

# Il-Mixtla

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FONDAZZJONI SEBH

fondazzjoni  
**sebh**

# Introduction

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Fondazzjoni Sebħ:

- 4 Residential Homes for Children
- Shelter for victims of violence and their children
- Community Prevention Service for residents of Hamrun and Marsa

# Target Group

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The target group of the project are:

- Young persons leaving Fondazzjoni Sebħ's residential homes for children and
- Families leaving the domestic violence shelter.

# Aims of the project

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The project aims at enabling the residents to:

- Access a semi-independent structure which prepares them for independent living.
- Facilitate independent living without the unnecessary dependence on formal social services which amongst others include social housing and social assistance.

# Goals of the Project

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- Enabling the two client groups to move towards independent living.
- Supporting both client groups to depend less on formal social services which amongst others include social housing and social benefits.
- Enabling both client groups to enhance their informal support network and access informal support.
- Ensuring that they engage in sustainable employment which will enable them to remain living independently.

# Goals of the Project (2)

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Il-Mixtla aims to provide service-users with support in the following four areas:

1. Education
2. Employment
3. Sustainable Housing
4. Personal Autonomy and Independence

Each service-user will be supported to develop and implement their own plan of action and targets with regards to the four areas.

# The Concept of Self-help Community

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- The community is based on the concept of self-help where the construction of a sound informal support system is developed. The need for an informal support network has been identified as a protective factor for victims of domestic violence as well as young persons leaving care.
- The aims of the self-help community will be achieved through a structure which promotes self-help and service user involvement.

# The Process of Admission

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- Prior to the admission, assessments focusing on the strengths, needs, risks and protective factors of the eligible applicants shall be carried out by the service administrator in partnership with the clients concerned.
- A description of the roles which each individual shall undertake throughout the stay at this self-help community will be identified and if required training will be provided.
- Any structure or procedure which shall be adopted, shall be formulated with the clients concerned.
- E-hubs may be utilised to facilitate communication with the residents.

# Duration of Stay

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- This stay at this set up is envisaged to be from a year to three years long.
- However, if any of the individuals concerned are in education programmes, they may be given additional time which will enable them to be gainfully employed and have sufficient funds which ensure sustainable independence.

# Physical Requirements

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The project aims to house a maximum of 3 families (women with children) or individuals who terminated from the residential service.

To meet their needs the premises must meet these criteria:

- Ideally the flat should be divided into three independent areas (hereafter called '*flatlets*'), each of which is used solely by one family/individual.
- One of the flatlets should contain two bedrooms and the other two can take the form of a studio flats.
- A three flatlet premises may not be possible and in that case 2 flatlets, one with two bedrooms shall be sufficient.
- There should also be a garden and a common area, which can be used by all residents at the same time.
- No office space is needed since there will be no staff on the premises.

# Requirements for Each Flatlet

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Ideally each independent area should have the following:

1. Kitchenette that can be used to prepare daily meals.
2. A bathroom (shower, sink, mirror, storage area and toilet).
3. Bedroom (one of the flatlets should have a minimum of two bedrooms).
4. One of the flatlets, the common area and the entrance to the flat shall be accessible for disabled persons;
5. Flats need to provide for safety features since they will be used by persons who experienced abuse. Technological equipment can be used to ensure that the residents are safe. For example: CCTV.

# The Physical Environment

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The project's environment should:

- Physically promote autonomy and the ability to cope by oneself.
- Allow for moments of communality and personal and familial belonging.
- Give service users the ability to bond and foster relationships in the common areas of the premises.
- Provide service users the ability to meet all their essential individual or family needs within the confines of their assigned flatlet.

# Conclusion

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In conclusion, il-Mixtla shall be supporting the clients concerned to attain the necessary skills to be able to move out of the residence, and be able to function in mainstream society with minimal or no follow-up support.