



## COMMUNITY CORNER

### New Horizons gears up for 10th Anniversary Celebration

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Plans are underway for the 10th Anniversary Celebration of the New Horizons Juvenile Rehabilitation Centre (NHRC).

The Centre opened its doors on December 9th, 2023 at Harris', and since then has provided a secure space for youth aged 12-17 in conflict with the law - a space which also allows its teen residents to continue receiving academic instruction along with counselling and other rehabilitative services, before eventually being re-integrated into society.

Director of the NHRC, Ms. Adele Williams, reflected on the significance

of the milestone. *"It's the first facility of its kind in St. Kitts-Nevis where children have had the opportunity to be safe, secure and protected. Before they would have been housed at the Prison or Defence Force. We have services at the Centre to keep them engaged and to address any offending behaviours while they are with us, and over the years we have done this in partnership with several agencies, both government and private sector. We want to mark the occasion and bring everyone together to reflect on the 10 years of progress made"*, she said, noting that the Centre was also reviewing practices and policies to craft a vision



NHRC, Harris

for moving forward into the future.

The 10th Anniversary will be celebrated over the week of December 10th-16th, 2023 with a host of activities, including a Church Service, Games Night, Family Christmas Dinner, Hike and Beach Clean up Day, involving staff, residents, family alike, under the theme, *"Giving Back to our Community"*.

### Pap beneficiaries empowered to navigate World of Work

Over thirty beneficiaries of the Poverty Alleviation Programme (PAP) are better equipped to navigate the 'World of Work', after a three-week Job Training workshop which ran from October 17th – November 2nd, at the Newtown, Old Road, and St. Johnston Community Centres, and which culminated with a closing ceremony at the NEMA Conference Room.



PAP beneficiary receives Certificate

The workshop, hosted by the Ministry of Social Development & Gender Affairs in collaboration with the Ministry of Employment and Labour, covered several important topics, including Resume Preparation and Job Search, Workers Rights and the role of the Ministry of Employment and Labour, as well as Work Ethics and Guidelines to maintain a job, including punctuality, respect and...

(cont'd pg. 4)



## Staff Retreats described as positive and empowering



PCPS Staff Retreat



“...the retreats included team-building activities, as well as educational sessions on self-development topics”

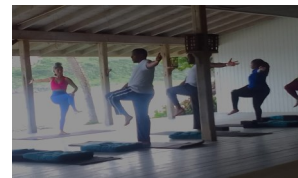
Staff retreats organized by the Departments of Probation & Child Protection Services (PCPS) and the Department of Gender Affairs respectively, were described as positive and productive by attendees.

Held with the intention of fostering staff camaraderie and information sharing, the retreats included team-building activities as well as educational sessions on self-development topics.

Mr. Naren Maynard, Ag. Director of Probation & Child Protection Services, informed that the PCPS Staff Retreat was hosted at Fairview Inn, Boyds on

September 21st– 22nd, and included training on leadership and as well as strategic planning - facilitated by Mr. Curtis Martin. Staff also participated in a Paint-by-Number session led by *Sasha the Artist Studio*— which resulted in the creation of a colourful art piece symbolizing the Department’s mission, which now hangs at the entrance of the PCPS’s Offices at Victoria Road.

The Gender Affairs Staff Retreat was held at Railway Bar and Grill, Old Road from October 26th– 27th, and according to Gender Affairs Director Mr. Jeffers, there were several



Yoga session at Gender Retreat

informative topics such as Emotional Intelligence and Stress Management, presented by Ms. Nadia Rawlins and Ms. Dorn Henry respectively, as well as a session on Gratuity and Pension facilitated by the Human Resources Department.

Staff also found time to wind down with a relaxing yoga session at the Frigate Bay Lawn, which was led by Ms. Natalia Esposito.

## Men “Buss-A-Pot” for International Men’s Day Cook-Off

Men’s talents came into the spotlight with the “*Buss-A-Pot: Ram Goat Edition*” Cook Off on November 12th.

Held to bring men’s talents into the spotlight, the Competition saw five chefs vying to win the prize for best goat dish, cooked over a coal pot in the afternoon breeze of the ‘Seventeen Degrees’ courtyard .



Scenes at “Buss A Pot” Cook-Off

Mr. Imran Francis (last year’s winner), emerged victorious a second time around with a dish that was adjusted most flavourful by a panel of three esteemed judges.

The competition fell in the middle of a month of activities jointly hosted by the Departments of Gender Affairs in St. Kitts and Nevis in honour of International Men’s Day, under the theme “*Men’s Health Matters*”. It included a Church Service at the Unique Touch Christian Centre, media interviews, and the National Awards Ceremony and Cocktail, held in Nevis this year.



A goat dish is served to the judges

Competing for	◇ Mr. Sanjay Caines
top prize were:	◇ Mr. ‘King Balang’
◇ Mr. Imran Francis	◇ Mr. Shamar Nelson
◇ Mr. Keith Saunders	At the end of the competition,



## Dept. of Gender Affairs awards 'Girls of Excellence'

The Department of Gender Affairs celebrated 'International Day of the Girl Child' (October 11th) by recognizing one outstanding girl from each public primary school in St. Kitts.

The Award Ceremonies, which took place during the schools' morning assemblies over the October 10th - October 26th period, saw accomplished women around the Federation reading the profiles of the awardees before presenting them with their Awards.

The Gender Affairs Department advised that the selection criteria for the Award was rigorous and designed to honour girls who have consistently demonstrated exceptional qualities in several key areas, including respect, self, compassion, empathy, discipline, and kindness in their daily lives.



(Top to bottom)

Ms. Kizarah Evans and Ms. Deniesha Cornwell

The selected girls were also those who have consistently displayed exemplary attitudes and behaviors, both within their school environment and throughout their broader community, as well as active participation in extra-curricular activities, demonstrating a commitment to personal growth and community engagement.

The 2023 Girls of Excellence Awardees are:

Ms. Ann-Mariah Singh -Violet Petty

Ms. Kizarah Evans -Tyrell Williams

Ms. Tiffany Browne -Deane Glasford

Ms. Charvia Michael -Newton Ground

Ms. Charissa Gordon -Beach Allen

Ms. Roliqua Francis -Tucker Clarke

Ms. Stephanie James -Cotton Thomas

Ms. Caliequa Duke -Joshua Obadiah Williams

Ms. Dawlisa Woodley -Dr. William Connor

Ms. Dekoya Davis -Bronte Welsh

Ms. Grayce Sturge -Dieppe Bay

Ms. Creshella James -St. Pauls

Ms. Deneisha Cornwell -Edgar T. Morris

Ms. Deranique Tyson - Irishtown Primary

Ms. Elisha Huggins -Sandy Point

Ms. Ajanique Norford -Cayon Primary



(top to bottom)

Ms. Ajanique Norford

and Ms. Dawlisa Woodley



The selected girls were also those who have consistently displayed exemplary attitudes and behaviors

## Teens to be empowered through Christmas Self-Development Camp

The Probation & Child Protection Department is planning for a Christmas Camp to empower teens aged 12 to 17 years old.

Organized by the Department's Child Care Unit, the Camp is expected to be held from December 11th-14th at the CUNA

Conference Room, from 9 am-2 pm daily.

Ag. Director of the PCPS Department, Mr. Naren Maynard, explained that the upcoming Camp, entitled "Striving for Self Development through Knowledge of Self," will focus on clients already known to the Department.

"The objective is to improve relationships and also to develop healthy ways to express feelings and emotions, to promote positivity and to enable self care and self love, and develop a healthier version of themselves", he said.



## PAP beneficiaries empowered to navigate World of Work

(cont'd from pg. 1)

...good customer service. Role plays, simulation exercises and mock interviews also formed part of the training, as did an important session on Occupational Health & Safety, which allowed participants the opportunity to assess the hazards/safety features of local buildings.

Ms. Lucinda Francis, Head of the Employment and Training Department at the Ministry of Employment & Labour, explained that the workshop was targeted to unemployed persons who were currently receiving the PAP stipend, but who were desirous of securing employment.

Speaking at the close of the training, she noted *"The workshop was successful. There were lots of questions - it was very interactive, and the presentations were excellent. Participants learnt about rights and responsibilities, professional attire,*



*Ministry of Social Development & Gender Affairs staff collaborates with Ministry of Employment & Labour staff for workshop*

*and holiday pay, amongst other topics. The feedback received from the participants spoke to the training as being useful. Many indicated that the knowledge gained would help them find employment, and some have already received interviews",* she said.

The Ministry's focal point for the Workshop, Case Manager Ms. Carisma Mulley, also endorsed this view, noting that the Ministry was happy to help unemployed persons 'get a hand up' and

improve their employment prospects. *"We had a good number of participants, and although we expected a bit more – those who attended were receptive and engaging. It was very successful".* she concluded, adding that the workshop formed part of the Case Management process for PAP beneficiaries.

An important aspect of the restructured PAP Programme, Case Management assists beneficiaries to improve their financial situation and eventually graduate from the Programme through important self-development exercises on Financial education, Goal setting and Job/Interview training, amongst other topics.

The Ministry extends thanks to the facilitators and staff of the Ministry of Employment and Labour for their continued partnership in this national endeavour.

## Mental Health: A Universal Human Right

The National Counselling Centre celebrated Mental Health Week, from October 9th to 13th, in conjunction with the St. Kitts Mental Health Association (SKMHA) and other stakeholders in the field of mental health.

According to Director of the Counselling Centre, Mrs. Michelle Blake, the week began with a Church Service at the Zion Moravian Church, which included a presenta-



*SKMHA worships at Zion*

tation by SKMHA president, Ms. Zahra Jacobs, on self harm/self injury and suicide.



*Information-sharing at Independence Sq.*

This year's Mental Health week was celebrated under the theme *"Mental Health: A Universal*

*Human Right"*, which affirms the right of all persons (regardless of ability) to available, accessible and good mental health care, as well as liberty, independence and inclusion in their communities.



## STAFF MOVEMENTS

### Employment

Ms. Allysa Thomas - Junior Clerk, CDSS  
 Mrs. Isilma Duggins - Data Clerk/Research Officer, PPPU  
 Mr. Sheldon Fenton- Field Officer, Maintenance  
 Ms. Kerissa Roberts- Project Officer I, PPPU  
 Mr. Chadius Garnette - Gate Guard, NHRC  
 Mrs. Ludencia Lennon-Smith - Caseworker, NHRC

### Transfers

#### Internal

Mr. Stephan Joseph - Project Officer 1 - ICT Networks (from PCPS)

#### External:

Ms. Troynia Douglas - Gender Field Officer (from Youth Empowerment)

Ms. Kristen Hendrickson - Caseworker, NHRC (from Youth Empowerment)

Ms. Tasanna Kelly-Johnson - Child Protection Officer (from Education)

Ms. Kerissa Roberts - Project Officer I - Project Management (from Inland Revenue)

# Birthday Celebrations



## November

**6 November** - Ms. Patricia Huggins  
**7 November** - Mr. Jeremy Thomas  
**17 November** - Mrs. Tashine Stevens  
**29 November** - Mrs. Erslyn Bridgewater



## December

**4 December** - Mr. Alpha Pennyfeather  
**5 December** - Mrs. Michele Blake  
**12 December** - Mr. Theodore Phipps  
**15 December** - Ms. Glenda Marshall

## January

**1 January** - Mr. Syrus Richardson  
**2 January** - Ms. Vanessa Archibald  
**19 January** - Mr. Eldora Carty  
**24 January** - Ms. Candace Burt





It was “all hands on deck” as the team got the Community Centre Shelters ready for Hurricane Tammy

National Counselling Centre sported green in observance of Mental Health Day - October 10th



Supporting men at the Buss-A-Pot Men’s Cook-Off

Staff learn life-saving techniques during First Aid & CPR Training, facilitated by the Red Cross



Residents of New Horizons relax through art at the Centre’s Annual Summer Programme







Ministry staff benefit from a Emergency Humanitarian Logistics Workshop, sponsored by the World Food Programme



Artists to work! Probation & Child Protection staff paint an Art piece to represent their mission and mandate at the Department's Staff Retreat, Fairview Gardens.



A lively discussion ensues at a Ministry-wide Customer Service training session, facilitated by Mr. Curtis Martin.



Staff face off in Football Fun at the Newtown Playfield, as part of the Staff Social & Sports Club Calendar.



# HUMAN RIGHTS



The Universal Declaration of Human Rights (UDHR) is a document that acts like a global road map for freedom and equality – protecting the rights of every individual, everywhere.

The UDHR was adopted by the newly established United Nations on 10 December 1948, in response to the “barbarous acts which outraged the conscience of mankind” during the Second World War. Its adoption recognized human rights to be the foundation for freedom, justice and peace. It was the first time countries agreed on the freedoms and rights that deserve universal protection in order for every individual to live their lives freely, equally and in dignity.

Work on the UDHR began in 1946, with a drafting committee composed of representatives of a wide variety of countries, including the USA, Lebanon and China. The drafting committee was later enlarged to include representatives of Australia, Chile, France, the Soviet Union and the United Kingdom, allowing the document to benefit from contributions of states from all regions, and their diverse religious, political and cultural contexts. The UDHR was then discussed by all members of the UN Commission on Human Rights and finally adopted by the General Assembly in 1948.

## 30 HUMAN RIGHTS

- 1. We are all Born Free & Equal**
- 2. No Discrimination**
- 3. The Right to Life**
- 4. No Slavery**
- 5. No Torture and Inhuman Treatment**
- 6. The Right to Equal Treatment Everywhere**
- 7. Equal before the Law**
- 8. Right to be treated fairly before the Court**
- 9. No unfair treatment**
- 10. Right to Trial**
- 11. Innocent until proven guilty**
- 12. The Right to Privacy**
- 13. Freedom to Movement and Residence**
- 14. Right to Asylum**
- 15. Right to Nationality**
- 16. Right to Marry and have a Family**
- 17. Right to Own your Own Things**
- 18. Freedom of Thought and Religion**
- 19. Freedom of Expression**



- 20. The Right to Public Assembly**
- 21. The Right to Democracy**
- 22. The Right to Social Security**
- 23. Freedom of Thought and Religion**
- 24. Right to Work**
- 24. The Right to Rest and Holiday**
- 25. Right to Work Protection/Social Services**
- 26. The Right to Education**
- 27. Right to enjoy Culture and Copyright Protection**
- 28. Right to Freedom around the World, and a Fair & Free World**
- 29. Responsibility and Respect for Other's Rights**
- 30. No One can Take Away your Human Rights**



# CHILDREN'S MENTAL HEALTH

In observance of Mental Health Day and Universal Children's Day

How can you tell the difference between challenging behaviors and emotions that are a normal part of growing up and those that are cause for concern? In general, consider seeking help if your child's behavior persists for a few weeks or longer; causes distress for your child or your family; or interferes with your child's functioning at school, at home, or with friends. **If your child's behavior is unsafe, or if your child talks about wanting to hurt themselves or someone else, seek help immediately.**

## ***Young children may benefit from an evaluation and treatment if they:***

- Have frequent tantrums or are intensely irritable much of the time
- Often talk about fears or worries
- Complain about frequent stomachaches or headaches with no known medical cause
- Are in constant motion and cannot sit quietly (except when they are watching videos or playing video games)
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
- Are not interested in playing with other children or have difficulty making friends
- Struggle academically or have experienced a recent decline in grades
- Repeat actions or check things many times out of fear that something bad may happen



## ***Older children and adolescents may benefit from an evaluation and treatment if they:***

- Have lost interest in things that they used to enjoy
- Have low energy
- Sleep too much or too little or seem sleepy throughout the day
- Are spending more and more time alone and avoid social activities with friends or family
- Diet or exercise excessively, or fear gaining weight
- Engage in self-harm behaviors (such as cutting or burning their skin)
- Smoke, drink, or use drugs
- Engage in risky or destructive behavior alone or with friends
- Have thoughts of suicide
- Have periods of highly elevated energy and activity and require much less sleep than usual
- Say that they think someone is trying to control their mind or that they hear things that other people cannot hear

An evaluation by a mental health professional can help clarify problems underlying your child's behavior and provide reassurance or recommendations for the next steps. An evaluation offers an opportunity to learn about your child's strengths and weaknesses and to determine which interventions might be most helpful, including psychotherapy/counseling, medications, family counseling, or parental support.

(Source: National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov))

## JAMAICAN BEEF PATTY RECIPE

### Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 1 teaspoon curry powder
- 1 teaspoon dried thyme
- 1 teaspoon pepper
- 3/4 teaspoon salt

#### CRUST

- 2 cups all-purpose flour
- 1-1/2 teaspoons curry powder
- Dash salt
- 1/2 cup cold butter
- 1/3 cup ice water
- 1 large egg, lightly beaten



### Directions

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat until beef is no longer pink and onion is tender, 6-8 minutes, breaking up beef into crumbles; drain.
2. Stir in curry powder, thyme, pepper and salt; set aside. For crust, in a large bowl, whisk together flour, curry powder and salt. Cut in butter until mixture resembles coarse crumbs. Add water; stir just until moistened. Divide dough into 8 portions. On a lightly floured surface, roll each portion into a 6-in. circle. Place about 1/4 cup filling on half of each circle. Fold crust over filling. Press edges with a fork to seal.
3. Transfer to parchment-lined baking sheets; brush with beaten egg. Bake until light brown, 22-25 minutes. Remove to wire racks. Serve warm.

(Source: Taste of Home)



It's really nice of you to make me a sign, but who spell checked it?!



## BRAIN TEASER

A man is trapped in a room with only two possible exits. Through the first door is a room with an enormous magnifying glass causing the blazing hot sun to instantly burn anything that enters. Through the second door there is a fire-breathing dragon. How does the man escape?

Leave through the first door at night when the sun is down

Answer:



# CHRISTMAS WORD SEARCH

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

BELLS  
CELEBRATE  
DECEMBER  
JOLLY  
REINDEER

CANDLES  
CHEER  
ELVES  
MERRY  
SANTA

CARDS  
CHIMNEY  
GIVING  
NATIVITY  
STAR

CAROLING  
CHRISTMAS  
GREETINGS  
PEACE  
TREE

## Pineapple Upside-Down Cake

### INGREDIENTS



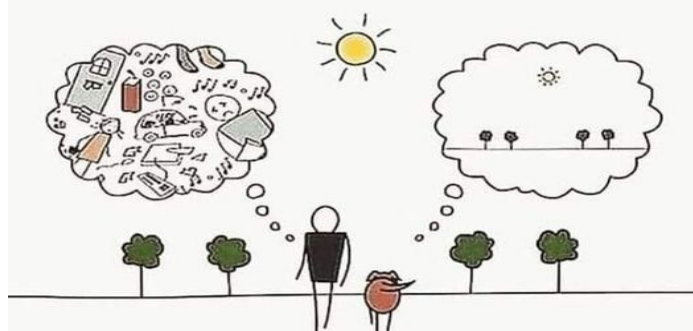
Source: Taste of Home

- ◇ 1 teaspoon vanilla extract
- ◇ 1 cup all-purpose flour
- ◇ 1 teaspoon baking powder
- ◇ 1/4 teaspoon salt
- ◇ 9 maraschino cherries
- ◇ Whipped topping, optional
- ◇ 1/3 cup butter, melted
- ◇ 2/3 cup packed brown sugar
- ◇ 1 can (20 ounces) sliced pineapple
- ◇ 1/2 cup chopped pecans
- ◇ 3 large eggs, separated, room temperature
- ◇ 1 cup sugar

Mind full

vs

Mindful



Learn to be present  
and enjoy the moment.

## Directions

1. Preheat oven to 375°. In an ungreased 9-in. square baking pan, combine butter and brown sugar. Drain pineapple, reserving 1/3 cup juice. Arrange 9 pineapple slices in a single layer over sugar (refrigerate any remaining slices for another use). Sprinkle pecans over pineapple; set aside.
2. In a large bowl, beat egg yolks until thick and lemon-colored. Gradually add sugar, beating well. Blend in vanilla and reserved pineapple juice. Combine flour, baking powder and salt; add to batter, beating well.
3. In a small bowl with clean beaters, beat egg whites on high speed until stiff peaks form; fold into batter. Spoon into pan.
4. Bake 30-35 minutes or until a toothpick inserted in center comes out clean. Let stand 10 minutes before inverting onto a serving plate. Place a cherry in the center of each pineapple slice. If desired, serve with whipped topping.



## UPCOMING

**19th November** - International Men's Day

**20th November** - Universal Children's Day

**25th November - December 10th** -

16-Day Campaign against Gender-based Violence



**1st December** - World AIDS Day

**3rd December** - International Day for Persons with Disabilities

**5th December** - International Volunteer Day

**10th December** - Human Rights Day

The Ministry of Social Development and Gender Affairs 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.

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*Youtube:* MSDGA *Instagram:* msdga\_skn



## Departments

Administration - 467-1020

Community Development & Social Services - 467-2675/762-5539

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

*(PCPS hotline: 662-6833)*

Policy, Planning and Projects Unit (PPPU) - 467-1370

Gender Affairs - 467-1223

*(Domestic violence hotline: 765-5492)*

Finance - 467-1154/1276

Counselling Centre - 465-5000

New Horizons Rehabilitation Centre - 467-1598/762-5624



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