



in touch

in touch is another resource that **sedqa** will be utilizing to update community leaders with current activities. This resource will be used to keep in touch with organizations who are contributing in creating opportunities related to healthy lifestyles. By means of this resource **sedqa** will be updating community leaders with activities, the Agency will be organising or supporting during the particular time.

Should there be organizations who would like to create a project promoting healthy lifestyles, (without the abuse of drugs and alcohol) they should contact the undersigned on 23885247 for possible collaboration with **sedqa**. When joining forces and resources the outcome effect will be multiplied within the particular target audiences we are catering for.

Thanking you for your attention, time and commitment to make a positive difference.

Yours Truly

Martin

Ready... SteadyGO!!!!

Athletics Training Session

The next alternative leisure activity is going to be held on Sunday 4th May between 9.30 am and noon. This time the activity is going to consist of an Athletics Training session. This activity, organized in collaboration with Athleta Pembroke, will be held at the Marsa Sports Complex. Coaches from Athleta Pembroke will lead the training session that is being targeted for young people aged between 13 and 16 years.

Young people who would like to participate in this activity should contact Martin Chetcuti on 23885247 or email martin.chetcuti@gov.mt.

This activity is free of charge.

sedqa Alternative Leisure

...in collaboration with Athleta Pembroke
For young people aged 13 to 16 years old

Athletics Training Session

Date: Sunday 4th May 2008

Venue: Marsa Sport Complex

Time: 9.30am – 12.30pm

For further information contact Martin Chetcuti on Tel 2388 5110

Media might be present.



Foundation for Social Welfare Services

www.sedqa.gov.mt

Swimming Alternative Leisure Event

sedqa will be organising the second alternative leisure activity within the same month. This activity consists of a swimming session that will be held at the Razzett tal-Hbiberija.

Apart of inviting young people aged 13 to 16 years for this activity, **sedqa** is appealing the participants to donate €5 in aid of Razzett tal-Hbiberija. This donation is not a charge for the event but rather a sense of support for the work that is being carried out with people with disability. This would also help in increasing sensitivity in youth about areas of need in society.

Young people or youth groups who would like to participate in this activity should contact Martin Chetcuti on 23885247 or send an

sedqa Alternative Leisure

...in aid of Razzett tal-Hbiberija
for young people aged 13 to 16 years old

Swimming

Date: Friday 16th May 2008

Venue: Razzett tal-Hbiberija

Time: 6.00 - 8.00pm

**A donation of €5 from each participant will be collected in
aid of Razzett tal-Hbiberija**

For bookings contact Martin Chetcuti on Tel 2388 5110

Media might be present



Foundation for Social Welfare Services

www.sedqa.gov.mt

You(th).com

Seminar on Computer Addiction Awareness

This seminar is being organized in collaboration with KDZ. It is part of the formation **sedqa** is targeting to youth workers and community leaders.

For some time we have been noticing the changing trends in the behavior of young people with regards to lifestyle and computers. Thus we feel the need to create awareness and knowledge about this change amongst people who work closely with youth. The awareness will help the youth workers and community leaders to understand and relate with youth who may be challenged with this situation. Understanding the concept behind computer addiction is another step towards the projection and promotion of healthy living even amongst young people.



you[th].com



Seminar on Computer Addiction

for Youth Leaders and Youth Workers

Foundation for Social Welfare Services

Date: Saturday 24th May 2008

Time: 09:00 – 13:00

Venue: *sedqa*, Paul Pace Hall, 5, Braille Street, Santa Venera

Plenary Sessions:

What is Computer Addiction?

Mr. Jesmond Friggieri, *sedqa* Lecturer

Overcoming the challenge through Youth Empowerment

Ms. Miriam Teuma, Dept. Youth and Community Studies,
University of Malta

Participation: Free of Charge

Info: www.kdz.org.mt **Registration:** segreteria@kdz.org.mt



'Train d Leaders' in Valletta

'Train d Leaders' in Valletta is a two day training that will be organised in collaboration with the Valletta Local Council. This training is aimed to provide information about drug and alcohol to leaders within the locality of Valletta. The participants to the training will also be provided with information related to **sedqa** services.

The training will be held at the **sedqa**, Paul Pace Hall, 5 Braille Street, Santa Venera. The dates of the training are Saturday 31st May between 9am and 4pm and Sunday 1 June between 10.00am and 2.00pm.

Further information may be obtained by contacting Martin Chetcuti on martin.chetcuti@gov.mt or 23885247.

Train d Leaders

Weekend Training about Drug and Alcohol Abuse

Saturday 31 May 2008

Time: 9.00am – 4.00pm

Sunday 1 June 2008

Time: 10.00am – 2.00pm

Venue: **sedqa**, Paul Pace Hall, 5, Braille Street, Santa Venera

The training will deal with the following topics:

- Physical Aspect of Drug and Alcohol Abuse
- Social and Psychological Aspect of Drug and Alcohol Abuse
- Legal Aspect of Drug and Alcohol Abuse
- Services offered by **sedqa**
- The effect of parent's messages on children

