SIS No: 45 Name of the Project: *HOLQA: a mini-theatre festival* Organisation: *TROUPE 18.45* (VO/0371)

Brief Summary

This will be an artistic education project developed by the Theatre group of the University of Malta Junior College, who involves students aged 16 – 19.

The project will be offering young theatre professionals and adolescents across Malta to work and create alongside youth from different countries through a multilingual bridge by means of various theatre styles and activities.

The proposed project will take place from 02-05 April 2104. The production for this festival started off in October 2013. Activities included during the four-day festival will be:

- Performance in public places / schools by the participant groups
- Theatre workshops in the spheres of acting, voice, dance/movement

Each theatre group will develop its artistic production around a common theme, which can be explored in different styles and ways. The theme will carry a social impact related to specific topics such as violence, illiteracy, poverty amongst young people etc. All groups will be provided with specific guidelines by the Project's production team.

SIS No: 70 Name of the Project: Street Poetry Banners Organisation: *Inizjamed (VO/0355)*

Brief Summary

For the upcoming Ninth edition of the Malta Mediterranean Literature Festival, Inizjamed would like to use banners with verses from poets and writers (both local and international) who will be taking part in the translation workshop, held during the week that precedes the Festival. The writers will read each others' works at the Festival at the end of the week. The banners will be placed strategically in Valletta and will serve two purposes: firstly, the banners will in themselves create the notion of street poetry. People will be able to read the verses and arouse their curiosity to read more; the second purpose will be that of advertising the Festival. The banners will be made out of canvas and also Expanded Polystyrene. Inizjamed works tirelessly throughout the year in order to bring people closer to literature and eradicate the perception that literature is something for the elite. This will also be the first step towards making the Festival an integral part of public life in Valletta.

SIS No: 24 Name of the Project: Online Record Book and Website Organisation: *The President's Award Scheme (VO/0831)*

Brief Summary

The President's Award Scheme in Malta is part of the Duke of Edinburgh's International Award programme. It is a self-development programme for all young people aged 14 years – 25 years. It aims to equip youths with life skills, builds their confidence and engages them within their communities.

Our vision for the Award programme is to become the programme of choice for young people reflected in quality, growth and external perception.

In order to reach out to as many youths as possible we are engaging into an ON LINE RECORD BOOK SYSTEM for which Malta will be participating. The on line record book will be accessed through our new website which is to be developed. Furthermore it will give all the participants the opportunity to self-assess their performance, allow the national authority to monitor and offer one to one guidance to all participants. It will also give us the opportunity to have better statistical information on all youth's participating in the programme.

Due to the fact that the Award program is also to be launched in schools as well as NGO's and also as it will be included in the 20% school based choices learning area in the senior secondary cycle it is important to be able to reach out to all students in time to be able to cope with the student applications.

The project will consist of the redevelopment of our new website promoting the Award to all youths in Malta and will also link up with the International Foundation of the Duke of Edinburgh's Award which has developed the on line record book system .

SIS No: 89 Name of the Project: *Christmas with the Musicals 2013* Organisation: *The Helping Hands Group (VO/0286)*

Brief Summary

The Helping Hands Group is once again proud to present one of West End's favourite's Joseph and the Amazing Technicolor Dreamcoat in a fully LIVE version interpretation involving a large cast of youths, live orchestra, budding actors and singers from Gozo enriched with established singers from Malta together with an 80-strong children's chorus with all profits going to Puttinu Cares.

As a series of social and cultural events in preparation of the above production the Helping Hands Group is presenting Christmas with the Musicals – an evening of Christmas favourites and a taste from March's production.

It was always the aim of the Helping Hands Group to instill a philanthropic sense in young people while providing them safe and honest entertainment through various events especially stage productions. One should also emphasize the huge benefit one acquires through such stage events in character formation, teamwork and acceptance/awareness of peer participants coming from various social backgrounds while also including persons with special needs and assistance.

SIS 02 Name of the Project: *ADHD CONFERENCE 2014* Organisation: ADHD Family Support Group Malta (VO/0041)

Brief Summary

The ADHD Family Support Group Malta is organising a two day conference (including workshops) with two foreign speakers namely:

(1) Kevin Roberts (U.S.A): "Unlocking the power of ADHD"

Kevin Roberts has ADHD & holds an M.A. in ADHD studies. He runs ADHD Success-in-School groups for teens, conducts camps for children with ADHD, and is the cofounder of The Empower ADD Project (<u>www.EmpowerADD</u>.org) –an organization that seeks to launch creative ADHD young adults into successful lives. He is the author of Cyber Junkie: Escape the Gaming and Internet Trap (2010) and the book MOVERS, DREAMERS, AND RISK-TAKERS: Unlocking the Power of ADHD (June 2012). <u>http://kevinjroberts.net</u>

and

(2) Steve Brown (or Phil Anderton) (U.K): "ADHD and Justice".

In the UK, Steve Brown and Phil Anderton, with their experience as police officers have brought about significant awareness of ADHD issues amongst professionals who work with children and young people. They have focused recently on identifying the Tipping Points and risk-taking behaviours that manifest from the disorder and has moved toward a model of working that empowers parents and care providers to have a greater level of achievement toward the proactive redirection of youth. <u>http://www.adhdandjustice.co.uk</u>

The topics of the conference are concerning the topics of self-help and advocacy with regard to Attention-Deficit-Hyperactive disorder (ADHD) with the objective to promote their positive inclusion in society. The conference would be of great interest to not only the ADHD adults and parents of children with ADHD, teachers, sports coaches and professionals in the voluntary and social organizations in this sector, and not least the police force, government departments of Education, Health and Social Policy.

The target dates for the conference (a two day event) are: **Saturday 26th April & Sunday 27th April 2014**. The Conference location will be a lecture hall at the **University of Malta**, with capacity for max. 200 people. The speakers will lecture on Saturday afternoon and on Sunday afternoon there will be two workshops with the speakers in classrooms at the University.

SIS No: 29 Name of the Project: Reaching Everyone Organisation: RISe Malta (VO/0834)

Brief Summary

RISe will be supplying these students with informative leaflets, that explain clearly, and shortly what rehabilitation means and how this can be achieved through our services. Moreover, we will be also informing said students that prevention is better than any cure, even in criminality. These talks will be held at school halls and other similar venues.

The website will result in a continuation of such activities. Any student which go back home with the leaflet supplied by RISe, will be attracting the attention of the rest of the family. Today, almost every family has experienced, unfortunately the reality of prison in some way or another. Thus means, that unconsciously these leaflets will be attracting the attention of family members, when they are left on any table/cupboard after school talks. The parents will be eventually looking for more detailed information, which can be found on the website. They will also have the possibility to call or visit our offices in Valletta for more explanation. With this ripple effect, the number of people we are aiming to reach will be incremented roughly by 10,000 to 15,000 more. Our project will be launched in schools during Social Studies lessons. Moreover, through social networks we can reach a good number of people. In the past 5 months we managed to reach a lot and get people more aware about the importance of what we are proposing. RISe is very active and every month we are organising events and activities to attract people from different sectors of life.

We believe that with this constant pace, we will render much more awareness.

SIS No:75 Name of the Project: Working Together to Reach our Youth in the Online World Organisation: Salesians Oratory (VO/0079)

Brief Summary

Salesians aim to be present to the young in an educational and supportive capacity wherever the young are – and today's youths spend plenty of time in cyberspace. The internet being widely accessible makes cyberspace an appealing platform through which even minority groups can be reached.

This realization led the **Salesian Oratory (VO/0079)** to collaborate with others and establish the **Kellimni.com** partnership as an independent service embedded within the national youth social context.

This project, running from January to December 2014, aims to bolster the **Oratory**'s capacity to respond to the needs of a wider range of young people through a supportive collaboration with the **Kellimni.com** team, in three ways:

- 1) Making its premises available and supporting **Kellimni.com** to organise training for its volunteer staff. This will enable them to respond more appropriately to specific issues while developing their personal and professional skills and competencies;
- 2) Creating a series of well-thought out and attractively designed online resources for young people addressing present-day realities that negatively impinge on youths' growth and development, specifically dealing with:
 - creating a preventive awareness around the issue of cyber-bullying;
 - the identification, non-trivialisation and active countering of hate speech;
 - promoting the inclusion of minorities as a justice issue in our society;
 - the promotion of an active, healthy, lifestyle for sustaining mental health;
 - right-relations within the different permutations of family groupings; and
 - the promotion of training as a component of volunteering (locally and abroad) and this as a means for young people's holistic development.
- 3) Publicizing the **Kellimni.com** services will enable the project's potential to be fully realized. Thus, the **Salesian Oratory**'s Project foresees an element of outreach to targeted 'youth facilities', such as certain sports clubs, schools and Youth Centers.

SIS No:67 Name of the Project: *Awareness Exhibition* Organisation: *Special Olympics Malta* (VO/0165)

Brief Summary

An educational and informational exhibition that would be held in an open public and busy area such as St. George's square in Valletta, to spread awareness and educate the general public, especially families with people with intellectual disabilities about the various services and programs offered by our organization, the importance of introducing these individuals to the world of sports from a very young age, to believe in their abilities, support them and encourage them to take the first step towards making their children's life better through sports, and through a life of acceptance, inclusion and equality, that with dedication, determination and appropriate training, everything is possible, about the international achievements and successes that Special Olympics Malta athletes have achieved and about the importance of supporting them and our nation and to show people with disabilities and their families that if other athletes with disabilities have become champions, even they can.

The idea is to have informational stands to explain about the various programs that Special Olympics Malta has to offer namely, the Year-round training program, the Young Athletes Program, the Healthy Athletes Program, the MATP (Motor Activities training program) and the Family Support Network. Qualified people will be sharing information and will be available to answer questions about disabilities and about our services. We will be showing educational and motivational videos and also distribute informational leaflets.

We will have various public motivational speeches by some of our athletes and also informational speeches by some of our qualified coaches. Athletes will be sharing their experiences in life and with Special Olympics and spread a motivational message to other people with disabilities not to give up and that after all, they are no less than other people.

Speeches for the general public against discrimination, to accept and respect people with intellectual disabilities and to reduce hate speech in all its forms will also be given.

To entertain the crowd a DJ will be playing music throughout the day and coordinate the presentations. Live bands will also make short live performances to attract the general public's attention. A supervised children's area will also be available.

Last but not least, our athletes together with partners from the main stream will be giving live sports demonstrations in the square to show which sports disciplines are being offered and practiced by Special Olympics Malta and to highlight the athletes' abilities, to promote a sense of admiration towards athletes and people with intellectual disabilities amongst the public.

Sports disciples such as Volleyball, Basketball, Table Tennis, Gymnastics, Bocce and Young Athletes Program will be exhibited in the square and the general public will be encouraged to join the games and play with and against our athletes.

Other sports activities will also be played and/or exhibited in the surrounding areas of Valletta and Floriana.

A 7 a-side unified football tournament will be held at the Justin Haber football academy in Floriana. At the Valletta Water polo pitch we will have a demonstration by our aquatics team and a 3K fun run around Valletta will be organized by our Athletics team and the public will be encouraged to join in.

SIS No: 42 Name of the Project: 20th anniversary celebrations Organisation: The New Choral Singers (VO/0343)

Brief Summary

This project aims to celebrate 20 years of growth, learning and contribution to volunteering in Malta. The New Choral Singers [TNCS], from humble beginnings, has grown to become one of Malta's foremost choral ensembles completely through active volunteering and dedication of all its members. Beyond musical education and participation, the ensemble has contributed over € 25,000 over the past 8 years and has brought strong musical and volunteering awareness through its activities with the public at large. No admission fees have ever been charged by TNCS with all funds raised going directly to the charities and ensuring that the music is accessible to the public at large.

Together with a High Mass scheduled for the month of March, the choir will be celebrating its 20th anniversary with a concert for choir, soloists and orchestra in June. The event will be held at St. John's Co-Cathedral and will be in aid of the Hospice Malta. Entry will be free to the public and we expect to reach house capacity of circa 1000 – this figure is based on past experience. The choir members are expected to each contribute up to 80 hours of preparation time together as a group, as well as more study time at home. Furthermore, members from the choir will also be dedicating time planning and promoting the event, editing and writing music, and working on designs, all done on a voluntary basis and without any remuneration what so ever.

The concert will revive pieces of music by the 19th century composer Pietro Paolo Bugeja, which have been sourced from the archives of the Franciscan Minor Conventuals and which were written in 1896 circa. and are being edited by the Choir Director, Robert Calleja. In addition, the choir will be premiering music by Geoffrey Nobes, a friend of the choir and an English choir conductor and musician who wrote the music specifically for this concert as his anniversary gift to the choir. The choir will also perform a large-scale contemporary piece, 'Song of Songs' by Mr. Patrick Hawes, who is best known as composer in residence at Classic FM in the UK and for writing the 'Highgrove Suite' for HRH the Prince of Wales, which will be premiered in Malta during this concert at the composer's request.

SIS No: 78 Name of the Project: Southern Comfort Organisation: The Spiro Mizzi Foundation (VO/0721)

Brief Summary

'Southern Comfort' the brainchild of Can Fr Joe Mifsud, the former Cospicua Archpriest, was launched on 1st April 2010. The Project's main objective is to look after the educational needs of 8-11 year old children mostly coming from dysfunctional families within the Cospicua area. Qualified teachers are engaged, against a fee to help these children with their homework and with other problems they may encounter at school. Spiro Mizzi Foundation is our main sponsor. Classes are purposely made up of not more than 4 students each, so that teachers can focus their attention on the personal needs of each child. Drama lessons are also held to help these children improve their self-confidence and subsequently their self esteem. From time to time, mostly in Summer we organize cultural outings for these children as well. It is through education in all its aspects that we can break and reverse an inherent apathy towards learning, which has lingered on from one generation to the other in the Cottonera area. We strongly believe in our Mission Statement ' A Better Future through Educational Skills' in order that these children may stand a better chance to face the future with more convection.

We cater for around 20 children who are handpicked by the Archpriest. These children would qualify to attend 'Southern Comfort' only if they come from unmotivated home environment, so that the very limited resources we have, can be channeled towards the most needy.

SIS No: 32 Name of the Project: Supporting Hate Crime Victims Through Information Provision Organisation: Victim Support Malta (VO/0141)

Brief Summary

Hate speech is a crime. The 2012 EU Directive establishing minimum standards on the rights, support and protection of victims of crime aims to strengthen the rights of victims of crime by including new rights not previously included in European (or national) legislation. These new rights include the right to information and support. The Directive provides legally binding minimum standards that all EU Member States must fulfil to ensure that victims of crime receive the best possible care and support in the aftermath or crime.

The project entails the development of content which will create a point of reference for those seeking information pertaining to hate crime. The information will be organised according to the rights emanating from the said directive and other legislative instruments, and will be provided in the form of FAQ's which victims or practitioners can refer to. The website should be complemented by a PR and Facebook campaign through which the information contained therein would be promoted.

SIS No: 53 Name of the Project: Web Page Organisation: Women's Rights Foundation (VO/0880)

Brief Summary

The entire project consists of design, development and publication of a web page for Women's Rights Foundation (WRF).

The two primary functions of WRF are to:-

1) Raise awareness about Women's rights in general

2) Provide initial free legal information and legal assistance to victims of domestic violence, sexual assualt and human trafficking.

The web page we plan on creating will be of immense importance in furthering the causes of WRF because the very design of the page will be built around the aims of the foundation.

The web page will have a section where all relevant laws and regulations will be published, examined and sectioned according to relevance, as well as links to all other stakeholders, including police and Agenzija Appogg and the Ministry for Social Dialogue, Consumer Affairs and Civil Liberties.

There will further be a section on frequently asked questions where these laws and their application will be explained in practice and also intend creating a secure section where the victims of human trafficking and domestic violence could establish contact with WRF anonymously and get professional advice accordingly.

Finally, considering that we understand that the issues of domestic violence, sexual assulat and human trafficking is multifaceted and extends beyond legal perspective, we will use our website to promote cooperation between various NGOs and Governmental departments in tackling the problems from as many sides as possible. Therefore, we will have a continuos updated section on news, projects and activities organised by WRF and other organisations in promoting our aims.

The webpage will be designed in a user friendly manner, so that sections can be updated by the officials of the WRF without incurring further costs IT costs. SIS No: 37 Name of the Project: *Empowerment through Art* Organisation: *Centru Tbexbix (VO/011)*

Brief Summary

Empowerment Through Art is a project by Centru Tbexbix featuring professional art classes to help children and women from disadvantaged backgrounds to develop in a holistic way and encouraging them to use their skills to help others by volunteering, and provide volunteering opportunities.

The project spans from January till June 2014 and provides for a weekly art class for children and another for women as well as public exhibitions of participants works.

SIS No: 82 Name of the Project: *Cultural Mediation Building One Community* Organisation: *Jesuit Refugee Services (JRS) Malta (VO/064)*

Brief Summary

'Cultural Mediation Building One Community' is a project aimed at promoting social inclusion by offering language and technical training for 8-10 migrants* to form a pool of trained Cultural Mediators who can offer linguistically and culturally accurate interpretation.

The project has been developed in response to a real need for trained cultural mediators among NGOs, governmental agencies and service providers, as well as healthcare and legal professionals. The objectives of the project are to provide a holistic training programme to migrants who are willing to provide interpretation and cultural mediation, to enable them to provide a professional service whilst simultaneously supporting the broader migrant community by facilitating their access to the various services. The project will also actively promote the importance of volunteering among the participants to support their communities by providing cultural mediation services on a voluntary basis when possible.

SIS No: 17 Name of the Project: *Cultural Mediation Building One Community* Organisation: *Ghaqda Banda Zejtun (VO/362)*

Brief Summary

Zejtun Band Club members, their families and friends have often expressed opinions concerning the general lack of physical exercise and good health as well as dietary daily practice. However in our community there is no formal or informal education and practice to tackle this problem. Although a level of consciousness regarding obesity and related problems exists nothing practical to counter this has been done, Hence we are proposing a general health awareness program for members of the club and this families and friends utilizing the network we already have. This gives us an advantage since contacting prospective participants and enrolling them in a group of approx thirty to fifty participants is feasible. Of course the grant we are applying for will make this possible. Through the networking available an awareness campaign will invite interesting persons to register so as to participate in the program.

This detailed program will be held in the Pandora Theater at Zejtun.

Monday 6th. October 2014 - Launching following with meetings every Wednesday (60 mins) sessions with an educational introduction followed by a practical physical activity with subject ranging from nutrition, healthy eating and dietary advice at the Pandora Hall Zejtun. We are focusing on 30 to 50 persons. As a volunteer society this project will demonstrate how a cultural society can expand its activity to include a wider health promotion aspect. Fliers, posters, website and general information material will promote the project. Power point presentations for the introduction by professionals and as well as physical instructor. These subjects will cover this project;

Causes of obesity.

- a) Weight control and problems created by overweight conditions
- b) Fat inducing foods and calories controlled diet
- c) Keeping a weekly recorded food intake
- d) Different healthy food items and the sustainable ----
- e) Avoiding/ reducing intake of fatty /sugar items
- f) Preparing healthy meals
- g) Inducing children from an early age to avoid fast foods
- h) Preference for fish, vegetable and fruit.

A joint exercise with the primary Health Care program including BMI

SIS No: 18 Name of the Project: Resourcing and embellishing a community-based initiative targeting at risk socially excluded youths Organisation: *St Jeanne Antide Foundation (VO/005)*

Brief Summary

In order to better serve young at risk persons, the Foundation is supporting a community-based organisation that has been supporting youths for many years. Through own funds, the Foundation has engaged and deployed a Youth Worker who works at the Tarxien Youth Centre 2 evenings a week. Through the Youth Worker, a support programme is being developed based on the interests of the young persons. These include dance sessions by a dance therapist, volunteering activities, outings, discussions about common life-issues, counselling and others.

The next step in this collaborative relationship between the Foundation and the Volunteer Youth Activities Director at the Centre is support to refurbish the spaces available for youth activities at the Tarxien Centre belonging to the Parish which the group has been using for over 20 years. The space at the Centre is multi-purpose and multi-use. However, the environment is dowdy, lacks resources and has no defined space for use by the youths.

The project involves carrying out much needed and long awaited refurbishment work at the Tarxien Centre which the young persons from a number of neighbouring localities attend. The refurbishment works included in the SiS grant proposal are the following:

1) Sandblasting the ground floor. The physical environment of the Centre is very dowdy. In order to hide crumbling plaster, the walls are covered by very old curtains, giving the premises a shabby, tired, hospital look.

 Clearing one large room on the first floor currently housing materials of another group. Plastering and repainting the room. Finding some donated furnishings for the room. (The Foundation will help out with some donations).
Procuring and installing a foldable partition in the hall so as to create 2 separate group activity spaces, one of which (the part on the back) to be refurbished as a table games room/ space.

SIS No: 24 Name of the Project: *Online Record Book and Website* Organisation: *The President's Award Scheme Malta* (VO/831)

Brief Summary

The President's Award Scheme in Malta is part of the Duke of Edinburgh's International Award programme. It is a self-development programme for all young people aged 14 years – 25 years. It aims to equip youths with life skills, builds their confidence and engages them within their communities.

Our vision for the Award programme is to become the programme of choice for young people reflected in quality, growth and external perception.

In order to reach out to as many youths as possible we are engaging into an ON LINE RECORD BOOK SYSTEM for which Malta will be participating. The on line record book will be accessed through our new website which is to be developed. Furthermore it will give all the participants the opportunity to self-assess their performance, allow the national authority to monitor and offer one to one guidance to all participants. It will also give us the opportunity to have better statistical information on all youth's participating in the programme.

Due to the fact that the Award programme is also to be launched in schools as well as NGO's and also as it will be included in the 20% school based choices learning area in the senior secondary cycle it is important to be able to reach out to all students in time to be able to cope with the student applications.

The project will consist of the redevelopment of our new website promoting the Award to all youths in Malta and will also link up with the International Foundation of the Duke of Edinburgh's Award which has developed the on line record book system .

The key target dates are as follows:

- a. Training for our Assessors / Award leaders for the on Line Record book will start January 2014.
- b. The new Malta website will be concluded March 2014
- c. The roll out of the On-line record book will be April 2014
- d. The full launch of the website and the On Line record book will be June 2014.

SIS No:51 Name of the Project: *Training and Certification of coaches at Birzebbuga Sailing Club* Organisation: *Birzebbuga Sailing Club (VO/654)*

Brief Summary

Birzebbuga Sailing Club has a small team of dedicated coaches most of whom give their time voluntarily to coach, supervise and provide safety support to children, youth and adult sailors. In association with Inspire we also run the sailability program for disabled people.

The local sailing federation does not provide any form of training for coaches and thus although our coaches are very experienced they have never had formal training and certification.

With the SIS Grant we propose to have our coaches undergo a week long training seminar and certification exam.

An instructor and a moderator from the Royal Yachting Association will come to Malta to train and certify our coaches to instructors level 1 and possibly also level 2 according to the RYA coach training program.

The grant is expected to cover most of the professional fees, board and lodging expenses associated with this program.

SIS No: 57 Name of the Project: *Me*, *A Refugee?* Organisation: *Organisation for Friendship in Diversity (VO/279)*

Brief Summary

This project by OFD seeks to create an animated video which illustrates collected voices of migrant/refugee children in Malta. By taking a step into the way they see their journey away from what was once home, to a new reality OFD seeks to share with other children in particular, but the general public at large, what it feels like for a child to go through this experience? How do they see themselves, their life here? Does being 'labelled' a 'Refugee' make them feel any different to other children?

We will attempt to answer many questions and share these points of view through an animated video that will contribute to raising awareness among children and adults alike. Copies are to be distributed to schools through existing and new efforts carried out by other NGOs and disseminated online at large

SIS No: 61

Name of the Project: Advocacy and Volunteering – the way forward with Health Organisation: Medical Students' Association (VO/417)

Brief Summary

A. I advocate ..

- My Plate (once a month)
- My Rights (19.02.2014)
- My Sexual Health (31.08.2014)
- My HealthDiary (01.10.2014)
- B. We advocate ..
- 'Murmur' publication (published by May 2014)
- Beach Cleanup and Volunteering (once a month in the summer month starting 19.07.2014)
- Beat the Burn Campaign including 'Ripple' Publication (multiple during the summer months)
- E-posters campaign (once a month)

Everybody has something to give in a society. Technology and social media feature a lot in today's societies. These are important tools that are used in this project, 'Advocacy and Volunteering - the way forward with Health'. Time has passed and societies have changed however the need to raise awareness on several issues including health issues has always been. However, the tools by which these issues are promoted have changed. This project brings about the importance of debate. Debates can take place in a seminar, workshop, e-posters and publications. All these settings feature in this project. Debates are used to educate the public on several health issues. Moreover, health moves forward if one has an active role in decisions regarding one's health, lifestyle, environment and way of life.

One must take care of oneself - one is one's doctor. This is done by knowing about several health issues and keeping note of one's lifestyle. The 'E-posters Campaign' is a way of educating the public on several health problems ranging from smoking, diabetes, coeliac disease and much more. This is a colorful mini-poster that is uploaded online and shared through various internet sites. Moreover, some e-posters will feature in several local magazines and newspapers. Hence through this campaign, several health issues are raised through different posters. One can see the use of technological means in raising awareness to reach a larger audience made up of different age groups. Other campaigns