Caritas Malta Epilepsy Association

Kelmtejn

Mejju-Diċembru 25 - Nru 69

Caritas Malta Epilepsy Association
Fondazzjoni Caritas Malta
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https://www.caritasmalta.org/epilepsy

https://www.facebook.com/epilepsy.malta.association

https://www.instagram.com/cmea_malta_epilepsy

Affiliated to

IBE International Bureau for Epilepsy

Caritas MALTA

Caritas Malta Epilepsy Association

A better life for people with epilepsy

Kontenut

National Epilepsy Conference	P 2
Kelmtejn mill-President	P 3
When Sparks Fly	P 4
CMEA Training & Activities	P 5-7
Jum Nazzjonali tal-Epilessija	P 8
Invitations, Talks & Meetings	P 9
Kite Flying event	P10

Membri tal-Kumitat

President - Mr. Frank Portelli
Vice President - Dr. Anna Micallef
Treasurer - Ms. Caroline Attard
Hon Secretary - Ms. Robin Pinkston
Asst Secretary - Ms Josette Zahra
Public Relations - Emm (Noel) Mercieca
Facebook & Youths - Ms. Adriana Caruana Soler
Member - Mr. Kevin Attard
Advisor - Prof Janet Mifsud

Organised in conjunction with the Department of Clinical Pharmacology and Therapeutics, University of Malta.

Enhancing quality of life in epilepsy has been chosen to be the theme of this year's national conference of the Caritas Malta Epilepsy Association. The conference is being held in conjunction with the Department of Clinical Pharmacology and Therapeutics, University of Malta. The conference will be held at the **Caritas Community Centre, Triq Mountbatten, Hamrun**. It will highlight practical aspects of how the quality of life can be enhanced in persons with epilepsy and their relatives. There are over 4,000 persons who have been diagnosed with epilepsy in Malta and Gozo. Epilepsy is often a hidden medical condition which requires several varying medical and support services and it can greatly affect a person's social and personal life. We are honoured that the conference will be opened by **HE Myriam Spiteri Debono, President of Malta**. Among the speakers will be Prof **Gus Baker, University of Liverpool, UK and Secretary General International Bureau for Epilepsy**. We will also have several distinguished local speakers as well as also an interactive session.

This conference will be of specific interest to persons with epilepsy and their families, educators, teachers and LSEs and various health care professionals and students (doctors, pharmacists, nurses etc) who work with persons with epilepsy. We are sure that this conference will be of great interest to all the participants and the interactive session will stimulate a great deal of discussion. Attached you will find the programme and an application form for this conference. The cost has been kept at a minimum of **€30 per person, lunch and coffee breaks included**. There is a limited number of places available, so apply early to avoid disappointment.

Please complete this form to register and send payment by **1st March 2026**. All information will be fully confidential and processed in terms of GDPR regulations.

Payment details (Select one option):

- **BOV mobile payment**: Preferred payment is **30 euros per person by BOV mobile banking on 99048315**, indicating name of the individual who has registered together when the payment is sent.
- **Cheque: 30 euros per person** cheque to be made payable to **Caritas Malta Epilepsy Association**. Please enclose a copy of this form together with the cheque and a copy of the filled in registration form.
- **Cash: 30 euros per person**. Please enclose a copy of this form together with the cash and a copy of the filled in registration form.

IMP: Cheques and cash are to be handed in together with the registration form, in a closed envelope clearly marked with: **Caritas Malta Epilepsy Association c/o Caritas Malta Community Centre, Triq Mountbatten, Hamrun.**

Registrations are to be received with payment by 1 March 2026.

For any queries please email maltaepilepsy@gmail.com.

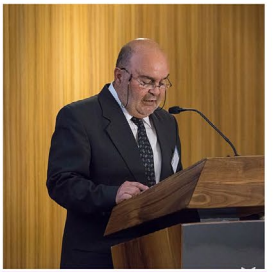
Hoping to see you there!

THE ORGANISING COMMITTEE

CLICK HERE for form

https://tinyurl.com/maltaepilepsyconference2026

KELMTEJN MILL-PRESIDENT



CARITAS MALTA EPILEPSY ASSOCIATION

Għeżież membri,

Hekk kif għalaqna kapitlu tas-sena 2025, inħares lura bi gratitudni u kburija profondi lejn dak li l-komunità tagħna kisbet flimkien. Is-sena li għaddiet kienet waħda ta' progress, reżiljenza, u impenn imġedded biex tittjieb il-ħajja tan-nies bl-epilessija u l-familji tagħhom madwar Malta.

Fl-2025, żidna l-isforzi tagħna biex niżguraw li l-epilessija tinftiehem aħjar u tiġi diskussa b'mod aktar miftuħ. Il-kampanji edukattivi tagħna laħqu udjenzi ġodda, filwaqt li l-kollaborazzjoni tagħna mal-iskejjel, il-professjonisti tal-kura tas-saħħa, u dawk li jfasslu l-politika għenet biex jinbena ambjent aktar inklużiv għal dawk li jgħixu bil-kundizzjoni. Żidna s-servizzi ta' appoġġ tagħna, b'laqgħat għall-membri tagħna u offrejna l-għajnuna tagħna lil familji li ser inkunu magħhom f'dan il-vjaġġ.

Naturalment, xejn minn dan ma kien ikun possibbli mingħajr id-dedikazzjoni tal-voluntiera u l-membri tagħna. Il-kompassjoni u l-impenn tagħkom ikomplu jkunu l-qalba ta' Caritas Malta Epilepsy Association.

Din is-sena 2026 li wkoll taħbat it-tletin sena mit-twaqqif tal-għaqda, se ġġib magħha sfidi ġodda. Irridu nkomplu naħdmu għall-kura aħjar, għarfien akbar tal-pubbliku, u li titnaqqis l-istigma. Is-sena li ġejja se ġġib magħha wkoll opportunitajiet biex insaħħu lappoġġ fil-komunità tagħna, u biex niżguraw li kull persuna li tgħix bl-epilessija f'Malta tkun tista' tgħix b'dinjità, kunfidenza, u tama.

Flimkien, se nkomplu nibdlu l-isfidi f'opportunitajiet u l-kompassjoni f'azzjoni. Grazzi talli qed tagħmel parti minn dan il-vjaġġ, u għal dak kollu li tagħmel biex il-missjoni tagħna ssir realtà.

Nawgura sena tajba lill-membri kollha tagħna u nħares 'il quddiem għal aktar parteċipazzjoni fil-laqgħat tal-membri li jsiru kull xahrejn.

Tislijiet,

Frank

WHEN SPARKS FLY

When sparks fly within the mind's deep sea,
A storm ignites invisibly.
Not fireworks born of joy or play,
But lightning trapped that won't obey.
A surge, a flicker — neurons blaze,
The world tilts sideways, lost in haze.
For seconds, minutes, all goes still,
The body moves against the will.
Epilepsy — not a curse,
Not madness, nor some ancient verse.
It's signals tangled, misaligned,
An overflow within the mind.
One in a hundred know this fight,
Their days marked not by wrong or right,
But meds and scans, and cautious care,
And strength that few could well compare.
It's more than seizures people see,
It's stigma, fear, and secrecy.
Yet those who live this daily test,
Show courage shining through their chest.
They work, they dream, they love, they try,
Their fire burns, though sparks may fly.
And every flare, each moment's pain,
Speaks not of loss — but of the brain.
So when you see the sparks alight,
Don't turn away, don't shrink in fright.
Stand by, stay calm, be steady, kind —
A helping hand, a peace of mind.
For understanding starts with care,
And knowing why the sparks are there.
Not weakness shown, but power, high —
Resilience lives when sparks fly.

co-created with AI

CMEA TRAINING & ACTIVITIES

Janet Mifsud, Matthew Attard and Francesca Sofia President, International Bureau for Epilepsy, at the International Epilepsy Congress in Lisbon Portugal at the end of August 2025.

CMEA was awarded €200 as follow up prize for the Tony Guillaumier award in October 2025.

CMEA TRAINING & ACTIVITIES

Reach out to CMEA if you need to know more about epilepsy. Free training to groups and printed leaflets are available.
Send an email to maltaepilepsy@gmail.com

Training was given to Dar Nazareth staff on 27 October and 11 November 2025.

CMEA TRAINING & ACTIVITIES

Dr Adrian Pace delivering his presentation at the members' meeting in November 2025.

Participation in Fliving programme in November 2025.

JUM INTERNAZZJONALI TAL-EPILESSIJA

It-Tnejn, 9 ta' Frar 2026

L-epilessija hija kundizzjoni newroloġiku li jaffettwa l-moħħ, u jikkawża aċċessjonijiet. Mhijiex marda mentali.

Madwar waħda minn kull 100 madwar id-dinja għandha l-epilessija.

Kulħadd jista' jiżviluppa l-epilessija irrispettivament mill-età, sess jew razza.

Persuni bl-epilessija m'għandhomx jiġu ttimbrati bill-kundizzjoni tagħhom, huma individwi b'tamiet, ħolm u aspirazzjonijiet.

F'Malta hawn madwar 5000 persuna bl-epilessija.

70% jiksbu ħelsien mill-aċċessjonijiet bil-medikazzjoni biss. Oħrajn jeħtieġu aktar għajnuna.

L-epilessija mhix biss dwar aċċessjonijiet, hija wkoll dwar:

- nuqqas ta' indipendenza
- ħajja soċjali
- stigma u diskriminazzjoni
- impjieg
- relazzjonijiet
- edukazzjoni
- u ħafna aktar

X'tista' tagħmel int:

- Tgħallem il-fatti dwar l-epilessija.
- Appoġġja lil dawk li jgħixu biha.
- Sfida l-għidut u l-istigma.
- Involvi ruħek f'avvenimenti relatati mal-epilessija.

Flimkien Nistgħu Negħlbu l-Biża' bl-Għarfien, l-Istigma bl-Appoġġ

Caritas Malta Epilepsy Association

għal aktar informazzjoni kkuntattja:
Caritas Malta Epilepsy Association
c/o Caritas Community Centre
Triq Mountbatten, Ħamrun
Tel: 2219 9000
maltaepilepsy@gmail.com
www.caritasmalta.org/epilepsy

CMEA Invitations/Talks/Meetings for 2025

Date and time	Event	Venue	Who is going from CMEA committee
7-9 Apr-25	EFNA Board meeting/ Workshop	Brussels, Belgium	Robin Pinkston
9-May-25	Members meeting to share experiences	online and in person at CCC	Janet Mifsud, Robin Pinkston, Frank Portelli, Manuel Camilleri, Adriana Soler, Noel Mercieca, Caroline Attard, Noel Portelli, plus 4 new members
3-Jun-25	EFNA Board Meeting	online	Robin Pinkston
4-Jun-25	IBE Global Exchange Webinar	online	Robin Pinkston
11-Jul-25	Members meeting with guest speaker Dr Anne Marie Bonello	Caritas Community Centre	all
28-Jul-25	IBE Europe meeting	online	Janet Mifsud, Robin Pinkston, Frank Portelli,
31-Jul-25	Committee Meeting	online	all
4-Aug-25	Meeting with Josette Z	online	Janet Mifsud, Noel Mercieca, Frank Portelli, Josette Zahra
4-Aug-25	Meeting with Malta Football Association	online	Janet Mifsud, Noel Mercieca, Frank Portelli
30 Aug - 3 Sep-25	Attendance at 36th International Epilepsy Congress	Lisbon, Portugal	Janet Mifsud, Matthew Attard
4-Sep-25	European Federation of Neurological Associations (EFNA) Board meeting	online	Robin Pinkston
4-Sep-25	National Patient Safety Strategy: Office of the Superintendence of Public Health	Valletta campus 830am to 2pm	Frank Portelli
12-Sep-25	5pm Meeting with VNS representative	Caritas Community Centre	all
12-Sep-25	6pm Members Meeting - MANNS guest speaker Dr Malcolm Vella	Caritas Community Centre	all
30-Sep-25	MHN Training Transforming Health Through Patient Empowerment	Life Sciences Park 6pm	Frank Portelli, Josette Borg Zahra
16-Oct-25	CMEA Committee meeting	online	all
17-Oct-25	Safeguarding training	Caritas Community Centre	Janet Mifsud, Emanuel Mercieca
18-Oct-25	Book Launch Inhobbkhom	Caritas Community Centre	all
27-Oct-25	Training Dar Nazareth	10am to 1130am Zejtun	Frank Portelli, Josette Zahra, Janet Mifsud, Emanuel Mercieca
29-Oct-25	MHN training life Sciences Park on empowerment	6:00 PM	Frank Portelli, Josette Zahra, Emanuel Mercieca
7-Nov-25	Training Dar Nazareth	10am to 1130am Zejtun	Frank Portelli, Josette Zahra, Emanuel Mercieca
13-Nov-25	TV programme, Albert Buttigieg Bejn kelma u ohra	recording; Time: 9.30 am – 10.30 am Location: Fliving Channel studios, Gudja rd., Luqa; to be shown on 18 Nov 2025	Frank Portelli, Emanuel Mercieca
14-Nov-25	Members meeting with guest speaker, Dr Adrian Pace	Living your best life with epilepsy	all
18-Nov-25	MFOPD Focus group	online	Frank Portelli, Emanuel Mercieca
18-Nov-25	MHN training no 3 Transforming Health Through Patient Empowerment	Life Sciences Park	Frank Portelli, Emanuel Mercieca
26-Nov-25	Training St Nicholas College	Rabat for 80 teachers	Frank Portelli, Josette Zahra, Janet Mifsud
3 & 5 Dec-25	Local Councils Association expo	Westin Dragonara, 4th (09:00 – 16:30) 5th (09:00 – 14:30)	Frank Portelli, Emanuel Mercieca
3-Dec-25	3 December 2025 Workshop: The Future of Vaccine Development – Research, Data and Participation	Brussels Belgium	Emanuel Mercieca
4-Dec-25	4 December Institutional event at the European Parliament: "Returning Individual Participant Data in Clinical Trials 'by Design': Setting a New Standard for Patients' Rights in Europe."	Brussels Belgium	Emanuel Mercieca
9-Dec-25	Training Paola Health centre	PHRF, Paola Hill, Paola	Frank Portelli, Caroline Attard, Noel Mercieca
18-Dec-25	IBE general assembly	online 1-2.30pm	all

INTERNATIONAL EPILEPSY DAY

CARITAS MALTA EPILEPSY ASSOCIATION

KITE *for* FLYING

EPILEPSY AWARENESS

With the collaboration of
Kite Flyers Malta

SATURDAY, 7TH FEBRUARY 2026

NEAR THE TRITON FOUNTAIN

OUTSIDE CITY GATE

from 10am to 1pm

Caritas Malta
Epilepsy Association

for further information please contact

maltaepilepsy@gmail.com