

# 20LiD **arity**

**for public service employees engaged in social solidarity**

**MINISTRY FOR THE FAMILY  
CHILDREN'S RIGHTS  
& SOCIAL SOLIDARITY  
MALTA**

# 18

**AUTUMN  
2019**





MINISTRY FOR THE FAMILY, CHILDREN'S RIGHTS AND SOCIAL SOLIDARITY

Ministry for the Family, Children's Rights & Social Solidarity



Aġenzija SAPPORIT



Department for Active Ageing and Community Care



Directorate Operations



Malta Housing Authority



PARLIAMENTARY SECRETARIAT FOR RIGHTS OF PERSONS WITH DISABILITY & ACTIVE AGEING

Parliamentary Secretariat for Rights of Persons with Disability & Active Ageing



Commissioner for Children



Department of Social Security



Financial Governance Directorate



Policy Development and Programme Implementation Directorate



PARLIAMENTARY SECRETARIAT FOR SOCIAL ACCOMMODATION

Parliamentary Secretariat for Social Accommodation



Commissioner for Older Persons



Directorate Corporate Services



Foundation for Social Welfare Services

SCSA SOCIAL CARE STANDARDS AUTHORITY

Social Care Standards Authority



Office of the Permanent Secretary



Commission for the Rights of Persons with Disability



Directorate General Social Policy



Income Support & Compliance Directorate

**20LiD**arity

for public service employees engaged in social solidarity

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Žgur smajt il-propoganda kollha: kul il-frott u l-ħaxix, evita ikel li fih il-lamtu, ixrob ħafna ilma, agħmel l-eżerċizzju regolarment. Iżda għaliex jagħmlu din il-pubblicità kollha? Fil-verità, għaliex huwa importanti li jkollok stil ta' ħajja b'saħħtu u tiekol sew?

L-ewwel nett, meta tkun f'saħħtek tnaqqas ir-riskju ta' attakk tal-qalb. Din ir-raġuni għandha tkun biżżejjed għalik, iżda li tkun f'saħħtek ifisser ukoll li tħossok aħjar ingenerali, ikollok aktar enerġija u tonqos il-probabbiltà li timrad.

Kont taf li l-piż żejjed u l-obeżità huma l-ħames riskju ewlieni tal-imwiet dinjija? Tal-anqas 2.8 miljun adult imutu kull sena b'rizultat ta' piż żejjed jew obeżità. 44 fil-mija tal-problemi ta' dijabete, 23 fil-mija tal-problemi ta' mard tal-qalb iskemiku u bejn sebġha u 41 fil-mija ta' ċerti problemi ta' kanċer huma attribwiti għal piż żejjed u obeżità. (Sors: L-Organizzazzjoni Dinjija tas-Saħħa).

L-aħbar tajba hija li l-ħxuna żejda tista' tiġi evitata. Il-11 ta' Ottubru 2019 hija ġurnata dedikata għall-ġlieda kontra l-obeżità. Il-Ministeru tal-Familja, Drittijiet tat-Tfal u Solidarjetà Soċjali se jippartecipa b'numru ta' attivitajiet (ara paġna 11) u b'numru ta' attivitajiet oħra permezz tal-entitajiet tiegħu.

Peter Miceli Saydon  
Editur

Kull mibdi mitmum. Hekk hu bir-raġun.  
Opportunità ġdida hija l-kagun.  
li ntemm ħesrem dmiri u dover  
li kelli nwettaq taħt dan il-poter.

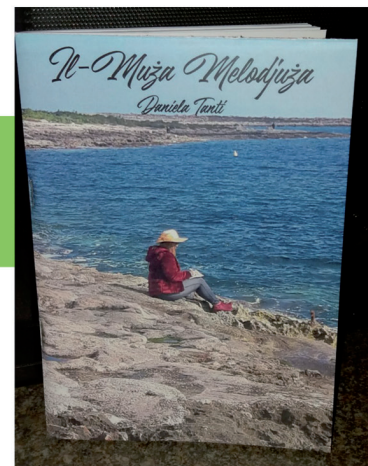
Wara 25 sena servizz mas-sigurtà soċjali inħares 'il quddiem ma' min se jordnali.  
Fil-quċcata u fi ħdan il-Ministeru ġdid Xogħol ta' *secretariat* kif huwa meħtieġ.

Nittama li dmiri nwettaq mill-aħjar bħal qabel hekk kif maż-żmien tar.  
Lill-pubbliku jiena dejjem minn qalbi qdejt  
Bi tbissima kemm jista' jkun urejt.

Jekk xi darba nqast lil xi ħadd Apologija nitlob dan huwa fatt.  
Minn hawn issa se nħares 'il quddiem Nagħmel dmiri mill-aħjar li nista' sat-tmiem.

Grazzi lil kull min għeni  
u lil kull min apprezza xogħli.

Daniela Tanti



## Stejjer tan-nies



Daniela Tanti

Daniela Tanti ilha tagħti s-servizz tagħha lid-Dipartiment tas-Sigurtà

Soċjali matul dawn l-aħħar 25 sena, 15 minnhom fil-*customer care*.

Wasal iż-żmien għal Daniela li timraħ f'oqsma oħra fil-ħajja tax-xogħol tagħha.

Nawguraw lil Daniela fl-avventura ġdida tagħha.

Daniela dejjem kienet minn ta' quddiem fl-imħabba tagħha lejn l-ilsien Malti u fil-kitba ta' vrus poetiċi bil-Malti. Fil-fatt, hija membru tal-Għaqda tal-Malti. Din is-sena wkoll, Daniela wettqet xewqa oħra tagħha u ppubblikat l-ewwel ktieb ta' poeziji tagħha. Mhux l-ewwel darba wkoll li stampajna poeziji tagħha fit-taqsima *Pen to Paper* f'*SOLIDarity*.



# Messagġ tas-Segretarju Permanenti



F'Ottubru li ġej se nagħlaq 33 sena naħdem fil-qasam tal-protezzjoni soċjali li ħlief għal ftit snin naħdem fl-uffiċċji distrettwali tas-sigurtà soċjali, għixthom kollha f'Palazzo Ferreria bħal bosta mill-kollegi tiegħi f'dan il-Ministeru.

Ngħid għixthom għaliex tant inqattgħu ħin fuq il-post tax-xogħol li l-uffiċċju jsir it-tieni dar tagħna. Għalhekk inħoss ċerta affinità ma' dan il-palazz li fil-maestà u l-grandezza tiegħu bla ma trid kultant tispicċa timmagina x'lussu seta' kellhom il-familji li għexu fih u kemm ried isir xogħol mis-servitù biex l-għadd kbir ta' swali u kmamar jinżammu nodfa u fl-ordni. Itik li tistħajjel ukoll kif kien ikun imżejjen u mixgħul f'xi lejla meta s-sidien kienu jilqgħu mistednin distinti għal xi ikla jew għal xi riċeviment għall-ħbieb qabel jaqsmu t-triq biex flimkien magħhom jassistu għal xi rappreżentazzjoni operistika li kien magħruf għalihom it-Teatru Rjal.

Il-palazz kien it-tieni l-akbar residenza privata wara l-palazz tal-granmastri u minn riċerka li saret instab li biex jieħdu ħsieb il-palazz il-familja kienet timpjega madwar 25 ruħ li wkoll kellhom il-kmamar tagħhom fil-palazz. Fost l-impjegati kellhom ukoll portiera lebsin l-uniformi biex jgħassu l-bibien prinċipali. Il-palazz inbena lejn tmiem is-seklu dsatax minn koppja benestanti - Giuseppe Buttigieg u martu Giovanna Camilleri – fuq medda art li fi żmien l-

Ordni ta' San Gwann kien hemm il-funderija tal-armamenti tal-Ordni. Kien għalhekk li l-binja ssemmiet Ferreria, kif għadha magħrufa sal-lum, għalkemm kien hemm żmien fejn kienet magħrufa bl-isem ta' Buttigieg Francia jew ta' Francia. Il-pjanti u l-bini ġew f'dati f'idejn il-perit Giuseppe Bonavia li ħalla l-marka tiegħu fuq l-arkitettura Maltija b'bini mill-isbaħ f'diversi postijiet fosthom il-Borża fi Triq ir-Repubblika, il-knisja tal-Iskoċċizi fi Triq Nofsinhar u l-Belvedere f'Ħal-Lija.

Fid-disinn tiegħu l-Perit Bonavia kien imnebbi minn stil arkitettoniku Venezjan-Gotiku u biex joħroġ b'reqqa l-elementi elaborati kien qabbad bennejja u nies tas-sengħa mill-aqwa, kif tixhed l-istess faċċata li fuq nett tagħha tnaqqxu l-istemmi tal-familji Buttigieg u Camilleri. Jingħad li l-ewwel gallariji tal-injam f'Malta kienu dawk li twaħħlu mal-binja.

Il-palazz jibqa' msemmi mhux biss għas-sbuħija u l-kobor tiegħu iżda wkoll għall-għawġ li għaddiet minnhom fl-irvell tas-*Sette Giugno* fl-1919 il-familja tat-tifla tal-koppja Buttigieg, Tereza, li kienet miżżewga lill-Kurunell Francia, li kien wieħed mill-importaturi tal-qamħ f'Malta. Fil-korla tagħhom fost postijiet oħra, il-Maltin kienu attakkaw il-binja u l-kurunell u familta kellhom jistaħbew fil-kantina. Fil-ktieb tiegħu "Rajt Malta Tinbidel", Herbert Ganado jirrakkonta li "Il-folla daħlet fid-dar, ħarbtitha u bdiet tiffa' l-fided u l-isbaħ mobbli mill-gallerija u mit-twieqi. Intefa' barra sa l-pjanu". Wieħed mill-vittmi tal-irvell intlaqat b'tiri li ġew sparati minn stakkament ta' morini li ntbagħtu biex iferrxu l-folla ħdejn il-palazz.

Il-palazz ma ħelisiex mill-attakki qliel fuq il-Belt Valletta fit-tieni Gwerra Dinjija għax f'wieħed mill-ħbit mill-ajru ġarrab ħsarat estensivi, tant li ntilfu l-gallariji originali.

Xi snin wara li spicċat il-gwerra il-familja Francia baqgħu jgħixu f'parti mill-palazz u krew il-





kumplament lill-Gvern biex iservi bħala l-bażi tal-Ministeru tax-Xogħlijiet Pubbliċi fil-ħidma biex jinbena mill-ġdid il-bini li ġġarraf fil-gwerra. Lejn it-tmiem tas-snin sebgħin il-palazz għadda kompletament f'idejn il-Gvern bi ftehim mal-familja.

Waqt il-proġett ta' restawr li qed jagħti dehra ġdida lill-palazz fuq il-faċċata nstabu għadd ta' fdalijiet tal-gwerra. Il-proġett issa mexa ġmielu. Wara x-xogħol fuq il-faċċata tlestew partijiet minn Triq l-Ordinanza u aktar kmieni din is-sena ntemm ix-xogħol fuq in-naħa li tagħti fuq Triq Nofsinhar. Issa jmiss nidhlu fl-aħħar fażi bit-tkomplija tax-xogħol fi Triq l-Ordinanza u fuq in-naħa ta' Triq id-Dejqa.

Dan ir-restawr kien ilu jberren f'moħħi sa minn meta beda l-proġett tal-bini tal-Parlament il-ġdid u wara li dak iż-żmien kont ippruvajt li jsir xi ħaġa imma ma rnexxilix, meta lhaq Segretarju Permanenti fl-2013 ħabrikt biex jiġu allokati l-fondi meħtieġa u nqabbdu l-esperti u kuntratturi

biex imexxu l-proġett. F'dan kollu sibna kollaborazzjoni u għajjuna sħiħa mid-Direttorat tar-Restawr fi ħdan il-Ministeru għall-Ġustizzja u Kultura.

Is-sbuħija tal-palazz illum qed titgawda tul il-gurnata kollha inkluż wara nżul ix-xemx għax min jidhol il-Belt filgħaxija jkun jista' jitpaxxa bil-faċċata majestuża mdawla b'sistema moderna ta' dwal li giet inawgurata din is-sena.

Il-Palazz jiġbor fih l-uffiċini tal-Ministeru u taż-żewġ Segretarjati Parlamentari flimkien ma' dawk tal-uffiċċju tiegħi, tad-Direttorati tas-Sigurtà Soċjali u numru ta' direttorati oħra. Ix-xogħol ta' tiġdid tal-palazz mhux limitat għall-qoxra ta' barra iżda wkoll għall-ġewwieni tiegħu bi proġett ieħor ta' tisbiħ u mmodernizzar tal-uffiċini kif ukoll ta' tibjid ta' turgien u kurriduri. Dan issa ilu għaddej għal xi żmien u se jkompli għaddej sabiex inkompli ntejbu l-ambjent tal-uffiċċji kollha.

Taħt id-direzzjoni tad-Direttorat għall-Operazzjonijiet u bil-ħidma tat-taqsim tal-Manutenzjoni u ta' xi kuntratturi wasal biex jispiċċa xogħol fit-taqsim ġdida tas-Single Means Testing u l-Business Intelligence Unit biex jissebħu l-uffiċini u jkunu aktar komdi għal min jaħdem fihom. Xogħol ieħor għaddej fuq in-naħa tat-Taqsim tal-Pensjonijiet u fl-uffiċini tad-Direttorat għall-Osservanza tal-Benefiċċji. Il-programm li tfassal jaħseb ukoll għal xogħol simili f'uffiċini u facilitajiet f'naħat oħra wżati minn direttorati oħra u għat-tkomplija ta' xogħol ta' tibjid fl-uffiċini distrettwali fost oħrajn. Bħal dejjem niringrazzja minn qalbi lil dawk kollha nvoluti f'dan il-programm ta' ħidma li għaddej b'risq il-ħaddiema kollha tagħna.

Mark Musù  
Segretarju Permanenti fil-Ministeru għall-Familja, Drittijiet tat-Tfal u Solidarjetà Soċjali

# Getting Off the Beaten Track with Marvic



## SOUTH AFRICA

South Africa is situated at the southern tip of Africa.

It shares borders with Botswana, Mozambique, Namibia, Lesotho and Swaziland, and its shores are washed by the Indian and Atlantic oceans.

South Africa is a country of extremes, where poverty-stricken shanties exist alongside first-world art galleries, entertainment venues and restaurants. Its magnificent landscapes include snow-dusted mountains, plunging canyons and areas of arid semi-desert, whilst its twin coasts support incredible biodiversity. With countless ethnic groups and no fewer than 11 official languages, its human culture is just as diverse.

### Cape Town

Consistently ranked as one of the planet's most beautiful cities, the Mother City is made unforgettable by its breathtaking scenery. Pristine beaches, picturesque vineyards and the iconic silhouette of Table Mountain are all part of its charm. In Cape Town, you can tour apartheid landmarks, dive with great white sharks and sample world-class restaurants all in a single day.

### Garden Route

Stretching along South Africa's scenic east coast from Mossel Bay to Storms River, the Garden Route offers 200km of adventure hotspots, quaint seaside towns and mesmerizing ocean views. Go golfing in George, discover untouched beaches in Wilderness, sample fresh oysters in Knysna or keep an eye out for whales in Plettenberg Bay.

## Kruger National Park

Kruger National Park covers nearly two million hectares of immaculately preserved wilderness and offers one of the best safari experiences on the continent. Here, you can explore the bush on a walking safari, spend a night or two in a luxury camp and come face-to-face with some of Africa's most iconic animals. This includes the Big Five: lion, leopard, buffalo, rhino and elephant.

## Drakensberg Mountains

The Drakensberg Mountains constitute the country's highest mountain range and one of the most beautiful places in South Africa. Stretching for 1,000km, the mountains offer endless opportunities for outdoor activities including hiking, birdwatching, horse-riding and rock climbing. They are also home to the richest collection of San rock paintings in Southern Africa.

## Durban

Located on South Africa's sunny KwaZulu-Natal coast, Durban is the ultimate seaside playground. The weather remains balmy all year round, and the beaches are untouched stretches of golden sand that seem to go on forever. From surfing to scuba diving, watersports are a key attraction, while the city's large Indian population has inspired a cuisine famous for its spicy curries. South Africa is a place where everyone should go at least once in their lives. From gorgeous weather, amazing beaches, vast wildlife, delicious wine and food, and breathtaking scenery, South Africa provides great opportunities for those who prefer an outdoor lifestyle. It opens your eyes up to diverse culture everywhere you go!

## Marvic Cordina DTTC

### Boutique Travel Specialist

As a Boutique Travel Specialist, I specialize in personalized itineraries and private small groups to destinations across Asia, Latin America, Southern Africa and Eastern Africa. For more details, you can contact me at [marvic.cordina@traville.net](mailto:marvic.cordina@traville.net)

# Solid Fun

## Sudoku

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

## Find the words

ASCIAK, BONAVIA, BORG, CAMENZULI, DEBATTISTA, EBEJER, FALZON, GOUDER, HYZLER, INGUANEZ, JACCARINI, KINGSWELL, LAFERLA, MANDUCA, NAUDI, OBERMANN, PADOVANI, QUINTANO, ROTIN, STIVALA, TRIGANZA, ULLA, URPANI, VASSALLO, WILLOUGHBY, XUEREB, YATES, ZERAF.

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

## BACK TO SCHOOL



Nate: Why was school easier for cave people?  
Kate: Why?  
Nate: Because there was no history to study!

Teacher: Class, we will have only half a day of school this morning.  
Class: Hooray!  
Teacher: We will have the other half this afternoon.

$\frac{1}{2}$



Teacher: Donald, what is the chemical formula for water?  
Donald: H-I-J-K-L-M-N-O.  
Teacher: What are you talking about?  
Donald: Yesterday you said it was H to O.

Teacher: Tommy, can you tell us where the Declaration of Independence was signed?  
Tommy: Yes, ma'am. At the bottom.







# AGENZIJJA SAPPORIT

## INK: person-focused inclusion project

In line with the vision of inclusion of persons with disability in all aspects of society, Agenzija Sappport operates the INK Project, a person-focused inclusion project aimed at increasing the inclusion of persons with disability in the workforce. The INK project is co-funded by the European Union, under the European Social Fund 2014-2020.

The INK Project, besides offering a programme for persons with disabilities, also recognises the need to create a holistic approach and offers training sessions to parents/guardians of persons with disabilities, frontline professionals, as well as a programme for employers to be able to support an inclusive environment when employing persons with disability.

## Training for persons with disability

The most comprehensive training that is given is that to persons with disability. This training lasts for 32 weeks, split between formal (lesson-based), practical and transport training followed by hands-on experience through job placements. A team comprising of trainers, job coaches, mentors

and psychosocial well-being officers follow the beneficiary throughout this project, including direct support at the workplace.

Beneficiaries are also given an allowance throughout both the training and job placement phases.

## Training for parents

Persons with disabilities who are encouraged to seek employment by their parents or guardians have a better chance at succeeding at the workplace. Based on this, the INK project gives due importance to the training offered to parents or guardians of persons with disability.

Many times parents have expressed concern over encouraging their child with disability to enter the workforce due to them never having worked before, because of difficulties in finding employers willing to understand and accommodate their needs arising from their disabilities. These sessions will offer parents or guardians the opportunity to discuss these issues and understand what options and services are available.

The course was very well conducted since the difficulties faced by persons with disability in finding employment and the

resultant effects on their families were identified and discussed such as the need to apply positive discrimination in getting persons with disabilities adequate, supported and continuous employment, through national projects.

Mr. Godfrey Borg, parent

#### Training for frontliners

The INK project also envisages training for frontliners in the disability field. This training is open to professionals and staff working directly with persons with disability who wish to enhance their skills and go through an up-skilling experience.

The training involves a mix of informational sessions, group activity, as well as sharing of best practices. Frontline individuals are exposed to the importance of encouraging persons with disability to seek employment. The training also serves as a space for discussing any challenges encountered by individuals in the group and creating a support network.

#### Training for employers

Studies have shown that persons with disabilities are hardworking, loyal and add value to your business, as they help you to open your company to new potential markets, strengthen your corporate identity, and enhance an inclusive work culture.

INK offers opportunities for both training and discussion, targeting employers, management, members of HR and/or other staff, having an interest in increasing knowledge about inclusion. The sessions allow for a general understanding of what to

expect when hiring persons with disability.

“A beneficiary of the INK project, administered by Aġenzija Sapport has been employed with Valhvor Borg Import/Export Limited following the period of job placement offered by INK. His employment is that of a Labourer/Food Packer in the Production Plant. Thanks to the INK Project, he is performing well and he has fully integrated with his colleagues at place of work. During his placement the beneficiary was regularly being supported by the INK Project’s team at the place of work, and currently the job coaches have remained in touch providing us with feedback when necessary.”

Patrick Zammit, Financial Controller  
Valhvor Borg Imp. / Exp. Ltd.

INK Partners

The INK project also has two project partners:

Local partner: Commission for the Rights of Persons with Disability (CRPD) as the regulator

International partner: KARE, a leading disability support organisation in Ireland with over 50 years experience in the sector.

Through the partnership with KARE and other Irish stakeholders such as the National Disability Authority (NDA) and Enable Ireland, INK beneficiaries have the opportunity to participate in training sessions held in Dublin, aimed to facilitate exchange of knowledge and best practice within the field. Terms and conditions apply.

Anyone interested in attending INK project training, in either capacity of beneficiary as applicable, should contact us on 2256 8000 and ask for INK or send us an email on [eu.sapport@gov.mt](mailto:eu.sapport@gov.mt). Further information or updates on the project may also be found on our Facebook page [INKprojectmalta](#).

Aġenzija Sapport

**INK**  
P R O J E C T

# What's going on & coming up

## Electronic Exchange of Social Security Information (EESSI)

EESSI is an IT system that helps social security institutions across the EU exchange information more rapidly and securely, as required by the EU rules and European Regulations EC 883/04 and 987/09.

### EESSI System Advantages

Faster, efficient and secure message exchange between social security institutions.

More accurate data exchange between national authorities.

Standardised electronic documents translated into own language, improving multilingual and standardised communication.

Incorporated safeguards ensuring that the data exchanged is correct and complete, helping institutions to combat fraud and error.

Introducing standard electronic procedures to be followed by institutions; this will further enhance the correct application of social security coordination rules.

Secure handling of personal data.

Utilization of common secure infrastructure for cross-border data exchange between social security institutions.

### MT Inter-ministerial EESSI Project – Key Success Factors

Ensuring Project Financing through the successful application for EU Funds.

Key Stake Holder analysis.

MOUs between Ministry for Health and Ministry for the Family Childrens' Rights and Social Solidarity and EESSI Project and MITA.

Setting up of and inter-ministerial EESSI

Project Steering Committee which met for 22 times during project timeline. The EESSI

Project Steering Committee was made up of all the essential expertise including the technical, business and financial elements. Setting up of clear objectives and milestones. Committed EESSI team towards the success of the project which worked with tight deadlines and challenges.

Project leadership which communicated a clear vision of what was to be achieved and installing a team spirit where success was considered as the ultimate objective.

Training both locally and abroad to ensure that the required skills and knowledge are acquired.

Keeping open communication with both local and EU EESSI project supporters and sponsors.

### Project Success recognised at EU level

The team was successful in the implementation of the EESSI project on time notwithstanding the challenges encountered and worked through very tight deadlines in a very complex project. Malta was the first Member State to go live in the set deadline with all 99 Business Use Cases. This success was recognised at EU level with an announcement at the Administrative Commission meeting in June where MT was congratulated by the Administrative Commission and the other Member States.

Fiona Cilia Pulis

International Relations Unit

Department of Social Security





### What is Insanity ?

Insanity is repeating the same things expecting different results... and that is what we do... Insanity is all about, crushing your fitness limits and challenging yourself daily. INSANITY builds muscle and literally burns the fat right off your body. The creator of Beachbody and Insanity, Shaun T, came up with a new, fun way of burning fat and working out. Shaun T's system is a revolutionary cardio-based total-body conditioning programme that keeps your body working at maximum capacity through your entire workout. It is known as MAX Interval Training.

We also had the honour, that the creator himself, our mentor Shaun T, chose us, TRAININSANEMALTA to surprise visit us here in Malta during one of our classes in May 2018. That was the most emotional and proudest days of my life.

Should you be interested in giving it a go, we would be happy to welcome you in our large insaniacs family.

Love & light

Sabrina

[www.traininsanemalta.com](http://www.traininsanemalta.com)

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Hello Solid.

I am Sabrina Grima, your local Insane Beachbody Coach.

30 years of age, a bikini fitness competitor as well as a full time ship chandelling sales executive.

I have been a 'fitness freak' since I can remember. Since a young age I was always forming part of our school sports teams, gymnastics and athletics.

I have been competing into fitness bodybuilding, since 24 years of age. I am naturally born a very competitive person, and also tend to be the worst sore loser, so maybe that is why I always give 110% in everything I do and achieved some great results.

At the age of 25, I flew to New York with my beautiful mum to sign up for this Beachbody Insanity Instructors course. After a week of intense training and tests, I was happily bringing BEACHBODY back home with me and that is how I started my INSANITY classes. Five and a half years later, we have a very strong following, with our own INSANE HOUSE welcoming over 50 fitness enthusiast daily.

We have members, who have been coming since my very first day in 2014 .... and you may ask, how is it possible? And don't these ever get bored of this?!



MINISTRY FOR THE FAMILY, SOCIAL SOLIDARITY & THE FAMILY  
ACTIVITIES FOR WORLD OBESITY DAY 2019

### INSANITY EXERCISES

TUESDAY 8 OCTOBER 2019 12.30 PM

ACCESS HALL, MELITA STREET, VALLETTA

**REGISTRATION REQUIRED**

SEND AN EMAIL TO NOTICEBOARD AT MFCS

VALLETTA WALK

TUESDAY 8 OCTOBER 2019 12.30 PM

MEETING POINT MFCS ENTRANCE

### HEALTHY LIFESTYLE TALK

FRIDAY 11 OCTOBER 2019 12.30 PM

PERMANENT SECRETARY COURTYARD,

MFCS, VALLETTA

OPEN TO ALL STAFF



## Brown Sugar Glazed Salmon



### Ingredients

1 kilogram salmon (I used Atlantic salmon)  
2 tablespoons olive oil  
12 grams brown sugar  
80 ml soy sauce  
3 garlic cloves minced  
juice of one lemon  
1 teaspoon salt  
half a teaspoon pepper  
garnish with sliced lemons and chopped  
parsley if desired

### Instructions

Preheat oven to 350 degrees.  
Line a baking sheet with aluminum foil.  
Lay the salmon on top and sprinkle with salt and pepper.  
Fold up the sides of the aluminum foil around the salmon.  
In a small bowl whisk together the olive oil, brown sugar, soy sauce, garlic, lemon juice, salt, and pepper.  
Pour the glaze over the salmon.  
Top the salmon with aluminum foil and seal.  
Bake for 20-25 minutes or until salmon is cooked throughout.  
Take the foil off of the top and baste the salmon with the sauce in the foil.  
Broil for 3-5 minutes or until brown and caramelized.  
Garnish with lemon slices and chopped parsley if desired.