

# **SIS 2015/2016 – Project Summaries**

## **SIS 1 - European Auxiliary Police Association – Drugs Info.**

Our main objective is to have mature youth volunteers that can undergo discipline process and learn about drug abuse, basic first aid and to introduce the policing matters in their life. We will be teaching to our volunteers the methods used, how to use them and when and after an intense training they will patrol certain locations in Malta to support the maltase and also tourist in their basic needs. These funds will be used to revamp our basic website, print informative flyers and application forms. Then we will be collecting data to find strategic places to support the police within the regular force after the volunteers receive their training. The same training will be offered also to regular officers on voluntary basis.

## **SIS 2 - Circolo San Giuseppe Filarmonika Sagra Familja, Kalkara – Mro. Lorenzo Gonzi: Bejn Storja u Melodija**

Mro. Lorenzo Gonzi was a prolific orchestra and band music composer during the early 20th century. All his original musical pieces have been inherited by Circolo San Giuseppe Filarmonika Sagra Familja of his village Kalkara, the band club whereby he was President and Musical Director. Through the SIS grant, our Society shall commission the transcript of twelve band marches, and afterwards the Filarmonika Sagra Familja shall record these on a compact disc for the general public to cherish and preserve. Together with this recording, the Society shall publish a booklet incorporating the life and main achievements of Mro. Lorenzo Gonzi. Both compact disc and booklet shall be launched during an activity in January 2017.

## **SIS 5 – Għaqda Mużikali San Ġużepp, Ghaxaq - Community Radio Station**

This year our organization will organize a community Radio Station during our feast of Saint Joseph Being celebrated in Hal Ghaxaq in the first weekend of June. Transmissions will commence on the 29<sup>th</sup> April up to 12<sup>th</sup> June 2016. Transmissions will include information about the feast celebrations so that we inform villagers of the activities being held. We will also live transmit the activities including church celebrations so that we offer a service to the elderly and to those sick people who cannot participate in the festivities. We will try to use our volunteers for the transmission by teaching them how to present a radio programme especially youth people. We will also try to include other organisations making up our village community such as the local council to inform our community of other activities being held in our village. We will try to include interviews to professionals such as doctors and notaries so as to use this community radio as a teaching tool to our community.

## **SIS 7 – Wirt iż-Żejtun – Għamlulna Ġieh (THEY MADE US PROUD)**

Throughout the history of Żejtun, our hometown, there have been a number of persons who through their personal qualities and achievements have written parts of this history. Some of them had special leadership qualities. One of them was Michele Cachia who lived the turmoil of the end of the 18th century and the beginning of the 19th century. His leadership skills were quite evident as he lead the local citizens against the French occupation during the revolt against the Napoleonic soldiers. His skills were praised by the new British colonizers. He started his profession as an architect as a mason assisting his father and ended up as one of the most recognized Maltese architects by the British Crown. The figure of Michele Cachia and his contribution to the local community can still be used as

an example of civic responsibility even today. Although the era of popular heroes has long passed away, it is yet still relevant to portray such heroes as exemplary figures not just to instill civic pride, but also to induce civic responsibility among us. On the occasion of the fifth anniversary from the foundation of Wirt iż-Żejtun, we will be portraying the figure of Michele Cachia to the local residents through a publication which will be distributed to all households. It is thought that this publication will be the first of a series on other similar local personalities, and through such publication we will be encouraging the local residents to have this collection in their personal library and accessible as a reference to the young ones and future generations.

### **SIS 8 – Għaqda tal-Konsumaturi – Outreach**

Outreach is a project using IT technology to reach different social groups and organisations. One aspect of the project is to outreach a small voluntary organisation working within the consumer sector to start networking while providing them an internet platform to reach their customers.

Volunteering first requires that a citizen is activated into action through interaction with other members of the same group and identify themselves through their ideals and interests. The website would identify itself with these groups through the issues raised and provide a platform to network with other members of the same group to act to promote their interest. The 3 targeted groups are children, youths and senior citizens. The first group would be activated through providing day to day resources for their education which try to identify issues which they face. Youths are targeted through the technological upgrade of the website which makes it available on new communication instruments. Youths are not bound to computers but tend to use other new technological innovations to keep in contact. Senior citizens are the last group to outreach. This is an important group since the Maltese population is an aging society and is identified as a vulnerable group.

### **SIS 9 – Fondazzjoni Anton Buttigieg - Understood Community: Support for parents whose children have learning disabilities**

Parents are often baffled by the problems presented by a child with learning disabilities. Often this “invisible disability” does not become obvious until a child reaches school age. Even then, difficulties may be subtle and hard to recognize. The Anton Buttigieg Foundation believes that everyone has a right to equality and inclusion. Our mission will be to try to help all children with learning difficulties and their parents achieve this. We will do this by giving the opportunity to parents to attend seven lectures which will delve into LD/ADHD Basics, Assessment & Evaluation, Early Intervention, Pre-K thru High School, Special Education Services, Beyond the Classroom and Train the Trainer. All lectures will be video recorded and posted on a website. Specific Learning Disabilities: Auditory Processing Disorder, Dyscalculia, Dysgraphia, Dyslexia, Language Processing Disorder, Non-Verbal Learning Disabilities, Visual Perceptual/Visual Motor Deficit, ADHD, Dyspraxia, Executive Functioning, Memory.

### **SIS 10 – African Media Association Malta - Migrant Skills Register**

Finding work can be one of the hardest tasks for migrants, especially those rejected by the Asylum system who can stay in Malta, but are denied the possibility of registering for work with ETC. The project is therefore to create a database of migrants and their work skills and experience, so that potential employers can know what skills are available and utilise them, while migrants may see a glimmer of hope that someone is interested in helping them to find work. By publicising the Migrant Skills Register we hope to attract employers to consider offering work to these people, not only those outside the ETC system, but to others who work in menial jobs but don't use their skills.

## **SIS 11 – Għaqda Muzikali Sant' Andrija, Luqa - Restoring our Past, securing our Future**

The street decoration activity is the epitome of volunteering and civic pride, where residents team up to manufacture and decorate their village for the annual feast. The project involves the restoration of a late nineteenth century structure which includes an allegory of the great siege Victory of 1565. The project's main objective is to encourage volunteers, especially young members of our organisation, to learn the traditional Maltese crafts such as carpentry, decoration and gilding. Under the guidance of two master craftsmen, the youths will have hands on first time experience in the carpentry and gilding crafts. Another objective of this project is to encourage volunteers to pursue these traditional Maltese crafts thus ensuring continuity in the future, whilst at the same time, encouraging voluntary work in the community.

## **SIS 12 – Għaqda Kazini tal-Banda – Training Course for Band Delegates**

We plan to hold a seminar at the Council for Science and Technology, Bighi, Kalkara on the 5th of March to utilise the funds made available.

We have hired the hall and PA equipment and other electronic devices to be used by the speakers. We will have coffee breaks and food for the participants, It is estimated that between 50 to 60 persons will attend and we are bringing to Malta delegates from Gozo too.

## **SIS 15 – Expo Line Malta – Celebrating the Reconstruction of the Fleur de Lys Arch**

Expoline is proposing a social, educational and cultural project which centres around the theme of 'Water' as a scarce, vital resource and is aimed at the general public especially the local community of Fleur de Lys and in particular children and youth.

The main events will take place over a weekend in April, 2016 and will be located in the Aqueduct area where the Fleur de Lys Arch has been reconstructed.

The re-construction of the Fleur de Lys Arch, over 70 years after it was demolished, calls for celebration. The encounter of the local community with this historical landmark, and exploration of the central theme of, WATER as a scarce and precious resource are central to the project.

The preparatory phase starts in January spanning to April 2016 and reaching its culmination with a week-end of activities in the area around the reconstructed monument; three days of animation, involving children, youth and adults in visual and expressive arts experiences.

The programme for school children will include animated and hands-on workshops with historians, artists and photographers where students will also perform songs and short plays related to water history and conservation.

The event will also include music and dance shows as well as theatre performances related to the main theme of water and the aqueduct as well as on site painting and photography sessions by professionals, students and the general public. Informative sessions on water use, conservation and the recycling of water bottles besides others will also be included.

The event will come to a closure with a show featuring well-known artists and local talent during the official inauguration of the Fleur de Lys Arch.

## **SIS 16 – Għaqda Muzikali Marija Bambina Banda Vittorja, Naxxar – Mitt sena soċjeta', mitt sena ta' storja**

This project was a tribute to our voluntary organisation on its centenary anniversary. The main goals of this endeavour were cultural, educational and administrative in nature. One of the results of this project was the restructuring and the creation of an effective system to ensure the maintenance of our

historical archives but the main tangible outcome was a historical publication. The project was systematically divided in five phases as outlined hereunder:

Phase one: The classification and organisation of historical documentation and memorabilia.

Phase two: A research to craft a history of our society.

Phase three: An open day.

Phase four: The publication of the first illustrated history of the society.

Phase five: A launching ceremony for the publication.

### **SIS 17 – The Scout Association of Malta, 1st Cospicua Scout Group – Amor et Fides, 100 years of Scouting in Cospicua**

The main aim of this project is the publication of a history of the 1st Cospicua Scout Group to commemorate the 100th Anniversary of its foundation.

The 1st Cospicua Scout Group is a full and active member of The Scout Association – one of the largest voluntary youth organizations in our island. Voluntary work is at the core of our existence as an organization and this book will highlight the services which many volunteers have rendered with selfless dedication to the community during the course of the century from 1917 to 2017.

This publication will celebrate the educational value of Scouting and the way in which during these hundred years, many thousands of young people from all over the Cottonera have benefited from the core values of Scouting. This project will also create a lasting testimonial to the way in which 1st Cospicua Scout Group has provided youngsters to develop or discover new talents and the way in which the acquisition of these skills have transformed our youngsters into useful members of society.

Another theme which this book will be exploring will be the way in which scouting has provided youngsters from the Cottonera with the means to meet people from other countries and to develop a culture of tolerance and understanding of the many nations that make up the international brotherhood of scouts.

### **SIS 21 – Cross Culture International Foundation – Life Bank**

Life Bank is a pilot project by Cross Culture International Foundation (CCIF) targeting the over 50-year-olds and retired. It is based on the valuable information gathered over 3 years of interacting with and benefiting professionally from services rendered by senior citizens to CCIF's different initiatives and programs. CCIF through Life Bank will tap into this forgotten pool of retired, skilled, competent and experienced persons who have a lot of time at their disposal to positively contribute to the work being done by civic organizations as well as training and mentoring youth volunteers/workers. With the aid of volunteering, civic organizations may build sustainability and cost-effectiveness in their respective operations.

CCIF Malta Life Bank is a pool of skilled, competent, experienced and qualified near retirement/retired human resources forming a databank to be managed through the Life Bank Database (LBD). On the other hand NGOs that require access to the databank have to create an account and fill in their human resources requirement. Depending on availability of matching human resources the best volunteer/s will be selected and connected with the organisation.

### **SIS 22 – Special Olympics Malta – Special Olympics Malta Website**

Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. Special Olympics athletes find joy, confidence and fulfillment - on the playing field and in life. They also inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential. Special Olympics Malta provides free sports training for more than 450 Maltese athletes from as young as two years, all year-round, as well as athletic

competitions at a national and international level. Over 500 families are also involved in the Family Special Olympics Support Network, making it one of the largest family networks on the island.

This project will develop and launch the official website of Special Olympics Malta which will be a repository of news and updates, as well as information about the various disciplines, work streams, training that the organisation offers in Malta and Gozo. The site will also provide resources for coaches, information about upcoming and past events, and information about how one can get involved.

### **SIS 24 – Youth Included – Mostaċċessibli**

Mostaċċessibli is a project Youth Included is conducting in collaboration with the Mosta Local Council and the Kummissjoni Nazzjonali Persuni B'Dizabilita. Through this project a group of young people shall be given the opportunity to learn and discuss issues related with physical accessibility. Following this process young people shall work together to compile a report, which will be passed on to the Mosta Local Council, on the level of accessibility of a number of pavements present within the locality. The participants of the project shall then work together to engage in further active measures within the community through the installation of accessibility ramps in a particular area of Mosta.

### **SIS 27 – Soċjeta' Filarmonika Sta. Marija, Żebbuġ, Gozo – Trilogy: Music Always Helps**

Our initiative is going to embark a fully fletched project addressing several issues related to the involvement of YOUTHS in volunteering and also the inclusion of marginalised and more challenged groups in the community through VOLUNTEERING.

As a Band Club operating in a small community; attracting new students to start learning music and engaging them in the volunteering segment is becoming a challenge. With the help of such funds, through dedicated music lessons and new methodologies we want to make music and volunteering more reachable and attractive whilst enhancing our tuition product/services to those youths already part of our band.

Moreover, recently, our village [including the hamlet of Marsalforn] is experiencing more than ever the situation of foreign families coming to live in our village. Through this project, we want to address such a situation within our village and offer the same opportunities to these people, thus instilling the concept on integration and acceptance through our organisation.

The title of this project is Trilogy since this project has three pivotal features that we are emphasising on, i.e. encouraging volunteering through education, integrity and technology.

### **SIS 28 – Soċjeta' Filarmonika San Pietru Banda Birzebbuġa – Il-Malti f' Birzebbuġa**

Birzebbuġa is a village which had developed during the last 100 years and so it's population is coming from different villages and cities around the Maltese islands. This means that in Birzebbuġa one can find individuals coming from each corner of our archipelago with their traditions, dialect and more. This project is aimed to group these different individuals who formed Birzebbuġa's population. Thirty individuals all coming from different cities and villages are going to be chosen and then interviewed. They are going to be asked about their native city or village, their first experience when they came to Birzebbuġa and what differences have experiences in Birzebbuġa till today. The interviews are going to be filmed by a professional videographer who then will edit the interviews and publish a DVD with the name 'Il-Malti f' Birzebbuġa'. This DVD will then be launched during a special activity being held at the Birzebbuġa Primary School hall with the participation of Birzebbuġa band on Saturday 17<sup>th</sup> February, 2017. During the same activity some of these interviews will be shown on a big screen and then all those interviewed will be awarded with a copy of the DVD

and also a momento. Further copies can be obtained from Birzebbuga band club or from the local council of Birzebbuga.

### **SIS 33 – Autism Parents Association – Autism Handbook from young and beyond**

The Autism Parents Association (APA) has been awarded a grant under the Small Initiative Scheme in 2016 to develop a handbook to be handed to parent members upon their child's diagnosis of Autism Spectrum Disorder.

Over the years a number of parents sought the assistance of APA for guidance as to how to handle their child with Autism and to enquire what is available in Malta with regards to therapy and social services amongst others. The committee therefore identified the need to develop the handbook which will provide parents with an overview of Autism, guidance on how to cope in the early years, the services offered locally and the benefits one can avail from. The handbook will also include a record keeping section where important reports and other important medical and educational information may be stored for future reference. The handbook will be developed by parents for parents. The information will also be available digitally.

### **SIS 37 – Soċjeta' Mużikali San Lawrenz, Birgu – Reaching Out Further**

The St Lawrence Band Club website was designed in 2010, its main aim was to give the Band Club an online presence, so as to add another media of communication to its members and was targeted to a limited local audience. Analysis of the traffic on the website for the past month indicated there are now visitors from abroad as well, mainly since the club took part in more than one exchange programme between its members and foreign Band Clubs and the refurbishment of the St Lawrence Band Club's bar by BeBirgu Ltd.

The main Goals are:

- Implement a new modern and user friendly, responsive, mobile first design
- Add a translated version of the website in English, translating all the main pages and relative sub-pages
- Setup a maintenance agreement for [stlawrencebandclub.com](http://stlawrencebandclub.com), covering the domain name, hosting, regular maintenance, updates and investigation, reporting and resolution of any issue the website may encounter in a timely manner

### **SIS 38 – Moroccan Community in Malta – Unity Through Integration**

Unity through Integration is a twofold project. The primary aim of this project is to provide a space to promote the values of diversity and integration. This shall be achieved through the Moroccan Community in Malta who will be providing an educational service to residents within the Northern Region related to cooking on a budget training. By means of these sessions, community members shall be exposed to various cuisines and enhance their knowledge on how to prepare healthy meals through cost-effective measures. These sessions are targeted to take place between February 2016 and May 2016; October – December 2016.

In addition, a cultural integration festival promoting integration of different cultures shall be organised in July-August 2016 whereby persons from various cultural backgrounds will be invited to participate in a celebration promoting their diversity and traditions through exhibits of their respective cuisines, costumes, and other performing arts. Professionals from various social welfare services shall be invited to participate in this initiative so that migrants participating in this project will have the opportunity to learn about different services which are available in the community. This process shall serve as a good opportunity for networking and the provision of outreach by different stakeholders.

### **SIS 39 – Malta Girl Guides – FGM Conference**

The influx of migrants in the past years has undoubtedly necessitated the need to discuss and debate issues such as female genital mutilation (FGM). Although there are no scientific records as to whether this practice is actually being practised locally, professionals, especially those working in the medical sector have treated patients who have undergone such practice back in their home country. Although legislation criminalizing such practice has now been in force for over two years, awareness on the issue tends to be very minimal. MGG has already addressed FGM *via* its acclaimed project ‘Stop the Violence’, a project which was designed by the mother organization WAGGGS (World Association of Girl Guides and Girl Scouts) in conjunction with UN Women. The objectives of the conference being organised by MGG are:

to raise awareness on FGM amongst MGG members and the public;

to listen to the difficulties faced by professionals working directly or indirectly with victims and potential victims of FGM;

to speak out for victims and potential victims of FGM.

Thus the conference will strive to bring about the much-desired awareness on this issue. The conference is being organised under the patronage of the Ministry of Health.

### **SIS 40 – Migrant Women Association Malta – Stepping Up**

**Stepping up** is a project that aims at creating an online platform for the MWAM, in order to make it more easily accessible to both migrant women, potential volunteers and the general public and to have a wider public outreach.

The website will provide information about the association’s activity, projects, services offered to migrant women, while also will present volunteering opportunities with the association, offering extended options for people to know who to approach and what kind of work is available.

Moreover, through the project MWAM will develop a questionnaire that will help understand better the needs, concerns and skills of migrant women living in Malta. This will help on long term to prepare the association to focus its actions according to the women’s needs and feedback.

### **SIS 41 – Soċjeta’ Sta. Marija u Banda Re Ġorġ V, Mqabba – Arts and Culture through the lens**

Soċjeta Santa Marija u Banda Re Ġorġ V will be organising a series of talks on the art of photography, with focus, but not exclusively, on photography of cultural events including local festas. Following these talks, photographers will be invited to exhibit their work in an exhibition held at our premises.

The idea behind the project is to encourage increased participation by the community through informative talks. It will also serve as a platform for people interested in the art of photography to interact with more professional photographers and enhance their skills. Emphasis will be given to aspiring photographers who offer their services on a voluntary basis with feast related VO’s, where this course will give them the opportunity to enhance their skills.

4 workshops are planned, on two Saturdays, in October 2016, focusing on the art of photography. The Society will be engaging experts in each of the relevant fields to provide the lectures. Although no formally recognized qualification will arise out of this short course, a certificate of attendance will be issued to all participants. The course will be open to any interested individuals who register; however the course will be specifically promoted amongst other voluntary organizations.

## **SIS 42 – Għaqda Mużikali Sant' Elena, B'Kara - Bagriteen Club- Empowering Future Volunteers!**

Għaqda Mużikali Sant' Elena is implementing a project that aims at promote volunteering, traditional Maltese intangible heritage related to arts and culture and the provision of training and capacity building initiatives to a target group of youths aged between 13-18 year olds. This project seeks to set up a teen club named the Bagriteen Club and most of the activities will be taking place in the premises of the Għaqda Mużikali Sant' Elena for a maximum number of 30 youths. The duration of the project will be 11 months long starting in January 2016 and ending November 2016. Although our band club is based in Birkirkara, we will also be welcoming teenagers from other localities and we will not only include teens from Birkirkara, as we aim at also including interested teenagers from other areas in Malta and Gozo. Partnership and cooperation will play a very important role in the project being proposed and throughout this project we will be collaborating with other Voluntary Organisations. Therefore, besides the official 30 youth members of the Bagriteen club, other youth will also be able to attend for some sessions and/or activities that they will be interested in. This project focuses on Malta's intangible heritage, that risks to be lost if this is not passed down to the younger generation and therefore via informal and non-formal learning the youth will be able to participate in interactive workshops. The Bagriteen club will also increase awareness on the importance of volunteering. This project will be led by the administrative committee and a number of highly active volunteers. Another added value of this project is that although this project will span 11 months, the band club will be sustaining the Bagriteen Club. Health and safety measures will be taken throughout the implementation of the project and these will be guaranteed by having two coordinators that have a first aid certificate.

## **SIS 43 – Soċjeta' Mużikali Madonna tal-Ġilju, Mqabba – Mater Dolorosa: A Unique Fresco Experience**

In Mqabba, the **Our Lady of the Lilies Musical Society** has long stood as a forefront bastion of voluntary effort, just recently reconstructing its operating premises, the Lily Band Club, situated at the heart of said quaint village. The club's new spacious main hall, still yet to be refurbished, inspired the Society's present Youth Section to conceive the notion of a Lenten exhibition which would be unlike any other seen in Malta: **Mater Dolorosa** – A unique display of contemporary religious frescos, brought forth by local talent.

The ambitious exhibition in question, creatively highlighting the sorrow of Our Lady alongside the passion of Our Lord and Saviour, will be set for public viewing throughout the Holy Week, from the **16th to the 26th of March 2016**.

Steered by the **Youth Section** and funded by the **Small Initiatives Scheme**, the project intends to regenerate admiration towards our cultural heritage through an exclusive voluntary opportunity, uniting a team of youths in artistic, investigative and promotional endeavour via a distinct, visually-enticing concept which is only possible given the band club's current state of affairs.

The exhibition will involve the Society's various sections through an extension of multiplied actions, including:

- An annexed display of **Junior Club** activity-related crafts leading to the main hall, overseen by the **Ladies Commission**, promoting rewarding voluntary-initiative amongst youngsters;
- An audio-visual exhibition-walkthrough, developed in conjunction with the **Radio Commission** as a technical aspect alongside the artistic murals;
- An inauguration Lenten-themed concert of the fresco hall by the musical talents of the Society's own **Lily Band**.

Most essentially, the display intends to not only attract but educate the audience, as it glimpses upon the talent-rich efforts of a small voluntary organisation that goes far beyond its yearly feast-related activity.

### **SIS 44 – Friends of the Earth Malta – Bee Aware**

Beekeeping in the Mediterranean goes back some 9,000 years. Beekeeping and honey production is intrinsically linked to Malta's cultural heritage. However with more urban living and subsequently a lack of green spaces and a lack of beekeeping knowledge, few people currently practise beekeeping and fewer still are equipped to start.

Through this project, Friends of the Earth Malta will bring beekeeping closer to the public and will make beekeeping more accessible to people who might otherwise not have had the opportunity to get into beekeeping. We will address the issue of lack of green spaces and lack of knowledge by working hand-in-hand with beekeepers who will provide the necessary knowledge. We will also be collaborating with artists and artisans to create art out of bee products (such as sculpting the extracted beeswax) and using bee products to produce artisanal products (such as hand creams, bakes, jams etc.)

### **SIS 45 – ADHD Malta – ADHD Youth Activities**

The 'ADHD Youth Activities' project will reach-out to ADHD-ers (individuals with Attention Deficit Hyperactive Disorder) in the age - bracket of 13 - 17 yrs, who are prone to be experiencing emotional, educational and behavioural difficulties related to this condition. The organisation in charge of this project is ADHD Malta (VO 41), the national support group: <https://www.facebook.com/ADHDMalta>.

In the UK, ADHD youth groups have shown to be successful in motivating ADHD youngsters with the help of 'specialist ADHD youth coaches' to focus on positive life choices, stimulation to look at their 'strengths and interests', giving counselling and guidance towards becoming successfully independent, economically self-sufficient individuals. ADHD Malta has formed a youth group on Facebook ([www.facebook.com/ADHD MALTA Youths](http://www.facebook.com/ADHD_MALTA_Youths)) and trained two youth leaders who will start to undertake social fun activities (which includes volunteering activities for other vo's), start regular meetings and coaching the ADHD youths. Parents can suggest the ADHD Malta coach contacts their youth or youngsters themselves can contact the ADHD Malta & youth group page themselves on the above links. During this project, contacts and activities with other local youth organisations will be sought and potentially an EU "ADHD Youth exchange project" could flow forth from this project in the near future.

### **SIS 46 – Fondazzjoni Socjo-Kulturali Ambjentali Augustina – Training for Volunteers in Heritage Management**

The Fondazzjoni SocjoKulturali Ambjentali Augustina (FSKAA) is embarking on a project to train 10 of its volunteers in Heritage Management. Volunteers are vital in the role of custodians of the religious-cultural heritage in the Maltese Islands. Heritage Management necessitates expertise and skills development. In order to increase volunteers' skills and strengthen the capability of the Foundation in building a potential voluntary organisation that can respond to the needs of the community and the developing cultural heritage centre.

The training will be delivered on a part-time basis supported by theory and practice, so as volunteers may have hands on experience transferred from experts in the field. For their practical, volunteers will be working on rehabilitating the Interpretation Centre of the Foundation and will be covering areas of conservation, maintenance, registering, tagging and presentation of artefacts.

By the end of the course, each participant will have gained new skills, increase their job opportunities, learn about the traditions and the religious culture of the Order and valorise its heritage assets.

FSKAA is committing and improving its management and technical skills through training of its members, thereby making the organisation more effective and sustainable.

### **SIS 47 – Fingerprints – Lichen it**

‘Lichen it!’ opens up people’s eyes to both nature and art in our everyday life, both of which we consider part of our natural cultural heritage. We want people to move beyond the idea that art and nature are confined to exhibitions or rural areas respectively. It will also allow people to appreciate that there can be art in nature and nature in art.

The project will encourage children, youths and adults from different local communities to volunteer in a citizen science project through which scientists will support them to volunteer their time to collect scientific data. It will also give an opportunity for marginalised and more challenged groups in the community to gain skills which they might otherwise not have access to - art and scientific/research skills.

### **SIS 48 – Malta Judo Federation – Sports and Volunteers**

One of the aims of this project is to raise awareness of the sport sector. Among 15-30 year olds, 38% regularly go for a walk, bike ride or engage in other sport activities during their leisure time. However, the percentage of Maltese young people who regularly play sports during their leisure time is relatively low when compared with other European countries. – The Maltese National Youth Policy In collaboration with this, parents can also participate and help in their children sports activities; they can be sports active or active as volunteers. This part of the project will also introduce volunteering to all those youths who are sports active but not competitive.

This Project is based on Promotion, seminar and workshops and a Sports Activity. Our events will be held from the 17<sup>th</sup> till the 20<sup>th</sup> March. Please follow us on Malta Judo Federation Facebook for further details.

### **SIS 49 – Tabgha Foundation – Youth Fellowship Eżercizzi 2016**

Youth Fellowship has been organising Eżercizzi for youth since 1992. They are a series of talks held once a year during the time of Lent over five evenings. The main objective of these meetings is to share the relevance and the value of the Christian faith and how to live it in today’s society.

The Eżercizzi are attended by about 800 youth and young adults every year. Apart from the dynamic talks, the programme also includes video clips, contemporary Christian music, testimonials and a short time of prayerful reflection. The event is ably organised by a team of young volunteers themselves.

The theme of Eżercizzi 2016 is *‘SOZO – Finding Healing and Wholeness’*. Fr Hayden Williams will be our guest speaker for this year. The message of hope and healing is encapsulated in the Biblical Greek word, ‘Sozo’ which means ‘being rescued, saved, healed and made whole’. In our inner and outer worlds of brokenness, aimlessness, addictions, fear, anxiety, sickness and pain this ‘word’ is needed more than ever.

The event will be held at Gattard House, Blata l-Bajda from the 14th to the 18th of March at 7.30pm.

### **SIS 50 – Malta Health Network – Relieving the suffering of chronic pain patients**

The Malta Health Network (MHN) has been involved in campaigns involving the awareness and training of patients suffering from Chronic Pain with various European partners including Societal Impact of Pain (SIP), ISAL Foundation and European Pain Federation (EFIC). On a local level MHN brings together patient groups who suffer from chronic pain as part of their condition or secondary to their condition. The past campaigns indicated a need for more training and resources to be made available locally for patients, public in general and professionals. Through this project MHN wants to have resources in Maltese and English to be easily available for Maltese citizens. These include the ‘The Pain Toolkit’, a publication which encourages patients to take timely and practical action to tackle their pain and the development of an interactive website, which brings the resources currently available through Pain Toolkit in English, to be made available in Maltese. A seminar for MHN members, general public, professionals and others with the participation of foreign speakers will also be organised so that the website and publication will be given out on a personal level with the necessary additional information.

### **SIS 51 – Arthritis & Rheumatism Association – Fighting Arthritis Together**

Ageing populations and longer life expectancy have led to an increase in long-term chronic expensive diseases and disabilities such as Rheumatoid Musculoskeletal Disorders-RMDs. This condition does not only affect aged people but all ages from very small children to adults. This puts The Health Care Sector on a greater rising demand of resources and increasing budget pressure.

Therefore, the Arthritis and Rheumatism Association (ARAM) as a support organization feels how important it is as a society and users of Healthcare System to actively take part in this costly effective prevention and treatment programmes and promote health and wellbeing to those people affected by RMDs. This is very crucial to all RMDs suffers to improve and protect their health and continue to lead an independent healthy life style.

In order to achieve this aim ARAM takes care to organize to its members and the interested general public educational and training seminars on various topics may it be medical, psychological, and physical to promote an understanding of their disease itself and thus better their quality of life.

### **SIS 53 – MOVE – The Great Outdoors: Adventure Sport**

The project is in part, an innovative exercise in digging into the connectivity between adventure sports, culture, creativity and volunteering.

This initiative brings together young people (ages 13 to 16 years) and volunteers coming from all walks of life including migrants, for the purpose of collaborating through a sports and creativity platform. Through various challenges the participants, will have the opportunity to work together as a team, share experiences, exchange knowledge and good practices, to develop a tool which youth leaders, youth workers, sports coaches, policy makers and other stakeholders can use while implementing projects together with young people including those coming from difficult social backgrounds to overcome barriers and empower them to take an active role in society and be active.

### **SIS 54 – Home Away from Home – Training Programme in Child Protection**

Parents allow their children to engage with all sorts of established groups, clubs and youth centres, in the assumption that it is a safe place for their children to be. Yet, sometimes their assumptions around their children’s safety are sadly misplaced. Since there are good practice measures which any

organised group should take to ensure young people's welfare while in their charge, this SIS project aims to improve knowledge of safeguarding standards that local VOs should adhere to, with respect to certain Child Protection and Welfare issues.

In practical terms this Senglea-based project will...

- a) prepare and develop an essential programme of Child Protection Training and a small library of resources related to this field;
- b) deliver a training course to a number of NGO representatives such as to enable NGOs working with children to achieve at least a minimum acceptable standard of practice that can be reasonably expected of it today;
- c) help small organisations come in line with existing Child Protection legislation, giving preference to training VOs working with poor and marginalised young people and those with fewer opportunities, in the awareness that small organisations (sports clubs, social clubs, religious and philanthropic ones, etc) often operate with few human resources; By increasing awareness young people will be at less risk of harm once VOs integrate Child Protection principles in their organisations' practice.