



COMMUNITY CORNER

Community Parents Honoured for Family Month

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The hosting of the Family Awards headlined Family Month celebrations 2019, with forty-six (46) persons being honoured for their role within communities.

An initiative of the Department of Community Development and Social Services, the Awards honoured outstanding community mothers and fathers who contribute regularly to family building and outreach to youth – and was therefore considered a fitting activity for Family Month celebrations, which run from May to June each year.

Permanent Secretary (Ag.) Mrs. Janelle Lewis-Tafari, explained why the awardees were chosen. “*These are persons who are involved in their children’s*



Awards presented to Ms. Shorna Maynard and a representative of Mr. Eustace Powell



lives...parents who don’t believe that parenting should be limited to the four walls of the home...These are parents who are active in the life of their communities...parents who realize that outside of their homes are great influences and pressures for young persons” She said, adding that non-biological mothers and fathers were also selected, as “*we believe that every adult, male and female has a parenting role to play in helping to raise our children to become the best citizens that they can be”*.”

The community pa-

rents were honoured in five (5) different zones, as follows:

Zone one (1) East Basseterre (including Conaree and St. Peters)– Ms. Kathleen Hobson, Mr. David Swanston, Mr. Dillion A. Edmeade, Ms. Jillian Musgrave -Archibald, Mr. Glenfield Boddie, Mr. Recaldo Brotherson, Ms. Shorna Maynard and Mr. Clive Richardson; **Zone two (2) Central and West Basseterre** – Mr. Elvis ‘Pepe’ Isaac, Mr. Alphonso Percival, Mr. Anthony Rawlins, Mr. Leslie (cont’d pg. 2)

National Ageing Policy Moves Forward

The National Ageing Policy has moved closer to refinement, with the hosting of stakeholder consultations on May 28th and 29th, 2019, with support from PAHO (Pan American Health Organization).

The first consultation was held at the Anglican Church Hall in Nevis on May 28th, and the second the following day at the East Basseterre Community Centre, St. Kitts. Both consultations saw



Stakeholders meet to discuss Ageing Policy attendance from a wide cross-section of persons, including representatives from several government departments, including Planning and Social Services, legal, medical, and religious bodies, and non-governmental organizations, such as the Alzheimer’s Association and the

Flamboyant Nursing Home. After a brief opening ceremony, participants were given the opportunity to convey their thoughts on the key challenges to growing old in the Federation, as well as discuss key elements of the Draft Policy, and provide input on gaps and opportunities. Several suggestions were made for the Priority areas of the document, including the need for further education on dementia....(cont’d pg. 4)persons from



Community Parents Honoured for Family Month

(cont'd from pg. 1) ...Nii Papoe, Mr. Dwight Tobin, Heslian Dias, Ms. Ethel Bowen, Ms. Valerie Whyte, Ms. Jessica Jeffers and Ms. Carolyn Pemberton; Zone Three (3) Challengers to Sandy Point – Mr. Bruce Penny, Ms. Caroline Williams, Mr. Wilmoth Doyling, Ms. Loreen James, Mr. Roger Browne, Mr. Floyd Hazel, Ms. Agnes Burt, Mr. Robert Webster, Ms. Claudia Williams and Ms. Florence Williams.

with Ms. Cynthia Bart, Ms. Margaret Wilkinson, Police Inspector Rosemarie Isles-Joseph, Ms. Caren Williams, Ms. Emelita Jordan, Ms. Sandrine Berridge, Mr. Emanuel Berridge, Mr. Alcan Richard, and Mr. Walton Tyson receiving awards for those areas.

In addition to a celebratory plaque, honourees were gifted with a tree and the opportunity to take a family portrait.

As Family Month continued, a Movie night was also held with seventy-five (75) children of Tabernacle and the surrounding areas, on June 14th. A joint effort between the Ministry and the Tabernacle Police Station, the Movie Night saw children and their families coming together to enjoy movies, food and various games.

Divisional Commander Superintendent Travis Rogers, said that the Station was happy to partner with the Ministry to host the children, and that the event complemented their community policing initiatives nicely.

This was endorsed by Community Development Officer Ms. Carolyn French, who said that it was important for the children to see the officers as 'approachable', in case they had to reach out to them in the future. She noted: "*The police were very willing to partner with us and expressed interest in other partnerships for our community outreach programmes...The interaction and planning went smoothly and...we are looking forward to future partnerships with the police on other projects*".

Additional movie nights will be held in other communities in July.



Social Services' Director Mrs. Ward-Harris presents Family Award to Officer Rosemarie Isles-Joseph

Zone four (4) included Newton Ground to Tabernacle. The awardees were Ms. Bernadine Norford, Mr. Roger Rogers, Ms. Margaret Harvey, Mr. Joseph Richardson, Ms. Floreen Pogson Mulraine, Mr. Eustace Powell, Mr. Orland Browne, Ms. Beulah Elliott and Pastor Curtley Mills, while Zone five (5) spanned from Estridge to Canada Estate,



"The police were very willing to partner with us and expressed interest in other partnerships for our community outreach programmes."

Stakeholders meet to refine Domestic Violence Protocol

The road towards addressing domestic violence in the Federation continued with consultations on the Domestic and Sexual Violence Protocol, on June 13th, 2019.

The PAHO-supported meeting, which was held at the Solid Waste Management Conference Room, was aimed at senior level officers of stakeholder groups, such as the Police Force, the Magistrates Court, Health services, and the Departments of Social Services and Gender Affairs. Other stakeholder groups, such as the St. Kitts-Nevis Association of Persons with Disabilities, were also present.

Mrs. Sharon Warner,

Executive Officer in the Department of Gender Affairs, welcomed participants to the meeting: "*The purpose of the Domestic and Sexual Violence Protocol is to document key organizations in the Federation of St. Kitts and Nevis that provide services to survivors and complainants of domestic and sexual violence. The protocol clearly outlines the role of these organizations in dealing with victims*", she said.

After the meeting was officially opened, MCDGASS Permanent Secretary (Ag.), Mrs. Lewis-Tafari, facilitated a discussion on key elements of the Protocol, inviting input from participants on changes needed. Stakeholders were also able to document areas of

strength and weakness in the document, for further revision by the Department of Gender Affairs.

As steps continue towards refining the Domestic Violence Protocol, Gender Affairs Head Mrs. Celia Christopher advised that steps were also in swing towards crafting the National Gender Policy. She noted that Consultant and past Gender Director Mrs. Ingrid Charles-Gumbs was currently holding consultations with focus groups, and that the first draft of the Policy was expected to be delivered to UNESCO (the funding agency) in July, with an expected completion date of December 2019.



Participants at the Domestic Violence consultations

A Fresh Start for Female Inmates!

Although locked away from the outside world, female inmates of the Prison have been steadily receiving rehabilitative assistance, thanks to a programme of the Department of Gender Affairs.

Every week, the Department conducts visits to the female residents of the prison to provide needed support as well as help prepare them for their eventual release, through the provision of needed skills and training.

Head of Gender Affairs, Mrs. Celia Christopher, revealed that reaching the female inmates at the Prison had always been a desire of hers, but that it had been difficult to get access to the female population in the past, to conduct this outreach. She thanked the support of former Superintendent, Mr. Junie ‘Scrape’ Hodge, for facilitating the first outreach efforts from Gender Affairs, which began two years ago, noting that it was essential to not just provide support for male offenders, but female residents as

well, and the families that they would have left behind.

She explained that *“The Programme for Incarcerated Women helps to provide soft skills training to the inmates, in areas such as entrepreneurship and personal development, so that they can easily become self-employed upon leaving the facility”*. She noted that the Department often helped newly released females to find employment, but that *“sometimes when the inmates leave and people find out where they came from, they don’t want to hire them, and so we try to give them skills in areas where they can survive on their own”* she said.

Mrs. Christopher informed that the Department had recently held a hair-braiding workshop for the inmates, which was facilitated by *JaHair Salon*, and that they were looking into offering training in floral arranging and agriculture. She noted that three (3) inmates had recently been released and that all had been assisted to become productive in different areas, two through em-

ployment in the public sector and the other through cosmetology.

“We help to support them in different areas”, and the inmates have been thankful”, she declared, adding that one of the Programme’s regular events was a *Family Day* organized with the support of Prison staff, which allows inmates and their children to sit and re-connect through food, drinks and socializing. Mrs. Christopher noted that this initiative had also been well endorsed by the business community, who donate food, drinks and supplies for the *Family Day*, as well as packages for special days such as Mother’s Day and Valentine’s Day.

She singled out *KFC* and *Dominos* for their support, and thanked the then Ag. Prison Superintendent Harris for his facilitation as well the Honourable Minister of Education for their constant support of the programme.



Gender Affairs and Prison officials at past Family Day



“..sometimes when the inmates leave and people find out where they came from, they don’t want to hire them ..”

Officials receive training on scoring YSET Tool

Several Ministry officials benefited from a workshop on the scoring of the YSET Tool, held at the Bay Gardens Hotel in St. Lucia from May 14th-17th, 2019.

The workshop was hosted by USAID’s *Community, Family and Youth Resilience* agency (CFYR), initiators of the *Family Matters* programme, which seeks to reduce youth violence in three target countries - St. Lucia, Guyana and St. Kitts. Youth become eligible through the Programme through the administration of the YSET or Youth Services Eligi-

bility Tool, which assesses their risk factors and potential for delinquency in the future. Those who are shown to have several risk factors are then referred to the *Family Matters* programme (along with their families), where they are paired with a Family Counsellor who works with the family for one year, to reduce risk factors for delinquency, and strengthening positive behaviours.

Although the Counselling Centre currently supervises

the *Family Matters* programme and administration of the YSET, local agencies to be involved in the data collection and monitoring/evaluation process in the target countries, were invited to train on scoring the YSET in preparation for the six month mid-programme assessment, and for the continued utilization of the tool as the programme moves from pilot to an established intervention in the countries.

Participants were...

(cont’d pg.4)



Ms. Clarke stands with four other local participants of the YSET Training

Garden of Rebirth to be a Safe Haven for Women

Survivors of domestic violence will soon have a place of shelter – with the planned establishment of a women’s centre called the Garden of Rebirth.

The brainchild of Former Director of Gender Affairs, Mrs. Etsu Bradshaw-Caines and her family, the Garden of Rebirth will be located within Basseterre and will be a safe haven for women and children fleeing violence within the home. It is envisioned that the Garden of Rebirth will provide a safe and supportive environment for survivors as they transition from their home environment, while providing a diversified range of services focused on safety, education and empowerment, and self-sufficiency.

At the moment, the Home is a nationally recognized non-governmental organization and is managed by a Board of Directors within the Federation of



gardenofrebirth@gmail.com

St. Kitts and Nevis with a supplemental branch operating in the United States. Once established, it will be managed by a Chief Executive Officer with a staff complement of an administrative assistant and house parents, as well as established units for security, case management, counselling and health care access, with support from the Ministry (MCDGASS).

Secretary of the Board of Directors, Ms. Azilla Clarke, notes that the project is currently in the final phase of pre-establishment, with several stages already completed, including identification of the

site and exterior renovations, interior renovations, and the installation of several security features. She indicated that a formal proposal had been sent to the Ministry for assistance, after discussions on which, a more concrete date for the opening of the Centre will be set.

With foundational support from Mrs. Etsu Bradshaw-Caines and her family as well as donor agencies, Ms. Clarke described the project as an especially important one, as data from the Police Force shows that the incidences of domestic violence in the Federation are “*alarmingly high*”. She said, “*A place of safety for victims of abuse and violence is necessary...because this has long been established as a service gap that keeps victims and their children in unsafe living conditions*”, adding that this service gap has to be addressed, for the eventual recovery of survivors and their families.

Aging Consultation cont’d....

...(cont’d from pg. 1) laws to protect elderly persons from different types of abuse, and the establishment of more senior social groups.

Participants described the Sessions as very interactive and informative, and said that they looked forward to

the Policy becoming a reality, as “*the wellbeing of seniors should be our priority*”.

Contributions from participants will be reviewed towards further refinement of the Draft Ageing Policy, which is expected to be finalized later this year.

YSET Training in St. Lucia cont’d....

...(cont’d from pg. 3) Ms. Azilla Clarke, Director of the Social Protection Implementation Unit (SPIU), as well as local officials from the Youth, Statistics, and Sustainable Development Departments, and CFYR.

Ms. Clarke stated “*The Ministry through the Counselling Unit is currently responsible for the pilot and will remain responsible for the sustainability*

of the intervention with assistance from SPIU in the area of monitoring and evaluation. As such, having the capacity on island to adapt, score and analyze the data gathered from the YSET is critical to accomplishing the Mission of the Ministry”. She added that having a representative from the Statistics department was also important as it allowed for increased technical expertise in the area of data collection and analysis.

A Day of Fun and Frolic for Seniors

Seniors from around the island were treated to a day of fun and frolic at the annual Seniors’ Fun Day event, held on Thursday June 20th, at the Sandy Point Recreation grounds.

The over one hundred (100) seniors present participated in races such as ‘Lime and Spoon’, ‘Brisk Walking’, and ‘Thread the Toilet Paper Roll’, while later enjoying a sumptuous lunch, dancing and music, amidst

the afternoon breeze and sunshine.

Social Assistance Officer Ms. Larissa Riley, said that the Fun Day “*went very well*”, despite the loss of electricity at one point, and that the elders had fun and were thankful for the time spent.

She singled out the three (3) active seniors who were outstanding in the different categories, namely Ms. Sylvania Taylor of Zone 1, Mr. Anthony Lavelle of Zone 2, and Ms. Amorelle Richards of Zone 4.



Seniors relax at Fun Day Activity

Thanks were also extended to several organizations who made the Fun Day a success, including Island Purified Water, Fulton’s Catering, DJ Jeneve Christopher, the Sports Department, and the Ministry of Education.

STAFF MOVEMENTS

Appointments

Mrs. Osslyn Ward-Harris Director of Social Services & Community Development

Ms. Venecia Wharton Home Care Officer (formerly STEP attaché)

On Secondment

Mr. Troy Watson to Ministry of National Security (Defence Force)

Retirement

Mrs. Vincia Merritt-Rogers Senior Child Care Officer, PCPS



Upcoming Celebrations



- 4 July- Sharon Warner
- 12 July- Lyncia Dore
- 16 July- Haniff Charles
- 27 July- Pauline Ward
- 27 July- Khisma Lewis

- 8 August- Henrietta Ward
- 12 August- Kalvern Mike
- 14 August- Denejah Morris
- 16 August- Zerelda French
- 22 August- Marcelyn Daniel
- 23 August- Theodora Duncan
- 28 August- Melissa Hazel

- 6 September- Khishma Huggins
- 15 September- Curtley Browne



HAPPY BIRTHDAY!



Caught by surprise!

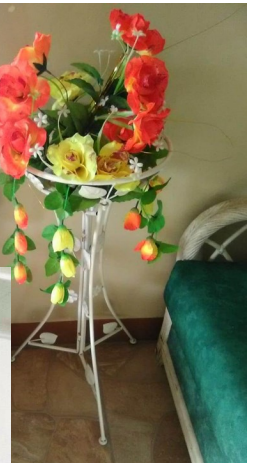
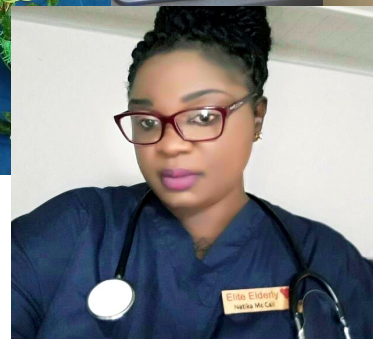
The PS receives some 'birthday love' from Social Services



National Men's Council President Melvin Agard stops by the office for a quick consultation



Vanessa shows a 'burning blaze' who's boss, during a Staff Fire Safety Training session, facilitated by Officer Timothy Martin of St. Kitts Fire & Rescue Services



A big 'thank you!' to Home Care Officer Nakita McCall for donating these lovely decorations to her place of work- the Saddler's Elderly Home!



Children get a taste of 'the good old days' at a three-day Easter Camp featuring traditional games and socializing, organized by Gender Affairs and Social Services.



One of the beautiful ladies of Finance—Mrs. Sandy Powell



Nevis' Social Services officers meet in St. Kitts on an exchange visit



Family Month scenes: (above) Social Services staff who helped make the Awards a success are recognized, as audience looks on; (right)- Tabernacle Community Movie Night



Distinguished centenarian Mr. Samuel Depusoir is heralded for Centenarian's Day, by Hon. Minister Wendy Phipps, Social Services staff, and family

SCHOOL IN SESSION

LET'S MEET.....

THE FAMILY COUNSELLORS!

Have you seen these fresh new faces around the Ministry, at meetings and other staff events? They are the Family Counsellors, the newest addition to the historically small Counselling Centre team.

The eight (8) counsellors were hired as part of the Creative Youth and Family Associates' (USAID) *Family Matters* programme, which launched in August 2018, and is supervised by the Counselling Centre.

In the programme, the counsellors work with young people and families in their home setting, providing targeted guidance and counselling in areas such as communication, conflict resolution, and behaviour management, as well as helping the family to implement other positive skills and behaviours that could strengthen the unit as a whole. By targeting youth at risk for violent behaviour and the families in which they live, the programme thus helps to address the issue of crime in St. Kitts and Nevis.

Counselling Centre Director and Managerial Supervisor of the programme, Mrs. Michele Blake said that the counsellors have been doing excellent and intensive work since initiating



Family Counsellors: (L-R, seated) Ms. Juletta Fyfield, Mrs. Jacquelyn Morris, Ms. Pearlina Sharry, Ms. Michelle-Ann Neil, Mr. Jeremy Thomas, Ms. Kerinda Warner, Ms. Maliesha Caesar; (Not pictured: Ms. Alicia Collins) Standing: Mrs. Michele Blake, Managerial Supervisor

contact with the Programme's pilot families (who were identified through screenings done in schools) some months ago. Noting that some of the counsellors have families in St. Kitts as well as Nevis, Mrs. Blake advised that *"Counsellors are in the field every day, based on the availability of their clients. They even work on Fridays, Saturdays and Sundays - based on the agreed upon time with their families...and they then determine which two days they take off in the week"*. She added that the family helpers have strong interpersonal skills and come from previous backgrounds in working with and helping others.

In summarizing their day-to-day work, the counsellors acknowledged that it was often challenging, particularly in terms of moving around for family visits and sometimes journeying to Nevis, as well as encouraging families to take part in the voluntary programme. Yet, they noted that it was also very rewarding. Ms. Kerinda Warner said that she was often heartened upon seeing families *"who never used to talk before, begin to communicate and show other signs of progress, and when they reach out to tell you how their children are doing in their schoolwork"* she said with a smile. Ms. Sharry agreed, noting, *"there is usually suspicion and mistrust at first, but when the family begins to confide in you, you know that you are building rapport"*.

Counsellor Juletta Fyfield remarked that they have been able to help families *"become more reflective and self aware of what they're doing well, and to rethink their definition of success...even if it's moving from point 1 to point 2 ...that is progress!"* she emphasized.

In commending the programme, Counsellor Caesar described it as a very positive one, as it helped families become stronger and more resilient overall, to which Mrs. Jacqueline Morris agreed, sharing that she has seen families move from a negative space to a more positive place through counselling, as well as become more involved in their children's lives. Counsellor Neil added that family members have been reassured and motivated by the commitment and interest that the counsellors have shown, and it helps them feel that *"we'll find ways to get through it together"*.

According to the Managerial Supervisor, families will be officially referred into the counselling opportunity next year, after the administration of the YSET (Youth Services Eligibility Tool), which will see youth with 4 or more risk factors, and their families, becoming eligible for the programme.

HOW TO BE A CENTENARIAN

In honour of 'Centenarians' Day', celebrated on May 31st, 2019
[See tips from this article, "How to Live Longer and Healthier"](#)

Living longer and healthier means more time to spend with loved ones, check items off your *bucket list*, and continue making memories. But how can you help ensure a longer, healthier life?



1. Consume Nourishing Foods

Constantly fuelling the body with innutritious foods runs the risk of chronic health conditions and a lower life expectancy. Nutrition experts encourage consuming more nutrient and fibre-rich fruits, vegetables, whole grains, and legumes, along with lean proteins and healthy fat sources.

2. Be Physically Active

Living a sedentary lifestyle has been linked to obesity, high blood pressure, high cholesterol, and other chronic diseases. The American Heart Association encourages individuals to participate in at least 150 minutes of aerobic exercise each week.

3. Smoke Cessation

Cigarettes increase the risk of lung disease and cancer, as well as diseases associated with the respiratory and cardiovascular systems.

4. Moderate Alcohol Intake

Whereas moderate alcohol intake has shown to be cardio-protective, drinking too much can raise blood pressure and triglyceride levels, lead to weight gain, and increase the risk for cardiovascular disease, stroke, liver damage and premature death.

5. Keep Learning

Stimulating the brain in reasoning, speed, and memory and continuing the process of learning has shown to improve cognitive function for both short and long-term, further staving off Alzheimer's disease, dementia, and other age-related conditions. Reading, piecing together puzzles, and playing memory games are just a few ways to keep the brain active and young.



6. Build and Maintain Relationships

Research shows that social support increases survival by about 50 percent, whereas loneliness shows a harmful effect for all-cause mortality. Good relationships are key to happiness and wellbeing. Some research even suggests that immune function is improved when we are around our friends, and that they help with stress regulation.

7. Get Involved in Community and Give Back to Others

Becoming more active in the community through volunteer work and other organizations can boost mental health and overall quality of life. Contributing selfless time likewise deepens the meaning of life and sparks great feelings of joy.

8. Develop Healthy Coping Skills

Whereas some stress can be motivating, too much of it affects essentially all parts of the body including the musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems. Strategize and implement stress-relieving techniques that work best for you, which may include listening to music, taking a walk, practicing meditation and yoga, calling a friend, reading a book, and writing in a journal.

9. Sleep

The National Health Service (UK) further reports that sleeping less than 6 hours a night makes you 12 percent more likely to die prematurely than someone who sleeps up to 8 hours. Achieving consistent and adequate sleep is also critical for mental health, including boosting mood and energy levels. The general rule of thumb is 7-9 hours per night, for adults.

10. Visit the Doctor Regularly

This allows the opportunity to identify where your health stands in regards to weight, disease states, and other ailments and conditions. Keeping *in the know* also grants the prospect to prevent or discourage further health concerns down the road.

How fights start:



and then the fight started ...



If you always did what you've always done, you will always get what you always got.

In order to get what you never got, now is the time to do what you never did.

Contributed:
Ms. Marcia Pemberton
Origin: Henry Ford/M. Wallace

A Day at the Beach

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

- SEASHELLS
- BOARDWALK
- UMBRELLA
- VOLLEYBALL
- BOOK
- WAVE
- TAN
- SWIMSUIT
- SUNSCREEN
- SUNSHINE
- TOWEL
- SHADES
- SWIM TRUNKS
- SAND
- PAIL
- FLIP FLOPS
- PIER
- SAIL
- BOAT
- FISH

Play this puzzle online at : <http://thewordsearch.com/puzzle/223610/>



MANGO ICECREAM

- 2 large mangoes (ripe and juicy, enough to make 2 cups puree)
- 14 oz./395 g. sweetened condensed milk (1 can)
- 2 cups thickened cream/heavy cream/whipping cream (cold)
- 1/8 tsp yellow liquid food colouring (optional)



1. Dice the flesh of the mango, and puree using a blender, food processor or stick blender, then measure out 2 cups of mango puree (about 2 1/4 cups of diced mango).
2. Pour puree into a non-stick skillet over medium low heat. Cook, stirring constantly, for 8-10 minutes or until it reduces by half. The test is when you can drag a wooden spoon across the skillet and the path remains there for a second. Or measure out the puree to ensure it's reduced to at least 1 cup – less is even better.
3. Cool puree.
4. Combine cooled mango and condensed milk in a bowl. Add food colouring if using. Whisk until combined.
5. Beat cream with a hand-held beater or stand mixer until stiff peaks form.
6. Take a scoop of cream and put it in the mango mixture. Fold through until mostly combined—lumps is fine (this is just to lighten it up a bit).
7. Pour the mango mixture into the cream. Fold through, rather than mixing vigorously like you would cake batter until lump free. This will take a few minutes.
8. Pour into a container (preferably glass, and one with a lid. Place a piece of baking/parchment paper on the surface. Then place lid on, or use cling wrap to cover.
9. Freeze for 12 + hours.
10. Remove parchment paper. Stand for 5 minutes or more to soften slightly, then scoop and serve!

Contributed by: Ms. Patrice Carey

life hacks

The 20-20-20 rule (looking at something 20 ft away for 20 seconds every 20 min) is a method proven to stop eye strain and thus stop headaches.



#999
1000LifeHacks.com

JAMAICAN JOKE

A Rastaman Went To Visit An Old Family Friend.

Rastaman Knock Pon Di Door and Smaddy Inside Seh: "A Who Daf"

Rastaman— "I And I, Jah Rastafari, King Of Kings, Lord Of Lord: Conquering Lion Of The Tribe Of Judah, Son Of Haile Selassie I"

The Person Inside Replied: "A Me One Dey Yah, An Mi Nah Open De Door Fi So Much Ah Oonu!"

Source: <https://jamaicans.com/jamaicanjokes/>



UPCOMING

July 23rd - 24th -

**UNICEF's 30th Anniversary
Summit on the Convention of The Rights of A Child**

The Ministry of Community Development, Gender Affairs and Social Services is dedicated to serving vulnerable populations through advocacy, education, empowerment and enhancement of individuals, families and communities through evidence-based and customer-oriented programmes that promote equity, growth and development, regardless of race and culture.



CONTACT:

The Ministry of Community Development, Gender Affairs and Social Services

Victoria Road
Basseterre
St. Kitts

Telephone number: (869) 467-1275/ Fax number: (869) 466-1552

Email: deptsdcga@yahoo.com

Departments

Administration - 467-1020

Social Services & Community Development - 467-1314

Probation & Child Protection Services (PCPS) - 467-1311

(PCPS hotline: 662-6833)

Social Protection Implementation Unit (SPIU) - 467-1523

Gender Affairs - 467-1397/662-2035

(Domestic violence hotline: 662-5492)

Finance - 467-1276

Counselling Centre - 465-5000

New Horizons Rehabilitation Centre - 662-5624

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To contribute, please contact Ms. Jeweelen Woodley at jeweelenwoodley.govkn@gmail.com