

familja

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MINISTERU GĦAS-SOLIDARJETÀ U L-ĠUSTIZZJA SOĠJALI,
IL-FAMILJA U D-DRITTIJET TAT-TFAL





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Rivista 'Familja'

hi inizjattiva tal-Uffiċċju tal-Komunikazzjoni fi hdan il-Ministeru għas-Solidarjetà u l-Ġustizzja Soċjali, il-Familja u d-Drittijiet tat-Tfal

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Tonio Bonello
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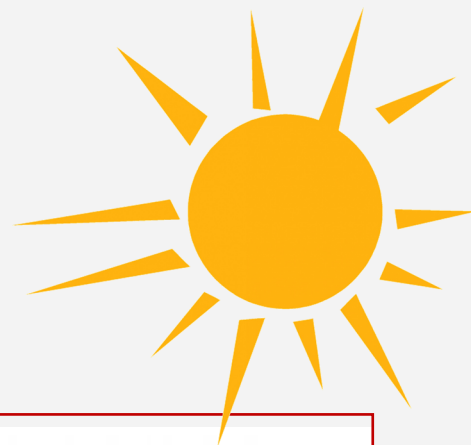
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**Agħti d-demm
illum
Għada jista' jkun tard**

2206 6201

GRAZZI

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Tonio Bonello

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Bejn hin u hajr

Xi darba trid tmiss lill-Papa, jghidu, u allura x'ghandi speċjali jien! Il-bidu tal-2021 ghaddejt bħala pazjent resident fi Sptar Mater Dei. Sabu li għandi Chest Infection. Tawni kamra u talbuni nżomm kalm u nipprova, għal darba, ningabar u naħseb ftit fija nnifsi.

Jien bniedem li t-telf ta' hin mhux ħabib tiegħi. F'tarf il-kamra osservajt mejda żgħira u sigġu quddiemha. Hu proprju minn fuq dawn li qed inwasslilkom dan l-Editorjal illum. Nistqarr, ftaħt meta rajthom.

X'hin giet il-mara tarani tlabtha biex l-għada ġgibli magħha l-laptop tiegħi, xi files li ninhtieg u stationery, u hekk għamilna. Hekk bejn vista u oħra minn speċjalisti, tobba u infermiera, naf li nista' nkompli nkun ta' servizz b'risq is-socjeta'.

Il-jum qed ikun bħal kull wiehed normali iehor daqs li kieku m'inhix l-isptar. U qed ngħid dan, b'sincerità u b'sodisfazzjon kbir. Il-hin jghaddi malajr meta tkun tinsab f'kumpanija tajba, fejn għandek freehand ta' dak li tista' toħroġ f'xogħlok, u fejn tezisti sinergija fl-ambjent tax-xogħol.

Izda mhux biss. Għal min ihobb li darba jew darbtejn f'sena jiehu l-familja għal weekend break, jaf kemm illum il-gurnata l-istabbilimenti u l-lukandiera saru aktar minn qatt qabel kawti u attenti bħal fil-mizuri dwar il-Covid-19, l-ikel u l-indafa. Dawn il-kwalitajiet kollha llum jinsabu inseritti fil-pakkett kollu ta' elementi li jwassal bl-istess qies Sptar

Mater Dei.

Hu dwar dan fejn kull Malti u Għawdxi għandu għax ikun kburi b'dak kollu li jagħmilna Maltin u Għawdxin. Bniedem irid jesperjenzah hu stess biex jasal jifhem kemm fuq din artna għandna nies ta' professjonalita', kapaċità, kreattivita'. Fuq kollox nies iddedikati li ninsab persważ, qed jahdmu bħala vokazzjoni u b'għadd ta' mħabba ma' haddieħor u żgur mhux għal flus!

Is-sens qawwi ta' altruwizmu li ltqajt miegħi f'diversi carers, tobba u speċjalisti, partikolarment f'lोकazzjonijiet fejn qed jieħdu ħsieb persuni morda bil-Covid-19, tifraħ tara dan u jhallilek element ta' kuragg u sofisfazzjon li l-ebda gost jew pjaċir superfiċjali ma jtuk.

Ħajr intkom ilkoll Front Liners ta' din il-marda qerrieda. Bħala ma' missirijietna ġgieldu, issieltu u rebħu kontra kull għadu b'determinazzjoni, bir-rieda assolut, f'fidi sħiħa f'Alla u fil-Madonna, jien daqstant iehor konvint li din il-gwerra qalila ta' żmenijietna għad ngħaddu minn fuqha wkoll rebbihin u kburin li aħna lkoll aħwa Maltin u Għawdxin.



L-Onor. Michael Falzon

Ministeru għas-Solidarjetà u l-Gustizzja Soċjali,
il-Familja u d-Drittijiet tat-Tfal

Dhalna fix-xahar ta' Marzu, iż-żmien għaddej sew. Irridu nammettu li qed ngħixu fi żminijiet differenti, kemxejn diffiċli. Bħal daż-żmien sena, Malta, bħal kumplament tad-dinja, ntlaqtet mill-pandemija tal-Covid-19.

Għaddiet sena, u kburi ngħid li bħala pajjiż, ilqajna sew għall-pandemija, anke permezz tal-għoti tal-vaċċin. Diġa tlaqqmet aktar minn 10% tal-popolazzjoni Malti, u aktar minn hekk, aktar minn 90% tal-frontliners tagħna tlaqqmu wkoll. Dawn huma fost l-għola rati, mhux biss fl-Ewropa iżda anke fid-dinja.

Nifhem illi kull wiehed u waħda minnha kellu jadatta għal żminijiet li qatt m'għixna bħalhom qabel. Iktar pressjonijiet fuq il-familji, speċjalment dawk bit-tfal.

Aktar ħinijiet id-dar flimkien jaf fissru wkoll tensjonijiet li qabel ma kienux daqshekk preżenti. Is-soċjeta' tagħna kellha tadatta ruhha sew għal din ir-realta'.

Il-poplu Malti huwa wiehed bieżel, jaf jaqla lira żejda, imma jaf ukoll igawdiha, kemm lokalment u wisq iktar barra minn Malta.

Għalhekk sforz il-mizuri restrittivi kollha li bilfors kellna napplikaw bħala pajjiż, dawn l-istilli ta' ħajja nbidlu. Il-prijoritajiet tal-lum huma differenti minn dawk ta' snin tal-imghoddi. Prijoritajiet illi bidlulna xi ftit jew wisq, dak li konna drajna nagħmlu, l-iżvogijiet li kienu jaqtgħu mill-persjonijiet marbuta

mad-dinja tax-xogħol u l-familja.

Iżda quddiem dan kollu, sinċerament nemmen li għad noħorġu aktar b'saħħitna milli aħna llum. Dan il-Gvern, kien, għadu u ser jibqa' t-tarka ta' kull wiehed u waħda minnkom. Qbajna ngħinu lil familji permezz ta' 'children's allowance' iktar b'saħħtu. Tajna l-Covid wage supplements.

Tajna lura wkoll dawk il-festi kollha li jahbtu fi tmiem il-gimgha, saħħahna l-pensjonijiet, u saħansitra għamilna tibdil fis-sistema tal-kontribuzzjonijiet tal-pensjonijiet. Dan bl-għan li dawk li kellhom ix-xogħol tagħhom affetwat ħazin bil-Covid-19, matul is-sena 2020 ma jbatux konsegwenzi ħziena fil-pensjonijiet tagħhom.

Iridu naraw li nkomplu nnettqu gustizzja soċjali ma' kulhadd. Tasal il-gurnata li fiha n-nies jiggudikaw, jiftakru fl-għajnuniet illi sabu, fl-imbutatura soċjali li dan il-Gvern dejjem baqa' jagħti, bla hedda. Fuq kollox, in-nies se jiftakru f'pajjiż qalbieni, reziljenti, illi baqa' b'saħħtu anke f'dawn l-iktar mumentanti diffiċli!

Sena ta' tama u ottimizmu



Mark Musù

Segretarju Permanenti

Ministeru għal-Solidarjetà, u Ġustizzja Soċjali,
il-Familja u Drittijiet tat-Tfal

Ma naħsibx li kien hawn xi hadd li ma hax ir-ruħ li s-sena 2020 għaddiet u spiċċat u li ma ħarisx b'herqa u b'ottimizmu lejn is-sebħ ta' sena ġdida. Kienet sena surreali li gābet magħha niket, qtigh il-qalb, twegħir ekonomiku u kummerċjali u taqlib fil-ħajja ta' bosta.

Fl-ghomor ta' dawk bhali li ma daqux l-imrar u t-tħarbit li garrab pajjizna tul it-tieni gwerra dinjija,

l-2020 żgur kienet l-aktar waħda iebsa li ghexna. Il-pandemija ħarbtet ħajjitna u bidlitna mil-lejl għan-nhar b'restrizzjonijiet soċjali, ħasil ta' sikwit tal-idejn, ilbies ta' maskri, b'anzjani u persuni vulnerabbli msakkra f'darhom 'il bogħod mill-gheżiež tagħhom. Dhalna f'qoxortna u sirna konxji tad-djghufija

tas-socjeta', ta' kemm niddependu minn xulxin u tas-sbuħija u l-ghozza tal-familja. Skoprejna affarijiet madwarna li fil-ħajja mgħagġla ta' kuljum ftit li xejn konna nagħtu każhom.

Fortunatement, bis-saħħa tal-avvanzi kbar li għamlet ix-xjenza fl-aħħar parti tas-sena feġġ dak li hu ttamat li jkun 'l bidu tat-tmiem tad-dalma li l-pandemija xeħtet fuq il-pajjiz. Tkebbes l-ottimizmu bil-wasla tal-vaċċin fostna u t-tnedija ta' programm ta' tilqim kontra

l-vajrus fost il-popolazzjoni, kulhadd meta jmissu skont l-età, it-tip ta' impjeg jew is-saħħa personali. Sakemm qed nikteb dan il-messagg Malta tinsab quddiem nett fl-Unjoni Ewropeja

fl-amministrazzjoni tal-vaċċin b'aktar minn 10% tal-popolazzjoni mlaqqma u biż-żieda tal-vaċċin tal-kumpaniji Moderna u AstraZeneca ma' dik tal-Pfizer il-programm tat-tilqim ha spinta 'l quddiem. Il-wasla tar-raba' vaċċin dalwaqt se jkun qed jgħin biex il-programm ta' tilqim ikompli jirranka waqt li nharsu 'l quddiem u nittamaw li fix-xħur li gejjin gradwalment niksbu mill-ġdid in-normalita' fil-ħajja ta' kuljum. Biex tinkiseb din in-normalita' jeħtieġ li kulhadd jagħti sehmu billi nobdu d-direttivi tal-awtoritajiet tas-saħħa biex l-imxija tigi mrazżna.

Minkejja d-difikultajiet li nibtu matul is-sena bil-pandemija, ix-xogħol fid-dipartimenti fi hdan il-ministeru baqa' miexi normali bil-benefiċċji u s-servizzi soċjali jithallsu u inizjattivi u mizuri jitwettqu f'ħinohom. Dan kien dovut għad-dedikazzjoni tal-impjegati li filwaqt li ħadu l-prekwazzjonijiet meħtieġa, billi bosta anke jekk kellhom jaħdmu mid-dar, xorta komplew jaqdu dmirhom kif jixraq. Anzi fil-ħidma li saret marru oltre għax hekk kif il-pandemija fil-bidu laqtet persuni vulnerabbli u

**“Qatt ma tonqos
it-tama li negħlbu
kull sitwazzjoni,
anke l-aktar
diffiċli.
Fl-aħħar mill-
aħħar, ix-xemx ma
tonqosx titla'
wara kull lejl”**

Andrea Boccelli

l-familji, t'fasslu u twettqu b'urgenza erba' beneficiċji speċjali li tħallsu lil madwar 8,500 persuna,

l-aktar ġenituri li htigilhom jibqgħu d-dar biex jieħdu ħsieb uliedhom.

Varajna wkoll titjib fl-iskemi tal-In-Work Benefit biex ngħinu familji bi dħul mill-impjeg relatvament baxx jew medju li kien jinkludi židiet fir-rati tal-benefiċċju li jithallsu

l-familji għal kull wild taħt it-23 sena, it-twessigh tat-thresholds biex aktar familji jikkwalifikaw u l-ħlas ta' suppliment ta' €250 lil kull familja beneficiċjarja.

Tkomplu t-twettiq tal-mizuri tal-baġit tal-2020 u dawk il-proposti fil-programm elettorali li kienu ppjanati li jidhlu fis-sehh matul is-sena. Tant li filwaqt li sa Novembru wettaqna

l-mizuri tal-kollha Baġit 2020, sa Diċembru lestejna it-twettiq ta' aktar minn 90 fil-mija tal-proposti elettorali fdati f'idejn il-Ministeru.

Irnexxillna wkoll navvanzaw b'xahar t-twettiq ta' tlett mizuri mħabbra fid-diskors tal-Baġit għall-2021 bil-ħlas tal-ewwel pagamenti tar-rati l-godda taċ-Children's Allowance,

tal-Għajnuna Supplimentari u tal-Allowance dwar Tfal fil-Kura. B'kollox intlaqtu positvament 40,000 familja b'aktar minn 60,000 tifel u tifla u kwazi 29,000 persuna li għandhom dħul baxx.

Fl-istess waqt sar xogħol iehor biex fl-ewwel ġimgħat ta' Jannar 2021 daħlu fis-sehh 4 mizuri oħra li jolqtu eluf ta' pensjonanti u persuni ntitolati għall-assistenza għal diżabilita'. Fost il-benefiċċjarji kien hemm persuni, l-aktar nisa, li rċieievu il-pensjoni għall-ewwel darba

bis-saħħa ta' mizura ġdida għal din is-sena. Din taħseb biex tirrikonoxxi kontribuzzjonijiet tas-sigurtà nazzjonali mħallsa qabel l-eta' ta'

dsatax-il sena biex b'hekk persuna li ma kellix biżżejjed bolol biex tikkwalifika għall-pensjoni tkun tista tilhaq il-minimu ta' bolol meħtieġa għal pensjoni minima ridotta.

Fl-ewwel Sibt ta' Frar aktar minn 44,500 anzjan u anzjana tħallsu żewġ beneficiċji. Dawk ta' bejn 75 u 79 sena tħallsu €300, filwaqt li dawk ta' 80 sena u aktar tħallsu €350. Fl-istess waqt tħallas il-bonus lil dawk

l-anzjani li għalkemm hallsu xi bolol f'ħajjithom, ma kienux biżżejjed biex jieħdu l-pensjoni. Il-bonus tagħhom din is-sena ždied b' €50. Niedejna wkoll mizura ġdida li taħseb għal ghotja ta' €300 għal dawk il-ġenituri li ma jkunux jistgħu jaħdmu biex jieħdu ħsieb wild b'diżabilita' li jkun ibati minn diżabilita' severa gravi.

Sa Ġunju nkunu wettaqna 8 mizuri oħra, biex imbagħad nagħlqu kollox lejn l-aħħar kwart tas-sena bil-pagamenti ta' ghotjiet bhala kumpens lill-ex membri tal-korpi u oħrajn.

Kellna mfassla mizuri oħra biex jitwettqu, iżda dawn issa qed jieħdu ħsiebhom impjegati fil-ministeri godda – dak għall-Anzjani u

l-Anzjanita' Attiva u l-Ministeru għall-Inklużjoni Soċjali u

l-Kwalità tal-Ħajja – bhala parti mit-tibdil fil-kabinett li tħabbar f'Novembru. Ma nistax ma nkunx sodisfatt bix-xogħol li sar u grat lejn kull min ta seħmu. Sliem ugrazzi lil kulhadd. Verament urejtu

fil-prattika li timxu mad-dikjarazzjoni tal-missjoni tagħna – dik li nwasslu

l-benefiċċji soċjali u l-għajnuna finanzjarja xierqa fil-hin u f'sens ta' ġustizzja soċjali.



Information about Brexit...

... and what it means for the
social security benefits
available from Malta

Karen Farrugia

Manager II (Research)

New agreement

The EU and the United Kingdom concluded the negotiations on their future relationship on 24 December 2020. The new agreement will be applied temporarily until 28 February 2021, until it is definitively approved.

The new agreement guarantees the social security entitlements for persons who move between Malta and the United Kingdom after 1 January 2021. The free movement of persons will no longer apply to UK nationals meaning that they will not have the freedom to work, study, start a business or live in the Malta.

Any request for entry of UK nationals in Malta will be subject to an employment and residence permit. Nonetheless, in cases where such permits are granted, the coordination of certain (not all) Social Security Benefits will continue to be applicable for UK nationals (old-age and survivors' pensions, pre-retirement, healthcare, maternity / paternity, accidents at work) making it easier to work abroad and not lose acquired rights.





N ilqawk sena ġdida
bil-herqa u l-ferh.
Bit-tama li fl-ahħar
se nsibu is-serħ.

Se nergħu inqumu,
u nieħdu nifs ġdid.
Ta' arja nadifa,
hielsa mit-theddid.

Nghidu grazzi lil Alla
li ta lil bnedmin,
il-dawl u il-grazzja,
li nstab il-vaċċin.

Ghax iss' hemm it-tama,
il-futur jidher car.
Ix-xemx terġa' tiżreg,
u tkeċċi ċ-ċpar.

Se nergħu inhossu,
t-tghannieg ta' xulxin.
Se nergħu nitkellmu,
bl-uċuh mikxufin.

Se nieħdu l-vaganzi,
li konna mċaħħdin.
U nżuru lil qraba,
f'pajjizi mbieghdin.

U d-dinja mifnija,
se tirpilja bil-mod.
U tqum fuq saqajha,
U tahdem fis-sod.

U dik is-sena mišhuta,
elfejn u ġhoxrin,
titniżżel fl-istorja,
mistkerha għal bnedmin.

Riħ tal-Bidla

M'Christine Agius, HR, SVP



Manuel Gellel

Senior Manager

(Drugs and Alcohol Policy)

It-Taqsima ta' Koordinament dwar id-Droga u l-Alkoħol (NCUDA)

It-Taqsima ta' Koordinament dwar id-Droga u l-Alkoħol, fi hdan id-Direttorat għall-Iżvilupp tal-Policy u l-Implimentazzjoni tal-Programmi, giet imwaqqfa fl-2010 kif mitlub mill-Policy Nazzjonali dwar id-Droga. Is-sugġett tal-użu ta' sustanzi huwa wiehed ta' diversi uċuh li jaffettwa s-soċjetà b'hafna modi, għalhekk hemm bżonn ta' sforzi kbar biex jiġu ttrattati kwistjonijiet ta' droga u alkoħol b'mod multi-dixxiplinarju li jkopri t-tnaqqis ta' provvista ta' sustanzi illeċti permezz ta' infurzar tal-liġi b'mod adegwat, tnaqqis fid-domanda ta' sustanzi illeċti permezz ta' provvista ta' servizzi ta' saħħa u servizzi soċjali, il-bżonn ta' qafas legali u ġuridiku b'saħħtu, kif ukoll evalwazzjoni ta' policies u impenn relatat ma' riċerka fuq id-droga. It-taqsima hi responsabbli biex tqarreb partijiet interessati li jaħdmu f'oqsma differenti dwar l-użu tas-sustanzi, bil-ħsieb li trawwem kooperazzjoni u monitoraġġ inter-settorjali, u tiffaċilita l-implimentazzjoni tal-Policy Nazzjonali dwar id-Droga u l-Policy Nazzjonali dwar l-Alkoħol. L-iNCUDA tipparteċipa wkoll fil-Programm ta' Hidma Orizzontali (HDG) li huwa parti mill-Kunsill tal-Unjoni Ewropea, tirrappreżenta lil Malta fil-laqgħat tal-Koordinaturi Nazzjonali tad-Droga, kif ukoll fil-Kumitat tal-Politika u Azzjoni dwar l-Alkoħol tal-Kummissjoni Ewropea. L-iNCUDA hija wkoll responsabbli fl-immaniġġjar tal-Punt Fokali Nazzjonali dwar id-Droga. Dan tal-aħħar jipprovdi informazzjoni relatata mas-sitwazzjoni tad-droga f'Malta. L-implimentazzjoni effettiva tad-diversi miżuri u inizjattivi bil-għan li

tittejeb is-sitwazzjoni tad-droga f'Malta hija marbuta ma' sistema ta' għbir ta' informazzjoni robusta li tagħti stampa ċara tax-xejriet fl-użu ta' sustanzi.

Il-Punt Fokali huwa responsabbli għall-għbir, l-analiżi u d-distribuzzjoni ta' informazzjoni relatata mad-droga primarjament fil-pubblikazzjoni tar-Rapport Nazzjonali Annwali.

Dan l-eżerċizzju jseħħ bil-kooperazzjoni tal-fornituri ta' servizzi dwar id-droga; il-Pulizija, l-Awtoritajiet tas-Saħħa, l-Aġenzija tas-Servizzi Korrettivi, l-Aġenzija tal-Qrati, il-Laboratorju Forensiku, u l-Jobsplus, fost oħrajn.

Il-Punt Fokali huwa responsabbli wkoll għat-tqassim ta' informazzjoni relatata mad-droga fl-Unjoni Ewropea permezz tal-parteeipazzjoni fiċ-Ċentru ta' Monitoraġġ Ewropew dwar id-Droga u l-Vizzju tad-Droga (EMCDDA).

Il-Punt Fokali jipparteċipa wkoll f'laqgħat speċifiċi organizzati mill-EMCDDA permezz ta' netwerk ta' esperti f'diversi dixxiplini fil-provvista ta' servizzi relatati mad-droga. Jirraporta wkoll lill-Uffiċċju tan-Nazzjonijiet Uniti dwar id-Droga u l-Kriminalità b'informazzjoni biex jiġi kkompilat ir-Rapport Dinji dwar id-Droga.

Il-Punt Fokali kien ukoll parti importanti fil-pubblikazzjoni tal-Isthariġ Nazzjonali dwar l-Użu ta' Alkoħol, it-Tabakk u d-Droga, li ġie mwettaq fost ir-residenti Maltin ta' etajiet bejn it-18 u l-65 sena. Dan l-isthariġ għandu l-għan li jagħti stampa ta' tendenzi fl-użu tad-droga u attitudnijiet tal-Maltin lejn id-droga minn fost il-popolazzjoni b'mod generali.

Bhalma jgri ta' kull sena, il-Ministeru ha sehem fil-kampanja ta' gharfien dwar il-kanċer tas-sider magħrufa bhala Pink October. L-istaff gie mheggeg jilbes ir-roza u jaghti kontribuzzjoni zghira ghal dan il-ghan sabiex tmur ghar-ricerka u ghas-sostenn tal-pazjenti. Ingabret is-somma sabiha ta' €460. Din is-somma giet ipprezentata lis-Sinjura Michelle Muscat, Chairman tal-Marigold Foundation mill-Ministru Michael Falzon.



Pink October 2020



Tilqima tal-Influwenza Stagjonali

F'Ottubru li ghadda (Ottubru 2020), it-Taqsima tal-Events, fi hdan id-Direttorat tal-Operat tal-Ministeru ghas-Solidarjeta u l-Gustizzja Soċjali, il-Familja u Drittijiet tat-Tfal, hadet l-inizzjativa biex, kif taghmel ta' kull sena, toffri t-tilqima tal-influwenza stagjonali lill-haddiema kollha li jaqghu taht l-istess Ministeru. Din is-sena partikolari, kien hemm numru rekord ta' haddiema li hadu t-tilqima. Nirringrazzjaw lil Nadia Grech mill-Income Support and Investigations li, kif taghmel ta' kull sena, hadet hsieb ix-xoghol kollu relatat mar-registrazzjoni, kemm qabel kif ukoll f'dawk il-granet

tat-tilqim. Nirringrazzjaw ukoll lid-Department for Health Regulation li ta' kull sena joffru s-servizzi taghhom biex tinghata din it-tilqima. Minhabba l-esigenzi tal-pandemija tal-Covid-19, ittiehdu mizuri sabiex it-tilqima tinghata f'ambjent sigur skont id-direttivi tal-awtoritajiet tas-sahha, fosthom ambjent miftuh, l-ilbies tal-maskri, id-disinfestazzjoni tal-idejn ta' spiss u z-zamma tad-distanza soċjali fil-każ meta setghu ngabru xi kjuwijiet. Tajjeb nghidu li bil-mizuri li ttiehdu, nistghu nghidu li fl-ebda mument ma ngabar kju. Barra minn hekk, l-ghoti tal-tilqima nfirax fuq jumejn sabiex nevitaw li jingabru ammonti sostanzjali ta' dawk li riedu jiehdu t-tilqima.

Il-Ministeru ha sehem fil-President's Bottle Cap Challenge. L-istaff kollu li jaqa' taht dan il-Ministeru gie mheggeg igemma' t-tappijiet tal-plastik.

Matul is-sena 2020, permezz ta' dan il-Ministeru, ingabru 175 kilo ta' tappijiet. L-istaff huwa mheggeg ikompli jgemma' sabiex ghas-sena 2021 nissuperaw dan l-ammont. Din l-inizjattiva filwaqt li tghin biex inharsu l-ambjent, tghin ukoll f'kawzi gusti tal-Malta Community Chest Fund. Grazzi kbira lil kull min ha sehem.



The President's Bottle Caps Challenge

Sit ġdid tas-Sigurtà Soċjali bi preżentazzjoni aktar attraenti u effiċjenti

Ħajr :

It-Tim tal-Information Management Unit

Tonio Bonello

Reċentement fi hdan dan il-Ministeru nħasset il-ħtieġa ta' sit ġdid tas-Sigurtà Soċjali. Dwar dan ħsibt biex nitkellem mat-tim tal-Information Management Unit, magħruf bħala l-IMU biex nitkellmu ftit aktar fid-dettal dwar dan l-iżvilupp interessanti fis-servizzi mogħtija lejn il-pubbliku iżda minn dimensjoni elettronika.

Dan l-ewwel minn sensiela ta' artikli bl-għan li nkomplu ninfurmaw u nedukaw il-qarrejja tagħna bl-aħħar aġġornamenti ta' dak li se jkun qed isir minn żmien għal żmien permezz ta' din is-sit. Ta' dan, ħajr lit-tim kollu tal-Information Management Unit (IMU) taht it-tmexxija tas-Sur Clifford Schembri, li magħhom qed tkun koordinata din il-produzzjoni.

Bħalissa intom (L-IMU) ta' dan il-Ministeru qed taħdmu biex tnedu sit ġdid tas-Sigurtà Soċjali. Għaliex inħass il-bżonn ta' dan is-sit?

Jgħidu li l-ewwel ma tiekol l-għajn. Iż-żminijiet jinbidlu u hekk ukoll inbidel il-bżonn ta' sit aktar modern, kemm minn naħa teknoloġika u kemm fid-dehra. It-tim tagħna tal-IMU, ridna li s-sit ikun aktar user-friendly.

Ridna li l-utent ikun kapaċi japplika għal benefiċċji u juża s-servizzi onlajn b'mod aktar faċli. Is-sit jigwidak permezz ta' icons fejn wiehed isib l-informazzjoni meħtieġa mill-punt ta' kif għandu japplika sa kif finalment jissottometti l-applikazzjoni.

B'dan il-mod nemmnu li hemm aktar ċans li ċ-ċittadin jagħmel użu mis-sit u jħajjar lil haddiehor juża' dan is-servizz. F'dan iż-żmien meta aħna obbligati nżommu d-distanza soċjali, inħass aktar il-bżonn li s-sit ikun aċċessibbli b'aktar faċilità. Ma rridux ninsew li ċittadini jistgħu ma jkunux familjari mat-teknoloġija, bħal ngħidu aħna xi nies anzjani.

X'se jkun qed joffri differenti dan is-sit

minn dak preċedenti?

Is-sit eżistenti kellu ċerta limitazzjonijiet. Waħda minnhom kienet dik li joffri biss użu tal-lingwa Ingliża, għalkemm konna dorna ma' din il-limitazzjoni b'mod li xorta offrejna informazzjoni bil-Malti wkoll.

Dan is-sit il-ġdid se jkun bi-lingwali awtomatiku, jiġifieri se jkun bil-lingwa Maltija, iżda persuna tkun tista' taqleb għal-lingwa Ingliża jekk tkun il-preferenza ta' dak li jkun. L-użu tal-lingwa Maltija ser ikun b'mod awtomatiku. B'hekk inkunu qed nagħtu l-lingwa Maltija l-importanza li jixirqilha.

Is-sezzjonijiet inbidlu wkoll b'tali mod li hemm aktar vizibilità għal dak li jkun qed ifittex iċ-ċittadin. Sa issa, iċ-ċittadin ried imur f'sezzjonijiet differenti biex jara l-informazzjoni dwar xi benefiċċju, servizz jew biex japplika. B'dan it-tibdil, issa ċ-ċittadin jingħata l-informazzjoni u jiġi ggwidat direttament għall-applikazzjoni relatata.

Kif se tkun il-preżentazzjoni tas-sit, dak li se jkun qed jidher fuq l-iscreen għal dawk li se jkunu qed jużawh?

Nemmnu li s-sistema hija user-friendly u giet issimplifikata abbazi ta' diversi reazzjonijiet u kummenti li ġbarna mingħand iċ-ċittadin, speċjalment f'dan il-perjodu ta' pandemija fejn wiehed sar jippreferi li jagħmel użu mis-servizzi offruti onlajn.

Nifhem li f'dan is-sit se jkunu qed jiġu offruti xi servizzi on-line. Tista' telabora dwar dan?

Kif diġà kien spjegat, is-servizzi offruti jvarjaw u wiehed jista' japplika onlajn għal diversi benefiċċji tas-Sigurtà Soċjali. Iċ-ċittadin jista' jagħmel użu mill-kalkulatori tal-benefiċċji sabiex ikollu stima dwar l-Allowance tat-Tfal, Kontribuzzjoni għad-Dħul f'Djar tal-

Anzjani, Benefiċċju waqt ix-Xogħol, Pensjoni tal-Irtirar, Benefiċċju tal-Mard, Tnaqqis tal-Benefiċċji, Benefiċċju tal-Qgħad u Benefiċċju tar-Romol.

Il-benefiċċjarji jistgħu jaraw l-iskeda tad-dati ta' hlas tal-benefiċċji, kif ukoll ir-rati tal-benefiċċji. Iċ-ċittadin jista' jissottometti kopja ta' Ċertifikat Mediku tas-Sigurtà Soċjali onlajn, kif ukoll jirreġistra għal Numru tas-Sigurtà Soċjali. Sa jingħata access ukoll għas-sit mySocialSecurity fejn wieħed jista' jiċċekkja:

id-Dettalji Personali tiegħu kif miżmuma mid-Dipartiment tas-Sigurtà Soċjali

jagħmel monitoraġġ tal-applikazzjoni/jiet jew talbiet magħmula minnu fl-aħħar tnax-il xahar

jagħmel monitoraġġ taċ-Ċertifikati Medici tiegħu pprezentati ta' minn 5 snin qabel

jagħgorna d-Dettalji tal-Kuntatt tiegħu, kif ukoll dawk Bankarji, hekk kif miżmuma mid-Dipartiment tas-Sigurtà Soċjali

jagħmel Rifuzjoni ta' Hlas Żejjed onlajn dovut lid-Dipartiment tas-Sigurtà Soċjali għan-nom tiegħu jew ta' xi hadd ieħor

jara lista ta' Kontribuzzjonijiet tas-Sigurtà Soċjali imhallsa minnu

jara lista ta' Pagamenti tal-Benefiċċju/i tas-Sigurtà Soċjali, kif ukoll jiġġenera dikjarazzjoni ta' Qligh (FS3)

jissottometti Rapport/Talba għal Informazzjoni dwar Pagament mhux riċevut jew kkreditat

Dawn is-servizzi onlajn u aktar li ha jiġu offruti mill-kumdità tad-dar, sa jiffaċilita l-accessibilità liċ-ċittadin fl-iterazzjoni mad-Dipartiment tas-Sigurtà Soċjali.

Bhala udjenza, għal min hi indirizzata din is-sit u kemm thoss li se tkun user-friendly biex persuna li forsi anke ma jkollhiex daqshekk għarfien tat-teknologija tkun tista' taċċessa?

Dan is-sit huwa ndirizzat għal kull individwu, ibda minn dawk ta' qabel it-twelid sa ma' wieħed jiġi nieqes. Huwa ndirizzat għall-istudenti, nies vulnerabbli, dawk b'diżabilità, pensjonanti u għal dawk li jridu jtejbu l-kwalità tal-hajja tagħhom u jidhlu fid-dinja tax-xogħol. Hija wkoll immirata għal dawk li minhabba ċirkustanzi f'hajjithom ma jistgħux jagħmlu aktar għajr ikunu mghejuna finanzjarjament.

X'se jkun l-indirizz tas-sit biex persuna tkun tista' tidhol u tikseb l-informazzjoni li tinhtieg?

L-indirizz se jibqa' dak li kien, jigifieri www.socialsecurity.gov.mt

Data meta din is-sit se tiġi mnedija?

Fil-bidu se jkun hemm soft-launch qabel tiġi pprezentata uffiċjalment. Fil-fatt, diġà saret prezentazzjoni lill-għola karigi fl-amministrazzjoni tal-Ministeru u lkoll wrew sodisfazzjon b'dak li kien ipprezentat lilhom.



Dan l-immagini juri screen shot ta' kif se jkun qed tidher parti waħda mill-paġni tas-sit il-gdid.

Rikonoxximent misthoqq

Maria Victoria Micallef

Assistenti Personali

Kull sena, id-Dar tal-Providenza tat il-Premju Dun Mikiel Azzopardi bhala rikonoxximent tal-kontribut volontarju ta' persuni jew organizzazzjonijiet fil-qasam tal-persuni b'dizabilita' f'Malta u Ghawdex.

Dan il-Premju tnieda għall-ewwel darba fl-1995, f'għeluq it-tletin sena mit-twaqqif tad-Dar tal-Providenza. Filfatt din is-sena d-Dar qed tiċċelebra l-25 sena minn meta dan il-Premju ngħata għall-ewwel darba.

F'din l-aħħar edizzjoni dan il-Premju ngħata lill-haddiema kollha tad-Dar tal-Providenza, kif ukoll lis-Sur Gordon Hewitt, voluntier regolari tad-Dar għal hafna snin li dan l-aħħar beda jgħix fir-residenza San Vincenz De Paule (Kristu Re Ward 4, Bed 35).

Il-prezentazzjoni ufficjali ta' dan il-Premju saret mill-Arcisqof ta' Malta fil-Kurja tal-Arcisqof nhar il-Gimgha 18 ta' Dicembru 2020 fl-10.00am.

Sfortunatament, minhabba fic-cirkustanzi li għaddejjin minnhom bhalissa ma kienx possibbli li s-Sur Hewitt jattendi għal din

il-prezentazzjoni. Izda min kien Gordon Hewitt u x'rabta kellu ma' dawn il-gzejjer?

Gordon Hewitt, Voluntier fid-Dar tal-Providenza u rebbieh

tal-Premju Dun Mikiel Azzopardi 2020

Gordon Hewitt, twieled fis-16 ta' Gunju 1947 u trabba f'Malta fil-hamsinijiet u s-sittinijiet, ma' missieru li kien fl-Armata Ngliza u ommu Maltija. Wara li regghu marru lura r-Renju Unit, Gordon ha l-edukazzjoni tieghu l-ewwel f'St. George's College immexxi minn qassisin kattolici u wara fil-kullegg Universitarju Kattoliku ta' St. Mary's.

Meta ggradwa fl-1970 huwa rega' lura St George's College fejn kien jghallim il-geografija, u l-isport tal-Cricket u r-Rugby. Dawn iz-zewg dixxiplini sportivi baqghu fih tant li Gordon kien Cricketer tal-oghla livell kif ukoll referee internazzjonali tar-Rugby Union.

Wara dsatax-il sena, fl-1989 Gordon kellu jirtira kmieni biex jiehu hsieb lil ommu Sylvia li kienet marida serjament.

Wara l-mewt taghha, fl-1994 Gordon izzewwg lil Angie Aronica u fis-sena 2000 gew joqoghdu f'Malta fir-rahall ta' Haz-Zebbug. Meta ssetiljaw, Gordon u Angie bdew bil-hidma volontarja taghhom fid-Dar

tal-Providenza li kienu jsejhu "t-tieni dar taghhom". Huma kienu jattendu hamest ijiem fil-gimgha u kienu jirreferu ghaliha bhala "l-aktar post kuntent f'Malta fejn kulhadd jitbissew." Sfortunatament, martu Angie mietet ta' eta' zghira, madankollu Gordon baqa' bhala voluntier fid-Dar tal-Providenza jahdem fil-qrib mar-residenti tad-dar b'impenn kostanti sakemm sahhtu ippermettietlu.

Hafna mix-xoghol tas-Sur Hewitt kien li kuljum johrog dawra ma' xi residenti fil-gonna tad-Dar

tal-Providenza kif ukoll li jagħti s-sehem tiegħu f'diversi attivitajiet li jsiru għar-residenti kemm fid-Dar kif ukoll barra mid-Dar. Insemmu b'mod speċjali l-involvement tiegħu fl-attivitajiet tad-drama u l-attivitajiet prinċipali ta' matul is-sena.

L-ahħar drama li ħadem mar-residenti kien "Il-Presejpu tan-Nannu" li ttella' fl-Istitut Kattoliku, il-Floriana sena ilu. Is-Sur Hewit kien ukoll dak li ssuġġerixxa l-isem San Isidor għaċ-Ċentru Agrikolu fid-Dar tal-Providenza, is-Siggiewi fejn matul il-gimgha residenti jippriservaw prodotti aromatiċi li mbagħad jinbiegħu lill-pubbliku. Kull sena hu jieħu ħsieb li ssir quddiesa fil-kappella tad-Dar tal-Providenza fl-okkażjoni tal-festa ta' San Isidor protettur tal-biedja, fejn ikunu mistiedna u jipparteċipaw ir-residenti li jaħdmu fl-istess Ċentru.

Gordon jgħid li l-isbaħ rigal li tista' tagħti lil haddiehor hu li tagħti lil dak li jkun mill-hin tiegħek. Dan hu dak li kien jagħmel Gordon mar-residenti tad-Dar tal-Providenza sakemm sa ffit xhur ilu ppermettietlu saħħtu. Huwa holoq rapport sabih ta' hbiberija sinciera ma' hafna persuni b'dizabilita li zgur jibqgħu japprezzaw hajjithom kollha.

Gordon kien ukoll jagħti għajnuna volontarja lir-refugjati fi hdan il-Laboratorju tal-Paci, Hal Far.



It's fairly obvious that safety and health hazards can exist on worksites filled with heavy machinery and equipment, where employees often are required to engage in strenuous manual labour.

A job where most of the work tasks are completed while sitting in a chair in a climate-controlled office building would seem less fraught with danger. However, a surprising number of hazards can be present in an office setting.

Many office injuries could have been prevented had workers or supervisors recognized the risks and implemented simple workplace modifications to help mitigate them.

The October 2020 issue of FAMILJA saw some steps you can take to reduce the risk of injury among your office staff. Here are some more.

Vision problems

Although looking at a computer monitor cannot damage your eyes, spending a large portion of your workday at the computer can cause eyestrain. Eyes can become dry and irritated, and workers may begin having trouble focusing. A few work area adjustments can help alleviate some of these issues.

Dim the lights and use task lamps

Florescent lights in office buildings often are too bright for optimal vision. Light that is at about half-normal office levels is preferred. This can be achieved by removing some bulbs from overhead fixtures. If more light is needed for a particular task, it is recommended providing individual task lamps rather than increasing overall lighting. Lightbulbs in task lamps should be fully recessed to avoid the creation of a bright spot in the worker's line of vision.

Correctly position monitors

Workers should place their computer monitors slightly below eye level and 20-26 inches from their eyes. Screens

that can tilt or swivel are especially beneficial. Eyes resting position is a few degrees below the horizon when you're looking straight ahead.

Minimize screen glare

Screen glare is a major cause of eyestrain in the office. To minimize strain, avoid positioning monitors opposite open windows, or be sure to always close shades or blinds. A glare reduction filter also can be used.

Wear the right glasses

Workers should tell their eye doctor if they spend a large portion of the day working on the computer. The doctor can check the efficiency of vision at 20-30 inches – the typical distance a computer monitor should be placed. Glasses are available for computer use that allow the wearer to see the full monitor without having to excessively strain the neck.

Increase font size on computer

Small font sizes on the computer can strain both your vision and your neck, as workers tend to pull the head forward to view smaller print. A simple adjustment to the font size on the computer screen can eliminate the need for this.

Take a break

Giving your eyes a rest and allowing them to focus on things at varying distances can help reduce strain and fatigue. Workers should take a 10-minute break for every hour spent on the computer. These breaks can include working on tasks that require your eyes to focus on objects at a further range.

Fire safety

Maintain cords in good repair

Damaged and ungrounded power cords pose a serious fire hazard and violate safety codes. Cords should be inspected regularly for wear and taken out of service if they are frayed or have exposed wire. Make sure cords are not overloading outlets. The most common causes of fires started

when extension cords are improper use and overloading.

Inspect space heaters

If employees use space heaters, verify the devices are approved for commercial use and have a switch that automatically shuts off the heater if the heater is tipped over. Further, make sure space heaters are not powered through an extension cord or placed near combustible materials such as paper.

Never block fire sprinklers

Furniture and tall stacks of materials can block the range of fire sprinklers, reducing their effectiveness in the event of an emergency. Objects should never be placed higher than 18 inches below sprinkler heads to allow a full range of coverage.

Do not block escape routes or prop open fire doors

Items never should be stored along an emergency exit route. These paths should remain free of clutter. Fire doors should not be held open by unapproved means (such as with a garbage can or chair), as this creates a significant fire hazard.

Administrative controls

In addition to employee training and improved equipment, certain administrative controls can aid hazard recognition and the elimination of potentially dangerous situations.

Conduct walk-throughs

Periodically walking around the office can help with hazard recognition and maintenance of ergonomic task design. Employers should conduct an ergonomics screen of every workstation at least once a year. Employee complaints are invaluable in the process, but yearly reassessments can help to ensure that a good fit is maintained between employee and workstation,

Monitor signs of musculoskeletal disorders

Recognizing the symptoms of musculoskeletal disorders can alert employees of the need to make an ergonomics alteration to their workstation. But workers need to know what those warning signs are. Lots of musculoskeletal injuries developing from poor ergonomics start out asymptotically and can become quite severe by the time an employee starts to experience symptoms. Pay attention to any pain, fatigue, numbness or weakness, as these may be signs of an ergonomics problem.

Talk to employees about their concerns

Simply asking workers how they are feeling can go a long way toward recognizing hazards. Employers need to take advantage of the cases where employees are experiencing symptoms like discomfort and fatigue early on, when quick, inexpensive interventions can usually solve the problem. Ignoring these early warning signs can lead to employee suffering and astronomical cost in some cases.

Establish employee reporting systems

Establishing an employee reporting system can be the best way for organizations to get a handle on potential hazards before they cause injury. Consider creating an anonymous reporting process that encourages workers to come forward with their concerns. Research shows that early intervention yields the most cost-efficient results in all areas.





Ethnic Groups Experiencing Cultural Diversity!

Marvic Cordina

Boutique Travel Specialist
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An Ethnic Minority or Indigenous Tribe is a group of people who differ in race, religion, or cultural origin from the majority population of the country in which they live. Each group has its own habits and customs. They are usually isolated in remote geographical areas and often face limited access to health care, education and other public services.

Visiting ethnic minorities or indigenous tribes can be a unique experience. If you want to meet minority cultures, you will often have to get away from popular tourist centres.

Naxi Minority

China's Yunnan Province is widely known for its diversity and multiplicity of communities. Among the country's 56 recognised ethnic groups, 25 are found in Yunnan Province.

In the northwest region, surrounded by the majestic Jade Dragon Snow Mountain, the Naxi people have

carved out an enclave over hundreds of years. Like the Tibetan, they are thought to be descendants of the ancient nomadic Qiang tribe.

Naxi's ancestors migrated south towards Tibet and had begun settling in modern-day Baisha and Lijiang Ancient Towns. From there they have separated into three groups; those who remained in Baisha and Lijiang were known as the Naxi; those who went to Dali became the Bai group; and those who moved to the region around Lugu Lake became the Mosuo people.

Hmong Minority

The Hmong are one of the largest hill tribes in the Mekong region, spread through much of northern Laos, northern Vietnam, Thailand and Yunnan. As some of the last to arrive in the region, they were left with the highest and harshest lands from which to eke out their existence. They soon made the best of a bad deal and opted for opium cultivation, which brought them into conflict with mainstream governments.

Hmong groups are usually classified by their colourful clothing, including Black Hmong, White Hmong, Red Hmong and others. The brightest group is the Flower Hmong of northwest Vietnam, living in villages around Bac Ha. The Hmong are known for their embroidered indigo-dyed clothing and their ornate silver jewellery.

Quechua Group

The Quechua people are a series of indigenous tribes that live in the Andean mountains of South America. They are said to be direct descendants of the ancient Inca people. The Incan Empire itself stretched from parts of present-day Colombia southward through Ecuador, Peru, Bolivia and into northern Chile. Their modern-day Quechua descendants still reside in Peru, Ecuador and Bolivia.

The members of the Quechua tribes have a rich culture, full of traditions. They are known for their colourful textiles. Their music is an interesting combination of singing and sounds from traditional flutes. Although most Quechua people have adopted Catholicism since colonial times, they practice a combination of ancient tribal rites and Catholic celebrations.

Guna Group

The Guna are an indigenous people of Panama and Colombia. Most Gunas live on small islands off the coast of the Comarca of Guna Yala known as the San Blas Islands in Panama.

The Guna are famous for their bright molas, a colourful textile art form

made with the techniques of applique. Mola panels are used to make the blouses of the Guna women's national dress, which is worn daily by many Guna women.

The traditional Guna belief structure is based on three principal concepts: God, nature and the cosmos. The Guna identify strongly with nature, and their rich oral traditions are full of songs, hymns and prayers that recount the beauty and majesty of the wind, the land and the sea. The Guna love and admire nature, and they believe that true happiness is only experienced within its presence.

Maasai Group

The Maasai are an indigenous ethnic group in Africa of semi-nomadic people settled in Kenya and northern Tanzania. They are among the best known local populations internationally due to their residence near the many game parks of the African Great Lakes, and their distinctive customs and dress.

They are usually defined by their colourful clothes, which varies by sex, age and place. Most done a piece of clothing called Shuka, a combination of red, blue, and green checked and striped cloths. A big number also have baldheads, and sometimes a spear in their hands for the men.

In Maasai culture, it is a woman's job to build the house, cook and raise the kids. Maasai men are primarily warriors. They protect their tribe, their cattle and their grazing lands.



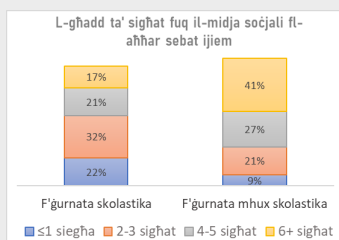
L-użu tal-midja soċjali fost iż-żgħażaġh



Petra Borg

Research Executive

Il-Proġett Ewropew ta' Stharrig Skolastiku dwar l-Alkohol u Drogi Oħra (ESPAD) sar fl-2019 f'35 pajjiż Ewropew. Dan il-proġett jeżamina attitudnijiet u mgħiba fost studenti ta' bejn il-15 u s-16-il sena relatati mal-użu tas-sustanzi, kif ukoll l-użu tal-midja soċjali, il-logħob u l-logħob tal-azzard. Ir-riżultati ta' Malta tal-2019 huma bbażati fuq dejta miġbura minn 3043 student u jesploraw id-dejta fuq medda ta' 24 sena.



Il-prevalenza u l-frekwenza tal-użu tal-midja soċjali żdiedu fost il-popolazzjoni adolexxenti (Rideout & Robb, 2018). L-użu tal-midja soċjali fost iż-żgħażaġh fih kemm aspetti pożittivi kif ukoll negattivi. Dan l-użu huwa assoċjat mal-konnessjoni mal-oħrajn, mal-ispirazzjoni u mal-espressjoni kreattiva, kif ukoll mal-ibbuljar fuq l-Internet u mal-esponiment għal kontenut razzist, omofobiku u sesswali (Pew Research Center, 2018; Rideout & Robb, 2018). L-użu tal-midja soċjali gie marbut ukoll ma' riskju akbar ta' ansjetà, diffikultà psikoloġika, kwalità hażina ta' rqad u dipressjoni (Keles et al., 2020; Wong et al., 2020; Woods & Scott, 2016).

Il-Proġett Ewropew ta' Stharrig Skolastiku dwar l-Alkohol u Drogi Oħra juri li kwazi l-istudenti kollha rrapportaw użu tal-midja soċjali matul l-aħħar sebat ijiem, b'91% jirrapportaw dan l-użu f'għurnata skolastika, u 97% jirrapportaw dan l-

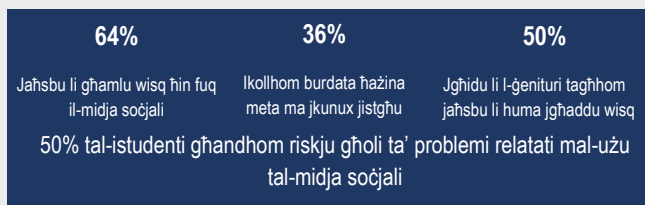
użu f'għurnata mhux skolastika. Il-grafika turi li, f'dan il-perjodu, persentaġġ għoli ta' studenti qattgħu 4 sigħat jew aktar fuq il-midja soċjali waqt jum mhux skolastiku (68%) u f'jum skolastiku (38%).

Persentaġġ oġhla ta' bniet mis-subien uża l-midja soċjali għal 4 sigħat jew aktar, kemm f'jum mhux skolastiku (75% vs 60%) kif ukoll f'jum skolastiku (45% vs 31%). Dawn ir-riżultati huma konsistenti mas-sejbiet nazzjonali u internazzjonali li l-bniet jidhru li jużaw aktar il-midja soċjali.

Skala mhux klinika b'awto-rapport li teżamina problemi relatati mal-użu tal-midja soċjali kienet inkorporata fil-kwestjonarju tal-ESPAD. Din l-iskala tindika li 50% tal-istudenti għandhom riskju għoli ta' problemi relatati mal-użu tal-midja soċjali, bil-bniet jidhru li għandhom aktar ċans mis-subien li jesperjenzaw problemi bħal dawn.

L-istudju tal-ESPAD jenfasizza l-importanza li jiġu eżaminati l-midja soċjali u avvanzati teknoloġiċi oħra li jkollhom impatt fuq l-imġiba taż-żgħażaġh. L-ESPAD se jkompli jipprovdi d-dejta rigward imġiba problematika potenzjali biex jissapportja sforzi lokali ta' prevenzjoni u politiki nazzjonali.

Għal aktar informazzjoni dwar l-istudju ESPAD (Arpa & Borg, 2020) u għal kopja tar-rapport nazzjonali, żur is-sit fsws.org.



For those who do not know me, and for those who would like to know me better, I am Anthony Borg, 47 years old, and am proud of my Gozitan origins. I was brought up in Fontana but have been living and working in Malta for the past 28 years; currently residing in Mosta. I am the youngest of 4 siblings, and although I reside in Malta, I frequently visit my family in Gozo, especially my mother, whilst reminiscing the special memories I shared with my late father. I am married, and father of three energetic boys. My eldest son is Kairil, and he is 6 years old. Then there are the younger ones, Kaiel and Kaien who are a handful 4-year-old twins. Although it may sound rhetoric, the best days in my life were when my sons were born. I have been working in the Public Service since 1992 within the Department for Social Security. I started my work in the District Offices, where I experienced the real feel of Social Security through the customer care sections. Throughout my career, I have been appointed to District Manager and subsequently a Regional Co-ordinator. Throughout this time, I have built knowledge on providing solutions to different sections, ranging from staff to customers. My general approach has always been of having a clear, logical mindset, with a practical approach to problem-solving, with a drive to see things through completion. I am always eager to learn and endeavour challenges, which brought me to the present role. I currently hold the position of Assistant Director Single Means Testing and Business Intelligence, within the Income Support and Compliance Division. My unit is very vast, also comprising of the Energy Benefit Unit, the Overpayment Section and the Supplementary Allowance Section, which are located in Gozo. This work entails a lot of research, in order to establish eligibility, with subsequent fair distribution among citizens. This year turned out to be very enduring due to the Covid-19 pandemic, but I can proudly state that the Department rose up to the occasion, embraced the challenges and delivered successfully

and in a timely manner. It is paramount for me as an assistant director to be performance oriented, hence establish clear targets and motivate the staff. Specific targets and goals will lead to motivation to perform. I always lead my team through these beliefs. And I may also add that motivation has resulted in a successful high-performance team, in terms of significant output.

On a different note, I will now share with you some interesting facts about my private life. I particularly enjoy spending quality time in Gozo with my family and friends, especially whilst watching the Manchester United playing. However, I must admit that when in Malta, I love socialising with my closest circle of friends, over a coffee, or lunch. I am a passionate of fish culinary dishes. According to my friends, I am the designate counsellor of the group, probably due to my never-ending patience with them. I also have a passion for travel, especially visiting European countries, which is currently on the back burner due to the current circumstances. Workout is also a salient factor in my everyday life. I have been practicing kickboxing for many years, and this passion has paid off lately, by being awarded the black belt. This is one of the highest-ranking achievements, most sought after by every martial artist practicing this discipline.

I am a person with a positive attitude towards life. My beliefs are that of being goal orientated both in my private life and at work. I am a proactive person and always embrace a challenge, particularly where I feel that I can make a successful change.

Whether it is about family, work, friends or sports, my main principles are always loyalty, honesty and respect, which are key elements in my life. I truly believe that we reap is what we sew, hence I try to practice what I preach.



Anthony Borg

Assistant Director

Single Means Testing and Business Intelligence

WORD SEARCH (Coffee Beans)

Q	A	Z	W	S	X	E	J	A	C	K	S	O	N	J
R	F	V	C	T	B	O	U	R	B	O	N	P	M	E
M	A	R	A	C	A	T	U	R	I	U	R	A	A	M
O	R	O	B	U	S	T	A	G	C	B	G	C	R	B
C	V	U	E	X	C	E	L	S	A	H	E	A	A	E
H	I	N	M	K	K	I	C	A	T	U	I	S	G	R
A	L	O	P	L	C	D	Y	G	U	H	S	F	O	R
T	L	Y	E	Q	Y	P	C	B	A	N	H	H	G	A
B	A	C	H	D	A	R	A	B	I	C	A	E	Y	G
G	L	H	C	K	E	N	T	I	J	K	L	M	P	N
O	O	P	A	Q	R	S	I	T	U	B	B	D	E	V
W	B	X	P	A	C	A	M	A	R	A	Y	Z	B	O
D	O	G	I	N	Q	Z	O	E	T	U	O	A	D	G
J	S	C	A	T	U	R	R	A	K	Z	C	B	M	W
R	Y	P	I	S	F	H	L	I	B	E	R	I	C	A

- ARABICA
- BOURBON
- CATIMOR
- CATUAI
- CATURRA
- EXCELSA
- GEISHA
- ICATU
- JACKSON
- JEMBER
- KENT
- LIBERICA
- MARACATU
- MARAGOGYPE
- MOCHA
- PACAMARA
- PACAS
- PACHE
- ROBUSTA
- RUIRU
- VILLALOBOS

My wife has just complained that I never buy her flowers. I didn't even know she sold them!

Two older couples were having breakfast.

Old man 1: We went to the best restaurant last night

Old man 2: What's its name?

Old man 1: Oh, I have a terrible memory. What's that red flower?

Old man 2: Carnation?

Old man 1: No, the one with the thorns.

Old man 2: Rose?

Old man 1: That's it.

(turns to his wife) Hey

Rose, what's the name of that restaurant we went to last night?

My girlfriend caught the bride's bouquet flower on the wedding.

We have to figure out how we continue dating if she gets married.

SUDOKU

The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9.

8	3	9		1				
							4	
5	4			7	9			
7			1				3	
	6		7		3		5	
	5				2			9
			2	3			9	6
	2							
				5		8	2	1

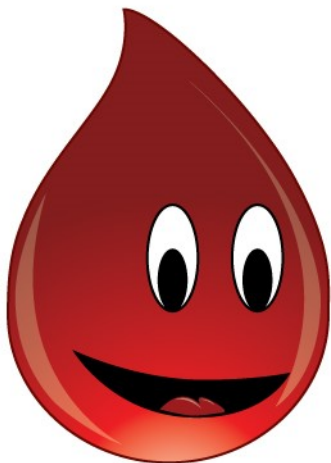
A woman placed some flowers on the grave of her dearly departed mother and started back toward her car when her attention was diverted to another woman kneeling at a grave.

The woman seemed to be crying with profound intensity and kept repeating, "Why did you have to die? Why did you have to die?"

The first woman approached her and said, "I don't wish to interfere with your private grief, but this demonstration of pain is more than I've ever seen before. For whom do you mourn so deeply? A child? A parent?"

The mourner took a moment to collect herself then replied, "My husband's first wife".





L-Ghoti tad-demmm waqt il-pandemija

**Informa ruhek
sew u ersaq biex
taghti d-demmm
b'moħħok
mistrieħ**

Tony Micallef

Practice Nurse – Donor Liaison

Il-pandemija tal-COVID-19 qabet magħha hafna sfidi u bidliet, anke fir-rigward tal-ghoti tad-demmm. Fil-fatt is-sena li għaddiet kien hemm tnaqqis fid-donazzjonijiet tad-demmm u dan prinċipalment kien attribwit mhux biss għall-biza' mil-labra, iżda wkoll għall-biza' tal-COVID-19. Għaldaqstant, għalhemm tista' tgħid li għaddiet sena minn meta garrabna l-ewwel każ ta' COVID-19 f'Malta, xorta jinhass il-ħtiega ta' edukazzjoni dwar il-pandemija vis-a-vis l-ghoti tad-demmm.

Għaldaqstant ser nelenka dawn il-mistoqsijiet komuni u r-risposti għalihom.

Jien donatur regolari tad-demmm u nixtieq inkompli nagħti d-demmm. Hu ta' serħan il-moħħ għalija li nagħti d-demmm waqt il-pandemija tal-COVID-19?

Qed jittieħdu l-mizuri kollha meħtiega biex ikunu protetti dawk kollha li jersqu biex jagħtu d-demmm kif ukoll il-professjonisti li jassistuhom. Dawn jinkludu l-qari tat-temperatura fil-punt tad-dħul, l-użu tal-hand sanitizers, l-użu tal-maskri/visors u li tinzamm distanza soċjali tul il-proċess kollu tal-ghoti tad-demmm.

Jekk nagħti d-demmm, inkun dgħajjift is-sistema immunitarja tiegħi biex tiġġieled lill-coronavirus?

L-ghoti tad-demmm ma jaffetwax jew idgħajjef is-sistema immunitarja tad-donatur.

Nista' nkun ittestjat għall-coronavirus waqt li nagħti d-demmm?

Le, fl-ebda stadju tal-proċess tal-ghotjiet tad-demmm ma jsir it-test għall-coronavirus. Jekk tħossok ma tiflaħx

tersaqx biex tagħti d-demmm!

Nista' nagħti demm jekk qed nistenna li jsirli swab-test tal-coronavirus, jew nistenna rizzultat tiegħu?

Le, jekk qed tistenna li tiġi ittestjat, jew qed jistennew ir-rizzultat tat-test tal-coronavirus ma tkunx tista' tagħti demm sakemm ikollok il-konferma ta' swab-test b'rizzultat li kont negattiv għall-coronavirus.

Għaliex huma importanti li wieħed jagħti d-demmm anke waqt il-pandemija?

Huwa importanti li f'kull hin tinzamm riserva tajba ta' demm għall-ħtiġijiet tal-pazjenti bi bżonnijiet ta' trasfuzjonijiet tad-demmm. Il-bżonn tad-demmm għall-korruti u għall-morda bil-kanċer ma jistax jiġi pospost. Għalhekk hu importanti li dejjem ikun hawn riserva ta' demm.

Nista' ngib lit-tfal miegħi meta niġi nagħti d-demmm?

Le. Irrid jiġi illimitat l-ammont ta' nies li jidhlu fis-siti għall-ghoti tad-demmm. Għaldaqstant hu irrakkomandat li dawk il-persuni li jkun ser jagħtu d-demmm biss għandhom jidhlu fis-sit.

Hemm xi kriterji marbuta mal-ghoti tad-demmm li qed jiġu illaxkati minhabba l-pandemija?

Le. Id-donazzjonijiet kollha tad-demmm iridu jsegwu r-regoli u l-linjigwida tas-soltu, dan biex jiġu assigurati kemm is-saħħa tad-donatur, kif ukoll ta' dawk li ser jirċevu id-demmm. Irrelevanti mis-sitwazzjoni, ahna irridu nżommu l-integrità u s-sigurtà tal-provvista tad-demmm.

Jien kont infettat bil-coronavirus. Inkun nista' nagħti demm wara li nkun fiqt kompletament mill-COVID-19?

Iva, dawk li jkunu fiequ kompletament mill-COVID-19 ikunu jistgħu jagħtu demm ġimghatejn minn wara swab-test negattiv.

Jekk tixtieq iktar Informazzjoni dwar l-ghoti tad-demm tista' tfittex jew tikkuntatjana:

Sit elettroniku: www.blood.gov.mt

Indirizz

elettroniku: customercare.nbts@gov.mt

Facebook: www.facebook.com/bloodmalta

Mobile App: Blood Donors MT

Ċentru tal-Għoti tad-Demm ta'

Gwardamanga: 21234767

Linja tal-mobile: 79307307

Freephone: 8007 4313

Il-Berġa tax-Xewkija: 2155 6461

Nista' nagħti demm wara li nkun ħadt it-tilqima tal-COVID-19?

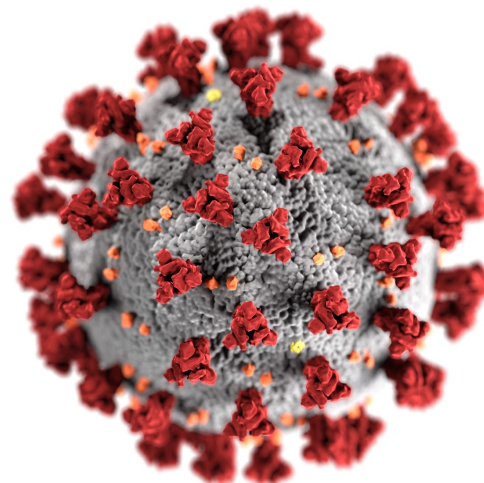
Jekk ħadt it-tilqima tal-COVID-19 tat-tip non-live, eż Pfizer/BioNTech jew Moderna, trid thalli 7 ijiem jghaddu qabel qabel ma tagħti d-demm. Jekk wara t-tilqima jizviluppawlek sintomi ħfief, ersaq biex tagħti d-demm 7 ijiem minn wara li jkunu għaddewlek is-sintomi. Minnaħa l-oħra, jekk ħadt it-tilqima tal-COVID-19 tat-tip live-attenuated (attwalment mhux disponibbli f'Malta), tkun trid thalli 4 ġimghat minn meta tkun ħadt l-aħħar doża qabel tagħti d-demm.

Jekk għandek dubju x'tip ta' tilqima ħadt, bhala mizura ta' prekawzzjoni xorta halli 4 ġimghat

mill-aħħar doża qabel tagħti d-demm.

Jista' pazjent jieħu l-coronavirus minn trasfuzjoni tad-demm?

S'issa ma ġewx irrapportati każi ta' nies li ħadu COVID-19 la mid-donazzjoni, u lanqas minn trasfuzjoni tad-demm. Tajjeb li wiehed jghid li fl-aħħar 20 sena ma ġie irrapportat l-ebda każ ta' trażmissjoni taż-żewġ coronaviruses preċedenti (SARS u MERS-CoV) minn trasfuzjoni tad-demm.



Peter's Kitchen

Ingredients:

4 green peppers
1 cupful of breadcrumbs
8-10 olives
100 g anchovies
1 tablespoon capers, chopped
2 large tomatoes, peeled, seeded and chopped
2 onions
2 cloves of garlic
Parsley
Oil
Salt and pepper

Peter Miceli Saydon

Prinċipal

Method

Remove the stalk, tops and seeds of pepper.

Fry the onions and garlic, add the tomatoes, capers, olives, parsley and chopped anchovies. Mix in the breadcrumbs.

Season with salt and pepper.

Be careful not to use too much salt because the anchovies are salty.

Fill each green pepper with as much of the mixture as it will hold.

In a shallow pan, fry the green pepper in oil.

Let the peppers fry until done on all sides.

Lower flame to simmer and turn occasionally until the pepper are golden brown.



Ġurnata ta' għarfien dwar I-Obezità

Peter Miceli Saydon

Prinċipal

Nhar l-Erbgħa 4 ta' Marzu 2020 kien il-Jum Dinji tal-Obezità. Kif jiġri ta' kull sena, id-Dipartiment tas-Sigurtà Soċjali ħa sehem billi offra iklja nutrittiva bi prezz irħis lill-impjegati.

Il-Health Promotion and Disease Prevention fi ħdan id-*Department for Health Regulation* irikonoxxa din il-parteeċazzjoni f'Diċembru 2020.

Id-dewmien kien kaġun li dan id-Dipartiment bħalissa huwa ikkonċentrat fuq il-ġlieda kontra l-pandemija tal-Covid-19.

Kien hemm iżjed entitajiet fil-Ministeru li pparteċipaw kemm fl-2020 kif ukoll fi snin preċedenti.

