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For more information, please look at the web site www.eufami.org or contact EUFAMI at info@eufami.org

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MHA Malta News

At the beginning of April, MHA invited an MEP candidate who specialises in human rights to give a talk to its members and she was presented with a copy of EUFAMI's Charter for Families and Carers. The candidate has committed that if she is elected she will be in the forefront to bring issues concerning mental health users and their families onto the limelight of the European agenda. Representatives from MHA also attended a forum organised by a European member who is contesting the European elections and voiced their concerns regarding mental health care both in Malta and at a European level.

News from Hafal in Wales

In 2014 service users and carers in Wales will focus their campaigning and research on two of the eight life areas covered by the standard 'Care and Treatment Plan'. The 'Let's Get Physical!' campaign will empower people with a mental illness and their carers to set their own physical health goals taking into account diet, physical exercise and getting the right medical support. Hafal's treatments initiative will promote improved choice and sustained excellence in the delivery of both medications and talking treatments for serious mental illness. The initiative will see the development of a range of information on getting the best treatments and making sure that both talking therapies and medications are covered in the Care and Treatment Plan. Welsh Health and Social Services Minister, Mark Drakeford AM, will launch 'Let's Get Physical!' in Cardiff Bay on 8th May and the campaign will culminate at a national event on World Mental Health Day on 10th October.



Winners of the 5th EU Prize for Journalists announced

The winners of the fifth EU Health Prize for Journalists were recently announced by Health Commissioner, Mr Tonio Borg, at an award ceremony in Brussels. Out of more than 850 articles entered into the competition, 28 national finalists were chosen by juries in each EU country. The winners were:



First prize went to Henk Blanken (the Netherlands) for his article "Carel's Head", a story which follows a young man suffering from Parkinson's disease from diagnosis to treatment, and gives a detailed and emotional account of the pioneering surgery he receives.

Second place was Christiane Hawranek and Marco Maurer (Germany) for their sharp, 'documentary-style' article "The Patient Traffickers" which highlights dubious practices in non-regulated medical care across borders.

Third place was Mette Dahlgard (Denmark) for "Am I Killing Someone?", the story of a sperm donor who discovers that he carries the gene for a highly hereditary form of cancer, but hits a brick wall when he tries to find a way of warning potential children who could be affected.

Commissioner Borg said: "Once again, journalists from across Europe have contributed to the public's knowledge and understanding of important health issues. They have submitted many fascinating articles on subjects such as Alzheimer's disease, the dangers of sugar, using robots to perform operations, rare diseases and euthanasia. The top three articles that the EU jury had the formidable job to select stood out for their intensity, originality and ability to mesmerise the reader".

Info graphic showing benefits mHealth

The image on the right shows all the ways in which health apps can help people. The info graphic was created by PatientView, an organisation that manages a website (myhealthapps.net) listing health apps that were tested by people like our readers. Log onto <http://tinyurl.com/mmyjubp>



8th European Patients' Rights Day

On the 12th and 13th May the Active Citizenship Network will be organising the 8th European Patients' Rights Day - "The role of citizens' organisations in the empowerment of patients with chronic diseases". See <http://www.activecitizenship.net/primo-piano/143-8th-european-patients-rights-day.html> for more details.



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