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HSBC Malta Foundation supports Dance Therapy Pilot to help caregivers prioritise their well-being

The HSBC Malta Foundation has extended its support to the St Jeanne Antide Foundation (SJAF) for the launch of iCare4Utoo, a new pilot initiative that aims to improve the emotional well-being of family caregivers who provide ongoing care and support to loved ones living with mental health challenges, through community dance therapy sessions.

Launched in June 2025, the iCare4Utoo programme is offering free, guided dance therapy sessions to caregivers, particularly those aged 50 and over who support relatives with mental health challenges. The initiative will run for two months and is expected to reach up to 15 participants during its pilot phase.

Melanie Piscopo from the St Jeanne Antide Foundation said: "Many caregivers neglect their own mental and emotional health in order to look after loved ones. Through iCare4Utoo, we hope to offer them a safe, inclusive space to unwind, reconnect with themselves, and experience the proven therapeutic benefits of movement and self-expression. We are grateful to the HSBC Malta Foundation for recognising the value of this initiative and supporting us in getting it off the ground."

Facilitated by a professionally trained dance therapist, the programme is designed to reduce stress, enhance self-esteem, and strengthen social connections among caregivers. The initiative also includes a pre- and post-programme evaluation to measure its impact and inform future expansion.

Glenn Bugeja at the HSBC Malta Foundation said: "We believe that those who dedicate their lives to caring for others deserve care themselves. Supporting iCare4Utoo reflects our commitment to mental health and community well-being. We are pleased to back this innovative approach to caregiver support and look forward to seeing the positive difference it will make in the lives of participants."

The pilot project is expected to generate valuable data and insight to support long-term sustainability and potential expansion of the programme.



Photocaption: A safe space for family caregivers to move, breathe, and reconnect through gentle dance therapy.

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