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6th April 2009

CIRCULAR NO. 134

Dear Members,

We write to remind all members that the next monthly meeting of the AD/HD Family Support Group will be held on **Friday 17th April 2009 at Junior College Msida, starting 6.30 p.m.** The meeting will be addressed by Ms Giannella Attard on "Practical Tips for Helping Children with ADHD".

Due to the change in date the **PSD** sessions **will NOT** be available. Please refrain from bringing your kids to the meeting. This holds as well for the **child minding services** that **will NOT** be available. Please note that as from the May meeting we will introduce a charge of one euro (eur 1.00) per child for non-members who avail themselves of the services of child-minding and PSD sessions.

The group refers that the first course of the Parenting Skills Courses has finished and that the second course will start in mid April. We again remind all members interested to participate to signal their interest. Please note that at the moment we are not receiving applications from non-members.

Very Important - The Committee has decided to introduce a few changes in the workings of membership in the group and the relative benefits that membership in the group carries.

We will be introducing a system whereby the group issues a membership number and a membership card for each membership. Such card should be used for easier identification at the meetings in view of the following paragraphs.

Non-members borrowing books from the library will be requested a 2 euro donation per book/cd (apart from the refundable deposit) for the services of borrowing such book/cd for one month. Members will continue to borrow books/cd for free.

Non-members will be asked for a 1 euro donation per child for the child minding and PSD services. Members will not be charged for such services

As from September 2009 Non members will be asked for a 5 euro donation at meetings that are addressed by professionals/specific speakers. Members will continue to benefit from free entrance to all the group meetings.

What the committee is proposing is that non-members coming for the first time are exempted from the above donations, which however will be applied on subsequent attendance.

The above paragraphs are intended to make membership in the group more beneficial to the members themselves in that there is a tangible return on membership against just attending, taking the benefits and not contributing through membership enrolment.

With regards to the membership in the group we will also rationalise and consider a grace period of three months for membership renewal after the actual renewal date. In those cases that the membership is eventually renewed, the fee would be considered to cover the lapsed grace period.

Furthermore we refer to the coaching services that the group offers to members. The group will subsidise the first six sessions of such coaching services. For further information contact committee members.

Two short notes : The group was represented by Ms Vivienne Portelli at the ADDISS conference held in London from 31st March to 1st April. The group will also be represented at the ADHD Europe Annual General Meeting (18th & 19th April) by Olav Attard.

Requests : As advised in the last Circular the group is recruiting help for translations of materials regarding ADHD into Maltese for members and for general information. We received an offer from one of our members whom we thank in advance. At the same time we do encourage other members to possibly offer such services. We repeat we ask for a little bit from as many members as possible. Thank you in advance.

Very Important - The meeting of May of the Group will be the Annual General Meeting of the Group. During this meeting we take stock of the past year's doings. We encourage all members to attend as the AGM serves also as a point of feedback apart from reporting back.

More Importantly the AGM is also the time when there is the election of the new committee. So we do encourage members to come forward to be on the committee of the group. Being on the committee normally entails a committee meeting once a month, the group meeting and various communications through email. Surely nothing out of this world. So we look forward to have members coming forward to be on the committee

Keep third week in September (ADHD Awareness Week), especially Wednesday 16th September, pencilled in your diary.

Yours Sincerely

Olav Attard

AD/HD Family Support Group

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Ċirkulari Nru 134

Għeżiež Membri

Niktbu sabiex infakkru l-kulhadd dwar il-laqqgħa li jmiss ta' l-AD/HD Family Support Group li ser issir nhar **il-Ġimgħa 17 ta' April 2009 fil-Junior College, Msida u li tibda fis-6.30 ta' filgħaxija**. Il-laqqgħa ser tkun indirizzata minn Ms Giannella Attard li ser titkellem fuq "Għajnuniet Prattici sabiex Tgħin Tfal bl-ADHD".

Waqgħ il-laqqgħa **MHUX ser** ikun hemm is-servizz tal-lezzjonijiet tal-**PSD**. Nitolbukom li t-tfal ma jakkumpanjawkomx għall-laqqgħa. Dan jgħodd ukoll fir-rigward tas-servizz ta' tħaris tat-tfal li ukoll **MHUX ser** ikun provdut. Navżaw ukoll li mill-laqqgħa ta' Mejju 'l quddiem ser nitolbu donazzjoni ta' ewro għal dawn is-servizzi minn għand dawk li jattendu u li ma jkunux membri.

Il-grupp jirrapporta li l-ewwel kors ta' "Parenting Skills" ġie fi tmiemu, u li t-tieni kors ser jibda f'nofs April. Infakkru lill-membri li huma interessati li jattendu kors ta' "Parenting Skills" sabiex jgħidulna. Navżaw ukoll li għalissa mhux ser nieħdu iktar applikazzjonijiet minn persuni li mhumiex membri tal-grupp għall-dawn il-korsijiet

Importanti Hafna – Il-Kumitat iddeċieda li jintroduċi xi tibdil fit-tħaddim tas-sħubija fil-grupp u l-benefiċċji li l-membri jgawdu minn tali sħubija.

Ser nintroduċu sistema li l-membri tingħatalhom "membership card" kif ukoll li dawn ikunu numerati. Il-"Card" tibda tintuża bħala sistema ta' identifikazzjoni speċjalment fir-rigward ta' dak miktub hawn taħt.

Min MHUX membru u jkun jixtieq jissellef kotba jew materjali mill-librerija tal-grupp (self li jkun għal xahar) ser jibda jintalab donazzjoni ta' żewġ ewro għall-kull ktieb/cd/vidjo misluf, u dan apparti d-depożitu tas-soltu li jkun rifiż meta jkunu irritornati l-kotba. Il-membri jibqgħu jisselfu l-kotba/cd/vidjos mingħajr ħlas.

Min MHUX membru jintlab donazzjoni ta' ewro (€1.00) għal kull tifel/tifla li jużaw is-servizzi tal-PSD jew tat-tħaris tat-tfal. Membri ma jħallsux għal dawn is-servizzi.

Minn Settembru 2009 min MHUX membru ser jibda jintalab donazzjoni ta' ħames ewro (€5.00) għall-laqqgħat li jkunu qed jiġu indirizzati minn professjonisti/kelliema fuq suġġetti speċifiċi. Membri jibqgħu jattendu mingħajr ħlas.

Dak li qed jiġi propost huwa li min jiġi għal-laqqgħat għall-ewwel darba jkun eżentat minn dawn id-donazzjonijiet, li pero jidhlu fis-señħ jekk l-istess persuna terġa tattendi laqqgħat oħra tal-grupp.

Dak li qed niktbu għandu l-intenzjoni li jagħti lura benefiċċji tangibbli lill-membri tal-grupp li jkunu qed iħallsu l-miżata tas-sħubija. Inħossu li mhux sew fuq kulħadd li ikun hemm min iġawdi l-benefiċċji mingħajr ma jikkontribwixxi.

Fir-rigward tal-miżata ta' sħubija ser nibdew insegwu l-proċedura f'li l-membri jingħataw tlett xhur ċans sabiex iġeddu s-sħubija kull sena u dan meta din tagħlaq skond iż-żmien li wieħed ikun ħallasha l-ewwel darba. Min iġedded is-sħubija f'dan il-perijodu ser nibdew nikkunsidraw li l-miżata tkun tkopri dan iż-żmien miżjud ta' tlett xhur ukoll.

Infakkru fis-servizz ta' "Coaching" li l-grupp joffri lill-membri. Il-grupp jissussidja l-ewwel sitt sessjonijiet ta' dan is-servizz. Għal iktar informazzjoni ikkuntattjaw lil membri tal-kumitat.

Żewġ noti qosra : Il-grupp kien rappreżentat mis-Sinjura Vivienne Portelli fil-Konferenza ADDISS f'Londra li saret bejn it-30 ta' Marzu u l-1 ta' April. Il-grupp ser ikun rappreżentat minn Olav Attard fil-Laqqgħa Ġenerali Annwali tal-ADHD Europe li ser issir bejn it-18 u d-19 ta' April.

Kif tkellimna fiċ-ċirkulari li għaddiet il-Grupp talab għall-għajnuna fir-rigward ta' traduzzjoni għall-Malti ta' materjali fuq ADHD għall-użu tal-membri u bħala informazzjoni. Irċevejna risposta minn membra li nirrigrazzjaw bil-quddiem. Fl-istess ħin nerġgħu inħeġġu membri oħra li possibilment joffru s-servizzi tagħhom f'dan ir-rigward. Ntenu li l-ftit ta' ħafna jwassal li jkollna iktar materjal bil-Malti. Nistennew minn għandkom u grazzi bil-quddiem.

Importanti Ħafna – Il-Laqqgħa ta' Mejju tal-Grupp ser tkun il-Laqqgħa Ġenerali Annwali. F'din il-laqqgħa il-Grupp iħares lejn dak li sar tul is-sena li tkun għaddiet. Inħeġġu lill-membri li jattendu għal din il-laqqgħa li sservi wkoll bħala għodda ta' diskussjoni, apparti r-rapporti li jsiru.

Iktar importanti minn hekk il-Laqqgħa Ġenerali Annwali hija ukoll il-laqqgħa meta jiġgedded il-kumitat. Għalhekk qed inħeġġu lill-membri li joffru lilhom infushom sabiex ikunu membri fil-kumitat. Ma naħsbux li dan ikun ifisser xi ammont konsiderevoli ta' xogħol. Li jkun hemm huwa laqqgħa tal-kumitat darba fix-xahar u komunikazzjoni regolari permezz tal-Email. Għalhekk inħarsu 'l quddiem li jkun hemm membri li joffru dan il-ħin ta' servizz lejn il-Grupp.

Żommu f'moħħkom it-tielet ġimgħa ta' Settembru (ADHD Awareness Week), l-iktar is-16 ta' Settembru.

Dejjem Tagħkom,
Olav Attard
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