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*Caritas Malta Epilepsy Association
tibgħat l-isbah xewqat għall-Milied hieni u
s-sena għdida mimlija hena, paċi, risq u saħħa
lill-membri kollha u lill-familji u graba
tagħhom.*

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Affiliated to



**Caritas
Malta
Epilepsy
Association**

A better life for people with epilepsy

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SAVE THESE DATES

MEMBERS' MEETINGS

FRI - 14th Jan 2022

FRI - 11th Mar 2022

FRI - 13th May 2022

FRI - 8th Jul 2022

FRI - 9th Sep 2022

FRI - 11th Nov 2022

please send an email to
maltaepilepsy@gmail.com for
 further details.

Membri tal-Kumitat 2021-24

President
 Mr. Frank Portelli

Viċi President
 Dr. Anna Micallef

Segretarja
 Ms. Robin Pinkston

Teżoriera
 Ms. Caroline Attard

P.R.
 Mr. Matthew Attard

Facebook u Żagħżagħ
 Ms. Adriana Caruana Soler

Membri
 Mr. Manuel Camilleri
 Mr. Kevin Attard
 Ms. Claudine Aitken

Konsulenta
 Prof. Janet Mifsud

Psychotherapist
 Verena Portelli

Disinn:
 Kevin Attard / Noel Portelli



Members of the Committee serving during the year 2021 (left to right): Anna Micallef, Adriana Caruana Soler, Kevin Attard (front), Matthew Attard, Robin Pinkston, Frank Portelli, Verena Portelli, Janet Mifsud, Noel Mercieca, Claudine Aitken, Caroline Attard, Noel Portelli, Manuel Camilleri.



KELMTEJN MILL-PRESIDENT

Għeżież kollegi, ħbieb u membri, nispera li tinsabu tajbin. Bħal dejjem nappellalkom biex dejjem tiegħu ħsieb saħħitkom. Min hawn nerga' nfakkarkom sabiex tobdu d-direttivi tad-Dipartiment tas-Saħħa u tiegħu l-prekawżjonijiet kollha meħtieġa. Tinsewx li l-każi reġgħu qed jizdiedu. Bi pjaċir inħabbrilkom li l-Għaqda tagħna ġiet mogħtija "Freedom to live" grant mill-Ministry for Inclusion and Social Wellbeing. L-ammont li se ningħataw huwa ta' kważi ħames t'elef euro, biex inkun ezatt l-ammont hu ta' € 4990.22.

Din is-somma kollha ser tintuża sabiex nerġgħu nippubblikaw diversi materjal li bħalissa wasal fil-qieħ. Tista' tgħid li din il-grant waslet eżatt fil-ħin għax ridna naraw x'ser nagħmlu dwar il-materjal li konna kważi qoxqox u kważi bdejna noqodu lura biex inqassmuhom. Fejn stajna bdejna ngħidulhom li jistgħu isibuhom fuq il-website. Ċerti materjal bħal diaries u Identity Cards, ma stajniex nagħmlu mod iehor. Tista' tgħid li rċevjna Christmas Present. Infakkarkhom ukoll li din is-sena għalaqna 25 sena mit-twaqqif ta' din l-Għaqda tagħna, Caritas Malta Epilepsy Association. Għal-din l-okkazzjoni ippubblikajna ktejjeb li jinkludi ħafna ritratti. Qedin niħabtu sabiex dan il-ktejjeb jiġi mniedi għand il-President ta' Malta ġewwa l-palazz. Dan il-ktejjeb kien jinvolvi xogħol mhux hażin u ma nafx kemmil-darba kellna nħassru u nbiddlu. Izda wara ħafna dan wasal ukoll.

Għalkemm il-pandemija għada għaddejja ġmiela aħna xorta waħda bqajna għaddejjin bil-laqqgħat u fil-fatt għamilna kemm laqqgħat, fik ukoll training fejn konna mistiedin imorru personalment f'diversi entitaljiet u fuq il-midja. Din in-newsletter fil-fatt hija iddedikata għal dawn il-laqqgħat. Ta min isemmi li dawn ntuhom b'xejn. Izda xorta qed ngħamlu laqqgħat fuq il-computer biz-zoom. Għaldaqstant ma nafx il-għaliex l-attendenza qed tkun fqira meta tistgħu tingħaqdu magħna minn ġewwa darkom bil-computer.

Aħna niehdu pjaċir nisimgħu leħinkom u nilqgħu is-suġġerimenti li tgħaddulna. Nagħlaq billi nixtieqilkom milied mimli hena, risq u paċi. Nafu li dan il-milied ser ikun differnti mill-oħrajn għax ma nistgħux ningħaqdu u ningabru flimkien pero nibqgħu positivi. Irridu nżommu d-distanza soċjali u nittamaw li din il-pandemija tgħaddi malajr. Nerga' nappella biex tobdu d-direttivi u oqodu safe u l-bogħod mill-periklu.

Inselli għalikom.

Frank



Members' Meeting - Friday, 12th November 2021

Journey of a thousand miles begins with a first step:
Acceptance and Growth



Mr Anthony Gatt, Director of Caritas Malta addressed participants at the CMEA members meeting held at the new Caritas Community Centre Triq Mountbatten Blata-I-Bajda on Friday 12 November 2021.

The subject of his talk was **Journey of a thousand miles begins with a first step: Acceptance and Growth**. Following an introduction of the participants, the topic of this session focused on the process of acceptance in the face of loss, especially in relation to health and epilepsy .

Mr Gatt discussed the five stages of what happens after the loss : denial, anger, bargaining, depression and acceptance. He discussed what helps our personal journey toward acceptance; How can we heal losses and grow through them? How can we decide on what action to take to change the things we can and when do we work toward accepting what we cannot change?

The session included extensive space for sharing various personal experiences in this regard. The session generated a great deal of food for thought and participants felt very comfortable to share very personal experiences in a safe space, where they felt accepted.

It was an excellent meeting and CMEA are very grateful to Mr Gatt for his time and dedication to Caritas Malta and CMEA.

9th November 2021

Robin Pinkston and Janet Mifsud were invited to speak to the support workers Agenzija Sapport. These work in various centres and some also work in the community. The training was given in Santa Venera.

There were around 20 participants who were extremely interested in learning more about epilepsy and especially what to do as first aid and paid a great deal of attention to the videos. They also asked several questions related to how to handle seizures in their clients who also had learning impairment. They were also keen to learn about the different types of seizures. It was a real pleasure to meet with them and several expressed their wish to be on CMEA mailing list.

25th November 2021

Online conference on epilepsy and climate change organised by Prof Sanjay Sisodia, Uk Epilepsy Society.

Climate change is with us. How will it affect people with epilepsy? How do we contribute to climate change in our professional lives? What can we do about it? EpilepsyClimateChange is hosting its first virtual conference to begin to address these important issues.

Janet Mifsud chaired one of the sessions on Taking Action.

3rd December 2021

CRPD National Conference: A stronger voice for persons with disability conference.

Frank Portelli, President CMEA attended a conference held by CRPD. The conference focussed on strengthening the role of NGOs and DPOs in the disability sector through effective lobbying and advocacy. The conference was of direct interest to disabled activists, NGOs and DPOs. The theme was 'A Stronger Voice for Disability'. The venue was Radisson Blu Hotel, St. Julian's. There were several speakers, including a Ministers and 3 members of Parliament.

The speeches of the members of parliament were very encouraging and we hope they maintain their promises. One promise by an MP was that the financial vote would be increased considerably.

TRAINING SESSION TO Staff and Carers & Mtarfa Day Centre



On 5 November 2021, Frank Portelli, President CMEA and Janet Mifsud, Advisor CMEA gave the first face to face training session in nearly 2 years! It was given to the staff and carers of the Mtarfa Day Centre staff and carers of the Mtarfa Day Centre which is run by Support Agency.

Over 50 persons attended and the participants showed a great deal of interest in our talk on a basic background to epilepsy since several of their clients have seizures. They paid a great deal of attention to the videos we showed on the different types of seizures, first aid in seizures and made several interventions and had several questions to ask.

The evaluation forms indicated that they benefited greatly from this session. The Manager of the Day Services expressed her intention to invite CMEA to give this session to other day centres. The aim of these day centres is to help persons with disability to continue developing their potential through different types of activities, and to provide support to their families so that such persons can continue living within the community without being socially excluded or institutionalised.

TALK BY CMEA GROUP TO 7 year olds on epilepsy



Robin Pinkston and Janet Mifsud as CMEA representatives were invited to speak about epilepsy to a class of 7 year olds in a church school in Malta.

The talk was kept very simple, with lots of images and cartoons, and focussed on the fact that we are all different. Some people are tall, some are short, some wear glasses, some have asthma, some have diabetes and some have epilepsy. Everything we do

is controlled by the brain and sometimes it sends the wrong messages to parts of the body. Thus they may make strange movements and they may fall sometimes and it is important to know what to do in case of a seizure: call for an adult, keep calm, stay with your friend.

They also had a small quiz to confirm what they learnt and they also asked lots of very interesting questions.

It was a real pleasure to have the opportunity to address these children and we wish to thank the INCO who organised the talk for CMEA. All schools who have a child with epilepsy are very welcome to contact CMEA in order that we can give a similar talk to teachers, LSEs and children.

We are all different....



How can I help my friend having a seizure?



TRAINING SESSION BY The Safeguarding Commission

The Safeguarding Commission held a very informative and practical training at the Caritas Community Centre on Monday, 29th November from 9:00 am to 12:00 pm. Three representatives from the Caritas Malta Epilepsy Association, President Frank Portelli, Caroline Attard, and Robin Pinkston were present. The presenters handled a difficult subject with grace and there were also opportunities for work and situation specific questions to be answered. It is critical that the work to safeguard children and vulnerable adults continues. Caritas Malta Epilepsy Association appreciates their efforts in spearheading this important work. For more information visit <https://safeguarding.mt>.



Pictured left to right: Andrew Lowell (Social Worker, Safeguarding Commission), Caroline Attard (CMEA), Frank Portelli (CMEA), Robin Pinkston (CMEA), Carly Zarb (Social Worker, Safeguarding Commission)



Spalla ma Spalla ma Albert Buttigieg fuq F Living.

Frank Portelli u Matthew Attard kienu mistidien fuq il-programm Spalla ma Spalla ma Albert Buttigieg fuq F Living. Il -programm kien fih 90 minuta u xorta waħda kien hemm hafna aktar li seta' jingħad. Albert beda jagħmel il-mistoqsijiet u jalterna daqqa lil Frank u daqqa lil Matthew.

Mistoqsijiet kienu jinkludu: X'inhi l-epilessija? X'jigri waqt aċċessjoni? X'inhi recovery position? Jekk hix kondizzjoni jew marda? Jekk tittiħidtx? Staqsja fuq l-esperjenzi personali tagħhom t-tnejn. Spjegaw ukoll dwar l-Għaqda, kemm ilna mwaqqfin, kemm il-darba niltaqqgħu etc.

TRAINING SESSION TO Police recruits at ta' Kandja



Janet Mifsud, Frank Portelli, Manuel Camilleri were invited by Mr Bruno from the Malta Police Academy to once again provide training on epilepsy to new Police recruits at the Ta Kandja Academy on 9 December 2021. 41 police recruits were present and they were given information about epilepsy, symptoms of most common types of seizures

and simple first aid in epilepsy. Manuel and Frank then shared their personal experience with epilepsy. The participants were very interested and asked several questions including about driving and how to ensure the safety of a person with epilepsy in a public space. They were each provided with a copy of the Epilepsy Toolkit and also information on how to contact CMEA should they need more information.

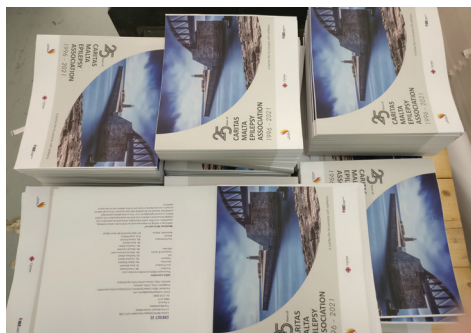
14th October 2021

Caroline Attard and Robin Pinkston attended Fresher's week at MCAST in conjunction with Malta Health Network. They took the opportunity to visit the other organizations that were present and made some great contacts. They left an English and Maltese tool kit for the library at MCAST and who planned to invite CMEA to do a training session once their library has moved to its new premises in a few months' time. They met colleagues from the Richmond Foundation, Malta Health Network and Agenzija Żgħażaġh.



CMEA's stand at the Fresher's Week at MCAST (see page 5)

Date	Event	Venue/Online	Participants
16 Sept 2021	Committee Meeting	zoom	Janet Mifsud, Claudine Aitken, Robin Pinkston, Adriana Caruana Soler, Frank Portelli, Caroline Attard, Manuel Camilleri, Matthew Attard
17 Sept 2021	Annual General Meeting	zoom	Janet Mifsud, Claudine Aitken, Robin Pinkston, Adriana Caruana Soler, Frank Portelli, Caroline Attard, Noel Portelli, Manuel Camilleri, Matthew Attard. Kevin Attard
29 Sept 2021	Committee Meeting	Caritas Community Centre Blata-I-Bajda	Janet Mifsud, Claudine Aitken, Robin Pinkston, Adriana Caruana Soler, Frank Portelli, Caroline Attard, Manuel Camilleri. Kevin Attard
11 Oct 2021	Lecture to 3rd year pharmacy students	University of Malta	Janet Mifsud, Frank Portelli
12 Oct 2021	Lecture to 3rd year pharmacy students	University of Malta	Janet Mifsud, Robin Pinkston
14 Oct 2021	Stand at MCAST in conjunction with Malta Health Network	MCAST, Paola	Robin Pinkston and Caroline Attard
5 Nov 2021	training Mtarfa Day Centre 11.30am; 56 staff members	Mtarfa	Janet Mifsud, Frank Portelli
9 Nov 2021	Talk to Support Employees	Santa Venera Scouts hall in front of Agenzija Support's head office	Janet Mifsud, Robin Pinkston
12 Nov 2021	CMEA Members meeting	Caritas Community Centre Blata-I-Bajda	Mr Anthony Gatt, Director Caritas Malta
13 Nov 2021	Caritas Malta Telethon	WE Studios, Qormi	Janet Mifsud
22 Nov 2021	Invitation to speak to children in a church primary school 11am	Kenneth Borg 11am	Janet Mifsud, Robin Pinkston
24 Nov 2021	Invitation on NET TV morning show	Jordi Farrugia 8.45am	Frank Portelli
24 Nov 2021	Meeting with Gertrude MHN	teams and F2F 9.30am	Janet Mifsud, Frank Portelli
25 Nov 2021	Online conference on epilepsy and climate change organised by Prof Sanjay Sisodya, Uk Epilepsy Society	Prof Sanjay Sisodya UCL	Janet Mifsud chaired one of the sessions on Taking Action
29 Nov 2021	Training on the safeguarding of young people	training given by Mr Andrew Azzopardi, Safeguarding Commission, Malta Diocese at the Caritas Community Centre Bkara	Robin Pinkston, Caroline Attard, Frank Portelli
2 Dec 2021	Invitation to Spalla ma' Spalla F Living TV	Albert Buttigieg	Matthew Attard, Frank Portelli
3 Dec 2021	CRPD National Conference: A stronger voice for persons with disability conference	Radisson Blu Hotel, St Julians	Frank Portelli
9 Dec 2021	Training for police recruits	Ta Kandja 1pm - 230pm	Janet Mifsud, Frank Portelli, Manuel Camilleri
10 Dec 2021	Special IBE General Assembly	online	Robin Pinkston, Frank Portelli, Janet Mifsud, Claudine Aitken



The printing of the 25th Anniversary Book at Best Print, Qrendi.