni tal-Jum Dinji tad-Down Syndrome. It-tema ta' din is-sena kienet *What I bring to my Community*.

L-attivitajiet bdew b'serata fil-Palazz tal-President ġewwa l-Belt Valletta. Il-President tal-Assoċjazzjoni, Ms Joanna Xerri fetħet din is-serata b'indirizz lil dawk preżenti u kompliet billi stiednet diskorsi lill-Eċċellenza tagħha l-President ta' Malta, Marie Louise Coleiro Preca, is-Segretarju Parlamentari għad-Diżabilità u Anzjanità Attiva Anthony Aguis Decelis u l-Membri Parlamentari Ivan Bartolo. Dawn id-diskorsi ġew konklużi mis-Sur Oliver Scicluna, Kummissarju tas-CRPD.

Immedjatament wara kellna kunċert żgħir mill-membri tal-Assoċjazzjoni li jagħmlu parti mill-proġett ta' Equality in Music u mmexxi mill-ġhalliema Ms Sarah Spiteri. Wara din l-eżibizzjoni sabiħa s-serata kompliet b'fashion show mill-membri tfal u adolexxenti. Dawn kienu libsin kollha bil-kuluri relatati mal-Kundizzjoni Down Syndrome li huma blu u isfar. Din kienet possibbli b'għajjnuna tal-make-up artist Annalise u l-Preżentatriċi Ms Francesca Zarb. Anna Farrugia u lil Marija Laura Misfud taw l-għajjnuna tagħhom billi kkordinaw lil partecipanti ta' dan ix-show.

Matul din is-serata kellna wkoll wirja ta' ritratti ta' attivitajiet imtella' mill-Assoċjazzjoni li kienet ta' interess kbir għal dawk preżenti. Ħafna bdew jaraw fejn ser isibu ritratt tagħhom, oħrajn raw kemm matul iż-żmien tbiddu.

Qabel ma beda r-riċeviment intwerew żewġ filmati li ħadu sehem fihom membri mill-Assoċjazzjoni. Wieħed li kien jikkonsisti f'intervisti fuq it-tema 'What I bring to my Community' u l-ieħor niringrazzjaw lil Mr Alfred Farrugia tal-produzzjoni u l-paċenzja. Dan il-filmata tistgħu tarawh fuq youtube:



<https://www.youtube.com/watch?v=YdGWOTnruwo&t=69s>.

Kif tafu wara dawn l-avvenimenti jkun hemm diversi nies li jagħtu l-għajjnuna tagħhom u forsi ma jidhrux bħal Jean Pierre Portanier Mifsud ta' Sounds Good, il-koppja Grech, Mr Manuel Ellul u ħafna oħrajn.

It-Tieni attività ta' din il-ġimgħa kienet il-mixja li issa saret annwali biex inkomplu nqajmu għarfien. Din is-sena saret fid-19 ta' Marzu. Ħafna ġenituri, membri tal-assoċjazzjoni u ħbieb imxew minn fejn it-Torri ġewwa Tas-Sliema sa San Ġiljan. Magħna ngħaqad ukoll is-Segretarju Parlamentari l-Onorevoli Anthony Aguis Decelis. Din kienet ukoll ta' suċċess allavolja t-temp kien kontrina.

Matul din il-ġimgħa diversi ġenituri debru fuq programmi tat-televiżjoni biex jikkellmu u jqajmu aktar għarfien fuq il-potenzjal u id-drittijiet ta' persuni bil-kundizzjoni Down Syndrome.

Fil-21 ta' Marzu l-Jum Dinji tad-Down Syndrome bl-għajjnuna bħal kull sena ta' Fr Martin Micallef saret quddiesa ġewwa s-Seminarju tal-Virtù biex niċċelebraw flimkien dan il-jum. Wara kellna wkoll rifresk żgħir. Din il-ġurnata giet ukoll imtella' l-kampanja ta' *Rock YourSocks*. Ir-respons ta' din il-kampanja kien tajjeb ħafna.



Odd Socks Day

Il-kampanja ta' għarfien 'Odd Socks Day' kienet ta' suċċess kbir. Kellna bosta skejjel u postijiet tax-xogħol li ħadmu flimkien mal-Assoċjazzjoni biex jitqajjam aktar għarfien fuq il-kundizzjoni Down Syndrome. Din hija għajnuna kbira li napprezzaw għax filwaqt li nemmnu li sar avvanz kbir nixtiequ li s-soċjetà tapprezza aktar l-abilitajiet ta' persuni b'din il-kundizzjoni.

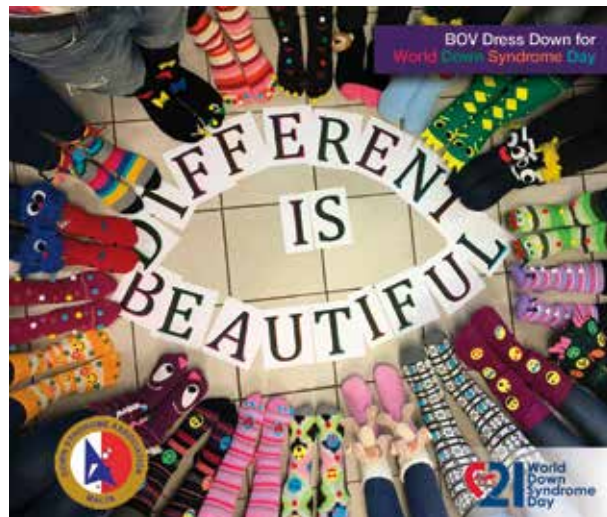
Din is-sena wrejna x-xewqa li bħala Assoċjazzjoni għandna bżonn illi l-lokal fejn il-membri tagħna qed jiltaqqgħu għall-attivitatijiet ġewwa l-Belt Valletta għandu bżonn ta' ristrutturazzjoni. B'sorpriża kbira din it-talba ġiet milqugħa minn diversi setturi. L-istess skejjel u postijiet tax-xogħol li barra li qajmu aktar għarfien urew

wkoll is-solidarjetà tagħhom billi tawna d-donazzjonijiet tagħhom biex inkunu nistgħu nwettqu x-xewqa tal-Assoċjazzjoni.

Fost dawn kien hemm il-Bank Of Valletta fejn dawn ħarġu b'idea ħelwa li jagħmlu kompetizzjoni min ser ikollu l-aħjar ritratt biex iqajjem aktar għarfien f'din il-kampanja Odd Socks Day. Din kienet effettiva ħafna u ħarġu ideat ammirevoli li jħallu impatt. Barra minn hekk huma għamlu donazzjoni biex waħda mill-kmamar tal-lokal tal-Assoċjazzjoni ssir multisensory/play room.

L-Assoċjazzjoni u l-membri kollha tagħha tiringrazzja lil kull min f'din il-ġabra tana l-għajnuna tiegħu.





Adpro-Instruments Ltd
 Andrew Scerri/Roger Mifsud & friends
 Attard Primary School
 Bank of Valletta
 BeeSmart Childcare
 Corinthia Group of Companies
 Dedicated Micros
 Elaine Tanti & friends
 Foreign Affairs
 Gozo College Qala
 Grant Thornton
 Kirkop Primary School
 Kullegġ Santa Klara Sliema
 Kunsill Lokali San Pawl il-Baħar
 Megabyte Ltd
 M'Scala Primary School
 O.F. Gollcher & Sons LTD
 Our Lady Immaculate School Ħamrun
 RSM Malta
 St Aloysius College

St Angela Kindergartens
 St Cecilia Kindergarten
 St Cecilia Tarxien School
 St Dorothy's School Sliema
 St Dorothy's School Żebbuġ
 St Edwards School Vittoriosa
 St Joseph School Sliema
 St Michael School
 St Monica School Birkirkara
 St Monica School Mosta
 St Paul's Bay Primary School
 St Theresa School Kerċem
 STM Malta
 Strand Palace Agencies
 Oddity Tattoo Studio
 Theresa Nuzzo School Marsa
 Thi Lakin School
 Thomas De La Rue Part
 Trelleborg Seal Solutions Malta Ltd
 Żebbuġ Primary School



Confidence in Modeling

I am Thomas Buttigieg and I am 23 years old. This year I finished a modelling course with Modelle International with Sue Rossi. I learnt a lot and this gave me the opportunity to take part in some modelling shows. Ivan Gaffiero gave me the opportunity to take part in a hair show at Monte Kristo. This gave me a lot of confidence and helped improve my experience.

In November Fortunata and Tiziana Randisi gave me the opportunity to participate in a fashion show called Unici in Passarella, where experienced models and models with disability worked together. It was a great experience walking on a catwalk with experienced models. The suits we wore were provided by Aristocrats. I met a lot of people and made a lot of friends. Fortunata and Tiziana have other activities coming up. I learnt that everyone is beautiful and talented.

I wish that other companies are inspired by this concept and hold and involve people with disabilities.



The incredible lightness of being Francesca

Forewarned is forearmed, as the saying goes, and this applies as well to media as to any other aspect of educating our children. In a society where media use and influence has become all encompassing, it remains mindboggling how we, as parents do not insist that we should teach our children more about this technological phenomenon which has made of the world a global village. No one would send their child to Wimbledon without years of coaching so, with something so pervasive, how is it that we let our children fend for themselves?

Media education teaches children to be wise consumers of the media, how to manage information and how to be responsible producers of ideas using the powerful tools of the global media culture. It engages students bringing the media into the classroom and de-constructing walls between 'learning' and 'living'. Media education exposes children to these elements in a controlled way while at the same time empowering them to be doers, to be active and to make their voice heard in appropriate ways.

This is what we do everyday with Francesca. A true child of the digital age, at 3 Francesca's attraction to the interactive media of the mobile phone and the tablet is a strong magnet. She swipes her way confidently to her destination and can conjure up the apps allowed to her with ease. She is an excellent receiver of information. She is also an active producer of information. Francesca loves the camera and she loves clothes and these two loves found an outlet in photography. Francesca has the same relationship to the camera as bees have with honey: she adores it. As her parents, we built on this affinity with the lens and fostered her modelling inclination. She took to it like a duck to water. Always a bubbly girl, we are now seeing a child whose confidence is growing daily and her ability and sense of self worth are increasing daily.

Did I say that Francesca was born with the condition of Down Syndrome? Probably not, as the digital world and her love of modelling make that a very secondary aspect. Francesca is Francesca.



Djarju tad-DSA Camping 2018

- It-tema li tat id-Down Syndrome Association għal camping ta' din is-sena hija flimkien nieħdu pjaċir. Xħin wasalna l-camping ġewwa Rinella għamilna r-registrazzjoni u bdejna nissettiljaw fil-kmamar flimkien. Xħin lestejna kien wasal il-ħin tat-te u għalhekk dħalna fil-kamra l-kbira fejn ħadna t-te u muffin flimkien. Kif żbarazzajna kienu xi s-6pm bdejn nagħmlu l-Krafts. Użajna žibeg, spag u cds. Kulħadd ħa pjaċir jara l-Kraft li kienet wind chime lest. Xħin lestejna fil-kraft naddafna kollox u ħadna free time sa xħin sarilna l-ħin biex nieklu r-ross bit-tigieġ u curry li tħobb issajjar Jane Bonello. Ma kellniex ċans immorru ħdejn il-baħar filgħaxija għax kien sarilna l-ħin biex norqdu.
- Qomna kmieni fit-8am u ħadna l-enerġija u lħaqna nieħdu l-breakfast, ħadna l-English Breakfast. Kemm kien sabiħ dak il-platt. Ilbisna malajr il-ħwejjeġ biex immorru għall-Esplora. Morna bil-mixi. Kienet passigġata twila imma sabiħa. Dħalna ġewwa u bdejna nilagħbu bil-logħob tal-magni u ħadna pjaċir ħafna. Joeanna, Marija Laura, Debbie, Jane, Shirley, Anna, Renato u Silvio vera ħadu ħsiebna. Għall-ikel ta' nofsinhar għamlulna ftira bit-tuna u kif lestejna rgajna lura biex inkomplu nilagħbu logħob bil-magni tal-aħħar. Fl-aħħar kellna show tal-Esplora u dik kienet

interessanti ħafna. Xħin ġejna lura l-camping tar-Rinella kienu xi t-3pm ta' waranofsinhar, ilbisna l-malja u morna ngħumu l-baħar. Ma kellniex biżżejjed ħin nagħmlu l-water games għax xħin tlajna mill-baħar kienu diġà daqqu l-5pm u ridna nidħlu ninħaslu. Striħajna ftit u bdejna nippreparaw għal camp fire għal filgħaxija. Qattajna xi ħin ukoll nagħmlu l-istunts tal-camp fire. Fis-7.30 pm dħalna ġewwa fil-kamra l-kbira biex nieklu platt għagin tilaq ix-xufftejn. Wara l-ikel għadna xi kelmtejn u żbarazzajna. Kien sar il-ħin biex nibdew il-Camp fire għax kienu diġà it-20.30pm. Konna qegħdin nieħdu gost għax lanqas indunajna li bqajna għaddejnin sal-23.00pm. Sarilna l-ħin biex norqdu. Jien u Rosaline tgħidx kemm dħakna xħin konna fil-kamra tas-sodda.

- Fit-8:30am ergajna qomna kmieni u ma tantx ħadna biżżejjed enerġija. Kellna ħin biex nieħdu l-breakfast tal-aħħar, għamilna d-duties, morna lura fil-kamra biex nippakkjaw l-affarijiet tagħna u ħallejna kollox nadif. Xi l-10am giet l-instructor biex nagħmlu ž-zumba. Ħadna ħafna pjaċir niżfnu u niċċajjaw. Vera ngħidu grazzi lil Karen Pace Gasan l-instructor taż-Zumba li ta kull sena tiġi tagħmlilna ž-zumba fil-camping. Bqajna għaddejnin sa nofsinhar. Kien sar il-ħin għall-ikel tajjeb bħal dejjem, laħam bil-



patata u l-ħaxix. Xhin daqqu s-14:00pm bdew jiġu l-ġenituri tagħna għaliex din kienet l-aħħar ġurnata tal-camping. Kulħadd ħa pjaċir flimkien imma jiena u l-akbar ħabiba Rosaline konna eċitati u kuntenti ħafna li stajna nqattaw tlett ijiem flimkien, nieħdu pjaċir flimkien u ngawdu 'l xulxin.

- Nixtieq li s-sena dieħla 2019 nippruvaw nergħu nagħmlu camping ieħor.

Miktub minn Maria Gauci





Adult Halloween Party 2018



Equality in Music going to Finland



BBQ in summer 2018



Film night



By the pool 2018



Carnival 2018



Kids Halloween Activity 2018



January Disco 2018



Radio Valo Project 2018



Music Concert V18



Rinella Camping 2018



Music Session



The Friendship Circle



San Anton Picnic 2018

HSBC Malta Foundation supports the Down Syndrome Association

HSBC Malta Foundation is proud to be partnering with the Down Syndrome Association Malta (DSAM) to organise computer training sessions and a wide range of employment related skills for its student members.

HSBC’s support to DSAM stems from the core belief that all lives are valuable and each individual deserves acceptance, love, and joy.

“HSBC Malta Foundation has joined hands with DSAM in improving awareness about the syndrome, providing the latest information to families, supporting initiatives, and providing individuals with the syndrome support in leading successful and

productive lives. Empowering the youth of our community is a goal of HSBC wherever we operate in the world,” said HSBC Malta Manager – Sustainability, Glenn Bugeja.

In addition to computing, the programme includes employability skills such as CV writing, interview skills, and job related support. The computer lessons are held each Friday while the life skill sessions follow on Saturdays.

This will help the participants develop their self-confidence being adequately prepared when searching for a job, be more cautious on how they use their money and so this will make independent living easier. For persons with Intellectual disability like



a person with Down Syndrome being independent means having a job, earning their own money, with the help of a personal assistant make their own choices, shopping and paying their bills. These lessons will help them to gain employment and to start having dignity in an inclusive society. Hands on sessions and practical's are very important since repeating what they have learnt; for persons with the condition of Down syndrome (intellectual disability) will help them to achieve and acquire all the skills required in computing and finding an adequate job.

It is to be noted that HSBC Malta Foundation works in the community to bring about lasting benefit in the society. The Foundation makes this happen by supporting programmes that make a difference to children, the environment, in the area of scientific research, and national heritage.

More information about the classes can be obtained by contacting the Down Syndrome Association on 21238153 or dsamalta1981@gmail.com.



Heading????



Mid-9 t'Ottubru sal-15 t'Ottubru 2018 grupp ta' għaxar żgħażaġh flimkien mas-supporters tagħhom u l-għalliema tal-mużika morna l-Finlandja biex nieħdu sehem fi proġett tal-mużika Power Through Music.

Kollox beda meta sentejn ilu ġie s-Sur Markku Kaikonen minn Resonaari Special Music School biex jgħalliem lill-istudenti membri tad-Down Syndrome Association l-mużika miktuba permezz ta' forom u kuluri. Għall-ewwel kollox deher diffiċli imma b'għajnuna tal-għalliema professjonali Ms Sarah Spiteri u l-ħeġġa tal-mużiċisti kollox beda juri li dak li kien qed isir kien ser jagħti r-riżultat li xtaqu dawn il-grupp ta' żgħażaġh. Jiġifieri li jitgħallmu jdoqqu strument u

l-kultura tal-mużika. Wara sentejn ħidma u impenn ridna li dawn il-mużiċisti jkollhom l-esperjenza li jaraw skola li tħaddan dan it-tagħlim u għalhekk b'kollaborazzjoni mal-iskola Resonaari dħalna għal proġett imqassam fit-tliet laqgħat bl-isem Power Through Music. L-ewwel laqgħa saret billi l-grupp Malti tela' l-Finlandja għal din il-ġimgħa ta' taħriġ.

Meta wasalna Resonaari Special Music school sibna jistennewna mużiċisti Finlandiżi, li magħhom għamilna eżerċizzji biex insiru nafu lil xulxin u kulħadd iħossu komdu. F'dawn l-eżerċizzji bdejna nagħmlu ħsejjes b'ħalqna, b'idejna, b'saqajna biex noħolqu ritmu. Dan l-eżerċizzju konna nagħmluh kuljum biex nibdew il-ġurnata





u r-ritmu huwa wkoll l-baži tal-mużika. F'diversi sessjonijiet il-mużiċisti nqasmu f'żewġ gruppi fejn l-ewwel bdew idoqqu l-grupp Finlandiż u wara daqqew il-grupp Malti. Għalkemm kull mużiċist idoqq strument partikulari fosthom pjanu, kitarra u drums kellhom ukoll l-opportunità li jdoqqu strumenti differenti milli jdoqqu s-soltu. Infatti xi wħud minnhom urew interess kbir fl-istrument il-ġdid u kienet esperjenza differenti minn dak li mdorrijin jitgħallmu. L-istudenti kellhom ukoll lezzjonijiet individwali sabiex kull wieħed u waħda minnhom joħorġu aktar il-potenzjal. F'dawn il-lezzjonijiet setgħu wkoll jesprimu aktar ruħhom. L-istudenti kienu ħafna entużjasti li jkomplu jitgħallmu jdoqqu l-istrumenti, imma l-aktar li ħadu gost meta raw lis-supporters tagħhom idoqqu. Is-supporters mhumiex mużiċisti għalkemm jattendu kull lezzjoni magħhom biex jagħtu l-għajnuna. Kien hawn li s-supporters indunaw id-diffikultà li tirrekjedi biex idoqq strument.



Din is-sistema tagħti ċ-ċans lil min ma jafx jaqra l-mużika u jixtieq li jdoqq li jkun kapaċi jdoqq b'dan il-metodu addattat biex b'hekk kulħadd jista' jieħu gost bil-mużika. F'din l-iskola esperjenzajna kemm bl-opportunità li qed jingħataw l-udenti Finlandiżi setgħu jagħmlu avvanz u għamlulna kuraġġ li aħna wkoll ġewwa Malta għandna l-istess drittijiet. Dan il-proġett għalaq billi fl-aħħar ġurnata sar kunċert mill-mużiċisti Maltin u Finlandiżi.

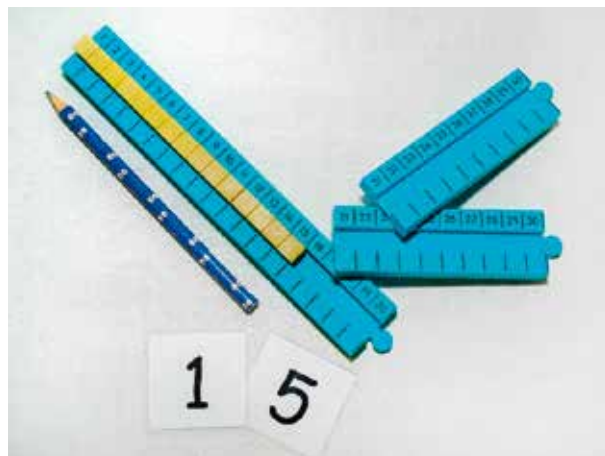
Dan il-proġett ser ikompli billi fl-2019 il-grupp Finlandiż ser jigi Malta biex

inkompli nitgħallmu flimkien u ningħaqdu bħala grupp bejn mużiċisti Maltin u dawk Finlandiżi biex fl-2020 il-grupp Malti jerga' jitle' ġewwa l-Finlandja għall-konklużjoni ta' dan il-proġett.

Il-mużiċisti fi ħdan dan il-grupp jixtiequ li kieku jkollhom l-istess opportunità ta' sħabhom mużiċisti Finlandiżi li dan il-metodu jkollu skola simili ta' Resonaari Special Music School ġewwa Malta li jagħti l-opportunità lil persuni b'abilitajiet diversi jitgħallmu l-mużika u jitgħallmu strument.

Mary Rose Buttigieg

Numicon Intervention To Support Children and Adolescents with Down Syndrome



Over the years, it has been established that students with Down syndrome encounter severe difficulties in mastering basic number skills. Several characteristics are commonly shared by individuals with Down syndrome. Many of these features (e.g. deficits in working memory, phonological awareness, fine motor skill, attention and generalisation) will likely hinder early learning.

Numicon shapes were designed to help children see the connections between numbers, their place on the number line, their size in terms of quantity and many other ideas. In this aspect Numicon is beneficial for children with Down syndrome as it offers a visual approach in their understanding of numbers and number values.

Throughout my years of teaching children and adolescents with Down syndrome, mathematical challenges encountered by most of the individuals include difficulties in:

- Fluently reciting the sequence of numbers beyond 20, due to errors when crossing a decade [ex: 29, 30, 31];
- Understanding positional value in digits [what does 1, 4 and 6 mean in the number 146];
- Counting backwards;
- Measuring lengths;
- Reasoning and estimation;
- Simple arithmetic;
- Calculation.

Following extensive research, the designers of Numicon state that, children require a visual approach in their understanding of numbers and their values. They believe that number ideas are so abstract and complex, most children will need to develop these ideas in very small steps and that no single approach can be adequate. They also stress

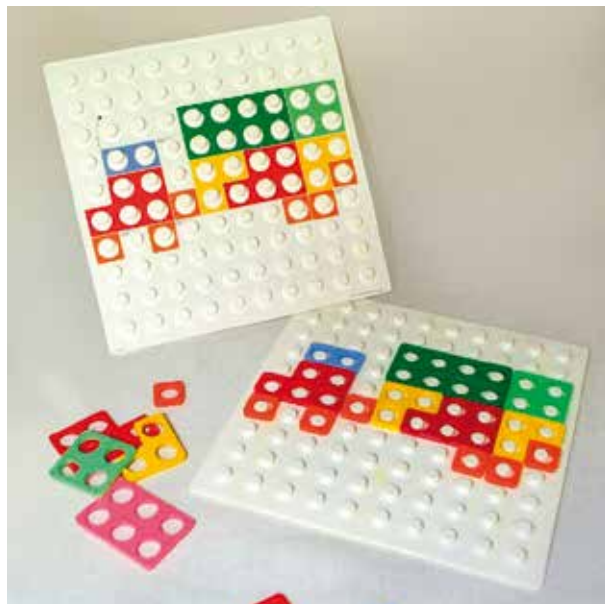
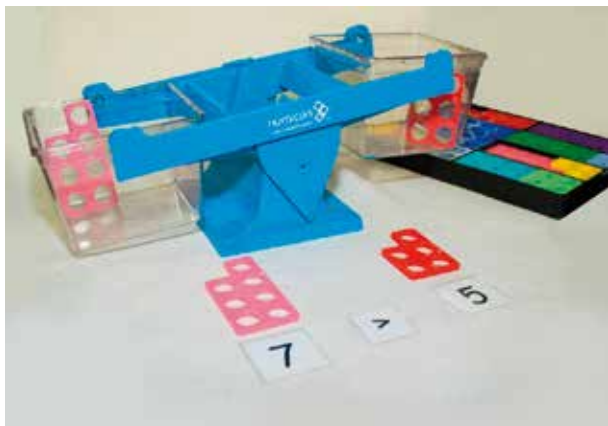
the fact that children will not understand numbers by just working with 'figures'.

Studies carried out by the designers of Numicon state that, *"It [Numicon] enables teaching staff to 'see' what the child is thinking, which is important for identifying both successes and confusions in the child's understanding. Children are also motivated to engage with the materials as they are so attractive, and they develop confidence in maths work, as they can succeed with the materials"* Tony Wing, Ruth Atkinson, Romey Sawtell.

There are others who argue that children with Down syndrome need a calculator as this serves as a pair of glasses to a short-sighted person. Nevertheless, although a calculator may help with calculation, it needs to be fed proper information before it can give a correct answer. Are our students aware of what to ask of the calculator?

Following their study: *Evaluating the Numicon system as a tool for teaching number skills to children with Down syndrome*, Profs Sue Buckley, Joanna Nye and Gilian Bird from the Down Syndrome Educational Trust, Portsmouth, UK stated that: *"The children's scores on standardised measures, showed that children with Down syndrome who used Numicon made better progress on their number skills in one year than children with Down syndrome, not using this scheme."*

However, one of the recommendations in this study specified the need to adapt the activities to the needs of children with Down syndrome. In the years following this study, Numicon designed 'Closing the Gap,' a manual that broke down the activities in the Foundation Programme into simpler tasks. This was superseded by the more recent 'Breaking Barriers' programme, published in 2015.



Breaking Barriers is a complete manual that supports the learner throughout his primary school years. It is a coherent teaching progression programme, with easy-to-follow activities and expert guidance. Although it is not a standardized diagnostic assessment, it includes three assessments that help identify the student's gap in understanding, progression and learning style. The teaching handbook covers those numerical topics that are likely to be achieved by students with extra difficulties, up to year 6. It also offers support in the long-term and short-term lesson planning. Besides beautifully illustrated ideas for multiple activities to cover each topic, the learning intent, the vocabulary needed to be used, as well as the assessment opportunities are included in each section.

Ever since the printing of this programme, I have been working with students who experience difficulties in maths. For some it has been an incredible journey where in a few months they made significant progress. At times the learning process is a slower one. What is certain is that all of my students have progressed according to their ability and at their own pace.

All students attending for the lessons enjoy the experience and look forward to the next one. I have seen their confidence and self-esteem grow. The Numicon programme does not just teach maths, it utilises the environment to teach maths in everyday contexts. The programme helps improve language, teach turn-taking, enhance interaction, encourage movement and creativity and more. The Programme helps the student to prepare him or herself with the meaning of functional tools such as money, time and value.

At the Hula Hoop Adapted Learning Centre, we always tell the parents of skills-challenged students, that our aim is not to support the child to get to the same level as his/her peers by adapting the work being done in the class. We believe that adaptation should be happening to his level of learning and understanding, in a way that will eventually help him / her to understand what needs to be done in specific life situations. Our focus is to give our students the basic mathematical tools needed for

them to understand what is happening in the world around them and we aim to achieve this by providing teaching methods in which students can learn in a way that they can understand.

Introducing the Numicon approach at an early age, [3 years up] is essential. Having a whole class approach at school is also beneficial. To implement a successful learning programme, the tutor needs to:

- Be familiar with the programme and know how to use the Numicon resources well.
- Be well-organised with short and long-term goals set according to the results of the assessment.
- Be consistent and creative.
- Combine Numicon resources with other apparatus.
- Have a positive approach.
- Be willing to ask for help when needed.

The aspiration of the National Curriculum is to ensure confident and competent pupils who can:

- Do Math
- Talk about it and explain their reasoning
- Generalise

The above is exactly what the Numicon approach is targeting.

“Because children enjoy working with the Numicon apparatus, their enthusiasm and increased confidence lead them to persevere. This in turn helps them to achieve better.”

Rosette Gatt
Accredited Numicon Trainer
Hula Hoop Adapted Learning

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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:

- Mrs Mary Runza and Little Angels
- KPMG
- Mapfre/Middlesea

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

- EUPA (Power to Music project)
- Il-Premju tal-President għall-Kreattività (Radio Valo Project)
- Il-Premju tal-President għall-Kreattività (Equality in Music Project)
- Concert Equality in Music (Valletta 2018)
- HSBC Future skills project (The Friendship Circle)
- Mr Mr Alexander Kolobov (Donation)
- Mr Xiaoxin Chen (Donation)
- Marisa Portelli (Donation)
- Heritage Malta (Free entrances)
- Malta Fun Trains
- Sounds Good
- Amadeus Chamber Choir
- Antonio's Barber Shop
- 1st of May Confectionary
- Nestle
- Miracle Foods Ltd
- Consolidated Biscuits
- Emmanuel Delicata Winemaker Ltd.
- Albert FS Manduca Ltd
- Anc Ltd
- General Soft Drinks
- Malta Dairy Products Ltd
- Liquigas Malta Ltd
- MADC (complimentary tickets)
- Tramici (venue for aerobics)

Grazzi mill-qalb!

Down Syndrome Creed

My face may be different
But my feelings the same
I laugh and I cry
And I take pride in my gains
I was sent here among you
To teach you to love
As God in the heavens
Looks down from above
To Him I am no different
His love knows no bounds
It's those here among you
In cities and towns
That judge me by standards
That man has imparted
But this family I've chosen
Will help me get started
For I'm one of the children
So special and few
That came here to learn
The same lessons as you
That love is acceptance
It comes from the heart
We all have the same purpose
Though not from the start
The Lord gave me life
To live and embrace
And I'll do it as you do
But at my own pace



Diskors Amministrattiv tas-Segretarja Ġenerali

27 ta' April 2018

Matul dawn is-sentejn mill-ħattra ta dan il-kumitat ħdima kemm flaħna sew fuq issues li jikkonċernaw u jiltaqgħu magħhom persuni li għandhom Down Syndrome, kif ukoll fuq diversi attivitajiet. Kull membru fil-kumitat u Sotto kumitat b'xi mod jew ieħor ħdimna biex din is-sena tkun ta' suċċess bħal snin preċedenti, fejn kulħadd ħareġ b'idejat, aktar xogħol u innovazzjoni.

B'dan id-diskors amministrattiv ser ngħamlu riassunt ta x'ħidma saret matul din is-sena u nixtiequ wkoll li min għandu xi idejat u sugġerimenti li nistgħu naħdmu fuqhom jressaqhom lil kumitat. Il-Kumitat jaħdem għal membri tal-assoċjazzjoni u għalhekk huwa mportanti li nwettqu x-xewqat tal-membri tagħna.

Il-partecipazzjoni u s-sapport tal-membri huwa incentiv biex il-Kumitat ikompli jistinka għall-beneficċju tal-persuni li għandhom id-Down syndrome.

Sotto Kumitati

Din is-sena komplejna b'zewg sotto kumitati, wieħed għal kbar u wieħed għaż-żgħar. Permezz ta dawn is-sotto kumitati qed nkunu f'pożizzjoni biex norganizzaw u noffru attivitajiet matul is-sena. Nixtiequ pero li jkun hemm aktar entuzjażmu u attendenza speċjalment fis-sezzjoni taz-zgħar. Il-membri fis-sotto kumitati jgħamlu ħafna xogħol li għandu jiġi apprezzat bil-preżenza tal-membri fl-attivitajiet. Dawn l-attivitajiet jgħamlu ħafna gid li jitgawda sew mit-tfal kif ukoll mill-ġenituri.

Kalendarju bl-attivitajiet

Bdejna din is-sena b'diversi attivitajiet tas-sajf. Attivita li ssir kull sena fis-sajf

hija ġurnata l- Splash and Fun. Il-Kumitat organizza BBQ għal membri ġewwa l-binja tal-Girl Guides Marsascale. Grazzi għal inizzjattiva tal-HSBC fejn organizzaw party għal tfal ta l-eta' bejn 5 u 10 snin. Sfortunatament ma kellna l-ebda attendenza min tfal ta dik l-eta u għalhekk l-eta tbiddlet għal dik ta bejn 12 u 24 sena. Kellna wkoll biljetti b'xejn biex jintuzaw għaz-zgħar mill-Playmobil. Dawn ingħataw permezz ta raffle. Attivita oħra li qed issir kull sena hija n-Notte Bianca Sleep Over. Saru wkoll attivitajiet bħal Halloween Disco party ġewwa Agenzija Zgħazagħ Santa Venera u attivita' għaż-żgħar ġewwa Noah's Arc. Fi żmien il-Milied saret ħarga ġewwa Popeye Christmas Village għal tfal ta' inqas min 10 snien u Disco ġewwa l-Qawra Palace għaż-żgħazagħ. Saret ukoll ikla għal membri u l-familjari tagħhom ġewwa l-Alexandra Hotel , kif ukoll ġewwa Villa Budda u dan grazzi għal Mr Lino Barbara li għogbu jofrilna din il-Villa . Grazzi wkoll lill-MADC li tawna l-opportunita nerġgħu naraw il panto li huma jtellghu kull sena. Fi żmien il-Karnival ġi organizzat Party għall-membri u familjari ġewwa l-Qawra Palace. Nirringrazzjaw wkoll lil Ms Abigail Spiteri u Ristorante Dell'Arte li għogobhom jorganizzaw pizza making activity għal tfal il fuq min 7 snien. Nistiednu aktar partecipazzjoni biex ngħamlu kuraġġ u inkomplu naħdmu għal aktar attivitajiet għal membri tagħna.

Jum Dinji tad-Down Syndrome 21 ta' Marzu 2018

Mill-bidu tas-sena bdejna naħdmu aktar għal gimgħa ddedikata lid-Down Syndrome bħal ma għamilna is-sena l-oħra izda b'differenza li din is-sena ridna nqajjmu

aktar kuxjenza u jsir ġbir fil-Odd Socks Campaign biex b'hekk inkunu nistgħu nirrangaw il-post ta' l-assoċjazzjoni .

Bdejna fis-17 ta' Marzu fejn għamilna 'Launching of World Down Syndrome Week' bit-titolu 'What I Bring to My Community' fil-Palazz tal-President ġewwa l-Belt Valletta, li grazzi għall-E.T. l-President ta' Malta kellna ċ-ċans li ngħamlu uzu minnhu . Hawnhekk itellgħa Kuncert mill-grupp Equality in Music, Diversity Fashion Show u ntwerew żewġ videos li ħadu sehem fihom membri tagħna.

Din l-attività kienet possibli li ssir grazzi għal membri kollha tal-kumitat fejn kulħadd ta daqqa t'id, Francesca Zarb li kienet il-prezentatriċi, Mr Jean Portanier li ħa ħsieb is-sound , id-dawl u li jintwerew il-videos, Mr Alfred Farrugia għal fotografija u videos u Annalise għal makeup . Għinuna wkoll Delicata, Alf Manduca , Multiprint u AMC. Kellna wkoll tlett voluntarji Ms Miriam Grech, Mr Grech u Mr Manuel Ellul li ħadu ħsieb eċċellenti tal-Bar. Spiċċajna din is-serata b'riċeviment.

Grazzi għal kuntatti li għamlet Ms Michelle Spiteri konna mistednin f'diversi programmi televiżivi u kif ukoll radjonfiniċi biex isir aktar għarfien matul din il-ġimgħa. Kellna wkoll proposta ta' ġimgħa programmi fuq Skjetti fejn tkellima fuq il-ħajja ta' persuna Down syndrome

Fit-19 ta' Marzu saret il-mixja ta' għarfien lejn id-Down Syndrome. Din is-sena saret ġewwa ta' Sliema pero mxejna lejn il-munument LOVE. Niringrazzjaw li Onorevoli Anthony Agius Decelis li ingħaqad magħna tul din il-mixja.

Fil-21 ta' Marzu, l-Jum Dinji tad-Down Syndrome għamilna propoganda permezz ta e-mails li ntbgħatu min Ms Joanna Xerri fl-iskejjel u postijiet tax-xogħol bl-isem 'Odd Socks Campaign' . Permezz ta' din il-kampanja ħafna skejjel u postijiet

tax-xogħol għamlu għarfien fuq il-Jum Dinji tad-Down Syndrome billi libsu kalzetti differenti. Permezz ta din l-attività għamlu gabra għall-bżonnijiet ta' l-assoċjazzjoni tagħna. Għalaqna din il-ġimgħa b'quddiesa u wara cafe'u cake ġewwa s-Seminarju Tal-Virtu Rabat li ġentilment organizzalna Fr Martin Micallef. Bħas-sena l-oħra l-Ufficju tal-Priministru laqa l-istedina tagħna u appoġġjana billi ntxelet Kastilja bil-kuluri isfar u blue bħala sinjal ta' għarfien fuq Down Syndrome.

Radio Valo

Din is-sena il-grupp Radio Valo sar proġett fiħ innifsu. B'ħafna xogħol li jsir mis-Sinjura Marthese Mugliette li baqgħet tmexxi dan il-grupp u mill-President Joanna Xerri li permezz tagħhom dan il-grupp jiltaqgħa kull nhar ta' Erbgħa. B'dan il-proġett iffinanzjat mill-Premju tal-President għall-Kreativita' kull wieħed jew waħda minn dawn iż-żgħażaġħ ser ikollhom possibilita' li jużaw cameras għall-fotografija professjonali u jżuru aktar siti Maltin.

Il-Grupp 'Equality in Music' ukoll baqagħu jiltaqgħu kull Ġimgħa. Ikkonkludejna l-proġett tal-Premju tal-President għall-Kreativita b'kuncert ġewwa l-Palazz ta San Anton. Dan il-grupp din is-sena jistgħa jkompli grazzi għal fondi li ser jingħataw mill-Valletta. Perijodu ta' s-sena li bdiet f'Ottubru 2017. Dan sar possibli bil-ħidma ta' u l-insistenza ta Ms Joanna Xerri li rat min fejn iġġib il-fondi għal din is-sena biex jirnexxilna nkomplu. Grazzi kbira wkoll tmur għal Ms Sarah Spiteri li mingħajra dan kollu ma setgħax ikun possibli. Niringrazzjaw lil membri u l-ġenituri tagħhom li nnpjenjaw ruħhom biex stajna napplikaw għal proġett Erasmus+ li ser jitqassam fuq tlett snin. Tlett snin fejn dan il-grupp ser ikun qed jaħdem biex jimplementa dan il-proġett.

Nominazzjonijiet

L-Assocjazzjoni giet innominata għall-Premju Soċjeta Ġusta'. Ma ħadna l-ebda' premju pero' naprezzaw ħafna n-nomina.

Il-Proġett Equality in Music fi ħdan l-Assoċjazzjoni wkoll ġie innominat għall-Premju għall-Arti. Hawnhekk pero għandha l-pjacir u kburin li ġejna ma l-ewwel ħamsa.

Nirringrazzjaw in-nominaturi għaliex din kienet l-ewwel esperjenza bħala assoċjazzjoni li ġejna nnominati.

Servizzi tal-Għaqda

Lezzjonijiet fil-Computers

Din is-sena ma stajniex noffu lezzjonijiet tal-computer għaliex ma kelliex teacher. Pruvajna anke ndibu reklam biex insibu teacher pero ħadd ma wera nteress. Jidher pero li qed naslu biex għal bidu ta' Ottubru nerġġhu nibdew. Nixtieq ngħid li sar ħafna xogħol biex ġew installati l-computers il-ġodda u kellna wkoll għajjnuna mil-MITA fejn ġew jinstallaw il-programmi li xtrat l-assoċjazzjoni fuq il-computers.

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 fic-Centru tal-Għaqda fl-10 ta' fil-għodu. L-attendenza għal din il-quddiesa hija miżera. Kien hemm drabi fejn Fr Costantino ġie u ma għamilx il-quddies għax ma kienx hemm partċipazzjoni. L-avviz għal din il-quddies qiegħed jintbagħat kull xahar bl-informazzjoni kollha permezz ta' ittra eletronika. Wara l-quddiesa jkun hemm te' u kafe'.

Klinika tal-adulti

Ħafna membri qegħdin jibbenefikaw minn din il-klinika. Illum din il-klinika tinkludi wkoll referenza għal svizzi offriti min Aġenzija Sapport. Dawk li għandhom 'l fuq minn sittax-il sena huwa mportanti li jirreġistraw ma din il-klinika.

Magazin

Il-Magazin joħrog darbafis-sena f'Diċembru. Ms Alice Farrugia u Ms Joeanna Xerri din is-sena taw dehra kompletament ġdida lil dan il-magazin. Xogħol li beda fis-sajj u baqa sejjer sa Novembru biex b'hekk stajna nkunu fil-ħin. Nirringrazzjaw kull min kiteb xi artiklu u nħegġgukom li min għandu xi artiklu jgħatihulna biex nipublikawh għal edizzjoni li jmiss.

Attivitajiet b'kollaborazzjoni ma'

I-Għaqda Youth Cafe

B'Suċċess kbir u bix-xogħol ta l-Aġenzija żgħażaġħ qed isir Youth Cafe kull nhar ta' Ħamis bejn il-5.00pm u s-7.00pm. Nieħdu pjacir naraw li l-attendenza dejjem tiżdied u ż-żgħażaġħ tagħna jidhru li qegħdin jittgħallmu u jieħdu rikreazzjoni.

Friendship Circle

Grupp li huwa maqsum fi tnejn skond l-eta li qed isir kull nhar ta Sibt ġewwa l-premises ta l-assoċjazzjoni. Dan il-grupp qed jahdem fuq life skills. Jidher li l-partecipanti qed jieħdu gost u fl-istess hin qed izidu l-abilitajiet tagħhom.

Laqgħat tal-President

Il-President tal-Għaqda, attendiet diversi laqgħat mal-Gvern, Ministri, Ministeri u entitajiet oħra fejn iddiskutiet temi jew proġetti li għandhom jibbenefikaw minnhom il-membri tagħna. Hija wkoll irrepresentat f'diversi okkażżjonijiet l-Għaqda fi programmi fuq il-mezzi tax-xandir biex tqajjem aktar għarfien u twassal il-vuċi tal-Għaqda u l-membri kollha tagħha.

Xogħol tar-Released Officer

Din hija it-tielet sena fejn qed ingawdu x-xogħol siewi u mprezzabli li qed tagħmel ir-Released Officer Xogħol fejn tibgħat avvizi u ċirkulari, tattendi laqgħat, intervisti fuq mezzi tax-xandir, training seminars, workshops u konferenzi. L-applikazzjonijiet għall-proġetti, ix-xogħol li jirrekjedu u

r-rapporti li jridu jsiru wara li l-proġetti jġu mplimentati huwa kollu xogħol li jsir grazzi għar-released officer. Hija tattendi u tgħin fil-laqgħat li jsiru ta' Radio Valo fejn tgħin fil-produzzjoni tal-videos u ta' Equality in Music fejn ukoll tgħin lil Ms Sarah Spiteri. Ms Joanna Xerri ħadmet wkoll fuq kitba ta program ta 13 il-episodju li jtkellem u jigwida fuq il-ħajja ta persuna Down syndrome.

Konkluzjoni

Ser ngħalaq dan ir-rapport billi niringrazzja lil kull min attenda din il-Laqqgħa Ġenerali

Annwali. Grazzi il-membri kollha tal-Kumitat u s-Sotto Kumitati u l-familjari tagħhom tal-paċenzja u s-sapport. Napprezzaw is-sagrifiċċju u d-dedikazzjoni li voluntarjament jaħdmu għal din l-assocjazzjoni. Napprezzaw ħafna kull għajnuna li nircievu mill-helpers u l-benefatturi kollha tal-Għaqda li jgħinuna fl-ispejjes ta' Kontijiet u bzonnijiet kollha li tiltaqa magħhom l-Għaqda.

Marija Laura Mifsud
Segretarja

Joanna Xerri
President





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