

Kelmtejn

Mejju 2019 -Nru. 55



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Affiliated to



**Caritas
Malta
Epilepsy
Association**

A better life for people with epilepsy

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LAQGĦA TAL-MEMBRI 10 ta' Mejju 2019 - 'Coping with Stress'

Anthony Gatt, Direttur, Caritas Malta

Gheżiež Membri,

Il-laqgħa tal-membri li jmiss tal-Assoċjazzjoni tal-Epilessija tal-Caritas Malta se ssir nhar il-Ġimgħa 10 ta' Mejju 2019 fis-6pm ġewwa **The Meeting Place Marsa - ara l-mappa f'paġna 8**. Il-kelliem ewlieni f'din il-laqgħa ser ikun is-Sur Anthony Gatt, direttur, Caritas Malta.

Anthony twieled fl-1976, mil-Belt Valletta, miżżewweġ u għandu hamest itfal ta' bejn it-3 u 14 il-sena. Anthony huwa Psikologu u ilu jaħdem formalment fil-qasam ta' l-għajnuna soċjali mil-1999. Fiz-żgħożija tiegħu kien mogħti għall-volontarjat fi hdan il-Kummissjoni Djoċesana Żgħażaġh fejn serva għal għaxar snin. Ġab baċellerat fil-psikoloġija u l-ewwel impjeg tiegħu kien proprju mal-Caritas (Malta) bħala kordinatur tal-voluntiera. Wara hadem ma' l-Aġenzija Sedqa ma' żgħażaġh f'riskju. Għamel il-'Masters' fil-Counselling Psychology ġewwa l-Università ta' 'British Columbia' ġewwa 'Vancouver', il-Kanada. Wara dan kompli l-ħidma tiegħu bħala psikologu fil-qasam tar-rijabilitazzjoni mid-droga ġewwa l-Aġenzija Sedqa. Hadem għal numru ta' snin fil-privat qabel ma' reġa' nḡhaqad ma' Caritas (Malta) f'dawn l-aħħar 3 snin. Fil-Caritas kellu r-rwol ta' kordinatur kliniku fejn kien jikkordina l-firxa wiesgħa ta' servizzi u programmi ta' rijabilitazzjoni mid-droga. Mill-2004 Anthony serva wkoll bħala 'visiting lecturer' ġewwa l-Università ta' Malta fejn għalliem fil-qasam tal 'counselling' u psikoterapija, psikoloġija umanista u psikoloġija ta' l-organizzazzjonijiet. Matul is-snin serva fuq diversi bordijiet tal-knisja u tal-istat: il-bord terapewtiku djoċesan, il-bord professjonali tal-psikologi; il-bord tal-ħabs għar-rijabilitazzjoni

Membri tal-Kumitat 2019

President
Mr. Frank Portelli

Viċi President
Dr. Anna Micallef

Segretarja
Ms. Claudine Aitken

Teżoriera
Ms. Caroline Attard

P.R.
Ms. Robin Pinkston

Assistent P.R.
Mr. Matthew Attard

Facebook u Żaġhzaġh
Ms. Adriana Caruana Soler

Membri
Mr. Manuel Camilleri

Konsulenta
Prof. Janet Mifsud

mid-droga. Għal diversi snin serva wkoll fil-kunsill u kien segretarju tal-'Malta Chamber of Psychologists'. Ispirat mit-tagħlim soċjali tal-knisja li 'dak li tagħmlu ma' l-iċken fost huti tkunu qed tagħmluh miegħi' u mill-Papa Franġisku u l-viżjoni ta' imħabba fonda għal min qed ibati, Anthony isib fil-Caritas dar naturali. Għalih hi d-dar b'bibien miftuħa beraħ għal min hu waħdu, fqir, imtaqqal, u ddisprat. Dar li tagħti wens u serhan u dinjita, tama u fejqan. Dar fejn il-bniedem jagħraf is-sbuhija tiegħu

f'kommunjoni ta' kull proxxmu iehor. Il-familja u l-vokazzjoni tiegħu jimlew hajtu. F'Awwissu tal-2018, Anthony ġie maħtur, minn Monsinjor Arcisqof Charles J. Scicluna, bħala d-Direttur ta' Caritas Malta, rwol li qed iservi b'ħafna mħabba, dedikazzjoni u passjoni.

L-ikbar teżor għal Anthony hija l-familja. Hu għożż il-mara tiegħu Marisa li għalih hi sostenitur kbir, il-ħin mal-familja, il-logħob mat-tfal, il-kuntatt man-natura, il-'camping' u l-'adventure sports', it-tgawdija tal-hajja fis-sempliċita' tagħha. Anthony iħobb jidhaq u jdahhaq!



Kelmtejn mill-President

Għeżież membri,

Nispera li kellkom Għid sabiħ u mimli hena, sliem, paċi u barka. Matul dawn l-erba' xhur ta' din is-sena ma qadniex lura u komplejna bil-hidma tagħna, anzi tista' tgħid li ma waqafniex.

F'April komplejna bix-xogħol tagħna fuq il-proġett tal-EU, Epipicto. Dan il-proġett jikkonsisti fi ktejjeb zgħir b'ħafna stampi u ftit kitba. Dan huwa mfassal għal-persuni li għandhom livell baxx ta' edukazzjoni. F'dan il-proġett qed jiehdu sehem fih minbarra Malta, Skozja, Awstrija, Ġermanja u Olanda (ara ritratt). Issa wasalna fil-fażi finali ta' dan il-proġett.

Barra minn dan l-Għaqda tagħna għet mitluba mill-Kurja sabiex żewġ membri tal-Għaqda jattendu u jiehdu parti fil-funzjoni ta' Ħamis ix-Xirka ġewwa l-Katidral ta' San Gwann. Peres li l-istedina saret pjuttost tard wieħed biss mill-Għaqda, Emanuel Camilleri, seta' jattendi. Araw ritratti mal-Arcisqof fejn qed jaħsillu saqajh.

Nagħlaq billi nerga' nagħmel l-istess appell tas-soltu biex tagħmlu daqsxejn ta' sforz sabiex tattendu l-laqqgħat tagħna. Il-preżenza tagħkom timlina bil-kuraġġ biex inkomplu. L-attenzenza li kellna f'jum il-mara kienet waħda sabiħa ħafna u nawgura li jkollna attenzenzi simili għal-laqqgħat li jmiss.



Epipicto meeting



NOTICE BOARD

Epilepsy ToolKit

Verżjoni bil



AVVIZ

Ser tingħata kopja b'xejn
tal-Epilepsy Toolkit
waqt il-laqqgħa tal-Membri
tal-10 ta' Mejju.

Inħeġġukom biex tattendu.

Żomm dawn id-dati....

Il-Laqqgħat għall-Membri,
din is-sena 2019, huma dawn:

- 10 ta' Mejju - Għal post ara paġna 8
- 12 ta' Lulju
- 13 ta' Settembru
- 8 ta' Novembru

fis-6 ta' fl-għaxija ġewwa The Meeting
Place Marsa (ara paġna 8).

**Kull ma jingħad waqt il-laqqgħat
jinżamm kunfidenzjali.**



Messaġġ li rċevajna wara
l-laqqgħa tal-membri tat-8 ta'
Marzu:

*"Interessanti mmens
u serraħt rasi minn
ħafna biżgħat."*



Saturday-18th May
11am to 2pm
Ta' Qali field
Bring your own picnic

for more info
or
in case of rain

please phone
9980 3846

look out for
purple balloons



Inspire Mosaic Project

co-ordinated by Ms. Robin Pinkston obo Caritas Malta Epilepsy Association

Funded by a Malta Arts Council "Creative Communities" grant



Desiring to see more cooperation and collaboration between NGOs that work with children with disabilities, Caritas Malta Epilepsy Association through its committee member Ms. Robin Pinkston created the "Inspire Mosaic Project." Inspire Foundation was extremely supportive in allowing their premises to be used and applying for the Malta Arts Council "Creative Communities" grant that allowed the project to bring in professional artist Mary Portelli from Gozo Mosaics. Throughout the process of collecting recycled ceramics and tiles, preparing them, and producing the seven lovely mosaics, there was truly a sense of

Creative Community among the children from the different NGOs.

The mosaics were displayed together at the Action Planet exhibition in Spazju Kreattiv in February/March 2018 and then the seven pieces were donated to the participating organizations including Caritas Malta.

The mosaic art piece entitled "A Maltese Countryside" is now embellishing the corridor wall leading to the offices of Caritas Malta, please refer to the images above. Well done to all the team!

- ▶ Most women with epilepsy will have a:
 - ▶ Normal Pregnancy
 - ▶ Normal Delivery
 - ▶ Unchanged seizure frequency
 - ▶ 90% chance of having a healthy baby



Keeping you and your baby safe

- ▶ Dress or change baby on the floor
- ▶ Sponge baby down on a changing mat on the floor safer than bathing in water
- ▶ Carry baby in a padded carry cot or sling and not in your arms
- ▶ A wrist strap on your baby's pram means that the pram will not roll away if you let it go
- ▶ Feeding baby in a low high chair
- ▶ Feeding baby whilst you sit on the floor, surrounded by cushions and leaning against the wall

Women and Epilepsy

Caritas Malta Epilepsy Association hosted their bi-monthly Member's Meeting on Friday evening, 8th March at the Catholic Institute in Floriana. As this date fell on "International Women's Day" the topics discussed were focused on women with epilepsy. Dr. Anna Micallef opened the meeting and introduced our first speaker, Ms. Juanita Muscat from Across Limits. She explained about an upcoming opportunity for a pilot project funded by Erasmus Plus to help women with disabilities start their own businesses called, "100 Mirrors- Inclusive Tools for the Motivation of Enterprising Disabled Women." More information can be found at <http://acrosslimits.com/100-mirrors-inc/> or by emailing info@acrosslimits.com.

Following her Dr. Anna Micallef gave a brief introduction to Dr. Sarah Sultana Grixti who is an obstetrician-gynecologist who specializes in maternal medicine and mothers who have complications before, during, and after pregnancy. Her experience was clear and she gave a very professional presentation as she shared about the "Good News" that most women with epilepsy would have a fully successful pregnancy and delivery without complications. She spoke about planning for pregnancy, evaluating medications, whether epilepsy would be passed on to the baby, labour, delivery, and post-partum issues as well as giving tips to moms with uncontrolled epilepsy about keeping their baby safe once he or she was delivered.

President Frank Portelli and Dr. Anna Micallef drew the evening to a close by presenting Dr. Grixti with a small gift and then sharing about the newly published "Epilepsy Toolkit." The 30+ people in attendance were then given a toolkit in English or Maltese, some home baked goodies, and the women were presented with a yellow rose for "International Women's Day." The next member's meeting will take place on 10th May.



Presentation at Inspire Foundation

On March 13th, 2019, members of the Caritas Malta Epilepsy Association were delighted to do a one and a half hour training with the caregivers of the Star 25 programme at the Inspire Foundation in Bulebel. The 35+ workers were enthusiastic and participated as they shared some from their experiences and asked great questions. Professor Janet Mifsud led an informative training session with President Frank Portelli's assistance.

Then Caroline Attard and Robin Pinkston shared their experiences as mums of children with epilepsy. The desire for buccal midazolam, a rescue medication that is administered orally rather than rectally, was also discussed and the need for it affirmed. CMEA is currently advocating for buccal midazolam to be brought to Malta. Thank you to Inspire Foundation for this training opportunity!

DONAZZJONIJIET

Jistgħu jsiru donazzjonijiet biex jappoġġaw il-kampanji edukattivi u l-konferenzi tagħna f'dan il kont:

Bank: Bank of Valletta
Beneficiary: Caritas Malta Epilepsy Association
Account No: 40012251483
IBAN: MT44VALL22013000000040012251483
SWIFT CODE: VALLMTMT

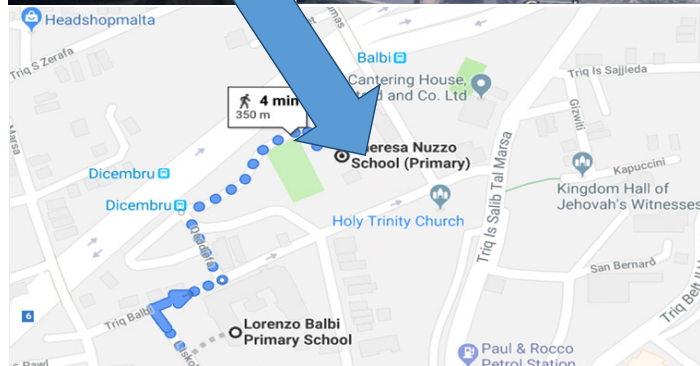
Grazzi mill-Qalb



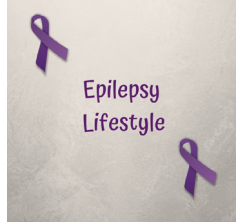
Presentation at St. Thomas More College

On Monday afternoon, 25th March two representatives from Caritas Malta Epilepsy Association shared with 30+ leaders from the St. Thomas More College of schools. The leaders included assistant heads and school guidance counsellors. The one hour presentation included an informative Power Point presentation, video clips of various types of actual seizures, and personal experiences in Maltese schools with epilepsy. The participants gave very positive feedback and most took copies of the newly published “Epilepsy Toolkit” available in English and Maltese. If you would like to have CMEA share this free training with people at your school or workplace, please contact us at maltaepilepsy@gmail.com.

“The Meeting Place” viċin l-iskola Theresa Nuzzo ġewwa l-Marsa



IMPORTANTI
Il-laqqgħa tal-membri
ta' l-10 ta' Mejju ser
issir f'dan il-post.
Dan huwa post ġdid
u ħa nkunu aħna li
ser inżanżnu dan
il-post.



follow & subscribe on:
<https://www.epilepsylifestyle.com/>

Call Me Disabled One More Time, I Dare You.

If you're like me, you have come across those special people in your life who have picked on you, gave you the cold shoulder, or never gave you the time of day. I hate people who do these types of things, and I'm pretty sure you do too. It's even worse when it all ties to your disability. The fact that we're stronger than these people yet they continue to pick on us is disrespectful. I have a few words for those who want to pick on me or my fellow people in my community; "Call me disabled one more time."

I want someone to call me disabled one more time to my face (or on social media) because I will gladly teach them how we are as good as they are. I would simply tell the person who called us disabled that if you think our disability holds back from living our life, you're wrong. We adapt our lives to fit our needs, but we never let our disability hinder our lifestyle. You should also know that our ability to inspire and give strength to others is easy. It would take you weeks to accomplish what we can in one day. Do you still think that we're different? Despite multiple doctor visits, hospital stays, ambulance rides etc., we always find a way to have fun!

Personally, I thrive off those who think I'm different just because of my epilepsy. I use their remarks as fuel to succeed in something they wouldn't think I could do. The fire in me now is allowing me to spread awareness through public speaking. Yes, public speaking that most of the people hate to do. I'm doing my speaking with the chance of having a seizure on stage; Beat that 😊

CMEA activities March 2019 to April 2019

Date	Meeting/Event	Who attended
1 st March 12:00	Fleur de Lys Day Support Centre: Training for care workers	Janet Mifsud + Frank Portelli
8 th March 6:00pm	CMEA members meeting, Floriana	Women & Epilepsy: Guest Speaker: Dr Sarah Sultana Grixti.MD
12 th March 5:00pm	Meeting @ CMEA website update	Noel Portelli + Noel Mercieca + Frank Portelli
13 th March 12:00	Inspire Bulebel: Training for staff	Janet Mifsud+ Frank Portelli + Caroline Attard + Robin Pinkston
16 th March 9:00am	Presentation of Epilepsy Toolkit to neurologists at Mater Dei Hospital	Anna Micallef + Claudine Aitken
21 st March 12:00	Meeting with Chairman and CEO PBS @ PBS productions and photosensitive epilepsy, G'Mangia	Janet Mifsud + Frank Portelli
24 th - 27 th March	EPIPICTO Erasmus + project meeting Koln Germany	Frank Portelli + Josette Portelli
25 th March 1:00pm	Talk at St Thomas More school for teachers, LSEs and other staff members, Marsaxlokk	Robin Pinkston + Caroline Attard
2 nd April 12:00	Visit to The Meeting Place, Marsa, new venue for meetings for NGOs	Frank Portelli
2 nd April 1:30pm	Quotation for printing EPIPICTO material	Frank Portelli
5 th April 5:00pm	MCSC meetings with Health VOs, Valletta	Caroline Attard
9 th April 6:00pm	TV program Cittadini Attivi on F living	Robin Pinkston + Frank Portelli
16 th April 9:00am	Meeting with Dr Joanna Spiteri CEO, Broadcasting Authority, Hamrun @ photosensitive epilepsy and guidelines for TV audio-visual productions in Malta, Hamrun	Janet Mifsud + Frank Portelli
16 th April 12:30	Meeting Accountant: Financial Report 2018, Valletta	Frank Portelli
17 th April 9:30am	Meeting with Ms Sandra Cortis, Director, National School Support Services and CRPD representatives @epilepsy in schools, Hamrun	Robin Pinkston + Caroline Attard + Frank Portelli
18 th April 5:00pm	Invite to attend Maundy Thursday Washing of Feet Ceremony by Archbishop at St John's Co-Cathedral, Valletta	Manuel Camilleri
25 th April 6:00pm	CMEA Committee Meeting, Valletta	CMEA Committee members

