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HSBC Malta Foundation supports 'Flow to Freedom' in honour of late colleague

HSBC Malta Foundation is proud to support Flow to Freedom, a transformative initiative by Soar, a service of the St Jeanne Antide Foundation, dedicated to healing, resilience, and community support. This initiative is being launched in memory of Nicolette Ghirxi, a beloved HSBC colleague who tragically lost her life in 2024. Through this programme, HSBC Malta Foundation aims to provide meaningful support to survivors, ensuring that Nicolette's legacy of strength and compassion continues to inspire those in need.

Flow to Freedom provides a safe and nurturing space for survivors of domestic violence to heal through somatic movement. By incorporating guided movement exercises, participants are encouraged to reconnect with their bodies, release tension, and foster emotional well-being. Led by Soar's Head of Services, Shakira, alongside two dedicated volunteer dancers, the initiative is designed to empower individuals through movement, expression, and self-awareness, ultimately helping them rebuild confidence and regain a sense of control over their lives.

As part of International Women's Day celebrations, a special Flow to Freedom session took place at the HSBC Innovation Hub in Qormi. This event introduced participants to the principles of somatic dance, a practice that integrates movement and mindfulness to promote relaxation, self-expression, and healing. The session included stretching exercises, guided movement, and a free-form dance component, allowing individuals to explore their emotions through motion in a supportive environment.

In addition to its sponsorship of Flow to Freedom, HSBC Malta employees recently came together to raise funds in aid of Soar. Recognising the importance of this cause, HSBC Malta Foundation also contributed to support Soar's essential services, which include support groups, advocacy, and educational workshops aimed at empowering survivors and raising awareness of domestic violence.

Furthermore, HSBC Malta has long supported Soar's mission through various initiatives. One of the memorable events organised last year by the HSBC Sports and Social Committee was the Music Bingo event, which included a raffle to further support Soar's work in providing essential resources to survivors of domestic violence.

To further commemorate International Women's Day, the HSBC Sports and Social Committee also prepared a special gift for all females working at HSBC Malta related to the Flow to Freedom initiative. This gift, an empowerment bookmark prepared by Soar, reinforces the bank's commitment to supporting the empowerment of women while also contributing to the sustainability of survivor-led initiatives. The bank employees are encouraged to pass on the empowerment bookmark to another woman who may be struggling, as a reminder that help is available.

"As a foundation, we remain committed to supporting meaningful initiatives that foster resilience and empowerment within our community. Flow to Freedom is an example of how collective efforts can create a positive impact, ensuring that survivors have the support and resources they need to rebuild their lives," said Glenn Bugeja on behalf of the HSBC Malta Foundation.

Through Flow to Freedom and other initiatives, HSBC Malta Foundation not only pays tribute to the memory of Nicolette Ghirxi but also reaffirms its broader commitment to fostering resilience, empowerment, and healing within the community. By supporting initiatives like this, the Foundation continues to create meaningful change in the lives of those most in need, ensuring that every survivor has access to the encouragement and support necessary to rebuild and thrive.



Photocaption: HSBC Malta employees during the special 'Flow to Freedom' session which took place at the HSBC Innovation Hub in Qormi as part of International Women's Day celebrations

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